

# PILOT IMPACT MEASUREMENT REPORT



**JANUARY - JULY**  
**2025**

# TABLE OF CONTENTS

- 1** Introduction
- 2** Measurement Approach
- 3** Key Outcomes for Young People
- 4** Theory Of Change & Impact Measurement Framework
- 5** Organisational Impact
- 6** Case Study/Story of Change
- 7** Looking Ahead



# INTRODUCTION

The Youth Impact Foundation (TYIF) is driven by a singular vision: **to create a world where all young people flourish, understand their influence, and impact the world selflessly.** Our approach integrates diverse youth-focused organisations to ensure greater reach, efficiency, and more significant, lasting positive impacts on young people across Australia.

TYIF's innovative model incorporates **nine distinct brands**, hub partners, and network members that work collaboratively to deliver a wide array of programs aimed at enhancing mental health, wellbeing, and leadership skills in young people.

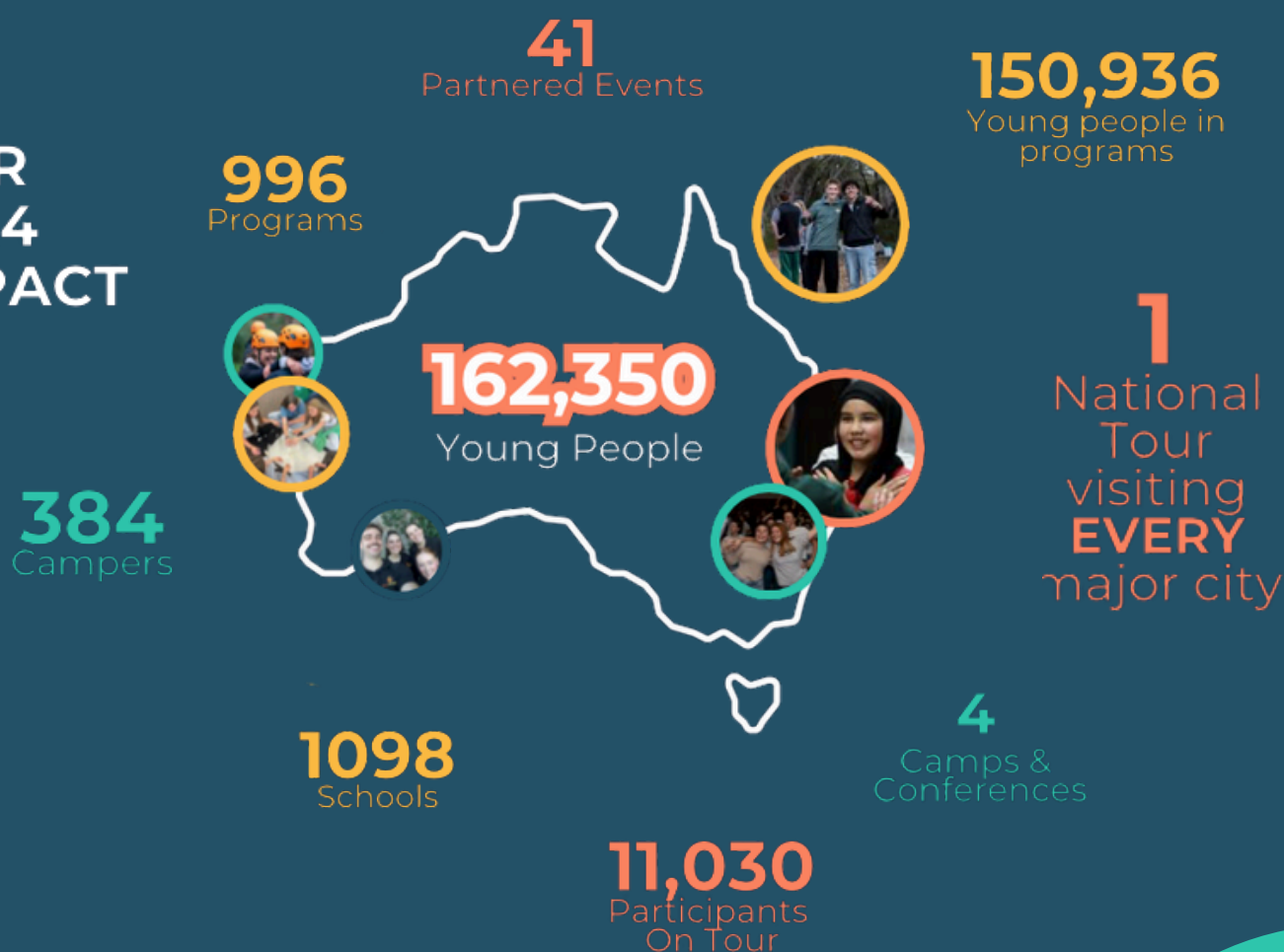


# INTRODUCTION

Through a combination of in-person workshops, digital resources, camps, professional development seminars, and youth empowerment programs, TYIF engages young people aged 9 to 18 years. This range of services allows TYIF to **meet the needs of diverse youth populations**, including students, teachers, youth workers, and community leaders.

Our work is rooted in the belief that every young person deserves the support and resources they need to thrive and become **empowered, resilient, and socially responsible individuals**.

## OUR 2024 IMPACT



# INTRODUCTION

This report presents **pilot research results** conducted across all TYIF brands during the first six months of 2025. The data collected from this period informs our understanding of program effectiveness and helps shape the ongoing development and expansion of TYIF's offerings.

## DESCRIPTIVE STATISTICS

Age	N	%
11	232	10%
12	453	19.6%
13	180	7.8%
14	407	17.6%
15	337	14.6%
16	291	12.6%
17	352	15.2%
18	57	2.4%

Total Number of Students	N	%
Digital	0	0
Face to Face	2090	90.7%
Camps	215	9.3%

**Total sample size (n) = 2305**



# MEASUREMENT APPROACH

## Success Factors

Key elements of program design, quality, and delivery.

---

## Short- and Medium-Term Outcomes

Immediate and intermediate changes observed in young people and adults participating in our programs.

---

## Organisational Impact & Return on Investment (ROI)

The aggregate impact of TYIF's work across all programs, measured through wellbeing-adjusted life years (WELLBYs) and cost-effectiveness metrics.

