

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](#) 





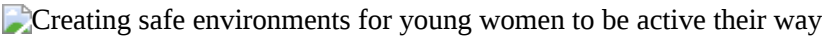
Toggle navigation

[Submit](#) 



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

Theme:  
Participation



[Rachel Howells](#)

Co-authored by Sport NZ, Sea Sisters



**Started just over a year ago, Sea Sisters wanted to create a space for women to meet and be active together. Through the support of Sport NZ Tu Manawa funding, they have embraced an ethos of empowering young women to achieve goals they set themselves.**

Both Holly and Niamh grew up surfing in the bay, and it was the lack of female representation in the water that was a big part of why they set up Sea Sisters.

Growing the women’s surfing community and giving wāhine and girls access to a hauora enriching activity was the driving force behind this local surf school.

The name Sea Sisters really stemmed from both their kaupapa and inspiration to create a sisterhood of surfers in the local area.



Sea Sisters offer Saturday lessons for beginners, providing both wetsuits and boards to participants. Their weekdays are filled with the school lessons as part of the Sisters in Schools programme. They do offer private lessons on enquiry.


They have also run surfing events and camps for both beginner and intermediate surfers.





[Play video](#)

## Related Links

-  <https://sportnz.org.nz/resources/sea-sisters/>
-  <https://www.nzherald.co.nz/hawkes-bay-today/news/sea-sisters-given-thousands-from-sport-hawkes-bay-to-get-young-girls-on-the-waves/P5RZJWSK2NNUGBCGHIQSOHG34A/>

  
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

### Related Insights from Rachel

- [Empowering young women to lead their experiences - Journeys Central Otago](#)


 Save this Insight


 Print this Insight


 Download Insight assets



[Email this Insight](#)


 Close 'Download Insight Assets' modal

## Download Insight assets


- [Creating safe environments for young women to be active their way.pdf](#)
- [SS.jpg 1.6MB JPG](#)

### Was this Insight useful?



## Similar Insights (56)

[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 Wāhine 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**


[2022 IWG: Erin Hatton - Driving transformational change](#)

 Save insight

Participation

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

[Understanding Period Poverty Infographic](#)


 Save insight

Participation

**Understanding Period Poverty Infographic**

By Cheycoda Cocks - Sport Manawatu

[Well Wāhine Week Case Study](#)


 Save insight

Participation

**Well Wāhine Week Case Study**

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

[Netball Resources for Clubs and School Administrators](#)


 Save insight

Participation

**Netball Resources for Clubs and School Administrators**

By Jenna Murie - Netball New Zealand

[Girls Smash Modified Girls Only Cricket Programme](#)


 Save insight

Participation

**Girls Smash Modified Girls Only Cricket Programme**

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

 Save insight

Participation

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

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

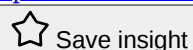


Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)

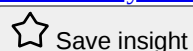


Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

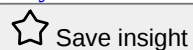


Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

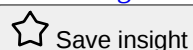
[Why Aussie women's sport needs to talk about fertility](#)



Participation

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

[She Belongs: Building Social Connection for Lasting Participation in Sport](#)

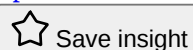


Participation

## 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 insight

Participation

**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 insight

Participation

**Huge uptick in girls and women playing football in New Zealand**


[Rally Report Insights: Body Confidence](#)

 Save insight

Participation

**Rally Report Insights: Body Confidence**


[Rally Report Insights: Mental Health](#)

 Save insight

Participation

**Rally Report Insights: Mental Health**


[What type of uniforms do women want to wear when they referee or umpire sport?](#)

 Save insight

Participation

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


[Women & Padel: Start of a love story.](#)

 Save insight

Participation

**Women & Padel: Start of a love story**

[Empowering young women to lead their experiences - Journeys Central Otago](#)

 Save insight

Participation

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

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

☆ Save insight

Participation

**Kōhine māia**

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

☆ Save insight



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](#)

☆ Save insight

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](#)

☆ Save insight

Participation

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

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

☆ Save insight

Participation

**Manawatū Cricket Association case study**

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

☆ Save insight

Participation

**Backyard Smash & Sista Smash**

By Roxanna Holdworth - This is ME

[Removing Period Poverty As a Barrier to Participation](#)

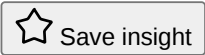
☆ Save insight



Participation

Removing Period Poverty As a Barrier to Participation

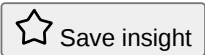
By Roxanna Holdworth - This is ME  
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

Te Awamutu AFC starts 2024 off strong with growing demand

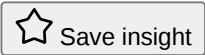
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

Pacific Women's Leadership Programme Impact - Sela Vaenuku

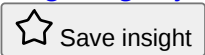
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)



Participation

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

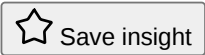
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



Participation

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

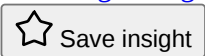
[Nutrition For Female Athletes](#)



Participation

Nutrition For Female Athletes

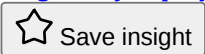
[Coaching through a Gender Lens Infographic](#)



Participation

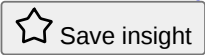
Coaching through a Gender Lens Infographic

[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



Participation

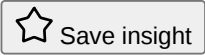
**Angel City Equity House Podcast: Myth Busters presented by Gatorade**  
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

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

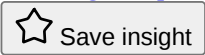
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

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

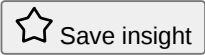
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



Participation

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

[Updated Pregnancy guidance from UK Sport](#)



Participation

**Updated Pregnancy guidance from UK Sport**

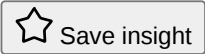
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



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

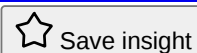
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

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

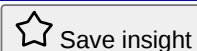
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

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

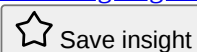
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



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 iring - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



Participation

## How To Co-Design A Programme With Participants

By Briana iring - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



Participation

## Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana iring - Aktive - Auckland Sport & Recreation

[Active 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"](#)

 Save insight

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?](#)

 Save insight

Participation

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

[400 Games: Melony O’Connor Reaches Refereeing Milestone in Sal’s NBL](#)


 Save insight

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"](#)

 Save insight





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
-  Auckland Unlimited Auckland Unlimited
-  Spark Sport Spark Sport

-  [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](#) >

✕

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

Subscribe now >