

Youth Organisation



Our Pain 2 Power

Cornerstone VR Case Study



Background

Our Pain 2 Power is an Alternative Learning Provision dedicated to transforming the lives of at-risk youth through hands-on learning, personal development, and emotional well-being support. Providing functional skills equivalent to GCSEs, combined with tailored workshops on self-worth, resilience, and crime prevention. Their approach is rooted in real-world learning, where students engage in interactive discussions, practical activities, and mentorship that equip them with the tools to navigate life's challenges.

Committed to reducing youth crime and vulnerability to exploitation, Our Pain 2 Power empowers young people to turn their struggles into strength, helping them break free from negative cycles and build a future filled with purpose and success.

Having heard about Cornerstone VR through online knife crime campaigns, Our Pain 2 Power were keen to implement virtual reality across their service as a tool to enhance the support they offer to professionals and young people alike.



Aims

Our Pain 2 Power partnered with Cornerstone VR to enhance **mentorship sessions**, **group workshops** and **intervention programmes** by offering impactful, immersive experiences that engage young people more deeply.



Enhance engagement in mentorship programmes.



Improve emotional resilience and decision-making skills.



Decrease risky behaviours including violence and substance misuse.



Foster a deeper understanding of consequences and empathy among participants.



The Solution

Cornerstone VR was used across the service to support engagement and enhance emotional intelligence and resilience among **Youth Mentors, Facilitators, Counsellors,** and **Young People Direct**. The virtual reality programme was incorporated into group workshops, 1:1 mentorship sessions, and preventative intervention programmes across Croydon, Lambeth, and Southwark.



Training and Mentorship: Regular inclusion in existing training and mentorship sessions. These sessions are structured to include the VR simulations followed by guided reflective discussions.



Integration with Existing Systems: Seamlessly integrated into Our Pain 2 Power's mentoring framework, complementing existing methods such as workshops, role-play, and group discussions.



Subjects Utilised: Cornerstone VR's expansive suite of films have been utilised, in particular focusing on knife crime, youth violence, peer pressure, and domestic environments.



Outcomes

The integration of Cornerstone VR has significantly elevated the Pain 2 Power's learning programmes, resulting in marked improvements across the service — from participant engagement to emotional development and constructive behavioral shifts



So far, over **50 young people** (aged 13-19) have been directly impacted by the integration of Cornerstone VR.



Prior to VR implementation, approximately 40% of participants struggled with engagement in traditional discussion-based sessions. Post VR-integration, engagement across the service has **increased to 90%**.



Mentors have reported a **40% decrease** in violent incidents and conflicts within youth groups, showing a significant reduction in high-risk behaviours displayed by young people who have participated in the inclusion of VR experiences.



Outcomes

VR facilitates deeper discussions, emotional engagement, and behavioural change, enabling young people to safely explore consequences of risky choices.

90%

increase in youth participation and engagement

85%

of mentees reported greater emotional connection and openness following VR interventions.

70%

of participants reported improvements in their emotional intelligence and decision-making skills.

40%

decrease in violence and behavioural incidents among young people who participated.



Outcomes

The reduction in violent incidents has led to significant benefits for the service, including:



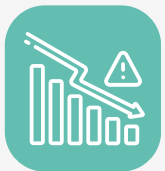
Staff Wellbeing: The reduction in violent incidents has created calmer, safer sessions, which staff have described as making their work feel more ‘manageable’ and ‘positive’.



Young People's Wellbeing & Participation: Young people are reporting feeling more open and comfortable in sessions. Many have shown a noticeable eagerness to engage in reflective discussions after VR activities, and mentors have observed stronger trust and participation levels.



Value: Sessions are smoother with fewer behavioural disruptions, meaning young people are gaining more value from the time they attend.



Third-Party Involvement: Some incidents can escalate to a level requiring third-party involvement (NHS, ambulance, police, social services). The overall reduction in violent and high-risk behaviours has decreased the intensity of these situations that can arise.



Evaluation

Our Pain 2 Power emphasised the transformative effect of Cornerstone VR across their service:



Contribution to Goals: Directly aligned with and supported organisational objectives around youth violence prevention and emotional resilience.



Effectiveness: Successfully met all initial aims, significantly exceeding expectations.




Most Valuable Aspect: VR's ability to vividly illustrate real-life consequences, significantly increased participant empathy and critical thinking.



Uniqueness: First VR-driven youth intervention programme of its kind within the local youth mentorship landscape.





The VR experience has genuinely been one of the most impactful tools we've used in our sessions. It opens the door for real conversations, self-reflection, and behaviour change. For some of the young people we support, this is the first time they've truly seen how their choices could play out. It's immersive, it's powerful, and it's changing perspectives.

Gideon Buabeng

Founder - Our Pain 2 Power



Overall, Cornerstone VR has significantly transformed Our Pain 2 Power's effectiveness in youth mentorship and intervention, demonstrating substantial improvements in engagement, behavioural outcomes, and emotional development among young participants.

Gabriella Anderson

Programme Manager & Mentor - Our Pain 2 Power



Summary

Incorporating Cornerstone VR into Pain 2 Power's youth programmes has driven meaningful progress toward the organisation's core goals of improving emotional awareness, increasing youth engagement, and reducing risky behaviour among young people.

By replacing traditional discussion-based sessions with immersive, scenario-driven experiences, Our Pain 2 Power has created a more dynamic and impactful approach for young people to explore real-life consequences and develop critical decision-making skills.

The use of VR has empowered young people to reflect more deeply on their emotions and actions, leading to stronger connections with mentors and a more open dialogue around difficult topics. It has also contributed to a noticeable shift in behaviour, with mentors reporting a clear reduction in conflict and violence among participants.

Overall, VR has proven to be a powerful tool in supporting young people's personal growth, helping them to build resilience, make more informed choices, and actively participate in their own development journey. These outcomes highlight the potential of VR not just as a tool for engagement, but as a catalyst for lasting change in the lives of young people.





About Cornerstone VR



Cornerstone VR is a multi-award-winning, trauma-informed virtual reality programme used by professionals and caregivers who work with vulnerable children and their families.

Our 360-degree immersive films allow users to 'walk in the shoes' of children, bringing the challenges of trauma, neglect, and societal pressures to life.

Spanning critical stages of child development from pre-birth to adolescence, this approach helps professionals, educators and caregivers have a deeper understanding of the child's perspective - building empathy, improving decision-making, and raising the standard of care.

Our programme is used across almost 50% of local authorities, as well as independent fostering and adoption agencies, children's residential homes, schools, virtual schools, universities, NHS trusts, ambulance services, youth justice, the police and other providers.

Our VR experiences cover key topics across our sectors, including:

- Abuse, Neglect & Trauma
- Child Criminal Exploitation
- Child Sexual Exploitation
- Fetal Alcohol Spectrum Disorder (FASD) Awareness
- The Digital World - Social Media and Digital Platforms
- Youth Violence and Knife crime



Contact us

For more information about our services,
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Cornerstone VR was used across the service to support engagement and the enhancement of emotional intelligence and resilience with:

- ✓ Youth Mentors
- ✓ Facilitators
- ✓ Counsellors
- ✓ Young People Direct

