



**EVIDENCE
FOR LEARNING**



Student health & wellbeing

Addendum: Wellbeing Programs in Australia

**A systematic review of intervention
research examining effective student
wellbeing in schools and their academic
outcomes**

September 2020



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About the review team

Working closely with Evidence for Learning, this project was undertaken by a team from the Australian Council for Educational Research (ACER) led by Dr Katherine Dix.

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Wellbeing Programs in Australia

Program Name As at August 2020	Topics																	Evidence quality with first author and year (20yy) * study included in review
	Students	Parents	Educators/staff	Leaders	Early Learning	Primary school	Secondary school	Bullying and cyber safety	Families and parenting education	Mindfulness	Social and emotional learning	General mental wellbeing	Connectedness and relationships	Resilience	Seeking support	Emotional & behavioural difficulties	Self-esteem and body image	
#GameOn	x						x	x										low
1-2-3 Magic & Emotion Coaching		x			x	x			x									high: Bradley 03
5-Week Mindful Breathing Program by Breathe Project	x		x			x	x			x	x							low
6 Kinds of Best Program (Values Education Toolkit)	x				x	x					x							low
7 - Everyday Wellness	x	x	x	x		x	x				x		x					low
Active Families Active Schools	x	x			x	x					x	x						medium: Keegan 17
Adult Resilience	x						x		x	x		x	x				x	low
Animal Fun	x				x						x							high: Piek 15; Piek 13; Piek 10
Aussie Optimism Program	x						x	x				x		x				high: Johnson 14; Kennedy 15; Morrison 13; Myles-Pallister 14; Pophillat 16; Quayle 01; Roberts 03, 04; Roberts 10; Roberts 11; Roberts 18; Rooney 13; Rooney 06; Tennant 17
Authentic Strengths Advantage (ASA) Resilience for Youth/Teen	x	x						x			x	x	x	x	x			medium: Linkins 14
Awareness Training	x	x				x	x	x		x		x				x		low
Basecamp	x					x					x	x					x	low
batyr@School	x	x	x					x				x	x	x	x	x		medium: Bailey 16; Mission Australia 15; Lubman 16; Werner-Seidler 17; Corrigan 05; Corrigan 07; Corrigan 11; Leane 1998; Rickwood 05; ABS 08; Slade 09
Be Deadly Online	x						x	x			x							low
Being Me: ABC Health series	x					x					x	x	x				x	low
Berry Street Education Model		x	x			x	x				x							low
Better Buddies	x	x	x			x		x					x					low
BGreat4kids	x					x					x							low
BITE BACK							x			x			x	x			x	high: Manicavasagar 14
Boomerang Bully Prevention for children 5-10 years old	x		x			x		x										low
Boomerang Bully Prevention Program for Teenagers	x		x			x	x	x						x				low
Bounce Back!	x					x					x							medium: Axford 10; Axford 11; McGrath 11
BRAVE Self-Help Program for Young Children, Children and Teenagers	x	x			x	x	x		x						x	x		medium: Spence 06; Spence 11; Donovan 14
breakingFree Mental Health	x						x				x		x					low
BRIDGE BUILDERS Online	x	x	x	x		x		x			x							medium: Chirnside 15
Bright Thinking - Intervention training program	x		x			x		x	x				x	x		x		medium: Anyan 17; Miller 16; Worsley 11; Worsley 14; Worsley 16
BRiTA: Building Resilience in Transcultural Australians Futures - for Upper Primary School - for Adolescents	x						x								x			high: Mitchelson 10; Lemerie 04; Queensland Transcultural Mental Health Centre 10
Bully Busters	x		x			x		x					x					low
Bully Stoppers	x	x	x		x	x	x	x			x							low

