

To refer a young person to any of these programs, email NSW Police Youth Referral form to youthref@police.nsw.gov.au



OFFERED AT EVERY PCYC CLUB ACROSS NSW

Fit For Life is an early intervention program designed to engage youth ages 10 to 17 who are at risk of poor choices and anti-social behaviour. Through physical fitness, nutrition and social engagement, Fit For Life aims to improve overall wellbeing as well as prevent and divert youth from offending behaviours. **Contact your local club to find out more.**



Fit For Work is a program designed to holistically address a young person's disengagement from their family, education and employment opportunities, to help reduce and prevent their involvement in anti-social behaviour and/or crime. This will ultimately lead to increased employment opportunities for a cohort that traditionally is reflected in high unemployment statistics. Aimed at youth aged 15-17 years.



Fit For Change is a program tailored to address the core principals of risk, need and responsivity. This intervention program will address the seven major risk/need factors in order to reduce and prevent re-offending. Aimed at youth aged 12-17 years.



Fit For Home is a program designed to break the cycle of domestic and family violence, and develop the skills young people need to treat their partners, family and friends with respect. Fit For Home aims to change attitudes and behaviour through trust, respect, acceptance, responsibility and accountability. Aimed at youth aged 12-17 years.



Fit To Strive is an early intervention program designed to prevent and reduce re-offending, and build good citizens. All activities in the program will aim at decreasing risk factors in an effort to reduce long-term involvement in the criminal justice system. The program will not focus on a specific crime category but address the root of offending behaviour looking at decision making, values, problem solving and resilience. Aimed at youth aged 8-13 years.



Fit To Learn is a program with the goal to re-engage disengaged youth back into the education system, allowing them to develop intellectually and socially within a safe academic environment. This program encourages participants to explore their strengths in building respectful relationships within a school environment. Aimed at youth aged 14-17 years.



Fit Together is a co-designed program developed with each local community to prevent and reduce re-offending, as well as encourage positive relationships between local Police and the Aboriginal community. Fit Together aims to instil confidence, increase self-esteem and help Aboriginal youth reach their full potential. Aimed at youth aged 10-17 years.



Fit For Service is a program designed to assist young people with a keen interest in pursuing a career in Policing, defence and/or emergency services. Fit For Service will engage participants with the help of mentors from a number of difference services, as well as providing a pathway into these careers/industries. Aimed at youth aged 15-24 years.

Metro	2021	Term 1	Term 2	Term 3	Term 4
Auburn					
Balmain					
Bankstown					
Belmore					
Blacktown					
Campbelltown					
City Of Sydney					
Eastern Suburbs					
Fairfield/ Cabramatta					
Glebe/Leichhardt					
Hawkesbury					
Hornsby/Ku-ring-gai					
Liverpool					
Marrickville					
Mount Druitt					
North Sydney					
Northern Beaches					
Parramatta					
Penrith					
South Sydney					
St George					
Sutherland					
Western	2021	Term 1	Term 2	Term 3	Term 4
Armidale					
Bathurst					
Bourke					
Broken Hill					
Cowra					
Dubbo					
Gunnedah					
Lithgow					
Moree					
Mudgee					
Orange					
Parkes					
Tamworth					
Walgett					
Wellington					



RISEUP is a new strategy developed by the NSW Police Commissioner, connecting disengaged young people to workplace opportunities.

RISEUP incorporates job ready programs, mentoring and vocational training for at risk youth to build their engagement with education, employment opportunities and the community.

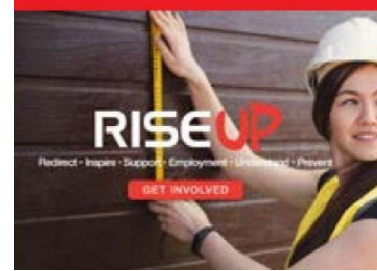
The foundations of the initiative focus on early intervention to prevent and disrupt crime. It is a collaborative approach with PCYC NSW and industry leaders to achieve positive outcomes for young people and divert them from the criminal justice system.

The NSW Police Force Youth and Crime Prevention Command (YCP) has consolidated a suite of programs as part of the RISEUP strategy.

The programs operate state-wide in partnership with PCYC NSW and encompass a range of strategies including early intervention, developmental crime prevention, positive relationships, support networking, functional numeracy, literacy, nutrition and behavioural workshops.

The programs are delivered with an alternative learning environment to build participants commitment, resilience and motivation as well as essential employment skills through work experience and exposure to industries and businesses.

GET INVOLVED - www.riseup.org.au



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Northern	2021			
	Term 1	Term 2	Term 3	Term 4
Bateau Bay	●	●	●	●
Cessnock		●	●	●★
Coffs Harbour	●		●	
Grafton		●★	●★	
Kempsey		●		●
Lake Macquarie	●★	●		●★
Lismore		●	●	
Maitland	●		●	●
Morisset	●	●	●	
Muswellbrook	●★		●	
Newcastle		●★	●★	●★
Port Stephens - Nelsons Bay		●★	●	
Port Stephens - Raymond Terrace	●			
Singleton		●		●
Taree	●		●	●
Tweed Heads				
Umina Beach	●★	●	●	●

Southern	2021			
	Term 1	Term 2	Term 3	Term 4
Albury	●		●	
Bulli	●	●		●★
Far South Coast - Narooma	●		●★	●
Far South Coast - Bega		●		
Goulburn		●	●	
Griffith	●★	●	●★	●
Lake Illawarra	●			●★
Shoalhaven		●	●	
Southern Highlands		●		●
Wagga Wagga	●★		●	
Wollongong	●		●	
Young	●			●



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