



STUDY GUIDE

Foundational Module 2: Challenging Gender Stereotypes

Learning Objectives:

- **Understand what gender stereotypes are and how they affect girls**
- **Identify gender stereotypes that are prevalent in sports.**
- **Reflect on your own explicit and implicit gender stereotypes and biases about girls in sport.**

Reflect:

What messages about girls and boys do you remember hearing growing up (from family, media, teachers, or peers)?

How might these messages shape the way girls see themselves in sports and other areas of life?

Can you think of a time when a gender stereotype may have limited a girl's opportunity in sport or school?

How do media coverage, uniforms, or coaching styles sometimes reinforce stereotypes about girls in sport?

Have you seen or experienced moments in sport where a stereotype was challenged or broken?

Review:

What are biases and how do they affect coaching?

How can biases, both conscious and unconscious, impact my coaching decisions and interactions with athletes?

What is the difference between conscious and unconscious bias?

What are the four ways to challenge gender stereotypes? Give examples of action steps teachers, coaches, and leaders can take to support each of the four. What examples of gender stereotypes are commonly seen in sports culture (language, media, coaching practices, uniforms, etc.)? How might these impact participation and performance?

Discover:

How can I educate myself about biases?

What strategies can I employ to minimize the influence of my biases on coaching decisions?

How can I ensure that my evaluations, feedback, and opportunities are fair and unbiased?

How can I model bias awareness for my athletes?

What checks and balances can I put in place to ensure that my coaching practices are equitable?

What should I do if I receive feedback indicating that my actions have been biased or unfair?

How can I create an inclusive environment despite my biases?

What practices can I implement to create a more inclusive and welcoming environment for all athletes?

What strategies can I use to facilitate open and honest conversations about bias and inclusivity?

Take Action:

Compare uniforms, facilities, or media coverage between boys' and girls' sports in your school/community, noting where stereotypes may appear.

Create a list of at least 3 ways you can actively encourage girls to try sports outside of traditional expectations (e.g., football, wrestling, rugby).

Develop specific practice activities or motivational statements to normalize girls being strong, aggressive, or loud.

Review your school/organization's website, flyers, or social media. Count how often girls/women/non-binary athletes are represented compared to boys/men. Assess diversity of body types, racial/ethnic representation, and roles (athletes, coaches, leaders). Create a recommendation list for how to improve visibility and representation.