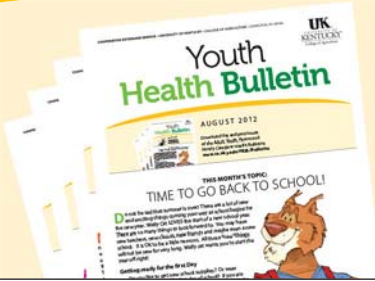


# Youth Health Bulletin



AUGUST 2013

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## THIS MONTH'S TOPIC: BE A GOOD SPORT!

**H**ave you ever played a game and there was someone who got upset when he or she lost? Maybe someone close to you does not like to lose when playing games. Most people do not want to be around a person who gets very upset when he or she loses. Although it may be hard to lose a game, knowing how to handle the loss will make it a little easier. If you are playing on a school sports team this year, or even just playing a board game with friends and family, you want to be able to handle losing a game.

Everyone likes to win. But if there are two teams or people that are competing with each other, only one of them is going to win. It is ok to be sad if you are not the winner, but it is important to be able to control yourself.

If you are not the winner in a game, the first thing you may want to do is take a deep breath and congratulate the other team or the other

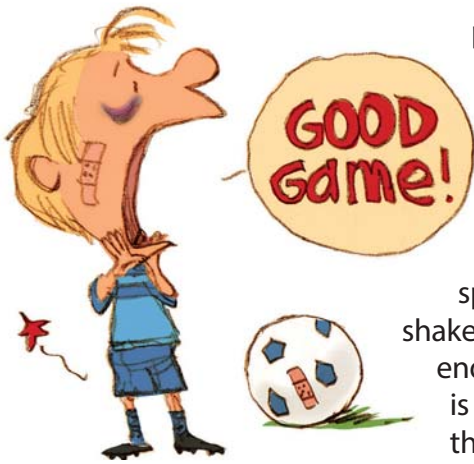


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# It does not matter who won the game. Telling the other side that they played a good game shows that you are a good sport.

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player. Perhaps you have seen this already. Many professional teams, as well as school sports teams, shake hands at the end of a game. This is done to show that you are a good sport. If you

feel like crying after the game, you can do that. But it is best to release your emotion after you have had a little time to cool down.

## 10 ways to be a good sport:

- 1. Be polite.** You should never talk bad about the other players or teams.
- 2. Do not be a show-off.** You should always try your best. When you are good at something, others will notice without you trying to show it off.
- 3. Tell your competition, "good game."** It does not matter who won or lost the game. Telling the other side that they played a good game shows that you are a good sport.
- 4. Know the rules.** Take the time to learn all the rules for whatever game you are playing, whether it is a team sport or board games. It is important that everyone play by the rules.
- 5. Listen.** You should always listen to your teachers and coaches, especially if you are playing team sports. You should also follow their directions about the game you are playing.
- 6. Do not argue.** You should not argue with coaches or officials. You may not like the decisions they make. If you have a question,

wait until the game is over and be polite when asking about the choice.

- 7. Do not blame others.** If you or your team does not win, you should not blame other team players. Instead, try to learn from the loss.
- 8. Be willing to let others play.** In team sports, even if you think you are a better player, let everyone play.
- 9. Do not cheat.** Make sure you are playing by the rules.
- 10. Cheer for everyone on your team.**

Sometimes it is hard to lose a game, but being a good sport will help ensure that others will want to play with you again.

### SOURCES:

Kids Health. (October 2011). How to be a good sport.  
[http://kidshealth.org/kid/feeling/emotion/good\\_sport.html#](http://kidshealth.org/kid/feeling/emotion/good_sport.html#)



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