



# Wellbeing for school communities

Supporting  
student  
wellbeing

Empowering  
confident  
parenting





# Welcome to SchoolTV

SchoolTV serves as an invaluable resource for school communities, aiming to support the mental health and wellbeing of students.

Raising confident, happy, and resilient young people in today's world presents numerous challenges. SchoolTV bridges the gap between schools and parent communities, strengthening relationships and equipping them with the knowledge to empower confidence and navigate the complexities of modern-day parenting.

Many schools are already making commendable efforts to support student wellbeing. By integrating SchoolTV into existing programs, these efforts can be further enhanced, providing valuable insights into community concerns.

SchoolTV plays a crucial role in facilitating understanding, breaking down barriers, and finding common ground for schools and families across the globe. By working together to build parenting capabilities, we can foster an environment for students to thrive and improve educational outcomes.

SchoolTV looks forward to partnering with your school to support the mental health and wellbeing of all students.



**Because parenting doesn't  
come with instructions**

# Unique features of SchoolTV



## Customised Content

Schools have the ability to publish content that reflects the needs of their community



## Specialist Interviews

Interviews with leading specialists in their fields from the UK and internationally



## Curated Resources

Credible resources from key organisations are curated into single topics for easy reference



## Multilingual Translation

Multicultural families can translate the resource into various languages for better clarity and understanding



## Topics and Special Reports

Access to a range of youth mental health topics and special reports with new content added regularly



## Wellbeing Barometer

Provides a snapshot of concerns affecting the school community to highlight areas for further resourcing



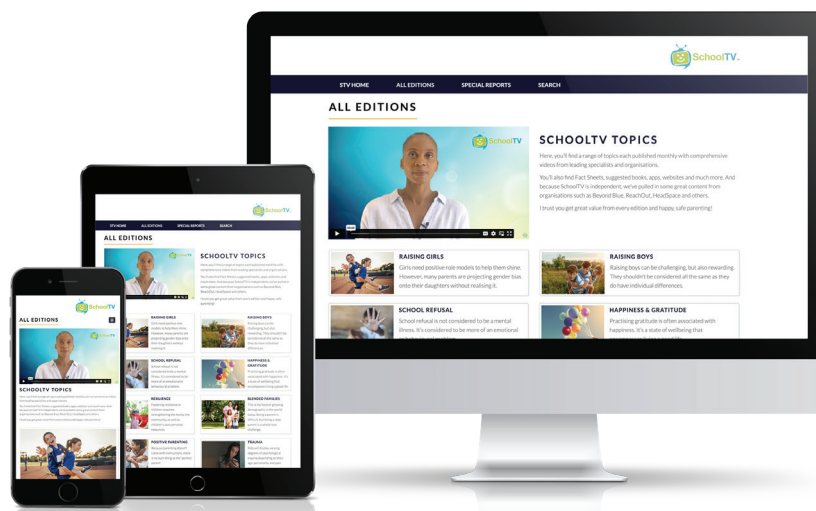
## Wellbeing Calendar

Allows schools to plan topics to reflect seasonal school events or annual awareness days



## Reporting Analytics

Real-time access to reporting analytics measuring community usage, survey results and overall sentiment



## Wellbeing Dashboard

Select and publish topics for easy content promotion, saving staff time and resourcing

