

GET IN THE
GAME ♀

RESEARCH REPORT



For more info





DISCLAIMER

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INTRODUCTION

We present you visualized research report for the Erasmus-Sport 2022 SCP-101089786 project, titled "Get in the Game." This project addresses the significant gender disparity in sports participation among young people within the European Union. Despite being an essential aspect of personal development and societal engagement, sports participation remains notably lower among young girls compared to boys. The project brings together a consortium of partners from France, Italy, Portugal, Greece, and Serbia, including NGOs, sports organizations, schools, and federations, all dedicated to promoting gender equality in sports.



METHODOLOGY USED FOR RESEARCH

DESK RESEARCH

- **State of Art** - Analyzes existing good practices and contexts in partner countries to promote girls' participation in sports.
- **Best Practices** - Identifies and defines successful practices that improve access to team sports for girls through schools, aiming to create a common methodology for evaluation and replication across Europe.

FIELD RESEARCH

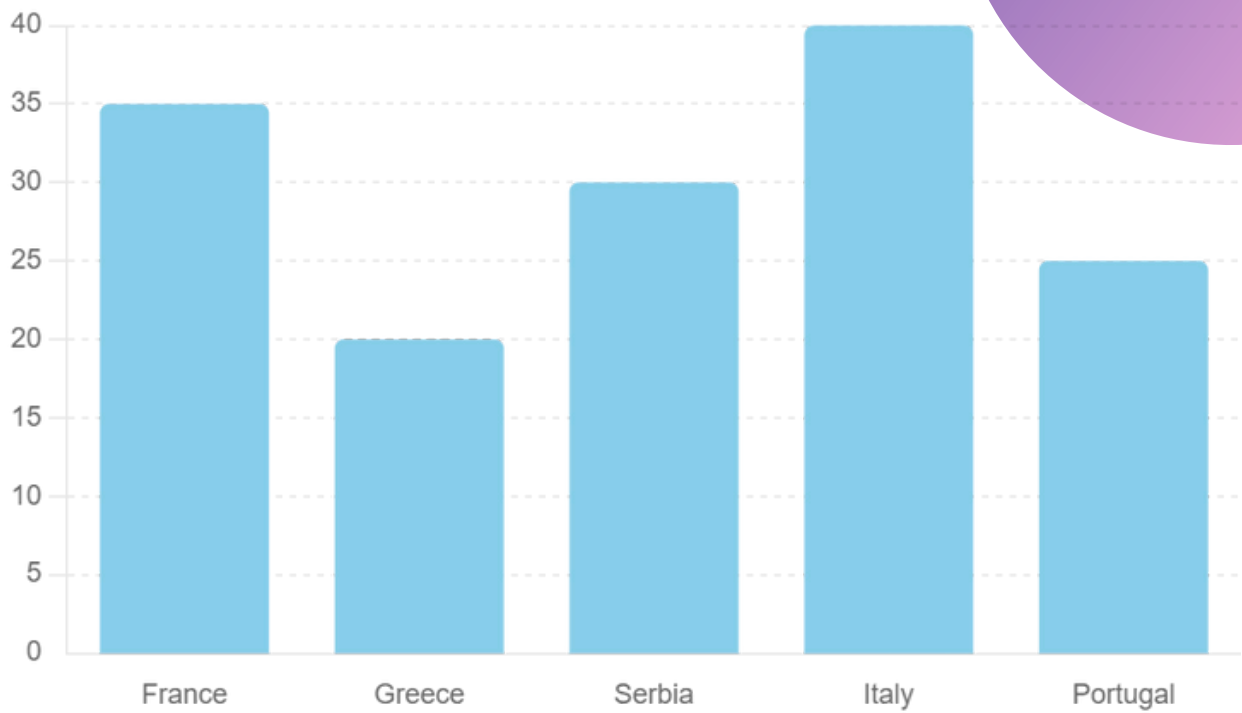
- **Survey** to gather data on sports participation among young girls.
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**STATE
OF ART**

