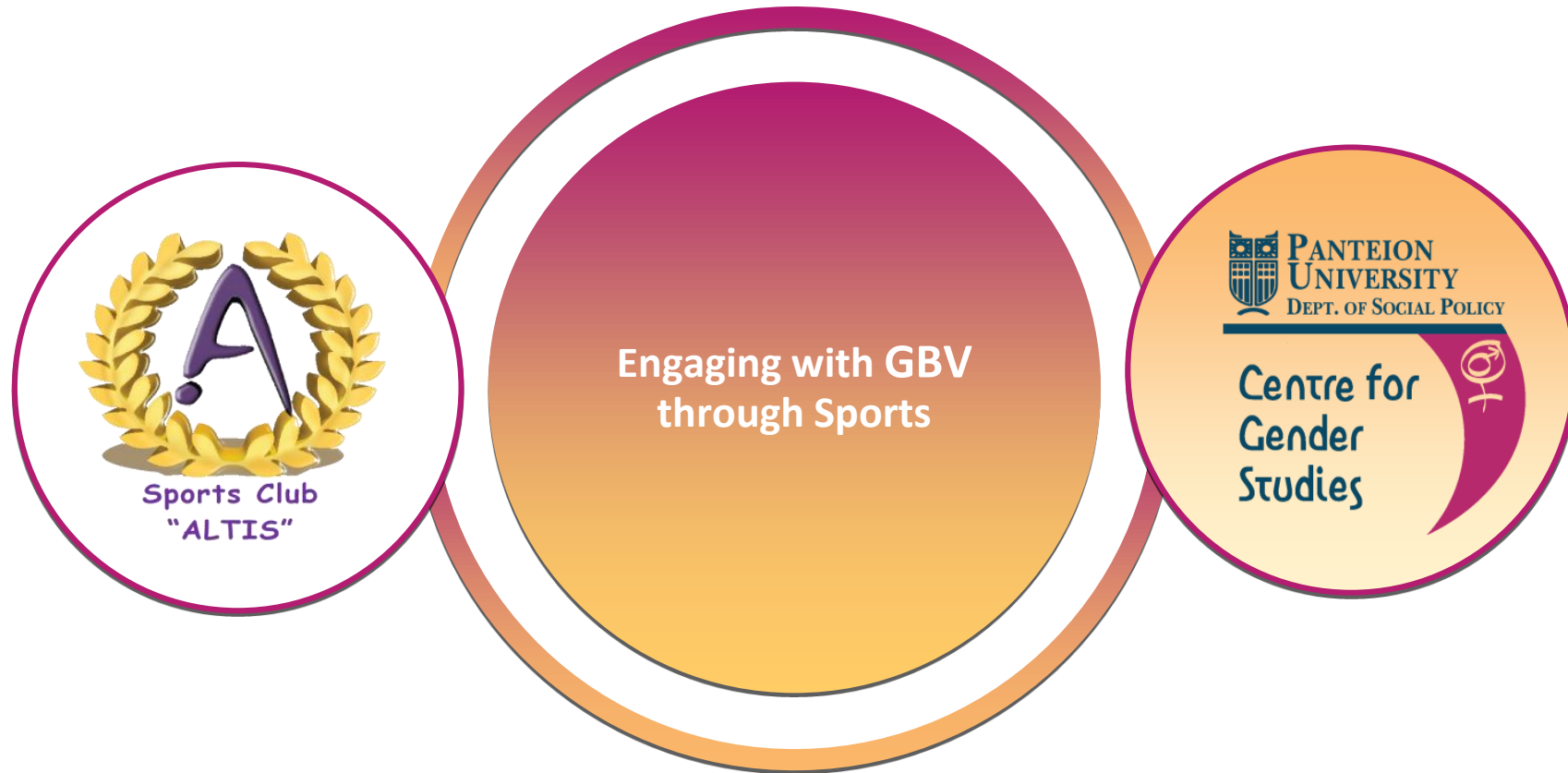


RESISTIRÉ Project

PILOT PROJECT



RESISTIRÉ
Reducing gendered inequalities
caused by COVID-19 policies





ethos

engaging **with** gender-based
violence through **sports**



Engaging with **GBV** through sports

All this effort is based on the harmonious development and improvement of human behavior.

[Ethos](#) as word combines both human virtues and the Olympic values.

Equality, Respect, Honesty, Justice, Dignity, Participation

Altis Sports Club



Founded in 2016, Altis is based in Lykovrisi, a suburb of Athens. Originally, it started out from the willingness of a few coaches and parents to create a sports club where gymnasts will be trained while having fun, under safe long-term preparation and development.

