



# From Engagement to Intervention Improving the Social Well-Being of Adolescents in ICYSC through Sports

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# Guidline

- Recap PYD
- Engagement to Intervention
- How 5Cs was happening in the group
- Coach vs Worker
- How PYD improve ICYSC Services

# What is PYD?

- Target: Child and Youth
- Strength-Based Developmental Approach
- Through the following factors in activities design:
  - Competence
  - Confidence
  - Character
  - Caring/Compassion
  - Connection

# 我們的足球場

## 美孚少年足球隊



# 我們的足球場

## 美孚少年足球隊

- 成立於2008年
- 美孚社區內的足球場
- 對象：  
中一及中二的青少年
- 特別之處：  
他們經常流連球場





# 介入手法

## ➤ 訓練

- 逢星期六早上十時至十二時
- 準時出席訓練
- 態度認真

## ➤ OLE

- 露營活動
- 義工服務
- 中心偶到服務

## ➤ 比賽

- 邀請區內中學足球校隊
- 邀請區內團體參與



# 我們的足球場

美孚少年足球隊



# 我們的足球場

宿命的對手

地利亞修女紀念學校(百老匯街)





# 我們的足球場

美孚少年足球隊

連續4屆奪得

亞軍！

直到

# 直到 2012年



# 我們的足球場

## 美孚少年足球隊





# 我們的足球場

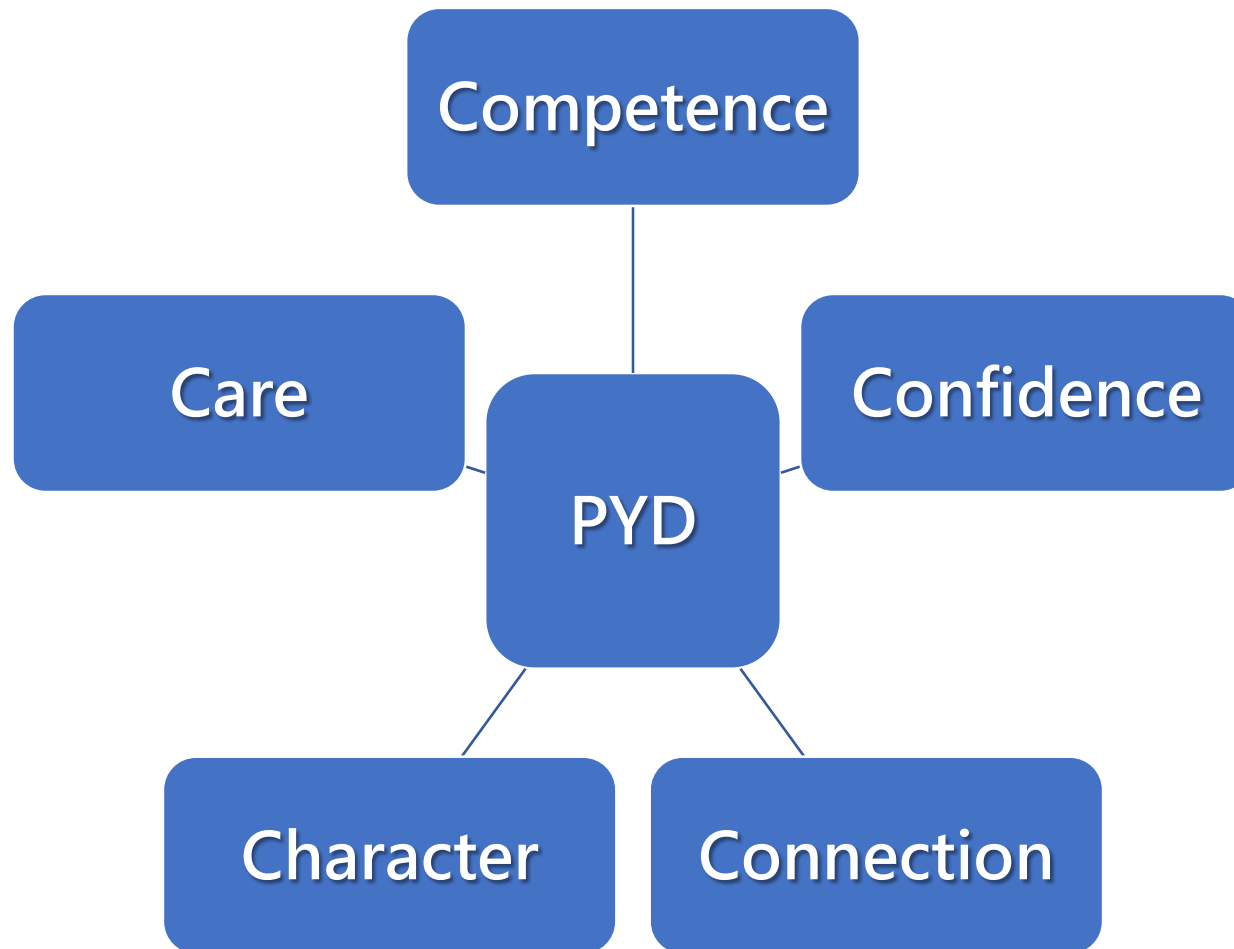
