



# ANNUAL REPORT OF GLOBAL RESULTS

2023

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# INTRODUCTION



# INTRODUCTION

## 2023, an eventful year for Fútbol Más!

In a world in constant change; where inequalities, natural disasters and migration flows directly threaten the rights and well-being of children; we believe more than ever in the power of sport and play to transform realities.

In 2023, we expanded to new territories, learned from very diverse contexts and achieved promising results. From refugee camps in Kenya to schools in Chile; from post-earthquake camps in Syria to rural areas in Peru; from young people who seek asylum in Paris or Madrid to the suburbs of Mexico City, we worked with children and young people from different contexts, always with the same vision: **to create protected spaces for children using sport and play to promote their wellbeing and the bonds with their communities.** We participated in local and international events, focusing on sports and children, exposing in congresses in Madrid, Buenos Aires and Panama. At the same time, we connected and collaborated with universities and academic institutions to raise evidence of our social impact.

At Fútbol Más, with more than 16 years of experience, we know that the use of sport and play as a tool for social transformation, can have a positive impact on the lives of children and young people. We know it because we witness it in the playing field in France, in Mexico or in Syria; but also, because we evaluate our programs with solid instruments and evaluation processes which allow us to demonstrate our social results.

This report presents the main results obtained by our programs around the world during the year 2023, in the following dimensions:

- Physical well-being of children
- Mental well-being of children
- Community cohesion
- Children's knowledge of their own rights
- Gender equity
- Capacity-building



## WHO ARE WE?

Fútbol Más was founded in 2007 in Chile with the objective of promoting the well-being of children and young people, strengthening their resilience processes, meaningful bonds and community cohesion through games and sports. Fútbol Más uses Sport for Development as a social intervention strategy to build protected spaces for children,

and thereby collaborate in the transformation of the reality and well-being of girls, boys and their communities through play and sport.

## WHAT DO WE DO?

We are inserted in the heart of the neighborhoods, schools, camps and shelters with a social professional and a sports professional, developing socio-sports programs. These programs seek to promote life skills for children, and thereby empower communities so that they themselves can maintain protected spaces for children in their communities.

The pillar of the Fútbol Más methodology is to educate from the strengths of each child, to make visible their abilities and the potential of their communities. To make this positive-focused philosophy more tangible, the NGO has created the Green Card, which is a pedagogical tool that, in opposition to football's red card or yellow card, does not expel, punish or admonish, but rather rewards and promotes the pro-social behaviours of children and young people, in order to collaborate in the construction of more empowered citizens and more cohesive communities.

### From the south of the world...

What began with five communities in Chile, ended up escalating into an intervention that has reached more than 150,000 children and adolescents with the Green Card philosophy. We are proud to work from the most rural areas of Chile and Peru to the refugee camps in Eastern Africa, to the borders of Mexico and the neighborhoods of Sevilla or Paris, just to name a few of the realities that have taught us and inspired us to continue improving our methodology and multiplying our impact.

In 2023, we were present in 6 countries with direct implementation, with an office in each one, and in 8 countries with capacity-building programs where we worked in partnership with other local organizations. Our different programs allowed us to intervene by adapting the methodology to different contexts, needs and realities, always with the central vision that sport can transform reality.

## HOW DO WE DO IT?

In 16 years of existence, Fútbol Más has adapted its socio-sports methodology to different contexts of intervention, giving shape to a programmatic diversity that allows us to bring sport and physical activity to more places in the world.

Our interventions are organized along 4 main programmatic lines:

1) **Public Space:** we insert into neighborhoods and communities to implement our socio-sports programs in the public playing field

2) **Institutions:** we host our programs in schools, in child protection residences or in sports clubs.

3) **Humanitarian Crisis:** After a disaster has occurred, we respond through our Natural Disasters Program and /or Mobility Program to assist children and adolescents who are, or are at risk of, displacement or seeking refuge.

4) **Capacity-building programs:** we train professionals from other organizations so that they can implement socio-sports sessions with children.



## PUBLIC SPACE PROGRAMS

The **Neighborhoods Program** aims to strengthen resilience and community cohesion processes with children and young people through the Sport for Development strategy. The program is inserted in the public space of the communities, where social-sports sessions are held with the children, and participatory instances are held with families and members of the community to strengthen safe spaces for children.

## CAPACITY-BUILDING PROGRAMS

The **Capacity-Building Program** aims to train educators from other organisations in new tools and actions that promote children's well-being through the Sport for Development strategy. We work with adults who work with children and young people, training them in the socio-sport methodology and other pedagogical tools to promote the biopsychosocial well-being of children, young people and families.

## INSTITUTIONS PROGRAMS

The **Schools Program** aims to promote the well-being and healthy school coexistence of children and young people within their school communities through the Sport for Development strategy. Specifically, the program seeks to promote the development of life skills in children and young people through the implementation of socio-sports sessions and meetings, strengthen healthy coexistence within school communities and provide tools for the socio-emotional care of members of the school community.

The **Residences Program** aims to promote the well-being and protection the rights of children and young people in residential care through the Sport for Development strategy. The program seeks to develop life skills and promote the recognition of children's rights by children and young people through the implementation of socio-sports activities focused on their comprehensive development.

## HUMANITARIAN CRISIS PROGRAMS

The **Natural Disaster Program** aims to promote well-being and children's rights in the context of natural disasters through the Sport for Development strategy. Specifically, the program seeks to promote the restoration of children's rights and their resilience in order to prevent and mitigate psychosocial risk in children and young people through the implementation of socio-sports sessions.

The **Mobility Program** aims to promote the establishment of protected spaces for children and adolescents in context of migration or forced displacement and their caregivers, and to help the process of integration into the host community through the Sport for Development strategy. The program seeks to promote the development of life skills in children and young people through the implementation of socio-sport activities, and to promote positive parenting skills and awareness of their rights in the migration process.

# THE SITUATION FOR CHILDREN IN THE WORLD



# THE SITUATION FOR CHILDREN IN THE WORLD

The last few years have been particularly challenging for children. Recent scenarios like the social isolation exacerbated by the COVID-19 pandemic, or the increase of families having to migrate due to conflicts, natural disasters or other complex situations, have accentuated multiple problems for the lives of children and young people around the world. At Fútbol Más, our socio-sport program aims to improve children's and young people's **mental health and well-being**, as well as their

## WHY IS IT IMPORTANT?

### Mental health and well-being

Globally, **one in seven young people (age 10-19 years) suffers from a mental disorder**. In addition, suicide is the fourth leading cause of death among 15–29-year-olds, which shows an alarming problem regarding the mental health of children and young people (WHO, 2021). At Fútbol Mas, we focus our socio-sport interventions on strengthening the wellbeing of children and young people, which involves integrating and reinforcing protective factors such as life skills, recognition and expression of emotions, perception of safety and increasing instances that allow them to create meaningful bond with their communities.

### Physical health and sedentary lifestyles

**More than 80% of adolescents worldwide report an insufficient level of physical activity (Guthold, Stevens, Riley & Bull, 2019)**. The World Health Organization's 2023 statistics show that childhood overweight and obesity increase the risk of premature death and disability in adulthood. Through the socio-sports sessions, we seek to contribute to the creation of safe spaces for sports practice in different territories, encouraging physical activity through play and sport.

**1 in 7** young people between  
10 and 19 years old suffers from  
a mental health disorder

**physical health** through sport, and **social cohesion** in their communities. These results are evaluated transversally in all Fútbol Más' programs, but also, depending on the focus of the programs, other specific dimensions are evaluated, such as: gender equality, knowledge of children's rights, capacity building in partner organisations, among others.

### Community cohesion and school coexistence

The results of the World Values Survey show an overall **decline from 38% (during 1981-1985) to 26% (during 2016-2020) in the trust indicator**, which reveals a widespread challenge in the area of trust towards others and community cohesion. In addition, the COVID-19 pandemic also had an impact on interpersonal trust and emotional well-being of individuals, especially in groups such as children, as uncertainty, social isolation and fear can negatively affect social cohesion and emotional well-being (Fancourt and Steptoe, 2020). At Fútbol Mas we involve families and communities of the children we work with in all our programs, seeking to strengthen meaningful bonds and participate in greater community cohesion.

Furthermore, globally, **one in three students (32 %) experienced bullying from their peers on one or more occasions in the month prior to the survey**, according to data exposed by UNESCO (2021). This has negative consequences both educationally and for students' well-being: on the one hand, young people who are bullied at school are twice as likely to be absent from school. Moreover, children and young people who are bullied are twice as likely to feel lonely, to be unable to sleep at night and even to have suicidal thoughts (UNESCO, 2020). In our Schools Programs, we implement specific activities aimed at strengthening school coexistence within schools.

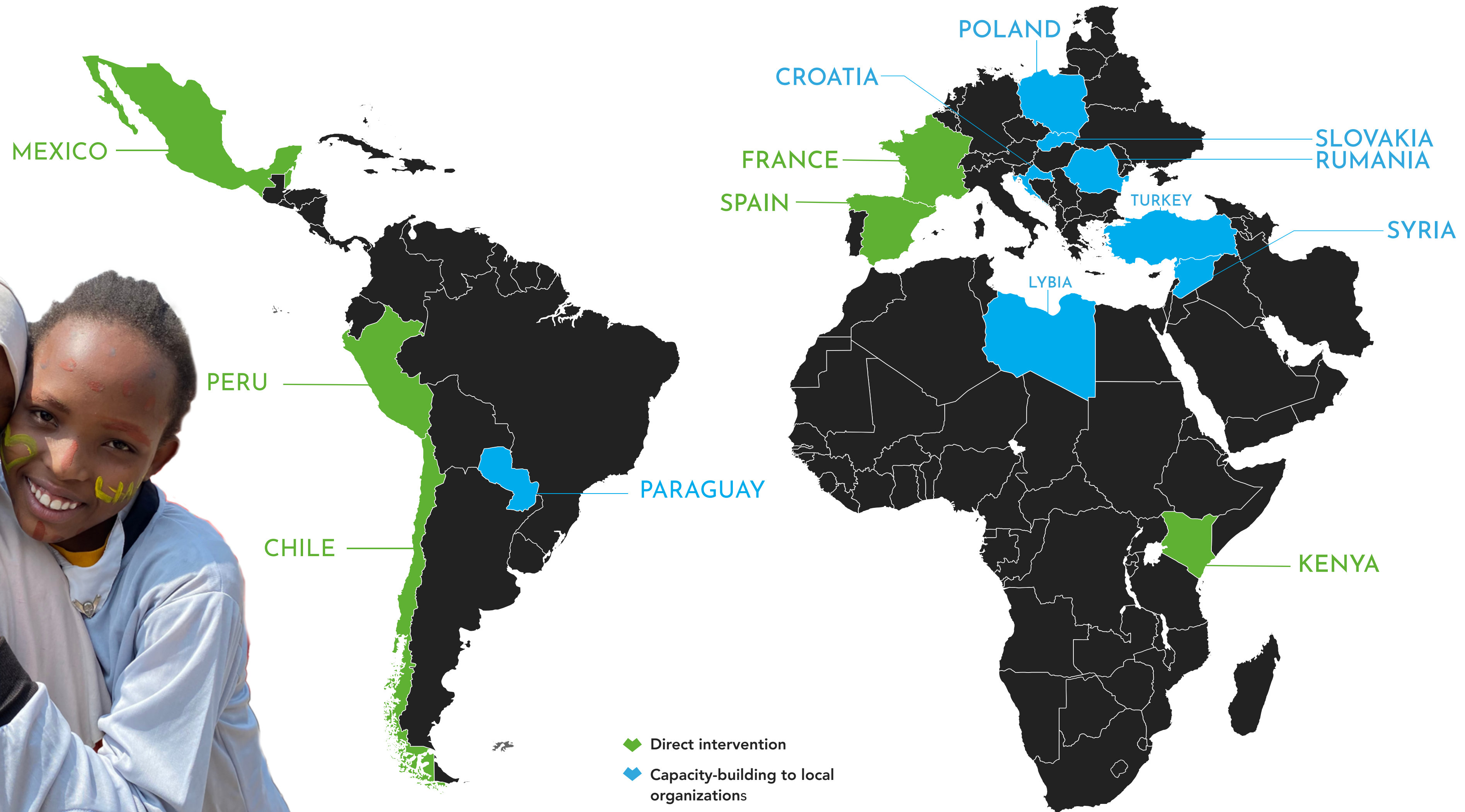




# SCOPE IN 2023



# INTERVENTION MAP 2023



During 2023, we were present in 4 continents and 14 countries in total. We had direct implementation program in Mexico, Peru, Chile, France, Spain and Kenya. In addition, we implemented Capacity-Building Programs with other organisations in Syria, Turkey, Croatia, Rumania, Poland, Slovakia, Libya and Paraguay.

In 2023 we worked in different countries with multiple program lines, which vary depending on the needs assesment, context and contingency, always with the aim of promoting the wellbeing of children and young people.

**Figure 1: Number of interventions implemented in total, and by type of program and country (2023).**

Country	Total N° of Interventions	Neighborhoods Programs	Schools Programs	Natural Disasters Programs	Mobility Programs	Capacity-Building Programs	Other Programs*
Chile	61	31	26	3	1	-	-
Peru	21	15	2	-	4	-	-
Mexico	116	19	5	-	59	32	1
Spain	17	-	7	-	-	6	4
France	5	2	-	-	2	1	-
Kenya	8	-	7	-	-	1	-
FMG	7	-	-	-	-	2	5
<b>Total</b>	<b>235</b>	<b>67</b>	<b>47</b>	<b>3</b>	<b>66</b>	<b>42</b>	<b>10</b>

\*Corresponds to other types of interventions that do not categorize into the traditional program categories.

In 2023, the programs reached almost **26,000** girls, boys and young people and more than **4,000** adults.