Currently it delivers training sessions in Trampoline, Artistic Gymnastics, and Gymnastics for All. There are approximately 93 athletes (65 girls and 28 boys) between the ages of 11-18 years, 4 coaches, and 2 Interns.

Its guiding principles are confidence, creativity, teamwork, athletic spirit, and fair play. Its policy is to treat all members with dignity and respect, providing learning and personal development in a safe, supportive, inclusive, and welcoming environment for athletes, coaches, managers, and parents.

The Club has adopted the safeguarding rules and policies of the Hellenic Gymnastics Federation

Background of the project: Me-too movement in Greece

*The **me-too movement** began in Greece in 2021 when the Olympic medalist **Sophia Bekatorou** disclosed sexual harassment by a senior member of the Hellenic Sailing Federation when she was still underaged. This event has stirred further disclosures and public debates on gender-based violence (GBV) in sports.*

Although the issue has been brought to the forefront of media scrutiny and some cases of sexual harassment have been taken to court, sports organizations have not yet developed activities that challenge prevailing gendered cultures and norms that foster GBV. Activities aiming at raising awareness and promoting the prevention of GBV in sports are still rare in Greece, while everyday verbal practices of sexism and homophobia are commonplace in sports events even when very young children are involved.



ACTIVITY 1 - Mapping and involvement of sport clubs and organisations at the local level



- S.C. ALTIS
- Centre for Gender Studies
- Panteion Gym
- Panellinios G.C.
- G.C. Glyfadas
- F.C. Badminton Niki Pefkis
- S.C. Apteros Niki



ACTIVITY 2 – Co-creation of the programme



- Interviews with key experts:
 - a psychologist
 - a trainer
 - a journalist
 - Christos Roussos (founder and manager of Katatopia Festival)
- 2 co-creation meetings:
 - one with coaches
 - one with managers of sports clubs and organisations and parents.
- Non-Formal Education (NFE) program for young people, in preparation for the inclusive sporting event
- Inclusive sporting event, to be organized at the end of the project

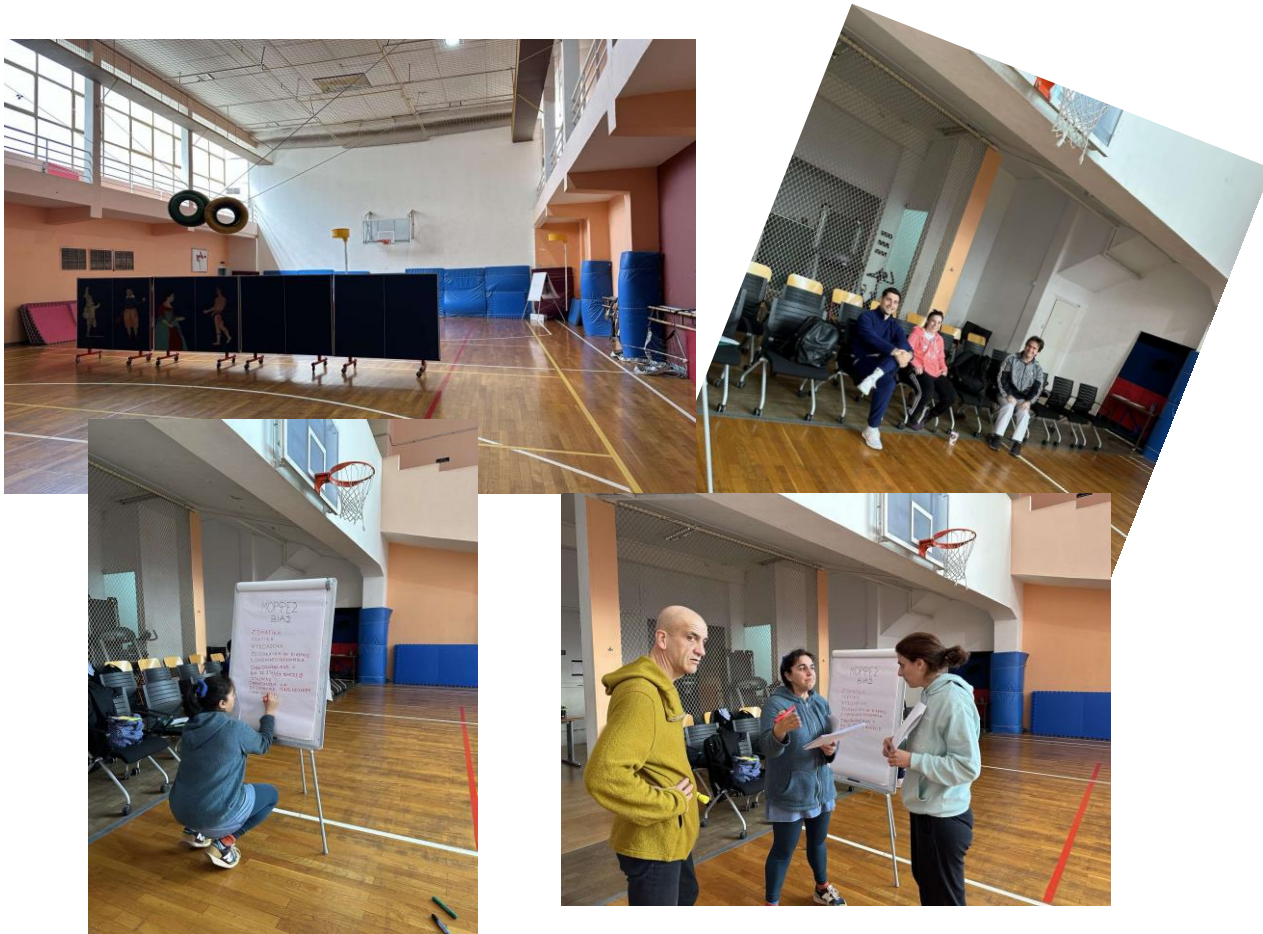
Activity 3 & 4: Co-creation workshops and sports camps



