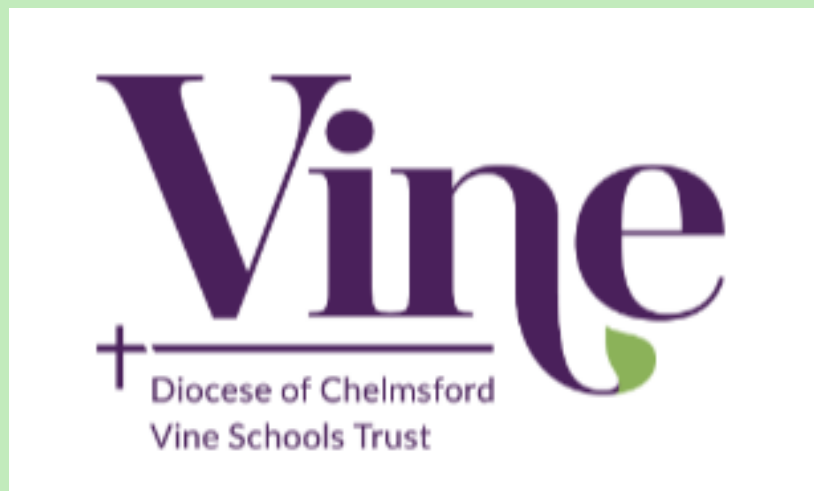




Growth Through Resilience

IMPACT REPORT: RESILIENCE REPS TRAINING



JUNE 2025



241
YOUNG PEOPLE
TRAINED

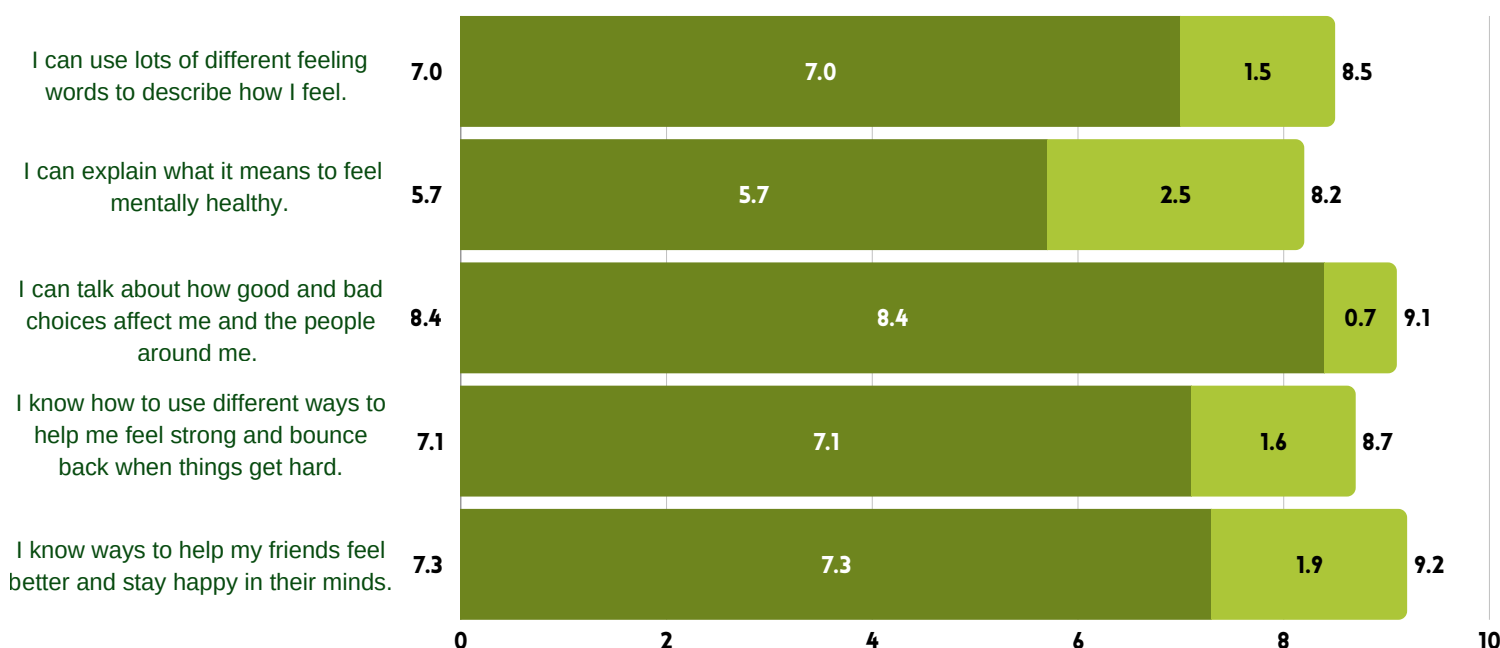
20
SCHOOLS
TRAINED



WHAT YOUNG PEOPLE LEARNED (IMPACT METRICS)

