



Empowering young people to build their own future



Quarterly Report

Term 3, 2021

Message from the founder

Dear TRACTION Community

I hope this report finds each of you safe and well despite the COVID-19 challenges still impacting communities. We have been incredibly fortunate in Queensland to have only experienced a brief lockdown interruption in Term 3, enabling another 81 young people to complete TRACTION programs, armed with tools to build bright futures for themselves.

The last quarter marked some exciting milestones for TRACTION. We were honoured to receive a Queensland Child Protection Week award in the category of "Youth Participation", having been nominated by our long-term referral partners at Wynnum State High School. This recognition from the sector provided the opportunity to reflect upon the difference TRACTION has made for over 1,600

young people across South East Queensland since 2015. This achievement is only possible thanks to the wider TRACTION community, and we express heartfelt gratitude to our supporters, referral and industry partners, from whom we've learnt so much as we build a sustainable, for purpose organisation that keeps young people at the centre of everything we do.



The program made my son a happier and more positive person. He previously never wanted to go to school, but now he is more willing to go.

Term 3 TRACTION Parent

As a result of the Child Protection Week award, TRACTION was fortunate to feature on Network Ten's "The Project" to launch Child Protection Week. This was our first national media coverage, and we were incredibly proud of our participants, Ella and Ngarino, along with mentor Ben, who appeared on the show and spoke from the heart about their experiences with TRACTION. The show prompted

interest in TRACTION programs from all around Australia, highlighting the need for innovative models to support and engage young people across the country. For now, we remain focused expanding our reach locally, but moving forward, we're more determined than ever to provide opportunities for as many young people as possible.

Term 3 also provided the opportunity to connect with many of our corporate and community supporters through our annual CEO Bike Build. This year's event was an enormous success, with the 30 participating CEOs, business and community leaders raising over \$100,000 to help young people to access TRACTION. The annual half-day event pairs business and community leaders with a young person from TRACTION programs, to build a bike together, with a twist – the young person leads the CEO through the process. The day captures the mentoring spirit of TRACTION, and the connections between the CEOs and the young people are a real highlight. We are looking forward to hosting more CEOs to get on the tools next year, so please get in touch if you'd like to register a place.

Watch the TRACTION feature on "The Project":

Within TRACTION, the team continues to grow. We are delighted to announce the appointment of Ross McIvor as Operations Manager. Ross comes to TRACTION with experience in the Queensland Police Service, and more recently in Project Booyah – a highly regarded program designed to help young people transition into further training and employment.

For those readers who are new to TRACTION, we welcome you to get in touch to discuss how you can get involved to support young people in the community to build the resilience and skills they need to survive and thrive. For our long-term supporters, thank you for continuing to be an essential part of the TRACTION community. Your help sharing the TRACTION story, volunteering time, attending events and making donations ensure we can keep the wheels turning and ensure that young people continue to get the support they need.

Yours sincerely,

Sandy Murdoch



“ TRACTION was an amazing opportunity for me to get out of my comfort zone and try something new. I was going through a rough time. Everyone here has been really supportive, and I feel a little more confident in myself.

Feedback from a Term 3 participant

“ I enjoyed being at TRACTION as I have learnt a lot about myself, my strengths and my weaknesses, especially with communication. I felt safe that I could talk about anything here, and now I can be open to others.

Feedback from a Term 3 participant

“ Best time of my life, couldn't have been better!

Feedback from a Term 3 participant



2.

