



# The Social Impact of the b kinder Workbooks

Redfern Jarjum College - 2024



## Program Outcomes: Red Workbook

The b kinder program takes a positive approach to wellbeing by empowering young people with kindness, empathy, and awareness of self and others. This approach is designed to counteract the rise of anxiety, social isolation, bullying and suicide amongst children and young people. In particular, 'The Bigger Picture' workbook used by years five and six students in this measurement focuses on building empathy, kindness, mental wellness, healthy relationships, and resilience.

### Demographics

Years five and six students from Redfern Jarjum College in Sydney.

### Sample Size

Full class (six students) completed both a pre and post workbook survey.

**“This program is amazing and it helps people be calm and be kind.”**

**“I like how the program is run, its very calming.”**

- Redfern Jarjum College students

### Mental Wellness: Increased Feelings of Happiness

**+13%**

Increase in frequency of feelings of happiness

### Mental Wellness: Reduction in Trouble Sleeping

**+8%**

Increase in better sleep

### Healthy Relationships: Personal Relationships

**+8%**

Increase in feeling they have someone to talk to if they are upset

### Life Skills: Peer Pressure

**+8%**

Improved ability to say no to friends if a young person does not agree with their behaviour

### Empathy and Kindness: Empathy

**+4%**

Increased in ability to understand why a friend might be upset

### Life Skills: Emotional Intelligence

**+4%**

Increased ability to control and regulate emotions.

*The above results are the self-reported differences for students before and after completing the b kinder workbook. Statistical significance testing was not utilised due to sample size.*