

THE SAFETY BOX

Youth Programmes

KCPO

Aspire Higher Violence Reduction Personal Development Program





ASPIRE HIGHER: UNLOCKING POTENTIAL AND CREATING POSITIVE CHANGE

The Safety Box® Aspire Higher program is an accredited AQA high impact violence reduction and personal development program designed to change behaviour traits, dissuade weapon carrying and stop negative mindsets. It uses advanced coaching methodologies combined with high impact workshops using credible messengers (those with lived experiences), inspirational and motivational strategies, high level conflict resolution, one-2-one sessions and violence prevention. We view violence through the eye of public health and employ an evidence-based model proven to reduce violence in different cultural contexts.

The program designed for age 12 up to adult, focusses on building confidence, communication skills and self-esteem, while inspiring the participants to engage in education, training and employment. We use a combination of proven methodologies which compliment each other and both have a proven track record of working within the community and also a custodial setting.





All our workshops are delivered by dynamic facilitators and the workers are labelled as being “credible messengers” (those with experiences of violence, gang affiliation and or offending behaviour). This allows for a cognizant connection with many of the participants and an approach which leads to a potent peer led program. Our non-violent conflict resolution sessions are based around cascading mediation skills, knowledge and experience, alongside the FAST (Fear Adrenalised Stress Training) methodology.

Research indicates that negative mindsets, like other behaviours is acquired or learned this is done mainly through modelling, observing, imitating or copying until it becomes a behavioural habit.

By employing a pioneering epidemiological model the Aspire Higher program uses advanced personal development and holistic methodologies to pivot the beginning of a behaviour change and a mindset shift. The strategy is to gain a positive shift in mindset which will impact other areas of an individual’s life beyond the program.

The partners for this program have a proven track record:

The Safety Box Youth Programs CIC which has 16 years experience working with other partners such as Syrus Consultancy CIC have a collective 25 years experience in delivering intervention programs. The organisations collectively have had an impact of over 19,000 young people in the UK over the last 15 years. Both organisations have won multiple awards and have been contracted to work across several **London Boroughs and Regions in England within Schools, Colleges, PRU’s, Alternative Provisions, MOPAC, MOJ, HMPPS, the Home Office and the Police.** The partners are equipped with ‘credible messengers’ who work with young people involved in carrying weapons, gang activity, drugs and those at risk of violent offenses.





OUR FOCUS

- To engage young people actively carrying weapons such as knives to de-empower the need to carry it.
- To facilitate the young persons ability to view their actions through the eyes of others.
- To provide credible skills and techniques to resolve potential conflicts without abuse and violence
- To change mindsets in order for the behaviour to improve, creating a better space for learning.
- To address the shocking realities of “street life” and destroy popular myths and misconceptions about drugs, gangs and money.
- To facilitate a change in thinking and ultimately behaviour.
- To assist to keep young people in mainstream education or to move them back from alternative education back to mainstream education.
- To divert young people from CCE, gang activity, drugs / exploitation, crime and violence
- To inspire, motivate and encourage positive change in the lives of young people.





PROGRAM CONTENT

STEP 1 – Discover Your Purpose

- Motivational Life Testimonies
- What is their passion
- Discovering Purpose
- Goal Setting (Long & Short)
- Linking passion to purpose
- Setting the Goal Plan

This module is a very powerful and inspirational session to gain immediate rapport with the pupils. The facilitators of the course who we term as “credible messengers” share powerful testimonies of the negative choices they made early in their life and how they have since turned their life around to be successful. The session then focusses pupils on their higher calling/higher purpose. The learning is that our skills and experiences make us unique and gives us the tools to contribute to the world in a powerful way. Once we uncover this purpose we ignite our passion to serve and deliver this. Participants are invited to explore many roles they may want to accomplish after school such as travel, music, family, job and health. On completion of section we teach the importance and tools of goal setting. Providing practical steps for them to accomplish their purpose and things they wish to experience and achieve





STEP 2 – Believe & Achieve

- **Understanding your Self Esteem**
- **How to Build your Self Esteem**
- **Positive Affirmations and Self Talk**
- **Visualisation**
- **Learning about The Law of Attraction**
- **What you do, follows you**
- **How to use the Law of Attraction**
- **Meditation and the ability to calm oneself when under pressure - Managing your self**

This module works on the premise that we must believe in ourselves before we take positive action. We teach what self-esteem is, how necessary it is to have a high self-esteem and resilience to overcome negative peer pressure, challenges, life's hurdles and discuss practical steps to raise self-esteem. We teach the Law of Attraction focusing on “like energy attracting like energy” meaning if you are negative and behave negatively, it is very likely negative things will happen to you, thus attracting negativity.

