



Self-review Framework

In the HOORAY Compendium, aligned with the principles above-outlined and motivated from shared best practices, we have created a comprehensive self-review framework. This framework can serve as a valuable tool for the evaluation of planned activities, helping in the identification of fundamental elements which are essential for ensuring the mental well-being of the target group. The self-review framework consists of a set of thoughtfully crafted questions intended to be systematically addressed prior to the implementation of any planned activity.

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Listed below are the specified questions designed to assist you in assessing the extent to which the activities you do are in line with the basic elements of good practice on physical activity and youth mental health. The goal of the self-review process is to make sure that you foster a proactive approach to promoting the mental health benefits of the undertaken activities.

- Does your physical activity plan follow a structured programme tailored to the needs of adolescents? [yes/no]
- Is the physical activity programme carried out by a multidisciplinary team qualified to care for adolescents' physical health? [yes/no]
- Is the physical activity programme carried out by a multidisciplinary team qualified to care for adolescents' mental health? [yes/no]
- Is regular monitoring of the outcomes of the physical activity programme carried out, assessing both positive and negative effects? [yes/no]
- Have the young athletes established friendships and are they supportive of each other? [yes/no]
- Do you consider that, for the young athletes in your team, the physical activity programme is a source of (please check the boxes you consider appropriate):
 1. Fun
 2. Joy
 3. Excitement
 4. Pride
 5. Feeling of strength and resourcefulness
 6. Calmness
 7. Contentment
 8. Stress relief
 9. Something meaningful one can do for oneself
 10. Personal accomplishment

- As a coach, you (please check the boxes you consider appropriate):
 1. Foster the creation of a supportive and pressure-free environment
 2. Promote social ties and the inclusion of all team members
 3. Spend extra time and effort to dialogue with young athletes
 4. Commit to achieve the goals of the young athletes
 5. Teach the values of healthy competition
- Do you consider that parents respect the autonomy of young athletes and are involved in supporting young athletes? [yes/no]
- Any other notes you would like to leave to yourself:

ABOUT HOORAY PROJECT:

Even before the pandemic, the mental health of young people, particularly teenagers, has been declining. The HOORAY (Youth for Youth's Mental Health through Physical Activity) project aims to address this challenge by exploring the impact and positive influence physical activity and sport can have on improving the overall well-being and mental health of young people.

Based on the EU Physical Activity Guidelines, the project team will collect good practices, and develop educational resources and an online knowledge hub for physical education teachers, youth workers, coaches, parents and other personnel working with teens that want to put more attention on mental health and health enhancing physical activity, and prioritize participation and well-being of youth over performance, pressure and results.

Those resources and activities will target both, youngsters that are already physically active or enrolled in sport activities, and those who have been inactive and/or dropping out of sport. Young people will play a key role as we will take a closer look at physical activity through the lens of teenagers and explore how they perceive sport and its impact on their well-being.

The HOORAY project started 1st of January 2023 and will continue for 30 months until 30th of June 2025. The kick-off meeting is scheduled for 16th and 17th of February 2023 in Munich, Germany.

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PROJECT:

**Youth for Youth's Mental Health through
Physical Activity - HOORAY**

PARTNERS:



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