- ✓ 2 co-creation meetings and 4 interviews with key experts as part of the co-creation of the program
- ✓ 5 co-creation workshops with young athletes
- ✓ 4 co-creation workshops with coaches, training team members, managers, and parents
- ✓ 1 co-creation workshop with Panteion University students
- ✓ 4 sports camps with children and parents

Co-creation workshops

TEAM PREPARATION



WELCOMING Playing Korfball



Workshop for coaches, training team member, managers & parents

Activity 1 - What is GBV?

Activity 2 – Consent

Activity 3 - How do we deal with GBV incidents?



Workshop for young athletes



Workshop for young athletes

Activity 1 - Consent.

- When we say yes and when we say no?
- Learning Consent



Workshop for young athletes

Activity 2 - Respecting our body and others

- Two in a circle
- Personal circle



Workshop for young athletes

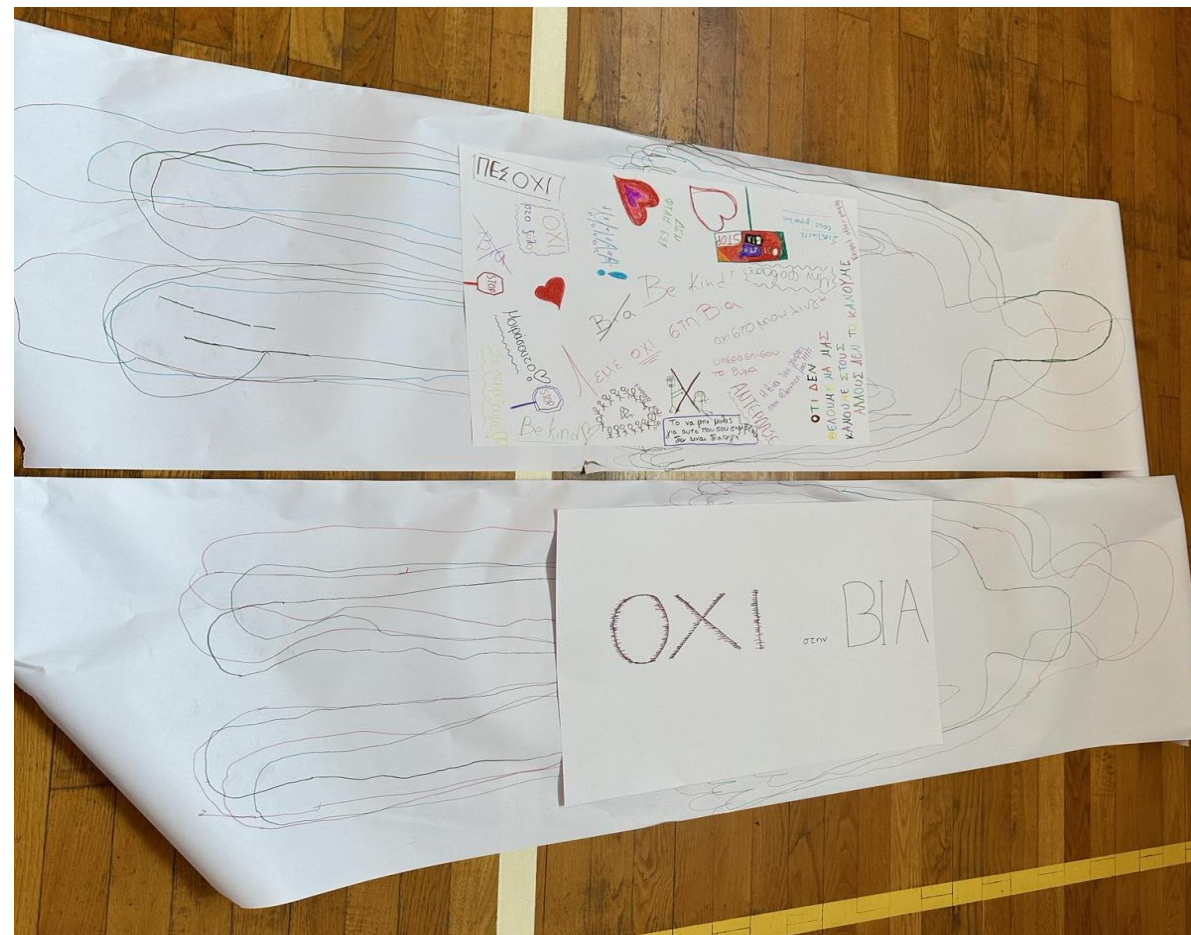
Activity 3 - Drawing posters against GBV

