

# “Building Inclusive Recreation and Sport Communities for Women, Girls, and Gender Diverse People”: Facility Use & Design”

## MODULE: Key Concepts

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# GENDER EQUITY & RECREATIONAL SPORT – Facility Use & Design

## Key Concepts

- a) The Need (Facts & Stats)**
- b) Intersectionality**
- c) Planning Tool -  
Temperature Check  
(CWS) - handout**

# a) The Need Benefits of Sport / Physical Activity / Recreation Participation

- Mental health/wellbeing
- Physical Health
- Social Connection
- Confidence
- Fun/enjoyment
- Sport and Physical Skills
- Cognitive Benefits
- Leadership Development
- Moral development
- Body Image

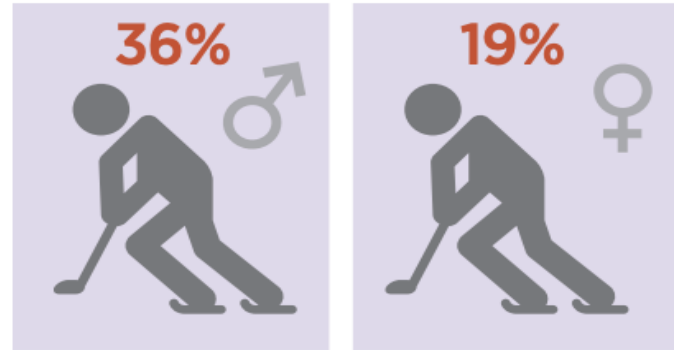




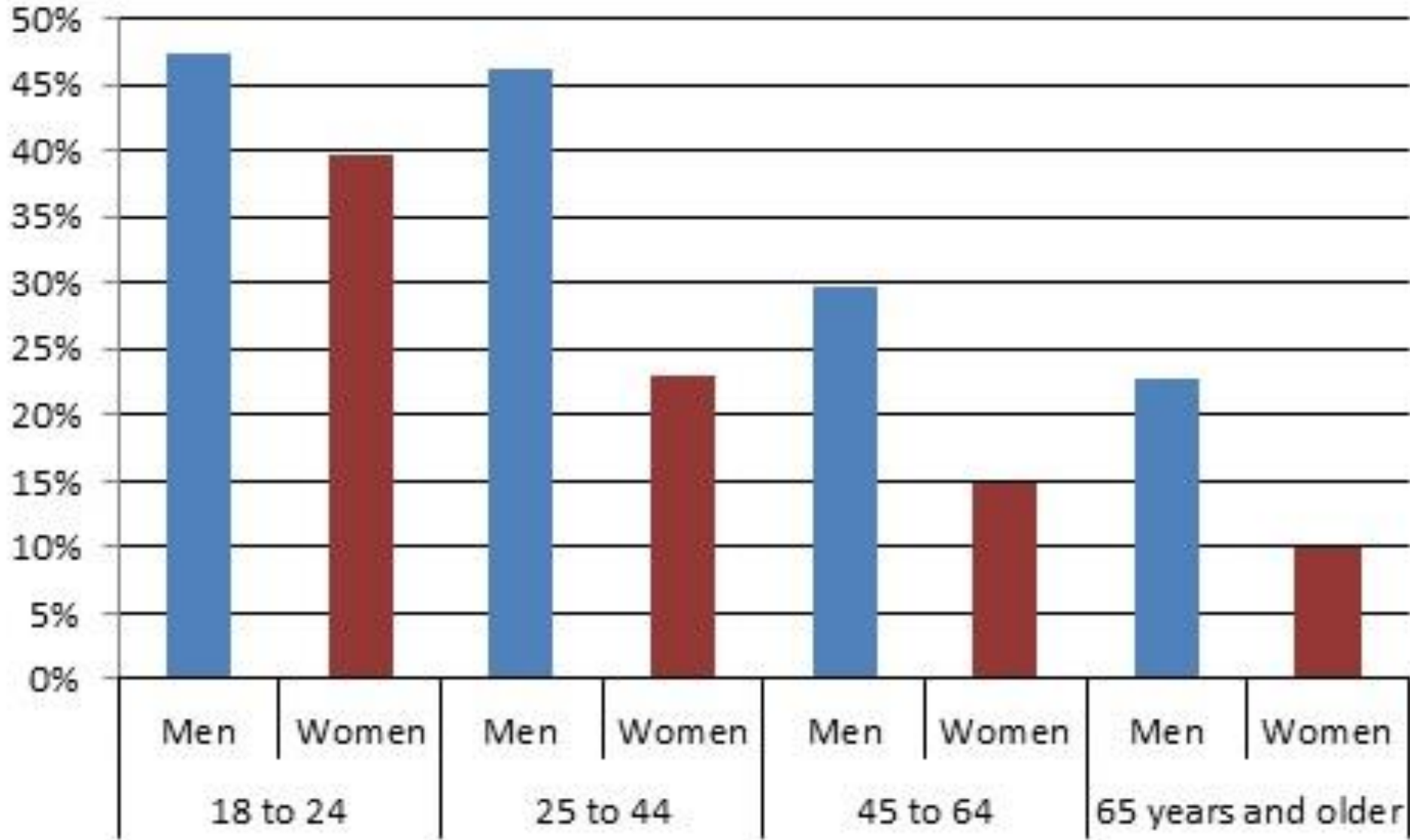
**% of Canadian adults who participate in sport**



