

Rangatahi just want to have fun...

And many do. BUT some lack confidence, doubt their competence, are too busy and tired. What can we do to ensure that all rangatahi participate in activities that bring them joy?

Rangatahi participate in unique ways. Sport NZ have produced some great insights in one of their Active NZ [Spotlight](#) series.

Participation

Participation time and range of activities declines as rangatahi get older with fewer meeting the physical activity guidelines:

- Asian rangatahi have lower levels of activity
- Rangatahi from [high deprivation areas](#) are less likely to spend 7-plus hours each week being active
- Kōhine participation declines steeply, particularly in sport although many 'keep busy with other activities – training at the gym, fitness programs or simply walking' – and they [want to do more](#) dancing, gymnastics, netball and swimming.
- Māori and Pacific rangatahi are more active overall than other groups lower as adults
- Young people are equally engaged in organised and informal active recreation.
- Half of all rangatahi use active transport to school – males three times more likely to bike than females.

Motivations

Rangatahi participate for fun, fitness and health. Being active makes [young people happy](#) – and increased participation correlates with increased happiness.

Barriers

However, rangatahi face barriers to participation including:

- being too busy
- too tired
- struggles with motivation.



Figure 1 Young women from the Women's Organisation of the Waikato Muslim Association with First Step Outdoors staff, after a river trip.

The biggest difference between young men and young women is at 14 years – and is linked to their confidence and own sense of competence [girls are less likely to say they are good at sport].

Clothing has an impact on [confidence](#). For example, girls don't bike to school because they are self-conscious about cycling in (school) skirts and experience harassment from males. One Irish school's campaign [#andshcycles](#) aims to change that.

Tactics that work

Our identity is a source of strength, belonging and pride.

One size doesn't fit all

Tailored initiatives that meet young people's needs work best. [Balance is Better](#) supports quality sport experiences for all young people, regardless of ability, needs and motivations.

[Golf NZ](#) has worked hard to increase its appeal to girls and women. It conducted research, established a women and girls national advisory group, and took action to ensure that the game is welcoming, flexible, and meeting the needs of female players of all ages.

Golf can play an important role in supporting gender equality and challenging stereotypes. Golf NZ Girls and Women approach

Reach out to young people

Don't wait to be asked – create active welcomes, and positive and [inclusive environments](#).

Wellington City Council has been working with skaters and scooters to create more opportunities for Rangatahi.

"We wanted to shift perceptions about skaters and scooters being annoying, and engage with their community, build relationships, and create more skateable places across the city – from dedicated skate parks to skateable streets and public spaces." Alexi Trenouth, Play and Active Recreation Partnership Lead

Accessibility and design were paramount in the [findings](#) which have led to Council investing in an ongoing programme of skate park upgrades. Through the process staff built relationships with groups such as the Wellington Skate Association, Onboard Skate and [Wahine Skate](#).

Accept, listen, support – don't make assumptions

Multiple identity groups can offer connection and liberation. Learn about sexuality and gender; cultural needs and mores; support minority participants.

A 12-month [Sport NZ pilot project](#) has seen Active Recreation Adviser Jackson Waerea from Sport Hawkes Bay assisting Te Aratika Academy. A key focus has been shaping kaupapa that focused on enhancing the mana of the rangatahi and improving their matauranga/knowledge regarding significant Māori sites.

Case Study 1: Young Muslim women in outdoor recreation

Through the Women's Organisation of the Waikato Muslim Association (WOWMA) project and [First Step Outdoors](#) young Muslim women are participating in culturally safe outdoor programmes that include climbing, abseiling, archery, and ziplining.

First Step Outdoors, Waikato worked collaboratively with Aliya Danzeisen, Lead Co-ordinator, WOWMA and National Co-ordinator of the Islamic Women's Council of NZ to develop the WOWMA Youth Programme.

"Many of these first-generation New Zealanders had protected lives, and hadn't experienced camping, cooking outside, swimming in rivers and other 'typical Kiwi experiences'" Kate Parr, MD of First Step Outdoors.

Key elements of the programme include:

- an all-female staff and no outside people or males allowed on site
- programming around prayer breaks
- taking care to ensure appropriate halal food is provided
- supporting the girls with things that are challenging, especially relating to body image.

Mothers and Daughters camps reassured the mothers who were then more willing to allow their daughters to participate.

Guidelines for outdoor educators wanting to deliver differently are being developed by Kate & Aliya working with Recreation Aotearoa and EONZ. [Insights #1](#) discusses working with diverse communities.

Further reading and resources

Sport NZ (2020) Determinants of physical activity in young people
Aktive - HERA Everyday Goddess – Coaching young women and girls
Understanding Disability Toolkit (Aktive.org.nz)

Click [here](#) for Sport NZ's Active Recreation for Rangatahi Plan.



Figure 2 Aroora Rangatahi programme accessed from <https://www.clmnz.co.nz/aroorapitopito-kōrero/aroorarangatahi-programmes-2021/>

Case Study 2: Aroora Rangatahi Programmes

Working closely with local kura, Kamo High School, CLMNZ's Aroora run two year-long [rangatahi programmes](#).

[Tēnei tōku Whare](#) supported by Te Puni Kōkiri is framed around the proverbial tauparapara 'Te Whare Tapu o Ngāpuhi' and the [Aroora](#) wellbeing model. A day-long wānanga every month sees students visit sites of cultural significance and engage in: pūrākau, atuātanga, hauora, rongoā, taonga pūoro, waka and kōpapa, forest lore, and water safety skills.

[Tāhuna tau atu](#), supported by Foundation North, again linked to a well-known Tai Tokerau tauparapara, has students engaging in noho wānanga where they develop leadership skills through the exploration of the Aroora framework and gain exposure to Sport and Recreation industry skills in order to develop their career opportunities for the industry.

Principles into action

Principle	Action
<p>Enhance the mana of rangatahi</p> <p>Enhance sense of Identity as a strength</p>	<p>Listen to young people; and act on what you hear</p> <p>Work with strengths and knowledge of young people</p> <p>Be educated/aware about culture, sexuality and gender, disabled rangatahi.</p>
<p>Tailored programmes for rangatahi</p>	<p>Target programmes/initiatives to those missing out</p> <p>Co-design with the specific needs of a group to deliver quality experiences</p> <p>Take the initiative: approach, ask, offer</p> <p>Reaching out to minority groups</p> <p>Create welcoming spaces and places</p>
<p>Balance is better</p>	<p>Offer a variety of active recreation and sport options including those that are less competitive</p> <p>Incorporate active recreation into daily life</p> <p>Address barriers to active transport for girls</p>