



BoxSmart

On the Ropes

12 - Week Course

BoxSmart is a targeted youth intervention project aimed at young people aged between 14-17 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 and gain awards and qualifications.

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.

The course will provide information around sports and other educational/employment qualifications, first aid certificates and volunteering opportunities.

Young people will be fully supported, meet new people, develop skills in teamwork, motivation and collaboration.

