

MVP 2024 Graduation Video Transcript

What is the MVP programme and what does it do?

MVP programmes like mentors and violence prevention.

It basically teaches younger students using older students about how to handle situations that may be violent or upsetting.

You teach them about violence and victim blaming.

The MVP programme is a group of students within our school that help mentor younger years against violence and teach them how to stay safe.

We teach younger kids about stuff like cyber bullying and online abuse.

Educating them on different stuff like rumours and body shaming and how to deal with the problems.

We teach them about being an active bystander and preventing violence around the school so they can grow up to be better people.

It's a programme about teaching little younger people in younger generations about what can happen through violence including different ways of abusive like physical or emotional and it teaches them a lot about different ways of how to prevent it, how to spot it and how to report it.

If the school had problems with like racism or something, then MVP can help teach the kids about the right way of approaching different groups of people like stopping like racism and stuff.

It helps teach young people how like stop bad things from happening, keep themselves safe and help keep others safe too.

To help younger years understand the importance and impact of violence on other people and how it can negatively impact them for the rest of their lives.

Why do you as mentors think the MVP works best as a peer-to-peer programme?

It works best as a peer-to-peer programme is because when you are teaching a smaller group and you are all together closer in age you understand each other more, children get on with other children more than they do with other teachers. So, I feel like that's why it's better.

It makes more sense to hear something coming from a person who is more or less the same age as you, as it is more relatable.

Children can deliver to other children in a more eye-opening experience because they have been in their position more recently.

Whereas if it's like a teacher then you don't really take them seriously as they don't know what you are going through as a person so it's different.

Its not like just teachers telling them stuff its us relating to them so they get the message better from us.

A lot of the time someone my age is scared to speak to adults because they feel judged.

Having someone that's around your age can relate more to the things that you are going through at this current time is better because they know how to cater to your age group more than someone who is older would know how to relate to.

I think it works best because we are talking about situations that maybe these people may have been through, or will experience in the future, and I think its easier for them to hear how to handle it from someone who's their age and is maybe going through similar situations as them.

What have you gained from the MVP programme as a mentor?

As a mentor I have gained various skill such as being able to present myself, increase my self-confidence.

I have gained the skill sot talk to younger students and tell them the importance of helping other people.

Confidence to talk in front of a group and friends.

I gained knowledge in a way because I wasn't, obviously I knew about online bullying and that, but I leaned it in a better perspective when we were doing the training for it.

I feel more educated on different situations, and I feel like I know what to do, now if I see something I would just stand here and let something happen.

I have learned some things about topics and situations, I have also learned how to work with younger students.

To sort of have confidence in myself so that I can speak in front of other people because I used to be quite scared of speaking in front of people.

I have gained definitely confidence in speaking to groups of people and also public speaking and also, I think it helped me learn myself how to handle situations where someone may be violent its really helped me learn how to handle these situations and learn how to be better in the future.

It's given me a lot more confidence to do more public speaking or just speak in front of people in general.

We gained a lot of confidence in speaking to people and presentations in general.

Public speaking skills and how you can core for others.

Gained a lot of trust with younger children in the school and personally a lot of confidence talking in front of crowds it used to make me very anxious and now I feel a lot of chiller about it.

When I was doing my first lesson, I was quite nervous with teaching them but by the time I got to the last one it has got a lot easier.

What impact has had the MVP programme had on your Mentees/younger students?

Personally, I have seen a fair few impacts, some of them have been reporting things on the mental health app, someone asked me about that, and I was able to help that person, they are currently seeking help. There is a lot more people reporting stuff.

From my perspective I think that the mentees have been able to understand how important it is to talk about violence.

They have gained a lot more confidence when it comes to like dealing with things that they are not so used to like peer pressure and all that type of stuff.

I know it's definitely given them more of a relationship with older years so that they can talk to us if they need to. I know that I have developed a friendship with some of the people from the younger years. I know that if they need anything they can come to me.

I think they enjoy like interacting with us and sort of like us taking an interest in them.

