




PASSITBACK

Impact Report

Pass It Back - Being Healthy

January — June 2024

Sample: 63% of total players

SEASON OVERVIEW

Across this season of the ‘Being Healthy’ curriculum:

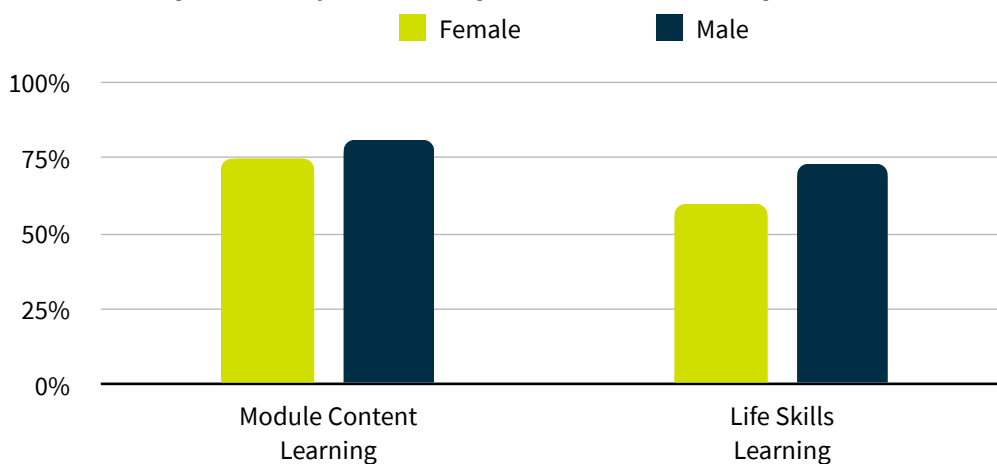
110 (58 female Coaches)	Delivered	2,588 integrated rugby and life skills sessions and 8 competitions	To	158 teams and 2,426 players (50% female)	In	3 provinces
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PLAYER LIFE SKILLS OUTCOMES

Players are assessed in terms of their learning and development in two key areas:

1. Improved life skills competencies.
2. Improved knowledge and behaviours around module content: Being Healthy.

Graph 1: % Players with Improved Life Skills Competencies

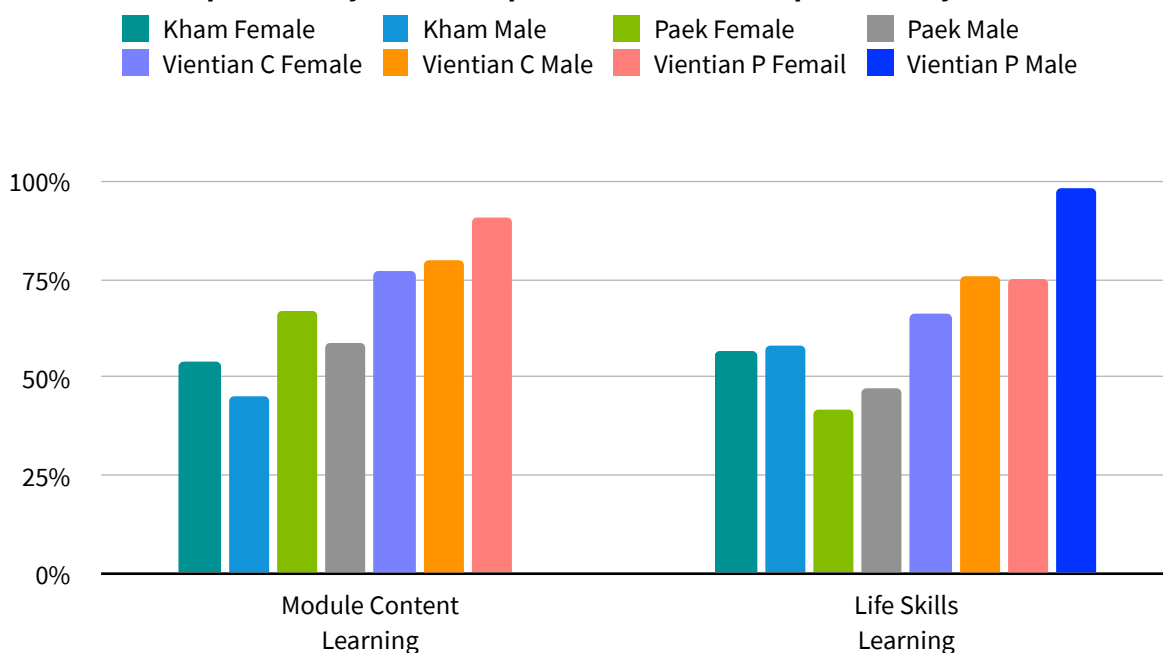


Key Outcomes

- Approximately 78% of players improved their knowledge and attitudes related to key content in the “Being Healthy” module.
- Additionally, around 67% of players enhanced their life skills competencies.



