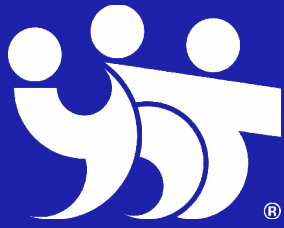


January 2024



**YOUTH
SPORT
TRUST**

Key facts about...

youth leadership and volunteering



For more facts, please visit [here](#) to access the Youth Sport Trust's Knowledge Bank.

Sport and PE contexts provide opportunities for young people to develop leadership skills (Gould and Voelker, 2012)

Click [here](#) for the full report.

Programmes promoting leadership development provide young people with numerous benefits including knowledge, skills, abilities and attributes (Hisa and Modiddin, 2021)

Click [here](#) for the full report.

Teaching leadership skills or providing leadership opportunities to students helps them to acquire the necessary personal and social skills (Alieva and Rybakova, 2019)

Click [here](#) for the full report.

Leadership is considered an essential life skill that young people need to possess and develop (Velsor and Wright, 2012)

Click [here](#) for the full report.

43% of girls who volunteer aged 11-21 do so because it is something to put on their CV or a chance to earn a certificate or award (Girl Guiding, 2023)

Click [here](#) for the full report.

Youth leadership has wider benefits beyond the individual young person - benefits to their peer group, local community and wider society (Kahn, Hewes and Ali, 2009)

Click [here](#) for the full report.

Developing leadership skills meant developing their own voice and feeling more comfortable to use their platform to amplify the voices of others (#IWILL, 2022)

Click [here](#) for the full report.

1.5 million (33%) children and young people volunteered to support sport and physical activity (Active Lives, 2023)

Click [here](#) for the full report.

Improved leadership skills and increase confidence helped young people to gain additional volunteering positions (Denselow and Noble, 2018)

Click [here](#) for the full report.

39% of young people recognise that being a good leader is important to getting a good job (Youth Sport Trust/Foresight Factory, 2021)

Click [here](#) for the full report.