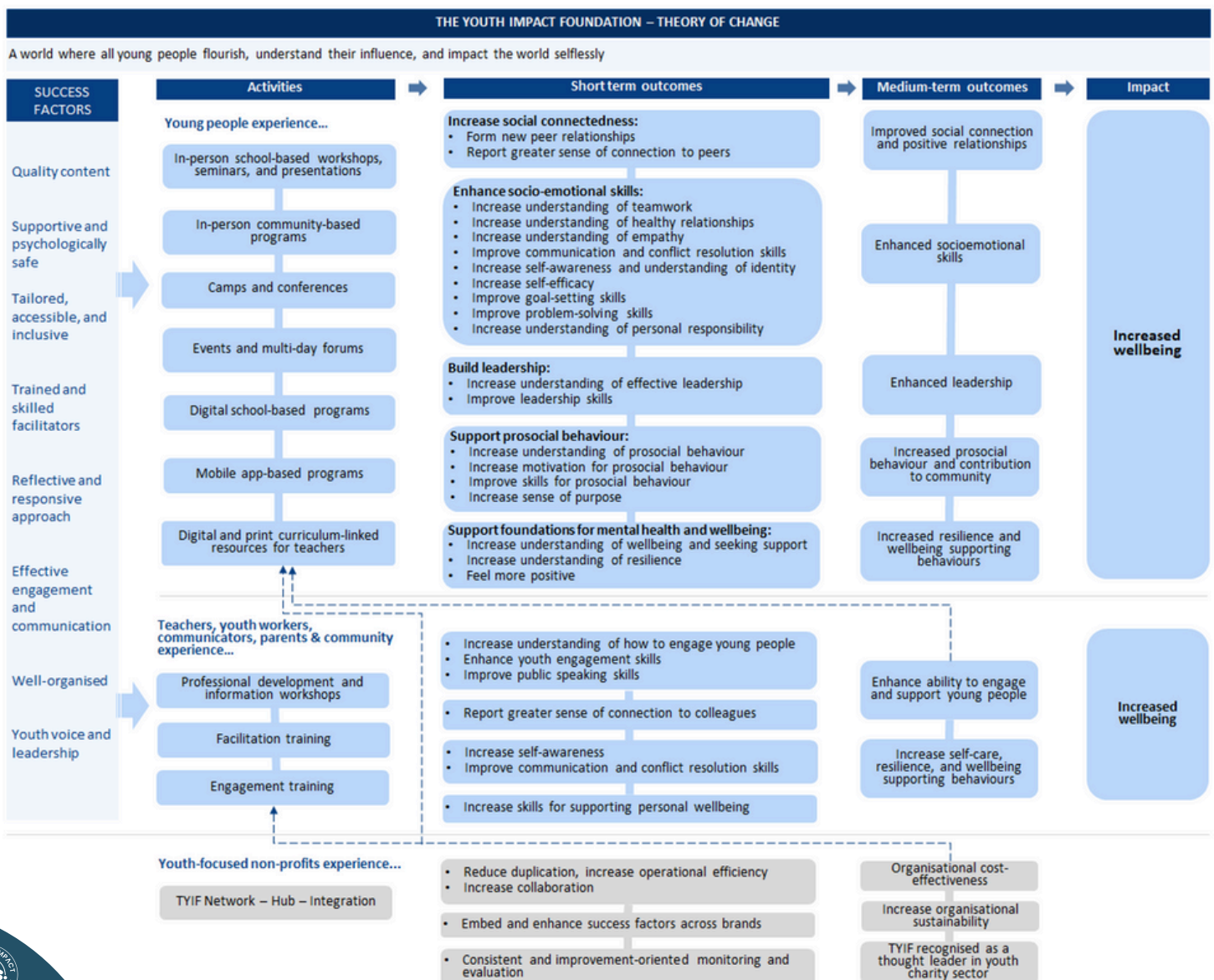
---

# THEORY OF CHANGE & IMPACT MEASUREMENT FRAMEWORK



THE UNIVERSITY OF  
MELBOURNE

TYIF partnered with the University of Melbourne to develop a comprehensive theory of change and impact measurement framework for our distinctive model and program delivery. The University of Melbourne conducted an extensive literature and evidence review, and the framework was **co-designed with young people and leading charitable organisations in collaboration with TYIF, integrating academic research with lived experience to ensure it truly reflects the needs, aspirations, and voices of the communities we serve.** This report is the pilot of this process.



# MEASUREMENT APPROACH

## *Participant Profile*

TYIF's ongoing commitment to monitoring and evaluation allows us to continuously refine our approach, ensuring that **we maximise the positive outcomes** for young people and adults alike.

Through these measurement practices, we ensure that our programs are **data-driven, responsive** to the needs of our communities, and **capable of scaling** effectively for even **greater impact**.

School Type	N	%
Government	34	64%
Independent	10	18.8%
Catholic	9	16.9%



# KEY OUTCOMES FOR YOUNG PEOPLE

TYIF's programs focus on enhancing a broad range of outcomes that are essential to young people's growth and wellbeing.

The pilot research conducted in the first six months of 2025 showed the following key outcomes.

**1** **Social  
Connectedness**

**2** **Socio-emotional  
Skills**

**3** **Leadership  
Skills**

**4** **Prosocial  
Behaviour**

**5** **Foundations for  
Mental Health &  
Wellbeing**

# KEY OUTCOMES FOR YOUNG PEOPLE

## 1. Social Connectedness

- **93%** of participants reported forming new peer relationships and experiencing a stronger sense of connection to their peers and local communities.
- **83%** of participants felt more socially supported, resulting in decreased feelings of loneliness and increased engagement with their communities.