- A message against Gender Based Violence
- Drawing a poster against Gender Based Violence



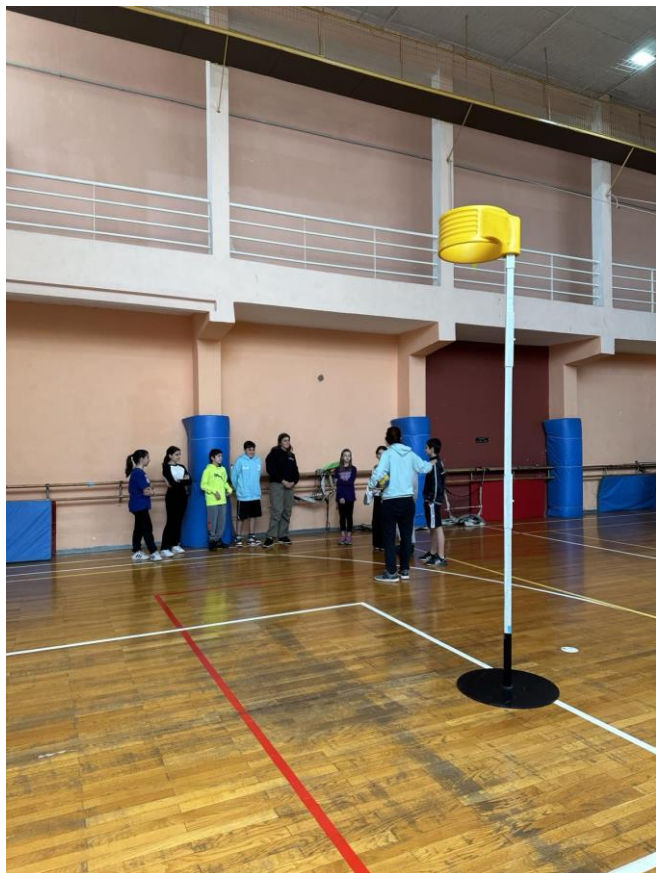
Workshop for young athletes

ATHLETES DRAWING AGAINST GENDER-BASED VIOLENCE



Games for All

Korfball



MorganBall



Tireball



Rethinking sports: Different rules, strange balls



Activity 5 – Main sports event: Katatopia



9th May

18:00-20:00

Openinig Ceremony

- Engaging with GBV through sports events

Documentary

10th May

All Day

Beach Volley

Tennis

11th May

All Day

Beach Volley

Tennis

Activity 5 –Katatopia Festival



Participation in the project



A total of
150 young athletes,
20 higher education students,
30 parents,
60 coaches and managers participated in the project.

Lessons learned, impact, and moving forward



- The fact that this is a pilot worked well to see that is working and where to invest more
- People were angry at GBV in sports and think that athletic practice in Greece is very damaging, yet they were not aware what they could do to change this situation.
- Challenge: It was difficult to work with children, a psychologist could be integrated for after workshops
- Challenge: Some people were not ready to talk about GBV, so did not show up
- Challenge: Experiencing difficulty in getting sports clubs to participate in the project

Lessons learned, impact, and moving forward

- All participants shared that they benefited a lot from participating in the project's activities: Some coaches shared how it re-shaped their coaching practice and how they have become more sensitive to athletes' needs and any signs of GBV they might be experiencing
- Coaches, managers, and parents realized that they could be part of the solution: Some of the managers plan to integrate the project's non-formal education to their annual education programme and to establish safeguarding policies in their clubs
- The participants look forward to the continuation of the project on a larger scale
- There is a greater need for safeguarding policies and regulations and a network of support
- Those clubs who do something to prevent GBV and protect all members get unrecognized: need for incentives and promotion of better practices

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Thank you