

Youth in action



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Overview:

Youth participation in shaping sport organisations is vital for democratic societies. While young people actively engage in sports, they lack meaningful roles in decision-making within these organisations. Addressing this disparity is crucial for a more inclusive and diverse sports community.

International Policies on Youth Participation:

Global policies emphasise the significance of youth engagement in decision-making processes across various sectors, including sports. However, despite these acknowledgements, concrete actions within sports governance remain limited.

Understanding Youth Participation:

Youth participation isn't just about representation; it's about active involvement in decision-making. Often, youth involvement is equated solely with athlete representation, overlooking broader youth engagement within organisational decision-making processes.

Promoting Meaningful Youth Engagement:

Creating platforms for youth involvement is the responsibility of sports organisations. Encouraging active participation, irrespective of expertise or professional status, fosters a more inclusive decision-making environment. Involving youth ensures well-rounded perspectives and improved governance.

Benefits of Youth Inclusion:

Including youth in decision-making leads to better, more comprehensive decisions at all levels. It enhances individual skills, fosters dialogue between generations, promotes equality, and creates more cohesive societies.

Recommendations:

- Incorporate youth in decision-making at every stage of organisational activities.
- Address the deficit in youth representation by formalising mechanisms for their engagement.
- Promote knowledge sharing and learning about effective youth participation.
- Invest in education and awareness-raising for both youth and adults involved.
- Recognise and integrate youth work within organisational activities.
- Provide accessible information for youth about participation opportunities.
- Embrace innovative governance forms to encourage youth engagement, utilising digital platforms as supplementary tools.

In conclusion, fostering meaningful youth participation in sports organisations is imperative for more inclusive, diverse, and well-informed decision-making processes. Empowering young voices benefits not just sports but society as a whole.

