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## 1:1 POSITIVE PATHWAYS

**For at-risk & vulnerable young people aged 10-17yrs**

### **An early intervention program for young people across our community.**

Originally developed by police members at the Bendigo Blue Light branch, our 1:1 program targets vulnerable young people aged 10-17 who are involved in or at risk of involvement in the youth justice system, including criminal offending and antisocial behaviour. The program aims to foster positive life choices and relationships.

Our 1:1 program provides the young person with access to eight structured individual gym sessions with a dedicated fitness instructor, a police or emergency services mentor and supported by a Blue Light Victoria (BLV) Program Lead.

Following completion, participants have access to weekly drop-in gym classes.

Referrals can come from youth workers, parents, police, the Children's Court, schools and community organisations working with young people.

## About Blue Light Victoria

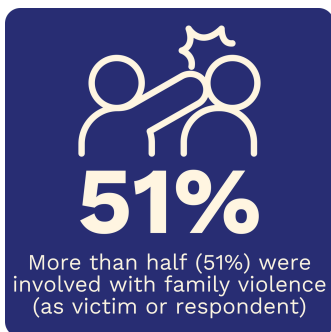
Established in 1976, Blue Light Victoria has had a profound impact on the lives of children and young people. We are now expanding our programs and our impact across the state.

As the only youth organisation partnering with police, emergency services and community organisations across all our programs, we provide young people with unique learning experiences not offered by other youth programs.

This collaboration gives unparalleled opportunities for young people to engage with and learn from pro-social role models, enhancing resilience and steering them away from future involvement with the justice system.

All BLV programs, including this one, have active involvement from police, and emergency services staff. Research and evaluation of our programs have found that when young people interact with police or emergency services staff in this context, it results in more positive perceptions and an increased understanding of the role of police and emergency services. This leads to young people being more confident in seeking help from law enforcement/emergency services, trusting police and changing their behaviour in the long term.

Participant profile prior to program:



After the program:



“ It’s incredibly rewarding. Beyond my normal policing duties, I get to engage with young people through hands-on activities and see them grow. Before training, I check in with them, have a chat about their week, and share some banter. During sessions, I assist the coach, whether it’s holding punching bags, spotting weights, or just keeping the energy up. This isn’t just about fitness, it’s about giving them confidence, community, and a sense of belonging. And that’s what makes all the difference. ”



**1:1 Police Volunteer**  
LSC Nigel Lusk

# 1:1 POSITIVE PATHWAYS



## Current Opportunities

Blue Light Victoria has received a Commonwealth Government Crime Prevention Grant to deliver 1:1 in Bendigo, Traralgon – Latrobe Valley and the Brimbank-Melton area throughout 2025 and early 2026.

**We are seeking expressions of interest from police and emergency services volunteers.**

You will act as role models in the program, alongside our BLV specialist staff and fitness instructors.

Time commitment from volunteers will include:

- Attendance at a volunteer induction and 90-minute training session.
- Attendance at eight gym sessions (approximately 90 minutes per session).
- Optional: Attendance at follow up group drop-in sessions. These usually occur the same time every week and volunteers may attend some of these if they wish. They are otherwise overseen by BLV staff.

The benefits of involvement for volunteers include:

- Increasing their skills in understanding and working with young people.
- An opportunity to engage directly with a young person to help them achieve their full potential.
- Supporting your community through working with young people to reduce offending.
- Improve your fitness by actively participating with your young person in personal training sessions.

**For further information, please contact our team at:  
[volunteers@bluelight.org.au](mailto:volunteers@bluelight.org.au)**

**More information can be found at [www.bluelight.org.au/one-to-one](http://www.bluelight.org.au/one-to-one)**