In these countries, by 2023, our programs reached nearly 26,000 children and young people; and we worked with more than 4,000 adults.

**Figure 2: Coverage of children, young people, adults in capacity-building programs and adults participating in other lines of action, by country and total\*.**

Country	Number of children and youth beneficiaries	Number of adults participants of capacity-building programs	Number of adults participating in other lines of actions
Chile	3769	-	822
Peru	2726	217	1917
Mexico	14078	296	2314
Spain	2588	81	321
France	299	-	47
Kenya	1898	7	40
FMG	550	74	50
<b>Total</b>	<b>25908</b>	<b>675</b>	<b>3660</b>

\*Coverage is defined as a person who has participated in at least one socio-sport session, a capacity-building session or a program action line.



Gaziantep, Province of Gaziantep, Turkey

# RESULTS IN 2023



# RESULTS IN 2023

In Fútbol Más we generate protected spaces for children, using sports and game to promote their wellbeing and the bonds with their communities. As an NGO, we seek to achieve the greatest positive impact on the children whom we work with and their communities.

We ensure transparency in measurement of results for learning, for continuous improvement and for dissemination of the programs' impact. All our global interventions have performance indicators and evaluation processes. We use both quantitative (with validated surveys applied at the beginning and end of the intervention) and qualitative (with focus groups and participant interviews) evaluation methodologies to measure the results of each intervention. The following are the main results of the Futbol Mas socio-sports programs worldwide during 2023, in several dimensions:

- > Well-being and mental health
- > Physical health and sedentary lifestyles
- > Community cohesion and school coexistence
- > Children's rights
- > Gender equality
- > Capacity building

## WELL-BEING AND MENTAL HEALTH

Mental health is defined as a state of emotional, psychological and social well-being in which a person can function optimally in his or her environment and effectively cope with the challenges of everyday life. This definition recognises the complex interaction between the different aspects of a person's life: biological, psychological and social. From this perspective, it recognises the interconnectedness between these three aspects and how they influence each other in a person's mental health (WHO, 2004).

Physical activity can contribute to improved mental health by providing both physical and psychological benefits, including reduced stress and anxiety (Smith and Smoll, 2017; Vella et al., 2021), improving mood, increasing self-esteem, and improving emotional well-being.

To assess the mental health of the beneficiaries of our programs, different strategies are used depending on the context and its possibilities. For example, for our Neighborhood and School Programs, we use the WHO-5 assessment instrument, a World Health Organization tool that measures general well-being based on 5 statements associated with the last two weeks. Depending on their score, the instrument categorizes the level of well-being of children and young people as diminished, adequate or optimal.

**Diminished level of well-being:** observation is required due to the possible presence of depressive symptoms.

**Adequate level of well-being:** appropriate state of well-being, where depressive symptoms are not present, but can continue to improve.

**Optimal level of well-being:** ideal and maximum state of well-being.

With Futbol Más programs, the goal is to improve the well-being of the beneficiaries, which is reflected in increasing the proportion of children who are in the "optimal well-being" category and reducing the proportion of children who are in the "diminished well-being" category.

For example, in the Neighborhood Program in Peru and the Schools Program in Chile, we observe an improvement in the well-being of children and young people after our interventions.

### Variation of general well-being according to the WHO-5 scale scores

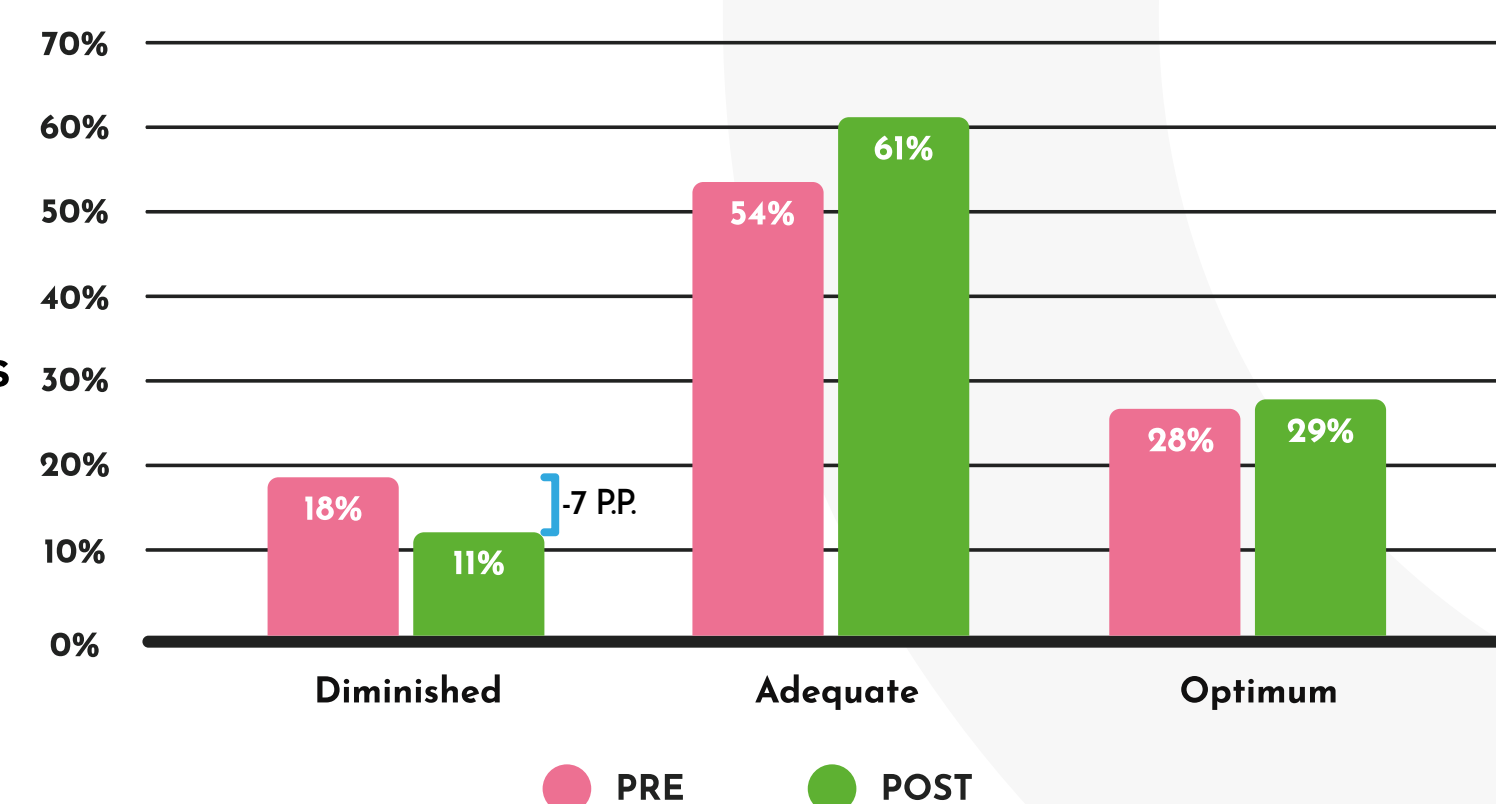
**INSTRUMENT:** WHO-5 (Self-administered questionnaire)    **WHAT IT MEASURES:** General well-being (during the last two weeks)

**TYPE OF ANALYSIS:** According to its result, it categorises children and adolescents in 3 levels of general well-being: diminished, adequate and optimal.

N: 746 (Match)



Peru  
Neighborhoods  
2023

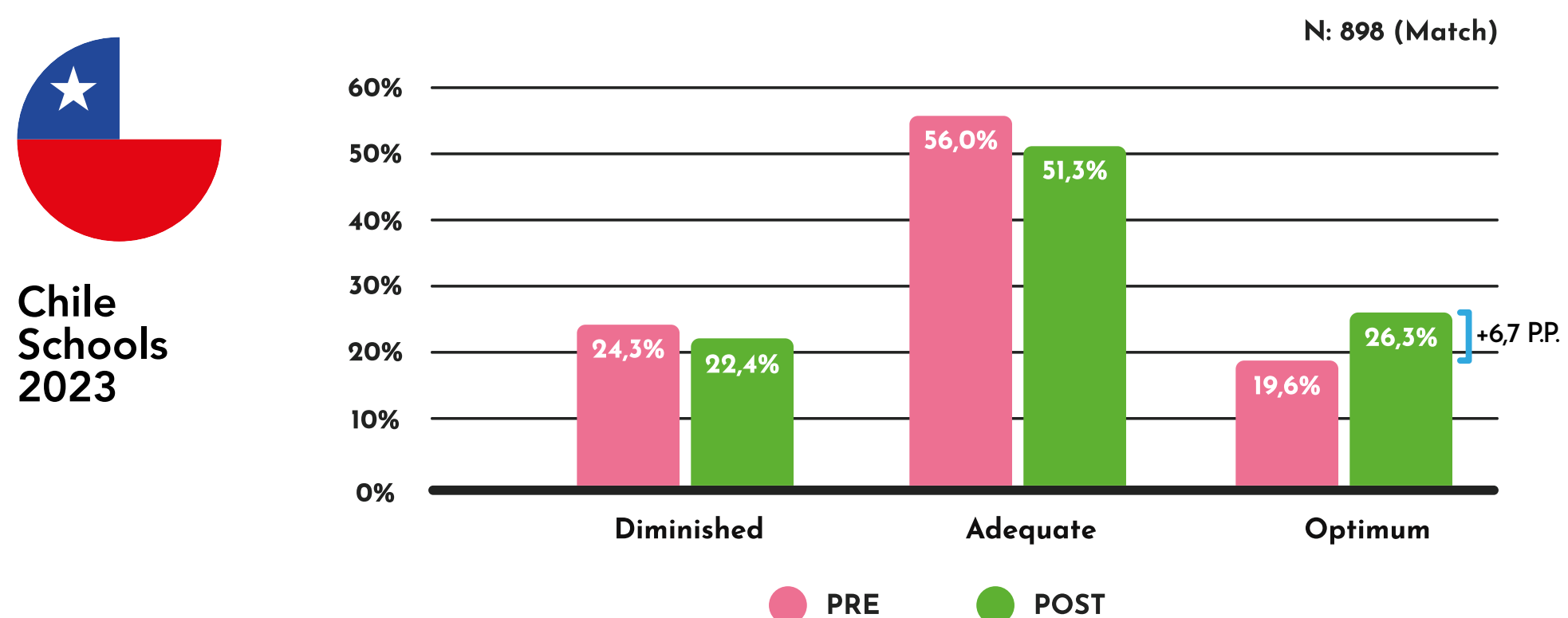


In the Neighborhood Program in Perú, where 746 participating children answered the initial and final surveys (N Match = 746), a decrease of 7 percentage points is observed in the category "Diminished well-being", between the beginning and the end of the program, which means that less children show possible presence of depressive symptomatology after the program. Moreover, the category of "Adequate well-being" increased by 7 percentage points, showing an improvement in the general well-being of the children participating in the program.

### Variation of general well-being according to the WHO-5 scale scores

**INSTRUMENT:** WHO-5 (Self-administered questionnaire)    **WHAT IT MEASURES:** General well-being (over the last two weeks)

**TYPE OF ANALYSIS:** According to its result, it categorises children and adolescents in general well-being: diminished, adequate and optimal.



In Chilean schools (N Match = 898), an increase of 6.7 percentage points is observed in the "Optimal well-being" category between the beginning and the end of the program, which corresponds to the ideal category of well-being, showing an improvement in the overall well-being of the children participating in the program.

Parents of participating children in Spain report that their children enjoy participating in Fútbol Más and recognize that in addition to having a good time, they are learning important values during the sessions.

**"My daughter enjoys being in this group, it is important that sport is the best option to keep our children busy, the activities and the human talent is excellent. They practice fundamental values such as respect, companionship, empathy..Which takes precedence over the physical abilities of each child"**

(Mother, Sport for refugee Program, Sevilla, Spain)

**"She goes happy and motivated; the monitors are patient and caring and encourage respect and diversity while having a great time. Really great work. She is happier at school, she says she has learned a lot, she likes to be with her classmates, and she has learned values".**

(Parent, Sport that Transforms Program, Madrid, Spain)

In Kenya, where the program was implemented in local communities, the PHQ-9 survey was applied, which is a 9-item instrument that seeks to identify the presence and severity of symptoms of depressive episodes.

