

## Something to think about

### What makes a mentally health learning environment?

- The school/college ethos and management style accord value and respect to all members of the learning environment.
- The school/college has policies on behaviour, bullying, equal opportunities, health and safety and child protection which are consistently and fairly implemented.
- A senior staff member has responsibility for co-ordinating mental health promotion and social inclusion across the curriculum.
- Pupils have opportunities to participate in decision making.
- The physical environment is safe, clean, well cared for and attractive.
- Members of the local community are involved in the school/college, and the school/college is involved in the local community.
- All students have opportunities to participate in activities which encourage belonging, for example assemblies, team sports and activity clubs.
- The school/college has good relationships with other professionals.
- Students have opportunities to take responsibility.
- Teachers have opportunity for professional development.
- There are policies covering the welfare of all staff.
- There are opportunities for academic and non-academic involvement.

### What are the attributes of mentally healthy students?

A mentally healthy school/college will foster the following attributes in young people:

- Self-esteem
- Physical, emotional, social, personal and spiritual growth
- Resilience
- The ability to make good personal relationships
- The ability to develop appropriate conflict-resolution skills
- A sense of right and wrong
- The motivation to face setbacks, cope with them and learn from them
- A sense of belonging and desire for involvement in their school/college
- A belief in their ability to cope
- A range of problem-solving approaches
- An ability and desire to learn and reach their full academic potential
- A sense of being valued as a member of the school/college community.