

INCLUSIVE SCHOOLS, ACTIVE GIRLS WEBINAR 2

WITH A FOCUS ON PUBERTY AND MENSTRUATION

WORKSHOP FOCUS

**PUBERTY AND MENSTRUATION:
HOW CAN WE SUPPORT GIRLS
TO FEEL MORE COMFORTABLE,
CONFIDENT AND ACTIVE**

SPEAKERS

- Wendy Taylor, National Manager- Women and Girls, Youth Sport Trust
- Dr Natalie Brown, Female Athlete Health Lead, The FA, Research Associate, Period Education UK, Swansea University
- Jess Harvey, Research Assistant, Period Education UK, Swansea University Doctoral Researcher, University of Bath
- Bourne Academy, Bournemouth

OVERVIEW

This webinar will explore how schools can better support girls to remain active and engaged in physical activity during puberty and menstruation.

- **understand why change is needed** - the Youth Sport Trust will share data and insight from the annual Girls Active National reports exploring girls' experiences of puberty and participation. It will highlight the Girls Active programme and signpost to free resources to support schools embed youth voice, codesign and place girls' needs at the heart of PE, sport and physical activity.
- **What the evidence tells us** - Researchers will present the latest evidence on puberty, menstruation and physical activity, share insights from teachers and young people, highlight available resources including Period Education UK, and provide practical recommendations for schools.
- **What is the impact** - Bourne Academy, Bournemouth will showcase how they have supported children through increased participation in physical activity through the school



 TUES 7TH JULY 16:00-17:00

 WEDS 8TH JULY 14:00-15:00

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LEARNING OUTCOMES

1. Understand barriers around puberty that prevent girls from enjoying and participating in PE and physical activity.
2. Recognise the impact of school policy and culture on participation, confidence and inclusivity.
3. Use national data and lived experiences to inform local school strategies.
4. Explore period education, Active Girls and key resources
5. Identify champions and advocates to drive policy change.

TARGET AUDIENCE

- Headteachers and senior leadership teams
- Deputy Head/Assistant Head
- Governors and trustees
- Directors of education and local authority school improvement leads
- PE and curriculum Leads
- SENCO
- Class Teacher
- School Games Organisers
- Anyone with an interest in supporting girls to be more active.