



Evaluation for the Rock & Water Programme Conducted at Maitland High School Term 2 2003 Year 7

Meredith Cowley and Mark Addison provided Rock and Water training to eight groups of year 7 females and males respectively each week of term 2 at Maitland High School in 2003.

The balance of year 7 classes were taught by other Maitland High teachers on other weekdays resulting in the entire year 7 of 2003 having attended the programme.

As Youth and Family Workers Mark and Meredith saw the merit in a collaborative approach with the school in adopting a preventative programme that would address bullying and promote a more positive student culture.

This evaluation contains the results of students surveyed by those classes conducted by Mark and Meredith only.

Four year seven classes were divided into male and female, 7B, 7K, 7M and 7P. The total of attendees from those four forms was 96, 60 were male (41 surveys collected) and 36 female (32 surveys collected).

NB: One female teacher and two student teachers also completed surveys and are included in the girl's results.

Aims & Objectives

The programme aims to promote in students attributes such as; self-control, self confidence and self-respect. The objectives of the programme are;

- ✚ For each participant to become stronger and more skillful
- ✚ To learn more effective and positive ways to cope with conflicts and aggression
- ✚ Learn a number of social skills
- ✚ Promote participants awareness of their individual qualities and how they can develop them to the maximum
- ✚ For participants to gain more insight into and over their bodies, emotions and thoughts
- ✚ To learn to look critically and reflect on their behavior.

Facilitators Evaluation:

On a sliding scale of one (1) to seven (7) where one is not useful and seven is very useful, we assessed that the total of the groups ranked 5.9 in regard to meeting the aims and objectives of the Rock & Water Programme. The average ranking is reported here.

We really enjoyed facilitating the groups as we consider Rock & Water to be a truly innovative and proven way of working with boys and girls.

During the course of the programme we did notice small marked changes in the young people's behaviors as they began to grasp the concepts of the Rock & Water programme.

Changes were observed in participant's attitudes that fitted with the Rock & Water Programme. This was exemplified by someone who was aggressive being more able to negotiate and others who were victims, being more able to take a stand for them. (Group discussions included; bullying, being in control and alternatives to violence).

Another ingredient to the success of the programme at Maitland High was the commitment of staff to co-facilitate the groups along with Mark and Meredith. Our previous experience has shown the wisdom of having two leaders for each Rock & Water group.

The duration of each class was two periods and the young people's levels of need were mixed. We were also able to have a regular venue each week and enjoyed the commitment of school members. These factors all contributed to a great outcome.

Comments have been included from the young people to inform future groupwork and it should be noted that their spelling and wording is used in the following.

Ranking 1 to 7

The following feedback is from the 73 forms received.

| | Boys | Girls | Combined |
|-------------|------|-------|----------|
| No Response | 4 | - | 4 |
| 1 No Use | - | - | - |
| 2 | 1 | - | 1 |
| 3 | 1 | - | 1 |
| 4 | 2 | 3 | 5 |
| 5 | 6 | 3 | 9 |
| 6 | 5 | 7 | 12 |
| 7 Great Use | 22 | 19 | 41 |

| | | | |
|--------|----|----|----|
| Totals | 41 | 32 | 73 |
|--------|----|----|----|

The average rating for the group as a whole, where 1 (one) was not useful and 7 (seven) was very useful was 5.9. The boys averaged at 5.5 and the girls at 6.3.

What did you like about the course?

Boys:

- ✚ I like kicking the kicking bags and standing in self-defense stance.
- ✚ That we did different things instead of the same every week.
- ✚ I like kicking bags and punching and self-defense.
- ✚ Everything, I like it.
- ✚ Not much only the kick pads.
- ✚ What I liked about it was that you learn how to resist a fight or getting bullied.
- ✚ I thought it was great.
- ✚ Kicking the bag.
- ✚ Yes I did it was very good.
- ✚ Fighting.
- ✚ That you got to use moves and use them.
- ✚ Punching.
- ✚ I liked the roosters. (*Rooster fights exercise*).
- ✚ Taught us to fight.
- ✚ It was fun and it was helpful.
- ✚ The self-defense moves.
- ✚ We could be without noise girls.
- ✚ The most things I liked about Rock and Water is the self-defense technique and the great learning.
- ✚ Rooster Fight, salute and activities.
- ✚ I liked the training.
- ✚ I liked all of it.
- ✚ How we learnt heaps of cool techniques.
- ✚ The activities and fun.
- ✚ I liked all the fun activity and it was fun all the way.
- ✚ I liked it because I could punch the punching bag.
- ✚ It was lots of fun.
- ✚ I liked doing the activities and using the kick bags.
- ✚ We got to learn about self-defense and I enjoyed that.
- ✚ All the moves.
- ✚ You got to do the Rooster fight and our teacher.
- ✚ The Rooster.
- ✚ Learning how to control my anger.
- ✚ Rock and Water is awesome, I would want to do this for the rest of my life.
- ✚ I liked the teacher and I liked the punching and kicking.
- ✚ Our teacher.
- ✚ Mind controlling.
- ✚ The teacher was very nice to work with.
- ✚ It was fun and exciting to learn.
- ✚ It help you to have self respect and confidence etc.
- ✚ That you can defend yourself and control your anger as well.
- ✚ About the self-defense moves.