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Settings	Who is it for?																	
Bullying Awareness and Prevention Program	x	x	x			x	x					x						medium: Barnes 12; Tremlow 12; Tremlow 01; Fonagy 05
Bungee Youth Resilience	x	x				x	x				x	x	x	x				low
Challenges and Choices	x					x					x			x				medium: Rosenberg 11; Gu 13
Challenges and Choices: Early Adolescence resource for resilience, drug & road safety edu	x						x							x				low
Changing Tracks: A group program for primary children	x					x								x		x		low
Check it Out!	x	x	x			x										x		high: Kasunic 05
Climate Schools	x														x			high: Lee 16; Roche 14
Cognitive Behavioral Intervention for Trauma in Schools (CBITS)	x						x								x	x		low
Confident Kids	x	x			x	x					x			x				high: Trinder 08
Connect 3 Program for Children	x					x					x		x	x				medium: Miller 16
Cool Kids	x	x					x									x		medium: Chalfant 07; Lyneham 06; Mifsud 05; Rapee 00; Rapee 03; Rapee 06
Creating the Future	x		x		x	x		x										medium: Bagshaw 02; Whelan 05
Cybersmart Challenge	x		x			x		x					x		x			medium: Dooley 12
DRUMBEAT - Discovering Relationships Using Music, Beliefs, Emotions, Attitudes & Thoughts	x					x	x				x							high: Faulkner 11; Faulkner 10; Faulkner 12; Featherstone 08; Friedman 11; Ivery 09
Emotional Literacy	x					x	x									x		low
eSmart Schools	x	x	x					x				x						high: Pope 15; Baxendale 12
Essential Basic & Consolidating Practices Training for Leaders of School Wellbeing			x			x	x				x	x	x		x			low
Esteem Designz	x					x	x				x					x		low
Everyone, Everyday. Creating inclusive communities	x					x					x							low
Exploring Together	x	x				x	x				x			x		x		high: Trinder 08
Exploring Together - Adolescent	x	x					x		x		x							low
FAST: Families & Schools Together	x	x			x	x	x		x							x		high: Apt Associates 1999; Burgess 03; Family Service America 1999; Kratochwill 04; McDonald 06; McDonald 1998
FisT: Feeling is Thinking	x					x			x							x	x	medium: Bunston 06
Flourishing at School	x	x	x				x				x	x	x					low
Free to BE - A Body Esteem Education Resource			x			x	x										x	low
Friendly Kids, Friendly Classrooms			x			x					x		x					medium: Barger 06; McGrath 1998; McGrath 05; McGrath 1988
Friendly Schools Plus	x	x	x			x		x			x		x					high: Cross 10; Cross 15; Cross 14; Cross 13; Cross 13; OMoore 13; Boronenko 13; Bauman 12; Li 12; Cross 12; Li 12; Cross 12; Cross 12; Bauman 12; 5. Campbell 11; Lester 12, 13, 14; Shaw 12, 13
FRIENDS for Life	x	x				x					x			x		x		high: Iizuka 15
FRIENDS Programs	x				x	x	x							x				high: Barrett 06; Barrett 05; Barrett 03; Conratt 03; Stallard 05
Fun FRIENDS	x				x	x					x	x	x					low
Get Growing	x					x	x	x					x		x		x	low

