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# Young Women's Profile

Theme: Participation

Young Women's Profile

#### **Rachel Howells**

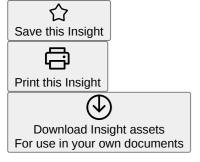
Co-authored by Sport NZ Sport New Zealand

# A resource to assist organisations in understanding the needs of young women, and support quality experiences in active recreation and sport.

- 1. How are young women participating?
- 2. What's important to young women?
- 3. What do young women want?
- 4. What insights tell us
- 5. How can activity better meet the needs of young women

# **Downloads & Resource Files**

- <u>Insights to actions Tips for providers 2.8MB PDF</u>
- Profile infographic 2.0MB PDF
- Young women's profile 10.9MB PDF



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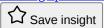
<u>Healthy Women in Performance Sport</u>



Participation

# **Healthy Women in Performance Sport**

Making sport inclusive: Free period products in clubs - report



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#### Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand

Rally Report 2024



Participation

# Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport

Women in Trail Running - Aotearoa 2015-24

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# Women in Trail Running - Aotearoa 2015-24 Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week Save insight

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

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



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# 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 Save insight

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# Adventures doing a POWA of good

By Angela Walker - LockerRoom Is Paris 2024 really achieving its goals for gender equality?

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

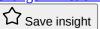
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



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

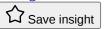
Change in Action Week - Innovative Impact FINALIST - Wāhine Toa



Participation

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

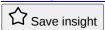
Change in Action Week - Rangatahi Winner - Carmel College



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# Change in Action Week - Rangatahi Winner - Carmel College

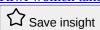
ADIDAS BREAKING BARRIERS RESEARCH



Participation

#### ADIDAS BREAKING BARRIERS RESEARCH

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



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

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN



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

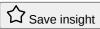


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## A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

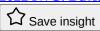
2022 IWG: Christine Young - Integrity in HP Youth Sport



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#### 2022 IWG: Christine Young - Integrity in HP Youth Sport

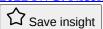
2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton



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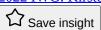
2022 IWG: Nicole Terril - Bruce Pulman Park - Collaborating, Connecting, Enabling Our Wahine in Sport



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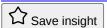
2022 IWG: Kirsten Spencer - Sport as a social development tool



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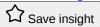
#### 2022 IWG: Kirsten Spencer - Sport as a social development tool

2022 IWG: Erin Hatton - Driving transformational change



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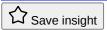
<u>Understanding Period Poverty Infographic</u>



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



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

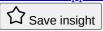
By Jenna Murie - Netball New Zealand
<u>Girls Smash Modified Girls Only Cricket Programme</u>



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# Girls Smash Modified Girls Only Cricket Programme

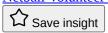
By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

# Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME Netball Volunteer Programme



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#### **Netball Volunteer Programme**

By Jenna Murie - Netball New Zealand

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Mind. Set. Engage. Rugby's mental wellbeing programme.
Sport as a Social Development Tool
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Sport as a Social Development Tool
By Kirsten Spencer - Auckland University of Technology  Netball Player Development Programme  Save insight
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Netball Player Development Programme
By Alysha Jensen - Netball New Zealand  COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING  Save insight
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She Belongs: Building Social Connection for Lasting Participation in Sport
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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport <u>Sport for Sustainable Development: Designing Effective Policies and Programmes</u>

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Women & Padel: Start of a love story

Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago

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

By Rachel Howells - Sport New Zealand <u>Creating safe environments for young women to be active their way</u>



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#### 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

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# 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

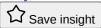


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# For young women, by young women - WORD girls-only programme

By Rachel Howells - Sport New Zealand

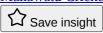
Not just for the "sporty", the Not-So-Sports-Club



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# 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



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

By Roxanna Holdworth - This is ME

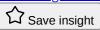
The female-friendliness of New Zealand's tennis clubs



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

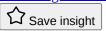
Te Awamutu AFC starts 2024 off strong with growing demand



