

This is a transcript of the Be You introductory video available at <https://beyou.edu.au>.

Be You is a package of professional learning, advice and support giving you – educators from across our nation’s early learning services and schools – the tools and information to support children and young people, from birth to 18 years of age, towards better mental health and wellbeing; so they grow up understanding there is no health without mental health.

Be You enhances your skills to support children and young people and to also look after your own mental health and wellbeing, so you can foster a culture of wellbeing at your school or service.

Be You will support you to embed good social and emotional learning practices, with the aim of maximising the resilience of children and young people to reduce the risk of future mental health issues. It will also help you to work with your colleagues to support children and young people experiencing mental health issues and to come together to respond to critical incidents.

What sets Be You apart is it’s one initiative across different educational settings. It helps you support children and young people throughout their education, and particularly at key transition points from home into an early learning service or school, and between schools.

Be You provides every Australian educator with a professional learning package, informed by the latest evidence, and developed by beyondblue in collaboration with education and mental health experts nationally. The professional learning is grouped into five domains: mentally healthy communities, family partnerships, learning resilience, early support and responding together.

The Be You professional learning package works around your busy schedule. It doesn’t need to be completed by a set date – you can work through the package at your own pace to further your professional development. And, if you’re a pre-service educator, you can get ahead of the game by progressing through the modules before you start a placement.

The professional learning package is brought to life in your learning community through a range of action plans and tools. These plans can be tailored to your community’s specific needs by your own action team – to ensure everyone can benefit from being part of a more mentally healthy community. In addition, over 70 Be You staff, from our delivery partners Early Childhood Australia and headspace, will be available to support the development and implementation of these Be You Action Plans in your school or early learning service.

Early learning services and schools already participating in KidsMatter or MindMatters can simply transition to Be You and if you change schools, you can take your personal account with you as your career progresses. Through all this, Be You empowers educators to support children and young people manage life's ups and downs and create positive, inclusive and resilient learning communities.

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