

# Parents & Carers - Welcome to The Resilience Project

This year, we are excited to bring The Resilience Project into our school community and implement their wellbeing curriculum throughout our classrooms.

## Current research tells us:

- **1 in 4** adolescents have a mental illness.
- **1 in 7** primary school students have a mental illness.
- **1 in 5** adults will experience mental ill-health throughout the year.
- **65%** of adolescents do not seek help for mental illness.

[The Resilience Project](#) delivers emotionally engaging programs and provides evidence-based, practical strategies to support positive mental health and build resilience. Presentations will include stories and research on how we can build mental health in our day to day lives, and support the mental health of the children in our care.

We understand that as primary carers, you have an essential role to play in building positive mental health with your children. Through this program, teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy and Mindfulness (GEM)** to build resilience. To support what we're doing in the classroom, you will be invited to attend a **webinar presentation** to introduce you to The Resilience Project, build your own confidence around resilience, and give you ideas to help your children and their mental health throughout the year.

The presentation will be delivered by The Resilience Project founder, Hugh van Cuylenburg. More information on Hugh can be found on the [The Resilience Project website](#).

The Resilience Project's School Program has been evaluated by the University of Melbourne, with parents observing positive changes in how children handled home situations.

## The evaluation also demonstrated the program had targeted benefits in building:

- Children's use of daily gratitude strategies and their sense of gratitude.
- Confidence and self-esteem, especially in relation to their peer relationships.
- Relationships at school and home.
- Knowledge and ability to express emotions.
- More supportive classroom environments.

Details about the Parent and Carer presentation will be shared soon. In the meantime, feel free to learn more about The Resilience Project by exploring the ideas, activities and resources which bring Gratitude, Empathy and Mindfulness (GEM) to life on [TRP@HOME](#).