Before Title IX there weren’t many opportunities for girls to play sports in schools. Because of Title IX, schools are required to offer the same opportunities for girls and boys. Title IX also protects students against sexual harassment or misconduct. Schools are required to adopt and publish grievance procedures for students who complain of sex discrimination, including sexual assault. Title IX is especially important for students who identify as lesbian, gay, bisexual, and transgender (LGBT). Support of LGBT students is critical because a national campus climate survey conducted by the Association of American Universities found LGBT students face an increased risk of sexual assault.

Before Title IX, young women were not admitted into many universities and college athletic scholarships were rare. Math and science was a realm reserved for boys. Girls studied home economics instead of training for “male-oriented” trades. Girls could become teachers and nurses, but not doctors or principals. There was no such thing as sexual harassment because ‘boys will be boys,’ after all, and if a student got pregnant, her formal education ended.

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.”

Title IX allows both girls and boys to equally take any course of study regardless of gender stereotypes about traditionally “male” or “female” coursework or professions.

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, women earned just 7% of all law degrees and 9% of all medical degrees. Now they earn nearly half of all law and medical degrees.

In 2009-2010, women received 48% of all athletic scholarship dollars at Division 1 universities. In 1972, when Title IX was passed, it was only 2%.

SOURCES
https://www vectorsolutions com/resources/blogs/title-ix-positive-changes/
https://www nsvrc org/blogs/10-facts-everyone-should-know-about-title-ix
https://nces ed gov/fastfacts/display.asp?id=93#:~:text=Title%20IX%20states%20that%3ANo,activity%20receiving%20Federal%20financial%20assistance.