Step UP! Training

May 2018
RISE Overview

- Dedicated to harnessing the unifying power of sports to improve race relations and drive social progress.
- Led by an unprecedented alliance of professional sports leagues, organizations, educators, media networks, sports professionals and athletes.
Our Vision

• We believe that sports can play a **critical role** in improving race relations in our society.

• We seek to demonstrate that athletes have a unique ability through leadership to **bring people together** to identify and implement real **solutions** for social change.

• We aim to harness the **unifying power of sports** to improve race relations and drive social progress in two ways:
  – **Leadership & Education Programs**
  – Engaging athletes in effective social change

RISE to Vote with the Miami Dolphins
Step UP!

Today’s Objectives

- Introduce the skill of perspective taking.
- Discuss ways in which we can broaden our perspectives.
- Consider the role of perspective taking in bystander intervention.
Perspective Taking
What are the three images above?
Perspective Taking

Your view of the world depends on your perspective.
Perspective Taking
Perspective Taking
Perspective Taking
“What is imagined to be real is real in its consequences” – W.I. Thomas
Think Pair Share

Think about the people you live and work with and the contexts in which you interact.

Pair up with someone next to you and share your ideas.

What are ways in which we can reduce our implicit biases?

• Start by understanding and recognizing that we all have biases; both implicit and explicit.
• Take tests that measure implicit bias: https://implicit.harvard.edu/implicit/
• Intentionally expose yourself to counterexamples of your bias or stereotype.
• Try taking the perspective of the person/group you have biases about.
• Seek out opportunities for positive interaction with the group.
• Discover specifics about people you encounter since the more you know about someone, the more difficult it is to “group” them.
Think Pair Share

Think about the people you live and work with and the contexts in which you interact.

Now pair up with someone next to you and share your ideas.

What can we do/say when we witness this playing out with others?
Key Take-Aways

➢ Our perspective is shaped by our experiences. Accordingly, we each have a unique view of the world.

➢ Engage in constant reflection about how and why we do things. Awareness of biases is the first step to addressing them.

➢ Through intentional and thoughtful discussion we can challenge others to address their biases as well.
RISE On-Campus and Resources

RISE educates student-athletes, coaches and sports administrators to be leaders in improving race relations within their schools and communities.

- Increase awareness and knowledge of race related issues and concepts.
- Build skills to have positive and productive conversations about race.
- Evaluate to measure impact, satisfaction and support continuous improvement.

Approach

1. Discovery phase/needs assessment
2. Strategy development
3. Implementation of programming
   - Curriculum
   - Train-the-trainer
   - Leadership workshops
   - Surveys
   - Campus conversations
   - Civic engagement (e.g. RISE to Vote)
   - Public awareness initiatives
Gathering Your Feedback & Connecting with RISE

Please use your mobile phone to complete the survey.

bit.ly/risestepup

Visit RISEtoWIN.org and email education@RISEtoWIN.org for additional information and resources.
Share Your Experience

@RISEtoWIN

@RISEtoWINorg