

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

- **Influence** - Learning that we are constantly influenced by the things around us
- **Perseverance and Endurance** - Helped me to have more motivation
- **Forgiveness** - thinking about what it could do for me

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

- Asking for help when I need it
- You have to think positive to be positive about other things
- Forgiveness, I'm currently not a forgiving person but I want to be

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

- Yes - they helped me understand from another person's point of view
- Yes - Because I always use my downstairs brain rather than my upstairs brain
- Yes - Because I got to talk about things that I don't normally talk about because I have no one to talk to it about

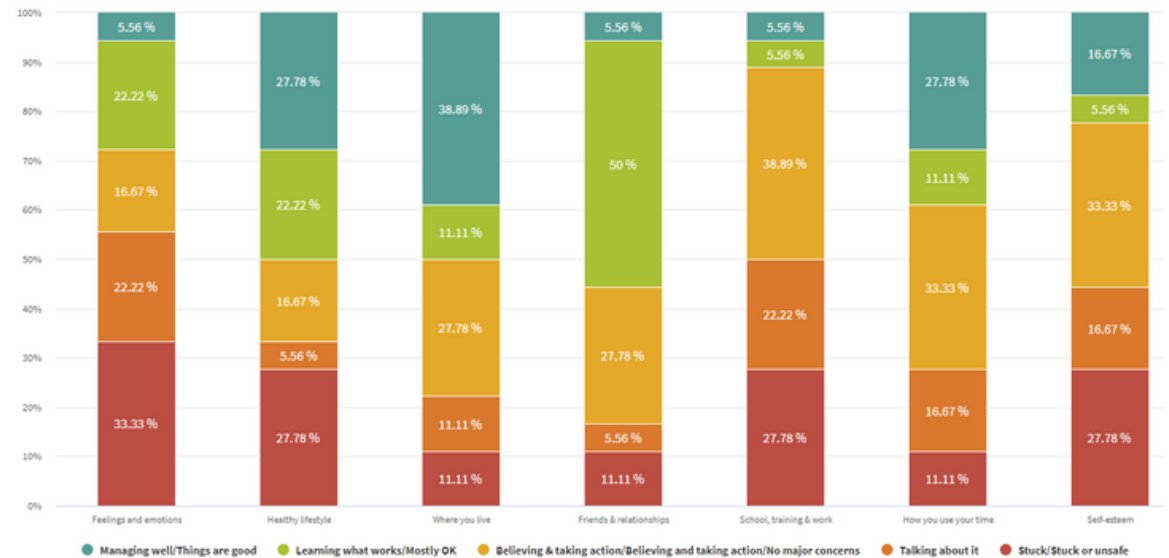
Low reading in 1+ area  
**89%**

Low reading in 2+ area  
**89%**

Low reading in 3+ area  
**83%**

Start of the programme

# RESULTS 2022



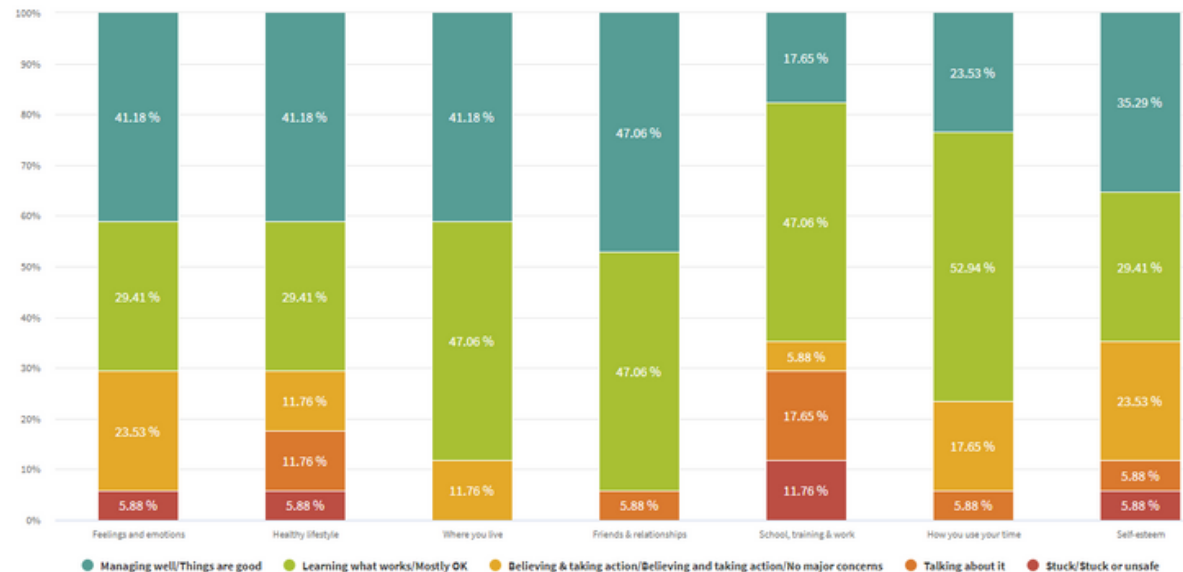
The graph above and below show the 'before and after' of how the young people feel towards the different areas. The colour charts highlight the progression made by showing a decrease in the presence of red and orange in each of the columns and an increased presence of amber, green and teal.

