

Tough and Tougher (:60)

Being a teenager is tough. There is the constant pressure to be liked, endless worrying about college, cyberbullying, high expectations, all the negativity. There is no question, being a teenager is tough, and what do South Dakota's teens do when they want to block out the noise and clear their heads? We play!

Research shows that teenagers who participate in high school sports have lower stress levels, more confidence, and greater self-esteem. And then, there's the biggest benefit of all...high school sports are fun! Not just fun, they are a lot of fun! Encourage your teenagers to participate in a sport or activity when they go to high school. They will stress less and smile more, and they will be laying the foundation for a happier, healthier future.

This message presented by the South Dakota High School Activities Association and South Dakota Interscholastic Athletic Administrators Association