



Sparking
potential
in young
people

Quarterly Report

Term 3, 2022



Message from the Founder

Welcome to the TRACTION Term 3 2022 report.

Being an adolescent can be overwhelming, and for many young people, life can feel like pedalling up a steep hill.

With some additional support extended outside of traditional settings, and by feeling heard, understood and valued, young people can thrive and progress to make informed and healthier choices that take them closer to discovering powerful ways forward in their life.

TRACTION's unique learning and mentoring approach helps young people experience a sense of success. By giving them the tools of resilience in an environment that nurtures their social and emotional

wellbeing, we help young people engage in learning, build connections, develop skills for healthy relationships, consider future employment pathways and better manage life's challenges.

In Term 3, it was a privilege for the TRACTION team to see young people excited, energised, relaxed, and refocused as they came to the end of their programs.

It's satisfying to know that we support young people to develop



I feel proud of what I have achieved. Completing my project made me feel confident and powerful.

*Participant from
Bellbird Park SHS*

the skills and knowledge to seek support, connect more positively with family and teachers, reach out to peers, and step into their newfound confidence to persevere when pedalling up life's hills that test them.

Having established our presence and workshop sites in the Redlands, Brisbane Southside communities and the Scenic Rim, it's been wonderful to build relationships in new communities and expand our geographic reach.



We know Ipswich is experiencing some of the highest rates of student disengagement and exclusion in Queensland, and Moreton Bay and northern Gold Coast communities are also challenged.

We're delighted to be delivering programs in partnership with schools and referral agencies in these regions, and in future, we hope to establish an ongoing, on-the-ground presence to empower more young people.

TRACTION's safe learning environment is a platform through which we reach vulnerable young people. With a track record delivering excellent results, we're excited to be extending our offering by incorporating new learning experiences within our core Bike Build, Small Engines and Boom Box programs.

In Term 4, we will deliver the second pilot of Fuel Up which helps young people make healthy food choices and develop independent living skills through hands-on experience preparing meals.

In 2023, we will pilot an intentional focus on helping young people develop and strengthen their leadership capabilities. These will be delivered by mentors through our practice framework – The TRACTION Way – and engage young people to strengthen skills for learning, to embrace more active and healthy lifestyles, for supportive connections and relationships, and for appreciating their potential as influential community members.

TRACTION has sparked potential in over 1,900 young people since 2015 and demand for our programs across Southeast Queensland continues to grow.

With your help, we can reach more young people and provide the opportunity for supporters to contribute in a way that's meaningful to them. To those new to TRACTION, we invite you to contact us to explore how you can get involved, help raise awareness and provide support that makes a difference.



TRACTION works because it provides students with an opportunity to learn in a different and hands-on setting. It also encourages students to give things a try and provides a comfortable and safe environment where mistakes can safely be made and fixed. It was a pleasure to watch the students extend themselves beyond their comfort zone and complete their projects. The students and their parents were so proud of their efforts. The program also has great mentors that build supportive relationships with the students.

School representative



TRACTION provides the students with experience of what a work environment may be like. This gives them motivation and provides some relevance for in class activities and helps students make links from their classroom learning to the 'real world'.

School representative

Our heartfelt thanks to those on the journey with us and for your interest in our progress.

Yours sincerely,

Sandy Murdoch
Founder & CEO

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Progress to date

Term 3 in Review - the Key Numbers

59	Young people engaged from:
6	Redlands
12	Brisbane South
7	Logan
11	Scenic Rim
12	Ipswich
5	Gold Coast
6	Holiday and mobile workshops
98%	Program completion rate
100%	Program attendance rate
46	Bicycles donated to young people
2,904	Hours of mentoring provided
11	Referral agencies supported – including schools, community service organisations, government and other agencies
4	Types of programs delivered including Bicycle Build, Boom Box, Small Engines and 1-day/school holiday formats



7	Number of regions where programs were delivered
9	Program delivery locations

Cumulative to date (since July 2015)

1,950	Young people engaged from:
636	Redlands
360	Brisbane South
41	Brisbane North
141	Logan
187	Scenic Rim
53	Ipswich
44	Gold Coast
18	Moreton Bay
470	Holiday and mobile workshops
1,636	Bicycles donated to young people
83,210	Hours of mentoring provided



I recall having two somewhat troublesome young participants in a workshop, one was quite prone to bad behaviour and offensive language while the other just sort of went along with it.

