

INTERNATIONAL WOMEN'S DAY

Schools Event March 15th 2024

hosted by Gravesham and Dartford School
Games and North Kent Caribbean Network at
St John's Catholic Comprehensive School





THE EVENT

School Games event in partnership with North Kent Caribbean Network involved 90 girls from local Secondary Schools across Gravesham and Dartford. The focus of the event was to blend Physical Activity and Sport to promote, explore and raise awareness of the importance of International Women's Day.

International Women's Day

The theme for International Women's Day 2024 was Inspire Inclusion. When we inspire others to understand and value women's inclusion, we forge a better world and when women themselves are inspired to be included, there's a sense of belonging, relevance and empowerment.

WORKSHOP ACTIVITIES THROUGHOUT THE DAY



#Who Inspires You?

Reflective workshop enabling pupils to capture and share a personal story of an inspirational women in their life. All stories were uploaded to the online IWD2024 gallery hosted by the North Kent Caribbean Network. [Click here](#) to access the online gallery.



Dare2BeU hosted a Zumba Fitness Workshop

The workshop explored Body Confidence through dance to celebrate that anyone who moves their body in a way that makes them feel comfortable and confident is awesome. Whatever their age, gender, body type, or ability, anyone can be an athlete.



KENT CRICKET - [This Girl Can Play Cricket](#)

Kent Cricket are passionate about supporting female participation in cricket across the county. The workshop was an exciting opportunity to try a new sport and learn more about the growing network of schools, clubs, and area programmes delivering cricket to females across the County. Local Schools have also been invited to the first ever School Games Softball Cricket Festival for Girls at Dartford CC on June 4th 2024.



KENT POLICE - [Tackling Violence Against Women and Girls Campaign](#)

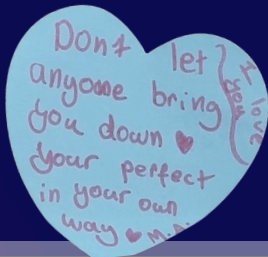
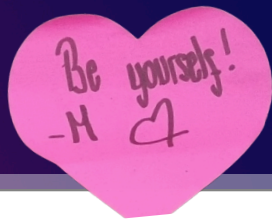
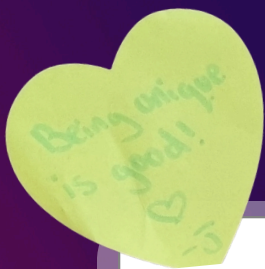
The VAWG workshop raised awareness about the campaign and the role the police have in protecting and supporting women and young girls. Pupils were given an open platform to explore, discuss and express their honest views around the key issues and concerns of the campaign such as consent, equality, respect and harassment.

'When we truly value difference, inclusion comes from the heart.' #IWD2024

Andrea Kitchener - School Games Organiser and Michelle Bramble - North Kent Caribbean Network

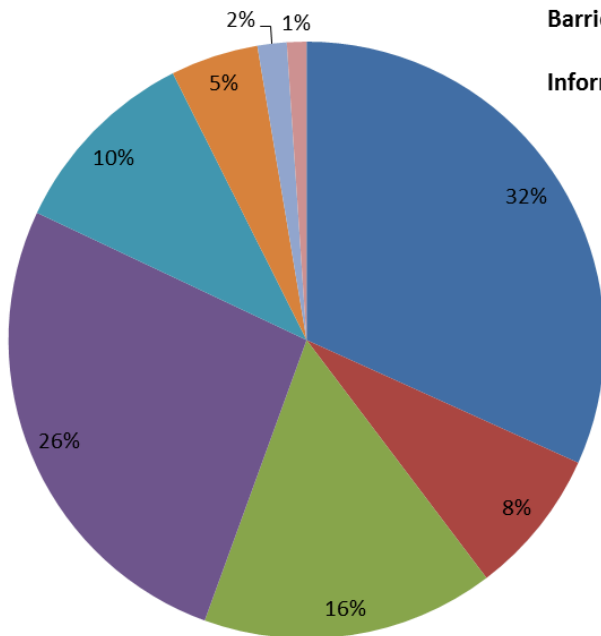
➤ PUPIL VOICE

During the #whoinspiresyou workshop, pupils were also asked to explore how inclusive they felt in respect of participation in physical activity and sport. Pupils voiced their opinions through written comments and highlighted eight barriers they felt strongly contributed to girls lack of engagement with physical activity and sport.

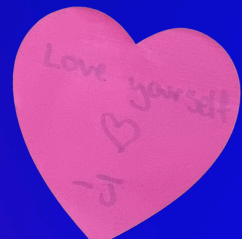
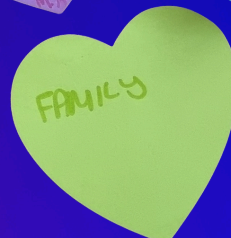
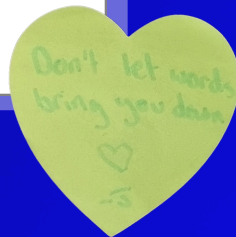
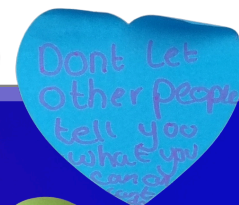
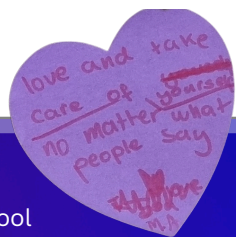


Barriers to Participation in Physical Activity and Sport

Informal survey with 90 girls aged 12 to 15 years old



- lack confidence/self-belief
- type of opportunities not of interest
- puberty/periods restrict participation
- feel judged by boys
- embarrassed/feel insecure to participate
- sport/physical activity male dominated
- do not feel good enough
- cultural beliefs



St John's Catholic Comprehensive

St George's Church of England School

Stone Lodge School

