

IMPACT MEASUREMENT & EVALUATION: SECONDARY SCHOOLS




82
YOUNG PEOPLE
TRAINED



4
SCHOOLS
TRAINED

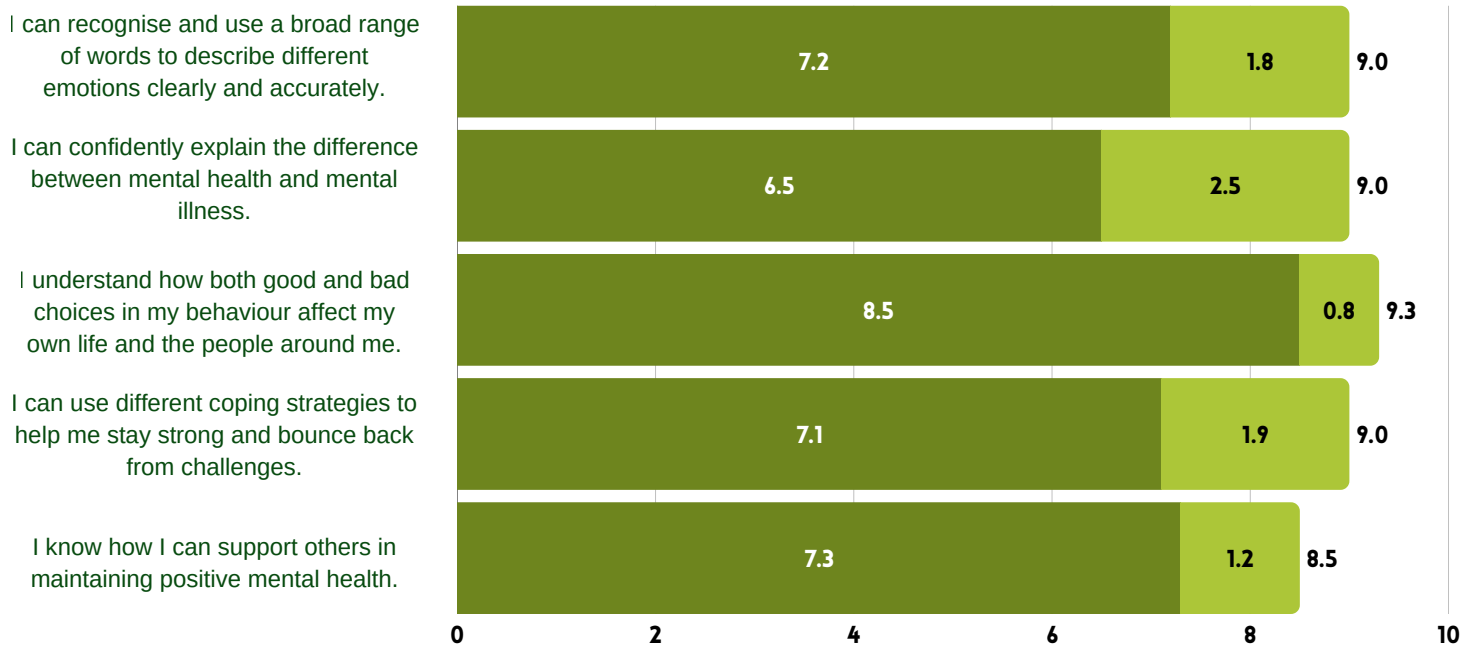


IMPACT MEASUREMENT METRICS

Of the 82 young individuals trained as 'Resilience Reps' at Authentic Education, we are pleased to report that the ALL weighted average scores for each of the 10 measurement questions have increased in the range of **0.8 to 2.5** as a result of our training.

