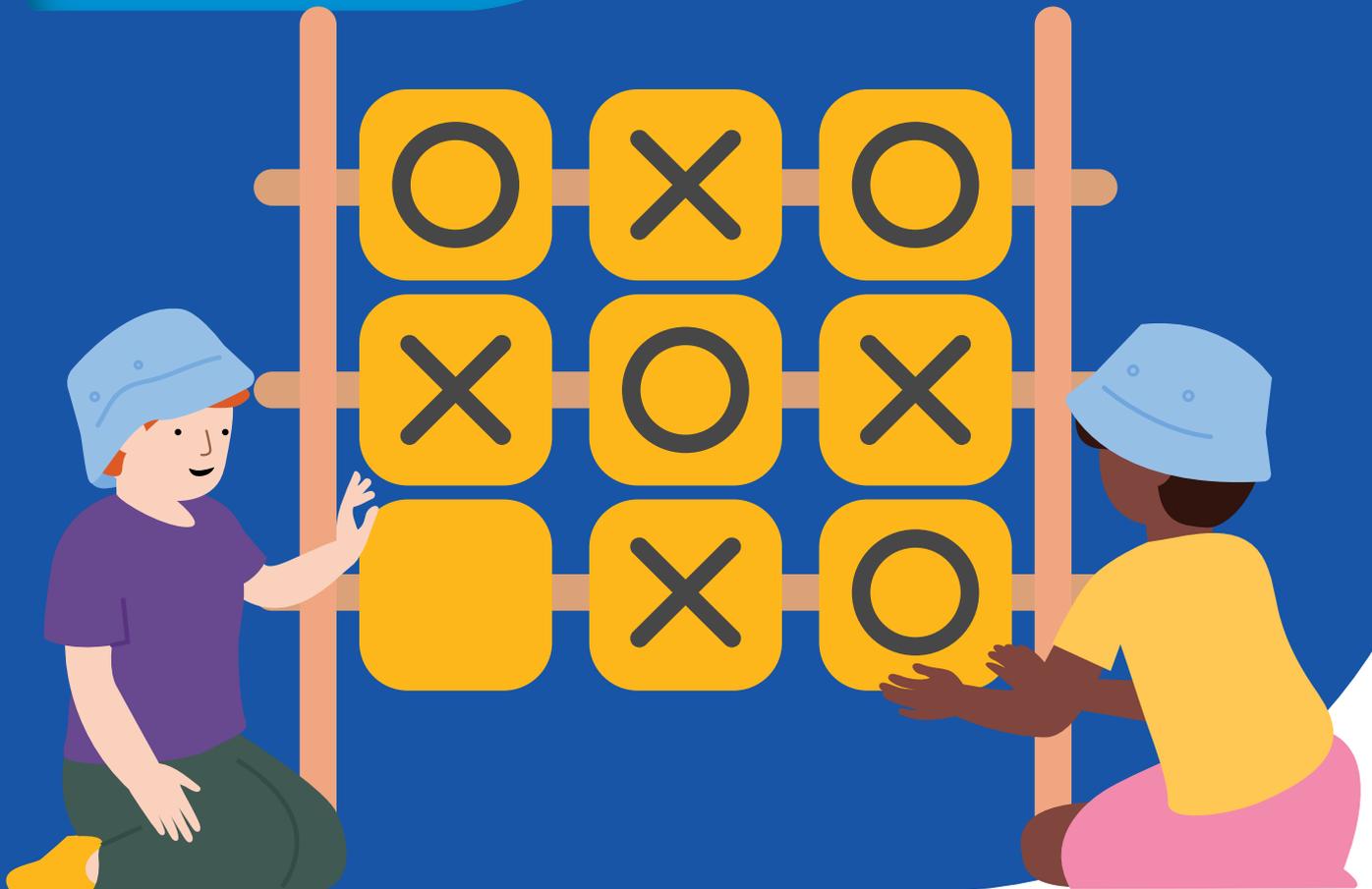


Be You Handbook for Educators: *Early Learning Services*



With delivery partners



Funded by



Welcome

As an educator, you're all about supporting children to flourish. **So are we.**

Working closely with children and their families, you're in a great position to promote wellbeing.

This Handbook will provide an overview of how early learning service educators can get the most out of Be You. We also have tailored handbooks for early childhood [leaders](#) and [pre-service educators](#).

Self-care

On the Be You website, you may come across materials that you find challenging or distressing. We will do our best to flag this material for you and provide resources where you can find support.

If you are experiencing any uncomfortable feelings or find yourself needing support, please take action. You can speak to a trusted friend or family member, or call one of the following numbers: Beyond Blue on 1300 22 46 36, Lifeline on 13 11 14, 13YARN on 13 92 76 or SANE Australia on 1800 18 72 63.



