

RESEARCH HIGHLIGHTS

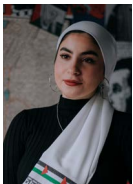
- Teenaged Muslim girl athletes are able to better achieve sports related goals when they have: personal interest in sports, opportunities for leadership, a culturally pluralistic or diverse school environment, positive imaging of Muslim women within the home and school, and support from family members, peers, teachers and coaches.
- Factors which can deter Muslim girl athletes from achieving sports related goals include: disproportionate allocation of school funding to girls' sports, religious or gender discrimination from peers, coaches, or parents, lack of communication between the athlete, parents, and coaches, and internalized Islamophobia.
- Teenaged Muslim girl athletes on school sports teams have different reasons for joining or not joining a sport, such as perceived personal interest and value. There is also variability in the perceived level of importance in the athlete's individual and family life.
- Coaches and teachers can serve as a trusted link between athletes and families, and help students navigate obstacles to sports, such as school policies or crucial conversations with family. Coaches who center the athlete's individual growth, needs, and leadership without compromising the values of the athlete, make a positive impact on the student athlete.

"You don't feel different, it's so diverse here [at school]. Everyone's so comfortable with each other. South West did play a role with that, we are all aware that there are different people."

- Research Participant

QUESTIONS FOR PRACTICE

1. What is the culture of the team based on? How does the team sports culture fit within the culture of the school in general? How does your school support a pluralistic cultural environment?
2. Does your school provide a sports hijab as a uniform option? If not, are there clearly accessible variations of uniforms available to all students?
3. What channels of communication and conflict resolution are open between the student's family and the school? Do parents feel invited and welcome within the school and at sporting events, and do athletes feel empowered to make their own decisions?



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Additional resource:

- [Muslim Women In Sport](#)
- [Muslim Women's Sports Foundation](#)
- [Women Win](#)

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