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He found a direction in life and helped him map out what he wants to do. Eight months ago we didn't know if he was going to be kicked out of school permanently and now he is a completely different kid that has discovered his purpose and has plans for his future which he is actively working towards.

Parent, Term 3

TRACTION

FOR YOUNG PEOPLE

Quarterly Newsletter

Term 3



Message from the CEO

Welcome to our Term 3, 2023 report.

As we charge towards the end of the year, it's timely to reflect on the way we measure success for young people. For some, high grades and academic excellence can be achieved and celebrated, but for many, this version of success is out of reach. Many of our young people define success as making their first friend, showing up on time, discovering learning in a way that works for them, or persisting when a task feels hard. It's learning to ride a bike, or discovering a skill or personal quality that, until now, has lay hidden.

At TRACTION, we remove the pressure of competition and adopt a perspective that values success beyond test scores. We focus on nurturing young people's physical, emotional, and social well-being and, by doing so, empower them to face school stress with more resilience, confidence, and hope for their futures. We remind our young people that their success in school, work and life goes much deeper than their test scores and that true success is relative and relevant to their individual journey.

Term 3 was another busy term, with eleven full-term programs in TRACTION workshops, schools and community centres across South East Queensland. We also trialled a new three-day program offering at Brisbane Boys College, where eight TRACTION mentors guided over 100 young people through a range of bike building, creative arts and team building activities.

Our fifth annual *CEO Bike Build* fundraiser at the Port of Brisbane was a huge success. With the support of 27 Business Leaders and CEOs, we raised over \$100,000, giving another 46 young people a place in our 9-week Bike Build program. And we welcomed new partner *Kilcor* to our support crew, and I want to take this opportunity to again thank them for their significant support to TRACTION over the next three years.

Coming up in Term 4, our mentor team is looking forward to supporting another sixty young people through Bike Building and Boom Box programs. We'll also be cheering on the *Sisters of the Saddle* corporate cycling crew as they peddle their way from Brisbane to Toowoomba to raise funds for TRACTION. It's going to be a very fulfilling and action-packed term ahead!

As always, a huge thank-you to our long-standing and generous supporters who sustain our work and help us provide life-changing opportunities for young people each week. More support is always needed to continue meeting demand, so please reach out to see how you can get involved, help raise awareness, or provide support that makes a difference.

Yours sincerely,

Sandy Murdoch

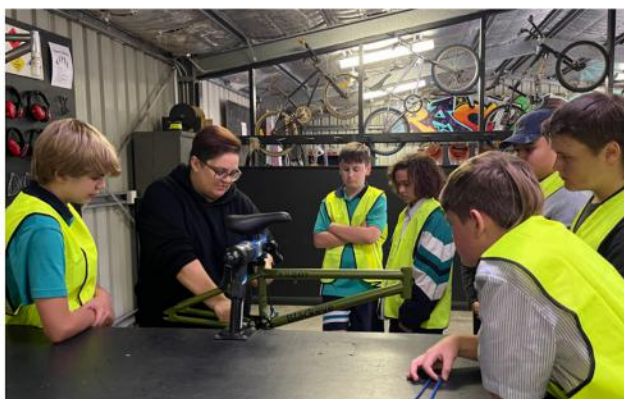
CEO and Founder

TRACTION For Young People

Term Three Highlights

Victoria Point State High School

At our Alexandra Hills workshop, we welcomed our 19th group of young people from **Victoria Point State High School** who completed their Bike Build projects with support from mentors Anna and Jaime. Our partnership with Victoria Point SHS dates back to 2016 and since then, we have provided support to over 100 of their young people through TRACTION workshops.



Wynnum State High School

Another six young people from **Wynnum State High School** jumped on the tools with mentors Anna and Jaime at our Alexandra Hills workshop.

Deception Bay State High School

We delivered our first program with new school partner **Deception Bay State High School**. Six of their young people completed Bike Build projects with support from our amazing Northside mentor team on-site at school and under our snazzy new marquees thanks to funding from the Kofi Foundation.



Pimpama State Secondary College

We continued our close working relationship with **Pimpama State Secondary College** and supported another six of their young people to complete their Bike Build projects.

Arcadia College

Arcadia College returned, with six of their young people taking part in TRACTION's bike build program at the Coomera Girl Guide Hut.

