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#### Young Women's Profile

Theme: Participation

Young Women's Profile

#### **Rachel Howells**

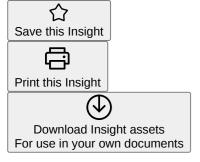
Co-authored by Sport NZ Sport New Zealand

# A resource to assist organisations in understanding the needs of young women, and support quality experiences in active recreation and sport.

- 1. How are young women participating?
- 2. What's important to young women?
- 3. What do young women want?
- 4. What insights tell us
- 5. How can activity better meet the needs of young women

#### **Downloads & Resource Files**

- <u>Insights to actions Tips for providers 2.8MB PDF</u>
- Profile infographic 2.0MB PDF
- Young women's profile 10.9MB PDF



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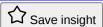
Dame Noels: 'A huge cost on my career and life'



Participation

Dame Noels: 'A huge cost on my career and life'

The rise of women's football in New Zealand



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#### The rise of women's football in New Zealand

Good Practice Guide - Increasing participation of Muslim women and girls



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#### Good Practice Guide - Increasing participation of Muslim women and girls

**Healthy Women in Performance Sport** 



Participation

#### **Healthy Women in Performance Sport**

Save insight
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Making sport inclusive: Free period products in clubs - report
By Emma Evans - Sport New Zealand Rally Report 2024 Save insight
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Rally Report 2024
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Women in Trail Running - Aotearoa 2015-24
Kea Kids News: Skateboarding girls are dropping in on Iron Awareness Week
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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
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UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports
Adventures doing a POWA of good  Save insight
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Adventures doing a POWA of good
By Angela Walker - LockerRoom <u>Is Paris 2024 really achieving its goals for gender equality?</u>

<u>Making sport inclusive: Free period products in clubs - report</u>

Save insight

Participation

#### Is Paris 2024 really achieving its goals for gender equality?

By Victoria University Melbourne Australia - Victoria University | Melbourne Australia New legislation for gender identity and sex characteristics in Queensland sport



Participation

#### New legislation for gender identity and sex characteristics in Queensland sport

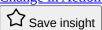
By Victoria University Melbourne Australia - Victoria University | Melbourne Australia Strength, power and aerobic capacity of transgender athletes: a cross-sectional study



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#### Strength, power and aerobic capacity of transgender athletes: a cross-sectional study

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



Participation

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

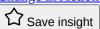
Change in Action Week - Innovative Impact FINALIST - Active Wāhine



Participation

#### Change in Action Week - Innovative Impact FINALIST - Active Wāhine

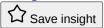
Change in Action Week - Innovative Impact FINALIST - Kia Ora Academy



Participation

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

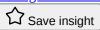
<u> Change in Action Week - Rangatahi FINALIST - Sylvia Brunt</u>



Participation

#### Change in Action Week - Rangatahi FINALIST - Sylvia Brunt

<u>Change in Action Week - Innovative Impact FINALIST - Wāhine Toa</u>



Participation

#### Change in Action Week - Innovative Impact FINALIST - Wāhine Toa

Change in Action Week - Rangatahi Winner - Carmel College



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#### Change in Action Week - Rangatahi Winner - Carmel College

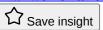
ADIDAS BREAKING BARRIERS RESEARCH



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#### ADIDAS BREAKING BARRIERS RESEARCH

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



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



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#### GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

By Emma Evans - Sport New Zealand

A 2024 SURVEY FOR: Women in Trail and Ultrarunning

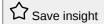


Participation

#### A 2024 SURVEY FOR: Women in Trail and Ultrarunning

By Ali Pottinger - Squadrun

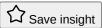
2022 IWG: Christine Young - Integrity in HP Youth Sport



Participation

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

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



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



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

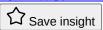
2022 IWG: Kirsten Spencer - Sport as a social development tool



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2022 IWG: Erin Hatton - Driving transformational change



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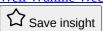
**Understanding Period Poverty Infographic** 



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#### **Understanding Period Poverty Infographic**

By Cheycoda Cocks - Sport Manawatu 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