Be You acknowledges the Traditional Custodians of all the Lands on which we work, learn and play. We recognise their deep and ongoing connection to Country and the continuation of cultural, spiritual and educational practices.

We pay our respect to Elders, past and present, and extend this respect to all Aboriginal and Torres Strait Islander Peoples.



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What is Be You?

Be You is a national initiative for educators aimed at promoting and protecting positive mental health in children and young people.

As an educator, you aren't expected to be a mental health professional. However, you are in a position to notice the signs of emerging mental health issues, have conversations with children and families, and provide support.

You also play a role in creating a welcoming and supportive learning environment. And Be You is here to help.

Be You provides online learning modules, events and resources to enhance your mental health knowledge and skills. Our tools can guide you in embedding wellbeing and inclusive practices in your setting.

Services that register with Be You (see [page 10](#)) have access to additional advice and tools for a holistic and proactive approach to mental health and wellbeing that considers your service's unique needs.

Be You is completely free and available to every educator, early learning service and school in Australia. Learn more [about Be You](#).

Why do we need Be You?

Educators are increasingly reporting that more children are experiencing mental health issues. These issues can have lasting impacts for a child.

Early support can improve a child's mental health and their lifetime outcomes.

Furthermore, positive wellbeing can support effective learning and build solid foundations for children to manage challenges in life.

Be You equips educators with the knowledge, tools and confidence to provide early support that aligns with your role and responsibilities.

Read about the [evidence base behind Be You](#).

"Be You isn't a linear program that you tick and flick through. It's a platter of resources that you are able to access when you need them. And the modules are structured in such a way that you can revisit, or research, or find the evidence behind some of the research when it's meaningful for you."

– Early learning service educator

For individual educators, Be You offers:



Events about mental health and wellbeing topics



Professional Learning modules



Wellbeing tools and posters



Case studies and practical actions



Educator wellbeing tools and resources

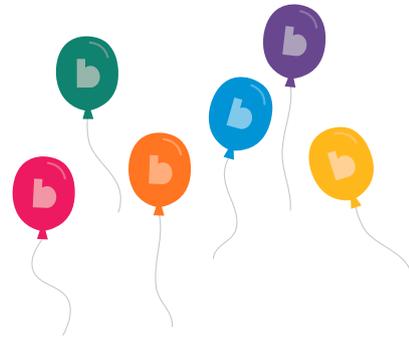


Inclusion resources



Fact Sheets

Why should I get involved?



Build on the great work you already do

There are always opportunities to grow.

Be You helps you develop and expand your existing strategies. We also provide practical examples of how to support children and young people and create mentally healthy learning communities.

Read about how this [early learning service is implementing Be You](#)

Learn more success stories from services across Australia in [Be You Stories](#).

Boost your professional development

With Be You Professional Learning, there's no such thing as one size fits all.

Our learning modules can help you build your skills and knowledge around mental health and wellbeing. There are tailored modules for early childhood educators.

The flexible structure allows you to dip in and out. You choose which learning modules are most relevant to you and set your own pace.

Find out more about [Be You Professional Learning](#) and how the modules align with [national education priorities and requirements](#).

Look after your wellbeing

Be You makes your mental health a priority.

Be You recognises educators face unique challenges that can affect your mental health. We have practical resources, such as the Wellbeing Plan for Educators, that can support you through challenges that may arise.

There is also helpful information in the [Staff wellbeing](#) and [Stress management Fact Sheets](#).

You can find these resources and more at [Wellbeing tools for educators](#).

Access practical tools and information

Be You has helpful resources to support wellbeing for everyone in your service.

Resources such as the [BETLS Observation Tool](#) and [Mental Health Continuum](#) can guide you in recording observations and recognising patterns of behaviour. They are particularly useful to document concerns you may have about an individual child and can support you when having conversations with the child's family.

Our [Mental health services and supports page](#) and printable posters provide helpful information and can encourage conversations around help-seeking.

Read on to learn more about Be You's topic-based tools, resources and learning modules.

What resources are available?



Fact Sheets

Learn more about topics that are especially important to early learning services.

Be You [Fact Sheets](#) provide information about a range of mental health and wellbeing topics.

Many people come to Be You with a question or issue in mind, and the Fact Sheets are a great starting point to get answers. They're also a valuable resource to share with others in your service.

Be You events

Learn from the experts.

Hear from Be You Consultants, experts and educators across Australia at [our events](#). Each event explores a key topic in mental health and wellbeing and how it relates to a whole learning community approach.

Disability inclusion

Promote belonging and celebrate everyone's strengths.

Be You [disability inclusion resources](#) range from handy tips about preferred language and busting myths to an in-depth guide about embedding inclusive practices in your setting.

First Nations perspectives

Embed culturally responsive practices in your service.

