

TIPS FOR ENGAGING AFRICAN CANADIAN SECOND-GENERATION¹ TEEN GIRLS IN COMMUNITY SPORT



Developing sport programs that meet the needs of second-generation teen girls from a variety of backgrounds is key to engaging this growing population of Canadian youth in sport.

1



ASK PROGRAM STAFF TO COMMUNICATE THE BENEFITS OF PARTICIPATING IN SPORT TO PARENTS.

Parents may prioritize their children's education or job opportunities over sport. Trusted leaders like coaches can help teen girls get buy-in from their parents to participate.



2



HIRE MULTICULTURAL HEALTH NAVIGATORS² (MHNS) TO BRIDGE CULTURAL AND COMMUNICATION GAPS AND PROMOTE TRUST.

Learning English as a second language is a challenge many first-generation parents navigate with support from their children. Involve MHNs who speak parents' native languages and understand their cultures to help explain programs and services and translate materials sent home.



3



OFFER CONCURRENT PROGRAMS FOR YOUNGER SIBLINGS TO ADDRESS CHILDCARE NEEDS.

Parents may depend on their eldest daughters for support in the absence of other childcare opportunities. Including programming for younger siblings can help prevent older sisters from missing out.



4



RESERVE ALL-GIRLS TIME SLOTS TO RUN THE PROGRAM.

Create a private program space to give participants the freedom to enjoy the program without discomfort or fear of being judged.

HERE ARE 4 WAYS

SPORT ADMINISTRATORS, COACHES, AND PROGRAM LEADERS CAN MAKE SURE AFRICAN CANADIAN GIRLS CAN STAY INVOLVED:



These recommendations are based on interviews conducted by Amina Haggar, MA Candidate under the supervisor of Dr. Audrey Giles with the University of Ottawa, with eleven sport coordinators and coaches involved in the City of Ottawa's Community Centre Basketball League (CCBL). Haggar's research is on the experiences of second generation African Canadian girls in community sport and is relevant to ethnoculturally diverse families in low-income community settings.

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¹ Second-generation refers to Canadian-born children who have at least one parent born outside of Canada.

² Multicultural Health Navigators often work with community health centres or related spaces. Reach out to a community health centre in your area to learn more.