

# SISTER2 sister



## EVALUATION Results

### WHAT DO WE MEASURE?

A key component of the SISTER2sister Program is a commitment to continually assess the impact we have on the underprivileged teenage girls who are referred to our mentoring and education program. It is important to remember that the true impact of the SISTER2sister Program is seen at the individual level, and while it is difficult to quantify, the following data demonstrates what a difference the program and dedicated volunteer mentors make to highly vulnerable and disadvantaged girls' lives. In addition to using externally benchmarked tools to measuring the transformational impact across emotional, behavioural and peer metrics, we also assess the following outcomes:

- The extent to which the life skills/ resilience workshops have given the Little Sisters specific knowledge and skills they can draw on in the future
- The relationship they have built with their Big Sister
- Their sense of self-worth/ confidence/ self esteem
- Social network, peer inclusion/ relationships and role models
- Their school and home environment
- Drug and alcohol consumption

At the start of the program,

# 91%

of the girls were identified as being at "High" or "Very High" risk of having psychological or behavioural disorders.

# 2015

# Home & School environment



## BEFORE THE PROGRAM

- 64%** will be the first generation of their family to attend high school
- 55%** of parents/ primary carers are unemployed & 41% are single parents
- 59%** of Little Sisters do not feel safe in their own home
- 77%** are bullied at school or online
- 41%** have required foster care or crisis accommodation
- 32%** do not have an adult in their life who encourages them to attend school
- 36%** currently have a DOCS Case Worker

## AFTER THE PROGRAM

- 91%** now think that completing their HSC is important for their future
- 86%** now have friends who encourage them to attend school and try their best
- 100%** are now aware of online safety risks
- 86%** can identify relationships that are bad for them
- 86%** can now cook a healthy meal on a budget

# Emotional & Psychological

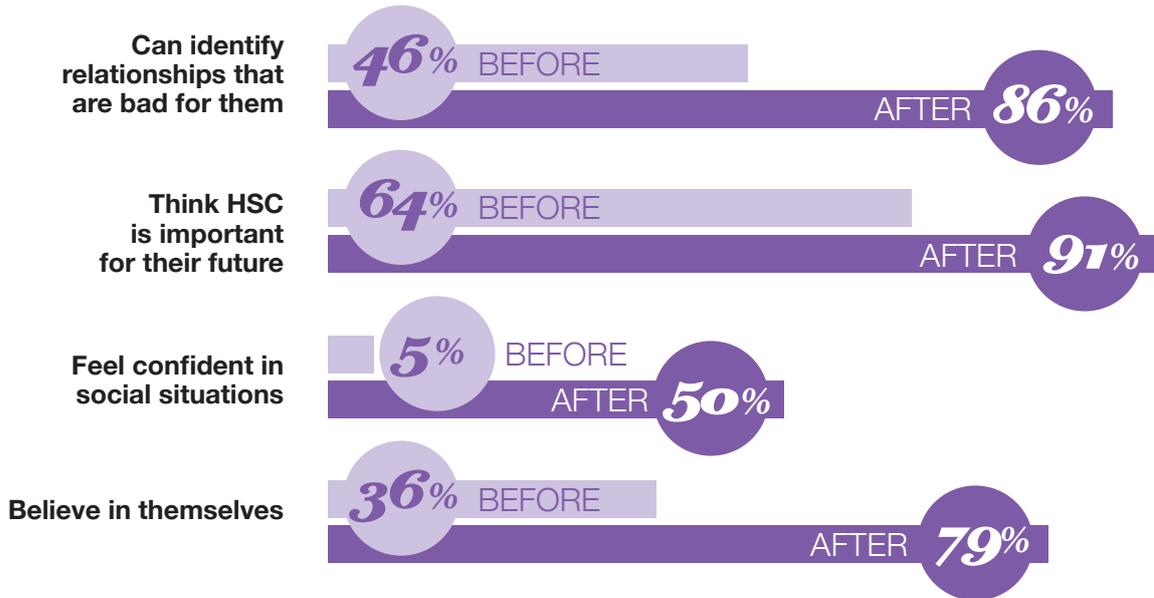
## BEFORE THE PROGRAM

- 91%** have been identified as "High Risk", with significant emotional, behavioural, peer and self esteem issues
- 23%** have been admitted to hospital for suicide attempts
- 82%** see a government &/or private psychiatrist/ counsellor
- 32%** have been admitted to a child/ adolescent mental health unit

