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Make Space for Us Research report - teenage girls

Theme:
Youth



Co-authored by Yorkshire Sport Foundation, Women in Sport


This research, commissioned by [Yorkshire Sport Foundation](#), is an important first step to understanding how teenage girls feel about being active outdoors in their local parks and green spaces. Girls use parks less and face many barriers to exercising.

This comes from a lack of understanding of their needs in park design and the way society sees and treats them when they get there. These stifle enjoyment and limits their right to enjoy the wealth of health and wellbeing benefits of being active in the great outdoors.


We have a great chance to engage more teenage girls in outdoor activity post-pandemic. Girls value the importance of being fit, active and outdoors more than ever for their mental health and wellbeing.

Download the full report below:


<https://womeninsport.org/resou...>



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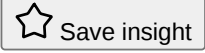
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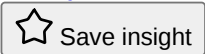
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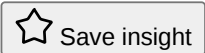


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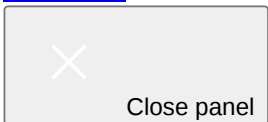
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