

Fact Sheet

Why Take Action?

Why Promote Gender Equality?

Research tells us that by promoting equal opportunities in life for both women and men, violence against women can be prevented. Violence against women is a prevalent and serious community issue.

Intimate partner violence

is the leading contributor to death, disability and ill-health in Victorian women aged 18-44.

Over 1 in 3 women

have experienced violence by a man since the age of 15.

1 woman is killed each week

by a current or former partner, on average in Australia.

The good news is that

Violence against women can be prevented. Research tells us that by striving for gender equality and promoting equal opportunities in life for both women and men, violence against women can decrease.

The Role of Sport & Recreation Clubs

All members of the community can take action, and clubs are in a unique position to stand up for community issues as they:

Have strong community leaders

Can positively influence social environments for young people

Have an engaged group of young people

Have opportunities to model respectful behaviours between women and men



Benefits for Sporting Clubs

- Being able to promote itself as a family friendly environment.
- Opening the door to potential funding opportunities.
- Opportunity to increase membership/ participation.
- Ability to attract and retain more volunteers.

What Do We Mean by Gender Equity and Gender Equality?

Gender Equity

The process where both women and men receive fair and just access to the same opportunities in life. It recognises that historically women have experienced social disadvantage, and therefore, that women should not only have the same opportunities as men, but that they should be given the means to utilise these opportunities.

Gender Equality

Refers to women and men having access to equal opportunities, resources and services. Equality is truly achieved through an equity approach which identifies and overcomes disadvantage (Women's Health East 2015).



Picture sourced from 'Equality is the Game: A resource for sporting club committees to create gender equality and prevent violence against women'.

Why a Gender Equity Self-Assessment?

A Gender Equity Self-Assessment is a practical tool for your club to identify strengths and opportunities for improvement to promote equality, by assessing the physical and cultural aspects of your club. The tool aims to assist your club to look at different areas in your environment, and recognise how you are going in relation to gender equality. Clubs can consider influencing gender equality by:

Identifying and encouraging leaders in your club to lead this work.

Encouraging active female participation in all levels of your club, including the game, on committees and in leadership positions.

Safely stepping in and responding appropriately to inappropriate discussions about females.

Breaking down gender stereotypes, by encouraging both women and men to take on roles outside of those traditionally associated with their gender e.g. have more men in the canteen and more female coaches.

Avoiding the use of gendered language or insults such as, "be a man" or "you kick like a girl".

Encouraging all club leaders to model respectful relationships and respectfully challenge sexist comments.

Including a commitment statement to model gender equitable behaviours in club policies, codes of conducts or position descriptions.

Rewarding respectful behaviour and manage disrespectful behaviour appropriately.

Discussing this topic regularly at club meetings.

Inspiro, Yarra Ranges Council and Eastern Health 2017, 'What can sporting clubs do to kick goals for women and girls?' fact sheet.

More information

For more information on violence against women and the role of sporting clubs in its prevention, refer to 'Equality is the Game: A resource for sporting club committees to create gender equality and prevent violence against women', available at: www.maroondah.vic.gov.au.

If you or someone you know is impacted by sexual assault or family violence, call 1800RESPECT on 1800 737 732 (24/7). In an emergency, dial triple zero (000).