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Rally Report Insights: Mental Health The Benefits of Safe and Healthy Sport Participation

Theme:
Participation

 Rally Report Insights: Mental Health


Co-authored by Canadian Women & Sport

Mental health is an essential part of everyone’s overall health and wellbeing. It includes how people feel about themselves and the direction of their lives, and their ability to cope with life’s challenges. Recent data suggests that mental health concerns among Canadian youth are on the rise. This is particularly true for girls and gender-diverse youth who face unique challenges in adolescence such as declining confidence, increasing body dissatisfaction and disordered eating. The 2022 Rally Report, by Canadian Women & Sport.

Rally Report Insights: Mental Health

- [Rally-Report-Insights_FINAL.pdf 460KB PDF](#)


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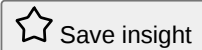
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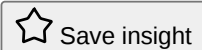
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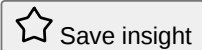
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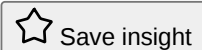
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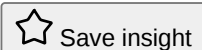
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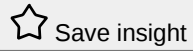
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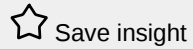


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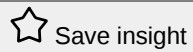
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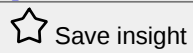


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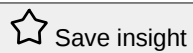
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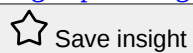
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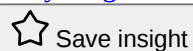


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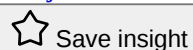


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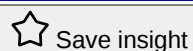


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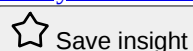


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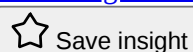


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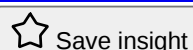


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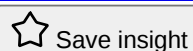
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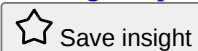
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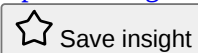
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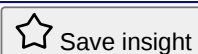
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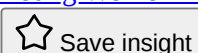
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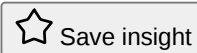
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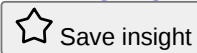
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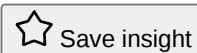


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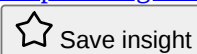


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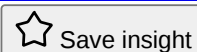


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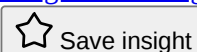
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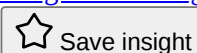


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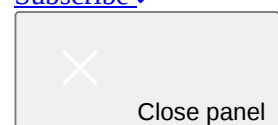
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