

# Be You

The national mental health in education initiative



## An approach that works

Be You aims to transform how Australia supports children and young people’s mental health in early learning services and schools. Evidence demonstrates that a **whole learning community approach to wellbeing** achieves the best outcomes.\* A workforce of **Be You Consultants** coupled with **Planning and Implementation Tools** help early learning services and schools involve every child, young person, staff member and family in supporting wellbeing – **creating an emotionally safe, inclusive environment, which enables resilience.**



\* Lancet Commission on Global Mental Health & Sustainable Development: 2018 Report

## Educator capacity building



Be You supports educators to build the foundations of lifelong mental health and wellbeing in children and young people.

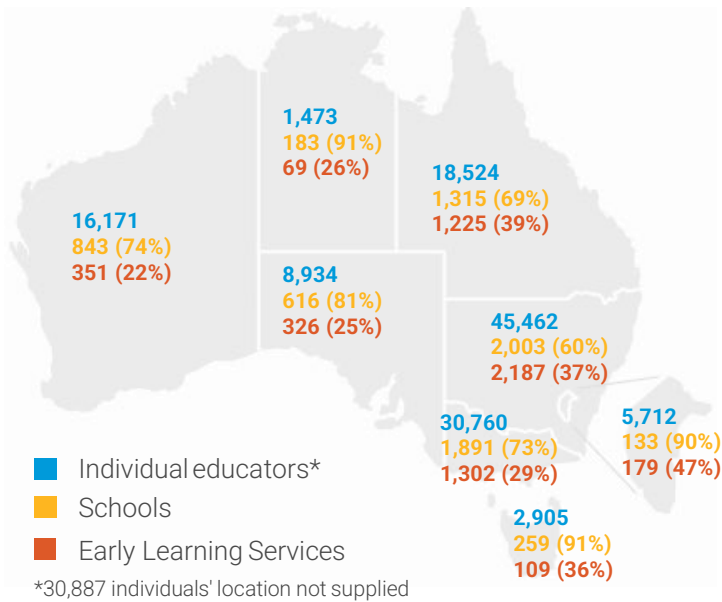
We develop educators’ mental health literacy through online accredited **professional learning, events, tools and other resources**. Be You provides consistent guidance and training for educators across Australian early learning services, primary schools and secondary schools. Be You is a known leader in providing **educator and workplace wellbeing** guidance. We help make early learning services and schools great places to work.



## Significant reach

Since launching in November 2018, Be You has gained **substantial momentum**. Be You has direct reach into:

- 7,243 (70%) schools
- 5,748 (33%) early learning services
- 160,828 registered users



## Making an impact

Educators actively using Be You feel more confident than non users to:

- **Recognise the signs and symptoms** of different mental health issues
- **Support children and young people** experiencing poor mental health
- **Initiate a conversation** about mental health with a child or young person’s family\*

\*Be You Educator Research (2022)



With delivery partners



Funded by



# Making an impact

Independent evaluations of Be You found:

- In just three years, Be You has already had a positive effect on **children and young people's (0-18 years) wellbeing and ability to learn**.
- Schools taking a long-term whole learning community approach to wellbeing, through Be You and its predecessors, have seen **increased NAPLAN scores** (in the higher years) compared to schools that were not involved.\*
- **Be You Consultants are a unique function** of the initiative and are vital to early learning services and schools progressing through Be You online resources and events.\*\*

\*Be You Evaluation Final Report: from launch until mid-2021. Australian Council for Educational Research (2022)

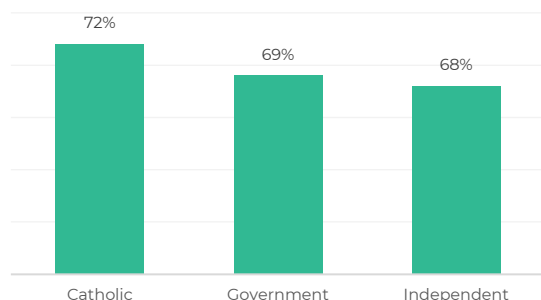
\*\*Final Report for the Overarching Evaluation of the National Support for Child and Youth Mental Health Program. Institute for Social Science Research (ISSR), The University of Queensland. (2021)

## Be You registrations

Be You has significant reach into every school sector and across metro and regional areas across Australia.

