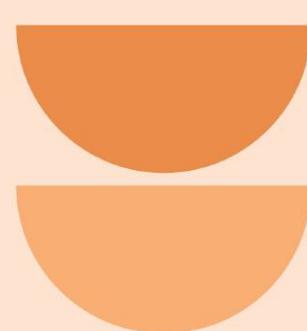


openparachute®

# WELL-BEING RESOURCES

INFORMATION FOR  
**PARENTS & CAREGIVERS**



# School Well-being Program

Hi, I'm Dr Hayley Watson,

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

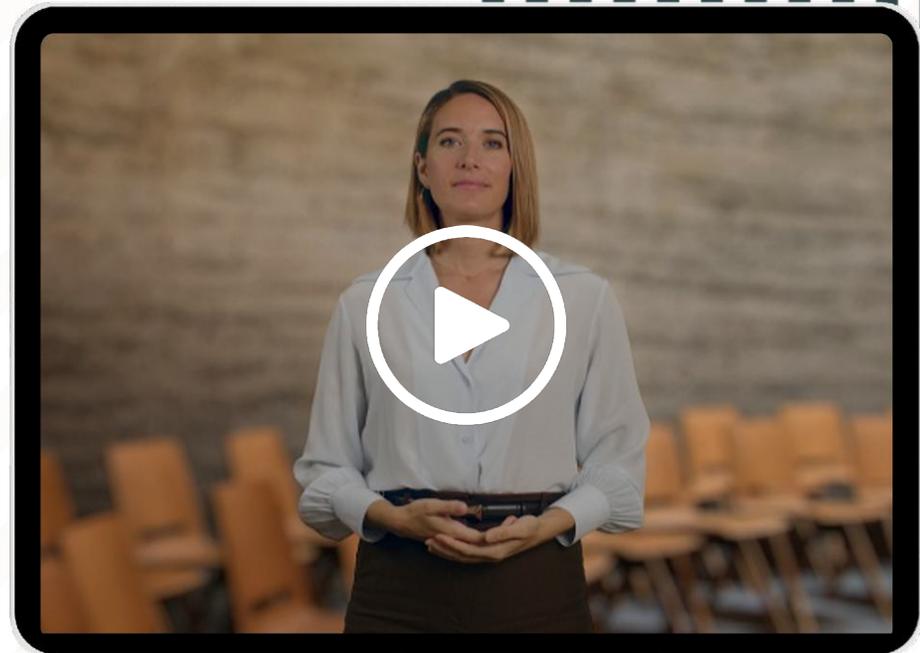
I am so pleased that your child is taking part in this school well-being program. I developed this resource because I want every child to **learn practical mental health skills**, so they can truly **thrive**.

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

# Online Resources for Parents & Caregivers

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

The topics available are listed below:

Click the Link or  
Scan the QR  
Code to Access



 [opfam.ly/US](https://opfam.ly/US)



## CHILDREN'S TOPICS

- Building Resilience
- Teaching Empathy & Accountability
- Healthy Habits with Social Media
- Teaching Your Child to Say No



## PRE-TEEN'S TOPICS

- Coping with Bullying
- Supporting Your Child Through Trauma
- When Your Child Acts Out
- Building Self-Esteem



## TEEN'S TOPICS

- Supporting Mental Health at Home
- Addictive Patterns
- Teaching about Boundaries & Consent
- Coping with Anxiety & Depression

# About

## Open Parachute

We create well-being 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.*