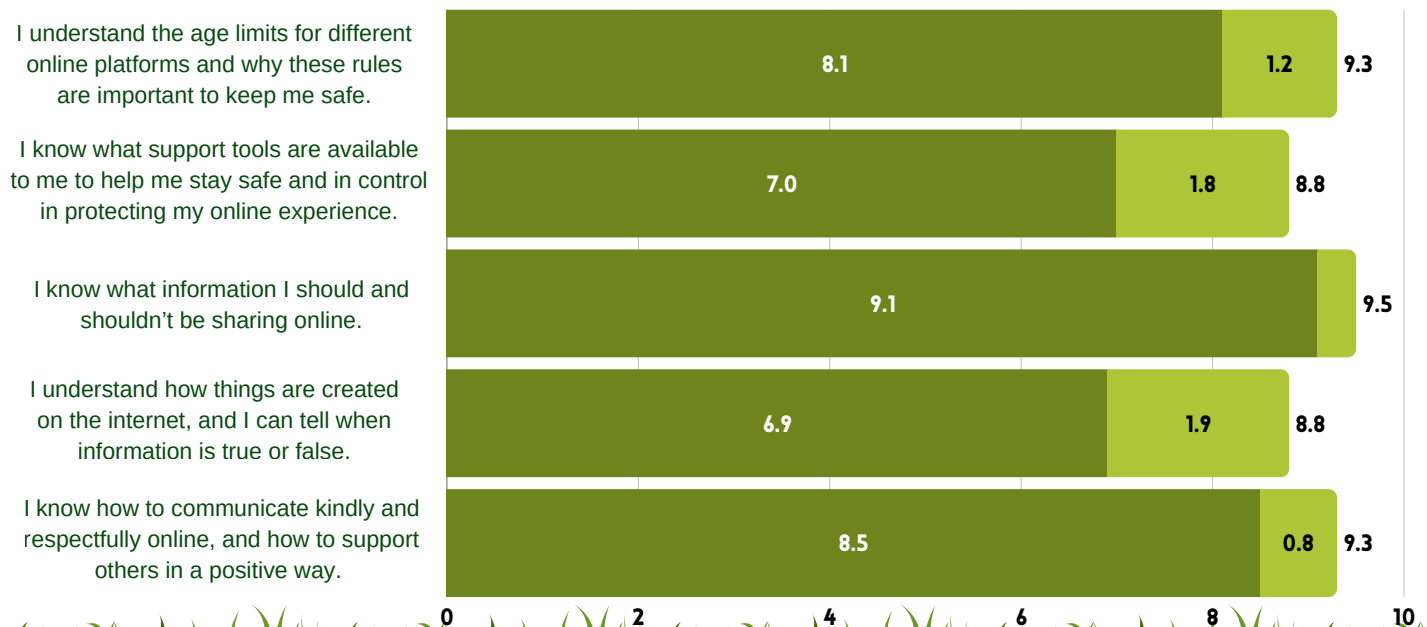
MENTAL WELLBEING QUESTIONS

● BEFORE TRAINING ● AFTER TRAINING



ONLINE SAFETY QUESTIONS

● BEFORE TRAINING ● AFTER TRAINING



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...

- ... "That I can help others when they need help."
- ... "I am not as experienced as I thought. I have learned so much today and feel more aware of safety, especially online."
- ... "How to control my feelings and different ways to cope with them if I get too emotional."
- ... "How to calm myself down if I'm in a negative mood"
- ... "To check up on people if they are acting different because they might not be okay."
- ... "I can understand what it's like to have a mental illness or mental health."
- ... "I have learnt that socialising is easier then I thought."
- ... "I have the ability to help others and make a change."

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

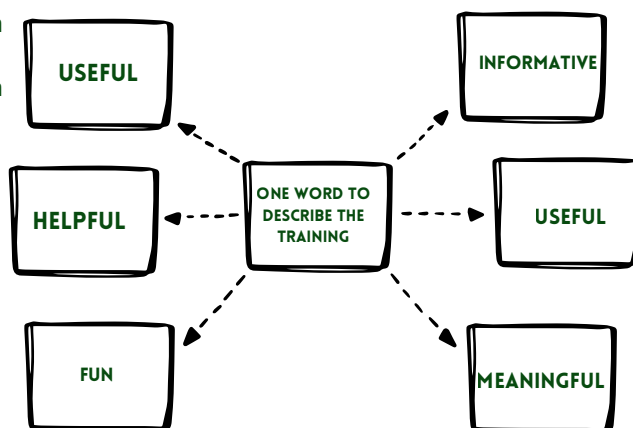
"I WILL PROMOTE AWARENESS ON MENTAL WELLBEING TO MY FELLOW STUDENTS BY DOING...

