Sports is a tool for peace, tolerance and respect and supports the empowerment of individuals and communities (2030 Sustainable Development Agenda). Sport and physical activity are vital to the development of young people: they foster physical, social and emotional health and encourage collaboration, understanding, tolerance and acceptance between boys and girls and young people from different backgrounds.

Using sport as a vehicle to increase young people's resilience to crime and drug use, UNODC developed an evidence-informed life skills training programme, Line Up Live Up, which can be used as part of existing sports programmes.
LINE UP LIVE UP TRAINER MANUAL

The Line Up Live Up training material has been developed as a tool to assist coaches, trainers, youth workers and other professionals working with young people to deliver sports-based training exercises to boys and girls from 13 to 18 years of age. The 10 interactive sessions included in the manual have been carefully designed to target a specific set of life skills and increase knowledge on the risks associated with crime and drug-use. The programme can be run in sports centres, schools (either as curricular or extra-curricular sport activities) and other community settings. Besides a trainer manual, Line Up Live Up also includes a set of instruction cards and a logbook for the youth.

WHAT ARE LIFE SKILLS?

Life skills are a set of personal and interpersonal (social) skills that enable individuals to deal effectively with the demands, stressors and interpersonal conflicts of everyday life. The following core life skills have been selected under the Line Up Live Up programme:

- Coping with stress and emotions
- Critical thinking
- Decision-making and problem solving
- Effective communication and relationship skills
- Refusal skills
- Self-awareness and empathy

Download the manual: unodc.org/sports