

 Open search panel



Search

Search the Insight Hub...

Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- About  
Mō Mātou
  - [Overview](#)
  - [History](#)
  - [Support](#)
-  [0](#)  
[Saved](#)

 [0](#) Saved

 EN ▾

- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >



# Supporting Balanced Female Health

Theme:  
Youth



[Emma Evans](#)

Co-authored by Sport NZ





 [Message Emma](#)


Sport NZ recognises that female-specific needs in community sport are unique. As coaches, parents, instructors and administrators, understanding female health is critical to being able to respond and provide support for young people to be active in ways that boost their wellbeing.

Balanced Female Health is a new resource for adults supporting young people in community sport. Developed by health professionals working in the sport sector, this resource covers changes throughout female puberty, the menstrual cycle, and factors that impact the physical health and mental wellbeing of all young people.

[Click here for the resource.](#)

  
Save this Insight


  
Print this Insight

  
Download Insight assets  
For use in your own documents

Was this Insight helpful?



Share this Insight

-  [Facebook](#)
-  [Twitter](#)
-  [Email](#)
-  Copy this page's URL


  
Save this Insight

  
Print this Insight

  
Download Insight assets



[Email this Insight](#)

 Close 'Download Insight Assets' modal

 **Download Insight assets**

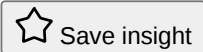
- [Supporting Balanced Female Health.pdf](#)

Was this Insight useful?



## Similar Insights (33)

[Sport NZ It's My Move: Tools and Resources](#)

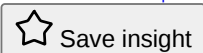


Youth

### Sport NZ It's My Move: Tools and Resources

By Emma Evans - Sport New Zealand

[Six Years On | Yeah! Girls NZC](#)

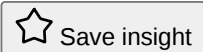


Youth

### Six Years On | Yeah! Girls NZC

By Jess Davidson - New Zealand Cricket

[Whanake o te Kōpara case study - Dantaye Simpson](#)

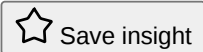


Youth

### Whanake o te Kōpara case study - Dantaye Simpson

By Merran Brockie-David - Women in Sport Aotearoa

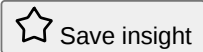
[Thriving Through Sport](#)



Youth

### Thriving Through Sport

[It's My Move Progress Report](#)




Youth

### It's My Move Progress Report

By Emma Evans - Sport New Zealand

[PNGHS "Let's Move it" programme video](#)


 Save insight

Youth

## **PNGHS “Let’s Move it” programme video**

By Cheycoda Cocks - Sport Manawatu

[Letters from Rangatahi: Olympic Muses and Musings](#)

 Save insight


 Kura Netball Team

Youth

## **Letters from Rangatahi: Olympic Muses and Musings**

By Ciccone Hakaraia-Turner - Netball New Zealand


[Move YO - Move, Stretch, Relax programme for young women and girls](#)

 Save insight

Youth

## **Move YO - Move, Stretch, Relax programme for young women and girls**


[Flow on Effect: Anna Peterson talking menstruation and being active](#)

 Save insight

Youth

## **Flow on Effect: Anna Peterson talking menstruation and being active**


[Flow on effect: Sophie Watson \(EONZ\) on how to be a menstrual ally](#)

 Save insight

Youth

## **Flow on effect: Sophie Watson (EONZ) on how to be a menstrual ally**


[Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation](#)

 Save insight

Youth

## **Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation**

[Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet](#)

 Save insight

Youth

## **Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet**


[Governance: Ariana Reweti completes Basketball New Zealand Board Internship](#)

 Save insight

Youth

**Governance: Ariana Reweti completes Basketball New Zealand Board Internship**

[Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues](#)

 Save insight

Youth

**Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues**


[IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket](#)

 Save insight

Youth

**IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket**


[ReSport partners with Sport Northland for the Positive Puberty Participation Initiative](#)

 Save insight

Youth

**ReSport partners with Sport Northland for the Positive Puberty Participation Initiative**


[Harbour Sport Girls Motion Programme](#)

 Save insight

Youth

**Harbour Sport Girls Motion Programme**


[Celebrating Champions of Change: Kylie Heihei](#)

 Save insight

Youth

**Celebrating Champions of Change: Kylie Heihei**


[Team sports help vast majority of young girls feel more confident, says report](#)

 Save insight

Youth

**Team sports help vast majority of young girls feel more confident, says report**

[Balanced female health handbook for adults supporting young people in community sport.](#)

 Save insight

Youth

**Balanced female health handbook for adults supporting young people in community sport.**


[Webinar replay: Supporting Sporty Girls for coaches or administrators](#)

 Save insight

Youth

**Webinar replay: Supporting Sporty Girls for coaches or administrators**


[What's Your Little One Made Of? Creating a new generation of male allies for girls in sport](#)

 Save insight

Youth

**What's Your Little One Made Of? Creating a new generation of male allies for girls in sport**


[How Erika Fairweather went from kayaking with dolphins to swimming for gold](#)

 Save insight

Youth

**How Erika Fairweather went from kayaking with dolphins to swimming for gold**

[Rangatahi just want to have fun!](#)

 Save insight


 Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

Youth

**Rangatahi just want to have fun!**

By Robyn Cockburn - LUMIN


[Managing the Physical Load of Female Athletes](#)

 Save insight

Youth

**Managing the Physical Load of Female Athletes**

[Creating an Environment for Youth to Flourish](#)


 Save insight

Youth

# Creating an Environment for Youth to Flourish

By Charissa Barnham - Sport New Zealand


[IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality](#)

 Save insight

Youth

## IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality


[Make Space for Us](#)

 Save insight

Youth

## Make Space for Us


[We're losing kids from sport; but you can change that](#)

 Save insight

Youth

## We're losing kids from sport; but you can change that


[IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from 'Breaking the Barriers' \(BTB\) project in Kenya](#)

 Save insight

Youth

## IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from 'Breaking the Barriers' (BTB) project in Kenya

[Developing A Brand For Young Women's Initiatives: HERA Goddess](#)

 Save insight


 Youth

Youth

## Developing A Brand For Young Women's Initiatives: HERA Goddess

By Briana irving - Aktive - Auckland Sport & Recreation

[Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck](#)

 Save insight

Youth

## Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck

By Sarah Leberman MNZM - Women in Sport Aotearoa




 Save insight

Youth

## WOTK Alumnae Kylie Heihei - My Leadership Journey

### Our Partners

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

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

-  [Facebook](#)
-  [Instagram](#)
-  [Linkedin](#)
-  [TikTok](#)
-  [YouTube](#)
  
- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

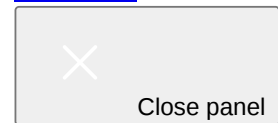
### Subscribe to our newsletter


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

Name:

Email:

[Subscribe](#) >



 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

Subscribe now >