

YOUNG CHEFS, BIG STORIES

» — — — **RECIPE** — — — «



COOK BOOK

INTRO- DUC TION



This cookbook was created as part of a Youth Week 2026 grant from the Department of Communities, under the theme Strength In Our Stories. At Altone Youth Centre (a Youth Futures Initiative), six young people came together for the "Young Chefs, Big Stories" cooking competition, each sharing a dish connected to their culture, family, or personal experiences.

The event brought together members of the local community and other young people to take part in activities, share food, and vote on their favourite dishes. It was a celebration of connection, creativity, and the stories behind the food we make and share.

To continue sharing these stories beyond the event, this cookbook brings together the competition recipes, regular favourites from Altone Youth Centre, and additional recipes contributed by young people who weren't part of the competition.

We hope you enjoy trying these recipes and discover something new along the way.



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COMPETITION COOK-UPS

Recipes from our 2026 YCBS competition



BELLA & JOSZINE'S CHICKEN FETTUCINE ALFREDO

Bella and Jozsine are cousins and both love cooking this dish, having learnt it from their family. They both consider it a yummy and comforting meal, and for Bella, it represents her Italian background.



Youth Pick
2026 YCBS
Comp



INGREDIENTS

SERVES
4-6

- 500g chicken tenderloins
- 1 tsp salt
- ½ tsp black pepper
- 1-2 tbsp olive oil
- 500g fettuccine
- 1-2 tbsp jarred minced garlic
- 1 tsp garlic powder
- 1 tsp dried Italian herbs
- 1½ cups milk
- 1½ cups thickened/heavy cream
- 1½-2 cups grated cheddar or parmesan cheese
- Parsley, for garnish

INSTRUCTIONS

1. Season chicken tenderloins with salt, pepper, and garlic powder. Heat olive oil in a pan over medium heat and cook chicken for 4-5 minutes per side until cooked through. Rest for 5 minutes, then slice.
2. Cook fettuccine in salted boiling water according to packet instructions (8-12 minutes). Drain and set aside.
3. In the same pan, cook minced garlic for 30 seconds. Add milk, cream, and Italian herbs, then simmer for 3-5 minutes.
4. Reduce heat and stir in cheese until melted and smooth. Add pasta and chicken, tossing until coated.
5. Garnish with parsley and serve.

RAY'S CHICKEN CURRY

Whilst this is not a Chinese curry - Ray's cultural background - this is their favourite curry Ray's mum makes. Ray consider's this a comfort meal and says when they have a bad day, this curry takes their mind off of it.



Staff Pick
2026 YCBS
Comp

INGREDIENTS

SERVES
6-8

- 1kg chicken wing nibbles
- 500g-1kg red potatoes
- 1-2 cans coconut cream
- 1 brown onion
- 1x 92g packet S&B Golden Curry mix (your choice of spice level)
- 2 cloves garlic, finely chopped/minced OR 2 tsp garlic paste
- Rice or flat bread to serve

INSTRUCTIONS

1. Peel and cut potatoes into quarters
2. Peel and dice onion
3. Sauté onion and garlic in pressure cooker or large saucepan for 2 minutes
4. Add chicken nibbles and potatoes
5. Add coconut cream until ingredients are covered and mix well
6. Break up Golden Curry mix into pieces and place on top so they don't burn at the bottom (alternatively, you can melt them into a roux and pour in)
7. For pressure cooker: Close and lock lid, set pressure to high, and heat over medium-high heat until high pressure is achieved. Reduce heat to medium low and cook for further 15 minutes.
For saucepan: Bring to a gentle simmer over medium heat. Reduce heat to low, cover with lid and simmer for 35-45 minutes, stirring occasionally until chicken is cooked through and tender, and potatoes are soft.
8. Serve into bowls as is or with rice or flat bread!



BREE'S STUFFED CAPSICUMS

Bree learnt this recipe from their Grandma and has fond memories making it with her. They say this allows her to get creative with spices - preferring to "measure with the heart" than follow a strict recipe.





