

# Game On: Sport Participation as a Vehicle for Positive Development for Youth Facing Barriers

January 31, 2017  
10:00am-11:00am



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Research & Evaluation eXchange

# Outline

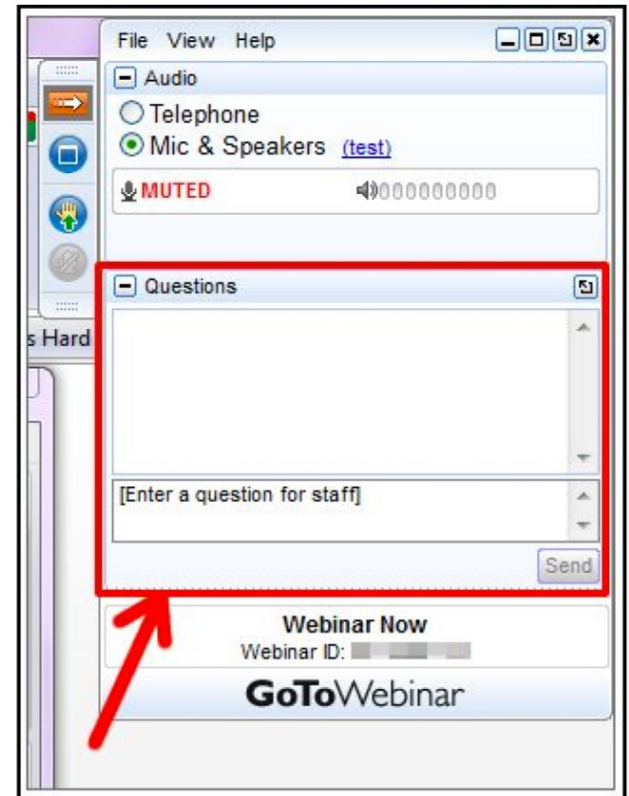
1. Welcome
2. Game On: Report Snapshot
3. MLSE LaunchPad
4. Motivate Canada: Physical Literacy for Females; Leading, Educating, Active Females
5. Q & A
6. Wrap-up & Upcoming Webinars

# THINGS TO KEEP IN MIND

- We are recording this webinar and it will be uploaded to our websites
- If you have trouble with the audio quality today, please try calling in with a phone

# Ask a question or share a comment

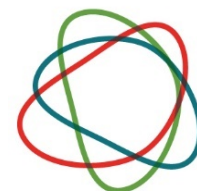
- Submit questions throughout the webinar using the box on the right side of your screen.
- You can also tweet us @REXforYouth



