



Be You for VET

Trainer Guide
CHC30221 Certificate
III and CHC40221
Certificate IV in
School Based
Education Support



With delivery partners



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Welcome

As a trainer in the Vocational Education and Training (VET) sector, you want to make sure your learners become the best possible education support workers that they can be. This means helping them develop an understanding of ways to support and facilitate the health and wellbeing of children and young people.

Looking after mental health is just as important as looking after physical health.

The Be You website offers a range of tools and resources that will enhance your understanding of mental health and wellbeing and better support your students' learning in this critical area.

This *Be You for VET* guide is designed to help you quickly and easily locate and share Be You resources relevant to the VET qualification you are teaching.

What's in this guide?

- An **introduction to Be You**
- A guide to using a selection of Be You Professional Learning modules for your own professional development (PD)
- A set of **Top Picks sheets** related to units in the CHC30221 Certificate III in School Based Education Support and CHC40221 Certificate IV in School Based Education Support. These sheets contain quick links to selected Be You resources and unit mapping information
- Links to resources VET trainers and learners can use to support their own mental health and wellbeing.

What is Be You?

Be You is a national initiative that equips experienced and future educators to support the mental health and wellbeing of children and young people.

Be You's vision is that every learning community is positive, inclusive and resilient, and that every child, young person, staff member and family can achieve their best possible mental health.

Be You offers online, evidence based information, tools and guides to help educators foster the mental health and wellbeing of children and young people.

Be You is designed for:

- education support workers, teachers and early learning educators
- leaders in schools and early learning services
- students enrolled in education-oriented and early learning qualifications.

Sign up with Be You.
It's quick, easy and free!

1. Go to beyou.edu.au/register
2. Register as a tertiary professional and select the Primary or Secondary school stream. The stream you select will influence some of the examples and illustrations you'll see in some Be You resources (You can change the settings at any time through your personal dashboard).
3. Choose your Registered Training Organisation (RTO) from the drop-down menu. If your RTO is not on the list, please fill in their details.
4. Once registered, you'll receive an email asking you to verify your email address.
5. Verify your email address.

You are now a registered Be You user with full access to Be You resources. You'll also have a personalised dashboard that will allow you to track your Professional Learning (a useful record of PD hours).

Be You for VET webpage

A dedicated webpage has been established on the Be You website to house a selection of Be You resources that are directly relevant to EDS qualifications.

Visit beyou.edu.au/vet

Using the Be You framework for PD



At the heart of Be You is a content framework that provides educators with a structure for professional learning. As shown on p.5, the framework is made up of 13 Professional Learning Modules organised into five domains.

You can chart your own learning journey and navigate from one module to another in whatever way suits you best.

You set the pace.

The flexible structure allows you to dip in and out so you can tailor your learning to your individual needs and situation. Your progress through any module is recorded on your personalised dashboard so you don't have to complete a module in one sitting.

To complete a module you need to progress through every part of it. Read through the content and make sure to watch any videos and click through all sections (or you may not be able to progress to the next page).

Evidence of professional learning

When you successfully answer the questions at the end of a module, you gain a certificate of completion that you can use as evidence of professional learning. These are recorded on your dashboard and can be downloaded/printed as well.

For details of ASQA requirements see www.asqa.gov.au/sites/default/files/2020-01/FACT_SHEET_Meeting_trainer_and_assessor_requirements.pdf

The Be You framework



Click here for a link to the module summaries:
beyou.edu.au/learn

Be You for VET – Top Picks for EDS trainers

What are Top Picks?

A group of specialist EDS trainers and assessors has identified a selection of Be You resources that are relevant to units within the CHC30221 or CHC40221. Their recommendations form the basis for six Top Picks pages.

