



# Charity Public Benefit

Financial Year  
**2022-2023**



[www.lifeskills-education.co.uk](http://www.lifeskills-education.co.uk)

# Charity Public Benefit The Difference we Made in 2022 - 2023

## Why We Exist

**At Life Skills, we know education has the power to change behaviour**

Our vision is to create cohesive communities, improve lives and build a safer future for everyone.

We're on a mission to empower every child with the resilience and skills to make safe choices in any risky situation. Our work provides the foundational skills that underpin fulfilled, happy lives by increasing access to high-quality social skills education for those who need it most

That is why we believe all young people should have access to the tools to grow and thrive. We do this by:

**Developing** and delivering a suite of programmes that use our SKILL Decision-Making Model, a tool to help young people think about their choices and the consequences they have on themselves and others.

**Empowering** young people with the confidence to open up meaningful conversations around tricky subjects with their parents, schools and broader support networks.

**Creating** more resilient communities with improved health outcomes by reducing the effects of anti social behaviour on people and shared spaces.

Young people are at the heart of what we do, and our aim is for every child to be less affected by the dangers around the misuse of drugs, alcohol, knife and hate crimes. They tell us they have far more confidence to make well-informed, less risky decisions, speak up about issues affecting them and know where to find help. We want to build upon these skills every year and remain committed to offering a wide range of resources to aid all young people; aged 6 through to 16 years old.

## Our Products

**We have a range of programmes from Key Stage 1 to Key Stage 3.**

- STaRS 1 - KS1
- STaRS 2 – KS2 (Autumn 24)
- Life Skills Primary – KS2
- Web Warriors – KS2
- Life Skills Games Modules – KS3
- Keepin it REAL – KS3  
(Currently under development)



## The SKILL Decision-Making Model

Our unique SKILL DECISION-MAKING MODEL teaches young people to make safe and healthy choices by working through problems and issues one step at a time. It teaches young people to consider various options, balance risk against consequences, manage stress and resist pressure. These are all critical tools in ensuring they develop into positive and proactive young adults who can adapt to life's challenges. At the core of this is young people realising the risk to themselves and others, especially around their physical and emotional health.

We know that significantly increasing access to high-quality social skills and prevention education in the areas that need it most can have a significant effect on resilience and well being. Through the provision of long-term (multiple-year), evidence-informed, impact-driven programmes we can make a tangible difference to the outcomes of young people in the long term.

# The Year in Numbers

## Measuring the Difference we Make

### How do we use this data?

We collect and analyse many data sets. It informs us what we are doing right and what we need to improve to be better; the development of our SEND resources this year is a clear example of this.

- Our evidence base:
  - o Our primary programme feedback showed that 99.5% of **teachers** rated us as **outstanding** (73.3%) or **good** (26.2%) in our Quality Standards evaluation.
  - o When asked, **parents** rated us:
    - 3.5/5 on how much the programme was a catalyst for further discussion at home.
    - 4.1/5 on the appropriateness of the content and its delivery.
    - 3.7/5 on the programme's influence on their child's life skills in general.
    - 3.9/5 on their child's improved ability to make and evaluate decisions.
    - 78% of young people took their workbook home for discussion
  - o **Young people** scored:
    - 3.8/5 on their development of confidence and skills.
    - 3.8/5 on their increased understanding of the law.
    - 0.27/5 on their likelihood to abuse alcohol, drugs, knives or others in the future.
  - o In our annual **staff** survey:
    - 91.2% of staff said they enjoy working with us.
    - 95.6% said that they enjoy delivering our materials.
    - 91.3% feel respected.
    - 95.6% felt well supported.
    - 91.2% said their training prepared them for the role, and
    - 86.8% felt the charity is well led.
- 12,772 Young people received a life skills intervention, in
  - 432 Classes
  - Within 302 Schools
  - 4,752 hours of drug, alcohol and resilience training delivered
  - Into 45 Local Authority Areas and 3 overseas schools
  - 28 Quality Assurance visits
  - 37 safeguarding concerns resolved in partnership with schools
  - Over 69,000 visitors on the website (11,000 new users)
  - Completed the STaRS 1 Resources (Years 1 and 2)
  - Developed a new Outcomes Framework as part of a new Impact Evaluation Strategy
  - Recruited a new CEO
  - Recruited 6 new Trustees
  - Achieved a combined 2404 followers on our social media channels
  - £56,752 in grants and voluntary donations
  - £174,775 of in-kind donations from Google, Amazon, Slack, Plesk, cPanel and Microsoft
  - £40,000 funding from Nottinghamshire Police
  - £2,000 from the J N Derbyshire trust
  - £8,000 from the STaRS Trust.

64% of schools that we worked with were in the top 50% of deprived areas in the country.

## Our Impact

### Safer, Happier Young People

- Children make safer decisions, reducing the risk of them coming to harm.
- More confident young people, prepared for their transition into secondary school.
- More considerate young people, thinking about difference and how their actions can affect others.

### A Safer Space for All

- Shared spaces are safer and less affected by anti social behaviour. Young people are able to resolve conflict and deal with bullying on themselves and others.
- Safer spaces to play outside, allowing young people to socialise with peers away from home and their phones.
- Young people are able to recognise the benefit of giving and receiving help from others.

### Facilitating Partnership and Engagement

- We work in partnership with schools and other agencies, recognising the need for an effective, joined up plan to deliver quality interventions that develop emotional intelligence and interpersonal skills across an academic lifetime.
- Our resources help those in contact with young people discuss tricky subjects that they may not otherwise have the knowledge to address fully.

## Why it Matters

### Parent comments:-

“So glad my son was able to be part of this course. I remember doing DARE back in the 90's and how valuable the course was. So glad it is still running, the new format clearly works well.”

“I did this as a child and have remembered the skills from it. I hope my child will do the same. I can see the programme has changed with the times, which is brilliant!”

“I think this is a very important programme for the children to receive. We have been very impressed with what we have seen and heard.”

"As a mum who still remembers doing DARE many years ago, I am thankful my son has been able to do this programme too!"

"It has been helpful at introducing a range of topics to instigate conversation."

"He has been very animated by the topics and has enjoyed the homework. We have talked through a number of the topics at home."



### Quotes from the feedback of young people (aged 10-11) about the knowledge and skills they have learned:

- I am nicer to people
- I think about how other people might feel
- Can see how bullying is bad for me and others
- Be helpful, positive and less negative
- How much pressure/stress can affect another person
- Learnt how drugs can physically effect you
- Know consequences of what will happen
- I know what non verbal communication is
- I know what to do if in a peer pressure or dangerous situation
- Taught me who I need to go to for help
- If theres an emergency I know what to do

## The Challenges

- Annually, around 768 young people (aged 15 – 19) die from substance misuse. There are 48,000 recorded offences and 244 young people die every year from knife related incidents.
- There are over 300,000 young people under the care of at least one parent undergoing treatment for some form of alcohol or drug dependency.
- Drug misuse poisoning deaths have increased by nearly 80% since 2012.
- Hospital admissions due to drug dependency, drug-related mental and behaviour disorders and misuse poisonings are 5-6 times higher in the most deprived areas.

## The Cost

- The annual cost of substance misuse treatment is around £3.5 billion.
- The costs associated with the broader implications of alcohol-related disorder are around £21 billion.

