Stichting Project
Orthopedagogisch Centrum

"Bon Biní, we're glad you're here!"

In this booklet, you can read **what to expect**, **tips** from other young people, and how we **work together** to ensure a great time at **Stichting Project.**

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OUR CORE VALUES SHOW WHAT WE FIND IMPORTANT – AND WHAT YOU MAY EXPECT TO FEEL EVERY DAY WHILE YOU'RE WITH US.

At Stichting Project we believe that every child and young person deserves a safe, healthy and positive place to live and grow.

Passion. We do this work with heart and soul. We believe in you, even if you're not sure about yourself for a moment. Together we discover your talents and what makes you strong.

Safety. Everything starts with a safe place. A place where you can be yourself, make mistakes and treat others with respect.

Professionalism. Our team knows what they're doing, but they're also just people. They listen, help and work with you on what matters to you.

New perspective. Sometimes it feels like there's no way out. We help you look forward again – to new chances, dreams and possibilities.

Sustainability. We take care of each other, the future and the world around us. Together we build something that lasts.

1.

HI! WELCOME TO STICHTING PROJECT

Moving to a new place can be exciting. Everything is new: the people, the rules, the atmosphere.

But you are **not alone**. Together with the staff and the other young people, we will **slowly build a safe and comfortable place** for you.

You'll get **time to settle in**, and we'll help you understand how things work here.

This booklet tells you everything that's helpful to know.



2.

YOUR FIRST DAY

The first day can feel exciting
that's completely normal.
You'll be given a **buddy** who will show
you around and help you get to know the
daily routine. Your room is your own space,
with a bed, closet and desk.

Other areas - like the kitchen, bathroom
and toilet - are **shared with the group**.
Important items can be **stored safely** or
kept in the office for protection.

When you arrive, you receive a **welcome
package** with **towels, bedding** and
a **key card.** Some items - like medication
or sharp objects - we keep securely
to ensure **everyone's safety**.

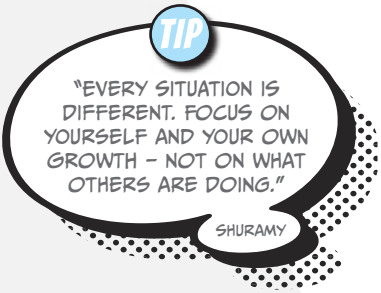


3.

GETTING TO KNOW THE GROUP

You'll live with around **four to eight** other young people.

Everyone has their own story: some heavy, some hopeful. What you share is that all of you are working on a **new start**.



The staff is there to help you: youth **workers**, your **mentor** and a **behavioural specialist**.

At night there is **always someone present**, so you're **never alone** if something happens.

4.

THE FIRST WEEKS

The first weeks are about getting to know each other and feeling at home.
We want you to **feel safe**.
That's why we talk together about what you need and what matters to you.

Your first meeting is the **intake conversation**. Your parents or caregivers and your youth care worker from ZJCN will be there. You'll meet the **team leader, behavioural specialist** and your **mentor**.

With your mentor, you'll create a plan with personal goals: what you want to learn or change, and how we can support you.

In the third week there is a meeting with your parents or people important to you.

Between **week 6 and 8** we discuss and finalise your support plan.

5.

CONTACT WITH FAMILY AND FRIENDS

Staying connected with the people who care about you is important. You can **call** or **message** people who are safe for you, **in agreement with your mentor**.

In the first weeks, you need **time to settle in**.

That means we **decide together** who your closest and safest contacts are usually your parents. You can call each evening, and visits can take place when **agreed**.

TIP

TALK OPENLY ABOUT WHO IS IMPORTANT TO YOU. IT HELPS US KEEP OVERVIEW AND KEEP YOU SAFE.



6.

SAFETY AND RULES

We want everyone to feel safe.

So we have a few clear rules:

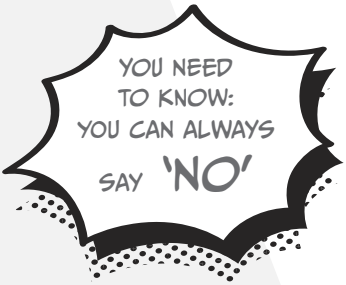
- You may use your device, but with agreed times and places.
- In the beginning you only go outside with staff; later, depending on your age and process, you may go independently.
- We regularly check rooms and bags.
- Drugs, alcohol and weapons are not allowed.
- Cameras are present in shared areas to maintain safety.
- You must always tell staff where you are.

SAFETY ALSO MEANS RESPECT: SPEAKING CALMLY, LISTENING, CONSIDERING OTHERS AND SOLVING PROBLEMS TOGETHER.

1.

ONLINE AND OFFLINE BOUNDARIES

Safety is not only about what happens in the house - it's also about **what happens online**. Online, people may sometimes do things that are not okay: send mean messages, request photos or try to convince you to do something you don't want.



No one has the right to your photos, your body or your time.
If someone bothers you online or offline, or asks something that feels wrong, **tell your mentor** or a **youth worker**.