Graph 2: % Players with Improved Life Skills Competencies by Area



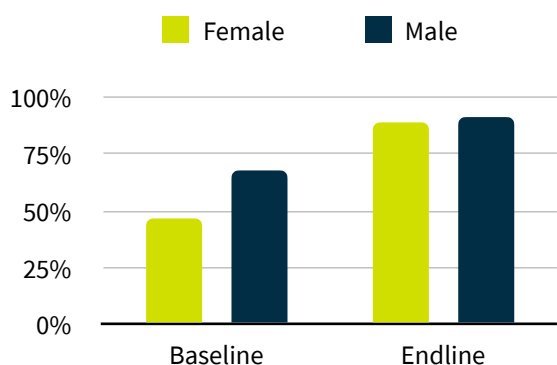
Life Skills Learning Outcomes

According to an OECD study, life skills are defined as the attitudes, competencies, knowledge, and skills essential for learning, effectiveness, well-being, and success in life. Pass It Back’s life skills learning focuses on five sets of cognitive, affective, and behavioural skills that help children learn, manage emotions, achieve positive goals, show empathy, maintain positive relationships, and make responsible decisions.¹

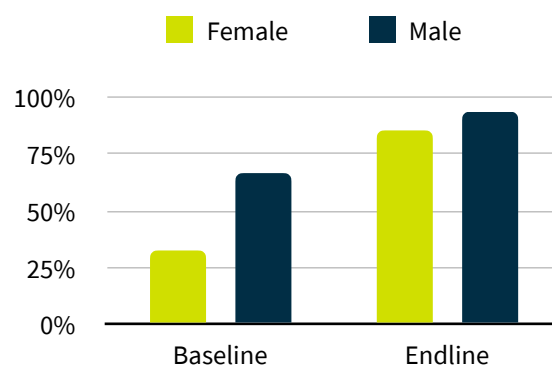
Key Outcomes

- Approximately 75% of players improved their life skills competencies over the course of the season.
- Female players, in particular, showed significant growth, with marked improvements in their competencies throughout the season.

Graph 3: Key Examples of Changes in Player Life Skills



% of players who are more confident in their ability to accomplish difficult tasks.



% of player who are more capable of seeking help when they have done something wrong.

¹ <https://shorturl.at/DnmVt>

Player Networks

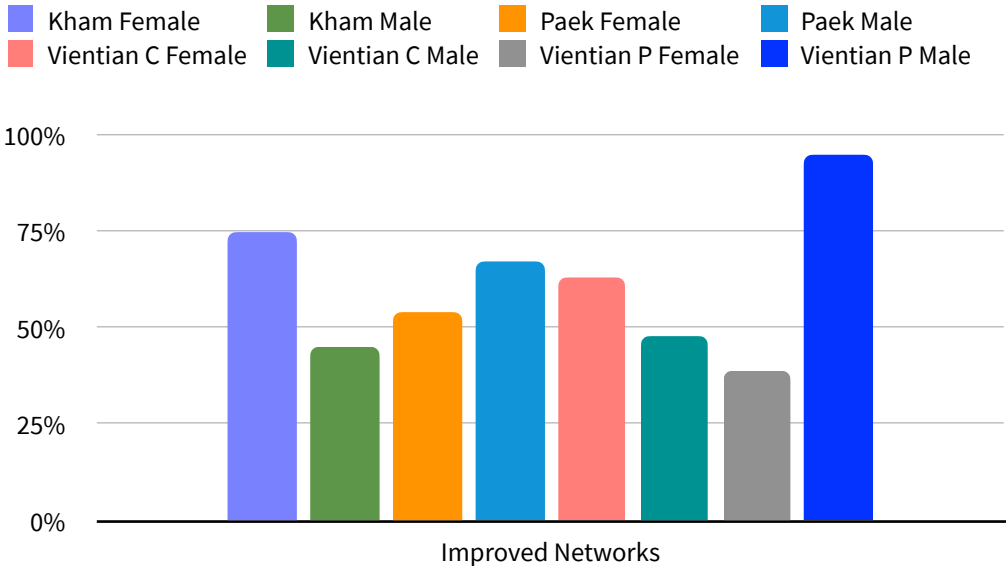
Throughout the season, players are supported to develop key social relationships and role models that include their teammates, coaches, players in other teams, and others in their community.



