

MOT'S IMPACT



FACT:

Research shows that people who take the wrong paths in life and have ruined their own or other people's lives often have the following characteristics in common:

- a hostile mindset
- had a strong sense of internal vulnerability at a young age
- have little or nothing positive to say about themselves – would often feel like a failure
- experienced less support from friends and family than what most people do
- been exposed to an overdose of external risk factors
- experienced an overdose of negative reactions at a young age – experienced a lot of social rejection at school
- have been part of social environments with negative and exclusionary group mechanisms
- their behaviour is founded on the desire to be accepted, to belong and be seen regardless of the costs

From a social perspective it is important to prevent the most negative aspects of adolescence, and enter the picture at an early stage to prevent the activation of the destructive side of high-risk people.

MOT does this through strengthening youth's robustness, class environments, school cultures and local communities where *everyone* is included.

DOCUMENTED EFFECTS

Proba Research conducted an impact evaluation, a comparative study and a preliminary and follow-up study spanning three years in the period 2008-2011.

The results from the Proba Research final report:

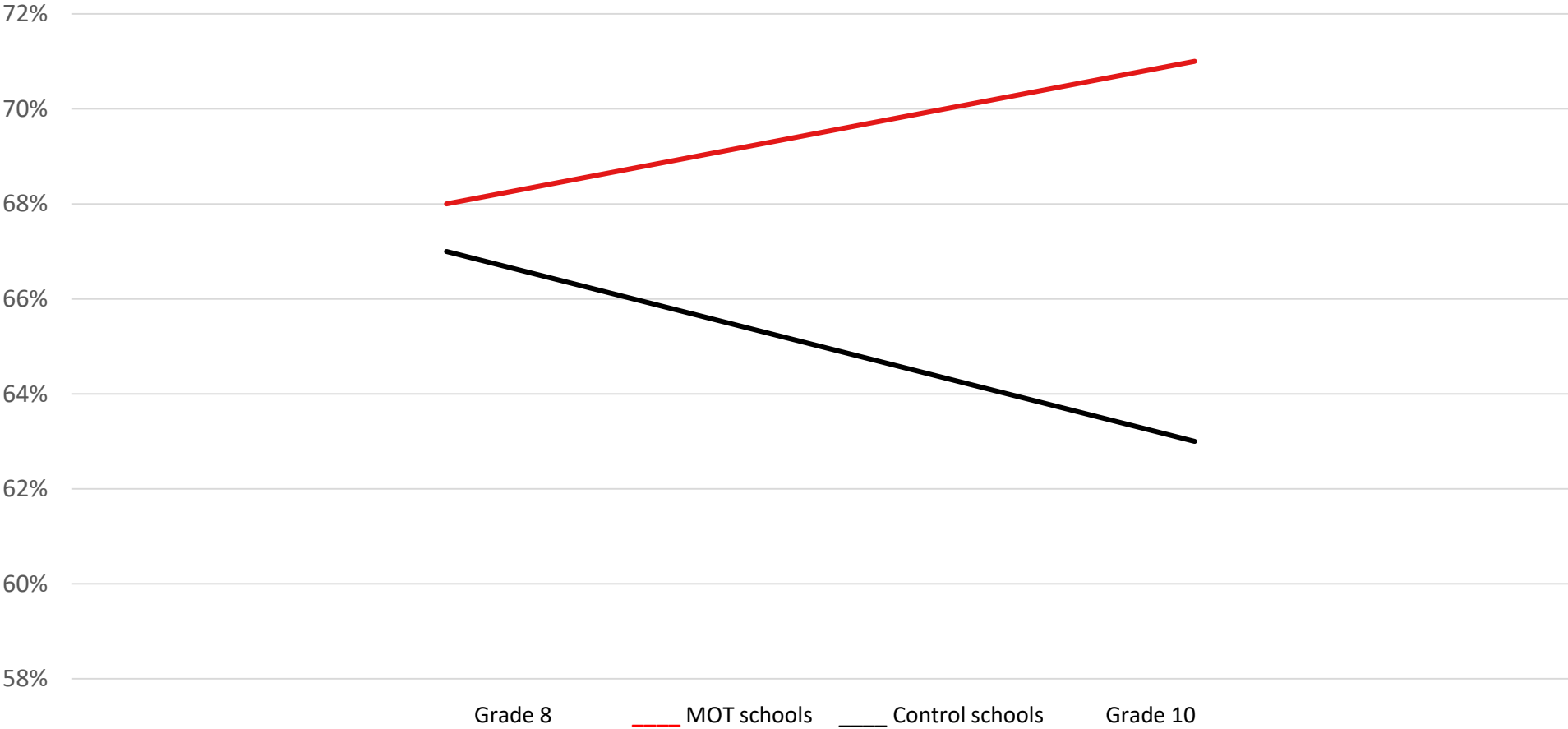
MOT
STRENGTHENS
YOUTH'S
**SELF-
ESTEEM**



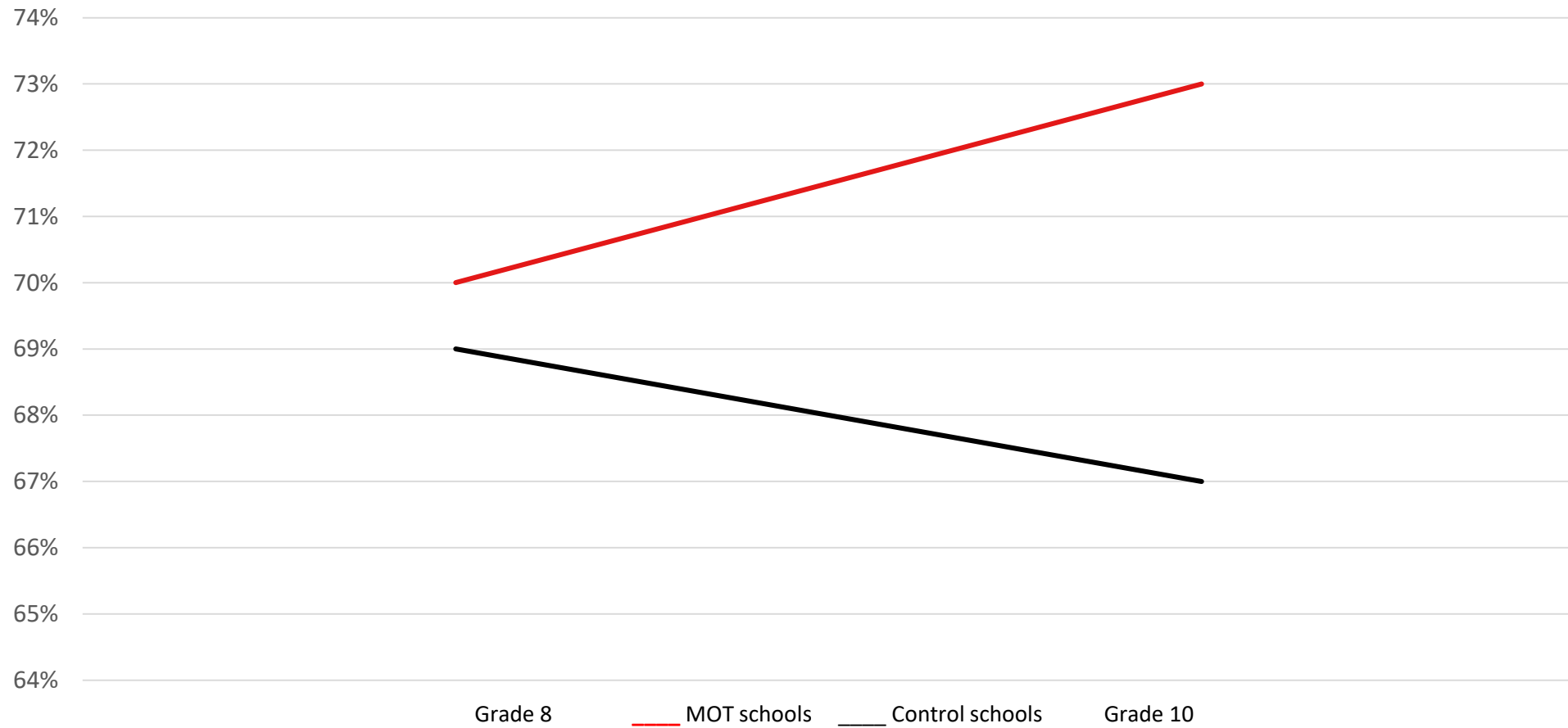
Strengthening youth's self-esteem contributes to strengthening their life management skills and prevents mental problems, drug abuse, crime, violence, violent extremism and radicalisation.



