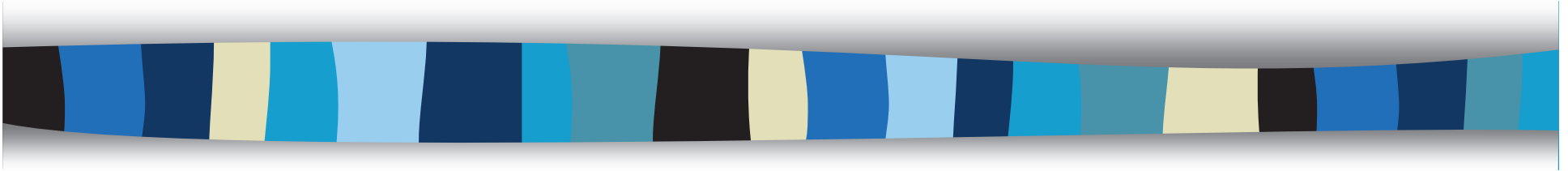


Next Practice



**Positioning
student wellbeing
as learning not just
support...**

Student wellbeing

**All children
deserve to
feel safe,
healthy and
happy**





Children and young people are the only age group whose **health has not significantly improved in recent decades...**



What are the major student wellbeing trends at your school?

...How is this changing and within which groups?



In a Year 10 class of 30 students

- used alcohol in last month... **14** (White & Smith, 2009)
- binge drink weekly... **1** (AIHW, 2011)
- binge drink monthly... **4** (AIHW, 2011)



In a Year 10 class of 30 students

- tried smoking... 10 (White & Smith, 2009)
- ever used marijuana... 5 (White & Smith, 2009)
- used marijuana in past week... 2 (White & Smith, 2009)



In a Year 10 class of 30 students

- sun-burnt on summer weekends... 7 (AIHW, 2011)
- not sufficiently physically active... 7 (AIHW, 2011)
- seriously injured on the roads... 8 (Henley & Harrison, 2012)



In a Year 10 class of 30 students

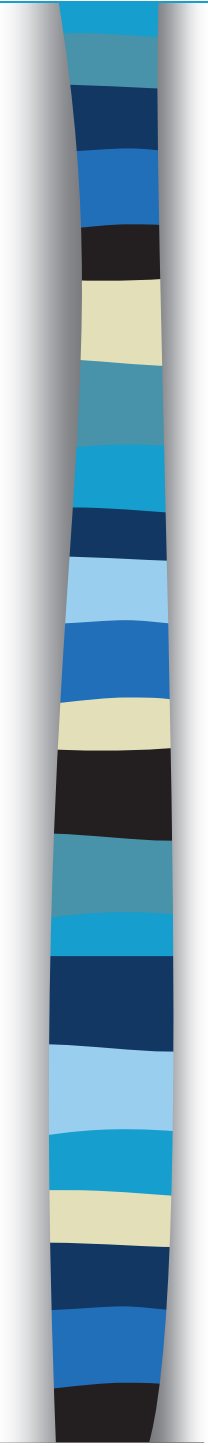
- moderate or severe psychological distress... 7
(Wilson et al 2010)
- suicidal thoughts/plans once a month+... 3 (Wilson et al 2010)
- self-harmed in the last month... 2 (Martin et al 2010)



Rate of change...

30% high school students (21% boys)
engage in **multiple high risk behaviours**
that interfere with school performance and
jeopardise their potential for life success
(Eaton et al, 2008)

**Influence of fast changing social norms in
online environments?**



Bullying is not a normative stage of development that all children pass through.

Bullying is learned and a clear marker of further violent behaviour.

(Olweus et al, 1996)

