

**The Well-being & Happiness Skills Programme
is in line with the Guidelines
issued by the Department of Education in Ireland:**

'Well-being for Post-Primary Schools Guidelines for Mental Health Promotion and Suicide Prevention' 2013:

Mental Health Promotion works on three levels:

1. Strengthening individual skills and abilities (resilience, communication, negotiation and relationship skills), pg. 6.

Within the school setting suicide prevention should focus on building resilience in young people to enable them to cope with the various challenges they encounter during adolescence, pg 7.

The Well-being & Happiness Skills lessons specifically address these areas:

Resilience:

Appreciation & Self-encouragement (Video 1)
Turning a negative experience into a more helpful point of view (Video 2)
Assertiveness skills (Video 5)
Personal Problem-Solving skills (Video 7)

Communication:

Positive Relationships and Connections (Video 3)
Assertiveness (Video 5)

Negotiation:

Understanding the Character Strengths that influence our actions (Videos 4 & 6)
Relationship & Assertiveness Skills (Videos 3 & 5)

Relationship Skills:

Positive communication (Video 2 & 3)
Appreciating our differences (Video 4 & 6)
Personal Problem-Solving skills (Video 7)

The series furthermore encourages the development of the following qualities recommended in the *'Well-being Policy Statement & Framework for Practice 2018-2023'*

'to enhance and promote values and nurture well-being', pg 5

'to build on existing strengths', pg 9

'being active, responsible, connected, resilient, appreciated, respected and aware', pg 10

'self-awareness, self-management and responsible decision-making skills', pg 12

'supported to realise their maximum potential now and in the future', pg 17

Together let us offer ways to build resilience, positive relationships and well-being!