



Instructions for Athletes & Body Confident Resources

What is Body Confident Sport and why is it appearing in our club?

Body Confident Sport was developed by top researchers within the space of body image in sport - the Centre for Appearance Research ([Centre for Appearance Research \(CAR\) - Research centres and groups | UWE Bristol](#)) and the Tucker Center for Research on Girls and Women in Sport ([Tucker Center for Research on Girls & Women in Sport \(umn.edu\)](#)).

Simply put, we know you all, as female athletes, are frequently exposed to comments and discussions about your body in sport. We want to support creating meaningful and safe spaces to discuss the impact of these comments and to help you feel more supported as you continue in volleyball. Your club teams allow for a safe place to explore this topic with trusted coaches.

What is a trigger warning and why is it on resources/sessions for the Body Confident Sport program?

Triggers warnings are short statements that appear before content that may be sensitive in nature. They are presented as a courtesy to the participant to allow them the choice to engage with the content or not, based upon whether they believe that content could be harmful to their mental health.

Given that body image concerns and comments in sport can affect how you, as an athlete, view your own self-image and trigger previous struggles with eating disorders or feeling sexualized in sport, there is a trigger warning placed on the BCS conversations and supplemental resources your coaches may use to guide the conversation.

We strongly feel, as do the researchers who created the Body Confident Sport program, that this program has far more benefit to you all than potential to cause harm. However, we want to respect that you are your own best advocate when it comes to protecting your mental health.

You will be given the chance to opt out of these sessions if you believe it will be more harmful than helpful to your mental health.

If you choose to opt out of the Body Confident sessions, we simply ask that you communicate this choice directly to your coach.

Contact for Questions/Concerns

If you have any questions or concerns about the Body Confident Sport program, please contact Dr. Jenny Johnson, Director of Education Services: jenny.johnson@usav.org or Dr. Lauren Walker, Manager of Athlete Development: lauren.walker@usav.org