

# Women's experience in sport

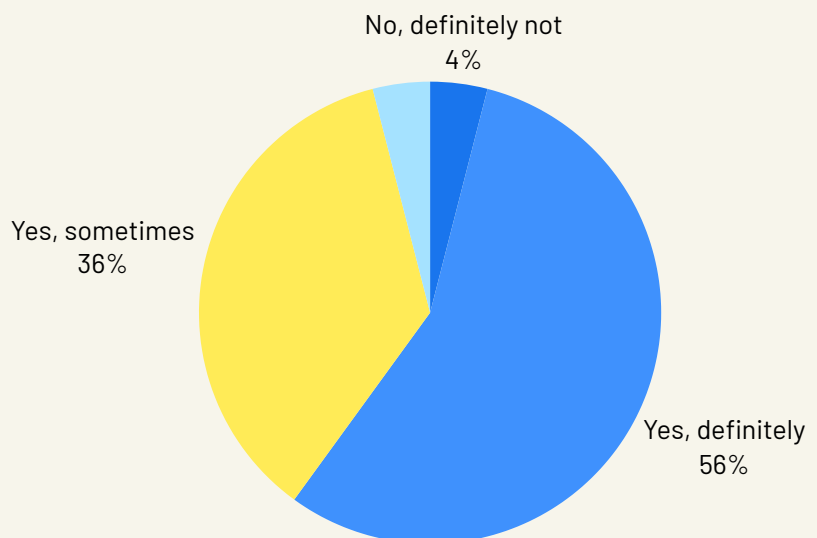
SPORT FOR EQUALITY



## Feeling safe

More than half of the women in the study felt safe in their sporting environment.

Do you feel safe within the sport environment?



## About 20% of women

faced a situation of harassment or discrimination in their sporting environment. Gender identity or expression was ranked first in the reasons for experiencing harassment or discrimination.

## Harassment and discrimination

## Reporting

“In 76% of cases, the incidents of harassment and discrimination went unreported.”

Younger women, transgender women, non-heterosexual women and women with disabilities perceived significant barriers to their sport participation.

### The study looked at the following seven barriers:

- lack of confidence in one's ability,
- fear of rejection or harassment,
- friends or family not being sports enthusiasts,
- fear of going alone,
- lack of adequate, inclusive, and accessible facilities (for example, changing rooms) at sports centres,
- cost being too high,
- and lack of LBTQI+ sports associations.

## Nearly 90%

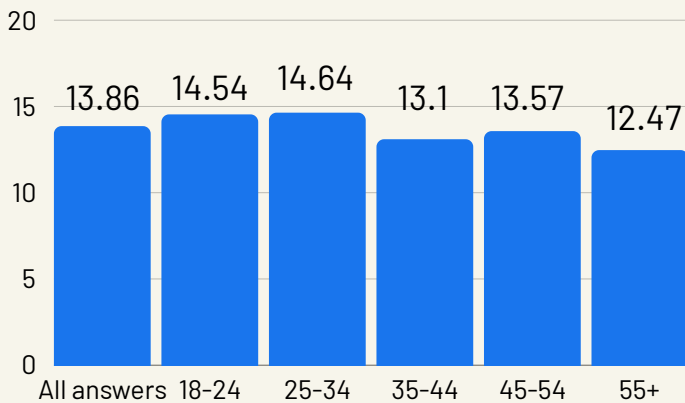
of women had experienced verbal harassment associated with other types of harassment (for example, psychological, power relation, sexual, physical and cyberstalking). In 76% of cases, the incidents of harassment and discrimination went unreported. This trend is consistent across most socio-demographic characteristics, except in the case of women with disabilities, as none of them reported their incidents of harassment.

## Barriers to participation



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Barriers in sport, per age group



Note: the higher the value, the greater the perception of barriers to practicing sports. The overall average score was 13.86



## Almost 90%

of respondents perceived that homophobia and transphobia exist in their sports environment.

## LGBTQphobia in sport

### The research: "Women's participation in sport across Europe"

These findings are the results of a survey conducted in 2023 by the Equality Within Sport (EWS) committee of the European Non-Governmental Sport Organisation (ENGSO). The answers analysed came from 487 respondents above 18 years old who either fully or partially identified as women, from 30 countries in Europe. The study focused on women and adopted an intersectional<sup>1</sup> perspective, specifically taking into account six socio-demographic aspects: age, gender identity, sexual orientation, migrant background, disability and social status. [Read the full report here.](#)

<sup>1</sup> Intersectionality: first coined by Kimberlé Crenshaw, is known as a powerful theoretical framework for examining how diverse patterns of identity-based inequality, such as sexism, racism, ableism, and nationalism are mutually constituted (Crenshaw, 1989).