

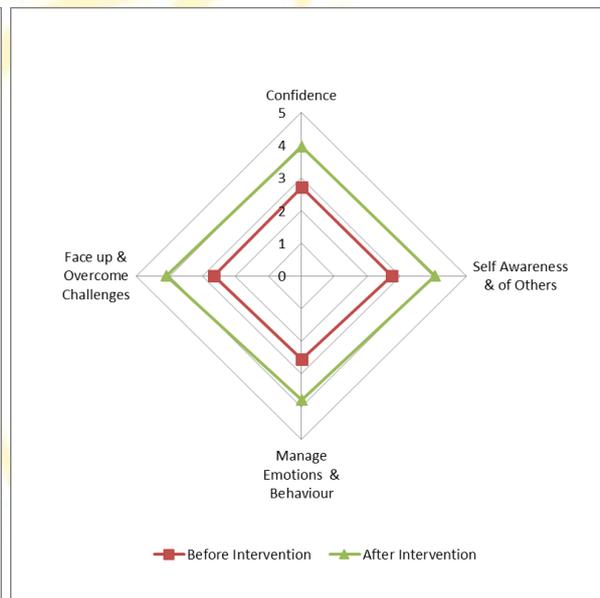
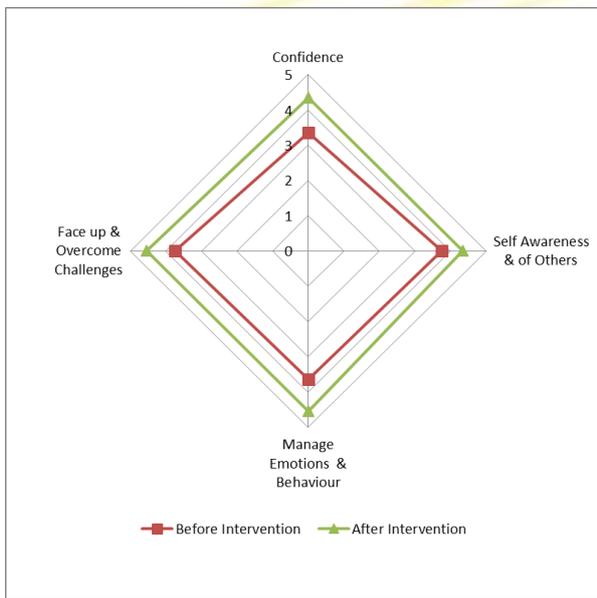
CHANGING AWARENESS; CHANGING BEHAVIOUR

Structured equine facilitated learning interventions do change the behaviours of young people; both in terms of their own awareness of their actual behaviour and the observation of parents and teachers. Results collated from HorseHeard’s latest programme of work in Cumbria provides clear proof of positive improvement.

Young people attending HorseHeard’s Big Lottery (HeadStart) funded programmes across two locations in Cumbria recorded positive changes in their emotional self-awareness and ability to manage it as well as personal confidence and resilience. Greater improvements were recorded by adults observing and interacting with them (Parents and Teachers). This is well illustrated in the graphs below.

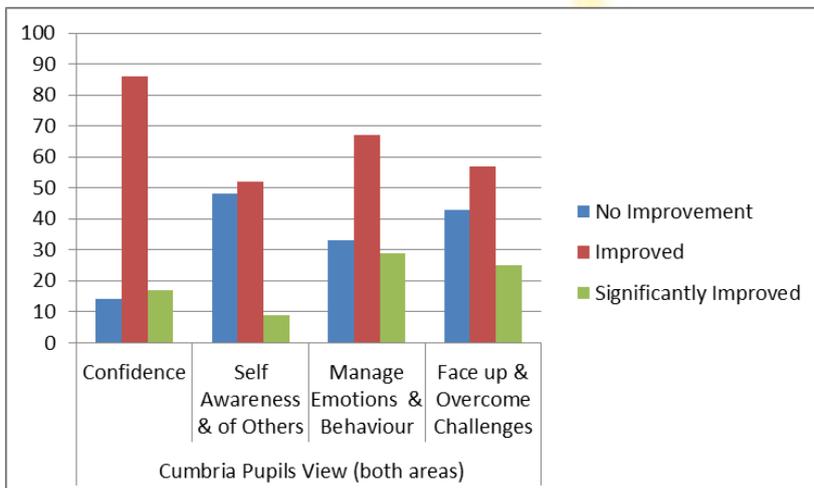
Graph 1: Mean self-assessment responses before and after the programme by KS2 children

Graph 2: Mean observed changes in behaviour and awareness by parents and teachers

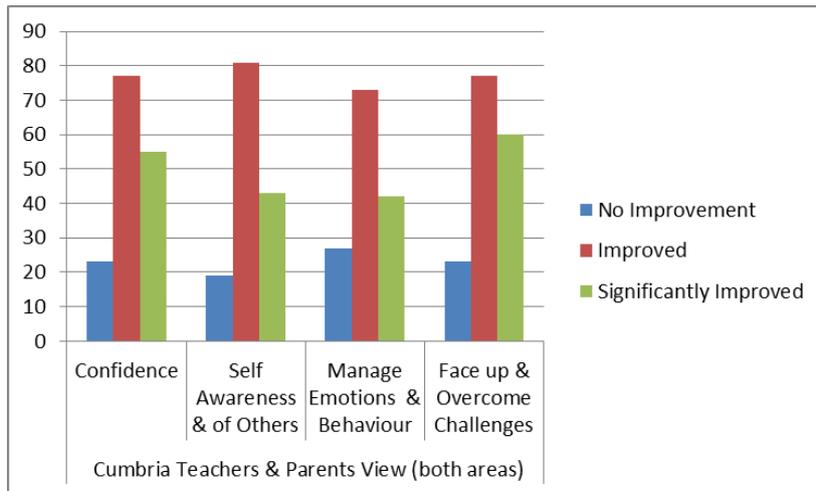


All attendees reported an improvement in at least one measured quality, whilst in total over 50% recorded an improvement in each questioned category; and over 70% of interacting adults questioned observed improvements. There were no reductions in recorded scores across either cohort.

Graph 3: percentage of observed change in questionnaire responses from KS2 children



Graph 4: percentage of observed change in response from parents and teachers



These observations reflect a very significant illustration of the value in providing structured experiential learning for young people outside of the class room, and the horses provide an important honest and non-judgemental interactive medium for that learning process.

Real change only occurs when the motivation and learning is personal and the wholly experiential nature of interaction with horses makes the change personal and authentic.

These outcomes provides a excellent first level of quantified support around the benefits of this work.

The programme continues through the autumn of 2015, so we will shall continue to collate this information. We look forward to publishing broader and more detailed analyses as the programme continues and the data set grows.

DATA COLLECTION AND RESULTS

HorseHeard are working with a number of schools in Cumbria as part of the Big Lottery's Headstart programme. In context, we have been delivering our Being Friends programme which is based on four 2 hour group interventions over consecutive weeks –these are preceded by a parent and teacher taster session, to support the behaviour change, and finish with a family ride option at the partnering stables.

Children were asked to rate themselves on a scale from 0 to 5 (5 being all the time without exception) against the following questions:

- I am confident all the time
- I know how I feel and aware of how others feel
- I can manage my feelings and control my behaviour
- I try to keep going even if something is difficult

The same questionnaire was also given to adults, including parents and teaching staff. All parties were then asked to revisit and rescore the returns at the end of the programme, this facilitating an opportunity to record the distance travelled by each attendee.

The results are based upon the feedback of 21 primary school year 6 students and 26 parents and teachers.