

# Youth Wellbeing Course

*A curriculum-aligned interactive course that builds confidence, compassion and peer support skills in young people.*

**\$29**  
p/student

## Why it matters

- **1 in 7 young people aged 4-17 experience a mental illness**
- **Early peer support can lead to earlier help-seeking**

This course gives students the knowledge, confidence, and language to recognise when a friend might be struggling – and the skills to respond in a safe and supportive way.

## Course Overview

### Four interactive modules:

1. Understanding Mental Health
2. Peer-to-Peer Communication Skills
3. Interactive Scenarios and Role-Play
4. Online Accreditation and Certification

## Learning Outcomes

- How to recognise signs that a friend might be struggling
- What to say – and what not to say
- How and when to involve a trusted adult
- Ways to support their own mental health and wellbeing

## Course Delivery

1. Flexible delivery: Teachers can run the course in short bursts over several weeks, or complete it in a single day – whatever best fits the school timetable.
2. Engaging content: A clear structure and ready-to-use resources make it simple for teachers to deliver, and meaningful for students to experience.
3. Meaningful recognition: On completion, students receive their Certificate of Accreditation in Youth Wellbeing.

## Key Features

- Aligned with the Health and PE Curriculum
- Designed with input from clinicians, educators, and young people
- Flexible delivery options
- Evidence-based, engaging, and age-appropriate
- Built for real classrooms, real conversations, and real change

**Not just awareness. The course teaches real skills for real situations.**  
Contact [academy@schooltv.me](mailto:academy@schooltv.me) for more information.