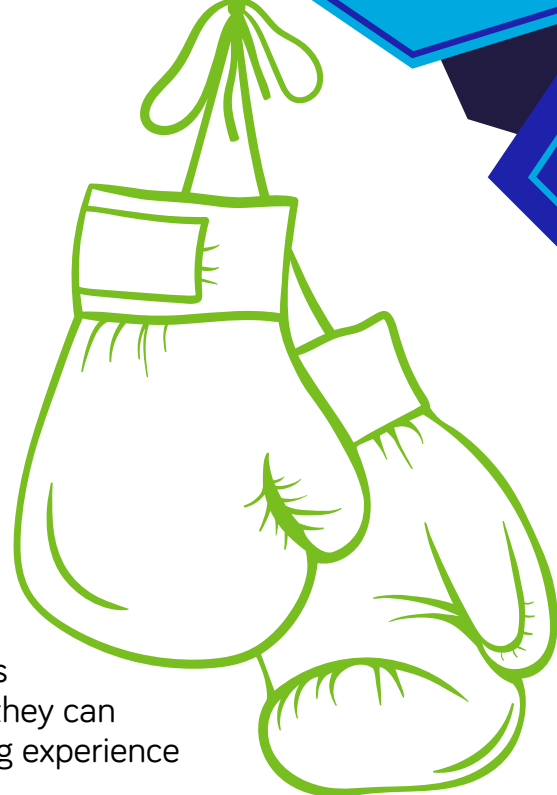




BoxSmart is a targeted youth intervention project aimed at young people aged between 11-17 years.

The BoxSmart project has been designed to give young people the opportunity to learn the techniques and disciplines of boxing, martial arts and other physical activities. In return, they can earn valuable awards and qualifications, making it a rewarding experience both physically, mentally and personally.



Free course for teens



12-week course

The course will explore current issues faced by young people including social media pressure, risk taking behaviours and consequences, substance misuse, exploitation and how to stay safe in their community.

Participants will be fully supported, meet like-minded others, and develop their teamwork motivation and collaboration skills.



SCAN ME



Alternatively, scan
the QR code to
make a referral!





BoxSmart

On the Ropes

BoxSmart is a targeted youth intervention project aimed at young people aged between 11-17 years, living in Essex and Thurrock.

Referrals can only be taken for planned courses that have been advertised in your local area. These courses are in partnership with local community sports and mentoring coaches.

Who can be referred?

- Young people who may be at risk or already involved in anti social behaviour or youth offending in their community
- Teenagers more vulnerable and at greater risk of exploitation
- Young people at risk of school exclusion or on reduced school timetable
- Teenagers who would benefit from learning new skills to keep them safe

Who can refer young people?

- Youth justice services
- Education organisations
- Community wardens
- Statuary agencies
- Parent and guardians

How do I refer?

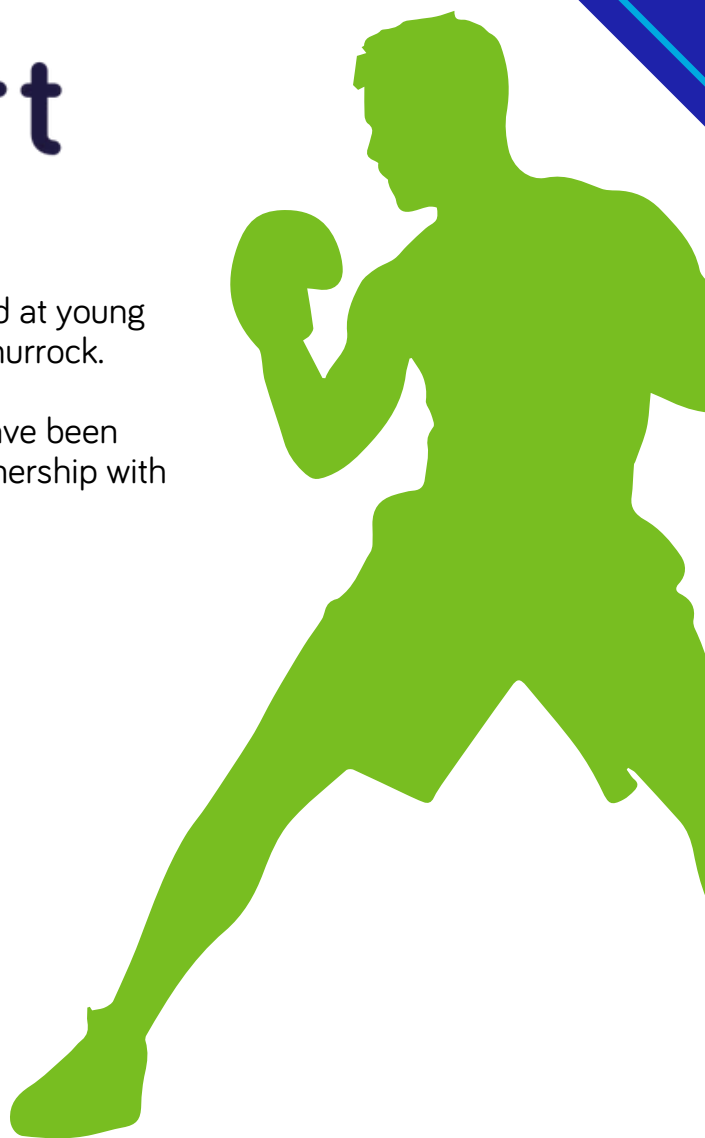
Please see and follow the information given on the relevant, local BoxSmart On The Ropes posters. Any questions or support, email:



suzanne.page@activesessex.org

The projects looks to achieve changes in negative behaviours, reduce conflict within the home and community, improve self-control and increase confidence.

Increased engagement with sports and physical activities and an understanding of the benefits will promote positive mental and physical wellbeing.



activesessexfoundation.org

