

Youth Wellbeing Impact Report

Term Three 2024

In term three 2024, Liz and Ashlea have delivered Seasons for Growth - our 8 week Change, Loss and Grief course - to 27 learners over 6 courses in 5 schools in the Orewa Kahui Ako (OKA).

Between week 2 and week 10 of Term Three, 'Seasons for Growth' was delivered in Orewa College (2 groups) and Ahutoetoe School on a Tuesday, and Silverdale Primary, Orewa Primary and Wainui Primary on a Thursday. Each group had between 3 - 7 students who had been selected by the teachers and SENCO/DP/Wellbeing staff.



Youth Educator Feedback

Highlights:

- How supportive and welcoming the schools have been, and all the positive and uplifting words they've given us.
- Witnessing the level of trust and support some learners were able to achieve within their groups. This was evident by the personal stories and depth of emotion they shared with one another.

Student Stories:

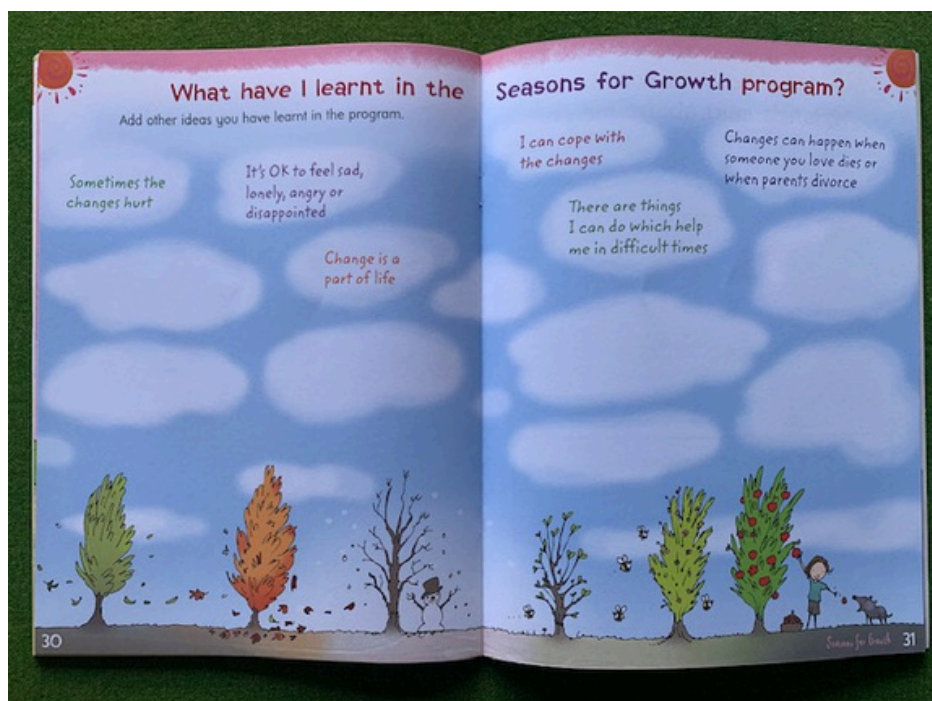
- Having the opportunity at one school, to walk alongside a student right as some challenging change was evolving, and use some of the strategies we'd just been talking about moments earlier.
- Seeing certain learners flourish when they felt seen, heard, and valued and how this positively changed their entire demeanor and ability to participate.