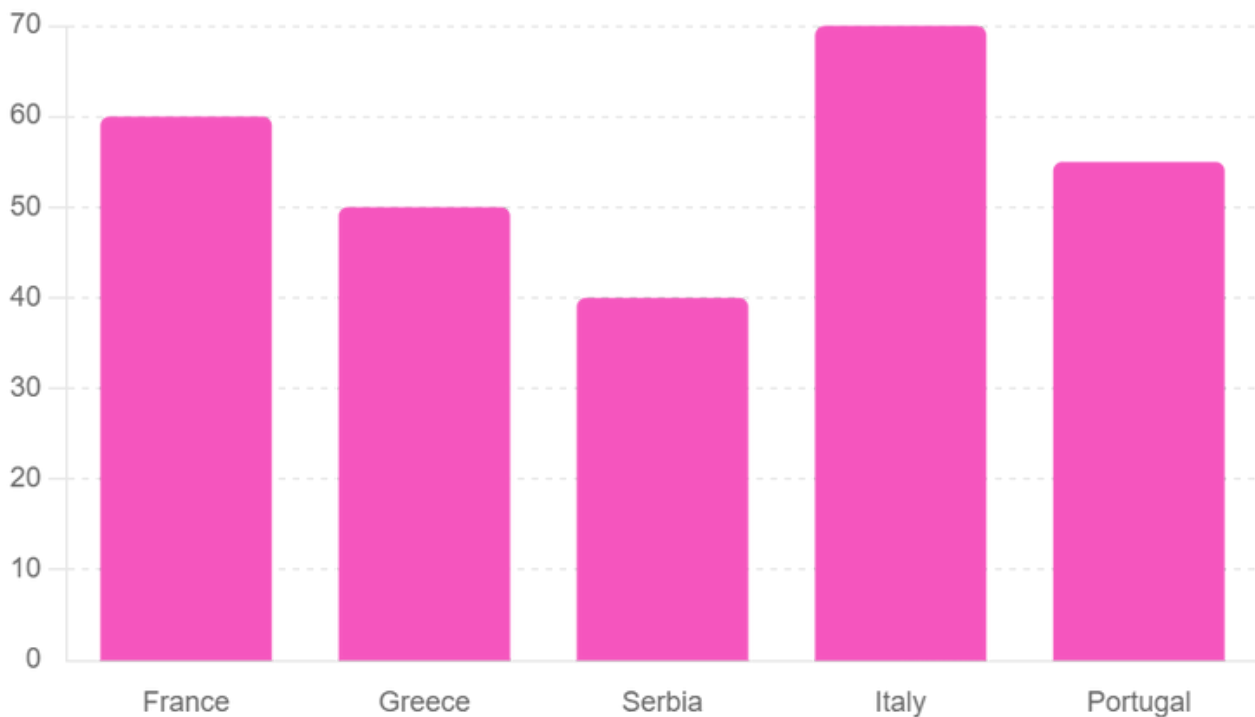


Participation Rate of Young Girls in Sports by Country



Legislation Support for Sports by Country

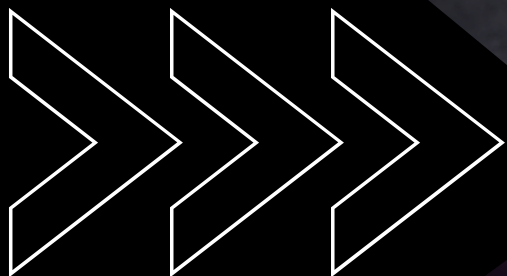
School Promotion of Sports by Country



The graphs presented in this part illustrate the varying levels of participation, school promotion efforts, and legislative support for young girls' sports across the five countries. Each country's unique approach and level of support highlight the differences and similarities in promoting sports among young girls within the European context.



SURVEY
FINDINGS



Gender Disparities in Sports Participation


On average, young girls participate in sports at significantly lower rates than boys across all surveyed countries. For example, in Italy, 60% of boys participate regularly in sports compared to only 40% of girls.

Impact of School Programs

Countries with strong school sports programs, like Italy (70% support from schools), show higher overall participation rates among young girls. This suggests that well-structured school initiatives can play a critical role in encouraging sports engagement.

Role of Parental Support

- High parental support correlates with higher participation rates. For instance, in Italy, 75% of parents support their daughters' involvement in sports, contributing to a higher overall participation rate of 60%.





