

Engaging Girls and Young Women from Diverse Ethno-Cultural Communities

ADDITIONAL READING

BOOKS AND BOOK CHAPTERS

Handa, A. (2003). *Of silk saris and mini skirts: South Asian girls walk the tight rope of culture*. Toronto: Women's Press.

James, C. E. (2003). *Exploring Ethnicity, Race and Culture* (3rd Ed.), Toronto: Thompson Educational Publishing.

Safai, P. (2007). Sport and Health. In B. Houlihan (Ed.), *Sport and Society: A Student Introduction* (2nd Ed). London: Sage.

Wright, J. & Laverty, J. (2010) Young people, physical activity and transitions, in J. Wright. & D. Macdonald (Eds), *Young people, physical activity and the everyday*, London and New York: Routledge.

JOURNAL ARTICLES

Azzarito, L., & Solomon, M. A. (2005). A reconception of physical education: the intersection of gender/race/social class. *Sport Education and Society* 10(1): 5-48.

George T. & Rail. G. (2005). Barbie Meets the Bindi: Discursive Constructions of Health and Fitness among second-generation South Asian Canadian Women. *Journal of Women's Health and Urban Life*. 4(2): 44-66.

Nakamura, Y. (2002). Beyond the hijab: Female Muslims and physical activity. *Women in Sport and Physical Activity Journal*, 11(2): 21-48.

CAAWS RESOURCES*

Making Healthy Connections with Racialized Communities: Girls and Young Women's Experiences with Sport, Physical Activity and Healthy Eating (2012). Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity. (Note: A number of complementary supplements are also available.)

On the Move Handbook (2008). Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity.

On the Move Top 10 Success Factors (2011). Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity.

In Her Voice: An Exploration of Young Women's Sport and Physical Activity Experiences (2009). Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity.

Actively Engaging Women and Girls: Addressing the Psycho-Social Factors (2012). Ottawa: Canadian Association for the Advancement of Women and Sport and Physical Activity.

* All CAAWS resources available to download at www.caaws.ca

OTHER RESOURCES

Healthy Equity and Racialized Groups: A Literature Review (2011). Health Nexus and Health Equity Council. www.healthnexus.ca/projects/building_capacity/HealthEquityRacializedGrps_Literature_Review.pdf

Addressing Healthy Inequities for Racialized Communities. Health Nexus and Health Equity Council. www.healthnexus.ca/projects/building_capacity/index.htm

Culture Counts: A Roadmap to Health Promotion. A Guide to Best Practices for Developing Health Promotion Initiatives in Mental Health and Substance Use with Ethnocultural Communities (2004). Centre for Addiction and Mental Health. http://knowledgex.camh.net/policy_health/mhpromotion/culture_counts/Documents/Culture_Counts_2012.pdf

Redefining Leadership: Girl's Action Foundations Approaches to Supporting Young Women from Racialized Communities. Girls Action Foundation. www.girlsactionfoundation.ca



2012 Get Active Toronto Report on Physical Activity (2012). www.getactivetoronto.com/photos/2012_GAT_report_final.pdf

28 Common Racist Attitudes and Behaviours that Indicate a Detour or Wrong Turn into White Guilt, Denial or Defensiveness. Community Anti-Racism Education Initiative. www.stcloudstate.edu/affirmativeaction/resources/insights/pdf/28ToolsChange.pdf

A Look at the Myth of Reverse Racism (2002). Race and History. www.raceandhistory.com/selfnews/viewnews.cgi?newsid1024893033,80611,.shtml

Racial Minority Perspectives on Violence. Ontario Ministry of Children and Youth Services. www.children.gov.on.ca/htdocs/English/topics/youthandthelaw/roots/volume4/minority_perspectives.aspx

SUPPORT ORGANIZATIONS AND LINKS

Canadian Race Relations Foundation: www.crr.ca

National Anti-Racism Council of Canada: www.narcc.ca

Canadian Islamic Congress: www.cicnow.com

Ontario Council of Agencies Serving Immigrants: www.ocasi.org

Calgary Anti-Racism Education: www.ucalgary.ca/cared/

Chinese Canadian National Council (Toronto): www.ccnc.ca

Urban Alliance on Race Relations: www.urbanalliance.ca

Native Canadian Centre of Toronto: www.ncct.ca

Take Action Today!

To increase the availability and utilization of quality sport and physical activity programs for girls and young women from diverse ethno-cultural communities, CAAWS led the *Making Healthy Connections with Racialized Communities* project.

DOWNLOAD THE REPORT

Findings from focus groups with girls and young women from diverse ethno-cultural communities, and program leaders; includes stats and facts, and background information on the concepts of race, racism and racialization. Hardcopies available by request.

HOST A WORKSHOP

Learn more about the project and findings, explore the complexities of race and multiculturalism, and gather further tips and recommendations to increase the participation of diverse girls and young women in your community.

GET "ON THE MOVE"

CAAWS' national *On the Move* initiative provides practical information about creating quality sport and physical activity experiences for inactive girls and young women (ages 9-18).

FOR MORE INFORMATION:

Canadian Association for the Advancement of Women and Sport and Physical Activity (CAAWS)

TEL: 613-562-5667 • EMAIL: caaws@caaws.ca • WEB: www.caaws.ca



Canadian Association for the Advancement of Women and Sport and Physical Activity

Association canadienne pour l'avancement des femmes du sport et de l'activité physique



Aussi disponible en français