






2024 School Wellbeing Program

Why youth mental health matters:

 <p>1 in 4 adolescents have a mental illness.</p>	 <p>65% of adolescents do not seek help.</p>	 <p>1 in 7 primary school children have a mental illness.</p>
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Source: ABS 'National Survey of Mental Health and Wellbeing' and 'Australian Institute of Health and Welfare, 'Australia's Youth: Mental Illness'

Urgent action is needed to tackle Australia's youth mental health crisis. Early intervention and prevention is key.

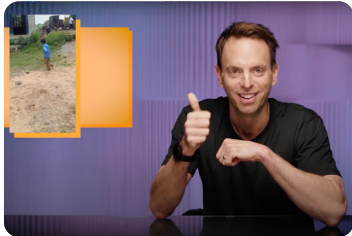
Why The Resilience Project?

Our **whole school wellbeing program** teaches and supports positive mental health in the classroom, staffroom and wider community. Our program is **emotionally engaging, practical, proven to have impact** through **evidence based** evaluations, and is delivered in 800+ schools.

We're also recognised as an **approved wellbeing program** on the Victorian, NSW and South Australian department of education wellbeing panels and menus.


What's in our wellbeing program?

A program developed by teachers for teachers, our School Wellbeing Program inspires and engages the whole school community through:




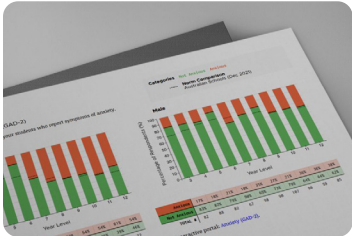
 Digital Presentations




 Teaching & Learning Curriculum



 Proven Program Impact



 Wellbeing Survey & Analysis

INSPIRE

Digital Presentations

Fun and **captivating**, our program includes a suite of digital presentations and workshops which inspire us to practise positive wellbeing strategies.

- Hosted by Hugh van Cuylenburg or Martin Heppell, their humour and unique stories inspire resilience across the whole school community.
- All presentations are centred around gratitude, empathy and mindfulness (GEM); principles linked to positive emotions and positive wellbeing.
- The program features age-appropriate and practical videos for students of all ages, staff, parents & carers, as well as workshops to support successful program implementation

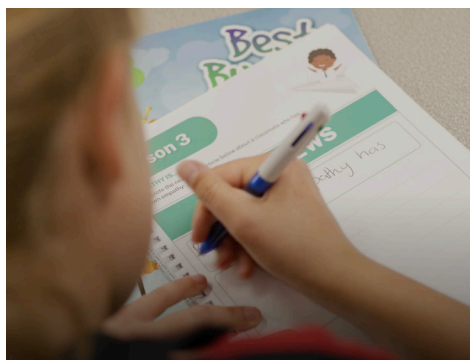


ENGAGE

Teaching & Learning Curriculum

Engaging, enjoyable and easy to deliver, our curriculum is the **foundational tool which embeds wellbeing into school culture**.

- Developed by teachers for teachers, our curriculum is year long and mapped against curriculum standards.
- Teachers are fully equipped with detailed and easy to deliver lesson plans, activities and comprehensive resources to maximise student engagement.
- Our partnership with Culture is Life ensures the program is reflective and respectful of First Peoples of Australia in a culturally safe way.



Program Evidence

The research is clear; **the more positive emotion you experience, the more resilient you will be.**

For that reason we focus on 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.



Proven Program Impact

Our program has been proven to have impact and influence positive change, which was indicated through independent evaluations by both **The University of Adelaide** and **The University of Melbourne**.

The University of Adelaide study (2019-2021) of 160,000 students found TRP participants maintained consistent emotional wellbeing and improved life satisfaction, in contrast to those that did not participate in the program.

The University of Melbourne also found students at TRP schools showed improved confidence, self-esteem, ability to express emotions and daily gratitude practice.

Wellbeing Survey & Analysis

Through the **Resilient Youth Survey**, our program provides schools with two key elements;

1. A tailored and specific **mental health report** of their students.
2. A tool which provides the opportunity to **measure and track** the ongoing wellbeing of their students.

This survey is completed by nearly 200,000 students each year, measuring key wellbeing indicators such as life satisfaction, hopefulness, anxiety, depression, risk and coping style.



Program Overview

The Resilience Project's School Partnership Program **inspires action, measures your students' wellbeing and teaches practical strategies** to support your whole school community.

	Students	Staff	Parents/Carers	School	Cost per annum
INSPIRE	<p>Presentations:</p> <ul style="list-style-type: none"> Highly engaging, age-specific video content with supporting activities. Primary: F-2 & 3-6 Secondary: 7-9 & 10-12. 	<p>Presentations:</p> <ul style="list-style-type: none"> Inspiring video content to teach staff about the key principles of GEM. Teaching TRP Workshop*. Live staff webinar with Hugh or Martin*. Resilient Youth Staff Webinar*. 	<p>Presentations:</p> <ul style="list-style-type: none"> Suite of inspiring digital clips to provide a home school connection. 	<p>Presentations:</p> <ul style="list-style-type: none"> 'Leading TRP' Introductory Webinar. Welcome Meeting. Resilient Youth Survey Results Meeting. 	<p>\$3,900 (excl. GST)</p> <p>Choice of presenters for the digital presentations.</p>
ENGAGE	<p>Teaching & Learning Program:</p> <ul style="list-style-type: none"> Personal annual student wellbeing journal. Culturally inclusive learning activities and experiences. Participation in the Resilient Youth (RY) Survey. 	<p>Teaching & Learning Program:</p> <ul style="list-style-type: none"> Up to 30 teacher lesson plans for every year level. Lessons mapped against curriculum standards. Comprehensive online teacher hub. Culturally responsive designed curriculum. Termly newsletter. 	<p>Engagement Initiatives:</p> <ul style="list-style-type: none"> Dedicated online parent/carer hub with supporting resources. TRP@Home - practical wellbeing activities for parent/carers and their children. Parent communication including: <ul style="list-style-type: none"> » Parent/carer newsletter. » Supporting parent/carer communications. 	<p>School Support:</p> <ul style="list-style-type: none"> Dedicated School Partnership Manager to provide ongoing program support. GEM Pack (digital classroom posters, display boards, student award certificates, PD certificates). TRP school fence sign. 	<p>\$20 / per student (excl. GST)</p> <p>The student fee can be covered by the school or added to the school's booklist.</p>

*Staff:

Teaching TRP Workshop: This workshop is designed to inspire staff on how to teach and integrate The Resilience Project effectively at your school.

Live Webinar with Hugh or Martin: This live webinar is designed to inspire staff to build their knowledge of the key program principles, Gratitude, Empathy, Mindfulness and Emotional Literacy.

Resilient Youth Staff Webinar: This live webinar will teach staff how to interpret the data gained from the RY survey.

**School

Leading TRP Workshop: This webinar is designed for those leading the implementation of the program, to provide an overview of how to launch and embed the program in your school.

Welcome Meeting: A meeting for those leading the implementation of the program, to help tailor the program to your individual school to ensure effective implementation.

Resilient Youth Survey Results Meeting: This one to one meeting is designed for those leading the implementation of the program, to provide a detailed wellbeing profile of your school.



Scan this QR code or head to the following link to learn more about the program, including sample videos, lesson plans and other FAQs.

theresilienceproject.com.au/2024-school-wellbeing-program