

HOW TO BE AN EMPATHETIC ALLY

EMPATHY IS THE ABILITY TO **UNDERSTAND & SHARE** THE **FEELINGS OF ANOTHER.**

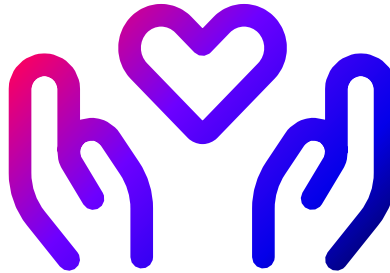


To build a better sport system for women and girls, we first need to better understand what women and girls want and need from their experience in sport.

1 DO YOUR HOMEWORK



Show your commitment by first researching barriers faced by diverse girls and women. Then, take it a step further and observe your sport first hand. For example, what equipment and facilities are available to different teams? When you are making decisions, whose perspectives are taken the most seriously?



FOLLOW THIS PROCESS TO PRACTICE EMPATHY TO BETTER UNDERSTAND HOW WOMEN & GIRLS EXPERIENCE SPORT!

3 REFLECT



We all have a role to play in creating change. Consider how your experience in sport compares to what you have learned from others. Use your influence to make sure the feedback you've received is used to inform decisions. Everyone's experience of sport is valid and worthy of attention.

2 SEEK INPUT FROM WOMEN AND GIRLS AROUND YOU.



Remember that someone who is sharing their personal experience is vulnerable. Ask them if they are comfortable sharing and commit to listening closely and without judgment. Your goal is to learn and understand so you can be a better ally and help to improve their experience.

Here are some suggested questions you can ask:

- What is your experience in sport?
- What motivates you to stay involved in sport? What de-motivates you?
- Do you see a clear path for your ongoing participation in sport and physical activity? What enables you to continue? What stands in your way?
- Are there things in your experience of sport that, if they were different, would make you feel more comfortable and excited to keep playing?
- Who supports or champions your participation in sport? What do they do that made a difference for you?
- What could I do to help women and girls as participants and leaders in sport?



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