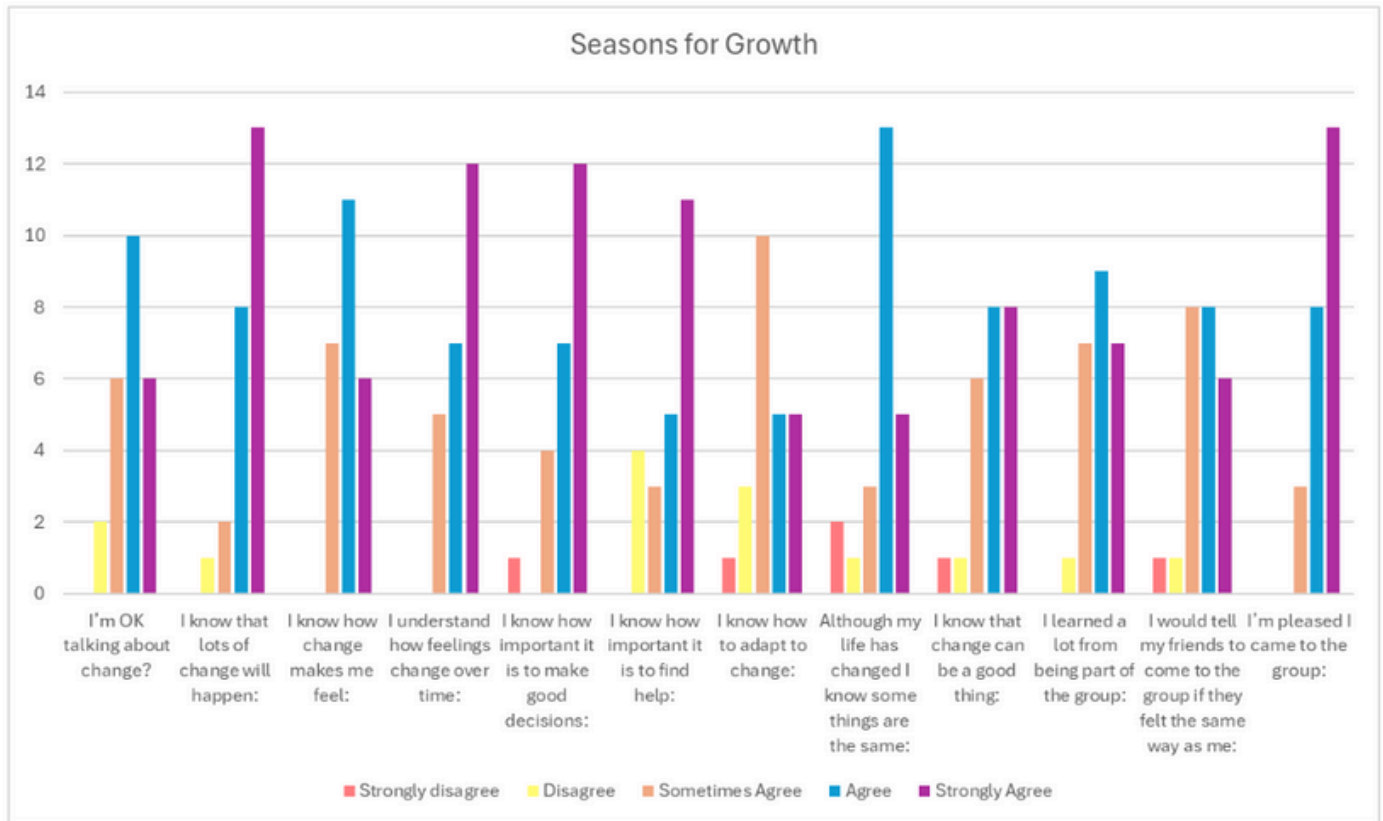
Learner Feedback

Why did you decide to come to the group?

- My counsellor recommended it
- I thought it would be good for me
- I thought it would help me accept my change
- I was referred by my counsellor
- My Dad is getting divorced
- I've had change in my life
- My friends had gone before and this had helped them
- I was going through a hard time
- Because I moved to Auckland
- I was told to come by the school
- Experiences and loss
- I have to
- My mum asked me and I said yes
- Because I've had some change
- Because I want to know that I'm not alone in my change



Learner Feedback

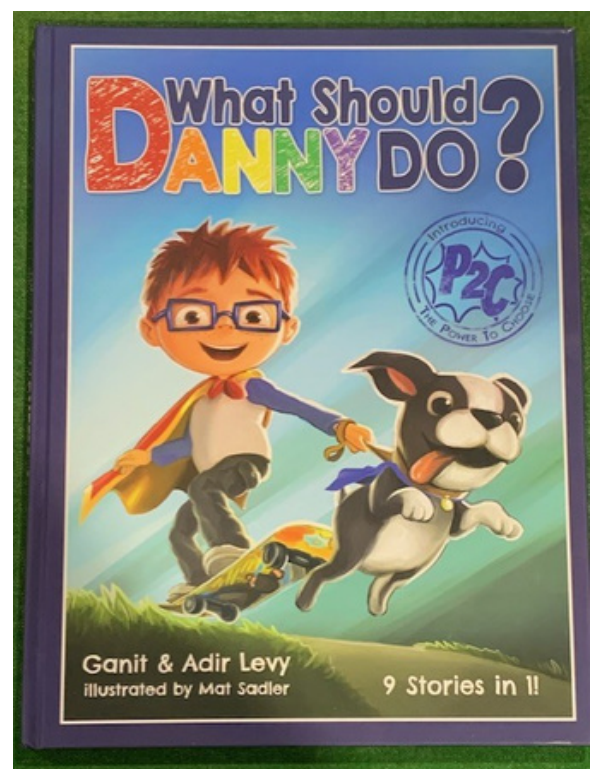
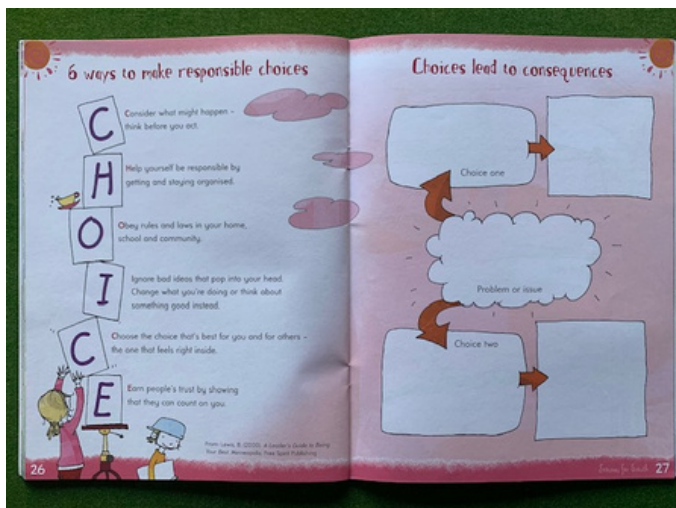


