

GRADUALLY DISENGAGED ZAINAB

Zainab is 15 years old and lives in South East England with her parents. In her spare time she enjoys reading, watching films and baking with her mum. Zainab likes doing everyday things with her friends, especially hanging out at the park, but isn't able to do so as much as she'd like. She is studying for her GCSEs and feels pressure to do well and revise a lot, which takes up most of her time. Her parents encourage her to get out of the house and be active, but Zainab isn't feeling very motivated and is quite tired after school.

Zainab enjoys playing sport but has gradually dropped out as she has got older. She loved swimming when she was younger but as schoolwork and other things in life got busier, she had less and less time to keep going and stopped. She used to be on the school netball team and loved playing with her friends **but it became way too serious and competitive.** She wasn't in the 'A-team' and felt the PE teachers spent more time and energy helping those girls to be the best and win, whilst Zainab and her friends were left to do their own thing. **She wasn't having fun and soon lost her love for netball and dropped out.** She also feels PE lessons are restricting and **there are**

too many rules, which take away any fun and spontaneity.

Some girls in the year above her wanted to start a football club, and this **sparked Zainab's interest as football had only ever been for the boys** in school. After seeing other girls join, she did too and discovered it was really **relaxed, not super-competitive, and there was no pressure to be good or take things too seriously.** She really enjoys being able to **let loose and just kick a ball about with her friends** on the school field. She now plays regularly at lunchtime.

Zainab does **enjoy playing sport and likes feeling part of something.**

She wants to have fun with her friends and **is more likely to join something if they do too**, and if the activity is more **fun and carefree.** She would like to be more active as she knows it will help her de-stress and manage her wellbeing better, but there isn't much on offer for her and she **doesn't feel like she has the time or motivation.**