Department of Education
www.education-ni.gov.uk

Department of Health
An Roinn Sláinte
Männystrie O Poustie
www.health-ni.gov.uk

Emotional Health & Wellbeing in Education Framework

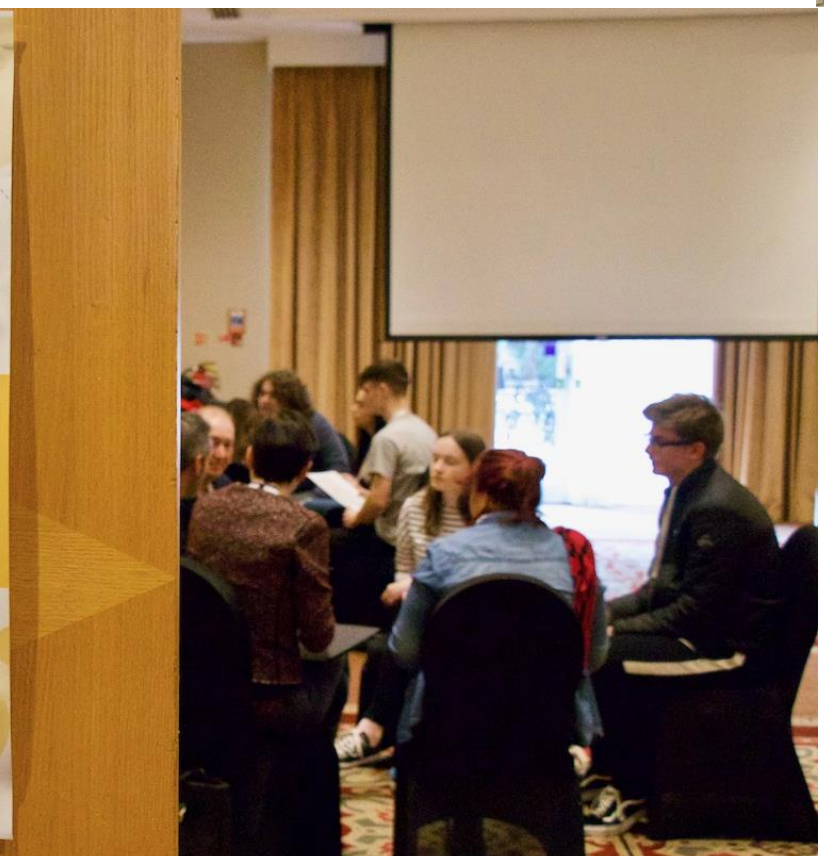
Easy Read Version

Who? What? Why?

The Department of Education have designed a framework to promote your health and wellbeing when you are in education, for example when you are at school or at a youth centre to help make sure you have good emotional health and wellbeing.

What is Emotional Health and Wellbeing?

- Your mental health is how you think and feel about things in your mind.
- If your mental health is good you feel well and happy.
- If you have mental health problems you might feel sad, angry or worried.
- Emotional Health and Wellbeing describes when we feel healthy, happy and when we are coping well with life.



What is a Framework and Why do we need it?

- A framework is a set of rules or ideas to help decide what to do.
- Building good mental health is an issue that children and young people want help with.
- A framework will help schools, youth centres and other people who work with your school or youth club to build good mental health.

Who is the Framework for?

Children and Young People

You will know what help is being offered to you, why it is being offered to you and be able to understand how to develop your own Emotional Health and Wellbeing.

Adults

Those adults who work with you while you are in school or youth club including teachers, teaching assistants and youth workers. This also includes other people who help you from time to time such as counselling services.

What will the Framework do?

It will make sure that we are doing the right things to support you to take care of yourself, that we all work together to meet your needs and that we meet your needs as quickly as possible.

Five Key Aspects of Emotional Wellbeing

1 Self-Awareness

- This is how you feel about yourself and believing that what you do can make a difference.
- For example, when I am able to manage my feelings, thoughts and actions and able to speak openly abouts things that worry me OR I am not able to talk about my feelings, thoughts and actions and I am not able to recognise my strengths and weaknesses

2 Self-Control

- This is learning about your feelings and how you manage them.
- For example, I know when something is upsetting me and know what I should do to cope such as, if my brother/sister is doing something I don't like, I know how to explain to them what they are doing to upset me OR they are upsetting me and I react by getting angry and shouting at them or bottling it up.

3 Motivation

- This is how much you look forward to doing something and whether you can get it started.
- For example, when I wake up in the morning and I am excited about the day ahead and ready to go **OR** being bored, do not want to do anything and have no energy for trying new things