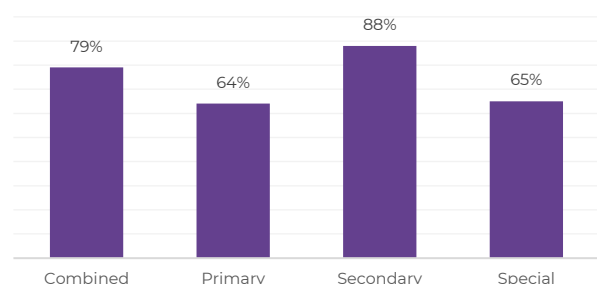
### Be You recruited schools by sector

% of ACARA schools in these locations



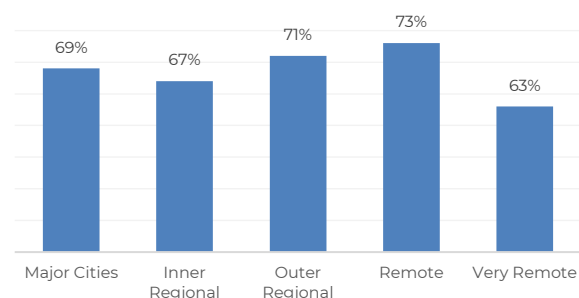
### Be You recruited schools by type

% of ACARA schools in these locations

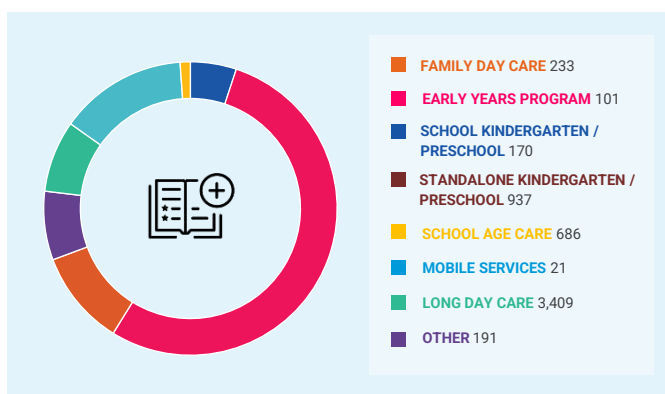


### Be You recruited schools by geolocation

% of ACARA schools in these locations



## Be You recruited early learning services by type



**“...by using these strategies...  
and by staying connected to the  
ongoing free resources...I can  
carry on with teaching”**

- Be You Virtual Conference attendee

# National Children's Mental Health and Wellbeing Strategy

Be You is helping to deliver the Strategy in the education sector.

The following objectives are taken from 'Focus Area 3: Education Settings' of the [Strategy](#).

## Objective 3.1: A Wellbeing Culture

### Action 3.1.a

Be You supports early learning services and schools nationally to build on their strengths and promote a wellbeing culture that reduces stigma around mental health through:

- [A flexible whole learning community approach](#)
- [Be You Framework](#)
- [Action Team model and supports](#)
- [Planning and Implementation Tools](#)



### Action 3.1.d

Be You provides ideas for incorporating conversations about mental health and wellbeing into learning communities' daily routines through:

- [Online Professional Learning – Mentally Healthy Communities](#)
- [Fact Sheets](#)
- [Learning Community Stories](#)
- [Online Sessions and Events](#)
- [Actions Catalogue](#)
- [Cultural Actions Catalogue](#)
- [Disability Inclusion Guide](#)
- [Surveys](#)

### Action 3.1.g

Be You provides a national Programs Directory, which includes a rating system, and helps early learning services and schools find evidence-based programs:

- [Programs Directory](#)



### Action 3.2.d

Be You supports educators to discuss mental health concerns with parents and carers through:

- [Online Professional Learning – Family Partnerships](#)
- [Fact Sheets - Relationships](#)
- [Disability Inclusion](#)
- [Guide](#)
- [Cultural Actions Catalogue](#)
- [Always Be You](#)
- [Surveys](#)

## Objective 3.2: Targeted responses

### Action 3.3.a

Be You provides professional learning modules and other resources specifically designed to develop educators' mental health literacy:

- [Online Professional Learning](#)
- [Online Sessions and Events](#)
- [Fact Sheets](#)



### Action 3.3.b

Be You provides tools and information to guide educators when they are concerned about the mental health of a child or young person:

- [BETLS Observation Tool](#)
- [Online Professional Learning – Early Support domain](#)
- [Fact Sheets – Mental health support](#)

### Action 3.3.b

Be You provides wellbeing coordinators with tools, guidance and ongoing professional development and networking opportunities through:

- [Planning and Implementation Tools](#)
- [Action Team Handbook](#)
- [Consultant support](#)
- [Online Professional Learning](#)
- [Online Sessions and Events](#)

## Objective 3.2: Targeted responses

### Action 3.2.a

Be You provides guidance for the development and review of wellbeing plans in early learning services and schools, which are designed to meet the needs of their children and young people through:

- [Planning and Implementation Tools](#)
- [Consultant support](#)
- [Programs Directory](#)



## Be You is freely available

For further information about Be You's alignment with the Strategy visit the [Be You website](#).



# Be You provides a framework to:

- Build the mental health literacy of **individual educators**
- Guide collective action to create a **whole-setting approach**

