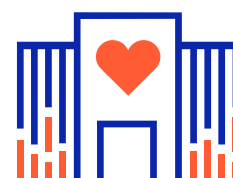
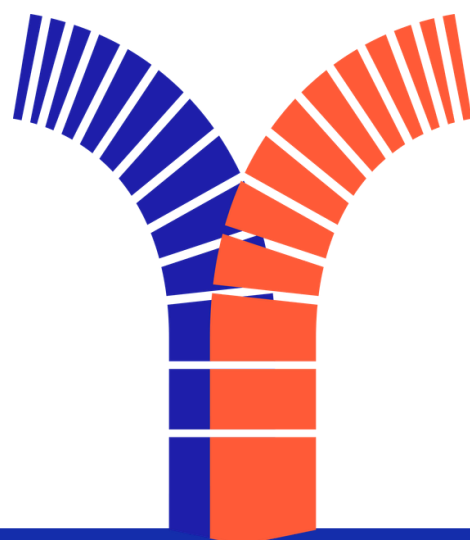




Further Reading Guide: Creating Inclusive Experiences for Women and Girls



Well Culture.



1. Youth Sport Trust – Girls Active National

Reports 2025

Why read it?

For up-to-date insight into girls' enjoyment, confidence, belonging and the additional impact of multiple inequalities.

Key takeaway for school leaders

Girls with two or more characteristics of inequality are more likely to dislike PE, lack confidence and feel they do not belong at school.

Practical implication

Use the findings as a prompt to compare national patterns with the experiences of girls in your own setting.

[Open resource](#)

2. Youth Sport Trust – Girls Active Getting Started

Why read it?

To explore six evidence-informed principles for engaging girls in PE, sport and physical activity.

Key takeaway for school leaders

Self-confidence, relevance, friendship, role models and girls' leadership all matter alongside the activity itself.

Practical implication

Use the six principles to review one part of your current PE or extracurricular offer.

[Open resource](#)

3. Youth Sport Trust – Girls Active Participation

Survey

Why read it?

The Youth Sport Trust's [Girls Active](#) Survey supports schools to gain student insight through an online survey to understand the participation levels, attitudes, motivations and barriers to participation.

Find out more about your school taking part in the free Girls Active survey.

[Open resource](#)

4. Women in Sport – Reframing Sport for Teenage Girls

Why read it?

To explore the wider social and emotional factors influencing teenage girls' relationship with sport and exercise.

Key takeaway for school leaders

Girls value no judgement, voice and choice, emotional reward, relevant opportunities and relatable role models.

Practical implication

Use the toolkit to test whether your offer is designed around girls' lives rather than around traditional assumptions about sport.

[Open resource](#)

5. Improving PE for Muslim Girls – Youth Sport

Trust / Muslim Sports Foundation

Why read it?

To understand how faith, modesty, identity, kit and cultural understanding can shape Muslim girls' experiences of PE.

Key takeaway for school leaders

Inclusive practice should be co-created with girls and flexible enough to respond to individual needs.

Practical implication

Review whether kit, spaces and delivery approaches enable Muslim girls to participate comfortably and confidently.

[Open resource](#)

5. Inclusive Sportswear Guidance

Why read it?

To explore practical approaches to PE kit that support choice, comfort, identity, participation and belonging.

Key takeaway for school leaders

Kit policy can either remove or reinforce barriers to participation.

Practical implication

Review your PE kit policy with pupils and identify where greater choice could improve confidence and inclusion.

[Open resource](#)



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