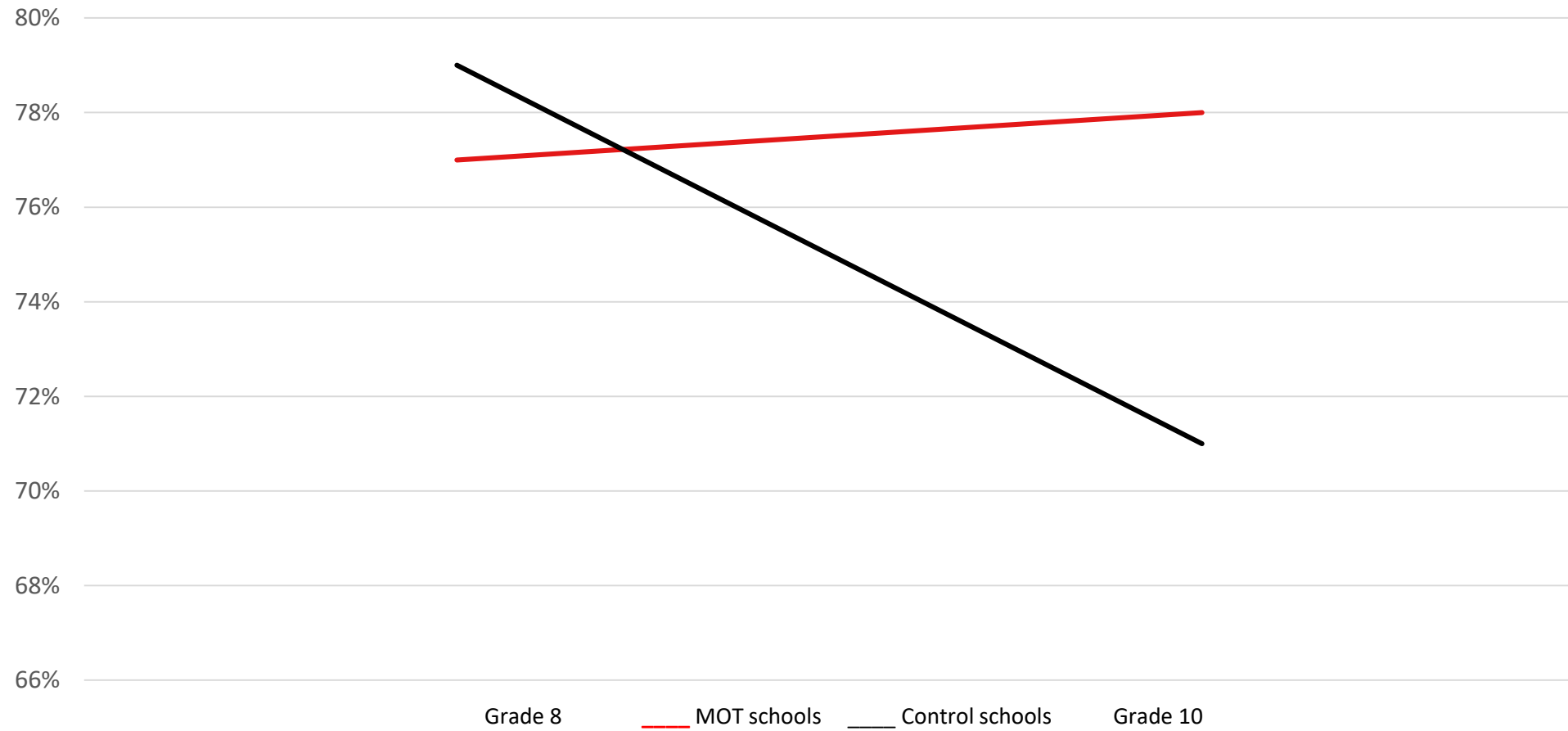
'I think I have many positive qualities'



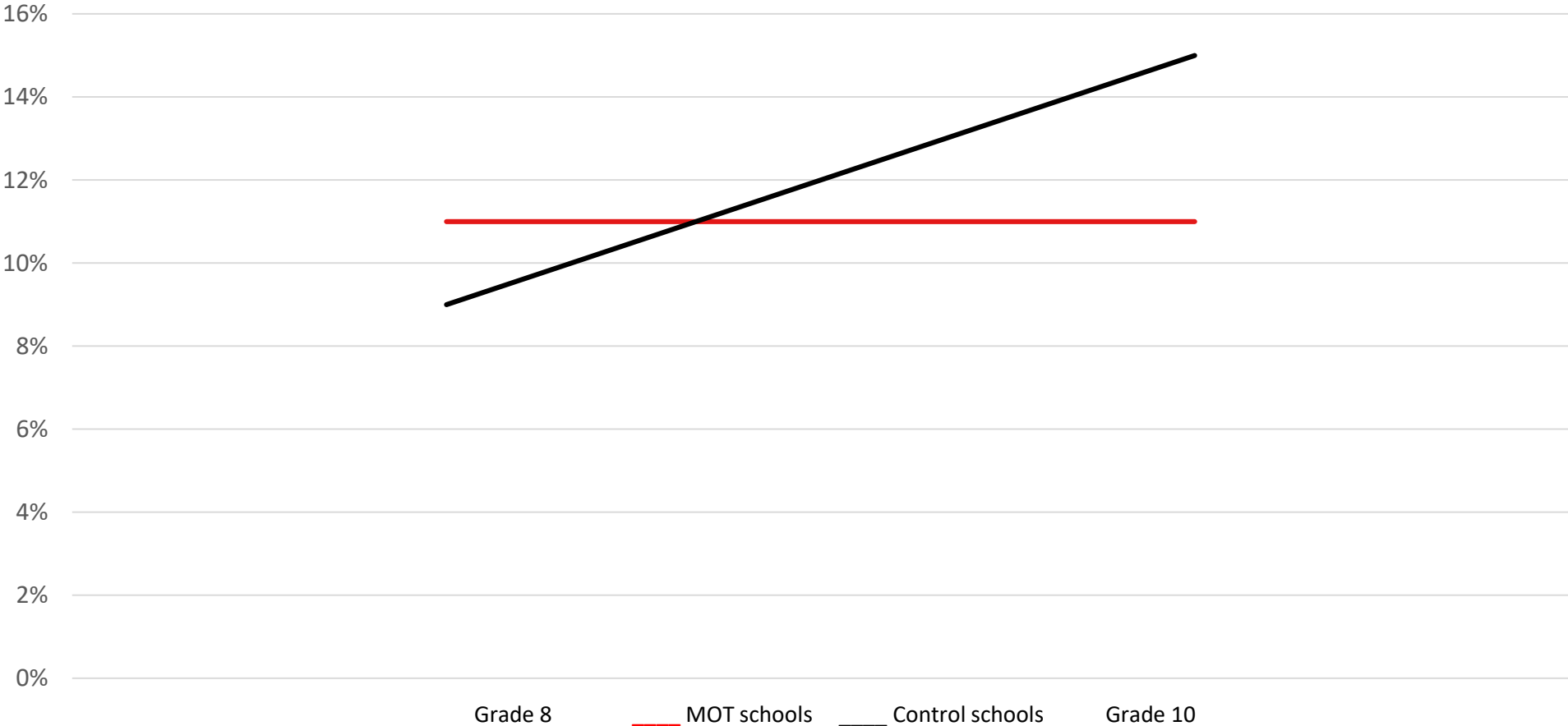
'I can do things just as well as other people can'



'All in all, I feel that I am a good person'



**Disagreeing with the statement:
'I feel that I have a lot to be proud of'**



MOT
STRENGTHENS
YOUTH'S
**COURAGE AND
SAFETY**



MOT
SHOW COURAGE!

