



# Sports for Peace



**UN INTERNATIONAL DAY OF PEACE OBSERVANCES**  
**September 21, 2010**



Universal Peace Federation

<http://www.upf.org/united-nations/peace-day>



## *Sports for Peace*

**The UPF joins the UN, concerned NGOs, individuals, and organizations in a worldwide celebration of the**

### **INTERNATIONAL DAY OF PEACE**

**“Sport is a language every one of us can speak.”**

**- Ban Ki-moon,  
UN Secretary-General**



# *Sports as a Gift*



***Sports are a gift*** — a gift meant to be appreciated, a gift whose value is not simply in the moment but continues throughout a lifetime.

- Sports offer so much — expressive joy, bonds of trust, new and lasting friendships. Sports have the capacity to draw out the best from both participants and fans.
- Sports bind apparent strangers into a community through a shared passion. Sports bring happiness in ways that few other things do in life.

Sports are a gift given freely from the source of giving, and as with all good gifts, they are meant to be shared with others.

# *Sports for Development and Peace*



The UN recognizes that sports can help serve society and promote development and peace in a variety of ways

## **Sports can serve society by:**

Promoting health and healthy lifestyles

Developing useful skills and positive values.

Encourage economic and social development.

Providing models of community harmony,  
peace and cooperation.

Promoting positive advocacy on important issues

(HIV/AIDS prevention, environmental issues, healthy lifestyles)



# *Sports for Peace*



**Promoting respect for others**

**Friendly environment for nations & cultures to meet**



# *Sports for Health*



Sports counter the global increase in physical inactivity and non-communicable diseases.

## **Sports and physical activity help**

- Young people develop healthy bones, efficient heart and lung function, improved motor skills.
- Women avoid hip fractures and osteoporosis.
- Older people maintain their physical function, quality of life, and independence.

# *Economic Impact of Improved Health*



Increased physical activity decreases certain diseases.

## ***The economic costs of poor health include:***

- loss of productivity
- increased absenteeism
- increased costs for medical care for families
- heavy economic demands from the government

**Every \$1 invested for sports and physical activity saves \$3.20 in medical costs!**

**In the USA in 2000, decreased physical activity led to \$75 billion in medical costs.**

# *Education on and off the Court*





# ***Sports Contribute to Education***



- **Team and individual sports help motivate some students to remain in school.**
- **School sports increase attendance, especially for girls where education is voluntary.**
- **Sports help decrease anti-social behavior.**
- **There is often a positive correlation between sports participation and academic achievement.**
- **Sports serve as an ideal ‘school for life.’**

# *Forming Lasting Values*

“The church considers sports as an instrument of education when it fosters high human and spiritual ideals, when it forms youth in an integral way in values such as loyalty, perseverance, friendship, solidarity and peace.”

**Pope John Paul II**  
(a sports enthusiast)



# *Sports as an Ideal School for Life*



***Sports can offer skills and values that lead to a better life:***

Cooperation

Communication

Respect for rules

Understanding

Leadership

Value of effort

Fair play

Sharing

Problem-solving

Honesty

Respect for others

How to win/lose

Handling competition

Self-esteem

Self-respect

Trust

Teamwork

Resilience

Confidence

**From a report by a UN inter-agency task force on  
Sports for Development and Peace**

# *Raising Citizens of Character*



**Learning to accomplish**

**with skill, effort, humility**





## *Sports Improve Social Cohesion by:*

Creating social  
connections

Integrating the  
marginalized

Reducing high-risk  
behaviors

Promoting gender  
equality

Offering an antidote to  
boredom-based juvenile  
crimes

Raising positive role  
models



# *Sports Can Aid Sustainable Development*

## **Economic Benefits**

The sports industry is growing 3-5% per year.

This includes:

- jobs for athletes, coaches and administrators
- manufacturing of sporting goods
- infrastructure development
- sports events and resulting economic activities from those events

## **Human Benefits**

- Healthier, happier people
- Building teamwork, public-mindedness, and cooperation
- Developing a challenging spirit
- Encouraging good habits and avoidance of negative habits
- Sports and traditional games link generations and community together through common interests.

## *Sports Advocacy*

Athletes can promote positive causes such as peace and good will, environmental protection, gender equality, and HIV/AIDS prevention.

Photo: UPF sponsored an Interreligious Peace Sports Festival promoting interreligious and intercultural cooperation.





## *Sports and Volunteerism*

Most sports programs for youth depend on volunteer coaches and staff.

The spirit of volunteerism that is modeled contributes to the sense of community.





# *UPF's Sports for Peace Initiatives*



**Support community-based sports and games**



**Promote international cooperation**





## ***UPF Supports***

**Play Football Make  
Peace**

**Sports for Peace**

**Sports for a Better  
Life Programs**

**The UN International  
Day of Peace**

**Grassroots sports  
and traditional  
games around the  
world**



# *Share the Joy of Sports*



**Promoting Youth, Peace, and Development  
UN International Day of Peace, September 21, 2010**



# Sports for Peace



**To learn more about the Universal Peace  
Federation's efforts in the fields of sports and  
traditional games and in organizing sports seminars,  
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