



EDUCATION IMPLEMENTATION TOOLS

- **myPlaybook:** This educational program provides NCAA member schools with an online curriculum developed for student-athletes to address alcohol and other drugs, NCAA policies, and sexual assault prevention. myPlaybook was developed through a rigorous National Institutes of Health grant, in collaboration with the NCAA, to create a widely available resource for NCAA student-athletes. myPlaybook meets the NCAA requirements for drug education and institutional requirements to educate student-athletes about sexual assault.
<http://athletewellness.uncg.edu/myplaybook/>
- **APPLE Training Institute:** These strategic planning weekend workshops facilitate athletics departments in assessing needs, developing a strategic plan and implementing strategies to support student-athlete wellness and substance prevention. Registration opens at the beginning of each academic year.
www.appleathletics.org
- **CHOICES Alcohol Education Grants:** These three-year, \$30,000 grants sponsored by the NCAA fund projects that promote partnering between athletics and campus prevention to address campuswide alcohol concerns.
www.NCAA.org/choices
- **Step UP!** This bystander intervention program, developed in partnership with the University of Arizona and the NCAA, trains student-athletes and other students to practice pro-social behavior, overcome the bystander effect and safely and effectively intervene when a friend or teammate is in distress, in danger or heading for trouble.
www.stepupprogram.org
- **NCAA Hazing Prevention Handbook:** This resource provides information on what is hazing, why hazing exists, and the effects of hazing on a team and a campus, and provides strategies to prevent hazing and develop positive team building.
www.NCAA.org/violenceprevention
- **360 Proof:** This resource provides Division III institutions and NASPA small colleges with comprehensive evidence-based tools to enhance collaborations between athletics and student affairs in order to reduce the negative consequences of high-risk alcohol use.
www.360proof.org
- **10 Ways to Distinguish Consent:** This educational tool is located in the resources section on page 32 of this document.