

Be You In Focus
*Ethical dilemmas
and decisions for
wellbeing*

Be You In Focus Webinar Handout

Thank you for your participation in the Be You In Focus event: “**Ethical dilemmas and decisions for wellbeing**” on 5 May 2021.

Included below are the topics covered in the webinar, suggestions provided by attendees and references mentioned.

In practice reflective questions

These reflective questions can be used to form the basis of a conversation with your Be You Action Team or Learning Community Leadership.

- How would you describe your decision making process?
- Does your decision making process include reflection, stepping back and considering, and not simply responding to your own personal feelings?
- How does decision making look, feel and sound like in your team?
- Participating in decisions that affect you is a basic human right. How as a leader or educator are you inclusive in your decision making?
- If you are experiencing decision fatigue what could you do, in your team?
- Have you considered the link between wellbeing and decision making and its impact on the outcome?
- To what degree does your Statement of Philosophy influence your decision making?
- How often do you consider ethics when you make a decision?
- What can you do, if in hindsight, your decision was not the right choice?

Links to additional information, resources and references from the webinar

Be You resources

Always Be You

<https://beyou.edu.au/resources/always-be-you>

Be You Professional Learning

<https://beyou.edu.au/learn>

Mentally Healthy Communities domain

<https://beyou.edu.au/learn/mentally-healthy-communities>

Early Support domain

<https://beyou.edu.au/learn/early-support>

Early Support domain, Enquire module, Understanding your role

<https://beyou.edu.au/learn/early-support/notice/early-learning/understand-your-role>

Learning Resilience domain

<https://beyou.edu.au/learn/learning-resilience>

Planning for wellbeing – mine yours ours

<https://beyou.edu.au/resources/tools-and-guides/wellbeing-tools-for-you>

Mental Health Continuum

<https://beyou.edu.au/resources/mental-health-continuum>

Be You Wellbeing Tools

<https://beyou.edu.au/resources/tools-and-guides>

Be You Fact Sheets

Communication skills for educators

<https://beyou.edu.au/fact-sheets/relationships/communication-skills-for-educators>

Educator Wellbeing

<https://beyou.edu.au/fact-sheets/wellbeing>

Stress Management

<https://beyou.edu.au/fact-sheets/wellbeing/stress-management>

Cultural diversity and mental health

<https://beyou.edu.au/fact-sheets/relationships/cultural-diversity-and-mental-health>

Be You In Focus webinar recordings

Diversity matters for mental health

<https://beyou.edu.au/resources/events/diversity-matters-for-mental-health>

Professional boundaries and difficult conversations

<https://beyou.edu.au/resources/events/professional-boundaries-and-difficult-conversations>

Promoting educator wellbeing

<https://beyou.edu.au/resources/events/promoting-educator-wellbeing>

Other resources

Mandatory Reporting of child abuse and neglect

<https://aifs.gov.au/cfca/publications/mandatory-reporting-child-abuse-and-neglect>

Mandatory Reporting of child abuse and neglect web links for each state and territory

<https://aifs.gov.au/cfca/publications/cfca-resource-sheet/reporting-child-abuse-and-neglect>

ECA Learning Hub Professional learning Video - Catharine Hydon – *Making Difficult Decisions: Choosing the right thing to do to move forward:*

https://vimeo.com/420908202/6d74c558e6?fbclid=IwAR1ICf0GtcliTMlo_Tqb_L6juunmXSYE4R1T0IQhXG0EIkCXjMfyPHko1oE

ECA Publication *Ethics in Action: A practical guide to implementing the ECA Code of Ethics*

Newman, L. & Pollnitz, L. (2002). *Ethics in action: Introducing the ethical response cycle*. Research in Practice Series, vol 9, no.3, Australian Early Childhood Association, Watson, ACT.

<http://www.earlychildhoodaustralia.org.au/our-publications/eca-code-ethics/ethics-action-practical-guide-implementing-eca-code-ethics/>