

REPORT



**United Nations Convention on the Rights of the Child (UNCRC)**

Report 2021-24



March 2024

# Introduction

Welcome to **sport**scotland’s second Children’s Rights report. This report covers the period 2021-2024. It sets out what we have done over the last few years to help protect children’s rights under the United Nations Convention on the Rights of the Child (UNCRC).

# The UNCRC

Human rights help make sure we live a safe, happy, healthy life. Everyone has human rights, no matter where they live, what they believe or how they choose to live their lives.

The United Nations Convention on the Rights of the Child lists the rights you have as a child. Children and young people aged 0-18 have 42 special rights which provide some extra protection to make sure you have the best childhood possible. To find out more, please see: [UN Convention on the Rights of the Child - UNICEF UK](https://www.unicef.org.uk/what-we-do/un-convention-child-rights/).

## Why do we have to do this report?

You might not know us, but we are the national agency for sport. Our vision is for an active Scotland where everyone benefits from sport. Our mission is to help the people of Scotland get the most from the sporting system.

We work with partners across the country who deliver sport and physical activity opportunities. This could be in a school, club, community or performance-sport setting. We make sure everyone can take part in and get the most from these opportunities.

We have a duty to uphold children and young people’s rights in our work. Every three years we must show what we are doing to achieve this.

## SHANARRI wellbeing indicators

Instead of reporting against each article individually, we have grouped our contribution using the SHANARRI wellbeing indicators:

* Safe
* Healthy
* Achieving
* Nurtured
* Active
* Respected
* Responsible
* Included

Table 1 shows how the Scottish Government guidance proposes the articles can be grouped under these indicators.

## Table 1: [UNCRC articles aligned to each wellbeing indicator](https://www.gov.scot/publications/guidance-part-1-section-2-duties-public-authorities-relation-uncrc/pages/13/O)

|  |  |
| --- | --- |
| **Wellbeing indicator** | **Suggested links with articles of the UNCRC** |
| **Safe** | (11) abduction and non-return of children(19) protection from violence, abuse, and neglect(22) refugee children(32) child labour(33) drug abuse(34) sexual exploitation(35) abduction, sale, and trafficking(36) other forms of exploitation(37) inhumane treatment and detention(38) war and armed conflicts |
| **Healthy** | (3) best interests of the child(6) life, survival, and development(24) health and health services(39) recovery and rehabilitation of child victims |
| **Achieving** | (4) Governments must do all they can to make sure every child can enjoy their rights in systems that promote and protect these rights(18) parental responsibilities and state assistance(28) right to education(29) goals of education |
| **Nurtured** | (4) Governments must do all they can to make sure every child can enjoy their rights in systems that promote and protect these rights(5) parental guidance and a child's evolving capacities(18) parental responsibilities and state assistance(20) children deprived of a family(21) adoption(25) review of treatment in care(27) adequate standard of living |
| **Active** | (3) best interests of the child(23) children with disabilities(31) leisure, play and culture |
| **Respected** | (2) non-discrimination(3) best interests of the child(4) Governments must do all they can to make sure every child can enjoy their rights in systems that promote and protect those rights.(5) parental guidance and a child's evolving capacities(8) protection and preservation of identity(12) respect for the views of the child(13) freedom of expression(14) freedom of thought, belief, and religion(16) right to privacy(17) access to information; mass media(18) parental responsibilities and state assistance(30) the right to learn and use the language, customs, and religion of their family. |
| **Responsible** | (3) best interests of the child(12) respect for the views of the child(14) freedom of thought, conscience, and religion(15) freedom of association(40) juvenile justice |
| **Included** | (3) best interests of the child(6) life, survival, and development(18) parental responsibilities and state assistance(23) children with disabilities(26) social security(27) adequate standard of living |

You can read more about the UNCRC articles and how they are aligned to wellbeing indicators at the following link: [UNCRC articles aligned to each wellbeing indicator](https://www.gov.scot/publications/guidance-part-1-section-2-duties-public-authorities-relation-uncrc/pages/13/).

# Evidence and the views of children and young people

One of our key data sources is our Active Scotland Outcomes Framework (ASOF) survey. We use this to ask children and young people about how they feel they have benefited from sport. We last ran this survey in 2020 and have included appropriate responses against each of the SHANARRI wellbeing indicators.

