5-15-2018

At-Risk Youth

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Urban Problem: Who Are At-Risk Youth?

One who is less likely to transition into adulthood successfully. This could be because of many factors: Growing up in a single parent environment, socio-economic status, and where the child lives for example.

Thesis Statement:
By creating more upstanding citizens through youth programs, as well as increasing the amount of youth programs, the culture of crime can be reversed in Las Vegas.

Sports and The Positive Impact on At-Risk Youth:
Sports help teach life skills, such as realistic goal setting, strategies to address conflict, stress management and strategies to develop positive relationships. In one study, 445 at-risk children 6-11 and 546 at-risk adolescents 12-16 played basketball and football 40 mins, twice a week for 14 weeks. At the end of the program the youth experienced as much as a 44% increase in overall self esteem.

In another study, 16 children with social cognitive and disruptive behaviors ages 8-10 participated in a 10 month karate program. Throughout the duration they took lessons three times a week. Classes included no actual fighting but followed a framework including a warm-up, the practice of skills and mimicking of combat situations. The results showed significant improvements in intensity, adaptability and mood regulation.

Effects of Long-Term Mentorship:
An analysis of 55 mentoring programs showed that children that saw a mentor on a consistent basis improved for up to a year improved the most. Also, where the young person’s interests and preferences are emphasized showed the largest increase in sociability and positive human interaction as well as stress relief.

Do Public Schools Have An Obligation To At-Risk Youth?
In Nevada for grades K-12, 106,228 students are involved in after school programs, 135,210 are awaiting available programs, and 98,091 are alone and unsupervised after school. This means roughly only one third of k-12 students in Nevada are in solid after school programs.

Conclusions:
In Las Vegas, a city with more dispensaries and lee’s liquor stores than non-profit programs available for youth. A city where taxpayers will pay $750 Million for a football stadium while 233,301 kids k-12 are alone unsupervised after school with no programs further increasing the crime rate. It’s time to get our priorities in order in Las Vegas and focus on something else besides our entertainment.