

Celebrate diversity – call to action

We want you to:

- ensure that young people are represented through relatable role models across all aspects of sporting culture.
- take a unique approach to make sure every young person has an equitable experience.
- work with young people with lived experiences to deliver regular, up to date training.

To evolve sport and physical activity so that it represents us and who we are as diverse young people.



Encourage choice – call to action

So that we have choice of what, where and how we take part in physical activity, we want you to...

- be open to conversations with young people from different walks of life, to listen to us and respond to us.
- acknowledge and help to overcome the barriers young people face that affect our choice to participate.
- create a mechanism to support young people to have a voice in all we do.
- work in genuine partnership with young people and other organisations to take direct action to create choices.
- involve us as equal members of the Sporting community and embrace our values, strengths and experiences.



Promote wellbeing – call to action

In order to ensure that our wellbeing needs are met, we want you to...

- implement both physical and mental health support and resources for physical activity and sport providers.
- make sure every local community has regular, high-quality opportunities for a variety of physical activity, and the benefits are promoted.
- support the development of a more representative workforce to meet the needs of participants from grassroots to elite.

