





# ROAD MAP

Advice and tips to get you from here  to  there

## PROJECT LOVE

Through its collaboration with the Values-in-Action Foundation, the USASF aims to proactively combat bullying by fostering a culture where athletes consistently prioritize kindness, compassion and respect. Cultivating empathy and promoting understanding among individuals contributes to the development of positive environments in programs, schools and communities.

### What is Project Love?

Project Love and Duck Tape® provide a fun and different way to explore the important social-emotional learning concepts of kindness. The USASF offers Be Kind® STICK TOGETHER®, a free, character education program. Using a combination of tools, the program mixes large group discussion, video elements, hands-on activities and a writing exercise to keep athletes interested and engaged in combatting bullying and negative behaviors.

The lesson culminates with the athletes pledging to stick together as they write their individual names on pieces of Duck Tape® and place them on a poster. The poster holds the pledges/names of up to 150-200 athletes. After the program is completed, the banner can be displayed prominently in your program as a constant reminder to be kind, caring and respectful to others.

project love 

### How to get there:

1

#### Look

Project Love Information is available on their website – [viafdn.org](https://viafdn.org) (Values in Action). Look for Be Kind® STICK TOGETHER® on the menu.

2

#### Register

Scroll down the Be Kind® STICK TOGETHER® page and locate the USASF logo. Click and register to receive the free downloadable materials.

3

#### Print

Print the script, materials page and download the videos to facilitate the 45-50 minute workshop.

4

#### Encourage

Encourage your older athletes to teach the lesson to younger students in your program. Not only will the older athletes have the opportunity to practice their public speaking skills, they will also serve as role models to younger teams.

5

#### Need help?

Reach out to:

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