

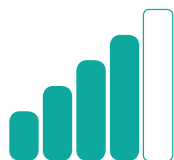


# MENTAL HEALTH AND WELL-BEING

From March to May 2017, all students in Grades 5 to 12 were invited to participate in the [YRDSB School Climate Survey for Students](#). Results from this survey will be used to inform Board and school improvement planning to support student achievement and well-being, and create more equitable and inclusive school environments.

Elementary

Secondary



## STRENGTHS

I feel like I matter to people at home or in the community.



At this school, I have opportunities to learn about mental health.



When I am not doing well at school, I keep working and try harder.



## OPPORTUNITIES FOR GROWTH

I feel like I matter to people at school.



I feel like I have to be perfect in my schoolwork.



I feel like people won't value me if I don't do well at school.



I always/often hide my feelings of anxiety and sadness.



## STRATEGIES AND RESOURCES

Enhance the capacity of staff to create inclusive schools and classrooms where students feel they matter and are connected to caring adults (e.g., [Culturally Responsive Pedagogy](#) and [School Mental Health ASSIST](#))

Implement proactive, responsive, and inclusive approaches to mental health that focus on the whole child. (e.g., [Ontario's Strategy for Well-Being](#), [How Do We Know we are Making a Difference](#), and [Positive Mental Health Toolkit](#))

Build and sustain stigma free environments through collaboration with students, families, staff members and community partners to increase awareness and reduce the stigma of mental illness and addiction. (e.g., [Stigma Reduction Resources](#))

Please refer to the [YRDSB Mental Health and Addiction Strategy](#) for additional information