Rochdale AFC Community Trust

INSPIRING FUTURES

Secondary Schools' Mental Wellbeing Programme

PILOT EVALUATION

FALINGE PARK HIGH SCHOOL
DECEMBER 2022

FLOOD LIGHTS
Spotlight on Health

GMCA GREATER MANCHESTER COMBINED AUTHORITY

GREATER MANCHESTER
DOING THINGS DIFFERENTLY

1.0 Introduction

Following the success of our Primary Schools' Mental Wellbeing Programme, we sought to pilot a Secondary Schools' Mental Wellbeing Programme; thanks to funding from Greater Manchester Combined Authority (GMCA). We would like to thank Falinge Park High School for taking part in a pilot 5-week programme in November and December 2022.

The programme was named 'Inspiring Futures' focusing on building confidence and developing resilience. The programme consisted of working with 17 girls in total; 12 in year 8 (group 1), and 5 in year 9 (group 2). They were identified as girls who lacked confidence and needed to develop their self-esteem and overall mental wellbeing. The aim was to improve their knowledge and skills around mental wellbeing to help improve their social skills, psychological and physical wellbeing.

What did the girls want to get out of the sessions?

- Improved confidence
- A better mental health
- Being more positive with people
- Know how to deal with my stress
- Deal better with negative thoughts
- Improve self-confidence
- Cope with overthinking
- Learn more about our mental health and we can adapt
- More information about how to manage my mental health

A 5-week programme was created with each year group receiving a one-hour session every week. The girls participated in a wide variety of activities within sessions, aiming to be as interactive and engaging as possible. Pupils' wellbeing is essential to being successful at school both academically and to ensure growth as an individual. Topics covered throughout the programme included reframing your mindset and negative thoughts, confidence building, communication, managing stress as well as social media and the effect on your wellbeing.

The 'Inspiring futures' programme provided an opportunity for early intervention and prevention of mental health problems in young girls. Interventions like this are essential as more than half of all mental health issues are established by the age of 14. In addition, when pupils transition to secondary schools there is an increase in the number of young people struggling with their mental health. By providing this early intervention it helps to give support to young people who require support. By improving pupils' mental health and wellbeing it can have a positive impact on their academic and behaviour in school.

We have analysed the impact this programme has had which will be used to inform the development of the programme and further roll out in the 2023.

2.0 Results

Pre and post-questionnaires were given to all students present on week 1 and week 5 of the programme, incorporating both quantitative and qualitative data collection.

Results have been split by year group, in addition to an overall analysis.

2.1 Quantitative Data

Statement	Year 8		Year 9		Overall	
	Pre N=10	**Post** N=10	**Pre** N=5	**Post** N=5	**Pre** N=15	**Post** N=15
I understand what mental wellbeing is	40%	90%	0%	100%	27%	93%
I can identify factors that affect my mental wellbeing	60%	70%	20%	80%	47%	73%
I understand the influence that social media can have	80%	100%	80%	100%	80%	100%
I know about the link between physical and mental wellbeing	50%	80%	80%	60%	60%	73%
I know how I can lead a healthier lifestyle to improve my mental wellbeing	20%	60%	60%	80%	33%	67%
I can identify negative thoughts and know how to reframe them	30%	80%	0%	80%	20%	80%
I know the meaning of resilience and strategies to develop it	10%	70%	0%	80%	7%	73%
I am confident about myself	40%	60%	60%	40%	47%	53%
I am aware of ways I can improve my confidence	30%	90%	40%	100%	33%	93%
I know how to communicate well with people	20%	100%	40%	80%	27%	93%

*2 students have been removed from the 'pre' results, due to not completing the 'post' questionnaire.

2.2 Qualitative Data

In addition to the quantitative data collection, students were asked six open-ended questions about their experience of the programme:

1) What did you enjoy about the programme?
2) Is there anything you did not like about the programme?
3) Is there anything you would add or remove to improve the programme?
4) Are there any topics you would like to revisit or anything else you would want to cover?
5) Is there anything that you have used or plan on using from participating in the programme?
6) Would you like to add any other comments?

Answers to each question are shown below, split by year group.

1) What did you enjoy about the programme?

Year 8	Year 9
"Talking about things that worry me" *"I liked how we all talked about our problems together"* *"I enjoyed being able to express my feelings and that we got to talk"* *"Being able to speak about my problems and I can trust everyone"* *"I liked the people in the group"* *"I liked how we got to talk about our problems, and we could help our mental self"* *"I enjoyed every session we did because we got to talk about anything and Chloe listened to everything we said"* *"I personally enjoyed listening to everyone's problems"*	*"How open you can be and that you can speak about anything"* *"I got to talk to people I wouldn't usually talk to. I also learnt more about mental health and wellbeing"* *"Speaking to people"* *"When we went into our thoughts and feelings and getting ideas out there"* *"Communicating"* *"Communicating"* *"It helps to express your feelings without people judging you and it helped me with my confidence"*

2) Is there anything you did not like about the programme?

Year 8	Year 9
"Everything is good just maybe there needs to be more time" *"I liked everything"*	*"I liked everything"*

3) Is there anything you would add or remove to improve the programme?

Year 8	Year 9
"More time" *"More 1-1 work"* *"Longer sessions"* *"Longer sessions"* *"More weeks and sessions"* *"Longer sessions or 2 sessions a week so we can talk more"*	*"No but add more sessions"* *"I wish it was more often but also we could do more things like situations you could be in and how to deal with it"*

4) Are there any topics you would like to revisit or anything else you would want to cover?

Year 8	Year 9
"How to feel more confident within myself" *"What more we can do to make our mental health better"* *"More on mental wellbeing"*	*"How I can stay positive in my mind"* *"I want to know more ways of how I can communicate better"* *"How to deal with different situations"* *"No I think we did pretty well and we understood everything"*

5) Is there anything that you have used or plan on using from the programme?

Year 8	Year 9
"How to calm myself down, not to think about what people think about me and feeling more confident" *"Less anger"* *"I have used some tips for when I am stressed"* *"Yes, be nicer to people"* *"I used some of the advice for my mental wellbeing"*	*"Yes changing my sleep schedule and speaking strategies"* *"Communication skills"*

6) Would you like to add any other comments?

Year 8	Year 9
"Have more time and more sessions" *"I will use all the advice from the sessions to help me"* *"We could have more sessions to learn more and have someone to talk to"* *"I would like longer sessions and maybe things outside of school"* *"This place is amazing and going to this is the best, we should do it more"* *"I would want more sessions so we can talk more because 1 session a week we don't get a lot in – I would want 3 sessions a week"* *"Have more sessions"*	*"Keep the group and carry on the sessions"* *"I like it being a smaller group"* *"I like it being a smaller group"*

Factors that the girls felt most affected their well-being:

- Family
- Insecurities
- People in school
- Friends (drama)
- Amount of sleep
- Social media
- Anxiety
- Boys
- Overthinking
- Stress