[Be You cultural responsiveness resources](#) have been co-designed with Aboriginal and Torres Strait Islander educators and organisations to promote respectful, meaningful engagement and celebrate First Nations cultures.

Read practical, expert advice about how your service can [support authentic engagement with First Nations communities](#).

Critical incident response

Being prepared to respond is an important skill to learn.

Our [Responding Together](#) learning modules explore the impacts critical incidents, such as natural disasters, can have on your service.

They provide practical, trauma-informed advice on how to support others and yourself.

The [Natural disaster response page](#) includes helpful information and stories about how participating Be You Learning Communities have supported recovery for staff and children after natural disasters.



Where do I begin?

Our flexible framework enables you to guide your Be You journey based on your needs and interests.

Getting started with Be You

[Registering](#) online is quick and easy – and free!

Once you've signed up, you can access lots of Be You resources, including Be You events, tools and guides and our Professional Learning modules.

Explore the [Be You website](#) to see our range of resources.

Professional Learning

At the heart of Be You is a content framework that provides a structure for our [Professional Learning](#) and practical information about actions services can take to implement a

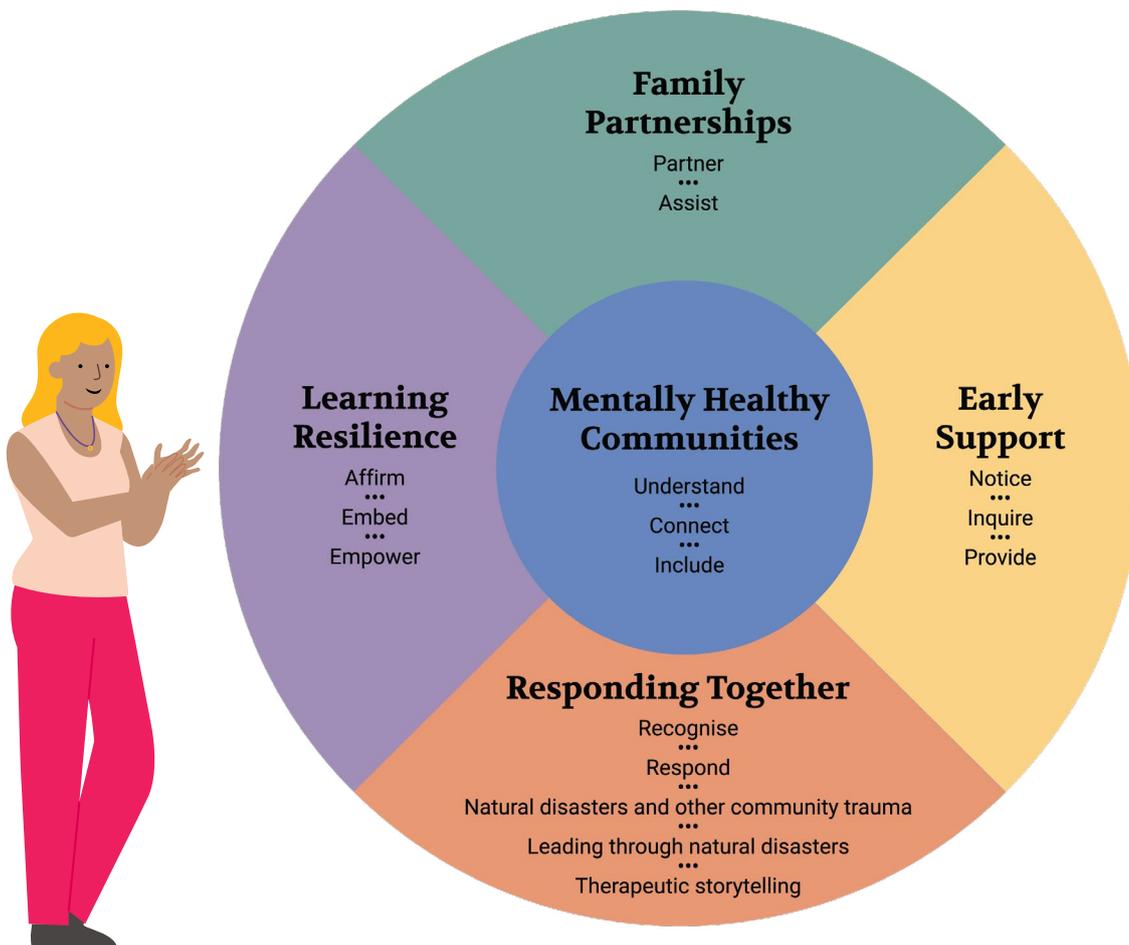
whole learning community approach to mental health and wellbeing.

Be You has 5 Professional Learning domains – [Mentally Healthy Communities](#), [Family Partnerships](#), [Learning Resilience](#), [Early Support](#) and [Responding Together](#).

