



## #31 SELF-ESTEEM, SPORT & PHYSICAL ACTIVITY

Developed by: CAAWS

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[http://www.caaws.ca/e/wp-content/uploads/2013/02/Self\\_Esteem.pdf](http://www.caaws.ca/e/wp-content/uploads/2013/02/Self_Esteem.pdf)

### Synthesis of the case study

Women, from a very young age, underestimate themselves (and their potential) of success in physical activities. This material is a four-page document that features some advice and knowledge about self-esteem for women, especially for teenagers. In addition, it gives tips on how organizations and institutions can enhance self-esteem among women.

### Context and approach

While self-esteem is most strongly developed at a young age, individuals and society continue to affect and influence self-esteem throughout our lives. It is never too late to alter one's perspective and encourage positive self-worth. There is good evidence to suggest that sport, active living and physical education can have a positive effect on self-esteem in adolescent women.

### Objectives / Challenges

- To make your institution's physical activity movement more inclusive, accessible, and empowering for young women.

### Target

Teenagers.

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

The remainder of the resource is divided into three sections:

- how can individuals enhance self-esteem;
- focus on the notion of self-esteem;
- how can organizations and institutions enhance self-esteem?

### Key learnings

This resource is useful to better understand the behavior of women in sport by enhancing the self-esteem.

#### Contact information

Canadian Association for the Advancement  
of Women and Sport and Physical Activity  
(CAAWS)  
11, avenue Marjory, Toronto (Ontario) M4M  
2Y2  
Tel: 416-901-0484  
Mail: [caaws@caaws.ca](mailto:caaws@caaws.ca)