Top Picks 1 • **CHCEDS035** Contribute to student education in all developmental domains (CHC30221)

Top Picks 2 • **CHCEDS061** Support responsible student behaviour (CHC30221)

Top Picks 3 • **CHCEDS060** Work effectively with students and colleagues (CHC30221)
• **CHCDIV001** Work with diverse people (CHC30221) and (CHC40221)

Top Picks 4 • **CHCEDS048** Work with students in need of additional learning support (CHC40221)
• **CHCEDS057** Support students with additional learning needs in the classroom

Top Picks 5 • **CHCPRT001** Identify and respond to children and young people at risk (CHC40221)

Top Picks 6 • **CHCEDS058** Support the implementation of behaviour plans (CHC40221)

Trainers please note: Learners completing a Certificate III or IV in School Based Education Support will be working according to established policies and procedures and under the guidance of others in school based settings. Not all Be You material will apply to this level. As a trainer, it is suggested that you consider whether the content is applicable to your learner cohort.

What's on a Top Picks page?

Each Top Picks sheet has three main parts:

READ

No matter how much experience you have as a trainer, there are always opportunities to broaden and deepen your understanding. The Top Picks pages identify the Be You Professional Learning modules that align most closely with selected EDS units.

These are particularly well suited to trainer professional learning but may also be appropriate for EDS learners.

To help you choose where to start, click here for the link to the module summaries:

beyou.edu.au/learn

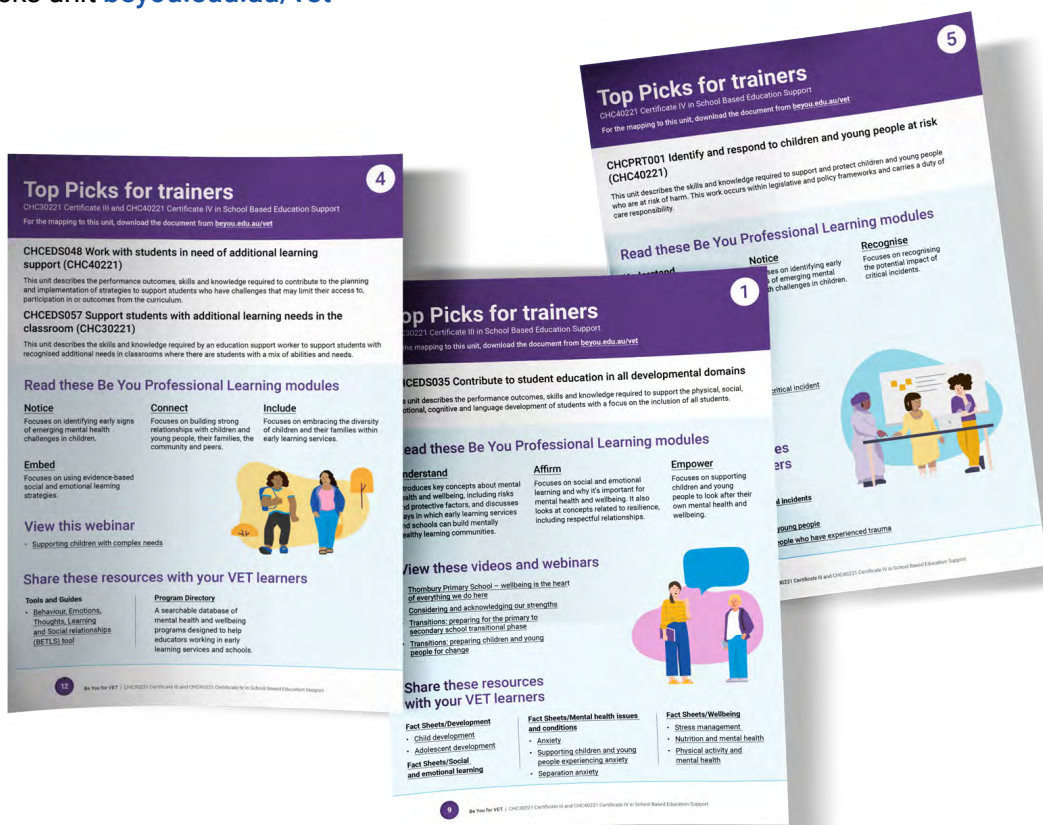
These modules have been mapped to each Top Picks unit beyou.edu.au/vet

WATCH

This section takes you straight to recorded webinars or videos relevant to the unit(s) and delivered by experts in the field. To see more webinars, go to Be You's extensive [SESSIONS and EVENTS archive](#).

SHARE

This section identifies Fact Sheets and tools that are well suited to learners undertaking CHC30221 or CHC40221.



