

## CASE STUDY -

# The Breakout Programme



## Chloe\*, 15

Chloe, a 15-year-old involved in several incidents of physical altercations with peers. She showed signs of aggression and expressed a lack of interest in her education and participating in school activities and classes. Chloe's school identified her as a young person at risk and enrolled her in the Breakout Programme to address her behavioural challenges.

During the 12-week programme, Chloe took part in classroom-based sessions that focus on developing empathy, conflict resolution skills, and understanding the consequences of knife crime.

Chloe participated in role-playing exercises that helped her practice effective communication and anger management techniques. Chloe also attended outdoor education activities where she took part in all the outdoor activities available there, learning about teamwork and how to build positive relationships with her peers.

Throughout the Breakout Programme, Chloe gained a better understanding of the impact of her aggressive behaviour on others and the potential long-term consequences, as well as better ways to manage her emotions and avoid conflicts.

Chloe has developed strategies to manage her emotions and resolves conflicts in a more constructive manner. By the end of the programme, Chloe has shown reduced aggression, improved social skills, and a renewed interest in her education.

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



\*Name changed to protect identity