



## **Youth Athletic Programs: Keeping Them Safe and Positive**

The Office of Children and Family Services (OCFS) serves New York's public by promoting the safety, permanency, and well-being of our children, families, and communities. In partnership with [municipal youth bureaus](#), OCFS supports [opportunities for youth](#) to participate in athletic and sport activities through the administration of Youth Sports and Education Opportunity Funding (YSEF) and Youth Team Sports (YTS). This list of resources is intended to assist funded programs and other adults who support youth athletics to create a healthy, safe environment and promote the well-being of youth in sports.

### **Educational Connection and Achievement**

Goal: Participation in athletics/sports results in more youth attending and completing school, increased educational attainment, and/or collegiate placement success

1. A manual for youth coaches: [Coaching Athletes: A Foundation for Success](#)
2. Planning for long-term success in youth sports: [4 Truths About Your Child's Long-Term Success in Youth Sports](#)
3. A literature review on the impact of organized sports on youth from the American Academy of Pediatrics: [Organized Sports for Children, Preadolescents, and Adolescents](#)
4. Information on how college athletic recruitment works: [NCSA College Recruiting](#)
5. The power of being a youth coach: The [Impact of Being a Youth Coach](#)

### **Physical Health and Well-Being**

Goal: Participation in athletics/sports results in increased physical activity and positive relationships to one's body and physical activity

1. A summary of the benefits of youth sports programs: [What Are the Surprising Benefits of Youth Sports Programs](#)
2. A literature review on the impact of organized sports on youth from the National Institutes of Health: [Youth sport: positive and negative impact on young athletes](#)
3. A summary of the health benefits of youth sports from the Aspen Institute: [Youth Sports Facts: Benefits](#)

### **Mental Health and Well-Being**

Goal: Participation in athletics/sports results in improved youth mental health, social and emotional skills, and connectedness

1. A robust look at how youth sports can support youth mental health from Global Sports Matters: [Mental Health: A New Priority in Sport](#)
2. Psychological benefits of youth sports: [5 Ways Youth Sports can Boost Mental Health](#)
3. How youth sports support youth well-being: [How can sport help youth well-being?](#)
4. Teaching youth mental health skills through athletics: [Benefits of Youth Mental Coaching](#)
5. How coaching can support youth resilience and wellbeing: [Youth Coaching for Success](#)

### **Employment**

Goal: Participation in athletics/sports results in increased qualifications and skills, such as collective problem solving, teamwork, and dispute resolution, which help prepare youth for employment

1. How youth sports can enhance employment skills, from the International Labour Organization: [How can sports help to promote youth employment?](#)
2. Building skills through athletics to prepare youth for entry into the labor market: [Sport can build young people's employability skills](#)



## Office of Children and Family Services

3. A literature review on using sports as a strategy to address barriers to youth employment: [A comprehensive sport for development strategy using collaborative partnerships to facilitate employment among youth facing barriers](#)
4. Career-building skills through youth sports: [5 Ways Youth Sports Provides Career-Building Skills](#)
5. The impact of youth sports on adult employment: [How Youth Sports Can Lead to a Better Job Later in Life](#)

### **Community Cohesion**

Goal: Participation in athletics/sports breaks down barriers to reduce discrimination, crime, and violence in communities and helps young leaders emerge

1. Guidance for coaches on developing team cohesion: [From "Me" to "We": Promoting Team Cohesion Among Youth Athletes](#)
2. A summary of the role sports can have on strengthening community: [Importance of Youth Sports in Local Communities](#)
3. Robust guides for coaches organized by sport driven by sportsmanship: Youth Sports [Coaching Resources](#)
4. Resource guide on how to develop strong relationships with youth: [Relationships First: Creating Connections that Help Young People Thrive](#)
5. A literature review summarizing how non-parents can support youth connectedness: [Review of What Youth Programs Do to Increase the Connectedness of Youth with Adults](#)