

November 2013 - March 2014

Life Education Wessex aims to help children make healthy choices by working with schools to support and contribute to their existing provision for PSHE, including children's health and well-being, behaviour and safety. This report presents the findings of evaluation of the Life Education programmes using outcomes-based questionnaires and online survey software (SurveyMonkey) following teaching sessions. It presents findings from data collected from 04/11/2013 to 17/03/2014. Over 1400 children and 144 teachers took part in the online evaluation during this period.

The key findings demonstrate that Life Education sessions have increased health knowledge and life skills for children and altered attitudes about health-related practices among their peers. The vast majority of children felt they gained knowledge and skills in their respective learning outcome areas.

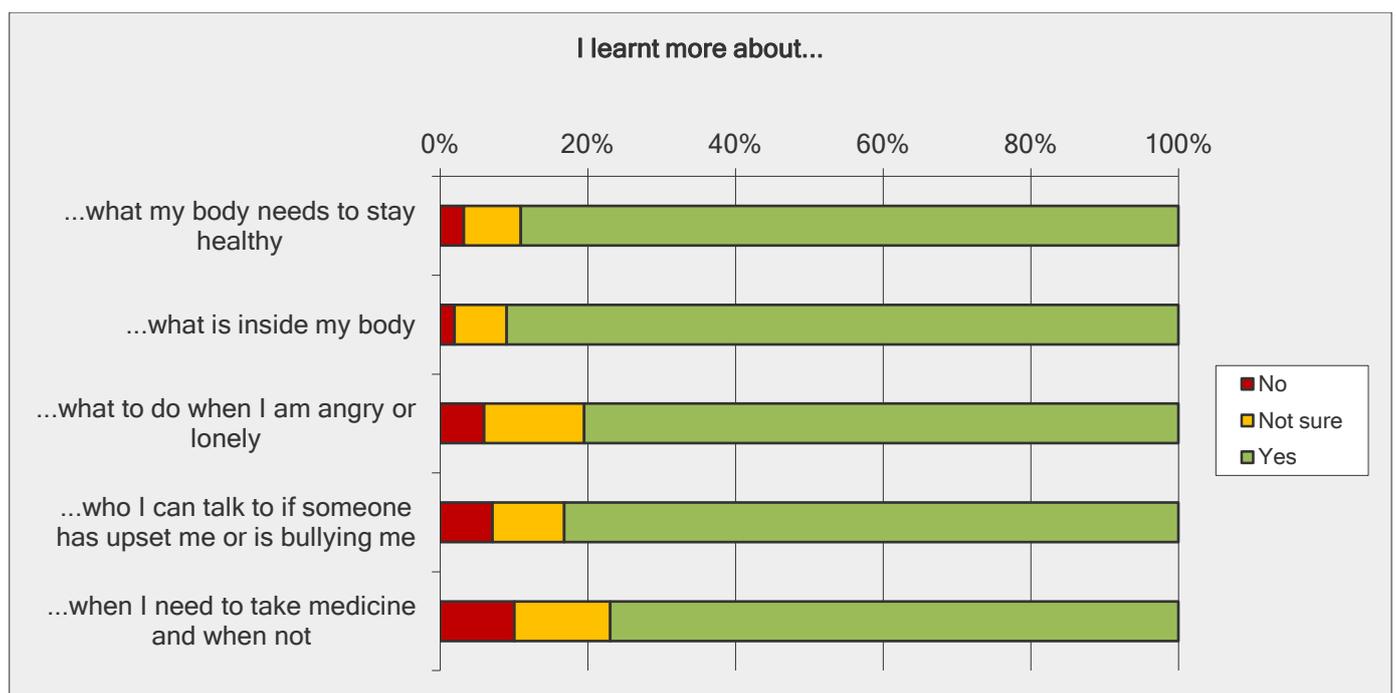
98% of teachers were very satisfied or satisfied with their Life Education visit and 99% strongly agreed or agreed that the session was well delivered and the learning outcomes were covered. One teacher commented, *"It's a great resource. The children are engaged throughout and a lot of learning is packed into one session."*

Life Education Wessex works with schools within Dorset, Somerset, Devon and Hampshire and has been delivering programmes within Wessex for 20 years.

