



Project Impact Report 2020-2023

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Today I learned that I can
do anything. I thought
today was **AWESOME!**



Background

OUR Generation is a European Union PEACE IV funded programme, managed by the Special EU Programmes Body (SEUPB) and match funded by The Executive Office in Northern Ireland and Department of Rural and Community Development in Ireland.

OUR Generation is a cross-border partnership of 7 regional organisations, led by Action Mental Health (AMH) in partnership with Donegal Youth Service (DYS), Co-Operation Ireland (CI), Youth Action NI (YANI), Youth Work Ireland (YWI), PlayBoard NI and Ulster University (UU).

OUR Generation has engaged with children, young people and their key contacts in education, youth and community settings across the 5 Urban Village Areas and border areas of Northern Ireland and the CHO1 area of Ireland.

OUR Generation has collaborated with existing community-based initiatives to offer accessible, age appropriate prevention, early intervention and recovery activities delivered on a cross-border and cross-community basis to support the mental and emotional well-being of children and young people.

Health promotion, emotional resilience, peer mentoring and peacebuilding programmes and activities have all been designed to support children and young people to develop skills and confidence which can halt the intergenerational impact of trauma and empower them to act as agents of change in their communities, building a more peaceful and prosperous society for future generations.

OUR Generation is funded from January 2020 to September 2023.

What did we do?

Children aged 4-11 Emotional Resilience and Peace Building

15,479

Total number of children aged 5-11 who participated in emotional resilience & peace building programmes

7,202

AMH/DYS
Little Healthy Me
(5-8 year olds)

7,576

AMH/DYS
Little Healthy Me
(8-11 year olds)

701

PlayBoard Spaces to Be
(4-11 year olds)

Children & Young People aged 11-25 Emotional Resilience and Peace Building

42,038

Total number of children and young people aged 11-25, who participated in emotional resilience & peace building programmes

17,718

AMH/DYS Provoking Thought Core
(Mental Health Awareness - 11-25 year olds)

9,179

AMH/DYS Provoking Thought Bespoke
(Confidence; Self Esteem; Transition Years; Anti-bullying; Body Image; Be a Good Peer; Exam Stress; Positive Masculinity; Sport - 11-25 year olds)

516

AMH/DYS accredited safeTALK
(16-25 year olds)

6,776

YWI BeWell
(Emotional resilience - 14-24 year olds)

72

YWI Stand UPP Speak Out
(Understand Power & Prevention in gender-based violence - 11-25 year olds)

4,795

YWI Yes
(Relationships and sexual health - 14-24 year olds)

71

DYS accredited ASIST
(Applied Suicide Intervention Skills Training) - 18-25 year olds)

2,743

YANI LifeMaps
(Learning, Intrinsic Motivation, Flow, Emotions, Mindfulness, Accomplishments, Purpose, Social Connections - 10-25 year olds)

438

YANI Hunger Games for Peace
(10-25 year olds)

What did we do?

Children & Young People aged 9-25 Peer Mentoring

3,026

Total number of children and young people aged 5 -25 who participated in peer mentoring programmes

622

AMH/DYS Mental Health Ambassador
(16-25 year olds)

964

AMH/DYS Peer Mentor
(11-15 year olds)

865

AMH/DYS Better Together (Peer listener -
9-11 year olds)

575

YANI PALS
(Pay attention; Ask; Listen; Support - 10-25 year olds)



We got to work together more.
It's important that we work
together and support each other
so we can all achieve something,
and people feel safe.



Children & Young People aged 5-25 Shared Learning and Celebration Events

A selection of project highlights:

5,584 

Total number of children and young people aged 5-25 who participated in shared learning and celebration events

45 CI bespoke pairings, bringing groups together on basis of shared interests and needs



**YWI Youth Fund programme
(14-24 year olds)**

15 Young Persons' Committees awarded grants of up to €1,000 to a total of 24 different community / youth groups, for selected Social Action Projects



€15,000

Total amount awarded at end of March 2023



- **AMH & DYS brought together schools who participated in Healthy Me for shared learning and play**
- **YANI awareness campaigns, such as “Spill The Beans”; cross community productions with YANI Rainbow Factory; Gig Nights**
- **DYS/CI collaborative art project with Peaball - graffiti art work at The Loft, Letterkenny (April 2021)**

- **DYS Celebration event for participant groups (November 2022)**
- **YWI Celebration event for Youth Fund groups (February 2023)**
- **DYS collaborative art project with Peaball - mural for CAMHS Buncrana Primary Care Centre (April 2023)**



What did we do?

Key Contacts - Capacity Building Programmes to Support Children and Young People

6,851

Total number of key contacts of children and young people who participated in capacity building programmes to support emotional resilience, peace building and peer mentoring

439

AMH/DYS Healthy Me (Parents/ carers)

1,049

AMH/DYS Healthy Me (Teachers/other workers)

452

AMH/DYS accredited safeTALK

1,527

AMH/DYS Provoking Thought

94

AMH/DYS Peer Mentoring - Train the facilitator

249

AHM/DYS/CI accredited Mental Health First Aid

1,434

YANI LifeMaps

252

YANI Agenda for Peace

81

YANI PALS Facilitator

148

YWI BeWell Facilitator

180

YWI YES Facilitator

14

YWI Stand UaPP Speak Out Facilitator

242

PlayBoard Spaces To Be (Childcare practitioners)

167

PlayBoard Spaces To Be (Parents /carers)

15

DYS accredited ASIST programme (Applied Suicide Intervention Skills Training)