**Participation in sports by gender**



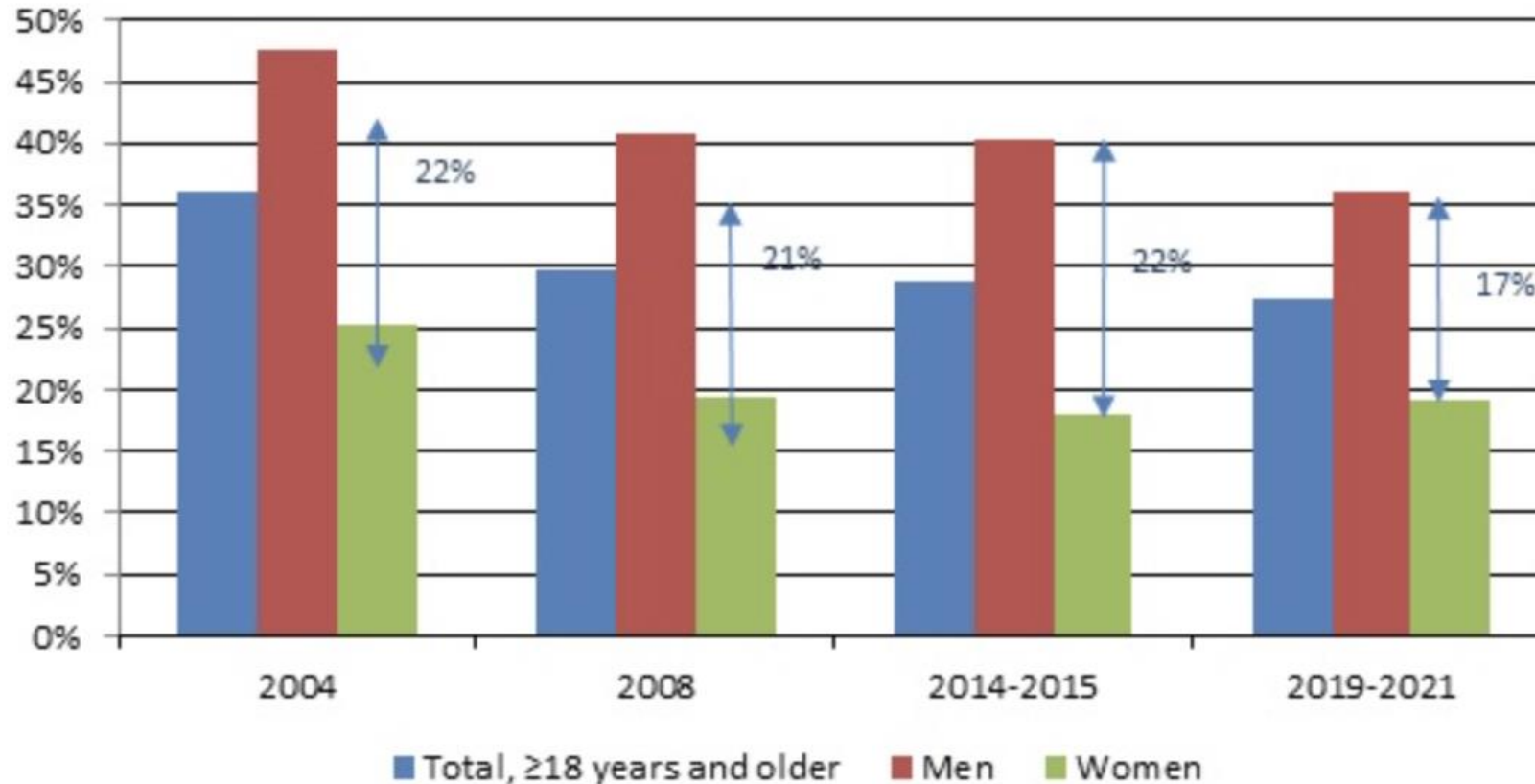
# The Need: Women



Source: CFLRI (2019-2021 Physical Activity Monitor (Adult Focus))

