ON THE MOVE &
ON THE RISE

GIRLS’ EMPOWERMENT THROUGH SPORTS

Improving attitudes on gender equality
TRANSFORM NORMS & ATTITUDES THAT CONDONE GENDER-BASED DISCRIMINATION & VIOLENCE

Sport is a tool to build peace, tolerance and respect. It offers opportunities for young people to develop physical, emotional and social skills that boost self-esteem, communication skills and teamwork, enhancing a sense of agency and personal freedom.

Providing safe spaces for girls, sport enables mentorships between girls and women and employ female leadership and role models. This way, it raises visibility of women and their achievements not only on the sport field but in many other areas as well, defying stereotypes and challenging and transforming gender roles, norms and attitudes condoning or justifying gender-based discrimination and violence.

UNODC uses sport as a vehicle to strengthen young people’s resilience to crime, violence and drug use. Encouraging teamwork, mutual understanding and respect between boys and girls, sports impart a sense of equality, belonging and social cohesion, contributing to build tolerant and inclusive societies.
Though its global initiative on sport, UNODC raises awareness for gender equality and promotes life skills training for youth. In particular the Line Up, Live Up training programme helps young people to understand that gender roles, norms and attitudes which do not promote equality may lead to disrespect and violence, especially against girls and women.

The programme sensitizes young men and women on how to identify these roles, norms and attitudes and realize that every person has the power to question gender expectations and change their attitudes and behaviours to promote gender equality. Girls are encouraged to take control over their lives and health and ask for support if they are confronted with violence. Together, boys and girls understand the importance of collaboration to exercise and promote gender equality and become youth ambassadors in their own community. Using the Line Up, Live Up curriculum, more than 200 female coaches have been trained and over 1,700 girls reached in ten countries.

For further information, including the work that UNODC does around sport, girl empowerment and violence against women and girls, including the RESPECT Policy Framework, please visit our website: www.unodc.org.
Alexandra da Silva
14 years old, Brazil

"Sports create the opportunity to bring together boys and girls, to discuss and address norms related to gender-based violence."

"Football taught me to have a positive attitude, try again and never give up. To all the girls in the world, practice the sport you like whether or not society is supportive and despite the difficulties. Do what you love no matter what."

"Sport and sport-based activities are unique for prevention because they can bring together potential perpetrators and victims to teach them how to communicate and interact in a respectful way and address norms and believes that are responsible for gender-based violence."

"Ballet taught me many things, such as education, how to take care of our own health, how to look after others, how women can empower themselves."

Camila Mariano, 17 years old, Brazil

"I WOULD LIKE TO BE A CHAMPION NOT ONLY IN SPORTS, BUT ALSO IN LIFE."

Nonhlanhla Skosana
Sonke Gender Justice, South Africa

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Laila Shaikh
17 years old, State of Palestine

Annelize Joubert
NICDAM, South Africa

Alexandra da Silva
14 years old, Brazil

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