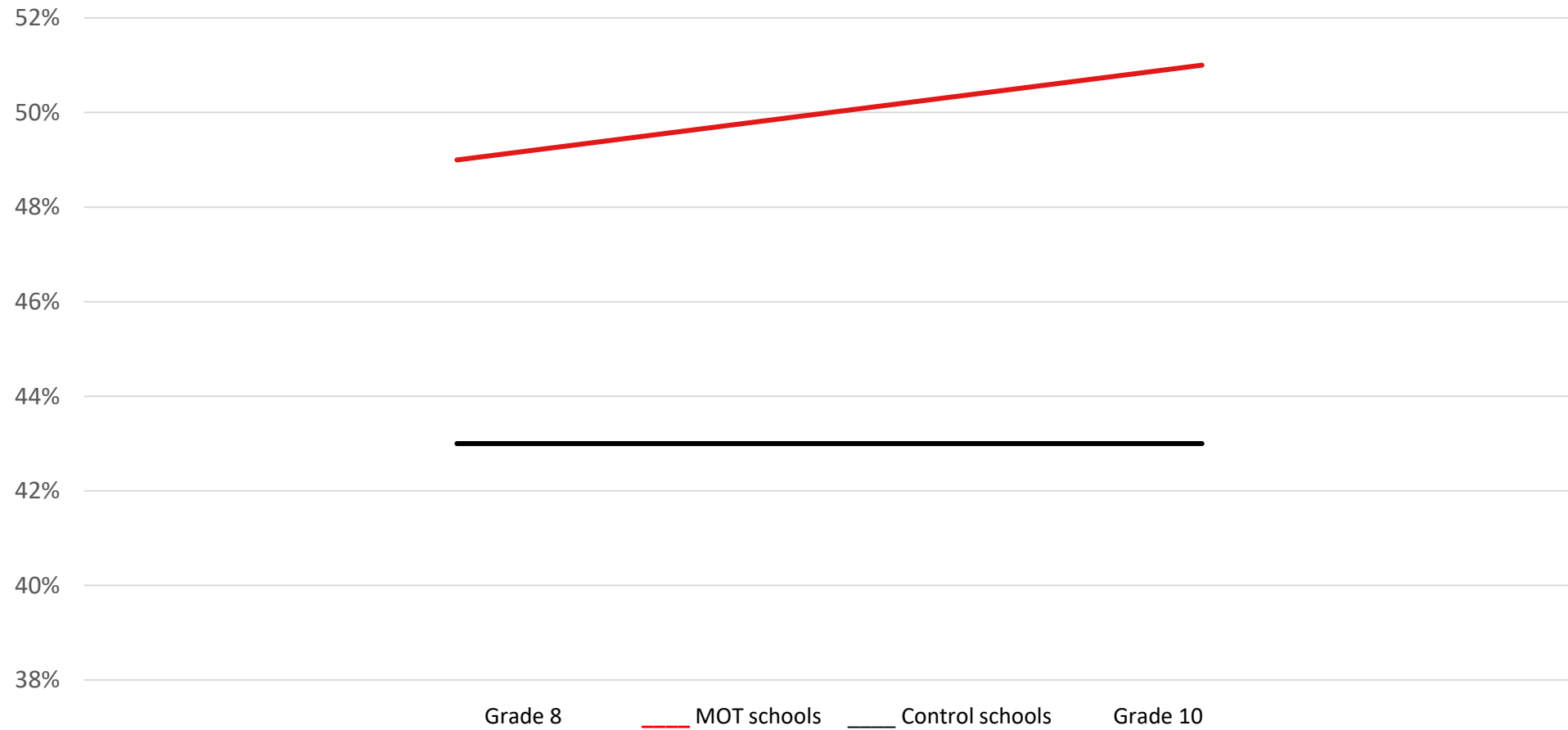
FACT:

After two years in secondary school, **more than twice as many** pupils in control schools are certain than that they will not be able to speak up if they feel unfairly treated or if someone does something they don't like.

11% versus 5% in MOT schools.



'If you are being bullied you would tell one or several classmates'





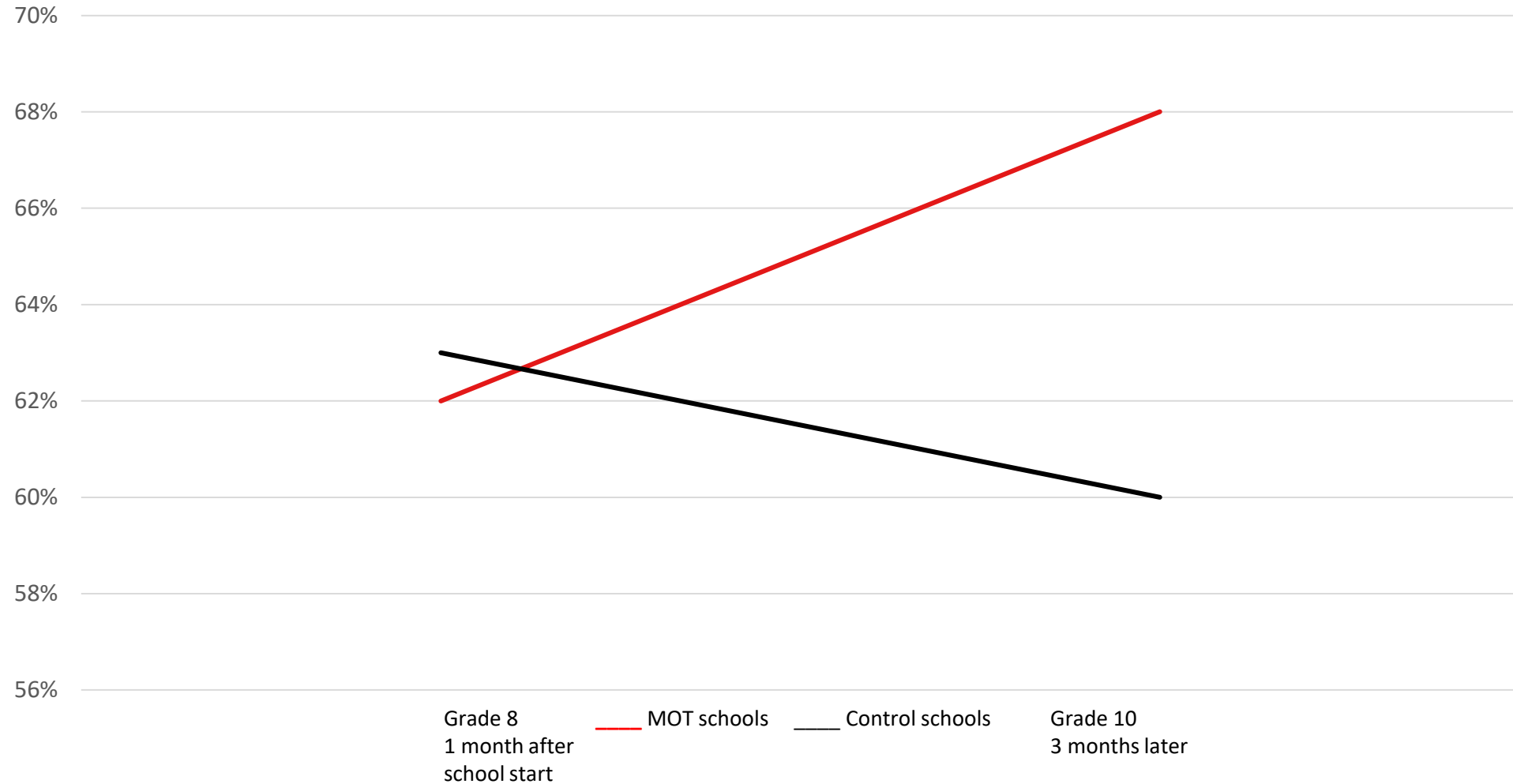
MOT
STRENGTHENS
YOUTH'S
**DEVELOPMENT
FOCUS**

Being able to beat yourself and focus on development and accomplishment – as opposed to being talented and comparing yourself to others – strengthens life management skills, quality of life, inner safety and the inner courage in youth.

