# Skip to content Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa Open search panel Search Search the Insight Hub... Cancel

- <u>Insights</u> <u>Rangahau</u>
- Events Hui
- <u>Partnerships</u> <u>Rangapū</u>
- <u>Impact</u><u>Whakaaweawe</u>
- About Mō Mātou
  - Overview
  - <u>History</u>
  - Support
- ☆<u>0</u> Saved



- Sign in
- Submit





#### Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

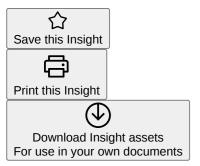
Theme: Participation

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

Co-authored by Madison, Kea Kids News, NZ Herald

Reporter Madison is at Birkenhead Skateboard Park where these girls are learning the importance of iron in their diet and air under their wheels.

#### Check out the video here!



#### Was this Insight helpful?





Share this Insight

- **Facebook**
- **Twitter**
- **Email**
- Copy this page's URL





Email this Insight



### **Download Insight assets**

- Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week.pdf
- Screenshot 2024-10-21 123204.png 680KB PNG

#### Was this Insight useful?





#### Similar Insights (79)

<u>UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports</u>



Participation

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

Adventures doing a POWA of good



Participation

#### Adventures doing a POWA of good

By Angela Walker - LockerRoom

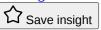
<u>Is Paris 2024 really achieving its goals for gender equality?</u>



Participation

#### Is Paris 2024 really achieving its goals for gender equality?

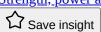
By Victoria University Melbourne Australia - Victoria University | Melbourne Australia New legislation for gender identity and sex characteristics in Queensland sport



Participation

#### New legislation for gender identity and sex characteristics in Queensland sport

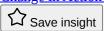
By Victoria University Melbourne Australia - Victoria University | Melbourne Australia Strength, power and aerobic capacity of transgender athletes: a cross-sectional study



Participation

#### Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football



## Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football Change in Action Week - Innovative Impact FINALIST - Active Wāhine Save insight Participation

#### **Change in Action Week - Innovative Impact FINALIST - Active Wāhine**

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



Participation

#### Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt



Participation

#### Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

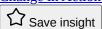
Change in Action Week - Innovative Impact FINALIST - Wāhine Toa



Participation

#### Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



Participation

#### Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH



Participation

#### ADIDAS BREAKING BARRIERS RESEARCH

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

Save insight

Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

## Save insight Participation GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN By Emma Evans - Sport New Zealand A 2024 SURVEY FOR: Women in Trail and Ultrarunning Save insight Participation A 2024 SURVEY FOR: Women in Trail and Ultrarunning By Ali Pottinger - Squadrun 2022 IWG: Christine Young - Integrity in HP Youth Sport Save insight **Participation** 2022 IWG: Christine Young - Integrity in HP Youth Sport 2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton Save insight Participation 2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton

2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport

Save insight

Participation

2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

2022 IWG: Kirsten Spencer - Sport as a social development tool

Save insight

Participation

2022 IWG: Kirsten Spencer - Sport as a social development tool

**GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN** 

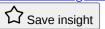
2022 IWG: Erin Hatton - Driving transformational change

Save insight

Participation

#### 2022 IWG: Erin Hatton - Driving transformational change

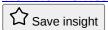
**Understanding Period Poverty Infographic** 



Participation

#### **Understanding Period Poverty Infographic**

By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

#### Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



Participation

#### **Netball Resources for Clubs and School Administrators**

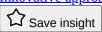
By Jenna Murie - Netball New Zealand
Girls Smash Modified Girls Only Cricket Programme



Participation

#### **Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

#### Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

Netball Volunteer Programme



Participation

#### **Netball Volunteer Programme**

By Jenna Murie - Netball New Zealand

Mind. Set. Engage. Rugby's mental wellbeing programme.



#### Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool



**Participation** 

Participation

#### **Sport as a Social Development Tool**

By Kirsten Spencer - Auckland University of Technology Netball Player Development Programme

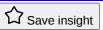


Participation

#### **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand

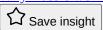
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

#### COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

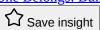
Why Aussie women's sport needs to talk about fertility



Participation

#### Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport



Participation

#### She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport Sport for Sustainable Development: Designing Effective Policies and Programmes



Participation

#### **Sport for Sustainable Development: Designing Effective Policies and Programmes**

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

Save insig
Participation
The Volunto

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

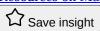
Huge uptick in girls and women playing football in New Zealand

Save i	insight
--------	---------

Participation

Huge uptick in girls and women playing football in New Zealand

Resources on Male Allyship



Participation

**Resources on Male Allyship** 

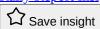
Rally Report Insights: Body Confidence



Participation

**Rally Report Insights: Body Confidence** 

Rally Report Insights: Mental Health



Participation

**Rally Report Insights: Mental Health** 

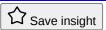
What type of uniforms do women want to wear when they referee or umpire sport?



Participation

What type of uniforms do women want to wear when they referee or umpire sport?

