

# BILLY GRAHAM YOUTH FOUNDATION

FINAL IMPACT EVALUATION REPORT  
MARCH 2022







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# SUMMARY

In 2021 the Billy Graham Youth Foundation (BGYF) had a network of 6 academies across New Zealand in Mid Canterbury, Naenae, Cannons Creek, Te Awamutu, West Auckland and Snell's Beach. 2021 was the third and final year of an evaluation to help the Foundation and academies understand the impact they are having on young people and their host communities, and identify where there are opportunities for improvement so the Foundation and the academies can achieve their vision, which is "Champion Young People, Contributing To Their Communities."

In 2019 the evaluation showed that young people said their academy helped them improve their fitness, confidence, behaviour and relationships. Family, whānau and community partner feedback also showed the academies contribute towards growth and development in their young people.

The evaluation for 2020 reinforced the earlier findings and looked at the unique challenge of the COVID 19 pandemic and lockdowns, which saw the academies adjust by providing online workouts and challenges, phoning their members and gifting skipping ropes and food packages. The young people, families and whānau greatly appreciated these innovations, especially the efforts the academies went to to stay in touch, give their members training opportunities and support their whānau.

This report presents the results of the 2021 evaluation and overall findings from the 3 years. The year was again interrupted by COVID, but there is no expectation of further lockdowns.

It is clear the BGYF model delivers great outcomes for young people and that the model is being rolled out at new academies with fidelity. We have also seen change as more girls join the academies, more women join the coaching staff and take leadership roles and important opportunities, like Development Camps, are delivered for girls. These changes are important and exciting. A concern is that in 2020 and 2021 we found the senior girls do not rate their psycho-social wellbeing as well as boys, and boys seem to get more help from the BGYF approach than girls (although girls also report their academy helps them – just not as much as boys). We anticipate the recent changes noted above will help address the gender gap.

Members, especially those who do not compete, tend to stay for 1-2 years. We recommend BGYF and the academies try to keep members for longer because while young people benefit within the first year of membership, they continue to gain new benefits over the longer term. An important BGYF innovation – the "Box Pop" game – is under development to help retain non-competitive members for longer and develop more competitors (there is a strong association between membership term, skill development and competition).

In terms of evaluation, we recommend that BGYF and the academies see how their numerous evaluation responsibilities can be streamlined to relieve any unnecessary burden. In our view, evaluation should first and foremost help the academies and National Advisory Service reflect on the benefits they deliver to young people and where there are opportunities for improvement. Evaluation should also keep abreast of important developments – e.g. the Box Pop Game – to assess how changes to the BGYF approach translate into progress towards the Vision – developing Champion People. We also recommend a validated wellbeing survey, such as the Flourishing Scale survey used in our evaluation, be administered when new members enter the academies to set benchmark scores and screen for any psycho-social wellbeing issues. The survey should then be re-run regularly (e.g. annually) as part of ongoing evaluation to help track change.

*He has found a sport he loves, in a kind and caring environment. He is more confident, self aware & thoughtful of others, much fitter and getting stronger.*



*The environment is entirely based around community, showing respect and being respectful.*



*Helped me getting back on track with life, and helped me to respect myself.*

*Getting encouragement helped a lot in pushing myself without anyone telling me to do so.*



*Creating a safe space for my daughter and making her feel welcomed. She's gained confidence in own body & loves working out with the crew.*

*These lads using their energy towards positive goals is just so good for them all and has helped my son and a few of his mates who attend immensely. Also to be part of the group and belong is so important and they really do that well.*



## METHODS

### HEAD *Girls fundamentals*

What you have learnt at TABA?

*Proper punches*

*stance*

*Skipping*

*self Defence*

### HEART

How have we made you feel at TABA?

*Happy I like doing boxing and the people (coach and other people in the class) are kind.*

*Passionate*

### FEET

What have we helped you do at TABA?

~~Being~~ *being in front of people more*

*Talking to others in the class a bit  
(don't really like having to talk to people  
I don't know that well)*

## Storyboards

The coaches invited all fundamental and junior members to complete storyboards during class time. The storyboards are simply a large piece of paper with lots of space for the young boxers to draw or write whatever they want about three things:

1. "Head": What have you learnt with us?
2. "Heart": How have we made you feel?
3. "Feet": What have we helped you do?

Members who felt they couldn't write well enough were helped by their peers and/or academy staff to get their thoughts on to the page.

## Surveys

### Senior members survey

Senior boxers were asked to complete a survey during class time or by email.

### Family and whānau survey

Parents and guardians were asked to complete a survey by email or when they came to academy.

### Community partner survey

Community partners are organisations that the academies work with in their community, such as schools, Police and youth services. The academies sent their partners an email with a link to the survey.



# FEEDBACK RECEIVED

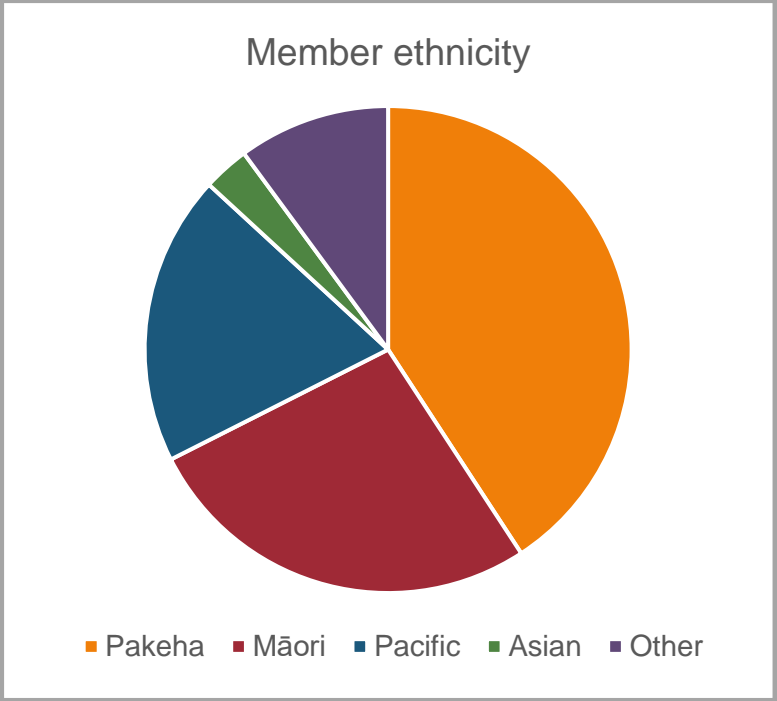
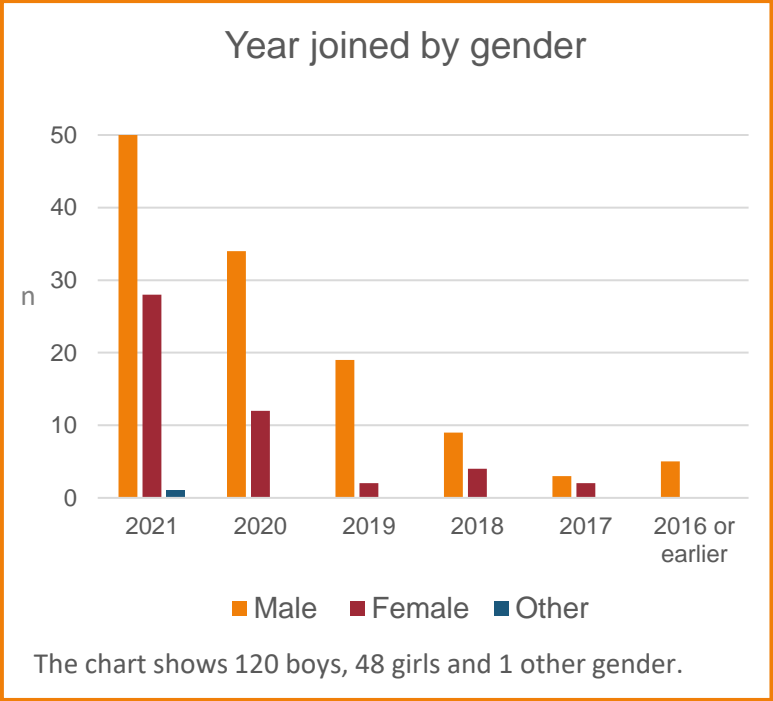
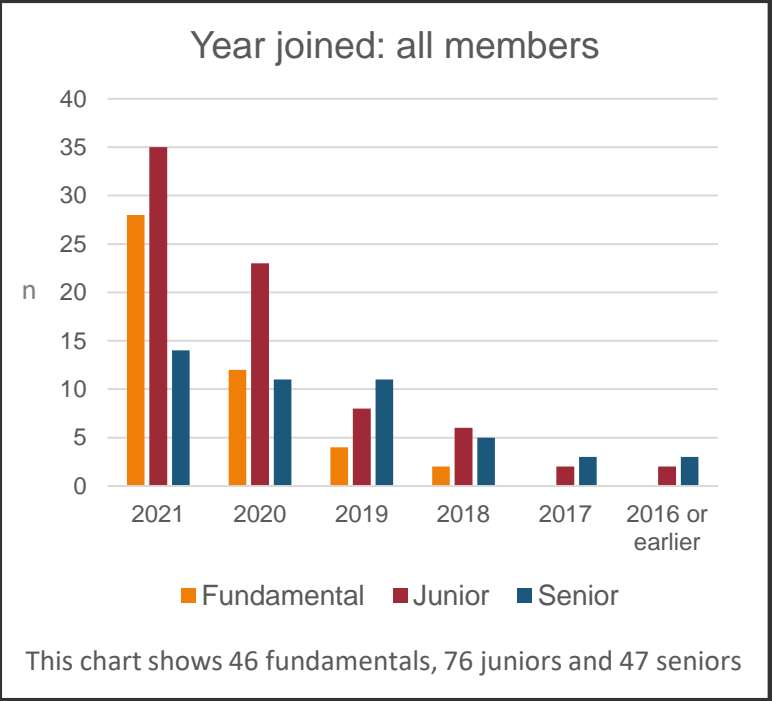
	Mid-Can.	Naenae	Cannons Creek	Te Awa.	West Auck.	Snell's Beach	Did not say	TOTAL
Community partner surveys	3	13	7	5	4	3		35
Families and whānau surveys	16	50	49	7	33	17		172
Senior surveys	17	26	18	18	22	8	2	111
Juniors and Fundamentals storyboards	48	60	47	37	43	15		250

The response rates for members’ storyboards and surveys was very high (50-90%). Family and whānau survey feedback was high to very-high, ranging from 27% to 63%, and community partners was very high ranging from 66% to 100%.

We have used the family and whānau survey data to show the demographic profile of the BGYF community because it gives us the most comprehensive information about junior, fundamental and senior members term of membership, gender and ethnicity.

The charts show that about 50% of members stay with their academy for up to two years and the remainder for 3 years or more. This is consistent with BGYF management’s view on their members’ term of membership: the members who compete stay the longest so they are introducing measures to retain their non-competing members for longer, by for instance developing their boxing skills.

The charts suggest that the number of female members has grown at a much faster rate than boys in the last few years. About half the members are Māori and/or Pasifika. This is also consistent with BGYF’s view of their membership profile.

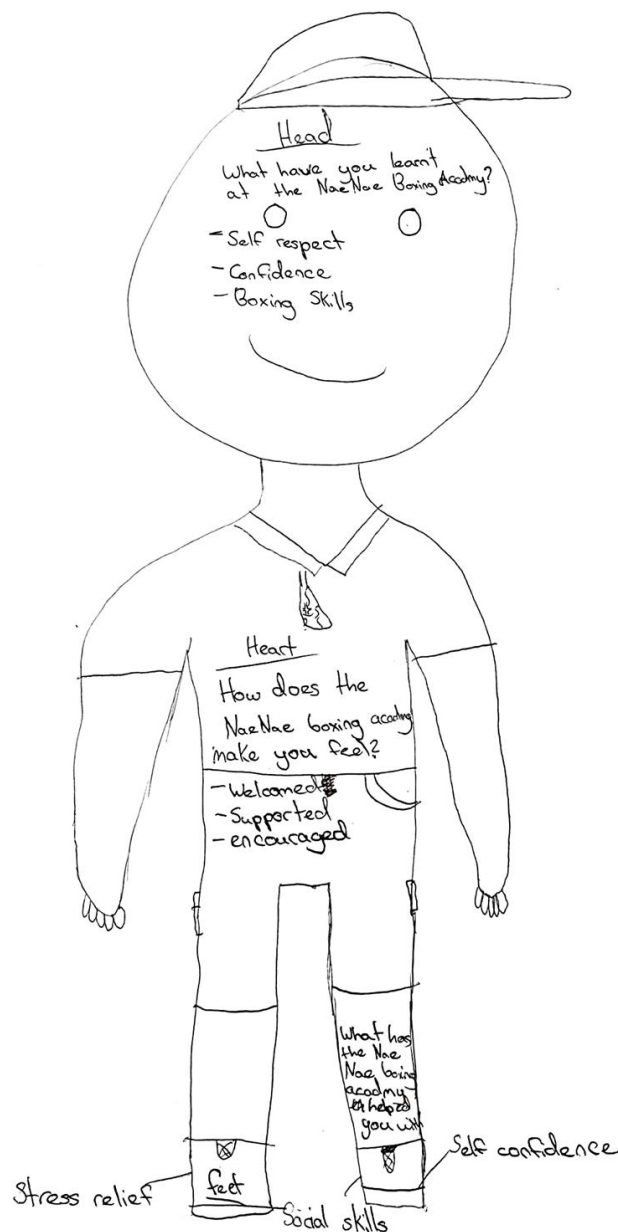


# FUNDAMENTALS AND JUNIORS

## The storyboards

We received 250 storyboards from the junior and fundamental boys and girls. The storyboards showed they enjoyed their academy and are challenged and extended by the training. The storyboards also indicate that the academies help their members develop a sense of **belonging**, develop **life-skills**, an **outward focus**, pursue their **potential** and **achieve beyond** what they thought they were capable of. Many storyboards are shown in the academy-specific reports at the end of this document.

