

KEEP GIRLS IN SPORT THROUGH SOCIAL CONNECTION

For girls, sport is a first step to leadership—helping them develop the confidence and resilience they bring to their education, careers, and communities.

SADLY, MANY GIRLS ARE MISSING OUT ON THESE BENEFITS:

**3 GIRLS DROP OUT
OF SPORT FOR EVERY
1 BOY WHO DOES**



If this difference didn't exist



85,000*

more 16-18 year old girls would be playing sports today. That's 85,000 future leaders

Research has proven the positive link between social connection and quality sport experiences for girls. Unfortunately...



3.5X MORE

age 16-18 girls report the social aspect of sport as a barrier to participation versus age 6-12 girls.

5 WAYS TO SUPPORT SOCIAL CONNECTION TO KEEP GIRLS IN SPORT



**BUILD THE FOUNDATION
FOR POSITIVE CULTURE**

Integrate unstructured social time into practices or programs through informal activities such as chatting during warm-up and modified, small-sided games



**CREATE AN INCLUSIVE
AND SAFE ENVIRONMENT**

Take time to learn from your participants and their parents/guardians about how they feel best supported



CELEBRATE ROLE MODELS

Invite the girls to identify role models in their lives and celebrate what makes them role models



**REDEFINE GIRLS' RELATIONSHIP
WITH RISK TAKING**

Have your athletes set personal and team goals as a means of taking control of their development



**RECOGNIZE AND RESPOND TO
THE SIGNS OF DISENGAGEMENT**

Use sport as a safe space from external issues. Do not set a precedence that the participant is welcome only if they play.



For more tips, find *She Belongs* under Resources at WWW.WOMENANDSPORT.CA

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*calculated based on Statistics Canada 2016 population census data multiplied by participation rates of boys and girls from IMI International survey