INGREDIENTS

SERVES
5

- 5 large capsicums
- 500g beef mince
- 1 brown onion, diced
- 1x 30g packet mexican seasoning
- 2 tbsp garlic paste
- 1.5 cups grated cheddar cheese
- [optional] diced vegetables of your choice
- [optional] cooked rice to bulk

INSTRUCTIONS

1. Preheat the oven or air fryer to 180°C.
2. Cut the tops off the capsicums, remove the seeds, and place upright in a baking dish or air fryer basket.
3. In a pan on medium heat, cook the onion until soft. Add the garlic, then the beef mince and cook until browned.
4. Stir in the Mexican seasoning. Add optional vegetables and cook until tender. Stir through optional cooked rice if using.
5. Spoon the filling into the capsicums and top with the grated cheddar cheese.
6. Cook for 35-40 minutes [oven] or 15-20 minutes [airfryer], until the capsicums are tender and the cheese is melted and golden.

DAEJHAN'S ANZAC COOKIES

Daejhan says that, for him, ANZAC cookies represent when Australia and New Zealand fought for their countries. As Daejhan has cultural connection to both these countries, baking this recipe is especially meaningful to him.



INGREDIENTS

**MAKES
10-12**

- ½ cup plain flour
- ½ cup rolled oats
- ¼ cup desiccated coconut
- ¼ cup caster sugar
- 60g butter
- 1 tbsp golden syrup
- 2 tsp water
- ¼ tsp bicarbonate of soda



INSTRUCTIONS

1. Preheat oven to 160°C (or 150°C fan-forced) and line a baking tray with baking paper.
2. In a bowl, mix together the plain flour, rolled oats, coconut, and caster sugar.
3. In a small saucepan, melt the butter and golden syrup over low heat until combined.
4. Remove from heat. Mix the bicarbonate of soda with the water, then stir into the melted butter mixture.
5. Pour the butter mixture into the dry ingredients and mix until combined.
6. Roll tablespoon-sized portions of mixture into balls and place on the tray, leaving space between each cookie. Flatten slightly.
7. Bake for 12-15 minutes until golden.
8. Allow to cool on the tray for 5 minutes before transferring to a cooling rack.

XAVIER'S HONEY CAKE

This is a super special recipe to Xavier and was presented to us handwritten by his mum. Xavier has a sweet tooth and says this his mum's yummiest recipe. With his Russian family background, this 19th century Russian and Ukrainian recipe, also known as Medovik, is especially meaningful to him.



SERVES
8-10

For the cake:

- 1 egg
- 100g sugar
- ½ teaspoon salt
- 75g melted butter
- 100g honey
- 180g flour
- 10g baking powder

INGREDIENTS

For the cream:

- 500ml sour cream
- 50g sugar

INSTRUCTIONS

1. Heat oven to 180°C.
2. Whisk egg, sugar, and salt in a bowl.
3. Mix in melted butter and honey.
4. Stir in flour and baking powder to form a soft batter.
5. Divide batter into 3-4 thin layers and spread onto lined baking trays or cake tins.
6. Bake each layer for 8-10 minutes until lightly golden. Cool completely.
7. Sweeten sour cream if desired.
8. Layer cake and cream, finishing with cream on top.
9. Chill 4 hours or overnight before serving.





ALTONE APPETITE

Recipes from around the world, on rotation at
Altone Youth Centre





MĀORI BOIL UP

When we asked our Māori young people what dish from their culture they would like to cook, boil up was the immediate response. This hearty Māori comfort dish is made by slowly simmering bones, vegetables, and doughboys in a rich broth.

On the day we made it, the pork bones were already simmering when the young people started arriving. One by one, they each said "I smell boil up!" before heading straight to the kitchen to help. It was a real hit, giving them the chance to share an important part of their culture with the other young people.



INGREDIENTS

SERVES
8-10

- 2 kg meaty pork bones
- 1 tbsp salt
- 4 potatoes, peeled and cut into chunks
- 1 large sweet potato, peeled and cut into chunks
- 2 carrots, peeled and cut into chunks
- ½ cabbage, roughly chopped
- 500 g watercress, roughly chopped
- Water (enough to cover bones)

Dough boys:

- 1½ cups self-raising flour
- 1 cup high-grade/bread flour
- 1 tsp salt
- 1 cup hot pork broth (from the pot)



INSTRUCTIONS

1. Add pork bones to a large pot, cover with water and add the salt.
2. Simmer gently for 1.5-2.5 hours - longer for a richer broth and tender meat. Top up water if it gets too low.
3. Add the potatoes, sweet potato, and carrots and cook for 20-25 minutes.
4. Make the doughboys by fixing the flours and salt in a bowl and slowly adding the broth, rolling between your fingers before rolling into 50c coin sized balls in your palm.
5. Add the cabbage and watercress to the pot, then rest the doughboys on top, covering.
6. Boil gently for a final 10-12 minutes until the doughboys puff up.
7. Pull any meat off the bones before serving. Enjoy!



