



2022

# SCHOOL *Report*

# ST MICHAELS





Over six weeks from January to March 2022 BelEve UK came to St Michael's Primary School to run our Beautiful, Empowered, and Me (BEAM) programme.

We worked with 13 girls to improve their confidence, build their self-esteem, and help them to become more resilient during their transition to their new school.

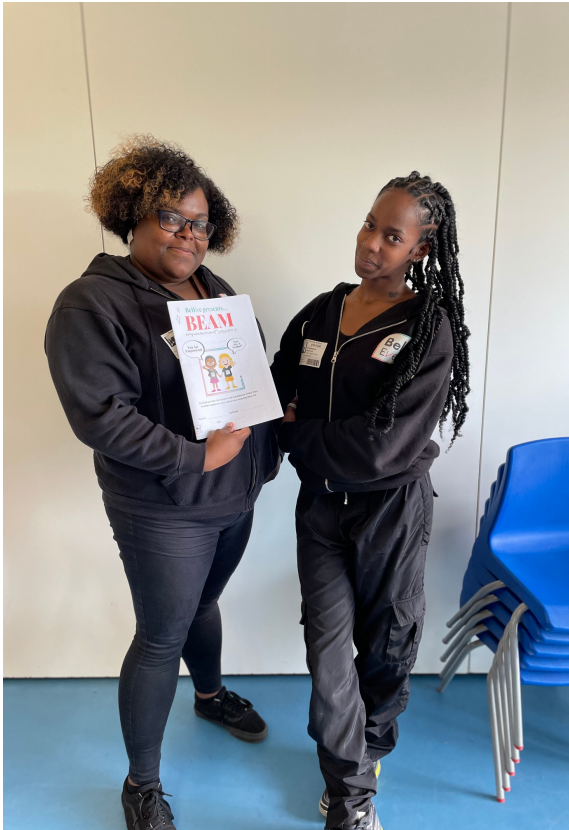
We want to tell you about some of the things we found as a result of our work!

We evaluate our programmes through a survey, activities, and through observation. We measure how well girls are doing against a number of outcomes. These tell us how far girls have come in the six weeks we've been working with them.

# WHAT IS BEAM?

BEAM is a session-based programme delivered by our two facilitators, Kia and Imahra [Put a pic of them in this section]. Kia and Imahra run each weekly session on a theme. These sessions are designed to help girls to explore their strengths and encourage them to believe that they have unique abilities that they can use to prepare them for their new school.

	Weekly Themes
Week 1	Getting to know you!
Week 2	Girl Power
Week 3	Confident Girl
Week 4	My Feelings
Week 5	I Am...
Week 6	Recap & Evaluation



The sessions are designed to be fun, informal, safe spaces where girls can form friendships, explore what it means to be a girl, and understand how they feel about themselves and others. Each weekly session is delivered through activities.

“I LEARNT TO FEEL BETTER ABOUT MYSELF AND TO MAKE MYSELF FEEL MORE CONFIDENT”