# KEY OUTCOMES FOR YOUNG PEOPLE

## SOCIAL CONNECTEDNESS: MEASURES OVERVIEW

Domain	SOCIAL CONNECTEDNESS	SOCIAL CONNECTEDNESS
Outcomes	Form new peer relationships and connections	Improve social connection and positive relationships
Stream	Young people	Young people
Timing	Short	Medium
Indicator	Number of positive connections or relationships with other young people post-participation reported by young people	Increase in connectedness scores for majority of participating young people
Type	Outcome	Outcome
Data Source	Youth participants-survey	Youth participants-survey
Collection Method	Post survey only	Pre + post survey
Measure	Single item measure drafted by AERC	Connectedness pillar of EPOCH wellbeing scale
Measure Source	New	EPOCH Measure of Adolescent Wellbeing (Kern et al., 2016)
No. of items	1	4

# SOCIAL CONNECTEDNESS: RESULTS

Outcomes	Form new peer relationships and connections	Improve social connection and positive relationships
Indicator	No. of positive connections or relationships with other young people post-participation reported by young people	Increase in connectedness scores for majority of participating young people
Collection Method	Post Survey Only	Pre + post survey
Question	To what extent do you agree with the statement: I met new people and made new friends in the program	Connectedness pillar of EPOCH wellbeing scale
Total Scale	1 - 6	5 - 20
% of young people who experienced positive change	-	83%
Mean Pre	-	11.65
Pre SD	-	5.34
Mean Post	5.6	15.35
Post SD	.7	6.58
Mean % increase from pre to post	-	31.75%

# KEY OUTCOMES FOR YOUNG PEOPLE

## 2. Socio-emotional Skills

- **74%** of participants demonstrated enhanced self-awareness, with greater understanding of their identities and abilities.
- **87%** improved in their self-efficacy, exhibiting greater confidence in setting and achieving personal goals.
- **95%** of young people showed increased empathy, teamwork, and communication skills, essential for building healthy relationships and succeeding in school and beyond.

# SOCIO-EMOTIONAL SKILLS: MEASURES OVERVIEW

Outcomes	Stream	Timing	Indicator	Type	Data source	Collection method	Measure	Measure source	No of items
Increased self-awareness and understanding of identity	Young people	Short	Increase in self-concept score among participating young people	Outcome	Youth participants - survey	Pre + post survey	Self-awareness - self-concept component	WCSD Social and Emotional Competency Assessment	3
Increased self-efficacy	Young people	Short	Young people report improved self-efficacy post program participation	Outcome	Youth participants - survey	Pre + post survey	3 items from 10 item general self-efficacy scale	General Self-Efficacy Scale (Schwarzer & Jerusalem, 1993)	3
Improved goal-setting skills	Young people	Short	Increase in goal management scores among participating young people	Outcome	Youth participants - survey	Pre + post survey	Self-management - goal management component	WCSD Social and Emotional Competency Assessment	3
Improved communication and conflict resolution skills	Young people	Short	Increase in communication skills scores among participating young people	Outcome	Youth participants - survey	Pre + post survey	Communication skills area	National Youth Life Skills Evaluation system (Mincemoyer & Perkins, 2005)	6
Increased understanding of empathy	Young people	Short	Increase in social awareness scores among participating young people about willingness to support others	Outcome	Youth participants - survey	Pre + post survey	Peer relationships topic	Victorian Attitudes to School Survey	5
Increased understanding of teamwork	Young people	Short	Majority of participating young people agree that their teamwork skills have improved	Outcome	Youth participants - survey	Post survey only	Single item measure drafted by AERC	New	1
Increased understanding of healthy relationships	Young people	Short	Increase in understanding and confidence to develop positive relationships	Outcome	Youth participants - survey	Pre + post survey	Two item measure drafted by AERC	New	2
Improved problem-solving skills	Young people	Short	Increase in problem-solving skills among participating young people	Outcome	Youth participants - survey	Pre + post survey	Problem solving skills area	National Youth Life Skills Evaluation system (Mincemoyer & Perkins, 2005)	5
Increased understanding of personal responsibility	Young people	Short	Increased social awareness scores among participating young people about impact of actions on others	Outcome	Youth participants - survey	Pre + post survey	Single item from social awareness component	WCSD Social and Emotional Competency Assessment	1