I'm OK talking about change?	77%
I know that lots of change will happen:	88%
I know how change makes me feel:	79%
I understand how feelings change over time:	86%
I know how important it is to make good decisions:	84%
I know how important it is to find help:	80%
I know how to adapt to change:	68%
Although my life has changed I know some things are the same:	75%
I know that change can be a good thing:	78%
I learned a lot from being part of the group:	78%
I would tell my friends to come to the group if they felt the same way as me:	74%
I'm pleased I came to the group:	88%

Learner Feedback

What was the most important thing that you think you learned in your group?

- Many people are going through the same changes as me
- Feelings are normal
- Who's in the group
- How to deal with change
- When changes come I will be ok
- Change always happens
- That change is ok and you can deal with it
- Meeting new people
- I learnt that it's ok to be sad
- Don't bottle up your feelings or they might explode like a balloon
- The balloon trick
- It's ok to have change
- Ways to deal with emotions
- Everyone has change
- Change is good
- Choices
- Kindness
- That I get to choose my path in life



Our programmes

Change Up

TERM: One & Two

TOPIC: Anger Management

DURATION: 6 weeks

SESSION LENGTH: 45-60mins

YEAR LEVEL: Year 2-6

AGE RANGE: 6-11 years

GROUP SIZE: 4-6 participants
(age range no more than 2 years)

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: anger outbursts, harmful behaviours ranging from poor choices up to self harm, frustration, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework.
- No active abuse occurring at home and a stable home environment if possible.

Seasons for Growth

TERM: Three

TOPIC: Change, loss and grief

DURATION: 8 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Level 1 - Year 2-4

Level 2 - Year 5-6

Level 3 - Year 7-8

AGE RANGE: Level 1 - 6-8 years

Level 2 - 9-10 years

Level 3 - 11-12 years

GROUP SIZE: 4-8 participants

- Learners who have experienced any form of change/trauma/loss. Whether it's through death, separation, divorce, or any other significant loss events - such as having moved town/school/country etc.
- PLEASE NOTE: For a child that's experienced massive trauma, there should be a minimum of 6 months since the event occurred, before they attend this programme.

Our programmes

Equip

TERM: Four

TOPIC: Emotional regulation, coping skills, stress management

DURATION: 6 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Year 6-8 (possibly 9)

AGE RANGE: 10-13 years

GROUP SIZE: 4-10 participants

- Learners who have difficulty managing their emotions, and have ineffective coping strategies.
- A learner's presentation may include: low mood/withdrawn, anxious behaviours, self-harming behaviours, anger outbursts, difficulties in the parent/child relationship.
- Preferably the children attending the group will have at least one adult (parent/caregiver) supporting their learning through the homework.
- Preferably children will have a school staff member who is aware of their skills development and also available to support homework. No active abuse occurring at home and a stable home environment if possible.
- Reasonable intellectual ability to grasp concepts and complete written tasks is required.

Storm Birds

TERM: Two (if needed)

TOPIC: Adverse weather

DURATION: 4 weeks

SESSION LENGTH: 60mins

YEAR LEVEL: Year 1-6

AGE RANGE: 5-10

GROUP SIZE: 4-7 participants

- Learners affected by experiences of change, loss and grief resulting from natural disasters (adverse weather events)
- Provides an opportunity for participants to learn the knowledge, skills and attitudes required to understand and respond well to such experiences.