17

DYS accredited Understanding Self Harm

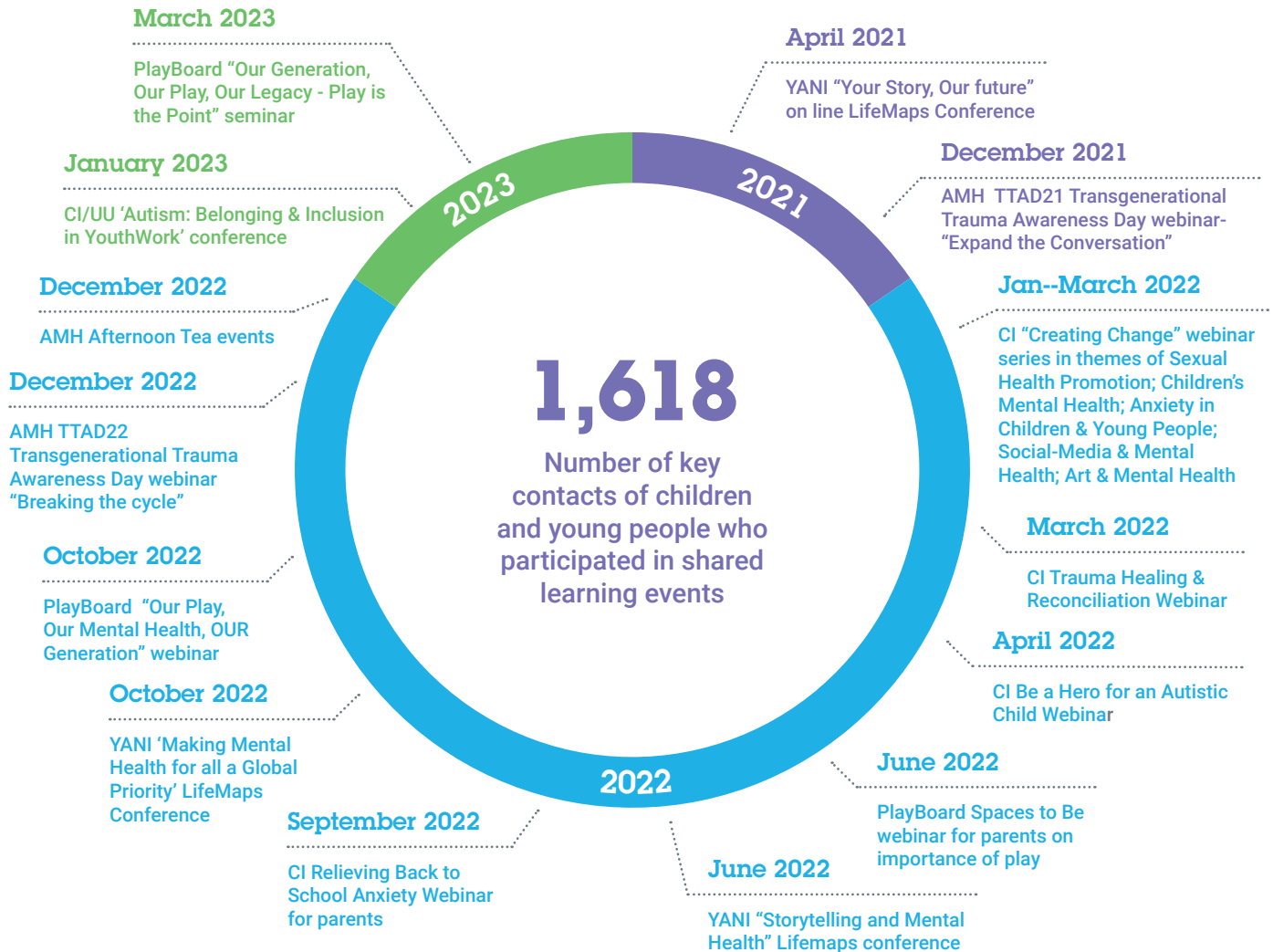
491

in 19 CI bespoke pairings, bringing groups together on basis of shared interests and needs

(Unless otherwise specified, programmes are for any adult, including parents, carers, teachers, youth workers, community workers, volunteers, FE/HE/Uni students in relevant subjects eg Youth Work, Education, Health & Social Care)

Key Contacts - Shared Learning Events

A selection of project highlights:



Digital assets produced



Our Generation

OG app

Learning tool featuring gamified content based on OG programmes



10

Podcasts with YANI Radio Network for Peace (YANI Gaybledegook group; An Tobar; REACT; Children and Young Person's Advisory Group; Party in the Park; Keady Young Men's Group; YANI CSN event; Holy Family Youth Club; Connect NW Group; St Patrick's High School, Keady.)



AMH

2 cross community animation projects with Hola Lola:

“OUR Wee Thoughts and Feelings”

animation with Christ the Redeemer and Elmgrove Primary Schools

“What’s a Trauma Lens?”

animation with St Michael's College and Enniskillen Royal Grammar School

PlayBoard

“OUR Play, OUR Journey, OUR Generation”
animation with Ardmore

SCAN ME



In schools we are always worried about people's perceptions of play, what would they think if they saw the craziness of free play, when in reality the children are getting so much more from free play than structured play. Maybe as teachers we need to be less focused on objectives and let the children take the lead.





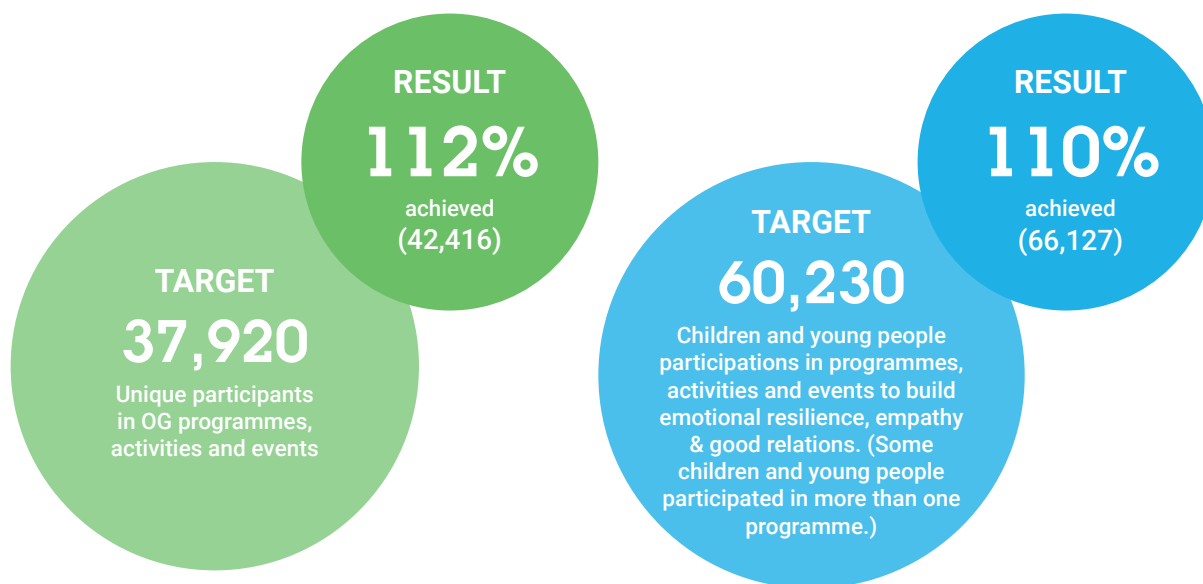
The animation project grabbed the pupils' attention from the onset. The children gained vast experience of using their new ICT skills and used everything they had learned during Better Together when meeting their new friends from Elmgrove. I was incredibly proud of how the children embraced the new area.



