

## Growing Up Global; Empowering Girls Around the World Through Sport

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### MAIN ISSUES IDENTIFIED/DISCUSSED

1. Sport and physical activity has yet to be used as an effective tool for development.
2. Fun Physical Education and sport is not always available for young girls, especially in developing country.
3. Physical activity and sport need a broader definition that can encompass play and non-traditional Olympic-type sport.
4. Mothers have yet to be seen as powerful influences in the promotion of sport and physical activity for girls.

### RECOMMENDATIONS FOR ACTION/COMMITMENTS (WHO? WHAT? WHEN? HOW?)

1. Each person to commit to influence and mentor a young girl within their family or social circle to participate in play/sport.
2. Identify, educate and work with stakeholders (e.g. fathers, mothers, leaders, program providers, health professionals) to ensure resources are better utilized.
3. Take a holistic (physical, psychological, social, emotional and academic) approach to using sport and physical activity as a tool for girls' development and well-being.
4. Intentionally create and support safe places for girls to play.
5. Make physical education compulsory (and fun) for all young girls.
6. Identify and include positive female athletes/sport educators as role models.
7. Create leadership training programs for girls involved with sports.