# About YouthREX

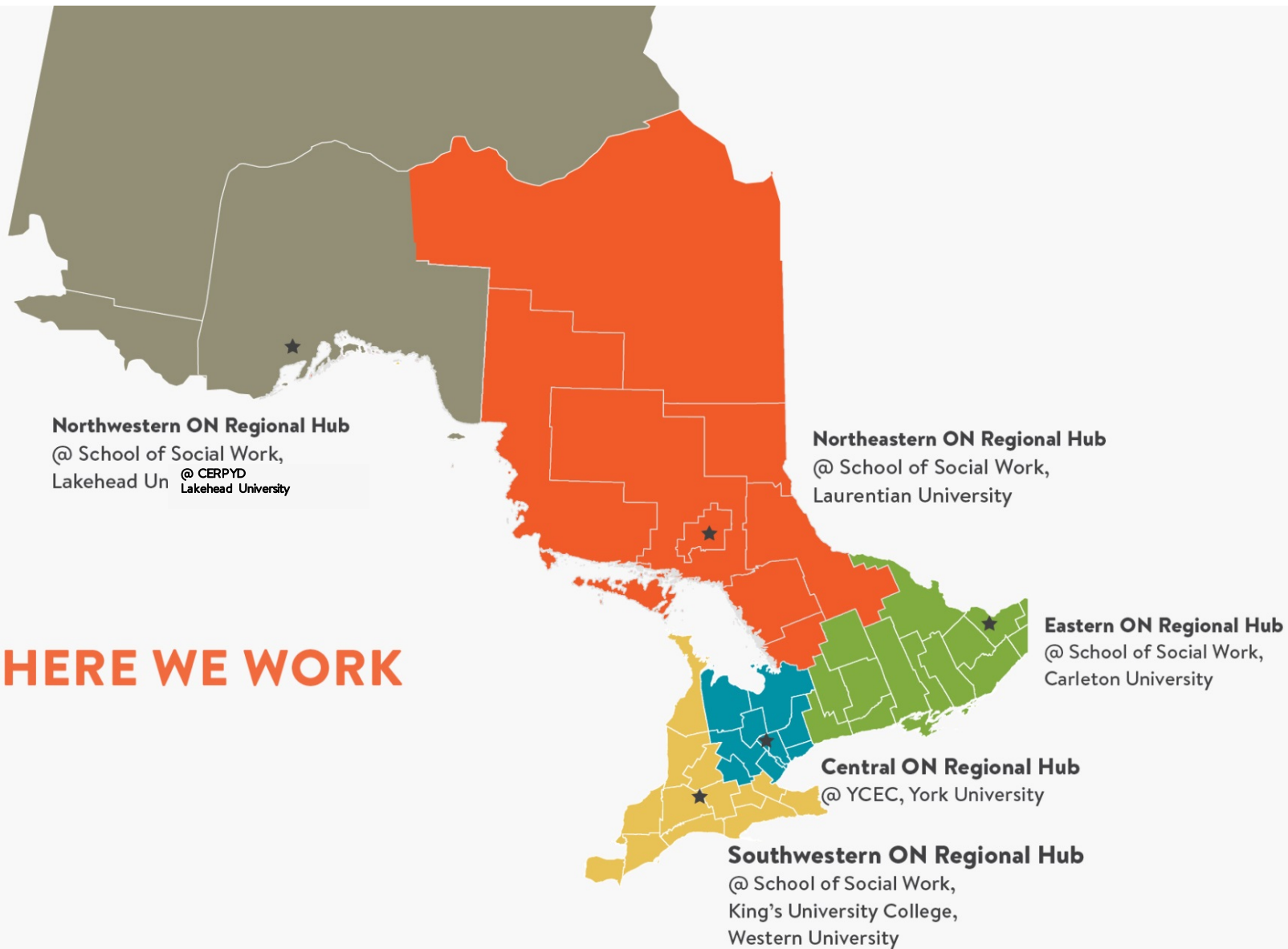
**OUR VISION** is an Ontario where shared knowledge is transformed into positive impact for all youth.

**OUR MISSION** is to make research evidence and evaluation practices accessible and relevant to Ontario's grassroots youth sector through knowledge mobilization, capacity building and evaluation leadership.



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# WHERE WE WORK





**KNOWLEDGE  
MOBILIZATION**



**CUSTOMIZED  
EVALUATION SUPPORTS**



**CAPACITY  
BUILDING**



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# GUEST PRESENTERS



**Corliss Bean**

Research and  
Evaluation Specialist  
YouthREX  
York University



**Meaghan Marton**

Facilitator, Motivate Canada



**Brigette Estrela**

Director of Partnerships  
and Programming  
MLSE Launchpad



**Gabriela Estrada**

Facilitator, Motivate Canada  
Program Director,  
keeponmovingTO



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# Poll #1

Where are you coming from? What's your context?

- 1) Sports only program (non-competitive)
- 2) Physical activity program (e.g. dance, yoga, weight-lifting, climbing)
- 3) Youth-led sport or physical activity program
- 4) General youth development program
- 5) General youth leadership program
- 6) Other...



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# What Do We know?

## Positive Youth Development (PYD)

- Sees youth as resources to be developed instead of problems to be solved
- Proactively focuses on holistic development
- Helps to facilitate youth's successful transition to adulthood
- Life skill development

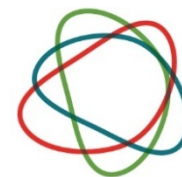
(Botvin, 2004; Catalano et al., 2002; Coakley, 2011; Damon, 2004; Weiss & Wiese-Bjornstal, 2009)



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# Life Skills

- Psychological assets, values, and skills
- Deal with the challenges of everyday life
- Transfer to non-sport settings



