



# YOUTH MENTORSHIP PROJECT

## LITTLE HEROES PROJECT

Little Heroes Project Charitable Trust focuses on providing mentoring and support to young people across Aotearoa.

Our Mentorship Project delivers a strengths based approach to youth development and helps, in particular, young women overcome the barriers that prevent them from fully engaging in education, employment and social activities.



# RESEARCH AND DEVELOPMENT

The LHP Mentorship Project seeks to provide mentorship, support and alternative coping strategies to help youth, in particular, young women, to overcome the barriers that prevent them from fully engaging in education, employment and social activities. We are committed to improving personal outcomes for young people who are experiencing anxiety, depression and social exclusion in their day to day life.

We have been working with youth, specifically young parents, across Aotearoa for the past two years and with support from other community based youth organisations, we have created a programme which provides space, time and support for young people to address these issues and find new ways to develop strong relationships and better coping mechanisms in our fast paced world.

Based on two years of research and development, we have developed a strength-based approach to youth development which focuses on identifying and building upon young people's natural talents, feelings, and behavior. This approach emphasizes the strengths of clients and views them as resourceful and resilient in the face of adversity. By focusing on strengths rather than perceived weaknesses, young people can learn more about themselves and how they can be successful. This approach can also result in more successful academic achievement and effective teamwork. The skills and abilities of the client are viewed as the platform on which recovery will be built.



## INTENDED IMPACT

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### IMPACT 01

#### MORE CONNECTED YOUNG PEOPLE

We seek to provide a voice for youth, particularly young parents, who are struggling to find connection in their communities.

### IMPACT 02

#### ACCESS TO RELEVANT EDUCATION/MĀTAURANGA

We seek to provide learning opportunities that focus on the learner/ākonga, their education, their community, their wellbeing and their transition into meaningful employment and other educational pathways.

### IMPACT 03

#### EQUITABLE OPPORTUNITIES TO SUCCEED

We seek to care for others/manaaki by providing a safe and inclusive space for everyone to learn, grow, work and achieve. We remove the fear of failure by creating an environment where success looks different for everyone and personal achievement is celebrated.

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## PROGRAMME OVERVIEW



We have engaged highly skilled, qualified and police vetted mentors who work with our young people either one-on-one or in group/workplace settings to provide support and guidance to each participant over a 10-12 week period (or longer if required).



Participants are paired with a mentor and a full assessment of their needs/wants/barriers and education/employment/social goals is undertaken and personal goals are set. Other key contributors and medical professionals are engaged, where appropriate, to provide a full wrap around service to address personal barriers.



Mentors actively support participants to engage in educational, employment and social activities. This includes but is not limited to attending appointments, filling out forms for further training/education, seeking further counseling where required, applying for jobs, seeking appropriate whanau and community engagement and any other activity deemed appropriate through the assessment phase.



Participants are offered an opportunity to engage in a transition to work experience, where they will be part of a team and learn basic work skills whilst building their personal confidence and community engagement. We have links with The GET Group School Holiday Programme, Katoa Mount Store & Katoa Food Trucks where young people are inducted into the workplace, encouraged and supported to develop their individual strengths and over time can apply to become paid staff members.

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## KEY CONTRIBUTORS

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Little Heroes Project works with a number of organisations and community groups which form a core group of key contributors to the project. We continually seek insights from these, and other community groups, to ensure we are considering all the mitigating factors facing youth, particularly young women, today. To follow is a list of key contributors we are currently engaged with and who continue to participate in the delivery of the Mentorship Project.

Association of Teen Parent Educators NZ

NZ Secondary Schools

Whānau Āwhina Plunket

APM - health and human services organisation

Whakatohea Social & Health Services Trust

The GET Group - Champions of Education

Te Kura | Te Aho o Te Kura Pounamu

The Kindness Collective - spreading kindness to Kiwi families

Island Child Charitable Trust - transitional housing provider

# RESEARCH POLICY & PROCEDURE

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The purpose of this policy and procedure is to outline the guidelines for conducting research at Little Heroes Project (LHP). Our organisation is committed to conducting ethical and high-quality research that contributes to our understanding of the barriers that prevent youth, particularly young parents, from fully engaging in education, employment and social activities, thus creating detrimental cycles of personal anxiety and social exclusion. This policy and procedure has been developed to ensure that all research activities are conducted in an ethical, responsible, and professional manner.

## POLICY

- 1. Ethical Considerations:** All research conducted by LHP must adhere to the ethical standards set out by relevant national ethical guidelines. All researchers must obtain informed consent from participants, maintain participant confidentiality, and ensure that research does not cause harm or distress to participants.
- 2. Funding and Conflict of Interest:** All research conducted by LHP must be transparent about its funding sources and potential conflicts of interest. Researchers must disclose all funding sources and any potential conflicts of interest to participants and in any publications or communications related to the research.
- 3. Participant Recruitment:** All participants in LHP research must be recruited in an ethical and transparent manner. Researchers must provide clear and accurate information to potential participants about the study, and ensure that participants have the opportunity to ask questions and make informed decisions about their participation.
- 4. Data Collection:** All data collected by LHP must be done in a responsible and professional manner. Researchers must ensure that all data collected is accurate, reliable, and valid. Researchers must also maintain the confidentiality of participant data, and take appropriate measures to ensure the security of data collected.
- 5. Data Analysis and Dissemination:** All data analysis conducted by LHP must be done in a transparent and ethical manner. Researchers must ensure that data analysis is accurate and unbiased, and that any conclusions drawn from the data are supported by the evidence. All research publications and communications must be accurate, honest, and transparent.

## PROCEDURE

- 1. Approval Process:** All research conducted by LHP must be approved by the Board of Directors of the Charitable Trust before it can begin. Researchers must submit a research proposal to the Board, including details of the research methodology, participant recruitment and consent process, data collection and analysis methods, and funding sources.
- 2. Informed Consent:** All participants in LHP research must provide informed consent before they can participate. Researchers must ensure that participants understand the study objectives, methods, potential risks and benefits, and their right to withdraw at any time.
- 3. Data Collection and Analysis:** All data collected by LHP must be done in a professional and ethical manner. Researchers must ensure that data collection methods are appropriate for the research question, and that data is accurate, reliable, and valid. Data analysis must be conducted in an unbiased and transparent manner, and any conclusions drawn must be supported by the evidence.
- 4. Dissemination:** All research findings must be disseminated in an ethical and transparent manner. Researchers must ensure that all publications and communications accurately represent the research findings, and that any potential conflicts of interest are disclosed. All research publications and communications must also respect the confidentiality of participants and protect their privacy.

## CONCLUSION

This policy and procedure is intended to guide the ethical and professional conduct of research conducted by LHP. All researchers must adhere to the policy and procedure, and any breaches of the policy may result in disciplinary action. LHP is committed to conducting high-quality research that contributes to our understanding of the the barriers that prevent youth, particularly young parents, from fully engaging in education, employment and social activities, thus creating detrimental cycles of personal anxiety and social exclusion..