



2023 Graduation Film Script

<https://youtu.be/QkJLgCeDKGc?si=f0gBmUID70Mt1CrM>

The MVP programme is the Mentors in Violence Prevention.

Essentially it is just, being able to get to know younger kids in our school and being able to learn from each other, so we're able to look at how they look at situations and they're able to learn the different ways they can handle the situations that they come across.

We have an opportunity to explain to the younger kids that society may not always be a good thing and positive and that we can also show them the positives and negatives.

The MVP programme means a way of communicating to young people about how we can try and make our society a better place.

This programme is an opportunity for these children to teach their peers about really important messages, things like bullying, things like racism, things like stereotyping, which happens all the time.

A way to help younger children and inspire them to be better in the future. And it means a lot because I wasn't given that experience or the choice to be able to do that when I was younger. So, I feel like it's very good that we're able to help them.

We're able to educate the kids, to know more about it [violence], because in today's society, they don't really know much because it's not talked about enough, so if all

kids are educated on it, then it's going to be greater known and stop bad things from happening, like knife crime, racism, it will reduce that.

At first, I was a little bit worried about students going in and speaking about quite sensitive topics to other students, but it's really taken me by surprise; the maturity that was shown by our mentors.

Things like encouraging young students on, like how to act. Obviously, we're a lot older, so we have, experience in it and it's nice to be able to pass on our knowledge down to them.

[MVP] means giving young people an opportunity to take a stance and teach others about different topics that you'd probably, in some case, fight about, and to be able to educate others so that no one ever has to feel like they're alone.

[We are] supporting them on what to do and stuff if they are ever stuck in a situation.

Children can build up their confidence and speak to people and not keep things inside.

It's a way for older children to speak to younger children about current issues in the school and in the world, really.

We're closer to their age, so they might feel more comfortable, and it'd be easier for them to talk to us.

The responses we got from the year sevens, we delivered ours to year seven groups, was great, they engaged in the conversations, and I think they actually opened up more because they seen other students in front of them talking about it.

I think it's a great way for children to be able to express themselves in a safe environment and be able to communicate with older peers that maybe they wouldn't be able to speak to normally.

Say if they get into situations that they hear you similarly go in to, they can learn from it and use those experiences.

I think it's about leadership and how you represent yourself to others and how younger people who are, say, 12 or 13, would look up to someone your age and how they see you.

It teaches me valuable life lessons in a way, things that you're not supposed to do, things that you're supposed to do. It teaches you things about society and the world we live in.

It's quite special to me, 'cause it's also taught me some things that usually I wouldn't really think about, such as gender stereotypes, bullying, 'cause I've never really experienced bullying, so it's taught me quite a few things about how to prevent bullying.

It's given people a chance to have peers that they can talk to, staff that they can talk to, and a wide range of knowledge as to how to deal with different types of bullying and things that happen to them in school life.

It's very useful 'cause it doesn't just teach them what it is, but also how it affects people.

It's very educational as it teaches you about different types of violence, bullying, social media, how it can have an effect on young people. And doing the whole programme, it makes you more confident to speak about topics.

It means a lot to me because when I first started, I thought it would be terrible and that I was going to mess up or something, but in reality, I was actually really good at it and it helped me build my confidence a bit more from when I first started, to the end, right now, so it has helped me improve.

I've gained confidence, self-respect for myself.

At the start, when we got told that we were gonna be speaking to young kids, you feel a bit [pulled a scared/unsure face], it's one of them. When you do it, you feel good, you feel confident, it brings you happy, it makes you happy.

Teamwork, to work with teams, people that I don't speak to as much in my year, that I do now, because we work as teams for MVP.

It's something that's helped me see how I can be in school, and outside of school, in a different way and act in a responsible way.

People skills, id say people skills, usually I wouldn't just speak in front of a large crowd.

I used to hate social interactions, but I'm a bit better with talking to people now.

I think it's gotten me to be involved more with the younger years, especially year seven, obviously we've been teaching them.

It's built my leadership skills and helped me gain confidence.

Leadership and being able to think on my feet 'cause obviously I know with some of the PowerPoints we have to alter. So being able to think, like yeah on your feet, and do stuff then that's quite a good skill to have.

