



# The Importance of Young People

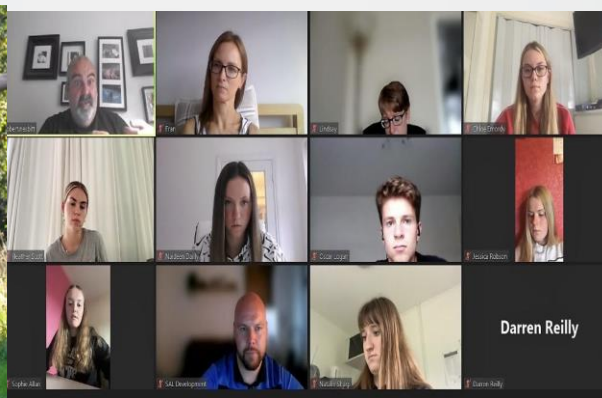
By ATS Young Peoples Forum

YOUNG PEOPLES  
FORUM

scottishathletics

#SALbelong

# Who are we...



Education | Eating Disorders

**You can't win the race when chasing perfection**

**And why asking for help was Jessica's biggest victory when fighting Eating Disorder**

**As part of Eating Disorders Awareness Week earlier this spring, Le and District AAC athlete Jessica Robb wrote about her struggles with an Eating Disorder. Jessica is a member of our recently created Young People's Forum.**

It took me a long time to get to the point where I was able to ask for help. I had to realize that I wasn't alone and that I needed support. I had to realize that I wasn't alone and that I needed support. I had to realize that I wasn't alone and that I needed support.

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# Warm Up

## SPEED DATING:

- Stand in two lines opposite a partner
- Line one remains in the same place
- Line two rotates to find a new partner
  
- Keep your ears open and listen out for the questions!





# Learning Objectives

To understand the benefit of engaging young people within your clubs.

To provide you with tools and solutions to support YP in different roles.





# The Benefit of Young People

- Young people are the future of our sport
- They are also experts on being young
- They know better than anyone what its like to grow up within our sport.
- Therefore, it would be silly not to fully integrate them within the wider aspect of athletics.

The background is a grayscale photograph of an outdoor athletic field. In the foreground, a person is partially visible on the right side. In the middle ground, two people are standing and talking. In the background, there are several tall light poles and a large building. A banner on the right side of the image reads "Athle" and "Scotla".

# Skills, Roles and Outcomes

Here from our lived experience within Athletics...



# Ideas and Solutions

Engagement that our YPF have been involved in and other ways you could engage YP in your clubs could be to...

- Appoint YP to the committee and boards of your clubs – they will bring expert knowledge.
- Create your very own YPF – have their voices heard thought-out the club.
- Have social media ambassadors- with the new age of technology it's a great way to expose the great work within your clubs to a wider audience.
- Create a mentoring programme have- YP help other YP within the club.
- Buddies systems – this could be for something more specific like mental health.







# Building Relationships

- Building relationships with your young people is key to retaining them within the sport,
- When implementing new ways of working it can always cause some barriers, however we want to help you unpick these and get you thinking about how to build and maintain relationships with YP when engaging them wider in the club.
- Eg. Coach, committee member, events organiser etc.



# Relay Race



**Aim of the task** is in the group you have 2mins to get as many ideas as possible down on the flipchart on how you can *support, build, and maintain relationships with YP in your clubs that are engaging in wider roles.*

Things the participant might want to consider:

- How can you regularly check in with them?(zoom, training, monthly meetings, email etc)
- Who would be the people that support the YP in their wider roles?
- How would you evaluate the work?
- How would you set goals - Long, medium, short term goals?

# Conclusion



- We hope you better understand the benefit of engaging young people within your clubs.
- And, leave inspired with tool, solutions and ideas that you can take back to your club to help provide support and experiences for all young people in the future.