



Report for year 2018-19

b:You is a 10-week programme for girls struggling with social, emotional, behavioural or personal issues. It consists of small group HeartSense sessions and a group after-school club.

Quality, Outputs, outcomes, impact for 2018/19

- 19 children reached
- 2 programmes* delivered
- 2 primary schools

Girls are surveyed in the following areas and reported improvement in these areas:

- | | |
|-------------------------------------|-------|
| • Attitudes towards learning | (75%) |
| • Respecting others | (81%) |
| • Listening | (38%) |
| • Handling negative situations | (50%) |
| • Confidence | (63%) |
| • Understanding/expressing emotions | (50%) |
| • Well-being | (63%) |
| • Behaviour at school | (38%) |
| • Behaviour at home | (56%) |
| • Happiness with Friendships | (91%) |
| • Asking adults for help | (55%) |

Comments:

- *'Please don't stop. C loves BEYou! Thank you!' (parent)*
- *'Before doing heartsense I was more angry. Since doing heartsense I got more happy' (Child)*

Conclusion:

*Due to the funding cuts in schools we have not had the opportunity to deliver a full b:you package (two sessions of HeartSense and an afterschool club per week running concurrently) to any girls this academic year, which we believe is reflected in the some of the lower outcome results above. However, individual girls have benefited, and in 2019/20 we have some extra funding in place to help deliver more complete packages.