

 Open search panel



Search

Search the Insight Hub...



Cancel

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

 [0 Saved](#)


 EN ▾

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

  Toggle navigation [Submit](#) >

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

Theme:
Youth

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

Co-authored by Sport NZ

Supporting balanced female health in sport

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.

[Balanced female health handbook](#)

[Infographic](#)

[Balanced Female Health | Sport New Zealand - Ihi Aotearoa \(sportnz.org.nz\)](#)



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

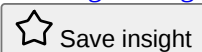
- [Balanced female health handbook for adults supporting young people in community sport..pdf](#)
- [Balanced health.png 190KB PNG](#)

Was this Insight useful?



Similar Insights (26)

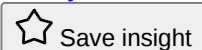
[Thriving Through Sport](#)



Youth

Thriving Through Sport

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

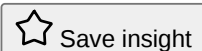


Youth

It's My Move Progress Report

By Emma Evans - Sport New Zealand

[PNGHS “Let’s Move it” programme video](#)

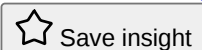


Youth

PNGHS “Let’s Move it” programme video

By Cheycoda Cocks - Sport Manawatu

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



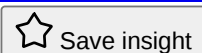
 Kura Netball Team

Youth

Letters from Rangatahi: Olympic Muses and Musings

By Ciccone Hakaraia-Turner - Netball New Zealand

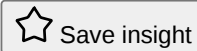
[Move YO - Move, Stretch, Relax programme for young women and girls](#)



Youth

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

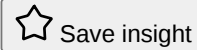
[Flow on Effect: Anna Peterson talking menstruation and being active](#)



Youth

Flow on Effect: Anna Peterson talking menstruation and being active

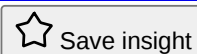
[Flow on effect: Sophie Watson \(EONZ\) on how to be a menstrual ally](#)



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](#)



Youth

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

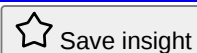
[Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet](#)



Youth

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

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



Youth

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

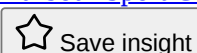
[IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket](#)



Youth

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


[Harbour Sport Girls Motion Programme](#)



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


[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

[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

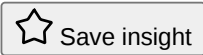
[Empowering Young Female Leaders - Whanake o te Kōpara & the Emotional Culture Deck](#)

 Save insight

Youth

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

By Sarah Leberman MNZM - Women in Sport Aotearoa



Youth

WOTK Alumnae Kylie Heihei - My Leadership Journey

Our Partners

- Sport NZ
- Auckland Unlimited
- Spark Sport

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

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

© 2024 Women in Sport Aotearoa

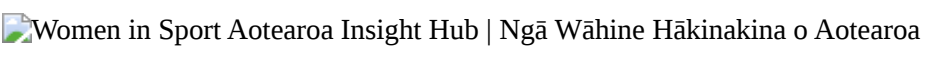
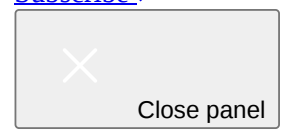
Subscribe to our newsletter

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

Name:

Email:

[Subscribe](#) >



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 