I feel like the impact that it has is that it made them more aware and how to help a situation where they normally wouldn't help out. Now they know how to react on it and how to take it on.

More talkative to like the older peers and more talkative to me and my mates in the MVP programme and more open.

I feel like as time went on, they definitely started changing behaviours, they started being a lot more respectful and started listening to us more.

I think that now they know they can deal with violence and abuse and fights now, and they were able to in the sessions help each other and talk to each other and share their experiences.

They have learned about how to stop bullying and how to combat it.

I think it has opened their eyes to things they didn't know were happening or opened their eyes to things they may have seen before but not recognised the fact that outside of these issues there is ways to solve them without putting yourself in danger and help them learn how to stand up for themselves in a nice way.

I have had a lot more younger students coming up to me who knew about the programme saying I need help; can you help me? And then me being able to actually help them with it.

They really like, they sit down, they listen, and once class is over, and they leave they actually take what they have learnt and bring it outside.

I feel like they do listen to what we are saying, and I feel like they do trust us so when we aren't in those sessions sometimes, I get the younger years coming asking me how I am and talking to me. It makes me feel like if anything happened to them, they would come and talk to me.

What changes have you seen happen in your school because of MVP?

MVP has definitely decreased the violence in school.

I feel like there has been less violence in the school and more people more willing to talk to all the people about what's going on.

I feel like the changes that I have seen have been is that everyone has started to get along more there has been a change in behaviour and attitude within everyone. Everyone is communicating more with each other.

I have seen a lot more Year 7's being nicer to one another.

You can see how eager the Year 9's are to become mentors and to teach like they were taught, and you can see how much the Year 7's behaviour has improved. They want to follow in our footsteps, and they see us as role models.

Like there hasn't been many fights and they have just been better as a year group, I am really proud of that.

Compared to some of the older years where they didn't have MVP, I have noticed that a lot of them get along more. I don't see as many arguments from the younger years as you do with the years that didn't have access to the MVP programme before.

I feel like I have gotten closer to everyone because of the programme, and I feel like walking around school I see people that I know from the programme, and I can say hi. So, it makes school feel like a bit safer.

Safer and more friendly.

A lot more of the people we have mentored, a lot of them have gained confidence through the sessions I have noticed. At the start they wouldn't answer questions and now they have become more confident and have spoke to members of their form who they wouldn't normally speak to.

I definitely think that people have been kinder to each other also I see when maybe there are people who are being mean a lot of people rather than just standing by have started telling teachers about it instead of just standing there.

I have seen the younger people come to us or the teachers more when there is a fight happening or when they have got something wrong.

I see a lot more people who are usually a bit sad or a bit down, they are more happier with broader shoulders they are up a bit more and a lot more happier and smiley.

There is a lot less of the typical name calling and stuff like that, a lot less of it especially in the year group that we did the sessions with.

I see more people like going out together, if something happens, they go to tell a teacher or they go and tell us or they go to their friends and try to stop bad things from happening to each other.

I feel like people are more comfortable because the Year 7's like they would see Year 10's and not see them as scary because we have spoken to them before. So, they are more comfortable around the school.

The Year 8's from last years mentoring you see them doing a lot more good stuff rather than messing around or playfighting stuff like that. They are doing less of that and more normal socialising.

What is an active bystander and why is it important to Violence Prevention?

An active bystander is someone who actively deals with the situation, rather than just seeing the situation and leaving it.

An active bystander means somebody who stands up for things that they know are wrong.

Someone that acts in a situation instead of just walking past it.

They are going to like to stand up for the person or they are going to tell someone its happening to make sure that person is okay and I think that its really important because you don't want anyone to feel alone.

They can go and tell someone, so someone is actually notified of what's happening and what's going on.

For example, if it's in school it's going to get a teacher, if its on the streets for example and its bad they could end up calling the police.

Being an active bystander is important because a lot of things happen in school now and in public, a lot of people don't pay attention to it. So, I think being an active bystander and getting involved in things is kind of what we need to prevent stuff like that happening in the future.

