

2022



SCHOOL *Report*

TORRIDON





INTRODUCTION

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

We worked with 33 girls (in two cohorts) to improve their confidence, build their self-esteem, and help them to become more resilient during their transition to their new school.

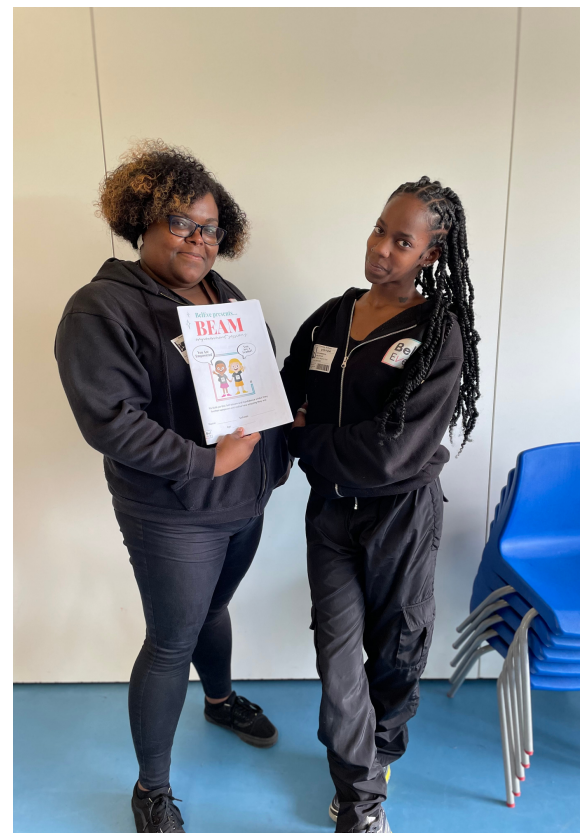
We want to tell you about some of the things we found as a result of our work!

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. 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 WILL REMEMBER THAT IT'S IMPORTANT TO BE PROUD AND PROJECT MY NAME"

WHAT WE DO!

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

THIS IS WHAT WE FOUND...

82% (27) 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.

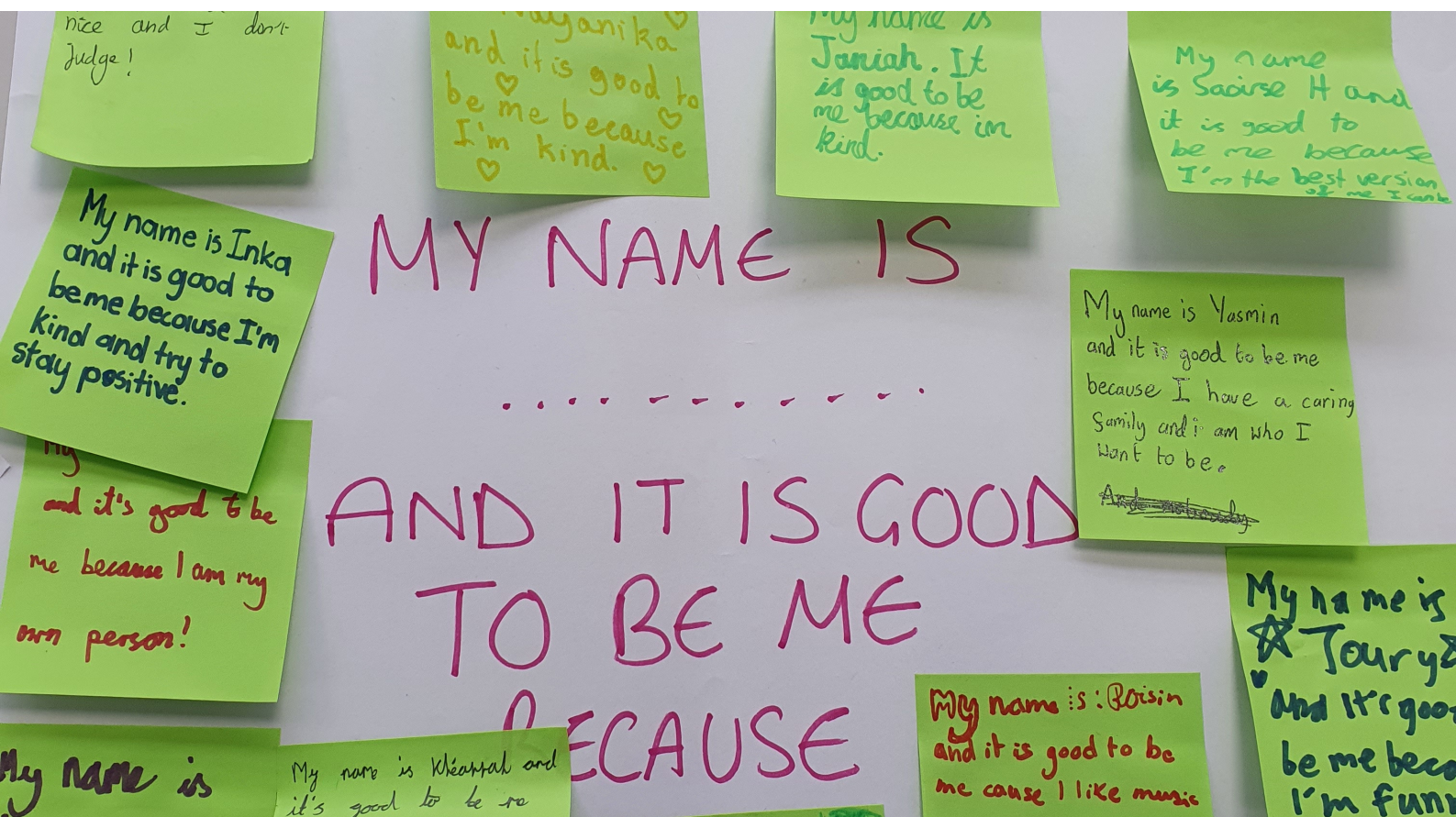
We're pleased with this – it means that **ONLY 18%** of the girls scored **LOWER** on these abilities, meaning that they're still on their journey to find their inner strength.



"WE GET SUPPORT FORM ONE ANOTHER WE GET TO KO EACH OTHER AND GET TO DO FUN THINGS"

THIS IS WHAT WE FOUND...

Just over 82% (27) 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 12% didn't improve. 4% stayed the same.



"I LOVED HAVING INSPIRATION AS I BELIEVE IT IS IMPORTANT TO BECOME WOMEN WHO STRIVE TO BE THE BEST THEY CAN BE"

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.

