



The **Social Impact** of the b kinder Workbooks

Red Workbook - 2022

Program Outcomes

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 b kinder workbooks used by year three to six students in this measurement focus on building empathy, kindness, mental wellness, healthy relationships, resilience and reducing bullying.

Demographics

Year 3-6 students (aged 8-12) from five public primary schools in the South West Queensland.

Sample Size

33 individuals who completed both a pre and post workbook survey.

“[Because of the b kinder workbooks other kids] let me play with them. That made me feel good. It made me feel safe. **The b kinder workbook made me feel happy.**”

Healthy Relationships: Accepted by friends

+27%

Improved sense that friends like you exactly as you are.*

Resilience: Adaptability

+22%

Increase in feeling okay when plans change.^

Healthy Relationships: Communication skills

+19%

Improved ability to explain how you feel to a friend.^

Mental Wellness: Happiness

+17%

Increased feelings of happiness.*

Empathy and Kindness: Level of kindness

+14%

Increase in perceived kindness of people at school.^

Resilience: Self-belief

+7%

Improved belief in yourself.*

*The above results are the self-reported differences for students before and after completing the b kinder workbook. Factors identified with * have a statistical confidence rate of 95% or higher, meaning that we can be 95% confident that the shift is a real and tangible difference in the lives of young people, and not due to any chance or coincidence related to the data collection or sample measured. Factors marked with ^ have a confidence rate of 85% or higher. Total enrolled population of students in the relevant year groups across the five schools is 62, however some were not able to complete both surveys due to absences.*