## Our reach

We reach and support a wide range of children and young people through our programmes. The key figures are:

* **Active Schools**[[1]](#footnote-2): 269,398 children and young people
* **Club and community sport programmes:** 280,405 children and young people
* **High Performance Athletes:** 94 young athletes

There are also a large number of children and young people involved in smaller programmes detailed throughout this report.

# Safe

## What we do

### Child wellbeing and protection in sport

Safeguarding is a term that is typically used in the UK to represent measures to protect the well-being and human rights of children (under 18 years old) and protected or vulnerable adults from abuse, harm, and neglect.

**sport**scotland, in partnership with Children 1st, work with a range of partners to safeguard children and young people in Scottish sport. This includes Scottish Governing Bodies of sport (SGBs), local authority sports or leisure departments, leisure trusts and sports clubs.

Through our [Child Wellbeing and Protection in Sport (CWPS) Service](https://www.children1st.org.uk/help-for-families/child-wellbeing-and-protection-in-sport/), we aim to help ensure children and young people’s rights are realised, in an enjoyable and safe space, while taking part in sport.

We provide advice, consultancy, resources, and training for any sports organisation working with children and young people. Our training and resources aim to build people’s knowledge and confidence in this area and develop safer sporting environments.

### Performance lifestyle support

We support the welfare and wellbeing of young athletes receiving services from the **sport**scotland institute of sport through bespoke, one-to-one performance lifestyle support.

### Mental health

We work in partnership with Scottish Action for Mental Health (SAMH) to roll out mental health awareness training to Active Schools, community sport hubs, sport development and SGB staff.

## Our progress

### Child wellbeing and protection in sport

#### **Standards**

The Standards for Child Wellbeing and Protection in Sport and accompanying self-evaluation tool have been developed by the Safeguarding in Sport service for **sport**scotland. Together these enable sports organisations to put measures in place that help them on a journey to achieve these goals and beyond.

#### **Resources**

The Safeguarding in Sport Service is continually developing and refreshing resources to support the implementation of the Standards for Child Wellbeing and Protection in Sport.

The resources:

* are applicable for any club, SGB or organisation providing activities for children and young people under 18 years.
* can be used to look at what you already have in place, confirm the good practice that you are already doing and identify and fill gaps in provision.
* can help a new member of staff or volunteer taking on the role of a Child Wellbeing and Protection Officer (CWPO) to understand the range of responsibilities, procedures and guidelines that underpin the role.

#### **Training**

**sport**scotland have developed in partnership with Children 1st two child wellbeing and protection training courses. The training has been developed to provide learners with the knowledge and skills required for their role in sport.

We have launched our Safeguarding Young Leaders in Sport course which develops young peoples' understanding of their own roles and responsibilities around safeguarding and the responsibilities others have for them. This recognises the vital role that young people can have within sporting activities and ensures that there is appropriate training to maintain a safe environment for themselves and others.

We have developed and are rolling our training in Child Protection of Safeguarding Young Leaders in Sport for ages 13-15 years.

### Performance Lifestyle (PL) support

Our PL practitioners work one to one with young athletes, taking a confidential and comprehensive approach. The range of support covers:

* Dual career management: the integration of an athletic career alongside studies.
* Transition management: supporting athletes to manage change such as leaving school, junior to senior sport, funding, injury, and personal life.
* Professional and personal development: workshops, placements, development opportunities.
* Lifestyle management: integrated planning, family, self-care, relationships, and personal life.

Core to our delivery, is the Mental Health and Wellbeing of athletes and staff. We deliver with an individualised and person-centred approach. Our focus is on protecting and enhancing the wellbeing and mental health of each athlete in their pursuit of success in sport, education, career, and life. This includes their transition out of performance sport.

**Mental health**

We supported SAMH and Scottish Sporting Futures to deliver free, online mental health workshops for young people, by young people. The sessions explore the signs of someone struggling with poor mental health. They provide practical tools to create a safe space in which to have mental health and wellbeing conversations.

We worked with SAMH to deliver a coordinated programme of wellbeing and mental health training to professional staff in the sport sector, including local authorities and SGBs. This aimed to equip professional staff with the tools and knowledge to effectively support participants with their mental health and wellbeing.