1.

ONLINE AND OFFLINE BOUNDARIES

You also have **responsibility**:

- Don't bully or send hurtful messages.
- Don't share photos or videos of other young people here.
- Don't do or ask anything sexual.

Devices are used only in shared spaces so staff can support you if needed.
Staff will also regularly talk with you about **online behaviour** and you may be asked to show what you're doing.

There is also a **confidential adviser** you can go to for help with **unwanted behaviour**, such as **bullying** or **sexual situations**.

8.

LOVE, RELATIONSHIPS AND SEX

Falling in love is part of life and growing up. Wanting someone to like you is normal.

But we have **clear agreements** to keep everyone safe:
Romantic relationships between young people living here are **not allowed**.
They influence the atmosphere and your own support process.

That means:

- no kissing
- no sex
- no behaviour that makes others uncomfortable

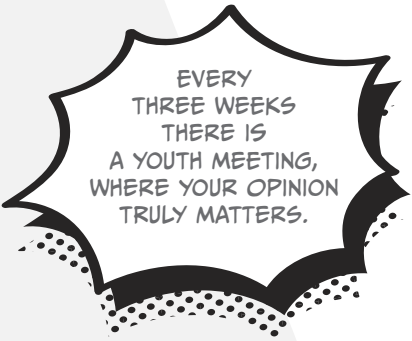
A relationship outside the group - such as with someone from school or sports - is **usually fine**.
We'll talk with you about how to **keep it safe**.

We speak openly about love, relationships and sex, without judgement, so you can learn what **healthy boundaries are yours and others**.

9.

LIVING IN THE GROUP

Living together has ups and downs
- and that's okay.
We eat together, sometimes shop
together, cook and clean together.



School, after-school care and sports
are part of daily life.
Everyone participates; it helps keep
rhythm and look ahead.

One day a week is reserved for activities
related to **your goals and process**.
On this afternoon you cannot schedule
other activities.

10.

AGREEMENTS AND CONSEQUENCES

We expect everyone to treat each other with **respect**. **No bullying**, **no swearing** and **no violence**. Being on time and **keeping agreements** is important.

We focus on what **you do well**. We like to give compliments for **effort, growth** or **courage**.

If something goes wrong, we **talk** about it: What happened? What can you do differently? How can staff help you?

Sometimes you may need a **time-out** to calm down.
Sometimes a warning or consequence **helps**.
We don't want to **punish** - we want to **teach**.

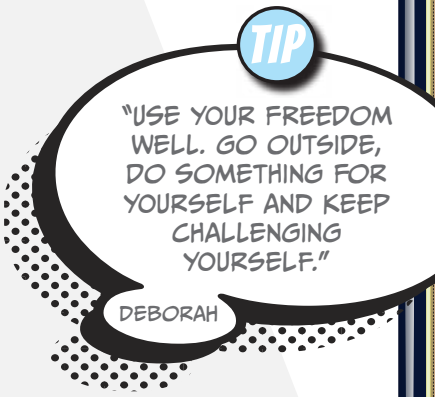
Making mistakes is part of learning.

11.

FREEDOMS AND STEPS FORWARD

At the beginning everything is new and we **set agreements together**.

Later you get **more freedom**, such as going outside alone or planning your day. You build up your freedom **step by step**.



FREEDOM GROWS WITH TRUST.

12.

YOUR DAY

Each day has a **clear rhythm**.

There is time for school, after-school care, internship, sports and relaxation. Some young people receive **therapy**. Your mentor helps you **plan your days** so you keep overview and rest.



13.

PRACTICAL MATTERS AND MONEY

You receive pocket money, depending on your age. You may spend it freely. Your mentor will discuss with you how you want to handle it. If you need clothing, this is discussed with your parents.

Appointments with the **doctor** or **dentist** are arranged together with you and your parents.

We also **help** you with paperwork so you learn to do these things **independently**.



14.

IDEAS AND COMPLIMENTS



If you have **ideas, complaints** or a **plan**, tell your mentor or put a note in the ideas box.

Every **three weeks**, during the youth meeting, we talk about these things.

15.

AFTER YOUR STAY

Most young people stay for about **nine to twelve months**.

During that time, we work together on **your goals and on your future**. After that you move on - to your family, a foster home, a group home, supported living or another place that **fits your situation**.



16.

WHAT TO BRING WHEN YOU MOVE IN

Bring items that belong to you and that you need:

- ○ Passport or ID card
- ○ Personal items (photos, jewellery, book, stuffed animal)
- ○ School bag with school materials
- ○ School and work uniforms
- ○ Clothing
- ○ Pyjamas
- ○ Underwear
- ○ Socks
- ○ Slippers
- ○ Trainers (for school and sports)

If you don't have something, we can sort it out together.

17.

FINALLY

You don't have to be perfect
only willing to learn, grow and start again.
Together we will create **calm,**
safety and **trust**.

You belong here.



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