#### Girls Smash Modified Girls Only Cricket Programme

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

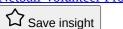


**Participation** 

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

By Roxanna Holdworth - This is ME

Netball Volunteer Programme



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#### **Netball Volunteer Programme**

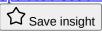
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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

Sport as a Social Development Tool

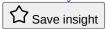




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#### **Sport as a Social Development Tool**

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

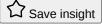


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#### **Netball Player Development Programme**

By Alysha Jensen - Netball New Zealand

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



# 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 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 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 Save insight 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

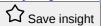
Resources on Male Allyship

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#### **Resources on Male Allyship**

Rally Report Insights: Body Confidence



# Rally Report Insights: Body Confidence Rally Report Insights: Mental Health Save insight Participation

Rally Report Insights: Mental Health

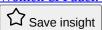
What type of uniforms do women want to wear when they referee or umpire sport?



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

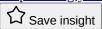
Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago



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**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

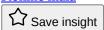


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Creating safe environments for young women to be active their way

By Rachel Howells - Sport New Zealand

Kōhine māia



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Kōhine māia

By Rachel Howells - Sport New Zealand

Yeah! Girls Move - Cricket not the way you know it

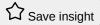


Yeah! Girls Move

#### 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



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#### **Backyard Smash & Sista Smash**

By Roxanna Holdworth - This is ME

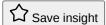
The female-friendliness of New Zealand's tennis clubs



