



**SPORT INTEGRITY
AUSTRALIA**

**THE
EMBRACE
COLLECTIVE.**

SPORT IS FOR EVERY BODY

CLUB ACTION PLANNING WORKSHOP

This workshop aims to get your club champions talking about how best to create a positive, safe, and welcoming space in your club.

1. Welcome & purpose (5 mins)

- Facilitator sets the tone: safe, respectful, solutions-focused.
- The Problem: Body shaming is a big problem in youth sport right now. Sport Integrity Australia research shows that 1-in-5 athletes have witnessed body shaming in sport.
Body shaming in sport can lead to:
 - insecurities about appearance and body image issues
 - anxiety, depression or disordered eating
 - negative impact on performance
 - loss of confidence and enjoyment, or dropping out of sport
 - experimentation with dangerous supplements and substances in attempts to change the body.
- Show the coach video and distribute the club fact sheet.

2. Reflect & share (5 mins)

Group discussion or small groups:

- How do people talk about bodies in our club?
- Who's most affected?
- Has anything worked in the past to prevent or respond to body shaming?



3. Club check-in: where are we now? (10 mins)

Use the checklist on the club fact sheet to complete a quick self-assessment.

Some useful prompting questions:

- Where are the main places where body shaming happens?
- Are any particular age groups or teams more of a problem than others?
- What are the key challenges in getting people on board with this approach?

How might we:

- Educate coaches, parents and young people about the damage done by body shaming?
- Create safe ways to report concerns?
- Follow-up to respond to body shaming if it happens?

4. Future vision: what could our club be like? (10 mins)

Use a whiteboard or sticky notes to brainstorm:

- What would a club that is safe and welcoming for Every BODY look, sound and feel like?
(Use 3 overlapping circles titled 'looks like', 'sounds like' and 'feels like'.)

5. Action planning (20 mins)

Using the example in the template below, come up with more to create your club's own body-positive action plan.

Goal	Action	Who	When	Success looks like...
No body shaming at training	Brief coaches and junior leaders	Coach coordinator	Start of season	Children and young people say training feels safe

6. Commit & share (10 mins)

- Choose 2-3 priority actions to start with.
- Assign roles, including who will lead the way.
- Agree on how progress will be shared (email, club board, newsletter).
- Agree on the next milestone and when to report back on progress.



**Scan for more
free resources**

sportintegrity.gov.au