Sport as a vehicle for gender equality and the empowerment of women and girls

Editorial by Desiree Ellis, former captain of the national women's soccer team, Banyana Banyana

Dear Partners and Friends of YDF,

Worldwide, women and girls are particularly disadvantaged by gender constructs in many areas such as education, social standing, the range of choices available to them, physical mobility and, last but not least, also in sport. As a result, women throughout the world are more at risk than men of living in extreme poverty. Moreover, these disparities have important health consequences, for example girls and women are more likely than boys and men to experience sexual violence, contract HIV and AIDS, and be vulnerable to sexual and reproductive health threats.

It is an undisputed fact that, globally speaking, women are less frequently seen participating in sports activities than men. Poverty, heavy domestic demands, safety concerns, a lack of accessible transportation, inadequate sport and recreation facilities, and few opportunities for physical education and skills development frequently prevent women from participating in sport. In addition, there is often a lack of female role models, including coaches or female youth leaders.

Worldwide research on sport, gender and development has shown that sport can be used to promote gender equity and empower girls and women. It can promote education, communication, negotiation skills and leadership — all of which are essential for the empowerment of women.

Sport has the potential to provide a powerful education platform for connecting girls and women with the information, skills and strategies they need to reduce health risks in their lives, particularly as regards their sexual and reproductive health. Sport can help increase self-esteem by giving girls and women opportunities to learn new skills, engage in positive relationships and provide opportunities for leadership and achievement. Sport can provide girls and women with safe places where they can gather, help build social networks and get social support.

Despite this broadly shared conviction that sport can add tremendous positive value to international development, appropriate methods for redressing the imbalances brought about by gender inequality are few. This reality is the starting point for the YDF project: football is not only used for its intrinsic qualities of popularity, attractiveness and power, but also as an educational tool.

YDF honoured the important topic of gender in sports with its recently published YDF Manual for Gender Awareness. The development process was characterised by the involvement of stakeholders representing girls' and women's football, gender studies and grass-roots youth-development initiatives.

Through my role in female football in South Africa, I was proud to inspire the development of the Manual and contribute to it with my knowledge and experience. The result is an important tool to help coaches reflect on their own perceptions and attitudes towards gender roles in society and develop a deeper understanding of gender issues in football. This is achieved through, among other things, powerful methods that show them how to overcome the challenges and obstacles associated with the successful implementation of sports programmes that address the topic of gender equality.
SSCN members to participate in next UNOSDP Youth Leadership Camp

Pretoria, 24 May 2012. From 18-28 June 2012, the second Youth Leadership Camp (YLC) organised by the United Nations Office on Sport for Development and Peace (UNOSDP) will take place in Hennef, Germany. As with the first camp in January, YDF supported the applications of youth leaders from YDF partner organisations and members of the Sport for Social Change Network (SSCN).

All participants are currently working on sport-for-development projects in their communities and have been identified as future leaders and role models. The camp, organised in collaboration with the NGO Right to Play, will provide youths from sub-Saharan Africa and the Middle East with practical leadership skills. Together, they will explore different strategies for using sport as a tool for development; moreover, the attendees will share strategies, approaches and best-practice examples with one another and with leading experts in the field.

One of the SSCN youths who has been selected to attend the camp is Thulisile Bolana from the Western Cape. The 25-year-old became involved with South African Homeless Street Soccer (SAHSS) through a shelter he lived in. At the moment he is working as a soccer coach for two ‘Oasis Reach for your Dreams’ football teams and is also involved in youth development in primary schools. ‘Thulz’ is looking forward to attending the camp: ‘It’s a great opportunity for me to gain as much knowledge as I can so that I can give it all back to my community and the youth.’

Another SSCN youth leader set to attend the YLC is Lesego Mogorosi, who has been an active volunteer for South East District Youth Empowerment League (SEDYEL) in Botswana since 2007. The 22-year-old’s responsibilities have included facilitation in Peer Education clubs in schools and the sensitisation of communities, through the medium of drama, to the importance of empowering the youth. Lesego’s own journey as a youth leader, peer educator and volunteer bears testimony to the success of youth empowerment, further reinforced by her recent appointment as the centre manager for the ‘Football for Hope’ project.