# Healthy

## What we do

The benefits of taking part in physical activity on health and wellbeing are well proven. We work with partners to help children and young people take part in in several ways.

### Active Schools

**sport**scotland works in partnership with all 32 local authorities to invest in and support the Active Schools Network. The network consists of over 400 managers and coordinators dedicated to developing and supporting the delivery of quality sporting opportunities for children and young people.

Active Schools aims to provide more and higher quality opportunities to take part in sport and physical activity before school, during lunchtime and after school. It also aims to develop effective pathways between schools and sports clubs in the local community.

### Club and community sport

We help children and young people benefit from sport in clubs and communities:

* **Community sport hubs:** We work in partnership with all 32 local authorities to invest in and support the development of community sport hubs. Hubs bring together sport clubs and community organisations who want to develop and grow the sporting offering in the community. We support hubs to focus on sustainable, community-led approaches that get clubs working together to develop welcoming, safe, and fun environments for sport.
* **Scottish Governing Bodies:** We invest in Scottish Governing Bodies (SGBs). SGBs are organisation which govern and administer a sport on a national basis. SGBs are often described as custodians and guardians of their sport.
* **Sports Facilities Fund, Cycling Facilities Fund and Transforming Scottish Indoor Tennis Fund:** We support capital projects which create or improve places where people take part.
* **Changing Lives Through Sport and Physical Activity:** We work with the Scottish Government, The Robertson Trust and Spirit of 2012 to support organisations to use sport and physical activity to achieve positive individual and community change.

### sportscotland national sport training centres

We provide a range of opportunities for children and young people to take part in indoor, outdoor and adventure sports and activities through our national sport training centres at Inverclyde and Glenmore Lodge. At Inverclyde, we also offer residentials within a sports setting.

### Colleges

We work in partnership with Scottish Student Sport and Colleges Scotland to invest in and support a network of Active Campus Coordinators within the college sector. This network is devoted to increasing participation opportunities for students, including those under 18, and developing effective pathways to community sport.

## Our progress

**Impact of Active Schools on participants**

* 97% felt **healthier**
* 88% felt **happier**

**Impact of club sport on children and young people who take part**

* 99% feel **healthier**
* 66% feel **happier**

(From 2019-20 ASOF survey)

### Active Schools

In the 2022-23 academic year we collected the following data:

* 246,999 Active Schools sessions delivered.
* 269,398 children and young people taking part, equating to 38% of the school roll.

### Club and community sport

In the 2022-23 financial year we collected the following data:

* 280,405 children and young people taking part

### sportscotland national sport training centres

In the 2022-23 financial year we collected the following data from residentials at the national sport training centre Inverclyde:

* 3,088 children and young people taking part from 86 schools, including 10 ASN schools, from 16 local authorities.

At Glenmore Lodge, we adapted delivery and provided specific support to enable a range of organisations supporting children and young people to utilise the centre facilities and take part in activities. We piloted a scheme with Climb Scotland and Urban Uprising to support disadvantaged young people to discover rock climbing. We run two annual under-18 adventure weeks to support youth participation in the outdoors.

### Colleges work

We launched 16 Active Campus Coordinators in August 2023. We will have the first one-year breakdown of activity and impact in summer 2024.

**Examples:**

* **Grangemouth Community Sport Hub** - A football programme is delivering free sessions to introduce young people to the benefits of sport and physical activity. [Dinky Dyes Programme (sportscotland.org.uk)](https://sportfirst.sportscotland.org.uk/articles/dinky-dyes-programme/)
* **Renfrew/Gallowhill Community Sport Hub -** Free Karate tuition to inactive young people. [OneRen, one community (sportscotland.org.uk)](https://sportfirst.sportscotland.org.uk/articles/oneren-one-community/)

# Achieving

## What we do

Sport and physical activity opportunities are a great way of supporting children’s learning and development, helping them develop their talents and abilities to the full.

Participants report that they feel that they are achieving their goals, building their confidence, competence and learning new skills.

### sportscotland national sport training centres

We offer residentials at the **sport**scotland National Sports Training Centre Inverclyde that provide powerful learning opportunities within a sports setting. These aim to help children and young people develop the skills they need to become successful, confident, effective, and responsible individuals. Each programme is tailored to help young people develop different learning objectives which align with the Curriculum for Excellence (CfE).

