

BENEFITS OF PARTICIPATING IN HIGH SCHOOL & YOUTH SPORTS



MORE THAN 54 MILLION young athletes participate in youth and high school sports.^{1,2}

High school students who play sports are **LESS LIKELY TO DROP OUT.**⁷¹



Former student athletes tend to earn **SIGNIFICANTLY HIGHER INCOMES** than those who did not play sports.⁷³

Physically active children are **15% MORE LIKELY TO ATTEND COLLEGE.**⁸³



Children who participate in sports, compared to peers who do not play sports, exhibit:⁷⁶



GREATER PERSONAL CONFIDENCE AND SELF-ESTEEM



GREATER CONNECTIONS AT SCHOOL



STRONGER PEER RELATIONSHIPS



GREATER INVOLVEMENT IN VOLUNTEER WORK



GREATER FAMILY ATTACHMENT AND MORE FREQUENT INTERACTIONS WITH PARENTS

Sports participants are more likely **TO VOLUNTEER IN THEIR COMMUNITY, REGISTER TO VOTE AND FOLLOW THE NEWS.**⁹²



Physical activity can enhance your child's **SELF-PERCEPTIONS OF BODY, COMPETENCE AND SELF-WORTH.**⁸⁰

Physically active children:

- ARE **LESS LIKELY** TO BE OBESE
- HAVE **UP TO 40 PERCENT HIGHER** TEST SCORES
- ARE **LESS LIKELY TO ENGAGE** IN RISKY SEX AND BECOME PREGNANT
- HAVE **7 TO 8 PERCENT HIGHER** ANNUAL EARNINGS
- HAVE **LOWER** HEALTH CARE COSTS
- ARE **MORE PRODUCTIVE** AT WORK
- HAVE **REDUCED RISK** OF HEART DISEASE, STROKE, CANCER AND DIABETES.⁸³



TEENS WHO PARTICIPATE IN TEAM SPORTS ARE LESS LIKELY TO USE DRUGS, SMOKE CIGARETTES AND CARRY WEAPONS.⁶⁹