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SchoolMatters: mapping and managing mental health in schools
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Enhancing Resilience 1: Communication, Changes and Challenges
- Introduction
  - Helen Cahill
- Creating connections
  - Helen Cahill
- Games collection
  - Helen Cahill
- Friendship and belonging
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- People, identity and culture
  - Pamela Morrison

Enhancing Resilience 2: Stress and Coping
- Introduction
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A Whole School Approach to Dealing with Bullying and Harassment
- Facing facts – an approach to dealing with bullying through the Health class
  - Helen Cahill
- Giving voice – an approach to dealing with bullying through the English class
  - Pamela Morrison
- Defining moments – an approach to dealing with bullying through the Drama class
  - Coosje Griffiths
- Check list of strategies to reduce bullying and harassment
  - Helen Cahill

Understanding Mental Illnesses
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Loss and Grief
- Dr Louise Rowling

Educating for Life: a guide for school-based responses to preventing suicide and self-harm
- John Howard, Barry Taylor, Helen Cahill

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- Engadine HS (NSW)
- All Saints College – Ballarat (NSW)
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This booklet is part of MindMatters: a mental health promotion resource for secondary schools. It is best used as part of a comprehensive whole school approach to the promotion of mental health as outlined in the SchoolMatters booklet.

MindMatters resources

SchoolMatters: mapping and managing mental health in schools
This overarching document provides schools with a framework and planning tools to assist them with possible structures, strategies, partnerships and curriculum programs to promote and protect the mental health of all members of the school community.

Educating for Life: a guide for school-based responses to preventing self-harm and suicide
This guide outlines the policies, processes and practices that contribute to a comprehensive approach to suicide prevention.

Enhancing Resilience 1: Communication, Changes and Challenges
The curriculum units are designed to enhance resilience via the promotion of communication, participation, positive self-regard, teamwork and a sense of belonging and connectedness to school. They are particularly useful with new groups.

Creating connections
Activities for the Home Group, Personal Development, Pastoral Care or core curriculum teacher, focusing on issues of communication, codes of behaviour and teamwork.

Games collection
A collection of interactive games designed to promote communication, cooperation and teambuilding. Suitable for use within each of the key learning areas.

Friendship and belonging
Activities for the English class exploring the challenge of making and maintaining friendships.

People, identity and culture
Activities for the Study of Society class exploring personal and social identity, and addressing issues of belonging and culture.

Enhancing Resilience 2: Stress and Coping
This booklet guides schools in their focus on enhancing the resilience and connectedness of their students. It is targeted at middle to senior secondary students and deals with the importance of providing ongoing opportunities for participation and communication, creating a positive school culture, friendly relationships, and valuing school and community. Two booklets, designed for use in Health, Pastoral Care or Religious Education, address issues of coping with stress and challenge, help-seeking, peer support, stress-management, and goal setting.
Coping
Activities for Health or Pastoral Care in which students identify some of the stresses and challenges young people have to deal with, and explore the range of emotions commonly associated with feelings of stress. They examine a range of coping strategies and consider ways of dealing with a range of challenging circumstances.

Stressbusters
Activities for Health or Pastoral Care in which students explore the role and effect of supportive groups, the role of trust and courage in help-seeking behaviour, and explore conflict resolution and stress-management techniques.

A Whole School Approach to Dealing with Bullying and Harassment
This booklet guides schools in their attempts to take a whole school approach to dealing with bullying and harassment. A comprehensive check list to guide policy and practice is included. Three curriculum units, targeted at junior secondary school students, are provided for use in the Health, English and Drama class. The Health unit is also suitable for Personal Development and Pastoral Care classes. It is anticipated that schools would choose one of the units for use with a particular class.

Facing facts: a whole school approach to dealing with bullying and harassment for use in the Health class
Students define and give examples of different types of bullying and harassment, and consider the effects of bullying on victims, perpetrators and onlookers. They identify common barriers to seeking help or taking protective action. They are equipped to research bullying in their own school and use interactive exercises to develop help-seeking and assertiveness.

Giving voice: a whole school approach to dealing with bullying and harassment for use in the English class
Students explore the language of bullying, and look at forms of bullying perpetrated at different levels of society. They use group work and participatory exercises to read, write and discuss poetry, stories and newspaper items, exploring the effects of bullying and possibilities for protective action.

Defining moments: a whole school approach to dealing with bullying and harassment for use in the Drama class
Students explore the body language of status and power, identify and enact common human responses to messages of welcome or rejection. They also use a range of dramatic devices to depict and examine the stories and experiences of oppression, and prepare a performance piece around the theme of bullying.
Understanding Mental Illnesses
This document provides an overview of the issues a school may face in relation to mental illness among students, staff and families. It includes a curriculum unit, aimed at middle to senior secondary students, that intends to increase students’ understanding of mental illness, reduce the stigma associated with mental health problems, and increase help-seeking behaviour. A video accompanies this curriculum unit, and this is also relevant for considering mental illness and stigma with any school audience.

Loss and Grief
Issues of loss and grief have been linked to depression, and traditionally such issues have been under-explored in schools. This document provides an overview of school practices relevant to dealing with death and loss within the school, including a sequence of lessons for junior, middle and senior secondary school students.

MindMatters Website:
www.curriculum.edu.au/mindmatters

School Stories: MindMatters Case Studies
Schools participating in the pilot phase of the MindMatters project have provided a description of some of the ways in which they approached mental health promotion within their local community, and of the difficulties and successes encountered.

MindMatters Annotated Bibliography
The bibliography provides direction for teachers about other useful resources in the areas of mental health and mental illness. These include print materials, videos and web sites, with brief comments on the use, target audience and relevance of each resource.

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