

## CASE STUDY -

# The Breakout Programme



## Emma\*, 17

Emma, a 17-year-old young person, had been struggling with emotional difficulties, poor mental health and has been experiencing conflict at home with her family. Emma has shown signs of low self-esteem and started associating with a group of peers involved in knife crime. Emma's school identified her as a vulnerable young person who could benefit from the Breakout Programme and the support it offers.

During the programme, Emma had 1:1 mentoring where she openly discussed her emotional challenges and received guidance in how to work through what she was struggling with plus ways to build her self-esteem. In the classroom sessions, she learnt about the consequences of knife crime and the potential impact on both individuals and communities. Emma's mentor supported her in exploring healthier friendships and positive role models.

Emma took part in outdoor education activities she had not had the opportunity to do before helping her gain confidence and leadership skills. Through the Breakout Programme, Emma developed a more positive outlook on life and gained a better understanding of the value of her education and how it will help build not only her self-esteem but help create a better future for her.

By the end of the programme, Emma demonstrated increased self-esteem, reduced association with individuals involved in knife crime, and a renewed commitment to her education.

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



\*Name changed to protect identity