She Belongs: Building Social Connection for Lasting Participation in Sport

Theme:
Participation

Canadian Women & Sport
Co-authored by Canadian Women & Sport

She Belongs: Building Social Connection for Lasting Participation in Sport

When a girl chooses to play sports, what she will gain goes far beyond kicking a ball, learning a new stroke, or crossing a finish line. Through positive sport experiences, girls are more likely to reap the benefits of sport participation and grow into confident and motivated leaders.

Creating a positive social environment that intentionally fosters a sense of belonging is integral to the retention of girls in sport and physical activity. For many boys, good performance creates a stronger sense of social belonging. In contrast, for many girls, feeling a strong sense of social belonging will enhance their performance.

This resource is designed for coaches who are ready to intentionally support equitable sport. *She Belongs* offers practical recommendations to create social connection and better engage girls in the Learn to Train and Train to Train stages of the Long-Term Development in Sport and Physical Activity Framework (LTD). Everyone involved—sport and physical activity organizations, coaches, managers and leaders, as well as parents/guardians—plays an integral role in creating the environments where girls can participate and have fun.

Check out this infographic (PDF or JPG) if you want to share a few of the tips from *She Belongs* on how to enhance social connection, which helps to keep girls in sport!

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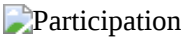

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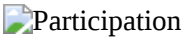

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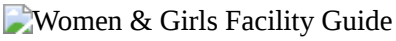

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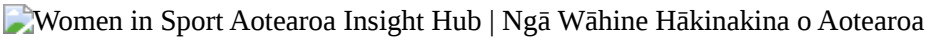
Close panel 

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