Economic Barriers

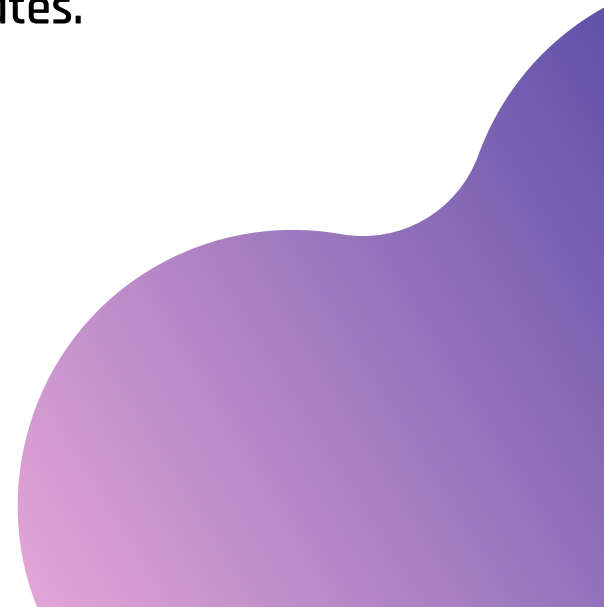
Financial constraints are a significant barrier in countries like Portugal (45% barriers to participation), where sports participation can be expensive due to equipment, training fees, and transportation costs.

Cultural Attitudes and Norms