How well did we do it?

Children & Young People - Building Emotional Resilience and Good Relations

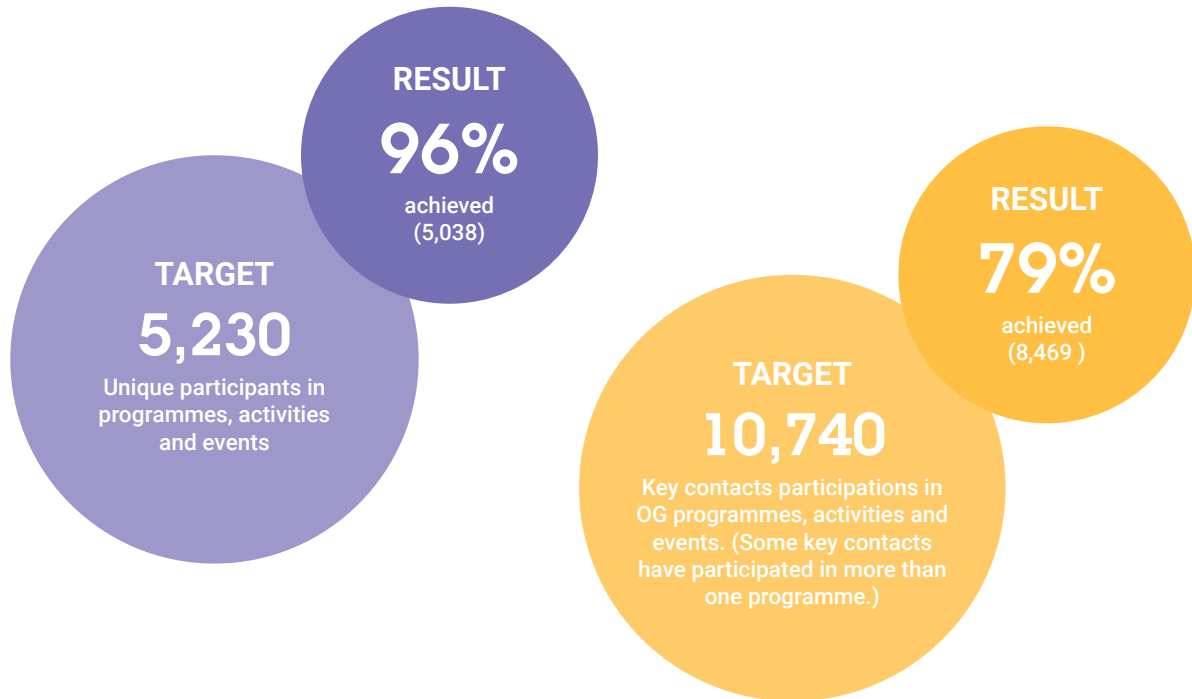
Achievement of Outcome Targets by end of March 2023*



Children and young people - participations by activity type	Target	Actual	% Achieved
Emotional resilience & peace building	50,963	57,517	113%
Peer mentoring	3,504	3,026	86%
Shared learning & celebration events	5,763	5,584	95%

*Revised targets following approval of project extension to Sept '23

Key Contacts - Building Capacity to Support Children and Young People



Key Contacts - participation by activity type	Target	Actual	% Achieved
Capacity building	8,546	6,676	78%
Peer mentoring	346	175	51%
Shared learning events	1,848	1,618	88%

How well did we do it?

Achievement of Outcome Targets

How we measured this

The initial stage of the project involved the project partners working with the Ulster University research team and AMH Project Manager to develop a bespoke Monitoring & Evaluation Framework which was implemented from January 2021 using Qualtrics™ to collect and store data for analysis.

Development of the monitoring and evaluation processes was guided by the Ulster University team and involved:

- **Research to identify best practice training models to build peace through emotional resilience, support the mental health and emotional resilience of children and young people, and address the impact of trauma exposure and childhood adversities and build capacity of key contacts of children and young people.**
- **Ongoing, structured review of all aspects of programme design and delivery against best practice models.**
- **Identification of Validated Outcome Scales which best reflect OG purpose.**

- **Mapping of each programme against Validated Outcome Scales to agree, age-appropriate survey tools, appropriate for the programme duration and relevant to the content.**
- **Partner collection of outcomes information through implementation of programme survey tools and additional qualitative feedback.**

