



ACTIVELY ENGAGING WOMEN AND GIRLS IN LACROSSE

Designing and positioning lacrosse to engage women and girls

Information collected from various sources | www.albertalacrosse.com

A COMPREHENSIVE APPROACH

"A social-ecological model can help improve understanding of the complex and multidimensional factors that facilitate and constrain women's and girls' sport and physical activity decisions and behaviour. This approach recognizes the impact of intrapersonal, interpersonal, environmental, and policy factors on women's and girls' involvement. A key concept to keep in mind is that women and girls influence and are influenced by those around them. A social-ecological model encourages a shift from a 'focus on single issues, risk factors and linear causality, towards an holistic concern to develop supportive contexts in the places that people live their lives.'"

Johnstone, L. and Millar, S. (2019). *Actively Engaging Women and Girls: Addressing the Psycho-Social Factors*. [online] Caaws.ca. Available at: https://www.caaws.ca/ActivelyEngaging/documents/CAAWS_CS4L_Engaging_Women.pdf [Accessed 10 Feb. 2019].

FACTORS INFLUENCING PARTICIPATION IN LACROSSE

INTRAPERSONAL FACTORS

Characteristics of the individual, such as confidence, competence, and autonomy (sense of choice). Other examples include knowledge, attitudes, beliefs, values, behaviour, experiences, cultural influences, health status, life stage, motivators.

INTERPERSONAL FACTORS

Late to formal and informal social networks, including the quality and nature of interactions with family, friends and other adults. Other examples include family interest, social role, interest and support from peers, role models, and work environment.

POLICY-RELATED FACTORS

Exist within and between organizations, social institutions and groups, such as where and when one is active (proximity, scheduling, logistics of participation), and whether the social climate is welcoming and conducive to engagement and addresses needs for personal safety and security.

ENVIRONMENTAL FACTORS

Creating environments through policy development, implementation, analysis and advocacy impacts whether programs are attractive to women and girls.

ADDRESSING THE FACTORS



Female-Only Events

Female-only events based around increasing visibility and addressing the complex value-system that spreads across personal, social, and emotional life factors affect women's participation in sport.



Education and Mentorship

Cost-free coach education, specific education, and mentorship on female development provided through the ALA helps educate and reduce barriers for female participants.



Policy Review

Alberta Lacrosse actively engages in policy review to ensure lacrosse aligns with women's values through three key channels; Strategy, programming, and communications.



Did you know?
Women's Lacrosse participation has increased by about 100% over the last twelve years.