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Wellbeing in schools: research project: secondary school students: summary of focus group findings

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RESEARCH PROJECT

SECONDARY SCHOOL STUDENTS: SUMMARY OF FOCUS GROUP FINDINGS

You are the experts on your wellbeing! So in 2012, we held focus groups with students at your school to find out more about wellbeing in schools.

WHAT IS WELLBEING? WHAT YOU TOLD US SO FAR...

BEING

physical, healthy, happy, loved, trusted, free and safe, connected, hopeful, energetic, visible, courageous, and active

DOING

looking after yourself, accepting yourself, making good decisions and helping others, being kind, accepting challenges, laughing, loving yourself, keeping a positive outlook

HAVING

a say in decisions, support from adults, positive relationships, enough sleep, fun, fairness, equality, privacy, justice, rights, respected, morals, your views being taken into account, responsibility

WELLBEING IN SCHOOL: WHAT HELPS AND WHAT DOESN'T?

POSITIVE:

NEGATIVE:

WHEN FRIENDS/PEERS:

Make you feel included when you feel left out, having someone to laugh with, to stand up for you, support and encourage you, compliment you, listening to you, help you when you are down, inspire you, gives you resilience, guidance, understand you.

Pressure you, tease you, gossip, are critical, are disloyal.

WHEN SCHOOL:

Supports and facilitates important relationships. When school is a place where I contribute and make a difference.

Has unfair or random discipline, is sometimes more concerned with the 'image of the school' than learning/student wellbeing.

WHEN TEACHERS/STAFF:

Are supportive, caring and encouraging teachers, have chats with you, treat you as individuals, as a person and as equal, are mentors, make learning fun.

Do not listen, yell at you, do not treat students equally, do not respect you, focus more on rules than teaching, do not know your name

HOW DO YOU FEEL WHEN YOU ARE RECOGNISED AT SCHOOL?

CARED FOR:

Loved, safe, great, amazing, happy, wanted, people have faith in you, nice, respected, good inside, safe happy, part of something, caring for yourself; warm, visible, brave, confident, special, refreshed, supported, accepted, belong and beautiful, noticed.

RESPECTED:

Amazing, self-worth, safe, tough, equal, important, loved, satisfied, content, cared for, worthy, secure, useful, beautiful, accepted, acknowledged, happy, nice, special, understood, awesome, self-control, a place in the world, confident, higher, superior, happy, valued, sense of authority, good.

VALUED:

Self-confident, good, accepted, smart, included, respected, loved, special appreciated, worthy, important, joyful, visible, kindness, part of something, happy, have power, wanted, have purpose, sense of belonging, make a contribution.

WHAT DOES YOUR PERFECT WELLBEING SCHOOL LOOK LIKE?

It is a school for you – you belong, a relaxed environment, you have a say, you are involved in decisions about how the school is run, it is safe, caring, it has outdoor lessons, a swimming pool, relaxation rooms,

lounge chairs, more sport fields, more trees, colourful surroundings, caring relationships, equality, improved rights, having a say in school rules, community feel, it has outdoor lessons, fun, practical and meaningful lessons.

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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