The storyboards were useful for us as evaluators to get a sense of how impactful being a member of a BGYF boxing academy was for many young people. They also helped some young people express themselves and their circumstance. In 2019, the storyboard of a member with communication difficulties made his coach realise he was ready to take the next step on his boxing and development journey. This year, an academy raised a report of concern to Oranga Tamariki because of a member's storyboard.



# FUNDAMENTALS AND JUNIORS OUTCOMES

The BGYF aims to grow “champion young people contributing to their communities”.

The BGYF and academies have developed a theory of change, which describes what they need to do to help their members grow into champion young people.

The BGYF theory of change is based on youth development and coaching evidence-based best-practice. The theory includes a set of intermediate outcomes that show positive change is taking place. These are:

- Members develop a sense of belonging
- Members develop an outward focus for those around them
- Members are equipped with the skills of boxing
- Members undergo their own personal development
- Members actively pursue their personal potential

The storyboard content we present here indicates what these outcomes look like in the younger members. Most of the storyboards from all the academies aligned with these outcomes in one way or another.

## SENSE OF BELONGING

How has the academy  
~~made~~ you feel?  
~~made~~

- made me feel loved and accepted.
- made me feel proud of myself
- made me feel safe, as I have been going through major family struggles they have helped me to stay strong + supported me the best they can.
- I genuinely felt safe and loved.
- I'm always happy to be around everyone.

## OUTWARD FOCUS

to respect each other  
responsibility

the values have helped  
not just in the gym but  
also out in the world.

## EQUIPPED WITH THE SKILLS OF BOXING

Foot movement  
hands up  
move  
Keep in stance

### • Boxing skills:

- upper cut
- right + left hook
- right + left lead

## UNDERGO THEIR OWN PERSONAL DEVELOPMENT

you have helped me use my left  
arm more ~~because~~ you have helped  
me be more responsible because  
I used to act stupid and you have  
helped me become even more  
Sporty.

What has the academy helped you do?

They sent me to outdoor band  
which helped me grow so much  
confidence and be able to  
talk to new people where ever I am.  
Feet

## PURSUE THEIR PERSONAL POTENTIAL

that I can try and  
eventually be able to  
do it

Made me feel more confident  
and Made my mind have a  
strong will power





# SENIORS

THE FEEDBACK SHOWS THAT ALL THE ACADEMIES HAVE HAD A POSITIVE EFFECT ON ALL SENIOR MEMBERS' WELLBEING AND PERSONAL DEVELOPMENT.

## RESULTS - SENIORS

# GROWING CHAMPION YOUNG PEOPLE

The BGYF has identified indicators that they are helping grow “champion young people, contributing to their communities”. The pie charts show how much the academies have helped their members make positive change in key areas.

We have some different results this year compared to 2020. A reason could be that we added a new response option “I don’t need help with this”. Given this change, we suggest 2021 results are a more accurate indication of whether members are getting the help and support they feel they need.

This year, we have found that **boys** were significantly ( $p < 0.05$ ) more likely than girls to say their academy has helped them with **friendships**.

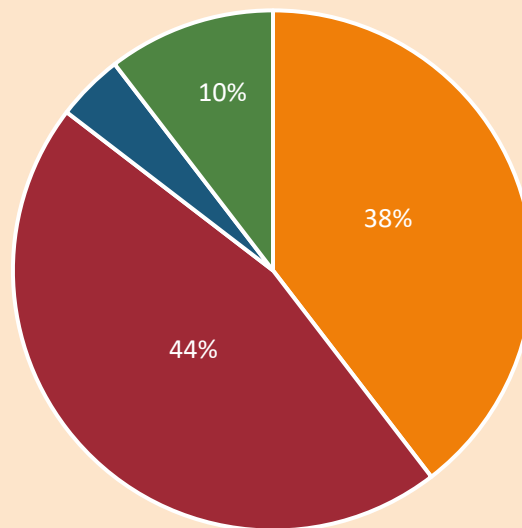
**Māori** were significantly more likely than non-Māori to say their academy has helped them “a lot” with **self-respect** and **respect for people, property and things in my community** and **school or education** and to **develop life skills**.

People who said “I didn’t need help with this” and “not sure” were removed from these significance tests.

The pie charts include all responses – i.e. those who said they were not sure if they were helped and those who said they don’t need help so BGYF and the academies can see where a difference is being made, where members are not sure if a difference is being made, and where help is not needed.

## FRIENDSHIPS

Has the academy helped with friendships?



■ Helped a lot ■ Helped a bit ■ No ■ I didn't need help

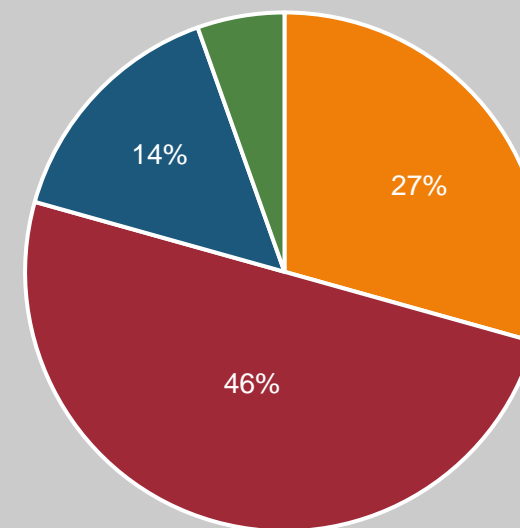
*I gained a best friend and became closer to my friends.*



Boys were significantly more likely than girls to say their academy helped them with this.

## SCHOOL OR EDUCATION

Has the academy helped you do better at school, education or training school or education?



■ Helped a lot ■ Helped a bit ■ No ■ I didn't need help

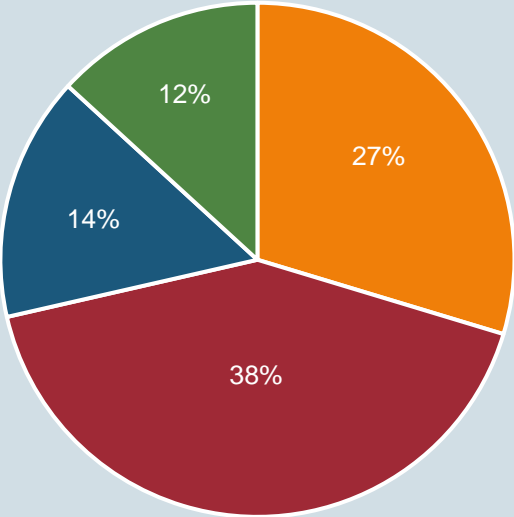
*They have shown support when I'm struggling. It's helped me become stronger mentally and physically. They pushed me to keep going in gym and school as well as helped me to become true to myself.*



Māori were significantly more likely than non-Māori to say their academy helped them with this.


### FAMILY, WHĀNAU, HOME LIFE

Has the academy helped with family, whānau or home life?



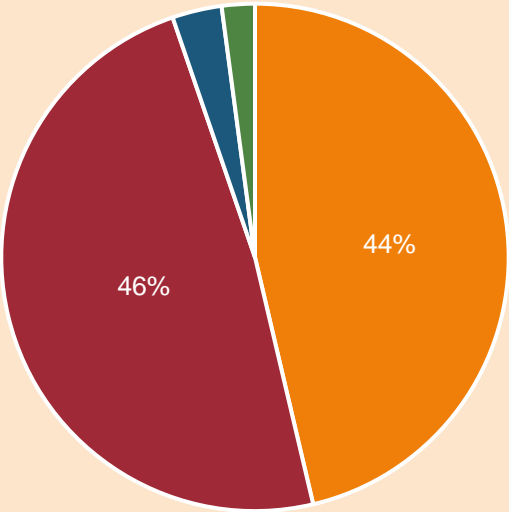
Helped a lot   Helped a bit   No   I didn't need help

Helped me discipline myself which also helped me at school and home.




### SELF-DISCIPLINE

Has the academy helped with self-discipline?



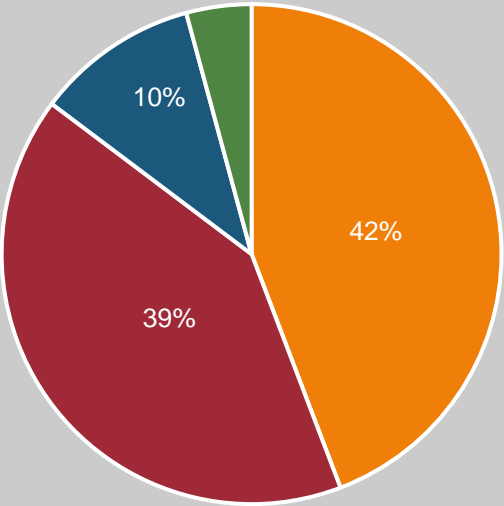
Helped a lot   Helped a bit   No   I didn't need help

Boxing has helped me change my behaviour and keep myself out of trouble.




### SELF-RESPECT

Has the academy helped with self-respect?



Helped a lot   Helped a bit   No   I didn't need help

Helped me getting back on track with life, and helped me to respect myself.

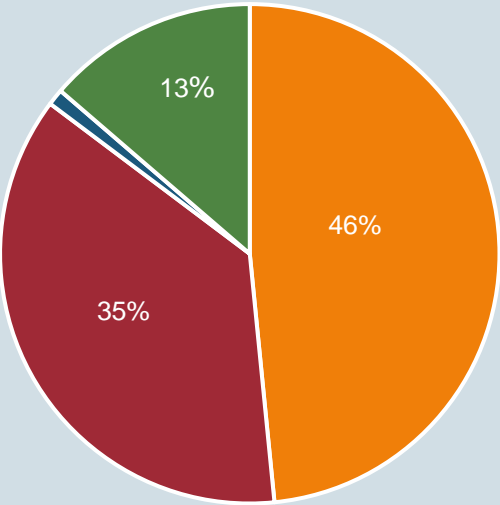


Māori were significantly more likely than non-Māori to say their academy has helped them “a lot” with self-respect



RESPECT FOR OTHERS

Has the academy helped with respect for people, property and things in my community



Helped a lot   Helped a bit   No   I didn't need help

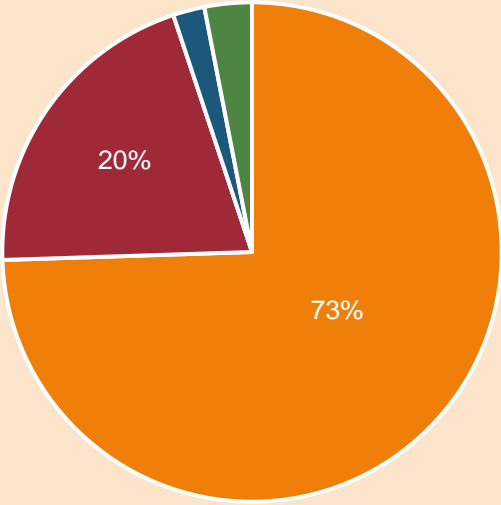
Helping to respect others and gain confidence to meet new people.



Māori were significantly more likely than non-Māori to say their academy has helped them “a lot” with this

FITNESS OR WELLBEING

Has the academy helped with your fitness or wellbeing?



