



THE

RESILIENCE PROJECT

Partnership Program

The Resilience Project delivers emotionally engaging presentations and programs to provide evidence-based, practical wellbeing strategies to build resilience.

We are grateful and proud to have worked with over 1000 schools across Australia, sharing positive mental health strategies with the whole school community – teachers, students, parents and carers – to support the implementation of our wellbeing curriculum to increase happiness and drive long-lasting mental health outcomes.

The research is clear; the more positive emotion you experience, the more resilient you will be. For that reason we focus on three key pillars that have been proven to cultivate positive emotion; **Gratitude**, **Empathy** and **Mindfulness (GEM)**, with **Emotional Literacy** being a foundational skill to practising these strategies.

Gratitude

Paying attention to the things and moments we have right now, and not worrying about what we don't have. We practise gratitude by noticing the positives that exist around us.

Empathy


Putting ourselves in the shoes of others to feel and see what they are. We practice this through being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and in the present moment. We practice this through slowing down and concentrating on one thing at a time. This could be our breathing, colouring in, or noticing the noises we can hear.

Emotional Literacy

Our ability to label our emotions as we experience them. This helps us to manage our emotions (soften negative emotions and find positive emotions). We practice this by labelling our emotions as they arise.



Why The Resilience Project Exists



- **1 in 7 primary school kids** experience mental health challenges
- **1 in 5 adults** will experience mental health problems this year
- **1 in 4 adolescents** experience mental health challenges
- **65% of adolescents** will not seek help for mental illness

The mental health statistics in this country are confronting. Our mission is to teach positive mental health strategies to help people become happier and more resilient. We share emotionally engaging stories that help to make the topic of mental health more accessible.

Our Curriculum



Designed by teachers for teachers



Year-level specific lesson plans



Mapped to the Australian Curriculum Framework



Teacher Resources and Student Journals



Evaluated by the University of Melbourne



Focuses on Gratitude, Empathy, Mindfulness (GEM) and Emotional Literacy



Online Teaching Resource Hub



Implementation support from The Resilience Project Education Team



Our Partnership Program has been evaluated by the University of Melbourne, with six primary schools receiving the Program and six schools used for comparison data.

Focus groups and interviews conducted with students, parents and teachers showed that students benefited from the Program in different ways:

- Improved confidence and self-esteem, especially in relation to their peer relationships
- Improved wellbeing and ability to express emotions
- Improved knowledge and communication of emotions
- Improved relationships both at school and at home
- More supportive classroom environments



Partnership Program

Partnership Schools experience all the GEM journey has to offer, embedding The Resilience Project's wellbeing curriculum across the whole school community.

Teachers, students, parents and carers all receive tailored presentations that teach the GEM principles, and inspire regular practise. To support long term change, and embed mental health strategies, Partnership Schools deliver a year-long curriculum, mapped to Australian Curriculum Framework.

This curriculum includes teacher resources, student journals, access to an online teaching hub, and exclusive content released throughout the year.

In 2021, Partnership Schools working with presenter Martin Heppell will receive all presentations (teachers, students, parents and carers) in-person.

Partnership Schools working with presenter Hugh van Cuylenburg, will receive the Teacher Professional Development presentation in-person. Student presentations will be delivered through The Resilience Project's Digital Program. This is a brand new program with age-specific videos of Hugh sharing his stories of resilience through interviews, animation, travel adventures and more. Parent and Carer presentations will be delivered via live webinar.



Whole school community approach: teachers, students, parents and carers



Year-long curriculum, 15-30 lesson plans



Online Teaching Resource Hub



Suggested delivery: dedicated hour time slot each week (for Primary years) or during pastoral care periods or Health & PE lessons (for Secondary years)

Program bookings for 2021 are now open. There are limited places for some programs.

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Partnership Program

Step by step, this is how our Partnership Program works:

- We engage **STAFF** through professional development presentations 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 highly engaging presentations.
- We empower **PARENTS AND CARERS** with presentations that provide practical strategies to help build their children's resilience, and support their own wellbeing.
- **CURRICULUM** supports the ongoing practise of mental health strategies in the classroom with 15-30 lesson plans (depending on year level) outlined in our Teacher Resource and individual Student Journals.
- Schools receive regular newsletters with interesting and supportive approaches to teaching resilience in the school setting.

Partnership Program with Martin

Cost (exclusive of GST):

- Presentations (staff, students, parents and carers): **\$7900 plus travel if required**
- Teacher Resource Pack: **\$546 Primary/\$390 Secondary**
- Student Journals: **\$19 per student**

Partnership Program with Hugh

Cost (exclusive of GST):

- Presentations (staff, students, parents and carers): **\$6,500**
- Teacher Resource Pack: **\$546 Primary/\$390 Secondary**
- Student Journals: **\$19 per student**

Partnership Schools also receive the following benefits:

- ✓ All students complete The Resilient Youth Survey; a scientifically validated student wellbeing survey completed by over 300,00 students across Australia. This data informs the content of a tailored presentation reflecting the Partnership School's data.
- ✓ A Resilience Profile Workshop for staff, which focuses on the school's survey data and how it relates to The Resilience Project curriculum.
- ✓ Teachers have access to an online Teaching Resource Hub, with access to additional lessons and curriculum support on current world events that explore resilience and mental health.
- ✓ Ongoing support is available throughout the year from our Education Team to support program delivery and evaluation.

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