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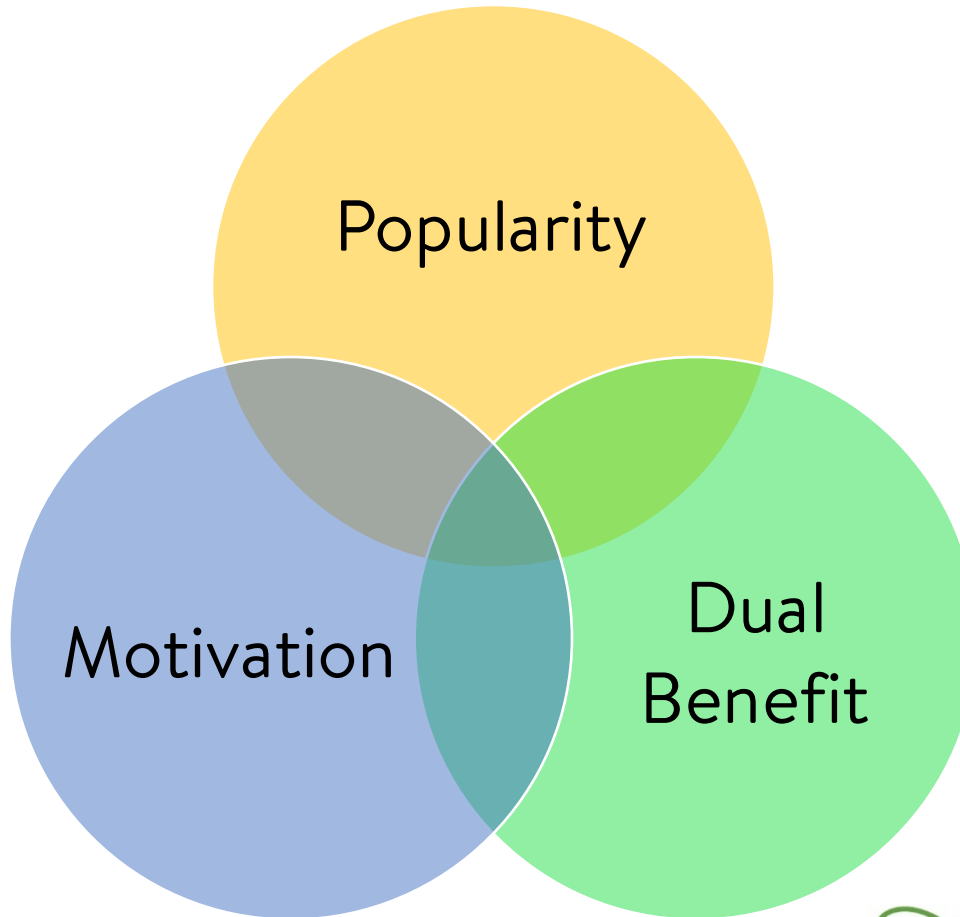
(Danish et al., 2004; Gould & Carson, 2008)

# What Do We Know?

- Youth Sport = favourable context to foster positive youth development

Youth most at-risk  
of physical  
inactivity?

- Female
- Ages 20-24
- Non-white



(Petitpas et al. 2005; Gould & Carson, 2008; Côté & Fraser-Thomas, 2011; Guèvremont et al., 2008)



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# Who is the Report for?

- Youth program stakeholders responsible for designing, developing, and/or delivering sport programming within the grassroots youth sector
- Stakeholders responsible for hiring and training front line staff within community-based sport programs
- Programs thinking about developing or integrating physical activity and sport into existing programming



# Purpose of the Report

- Provide an understanding of frameworks and best practices that can be used to structure these program environments so that youth can develop skills;
- Offer strategies for youth sport programmers to learn how to best structure community-based sport contexts to support youth psychosocial wellbeing



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# Strategies for Fostering PYD in sport and physical activity programs

- Program Structure
- Relationships with Youth
- Youth Voice & Engagement
- Intentionally Teaching Life Skills
- Leverage the Power of Reflection & Evaluation



# Program Structure

- Eight Program Setting Features (Eccles & Gootman, 2002)
- Framework For Planning Youth Sport Programs (Petitpas et al., 2005)
- Teaching Personal and Social Responsibility Model (Hellison, 1995, 2011)
- Sports United to Promote Education and Recreation (Danish, 2002)



# Teaching Personal and Social Responsibility Model

Relational Time

Awareness Talk (life skills)

Physical Activity/Sport

Group Discussion

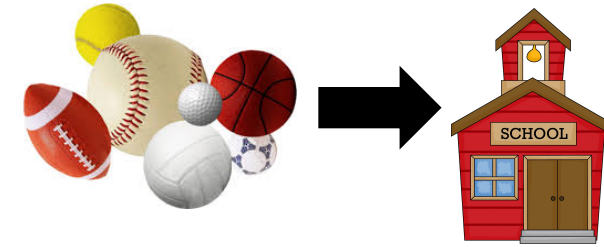
Hellison, 2011; <http://www.tpsr-alliance.org/>



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# Intentionally Teaching Life Skills

