



*Reach encourages all young people, no matter their circumstances, to believe they can achieve.
At its core, Reach is young people inspiring young people.*

WHAT WE DO

Our team of young Reach Crew (aged 15-25) run interactive workshops, weekends away and large-scale events instilling self belief in young people. The main focus of our work is on prevention and early intervention.

We admire courage, and think a little bit of madness and lots of passion and energy help on the journey to discovering greatness. We don't judge people or put them down. We encourage an environment that's safe, free of prejudice and accepting of difference.

WHY WE DO IT

Depending on how you ask the question, young people today "can be portrayed as having the times of their lives, or struggling with life in their times."¹ Whilst things appear better now for young Australians than they ever have been, for many there can be a struggle to find meaning in a complex society that is rapidly changing. Research shows this can have a significant impact on the health and wellbeing of young people. We believe self-belief is an essential ingredient for young people to cope and flourish in this world. Reach supports young people to believe in themselves and take control of their lives.

¹ Eckersley (2008:6), Never better – or getting worse? The Health and wellbeing of young Australians, Australia21

WHY IT WORKS

By creating 'safe spaces' and a positive peer group experience, Reach provides an environment where young people can have a great time, develop trust and openness, and feel comfortable enough to express their concerns, discuss their aspirations and recognise that they are not alone.

By not focusing on the actual behaviour, but rather understanding the reasons behind it, the origins of negative behaviour are identified. Through a personal empowerment process, the young person is able to redirect their energy towards more positive energy outcomes. Reach strives to put young people on a journey to self actualisation. This journey results in different outcomes for each individual.

Independent research shows that Reach helps teenagers to improve overall level of self esteem, optimism, and feelings of control over themselves and their lives.²

² Pallant, J. (2005) The Well-Being in Young People Study. Unpublished Research Study, Swinburne University, VIC, Australia



WHO WE WORK WITH

Our participants are predominantly young people aged 10-18 years of age, inside and outside of the school system. We welcome young people from all walks of life into our programs. Our work also extends to teachers, parents, youth professionals and business leaders.

WHY IT'S SAFE

To ensure the maximum safety and effectiveness of our programs, Reach has an established 'SafetyNet' structure including discreet psychological support for participants and Crew at every Reach program, Australian Council of Child & Youth Organisations (ACCYO) accreditation of Reach's policies and procedures relating to the wellbeing of young people and, working in partnership with other organisations that support young people, providing complementary programs and referrals of our young people for specialist services.

WHERE IT ALL STARTED

Reach was established in 1994 by Jim Stynes OAM (AFL Brownlow Medalist, youth motivator, and Victorian of the Year 2003) and Paul Currie (drama coach and film director). Since its inception, Reach has run preventative programs positively impacting hundreds of thousands of young Australians.

WHAT WE VALUE

Growth – challenging ourselves to explore the unknown and break out of our comfort zones

Integrity – aligning our words and actions

Passion – demonstrating heart, fire, inspiration and strength in all that we do

Honesty – being authentic and open with the courage to speak from our hearts

Connection – engaging with trust, understanding and vulnerability

Respect – appreciating and valuing people, opportunities and property.

HOW YOU CAN SUPPORT REACH

Individuals can join the Reach Dreams Foundation as supporters or donate on-line by going to www.reach.org.au. Your donation will be fully tax deductible.

If your company, trust or foundation is interested in supporting Reach, please call us on +613 9421 0900. We would be delighted to sit down with you, discuss your objectives and see just how you can support Reach financially, through in-kind donations, service offerings or volunteering.

Individuals interested in volunteering or becoming Reach supporters should read the information available on our website or telephone us on +613 9412 0908.