



## RESEARCH PROJECT

# PRIMARY SCHOOL STUDENTS: SUMMARY OF FOCUS GROUP FINDINGS

You are the experts on your wellbeing! So in 2012, we held focus groups with students at your school to find out more about wellbeing in schools.

# WHAT IS WELLBEING? WHAT YOU TOLD US SO FAR...

## BEING

happy, loved, trusted,  
safe, physical

## HAVING

a say in decisions, confidence,  
respect, support, friends, rights

## DOING

looking after yourself, accepting yourself and  
others, making good decisions, being kind

## WELLBEING IN SCHOOL: WHAT HELPS AND WHAT DOESN'T?

### GOOD FOR YOUR WELLBEING:

- It is good when... you have friends to play with and who help and understand you
- It is good when... teachers are friendly and caring and help you to do your best
- It is good when... school is safe, and when people support you to learn fun things
- It is good when... parents and family make you feel cared for and teach you new skills

### BAD FOR YOUR WELLBEING:

- It is bad when... friends pressure you or tease you
- It is bad when... teachers yell at you or say negative things
- It is bad when... people at school do not listen to you, school has unfair rules and bullying happens
- It is bad when... parents and family expect too much of you

### **YOU TOLD US THAT YOU FEEL...**

loved, safe, great, happy, wanted, good inside, part of something, brave, confident, special

**...WHEN YOU ARE CARED FOR.**

### **YOU TOLD US THAT YOU FEEL...**

tough, equal, important, useful, beautiful, understood, awesome, loved

**...WHEN YOU ARE RESPECTED.**

### **YOU TOLD US THAT YOU FEEL...**

self-confident, accepted, smart, included, special, important, joyful, kindness, powerful, wanted, have purpose, you belong

**...WHEN YOU ARE VALUED.**

## **WHAT DOES YOUR PERFECT WELLBEING SCHOOL LOOK LIKE?**

- It's a school for you – you belong
- A relaxed environment
- You have a say
- More play equipment
- You decide on the uniform
- It is safe, caring
- It has classes outside
- A swimming pool
- Relaxation rooms
- Lounge chairs
- More sport fields
- More trees
- Fun lessons
- Colourful
- Everyone is equal
- You have rights



Thank you for sharing your views with us!

We will use the information you gave us to help improve student wellbeing in schools.

If you have any questions or feedback about this research, you can talk to your teacher, or you can email or call us!

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