

## WHAT IS POSITIVE YOUTH?

Incorporated in accordance with the *Associations Incorporation Act 2001* (ACT), Positive Youth is a new for purpose enterprise formed to facilitate opportunities for justice and near-justice involved young people aged 12-25 to realise their potential through the application of positive youth development theory and practice.

### WHAT DO WE DO?

- We identify and prioritise young peoples' strengths.
- We focus on young peoples' attributes, skills and competencies, and we're not constrained by interventions that focus on risk.
- We work with community to help young people achieve deep and lasting personal changes through improved community connectedness.
- We support young people to participate in the decisions that affect them.

### WHY IS POSITIVE YOUTH DIFFERENT?

- Our programs and services are universal and strengths-based. They're also structured and link process and environment to outcomes.
- We focus on relationships, activities and community.
- We concentrate on how things go right, not on how things go wrong.
- We help young people discover their strengths and build new skills in the context of positive adult relationships.
- We support young people to leverage their strengths in prosocial ways, thus contributing to the reduction of high-risk behaviours.

### PROJECTS

We are establishing two projects to get the ball rolling:

- Introduction to Parkour
- Restorative Justice Mentoring Initiative

*The positive youth development approach aims at understanding, educating, and engaging children in productive activities rather than at correcting, curing, or treating them for maladaptive tendencies or so-called disabilities.*

William Damon

### HOW DO I FIND OUT MORE?

Email Jeremy, Founder and CEO of Positive Youth, at [jeremy@positiveyouth.org.au](mailto:jeremy@positiveyouth.org.au), or visit us at [positiveyouth.org.au](http://positiveyouth.org.au).

### WHAT IS OUR MISSION?

Positive Youth works with justice or near-justice involved young people to help them identify and draw on their strengths to make deep and lasting personal changes that embolden them to modify – or even revolutionise – behaviours that cause harm, thus enabling them to contribute in prosocial ways to the social, economic and cultural life of their communities.

### WHAT IS OUR VISION?

That young people who have done harm, and to whom harm has been done, can positively transform through discovery of their strengths and connection to their community.

*The positive youth development perspective emphasizes the manifest potentialities rather than the supposed incapacities of young people – including young people from the most disadvantaged backgrounds and those with the most troubled histories.*

William Damon

### PROGRAMS

NorthEast is a 12 month camp-based leadership program for justice or near justice involved young men in the ACT and surrounding region.

The purpose of NorthEast is to work with participants to identify and prioritise strengths and needs in a relationship-rich environment.

The content of the program is designed to give them the practical and emotional capacity to desist from crime, avoid negative behaviours and participate in the social, economic and cultural life of their communities.

We will be seeking funding for this program in 2020.

**INTRODUCTION TO PARKOUR FOR JUSTICE INVOLVED YOUNG MEN  
INFORMATION AND REFERRAL FORM**



<p><b>What is Positive Youth?</b> A community social enterprise formed to facilitate opportunities for justice and near-justice involved young people aged 12-25 to realise their potential through strengths-based research and practice.</p> <p><b>What is Introduction to Parkour?</b> A six-week parkour skills program for up to 10 justice involved young men aged 16-24 referred by statutory and community-based services.</p> <p><b>Who is it for?</b> Young men aged 16-24 who are involved with the youth justice or criminal justice systems.</p> <p><b>Who is involved?</b> Positive Youth has partnered with Canberra-based business Run Leap Roll, which is owned and operated by Coach Travis. Travis will be supported by an Assistant Coach. Support Workers from Positive Youth will participate in the program and provide mentoring and logistical support.</p> <p><b>What is involved?</b> Over six, three hour sessions, participants will be guided to discover their strengths and explore their leadership capacity through parkour. They will apply these skills on courses designed by the coach in the natural and built environment. Refreshments and lunch will be provided, and participants will be given a Positive Youth T-shirt.</p>	<p><b>PROGRAM SCHEDULE</b></p> <p><b>Week 1</b> Welcome and introductions Group expectations Learning outcomes Safety briefing Program lunch plan</p> <p><b>Weeks 2-5</b> Parkour skills development and practice</p> <p><b>Week 6</b> Participants help design the final course, after which a facilitated discussion enables them to reflect on what they've learnt</p> <p><b>SAMPLE SESSION PLAN</b></p> <p>9.00-10.00 Pick-up 10.00-10.15 Briefing 10.15-10.30 Warm-up 10.30-11.00 Parkour skills 11.00-12.00 Parkour course 12.00-12.15 De-brief 12.15-1.00 Lunch 1.00-2.00 Drop-off</p>
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**If you or an eligible young person you know might be interested in the program, please complete the referral form below and return it to [jeremy@positiveyouth.org.au](mailto:jeremy@positiveyouth.org.au), or email Jeremy to find out more.**

**Dates will depend on numbers of fee-based participants and grant funding.**

Participant's name:	
Participant's contact number:	
Referring agency (if applicable):	
Referring agency contact (name/number):	
Participant's DOB and age:	
Emergency contact (name/number):	
Relevant medical/medications:	
In a few words, tell us a bit about you:	

***Because we believe relationships are the key to achieving successful outcomes, before the program starts we will meet every referred young person to assess their suitability and to get to know them.***