TEACHING YOUNG AUSTRALIANS TO BE
mentally healthy

SCHOOL PROGRAMS

theresilienceproject.com.au
“I’ve been teaching for 40 years and this is the best program I’ve seen in a school. An amazing experience for our whole school community.”

Andrew Turvey, Principal at Karabar High School

“I’ve never been so enthralled, engaged and inspired. I could have listened to Hugh speak all night. I have so many things to go home and put into practise with my kids. So grateful to the school for realising the importance of involving the parents in this wonderful program. My kids have not stopped talking about it!”

Caroline, Parent, Solway Primary School

“I am so inspired. Of all the talks we have had, this is the one that is going to make me change. Thank you for your incredible presentation. I am speechless. You have changed me in 1.5 hours. Thank you.”

Claire, Year 10 Student
WHY WE DO WHAT WE DO

65% of adolescents do not seek help for mental illness

1 in 4 adolescents have a mental illness

1 in 7 primary school kids have a mental illness

1 in 3 girls suffer from an anxiety disorder, and 1 in 5 boys

WHY WE DO WHAT WE DO

We conduct emotionally engaging programs in schools for students, parents and teachers. Our programs use evidence based approaches to building resilience, in order to develop mental health.

The two different options are:

- Whole School Official Partnership Program
- Whole School Immersion Program
OFFICIAL PARTNERSHIP PROGRAM

Step by step, this is how it works:

• We engage STAFF at a professional development session and provide them with resources, activities and knowledge to support their work with students
• We inspire STUDENTS across all year levels through the delivery of two highly engaging presentations
• We empower PARENTS/CAREGIVERS and deliver a presentation that provides practical strategies to help build their children's resilience
• Schools receive regular newsletters with interesting and supportive approaches to teaching resilience in the school setting

In Addition, as a Partnership school you will receive the following benefits:

• All students will complete The Resilient Youth Survey, which is a scientifically validated student wellbeing survey completed by over 200,000 students across Australia. This data informs the content of our presentations
• A Resilience Profile Workshop for staff which focuses on the school's survey data and how it relates to The Resilience Project curriculum
• Each student receives their own personal student journal containing The Resilience Project Curriculum (10-30 lessons depending on year level)
• Teachers are given the accompanying Teacher Resource and access to additional resources via The Resilience Project resource hub
• The school also receives ongoing support throughout the year from our School Programs Manager in regard to program delivery and evaluation
• Your school will also receive additional lessons and curriculum support on current world events that explore resilience and mental health
IMMERSION PROGRAM

Step by step, this is how it works:

- We engage **STAFF** at a **professional development session** and provide them with resources, activities and knowledge to support their work with students.
- We inspire **STUDENTS** across all year levels through the delivery of **two highly engaging presentations**.
- We empower **PARENTS/CAREGIVERS** and deliver a presentation that **provides practical strategies** to help build their children’s resilience.
- Schools receive **regular newsletters** with interesting and supportive approaches to teaching resilience in the school setting.
CONTACT

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