## 於2012年首度奪得冠軍





# 經驗整理

# 5Cs Model of PYD



# 5Cs Model of PYD

- Competence (Engagement)
  - Training
    - Skills
    - Tactics
    - Rules



# 5Cs Model of PYD

- Confidence (Intervention)
  - Goal Achieve
    - Training
    - Friendly games
  - Win or lost



First runner up  
Since 2008-2011



2012 Champion



# 5Cs Model of PYD

- Character (Intervention)
  - Sportsmanship
  - Societal and Cultural Rules



# 5Cs Model of PYD

- Care (Intervention)
  - Bonding
  - Sympathy



# 5Cs Model of PYD

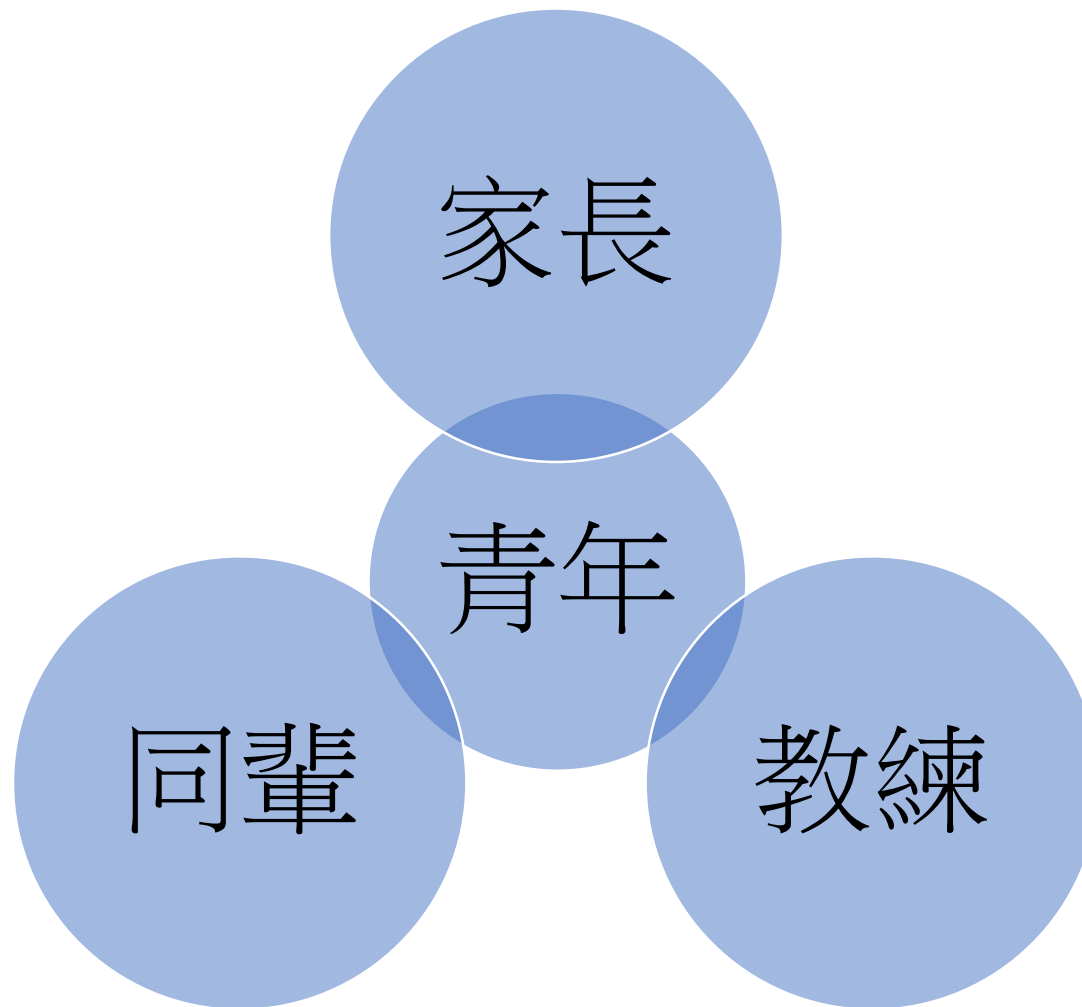
- Connection (Intervention)
  - Team Spirit
    - Friendly Game & Competition
    - Every Saturday 10am-12pm
  - Relation with ICYSC
    - Summer training Camp



# What is the role of social worker when making use of sport intervention under Positive Youth Development?



# Component of PYD



# Coach

➤ Coaches are essential ingredients of PYD.

