You are the experts on your wellbeing! So in 2013, we invited many students from around Australia to do a survey about what helps their wellbeing at school.
Over 5,000 secondary students completed this survey and told us some important information.

What is wellbeing? The most frequent answers were:

1. Being happy
2. Being safe
3. Being healthy
4. Being respected
5. Being loved
6. Looking after myself
7. Having a great environment
8. Helping others

Which relationships are important for your wellbeing? We asked you how important relationships are to your wellbeing. The relationships that matter the most are between students and:

1. Parents / carers
2. Close friends
3. Other students
4. Your home group / pastoral care teacher
5. Your teachers
6. Non-teaching staff at school, like the office staff
7. Your Principal
8. Counsellors

You suggest that these relationships at school are important for your wellbeing because they help you feel cared for, respected and valued.
HOW DO RELATIONSHIPS **BUILD WELLBEING?**

/ You experience being **CARED** for at school **WHEN:** /

Your teachers:
- know you well, enjoy talking with you, help you when you can’t do your school work and care for other students who need extra support

Other students:
- like you and care for you

You:
- feel safe at school, feel it’s okay to tell your teachers what you need, and you care for your teachers and other students

/ You experience being **RESPECTED** at school **WHEN:** /

Your teachers:
- take notice of what you have to say, respect your views about religion/spirituality, and respect other students who need extra support

Other students:
- are respected no matter how old they are or how they behave, and when they respect you

You:
- are treated fairly at school, you respect other students, and you get to have a say

/ You experience being **VALUED** at school **WHEN:** /

Your teachers:
- take time to help you, tell you when you are doing well, and value other students who need extra support

Other students:
- notice what you contribute

You:
- are encouraged to work with others to make things better

You told us that having a say in school is important for your wellbeing. The issues that you want to have a say about are:

1. **Who you sit near**
2. **What you learn in school**
3. **Whether you see the school counsellor**
4. **School rules**
5. **Punishments about breaking school rules**

71% of the young people who completed this survey told us that hearing the views of students is important for improving wellbeing in schools.

Which of these findings do you think are the most important for teachers and students to know about?
Thank you for sharing your views with us!

We will also be providing Principals and teachers with this important information 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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