



WHISLE

Women's
Healthy and active lifestyle
Is Threatened by
verbal sexual harassment:
LET's stop CATALLING in sport



COUNTER NARRATIVE INFOGRAPHICS



Project Reference

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Lead Partner:

P1 USMA CASELLE ASD – Italy

Partners

P2 Si può fare cooperativa sociale, Italy

P3 Municipality of Padova, Italy

P4 KEAN, Greece

P5 VOLLEYBALL Federation, Greece

P6 Actividades Alternativas, Spain

P7 Fondatzia Kurazh/Courage foundation, Bulgaria

P8 Spor Elçileri Derneği, Turkey

P9 Fundacja Instytut Partnerstwa Strategicznego, Poland

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#STOPCATCALLINGINSPORT

#denouncesexualharasmentinsport

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Disclaimer

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Deliverable Scope (as in the DoA)

The D4.1 is a guideline to develop infographics with a counter narrative approach. The deliverable was arranged by the task leader in collaboration with partners who collaborated for drafting the script/ story board, message and contents of examples of infographics.

The present document will be shared with partners and stakeholders to enable them to create new infographics to share in diverse web/social media channels, selected by the partners and stakeholders adding the #WHISTLE and #letsstopcatcallinginsport

Target group of the deliverable

The target groups of the deliverables are the project partners. Here they can find:

- Purposes and elements of infographics
- methodological elements for the creation of infographics
- examples of infographics

This document is a livable tool to be updated during project implementation:

Partners involved in the elaboration of the document

Participant No	Organization name	Short Name	Specify if involved
1	USMA CASELLE ASD	USMA	. YES
2	Si può fare cooperativa sociale, Italy	SiPF	
3	Municipality of Padova, Italy	CPD	
4	KEAN, Greece	KEAN	
5	VOLLEYBALL FEDERATION Greece	VF	
6	Actividades Alternativas Spain	ACAL	
7	Fondatzia Kurazh / Courage Foundation, Bulgaria	CF	YES
8	Spor Elçileri Derneği, Turkey	SPELL	
9	Fundacja Instytut Partnerstwa Strategicznego, Poland	SPI	

History of changes

Rev. n.m	Date	Changes
Rev.1.0	25th May 2023	Baseline > first issue
Rev 1.1	1 st June 2023	Final version
Rev. 1.2	6 th June 2023	correction of Eu Logo in the footer of the document

Dissemination level

PU	X	Public
PP		Restricted to other programme participants (including the Commission Services)
RE		Restricted to a group specified by the consortium (including the Commission Services)
CO		Confidential, only for members of the consortium (including the Commission Services)





INTRODUCTION

Project Summary

The SCOPE of the WHISTLE project is to prevent and fight Verbal Sexual Harassment (VSH) and catcalling in sport, as this behavior has a negative influence over women's practice of sport being one of the causes of dropout from organized sports and one of the barriers that limits women to practice outdoor physical activity. Catcalling is not a new phenomenon, the novelty lies in the fact that in recent years there has been talk of it, women's movements have been born. Catcalling is not only something that just happens to female runners or cyclists on the streets; it affects also organized sport, even if there are not copious evidence about it; BUT the lack of data does not mean the lack of the problem. The lack of data is much more due to the fear of reporting, the absence of a support system specifically designed for women who practice sport, the shortage of information within sports clubs, the lack of awareness of catcalling as a subtle and devious form of gender-based violence. In this scenario, WHISTLE increases knowledge to better understand the phenomenon, particularly in the organized sports; it educates sport clubs practitioners, women associations and local authorities providing them with tools to detect the problem and to take the right measures to support VSH victims. Specific activities directly address 150+ women, who are engaged both to share stories, take part at pilot empowering programs. A creative awareness campaign on the effect of catcalling on women participation in sport is strategically developed to impact to the larger group of males, coaches, sport professionals, managers, and fans. The main outcome can be resumed in the WHISTLE ADVISE SYSTEMS (WAS) established at 30+ sport clubs: here women can find proper support, to react and counter any VSH that could occur. WAS continue over the end of the project in collaboration with stakeholders and will contribute to ensure a more equal participation in sport and physical activity, in the long run.

Deliverable structure

The document is structured as following:

1. Introduction. Purposes of infographics.
2. General infographics – elements to be included.
3. Infographics to convey the stories shared by people.
4. Infographics to be created for the WHISTLE awareness raising campaign September – December 2023.

Introduction. Purposes of Infographics.

