Sports help girls thrive.

Sport participation can lower depression and anxiety. Mental health disorders are 1.5 to 2.5X lower for girls who play sports vs. those who never played.

Quality of sport settings impact mental health. In sport settings that focus on effort, improvement and teamwork, depression symptoms are significantly lower: 9.8% vs. settings where winning is the main goal and success is defined by ability compared to others: 24.7%.

Coach relationships matter. Girls who have strong relationships with their coach report lower levels of depression and anxiety than girls who don’t.

Rates of clinical depression are lower for girls who play more than one sport compared to girls who don’t play.

Multiple sports and long-term play make a difference. Rates of mental health disorders are 5X lower for girls who play multiple sports AND have played sports for 5+ years vs. girls who don’t play.

Girl who play sports are more involved in other activities. 40% of girls who play sports are more likely to be involved in other extracurricular activities in school vs. girls who don’t play sports.

Sports help girls thrive. Girls who play sports report 1.5X higher levels of meaning and purpose compared to those who have never played.