



## On The Level

### You have a problem.

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- A significant increase in the presentation of pupils' Mental Health symptoms due to the pandemic.
- The majority of teachers are unaware of available support services, and untrained in Mental Health First Aid/support.
- Poor or inconsistent knowledge and uptake of already commissioned support services, such as Kooth online counselling.

### We can help you.

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- Deliver workshops that help increase awareness of and drive engagement to digital health services.
- Equip pupils and teachers with exercises and methodologies to manage mental health problems and improve wellbeing.

### How we create value.

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On The Level is an interactive, youth-presented, TV show, broadcast directly to Years 8 and upwards online. Pupils interact with the events via their digital devices from their home or 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.

- All pupils to 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'.
- Increased and evidenced uptake of digital counselling through practical usage of Kooth - available immediately during these sessions.
- Pupils and teachers will learn effective strategies to reduce anxiety through practical exercises and interaction with the presenters.



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### Impact + evaluation.

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Our pre-pandemic live assembly show demonstrated a 30% uptake in digital health support services across all participating pupils. Following feedback and programme development, the new workshops will result in a minimum 65% uptake of digital health services and Kooth engagement. Clinical oversight and evaluation is provided by the University of Sheffield's Institute of Neuroscience and Department of Psychology, funded by TRIUMPH (Transdisciplinary Research for the Improvement of Youth Mental Public Health).

### How to secure delivery.

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On The Level comes at **no cost** to commissioners and schools, with this phase of delivery (March 2021) being fully funded by the Department for Culture, Media and Sport (DCMS).

Event slots are limited, so to secure delivery for your schools. To secure delivery for your schools, please email [schoolsupport@represent.org.uk](mailto:schoolsupport@represent.org.uk) to discuss booking and details.

### Who we are.

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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 show On The Level. Each show is presented by young people who have trained with REPREZENT. As evidenced in quality-assured impact data, our unique value proposition helps pupils 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.



## On The Level

### School adoption.

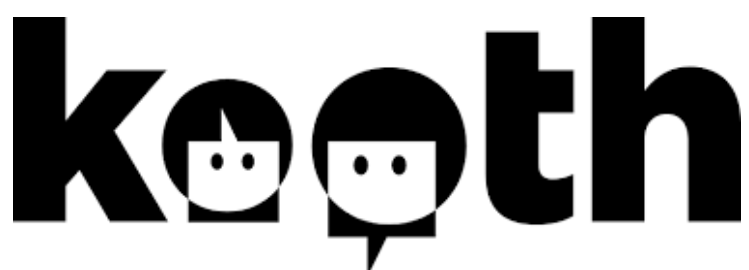
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On The Level helps schools and teaching staff make a positive and effective impact on the growing Mental Health crisis in young people. The programme addresses schools' statutory Safeguarding and PSHE obligations [[Keeping Children Safe in Education 2020](#)] 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)

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.

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The University Of Sheffield.



Mid and South Essex

"The ability to use technology to show that other young people, in a variety of settings, have the same challenges was really powerful. 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

South London and Maudsley   
NHS Foundation Trust

"An important and timely programme to help to manage pupils' 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