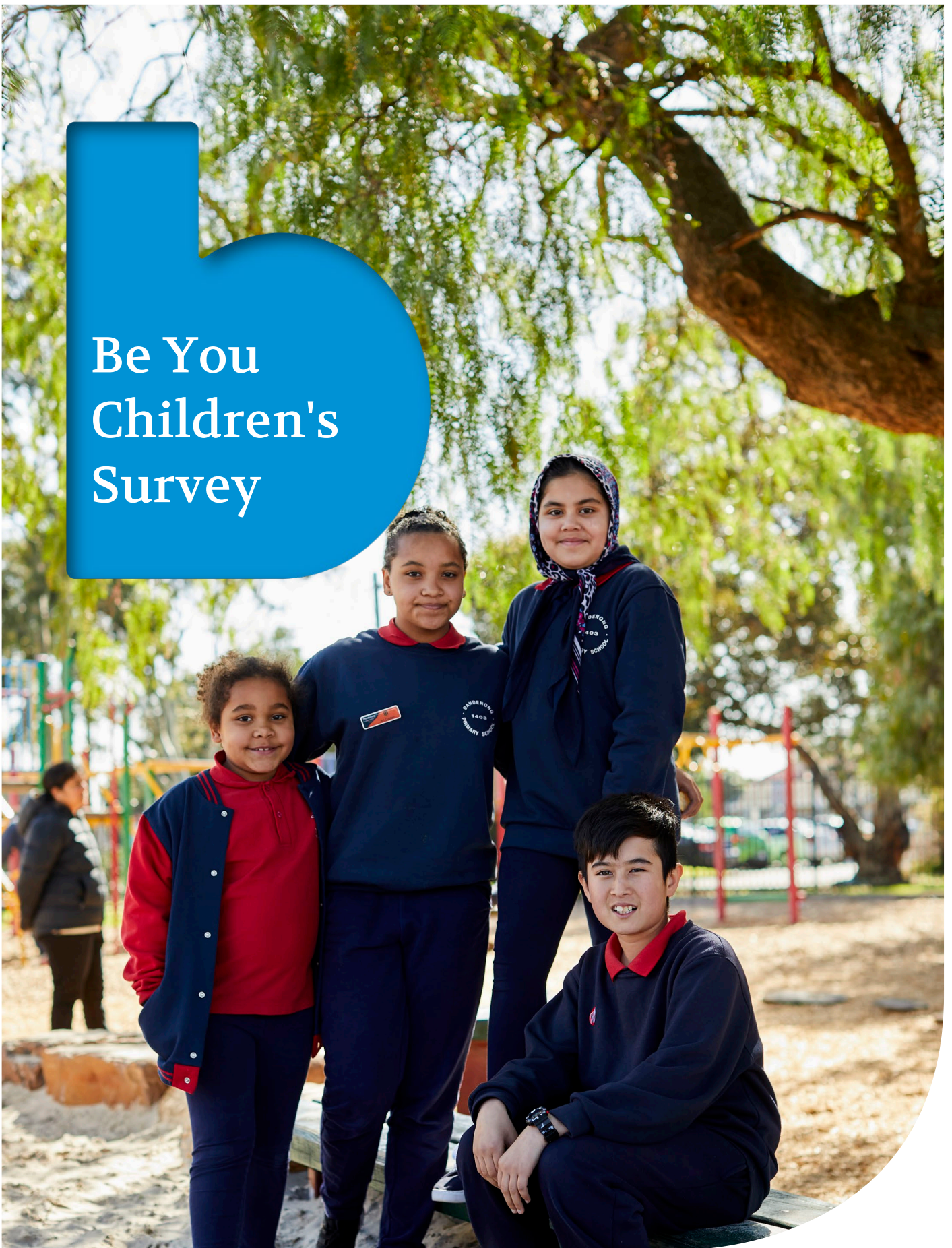


Be You Children's Survey



Welcome to the Be You Children's Survey

Help us make our school better!

We'd like to find out how you feel about mental health and wellbeing in our school. We want to know what we are doing well and what we can do better.

