

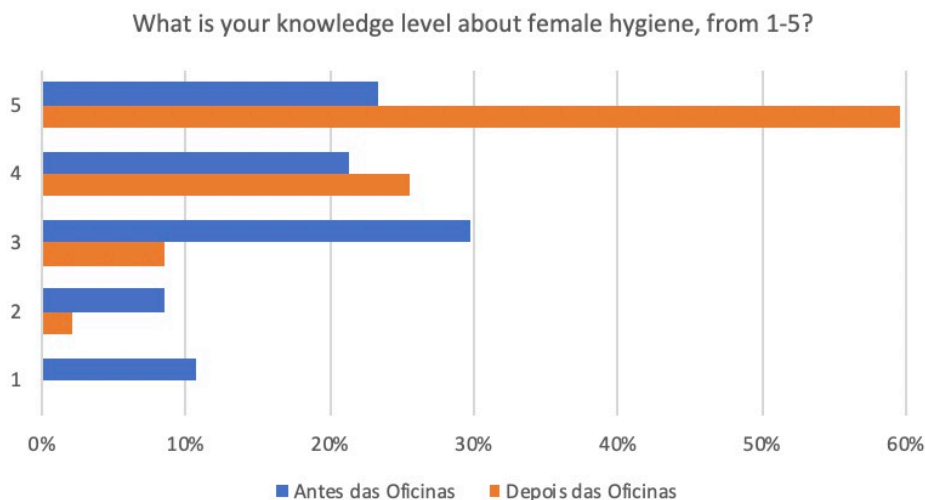
# Girls' Futsal impact report 2023

## Introduction

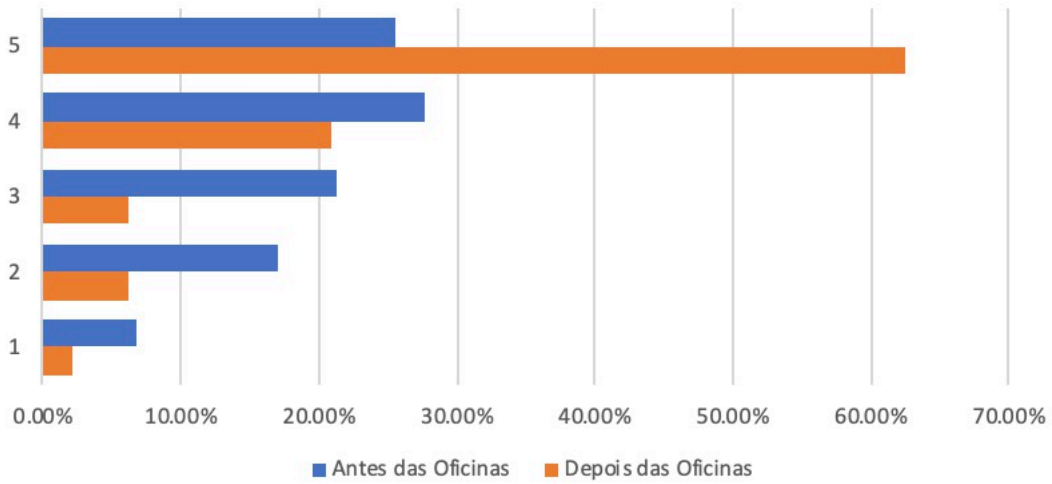
In order to produce the data in this report, we did a baseline survey with 80 girls and an endline survey with 47 girls from the 5 partner elementary schools we worked with during the year; overall we had 178 girls participating in our classes. In order to do this, we used a web based App and software called Teampact ([www.teampact.co](http://www.teampact.co)) which we also use to register student attendance and to follow up on children missing classes. The questionnaires were answered by the children themselves using the teacher's cellphone. In addition to finding out whether the girls had ever taken part in organized sports outside of their school PE classes we also wanted to find out what change had been brought about for the girls and if there had also been change in their families by the delivery of three workshops given by our Safeguarding Manager, Andressa Silva during the year. These workshops were "Knowing the female body and its functioning", "Understanding and recognizing violence and abuse" and "Female hygiene"; when this last workshop was delivered, each girl received a kit containing hygiene and beauty products so that they could continue to put in practice at home what they had learned in class.