National Data Bullied

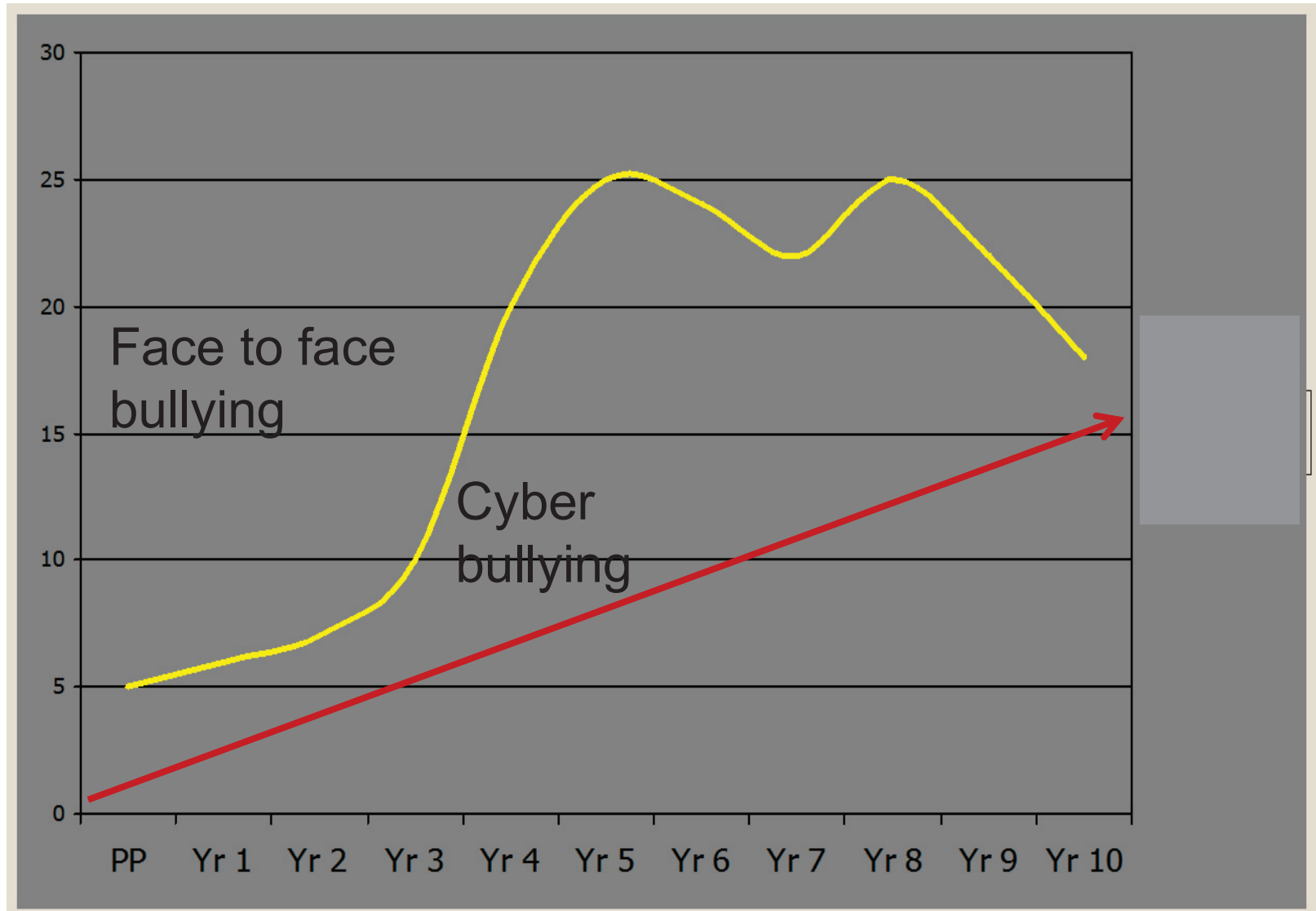
	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Australia
Year 4	26%	32%	43%	23%	23%	35%	27%	21%	27%
Year 5	28%	40%	36%	26%	25%	29%	27%	39%	32%
Year 6	21%	34%	23%	24%	24%	33%	11%	22%	25%
Year 7	22%	21%	30%	28%	11%	38%	26%	24%	24%
Year 8	28%	29%	33%	35%	26%	38%	25%	27%	29%
Year 9	15%	22%	29%	31%	20%	19%	22%	21%	24%



National Data Bullied Others

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	Australia
Year 4	13%	3%	14%	2%	4%	12%	2%	5%	3%
Year 5	25%	13%	9%	13%	3%	11%	10%	4%	11%
Year 6	4%	11%	11%	5%	9%	17%	5%	9%	8%
Year 7	8%	8%	24%	5%	4%	9%	11%	6%	8%
Year 8	11%	10%	8%	12%	18%	14%	7%	15%	11%
Year 9	12%	11%	16%	9%	10%	10%	12%	16%	11%

Face to face and cyber bullying prevalence



Cyber bullied - specific behaviours (every few weeks or more often)