Women & Padel: Start of a love story



Participation

Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



#### **Empowering young women to lead their experiences - Journeys Central Otago**

By Rachel Howells - Sport New Zealand

Creating safe environments for young women to be active their way



Participation

#### Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia



Participation

#### Kōhine māia

By Rachel Howells - Sport New Zealand Yeah! Girls Move - Cricket not the way you know it



Yeah! Girls Move

Participation

#### Yeah! Girls Move - Cricket not the way you know it

By Rachel Howells - Sport New Zealand

For young women, by young women - WORD girls-only programme



Participation

#### For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand Not just for the "sporty", the Not-So-Sports-Club

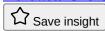
Not just for the "sporty", the Not-So-Sports-0



Participation

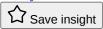
#### Not just for the "sporty", the Not-So-Sports-Club

By Rachel Howells - Sport New Zealand Manawatū Cricket Association case study



#### Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash



Participation

#### **Backyard Smash & Sista Smash**

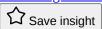
By Roxanna Holdworth - This is ME The female-friendliness of New Zealand's tennis clubs



Participation

#### The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



Participation

#### **Removing Period Poverty As a Barrier to Participation**

By Roxanna Holdworth - This is ME

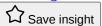
Te Awamutu AFC starts 2024 off strong with growing demand



Participation

#### Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport



Participation

#### Five things to know about women and sport

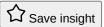
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



Participation

#### Has the Olympics become too sexualised? How sex and gender debates drove online discourse

Pacific Women's Leadership Programme Impact - Sela Vaenuku



IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

$\overline{\langle \dot{\gamma} \rangle}$	Carra	incialet
$\sim$	Save	insight

Participation

#### IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

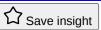
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

公	Save	insig	ht

Participation

#### "Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes

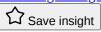
**Nutrition For Female Athletes** 



Participation

#### **Nutrition For Female Athletes**

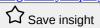
Coaching through a Gender Lens Infographic



Participation

#### Coaching through a Gender Lens Infographic

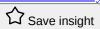
Angel City Equity House Podcast: Myth Busters presented by Gatorade



Participation

#### **Angel City Equity House Podcast: Myth Busters presented by Gatorade**

2022 IWG: Emily Davidson - She Loves Golf Presentation



Participation

#### 2022 IWG: Emily Davidson - She Loves Golf Presentation

<u>Hikurangi Golf Club president Felice Croft encouraging more women into the sport</u>



#### Hikurangi Golf Club president Felice Croft encouraging more women into the sport

Running and periods: The myths about exercise and your menstrual cycle, debunked

Participation

Running and periods: The myths about exercise and your menstrual cycle, debunked

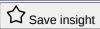
<u>Updated Pregnancy guidance from UK Sport</u>



Participation

#### **Updated Pregnancy guidance from UK Sport**

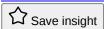
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

#### **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

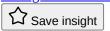
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



Participation

#### IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel

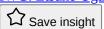
Young Women Profile - September 2021



Participation

#### Young Women Profile - September 2021

IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



Participation

#### IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

New Zealand Football Performance & Prevention - Considerations for Female Athletes



## New Zealand Football Performance & Prevention - Considerations for Female Athletes IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



Participation

#### IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill

Co-Designing Effective Programmes for Young Girls: Insights and Principles



**Participation** 

#### **Co-Designing Effective Programmes for Young Girls: Insights and Principles**

By Briana irving - Aktive - Auckland Sport & Recreation How To Co-Design A Programme With Participants

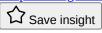




Participation

#### **How To Co-Design A Programme With Participants**

By Briana irving - Aktive - Auckland Sport & Recreation <u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>

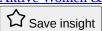


**Participation** 

**Participation** 

#### **Empowering Disengaged Girls Through A Participant-Centered Programme**

By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide



Women & Girls Facility Guide

Participation

#### **Aktive Women & Girls Facility Guide**

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

Save insight

Participation

#### Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

By Rachel Howells - Sport New Zealand

Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"



## Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"

By Rachel Howells - Sport New Zealand

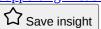
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

#### IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?

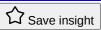
Supporting Disabled Teenage Girls to be Active



Participation

#### **Supporting Disabled Teenage Girls to be Active**

400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL



Participation

#### 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"



Participation

## Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

By Rachel Howells - Sport New Zealand

#### **Our Partners**

- Sport NZ Sport NZ
- NZ Foreign affairs and trade NZ Foreign affairs and trade
- WS Embassy NZ US Embassy NZ

Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa











© 2024 Women in Sport Aotearoa

#### Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.

	Name:		
	Email:		
	<u>Subscri</u>	be >	
I			
		Close panel	📝 Women in Sport Aotearoa Insight Hub   Ngā Wāhine Hākinakina o Aotearoa

#### Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.

First name:*		
Email:*		

#### **Preferences**

Select those that apply to you to help us customise your Insight Hub experience.

#### **Insight Themes**

- 🛂
- All
- 🛂

Leadership

- 🔽
- Social Change
- 🔽

Active Lives

• 🔽

High Performance

• 🔽

Visibility and Voice

#### **Insight Content Types**

- 🔽
- All
- 🔽

Research

• 🔽

Case studies

• 🛂

News stories

• 🔽

**Toolkits** 