## Results

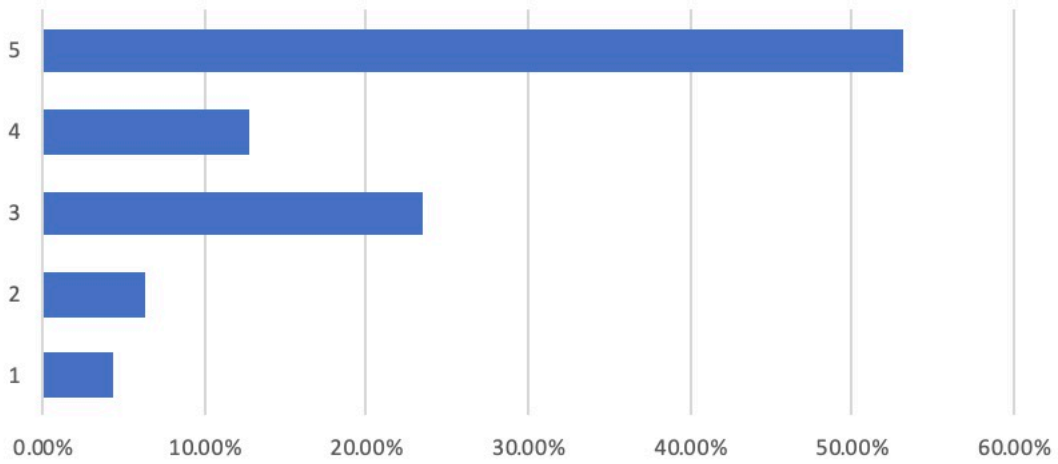
With regard to the first question as to whether this was their first experience of sporting activities outside of regular PE classes, 72.5% of the girls had never done regular sports before. Below are the graphs showing the results of the workshops where in the graphs with two colours, blue is the baseline result and orange the endline result.



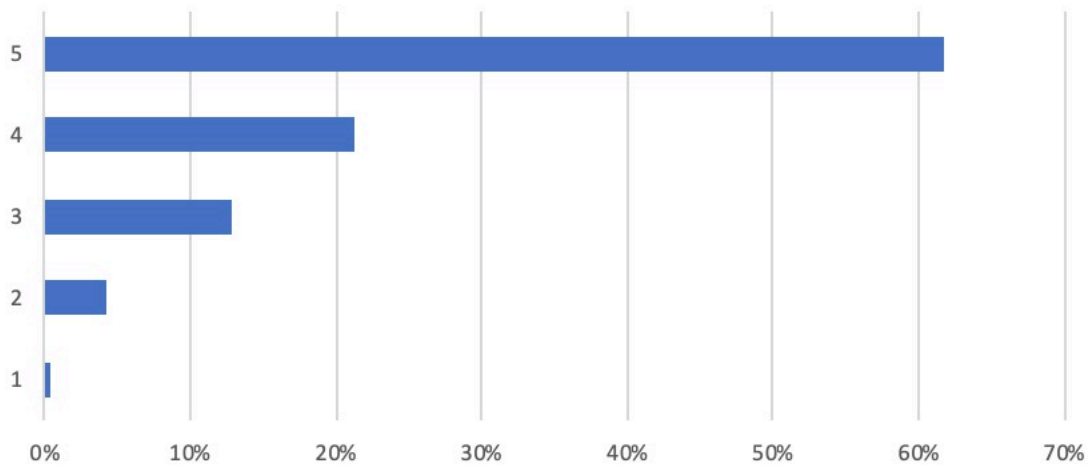
What is your knowledge level about your body, from 1-5?



