

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](#) 

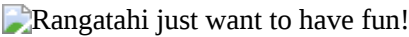
Toggle navigation

[Submit](#) 



# Rangatahi just want to have fun!

Theme:  
Youth



Young women from the Women’s Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

[Robyn Cockburn](#)  
Co-authored by Lucy Atkinson

## Teenagers experience an increase in outside pressures which changes what they want to do, when, and how. Girls’ participation drops off steeply.

Many spend less time participating, organised sport reduces and informal activities like hanging out with friends taking more of a priority. But they want to do more and in different ways. Involving young women in designing programmes that meet their needs and embrace their identity increases their engagement. This Insight includes case studies.

### Principle

### Action

#### Enhance the mana of rangatahi

#### Enhance a sense of Identity as a strength

- Listen to young people and act on what you hear
- Work with strengths and knowledge of young people
- Be educated/aware about culture, sexuality and gender, disabled rangatahi.

#### Tailored programmes for rangatahi

- Target programmes/initiatives to those missing out
- Co-design with the [specific needs](#) of a group to deliver quality experiences
- Take the initiative: approach, ask, offer
- Reaching out to minority groups
- Create welcoming spaces and places

#### Balance is better

- Offer a variety of active recreation and sport options including those that are less competitive
- Incorporate active recreation into daily life
- Address barriers to active transport for girls

## What is the purpose of the project?

Part of a series of Insights written by Lumin and published by Recreation Aotearoa, this case study addresses the declining participation time and range of activities as young people reach their teens. It highlights evidence of the motivations, barriers and enablers for young people, particularly young women, and their participation in sport and active recreation.

### Motivations

Young people participate for fun, fitness and health. Being active makes young people happy – and increased participation correlates with increased happiness.

### Barriers

However, young people face barriers to participation including:

- being too busy
- too tired
- struggles with motivation.

The biggest difference between young men and young women is at 14 years – and is linked to their confidence and own sense of competence [girls are less likely to say they are good at sport].

Clothing has an impact on confidence. For example, girls don't bike to school because they are self-conscious about cycling in (school) skirts and experience harassment from males. One Irish school's campaign #andshcycles aims to change that.

## What were the enablers that proved successful in your project?

Tactics that work.

1. Our identity is a source of strength, belonging and pride. One size doesn't fit all

Tailored initiatives that meet young people's needs work best, and taking a 'balance is better' approach supports quality sport experiences for all young people, regardless of ability, needs and motivations.

2. Reach out to young people

Don't wait to be asked – create active welcomes, and positive and inclusive environments.

3. Accept, listen, support – don't make assumptions

Multiple identity groups can offer connection and liberation. Learn about sexuality and gender; cultural needs and mores; support minority participants

## What impact did your project have?

Golf NZ has worked hard to increase its appeal to girls and women. It conducted research, established a women and girls national advisory group, and took action to ensure that the game is welcoming, flexible, and meeting the needs of female players of all ages. Golf can play an important role in supporting gender equality and challenging stereotypes.

Wellington City Council worked with skaters and scooters to create more opportunities for young people.

"We wanted to shift perceptions about skaters and scooters being annoying, and engage with their community, build relationships, and and create more skateable places across the city – from dedicated skate parks to skateable streets and public spaces." Alexi Trenouth, Play and Active Recreation Partnership Lead. Accessibility and design were paramount in the findings which have led to Council investing in an ongoing programme of skate park upgrades. Through the process staff built relationships with groups such as the Wellington Skate Association, Onboard Skate and Wahine Skate.

## What were the outcomes for women?

Case Study : Young Muslim women in outdoor recreation

Through the Women's Organisation of the Waikato Muslim Association (WOWMA) project and First Step Outdoors young Muslim women are participating in culturally safe outdoor programmes that include climbing, abseiling, archery, and ziplining. First Step Outdoors, Waikato worked collaboratively with Aliya Danzeisen, Lead Co-ordinator, WOWMA and National Co-ordinator of the Islamic Women's Council of NZ to develop the WOWMA Youth Programme.

"Many of these first-generation New Zealanders had protected lives, and hadn't experienced camping, cooking outside, swimming in rivers and other 'typical Kiwi experiences' "Kate Parr, MD of First Step Outdoors.

Key elements of the programme include:

- an all-female staff and no outside people or males allowed on site
- programming around prayer breaks
- taking care to ensure appropriate halal food is provided
- supporting the girls with things that are challenging, especially relating to body image.

Mothers and Daughters camps reassured the mothers who were then more willing to allow their daughters to participate.

## Download

- [Young people and active recreation Insights 490KB PDF](#)



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



[Email this Insight](#)

Close 'Download Insight Assets' modal

## Download Insight assets

- [Rangatahi just want to have fun!.pdf](#)
- [Picture 1.jpg 140KB JPG](#)
- [Young people and active recreation Insights 490KB PDF](#)

Was this Insight useful?



## Similar Insights (39)

[A game of inequality: The reality of sporting dreams for young disabled people](#)



Save insight

Youth


**A game of inequality: The reality of sporting dreams for young disabled people**

[Netball Smart - Injury Prevention Resources](#)

 Save insight

Youth


**Netball Smart - Injury Prevention Resources**  
[Her Moves - Sport Ireland resources to inspire girls to be active](#)

 Save insight

Youth

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


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

 Save insight

Youth

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


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

 Save insight

Youth

**Basketball: Getting girls court time comes with unique spin**


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

 Save insight

Youth

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


[Supporting Balanced Female Health](#)

 Save insight

Youth

**Supporting Balanced Female Health**

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

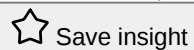
 Save insight

Youth

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

By Emma Evans - Sport New Zealand

[Six Years On | Yeah! Girls NZC](#)

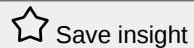


Youth

## Six Years On | Yeah! Girls NZC

By Jess Davidson - New Zealand Cricket

[Whanake o te Kōpara case study - Dantaye Simpson](#)

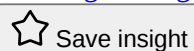


Youth

## Whanake o te Kōpara case study - Dantaye Simpson

By Merran Brockie-David - Women in Sport Aotearoa

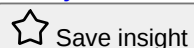
[Thriving Through Sport](#)



Youth

## Thriving Through Sport

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

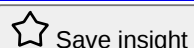


Youth

## It's My Move Progress Report

By Emma Evans - Sport New Zealand

[PNGHS "Let's Move it" programme video](#)

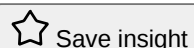


Youth

## PNGHS "Let's Move it" programme video

By Cheycoda Cocks - Sport Manawatu

[Letters from Rangatahi: Olympic Muses and Musings](#)



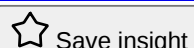
 Kura Netball Team

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](#)



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**


[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

**IWG: Lavenia Yalovi & Maria Rarawa - Football for Development Programme Insights on Gender 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

IWGG: 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
- NZ Foreign affairs and trade
- 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

# 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 >