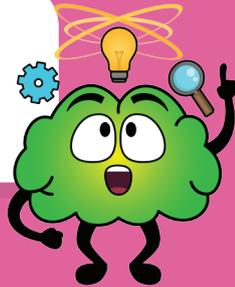


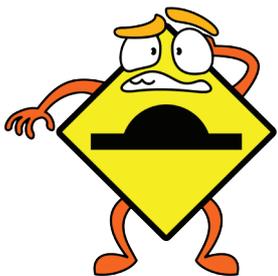
## How long does it take to Reboot?



We see changes in schools, staff and staff-student relationships from the onset of Reboot training. However, significant school-wide change takes time, dependent on the level of commitment of leadership and level of readiness-for-change in the school community. Ideally schools undertake a 12 – 18 month commitment to successfully embed Reboot language and tools. A strategic Reboot Action Plan is created in collaboration with school leadership to map out key goals and Reboot delivery over an agreed timeframe.

## What research does Reboot draw upon for its evidence base?

Reboot is both research-informed and PRACTICAL. We incorporate best-practice findings from a range of disciplines: developmental and social psychology, trauma research, neuro-science, positive psychology, educational and social change theory, and mindfulness. We have incorporated the concepts and practices recommended by internationally recognised researchers, such as Bruce Perry, Bessel van der Kolk, John Hattie, Harvard's Big Brain and Immunity to Change Projects, Peter Levine, Pat Ogden, Martin Seligman and Positive Educationalists, Carol Dweck (mindsets), Dan Siegel (Mindsight), Tony Schwarz, Bert Hellinger, John Bowlby etc.



## Is Reboot sustainable?

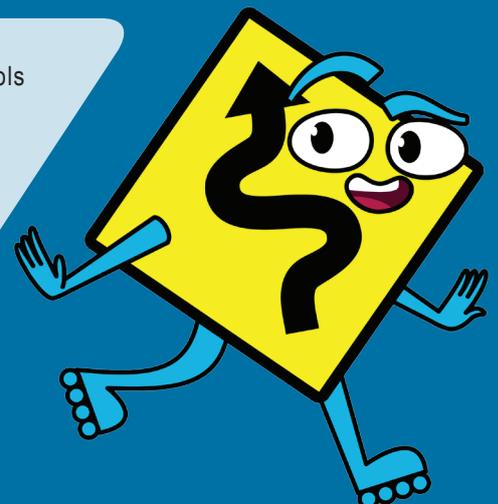
Reboot is designed to support sustainable, ongoing change in your school. Reboot tools, templates, visual images, audits and sample lessons help embed the practice throughout the school. We recommend schools nominate a small number of Master Rebooters as key staff who help support their colleagues and maintain interest, enthusiasm and program integrity. Many staff tell us that Reboot feels intuitively 'right' and that it is easy to retain the concepts and language in their daily practice. We also provide a brief staff and student induction process to familiarise new staff with the Reboot core concepts.

## How does Reboot fit with other programs/systems such as PBL, ASOT, Essential Skills, the Sanctuary Model etc.?

Participants frequently comment that the neuroscience-base and simple, practical tools of Reboot help make deeper sense of other programs and systems, while also making them easier to implement. Reboot addresses our basic human needs for safety, self-regulation (self-management), healthy social connections and positive aspirations for self. We have found Reboot to compliment and improve delivery of all of the above programs/systems.

## How was Reboot developed?

Reboot was developed over 10 years in schools of low socio-educational advantage. Reboot has grown through the trialling of tools and language with a wide range of teachers and staff in primary and secondary schools. Classroom-based collaborations, honest feedback and review has helped create 'bullet-proof' tools that work with even the most challenging students and families.



## Why are an increasing number of students not responding to suspensions, discipline and best practice behaviour management anymore?

At Reboot we consider there to be 5 key reasons that students are becoming less responsive to traditionally schooling methods:

1. Students' sensitivity to stress (disproportionate reactions and hyper-vigilance)
2. Relationship difficulties (problems with trust, shame and conflict)
3. Emotional difficulties (difficulties managing emotions and self-regulation)
4. Challenges with positive intentions for growth (self-sabotage and self-doubt)
5. Cognitive confusion (problems with attention, problem solving, memory)

Our assumptions that students wish to please us and believe that they are able to achieve are often thwarted by these young people. Reboot provides you with the tools to move from behaviour management to positive behaviour development.

### Is trauma an excuse?

Understanding the nature of complex trauma and the impact it has on student behaviour, learning and relationships does not excuse behaviour, rather provides a causal-level understanding to help develop positive behaviour. Reboot supports behaviour development and encourages students to become accountable for their actions. Reboot helps schools avoid compounding a student's disadvantage by scaffolding their willingness and capacity to engage in school.

### What outcomes can participating schools expect?

Participating schools have experienced the following benefits from Rebooting with us:

- Shared language, understanding and expectations among staff and students
- Improved student understanding and capacity to self-regulate (emotions and behaviour)
- Improved sense of belonging and safety at school
- Improved student-staff relationships
- Reduction in student escalation, violence and suspensions
- Increased staff knowledge and capacity to work with disengaged/defiant or struggling students
- Enhanced school culture: pride, sense of belonging and positive engagement in learning
- Increased staff clarity and compassion satisfaction (workplace satisfaction)
- Improved academic engagement, school work completion and enjoyment in school

### What is the Reboot point of difference from other framework and programs?

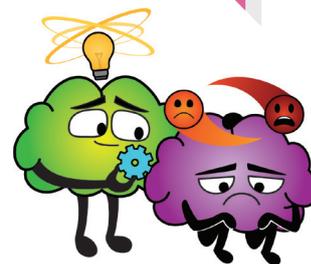
Reboot is distinct in that:

- We give you practical neuroscience based solutions, sample lessons, scripts and language
- Tailored and localised to address your school's needs
- Practical, proven tools that are easy to use and remember
- Reboot works for all students and staff
- Reboot embeds social and emotional learning into everyday classes and the culture of the school
- We understand the challenges of working in schools of low socio-educational advantage and the particularities of working with children and families living in chronic stress or with trauma histories

### Is Reboot only for students with trauma?

#### NO! It's for everyone.

As Reboot tools are based on our universally shared neuro-biology and the derived social, emotional and learning behaviours, Reboot works for all students including those highly engaged and succeeding at formal education. We encourage greater self-awareness, self-compassion and self-responsibility in every member of the school community and find one of the most significant outcomes of Reboot is a transformation in staff. As the world becomes increasingly fast and complex everyone needs greater emotional intelligence, effective life skills and a core of inner strength.



### Does Reboot need to be whole-of-school?

Reboot is effective for individual teachers in their classroom practice. Broad change in student engagement and behaviour requires a whole-of-school cultural change. This necessitates that all staff are engaged in Reboot's common language and understanding of human behaviour. As Reboot provides tools for all people to improve their self-awareness, wellness and relationships, a significant additional side effect is an improvement in staff wellness overall.