We teach the power of positive thoughts and tools they can use to develop affirmations and visualisation to focus our thoughts on what we want. We use a visualisation exercise to encourage imagination and uncover inner desires and a method to calm oneself down in a stressful scenario.





STEP 3 – The Mind

- How the mind works
- The Power of The Mind
- Right & Left Hemisphere Brain
- Emotions & Hormones
- The Fight or Flight Response
- Holding a knife in Fight or Flight
- Understanding Hormones
- How the subconscious mind works
- Changing negative thoughts
- The power of thought

Within this module participants learn about the hormones that relate to their behaviour. The module shows the relationship between aggressive responses and the endocrine system. They learn about the visual and logical side of the brain, the fight or flight response and how to recognise, predict and regulate their emotional triggers. The module goes further to teach how the sub-conscious mind works and how to impress upon it the thoughts and beliefs to support individual success and happiness. Participants are challenged to explore negative programming and taught how to change this attitude. A heavy focus is placed on holding a knife and its dangers, role plays are used to illustrate the dangers using plastic knives. The module shows how holding a knife can lead to an outcome they don't desire and it is a strong diversion to carrying a weapon for protection or for intimidation.





STEP 4 – Control of Self

- **Responsibility and Excuses**
- **High Level Conflict Resolution**
- **Practical Tools to Deal with Anger**
- **Learning your triggers and how to overcome them**
- **Reactionary Distances Danger Zones**
- **The police, the law, consequences and your rights**
- **Using correct communication**
- **Communication Role plays**
- **Understanding the Modes of Behaviour**
- **Knowing your Traits and how to change your State**
- **Needs and Values**
- **Avoiding gangs, grooming and negative peer groups**

This is the longest This module discusses individual accountability for personal choices regardless of external events. It explores conflict resolution and how to avoid conflict. The module gives practical tools of how to handle anger in addition to reactionary distances pertaining to non- aggressive self protection. Communication channels are explored in depth and several role plays and exercises are demonstrated to illustrate incorrect and correct communication to be used with both teachers and with fellow pupils. We explore needs and values, and the psychological modes of behaviour which if grouped incorrectly can potentially lead to conflict. Games are also used in the session to reinforce the messaging and break down the complexity of the theory into something practical that can be remembered. The methodology of how to exit and avoid gangs is also touched on in the module.





STEP 5 - Take The Limits Off

- Discovering your limits
- Mental Barriers and Overcoming
- Dealing with the past to embrace the future
- Dangers of Drugs and Drug Selling
- Breaking Habits and how to develop new ones
- Comfort Zones
- Comfort Zone Role Play
- Limits in Life
- Change your future today
- Breaking through the limits

This module educates on how a habit is formed and how to change negative habits and develop positive ones. It looks at whether individual has become comfortable in a life that does not fulfil, challenge and push them, with tools on how to step out of comfort zone and motivation to do so. The module also covers mental barriers they may have built up and how to navigate out of them. The impact of drug use on the mind is also covered in particular to the use of marijuana/skunk/spice and the negative impact it has on the body and mind over time.





STEP 6 - Profit With Purpose

- **Turning the hustle into business**
- **Road life is Dead**
- **The Idea and your passion**
- **The types of Business (Social, Commercial, Charity)**
- **Business planning for young entrepreneurs - The Vital Questions you need to ask yourself**
- **The body of your business (The Pillars of Success)**
- **Taking the idea from the mind to the paper**
- **The skills that they don't teach you at school**
- **Up Skilling and Education**
- **Planning your potential future potential business**

This module, uses a hands on practical approach and is designed for pupils that have an idea they can make it on the streets with drugs or stealing.

We demystify the glory of the street and show them how business can earn them an income better than the drug trade or crime. Many pupils often times have an idea or a business but do not know how to scale it or move it forward to achieve the types of profits needed to be fully self-employed. It covers the basics of enterprise and business and what steps that need to be taken to turn an idea into a business plan. Within this module, we teach heavy business principles, which will help them to start their own business. In addition to this, we show them the methodology and basic principles surrounding trading, forex, high frequency, and block chain and crypto, which are all part of our ways in which we show how we can make money.





