



Photo/UN Women: Every day after school, 30 girls meet at the Olympic Villa of Mangureira—one of 22 public spaces with free sports facilities managed by the municipality in the north of Rio de Janeiro—to play basketball.

03.08.2016 – At the 2016 Summer Olympic Games in Rio de Janeiro, [UN Women](#) , the [International Olympic Committee](#)

(IOC), Always

[#LikeAGirl](#)

and

[Women Win](#)

will celebrate women's and girls' empowerment through sport and share experiences of the '

[One Win Leads to Another](#)

' programme in Brazil.

What?

Together, they will present the innovative project '[One Win Leads to Another](#)' at an event on 6 August. The programme builds the leadership skills of adolescent girls through quality sport training, creates safe spaces for girls and gives them tools and knowledge to break social barriers and access services if experiencing violence. It also equips the participants with basic economic skills.

Why?

Upon entering adolescence, girls face new challenges, such as, less autonomy of their bodies, less encouragement and space to develop sport skills, more pressure to conform to traditions, and the almost exclusive responsibility to avoid early pregnancy, while their male counterparts enjoy new privileges reserved for men, including autonomy, mobility and power.

At puberty, 49% of girls drop out of sports (6 times the dropout rate for boys), limiting the realisation of their full potential. This period of life is a critical time for interventions to reverse this cycle of inequality and generate long-term impact in the lives of adolescent girls and their communities.

Sport is a powerful tool for girls' and young women's empowerment. Of the girls who took a nine-month curriculum designed by [Women Win](#) in over 30 countries, 89 per cent said they saw themselves as leaders, compared to 46% before the programme. By the end of the programme, 93% knew where to report violence and 99% of girls were confident that they would get a job. This curriculum was adapted for the Olympic legacy programme in Brazil and kicked off leading up to the 2016 Rio Games.

'[One Win Leads to Another](#)' aims to reach 2,500 girls, aged 10-18 years, and 300 young out-of-school mothers this year, delivering a transformative programme to some of the most-at-risk girls in Rio de Janeiro.

With a rigorous monitoring and evaluation component, the current pilot project is intended to test and refine concepts in preparation for a sustainable and scalable model to be replicated throughout Brazil and Latin America.

Who?

[UN Women Executive Director Phumzile Mlambo-Ngcuka](#) has been invited to carry the Olympic Torch in Rio, and nominated to be part of a prestigious jury to award a prize during the Opening Ceremony of the Olympic Games.

Thaiza Vitória da Silva, 15, and Adrielle Alexandre, 12, participants of the '[One Win Leads to Another](#)';

programme, will also carry the Olympic Torch.



Photo/UN Women: On the court, Thaiza has always been determined, focused and strong. Through the programme, she is now expanding this energy to other areas of her life.

Join the conversation on Twitter using the hashtags #Rio2016 and #womeninsport, and follow @UN_Women and @onumulheresbr on Twitter.

Check the [In Focus on Women and Sport](#) at UN Women website www.unwomen.org