



Overview

We live in a time where many young women are put off sport, physical activity and adventure for a variety of reasons. Many of the reasons are culturally bound with the expectations of what a "girl" should behave like. To a great extent this is still based on outdated assumptions regarding the role and place of women in society.

Many young women internalise these negative messages, and consequently start to self-regulate their behaviour to comply with the hidden rules of societal expectations.

For some young women who break these rules, the price to pay can be ridicule and being shunned by others, (including other young women). This may mean many of these young women are on the receiving end of sexism, homophobia and racism.

Practitioners who work with young women often ask: *what can we do to address this?*

We are offering The Young Women's Adventure Club (YWAC) as the answer.

YWAC aims to address negativity and outdated views by offering a safe, warm and welcoming opportunity for young women to try out a range of activities that will stretch them and enable personal development to thrive.

In young women's groups, girls undertake 12 Adventures, and the workers have a curriculum and set out outcomes to follow as a guide. When the girls complete their Adventure, they get rewarded with a badge. Each area aims to build on what the young women already know, and then take them further in understanding their own lives and the lives of others.

Each Adventure has been created with young women themselves, to ensure they are accessible and achievable to a wide range of young women.

Existing groups can engage with the YWAC through training for their workers, resource packs and badges for those who complete their adventures. New groups can engage through workers helping to set up new girl's groups in local areas or schools and supporting these groups to undertake the YWAC.

For more information contact Amelia : info@ywac.org.uk or on 0781 398 1338