



THE  
OUTWARD  
BOUND TRUST

# SOCIAL IMPACT REPORT SUMMARY



# THE CHALLENGES YOUNG PEOPLE FACE

Young people growing up in the UK today face multiple barriers to living healthy, happy and successful lives. Those from poorer backgrounds face an even greater number of barriers, as their educational attainment continues to fall well below that of those from more affluent backgrounds. They are also more likely to experience mental and physical health concerns, making it harder for them to find and remain in meaningful education and employment.

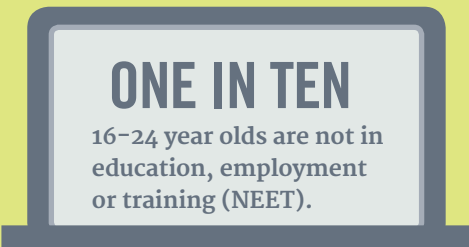


OVER THE AGE OF 16 ARE LIKELY TO EXPERIENCE A MENTAL HEALTH PROBLEM AT SOME POINT THIS YEAR

and one in ten aged 5-16 have a clinically diagnosable mental health problem.

## 4 OUT OF 5 EMPLOYERS

rate attitude to work as one of their three most important considerations when hiring new staff, but around half report weaknesses in school leavers' communication and resilience, and almost two fifths are not satisfied with their attitude towards work.



# OUR IMPACT



The Outward Bound Trust is a leading educational charity that uses the outdoors to help develop young people from all walks of life. We provide adventurous learning courses for young people to develop their social and emotional skills at every stage of their education and early stages of employment. The skills that they develop are those that will play a pivotal role in how successfully they navigate the challenges of adolescence and early adulthood: helping them to flourish and thrive throughout their lives.

IN 2015-16  
**25,128**  
YOUNG PEOPLE

between the **ages of 9 and 24** took part in an Outward Bound course

**83%**

were aged 11-16 and experienced their course through their **school, college or youth group**.

**4%**

attended one of our **summer programmes**.

**13%**

were **apprentices or graduates** who attended through their employer.

WE WORKED WITH:  
**370 SCHOOLS**  
**63 EMPLOYERS**  
**50 YOUTH ORGANISATIONS**



We provided £3.1 million in bursary support to 76% of participants so that their families' financial situation was not a barrier to taking part \*

\*Young people who participated through their school, college, youth group or on a summer programme only.

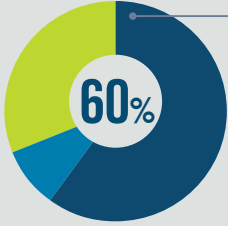
OUTWARD BOUND



## CONFIDENCE



Many young people feel they do not have the confidence to navigate the demands of everyday life.



**60% of participants reported an increase in their confidence immediately after The Trust's Skills for Life Award.**



**This increased to 69% six months post-course.**

Teachers also see an increase in their pupils' confidence after a five-day education course, with **94%** reporting that pupils are **more likely to attempt things they find difficult.**

**97%** of teachers say that their students are **more aware of their own capabilities after their course.**



## EMOTIONAL CONTROL

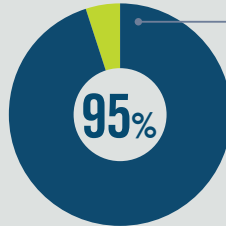


**Emotional control** is often seen as a key indicator of mental health. **60%** of participants on our five-day courses and **71%** of Skills for Life Award participants recorded an increase in their emotional control score, indicating that they leave Outward Bound better able to cope with stress and adapt positively to changing circumstances – a strength that is key during educational transitions and the move from education into work.



## RESILIENCE

Improvements in **resilience** are seen by teachers back in the classroom.



**95% observe increased ability in pupils to keep going when they encounter setbacks one month on.**

## SELF DISCIPLINE AND GOAL SETTING



Qualities such as self-discipline, planning and goal-setting are necessary for the completion of any task and those who demonstrate higher levels of self-discipline have been shown to have greater success in their education. **69%** of students on our five-day education course recorded an increase in their confidence to achieve goals, **65%** to set targets and **57%** to make decisions.



**BACK IN SCHOOL 82% OF TEACHERS REPORTED THAT PUPILS WERE MORE LIKELY TO SEEK OUT OPPORTUNITIES TO CHALLENGE THEMSELVES AND 80% REPORTED THAT PUPILS WERE PUTTING MORE EFFORT INTO THEIR STUDIES.**

## ENVIRONMENTAL AWARENESS



When our courses focus on increasing respect for the environment and learning about man's environmental impact, one evaluation found that **90%** of participants felt more motivated to act with environmental responsibility and **79%** felt more motivated to discover nature close to where they live. Teacher feedback indicates some lasting impact, with 6 out of 10 teachers reporting their pupils show greater interest in spending time in the natural environment and demonstrate eco-friendly behaviour within school more often.

## TEAMWORK



The quality of our interactions with those around us form the basis for wellbeing.

**91%** of participants recorded an overall increase in their confidence to interact with others post-Outward Bound and **77%** continued to score higher six months later. We found a similar lasting effect when we followed up with Skills for Life Award participants; their increased confidence to explain ideas clearly and lead a team was sustained 12 months on.



# WE CHANGE YOUNG LIVES

As young people return home with a stronger sense of self-belief, able to cope better with stressful situations and interact more positively with others, they are **empowered with the attitudes, skills and behaviours they need to make positive changes in their lives**. We believe that this enables them to succeed in their education and training, at work and throughout their lives.

“

*When I got back, I did notice I'd be more confident, making friends and stuff. But then, in my schoolwork, if a teacher asked me, out of the blue, to answer a question, I felt like I could... Like I won't be judged as much if I answered that question, whereas before I wouldn't have. ”*

**Ruth**, speaking in May 2016, three-five years after her course

“

*When you go home from a course like this you're going to grab every opportunity you can to fulfil your dreams... **I think being on this course made me realise that I'm not nothing, that I can be whatever I want if I put my mind to it.** ”*

**Simon**, age 16, speaking at the end of his Skills for Life Award in 2015

“

*One pupil stated **'This is the first time I have come back into school and thought I can do anything if I work hard and put my mind to it.'** His recent test results show that he has exceeded expectations in every area of his study. ”*

**Steve Williamson**, Head Teacher, Northern Saints Church of England Primary School

The Outward Bound Trust's transformational work with young people is only possible **thanks to the generous support we receive from our partners and donors**. For more information please call 0203 301 6481 or email [fundraising@outwardbound.org.uk](mailto:fundraising@outwardbound.org.uk)



THE FUTURE



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