

## Stepping Stones young people said:

*"This project gave me hope. [Project Worker] believed in me, always. We all need a cheerleader at times to remind us we are worthy and capable".*

*"It helped so much that you just listen without judgement".*

*"I like being a part of Stepping Stones as its really good to talk to someone that talks to me like a human and not like I am stupid. You are always there to support me and I know I can always count on you".*

*"I feel like we've changed my life together".*

## Young people who are part of Stepping Stones:

- Have an increased ability to express their point of view with other people.
- Know where to go to access trusted information to help make informed choices.
- Can use their skills and experience to better cope with life's challenges.
- Say their confidence has increased.
- Consider the potential risks before making choices about where to go and what to do.

## Get in Touch

If you feel that Stepping Stones could help you then you can get involved by:

- Attending the drop-in sessions at your local youth group and say you would like to be part of Stepping Stones.
- Contacting the Project Worker in your area by email or drop them a message. The details of all workers can be found at: [youthborders.org.uk](http://youthborders.org.uk)
- Asking an adult to help you (e.g. parent/carer, teacher, nurse), they can send an email/call on your behalf to the Project Worker in your area.

If you are under 16, a parent or legal guardian must complete the registration form. If you are 16+ you can complete the registration form yourself. Once registered, you will meet with your Project Worker and start to get involved with your Stepping Stones journey.

For further information about Stepping Stones please visit YouthBorders website; [youthborders.org.uk](http://youthborders.org.uk)

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# Stepping Stones



## Scottish Borders Youth Work Partnership





## What is Stepping Stones?

Stepping Stones is a youth work opportunity, open to young people aged 10-18 in the Scottish Borders who want to improve their emotional health and wellbeing and life chances.

We know that some young people will need more support than others. Some young people may be experiencing difficult or challenging circumstances, and that is who Stepping Stones is for. For example, you might get involved with Stepping Stones because you want to:

- Improve your attendance at school
- Improve relationships with friends or family
- Develop skills to cope when life gets difficult or changes
- Get informed about risk taking behaviours like alcohol, drugs or sexual health
- Feel a greater sense of belonging to your community.



## Our Stepping Stones Project Workers will support you by:

- Arranging 1:1 sessions
- Organising small group sessions and activities
- Helping you take part in activities with young people from across the Borders
- Help you to access training and volunteering opportunities
- Supporting you to achieve youth awards.

Project Workers will work with you to set goals and review your progress. They will create opportunities and activities for you to get involved with to help you achieve your goals. They will be there for as long as you need and will usually work with you for a number of weeks or months.

