



# Quarterly Report

Term 1, 2023

# TRACTION

FOR YOUNG PEOPLE

## Message from the CEO

Welcome to our Term 1, 2023 report.

Youth crime has taken a lot of media attention lately with calls by some for punitive action on young offenders in an effort to keep communities safe. TRACTION believes Queensland communities deserve evidence-based solutions to youth crime that actually work. It's crucial we prioritise prevention and address the precursors to youth crime now, before more young people become the statistic of a failed system.

We know school non-attendance, including high rates of suspension and exclusion, is a leading precursor to children's involvement with the youth justice system. By the time young people

enter youth detention, over 50% don't attend school at all. We also know the classroom is where anti-social behaviours often begin to emerge and with the right support, these behaviours can be addressed and overcome.

There has never been a more important time to invest in proven prevention programs like TRACTION - to help young people re-engage in learning, keep out of the youth justice system, and improve community safety. With your support, TRACTION can continue giving young people the support they need, at the right time, to positively change the trajectory of their lives.

In Term 1, we supported another 63 young people from 10 schools across SEQ. Safe to say, our reach has firmly extended to include Ipswich, Moreton Bay and Gold Coast regions, where rates of school suspension and exclusion are among the highest in the state.

Also in Term 1, we launched "The TRACTION Way" - our Practice Framework which details our approach and how we get results. Put simply, behind every TRACTION program, there are five core components which help young people build skills and confidence to:

- Be a Learner
- Be Active
- Be Well
- Be Connected
- Be Influential.



We delivered the pilot of "Take the Lead", with thanks to support from the Vincent Fairfax Family Foundation. This new leadership curriculum has been designed to enhance TRACTION's existing program structure and support young people to understand and develop their unique leadership potential.

Over five months, we worked in collaboration with Aunty Faith and the team at Gunya Meta Inc, a non-profit Aboriginal and Torres Strait Islander organisation in Logan, to co-design a culturally safe bike build and mentoring program. The new program, "Building Deadly, Riding Deadly", will help Indigenous young people build resilience, teamwork and leadership skills, develop their road safety and riding skills, while connecting to country and culture. Thanks to funding support from the Sisters of the Saddle cycling community, the Building Deadly, Riding Deadly pilot program is set to kick off in Term 2 with young people from Park Ridge State High School.

As always, our most sincere thanks to our supporters, referral partners, parents/guardians, and everyone providing encouragement on the sidelines. It is your support which powers our work and helps create positive and enduring impact in the lives of young people.

We have big plans for 2023 and we will be updating our TRACTION branding this year with a fresh new look as we enter this exciting phase of our evolution. The icon integrated as the letter "O" in TRACTION is designed to highlight each young person at the centre of everything we do.

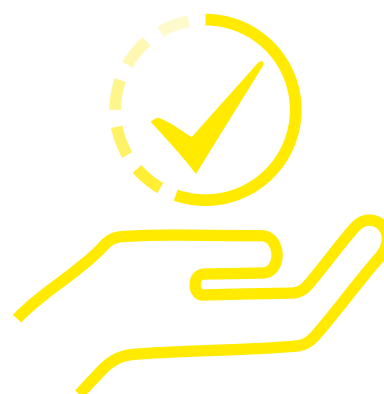
If you're new to TRACTION, please reach out to see how you can get involved, help raise awareness, or provide support that makes a difference.

Yours sincerely,

Sandy Murdoch

## 2.

## Progress to date



### Term in Review - the Key Numbers

<b>63</b>	<b>Young people</b> engaged from:
17	Redlands
6	Brisbane South
5	Logan
12	Ipswich
5	Moreton Bay
12	Gold Coast
6	Holiday and mobile workshops
<b>100%</b>	Program <b>completion</b> rate
<b>96%</b>	Program <b>attendance</b> rate
<b>58</b>	<b>Bicycles donated</b> to young people
<b>3,120</b>	<b>Hours of mentoring</b> provided
<b>11</b>	<b>Referral agencies</b> supported – including schools, community service organisations, government and other agencies
<b>3</b>	Types of <b>programs delivered</b> including Bicycle Build, Boom Box, and 1-day/school holiday formats

