

2026 Report Summary

Youth Sport Trust's annual Girls Active Survey 2026 of over 16,000 young people found that there is an increase in gendered attitudes towards sport. Coupled with this the report finds a persistent perception amongst girls that they do not have equal access to the same range of opportunities as boys do in school.

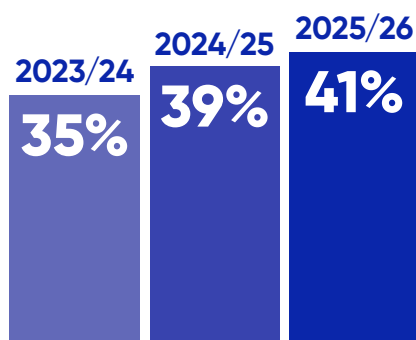
Together, the findings underline the role of school environments and peer attitudes in influencing girls' sporting experiences from a young age.

Gendered attitudes are increasing

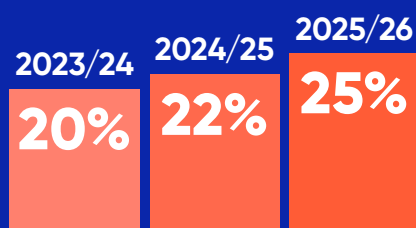


Some sports are for boys and some sports are for girls

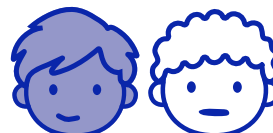
41%
of boys agree



25%
of girls agree



Almost half of boys (48%) aged 7-9 agree some sports are only for boys



Young people are increasingly likely to believe some sports are for boys, and some are for girls. Agreement with this view is highest among children aged 7-9 years old, with almost half of boys at this age agreeing, highlighting how early these perceptions can develop.

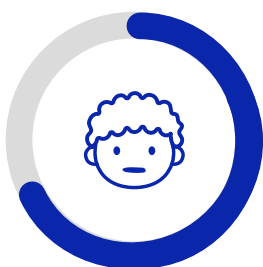
Unequal value placed on girls' and boys' sport



Girls and boys have the **same opportunities** to **access spaces** and equipment outside of PE



50%
of girls agree



68%
of boys agree



Girls and boys have the **same opportunities** to do the **sports and activities** they want to outside of PE



50%
of girls agree



66%
of boys agree



Girls and boys have the opportunity to take part in the **same range of sports** and activities in PE



47%
of girls agree



67%
of boys agree



Girls and boys sport are seen as **equally important** as each other



39%
of girls agree



56%
of boys agree

Girls' experiences of sport can reinforce the idea that opportunities are not equal. Fewer than half of girls feel they have the same range of opportunities to take part in sports and activities in and outside of PE as boys.

Girls are not simply experiencing fewer opportunities to be active but are also less likely to feel those opportunities are equally valued.

The voices around girls matter

Of girls who are less active at school because of negative comments...

... from boys,

47%

said the comments were about **gender stereotypes around being a girl**

... from girls,

59%

said the comments were about **how they look**

The findings show peer attitudes from both boys and girls significantly influence girls' experiences of sport and the lasting impact negative comments can have on participation.

Want to explore the findings in more detail?
[Read the full reports here.](#)