



YOUTH WELLBEING IMPACT REPORT

Term Two 2025

TERM TWO 2025

Youth Wellbeing

Due to funding restrictions our Youth Wellbeing Programme - 'Change Up' was officially on hold this term. However, as the demand for this emotional regulation programme was still significant, we trialed the concept of including this within our Primary Project programme.

Liz incorporated 'Change Up' into her Primary Project hours at Silverdale School, and was able to positively impact 8 learners as a result.

A highlight was meeting 5 new students (she had already had previous interactions with the other 3 in the group) and getting to work with Heather Dunlop for the first time, who helped support Liz in a volunteer capacity.



Youth Educator Feedback

My feedback would be to not have such a large group again - the dynamics and size of the group were challenging and made it really difficult to get through all the content, while ensuring every learner had a voice and turn at things.

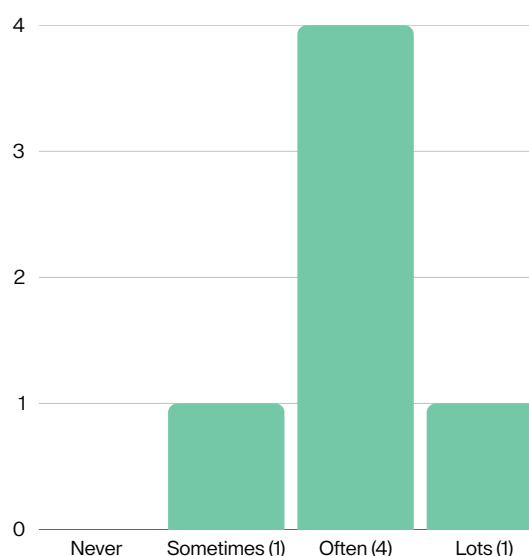
I also wouldn't attempt combining the well-being programmes with my Primary Project days in future. Juggling two roles and sets of resources in the same day, while running over the whole school to collect the learners before each session, was a lot to manage, particularly for the final two sessions!

TERM TWO 2025

Learner Feedback

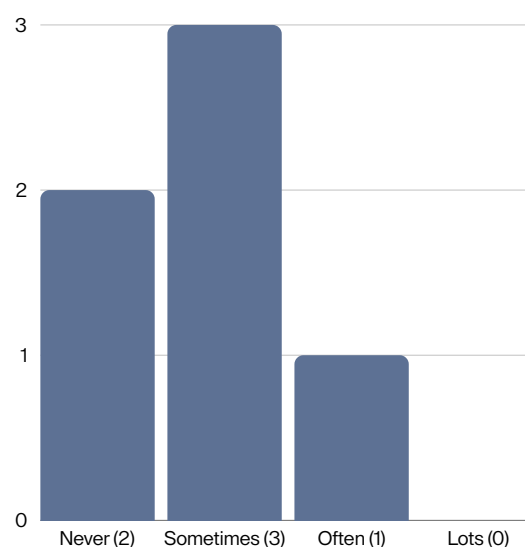
Note - only 6 out of the 8 learners were present to answer these questions

BEFORE doing 'Change Up' how often would your anger cause you to hurt others, yourself or property?



AFTER doing Change Up how often does your anger cause you to hurt others, yourself, or property?

All 6 of these learners indicated an improvement from before to after the programme.



TERM TWO 2025

Learner Feedback

What did you learn that you didn't know before?

- The Anger Rules
- How to be kind
- That we got to have food
- Lazy 8 breathing
- Some ways to calm down
- PMR (Progressive Muscle Relaxation technique)

What is something you liked about Change Up?

- The 'Do have fun' rule.
- Skittles game.
- I liked doing the fun stuff and important things.
- Tasting things to calm down.
- Food.
- Learning the Anger rules.

What is something you did not like about Change Up?

- Lazy 8 breathing.
- Not getting as many points as I wanted.
- Sitting.
- Hurting others feelings.
- Nothing
- I liked everything!

Anything else you'd like to say?

- Thanks for having us.
- Thank you for taking care of me and being so great!