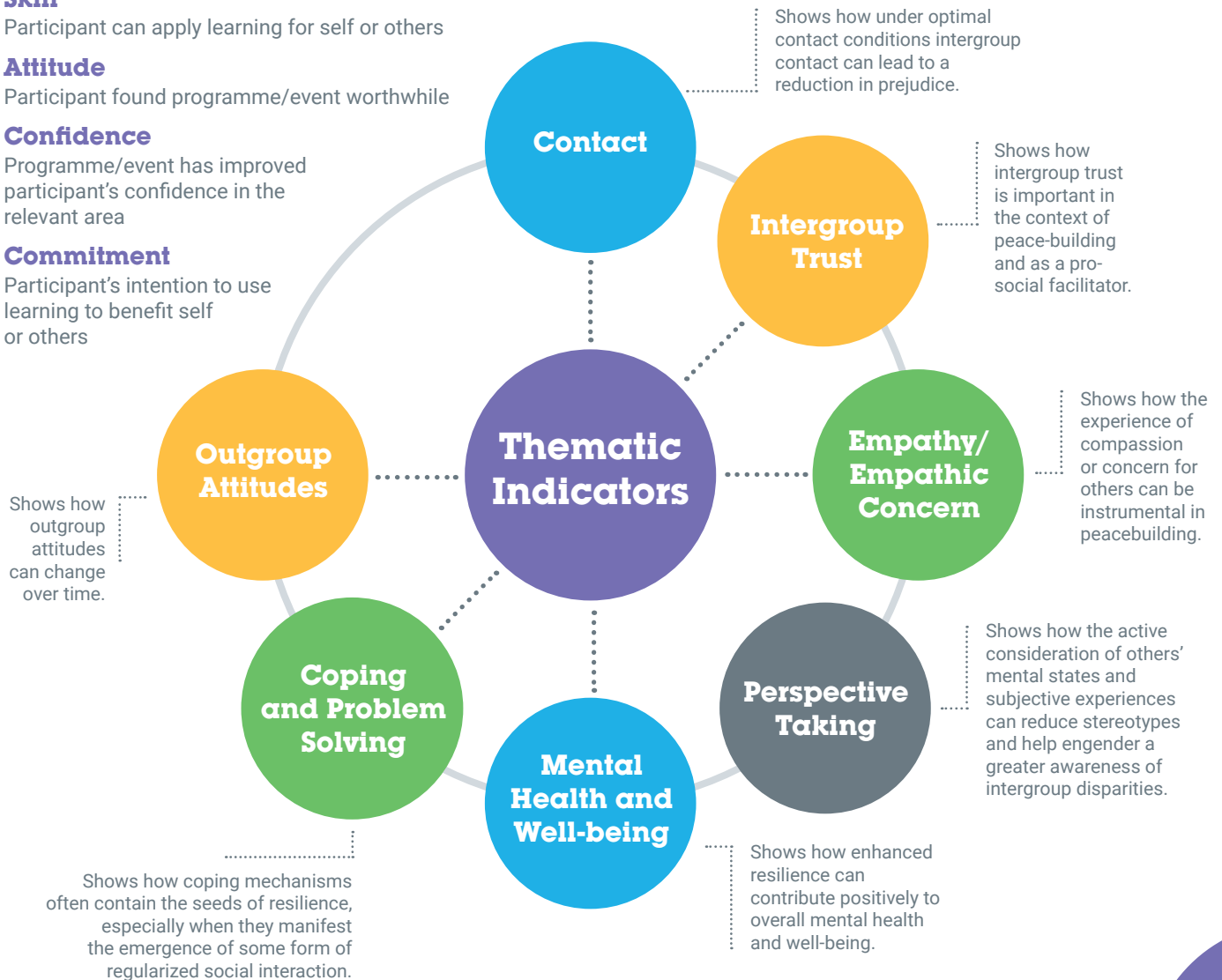
Two core aspects of quantitative data collection are:

- **Participants engaging in most programmes and activities are invited to complete knowledge-based questionnaires on completion.**
- **Participants on longer programmes are also invited to answer thematic indicator questions, relevant to the programme content, before and after completion.**

Note: A Stakeholder Engagement Survey, led by the Ulster University Team, commenced in November 2022. When data collection has concluded, a Stakeholders Report will be developed, to share findings and insights on the extent of engagement and the degree to which stakeholders felt involved in and empowered through the OG Project.

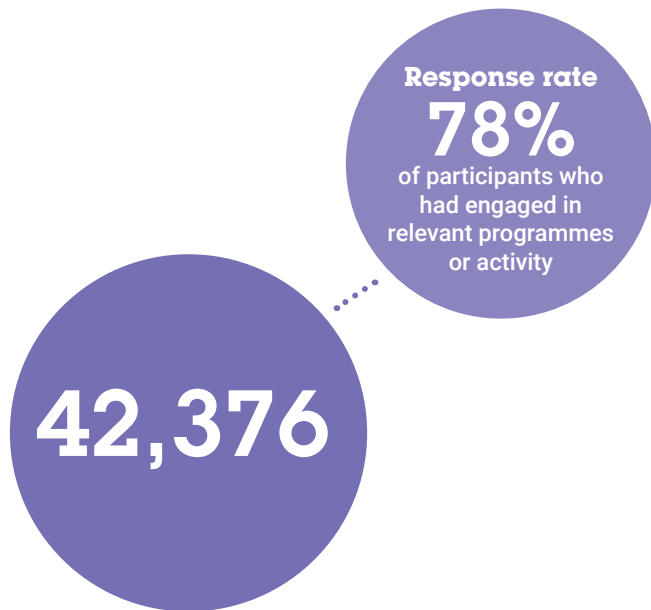
Knowledge Based Indicators (Kirkpatrick Training Evaluation Model 1996)

- **Knowledge**
Participant knows more as a result of completion of programme/event
- **Skill**
Participant can apply learning for self or others
- **Attitude**
Participant found programme/event worthwhile
- **Confidence**
Programme/event has improved participant's confidence in the relevant area
- **Commitment**
Participant's intention to use learning to benefit self or others

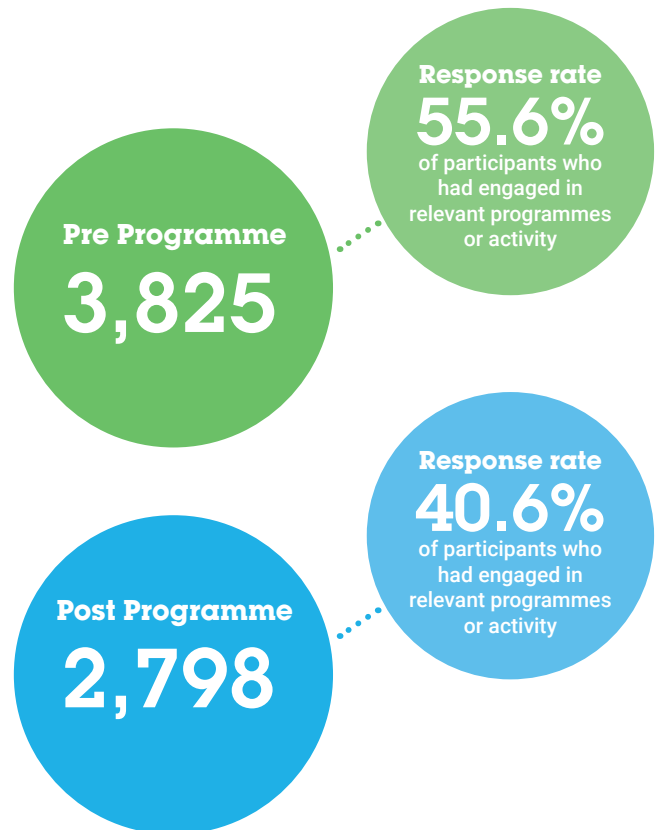


How well did we do it?