GNOCCHI

Gnocchi are soft, pillowy Italian dumplings that are easy to customise with your favourite sauce. The young people of Altone Youth Centre had fun getting their hands floury and sticky with this one! Such a warm, comforting meal.





INGREDIENTS

- 1 kg potatoes (floury/starchy potatoes work best)
- 1-1½ cups plain flour (start with 1 cup)
- 1 egg yolk
- 1 tsp salt
- Sauce of choice (e.g. bolognese, butter and sage sauce, or jarred pesto)

SERVES
4-6

INSTRUCTIONS

1. Boil the potatoes whole with the skin on until fork tender (about 20-30 minutes). Drain and allow them to steam dry.
2. Peel the potatoes while warm, then mash or rice until smooth. Spread them out and let them cool slightly.
3. Add the salt, egg yolk and 1 cup of flour. Gently mix until a soft dough forms, adding more flour only if the dough is sticky.
4. Divide the dough into portions and roll each piece into a long rope about 2 cm thick. Cut into small bite-sized pieces and lightly press with a fork to create ridges.
5. Bring a large pot of salted water to the boil. Cook the gnocchi in batches for 2-3 minutes, or until they float to the surface.
6. Remove with a slotted spoon and serve with your sauce of choice. We served ours with bolognese, butter and sage sauce, and jarred pesto.



DUMPLINGS

These dumplings, also known as potstickers are a popular Chinese dish featuring savoury fillings wrapped in pastry. They can be served as a snack, appetiser, or meal, and are fun to dip into your favourite sauce! The young people of Altone loved shaping the edges and churning out plates of these - all gobbled up in seconds!





INGREDIENTS

SERVES
4-6

- 30-35 dumpling wrappers
- 250g pork mince
- 1½ cups finely chopped Chinese napa cabbage (wombok)
- ¼ cup finely chopped garlic chives (optional)
- 3-4 fresh shiitake mushrooms, finely chopped (optional)
- 1 garlic clove, minced
- ½ tsp grated fresh ginger (optional)
- 2 tsp soy sauce
- 1½ tsp Chinese cooking wine (optional)
- ½ tsp sesame oil (optional)
- ¼ tsp pepper
- ½ tsp salt
- Vegetable oil
- ½ cup water per batch
- Dipping sauce of choice (we did soy sauce, Kewpie mayo, and chilli oil)

INSTRUCTIONS



1. Finely chop the cabbage and mix with salt. Leave for 15 minutes, then squeeze out any extra water.
2. Add the cabbage, pork mince, shiitake mushrooms (if using), garlic chives, garlic, ginger, soy sauce, cooking wine, sesame oil, and pepper to a bowl. Mix until combined.
3. Place a dumpling wrapper in a dumpling press. Add a spoonful of filling to the centre, lightly wet the edges, and press closed. Repeat with remaining filling and wrappers.
4. Heat a little oil in a non-stick pan over medium heat. Add dumplings and cook until the bottoms are golden.
5. Add ½ cup water to the pan and cover with a lid. Cook for about 7 minutes, or until the dumplings are cooked through.
6. Remove the lid and cook for another minute until the bottoms are crispy.
7. Serve with your favourite dipping sauce.



SUSHI

Sushi is a popular Japanese dish, and a fan favourite at Altone Youth Centre. The young people love this hands-on recipe! So fun to get creative and customise with your favourite ingredients!