We also provide a range of opportunities for children and young people to learn and develop their skills in outdoor and adventure sport through the **sport**scotland Glenmore Lodge national outdoor training centre.

### Young people coaching qualifications

We offer and support coaching qualifications aimed at young people, helping them to start their coaching journey. We worked with sports to develop our generic learning content around coaching young people into their sport-specific context. We also provide access to coach education subsidy funding to assist coaches to reduce the cost of their learning and development as this can often be seen as a barrier to participation.

### Winning Students

We invest in and support Winning Students scholarships to assist athletes at college or university with additional tailored support and academic flexibility. This support extends down to age 16 and was relaunched in 2023.

### Supporting young disabled people into the workforce

We established a partnership with ENABLE to support young disabled people into modern apprenticeship roles in the sporting sector.

## Our progress

**Impact of Active Schools on participants**

* 63% feel they have become **better at sport** or other activities
* 66% feel they have learned a **new skill**
* 60% feel more **confident** in sport or physical activity
* 68% feel they are **achieving their goal**
* **Fitness and wellbeing** were the two most common goals

(From 2019-20 ASOF survey)

**Impact of club sport on children and young people who take part**

* 77% feel they have become **better at sport** or other activities
* 71% feel they have learned a **new skill**
* 75% feel more **confident** in sport or physical activity
* 90% feel they are **achieving their goal**
* **Fitness and wellbeing** were the two most common goals

(From 2019-20 ASOF survey)

**Impact of national training centre residential opportunities on children and young people**

In the 2022-23 financial year, we collected the following data from residentials at the national sport training centre Inverclyde:

* 91% of participants learned a **new skill**
* 71% of participants feel more **confident** taking part in sport or physical activity

### sportscotland national sport training centres

We work with Young Scot to offer young people aged between 14-17 access to courses at a significantly reduced rate. We worked with the Scottish Canoe Association to expand our Under 18 offering to include paddle sports qualifications. We also supported 12 young leaders to achieve core coach training.

We also support young leaders developing careers in the outdoors. Our annual Instructor Development Scheme offers young people valuable experience in all aspects of instruction and the running of a national centre. The selection process for the scheme includes a requirement for at least 50% female representation.

### Young people coaching qualifications

We developed coaching qualifications which can be delivered in an education setting such as schools or colleges. This in turn aims to make these opportunities more accessible and help us reach young people who may not be able to access formal coach education within an SGB.

We provided coach education subsidy support to 2,180 young people in 2023-24.

### Winning Students Scholarships

In 2023-24, 17 athletes under the age of 18 were supported through the programme.

### Supporting young disabled people into the workforce

We supported the recruitment of seven young people from across local authority and SGB partners. The young people are undertaking modern apprenticeships in various subjects which include business admin, facilities services, digital applications and sport and active leisure. Feedback from the young people has been positive. They have told us that in their new role, they feel happy, confident, part of the team and independent. We will look to extend this work to engage a further 21 young disabled people and around 21 employers from the sporting sector.

# Nurtured

## What we do

### Corporate Parenting

In 2015, **sport**scotland was designated as a Corporate Parent under Part 9 of the [Children and Young People Act 2014 (Scotland)](http://www.legislation.gov.uk/asp/2014/8/enacted), alongside organisations including local authorities, health boards, the police and other public bodies.

## Our progress

**Impact of Active Schools on participants**

* 82% have made **friends**
* 80% feel **interested**

**Impact of club sport on children and young people who take part**

* 96% have made **friends**
* 91% feel **interested**

(From 2019-20 ASOF survey)

### Corporate Parenting

In 2020-23 Corporate Parenting plan set out our commitments to improving the lives of Scotland’s care-experienced young people through participation in sport. Our [2020-2023 Corporate Parenting Progress Report](https://sportscotland.org.uk/about-us/equality-diversity-and-inclusion/corporate-parenting/) outlines the progress we have made so far. Key examples are that we:

