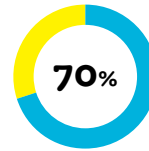


# A focus on **social and emotional wellbeing** in schools improves student success in school and life

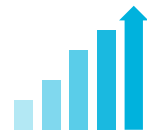
## 1 Mental health issues are prominent in school-aged youth



An estimated **1/6** Canadian youth live with mental illness



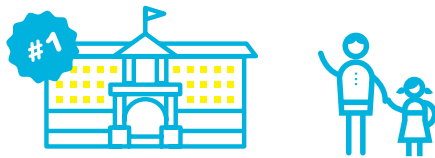
**70%** of mental illnesses manifest during childhood or adolescence



In Canada, evidence suggests **childhood mental health problems are increasing over time**

## 2 Schools are an ideal setting to influence social and emotional wellbeing

Schools are the **number 1 setting** to promote wellbeing among children and youth.



Schools can promote wellbeing for students through:

- Promoting a **culture & climate** that fosters wellbeing
- Developing **trusting relationships** between **students & staff**
- Developing student's **social and emotional skillsets**
- Promoting **staff wellbeing**

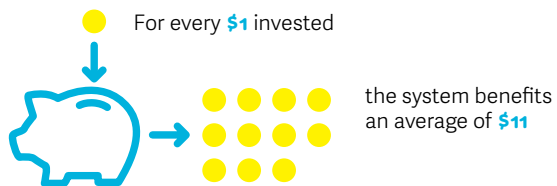
## 3 Investing in student wellbeing can prevent emotional and behavioural problems



Reduces bullying, violence, and conduct problems



Reduces the incidence of anxiety, depression, and suicide



## 4 Social and emotional wellbeing in the classroom improves academic, personal and social skills



An emphasis on SEWB during school hours leads to an **11 percentage-point improvement in academic performance** and enables students to:



be better **communicators**



become **effective leaders and self-advocators**



develop into **resilient individuals**



be **caring, concerned** members of their communities

# References

| Stat  | Reference  |
|---|--|
| <p><b>1/6 Canadian youth live with mental illness</b></p>   | <p>Waddell, C. M. (2005). A Public Health Strategy to Improve the Mental Health of Canadian Children. Canadian Journal of Psychiatry, 50(4).<br/> <a href="http://Childhealthpolicy.ca">Source: Childhealthpolicy.ca</a></p>   |
| <p><b>70% of mental illnesses manifest during childhood and adolescence</b></p>   | <p>Government of Canada (2006). The human face of mental health and mental illness in Canada. Ottawa: Minister of Public Works and Government Services Canada.<br/> <a href="http://PublicHealthAgencyofCanada">Source: Public Health Agency of Canada</a></p>   |
| <p><b>In Canada, evidence suggests childhood mental health problems are increasing over time</b></p>  | <p>Canadian Institute of Health Information (2015). Care for Children and Youth with Mental Disorders.<br/> <a href="http://CanadianInstituteofHealthInformation">Source: Canadian Institute of Health Information</a></p>   |
| <p><b>Schools are the number 1 setting to promote wellbeing among children and youth</b></p>  | <p>World Health Organization (WHO): Promoting Health Through Schools: Report of a WHO Expert Committee on Comprehensive School Health Education and Promotion. 1997, WHO, Geneva<br/> <a href="http://WorldHealthOrganization">Source: World Health Organization</a></p> <p>Greenberg M, Domitrovich C, Graczyk P, Zins J. (2005). The Study of Implementation in School-based Preventive Interventions: Theory, Research, and Practice (Volume 3). Center for Mental Health Services, Substance Abuse and Mental Health Services Administration, Rockville<br/> <a href="http://ResearchGate">Source: ResearchGate</a></p>  |
| <p><b>Schools can promote wellbeing for students through:</b></p> <ol style="list-style-type: none"> <li>1) Promoting a culture and climate that fosters wellbeing</li> <li>2) Developing trusting relationships between students and staff</li> <li>3) Developing students social and emotional skillsets</li> <li>4) Promoting staff wellbeing</li> </ol> | <ol style="list-style-type: none"> <li>1) Cohen, J. et al (2009). School Climate: Research, Policy, Practice, and Teacher Education Teachers College Record Volume 111, Number 1, pp. 180–213<br/> <a href="http://SchoolClimate">Source: School Climate</a></li> <li>2) Oberle et al (2014). The Role of Supportive Adults in Promoting Positive Development in Middle Childhood A Population-Based Study. Canadian Journal of School Psychology.<br/> <a href="http://CanadianJournalofPsychology">Source: Canadian Journal of Psychology</a></li> <li>3) Durlak, J., Weissberg, R., Dymnicki, A., Taylor, R., &amp; Schellinger, K. (2011). The Impact of Enhancing Students' Social and Emotional Learning: A Meta-Analysis of School-Based Universal Interventions. Child Development, 82(1), 405-432.<br/> <a href="http://NationalCenterforBiotechnologyInformation">Source: National Center for Biotechnology Information</a></li> <li>4) Oberle, E. Schonert-Reichl, K.A.(2016) Stress contagion in the classroom? The link between classroom teacher burnout and morning cortisol in elementary school students.Social Science in Medicine. Vol 159:30-37.<br/> <a href="http://ScienceDirect">Source: Science Direct</a></li> </ol> |
| <p><b>Investing in quality programming can prevent emotional and behavioural problems</b></p> <ol style="list-style-type: none"> <li>1) Reduces bullying, violence, and conduct problems</li> <li>2) Reduce the incidence of anxiety depression and suicide,</li> <li>3) For every \$1 invested, the system benefits an average of 11</li> </ol>            | <ol style="list-style-type: none"> <li>1) Durlak et al (2011)</li> <li>2) Moffitt. (2011). A gradient of childhood self-control predicts health, wealth, and public safety. Proceedings of the National Academy of Sciences of the United States of America, 2693-2698.</li> </ol> <p>Durlak et al (2011)</p> <ol style="list-style-type: none"> <li>3) Belfield, C. B. (2015). The economic value of social and emotional learning. New York: Columbia University<br/> <a href="http://CenterforBenefit-CostStudiesinEducation">Source: Center for Benefit-Cost Studies in Education</a></li> </ol>   |
| <p><b>Social-emotional wellbeing in the classroom improves academic, personal and social skills</b></p> <p><b>Be better communicators, effective leaders and self-advocators, develop into resilient individuals, be caring, concerned members of their communities</b></p>   | <p>American Institutes for Research (2013). Improving College and Career Readiness by Incorporating Social and Emotional Learning<br/> <a href="http://AmericanInstitutesforResearch">Source: American Institutes for Research</a></p>   |