

In order to monitor and evaluate the effectiveness of HeadStart Kent, the Big Lottery and its partners, including Kent County Council, will be collecting some information from schools.

Pupils will be asked to complete a survey annually (parents will be notified in advance and be given the opportunity to opt out of the evaluation). At times, children and their parents may be asked to participate in workshops and discussion groups.

HeadStart Kent believes the most effective approach to getting it right is to ensure parents and young people are involved in the design, delivery and evaluation of the project. Should you wish to be involved please contact us direct.



HeadStart@kent.gov.uk



@HeadStartKent

You can find out more about the project by visiting our website www.HeadStartKent.org.uk



Funded by the National Lottery through the Big Lottery Fund



HeadStart Kent is funded by the Big Lottery Fund to support 10-16 year-olds.

Young people in Kent define resilience as the ability to be mentally strong enough to bounce back from the problems in life.

Children and young people living in Kent, together with their parents, have told us what support they need to build their resilience:

My wellbeing is not impacted by pressure to achieve and 'be perfect'

There is always someone for me to talk to

People around me understand wellbeing and how to promote it

Our project provides early support by working in four areas.



Young people's time and experiences at school.



Young people's ability to access the community services they need.



Young people's home life and their relationship with family members.



Young people's interaction with digital technology.

Over the next 5 years:

Kent Wide — We will provide a website that shares learning from experts so that schools, communities and families can support young people to be more resilient, whilst offering a space for them to find out how they can build their own resilience and support their peers.

Universal Plus* — Young people will receive Mindfulness lessons at school, be able to access a safe space at school and in the community, and access online counselling and peer mentors.

Additional* — If young people have experienced or are at risk of domestic abuse we will ensure they can access one to one support.

* In specific areas of Kent across the next five years.