Low reading in 1+ area  
**59%**

Low reading in 2+ area  
**47%**

Low reading in 3+ area  
**29%**

End of the programme



## ARE PEOPLE MAKING PROGRESS?

### In 1+ outcome areas

Percentage of people making progress in at least one outcome area

94%

### In 2+ outcome areas

Percentage of people making progress in at least two outcome area

88%

### In 3+ outcome areas

Percentage of people making progress in at least three outcome area

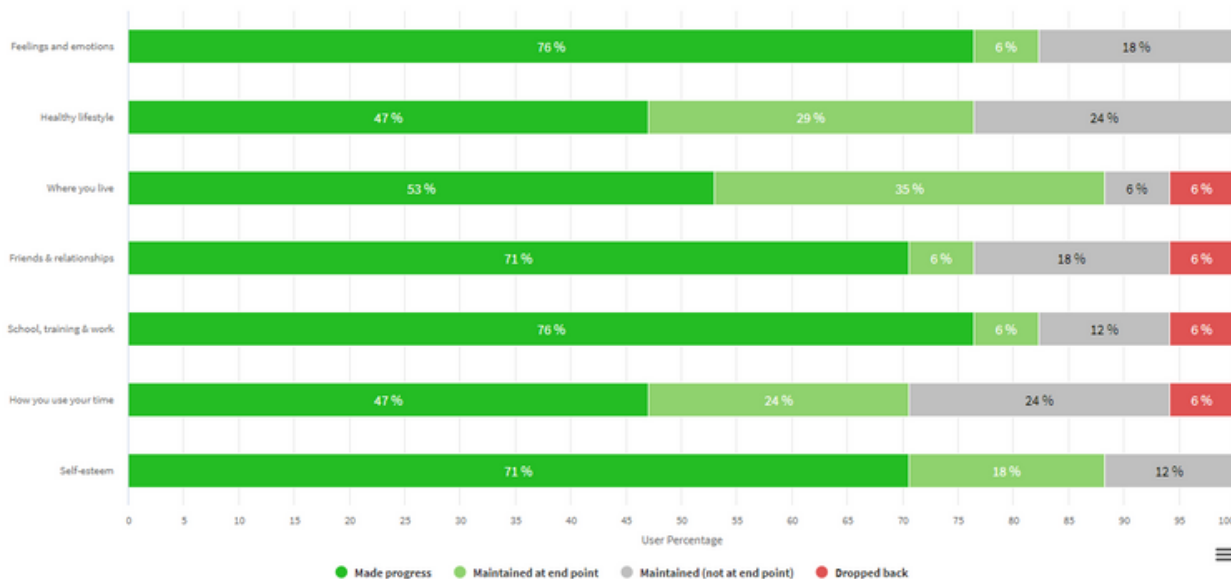
88%

### Outcome areas showing progress

Average number of areas in which someone is making progress

4.4

### 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 - If you're going through a tough time, there is always someone to talk to
- Yes - Not everyone has someone to talk to, the programme could help them
- Yes - If someone asked if they should do it I'd say try it because it can really help
- Yes - Because it is helpful to let your feelings out
- Yes - Because it really helped me, so hopefully it can help others
- Yes - Because it was useful and fun and safe. They would feel more confident and it will help them as a person

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?

