

JTYouGotThis program

Overview

JTYouGotThis program is an early intervention program for at-risk youth. The program develops foundational skills for change with a primary focus on the Academy's 3 core values: **Confidence, Courage and Self-Belief!**

Group Size: 10 - 15 young people, **Age range:** 11 - 17 years, **Target cohort:** Young people Assessed as low to moderate risk of reoffending and early/limited involvement with the justice system.

Outline of Program

- Weekly Workshops
- Introduction and Academy expectation
- Building the team
- Get to know you
- My family, sense of belonging
- Academy engagement
- Confidence, Courage and Self-Belief activities
- Community Activities
- Managing anger / Healthy relationships
- Life skills budgeting and planning
- Behaviour and goal setting
- Community Safety and Growth
- Post-program check ins

Expected Benefits

Reduce reoffending behaviour through supported and increased family, cultural, community and prosocial connection.



“Don't be scared of failing, be scared of not giving it a go!”

Johnathan Thurston