Respondents are categorized according to their score, which reflects the presence and severity of depressive episodes:

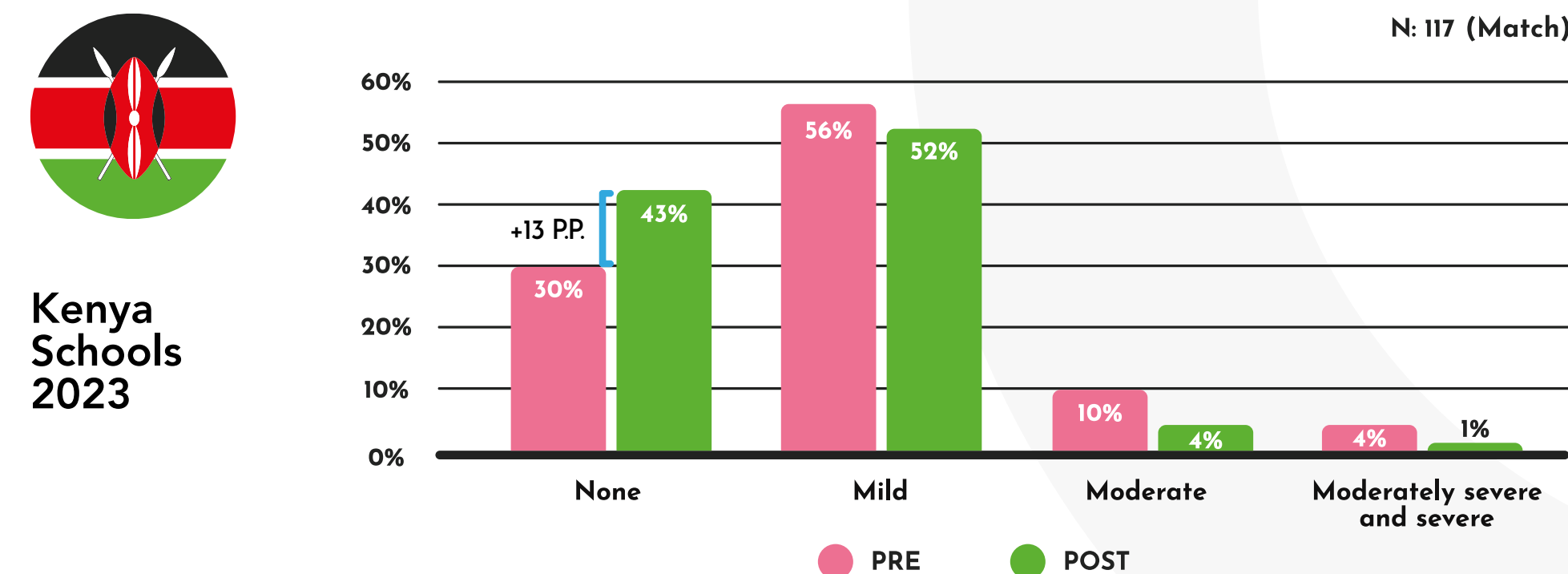
- > None
- > Mild
- > Moderate
- > Moderately severe
- > Severe

Through the Fútbol Más programs, we seek to improve the mental health of the beneficiaries, which is reflected in reducing the proportion of children with depressive episodes, regardless of their severity, and increasing the proportion of children without any depressive episode.

### Variation of depressive symptoms according to the PHQ-9 Scale score

**INSTRUMENT:** PHQ-9    **WHAT IT MEASURES:** Mental health (depressive symptoms.)

**TYPE OF ANALYSIS:** According to its result, it categorises children and adolescents according to whether they present depressive symptoms: none, mild, moderate and moderately severe + severe.



The results show positive effects on girls, with a significant increase in the proportion of girls without depressive episodes between the beginning and the end of the program. Among those who were evaluated in the Kenya programs (N Match= 117), there was a 13 percentage point increase in the category of girls with no depressive symptoms between the beginning and end of the program, demonstrating a positive effect on their mental health.

In other programs such as Mobility or Natural Disasters, where it is difficult to carry out an individualised follow-up of beneficiaries, focus groups and perception surveys were applied due to high turnover of beneficiaries and showed interesting results on the mental health of children and young people. This is shown by the focus groups held in the north of Chile at the Lobito (Tarapacá) shelter, a first reception camp for people who migrate, seek refugee or are/or at risk of being displaced, in Iquique, where we implemented our Mobility Program:

**Futbol Mas has been very helpful for the children, in order to have fun and to play. Here there are some that get excited, the girls are entertained, that's what I perceive they see in Fútbol Más".**

(Mother, Lobito Shelter, Iquique, Chile)

**"As I put it here, (...) in spite of everything they have suffered, when passing this border(...) this joy of theirs, is priceless. In fact, that is what they told us when they arrived: football, it was like this for us, the teacher."**

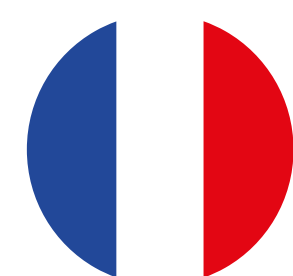
(Mother, Lobito Shelter, Iquique, Chile)

In France, the "Terrains d'Avenir" Program ("Fields for the future") aims to improve the well-being and integration through sport of young people who seek refugee or are at risk of being displaced in the Ile-de-France region (Paris). A perception survey was carried out, where we observed that 88% of the beneficiaries stated that they agreed or strongly agreed that the program helped them to set goals in life.

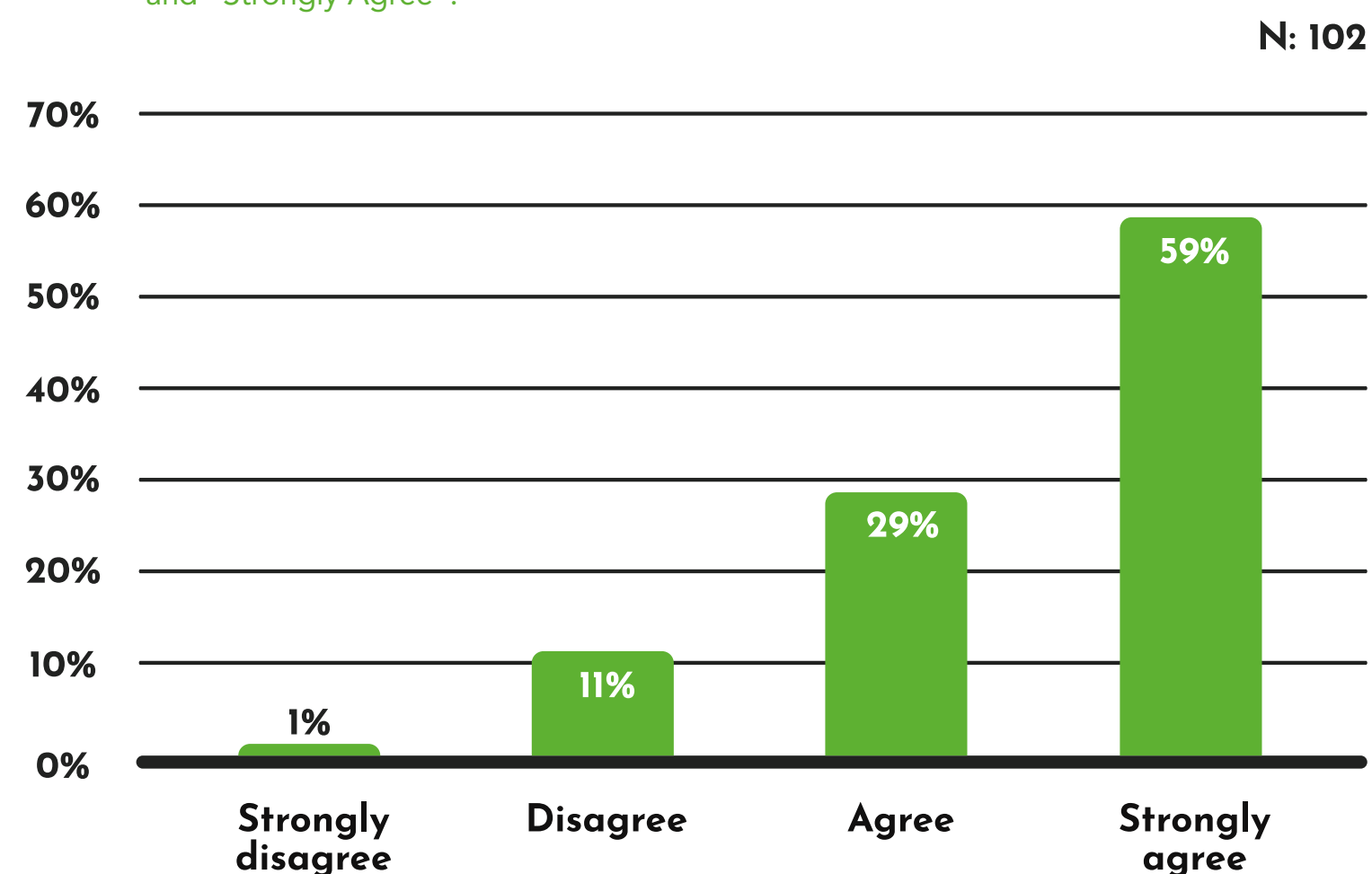
### The Terrains d'Avenir program helped me to set my goals

INSTRUMENT: Perception Survey WHAT IT MEASURES: Perception of impact

TYPE OF ANALYSIS: According to its result it is categorized as "Strongly Disagree", "Disagree", "Agree" and "Strongly Agree".



France Mobility 2023



In Mexico, the mental health of the beneficiaries of the Mobility Program, was assessed with a perception survey to evaluate the emotions of children and young people before and after the intervention, where the proportion of those who report being happy increased by 20 percentage points.

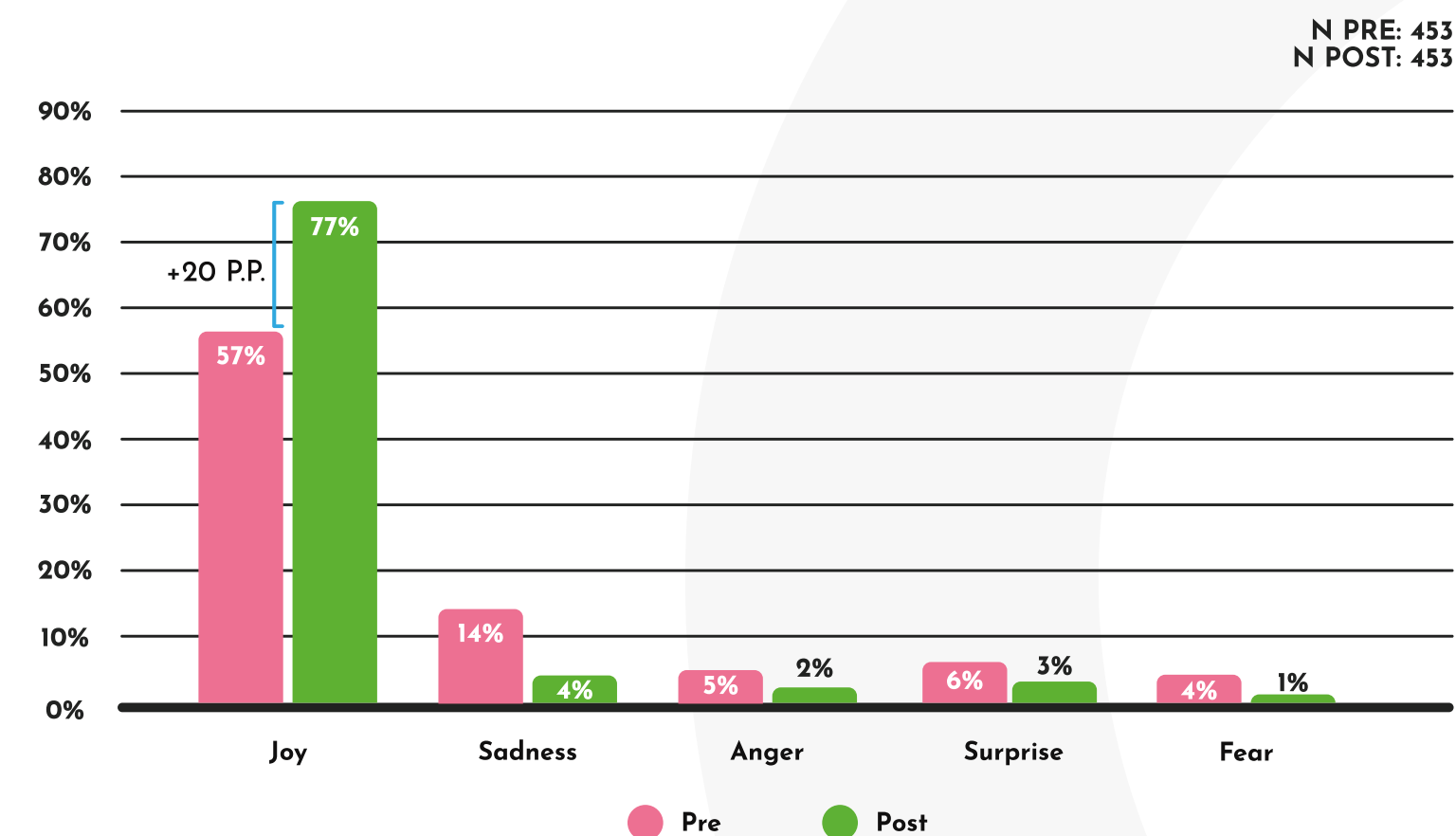
### Emotion reported by children before and after the intervention

INSTRUMENT: Perception Survey WHAT IT MEASURES: Emotions that occur most frequently in children and young people (last two weeks)

TYPE OF ANALYSIS: According to the result, the answers are distributed for each emotion.



Mexico Mobility 2023



Pucusana, Lima, Perú

Likewise, for a specific line of action called "My Journey with Myself", which seeks to promote leadership among young people in Mexico, it shows how they change their perception of their own capacity to be a leader. Indeed, an increase of 24 percentage points is observed among those who consider the following statement to be true:

**Anyone has the capacity to be a leader. % Category "True"**

INSTRUMENT: Perception Survey "My Journey With Myself" WHAT IT MEASURES: Perception of leadership

TYPE OF ANALYSIS: Shows the response category "True"



Mexico  
Mobility  
2023



This is in line with participating young leaders' perception in Kenya:

"I've learned to lead people, teach people, to interact with others, to speak in front of a group, listen to people's opinions and contribute as well. Now I can create games for children and organize a warm-up."

(Young leader, Nairobi, Kenya)"

In relation to the Capacity-Building Programs, which seek to train other organizations in new tools and actions that promote children's wellbeing through the Sport for Development strategy, the results are highlighted in different contexts. All the experiences recognize that the methodology was useful when working on the socio-emotional environment of children and young people. In fact, one beneficiary organization that works for the development and comprehensive protection of children's rights states the following:

"I found the training very interesting and playful, where we were able to explore different ways of working on life skills through football".

