



*Increasing the Participation of Girls and Young Women
in Physical Activity and Sport*

WORKSHOP INVITATION



**– Part 1 and 2 – is a Discussion, Collaboration and Action
about Increasing Physical Activity Levels of Young Women
in West Vancouver Secondary Schools**

West Vancouver Healthy Schools Committee is hosting an *On the Move* Workshop with a focus on increasing physical activity/education opportunities in the secondary schools for young women. During this interactive, issue-based *On the Move* Workshop, participants will:

- ✓ Learn about the national *On the Move* initiative, CAAWS, and other exciting initiatives.
- ✓ Discuss the value of physical activity, physical education and sport for young women, and the barriers they confront to their participation.
- ✓ Hear about research, best practices, successes and challenges from your community, and others across the country. The findings of focus groups with local young women will be shared as a springboard to realistic and meaningful discussions.
- ✓ Discover practical tips and program ideas to engage inactive young women and create positive physical activity and education programs that support their participation.
- ✓ Network with individuals and community organizations, and discuss collaboration and local action to enhance existing programs or to plan something new.

Practitioners, policy makers and volunteers involved in the physical activity, health, education, sport and social service sectors are invited to attend – e.g. municipal recreation staff, coaches, health promoters, teachers, school administrators, and parents. Workshop participants will receive a complimentary copy of the *On the Move* Handbook and *In Her Voice* resources (see descriptions following).

Workshops are FREE!

WHEN: Friday, March 19, 2010
TIME: PART I – 9:00 am-noon (includes healthy snacks and light lunch - at noon)
PART 2 – 1:00 to 2:30 pm (focus: sharing success stories & action planning – optional)
WHERE: Music Hall (downstairs), West Vancouver Community Centre, 2121 Marine Drive
R.S.V.P. to: Dawn Lavender, Dawn.Lavender@vch.ca, 604-904-6200 local 4167

Registration deadline is Friday, March 12, 2010

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the Public Health Agency of Canada.*



What is *On the Move*? *On the Move* is a national initiative to increase opportunities for inactive girls and young women (ages 9-18) to participate in sport and physical activity. *On the Move* is coordinated by CAAWS, the Canadian Association for the Advancement of Women and Sport and Physical Activity.

- *On the Move* is an innovative programming concept that advocates for female-only, participant-driven, community-specific programs, and questions traditional models of service delivery.
- *On the Move* is also a national network of professionals involved in female-only programming, and individuals and organizations concerned with the health and well-being of girls and young women. The network is a resource for information about the importance of increasing girls' and young women's participation, and shares program successes and challenges.

Through education, collaboration and communication, *On the Move* influences change in the sport and active living, health, education, and social service sectors to increase gender equity.

Resources Provided:

The *On the Move* Handbook is a user-friendly resource designed as a practical guide for service providers in the creation of an *On the Move* program. However, it is also a valuable resource for individuals and organizations concerned with increasing girls' and young women's participation or with gender equity.

The Handbook includes:

- Success stories from across the country;
- Discussion about the social barriers girls and young women face in their participation;
- "Stats & Facts" about the importance of sport and physical activity to the health and well-being of girls and young women;
- Programming tips and suggestions based on 10 years of *On the Move* experience; and
- Lists of supportive *On the Move* Network contacts, organizations, resources, and research.

NEW! *In Her Voice: An Exploration of Young Women's Sport and Physical Activity Experiences* provides insight into the sport and physical activity experiences of girls and young women. The resource is based on focus group conversations with young women, aged 13-17, from five diverse communities across Canada. The information gathered offers program providers and decision-makers in the sport and active living, health, education, and social service sectors a better understanding of the diverse needs, interests and experiences of young women, supporting the creation of better programs and more responsive health promotion initiatives.

About the Workshop Facilitator:

Jennifer Fenton is a member of JW Sporta: Health, Physical Activity and Sport Education Consultants, creators of the Premier's Sport Awards Program (p.s.a.p.), a physical education resource program designed to help teachers and instructors teach children their basic sport skills. In addition, the JW Sporta Team is responsible for the development and delivery of Action Schools! BC, a provincial initiative designed to assist schools in creating individualized action plans to promote healthy living. Jennifer has a Master's Degree from the University of British Columbia, was the Chair of proMOTION plus, currently sits on the Board of the Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS), is a member of the West Vancouver Healthy Schools Committee and coaches her daughter in cross-country skiing and field hockey and her son in volleyball.

For more information about CAAWS and *On the Move* visit www.caaws.ca