



FEMMES ET SPORT CANADA
CANADIAN WOMEN & SPORT

Removing Barriers to Keep Self-Identified Girls in Sports Program

Dear Parents or Guardians,

Fast and Female in partnership with BGC is excited to invite a girl in your life, age 8-14, to join us for a 5-week program for girls in sports!

'Removing Barriers to Keep Self-Identified Girls in Sports' is a collaborative sport and leadership initiative between [Fast and Female](#) and [Canadian Women & Sport](#), fully funded by [Silver Gummy Foundation](#).

WHAT DO THE GIRLS GET?

- 5 x 2 hours sessions (kick-off event, three workshops, and a closing event)
- Access to workshops developed by a registered psychologist, [Dr. Tasha Belix](#)
- F&F Swag and worksheets
- The opportunity to get to know [Fast and Female REAL \(Relatable, Empowering, Active Leaders\) Role Models](#)

PROGRAM OVERVIEW

The Fast and Female program for the girls will take place over five weeks at the Northview Unit starting Saturday October 21st and run from 11:30 am to 1:30 pm. Each session will include the opportunity to hear from incredible Role Models and get moving!

- **Kick-Off Event:**
 - Join us for our kick-off event to launch our program, go through fun physical activities, get to know each other and complete pre-program evaluations.
- **Workshop #1:**
 - Participants will explore the value and power of your 'Circle of Friends' and how to set boundaries that work for you!
- **Workshop #2:**
 - Participants will learn about their personal 'Weeds and Seeds' and cultivate a strong and supportive team.
- **Workshop #3:**
 - For our third and final workshop, the girls will navigate 'Finding their Inner Voice' and practice using it too!
- **Wrap-Up Event:**



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- **Wrap-Up Event:**
 - For our final session, we will celebrate our learnings, hear from special guests, get moving together and complete post-program evaluations!

PROGRAM OBJECTIVES

- To educate girls about the value of sport and how to create a safe and inclusive sport environment free from violence (e.g. bullying, bystander empowerment, peer support).
- To provide access to girl-centred sport experiences to retain girls in sport.

ABOUT DR. TASHA BELIX - Curriculum Developer

Registered psychologist, author and speaker, Dr. Tasha Belix specializes in working with adolescent girls and their families. Through her work, she has been supporting children and teens for over 20yrs. She is passionate about growing their inner voice and confidence so they can navigate the often turbulent waters of teen life.

Explore her work and practice at www.tashabelix.com

PROGRAM EVALUATION

During the course of this program, the participant will be asked to complete a series of evaluations. We will be collecting data to evaluate: (1) the course design and delivery, and (2) the impact of the program on participant learning. More information to follow!

For more information and/or questions, please email the Fast and Female team at mdanford@fastandfemale.com.

We look forward to having you join us!

The Fast and Female Team
www.fastandfemale.com



Fast and Female Supporting Women in Sport Foundation is excited to partner with BGC (formally Boys and Girls Club of Durham) to launch 'Removing Barriers to Keep Self-Identified Girls in Sports' program! This program is a collaborative sport and leadership initiative between [Fast and Female](#) and [Canadian Women & Sport](#), fully funded by [Silver Gummy Foundation](#).

This multi-week program aims to educate girls about the value of sport and how to create a safe and inclusive sport environment free from violence (e.g. bullying, bystander empowerment, peer support) and provide access to girl-centred sport experiences to retain girls in sport. Each week, we will cover an evidence-based workshop, created and designed by Dr. Belix, a registered Child Psychologist, play fun physical activities and connect with women role models. The first session will be a welcome party, where we will play games, get active, get to know one another and complete pre-program evaluations led by the research team from Brock University. The final session will be a celebration party, including games and physical activities, wrap-up and post-event evaluations. The three curriculum workshop themes are as follows:

- **Curriculum Workshop #1:**
 - Participants will explore the value and power of your 'Circle of Friends' and how to set boundaries that work for you!

- **Curriculum Workshop #2:**
 - Participants will learn about their personal 'Weeds and Seeds' and cultivate a strong and supportive team.

- **Curriculum Workshop #3:**
 - For our third and final workshop, the girls will navigate 'Finding their Inner Voice' and practice using it too!

Members will receive a Fast and Female T-shirt, stickers and workbooks, as well as connection to role models, who have expertise in various sports! Join us for this fun, engaging and educational program offered by Fast and Female, a national charity on a mission to empower girls through sport!