It's a red flag if youth are dominated by a focus on affirmations and an exaggerated focus on being seen as talented.



Development orientation towards learning

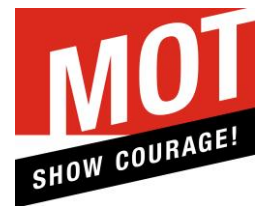
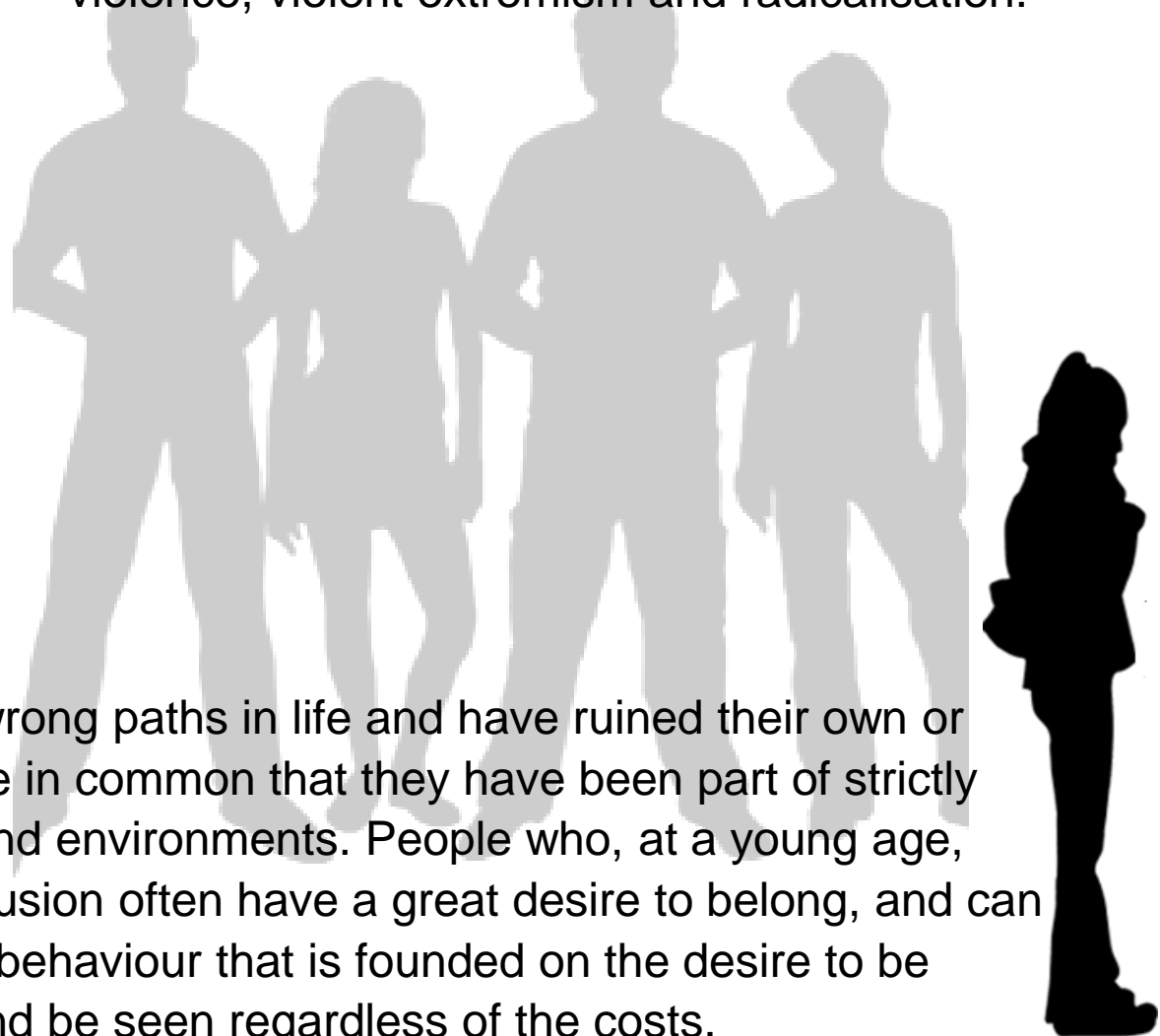


Social exclusion creates social problems and ruins lives.

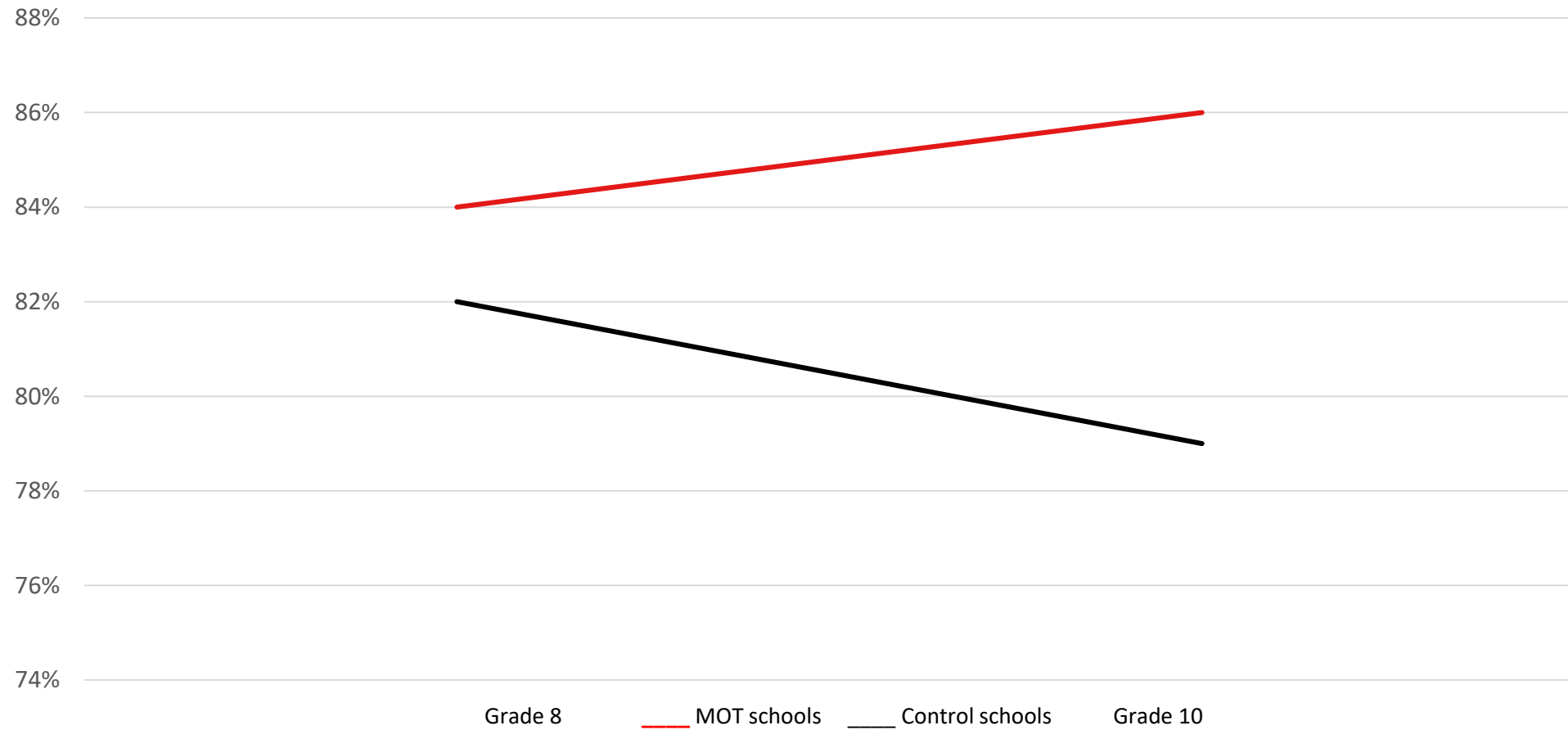
MOT is convinced that the act of including *EVERYONE* is of vital importance for strengthening life management skills and quality of life, and to prevent mental problems, drug abuse, violence, violent extremism and radicalisation.

