



# Modelling Healthy Relationships within the Sport Environment



Sport participants are learning from how you behave within your relationships. Learn about how you can set, maintain, and uphold expectations as a way to model healthy relationships.

## Setting Expectations

Set expectations by introducing your participants to the culture you want to develop on the team, the values that will be prioritized, and how you want each participant to contribute.

## Maintaining Expectations

Maintain expectations throughout the season by posting your team expectations to make them visible, and reinforcing behaviours that are consistent with your expectations for inclusivity and healthy relationships.

## Upholding Expectations

Upholding expectations involves being prepared to address individuals when they've behaved in ways that don't match the expectations, the values of inclusivity and the elements of healthy relationships.

**The Support through Sport eLearning series and resources educate coaches on how to model healthy relationships.**

Learn more at [coach.ca/SupportThroughSport](https://coach.ca/SupportThroughSport).

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