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Agenda item 3

**Promotion and protection of all human rights, civil,
political, economic, social and cultural rights,
including the right to development**

Resolution adopted by the Human Rights Council on 7 July 2025

59/17. Empowering women and girls in and through sport

The Human Rights Council,

Guided by the purposes and principles of the Charter of the United Nations,

Reaffirming the Universal Declaration of Human Rights and recalling all relevant international human rights treaties, in particular the International Covenant on Civil and Political Rights, the International Covenant on Economic, Social and Cultural Rights, the Convention on the Elimination of All Forms of Discrimination against Women, the International Convention on the Elimination of All Forms of Racial Discrimination, the Convention on the Rights of the Child and the Convention on the Rights of Persons with Disabilities,

Reaffirming also the right of everyone to the enjoyment of the highest attainable standard of physical and mental health, without discrimination of any kind,

Acknowledging that States have an obligation to guarantee non-discrimination in the enjoyment of all human rights,

Reaffirming General Assembly resolution 70/1 of 27 September 2015, entitled “Transforming our world: the 2030 Agenda for Sustainable Development”, in which the Assembly recognized the growing contribution of sport to the realization of sustainable development and peace in its promotion of tolerance and respect and the contributions it makes to the empowerment of women and of young people, individuals and communities, as well as to health and education objectives,

Recognizing the potential of sport as a universal language that contributes to educating people on the values of respect, dignity, equality, tolerance and fairness as a means to combat all forms of discrimination, and reaffirming the need to combat discrimination and intolerance wherever and whenever they occur, within and outside the realm of sport,

Noting that sport, as a powerful tool, offers enormous opportunities to propel the empowerment of women and girls, including by fostering the values of teamwork, self-reliance and resilience, and has a multiplier effect on their health, education, economic empowerment and leadership development,

Acknowledging that the empowerment of women and girls and their full, equal and meaningful participation in all spheres of life are vital for the full realization of their human



rights and the implementation of the 2030 Agenda for Sustainable Development, and that the participation and leadership of women and girls in sport contribute to the achievement of the targets set for Sustainable Development Goal 5,

Affirming the fundamental principles of the Olympic Charter, in particular principle 4, which states that every individual must have the possibility of practising sport, without discrimination of any kind and in the Olympic spirit, and principle 6, which states that the enjoyment of the rights and freedoms set forth in the Charter shall be secured for all, without discrimination of any kind,

Welcoming the continued advancement of women and girls in and through sports and sporting activities, in particular the support for their progressively greater participation in sport events, which provides opportunities for their empowerment and the realization of gender equality, and recognizing the imperative need to engage women and girls further in the practice of sport and to enhance, to this end, their participation in sporting events at the national, regional and international levels,

Recognizing that the leadership of women within the global sport ecosystem is fundamental to improving policies for women's and girls' empowerment,

Noting with satisfaction the progress made in recent years in promoting, safeguarding and equalizing opportunities for women and girls to participate in sport at all levels,

Noting with concern that, despite the growing recognition of the contributions and talents of women and girls in the athletic world, their participation in sport with safety, equality and dignity remains a challenge,

Concerned that women and girls continue to be underrepresented in sports leadership positions, receive lower remuneration at the professional level and have fewer opportunities to participate in sport, physical education and physical activity than their men counterparts,

Noting with concern that women and girls with disabilities face barriers to participation in sport and recreational activities, and reaffirming the obligation of States under the Convention on the Rights of Persons with Disabilities to ensure their equal enjoyment of all human rights, including participation in sport as a vital aspect of social integration and empowerment,

Deeply concerned that women and girls are subjected to violence across sport settings and environments, both online and offline, and in various roles, including as athletes, coaches, referees, reporters, journalists, medical professionals, therapists, spectators and fans,

Affirming that providing safe environments and experiences in sport is critical to support women's and girls' enjoyment of their human rights and enhance their full, equal and meaningful participation and leadership,

Underlining the importance of developing and maintaining data and resources that are necessary to inform programmes and policies that address the effective representation of women and girls in sport,

1. *Invites* States to promote sport as a means to combat all forms of discrimination and violence against women and girls;

2. *Encourages* States and national, regional and international sport organizations and federations to respect, protect and fulfil human rights of women and girls and to promote their empowerment in and through sport, including by:

(a) Enhancing the full, equal and meaningful participation of women and girls in sporting events at all levels;

(b) Combating racism, racial discrimination, xenophobia and related intolerance, and discrimination based on religion or belief, in sport;

(c) Harnessing the power of sport to change negative attitudes, foster equality and empower women and girls;

(d) Developing laws and policies, including national action plans, where appropriate, to improve the full, equal and meaningful participation and empowerment of women and girls in and through sport;

(e) Developing capacity and infrastructure to support the advancement of women and girls in all areas and at all levels of sport and physical activity, and improving sport infrastructure by designating or establishing facilities that respond to the specific needs of women and girls to ensure their full, equal and meaningful participation and leadership;

(f) Taking appropriate measures, to the maximum of their available resources, to promote the participation of women and girls with disabilities in sport and recreational activities, including programmes and opportunities;

(g) Introducing policies and initiatives that promote equality between men and women in sport at all levels, and making progress to achieve the full realization of women's and girls' rights and the targets set for Sustainable Development Goal 5;

(h) Considering reducing pay gaps between men and women participants in sport;

(i) Adopting measures to increase the representation of women in leadership positions at all levels in sports governance systems, including by eliminating structural barriers and setting up and implementing mentoring and capacity-building programmes to strengthen leadership skills of girls and young women in sport so they can become better equipped to exercise their rights;

(j) Investing in capacity-building and mentorship programmes for women and girls to pursue careers in coaching, refereeing and other technical roles in sport;

(k) Enhancing protection in sport through the creation of safer environments for women and girl participants, both online and offline, and committing to ending all forms of violence against women and girls, including, where appropriate, by developing tools and guidelines to prevent and respond to harassment and abuse, ensure such frameworks include clear complaint, referral and redress mechanisms, and end impunity, which perpetuates violence against women and girls in sport;

(l) Promoting women's and girls' accessibility by addressing, inter alia, policies hindering the participation of women and girls in sporting activities and events, the enforcement of norms and rules, including dress codes, that undermine the rights and dignity of women and girls in sport, and the gaps in data and resources that are necessary to inform programmes and policies that address the effective representation of women and girls in sport;

3. *Recognizes* that media coverage is fundamental to advancing equality in sport and beyond, and encourages media outlets and organizations to increase their coverage of women and girls in sport, amplify women's sporting achievements, promote positive role models and boost the number and visibility of women sports reporters and analysts at major events, and to address negative stereotypes and abuses against women and girls in sport, both online and offline;

4. *Decides* to convene at its sixty-second session a panel discussion on the intensification of efforts to empower women and girls in and through sport;

5. *Requests* the United Nations High Commissioner for Human Rights to prepare a report on empowering women and girls in and through sport, based on the contributions of States, United Nations relevant agencies and other relevant stakeholders, and taking into account the outcome of the above-mentioned panel discussion, and to present the report to the Human Rights Council at its sixty-fifth session;

6. *Decides* to remain seized of the matter.

32nd meeting
7 July 2025

[Adopted without a vote.]