



Read the Play

Program Review 2024

How We Collect and Use Data for Our Reports

At Read the Play (RTP), we are committed to making data-driven decisions to ensure our programs effectively support young people in understanding mental health and seeking help when needed. Our reporting process is built on rigorous data collection methods that help us measure our impact, refine our strategies, and enhance our program delivery.

1. Co-Design with Young People

Young people are at the heart of everything we do. We actively involve them in program design, development, and evaluation to ensure our content is relevant, engaging, and meets their needs.

- RTP facilitates focus groups and events, where young people provide direct input on our programs, identify emerging mental health challenges, and suggest improvements.
- We are developing a Youth RTP Ambassador (yRTPA) program, where young people aged 16–20 take on leadership roles within their clubs, champion mental health initiatives, and shape RTP’s future direction.
- Feedback from young participants directly influences how we update and refine our workshops. We ensure that the voices of young people are not just heard but acted upon in shaping RTP’s delivery and messaging.

2. Participant Surveys and Feedback (this report)

We conduct structured pre- and post-program surveys for each of our workshops. These surveys assess participants' knowledge, attitudes, and confidence levels regarding mental health topics both before and after attending RTP programs. Key areas we measure include:

- Mental health literacy levels
- Willingness to seek help for mental health concerns
- Confidence in supporting peers
- Awareness of available mental health resources

3. Participation and Engagement Metrics

We track participation data for each session, including:

- Number of workshops delivered
- Total number of young people engaged
- Club and league participation rates

This helps us understand where our reach is strongest and where we need to expand our efforts.

4. Community and Industry Trends

Our approach is informed by mental health research and trends in youth wellbeing. We analyze external reports, industry findings, and emerging issues (e.g., vaping, social media impacts) to ensure our programs remain relevant and responsive to young people’s needs.

5. Data-Driven Decision-Making

We use the collected data to:

- Identify areas for improvement in our workshops
- Adapt program content to address emerging mental health challenges
- Allocate resources efficiently to maximize impact
- Demonstrate program effectiveness to funders, sponsors, and stakeholders

By consistently evaluating and refining our programs, RTP ensures that we continue to provide relevant, engaging, and effective mental health education for young people in sporting communities.

2024 Snapshot



1,819

**Young people participated in
a RTP Program.**



79

**Program Workshops
delivered – Huddle Up (48),
MVP (3), Play On (4), Take a
Chance (3).
Ahead of the Game(21)**



Huddle Up

Huddle Up is a community based program that aims to increase knowledge on mental health, promote help seeking behaviour, influence beliefs and attitudes related to identifying and responding to their peers who may be at risk of mental ill-health or cyber bullying.



Delivered to Hockey Geelong, Geelong Galaxy Soccer club, Geelong Ranges Soccer club, Bellarine Peninsula Basketball Association, AFL Barwon, GDFNL and CDFNL Clubs in 2024

