Educator attitudes

Trends

Research of Australian primary, secondary and early learning educators in 2020 found:

of educators feel depression, anxiety and other mental health issues are one of the top three most important health issues facing children and young people

Educators increasingly feel that supporting the mental health needs of learners is part of their job



Be You

empowers early learning services and schools to build mentally healthy learning communities across Australia. Educators are increasingly feeling empowered to deal with the mental health of their learners.

Educators using Be You resources were more likely to:

87% Feel confident using the tools available to help identify and support learners experiencing poor mental health 74% 82% Have the ability to initiate a conversation about mental health with a learner in a learning setting 68% 76% Have the ability to initiate a conversation about a learner's mental health with their parent/carer/family 60% 84% Feel confident recognising the signs and symptoms of different mental health issues 70% 41% Agree they have the time to access training or tools that can help educators address the mental health of learners 23% Be You Non-Be You

Opportunities identified by this research:

- Support leadership teams to provide opportunities for educators to feel confident engaging with learner mental health and wellbeing
- Support educator wellbeing
- Support learning communities to feel prepared to respond to critical incidents









With delivery partners



요ට headspace