# The Gender Gap

**Figure 3.** Trends in sport participation among women (2004-2021)



Source: Canadian Fitness and Lifestyle Research Institute, aggregated results from the 2004, 2008, 2014-2015, 2019-2021 Physical Activity Monitor

Most women participate in unstructured physical activity and sport.

- One-quarter of women said that they participated in organized sport, whereas 69% of women reported participating in unorganized / unstructured physical activity or sport
- Women, 65+ were less likely than women aged 18-24 years to participate in organized activities.



A photograph of three women wearing cycling helmets and jackets, smiling and laughing together outdoors. The woman on the left is wearing a dark grey helmet and a pink jacket. The woman in the middle is wearing a white helmet and a blue jacket. The woman on the right is wearing a blue and white helmet and a pink jacket. They are all looking towards the right side of the frame.

# Good News!

**Many women report a high level of confidence in their ability to participate in sport and physical activity.**

- 69% of women reported a moderate or great level of confidence that they have the skills and abilities to participate in their preferred sport or physical activity;
- 75% of women indicated a high level of confidence in their ability to participate in a beginner or trial class for a physical activity that is of interest; and
- 66% of women reported a moderate or great level of confidence that they could find suitable opportunities to participate nearby.



# Women

- Sport participation
- Experiences of women participating in sport and physical activity
- Supportive social environments for physical activity and sport among women
- Perceptions about physical activity and sport by women
- Supportive spaces and places for physical activity and sport for women



# The Need

## Girls and Adolescents



of girls are not participating in sport by the time they reach adolescence.

**13%**

of 13 to 18-year-old girls and

**10%**

of 6 to 12-year-old girls who participated in sport before the pandemic did not return.



**20%**

of parents report their 6 to 12-year-old girls are less interested in sport than before the pandemic.



**1 IN 3**

of 13 to 18-year-old girls currently engaged in sport are unsure if they will continue to participate.

As much as we love sport, the truth is the current system isn't inclusive enough. It's time to disrupt the old norms and create the conditions for more girls, women and gender-diverse people to participate fully and safely in sport.

## Rally Report 2022

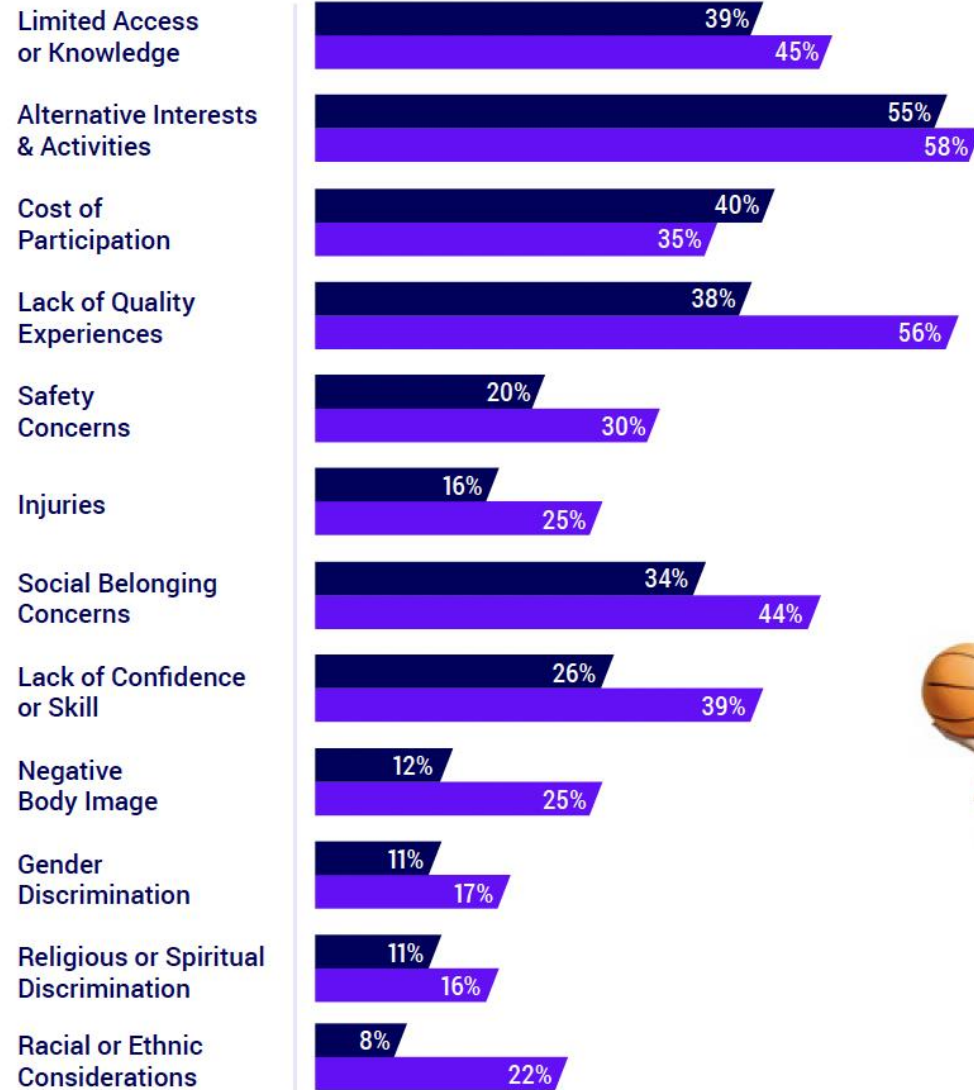
A Call For Better, Safer Sport for Girls