Villanova College

We continued our long-standing partnership with **Villanova College**, and six of their young people completed Bike Build projects with support from mentors Anna and Jaime.

During week 5, the group spent the day with TRACTION Connect partner Merlo Coffee - where they gained new skills and insight into work in the hospitality industry.

Emmaus College

Six students from **Emmaus College** completed TRACTION's bike build program with the support of our Scenic Rim/Logan mentor team.



Beaudesert State High School

This is our eighth year supporting students from **Beaudesert State High School** and mentors Elaina, Anthony and Kristy-Lee supported six students to experience a sense of success and complete their Bike Build projects.



Indooroopilly State High School

We welcomed **Indooroopilly SHS** as a new school partner in Term 3, with six of their students taking on TRACTION's Bike Build program for the first time.

Ipswich Flexi School

Over in the Ipswich Region, mentors Edgar and Kalisha supported six young people **Ipswich Flexi School** to build a BMX, alongside the skills to thrive in school, work and life.

Building Deadly, Riding Deadly

Building Deadly, Riding Deadly wrapped up with six young people from **Park Ridge State High School** and we were pleased to receive strong results across all areas of our impact reporting.

This was our second pilot program delivered in partnership with the crew at **Gunya Meta**, thanks to funding from the inspiring Sisters of the Saddle cycling community.

We'll be back working with another group of deadly young people at Park Ridge State High School in Term 4.



BBC Three-Day Workshop

TRACTION mentors delivered a three-day workshop with young people from **Brisbane Boys College** as part of their Be Confident week. The experience was delivered in a slightly new format for TRACTION, where ten TRACTION mentors supported 50 young people a day for three days of bike building, creative art, and team-building activities.

"One thing I learnt today about myself is how much I enjoy working with people I don't usually mix with". - BBC student

"I learnt that I could lead a group rather than just listen". - BBC student



Building our Capability

In term 3, TRACTION staff undertook cultural training with **Aunty Faith Green** - proud Waka Waka and Gubbi Gubbi woman and CEO of Gunya Meta Inc. Huge thanks to Aunty Faith for sharing her cultural knowledge and helping our team build our capacity to support Aboriginal and Torres Strait Islander young people in TRACTION workshops.



CEO Bike Build 2023

TRACTION's fifth annual CEO Bike Build Event was an incredible success. With the support of 27 Business Leaders and CEOs who wholeheartedly embraced our cause, we collectively raised over \$100,000. These funds will make it possible for another 46 young people to take a life-changing journey with TRACTION, where they'll develop resilience, confidence, and skills to thrive in both work and life.

The real magic of the event was seeing the young people from **Arcadia College, Victoria Point State High School, and Wynnum State High School** take the lead and guide our CEOs through the bike-building process. They brought strong teamwork and leadership skills to the day, and it was heart-warming to see the meaningful connections formed between these young people and their CEOs. We're so proud of them all!

Emma from UnLtd. shared her heartfelt gratitude for the experience.

“ I am so thankful for this really moving and incredible experience. I was paired with a beautiful young lady. She led me through the whole experience of building a bike - with confidence, happiness and the biggest smile – which really left a lasting impression on my heart. As we compared our nails, I couldn't help but compare my privilege to her disadvantage, which just puts such a fire in my belly to help drive greater awareness and support for TRACTION.

Our sincere thanks to participating business leaders from:

Kennards Hire, EDL, Vertica Capital, The Neilsen Group, Cushman & Wakefield, Ligentia, Port of Brisbane, Simon George & Sons, Jones Day, Nightlife Music, Wiley - The Project Delivery Company, UnLtd., Stellar Recruitment, McDonalds (Bayside), Pensar Infrastructure Group, KPMG, Morgans Financial Limited, Merlo Coffee, Corpay, LUXBMX, Koda Capital, and PowerTech.

We'd also like to thank **Cr Ryan Murphy** for opening the event, **The Bun Mobile** for the delicious lunch, and **Port of Brisbane Pty Ltd** for hosting us for the third consecutive year.



A moment with our Mentors

Those lucky to have worked with TRACTION mentor **Ben** will know he's not just good on the tools, he's also a qualified chef, artist, and deeply committed to supporting better futures for young people. He also brings a wealth of life experience to his mentoring approach that formal training could never provide.