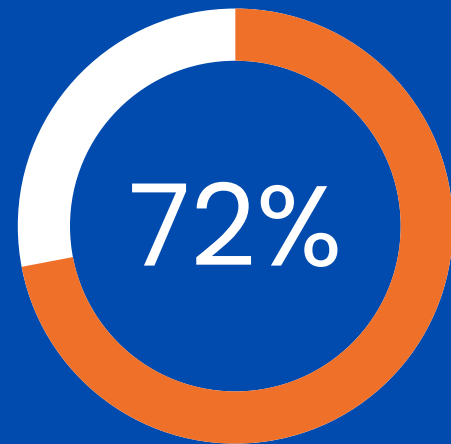
Huddle Up

1,032

Young people participated in Huddle Up Program

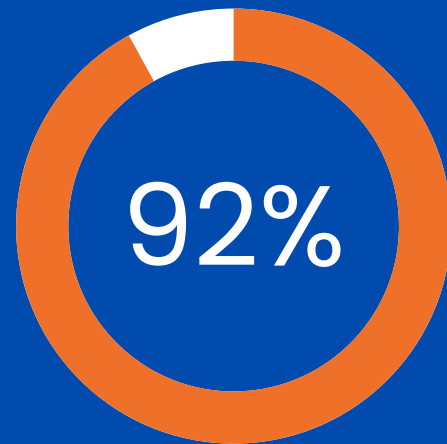
48

Huddle Up Programs were delivered



Before the Program

Participants who rated their understanding of mental health as good or excellent

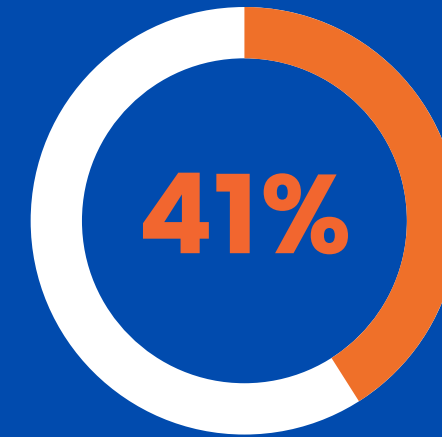


After the Program

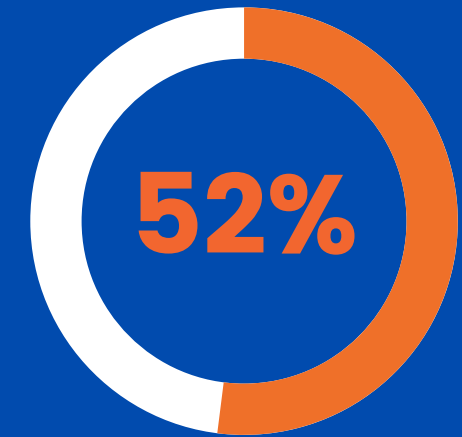


92%

Agreed or strongly agreed the presenter was knowledgeable about the topic and any related issues

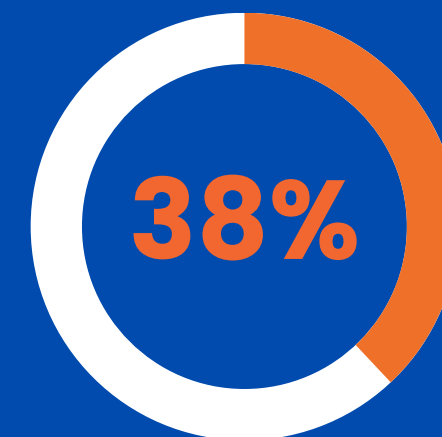


Have you or someone you know been a victim of cyber bullying in the past?

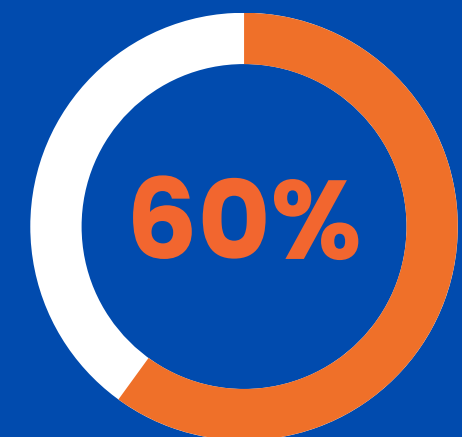


Did you or your friend seek help?

Of those that sought help...



Male



Female

Huddle Up



Before the Program

After the Program

Agreed or Strongly Agreed they felt confident in their ability to access support for themselves or others.



Comments from Participants:

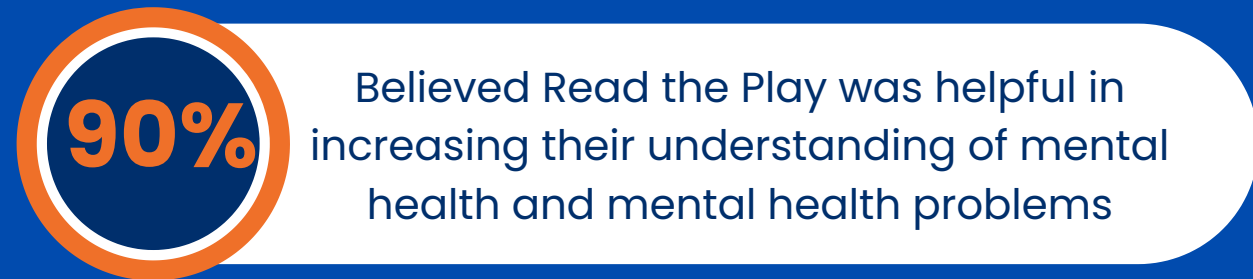
"Thank you very much This has made my views on mental health clearer."