Social 4

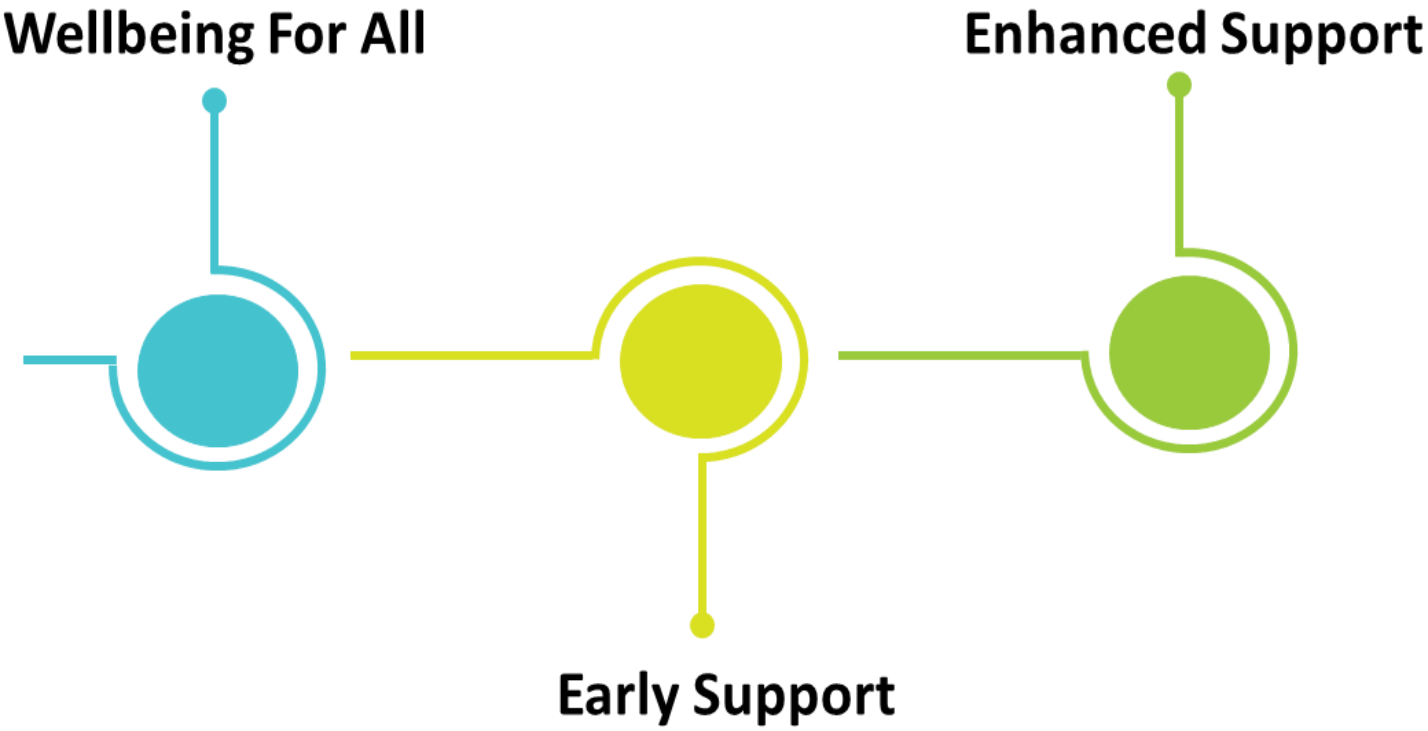
- This is your relationship skills, how you get along with your friends and how you communicate with people.
- For example, I have good relationships with my friends and family, and I find it easy to talk to them OR I don't have good relationships with my family or friends, I find it hard to talk to them about my feelings and I keep a lot of things to myself.

Resilience & Coping 5

- This is how you are able to deal with challenges, barriers and uncertainty. Being able to bounce back or change how you do things.
- For example, if I have failed a test at school, think what happened? Was I distracted? Did I understand the work? Was I able to ask the teacher for help and believe that I will do better on the next test OR after the failed test, I give up because I believe I will not pass any more tests and cannot be bothered anymore.

How are We Going to Promote Wellbeing in Your School or Youth Programme?

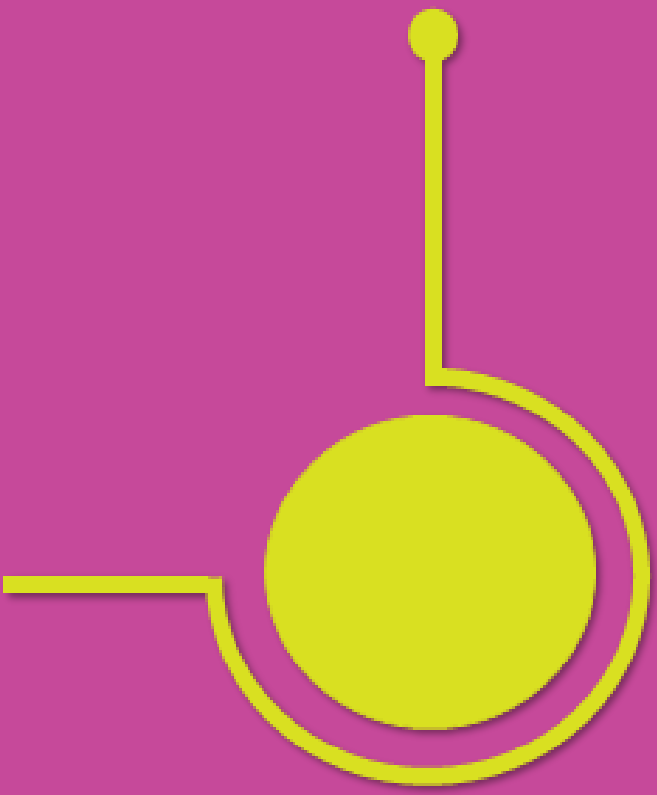
We have a framework to guide what we will do and how we will do it. There are 3 parts to the framework.



Wellbeing for All

- This is everyone in the school or youth club participating and promoting wellbeing by being caring and supportive.
- You should be happy, healthy, safe and feel part of your school/youth club.
- For example, wellbeing is part of everyday conversations in school/youth club, children and young people have a voice and are involved in decisions that impact on wellbeing, school/youth club offer programmes to promote wellbeing such as 5 Steps.

Early Support



- If you or a trusted adult think that you need extra help, we will do this in small groups or sometimes one to one between you and a trusted adult.
- For example, we work with you to tackle problems head on using both your and our strengths and skills.

Enhanced Support

- Sometimes teachers and other adults will ask other people to support and we will you work with others to get the help that you need.
- For example, this would be one to one support from a trained youth worker or other trusted adult to best meet your needs and support you.

Education Authority

Youth Service