MOT
PREVENTS
**SOCIAL
EXCLUSION**

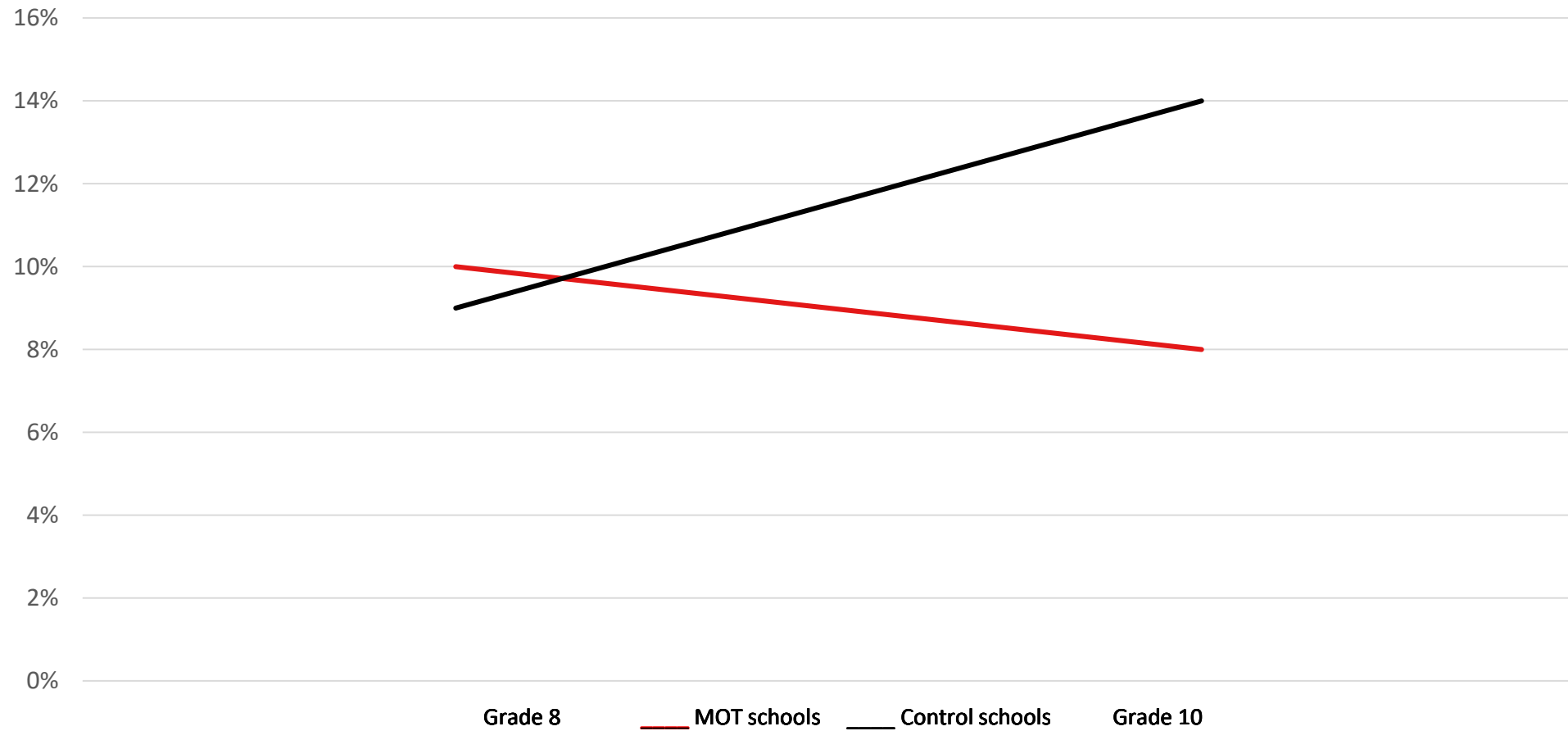
People who take the wrong paths in life and have ruined their own or others' lives often have in common that they have been part of strictly exclusionary groups and environments. People who, at a young age, experience social exclusion often have a great desire to belong, and can be characterised by a behaviour that is founded on the desire to be accepted, to belong and be seen regardless of the costs.



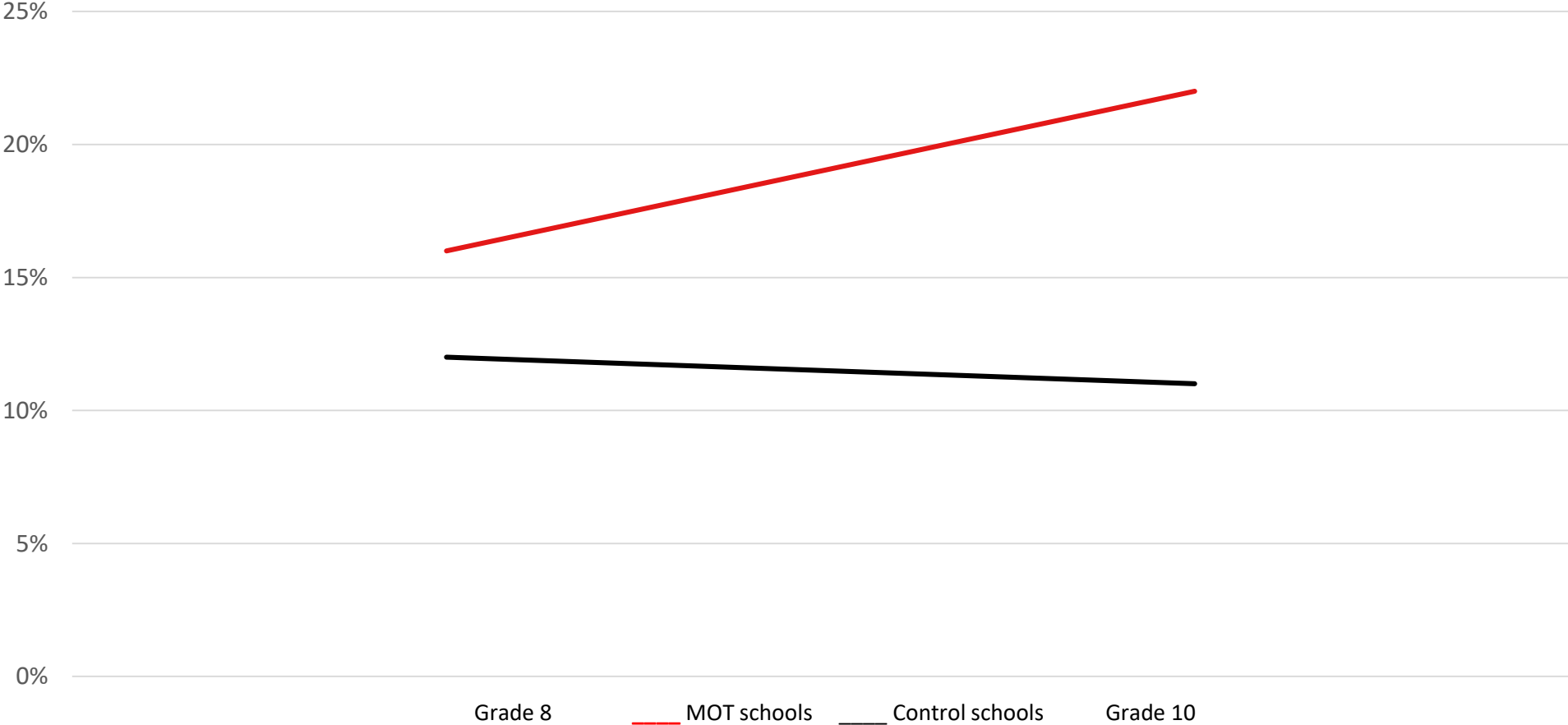
'I think it is important to take care of everyone in the class'