# The Need - Girls and Adolescents Barriers to Sport Participation



## PERCENTAGE OF GIRLS REPORTING EACH BARRIER TO SPORT PARTICIPATION



**“I’m not confident in my skills having missed 2 years [of sport due to the pandemic].”**

- GIRL, 17



AMONG 6 TO 12-YEAR-OLD GIRLS



AMONG 13 TO 18-YEAR-OLD GIRLS

# Hot off the press ...

- ***Participation rates in sport have increased considerably in 2022 compared to the record low of 44% during the pandemic in 2021.*** 68% of Canadian children and youth have participated in sport in the year leading up to the survey. This represents a substantial increase from the 44% who had participated in sport during the height of the pandemic in 2021.
- ***A higher percentage of boys, aged 5 to 17, participated in sport compared to girls of the same age.*** While there were no significant differences in sport participation between children (5 to 11 year olds, 68%) and youth (12 to 17 year olds, 67%), there were differences by gender
  - a higher percentage of boys (71%) reported participating in sport during the past year compared to girls (64%).
  - girls aged 12 to 17 years were less likely to have participated in sport during the year than young boys (aged 5 to 11)



# Hot off the press ...

- Most parents (61%) indicated that when their child participated in sport, they did so primarily in a structured environment, whereas 14% reported primarily in an unstructured environment, and 25% reported both types of environments. These percentages did not differ significantly by age group or gender.
- Parents report that most children and youth (70%) participated primarily in a recreational environment, whereas 30% reported participation in a primarily competitive environment. There were no significant differences in sport participation in these type of environments by gender.
- A greater percentage of boys (58%) compared to girls (51%) reportedly were very likely to participate in sport in the near future, whereas a higher percentage of girls were not very likely to participate compared to boys (18% versus 12%, respectively). When looking at age and gender combined, girls aged 12 to 17 were the most likely group that were not very likely to participate in sport in the following six months compared to younger girls and all ages of boys.





**b) Intersectionality and  
Intersecting Identities**



## What is meant by “Intersecting Identities?”

Intersecting identities is an understanding that people have multiple identifying factors, both visible and invisible to others.

**IMPORTANT**

We are not bound to one identity or a singular distinguishing factor.





## What is Intersectionality?

“Intersectionality” is an understanding that systems in our society have been intentionally created to benefit or oppress specific demographics.

**IMPORTANT**

Intersectionality creates space for all identities, including perceived negative and positive identifying factors.





# ORIGIN OF INTERSECTIONALITY



Term coined by Kimberle Crenshaw, an American critical race legal scholar, in 1989, to help explain experiences of racism and sexism, at the same time.





