



**PROJECT  
CORNERSTONE**  
A YMCA of Silicon Valley Initiative

# YOUTH PROGRAMS

**May Asset of the Month**

**“Youth sports aren’t just about the sport, it’s about fun and teaching your athletes life lessons.” –Coach John Burns**

## **Definition**

Young people spend three or more hours per week in sports, clubs, or organizations at school and/or in community organizations.

## **The Importance of Youth Programs**

Youth programs—which include sports, scouting, recreation, camps, after-school programs, and religious programs—can provide fulfilling experiences that help young people develop new skills and master challenges. They also provide a safe place for youth outside of school where they can be in contact with caring adults.

## **What You Can Do**

- Make sure that your children are participating in positive, asset-building youth programs that they enjoy. If they’re not, help them find new programs that meet their interests.
- When your younger children join a new program, help them with introductions to their peers. They’ll feel more comfortable and confident when they know the other participants.
- Role-model positive behavior when attending sporting events. Good sportsmanship in the bleachers helps youth practice managing their own responses to challenges and successes.

To learn more about Project Cornerstone, visit us at  
**[www.projectcornerstone.org](http://www.projectcornerstone.org)**