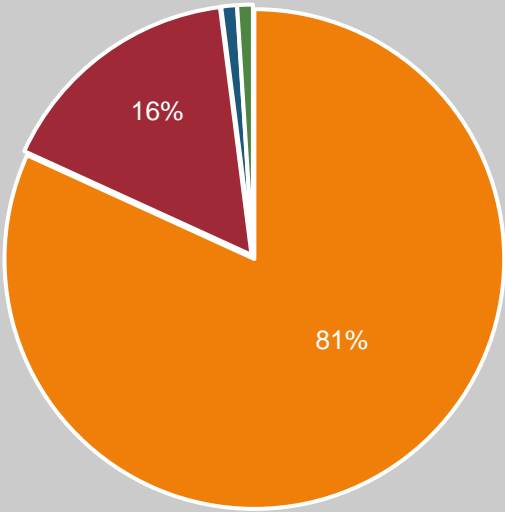
Helped a lot   Helped a bit   No   I didn't need help

You have helped me become more fit, more confident and also I'm happy with who I am and the friends I have and you guys helped me with that by keeping me fit and a in better mindset.



BOXING SKILLS

Has the academy helped with boxing skills?



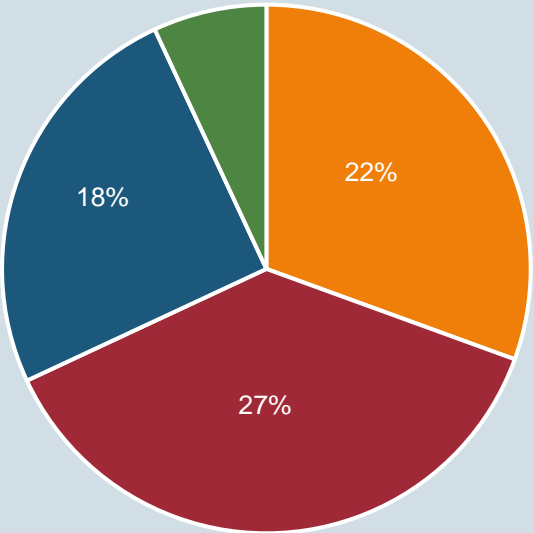
Helped a lot   Helped a bit   No   I didn't need help

I learned how to box and it also helped me to keep fit.



DO BETTER AT WORK

Has the academy helped you do better at work?



Helped a lot   Helped a bit   No   I didn't need help

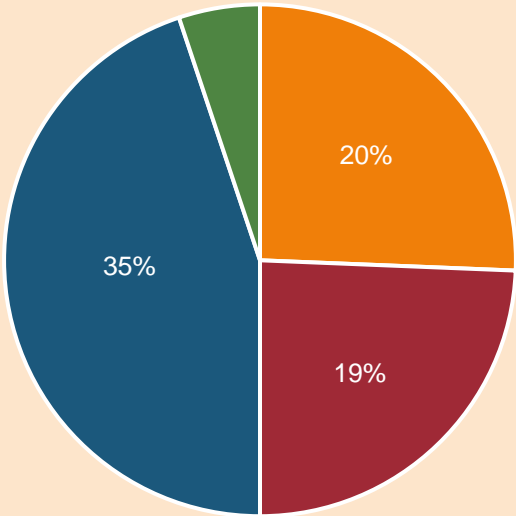
20% of seniors said "this is not relevant to me"

*This gym has helped me with my work ethic in the work area and in the gym.*



GAIN EMPLOYMENT

Has the academy helped you gain employment?



Helped a lot   Helped a bit   No   I didn't need help

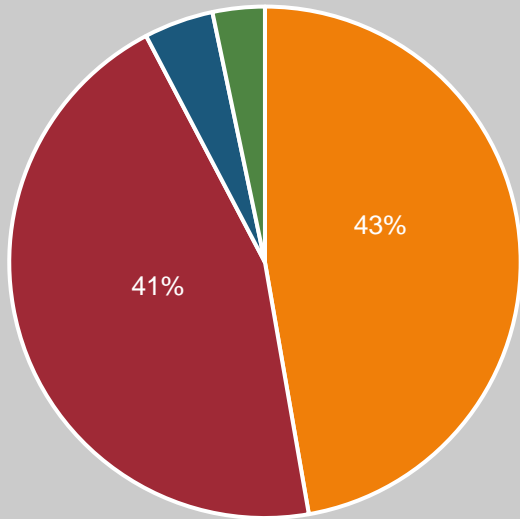
15% of seniors said "this is not relevant to me"

*Helped gain confidence to get a job.*



DEVELOP LIFE SKILLS

Has the academy helped you develop life skills?



Helped a lot   Helped a bit   No   I didn't need help

*Helped me grow into the young man I am today. I wouldn't have accomplished half the things in my life if it wasn't for the boxing gym.*



Māori were significantly more likely than non-Māori to say their academy has helped them "a lot" with this

# SOCIAL, PSYCHOLOGICAL AND EMOTIONAL WELLBEING

The senior members were asked to rate how they felt on a range of indicators of social, psychological and emotional wellbeing (the Flourishing Scale). Taken as a whole the results show trends between groups and over time.

As shown in the table, girls and non-Māori scored significantly lower ( $p<0.05$ ) than boys and Māori on the measures shown in red.

Girls were less likely to strongly agree or agree that their social relationships are supportive and rewarding, that they are engaged and interested in their daily activities, that people respect them, and that they respect themselves. We therefore encourage BGYF to explore opportunities for helping girls development. Non-Māori were less likely to say they respect themselves.

The Flourishing Scale scores were collected anonymously. For us as evaluators, we have some concern about a few individuals because they returned poor scores, which could indicate potentially undiagnosed distress and hence need for support they may not have. Given that, we recommend that the BGYF consider integrating the FS into business-as-usual and the CRM system. For example, new members could be asked to take the survey when coaches welcome them into their academy, maybe as part of a ‘getting to know each other’ conversation. There could be follow-up surveys and check-ins as/where needed.

We understand members and coaches talk regularly and that these sometimes show a member needs support. A survey tool like the FS could add a comprehensive, objective assessment of members’ wellbeing to these conversations. The data would also give in-depth information about any change in member’s wellbeing at an individual and aggregate (e.g. boys, girls, and academy) level through time. If BGYF and the academies adopt such a measure as BAU, they may want to search for a different survey tool given that the FS has only been validated amongst older teens (but there is no indication that the younger seniors had trouble with it or found it unsuitable).

	Boys (n=77)	Girls (n=31)	Māori (n=26)	Non Māori (n=87)
I lead a purposeful and meaningful life	2.1	2.5	1.9	2.4
My social relationships are supportive and rewarding	2.0	2.4	2.0	2.1
I am engaged and interested in my daily activities	1.9	2.4	1.8	2.1
I actively contribute to the happiness and wellbeing of others	2.0	2.2	2.0	2.1
I am competent and capable in the activities that are important to me	1.7	1.9	1.7	1.8
I am a good person and live a good life	2.1	2.2	2.0	2.2
I am optimistic about my future	2.2	2.4	2.1	2.3
People respect me	2.4	2.9	2.2	2.7
I respect myself	2.1	2.8	1.8	2.4
I respect other people	1.7	1.7	1.5	1.8

The numerical scale translates as: 1= Strongly Agree; 2 = Agree; 3 = Slightly Agree; 4 = Neither Agree nor Disagree; 5= Slight Disagree; 6 = Disagree; 7 = Strongly Disagree. Scores with a decimal point means that the average score is part way between response options. For instance, 2.5 means that the average response is mid-way between ‘Agree’ and ‘Slightly Agree’.

The Flourishing Scale is based on peer-reviewed research by Professor Ed Diener and was published in 2010 in the journal *Social Indicators Research*. The paper is called *New Well-being Measures: Short Scales to Assess Flourishing and Positive and Negative Feelings*.



# RESULTS: FAMILIES AND WHĀNAU

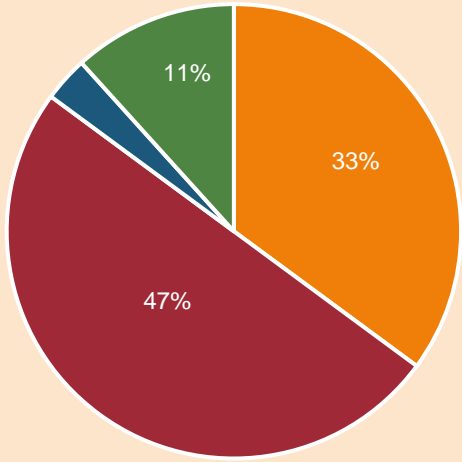
Families and whānau were asked if their academy had helped their child in a number of areas.

**Pasifika** fanau (n=43) were significantly (p<0.05) more likely than other families and whānau (n=146) to say that their academy helped their child with **schooling or education**.

Parents or caregivers of **boys** (n=123) were significantly (p<0.05) more likely than other parents of girls (n=49) to say that their academy helped their child with **schooling or education**.

## FRIENDSHIPS

Has the academy helped your child with friendships?



■ A lot ■ A bit ■ No ■ Didn't need help



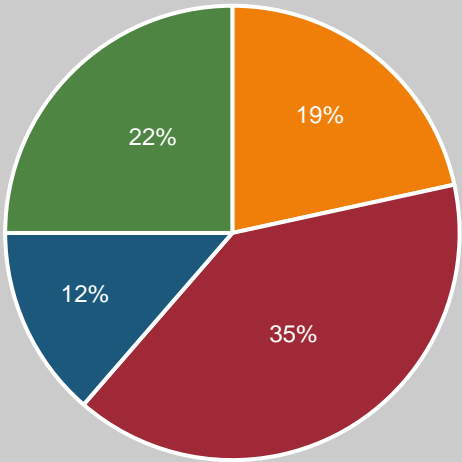
*It has really made him more confident in getting to make new friends and meet new people too.*

*My daughter has become more confident in joining new groups : making new friends without having to feel uncomfortable or shy.*



## SCHOOL OR EDUCATION

Has the academy helped your child with school or education?



■ A lot ■ A bit ■ No ■ Didn't need help



*Our son isn't getting into fights at school anymore.*

*Made my son more confident, helped with his anger issues and has been vital for him to cope with the bullying he's been experiencing at school.*

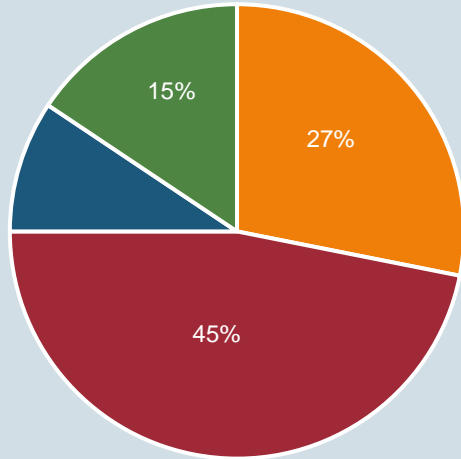


Pasifika and Māori were significantly more likely than non-Māori to say their child has been helped with this "a lot".

## FAMILY AND WHĀNAU FEEDBACK

### FAMILY, WHĀNAU, HOME LIFE

Has the academy helped your child with family, whānau or home life?



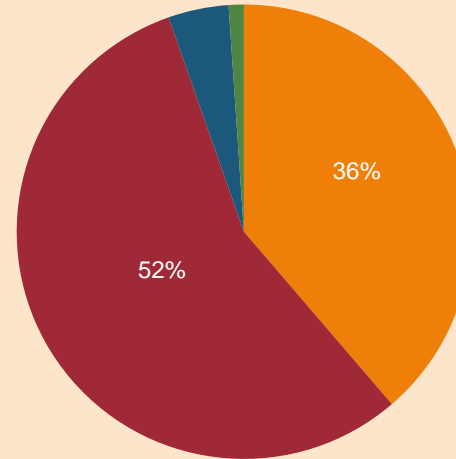
■ A lot ■ A bit ■ No ■ Didn't need help

*[name] is a middle child and has always been in his older brother's shadow. He has something of his own with the Academy. He has stepped up in duties around the house without having been told to.*



### SELF-DISCIPLINE

Has the academy helped your child with self-discipline?



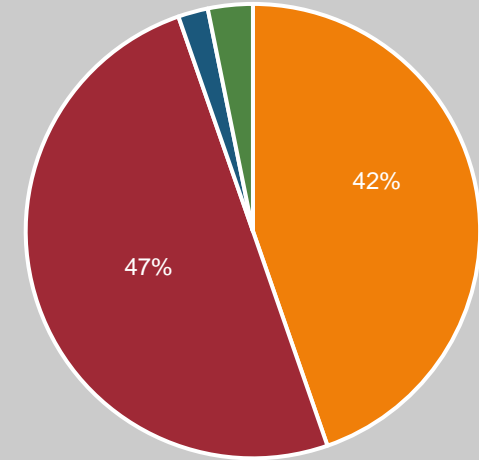
■ A lot ■ A bit ■ No ■ Didn't need help

*More active in physical training. Full of life and has shown more discipline and positive plans for near future. It has opened up other doors for him in terms of new friends and employment prospects.*



### SELF RESPECT

Has the academy helped your child with self-respect?