The mentors, I think it's given a lot of confidence to be leaders. So, you have pupils who are now part of our senior prefect team, we have pupils who have taken part in events outside of school. We have a pupil who is on the St. Helen's Youth Council as well, due to the skills and the confidence gained from MVP.

Definitely confidence and being able to speak. Like I said, I wasn't planning anything for this conversation, yet I know what to say 'cause I trust in my skills as an MVP mentor to know what I'm doing, why I'm doing it and talk about it.

I like the confidence that comes when you're speaking to the year sevens and the friendships that you gain when you're there.

I feel like I've built a better relationship with the kids as well. So, if there is anything, even if I'm not their mentor anymore, they can come speak to me still.

I'd say I'm more resilient since we started the program.

I'd say before we did the program, I was scared to speak in front of other people or you know, and then delivering a whole session in front of a whole class, it's like made me more confident.

I used to not be very good at public speaking and I think talking to a lot of people at once has improved that.

My confidence has boosted and I'm able to now go around and speak to the younger kids.

Because we've been presenting to year sevens, it's really boosted my speaking skills and speech and confidence because I don't think I would've been able to do that before. But because it's been to larger crowds, it's really good for your confidence.

I've not really done much public speaking prior to this but I feel like just talking to such a big class, especially people that you've never met before, I think it just really helps with building confidence.

I'm able to speak to a big crowd now.

I think I've gained a lot of confidence 'cause I know before I was really nervous when it came to talking to audiences.

It's confidence, it's being able to lead a classroom, being able to talk about difficult situations, talk about difficult issues but with their peers and it's the first time they're

really leading an environment and yeah, in terms of confidence, it made the world of difference.

It's had a massive impact on the school ethos, students now feel a lot more open about speaking about these issues and in speaking to other students about it in particular. Our mentors are identified by the MVP badge that they've got on their blazers, and you see these students engaging in conversations in the corridors and the classrooms as well. And I think that open dialogue between students has been really um, really great to see.

Even after the lessons and that, they speak to you, or they see you around school and they give you a thumbs up and tell you that was good. It's like they reassure you in a way and it's really nice of them.

Also seeing the kids engage in the lessons and putting their hands up and wanting to ask questions.

I think the mentees will gain respect for older people and younger people and not to bully people and if they ever see someone, they'll know what to do as well.

I think that they just learn about different topics that they probably wouldn't have heard about before because in form, like normal form, they don't really talk about the stuff that MVP teaches you about.

White children per se will get a view on what people, other ethnicities go through, and it'll give them more of an open mind about society.

We've done a session about racism, and they would engage in and then they ask questions, and they were wanting to know about what happens in society.

Gender stereotypes, which is like a massive problem in schools, rumours going on and yeah so it teaches them about it and how you can prevent it.

Situations such as knife crime and racial violence and stuff, it lets them understand the severity more seriously.

They'll be more comfortable coming to other people knowing that other people suffer from problems that they do as well so they wouldn't be scared to just bottle it in and all that.

Some quieter kids normally try to shy away, but through MVP we kind of got them to speak up and show their opinions and I think that's great that they're sharing what they actually think.

To have that reassurance of when they're walking down the corridors, they'll see us and they'll know "oh well I know them from the MVP session", so I think that helps them quite a lot.

It's something that empowers the mentees to think, "you know what, yeah, I'm okay as I am, I don't need to change it, I don't need to fit into this old box. This old idea of being someone that you don't have to be or don't want to be."

I think maybe they'll feel supported because sometimes there's not a lot of people to go to and when you have people to talk to and people talking to you about it, it just makes it easier because you don't wanna go to someone that you think isn't gonna help but you know that we'll help them.

Not only just take home anti-violence [messages] to spread, but they would also learn new things about cyber bullying or online safety.

Me and my friends have helped sort out friendship problems in year seven. So, for example, this girl she felt like she was left out but maybe thinking people were making fun of her, but we got her to be more involved and other people included her more, which is really helped.

I think they got a bigger voice from it and being able to speak to older people and knowing that it is not OK if people are not being nice to you, and they can have someone talk to them.

Definitely knowing that it's not OK - then you should speak and tell someone.

I feel like they can get more help as well, because where suicide's coming into a lot more things because of bullying and things like that. So, there's more of a chance for the kids to speak out and get the help they deserve.

The different points of view that they can take when they come across a situation, like not just saying nothing, doing nothing, just watching, like the actions that they can take to prevent anything further escalating. And just not like falling under peer pressure and not just acting as a bystander.