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Who is it for?														
Get Ready Years 7-9	x					x				x				medium: Midford 14; Midford 06; Mitchell 13; Teesson 12
Greatfulness	x					x				x	x		x	low
Grow Your Mind kits and lessons		x	x		x	x				x	x	x	x	low
Growing With Gratitude	x	x				x			x	x				low
Happy Being Me: A Co-Educational Body Image Program	x						x				x			high: Dunstan 14; Garner 1983; McLean 13; McLean 13; Mendelson 01; Rodgers 14; Rosenberg 1965; Richardson 10; Biddulph 1983
Happy, Kind, & Healthy Minds	x		x		x	x	x	x			x	x	x	low
HeadRest: An Introduction to Mindfulness for Teachers			x		x	x	x					x		low
HeadStrong 2.0	x						x						x	low
Heart Masters			x			x					x			low
Highway Heroes	x					x		x			x		x	medium: ACARA 2012; Davidson 11; Goleman 1995; Grotberg 1995; Hanson 14; Pearse 06; Prior 00; Raphael 00; Roche 13; Siegel 11; Worsley 06
I Can Problem Solve	x				x	x					x			low
I like, like you and I like, like you UP	x						x				x		x	medium: Coyle 07; Friedman 05; Funnell 11; Gottman 1999; Gottman 1988; Harter 1982; Kellett 11; Lewis 00; McCracken 12; McDonald 11; Riley 01; Siegel 03; Thomas 1998
In Real Life: Equip	x					x					x		x	low
In School Mentoring Opportunity (Ismo)	x						x					x		low
Inamojo - for children's wellbeing - Early Primary (outsourced)	x					x					x	x	x	low
Invictus Wellbeing Program	x						x				x	x	x	medium: Brown 16
Journey to the Island of Calm							x				x		x	low
Kaleidoscope Of Colour, Looking Within. Wellbeing in the Lower Primary School			x	x	x	x					x		x	low
Kids as Catalyst	x					x					x		x	medium: Foundation for Young Australians 17
Kindness On Purpose Core Training			x	x	x	x	x				x		x	medium: Bush 00; Cain 08; Coan 13; Collie 19; Davidson 00; Eisenberger 03; Fogel 12; Hadden 12; Harmon-Jones 18; Kross 11; Kubo 12; Lee 16; Pace 09; Ranabir 11; Rayner 16; Szeto 08
KoolKids	x					x					x		x	high: Carroll 17; Houghton 17; Houghton 15; O'Connor 15
Koori Kids Wellbeing Program	x	x	x			x			x		x			low
Life Education- Healthy Harold	x	x	x		x	x	x	x					x	high: Carbines 2017
Lifetime of Wellbeing Program							x			x	x	x	x	medium: Bandura 03; Mayer 04; Gonzalez 1990; National Wellness Institute 18; Hains 1990; Martorell-Poveda 15; Britton 11; Seligman 05; Slade 10; Keng 11; Brown 07
Lift Off!	x	x				x			x		x		x	low
Like It Is	x						x				x			low
Link3d Up Program for Teens	x						x				x		x	medium: Anyan 17; Miller 16; Worsley 11; Worsley 14; Worsley 15; Worsley 16
Lions Quest Skills for Adolescence	x					x	x	x	x		x	x	x	medium: AIR 16; Kidron 16; Kidron 15; Bradley 09; Brandon University 03; Eisen 03
Little Highway Heroes	x				x						x		x	low

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Settings														
Who is it for?														
Mentally Healthy Schools Program	x	x	x	x		x	x			x			x	low
Mindfields High School	x					x			x		x	x	x	high: Carroll 17; Carroll 12
Mindful Movement, Attention/Awareness & Thinking (M.A.T.) Time for Early Years	x	x	x		x	x				x	x		x	medium: Diamond 11; Flook 10; 15; Jennings 17; Meiklejohn 12; Moffitt 11; Napoli 05; Schonert-Reichl 15; Semple 10; Shapiro 15; Singh 13; Thierry 16; Van der Oord 12; Vickery 16; Viglas 18; Willis 14
Mindful Schools					x	x	x			x	x			low
Mindfulness Based Stress Reduction for Teens; MBSR-Teens	x					x				x	x		x	high: Biegel 14; Goldstein 10
MindStrength	x					x				x	x		x	low
MindUP	x				x	x	x			x	x		x	high: Schonert-Reich 10; Schonert-Reichl 15; Thierry 16; de Carvalho 17
Mpower Girls	x				x	x	x			x		x	x	low
My FRIENDS Youth	x				x	x				x	x	x		low
My FRIENDS Youth - Skills for Life	x					x				x			x	high: Barrett 06; Barrett 05; Barrett 03; Bernstein 05; Conradt 03; Cooley-Quille 04; Lock 03; Lowry-Webster 03; Stallard 05
Open Parachute	x					x				x	x	x	x	medium: Watson 16; Watson 15
Optimistic Kids	x				x					x			x	low
Parent Adolescent Communicating Together (PACT)	x	x				x		x						high: Soltys 08; Duncombe 20
Parenting Together		x						x				x		low
Parents Building Solutions (PBS)		x			x	x		x						medium: Axford 12; Kaminski 08; Laska 14; Moore 11; Mytton 14; Norcross 11
Partnership or Immersion Program	x	x	x		x	x	x				x		x	low
Passport Program	x				x	x				x				low
Passport Program - A Journey through Emotional, Social, Cognitive and Self-Development	x					x				x				low
Path of Life	x				x	x				x		x		low
Peaceful Kids	x	x			x	x			x				x	low
Peer Mediation	x				x	x						x		low
Peer Support	x				x	x						x		low
Peer Support Program by Peer Support Australia	x				x	x	x				x	x		high: Chadwick 10; Ellis 04; AIFS 06
PLAY (Positivity, Leadership and Activated Youth)	x				x		x					x	x	low
Positive Living Skills Early Childhood Wellbeing Program	x				x					x	x	x	x	low
Positive Living Skills Primary School Wellbeing Program	x				x					x	x	x	x	low
Protective Behaviours: A personal safety program	x				x	x	x			x				medium: Walsh 16; Cross 11
Rainbows - Silver Linings Community Crisis Response Program	x				x	x	x						x	low
Rainbows - Spectrum						x				x			x	medium: Marta 06
Rainbows: Sunbeams/Rainbows	x				x	x		x						medium: Farber 06; Kramer 00