After they return home, the participants are expected to design, improve on, implement and evaluate their own initiatives in their communities. They will be supported in their efforts through a monitoring and evaluation programme, however.
**YDF Manual for Gender Awareness launched and published**

Pretoria, 25 May 2012. After months of work, all those present at the first Youth Development through Football (YDF) workshop on gender awareness were excited to cast an eye over the newly published short module. Hot off the press, the YDF Manual for Gender Awareness has been developed to help coaches reflect on their own perceptions and attitudes towards gender roles in society, and to develop a deeper understanding of gender issues in football.

The official launch of the new manual took place at the first ‘Gender Awareness through Football’ workshop from 21 to 24 May at Willow Park, Johannesburg. Most of the 14 participants, who hailed from the Free State, Gauteng and the Western Cape, were previously trained as basic YDF instructors.

The aim of the recently launched manual is to help coaches understand stereotypes about girls and young women playing football, as well as barriers to girls’ participation in the sport. In addition, its goal is to help coaches reflect on their own perceptions of gender-specific issues relating to behaviour and health. Another of the manual’s strengths lies in its providing coaches with tools to use football as a platform promoting positive and healthy relationships among female and male players alike, who play together for a common goal. Lastly, the manual is also intended to equip coaches with tools to ensure that their programmes promote gender equality.

Keneilwe Mathibela, a 25-year-old coach of Dlala Ntombazana, a girls football development project, and a former Banyana Banyana football player, concluded after the workshop: ‘We have seen in the workshop how important it is to raise awareness about gender because everyone can see the gender gap – in the newspaper and in everyday life. Girls are often not taken seriously.’

Lebogang Tlomatsane, responsible for the YDF workshops, facilitated the workshop together with Cassie Ogunniji from the University of Johannesburg. The PhD student, who is specialising in women’s soccer, was involved in the concept development of the manual in conjunction with experts in gender awareness, partner organisations and YDF itself.

With the YDF Manual for Gender Awareness having now been printed and published, and the first corresponding YDF Instructor Workshop completed, all the necessary requirements to set the new tool to work within the project’s existing programmes and partnerships are now in place.

The new YDF Manual for Gender Awareness is now available [here](#).

Congratulations to all participants!
YDF mentorship programme swings into action

The next step is taken to improve the quality of YDF courses for coaches

Pretoria, 05 June 2012. The Youth Sports for Social Development (YSSD) organisation, a partner of the YDF project, hosted its first YDF Coach Course from 17 to 19 May. The Community Hall in Mamelodi East has been chosen as the first location for the newly established mentorship programme, where newly trained YDF instructors are accompanied by a mentor during the holding of their first workshop.

Time has enabled YDF to recognise the major challenges new facilitators face when holding their own first courses. The young instructors have to grow into their new role and develop step-by-step presenting and teaching skills. With this in mind, in February 2012, YDF established a mentorship group to support instructors in implementing YDF’s coach courses, and subsequently invited the most experienced YDF instructors to act as mentors for new coaches. The aim is to improve the quality of the workshops and support the development of the instructors’ skills.

The first meeting in the context of the mentorship programme was a success for all concerned. James Sebolai, co-founder of YSSD and newly trained ‘YDF Instructor’, was excited to have an experienced YDF instructor at his side to guide and support him during the workshop. James’s mentor Mpho Sekgoanyane, an academy manager and coach for the Silverstar Soccer Stars, had also met with him and an additional facilitator, Nicholas Mahlangu, beforehand. The support for the facilitators proved highly valuable as James later explained: ‘Mpho was super as he guided and supported us, ensuring at all times that we understood how the programme should be designed in order to cover all aspects and ensure that the participants enjoy it’.

