

# HIGH SCHOOL GIRLS

## Sports Research Project

### BAWSI'S FUTURE

BAWSI programming in the Bay Area (CA) focuses on elementary schools ("BAWSI Girls"), in addition to one prototype middle school program. BAWSI's Leadership Accelerator model aims to support BAWSI Girls through middle school, high school, and beyond. BAWSI's next step is **expanding into high school**.

#### RESEARCH QUESTIONS & GOALS

BAWSI aims to extend our support to high school girls and we are exploring how to do so via our **Research Question**: "What is the current state of girls' sports participation in high school; and how might we (re)imagine opportunities for high school girls to play sports in East San Jose?"

#### OUR RESEARCH MODEL

##### YOUTH PARTICIPATORY EVALUATION

The youth participatory evaluation (YPE) format highlights girls' perspectives on girls' needs and helps us increase our evaluation accuracy. Engaging our youth in this important research gives them early exposure to critical research tools and increased their confidence navigating adult spaces.

#### EVALUATION STUDIO'S ROLE

YPE projects require the guiding adults to be knowledgeable in interacting with youth, and have tools to carry out the research. Evaluation Studio's extensive experience in this space allows us to confidently carry out successful research.

### BACKGROUND

**BAWSI's mission** is to mobilize the women's sports community to engage, inspire, and empower girls in under-resourced neighborhoods and children with disabilities. BAWSI's free programs level the playing field so that ALL kids have **access to play**.

### PROJECT UPDATES

- BAWSI hired four high school girls from W. C. Overfelt High School to help us conduct this research
- The researchers chose to use focus groups and surveys to learn from their community
- The research group conducted two focus groups and have collected and analyzed over 100 survey responses from their peers
- BAWSI's final presentation showcasing results and conclusions occurred at W. C. Overfelt High School's Theatre

### FINDINGS & NEXT STEPS

- The researchers uncovered multiple barriers and breakthroughs regarding girls engaging in sports, forthcoming in a BAWSI report and to be incorporated into BAWSI programming and advocacy
- For example, girls want more from sports teams beyond skills and competition e.g., a chance to bond with coaches and teammates; **findings further** showed the need to consider girls' multi-faceted commitments (work; family; schoolwork) alongside sports activities among many critical forthcoming insights

See [www.bawsi.org](http://www.bawsi.org) for more