SPORTS FOR GIRLS' SUCCESS

**Title IX** requires that girls have **equal opportunities** to play school sports, and **equal treatment and benefits** in federally funded schools, including secondary schools and colleges. California passed **AB 2404** in 2004, requiring **equity in local youth athletics**, expanding Title IX mandates to publicly funded sports programs such as ones run by your local Parks and Recreation Department.

**Why are Title IX and the Fair Play Act important?**

Substantial research reveals a direct link between better educational opportunities, positive health outcomes, and improved employment results for girls who participate in sports. **Sports are crucial** for girls to succeed!

**EDUCATION**
- Girls who participate in sports are **significantly more likely to graduate** compared to non-athletes. The correlation is particularly strong for African American and Latinx girls.¹
- At the collegiate level, girls who receive sports scholarships **graduate at higher rates** than female students generally.²
- Overall, young girls who play sports have **higher grades and score higher on standardized tests** than non-athletes.³

**HEALTH**
- Girls who played sports were **half as likely to get pregnant** as young adults than girls who did not.⁴
- Female athletes are more likely than female non-athletes to **postpone sexual activity**, and use **contraceptives**.⁵
- Girls who participate in regular exercise experience **lower rates of depression**.⁶
- Girls who participate in sports possess **higher self-esteem**.⁷
- Females who were most physically active in adolescence and young adulthood were 20% less likely to **get breast cancer** later in life.⁸

**EMPLOYMENT**
- Executive business women report that involvement with sports **contributed to their success** by providing them with **leadership skills, discipline, and the ability to work in a team**.⁹
- A 2013 study of 821 senior managers and executives found that **94% of female executives reportedly played organized sports** after primary school.¹⁰
- Girls who participate in high school sports have **higher rates of labor force participation** and earn 7% **higher wages**.¹¹
REFERENCES

EDUCATION

HEALTH
5. Sport and Teen Pregnancy. WOMEN’S SPORTS FOUND. 8. 10 (May 1998) Note: this pattern was not the same for male athletes, who become sexually active earlier than male non-athletes.

EMPLOYMENT