The 20 participants from the schools involved in the Mamelodi Street Soccer School League made life easy for the facilitators. They were very deeply committed in group discussions, did presentations and paid attention. The mentor too was content with the success of the workshop and his new role: ‘I hope to add some value to this mentorship programme, to the extent that these mentees will be able to mentor other instructors in the near future.’ The mentor and his mentees evaluated the workshop in Mamelodi afterwards in a meeting at the YDF office.

So far, the YDF mentorship group consists of five instructors from Gauteng, Cape Town, the Free State and KwaZulu-Natal. YDF’s next steps will be to evaluate the activities of the last months, strengthen the instructor group and implement a new instructor assistant group.
Youth Leader Forum kicks off

Altus Sport encourages Dona’s Mates youth leaders

Pretoria, 07 June 2012. Invited and accompanied by YDF, a team from Altus Sport met with Dona’s Mates in Orange Farm to share their experiences relating to setting up a youth leader forum on Monday, 4 June. At the workshop, the two members of the Sport for Social Change Network (SSCN) and the YDF partners discussed future activities, responsibilities and the development of a constitution.

The agenda also featured the importance of a forum and the role of the youth leaders. Altus Sport’s board members, Gert Potgieter and Liane Laubscher, and Youth Leader Protia Diketane shared best-practice examples with the youth leaders from Dona’s Mates, and urged them not to forget what inspired them deeply to go forward.

Several weeks ago, youngsters from Orange Farm with a passion for football and community development were invited by Dona’s Mates to a selection process. The interviews were conducted by Dona’s Mates Founder, Chairperson and YDF Toolkit Instructor James Shabangu, together with Clara Maria Elsner and Tina Mahler, both from YDF. Dona’s Mates selected twenty vibrant youth leaders who represent the first group of the Youth Leader Forum.

The responsibility of the newly established Forum is to encourage the mass participation of children and the youth in social and life-skills programmes using football as a tool. The members are already meeting three times a week. They discuss the social problems of Orange Farm and possible activities for dealing with issues such as crime, drugs, gangs and early pregnancy. Some of the youth leaders will be trained in workshops and will implement football training sessions after school with a focus on teaching life skills.

The new forum will work on its own programmes and activities, and the youth leaders will proceed to further interaction with youth forums affiliated to SSCN. Currently, the youngsters from Dona’s Mates are planning their first big sporting event for Youth Day, 16 June 2012. Different sporting activities with a focus on life skills and a street-football tournament will encourage the involvement of around 200 children and youths from Orange Farm.
Manual for Disability Inclusion piloted

YDF holds workshop in Cape Town to finalise new short module

Pretoria, 18 June 2012. Another step towards the expansion of the YDF Toolkit has been taken. On the invitation of YDF, a group of 14 participants, well versed in the area of disability inclusion and football, successfully conducted the pilot workshop under the working title ‘YDF Manual for Disability Inclusion’.

From 6 to 7 June, YDF instructors, coaches, external experts and members of YDF partner organisations held joint discussions about the methodology of the preliminary manual and reviewed its content at the University of Stellenbosch. Among the participants were those with hands-on experience in the field of disability sport, as well as people and coaches with disabilities who participate in disability football.

The workshop, which was facilitated by Norman Brook, Coaching for Hope Programme Manager, and Lebogang Tlomatsane, YDF Project Officer, benefitted from the diverse professional backgrounds of the participants. Everyone was able to add specific regional knowledge to the discussions while checking the theoretical and practical aspects of the new methods. The key topics covered included understanding one’s own perceptions of disability and how to involve people with hearing, physical, visual or learning impairments.

The YDF Toolkit department is currently working on the update of the manual according to the suggestions made during the workshop. In addition, Prof. Liz Bressan, Director of the Centre for Human Performance Sciences of the University of Stellenbosch, will observe and review the manual as an external expert.

