**Emotional Health & Wellbeing theme**

**Secondary school – Caring Culture Standards**

For secondary schools the following Emotional Health and Wellbeing theme has been developed by the North Yorkshire Youth Executive, called ‘Caring Culture Standards’. They would like secondary school pupils to complete these questions. We require secondary schools submitting evidence to achieve their Healthy Schools award on the Emotional Health & Wellbeing theme, to have shared these with pupils at the start of work on the award. Please detail below the progress that pupil’s state has been made on the aspects that they identified as needing improvement.

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| **Please complete representative pupil’s views in the box below each criteria.** **eg as a statement ‘I feel my school doesn’t have stigma around mental health issues because….’** | 1. **Criteria already in place (please circle yes or no)**
2. **Give an example of the evidence of impact alongside each criteria**
 | **Identified next steps to meet the remaining criteria****Person Responsible** **Date for completion/ review** | **Date all criteria have been met and the impact of the agreed actions completed** |
| The school has no stigma around mental health issues.*Guidance on this question:**Pupils in this school are taught about both physical and mental health and feel able to talk about their mental health* | Yes/ No |  |  |
| Staff and pupils are well educated on emotional wellbeing and mental health issues *Guidance on this question:**Pupils in this school are taught about mental health, emotions and the importance of looking after your mental health*  | Yes/ No |  |  |
| Staff and pupils know what signs to look out for in pupils who may be struggling *Guidance on this question:* *Pupils understand that people can get physically hurt e.g fall over and cut their knee and know how to get help for this but pupils also know that people can have problems with their mental health and may also need to have support.**Pupils are aware of the signs when a friend may be struggling with their mental health* | Yes/ No |  |  |
| The school has provided staff training such as the training provided by Compass Buzz or staff have accessed external training such as the Youth Mental Health First Aid training *Guidance on this question:**Have some staff at your school had training on how to support young people with their mental health?*  | Yes / No |  |  |
| Schools are aware of wider professional support and actively signpost and refer pupils*Guidance on this question:**At your school is there information for pupils about who they can talk to if they are worried and / or upset and does the school give information on other services that young people can use e.g childline* | Yes / No |  |  |
| Peer on peer support is widely encouraged *Guidance on this question:**At your school are there young people who can support other young people e.g buddy systems, peer listeners, anti-bullying ambassadors?*  | Yes / No |  |  |
| All pupils have an adult at school they can talk to and know how to access further support*Guidance on this question:**Do all pupils at your school feel there is a member of staff they could talk to if they felt they needed support and help with any emotional issues, worries or they were feeling upset?* | Yes / No |  |  |
| Bullying issues are addressed immediately and thoroughly *Guidance on this question:**Pupils know what the schools approach to bullying is and they feel it works well in keeping all pupils safe from bullying or if a pupil feels they are being bullied they are able to tell a member of staff*  | Yes / No |  |  |
| A thriving student council that is representative of the pupil body and listened to by members of staff*Guidance on this question:**Pupils are able to have their say about issues in school and some changes have happened in school due to what the pupils have wanted* | Yes / No |  |  |
| Pupils have an understanding of how to stay safe online and where to access help and support from *Guidance on this question:**Pupils need to be able to keep themselves safe in the real world and the online world. Your school gives you the information and skills to keep yourself safe and pupils know how to get help if they have a problem online* | Yes / No |  |  |
| The school promotes the value of diversity by helping LGBT+ and SEND pupils to thrive *Guidance on this question:**All schools should support all pupils but some pupils may need to extra support such as pupils with special needs, refugees, LGBT and children in care. Your school is safe and welcoming for all pupils at your school.* | Yes / No |  |  |