

BOYS MOVE SUCCESS STORY



Our Boys Move programme is designed to improve understanding across the school of the challenges boys face as they transition through secondary school and through life. It is targeted at secondary school boys with behavioural or mental health issues. It is a professional development programme designed to equip educators with the principles of how to use sport and play to address the mental health and well-being issues of adolescent boys. It improves mental health and well-being of the target group by getting boys engaged through workshops based on real life experiences. This hopefully gets them back into class without causing disruption.

This term we had the opportunity to run the programme at Lancaster Academy with recently retired Leicester Riders Basketballer, Mo Walker. Mo delivered some presentations to learners and lead some sports sessions alongside our Health and Wellbeing Coach, Aaron, who runs the Boys Move programme.

Aaron ran the programme with 10 Year 8 and 9 students from Lancaster Academy, all who had behavioural issues. They took part in sessions in a safe space for 10 weeks with different themes. Including; resilience, self-worth, success, confidence and overcoming challenges.

We worked collaboratively with the school teaching staff who recorded behavioural data pre and post programme. They also helped us to analyse the data for any trends, is there a certain lesson the boys are missing every week? Are they always removed from the same class every week? This data is vital when looking at the impact and success of the programme and is essential that schools provide this when signing up.

BOYS MOVE IMPACT DATA

	<u>Warnings Before Boys Move (6 Weeks)</u>	<u>Related Warnings Term (6 Weeks)</u>
Boy 1	52	37
Boy 2	26	12
Boy 3	17	11
Boy 4	30	7
Boy 5	32	16
Boy 6	48	12
Boy 7	39	15
Boy 8	32	13
Boy 9	41	21
Boy 10	50	17
Total	367	161

	<u>Total DD Before Boys move H/T (6 weeks)</u>	<u>DD This T Weeks)</u>
Boy 1	3	1
Boy 2	1	0
Boy 3	1	0
Boy 4	3	3
Boy 5	3	1
Boy 6	10	4
Boy 7	7	5
Boy 8	1	0
Boy 9	2	2
Boy 10	7	5
Total	38	21



We can tell by the data provided by Lancaster Academy that the boys more than a 50% reduction in behaviour points received compared to before they took part in the programme and nearly a 50% reduction in how many times, they were removed from the lesson compared to before the programme. It is fantastic to see such clear evidence that this programme has such a big impact on the mind set of these young people.

If your school would like to book onto the Boys Move programme, please contact ahalford@crownhills.leicester.sch.uk

BOYS MOVE TESTIMONIALS

"The Boys Move programme really helped me feel more confident in school and with my friends. I used to get into trouble a lot, but now I think twice and stay focused."

"I used to get into trouble all the time, but after doing Boys Move, I feel way more in control. The workshops and sports made me more confident and helped me stay on track"

"I loved the sports sessions - they helped me get rid of all the energy I had and kept me calm. The workshops taught me how to handle situations better and stay motivated in class."



"Before Boys Move, I used to get distracted and act silly but now I feel more in control. The workshops and exercise sessions helped me stay on track and feel good about myself."

"I never thought I'd enjoy learning about confidence and motivation, but this programme made it interesting. The sports really helped me relax and stay focused on what matters."

"The Boys Move made me realise I can be confident and still avoid getting into trouble, plus the activities were so much fun."



"Since joining Boys Move, I've been more focused and positive in school. The activities were fun and helped me stay calm when I was feeling frustrated or stressed."

"The workshops on confidence and motivation taught me how to stay positive and not get caught up in bad situations. Plus, the sports sessions were a great way to let off steam."

"The Boys Move programme helped me figure out how to stay motivated and avoid making bad choices. The sports were a great way to burn off energy and feel more relaxed afterwards."