Total number of participants who completed knowledge based questionnaires:



Total number of participants who completed thematic indicator questionnaires:



Source = OG Quality Assurance Report 2022 (evaluation data to end of Dec 2022).

Some participants completed programmes prior to Jan 2021, when OG Monitoring & Evaluation using Qualtics™ commenced.

Some participants were still completing programmes at end of Dec '22, so post surveys were not yet completed

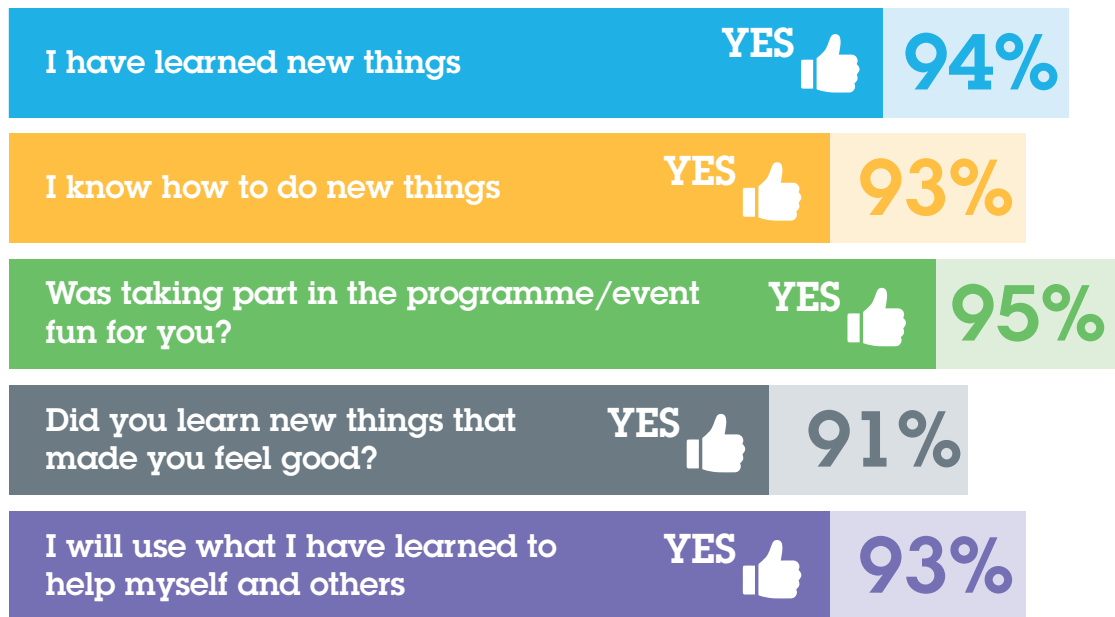
Percentages shown throughout this section are for the proportion of participants who answered each question.

Working on the Project each week helped us to bond as a group at first and as the months went by, I really think it helped build my confidence. I would never have thought I could interview someone like we did for The Youth Fund, but I was so proud of myself when we did. It was one of the best things we did all year.



What difference did it make?

Children aged 4 -11 Knowledge Based Evaluation of Programme Activity



Total No. Responses **13,415**

Children aged 4 -11

Thematic Indicator - Selection of Questions

Empathy/Empathic Concern YES		
	pre	post	
I feel sorry for other kids who don't have toys and clothes	96%	97%	↑ 1
I often feel sorry for other children who feel sad or are in trouble	84%	85%	↑ 1

Children attending the programmes already possessed high levels of empathy prior to attending the programme but showed slight improvements having completed the programme. Many will have benefitted from completing Healthy Me prior to the programmes measured here.

Mental Health and Well-being YES		
	pre	post	
I am nervous in new situations. I easily lose confidence	52%	48%	↓ 4
I am often unhappy, depressed or tearful	29%	28%	↓ 1
I have many fears. I am easily scared	44%	43%	↓ 1
I get a lot of headaches, stomach-aches or sickness	39%	43%	↑ 4
I worry a lot	42%	47%	↑ 5

Scores for some mental health and well-being questions decreased (which is an improvement in this case) but some increased. These questions are asked for one programme only (Spaces To Be 701 participants) and are believed to be a consequence of equipping younger children with the knowledge they need to be able to name and understand their emotions.

Children aged 4 -11

Thematic Indicator - Selection of Questions (continued)

Intergroup Contact

 YES	
	pre	post
If someone is different to you, would you go up and say hello to them?	85%	89% ↑4
If someone is different to you, would you play with them?	85%	89% ↑4
I have people around me to share my emotions	74%	77% ↑3
I have people around me to ask for help if I have a problem	86%	89% ↑3

Children already positively accepted difference and communicated with others when they had a problem or needed to share emotions, prior to attending the programme, and this increased across all items/domains after attending the programmes.

Intergroup Trust

 YES	
	pre	post
I know what community means	38%	69% ↑31
I know some things about my community	40%	68% ↑28
I do things that are special to my community such as sports, music, dance etc	52%	75% ↑23
I know that there are different communities than mine	52%	78% ↑26
I know some things about different communities	25%	53% ↑28

Up to around a half of children had some understanding of their own and other communities, prior to attending the programmes. This increased substantially across all questions following participation.

Coping and Problem-Solving

	pre	post	
When something goes wrong, I feel happy that I could fix it	73% before	82%	↑9
When something goes wrong, I take time to think about how to fix this	79% before	85%	↑6
When something goes wrong, I ask for help	81% before	82%	↑1

Similar to empathy, children possessed a high level of skills in this area prior to attending, which may have been aided by participation in other OG programmes, and their abilities increased as a result.

Sample Questions (19 of 23 questions asked for these indicators)

Total No. Responses - Up to **1390** pre & **1280** post, depending upon the indicator

Programmes contributing to Thematic Indicator results for this age group:

AMH/DYS Better Together

PlayBoard Spaces To Be

I live in a few different communities, sometimes I live in my mum's community and sometimes I live in my dad's... My brothers also live in different communities, one of them even lives in a place called Antrim. I like being part of different communities.



