



ABOUT THE PROJECT

RISE: Rise Empowered Above Sexual Violence in Sports is an innovative initiative focused on creating safe, violence-free environments across all European sports disciplines. With the launch of our new e-learning platform and practical training workshops, the project equips coaches, administrators, and young athletes with essential protection tools and risk prevention strategies. Together, we can ensure that everyone enjoys a safe, respectful, and supportive environment in which to train and compete.

This issue of the newsletter is dedicated to the project's deliverables, highlighting the key results, achievements, and conclusions that emerged during the project.

PROJECT'S ACTIVITIES

- 1) Conducting research studies to identify and assess the needs of key stakeholders in sports
- 2) Development of protocols, guidelines, and manuals
- 3) Development of an educational and training program
- 4) Educational and training activities
- 5) Dissemination and utilization of the results

WEBSITE



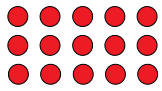
PROMO VIDEO



PODCAST



RISE POLICY RECOMMENDATIONS



The RISE program's policy recommendations translate the lessons learned from the program's research, training, and practical activities into specific proposals for enhancing safety in sports.

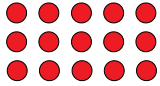
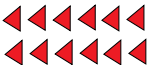
They are addressed to sports organizations, federations, clubs, public authorities, and other decision-makers, and focus on strengthening the prevention of sexual violence through clear protection policies and codes of conduct, accessible and reliable reporting procedures, appropriate responses and support for victims, regular education and training for coaches and other sports professionals, raising awareness among athletes, as well as stronger collaboration and accountability across the entire sports sector.

Their purpose is to help shift the focus of protection from isolated initiatives toward consistent practices and policies that are integrated into the day-to-day operations of sports organizations. The recommendations are based on the findings and data collected during the RISE program, including an evaluation of its educational and training activities, transforming them into practical guidelines to strengthen the prevention and response to sexual violence in sports.

For more information: <https://rise-project.org/protocols-policies-guides/>



RESEARCH STUDIES ON SEXUAL VIOLENCE IN SPORTS



From Understanding the Challenge to Strengthening Prevention

Comprehensive Research Report: “Prevalence of Sexual Violence”

RISE’s first study highlights the systemic and cultural factors that contribute to sexual violence in sports, including power imbalances, inadequate protection, and barriers to reporting incidents. Its recommendations call for enhanced education on protection, accessible reporting mechanisms, support for survivors, legislative reform, and greater accountability across the entire sports sector.

Based on these findings, the second study moves from identifying challenges to exploring how to address them.

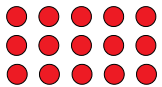
Comprehensive RISE Report: “Assessment of Awareness and Information Needs and Mapping of Best Practices for the Prevention of Sexual Violence”

RISE’s second report examines awareness and information needs in six partner countries and maps existing best practices for the prevention of sexual violence in sports. Building on the first study, it emphasizes three interrelated areas—awareness, information, and prevention—and highlights the importance of education, victim-centered support, transparent policies, and coordinated action by athletes, coaches, families, and sports organizations.

Taken together, these two research findings form the basis for the RISE project: understanding the problem, identifying gaps, and translating this knowledge into practical approaches for safer and more inclusive sports environments.

For more information: <https://rise-project.org/research-studies/>

PROTOCOL FOR “IDENTIFYING, REPORTING, AND SUPPORTING VICTIMS OF SEXUAL VIOLENCE IN SPORTS”



The RISE Protocol for the identification, recognition, holistic support, and protection of victims and survivors of sexual violence in sports provides practical guidance for addressing sexual violence in the sports environment. It is designed for everyone involved in sports, including athletes, coaches, athletic and medical staff, administrators, organizations, and authorities.

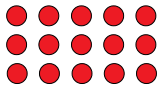
At its core, the Protocol promotes a survivor-centered and cross-sectoral approach, prioritizing the rights, needs, safety, and wishes of victims and survivors. Its goal is to ensure that individuals feel that they are believed, acknowledged, protected, empowered, and supported when they seek help.

Based on European and international legal and ethical standards, the Protocol reinforces approaches to prevention, protection, and response. Its effective implementation relies on collaboration across the entire sports ecosystem, the exchange of knowledge, and the sharing of best practices, contributing to the creation of safer, more inclusive, and respectful sports environments for everyone.

