

Be You the first year

Launched in November 2018, **Be You** empowers early learning services and schools to build mentally healthy learning communities across Australia.



Educators using **Be You** resources were more likely to:

90%

79%



Feel confident about supporting a child or young person with a mental health condition

92%

73%



Have initiated a conversation with a parent/carer about their child's social and emotional development

88%

78%



Actively contribute to a coordinated mental health initiative across their early learning service or school

● Be You ● Non-Be You

Trends

Market research (2019) of Australian primary and secondary school and early learning educators found:

Over 90%

of educators believe mental health is essential for learning



To support mental health and wellbeing most educators want:

- More training and development
- Workplace collaboration and a whole setting approach

Educators are increasingly feeling empowered to deal with mental health

Educators think supporting mental health and wellbeing is part of their job



Educators know how to initiate a conversation with a child or young person about mental health



Educators believe they can identify a mental health issue



Almost half of educators still think they lack the necessary skills and training to address the mental health needs of children and young people.

2020 Focus: Encourage educators to engage with **Be You** more



With delivery partners



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