* We were privileged to have a Care Experienced young person join our Young People’s Sport Panel. During their time on the panel, they shared their experiences and views with staff members and partners to influence the future of sport.
* We provided funding to local Active Schools and community sports hub inclusion projects with focus on providing support to Care Experienced young people.
* We delivered introduction to Corporate Parenting training sessions to staff. The sessions helped to raise awareness of our Corporate Parenting duties and encouraged people to reflect on changes they could make to their practice.
* We launched an equality, diversity, and inclusion online toolbox (EDI). The toolbox aims to help people working in the sporting sector to learn the basics about EDI in sport. We included a section on Care Experience and continue to update the toolbox with data, information, resources, and good practice for the sporting sector to use.
* We provided training to Active Schools managers on the needs and barriers of Care Experienced young people.
* We worked with Who Cares? Scotland to deliver an introduction to Corporate Parenting session to Scottish governing bodies of sport (SGBs) staff. Although SGBs are not Corporate Parents, the aim was to further their understanding of the needs of Care Experienced young people in sport and actions they can take to reduce barriers.

We published our new 2024-27 Corporate Parenting Plan. We wanted to ensure that we had the voices of care experienced young people at the heart of our plan. We directly consulted with incredible care experienced young people in North Ayrshire and Stirling. We asked them about their participation in the sporting system, what barriers they faced and what support they would need to take part more. We are incredibly grateful for their time and experiences which have helped shape our future commitments and actions.

### Supporting young people in performance

We researched the experiences and perceptions of parents, guardians, and carers of young athletes in the performance pathway in Scotland. Their needs and wants have informed the creation of digital learning modules supporting key development areas such as parenting roles, positive motivation, self-regulation, building resilience and coping skills, healthy nutrition, sleep, and travel habits. The educational materials aim to help parents, guardians and carers with the skills and knowledge to better support young athletes.

Behavioural science research has illustrated some of the challenges young people have in consistently enacting physical preparation. Collaborating with partners, we trialled behavioural nudges to support teenage athletes to make better training decisions for themselves. These techniques are now being tested in an affordable and scalable digital tool designed to aid self-directed training for teenage athletes.

# Active

## What we do

Every child has the right to relax, play and take part in a wide range of cultural and artistic activities. Our school and community sport programmes offer a wide range of activities that children and young people can take part in.

## Our progress

Active Schools offer a wide range of activities that participants can take part in, and there are a wide variety of sports clubs across the country where children and young people can take part. This has a significant impact on how active they are:

**Impact of Active Schools on participants**

* 4% went from being inactive to active
* 94% were motivated to be active in the future
* 67% were helped by Active Schools to be more active outside school

**Table 2: Comparison of activity levels of children and young people in Active Schools**

|  |  |  |
| --- | --- | --- |
|  | **Activity levels excluding Active Schools** | **Activity levels including Active Schools** |
| **Active** | 66%   | 75%  |
| **Some activity** | 24%   | 19%   |
| **Inactive** | 10%   | 6%   |

(Data from 2019-20 ASOF survey)

**Impact of club sport on children and young people who take part**

* 4% went from being inactive to active
* 62% said they would be less active if they didn't take part in their club
* 98% of 8–12-year-old participants felt that being part of their club made them want to keep doing sport and physical activity when they grew up.

(Data from 2019-20 ASOF survey)

**Table 2: Comparison of activity levels of children and young people in club-based activity**

|  |  |  |
| --- | --- | --- |
|  | **Activity levels excluding Club Activity** | **Activity levels including Club Activity** |
| **Active** | 71%   | 91%   |
| **Some activity** | 25%   | 9%   |
| **Inactive** | 4%   | 0%   |

(Data from 2019-20 ASOF survey)

# Respected

## What we do

The articles aligned to this indicator resonate with our commitment that inclusion underpins everything we do.

## Our progress

### Equality profile of children and young people in Active Schools

* 46% are female; 54% are male.
* 21% came from the 20% most deprived areas in Scotland (SIMD 2020).
* 22% had additional support needs; 2% were access disabled.
* 90% are White Scottish / White other British / White other including Irish, Polish, Gypsy/Traveller, Roma and Showman/Showwoman; 10% are Asian, Asian Scottish, or Asian British / African, Scottish African or British African / Caribbean or Black / mixed or multiples ethnic group.

