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

Theme: Participation

GUIDE TO CREATING ACTIVITIES AND EVENTS FOR YOUNG WOMEN

#### **Emma Evans**

Co-authored by Sport NZ - It's My Move

Sport New Zealand

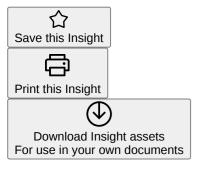


#### Bring your idea to life

The following checklist may help you create better physical activity settings for young women. Take a look and consider some of the themes. Our case studies may also help inspire you, based on what other organisations have done.

#### **Download Checklist**

Visit the full It's My Move Tools & Resources website



#### Was this Insight helpful?



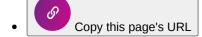


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| Healthy Women in Performance Sport                                       |
| Making sport inclusive: Free period products in clubs - report           |
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| Making sport inclusive: Free period products in clubs - report           |

By Emma Evans - Sport New Zealand
Rally Report 2024
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#### **Rally Report 2024**

By Canadian Women & Sport - Canadian Women & Sport

Women in Trail Running - Aotearoa 2015-24



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#### 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

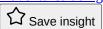
<u>UN Report of the Special Rapporteur on violence against women and girls, its causes and consequences - Violence against women and girls in sports</u>



Participation

# 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



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#### Adventures doing a POWA of good

By Angela Walker - LockerRoom

Is Paris 2024 really achieving its goals for gender equality?



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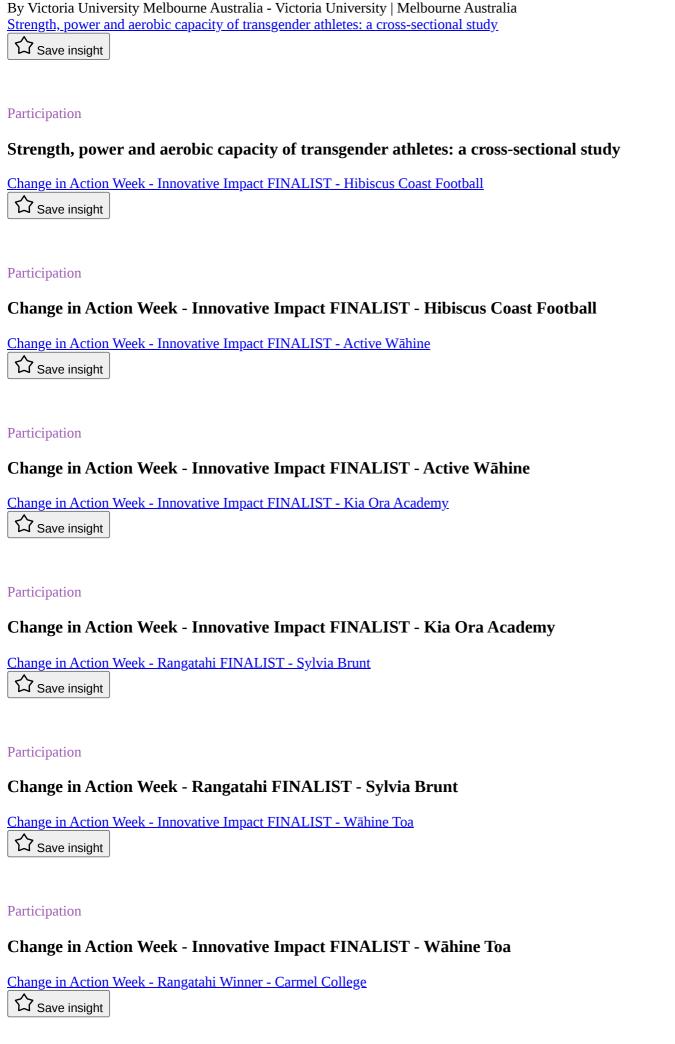
#### Is Paris 2024 really achieving its goals for gender equality?