■ A lot ■ A bit ■ No ■ Didn't need help

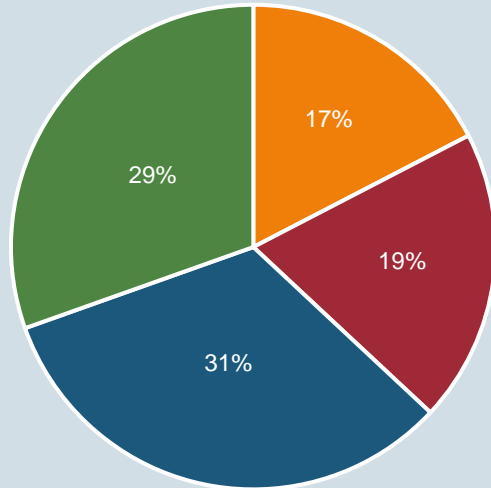
*His self esteem has changed in a more positive way. Also I have noticed that my son carries himself in a more positive way. I believe that academy's training alongside other like minded boys has helped him achieve this.*



## FAMILY AND WHĀNAU FEEDBACK

### GAIN EMPLOYMENT

Has the academy helped your child gain employment?



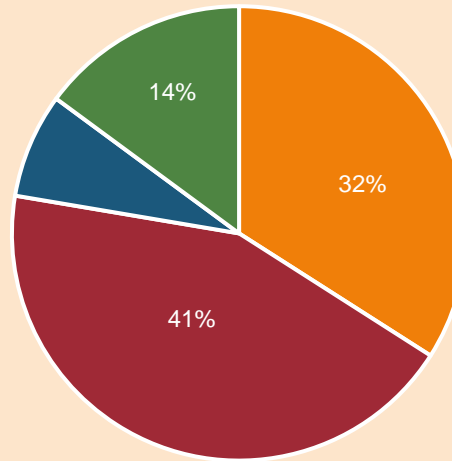
Helped a lot Helped a bit No Didn't need help



This pie chart only shows seniors' family and whānau feedback. (n=48). 36% said their child was helped either 'a lot' or 'a bit'

### RESPECT FOR OTHERS

Has the academy helped your child respect for people, property or things in your community?



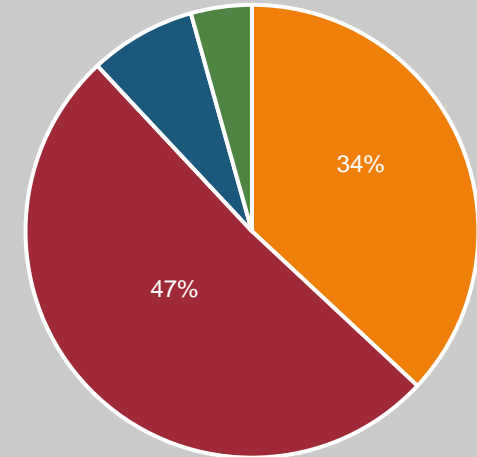
A lot A bit No Didn't need help

*Meets and greets new people outside of the club with a handshake, introduction and makes sure they are ok.*



### DEVELOP LIFE SKILLS

Has the academy helped your child with self-respect?



A lot A bit No Didn't need help

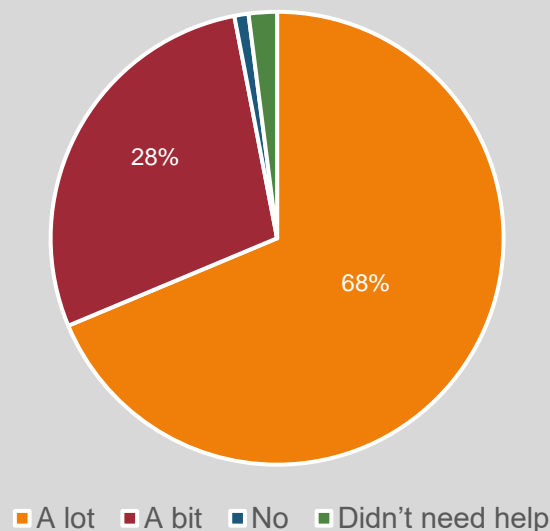
*My son has become much more focused on his goals & things he would like to achieve. Since starting at the academy he is showing commitment and discipline in all areas of his life.*





## FITNESS AND WELLBEING

Has the academy helped with fitness or wellbeing



*Our child was used to being stuck in front of a screen while we tried to get work done and was getting very unfit and not keen to get out and get active. The academy has made him see that he enjoys fitness and he is keen to go every time.*



## OTHER CHANGES: CONFIDENCE

Many families and whānau said their academy has helped their children become more confident.

*My moko participated in group discussions and exercises. She is not shy anymore.*



*His confidence has increased from being scared to go to training, to now asking me about sparing. Also, just general confidence.*



*She is more confident. My daughter is engaging in challenging physical activity & getting fitter. Seeing the results & achieving more each week is powerful.*



## OTHER CHANGES: ANXIETY AND ANGER

A lot of families and whānau said their academy has helped their children who struggled with anxiety and anger. Helping the children with these has had a ripple effect in their lives.

*My youngest son has anxiety and wanted to join but was scared. Niwa let him watch for as long as he wanted before joining and he is now confident, comes each week and his anxiety has improved so much. Both my boys' anger and fighting at school has decreased.*



*My son has become more confident and less angry. I guess boxing has become an outlet for his frustrations.*

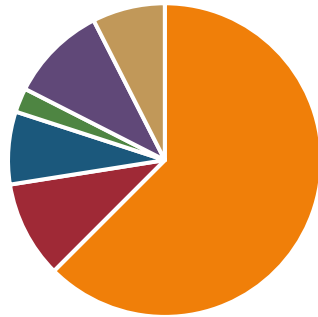


*Our son was a very angry, full of attitude young man before he went to academy. The wonderful coaches and the environment with their expectations that I saw of respect, kindness and giving it your best. My son had absolutely blossomed in this environment. He wants to be respectful, kind and always to be seen to be doing his best while at boxing. The academy is an incredible place.*



# COMMUNITY PARTNERS

We heard from 34 community partners. The pie chart shows the different sectors they worked in (some partners worked in a few sectors).



- Education
- Youth development
- Comm. services or dev.
- Police or law enforcement
- Sport or recreation
- Other

## REFERRALS

Thirteen partners had referred young people to the academies, ranging from a few to "100+" young people. 5 of the referring agencies were schools, 3 were Police and one was in Youth development.

*Relationships with troubled teens is a definite strength and then finding programmes that engage them.*

(Comm. partner working in education)



## WHAT BGYF DOES WELL

Providing connection, support, guidance for young people without it obviously looking like this is what is happening.

Providing a safe & enjoyable space/opportunity for our students to learn skills that they will need in the real world.

Teaching the students to be respectful of the environment that they are in. Having those solid boundaries really reinforces what we are trying to teach them.

Structure and building on small skills. Good variation, so no lesson is the same. Very good at relationship building. Always coming back to core values and discipline.



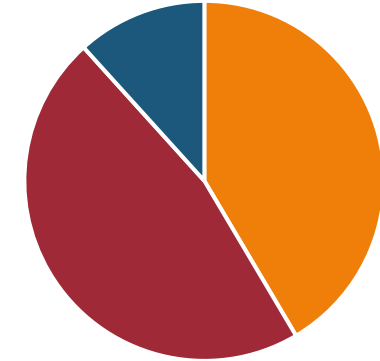
Students who attended had improved focus. Many also developed new positive friendships which was not the case previously.

The Academy has provided an opportunity for a large amount of young people in our community to find a safe place to fit in and push themselves outside the boundaries. The biggest change I have has been a group of young people who have come to the attention of the police again and again. Since the move to their new premises last year and AE attending the boxing academy during the week these students have flourished.



## DRIVING CHANGE

The pie chart shows how many community partners said there has been change in their community this year because of their local BGYF academy. Every partner said there had been "some" or "a lot" of change.



- There has been a lot of change
- There has been some change
- I'm not sure/ I don't know

More ownership for behaviours. A rise in self esteem. Improved social conscience.

Gave students a sense of purpose and increase in their self worth. The feel like a valued team member. They are able to live the values and put them into practice.

Students who were reserved/quiet - gained confidence in themselves & were genuinely more positive and happy during and at the conclusion academy in 2021.



# WHAT'S DRIVING CHANGE

Over three years, we have consistently heard from members and whānau what it is about BGYF that helps grow Champion Young People. Importantly, we hear the same messages from all academies, which shows the model is clearly mapped out and is being rolled out and implemented with fidelity.

## ROLE MODELLING

*My kids enjoy and love the space you have created but mainly the coaches Matt & Niwa are such great role models to my kids especially my son.*



*The coaches are amazing, just having connections with other adults that aren't their parents is so good for youth.*



## ENCOURAGEMENT

*Coaches are really good at pushing us to be the best us.*

*Encouragement and support no matter what stages the kids are at they are confident and comfortable.*

*Helped by making me fitter and to back me in everything I do.*



## FUN

*Learn basics, have fun, include everyone, having safe sparring.*



*Being very respectful to create a fun and safe environment. Encouraging me to do my best.*



## COMMUNICATION

*Communicate and a general understanding if anything is wrong.*



*Offer a positive environment where all people can be listened to. Teach high level fitness drills and core boxing skills.*



## DISCIPLINE

*Teach self discipline and respect for yourself and others quite well.*

*The great passion shown by the coaches and the as a whole to train with our tamariki. Not just the art of boxing as self defence and fitness but discipline and respect too.*

## BELONGING

*Teaching respect and welcoming anybody with open arms*

*The team treat everyone the same. No one is better than the other.*

*A positive attitude, sense of belonging, and being valued as part of a group.*

## VALUES

*Enforcing the values*

*Boxing program encourages great values, discipline and respect. The coaches and managers are very friendly and receptive. Coaches are very encouraging but still push them out of comfort their zones. Love that they demand manners and courtesy towards each other and build a sense of community.*

## CONNECTION



*You do more than just teach us boxing you connect with us as young people.*

*The thing that i like the most is the bond and the smiles that are passed on to one another every session.*

## CONCLUSIONS

BGYF boxing academies are more than a boxing gym. They provide physical and psycho-social development for young people, which is true to their vision – Champion young people contributing to their communities. Over three years, we have consistently heard evidence from the young people themselves, their families and whānau and the academies community partners that the BGYP theory of change is evident in practice at all academies which tells us the original Naenae Boxing Academy model is being rolled out accurately across the BGYP network.

After three years, it is clear to us that the BGYP approach helps young people make positive change in their lives in many ways, including physically, socially and emotionally. Young people see positive changes in themselves, and family, whānau and community partners see positive changes in them too.

The member, family and whānau and community partner feedback tells us that the academies' unique blend of boxing and youth development drives change, including for young people who have trouble at school and/or have come to the attention of social services. Positive change takes place quickly (i.e. within the first year of membership) and evidently continues through subsequent years. Last year we heard from unregistered members that the benefits gained while an active member continue into young adulthood, including parenting. It seems the positive relationships, boundaries and encouragement young people experience at their academy, and the self-belief, respect and discipline they develop through their BGYP academy experience, are key to this change.

After three years it seems girl members are closing the gap on boys in terms of how much benefit they are getting from their academies, and in 2021 Māori are reporting they have been helped more than non-Māori\*. However, girls' self-reported psychosocial wellbeing is still not as good as the boys. BGYP may want to look into what more could be done to improve girls' wellbeing, although sustainable change is likely to require a much broader societal response.

\*The different results could be due to us changing the survey format and analysis methodology.

## RECOMMENDATIONS

### Improve retention

About 50% of seniors stay with their academy for up to two years. Competitive members tend to stay the longest. It seems members benefit greatly within the first year, but those who stay continue to benefit over the longer term.

The 'Target Game' has been introduced to try to keep non-competitive members engaged. It will be great to assess the difference this makes and whether another intervention is needed to retain members for longer.

### Evaluate more efficiently and effectively

We understand BGYP and the academies (are asked to) do a lot of surveying to report on what you do and the difference you make. We recommend streamlining to amalgamate surveying wherever possible, and focus on collecting data that will help you support your members and further refine your approach.

To help better understand members' wellbeing and development and how you can best support them, we recommend integrating the FS or another age-appropriate wellbeing survey tool into the CRM system and use it when welcoming new members into the academy. We see this as a way of helping ensure those few members who need additional support are identified. If the survey is repeated it will also help track wellbeing through time.

We also recommend the key questions used throughout this 3 year evaluation ("What difference did we make" and "What did we do that helped you") be integrated into the CRM system and be run annually. This will help link outcomes to individuals through time as well as provide aggregate data and thereby provide comparative data to inform continuous improvement and reporting.



## BILLY GRAHAM YOUTH FOUNDATION CANNONS CREEK BOXING ACADEMY EVALUATION 2021

The Cannons Creek Boxing Academy is part of a network of boxing academies supported by the Billy Graham Youth Foundation. The academies are about a whole lot more than boxing; academy staff develop genuine, values-based relationships with their members, families and whānau and work alongside partner organisations to build strong communities. The goal is to make champion young people.

