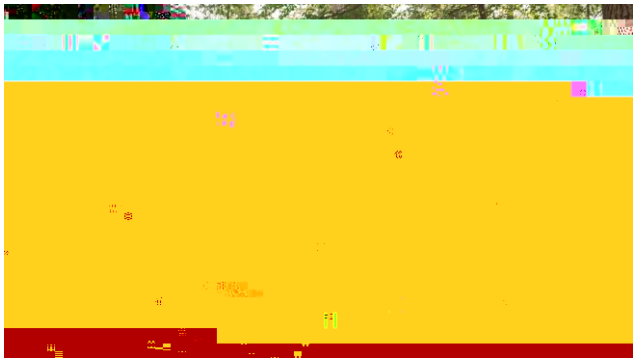
What is #AndSheCycles?

#AndSheCycles is a project aiming to address the gender gap when it comes to cycling as a teenager.

We want to encourage girls that whether it's for fun, a way to get from A to B or for sport, cycling is for EVERYONE.

The campaign aims to be inclusive of trans and intersex women and girls, as well as non-binary and gender fluid people who are comfortable in a space that centres the experience of young women.



What are the barriers?

We want to hear what you're up against, so we can help create solutions. We want you to think about any barriers you've faced that made you less keen to cycle, especially if there are any that are specific to your school or area.

It would be great if you could ask some of the younger pupils too. We'll pop some links to resources in the links section to help with this. The important thing is to make them feel valued and listened to. This can be a great stepping stone to get girls who haven't cycled in a while.

Use these barriers to shape how the project tackles them in your school or area.

Some of the most common barriers and myths that have come up in other groups are:

*No other girls do it

*They feel too self -conscious or embarrassed

*They think

Training Opportunities

Cycle Ride Leader course

(1 full day or 2 half days to enable you to lead and assist on bike rides)

Bikeability Instructor

(A one-day course that enables you to deliver Bikeability Scotland levels 1 and 2. This means both playground based and on –road sessions)

Your activity ideas

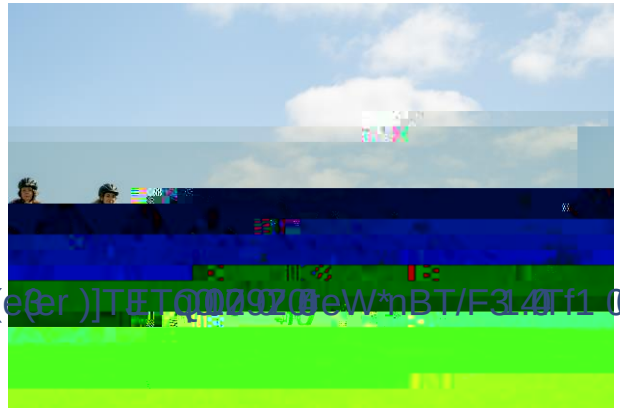
This is a space for you to pop down your ideas.

Social media content creation

This is another opportunity for girls to be involved in the #AndSheCycles campaign whether you're behind the camera or in front of it.

You can capture footage from rides and sessions or you can be involved in the editing. This means taking that footage, using Canva and our branding tools to turn it into a reel, story, or post ready to go out onto our social media channels.

IMPORTANT! Anyone who is going to be on camera needs to have filled out one of our photo consent forms. If you are over 16 you can do this yourself. For anyone under 16 weD 6/an2(2tB)-2(e er)]TETQ0.0 0 0 97.0 0 eW*nBT/F3 14 Tf1 0



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Social media content creation

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At the moment, we're looking for content for our Instagram, Snapchat and TikTok channels.

We want our followers to feel excited to cycle to school, to the cinema, to shops and so on. This is a supportive movement to motivate and inspire them. We want everyone to feel represented and part of a bigger community – they're never alone. We want them to be proud to be a cyclist and a change -maker .

Our campaign strives to make them feel confident, informed, safe and cl

For any support or queries, no matter how big or small , please email us at andshecycles@sustrans.org.uk

Teachers can download the teacher pack to help with discussions about barriers to cycling on the #AndSheCycles website

You can find our online photo consent forms here. Remember any participants who are under 16 must get their form signed by their parent/guardian.

Follow us on Instagram , TikTok and Snapchat !