(Beneficiary of the program, Spain)

Indirect beneficiaries also recognize the positive effects of the methodology in general and the green card in particular. This is stated by a girl from the "SPRING project", capacity-building program to the sports school of the club ZNK NŠ Medimurje Cakovec in Croatia:

"When I received the green card, I felt happier, and it encouraged me to do better. I love being able to share my opinion with others. I noticed that the girls started to talk more openly to the coach and to each other."

(Girl, SPRING project, Cokavec, Croatia)

Another example is from a Capacity-Building program implemented with a local NGO, which made it possible to bring the socio-sport methodology of Futbol Mas to children and young people living in camps in north-western Syria, after the earthquake in February 2023.

Trained professionals report that the intervention helped children affected by the earthquake to develop life skills, such as assertive conflict resolution.

"Futbol Mas had a great impact on the children and young people, they were very happy with the sessions they received through play and sport, we noticed the joy of the children when they received the Green Card. They want to continue with this interesting and fun program, through which they learnt what positive role sport can have, about competition in sports, how to resolve conflicts through dialogue and the importance of developing positive bonds, and most importantly they learned about their rights as children. The Futbol Mas motto was an incentive to offer the best, together we can change reality".

(Trained professional, Siria)



# PHYSICAL HEALTH

Physical health is defined as the general state of well-being of the body and its ability to function properly at all stages of development, from childhood to young adulthood. This definition includes aspects such as nutrition, physical development, physical activity, disease and injury prevention, among others (CDC, n.d.). It is recognized that, for physical development and adequate motor skills among children, physical activity, adequate rest and safe environments that promote play are required.

Optimal physical health in children and young people contributes to proper growth and development and the promotion of healthy lifestyles that can last into adulthood, thus promoting a state of well-being. However, 80% of adolescents worldwide report an insufficient level of physical activity (Guthold, Stevens, Riley & Bull. 2019).

Sports can contribute significantly to children’s physical health, such as muscle strengthening, the development of motor skills and the promotion of active lifestyle habits, which are key aspects of children’s physical health and overall development (Stodden et al., 2008; Lloyd et al., 2014).

### Number of socio-sport sessions implemented in 2023

Country	Number of socio-sport sessions implemented	Number of hours of physical activity implemented
Chile	7179	10769
Peru	5290	7935
Mexico	2628	3942
Spain	700	1050
France	180	270
Kenya	516	774
<b>Total</b>	<b>16493</b>	<b>24740</b>



Metropolitan Regional Final, Colina, Santiago, Chile

**16.493** SOCIO-SPORT SESSIONS held at a global level

**24.740** HOURS OF PHYSICAL ACTIVITY

In our programs, the assessment of physical health is carried out through the APAL-Q instrument, a tool that measures the level of physical activity with 5 statements that classify the respondent as sedentary, moderately active or very active.

**Sedentary:** practices physical activity between once a week and once a month

**Moderately active:** practices physical activity 1 to 2 times a week

**Very active:** practices physical activity between 3 times a week and almost every day.

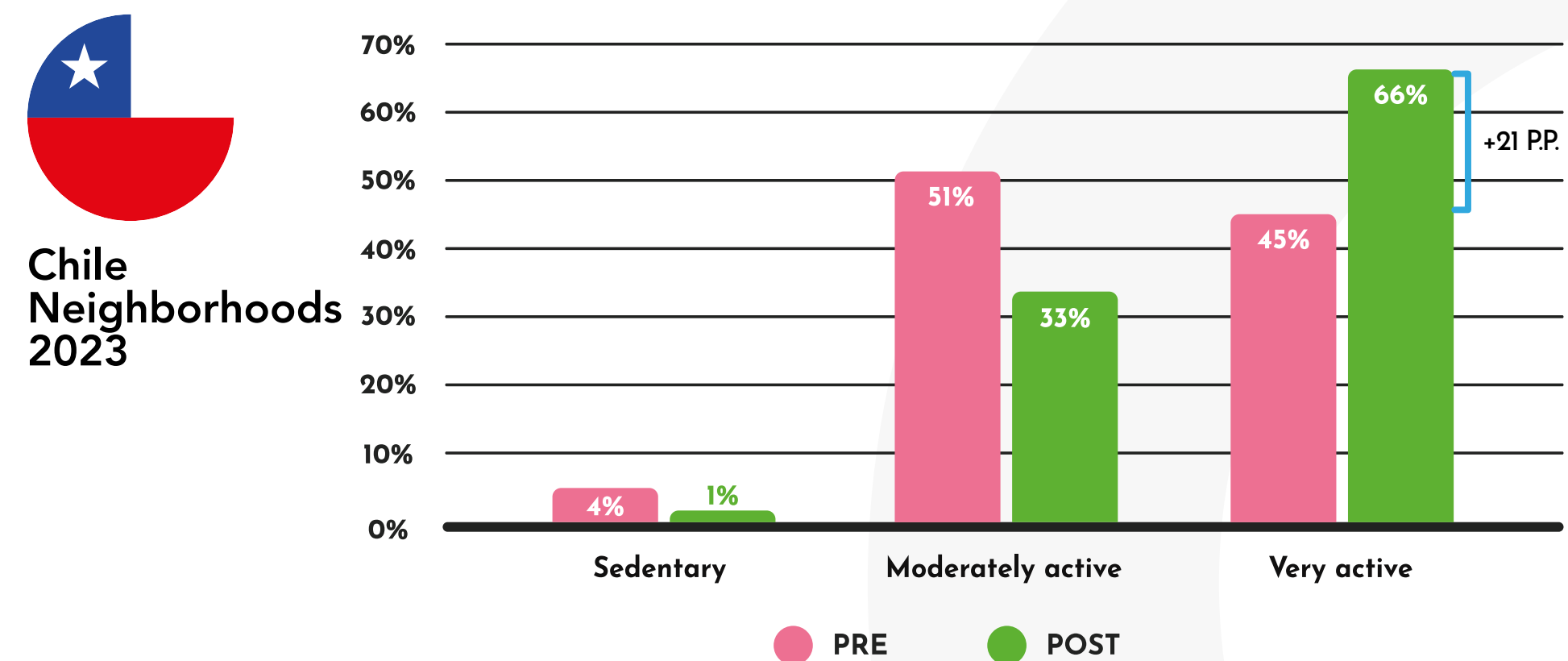
Fútbol Más programs seek to improve the physical health of the beneficiaries, which is reflected into increasing the proportion of children who are in the “very active” category and reducing the proportion of children who are in the “sedentary” category..

We observed an improvement in the level of physical activity in the communities of Chile and Peru, where, in addition to encouraging beneficiaries to lead an active life, we also sought to reduce the proportion of children and young people who are sedentary.

Variation in the level of physical activity according to APAL-Q score

INSTRUMENT: APAL-Q WHAT IT MEASURES: Level of physical activity

TYPE OF ANALYSIS: According to its result, it categorises the children and youth into the following levels of physical activity: sedentary, moderately active and very active



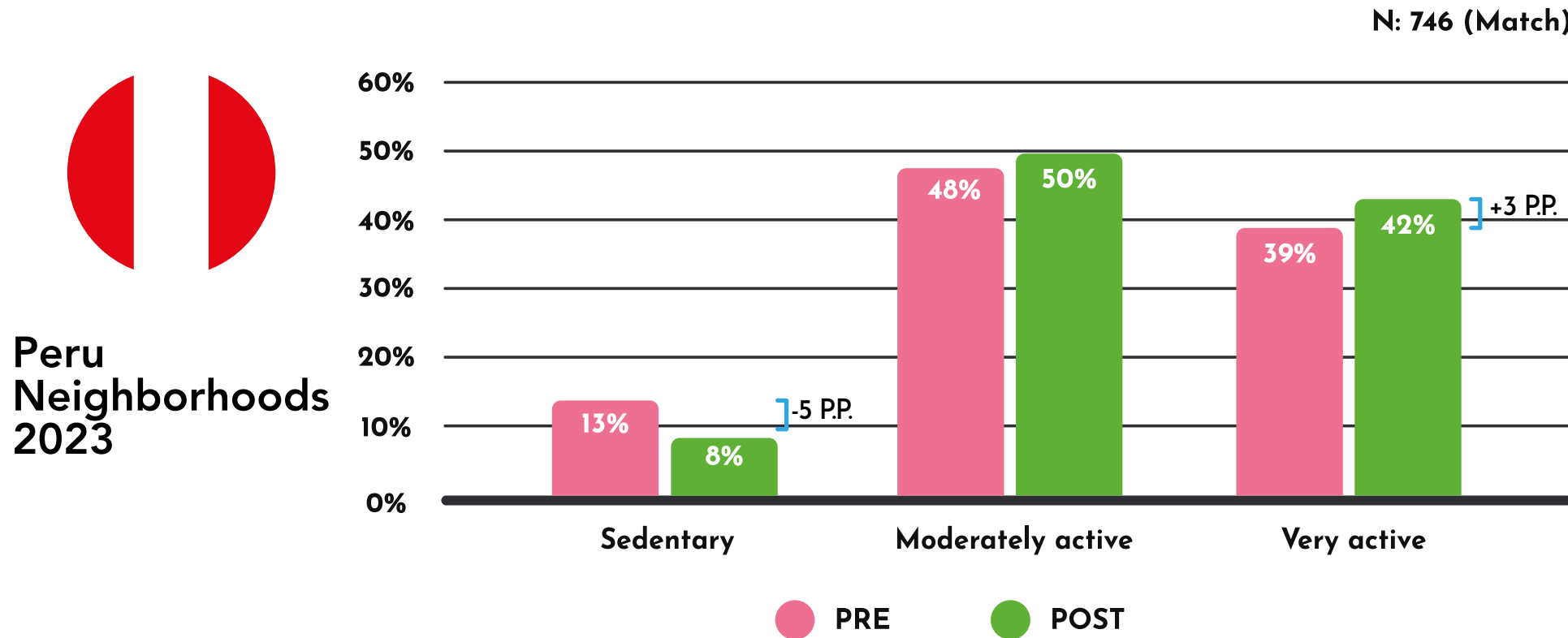
In the Chilean communities (N= 95), an increase of 21 percentage points is observed in the “Very Active” category between the start and the end of the program, which corresponds to the ideal category. Those in this category practice physical activity between 3 times a week to almost every day.



Variation in the level of physical activity according to APAL-Q score

INSTRUMENT: APAL-Q WHAT IT MEASURES: Level of physical activity

TYPE OF ANALYSIS: According to its result, it categorises the children and youth into the following levels of physical activity: sedentary, moderately active and very active



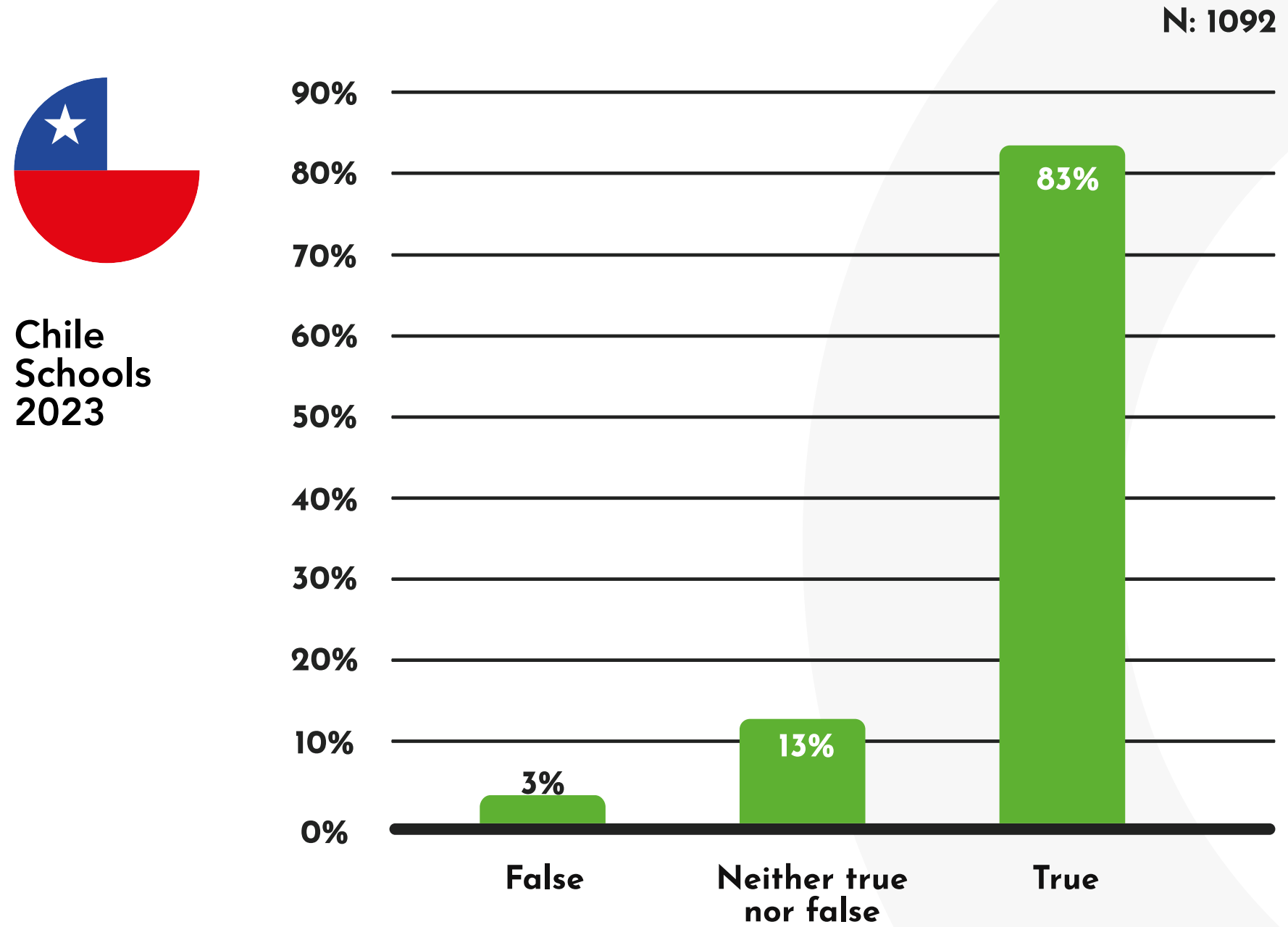
In the neighborhoods of Peru (N Match= 746), a decrease of 5 percentage points was observed in the "Sedentary" category between the start and the end of the program. The "Sedentary" category is the worst level of physical activity and corresponds to 1 or 2 physical activities per month. In this sense, we can affirm that there was an improvement in the level of physical activity.

