

[Skip to content](#)

[Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa Women in Sport Aotearoa Insight Hub](#) | [Ngā Wāhine Hākinakina o Aotearoa](#)

 Open search panel



Search

Search the Insight Hub...



Cancel

- [Insights](#)  
[Rangahau](#)
- [Events](#)  
[Hui](#)
- [Partnerships](#)  
[Rangapū](#)
- [Impact](#)  
[Whakaaweawe](#)
- [About](#)  
[Mō Mātou](#)
-  [0](#)  
[Saved](#)

 [0 Saved](#)

 EN ▾


- [Sign in](#)
- [Submit](#) >

  Toggle navigation [Submit](#) >



# Understanding Period Poverty Infographic

Theme:  
Participation

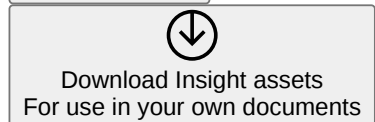
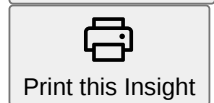
 Understanding Period Poverty Infographic

[Cheycoda Cocks](#)

**As part of the EQUITY project Sport Manawatū surveyed close to 100 young women and girls on the barriers and enablers to participation in physical activity.**

## Period Poverty Infographic

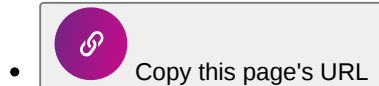
- [Period Poverty 2023 - Infographic.pdf 2.5MB PDF](#)



Was this Insight helpful?



Share this Insight



[Email this Insight](#)

## Download Insight assets

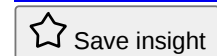
- [Understanding Period Poverty Infographic.pdf](#)
- [Period Poverty 2023 - Infographic.pdf 2.5MB PDF](#)
- [Infographic.jpg 140KB JPG](#)

Was this Insight useful?



## Similar Insights (56)

[2022 IWG: Christine Young - Integrity in HP Youth Sport](#)



Participation

**2022 IWG: Christine Young - Integrity in HP Youth Sport**

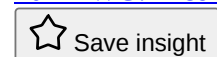
[2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton](#)



Participation

**2022 IWG: David Cabello - A Gender Policy for Increasing Women's Representation in Badminton**

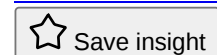
[2022 IWG: Nicole Terril - Bruce Pulman Park – Collaborating, Connecting, Enabling Our Wāhine in Sport](#)



Participation

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

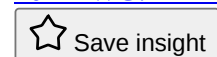
[2022 IWG: Kirsten Spencer - Sport as a social development tool](#)



Participation

**2022 IWG: Kirsten Spencer - Sport as a social development tool**

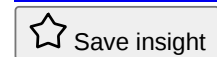
[2022 IWG: Erin Hatton - Driving transformational change](#)



Participation

**2022 IWG: Erin Hatton - Driving transformational change**

[Well Wāhine Week Case Study](#)

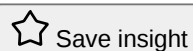


Participation

**Well Wāhine Week Case Study**

By Helayna Ruifrok - Sport Gisborne Tairawhiti

[Netball Resources for Clubs and School Administrators](#)

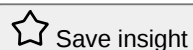


Participation

## Netball Resources for Clubs and School Administrators

By Jenna Murie - Netball New Zealand

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

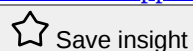


Participation

## Girls Smash Modified Girls Only Cricket Programme

By Jess Davidson - New Zealand Cricket

[Innovative approaches to encouraging women's participation in Golf](#)

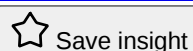


Participation

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

By Roxanna Holdworth - This is ME

[Netball Volunteer Programme](#)

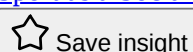


Participation

## Netball Volunteer Programme

By Jenna Murie - Netball New Zealand

[Sport as a Social Development Tool](#)



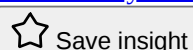
 Participation

Participation

## Sport as a Social Development Tool

By Kirsten Spencer - Auckland University of Technology

[Netball Player Development Programme](#)

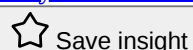


Participation

## Netball Player Development Programme

By Alysha Jensen - Netball New Zealand

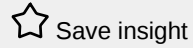
[Why Aussie women's sport needs to talk about fertility](#)



Participation

## Why Aussie women's sport needs to talk about fertility

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

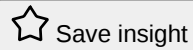


Participation

## She Belongs: Building Social Connection for Lasting Participation in Sport

By Canadian Women & Sport - Canadian Women & Sport

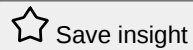
[Sport for Sustainable Development: Designing Effective Policies and Programmes](#)



Participation

## Sport for Sustainable Development: Designing Effective Policies and Programmes

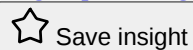
[The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport](#)



Participation

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

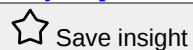
[Huge uptick in girls and women playing football in New Zealand](#)



Participation

## Huge uptick in girls and women playing football in New Zealand

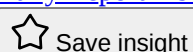
[Rally Report Insights: Body Confidence](#)



Participation

## Rally Report Insights: Body Confidence

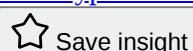
[Rally Report Insights: Mental Health](#)



Participation

## Rally Report Insights: Mental Health

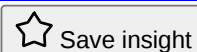
[What type of uniforms do women want to wear when they referee or umpire sport?](#)



Participation

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

[Women & Padel: Start of a love story](#)



