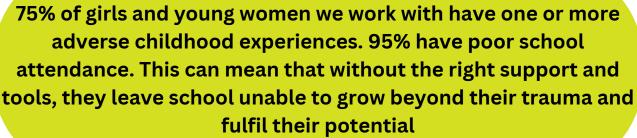


Theory of Change







(who we work with)

Girls and young women aged 11-16 in West Sussex who have complex vulnerabilities

What we do (current activities)

Transition Support in primary schools for Yr. 6 girls

Self-development workshops in schools for young women in Yrs. 8,9 & 10

One-to-one coaching for young women in Yr. 11

Outcomes

with example indicators



Improved Self Awareness

Short: "I can identify my values" **Intermediate**: "I seek help when I need it at school and at home"

Greater Emotional Regulation

Short: "I understand the relationship between thoughts, emotions and behaviours" **Intermediate:** "I have tools I use when I feel upset"

Improved Relationships

Short: "I can identify the features of healthy and unhealthy relationships" **Intermediate:** "I have made positive changes

to my friendship group"

A Greater Sense of Purpose

Short: "I have identified at least one goal I would like to achieve"

Intermediate: "My school attendance has

Intermediate: "My school attendance has improved"

The Juno Way (how we work)

- Our facilitators have lived experience of overcoming Adverse Childhood Experiences, and inspire young women to imagine a future they may not have considered
- We create an environment in which young women feel heard, and safe
- We take a strengths-based approach, that draws on the gifts of the young women we work with



Our long-term goal

That all young women can develop the confidence, selfawareness and empowerment to reach their fullest potential, share their gifts and make meaningful contributions to their communities

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Assumptions

Evidence

- Wider evidence around rising rates of mental health issues and school refusal
- Wider evidence and research around the efficacy of SEL
- Wider research around educational achievement and life outcomes

22/23 Impact data

- 100% of young women found sessions useful
- On average, attendance data showed improvements in school attendance for 56% of participants
- 75% of participants reported an improved sense of purpose
- 88% of participants reported improved relationships
- 87% of participants reported improvements in aspiration