



Keeping Girls in Sport

Studies have repeatedly shown that during adolescence, girls drop out of sport at a significantly higher rate than boys.

According to the Rally Report, 1 in 3 girls drop out of sport during adolescence compared to just 1 in 10 boys.

Canadian Women and Sport have developed an e-learning module for coaches and activity leaders to build their understanding of how to:

- address common motivators and barriers for girls in sport;
- navigate the ways girls and boys experience sport environments differently throughout their development stages;
- foster positive sport environments for girls; and,
- ultimately keep girls engaged in sport.

<https://womenandsport.ca/learning-opportunities/e-learning/keeping-girls-in-sport-e-module/>