

# The Girls! Lead! Achieve! Mentor! Activate! project: a pilot leadership and physical activity intervention for Year 7 and Year 10 girls

ACTRN12610000860066

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**Status** RECRUITING  
**Sponsor** RMIT University  
**Enrollment** 44 participants

## Plain Language Summary

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This study is testing a leadership and physical activity program for girls in Year 7 and Year 10 at rural secondary schools in Victoria, Australia. Year 10 girls receive leadership training and then run physical activities for Year 7 girls during Physical Education classes and at lunchtime. The goal is to help girls stay active and develop positive attitudes toward exercise.

You may be eligible if:

- You are a female student in Year 7 or Year 10
- You attend a secondary school in rural Victoria that is participating in the study
- You and your parent/guardian have given consent

You may NOT be eligible if:

- You are male
- You are not in Year 7 or Year 10
- You have not given consent to participate
- Your school is not part of the study

Talk to your doctor about whether this trial might be right for you.

## Key Eligibility Criteria

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### Inclusion (3)

- Year 7 Girls
- Year 10 Girls
- Within a Secondary School in Rural Victoria

### Exclusion (4)

- Males
- Any girls not in those Year levels
- No consent given
- Not in study secondary school

## Locations (1 total)

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Australia

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<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12610000860066>

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