

SUPPORTING WOMEN AND GIRLS TO BE ACTIVE

Theme: Active Lives Last updated: September 27, 2024



In March 2024, the UK's Local Government Association's (LGA) Culture, Tourism and Sport (CTS) Board launched a call for evidence on supporting women and girls to be active. It had the following objectives: – To accelerate learning by collating and sharing case study examples from councils and wider organisations that are effectively supporting women and girls to be more physically active. – To gather evidence on the challenges and solutions to help inform future work in this area.

Brighton Plus Helsinki Declaration Principles:

- Equity and Equality in society and sport
- Developing Participation
- Sport Information and Research

Resources:

- Target Audiences:
- Sport Administrators
- Sport Policy Makers

Summary of contents:

The findings in this report are broken down into 4 key areas, with detailed examples of what organisations need to understand, and need to change to progress gender equity within sport.

These areas are:

- What approaches are working?
- What are the barriers to participation and delivery?
- What needs to change to drive progress?
- What is the data telling us?

Related Links



[Summary of key findings: supporting women and girls to be active](#)