

# SCHOOL WELLBEING PROGRAM

## Curriculum Overview

Open Parachute creates online well-being programs designed to promote social and emotional development in students grades 6-12. We use clinically validated, research based psychological skills-building exercises to boost resilience, self-awareness, and social responsibility in youth, and increase their connection and systems of support. The program is based on documentary videos of real teenagers sharing their own experiences of overcoming struggle, inspiring students to build resilience in their own lives.

The topics covered at each Grade are: Peer Dynamics (eg. Healthy friendships/boundaries/bullying); Awareness of cultural issues (eg. Prejudice/Inequalities); and Mental Health (eg. Anxiety/depression/trauma). Each topic is explored at the appropriate developmental level for each grade.

## Resources for Teachers and Parents

Also included in our program is a complimentary Teacher Wellbeing Course, which is comprised of short videos and exercises designed to give teachers tools to support their own wellbeing. There are also resources for parents that provide tools and strategies for supporting the mental health and wellbeing of their children at home.

## Surrey SD36 Special Offer!

For all Surrey schools that sign on by the end of December 2020, we are offering our programs at the discounted rate of \$5/student for an indefinite license.

**Register your Interest [HERE](#)**

### Course Creator

Dr Hayley Watson is a Clinical Psychologist with a PhD in bullying interventions. She has been creating and delivering intervention programs globally for the past 15 years, and her mental health curriculum programs are being delivered across the Canada, the US, and Australia.