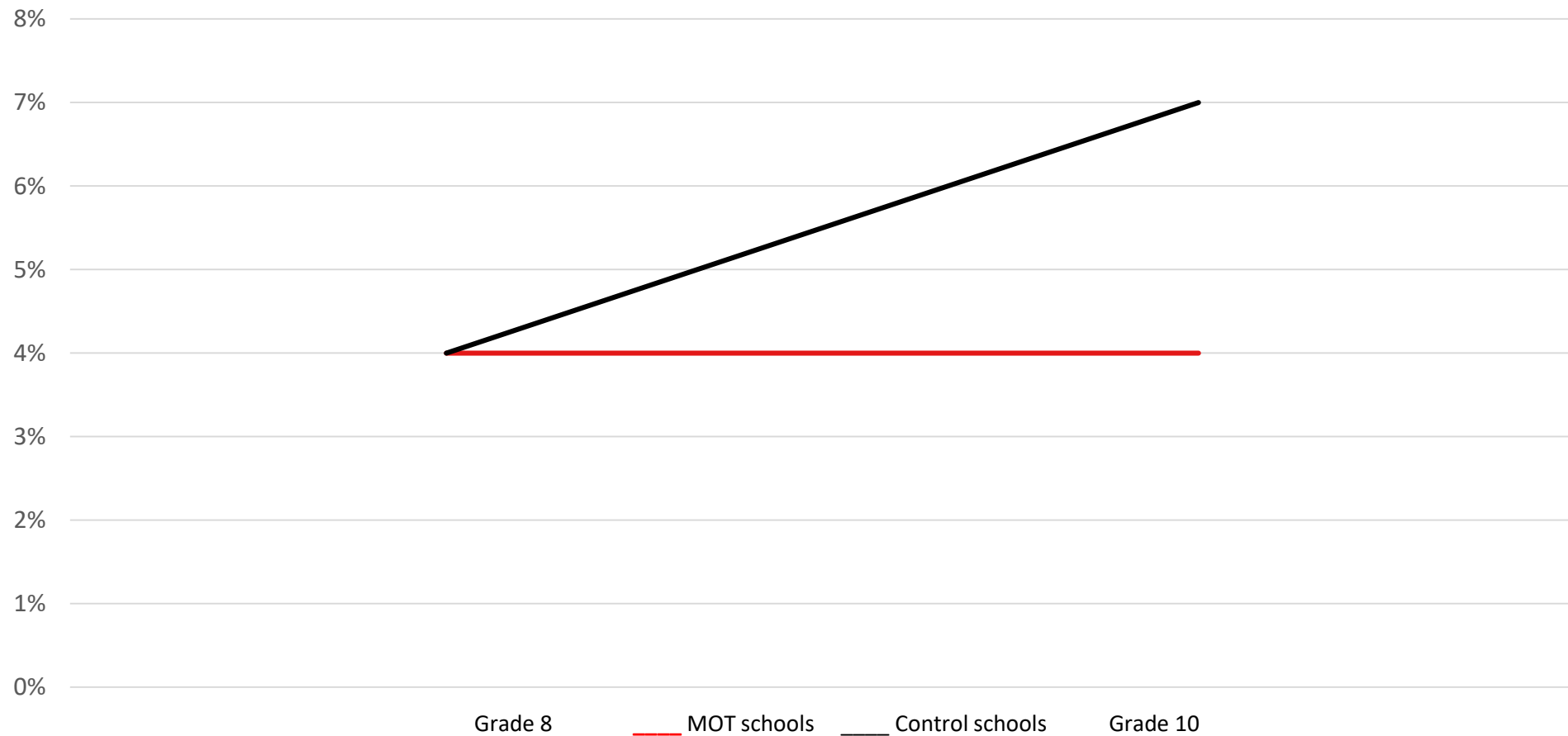
'If you see other pupils being bullied, you wouldn't tell *anyone*'



'If someone spends a lot of time by themselves, I would talk to them'



Number of respondents who *completely disagree* with the statement:
'My school is a place where other pupils seem to like me'



NUMBER OF YOUTH **WITHOUT ANY FRIENDS**

8th grade



MOT schools: **1%**

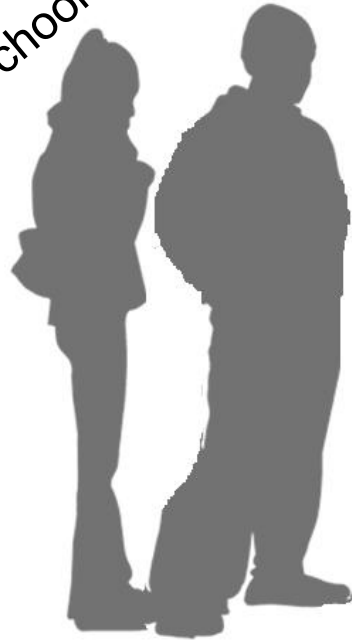


Control schools: **2%**

NUMBER OF YOUTH **WITHOUT ANY FRIENDS**

10th grade

Prison studies show that 6 in 10 criminals never had any friends in secondary school



