

# Movers & Shakers Engaging Teenage Girls

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Scottish Company: SC407011  
Scottish Charity: SC042593



# THE STORY SO FAR

- **Level 4 Courses - 28**
- **Level 5 Courses - 17**
- **On target to complete 50 courses by Christmas**
  
- **Level 4 Leaders - 301**
- **Level 5 Leaders - 178**
  
- **Days of Dance – 2 (with 2 in planning for Feb 2019)**
  
- **Dance Platforms – 15**



HLH's targeted work around teenage girls participation has seen secondary female participation. **Rates increase from 53,623 participant sessions in 2014/15 academic year to 80,787 in 2017/18.**

If it is worth picking one stat out **S4 Female participation** has almost doubled from **6,550 to 12,521 participant sessions** over this same time period.



**I am a young person living in a foster care setting and Movers & Shakers has helped me find my way:**

“Before Movers & Shakers and the High Life Highland Leadership Programme:

I had a poor attitude in school  
I was always late  
If I even turned up at all  
I would start fights and a bully  
I was excluded 3 times and almost kicked out

I had no confidence, had low self-esteem, and felt like nobody as people put me down  
I was angry, frustrated, cried a lot and didn't know what I want to do.

**It was the worst time of my life**

Since taking part in Movers & Shakers and joining the Leadership Programme:

I have achieved my Dance Leaders level 4  
I have achieved my Sports Leaders level 4 & 5  
I lead weekly lunchtime dance clubs in Primary Schools  
I planned and led the Easter Playscheme  
I fill in for other volunteers at short notice  
I am signed up for Saltire Awards and Youth Achievement Awards  
I have created a dance project for my old Primary School

My attendance at school has improved  
I have a better attitude towards teachers and other pupils

I have more patience and respect for other people  
I have made it through to the end of 6<sup>th</sup> year!

**I am a nice person now”**

**Ian Murray**  
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