INGREDIENTS

SERVES
4-6

- 2 cups sushi rice
- 2½ cups water
- 3 tbsp rice vinegar
- 1 tbsp sugar
- ½ tsp salt
- 6-8 nori (seaweed) sheets
- 1 small cucumber, cut into thin sticks
- 1 carrot, cut into thin sticks
- 1 avocado, sliced
- 1 can tuna, drained
- 2-3 tbsp kewpie mayo
- 1-2 chicken breasts, cooked and sliced
- 2-3 tbsp teriyaki sauce



INSTRUCTIONS

1. Cook sushi rice with water according to packet or rice cooker instructions.
2. While warm, mix rice vinegar, sugar, and salt together, then stir through the rice. Let it cool slightly.
3. Mix tuna with kewpie mayo in a bowl. Toss cooked chicken in teriyaki sauce.
4. Lay a nori sheet shiny side down on a clean surface or sushi mat.
5. Spread a thin layer of rice over the nori, leaving a small strip at the top edge.
6. Add your fillings in a line across the middle (mix and match tuna, chicken, cucumber, carrot, and avocado).
7. Roll tightly from the bottom using a sushi mat or your hands. Seal the edge with a little water.
8. Slice into bite-sized pieces with a sharp knife.
9. Serve as is or with extra soy sauce.



DAMPER

Damper is an iconic Australian bread originating from Aboriginal and Torres Strait Islander peoples. It's a favourite activity at Altone Youth Centre, where everyone loves getting their hands stuck into the dough. Enjoy it warm with butter, alongside a hearty stew, or a coconut chicken curry for an easy, comforting meal.



INGREDIENTS

**MAKES 1 SHARE
DAMPER OR 6-8
INDIVIDUAL**

Traditional damper was originally made with simple ingredients like flour and water. Over time, versions developed to include additions such as salt, milk, and butter for extra flavour and a softer texture.

- 3 cups self-raising flour
- 1 cup milk (or water for a simpler version)
- 1 tsp salt (optional)
- 60g butter, chilled and cubed (optional)
- Extra milk, for brushing (optional)

INSTRUCTIONS

1. Preheat the oven to 200°C and line a baking tray with baking paper.
2. Place the flour in a large bowl. If using, add salt and rub in the butter until the mixture looks like breadcrumbs.
3. Gradually add the milk or water and mix until a soft dough forms.
4. Turn the dough onto a lightly floured surface and gently knead a few times. Shape into a round loaf.
5. Place on the tray and cut a cross into the top. Brush with milk if desired.
6. Bake for 30-35 minutes, or until golden and cooked through.

Alternatively, damper can be cooked over a fire by wrapping the dough in foil and placing it in hot coals, or cooking it in a camp oven until cooked through.

7. Serve warm with butter, jam, golden syrup, or alongside a meal (such as kangaroo stew or coconut chicken curry).





YOUTH YUMMIES

Favourite home recipes from other Altone Youth Centre young people.



EVERLEIGH & KYLAH'S FRIED RICE

Everleigh and Kylah are cousins who love spending time together in the kitchen, cooking delicious meals for their family. They enjoy trying new recipes, but they both agree that their signature dish is fried rice.





SERVES
3-4

INGREDIENTS

- 3 cups cooked, cold rice
- 250-300g peeled prawns
- 2-3 cloves garlic, minced [or 1 tbsp garlic paste]
- 2 spring onions, sliced (white and green parts separated)
- 2 eggs, lightly beaten
- 2-3 tbsp garlic sauce
- 1 tbsp oil

INSTRUCTIONS

1. Heat oil in a large frying pan or wok over high heat.
2. Cook the prawns for 1-2 minutes per side until pink and cooked through. Remove and set aside.
3. Add the garlic and the white parts of the spring onion. Stir-fry for 30 seconds until fragrant.
4. Push everything to one side and pour in the beaten eggs. Scramble until just cooked.
5. Add the cold rice, breaking up any clumps, and stir-fry for 2-3 minutes.
6. Stir through the garlic sauce until the rice is evenly coated.
7. Return the prawns to the pan and toss until heated through.
8. Sprinkle over the green parts of the spring onion and serve immediately.

EVE'S SPAGHETTI BOLOGNESE

Eve's Dad used to be a chef and he taught her this recipe. She loves cooking at home for her mum and little sister. Some of Eve's favourite dishes to cook are tacos, white sauce pasta, and sweet potato fries, but her very favourite is this spaghetti bolognese.



