

Text on screen: By the age of 14 girls are dropping out of sport two times faster than boys of the same age!

Daisy Drummond, Interviewer: Did you have a female role model while growing up?

Amy Toolis, Trainer: Yes, my role model was probably my mum, just because she kept herself really active and fit, so I'd say that was probably my only role model.

Mhairi Noronha, Swimmer: My female role model's Hannah Miley, who's also a swimmer, and I found that she represents someone who shows that you can do anything you want to do as long as you put your mind to it.

Mrs Collins, PE teacher: Definitely Miss Sharp and then who I could actually see on the TV.

Leila Koita, LGFA: My role model was Simone Byles.

Daisy: What do you think puts off young girls from trying out a new sport?

Mhairi: I think one of the main reasons is stigma from the media, as often it represents unrealistic beauty standards that a lot of young girls especially feel like they need to meet.

Isabella Dove, LGFA: Boys.

Mrs Collins: So I would say probably the biggest thing would be embarrassment in front of boys.

Dinuthi Munasinghe, LGFA: Boys.

Eilidh Noronha, Swimmer: Because sport can make your body look different to others, and some girls struggle with body image.

Amy: I think pressure, maybe a little bit of gender, maybe boy-girls, and I think media.

Leila: Boys.

Jess Lambson, Active schools: It's to do with confidence, and a lot of females really struggle with confidence in a new environment, especially sport when there's males around.

Megan Weatherly, LGFA: Boys.

Daisy: Do you think there is enough opportunity and access for young girls to participate in sport?

Amy: Yes, I think there is, but I don't think there's a big enough drive for it.

Dinuthi: Well there is quite a lot of opportunities, just not as many as boys.

Mrs Collins: No, there definitely needs to be more opportunities and more encouragement.

Isabella: In some sports yes, but in most sports no.

Leila: There's been more opportunities now but growing up not really.

Jess: No, but I think we're getting there. Sport for females is growing but it's nowhere near where it should be.

Eilidh: I think there's a lot more than there used to be, but there's still inequalities in sport between the women and men. The 1500 front crawl was only recently added to the Olympics for women.

Mhairi: I think definitely more so now than years before, however I still feel that boys sport is widely more encouraged, and it's encouraged for them to do it than it is for girls.

Daisy: Have you had any struggles with being a woman in sport?

Mhairi: Growing up a woman in sport my main struggle has been my period, as sometimes it can make me feel amazing while other times it can make me feel really tired.

Leila: Struggles would be that I would never be allowed to play with the boys.

Amy: Some struggles, I think it's just hard to keep up with the image of being, especially in gyms, you've got to be strong, men are seen to be the dominant force when it comes to weightlifting and women are meant to be a certain way, a certain body type.

Megan: The boys told me I wasn't good enough.

Jess: Yes, so when I was growing up, when I was in the swimming club all of the coaches were male, so understanding the female body for them was quite difficult and the lack of knowledge that was accessible to them was limited.

Isabella: Yeah, I was told I wasn't good enough because I was a girl.

Daisy: Why do you think that by the age of 14 girls are dropping out of sport two times faster than boys?

Amy: I think that leads to the opportunities available, I don't think there's enough of a drive to keep going, to push on.

Mrs Collins: They just don't see it as being cool and a lot of females don't see it as an important thing in their life, it's more about looking good and not looking sweaty and running around and doing whatever in sport.

Isabella: Because there's not enough influence for us.

Mhairi: I think as a girl growing up it can be really hard for us as we have to deal with things like our period and unrealistic beauty standards again, which are things that boys don't have to deal with, but also the encouragement, girls just aren't encouraged to do it as much as boys are.

Leila: There's not enough support for girls as they grow older.

Jess: I think it's a variety of reasons but media, coaches, and the lack of opportunities for single sex clubs is the main ones.

Daisy: What advice would you give to a young girl who is thinking about joining sport?

Mhairi: Just do it because you'll enjoy it, and take everything you can from it.

Amy: I think you won't know unless you try, and I think once you throw yourself into something, give it all you've got, you won't be any going further back. Just throw yourself in, launch in and just do what you enjoy.

Leila: Take any opportunities that you can get.

Megan: Try it out because you never know, you might like it.

Jess: Don't let anybody else tell you your worth.

Isabella: Don't listen to what other people have to say, just do it.

Dinuthi: Don't let anyone put you off.

Eilidh: Don't give up when things get hard because you'll regret it in the future.

Mrs Collins: Go for it. To try as many different sports as you can. Keep trying different things and you will find something that interests you, be it a team game or a racket sport or aquatic in the water or an aesthetic, there's definitely something out there for everybody, and I would encourage all young girls to get this idea out of their head that they are not as good as boys because I could run rings around the vast majority of boys when I was at high school, and I think that they need to be confident about their bodies, their image, and just try it, you've got to try it because I am utterly convinced that there's something for everybody and it's been such an important part of my life, I will never give it up.