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Rally Report Insights: Body Confidence Designing Sport with Girls in Mind

Theme:
Participation

 Rally Report Insights: Body Confidence

Co-authored by Canadian Women & Sport

During adolescence, body changes and menstruation, combined with social and cultural pressures, can contribute to low body confidence in girls. As a result, many girls are pushed out of sport. Designing sport environments that take girls' body confidence into consideration is one way we can build better, safer sport for all. The Rally Report 2022, by Canadian Women & Sport.

Rally Report Insights: Body Confidence

- [Rally-Report-Insights-Body-Confidence-Final-1.pdf 440KB PDF](#)



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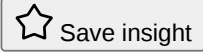
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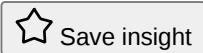
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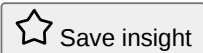
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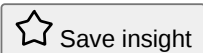
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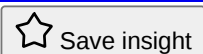
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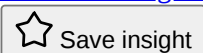
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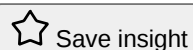


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Understanding Period Poverty Infographic

By Cheycoda Cocks - Sport Manawatu

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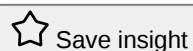


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Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairāwhiti

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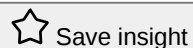


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Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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

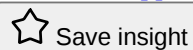


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By Jess Davidson - New Zealand Cricket

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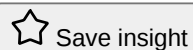


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Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME

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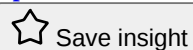


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By Jenna Murie - Netball New Zealand

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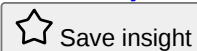


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Sport as a Social Development Tool

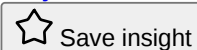
By Kirsten Spencer - Auckland University of Technology
[Netball Player Development Programme](#)



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Netball Player Development Programme

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



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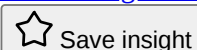
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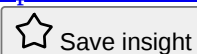
[She Belongs: Building Social Connection for Lasting Participation in Sport](#)



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She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport
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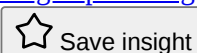
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



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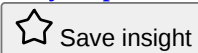
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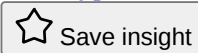
[Rally Report Insights: Mental Health](#)



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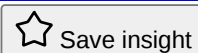
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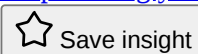
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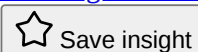


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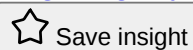
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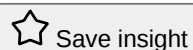
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



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

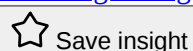
[Nutrition For Female Athletes](#)



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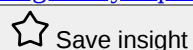
[Coaching through a Gender Lens Infographic](#)



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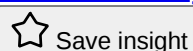
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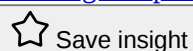
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



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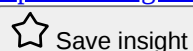
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



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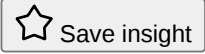
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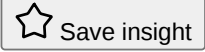
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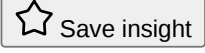
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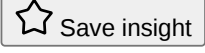
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[Co-Designing Effective Programmes for Young Girls: Insights and Principles](#)

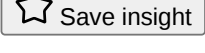


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By Briana iring - Aktive - Auckland Sport & Recreation

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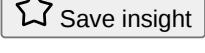


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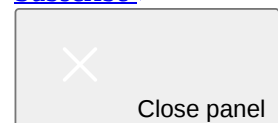
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