



HELPING YOUNG PEOPLE IN HACKNEY DEVELOP THE SKILLS AND CONFIDENCE THEY NEED FOR THE FUTURE

A group of pupils from two Hackney secondary schools showcased their film making skills at a major conference in London **to relaunch**, *Life Routes*, a national programme to help young people develop essential life skills.

The film project was organised by the National Children's Bureau and the Learning Trust, Hackney as part of the *Life Routes* programme. The programme which is managed by the National Children's Bureau (NCB) and funded by Nokia as part of their global Make a Connection programme promotes the positive development of children and young people at a grass routes level.

Working within schools and communities, *Life Routes* aims to help young people develop the skills and confidence they need to achieve the five outcomes for children which has been laid out in the government's Every Child Matters strategy. This project focuses on self-confidence and responsibility; problem solving and communication; team work and respect for others.

Together with the assistance of Mouth That Roars, a production company which works specifically with young people, *Life Routes* in Hackney supported young people aged 14-16 work in groups to research, script and edit their own videos. The young people from Hackney Free and Stoke Newington produced short films exploring issues such as conflict, transition and peer pressure. A training programme equipped them with transferable skills such as problem solving, decision-making and teamwork. Feedback from young people involved in the Hackney project has been extremely positive. As one of the young participants noted: "We all had different

skills and did not always agree but in the end we learnt how to sort out arguments and use everyone's skills to produce something really good.”

The conference marked the launch of the new *Life Routes* resource for those working with young people most in need of guidance in a range of out of school settings. It offers practical ideas for working with 13 to 16-year-olds to help them develop the skills essential for living and achieving in today's society. The resource builds on the success of the Make a Connection schools programme which has helped over 27,000 children and trained over 1000 teachers in the UK since its launch.

“All young people need to learn skills to help them negotiate and manage everyday challenges,” explained Sophie Wood, Project Manager at NCB. “This is especially true for young people with behavioural or emotional difficulties and those who have experienced traumatic events in their lives and are less resilient as a result.

By encouraging young people to develop life skills, we help them to resist negative influences and have the confidence to make informed choices. These skills can have a major influence on their long-term outcomes.”

Mark Squires, Head of Communications at Nokia UK, added: “In the high pressure world we live in, we can sometimes overlook the need for young people to be given the self-confidence and life skills to face the day-to-day physical and emotional pressures that are a normal part of growing up. *Life Routes* is about helping them to maximise their potential and connect in richer ways with others.”

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Notes for editors:

- 1) Life Routes is a project to promote the learning of life skills in schools and community settings. The project is managed by the National Children's Bureau and funded by Nokia.

- 2) Life Routes aims to help young people achieve the five national outcomes outlined in the government's Every Child Matters strategy. These are to: be healthy, stay safe, enjoy and achieve, make a positive contribution, achieve economic well-being.
- 3) Nokia funds Life Routes in the UK as part of the global Make A Connection programme. The programme aims to help young people learn and apply personal, social and academic skills to real life through practice in working with others, making decisions, exercising good judgement, solving problems and setting and achieving goals.
- 4) NCB promotes the voices, interests and well-being of all children and young people across every aspect of their lives. As an umbrella body for the children's sector in England and Northern Ireland, we provide essential information on policy, research and best practice for our members and other partners. For more information visit www.ncb.org.uk
- 5) Nokia is a Gold member of NCB's Corporate Partner Programme. For more information about how NCB works in partnership with the business community email corporatepartner@ncb.org.uk