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



| Participation   |
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| 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                   |
| A 2024 SURVEY FOR: Women in Trail and Ultrarunning  Save insight  |
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| A 2024 SURVEY FOR: Women in Trail and Ultrarunning  |
| By Ali Pottinger - Squadrun  2022 IWG: Christine Young - Integrity in HP Youth Sport  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 Save insight |
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| 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     |
| Save insight  |
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2022 IWG: Kirsten Spencer - Sport as a social development tool

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

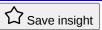
<u>Understanding Period Poverty Infographic</u>



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

By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



Participation

#### Well Wāhine Week Case Study

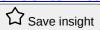
By Helayna Ruifrok - Sport Gisborne Tairawhiti Netball Resources for Clubs and School Administrators



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#### **Netball Resources for Clubs and School Administrators**

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



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#### **Girls Smash Modified Girls Only Cricket Programme**

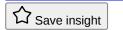
By Jess Davidson - New Zealand Cricket <u>Innovative approaches to encouraging women's participation in Golf</u>



Participation

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

By Roxanna Holdworth - This is ME Netball Volunteer Programme



#### **Netball Volunteer Programme**

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

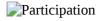


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#### Mind. Set. Engage. Rugby's mental wellbeing programme.

Sport as a Social Development Tool

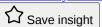




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#### **Sport as a Social Development Tool**

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

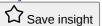
COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



Participation

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

Why Aussie women's sport needs to talk about fertility



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#### 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



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

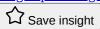
The Volunteer Capacity of Community Sports Clubs to Support Women and Girls in Sport



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

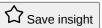
Huge uptick in girls and women playing football in New Zealand



Participation

Huge uptick in girls and women playing football in New Zealand

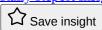
Resources on Male Allyship



Participation

**Resources on Male Allyship** 

Rally Report Insights: Body Confidence



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**Rally Report Insights: Body Confidence** 

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**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



#### 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



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



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

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

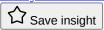
By Rachel Howells - Sport New Zealand <u>Manawatū Cricket Association case study</u>



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

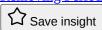
The female-friendliness of New Zealand's tennis clubs



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



Participation

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

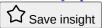
Five things to know about women and sport



Participation

#### Five things to know about women and sport

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



| Has the Olympics become too sexualised? How sex and gender debates drove online discou | ırse |
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| Pacific Women's Leadership Programme Impact - Sela Vaenuku                             |      |

Participation

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

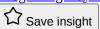
IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective



Participation

#### IWG: Claire Badenhorst - Iron regulation throughout the lifespan - An active female perspective

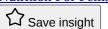
"Beginning Day 1" Checklist: How to Coach and Support Women and Teen Girl Athletes



Participation

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

**Nutrition For Female Athletes** 



Participation

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

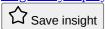
Coaching through a Gender Lens Infographic



Participation

#### Coaching through a Gender Lens Infographic

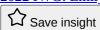
Angel City Equity House Podcast: Myth Busters presented by Gatorade



Participation

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

2022 IWG: Emily Davidson - She Loves Golf Presentation



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

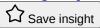
Hikurangi Golf Club president Felice Croft encouraging more women into the sport

| e insight |
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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



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#### Running and periods: The myths about exercise and your menstrual cycle, debunked

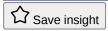
Updated Pregnancy guidance from UK Sport



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#### **Updated Pregnancy guidance from UK Sport**

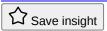
IWG: Daenin Roth - Grassroots Role Models Inspiring Change



Participation

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

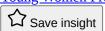
IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel



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



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# IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls New Zealand Football Performance & Prevention - Considerations for Female Athletes Save insight

Participation

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

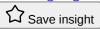
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



**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



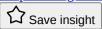
Participation

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

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#### **Aktive Women & Girls Facility Guide**

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



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

By Rachel Howells - Sport New Zealand

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



**Participation** 

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

By Rachel Howells - Sport New Zealand

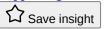
IWG: Helen Parker - Transgender competitors in women's sport - Change for the better?



Participation

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

Supporting Disabled Teenage Girls to be Active



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

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

<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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