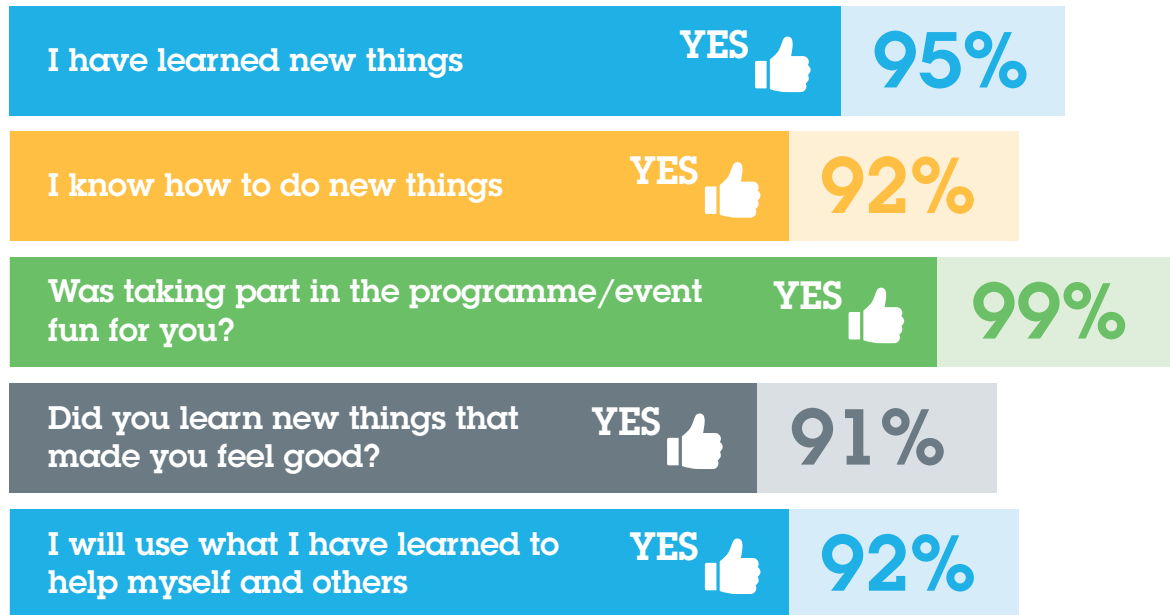
What difference did it make?

Children & Young People aged 11-25 Knowledge Based Evaluation of Programme Activity



Total No. Responses **25,239**

Children & Young People aged 4-25 Knowledge Based Evaluation of Shared Learning Activity



Total No. Responses **583**

Children & Young People aged 11-25 Thematic Indicator Questions

Empathy/Empathic Concern	ALWAYS OR A LOT LIKE ME		
	pre	post	
When I see someone being taken advantage of, I feel kind of protective towards them	63%	64%	↑ 1
I am often quite touched by things I see happening	52%	55%	↑ 3

Reverse scores question	NOT AT ALL OR A LITTLE LIKE ME		
	pre	post	
Other people's misfortunes do not disturb me a great deal	52%	59%	↑ 7

Young people had good levels of empathy for others, prior to attending the programme, which may have been aided by prior participation in other OG programmes, such as Provoking Thought, which is not measured in this way. Empathy scores increased somewhat as a result of participation in the OG programmes.

Mental Health and Well-being YES		
	pre	post	
I get a lot of headaches, stomach aches or sickness	33%	27%	↓ 6
I worry a lot	41%	38%	↓ 3
I am often unhappy, depressed or tearful	19%	16%	↓ 3
I am nervous in new situations. I easily lose confidence	45%	38%	↓ 7
I have many fears. I am easily scared	23%	21%	↓ 2

Up to almost one half of young people reported some levels of low mental health and well-being at the beginning of the programmes, however, after completion of the programmes, their symptoms of poorer mental health and well-being had all reduced.

Coping and Problem-Solving

	OFTEN OR NEARLY ... ALWAYS TRUE ...		
	pre	post	
Having to cope with stress can make me stronger	34%	47%	↑ 13
I am able to handle unpleasant or painful feelings like sadness, fear and anger	47%	54%	↑ 7
I can deal with whatever comes my way	55%	63%	↑ 8
Under pressure I stay focused and think clearly	40%	47%	↑ 7
I believe I can achieve my goals, even if there are obstacles	68%	72%	↑ 4
I am not easily discouraged by failure	41%	45%	↑ 4
I tend to think of myself as a strong person when dealing with life's challenges and difficulties	56%	61%	↑ 5

Meaningful increases and improvements in coping and problem-solving skills were seen as a result of participation in the OG programmes.

I felt that I learned a lot in relation to leadership and coming up with solutions to problems throughout this programme. I have learnt that it isn't as scary to speak out in front of people. I find it a lot easier to show people how I feel more clearly.



Children & Young People aged 11-25 Thematic Indicator Questions (continued)

