



WOMEN IN SPORT

RESOURCES

Published by: *The Canadian Association for the Advancement of Women and Sport and Physical Activity*

FACT SHEETS

**Available upon request or downloadable*

- DISORDERED EATING IN SPORT: TAKING A NEW DIRECTION**
Tips for parents, teachers, coaches, sport organizations, and fitness leaders.
- SELF-ESTEEM, SPORT AND PHYSICAL ACTIVITY**
A common sense guide to enhancing self-esteem in children and adolescent women.
- HOW PARENTS CAN ENCOURAGE GIRLS TO PLAY SPORT**
A fact-sheet filled with practical suggestions
- POSITIVE MESSAGING FOR GIRLS AND YOUNG WOMEN**
Five ways you can encourage girls and young women in a positive, productive way.

PUBLICATION DOCUMENTS



- SEEING THE INVISIBLE, SPEAKING ABOUT THE UNSPOKEN**
Addresses the obstacles of homophobia in sport by identifying different forms of homophobia, how to address these barriers, and ways to create safe environments and positive spaces.
ED-13..... Free



- ACTIVE & FREE: YOUNG WOMEN, PHYSICAL ACTIVITY, AND TOBACCO**
Making the connection between physical activity and tobacco use to guide young women toward a healthy lifestyle.
ED-7..... Free



- PHYSICAL ACTIVITY AND WOMEN 55-70: FOCUS GROUP REPORT**
This focus group report identifies the barriers of physical activity among active and inactive women 55-70 by understanding the internal, external and impacting issues about being active, as well as, offering solutions and recommendations.
ED-8..... Free



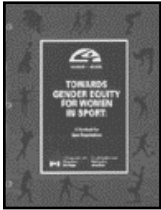
- WOMEN ON BOARDS**
A look at the obstacles women face in the sport's workplace. Tips on how to be heard, get recognized and move ahead in your establishment.
ED-11..... FREE



ON THE MOVE: INCREASING PARTICIPATION OF GIRLS AND WOMEN IN PHYSICAL ACTIVITY AND SPORT

A step-by-step guide to developing "On the Move". This program encourages inactive girls to participate in fun-filled, supportive, recreational activities.

ED-1..... \$10



TOWARD GENDER EQUITY FOR WOMEN IN SPORT: A HANDBOOK FOR SPORT ORGANIZATIONS

Highlights practical ways to set and achieve gender equity goals.

GE-8..... Free



MEDIA GUIDE FOR ATHLETES AND THEIR COACHES

Provides practical tips and checklists for coaches and athletes.

MG-1..... \$5

POSTERS & IMAGES



'GIRLS IN THE GAME' POSTER

A motivating poster, with photos of girls and women participating in sports and physical activity (26.5"x 10" Locker size).

ED-2..... Free



GIRLS & WOMEN: SPORT AND PHYSICAL ACTIVITY IMAGES

Photo CD offers 55 color images suitable for non-commercial use in brochures, flyers or newsletters.


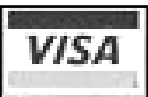
ED-10..... \$10

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