

# Active in Mind

## Key Evaluation Findings 2017 - 2022

### Introduction

Active in Mind is an Athlete Mentor\* and peer-led programme, designed around the importance of looking after the body, mind and environment. The aim is to improve mental health and wellbeing issues present in schools through physical activity. The programme engages young people as 'mentees' who are in a Nurture Group and young people as 'mentors' who are Young Mental Health Champions. As part of the programme, the mentors plan and deliver a '6-week' intervention for the mentees to take part in.

This infographic was prepared by the Youth Sport Trust (YST) Research and Insight Team and summarises key evaluation findings from 2017 - 2022 programme delivery. The aim of this synthesis of survey data is to capture and demonstrate the reach and outcomes achieved.

*\*Athlete Mentors help to deliver YST programmes by using their experiences to inspire young people and promote personal development through their journeys.*

### REACH



472

schools have participated



21,216

young people have participated, including 4,477 peer mentors trained and 16,739 mentees supported



692

practitioners have been trained

### Physical activity levels



Mean number of days per week spent doing at least 60 mins of physical activity

Mentors and mentees combined

3.4 days

After Active in Mind

Mentors

4.0 days

Mentees

3.6 days

Before Active in Mind

### Mental health



Following the programme, the mentees agreed that ...

64%

they were feeling more relaxed

61%

they were coping better

61%

they were feeling more confident

61%

they were feeling more positive overall

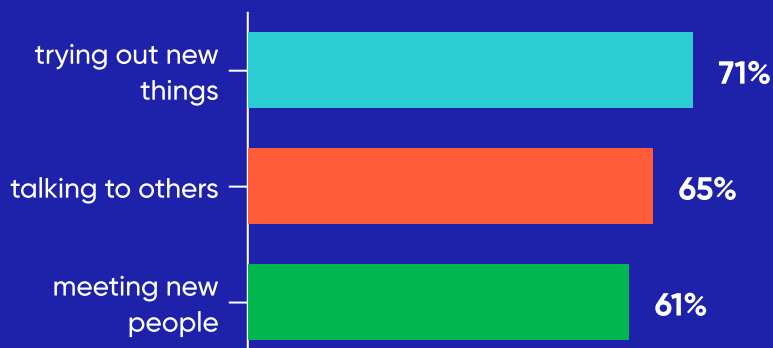
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## Key Evaluation Findings 2017 - 2022

### Social wellbeing



Following the programme, the mentees agreed they were more confident in ...



33% of mentors reported that their relationship with mentees was 'great', while 46% thought it was 'good' and 20% thought it was 'okay'.

### Life Skills

Following the programme, the mentors and mentees reported the following life skills were either 'a lot' or 'a bit' better ...



#### Resilience

78% of mentors  
76% of mentees



#### Leadership skills

89% of mentors



#### Communication skills

84% of mentors



#### Teamworking skills

86% of mentors



#### Overall confidence

75% of mentors



#### Self-belief

74% of mentors  
73% of mentees



#### Empathy

80% of mentors



Please click [here](https://www.youthsporttrust.org/research-listings/research/active-in-mind-key-evaluation-findings), or use the link below, to access the full report:

<https://www.youthsporttrust.org/research-listings/research/active-in-mind-key-evaluation-findings>

