

Educator attitudes



Mental health and wellbeing in Australian early learning services and schools

Trends

An independent survey of Australian educators in 2022 found:

80% of educators identified depression, anxiety and other **mental health issues** as the **top major health issues** affecting children and young people

94% of educators agree that **'Good mental health and wellbeing is a pre-condition to learning'**

93% of educators agree that **'It is my responsibility to support children and young people's social and emotional development'**.

These figures demonstrate that helping educators to support the mental health and wellbeing of children, young people and themselves is crucial.

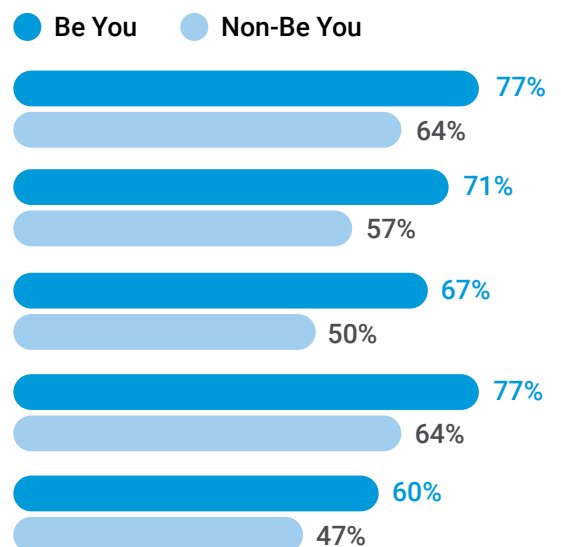
Be You provides professional development opportunities for educators, equipping them to support the wellbeing of children, young people and themselves. Be You also provides Planning and Implementation Tools and Be You Consultants to help early learning services and schools implement an evidence-based whole learning community approach to mental health and wellbeing.

beyou.edu.au



Educators using Be You were more likely to:

- Feel they can support children and young people with a mental health condition
- Know how to talk with a parent or carer about a child or young person's mental health
- Say it's easy to find training or tools to help them support the mental health of children and young people
- Have confidence using tools to help them support children and young people who are experiencing poor mental health
- Feel empowered to contribute to a whole learning community approach to wellbeing



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Educator attitudes

Mental health and wellbeing in Australian early learning services



Trends

An independent survey of Australian educators in 2022 found:

- 68%** of early learning educators believe depression, anxiety and other **mental health issues** are the **top major health issues** affecting children
- 92%** of early learning educators agree that **'Good mental health and wellbeing is a pre-condition to learning'**
- 95%** of early learning educators agree that **'It is my responsibility to support children and young people's social and emotional development'**.

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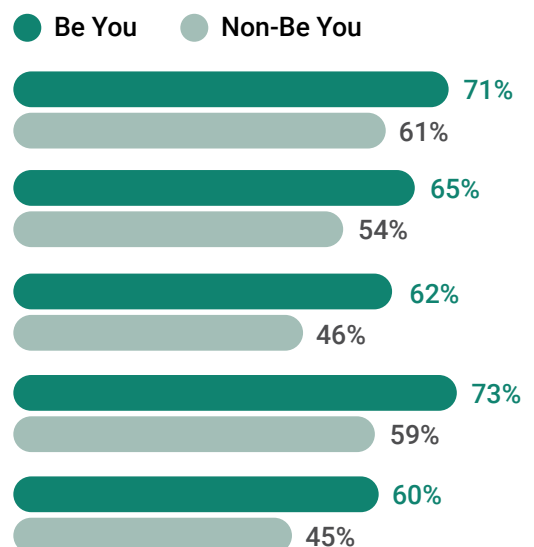
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Educator attitudes

Mental health and wellbeing in Australian schools



Trends

An independent survey of Australian educators in 2022 found:

- 85%** of school teachers believe depression, anxiety and other **mental health issues** are the **top major health issues** affecting children and young people
- 96%** of school teachers agree that **'Good mental health and wellbeing is a pre-condition to learning'**
- 92%** of school teachers agree that **'It is my responsibility to support children and young people's social and emotional development'**.

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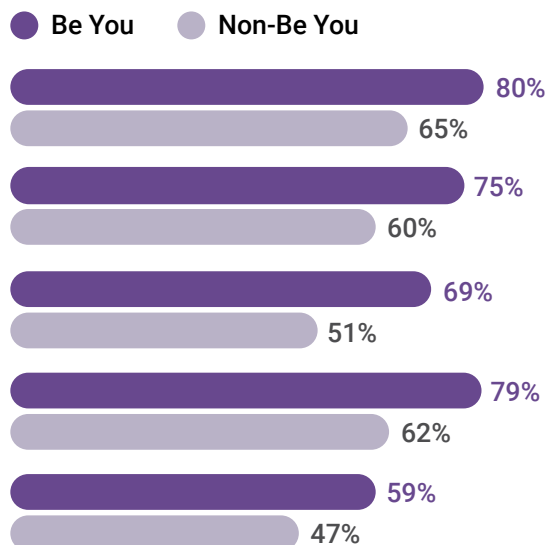
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