Participation

## Women & Padel: Start of a love story

[Empowering young women to lead their experiences - Journeys Central Otago](#)

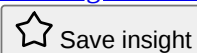


Participation

## Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

[Creating safe environments for young women to be active their way](#)

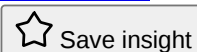


Participation

## Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

[Kōhine māia](#)

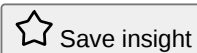


Participation

## Kōhine māia

By Rachel Howells - Sport New Zealand

[Yeah! Girls Move - Cricket not the way you know it](#)

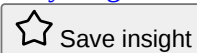


Participation

## 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](#)

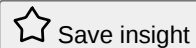


Participation

## 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](#)

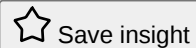


Participation

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

By Rachel Howells - Sport New Zealand

[Manawatū Cricket Association case study](#)

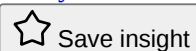


Participation

## Manawatū Cricket Association case study

By Cheycoda Cocks - Sport Manawatu

[Backyard Smash & Sista Smash](#)

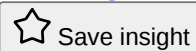


Participation

## Backyard Smash & Sista Smash

By Roxanna Holdworth - This is ME

[Removing Period Poverty As a Barrier to Participation](#)

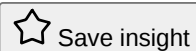


Participation

## Removing Period Poverty As a Barrier to Participation

By Roxanna Holdworth - This is ME

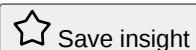
[Te Awamutu AFC starts 2024 off strong with growing demand](#)



Participation

## Te Awamutu AFC starts 2024 off strong with growing demand

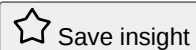
[Pacific Women's Leadership Programme Impact - Sela Vaenuku](#)



Participation

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

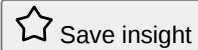
[IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective](#)





Participation

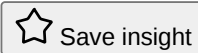
**IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective**  
["Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes](#)



Participation

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

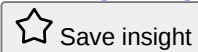
[Nutrition For Female Athletes](#)



Participation

**Nutrition For Female Athletes**

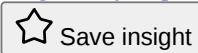
[Coaching through a Gender Lens Infographic](#)



Participation

**Coaching through a Gender Lens Infographic**

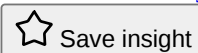
[Angel City Equity House Podcast: Myth Busters presented by Gatorade](#)



Participation

**Angel City Equity House Podcast: Myth Busters presented by Gatorade**

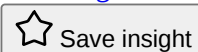
[2022 IWG: Emily Davidson - She Loves Golf Presentation](#)



Participation

**2022 IWG: Emily Davidson - She Loves Golf Presentation**

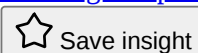
[Hikurangi Golf Club president Felice Croft encouraging more women into the sport](#)



Participation

**Hikurangi Golf Club president Felice Croft encouraging more women into the sport**

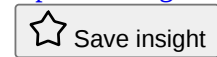
[Running and periods: The myths about exercise and your menstrual cycle, debunked](#)



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**

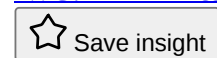
[IWG: Daenin Roth - Grassroots Role Models Inspiring Change](#)



Participation

## **IWG: Daenin Roth - Grassroots Role Models Inspiring Change**

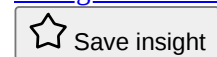
[IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel](#)



Participation

## **IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel**

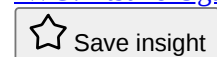
[Young Women Profile - September 2021](#)



Participation

## **Young Women Profile - September 2021**

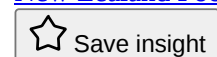
[IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls](#)



Participation

## **IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls**

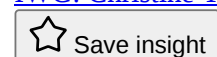
[New Zealand Football Performance & Prevention - Considerations for Female Athletes](#)



Participation

## **New Zealand Football Performance & Prevention - Considerations for Female Athletes**

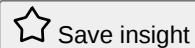
[IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill](#)



Participation

## **IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill**

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

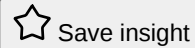


### Participation

## Co-Designing Effective Programmes for Young Girls: Insights and Principles

By Briana irving - Aktive - Auckland Sport & Recreation

[How To Co-Design A Programme With Participants](#)



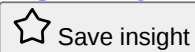
Participation

### Participation

## How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

[Empowering Disengaged Girls Through A Participant-Centered Programme](#)



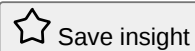
Participation

### Participation

## Empowering Disengaged Girls Through A Participant-Centered Programme

By Briana irving - Aktive - Auckland Sport & Recreation

[Aktive Women & Girls Facility Guide](#)



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

[IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?](#)



## Participation

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

[400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL](#)

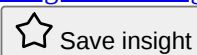


## Participation

### 400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

[Insights to Young Women's Participation - Webinar #3 "Focus on Wellbeing and creating a safe environment"](#)



## 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
-  Auckland Unlimited Auckland Unlimited
-  Spark Sport Spark Sport

[Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa](#)



- [Contact](#)
- [FAQs](#)
- [Privacy policy](#)
- [Terms of use](#)

© 2024 Women in Sport Aotearoa

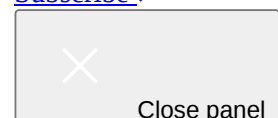
## Subscribe to our newsletter

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

Name:

Email:

[Subscribe](#) >



[Women in Sport Aotearoa Insight Hub | Ngā Wāhine Hākinakina o Aotearoa](#)

## 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 