

# The Journey



## 1. Recruitment by Teachers

Three schools from a district are invited to nominate 15 of their Year 9 students to join the programme.

## 2. An Activity Day during School Time

Each school attends their own outdoor activity day where their students are assessed on the way they approach the physical and mental challenges put before them. The day is a team building experience for all that attend.

A number of students from each school will be invited to continue to the next stage. For those not invited back, teachers are debriefed with the reasons.

## 3. Life Skills

15 students are invited to take part in 8 weeks of weekly sessions in a local community centre or youth club. Transport is provided. Sessions start with a personal contract and cover self-respect, personal challenges, relationship management, teamwork, leadership, communication skills, decision-making, drug awareness, healthy eating, local opportunities.

## 4. Outdoor Day

During the half term, the group will put some walking skills into practice. They will also be learning useful skills for the residential week away.

## 5. Week long residential in either The Lake District or Wales

This is the opportunity for the young people to use the personal and social skills they have built up to take on individual and team challenges during the week away. The experience of climbing mountains and living away from home in an alien environment sees the young people pushed outside their comfort zones and ultimately achieve more than they ever thought possible.

## 6. Evaluation forms

Evaluation forms designed by Ipsosmori are given to each student, tracking their personal development at the beginning, middle and end of the project. Gauging individuals improvement in social skills and mental health.

## 7. A presentation Evening

All parents, participants and schools will be invited. This is the time to celebrate the young people's achievements on the project with a video presentation of the week away with certificates, speeches and ASDAN qualification which has been worked towards during the project.

## 8. Debriefing to Teachers & Parents

Including ongoing monitoring and the chance to be involved in future volunteering opportunities. There will also be an online link to all of the photos and videos from the project to download.

### Basildon

Bromfords School  
James Hornsby School  
The Basildon Academy  
Woodlands School

### Chelmsford

Boswells School  
Moulsham High School  
Sandon School  
St John Payne Catholic School

### Rochford

Castle View School  
Fitzwimarc School  
Sweyne Park School  
The Deanes School  
The King John School

### Tendring

Clacton Coastal Academy  
Colne Community School  
Harwich & Dovercourt High  
Manningtree High School  
Tendring Technology College

### Uttlesford

Joyce Frankland Academy  
Saffron Walden County High School  
The Helena Romanes School  
Forest Hall School

### Braintree

Alec Hunter Humanities College  
Notley High School  
Ramsey Academy  
Tabor Science College

### Colchester

Colchester Academy  
Philip Morant School & College  
St Helena School  
The Gilbert School  
The Thomas Lord Audley School  
Thurstable School  
Paxman Academy  
The Stanway School

### Southend

Cecil Jones College  
Shoeburyness High School  
Southchurch High School

### Thurrock

Gable Hall School  
Harris Academy Chafford  
Hundred  
Hassenbrook Academy  
Hathaway Academy  
Ormiston Park Academy  
St Clere's School  
The Gateway Academy  
The Ockendon Academy  
William Edwards School



## Contact Us

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# The RESPECT Project

Reconnecting young people with their own development, using alternative education to reapply at school.



A 10 week youth programme designed to develop and equip year 9 students, with tools to help them deal with life's problems and become more emotionally resilient.



We have worked with:



# Their Testimonials

"I enjoyed this project a lot. It made me more motivated to work harder and focus more at school, and be more open to people and it's opened doors more than I think ever before in my life and I feel that if I was not part of this project I don't know where I would be today."

"This project has helped me to make new friends, learn new skills such as: making rope, how to properly scale a mountain and teamwork."

"Some of the views from the top were astonishing and something I never knew existed became the thing I awe the most."

"The trip altogether was full of entertainment, enjoyment and laughter and if I got the chance to go again I would."

"I picked up some great skills like knowing I'm more capable of achieving a goal."

"The trip away benefited me in multiple ways. Not only did it push me beyond my limits but it also helped me be more confident and socialise."

"It was quite peaceful and relaxing. Even though I didn't want to climb up these mountains I pushed myself with the help of the staff."

"I encountered amazing sights and faced challenges along the way... the overall experience was a fantastic opportunity to step out my comfort zone and embrace the beauty of nature."



## Our History

The Respect Project has been delivering since the year 2000 and has helped over 1,500 young people gain confidence and build life skills. The project was conceived and developed by Simon Knightly, a Police Officer and the County Director of EBGC in 2000. The project was co-designed with input from local community groups, young people from youth clubs, and young people contacted through detached/outreach work. This fills a gap in provision for young people, opening up opportunities and ultimately improving their outcomes. The overall format for the project has remained relatively consistent. Young people provide direct feedback at all stages of the project, and this is systematically reviewed.

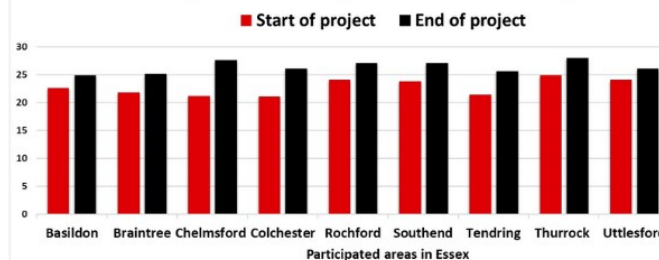
## The Impact Made in the last 5 years



- The projects social impact value, solely based on improvements to mental wellbeing, was £923,481 as a result of the likelihood of needing less intervention from government services in the future.



Participant's average mental wellbeing score



It has been recorded that 52.87% of participants scored in the highest 40% nationally.



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