



ReachOut Orb is a one-of-a-kind serious game with an easy-to-use curriculum-mapped resource that will engage Year 9 and 10 students. Perfect for HPE and PDHPE teachers, student wellbeing coordinators, tutors and mentors, ReachOut Orb is available for free in multiple formats so that it can be used in any school.

Drawing on positive psychology principles, ReachOut Orb's innovative design helps students identify and use their strengths, enhance their positivity, develop and sustain positive relationships, and build resilience.

Using Avatars customised to their character strengths, students progress through the visually stunning world of ReachOut Orb, interacting with unique characters and learning from the choices they make along the way.

The easy-to-follow Teacher Resource – written by award-winning positive education experts Dr Toni Noble and Dr Helen McGrath – is mapped to the Australian HPE Curriculum and General Capabilities, and to the NSW PDHPE Curriculum.



FREE

The iPad and Desktop (PC and Mac) apps, and accompanying Teacher Resource can be downloaded for free from ReachOut.com/Orb.



EASY TO USE

ReachOut Orb is simple to use. The intuitive interface means that students can progress at their own speed, without supervision.



MAPPED TO THE CURRICULUM

The Teacher Resource is mapped to the Australian HPE Curriculum and General Capabilities, and to the NSW PDHPE Curriculum.



EVIDENCE-BASED AND TESTED BY TEACHERS

Drawing on positive psychology theories, school-based trials of ReachOut Orb resulted in great feedback from teachers and students.



ADDITIONAL SUPPORT RESOURCES

The step-by-step Quick Guide and detailed How-to Guide mean that even teachers with no gaming experience will find it easy to use.

ABOUT REACHOUT AUSTRALIA

ReachOut is Australia's leading online mental health organisation for young people, providing practical support to help them get through everything from everyday issues to tough times.

Since 1998, ReachOut has worked alongside young people to deliver online tools that address youth mental health and reduce youth suicide. Available anytime and pretty much anywhere, ReachOut.com is accessed by more than 110,000 Australians each month. That's more than 1.31 million people each year.

Thank you to Telstra Foundation, whose generous Social Innovation Grant Program made this project possible.

REACHOUT.COM/ORB

TECHNICAL DETAILS

- Designed for iPad (iOS 8.0 and above)
- Available for Desktop (PC and Mac)

DISCLAIMER

ReachOut Orb is produced by ReachOut Australia. This app is not meant to replace clinical care. If you or someone you know is experiencing difficulties with mental health talk to your doctor or a healthcare professional. If you or someone you're with is in danger, call 000 or go to your nearest hospital emergency department.