



# RUSHLEY GREEN



Community  Impact





# INTRODUCTION

Over six weeks from January to February 2022 BelEve UK came to Rushey Green school to run our Beautiful, Empowered, and Me (BEAM) programme.

We worked with 12 girls to improve their confidence, build their self-esteem, and help them to become more resilient during their transition to their new school.

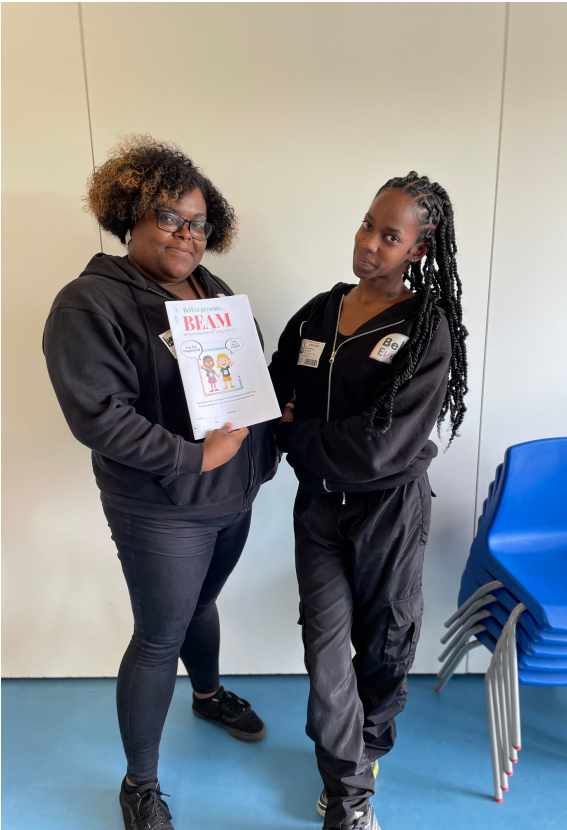
We want to tell you about some of the things we found as a result of our work!

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.

“IN BEAM I LIKED THAT I COULD GAIN SOME CONFIDENCE AND I LIKE PEOPLE IN THE GROUP”

# 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;
- girls' 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...

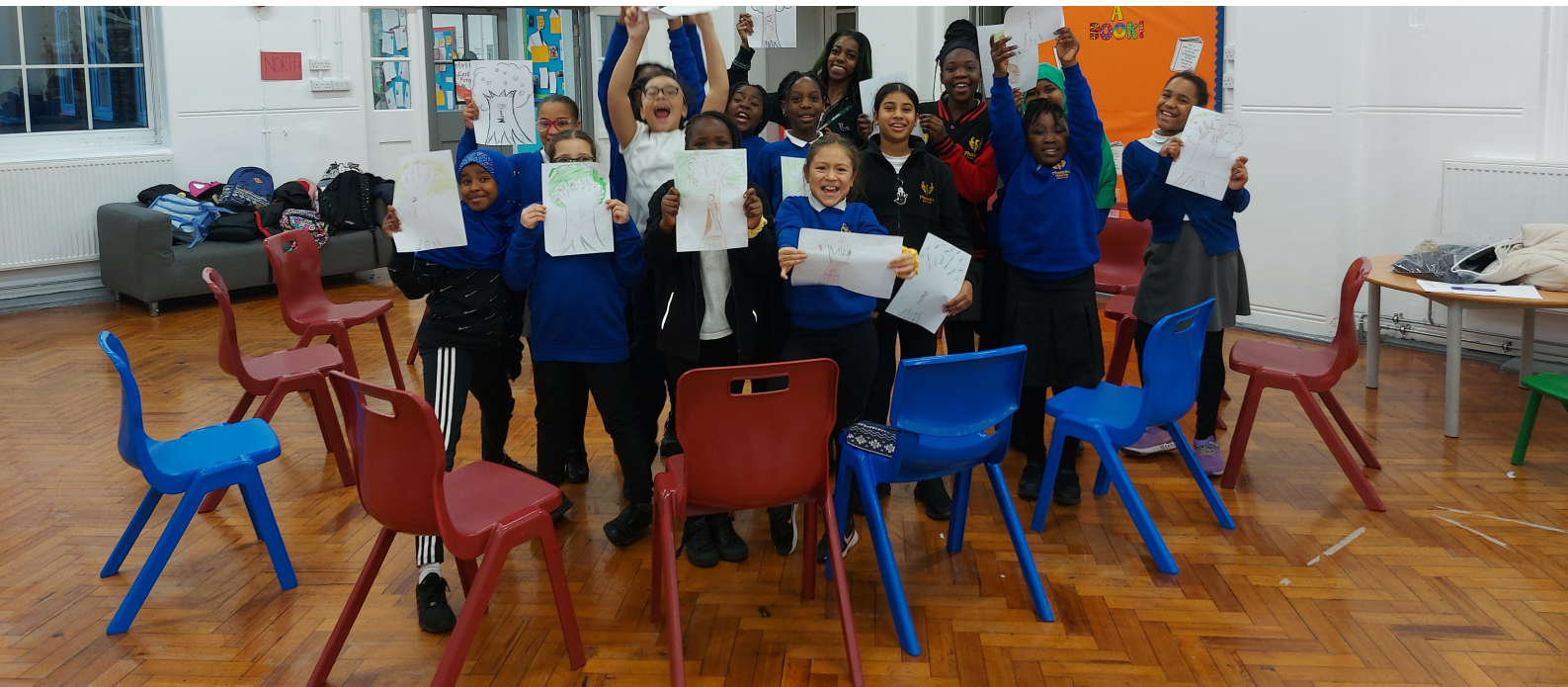




# THIS IS WHAT WE FOUND...

**Almost 60% 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.**



**"LIKED THAT WE DID MANY ACTIVITIES AND THAT WE HAD FUN PLAYING GAMES"**

# THIS IS WHAT WE FOUND...

**There's always more work to do! 42% of the girls scored LOWER on these abilities, meaning that they're still on their journey to find their inner strengths...**





# THIS IS WHAT WE FOUND...

**Just over 40% (5) of girls had improved SELF-LEADERSHIP abilities 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 40% didn't improve...**



**"I HAVE LEARNT TO BE MORE CONFIDENT BECAUSE I WAS VERY SHY"**

# THIS IS WHAT WE FOUND...

**The girls who didn't improve by week 6 in relation to SELF-LEADERSHIP also scored low for LEADING OTHERS. We can see there's a relationship between self-leadership and leading others...**

**in our full evaluation report, we'll try to find why this is...**



**"I FEEL LIKE NOT AS BAD OF MYSELF I USED TO THINK. AND IN THE GROUP I GOT A BIT LESS SHY"**