



School Wellbeing Resources
Parent Information Pack



Student Curriculum

Open Parachute is pleased to be working in partnership with your child's school. We create well-being programs designed to promote social and emotional development in students K-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.

Our programs are based on documentary videos of real teenagers sharing their own experiences of overcoming struggle, inspiring students to build resilience, empathy, and empowerment in their own lives. The Lessons break down complex issues into simple conversations that are accessible and relatable for everyone, with skills that assist every student in living up to their fullest potential.

Topic Areas:

- Peer Dynamics (eg. Healthy friendships/boundaries/bullying)
- Awareness of cultural issues (eg. Prejudice/inequalities)
- Mental Health (eg. Anxiety/depression/ trauma)

Each topic is explored at the appropriate developmental level for each grade, providing students with practical tools for facing these challenges as a part of their core curriculum in school.



Resources for Parents

This program provides you with access to an online video-series with information on how to support your child's development through adolescence and the many challenges they may face. The program provides tools for addressing well-being concerns that typically occur as children developmentally mature. It is common for these various difficulties to arise for children at any age, and you can refer back to these resources at any time based on what you are noticing in your child. The topics covered are listed below:

Pre-Teens:

- Resilience
- Empathy
- Social Media
- Saying No

Teens:

- Bullying
- Trauma
- Acting Out
- Self-Esteem

Mature Teens:

- Mental Health
- Addictive Patterns
- Boundaries & Consent
- Anxiety & Depression

These resources can be used individually or as a group, and provide you with tools for having difficult but important conversations with your child, building empathy and accountability in your child, and staying connected to your child as they move through their adolescent years.

Access this Resource [HERE](#)

Program Creator

Our program 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 operating in schools across Canada, the US, and Australia.



Contact Information

If you have any questions about our programs, or if you would like to find out more about how our resources are supporting your child, please contact us on the details below:

openparachuteschools.com

info@openparachuteschools.com

Feedback from Schools

Our programs are currently being used by over 100,000 students across 5 countries. Here is what schools are reporting:

"All I can say is WOW. As a team we were very blown away on how much risk our students were willing to take and the trust that they have in this process. Thank-you for this very valuable tool in dealing with mental health!" - Educator

"I wanted to send an email to say thank you. The program that you have created with the videos, presentation slides, and discussion/activities have all been high quality and have been a great way for us to have these conversations with our students. Thank you for the work you are doing to help us care for our students in a way that we can't always do on our own!" - Principal

"The Lesson ran so well - Even students who never speak up were sharing their thoughts and feelings! I also ran one of the teacher wellbeing sessions in our staff meeting which went really well too. At the end of the meeting our admin felt so good about the sense of calm and peacefulness in the room, that they refrained from adding on any more work tasks. Needless to say, the teachers were very pleased! This program makes my job of supporting the wellbeing of staff and students easy!" - Educator