



# National Standards for Youth Sports

Towards a Positive Experience for Your Children

**Sport**  
**SINGAPORE**

LIVE BETTER THROUGH SPORT

# Youth Sports

Towards a  
Positive Experience

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## VALUES FOR SPORTS, VALUES FOR LIFE!

### What are values?

As parents, it is important that we understand the meaning behind the values we uphold and how they influence our lives and the lives of our children. We may not realise it, but we are role models for our children. They watch everything we do. They hear everything we say. It is important that we display good values in our decision-making and the way we treat people — family, friends, acquaintances and even total strangers.

Values are the rules by which we choose to live our lives. They reflect our most important beliefs, serve as an internal compass to help us set priorities and guide us in the right direction. Some of these values include empathy, learning, self-control, responsibility, honesty, humility and conscience — all of which impact our choices and actions. Only by living a life that aligns with the right values will we feel more motivated towards striving to maximise our abilities and potential. Through this, we will eventually cultivate a positive attitude towards life and become more equipped to handle various problems.



## How will your children learn values through sports?

Sport is one of the best ways for your children to start building good values such as integrity, excellence, responsibility, care for others, respect and fair play. Sport provides an ideal setting for learning life lessons; sport will challenge your children to put their values to work in real situations. On the sports field, they will be required to make decisions that will affect themselves, their teammates and the opposing players on the other team. They will learn empathy and the foundational skills required for complex decision-making.

Thus, the values he learns in sport will influence subsequent decisions they make in life. Through sports participation, they will become more confident persons, self-directed learners, active contributors and concerned citizens.



## BE THE HAND THAT GUIDES

### Guiding your children through sports

Sport can have a profound influence on your children's emotional, physical, mental and social growth. However you may overlook the most important ingredient that will shape their future: your involvement.

To help your children adopt sound values, you need to spend quality time with them and guide them along the right track through sports. This creates ideal opportunities to educate them on lifelong values that will benefit them in their character development. The conclusions that they gather through observing your responses and reactions will often become their truth. They will form the foundation of their character by watching and learning from you.

As a parent, you need to take the lead. Be consistent and give clear, appropriate reinforcement for desirable and undesirable actions. Be responsible and always be there to support their sports participation. With your good guidance, your children will eventually thrive as well-rounded adults.

# PLAY, SUPPORT, WATCH

## Play with them

- Get active with your children whenever you can and show support for their participation. Sport is a great opportunity for you to get closer with your children.
- Influence your children in a positive manner when you play with them, so that they will grow up with positive attitudes.
- Lead by example. Teach your children to understand the value of sportsmanship; that striving to win and admitting defeat graciously are equally important.
- Get to know more about your children's sport by playing with them so that you can encourage and give them the right advice.
- Engage with the adults who are involved in your children's participation to reinforce similar values.
- Be a role model. Respect officials, coaches, teammates and opponents, so that your children will do the same.





## Support them

- Help your children balance between sports and their other commitments.
- Listen, respect and encourage your children to pursue their sports interests.
- Support your children with the right gear and ensure they play within their abilities for a safe, fulfilling sporting experience.
- Identify sporting moments to help your children develop values such as responsibility, perseverance, self-discipline and teamwork.
- Help ensure that every sporting experience for your children is fun, educational and memorable.
- Give honest comments on your children's performance instead of comparing them with their friends.
- Always remember that you are a role model to your children and your good opinion and positive behaviour make a difference in their lives.

## Watch over them

- Ensure that your children use functional and appropriate equipment to reduce the risk of injuries.
- Update those involved in your children's sports participation on their medical history. Discuss the implications of their participation with your doctor.
- Ensure that your children eat right. Be careful to avoid performance enhancement drugs.
- Be certain that those who work with your children have appropriate qualifications.
- Adults who work with your children should understand their needs and be able to communicate well with them.
- Value those who can teach life skills and share the right values through sports with your children.
- Individuals involved with your children's participation should be open to communication and feedback from you.
- Those who work with your children should focus on skill improvement and teachable moments through sports. They should view success and defeat as part of the sporting journey, not the final destination.





Being involved in your children's sporting lives will help you to accomplish some important goals as a parent. Not only will it strengthen your parent-child relationship, it will allow you the opportunity to guide your children in differentiating right from wrong. It will strengthen their confidence in decision-making, and they will be committed to upholding their values.

For more information, please visit  
**[www.sportsingapore.gov.sg/nsys](http://www.sportsingapore.gov.sg/nsys)**

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