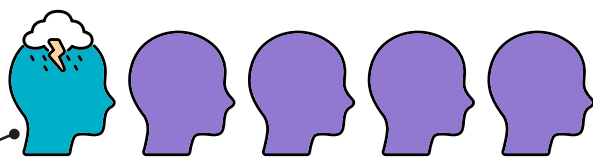


THE

RESILIENCE PROJECT

Education Programs

Why youth mental health matters:



Research tells us that **one in five adults will experience mental ill-health each year.**



75% of these people will have their first experience of mental illness when they are under the age of 25 years.



Recent data from a **headspace national survey** found that one-in-three young people aged 12-25 years old reported high or very high levels of psychological distress — a rate that has more than tripled since 2007.



Mental health disorders carry the largest burden of disease for 15-24 year olds and shockingly, suicide is the most common cause of death for this age group.




One in four adolescents will experience mental health problems this year and nearly two thirds of them will not seek help.



Alarming, **one in seven** primary school students are also likely to experience mental health problems this year.

What The Resilience Project delivers:

These statistics drive our commitment to teach positive strategies which prevent mental ill-health and build young people's capacity to deal with adversity. We are especially committed to delivering programs in early learning centres as well as primary and secondary schools - settings the recent Victorian Royal Commission and Productivity Commission revealed as having the biggest unmet need.



Education Programs



We are grateful and proud to have delivered wellbeing programs to over 1500 schools and early learning centres across Australia.

Through presentations, student curriculum, teacher resources and digital content, The Resilience Project's Education Programs support mental health in the classroom, staffroom and family home.

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 practise 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 so we feel what they are feeling. We practice empathy by being kind and compassionate towards other people.

Mindfulness

Our ability to be calm and in the present moment. We practice mindfulness by slowing down and concentrating on one thing at a time.

Emotional Literacy

Our ability to label our emotions, which helps us to manage them (soften negative emotions and find positive emotions). We practise emotional literacy by labelling our emotions as we experience them.



Program benefits

From 2017-2019, The University of Melbourne conducted an independent evaluation of The Resilience Project school program and the behavioural changes achieved in relation to gratitude, empathy and mindfulness.

The University of Melbourne concluded that program benefits arose from both the program content and style of delivery. The program provided variety, which altered the ways in which children engaged with lessons and each other, contributing to overall improved social and emotional skills. The key changes experienced were:

- Improved student wellbeing
- Improved confidence and self esteem
- Improved knowledge and ability to express emotions
- Improved relationships at school and home
- More supportive classroom environments



Early Years Program

A positive mental wellbeing program specially designed for 4-5 year old children in early learning centres.

The Early Years Partnership Program includes a holistic approach to build childrens' wellbeing:



Resources for educators:

- An Educator Resource which clearly steps through the 21-week program. The lessons have been developed by experienced early years educators.
- Access to our online resource hub which contains up-to-date information, resources, newsletters and educator self-care activities.
- Access to a four-part educator professional development digital series.

Features of the program include:



- TRP Early Years Curriculum which has been mapped against The Early Years Learning Framework (EYLF).
- Lessons that include a session plan and contain activities/experiences to set up in your early learning space.
- Activities that have been developed with the learning and development needs of this age group in mind – minimal time sitting in large groups and lots of hands-on activities.
- Lessons with detailed instructions, resources and learning intentions and a focus on one of The Resilience Project key pillars of **gratitude**, **empathy**, **mindfulness** and **emotional literacy**.



Resources for families:

An Early Years Family Journal designed to link the key concepts into the home environment for every student/family. The journal includes:

- Daily reflection activities for families.
- Ideas for connection activities that families can complete together over the weekend.
- Links to the activities children are completing in their Centre to further enrich the learning.



Early Years Program

Program details:



Staff presentations

4 x 15-minute digital presentations / online PD sessions

One hour parent and carer presentation

Live webinar

Curriculum - 21 lesson plans

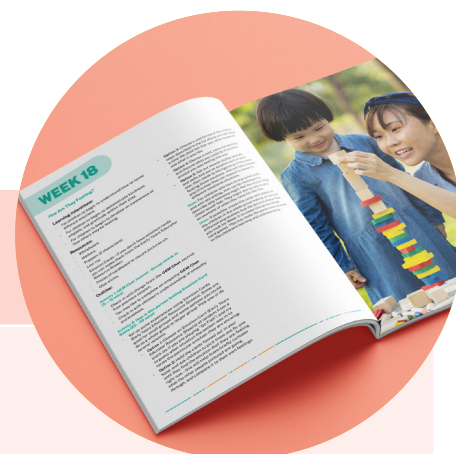
Outlined in our Educator Resource

An Early Years Family Journal for each student to complete at home

Access to an online Educator resource hub

Annual Cost: \$990 (excluding GST), plus \$19 per student*

**The student fee can be covered by the centre or individual families.*





School Partnership Program

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



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 improve their own wellbeing.
- Our **CURRICULUM** supports the ongoing practise of mental health strategies in the classroom with up to 30 year level specific lesson plans 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 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.
- ✓ 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 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 help guide program delivery and evaluation.

School Partnership Program

Schools have a choice of presenter and format to experience
The Resilience Project program:

OPTION 1	OPTION 2	OPTION 3
Presentations with Hugh van Cuylenburg	Presentations with Martin Heppell	Digital Presentations with Hugh or Martin
Staff presentation In person	Staff presentation In person	Staff presentations 4 x 15-minute digital presentations / PD sessions
Student presentations 4 x age-specific digital presentations (Primary F-2 and 3-6) or (Secondary 7-9 and 10-12)	Student presentations 2 x in-person presentations Primary (F-2 and 3-6) or Secondary (7-9 and 10-12)	Students presentations 4 x age-specific digital presentations (Primary F-2 and 3-6) or (Secondary 7-9 and 10-12)
Parent and carer presentation Live webinar	Parent and carer presentation In person	Parent and carer presentations 4 x 10-minute digital presentations and supporting resources
Curriculum - up to 30 lesson plans Outlined in an online Teacher Resource hub and Student Journals	Curriculum - up to 30 lesson plans Outlined in an online Teacher Resource hub and Student Journals	Curriculum - up to 30 lesson plans Outlined in an online Teacher Resource hub and Student Journals
Resilient Youth survey and results workshop	Resilient Youth Survey and results workshop	Resilient Youth Survey and results meeting
Cost: \$6,500 (excluding GST), plus \$19 per student*	Cost: \$7,900 (excluding GST), plus \$19 per student*	Cost: \$3,500 (excluding GST), plus \$19 per student*

*The student fee can be covered by the school or added to booklists. The fee includes a personal student journal linked to the lesson plans, access to the resilient youth survey and additional digital content and curriculum activities.

To learn more about our education programs or to confirm your school's involvement, please head to <https://theresilienceproject.com.au/education/>