## AFTER THE PROGRAM

- 77%** improved on EMOTIONAL DISTRESS indicators (such as depression & anxiety)
- 86%** improved their CONCENTRATION (less hyperactivity & distraction)
- 59%** improved on CONDUCT indicators (fighting, stealing, disobedience & lying)
- 76%** improved their PEER indicators (bullying & social isolation)
- 91%** of Little Sisters gained additional life skills and resilience techniques as a result of the educational workshops

## LITTLE SISTERS BEFORE AND AFTER THE PROGRAM

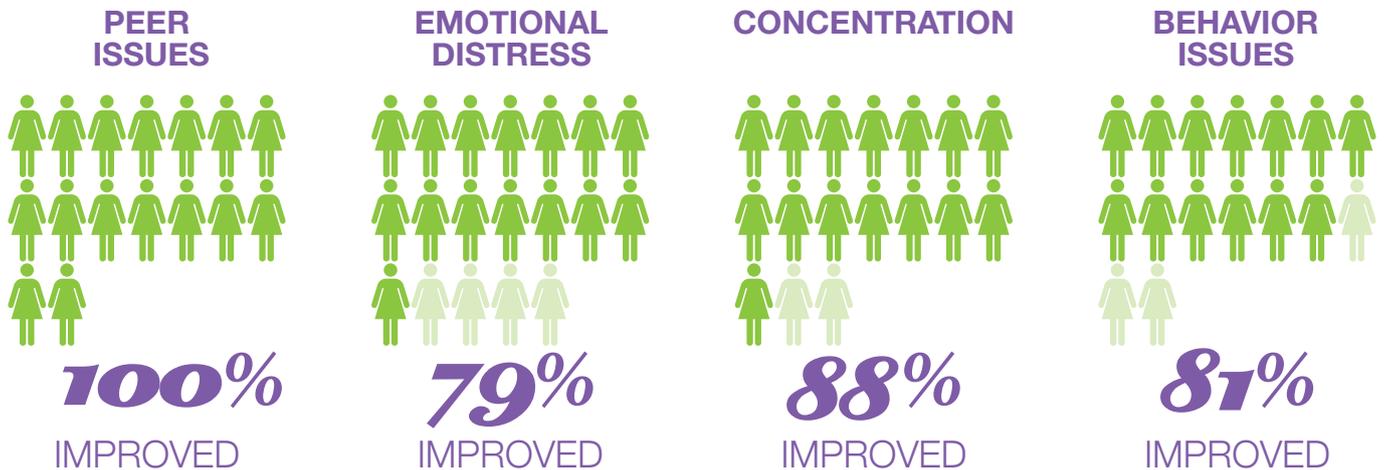


## Drugs & Alcohol

**45%** of the Little Sisters took drugs or drank regularly before the program

**60%** significantly reduced or stopped by the end of the program

## LITTLE SISTERS WITH "HIGH" OR "VERY HIGH" RISK INDICATORS



# 95%

Feel safe with their Big Sister

Have made new friends in the SISTER2sister program

Think their Big Sister is a good listener

# Case Study

Aimee\* is 15 years old. She has no adult in her life that she can trust; she does not feel safe in her own home. Circumstances have forced her to live in crisis accommodation and youth refuges. She has been hospitalised for suicide attempts and admitted to an adolescent mental health unit. She has been declared a Ward of the State. Here is a sample of her survey answers:

	BEFORE THE PROGRAM	AFTER THE PROGRAM
Finishing my HSC is important for my future...	Strongly disagree	Strongly agree
I drink alcohol...	Once or twice a week	Once every 6 months
I have friends who encourage me to attend school and try my best...	Rarely	Most of the time
I see my counsellor & take medication as prescribed...	Rarely	Most of the time
I can identify relationships that are bad for me...	Strongly disagree	Strongly agree
I take things that aren't mine (from school or home)...	Most of the time	Rarely
I believe in myself...	Strongly disagree	Agree

