


LEARNING NETWORK LN 30 YEARS 30 KNOWLEDGE FOR KC CONNECTIONS

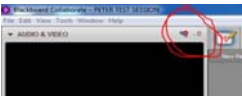
Reaching Youth Through Sports: Trauma-informed Physical Activity


Time: 1:00 to 2:15 PM EST



Presented by: Rebekah Roulier, Chief Operating Officer, Doc Wayne

Start the **Audio Setup Wizard** by clicking on the mic icon as shown in the image.







Reaching Youth through Sports: Trauma-Informed Physical Activity

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What is "Trauma"?



"Traumatic events are extraordinary, not because they occur rarely, but rather because they overwhelm the ordinary human adaptations to life."



Trauma & Child Development




- Certain developmental tasks and skills are prioritized (typically those relevant to survival)
- Interference with other developmental tasks
- The brain adapts and changes in response to experiences. Trauma and adversity can shape development.

Cicchetti & Toth, 1995; 2005; Pynoos, Steinberg & Wraith, 1995, Streeck-Fischer & van der Kolk, 2000




Why Sport?



The Limits of Talk for Trauma Survivors

- Trauma victims are prone to experiencing physical symptoms of the past in the present
- These symptoms (physical sensations and emotions) impact how they respond in the present.
- Body based therapies can help change the present narrative of the past by increasing self-awareness

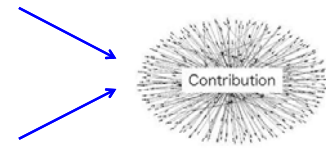
Van der Kolk, The Limits of Talk, http://www.traumacenter.org/products/pdf_files/Networker.pdf




Positive Youth Development (PYD)

5 C's of Positive Development:

- *Competence*
- *Confidence*
- *Character*
- *Connections*
- *Compassion/Caring*




Fraser-Thomas et al., 2005; Lerner et al., 2005




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Deci & Ryan, 2012; Fraser-Thomas et al., 2005; Lerner et al., 2005



Features of Successful PYD Settings

1. Physical & Psychological Safety
2. **Appropriate Structure**
3. Supportive Relationships
4. **Opportunities to Belong**
5. Positive Social Norms
6. Support for Self-Efficacy
7. **Opportunities for Skill Building***
8. **Integration of Family, School, & Community Efforts**

Fraser-Thomas et al., 2005



Positive Youth Development (PYD): Why Sport?

Youth **want** to participate

Why?

- Learn skills
- Fun
- Friends

Danish, Forness, Hoge & Heke, 2004

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Potential Positive Impact of Sport

Sport has the *potential* to:

- Improve health & well-being
- Increase motivation, self-esteem, and ability for cooperation
- Improve academic performance
- Decrease risky behaviors

Sanrock, 2010

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Trauma- Informed Sport (PYD+)

Key Concepts

- Consistency
- Staff/Coach Training
- Adult/Caregiver Flexibility
- Rules & Expectations
- Celebration
- Framing Experiences


Perspective Shift

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Trauma- Informed Sport (PYD+)


Key Actions & Strategies

- Routines & Rituals
- Praise & Connections
- Coaching for Good
- "Showing Up" as Coach



Perspective Shift Coaching Behaviors New Approach





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Our Kids



