



the YOUNG BOXING WOMAN project

IMPACT STATEMENT 2017 /18

6 Youth Centres
14 Schools
3 Adult programs
4 School Holiday Programs
12 One Day Workshops
415 Participants
3 Peer Mentors

SUBIACO



With over 45 participants this program has created, 3 peer mentors, who began as participants, then continued growing through the YBW community to become trainers and paid employees themselves.

Embodying 'if they can see it they can be it', female leaders have come down to box with our participants and talk about their journeys, including: Grace Mugabe, winner of Aim for Stars, Sisonke Msimang, Claire Stokes, Dr Nicky Howe, Samantha Bowen, Rachel Wilson, Bella Ndayikeze, Sunili Govinnage, Louisa "Lulu Bang Bang" Hawton and Marion Fulker.



COCKBURN

This program is inclusive to all abilities including high needs and supported places, with over 26 participants in attendance, ranging in ages from 11 to 16.

"(YBW) has not only taught our young women, but also provided them with a safe space to learn, bond and aspire to great things."

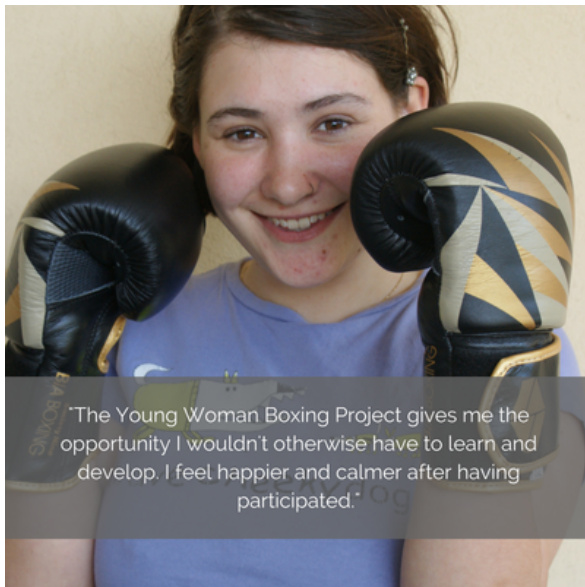
- K.Mulford, Cockburn Youth Centre



FREMANTLE

Our original program continues to grow, now running two consecutive sessions allowing us to expand our support to young girls in times of transition; from primary school to high school, high school to university and then into the workforce.

We continue to focus on connecting our participants with local services and supports such as Headspace, PCYC and YEP.

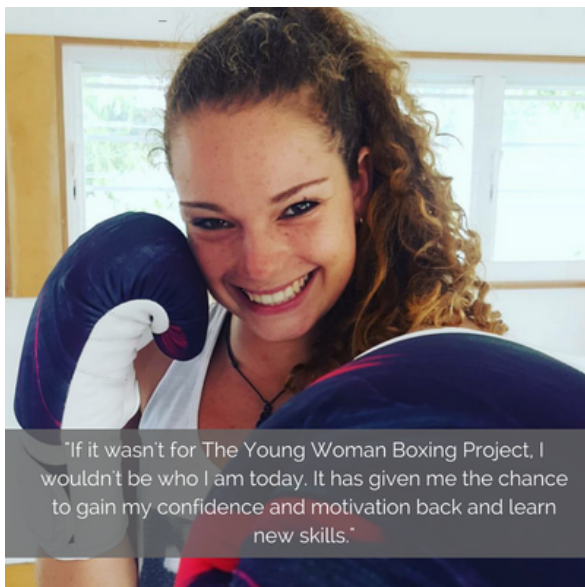


"The Young Woman Boxing Project gives me the opportunity I wouldn't otherwise have to learn and develop. I feel happier and calmer after having participated."

KWINANA

In collaboration with the city we ran a targeted program, to support the young women in the challenges they were facing.

Participant pre and post surveys indicated that following the program, the participants were more confident to speak out in mixed gender or mixed age groups, felt better about themselves, had increased confidence to handle conflict and felt better informed on where to access advice on health and safety issues..



"If it wasn't for The Young Woman Boxing Project, I wouldn't be who I am today. It has given me the chance to gain my confidence and motivation back and learn new skills."

WILLAGEE

Working alongside indigenous youth workers, to engage the Aboriginal youth and support the creation of healthy mental and physical habits and connection to community Using a strengths based approach, to increase protective factors, and self-advocacy.



"I never saw myself as the type to box but during The Young Woman Boxing sessions, I realised there really is no 'type'. When I started participating, I realised I don't have to box with the aim of competing. I can do it for enjoyment."

BELMONT

Supporting YMCA in their ongoing youth program at The Base. Working with the young women creating internal resilience factors and increased confidence. with a focus on accessing and creating, protective supports and networks.

CHANGE CHAMPIONS

A holistic program supporting students as they transition from primary school to high school. Increasing school engagement, reducing anti-social behaviors and assisting students in developing healthy and supportive social networks and community.

This culturally sound program covering sexual development, resilience, developing good relationship, mental and physical wellness. This unique approach allows students to be leaders and create change for themselves and their school.

Special thanks to Simone Ryan for creating this program, her ongoing efforts in bringing all the agencies together and her liaising with schools to find the best way to facilitate this within their curriculum.





MAKE YOUR MOVE

Leveraging the evidenced based links between physical achievements in sports and achievement in education and career, our program blends physical challenges with facilitated workshops. Using a strengths-based approach to increase protective factors and self-advocacy. Creating healthy mental and physical behaviours and habits.



Melville Highschool
Kings College
Gilmore College
Aranmore Catholic College
Fast Track
Communicare Academy
Caralee Primary School
South Lake Highschool



HIGHLIGHTS

Eva, a Master's student from the Netherlands, completed her research thesis on the topic of boxing as a health intervention for young women to promote mental health and physical wellness. She spent four months in Perth, studying and participating in our programs.



MLC and King's College Presentations

Millenium Kids

Annual Conference

International Women's Day

at the Edmund Rice Centre

International Day of Sport for

Development and Peace

NAIDOC at Gilmore College

Thrive 2018.

GLOBAL SHAPERS

As a part of the UWA Social Impact Festival, Global Shapers Perth held a pitch night at The Platform. Founder Lisa Longman, with the support of peer mentor Claire Birch and participant Sara Bergmann represented YBW at the event. The event consisted of 4 Perth changemakers pitching their ideas to a room full of voters. With clear delivery and evident passion, Lisa's pitch won the event, securing \$500 in funding. This will go towards supporting Claire as she sets up a new program to increase the impact and accessibility of the project.



POSITIVE PATHWAYS

Our partnership with Zonta House, facilitating 'Keeping Safe' workshops for survivors of DV has now expanded to a youth program 'Positive Pathways; which works to build emotional resilience and self-advocacy.

"The feedback we get from the participants confirms that they benefit greatly from the boxing classes. One client commented during a class that she didn't realise she had any fight left in her until she began doing some of the boxing moves. Learning boxing for these women addresses their mental state just as much as their physical, making it very holistic in its approach"

- V.Buffham, Positive Pathways

MEDIA

Sydney Morning Herald
BroadSheet
Kwinana Community News.

WA Today
Inspired

THE YOUNG BOXING WOMAN PROJECT

ITS BEEN A BIG YEAR

Come and see what
we've been up to
and what we're
planning next!



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