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Women & Sport
Insight Hub

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

Active Lives



Morgan Powell 

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.

Related Links



https://www.womenssportsfoundation.org/articles_and_research/healing-power-of-sport/