



5 YEAR FOLLOW UP Focus Group Results for children – '08-'09 Graduates Child Resiliency Programme 2013

During this discussion I will be asking you to talk about the Resiliency programme which you used to participate in, and the challenges and strengths which you have experienced since participating in this programme,

Key:  Response from Group #1

 Response from Group #2

 Response from Group #3

General

1. What were the goals of the programme?

To assist with: behavior, self confidence and academic skills

To overcome/ recover from hard times. To build self esteem,

Most of the participants had the same response: to help them to change bad attitudes, and One person said it saved him from a path of destruction.

2. What can you remember what was good about participating in the resiliency programme

Seeing all our friends; participating in sports, karate; learning appropriate behavior,

- Improved family connection – no response
- Improved ability to talk to mother/father
- Better able to talk to your mother/father about any problems you are having?
- Improved school connection. - yes
- Improved school grades - yes
- Higher self esteem - nods
- Knowing that someone cared - nods
- Being involved in fun activities – netball, football, basketball, art

They taught us manners, encouraged reading, taught discipline, to think positive about life, to respect our parents, confidence to express ourselves, to be a good leader, taught me how to have respect for myself and others, allowed participation in sports.

“If it wasn’t for the programme, I wouldn’t achieve “Head Girl” at New Day High School.”

“Before, I had bad self-esteem. It made me a better person.”

One individual said it helped him to walk away from conflict.

3. What do you like about yourself?

- My intelligence & public speaking abilities
- My confidence & ability to sing
- My ability to dance & play netball
- I’m a very good artist
- I make people laugh/ happy when they are down
- I can help others to be confident in themselves

- I am talented in sports, dance, singing
- I am persistent and will persevere
- My self-confidence
- I strive for excellence
- I am a promise from God
- We are team players in many sporting activities in high school
- I am more loving, caring and a people person
- My determination and faith
- My personality and good attitude

Risk factors

1. What was hard about participating in the programme?

Nothing was hard

The karate class; the juice was always fresh; food was too little; had to display good manners (Dondre) ; The distance to walk home to River View after.

Learning how to accept themselves and how to feel comfortable with life including their complexion

2. Did you notice any changes in your behaviour since being involved in the programme?

- Less signs of emotional distress – did not come to the programme with any major emotional distress; able to cope with home stress and more able to listen and learn from teachers in new schools
- Less feeling sad, discouraged, nervous, stressed, helpless – learning how to deal with feelings of discouragement
- Less aggression towards others
- My mom used to cry when she had to visit the school for me.
- I moved away from bad company
- I became a Christian. My father got caught and was imprisoned. Aunty Kim spoke to me and I decided I did not want to go to jail too. I made the change in me.
- I became confident in me and started to strive for better grades.
- “I am regretful that I took so long to change. I could have done better in school earlier”

Protective factors

1. Do you think that your self esteem was strengthened since being in programme? - Definitely

- Do you feel good about yourself YES for all groups
- Do you feel satisfied with life YES. Most said life is unfair. One person said it is good
- Do you have much to be proud of YES for all groups

- Are you confident that you are doing the right thing **YES** for all groups
- Do you think you cannot do anything right **No. 5%** said sometimes they felt like that
- Do you feel hopeful for the future? **YES** for all groups . See a bright future. Hopeful because of getting closer to God

2. How do you feel teachers, police, church leaders or other adults in the community have demonstrated caring for you?

All of the above show they care most of the time.

50% felt the police cared; 80% school; 3 of 7 go to church, 2 of 7 felt there is somebody in the community who cared.

3. How much do you like school? YES. 80% - 99%

- Are teachers interested in you as a person? **Most of them**
- Do they show respect for students? **Sometimes**
- How much do they care about you? **50%-60%** - we are grateful that they do care

4. What are the positive changes which you saw in yourself as a result of participating in this programme?

- a) Increased belief in God - **yes**
- b) Fewer referrals to Administration for discipline – **no response** 4 boys have gotten in trouble for fighting recently defending self or another. Dondre purposely tripped a teacher down the stairs.
- c) Getting along better with their parents- **yes**
- d) Better attendance at school. - **yes**
- e) Better attitude at home and school. - **yes**
- f) Better performance at school. - **yes**
- g) More involvement in other activities at school. - **yes**
- h) Formed a mentor/mentee relationship with staff-Coach/child, teacher/child. **Now involved with a mentorship programme at high school**
- i) Demonstrate an increased sense of humour... - **yes**
- j) Less conflict at school- **yes**
- k) Can identify a goal in life. - **yes**

- l) Can identify someone who cares. – yes. One said Jesus
- m) Demonstrates moral fibre - no response
- n) Has insight into their own strength and weaknesses- yes
- o) Engaged in efforts at creativity. - yes
- p) Maintains good relationships. - yes
- q) Independent and able to use initiative- yes

5. Have you been involved in a) Crime and Violence? No

b) Inappropriate Sexual Behaviour or Pregnancy? No for all groups

c) Drug or Alcohol Use? at special occasions eg weddings etc.
5 of 7 enjoy drinking at parties

d) Suicidal Behaviour? never. One person said prayer helps when she
feels sad; 2 of 7 have felt depression/ considered suicide

e) Dropped out or Expelled from School? No. 4 boys have been suspended

6. What is still important to you from that time in the programme?

Self esteem, getting good grades, being disciplined

Remember earning stars, getting gifts, even if you were bad, still got behavior prize.

It was fun happy times

The teachers were all caring and loving

The way this programme molded them to the persons they are today, they reflected a lot on the programme and what it had done for them and their families.

7. What do you think could have been done differently in the programme?

- Music – to appreciate all genres of music and to write songs
- Drama
- To meet more than twice per week

Summer camps, field trips, more food, other schools, older kids

There is definitely a need for a programme like this for high schoolers because lots of children at high school have low self-esteem and behavioural problems. We are able to identify this because we have benefitted from this programme.

