

BODY CONFIDENT SPORT

Visibility & Portrayal

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Body Confident Sport

An Initiative created to help girls and young people of all gender identities feel more comfortable being active and participating in sport.

Brighton plus Helsinki Declaration Principles:

- Developing Participation

- Education Training and Development
- Sport Information and Research
- Resources

Target audience:

- Sports Administrators
- Sports Coaches
- Athletes

Background:

The interactive training modules focused on Body Confident Coaching help to inspire athletes to feel more body confident while playing sport. The program also helps to recognize and tackle negative body image in athletes and promote body confidence within teams.

Summary:

The Body Confident Initiative's aim is to empower coaches and athletes around the world to celebrate the truly awesome things active bodies can do.

By coupling coach education with easy-to-use program curriculum and guides, coaches will be equipped with the knowledge, tools and inspiration to build body confident athletes.

[READ MORE: Body Confident Sport](#)

Related Links



<https://www.bodyconfidentsport.com>

