

# What is the This Girl Can campaign?

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This Girl Can is a sassy celebration of active women everywhere and proves that whatever our size, ability or previous experience, sport can be a fun and enjoyable part of our lives.

It is a national campaign, developed by Sport England and delivered in partnership with a wide range of organisations, to address the persistent gender gap which means that more men play sport than women at every age.

Across the UK just 31.4% of women aged 14+ take part in sport or physical activity at least once a week and only 13% of Table Tennis England members are female.

Not only does regular activity improve women's own physical and mental health, but women have a strong influence role within their own families. Girls in particular can be more influenced by sporty mums than sporting heroes or big sporting events.



Use the links below to find out more.

[HOW AND WHERE CAN I PLAY TABLE TENNIS? HOW CAN I ENCOURAGE MORE GIRLS TO PLAY?](#)

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