Participation

#### The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



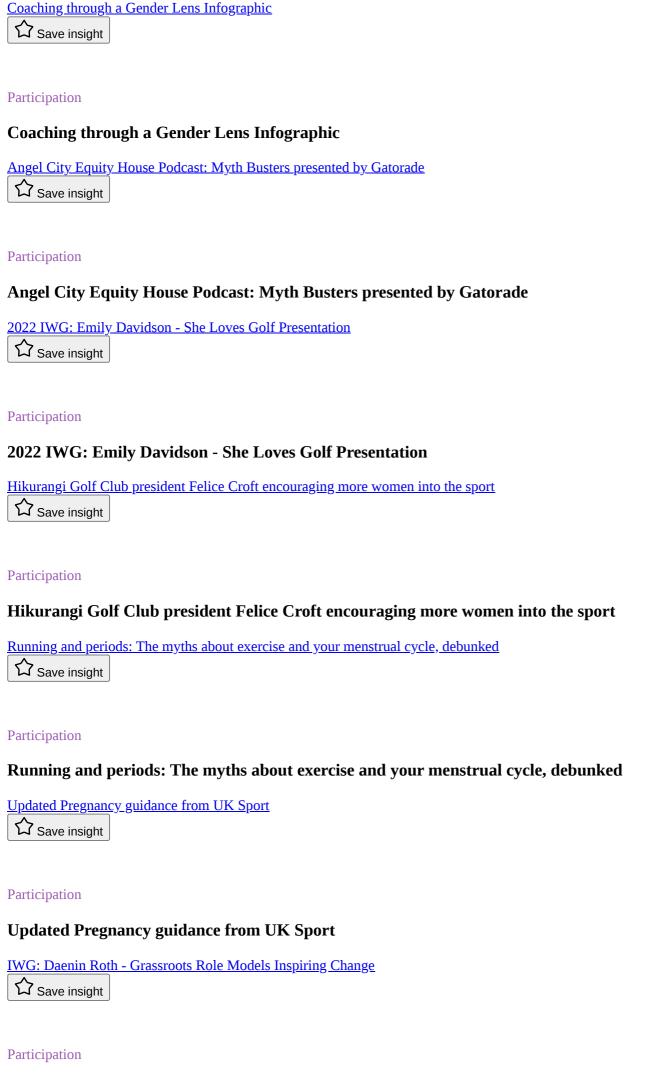
Participation

#### Removing Period Poverty As a Barrier to Participation

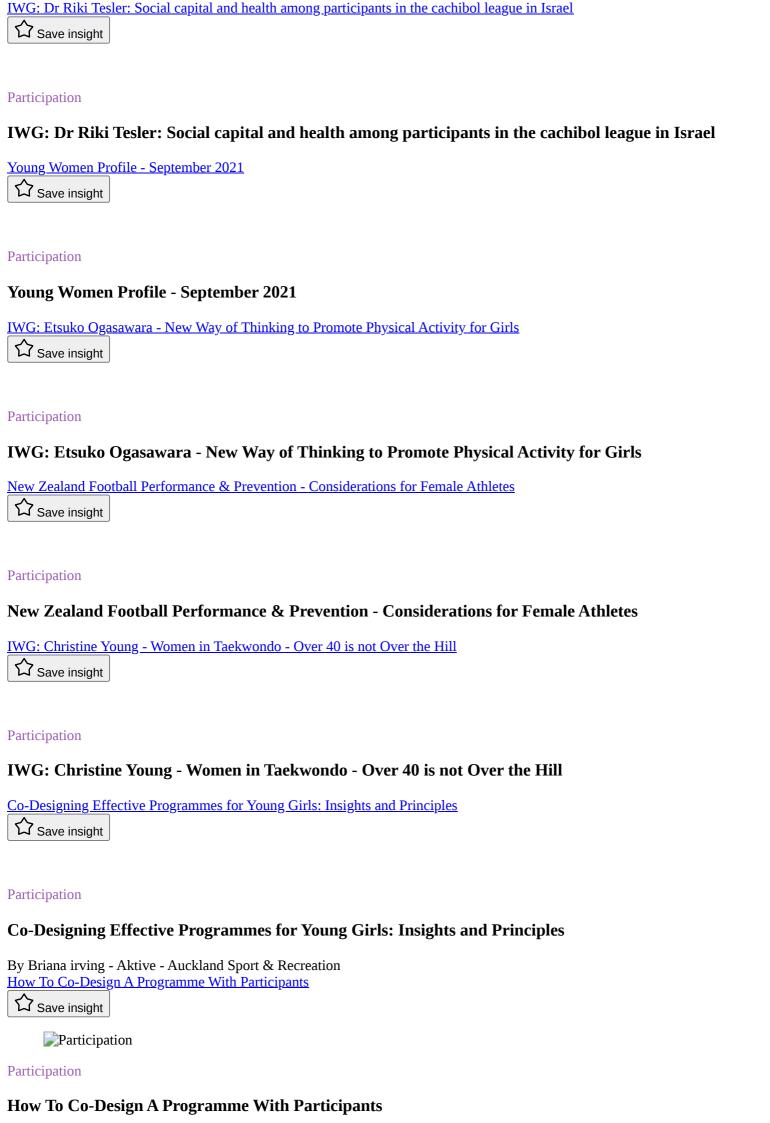
By Roxanna Holdworth - This is ME Te Awamutu AFC starts 2024 off strong with growing demand Save insight Participation Te Awamutu AFC starts 2024 off strong with growing demand Five things to know about women and sport Save insight Participation Five things to know about women and sport Has the Olympics become too sexualised? How sex and gender debates drove online discourse Save insight Participation Has the Olympics become too sexualised? How sex and gender debates drove online discourse Pacific Women's Leadership Programme Impact - Sela Vaenuku Save insight Participation Pacific Women's Leadership Programme Impact - Sela Vaenuku IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective Save insight 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 Save insight Participation "Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes **Nutrition For Female Athletes** Save insight

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#### **Nutrition For Female Athletes**



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



By Briana irving - Aktive - Auckland Sport & Recreation Empowering Disengaged Girls Through A Participant-Centered Programme Save insight Participation Participation By Briana irving - Aktive - Auckland Sport & Recreation Aktive Women & Girls Facility Guide

#### **Empowering Disengaged Girls Through A Participant-Centered Programme**



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?



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

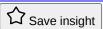
Supporting Disabled Teenage Girls to be Active



**Participation** 

#### **Supporting Disabled Teenage Girls to be Active**

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



#### 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>



Participation

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

By Rachel Howells - Sport New Zealand

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