The following guidelines aim to present the WHISLE partnership perspective on the utilization of infographics as a valuable component of the Whistle project and its campaign to raise awareness on Verbal and sexual harassment (VSH) in sports. The partnership has gained rich experience in addressing and identifying incidents of sexual and verbal harassment targeting women in sports through story collection (WP3). We need to explore strategies for efficiently disseminating the information we have gathered, not only to the intended audience but also to the wider public.

The Whistle project is a movement that aims to raise awareness, prevention, and combat of verbal and sexual harassment against women in sports. This initiative amplifies the voices of women across Europe, providing them with a platform to share their personal experiences, shed light on their emotional journeys, recount the reactions of their immediate environments, and outline the trajectory of their athletic careers following such encounters. Research conducted in Turkey revealed that approximately 56% of surveyed women reported being victims of verbal or sexual harassment. In Denmark, a separate study indicated that 25% of underage respondents were aware of someone who had experienced similar situations, or worse yet, had personally endured instances of verbal or sexual harassment. These statistics serve as alarming reflections of the realities faced by women in sports. Moreover, it is important to recognize that such harassment can significantly impact an individual's self-perception and performance as a valued member of a team, often leading to departure from their chosen athletic pursuits.

Our partnership firmly believes that **creating infographics can have a significant and meaningful impact in the context of the project's mission**. These infographics serve **multiple purposes, as they not only allow us to effectively disseminate the shared experiences of individuals on this subject, but they also foster a conducive environment for discussion, promote greater awareness, and enhance knowledge within the target groups**.



General Infographics Frame

Elements to be Included

Infographics play a crucial role in promoting awareness in VSH in sports. They turn complex information into concise and visually appealing formats, ensuring that key messages are well-communicated. The target groups (women in sports, organisations, sport establishments, etc..) will be able to access essential information easily.

What we intend to present through our infographics is the following:

- 1 - What does verbal/ sexual harassment entail? – *the issue*
- 2 - How often it happens? – *the research*
- 3 - What are the risk factors? - *the research*
- 4 - What is the impact on the individual? – *the effect*
- 5- What are some prevention strategies and solutions? – *the changes*

The biggest challenge surrounding sexual and verbal harassment, as revealed by research conducted by the EU Commission, is the silence surrounding the issue. A significant obstacle is the reluctance of those affected to speak out due to the fear of social judgment and potential repercussions on their sports careers. (***"If I speak up, they will not let me participate in important competitions"***). This silence can be attributed to various factors, including the absence of a supportive environment and the lack of institutions that actively address and tackle such incidents.

The research findings underscore the urgent need to break the silence and encourage open dialogue about sexual and verbal harassment in sports. Creating a safe and supportive environment where individuals feel empowered to share their experiences without fear of judgment is crucial. Additionally, institutions must play an active role in establishing support systems and implementing policies that protect and support those affected by harassment. The solution to verbal and sexual harassment extends beyond a singular approach. It encompasses a combination of various strategies, including:

- Encouraging individuals to speak up and shed light on incidents of harassment, thereby fostering a culture of openness and awareness.
- Providing increased exposure to the issue through various channels, such as awareness campaigns, educational programs, and media coverage, in order to amplify the message and reach a wider audience.
- Mobilizing institutions, including sports organizations, governing bodies, and relevant stakeholders, to take proactive measures in addressing and preventing harassment. This involves implementing clear policies, establishing reporting mechanisms, and offering support systems for victims.
- Promoting accountability among trainers and coaches who exhibit flawed behavior by holding them responsible for their actions. This can be achieved through rigorous training programs, ongoing evaluation, and consequences for any misconduct.

Examples of general infographics on Verbal and Sexual Harassment in sport are enclosed



The only whistle in sport must be that of the referee

LET'S END WOMAN HARRASMENT IN SPORT

the issue

Catcalling and verbal sexual harassment in sport are serious issues that can have harmful effects on women's mental and physical health. It is important to recognize and address these issues, rather than dismiss or downplay their impact.

the reseach

Research has shown that 40% of female athletes have reported experiencing verbal sexual harassment, which includes comments about their appearance, sexual advances, and inappropriate touching.

the effect

These experiences can lead to anxiety, depression, and low self-esteem, which can ultimately affect an athlete's performance on the field.

the environment

It's important to create a safe and inclusive environment for all athletes to participate in sports without the fear of harassment or discrimination.

the changes

changes can be achieved through education and awareness, clear policies and procedures for reporting incidents, and holding individuals accountable for their actions.



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VERBAL harrasment

Definition

Verbal harassment is language that is directed at another person that causes that person harm, typically in an emotional or psychological sense. Calling a person names, making him or her feel useless, or otherwise diminishing a person's self-worth can all be forms of verbal harassment.

