

CASE STUDY -

The Breakout Programme



Tom*, 13

Tom is a year 8 boy who was struggling with challenging behaviour at school.

The school had immediately put him forward as one of the first pupils to be part of the first Breakout cohort. Information about the new programme had been shared with the parents and it was good to see the need for this intervention also resonated at home.

On the first day of The Breakout Programme the school received an email from mum that she wanted to share with the programme leader.

She explained Tom was was involved with young people who were carrying knives and she was very concerned about this. The first session Tom took part in was the county lines workshop delivered by Dwayne from Road Light. He was relatively quiet during the session but you could see he was really listening to what Dwayne was talking about in terms of peer pressure and grooming.

Throughout the delivery of The Breakout Programme, Tom became more and more involved in the classroom workshops, always having valid thought-provoking points and engaging in discussions.

Tom really came to life in the outdoor adventure activities at The Caldecotte Xpereinence. He showed confidence and resilience in each activity. The school reported that following the duration of the programme, Tom's behaviour had improved and mum had also noticed a difference in his attitude. Tom progressed in 50% of the areas of the outcome star, the Breakout measuring tool. Tom also wanted to continue with the outdoor activities as he found a real interest in them with mum enquiring about holiday clubs.

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



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*Name changed to protect identity