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**All items in this newsletter contain hyperlinks which were active at the time of publication.**

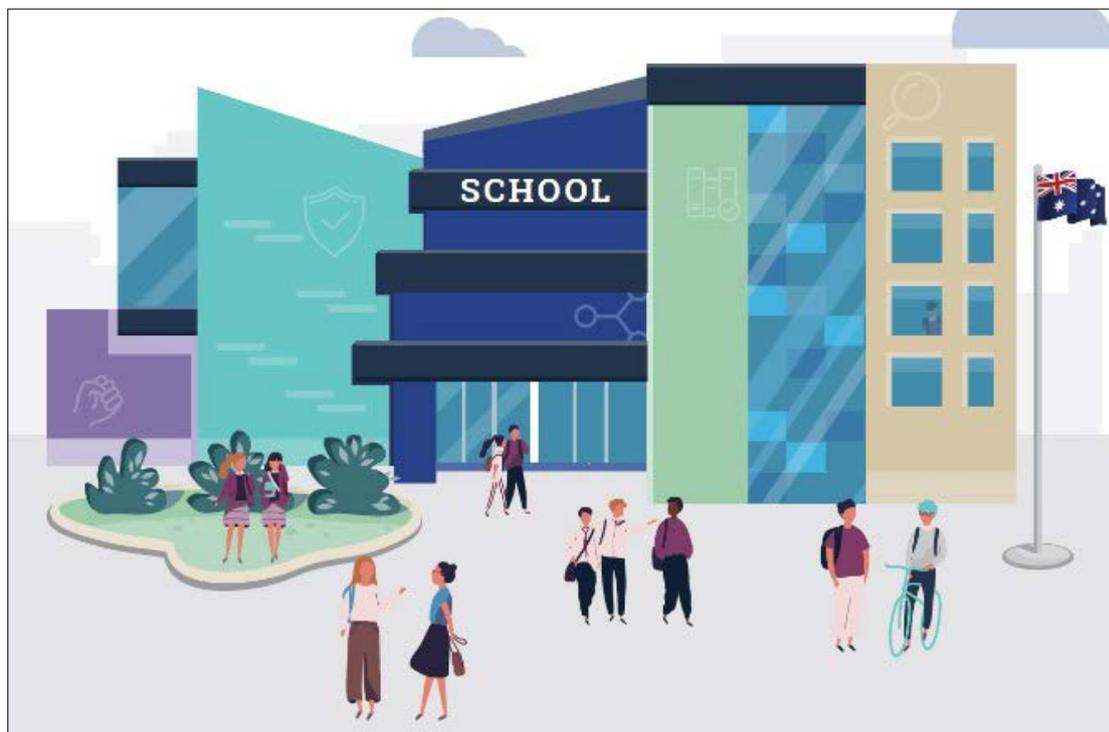
*Student Wellbeing News* provides teachers in independent schools with resources, updates and current evidence-based research on contemporary issues about the health and wellbeing of students and school staff.

## SPOTLIGHT

### eSafety in Schools

The Office of the eSafety Commissioner provides ongoing support to schools, educators, students and families in terms of both proactive and responsive approaches to staying safe online. At the 2019 eSafety Commissioner Conference held in Sydney during September, the Office launched a new Online Safety Education Framework, after undertaking considerable research with partners at Queensland University of Technology. AISNSW consultants attended the closed session launching and unpacking the Framework for educators and key stakeholders.

The Framework will guide future Australian school-based online safety education initiatives and will also help schools assess the quality of resources, programs and approaches. The research underpinning this work found that several online safety education frameworks exist however, none are comprehensive enough to be adopted as a national standard.



Best practice online safety education should be based on a multicomponent framework addressing:

<p><b>1. Students' rights in the digital age</b></p> 	<p><b>2. Individual risk and protective factors</b></p> 	<p><b>3. Effective school-wide approaches</b></p> 	<p><b>4. Integrated and specific curriculum</b></p> 	<p><b>5. Continuously improved through review and evaluation</b></p> 
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\*This framework is based on research into existing best practice in online safety education, conducted in 2018 by Professor Kerynn Walsh, QUT, in consultation with the eSafety Commissioner.

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The Office of the eSafety will now undertake targeted consultations with key online safety education stakeholders to test and refine the framework. A copy of the Framework can be accessed via the [Wellbeing page](#) on the AISNSW website.

