

GATEKEEPER CERTIFICATION PROGRAMME · CORE REQUIREMENT 1

Four hours of training. A 30% rise in teachers' confidence to respond to a student at risk.

Results from **1,071 pre- and post-training assessments** across five partner schools show that the Gatekeeper Certification Programme — a 4-hour self-paced course accredited by the CPD Standards Office UK — measurably builds the self-reported skills teachers need to recognise and respond to a student at risk of suicide. Every one of nine skill areas improved. Every school improved. It is a strong start — and one that needs re-running with every new intake.

+30%

MEAN SELF-EFFICACY

Mean gatekeeper self-efficacy rose from 3.29 to 4.28 on a 1–8 scale.

A gain of +0.99 points, effect size $d = 0.65$ — a moderate effect, significant at $p < 0.001$.

WHAT THE EVIDENCE SHOWS

n = 1,071 assessments

9/9

Skill areas improved

Every gain significant
 $p < 0.001$

5/5

Schools improved

Gains of +0.50 to
+1.11 points

71%

Of individually tracked
teachers raised their own
score

182 matched
respondents

19/20

Had never received
gatekeeper training
before

The baseline gap
this addresses

CONFIDENCE, BEFORE AND AFTER

All teachers · 1–8 scale

BEFORE



3.29

AFTER



4.28

+0.99 points

 $d = 0.65$

Track spans the full 1–8 response scale · scale midpoint = 4.5

THE SHIFT THAT MATTERS

Share of teachers by confidence band

THE GAP NARROWS

44% → 24%

Teachers in the **low confidence** band — nearly halved
after training.

THE CAPABILITY GROWS

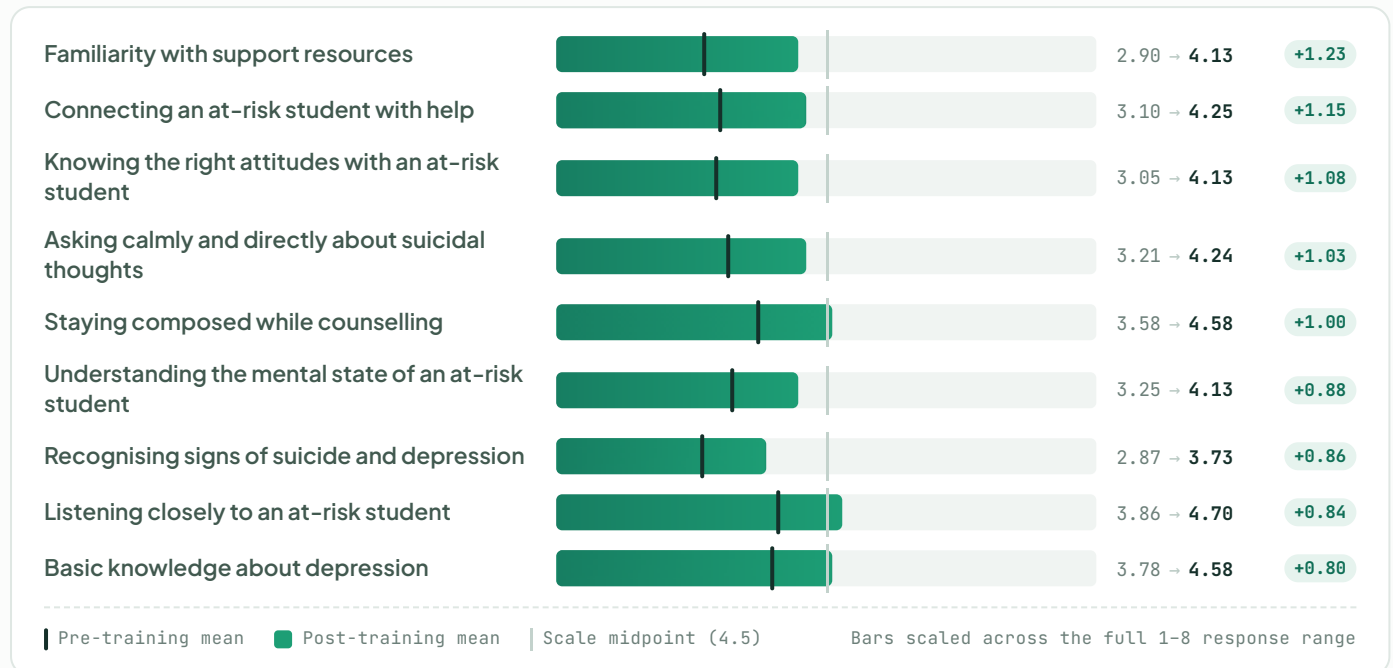
15% → 37%

Teachers rating themselves **Confident or higher** — up
2.5 times.



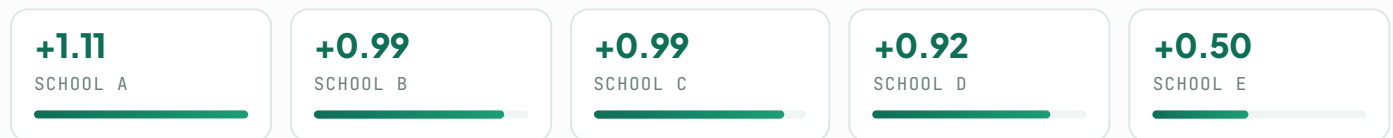
EVERY GATEKEEPER SKILL IMPROVED

Top gains first · all five schools



CONSISTENT ACROSS EVERY PARTNER SCHOOL

Gain in mean self-efficacy · identities withheld



CRITICAL INSIGHT

A strong start — and a floor that has to be laid again every year.

Nineteen in twenty teachers arrived with **no prior gatekeeper training at all**. Four hours moved them a significant, consistent step forward — every skill, every school — though the post-training mean of 4.28 still sits below the 4.5 scale midpoint. That is what a good start looks like: **a floor raised, not a ceiling reached**. But a certified cohort is not a certified school. Every intake brings teachers who have had none of it, and one untrained arrival lowers a school's coverage regardless of how well already-certified staff are holding up. Confidence belongs to a teacher. **Coverage belongs to the school — and it thins every year on its own.**

Source: Assessment of Suicide Prevention Gatekeeping Self-Efficacy (9 items, 8-point scale), administered before and after training at five partner schools, 2026. 548 pre- and 523 post-training responses (n = 1,071); individual tracking on 182 matched respondents. Single-group pre-post design; self-reported self-efficacy, not a behavioural outcome. Welch's and paired t-tests; gains significant at $p < 0.001$. School and respondent identities withheld.

Make your teachers gatekeepers. Make it every year.

Core Requirement 1 · 4-hour self-paced course · English · Hindi · Tamil · Telugu

swiss@mysafespaces.org
mysafespaces.org/swiss
