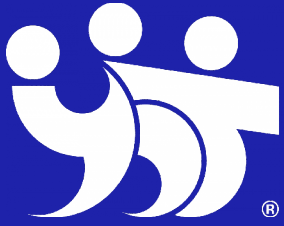


May 2023



**YOUTH  
SPORT  
TRUST**

# Key facts about...

## Girls'

# Participation



For more (Girls Active) online resources and training, please scan this QR code.



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Fewer girls (45%) meet physical activity recommendations compared with boys (50%) (Sport England, 2022).

Click [here](#) for the full report.

Having their period is the most prominent barrier for girls in stopping them take part in sport, physical activity and PE at school (39% of girls). This is followed by a dislike of other people watching them (Youth Sport Trust, 2022).

Click [here](#) for the full report.

A lack of confidence is a barrier to taking part in sport and physical activity for 30% of girls, but only 12% of boys (Youth Sport Trust, 2022).

Click [here](#) for the full report.

Of girls who were physically active in Primary School, 43% no longer felt that way once reaching Secondary School (for boys, only 24% felt this way) (Women in Sport, 2022).

Click [here](#) for the full report.

59% of girls say they see or experience sexism when taking part in physical activity and sport themselves (Girlguiding, 2022).

Click [here](#) for the full report.

88% of teachers report experiencing pupils not participating in PE if they are menstruating (Brown et al., 2022).

Click [here](#) for the full report.

Most prevalent motivators for girls to take part in sport, physical activity and PE are having fun, being with friends and feeling happy (Youth Sport Trust, 2022).

Click [here](#) for the full report.

59% of young girls and women aged 7 to 21 agree that sport is good for their mental health (Girlguiding, 2022).

Click [here](#) for the full report.

Girls and young women who take part in clubs and hobbies say they get to have fun (66%), make new friends (62%) and learn new skills (61%) (Girlguiding, 2022).

Click [here](#) for the full report.

Girls of Asian, Black or Other ethnicities are less likely to be active compared with Girls of White British or White Other ethnicities (Sport England, 2022).

Click [here](#) for the full report.