
 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](#) >

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 (39)


[A game of inequality: The reality of sporting dreams for young disabled people](#)

 Save insight

Youth

A game of inequality: The reality of sporting dreams for young disabled people


[Netball Smart - Injury Prevention Resources](#)

 Save insight

Youth

Netball Smart - Injury Prevention Resources


[Her Moves - Sport Ireland resources to inspire girls to be active](#)

 Save insight

Youth

Her Moves - Sport Ireland resources to inspire girls to be active


[Tatiana Raumati leads Māngere's charge in Z Manu World Champs qualifier](#)

 Save insight

Youth

Tatiana Raumati leads Māngere's charge in Z Manu World Champs qualifier

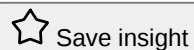
[Basketball: Getting girls court time comes with unique spin](#)

 Save insight

Youth

Basketball: Getting girls court time comes with unique spin

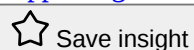
[Research: Obstacles faced by primary and intermediate school girls' when playing sport](#)



Youth

Research: Obstacles faced by primary and intermediate school girls' when playing sport

[Supporting Balanced Female Health](#)

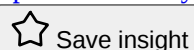


Youth

Supporting Balanced Female Health

By Emma Evans - Sport New Zealand

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

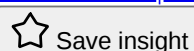


Youth

Sport NZ It's My Move: Tools and Resources

By Emma Evans - Sport New Zealand

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

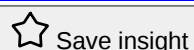


Youth

Six Years On | Yeah! Girls NZC

By Jess Davidson - New Zealand Cricket

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

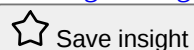


Youth

Whanake o te Kōpara case study - Dantaye Simpson

By Merran Brockie-David - Women in Sport Aotearoa

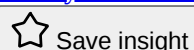
[Thriving Through Sport](#)



Youth

Thriving Through Sport

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

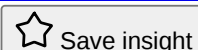


Youth

It's My Move Progress Report

By Emma Evans - Sport New Zealand

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



Youth

PNGHS "Let's Move it" programme video

By Cheycoda Cocks - Sport Manawatu

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



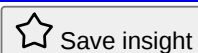
 Kura Netball Team

Youth

Letters from Rangatahi: Olympic Muses and Musings

By Ciccone Hakaraia-Turner - Netball New Zealand

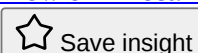
[Move YO - Move, Stretch, Relax programme for young women and girls](#)



Youth

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

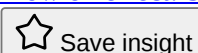
[Flow on Effect: Anna Peterson talking menstruation and being active](#)



Youth

Flow on Effect: Anna Peterson talking menstruation and being active

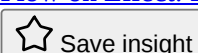
[Flow on effect: Sophie Watson \(EONZ\) on how to be a menstrual ally](#)



Youth

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

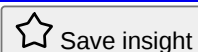
[Flow on Effect: Fern Taiapa on breaking down the stigma around menstruation](#)



Youth

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

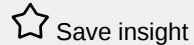
[Flow on Effect: Clare Morgan on Sustainability: understanding what is good for body and planet](#)



Youth

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

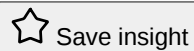
[Governance: Ariana Reweti completes Basketball New Zealand Board Internship](#)



Youth

Governance: Ariana Reweti completes Basketball New Zealand Board Internship

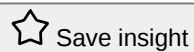
[Venus Williams is stunned 45 per cent of girls are dropping out of sports over body confidence issues](#)



Youth

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

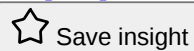
[IWG: Jess Davidson - Yeah! Girls Activators – building a new workforce for youth female cricket](#)



Youth

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

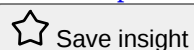
[ReSport partners with Sport Northland for the Positive Puberty Participation Initiative](#)



Youth

ReSport partners with Sport Northland for the Positive Puberty Participation Initiative

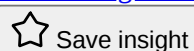
[Harbour Sport Girls Motion Programme](#)



Youth

Harbour Sport Girls Motion Programme

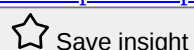
[Celebrating Champions of Change: Kylie Heihei](#)



Youth

Celebrating Champions of Change: Kylie Heihei

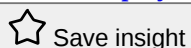
[Team sports help vast majority of young girls feel more confident, says report](#)



Youth

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

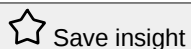
[Webinar replay: Supporting Sporty Girls for coaches or administrators](#)



Youth

Webinar replay: Supporting Sporty Girls for coaches or administrators

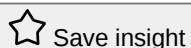
[What's Your Little One Made Of? Creating a new generation of male allies for girls in sport](#)



Youth

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

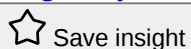
[How Erika Fairweather went from kayaking with dolphins to swimming for gold](#)



Youth

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

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



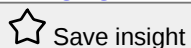
 Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

Youth

Rangatahi just want to have fun!

By Robyn Cockburn - LUMIN

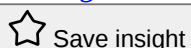
[Managing the Physical Load of Female Athletes](#)



Youth

Managing the Physical Load of Female Athletes

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

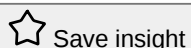


Youth

Creating an Environment for Youth to Flourish

By Charissa Barnham - Sport New Zealand

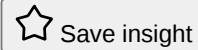
[IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender Equality](#)



Youth

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

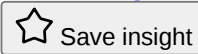
[Make Space for Us](#)



Youth

Make Space for Us

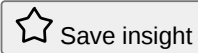
[We're losing kids from sport; but you can change that](#)



Youth

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

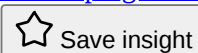
[IWG: Florence Gitau - Using the platform of football to promote Employment and Entrepreneurship opportunities for slum girls and young women in male dominated Sports industry- Critical lessons from 'Breaking the Barriers' \(BTB\) project in Kenya](#)



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](#)

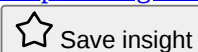


Youth

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](#)

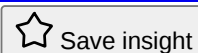


Youth

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

By Sarah Leberman MNZM - Women in Sport Aotearoa


[WOTK Alumnae Kylie Heihei - My Leadership Journey](#)








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](#)

© 2026 Women in Sport Aotearoa

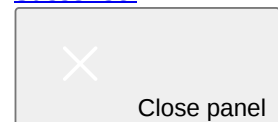
Subscribe to our newsletter


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 