

APPROPRIATE SPORT CLOTHING

It can be dangerous for a girl to shame their family by behaving in a manner perceived as inappropriate: they risk being punished (physically or psychologically), threatened, or having their freedom of movement restricted. Many communities impose constraints on what is considered appropriate attire for girls. These requirements can make sports participation challenging for girls.



STRATEGIES:

- Respect cultural dress codes, and be flexible within the boundaries of physical safety.
- Select activities that girls can play in modest clothing.
- Use a private venue if girls' attire restricts their ability to perform athletically.
- Provide girls and female coaches with proper sport attire if they can't provide it for themselves.