

# SUPPORTING WOMEN AND GIRLS TO BE ACTIVE

Active Lives

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In March 2024, the UK's Local Government Association's (LGA) Culture, Tourism and Sport (CTS) Board launched a call for evidence on supporting women and girls to be active. It had the following objectives: - To accelerate learning by collating and sharing case study examples from

councils and wider organisations that are effectively supporting women and girls to be more physically active. - To gather evidence on the challenges and solutions to help inform future work in this area.

#### **Brighton Plus Helsinki Declaration Principles:**

- Equity and Equality in society and sport
- Developing Participation
- Sport Information and Research

#### **Resources:**

- Target Audiences:
- Sport Administrators
- Sport Policy Makers

#### **Summary of contents:**

The findings in this report are broken down into 4 key areas, with detailed examples of what organisations need to understand, and need to change to progress gender equity within sport.

These areas are:

- What approaches are working?
- What are the barriers to participation and delivery?
- What needs to change to drive progress?
- What is the data telling us?

## Related Links



[Summary of key findings: supporting women and girls to be active](#)