

# SPORT FOR DEVELOPMENT

Using Sport and Physical Activity as a tool for child and youth development, as well as to achieve development goals.

## CHALLENGES:

### 19% TEEN PREGNANCY

19% of young women (15-19 years) become pregnant and give birth.

### HIV / AIDS

An estimated **6,000** Namibians are infected with HIV per year.

### 39% UNEMPLOYMENT

39% of the unemployed are youths (15-34 years), which increases poverty.

### NO ACTIVITIES

On average, Namibian schools only offer physical education **1x a week** and there is a severe lack of after-school activities.

### ALCOHOL

60%

60% of Namibian school learners use alcohol.

## ACCESSING THE YOUTH & THE BENEFITS:

### HEALTH

- Reduced risk of non-communicable diseases
- Increased knowledge about STIs
- Increased knowledge about contraception & sexual relationships

### LIFE SKILLS

- Communication
- Self-confidence
- Teamwork
- Decision-making
- Goal-setting

### EQUALITY

- Girls empowerment
- Enhanced participation
- Learn about gender differences

### ACADEMICS

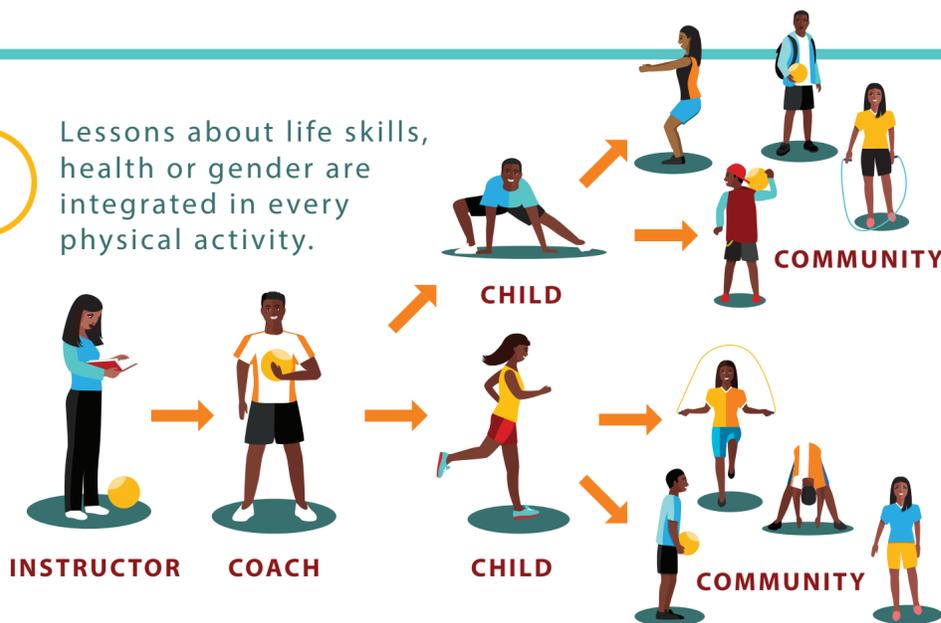
- Improved academic performance
- Hard work ethic
- Improved ability to concentrate



## THE TRANSFER OF SKILLS:



Lessons about life skills, health or gender are integrated in every physical activity.



The children realise that it's not about playing sports, but also about learning social skills that are useful on the field, inside the classroom and in everyday life.

(Paulus, Former Chief Education Planner of Ohangwena Regional Directorate of the Ministry of Education, Arts and Culture)

## WORKING TOWARDS:

### WORKING TOWARDS:

