Thank you to...
- Schools worldwide using the Friends Programs.
- My family & Pathways Staff
“You wander from room to room hunting for the diamond necklace that is already around your neck!”

- Rumi, 13th Century Persian Poet (Jalāl ad-Dīn Muhammad Balkhi)

We know...

- Prevalence
- Who seeks help
- Need for prevention
- Human Capital Investment
Human Capital Investment

"The best investment every government can make is in the implementation of evidence-based social and emotional skills' programs in the school curriculum..."

James Heckman, Professor of Economics, Nobel Price Winner, 2000

Obesity /early onset diabetes and anxiety/depressive disorders will be more prevalent in developed countries than any other health problem in the next 30 years.

(World Health Organisation conference, 2011)
“The wound is the place where the Light enters you.”

- Rumi, 13th Century Persian Poet
  (Jalāl ad-Dīn Muhammad Balkhī)

Resilience: becoming stronger by facing both positive and negative challenges throughout life.
Schools can deliver social and emotional resilience skills in a fun and engaging way.
These Programs are proven to optimise academic outcomes and decrease bullying in schools.

Risk and Protective Factors for Human Development

Risk Factors:
- Physiological sensitivity
- Neurological/brain development
- Life Events

Protective Factors:
- Attachment
- Attention style
- Cognitive style
- Support Networks
- Health Factors
- Prevention programs
- Giving back to the community
What we need to do:

- PARADIGM CHANGES
- LIFE LONG RESILIENCE

Resources

- The Happy Movie.com
- The Brain that Changes itself – Norman Doidge, 2008
- The Sweet Poison Quit Plan, Sugar the Sweet Poison, Big Fat Lies – David Gillespie, 2010
- Unlikely Friendships - Jennifer Holland, 2011
- Act With Love – Russ Harris, 2012
- Last Child in the Woods – Richard Louv, 2010
- The Whole-Brain Child – Dr. Daniel J. Siegel and Dr Tina Payne Bryson, 2012
- Companion animals and human health; Benefits, challenges, and the road ahead: A Review—Marguerite O’Haire, 2010
- Blame it on Your Brain, Nicola Morgan, 2010
“Our greatest glory is not in never falling, but in rising every time we fall.”
Confucius 500 BC, China.

Thank you!
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