Key Outcomes

- 87% of players expressed confidence in the supportive environment created by Lao Rugby’s activities, believing they can reliably turn to someone within Pass It Back when they need help.
- Additionally, 90% of players said that the new friends they made through the Pass It Back genuinely care about them.

Graph 4: % Players with Improved Networks



COACH LEADERSHIP OUTCOMES

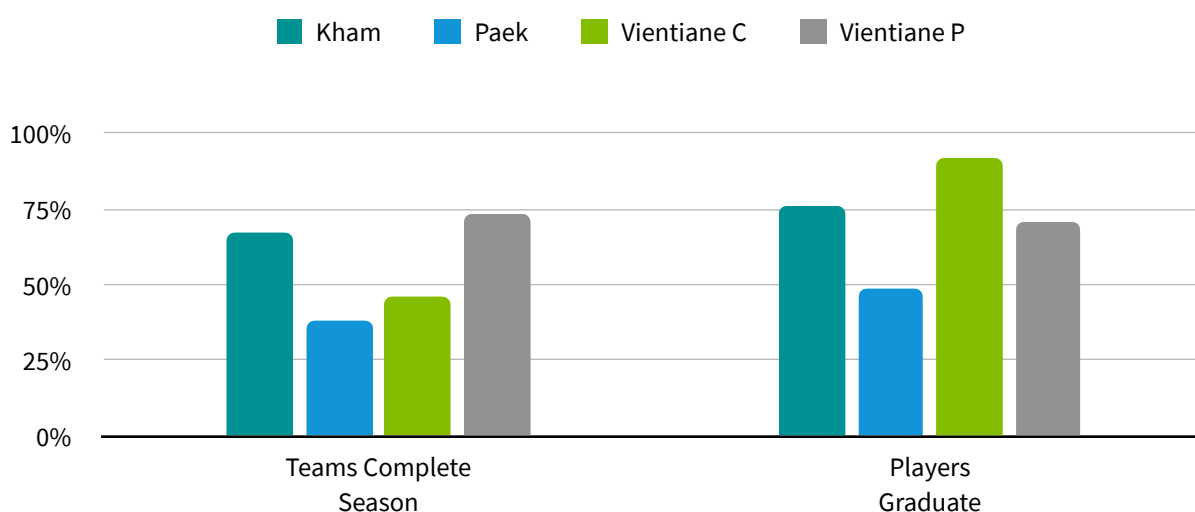
Season Delivery

Coaches work in pairs to deliver 16 sessions of module content across a season. The following 2 indicators measure the percentage of teams that complete the season and the percentage of players who attended over two-thirds of sessions.

Key Learning

- Around 79% of players in Vientiane Capital, Vientiane Province, and Kham District graduated, having attended more than 10 out of 16 sessions. In contrast, only 49% of players in Paek District graduated. The lower graduation rate in Paek District can be attributed to several factors, including the Lao New Year holiday period, unexpected school breaks, and players returning to their hometowns.
- A significant number of teams in Paek District were dissolved due to challenges with player attendance. Many players missed multiple sessions, leading to the dissolution of these teams. Strategies are in place to support young Coach management in Paek to improve on this in coming seasons.

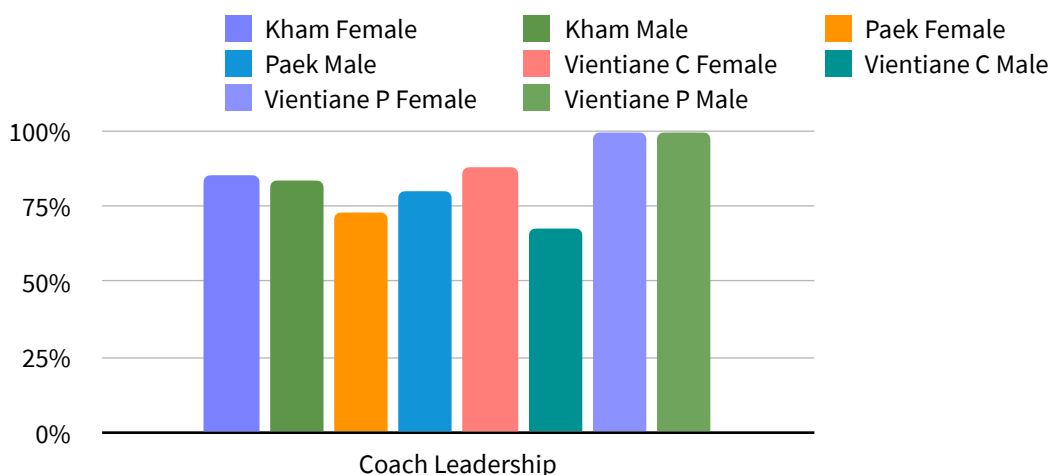
Graph 6: % Teams Complete Season and % Players Graduate



