

openparachute®

WELLBEING RESOURCES

INFORMATION FOR
PARENTS & CAREGIVERS



School Wellbeing Program

Hi, I'm Dr Hayley Watson,

I'm a Clinical Psychologist and the Founder of Open Parachute.

I am so pleased that your child is taking part in this school wellbeing program. I developed this resource because I want every child to **learn practical mental health skills**, so they can truly **thrive**.

This program aims to build a **strong foundation of resilience** so that your child can learn to **trust in their own abilities**, relate to their own feelings in a healthy way, and **change any unhelpful patterns** that may hold them back at any point in their lives.

These conversations can also **continue at home** if you and your child would like to explore these topics further – the **video-based resources** for parents can help **guide** these discussions.

We look forward to working with you to support the wellbeing of your child!

- Dr Hayley Watson,



Watch this short introduction
by Dr Hayley Watson

Resources for Parents

Open Parachute provides you with **free access** to an **online library** of **audio recordings** and **video-based lessons** that teach **skills** on how to support your child's wellbeing at home.

The topics available are listed below:

Click here to
get Access

[VIEW RESOURCES](#)



CHILDREN'S TOPICS

- Resilience
- Empathy & Accountability
- Social Media & Self-Esteem
- Saying No
- Protecting Your Child



PRE-TEEN'S TOPICS

- Bullying
- Trauma
- Acting Out
- Self-Esteem



TEEN'S TOPICS

- Mental Health
- Addictive Patterns
- Boundaries & Consent
- Anxiety & Depression

About Open Parachute

We create wellbeing programs designed to promote social and emotional development in students K-12. We use **clinically validated**, research based psychological skills-building exercises to **boost resilience, self-awareness**, and social responsibility in youth, and increase their connection and systems of support.

Our programs are based on **documentary videos of real youth** sharing their own experiences of **overcoming struggles**. These peer role models **inspire students** to live up to their **fullest potential**.

We are currently supporting over 300,000 students in 5 countries.



Dr Hayley Watson - Founder of Open Parachute



Our program creator Dr Hayley Watson is a Clinical Psychologist with a PhD in school bullying interventions, and 4 further academic degrees in the field of mental health. She has been creating, delivering, and researching intervention programs globally for the past 15 years.



Feedback from Educators & Parents

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Heather Rose
District Principal,
Student Services



"The personal stories shared by students are engaging and credible. Having the kid's ages in the videos similar to the students who are viewing them allows for students to see themselves and connect with the content in a real and meaningful way."

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Dr Daniel To
District Principal



"We want to have a resource that covers the breadth of everything but also the depth as well, which is why we chose Open Parachute...This sort of response and the research behind it is the best resource that we can give to students and families."

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Taura Berg
Director of Student Services



"As a parent, I have been able to take what I have learned from the Open Parachute lessons to interact with my own children. I feel like I can competently and confidently respond to the challenges my children are facing in their lives right now."