



Graduate Women International (GWI)

# INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

## 6 APRIL 2024

### WHAT IS IDSDP?

The International Day of Sport for Development and Peace (IDSDP), which takes place annually on 6 April, presents an opportunity to recognize the positive role sport and physical activity play in communities around the globe in the realm of education, peace, and female empowerment.



### INTERNATIONAL DAY OF SPORT FOR DEVELOPMENT AND PEACE

## THIS YEAR'S THEME: SPORT FOR THE PROMOTION OF PEACEFUL AND INCLUSIVE SOCIETIES

### FAST FACTS

# 20%

Girls active in sports during adolescence and young adulthood are **20%** less likely to get breast cancer later in life.

- Girls, by age **14**, drop out of sports at **2x** the rate of boys.
- Annually, boys get **1.13 million more** in funding in sports than girls.
- Girls have **1.3 million fewer** opportunities to play high school sports than boys.

### 3 OUT OF 4



Working women feel that sports participation helps enhance their self image.

Source: Women's Sports Foundation

### WHY DO WOMEN HAVE LESS OPPORTUNITIES IN SPORTS THAN MEN?



Cuts in female sports funding and high costs for private female sports clubs.



Lack of access to physical education.

Lack of female role models in sports.



Harmful gender norms and biases.



### BENEFITS OF GIRLS STAYING IN SPORTS



- Improves **mental** and **physical health**.
- Provides **crucial life skills** such as communication and leadership.
- Provides girls with a sense of **ownership of their bodies**.
- Facilitates **trust** and **communication** within relationships.
- Increases **confidence** and **positive self-image**.
- Provides girls with tools and confidence needed to **challenge stereotypes**.
- Promotes universal **peace initiatives**.

### GWI CONTRIBUTIONS TO WOMEN AND GIRLS IN SPORT

#### GWI and Statement Cosponsors Call on States to Harness Sport's Potential and Positive Impact on Women and Girls Education, 2023

GWI urges States to increase the presence of female role models and funding within girls sports for greater access. Girls who have opportunities to play sports will gain crucial life skills and improved confidence, empowering them to drive change and peace-making initiatives.

Read it [HERE](#)

#### GWI 2024 International Day of Sport for Development and Peace Press Release

GWI advocates for equal access to sports and recognizes the benefits of physical education in correspondence with a plethora of SDGs. Expanding women's access to sports will not only break down harmful gender stereotypes, but will promote universal peace.

Read it [HERE](#)



### GWI CALL TO ACTION



GWI stresses that **States, national and local governments, academia, and public and private sectors** must acknowledge sports' ability to **connect** all individuals and drive peace and justice initiatives. By breaking down barriers that halt girls from participating in sports, we can create a universal knowledge of crucial skills such as communication, understanding, and leadership which help drive **universal peace**.



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### ADVOCACY IDEAS



Invest in sports programs for girls, particularly in underserved communities.



Promote women in leadership roles and female role models in sports, such as through mandatory feminization plans in sports federations.



Enhance partnership and scholarship programs by fundraising for girls ensuring access to a successful athletic career.



Incorporate marginalized groups into advocacy efforts such as individuals with disabilities.



Suggest to local school boards the importance of incorporating physical education into school curricula.

### SUSTAINABLE DEVELOPMENT GOALS (SDGS)

3 GOOD HEALTH AND WELL-BEING



Sports can improve girls' physical and mental health, further improving confidence, self-esteem, and sense of bodily autonomy.

4 QUALITY EDUCATION



Equal access to inclusive and quality physical education will enhance girls' acquisition of crucial life skills and leadership skills.

5 GENDER EQUALITY



Equal rights and opportunities for physical education will help in achieving universal gender equality.

16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Sports have the unique ability to promote peace, justice, and strong institutions.

### A FEMALE ATHLETE'S INPUT

"Girls playing sports is not about winning gold medals. It's about self-esteem, learning to compete and learning how hard you have to work in order to achieve your goals."



—Jackie Joyner-Kersey  
3x Gold Medalist, Olympic Track and Field Athlete

GWI thanks Brooke Leggat, GWI spring intern, for her valuable contribution to this infographic.



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