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Experiences of building Resilience around school transition




A little about Eikon



Inspiring young people. Transforming lives


- Young Peoples Charity
- Impact: Wellbeing, Resilience, Aspirations
- We have been established for over 20 years
- We have worked with 25,000+ young people in Surrey
- In schools, neighborhoods and families
- Part of the Surrey CAMHS partnership



"Hello" bingo

Find someone who ...


... can juggle	... has the same hand size as you	... can tell you a joke	... plays an instrument or enjoys singing
... has taken part in a competition	... has broken a bone in their body	... enjoys the same music as you	... can tell you about a big achievement
... enjoys swimming	... is a middle child in their family	... has an unusual talent	... can tell you one big difference between primary and secondary school
... can hike	... likes to play a sport	... likes watching films	... has taken part in a sponsored event this year



What is resilience?

Beating the odds whilst also changing the odds.

Boingboing working definition December 2013



Video: What is Resilience

<https://www.youtube.com/watch?v=4RzHx5rw0f4>



How we got here

- “That means we want to help you acquire the resilience and skills you need when life throws up challenges.”
Future in mind - Promoting, protecting and improving our children and young people's mental health and wellbeing. (2015)



- “Schools that have programmes that directly improve students' social and emotional learning demonstrate 11% higher results in exam results.”



- “Resilience work such as that in Surrey needs to be rolled out across the country”

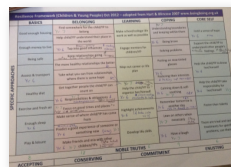


Looked at a range resilience models chose Resilience Framework (Hart, Blincow and Thomas 2007)



The Pilot

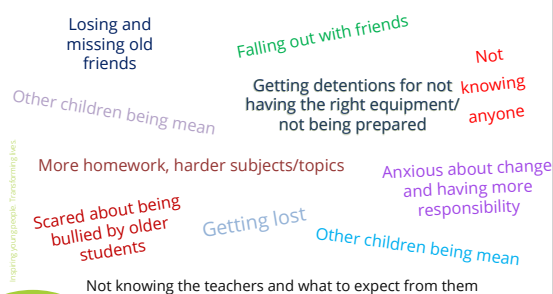
- Consulted with Year 6 & Year 7 students and staff
- Mapped key issues onto Resilience Framework
- Adapted from Resilient Classroom, by Sam Taylor, Angie Hart. And Hove Park School



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Concerns at Transition



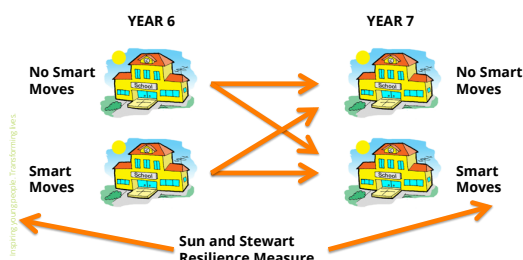
The Pilot

- Trained staff in resilience theory and consulted them on content and delivery style
- Rolled out in 4 junior schools with 1 control school in May 2016
- Rolled out in 2 Secondary schools with 1 control school in September 2016

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Evaluating the Pilot



Smart Moves for Resilience

- Evidence-based short sessions to give young people small learnable skills (Smart Moves) that increase resilience.
- Flexible resources to adapt to the needs of the school Year 6: 15 x 30 min, Year 7 24 x 15 min or 12 x 30 min
- Creates a common language and some familiarity across the year 6/7 transition.
- Students receive their own book as a place to explore thoughts and feelings, as well as providing a useful long term resource for times of stress.

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