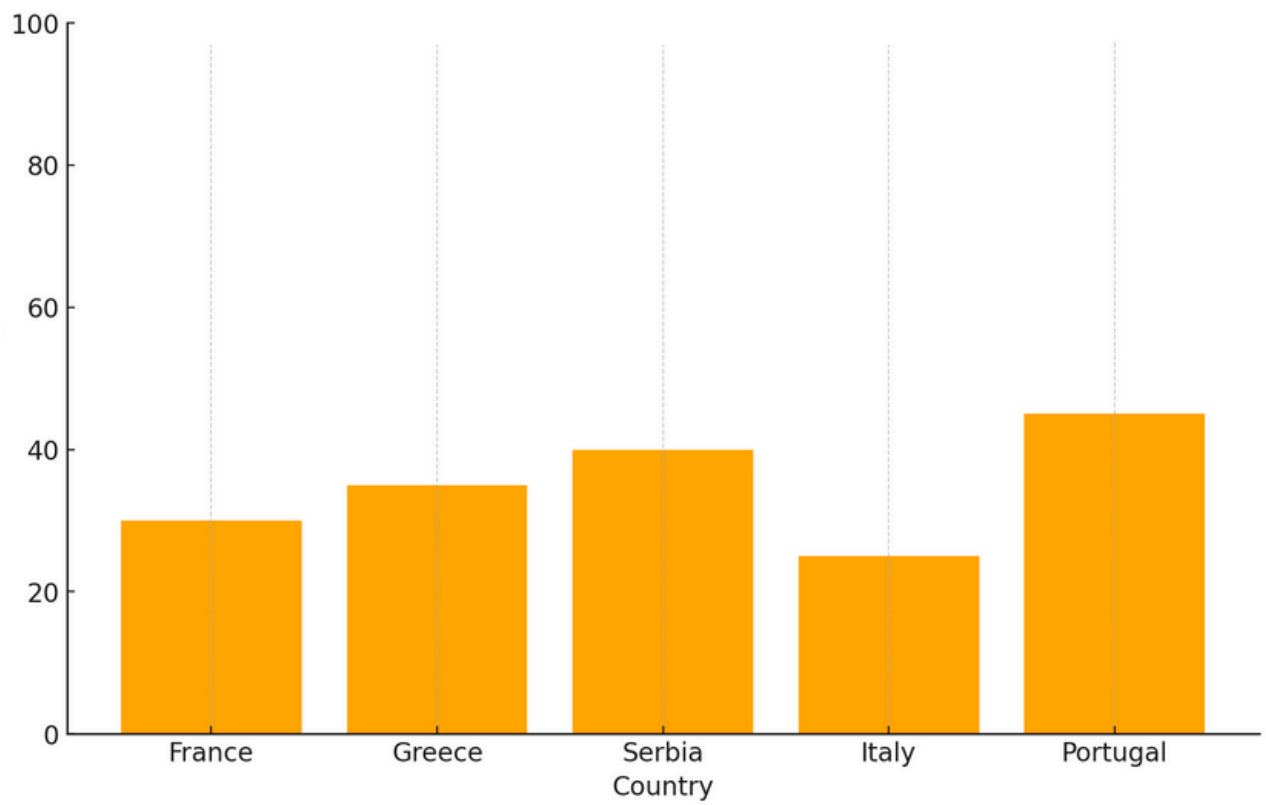
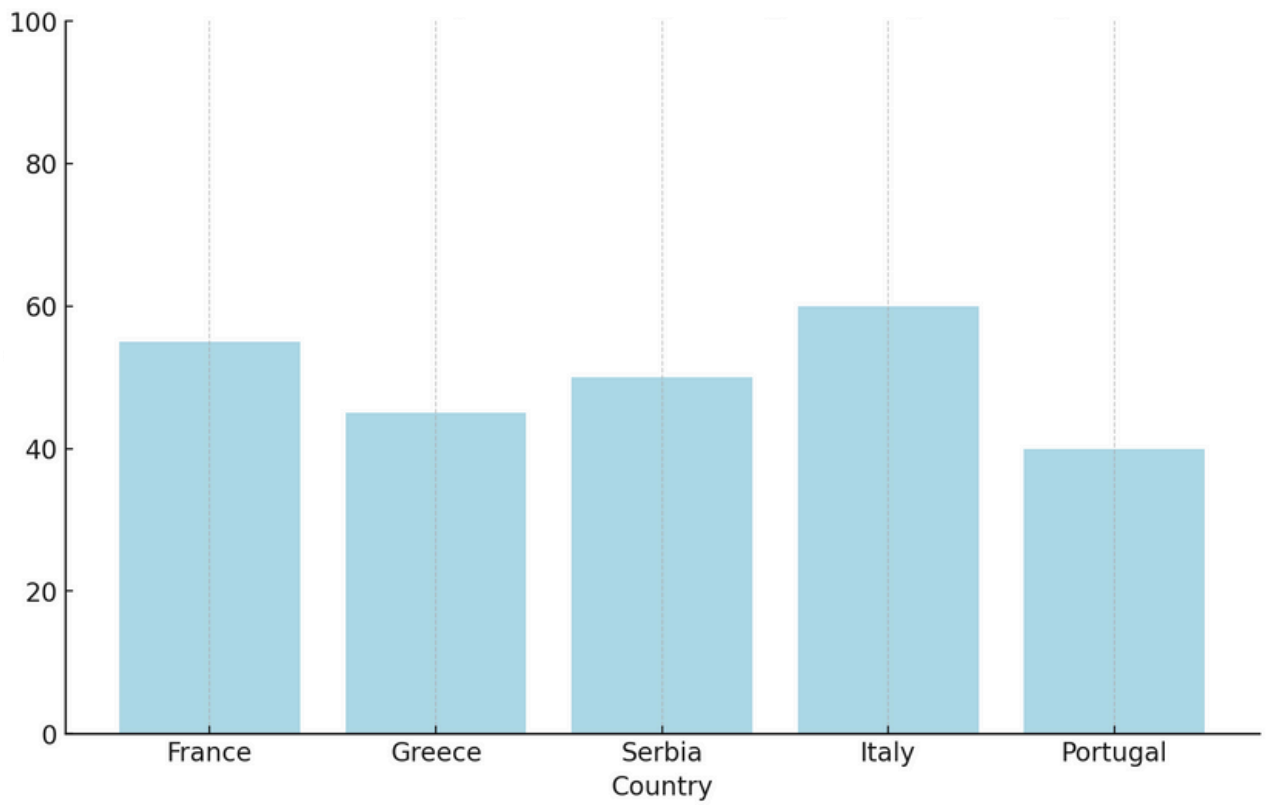
Traditional gender roles and societal expectations heavily influence sports participation. In Serbia, 40% of the barriers are attributed to cultural norms that discourage girls from engaging in sports.