INGREDIENTS

SERVES
3-5

- 500g beef mince
- 375-500g spaghetti
- 1 zucchini, diced
- 1 jar Dolmio Lasagne Sauce
- 1 x 400 g can chopped tomatoes
- 1 pinch sugar
- Salt, to taste



INSTRUCTIONS

1. Bring a large pot of salted water to the boil and cook the spaghetti according to the packet instructions. Drain and set aside.
 2. Meanwhile, cook the beef mince in a large frying pan over medium-high heat until browned.
 3. Add the diced zucchini and cook for 3-4 minutes until slightly softened.
 4. Stir in the Dolmio Lasagne Sauce, chopped tomatoes, a pinch of sugar, and salt to taste.
 5. Simmer for 10-15 minutes, stirring occasionally, until the sauce has thickened and the zucchini is tender.
 6. Serve the beef sauce over the cooked spaghetti.
- Optional:** Top with grated parmesan or cheddar cheese before serving.

EMILY'S PIEROGI DUMPLINGS WITH BUTTER BRAISED CABBAGE

Emily is an aspiring baker currently completing her Certificate II in Cookery. Delicious food and cooking is her passion, and she loves getting involved in preparing meals at the centre. Emily shared that since first making this dish, she hasn't stopped thinking about how good it was so it was a clear choice to add to this book!



SERVES
4-6

INGREDIENTS

Dumplings

- 2½ cups plain flour
- 1 egg
- ¾ cup water (approx.)
- 1 tbsp melted butter
- 500 g beef mince
- 1 onion, finely diced
- Salt and pepper, to taste

Butter-Braised Cabbage

- ½ green cabbage, finely shredded
- 3 tbsp butter
- 200 g diced Polish sausage

To Serve

- Sour cream
- Fresh chives, finely chopped

INSTRUCTIONS

1. Cook the onion in a frying pan until softened. Add the beef mince and cook until browned. Season with salt and allow the filling to cool.
2. Combine flour, egg, butter and enough water to form a soft dough. Knead until smooth, then cover and rest for 20 minutes.
3. Roll the dough out thinly and cut into circles. Place a spoonful of beef filling in the centre of one circle, place another dough circle on top, and press the edges firmly to seal. Repeat with remaining dough and filling.
4. Melt butter in a large pan over medium heat. Add the cabbage and cook, stirring occasionally, until softened. Add the diced Polish sausage halfway through cooking and continue cooking until the cabbage is tender and the sausage is browned.
5. Bring a pot of salted water to the boil and cook the pierogi in batches for 3-5 minutes, or until they float. Remove and drain.
6. Serve the pierogi on top of the butter-braised cabbage and sausage. Top with sour cream and chopped chives.



ROXY'S CAESAR SALAD

Roxy loves staying active, trying new things, and spending time making delicious food. She is a big fan of this recipe and loves how both tasty and nourishing it is. As the sister of competition contestant Xavier, Roxy is no stranger to competition- she even managed to out-squat and out-plank all the youth centre boys!



SERVES
3-4

INGREDIENTS

- 1 lettuce, chopped
- 1-2 chicken breasts and/or 200 g bacon, cooked and sliced
- 2 eggs
- ½ cup parmesan cheese, grated
- 4-6 anchovies
- Caesar salad dressing

INSTRUCTIONS

1. Wash the lettuce, chop it into bite-sized pieces, and place it in a large serving bowl.
2. Heat a frying pan over medium-high heat. Cook the chicken or bacon for 6-8 minutes per side, until cooked through and golden/crispy.
3. Place the eggs in a saucepan and cover with cold water. Bring to the boil, then cook for 8-10 minutes. Transfer to cold water, peel, and slice into halves or quarters.
4. Add the sliced chicken, bacon, and eggs to the lettuce.
5. Drizzle generously with Caesar salad dressing and gently toss until the lettuce is evenly coated.
6. Sprinkle over the grated parmesan cheese and arrange the anchovies on top.
7. Serve immediately while the chicken and bacon are still warm.

CHARLOTTE'S RICE WITH SPAM

Charlotte is a regular attendee at Altone Youth Centre, always getting involved in cooking up a storm in the kitchen. This recipe is inspired by a loved dish her Filipino grandma makes, closely resembling a traditional Filipino "spamsilog".





