

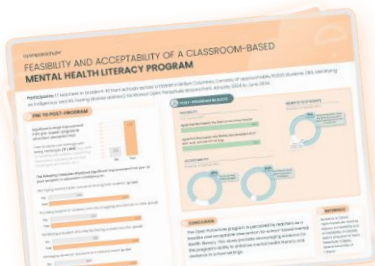
# Teach your children resilience skills with Open Parachute @ Home

This resource gives you tools to support your children's mental health for ages 5–18.

The lessons include real stories from youth and are designed to spark meaningful conversations in your family. Each video is followed by exercises that explore well-being, resilience, and core values.



## Program Outcomes



An independent pre/post study found that Open Parachute significantly improved outcomes.

- ✓ Parents reported that the Open Parachute program helped 'a lot' in their role as a home educator
- ✓ Parents spent 0 - 15 minutes preparing for each lesson
- ✓ Parents felt prepared for Open Parachute lessons after minimal preparation time

As a parent, you have full control over what your children learn. These resources are designed to help you introduce mental health topics in a safe and supportive way, preparing your children for the challenges of growing up in today's world.



Hear from the Program Creator, Dr. Hayley Watson

See how it supports **your child**

# Child Impact

Parents reported children using the Open Parachute @ Home were positively impacted in the following ways:

**30%** Better able to communicate with peers/adults

**41%** Better able to soothe their own emotions

**35%** Better able to problem-solve challenges

**47%** More self-aware about their own thoughts & actions

**41%** More empathetic for others

**47%** Had more skills to support their mental health

# Lesson Content

## 5-7 Year Olds

- ✓ Anger, Self-Soothing & Asking for Help
- ✓ Friendship Challenges
- ✓ Frustration, Motivation & Growth Mindset
- ✓ Helping Our Feelings & Repairing with Others
- ✓ Siblings & Friendships



## 8-10 Year Olds

- ✓ Being a Good Friend
- ✓ Being Inclusive of Others
- ✓ Communication & Perspective-Taking
- ✓ Friendship Challenges
- ✓ Helping Worries & Coping with Grief & Loss
- ✓ Resilience, Anger & Identity
- ✓ Worries, Anxiety & Resilience



## 11-13 Year Olds

- ✓ Anxiety, Resilience & Raising Awareness
- ✓ Body Image & Stereotypes
- ✓ Peer Inclusion & Exclusion
- ✓ Trauma, Reactions & Finding Support
- ✓ Learning Challenges, Motivation & Overcoming Trauma
- ✓ Bullying, Boundaries & Taking Accountability
- ✓ Finding Your Values & Striving For Your Own Greatness



## 14-18 Year Olds

- ✓ Building Self-Esteem
- ✓ Bullying, Self-Criticism & Eating Challenges
- ✓ Coping with Loss & Grief
- ✓ Inclusion & Self-Care
- ✓ Cultural Messages, Insecurities & Honest Self-Reflection
- ✓ Supporting Each Other



## What Parents told us:

“It was really nice to have a program give an alternative perspective or an alternative way of looking at some of the same things we’ve talked about.”