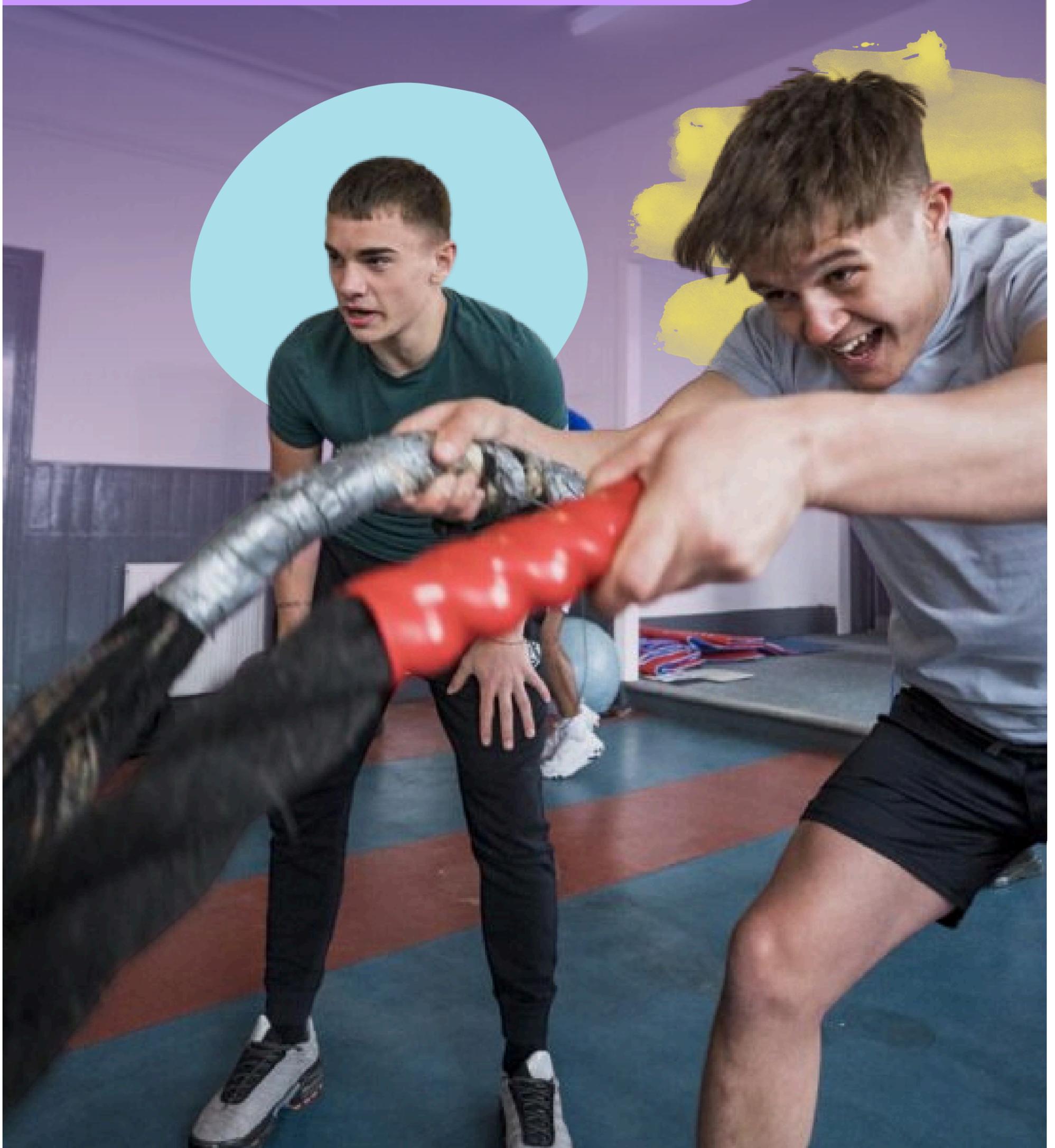




1:1 Positive Pathways Impact Report

2024 - 2025





1:1 Positive Pathways

Developed by Bendigo Blue Light in 2021, the 1:1 Positive Pathways program has now been expanded across two other locations, Traralgon, and Melton.

The program is designed for vulnerable young people aged 10-17 who are considered at risk of involvement in or have already had contact with the youth justice system.

This culturally inclusive, early intervention mentorship program supports vulnerable young people aged 10-17 through individualised gym-based sessions. Each participant is matched with a community mentor, who is a police or emergency services member and is supported by a dedicated BLV Youth Worker.

This program promotes physical activity, mental health, and a sense of belonging, helping young people build healthy habits and strong relationships.

1:1 Positive pathways is proving to be a powerful tool for reconnecting young people with their communities and supporting their wellbeing through movement, mentorship and meaningful engagement.