Access to Facilities

Access to sports facilities is crucial for participation. Italy (85%) and France (80%) have better access to sports facilities compared to Greece (65%) and Portugal (60%), reflecting in their higher participation rates.



Interests in Sport



Barriers to Participation

BARRIERS FOR SPORT PARTICIPATION BY COUNTRY

France (30%)

- There may be societal expectations and stereotypes that discourage girls from participating in sports.
- Limited visibility of female athletes can impact girls' interest in sports.
- Concerns about safety in sports facilities or during travel to these facilities can be a deterrent.

Greece (35%)

- Families may lack the financial resources to support sports participation, including costs for equipment and training.
- Inadequate sports infrastructure and facilities, particularly in rural areas.
- High academic demands and pressure may limit time available for sports activities.

Serbia (40%)

- Prevailing gender norms may discourage girls from participating in what is often seen as a male-dominated activity.
- Insufficient media coverage of women's sports, leading to less inspiration for girls to engage in sports.
- Fear of social rejection or bullying from peers can deter girls from participating in sports.


Italy (25%)

- Concerns about body image and self-esteem issues can discourage girls from participating in sports.
- Insufficient information about the benefits of sports and available opportunities.
- Some parents may prioritize academic success over sports involvement.

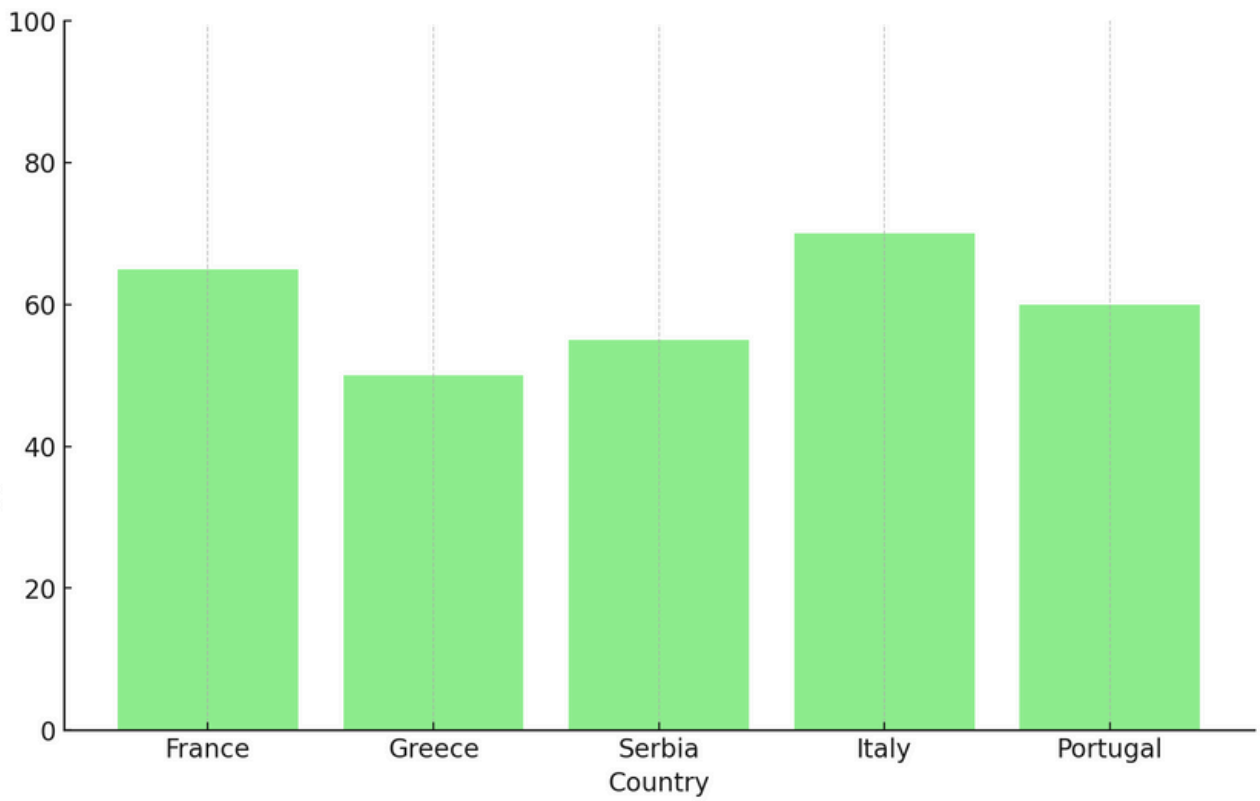
Portugal (45%)

- High costs associated with sports participation, including membership fees, uniforms, and equipment.
- Limited availability of sports programs specifically designed for young girls.
- Societal attitudes that do not fully support female participation in sports.