	Year 4	Year 5	Year 6	Year 7 Primary	Year 7 Secondary	Year 8	Year 9	Total
Sent nasty messages on the internet	6.6%	8.3%	8.3%	6.0%	17.6%	15.7%	28.6%	13.5%
Deliberately ignored or left out of things over the net	6.0%	3.5%	8.4%	10.8%	15.5%	18.5%	15.4%	11.2%
Sent nasty text messages or prank calls to your mobile phone	1.9%	6.2%	4.8%	2.7%	7.3%	13.7%	19.6%	8.8%
Sent threatening emails	4.3%	10.0%	4.8%	4.1%	6.1%	6.3%	21.7%	8.5%
Used your screen name or passwords	2.5%	11.0%	10.6%	1.3%	6.6%	.9%	10.4%	6.4%
Posted mean or nasty comments or pictures on websites	1.9%	2.2%	5.0%	3.4%	21.2%	4.2%	10.6%	6.4%
Sent your private emails, messages, pictures or videos to others	2.2%	4.6%	1.9%	1.0%	2.8%	2.3%	8.8%	3.5%
Sent mean or nasty messages or pictures about you to others mobile phones	.9%	2.1%	1.4%	1.1%	3.7%	.6%	10.6%	2.8%



Coexistence of bullying behaviours

- 83% of students who **bully others** online, also bully others offline.
- 84% of students who **were bullied** online were also bullied offline.

(Cross, 2009)

How does your school build a positive school culture/climate?



IN A DESPERATE ATTEMPT TO TACKLE BULLYING
THE PRINCIPAL REACHED OUT TO THE PARENTS

What are your school's wellbeing strategies?





Growing evidence

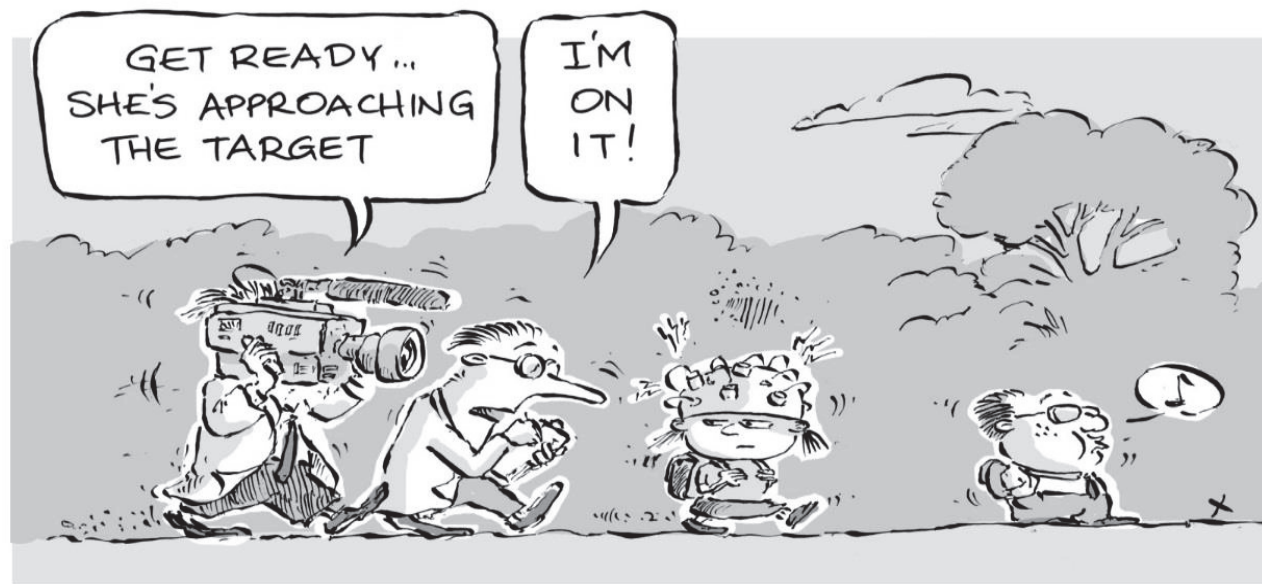
- Social and emotional competency is associated with greater wellbeing and better school performance

(Eisenberg, 2006; Guerra and Bradshaw, 2008)

- Improvements in the school culture mediates almost all positive student outcomes

