

**Which week did you find most helpful?**

- **Forgiveness** - It shows you how to become a bigger person and to always move on
- **Family Life**- I could talk about what's going on at home without feeling judged
- **Conflict** -It shows you how to become a bigger person and to always move on

**What is your biggest take away from the programme?**

- To react the right way and to forgive
- That I have people to talk to and using my upstairs brain is always the better option. I have people there, I just need to find someone who I feel safe with

**Did you find your one-to-one sessions helpful?**

- Yes - I could talk to Matt about personal issues that I wouldn't feel comfortable talking about in the group sessions
- Yes - I could talk without getting judged
- Yes - You have a free space to talk and you feel safe

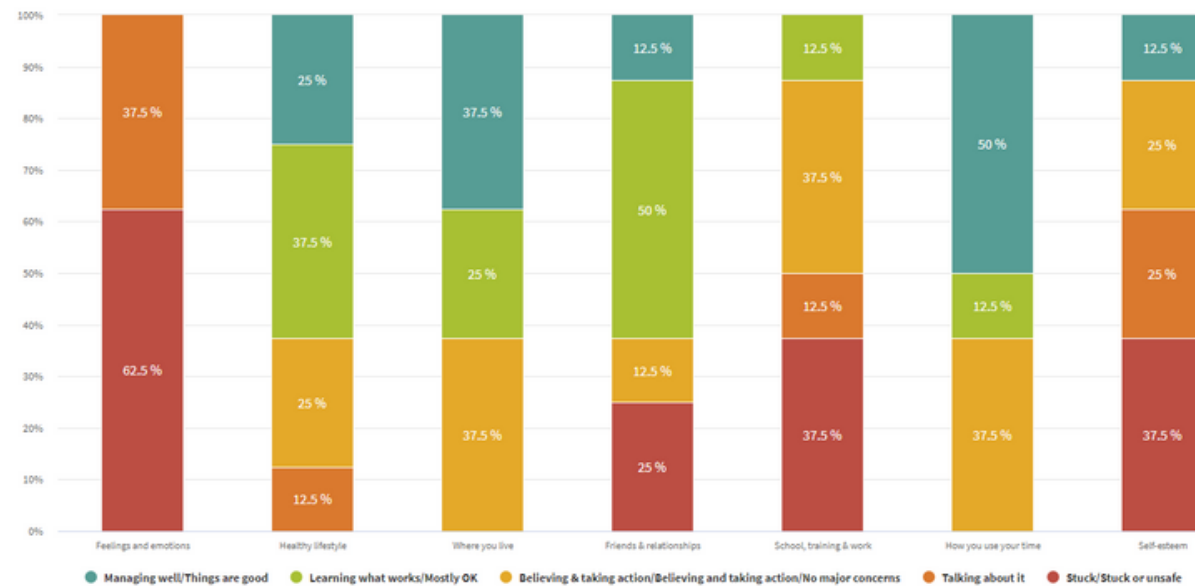
Low reading in 1+ area  
**100%**

Low reading in 2+ area  
**100%**

Low reading in 3+ area  
**100%**

**Start of the programme**

# RESULTS 2020



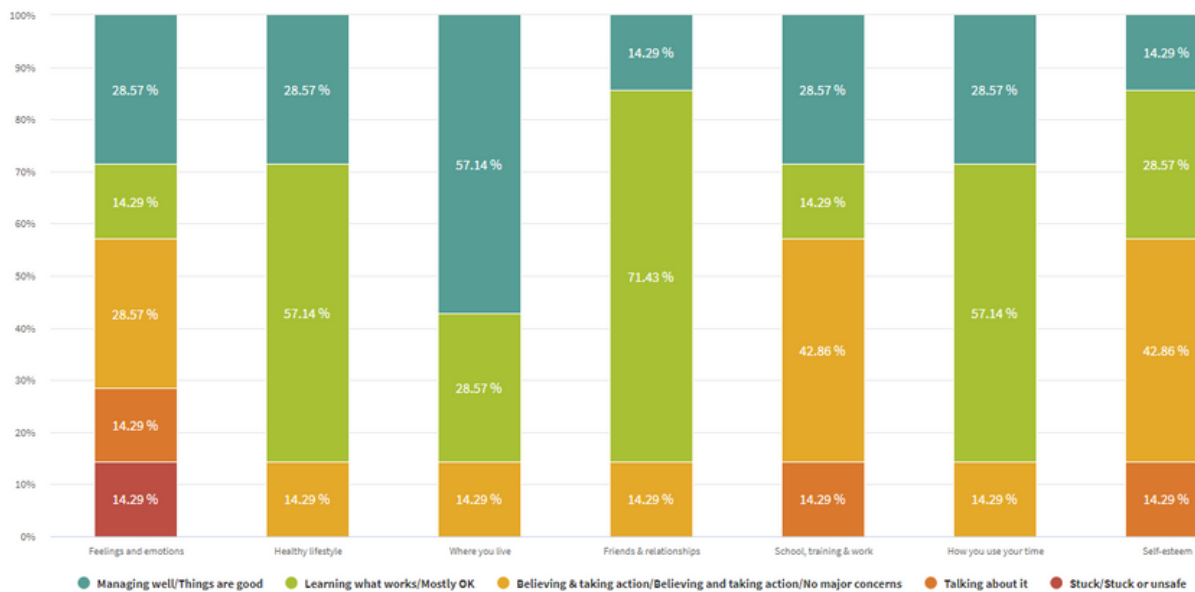
The graph above and below show the 'before and after' of how the young people feel towards the different areas. The colour charts highlight the progression made by showing a decrease in the presence of red and orange in each of the columns and an increased presence of amber, green and teal.