Life Skill of  
the Day



Select 1  
life skill of  
focus

Introduce skill  
at session  
beginning

Integrate skill  
throughout  
session

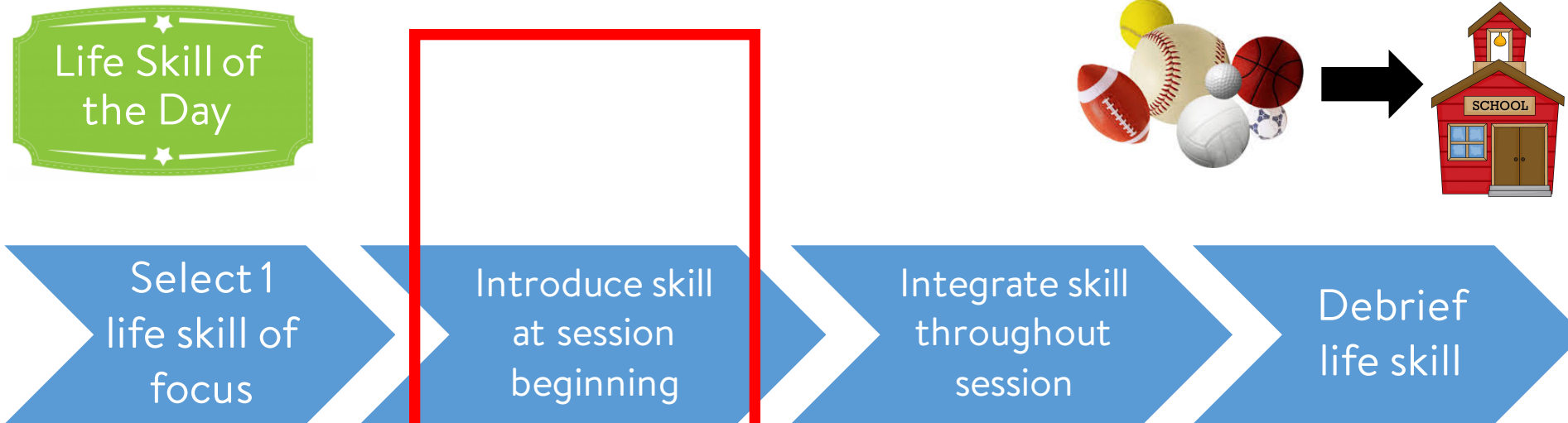
Debrief  
life skill

- Teachable moments
- Life skill activities
- Connect the life skill to sport
- Provide opportunities to practice life skill



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# Intentionally Teaching Life Skills

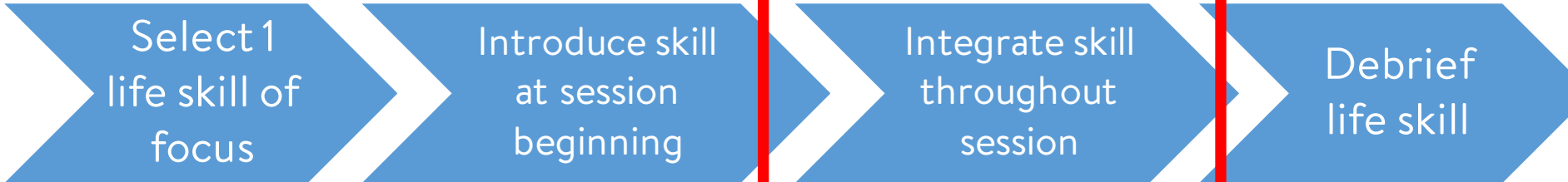
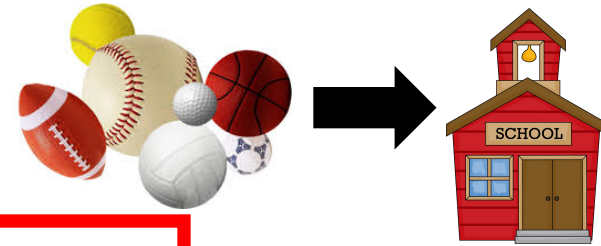


- Teachable moments
- Life skill activities
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# Intentionally Teaching Life Skills

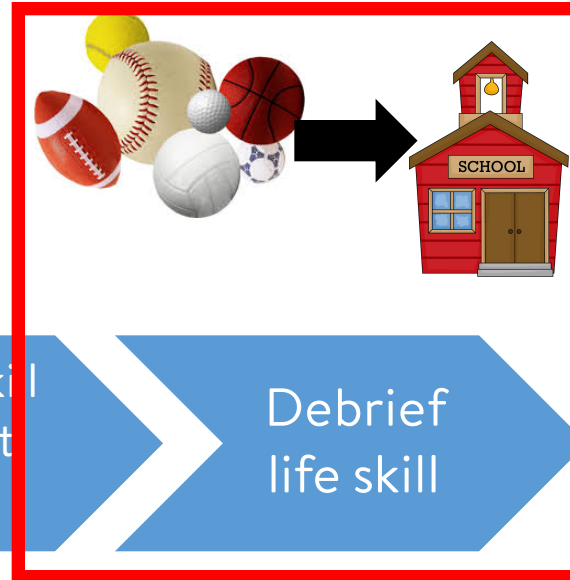


- Teachable moments
- Life skill activities
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# Intentionally Teaching Life Skills



