

Rally Report 2024 – Take Action

On Participation: Get More Girls in The Game

Today, 63% of girls aged 6 to 18 report participating in organized team or individual sport at least weekly, compared to 68% of boys. While more and more girls are playing sport, there is room to improve. Play your part in levelling the field and get more girls in the game.

Take the [Gender Equity LENS e-Learning Module](#) to learn how to apply a gender equity lens and create sport and physical activity environments that support girls and women.

Learn the key elements of girl-centered design. Sign your organization, association, or club up for the [Retaining Girls in Sport & Physical Activity Workshop](#), led by Canadian Women & Sport's expert facilitators.

Create a positive social environment that fosters a sense of belonging. Read [She Belongs](#) to learn how to build social connection among girls and support their lasting participation.

Empower women coaches and leaders in your sport or physical activity space. Sign up for [our newsletter](#) to learn about upcoming opportunities to participate in Canadian Women & Sport's gender equity programming in early 2025.

Help girls see themselves at every level of sport and in every role. Arrange watch parties or attend rec, university and college, or pro women's sport events in your area. Access the [PWHL's schedule](#) and watch more for information about the [Northern Super League](#) and [WNBA Toronto](#).