What did you like about the course?

Girls:

- ✚ I like doing the self-defense bit.
- ✚ It was fun and we learnt lots about self-defense and control.
- ✚ I liked how we got taught to defend ourselves.
- ✚ I liked all the activities we did they were really fun.
- ✚ I liked the fun activities and the use of the great defense.
- ✚ I really liked the 'Well' (*exercise*) because it shows the difference between the Rock and water attitude. I also enjoyed the 'sticky hands'. (*Sticky hands exercise*).
- ✚ I learnt lots about myself and about the students I teach. I can use the Rock and Water attitude in my teaching as well as in my every day life. It helps to get me centered when I am having a bad lesson.
- ✚ That when we didn't do Rock and Water I was a real scardy-cat but Rock and Water has challenged me and now I'm not afraid.
- ✚ The concept of Rock and Water is fantastic but more importantly the activities and ideas to convey the message of Rock and Water are successful. Fun + learning is often unheard of.
- ✚ I liked the games we played and the exercises.
- ✚ I liked that we got to express our-selves and learn about other things.
- ✚ I like learning how to keep my self-control and to stand up to people who are bigger than me.
- ✚ How we done Chinese boxing and learning how to punch and kick.
- ✚ I liked the Rooster fight, Whirl Pool, Chinese Sticky Hands.
- ✚ The way it was set out it taught me self-control, energy + + + .
- ✚ It was good sometimes and boring.
- ✚ Getting to know people better and getting out of guidance and other subjects.
- ✚ I liked how she told us about self-control best.
- ✚ I liked trying out new games and learning about how can maintain self-confidence and control.
- ✚ I like that it helped me in the classroom as well as in the playground and at home with my strength to say no if needed and to stop bullying happening to me and friends.
- ✚ I liked how we learnt to control our thoughts.
- ✚ I liked how we learnt to stand up for ourselves.
- ✚ It helped me find that when I set my mind to it, I can do anything.
- ✚ I liked how we got to have a lot of laughs. I also liked doing the activities.
- ✚ We miss out on math and guidance and it was fun.
- ✚ I liked all of it, it was fun and we learned a lot.
- ✚ That it was fun and we did lots of activities.
- ✚ I liked the pendulum. (*Exercise*).
- ✚ I liked all the activities that we done.
- ✚ Well I liked everything. I like how we learnt to defense.
- ✚ We had fun and played lots of games.
- ✚ That we got up and do activities. We got to have fun and be ourselves. I liked it very much.

Any ideas on how we can do things differently in the next Rock and Water Group?

Boys:

- + No ideas (x 23)
- + More physical contact. (x 2)
- + More fun activities. (x 2)
- + Tell the group to put in a real effort in this class.
- + More time.
- + Less saluting.
- + Do flips and tackles, hit people.
- + I don't know but you can teach kids to be the best of the best, you can make them be the best they can be.
- + Learn harder techniques.
- + More new ways of punches.
- + You can do more defenses and less talking.
- + Give a certificate to the person who wins Rooster. (*Exercise*).
- + Have more Rooster fights.
- + Not let the other kids get away with teasing other kids in the group.
- + Do more kicks and punches and blocks.
- + Make Rock and Water go for longer.
- + Play wrestles.

Any ideas on how we can do things differently in the next Rock and Water Group?

