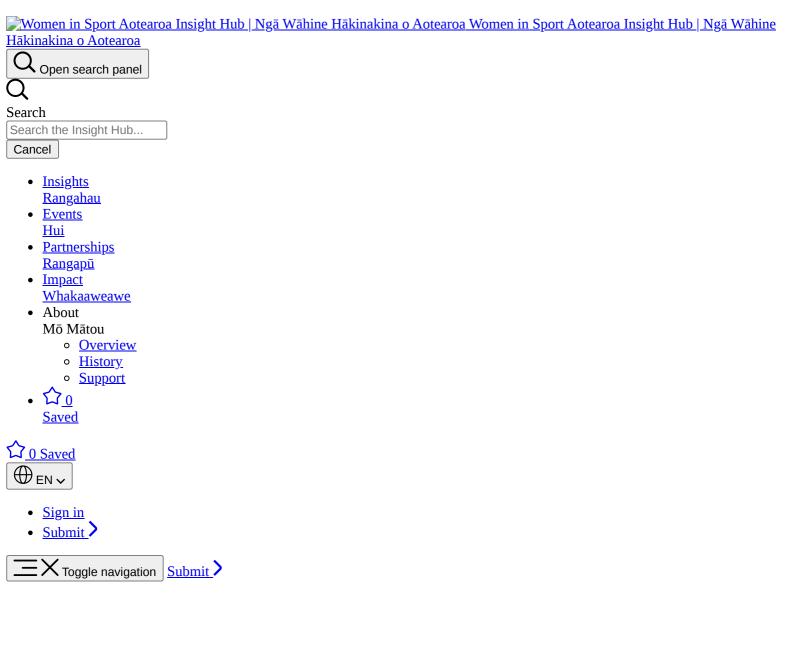
Skip to content





Rally Report Insights: Mental Health The Benefits of Safe and Healthy Sport Participation

Theme: Participation

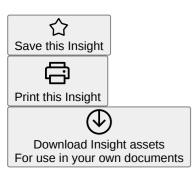
Rally Report Insights: Mental Health

Co-authored by Canadian Women & Sport

Mental health is an essential part of everyone's overall health and wellbeing. It includes how people feel about themselves and the direction of their lives, and their ability to cope with life's challenges. Recent data suggests that mental health concerns among Canadian youth are on the rise. This is particularly true for girls and gender-diverse youth who face unique challenges in adolescence such as declining confidence, increasing body dissatisfaction and disordered eating. The 2022 Rally Report, by Canadian Women & Sport.

Rally Report Insights: Mental Health

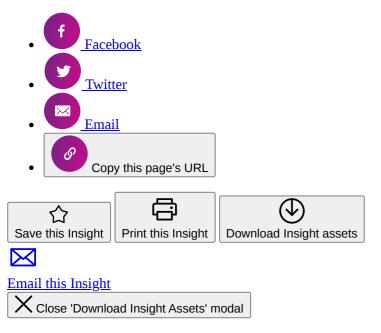
• Rally-Report-Insights FINAL.pdf 460KB PDF



Was this Insight helpful?



Share this Insight



Download Insight assets

- Rally Report Insights: Mental Health.pdf
- <u>Rally-Report-Insights FINAL.pdf 460KB PDF</u>
- <u>Picture7.jpg 80KB JPG</u>

Was this Insight useful?



Similar Insights (85)

The rise of women's football in New Zealand

Participation

The rise of women's football in New Zealand

Good Practice Guide - Increasing participation of Muslim women and girls

Participation

Good Practice Guide - Increasing participation of Muslim women and girls

Healthy Women in Performance Sport

Save insight

Participation

Healthy Women in Performance Sport

Making sport inclusive: Free period products in clubs - report

☆ Save insight

Participation

Making sport inclusive: Free period products in clubs - report

By Emma Evans - Sport New Zealand <u>Rally Report 2024</u> Save insight

Participation

Rally Report 2024

By Canadian Women & Sport - Canadian Women & Sport Women in Trail Running - Aotearoa 2015-24

₩ Save insight

Participation

Women in Trail Running - Aotearoa 2015-24

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

Participation

Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

₩ Save insight

Participation

UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports

 $\frac{\text{Adventures doing a POWA of good}}{2}$

Participation

Adventures doing a POWA of good

By Angela Walker - LockerRoom <u>Is Paris 2024 really achieving its goals for gender equality?</u> Save insight

Participation

Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia <u>New legislation for gender identity and sex characteristics in Queensland sport</u> Save insight

Participation

New legislation for gender identity and sex characteristics in Queensland sport

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia <u>Strength, power and aerobic capacity of transgender athletes: a cross-sectional study</u>

Save insight

Strength, power and aerobic capacity of transgender athletes: a cross-sectional study <u>Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football</u>

₩ Save insight

Participation

Change in Action Week - Innovative Impact FINALIST - Hibiscus Coast Football

Change in Action Week - Innovative Impact FINALIST - Active Wāhine

Participation

Change in Action Week - Innovative Impact FINALIST - Active Wāhine

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

Participation

Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

Participation

Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Participation

Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College

Participation

Change in Action Week - Rangatahi Winner - Carmel College

ADIDAS BREAKING BARRIERS RESEARCH

업 Save insight

ADIDAS BREAKING BARRIERS RESEARCH

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

Save insight

Participation

Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

없 Save insight

Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand A 2024 SURVEY FOR: Women in Trail and Ultrarunning

