

Lost & Found

Pandemic-Related Challenges and Opportunities for Physical Activity



2022 ParticipACTION Report Card on Physical Activity for Children and Youth: Communications Toolkit

ParticipACTION has prepared several social media posts and newsletter copy to make it easy for you to communicate the key findings and messages from the Report Card to your network. Use the prepared messages, write your own or repost our posts. Be sure to also follow us on [Facebook](#), [Twitter](#) and [Instagram](#) and tag @ParticipACTION!

**Additional tools and resources such as infographics with key findings and recommendations, a slide deck and a press release are available in the Tools & Resources section at [ParticipACTION.com/Children-and-Youth-Report-Card](https://participaction.com/children-and-youth-report-card).*

Suggested tags & links

Use @ParticipACTION and the hashtag #ChildAndYouthReportCard along with the link <https://bit.ly/3rglYAU> to share the Report Card. We'll also post articles about it on our [blog](#) that we encourage you to share with your networks.

Suggested social media messages

1. The 2022 ParticipACTION Report Card on Physical Activity for Children and Youth highlights the movement opportunities for kids that were lost & found during the pandemic & where we go from here. Learn more: <https://bit.ly/3rglYAU>
#ChildAndYouthReportCard
2. #DYK only 28% of kids meet national physical activity guidelines, an 11% drop from 2020? This year's D grade for Overall Physical Activity reflects this decrease. Learn how to support kids' physical activity moving forward: <https://bit.ly/3dKnw4c>
#ChildAndYouthReportCard
3. During the pandemic, car-free urban spaces, rural trails & paths let kids walk, roll & ride more, leading to an increase in this year's active transportation grade from a D- to a C-. Find out how we can keep up this great work: <https://bit.ly/3fuUoy0>
#ChildAndYouthReportCard

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Suggested social media images

[Click here](#) to download.

Newsletter blurb

The 2022 ParticipACTION Children and Youth Report Card has arrived!

The 15th edition of the Report Card contains grades based on data collected during the pandemic to better assess its impact on kids' movement behaviours. The pandemic drove a sudden and drastic shift in how kids could access physical activity opportunities. Most families understood the urgent need to protect public health but still felt that kids lost essential opportunities to get active. **This year's "D" grade for Overall Physical Activity is a decrease from the previous report and reflects a major drop in kids' movement.**

Let's work together towards an active future! Let's speak up for all children and youth, especially those who feel excluded from equal access to physical activity and sport. **The 2022 Report Card features key findings specific to children and youth with disabilities, girls as well as Indigenous, 2SLGBTQ+, newcomer, and racialized children and youth.**

Read the Report Card at www.ParticipACTION.com!