



# ELEVATED ASPIRATIONS

Restoring the trust between the Police and Young People in the UK

# THE DIAGNOSTIC

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## **A damaged relationship between the Police and the younger members of its community**

At least 25% of all stop and searches are conducted on young people under 17s. Only 53% of young people who had been stopped and searched felt that the police officer had treated them with respect, and only 48% agreed that the police officer had properly explained their rights to them when they were searched. More than half (52%) of children reported that they had **felt humiliated and embarrassed** by the experience and half found the experience traumatic.\*

The IOPC Youth Panel 2021 report found that young people feel that there is lack of trust and understanding by police, a lack of accountability and excessive use of force and escalation

## **Translating into:**

### **> Young people from deprived area are vulnerable and taking a path towards offending**

Young people aged 10 to 17 make up almost 40% of the offending population (MoJ 2015). Research from the Crime and Policing commission shows that **confidence in the police is low amongst young people, especially from deprived areas, and that young people need a better mechanism to help them escape criminal exploitation before it is too late.** Young people **feel that the police have no respect for them.** They believe they are mistreated, and therefore are often unwilling to cooperate or comply. The wide-ranging harm done to young people, coupled with a lack of protection, leaves them wide open to physical, mental and emotional damage from an early age.

### **> A lack of attraction towards careers in the Police from the younger generation**

The commission also found that **greater emphasis on the importance of community leadership and the value of role models is required.**



## WHY IS ELEVATED ASPIRATIONS THE RIGHT ANSWER?

### **We specifically work with young people at risk of becoming involved in crime.**

Our participants all come from low-income background in predominantly Black and working class communities. Elevated Aspirations take them on a life-changing journey, that increases their motivation and aspirations, changing worthlessness into success. Through coaching, personal development workshops and real work experience with the Police Forces, we empower young people to have more autonomy over their lives, develop their emotional intelligence and overturn the relationship they have with the police.

### **This journey works both ways: police officers are able to engage with the community**

Make meaningful connections with young people and their families, and have a renewed sense of their own commitment to serve their communities. They feel more confident about addressing young people.

### **This programme directly aligns with the vision of The Trust, Confidence and Engagement Team and the recommendations from the IOPC Youth Panel**

This is an opportunity for the Police engagement towards young people to go beyond social media and leaflets. Nothing can replace real life interaction! It builds trust and confidence from the young people towards the Police, and helps raise young people Aspirations and interest in a career in policing. It contributes to the Police reaching its community engagement objectives of improving policing by consent, and reducing the share of young people in the offending population.

# OUR IMPACT



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- ✓ **Elevated Aspirations restores the Trust between the Police and Young People**
  - 25% increase in level of trust in the police from young people, and 12% increase in the trust from officers towards young people
  - 3x more young participants report having a positive attitude towards the police
  - 2x more young participants believe the police is here to serve their community
  - Participants scored the programme **8.7/10**
- ✓ **The coaching supports the students in knowing who they are and raise their aspirations**
  - 80% of the students reported they have more self-confidence, and feel they are progressing
  - 73% of the participants have developed healthier habits
- ✓ **It also benefits the participating police officers**

The MPS members who took part to the Aspirations programme reported **self-esteem improvement** as police personnel were able to showcase their work to young people and the community. The programme provided increased **positive relationship opportunities with youth**.

100% of officers would recommend it to their peers
- ✓ **An effective engagement platform**

20% of the participating young people signed up to take the **Police Apprenticeship Degree Course** via the Cadets Programme.



*"Police Degree Apprenticeship Programme is something that I really want to do. It is my way of getting into the police and it seems like a great opportunity that I would be able to do."*

Arthur, 17

# ASPIRATIONS IS RECOMMENDED BY MET OFFICERS

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**Ade Adelian**  
Deputy Assistant  
Commissioner

*“What Elevated Aspirations does for policing is **bring young people into a safe space**. It gives us as an organisation **an opportunity to listen to young people**. I would like to see a programme like this get scaled across London to possibly **hundreds and thousands of young people**.”*

**Elevated Minds programmes are recommended by**  
Detective Superintendent Ron Lock – NPCC  
Community Engagement and  
Relations Workstream Co-Ordinator



*“At a time when we are struggling in terms of trust and confidence, **Elevated Aspirations is changing the mindset of young people around the Metropolitan Police**, the organisation and the individuals. I think it's really important we **open those pathways of discussion, listen, learn and develop strategies to create positive change**.”*



**Acting Sergeant Nigel Pearce**  
Trust and Confidence Engagement Team



**PC Nsikan Etuk**  
Trust and Confidence  
Engagement Team

*“**Elevated Aspirations has been one of the most effective programmes the Police have provided for young people**. By providing a platform of engagement for Police and young people to come together **the results have been remarkable**. The feeling this programme provides through being **re-energised and reconnected with the community** is a powerful one that has been **extremely beneficial for policing personnel**.”*