Player Centred Learning

Coaches are trained to deliver module content using an approach that centres the player in the learning experience. Players have the opportunity to feedback on their coaches and how well they believe that their coaches prioritised their learning and development, as well as supported a safe, inclusive, supportive learning environment.

Graph 5: % Coaches Assessed as Prioritising Player Development



Key Outcomes

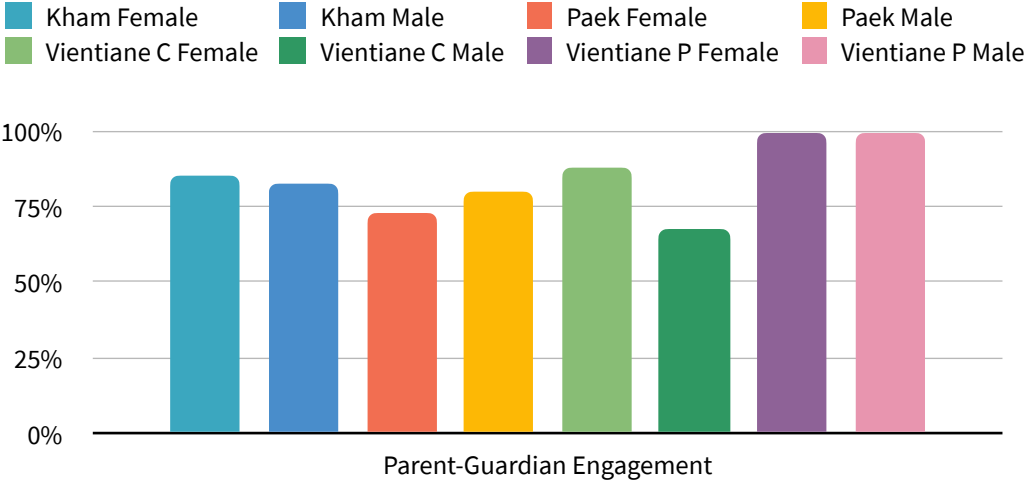
- 81% of players reported having good relationships, support, and value with their coaches during both training and competition. Additionally, 96% believe that their teammates would seek help from their coach if they faced a major personal problem.
- 95% of players shared that their coaches give them the freedom to handle difficult situations in the way they feel is best.



Parent-Guardian Engagement

Coaches work closely with parent-guardians to ensure their support for their child(ren)’s participation in sessions and activities is forthcoming. Furthermore, they ensure parent-guardians are aware of the benefits of participation and of their child(ren)’s learning and development.

Graph 6: % Parent-Guardians with Positive Engagement in Child(ren)’s Participation



Key Outcomes

- 83% of parents expressed a willingness to volunteer and support the Pass It Back, highlighting strong parental engagement and positive impact on families and the broader community.
- Additionally, 71% of parents reported noticeable improvements in their child’s learning as a result of participating in Pass It Back.



SEASON SNAPSHOTS

The following snapshots are drawn from coach journal entries and interviews with coaches, players, and community members. They highlight key examples of significant changes and impacts experienced by participants, supporting the outcome data presented above.

Participant Stories

Bounthavong, Teacher

Teacher Bounthavong was initially hesitant to approve the rugby activities, unaware that it was a non-contact tag format. He shared, “I was uncertain whether to approve the activities or not, but I decided to go ahead, partly because many students were interested.” Concerned about student safety, he closely observed the sessions to ensure no one struggled or got injured.

Through his observations, Teacher Bounthavong discovered that rugby was more than a contact sport—it included a tag format that emphasized skill development. He saw players learning to evade opponents, pass the ball, and acquire valuable life skills. His perception of rugby changed significantly after understanding how it was played. He noted, “Since the students started playing rugby, they have not only learned the sport but also developed life skills and shown positive personal growth.”



