

Be You Handbook for Educators:

*Primary and
Secondary Schools*



Welcome

As an educator, you're all about supporting children and young people to flourish. **So are we.**

Working closely with children, young people and their families, you're in a great position to promote mental health and wellbeing.

This Handbook will provide an overview of how educators in schools can get the most out of Be You. We also have tailored handbooks for [leaders](#) and [pre-service educators](#).

Self-care

On the Be You website, you may come across materials that you find challenging or distressing. We will do our best to flag this material for you and provide resources where you can find support.

If you experience uncomfortable feelings or find yourself needing support, please take action. You can speak to a trusted friend or family member, or call one of the following numbers: Beyond Blue on 1300 22 46 36, Lifeline on 13 11 14, 13YARN on 13 92 76, or SANE Australia on 1800 18 72 63.



Be You acknowledges the Traditional Custodians of all the Lands on which we work and learn. We recognise their deep and ongoing connection to Country and the continuation of cultural, spiritual and educational practices.

We pay our respect to Elders, past and present, and extend this respect to all Aboriginal and Torres Strait Islander Peoples.



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What is Be You?

Be You is a national initiative for educators aimed at promoting and protecting positive mental health in children and young people.

As an educator, you aren't expected to be a mental health professional. However, you are in a position to notice the signs of emerging mental health issues, have conversations with children, young people and families, and provide appropriate and timely support.

You also play a role in creating a welcoming and supportive learning environment. And Be You is here to help.

Be You provides online learning modules, events and resources to enhance your mental health knowledge and skills. Our tools can guide you in embedding wellbeing and inclusive practices in your setting.

Schools that register with Be You (see [page 10](#)) have access to tailored advice and tools for a holistic and proactive approach to mental health and wellbeing, that considers your school's unique needs.

Be You is completely free and available to every educator, early learning service and school in Australia. Learn more [about Be You](#).

Why do we need Be You?

Educators are increasingly reporting that more children and young people are experiencing mental health issues. These issues can have lasting impacts for a child or young person.

Early support can improve a child or young person's mental health and their lifetime outcomes.

Positive wellbeing can support effective learning and build solid foundations for children and young people to manage challenges in life.

Be You equips educators with the knowledge, tools and confidence to provide early support that aligns with your role and responsibilities.

Read about the [evidence base behind Be You](#).

"Be You isn't a linear program that you tick and flick through. It's a platter of resources that you are able to access when you need them. And the modules are structured in such a way that you can revisit, or research, or find the evidence behind some of the research when it's meaningful for you."

– Registered Be You educator

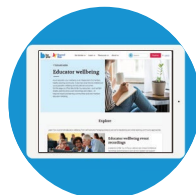
For individual educators, Be You offers:



Events about mental health and wellbeing topics



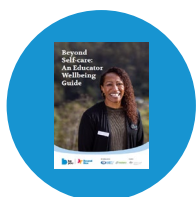
Professional Learning modules



Wellbeing tools and posters



Case studies and practical actions



Educator wellbeing tools and resources

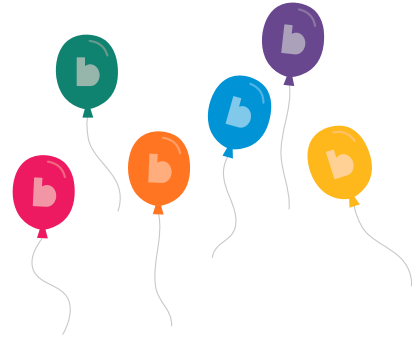


Inclusion resources



Fact Sheets

Why should I get involved?



Build on the great work you already do

There are always opportunities to grow.

Be You helps you develop and expand your existing strategies. We also provide practical examples of how to support children and young people and create mentally healthy learning communities.

Read about how this Be You School [embedded a whole-school approach to mental health and wellbeing](#).

Learn more success stories from schools across Australia in [Be You Stories](#).

Look after your wellbeing

Be You makes your mental health a priority.

