



## Whole School Approach Secondary - Ways of Involving Young People

Public Health England recommends 8 key areas which contribute to a whole school approach in developing mental health and wellbeing.

We consulted young people on how they could be involved.

### Ethos & Environment

- Developing and sharing messages about the school's vision and values
- Solution Focused approach – More info can be found here: <https://boysinmind.co.uk/whole-school-approach/>
- Assemblies in which young people share their experiences and show openness and vulnerability

### Leadership and Management

- Young people's involvement in Mental Health Strategy Team (Senior Leadership Team, students, parents, governors)
- Student Mental Health Team
- E Team [Equalities Team] – See [Guide to Setting up E Teams](#) for more information about E Teams
- Senior Leadership Team supports and encourages young people's involvement
- Young people leading assemblies/campaigns/film projects etc.
- Genuine partnership between students and staff
- Students attending governors' meetings

### Teaching and Learning

- Students involved in planning of PSHE (i.e. Mental Health Wellbeing aspects, suggesting topics that could be covered)
- Students leading lessons/sessions
- Researching data/statistics
- Reviewing helpful websites/check up on helplines to share useful resources with peers
- Giving presentations
- Selecting appropriate films for use in lessons e.g. from <https://boysinmind.co.uk/film-page/#secondarieschool>
- Teaching speaking and listening approaches to other students
- Sharing with parents /carers about what they have learned



### Student Voice

- Everything in this document relates to amplifying student participation and leadership

### Staff Development/Wellbeing

- Whole School Approach – whole school community working together will enhance staff wellbeing
- Partnership working between staff and students improves relationships
- Students helping train staff in effective ways of supporting young people

### Monitoring & Evaluation of Impact

- Students helping measure impact - surveys/case studies/consulting other students
- Film projects to do this
- Testimonies from other students and staff collected by students

### Targeted Support

- Solution Focused conversations with friends
- Mental Health First Aid – More info can be found here: <https://mhfaengland.org/>
- Lessons on how to have conversations
- Mindfulness, yoga, and other activities
- CLANGERS film (Connect, Learn, be Active, Notice, Give, Eat well, Relax, Sleep). Young people can create their own CLANGERS film. See: <https://www.youtube.com/watch?v=HzVvomF8Zhc>

### Parents

- Students tell parents about what is going on in schools
- Students encourage open dialogue with parents
- Student mental health team articles in school newsletter
- Liaison with parents on the Mental Health Strategy Team
- Students attending parents' forums to provide information

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