



# **YOUTH WELLBEING IMPACT REPORT**

## **Term Four 2025**

**TERM FOUR 2025**

# Youth Wellbeing

In term four 2025, Jodie partnered with Katie to deliver Seasons for Growth - an 8 week Change, Loss and Grief course to a group of learners as part of our 24-7 Youthwork at Orewa College.

A group of 6 intermediate age learners were selected by Pip and the Guidance Team and were all approved for the programme, but due to illness and attendance challenges, only 3 learners were able to attend.

Between week 1 and week 8 of Term Four, 'Seasons for Growth' was delivered on Wednesday mornings in the Learning Support hub.

# Youth Educator Feedback

## Highlights

- Students' high level of engagement & participation in discussions & activities
- Having a dedicated and consistent space to deliver the programme
- Students feeling safe to share parts of their story
- Observing the students offering each other support and encouragement
- Students remembering books/stories we read and applying the learning to their own contexts

## Student Stories:

One particular student expressed their gratitude for being able to discuss the concept of forgiveness. They were relieved to learn that forgiving did not equal forgetting and that forgiveness was about releasing themselves to heal. They understood that they were allowed to have new boundaries and that forgiving didn't mean they have to trust the person.

Another student in this group has been navigating the grief of a terminal diagnosis of a family member. Over time they were able to share the challenges of having mixed emotions and not knowing how or what they are allowed to feel or express. They found the different techniques and tools shared during the sessions helpful, had some clear options for self-soothing and identified who they can talk to.

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# Learner Feedback

I'm OK talking about change	60%
I know that lots of change will happen	87%
I know how change makes me feel	73%
I understand how feelings change over time	80%
I know how important it is to make good decisions	80%
I know how important it is to find help	73%
I know how to adapt to change	67%
Although my life has changed, I know some things are the same	73%
I know that change can be a good thing	67%
I learned a lot from being part of the group	73%
I would tell my friends to come to the group if they felt the same way as me	87%
I'm pleased I came to the group	87%

**Most important thing you think you learned:**

Change is normal and happens to everyone

It's ok to be sad

About how some things are the same/ you can

forgive but don't have to forget

