

Pre-service Educators Handbook



Welcome

Educators are all about helping children and young people to flourish. **So are we.**

If you're currently studying education at a vocational institution or university, this Handbook is for you. It will help you navigate Be You and its resources.

This Handbook also provides an overview of how you, as a pre-service educator, can get the most out of Be You to support your studies, professional development and future career.

As you move through your career and work closely with children and young people, Be You can support you to drive positive change and promote mental health.

At Be You, when we talk about educators, we're referring to all staff in early learning and school settings.

Self-care

This Handbook is designed to start you on your journey through Be You. On the Be You website, you may come across materials that you find challenging or distressing. We will do our best to flag this material for you and provide resources where you can find support.

If you are experiencing any uncomfortable feelings or find yourself needing more support, please take action. You can speak to a trusted friend or family member, call Beyond Blue on 1300 22 46 36, Lifeline on 13 11 14, 13YARN on 13 92 76, or SANE Australia on 1800 18 72 63.

See the Be You [Wellbeing Plan for pre-service educators](#) to learn more about recognising signs of stress and identifying strategies to support your wellbeing.

Acknowledgement of Country

Be You acknowledges the Traditional Custodians of all the Lands on which we work and learn. We recognise their deep and ongoing connection to Country, and the continuation of cultural, spiritual and educational practices.

We pay our respect to Elders, past and present, and extend this respect to all Aboriginal and Torres Strait Islander Peoples.

What's Be You?

Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people.

Our vision is for all early learning services and schools to be positive, inclusive and responsive, where every child, young person, educator and family is empowered to achieve their best possible mental health and wellbeing.

Delivered by Beyond Blue, with Early Childhood Australia and headspace, Be You provides free and accessible resources, fact sheets and professional learning to educators across Australia.

For pre-service educators, Be You offers resources and learning modules designed to build your confidence and skills. There are also tools to support your wellbeing while studying, on placement or working.

Be You enhances what you're already learning to give you meaningful knowledge and practical advice on how educators can support the mental health and wellbeing of children and young people.





To learn more, visit [About Be You](#).

Whether you're at the beginning of your learning journey or upskilling, Be You offers practical, reliable and current advice that you can start to embed in your everyday practice.



Exploring Be You

Let's look at the resources available to support your learning journey as a pre-service educator.

	<h2>Professional Learning</h2> <p>Boost your confidence in mental health and wellbeing literacy with our free Be You Professional Learning modules. Aligned with Australian education standards, these modules complement your course curriculum, offering practical insights and strategies for educators on supporting children and young people's mental health and wellbeing.</p> <p>Be You Professional Learning is a valuable element to add to your resume.</p>
	<h2>Fact Sheets</h2> <p>Be You Fact Sheets provide information on a range of topics explored in more depth in the professional learning. Think of them as quick, evidence-informed introductions to mental health and wellbeing concepts.</p> <p>Many people come to Be You with a particular question or issue in mind, and the Be You Fact Sheets are a great starting point to get answers.</p>
	<h2>Resources for culturally respectful engagement</h2> <p>Explore Be You's Resources for culturally respectful engagement to learn about self-reflection and cultural responsiveness in learning settings. These resources explore concepts such as two-way learning, walking softly and how educators can include Aboriginal and Torres Strait Islander perspectives and cultures in learning opportunities.</p> <p>Find out more at Resources for culturally respectful engagement.</p>
	<h2>Wellbeing resources</h2> <p>Discover strategies for promoting educator wellbeing, covering self-care, stress management and whole learning community approaches.</p> <p>Access helpful resources like the Wellbeing Plan for pre-service educators, specifically designed to support your mental health and wellbeing while studying.</p>
	<h2>Sessions and Events</h2> <p>Engage with and learn from educators across Australia through interactive Be You implementation sessions, events and webinars. These sessions will provide you with practical strategies, networking opportunities and insights to effectively support mental health and wellbeing in education.</p> <p>Visit Be You Sessions and Events to see what sessions we have coming up.</p>

What are the ways I can get involved?

There are 4 ways Be You can support you during your studies:

Explore the website

Visit the Be You website to browse our Fact Sheets, wellbeing resources and more.

Explore [Be You's resources](#) today.

Access professional learning

The Be You Professional Learning modules can support you in addressing national education standards. Not sure where to start? Read more to help you select modules that align with the standards and practices most relevant to your studies:

- [National Quality Standard](#)
- [Early Years Learning Framework V2.0](#)
- [My Time Our Place V2.0](#)
- [Australian Professional Standards for Graduate Teachers](#)

Sign up to Be You as a pre-service educator to unlock these modules and enhance your professional development.

You'll gain valuable skills and knowledge and earn a certificate to strengthen your credentials.

[Register](#) with Be You to access Be You Professional Learning.

Working or on placement?

Early learning services and schools participating in Be You take a whole learning community approach to supporting mental health and wellbeing. This is driven by an Action Team and supported by Be You Consultants.

Be You can help support your transition from your studies to the work environment, with tools and guides that promote a shared understanding of mental health and wellbeing.

These tools and guides will help you learn about effective strategies educators use to support mental health and wellbeing in their early learning service or school environment, providing valuable insights and practical knowledge for your placement.

Find out more about [Be You Tools and Guides](#).

Additionally, if you're already registered with Be You, be sure to let your new early learning service or school know.

Follow us on social media

Keep up to date with Be You news, latest sessions and events, new resources and more across our social media accounts.

Select your preferred social media to find out more.

