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Lead the way with Coaching HER®. Empower coaches and educators to lead with awareness, intention, and inclusivity.



STUDY GUIDE

Foundational Module 4: Empowering Girls Engagement

Learning Objectives:

- Understand the many barriers that can limit girls' sport engagement and participation at all levels: Individual, Interpersonal level, Community/Environment level, and Societal level
- Identify barriers
- Reflect on and develop strategies that limit or reduce barriers
- Empower girls

Reflect:

What are some barriers you faced in sport?

Think about your own experiences as an athlete growing up...

Individual level: How did your thoughts, feelings, beliefs, values, likes and dislikes impact you positively and/or negatively as an athlete?

Interpersonal level: How did coaches, parents, teachers, and peers impact the decisions you made as an athlete? Which sports you played?

How/where you trained?

Environmental level: What policies and rules were there around the activities you participated in? Did these policies play a role in your sport experiences?

What was the quality of spaces you practiced or competed in like? What were participation opportunities in your community like?

Societal level: How did norms, stereotypes, values, and cultural beliefs affect your participation in sport?

Review:

What strategies can you implement to reduce barriers for girls?
Why does the gender gap in sport and physical activity matter?
What are the four levels of barriers that impact participation in sport for girls? Give examples of each level.

Discover:

What barriers might girls in your community face?
At what level do you think the girls you serve experience the most barriers: the individual, interpersonal, environmental, or societal level?
What can you do as a teacher/coach to empower girls to complete? To be leaders? Or even just to play?
What factors prevent or hinder girls' engagement in sport?
Which barriers do you as a coach/teacher have the ability to eliminate or lessen?

Take Action:

Work with your team/athletes/students to find out which barriers inhibit or cause the most stress for girls.
What barriers can you eliminate to facilitate positive sporting environments for your athletes?
What strategies can you implement as a coach that could help reduce or eliminate these barriers?
Who can help you eliminate those barriers?