

# Stronger You

## What is Stronger You?

Stronger You is an evidence informed prevention programme, designed to provide a safe space for young people in years 6 - 13, to explore the tools and skills needed to get through difficult times in life and build resilience.

This programme aims to create a safe space for individuals to explore important topics through group discussion, pair work, group activities and individual reflection.

Throughout October '18 till April '19, 52 students completed the Stronger You programme.

**80%** of the young people gave the Stronger You group a **6/10** or more for having a significant and positive impact (45% rated 8/10+).

**84%** of the young people gave the Stronger You group a **6/10** or more for understanding their concerns (58% rated 8/10+).

**80%** gave a **6/10** or more for whether they would seek help from the Emotional Health Academy in the future (58% rated 8/10+).

## What the students think



“I felt unsure coming into the group as I didn't know the people there, this changed as the group went on because I became more confident with the people around me”

“I learnt that I can do things that I want to do and that I shouldn't be scared to speak up”

Students from Kennet School

“I have learnt how to ignore the children who are trying to upset me and how to look on the positive side of things”

“Before coming to the group I was nervous to speak to new people as I worried what they would think of me, now I feel better about this and can speak more comfortably”

Students from Little Heath School



## What the staff think

“I highly recommend the EHA Resilience workshop. I was lucky enough to sit in on all the sessions and it was lovely to see our pupils enjoying themselves and engaging in all the activities. The activities were varied, from written takes, role-play, and group discussions which meant all pupils could get involved. We have seen great results from the pupils who took part.

The sessions ran smoothly and I can only put that down to the excellent communication Rebecca offered. She was always available to contact between sessions and was great at giving me any extra information which would benefit the child in school”

**ELSA, Little Heath School**



## What the parents think

“The young people love that this group is just for them and it can be private if they want it to be. My daughter came out of the group talking loads about the session and how she feels more confident. The group definitely makes a big difference”

**Parent, Kennet School**



For more information about getting your school involved in the Stronger You programme call **01635 519018** or email **[emotional.health.triage@westberks.gov.uk](mailto:emotional.health.triage@westberks.gov.uk)**

To find out more about other EHA programmes for schools in and outside of West Berkshire visit the website.

**[www.westberks.gov.uk/eha](http://www.westberks.gov.uk/eha)**