

# Targeted Interventions to Promote Emotional Wellbeing

*2 September 2020*

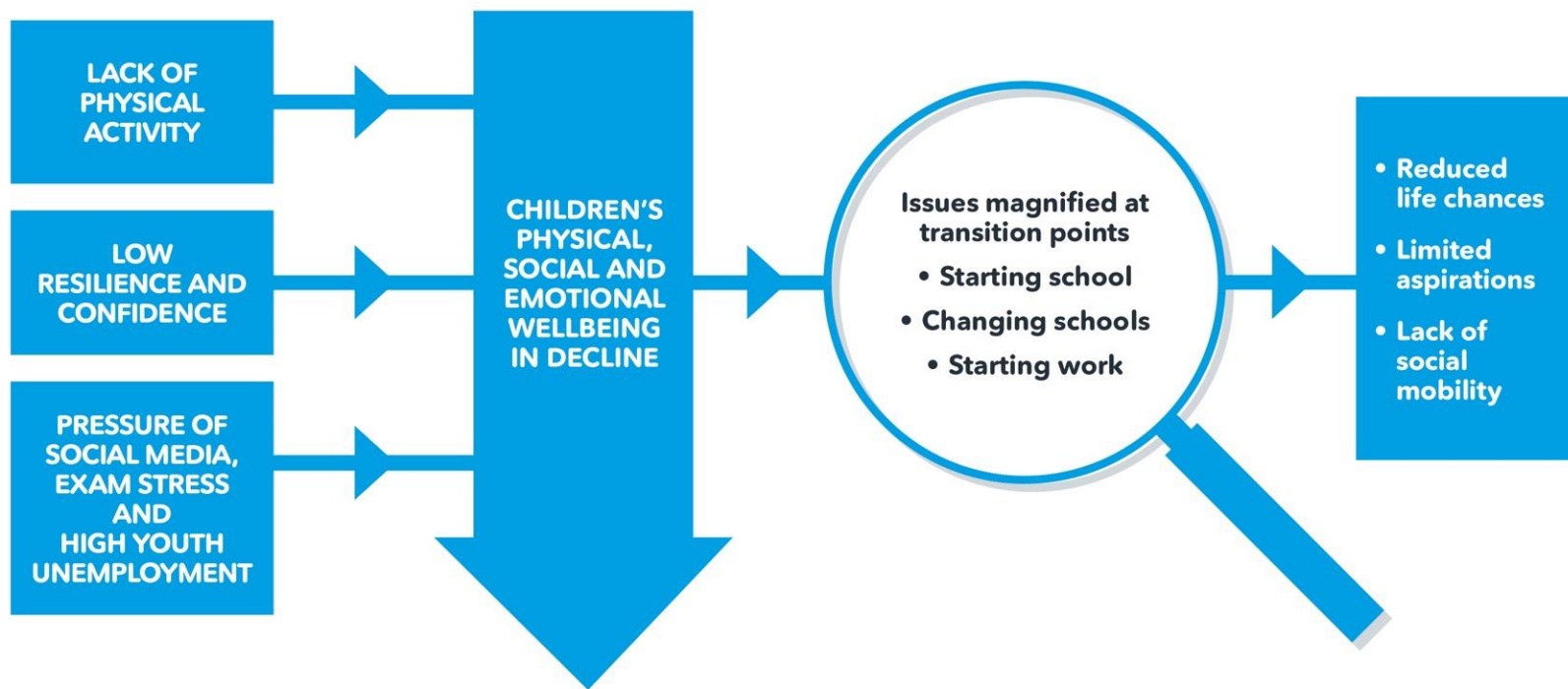
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YOUTH SPORT TRUST  
INTERNATIONAL



## The challenge



# The opportunity

We use the power of:

**SPORT**

**PHYSICAL EDUCATION**

**PHYSICAL ACTIVITY**

To build:

## LIFE SKILLS

- Confidence
- Resilience
- Teamwork
- Creativity

## CONNECTIONS

- Community cohesion
- Inclusive opportunities
- Equality of access

## SUPPORT NETWORKS

- Young people
- Teachers/schools
- Families
- Community partners
- Decision makers

Increasing life chances through:

Greater attainment and achievement

Improved physical, social and emotional wellbeing

Healthier lifestyles

Better friends, family and neighbours

**HAPPIER, HEALTHIER YOUNG PEOPLE ACHIEVING THEIR POTENTIAL**

Better employees, colleagues and citizens

# Big Issues



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# Emotional Health

Rise in mental health problems suffered by children of all ages

Interventions:

- Active in Mind
- Mentally Healthy Schools
- Girls Active
- Living for Sport



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STRATEGY 2018-2022

Believing in every child's future