If you like sort of help them out, then you know that you have done something good and you know that its going to be resolved in a way that is just and in a way that is going to help others.

Its really important because if nobody does anything about an act of violence the issue can never be resolved, and it will always be something that will affect someone and it will be an unresolved issue for a very long time which can have a bad impact upon mental health.

Why do you think the MVP programme is important/needed?

The MVP programme is important in school because this is a really important time where we are changing into who we will be for the rest of our lives. Its important that we learn the values that come from the MVP programme at this young age before we get older, so that when we go out to the world, we can show people how to be a good person.

I think that its important because it teaches young people how to be better, like its taught me not to sit there silently like stand up for myself don't let anything bad happen to everyone and I just feel like a better person because of it.

I think it's important because it's a very good life skill to have for when you are growing up even as teenagers or when you are an adult.

It's important because obviously not only in school but in outside situations they can then apply what they have learned into real life scenarios.

It helps you learn about loads of topics like racism and abuse, and you can like understand different people's behaviours from it that you normally wouldn't understand.

I didn't know about most of the stuff that I had been taught before the MVP programme, so I think it's good that I've been able to deepen my understanding by trying to teach other people about it.

Id says its important because it teaches younger people about what they can do to help themselves if they ever find themselves in some form of situations.

It's really important for the younger years to know that if they are facing some kind of bullying or some kind of, a form of violence. That they have the means to safely report it or do what they need to, to get that solved.

It just gives young people that like kind of thing that people are there for them, people knows what goes on and if they are struggling that they can talk to someone. If they don't want to talk to someone face to face, then it gives them chances to talk to people online with the resources that we give them.

It makes people who don't have a voice finally realise that they have the ability to speak and stand up for themselves.

How will taking part in the MVP help in the future?

I think it will help me in the future because I now have learnt that it is okay to go ask a person for help and that you don't have to go through everything by yourself.

By taking part in MVP it helped me be more aware of my surroundings, in the future it will help me for example if I witness something I know how to approach it whereas a year ago I wouldn't know how to approach it as I do now.

I feel like I could stand up in front of a bunch of people and talk about any subject without feeling afraid.

It has given me more confidence when speaking to people.

It has made me more confident to speak to more people or say I am presenting when I'm older or leading a meeting I feel more confident speaking to people.

I am a lot more comfortable now speaking to big groups of people and about controversial topics.

Its going to help me as I am going through to universities and colleges and getting jobs, its changed me as a person because obviously we get the sessions first before the Year 7's do because we learn about it to teach them. It's a really eye-opening experience and it changes your whole mindset; it makes you want to do more about things that are going on instead of just watching it and not doing anything about it.

It will definitely help a lot with understanding a few more situations that could happen to myself or other people that I know and are quite close to me but also it helps me be able to stand in front of someone and tell them certain things.

Already I am seeing a great change within myself, obviously in order to teach someone you have to understand the importance of what you are teaching. So, that has made me realise the impact of violence itself.

They might take away stuff from the lesson, but I also take away things from the lesson that help me in real life outside of school.

I think it helps by giving us values that are attractive to an employer and also, I think that this helps us so that when we are in a workspace working with other people, I think it really helps when working with other people and communicating.

It helps you as a person really but also when you get into universities or colleges it's really good to have on your CV as well, that's a really good plus side.

I could use it on my CV saying I was on the MVP programme.

It will be something that I can speak to other people about and I can speak about it at interviews if I go for job offers something like that but as well, I think it will be useful using it in everyday life.

I have been able to have an impact within the younger years, so that they can grow up to be better people and that I become a better person from these sessions they are so rewarding.

I feel like it has made me more of a team person so I feel like if I had to go to a job and I had to be in a team situation I feel like I would be able to lead that team or even just be a part of it and feel like I now work well with people now.

I can put this on my CV now and many universities will be delighted to know that I have been working in the MVP programme and helping younger people mature.

It could help me because now that I know about this stuff if I have kids later on in life, then I could be like I was a mentor and I taught about this this and this and this is what this means.