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

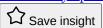
Five things to know about women and sport



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

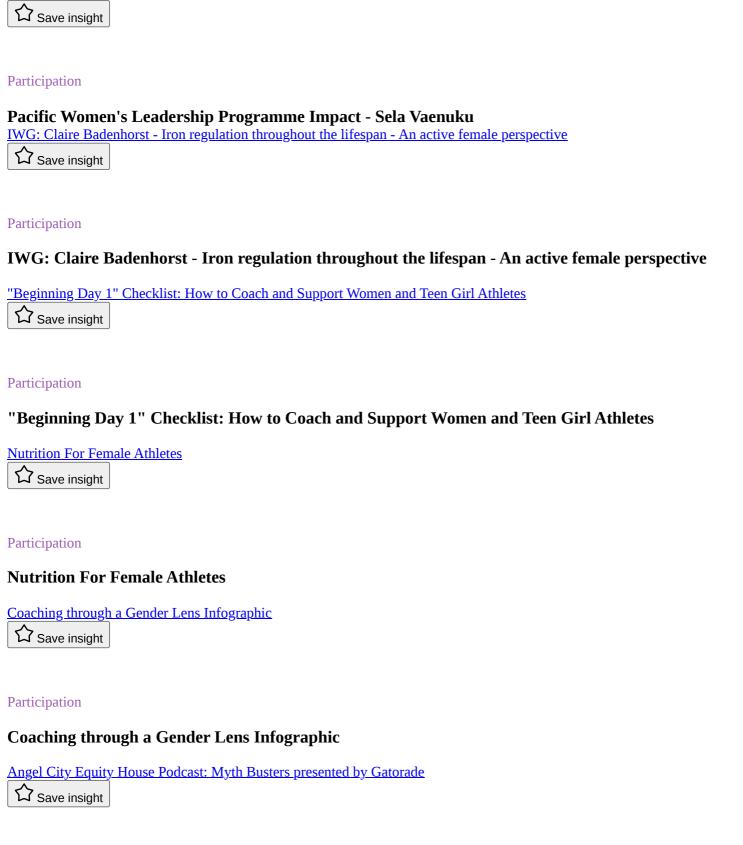
Has the Olympics become too sexualised? How sex and gender debates drove online discourse



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

Pacific Women's Leadership Programme Impact - Sela Vaenuku



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

2022 IWG: Emily Davidson - She Loves Golf Presentation

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2022 IWG: Emily Davidson - She Loves Golf Presentation

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

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Hikurangi Golf Club president Felice Croft encouraging more women into the sport
Running and periods: The myths about exercise and your menstrual cycle, debunked
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Running and periods: The myths about exercise and your menstrual cycle, debunked
Updated Pregnancy guidance from UK Sport
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Updated Pregnancy guidance from UK Sport
IWG: Daenin Roth - Grassroots Role Models Inspiring Change
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IWG: Daenin Roth - Grassroots Role Models Inspiring Change
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel
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Young Women Profile - September 2021
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Young Women Profile - September 2021

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

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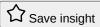
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls

New Zealand Football Performance & Prevention - Considerations for Female Athletes



**New Zealand Football Performance & Prevention - Considerations for Female Athletes** 

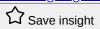
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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

Participation

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

By Briana irving - Aktive - Auckland Sport & Recreation

Empowering Disengaged Girls Through A Participant-Centered Programme



Participation

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

By Briana irving - Aktive - Auckland Sport & Recreation

Aktive Women & Girls Facility Guide

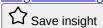


Women & Girls Facility Guide

Participation

**Aktive Women & Girls Facility Guide** 

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



Participation

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

By Rachel Howells - Sport New Zealand
<a href="Insights to Young Women's Participation">Insights to Young Women's Participation - Webinar #2 "Empowering young women to lead their experiences"</a>

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Participation

# 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?



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#### 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

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



Participation

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

By Rachel Howells - Sport New Zealand

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