For more information: <https://rise-project.org/protocols-policies-guides/>



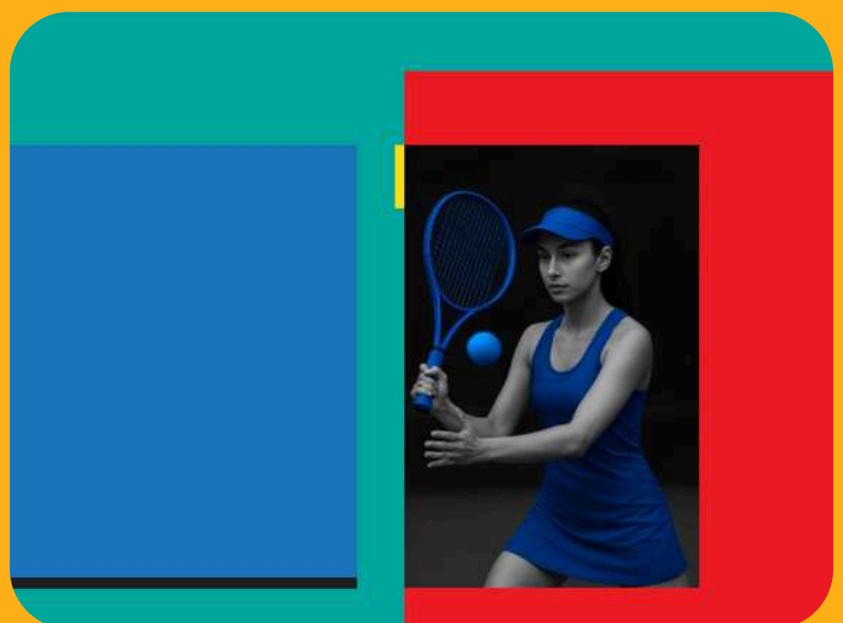
GUIDEBOOK: “STANDARDS OF CONDUCT AND CODES OF CONDUCT IN SPORTS”



The RISE Guidebook, “Standards of Conduct and Codes of Conduct in Sports,” provides a practical framework for promoting respect, inclusion, integrity, and safety in all sports communities. It offers clear standards of conduct and practical strategies for addressing inappropriate behavior, encouraging everyone involved in sports—regardless of age, gender, ability, or background, to help create a supportive and respectful environment.

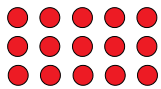
The Guide places particular emphasis on preventing and addressing sexual violence in sports, highlighting the importance of awareness, early intervention, appropriate support mechanisms, and accountability. It also encourages open dialogue on safety issues, helping athletes, coaches, staff, and organizations to recognize risks and understand their role in creating safer environments.

In line with the values of the Erasmus+ program, the Guide promotes equality, diversity, inclusion, and non-discrimination, while emphasizing that ethical behavior is a shared responsibility.



For more information:
<https://rise-project.org/protocols-policies-guides/>

HANDBOOK: “HOW TO CREATE A SAFE AND HEALTHY SPORTS ENVIRONMENT THAT VALUES ATHLETES AS PEOPLE”



The RISE Handbook for Safe and Healthy Sports Environments focuses on creating sports settings that prioritize not only athletes’ physical performance but also their mental health, dignity, rights, and overall well-being. It addresses the prevention of sexual violence in sports while promoting a broader culture of safety, respect, transparency, and care.

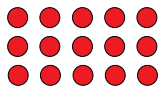
The Handbook explores the systemic and cultural factors that can contribute to abuse and inadequate protection mechanisms. It provides practical recommendations for coaches, sports organizations, policymakers, and other stakeholders, emphasizing the importance of clear policies, accessible reporting mechanisms, appropriate support, ongoing education, and accountability.

A core message of the Handbook is the need to adopt an athlete-centered approach, in which participants are valued as whole individuals and not solely as competitors. By promoting positive coaching, open communication, mental health support, and active participation in decisions that affect athletes’ well-being, the Handbook aims to support lasting change across all sports environments in Europe.