STEP 7 – Protection Against Knives (Add On)

- **Carrying a Knife is not a Game**
- **The Effect on Family and Friends**
- **The Value you place on your life**
- **Something to live for**
- **Spotting potential danger & Avoidance**
- **Building Awareness Strategies**
- **The effects of adrenaline and stress**
- **Body Posture in attack prevention**
- **Verbal Defence**
- **Reactionary Distancing**
- **Gross Motor-functional Movement Blocking (Utilising SAFE Simple, Adaptable, Fast and Effective)**
- **Controlling the attackers knife hand**
- **The knife lines of attack**
- **Blocking against a knife**
- **Taster Defending against a knife attack level 1. (Static)**
- **Taster Defending against a knife attack level 2. (Slashes)**
- **Taster Defending against knife attacks level 3. (Rear hand grip, forward hand grip Thrusts)**

This module is the longest module lasting three weeks (2 hours per session). The Safety Box takes it to a very real level of physical conflict and shows the young people how to effectively defend themselves against knives so that they do not feel the need to pick weapons up for a means of protection. Within this module we train the young people at a very real level of physical conflict using both rubber and blunt metallic knives. All the moves utilise Gross Motor Functional Movement and we take a realistic, multi-sensory, practical and strategic approach to deal with the instinctual gross-motor body movement when in a state of adrenaline secretion. Within this training train the young people under a fear or anger induced stress conditions, simulated in a competitive scenario. Our training methods have been used in real life by both military and police personnel and highly trained combat experts.





STEP 8 – Rewarding Self

- Repeating Affirmations
- Purposeful & Motivational Quotes
- Recap of all modules
- Certificates & Awards

The closing session involves a high impact inspirational and music celebration where well known musicians and speakers from within the community are invited to share and congratulate the pupils on completing the program, this is normally conducted in an assembly.

It is highly entertaining and often times is an opportunity for the pupils to perform their own poetry and raps that they have made while serving their sentence. This portion of the program is essential as many of the pupils have never experienced people saying well done to them. This is good on multiple levels in terms of their Productivity, Course Satisfaction, and leads to happiness, Loyalty and Retention. Rewarding their hard work by completing the whole program it generates loyalty and helps the pupils to feel an emotional bond with the project.

To continue their journey (if opted for within the program) they are given a poster with positive affirmations and a branded T- shirt. Other prizes are given out throughout the entire program which includes items of clothing and books as incentives.





Training for Professionals Working with Youth at Risk

- The types of weapons and their use
- Guns and how to avoid cross fire
- Effective Communication and Body Language
- Personality types & Traits
- Behaviour management & cultural perspective
- Understanding and recognizing trauma and the impact on young people
- Therapeutic support:
- How to deliver therapeutic support
- Delivering support (a non traditional way)
- Solution focused practice
- Demystifying “Ganja” and “Spice”
- Hormones, Violence, The Mind and Conflict
- Knives and the Impact on the Body
- Consequences of Knife Crime the long term impact on the family and sentencing
- Changing your working style to meet the needs of youth at risk
- Business and an alternative ways to make money • Conflict Resolution

The Safety Box[®] training is extensive requiring all members of the training to undertake both practical and theoretical learning. The training program is design for social workers, police, pastoral assistants, teachers, support workers, detached youth workers, youth mentors, health professionals, probation staff, youth workers, youth ministry leaders, gang workers and anyone that comes across young people that are at risk of CCE or are involved in criminal activity.

Our training programs run for 3 or 4 days depending on the program and normally start at 10am finishing at 4pm.



METHOD OF ENGAGEMENT

The youth program can be run for 8-12 weeks, double lesson or 2 hours per week (preferably 8 weeks, 2 hours). The program also utilizes reflective practice and seeks to test the impact of leadership training in increasing awareness of the living with better values outside of the intervention.

The program is very inspirational, impactful and empowering. It utilises the following methodology of engagement:

- Focus Group Work
- Open Dialogue
- Group Life Coaching
- Role Play
- Practical Conflict Resolution Methodology
- Evaluation sheets
- Empathy Tools
- Video and Music
- Cultural Identifications
- Positive Speech & Affirmations
- Reflective Practice





EVIDENCED DATA IN PROGRAM CONTENT

VIOLENCE REDUCTION

Viewing violence through the lens of public health The Safety Box® employs an evidence-based model, proven to reduce violence in different cultural contexts. Research indicates that violence, like other behaviours is acquired or learned – mainly through modelling, observing, imitating or copying. We learn socially from those around us how to act, what to do, and what is expected of us. After the age of 10, these behaviours become unconsciously **“regulated”** not by family, but by peers.

