GASP* study key findings

Young people's and adults' perspectives on how to get more girls involved in action sports

because girls do less physical activity than boys + girls face barriers to participate in physical activity that boys do not



promote participation

how?

promote participation, not just competition

engage family and friends

offer school based activities

develop girls only formal and informal action sport groups

access to free and low cost equipment

girls only events/programs

better promotion of girls in sport

how?

build and promote female role models

positive media promotion

improve facilities + infrastructure

why?

girls with periods need toilets

to cater for all skill levels

development

how?

ensure skill pathways for all levels

encourage life-long engagement across all areas of action sports

teach equipment maintenance skills

early introduction to develop skills and confidence

gender equality education

why?

to dispel myths about what girls can and can't do

breakdown gender stereotyping







