

SUPPORTING CHILDREN AND YOUNG PEOPLE THROUGH CHANGE, LOSS AND GRIEF

KEY FINDINGS FROM AN INTERNATIONAL EVALUATION (MAY 2011)

KIDS SAY: BELONGING TO A SFG GROUP IS 'GREAT' (MEAN OF 4.61 POINTS FROM A POSSIBLE 5)



my feelings are YAY I AM COMING TO SEASONS....its not that i have to come its that i want to come

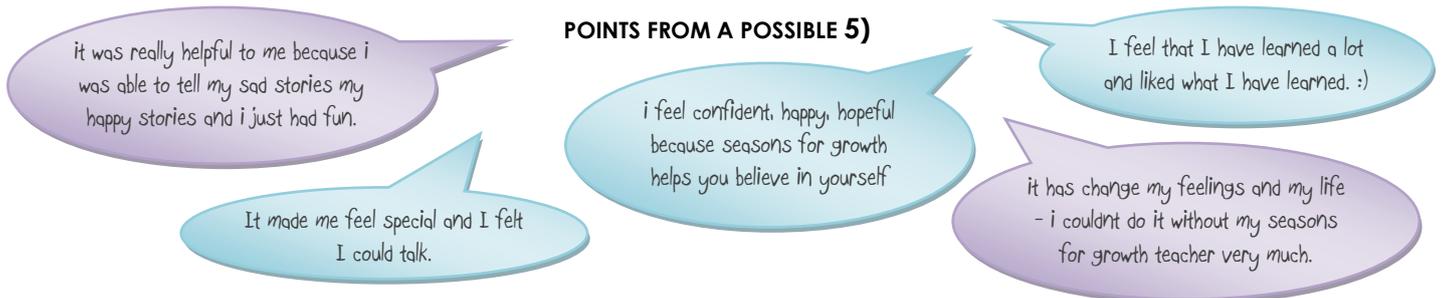
i feel exalant and happy as well

i feel free, what i mean about this is that i feel free to let out my problems that i have and i won't have to worry about someone telling my secerts

Really Good. It's fantastic!!! I am trully exited about it.

it was FUN ! :)

KIDS ALSO SAY: THE SFG COMPANION 'HELPED OUR GROUP TO LEARN A LOT' (MEAN OF 4.66 POINTS FROM A POSSIBLE 5)



it was really helpful to me because i was able to tell my sad stories my happy stories and i just had fun.

It made me feel special and I felt I could talk.

i feel confident, happy, hopeful because seasons for growth helps you believe in yourself

I feel that I have learned a lot and liked what I have learned. :)

it has change my feelings and my life - i couldnt do it without my seasons for growth teacher very much.

PARENTS SAY: SFG MET THEIR EXPECTATIONS (60% 'VERY WELL', 37% 'QUITE WELL')