Ben shared the key to his approach, which gives us a good idea of why he has such a deep, transformative and lasting impact on the young people he works with.

“ Be YOU, in all its beauty and grossness and everything in between. Laugh, cry, be vulnerable, be grumpy, be goofy, be honest, be human. The impact that has on our young people is immeasurable. To let them see an adult be fully themselves, lets them feel it's ok to just be themselves.

After five years with TRACTION, we're thrilled to welcome Ben into a newly created role - where he will focus on supporting the well-being and developing the capability of TRACTION's quickly growing mentor team.



Spotlight on a School Rep

School representatives play a crucial role for TRACTION. More than a helpful hand in workshops week-to-week, they provide the vital link between TRACTION and school - to ensure the progress young people achieve continues beyond the workshop walls.

Sharon, our wonderful staff representative from **Victoria Point State High School** has been supporting young people in TRACTION workshops since early 2021. She shared how she regularly sees TRACTION's positive impact extend - to the school environment, family relationships, and the community.

“ With TRACTION, I've noticed a huge difference with the young people I bring. The change from the beginning to the end of the program is awesome. Our young people integrate better at school. They're not misbehaving in classes. It's helping our young people with job prospects. Their parents inform me they're better behaved as well, and they're trying harder to be the best people they can be. To me, TRACTION is absolutely brilliant.

We're so grateful for Sharon's support and appreciate all that she does for our program and young people. Thank you, Sharon!



Our Impact

Term Three – Key Numbers

65 young people engaged from:

- Redlands (12)
- Brisbane South (12)
- Logan (12)
- Scenic Rim (12)
- Ipswich (6)
- Moreton Bay (6)
- Gold Coast (11)
- Holiday & mobile workshops (12)

Since July 2015

2246 young people engaged from:

- Redlands (695)
- Brisbane South (396)
- Brisbane North (41)
- Logan (160)
- Scenic Rim (212)
- Ipswich (94)
- Moreton Bay (46)
- Gold Coast (79)
- Holiday & mobile workshops (523)

12

Referral agencies

supported – including schools, community service organisations, government & other agencies

5

Regions

where programs were delivered

65

Bicycles donated to young people

7

Locations

where programs were delivered

3,510

Hours of mentoring provided

3

Types of programs delivered –

including Bicycle Build, Boom Box & 1-day / school holiday formats

1,886

Bicycles donated to young people

96,703

Hours of mentoring provided

What our schools say

“ I’ve got parents and kids banging down my door every term to do the program.

School Representative, Term 3

“ One of our students was extremely shy, and struggled with peer and staff relationships. Their parents were really concerned. Once they started the program, and they realised their own ability - their confidence in the classroom has grown exponentially, and they have formed really solid friendships.

School Representative, Term 3

“ The way the mentors treat kids at TRACTION, mirrors our school values around respect, honesty, being genuine, and treating kids as equals. They learn so much from that.

School Representative, Term 3

“ If we could, we would have every one of our 290 students in the program, every term. Every kid needs to do it. TRACTION provides kids amazing outcomes, and you see these outcomes translate to better engagement at school.

School Representative

Results for Young People



Engaged in learning

- 75%** of parents reported their young person was more engaged in school
- 85%** of schools reported improved communication with teachers
- 75%** of schools reported improved effort at school



Resilience & mental health

- 100%** of young people felt safe and accepted by mentors
- 91%** felt accepted by peers
- 100%** felt included by mentors
- 95%** felt included by peers
- 80%** felt more comfortable in seeking help from adults
- 100%** felt more willing to offer support to peers



Behaviour & Skills

- 89%** have improved communication skills with peers
- 82%** have improved communication skills with adults
- 100%** reported improved skills
- 93%** reported improved skills for leadership
- 100%** reported improved skills for teamwork

Parent/Guardian Feedback

“ He realised he is really good at building things and using his hands to learn. He was highly engaged in terms of something different outside of the school environment. He loved that it was hands on and the freedom it came with being less structured than a school environment.

Parent / Guardian, Term 3

“ Since joining TRACTION, he went from a kid that was almost permanently kicked out of school a few months ago and always getting in trouble to being a kid that is now getting B's & C's in his subjects, he has never gotten these grades before.