IMPACT

In 2012-13 The Safety Box® in partnership with Cure Violence & Surviving Our Streets successfully implemented a violence reduction model for the first time in a Youth Offending Institution where the group violence reduced by **96% in one year**.

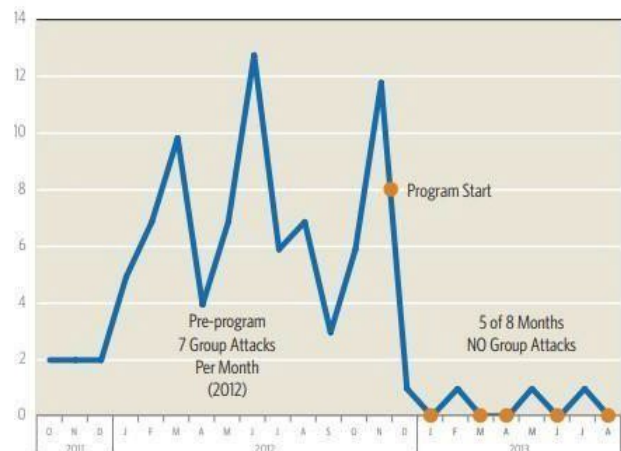
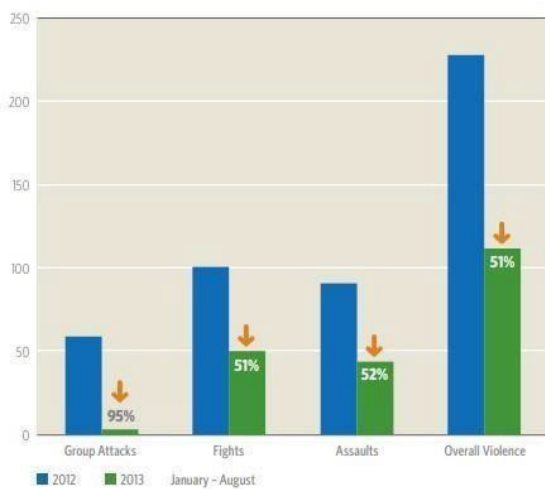


Chart showing 12 month reduction in Group Attacks within UK Youth Offending Institution working with habitual knife carriers Graph showing pre and post program data during 12 month intervention.

Fast forward to now the Aspire Higher program has seen **67% reductions in Violence, 100% reduction in weapon offences, 61% increase in employment, 66% increase in engagement in education post intervention (2017-2019)** in prisons within the south east. In addition The Safety Box have implemented the Aspire Higher Schools program to over 4000 pupils in secondary and primary schools in the South East over the last 24 months.



"I served a 3 years sentence & was put on The Safety Box Aspire Higher program, I did the course & thought it was better than any other course I had ever done before in Jail.

It inspired to become a prison mentor, helping me to change my mindset for the better, it made me feel better about myself helping me to achieve me goals on release. I now own a business in mobile valeting & safe washing service for cars"
X-Young offender Jack Hever

TESTIMONIALS



Click on boxes below to read testimonials:

Prison Inspector & Former Governor of HMP Elmley Sara Pennington

Head Teacher Emon Connoly

MET Police Inspector Matt Chapman

CLIENTS

The Safety Box has worked across the entire education sector in schools, colleges, PRU's, Alternative Education Provisions, Youth Offending Institutions, Secure Units and Prisons. We have been commissioned by several councils and local government across the south east in addition have been contracted by MOPAC, the MOJ, HMPPS, The Police and have been funded by The Home Office. Our work has also seen us commissioned for work through our partners in training and development overseas in Jamaica.





Pricing

Aspire Higher Violence Reduction and Personal Development Program 8 weeks	£3980 exc VAT
Aspire Higher Violence Reduction and Personal Development Program 12 weeks including Knife and Personal Defence	£5540 exc VAT
Aspire Higher Violence Reduction and Personal Development Program 8 weeks, AQA accredited	£4230 exc VAT
Aspire Higher Violence Reduction and Personal Development Program 12 weeks including Knife and Personal Defence & AQA	£5750 exc VAT
Training for professionals working with youth at risk (Theory) 3 day (Max 10)	£6000 inc VAT
Training for professionals working with youth at risk 4 day with Self defence (Max 10)	£7600 inc VAT



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