# SOCIO-EMOTIONAL SKILLS: RESULTS

Outcomes	Indicator	Total Scale	% of young people who experienced positive change	Mean Pre	Pre SD	Mean Post	Post SD	Mean % increase from pre to post
Increased self-awareness and understanding of identity	Increase in self-concept score among participating young people	3 - 12.	74%	4.76	2.53	5.34	3.43	12%
Increased self-efficacy	Young people report improved self-efficacy post program participation	3 - 12.	87%	5.69	4.65	7.86	3.21	38%
Improved goal-setting skills	Increase in goal management scores among participating young people	3 - 12.	89%	6.78	1.24	9.01	1.01	32%
Improved communication and conflict resolution skills	Increase in communication skills scores among participating young people	6 - 30	83%	19.45	3.33	22.45	3.45	15%

# SOCIO-EMOTIONAL SKILLS: RESULTS

Outcomes	Indicator	Total Scale	% of young people who experienced positive change	Mean Pre	Pre SD	Mean Post	Post SD	Mean % increase from pre to post
Increased understanding of teamwork	No. of participating young people agree that their teamwork skills have improved	1 - 6.	-	-	-	5.7	1.23	-
Increased understanding of healthy relationships	Increase in understanding & confidence to develop positive relationships	2 - 12.	95%	7.65	1.24	9.69	10.91	42%
Improved problem-solving skills	Increase in problem-solving skills among participating young people	5 - 25	57%	11.35	2.31	12.91	1.11	13.77%
Increased understanding of personal responsibility	Increased social awareness scores among participating young people about impact of actions	1 - 4.	78%	2.99	0.087	3.44	0.91	15%



# KEY OUTCOMES FOR YOUNG PEOPLE

## 3. Leadership Skills

- **84%** of participants enhanced their leadership abilities, learning how to lead by example, motivate peers, and make responsible decisions.
- Increased leadership opportunities were provided through youth-led initiatives, with **76%** of young people reporting a stronger sense of agency and ownership in their communities.

# LEADERSHIP SKILLS - MEASURES OVERVIEW

Domain	Outcomes	Stream	Indicator	Data source	Measure	No of items
LEADERSHIP	Increased understanding of leadership	Young people	Increase in understanding of leadership among participating young people	Youth participants - survey	Single item measure drafted by AERC	1
LEADERSHIP	Enhanced leadership skills	Young people	Young people report increased positive attitudes and confidence in being an effective leader	Youth participants - survey	Leadership skills	5
LEADERSHIP	Enhanced leadership	Young people	Majority of participating young people agree that they identify themselves as a leader	Youth participants - survey	Single item measure	1

# LEADERSHIP SKILLS - RESULTS

Outcomes	Indicator	Question or Measure	Total Scale	% of young people who experienced positive change	Mean Pre	Pre SD	Mean Post	Post SD	Mean % increase from pre to post
Increased understanding of leadership	Increase in understanding of leadership among participating young people	I believe anyone can be a leader	1 - 5	95%	3.21	2.45	4.6	1.34	43%
Enhanced leadership skills	Young people report increased positive attitudes and confidence in being an effective leader	Leadership skills Measure	6 - 25	84%	11.32	5.67	14.34	6.73	26%
Enhanced leadership	Majority of participating young people agree that they identify themselves as a leader	I feel like I am a leader	1 - 10	76%	5.67	3.45	7.45	4.45	31%

# KEY OUTCOMES FOR YOUNG PEOPLE

## 4. Prosocial Behaviour

- **89%** of participants demonstrated an increased commitment to prosocial actions such as volunteering, community service, and helping others.
- **91%** reported feeling a deeper sense of purpose and responsibility toward making a positive impact in the world.