Be You recognises educators face unique challenges that can affect your mental health. We have practical resources, such as the Wellbeing Plan for Educators, that can support you through challenges that may arise.

There is also helpful information in the [Staff wellbeing](#) and [Stress management](#) Fact Sheets.

You can find these resources and more at [Wellbeing tools for educators](#).

Boost your professional development

With Be You Professional Learning, there's no such thing as one size fits all.

Our learning modules can help you build your skills and knowledge around mental health and wellbeing. There are tailored modules for primary and secondary school educators.

The flexible structure allows you to dip in and out. You choose which learning modules are most relevant to you and set your own pace.

Find out more about [Be You Professional Learning](#) and how the modules align with [national education priorities and requirements](#).

Access practical tools and information

Be You has helpful resources to support wellbeing for everyone in your learning community.

Resources such as the [BETLS Observation Tool](#) and [Mental Health Continuum](#) can guide you in recording observations and recognising patterns of behaviour. They are particularly useful to document concerns you may have about an individual child or young person and can support you when having conversations with families.

Our [Mental health services and supports page](#) and printable posters provide helpful information and can encourage conversations around help-seeking.

Read on to learn more about Be You's topic-based tools, resources and learning modules.

What resources are available?



Fact Sheets

Learn more about topics that are especially important to schools.

Be You [Fact Sheets](#) provide information about a range of mental health and wellbeing topics.

Be You events

Learn from the experts.

Hear from Be You Consultants, experts and educators across Australia at our [events](#).

Each event explores a key topic in mental health and wellbeing and how it relates to a whole-school approach.

Disability inclusion

Promote belonging and celebrate everyone's strengths.

Be You [disability inclusion resources](#) range from handy tips about preferred language and busting myths to an in-depth guide about embedding inclusive practices in your school.

First Nations perspectives

Embed culturally responsive practices in your classroom.

[Be You cultural responsiveness resources](#) have been co-designed with Aboriginal and Torres Strait Islander educators and organisations to promote respectful, meaningful engagement and celebrate First Nations cultures.

Read practical, expert advice about how your school can [support authentic engagement with First Nations communities](#).

Wellbeing tools

Direct children and young people to the best online resources.

[Wellbeing tools for children and young people](#) is your essential guide to resources that can best support students aged 12 and older in caring for their mental health and wellbeing.

Critical incident response

Being prepared to respond is an important skill to learn.

Our [Responding Together](#) learning modules explore the impacts critical incidents can have on your school. They provide trauma-informed advice on how to support others and yourself.

The [Natural disaster response page](#) includes helpful information and stories about how Be You Learning Communities have supported recovery for staff and students after natural disasters.

Suicide prevention and response

We're here to help if your school is affected by suicide.

Be You [suicide prevention and response](#) resources provide clear, practical and reliable guidance and support for school leaders and wellbeing teams.

This includes information about [preventative measures](#), such as creating Safety Plans, and supporting a young person who has attempted suicide.

There is also a Fact Sheet about [Staff grief after a suicide](#) to support you in looking after yourself and your colleagues.

Where do I begin?

Our flexible framework enables you to guide your Be You journey based on your needs and interests.

Getting started with Be You

[Registering](#) online is quick and easy – and free!

Once you've signed up, you can access lots of Be You resources, including Be You events, tools and guides and our Professional Learning modules.

Explore the [Be You website](#) to see the range of resources available.

Professional Learning

At the heart of Be You is a content framework. This provides a structure for our [Professional Learning](#) and practical information about actions educators can take to implement a

