

Girls Cycling Projects

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Gender gap in cycling

A gender gap exists in children's cycling

Proportion of children who cycled at least five times in the last week

17% of girls



28% of boys



Proportion of children who think their local area is a good place to cycle

66% of girls

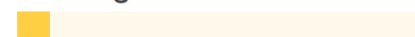


72% of boys



Proportion of children who see themselves as someone who often cycles

8% of girls



17% of boys



Proportion of children who think cycling safety in their local area is good

65% of girls



70% of boys



Listening to young people

8.1 million under 16s in the UK making 444 million bike journeys a year

What percentage of children think the government is doing enough to:

**Give children a say
in improving their
neighbourhood and country**

29% yes I do



51% no I do not



**Help children
to be healthy**

36% yes I do



44% no I do not



**Help children to play
and socialise outdoors**

31% yes I do



48% no I do not



CASE STUDY

Bike It Wild- Brighton



“A year ago I would never have thought I’d be able to do this. Being with my friends as part of this adventure has given me the encouragement and confidence I needed. I absolutely loved it.”

Mischa, project participant.



16 regular bike club attendees



**34 activities delivered by
Sustrans**



**39% increase in self-efficacy
for exercise**



The group reach the top of Truleigh Hill

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

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