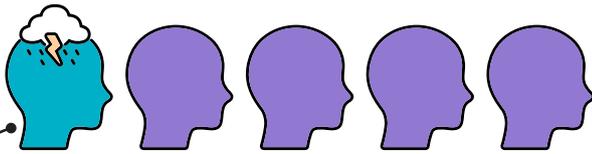


THE

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 to help people build happiness and resilience. 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.



Evidence based program

In 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 evaluation indicated that the program benefits arose from both the program content and the style of delivery. The variety helped many children engage with lessons and each other.

The greatest demonstrated change overall was **improved student gratitude.**

There was also reported benefits for many students in relation to;

- **emotional skills/literacy**
- **social relationships at school and home**
- **confidence and self esteem**
- **supportive classroom environments**



School Partnership Program

The Resilience Project's Partnership Program supports the wellbeing of the whole school community and builds a positive school culture.

- First we engage **STAFF** through professional development presentations, teamed with resources and activities which develop a consistent language and approach.
- We then inspire **STUDENTS** across all year levels through the delivery of highly engaging presentations.
- And 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.

"The TRP Teaching Resource Hub is GREAT!!! And so easy to navigate for our teachers! Thanks again for everything - you're a GEM!"

Assistant Principal,
Montmorency Primary
School

"Within weeks even days of starting this program it has already started to make a difference in the students but not only that it has made a difference in my life too. Thank you for sharing! Can not speak more highly of the program"

Teacher, Templestowe
Valley Primary School

"I just see the changes on some of my friends. They're more open when their upset and they talk. We're all more open. We're all happier as a class."

Grade 6 student

"The insights I've gained from your program are possibly the most powerful things I've learnt to positively shape my kids' lives - thank you. Each day, I try to embed the simple messages of 'being kind' & 'being grateful!'"

Parent, Lindfield Public
School

Partnership Schools also receive the following benefits:

- ✓ All students complete The Resilient Youth Survey; a scientifically validated student wellbeing survey completed by over 400,000 students across Australia.
- ✓ A Resilience Profile meeting 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 team of experienced educators to help guide program delivery.

School Partnership Program



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

PROGRAM 1	PROGRAM 2	PROGRAM 3
Presentations with Hugh van Cuylenburg	Presentations with Martin Heppell	Digital Presentations with Hugh or Martin
Staff presentation In person or live webinar	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, combined with parents from other schools.	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 for each year level Outlined in an online Teacher Resource hub and Student Journals	Curriculum - up to 30 lesson plans for each year level Outlined in an online Teacher Resource hub and Student Journals	Curriculum - up to 30 lesson plans for each year level Outlined in an online Teacher Resource hub and Student Journals
Resilient Youth Survey and results meeting	Resilient Youth Survey and results meeting	Resilient Youth Survey and results meeting
Cost: \$6,500 plus \$19 per student* (excluding GST)	Cost: \$7,900 plus \$19 per student* (excluding GST)	Cost: \$3,500 plus \$19 per student* (excluding GST)

*The student fee can be covered by the school or added to book lists. 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.