The introduction of rugby has led to notable achievements among the players, with many teams excelling in competitions and bringing home trophies. Teacher Bounthavong remarked, “Many teams have competed and won trophies. For example, Phai-alee’s team placed first, second, and third in different competitions, while Nunlakhone’s, Thaitana’s, and Phoneleexay’s teams each won first place at their respective events.”

He added, “I feel much more at ease now compared to when we first started rugby activities. Initially, I closely monitored the sessions due to concerns about injuries, but now my worries have eased. The coaches are from our school, and they deliver sessions after their classes. They undergo training on how to effectively coach the players. I’ve noticed that the work of the Pass It Back coaches is very important and beneficial for the youth and children in our community.”

Keota, Guardian

I’m so proud that both of my kids went through rugby training and became successful coaches. They’re now independent and have helped our family financially, giving us peace of mind knowing they’re living good lives, free from drugs. What really impresses us is how Khaensana and Khoukar use their knowledge to help young people in our community, serving as good role models and applying their rugby skills in everyday life. They also teach life skills through the “Being Healthy” module, which is important for all players.

Khaensana finds some lessons challenging, but he works hard to understand them and gets help from experienced educators. Even though he feels nervous and under pressure at times, he's learning and growing as a coach with their support. In the future, we hope both of our kids continue to succeed as coaches, set strong examples, and work hard to be part of club and national teams.

Bounthavee, Mother

As a mother, I was initially worried about my son's safety during long, late journeys home from sports. However, I'm proud of the growth he's shown. It's heartwarming to see him make new friends, contribute to family expenses, and become more mature and responsible, managing his time well despite occasional challenges. His role as a coach has made him even more responsible and independent.

Although he sometimes feels discouraged by player absences or tardiness, he keeps me informed by sharing his experiences. Recently, Asean found first aid training overwhelming, but he improved after the second day's demonstrations and even served as first aid personnel at a competition. I often share his achievements with pride—his coaching role, income, and growing responsibilities. I support him with advice and help with fuel costs, as his stipend may not always be enough. I hope he advances to a head coach position and achieves financial stability, which would make me very happy.

Niew, Player

Niew faced significant challenges when her father was incarcerated. It led to her missing rugby sessions due to fear of bullying and the need to help her mother.

"It was hard when my mother asked me to quit rugby to help with household chores, I felt embarrassed and feared being bullied by my friends about my family's situation, so I missed sessions,"

However, with the support of her coaches, who reassured her and spoke with her mother, Niew returned to rugby and focused on helping her mother save 15 million kip to support the family during this challenging time. Through discipline, perseverance, and the life skills she learned from Pass It Back, Niew and her mother achieved their goal, reuniting their family. Her story highlights the importance of leadership, self-improvement, and discipline in overcoming life's challenges.

"I was overjoyed by her support and grateful for my coaches' intervention," Niew said. "When I returned to the sessions, none of my teammates bullied me. Instead, they asked about my absence and offered encouragement. We all enjoyed playing rugby together again."

Maimua, Player

This season, I learned how to play tag rugby and completed the "Being Healthy" module. We covered important topics like puberty, menstrual hygiene, and contraception. Now, I understand what happens during puberty and how to stay safe. The "Being Healthy" module was really helpful, and I believe every child should go through it. Before, I was anxious about getting my period and didn't know what to expect or how to care for my body, but now I do. I also learned about what boys go through during puberty.

I'm already using what I learned in the sessions, and it will be important for my future, helping me stay safe and healthy. I've shared menstrual hygiene tips with my friends and encouraged them to seek medical advice if they need help. I plan to keep playing rugby until I'm 16 and then become a coach so I can teach other kids what I know.



Coach Insights

The following are excerpts from coach journals, highlighting the experiences and insights from five dedicated coaches who overcame personal and social challenges to make a positive impact in their communities through rugby. Their journeys highlight resilience, leadership, and the power of sport to drive personal growth and community development, emphasizing the importance of life skills and inclusivity.

Coach Viengkeo

Viengkeo, a dedicated coach who persevered through three failed attempts, finally achieved her goal of becoming a coach. Initially, her lack of experience and scheduling conflicts with family events hindered her progress. After experiencing setbacks and losing motivation, her coaches encouraged her to keep trying, leading her to make a successful third application. She successfully passed the coach training and is now imparting her knowledge at her school and village, taking immense pride in her accomplishments.