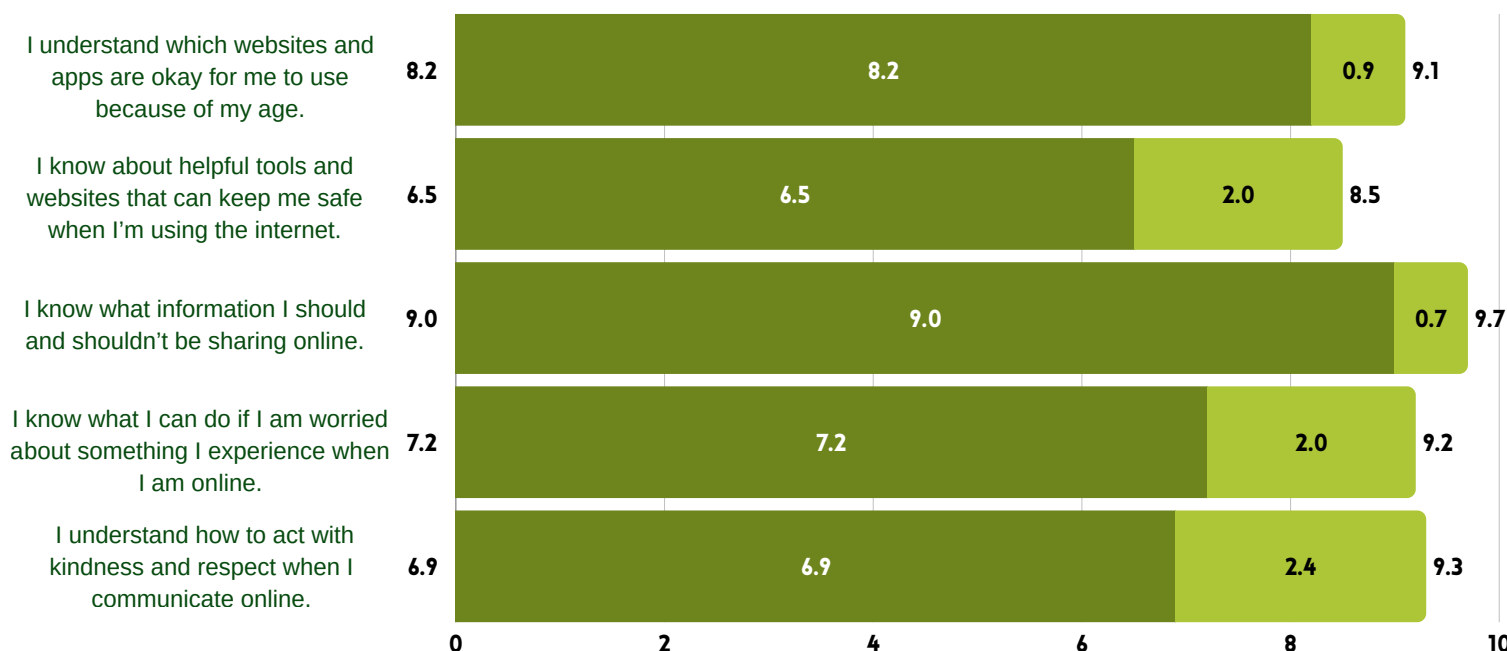
MENTAL WELLBEING QUESTIONS

● BEFORE TRAINING (WEIGHTED AVERAGE) ● AFTER TRAINING (WEIGHTED AVERAGE)