Progress to date

Term in Review - the Key Numbers

| | |
|--------------|---|
| 81 | Participants (young people) engaged, including from: |
| 11 | Brisbane North |
| 23 | Brisbane South |
| 19 | Redlands |
| 5 | Logan |
| 11 | Scenic Rim |
| 6 | Gold Coast |
| 6 | Moreton Bay |
| 95% | Program completion rate |
| 96% | Program attendance rate |
| 57 | Bicycles donated to young people |
| 3,810 | Hours of mentoring provided |
| 15 | Referral agencies supported – including schools, community service organisations, government and other agencies |
| 5 | Types of programs delivered including Bicycle Build, Boom Box, and 1-day/school holiday formats |



| | |
|-----------|--|
| 7 | Number of regions where programs were delivered |
| 10 | Program delivery locations |

Cumulative to date (since July 2015)

| | |
|-------------------|--|
| 1,609 | Participants (young people) engaged, including from: |
| 584 | Redlands |
| 305 | Brisbane South |
| 35 | Brisbane North |
| 120 | Logan |
| 149 | Scenic Rim |
| 30 | Ipswich |
| 27 | Gold Coast |
| 6 | Moreton Bay |
| 353 | Through Outreach, Mobile or Holiday programs |
| 1,369 | Bicycles donated to vulnerable young people |
| >70,290 | Hours of mentoring provided |

Term 3 highlights



In collaboration with Metro Arts, TRACTION participants from The Sycamore School worked with Brisbane artists to imagine, experiment and up-cycle retired CityCycle bikes into artworks displayed in an exhibition titled "The Mechanics of Adaptation" at the Brisbane Festival. This opportunity allowed our young people to connect with community and develop their mechanical, electrical, teamwork and creative skills. Special thanks to Cycling Brisbane, the award-winning program of Brisbane City Council for supporting this collaboration.



TRACTION partnered with "Project Booyah", a strengths-based mentoring program run by Queensland Police, helping young people make positive life choices and transition to further training and work. In addition to delivering the Bike Build program, TRACTION Mentor Ricko supported the young people in a range of activities including trail maintenance and mountain biking.

Our Wynnum State High School group starred on Network10's "The Project".



Young people from Emmaus College in the Scenic Rim did the Boom Box program for the first time! Six students from Emmaus College learnt the basics of electronics and graduated with their own, one-of-a-kind bluetooth stereos ("Boom Boxes") to keep.



👍👍 It was fun! I would recommend it to others.

Term 3 participant

TRACTION was honoured to receive a Queensland Child Protection Week Award in the category of "Youth Participation".



30 Brisbane CEOs and business leaders left the boardrooms behind and got "on the tools" to build a bike with our TRACTION participants, having a whole lot of fun along the way at the CEO Bike Build. A huge thank you to the CEOs, who together raised over \$100,000 for TRACTION! These funds will allow 50 more young people to access the program, develop confidence, connections and resilience, and gain skills to help them thrive in work and life.



My daughter has flourished. She's more confident and independent. She has better organisation and time management. Last week she went over to her friend's and helped fix her handlebars so they could ride to school together.

Term 3 parent



My son now knows what he is capable of and enjoys doing hands on work and being outside. He went for a job interview, and he felt confident going into it.

Term 3 parent



Having positive role models at TRACTION has made a massive difference. My son developed very strong connections with the others in the group.

Term 3 parent



Our Impact – results for young people

Engagement in learning



When young people learn ways to feel more engaged with processes of learning they are better able to cope with demands of school and they feel more confident asking for help and communicating positively with teachers.

Resilience and mental health



When young people discover their inherent strengths, experience a sense of success and feel more in control of their feelings, they can feel more positive about themselves and more hopeful about their future.

Behaviour and skills



When young people learn skills for teamwork and leadership, they can become more aware of how their behaviours and choices can affect others. This can contribute to learning the skills to moderate behaviours and how to get along better with peers and significant adults in their lives.

21% improvement in attendance reported by schools

Schools reported that **62%** of participants had improved their effort at school during the program

TRACTION helped **94%** of participants think about what they want to do in the future and steps to achieve it

52% of participants reported they get along better with their teachers

100% of parents/guardians confirmed their child was interested in what they were learning or doing at TRACTION

82% of participants reported TRACTION mentors helped them become more confident

81% of participants are more hopeful about their future job or career options

89% of participants felt more positive about themselves

87% of parents/guardians reported their child discovered self-confidence and developed their strengths

91% of participants reported that TRACTION Mentors encouraged them to use their strengths

87% of parents/guardians confirmed their child had built positive connections with their mentors and/or peers

19% reduction in the number of behavioural incidents reported by schools

76% of participants reported that they have learnt ways to cope with stress, feeling angry or upset

94% of participants reported they developed their teamwork skills

77% of parents/guardians confirmed their child has improved their skills for working with and being more supportive of others

84% of participants feel more confidence communicating with adults

Schools reported that **62%** of students improved their interactions with peers

How your support makes a difference



Success Stories

Q&A with Bike Build program participant, Ngarino.