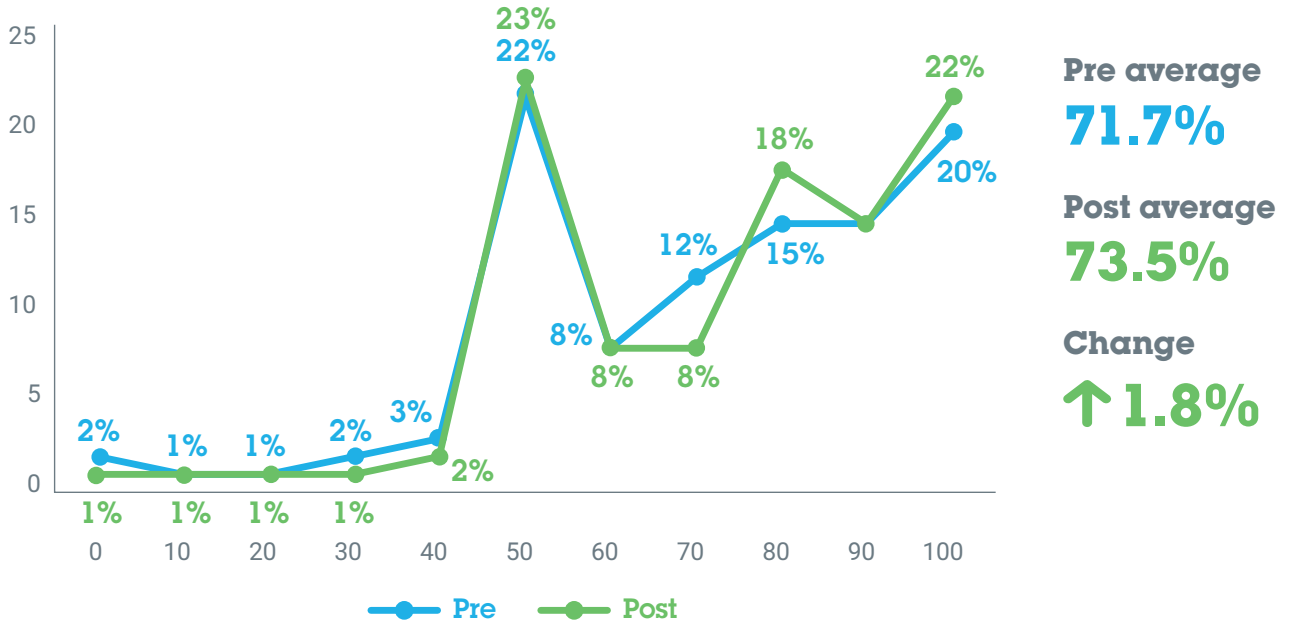
Perspective Taking	ALWAYS OR A LOT LIKE ME		
	pre	post	
Before I say anything bad about anyone, I try to imagine how I would feel if I were that person	48%	61%	↑ 13
Even when I am mad at someone, I try to understand how they feel	41%	52%	↑ 11
There are different ways to think about a problem, and I try to look at all of them	49%	59%	↑ 10
I try to look at everyone's side of a disagreement before I make a decision	56%	64%	↑ 8
Even when I know I am right, I listen to what other people think	46%	52%	↑ 6
It's easy for me to understand why other people do the things they do	46%	52%	↑ 6
Sometimes I try to understand my friends better by imagining how they think about things	60%	65%	↑ 5

Similar to empathy, young people already had good levels of perspective-taking, prior to attending the programme, which may have been aided by participation in other OG programmes. These scores improved as a result of participation.

Sample Questions (22 of 30 questions asked for these indicators)

Outgroup Attitude

Participants used a “Feelings Thermometer”, to rate how they felt about people from the other community by moving the slider on the scale anywhere between 0 to 100. The higher the number, the more positive feelings, and the lower the number, the more negative feelings towards this group.



Total No. Responses - Up to **1650** pre & **1085** post, depending upon the indicator

Programmes contributing to Thematic Indicator results for this age group:

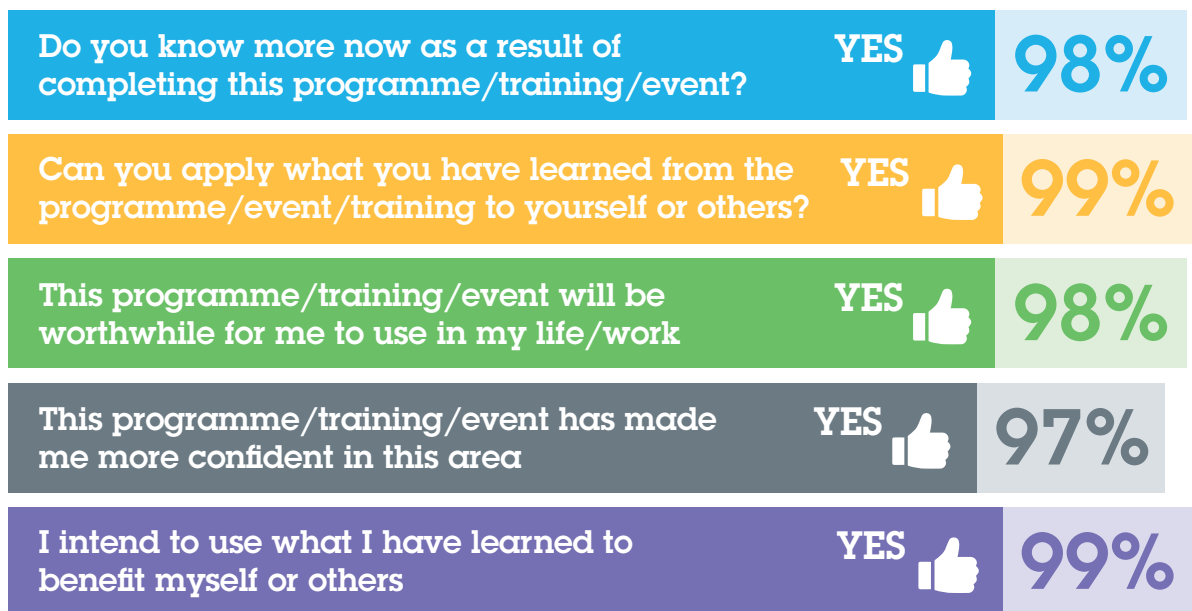
AMH/DYS Peer Mentoring and Mental Health Ambassador

YANI LifeMaps and PALS

YWI Youth Fund

What difference did it make?

Key Contacts Knowledge Based Evaluation of Programme Activity



Total No. Responses **2,750**

Key Contacts

Knowledge Based Evaluation of Shared Learning Activity



Total No. Responses **324**

Key Contacts of Children & Young People aged 18+

Mental Health and Well-being

 YES OR NO	
	pre	post
I worry a lot	61%	52% ↓ 9
I am nervous in new situations. I easily lose confidence	51%	32% ↓ 19
I have many fears. I am easily scared	17%	9% ↓ 8

Reduced scores following programme completion suggest an improvement in mental health and well-being outcomes, as a result of participation in the programme.

Coping and Problem-Solving

	... OFTEN OR NEARLY ALWAYS TRUE ...	
	pre	post
Having to cope with stress can make me stronger	58%	74% ↑ 16
I can deal with whatever comes my way	74%	89% ↑ 15
I am able to handle unpleasant or painful feelings like sadness, fear and anger	68%	77% ↑ 9
I am not easily discouraged by failure	57%	65% ↑ 8

Key contacts reported good coping and problem-solving skills, prior to attending the programmes and there was an overall improvement, as a result of participation in the programme.