MOT schools: **2%**



Control schools: **6%**

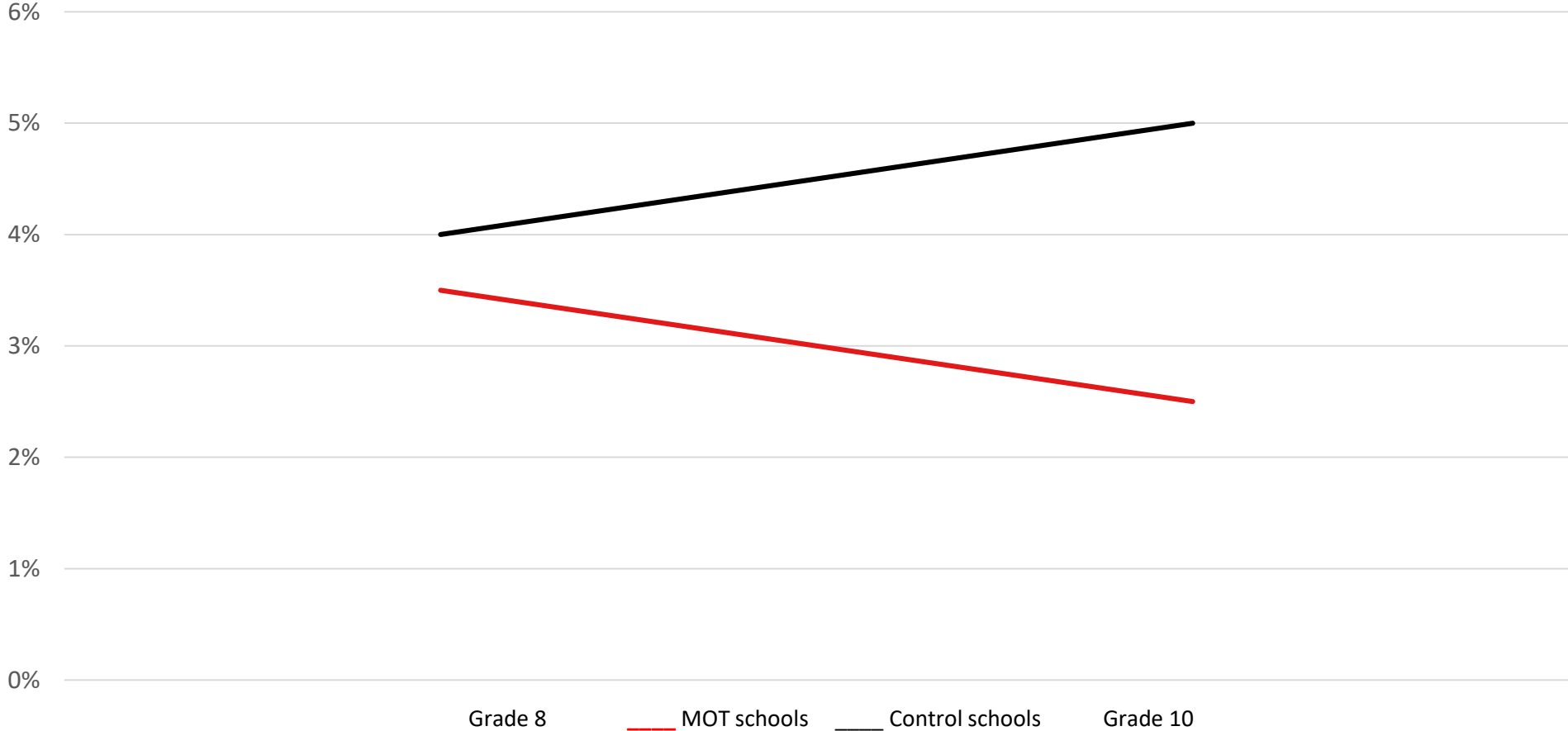
MOT
PREVENTS
**FREQUENT
BULLYING**



Preventing frequent bullying is an important factor in strengthening life management skills and quality of life, and is an important factor in preventing social exclusion, mental problems, drug abuse, crime, violence, violent extremism and radicalisation.



NUMBER OF PUPILS WHO EXPERIENCE FREQUENT BULLYING



FACT:

About **half** as many 15-year-olds experience frequent bullying in MOT schools.