The second boy was hugely influenced by the first boy's actions and joined him in speaking disrespectfully about people without really understanding the severity of the language they were using.

After a couple of weeks, the first boy was unable to continue with the program and from then on the second boy just flourished; he turned into a totally different person.

He understood a lot of things about the world and was able to talk about it in a way that didn't offend anyone. He started choosing respectful language and he and I were able to build a better relationship because he could see things from my point of view. He was seeing me as a person and how offensive his previous behaviour had been and recognised "no I don't want to be like that".

He went from ignoring me completely to chatting with me openly and honestly on our TRACTION days about what he had going on. He told me about his anger in the past and how he was working on it and each week I could really see how he was managing himself and putting his boundaries in place.

By the end of term, he acknowledged how much people around him can influence his direction. At 14 years old, he's really wise and it was amazing watching him grow and be able to verbalise that in his own words.

I know that the safe space created by TRACTION enabled him to go through that learning and I'm so glad we could provide that for him.

Anna
TRACTION Mentor

“We have seen a huge improvement. Before the program he was having some issues at school and getting into trouble. Since the TRACTION program the Principal contacted me at the start of the holidays because he had no run ins at school.

Parent/Guardian

“ TRACTION influenced coping skills by allowing the students opportunities to try new things, particularly when they were nervous before an activity or task. Working with tools gave the students self confidence that they could complete things they had never tried before.

School representative

“ He is more open to putting himself out there. He is doing work experience at a mechanic shop this week and TRACTION gave him the confidence to be in a work environment. He has always wanted to get a part time job in a bike shop or hardware store, and TRACTION has given him that confidence to gain the practical skills he needed.

Parent/Guardian

“ He started opening up to me about his experiences and asking deeper questions about things. For example, the discussion at TRACTION about brain development led him to ask questions and understand why young people make bad choices sometimes.

Parent/Guardian

Term 3 Highlights



Term 3 with TRACTION was packed with ten programs delivered at TRACTION workshops, community facilities and onsite at schools, thanks to our funding partners, schools and community organisations.

Claremont Special School

Furthering our commitment to support young people and schools in and around Ipswich, we were delighted to welcome Claremont Special School to TRACTION this term.

Our team of mentors facilitated our Bike Build program onsite at school every two weeks with a group of six amazing young people. We're looking forward to continuing with this group in Term 4 as their program continues.

Bellbird Park State High School

This was our second term with Bellbird Park SHS and mentors Ricko and Julia supported another great group of young people from the Ipswich region.



After TRACTION I find myself talking to people more at school, I am more confident in myself to go up to new people and start a conversation.

Participant from Bellbird Park SHS

Victoria Point State High School

The first students from Victoria Park SHS attended TRACTION in 2016, so it was a privilege to continue our support of young people in the Redlands. Mentors Jim and Anna worked together with the young people to complete their bike projects and build positive futures.



It feels fantastic to complete this bike after the eight weeks building it and scraping the paint, and now it's back together with a new paint job!

Participant from Victoria Point SHS

Upper Coomera Secondary School

Down on the Gold Coast, mentors Ben and Anna worked alongside young people from Upper Coomera SC onsite at school who did a fantastic job with their bike projects.



Beaudesert State High School



Young people from Beaudesert SHS this term got to experience our Small Engines program with tech mentor Ricko showing all his tips and tricks for pulling apart, working on, and rebuilding small engines. From lawnmowers to postie bikes, they were on the tools every Tuesday and also completed the Kick Start motorcycle safety skills at our Beaudesert workshop.



Beenleigh Special School

We had more amazing young people - some returning and some new - from Beenleigh SS, this time to experience the TRACTION Boom Box program. It was fantastic to see them having so much fun as they worked through their projects!



“ TRACTION was great because I built friendships and a connection with the mentors.

