

Sport For Development

A Youth Employment Solution



Purpose

Toronto's youth **unemployment rate** is the highest of any region in Ontario at **13.4%** and has trended above the national average since the early 2000s.

The impact on employment for graduates from youth employment training programs that intentionally include sport is **largely unknown**.

Hypothesis

Our approach to employment training sees sport and physical activity as powerful tools to teach the skills required to gain meaningful and sustainable employment.

We hypothesized that youth employment training programs incorporating sport and physical activity would lead to increased work readiness and employment among youth participants.

Method

We checked in with participants before their program start date and at 6-months, 1-year and 2-years after completing their 3-month employment training program. All youth participated in and graduated from an employment training program through MLSE LaunchPad in collaboration with NPower Canada.

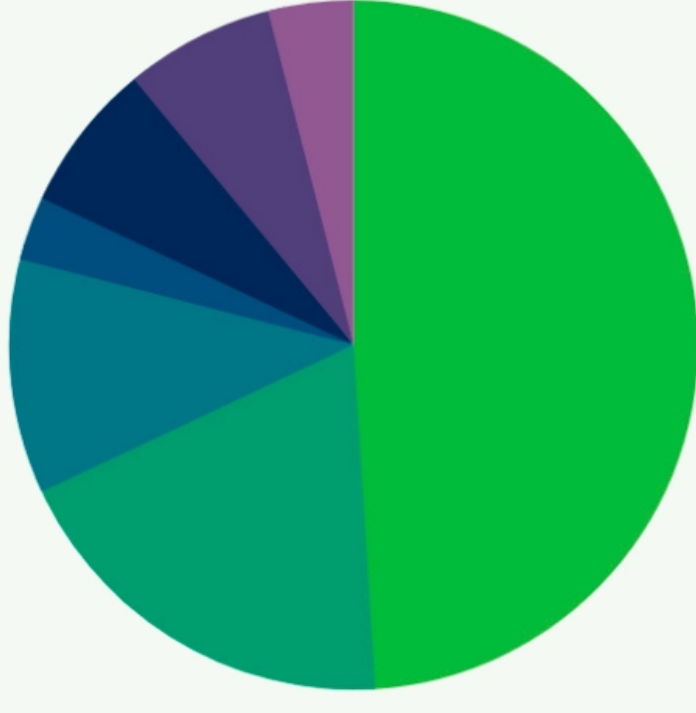


Sample

169 MLSE LaunchPad members between ages of 18 and 29 participated in our research study.

Average age **25.8 y.o.**

62% were born outside Canada (Average 7.8 years in Canada)



Median household income between **\$20,000** and **\$30,000**

54% female

13% live in Toronto Community Housing when entering the program

39% Have at least a University degree

23% Have a Trades Certificate Or College Diploma

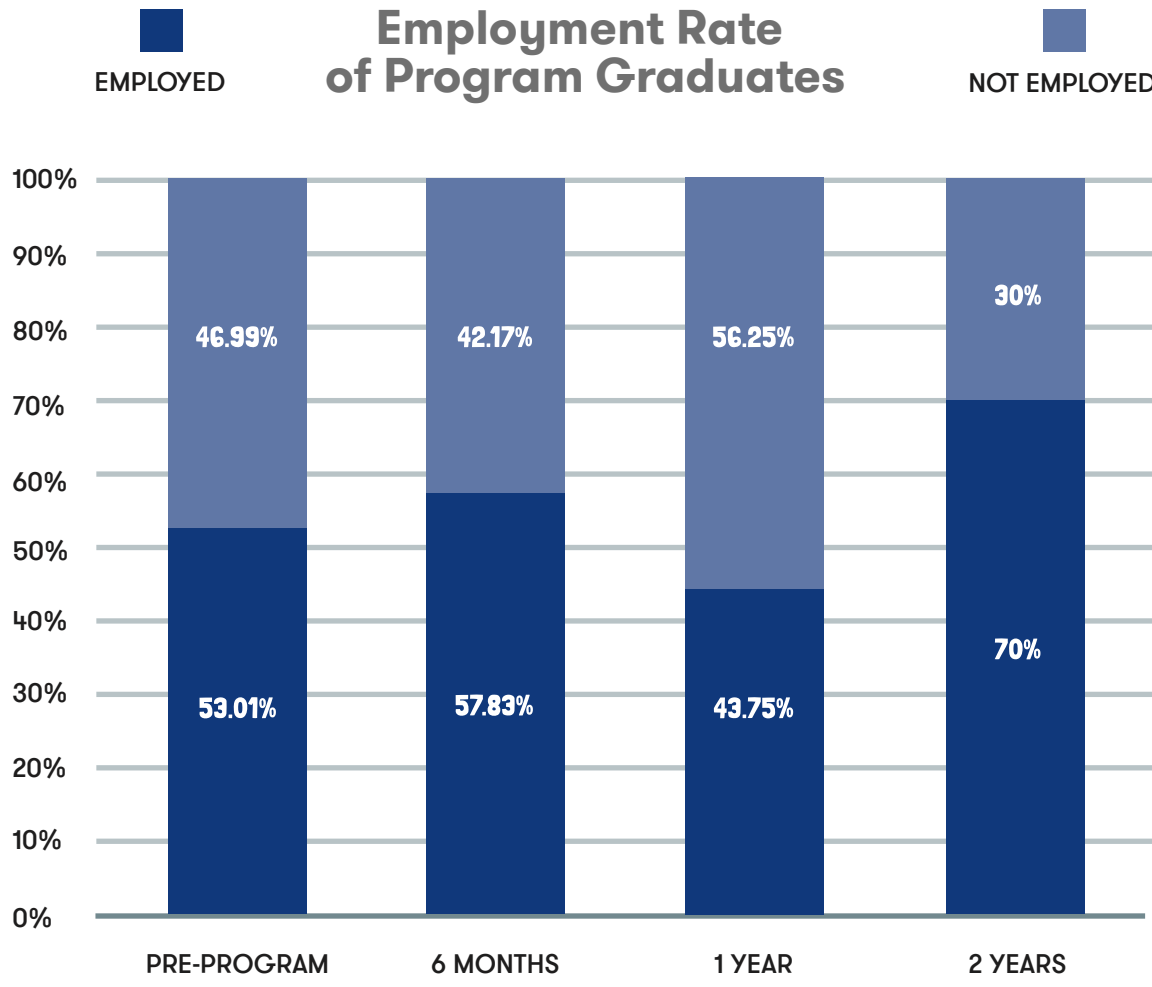
36% Have a high school diploma when entering the program

