

Girls with Attitude**Date**

2004

Location

Eastend

Key Partners

Eastbank Academy

Contact

Anne Dunbar

Summary of project and achievements**Physical Activity for Teenage Girls**

Eastbank Health Promotion Centre conducted some research with teenage girls attending the local secondary school exploring their likes and dislikes with physical activity classes.

The girls identified a range of factors which created barriers to participation as well as generating some ideas for physical activities they would like to try.

A street dance teacher provided some taster sessions in the school and the girls were really keen to keep going with the classes. Two classes are provided twice a week and Girls with Attitude have performed in front of friends and family in the local Shettleston Halls and in public at the Eastend Summer Festival

All the girls who participate think that the classes are fun and many have reported increased confidence and being more at ease with their body image.

The project was part funded with a Sport Scotland grant and is now a part of mainstream activity offered at Eastbank.