"Was the best lesson ever."

"I liked the games. They were a fun way to learn about serious topics."

"I loved this as it gave me a better understanding on mental health."

"I had fun in the session and will focus on mental health more."



Take a Chance

Take a Chance is a community-based program for adolescents (16–18-years), that aims to increase mental health literacy and knowledge of the impact that poor mental health can have on decision making and risk taking.



Delivered to Geelong United Basketball U16 & U18 Pathway Athletes in 2024

Take a Chance

100

Young people participated in Program



Before the Program

After the Program

Participants who rated their understanding of mental health as good or excellent.

Before the Program

18%



Of participants always or often weigh up the benefits Vs potential for harm when making decisions about engaging in a risky behaviours.

After the Program

72%



Of participants agreed or somewhat agreed that the Read the Play program taught them strategies to help weigh up the pros and cons when deciding what risks to take.

3

Take a Chance Programs were delivered



Before the Program

After the Program

Agreed or Strongly Agreed that engaging in risky behaviours is dangerous and will always have a negative impact on their life.

The premise with this question was to shift belief that risks were negative and to be avoided. The program encouraged risk assessment and that taking risks could be a positive and negative.

Take a Chance

86%

Felt confident in their ability to access mental health support for themselves or somebody they knew after the program.

85%

Felt confident in their ability to offer support to somebody they knew who is struggling with their mental health after the program.

70%

Agreed the Read the Play program was helpful in increasing understanding of mental health and mental health problems after the program.



Comments from Participants:

"The games were quite fun and engaging. As my first time this was awesome."

"Thanks for coming to talk about mental health with us."

"Great session!"

MVP

MVP is a community-based program for young adolescents (14–16 years), that aims to increase knowledge of mental health, promote help seeking behaviour and influence beliefs and attitudes related to identifying and responding to their peers who may be at risk of mental ill-health or suicide.



Cottage by the Sea
QUEENSLIFF

Delivered to Geelong Cricket Assoc Clubs, Geelong Galaxy Soccer Club and Cottage by The Sea Peer Mentors in 2024

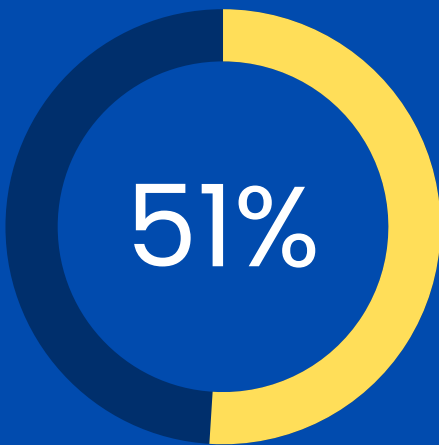
MVP

49

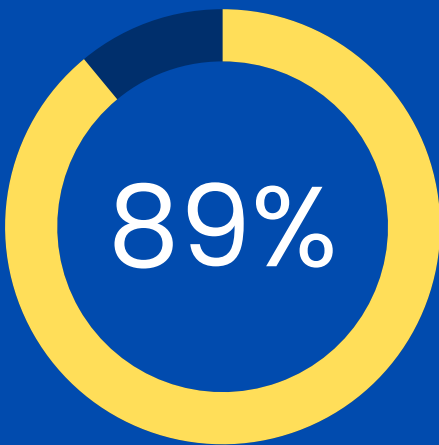
Young people participated in MVP Program
(21 males, 24 females, 4 preferred not to say)

