![givethx logo]

H·E·R·E
Hawai'i Educational
Resource Experts

HIDOE Approved Provider for
School Improvement Services

GiveThx is a research-validated digital program that strengthens student wellbeing and social-emotional skills using the science of gratitude and belonging. It was created with and for educators and students from low-income, high-trauma communities. GiveThx supports all schools seeking to build a strong, connected learning community.
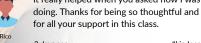
Why GiveThx?

In 2019, 70% of teens reported stress, anxiety, and depression as serious challenges.

Subsequent and wide-scale public health, economic, and political challenges have made it even harder to nurture student wellbeing and foster thriving learning communities.

♥ Gratitude is positively associated with higher levels of **academic achievement**.

♥ Students with **a sense of belonging** in school feel socially connected and are confident that they are seen as a person of value.

♥ When cognitive distractions resulting from student stress and anxiety are reduced in the classroom, **conditions for learning are significantly improved**.

It really helped when you asked how I was doing. Thanks for being so thoughtful and for all your support in this class.

Rico

2 days ago   #kindness

How it Works

Thank
Send digital thx notes to recognize positive behaviors, reinforce connection, and appreciate others

Reflect
Write reflections, identify goals, and complete lessons using a flexible digital curriculum

Connect
Build healthy relationships, develop skills, and increase wellbeing among staff and students

Impact

Evidence for ESSA

A **recent study** of GiveThx use reported significant increases in emotional wellbeing along with life and friendship satisfaction and significant decreases in stress, anxiety, and depression.

INCREASES
- **Life Satisfaction**
- **Friendship Satisfaction**

DECREASES
- **Perceived Stress**
- **Anxiety**
- **Depression (boys)**

"Because of the practices we built in my classroom, kids knew they could make mistakes and it was okay. Giving and receiving gratitude included them in the class community, and they felt safe to participate.

Brandi, High School English Teacher

www.givethx.org | www.herehawaii.org | 1.808.947.9273 | support@herehawaii.org

GiveThx SEL for Academics:
Educators include SEL skill development within the content areas they teach to advance academic achievement.

GiveThx Positive School Culture:
Advisory programs and class meetings provide opportunities for routines that facilitate belonging and reduce isolation and anxiety.

GiveThx for Staff Wellbeing & Support:
Leaders use faculty, department, and school-wide meeting time to promote a positive culture among faculty and staff that increases trust, wellbeing, and morale.

For male students in particular, it can be uncomfortable talking about how you feel. GiveThx makes it easy for them to practice ways to express their feelings. One male student who previously struggled to connect with others let me know he felt 'more emotionally available' after using GiveThx.

Donovan, Middle School Teacher

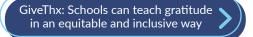## Schools implementing GiveThx also receive access to:

- Robust data and analytics for visualizing SEL growth over time
- Webinars to support program implementation
- GiveThx's Practices Library of free, easy-to-use lessons

Learn more about building student belonging & inclusive learning communities

G G S C Greater Good Science Center

Berkeley UNIVERSITY OF CALIFORNIA

EdSurge

GiveThx: Schools can teach gratitude in an equitable and inclusive way ❯

A tiny thanks goes a long way ❯

"When everyone in the classroom started sending gratitude notes to one another, I saw that this could become something for all schools! Using gratitude builds so many relationships with a whole community, helping us all feel recognized.

Ariela, 9th grade student

We are a nonprofit on a mission to ensure all students are recognized and appreciated for who they are.

Amara, Javier, and Mike started GiveThx to build belonging in schools. They have deep experience designing research-based programs that serve students in reaching their full academic and social and emotional potential. GiveThx is a not-for-profit business with earned revenue in addition to philanthropic funding.

For a demo or to learn more about programs and pricing for your learning community, contact H.E.R.E. Hawaii.