“

*Intersectionality is a metaphor for understanding the ways that multiple forms of inequality or disadvantage sometimes compound themselves and create obstacles that often are not understood among conventional ways of thinking. ”*

Kimberle Crenshaw



“

*Intersectionality is not just the concept of intersecting identities.*

*Intersectionality is specifically about \*marginalized\* identities and how intersecting systems of oppression further serve to marginalize and disempower.*”

Dr. Oni Blackstock



1

Intersectionality shows that gender is not experienced in the same way by everyone.

2

Society shapes the way that gender is experienced across systems of power and privilege.

3

Intersectionality supports understanding the complexity of people's lived experiences across multiple differing intersections.

## - An Intersectional Look at Participation Rates

Girls, women and gender-diverse people experience and participate in sport differently based on their intersecting identities. Some of these identities include race and ethnicity, economic status, ability, and 2SLGBTQIA+ identity. This report tries to capture some of these overlapping identities. While it's not a complete picture, it clearly reveals how important it is to look beyond gender to ensure that all girls are accounted for and included.

### OVERVIEW OF GIRLS PARTICIPATING IN SPORT

Percent of White girls participating in sport at least weekly



Percent of First Nation, Inuit, and Metis girls participating in sport at least weekly



Percent of Black girls participating in sport at least weekly



Percent of girls from low-income homes participating in sport at least weekly



Percent of girls identifying as 2SLGBTQ+ participating in sport at least weekly



 AMONG 6 TO 12-YEAR-OLD GIRLS

 AMONG 13 TO 18-YEAR-OLD GIRLS

Girls and women of intersecting identities had a lower rate of response to this survey. More research is needed to better understand how their identities combine with gender to influence participation in sport.



**“A lot of [sport] was cancelled due to the pandemic and I fell out of the habit. When it came back it was run by different people who were less good at it.”**

**- GIRL, 13**

### **AN INTERSECTIONAL LOOK AT BARRIERS**

Efforts to address barriers to girls’ participation in sport will be insufficient if they do not consider the unique needs of girls with intersecting identities. While the data present some insights on intersectional barriers, it is not a clear or complete picture of the barriers girls with intersecting identities face.

**+10%**

more Racialized girls reported encountering almost every barrier relative to their White peers.

**Among 13 to 18-year-old girls with disabilities:**

 **25%**  **16%**

report experiencing stigma due to their disability.

of those who use equipment for their disability (such as a wheelchair or prosthetic) report dissatisfaction with its appearance or function.

**+10-15%**

13 to 18-year-old girls from lower income homes reported encountering barriers related to access, cost, racism, and bullying at a rate 10-15% higher than girls from higher-income families.

 **+10%**

more girls identifying as 2SLGBTQ+ reported body dissatisfaction as a barrier compared to girls not identifying. Other barriers were reported at similar or lower levels. For example, girls identifying as 2SLGBTQ+ were less likely to report alternative interests and activities, and lack of quality experiences, as barriers to sport participation.