3

MVP Programs were delivered



Before the Program

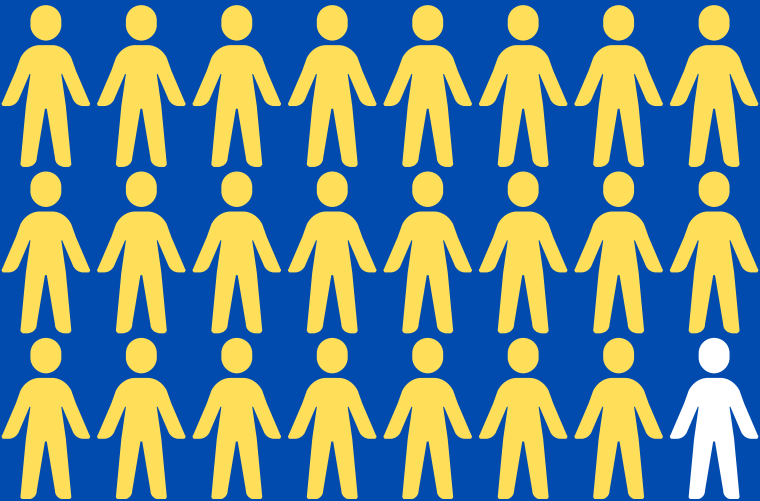


After the Program

Participants who rated their understanding of mental health as good or excellent

71%

Young people experienced or knew someone who had experienced a Mental Health difficulty in the past 12 months.



23 out of 24 Females

Young people experienced or knew someone who had experienced a Mental Health difficulty in the past 12 months.

Only

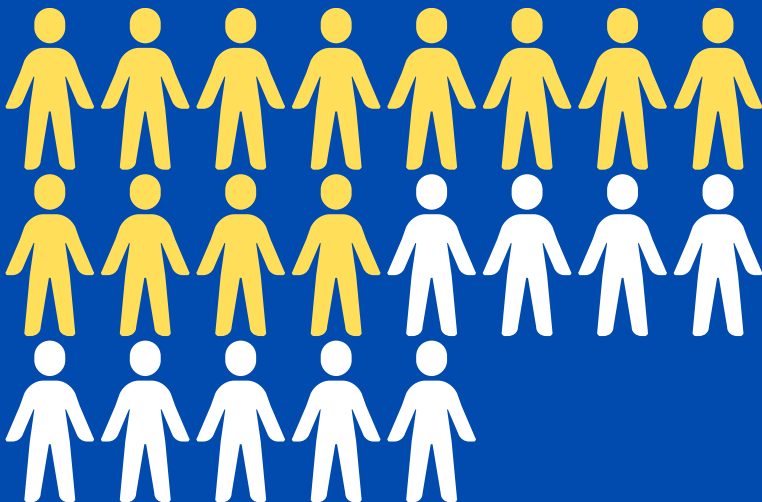
52%

of those sought help for their Mental Health difficulties.

Only

51%

of those sought help for their Mental Health difficulties.



12 out of 21 Males

Young people experienced or knew someone who had experienced a Mental Health difficulty in the past 12 months.

Only

50%

of those sought help for their Mental Health difficulties.

MVP

86%

Believed Read the Play was helpful in increasing their understanding of mental health and mental health problems

87%

Believed Read the Play was helpful in increasing their knowledge of where to seek help from mental health problems

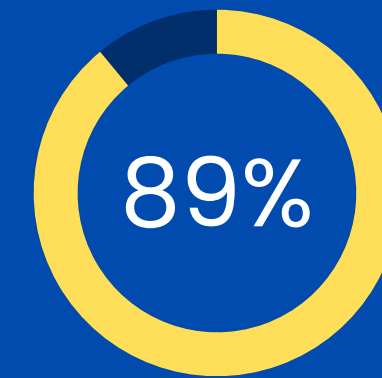
89%

Believed Read the Play was helpful in increasing their understanding of suicidal thoughts and ways to reduce the impact of suicidal thoughts

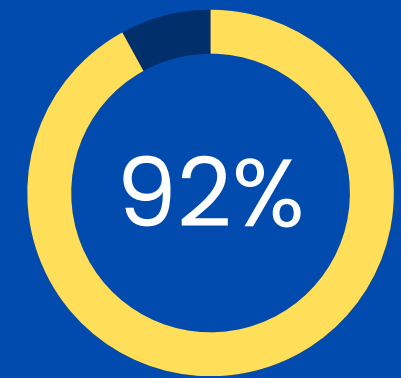


92%

Agreed or Strongly Agreed the presenter was knowledgeable about the topic and any related issues



Before the Program



After the Program

Agreed or Strongly agreed that self-care was important for their mental health



Comments from Participants:

"It was really helpful because I have Autism and ADHD."