Participant from Beenleigh Special School



Wynnum State High School

This term with Wynnum SHS, it was awesome to host an all-girl group of six for a Bike Build program at the Alexandra Hills workshop.

Sometimes people think TRACTION is 'just for boys' but we have so many fantastic girls participating in our programs, getting on the tools, having fun, learning, laughing, building their own futures.



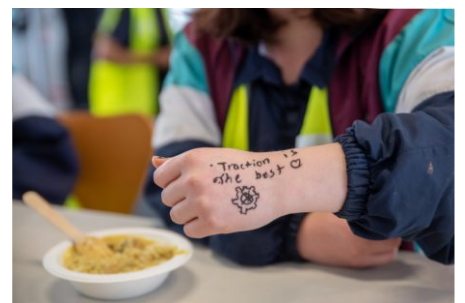
“ TRACTION helped me learn how to work as a team and be patient.

Participant from Emmaus College

Emmaus Collage

Out at Woodstock this term, Ben and Julia supported young people from Emmaus College through their Bike Build experience.

We're so proud of the partnership we've forged with Emmaus College since the first students took part in TRACTION in 2019.



“ I was excited and proud of myself for building the bike. I didn't think I could do it before I started.

Participant from Emmaus College

Villanova College

A long term school partner of TRACTION, we hosted our third group of six Villanova College students this year for the Bike Build program at our Yeerongpilly workshop.

“ I felt like I am more friendly and more outgoing after TRACTION.

Participant from Villanova College



Glenala State High School

Another group of young people from Glenala SHS got on the tools with TRACTION mentors Edgar and Ricko for our Bike Build program at the Glenala Trade Skills Centre.



TRACTION gave him a purpose outside of school and family at a time where he was really at a risk of disengaging. TRACTION was a reward for him getting through all of the hard times at school. School can only help him learn so much about himself. TRACTION really showed him what is possible for him outside of school and gave him the confidence he needs. TRACTION gave him the space to see that he could achieve great things.

Parent/Guardian



TRACTION was fun and it was good to learn new things. I'm enjoying the teamwork and meeting new people. I felt very excited to complete my bike. TRACTION was a fun experience working with the mentors and my work mates. I'm now feeling more comfortable at school and making friends.

Participant from Victoria Point SHS

Working with the Pyjama Foundation

During the September school holidays we were delighted to host a one-day workshop for six special young people in partnership with the Pyjama Foundation.

Founded in 2004, the Pyjama Foundation gives children in foster care the opportunity to change the direction of their lives with learning, life skills and confidence.

Each young person was joined by their volunteer Pyjama Angel and together they shared the experience of building a bike together at our Yeerongpilly workshop.



the pyjama foundation



We're incredibly proud to work alongside other children's charities who share our values and mission

to empower young people and help them create positive relationships and build a better future.

Our Impact – results for young people

Engagement in learning



- 72%** improved relationships with teachers
- 71%** improved relationships with family members
- 65%** felt more positive about going to and being at school
- 67%** of parents/guardians noticed improved school engagement
- 97%** enjoyed what they were learning and doing at TRACTION
- 60%** improvement in school attendance
- 51%** improved capacity to cope with school demands
- 43%** improved interactions with teachers

Resilience and mental health



- 100%** of parents/guardians believe their child is more positive and confident
- 91%** improved strengths and confidence
- 73%** learnt ways to cope and better manage emotions
- 72%** more motivated to seek help from adult, support service or friend
- 85%** increased awareness of impact of choices on others
- 91%** experienced a sense of success, recognise when they have done well and can succeed



Behaviour and skills



- 90+%** felt safe, accepted and included by peers and mentors
- 85%** confident to apply learnings from TRACTION to better manage homelife, 70% school & 79% friendships
- 75%** improved communication skills with peers and
- 70%** with adults
- 76%** improved skills for leadership
- 82%** improved teamwork skills
- 79%** gained job skills and
- 73%** are clearer about potential career plans
- 71%** of parents/guardians indicate relationships with family have improved
- 54%** improved their leadership potential as reported by schools

How your support makes a difference



Declan



Declan returned to TRACTION for the CEO Bike Build and reflected on his TRACTION experience.

