

Evaluation for Rock & Water Programme Conducted at Kurri High Term 4, 2002.

Context:

There was one group of 20 female students who attended the Rock & Water classes that were conducted at Kurri High School for a ten week period during term 4 2002.

The course was initially requested by Kurri High School. The school nominated a group of female students who comprised primarily medium-risk behaviors and challenging behaviors.

The group facilitator was Mark Addison, LEAF Reconnect Youth and Family Worker and assisting was Kim Jackson, Job Placement Employment and Training.

Aims:

To promote in students attributes such as; self control self-confidence and self respect.

The objectives of the programme are;

- ◆ For each participant to become stronger and more skillful,
- ◆ To learn more effective and positive ways to cope with conflicts and aggression,
- ◆ Learn a number of social skills,
- ◆ Promote participant's awareness of their individual qualities and how they can develop them to the maximum,
- ◆ For participants to gain more insight into and over their bodies, emotions and thoughts,
- ◆ To learn to look critically and reflect on their behaviour.

Facilitators Evaluation:

- ◆ On a sliding scale of one (1) to seven (7) where one is not useful, and seven is very useful, we assessed that the group ranked 6 in regard to meeting the aims and objectives of the Rock & Water Programme.
- ◆ We enjoyed facilitating this group, as it is an innovative way of working with girls.
- ◆ During the course of the programme we did notice small marked changes in the girl's behaviours as they began to grasp the concepts of the Rock & Water programme.
- ◆ The combination of physical activities followed by group discussions enhanced the discussions about topics covered in the programme, (such as bullying, being in control and alternatives to violence).
- ◆ Changes were observed in participant's attitudes that fitted with the Rock & Water programme. This is exemplified by someone who was aggressive being more able to negotiate and others who were victims, being more able to take a stand for themselves.

One of the girls reflected, *"I liked how Mark and Kim taught me how to have self control and more self esteem about myself and that my values are important"*.

Things we would do differently or have realised:

- ◆ Group leaders should be more aware of the need for good time management.
- ◆ There is a great advantage in having a consistent venue for the programme.
- ◆ That feedback from previous participants should be considered when planning future courses.

The Future:

- ◆ All groups conducted should have a mix of high, medium and low behaviour needs. This diversity enables peer regulation and demonstrates the validity of alternative behaviours to violence.
- ◆ Whilst the groups are being conducted leaders will manage the groups behavior in a manner that fits with the Rock & Water objectives.
- ◆ School teachers are encouraged to participate as members of the Rock & Water group.

Helpful Comments and Criticisms have been included to from the young people to inform future groupwork.

Feedback was sought from the group of young women who attended the Rock & Water course at Kurri High School, term 4 2003.

20 girls attended the one group 12 evaluations were completed;

The following feedback is from those 12 completed evaluations.

Ranking 1 to 7

Ranking	Number of responses
1 (No helpful at all)	0
2	0
3	0
4	0
5	1
6	6
7 (Very Helpful)	5

What did you like about the course?

Taught us to be centered
Control ourselves and centre ourselves
Could speak our minds
Worked as a group and had fun
Good communication with the leaders
Respect and responsibility
Centre myself and self control
Defend myself when needed
Control anger and respect other people
Really fun
Self control, self esteem and my values are important
How to keep self control, I have been inspired and would love to do work like this

What could be done differently in future Rock and Water groups?

People take it more seriously
More control over the students
No need for change
People who don't want to be there should leave
Use punching bags more

Send people out if they are being naughty

Suggestions on how young people could improve their participation in the group?

More activities

Make sure that I really learn it

Stay calm and think more

I want to continue so can learn more

Extend the programme

Learn to use self defense

Take more in and don't think of it as a game

Fine the way it is

Listen a bit more

More anger management; take it out on punching bags

The others in the class need to settle down

No need for change

From this we can conclude:

The above question was included as an attempt to encourage the girls to reflect on their participation in the group. These comments indicated that the girls were aware of what behavioral changes increased their learning and participation.

In 'other comments', there was no further positive criticism, however comments were made encouraging that future Rock & Water groups be run and, how much fun the programme was for them to participate in.

Both the facilitators were very pleased (surprised) to receive these two certificates from a Rock and Water class member.

Rocks & Water

This certificate is to certify that you have passed in our knowledge, and a very lovely person.

This is awarded to Kimberly

Blumen

Rocks & Water

This certificate is to certify that you have passed in our knowledge, and a very lovely person.

This is awarded to Mark.

Blumen