



YOU SHOULD

STAY!

MODULE

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TEENS SPORTS DROPOUT

THE PHENOMENON

Contrasting sports dropout is therefore significant. Sport is beneficial in various aspects during the teenage. No, it's not just a matter of physical well-being. Sports practice supports academic results, mental health and spirit. Moreover, sport is an excellent personal resource for avoiding bullying and being involved in social integration experiences.

Furthermore, teens who practice sports on an ongoing basis are much more likely to be active, sporty and healthy adults. This is a starting point to reduce the risks of a sedentary lifestyle, and the possibility of facing up physical problems in the future.

As always, people who are part of vulnerable groups are even more at risk of being dropped out of sports practice: ethnic minorities, people belonging to the LGBTIQ+ community, people with disabilities, people who face up economic and social problems in their life, cultures and religions restrictions... they are all people who daily experience complex situations, and they should live sport as an even more playing field complex and complicated to compare yourself with others. This is why each sports ngo or sports club should e focused on finding the best way to welcome vulnerable people, giving them the opportunity and the safe spaces they deserve to express themselves and live an incredible life as everyone should.

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DROPOUT CAUSES

Unintentional and voluntary causes. Experts distinguish sports abandonment into two broad categories: the first for reasons beyond one's will and the second for causes dependent on one's choice.

In principle, causes beyond one's control do not preclude the possibility of resuming the activity.

What worries are whether the causes are related to dissatisfaction or a lack of motivation to continue the training.

These are mainly: difficulty in the relationship with teammates; difficulty in the relationship with the coach; competitive anxiety; difficulty in controlling the pressure given by general expectations; excessive competitiveness; failure to achieve the desired results; lack of fun.

In all these cases, adolescents generally receive a negative feeling from the sporting experience, which can condition them to continue their activities.

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DROP OUT AND VULNERABLE GROUPS

The latest available Istat data from 2017 say that in Italy, 70% of children between 11 and 14 play sports, then the dropout begins at 63% between 15 and 17 years old; 54% between 18 and 24 years old. At the European level (Eurobarometer survey), Italy has levels of sedentariness well above average (15% Eu), which in the 15/24 age group become more than triple (7% Eu, 24.6% It).

Teens quickly encounter sports dropouts: they drop out of their sport because they are burdened or overburdened with too many responsibilities and expectations.

Teenagers often manifest their inner discomforts in sports, such as not feeling at ease, not recognising themselves in the sports group, and having problems with their classmates and the instructor.

This disaffection carries with it essential consequences on physical and psychological development. Giving up sports means giving up a lot: through sports, we create the preconditions for healthy growth and maintaining a correct weight. And let's remember that in Europe, 9.4 per cent of children are considered obese and 2.4 per cent severely obese and that 50 per cent of the adult population is overweight, plus 20 per cent who are obese. This is reminded by the organizers of European Obesity Day.

Besides, through the practice of a sport discipline, we learn some of the fundamental values of life, such as respect for others and rules, solidarity, and loyalty and also enhance cognitive and intellectual skills. Giving up sports means giving up all of this as well.

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SPORTS IN ADOLESCENCE PHYSICAL WELL-BEING

Benefits

DO YOU KNOW THAT... THANKS TO SPORT, YOUR BODY GROWS AND DEVELOPS HEALTHILY AND REGULARLY?

DO YOU KNOW THAT... IF YOU START PLAYING SPORTS NOW, YOU WILL DEVELOP MUSCLE MEMORY THAT YOU WILL BENEFIT FOR THE REST OF YOUR LIFE.

DO YOU KNOW THAT... SPORTS ACTIVITY SUPPORTS AND DEFENDS YOUR IMMUNE SYSTEM PREVENTING THE FLU.

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**SPORTS IN ADOLESCENCE
PSYCHOLOGICAL
WELL-BEING**
Benefits

DO YOU KNOW THAT... SPORTS CAN RELIEVE TENSION AND
STRESS CAUSED BY SCHOOL?

DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN
IMPROVE YOUR SELF-ESTEEM BY GETTING MORE IN TOUCH
WITH YOUR BODY?

DO YOU KNOW THAT... THROUGH SPORTS, YOU CAN LEARN
WHAT YOUR LIMITS ARE AND HOW TO OVERCOME THEM?

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SPORTS IN ADOLESCENCE SOCIAL WELL-BEING

Benefits

DO YOU KNOW THAT... THROUGH SPORT, YOU CAN MAKE
MANY NEW FRIENDS WITH THE SAME PASSION AS YOU?

DO YOU KNOW THAT... THROUGH SPORT YOU CAN IMPROVE
YOUR GENERAL ABILITY TO CONCENTRATE?

DO YOU KNOW THAT... THROUGH SPORT YOU CAN LEARN
THE VALUES OF HEALTHY COMPETITION, WHICH WILL BE
HELPFUL IN ALL FUTURE ASPECTS OF YOUR LIFE?

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TIPS AND SOLUTIONS

To reduce the risk of sports dropout, young people must experience sports as a fun place to recognize their personalities, strengths and vulnerability, even before being committed.

In this sense, the parent's role is crucial -of course- but more than ever is essential to the coach's and sports educators' attitude.

Parents should allow their sons and daughters to choose the sport they prefer to practice. This is something that increases the chances of continuous and satisfying sports practice. Another critical health behaviour is supporting teens without too many expectations of them.

Performance anxiety used to come up during adolescence changes: it would be nice that parents and trainers would consider it in their approach to their teenagers. During their sporting performance, many teens decrease their self-esteem as they counter with many physical and mental changes and -as we say- sports is an essential field in which they rebuild relationships with their bodies.

Parents can help them to organize schedule time to balance sports, school commitments and free time; they can give due weight to sporting activity, encouraging their teens not to consider sports less important than studying. They can transmit positive values and helps adolescents feel supported in their sporting ambitions.

Coaches and instructors can motivate kids and teens by helping them to face small and big challenges and improve themselves, respecting each one's abilities and level. They should transmit the positive values of sport, such as healthy competition and sportsmanship, helping young people build a wealth of positive experiences that allow them to enjoy the sport they have chosen.