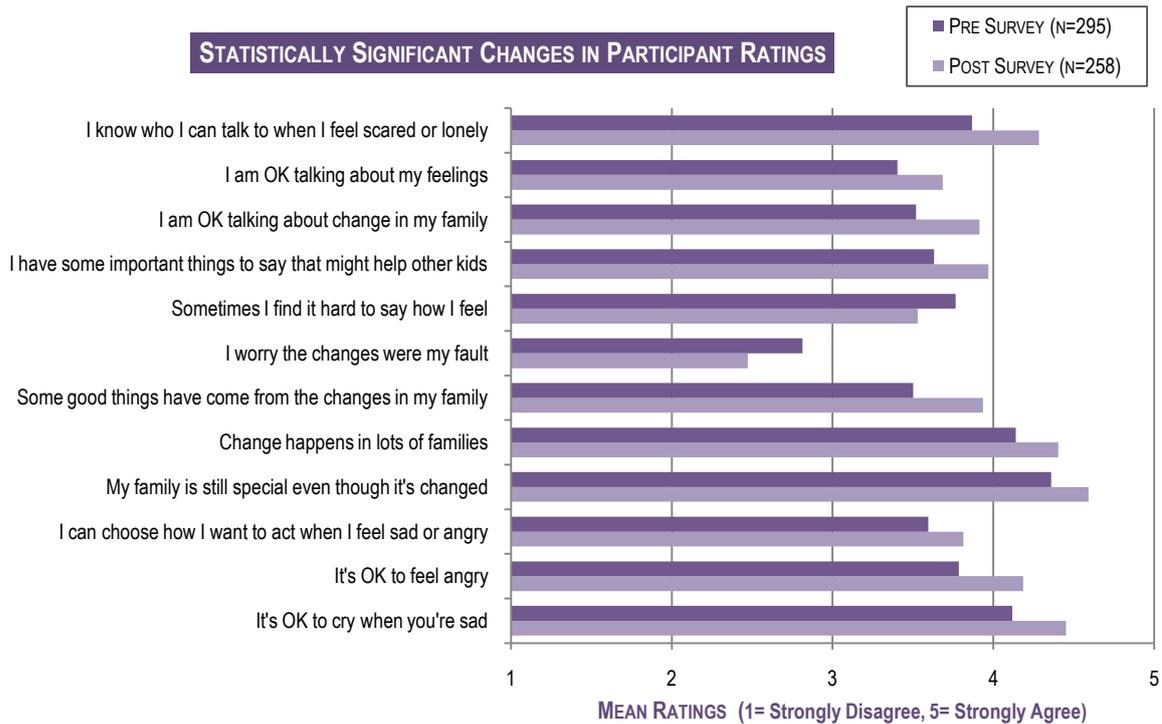
- I would just like to thank you for putting this programme in place and allowing children access to it. My son really enjoyed the sessions and I am very grateful and appreciative of the opportunity, help and support that he has been given.
- I hope it continues so other children can benefit as we have
 - My daughter loved the program and looked forward to attending each week and the workbook that she was very proud of.
- I'm glad it was available for my children, and I think that a safe outlet for them to discuss issues is imperative to a balanced person, so a great big heartfelt thank you to the Seasons group.
- It is a fantastic program that I would recommend to any families that have experienced a loss. Thank you for developing such a worthwhile program for children.
- Jessica enjoyed sharing with others and relating 'change' to the 'seasons'

COMPANIONS SAY: SFG HAS CHANGED THEM (43% 'A GREAT DEAL', 41% 'A LITTLE') – PARTICULARLY IMPROVING THEIR UNDERSTANDING OF CHILDREN AND STRENGTHENING THEIR OWN PERSONAL QUALITIES

- I can't praise the program enough. I have seen the weight lifted off many young people's shoulders through doing this program.
- This program has been a source of great joy for the children who have participated in the program over the past ten years. It has been a source of satisfaction to me and I continue to be amazed at the results of this wonderful program.
- It is very valuable and thoroughly enjoyable. We always have a lovely celebration and the pupils usually ask if they can do the programme again!!! High praise indeed!!
- Once again it was a privilege to share this journey with a very special group of children
- I think it is one of the best programs I have used in a group setting

THE SFG PROGRAM MAKES A DIFFERENCE: 69% OF KIDS SAY IT HELPED THEM 'A LOT'

STATISTICALLY SIGNIFICANT CHANGES IN PARTICIPANT RATINGS



SFG BUILDS KIDS' UNDERSTANDING AND SKILLS

I learnt about choices I can make. I learnt the song I'm boss of all my feelings

if it is to be, then its up to me

now i no that there are other people that feel the same.

because you have to learn let go of the loved ones

SFG IMPROVES KIDS' EMOTIONAL WELLBEING

it helped me get over my problems and worries and i felt alot more positive

its made me a stronger person and made me believe in myself alot more

Cause I let go of my bad memories in the balloon.

I have been feeling lest stress than i was before

I learnt I am terrific

SFG ENABLES KIDS TO EXPRESS THEIR VIEWS

i can talk about my feeling without anyone laughing at me

i got the story out of my mind.

because i have opened up a lot and it has show me it is ok to show your feelings

Having someone to listen to me and talk to.

because if i feel sad then i can share my feelings

SFG STRENGTHENS KIDS' SOCIAL & SUPPORT NETWORKS

it help me to always find someone to help me when i am feeling sad

it teaches me about getting to know other friends and family

I made lots of friends in the Seasons for Growth Group

i learn alot of things about friendship

it gives kids hope and you can trust someone

ABOUT THIS EVALUATION: This evaluation was conducted by the Centre for Children & Young People at Southern Cross University, in Australia. These findings are based on data collected from 57 Sfg groups across six regions (from Australia, New Zealand and Scotland), involving 334 children and young people aged 6-16 years, with a mean age of about 9½ years.