Before Title IX there weren’t many opportunities for girls to play sports in schools. Now schools have to offer the same activities for girls and boys. Title IX helps protect students from being hurt or mistreated. Schools have to create rules and procedures so students know how to report if they have been hurt or mistreated.

**WHAT IS TITLE IX?**
- Title IX is a law passed in 1972 that makes it illegal to discriminate against people in schools or school sports because they are a boy or a girl. All students are protected by Title IX.

*(For lower elementary students, define “discriminate” as “not treating people fairly.”)*

**WHY IS TITLE IX IMPORTANT?**
- Before Title IX there weren’t many opportunities for girls to play sports in schools. Now schools have to offer the same activities for girls and boys.
- Title IX helps protect students from being hurt or mistreated. Schools have to create rules and procedures so students know how to report if they have been hurt or mistreated.

**LIFE BEFORE TITLE IX**
- Before Title IX, young women were not allowed into many universities and were rarely given scholarships to play sports in college. Math and science was “for boys,” so girls studied home economics (like cooking and baking) instead of training for jobs that made more money like the boys.

- Here’s what a retired high school physical education teacher said playing sports was like for her growing up before Title IX:
  
  “It wasn’t even ‘playing sports.’ You maybe practiced twice a week for maybe half an hour, then you played three games during the season. At the end, you went to what was called a ‘play day.’ There were, let’s say, six softball teams there. You’d play three innings against one team, then three innings against another team. Then when it was over, you’d have milk and cookies with all the other teams.”

**IMPACT OF TITLE IX**
- Title IX allows both girls and boys to equally study for any career they would like. For example, girls can study to be a doctor, plumber, mechanic, or welder, and boys can study to be nurses or teachers.
- Since Title IX a lot more girls participate in sports than before. Before Title IX, only one in 27 girls played sports. Now that number is two in five.
- More women are attending college and earning degrees than ever before. For example, when Title IX was signed in 1972, not many women earned law degrees. Now women earn nearly half of all law and medical degrees.

**SOURCES**
https://www.vectorsolutions.com/resources/blogs/title-ix-positive-changes/