In addition, the focus is not only on getting more hours of physical activity, but also on ensuring that participants of the program understand the importance of physical activity or sport for their development and growth. This is shown in the next graph, where 83% of the 1092 participating children feel that they have learned about the importance of being physically active.

At Fútbol Más I have learned about the importance of physical activity or sport

INSTRUMENT: Perception Survey WHAT IT MEASURES: Perception of physical health impact

TYPE OF ANALYSIS: Categorized as "False", "Neither true nor false" and "True" depending on the results.



# COMMUNITY COHESION AND SCHOOL COEXISTENCE

Community cohesion is defined as the degree to which members of a community feel connected, committed and mutually supportive, and work together to achieve common goals (Chavis & Pretty, 1999). A sense of belonging, trust and collaboration among community members is fundamental to promoting collective well-being and sustainable development (Hawe et al., 2000).

Sports can play an important role in promoting community cohesion by strengthening participation, teamwork and shared identity. Indeed, sports can involve people from different social contexts in common activities, which promotes a sense of belonging and participation in the community (Coalter, 2010). Thus, sports can facilitate the building of social relationships among children and young people, promoting community cohesion (Spaaij, 2013).

At the school level, community cohesion can be reflected in healthy school coexistence. School coexistence is understood as “the harmonious and respectful relationship between members of an educational community, based on values of solidarity, responsibility, tolerance, mutual respect and active participation in the construction of an inclusive school environment favorable to learning” (UNESCO, 2009). In this sense, the importance of promoting positive and constructive relationships in the school environment is highlighted, fostering respect, collaboration and participation of the educational community, creating an environment conducive to the comprehensive development of students.

Sports can contribute to healthy school coexistence and a reduction of violence in a school context. Different research has shown that the practice of non-competitive physical activity leads to the promotion of values that promote peaceful coexistence and socialization, making it an ideal tool for reducing cases of violence (Martínez-Baena and Faus-Bosca, 2018; Medina Cascales and Reverte Prieto, 2019). In fact, it has been suggested that students who play team sports with a non-competitive approach have a lower risk of developing aggressive behavior (Pelegrín et al., 2010).

Regarding the evaluation of community cohesion, qualitative and quantitative methodologies are applied to gain an in-depth understanding of the impact of the program on communities. From the north of Chile, a mother says that Futbol Mas has brought her neighborhood together:

**“We are working collectively towards the same goal. Something happens, and we all have an opinion about it, we all go in the same direction. Do you know what I mean? For them [the children]. So, the parents and the children are happy with Futbol Mas. There is no drama. And there’s a union like I haven’t seen before, in this Futbol Mas”**

(Parent, Ojanco, Chile).

Further, from Nairobi in Kenya, a caregiver says that the foundation has helped children to relate to each other regardless of the tribe to which they belong:

**“Futbol Mas has even helped us with tribalism, the children are not even aware of which tribe they belong to, the children live as one family”**

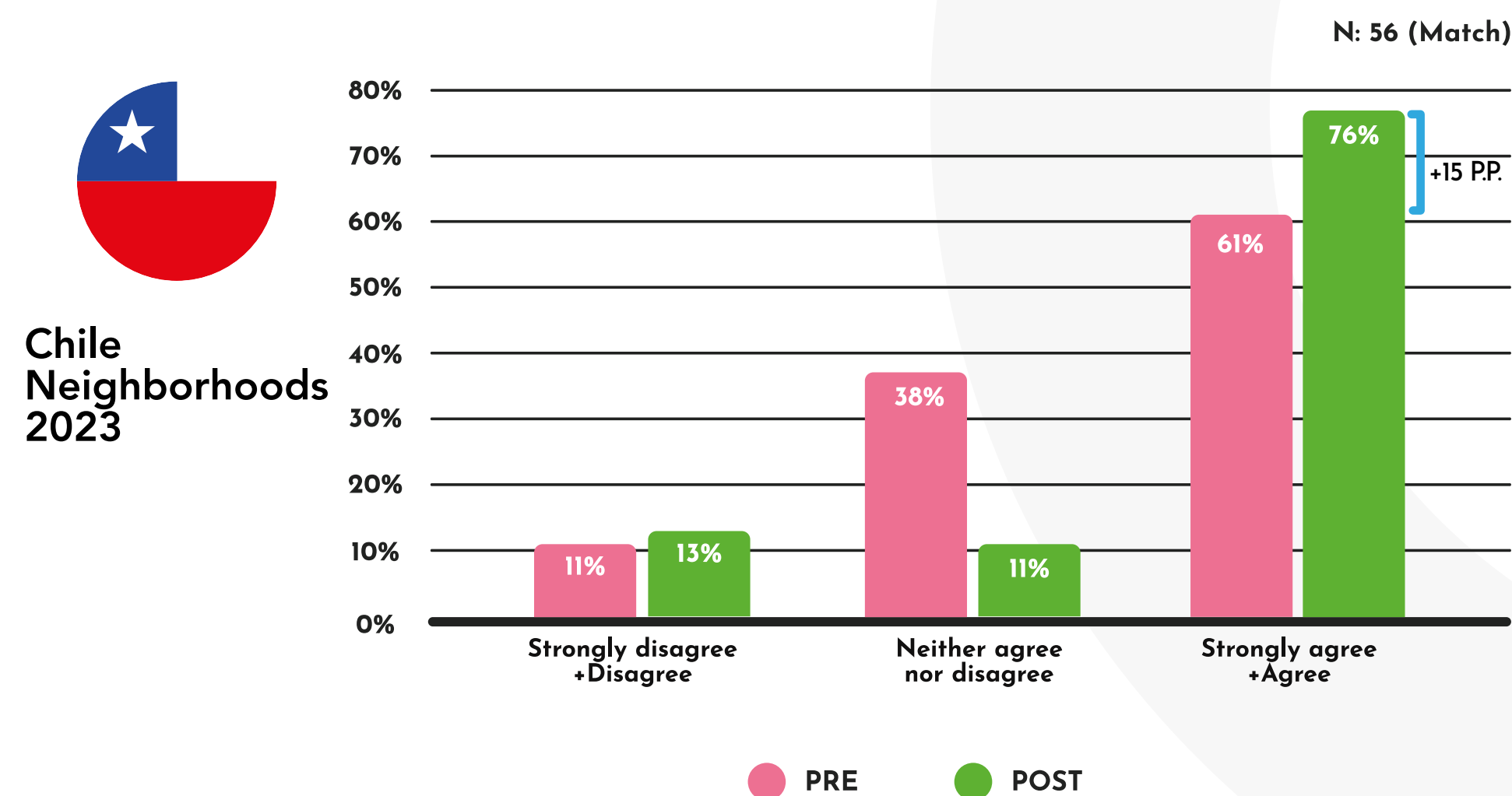
(Caregiver, Nairobi, Kenya).

Our socio-sports programs also seek to generate protected spaces for children and improve the perception of safety in communities. In this dimension, we can observe results both in Chile and Peru, as well among children as in adults:

## I feel safe when my child goes to play at the neighborhood playground

**INSTRUMENT:** Survey for parents    **WHAT IT MEASURES:** Perception of public space

**TYPE OF ANALYSIS:** According to its result, it is categorized as “Strongly disagree + Disagree”, “Neither agree nor disagree” and “Strongly agree + Agree”.

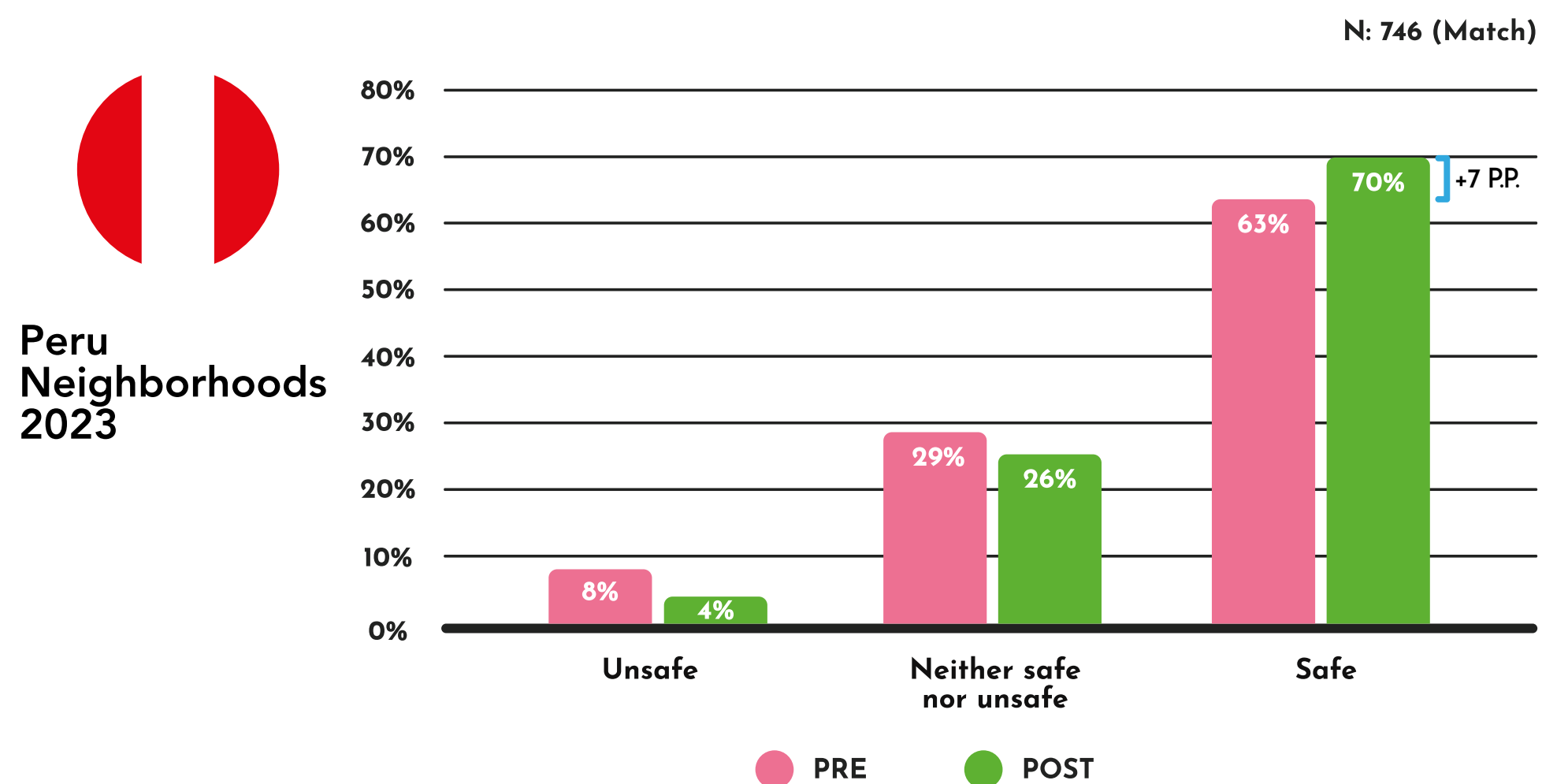


Among the parents of the Neighborhoods Program in Chile, there is an increase of 15 percentage points among those who agree or strongly agree that they feel safe when their child goes to the community playground, between the beginning and the end of the program, showing that parents’ perceptions of the safety of the public space have improved.

### How do you feel about the neighborhood sports field?

INSTRUMENT: Futbol Mas' survey WHAT IT MEASURES: Perception of safety

TYPE OF ANALYSIS: Categorized into "Unsafe", "Neither safe nor unsafe" and "Safe" according to the results.



Among children and young people of the Neighborhoods Program in Peru (N Match= 746), there was an increase of 7 percentage points among those who feel safe in the neighborhood sports field between the beginning and the end of the program. Thus, we can affirm that there was an improvement in the children and young people's perception of safety.

In our Schools program, we measure school coexistence. We observed, for example, that 80% of teachers and staff in our Schools Programs in Chile (N= 195) consider Futbol Mas to be a contribution to school coexistence in their institutions.