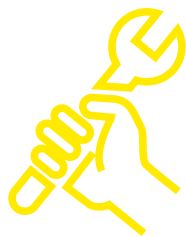
<b>6</b>	Number of <b>regions</b> where programs were delivered
<b>6</b>	Program delivery <b>locations</b>

### Cumulative to date (since July 2015)

<b>2,096</b>	<b>Young people</b> engaged from:
665	Redlands
372	Brisbane South
41	Brisbane North
146	Logan
194	Scenic Rim
82	Ipswich
56	Gold Coast
40	Moreton Bay
500	Holiday and mobile workshops
<b>1,771</b>	<b>Bicycles donated</b> to young people
<b>89,684</b>	<b>Hours of mentoring</b> provided



## Term Highlights



We're off to a flying start in 2023 with ten full-term programs delivered at TRACTION workshops and community locations in Term 1. We were thrilled to welcome another four new schools to the TRACTION family from the Gold Coast and Ipswich regions.

### Holland Park State High School

Six young people from Holland Park SHS got on the tools with TRACTION mentors Pete and Anna at our Yeerongpilly workshop. This is our second year in partnership with Holland Park SHS and we're seeing great results with their young people across the areas of work readiness, teamwork, and engagement in learning.



### Redland District Special School

Mentors Anna and Jim supported six young people from Redland District Special School to complete their Bike Build projects. A term highlight involved visiting the neighbouring electrical apprentice site at TAFE Queensland, where the group had a first-hand look into training and career pathways.



### Victoria Point State High School

Our long-standing partnership with Victoria Point SHS continued in Term 1 with another six of their students jumping on the tools at our Redlands workshop.

In between completing their bike build projects, the group hosted a Channel 9 crew who spent a morning filming for My Way. TRACTION's My Way episode will be going to air in the coming months so stay tuned!



“ TRACTION works because it helps me stay focused on my work at school and to attend school every day.

Participant, Term 1

### Wynnum State High School

We had another great term with young people from Wynnum SHS. This was Jaime's first term as a TRACTION mentor and together with senior mentor Anna, did a wonderful job supporting six young people to experience a sense of success through completion of their Bike Build projects.



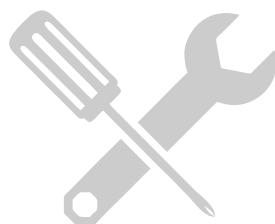
### Bundamba State Secondary College

We continued our growth into the Ipswich Region and welcomed Bundamba SSC as a school partner in Term 1. Six of their students completed TRACTION's Bike Build program on site at school with the support of our Ipswich mentor team.



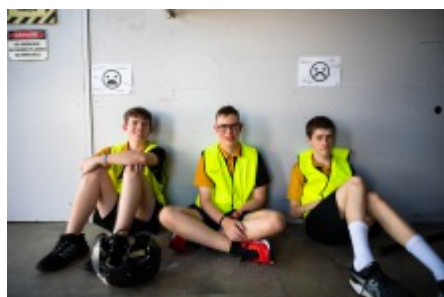
### Ipswich West Special School

Ipswich West Special School joined TRACTION as a new school partner in 2023, and it was an absolute privilege to support the learning journey of six of their students.



### Pimpama State Secondary College

It was a privilege to continue our close working relationship with the team from Pimpama SSC to support the engagement of their students in learning.



### Beenleigh Special School

We welcomed Beenleigh Special School for the first time at the Coomera Girl Guides Hut, with six of their young people taking part in TRACTION's Bike Build experience.



### Bray Park State High School

Over on the north-side, mentors Ricko and Jack worked alongside young people from Bray Park SHS at the Alf Shaw Community Centre. This was the second program for this group who did a fantastic job completing their BoomBox projects.

### Arcadia College

New school partner Arcadia College also joined the TRACTION family. Alongside their bike projects, six young people brought leadership into focus - as our first group to take part in TRACTION's new leadership curriculum "Take the Lead".

It helps us to learn to relax and be calm when under too much stress. I have been able to have fun and make friends with people and TRACTION will help encourage me to go to school every day.

