

# Empowering At-Risk Adolescent Girls Through Sport Involvement S.Simard<sup>1</sup>, S. Laberge<sup>1</sup>, M. Dusseault<sup>2</sup> <sup>1</sup>Department of kinesiology, Université de Montréal, <sup>2</sup>CSSS Jeanne-Mance

### BACKGROUND

 Poverty, exclusion and pressure from their milieu can push some adolescent girls to

# 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).

- 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.

# METHOD

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



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pregnant, it's was a big shock to me, but not a reason to give up, instead it served as motivation to show to everyone that it's possible to succeed and have a great career even with a child»

«It allowed me to just not get into it (street gangs). My coach was more than a coach, she was also a social worker, she guided us»

Activities and meaningful experiences

*«It's seeing my coach helping us that gives me the motivation to become a social worker and a basketball coach as her»* 

Life skills development

 Ability to resist to external negative influences

Academic persistence
and aspiration

Perceptions of a competent self

Life trajectory

«Basket gave me so much self-confidence, but other things like my bad relation with my mother even more since my pregnancy, take it down»

## CONCLUSION

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



**E A P** 

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