# The state of youth wellbeing

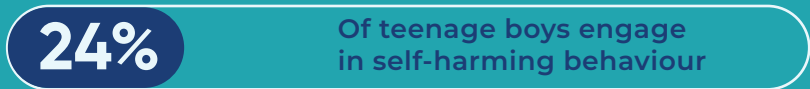
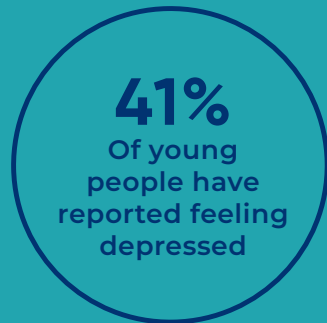
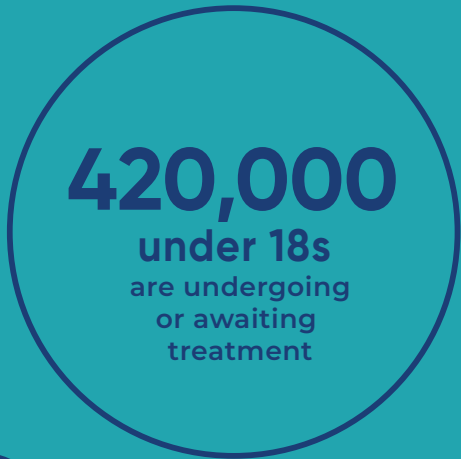
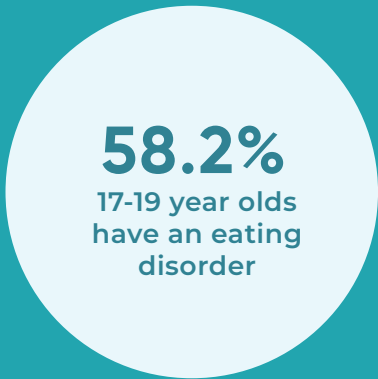


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Mental ill-health represents a major threat to the health, survival and the future potential of young people around the world. Mental disorders are the chronic diseases of the young.

World Economic Forum





### Top 3 Issues for teenagers

**1. School pressure**

**2. Mental health**

**3. Body image**

# The benefits of a whole school approach to student wellbeing



## Wellbeing Staff

- Provides immediate access to 'on-time' resources
- Complementary to existing school wellbeing resources
- Access to real-time reporting analytics
- Topics scheduled to align with existing school agenda
- Focuses on early intervention and prevention



## Educators & Other Staff

- Improves communication with parents and caregivers
- Helps staff identify student wellbeing issues
- Reinforces early intervention and prevention measures
- Starts conversations on issues affecting young people
- Some resources can be used as in-class handouts



## School Leaders

- Supports and complements a school's wellbeing offering
- Helps strengthen the school-family partnership
- Supports a whole school approach to wellbeing
- Enables students to thrive and achieve academically
- Meets parents expectations when seeking advice



## Parents & Caregivers

- Credible, accessible resources for parents and caregivers
- Provides an on-going stream of fact-based information
- School-branded to ensure a level of trust and dependability
- Empowers confidence in having parenting conversations
- Streamlines information and multiple resources in one place



# The SchoolTV framework supporting child and adolescent wellbeing

SchoolTV incorporates two key frameworks: **'The Five World Model'** and the **'Social Development Model.'** These frameworks are supported by the community, which plays a crucial role in the wellbeing of young people. By considering these various domains, we can effectively highlight the influence of protective and risk factors in the development of resilience and the prevention of mental health issues in children and adolescents.

## Individual World

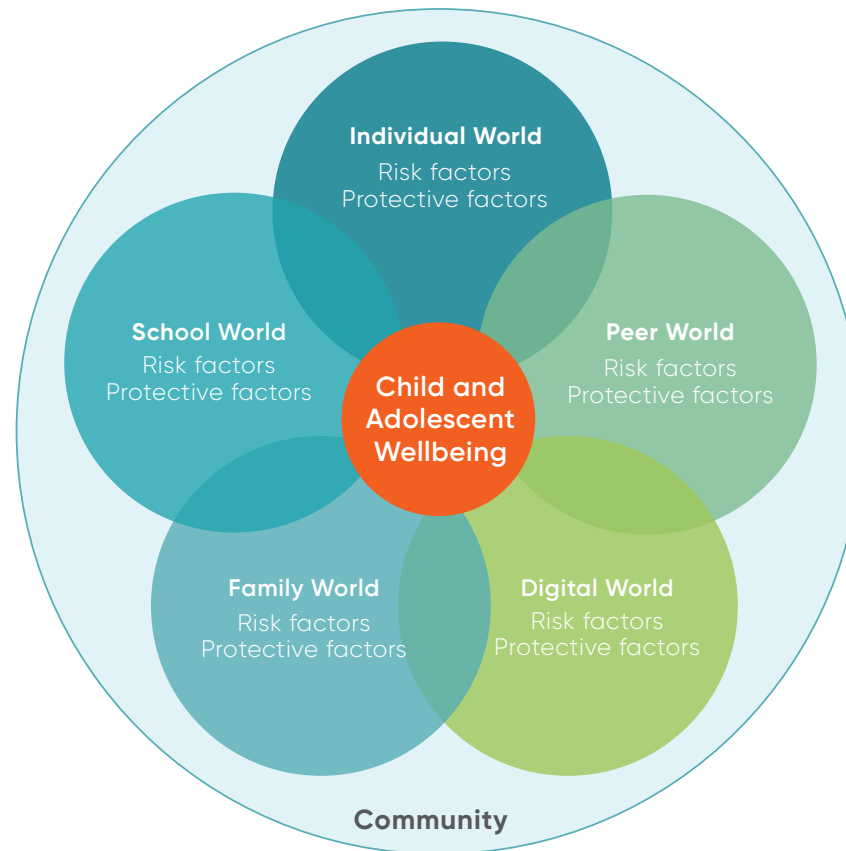
A young person's sense of self is crucial to their development, including their self-esteem, self-worth, and identity.

