

THE POWER OF ROLE MODELS

If a girl has never seen women participating in sport, it will be virtually impossible for her to imagine playing herself.

Girls need role models to not just show them their potential in sport and life, but to show them how one achieves success across spheres. Too often, girls are not exposed to a diversity of role models, limiting their visions for their own potential.

A girl needs to see confidence, leadership and accomplishment in other women in other women as it helps her to envision herself with those qualities. A programme designed to empower girls will benefit from providing powerful, positive role models.

What can you do to raise awareness of female role models?

- ▶ Use powerful images of strong female role models that can help girls visualise who a role model might be (E.g. Put up posters around your club and in change rooms where girls frequently go)
- ▶ Start sessions asking female players to nominate favourite players or female role models, short discussions about who she is, what she does and what she represents
- ▶ Regularly expose the girls in your programme to positive, strong female role models. Invite successful women, athletes and community members to be guest speakers or do training sessions with your group
- ▶ Encourage girls to be positive role models for one another by sharing their successes outside of sport during group discussions



Football needs to accommodate for girls at all levels - the social player, the competitive player and the aspiring Matilda. Not all girls want the same outcome.

– Jeff Stewart,
Sutherland Shire Football Association

We have our women's top team coached by a former player. We have current female senior players coaching our Saturday squirts program. We have U16 female players assisting with the Friday squirts program which provides clear and direct role models for all players.

– Rob Kirby, Taringa Rovers SFC

