

5 anchors

What really matters in teenage girls' lives?



Support network

A sense of place in the world



Independence & opportunity

Desire to grow up and find themselves



Socially connected

Connection, validation and inspiration Moments of pride

Fuelling confidence and self-worth



Keeping on top of it all

Managing teenage pressures

ciste na gcuntas díomhaoin the dormant accounts fund



Original Framework - Reframing Sport for Teenage Girls (Women in Sport, 2019)