1. **What are the different forms of violence that women and girls in sports may experience (e.g. physical, psychological, economic, online violence, coercive control, as well as extreme form of discrimination that amounts to violence)?**

An obvious answer to the research of violence against women in the sports field is linked to the over-sexualization of athletes, starting from some uniforms ( for example, the difference between males and females’ uniforms in volleyball), continuing on the direction of sexual offense expressed by the general public, online and in real life. The most horrific aspect about sexualization of girls and women are the many cases of sexual violance or acts of sexual blackmailing that arrive directly from their staff, a group of individual that should be a safe place to grow professionally.

Another silent violence in our idea is the extremely different income between the two genders. In many sports women earn not enought to live just as an agonistic athlete, comparing to millionaire salaries earned by the other sex. That is a part of the explanation on why women quit agonistic sports earling than men, not being fairly appreciated.

1. **What human rights of women and girls in sports are violated as a result of the exposure of women and girls in sports to violence or the risk of violence?**

Right to equality, one of the most significant rights, is the base of the growth of a respectful society, and in many cases is not met: accessing to female teams could be a big problem, because of the absences in many regions and it leads many stereotypes defined as “only for women” or “only for men”.

More in particular, we can consider the right to health, taking in consideration the many reasearch on physical strenght done on man and the few focusing on women, but also the mental health aspects, concering the abuses suffered by women, the underestimation of their work and also the great amount of work socially required to balance family, work and personal life.

1. **Which actors are responsible for committing acts of violence against women and girls and increasing the risks of violence against women and girls in sports?**

The federations that don’t act when a problem of sexism is clearly presented to them, as well as the clubs that do the same, beacuse they have the duty to protect and guide the athletes in their carrier.

1. **What are the principal causes of the violence that women and girls experience in sports, including the structural causes of such violence?**

The patriarcal system and its developments, either in themselves and in others: the underastimation that many girls grows up feeling, the unfair environment moved only by sexist conceptions, the financial preference of male althetes despite women’s talent.

1. **Which groups of women and girls in sports are more exposed to violence and on what grounds?**

Sports that over-sexualies women are certainly one of the most dangerous environment, and also the typically men-focused ones, where the most active fans refuse the presence of the female version of the sports and the insults are only about their gender.

1. **What are the responsibilities of State and non-State actors in preventing acts of violence against women and girls in sport, including in adopting measures to investigate it, and to hold those responsible for it accountable, and to provide assistance and protection to survivors of violence?**

The main measure should be mainly social and focused on educating girls and boys on gender equality: the juridical evolution is not enought if is not accompained by social change.

1. **What measures do State and non-State actors have in place to ensure that incidents of violence against women and girls in sports can be effectively reported, and that they are thoroughly investigated and sanctioned?**

Non-state actors should remove violent individuals from the sports environment and prevent the recurrence of such situations by speaking out clearly against such behavior.

1. **To what extent are women and girls in sport, as well as the associations that represent them being effectively involved and consulted in the design and implementation of policies that are meant to end severe discrimination and violence against women and girls in sport at the national, regional, and international level?**

From a personal experience, we believe the women's opinions are not heard enough and should be taken more in consideration by federations and club, the ones that have the power to intervene. Women are not listened to enough even as a simple matter of numbers

1. **Please provide examples of good practice that have been adopted by State and non-State actors with regards to ending violence against women and girls in sports?**

Two examples could be the Training and Education Programs and the Support Services for Survivors:

Training and Education Programs is an initiative started by EU Commission in which State and non-state actors have developed training and education programs aimed at raising awareness about gender-based violence in sports and promoting a culture of respect and equality. These programs target athletes, coaches, officials, and other stakeholders, providing them with the knowledge and skills to recognize and address abusive behaviors

Support Services for Survivors : UN Women have established support services and mechanisms called Tackling Violence Against Women and Girls in Sports, to provide assistance and support to survivors of violence in sports. These services may include counseling, legal advice, medical assistance, and referral to appropriate authorities or organizations for further assistance.

1. **What are the lessons learned from policies and legislations that have been adopted and implemented with regards to women and girls in sports and their implications on the safety, security, dignity, equality and participation of women and girls in sports?**

The first lesson is the importance of the juridical presence of laws and institutions in favor of the elimination of violent practices in sports, and also that there has to be a renovation of education of staff and directive council before the interaction with the athlete.

1. **Please provide recommendations as to how violence against women and girls in sport can be prevented and what needs to be done to better respond to the needs of survivors of such violence**

We all need to have an active role: the victims need to be put in conditions to speak about this, without negative repercussions. To aim to this, we all must know and discuss this huge problem effectively: that’s why we need more professional, such as psychologist, medial and legal experts in public spaces, such as school, universities and especially clubs.

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