



# Supporting Children and Young People Through Change, Loss and Grief

Key findings from an International Evaluation (May 2011)



**Kids say: Belonging to a SFG group is 'Great'** (mean of 4.61 points from a possible 5)

My feelings are YAY I AM COMING TO SEASONS... It's not that I have to come, it's I want to come

I feel free, what i mean about this is that I feel free to let out my problems that I have and I won't have to worry about someone telling my secrets

Really Good. It's fantastic!!! I am trully exited about it.

I feel exalent and happy as well

It was FUN!

**Kids also say: The SFG Companion 'Helped our group to learn a lot'** (mean of 4.66 points from a possible 5)

It was really helpful to me because I was able to tell my sad stories my happy stories and I just had fun.

I feel confidant, happy, hopeful because Seasons for Growth helps you believe in yourself

I feel that I have learned a lot and liked what I have learned :)

It made me feel special and I felt I could talk.

It has changed my feelings and my life - I couldn't do it without my seasons for growth teacher very much

**Parents say: SFG Met their expectations** (60% 'very well', 37% quite well)

- *I would just like to thank you for putting this program in place and allowing children access to it. My son really enjoyed the sessions and I am very grateful and appreciative of the opportunity, help and support that he has been given.*
- *I hope it continues so other children can benefit as we have.*
- *My daughter loved the program and looked forward to attending each week and the workbook that she was very proud of.*
- *I'm glad it was available for my children, and I think that a safe outlet for them to discuss issues is imperative to a balanced person, so a great big heartfelt thank you to the Seasons group.*
- *It is a fantastic program that I would recommend to any families that have experienced a loss. Thank you for developing such a worthwhile program for children.*
- *Jessica enjoyed sharing with others and relating 'change' to the 'seasons'.*



**Companions say: SFG has changed them** (43% 'A great deal', 41% 'A little')

Particularly improving their understanding of children and strengthening their own personal qualities

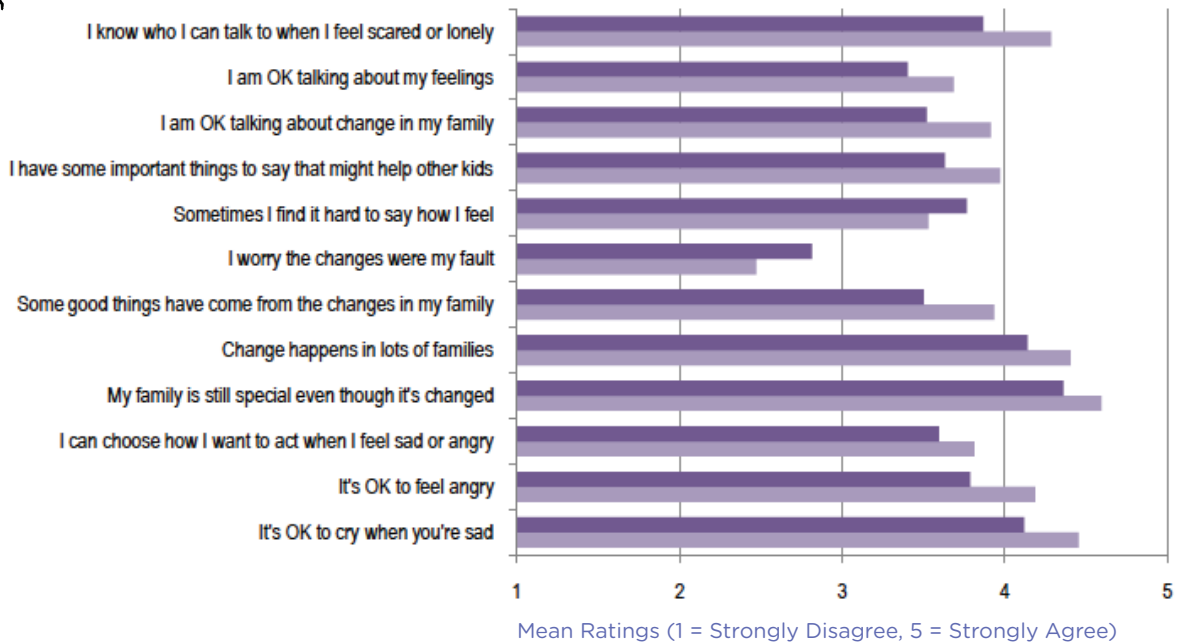
- *I can't praise the program enough. I have seen the weight lifted off many young people's shoulders through doing this program.*
- *This program has been a source of great joy for the children who have participated in the program over the past ten years. It has been a source of satisfaction to me and I continue to be amazed at the results of this wonderful program.*
- *It is very valuable and thoroughly enjoyable. We always have a lovely celebration and the pupils usually ask if they can do the program again!!! High praise indeed!!*
- *Once again it was a privilege to share this journey with a very special group of children.*
- *I think it is one of the best programs I have used in a group setting.*



**The SFG Program Makes a Difference: 69% of kids say it helped them 'A lot'**

**Statistically Significant Changes in Participant Ratings**

■ Pre survey (N=295)  
■ Post Survey (N=258)



**SFG Builds kids' understanding and skills**

- I learnt a lot about choices I can make. I learnt the song I'm boss of all my feelings
- If it is to be, then it's up to me
- Now I know that there are other people that feel the same.
- Because you have to learn to let go of the loved ones

**SFG Improves kids' emotional wellbeing**

- It helped me get over my problems and worries and I felt a lot more positive.
- It made me a stronger person and made me believe in myself a lot more
- Cause I let go of my bad memories in the balloon
- I have been feeling less stress than I was before
- I learnt I am terrific

**SFG Enables kids' to express their views**

- I can talk about my feelings without anyone laughing at me
- I got the story out of my mind.
- Because I have opened up a lot and it has shown me it is ok to show your feelings
- Having someone to listen to me and talk to.
- Because if I feel sad than I can share my feelings.

**SFG Strengthens kids' social & support networks**

- It helped me to always find someone to help me when I am feeling sad.
- It teaches me about getting to know other friends and family.
- I made lots of friends in the Seasons for Growth group.
- It gives kids hope and you can trust someone.
- I learn a lot of things about friendship

**About The Evaluation:** This evaluation was conducted by the Centre for Children & Young People at Southern Cross University, in Australia. These findings are based on data collected from 57 SFG groups across six regions (from Australia, New Zealand and Scotland), involving 334 children and young people aged 6-16 years, with a mean age of about 9 1/2 years.