

# HELPING WOMEN AND GIRLS TO GET ACTIVE

Active Lives

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Helping Women and Girls to Get Active guidance from Sport England is a downloadable document containing advice, suggestions, hints and tips for those looking to help women and girls in their local area become more active.

**Brighton Plus Helsinki Declaration Principles:**

- Developing Participation

### **Target Audience:**

This resource has been produced for those designing and or delivering sport or physical activity programmes for women and girls.

### **Summary:**

Sport England is responsible for growing and developing grassroots sport and helping make sport and physical activity a normal part of life for everyone in England, regardless of who they are. Sport England's Active Lives Survey provides a detailed picture of activity amongst children and adults in England. It reveals the persistent gender gap with men and boys more likely to be active compared to women and girls.

The report contains an 'At A Glance Guide' and a 'Practical Guide' along with a series of topic specific guides including:

- Before You Get Started
- Attracting Attention
- Running Your Sessions
- Grow Their Interest
- Learning From Others
- Practical Exercise

It is recommended viewing either or both the 'At a glance' and 'Practical' guides to get started, before delving into the specific guides.

A series of additional best practice reference resources have subsequently been added to the resource including a report and guidance on social media techniques when encouraging participation.

Helping Women and Girls to Get Active draws together a series of practical guides available to download freely from the Sport England website

[View and access all guides on the Sport England website](#)

## Related Links



[Helping Women and Girls to Get Active: At a Glance Guide](#)



[Helping Women and Girls to Get Active: A Practical Guide](#)



[Helping Women and Girls to Get Active: Before You Get Started](#)



[Helping Women and Girls to Get Active: Attracting Attention](#)



[Helping Women and Girls to Get Active: Running Your Sessions](#)



[Helping Women and Girls to Get Active: Grow Their Interest](#)



[Helping Women and Girls to Get Active: Learning From Others](#)



[Helping Women and Girls to Get Active: Practical Exercises](#)