"Really liked this and helped me with my understanding of it"

" Love the chocolates- you did amazing!"

"This gave me more understanding on how to react in situations with someone who is facing mental health struggles".

"I felt engaged the entire time and presenters were open and honest and very knowledgeable. I now feel more confident in supporting those with poor mental health and illnesses.

Play On

Play On is a community-based program for adolescents (16–18-years), that aims to increase mental health literacy and knowledge of the impact underage alcohol use can have on mental health outcomes. The program has a strong focus on influencing beliefs and attitudes towards underage drinking and increasing confidence in being able to respond to peers who may benefit from support for their drug and alcohol use.



Delivered to Geelong Cricket Association, Geelong Galaxy Soccer Club and CDFNL Clubs in 2024

Play On

61

Young people participated in Play On Program

(33 males, 21 females, and 7 preferred not to say)



Before the Program

Participants agreed or strongly agreed that they feel confident in their ability to access mental health support for themselves or others.

After the Program

87%

Agreed or Strongly Agreed that RTP helped increase their confidence in providing first aid to an alcohol intoxicated person.



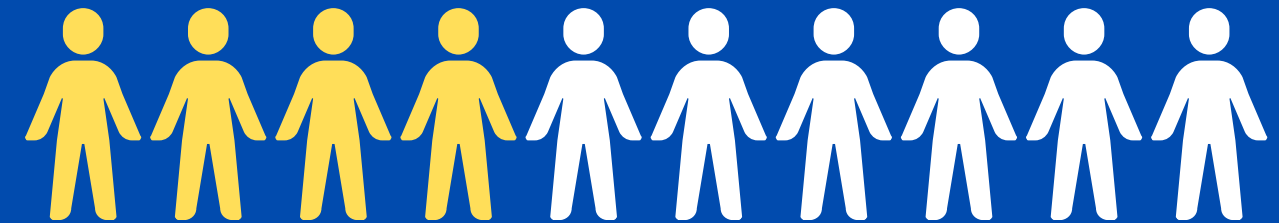
89%

Agreed or Strongly Agreed they felt confident in their ability to offer support to somebody they know who is struggling with their mental health after the program



4

Play On Programs were delivered



4 OUT OF 10

Responded Yes when asked if they drink alcohol

89%

Agreed or Strongly Agreed they felt confident in their ability to support someone who is intoxicated and at risk of harm after the program.