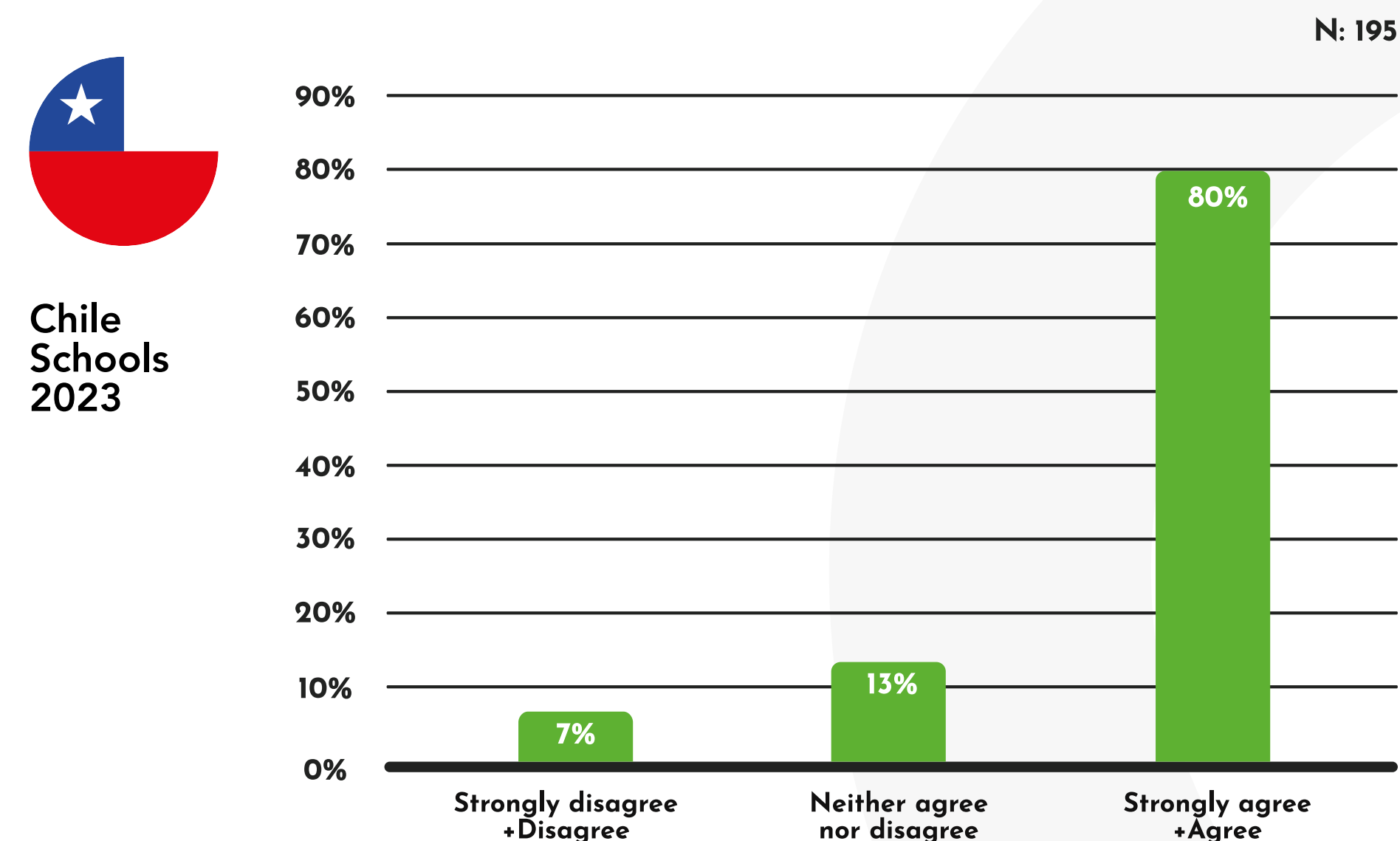
We can also observe the impact of capacity-buidling on community cohesion in the sports school of the ZNK NŠ Medimurje Cakovec club in Croatia. Indeed, one beneficiary girl acknowledges that it had positive effects on communication and trust:

**"I was more motivated. We communicated more clearly and with more confidence. I felt that my classmates supported me. It had a positive effect on the social situation of the team."**  
 (Girl, SPRING project, Cokavec, Croatia)

### I believe that Futbol Mas is a contribution to school coexistence

INSTRUMENT: Teacher perception Survey WHAT IT MEASURES: Perception of impact

TYPE OF ANALYSIS: According to its result, it is categorized into "Strongly Disagree + Disagree", "Neither agree nor disagree" and "Strongly agree + Agree",



This goes in line with what was stated by one of the club's coaches, who said that the Futbol Mas methodology helped a lot in terms of communication and trust among the team members. The Green Card also helped as a pedagogical tool to promote motivation and teamwork.

**"The experience was great, because over time we connected more and more and they [the girls] had much more confidence and courage to open up and talk about the problems they face on the field and in the locker room. The Green Card turned out to be the most effective tool because it improved the communication between them and me as a coach but also between themselves because they started to see that there are other equally important things in sport besides the football skills they possess. I will certainly continue to use the knowledge I have gained and, above all, I will continue to use the Green Card because it has become a useful tool in many ways, both in terms of motivation but also in mutual connection between players who have started to look at themselves and others from other perspectives, not only from a competitive perspective."**

(Coach sports school ZNK NŠ Medimurje Čakovec, Cakovec, Croatia).

# KNOWLEDGE OF CHILDREN'S RIGHTS

The children rights approach is a perspective that recognizes children as subjects of inherent and inalienable rights, and focuses on guaranteeing their well-being, development and comprehensive protection (UNICEF, 1989). This approach is based on the principle that children are not only objects of protection, but active subjects of rights that deserve to be respected, protected and guaranteed in all spheres of their lives, as well as promoting their active participation in matters that affect them (Alston, 1994).

Sport can promote the awareness of children's rights by providing a protected space for children's play, participation and empowerment. Providing a safe space for children in itself creates a space where the right to play is guaranteed, which is very important for promoting children's holistic development (Ginsberg, 2007). Sports can promote children's empowerment by developing skills such as self-confidence, resilience and teamwork, so that they become active agents of their own well-being and development (Green, 2009). At Futbol Mas, we integrate work around children's rights into our methodology, with the aim of making children more aware of their rights.

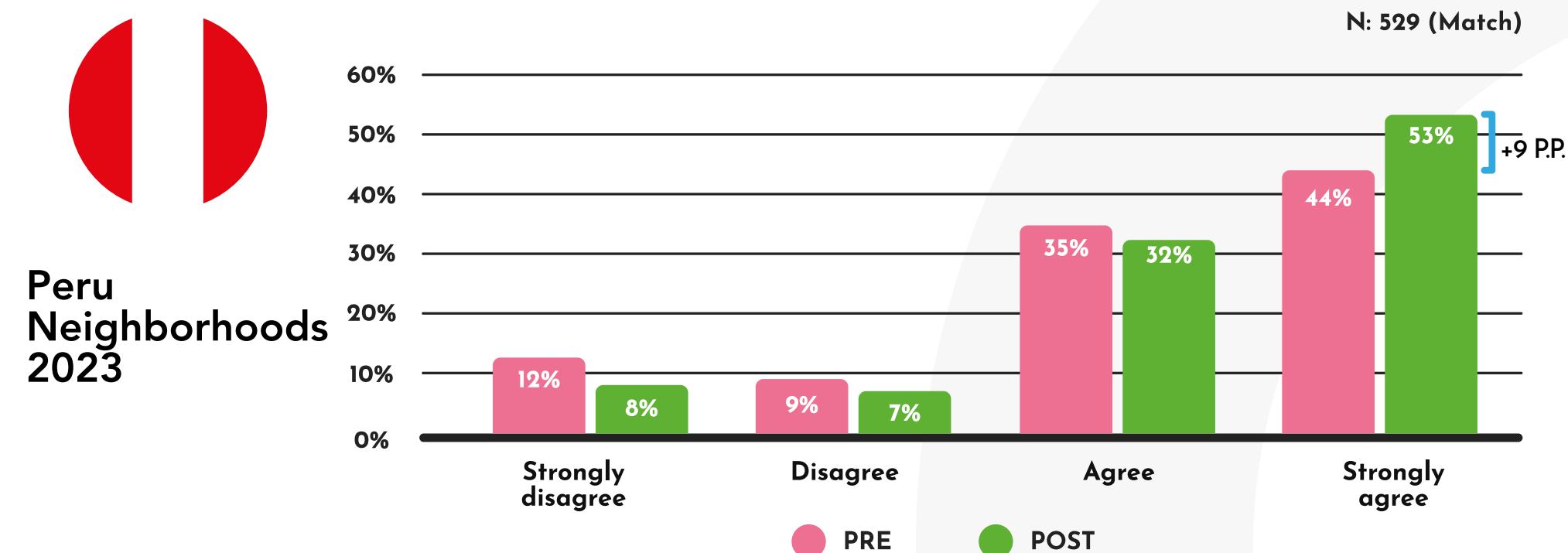
Regarding the evaluation of children's knowledge of their own rights, we can observe that our interventions had positive results in different realities.

In some of the neighborhoods in Peru, where the intervention focused on promoting the protection of children's rights, the beneficiaries learned about their rights as children and who is in charge of guaranteeing them. We can observe among the respondents (N Match= 529) an increase of 9 percentage points among those who strongly agree that "children and adolescents from other countries should have the same rights as those who were born here" between the beginning and the end of the program. This result also shows a greater openness to diversity.

## Children and adolescents from other countries should have the same rights as those who were born here

INSTRUMENT: Opinion survey, rights of children and adolescents WHAT IT MEASURES: Knowledge of rights

TYPE OF ANALYSIS: According to its result, it is categorized as "Strongly disagree", "Disagree", "Agree" and "Strongly agree"

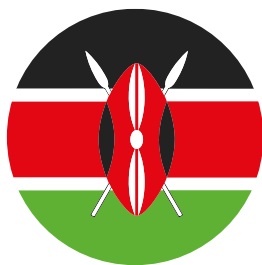


In Kenya's programs the implementation had the same objective as in Peru and also achieved good results:

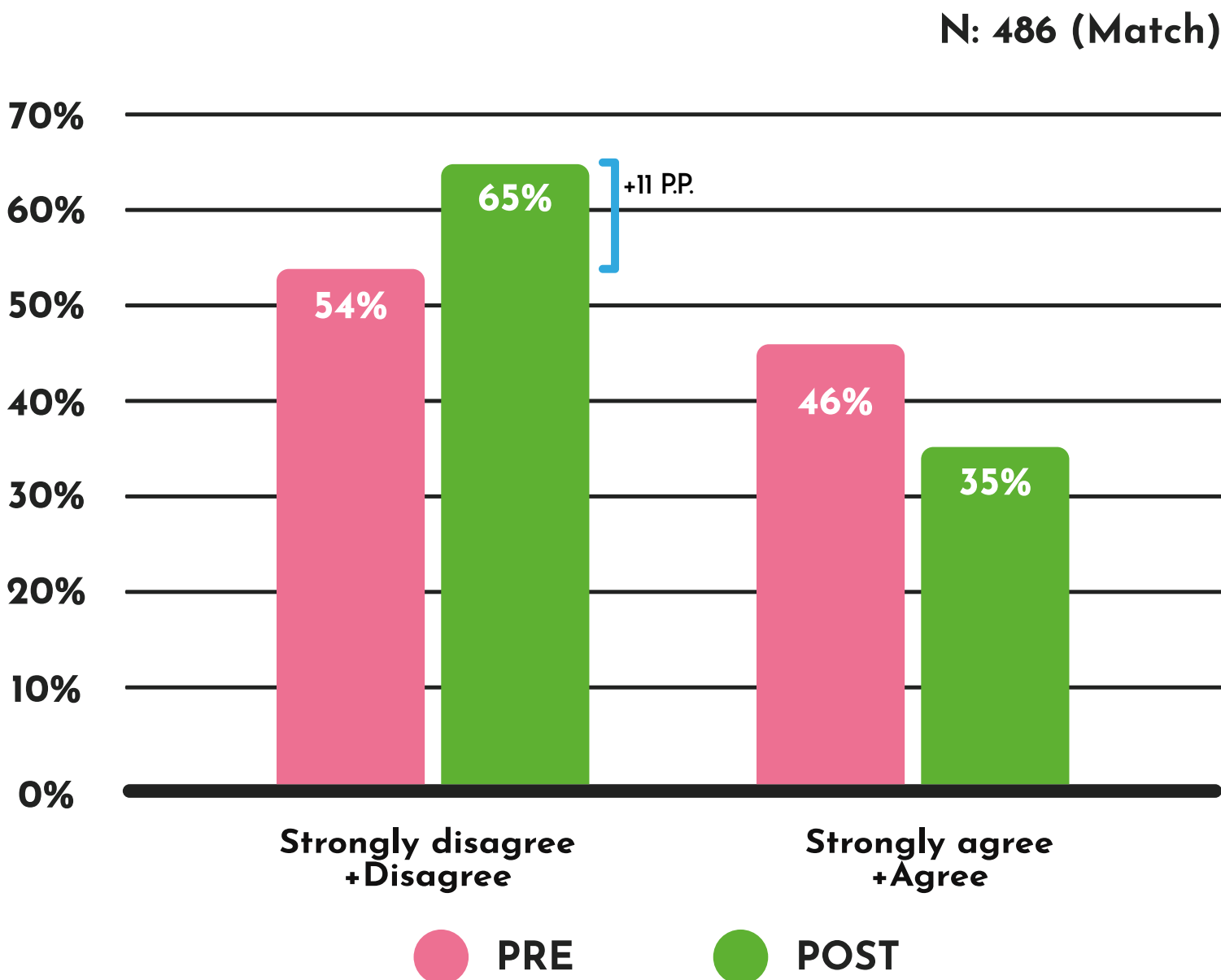
**"It is normal for adults to shout at children"**

INSTRUMENT: Futbol Mas scale WHAT IT MEASURES: Knowledge of rights

TYPE OF ANALYSIS: According to its result, it is categorized into "Strongly Disagree + Disagree" and "Strongly Agree + Agree"



Kenya Schools 2023

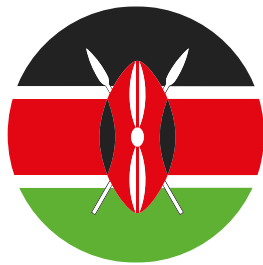


Among the surveyed children (N Match= 486), there was an increase of 11 percentage points among those who disagreed or strongly disagreed with the statement "it is normal for adults to shout at children" between the beginning and the end of the program, indicating the beneficiaries' learned about their rights.

