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Rapport 2



Travellers i Folkeskolen

- forebyggelsesprojekt for sårbare unge med dansk og anden etnisk baggrund

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Udgivet af Center for Selvmordsforskning 2008

**Travellers for Vulnerable Adolescents – Mid-term Report**

**Travellers i Folkeskolen  
- forebyggelsesprojekt for sårbare unge med  
dansk og anden etnisk baggrund**

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Hanne Overkær Rasmussen er underviser og vejleder på forskningsprojektet Travellers v/ **Center for Selvmordsforskning**. Er desuden cand. pæd. i almen pædagogik, samt uddannet krop- og gestaltterapeut.



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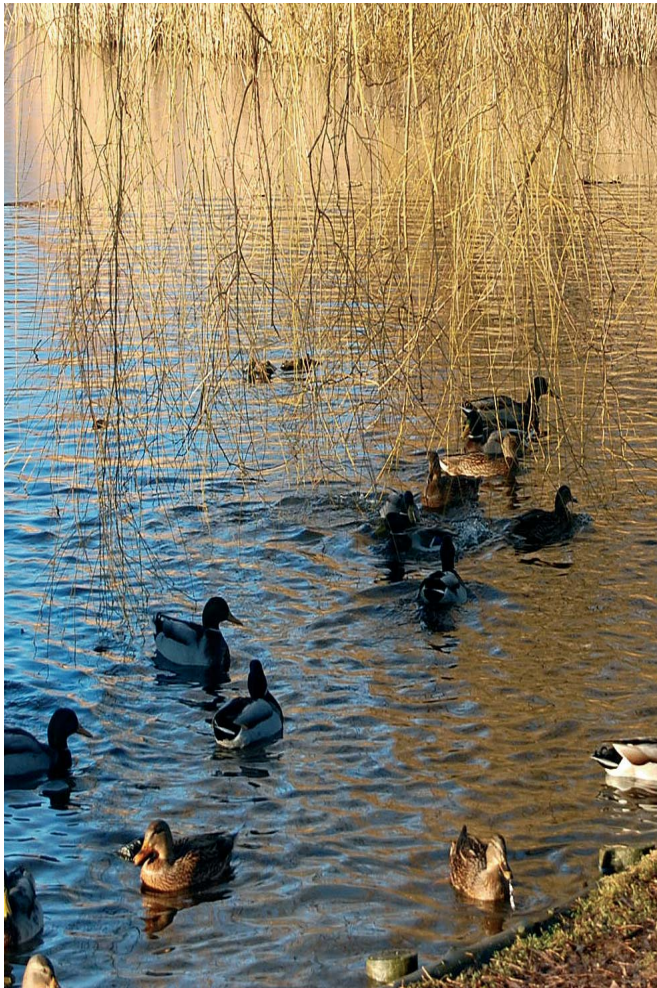
Travellers™ was developed, piloted and evaluated under contract for the The New Zealand Ministry of Health by skylight – in partnership with the University of Auckland's Injury Prevention Research Centre.

## 9. SUMMARY

Travellers is a psycho-education programme designed for smaller groups. The programme is targeted at vulnerable adolescents who have experienced stressful and challenging changes in their lives.

The adolescents participating in Travellers are selected on basis of a questionnaire. The programme consists of 8-10 sessions. Each session focuses on a concept that relates to the whole gamut of emotions, thoughts, and actions of the adolescents.

Thus, attention to and a strengthening of personal



qualifications and the developments of new suitable strategies of action are in focus.

On June 1, 2007, 500 adolescents had participated in the questionnaire. 142 adolescents were subsequently offered participation in the Travellers programme. 25 accepted and 19 have completed the programme. At the time of writing, new surveys are instituted with subsequent offers of participating in the Travellers programme.

The tendency shows that the majority of adolescents offered participation in Travellers are girls with both a Western and a non-Western background. In percentages, twice as many girls with a Western background have been offered participation in Travellers. Possible reasons for this disparity are included in the report. Reasons may include cultural differences in self-knowledge, teen independence, family ties, etc.

In percentages, a small excess of non-Western boys in relation to boys of a Western background have been offered participation in Travellers.

In general, boys score low in vulnerability, and the research group has pondered whether the questionnaire allows for different manners of expressing vulnerability with regard to different culture/ethnic background and different gender.

Based on the evaluations of the adolescents who participated in the Travellers programme it is concluded that, in general, the adolescents have rated their benefit from Travellers to be above average.

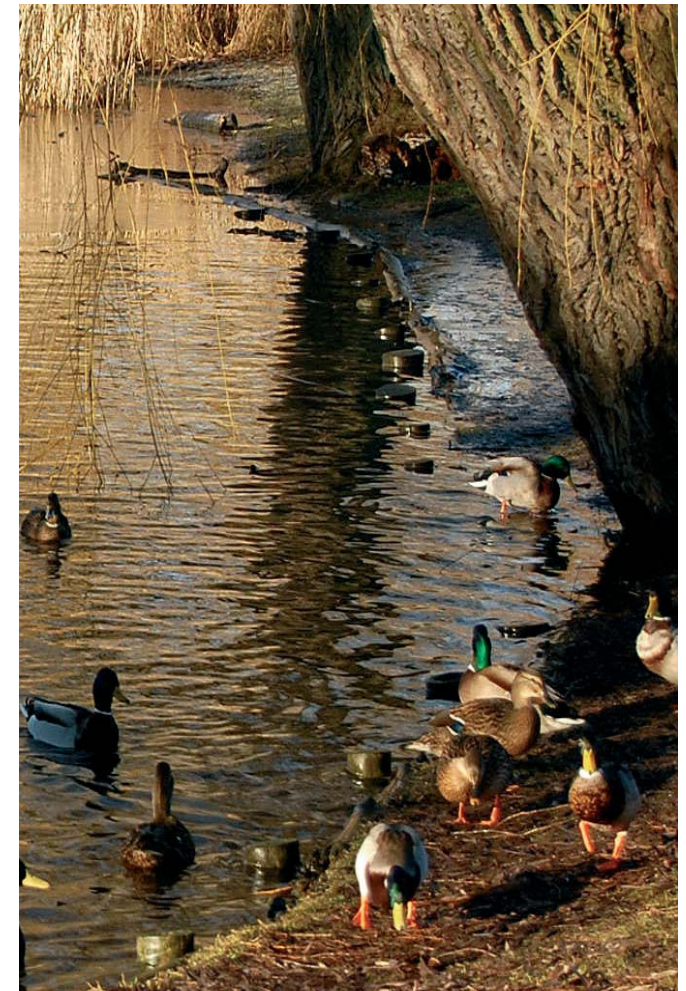
After participation in the Travellers programme, the adolescents are asked to answer the same questionnaire as before they entered Travellers. When comparing the before- and after-answers, it is not possible, at such short range, to measure any pronounced changes in the adolescents' vulnerability and self-harming actions.

## Litteratur

Zøllner, L. (2002): Unges mistrivsel. Center for Selvmordsforskning.

Zøllner, L. (2008a): Unges selvskade. Center for Selvmordsforskning.

Zøllner, L. (2008b): Selvmordsadfærd og resiliens blandt etniske minoriteter i Danmark. Center for Selvmordsforskning.





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