Being able to know how to respect others, and talking to others about different topics that they might have found difficult talking to people about before.

It gives them a platform to speak about the stuff that they didn't have before 'cause it's not talked about.

I think they've gained a lot of knowledge on the world and what is actually happening. Because I think in high school, a lot of like rumours and bullying happens mainly, so I feel like they get taught that it's actually a really serious problem that we need to deal with.

They gain further knowledge, and you also gain new knowledge because I've had children come to me and tell me "Oh, I've never knew about that, thank you for teaching me." "Oh, that was a good session. I enjoyed that."

I've had a few kids come up to me and they, say "oh, I don't want to tell with a teacher." Or "Could you help me tell them, like, can you help me do it?"

I think it's also helps in, friendship groups throughout the year as well, to understand each other better and to understand how to communicate with each other better, what's wrong and what right.

I think they also learn a sense of confidence and a sense of being able to be an active bystander and being able to break out of any box stereotypes, break out of any fears they may have and just be able to be themselves and to help others be themselves.

The snitch culture is definitely negative, and MVP has helped a little bit with that, especially like with the bystander effect.

Being an active bystander is someone that does something after they've seen something, and that could be like essential, it takes courage to do that.

We've said it's not grassing; it's helping someone. It's better to help someone than just leave it.

Cause' when you usually tell young people "If you see something happening, you should just tell like a teacher or someone", they probably don't really want to because they think that they'll get called a snitch or something. But you know, in the sessions, we talked about how it's actually helping other people and benefiting what's happening to tell someone about it.

I feel like they think it's wrong and they feel like they shouldn't snitch, it could worsen the situation. So, I think teaching them a lesson about snitching, saying that sometimes it is good to snitch and tell a teacher, because if it's something bad, it needs to be dealt with.

I feel like the kids think, "oh, snitches get stitches" like something bad's gonna happen to them. But when we come in, deliver the sessions, they can realise that it can be OK. You can get the help. It can stop someone from getting hurt whether that's themselves or others.

Snitching is very prominent in schools as a sort of bad thing to do. But overall, you have to stand up for what's right.

If someone's just not done something, like forgotten to bring in something and the teacher doesn't know, and you go and tell them, I feel like that isn't really a good situation to be a snitch. But, if someone's done something horrible to someone else like bullied someone and you're too afraid to speak up, then you should.

Before we came in and sort of throughout the sessions, we might have heard little comments, it could have been "snitches getting stitches" or something like that. But I think towards the end we kind of noticed it dying down and sort of heard other stuff like saying it's OK to, you know, get a teacher and go and get help and that kind of improved as we went along.

Its sort of took away the taboo for the kids, so now they don't see it as snitching, they see it as going to tell someone who can help them.

Because we've educated the entire year on it [MVP] 'cause obviously we've had every year eight, like form group educated on it, everyone kind of feels it's more looked up on. So, you're thinking "oh it's takes courage to be able to stand up for that".

If it's a serious situation, you've got to say, even if you are seen as a snitch, you're standing up for what's right. You're telling a teacher or a trusted adult what's right and what should be known and not to keep it a secret.

If you do need to tell someone about something, you're not a snitch, you're just doing what's right, and that's what needs to be done.

I think it's just spreading the message, that being a snitch isn't necessarily a bad thing. If anything, you're hoping to prevent a situation that could get a lot worse.

Our mentees, we've had quite a few pupils who have felt the confidence to go to their MVP mentors, speak to them, and have the confidence to go to staff over problems which perhaps would have been kept themselves or would have dealt with in a different way. So, it's been fabulous to help a lot of people in lots of ways.

MVP's important because it's very crucial to pinpoint where the bullying starts. So, it doesn't continue in the first place.

The younger years' attitudes is much different to when MVP wasn't around.

[Agreeing with the above statement] Yeah, especially like you don't see as much bullying, or you just see everyone's a lot more together as one and friendly.

I think it's important for young people in year seven or in year eight to gain knowledge about the topics that we talk about, so that they're educated about them in the future.

In PSHE lessons, some of the kids might be hesitant to talk about sensitive stuff in front of their teachers, but when it's with peers who are only a couple years older than you, I feel like they're more open about things, they'll share more things and it's just a more in-depth discussion.