Results

#1

82.14% of Graduates reported a household income above the Low-Income Cut-off at 2-years compared to **22.03%** at the start of the program.

At 2-years post-program, **70%** of graduates were employed either part-time or full-time.

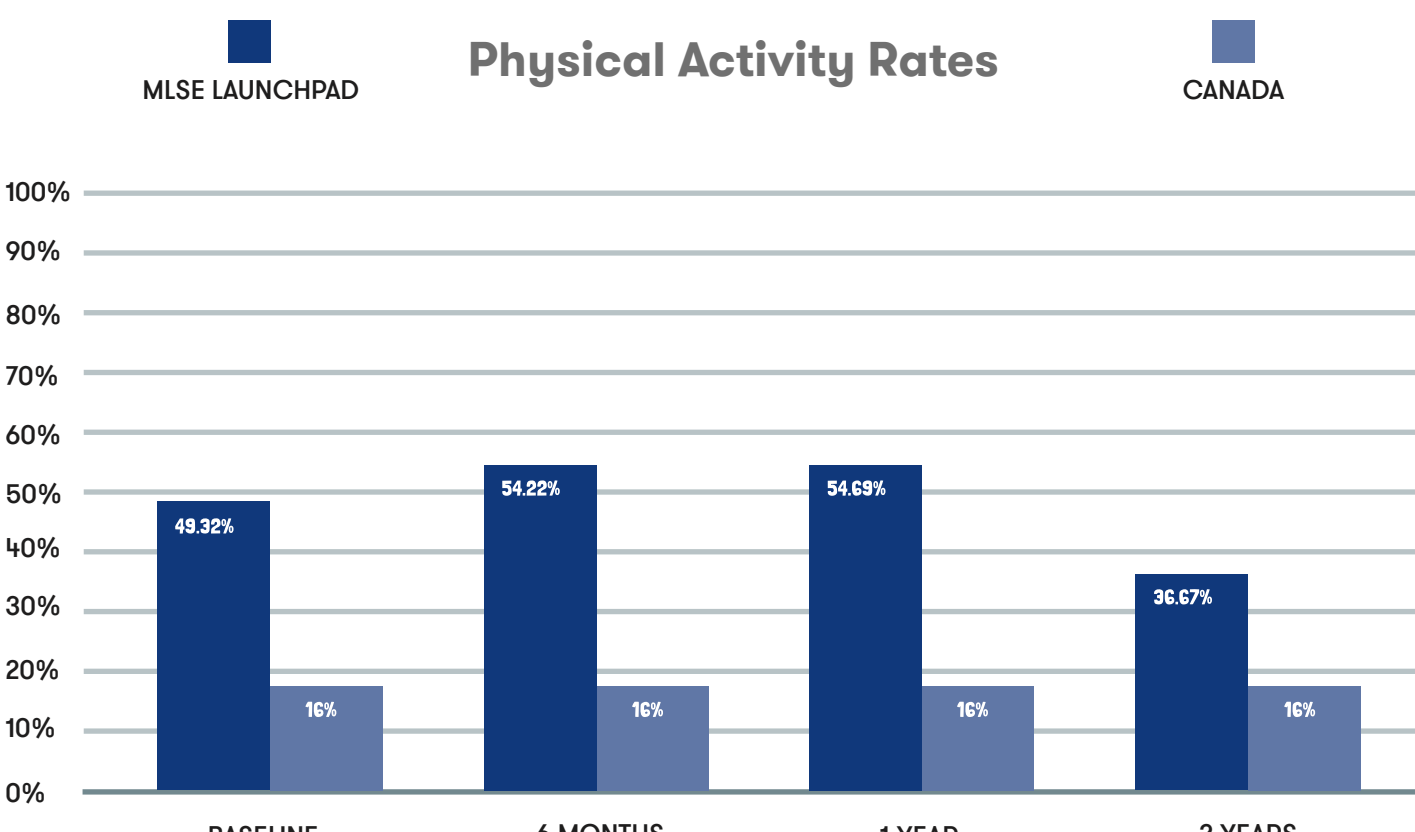


#2

Program graduates were more prepared to succeed in a job once they got it. Participants reported feeling more confident in their job skills and better prepared to communicate with co-workers because of the program.

#3

This style of programming encouraged participants to be more physically active, and program graduates were more physically active than the general population both during and after the program.



Youth employment programs incorporating sport and physical activity support positive career outcomes.