Parent / Guardian, Term 3

“ They were interested in the bike program because they enjoy bike riding, being outdoors, hands-on learning, and escaping the school environment they find challenging.

Parent / Guardian, Term 3

“ TRACTION was one of the best things the school has put him in. TRACTION really helped him behave better.

Parent / Guardian, Term 3



From our Young People

“ *TRACTION has helped me communicate better and ask for help.*

Young Person, Term 3

“ *I felt black and deadly.*

Young Person, Term 3

“ *I didn't really know how to start a conversation until I started TRACTION.*

Young Person, Term 3



Dacee's Story



Dacee wasn't interested in school before TRACTION, but after starting the program, she found a reason to get up for school each day.

Through TRACTION, Dacee discovered how truly capable she is, and developed a newfound interest in school and out-of-school activities.

“ *Before TRACTION, school definitely wasn't my thing. After engaging with people and making new friends at TRACTION, I had a reason to come to school. I even began to prefer school than the weekends!*

“ *Since completing TRACTION, I've been more interested in other activities. I've learned that I'm capable of a lot of different things. I took away so much from the experience, I had so much fun. I would do it again in a heartbeat. Definitely some of the best times of my life.*

Lucy, Youth Support Worker at Pimpama SSC, also noticed a positive change in Dacee while she was participating in TRACTION. She credits the authenticity of TRACTION mentors and the program's engaging approach for encouraging young people to work together and build relationships. Lucy observed that Dacee has become more assertive and confident in herself since completing the program.

If you're interested in hearing more about Dacee's experience and Lucy's thoughts on TRACTION, check out the full interview on our [website](#).

With thanks from TRACTION

Thank you to these incredible organisations who are prioritising young people's positive futures by choosing to support TRACTION. Together, we can continue providing life-changing opportunities for young people, and we're beyond grateful for their support.

Thank you...

- **Kilcor** for a 3-year funding commitment which will ensure more young people can access TRACTION programs.
- **Koda Capital** for sponsoring TRACTION's marquee at the Larpinta Polo Open. Through our fundraising efforts on the day, we were able to raise \$18,000 for TRACTION.

Sign up as a Regular Donor

Join TRACTION's support crew and sign up as one of our valued regular donors.

Every donation we receive - big and small - puts us another step forward on our mission to build more positive futures for young people. Becoming a regular donor is also super easy, and donations to TRACTION are all tax deductible.

Join our support crew by signing up through our website:

www.traction.community/support-us



Coming up

Sisters of the Saddle Charity Ride

The **Sisters of the Saddle** are riding from Brisbane to Toowoomba in late October to help raise funds for TRACTION. We are so grateful for the hard work going into this event and encourage everyone to follow their cycling and fundraising journey.

If you would like to donate, visit:

www.sistersofthesaddle.com/donate-to-sots



BMX with the best

Head over to Kuraby Skate Park to enjoy **Brisbane City Council's BMX with the best** event. This is a free community event celebrating the best of BMX in Australia with the rare opportunity to see jaw-dropping demonstrations and for kids to learn tips and tricks in workshops with BMX champions, including Australian BMX Freestyle Olympian Natalya Diehm.

There's something for the whole family, including free kids' activities, the chance to win a BMX bike, and so much more. Our team from TRACTION will be onsite to provide free bike safety checks and join the fun.

When: **Saturday 21 October 2023 9am – 3.30pm**

Where: **Kuraby Skate Park**

Cost: **FREE**

Age: **6-17 years.**

Bookings: **Workshop bookings essential**

This event is proudly delivered by Brisbane City Council as part of the Cycling Brisbane program.

Book now to secure your spot:

www.cyclingbrisbane.com.au/events?trumbaEmbed=search%3DBMX



About TRACTION

Our mission is to unlock potential in young people.

We deliver evidence-informed, hands-on learning and mentoring programs, to help young people engage in learning and build the resilience and skills they need to thrive.

To find out more about TRACTION, or to support our work, please visit www.traction.community, contact us at connect@traction.community or follow [@tractionbuilds](https://www.instagram.com/tractionbuilds) on [Instagram](#), [Facebook](#) and [LinkedIn](#).



TRACTION

FOR YOUNG PEOPLE

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