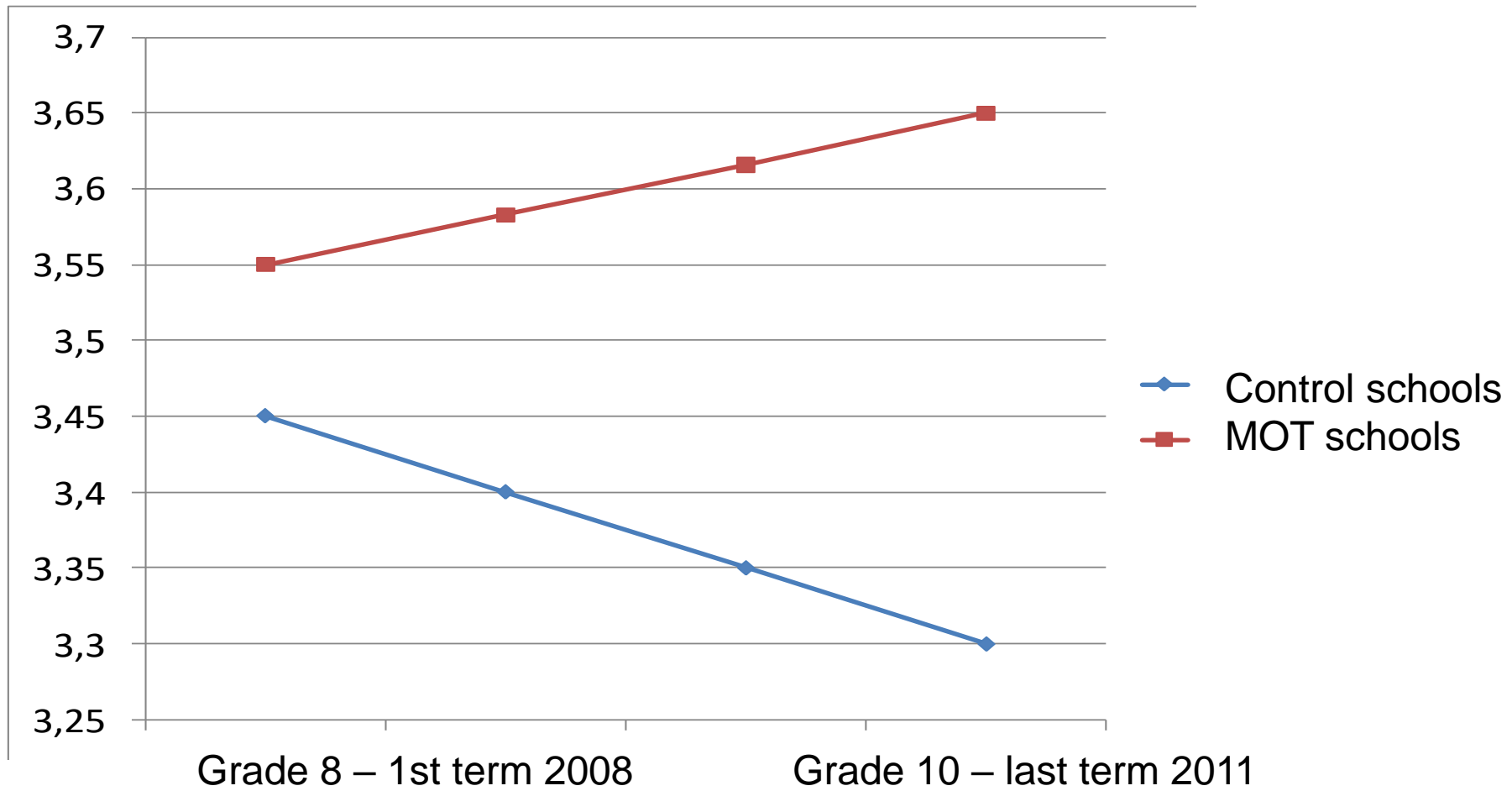




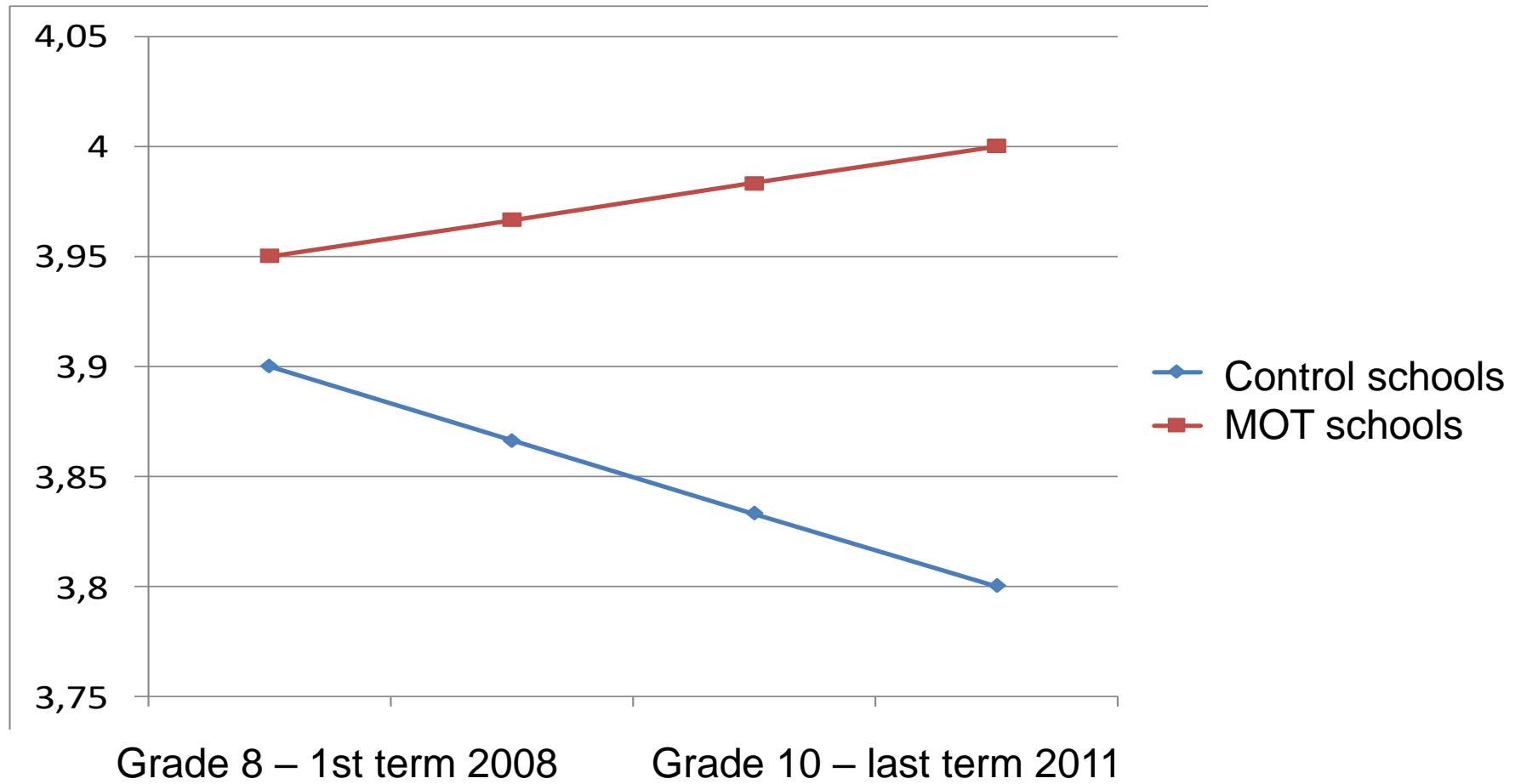
Strengthening youth's awareness and courage – to live, care and say no – helps strengthen life management skills and quality of life, and prevents frequent bullying, social exclusion, mental problems, drug abuse, crime, violence, violent extremism and radicalisation.



OVERALL DEVELOPMENT IN **TO CARE** AMONG YOUTH



OVERALL DEVELOPMENT IN **TO LIVE AND TO SAY NO** AMONG YOUTH



MOT PREVENTS
**FEELINGS OF
HOPELESSNESS**



Being able to deal with adversity, conflicts, crises, defeats and difficult experiences strengthen life management skills and quality of life and is an important factor in preventing social exclusion, mental problems, drug abuse, crime, violence, violent extremism and radicalisation.



Three times as few MOT school graduates disagree completely with the statement
'Although something seems uncertain, I still believe it will all end well.'
4% versus 15%.



MOT schools



Control schools

FACT:

Youth in MOT schools are better equipped to deal with negative reactions and negative group mechanisms.

The youth who experienced bullying 2-3 times a month reported a **more than 50% reduction in the experience of strong dissatisfaction** during three years with MOT.



MOT
CONTRIBUTES
TO
**POSTPONED
ALCOHOL
DEBUT and
REDUCED DRUG
ABUSE**



FACT:

- **Fewer youth in MOT schools were intoxicated/drunk before the age of 13**
- **More youth in MOT schools postpone their alcohol debut**

Why is it important to postpone the alcohol debut?

Studies show that the younger youth are when they first begin drinking, the greater the risk of developing alcoholism and risky behaviour later on, such as drug abuse, crime and unemployment – in addition to serious mental and physical illnesses.



OTHER EVALUATION RESULTS:



The FET Institute, University of Cape Town

has evaluated "The MOT life skills programme" for MOT South Africa twice.

Drug abuse after three years of MOT in college near halved

"The Research Report" of 2012 followed 86 students (17-30 years) over three years.

The 2015 report followed 462 students from 10 different campuses (five colleges) over three years.

Both surveys show the same – number of students reporting using drugs nearly reduced by half during three years (from 7,5-8% to 4,5%).

The number of students consuming alcohol was also reduced, by about 7%, during three years according to both surveys.



The MOT survey

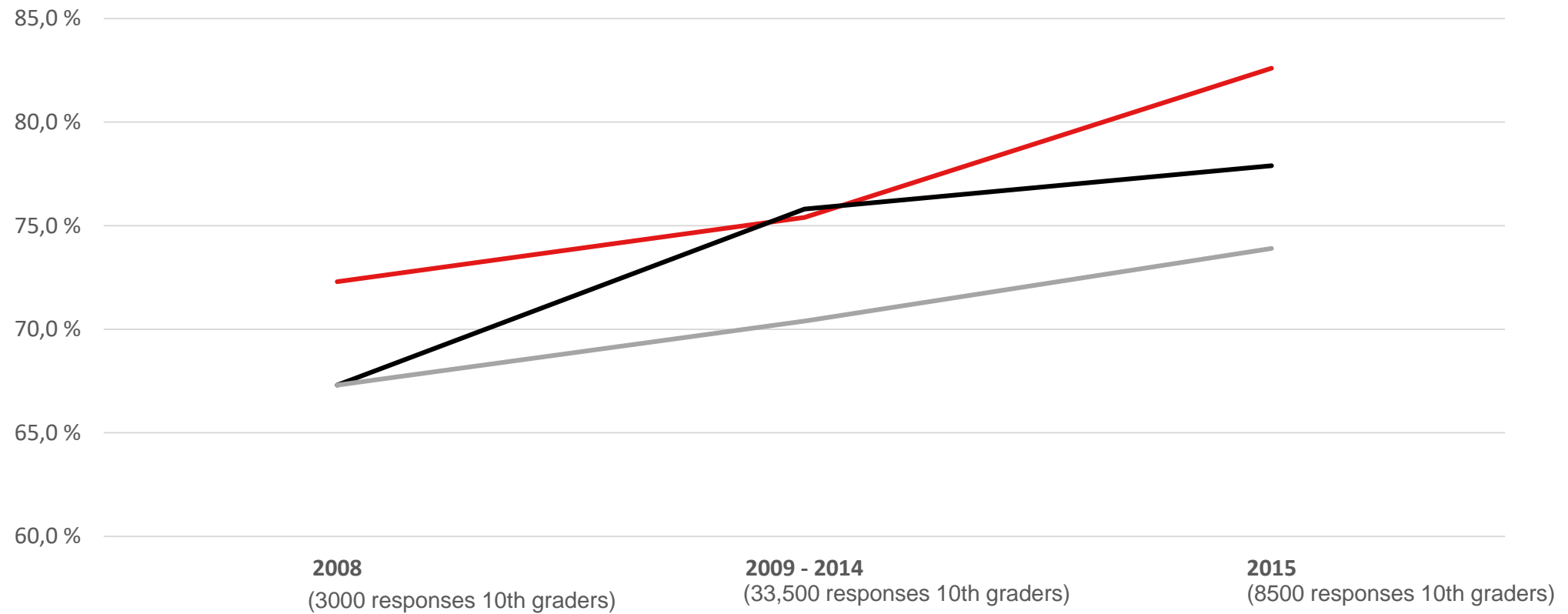
Each year, MOT conducts a survey among 10th graders at MOT schools. This is done to study the development at each school from one year to another, but also to see the overall development.

MOT wants to ensure that the MOT programmes and the MOT coaches are continually improving.

During the years 2008-2015 there were 45,000 responses/respondents (youth 15-16 years).

The table shows the development during these years:





- MOT contributes to class environments where differences are accepted + MOT has made me become better at caring
- MOT helps me make conscious choices
- MOT has made it easier for me to say no