



## Measuring the impact of the SEW-Arts Framework

It's important to measure not just the artistic outcomes of your programs, but also the social and emotional wellbeing (SEWB) outcomes.

Here's why:

WHY?

Sets priorities

### Why Measure SEWB?

Monitoring SEWB shows your community that wellbeing matters. The saying "what gets assessed gets addressed" reminds us that measuring something signals its importance.

Build a shared language

Tracking SEWB helps your organisation, artists, and participants develop a shared way to talk about emotional and social growth.

Deepens understanding

You and your community can learn more about how SEWB develops over time - and how your arts programs contribute to this growth.

Improve planning

Using the information you gather, you can improve how you plan, teach, and support SEWB. This is called formative assessment, and it happens during the program through observation, reflection, and feedback.

Evaluates effectiveness

At the end of a program, you can see how well it worked. This is called summative assessment. It often uses surveys, interviews, or reports to evaluate outcomes.



## Tracking Program Effectiveness

You can track your program's impact at three levels:

	Project Participants	Project or Organisation	Wider Community
<b>Process</b>	How people take part	How the project is managed	How the community engages
<b>Impact</b>	What happens during the project	What changes the project brings	How the community is affected
<b>Outcome</b>	Long-term changes for individuals	Long-term impact of the project	Long-term change in the community

### Process

Some useful process data to collect might include:

- Number of sessions delivered
- Number of participants
- Which Wellbeing Factors were intentionally addressed

## Measuring Change: Before and After

### Impact

You can collect data before and after the program using a simple survey based on the SEW-Arts Wellbeing Factors. This survey will help assess growth in specific areas related to the Wellbeing Factors using a Likert scale (e.g. "Strongly agree" to "Strongly disagree").

Use only the questions that match the focus of your program. For example, if your sessions focus on "In the Zone", "Coping with Criticism", and "Doing What I Value", then use questions related only to those. Alternatively, you may choose to assess all Wellbeing Factors within a single key area - or across the whole Wellbeing Factor Framework - depending on the time available and your participants' capacity to complete the survey.

## The SEW-Arts Youth Wellbeing Factor Survey - Example Questions



## Collecting Qualitative Data

Numbers aren't everything. You can also collect qualitative data through:

- Interviews
- Focus groups
- Observations

Make sure the questions you ask align with the Wellbeing Factors you focused on. Remember that your aim is to increase the awareness and skills of young people in relation to the Wellbeing Factor and to what extent they feel empowered to build their wellbeing.

## Creative Methods

Creative methods - like photography, drawing, poetry, or dance - can also reveal emotional insights and help participants express themselves in meaningful ways. These are also useful for sharing your findings with different audiences.

## Long-term outcomes

### Impact

SEWB is often a long-term outcome of your program. You can measure this using well-established tools:

- Personal Wellbeing Index (PWI): Measures satisfaction across life areas such as health, relationships, community, and safety. ([ref](#))
- Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS): A 14-question survey focused on positive thoughts, feelings, and functioning. ([ref](#))