

# Why Girls DROP OUT of Sport

## Decreased quality of experience.

As girls grow up, the quality level of their sports experience may decline. The facilities are not as good as the boys' venues or lockerrooms, playing times may not be optimal, & travel is further due to less teams. The higher quality coaches tend to be more focused on the boys' programs. Equipment, & even uniforms aren't designed (unisex uniform is male by default) or sometimes funded the same for many girls' programs at the same levels as boys so their ability to grow & enjoy the sport is diminished.

## Social stigma.

Despite recent progress, discrimination based on the real or perceived sexual orientation & gender identity of female athletes persists.

## Lack of family support.

The primary place where girls learn about gender roles is the family. Whether it is through money, time, or focus, families still tend to engage, perhaps unconsciously, in gender stereotyping, conveying girls are inherently less athletic than boys, & that sports are less important for girls.

## Cost and lack of access.

Fewer opportunities within clubs & high schools (1.2 million less HS opportunities—NFHS) mean families must pay to play in private programs, equipment, & travel requirements. If she already lacks some family support, cost makes the issue bigger.

## Lack of positive role models.

Today's girls are bombarded with images of external beauty while being coached, officiated, & directed by men. A lack of culturally relevant role models' is identified as an especially significant obstacle to female physical activity (United Nations). Resulting in some girls desire to fit within society's mold becomes more important than sports.

## Poor coaching and playing favorites.

There is a difference in coaching boys & girls. Not understanding the differences in communication, confidence, trust, social, team unity, & outside factors can unintentionally ruin their experience. Plus, coaching boys teams gives one higher standing, leaving girls teams struggling to find strong coaches.

## Not treated fairly.

Girls can put in the same amount of time, effort & energy but yet receive less recognition, fans, promotion, gear, coverage, money, and even experienced coaches. They hear what people say about them in the halls & on social media. It is frustrating to always be seen as 'less than' the boys in sports.

## Confidence crisis.

Studies confirm that girls suffer a severe crisis in confidence & larger drop in self-esteem during adolescence than boys (who gain self-confidence as they mature). As a result, girls tend to view themselves as not being good enough or valued as athletes.

## Poor sports behavior

Girls are less tolerant of poor sports behavior from parents, coaches, officials and teammates than boys.

## Loss of fun.

For some girls, being one of the only girls on a coed team can become lonely. For some girls, not having the opportunity to play with like-skilled players can sway her to focus on another sport.