Participation

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun <u>2022 IWG: Christine Young - Integrity in HP Youth Sport</u> 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

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

Participation

2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport

 $\frac{2022 \text{ IWG: Kirsten Spencer - Sport as a social development tool}}{2022 \text{ Save insight}}$

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 <u>Well Wāhine Week Case Study</u> Save insight

Participation

Well Wāhine Week Case Study

By Helayna Ruifrok - Sport Gisborne Tairawhiti <u>Netball Resources for Clubs and School Administrators</u>

分 Save insight

Participation

Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand <u>Girls Smash Modified Girls Only Cricket Programme</u> Save insight

Participation

Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>

分 Save insight

Participation

Innovative approaches to encouraging women's participation in Golf

By Roxanna Holdworth - This is ME <u>Netball Volunteer Programme</u>



Netball Volunteer Programme

By Jenna Murie - Netball New Zealand <u>Mind. Set. Engage. Rugby's mental wellbeing programme.</u>

Participation

Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

☆ Save insight

Participation

Participation

Sport as a Social Development Tool

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

☆ Save insight

Participation

Netball Player Development Programme

By Alysha Jensen - Netball New Zealand <u>COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING</u> Save insight

Participation

COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING

Why Aussie women's sport needs to talk about fertility

Save insight

Participation

Why Aussie women's sport needs to talk about fertility

She Belongs: Building Social Connection for Lasting Participation in Sport

Save insight

She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport <u>Sport for Sustainable Development: Designing Effective Policies and Programmes</u>

없 Save insight

Participation

Sport for Sustainable Development: Designing Effective Policies and Programmes

The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport

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

Resources on Male Allyship

Participation

Resources on Male Allyship

Rally Report Insights: Body Confidence

Participation

Rally Report Insights: Body Confidence

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

Participation

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

 $\frac{\text{Women & Padel: Start of a love story}}{\text{Save insight}}$

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 <u>Creating safe environments for young women to be active their way</u>

Save insight

Participation

Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand <u>Kōhine māia</u> Save insight

Participation

Kōhine māia

By Rachel Howells - Sport New Zealand Yeah! Girls Move - Cricket not the way you know it Save insight

📄 Yeah! Girls Move

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

公 Save insight

Participation

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

By Rachel Howells - Sport New Zealand <u>Manawatū Cricket Association case study</u>

☆ Save insight

Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu Backyard Smash & Sista Smash

G Save insight

Participation

Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME <u>The female-friendliness of New Zealand's tennis clubs</u> Save insight

Participation

The female-friendliness of New Zealand's tennis clubs

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 <u>Te Awamutu AFC starts 2024 off strong with growing demand</u> Save insight

Participation

Te Awamutu AFC starts 2024 off strong with growing demand

Five things to know about women and sport

₩ Save insight

Participation

Five things to know about women and sport

Has the Olympics become too sexualised? How sex and gender debates drove online discourse

Participation

Has the Olympics become too sexualised? How sex and gender debates drove online discourse

```
Pacific Women's Leadership Programme Impact - Sela Vaenuku
```

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

公 Save insight

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

<u>Hikurangi Golf Cl</u>	<u>ub president Felice</u>	Croft encouraging	<u>g more womei</u>	<u>1 into the sport</u>
Save insight	-			-

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

Gave insight

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

₩ Save insight

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 Foc	tball Performance	& Prevention -	Considerations	for Female	Athletes
☆ Save insight					

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 irving - Aktive - Auckland Sport & Recreation <u>How To Co-Design A Programme With Participants</u>

☆ Save insight

Participation

Participation

How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation <u>Empowering Disengaged Girls Through A Participant-Centered Programme</u> Save insight

Participation

Participation

Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation <u>Aktive Women & Girls Facility Guide</u>

Save insight

Women & Girls Facility Guide

Participation

Aktive Women & Girls Facility Guide

Insights to Young Women's Participation - Webinar #1 "Rethinking the offering"

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"

Participation

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

By Rachel Howells - Sport New Zealand <u>IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?</u> Save insight

Participation

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

Supporting Disabled Teenage Girls to be Active

☆ Save insight

Participation

Supporting Disabled Teenage Girls to be Active

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 <u>Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"</u> 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
- DNZ Foreign affairs and trade NZ Foreign affairs and trade
- 🕞 US Embassy NZ US Embassy NZ

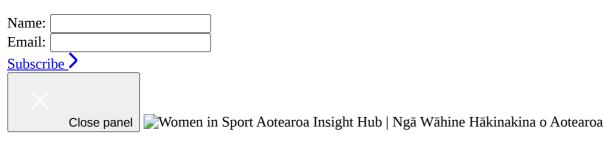


- **Contact**
- FAQs
- Privacy policy
- Terms of use

© 2025 Women in Sport Aotearoa

Subscribe to our newsletter

Receive the latest news, events and insights as we publish them.



Subscribe to our newsletter

Our weekly email delivering the latest insights as we publish them, tailored to your tastes.



Preferences

Select those that apply to you to help us customise your Insight Hub experience.

Insight Themes

- All \checkmark
- Leadership
- \checkmark
- Social Change
- \checkmark
- Active Lives
- **High Performance**
- \checkmark . Visibility and Voice

Insight Content Types

- All
- \checkmark Research
- Case studies

