

To refer a young person to the programme visit [www.ychertfordshire.org](http://www.ychertfordshire.org) and click on the box **Make a Referral**.

Once we receive your referral we will be in touch with the young person and their parent/ carer to arrange an initial meeting and discuss whether the programme is suitable for their needs.

If you have any questions, please call

**0300 123 7538**

or email [yc@hertfordshire.gov.uk](mailto:yc@hertfordshire.gov.uk)

[www.ychertfordshire.org](http://www.ychertfordshire.org)



# Positive Alternatives

## +Alt

### Summer Programme

YC Hertfordshire is launching its Positive Alternatives (+Alt) projects across the county, motivating young people to actively consider alternatives to gang culture and crime.

The programme is aimed at those at risk of becoming involved with gangs and violent crime and focuses on risks and consequences.

The programme helps young people to consider positive alternatives and make better choices.

Design ref: 084911a



Hertfordshire

# What is +Alt ?

The programme is aimed at young people at risk of involvement with gangs and violence, focusing on risky behaviour and consequences.

It is designed to demonstrate positive lifestyle alternatives, helping the young person make the right choices for their future.

There are ten dynamic and interactive workshop sessions over two weeks.

The sessions will explore:

- identity and belonging
- gang culture
- stereotypes and gender
- responsibilities
- county lines
- knife crime and reducing use of weapons

The programme also includes sessions on healthy relationships, sexual health, drugs and alcohol, social media and Citizen Aid.

Activities including music and sports will take place each day.

**+Alt** is run by trained Youth Workers, with some input from external sports or music tutors.

## Where?

The programme takes place over two weeks in the Summer holidays, based at YC Hertfordshire Young People's Centres across the county.

## Who is eligible?

Please consider a referral if you are working with a young person who:

- is not in employment, education or training (NEET)
- is persistently absent and/or excluded from school or an Educational Support Centre
- is at risk of child criminal exploitation
- has poor mental health
- is considered at risk of Child Sexual Exploitation

The programme is suitable for young people, male and female, aged 11-17.

There will be projects for two age groups – 11-13/14 and 14-17.