

## LIFESTYLE CHALLENGE 2017

Our children do an amazing job every year organising lots of different Lifestyle projects and they make us very proud of the young people they are growing into.

Lifestyle 2017 is now up and running and we would like to invite you to take part along with the young people you work with or promote this to any young people you may know. Below is a little information on the project – you can see videos about this year’s Lifestyle via the links below and can sign up at [www.humberside.police.uk/Lifestyle](http://www.humberside.police.uk/Lifestyle) or [www.humberside.police.uk/registering-lifestyle-team](http://www.humberside.police.uk/registering-lifestyle-team)  
<https://youtu.be/NTazOHCurEw> - Junior Video 10 – 13 years old

### Lifestyle

Since 1989 Lifestyle has encouraged young people in the Humberside area to spend their summer holidays raising money, helping vulnerable members of society and leaving a lasting legacy in their communities. Whilst Lifestyle creates many positives for local communities and their residents, it also gives local officers the opportunity to engage with young people building lasting relationships and helping to divert them away from Crime and Anti-social Behaviour.

Lifestyle is for young people aged 10 – 18 and there are 3 Lifestyle Categories (10 – 13 years, 14 – 18 years and Youth Division). Lifestyle aims to include children from all backgrounds within the projects and works with local youth groups and other organisations to help reach young people wherever they are. Lifestyle challenges young people to form into teams of between 2 to 5 friends and decide upon a project to help others during the summer holidays. The project is promoted in over 400 schools throughout our region by Humberside Police and successfully attracts around 4,000 young people annually. In the time the project has been in operation over 160,000 young people have taken part in the scheme working in excess of 2 ½ million hours.

Not only does the project give young people the chance to Make A Difference to their communities Lifestyle also changes the lives of those taking part. One parent who was an adult advisor for a team in 2015 said, “In terms of involvement, dedication, communication, commitment, confidence, self-esteem and drive from the girls I had never seen them engage with anything like this before. The project (and everything about it) mattered to them like nothing else. They took control of the project; they got involved with the costs and revenue and showed real enterprise. I didn’t expect it and nothing they have done at school has provide such long term powerful and relevant engagement. The outcome of the project was greater than the charity money they raise and the events organised. The true impact is on their skills, learning and preparation for adulthood.”

Katie Hardy

Community Engagement Coordinator – Community Safety Unit -  What If