



Cool Kids Online vs Chilled Out

INTERNET DELIVERED ANXIETY PROGRAMS

Cool Kids Online and Chilled Out are online versions of the world renowned Cool Kids program which has been running at Macquarie University since 1993. They both present a structured, skills-based program that can teach children, teens and their parents how to better manage anxiety. Below we describe the differences between the two programs.

Cool Kids Online	Chilled Out
Skills covered:	
<ul style="list-style-type: none">• 8 online lessons that cover:<ul style="list-style-type: none">– Understanding anxiety– Stepladders (gradually facing fears)– Detective thinking– Assertiveness– Coping skills such as Cool Breathing and Problem Solving– Planning for the future	<ul style="list-style-type: none">• 8 online lessons that cover:<ul style="list-style-type: none">– Understanding anxiety– Stepladders (gradually facing fears)– Realistic Thinking– Assertiveness– Coping skills such as Problem Solving and Stress Management– Staying chilled
Designed for:	
<ul style="list-style-type: none">• Children aged 7-12 years (grades 2-6)*.• Language, examples and presentation suited to primary school students.	<ul style="list-style-type: none">• Teens aged 13-17 years (grades 3-6).• Language, examples and presentation suited to high school students.
	

* For 12 years olds who are in high school, Chilled Out is typically more appropriate. See next page.

Cool Kids Online

Chilled Out

Parent involvement:

- Parent role is to be a coach.
 - Parents and children complete the online lessons together.
 - Parents assist children to practice skills between lessons.
 - In each lesson, a 'coach' section presents information on different ways to respond to a child who is feeling anxious.
- Parent role is to be a mentor.
 - Teens complete the online lessons independently.
 - Parents provide encouragement and support to allow a teen to practice skills.
 - Parents download the Chilled Out Mentor Workbook which outlines the anxiety management skills and explains helpful ways of responding to anxiety.

Telephone support:

- 4x 30 minute telephone sessions with a psychologist. Additional session can be arranged if required.
 - Sessions are with a parent and focus on applying skills and troubleshooting difficulties.
- 6x 30 minute telephone sessions with a psychologist. Additional session can be arranged if required.
 - During the sessions both teens and their parent have the opportunity to discuss progress and difficulties.

Should my 12 year old do Cool Kids Online or Chilled?

- Attending primary school
 - Would prefer to work on the online lessons together with their parent
 - Prefers cartoon characters
 - Usually needs help to complete activities such as homework
- Attending high school
 - Would prefer to work on the online lessons independently
 - Prefers real-life characters
 - Mature for their age
 - Usually able to complete activities such as homework without parent help

If you would like further information or would like to have your child assessed for Cool Kids Online or Chilled Out, complete the online registration form. You can access the registration form [HERE](#).

For further information about our programs:

- Check out our website www.mq.edu.au/ceh-clinic
- Contact our friendly team at
 - Email: cehc.online@mq.edu.au
 - Telephone: +61 (0)2 9850 8711 (9am-5pm Mon-Fri Australian Eastern Standard Time)

FIND OUT MORE

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