I think it's needed because some children will go into secondary school or be out in public, and they might not know some valuable lesson that they need to know. Some people might think doing something is OK. It's normal. Even though it might be wrong. Like some people are brought up in a racist household, in a sexist household and they'll show off. They'll show off them attributes and they'll go out into the outside world, and they'll do them things. However, they won't know that's wrong because of the way they've grew up.

But if we're able to teach them that, it's OK, it's OK that they've grown up in that, but we can change them and they can change their ways, that's the best possible outcome that we can bring out.

Most of the stuff that we talk about, it goes on outside of school and stuff, but no one really talks about it in school. So at least now, they know what to do if they see it.

I think it's very common for kids to think it's OK to bully one another and see it as banter and I think it needs to stop being so generalised to be nasty to each other.

So, I think if we teach them about what's wrong and right, it can help with the future generations coming up in high school to know what's wrong and right.

I think it's needed because with lots of schools nowadays, the bullying doesn't stop inside the school, it will just carry on on the way home, and when you're in your bedroom looking on your phone. Whereas with the previous generations, MVP was still needed, but it wasn't needed as much, because there was less bullying going on, whereas now it can just happen anywhere, anytime.

It makes society a better place in a way because it means, nicer people, friendly people. People won't be scared to be who they are.

Things that are gained from it, it would have been very important and would have been great to have in year seven, and going through, when I look back and seeing the experiences I had, I know I could have dealt with things better. If I'd have gone through the MVP process earlier, I know I could have dealt with them better.

If I'd have gained that knowledge from a younger age, it would have helped me avoid many negative situations that I faced from year seven till now.

I had a lot of issues in year seven in school and there wasn't really anyone to talk to about it so this would have been helpful in year seven.

When you're in year seven, it's quite daunting when you see all these big people. But if you know them from your sessions, you feel a bit more comfortable and you feel like everyone's a bit closer together, and they are.

I know that if I was that age, I would have felt a lot more comfortable talking to somebody close to my age rather than an adult, because they'll actually be able to understand my struggles more, not understand my problems.

{2 people in conversation}

Person A: It would have shown me who to go to instead of going to an adult, cause I didn't feel...

Person B: Yeah, 'cause we didn't really as though we could tell certain people about if it's a certain topic.

Person A: Yeah, it's a new place, you've gone from being the biggest people in the school to the smallest people.

I was bullied quite a lot in year seven mainly 'cause of my glasses and stuff, like I was called names and I feel like if I had someone to speak to about it, I wouldn't get all built up emotions that can't be let out, like I needed to speak to someone. So, I hope this can be the same for the year sevens, they get to speak to someone.

If I see an act that I know is wrong, then I'll definitely stand up to it, which I might not have done before because I might not have had the confidence to do so.

I feel like you learn how to speak out a lot more and it's created a lot more resilience in the tasks that I do.

Like if you go for like job interviews or something you'll be more open to speak in front of large groups of people and stuff like that.

I think it will help me when I go for an interview for example to not get nervous.

I want to do criminal psychology, so I can analyse the minds of criminals and stuff, so I feel like it could help if I'm able to give them an outlet and the sense of feeling like they can actually share how they're feeling and things.

I would say that I've already used it as I am part of a youth military organisation – the Air Cadets – and in there we have ranks, like corporal sergeants and all of that. And in my interviews, I actually mentioned you know I'm part of this MVP thing where I help out children and teach them all these topics, so I can communicate and talk with things. That definitely helped me improve my career in that sense.

It'll help me be more accepting and understanding of other people and be able to help other people who need it.

Most careers these days require you to do a bunch of group work and talk to others. And so, the key skill being able to work in a group, no matter the age difference, and to be able to talk to people you've only just met, is such a key thing that I feel has truly been empowered by being an MVP, in that if I never did it, I would probably in 20 years' time, walk into a meeting and be completely silent because my own opinions wouldn't be enforced by myself.

I want to be a primary school teacher, so if I brought it [MVP] in and told the kids that we need to stay away from racism, bring in being friendly and things like that, you shouldn't discriminate against people because they're different, you're all equal. I think that will be a big change in society because a lot of people, like older family members, they're often racist 'cause that's the way they've grown up. So, it could affect the children, so I feel like they need help to go in a different direction and see what's right.

<ENDS>