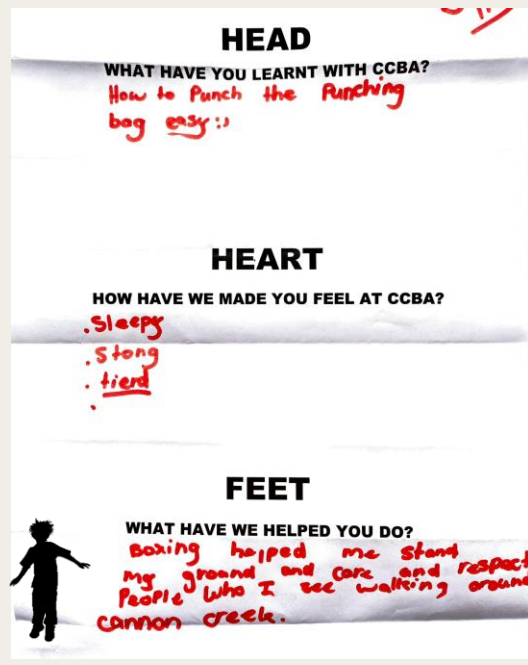
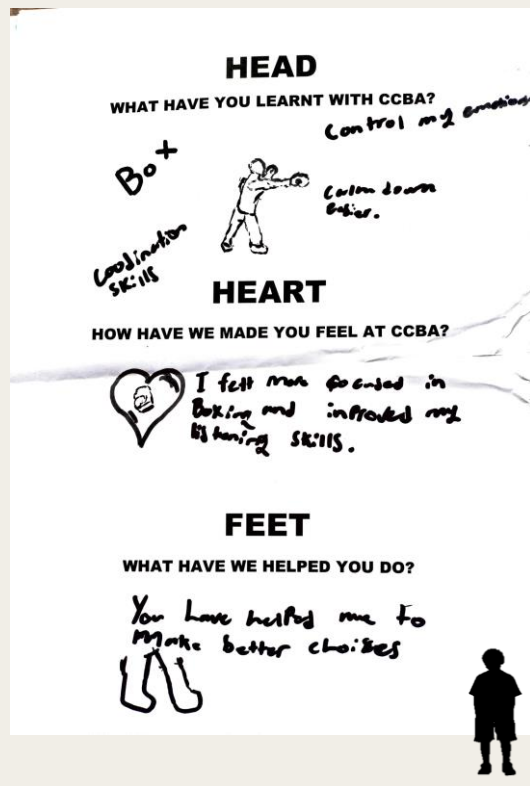
We heard from 47 fundamental and junior members, 18 senior members, 49 families and whānau and 7 community partners.

### FUNDAMENTAL AND JUNIOR MEMBERS

The fundamental and junior members completed 'storyboards' to provide feedback on what they have learnt as a member of the boxing academy, how the academy has made them feel, and how they have applied what they have learnt at the gym in their everyday lives.

Most of them said:

- Going to academy was fun but it also challenged them and improved their fitness
- They learnt about values, such as respect, discipline and to look after people
- They have become more confident, respectful, helpful and developed self-discipline and control.



### SENIOR MEMBERS

The senior members were asked to complete a survey. They were asked if the boxing academy helped them with any of these things this year, and if so, what has changed and how the academy helped.

Boxing skills

Fitness or wellbeing  
Respecting people, property or things  
Self-discipline

Life skills

Friendships

Self-respect

Family or home life

School or education  
Gain employment

Do better at work

Helped a lot Helped a bit No Didn't need help Not sure

This is what the senior members said CCBA does that helps them make positive change in their lives.

You helped me develop important life skills such as the values. You've helped me gain confidence and encourage me to take risks and take my interests and passions and turn them into something positive for myself and others.



Most senior said their friendships, schooling, family and home life, how they feel about themselves, sense of wellbeing and how they treat others **improved because the coaches and academy made them feel a sense of belonging, respected, challenged and encouraged.**

*They helped me with my fitness by being supportive and respectful.*

*Kept me active in thinking about what I'm doing with my life and how I can use my time to maximise my results in everything I want to achieve highly in.*

*You do really well at making everyone feel comfortable with everything. Make everyone want to come here all the time.*

*Respect around the academy and each other and the vibe here is hissing!*

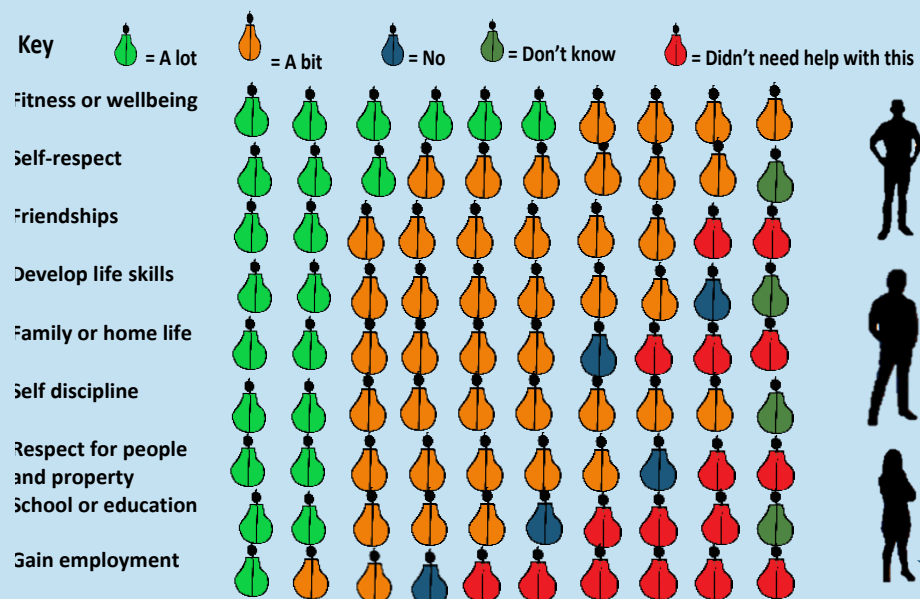
*Helped me with anxiety, being able to talk and make new friends. Helped me get fit.*

*Helped me learn how to defend myself from dangers and stuff. Also helped me gain more confidence in everything.*

## BILLY GRAHAM YOUTH FOUNDATION CANNONS CREEK BOXING ACADEMY EVALUATION 2021

### FAMILY AND WHĀNAU

We received feedback from **49** of the academy's families and whānau during the evaluation. They were asked to complete a survey that asked if the academy has helped their child or rangatahi make positive change, as shown below. If there had been change, respondents were asked what had changed and how the academy helped make that change happen.



Family and whānau said their children have:

- become more confident and determined
- developed stronger relationships with other young people and adults
- Better fitness and have become more physically capable.

*"Wow... My kids know how to defend themselves, respect others and make friends. You guys doing a great job thanks everyone especially the coaches for helping them and our community. God bless hope to see you next year"*

Increased self confidence. I think she sees herself as a strong, sporty person.

Focused on preparing and planning what needs to be done/ completed at home and in school - socialising with others from different diverse backgrounds.

Academy has helped by helping my boy understand his emotions and taught him his fists are for self defence rather than for solving problems

This is what family and whānau said CCBA does that helps the young people make positive change in their lives:

Positive talk in groups and talking about respecting themselves and others

Communication and listening to what my child; taking time to encourage and motivate her to challenge herself to do better; giving her advice to support her through challenges that she may be facing.

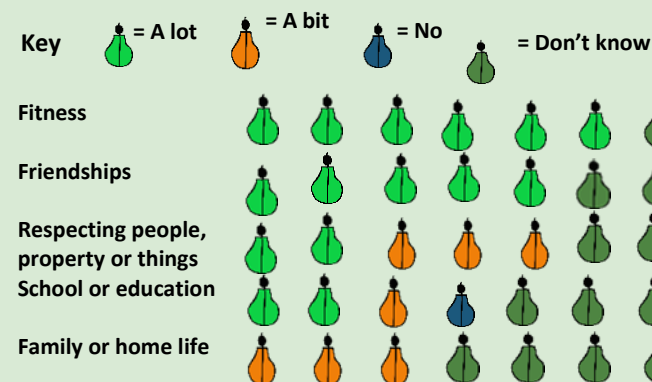
Provide discipline and an even playing field of expectations to help with building relationships and exercise

Positive, enabling environment. A great sense of belonging and strength in believing in themselves

Help them to be strong and to never give up even if it's hard.

### COMMUNITY PARTNERS

Cannons Creek Boxing Academy received feedback from **7** community partners. Five partners are in the education sector, two are in youth development and community services and one is also in sport and recreation. **Four** community partners said there had been **"a lot"** of change this year because of the academy and **one** said there has been some change (two weren't sure). The amount of change in specific areas is shown in the table below along with descriptions of what's changed.



*Increase in enthusiasm, attitude and helped form connections across the Year Group.*

*The boys in particular have become better at self regulating.*

*Helped teach discipline and have fun at the same time using boxing as the avenue. Through boxing, CCBA teaches how to respect others.*

Below is what the partners said CCBA has done to deliver positive change

*CCBA came through with support of our school basketball team through a Q & A session with Paul and RangiMarie from the Saints and we have kept up contact with them since, even joining in on one of their online training sessions during lockdown. The team have all benefited from regular school sessions and continue to do so.*

*Building a strong relationship with all students.*

*Awareness of how to respect yourself and others. Accountability is in class every week. The more the members turn up the greater their understanding is and that understanding transfers to life outside the gym.*

*Every student we have sent has loved their time up there and it builds their confidence and ability.*

Suggestions from the community partners are ...

*We had video calls with the competitive boys (during lockdown) but would have been nice to be more inclusive. Perhaps more engagement on social media with activities or challenges could have kept more members engaged.*

*More boxing activities – this was feedback from some of the students.*



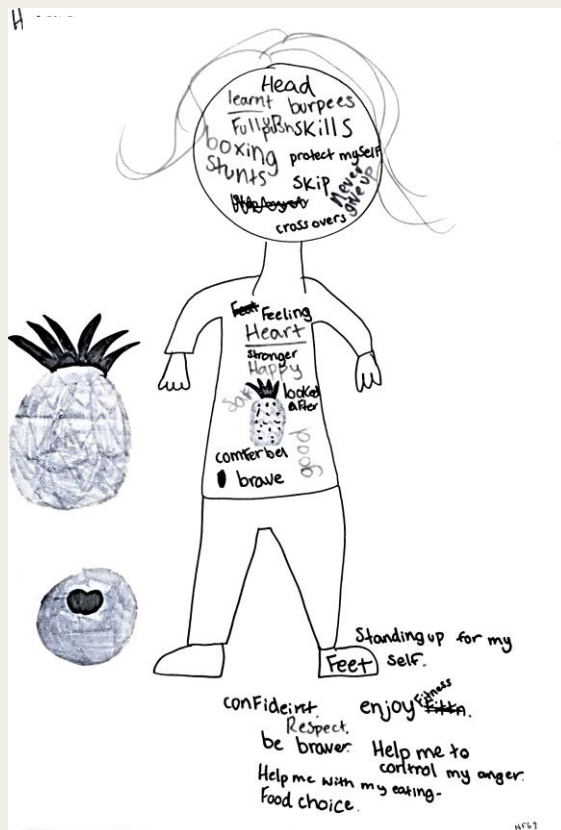
## BILLY GRAHAM YOUTH FOUNDATION NAENAE BOXING ACADEMY EVALUATION 2021

The Naenae Boxing Academy is part of a network of boxing academies supported by the Billy Graham Youth Foundation. The academies are about a whole lot more than boxing; academy staff develop genuine, values-based relationships with their members, families and whānau and work alongside partner organisations to build strong communities. The goal is to make champion young people.

We heard from 60 fundamental and junior members, 26 senior members, 50 families and whānau and 13 community partners during the evaluation.

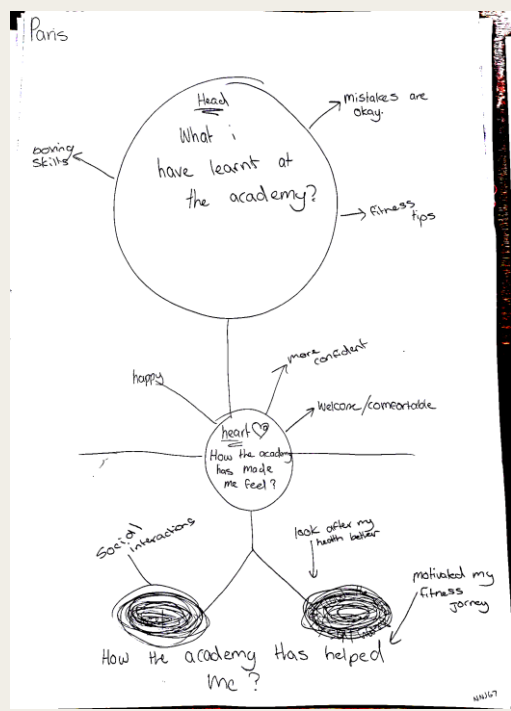
### FUNDAMENTAL AND JUNIOR MEMBERS

The fundamental and junior members completed 'storyboards' to provide feedback on what they have learnt as a member of the boxing academy, how the academy has made them feel, and how they have applied what they have learnt at the gym in their everyday lives.



