

THE HEALING POWER OF SPORT: COVID–19 AND GIRLS' PARTICIPATION , HEALTH AND ACHIEVEMENT

Theme: Active Lives Last updated: July 10, 2023



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The findings from this report highlight the powerful protective role that sports can play in supporting the physical, social and emotional well-being of girls. While sports participation among young people was significantly impacted by COVID, girls who were able to continue playing experienced a myriad of positive

impacts in areas of physical health, mental health and academics. The report shines a light on the critical role of sports in girls' lives.

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