



#8 GRLS (Girls Rights Through Sports)

Leading organisation: WOMEN WIN

Country: The Netherlands

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Type of discrimination

Gender Discrimination in Sports

Target group

The target audience is young women, with the goal of providing them with education and future opportunities.

Problem/Solution

Women Win addresses gender inequity and inequality by choosing to educate girls and women so that they will be knowledgeable and able to make good decisions in their futures. By educating girls on important subjects such as reproductive health, gender violence, and economic empowerment, Women Win prepares girls for a lifetime of independence and opportunity.

Objective

The objective of the practice is to educate girls so they'll be able to grow up independent, educated, and able to do for themselves in a world that gives them unequal opportunities.

Activities

Made to Play is a program created by GRLS, in collaboration with Nike and Gurls Talk. This program gave 20 women ages 16-25 the

opportunity to coach teams of young girls, with the goal being to encourage girls to play sports, and find ways to bring girls into the world of sports. This program is about female empowerment, showing girls they can do anything boys can do, and giving girls and women the space to learn and grow in new ways.

Results

The program results in the participants feeling more empowered in the area of sports. This program grows their confidence, physical ability, and introduce more girls to the world of sports.

Top tips

Programs like this are easy to recreate. All they require is female coaches who are willing to work with younger girls in order to grow their confidence and ability in sports and in life. A variation of this could be to open sports clubs that host female league football teams.

More

website: <https://www.womenwin.org>