



Our results

Results Based Accountability (RBA)
Framework

Medium Term Evaluation
Lift Off! 2018 Schools Program

Lift Off! 2018 Highlights

6 – 12 months after participating on a Lift Off! program...

- **76%** of parents report an improved relationship with their child
- **92%** of parents reported an increase in their child's overall emotional wellbeing
- **91%** of parents reported an improved emotional connection with their child
- **79%** of parents have been using the parenting strategies
- **71%** of parents feel more confident with their parenting

"My son came over and put his arms around me and said "Mum, I'm so glad we came to this. It has brought us closer together."

– Parent, Bilambil PS Lift Off! program



Mum and daughters at a Lift Off! program, 2018.

Note from The Centre for Positive Psychology, UniMelb...



“The Centre for Positive Psychology has been working with Uplifting Australia (UA) to further inform their important initiative in building stronger and better-connected families. Our work has included a commissioned report that investigates the evidence base, from existing research literature, related to the four key competencies of their Family Connect program, these being: listening skills, positive messages, emotional literacy, and accountability / responsibility.

The Centre’s purpose is to improve the wellbeing of young people through the application of positive psychology in key learning environments. The family is a significant and pivotal learning environment.

The Centre’s research, teaching and engagement activities concentrate on:

1. Contributing to flourishing individuals
2. Empowering young people to become positive change agents in their community
3. Strongly influencing education practice, systems and policy.

The work of the Centre and UA is well aligned, and we have interest in long term research collaboration as UA progress their work with families. We plan to jointly present at national and international conferences on the evolving practise and findings. The growing interest in this area of research also provides a strong opportunity for the formation of an international steering group.”

- Professor Lindsay G. Oades, Director, October 2018

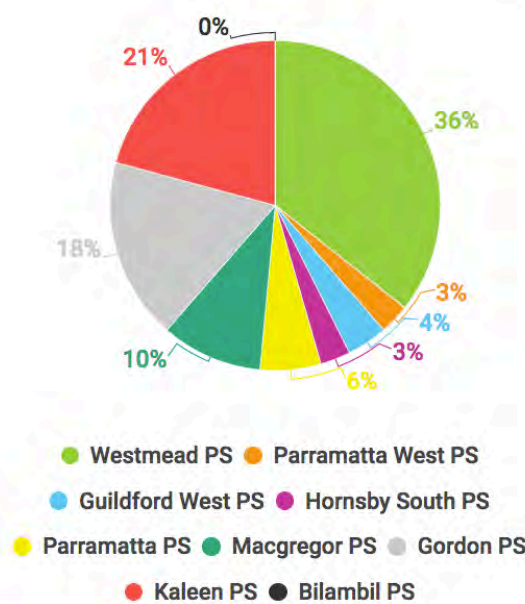


The Centre for Positive Psychology

Evaluation numbers

In 2018, UA delivered year-long programs in 9 schools, with a total school engagement figure of **17,654 people**. We conducted an intermediate stage evaluation of parents who had participated in the Lift Off! programs between January and December 2018, using a questionnaire developed in conjunction with Dr Paige Williams of the Centre for Positive Psychology, University of Melbourne. 80 parents completed the questionnaire via email link or telephone interview up to 12 months after participating in a program. The chart below shows the breakdown of responses across our NSW and ACT schools. The largest respondent group came from the school with the largest student population, being Westmead Public School with a population of 1500 students.

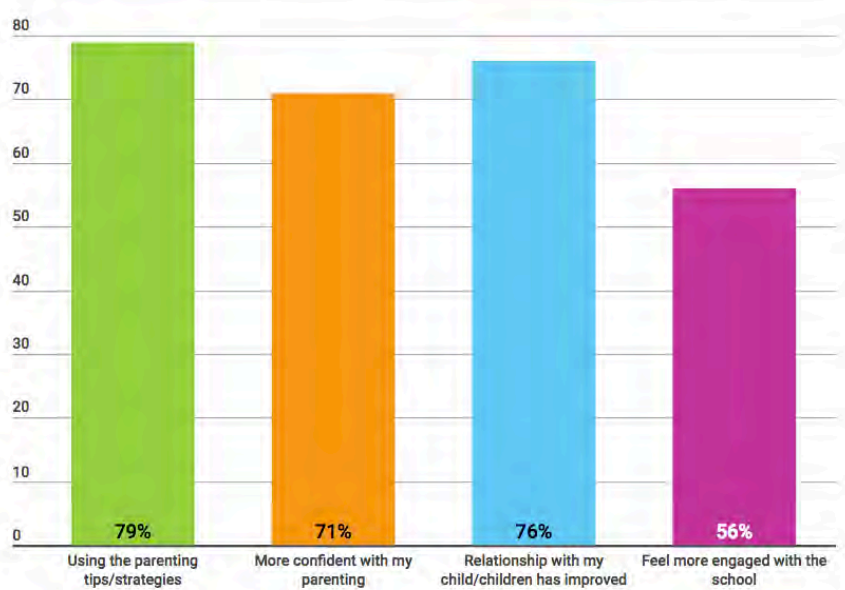
% Respondents across 2018 Lift Off! schools



Activities at Lift Off! program, Parramatta West, March 2018

Parents strongly endorsed the program, indicating that it had supported them in their parenting and improved their children’s and family social and emotional wellbeing.