Our learning modules delve into each domain, exploring concepts and information to enhance your understanding of mental health and wellbeing in early learning settings.

Each module also has case studies and reflection questions to help you consider how to apply your learning.

Professional Learning domains and modules



Pathways through Be You Professional Learning

Situation	Suggested modules
<p>I want to know how to identify children who may be experiencing mental health issues, as early as possible.</p> <p>You may have concerns about a child who seems to be withdrawn and reluctant to join activities or play time. Perhaps there is a child who's displaying aggressive behaviour and you would like to know more about how to address your observations.</p> <p>Suggested resources:</p> <ul style="list-style-type: none">- Mental Health Continuum (tool)- BETLS Observation Tool	<p>Understand will support you to better understand mental health and wellbeing in children across a range of developmental stages.</p> <p>Notice will help you identify early signs of mental health issues in children.</p> <p>Inquire will assist you to ask about children and family circumstances in a sensitive way.</p> <p>Provide will help you to support children and families within in your early learning service, and suggest appropriate external supports in response to risk, harm or critical incidents.</p>
<p>There has been a critical incident at my early learning service and I want to know how I can support my community, within the scope of my role as an educator.</p> <p>Perhaps there has been a recent critical incident – for example, the death of a child, family member or staff member, an accident or serious injury, or a natural disaster.</p> <p>Suggested resources:</p> <ul style="list-style-type: none">- Natural disaster response (webpage)- The role of early learning services in supporting children after a traumatic event (Fact Sheet)	<p>Recognise will help you learn about critical incidents and their impact on the whole learning community including children, families and educators.</p> <p>Respond will support you in responding to critical incidents and help your learning community work together to support recovery.</p> <p>Natural disasters and other community trauma will provide a practical framework for supporting children through critical incidents.</p> <p>Therapeutic storytelling will explore the benefits of using storytelling to support recovery from natural disasters.</p>
<p>I'd like to explore what I can do to build the resilience of children and help them to deal with situations that arise within the early learning environment that affect their learning.</p> <p>Perhaps you'd like a deeper understanding of how to develop and embed social and emotional learning.</p> <p>Suggested resources:</p> <ul style="list-style-type: none">- Social and emotional learning Fact Sheets	<p>Affirm will help you understand key concepts related to resilience including respectful relationships and social and emotional learning.</p> <p>Embed will show you how to use evidence-based social and emotional learning (SEL) strategies within your service.</p> <p>Empower will help you create learning environments that enable children to demonstrate resilience in their everyday learning and activities.</p>

Situation	Suggested modules
<p>I would like to build a strong understanding of mental health and wellbeing, and feel confident to share this with my community.</p> <p>Perhaps you'd like to learn about practical strategies that promote inclusion, as a way to promote belonging for the children in your care.</p> <p>Suggested resources:</p> <ul style="list-style-type: none"> - Disability Inclusion Guide - Reflect, Respect, Respond: Protocols for culturally respectful engagement with First Nations communities (guide) - Promoting cultural diversity 	<p>Understand will support you to better understand mental health within your service and how that relates to different developmental stages.</p> <p>Connect will help you build strong relationships with children, their families, the community and your peers.</p> <p>Include will explore inclusive practices to celebrate diversity, promote belonging and protect the rights of children.</p>

I would like to work with families to support positive mental health.

Perhaps you'd like to know more about how to encourage conversations and actions you can take to create stronger partnerships with families.

Suggested resources:

- [Building family relationships \(video\)](#)
- [Communication and relationships \(Fact Sheets\)](#)

[Partner](#) will help you to work and communicate with families more purposefully, respectfully and collaboratively.

[Assist](#) will show you how you can assist families to foster positive mental health and wellbeing, and to access timely help when required.

[Connect](#) will help you build strong relationships with children, their families, the community and your peers.



How can my service get involved?

Be You isn't just for individual educators, it's for your whole early learning service.

The most effective way to promote mental health and wellbeing is to involve everyone – educators, children and families. We call this a whole learning community approach.

If your service is registered with Be You, it will have an Action Team.

This is a team of colleagues and community members leading the whole learning community approach to mental health and wellbeing at your service.

Speak to your Action Team or leader about how you can get involved.

If your service isn't registered, see [Become a Be You Learning Community](#) for more information.

For registered services, Be You offers:



Support from Be You Consultants



Events about mental health and wellbeing topics



Professional Learning modules



A directory of social and emotional learning and wellbeing programs



Fact Sheets



Educator wellbeing resources



Topic-based resources



Practical planning and implementation tools

Time to get started

By joining Be You you're making a powerful commitment to supporting the mental health and wellbeing of children and educators.

Ready to get started? [Register yourself](#) now and check whether your service is registered as a Be You Learning Community.

Have any questions about Be You?

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