iheart Resilience & Wellbeing Programme for Young People

Schools' Project
www.iheartprinciples.com

What if we already have everything we need inside of us?
The Scale of the Problem

The statistics indicate our young people are suffering.....

We need to move past awareness and towards solutions.

This worked with children I never imagined it would work with ... I am staggered by the results our school got from this intervention.

- Ben Jones, Deputy Head Teacher, Langley Park School for Boys

90% increase in number of students experiencing anxiety or stress over the last 5 years

81% of pupils would like their school to teach them more about their mental health

50% of mental health problems are established by age 14

20% of adolescents may experience a mental health problem in any given year

Our children are suffering and we cannot seem to stem the tide.

Why? Because most existing programmes are primarily addressing symptoms, not the root cause. In order to solve any recurring problem, we have to address that problem at its source.

We need a revolutionary shift in how we understand and address the mental health of our youth.

The iheart curriculum, uniquely designed to show young people how change only ever happens from the inside-out, is our response to creating this step change in preventative mental health education.
A Global Project

As demand to share the iheart programme has grown, educators and schools have found their way to us from different parts of the world. From Athens to Antwerp, Boston to Belfast, Dublin to Dubai, Hampshire to Helsinki, Jerusalem to Johannesburg, New York to New Zealand to Norway, Seattle to Sydney, and Scotland to Sweden, the iheart programme is now being taught in over a dozen countries around the world.

I am so grateful at having crossed paths with iheart. Thank you for giving hope to so many people.

-Rosanne de Giorgio, Spain
Whole School Approach

For students to realise their full potential, it is essential to understand how their psychological system works. This will empower young people to navigate through emotions and discover the possibilities that arrive when their innate wellbeing is uncovered.

Our multi-systemic approach encompasses young people, teachers/educators, parents/carers to embed a consistent language of wellbeing in each of these key environments.

**iheart’s** whole school wellbeing strategy includes specific programmes designed to engage the learner into a process of understanding how our perceptions of life influence our emotions so we can acknowledge when we are ‘on’ or ‘off’ track. This knowledge impacts our ability to access our innate resilience, regardless of the circumstances.

**iheart** provides the essential tools to cultivate an environment that places an emphasis on sustainable wellbeing and resilience.

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**Benefits**

The benefits of an integrated Whole School Approach have been shown to include:

- More mental health experienced by young people
- Increased resilience – capacity to access wellbeing regardless of circumstance.
- Improved relationships with peers, teachers and family members
- Greater respect for difference and diversity
- Less behavioural issues and disruption
- Less resources and funds spent on mental health problems

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**Evaluation**


iheart is a “promising new intervention offering a step change in mental health education for improving resilience, mental wellbeing and the ability for participants to navigate psychological challenges.”
The iheart Programme

For young people aged 10 to 18

Over the course of 11 interactive sessions, young people discover:

- How the mind creates all of our realities, feeling states, moods and behaviours.
- How they can navigate challenges with greater ease and success.
- How they can have the confidence to make positive changes.

"The children are starting to believe in what they can achieve, and they will go on to be better adults making the world a better place in the future, thanks to the partnership between all we've done with iheart and our school."
- Sash Hamidi, Executive Headteacher, Priestmead Primary School, London

What makes the iheart programme different?

iheart (innate health education and resilience training) addresses the problems facing our young people at its source by focusing on:

- Education, prevention and sustainable solutions
- Practically addressing real issues young people encounter on a daily basis
- Mental wellness rather than mental illness
- Understanding the thinking that drives destructive behaviour

Our Vision is a paradigm shift in mental health education and youth work, so that all young people can access their innate wellbeing and potential to become resilient, contributing members of society.
Curriculum Outline

The iheart Curriculum for young people is a unique contribution to the field of young people’s preventative mental health education.

This carefully structured programme for ages 10-18 is comprised of 11 x 50-minute group sessions. The first four sessions lay the foundations of the iheart approach, explaining the underlying principles of our psychological system and their most significant implication – that wellbeing is innate. The following seven sessions relate to topics that affect young people’s daily lives, such as: stress, anxiety, future uncertainty, relationships, prejudice, self-image, bullying, anger, addictions and social media.

Built on a scaffolded approach to learning, each session has its own clear learning objective and a dynamic blend of animation videos, interactive discussions, activities, self-reflection and feedback worksheets, summary slides, video clips and group exercises.

