Insights to Young Women’s Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"

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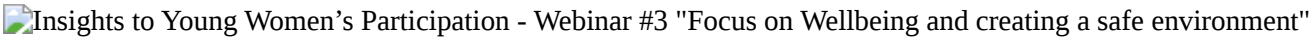

Rachel Howells
Co-authored by Sport NZ, Sport Tasman, Sea Sisters
Sport New Zealand

This webinar explores how providers can create environments that are inclusive, sensitive and a safe space for girls.

With Leslie Azzis, Holly and Niamh.

Feeling safe and comfortable leads young women to have more fun while taking part in an activity.

68% of young women avoid activities when they are not feeling confident about their body, and 55% feel judgment towards their body or physical appearance from others.

During this webinar, we hear from Sea Sisters and Kōhine Māia who have spent time working with young women and adapting to accommodate their thoughts, ideas, and beliefs to embed a safe, comfortable environment for participation.

Watch the full webinar below.

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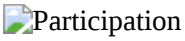

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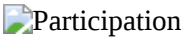

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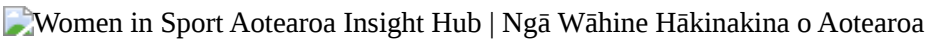
Close panel 

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