Play On

89%

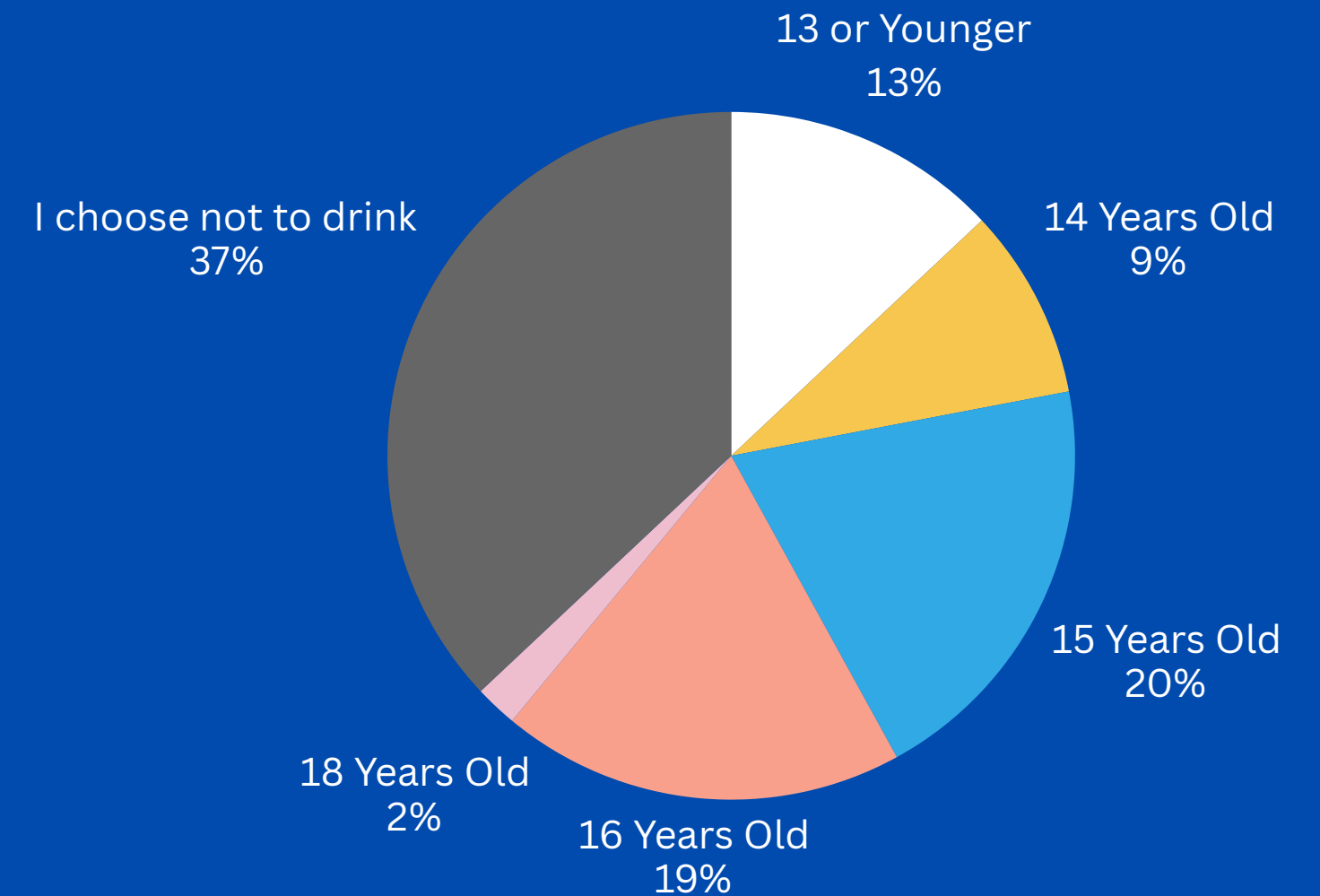
Believed Read the Play was helpful in increasing their understanding of mental health and mental health problems

85%

Believed Read the Play was helpful in increasing their knowledge about the short term and long term effects of alcohol on a young person

82%

Believed Read the Play helped them identify strategies to reduce alcohol intake if I choose to drink



Ages they reported drinking alcohol for the first time



Comments from Participants:

"Was fun and interactive!"

"The whole presentation was amazing."

"It was very helpful"

Ahead of the Game

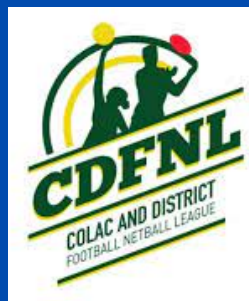
Movember Ahead of the Game is a mental health literacy and resilience program which aims to educate umpires, young players (aged 12-18 years) and their support networks (parents, coaches, and club volunteers) on the importance of mental health.



Delivered by

MELI

In partnership with



Delivered to AFL Barwon, Colac & Districts and Warrnambool Districts Clubs in 2024 and also the Geelong Football Umpires League.

Ahead of the Game

465

Young people participated in the Program

21

Ahead of the Game Programs were delivered in the Barwon, Colac and Warrnambool Districts.

8

Football Clubs were involved attending either a player and/or parent workshops.



Comments from Participants:

"The AOG parent session was really informative, and a great baseline for further discussion in our club. Thank you to the facilitators- they were fabulous".

"After speaking with the umpires involved, they enjoyed the sessions, gained great skills moving forward and had nothing but praise for the Facilitators".



Read the Play

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