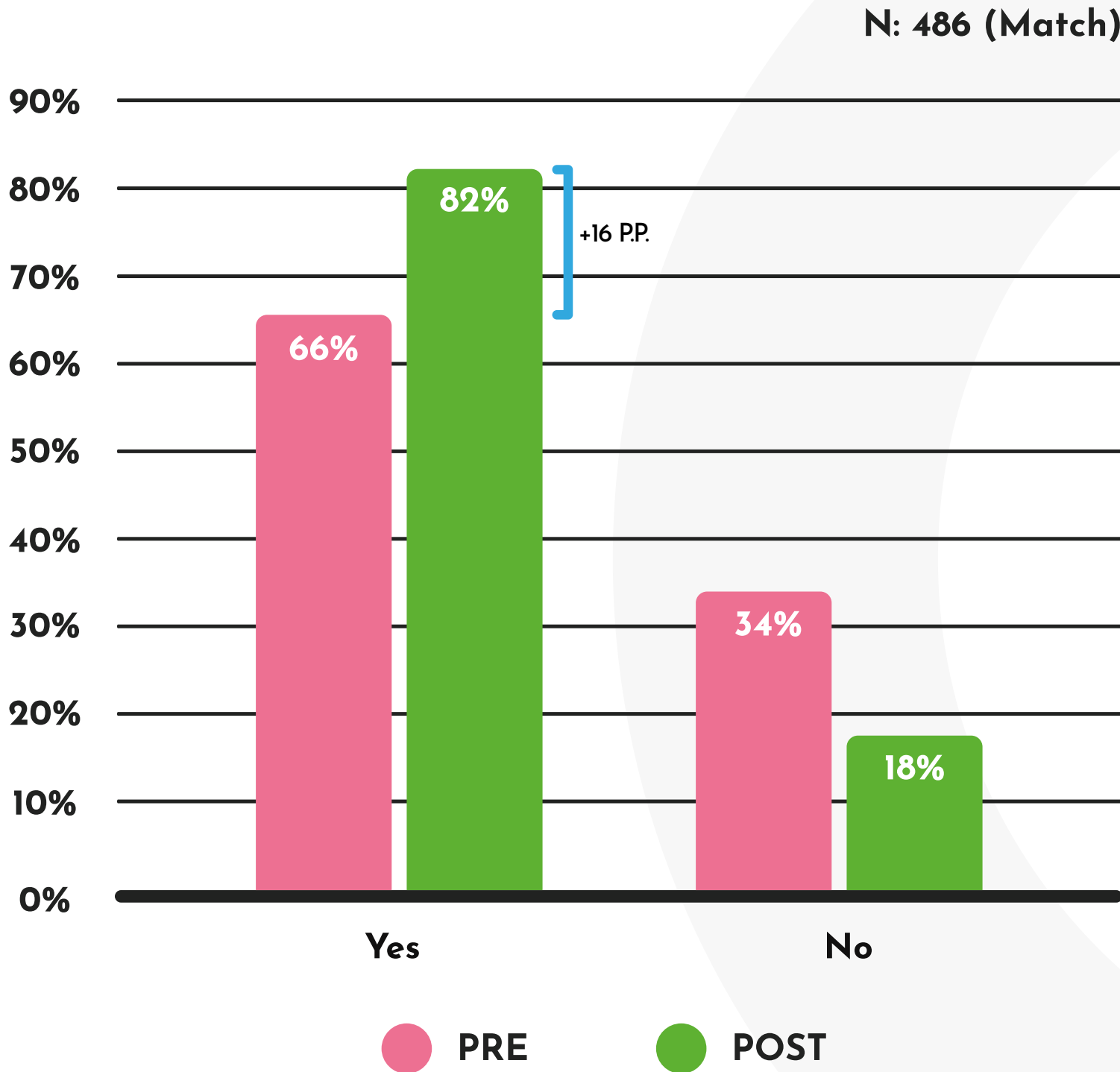
**"If someone does not respect your rights or the rights of a friend, do you know where you can go for help?"**

INSTRUMENT: Futbol Mas scale WHAT IT MEASURES: Knowledge of rights

TYPE OF ANALYSIS: According to its result it is categorized as "Yes" and "No".



Kenya Schools 2023



There was an increase of 16 percentage points in children who know who to turn to for help if their rights, or those of a friend, are not respected, between the beginning and the end of the program. This shows that the beneficiaries learned about who the guarantors of their rights are.

# GENDER EQUITY

Gender equity arises from the need to construct a new debate on equality and difference, referring to the multiple gender differences that intersect in everyday life (BCN, 2014). Conceptually it aims for a fair distribution of benefits, power, resources, responsibilities and opportunities between men and women, recognizing the differences in needs in different aspects of life (resources, health, education, etc.) in which women are disadvantaged. It seeks to address these differences in order to correct the imbalance between men and women (PAHO, n.d.), which is essential for more peaceful, collaborative and just societies.

Sport can play a significant role in promoting gender equality by fostering equal participation and providing opportunities for the empowerment of women and girls. Indeed, sport can provide a space for equal opportunities and promote equal participation (Hovden, 2019), and contribute to the individual and collective empowerment of women and girls by promoting self-confidence, leadership and the ability to cope with challenges in various contexts (Pfister and Radtke, 2018). En Fútbol Más, buscamos fomentar la participación de las niñas en nuestros espacios deportivos; e integramos contenidos de trabajo relacionados con el fomento de la equidad de género dentro de nuestras intervenciones.

**Table: Gender distribution of coverage by country and total**

Country	Global Coverage	% Boys	% Girls
Chile	3769	64%	36%
Peru	2726	68%	32%
Mexico	14078	61%	39%
Spain	2588	48%	52%
France	299	54%	46%
Kenya	1898	52%	48%
Global	550	36%	64%
<b>Total</b>	<b>25908</b>	<b>60%</b>	<b>40%</b>

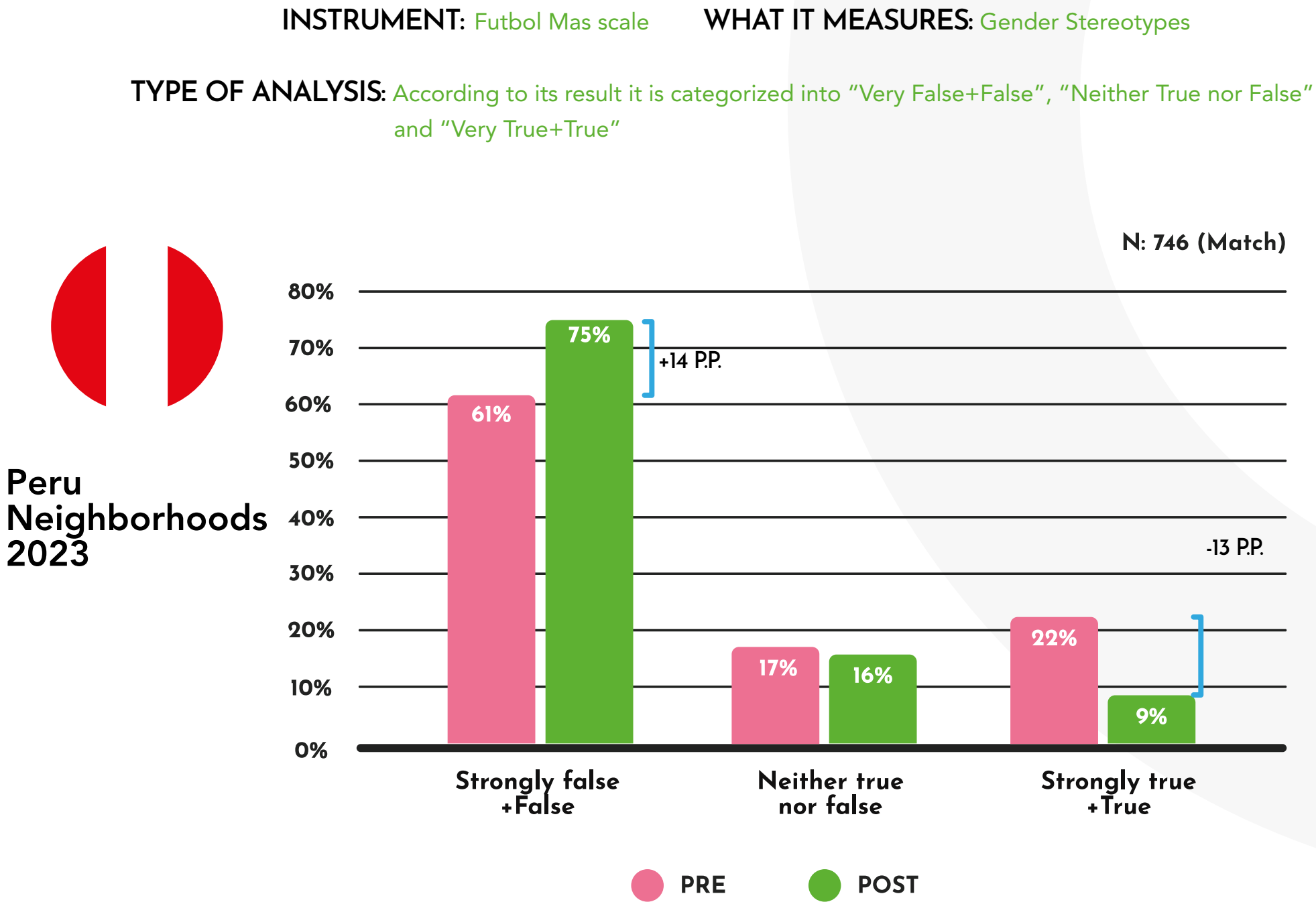
At Futbol Mas, we seek to encourage girls' participation in our sporting spaces; and we integrate the promoting of gender equality into our interventions. On average worldwide, the gender distribution in our programs is 60% male and 40% female, which is quite promising given that football, the sport we use in most of our programs, tends to be a more male-dominated sport. We highlight that in countries such as Spain, France and Kenya, the proportions are more similar between the genders. This is achieved through lines of action focused on encouraging girls' participation in all programs, and the implementation of specific programs focused on girls only.

Beyond girls' participation, our programs integrate actions focused on diminishing gender stereotypes in order to work towards more equity in sport spaces. In this dimension, we present results from three different countries:

Firstly, the Neighborhoods Program in Peru in 2023 sought to promote gender equity in its interventions. In this way, the aim was that children and young people, in addition to improving their life skills, would be able to understand and positively orient their actions in the face of gender stereotypes and gender-based violence.

Before the program, 22% of the children thought it was right that only men should work outside the home and that only women should cook and clean the house. After the program (among the same 746 children) this proportion dropped to 9%, showing a decrease in gender stereotypes.

**"It is right that only men should work outside the home and women should only cook and clean the house"**





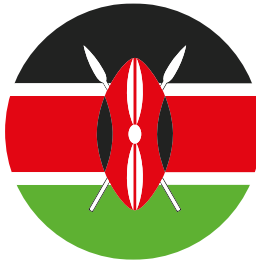
In the Kenyan Schools programs, children and young people (N Match= 486) showed that they can break down gender stereotypes, both in terms of their roles at home and in sport.

Before the program, 63% of participating children disagreed with the statement "Only girls should cook and clean at home". At the end of the program, when the same boys and girls were asked again, this percentage rose to 80%, showing an evolution regarding this gender stereotype.

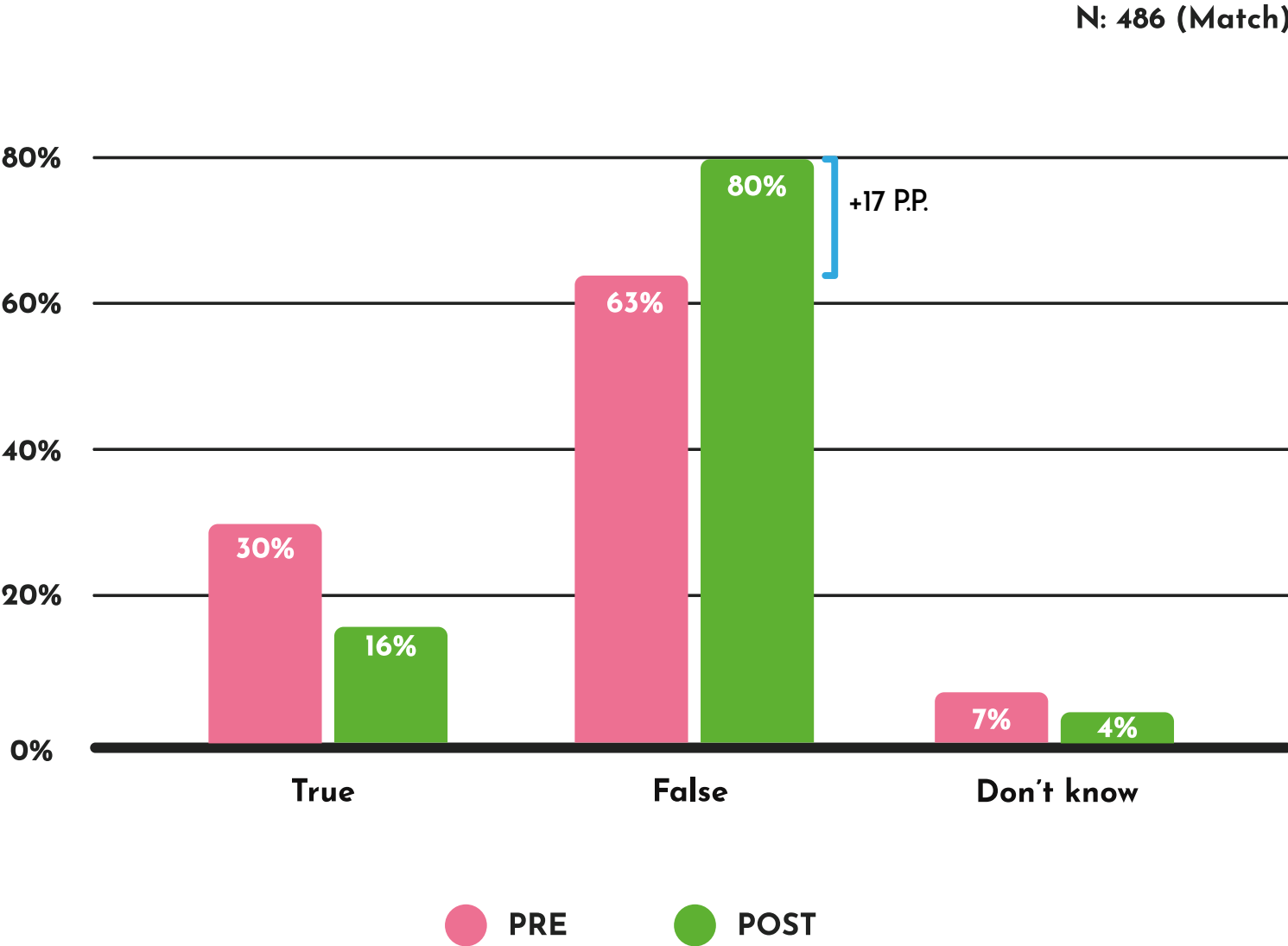
**"Only girls should cook and clean at home"**

INSTRUMENT: Futbol Mas scale WHAT IT MEASURES: Gender Stereotypes

TYPE OF ANALYSIS: According to its result it is categorized into "False", "True" and "Don't know".



