

The background of the entire page features silhouettes of a diverse group of people jumping joyfully against a clear blue sky. A vertical green bar runs down the center of the image, containing the text. The overall mood is one of positivity and community.

**Queensland
Blue Light
Association Inc**

**QBLAI
EDGE**

Program Overview

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Alcohol
and Drug
Foundation



Local Drug Action Team Program



An Australian Government Initiative



EDUCATE
DEVELOP
GROW →
EMPOWER

Queensland Blue Light and Blue EDGE

Queensland Blue Light Association Incorporated (QBLAI) is a not for profit organisation run by Police and Civilian Volunteers.

QBLAI is funded primarily through the support of our Corporate Club contributors, government and community grants, and the Queensland Police Service.

QBLAI supports Queensland Youth under the age of 18 years through the provision of safe, suitable programs and activities in an environment free from alcohol, drugs and violence.

This includes our regularly held events throughout Queensland monthly, as well as annual Youth Development and Youth Leadership Camps.

Blue Light's Mission

Enhance the lives of youths under 18, especially those at risk, enabling them to achieve their highest potential by fostering a better relationship with the police, their parents and the community.

Aims

- Reducing youth crime through prevention;
- Build positive relationships between the police, young people, their family and their community;
- Partnering with communities;
- Empowering young people to reach their potential;
- Enhance community safety.

What is Blue EDGE?

Blue EDGE (Educate, Develop, Grow, Empower) is a program of physical training designed to extend a young person's mind and physical capability. The program also includes career education, motivational speakers and mentoring with a view to having youth actualise their potential.

Outcomes include personal relationships and rapport being built between Police, Blue Light Volunteers and the young people and their families.

The intention of the program is to grow and develop the skills and attitudes young people need to take part in society, now and in the future.

We believe that interacting with young people will encourage participants to be receptive to good guidance and have respect and trust in the police as they mature.

We believe that the interaction between young people, the Police and Blue Light is making a positive and sustainable difference in people's lives.



What is Blue EDGE?

The program runs for eight weeks, with two training sessions per week to build routine. It finishes after the 8th week with a graduation day named 'The Final EDGE'. During the Final EDGE, each young person will engage in physical activities as an individual and a team member, and celebrate their completion of the program.

Each group will be made up of a mixture of at risk young people and participants that display leadership qualities. The aim of this cross-section is to promote positive behaviours and attitudes, instilling a positive mind-set into students regarded at risk.

Youths aged between 12 and 17 are selected for each program, from three categories, proven to be the correct ratio to achieve success for all participants. Ideally the ratio of male/female would be 50/50.

- 5-7 average children who need some direction/motivation
- 5-7 children identified as at risk
- 5-7 children with leadership potential

Each session includes 30-45 minutes of physical activity followed by breakfast. Each session a guest speaker or a simple life skill session will be completed by participants during their breakfast. Police Staff will also be inter-acting with the participants during each session.

The EDGE program will be making a positive, sustainable difference to the lives of all the participants on each course run, through their experiences of physical, mental and social challenges. They will also be receiving motivational speeches from successful entrepreneurs and sports persons that the youths can aspire to.

An important aspect of this program is that there is no cost involved for the participants. Workbooks and other resources will be supplied free of charge.



When funding permits, any uniform supplied will be at no cost and for the participant to keep. The breakfasts supplied whilst basic, will be hearty and involve no cost to the young person, or their family.



What is Blue EDGE?

Parents/caregivers are encouraged to support the program and their children by helping with preparing and cooking of the breakfast where possible. Costs are covered by donations and sponsorship from the community. Income and expenditure for the program will be managed through the State Association.

This project is run by Blue Light volunteers, Police and School staff supported by a fitness instructor with the view to encourage other community partners to participate e.g: youth service providers / workers and figureheads from the community. Police will be instrumental in the initial set up of Blue EDGE and will continue with the program once established, with support from the community.

Expected outcomes of this project are to increase confidence and self-awareness of strengths and weaknesses in participants, instil discipline and raise self-esteem. This is through physical training sessions designed to challenge youth physically, mentally and socially.

Blue EDGE aims to empower youths to realise their full potential and make responsible decisions regarding their future.

There is evidence of the success of life-skills programs with skills obtained through completing the EDGE program, both in those participants who are leaders, but more importantly in the success of the turnaround of the lives of at risk youth.

Evaluation

Blue EDGE uses participant and staff questionnaires to evaluate the success of the program. This includes entry, exit and follow-up questionnaires.

QBLAI has engaged in the services of a professional evaluation and review company that analyses the overall success of Blue EDGE program.





EDGE

1 & 1/2 hours per day x 2 days
per week x 8 weeks.



6.50am - Arrive at venue,
change into **EDGE** workout gear,
ready for 30 - 45 minutes of physical
activity. This will be **FUN** and **CHALLENGING!**



● Hit the showers,
change into a clean school
uniform ready for the day ahead.