Top Picks for trainers

CHC30221 Certificate III in School Based Education Support

For the mapping to this unit, download the document from beyou.edu.au/vet

CHCEDS035 Contribute to student education in all developmental domains

This unit describes the performance outcomes, skills and knowledge required to support the physical, social, emotional, cognitive and language development of students with a focus on the inclusion of all students.

Read these Be You Professional Learning modules

Understand

Introduces key concepts about mental health and wellbeing, including risks and protective factors, and discusses ways in which early learning services and schools can build mentally healthy learning communities.

Affirm

Focuses on social and emotional learning and why it's important for mental health and wellbeing. It also looks at concepts related to resilience, including respectful relationships.

Empower

Focuses on supporting children and young people to look after their own mental health and wellbeing.

Watch these videos and webinars

- Thornbury Primary School – wellbeing is the heart of everything we do here
- Considering and acknowledging our strengths
- Transitions: preparing for the primary to secondary school transitional phase
- Transitions: preparing children and young people for change



Share these resources with your VET learners

Fact Sheets/Development

- Child development
- Adolescent development

Fact Sheets/Social and emotional learning

- A set of 14 Fact Sheets

Fact Sheets/Mental health issues and conditions

- Anxiety
- Supporting children and young people experiencing anxiety
- Separation anxiety

Fact Sheets/Wellbeing

- Stress management
- Nutrition and mental health
- Physical activity and mental health

Top Picks for trainers

CHC30221 Certificate III in School Based Education Support

For the mapping to this unit, download the document from beyou.edu.au/vet

CHCEDS061 Support responsible student behaviour

This unit describes the performance outcomes, skills and knowledge required to contribute to the planning and implementation of strategies to support students who have challenges that may limit their access to, participation in or outcomes from the curriculum.

Read these Be You Professional Learning modules

Understand

Introduces key concepts about mental health and wellbeing, including risks and protective factors, and discusses ways in which early learning services and schools can build mentally healthy learning communities.

Notice

Focuses on identifying early signs of emerging mental health challenges in children.

Connect

Focuses on building strong relationships with children and young people, their families, the community and peers.



Share these resources with your VET learners

Fact Sheets/Social and emotional learning

- Self-regulation
- Self-acceptance

Fact Sheets/Relationships

- Bullying
- Recognising bullying
- What schools can do about bullying behaviour

Program Directory

A searchable database of mental health and wellbeing programs designed to help educators working in early learning services and schools.

Top Picks for trainers

CHC30221 Certificate III and CHC40221 Certificate IV in School Based Education Support

For the mapping to these units, download the document from beyou.edu.au/vet

CHCEDS060 Work effectively with students and colleagues (CHC30221)

This unit describes the skills and knowledge required by an education support worker to generate positive, respectful and effective interactions with students and colleagues.

CHCDIV001 Work with diverse people (CHC30221 and CHC40221)

This unit describes the skills and knowledge required to work respectfully with people from diverse social and cultural groups and situations, including Aboriginal and Torres Strait Islander people.

Read these Be You Professional Learning modules

Understand

Introduces key concepts about mental health and wellbeing, including risks and protective factors, and discusses ways in which early learning services and schools can build mentally healthy learning communities.

Include

Focuses on embracing the diversity of children and their families.

Embed

Focuses on using evidence-based social and emotional learning strategies.

Watch these webinars

- Always Be You – conversations and connections for mental health
- Walking together towards reconciliation – How can schools support this journey?

Share these resources with your VET learners

Fact Sheets/Relationships

- Communication skills for educators
- Cultural diversity and mental health
- Supporting cultural diversity

Fact Sheets/Wellness

- Staff wellbeing

Top Picks for trainers

CHC30221 Certificate III and CHC40221 Certificate IV in School Based Education Support

For the mapping to this unit, download the document from beyou.edu.au/vet

CHCEDS048 Work with students in need of additional learning support (CHC40221)

This unit describes the performance outcomes, skills and knowledge required to contribute to the planning and implementation of strategies to support students who have challenges that may limit their access to, participation in or outcomes from the curriculum.