Towards the end of 2019, an Online Safety for Schools Guide will be released. The Guide has been developed in response to Recommendation 6.22 from the Royal Commission into Institutional Responses to Child Sexual Abuse and is designed to help schools meet the requirements, priorities and standards that relate to safety and wellbeing, including the National Principles for Child Safe Organisations and the Australian Student Wellbeing Schools Framework.

Element	Actions
<p><b>1. Students' rights in the digital age</b></p> <p>Online safety education is based on recognising, acknowledging and understanding students' rights in the digital age.</p> 	<p>1.1 Focus on the student.</p> <p>1.2 Uphold students' rights to digital protection, digital provision, and digital participation.</p> <p>1.3 Consider benefits and risks, opportunities and challenges simultaneously.</p> <p>1.4 Students participate in the design, development, and implementation of online safety education.</p>
<p><b>2. Individual risk and protective factors</b></p> <p>Online safety education is framed positively but needs to be built on information about risks, and protective and situational factors that increase the likelihood of harm.</p> 	<p>2.1 Acknowledge the positive role of online technologies and use a strengths-based approach.</p> <p>2.2 Understand that risks vary by use of/ access to technologies, recognising not all risk results in harm.</p> <p>2.3 Understand that risks vary by factors such as gender, (dis)ability, socioeconomic status, cultural and language background, sexuality, appearance, and family background.</p> <p>2.4 Acknowledge that differentiation, inclusion and relevance are important.</p>
<p><b>3. Effective school-wide approaches based on harm prevention</b></p> <p>Online safety education is underpinned by effective harm prevention principles.</p> 	<p>3.1 Teach online safety education to every student, at every year level and every stage.</p> <p>3.2 Use engaging teaching strategies and trustworthy, relatable, technically adept and well-trained facilitators.</p> <p>3.3 Address topics and themes that are relevant and appropriate to a student's age, abilities and individual factors.</p> <p>3.4 Take a balanced and positive approach, avoiding scare tactics and confrontational strategies.</p> <p>3.5 Set clear goals and outcomes that are monitored and evaluated.</p> <p>3.6 Have a supportive school system with strong policy foundations, well-trained teachers and partnerships with other agencies.</p>
<p><b>4. Integrated and specific curriculum</b></p> <p>Online safety education builds knowledge and skills across key learning areas, includes technical and interpersonal aspects, addresses risk factors and strengthens protective factors.</p> 	<p>4.1 Reflect digital citizenship concepts to support greater critical awareness and civic engagement by students.</p> <p>4.2 Reflect social and emotional learning concepts that support students' understanding and management of emotions to have healthy and respectful relationships.</p> <p>4.3 Address specific conduct, contact and content risks and emerging risks.</p> <p>4.4 Promote effective help-seeking as a key protective factor.</p>
<p><b>5. Continuously improved through review and evaluation</b></p> <p>Online safety education is continuously improved based on evidence, research and the evolving range of online safety issues, risks and harms.</p> 	<p>5.1 Rigorously assess programs and approaches using established methods.</p> <p>5.2 Review annually to strengthen relevance to the evolving range of potential online safety issues, risks and harms.</p> <p>5.3 Regularly share good practice and learnings.</p>

# WHAT'S NEW

The Guide is structured around four key elements and allows schools to access advice relevant to each stage of its online safety journey. Resources to support good practice are provided under each element. The Guide is still in development and will be tested in schools before being finalised.



These resources are currently in draft form and being shared with education stakeholders to ensure they meet school needs, are user-friendly and include policy guidance, tip sheets, checklists and flowcharts to assist school leaders at every stage of their online safety journey – from advice on responding to online incidents, to classroom and community engagement, and strategic planning. Please contact [AISNSW](#) for additional information if interested.

	RESOURCE DESCRIPTION
1	Checklist for developing effective school policies
2	Guidelines for social media and online collaboration tools in schools
3	Responding to incidents that happen outside of schools hours
4	Assessing your school's online safety environment
5	eSafety checklist for considering new technologies and online platforms
6	Responding to serious online safety incidents - a quick reference guide
7	A guide to dealing with serious online safety incidents
8	A guide to dealing with online incidents or cyber abuse targeting staff

In preparation for [Safer Internet Day](#) on Tuesday, 11 February 2020, the Office of the eSafety Commissioner will be offering parent webinars for early years, primary and secondary schools to encourage parents to support online wellbeing and safety at the start of a new school year. In addition, virtual classrooms will be available for Years 4-6 students during the same week.

Lastly, we look forward to the new eSafety website launch during October where all the new resources mentioned above will be housed.

## AISNSW Student Wellbeing Website Page

AISNSW has recently launched new resources on the Student Wellbeing page of our website. Find out about resources, courses and more via this [direct link](#).