# PROSOCIAL BEHAVIOUR - MEASURES OVERVIEW

Outcomes	Indicator	Data source	Collection method	Measure	No of items
Increased motivation for prosocial behaviour	Young people report positive attitudes towards prosocial behaviour	Youth participants - survey	Pre + post survey	Single item measure drafted by AERC	1
Increased skills for prosocial behaviour	Young people self-report skills and preparedness to engage in community	Youth participants - survey	Pre + post survey	Two items from synergy domain	2
Increased understanding of prosocial behaviour	Young people self-report increased knowledge to engage in community	Youth participants - survey	Post survey only	Single item measure drafted by AERC	1
Enhanced sense of purpose	Young people report a positive sense of agency and worldview	Youth participants - survey	Post survey only	1 item from self-efficacy domain & 1 from synergy domain	2
Increase prosocial behaviour and contribution to community	Increase in willingness to engage community and/or civic participation among youth participants	Youth participants - survey	Post survey only	Single item measure drafted by AERC	1

# PROSOCIAL BEHAVIOUR - RESULTS

Outcomes	Indicator	Question or Measure	Total Scale	% of young people who experienced positive change	Mean Pre	Pre SD	Mean Post	Post SD	Mean % increase from pre to post
Increased motivation for prosocial behaviour	Young people report positive attitudes towards prosocial behaviour	To what extent do you agree with the following: Helping people is important to me	1 - 6	91%	3.33	1.23	4.51	1.09	35%
Increased skills for prosocial behaviour	Young people self-report skills and preparedness to engage in community	Two items from synergy domain	2 - 8	89%	4.46	2.36	5.01	1.99	12%
Increased understanding of prosocial behaviour	Young people self-report increased knowledge to engage in community	As a result of "PROGRAM" I know more about how to make a difference in my community	1 - 6	-	-	-	5.4	0.99	-
Enhanced sense of purpose	Young people report a positive sense of agency and worldview	1 item from self-efficacy domain & 1 from synergy domain	2 - 8	-	-	-	5.32	2.09	-
Increase prosocial behaviour and contribution to community	Increase in willingness to engage community and/or civic participation among youth participants	As a result of participating in [PROGRAM] how likely is it that you will seek out opportunities to volunteer in your community)	1 - 6	-	-	-	3.9	2.88	-

# KEY OUTCOMES FOR YOUNG PEOPLE

## 5. Foundations for Mental Health & Wellbeing

**71%** of participants reported enhanced resilience, with better strategies for coping with stress and adversity.

**81%** improved their help-seeking behaviours, feeling more confident in seeking support for mental health concerns.

**68%** increase in participants' positive affect and self-care practices was observed, indicating a stronger foundation for long-term wellbeing.

# FOUNDATIONS FOR MENTAL HEALTH & WELLBEING - MEASURES OVERVIEW

Outcomes	Indicator	Data source	Collection method	Measure	Measure source	No of items
Increased understanding of wellbeing and seeking support	Majority of young people reported awareness of what helps their wellbeing	Youth participants - survey	Pre + post survey	Single item measure drafted by AERC	New	1
Increased understanding of resilience	Majority of young people report awareness of relationship between resilience and wellbeing	Youth participants - survey	Post survey only	Single item measure drafted by AERC	New	1
Feel more positive	Majority of young people report proportionately greater positive affect than negative	Youth participants - survey	Pre + post survey	Positive and negative affect	PANAS-SF Ohio State University (Watson et al., 1988)	20
Increase self-care, resilience, and wellbeing supporting behaviours	Young people report increased readiness to seek help	Youth participants - survey	Pre + post survey	Help seeking topic	Victorian Attitudes to School Survey	1
Increase self-care, resilience, and wellbeing supporting behaviours	Young people report improved resilience post-participation	Youth participants - survey	Pre + post survey	Resilience	Brief Resilience Scale (Smith et al., 2008)	6



