



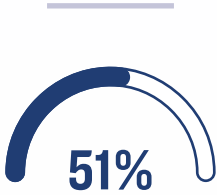
CHANGE THE GAME RESEARCH — 2.0

8,202

youth and parents across Ontario participated in this research by sharing their experiences relating to **sport access, engagement, equity, and culture**.
It included youth who have collectively participated in **more than 60 different sports**, as well as those who do not play sports.

KEY FINDING 01.

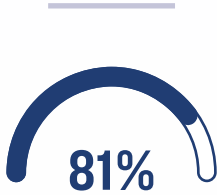
BARRIERS TO ACCESS



of youth report sport engagement is limited by **lack of social ties and contacts**.

KEY FINDING 02.

INCLUSION & TRUST



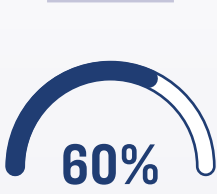
of youth report not having anyone they can talk to about **experiencing racism and discrimination in sport**.

F&N

CHANGE THE GAME

KEY FINDING 03.

MENTAL HEALTH



of youth without access to sport report **deteriorating mental health**, compared with 40% of youth who have been able to play a sport within the past year, **highlighting sport as an important preventative intervention**.

KEY FINDING 04.

BELONGING



of youth who participate in sports **have a strong sense of community** compared to **only 7% of youth who do not participate**. **Sport can catalyze and sustain community belonging among youth**.

Recommendations for

POLICYMAKERS & FUNDERS, SPORT & RECREATION PROVIDERS, & FUTURE RESEARCH

included in **Change The Game** report.

To access the full report, visit:
[MLSEFOUNDATION.ORG/HOW-WE-GIVE/RESEARCH](https://mlsefoundation.org/how-we-give/research)

