

# THIS WAY UP Schools

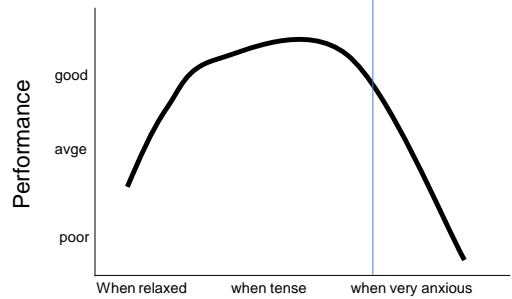
[www.thiswayup.org.au/schools](http://www.thiswayup.org.au/schools)

An Internet-based learning system that enables children to manage anxiety and sadness

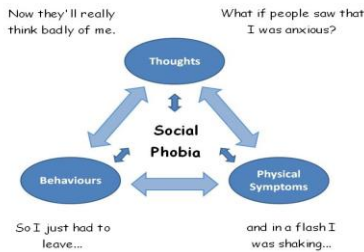
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Moderate anxiety is useful,  
severe anxiety is not



## CBT: Putting the skills together



## PREVENTION in SCHOOLS: Managing Anxiety and Sadness in Upper Primary students

- learning to control thoughts, emotions and behaviours that intensify the feelings of anxiety and sadness.

### Your stress warning signs

Now, from the list below, choose the main signs that show up when YOU get stressed.

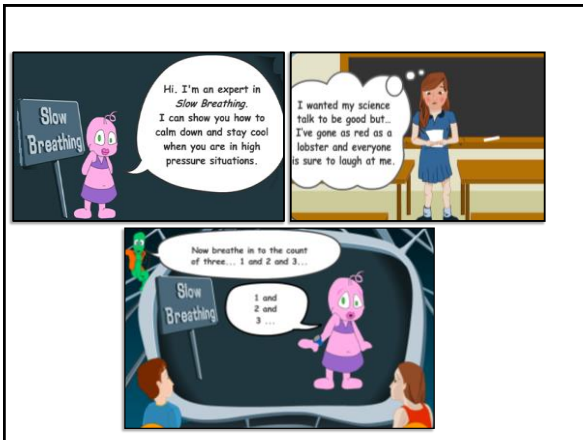
- |   |  |
|---|--|
| <input type="checkbox"/> I can't sleep            | <input type="checkbox"/> I can't concentrate               |
| <input type="checkbox"/> I sleep more than usual  | <input type="checkbox"/> I can't get my work done          |
| <input type="checkbox"/> I don't feel like eating | <input type="checkbox"/> I'm late for everything           |
| <input type="checkbox"/> I eat more than usual    | <input type="checkbox"/> I don't feel like seeing friends  |
| <input type="checkbox"/> I eat lots of junk food  | <input type="checkbox"/> I spend more time with my friends |
| <input type="checkbox"/> I get headaches          | <input type="checkbox"/> I spend lots of time on my own    |

### Unhelpful Thoughts

- Nothing good ever happens
- Today will be just as bad as yesterday
- I fail everything

### Helpful Thoughts

- I'm going to make sure something good happens today. I'll take my new soccer ball in to school and organise a game at lunchtime.
- Today is a new day. I'm not going to be late and I won't get a lunchtime detention.
- I'm not doing as well as I'd like at school. I'm going to note down what I'm finding hard during lessons and ask the teacher about it afterwards.

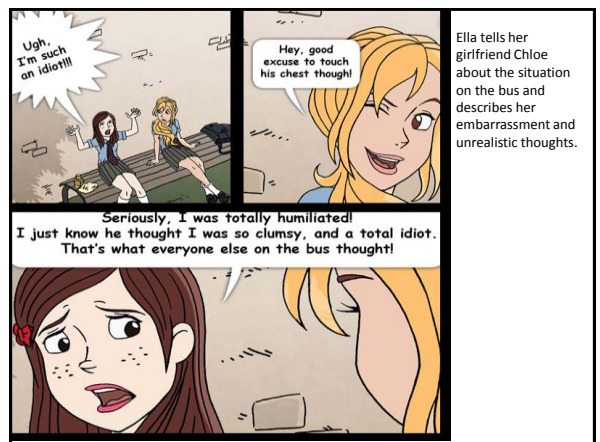


## PREVENTION in SCHOOLS: Managing Anxiety and Sadness in High School students

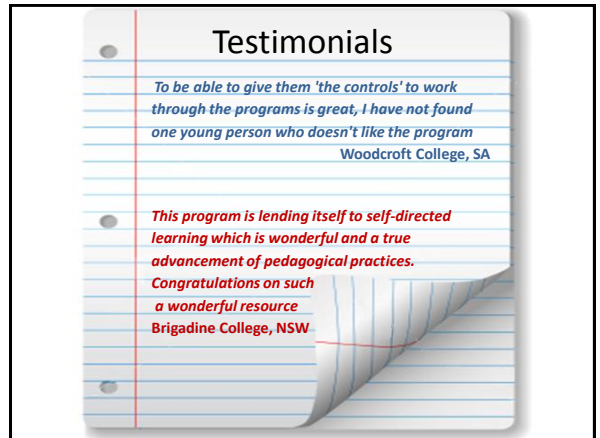
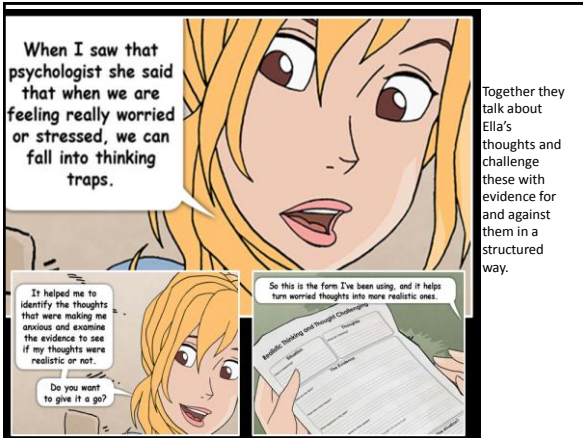
- learning to control thoughts emotions and behaviours that intensify the feelings of anxiety or sadness.



Ella is extremely shy and worries about a lot of things a lot of the time. She has low self confidence and believes that other people, especially Josh, think she is an idiot and do not find her interesting or attractive.



Ella tells her girlfriend Chloe about the situation on the bus and describes her embarrassment and unrealistic thoughts.



### How does it work?

- Courses for alcohol, alcohol&cannabis, stress, anxiety&depression, body image
- Teachers register their school and their name on the THIS WAY UP Schools website, choose course
- Students register a username, password and class code on the THIS WAY UP Schools website:
- Teachers and students log in to THIS WAY UP Schools during lesson time
- Students can log on from home to show parents
- Thiswayup schools never knows the identity of a student
- Cost : 2014 free, 2015 \$2/child/course; site licences available

### Enabling children to manage anxiety and sadness

- Being comforted does not enhance the ability to manage fear & sadness
- Learning how to control worrying thoughts, manage negative emotions and confront feared situations does
- Thiswayup Schools teaches this
- You should register, now [www.thiswayup.org.au/schools](http://www.thiswayup.org.au/schools)