# Programme components and delivery

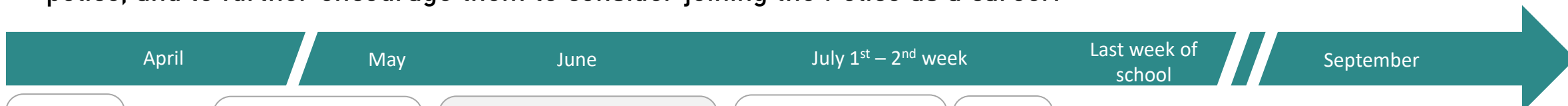


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We propose to deliver the Aspirations Programme to up to 20 Year 10\* or 20 Year 12 students in one school.

- ✓ 20 Year 12 participants
- ✓ 6 to 10 Community Inputs workshops – 90min
- ✓ 10 MPS work experience days in collaboration with the MPS
- ✓ 4 to 10 weeks long, with or without coaching

This programme runs over 10 weeks in total. We recommend to add coaching sessions to ensure a lasting mindset shift in students in their perception of the police, and to further encourage them to consider joining the Police as a career.



Aspirations Recruitment day

Community Inputs workshops  
(1 session daily for 2 weeks)

*Exams*

Police work experience  
(Daily for 2 weeks)

Award ceremony

Weekly individual coaching  
(6 sessions)

Final coaching  
(2 sessions)

Examples of community input sessions

- Dare to Dream
- Who am I?
- Overcoming Adversity
- Creating your Limitless Vision

Examples of Met Insights days

- Forensics
- Met CCC
- Investigations
- Inner London Crown Court
- TSG + Stop and Search

*\*note this is the delivery calendar for Year 12 students. Year 10 work experience can be done at any time and this calendar would be adjusted to start in January, with 1 week of work experience in April*

# ELEVATED MINDS OTHER PROGRAMMES

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While APIRATIONS is our flagship programme in collaboration with the Metropolitan Police Services, we propose other programmes to further repair the relationship between the MPS and the young people. Our proposals for these programmes are available on demand.

## OUR METROPOLITAN POLICE PROGRAMMES

### **Reverse Mentoring**

A 6-month programme combining workshop facilitation, training young people in mentoring skills and reverse mentoring. Young people learn tools that they can use with their mentee via fortnightly workshops led by a qualified and experienced coach/workshop facilitator.

### **Cultural Awareness Training**

Young people lead on delivering training to new MPS recruits every 4-5 weeks. The purpose of this training course is to begin to build confidence and trust in the police from the young people and vice-versa, achieved by the young people highlighting and discussing personal experiences of interactions with the police. An alternative approach to Stop and Search is demonstrated and discussed during the training.

### **Restorative Approaches Breaking Barriers and Building Bridges**

This programme aims to develop positive relationships between the police and young people, by promoting understanding and learning on the part of the young person and the police officer who stopped and searched them. It increases safeguarding support for vulnerable individuals and can inform the training and procedures of stop and search.

# THANK YOU



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# GET IN TOUCH WITH OUR TEAM



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We envision a world where young people and their families are equipped and empowered to know who they are, identify their purpose and raise their aspirations.

[info@elevatedmindscoaching.com](mailto:info@elevatedmindscoaching.com)

[elevatedmindscoaching.com](http://elevatedmindscoaching.com)

07809 148771



**Simon Campbell**  
Project Manager

Si has over 15 years experience in the education sector where he taught Mathematics, was head of year and Pastoral Manager in inner city schools in Birmingham. Si is passionate about supporting young people to live a life where they are reaching their potential, whether they are at risk of exclusion, gifted and talented or anywhere in between.



**Doreen Sinclair- McCollin**  
CEO and Founder

Doreen is a creative professional who has held various positions within the education sector for the past 30 years. Her work with young people is phenomenal, both within mainstream settings and a number of alternative provision settings.

Doreen works closely with parents, which she believes is essential as it significantly impacts their child's attitude toward their learning, self-confidence and self-esteem.



**Akeila Browne**  
Director of Coaching,  
Development and Training.

Akeila has a wealth of experience in coaching, as well as qualifications in Neuro-Linguistic Programming, life coaching, hypnosis, career guidance and development and has completed an MA in Coaching at the University of Warwick. She specialises in helping clients to overcome mindset blocks and become more connected to their genius, resulting in a greater impact, presence and higher performance.



**Our honorary team members:**  
PC Nsikan Etuk and  
DC Parveen Raheeman