(Active Schools data 2021-22 academic year)

### Equality profile of children and young people in clubs

* 28% are female; 72% are male.

(SGB club membership 2022-23 financial year)

Equality, diversity, and inclusion approach: We responded to our Equality and Sport Research 2020 through a new equality, diversity, and inclusion (EDI) approach. Our EDI approach brings our commitment to inclusion underpinning everything we do to life. It has three strands aligned to the Public Sector Equality Duty (PSED). It provides the framework for enabling and developing a system that is inclusive by design, building on our strong foundation of existing work.

Get into Summer: We provided £1.4m to support all 32 local partners to create inclusive opportunities for children and young people impacted by COVID-19 to socialise, play and reconnect. A wide range of outdoor sport and physical activities were provided to engage young people and their families and carers. Partners developed and tailored specific sessions to engage young people from diverse ethnic communities, disabled young people or young people with additional support needs, girls and young women and care-experienced young people.

The Moving to Inclusion Framework**:** The Moving to Inclusion Framework is a crucial tool to support SGBs to understand their membership and respond to equality. We also support SGBs through awareness, knowledge, and training.

sportscotland School Sport Award: The School Sport Award is a national initiative designed to encourage schools to put young people at the heart of decision making, planning and implementation of extra-curricular school sport. The award also encourages sporting links between schools and the communities around them, providing opportunities for young people to progress. We provide tools to help school self-assess their current school sport offering, to engage with young people on their needs as well as resources and ideas to support continuous improvement.

Fit for Girls Solutions workshops**:** We offer support to local authorities, governing bodies and other national partners who have identified a need to improve the provision for girls and young women and are committed to empowering girls as part of that process. Fit for Girls Tutors provide workshops to their peers to empower girls to get involved in sport and physical activity. They help local practitioners understand the needs of girls and young women in sport. We asked Fit for Girls workshop attendees about their involvement in the programme:

* 73% felt **empowered** to create change for other young women and girls,
* 81% felt **motivated** to increase engagement and enjoyment in sport and physical activity.

Active Girls Day**:** We run Active Girls Day each October. It encourages girls and young women to get involved in a day of sporting celebration with the parallel goal of increasing female participation in PE, physical activity, and sport.

sportscotland national sport training centre Inverclyde**:** The national sport training centre Inverclyde is an important part of the landscape in disability sport. It ensures disabled participants, from young people through to performance athletes, can experience world-class, fully integrated, multi-sports facilities.

We continued to promote the centre as a leading residential facility for primary, secondary, and additional support needs (ASN) schools in Scotland. We worked with local partners to provide residential experiences for four ASN schools and two schools from our most deprived communities.

We supported events and residentials for other groups including Scottish Disability Sport young people’s sport panel, young refugees, care experienced young people and young people from low-income backgrounds. We delivered training to the staff team to help understand adverse childhood experiences and trauma informed practice to ensure we are equipped to support children and young people accessing the facility.

We hosted the Pride Youth Games delivered by LEAP Sports Scotland. We accommodated a residential for over 90 LGBTQI+ young people from across Scotland, the UK and Europe. This included taster sessions of 23 different sport and physical activities. This provided an opportunity for the young people who can often feel excluded from sport to try new activities, gain confidence, and have fun in a safe and welcoming space.

**Diversity of Performance Pathway:** We co-commissioned independent research with UK Sport and other home country sport councils to identify the equality profile of athletes on performance pathways in sport. This helped us identify barriers to inclusion, establish a baseline for future interventions and identify future work required to further understand under-represented groups into performance pathways. We shared the findings with SGBs to facilitate discussions on the demographic makeup of the cohort of pathway athletes.

### Active Schools and Community Sport Hub Inclusion Projects

In 2022, we launched a new investment to encourage local partners to think creatively to enhance opportunities or accelerate positive change for under-represented groups through Active Schools and community sport hubs.. These projects focus on reducing inequalities in sport and physical activity for a range of groups, including:

1. Care-experienced young people​
2. Disabled pupils and / or pupils with additional support needs
3. Diverse ethnic communities
4. LGBTQI+ community
5. People experiencing poverty and / or rural poverty​​
6. Women and girls​​

**Targeted local work**

In addition to our investment through Active Schools and community sport hubs, we are progressing a more targeted approach to supporting local partners to reduce inequalities in sport and physical activity.