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Raising Resilient Children - Training Course for Facilitators working with families	x				x	x	x	x				x		x	medium: Anyan 17; Miller 16; Worsley 11
ReachOut: Orb Schools - classroom resources	x		x				x				x	x	x		low
Refugee Education Support	x	x	x		x	x	x	x							low
Resilience in Kids	x				x	x		x			x		x		low
Resilient Families	x	x				x		x			x				high: Barker 19
Resilient Kids (Primary)	x					x					x				low
Resilient Kids (Secondary)	x	x					x				x				low
Resource Smart Schools	x		x			x	x					x		x	high: Dix 20
Resourceful Adolescent Program for Adolescents (RAP-A)	x						x				x		x		medium: Shochet 01; Shochet 14; Merry 04; Rivet-Duval 11; Shochet 04; Shochet 04
Resourceful Adolescent Program for Parents (RAP-P)		x					x	x		x					high: Ineda 13
Revved Up	x					x	x						x		low
Rewrite Your Story	x		x			x	x	x				x		x	low
Ripple Kindness Project	x					x		x			x	x	x		low
Roads to Refuge	x	x	x				x						x		low
Rock & Water: Central SA/WA/NT/Vic Lighthouse Education NSW/ACT/Tas Queensland	x	x	x			x	x				x	x	x		low
Safe4Kids Protective Education	x	x	x		x	x		x				x		x	low
Seasons for Growth- children and young people's program	x					x	x	x			x				high: Muller 1999, 01; Jolley 04; Frydenberg 05; Frydenberg 06; Newell 11; Riley 12; Phillips 14
Seasons for Growth® Parent		x	x				x	x		x				x	low
Second Step Early Learning	x				x						x				high: Upshur 17
Second Step Middle School	x						x				x				low
Second Step Primary School	x					x					x		x		high: Frey 05; Grossman 1997; Low 15; McMahon 03; McMahon 00; Osmondson 00; Schick 05; Taub 02
Secret Agent Society - Small Group - Stand Alone resources (SAS-SA)	x		x			x	x	x	x		x	x	x	x	high: Beaumont 08; Beaumont 15; Matson 12; Sofronoff 15; Tan 15; Thomson 15
SibWorkS	x				x	x	x	x							medium: Badger 1988; Dyson1998; Geldard 01; Gillham 1994; McLinden 1991; Slade 1988
Signposts for Building Better Behaviour		x			x	x		x			x			x	low
Skills for Growing	x	x	x			x					x	x	x		medium: AIR 16; Kidron 15; Kidron 16; Bradley 09; Eisen 03
Skill-streaming the Adolescent	x						x				x				high: Evans 09
Smiling Mind	x					x	x			x	x			x	low
Social Decision Making Problem Solving	x				x	x	x				x				medium: Bruene-Butler 1997; Elias 04; Elias 1991; Elias 1986
Solving the Jigsaw	x	x	x			x	x	x							low
Sparky and Shady for Big Kids	x					x					x				low
Sparky and Shady for Kids	x		x		x	x	x				x	x	x		low
STEKO	x					x						x		x	low