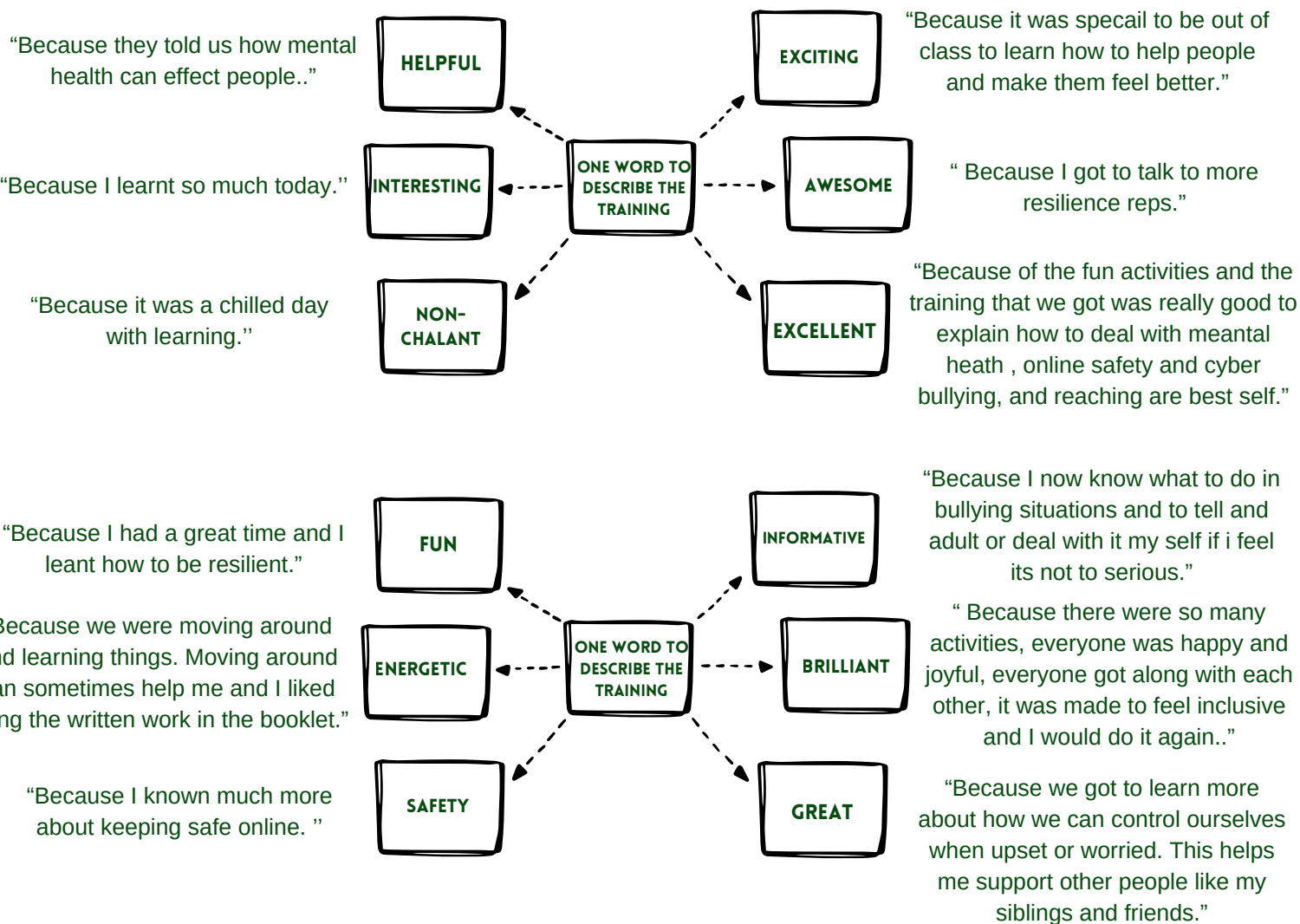


ONLINE SAFETY QUESTIONS

● BEFORE TRAINING (WEIGHTED AVERAGE) ● AFTER TRAINING (WEIGHTED AVERAGE)



WHAT YOUNG PEOPLE TOLD US...



We're always looking for ways to do better & inform our practice

"FOR FUTURE YOUTHSHOOTS SESSIONS, WE SHOULD LEARN MORE ABOUT..."

- ... "More on what mental illness could do to a person."
- ... "How to encourage people to make other people to feel loved and safe and looked after."
- ... "More learning on how our feelings effect our behaviour."
- ... "How to respond to a negative felling/metal health and illness. "
- ... "Merging the schools together on the tables not just at lunchtime."
- ... "What to do in harder situations so we can make the right decision."
- ... "Actual experiences from people who have been so badly bullied online, personally I think that real experiences gives us a better understanding. "
- ... "To know if we should tell an adult if its too serious or if it is not that serious that you can still handle it."
- ... "Mental Health and Mental Illness, and how to try to get people to stick to the age limit of apps."
- ... "How to handle things if its possible and whether or how to interfere in a way that wont get you involved and potentially hurt/replaced - from the person who is being a 'target'."

HOW WOULD YOU RATE YOUR EXPERIENCE WITH YOUTHSHOOTS TODAY?

9.3 / 10

WHAT YOUNG PEOPLE TOLD US...

