



# Project POSITIVITY

Primary 1 Orientation  
(2024)



# RGPS QSE Survey

Primary 5 students (2023)





# Psychological Wellbeing

Top stressors:

- Expectations from self
- Academic results
- Future challenges
- Expectations from others
- Schoolwork and activities

# Prevalence of Adolescents' Mental Health Symptoms and Disorders

- 1 in 3** (37.2%) had internalising (depressive, anxious) clinical symptoms
- 1 in 8** (12.9%) had externalising (rule-breaking, aggressive) clinical symptoms
- 1 in 8** (12%) had a current mental health disorder

Top two clinical symptoms:



Top 3 clinical disorders with highest weighted prevalence:

- 1** Anxiety Disorders (7.08%)
- 2** Depressive Disorders (5.15%)
- 3** Attention-Deficit Hyperactivity Disorder (2.42%)

### Top 3 Anxiety Disorders:

Generalised Anxiety Disorder (GAD)	2.75%
Specific Phobia	1.21%
Social Anxiety	1%

### Top 3 Depressive Disorders:

Major Depressive Disorder (MDD)	2.37%
Adjustment Disorder	1.87%
Persistent Depressive Disorder (PDD)	0.74%

# Youth Epidemiology and Resilience Study (YEAR)

YEBOON KHIM  
MIND SCIENCE CENTRE



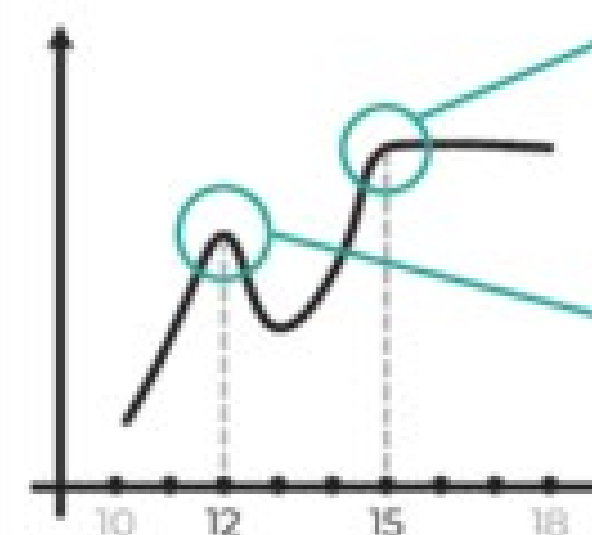
## Stress

(PSS – Perceived Stress Scale; AESI – Academic Expectation Stress Inventory – Self & Others)



In general, boys had lower perceived stress levels than girls

Perceived stress levels peak at age



Academic expectation stress levels peaked and plateaued from ages 15 - 18

There was a peak in academic expectation – self & others stress levels at age 12, compared to ages 11, 13, and 14

# THE SINGAPORE YOUTH RESILIENCE SCALE ( SYRESS)

SYRESS was developed and validated as a resilience scale that incorporates the contextual and cultural aspects unique to the adolescent population in Singapore.

The following 10 factors were found to reflect universal mechanisms and determinants of resilience. They were:

1. Emotional Regulation
2. Personal Control
3. Personal Confidence/  
Responsibility
4. Flexibility
5. Perseverance
6. Optimism/Positive Self-image
7. Positive Coping
8. Humour/Positive Thinking
9. Relationship/Social Support
10. Spirituality/Faith

## YEO BOON KHIM MIND SCIENCE CENTRE

A research centre of:



## PARENTING AND RESILIENCE

Research has found that good parenting is often the most significant factor for boosting resilience. Parental warmth, responsiveness and sensitivity foster the development of self-regulation, and can buffer the effects of other stressors.

*“The thing that makes the biggest difference, over and above one’s genes, is the relationship a child has with a primary caregiver,”*

*Philip Fisher, PhD*

# ADVENTURES with **COCO** & **FRIENDS**



A Growth Mindset journey with family, friends and teachers!

What was something that made you happy recently?

For Family!

Draw or write out the event that happened:

Holiday in Bali!



Share it with your child!

