



Cause Kit

Majid the Legend by Jianhao Tan

What do you need to know?

Sports equalises the playing field and brings people together. In the social service sector, the role of sports extends to engaging vulnerable communities especially those at-risk, undergoing rehabilitation or reintegrating into society.

Youth, especially those from low-income families, are particularly vulnerable. They face multiple issues at home, in school and among their peers. In 2017 alone, there were 2,745 juvenile arrests of youths between 7-19 years olds in Singapore. While this trend is on a gradual decline, it is still concerning.¹ Also, there were 360 drug abusers below 20 years old in 2018, a year-on-year increase of 29.5%.²

Studies have shown that youth social problems often have deeper underlying issues at play such as emotional management and psychological trauma. To be effective, intervention efforts should be holistic and focusing on upstream preventive efforts.

Why should you care?

Sports is really not just about physical exercise and achievement. The ethos of sportsmanship encompasses core values like grit, confidence and determination. Sports also nurtures relationships through communication and teamwork.

When we engage various members of society, especially at-risk and underserved communities through sports, we are equipping them with these positive values and skill sets that they can apply in other areas of their lives. For instance, youth who battle negative emotions and struggle to channel their unbridled energies can benefit from sports. Apart from triggering a natural positive chemical effect in the brain, sports helps them to develop better emotional well-being and discover their vulnerabilities and strengths.

Sports can also bring them into contact with positive role models like mentors and coaches.

Sports is also about bringing a community together regardless of background, age or ability. While it is often associated with physical prowess, there is a wide range of sports that tap into different strengths, creating an inclusive environment for those with different abilities. At a family level, sports strengthens intergenerational bonds through

¹ Singapore Police Force, compiled by Ministry of Social and Family- Research and Data Series- *Juveniles and Youth at Risk*.

² Ministry of Home Affairs- Central Narcotic Bureau. https://data.gov.sg/dataset/demographic-profile-of-drug-abusers?resource_id=becd5ec5-9f45-4646-bf26-456d3a1b574a. Accessed on 1 Dec 2019.

play and healthy competition. At a broader societal level, it levels the playing field by encouraging communities to come together.

Where is help available?

SportCares is the philanthropic arm of our national sports agency, Sports Singapore. SportCares Development Programmes are targeted towards youth-in-need. SportCares also run programmes like PlayAbility, which runs inclusive sports and recreational activities for those who are differently-abled. You can volunteer as a Unified Partner.

Team Nila is a national movement to promote sports volunteerism in Singapore. Volunteers can take courses in functional, leadership and community engagement so they are equipped to engage with various groups in the community through sports.

How can you help?

Support SportCares' endeavours to uplift the lives of various vulnerable groups through sports.

Be a Donor

Donate to SportCares Foundation to support various sporting activities for the community.

Donate to or fundraise for SportCares on giving.sg.

Be a Volunteer

Team Nila offers a wide range of volunteer opportunities such as conducting physical activities in the neighbourhood, becoming assistant coaches in ActiveSG Clubs and Academies, and helping out at various events organised by Sports Singapore.

Be an Advocate

Become a [SportCares Partner](#), and embrace the benefits of sports in your community or corporate spheres. Inspire the communities you serve by hosting film screenings with your friends, colleagues, and families. Be a 15 Shorts ambassador.

Take action at www.15shorts.com