

# RisKit Programme

## We Are With You

### Young Person's Drug & Alcohol Service

#### What is RisKit?

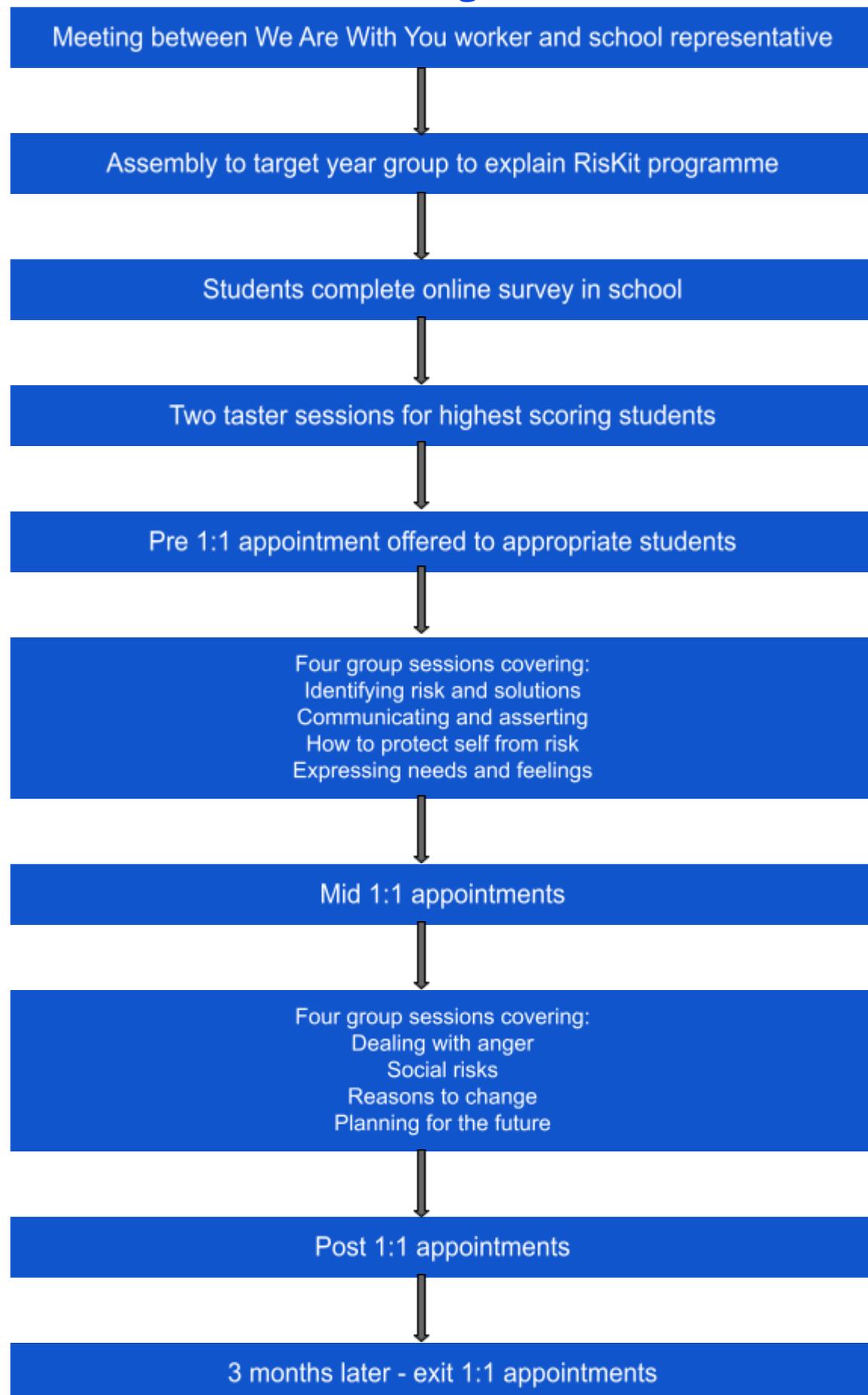
RisKit is a multi-component risk reduction programme for young people who are vulnerable to risk taking behaviour including drug and alcohol use, early and unprotected sex and offending.

It was developed, in consultation with young people, through a review of research literature and has been updated to respond to social trends across the UK.

The RisKit programme is delivered by experienced Early Intervention practitioners working in collaboration with a range of other specialist agencies to ensure that RisKit reflects the ever-changing needs of the participants.

The RisKit programme is targeted at young people who are age between 14 and 16 years old and aims to help them explore the reasons why they might take risks in order to help them reduce or avoid risk-taking behaviour.

## Content of the RisKit Programme



## RisKit Evaluation

Both qualitative and quantitative data is used to evaluate the progress and success of the RisKit programme.

For the quantitative evaluations we use the Timeline Follow-Back questionnaire for recording outcomes in drug and alcohol use, self-harming, smoking, and sexual behaviour. We also use the Short Warwick-Edinburgh Mental Wellbeing Scale and the Adolescent Risk Behaviour Survey for recording outcomes on emotional wellbeing and general risk taking behaviour. Early Intervention practitioners will administer the questionnaires with young people during one-to one sessions at entry, exit and follow-up. They will record who filled out each one in order that individuals can be tracked between interventions.

The qualitative evaluation will aim to examine the ability of the programme to engage young participants, and the views of the participating young people, workers and schools on the process and effect of the programme.