CHCEDS057 Support students with additional learning needs in the classroom (CHC30221)

This unit describes the skills and knowledge required by an education support worker to support students with recognised additional needs in classrooms where there are students with a mix of abilities and needs.

Read these Be You Professional Learning modules

Notice

Focuses on identifying early signs of emerging mental health challenges in children.

Connect

Focuses on building strong relationships with children and young people, their families, the community and peers.

Include

Focuses on embracing the diversity of children and their families within early learning services.

Embed

Focuses on using evidence-based social and emotional learning strategies.



Watch this webinar

- [Supporting children with complex needs](#)

Share these resources with your VET learners

Tools and Guides

- [Behaviour, Emotions, Thoughts, Learning and Social relationships \(BETLS\) tool](#)

Program Directory

A searchable database of mental health and wellbeing programs designed to help educators working in early learning services and schools.

Top Picks for trainers

CHC40221 Certificate IV in School Based Education Support

For the mapping to this unit, download the document from beyou.edu.au/vet

CHCPRT001 Identify and respond to children and young people at risk (CHC40221)

This unit describes the skills and knowledge required to support and protect children and young people who are at risk of harm. This work occurs within legislative and policy frameworks and carries a duty of care responsibility.

Read these Be You Professional Learning modules

Understand

Introduces key concepts about mental health and wellbeing, including risks and protective factors, and discusses ways in which early learning services and schools can build mentally healthy learning communities.

Notice

Focuses on identifying early signs of emerging mental health challenges in children.

Recognise

Focuses on recognising the potential impact of critical incidents.

Watch these webinars

- Supporting mental health following a critical incident
- Community trauma

Share these resources with your VET learners

Fact Sheets/Mental health support

Fact Sheets/Grief, trauma and critical incidents

- Trauma
- The impact of trauma on children and young people
- The role of schools in supporting students after a traumatic event



Top Picks for trainers

CHC40221 Certificate IV in School Based Education Support

For the mapping to this unit, download the document from beyou.edu.au/vet

CHCEDS058 Support the implementation of behaviour plans (CHC40221)

This unit describes the performance outcomes, skills and knowledge required to implement work health and safety policies and procedures to support the health, safety and wellbeing of students in an educational environment.

Read these Be You Professional Learning modules

Embed

Focuses on using evidence-based social and emotional learning strategies.

Provide

Focuses on supporting children and young people within and beyond an early learning service or school.

Share these resources with your VET learners

Fact Sheet Set/Social and emotional learning

Fact Sheets/Relationships

- Bullying
- Recognising bullying behaviour
- What schools can do about bullying

Tools and Guides

- Behaviour, Emotions, Thoughts, Learning and Social relationships (BETLS) tool



Facilitating trainer and VET learner wellbeing

Your wellbeing is important. Looking after your wellbeing puts you in a better position to support your VET learners.

Be You offers a range of resources to help educators in schools and early learning services support their own and others' wellbeing. The content is also relevant to reducing and managing stress levels and maintaining positive social relationships in RTOs.

Fact Sheets

- [Staff wellbeing](#)
- [Stress management](#)
- [Mindfulness](#)
- [How to practise mindfulness](#)

Webinar

Promoting Educator Wellbeing. This webinar explores ways individuals can promote and protect their own mental health and wellbeing, and provide appropriate support for others.

The webinar introduces the [Mental Health Continuum](#) and explores mental wellbeing as an asset for life.

Planning for wellbeing: mine, yours, ours.

This online flipbook is designed to help educators identify and manage their stressors and develop strategies to facilitate their own wellbeing. It also provides information on how to engage in conversations with colleagues and support wellbeing within a learning community.

While some of the examples refer to workplace situations that VET learners may not yet have encountered, the reflective process is still likely to be useful and relevant for those not already working as educators. Having registered for Be You, they will be able to keep using this tool as they embark on their careers.

Learner wellbeing resources

Be You **Wellbeing Plan:** This tool for education and early childhood students provides practical strategies and resources to help students manage their mental health and wellbeing.

Time to get started

As a VET trainer you are in a great position to help your learners recognise the importance of fostering mental health and wellbeing of the children in their care. *Be You for VET* provides you with the resources to help you do this.

 **Ready to get started yourself?** Sign up online now.

