



## Resilience in Our Teens™

### A WHOLE-SCHOOL COMMUNITY APPROACH TO REDUCE ANXIETY AND BUILD RESILIENCE IN TEENAGERS IN NSW HIGH SCHOOLS

#### OVERVIEW:

The RIOT, Whole-School program takes a wrap around approach to help teenagers learn skills to manage anxiety and build resilience by engaging the significant adults in their life in training.

The program is consistent with the Australian Student Well-being Framework (ASWF) and includes:

- Providing training and resource for implementation coaches, teachers and principals to ensure they always have access to the latest research and resilience practices available to them.
- Helping schools connect with their communities to ensure there is a whole-of-school cultural change to addressing anxiety, improving school attendance and improving student engagement and performance.
- In its teacher format, the RIOT program assists educators to identify and to manage student anxiety. Elements of the curriculum include:
  - o Noting the differences between anxiety disorders and normal anxiety,
  - o Which family and teacher management behaviours are correlated with worsening anxiety,
  - o How different types of anxiety respond to different treatments,
  - o How the adults in the teen's environment can assist young people to become mentally stronger,
  - o The types of conversational interventions teachers can use facilitate resilience-thinking skills and which need to be formally taught (e.g., arousal reduction and interrupting techniques).

The program is taught as a cultural change program running over a 12 month period.

#### PROGRAM COSTS AND KEY DATES:

- The Whole-School Resilience In Our Teens (RIOT) program costs between \$9,999 and \$20,999 and is determined by your school size and principal classification.
- RIOT Champion training will take place on two consecutive days, in the term before your whole school training.
- The whole of school staff training will take place on designated PL dates in central locations across NSW.
- Recordings of the above training will be available to your team for a period of three months after the training

#### WHAT'S INCLUDED

- Training of RIOT Champions (up to 10 in one school) on set dates.
- One day's training of all staff – on set regional dates.
- Free and discounted parent tickets to the RIOT interactive parent webinar – includes anxiety pre-screening test, and a parent workbook mailed to parents.
- A curated series of research articles and school resources to engage with your parent community.
- Curated list of newsletter articles.
- A completed sample theory of change template for you to tailor to your own school.
- Background documents: role descriptions, barriers to implementation lesson plans for years 7-10.
- Two important books on anxiety and behaviour change for your RIOT Champion team.
- Support to design simple research – selection of developed hypotheses to be tested - and suggested before and after testing instruments
- Travel and accommodation costs of trainer for the teacher training.
- Ongoing scheduled support meetings for your RIOT Champions over a 12 month period.

#### RIOT CHAMPION JOB ROLE:

- Attend training for RIOT Champions on set date as scheduled by Parentshop.
- Prepare staff for the program prior to the all staff training day.
- Organise all staff to attend a training day for teachers and teachers' aides with Parentshop on a set date in your region.
- Amend school policies to include a 'Have a Go' culture and ensure new teachers are trained in the Resilience In Our Teens ethos.
- Enlist the cooperation of the local P&C.
- Advertise training of parents.
- Ensure that teachers see it is their responsibility to be each teen's anxiety coach.
- Inspire the entire school community but especially teachers & teachers' aides to work with one another to ensure the project's success.
- Attend regular scheduled RIOT Champion meetings to stay up to date with latest research and resources.