

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](#) 



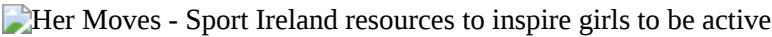
Toggle navigation

[Submit](#) 



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

Theme:  
Youth





Co-authored by Sport Ireland


Check out Sport Ireland's Her Moves resources to help parents, coaches, teachers and others to get girls more active and create safe, inclusive environments. Resources include:

- Choosing a Sports Bra
- Period Positive Posters
- Positive Coaching Environment
- Tips from coaches for coaches!
- Tips For Teachers
- Language Dos and Don'ts for Coaches
- Tips for Dads
- Female Athlete Toolkit
- The Menstrual Cycle: A guide to Supporting Girls in Sport

Check it all out on Sport Ireland's website: <https://www.hermoves.ie/resour...>

  
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



⬇

Download Insight assets

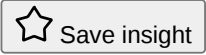
- [Her Moves - Sport Ireland resources to inspire girls to be active.pdf](#)
- [Screenshot 2025-02-11 145643.png 690KB PNG](#)

Was this Insight useful?



Similar Insights (38)

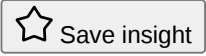
[Netball Smart - Injury Prevention Resources](#)



Youth

Netball Smart - Injury Prevention Resources

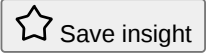
[Tatiana Raumati leads Māngere’s charge in Z Manu World Champs qualifier](#)



Youth

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

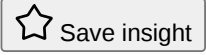
[Basketball: Getting girls court time comes with unique spin](#)



Youth

Basketball: Getting girls court time comes with unique spin

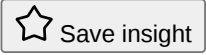
[Research: Obstacles faced by primary and intermediate school girls' when playing sport](#)



Youth

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

[Supporting Balanced Female Health](#)



Youth

# Supporting Balanced Female Health

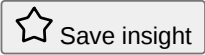
By Emma Evans - Sport New Zealand  
[Sport NZ It's My Move: Tools and Resources](#)



Youth

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

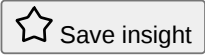
By Emma Evans - Sport New Zealand  
[Six Years On | Yeah! Girls NZC](#)



Youth

## Six Years On | Yeah! Girls NZC

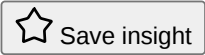
By Jess Davidson - New Zealand Cricket  
[Whanake o te Kōpara case study - Dantaye Simpson](#)



Youth

## Whanake o te Kōpara case study - Dantaye Simpson

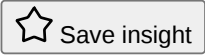
By Merran Brockie-David - Women in Sport Aotearoa  
[Thriving Through Sport](#)



Youth

## Thriving Through Sport

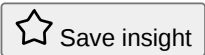
[It's My Move Progress Report](#)



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](#)

☆ Save insight



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



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

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


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

 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](#)

© 2025 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 >