## Child Rights Training for NSW Teachers

The Office of the Advocate for Children and Young People (ACYP) holds no-cost five-hour Child Rights Training for NSW teachers. The face-to-face sessions are delivered by the NSW Advocate for Children and Young People, Andrew Johnson. The training covers the history of the child rights movement, the major rights embedded in the United Nations Convention on the Rights of the Child and the ways in which these rights have been incorporated into policy and law. The sessions look at ways of engaging with children and young people as well as providing examples of meaningful participation. Completing Child Rights Training will contribute 5 hours of NSW Education Standards Authority (NESA) Registered PD addressing 6.2.2 and 7.1.2 from the Australian Professional Standards for Teachers towards maintaining Proficient Teacher Accreditation in NSW.

## eSafety Parent Guide

The Office of the eSafety Commissioner undertook research into parent attitudes, behaviour and needs in terms of online education of children and young people. As a result, a range of findings will inform their resources and the support available to schools and families.

## Headspace for Educators

Headspace has now provided access to no-cost online mindfulness for educators for personal and professional use.

## Instagram Parent Guide

Instagram and headspace have created a partnership to produce a useful parent guide for Instagram. This guide aims to promote parent understanding and conversations with young people over the age of 13.

## Kindergarten Road Safety Orientation Packs

The Transport for NSW's Centre for Road Safety has no-cost Kindergarten orientation packs to support parent education and student safety. Contact [AISNSW](#) for information on how to order your school resources and for [no-cost road safety education professional learning and support](#) for K-12 staff.

## Love, Sex and Relationships

La Trobe University have released a teaching resource funded by the Australian Government that explores relationships, sexual consent and equity as well as sexual and reproductive health.

## Mental Health First Aid Resources

This website from the United Kingdom has a range of no-cost downloadable resources for use in schools to support student wellbeing. Resources are also suitable for sharing with parents and carers.

## Mental Health Infographic

Mental health can be a significant cause of student absence, particularly in secondary school. This infographic draws upon data from the *Australian Child and Adolescent Survey of Mental Health and Wellbeing* and represents data from Years 1-12.

## NSW Women's Strategy 2018-2022

This newly released Strategy aims to take a whole-of-government, whole-of-community approach to addressing the social and economic equality of women and girls. The Action Plan demonstrates a continued commitment to women and girls and includes health and wellbeing as well as participation and empowerment.

## Online Teacher Professional Learning

The Australian Government Department of Education, University of Newcastle and La Trobe University have produced a course for teachers called *Aspirations: Supporting Students' Futures*. This no-cost, 10-hour online course for K-12 teachers has been designed to support teachers in understanding and nurturing students' aspirations and comprises a suite of digital resources, videos, interactive activities, data, and links to readings and further information.

## Resilient and Inclusive Classrooms

Research shows that teaching practices that promote inclusiveness and key cognitive skills can improve resilience and limit vulnerabilities for violence, risk-taking and other anti-social behaviours among school students. The [Student Wellbeing Hub](#) has no-cost teacher professional learning modules to support teachers to know their students and enhance teaching and learning strategies related to inclusivity and resilience.

## Respectful Relationships and Bullying Prevention

All three NSW education sectors have been involved in a project aimed at increasing student belonging, enhancing social and emotional learning and preventing bullying in NSW schools. Resources created to support school staff and student conversations can be downloaded at no-cost from the NSW Anti-bullying [website](#).

## Sexual Health for Students with Additional Needs

Family Planning NSW is offering two no-cost face-to-face professional learning opportunities for teachers in [Ballina](#) on 18 October and [Dubbo](#) on 12 November.

## Skills for the Future of Work

At this year's AISNSW Student Wellbeing Conference, [ReachOut](#) presented a workshop related to the skills for the future of work. Schools can now access a resource that was developed to support student communication, teamwork and problem-solving.

## Student Wellbeing Hub Professional Learning

No-cost professional learning for educators can be accessed on the Hub website. Topics include the Australian Student Wellbeing Framework and resilient, inclusive classrooms.

## Study Stress Action Pack

ReachOut have produced activities and resources to support students, parents and carers through examination periods. The action pack includes a suite of activities intended to help teachers or wellbeing staff better understand how students experience stress. In addition, support is provided to promote class discussion and to assist those students who may be having difficulty coping. Lastly, infographics are available for download and display.

## Student Voice

This resource from the NSW Advocate for Children and Young People, *Engaging with children and young people in your organisation* includes checklists, tips and suggestions to enhance authentic student participation.