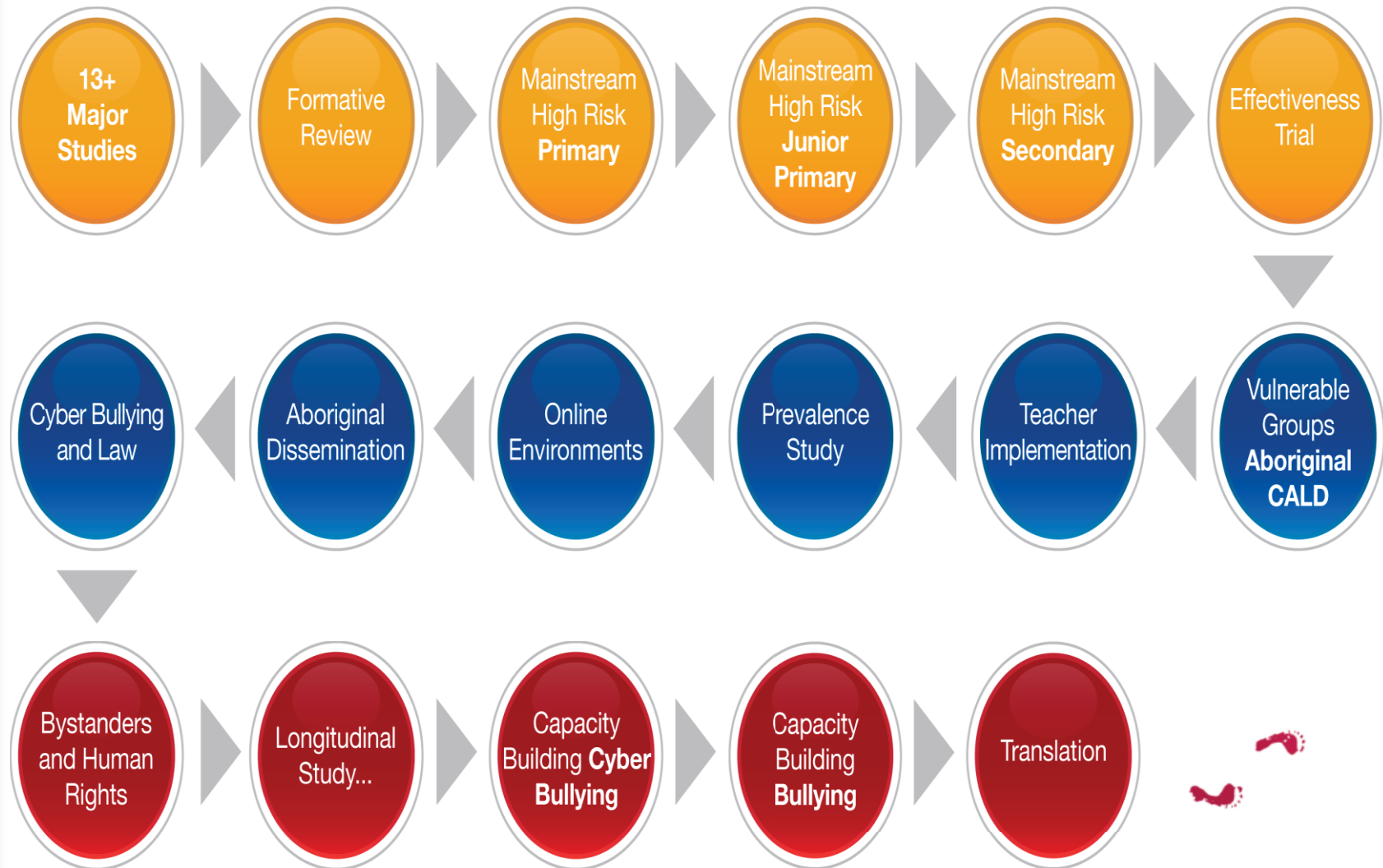
(Solomon et al, 2000)

Our research...



EARLY RESEARCH INTO SCHOOL BULLYING
WAS MARRIED BY EXTREME PERFORMANCE ANXIETY

Social and emotional development research pathway 1999-2014



Small steps

“It was not one single ingenious thing that made a difference, but the sum of many small steps.”





Primary school results

- Friendly Schools (FS)
- Friendly Schools Friendly Families (FSFF)
- Children's Aggression Prevention Project (CAPP)
- Preventing Anxiety and Victimisation Education (PAVe)



Secondary school results

- Strong Schools Safe Kids
- Solid Kids Solid Schools
- Cyber Friendly Schools Project
- Cyber Bullying and the Law
- Beyond Bullying
- Cyber Savvy