

Is sport fair for young disabled people?

What we found out from our survey



**Easy
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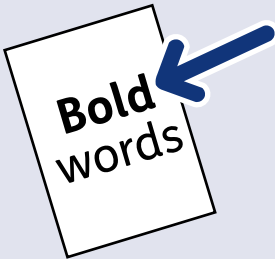
Easy Read



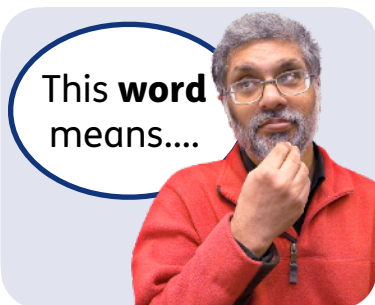
This is an Easy Read version of some information. It may not include all of the information but it will tell you about the important parts.



This Easy Read booklet uses easier words and pictures. Some people may still want help to read it.



Some words are in **bold** - this means the writing is thicker and darker. These are important words in the booklet.



Sometimes if a bold word is hard to understand, we will explain what it means.



Blue and underlined words show links to websites and email addresses. You can click on these links on a computer.

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About this booklet



This booklet is from Activity Alliance and Women in Sport.



We believe that sport and exercise can help young people and change their lives.



But young disabled people do not always get a fair chance to take part in sport.



We asked young people to fill out a survey to tell us what they think about disabled people taking part in sport.



This booklet will tell you about what they said.

About the survey



2,409 young people between 13 and 24 years old took part in the survey.



949 of these young people had a disability.

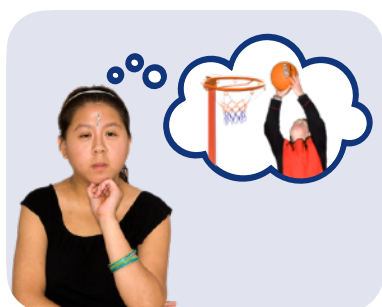


1,460 of these young people did not have a disability.

The survey asked young people what they thought about:



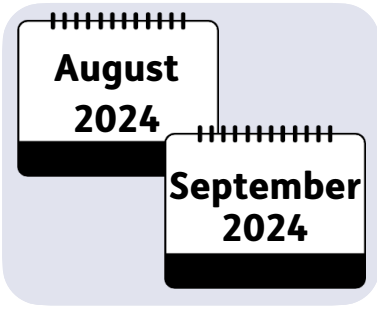
- The Paralympic Games.



- How young disabled people feel about taking part in sport.



We were most interested in what young disabled girls felt.



The Paralympic Games happened in Paris between August and September 2024.



We did the survey in October 2024.

What we found out



The Paralympic Games made lots of young disabled people want to do more exercise and take part in new sports.

But many young disabled people find it difficult to take part in new sports because:



- They do not know where to find activities.



- It costs too much money.



- There is not enough support.



Young disabled people are less likely to dream about being a top athlete than other young people.



Disabled girls are even less likely to do this than disabled boys.



Most young disabled people said that they want more chances to take part in sports.

But they find this hard because:



- They do not have enough money or support.



- They are worried about things like not being good enough, being judged or being safe.



Young disabled people with good mental health were more likely to do exercise.



Disabled girls were less likely to take part in sport and feel like sport is for them.



Some disabled girls said that they do not see other people like them doing sport.



We asked if the Paralympic Games helped people believe better things about sport for disabled people.



Young people without a disability were more likely to say that this was true.



This shows that disabled people have a different experience than what other people think.



Disabled boys were more likely to have bad feelings about the Paralympic Games than disabled girls.

Almost half of disabled boys said that the Paralympic Games:



- Made them feel like they are not good enough.



- Makes people believe that disabled people can do more things than they can.

What should happen next



We thought of 4 ideas to help more young disabled people feel included in sport.



Idea 1: Have more chances for young disabled people to take part in sport and exercise in their local area.

These chances should:



- Include disabled girls.



- Help more young disabled people feel healthier and enjoy sport.



Idea 2: Change how people think about disabilities and health conditions.



This includes disabilities and health conditions that you cannot see, like mental health problems.



We can do this by teaching sports organisations how to include everyone in sport.



Idea 3: Help disabled girls see more disabled people in sport.



We found out that not enough young people watched the 2024 Paralympic Games.



We want TV channels and the news to:

- Show disabled people playing sports all year.



- Have more disabled people talking about sport on TV and in the news.



This will help young disabled people feel more important and supported in sport and other parts of their lives.



Idea 4: Work together to help disabled girls take part in sport and exercise.



Disabled girls get fewer chances to take part in sport than other young people.



Sports organisations should work together to change this.

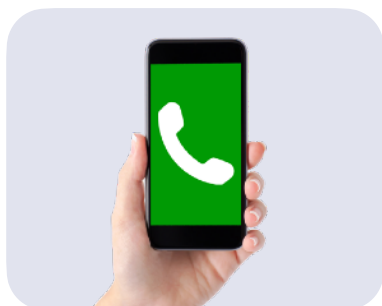
Find out more



You can read more about what we found out from our survey on the Activity Alliance website:

www.activityalliance.org.uk/research

You can contact us by:



- Phone: 0808 175 6991

It is free to phone this number.



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