

YOUR CHOICE

Introduction for parents/carers about London's Your Choice programme

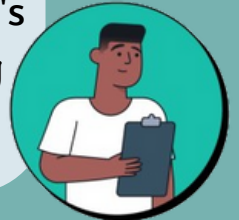


Your Choice is a new programme that aims to support young people affected by violence to stay safe in their community. On the programme, young people work with a specially trained Your Choice 'coach' for 12 to 18 weeks.

The Your Choice coach can support with:

- Working towards positive goals based on the young person's interests
- Trying out new activities and behaviours, such as sports and music
- Connecting young people with positive influences in their community

Children and young people aged between **11 and 18** can be identified for the programme by professionals who are worried about a young person's safety in the community. It is hoped that during the programme young people will learn new skills to help them to make safer choices.



What have young people and parents said about the Your Choice programme?

"[Working with practitioner] really opened my eyes about who you surround yourself with makes an image of who you are"

Young person on the Your Choice programme*

"Helping my son to define his desired outcomes and getting him involved in making decisions about his life has been a welcomed approach"

Parent of a young person on Your Choice programme

[Watch this video for more information about Your Choice](#)

*(Cattan et al., 2023, p.88)