Girls:

- + No ideas (x 18)
- + Have mixed groups.
- + We could learn more about defending and fighting back.
- + I do not think anything should change because its great or maybe you could have two classes in on group.
- + We could get through the exercises so quickly.
- + Ensure complete control over students not talking over top of you.
- + We could do more self-defense.
- + I think the last day everyone should choose what to do.
- + Make it stay for three periods cause its so fun.
- + She could teach them what she told us.
- + Maybe have more fun activities or things outside.
- + Try to do more fun activities.
- + Maybe we could have it more than once a week.
- + Not do things over and over again.
- + Have it two times a week.

What could you do to make Rock and Water more helpful for you?

Boys:

- + Have it every time.
- + Nothing. (x 12)
- + Listen and be centered.
- + Teach them how to avoid making enemies.
- + Listen and more focus. (x 6)
- + Not play up.
- + Don't know.
- + Make it longer.
- + More fun.
- + Get more games. (x 2)
- + Well I could listen well ...
- + Participate.
- + Try and be serious and don't fool around.
- + Extend the amount of weeks.
- + Learn how to be calm.
- + Be sensible.
- + Think before you do.
- + Use the pads more often.
- + Doing more self defense moves. (x 2)
- + We could explain when you would get into the situation to use Rock and Water.
- + Don't be more Rock and more Water.
- + To control your anger and defend yourself.
- + Do more fighting moves.

What could you do to make Rock and Water more helpful for you?

Girls:

- + Adjust to it better.
- + I could use it more around home and in the playground.
- + Have mixed groups so girls could practice some things on the boys.
- + Learn all the things I have learnt in Rock and Water.
- + Listen, concentrate and have fun.
- + It could help me when I'm being bullied or followed.
- + Continue using the things that I learnt everyday so that I become a more centered and focused person.
- + No Comment (x 2)
- + Use Rock and Water within the classroom, monitoring discipline etc. Therefore need to complete with other years.
- + Practice the skills at home.
- + You could listen and learn the skills cause it could help you.
- + Get more involved and help a bit more.
- + If you get into a fight remember what Meredith told us.
- + Do more activities and do things twice.
- + Not sure
- + Participate.
- + She (*Meredith*) done everything good and helpful.
- + Nothing, it's great how you do it. (x 2)

- ✦ I don't think it could be more helpful.
- ✦ I will be centered and be more calm.
- ✦ Concentrate on keeping myself grounded.
- ✦ Nothing get more grounded and listen.
- ✦ Listen more than talk. (x 4)
- ✦ Tell your problems.
- ✦ Become more aggressive but not to much.
- ✦ Every thing was really fun in Rock and Water.
- ✦ Have it 2 times a week.

Other comments?

Boys:

- ✦ The teacher is a good teacher.
- ✦ Rock and Water was very useful and helped me be calm when there is a loud noise.
- ✦ Mark's a great instructor. (x 6)
- ✦ No (x 23)
- ✦ I found it a little boring at the start but near the end it was awesome.
- ✦ Not much fun some things were good.
- ✦ It was fun. (x 2)
- ✦ Its really fun and easy.
- ✦ No sorry but try seeing through the kids eyes first then you'll see.
- ✦ Very good. (x 2)
- ✦ It was excellent.
- ✦ It was great fun doing this.

Other comments?

Girls:

- ✦ This was a great course and I would do it again.
- ✦ Great.
- ✦ It was heaps of fun.
- ✦ Thanks a lot Rock and Water was great I loved it.
- ✦ Nothing except I had heaps of fun and I enjoyed the course.
- ✦ I enjoyed Rock and Water because we missed out on Japanese and geography. Thank you.
- ✦ Meredith was fantastic. She had awesome rapport with all the girls. She was very genuine, patient and showed a lot of understanding towards the girls. Thanks for giving our students your time.
- ✦ I have really enjoyed Rock and Water it's been fantastic to join in. Thank you Meredith.
- ✦ Excellent your enthusiasm is inspirational.
- ✦ I think that Rock and Water is great fun.
- ✦ It's so fun and everyone will enjoy it.
- ✦ No, I enjoyed the whole course.
- ✦ Its fun and we all learned a lot and I hope we do it again some other time.
- ✦ No Comment. (x 14)
- ✦ Yeah keep up the good work.
- ✦ I had fun although I wasn't very joyful to be with because of certain someone's.
- ✦ Yeah thanks keep up the good work.
- ✦ Thanks very much for the things you have taught us. These things will help me through my life.
- ✦ It was great; I loved it better than math and guidance. It was great to learn self-defense.