# FOUNDATIONS FOR MENTAL HEALTH & WELLBEING - RESULTS

Outcomes	Indicator	Question or Measure	Total Scale	% of young people who experienced positive change	Mean Pre	Pre SD	Mean Post	Post SD	Mean % increase from pre to post
Increased understanding of wellbeing and seeking support	Majority of young people reported awareness of what helps their wellbeing	I understand what contributes to my wellbeing	1 - 6	99%	3.73	1.23	4.89	2.23	31%
Increased understanding of resilience	Majority of young people report awareness of relationship between resilience and wellbeing	As a result of "PROGRAM" I understand that building my resilience can help my mental health and wellbeing	2 - 8	-	-	-	7.6	1.35	-
Feel more positive	Majority of young people report proportionately greater positive affect than negative	PANAS Positive (PA) and negative affect (NA)	PA 10 - 50 NA 10-50	PA 68% NA 57%	PA 31.33 NA 15.67	PA 6.4 NA 5.7	PA 34.31 NA 14.78	PA 7.6 NA 6.3	PA 9.5% NA -5.6%
Increase self-care, resilience, and wellbeing supporting behaviours	Young people report increased readiness to seek help	If something was really bothering you, how easy would it be for you to talking to someone about it.	1 - 6	81%	2.21	2.11	4.01	2.99	81%
Increase self-care, resilience, and wellbeing supporting behaviours	Young people report improved resilience post-participation	Brief Resilience Scale	5- 25	71%	12.22	3.34	14.41	2.90	17%

# ORGANISATIONAL IMPACT

At the organisational level, TYIF continues to demonstrate a significant positive impact across all programs. The pilot research results from the first six months of 2025 indicate the following:

## Wellbeing-Adjusted Life Years (WELLBYS)

TYIF generated **20,475 WELLBYs** across all programs in Q3 Q4 Fy25, reflecting the overall improvement in subjective wellbeing among young people and adults who participated in our programs.

*\*One WELLBY represents a one-point improvement in life satisfaction for one person for one year. This allows us to measure the tangible wellbeing return on investment for our programs*

## Cost-Effectiveness

Our programs achieved a cost-effectiveness ratio of , **1:360** indicating that TYIF's programs spend **\$360** to generate **1 unit of wellbeing**. This demonstrates that we are delivering meaningful outcomes while being mindful of resource allocation.



# IMPACT - MEASURES OVERVIEW

<b>Outcomes</b>	Enhance wellbeing	Enhance wellbeing
<b>Stream</b>	Young people	Young people
<b>Timing</b>	Long	Long
<b>Indicator</b>	Young people report improved life satisfaction post-participation	Young people report improved subjective wellbeing post-participation
<b>Data source</b>	Youth participants - survey	Youth participants - survey
<b>Collection method</b>	Pre + post survey	Pre + post survey
<b>Measure</b>	Life satisfaction	Subjective wellbeing
<b>Measure source</b>	Cantril Ladder Life Satisfaction	Warwick Edinburgh Mental Wellbeing Scale - Short (SWEMWBS) (Haver et al., 2015)
<b>No of items</b>	1	7

# IMPACT - RESULTS

Outcomes	Enhance wellbeing	Enhance wellbeing
Indicator	Young people report improved life satisfaction post-participation	Young people report improved subjective wellbeing post-participation
Question or Measure	Life satisfaction	Subjective wellbeing
Total Scale	0-10	7-35
% of young people who experienced positive change	78%	69%
Mean Pre	5.61	25.54
Pre SD	3.22	4.53
Mean Post	6.71	27.89
Post SD	1.34	5.67
Mean % increase from pre to post	19%	9.2%

# CASE STUDY/ STORY OF CHANGE

The Hay Youth Taskforce, supported by Hay Shire Council, identified a **need to strengthen youth leadership, build confidence**, and ensure young people had a **greater voice in local decision-making**. Through the NSW Government's Regional Youth Investment Program, the Council partnered with **Youth Leadership Academy Australia (YLAA)** to deliver targeted leadership development opportunities.