We worked closely with partners to determine specific communities of focus, work with communities to establish their needs and agree how we can add most value in each local context. We have noted examples below:

* **Dundee** – We are supporting a focused project which aims to provide increased opportunities for young people and their families to be physically active within the Kirkton community and local schools. We are also helping to inform the sporting infrastructure of the East End Community Campus project.
* **Fife** – We are supporting a targeted approach within the Methil and Methilhill community to deliver new sport and physical activity opportunities and enhance the existing offer. This is focused on supporting early years children, parents and care givers and young people leaving school.

# Responsible

## What we do

We believe that young people can make a valuable contribution to influencing and leading in sport and contributing to building a world class sporting system. We lead several programmes to develop young people into leadership roles and give them opportunities to have their voices heard.

### Young People’s Sport Panel

The Young People’s Sport Panel provides a national platform to represent the voice of young people across Scotland. The role of the panel is to help influence and shape the future of sport in Scotland and to raise the profile of sport. The programme's principle is that young people's views are heard and valued, and they can influence decision making and drive change.

### Young Ambassadors

The Young Ambassadors programme is a key element of sportscotland’s contribution to developing young people as leaders in sport. We believe that young people make a meaningful and important contribution as leaders in sport, and that young people should have access to a range of opportunities of leadership roles which reflect their interests and abilities.

Each year two pupils from every secondary school in Scotland have the opportunity to be selected as Young Ambassadors to promote sport and motivate and inspire other young people to get involved in sport in their schools, clubs, and local communities.

## Our Progress

**Impact of Active Schools on participants**

* 18% had been a sports leader, coach, sports captain of member of a sports council
* 75% of sports leaders and coaches said being part of Active Schools had helped them learn a new skill

**Impact of club sport on children and young people who take part**

* 6% reported they were coaches, volunteers or other
* 83% said that coach and volunteer development helped them learn a new skill

(2019-20 ASOF survey)

### Young People’s Sport Panel

The Young People’ Sport Panel has:

* Contributed to national policy and strategy consultations. Examples include engaging with Education Scotland around the future development of the PE curriculum to be more inclusive for all young people.
* Developed the Kit for All programme to provide free access to sports kit to those who need it most, including young people and their families who live in deprived or low-income areas.
* Developed the YPSP Podcast, a sports podcast by young people, for young people. Episodes include guests from throughout the sporting system and have covered topics including Women in Sport, Disability Sport, and Mental Health.
* Supporting disability access charity, Euan’s Guide to develop a plan to raise awareness of the accessibility of sport and leisure venues.
* Attending the Include Summit in Birmingham and the Scottish Woman in Sport Conference (SWIS) to provide input from a young person perspective into a range of topics and issues around equality, diversity, and inclusion in sport.

**Young People’s Sport Panel mentoring**

We launched the YPSP mentoring programme in 2023, pairing members of the YPSP with **sport**scotland staff. The aim is the programme provides an additional benefit to help accelerate their growth and help them to achieve their own personal goals and ambitions, within the panel and beyond.

### Young Ambassadors

There have been over 7,500 Young Ambassadors in Scotland since the programme started in 2012. 650 new Young Ambassadors can attend one of our national conferences to provide understanding of the role. We created dedicated Young Ambassador social media channels and online resources to promote leadership in sport to young people.

We asked Young Ambassadors about their involvement in the programme:

* 76% felt empowered to create change in their school to increase sport and physical activity awareness.
* 88% felt motivated to increase engagement and enjoyment in sport and physical activity.

### Lead to succeed

We delivered a to Succeed Event for current young leaders. We invited previous Young People’s Sport Panel members and Young Ambassadors to share their stories and journeys. Over 100 young people attended and benefitted from a series of workshops delivered by a range of partners. The learning focus was on EDI, providing the young leaders with advice, resources, and examples to help them in their roles.

# Included

## What we do

Alongside the work to make sport more inclusive, we can also look at how children and young people feel included. Are they making friends? Are they feeling closer to their community?

## Our progress

**Impact of Active Schools on participants**



**Impact of club sport on children and young people who take part**

* 96% feel **included**
* 96% have **made friends**
* 91% feel **interested**

(From 2019-20 ASOF survey)

**Residential Opportunities**

In the 2022-23 financial year we collected the following data:

* 92% of participants feel **included**.

