

## OUR THEORY OF CHANGE



Our goal is for young people to reach their full potential and positively contribute to their community and society. For this to occur, young people must stay engaged in healthy behaviour, and in education and employment pathways through adolescence into adulthood.

To help them navigate the challenges of adolescence, and stay engaged in education and employment, young people need positive role models and strong connections to their peers, family, school and the broader community. Opportunities to build and strengthen positive connections are fostered when the community is united by a vision for the future of local young people.

The Community Action Plan lays the foundation for achieving the community's vision by outlining the shared goals of community members and stakeholders. As part of the plan, tested and effective prevention strategies are mapped out to address the community's priorities, and local stakeholders are assigned roles and responsibilities to ensure the plan is achieved collectively.

In order for the Community Action Plan to reflect the realities of the community, decisions about prevention strategies are based on local data. Through the Communities That Care process communities build their capacity to collect data from local young people and make sense of the unique local issues and opportunities influencing healthy youth development.

With a prevention coalition at the front and centre of local efforts, our team supports communities to break down traditional silos and work collaboratively, across sectors, towards a shared prevention agenda. Advancing prevention in any community requires a culture and understanding of prevention as the best way to make sustainable change.

The Communities That Care model of working with communities to understand their local issues, and addressing these issues through tried and tested prevention strategies, is having an impact on communities around Australia.

