

# THE HEALING POWER OF SPORT: COVID-19 AND GIRLS' PARTICIPATION, HEALTH AND ACHIEVEMENT

Active Lives

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Morgan Powell



The findings from this report highlight the powerful protective role that sports can play in supporting the physical, social and emotional well-being of girls. While sports participation among young people was significantly impacted by COVID, girls who were able to continue playing experienced a myriad of positive impacts in areas of physical health, mental health and academics. The report shines a light on the critical role of sports in girls' lives.

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