

Happy Birthday Title IX!



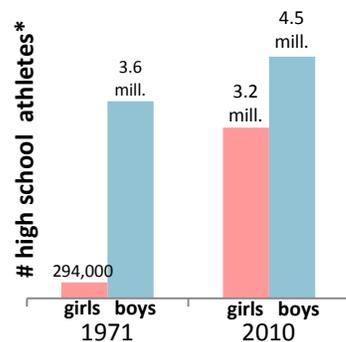
In 2012, Title IX turns 40! Title IX (Title 9) is a federal law that requires schools to offer equal educational benefits to boys and girls. Just like there are laws that protect people from unfair treatment because of their race, Title IX ensures equal treatment in education based on sex. Since it was passed by Congress in 1972, Title IX has opened many doors for girls and women in school and in college, including ... many more opportunities to play sports.

Why are sports important for girls?

Sports help keep both our minds and our bodies healthy. According to LetsMove.gov, youth need an hour of physical activity every day to be healthy. Sports are a great way to meet that goal! Also, girls who play sports are less likely to drink alcohol, smoke, and engage in other risky behaviors (CDC, 2007).

How has Title IX helped girls and women in sports?

Back in 1971, lots of people did not think girls were good at sports or interested in sports. Schools provided boys with more teams and better uniforms and facilities than the girls got. Sports scholarships for girls were almost nonexistent. Title IX changed all that by requiring schools to provide all these benefits to girls equitably. The number of girl athletes in high school soared from 294,000 in 1971 to 3,200,000 today. While inequities still exist, girls will continue to challenge them and show that sports are for girls.



So let's celebrate!!

Happy Birthday Title IX!



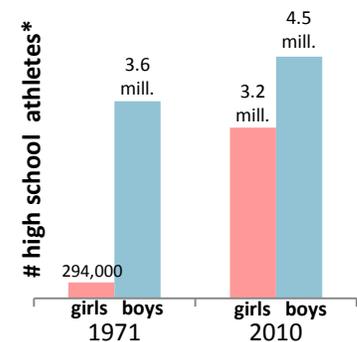
In 2012, Title IX turns 40! Title IX (Title 9) is a federal law that requires public schools to offer equal educational benefits to boys and girls. Just like there are laws that protect people from unfair treatment because of their race, Title IX ensures equal treatment in education based on sex. Since it was passed by Congress in 1972, Title IX has opened many doors for girls and women in school and in college, including ... many more opportunities to play sports.

Why are sports important for girls?

Sports help keep both our minds and our bodies healthy. According to LetsMove.gov, youth need an hour of physical activity every day to be healthy. Sports are a great way to meet that goal! Also, girls who play sports are less likely to drink alcohol, smoke, and engage in other risky behaviors (CDC, 2007).

How has Title IX helped girls and women in sports?

Back in 1971, lots of people did not think girls were good at sports or interested in sports. Schools provided boys with more teams and better uniforms and facilities than the girls got. Sports scholarships for girls were almost nonexistent. Title IX changed all that by requiring schools to provide all these benefits to girls equitably. The number of girl athletes in high school soared from 294,000 in 1971 to 3,200,000 today. While inequities still exist, girls will continue to challenge them and show that sports are for girls.



So let's celebrate!!



For more information about National Girls and Women in Sports Day, visit
www.ngwsdcentral.com

*To learn more about Title IX and sports, visit
www.womenssportsfoundation.org/advocate*

*Data source: National Federation of State High School Associations, Nov. 2011



For more information about National Girls and Women in Sports Day, visit
www.ngwsdcentral.com

*To learn more about Title IX and sports, visit
www.womenssportsfoundation.org/advocate*

*Data source: National Federation of State High School Associations, Nov. 2011