Participant, Term 1

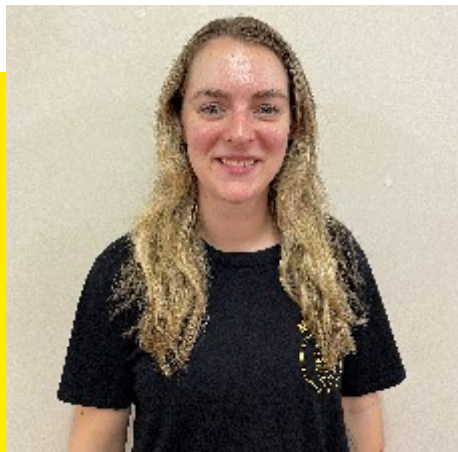


TRACTION helped me grow more positive and confident because of all my fellow peers and their involvement with the program.

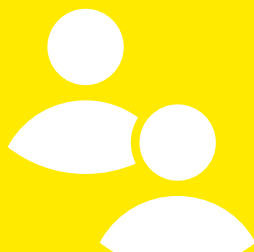
Participant, Term 1

The mentors are great; instead of feeling like they're teachers it feels like they're friends helping you out - they are aware when we are feeling low and can help out.

Participant, Term 1



## A moment with our Mentors



This term we welcomed four new TRACTION mentors to the team who bring a fresh mix of professional skills, life experience and passion to helping young people in the workshops.

Melissa, TRACTION's newest mentor for the Gold Coast region, has a strong skill set in psychology and counselling and in Term 1, supported young people from Arcadia College, Beenleigh Special School and Pimpama Secondary College to complete their Bike Build projects. Melissa shared a few thoughts on her new role and why she loves working with young people.

### What made you want to work with young people?

Young people are the future and I want to be part of the positive change and impact in their lives.

### What three skills are important to you as a mentor?

For me, it's important to bring authenticity, a genuine heart for the young people and program, and a learning/growth mindset. It's important for young people to know the importance of constantly learning and growing.

### If you could share one piece of advice with young people today, what would it be?

Don't change who you are in order to fit in. You were created uniquely and there is only one of you - you are irreplaceable and the world needs you.

*Melissa, TRACTION Mentor, Gold Coast Region*



He has ADHD so it's really hard for him to get out of the house. He is more excited to get out of the house with his bike. This is a big deal for him! Building the bike gave him the confidence he needed. He proved to himself that he could go to a new place with new people and he would be okay.

Parent/Guardian,  
Term 1



Without TRACTION my self-esteem and confidence would be lower than ever. My time was extremely enjoyable because of the community and learning new things.

Participant, Term 1



It's hands-on, engaging, and helps young people find direction in a very supportive environment with mentors who meet the young people where they are and get on their level. It gives the young people role models or people to look up to.

Parent/Guardian, Term 1

# Our Impact – results for young people

## Engagement in learning



## Resilience and mental health



## Behaviour and skills



**98%** of parents/guardians said their child enjoyed what they were learning or doing

**83%** experienced a sense of success, can recognise when they have done well and can succeed

**72%** improved ability to manage school

**79%** of parents/guardians confirmed improved school engagement

**92%** feel they can make a positive contribution to community

**94%** improved strengths and confidence

**92%** improvement in their child feeling more positive about themselves

**98%** more aware of their strengths and how to use them

**98%** felt confident to persevere or try again if they made a mistake

**97%** felt personally safe, 92% felt accepted by peers, 100% accepted and included by mentors

**95%** Improved skills for leadership and  
**100%** for teamwork

**89%** gained job skills and  
**74%** thinking of future career plans

**76%** improved ability to manage emotions, more willing to seek help from adults and  
**79%** from peers

**92%** of parents/guardians identified their child is more helpful and supportive

**85%** improved communication skills with peers and  
**84%** with adults

**84%** more confident to make healthier and safer choices

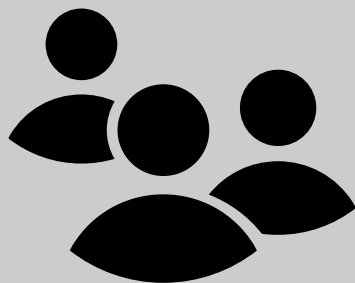
**68%** improved levels of physical activity