Prevalence and research

In a study from Turkey, 200 of 356 sportswomen (56%) revealed that they had been sexually harassed in sport. A danish study of sports science students found that 25% respondents (under 18) either knew about, or has themselves experienced sexual harassment by the coach.

Impact

EU points out that the biggest challenge when it comes to violence in sports is the lack of informity; the insufficient exposure; institutional irresponsibility towards the seriousness of violence in sports; negative impact - on a psychological level - stress, underperforming, quitting ; impact on the coach - could lose their job/ lisencc, etc.

Prevention

Creating a safer environment for the team, encouraging support among teammates, getting coaches responsible for crossing ethical and personal boundaries, trainings; providing more legal safety, increasing the responsibility of legal institutions



Infographics to Convey the Stories Shared by People in WHISTLE partner countries collected in WP3

With the help of infographics, we can visually **convey the stories and insights shared by people** in WP3, making the information more accessible and engaging. This visual format enables us to capture attention, facilitate understanding, and evoke empathy among the audience.

Furthermore, infographics provide **a space for dialogue, encouraging individuals to exchange ideas, share their perspectives, and contribute to the collective understanding of the issue.**

An example of an infographic on the story shared by Nadia Mladenova, a Bulgarian athlete victim of violence is provided below. The infographic contains phrases from the interview we conducted with Nadia showing the complex situation she found herself in. In this case the infographic is not providing the solution, it encourages to speak up and at the same time it underlines Nadia lives in a society of prejudices and stereotypes in which violence can be justified as a sign of masculine strength.

Whistle

A TRUE STORY OF A FEMALE ATHLET...

S

SPORT IS NOT VIOLENCE FREE

"I asked him several times to stop it because I could see he was getting nervous. He hit me across the face and broke my lip.
Then he left, cursing."

T

TEAMS ARE NOT ALWAYS SUPPORTIVE

My teammates suggested I do not tell anyone. One girl told me "he is just choleric" and she was sure he was sorry.
I was in shock and didn't know what to do."

O

SPEAK OUT

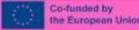
My friend told me "You have to do something about it, many girls like you have remained silent.
Who knows if they will ever have the courage to speak."

P

PREJUDICES AND STEREOTYPES

"I saw a crying little girl running to her mother because a boy pulled her hair, and the mother said: "Don't cry honey, he's doing it because he likes you."
This is how we learn to tolerate violence.

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WHISTLE

AGAINST VERBAL HARRASMENT

"I was in shock and didn't know what to do.

I asked him several times to stop talking about it because I could see he was getting nervous.

He hit me across the face with the back of his hand and my lip.

Then he got up and left, cursing."





"My teammates suggested we keep quiet and not tell anyone.

One even told me he wasn't like that, she's sure he's sorry.

I was in shock and didn't know what to do."

"I saw a picture from the net, how a crying little girl runs to her mother on the playground because a boy pulled her hair or tripped her, and the mother says: "Don't cry honey, he's doing it because he likes you."

This is how we learn to tolerate violence.

Because apparently that's how they show us that they like us," she added"





"You have to do something about it, many others like you may have remained silent.

Who knows how long they will keep quiet."

It is not normal discussion,
it is not team spirit,
it is not support ,
it is not a compliment!

It is verbal harrasment.





WHISTLE
 Women's Healthy and active lifestyle
 Is Threatened by verbal sexual harassment:
 LET's stop CATCALLING in sport!

New infographics will be created by partners and stakeholders in the awareness raising campaign September – December 2023

Our partnership recognizes the power of infographics to create a meaningful impact by spreading shared experiences, fostering discussions, and enhancing knowledge within the target groups. Through this visual medium, we aim to promote awareness, encourage dialogue, and contribute to a safer and more informed environment for all.

During the awareness raising campaign foreseen in September – December 2023 for the celebration of 25 November 2023, we plan to work with different stakeholder – sport associations and schools. We will encourage girls and boys to share their opinions and experiences and express complex emotions on the issue of VSH through infographics.

What we noticed during stories collection in WP3 is that girls are more willing to speak up on VSH when discussing in a group of only friends they know well and trust (trusted inner circle) and not so much when asked individually to share with the 'outside world'. We think the reason is that they fear of being not understood and criticised by people who underestimate the phenomenon of VSH and have strong prejudices (outer circle).

We believe infographics can be an excellent tool for young people to express their complex thoughts and emotions as regard to VSH in sport. We will encourage them to do so during the awareness raising campaign in the autumn of 2023 with the aim **to create a number of infographics with different stories, in different sports, in different countries and languages to share them in social and other media channels.**

This document is a livable tool and will be updated till the end of the project with infographics created by partners, stakeholders and target groups.