**Breakfast. Yum! The most
important meal of the day. Healthy,
hearty food to power your mind and body.**

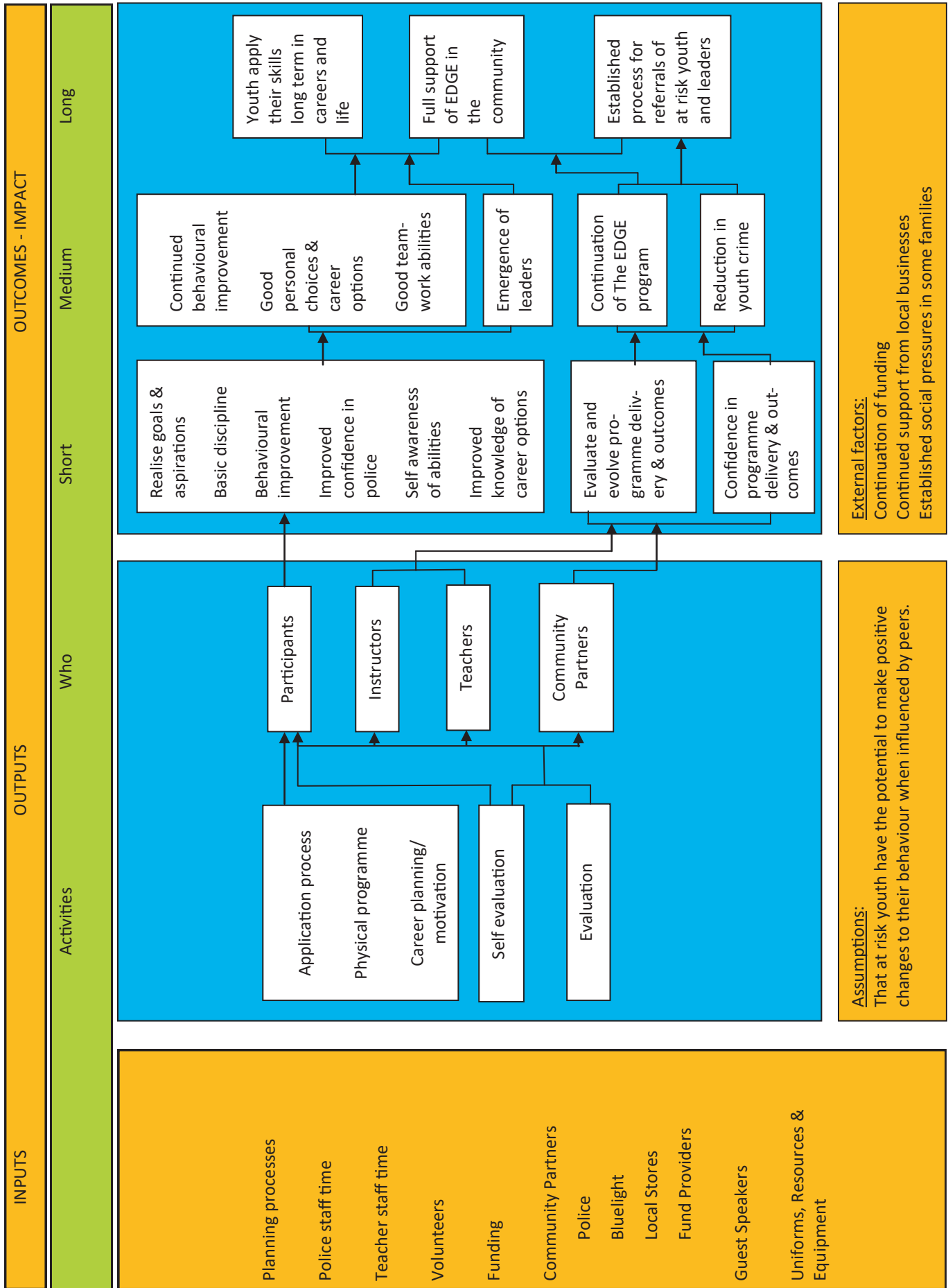
● **Interactive mentoring
& life skills sessions by Police
Officers & community role models.**

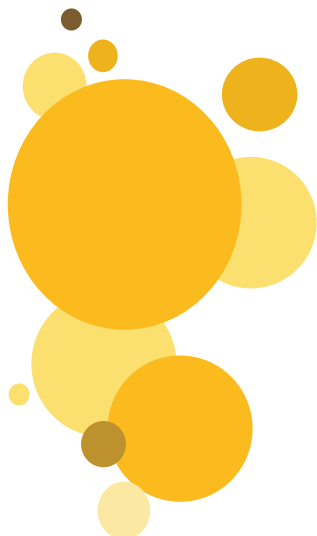


**Go to school.
Energised mind and body.**

Logic Model Blue EDGE Program

Situation: The intention of the program is to grow and develop the skills and attitudes young people need to take part in society, now and in the future.





PRIDE ENCOURAGE
POWER
STRENGTH

EDUCATING **ACHIEVE**

BLUE EDGE

FOCUS **EMPOWERING** **DEVELOPING**
DEDICATION

TEAMWORK

ENERGY
GROW
EMPOWERING