**57%** have improved capacity to cope with school demands

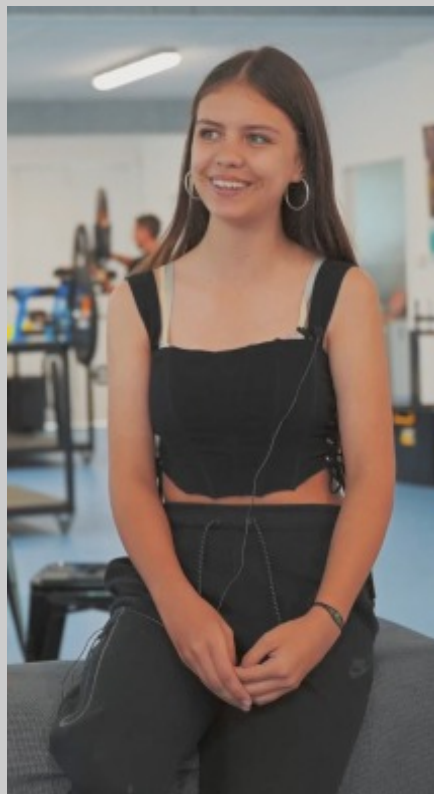




## How your support makes a difference



Before doing TRACTION, Tamzyn was carrying a strength she didn't know she had. Within a few weeks in the workshop, Tamzyn's confidence grew, and she naturally began taking initiative to support peers on the tools, and leading and contributing to group discussion in ways she hadn't done before. To TRACTION mentors and her peers, it was obvious. Tamzyn is a natural leader.



With the support of TRACTION mentors, Tamzyn has been able to articulate and strengthen her leadership ability. When asked why she thinks TRACTION has helped reveal this quality in her, she puts it down to the relaxed small group environment, her strong relationship with TRACTION mentors, and learning in a way that's interesting to her.

"My time at TRACTION has been really good. I've learned new skills with tools, but also new things about myself. I've learned I have good leadership skills and I am more confident generally. Now I will definitely get more involved in group projects, I will definitely speak up more".

Luckily for us, Tamzyn is returning to the TRACTION workshop for Boom Box in Term 2, and we can't wait to see her leadership skills strengthen further.

**“ TRACTION gives young people a sense of direction, provides encouragement and motivation towards school engagement with the opportunity to have a sense of accomplishment at the end of the program.**

Parent/Guardian, Term 1

**“ He has a spring in his step. Now he has seen what he can do, it's given him a boost and made him feel more positive, confident and open. TRACTION has given him a greater outlook on life, steering him in the right direction.**

Parent/Guardian,  
Term 1

## What our schools say

Simon, school representative from Holland Park State High School has been working with TRACTION for two years. When he first learned about TRACTION, he saw the value TRACTION programs could have for his young people in the areas of work readiness, teamwork, and engagement in school in learning. Since doing TRACTION, Simon has observed significant positive changes in his young people across all of these areas.

"For all of our kids there's been positive change. For our most recent group in Term 1, they feel more connected to school, they seem happier, their body language has changed. The connection they have with school as a result of being at TRACTION has definitely changed".

Simon Wilson,  
Behaviour Engagement Coach,  
Holland Park State High School.

Holland Park SHS have signed up for Term 2 and we're looking forward to working with this group again to complete their Boom Box projects.



## Team member in focus



### Meet **Suzanne**, our newest board member

TRACTION is beyond thrilled to welcome Suzanne Grant to our board. Suzanne has been following TRACTION since its inception in 2015, drawn to the power of TRACTION's mentoring and youth engagement model for transformational change.

Suzanne brings extensive experience in the not-for-profit, education and international development sectors. Recently, she led transformational change programs to improve student outcomes in areas of economic disadvantage in Queensland. Prior to this work, Suzanne worked with the University of Queensland where she managed a three-year program in leadership and governance to Papua New Guinea's emerging and future leaders. Suzanne has also worked in the private sector for twenty years, both running her own consulting firm and for organisations such as Deloitte and Telstra.

With this extensive level of industry connection and experience, we have no doubt Suzanne will be a huge asset to the team as TRACTION moves forward. Her advice to young people?

"For a lot of us, there are times when you feel doubt and fear but whatever is in the past and whatever the future holds, it's what you can do and how you want to do it that counts".