**Gaelic language plan**

We continue to work with local partners to promote the Gaelic Language and culture through sport and physical activity. We support children and young people to participate in sport through medium of Gaelic language, where there is an identified need.

# Next steps

### Our key programmes

The programmes described in this report have wide ranging impacts across the rights within the UNCRC. The key next step is to progress these and continue to aim for the greatest impact on children and young people in Scotland.

In addition to this, we need to progress specific changes:

* **Targeted local work:** We continue to work with our local authority partners to develop more targeted approaches to address equality, diversity, and inclusion in sport. This helps a wider range of children and young people experience the benefits of sport.
* **Young people as leaders:** We will focus on developing resources, tools, and online training to support and influence new and existing young people as leaders in sport. We will continue to support the panel to develop initiatives which respond to the needs of children and young people and widen their reach to their peers.
* **Colleges:** We will continue to roll out the network of Active Campus Coordinators. We will support the network to engage with the student population and respond to their needs.
* **Equality, Diversity, and Inclusion:** We will commission new 2024 Equality in Sport research to inform our Equality, Diversity, and Inclusion approach.

We recognise that the UNCRC will be made part of the law in Scotland from July 2024. We are looking forward to working with more children, young people, and other partners to understand what this means for us and the work that we do.

# Appendix one: Previous ASOF data

Our ASOF survey was previously how we measured the views of children and young people taking part in our programmes, with the challenges of COVID-19 and survey fatigue, we have had challenges in recent years in receiving survey responses. We have included data from our previous 2019-20 ASOF survey below.

### Impact of Active Schools on participants

* 97% felt healthier
* 88% felt happier

### Impact of club sport on children and young people who take part

* 99% feel healthier
* 66% feel happier

### Impact of Active Schools on participants

* 63% feel they have become **better at sport** or other activities
* 66% feel they have learned a **new skill**
* 60% feel more **confident** in sport or physical activity
* 68% feel they are **achieving their goal**
* **Fitness and wellbeing** were the two most common goals

### Impact of club sport on children and young people who take part

* 77% feel they have become **better at sport** or other activities
* 71% feel they have learned a **new skill**
* 75% feel more **confident** in sport or physical activity
* 90% feel they are **achieving their goal**
* **Fitness and wellbeing** were the two most common goals

### Impact of Active Schools on participants

* 82% have made **friends**
* 85% feel **included**
* 80% feel **interested**

### Impact of club sport on children and young people who take part

* 96% have made **friends**
* 96% feel **included**
* 91% feel **interested**

### Impact of Active Schools on participants

* 4% went from being inactive to active
* 94% were motivated to be active in the future
* 67% were helped by Active Schools to be more active outside school

**Table 2: Comparison of activity levels of children and young people in Active Schools**

|  |  |  |
| --- | --- | --- |
|  | Activity levels excluding Active Schools | Activity levels including Active Schools |
| Active | 66%  | 75% |
| Some activity | 24%  | 19%  |
| Inactive | 10%  | 6%  |

### Impact of club sport on children and young people who take part

* 4% went from being inactive to active
* 62% said they would be less active if they didn't take part in their club
* 98% of 8–12-year-old participants felt that being part of their club made them want to keep doing sport and physical activity when they grew up.

**Table 2: Comparison of activity levels of children and young people in club-based activity**

|  |  |  |
| --- | --- | --- |
|  | Activity levels excluding Club Activity | Activity levels including Club Activity |
| Active | 71%  | 91%  |
| Some activity | 25%  | 9%  |
| Inactive | 4%  | 0%  |

### Impact of club sport on children and young people who take part

* 96% have made friends
* 96% feel included
* 91% feel interested

### Impact of Active Schools on participants

* 18% had been a sports leader, coach, sports captain of member of a sports council
* 75% of sports leaders and coaches said being part of Active Schools had helped them learn a new skill

### Impact of club sport on children and young people who take part

* 6% reported they were coaches, volunteers or other
* 83% said that coach and volunteer development helped them learn a new skill

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1. Active Schools data from 2022-23 academic year. [↑](#footnote-ref-2)