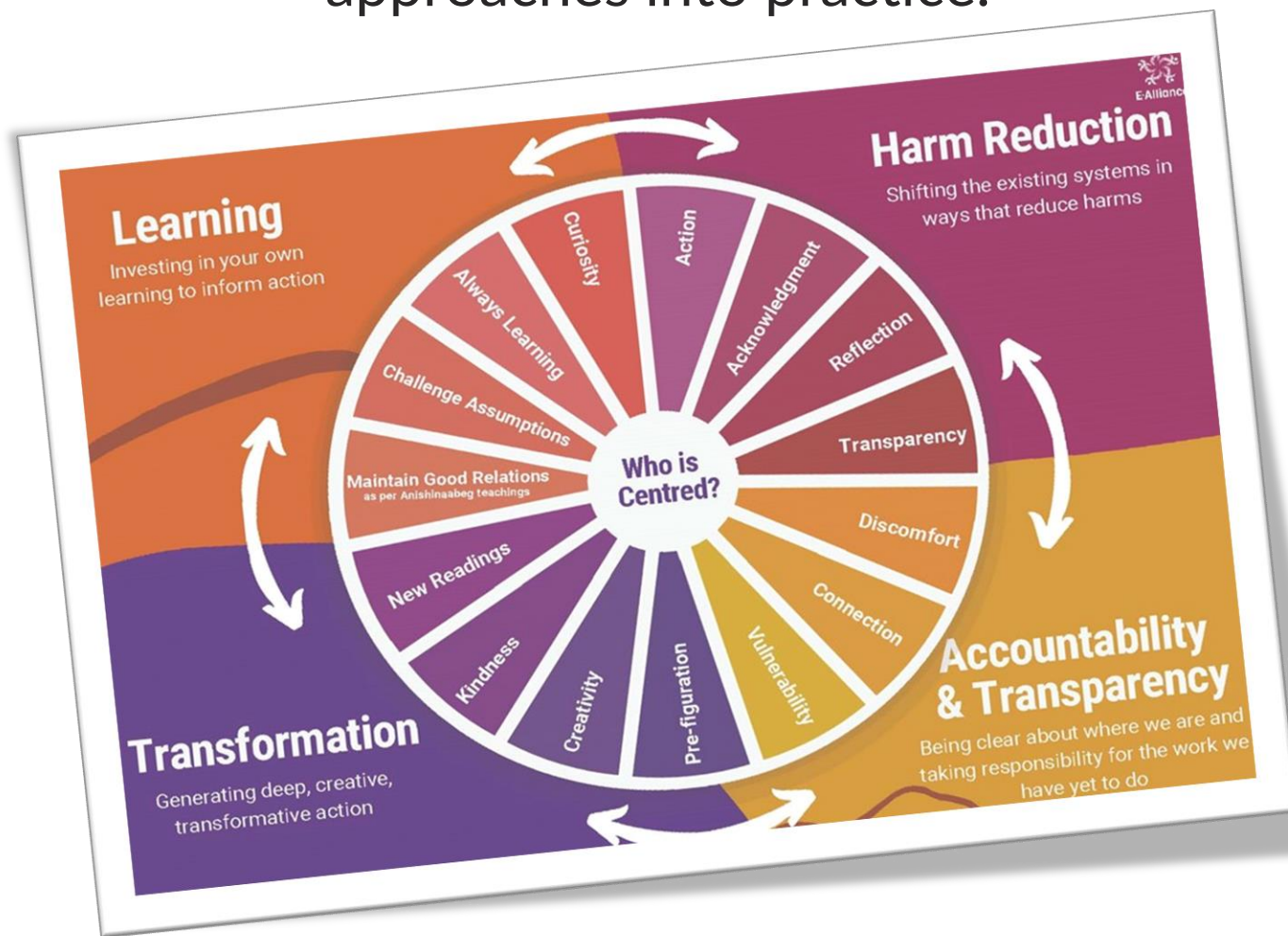




# HOW CAN WE OPERATIONALIZE INTERSECTIONALITY?



The Operationalizing Intersectionality Framework helps to put intersectional approaches into practice.





## “Who is Centred?”

Who is (not) involved in the decision-making?

Whose participation is (not) prioritized in our policies?

Whose stories are (not) being told?



## The Operationalizing Intersectionality Framework Takeaways.

- Intentional
- Thorough
- Application
- Comprehensive

# INTERSECTIONALITY CONCLUSION



Understanding intersecting identities promotes a culture of acceptance. Creating a space where people can be every version of themselves at the same time results in a diverse and stronger community.

Factors include, but are not limited to:

- “Race”/Ethnicity
- Indigeneity
- Gender
- Class
- Sexuality
- Geography
- Age
- Disability/Ability
- Migration/Immigration Status
- Religion



These interactions occur within a context of connected systems and structures of power.

Such as:

- Laws
- Policies, Rules, Regulations
- Government
- Political/Economic Unions
- Religious Institutions
- Media



How can you apply intersectionality in recreation and sport?

Why do you think recognizing intersectionality in recreation and sport is important?

Does your role in recreation and sport change your responsibility as it relates to intersectionality?



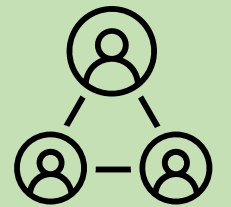
What have you learned about your personal identities?  
How has intersectionality played a positive, or negative, role in your life?

What was the most important lesson you learned about intersectionality?



How can you teach others about intersectionality?  
Who is impacted most by disregarding intersectionality?

What intersections do you think society prioritizes?





# Discussion in your Table Groups ...

1. Discuss the ways in which you have experienced or considered intersectionality in your work.
2. Are there any policies or practices that you feel discriminate against people who identify with intersecting identities (e.g., a woman of colour with a disability)?
3. What are some possible ways to address intersectionality?

## c) Canadian Women & Sport Gender Equity Temperature Check



- Get the conversation started
- Establish a baseline
- Highlight opportunities
- Identify potential best practices
- Follow with [Same Game: A Step-By-Step Toolkit to Bring Your Gender Equity Vision to Life](#)

Policies & Procedures



Organizational Culture



Commitment & Readiness

