

CANADIAN WOMEN & SPORT

OVERVIEW





ABOUT US





BENEFITS OF GIRLS IN SPORT

For Girls

- Higher levels of confidence
- Enhanced health and well-being
- Fosters self-esteem

For Organizations

- Higher creativity
- Improved team collaboration
- Better understanding of a diverse end user





A KEY DISTINCTION

BUT WHAT IS THE DIFFERENCE BETWEEN EQUALITY AND EQUITY?

EQUALITY

Equality is giving everybody the same tools and resources – the same starting line.



VS.

EQUITY

Equity ensures fair access for all based on their needs – a focus on getting people to the finish line.



Concept adapted from: Robert Wood Johnson Foundation





WHAT CAN MY ORGANIZATION DO?





WEBINARS AND E-LEARNING

- Retention of girls in sport
 - Workshop
 - Self-guided E-Learning
- Inclusion of women on boards
 - Workshop

Please visit <https://womenandsport.ca/learning-opportunities/presentations/>



SAME GAME

Same Game is for sport and physical activity organizations at all levels, with a specific focus on local clubs. This toolkit is for anyone who wants to gain a better understanding of:

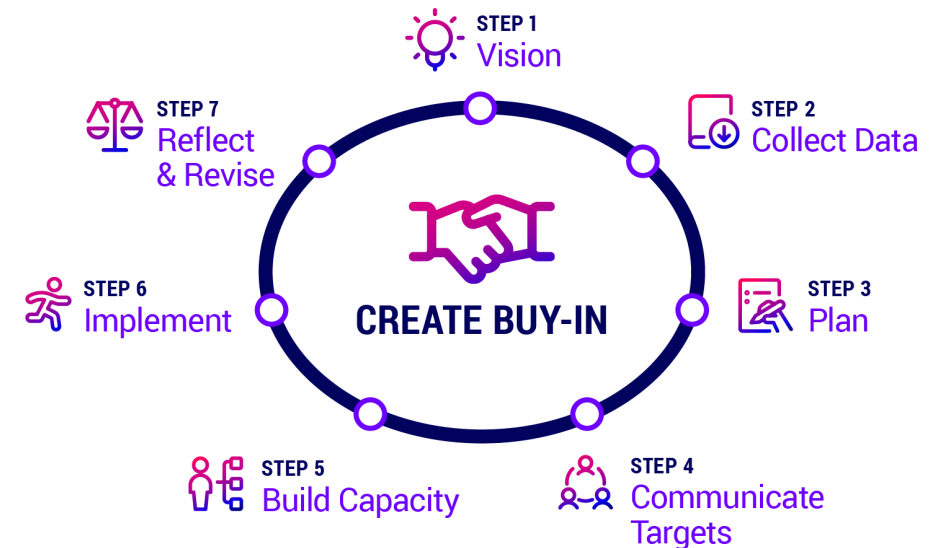
- **How to engage women and girls in their sport**
- **Find opportunities to improve your organization and your programming for everyone involved.**

Please visit <https://womenandsport.ca/resources/tools/same-game/>



SAME GAME

A step-by-step toolkit to bring your gender equity vision to life





THE GENDER EQUITY PLAYBOOK

- **Our Gender Equity Lens E-Learning Module:**
 - Gives you the information and tools you need to act on your commitment to gender equity, helping you make policy and program decisions to better serve women and girls in your sport.
- Enhance your learning with a conversation: <https://womenandsport.ca/wp-content/uploads/2020/09/what-is-your-sport-experience-ENG.pdf>
- Enhance your learning with extensions and application of knowledge: <https://womenandsport.ca/resources/tools/maximizing-the-impact-of-gender-equity-diversity-and-inclusion-training/>





THE GENDER EQUITY PLAYBOOK

- **Our Gender Equity in Sport Assessment:**
 - helps you identify areas of strength and opportunity for your organization. Drawing on extensive research on gender and diversity analysis and the expertise of our Research Team, the assessment focuses on specific areas of your organization that make sustainable structure change possible, such as governance and leadership, recruitment, and culture.
- **Our Gender Equity Action Planning consultation service:**
 - Building on recommendations from the assessment step, the action planning service provides organizations with the opportunity, tools, and expert support from Canadian Women & Sport facilitators to plan and implement an evidence-based course of action that addresses the most pressing areas of opportunity identified in the GESA report.

Please visit <https://womenandsport.ca/learning-opportunities/gender-equity-playbook/>



WHAT CAN I DO?





APPLY A GENDER LENS TO DECISION MAKING



L

List key decisions. Reflect on how decision making has usually been done.



E

Explore assumptions about gender. Identify barriers and inequities.



N

Narrow it down. Prioritize the issues to address.



S

Strategize and plan for greater inclusion and equity.

- [LENS-Worksheet-Infographic-R1-003.pdf \(womenandsport.ca\)](#)





TALK TO YOUR PARTICIPANTS

- What is your sport experience:
<https://womenandsport.ca/wp-content/uploads/2020/09/what-is-your-sport-experience-ENG.pdf>
- How to be an empathetic ally:
<https://womenandsport.ca/wp-content/uploads/2020/09/How-to-be-an-empathetic-ally.pdf.pdf>



When an athlete's leg cramps, coaches are sympathetic and accommodating, so why should period cramps be any different? Let's be sensitive to this reality by adjusting expectations and training schedules so she stays in the game.

Let's change the game at yourrole.womenandsport.ca

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**CANADIAN
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