YST GIRLS ACTIVE

SIGNPOSTS

If you are hungry for more information relating to getting girls active…

Girls Active

- Youth Sport Trust: www.youthsporttrust.org/girls-active

Research

- Youth Sport Trust Girls Active research reports (various dates): www.youthsporttrust.org/research-and-impact
- Sport England Active Lives Children and Young People Survey (2019): www.sportengland.org/news/active-lives-children-and-young-people-survey-academic-year-201819-report-published
- Women in Sport Reframing Sport for Teenage Girls (2019): www.womeninsport.org/research-and-advice/our-publications/reframing-sport-for-teenage-girls-building-strong-foundations-for-their-futures/

Videos

- Girls Active Film – Fowey River Academy (for PE staff and senior leaders): www.youthsporttrust.org/girls-active
- This Girl Can (for girls) – number of videos – visit: www.thisgirlcan.co.uk/ for the latest video or search YouTube or Vimeo for Sport England This Girl Can
- Studio You (online activities for girls supported by Sport England and This Girl Can): www.studio-you.co.uk/
- Always – #Like a Girl (for all): www.youtube.com/watch?v=XjJQBjWYDTs
- Always – Unstoppable Girl (for all): www.youtube.com/watch?v=CDOROuLGyV4
- Sisters in Sweat (for staff/parents): www.youtube.com/watch?v=uGtLWQsQ8HU

Resources

- This Girl Can – supporters' hub: www.thisgirlcan.co.uk/our-supporters/
- This Girl Can… create change! (resources for schools) – for teachers: www.youthsporttrust.org/this-girl-can/teachers for girls: www.youthsporttrust.org/this-girl-can/girls
- Women in Sport Reframing Sport for Teenage Girls Toolkit: www.womeninsport.org/research-and-advice/our-publications/reframingsportforteenagegirlstoolkit/
- Always #LikeAGirl: always.com/en-us/about-us/we-care-about-all-women-and-girls
- Dove Self-esteem Project: www.dove.com/uk/dove-self-esteem-project.html
- Free Periods: www.freeperiods.org/mission/

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