

CASE STUDY -

The Breakout Programme



Simon, 14

Simon is a 14-year-old boy struggling with challenging behaviour at school. With a pattern emerging, teachers were concerned that the once quiet, attentive, and polite boy was starting to get involved with disruptive influences and talking about new friends known to the police.

On hearing about The Breakout Programme, the school immediately put him forward as one of their first pupils to be included. When the school shared information with parents, Simon's mum was relieved he had been offered the unique intervention. She too had growing concerns about his behaviours and didn't know where to turn for help.

Simon's first session was a county lines workshop delivered by Dwayne from Road Light. Simon went from showing bravado behaviour on his arrival to listening intently, leaning forward when conversations turned to peer pressure and grooming.

Throughout the programme Simon became more involved in the classroom workshops, always having valid thought-provoking points and engaging in discussions. He came to life in the outdoor adventure activities at The Caldecotte Xperience, gaining in confidence and resilience. Sometimes he would start off unsure but always complete each activity and show great leadership skills, motivating the others in the group to remember what they can do rather than what they can't.

At the end of the programme, the school reported a change in Simon's behaviour. Not only had Simon's attitude improved in class but mum had also noticed a difference in his attitude at home. Simon progressed in 50% of the areas of the Outcome Star, the Breakeven measuring tool. Having gone from a lethargy for life, Simon wanted to continue during the holiday with the outdoor activities he had found a real interest in, helping him make positive proactive choices.

For further information on The Breakout Programme please email office@action4youth.org