The official release of the ‘YDF Manual for Disability Inclusion’ is planned for the end of July 2012.
To ensure the sustainability of YDF’s approach, the project will continue until the end of 2013

Pretoria, 19 June 2012. The YDF project is proud to announce an approved extension of its mission to foster youth development through football in Africa. The big moment has come - not merely for YDF partner organisations, governmental institutions, the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and team members, but also for thousands of involved youngsters and children.

After five years of successful work, YDF is now entering a period of consolidation to make sure that the developed YDF Toolkit will be implemented independently by governmental and non-governmental institutions on a high level and with a greater degree of quality. The aim of the second phase until the end of 2013 is to ensure the sustainability and quality of YDF’s approach. In addition, over this period, YDF will foster sustainability support structures. The Federal Ministry of Economic Cooperation and Development (BMZ) has committed itself to covering costs in the amount of EUR 2.6 million.

From now on, YDF will focus on two areas of operation. The project’s first priority will be to increase the quality of partner activities and to enlarge the positive effects on involved children and youths. To this end, YDF will expand its activities in terms of advising governmental and non-governmental actors on the implementation of the YDF Toolkit. Its second priority is to integrate the developed YDF Toolkit into the Mass Participation Programme of the Department of Sport and Recreation (SRSA) and to strengthen the necessary implementation structures. Added to this, YDF and the provinces, together with SRSA, will develop further quality standards and draw up guidelines for monitoring and evaluation.
**Making history come alive**

**YDF partners celebrate Youth Day in South Africa**

**Pretoria, 19 June 2012.** On 16 June 2012, several YDF partners organised events and activities that involved hundreds of children and youths from various communities to celebrate Youth Day. Throughout the country, organisations made use of the special day to bring together children and youth in workshops and tournaments in order to honour the young people who lost their lives while standing up for their rights in 1976.

On 16 June 1976, thousands of young people stood up in protest against the apartheid regime in what came to be known as the Soweto Uprisings. This day marked the beginning of riots that contributed significantly to the country’s liberation from apartheid. Since 1994, this date has been celebrated annually as Youth Day.

**Gauteng – Lesedi la Batho**
Several sports teams, officials, hip-hop artists, community members and partners came together, to the accompaniment of music, to celebrate Youth Day with a large football and netball tournament. The pitch of Setumo-Khiba High School in Mabopane was the venue for one of the most colourful events YDF partner Lesedi la Batho has ever organised. The great success of the event was crowned by five players from Banyana Banyana (The Girls), who joined the special day together with Josina Tellie from Dlala Ntombazana. The women from South Africa’s national football team took the opportunity to talk to the youth and encourage them to stay active in sports. In addition, Sam Tsima of COMETSA visited the tournament to discuss upcoming activities together with the other two YDF partners in Gauteng Province.

**Gauteng – Dona’s Mates**
In Orange Farm, Dona’s Mates Youth Development Project celebrated Youth Day in grand style with a seven-a-side street-football tournament focusing on fair play. Conducted by 15 youth leaders from the recently formed Youth Leadership Forum, over 450 participants took part in the event and learned about life skills through different training stations.

**Gauteng – Conquest for Life**
Claremont Park, Soweto, a small urban football pitch in the heart of the community, was the venue for the Youth Day celebration of YDF partner Conquest for Life. Organised by its director Glen Steyn, around 15 teams played a seven-a-side street-football tournament. With lively music adding to the atmosphere of excitement, youngsters of different ages played to win and were loudly supported by the community that had gathered there to watch and enjoy the goings-on.

**Mpumalanga – Scouts of Mpumalanga**
With a nod to the fondly remembered FIFA World Cup 2010™, more than 200 children and youth gathered near by Mbombela Stadium in Mpumalanga to celebrate Youth Day on the invitation of the Scout Association. In addition to a five-a-side street-soccer tournament, the participants joined several stations focusing on the history of Youth Day, drug abuse, HIV prevention and environmental awareness. Moreover, two youth leaders from Altus Sport, Portia Diketane and Mpho Ramela, conducted a YDF training session on violence prevention with the excited youth.

