

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.

different
emotional
email
people time help
anyone
music

t just feelings
listen need friends
students

different
emotional
email
people time help
kids

know
student
town
talking
student think
listen need friends
students
lot safe

- 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 #weareinthistogether
- 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
- Healthy emotional well-being is maintained through intentional focus & work. Like the rest of our bodies, mental health requires exercise!

 #FocusOnTheHappy #dowhatmakesyouhappy #lookatthebrightside #KnowYourEmotions
- 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 #teachersupport #family #understandus #hearourstoryandhearwhatwefeel
- 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