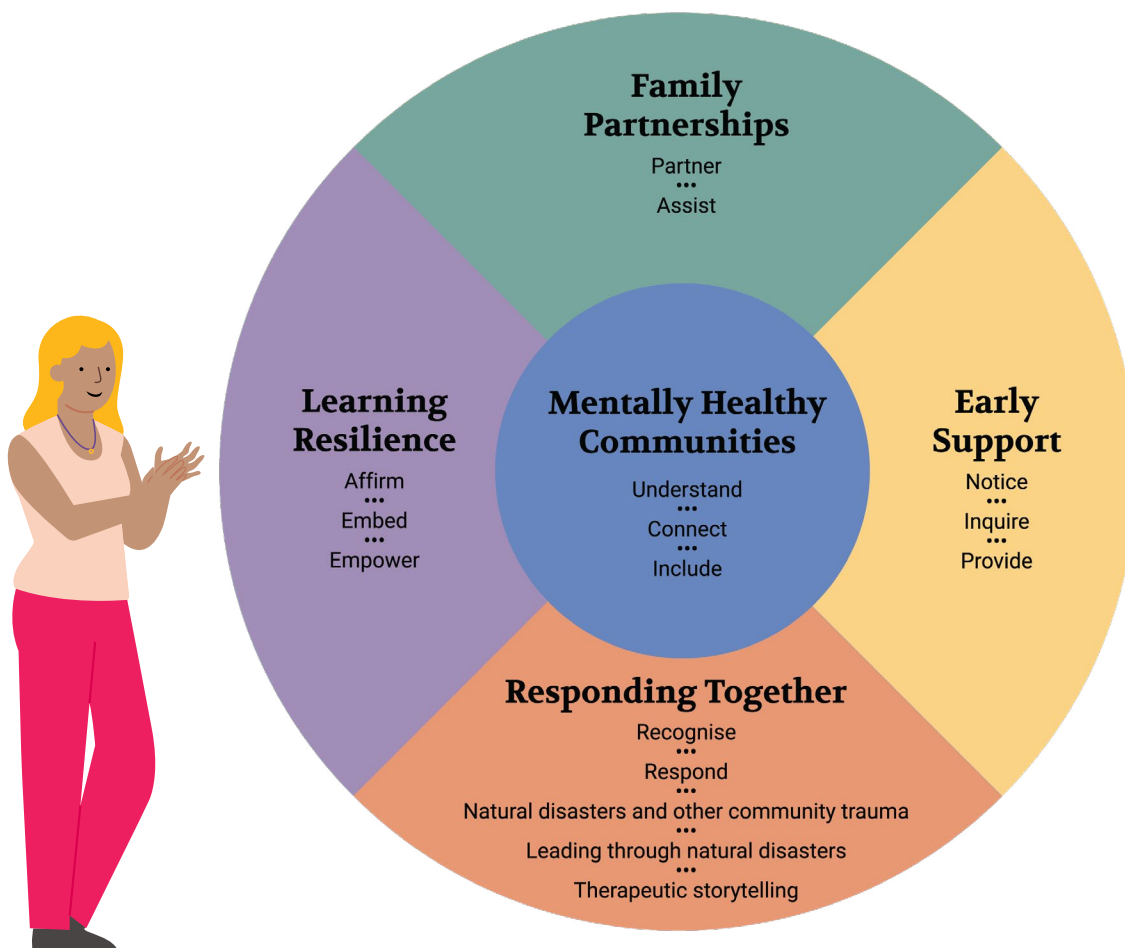
whole-school approach to promoting mental health and wellbeing.

Be You has 5 Professional Learning domains – [Mentally Healthy Communities](#), [Family Partnerships](#), [Learning Resilience](#), [Early Support](#) and [Responding Together](#).

Our learning modules delve into each domain, exploring concepts and information to enhance your understanding of mental health and wellbeing in school settings.

Each module also has case studies and reflection questions to help you consider how to apply your learning.

