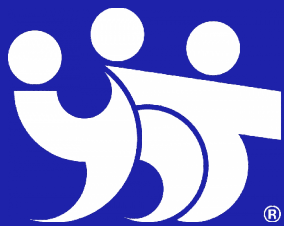


November 2023



**YOUTH
SPORT
TRUST**

Key facts about...

Girls'

Participation



For more (Girls Active) online resources and training, please scan this QR code.



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Fewer girls (45%) meet physical activity recommendations compared with boys (50%) (Sport England, 2022).

Click [here](#) for the full report.

59% of secondary-aged girls enjoy taking part in PE compared with 84% of secondary-aged boys (Youth Sport Trust, 2023).

Click [here](#) for the full report.

In an evaluation of a PE kit intervention for young girls, wearing PE kit negatively influenced body image related self-esteem whereas providing pupils with a choice, on what they wear positively influenced their body image related self-esteem (McIntosh-Dalmedo et al, 2023).

Click [here](#) for the full report.

88% of teachers report experiencing pupils not participating in PE if they are menstruating (Brown et al, 2022).

Click [here](#) for the full report.

Most prevalent motivators for girls to take part in sport, physical activity and PE are having fun and being with friends (Youth Sport Trust, 2023).

Click [here](#) for the full report.

Across girls of all ages, the most prominent barrier to PE, sport and physical activity in school is that they are not confident (30% of girls compared with 14% of boys), followed by not liking others watching them (28% of girls compared with 7% of boys) (Youth Sport Trust, 2023).

Click [here](#) for the full report.

The most prominent barrier to PE, sport and physical activity in school for secondary-aged girls is having their period – 39% report this (Youth Sport Trust, 2023).

Click [here](#) for the full report.

Girls of Asian, Black or Other ethnicities are less likely to be active compared with Girls of White British or White Other ethnicities (Sport England, 2022).

Click [here](#) for the full report.

59% of girls say they see or experience sexism when taking part in physical activity and sport themselves (Girlguiding, 2022).

Click [here](#) for the full report.

Boys agree to a greater extent that "some sports are for girls and some sports are for boys", compared with girls (Youth Sport Trust, 2023).

Click [here](#) for the full report.