**YLAA** facilitated a **school leadership workshop, a Youth Taskforce retreat, and a youth leadership summit**. Each program blended practical leadership training with teamwork and communication challenges, alongside reflective discussions that connected activities to real-life situations. The facilitators, drawing on their own rural backgrounds, brought energy, relatability, and a deep understanding of the challenges faced by young people in regional communities.

*The activities and the laughs. It definitely healed me in a way. Laughing is the best medicine.*





As a result of the **YLAA** partnership, the Youth Taskforce has emerged as a respected and influential voice in Hay. Members have contributed to local strategic planning, participated in state-level forums, and advocated for rural youth perspectives in broader policy discussions.

**Young people who once avoided public speaking are now emceeing community events, leading workshops, and co-delivering youth-led initiatives** such as a school mental health day and a themed community disco.



*I believe that our achievements have not only impacted the community on a small scale, but also on a large scale as they have reached the government officials, which can give ideas for other small communities in their journey of thriving.*



*Getting out of my comfort zones and helping the community is a big part of growing up in a small town and giving back to others.*



As a result of the **YLA** partnership, the Youth Taskforce has emerged as a respected and influential voice in Hay. Members have contributed to local strategic planning, participated in state-level forums, and advocated for rural youth perspectives in broader policy discussions.

Young people who once avoided public speaking are now **emceeding community events, leading workshops, and co-delivering youth-led initiatives** such as a school mental health day and a themed community disco. This collaboration has created **a lasting legacy** of confident, connected, and capable **young leaders** whose skills and ideas will continue to benefit the Hay community well into the future.



*I believe that our achievements have not only impacted the community on a small scale, but also on a large scale as they have reached the government officials, which can give ideas for other small communities in their journey of thriving.*

*Knowing I can do public speaking and feeling like people have my back.*



*Getting out of my comfort zones and helping the community is a big part of growing up in a small town and giving back to others.*



# LOOKING AHEAD



As TYIF continues to evolve, we are committed to expanding and strengthening our data collection efforts to ensure a deeper understanding of our programs' impact. Building on the insights gathered from the pilot research in the first half of 2025, we aim to:

**INCREASE REACH**

**ENHANCE DATA  
COLLECTION METHODS**

**IMPROVE DATA  
ACCESSIBILITY**

**REFINE IMPACT  
MEASUREMENT**





## INCREASE REACH

Expand our data collection efforts across a broader range of participants, ensuring that we capture insights from all corners of our community, including underrepresented groups and new regions.

## ENHANCE DATA COLLECTION METHODS

Introduce more diverse and innovative data collection tools, such as longitudinal surveys and qualitative interviews, to capture a richer, more detailed picture of program outcomes.

## IMPROVE DATA ACCESSIBILITY

Develop streamlined data management systems to ensure that collected data is easily accessible, enabling quicker analysis and informed decision-making across all levels of TYIF.

## REFINE IMPACT MEASUREMENT

Continue to enhance the Impact Measurement Framework to better track and respond to emerging trends, ensuring that our approach remains relevant and aligned with the needs of all participants.



# LOOKING AHEAD

Through these efforts, we aim to not only strengthen our current programs but to also improve our ability to share the stories and evidence of our impact with stakeholders, funders, and the broader community.



THE  
YOUTH IMPACT  
FOUNDATION

*WE EXIST*

Because Every  
Young Person  
Deserves To  
Thrive