Further it is reducing risk taking behaviour with **73% of young people** who completed the program in Bendigo having no further contact with police.



I've noticed such a change, this is like the medicine she needs. This has really pushed her forward again.

- Parent

Our Young People



5

Programs were held in Metropolitan Melbourne



34

Programs were held in Regional Victoria



41%

Of participants identify as Female



56%

Of participants identify as Male



21%

Of participants identify as Aboriginal and/or Torres Strait Islander



2%

Of participants were born overseas



10%

Of participants had parents born overseas



5%

Of participants speak a language other than English

100 %

Found the Program Welcoming

100 %

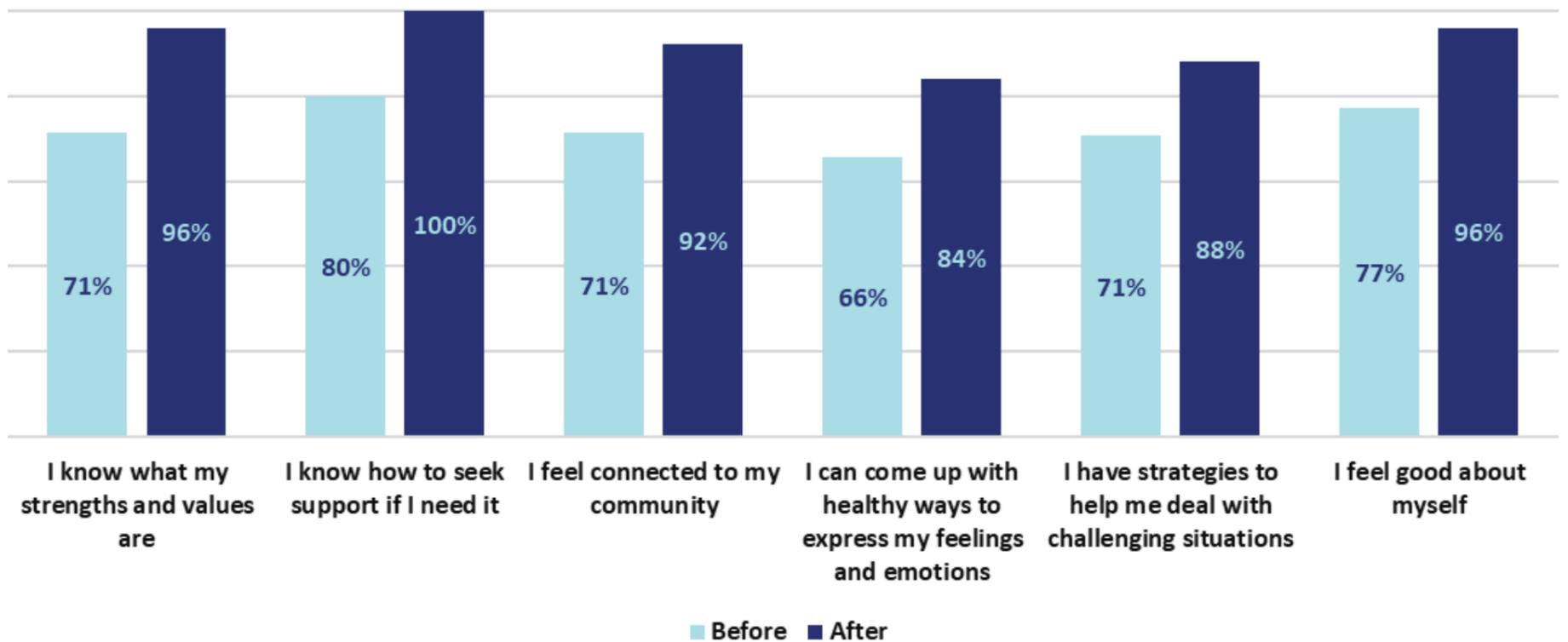
Enjoyed the sessions

100%

Felt Comfortable asking for help if they need it



Our Impact



“
 When she first came the participant said that her school “forced” her to do this program. We talked about the benefits, and about her taking the lead in what she wants to do while she is here. She ended the program friendly and engaged.
 - Mentor
 ”

“
 This has provided the young person with a safe space to ask questions about past police involvement and has given her a positive interaction with police. Greatly improved confidence with fitness.
 - Mentor
 ”

“
 I think just knowing I can provide a safe space for young people to work on their health and fitness with no judgement makes me feel great. The connection I have built with my first young person has been more than I could have hoped for.
 - Mentor
 ”

“
 I was getting into lots of fights and hanging around with some bad people. I wanted to give up on everything and was in a really bad space mentally and physically. If I didn’t become a part of this program, I don’t know where I’d be right now. I don’t plan on going back.
 - Participant
 ”