Kenya Schools 2023

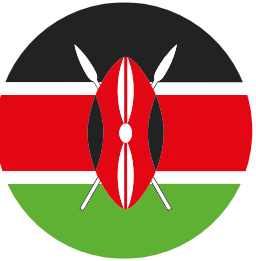


In addition, there was an increase of 17 percentage points among those who considered "false" that football is only for boys, between the beginning and the end of the program, showing a disagreement with the idea that football is a men's sport.

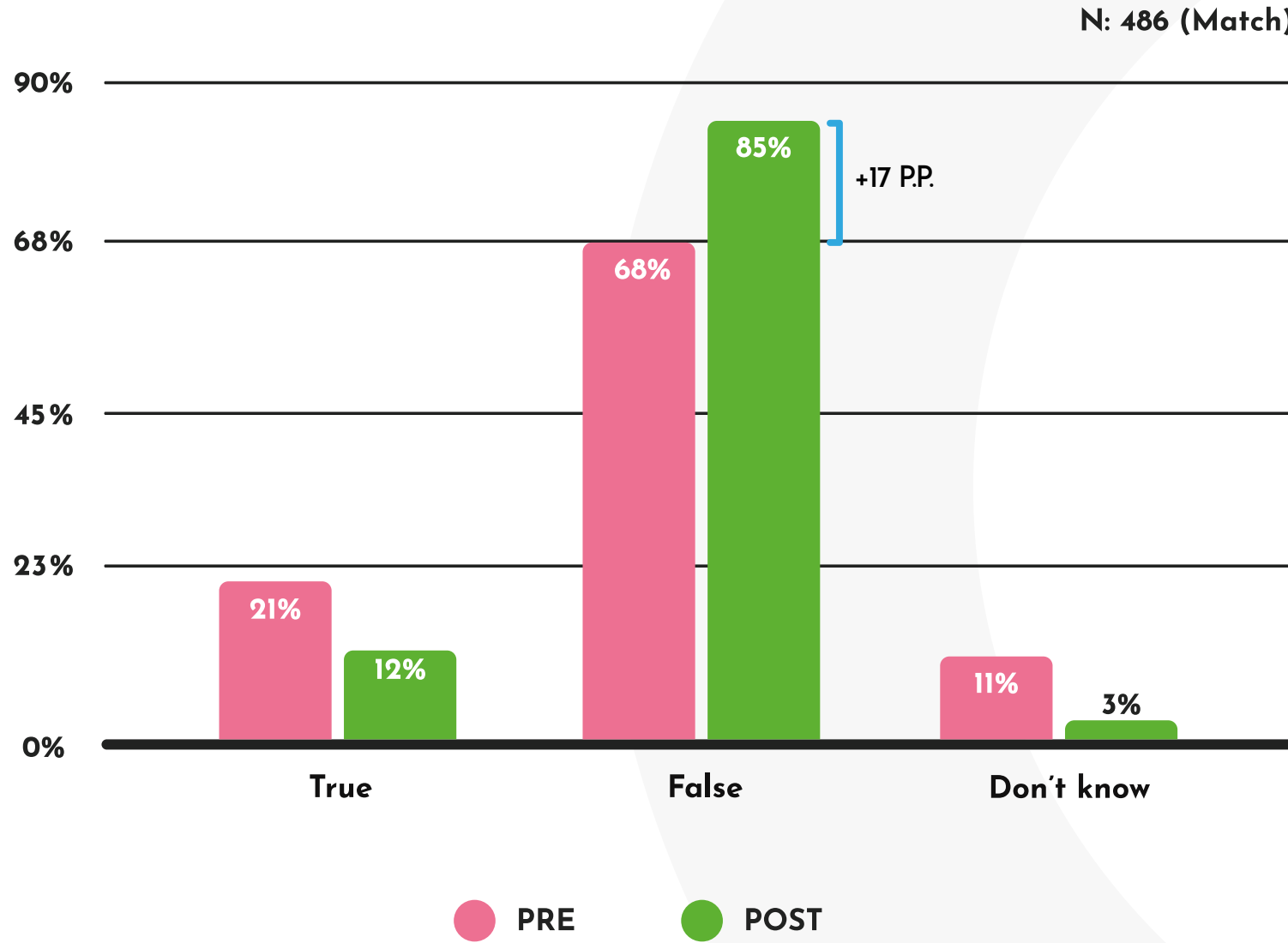
**"Football is only for boys"**

INSTRUMENT: Futbol Mas scale WHAT IT MEASURES: Gender Stereotypes

TYPE OF ANALYSIS: According to its result it is categorized into "False", "True" and "Don't know".



Kenya Schools 2023



Finally, the mother of one beneficiary tells how happy her daughter is to be able to participate in a space like Futbol Mas:

**"This is a very enriching experience, an initiative that gives girls a chance to participate in this sport, which until now has been very male dominated. The coaches are professional and have shown absolute affection and involvement for the girls and their families. Thank you for making my little girl happy."**  
 (Mother, "Más que Campeonas" program, Sevilla, Spain)

# CAPACITY BUILDING

At Futbol Mas, we want the Sport for Development strategy to reach the maximum number of children and young people in the world, to promote their well-being and bonds with their communities. For that purpose, we implement Capacity-Building Programs where we provide professionals from other organizations with methodologies and pedagogical strategies based on the resilience model and Sport for Development that enable them to promote socio-emotional development in children and young people. In order to evaluate that the trainees have incorporated the methodologies and pedagogical strategies delivered, as well as the theoretical content that supports them, we carry out a theoretical and practical evaluation, to measure the acquisition of knowledge of the professionals and their ability to implement socio-sport sessions

When evaluating the capacity building of an organization that seek to promote a socio-community oriented program, aimed at restoring children's rights in camps located in north-western Syria (due to the earthquake in February 2023), through the socio-sport methodology, we applied a knowledge test along with observations of the activities implemented by the trained professionals. The results, as shown by the following measurements, were positive:

83%

**Of the trainees passed the knowledge test**  
N:12

100%

**Of the observations indicated that the quality standards of socio-sport session were met.**  
N:4

In order to learn how the trained teams perceived the impact of the socio-sport methodology in their intervention areas, a perception survey was applied, which showed good results. In fact, of the professionals surveyed (N= 41):

95%

**Of the respondents felt that the program helped children and young people to address and resolve disagreements in an effective, respectful and constructive way.**  
N:41

92%

**Of the respondents felt that the program helped children and young people identify their own emotions and others', and express themselves in an assertive way.**  
N:41

This Capacity-building program fulfilled its objective, as there was both a theoretical and practical incorporation of the Futbol Mas methodology, and the trainees have had a positive perception of the impact of the methodology on the socio-emotional skills of the children and young people in the camps in north-western Syria.



# STUDIES IN 2023



# STUDIES IN 2023

At Futbol Mas, collaboration with other organizations is a key element. In order to strengthen the methodology and evaluation processes, partnerships have been generated with different organizations to carry out research and studies in different countries. In 2023 in Mexico, a quasi-experimental study was initiated to evaluate the impact of one of our programs in partnership with the Tigres football club and the company CEMEX. This is a Capacity-building program that seeks to train professionals from the Tigres-CEMEX football academies to incorporate the socio-sports methodology with the participating children. In total, 6 academies are part of the study: The 3 Tigres-Cemex academies, from Monterrey, Antotonilco and Guadalajara, with which the intervention is carried out (including 169 boys and girls), and 3 football academies, from Santos, Halcones and Revolución, that are not part of the program and instead represent the control group (including 126 boys and girls). The baseline evaluation was applied in September 2023. The research results should be known in September 2024.

Collaborations are also being carried out with different universities and study centers to generate research on the Futbol Mas programs and results.

In Spain, we are working with the Ramón Llull University (Barcelona) on a university research project that seeks to strengthen the Futbol Mas methodology in terms of building violence-free environments in educational leisure entities. The project aims to design a virtual teaching kit on the themes of LOPIVI (Organic Law for the Protection of Children and Adolescents against Violence) and to create new activities to raise awareness of the culture of good treatment and safe environments.

In Kenya, a collaboration is underway with Aga Khan University (Nairobi) to conduct a quasi-experimental study that blends quantitative and qualitative methodologies to assess the impact of the program in communities, with special focus on the prevention of gender-based violence and the promotion of sexual and reproductive health and rights. The program is implemented in two neighborhoods and hosted in schools, in Mathare and Kibera, areas of Kenya's capital with high levels of socio-economical vulnerability, where gender-based violence and low access to sexuality education is a major problem. The study is in its final phase and should be published during 2024.

In Peru, we are working with the study center GRADE on an experimental research project to evaluate the impact of our "Jugando Seguros" program on the development of socio-emotional skills in children and adolescents, on changes in gender norms, bystander behaviors and intimate partner violence. The study began in February 2023 and results should be published in August 2024.

These studies will generate evidence about the impact of Fútbol Más as an NGO and allow to continually improve its contribution to the boys, girls and young people of the world.



# CONCLUSIONS

At Futbol Mas we create protected spaces for children, using sport and play to promote their well-being and the bond with their communities. As an NGO, we seek to achieve the greatest positive impact on the children we work with and their environments. Evaluating social programs in 14 countries present a number of challenges. One example is the turn-over of beneficiaries for programs that target children and young people living in refugee camps. Another is the difficulty of applying surveys in rural locations with little access to technology, and the challenge of standardizing evaluations across very diverse countries and regions.

However, it is essential for us to be able to monitor and evaluate the programs, in order to demonstrate that the social and sporting methodology has positive results for children and young people.

This is shown by the results associated with mental health and well-being, in a wide variety of contexts and with different evaluation methodologies, which demonstrate an improvement in the beneficiaries.

We presented in this report some interesting results in well-being and mental health of children and young people, through internationally validated instruments such as WHO-5 and PHQ-9. For example, in Kenya where the proportion of girls without any depressive symptoms increased from 30% to 43% before the start and end of the Schools Program (measured by PHQ-9); or in Peru where we observed a decrease of 7 percentage points in the category of "diminished" well-being (measured by the WHO-5), showing that children's well-being improved between the beginning and end of the program.

Through qualitative methodologies, we were able to find out the reasons for the joy and smiles of the beneficiaries in different contexts such as Kenya, Spain and France.

In terms of physical health and sedentary lifestyles, positive results were achieved based on the nearly 25,000 hours of physical activity implemented worldwide. For example, in Chile, the proportion of children with a high level of physical activity (the "Very active" category) increased from 45% at the beginning of the program to 66% at the end of the Neighborhoods Program.

In the communities, parents also recognize the contribution of Futbol Más' presence to their territory, since both in Nairobi, Kenya, and in Tierra Amarilla, Chile, it is said that in Futbol Mas there is "union like nowhere else". In this way, the sports field is understood as a space for meeting and playing, which also improves the perception of security of the neighbors in their territories. For example, in the neighborhoods of Chile: at the beginning of the program 61% of the parents of the participating children stated that they felt safe when their child went to the football field, this number rose to 76% at the end of the program. But the socio-sport methodology also has a positive impact on other issues, such as knowledge of children's rights and gender equality. In programs, which have included these themes, when working with children and young people, we have been able to observe very positive results regarding the incorporation of knowledge on the part of the children and young people. This is shown by the results in the Neighborhoods in Peru and the Schools in Kenya, where the beneficiaries learned about their rights as children and who is responsible for guaranteeing them.

Our numbers also show significant female participation, with girls representing 40% of our overall participants, and in countries such as Spain, France and Kenya, the proportions were similar between the two genders. Our evaluations show that our programs contribute to children and young people being able to recognize and change their perceptions of gender stereotypes, both in household chores and in sport.

Systematic evaluation of our programs is essential in order to learn from successes and mistakes, make continuous improvement adjustments to the intervention, make evidence-based decisions and demonstrate results to partners. Only by carefully monitoring interventions and demonstrating results can we transform the reality for more children and young people.

As a non-profit, we will continue to work on strengthening the monitoring, evaluation and advocacy processes to demonstrate more accurately the impact of Sport for Development and the socio-sport methodology on the physical and mental well-being of children and their communities. Protected spaces for children around the world will continue to be created with the firm belief **that sports can transform reality.**



Austin Grounds, Mathare, Kenia.

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