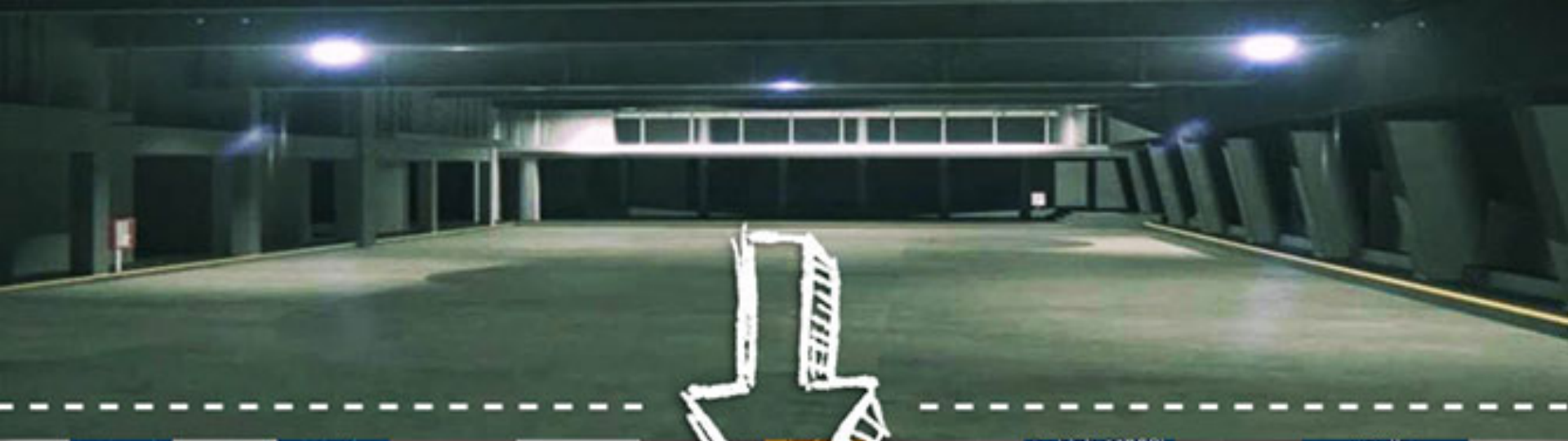
- Teachable moments
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**MLSE LAUNCHPAD**



\$24 the social return for every \$1

18% increase in youth employment



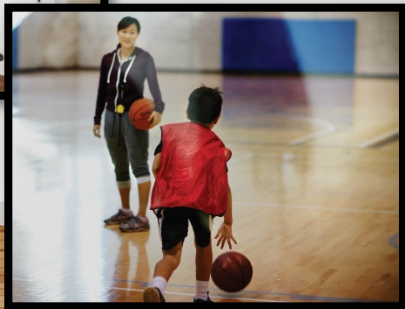
2x high school graduation rate

youth helped



259 Jarvis St. a 42,000 square foot youth-focused facility that combines sport, education and research.





# IN

## Facility Features

### Atrium

Versatile, welcoming space used to host events, coach/leader training, and as accessible homework space

### Multi-Sports Courts

To use for sport programming and clinics including basketball, soccer, hockey, badminton, volleyball and more

### Life Skills Zone

3 classroom spaces that will host delivery for 'Ready for School' & 'Ready for Work' programming

### Nutrition Hub

Learning kitchen to teach healthy eating and lifestyle habits

### Adventure Wall

Provides a unique rock-climbing experience suitable for youth who may not be comfortable in team sport environment





## Today's Reality:

*Toronto's youth facing barriers are being left behind. They are missing the full support they need to be healthy, be happy, thrive in school and prepare for work.*



## What We Know

MLSE Foundation has been empowering youth through sports since 2009. We have learned:

1. The use of sport and physical activity is a powerful tool to engage youth
2. Studies show that the use of sport in combination with other social programs enhances overall effectiveness of both interventions
3. There is a shortage of quality sport and physical activity programming that promotes skill acquisition, teaches resiliency and promotes being active for life





**MLSE LaunchPad is a place where youth will use the power of sport to recognize and reach their potential.**

# Intended Impact Statement



By 2020, through collaborative sport for development programming, MLSE LaunchPad will achieve the following for youth facing barriers:

- Youth 6-12 in the MLSE LaunchPad local community will demonstrate increased physical activity\* and continued engagement in sport.
- Youth 12-18 in Toronto will demonstrate increased life skills, healthy behavior and academic attainment.
- Youth 18-29 in the GTA will demonstrate increased rates of employment.

