Culture, Education, Sport, and Ethics Program (CESEP™)

CESEP is a program designed to engage teachers, youth workers, mentors, teens, and young children, all around the globe in an exchange of ideas about the culture of sport and competing clean – on a level playing field. This initiative asks youth works to open a dialogue on the topic and collaborate with students to understand the meaning of drug-free sport.

Youth and adults will discuss various aspect of sports (see suggested Topics and Conversations). After the discussion, youth will have the opportunity to reflect on what they have learned and express that through creative writing or artwork.

Our grant recipients are required to participate in CESEP and share with us the artwork or writing created by their youth. These creative works are automatically considered for publication in our books showcasing the artwork and prose.

**Topics and Conversations**

CESEP creates conversations about four key elements of sport and life: Sportsmanship, Fair Play, Drug-free sport, and Level Playing Field. Below, we have included talking points and questions for adults and youth to consider and discuss as part of the program.

SPORTSMANSHIP

1. What does the term “sportsmanship” mean?
2. What are the characteristics of being a good sport or a bad sport?
3. What is the difference between being a good sport and being a good athlete?
4. How can coaches or parents encourage good sportsmanship?
5. What does a good coach teach athletes?
6. How can you be a good sport in class, at home, or with your friends?

FAIR PLAY

1. What does “fair play” mean to you?
2. What are some reasons someone wouldn’t play fairly?
3. How can coaches encourage their athletes to to play fairly?
4. If two teams competing against each other don’t have equal equipment (for example, if one team has shoes and the other team doesn’t) is that fair play? What would be a good way to make the game fair play?
5. Is competition all about winning a game? What other successes in sport can we celebrate?
6. Why is cheating in sport bad?

DRUG-FREE SPORT

1. What do you think of when you hear the phrase “Performance-enhancing drug?”
2. When an athlete uses a performance-enhancing drug, what are they doing? (cheating)
3. Most performance-enhancing drugs can hurt an athlete’s body. Even if the drugs don’t hurt the body, is it good or bad to take them? Why or why not?
4. Whose job is it to make sure athletes play drug free?
5. If one athlete takes drugs to perform better at sport, do you think other athletes will feel like they need to do the same thing in order to compete?

LEVEL PLAYING FIELD

1. What do you think the phrase “level playing field” means?

*Def: a situation in which everyone has a fair and equal chance of succeeding*

1. If one athlete on a team is using performance-enhancing drugs, is that creating a level playing field?
2. Is it ever okay to cheat to level the playing field?
3. If an athlete does not have much natural ability, what could they do to improve their ability?
4. Which is more important: a level playing field or promoting the best athletes?

**Topics and Conversations**

After your group has discussed the topics listed above, encourage the youth to reflect on their answers and questions from the discussion. Then, ask them to express what they have learned through artwork or writing. This creative outlet does not have to be restricted to the topics above – it can reflect the youth’s own feelings about sport.

The artwork may be created with any media, and the writing can be in any style – essay, prose, poetry, song lyrics, etc.