

# FACT: TOGETHER WE CAN ENCOURAGE GIRLS TO KEEP PLAYING SPORTS

## 5 TIPS TO HELP GIRLS STAY IN SPORTS

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### 1. MAKE IT FUN!

Focus on the atmosphere first. Lead by example and get in and play too! When you set the right atmosphere, girls want to be part of the team.

### 2. PRAISE THEIR PROCESS

Praise the steps they take - like working hard, never giving up, and trying different techniques - rather than the outcome.

### 3. HELP THEM BECOME FRIENDS

For girls, the social aspects of sports are an essential aspect of participation. Encourage the friendships among the girls on your team.

### 4. GIVE THEM OWNERSHIP OF THE TEAM

The more girls feel like they have a voice on the team, the more they will feel like they belong. Let them make decisions about the team.

### 5. SHOW UP AND CHEER LOUDLY!

For girls to value sport, we have to value them in sport. Consistently being at the game to support them is one of the most important things you can do as a role model.



## KEEP PLAYING #LIKEAGIRL

Sports Keep Girls  
**Confident.**  
Let's Keep Girls Playing  
**#LikeAGirl**



Rewrite the Rules  
*always*



## FACT: GIRLS QUIT SPORTS

BY THE END  
OF PUBERTY,  
HALF OF  
GIRLS WILL  
HAVE **QUIT**  
**SPORTS**

NEARLY

7

IN EVERY

10

GIRLS

feel they don't  
belong in sports

feel that society  
does not encourage  
them to play sports

say there aren't enough  
female role models  
in sports today

## FACT: SPORTS KEEP GIRLS CONFIDENT

WOMEN 18 TO 24 ARE 2X AS LIKELY TO BE CONFIDENT  
IF THEY PLAY SPORTS REGULARLY.\*

GIRLS REPORTED THAT

**3** of the top **BENEFITS**  
of staying in  
sports are

**1** teamwork

**2** leadership  
skills

**3** increased  
confidence

\*According to a 2015 US consumer data study