1 Learning from the Feelings programme

Of the 525 Year 2 children who evaluated the Feelings programme 92% rated the visit as good. Children reported that they had gained substantial knowledge (see Figure 1) and that they learnt the most about what is inside their body (91%).

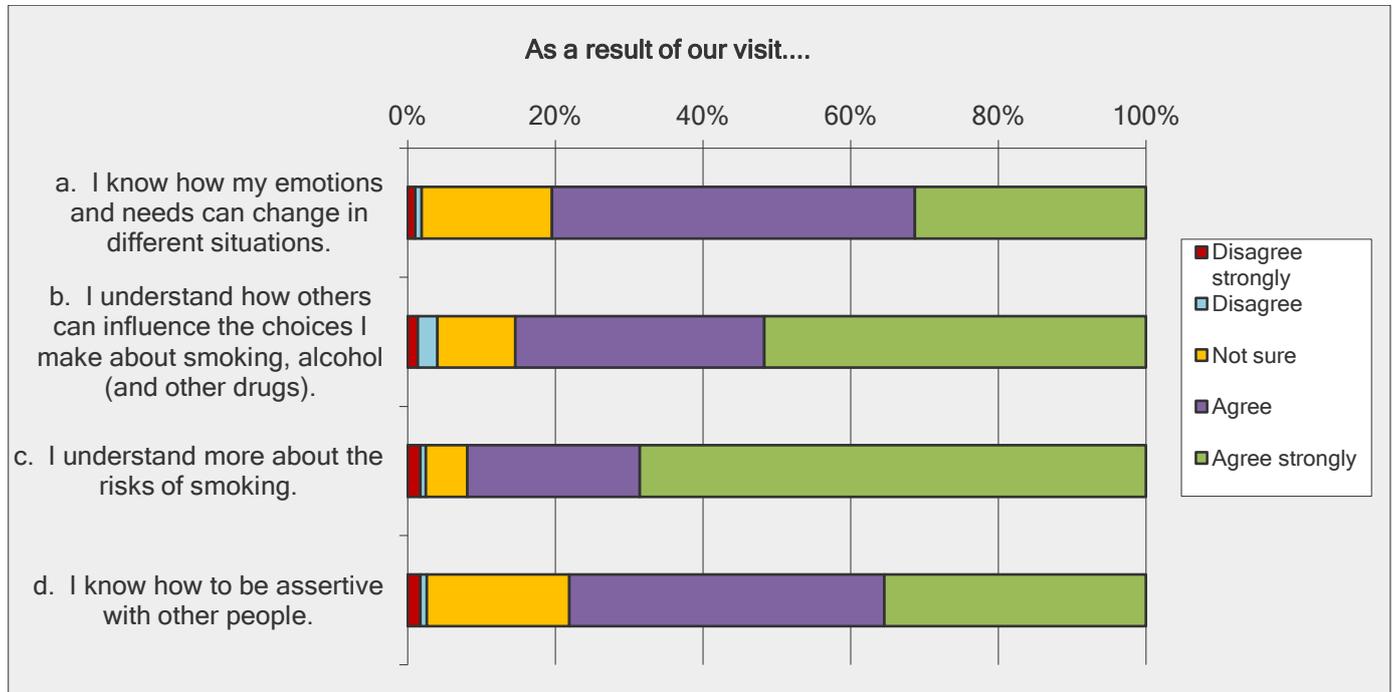
Figure 1: Making healthy choices (Feelings)



2 Learning from the Friends programme

Of the 590 Year 5 & 6 children who evaluated the Friends programme 89% rated the visit as excellent or good. Children reported that they had gained substantial knowledge (see Figure 2) and that they learnt the most about the risks of smoking (92%). Following teaching in line with Social Norms research 90% pupils correctly identified that only 4% children aged 11-15 years in England smoke regularly.

Figure 2: Making healthy choices (Friends)



3 Learning from the Decisions programme

Of the 301 Year 5 & 6 children who evaluated the Decisions programme 96% rated the visit as excellent or good. Children reported that they had gained substantial knowledge (see Figure 3) and that they learnt the most about the risks of drinking alcohol (97%). 95% pupils thought that what they had learnt and talked about would help them in the future. One child commented, "Because if I am tempted to smoke (or something) I can properly assess the risks."

Figure 3: Making healthy choices (Decisions)

