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centre for
positive psychology
and health

The Science of Health *and Happiness* *for young people*



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SCIENCES

How to use this course

1. Watch the weekly videos *with* the young people you live or work with.
2. Make space for conversation about the content of the programme.
 - Most of the school-related wellbeing comes from relationships, be it peer, or student-teacher relations. Finding ways of engaging that can facilitate enhancing these relationships can be useful. (Burke, 2021)
 - Having a trusted adult or educator is a protective factor in youth mental health – the relationship you have with the young people you are engaging in this course with is just as (likely even more) important as the content.

How to use this course

3. Support learning and understanding by encouraging questions and reflection and revisiting the content.
4. Encourage independence by giving choice to participate where possible. For example, leave additional work/activities at the young person's discretion.
5. Model a growth mindset by being open to learning and trying out the content in the course yourself.

How to use this course?

5. Make a plan around how to bring the wellbeing practices from this course into your home/school/setting

6. Make a commitment to ongoing practices rather than seeing this course as a once-off intervention.

- What is your long-term strategy and commitment for your entire family/school/setting including the adults not just the young people you live or work with? (Burke, 2021)
- Developing a habit of engaging in regular activities to maintain wellbeing will be more effective for children than attending a short-term programme. (Burke, 2021)

How to use this course?

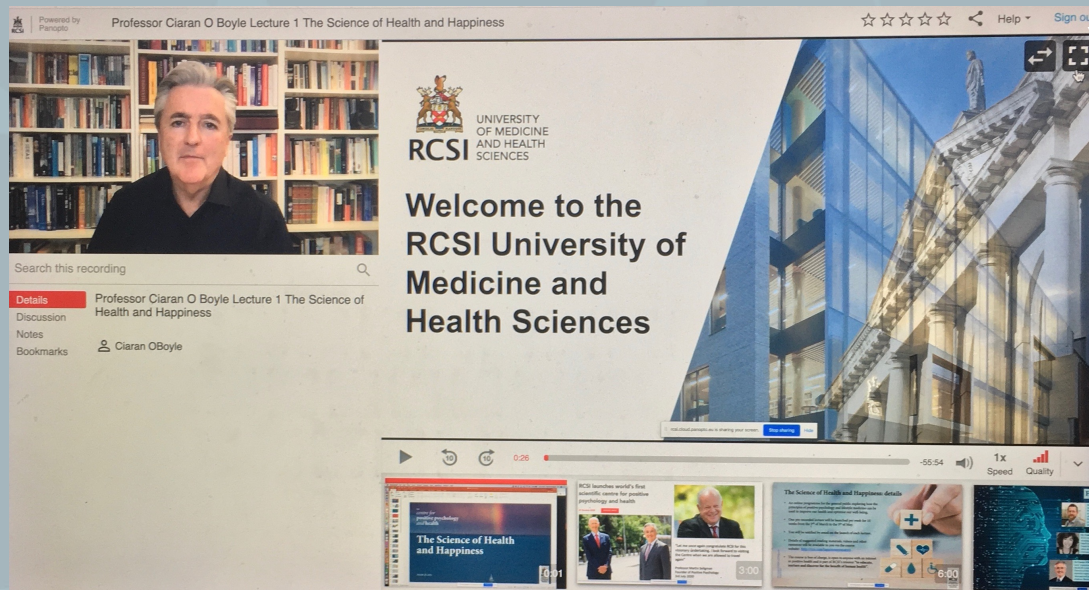
7. Enjoy it, play and experiment! There's no one right way to use this course. Make it work for you and the young people you live and work with.

- The sessions are pre-recorded so you can watch them at a time, and in a sequence, that suits you and the young people you live and work with. You decide on the pace of delivery!
- In playing together we have opportunities for growth and exploration. We foster positive emotions when we play. We open opportunities for growth when we allow ourselves to experiment.
- Tell us about the experimental and playful ways you have used this course at cpvh@rcsi.ie

How to use this course? – technical tips

Full screen – You can make the video into full screen by clicking on the expand square icon that appears in the top right-hand corner of your video

Captions – You can access the closed caption function by clicking the “cc” icon below the main screen



The Science of Health and Happiness for Young People

- 10 pre-recorded lectures exploring how the principles of positive psychology and lifestyle medicine can be used to optimise health and wellbeing in young people.
- One pre-recorded lecture will be released every week from 4th October 2021
- The course is free of charge and designed to be delivered by teachers/people in a position of responsibility working with young people (who have Garda Vetting) in a class/group format of 40 minutes.
- Details of suggested reading, videos and other resources will be made each week

Course Content

- 1) Introduction – what is happiness and how do we form good habits?
- 2) Developing Attention and Focus
- 3) Time management/self-discipline and motivation
- 4) Positive emotions
- 5) This is what stress feels like
- 6) Strengths and growth mindsets
- 7) Know your brain
- 8) Emotional well-being
- 9) Adolescence and young adulthood as a time of expansion
- 10) Whole person health

Want to know more?

For more information on how to implement wellbeing programmes in schools:

- Burke, J. (2021). How not to cause harm to children. *Museum of childhood*. <https://museumofchildhood.ie/reflections-on-how-not-to-cause-harm-to-children/>
- Burke, J. (2020). *The ultimate guide to implementing wellbeing programmes for school*. London. Routledge.

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Thank you

Thank you for registering for the Science of Health and Happiness for Young People here at RCSI. My colleagues and I are so looking forward to delivering the programme and it is our fervent hope that the contents of the programme will improve the health and happiness of the young people you live and work with.

Professor Ciaran O'Boyle

Director, RCSI Centre for Positive Psychology and Health



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