To refer a young person to any of these programs, email NSW Police Youth Referral form to **youthref@police.nsw.gov.au**

FIT FOR LIFE

Proudly supported by the New South Wales Police Force

OFFERED AT EVERY PCYC CLUB ACROSS NSW

Fit For Life is an early intervention program designed to engage youth ages 10 to 17 who are at risk of poor choices and anti-social behaviour. Through physical fitness, nutrition and social engagement, Fit For Life aims to improve overall wellbeing as well as prevent and divert youth from offending behaviours. **Contact your local club to find out more.**

FIT FOR WORK

Proudly supported by the New South Wales Police Force

Fit For Work is a program designed to holistically address a young person's disengagement from their family, education and employment opportunities, to help reduce and prevent their involvement in anti-social behaviour and/or crime. This will ultimately lead to increased employment opportunities for a cohort that traditionally is reflected in high unemployment statistics. Aimed at youth aged 15-17 years.

FIT FOR CHANGE

Proudly supported by the New South Wales Police Force

Fit For Change is a program tailored to address the core principals of risk, need and responsivity. This intervention program will address the seven major risk/need factors in order to reduce and prevent re-offending. Aimed at youth aged 12-17 years.

FIT FOR HOME

Proudly supported by the New South Wales Police Force

Fit For Home is a program designed to break the cycle of domestic and family violence, and develop the skills young people need to treat their partners, family and friends with respect. Fit For Home aims to change attitudes and behaviour through trust, respect, acceptance, responsibility and accountability. Aimed at youth aged 12-17 years.

FIT TO STRIVE

Proudly supported by the New South Wales Police Force

Fit To Strive is an early intervention program designed to prevent and reduce re-offending, and build good citizens. All activities in the program will aim at decreasing risk factors in an effort to reduce long-term involvement in the criminal justice system. The program will not focus on a specific crime category but address the root of offending behaviour looking at decision making, values, problem solving and resilience. Aimed at youth aged 8-13 years.

FIT TO LEARN

Proudly supported by the New South Wales Police Force

Fit To Learn is a program designed to re-engage disengaged youth into the education system, allowing them to further develop intellectual and social skills. The program encourages participants to explore their strengths in building respectful relationships within the school environment whilst also developing emotional intelligence skills preparing them for future employment. Aimed at youth aged 14-17 years.

FIT TOGETHER

Proudly supported by the New South Wales Police Force

Fit Together is a co-designed program developed with each local community to prevent and reduce re-offending, as well as encourage positive relationships between local Police and the Aboriginal community. Fit Together aims to instil confidence, increase self-esteem and help Aboriginal youth reach their full potential. Aimed at youth aged 10-17 years.

FIT FOR SERVICE

Proudly supported by the New South Wales Police Force

Fit For Service is a program designed to assist young people with a keen interest in pursuing a career in Policing, defence and/or emergency services. Fit For Service will engage participants with the help of mentors from a number of difference services, as well as providing a pathway into these careers/industries. Aimed at youth aged 15-24 years.

	Term 1	Term 2	Term 3	Term 4
Metro				
PCYC Auburn		●	●	●
PCYC Balmain		●	●	
PCYC Bankstown	●			● ★
PCYC Belmore		●	● ★	●
PCYC Blacktown		●		●
PCYC Campbelltown		●		●
PCYC City of Sydney	● ●	● ●	● ●	● ●
PCYC Eastern Suburbs	● ★		●	●
PCYC Fairfield/Cabramatta		● ★		● ★
PCYC Glebe/Leichhardt		●		●
PCYC Hornsby/Ku-ring-gai		●	●	●
PCYC Liverpool	● ★		●	
PCYC Marrickville		● ★		●
PCYC Mount Druitt		● ★	●	●
PCYC North Sydney		● ★		●
PCYC Northern Beaches		●	●	
PCYC Parramatta	●	●		●
PCYC Penrith		●		● ★
PCYC South Sydney	●	●	●	● ★
PCYC St George		●		●
PCYC Sutherland	● ●	●	●	●
Western				
PCYC Armidale		● ★		●
PCYC Bathurst	●	● ★	● ★	●
PCYC Bourke		●		●
PCYC Broken Hill			● ★	●
PCYC Cowra		●		● ★
PCYC Dubbo	●		●	
PCYC Gunnedah	● ★		●	
PCYC Lithgow	● ★		●	
PCYC Moree	●	●	●	●
PCYC Mudgee	● ★		●	
PCYC Orange		●		●
PCYC Parkes		●		
PCYC Tamworth	●		● ★	
PCYC Walgett		●		● ★
PCYC Wellington			● ★	

RISEUP

RISEUP is a new strategy developed by the NSW Police Commissioner, connecting disengaged young people to workplace opportunities.