Follow-ups:  
next page to learn

# Core Learning Objectives

## **Session #1: Identifying Feelings**

Learning different types of emotions that a person may experience

## **Session #2: Talking about Negative Feelings**

Apply Distancing and/or Distracting strategies to manage difficult moments

## **Session #3: Understanding our Thoughts and Feelings**

Apply Disputing strategies and Reframe Limiting Beliefs toward constructive responses

## **Session #4: Growth Mindset: We can Improve with Effort**

Learning Perseverance Skills with Effort

## **Session #5: Growth Mindset: We can Grow from Challenges**

Learning that we can Grow from Challenges

## **Session #6: Growth Mindset: We can Learn from Others**

Learning that we can Learn from the Success of Others



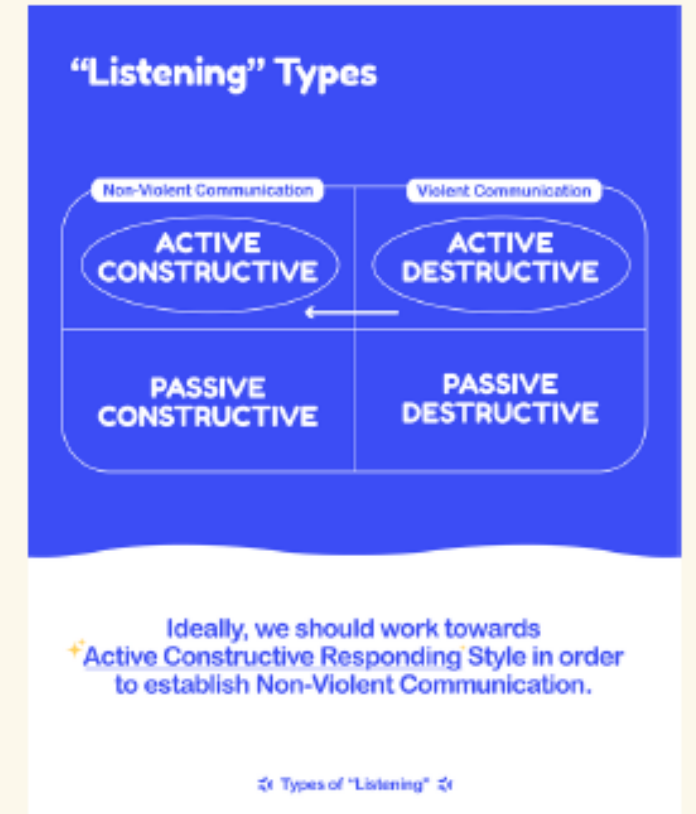
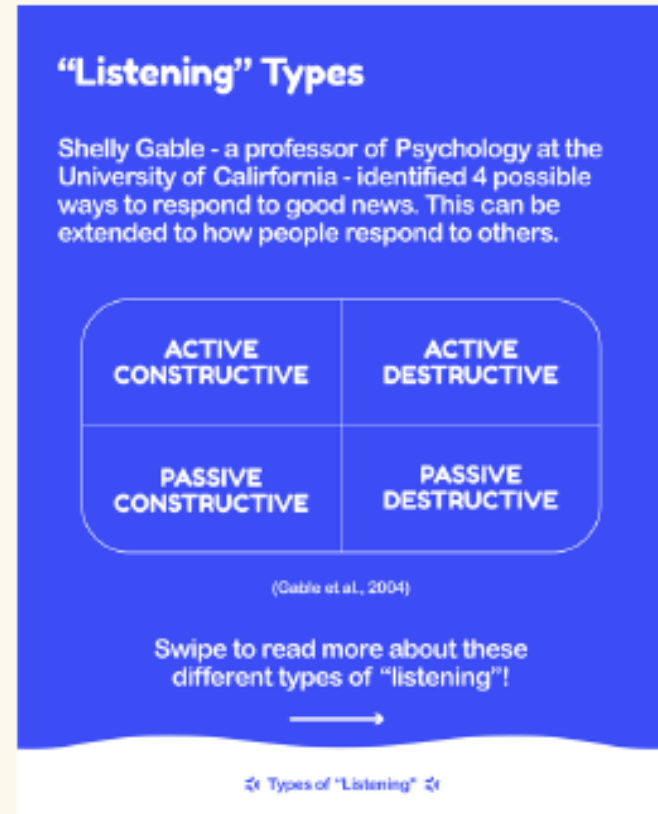
# Additional Science for Parents

In-between each section, there will also be illustrations of interesting science that is useful for parents to know during the activities.

For example, when an activity includes sharing of good news, we can include a section for parents to learn about how to respond actively and constructively.

This segment will typically consist of three parts:

1. The science (presented in a visual way)
2. How they can use it (examples of how they can apply the science)
3. Reflection (asking parents/guardians to write a short reflection about how they can use it)





HOME

SCHOOL