MLSE LaunchPad will be an evidence based model for collaboration and innovation in the youth development sector.

# WHAT?

A youths path will follow one or more of the arrows...

## RESOURCES

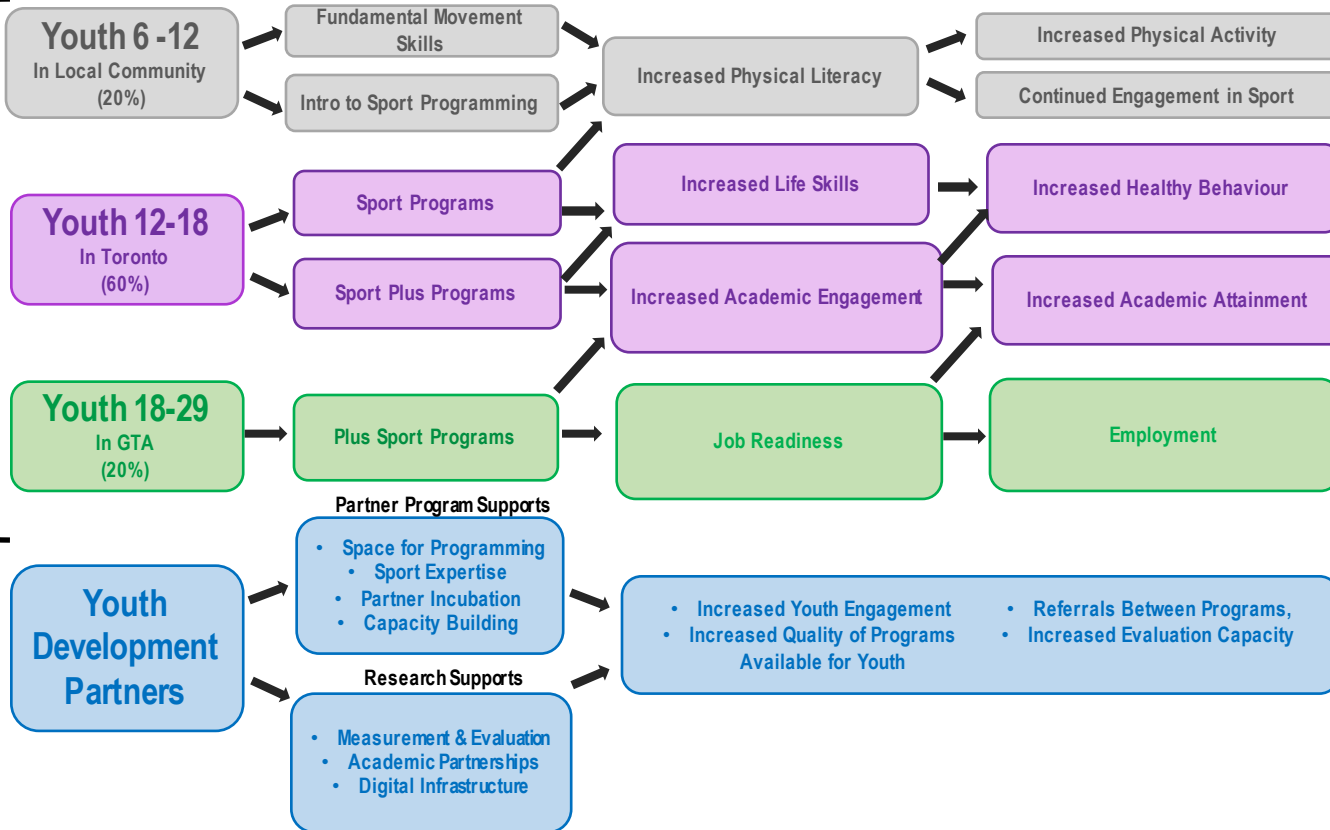
## WHO?

## HOW?

## SHORT TERM OUTCOMES 6-12 MONTHS (2017-2018)

## LONG TERM OUTCOMES 3 YEARS (BY 2020)

- Counselling Services
- Nutrition Programs
- Child & Youth Workers
- Academic Supports
- Healthcare Professionals
- Technology



An evidence based model for collaboration and innovation in the youth development sector





# How Is MLSE LaunchPad Different?

## **1. Incubator for collaboration:**

MLSE LaunchPad will partner with expert organizations who have a longstanding history of delivering programming that support our 4 pillars; Healthy Body, Healthy Mind, Ready For School and Ready For Work.