- This survey will take 10–15 minutes and includes 24 questions.
- You don't have to write your name
- Please answer each question as best you can.
- There are no right or wrong answers and you won't be assessed on your answers.
- Your family has been told about this survey so you can chat to them about it if you'd like.
- Be as honest as you can when responding to each statement. This helps us understand how to create a more mentally healthy school for all of us.
- If you don't want to respond to a statement, you can skip it.
- When responding to each statement think about how you are feeling today.

If you need more information about this survey before starting, talk to your teacher or your family.

Mental health and wellbeing can be tough to talk about sometimes. If you'd like to talk about what's going on for you, or someone you care about, there are lots of ways to get support including:

- | | | |
|---|---|--|
| • Beyond Blue
Support Service
beyondblue.org.au/
get-support
1300 22 4636 | • Kids HelpLine (5-25
years)
kidshelpline.com.au
1800 55 1800 | • headspace (12-25
years)
headspace.org.au
1800 650 89 |
|---|---|--|

Getting started questions

What year level are you in?

Circle the correct answer or write in another level in the space provided.

Year 4

Year 5

Year 6

Year ____

What are some things you do to look after yourself?

*Circle **all** the answers that are things you do.*

Eating healthy meals





Getting a good night's sleep

Spending time with friends and family





Playing outside or exercising

Spending time relaxing or doing a hobby





Mentally Healthy Communities

	 Agree	 Somewhat agree	 Disagree
Tick the column that shows your best answer to the sentence below. Eg: I was excited to come to school today.			
I know how my feelings and mood can affect my time at school.			
My school is a place where I can show my emotions and share my feelings.			
My school makes everyone feel included.			
My school celebrates differences between people.			
My teacher encourages me to treat other people with respect.			
I know what a helpful/positive friend looks like.			
I know how to be a helpful/positive friend to others.			
I feel accepted at my school and feel that I belong.			

Family Partnerships

	 Agree	 Somewhat agree	 Disagree
Tick the column that shows your best answer to the sentence below. Eg: I like reading books.			
My teacher often talks to my family about what I'm good at.			
My teacher often talks to my family about what I can improve on.			
My family often asks me to share with them what I'm good at.			
My family often asks me to share with them how I can improve at school.			
I believe both my teacher and my family want me to be the best I can be.			





Learning Resilience

	 Agree	 Somewhat agree	 Disagree
Tick the column that shows your best answer to the sentence below. Eg: I enjoy drawing.			
My school teaches us about healthy and positive relationships.			
My teacher encourages me to take on new challenges.			
I feel confident to give things a go, even if I might not get it right.			
I know how to work through problems and make good decisions.			

Early Support

	 Agree	 Somewhat agree	 Disagree
I know who to talk to at my school if I have a problem that I need help with.			
My teacher looks out for me and checks in with me when I'm feeling sad or upset.			
I feel comfortable speaking to my teacher if I'm feeling sad or upset.			
If I was worried about a friend who was sad or upset, I'd know what to do, or who to ask, to help them.			

Responding Together

	 Agree	 Somewhat agree	 Disagree
Tick the column that shows your best answer to the sentence below. Eg: I like playing sport.			
I trust my school will help me if something upsetting happened to me, my friends or my family.			

Thank you for completing the Be You Survey.

Thank you for sharing your thoughts. Your voice is important!

Once all survey responses are collected, your feedback will help us to decide how to make our learning community more mentally healthy for everyone.

If you have any questions, you can speak with your parents or carers, or contact the teacher who gave this survey to you.

Mental health and wellbeing can be tough to talk about sometimes. If you'd like to talk about what's going on for you, or someone you care about, you can talk to an adult you trust or call any of these numbers:

- Beyond Blue Support Service
 - beyondblue.org.au/get-support
 - 1300 22 4636
- Kids Helpline (5–25 years)
 - kidshelpline.com.au
 - 1800 55 1800
- **headspace** (12–25 years)
 - headspace.org.au
 - 1800 650 890