

POSITIVE BEHAVIOUR FOR LEARNING

FRIENDS

4 December 2012



Youth Mental Health Initiative

Research informed → Prime Minister's Youth Mental Health Project (2011)

- Intended to address mental health issues for young people.
- Offer a range of options to promote wellbeing across the youth population, to target and support those most vulnerable and treat any who need it.
- Some of these are being implemented through schools in the form of evidence based programmes.

FRIENDS

Acknowledged by the World Health Organisation as an effective anxiety treatment and prevention programme.

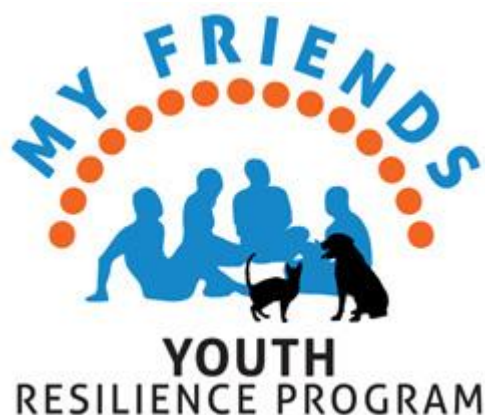
- Supports the development of children and youth's social and emotional skills.
- Provides them with coping strategies that enable them to work through problems thereby improving their capacity to learn.

Adapted for New Zealand's culture and curriculum.

Programmes



Ages 4 to 7 Yrs



Youth - 12 to 16 Yrs



Child - 7 to 12 Yrs





My FRIENDS Youth

Will be implemented in 2013

Trial

- 10 secondary schools
- Year 9
- Health curriculum
- Schools in Hamilton, Central South and Invercargill, Christchurch and Maniototo

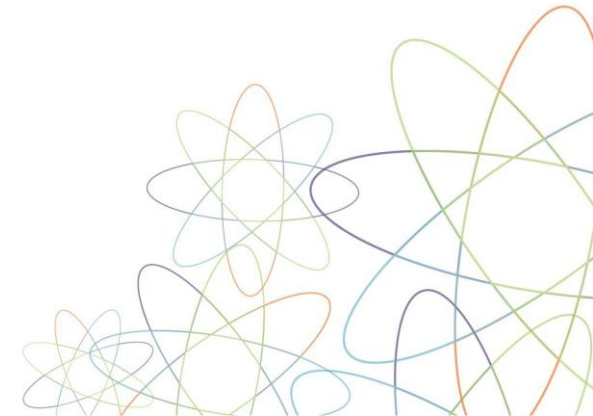
Training

Ministry license with Pathways – Australia

Pathways hold sole right to train trainers

Trainers can train people to implement the programme

Two RTLB, two teachers and one Ministry person trained under
Ministry license



Expected Outcomes

Increase in pro-social skills providing students with strategies that have been shown to improve;

- behaviour.
- social and emotional skills.
- attitude.
- academic performance.

The initiatives also support the learning of family/whānau and teachers, influential in the youth's life, to improve relationships and provide a consistent across settings approach further increasing motivation to learn and succeed.



New Zealand Government

Positive 
Behaviour
for Learning