



# Safe & Pretty

*Project Report*

## Executive Summary

Safe & Pretty Program

Coordinated by:

Youth Solutions

Funded by:

Youth Solutions &  
Morpheus Academy of  
Hair & Beauty

This two day training program focused on providing six young women, 16-18 years from the Macarthur Region, with knowledge on how to present and best represent themselves for interviews particularly in the hair and beauty industry.

The program also focused on personal safety issues and interviewing skills.

This was a joint partnership between Morpheus Academy of Hair & Beauty and Youth Solutions.



Training Participants - Tamara, Kiyah, Hayley, Ashleigh, Gemma and Kayleen



Morpheus Academy  
of Hair + Beauty...



Training Venue - Morpheus Academy of Hair & Beauty

### Report Reference:

Executive Summary	1
Objectives	1
Funding Acknowledgment	1
Program Implementation	2-4
Timeline	2
Target Audience	2
Evaluation	4
Reflections	4
Youth Solutions	4

## Objectives

1. Support young women to enter the workforce
2. Develop confidence and knowledge in the job application process
3. Teach skills that will enable them to leave a footprint or stand out
4. Provide young women with the opportunity to experience a private training facility
5. Encourage school leavers to pursue further credentials and learning
6. Create an opportunity for them to actively seek employment
7. Increase young women's connectedness to the community
8. Increase young women's awareness of personal safety issues

# Program Implementation

## Program Stages



### Promotion of the Safe & Pretty Program

The promotion of the program to recruit young women occurred in the following ways:

- Youth Solutions networks and database
- Business Relations at Sunrise (BRA's) Network
- Macarthur Community Forum
- Macarthur Workplace Learning Program

*The Target Audience*

*included six young*

*women, 16 - 18*

*years from the*

*Macarthur Region*

### Recruitment of Young Women to participate in Program

20 young women expressed an interest in attending the two days of training in October 2007 school holidays; two participants were randomly selected from each local government area in the Macarthur Region ie Campbelltown, Camden and Wollondilly.

Since facilitation of the program Youth Solutions has had a further six young women express an interest in attending future Safe & Pretty Programs. A Register of Interest now includes over 20 young women who are interested in attending future programs.

# Training Program

## Program Outline

Time	Day 1 Tuesday 2 October 2007	Day 2 Wednesday 3 October 2007
9.30am	Registration and Welcome Overview of 2 Days Getting to Know You Activity Pre Training Evaluation Survey	Welcome Getting To Know You Activity
10am-12md	Makeup Application	Hair Styling
12-1pm	Lunch	Lunch
1-2pm	Increasing Personal Confidence	Job Seeking
2-3pm	Keeping Yourself Safe	Action Plan for Success Post Training Evaluation Survey Where to from Here?

## Information Collected During the Workshop

In addition to the Hair & Beauty component of the program, participants were asked about their safety issues of concern and then had the opportunity to address these concerns with strategies and solutions.

Safety concerns related to young women 16-18 years living in the Campbelltown area included:

- Stealing, 'P' Plate Driving, Young Boys, Parties, Young 'Underage' Sex, Peer Pressure, Drugs, Alcohol, Paedophiles, Public Transport, Stalkers and Late Night Shopping

Safety concerns related to young women 16-18 years living in the Wollondilly area included:

- Bushwalking (Criminals Loose), Rural Safety (Tractors), Public Transport, Women's Abuse, Travelling Alone, Night Life, Not enough Police, Drugs, Alcohol, Ratio differences of Boys - Girls, Sex and Date Rape

Safety concerns related to young women 16-18 years living in the Camden area included:

- Alcohol and Underage Drinking, Rebellion, Alcohol Poisoning, Death, Decreased Lifespan, Relationship, Health/Sex, Unsafe Sex, Unwanted Sex and Pregnancy

Possible solutions or strategies to prevent or reduce alcohol related harm and increase safety were:

- Hang out with the right crowd
- Schools - Education (peer) like Youth Drug Forum at Airds High School (run by Youth Solutions), Yr 7 - Yr 11 (Ingleburn High School), beer goggles
- Decrease the amount of alcohol you drink
- Planning
- Have a mobile phone
- Arrange transport with a friend or relative that has not been drinking
- Sleep over
- Negotiate with parents re: alcohol use/non use/pick up
- Don't lie to parents
- Tell someone responsible where you are
- Parents call you regularly
- Don't wander off by yourself



Group Work Activity



Hair Demonstration



Practical Exercise



Interview Techniques



Debbie Roberts A/CEO & Program Coordinator of Youth Solutions presents Acknowledgement Certificates to all participants

*"I have gained so much in the last 2 days - new friends, hair, make up & how to keep safe".*

*Program Participant Oct 2007*

## Pre & Post Training Evaluations with Hairdressing Salons

Morpheus Academy of Hair & Beauty coordinated six Macarthur hair salons, *Scissor Talk*, *Hair Projection*, *Phillip Wayne Hairdressing*, *Abode Hair & Beauty*, *Hair Quarters* and *Strands of Colour*, to participate in this program by conducting pre and post interviews with Safe and Pretty participants.

As part of participating in this program each participant was allocated a salon in their area to present to as if they were asking for a job. The aim of the exercise was to provide participants with a real life scenario to reflect upon at training and to measure change in presentation for interview at a salon post workshop.

Five of the six participants completed both pre and post interviews with salons noting definite improvements in four of the five presenting participants. Salons evaluated the following:

- *Appearance*: Overall impression, make up application, hair presentation and clothing suitability
- *Communication Skills*: introduces self, communicated objectives clearly, conveyed enthusiasm, relied to questions clearly, ability to engage in conversation
- *Resume*: presentation of resume, relevance of information included, layout being clear and easy to follow, included enough information to convey skills

## Evaluation

Process evaluation was undertaken at varying points throughout the Project with overwhelmingly positive results. Evaluations included:

- Pre and post evaluation of the Training Program
- Pre and post Hair Salon interviews
- Final evaluation following the completion of the Safe & Pretty Program by Youth Solutions and Morpheus Academy of Hair & Beauty

## Reflections

Considering positive evaluations and interest in future programs it is recommended that the partnership between Youth Solutions and Morpheus Academy of Hair & Beauty continue with the aim of providing a minimum of 3 workshops during school holidays. This is dependant on securing funding or sponsorship. For further information about how you can help, contact Youth Solutions.

## Youth Solutions

Youth Solutions is a non Government, community based, youth drug prevention charity, established to:

- Provide the Macarthur and Wingecarribee regions of NSW, Australia, with a specialist resource in youth drug and alcohol prevention
- Develop and maintain drug and alcohol health promotion activities, in an effort to; prevent or reduce drug related harm among young people

Youth Solutions is a unique service, which aims to prevent drug related tragedies. Our service believes that each young person deserves an opportunity to reach their potential and that drug use takes away that potential. While young people are our primary focus, we also aim to educate, inform and support others who play an important role in their lives.



For information about *Safe & Pretty* contact Youth Solutions:

Mail PO Box 112,  
Macarthur Square NSW 2560  
Telephone + (61) 02 4628 2319  
Facsimile + (61) 02 4626 7844  
Email [info@youthsolutions.com.au](mailto:info@youthsolutions.com.au)

For information about Youth Solutions or other community action projects log on to:

Web [www.youthsolutions.com.au](http://www.youthsolutions.com.au)