Empathy/Empathic Concern

	ALWAYS OR ***** A LOT LIKE ME *****		
	pre	post	
When I see someone being taken advantage of, I feel kind of protective towards them	91%	97%	↑6
I would describe myself as a pretty soft hearted person	85%	90%	↑5
I am often quite touched by things I see happening	93%	97%	↑4

Empathy and empathetic concern scored highly for key contacts prior to programme completion, and this increased as result of participation.

Perspective Taking

	ALWAYS OR ***** A LOT LIKE ME *****		
	pre	post	
When I'm upset at someone I usually try to "put myself in his shoes" for a while	65%	79%	↑14
I believe that there are two sides to every question and try to look at them both	86%	93%	↑7
I sometimes try to understand my friends better by imagining how things look from their perspective	89%	94%	↑5
Before criticizing somebody, I try to imagine how I would feel if I were in their place	85%	90%	↑5

Perspective taking among key contacts participating in these programme improved as result of participation in the programme

Intergroup Trust

	pre	post	
I trust the other community when they say they love Northern Ireland	64%	90%	↑26
I am often quite touched by things I see happening	52%	55%	↑3

Reverse scores question

	before	after	
I just do not trust the other community	96% Completely disagree or disagree	97%	↑1
	55% Completely disagree only	61%	↑6

Key contacts reported overall improvements in intergroup trust as result of participation in the programme.

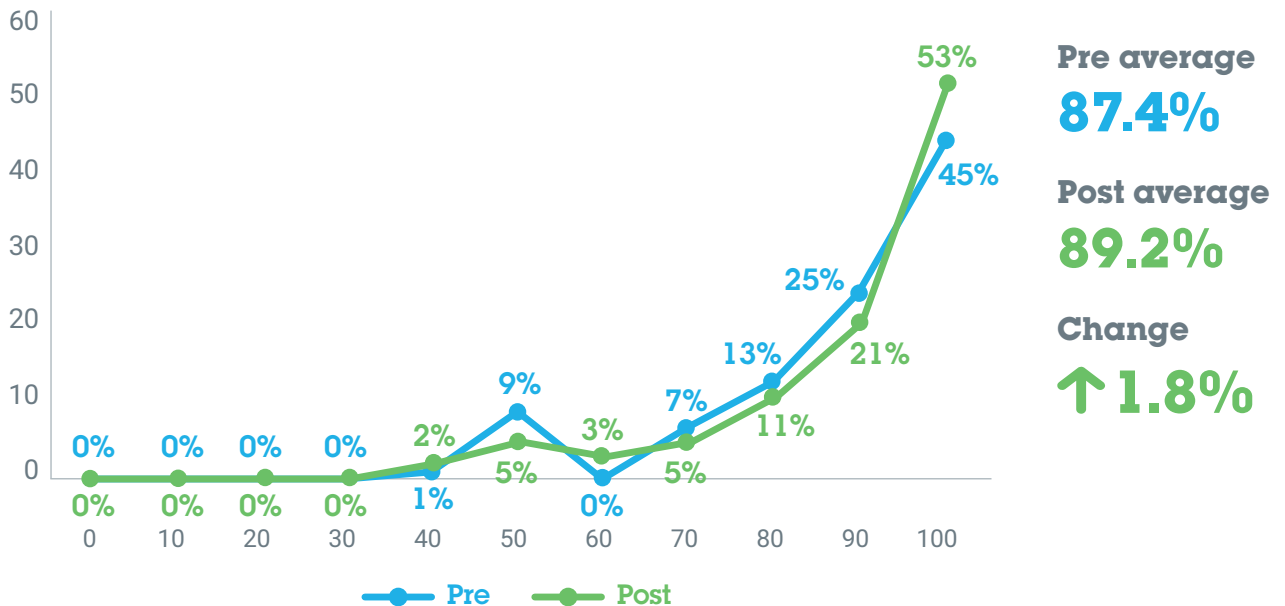
Intergroup Contact

	pre	post	
In general, when you meet people from the other community, do you find the contact rather positive?	84%	90%	↑6
How often do you send emails, texts, or connect on social networking sites, with people from the other community?	66%	69%	↑3
In general how often are these experiences positive?	89%	86%	↓3
	47% Very often only	52%	↑5

Although the combined positive responses (Often & Very Often) went down for one question, the most positive response (Very Often) increased. Overall outcomes demonstrate improvements in intergroup contact following participation in the programme.

Outgroup Attitude

Participants used a “Feelings Thermometer” to rate how they felt about people from the other community by moving the slider on the scale anywhere between 0 to 100. The higher the number, the more positive feelings, and the lower the number, the more negative feelings towards this group.



Total No. Responses - Up to **280** pre & **200** post, depending upon the indicator

Figures show participants already had an elevated regard for other groups and communities, prior to participation, but this increased as a result of participation in the programme

Programmes contributing to Thematic Indicator results for this age group:

PlayBoard Spaces to Be – Parents/Carers and Practitioner programmes

How participants described their experience with OUR Generation





A word cloud of participant feedback for 'OUR Generation'. The words are arranged in a roughly circular pattern, with the most prominent words in the center. The colors of the words vary, including shades of blue, green, orange, and purple. The words are: flawless, terrific, dedicated, organised, loved-it, fabulous, inspired, best-day, ever, safe, fantastic, engaging, supportive, confidence, enthusiasm, brilliant, recommended, exceptional, well-presented, relaxed, amazing, positive, creative, appropriate, refreshing, great, class, warm, inclusive, fun, excellent, grateful, relevant, much needed, enjoyable, helpful, thought-provoking, interactive, eye-opening, age-appropriate, wonderful, beneficial, practical, collaborative, nurturing, building, useful, important, good, valuable, enlightening, awesome, unforgettable, friendly, interesting, best, encouraging, knowledgeable, outstanding, skilled, motivated, professionalism, impressed, worthwhile, understandable.



”

I would find it really hard to make friends and talk to new people, but being a part of this project definitely helped me. I think I could make friends in school easier now.



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This programme is supported by the European Union's Peace IV Programme, managed by the Special EU Programmes Body (SEUPB)

