

YOUTH DEVELOPMENT PROGRAMMING: WHAT IT IS AND HOW IT'S DONE

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What is Youth Development?

- A process which prepares young people to meet the challenges of adolescence and adulthood through a coordinated, progressive series of activities and experiences which help them to become socially, morally, emotionally, physically, and cognitively competent.

(Approved by the executives of National Collaboration for Youth Members, March 1998)

<http://www.nydic.org/nydic/index.html>

What is Youth Development?

- Adults focusing on activities and interactions that intentionally help children and youth become successful adults

What is Sport Based Youth Development?



- Sports-based youth development is a methodology that uses sports to provide the supports and opportunities youth need to be healthy contributing citizens now, and as adults.

What is Sport Based Youth Development?



- Intentionally using sport and sport-related activities as a medium for positive youth development



All Sports Programs

**SBYD
Programs**

Elements of a Successful SBYD Program

Outcomes Framework

- Competence
- Confidence
- Connection
- Character
- Caring or Compassion

Inputs Framework

- Intentional Programming
- Culture Building
- Caring Adult Relationships