

GIRLS WHO PLAY SPORTS ...

report higher levels of confidence in all age groups.

GIRLS, SPORTS AND CONFIDENCE

HIGH SCHOOL IS WHEN ...
the strongest positive impacts of athletic participation are observed

ABILITY

More likely to believe they are smart enough for their dream career





14%

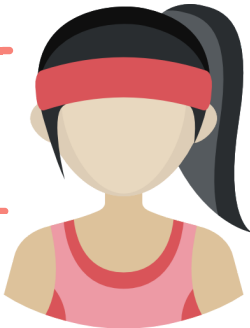
SELF ESTEEM

Less likely to want to change their physical appearance.

16%

Among girls who say they are:

	 NOT GOOD AT MATH & SCIENCE	 NOT GOOD AT LOTS OF THINGS
 % GIRLS WHO DO NOT PLAY SPORTS	64%	69%
 % OF GIRLS WHO PLAY SPORTS	36%	31%
<i>% difference</i>	28 %	38 %



- I have increased career and leadership aspirations!
- I have less restrictive views of girls and women!
- I have high opinions of my skills and abilities
- I have stronger and positive relationships with other girls
- I am more likely to consider a career in math or science

JUST THE FACTS



Female athletes are less likely to believe that men are better leaders than women



Girls who spend the most time on social media are significantly less likely to be on a sport team.



Female athletes are less likely to believe that most girls are in competition with one another



Female athletes are less likely to report difficulties speaking up or disagreeing with others out of fear of not being liked

5X

extensive social media use increases the likelihood of depression and sadness in girls by 5 times!

61%

of high school girls who have a grade point average of above 4.0 play on a sports team.

10,678

Number of girls surveyed in the report which provides an understanding of the thoughts, experiences, perceptions, beliefs, behaviors and attitudes of girls throughout the United States