“The effectiveness of youth resilience trainings in crime prevention. Looking for practice-based evidence through a systematic review”

Bounce

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Follow-up project of STRESAVIORA (Strengthening Resilience against Violent Radicalisation – 2013-2015).

Development of 3 interconnected and complementary tools aimed at the early prevention of violent radicalisation:

- BOUNCE Young
- BOUNCE Along
- BOUNCE Up
Resilience training program for youngsters (age 12-18)

Psychophysical trainings aimed at strengthening resilience against radical influences

Ten (inter)active group trainings
  → Combination of action and reflection linked with personal experience

Broad setting: youth, education, welfare, leisure

Combination with BOUNCE Along
1. Who and what?
2. Group work → Acquaintance, safety.
3. Talents and strengths → Self-knowledge, self-confidence
4. Standing strong → Psychophysical self-awareness
5. Staying strong → self-awareness, personal boundaries
6. Can you feel it? → Self awareness
7. Information and influence → Critical insights in media.
8. Think about it → Critical insights in prejudices
9. Connected identity → Social identity, knowing resources.
10. Future-proof → positive outlook, sense of purpose
BOUNCE Along

- Awareness-raising tool for parents and frontline workers
- Provides tips, insights and practical exercises for adults in the social environment of youngsters
- Covers 5 topics: ‘a positive point of view’, ‘strengthening resilience’, ‘resilient relations and communication’, ‘concerns and challenging situations’, and ‘information and influence’
Train-the-trainer tool for frontline workers (Youth workers, teachers, etc.)

Instructs in working with the BOUNCE young resilience training program and the BOUNCE along awareness-raising tool

Importance of supporting role of trainers in early prevention of violent radicalization
BOUNCE – STRESAVIORA II : 2015-2017

3 Objectives:

1.) Broadscale implementation of BOUNCE Resilience Tools → on a local level across EU → TTT implementation and tailor-made implementation support;
2.) Development of resilience trainer network among EU Member States → Facilitate exchange of experiences & (promising) practices;
3.) Evaluation of short, medium and long-term effects of the use of the BOUNCE resilience training in prevention of radicalization
Implementation support
Second Phase

- 2017: Selection of 10 cities from 5 EU Member States as pilot cities for TTT session & implementation support:
  - March 2017 – July 2017: TTT sessions;
  - September 2017 – February 2018: Implementation support sessions:
    - Set up BOUNCE Young et BOUNCEAlong-pathway
    - Peer-review / site visits
    - Implementation of BOUNCE into local structures and prevention framework
    - Training radicalisation, link BOUNCE
    - Tailor-made program

- March 2018: EU best practice conference on resilience trainings + workshop – Brussels
Pilot cities

**Belgium**: Leuven, Liège.

**France**: Montreuil, Bordeaux.

**The Netherlands**: Amsterdam, Groningen.

**Germany**: Düsseldorf, Augsburg.

**Sweden**: Malmö, Landskrona.
Following/evaluating the Bounce activities in the pilot cities;

Desk research on resilience projects;

Providing tools how to measure effects of resilience programmes in general and of Bounce in particular.
VI. Conclusions and recommendations
Conclusions

• **Previous research**
  - Limited evaluation studies of resilience trainings
  - Mixed effects of resilience trainings

• **BOUNCEx evaluation**
  - Positive appraisal by participants, High intentions to work with BOUNCE
  - Theory and perspectives rather unclear
  - Promising practices, to reproduce in future BOUNCE activities

• **Practical implementation low**
  → Lessons learnt: Administrative support and facilitation highly necessary

= **PRECONDITIONS**
Recommendations

For trainers

• **Clarify working vision**
  • Main goal: Enhancing youth wellbeing in general (↔ prevention)

• **Streamline implementation support**
  • Participant selection, ongoing coaching, staff performance evaluation...
  • Training outline BOUNCEAlong recommended

• **Communicate clearly**
  • about the expected commitment from all stakeholders
  • about working vision

! Support from policy level needed **before** participant selection
Recommendations

For policy-makers

• Provide financial and organisational support for BOUNCE

• Embed BOUNCE into local prevention strategies
  • Involvement of all local stakeholders
  • Multi-agency approach

• Assign a local BOUNCE coordinator
  • Facilitation of trainers network
  • Contact point for schools, youth organisations...

• Communicate clearly to all local stakeholders
  • about intentions with BOUNCE
  • about assumed preventative mechanisms
Recommendations

For researchers

• **Continuous registration of all BOUNCE actions**
  • Integrate the evaluation into the BOUNCE<sup>Up</sup> training
  • Assign a local evaluator

• **Online platform to exchange outcome data**
  • Possibilities for further (meta) evaluation

• **(Long-term) evaluation of BOUNCE<sup>Young</sup> & BOUNCE<sup>Along</sup>**
  • Further informing decision-making upon (local) prevention policies
  • Increasing academic knowledge on resilience trainings

• **Research the link between resilience and preventing radicalisation**
More information

https://www.bounce-resilience-tools.eu/