Suzanne Grant, TRACTION Board member

## Young people taking the lead

Students from Arcadia College have been among the first to take part in TRACTION's new leadership curriculum. "Take the Lead" has been designed to enhance TRACTION's existing program structure and support young people to understand and develop their unique leadership potential, covering topics including;

- leadership styles
- respectful relationships
- influencing through healthy and safe life choices
- coping skills to manage change, challenges and setbacks

Thank you to the Vincent Fairfax Family Foundation for providing funding for this new program element which is building young leaders of tomorrow by helping them learn how to lead themselves and influence others.

# 3.

## Partnership Focus

### Chain Reaction Ride for TRACTION

TRACTION's CEO and Founder, Sandy Murdoch, smashed out 1000kms of cycling in 7 days alongside 29 other riders as part of the Chain Reaction Challenge.

Sandy joined one of four teams who rode through the spectacular South Island of New Zealand in effort to raise funds for AEIOU Foundation for Children with Autism and TRACTION. We're thrilled to share riders raised over \$680,000!

Our biggest heartfelt thank-you to all the riders who took on this epic week of cycling.

We also want to thank the Chain Reaction Challenge Foundation for choosing to support TRACTION for the third time this year, and the event sponsors and support crew who contributed to making this event such a huge success.

Through the incredible efforts bringing this event to life and raising much needed funds for TRACTION, more young people will have the opportunity to unlock their potential and build pathways to positive futures.

Thank you to event sponsors Hutchinson Builders, MGD Wealth, Kilcor, LSH Auto Australia, Pure Storage, Mini Body Engineering, and 7-ELEVEN.



## Building Deadly, Riding Deadly

Over five months, TRACTION has worked in collaboration with Aunty Faith and the team at Gunya Meta Inc, a non-profit Aboriginal and Torres Strait Islander organisation in Logan, to co-design a culturally safe and inclusive community bicycle and mentoring program. The new program - "Building Deadly, Riding Deadly" - will help Indigenous young people build resilience, teamwork and leadership skills, develop their road safety and riding skills, and connect to country and culture.

Thanks to the support of the Sisters of the Saddle charity cycling community, the first pilot will be delivered in Term 2 by TRACTION mentors working alongside youth workers from Gunya Meta and young people in Logan.

## Cycling BNE for the National Ride2School Day

Our team joined Upper Mount Gravatt State School and Brisbane City Council's Cycling Brisbane team to celebrate National Ride2School Day in February. Our Mentors were on the ground to provide bike safety checks to all sorts of fun and brightly decorated bikes.

At TRACTION, we support physical literacy through our mentoring programs,

encouraging safe participation for active lifestyles. We're proud to be a partner of Brisbane City Council's Cycling Brisbane initiative, and to support Australia's biggest celebration of active travel.



# 4.

## With thanks from TRACTION

As demand for TRACTION programs continues to grow, so too does the funding required to ensure programs can be delivered, and delivered with maximum impact.

Thankfully, many people and organisations understand investment in prevention programs like TRACTION is money well spent - for each young person gaining new skills to overcome challenges and thrive, and for our community who benefit from their skills and contribution.

Some of these brilliant organisations include:

- The **St George Foundation**, which has supported TRACTION with \$48,960 towards purchase of bikes and food for young people in 2023. That's 136 more bikes for young people to build, customise and call their own, and food provisions for 136 people to hone their cooking and nutrition skills in TRACTION's wellbeing component 'Fuel Up'.
- **Towards a Better Future Foundation**, which has provided a generous \$110,000 to support the ongoing delivery of TRACTION programs .
- **Will Brice** and family for its longstanding support.
- **Future2Foundation** will help TRACTION purchase bikes with a \$9,900 grant and;
- **Powertech** is supporting TRACTION with \$10,000 and a deeply valued three year partnership.

Shout out to all these fantastic organisations who are prioritising young people's positive futures. Together, we're making a difference and we're beyond grateful for your support.

“ I'm proud of the fact I was able to listen each week and construct something that will improve my life and meeting new friends.

Participant, Term 1

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## Give young people the tools to thrive

Join TRACTION's support crew and sign up as one of our valued regular donors.

Every donation we receive - big and small - puts us another step forward on our mission to **unlock potential in young people**. Becoming a regular donor is also super easy, and donations to TRACTION are all tax deductible.