RISEUP incorporates job ready programs, mentoring and vocational training for at risk youth to build their engagement with education, employment opportunities and the community.

The foundations of the initiative focus on early intervention to prevent and disrupt crime. It is a collaborative approach with PCYC NSW and industry leaders to achieve positive outcomes for young people and divert them from the criminal justice system.

The NSW Police Force Youth and Crime Prevention Command (YCPC) has consolidated a suite of programs as part of the RISEUP strategy.

The programs operate state-wide in partnership with PCYC NSW and encompass a range of strategies including early intervention, developmental crime prevention, positive relationships, support networking, functional numeracy, literacy, nutrition and behavioural workshops.

The programs are delivered with an alternative learning environment to build participants commitment, resilience and motivation as well as essential employment skills through work experience and exposure to industries and businesses.

GET INVOLVED - www.riseup.org.au

To refer a young person to any of these programs, email NSW Police Youth Referral form to **youthref@police.nsw.gov.au**

PCYC | POLICE CITIZENS YOUTH CLUBS NSW
FITFORLIFE
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NSW GOVERNMENT

NSW Police Force

OFFERED AT EVERY PCYC CLUB ACROSS NSW

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FITFORWORK

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FITFORCHANGE

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FITFORHOME

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FITTOSTRIVE

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FITTOLEARN

Fit To Learn is a program with the goal to re-engage disengaged youth back into the education system, allowing them to develop intellectually and socially within a safe academic environment. This program encourages participants to explore their strengths in building respectful relationships within a school environment. Aimed at youth aged 14-17 years.

FITTOGETHER

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	Term 1	Term 2	Term 3	Term 4
Northern				
PCYC Bateau Bay	●	●		●
PCYC Cessnock		● ★	● ★	●
PCYC Coffs Harbour		●		●
PCYC Grafton	●		●	
PCYC Kempsey		●		● ★
PCYC Lake Macquarie	● ★	●		●
PCYC Lismore		●	●	
PCYC Maitland		●	●	
PCYC Morisset		●		● ★
PCYC Muswellbrook		●		
PCYC Newcastle	● ★		●	●
PCYC Port Stephens - Nelsons Bay		●		●
PCYC Port Stephens - Raymond Terrace		●	●	
PCYC Singleton		●		●
PCYC Taree		● ★		●
PCYC Tweed Heads		●	●	●
PCYC Umina Beach		●	● ★	●
Southern				
PCYC Albury		●		●
PCYC Bulli		●		●
PCYC Far South Coast - Narooma	●		● ★	
PCYC Far South Coast - Bega		●		●
PCYC Goulburn			●	
PCYC Griffith		● ★		●
PCYC Lake Illawarra	● ★	●		●
PCYC Shoalhaven	●	● ★		●
PCYC Southern Highlands	● ★		●	
PCYC Wagga Wagga	●	●		● ★
PCYC Wollongong		●	●	
PCYC Young		●		● ★

CASE MANAGEMENT

NSW Police Force Youth Case Managers conduct targeted case management with young people based on cognitive behavioural therapy, designed as inherently strengths-based and person-centred. Through assesment a young person's strengths and needs are identified, with goal setting and structured intervention applied to address their needs. In addition, the young person is afforded the opportunity for personal development and education, including the completion of a recognised qualification through the PCYC Institute (Registered Training Organisation). This aims to significantly improve their life chances, build on their strengths, and foster positive relationships with Police and local communities.

JOB READY

PCYC Job Ready Course is an intensive four day program designed to get young people aged 15 to 17 job ready.

Participants are mentored by the course trainer and NSW Police Force Youth Case Managers. Subjects covered include; expectations of future employers, rules at work, communication and working well as a team. Participants learn how to create an effective resume, how to actively seek work and are given strategies on how to successfully navigate a job interview. By the end of the program participants also gain accredited First Aid and White Card certificates.