INGREDIENTS

- 2 cups uncooked rice
- 1 carrot
- 200g Spam
- 2 eggs
- 2 tbsp soy sauce
- 1 tbsp oil
- Optional: 1 clove garlic, minced and ½ onion, diced (Charlotte doesn't think her grandmother adds these, so they can be left out)

SERVES
4-5

INSTRUCTIONS

1. Cook the rice in a rice cooker according to the instructions. Once cooked, set aside.
2. Dice the carrot and Spam into small 1 cm cubes.
3. Heat the oil in a large frying pan or wok over medium-high heat. If using, add the diced onion and garlic and cook for 1-2 minutes until fragrant.
4. Add the diced Spam and cook for 4-5 minutes, stirring occasionally, until lightly browned.
5. Add the diced carrot and cook for 3-4 minutes, stirring frequently, until it begins to soften.
6. Add the cooked rice and break up any clumps. Stir-fry for 2-3 minutes until heated through.
7. Pour over the soy sauce and stir until everything is evenly coated. Cook for a further 1-2 minutes.
8. Meanwhile, fry the eggs in a separate pan for 2-3 minutes, or until cooked to your liking.
9. Divide the fried rice between bowls and top each serve with a fried egg. Serve immediately.



EAST METRO MIXES

Delicious, nutritious, and cost effective smoothies co-designed by Altone Youth Centre youth and East Metropolitan Health Service Dietetics students



Tropical Smoothie

Cook Time : 10 minutes

Serves 1



Cup



Big Spoon

Tools



Blender

Ingredients



**1 Frozen
Banana**



**¼ Cup
Frozen
Mango**



**¼ Cup
Frozen
Pineapple**



**1 ¼ Cup Milk
/Alternative
Milk**



**1 Big Spoon
of
Yoghurt**

Method

1. Wash your hands and sanitise your work space
2. Place all ingredients into a blender and blend until smooth and creamy

Enjoy!

- 
1. Use canned tropical fruit and freeze beforehand
 2. If available use other tropical fruit you enjoy



Adapted from "Tropical Smoothie" by Fresh Snap, (n.d.), Recipes for Years K-6, P. 28.
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Healthy Sweetpea

Cook Time : 10 minutes

Serves 1



Cup & Big & Small Spoon



Tools



Sieve



Blender

Ingredients



1 Frozen Banana



¼ Cup Drained Chickpeas



1 Date (pitted)



1 ½ Cup Milk / Alternative Milk



1 Small Spoon of Cocoa Powder



1 Big Spoon of Peanut Butter

Method

1. Wash your hands and sanitise your work space
2. Place all ingredients into a blender and blend until smooth and creamy

Enjoy!

- 
1. Add in a handful of green spinach for extra nutrients
 2. If you don't have peanut butter you can add in 2 Tablespoons of unsalted nuts

Adapted from "Healthy Sweetpea Recipe" by Live Lighter, (n.d.), Healthy Smoothies Recipes, Copyright 2025 by LiveLighter

Berrylicious Smoothie

Cook Time : 10 minutes

Serves 1



Cup

Tools



Blender

Ingredients



**½ Cup Mixed
Frozen Berries**



**1 Frozen
Banana**



**1 Cup Milk
/Alternative
Milk**



**¼ Cup
Yoghurt**

Method

1. Wash your hands and sanitise your work space
2. Place all ingredients into a blender and blend until smooth and creamy

Enjoy!



1. Freeze leftover berries to avoid waste
2. Add fresh apple or orange to change the flavour
3. Add chia seeds for some added healthy fat



Adapted from "Berrylicious Smoothie" by
Cancer Council , (n.d.), Healthy made Tasty
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EAST METROPOLITAN
HEALTH SERVICE

for their collaboration in codesigning
recipes, providing nutrition education,
and helping at the YCBS event.



THE YOUNG PEOPLE
OF ALTONE

for their collaboration in codesigning
recipes, providing nutrition education,
and helping at the YCBS event.

We acknowledge that many of the recipes included in this book may have been adapted from online sources and therefore cannot be fully attributed as original creations. These recipes have been shared, modified, and shaped by the young people and staff involved.



