

CASE STUDY -

The Breakout Programme



Michael*, 14

Michael is a 14-year-old with a history of truancy and disengagement from school. He regularly misses school and when he does attend is not interested and often disruptive. He comes from a disadvantaged background and has had some negative encounters with the police at a young age.

Michael's school identified him as a potential participant in the Breakout Programme to try and re-engage him in school and support him in making better choices and avoid further criminal activities and encounters with the police.

During the programme, Michael engaged in sessions that provided him with a comprehensive understanding of the consequences of knife crime, gangs, and drugs. Included in the programme was Street First Aid to learn valuable and practical lifesaving skills delivered by Paul, an experienced youth worker and RAF field medic.

Michael was extremely interested in hearing about Paul's experiences and learning the real-life outcomes of knife crime and associated injuries. He was very engaged around the consequences of being involved in crime and carrying weapons. Michael also attended sessions led by ex-offenders who again shared personal stories and the challenges they faced due to their involvement in criminal activities. These highlighted the importance of education and the positive outcomes of staying in school.

The Breakout Programme helped Michael see the real-life consequences of his actions and enabled him to develop a sense of purpose and set personal goals for his future. Through mentoring sessions, he received guidance and support in improving his attendance and behaviour at school. Michael's mentor also connected him with additional support services to address any underlying issues he was facing.

By the end of the programme, Michael demonstrated improved attendance and increased engagement in his studies. He has not had any involvement with the police since the programme and his teachings about real life consequences help ensure a reduced risk of involvement in criminal activities in the future.

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




**ACTION
4 YOUTH**

*Name changed to protect identity