

## CASE STUDY -

# The Breakout Programme



## John\*, 15

John is a 15-year-old boy who had been displaying disruptive behaviour in school with a history of poor school attendance. As a result, he was falling behind in school and involved in minor conflicts with other students and started to be connected to others that had previously brought in banned substances.

The school identified John as a candidate for early intervention through the Breakout Programme to avoid his behaviour escalating into more serious consequences. During the 12-week programme, John participated in mentoring sessions, classroom-based sessions, Street First Aid and outdoor education activities.

During the programme, although he was known for regularly missing school, John always attended on the days there was outdoor education scheduled. He clearly valued that aspect of the programme. The teacher was able to use this to help re-engage John into other aspects of school life explaining he couldn't just turn up for parts he enjoyed. This started a more positive association with learning and John started to attend school regularly. That was a significant change for John and staying in school will increase his positive chances later on in life.

Breakout also taught John about the consequences of knife crime, gangs, and drugs through personal experiences shared by the team leaders. John reflected on his own circumstances and explored alternative choices with the help of the session mentors. With the support of his mentor, he set personal goals and is working on developing mental resilience and motivation.

Throughout the programme, John gained a deeper understanding of the negative impact of his behaviour and the potential consequences of being involved in criminal activities. He has learnt new skills such as teamwork, confidence, and leadership through outdoor education activities.

**For further information on The Breakout Programme please email [office@action4youth.org](mailto:office@action4youth.org)**



\*Name changed to protect identity