You might recognise Ngarino from her appearance on *The Project* alongside her friend Ella and mentor, Ben. Here is what she had to say about her time at TRACTION.



How has doing TRACTION helped you?

It's taught me to ask for help. Before I started TRACTION I didn't know how to ask for help.

TRACTION has also helped me as a person by boosting my confidence and self-esteem and helping me find out who I am by doing something I love, which is hands-on activities. Before I came to TRACTION, I didn't have as much self-confidence, and I used to doubt myself a bit.

What has it been like working with your Mentor, Ben?

Our mentor Ben has been really comforting and helpful. We could go up to him and ask him anything. We could ask him for advice or something.

Are you proud of what you've been able to achieve?

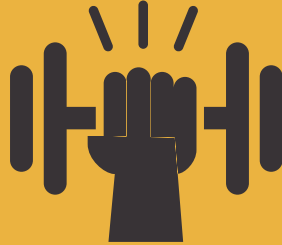
I'm actually really proud of myself. I'm going through some really tough times. I've learnt to push through and I've learnt that I've got people around me who will help me and not judge me. TRACTION also helped me get my mind off stuff too.

What is your message to other young people who may be having a rough time?

Keep your head up and keep going. It's all going to get easier at the end of the day. Don't doubt yourself. What people see you as is only how they see you, not what you are.

Jaydan discovers his strengths

Before TRACTION, Jaydan was having a tough time at school and getting into fights. However, as a hands-on learner, the TRACTION workshop was just the environment to help Jaydan thrive. With the support of his TRACTION Mentors, Jaydan has demonstrated a complete turnaround back at school. Jaydan's school principal was delighted to report that Jaydan is showing improved school attendance, behaviour and demonstrating great leadership skills. Jaydan has now come straight back to the workshop to develop his leadership skills further as a student mentor, supporting other young people through the TRACTION program. Well done, Jaydan!



Team member in focus:

Welcome, Ross!

We are excited to have Ross McIvor join TRACTION in the role of Operations Manager.



“Having spent the last 10 years working in various roles within the youth development space, I've seen a lot of different approaches taken towards programs for young people who are falling through the cracks. After collaborating with TRACTION on several projects in my previous role, I was super impressed by the methods that TRACTION employs. The programs are engaging, innovative and effective and every one of the staff that I have met are incredible, bringing a positive and professional approach to everything they do. I'm very excited to be joining the team and can't wait to hit the ground running in Term 4!”

3.

Community partnerships focus



Overall, he has become more motivated and focused. He is paying more attention to his schoolwork and completing it correctly the first time.

Term 3 parent

Wynnum State High School

TRACTION has supported young people in partnership with Wynnum State High School since 2019. Thank you to Deputy Principal Kim Hutchinson for sharing how TRACTION complements the work of schools.

“ Some kids need a different kind of learning environment to the traditional classroom, so to be able to come down here to TRACTION and learn skills, and then use them back at school and later in their life... that's just fantastic.

TRACTION also offers the opportunity for students to be involved in a mentoring relationship. Sometimes we find that the young person doesn't have someone who can act as a mentor at home or school, or who they feel comfortable to talk to. But here, it's a different sort of environment. They usually come here in small groups of six with two mentors. The students are relaxed, their minds are on the tools as they're working, and the conversations just flow, and that's really important.

