

Good evening Trustees and Board staff.

My name is Jana Seymour and I am here to support Trustee Rizzo's motion on gender equity in sports. This evening I'm here in my capacity as Notre Dame alumni class of 1990 and a parent of students who currently attend Loretto Abbey.

It is increasingly important to understand the relationship between physical activity and mental health in women and develop strategies unique to their experiences.

It is critical that the board acknowledges and take steps to implement the outlined resolutions in trustee Rizzo motion.

Having been a graduate of the TCDSB I have never attend a school with a track, or full size gym, or excise equipment. And what is sad is my daughters have had the same experience decades later. Based on research report published by Canadian Women and Sport in partnership with Canadian Tire Jumpstart charity

### **Rally Report 2022**

A Call For Better, Safer Sport for Girls

This report details how 4,500 Canadian girls and women, and over 350 women sport leaders, experience sport in 2022.<sup>1</sup> The data presents a clear story: girls want sport done differently so they can safely and fully participate and lead in sport.

#### **Key Insights:**

1) Girls' participation rates in sport have held steady through the pandemic, but overall remain low.

- By adolescence, half of girls are not participating in sports.
- 14% of girls who returned to sport post-pandemic are not participating to the same extent as before COVID-19.

2) Girls and their parents want sport back, but they want it back better than it was before the pandemic. After losing access to sport during COVID-19, girls and their parents are more acutely aware of the benefits of sport.

- Over 90% of girls believe sport benefits their physical and mental health.
- Almost half (46%) of parents report low quality programming as a barrier to their 6 to 12-year-old girls' ongoing participation in sport. This jumps to 55% for girls age 13 to 18.

3) Sport leaders are not equipped to address the needs of girls. • Less than half of coaches receive training on how to create quality opportunities for girls in sport.

- 37% of administrators do not consider gender when allocating resources.

- 1 in 3 girls report that coaches and organizations are not addressing important safety issues within girls' sport.

This board needs to do better to set our girls up for success. Ensuring equitable access to robust physical educational programming and facilities is essential to preparing them for the bright futures ahead of them. With that I urge trustees around the table to support the Trustee Rizzo's motion that is before you.

Jana