Positive changes in parents 6-12 months after Lift Off!



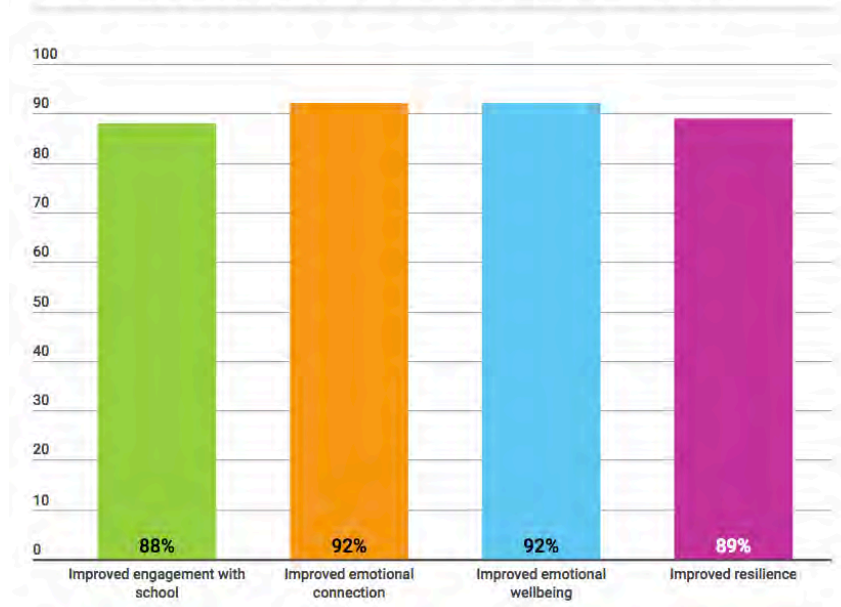
“The best thing was building connection between participants, my kid’s enthusiasm for me to come and this opportunity to demonstrate that I value her wishes and needs and to build our skills into the future.”

- Parent, Steady program, Kaleen Public School



Fun and connection - Dad and daughters at Parramatta West Public School, March 2018.

Positive changes in child 6-12 months after Lift Off!



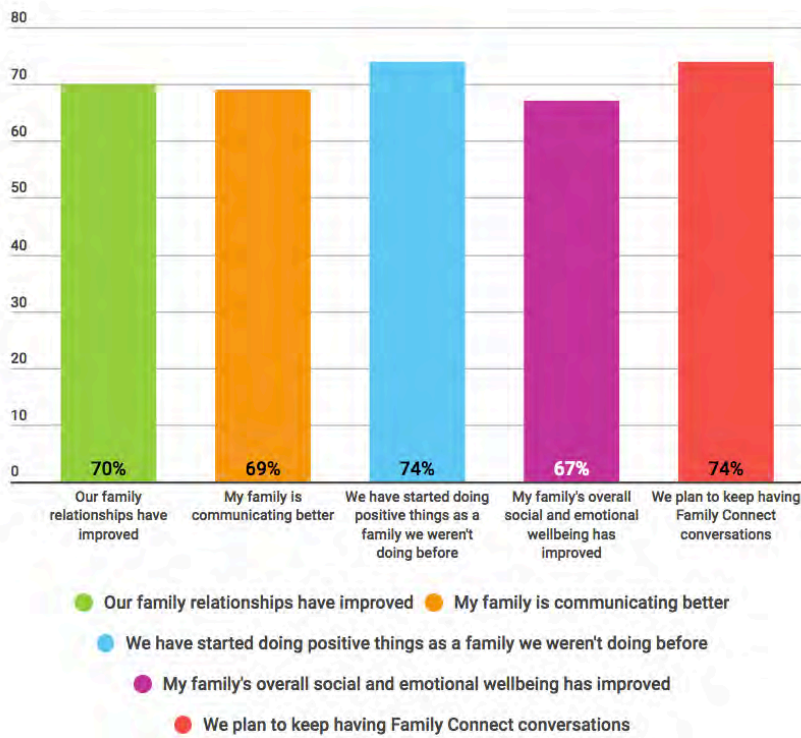
"Is there anything I would change? No. It's perfect. Thanks Macgregor PS and Lift Off! for introducing this program."

Parent, Macgregor PS Lift Off! program

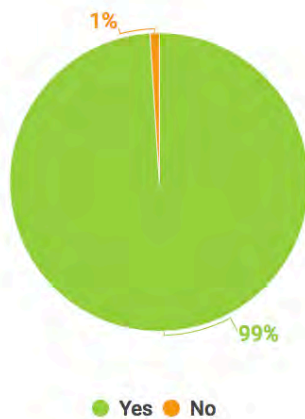


Making a badge for Mum at a Lift Off! program

Positive changes in family 6-12 months after Lift Off!



It is important to me that my school offers social & emotional wellbeing programs that support families



Lift Off! has had a positive impact at my school

