



# Measuring the impact of the SEW-Arts Framework

It's important to measure not just the artistic outcomes of your programs, but also the social and emotional wellbeing (SEWB) outcomes.

### Here's why:



Sets

priorities

## Why Measure SEWB?

Monitoring SEWB shows your community that wellbeing matters. The saying "what gets assessed gets addressed" reminds us that measuring something signals its importance.

Build a shared language Tracking SEWB helps your organisation, artists, and participants develop a shared way to talk about emotional and social growth.

Deepens understanding

> Improve planning

You and your community can learn more about how SEWB develops over time - and how your arts programs contribute to this growth.

Using the information you gather, you can improve how you plan, teach, and support SEWB. This is called formative assessment, and it happens during the program through observation, reflection, and feedback.

Evaluates effectiveness At the end of a program, you can see how well it worked. This is called summative assessment. It often uses surveys, interviews, or reports to evaluate outcomes.

# **Tracking Program Effectiveness**

You can track your program's impact at three levels:

	Project	Project or	Wider
	Participants	Organisation	Community
Process	How people take part	How the project is managed	How the community engages
Impact	What happens	What changes	How the
	during the	the project	community is
	project	brings	affected
Outcome	Long-term	Long-term	Long-term
	changes for	impact of the	change in the
	individuals	project	community

#### Process

Some useful process data to collect might include:

- Number of sessions delivered
- Number of participants
- Which Wellbeing Factors were intentionally addressed

# Measuring Change: Before and After

#### Impact

You can collect data before and after the program using a simple survey based on the SEW-Arts Wellbeing Factors. This survey will help assess growth in specific areas related to the Wellbeing Factors using a Likert scale (e.g. "Strongly agree" to "Strongly disagree").

Use only the questions that match the focus of your program. For example, if your sessions focus on "In the Zone", "Coping with Criticism", and "Doing What I Value", then use questions related only to those. Alternatively, you may choose to assess all Wellbeing Factors within a single key area - or across the whole Wellbeing Factor Framework - depending on the time available and your participants' capacity to complete the survey.

Pre Survey									
٦	Net			Date:					
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) )	The following survey requires part of the stress of the stress. These net the thirt part for the stress of the stress. These net the thirt part for distribution of bolding stress. These serve is neglitively that the stress of								
	What gender do you ident By with?	Hale	Female	Non-binary					
	What is your age? What arts activity or program's are pow currently engaged in?								
The following questions askyou to consider what you currently do to enhance and promote your own social and emotional wellowing.									
	Working in Groups	Strongly disagree	Diagree	Acitive agrees designee	Agree	Strongly agree			
	Linow how to work well in a group								
	Lam aware of the different roles Loan play in a group								
	I find it hard to participate in group work (FD								
	I can't work in e-group with people I don't know								
	Self-awareness: Thoughts								
	Py thoughts get in the way of me being happy								
	I can let negative thought-gc by and not dwell on them								
	I can tell which thoughts help put me in a good mood								
	I can tell the difference between my thoughts and my treelings								



## The SEW-Arts Youth Wellbeng Factor Survey - Example Questions



## **Collecting Qualitative Data**

Numbers aren't everything. You can also collect qualitative data through:

- Interviews
- Focus groups
- Observations

Make sure the questions you ask align with the Wellbeing Factors you focused on. Remember that your aim is to increase the awareness and skills of young people in relation to the Wellbeing Factor and to what extent they feel empowered to build their wellbeing.

## **Creative Methods**

Creative methods - like photography, drawing, poetry, or dance - can also reveal emotional insights and help participants express themselves in meaningful ways. These are also useful for sharing your findings with different audiences.

#### Long-term outcomes

#### Impact

SEWB is often a long-term outcome of your program. You can measure this using well-established tools:

- <u>Personal Wellbeing Index</u> (PWI): Measures satisfaction across life areas such as health, relationships, community, and safety. (<u>ref</u>)
- <u>Warwick–Edinburgh Mental Wellbeing Scale</u> (WEMWBS): A 14-question survey focused on positive thoughts, feelings, and functioning. (<u>ref</u>)