“Becoming a Coach has filled me with joy and pride, especially in teaching players at my school and village,” Viengkeo shared. “It has helped me and the children develop important skills and confidence. I've grown more responsible, organised, and respectful, and I'm constantly working to improve myself.”

Viengkeo has developed greater responsibility, communication skills, and time management since becoming a coach. She plans to continue her professional development and coaching career in the future. “As a coach, I strive to improve my leadership and communication skills, with the goal of passing these qualities on to others,” Viengkeo explained. “After high school, I plan to study at a technical college and apply what I've learned. Even if I move, I intend to continue coaching to keep growing and helping others.”

Coach See

When I first became a coach, my family questioned the value of sports and wanted me to focus on my studies, which discouraged me. I wanted to prove that coaching was beneficial not only for me but for others too. After explaining how coaching taught both rugby and life skills, my parents eventually saw its value. I've learned a lot through coaching, including decision-making, understanding gender norms, and the values of rugby like integrity and respect. Working with different coaches has also taught me the importance of communication and adaptability. In the future, I hope to become a Rugby Development Officer to guide and support new coaches, applying everything I've learned.

Coach Senganun

Representing my country in Hong Kong was an incredible honor and a source of great joy. I was proud to reach this level and thoroughly enjoyed the many new experiences, including the warm welcome from the sponsors. However, I faced challenges like carsickness from the long journey and language barriers due to my limited English proficiency. Thankfully, the coaching team provided invaluable support with communication. Competing against larger, more experienced players was tough, and I felt nervous, which affected my performance in the first match. But with encouragement from my teammates, I improved in the second match and contributed to our victory, though we ultimately fell short of winning the championship.

This experience taught me valuable lessons for improving both my club's performance and my personal growth. I am deeply grateful for the unwavering support of my family, peers, and coaches, which was essential to my development. If given another opportunity to represent my country, I will apply these lessons, train even harder, and strive for greater success. I want to express my sincere gratitude to the Lao Rugby Federation and everyone who supported me. To aspiring young players, I encourage you to train diligently and work tirelessly toward achieving your goals!



Coach Nunlakhone

As an orphan, I faced criticism from the community for coaching rugby, with some even questioning whether girls should participate in sports at all. Despite these challenges, my sister's unwavering support encouraged me to persevere. I successfully completed coach training, took on the responsibility of managing two teams, and proved that anyone, regardless of gender, can be a capable coach.

I firmly believe that everyone, no matter their family background, has a place in society. All individuals have equal rights, and if we are determined to achieve something, nothing can hinder our efforts. I know many orphans may hesitate to pursue their goals, but I want to remind them not to give up as long as they aren't harming others.

I have overcome the hurtful words of those who bullied and doubted me. After becoming a coach, many players joined me, helping me develop essential leadership skills. I now manage a large group of players and share valuable lessons with them. I also continually evaluate my sessions to make them more engaging and ensure they meet our goals.

Over the years, my teams have made significant progress, with one even winning the 2023 championship. This journey has shown me that determination and resilience can overcome obstacles, change perceptions, and open doors for others, reinforcing that everyone deserves the opportunity to succeed.

Coach Pada

Coaching has greatly boosted my confidence and taught me essential skills, such as instructing players and discussing important topics like STIs and menstrual health. Initially, I struggled with shyness, but the supportive training staff helped me overcome these challenges. Despite facing difficulties, including player disagreements based on ethnicity, I have successfully formed teams and taught valuable life lessons. I've learned to approach players with confidence and effectively resolve conflicts. I'm proud that my players have benefited from the "Being Healthy" module, which provides crucial information. Moving forward, I plan to continue coaching and actively address ethnic segregation by promoting unity and inclusiveness. My ultimate goal is to keep sharing my passion for rugby and the valuable lessons it teaches.

Coach Maidee

Serving as an educator at the recent coach training has greatly enhanced my maturity and sense of responsibility. I gained invaluable experience in leading, teaching, and helping coaches and participants develop new skills that will undoubtedly benefit their communities.

During the training, we faced challenges such as low engagement and a conflict among team members that affected morale. I sought advice from the training leads and facilitated a team discussion to address the issues and foster cooperation. This approach successfully improved team dynamics and ensured the training's success. Through this experience, I developed stronger leadership and problem-solving skills, which I plan to apply in my own life and share with my community.



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