

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

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EDUCATION

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- ² Finishing Last: Girls of Color and School Sports Opportunities, NAT'L WOMEN'S LAW CTR. 7 (2015); Title IX and Race in Intercollegiate Sport, WOMEN'S SPORTS FOUND., 6 (June 2003).
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- 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.
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- ⁹ New Nationwide Research Finds: Successful Women Business Executives Don't Just Talk a Good Game ... They Play(ed) One MASSMUT. FIN. GRP. (Polling Firm: Ziment) (February 2002), www.massmutual.com/mmfg/pdf/boardroom.pdf (last viewed September 8, 2003).
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- ¹¹ Betsey Stevenson, Beyond the Classroom: Using Title IX to Measure the Return to High School Sports, NBER Working Paper No. 15728, (February 2010). <http://www.nber.org/papers/w15728>.



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