

**REPREZENT**

**ON THE LEVEL**

# ON THE LEVEL

**Student Mental Health Ambassador,** Deptford Green School  
**Emily Stanghon,** Acting Deputy Head and Senior Mental Health  
Lead, Deptford Green School

**Shane Carey,** Founder and CEO, Repräsent



**HSJ** AWARDS  
2021



The  
University  
Of  
Sheffield.



ON THE LEVEL

# GROWTH MINDSET



**HSJ** AWARDS  
2021



ON THE LEVEL

# The package



## Feedback Loop

- data informs new show development
- sharing empirical data with individual schools—showing profile of pupils



## Interactive TV Show

- baseline surveys
- learning methodologies for self resilience
- introduce digital health partners



## Resource Pack

- support for teachers, parents / guardians
- additional content for teachers to continue supporting pupils



## Keep Talking

- review show, 7-8 weeks later
- compare against baseline

# Impact

The University of Sheffield's Department of Psychology provides clinical oversight and is conducting research funded by TRIUMPH (Transdisciplinary Research for the Improvement of Youth Mental Public Health). Some pre-publication headlines...

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 since the first show

From post show surveys of schools, 100% would recommend On The Level to other schools and 100% said the information in the show was vital and important for young people



**REPREZENT**

**ON THE LEVEL**

# ON THE LEVEL

Find out more:

**[onthelevel.represent.org.uk](https://onthelevel.represent.org.uk)**