Join our support crew by signing up through our website:

<https://traction.community/support-us>

# 5.

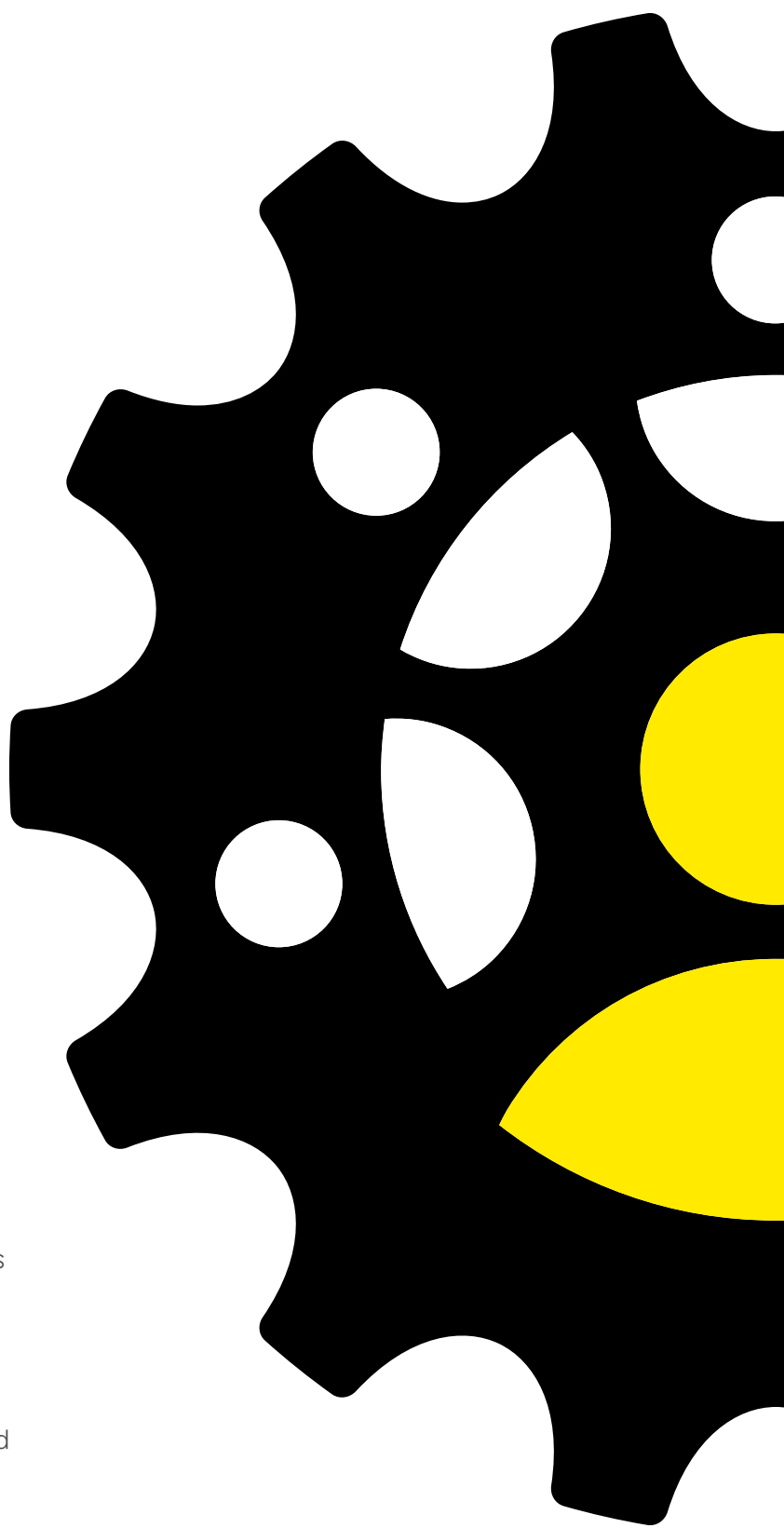
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## About TRACTION

Our mission is to unlock 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 learning 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](http://www.traction.community), contact us at [connect@traction.community](mailto:connect@traction.community) or follow [@tractionbuilds](https://www.instagram.com/tractionbuilds) on Instagram, Facebook and LinkedIn.







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FOR YOUNG PEOPLE

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