

# Bounce Forward Sponsorship

We are disrupting education to focus on psychological fitness not just grades, **can you help?**



# The problem



## £100 billion

Over £100 billion is spent each year on mental health problems. That's around 5% of the UK's GDP.

Mental Health Foundation & London School of Economics 2022



## Wellbeing at it's lowest

1 in 6 children have a mental health problem and 1 in 9 are unhappy with their school.

The Good Childhood report 2021



## Strong correlation

50% of adult mental ill-health start by age 14.

National Comorbidity Survey Replication

# Our mission

**To give school communities the practical training, skills and resources they need to build young peoples' psychological fitness, with our evidence based approach.**





# Psychological Fitness: needed for success in the 21st century

**Enables young people to:**

- ✓ Deal better with school and life pressures
- ✓ Able to adapt and respond to change
- ✓ Capacity for empathy, hope and optimism
- ✓ Proactive agent for change





# Talk to the experts



## 14 years experience

Bounce Forward has spent over a decade building its national and international reach. Below are just a sample of the organisations we partner with.



## +1million

Bounce forward has reached over a million children and young people, with many more in reach.



## Leading the way

Bounce forward has spearheaded cutting-edge research which has been referenced by H&M Treasury, Department for Education and Public Health England.

Whole Education



University of Kent



Barking & Dagenham



Gravity



BIG CHANGE.



KMT QUALITY TEACHER TRAINING



## Foundation Training

Head of year 7

*I'm really excited to launch this with our Year 7 cohort, it will really help me within my role and get me knowing the students in a new way - I was desperate to do some kind of group work sessions to take the stigma away from the DSL role "bad cop" image and connect with the students in a different way to build positive relationships, this is just what I was looking for!*

## Whole Staff Training

Hurstmere School

*The training was delivered professionally with passion and humour. The session made me reflect on my own mental resilience and think about what I need to do to change. I would have liked to have seen some of the resources available to use with students.*

## Ofsted report

Kent and Medway Training

*Trainees are taught to manage their workload and maintain their mental health. The 'Bounce Forward' programme helps trainees to understand their emotions, strengths and weaknesses, meaning they can recognise snags and get support at an early stage.*



“

*There is no conflict between wellbeing and academic success. Happy children learn better. Healthy Minds should be taught in every school in the world.*

**Lord Richard Layard**

Speaking to the BBC about Healthy Minds



# Our methods



**Train school  
teachers to  
deliver our  
curriculum**



**Equip parents  
to raise  
psychologically  
fit children**



**Influence  
education policy  
in collaboration  
with relevant  
organisations**

# What we do

We are reshaping education by delivering training to teachers so that their students can navigate through our complex world with confidence.

## We are the trusted experts on psychological fitness

Our work simultaneously prevents mental illness and promotes thriving.



