KEEP GIRLS IN THE GAME

THE QUESTION:

Why are teen girls dropping out of sports?

Girls drop out of sports

1.5x

the rate of boys by the age of 14.

Well, why did she join sports in the first place?

71%
said they joined sports to have fun.

71%
said they joined sports to stay active.

67%
said they joined sports to stay healthy.

How has playing sports made her feel?

#1. Strong
#2. Confident
#3. Happy

So what changed?
More and more was piled onto her plate...

Sports.   Clubs.

Friends.   College.

Family.   Career.

Grades.

THE RESULT?

She refocused her time and prioritized based on what she thought would set her up for success in the future....and sports were the first thing to go.

The same reasons that girls were dropping out were also the reasons that had the biggest impact on their decision, **except one:**

TOP 5

MOST IMPACTFUL REASONS:

1. I needed to refocus time to academics/other extracurricular.
2. I didn't see a future in the sport.
3. I didn't think I was good enough to continue.
4. **I was bullied or hazed by other members of the team.**
5. I needed to refocus time to a different sport.

TOP 5 REASONS

Girls Drop Out of Sports:

1. I didn't see a future in the sport.

2. I needed to refocus time to academics/other extracurricular.

3. I didn't think I was good enough.

4. I needed to refocus time to a different sport.

5. I missed out on my social life.

While this was a highly impactful reason,

it did not affect as many girls. Girls are less likely to drop out of sports due to peer pressure and/or bullying:

BOTTOM 5 REASONS
GIRLS DROP OUT OF SPORTS:

17. Teased for her physical appearance.
18. Stereotypes around being a 'Tomboy.'
19. People made fun of her 'Athletic' body shape.
20. Bullied/hazed by other members of the team.
21. Didn't like how her body changed due to working out so much.

Together, we can remind young girls that skills honed in sports - **confidence, leadership, teamwork** - can help set them up for success in the future.