FUTURE OF SPORTS BOYS



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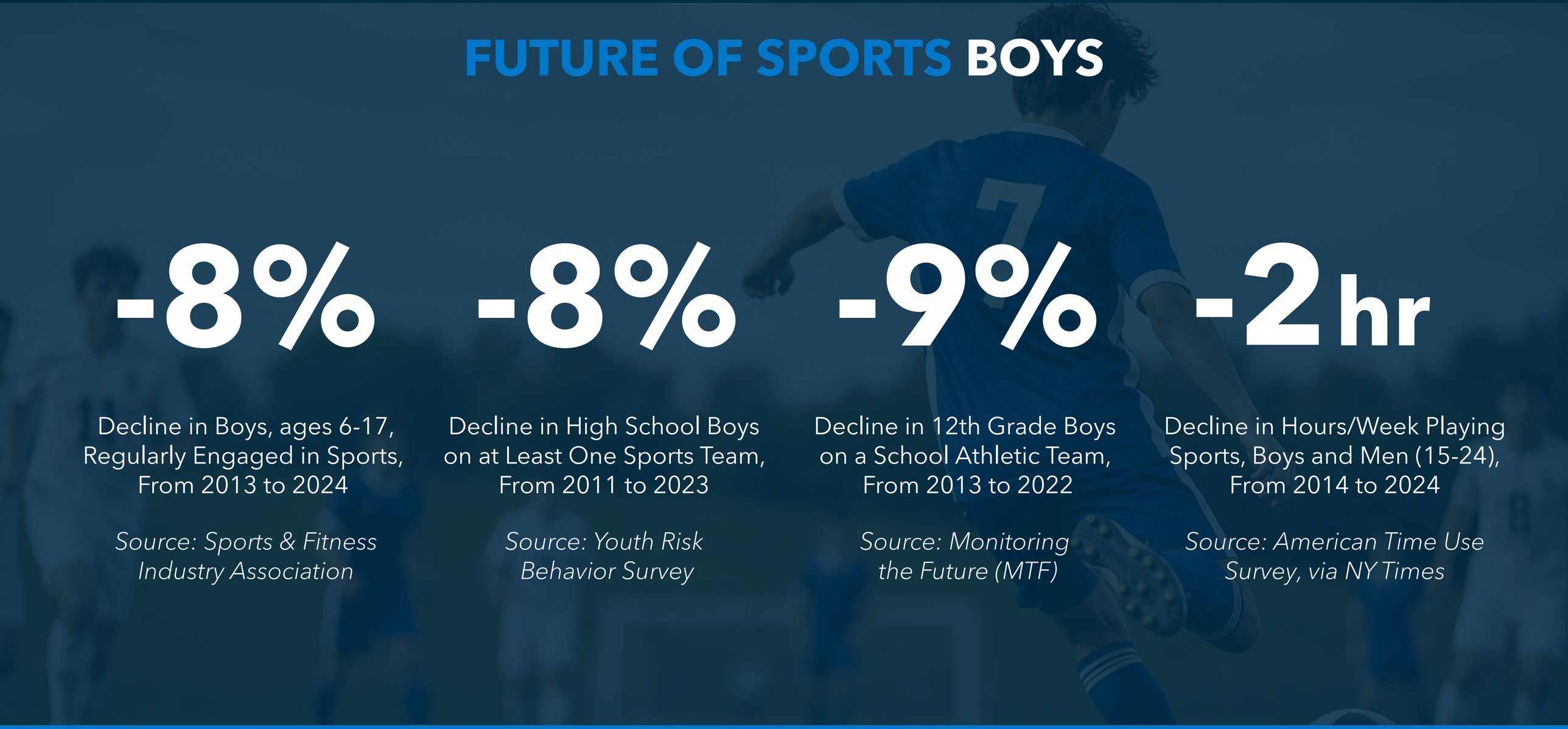
Report

Boys in Sports: Challenges, Opportunities and Recommendations for Delivering on the Promise of Sports for Boys

- Aspen Institute Sports & Society and American Institute for Boys & Men
- What is going on with boys in sports?
- Youth Athlete Survey, Focus Groups, Interviews, and Secondary Research
- Focus: Adolescent Boys, 10-17

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-8%

Decline in Boys, ages 6-17, Regularly Engaged in Sports, From 2013 to 2024

Source: Sports & Fitness Industry Association

-8%

Decline in High School Boys on at Least One Sports Team, From 2011 to 2023

Source: Youth Risk Behavior Survey

-9%

Decline in 12th Grade Boys on a School Athletic Team, From 2013 to 2022

Source: Monitoring the Future (MTF)

-2 hr

Decline in Hours/Week Playing Sports, Boys and Men (15-24), From 2014 to 2024

Source: American Time Use Survey, via NY Times

A Quiet Decline in Boys' Sports Participation

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INSIGHTS

Boys Value Sports for Connection, Fun and Personal Growth



Sports are Socially, Psychologically, and Physically High Stakes



There are Too Few Ways to Enter, Participate, and Remain in Sports



RECOMMENDATIONS

Invest in school clubs, intramurals, non-traditional sports, and school-community partnerships

Adopt strategies to account for boys' age-and-stage differences

Make student demand visible with student interest surveys

Expand what counts as a meaningful sports opportunity

How can we diversify the sports experience for boys?

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INSIGHTS

Boys often do not receive the support they need from coaches

"Bad Coaching" named least favorite thing about sports

Many coaches "didn't really care about us as individuals"

Coaches feel least prepared for boys' off-court needs

Engaged coaches can play a decisive role in academics



RECOMMENDATIONS

Provide boys with the coaches they need

Boys-focused education for people coaching boys

Attract and retain more teacher-coaches

Research, guidance, and education around hazing

Build coaching pathways through workforce development

How can we provide boys with the coaches they need?

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INSIGHTS

9 in 10 boys say they play video games

26% of boys formerly in sports say gaming leads to less interest in sports

55% of boys never in sports say gaming leads to more interest in sports

RECOMMENDATIONS

Coaches: Talk with boys about their online lives

Enact org policies that set healthy boundaries around phone usage

Reduce constant digital surveillance to support healthy risk-taking

Elevate positive male role models in sports culture

How can we foster healthy connections between sports and boys' digital lives?

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