# WHAT WE DO!

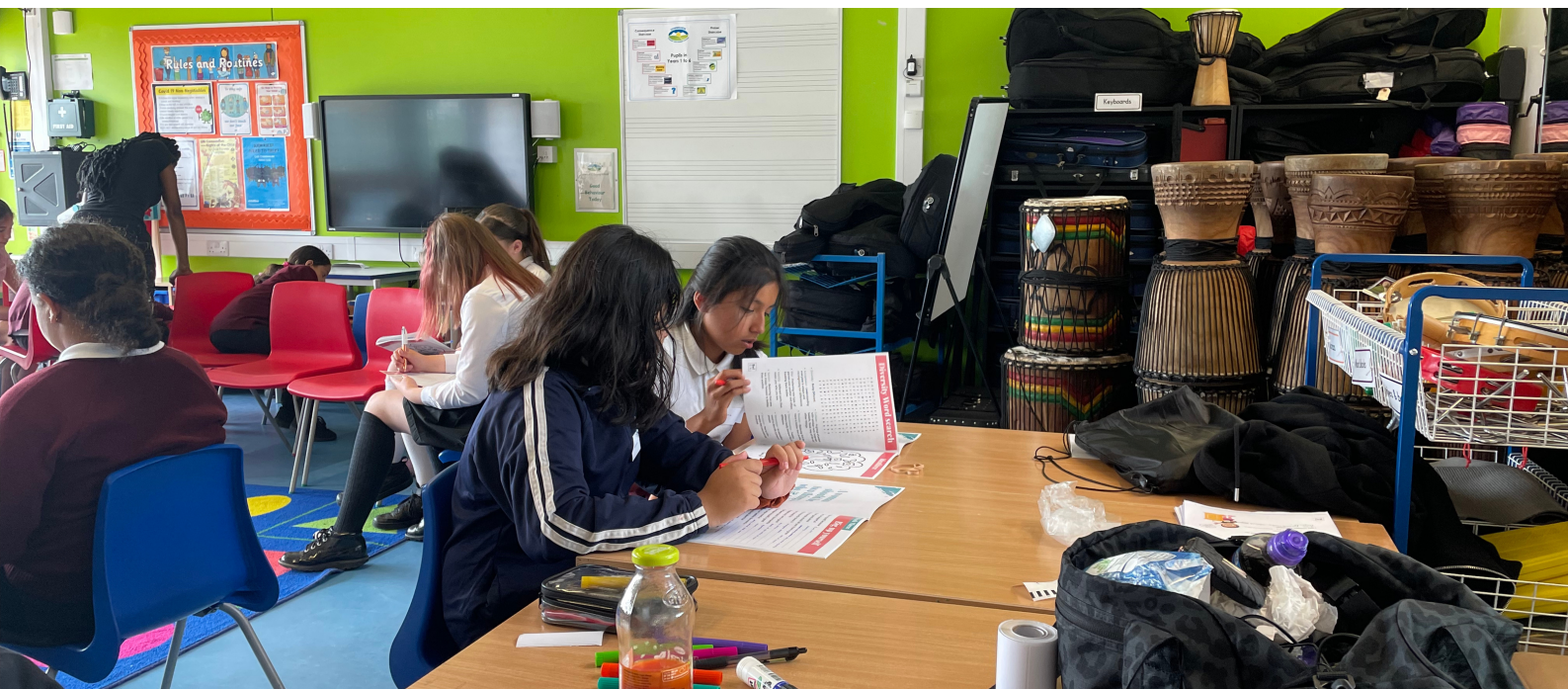
	Weekly Themes
<b>Week 1</b>	We play PEOPLE BINGO! This gives girls the ability to explore team working, and that everyone is equal!
<b>Week 2</b>	We write our GIRL POEMS! This develops creativity, Resilience, and all about girls' relationships
<b>Week 3</b>	We build the WALL OF SELF-IMAGE! On our wall we share things about ourselves, to promote self-understanding and confidence through our creativity
<b>Week 4</b>	We ask HOW DO YOU FEEL! This explores how other people and situations make us feel and our emotional responses to them
<b>Week 5</b>	We talk about IDENTITY! We do this by creating ID cards about ourselves. We use these to explore issues around friendship
<b>Week 6</b>	We SAY GOODBYE and fill out our survey!



# RESULTS

We measure impact on two separate measures – girls' ability to lead by building relationships with others and shaping their world through collaborative activities; and their ability to lead themselves. Self-leadership is a mix of empowerment and body confidence indicators. These tell us how resilient girls are to external messaging about the right way to look. BEAM supports girls to grow internally, and have the skills and abilities to go on and change their world.

## This is what we found...



"I HAVE LEARNT TO BE A  
LEADER, TO BE PROUD OF  
BEING WHO I AM"

# THIS IS WHAT WE FOUND...

**77% (10) of the girls in the sessions scored themselves **HIGHER** at the end of the programme in relation to leading others! This includes how well they reported their ability to collaborate, be creative, plan and problem solve, form relationships, and communicate effectively.**



"I LEARNT THAT YOUR GORGEOUS ANYWAY AND YOU SHOULD ALWAYS BE CONFIDENT AND IT DOES NOT MATTER WHAT PEOPLE THINK"



# THIS IS WHAT WE FOUND...

**We're pleased with this – it means that ONLY 23% of the girls scored LOWER or THE SAME on these abilities, meaning that they're still on their journey to find their inner strengths...**





# THIS IS WHAT WE FOUND...

**38% (5) of girls had improved SELF-LEADERSHIP assets by week 6. This includes their self-esteem, self-image, and confidence, as well as their resilience to external messages about body image and beauty. Just over 54% didn't improve. 1 girl's self-leadership (8%) stayed the same.**





# THIS IS WHAT WE FOUND...

The girls who didn't improve by week 6 in relation to **LEADING OTHERS** still improved in relation to their **SELF-LEADERSHIP**. This means that some girls (about 10) had improved self-esteem, and other characteristics associated with body-confidence, but had yet to build their other leadership abilities. We'll explore this more in our end of year programme report.

