



RIGHT TO PLAY
PROTECT. EDUCATE. EMPOWER.

**TOTAL REACH
2020-2023**

4 Communities
2,322 Children and Youth
2,431 Community Members
72 Youth Leaders

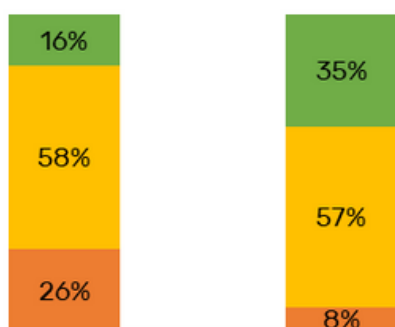
Side by Side (SbS) Project

Project Description

The Side by Side (SbS) project was a three year initiative aimed at harnessing the power of play and sports to enhance the well-being and life skills of children and adolescents in 4 marginalised communities in Bangkok.

Children and young also developed a deeper and more meaningful connection with their communities and society, ultimately fostering social inclusion, community cohesion, and youth civic participation.

Levels of well-being of children and youth



■ % High wellbeing
■ % Moderate wellbeing
■ % Low wellbeing

KEY RESULTS & LEARNINGS

Enhanced well-being

1

Improved mental well-being:

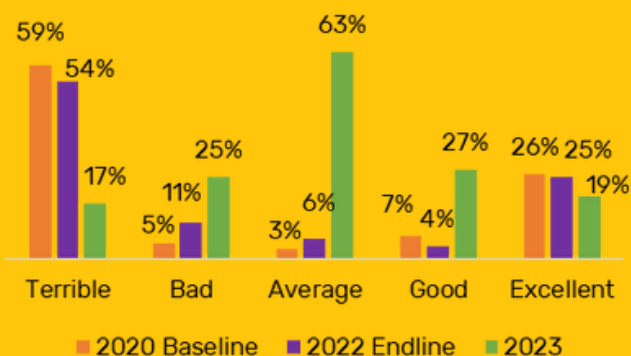
The percentage of children and youth with low levels of well-being in all 4 communities decreased significantly from 26% at the start of the project to 8% at the end of the project.

2

Better physical fitness levels:

A significant improvement in physical fitness of children and community members who consistently engaged in project sports-based activities has been observed since the start of the project.

Physical Fitness Test 2020-2023



3

Increase in weekly physical activity levels:

At the start of the project, 100% of participants self-reported as inactive and by the end of the project, 79% of participants reported being active.



Life Skills Development

1 Improved Life Skills

The project has supported children and youth to enhance their collaboration, leadership, self-confidence, and emotional management skills. At the start of the project, only 37% of children and adolescents had adequate life skills include compared to 79% at the end of the project.

Social Cohesion

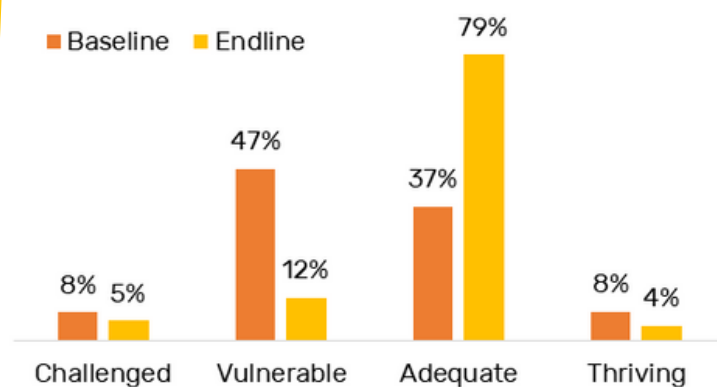
2 Transforming community dynamics

By actively engaging in community-led events, sports days, and tournaments, children, adolescents, and community members experience an enhanced sense of belonging, emotional connection, and community spirit. This is demonstrated through an increase in community life survey scores. At the start of the project, the level of social cohesion in communities was 3.89 (out of 5) and at the end of the project it was 4.52.

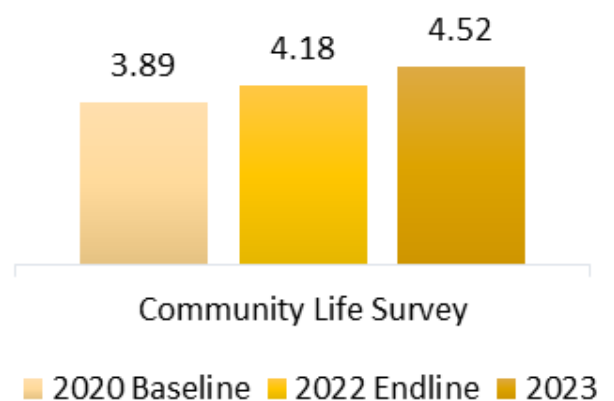
3 Youth Role Models

By the end of the project, community coaches observed increased initiative among older youth, including the maintenance of communal spaces. These youth are dedicated to serving as positive role models for younger children.

Life Skills Development Assets Profile (DAP)



Community Life Survey Average Score





Safer and more inclusive Play Spaces

1

Safe and accessible play spaces

After the rehabilitation of community play spaces and its surrounding areas, community members now perceive these areas as safer and more inclusive. These communal spaces allow young people, individuals with disabilities, and the elderly to access and participate in community and sports activities.

2

Empowering community coaches

To complement the improvement of safe and inclusive play spaces, the project supported community coaches to undergo professional training that focused on enhancing the quality and safety of weekly sports sessions.

Lessons Learned:

- Sports serve as valuable instruments for fostering community involvement and promoting social cohesion.
- Community coaches were identified as key pillars in this project to drive sustainability of project impact.
- The project focused on fostering youth leadership through community-driven initiatives that develop adolescents' life skills and enhance community cohesion.

Recommendations:

- Promote tailored activities and adjustments to broaden the range of learning opportunities in sports and play, ensuring the inclusion of all youth in sports sessions, regardless of gender or physical abilities.
- Youth leaders and community leaders should work together to seek future support for funding community health initiatives.
- Empower community coaches with more training to collaborate and form a team to support play-based sessions in the long term.
- Conducting community needs surveys would be critical to improve community members' engagement in activities.