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**Life Skills Primary Programme Feedback and Evaluation Report for  
The Office of the Nottinghamshire Police and Crime Commissioner**

**August 2023**

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## Introduction

The Office of the Nottinghamshire Police and Crime Commissioner (OPCC) invested in the Life Skills Primary Programme, a 10-lesson early intervention/prevention programme which concluded in the Summer Term of 2023. At the conclusion of the course, pupils, parents and teachers were asked to evaluate the impact of the programme. Pupils are asked age-appropriate questions via a tear-out form in the back of their personalised workbook, along with a parent questionnaire, which are collated and given to their DAaRT Officer. The teacher can complete a paper questionnaire or the equivalent online questionnaire.

The following report demonstrates the positive impact on learning and behaviours following the Spring/Summer Term delivery of the Primary Programme (DAaRT) to Year 5 and 6 children across Nottinghamshire.

- This report outlines the responses from 133 schools.
- There were 194 classes comprised of 5590 young people.

146 classes were allocated a DAaRT Officer who delivered 100% of the programme, 20 classes had a DAaRT Officer for 5 sessions plus the graduation, 7 classes opted to have the DAaRT Officer for 1 session plus the graduation, and 21 classes opted for the class teacher to deliver the programme in full.

Every class undertook ten 60-minute lessons with a graduation at the end. It is part of our standard operating procedure to quality assure (QA) the DAaRT officer's delivery each term; we did not complete a quality assurance visit in every school included in this project. However, all DAaRT Officers have at least one QA visit completed per term to ensure that the DAaRT Officer's delivery meets our minimum standards for effectiveness.

Each class teacher was offered the opportunity to complete a questionnaire covering the internationally agreed quality standards applied to drug and alcohol education. Life Skills Education was a partner in the development of these standards. This form can be completed in paper format or directly online, which feeds into the Life Skills Education web page with the results [published immediately](#). All customers are encouraged to view our live feedback on our website.

As part of this project, we received the following returns for our feedback/evaluation:

- 3097 responses from young people, a 55.5% response rate
- 558 parent/carer responses, a 10% response rate
- 22 teacher responses, an 11.3% response rate.

## Strategic Summary of the Outcomes:

- 94% of young people who responded said the programme helped them to develop or gain confidence or skills.
- 88% of young people who responded felt that the programme helped them improve their knowledge of the law around using drugs, alcohol, and knives and treating people differently.
- 98% of young people who responded said they were now less likely to abuse drugs or alcohol, carry a knife or abuse or disrespect other people.
- The course was rated either good or outstanding in the teacher feedback return.

The student and parent/carer questionnaires form part of the workbook supplied to each student. A copy of each can be found in **Appendix 1**, provided along with this document. The student questionnaire is administered by the DAaRT Officer and completed by the children during the programme's final (10<sup>th</sup>) lesson.

## Results – Student Questionnaire

***2897 Students felt that the programme helped them develop or gain confidence or skills by scoring the programme 3 or above.***

32 students felt they had not gained from the programme experience. However, the student's other scores indicated that they were less likely to abuse substances, use knives, and disrespect people in the future.

2141 young people rated the development in their own confidence and skills with a rating of 4 out of 5 or higher, and 756 rated it as 3

**Question: 1. How much has the programme helped you to develop or gain confidence or skills? (Scale: 1. Not at All – 5. A Lot)**

**Average rating: 3.9 out of 5**

995 children commented on how we could improve the programme. Some comments were, "More fun games", "Doesn't need improving", "Less writing" and "Lessons on stealing".

*Students who answered the questions felt that the programme had helped them with their knowledge of the law in all four key subjects: drugs, alcohol, knives and treating people differently.*

**Question: 2. How much has the programme helped you understand the law around: (Scale: 1. Not at All – 5. A Lot)**

- **Drugs** 4.1 out of 5
- **Alcohol** 3.9 out of 5
- **Knives** 4.0 out of 5
- **Difference** 3.9 out of 5

The final question is designed for the student to express their likelihood of abusing drugs, alcohol, knives or people following the programme. *All students who answered the questions reported they were less likely to abuse substances, knives or people following the programme.*

**Question: 3. Are you more or less likely to: (Scale: 1. Very Likely – 5. Unlikely)**

- Abuse Drugs           **4.8 out of 5**
- Abuse Alcohol       **4.7 out of 5**
- Carry a Knife       **4.9 out of 5**
- Abuse People       **4.8 out of 5**

Here are some examples of the comments made by students in response to Question 1 when they were asked to give examples of how the programme has helped them:

- Taught me about consequences
- Learnt resilience strategies
- How to improve my communication
- How to deal with peer pressure
- How to make better decisions
- There were several comments about learning about helpful and harmful drugs.