Low reading in 1+ area  
**71%**

Low reading in 2+ area  
**71%**

Low reading in 3+ area  
**57%**

**End of the programme**



## ARE PEOPLE MAKING PROGRESS?

### In 1+ outcome areas

Percentage of people making progress in at least one outcome area

100%

### In 2+ outcome areas

Percentage of people making progress in at least two outcome area

86%

### In 3+ outcome areas

Percentage of people making progress in at least three outcome area

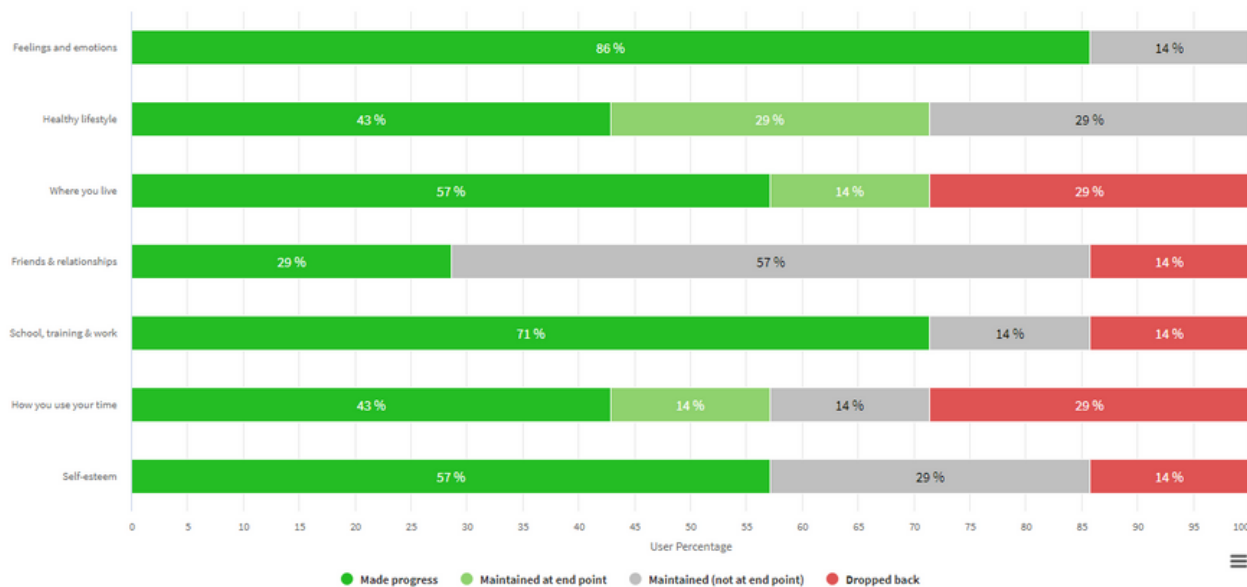
71%

### Outcome areas showing progress

Average number of areas in which someone is making progress

3.9

### How much progress are people making in each outcome area?



\*maintained at end point means that they marked themselves at the highest possible (5). Maintained (not at end point) means that they maintained any score that is lower than the maximum (5).

## STUDENT FEEDBACK

### Would you recommend others get the opportunity to do the programme?

- Yes - I think that you can talk to Matt and Sarah about anything and they won't judge you and actually will listen and help
- Yes - It helps you feel better about yourself and it helps you learn how to deal with life challenges
- Yes - Gives you a chance to talk and let out how you're feeling without being judged
- Yes - Helps you bring yourself up

The orange blocks show the percentage of progress made by the young people in each of the different star readings. The blue line represents the average improvement in star reading made in that particular star area.



### In each outcome area, how much progress are people making?

