

Thank you for sharing your experiences about

RISKY KIDS

WHAT DID WE DO?

La Trobe University researchers visited the Berwick, Maroondah and Albury clubs between May and August 2023.

We conducted:

- 3 focus groups with 15 parents and caregivers.
- 18 interviews with children aged 6-13 years.

We asked about:

- Attitudes to risky play
- Any changes in child since starting *Risky Kids*
- Using *Risky Kids* moves and mindsets outside classes
- The role of the coach



WHAT DID WE FIND?

Conversations with children and their parents/caregivers centred around 4 broad themes ...

1. LEARNING TO NAVIGATE RISK

Children and parents spoke about how children were learning to take risks in more considered and thoughtful ways:

- Challenging yourself
- Thinking things through
- Assessing your environment

“They teach you ways how to make it not risky”

“More focused on how he does things”

2. RISKY KIDS IS DIFFERENT

Children and parents told us that *Risky Kids* is different from school and other extracurricular activities in several ways:

- Lessons not taught elsewhere
- A safe space for everyone
- Freedom of movement
- Working towards your personal best
- Giving back to the club and community

“they're not competing against anybody, they're pushing themselves”

“you're not taught that at school”

3. COACHES FACILITATING GROWTH AND CHANGE

Children and parents talked about the important role of the coaches and how they were supporting them to achieve their goals:

- Positive role models
- Creating a fun, safe space
- Tailored, supportive goal setting

“They want you to succeed”

“take the fear out of failing”

4. STRONGER MINDS AND BODIES

Children and parents told us about the mental and physical benefits of *Risky Kids*:

- Perseverance to keep going
- Building confidence
- Regulating emotions
- A sense of belonging
- Getting your energy out
- Learning to be a leader
- Future skills for life

“Now I feel really confident”

“So I failed - that doesn't mean that I'll never be able to... you have to practice”

“He's had the resilience to keep going”

WHAT'S NEXT

We are keen to further explore children's program outcomes. Stay tuned for further possible research opportunities!

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ANY QUESTIONS

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