

2022



SCHOOL *Report*

STILLNESS





INTRODUCTION

Over six weeks from April to June 2022 BelEve UK came to Stillness Primary school to run our Beautiful, Empowered, and Me (BEAM) programme.

We worked with 35 girls to improve their confidence, build their self-esteem, and help them to become more resilient during their transition to their new school.

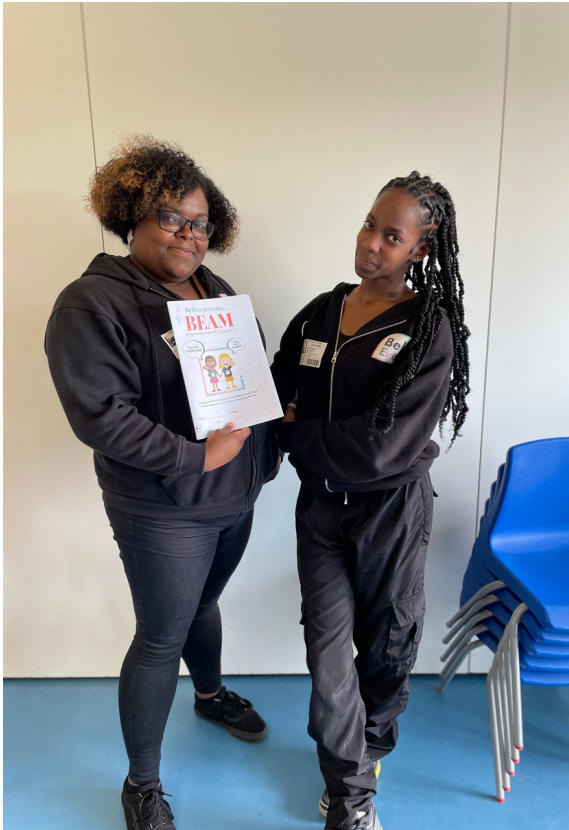
We want to tell you about some of the things we found as a result of our work!

We evaluate our programmes through a survey, activities, and through observation. We measure how well girls are doing against ten outcome statements. 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 LOVED HAVING INSPIRATION AS I BELIEVE IT IS IMPORTANT TO BECOME WOMEN WHO STRIVE TO BE THE BEST THEY CAN BE"

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!

THIS IS WHAT WE FOUND...

Overall, girls measure their own progress using a self-report tool containing ten outcome statements:

1. I am beautiful on the inside and the outside and know that I am worthy to succeed
2. I have the confidence to be a good leader and make good choices
3. I like to be challenged, and can solve problems easily
4. I have a beautiful imagination
5. I am proud of the person I am becoming and can do anything that I set my mind to
6. I always work hard to achieve my goals
7. I enjoy talking to new people
8. I embrace change well and never give up
9. I control my emotions and can easily talk to others about my feelings
10. I am generous, caring and I am a good friend

Girls scores increased on 9 out of the 10 outcome statements they measured themselves against. The largest increase (of 2 points) was observed in relation to the outcome 'I enjoy talking to new people' (this increased from a baseline of 7, to 9 at the end of the programme). No decreases were observed although responses to the outcome statement: 'I always work hard to achieve my goals'; didn't change from a high median baseline of 8.5.

THIS IS WHAT WE FOUND...

Outcome Statement	Baseline	Post-Programme	Change
I am beautiful on the inside and the outside and know that I am worthy to succeed	8	9	1
I have the confidence to be a good leader and make good choices	8	9	1
I like to be challenged, and can solve problems easily	7	8	1
I have a beautiful imagination	9	10	1
I am proud of the person I am becoming and can do anything that I set my mind to	8	9	1
I always work hard to achieve my goals	8.5	8.5	0
I enjoy talking to new people	7	9	2
I embrace change well and never give up	7	8	1
I control my emotions and can easily talk to others about my feelings	5	7	2
I am generous, caring and I am a good friend	9	10	1



"I HAVE LEARNT TO WORK BETTER IN GROUPS"