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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

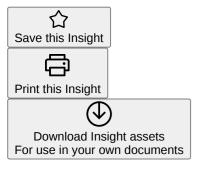


Bring your idea to life

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



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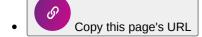


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Kiwi women take clean sweep of the Ski Podium at The North Face Frontier 4- Competition

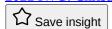
A 2024 SURVEY FOR: Women in Trail and Ultrarunning



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A 2024 SURVEY FOR: Women in Trail and Ultrarunning

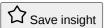
By Ali Pottinger - Squadrun 2022 IWG: Christine Young - Integrity in HP Youth Sport



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2022 IWG: Christine Young - Integrity in HP Youth Sport

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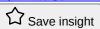
2022 IWG: Kirsten Spencer - Sport as a social development tool



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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

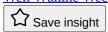
<u>Understanding Period Poverty Infographic</u>



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Understanding Period Poverty Infographic

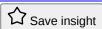
By Cheycoda Cocks - Sport Manawatu Well Wāhine Week Case Study



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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

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>



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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

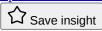
By Jenna Murie - Netball New Zealand Mind. Set. Engage. Rugby's mental wellbeing programme.



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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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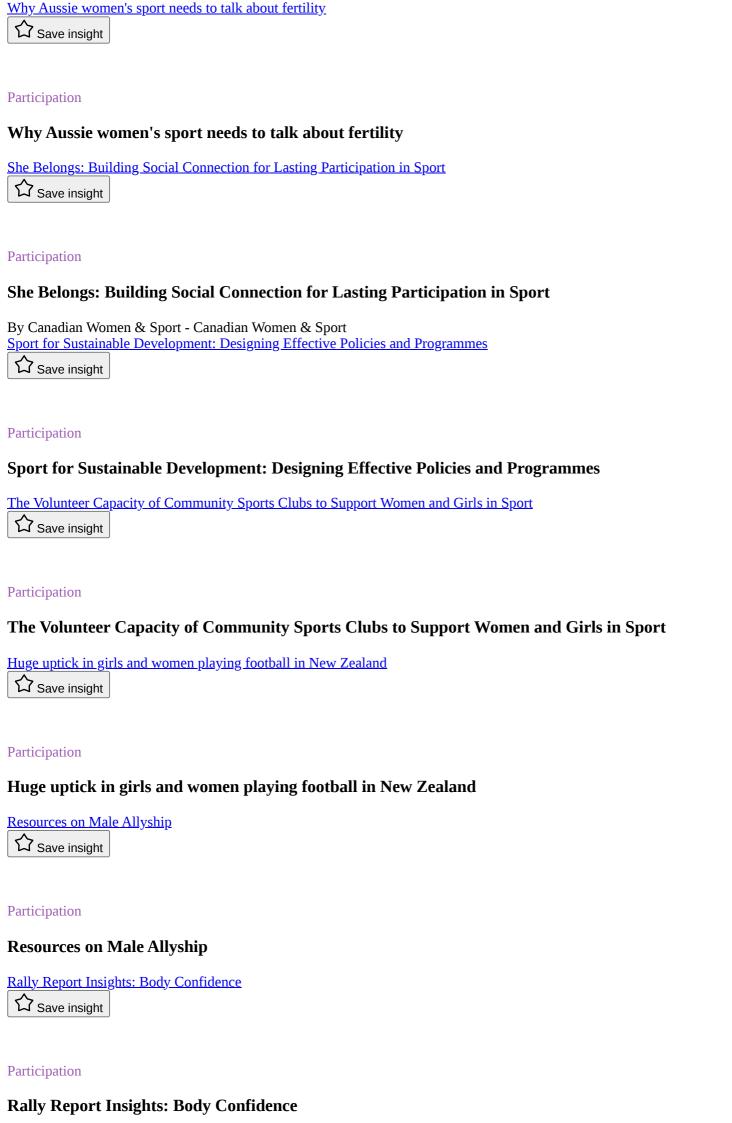
Netball Player Development Programme

By Alysha Jensen - Netball New Zealand COACHING GIRLS GUIDE: HOW TO GET (AND KEEP) GIRLS PLAYING



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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?

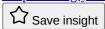
Women & Padel: Start of a love story



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Women & Padel: Start of a love story

Empowering young women to lead their experiences - Journeys Central Otago

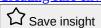


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Empowering young women to lead their experiences - Journeys Central Otago

By Rachel Howells - Sport New Zealand

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



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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

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

By Rachel Howells - Sport New Zealand

<u>For young women, by young women - WORD girls-only programme</u>

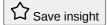


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Not just for the "sporty", the Not-So-Sports-Club



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

By Rachel Howells - Sport New Zealand

Manawatū Cricket Association case study



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Manawatū Cricket Association case study

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Backyard Smash & Sista Smash



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Backyard Smash & Sista Smash

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The female-friendliness of New Zealand's tennis clubs



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The female-friendliness of New Zealand's tennis clubs

Removing Period Poverty As a Barrier to Participation



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

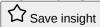
Coaching through a Gender Lens Infographic



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Coaching through a Gender Lens Infographic

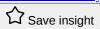
Angel City Equity House Podcast: Myth Busters presented by Gatorade



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Angel City Equity House Podcast: Myth Busters presented by Gatorade

2022 IWG: Emily Davidson - She Loves Golf Presentation



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2022 IWG: Emily Davidson - She Loves Golf Presentation

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



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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

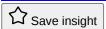
Updated Pregnancy guidance from UK Sport



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Updated Pregnancy guidance from UK Sport

IWG: Daenin Roth - Grassroots Role Models Inspiring Change



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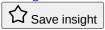
IWG: Daenin Roth - Grassroots Role Models Inspiring Change

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



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IWG: Dr Riki Tesler: Social capital and health among participants in the cachibol league in Israel Young Women Profile - September 2021



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Young Women Profile - September 2021

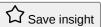
IWG: Etsuko Ogasawara - New Way of Thinking to Promote Physical Activity for Girls



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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



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New Zealand Football Performance & Prevention - Considerations for Female Athletes

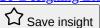
IWG: Christine Young - Women in Taekwondo - Over 40 is not Over the Hill



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

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



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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

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How To Co-Design A Programme With Participants

By Briana irving - Aktive - Auckland Sport & Recreation

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Supporting Disabled Teenage Girls to be Active Save insight
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Supporting Disabled Teenage Girls to be Active

<u>Empowering Disengaged Girls Through A Participant-Centered Programme</u>

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

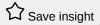
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400 Games: Melony O'Connor Reaches Refereeing Milestone in Sal's NBL

By Amy McClintock - Basketball New Zealand

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



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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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