Most of them said:

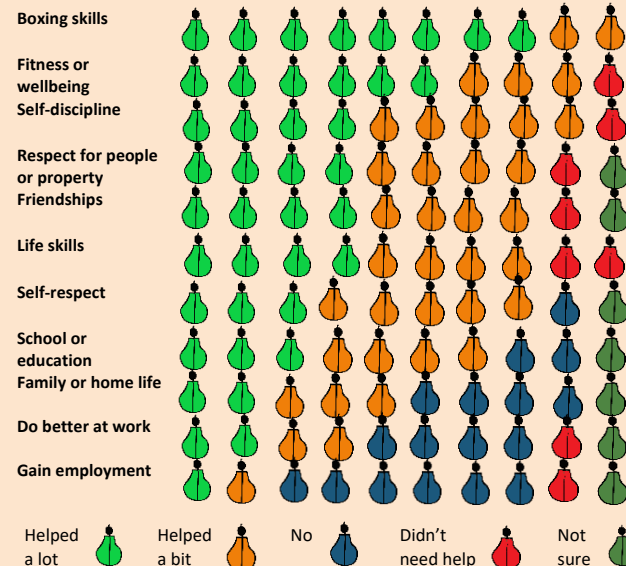
- Going to academy was fun but it also challenged them and improved their fitness
- They learnt about values, such as respect, discipline and to look after people
- They have become more confident, respectful, helpful and developed self-discipline and control.



### SENIOR MEMBERS

The senior members were asked to complete a survey. They were asked if the boxing academy helped them with any of these things this year, and if so, what has changed and how the academy helped. We heard from 26 seniors.

Did we help you with...



Most senior members said NBA helped them become

- More confident
- Fit, strong and physically capable
- And they develop better relationships with family, friends and others in the community.

This is what the senior members said NBA does that helps them make positive change in their lives.

Supportive Encouraging Listening Teaching skills

They have shown support when im struggling. Its helped me become stronger mentally and physically They pushed me to keep going in gym and school Helped me to become true to myself

I'm a really socially awkward person, but everyone in the academy being so kind and welcoming has helped me with my social interactions

The boxing academy has helped me to push myself, especially with Tash's encouragement. self-discipline has also definitely improved thanks to your workouts.

I have learned to love myself for how i am.

Physically healthier Mentally helped a ton

Helped me become more peaceful, made me feel welcome, helped me with my anger issues and become more confident.

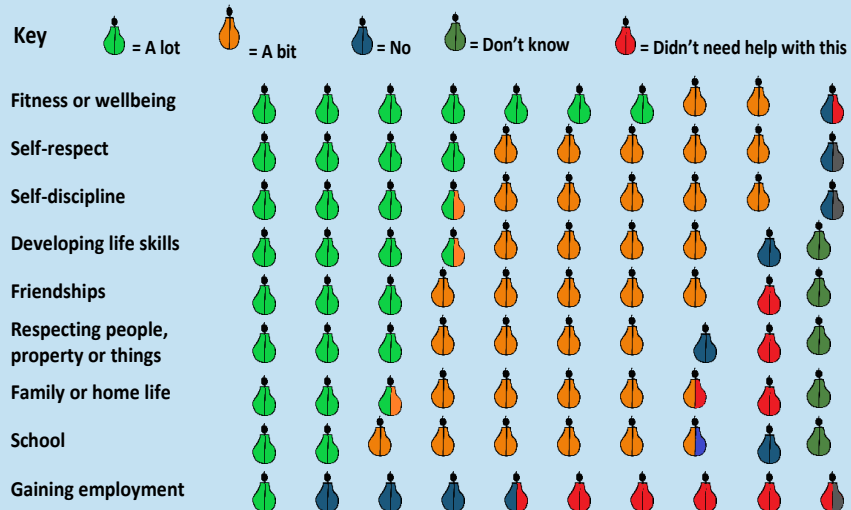
This is what the senior members said has changed.

My relationship with food and struggle with body image has been affected by the academy in a positive way. i notice that coming here always helps with my mental health as i leave feeling confident, optimistic and with less negative thinking. Tash inspires me to care for my body and feed it well and stop talking myself down. i have definitely noticed improvement.

## BILLY GRAHAM YOUTH FOUNDATION NAENAE BOXING ACADEMY EVALUATION 2021

### FAMILY AND WHĀNAU

We received feedback from 51 of the academy's families and whānau during the evaluation. They were asked to complete a survey that asked if the academy has helped their child or rangatahi make positive change, as shown below. If there had been change, respondents were asked what had changed and how the academy helped make that change happen.



This is what family and whānau said NBA does that helps the young people make positive change in their lives:

Example set by the boys and trainers

A safe friendly encouraging environment to learn and interact with others while developing fitness

The Academy has a positive influence on my son, it shows him there are people in the community that can help him and in turn shows him how that help affects people and how he can show that same empathy/support to others. The Academy allows my son to be in a safe environment where he can be comfortable to participate whether it be fun and games or sparring and learning techniques.

*More motivated to do sports and has improved self esteem and confidence*

*She does her own workouts, seems happy in herself and more engaged. Has landed a part time job and thinking positively about her future.*

Family and whānau said their children have:

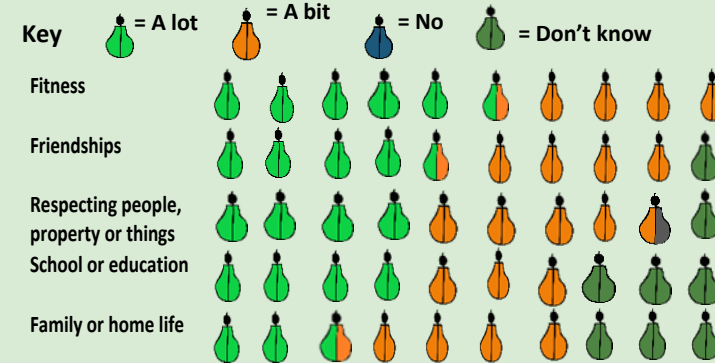
- become more confident and determined
- developed stronger relationships with other young people and adults
- Better fitness and have become more physically capable..

*We feel there is synergy between what we say at home and what you say at boxing about being respectful and good to people. We feel our daughter listens a bit better and rationalises things better because she is hearing it repeated in home and the academy.*

*Our son is excellent with his time management now never wanted to be late in any occasion. And it is gain a lot of confidence to go places without the worrying about anyone bullying him. Respect towards others and always putting others need before his. He's also playing a good role model skill for his little brother.*

### COMMUNITY PARTNERS

Naenae Boxing Academy received feedback from **13** community partners. Nine partners are in the education sector, two are in community services and another two are in Police of law enforcement. **Nine** community partners said there had been **"some" change** and **three** said there had been **"a lot" of change** this year because of the academy (one partner wasn't sure). The amount of change in specific areas is shown in the table below along with descriptions of what's changed.



*Some of our more fringe kids are more confident in themselves and are engaging better at course and with Police.*

*There have been less issues in the school and community for particular girls that have been attending the programme. The programme seems to have connected the girls to each other and the community more positively.*

*Young people I have sent to the academy have come away from it with a sense of purpose and discipline that they have not received previously from other environments*

Below is what the partners said NBA has done to deliver positive change

*Teaching the boys listening skills to provide directives and if they are not doing the actions correctly then the facilitator shows the boys how to do it and then you might hear everyone in the group go "ohh is that how you do it"? Then they don't get shy to ask questions.*

*Clear rules, developing positive habits - give respect and get respect, including some non negotiables. Positive interactions with peers rather than mocking or putting down. Knowing when and how to refocus on a task and follow instructions.*

*Structure and building on small skills. Good variation, so no lesson is the same. Very good at relationship building. Mehall and Tash have been excellent in their dynamic with the boys. Always coming back to core values and discipline.*

The partners suggested NBA consider this when making plans

*Perhaps have a small team from the gym could go into schools to talk to the students about what the gym does...call it a recruitment drive*





**BILLY GRAHAM YOUTH FOUNDATION**      **SNELL'S BEACH ACADEMY EVALUATION 2021**

The Snell's Beach Boxing Academy is part of a network of boxing academies supported by the Billy Graham Youth Foundation. The academies are about a whole lot more than boxing; academy staff develop genuine, values-based relationships with their members, families and whānau and work alongside partner organisations to build strong communities. The goal is to make champion young people.

We heard from 15 fundamental and junior members, 8 senior members, 17 families and whānau and 3 community partners during the evaluation.

**FUNDAMENTAL AND JUNIOR MEMBERS**

The fundamental and junior members completed 'storyboards' to provide feedback on what they have learnt as a member of the boxing academy, how the academy has made them feel, and how they have applied what they have learnt at the gym in their everyday lives.



Most of them said:

- Going to academy was fun but it also challenged them and improved their fitness
- They learnt about values, such as respect, discipline and to look after people
- They have become more confident, respectful, helpful and developed self-discipline and control.

**HEAD**

What have you learnt at SBBA?

how to box  
how to be fit

**HEART**

How have we made you feel?

Good.  
Tired.  
Fit.

**FEET**

What have we helped you do?

Teach me how  
to box  
self discipline

**HEAD**

What have you learnt at SBBA?

How to role model  
Others

**HEART**

How have we made you feel?

HAPPY I feel good abt  
MY health

**FEET**

What have we helped you do?

How to defend myself

**HEAD**

What have you learnt at SBBA?

that boxing isn't just  
2 people fighting each other

**HEART**

How have we made you feel?

happy and more confident

**FEET**

What have we helped you do?

get more fit  
and learnt skills

**SENIOR MEMBERS**

The senior members were asked to complete a survey. They were asked if the boxing academy helped them with any of these things this year, and if so, what has changed and how the academy helped. We heard from 28 seniors.

Did we help you with...

Boxing skills

Fitness or wellbeing  
Life skills

Friendships

Do better at work

Self-respect

School or education  
Gain employment

Respect for people or property  
Self-discipline

Family or home-life

Helped a lot Helped a bit No Didn't need help Not sure

This is what the senior members said SBBA does that helps them make positive change in their lives.

Love and supporting people. You guys do that really well

Talking and respect and laughs

Most senior members said changes include:

- Increased confidence
- Better fitness, strength and greater wellbeing
- Better relationships with family, friends and others in the community.

I gained a best friend and became closer to my friends. I learned how to box and it also helped me to feel fit

Getting my head straight at school and about life

You have helped become more fit, more confident. Also I'm happy with who I am and the friends I have and you guys helped me with that by keeping me fit and a helping me get a better mindset

Boxing changed way of thinking and of fitness and has kept me grounded while one of my parents have been moving a lot lately so boxing is one of my stabilisers

Helping, as in life and wellbeing

Self discipline and skills and friendships

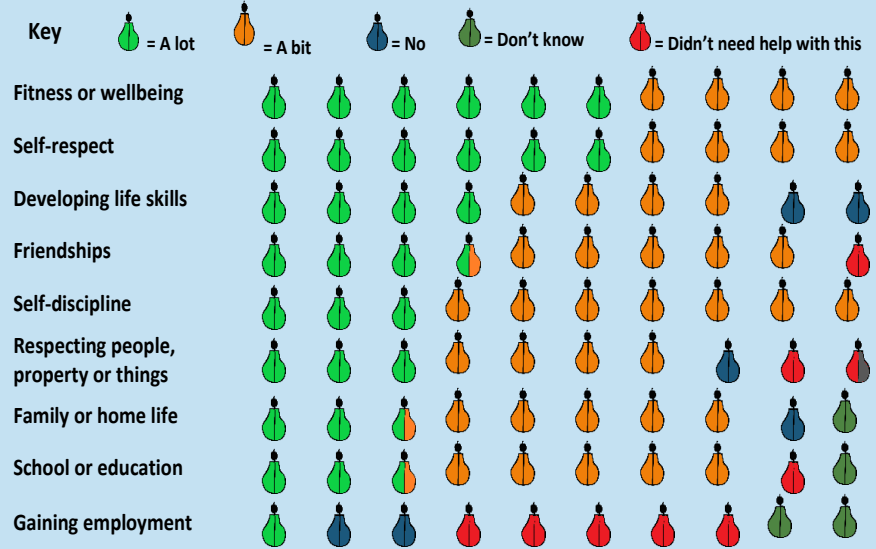




BILLY GRAHAM YOUTH FOUNDATION SNELL'S BEACH BOXING ACADEMY EVALUATION 2021

FAMILY AND WHĀNAU

We received feedback from 17 of the academy's families and whānau during the evaluation. They were asked to complete a survey that asked if the academy has helped their child or rangatahi make positive change, as shown below. If there had been change, respondents were asked what had changed and how the academy helped make that change happen.



