



# Empowering At-Risk Adolescent Girls Through Sport Involvement

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## BACKGROUND

- Poverty, exclusion and pressure from their milieu can push some adolescent girls to drop out school and engage in delinquent behaviours.
- Team sport may represent one arena in which adolescent girls can develop skills and abilities to gain control over their lives.

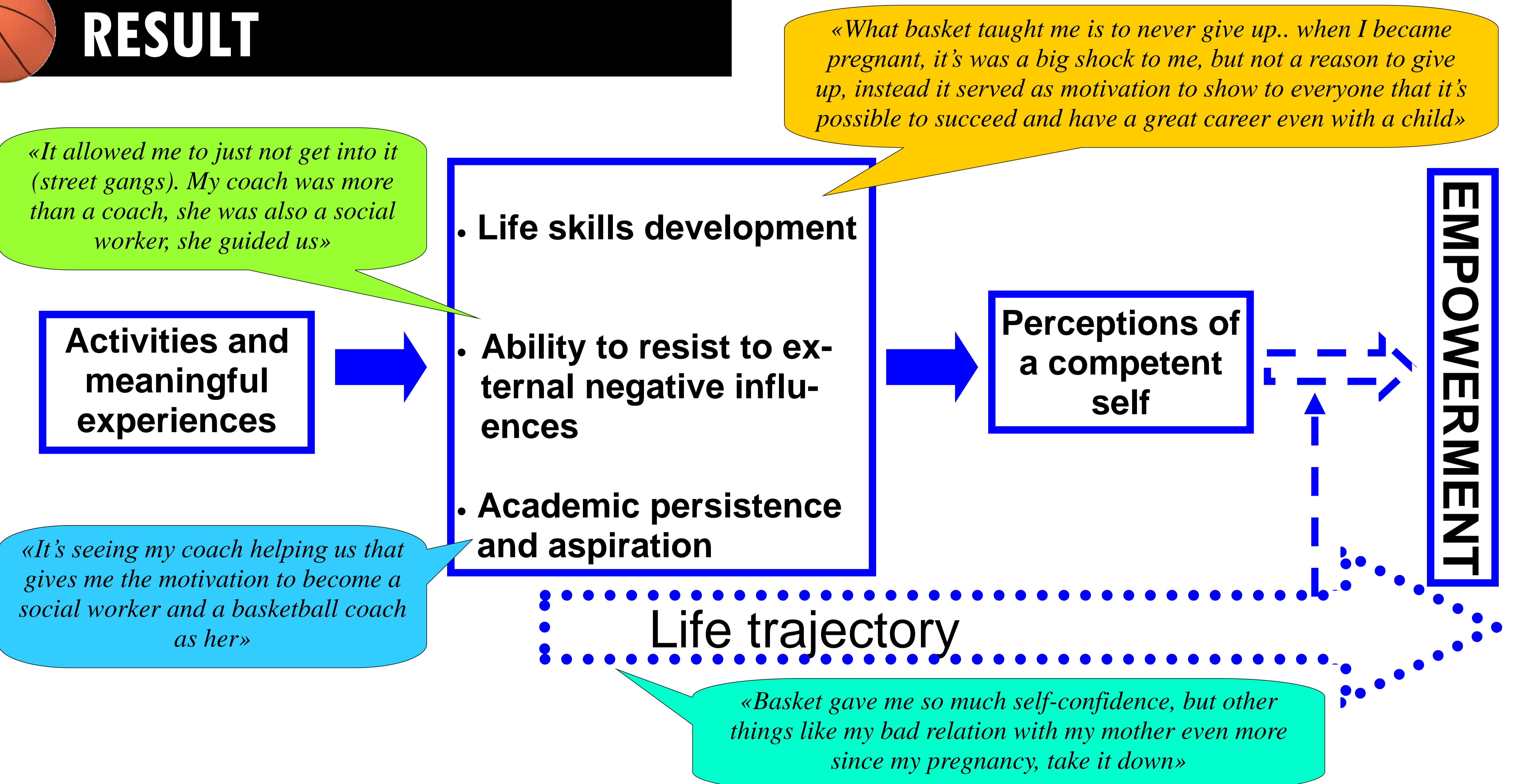
## PURPOSE

Explore the empowerment process of at-risk adolescent girls through their sport involvement in a psychosocial program called "Bien dans mes baskets". This program was implemented since 1999 in a high school of an underserved milieu of Montréal (Québec, Canada).

## METHOD

- Semi-structured interviews were conducted with 7 young women (mean y. o. = 19) who were involved in the BdmB program during high school.
- We used thematic content analysis to investigate the factors that could have had an impact on the empowerment process.

## RESULT



## CONCLUSION

Team sport involvement via a psychosocial program may contribute to the empowerment process of at-risk adolescent girls from underserved ethnic minority.