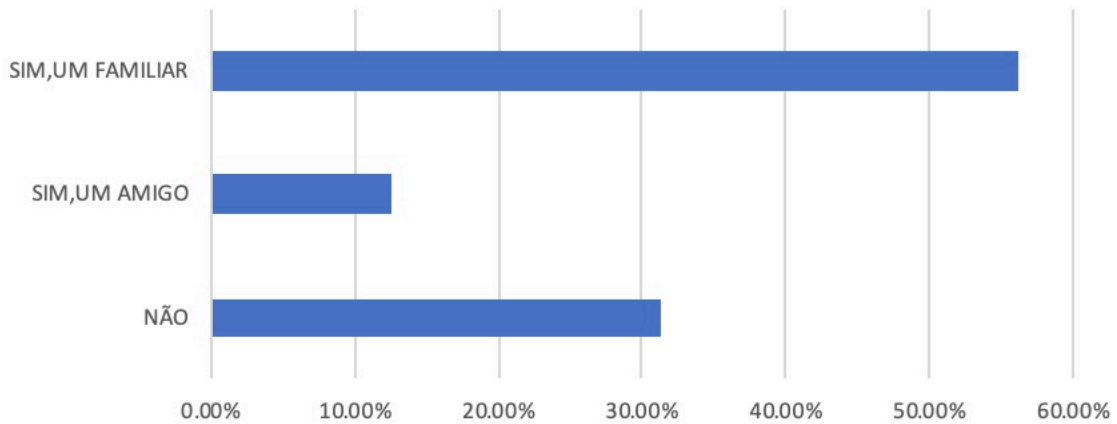
Since we started learning about Hygiene, have you noticed any changes in the way you feel about taking care of your own body, from 1 - 5?

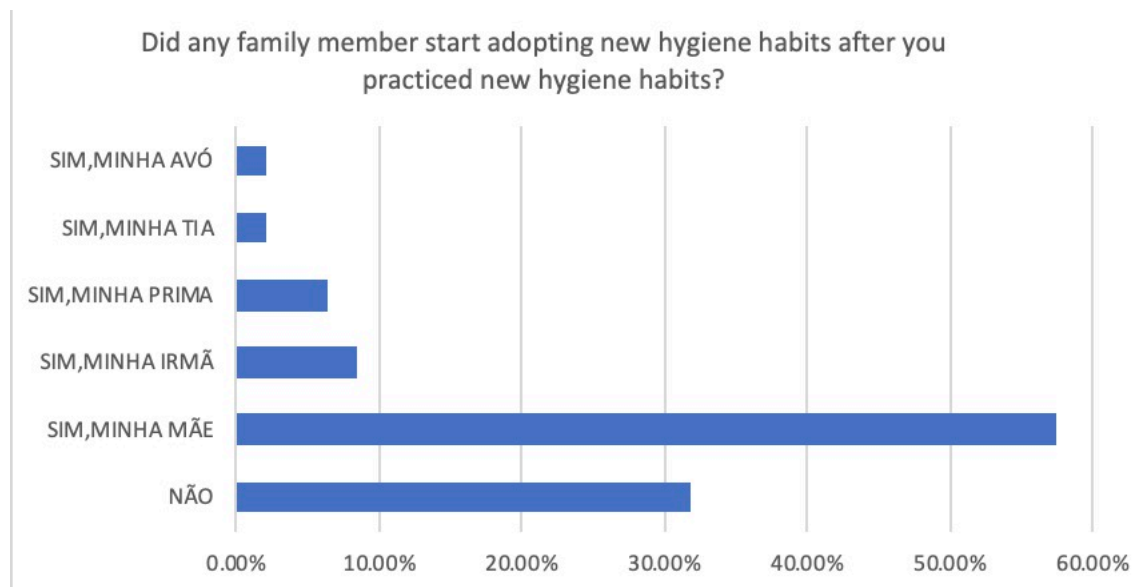


How much do you think practicing good hygiene has positively impacted your health, from 1 - 5?



Has a family member or friend commented or noticed any difference in your daily routines since you started taking more care of your personal hygiene?





As can be seen from these graphs, in addition to the benefits of regular exercise for physical health and the forming of a peer group amongst the girls doing the futsal which is very important for the social development and their emotional and mental wellbeing, the workshops have brought very significant positive changes to the girls' lives and in almost 70% of cases, have also impacted their families.

Diadema, 28th December 2023