## Results – Parent/Carer Questionnaire

Of the 558 parent/carer responses, 368 (66%) said that their child had brought their workbook home for discussion about the topics covered within it.

**Question: 2.** Has your child discussed the issues covered in the Life Skills Primary programme at home? (Scale: 1. Not at All – 5. A Lot)

**Average rating:                   3.4 out of 5**

**Question: 3.** How appropriate to your child was the information given in the programme? (Scale: 1. Not at All – 5. A Lot)

**Average rating:                   4.0 out of 5**

**Question: 4.** How much do you feel the programme has assisted your child to develop their social/life skills? (Scale: 1. Not at All – 5. A Lot)

**Average rating:                   3.8 out of 5**

**Question: 5.** How much has it encouraged your child to make decisions and evaluate those decisions? (Scale: 1. Not at All – 5. A Lot)

**Average rating:                   3.9 out of 5**

Here are some examples of comments made by parents:

“My daughter has thoroughly enjoyed the sessions and regularly refers to Carol and what they spoke about in the lessons. Thank you!”

“My child thought that the course was very useful and that it taught them about subjects that they did not learn about in other lessons. He talked with us about the alcohol awareness and drug usage parts in particular.

“It is a good programme, hope to keep it up to Year 11.”

“My child has not mentioned this at home at all and has not brought any related resources home. I have asked them about the program and they don't seem to understand what it was about!”

“A wonderful programme to help my child understand and identify issues. My child has enjoyed the programme and enjoyed discussing the scenarios with their peers. It has definitely given my child information and confidence about making choices.”

## Results - Teacher feedback

22 teacher questionnaires (11.3% return rate) were completed and returned for the period of this project.

Teachers are asked to consider around 100 quality statements about the program, grouped into the six standards below. After each set of standards, the teacher is asked to rate the programme as basic, good, or outstanding for each standard.

### Quality Standards – assessed against the WHO/UN International Standards on Drug Use Prevention:

- 1: Clear and relevant learning objectives and learning outcomes are set and assessed
  - o 2% rated us Basic
  - o 30% rated us Good
  - o 68% rated us Outstanding
- 2: Learning is interactive
  - o 0 rated us Basic
  - o 33% rated us Good
  - o 67% rated us Outstanding
- 3: Positive social norms are reinforced.
  - o 0 rated us Basic
  - o 27% rated us Good
  - o 73% rated us Outstanding

- 4: Resources are appropriate for their audience, providing accurate and relevant information.
  - o 0 rated us Basic
  - o 29% rated us Good
  - o 71% rated us Outstanding
  
- 5: Clear strategies are in place to ensure a safe classroom environment.
  - o 0 rated us Basic
  - o 33% rated us Good
  - o 67% rated us Outstanding
  
- 6: Approaches are evaluated for effectiveness
  - o 2% rated us Basic
  - o 36% rated us Good
  - o 62% rated us Outstanding

As can be seen, teachers have rated us either Good or Outstanding in 99% of responses.

## Financials

As part of this budget allocation from the Office of the Nottinghamshire Police and Crime Commissioner, we were able to achieve the following:

- Matched Funding of REDACTED
- For a total spend of REDACTED over the two terms
- Meaning the investment cost of the OPCC was around REDACTED per child for an 11-week early intervention programme.

Attached as **Appendix 2** is the spreadsheet of schools that undertook the programme.

A surprisingly large portion of schools that undertook the programme (over 25%) stated that without this help from the OPCC, they would not have been able to partake in the programme for their young people due to budget constraints. Going forward, with the current inflationary pressures on schools and their wider communities, there is a danger that schools may be unable to engage with this programme in the future without further support.

## Conclusion

The project outputs were exceeded on all levels, with 194 classes against a target of 192 and 5590 young people against a target of 5376.

Feedback across the board was positive, with young people engaging fully with the programme with outcomes showing that they feel more knowledgeable, better equipped and less likely to abuse drugs, knives and people. Parent and teacher responses were equally positive, showing that where we can solicit feedback, the overarching response shows efficacy and engagement.

Now that this funding has concluded, it is uncertain how many schools within Nottinghamshire will have the budgets to engage in the programme to the extent that the OPCC funding has allowed. Life Skills Education would love the opportunity to discuss these results and any further opportunities going forward within the OPCC as and when they become available.

Stuart Longcroft  
Director of Finance and Operations  
Life Skills Education Charity

0300 111 3273  
info@lifeskills-education.co.uk