Professional Learning domains and modules



Pathways through Be You Professional Learning

Situation	Suggested modules
<p>I want to know how to identify children and young people who may be experiencing mental health issues, as early as possible.</p> <p>Maybe you have concerns about a child or young person who seems to have low mood and is withdrawn in class.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Mental Health Continuum (tool) - BETLS Observation Tool - Mental health issues and conditions (Fact Sheets) 	<p>Understand will support you to better understand mental health and wellbeing across a range of developmental stages.</p> <p>Notice will help you identify early signs of mental health issues in children and young people.</p> <p>Inquire will assist you to ask about children or young people, and their family circumstances, in a sensitive way.</p> <p>Provide will help you support children and young people in your school, and suggest appropriate external supports in response to risk, harm or critical incidents.</p>
<p>There has been a critical incident at my school. I want to know how I can support my community, within the scope of my role as an educator.</p> <p>Perhaps there has been a recent critical incident – for example, the death of a child, young person or staff member, an accident or serious injury, or a natural disaster.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Natural disaster response (webpage) - The role of schools in supporting students after a traumatic event (Fact Sheet) 	<p>Recognise will help you learn about critical incidents and their impact on the whole learning community including children, families, young people and educators.</p> <p>Respond will support you in responding to critical incidents and help your learning community work together to support recovery.</p> <p>Natural disasters and other community trauma will provide a practical framework for supporting children and young people through critical incidents.</p>
<p>I'd like to explore what I can do to build the resilience of children and young people, to help them to deal with the ups and downs of student life, and enhance their ability to learn.</p> <p>Perhaps you'd like a deeper understanding of developing and embedding social and emotional learning.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Social and emotional learning Fact Sheets - Emotional regulation: Mine, yours, ours (video) 	<p>Affirm will help you understand key concepts related to resilience including respectful relationships and social and emotional learning.</p> <p>Embed will show you how to use evidence-based social and emotional learning (SEL) strategies within your school.</p> <p>Empower will help you create learning environments that enable children and young people to demonstrate resilience in their everyday learning and activities.</p>

Situation	Suggested modules
<p>I would like more confidence in talking about and actively promoting mental health and wellbeing in my school community.</p> <p>Perhaps you'd like to learn about practical strategies that promote inclusion, as a way to promote belonging for your students.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Disability Inclusion Guide - Reflect, Respect, Respond: Protocols for culturally respectful engagement with First Nations communities - Promoting cultural diversity 	<p>Understand will support you to better understand mental health within your school and how that relates to different developmental stages.</p> <p>Connect will help you build strong relationships with children and young people, their families, the community and your peers.</p> <p>Include will explore inclusive practices to celebrate diversity, promote belonging and protect the rights of children and young people.</p>

<p>I would like to work together with families to promote and support wellbeing.</p> <p>You might want to strengthen partnerships with families to help you navigate any difficult conversations that may arise in the future.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Building family relationships (video) - Communication and relationships (Fact Sheets) 	<p>Partner will help you to work and communicate with families more purposefully, respectfully, and collaboratively.</p> <p>Assist will show you how you can assist families to foster positive mental health and wellbeing, and to access timely help when required.</p> <p>Connect will help you build strong relationships with children and young people, their families, the community and your peers.</p>
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How can my school get involved?

Be You isn't just for individual educators, it's for your whole school.

The most effective way to promote mental health and wellbeing is to involve everyone – educators, children, young people and families. We call this a whole learning community approach

If your school is registered with Be You, it will have an Action Team.

This is a team of colleagues and community members leading the whole learning community approach to mental health and wellbeing at your school.

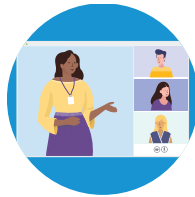
Speak to your Action Team or leader about how you can get involved in their efforts.

If your school isn't registered yet, see the [Become a Be You Learning Community page](#) for more information on bringing a whole-school approach to your setting.

For registered schools, Be You offers:



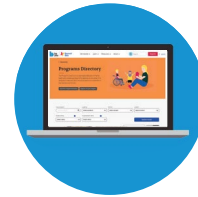
Support from
Be You Consultants



Events about mental
health and wellbeing
topics



Professional
Learning modules



A directory of social and
emotional learning and
wellbeing programs



Fact Sheets



Educator wellbeing
resources



Topic-based
resources



Practical planning and
implementation tools

Time to get started

By joining Be You you're making a powerful commitment to supporting the mental health and wellbeing of children, young people and educators.

Ready to get started? [Register](#) yourself now and check whether your school is registered as a Be You Learning Community.

Have any questions about Be You? [Contact us](#).

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