## Teaching and Learning Toolkit

This summary from the University of Melbourne presents the research evidence on social and emotional learning in the Australasian context. The Toolkit presents an estimate of the average impact of social and emotional learning on learning progress based on the synthesis of many international studies.

# RESOURCES

## The Hunting Teacher Professional Learning

*The Hunting* series on SBS looks at the lives of four teenagers, their teachers and families throughout the lead up and aftermath of teenage behaviour online. ReachOut has provided resources and support for teacher professional learning or to support students experiencing similar issues. The series was produced in conjunction with the Office of the eSafety Commissioner and is not designed to be shown in school but instead for students to watch with their parents or carers. School conversations related to reporting procedures and teacher behaviour are also key features of [the series](#).

## Wellbeing and Safety

Updated resources on the [Student Wellbeing Hub](#) include topics that can assist whole-school communities create and maintain a safe, supportive and respectful learning environment. [The Hub](#) includes primary and secondary support and tailored content to support teachers, schools and student wellbeing.

## Action for Happiness Calendars

Action for Happiness wellbeing calendars are released for download at the start of each month. This month's theme is Optimistic October.

## AISNSW K-10 PDHPE and Sport Facebook Group

Additional resources for PDHPE and sport are available in a closed Facebook forum, updated daily. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

## AISNSW Wellbeing in Education Facebook Group

Additional resources for wellbeing in education are available in a closed Facebook forum, updated daily. Educators from AISNSW schools are encouraged to contribute and share resources and ideas in this professional space. Requests to join this group require teachers to identify which AISNSW school they are currently employed in.

## Beyond Blue Be You Initiative

Be You is a national initiative for educators, aimed at promoting and protecting positive mental health in children and young people. Be You aims to provide a positive and inclusive environment for all students to achieve their best possible mental health and wellbeing. Resources, no-cost professional learning and parent education is available for all school settings. Be You replaces KidsMatter and MindMatters however, existing schools will be assisted to migrate to the new initiative by Be You staff. In the future, translated fact sheets and downloadable PDF documents will be available for school and parent support. AISNSW consultants represent independent schools on the NSW Be You reference group and are well-placed to respond to school queries. Please contact [Nicky Sloss](#) or [Elizabeth Maher](#) for further information.

## Bite Back Challenge

Learn how to support students to build their brain muscle with the Bite Back Mental Fitness Challenge from [Black Dog Institute](#). Combine with your school's PDHPE team to have a whole-school embedded and comprehensive approach to mental health and wellbeing.

## Drought Relief Action Pack

School communities in a drought-affected area are likely to see effects of the drought in a range of ways. Students might be feeling the pressure of more responsibilities around the home. Families in the community may be experiencing financial hardship due to affected incomes. Whatever the impact, resilience skills can assist students to cope with the stress more effectively, and better equip them to confront and overcome life's challenges. This resource from ReachOut provides schools with practical tips, strategies and activities to empower students, foster their resilience and help them to bounce back from these challenges that can feel insurmountable.

## eSafety Women

The [Office of the eSafety Commissioner](#) has essential advice and information available for download in twelve different languages to assist women who are experiencing technology-facilitated abuse. This resource is suitable for sharing with parents and carers as part of a whole-school online communication and safety approach.

## headspace Suicide Prevention Initiatives

Until the end of 2019, headspace School Support will deliver initiatives focused in rural, regional and remote locations. One initiative will closely align with Primary Health Networks' suicide prevention strategies and be in the form of regional seminars with stakeholders. The other initiative is school-based training packages for secondary school students and their parents/carers that raise awareness and build capacity around mental health, bullying and how to help a friend.

These engaging and innovative training packages can be tailored to meet the needs of school communities. Where possible they are delivered in collaboration with school staff, headspace centre staff and community mental health professionals. headspace staff can work with schools to ensure that training session content for students is also aligned with NSW PDHPE syllabus requirements and student wellbeing needs. For more details contact headspace in Schools Program Manager, [Narelle Corless](#).

## ReachOut Parents

ReachOut Parents has been developed to support the parents and carers of the young people in schools. This resource is designed to support the work schools undertake in relation to student wellbeing and mental health education.

## Regional and Remote Schools Action Pack

ReachOut Australia conducted extensive research into the mental health and wellbeing needs of young people living in regional, rural and remote areas. Young people identified the positive things about living, working and studying in regional, rural and remote parts of Australia as well as significant challenges such as loneliness, isolation, unemployment and boredom. ReachOut partnered with Mission Australia to publish a comprehensive report on this research. Schools can engage with the regional and remote schools' resources action pack via the [ReachOut website](#).