## **2. Commitment to measurement:**

MLSE LaunchPad will measure outcomes by investing in research, measurement and evaluation. Through a purpose-built technology platform, we will continually improve and share our learnings.

## **3. More than just sports:**

MLSE LaunchPad programming is built around Sport For Development; the intentional use of sport and physical activity to build healthy communities and help people reach their full potential.

# Program Strategy: Healthy Body, Healthy Mind



- Less than 10% of Ontario's youth are getting the recommended hour of daily physical activity.
- The rate of youth obesity in Toronto has increased from 19.5% (2005) to 27% (2014).

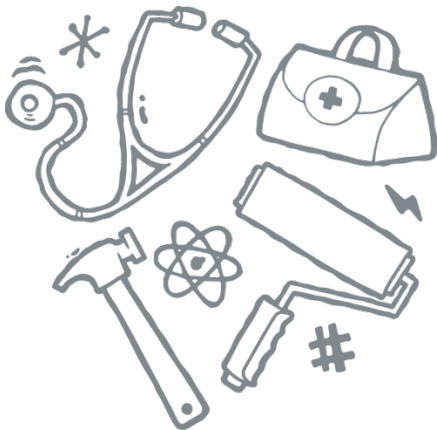


- Approximately 1 in 5 teens (22%) reported that they have seriously considered suicide in the last 12 months.
- Many youth do not receive mental health support because of associated stigma.

# Program Strategy: Ready for School, Ready for Work







- 40% of youth dropout rates occur before the age of 16.
- Dropping out is often a part of a longer process of disengagement; youth from marginalized communities are significantly more at risk.



- Only 43.5% of Toronto youth have jobs (lowest employment rate in Ontario).
- Youth from marginalized communities experience the same lack of employability skills as those who have dropped out of school.



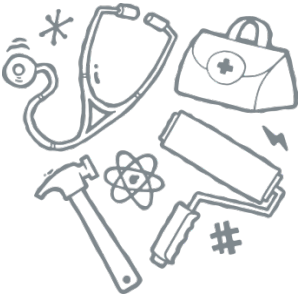



# Program Delivery


	PRIORITY OUTCOMES	PROGRAM PILLAR	SAMPLE PROGRAM *
	<p>Increased physical activity</p> <p>Enhance physical literacy and continued engagement in sport</p>		<p><b>Delivery Partner:</b> MLSE</p> <p>The <i>Newcomer Learn to Play Ball Hockey</i> program will introduce youth to basic ball hockey skills.</p>
	<p>Increase self-esteem and resiliency</p> <p>Achieve increase in healthy behaviour</p>		<p><b>Delivery Partner:</b> Skylark (formerly Oolagen)</p> <p>1 on 1 discreet drop-in counseling sessions focused on complex mental health and developmental needs.</p>

\*Programming partnerships not finalized; subject to change

# Program Delivery

	PRIORITY OUTCOMES	PROGRAM PILLAR	SAMPLE PROGRAM *
	<p><b>Champion school engagement and academic attainment</b></p> <p><b>Develop life skills such as problem solving &amp; collaboration</b></p>	 <p><b>READY FOR SCHOOL</b></p>	<p><b>Delivery Partner:</b> Pathways to Education</p> <p>Programming to address systemic barriers to education by providing leadership, expertise, and a community-based program proven to lower dropout rates.</p>
	<p><b>Strengthen job readiness</b></p> <p><b>Provide internship, apprenticeship, or employment opportunities</b></p>	 <p><b>READY FOR WORK</b></p>	<p><b>Delivery Partner:</b> Npower</p> <p>IT skills training, paid internships, job placement and mentorship. Engaging sport programming will enhance the IT training to reinforce key soft skill learnings from the classroom on the court.</p>

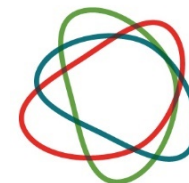
\*Programming partnerships subject to change



Ask Us  
Anything!



Questions? Type comments in the  
Question Box!



