





UN INTERNATIONAL DAY OF PEACE OBSERVANCES September 21, 2010



Universal Peace Federation http://www.upf.org/united-nations/peace-day

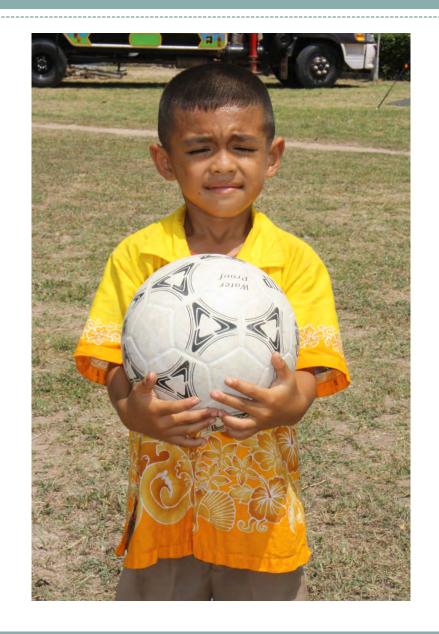
Sports for Peace

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, publicmindedness, 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, contact:

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