

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

skill 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