



## What is Stepping Stones?

Stepping Stones is an innovative and unique youth work project that supports young people aged 10-18 in the Scottish Borders, with the aim of improving their emotional health and wellbeing, and life chances.

Stepping Stones is not time-limited, allowing each young person to engage in conversation and activities which interest them, for as long as they need. Stepping Stones Project Workers can provide additional focused support time with individual young people in addition to their participation in universal youth work activities. This additional focus includes setting and reviewing personal goals with the young person.

## Who Takes Part?

We know that some young people will need more support than others. Some young people may have been experiencing difficult or challenging circumstances, and that is who Stepping Stones is for. For example, a young person may wish to:

- Improve their 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 their community.



## Feedback from Stepping Stones Young People

- Voice - 98% of young people either agree or strongly agree that they have an increased ability to express their point of view with other people.
- Choices - 97% of young people either agree or strongly agree that they know where to go to access trusted information to help make informed choices.
- Resilience - 84% of young people either agree or strongly agree that they can use their skills and experience to better cope with life's challenges.

### Stepping Stones Young People Said:

*"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".*

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

*"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".*

## How Can a Young Person Get Involved?

Stepping Stones works alongside schools, social work, and other youth and community-based organisations to ensure support is focused on those who need it most. Young people can get involved by contacting the Stepping Stones Project Worker in their area or can be introduced to Stepping Stones by a trusted adult (teacher, nurse, parent etc.). If a young person is under 16, a parent or legal guardian will be asked to complete a registration form.

## Contact Your Stepping Stones Project Worker



**Beyond Earlston**

Broadening horizons for our young people



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For further information about Stepping Stones and the Scottish Borders Youth Work Partnership please contact Carly McAllan, Project Coordinator at YouthBorders; [carly@youthborders.org.uk](mailto:carly@youthborders.org.uk)