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Who is it for?	Settings													
Stop Think Do Social Skills training - Supplement for middle years of schooling ages 12 - 15	x		x				x				x			low
Stop, Think, Do Program	x	x				x		x			x			low
Stories of Us: Belonging	x					x							x	low
Stories of Us: Bullying	x		x			x		x			x		x	medium: Stephens 06
Stress Management for Teachers and Principals			x	x		x	x					x		medium: Bernard 16
Strong Minds	x	x	x			x		x			x			medium: White 14; Seligman 09; Madden 11; Marques 11
Success and Dyslexia	x					x	x				x			high: White 14; Seligman 09; Madden 11; Marques 11; Firth 08, 10,12,13
Supporting Kids In Primary Schools (SKIPS)	x		x			x		x					x	medium: Joyce 03
Tagged	x						x	x			x			low
Talk Less, Listen More		x			x	x		x						low
Teaching It Like It Is - Primary, Secondary, Disability and Aboriginal Relationships & Sexual Health Education Courses	x					x	x				x		x	low
Teen First Divorce Treatment	x					x		x			x			low
The Best of Coping - Developing coping skills for adolescents	x					x					x		x	high: Carter 10; Cunningham 02; Frydenberg 04; Frydenberg 11; Frydenberg 07
The Best of Friends	x					x					x		x	low
The Body Project: Promoting Body Acceptance and Preventing Eating Disorders	x						x							low
The CARE Factor: Cultivating Teacher Wellbeing			x			x	x					x	x	low
The Fun FRIENDS Program	x	x			x	x		x			x		x	low
The Healthy Minds Program	x	x	x			x					x	x	x	medium: Nehmy 15; Nehmy 14; Nehmy 10
The P.E.A.C.E Pack - A program for reducing bullying in schools	x					x	x	x				x		high: Slee 1996; Slee 05; Slee 07; Slee 14; Skrzypiec 11; Slee 13
The Resilience and Wellbeing Toolbox	x				x	x						x		low
The Resilience Doughnut (ADULT) Accredited Training - Online course			x	x	x	x	x	x				x		high: Anyan 17; Miller 16; Worsley 15, 16
The Resilience Doughnut (Child and Adolescent) Accredited Training	x				x	x	x	x				x		high: Anyan 17; Miller 16; Worsley 11, 14, 15, 16
The Safe Programme	x					x					x			low
The Staff Wellbeing Toolkit			x		x	x	x				x	x	x	medium: McCallum 17; NESLI 17
Thinking, Feeling, Behaving	x					x	x				x		x	low
Thinking, Feeling, Behaving (Emotional Education Curriculum for Adolescents)	x						x				x			low
THIS WAY UP: Coping with Stress	x					x	x				x			low
TIME2MOVE: Positive Transitioning to High School	x	x	x			x		x			x	x	x	medium: Fuller 01; Goleman 1995; Goleman 06; Grotberg 1995; Hanson 14; Prior 00; Raphael 00; Siegel 11; Linley 07; Waters 12, 14;
Together Parenting		x				x	x	x						high: Burke 08; Hemphill 01; Littlefield 00; Robinson 06

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Tribes Learning Community*	x	x	x				x				x		x	medium: Hanson 11*
Triple P - Positive Parenting		x			x	x	x	x		x	x			high: Ozyurt 18; Ozyurt 19; Palmer 19;
Tuning in to Kids - Emotionally Intelligent Parenting		x				x		x		x				high: Havighurst 09; Havighurst 12; .Havighurst 15
Tuning in to Teens - Emotionally Intelligent Parenting		x				x	x	x		x				high: Havighurst 15; Kehoe 14; Kehoe 14
URSTRONG - Friendology 101	x					x				x		x		low
Visible Wellbeing	x	x	x	x	x	x	x				x	x	x	high: Allen 18; Waters 17; Waters 17; Slemph 17; Allen 17; Waters 17; Allen 18
We all Solid Program	x	x	x			x	x	x						low
What's the Buzz? A social skills enrichment program for primary age students	x					x		x		x		x		low
What's the Buzz? For Early Learners: A complete social skills foundation course	x					x		x		x		x		low
Whole School Approach to Mindful Breathing	x		x	x		x	x			x	x			low
Wings to Fly Social and Emotional Wellbeing in the Early Years 0 - 5 Years			x		x						x	x	x	low
YAM: Youth Aware of Mental Health	x						x				x	x	x	medium: Wasserman 10; Wasserman 15
You Can Do It! Education Early Childhood Program Achieve*			x		x							x	x	high: Ashdown 12*
You Can Do It! Education Program Achieve Primary			x			x					x	x	x	low
You Can Do It! Education Program Achieve Secondary			x			x					x	x	x	low
You Can Do It! Education The Successful Mind at School, Work and Life			x			x				x		x	x	low
You Can Do It! Education: Bullying. The Power to Cope			x			x	x	x						high: Markopolous 15; Bernard 1993, 03
You Can Do It! Education: Investing in Parents		x				x	x	x						medium: Bernard 16; Stewart 20
Young and eSafe	x		x				x	x				x	x	low

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