

YOUR Wellbeing





WHY WELLBEING?

Wellbeing helps you to explore, experiment and learn with confidence and positivity. Everyone deserves to be safe, well and positive.

Your wellbeing matters to us and is important for you to be able to learn. Answering questions about your wellbeing will help your school to better understand how to support you and your friends at school.

Wellbeing

IS WHEN YOU



**FEEL LOVED
AND SAFE**



**HAVE ACCESS TO
MATERIAL BASICS**



**ARE
HEALTHY**



**ARE
LEARNING**



**HAVE A POSITIVE
SENSE OF CULTURE
AND IDENTITY**



**ARE
PARTICIPATING**

FEEL LOVED AND SAFE



LET'S DISCUSS

- + Who would you go to at school if you didn't feel safe?
- + Do you have a good friend or someone you trust at school that you can talk to?
- + Do people treat each other with respect at your school?



DID YOU KNOW?

86%

OF STUDENTS FEEL SAFE

AT SCHOOL

MOST OF THE TIME

HAVE ACCESS TO MATERIAL BASICS



DID YOU KNOW?

73%

OF STUDENTS
REPORTED HAVING

**A GOOD
NIGHT'S SLEEP
AND/OR A**

**NUTRITIONAL
BREAKFAST**

LET'S DISCUSS

- + Do you start the day with breakfast?
- + Do you get a good night's sleep?
- + How do you keep physically active?



ARE HEALTHY



LET'S DISCUSS

- + Would you describe yourself as healthy?
- + What things do you look forward to in the future?
- + When you're worried, what things help you to feel better?

**DID YOU
KNOW?**

29%

**OF STUDENTS
HAVE REPORTED THEY
FREQUENTLY**

WORRY

**ABOUT THINGS
AT HOME
AND AT SCHOOL**



**DID YOU
KNOW?**

95%

**OF STUDENTS
REPORTED THEY
HAD GOOD**

RELATIONSHIPS

**AND SUPPORT
FROM THEIR
TEACHERS**



ARE LEARNING



LET'S DISCUSS

- + Are you motivated at school?
- + Do you get to do interesting things at school?
- + Does your mood sometimes stop you from learning?

ARE PARTICIPATING



LET'S DISCUSS

- + Do you take part in drama or music?
- + Do you feel like you have a say and your opinions are listened to?
- + Do you bounce back quickly after hard times?

DID YOU KNOW?

64%
OF SENIOR
STUDENTS REPORTED BEING

RESILIENT
IN TIMES OF
STRESS



**DID YOU
KNOW?**

73%

**OF STUDENTS
FEEL THAT THEY**

BELONG

AT THEIR SCHOOL

**HAVE A
POSITIVE SENSE
OF CULTURE
AND IDENTITY**



LET'S DISCUSS

- + Do you feel accepted and valued by other students and teachers?
- + Do you feel that you belong at your school?
- + Do you think your school is a nice place to be?

THINGS YOU NEED TO KNOW



Why am I doing the survey? This survey helps us to understand the link between your wellbeing and your learning, and how we can best support you to do well at school.

Is it a test? Do I need to be prepared? Don't worry, this is not a test! There are no right or wrong answers. People think and feel different things. Your answers are very important and there is nothing that you need to do to prepare.

Do I have to answer all the questions? Can I stop the survey part way through? If you'd rather not answer some questions in this survey, that's fine. You can stop at any time.

If the questions upset me or if I feel I need to talk to someone, who can I go to? You can discuss any concerns with your parents or carer, or someone that you trust such as a friend or teacher. Your school may also have some people to help you such as social workers, school psychologists, speech pathologists or school health nurses, who can talk about your wellbeing. There is also a list of contacts on the next page that may be helpful.

SOME HELPFUL CONTACTS



- + **Kids Helpline** 1800 551 800
- + **Kids Helpline Webchat** 8am – 12am
www.kidshelpline.com.au/get-help/webchat-counselling
- + **Lifeline** 131 114, www.lifeline.org.au
- + **Aboriginal Health Services** (Hobart 6234 0777;
Launceston 6332 3800; Burnie 6431 3289)
- + **eSafety Commissioner** www.esafety.gov.au
- + **Headspace e-help** 9am – 1am www.eheadspace.org.au
- + **ReachOut** au.reachout.com
- + **Working It Out** www.workingitout.org.au
- + **Your local Doctor**
- + **Phoenix Centre** (Southern Tasmania 6234 9138;
Northern Tasmania 6724 2820)

Sources

- + *Department of Education 2019 Student Wellbeing Survey*, Department of Education, 2019
(*results reported are either high and medium combined or low)



www.education.tas.gov.au/about-us/projects/child-student-wellbeing-strategy