**We base our approach and training on solid research, theory and evidence.**

**We teach skills and strategies that work in the real world.**

**The adult's matter: their role is vital in helping children and young people be resilient and thrive.**

# Healthy Minds Curriculum

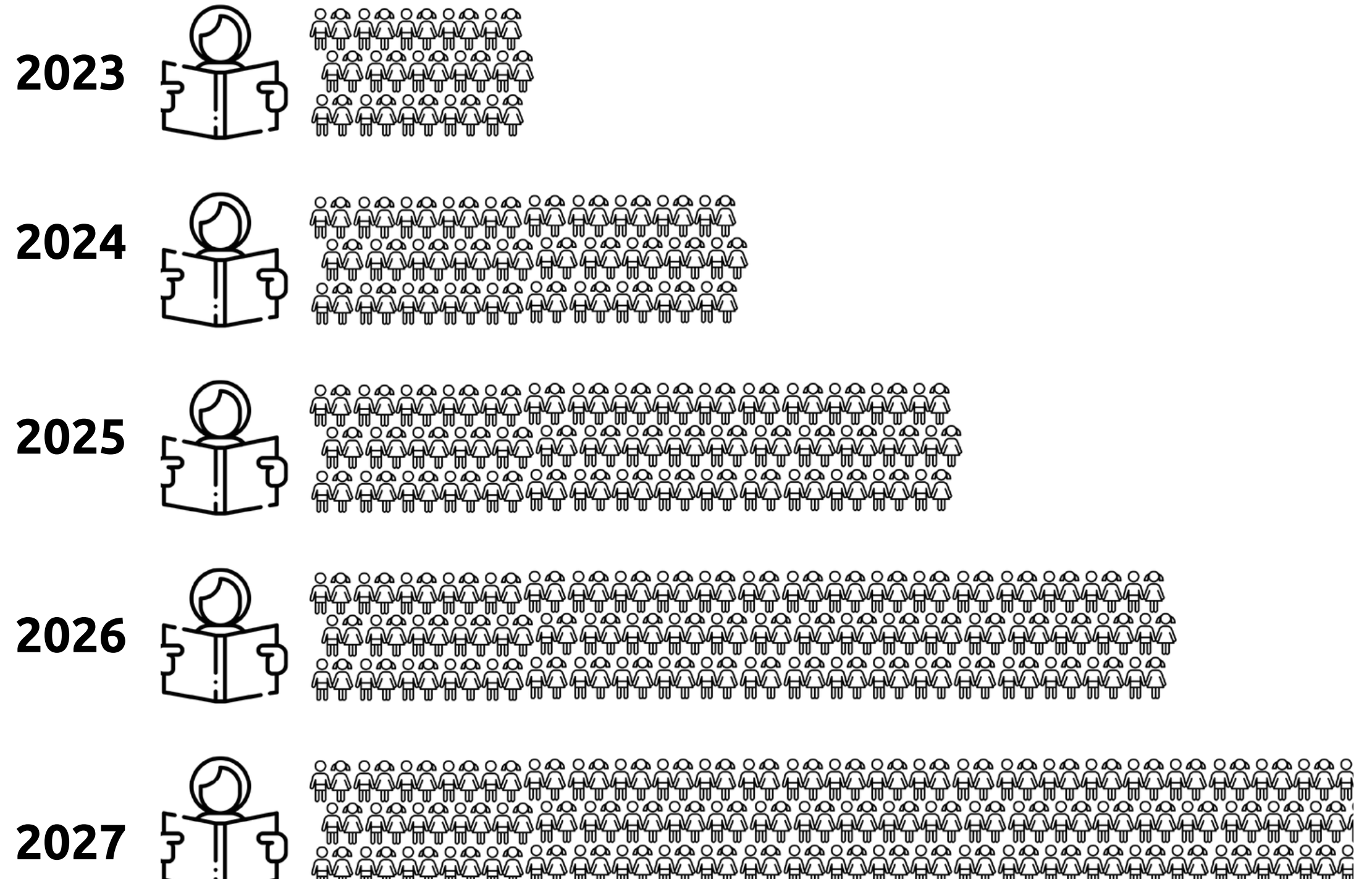
		Number of Lessons
<b>Year 7</b> Managing the world around me	Bounce Forward Resilience Skills	6
	Breathe (Mindfulness)	4
	Social Media Investigated (Media Navigator)	6
	Drug Education	6
<b>Year 8</b> Moving Towards my Future	Bounce Forward Resilience Revisited	6
	From School to Life	9
	Social Media Investigated (Media Influences)	8
	Drug Education	6
<b>Year 9</b> Taking Control of the Decisions I Make	Bounce Forward Resilient Relationships	7
	Mental Illness Investigated	7
	Drug Education	7
<b>Year 10</b> Preparing for the Future	Bounce Forward Resilient Decisions	4
	Drug Education	7
<b>Year 11</b> Preparing for the Future	Bounce Forward Resilient Learners	5
	Bounce Forward Strengths and Energy	2



# Beautifully scalable

A newly trained teacher reaches 30 pupils in their first year, and 30 additional students each academic year. After five years of teaching our Healthy Minds that one teacher would reach 150 pupils.

Training **13,600 teachers** would mean that by 2027 we could reach over **2 million pupils**.



# Unbelievable!

- It costs just **£3.53 per child** to implement Healthy Minds
- Every £1 invested in prevention yields a £6 saving
- The long-term life savings are incalculable

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*If we wish to predict which children will lead satisfying adult lives, the best indicator is their emotional health at age 16.*

*This is more important than their academic qualifications right up to the age of 25 and more important than their behaviour in childhood.*

Layard et al. (2018)





# Our bold ambition

**To change the face of education by implementing Healthy Minds into every secondary school in England.**

**Sponsorship funding will build our organisational capacity, enabling us to inspire leaders in education to invest their budget in Healthy Minds to:**

- Shift the narrative from a 'mental health crisis' to one of empowerment and psychological fitness.
- Change the culture and purpose of education.
- Enable the adults of tomorrow to be successful in a way that is in humanity's best interests.



# Funding Possibilities

The chance to influence the most important agenda of the 21st century and help young people thrive in school and flourish in life beyond school.



**Enable the adults of tomorrow to develop attributes for success.**



**Help stem the epidemic of mental ill-health.**



**Show your customers that you care about things that matter to them.**

# Sponsor a school

Individuals can sponsor

- a primary school for **£349**
- a secondary school for **£2,190**

This gives an annual subscription fully equips schools with the specialist training for staff, evidenced-based teaching and learning resources and access to an on-line community including live webinars.

Feel proud .....

“I support Bounce Forward to ensure children are taught the mental resilience and emotional wellbeing to survive and thrive in the 21<sup>st</sup> century.”





# Be the company that helps change education in England

## Your support will help to:

- Support a unique preventative programme to scale.
- Support a prevent 'not cure' solution.
- Show your employees, and your customers, that you care about something that really matters.
- Build your employees sense of fulfilment and purpose through direct connection with changing the face of education forever.

**Our methods are tried and tested in principle and practice.  
We are not a start-up: we are a hidden gem!**





# We Can Train Your Team

- building their psychological fitness
- inspire your workforce
- professional development for life and work
- team building, life changing, performance enhancing
- delivered by our expert and skilled team







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*We need your help to build on our success so far, to make a difference that really matters to the world.*

Lucy Bailey, Bounce Forward, Founder & CEO





# Thank you for taking the time to read

If you have any questions, please email  
[info@bounceforward.com](mailto:info@bounceforward.com) or call [0330 133 0776](tel:03301330776)

