Key facts about... Girls' Participation

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

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).

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).

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).

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

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

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).

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

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).

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).

For more facts, please visit here to access the Youth Sport Trust’s Knowledge Bank.