For more information: <https://rise-project.org/protocols-policies-guides/>



BOOKLET “STEP-BY-STEP GUIDE: WHAT TO DO IF YOU EXPERIENCE SEXUAL VIOLENCE IN SPORTS”



BOOKLET

STEP-BY-STEP GUIDELINES:

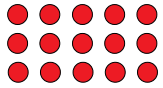
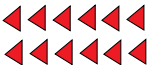
**WHAT TO DO IF YOU EXPERIENCE
SEXUAL VIOLENCE IN SPORTS**

The RISE booklet “Step-by-Step Guide: What to Do If You Experience Sexual Violence in Sports” is designed to be a clear, accessible, and supportive guide for everyone involved in sports. Recognizing sports as a space for connection, personal growth, empowerment, and challenge, the brochure also emphasizes the importance of protecting participants from harm and knowing how to respond when something doesn’t feel right. Through simple and inclusive guidelines, it helps readers recognize, address, and prevent sexual violence in sports. It encourages individuals to understand their rights, voice their opinions, seek support, and help create a culture where safety and respect are shared responsibilities.

Essentially, the booklet promotes a simple yet fundamental principle: everyone deserves to feel safe, respected, and heard in sports, regardless of their gender, abilities, background, or identity.

For more information: <https://rise-project.org/protocols-policies-guides/>

EDUCATIONAL AND TRAINING PROGRAM



The RISE Education and Training Program for the Prevention of Sexual Violence in Sports provides practical educational materials for two key groups within the sports environment. It consists of 12 training modules: six modules for sports professionals, including coaches, sports leaders, directors, physical education teachers, policy experts, and administrators; and six modules specifically designed for young athletes. Each training track provides 24 hours of educational content, supported by audiovisual materials, with an emphasis on strengthening knowledge, awareness, and practical skills for preventing and addressing sexual violence in sports.

EDUCATIONAL AND TRAINING PROGRAMME



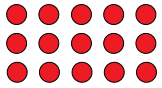
RISE E-LEARNING AND TRAINING PLATFORM



RISE E-LEARNING AND TRAINING PLATFORM

The RISE e-learning platform brings the project's educational program into an open and accessible digital environment. It provides online access to the training modules and accompanying educational materials, allowing sports professionals, athletes, and other stakeholders to explore and make use of these resources beyond RISE's in-person activities. By keeping the educational materials freely available online, the platform supports the dissemination and sustainability of the project's results throughout Europe.

EDUCATIONAL AND INFORMATIONAL VIDEOS



The RISE program launched a European social media campaign titled “Sports Against Sexual Violence.” Through engaging videos and audiovisual content, the campaign helped raise awareness about the prevention of sexual violence, with a particular focus on young athletes and sports organizations. By spreading these messages across digital platforms, the campaign promoted greater awareness, open dialogue, and a culture of safety and respect in sports.

Visit the RISE YouTube channel to watch our videos, view campaign materials, and find practical messages on preventing sexual violence in sports.

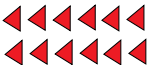
RISE WEBSITE

Discover the latest news about the RISE program, research findings, resources, and program outcomes—all in one place. The website brings together practical tools, publications, campaign materials, and updates that help create safer, more inclusive, and respectful sports environments across Europe. Visit the website and explore the work behind RISE!

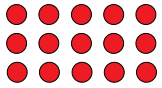
RISE PROJECT YOUTUBE CHANNEL



RISE PROJECT WEBSITE



FINAL MEETING OF THE TRANSNATIONAL PROGRAM

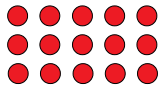


The final transnational meeting of the RISE program—Rise Empowered Above Sexual Violence in Sports—took place in Cyprus from October 9 to 12, 2026, bringing together partners from Austria, Bulgaria, Cyprus, Greece, Italy, and Spain. The meeting marked the completion of the Erasmus+ co-funded project and focused on reviewing its achievements, finalizing the remaining activities, and discussing the sustainability of the resources, educational materials, digital tools, and pedagogical approaches developed to promote safer sports environments and prevent sexual violence in sports.



STOP
VIOLENCE

FINAL NATIONAL INFO DAYS



Throughout October 2026, RISE partners in all participating countries will organize the Final National Information Days, with the aim of presenting the project's key results and promoting their continued use after the project concludes. The events will bring together sports clubs and federations, coaches, athletes, safety professionals, public authorities, NGOs, and other stakeholders to explore RISE's resources, including materials on prevention and protection, training tools, and the e-learning platform, while also raising awareness and fostering dialogue on the prevention of sexual violence in sports.



NO

TO SEXUAL VIOLENCE

Join us on this journey and learn more about
#RiseEmpowered:

WEBSITE



PROMO VIDEO



PODCAST



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