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motivate  
CANADA



# MOTIVATING CANADA'S YOUTH

Meaghan Marton

ACTIVATE Youth Program Leader  
Female Physical Literacy Facilitator

# Meaghan Marton

- Lead volunteer facilitator for the ACTIVATE youth leadership program & forum
- I facilitate developmental workshops on topics like:
  - sport for development
  - physical literacy
  - healthy eating
  - youth driven development
  - mental health





Motivate Canada uses sport, physical education, and community-driven development to foster youth:

- Civic engagement
- Social entrepreneurship
- Social inclusion
- Leadership



Motivate Canada youth outcomes include:

- Increased engagement
- Increased self-confidence
- Increased self-worth
- Increased relationships
- Increased social competence
- Increased vocational competence





ACTIVATE is a youth driven leadership forum to motivate, inspire and activate youth to make a difference in their community and to realize their potential.

- ◆ Workshops focus on skill development and understanding how sports and physical activity can make a difference for youth in their community.
- ◆ All workshops are developed and planned by youth for youth! This component helps delegates feel more connected to facilitators and more engaged.
- ◆ At the end of the forum when delegates go back to their home and community they are encouraged and supported to create their own social change projects that incorporate what they learned at ACTIVATE to get kids more active!



## ACTIVATE “top tip” or why it works:

- Build in space and time for program participants to share their ideas, stories and themselves!
- Create a safe and welcoming environment
- This gives participants an opportunity to build confidence
- Participants develop friendships
- Friendships + confidence = empowered youth!

# My ACTIVATE in ACTION Project..



What matters most?

FUN  
FRIENDSHIP  
SMILES  
CONNECTION





# Motivate Canada

Leading, Educating, Active Females  
(LEAF)

# What is LEAF?



- The Motivate Canada LEAF project builds on the success of the 2014-2015 Physical Literacy for Females (PLF) Project.
  - Supported by the Ontario Sport and Recreation Communities Fund
- 
- Through Motivate's Youth Driven Development (YDD) philosophy, LEAF creates opportunities for females, including those in indigenous communities, to be physically active for life and lead healthy lifestyles rooted in physical literacy.

# MCFPL Projects: 2014-2015 & beyond



- MJKO Boxing: Young Women's Boxing in Toronto
- Tennis & Physical Literacy in Orleans
- Get Girl Going in Bruce Mines: Color Run
- Actively Engaging Female Leaders in Windsor: Yoga, Boxing, Zumba
- Girls Only Fit Club in York Region: Lunchtime physical literacy
- Physical Literacy integrated into Summer Camps: Bracebridge, ON
- This Girl Can: Renfrew County, ON

# KEEPONMOVING T.O



- Started in July 2015: 8 week pilot program
- Partner Organization: East Scarborough Boys & Girls Club
- Movement program with a focus on physical literacy
- Different activities each session: soccer, volleyball, flag football, frisbee, etc.
- Ended the program by taking the group up to Albion Hills to complete Mud Hero (6km Obstacle Course)
- Program did not stop – continues to date
- 2017: 15 girls, new session, new grant (hopefully) and big plans!



# Program Planning, Development, & Resources

- Use the connections you have: Program Planning
- Work in collaboration with an existing organization (e.g. Boys & Girls Club of East Scarborough): space, equipment, participants, etc.
- Use your resources: e.g. working with the University of Toronto Scarborough, help from friends & family
- Do not being afraid to ask: GoFundMe, skates, an extra pair of hands
- Look online: Active for Life, Sport for Life Society, CAAWS, and more!

# Going Beyond Sport


- Fundamental skills
- Physical Literacy
- Physical Health
- Mental Health
- From “I Can’t” to “I Can”
- Social Health: building self confidence, resiliency, leadership, team work, communication, and more.
- A safe, comfortable space to be themselves
- Relationship building





THANK YOU!

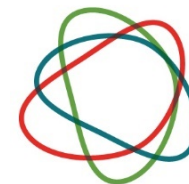




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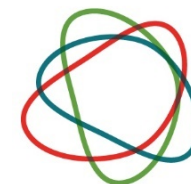
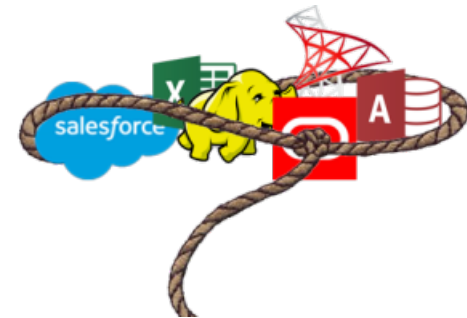
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# SAVE THE DATE: UPCOMING WEBINARS

Part 2: Data Wrangling for Youth  
Program Evaluation-Data Analysis  
Using Excel

Tuesday FEBRUARY 28, 2017  
12:00pm –1:00pm

Youth Involved with the Law  
Thursday March 23<sup>rd</sup>, 2017  
Time: TBD



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