**Eastern Cape – United Through Sport**
On 15 June, YDF partner United Through Sport organised a fantastic event in KwaNobuhle, Uitenhage, together with loveLife and Letsema Circle and the support of VW. More than 800 youngsters were engaged in sports and educational programmes under the theme of bridging the gap between the youth and their parents. A broad range of sports and education programmes took place, which included health tests, open discussions, Tae Bo and boxing sessions, as well as traditional dancing and music performances. United Through Sport applied the YDF Toolkit on HIV Prevention to a group of more than 100 young participants.

For more pictures of the events, please have a look at the YDF gallery.
**2010 FIFA World Cup™ Legacy Trust has opened**

**YDF encourages partners to put in their applications for funding**

Pretoria, 26 June 2012. Applications to receive funding from the 2010 FIFA World Cup™ Legacy Trust may be submitted until 31 July 2012. Established by FIFA and the South African Football Association (SAFA), the Legacy Trust promotes and extends the development and reach of football within South Africa.

Applications for funding have to address critical gaps in football development in all provinces of South Africa. Additionally, the projects have to support education and health-care initiatives of NGOs who use football as a vehicle for community development and for humanitarian assistance for those in historically disadvantaged and impoverished communities. To this end, the Legacy Trust will disburse a total of R40 million.

We would like to encourage all our partners to get in touch with us and obtain our support in applying for funding from the 2010 FIFA World Cup™ Legacy Trust.

For more information, including funding guidelines, please have a look at [http://www.2010legacytrust.com](http://www.2010legacytrust.com), where the application form can also be downloaded.
2nd UNOSDP Youth Leadership Camp successfully concluded

‘The camp has presented me with many opportunities and opened many doors for me,’ says participant from Botswana

Pretoria, 16 July 2012. Eleven successful days lie behind 26 young people from sub-Saharan Africa and the Palestinian territories after the conclusion of the 2nd UNOSDP Youth Leadership Camp at the end of June at Sportschule Hennef, Germany. The participants have honed their skills and expanded their shared knowledge on how to use sport to address social change and promote peace.

‘As a youth leader, peer educator and facilitator, I have learnt different approaches, activities and strategies on how to address issues or social skills affecting my community. Most importantly, I have learnt how to include people with disabilities and both genders,’ says 22-year-old Lesego Mogorosi from YDF partner SEDYEA in Botswana.

Each day of the UNOSDP Camp was dedicated to important issues relating to the UN Millennium Development Goals, with a special focus on gender equality and the inclusion of persons with a disability. The active support of experts from different institutions – the International Paralympic Committee, the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH and the German Sport University Cologne, for example – proved to be very enriching for the participants.

Lesego, who was recently appointed Football for Hope Centre Manager in Ramotswa, reports that the monitoring and evaluation sessions in particular were an essential and beneficial component for her, leading her to the following realisation: ‘I cannot change the world, but I can change one soul and if that soul changes another, then the world can be a better place. Because of its universal language and its natural tendency to bring people together, we can achieve that goal through sport.’

Thulisile Bolana from the Western Cape, a youth leader from Oasis Reach for your Dreams and a member of the Sport for Social Change Network (SSCN) Southern Africa, also attended the camp. The 25-year-old soccer coach greatly appreciates the opportunity to participate. ‘The camp really empowered me as an individual, and now I can empower some of the staff from my organisation with the new skills I learnt. I also learnt a lot from other youth leaders, who motivated me to be strong and not be afraid of facing challenges head on.’

Read more about the Youth Leadership Camp in Germany at UNOSDP.
DOSB and GIZ extending their collaboration

Together, they aim to tap the full potential of sports to ensure development

Pretoria, 18 July 2012. The Deutsche Olympische Sportbund (DOSB) and the Deutsche Gesellschaft für Internationale Zusammenarbeit (GIZ) GmbH will network their respective knowledge and strengthen their cooperation in the future. To this end, GIZ Board Member Adolf Kloke-Lesch signed a general agreement with DOSB in Berlin on 26 June, the objective of which is to tap the full potential of sports and ensure improved development measures in the international cooperation with partner countries.

