



## DID YOU KNOW? HOPE IS TEACHABLE.

### WHY HOPE?

Covid-19 and inequality across the world have created unprecedented stress on parents, teachers, and children. Anxiety and depression can begin to appear by age 7 and will continue to develop through middle school and high school. A recent study found that over 50% of girls in the United States experience hopelessness—a known predictor of anxiety and depression, and the best predictor of suicide.

Hope is the antithesis of hopelessness, and a known protective factor against anxiety, depression, addiction, and suicide. Higher hope is associated with improved athletic abilities, academic achievements, productivity, social connection, and health. By choosing this curriculum, you are choosing hope and taking the first step towards teaching children critical skills that will have lasting, positive impacts on their futures.



### WHY HOPEFUL MINDS?

- Hopeful Minds offers global program aimed at teaching hope as a skill to youth around the world.
- The Hopeful Minds resources have been downloaded over 5,000 times by educators around the world. The Hopeful Minds resources include a three lesson Hopeful Minds Overview, a 16 lesson Hopeful Minds Deep Dive, a Hopeful Minds Parent's Guide, a "Resources for Stress, Anxiety, and Depression" booklet, and a "Where to Find Support" booklet.
- Named an Innovation by the World Bank, Hopeful Minds has been featured at the BBC, the United Nations World Federation for Mental Health, the Mental Health Community Associations Conference, the Kennedy Forum, and more.
- All Hopeful Minds curriculums are remote learning adaptive, reinforce the eight National Health Education Standards set forth by the Centers for Disease Control and Prevention (CDC), meet Social Emotional Learning (SEL) guidelines, are Adverse Childhood Experiences (ACES)-informed, and have been proven to provide effective anti-bullying strategies.
- In addition to interactive lessons that explore the tools needed to activate hope, the curriculums also include Hope Hero spotlights, hope stories, background information for educators, supplemental resources, classroom visuals, and a Hopework Book for students.



*Hear what educators are saying:*

*"We love the materials. We used this program all last year and plan to use it again." - Julie*

*"Keep finding ways to teach hope! I'm sharing this resource with everyone I know." - Taryn*

*"Great stuff! Easy to navigate and digest." - Nichole*

Learn more at [www.hopefulminds.org](http://www.hopefulminds.org)