<table>
<thead>
<tr>
<th>Session</th>
<th>Title</th>
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<tbody>
<tr>
<td>Session 1</td>
<td>Welcome to iheart – a new way of understanding your mind</td>
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<tr>
<td>Session 2</td>
<td>Our psychological system is an intelligent system</td>
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<tr>
<td>Session 3</td>
<td>We have everything we need inside!</td>
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<td>Session 4</td>
<td>The mechanics of how our psychological system works</td>
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<td>Session 5</td>
<td>I feel stressed and anxious – no wonder I am so unmotivated</td>
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<td>Session 6</td>
<td>I can’t stop worrying about the future</td>
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<td>Session 7</td>
<td>Can we think differently and still get along?</td>
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<td>Session 8</td>
<td>Labels are for jars, not for people</td>
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<td>Session 9</td>
<td>Help, I’m being bullied! Help, I can’t control my anger!</td>
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<td>Session 10</td>
<td>I can’t stop using my phone! Am I addicted?</td>
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<td>Session 11</td>
<td>Summing up my iheart journey</td>
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“I would build an imaginary brick wall that I couldn’t get over … now I see that it’s just a wall within my mind.”

- Sarah, Year 6
"The iheart initiative for Year 9 pupils helps pupils cope with pressure and develop resilience."

- Ofsted Report, March 2020
(Christ’s College Finchley)
Wellbeing Programme for Educators and Teachers

The resources are fantastic and I am excited about teaching them. I also feel mentally stronger myself after the training.

- Nikki, Teacher, Thomas More Catholic School

This hands-on foundational course supports all those within a school who work with young people and is suitable for teachers, senior leaders, administration staff and teaching assistants. Participants learn to uncover their own innate capacity for wellbeing and resilience in order to manage stress, time pressures and challenging circumstances within the educational profession.

The course can accommodate a maximum of 30 participants per group.

**Course Duration**
- 8 weeks
- 12 learning hours spread over 90-minute twilight sessions

**Knowledge & Skills Gained**
- Navigate personal and professional challenges with more confidence
- Manage feelings of stress and overwhelm
- Handle difficult conversations with pupils, colleagues and others
- Recover quicker from setbacks and disappointments
- Access more peace of mind and clarity at work and at home
- Access personal resilience in the face of deadlines and teacher workload

**Next Steps**
- Eligibility to progress to Advanced Certified Educators Course to deliver the iheart programme to the pupils of your own school.
Wellbeing Programme for Educators and Teachers

“Excellent content. Really enlightening course very enthusiastically led by subject knowledge experts.

- Ellen, Teacher, Langley Park School

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<td>Dealing with bad, difficult, and reactive behaviours</td>
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<td>Session 7</td>
<td>Labels are for jars, not for people - exploring self-identity and self-image</td>
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<td>Session 8</td>
<td>Understanding addictive behaviours</td>
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How well-equipped are you to deal with the following?

Evaluation based on 60 teachers that completed the iheart Wellbeing Programme for Educators / Teachers in June 2020.
Advanced Certified Educators Course

This advanced, in-depth course is for selected educators, teachers and staff members who wish to train to deliver the iheart Curriculum to their own students. The course embeds a sustainable mental health and wellbeing capability for the whole school/educational environment.

To gain entry to the course, applicants must demonstrate:

- Successful completion of the iheart Wellbeing Programme for Educators/Teachers and assessment
- Commitment to deliver the iheart Programme to pupils and to fulfill all Quality Assurance requirements.

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<tr>
<th>Module 1: Curriculum Training</th>
<th>10 x 2-hr weekly twilight online sessions:</th>
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<tr>
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<td>In-depth training in the iheart Curriculum.</td>
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<td>Module 2: Deep Curriculum Training</td>
<td>1-day online training:</td>
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<td>Deepening self-knowledge and understanding of the iheart principles.</td>
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<td>This module will develop and consolidate learning and includes a practicum teaching element.</td>
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<td>Module 3: Practical teaching in school and submission of iQual Portfolio of Evidence</td>
<td>Teachers will deliver the iheart programme to at least one class at their school.</td>
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<td>A Portfolio of Evidence will then be submitted demonstrating delivery and outcomes to iheart for Quality Assurance purposes.</td>
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<td>Attendance at termly Teacher Hub learning workshops.</td>
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<td>Optional Module</td>
<td>Observation of 11 recorded iheart classroom sessions.</td>
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**Graduates Receive**

- Curriculum Certification for Educators/Teachers, enabling delivery of the iheart Curriculum to pupils aged 10-18 in their own schools.
- The full hard copy curriculum
- Access to the iheart Online Resource Portal enabling programme delivery and including all lesson plans, teaching slides, classroom activities, video clips, animations, and tutorials.
Outcomes Framework

The iheart Outcomes and Impact Framework anticipates the following key areas of improvement for young people:

- Mental Health
- Resilience
- Behaviour
- Relationships
- Motivation

"I believe every single school should be taking part in iheart. It helps equip young people as well as the staff that are trained to deliver the iheart programme."

- Arron Poole, Head of History, Christ’s College Finchley
Be part of the mental health solution.

To find out more please email:

info@iheartprinciples.com

Or please visit our website at:

www.iheartprinciples.com

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020 8912 1216

iheart is a registered charity (number: 1173025) dedicated to educating young people about their natural resilience, innate health and mental wellbeing.