# Insights to Young Women’s Participation - Webinar #2 "Empowering young women to lead their experiences"

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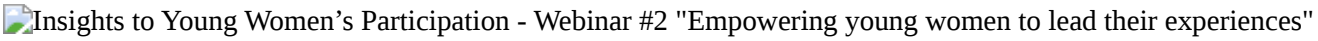


Rachel Howells
Co-authored by Sport NZ, Journeys Central Otago, WORD
Sport New Zealand

## This webinar looks at how the pressures by adults or unwanted competitive environments can affect girls' confidence. Learn how if girls feel empowered to lead the activity or set the expectation themselves, they will gain more confidence.

Insights to Young Women's Participation in Sport and Active Recreation Webinar Series. With Ash Peters, Isla Day and Megan Longman

Young women's confidence in their abilities decreases during their teen years. Only 49% of 16-year-olds think they are good at physical activity compared to 76% of 12-year-olds.

When girls feel more capable in their ability, they will feel a sense of achievement and grow more confident to participate.

During this webinar, we hear from WORD and Journeys about how they built a co-design delivery approach and empowered young women and leaders.

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### Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

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### 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

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By Jess Davidson - New Zealand Cricket

Innovative approaches to encouraging women's participation in Golf

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

By Roxanna Holdworth - This is ME

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By Jenna Murie - Netball New Zealand

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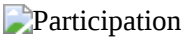


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## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology
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## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand
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Why Aussie women's sport needs to talk about fertility
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## Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport
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By Canadian Women & Sport - Canadian Women & Sport
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**Sport for Sustainable Development: Designing Effective Policies and Programmes**
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport
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## 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
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Hikurangi Golf Club president Felice Croft encouraging more women into the sport

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How To Co-Design A Programme With Participants

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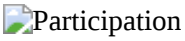


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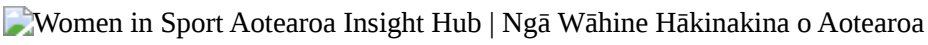
Close panel 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