This is what family and whānau said SBBA does that helps the young people make positive change in their lives:

The way Niki treats my son, with respect and directness is something that he thrives on. The camaraderie with the other boys in the class is also helpful for his confidence. You have created a space with a positive and productive vibe that has a whanau feeling.

Niki his trainer has taught him skills and inner strength that he didn't know he possessed. She is 100% committed, driven and passionate about boxing and delivers excellence at every turn. We are so grateful to her for her exceptional leadership and high work ethic.

Family and whanau said their children have:

- become more confident and determined
- developed stronger relationships with other young people and adults
- Better fitness and have become more physically capable..

Physically fitter, more confident with peers, happier from the exercise.

More confidence, helps to deal with anxiety

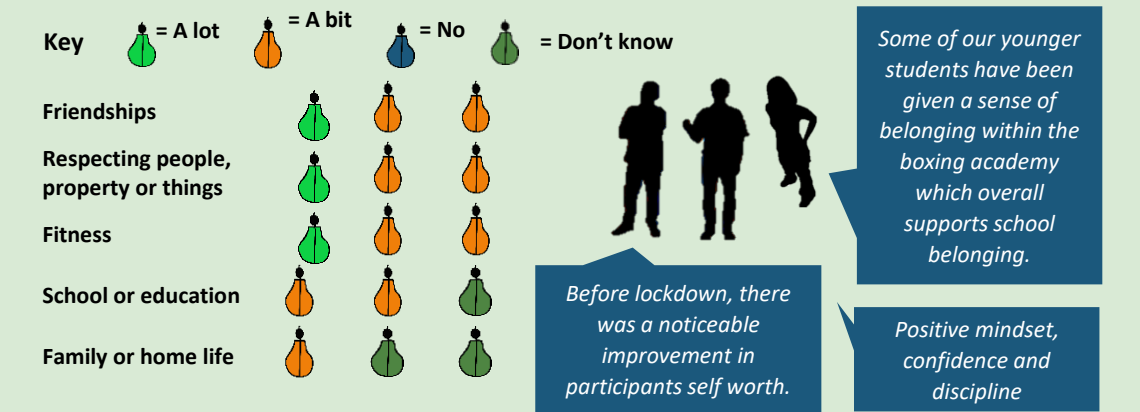
Our son is more aware of his actions & how they can affect others. He tolerates people a little more & shows more empathy. He has always been respectful but this has also grown & evolved to a deeper sort of respect.

My son has autism and finds new experiences challenging, he lacks social and communication skills and can be very sensitive to new people and change. The boxing programme has enabled him to gain confidence, acceptable and a "can do" attitude.

Our daughter's confidence has increased dramatically, her fitness and her ability to get stuck in and achieve what she's determined too

COMMUNITY PARTNERS

We received feedback from 3 community partners of Snell's Beach Boxing Academy during the evaluation. Two partners are in the education sector and the other is in Police of law enforcement. Two community partners said there had been "some" change and the other partner said "a lot" of change in the community this year because of the academy. The amount of change in specific areas is shown in the table below along with descriptions of what's changed.



This is what the partners said SBBA has done to deliver positive change

Great relationship building with school wider community

Nikki's work in forging relationships with these students has helped students see things with more positivity which results in increased respect and positive relationships.

A young boy part of the academy was on school holidays. He was with his mates (not in the academy) They were about to do something against the law. The young man saw one of his coaches driving past so stopped what his friends were about to do.

This is what the partners said SBBA could do differently

Maybe contacted the school about the work you were doing in the community so we were aware as we also had structures in place to contact those families and could have worked together on this.

I think we all need to work more on the bridge between Springboard and the school ... I've seen some students see the programme as quite separate from the school.



**BILLY GRAHAM YOUTH FOUNDATION MID-CANTERBURY BOXING ACADEMY EVALUATION 2021**

The **Mid-Canterbury Boxing Academy** is part of a network of boxing academies supported by the Billy Graham Youth Foundation. The academies are about a whole lot more than boxing. Academy staff develop genuine, values-based relationships with their members, families and whānau and work alongside partner organisations to build strong communities. The goal is to empower young people to be the best they can be.

We heard from **48** Fundamentals and Juniors, and **17** Seniors and **16** families and whānau and **3** community partners.

**FUNDAMENTAL AND JUNIOR MEMBERS**

The fundamental and junior members completed Head, Heart, Feet Storyboards to provide feedback. Most of the storyboards said:

- Going to academy was fun but it also challenged them and improved their fitness
- They learnt about values, such as respect, discipline and to look after people
- They have become more confident, respectful, helpful and developed self-discipline and control.



### HEAD

What Have you learnt with MCBA?

*How to defend myself, how to respect others and use my manners, fun exercises to do, how to never give up*

### HEART

How have we made you feel at MCBA?

*Respected, trusted and loved. as well as knowing everyone is being honest with me*

### FEET

What have we helped you do?

*defend myself, make new friends, improve my lungs and manners, get fitter and healthier*

### HEAD

What Have you learnt with MCBA?

*At MCBA. I have learned good values. Like good eye contact. Respect. Not talking over people etc. I try my hardest to use these values on a daily basis.*

### HEART

How have we made you feel at MCBA?

*Welcomed. I've been happy since The first day I've Arrived!*

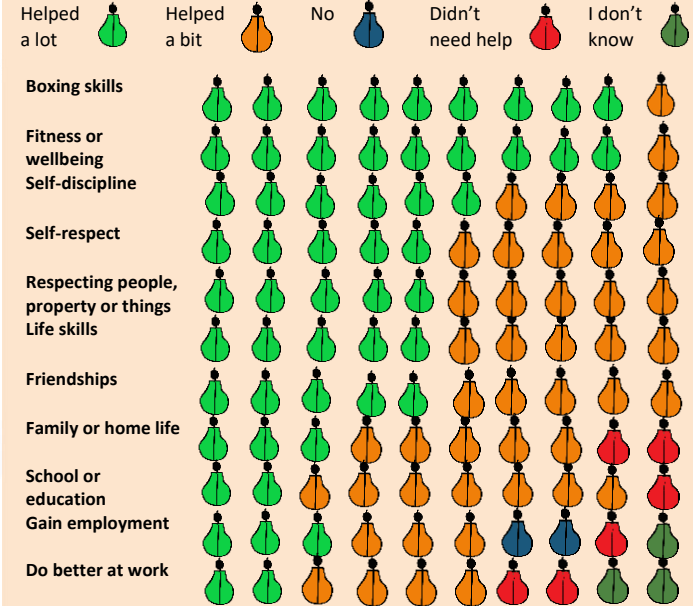
### FEET

What have we helped you do?

*The crew at MCBA has motivated me to do more fitness activities. Like go on longer bike ride or more runs and walks. Also to use my free time more directed at fitness.*

**SENIOR MEMBERS**

The senior members were asked to complete a survey. They were asked if there has been change in their lives because of the academy, and if so, what has changed, what the academy does well and what it could do better.



Most of them said changes in their friendships, school, family and home, how they feel about themselves and how they treat others improved because the coaches and academy community made them feel they **belong, are respected, challenged and encouraged**. This helped them become:

- More confident
  - Fit, strong and physically capable
  - And they have developed better relationships with family, friends and others in the community.
- I treat people with more respect and have learned to accept people who are different easily*
- Gained confidence and learnt good values and have respect for anyone and everyone*
- Helped me to be a better person and to treat others in a respectful manner*
- Mostly social skills and self respect and to others*
- Showed me that hard work always pays off*



*Offer a positive environment where all people can be listened to. Teach high level fitness drills and core boxing skills*

*Teach self discipline and respect for yourself and others quite well*

*Connect with each boxer well, and help make them feel valued*

This is what the senior members said MCBA does that helped them make positive change:

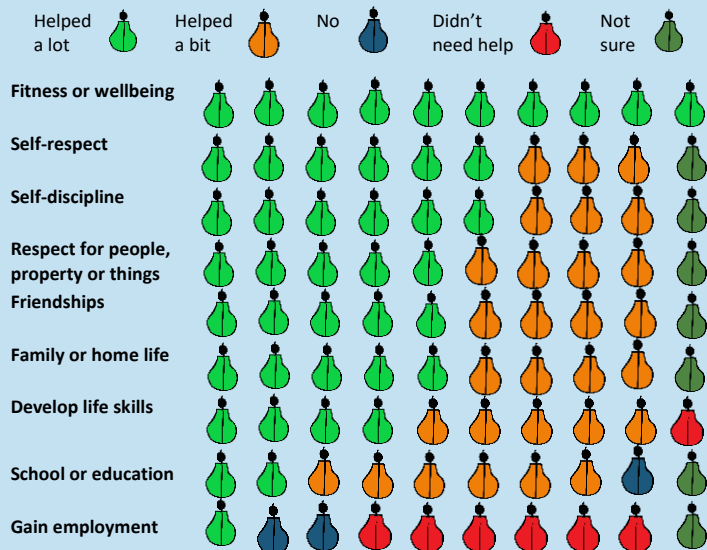
*You do more that just teach us boxing you connect with us as young people*



# BILLY GRAHAM YOUTH FOUNDATION MID-CANTERBURY BOXING ACADEMY EVALUATION 2021

## FAMILY AND WHĀNAU

We received feedback from 16 of the academy’s families and whānau during the evaluation. They were asked to complete a survey that asked if the academy has helped their child or rangatahi make positive change, as shown below. If there had been change, respondents were asked what had changed and how the academy helped make that change happen.



Family and whanau said their children have:

- become more confident and determined
- developed stronger relationships with other young people and adults
- Better fitness and have become more physically capable.

More respect for others. Learning of morals and how to treat people kindly. Also enjoys being around other males who are a positive influence on him as his dad is not around.

This is what family and whānau said MCBA does that helps the young people make positive change in their lives:

Helped him think about how he affects others

Its been good for him to know he has a safe place and people who generally care especially when things seem all too much.

Kept our boys motivated Encouraged them to be/ do better than they believed they could be. Positive group support, role modeling, positive interaction

You have taught our son the importance of hard work and how showing up with the intention of giving everything a good go is a huge part of life.

It's been good for him to know he has a safe place and people who generally care especially when things seem all too much.

Gave guidance, appreciation and love to a child who was feeling crappy about himself.

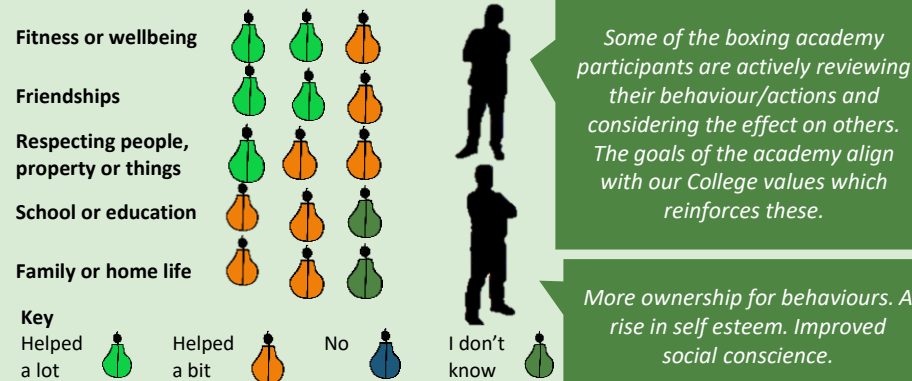
Huge growth in self confidence. He now greets new people with a firm handshake and introduces himself regularly.

My son loves the fitness aspect and has a self assurance about him. He loves telling me about what he achieved during boxing.

The changes are in his attitude, kindness, relationships with others and willingness to help others

## COMMUNITY PARTNERS

MCBA received feedback from 3 community partners. All are in the education sector and one is also in youth development and sport and recreation. Two partners said there had been “a lot” of change and one said there had been “some” change in the community this year because of the academy. The amount of change in specific areas are shown in the table below as are descriptions of what’s changed.



Some of the boxing academy participants are actively reviewing their behaviour/actions and considering the effect on others. The goals of the academy align with our College values which reinforces these.

More ownership for behaviours. A rise in self esteem. Improved social conscience.

This is what the community partners said MCBA does that helps members make positive change in their lives.

Encouraging young people to own their behaviour and to make decisions that are better for them.

Continually discuss life values in real life context terms.

Grow pride, respect and quality which align perfectly with our college values.

The Champions curriculum allows growth in individuals week to week and as the skills develop and the members improve and notice their improvement, their confidence in themselves does too. Because they are learning together their connections with each other does too. The community feel to the classes is very special and inspiring to witness.

The partners suggested MCBA consider this:

More opportunities outside of the gym for young people - new experiences, help with employment and setting young people up for the next step on their journey.