The Olympic Games and international football championships showcase sport as an excellent tool for international understanding and cooperation. ‘It was therefore highly appropriate that the umbrella organisation of German sport, DOSB, and the federally owned international cooperation enterprise for sustainable development, GIZ, strengthen their cooperation,’ concluded Kloke-Lesch in Berlin.

DOSB and GIZ are already working together, Mozambique being a case in point. In cooperation with the German Football Association, DOSB is responsible for the sports qualification of football coaches there. Additionally, YDF has trained the coaches on how to include life skills in their football exercises in order to implement the YDF Toolkit in Mozambique.

YDF Project Manager Gerald Guskowski took part in the first workshop to prepare for the collaboration between DOSB and GIZ last year. Thanks to his broad experience in the area of development through sport, Gerald was able to make a valuable contribution with his expertise and new ideas on how to bring the collaboration to life.

As a first step, DOSB and GIZ developed an action plan, which includes regular meetings between the international department of DOSB and the GIZ agency for political communication and strategic marketing, AgenZ.
Players excel at street soccer tournament

By Koketso Khoza, Sosh Times, July 2012

Pretoria, 30 July 2012. Altus Sport, supported by Youth Development through Football (YDF) and the Department of Sport, Recreation, Arts and Culture of the City of Tshwane held a Street Soccer Tournament recently.

The tournament was played at Stanza Bopape Sports Ground in Mamelodi and teams from Atteridgeville, Ga-Rankuwa, Ekangala, Klipkruisfontein, Mabopane, Mamelodi, Onverwacht, Soshanguve, Sokuhulumi, Nellmapius and Winterveldt, battled it out in Under 12 and 15 divisions.

Mabopane’s u/12 team won gold while the winners for the u/15 came from Klipkruisfontein in the South of Soshanguve. Youth with a disability from Ga-Rankuwa won a trophy while each player was awarded with a gold medal for their efforts.

Liana Laubscher, Director of Altus Sport said that it was delightful to see the enthusiasm amongst the attendees and amazing soccer skills exposed by the youngsters.

‘It was also most encouraging to have observed the same characteristics in the players with a disability. The commitment shown by the players and their coaches was outstanding. The wish was also expressed that this tournament should become an annual highlight in Tshwane. We want our kids to be more involved in sports at an early age and street soccer tournament is one of the events that engages our youth to sports,’ said Laubscher.

Motivational messages for players and fans were also delivered by the MMC for Sport and Recreation of the City of Tshwane, MMC Faith Kgaditse and Lucas Tau, Vice President of the Tshwane Sport Council.
Training a new Generation of Role Models

By United Through Sport

Pretoria, 31 July 2012. As an accredited training partner United Through Sport offered schools, sports clubs and organisations an exciting opportunity to attend a Training of Trainers (TOT) course in the Youth Development through Football (YDF) Toolkit, developed by The German Development Cooperation (GIZ) and endorsed by South African Football Association (SAFA).

As part of our funding originating from the European Union (channelled through GIZ) we trained 117 youth trainers over four weeks in the curriculum aimed at addressing key health and educational issues as well as imparting important life skills to the youth. The curriculum has a large focus on HIV / AIDS awareness but also addressed other topics such as resilience, decision making, self-esteem, gender equality, professionalism in sports and the benefits of playing an organised sport.

The program combined energetic fun activities with key current issues such as the peer influence through increased life skills abilities, developing leadership skills, reducing at-risk behaviours, improving social connectedness, health awareness, and encouraging responsible citizenship in a fun and interactive way. Many of the trainers we trained are SAFA coaches who will now be able to incorporate important life skill and critical issue topics into their usual football coaching activities.

“We learned so much from this training, not just about important key messages to deliver to the kids we work with but also about how to be positive role models for the next generation of youngsters growing up in our communities.” - Simpiwo Mekeni, YDF Toolkit Course Participant, June 2012.