The students we choose are for a variety of reasons. It could be because they're disengaged from schooling, or we can see there's a risk of them becoming disengaged. Sometimes it's students who need to develop social, teamwork or communication skills, or some students who just need a boost in their self-esteem – and TRACTION helps with all of that.

We've been working with TRACTION for several years now, and we find that our students get a lot out of it. There aren't many programs around for students in this age group and this is a great one. We want to be part of it for a long time to come. ”



TRACTION Connect

Huge congratulations to Sam, a TRACTION Bike Build and Small Engines program graduate and former Student Mentor, for securing a motorcycle apprenticeship with long-term TRACTION supporters Pro Honda Motorcycles!

4.

With thanks from TRACTION

CEO Bike Build 2021 Supporters:

Special guest the Lady Mayoress, Nina Schrunner, representing the Lord Mayor's Charitable Trust, Health and Wellbeing Queensland, Sherrin Partners, UrbanX, Montserrat Day Hospitals, Wiley - The Project Delivery Company, Evans and Partners, Riverside Marine, Kordamentha, imoova, Blaq Marketing, Eagers Automotive, Zanows' Concrete, Stellar Recruitment, News Corp and the Courier-Mail Children's Fund, Kennards Hire, HGL, StoreLocal, LUXBMX, Morgans Financial, Port of Brisbane, Koda Capital, Ole Mexican Foods, Women in Family Business, Jones Day, Xavier Committee, IONIC Auto Electrical Imports and PowerTech. Huge thanks also to Port Of Brisbane for the fantastic venue, Merlo Coffee for kickstarting the day & Chop Chop Chang's for the sensational lunch.

Jones Day's Brisbane office for engaging TRACTION to provide a Corporate Bike Build as part of the "Jones Day of Service". Jones Day staff worked together to build BMX bikes, overcoming a few challenges along the way, and the completed bikes were donated by the firm to TRACTION.



Westpac Foundation for providing a \$10,000 community grant to delivery 1-day programs in school holidays

Autohouse Storage, for the generous donation of \$4,000 from funds raised at their 'Caffeine & Machine' community event.

Pitcher Partners, the Fitzpatrick Family Foundation, M&D Pherous, and Queensland Neurology Group for their continued support.



“ TRACTION was able to show him that he can continue his schooling while completing a TAFE program. He is now heading in the right direction.

Term 3 parent

“ I have improved my anger and have more confidence in myself.

Term 3 participant

“ The program has encouraged her to start thinking about her future and what she is interested in.

Term 3 parent

“ He has now joined a sports team. He felt he never fit in before TRACTION.

Term 3 parent

“ His empathy has increased, and he is more respectful.

Term 3 parent

5.

Looking ahead



In Term 4, we expect to support over 100 participants in our 9-week school term programs from 13 school groups across South East Queensland.

TRACTION programs will reach young people in the Moreton Region, with six young people from Bray Park State High School engaging in the Bike Build program for the first time. This expansion is partly funded by the Defence Family Support Funding Program, and we look forward to continuing to support young people from Defence community families through this partnership.

6.

About TRACTION

At TRACTION, our mission is to empower young people to build their own futures.

Our focus

For some young people, the odds are stacked against them. They are vulnerable due to risk factors such as poverty, substance abuse in the family, or being part of a marginalised group, putting them at higher risk of negative outcomes.

Young people need our help, and they need tools and skills that will help them withstand the challenges they are facing – they need to be able to survive and thrive.

Our approach

We engage young people through mentoring and hands-on learning projects, where they will experience success.

In partnership with schools and other referral agencies, TRACTION reaches young people typically aged 12-15 who need support, and gets them 'on the tools' in workplace-like learning environments.

By providing a safe space for young people, we help them build resilience, leadership and teamwork skills for greater wellbeing and success.

Through a strengths-based approach, we facilitate goal setting, so that young people envisage possibilities for their future, and take the first steps towards getting there.

To help us bridge the gap for young people, please visit www.traction.community contact us at connect@traction.community or follow @tractionbuilds on Instagram, Facebook and LinkedIn.



www.traction.community

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