(Vella et al., 2011)

➤ Coaching effectiveness as:

➤ Integrated Professional, Interpersonal, and Intrapersonal Knowledge

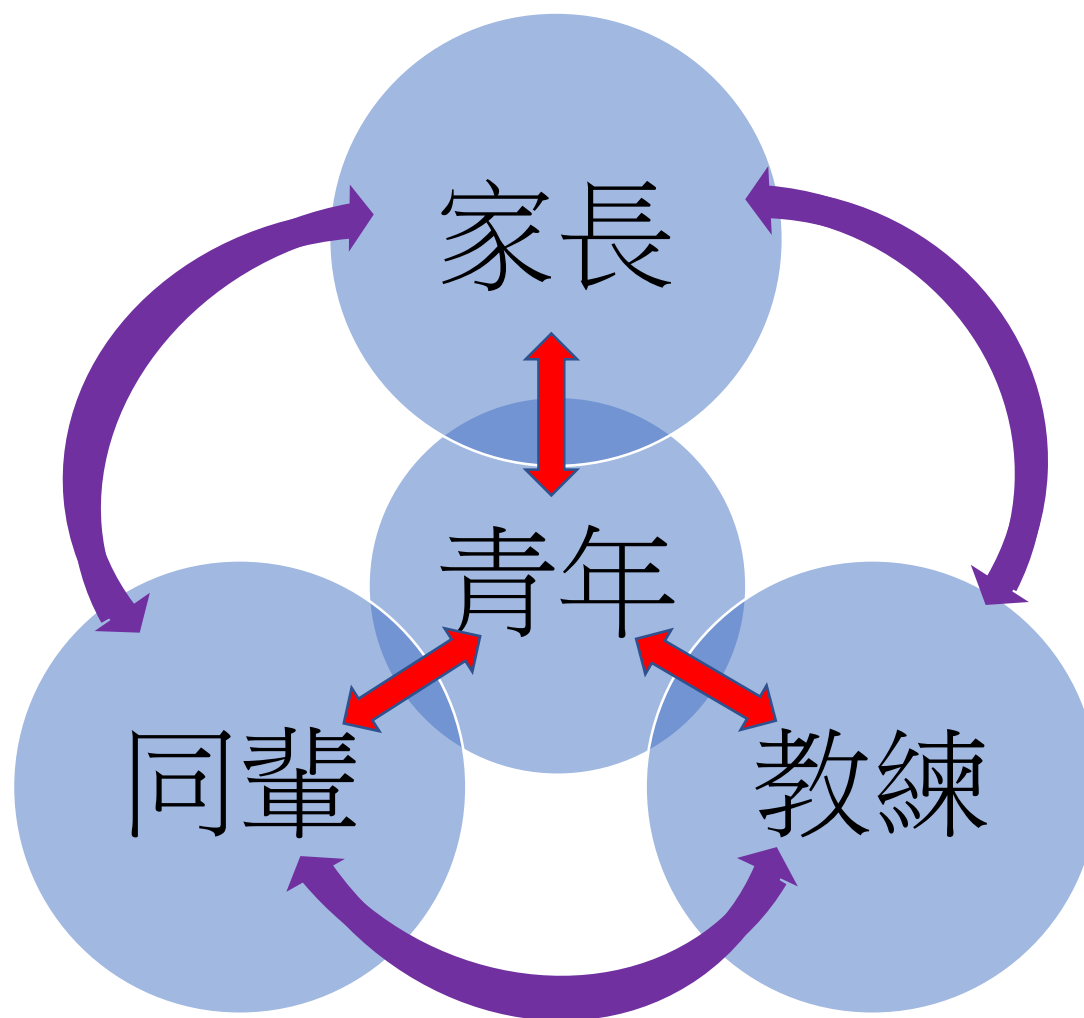
➤ Improve athletes' competence, confidence, connection, and character

(Positive youth development through sport: a review)

# The Role of Social Worker

COACH 教練	WORKER 社工
黑 面	白 面
技術層面	心靈成長
場內帶領	場外同行
支援球員	聯繫家長

# The Role of Social Worker





# Theory and Practice

# Sport intervention under PYD structure & ICYSC Setting

Practice in USA	ICYSC in HK
➤ More Resources: School Team/Region Team	➤ Limit Resources: Interest Group
➤ Setting: Sport Centre/ Equipment	➤ Setting: Out-Door Pitch
➤ Leadership Helping Others	➤ Potential at Risk
➤ 5Cs	➤ Positive Team Experience
➤ Personal Growth ➤ Contribution to Community	➤ Personal Growth



# THANK YOU