

Girls Active Survey Research

School Information Sheet

The Youth Sport Trust (YST) is a national children's charity. We are inviting your school to take part in a survey for research purposes, as part of an initiative called Girls Active. Girls Active is delivered by the Youth Sport Trust (YST) and funded by Sport England. The survey is open to all genders from 8th May until 19th June 2026.

This document provides more information about the research. It explains how to tell parents / guardians about the research their child will be taking part in. It also explains how to tell young people about the research.

About YST research

Our research is for the public good. It helps the YST to make evidence based, informed decisions about what they do as a charity. This helps them to make the best use of public money. The YST's vision is of a future where every child enjoys the life-changing benefits that come from play and sport. Our research aims to support this vision and to achieve the best outcomes for all young people.

What will the research involve?

We want to understand young people's participation, attitudes, motivations and barriers to taking part in PE, sport and physical activity. This is to gain knowledge and understanding to help to engage them in PE, sport and physical activity in ways that appeal to them.

We are asking young people at your school to complete an online survey. There are up to 35 questions and they will ask them about:

- What they think about physical activity, sport, PE and learning at school
- How much physical activity they do, and if/how they think it helps them
- If/how their school and family support them to do physical activity and sport
- Any changes they would like to see in PE, sport and physical activity at their school
- Whether they lead any sport or physical activity or if they want to lead any
- What encourages and motivates them to do physical activity at school and outside of school
- What stops them doing more physical activity at school and outside of school
- Their body image, school uniform and PE/sports kit
- How their uniform/kit makes them feel and if it could be improved
- Opportunities and views of physical activity, sport and PE for all genders
- Their screentime, wellbeing, resilience and belonging to school

Any secondary aged girls taking part in the survey will also be able to choose whether they complete an additional 4 short questions about taking part in PE or school sport when they are on their period, as well as how comfortable they are talking to their teacher about periods. Even if they do choose to take part in the survey, they do not have to answer these 4 questions if they don't want to.

Finally, we will also ask young people some personal information, such as their gender, year group, ethnicity, faith/religion, disability and free school meal status.

Together, this helps us to understand the diversity of the people that respond to the questions in the survey. It will help us improve our work in the future and enable us to understand the activity levels, views and perspectives of young people from different characteristic groups.

At no point during the survey will we ask young people for their name.

All activities will be designed to be fully accessible to all young people. We ask for the survey to be completed **in school** and not at home, and for a teacher to be present whilst the young people are completing the survey in case they have any questions.

Do I need to let parents / guardians know about the research?

Yes. It is important that parents / guardians are told about the research that their child will be involved in.

Please send all parents / guardians the parent information letter. This must be sent **at least two weeks** before you plan to do the survey to give parents / guardians time to opt out their child if they wish to.

If the parents / guardians do not want their child to take part in the research, they will return a short form to the school. In these cases, please provide the child with another activity to do during the research time.

Please add the deadline date for parents/guardians to return the 'opt out' form to school by where it says 'school to insert deadline' highlighted in yellow, before sending to parents / guardians.

There is also a 'Parental Information Video' available in the downloads (the link is also here: <https://online1.snapsurveys.com/s01pg>) which may assist parents/guardians in understanding the research, so please send this out to them alongside the letter if you feel it would be beneficial and appropriate.

Do the young people in my school have to take part?

No. We are inviting all young people to share their views but the young people from your school do not have to take part if they do not wish to. They do not need to give a reason why they do not want to take part and they may stop taking part in the survey at any time.

All young people should be fully informed of the research. Young people will be given enough information before the survey to make an informed decision about whether they are happy to participate in the survey or not (even if their parent/guardian has not opted them out of the research). In order for this to happen, we will ask you to play a short video to the young people ahead of them starting the survey. This is called the 'Girls Active Pre-Survey Video' and is available in the downloads at: <https://www.youthsporttrust.org/girls-active-survey>.

No one has to take part in the research if they do not feel comfortable doing so. However, consent cannot be withdrawn once findings have been finalised.

What will happen to the results of the research?

All information from the research is kept safe by the research team at The Youth Sport Trust.

Girls Active is a national initiative and schools across England will be completing the survey at the same time. We will use the responses from all schools to write a national report about girls' and boys' participation, attitudes, motivations and barriers to taking part in PE, sport and physical activity.

We may share the data we collect with universities/external parties for the purpose of future research only. The data we share will be anonymous so no one will be able to identify any individual from the data. Data will be shared securely. Sharing data in this way helps to maximise the impact of our work.

Your school will also receive a bespoke report with the responses from pupils at your school. This is so you can understand more about these factors that may affect girls' and boys' participation in PE, sport and physical activity in your school.

Both the school's and the Youth Sport Trust's reports might be shared with other people, like the people who funded the project, other schools, or other organisations, so they can understand more about these factors that may affect participation in PE, sport and physical activity. The reports might be shared through printed publications, go on our website, other organisations' websites, be shared on social media, used in newsletters and shared with the press.

Within the school report, no individual person will be named or be able to be identified either directly or indirectly. Within the national level report, no individual schools or people will be named.

Data protection and confidentiality

The YST will comply with all applicable Data Protection Legislation, including the Data Protection Act 2018 and the UK GDPR. For further information on the lawful basis for processing any personal information and how we are committed to respecting your privacy, please see our full privacy notice on our website found here: <https://www.youthsporttrust.org/privacy-policy>

Our research ethics

The YST observes the Code of Practice of the [Market Research Society](#) and works within the boundaries of the Code of Ethics outlined by the [Social Research Association](#).

Who can I contact to find out more?

If you have any questions or would like any more information about the research, please contact: research@youthsporttrust.org and quote the name of the project: Girls Active Survey.

For more information about the Youth Sport Trust, please visit: www.youthsporttrust.org.

Thank you for reading this information and for your support with our research.

Please ensure you now inform parents/guardians using the guidance you have received. The Parent/Guardian Information Letter must be sent at least two weeks before you plan to do the survey to give parents / guardians time to opt out their child if they wish to.