Through doing our training, young people are learning how to face poor mental health, find confidence in themselves, and manage the affect of negative influences around them

"SOMETHING THAT I HAVE LEARNT MORE ABOUT MYSELF TODAY IS..."

- ... "How to bounce back when things are hard."
- ... "I can answer questions even if I get them wrong, it's ok to try."
- ... "Things that I didn't know about myself was all of the positive adjectives about myself."
- ... "To not talk to strangers and to keep ourselves safe."
- ... "I know about mental health wellbeing and I am a good person."
- ... "That it is ok to be worried and talk to someone about it."
- ... "I know more about online safety than I think."
- ... "That I learned that mental health is a big part of my life and everyone's life."
- ... "That I was very passionate and I am good at being me."
- ... "To make yourself happy as well as others."
- ... "That I am a confident speaker."

The impact of the training is not limited to the young people attending. By inspiring and empowering them to share learnings, participants will go on to educate and support others

"I WILL PROMOTE AWARENESS ON MENTAL WELLBEING TO MY FELLOW STUDENTS BY DOING..."

- ... "Saying to them if their ever upset and it is because of mental wellbeing they can talk to me about it if they like."
- ... "Introducing weekly being nice challenges"
- ... "Help children manage their feelings, have our own online safety mascot."
- ... "By supporting others at all times and look out for people struggling at playtime."
- ... "Sharing helpful information and give them tips on what I learnt with youth shoots."
- ... "Special days that have things to help wellbeing and mental health, having a smoothy stand, yoga day.."
- ... "Putting up posters, mental wellbeing assemblies and a mascot for kindness and different traits."
- ... "I would help others by talking to them, get to know them better."
- ... "Pod Cast, Weekly Kindness Award and many more things to come."
- ... "I will do this by making announcements in assemblies or posters/awards for helping mental health.."
- ... "Support them if they are upset."

"A KEY MESSAGE ABOUT ONLINE SAFETY I WANT TO PASS ONTO OTHERS IS....."

- ... "Don't share personal information like your address and your school."
- ... "Never go on apps that are not for your age group."
- ... "Shut it down if you are not comfortable."
- ... "Always remember that some people might not be who they seem."
- ... "Be respectful and only download the apps your parents say you can have."
- ... "Be kind. it will always come back to you."
- ... "Don't believe every thing you see on the internet not everything is true."
- ... "Speak out straight away and report anything that you don't feel comfortable with."
- ... "Be careful what you click on and be careful who you trust, not everyone is going to be respectful online."
- ... "Ask a trusted if you are allowed to be on at a website."
- ... "How it would impact on others if you spread information that is not true."



WHAT STAFF TOLD US...

ATTENDING STAFF FEEDBACK

Great session!

It was an incredibly engaging session which was thoroughly enjoyed by everyone. Thank you!

MARI WOOD, ST LEONARD'S COFE PRIMARY SCHOOL

The children were engaged and stimulated throughout the day and came away enthusiastic and keen to start their new roles within the school community.

I found I came away with some helpful tools too and definitely feel more resilient and aware of my mental health.

LAURA MASKELL (HIGH LEVEL TEACHING ASSISTANT) ST CEDD'S CHURCH OF ENGLAND PRIMARY SCHOOL, BRADWELL-ON-SEA LESS

TRUST LEADERSHIP FEEDBACK

EMMA WIGMORE, CEO, THE DIOCESE OF CHELMSFORD VINE SCHOOLS TRUST

I first connected with Paul at a network conference and I was really struck by the impact that his work was having on young people, particularly in building resilience and confidence and it just felt like a real natural fit for our trust priorities, so Paul and I worked together and we designed something really bespoke that would meet the needs of all of our children in all of our schools.



Now this became a fantastic opportunity to bring together children from all 21 of our Vine schools. We created something bigger than any of those individual schools could have created themselves. The focus was on resilience, well-being and leadership and it was really aligned with what we were trying to achieve across our trust.

It was equally as powerful for staff and they loved and benefited from the training they received and taking part in all of the workshops with the children. What really brought this project to life with the voices from the people taking part themselves.

One young person, for example, said to me that "this helped me believe in myself and I know that I can now help other people too." One child shared "I learned how to stay calm and not give up when things felt hard."

And our staff members were just as positive, one member of staff said to me that "this has given me practical ways to support children's resilience every day." and another member of staff said that this was one of the most powerful and purposeful projects that they've taken part in.

It's been a really positive partnership. This has helped us to invest in our children's future leaders and to build a real sense of shared community across our trust.

