

TORA RESEARCH REPORT



Australian children spend 16,000 hrs in school. This time is a significant early intervention opportunity.

1 in 6 Australian children live in poverty.

1 in 7 experience a mental health condition.

50% of adult mental health concerns present in childhood.

SEB

Social
Emotional and
Behavioural Difficulties

- Are key indicators of adversity & mental health concerns.
- Education & wellbeing = lifelong implications.
- Teacher quality + Positive Childhood Experiences (PCEs) have greatest impact on Whole Child Development (WCD).
- Adversity in childhood is referred to Adverse Childhood Experiences (ACEs).
- ACE's impact into adulthood:

ADULT CONDITIONS	POPULATION ATTRIBUTABLE RISK
Life Dissatisfaction	67.2%
Mental health conditions (impact > 14 days)	61.4%
Anxiety	55.7%
Cardiovascular disease	25.5%
Cancer	24.3%
Alcohol, heavy drinking	21.3%

CHILDHOOD ADVERSITY  **ADULT LONELINESS**



Adult loneliness is a quality of life indicator.

Adult life satisfaction influenced by childhood factors:

1. Emotional health
2. Prosocial behaviours
3. Conduct

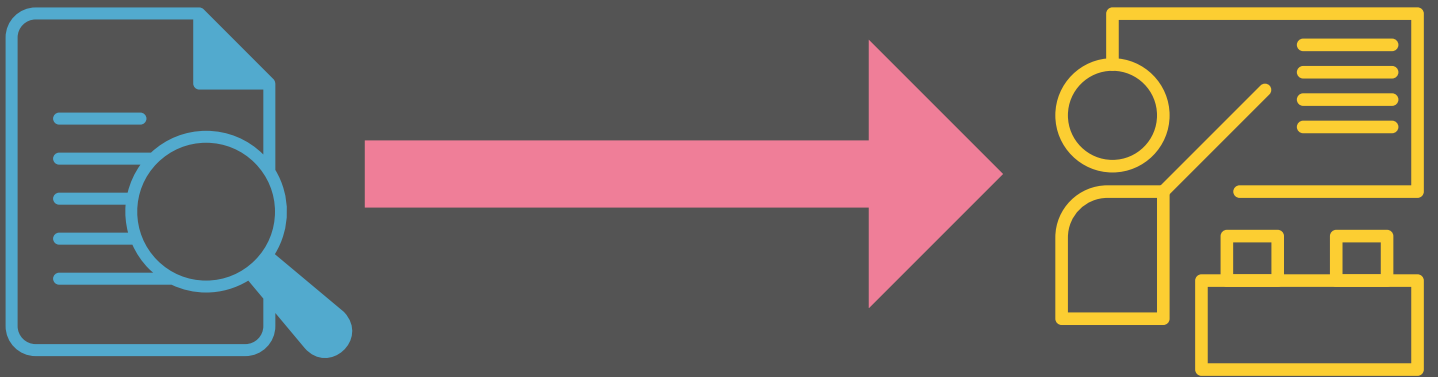
Good quality relationships keep us healthy!



TORA RESEARCH REPORT



The TORA research project was designed to translate research methods easily into practice.



Develops new teacher skills

Provides observation tools

Incorporates supervised practice

Low Teacher time commitment.

Holistic Outcomes: social, emotional, behavioural, school & academic engagement, student-teacher relationship, student happiness.

Reduced student difficulties



Increased student strengths

Results from the research:

- Student-teacher relationship quality increased
- Prosocial behaviours increased
- Conduct problems, hyperactivity, peer problems, externalising and internalising difficulties, and total difficulties decreased.
- Teacher quality improved
- Efficacy of the TORA confirmed



**A UNIVERSAL APPROACH
FOR ALL CHILDREN**

