SCHOOLS PROGRAM

theresilienceproject.com.au

TEACHING YOUNG AUSTRALIANS TO BE mentally healthy
“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

1 in 4 adolescents have a mental illness

65% of adolescents do not seek help for 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

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 three different options are:

• Whole School Official Partnership Program
• Whole School Immersion Program
• Build Your Own Program
WHOLE SCHOOL PROGRAM - OFFICIAL PARTNERSHIP

(Limited to 10 schools per state/territory)

**Primary**

$6900* ex. GST (Plus student workbooks @$18 each and teacher resources @$29 each)

- **Staff PD:** 'Teaching Resilience and Mental Health' (90 minutes)
- **Parent Night:** 'Teaching Resilience at Home' (90 minutes)
- **Foundation** (30 minutes)
- **Grade 1 and 2** (45 minutes)
- **Grade 3 and 4** (60 minutes)
- **Grade 5 and 6** (60 minutes)
- Individual wellbeing and resilience assessment for every student (pre and post)
- Student workbooks (year long curriculum)
- Teacher resource (year long curriculum)

**Secondary**

$6900* ex. GST (Plus student workbooks @$18 each and teacher resources @$29 each)

- **Staff PD:** 'Teaching Resilience and Mental Health' (90 minutes)
- **Parent Night:** 'Teaching Resilience at Home' (90 minutes)
- **Year 7 and 8** (60 minutes)
- **Year 9 and 10** (60 minutes)
- **Year 11 and 12** (60 minutes)
- Individual wellbeing and resilience assessment for every student (pre and post)
- Student workbooks (Year-long curriculum)
- Teacher resource (Year-long curriculum)

**Additional value**

The Whole School Partnership also provides your school with:

- Official Resilience Project accreditation
- Free ongoing phone consultation for nominated student wellbeing staff
- School logo on Resilience Project website under ‘Official Partners’.

* If your Staff PD Session is conducted on one of our allocated teacher training days, or you run your staff PD with a cluster (minimum of 3 schools). Otherwise cost is $7400 ex. GST.
**WHOLE SCHOOL IMMERSION PROGRAM**

**Primary**

$6900* ex. GST

- **Staff PD:** ‘Teaching Resilience and Mental Health’ (90 minutes)
- **Parent Night:** ‘Teaching Resilience at Home’ (90 minutes)
- **Foundation** (30 minutes)
- **Grade 1 and 2** (45 minutes)
- **Grade 3 and 4** (60 minutes)
- **Grade 5 and 6** (60 minutes)
- Individual wellbeing and resilience assessment for every student (pre and post)

**Secondary**

$6900* ex. GST

- **Staff PD:** ‘Teaching Resilience and Mental Health’ (90 minutes)
- **Parent Night:** ‘Teaching Resilience at Home’ (90 minutes)
- **Year 7 and 8** (60 minutes)
- **Year 9 and 10** (60 minutes)
- **Year 11 and 12** (60 minutes)
- Individual wellbeing and resilience assessment for every student (pre and post)

**Additional value**

The Whole School Immersion Program also gets your school:

- Free ongoing phone consultation for nominated student wellbeing staff.

* If your Staff PD Session is conducted on one of our allocated teacher training days, or you run your staff PD with a cluster (minimum of 3 schools). Otherwise cost is $7400 ex. GST.
CONTACT

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