



Aussie Optimism

SOCIAL LIFE SKILLS

What is Aussie Optimism?

Aussie Optimism is an evidence-based mental health promotion program that provides schools and families with practical information and strategies. The programs are mapped to the national curriculum for HPE and are designed to be run in schools, with whole classes in a school term. Aussie Optimism is a resilience program that can help all children build coping skills and self-esteem. The programs can also reduce and prevent anxiety and depression symptoms.

Why Aussie Optimism?

Children and Adolescents often experience stress, for example peer pressure, family conflict, moving from primary school to high school, increased demands of study, performance expectations and body changes. Children and adolescents cannot always be protected from stress, however, they can be provided with the skills necessary to cope with stress and to rise above life's difficulties and challenges.

The Aussie Optimism: Social Life Skills Program

The Aussie Optimism: Social Life Skills program is developmentally appropriate for students in years 5 to 6. During the 10 weeks of program implementation students look at emotions and strength of emotions, relationships involving family, friends and peers, as well as ways of communicating better and how to solve problems. Students learn and practice skills to help them get along better with others. These skills include:

- Decision Making
- Communication

- Assertiveness
- Negotiating and compromising
- Developing friendships and support networks
- Coping skills for challenging / stressful situations

Students are encouraged to apply the skills to:

- Improve family, friend and peer relationships
- Prepare for high school
- Cope with becoming a teenager

How can my school run the Aussie Optimism Programs?

Teachers and school staff are required to attend a one-day training workshop for each program they would like to run. Workshops can be arranged at Curtin, your school or another venue of choice.

More questions?

For questions relating to **PDs or the ordering of our resources**, please contact our workshop coordinators on 9266 2465 or Aussie.Optimism@curtin.edu.au

For **questions, comments or concerns** please contact the Research coordinator Natalie Baughman on 0401 103 681 or Natalie.Baughman@curtin.edu.au