

# PREJUDICES AND MISCONCEPTIONS

Prejudices and misconceptions around sport and gender can pose a barrier to girls participation in sport. Societal prejudices often associate athleticism, strength, and competitiveness as 'masculine' traits. Social expectations of 'femininity' can make girls reluctant to practice sport for fear of building muscle mass or being seen as promiscuous.



## STRATEGIES:

- Teach the community about the benefits of physical activity for girls to help change perceptions.
- Invite the community to visit the programme in action and to talk about their concerns.
- Create and implement a child protection policy and code of conduct. Train coaches around these policies.
- Talk openly with girls about perceptions of women athletes.
- Enlist the support of health professionals and community leaders to defuse myths.
- Use local pride as a motivator.
- Encourage girls to make decisions about their bodies on their own well-being as opposed to social or cultural stigmas.
- Teach girls how to manage menstruation while participating in sport.