Some sessions needed more fitness activities and less talking.

BILLY GRAHAM YOUTH FOUNDATION TE AWAMUTU BOXING ACADEMY EVALUATION 2021

The Te Awamutu Boxing Academy is part of a network of boxing academies supported by the Billy Graham Youth Foundation. The academies are about a whole lot more than boxing. Academy staff develop genuine, values-based relationships with their members, families and whānau and work alongside partner organisations to build strong communities. The goal is to empower young people to be the best they can be.

We heard from 37 Fundamental and Juniors, 18 Seniors, 7 families and whānau and 5 community partners during the evaluation.

FUNDAMENTAL AND JUNIOR MEMBERS

The fundamental and junior members completed 'storyboards' to provide feedback on what they have learnt as a member of the Te Awamutu Boxing Academy, how that has made them feel, and how they have applied what they have learnt in the gym in their everyday lives. Most of them said:

- Going to academy was fun and felt safe, but it also challenged them to pushed their limits
- They learnt about values, such as respect, discipline and kindness
- They have become more confident, respectful, helpful and developed self-discipline and control.



**HEAD**  
What you have learnt at TABA?  
I have learnt im very strong

**HEART**  
How have we made you feel at TABA?  
Really good about myself and confident

**FEET**  
What have we helped you do at TABA?  
you have helped me to be strong

**HEAD**  
What you have learnt at TABA?  
TABA has taught me how to not get frustrated at myself when i don't accomplish something. They have also taught me how to punch and stand in the bright positions.

**HEART**  
How have we made you feel at TABA?  
TABA has made me feel welcome and respected and i feel like i'm not being judged and i am also feeling happy to be here.

**FEET**  
What have we helped you do at TABA?  
TABA has helped me with respect and disciplin.

SENIOR MEMBERS

The senior members were asked to complete a survey. They were asked if the boxing academy helped them with any of these things this year, and if so, what has changed, and how the academy helped.



Most of them said changes in their lives happened because the coaches and academy community made them feel they belong, are respected, challenged and encouraged. This helped them become

- More confident
- Fit, strong and physically capable
- And develop better relationships with family, friends and others in the community.

I am more respectful towards others

It made me see things in a different perspective and be better at different things. You've helped by teaching me the skills in boxing and the values

Develop life skills for helping me getting a job in future and being fitter and have people who care

This is what the senior members said TABA does that helps them make positive change in their lives.

- You encourage me, give me confidence, cheer me up
- Help develop life skills for helping me get a job in future and being fitter and have people who care
- You help create an inclusive environment that helps grow confidence and skill.



Good advice not just with boxing skills. I don't feel anxious or judged I feel comfortable. I don't feel pressured to do anything. Providing lots of support and opportunities

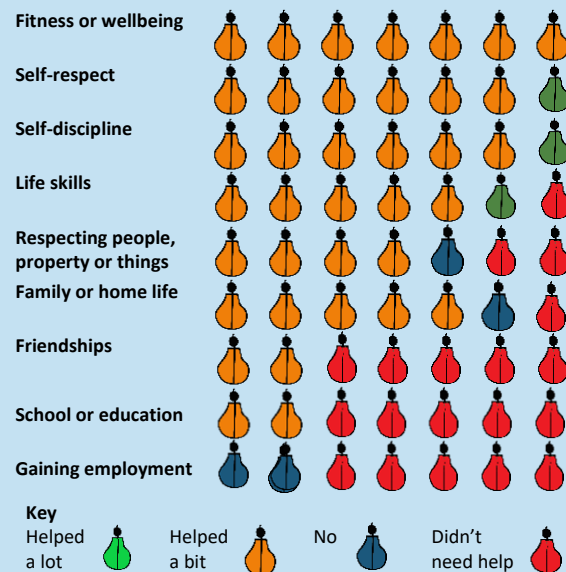
Being able to go to a different environment and talk to other people and have an overall good time helps with not stressing about other things like school



## FAMILY AND WHĀNAU

We received feedback from 7 of the academy's families and whānau during the evaluation. They were asked to complete a survey which asked them if the academy has helped their child or rangatahi make positive change in the following areas, and if so, what changed and how the academy helped make that change.

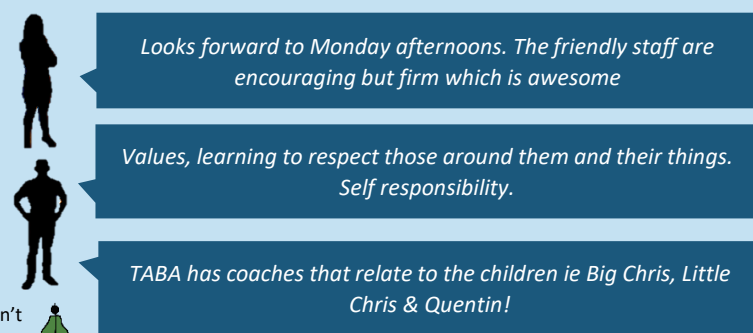
### Did we help your child or children with:



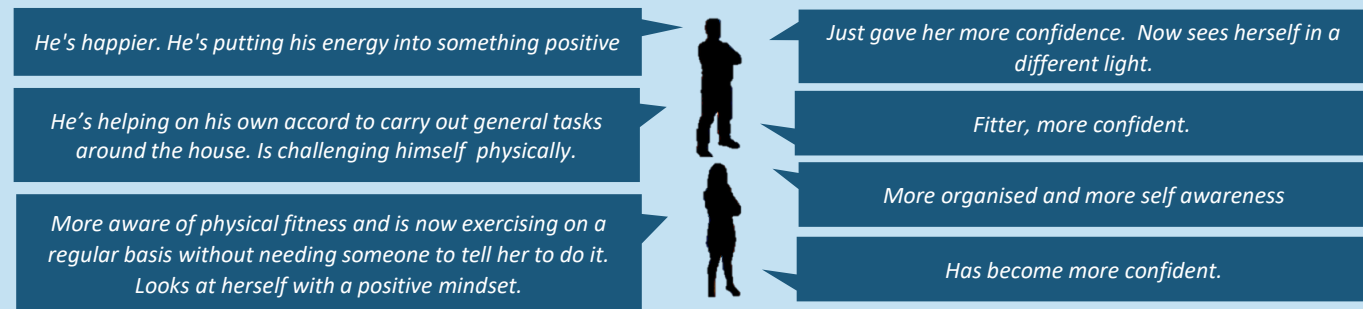
Most family and whanau said:

- Their children have become more confident
- They have developed stronger relationships with other young people and adults
- Their fitness has improved and they have become more physically capable.

This is what family and whānau said TABA does that helps the young people make positive change in their lives:



The family and whānau said TABA has helped make these changes in their children's lives:

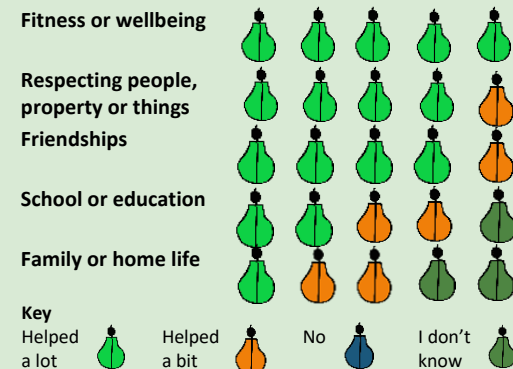


## COMMUNITY PARTNERS

We received feedback from 5 community partners. Partner organisations were asked to complete a survey asking if they think the academy had contributed toward positive change in the community this year, how the academy could contribute more as a community partner, what the academy does well and what it could do better. Four partners worked in **education** and one in **police or law enforcement**.

**Three** community partners said there had been **a lot of change** in the community this year because of the academy. The **two** other partners said there had been **some change**.

### Did we contribute toward positive community change this year?

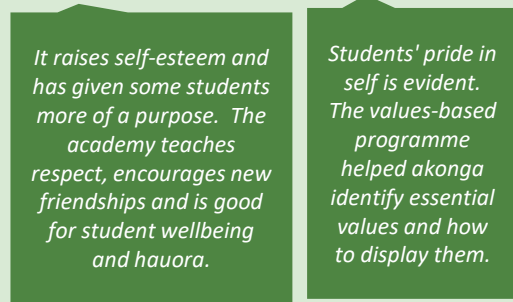


The community partners said what TABA does well is create a positive environment where young people can push themselves and learn.

Good fitness and skills programme which teaches respect for the gym members and equipment. Students that wouldn't normally mix at school now have a bond through boxing.

Created an environment needed for these things to happen. Set the tone and had the systems in place. e.g karakia, rules, respect.

This is what the partners have seen has changed because of the academy.



The Academy has provided an opportunity for a large number of young people in our community to find a safe place to fit in and push themselves outside their boundaries. The biggest change I have seen is at our Alternate Education. This has always been a group of young people who have come to the attention of police again and again. Since the move to their new premises last year and AE attending the boxing academy these students have flourished.

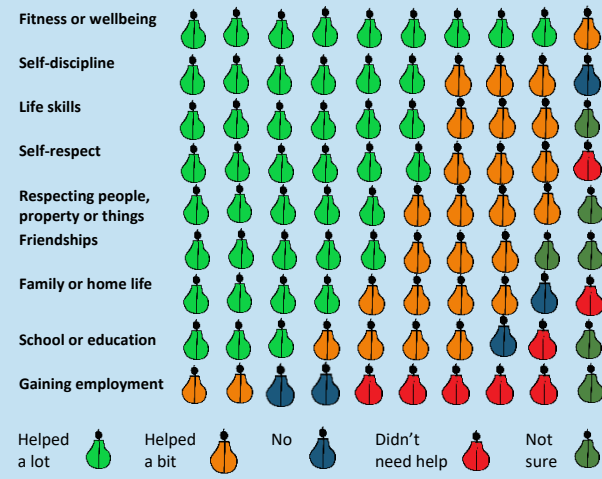




## FAMILY AND WHĀNAU

We received feedback from 33 of the academy's families and whānau. They were asked to complete a survey which asked them if the academy has helped their child or rangatahi make positive change in the following areas, and if so, what changed and how the academy helped make that change.

Did we help your child or children with:



The family and whānau said WABA has helped make these changes in their children's lives:

*My son isn't getting into fights at school anymore*

*The biggest change in my son has been his confidence. Having the support from the boxing gym from people who encourage and believe in him has been amazing*

*Helped build up my daughter's confidence. Learnt how to defend herself and stand up for herself if she ever needs it in a situation*

Most family and whānau said:

- Their children have become more confident
- They have developed stronger relationships with other young people and adults
- Their fitness has improved and they have become more physically capable.

This is what family and whānau said WABA does that helps the young people make positive change in their lives:

*The team treat everyone the same. No one is better than the other.*

*Everything you do has helped to teach my daughter's in a lot of things in life. In a lot of different ways & aspects. They coming home after every session and are excited to tell me something they learnt or something fun they did. I love hearing about it. They love their coaches and having that bond with your students I think is very important*

*The training and preparation for fights has helped our son's fitness and wellbeing in managing his eating and watching his weight for fights.*

*Our daughter is a lot more confident. She is learning independency and is not hesitant to try new things. The academy has taught her she can just keep going and it doesn't matter her skill level as long as she is trying.*

*My son has become much more focused on his goals & things he would like to achieve. Since Starting at West Auckland boxing, He is showing commitment and discipline in all areas of his life.*

## COMMUNITY PARTNERS

We received feedback from 4 community partners of WABA working in education, alternative education and youth development. **Three** community partners said the academy had contributed to **a lot of change** in the community this year, and **one** said the academy had contributed toward **some change**. They said the academy had helped in the following ways:

Key

Helped a lot



Helped a bit



No



I don't know

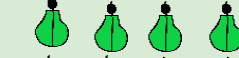


The partners said what WABA does well is meaningfully connect with young people and help them develop positive attitudes and behaviours.

Fitness or wellbeing



Friendships



Respecting people, property or things



School or education



Family or home life



*They feel seen when they are there and they feel good and leave with a sense of accomplishment.*

*Many of these students don't have an adult they feel they can talk to within their homes so any opportunity for a positive outside connection is important.*

*Teaching the students to be respectful of the environment that they are in. Having those solid boundaries really reinforces what we are trying to teach them. I think coach Niwa has a lot of patience with our students and the way he encourages them has been awesome.*

*Provided an opportunity for students to physically train in a safe, caring & fun environment where they felt comfortable to be themselves - and not be judged.*

*We had students attend who struggled to build and maintain positive relationships. These students built new friendships within the group around a new shared interest. They also took onboard the messages taught within the programme and applied these at school and home.*

*Students who attended had improved focus. Many also developed new positive friendships which was not the case previously.*

This is how the partners described WABA's impact:

*Students who were reserved/quiet - gained confidence in themselves & were genuinely more positive and happy*