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Wellbeing in schools: primary school students: what did you tell us?

Centre for Children and Young People, Southern Cross University

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You are the experts on your wellbeing! In 2013 we asked students from around Australia to tell us what helps their wellbeing at school. Over 3500 primary students filled out this survey and told us some important things.
YOU TOLD US THAT WELLBEING MEANS:

1. Being safe
2. Being happy
3. Being loved
4. Being healthy
5. Helping others
6. Being respected

YOU AGREED THAT: Your wellbeing is important to your teacher

IT HELPS YOU A LOT WHEN:
1. Your friends make you feel included at school
2. Teachers speak kindly to you
3. The Principal uses your name

YOU TOLD US THAT:

Lots of different people help your wellbeing at school. The most important people are:

1. Parents & carers
2. Close friends
3. Teachers
4. Principal
5. Other staff at school, like the office staff

You said that these people at school are important for your wellbeing because they help you feel cared for, respected and valued.
YOU TOLD US THAT:

YOU FEEL CARED FOR MOST AT SCHOOL WHEN:

Your teacher:
- knows you well
- enjoys talking with you
- helps you with your school work

Other students:
- like you
- care for you

You:
- feel safe at school
- feel it’s okay to tell your teacher what you need

YOU FEEL RESPECTED MOST AT SCHOOL WHEN:

Your teacher:
- takes notice of what you have to say

Other students are respected:
- no matter how old they are
- no matter how they behave

You:
- are treated fairly at school
- respect other students
- get to have a say

YOU FEEL VALUED MOST AT SCHOOL WHEN:

Your teacher:
- takes time to help you
- tells you when you are doing well

Other students:
- notice what you contribute

You:
- are encouraged to work with others to make things better

YOU SAID THAT:

Hearing what students have to say is important for improving wellbeing in schools.
Thank you for sharing your views with us!

We will use the information you gave us to help improve student wellbeing in schools.

If you have any questions or feedback about this research, you can talk to your teacher, or you can email or call us!

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