



## STUDY GUIDE

### Foundational Module 5: Recognizing Girls' Identities

#### Learning Objectives:

- **Understand Aspects of Identity**
- **Identify how all girls' identities intersect and impact their sport experiences.**
- **Reflect upon your own identities and how those influence your coaching approach.**

#### Reflect:

What are your identities?

How are your identities different from or similar to the girls you coach?

What are your invisible identities?

What aspects of your identity are important to you?

Do you hide any parts of your identity? If so, think about why.

How does being comfortable with your identity and having a strong sense of self help you better to connect with your athletes?

Am I making space for all girls' voices and experiences, or only those who fit the dominant narrative in sport?

#### Review:

What are invisible identities and why do they matter in sport?

How does a coach's identity impact their coaching? Give some examples of how your identity can help you as a coach/teacher.

Why do some girls experience more barriers than others?

In what ways does a girl's identity impact her sport experience?

How does knowing more about a girl's identity help you coach her?

**Discover:**

What can you do to help an athlete with different identities from her teammates feel safe, comfortable, and respected?

How can you become aware of your own Affinity Biases so they don't impact how you coach?

What aspects of your own identity do you want to learn more about? How might taking the time to learn more about this identity support you as a teacher/coach?

How can you use more inclusive language when you coach/teach?

Discover and reflect on which aspects of identity do you typically notice first as a coach? Which ones do you often overlook?

**Take Action:**

You are a powerful role model! How can you leverage your identity to create a more powerful, empowering, and inclusive environment to develop all students/athletes?

What things can you do to celebrate diverse identities within your team?

How can you, as a coach, support girls who are exploring their identities while also fostering a positive sport experience?

What is a coaching/teaching action you can take to ensure your athletes' diverse identities are valued and affirmed (e.g., representation in examples, uniforms, language, or role models).

What assumptions might you unintentionally make about girls in sport if you don't consider intersectionality? How could you challenge or reframe those assumptions in your everyday coaching or teaching?