

Breaking Barriers Toolkit – Section Two

Understanding disabled teenage girls and their attitudes towards sport and exercise



In partnership with:

In this section of the Breaking Barriers toolkit, you will find bite-sized pieces of insight that give you an overall picture of disabled teenage girls' attitudes and experiences of sport and exercise.

These resources are intended to build your understanding of disabled teenage girls as an audience to support more effective targeting of sport and exercise offers. All data in this section are from the Breaking Barriers: Supporting Disabled Teenage Girls to be Active report.

Attitudes towards sport and exercise

Disabled teenage girls understand the benefits of being active and want to be more active:

- 81% understand the benefits of being active
- 67% want to do more sport and exercise
- 62% enjoy being active.

But they struggle to find suitable opportunities outside of school and find it hard to enjoy sport in school:

- 44% of disabled teenage girls take part in sport or community clubs
- 53% would take part if there were more opportunities outside school
- 39% feel comfortable joining in with sport and exercise at school or college.

Barriers to being active

Disabled teenage girls face the same barriers to sport and exercise as non-disabled teenage girls, but there are additional complex barriers that mean many feel excluded from sport:

- 54% feel judged by others
- 52% don't like others watching them
- 51% feel their impairment, health condition, illness or disability gets in the way.

Useful resources

To learn more about disabled teenage girls' attitudes toward sport and exercise, please explore the links below:

- [Access Sport – Breaking Barriers video](#)
- [Women in Sport – A Guide to Understanding Your Audience](#)

For more impairment-specific information, please explore the links below:

- [National Autistic Society – Autistic Women and Girls](#)
- [Girls Have Autism Too: Autism Factsheets](#)
- [Neurodiverse Sport – Conditions Explained](#)

