

SCOUT - Sport Clubs Opening Up To all girls' participation!

MOOC – Seminar 5

Gender in Sports

MOOC – Seminar 3

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- **Former Head of Development and Communication for the French Professional Handball Players Association**
- **Graduate in communication sciences and sport management**



Content

- **Decline in girls' participation in sport at a certain age**
- **The reasons why teen girls are more likely to stop doing sport**
- **How to reverse the situation and to prevent the situation**
- **Help the girls to engage in competitive sports for life**

1. Intro

- **Have you noticed a decline in girls' participation at a certain age?**
- **General trend across Europe in all sports**
- **Some figures:**
 - **Girls between 11 and 16 years old, 37% of girls enjoyed physical activity (vs 54% of boys)**
 - **By the age 17 to 18, 3 in 10 girls would describe themselves as sporty (vs 6 in 10 boys)**
- **We all have a role to prevent this situation.**

2. Understand the reasons why teen girls stop doing sport at a certain age

- **Social pressures:** “Sport is not for girls”
- **Lack of Support:** Girls tend to have less self-esteem when it comes to doing sport.
- **Body image concerns:** Their body changes, discomfort may occur, body image starts to be important for them
- **Lack of support and guidance on managing puberty and sport**
- **Lack of female role models in Sports**
- **Time constraints linked to lack of family support:** Some families tend to ask more girls than boys to help the family with the household chores.

3. Strategy to prevent girls to drop out of sport

- **Create a safe environment for teen girls:** a clean and welcoming environment, an environment in which they feel comfortable, in which they feel listened and supported.
- **Adapting and creating a supportive and inclusive team environment for girls**
 - Offer them and emphasize their belonging to a group: team's photos etc.
 - Discourage any kind of negative or exclusionary behavior
 - Emphasize the importance of teamwork (examples of teambuilding game)

3. Strategy to prevent girls to drop out of sport

- Example of teambuilding games**

The objective is to have the girls line up in order of their birthdays—January 1 through December 31. To do this, they will need to know the order in which the months fall as well as their own birthday. They will also need to talk with one another in order to figure out who goes in front of whom.

Other ways to line up include by height, alphabetically, or by foot size.

You will find more games in the training manual.



3. Strategy to prevent girls to drop out of sport

- **Encourage a growth mindset:** setting reachable objectives and making them part of the process.
- **Provide positive feedback and recognition:**
 - During the training sessions
 - at the end of the year/season, give them a medal or diploma to congratulate them for their commitment and hoping to see them next year/season.
- **Take into account puberty and educate girls about it**

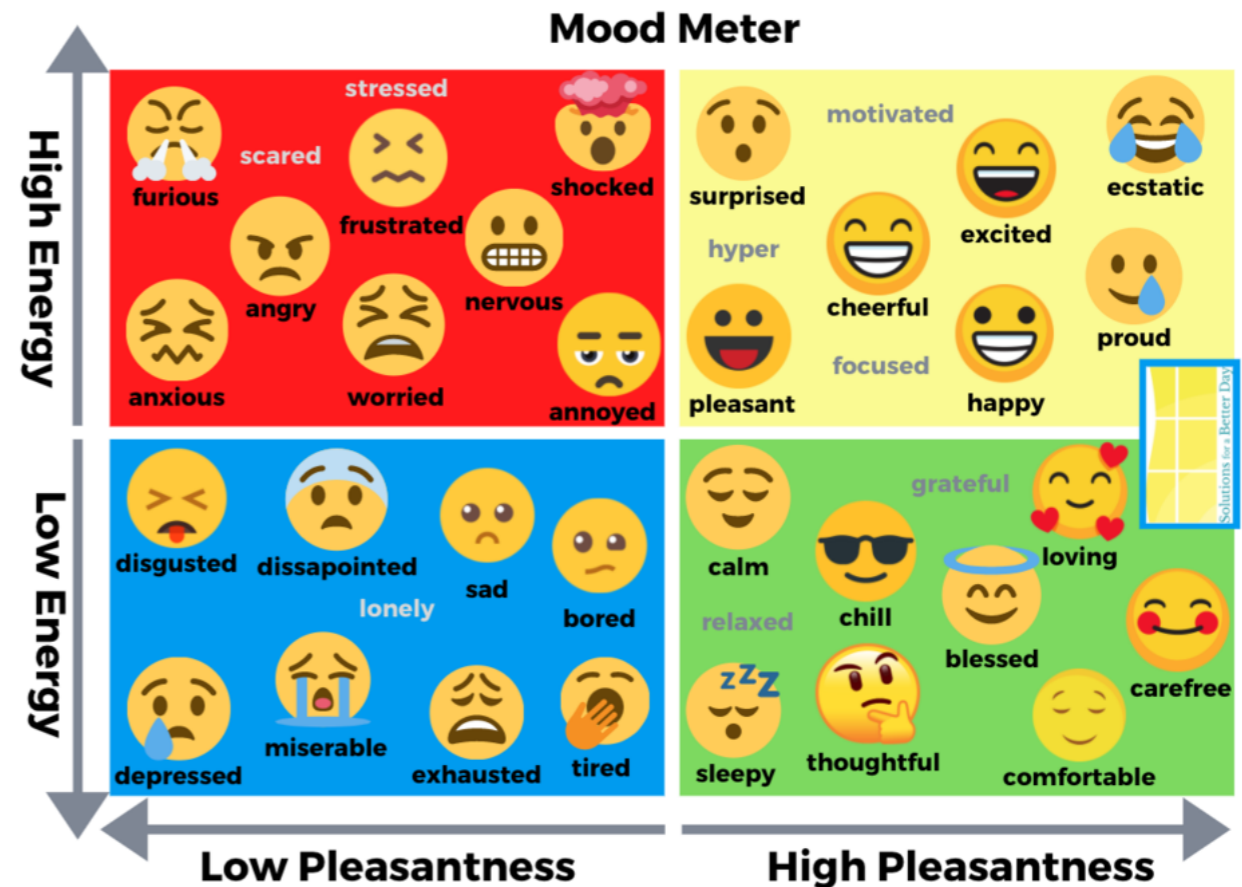
3. Strategy to prevent girls to drop out of sport

- **Take into account puberty and educate girls about it**



3. Strategy to prevent girls to drop out of sport

- Evaluate the mood swings and girls' well being with the mood meter tool (implementing it as a before training routine and after training as well to evaluate the mood evolution of the players)



3. Strategy to prevent girls to drop out of sport

- **Provide young girls with female role models:**
 - **Senior team training/match**
 - **Mentorship**
 - **Mother/daughter training**
 - **Communication campaign on social media with senior team**
- **Encourage family support**
- **Emphasize the long-term benefits of sports for physical & mental health and social abilities**

Thank you very much

The reading manual will be your partner during the training process, please refer to it when you have doubts and implement the tools that we provide you with.



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