

PENN RESILIENCE PROGRAMME

The Penn Resilience Programme (PRP) (also referred to as the UK Resilience Programme) is an 18-lesson curriculum that is aimed at 11-13 year olds (although it has been used with a range of different age groups). The programme enables young people to develop skills that empower them to be more resilient in dealing with situations both in and out of school.

Young people develop skills in emotion control and emotional awareness, problem solving, assertiveness, peer relationships, and decision making.

How to Thrive - <http://www.howtothrive.org/> provides leading-edge expertise in the skills that allow children and young people to thrive and flourish. They are the only UK based organisation providing the PRP training.

Curriculum Models Used to Teach the Penn Resilience Programme

There are many different delivery models and options to teach the PRP, but they have two key features:

1. Young people are taught the whole 18 lessons in order.
2. The lessons are taught by trained PRP Teachers.

It is suggested that the best results are achieved when the programme is taught to universal groups of approximately 15 students, although good outcomes have also been achieved with larger group sizes of 30. Below are some examples of the current delivery models being adopted in schools across the UK (there are also examples of the PRP being taught in non-school settings):

- PRP is taught once a week in PSHE time, with half the year group doing PSHE for 18 weeks and half the year group doing PRP for 18 weeks.
- PRP is taught once a fortnight over 38 weeks. The whole year group is split into 4 teaching groups.
- PRP is taught at the end of year 7 and into the beginning of year 8, with extra time to allow for review given the 6 week break.

More information about the Curriculum models can be found by following this link -

<http://www.howtothrive.org/thrivingschools/penn-resilience-program/curriculum-models>

The How to Thrive website includes some case studies which focus on how schools are using the Penn Resilience Programme - <http://www.howtothrive.org/thrivingschools/penn-resilience-program/case-studies>

Findings from an Independent Evaluation of PRP

A three year study, led by the London School of Economics, of the implementation of the PRP that was delivered to all year 7 students in 22 schools in Hertfordshire, Manchester and South Tyneside, found that:

- Pupils were generally positive about the programme and had applied the skills learnt in real life situations.
- Short-term improvements in depression symptom scores, school attendance rates and academic attainment in English.
- Weekly workshops had more impact than fortnightly ones.
- The workshops had more impact on the most vulnerable groups such as those entitled to free school meals; who had not attained the national targets in English or maths at Key Stage 2; or who had worse scores for depression or anxiety; in terms of their depression and anxiety scores
- The effect of the workshops only lasted as long as the academic year and had faded by one-year follow up. However, there was still an impact for certain groups, particularly for pupils who had not attained the national target levels in English or maths at Key Stage 2.

Further information and a short video about the PRP programme can be found by following the links below. This link also includes a video of how Longdean School in Hertfordshire has implemented the PRP programme. There are also written case studies from Kings Langley School, and Pinewood school, which also focus on how they have implemented the PRP programme - http://www.howtothrive.org/thrivingschools/penn-resilience-program_or <http://www.c4eo.org.uk/themes/general/vlpdetails.aspx?lpeid=176>

Developing Healthy Minds Curriculum

Building on the PRP research, How to Thrive, are currently leading a longer intervention to acknowledge the need to deliver a more sustained approach to building emotional resilience and wellbeing with students. The national 'Healthy Minds' research project involves 34 UK secondary schools teaching a specific curriculum that has the PRP as the foundational element. The curriculum covers the national Personal, Social, Health, Education (PSHE) requirement and will deliver a high quality curriculum to students; and it will provide one lesson per week from year 7 to year 10. For more information go to: <http://www.howtothrive.org/component/content/article/1-news/50-healthy-minds->

For more information about How to Thrive, go to – <http://www.howtothrive.org>