



Ways to Encourage Girls to be Active

You can ...*

- emphasize fun and social aspects. Ensure girls and young women enjoy their participation.
- provide female-only opportunities. Encouraging same gender programs will provide girls with the opportunity to participate in their own way and to succeed and feel confident in sports environments.
- create a positive environment. Ensure that all girls regardless of skill level feel supported and are provided with opportunities to experience success.
- emphasize participation over skill. Provide programs that create a sense of belonging and inclusivity rather than competitiveness.
- teach the basics. Ensuring that girls succeed at the basic level, increases their confidence and self-esteem in their ability to play sports.
- encourage leadership opportunities. Providing mentor opportunities promotes positive recognition and encourages younger girls to participate.
- value student input. Providing forums for girls to share their ideas and to be part of program planning will encourage girls to stay active.

*Source: On the Move Handbook, Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), 2006.

