

# Welcome to The Resilience Project

## PARENTS & CARERS

This year we are excited to continue The Resilience Project (TRP) in our school community.

### WHY?

Current research tells us...

Why mental health matters

THE RESILIENCE PROJECT



One in four Australian adolescents will experience mental health problems this year

Nearly two thirds of them will not seek help.



One in seven primary school students are also likely to experience mental health problems this year.

### ABOUT THE PROGRAM

**The Resilience Project** is committed to **teaching positive mental health strategies** to prevent mental ill-health and **build young people's capacity to deal with adversity.**

We will be implementing their evidence-based **Teaching and Learning Program** throughout our classrooms, staffroom and school community.

Teachers and students will engage in weekly lessons and activities around the key principles of **Gratitude, Empathy, Mindfulness (GEM)** and **Emotional Literacy** to build resilience.

### WHAT CAN BE DONE AT HOME?



To learn more about The Resilience Project and get involved from home, you can start exploring the ideas, activities and resources which bring **Gratitude, Empathy and Mindfulness (GEM)** to life on **TRP@HOME.**

### EVIDENCE-BASED

The Resilience Project's School Partnership Program has been independently evaluated by both The **University of Adelaide** and **The University of Melbourne**. Click the links or scan the QR code to find out more about the impact the program has on **emotional wellbeing** and **behavioral changes**.



**The Imperfects** podcast, led by Hugh van Cuylenburg, Ryan Shelton and Josh van Cuylenburg, is all about how perfectly imperfect we all are. Hugh, Josh and Ryan chat to a variety of interesting people who bravely share their struggles and imperfections, and we all learn some valuable take-aways we can apply to our own imperfect lives.