- ... "Pitching my ideas to Heads of Years and the Headteacher at my school."
- ... "I can do a poster about people about coping exercises and I will say how you should be very safe online."
- ... "A open evening at Leaf Studio to show the impact of bullying behaviour."
- ... "Positive quotations and words around the school, colourful, words of wisdom giving people feel good vibes.."
- ... "Making an animation on cyberbullying and how to help."
- ... "Creating a Well-Being Wednesday just only on a Friday."
- ... "I want to create podcasts and do an assembly on mental health"

"Because before this training I couldn't confidently explain the difference between mental health and mental illness whereas now I can explain the differences between them. I also now know how help others if they are feeling worried or upset."

"Because it had a lot of good information on mental health"

"Because the games made it entertaining and fun."



"It was informative I could now differentiate both mental health and mental illness. It was also fun by knowing about how people feel."

"Because in the future we can help ourselves and others."

"I choose this word because I learnt about how much cyberbullying and mental health affect people and their well-being."

We're always looking for ways to do better

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

- ... "How to help people having bad mental illness and mental health issues."
- ... "Severe mental illness and mental health examples and how it can affect somebody's everyday life with real people who have struggled to explain if they are comfortable"
- ... "I think there was enough to learn about in that session adding more would sort of be a information overload. I loved learning about the things there.."
- ... "Issues where we should tell teachers and where it would be better if teacher handled it."

**HOW WOULD YOU RATE
YOUR EXPERIENCE WITH
YOUTHSHOOTS TODAY?**

9

/

10

WHAT STAFF THOUGHT OF WORKING WITH US...

The training adopts a whole school approach and school staff support the young people attending, ensuring a collaborative approach in producing social action projects.

 AUTHENTIC
EDUCATION

THE STUDENTS FOUND THE COURSE ENGAGING, AND IT HELPED THEM BUILD THE KNOWLEDGE AND CONFIDENCE TO SUPPORT OTHERS WITH BUILDING THEIR RESILIENCE AND IMPROVING THEIR MENTAL HEALTH.

I HAVE ATTENDED TWO OF THESE TRAINING EVENTS AND IT HAS ALLOWED STUDENTS TO HAVE FRANK AND OPEN CONVERSATIONS WITH OTHER STUDENTS AND STAFF ABOUT RESILIENCE AND MENTAL HEALTH WITHIN SCHOOLS.

**WILL JONES, TEACHER OF ACTING & GEOGRAPHY
HEAD OF PSHE & RHSE**

 AUTHENTIC
EDUCATION

PAUL ENGAGED ALL THE PUPILS WELL THROUGHOUT THE TRAINING DAY.

THIS IS THE SECOND TIME I HAVE BEEN INVOLVED IN THE COURSE AND I CAN SEE HOW HE HAS RESPONDED TO THE FEEDBACK FROM THE PREVIOUS SESSION.

THE CHILDREN LEFT THE SESSION FEELING PASSIONATE ABOUT SHARING THEIR KNOWLEDGE WITH THE REST OF THE SCHOOL. THEY ALSO HAVE A TOOLBOX OF IDEAS TO SUPPORT THEIR OWN MENTAL WELLBEING. I HAVE USED SEVERAL OF THE RESOURCES IN SMALL GROUP WORK SINCE THE PREVIOUS COURSE.

**BRIDGET LLEWELLYN, ALL SAINTS
ACADEMY, WEYMOUTH, PART OF
AUTHENTIC EDUCATION**