## Resilience and Critical Thinking Online

The Lost Summer video game is a resource from the [Office of the eSafety Commissioner](#) and an engaging way to help build student digital intelligence, social and emotional skills as well as generating discussion.

## Stage 3 Student Wellbeing Content

The Student Wellbeing Hub has created a range of resources and activities appropriate for Stage 3 students. These resources relate to social relationships, inclusion and harmony. Resources related to racism and difference can also be found on the site.

## Wellbeing Evidence and Research

Evidence shows that when students develop their social and emotional skills for wellbeing, health and safety, there is a direct impact on their learning outcomes. [The Student Wellbeing Hub](#) evidence and research resources assist schools by translating insights into practical everyday actions within Australian schools.

# RESEARCH, ARTICLES AND CLIPS

## Boosting Student Belonging

How strongly a student feels like they belong at their school can shape their life well into adulthood. This article from the University of Melbourne explores how teachers and schools can enhance student wellbeing. In addition, a recently released [PISA in Focus](#) discusses how student belonging has changed over time.

## Consent for Primary Students

This resource from Edutopia discusses the teaching of consent for primary aged students.

## Digital Citizenship meets Social and Emotional Learning

This article from the National Association of Independent Schools in the United States discusses how digital citizenship and student social and emotional learning must go hand in hand.

## Mental Health and Wellbeing Webinar

This recording from the Centre for Adolescent Health in Melbourne shares insights from an event where research, education and policy came together to support adolescent health and wellbeing. Panellists discussed options for schools and teachers to address the wellbeing of students as well as the role of health professionals working in the education sector.

## Relationships at School

This article from Teacher Head explores the importance of staff relationships and a positive school climate. In addition, communication is recognised as a central element of any relationship to ensure all stakeholders are heard, understood and a range of perspectives are given value.

## Social and Emotional Learning in Student Play

Given schools' increased focus on social and emotional learning, health and bullying prevention, play time is getting more attention. There is a strong body of evidence suggesting play is associated with cognitive, physical, mental and social-emotional benefits.

## Sleep

Sleep is central to children's development and wellbeing. This article from Early Childhood Australia discusses considerations for students aged six and under.

## Supporting Students

This article from the Advocate reports on research related to supporting lesbian, gay, bisexual, queer, transgender and intersex (LGBTQI) students. The report shows that stress caused by stigma, discrimination, bullying or a perception of bias can significantly affect the mental health and wellbeing of LGBTQI students and that a supportive relationship with an adult or teacher can have significant positive impacts on student wellbeing.

## Trauma Informed Practice

This webinar recording and additional notes from Be You can support educators and school counsellors to better understand how to support students impacted by trauma.

## Trends in Wellbeing

This latest report from McCrindle explores the latest trends in education, including a continued focus on student wellbeing. Implications and considerations for education sectors and schools are explored.

# PROFESSIONAL LEARNING

# WEBSITES OF INTEREST

The following is a list of AISNSW Student Wellbeing Professional Learning courses available for registration in Term 4, 2019.

**Please note:** AISNSW also provides individual student wellbeing in-school consultancies and professional learning sessions tailored to the needs of your school.

## K-10 Wellbeing and PDHPE Resource Exploration

Friday, 25 October 2019

### Online Modules

## K-12 What is Working Well in Wellbeing?

Term 4, 2019

## K-6 Live Life Well at School: Starting the Journey

Terms 2 and 3, 2019

## K-6 Live Life Well at School: Taking the Next Step

Terms 2 and 3, 2019

## AISNSW Aboriginal and Torres Strait Islander

### Live Life Well @ School

## AISNSW New Student Wellbeing page

### Black Dog Institute

### *beyondblue* – for secondary schools

### Bullying. No Way!

### CASEL – Collaborative for Academic, Social, and Emotional Learning

### Cyber Strong Schools

### Edutopia

### eSafety Commissioner

### headspace School Support

### Health 4 Life

### Idea Spies

### Kids Helpline

### Melanoma SunSafe Student Ambassadors

### National Eating Disorders Collaboration

### Peer Support Australia

### Positive Choices

### ReachOut Schools

### ReachOut Parent Portal

### Road Safety Education AISNSW

### Six Seconds

### SunSmart – NSW Cancer Council

### Transport for NSW Centre for Road Safety

### Student Wellbeing Hub

### Student Wellbeing Funding Opportunities AISNSW

### The Butterfly Foundation

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