IMPLICATIONS OF THE BARRIERS

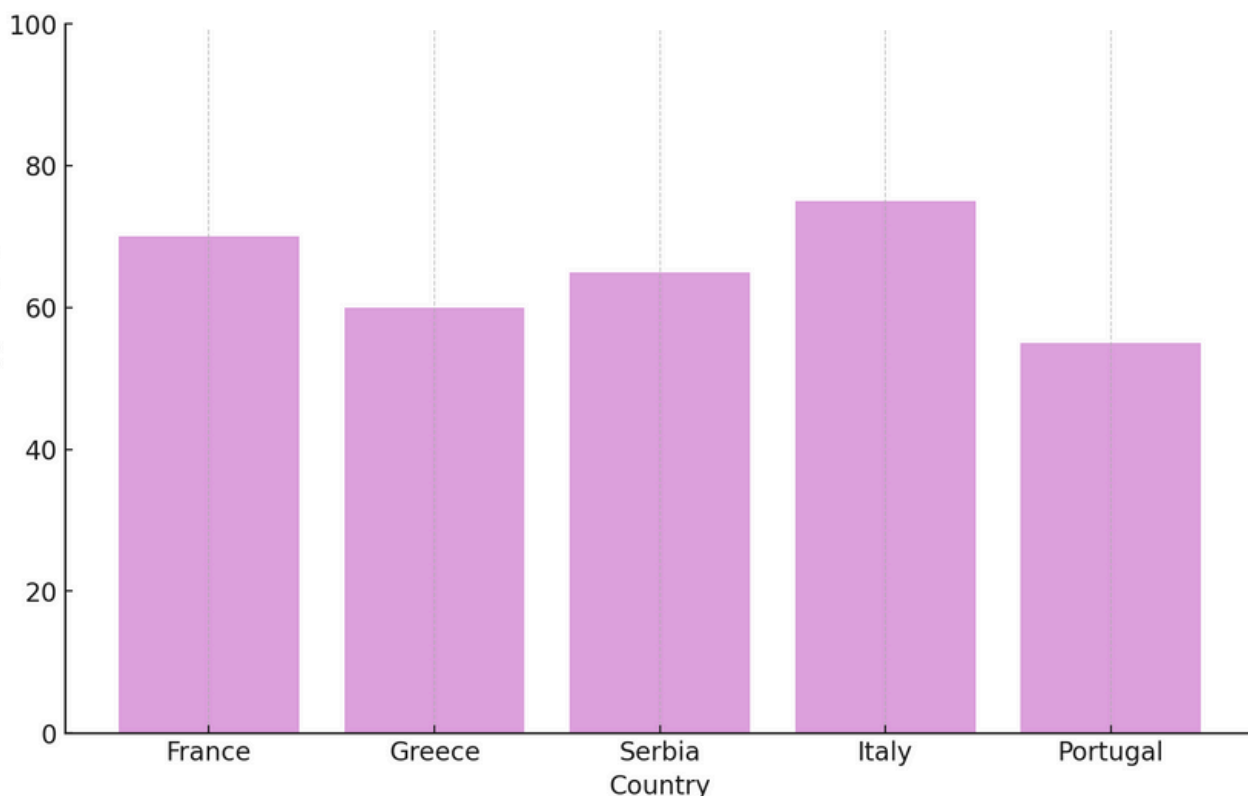
- These barriers contribute to lower overall participation rates among young girls, impacting their physical and mental health and social development. Persistent barriers reinforce gender inequality in sports, perpetuating the cycle of limited female representation in athletics.
 - Lack of participation in sports means missing out on opportunities to develop important life skills such as teamwork, leadership, and resilience.
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Access to Sports Facilities



Support from Schools

Parental Support



The survey findings highlight significant disparities and commonalities across the countries, providing a comprehensive overview of the current state of young girls' participation in sports. This data can help in tailoring strategies and interventions to enhance sports engagement among young girls in each country.

Find out more: [GITG Research Report - THE SURVEY RESULTS](#)

KEY TAKEOUTS

- Italy has the highest interest (60%), whereas Portugal has the lowest (40%).
- Portugal faces the highest barriers (45%), while Italy faces the least (25%).
- Italy has the highest support from schools (70%), and Greece has the least (50%).
- Italy leads in school sports participation (55%), with Portugal being the lowest (35%).
- Italy shows the highest parental support (75%), while Portugal has the lowest (55%).
- Italy again leads with the highest access to sports facilities (85%), and Portugal has the least (60%).

COMPARATIVE INSIGHTS

- Italy and France lead in multiple aspects such as participation rates, school support, and access to facilities, showcasing the impact of comprehensive sports programs and supportive policies.
- Portugal faces the most significant challenges in terms of barriers to participation and access to facilities, highlighting the need for targeted interventions to improve sports engagement among young girls.
- Serbia and Greece show moderate levels of participation but face cultural and economic barriers that require continuous efforts to overcome.

CONCLUSION

The research has illuminated the critical issue of gender disparity in sports participation among young people across Europe. Through extensive desk and field research, we have identified both the challenges and successful strategies in promoting equal opportunities for young girls in sports. The findings underscore the importance of inclusive sports programs and the pivotal role of educational and community initiatives in fostering a more equitable environment.

We invite all stakeholders, educators, sports organizations, and community leaders to explore the detailed findings and recommendations of our research. Together, we can ensure that young girls have equal opportunities to participate in and benefit from sports, leading to healthier and more engaged communities.

For more information and to delve deeper into our research, please visit the following [link](#).

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CONQUERE
THE DAY!**

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