

SAFEGUARDING & PREVENT:

RAPIDLY REDUCE RISKS THROUGH POSITIVE MENTAL HEALTH AT SCALE AND LOW COST

You have a problem:

- A significant increase in the presentation of young people' Mental Health symptoms
- Poor Mental Health is rapidly affecting life chances and raised safeguarding risks with links between Mental Health and susceptibility to extremism.
- You have a need to reach as many young people as possible- at scale and pace.
- Poor or inconsistent knowledge and uptake of already commissioned support services, such as **Kooth** online counselling, hinder impact and progress.

We can help you:

- Make an immediate impact at scale and pace with **On The Level's** online delivery- to a single targeted year group, an entire educational establishment, a whole Trust or Federation, Local Authority or Clinical Commissioning Group regardless of geography or size, **at the same time.**
- Gain an immediate data picture of vulnerabilities and strategy across your area with granularity
- Deliver an award-winning online interactive Mental Health programme that delivers effective Mental Health education and drives engagement to digital health services: a universal offer that is also Mental Health intervention.
- Equip young people and teachers with Quality Assured knowledge and strategies to manage Mental Health problems and improve well-being.

How we create value:

On The Level is an interactive, youth-presented TV event, broadcast directly to Years 7 and upwards online. Young people interact with the event via their digital devices in the classroom, receiving real-time feedback and connection with peers. Access is free using accessible apps and platforms. All content and data shared during these sessions is secure and confidential. The award winning **On The Level** has been co-designed and Quality Assured by the University of Sheffield.

- All young people rapidly gain increased awareness around risks to their own Mental Health; this is explored in a safe online space, presented and engaged by young people '**On The Level**'.
- **On The Level** is supported by SEMH professionals and is evidence based - everything contained and explored is Quality Assured and measured for impact.
- Data from **On The Level** is provided to you. This gives an immediate data picture for Safeguarding dashboards, impact and improvement strategies from the granular to 'big picture'.
- Increased and evidenced uptake of digital counselling through practical usage of Kooth—available immediately during these sessions. Young people and teachers will learn effective strategies to reduce anxiety through practical exercises and interaction with the presenters.
- Full teacher and parent support materials are available meaning that ongoing impact will be felt across establishments and communities.

[Click here to view clips from On The Level Pilot video](#)

HSJ AWARDS
2021

WINNER
Mental Health Innovation of the Year

Impact + evaluation.

On The Level events were launched in March 2021 to support with the return to on-site schooling and the raised levels of concern around Mental Health due to the pandemic.

To date, over **28,000** young people have participated in our Mental Health events. School feedback stated:

89%

of young people reported feeling engaged during the show

84%

reported feeling confident they had the tools to help manage stress & anxiety better

37%↓

25% significant reduction in young people with "critical" or "struggling" levels of stress

10%

reported (at 6-8 week follow up) that they had used Kooth once or more after the show

How to secure delivery.

To secure delivery for your school, please email schoolsupport@represent.org.uk to discuss booking and details.

On The Level can be delivered to a single targeted year group, an entire educational establishment, a whole Trust or Federation, Local Authority or Clinical Commissioning Group regardless of geography or size, at the same time.

Because it is delivered online, scale is not a problem for **On The Level**. In fact, reaching as many young people as possible in the shortest amount of time is **On The Level's** mission and one of the reasons it wins awards.

This means costs for delivery in fact reduce, the bigger the scale. **On The Level** gets high quality impactful engagement across all year groups from Y7 to Y13, meaning educators really do have access to a full 11-18yrs Mental Health offer. This enables whole school or establishment approaches to Mental Health - unifying language, attitudes and strategies across the whole organisation and community, however large that is.

Who we are.

REPREZENT is an award-winning youth development organisation and media platform, helping young people realise their full personal potential through core social, emotional and communication skills. We provide inspirational education through skills-based media training and youth services that improve employment outcomes, progress careers in the creative sector and transform lives. We run training and development programmes and champion youth culture through a London-wide radio station, REPREZENT 107.3FM.

Since 2017, REPREZENT has delivered Mental Health education and support to schools across Essex and London in the form of our interactive event **On The Level**. Each event is presented by young people who have trained with REPREZENT. As evidenced in quality-assured impact data, our unique value proposition helps young people find it easier to relate to their peers and our innovative engagement model has been academically proven to be highly effective in reaching young people.

School adoption.

On The Level helps schools and teaching staff make a positive and effective impact on the growing Mental Health crisis in young people. The programme addresses schools' statutory Safeguarding and PSHE obligations [Keeping Children Safe in Education 2018] to identify concerns early and provide help for youth in this area (KCSIE1.4, 1.6) and to prevent concerns from escalating. The programme is in accordance with KCSIE that schools work with other services to promote the welfare of youth and protect them from harm (KCSIE1.81) and addresses key elements of the Government's COVID-19 Mental Health and Wellbeing recovery action plan, March 2021

On The Level has been designed to address the key areas highlighted in **Mental Health and Behaviour in Schools** (2018) – prevention, education, identification, early support and access to specialist support.

Who we work with + endorsements.



The University Of Sheffield.

"I fully endorse the work that the REPREZENT team did with our young people and would love to see others have the same opportunity both in my school and outside. We cannot afford to wait for the next teenager to self-harm or worse before investing in doing something about it."

Vic Goddard, Principal,
Passmores Academy



PRINCESS ROYAL TRAINING AWARD 2018

"An important and timely programme to help to manage young people's heightened anxiety and Mental Health issues on return to schools. Providing them with the tools to cope is crucial in avoiding escalation and the need for acute Mental Health interventions."

Rt Hon Sir Norman Lamb,
Chair of SLAM

