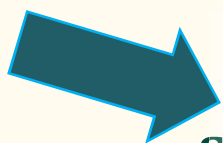


# Student Insights about Emotional Well-Being

Five key insights were shared by students in the virtual town hall feedback survey. The town hall was hosted in partnership with the Student Advisory Council & the Office of Accountability held January 12, 2021.



- 1. Students are not alone!** Everyone has changes in moods & it is normal for feelings to fluctuate. Young people want to listen & provide support to each other during highs & lows.  
 #neveralone #support #wearehereforyou #connections #weareinthistgether
- 2. When students feel low, it is important to reach out for support.** Talking to others about our feelings can be hard, but it is the best thing to do.  
 #howareyou? #okaytobeafraid #oktofeeldifferentemotions #feeltheemotions #checkin
- 3. Healthy emotional well-being is maintained through intentional focus & work.** Like the rest of our bodies, mental health requires exercise!  
 #FocusOnTheHappy #dowhatmakesyouhappy #lookatthebrightside #KnowYourEmotions
- 4. Students can advocate for their own well-being.** Adults, such as teachers & counselors, want to hear about our successes, challenges, & ideas for supporting student needs. Let's invite them to listen.  
 #speakout #teacherssupport #family #understandus #hearourstoryandhearwhatwefeel
- 5. Students want safe spaces at school & mental health resources.** They ask for opportunities to connect to one another.  
 #OneOnOne #safezone #RelatingToStudents #Counselorsupport #judgementfree



**Do you want to be involved in future student voice events?** Stay informed about future opportunities by visiting WCSD's student voice [webpage](#).

#studentvoicematters #GreatIdea #greatcomments #studentshavevoices  
 #considerus #thankyouforlistening