"I started TRACTION in Term 2 and built a bike over the ten weeks and it was fun. To be with my mates building things, we got to learn some cool stuff about the brakes, the wheels, the frame, how to scrape it and sand it.

TRACTION's a really good thing to do. It helps your mindset. You get to do physical stuff. You get to keep (the bike) at the end after all your hard work.

I was pretty excited getting to go to the CEO Bike Build event, so were my mates. The most fun thing about TRACTION is getting to meet people I haven't met before; it's just a fun experience. I'd love to be able to help the other young people learn how to build their bikes and help them have fun and become friends with them."

Bikes, CEO and Boom Boxes



Another young person that participated in the CEO Bike Build, completed the Bike Build program in Term 3 and will return with his school to do the Boom Box program in Term 4. He shared his TRACTION experience so far:

"My favourite part of the Bike Build was when we were painting. I did red with some black on the topcoat and I'm planning on getting purple and marking it up. We're doing Boom Box next term and that's going to be really entertaining. I'm excited for that one!

It was great being at this year's CEO Bike Build and getting to know people. It's such a good environment, It's fun to get out and just take a break and learn about people that have important jobs."

What our Schools Say

“ Four years ago, I was struggling to support a year 9 student on the verge of total disengagement ... school absenteeism, risk-taking behaviour, disruptive engagement in the learning environment, and fractured peer relationships. Safe to say, the traditional methods of engagement were not working.

We engaged a group of our students in a TRACTION program to provide them with additional support. The off-campus, hands-on learning experience has been very powerful for our young people, who were supported by two highly professional, engaging, and empathetic TRACTION mentors that guide each workshop.

Getting that one student involved sparked what is now a four-year partnership that Villanova College has fostered with TRACTION, offering several select students an opportunity each week to find success and build their confidence. The program is a specialised opportunity for our students to build resilience and confidence whilst also offering a taste of a vocational pathway. I could not recommend the

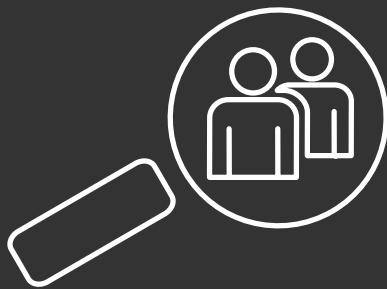
TRACTION program and team more.



Alexander Sullivan
Year Level Coordinator,
Villanova Collage

Strengthening our team

Team member in focus:



Meet **Julia**,
a TRACTION mentor



As a fourth year psychology student at QUT, Julia started volunteering with TRACTION in 2021 and became a regular member of our mentor team in 2022.

She's since become a familiar face in our programs, most recently with Bellbird Park SHS and Emmaus College.

We asked Julia what's her favourite thing about TRACTION:



Honestly, for me, being able to have conversations with the young people and getting to know them as individuals. Every young person is different and actually being able to form a relationship with them is special. I have to say, being a mentor with TRACTION feels much more like fun than work.

3.

Partnership focus

CEO Bike Build, September 9

We held our 4th annual CEO Bike Build at the Port of Brisbane on September 9 with TRACTION young people from Glenala SHS, Alexandra Hills SHS, Emmaus College and Villanova College paired with business and community leaders.

After a huge fundraising effort from our participating CEOs, we raised \$146,362 which goes directly into scholarships for 60 more young people to experience TRACTION programs across Southeast Queensland.

The annual CEO Bike Build is our young people's time to shine and demonstrate their skills, getting on the tools to lead our participating executives through the process of building a bike.

And all bikes built on the day are donated back into our TRACTION Bike Build program for more young people to rebuild and keep when they complete their TRACTION experience.

Not only is the CEO Bike Build our biggest fundraising event of the year; it's also a fantastic example of one of our TRACTION values in action - CONNECTION.



We believe wellbeing is boosted through positive and respectful relationships that foster a sense of belonging, and safeguard against isolation and stress.

