

Introduction: Team sports have the ability to significantly affect the well-being of adolescents. Being involved with a team can expand your social life, teach you critical social-emotional skills, and better your emotional health, as well as your physical fitness. These crucial areas of development can directly impact the success and happiness of a child.

Topic #1: Social Benefits

Subheading: The social aspects of sports

- **Intro:** Sports have a large impact on the social development of adolescents due to the sense of community that they offer.
 - You find people with the same interests as you
 - You learn to work with people you like/ don't like
 - Make friends
 - Learn how to talk to adults
 - Ect.
- What are the social benefits of sports/ what does social mean in the context of Social-emotional
- Social skills learned (friendship/ teamwork)
- Introduce negatives
- Refutation
- Review benefits
- **Conclusion:** sports help to foster friendships and social skills at a young which are vital for future success.

Subheading: what are social-emotional skills

- **Intro:** Social-emotional skills are taught through life experiences and lessons and they help us to be comfortable with the world around us. Without them, children can develop behavioral problems as well as trouble in school.
- Describe social-emotional skills/ learning
- Introduce how sports help to foster these skills

Topic #2: Emotional Benefits

Subheading: Emotional implications that come from sports

- **Intro:** Our emotional state is one of the most fragile parts of our body. Throughout childhood, it is important to develop skills to strengthen and support our emotions so that emotional regulation is possible.
- How social-emotional skills impact emotional wellbeing
- The emotional benefits of sports (mental health)
- Refutation: argue that the sports environment is now toxic and not beneficial to youth (causes more anxiety and stress than it relieves)
- Address refutation and begin to discuss physical benefits.
- **Conclusion:** The structure and environment that is offered through athletics helps kids to build self confidence and self esteem while simultaneously decreasing their risk for mental illness in the future.

Topic #3: Physical Benefits

Subheading: Physical characteristics of athletics

- **Intro:** Its obvious that being active within a sporting community provides numerous physical benefits.
- The physical benefits of sports during adolescence
 - Health
 - Growth and development
- Refute the previous claim by talking about sports injuries
- Talk about the positives and negatives
 - Address refutation while also bringing back my claim
- What happens when you don't participate in sports
- **Conclusion:** Youth athletics help developing children stay active, decrease their risk for serious health conditions, while also establishing healthy habits to be carried into the future.

Conclusion:

How can we make sports better overall

Decrease injury

Get more people involved

Make it less about possible future careers

Sports have numerous benefits, especially during such a difficult age. Adolescence isn't easy. The human body is going through so many confusing changes and learning incredible amounts. Sports help children navigate this challenging period by offering structure and support when it is needed the most. Athletics also gives kids the tools they need to be successful in the future by establishing strong social, emotional, and physical habits.