

## #34 INTERNATIONAL GUIDE TO DESIGNING SPORT PROGRAMS FOR GIRLS

Developed by: WomenWin

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<http://www.iapesgw.org.uk/images/docs/women%20win%20guide%20to%20designing%20sport%20programmes%20for%20girls%202016.pdf>

### Synthesis of the case study

The document is a how-to manual designed to inform organizations as they develop effective, sustainable, sport programmes that serve girls and women.

### Context and approach

WomenWin compiled the best practices, challenges, and innovations in this report with the help of twenty partner organisations. They consulted with existing research members of the WomenWin's Advisory Council and with experts in the field. The dedicated individuals who lead these organizations are globally doing the important work of empowering girls through sport every day. This guide features real-life experiences of sport programs for girls throughout the world.

### Objectives / Challenges

- to overcome the misperceptions and prejudices about girls and sports;
- to use a practical tool aimed at improving girls' participation in sports;
- it's an international tool, meaning that certain ways of teaching life skills to adolescent girls in the urban centers of India might not work for girls in the rural villages of Sierra Leone. What is empowering for some girls may not be empowering for others.

### Target

This guide is aimed at programmes that serve girls ages 10–18, with a specific focus on the younger adolescent, ages 10–14. The International Guide to Designing Sport Programmes for Girls is written for anyone who wants to empower girls through sports. It is ideal for an individual or grassroots organization interested in building or improving sports programmes for girls, including teams, girls' and women's organizations, schools, clubs, and faith-based groups. It can also serve as a reference for coaches, international sports and development organizations, donors, sports governing bodies, caregivers, researchers, and policy makers. The ideas in this guide can be applied directly to small groups of girls, as well as for informing larger, multinational initiatives.

### The deliverable (What did they do specifically?)

The document presents information in five main sections:

- Introduction;
- programme design;
- operations;
- developing life skills
- mixed gender sports programmes;
- references for their future lives.

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