

# Resilient. Empowered. Active. Leaders

Based entirely on the needs of the commissioning school, college or university, REAL aims to investigate specific issues that make young people more susceptible to gang centred violence.

## Who is it for?

Young people aged between 14-19 years of age who are vulnerable to gang violence and at risk of offending.

## What is it?

Based entirely on the needs of the commissioning school, college or university, REAL aims to investigate specific issues that make young people more susceptible to gang centred violence.

## What it involves?

Within a safe space, up to 20 participants will be led by a facilitator to explore a whole range of issues around ideology and grievance and psycho-social health and wellbeing. Expert facilitators, who invariably have learned experience to share, help the young people to develop the awareness and knowledge they need to face specific issues in a non-violent way.

### Topics explored include

#### Ideology and grievance

- Understanding community grievances
- Social media and online propaganda
- On Road or on Deen-faith and desistance
- Islamophobia and the far right narrative
- Extremist ideologies unpicked
- Far right extremist ideology

#### Psycho-social and wellbeing

- Emotional resilience
- Team/confidence building
- Modes of self-expression
- Substance misuses awareness
- Sexual health awareness
- Grooming, forced marriages and sexting
- Gang prevention and intervention
- Trauma counselling first aid

## What it achieves?

The programme engages individuals on a number of levels and encourages them to think independently and challenge themselves and their views. Participants gain skills and knowledge in the following areas:

- **Critical Thinking Skills** – an ability to think critically and confidently about themselves and others as well as personal, social and political conflict and its consequences;
- **Awareness of the Myths About Extremism** – a deeper understanding of how people can be drawn towards groups and ideologies that offer firm black-and-white solutions;
- **Awareness of Counter Narratives** – the ability to both identify and challenge persuasive extremist views with their own alternative narratives;
- **Communication Skills** - an ability to better understand and build bridges across different social groups and minorities;
- **Increased Self Awareness** - increased emotional intelligence and compassionate empathy, specifically the ability to recognise how beliefs and values directly affect attitudes and behaviour;
- **Conflict Resolution Skills** - the confidence and capacity to manage and resolve personal, social and political conflicts in a non-violent way;
- **Upstanding Neighbourhoods Membership** - ongoing support as part of a wider Youth Network with access to other projects for support, advice and information.