



Youth Empowerment Programme

What's the project about?

We're excited to introduce our 6-week Youth Empowerment Project created by Actif Sport and Leisure in collaboration with other partners. This free preventative programme is designed to support young people aged 11-14 in developing healthier behaviours, improve well-being, gaining valuable skills and providing physical activity opportunities. This referral-based programme offers a safe, supportive space for young people to grow and thrive. Through weekly sessions in school, participants will:

- Build self-discipline around substance misuse
- Learn about making healthy choices
- Gain support and accountability from qualified instructors, coaches, and expert partners
- Provide engaging physical activity opportunities



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Session structure

Each session includes:

- Welcome and Reflection
- Theory: Delivered by a partner organisation
- Physical Activity: Short, energizing activities to get students physically active delivered by a partner organisation
- Closing thoughts and follow up work

Who's involved?

This is a collaborative programme created by Actif Sport and Leisure alongside delivery partners, including:

- Police Community Support Officers (PCSOs)
- Health Board
- School-based youth workers and nursing teams
- Social workers