

Voice of Rangatahi 2021

The Voice of Rangatahi survey, delivered in collaboration with the Regional Sports Trusts and Regional Sports Director network, focuses on understanding how rangatahi experience physical activity specifically within a secondary school or kura setting.

13,490 young people

96 schools and kura

11 Regional Sports Trust regions

Only one in three students are highly satisfied with their in-school physical activity experience

Satisfaction is slightly higher regarding PE, and higher again with competitive sport.

Satisfaction with all aspects of in-school physical experience decreases as rangatahi journey through secondary school.

Very/extremely satisfied Satisfied Dissatisfied/extremely dissatisfied

Overall experience



PE



Competitive sport



Rangatahi understand why taking part in physical activity is good for them, but the school environment is not always supportive



91% understand why **taking part in physical activity is good for them**



68% agree that their school provides **an inclusive and safe environment to be active**



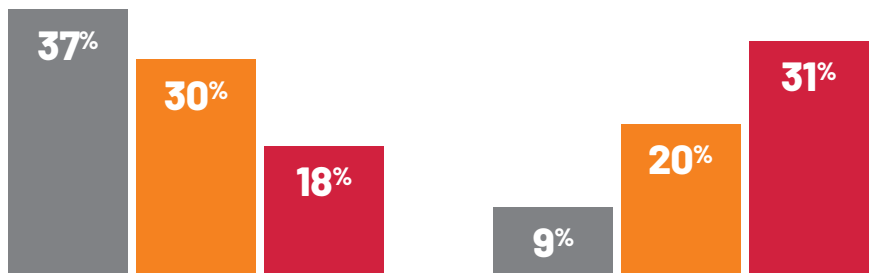
61% agree that **school staff encourage them to be physically active**



53% agree that they **have a say in what physical activities they do at school**

Females and gender diverse rangatahi are not as well served by their in-school physical activity experiences

Male Female Gender Diverse



Overall satisfaction with the **physical activity experience at school** (very or extremely satisfied) is 32% overall.

Females do not have as **positive an experience as their male peers at school** when it comes to physical activity.

Gender diverse students fare even worse. These students often indicate school is an environment where they **do not feel included, supported or confident enough to participate**.

9% of male rangatahi say that they **are not confident enough to do more physical activity (even if they want to)**. This figure increases to 1 in 5 (20%) of females, and nearly 1 in three (31%) of gender diverse.

Of all the drivers measured, analysis shows the factors that are the most important for improving overall satisfaction are:

Very/extremely satisfied Satisfied Dissatisfied/extremely dissatisfied

Helping develop or fulfil potential



The range of opportunities



Providing a fun experience



All of these factors have less than half of all students indicating they are very or extremely satisfied with them.

Most rangatahi want to be more physically active, but they face a number of perceived barriers

57% want to be more **active in school**

65% want to be more **active outside of school**



The main barrier is **feeling too busy** (nearly half of all students said this) and this barrier increases as rangatahi journey through secondary school.