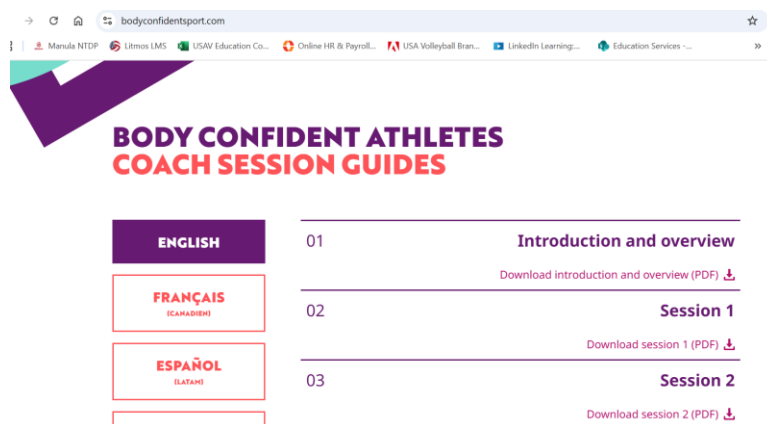




How to Find BCS Facilitator Guide Resources on the BCS Website

The researchers who created the Body Confident Sport program created facilitator guides and accompanying resources that you can use to guide your facilitation. To find these resources, visit the BCS website: <https://laureususa.com/body-confident-sport/>. (Remember the link to the main Body Confident website is at the bottom of this Laureus landing page).

You can scroll down to the resources (which are ~1/2 down the main website page), which look like this and are available to download.



OR

You can click the “Resources” tab at the top of the main website page and scroll just past the “Body Confident Athletes Videos” to get to the same downloadable resources.



These resources provide a step-by-step way to guide your athletes through the program, including discussion questions and activities.

IF you adapt the guide/facilitation, we recommend only doing so minimally to honor the context in which you are facilitating it (e.g., examples used with 13-year-olds vs. 18-year-olds). This will allow you to remain true to the efficacy of the BCS program, as designed and tested, while adjusting to your athletes. For an example of how this curriculum was minimally adapted for the NTDP Training Series, please see the PDFs in the USA Volleyball toolkit.