It was a delight to see our young people get so much from the experience with a wonderful community of positive adult role models.

A big thank you to everyone who supported and attended the event, our sponsors Port of Brisbane, Merlo and Chop Chop Changs.

Most importantly - thank you to all our TRACTION young people who showed up, stepped up, and made us proud of their learning and leadership, well done!

Special thanks to all our participating business and community leaders:

- Angela Ray, KODA Capital
- Angus Campbell, Riverside Marine
- Ben Hatcher, Morgans Financial
- Ben Korst, 29 North
- Danielle Harris, Lord Mayor's Charitable Trust
- David Holt, Merlo

- Evan Jaques, LUXBMX
- Dean Neville & Joe Olsen, Ligentia
- Kane Shortman & Wade Reidy, Port of Brisbane
- Luke McKew, NOVA
- Matt Hardy, Kennards Hire
- Jim Park & Naomi Coffey, McDonalds Bayside
- Nick Atkinson, AGL
- Nicholas Hay, Vertica Capital
- Norman Haupt, IONNIC Auto Electrical Imports
- Pat Newell, Pensar
- Paul Janssen & Chris Cossio, Katarzyna
- Paul Paxton-Hall, Paxton-Hall Lawyers
- Richard Cooper, Wilsons
- Steve Pyne, Neilsen Group
- Steve Ryan, Health & Wellbeing Queensland
- Tim Clifford, Powertech

You can watch all the highlights at www.traction.community/news/ceo_bikebuild



Being part of TRACTION showed him that there are other ways of learning, and he could be good at something.

Parent/Guardian

Thanks to Dust Hustle and Young Henry's

On August 20, our bike-master mentor Ricko was on the track at Dust Hustle 12, representing TRACTION and dressed in his very best!

Every year close to 150 riders take to the dirt track on their motorbikes for Dust Hustle, one of Australia's biggest ride days.

We're grateful to have had the support of Young Henry's and Dust Hustle since the very early days of TRACTION.

Big thanks to the Young Henry's crew who donated \$4,000 to TRACTION from proceeds made at their drinks tent this year.



TRACTION gives students a different environment for them to recognise their strengths and learn in an environment better suited to their needs.

School representative,
Bellbird Park State
Secondary College



4.

With thanks from TRACTION

Partnerships with purpose help TRACTION reach more young people.

Heartfelt thanks to Jamie Nicol for a \$10,000 donation, and our long-term supporters, P & L Schouten and Queensland Neurology Group for their ongoing support.

We also want to thank GELITA Australia for their \$5,000 donation and continued support of our programs in the Scenic Rim.



What TRACTION does is really important to give kids the opportunity they wouldn't have had otherwise. Building up their skills and taking ownership of what they have achieved. I was amazed and excited to see what he was going to bring home and how excited he was about it and wanting to talk about what he was doing.

Parent/Guardian

5.

Looking ahead

Tee Off for TRACTION on November 11



After an unfortunate rain delay back in July, we're so pleased that our first ever golf day is back in the diary!

One month from now, you can Tee Off for TRACTION at our inaugural charity golf day at Carbrook Golf Club. Help us raise money for young people who participate in our Redlands workshops and across Southeast Queensland.

We've nearly got a full house with only limited team spots still available, and a few sponsorship opportunities for businesses who share our purpose and want to support our young people. You can find out more or register now at www.traction.community/tee-off.

Pilot programs in Ipswich and Moreton Bay

In Term 4, we're excited to be delivering pilot programs in the Ipswich and Moreton Bay regions where there is significant need.

We look forward to reaching more young people across Southeast Queensland and seeing the impact TRACTION can have on their learning and trajectory in life.

6.

About TRACTION

Our mission is to spark potential in young people.

We believe that everyone deserves the chance to build their own future.

We deliver evidence-informed, hands-on learning and mentoring programs, to help young people engage in education and build the resilience and skills they need to thrive.

To find out more about TRACTION, or to support our work, please visit www.traction.community contact us at connect@traction.community or follow [@ractionbuilds](https://www.instagram.com/ractionbuilds) on Instagram, Facebook and LinkedIn.



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