## School World

Positive school experiences can foster a sense of belonging and achievement, whilst negative experiences can lead to feelings of disengagement and isolation.

## Family World

The family environment plays a significant role in the development of a child's relationships with parents, siblings, and other family members.



## Peer World

Interactions with peers can be critical for social and emotional development and provide a sense of belonging and social support.

## Digital World

This is a distinct social context that presents unique opportunities, risks and challenges that impacts a young person's identity formation.

## Community

Engaging with the broader community can have a significant impact on development, sense of purpose, belonging and emotional growth.



## Remaining Relevant

Every parent's journey is unique and the obstacles faced along the way can differ greatly. At SchoolTV, we aim to provide families with the necessary support during each stage of a child's development.

The content and guidance is readily accessible when parents need it the most. SchoolTV covers a wide range of topics specifically designed to assist families with children aged 5-18 years. Regardless of a child's age or stage, the extensive collection of resources will ensure that families feel empowered with the knowledge to effectively support their children.



# Topic Editions and Special Reports

SchoolTV is an ever expanding library of topics designed to support the mental health and wellbeing of primary and secondary students. Schools have the ability to publish and share content that reflects the needs of their community. Every year new content is produced and updated, including video interviews with leading specialists and a host of resources from key organisations such as fact sheets, articles, apps, books, websites, podcasts and other videos.



## Mental Health Series

- State of Youth Mental Health
- Grief & Loss
- Suicide & Self Harm
- Drug & Alcohol Use
- Youth Anxiety
- Trauma
- Depression



## Healthy Body Series

- Mindfulness
- Body Image
- Sleep
- Eating Disorders
- Diet & Nutrition
- Physical Activity & Exercise



## Cybersafety Series

- Cyberbullying
- Digital Reputation
- Internet Addiction
- Managing Screen Time
- Online Gaming
- Impact Of Gambling
- Online Pornography
- Sexting



## Positive Parenting Series

- Friendship & Belonging
- Understanding Adolescence
- Raising Girls
- Raising Boys
- Blended Families
- Resilience
- Positive Parenting
- Happiness & Gratitude



## School Survival Series

- School Refusal
- School Transitions
- Surviving Final Year
- Exam Nerves



## Diversity & Inclusion Series

- Multiculturalism
- Neurodiversity
- Supporting Disabled Youth
- Gender Diversity
- Respectful Relationship
- Sibling Relationships

## Special Reports

- Elimination of Racial Discrimination
- Dealing with Disappointment
- Building Resilience
- Having the Alcohol Discussion
- Transition to High School
- Eco-anxiety
- The Conflict in Ukraine
- A Conversation on Consent
- Managing Overwhelm
- Vaping and e-cigarettes

# Interviews with leading wellbeing specialists



**Laverne Antrobus**  
Child Psychologist



**Kadra Abdinahir**  
Centre for Mental Health



**Dr Gilda Scarfe**  
Positive Ed



**Dr Nihara Krause**  
Stem4



**Anita Cleare**  
Positive Parenting Project



**Julie Stokes**  
Winston's Wish



**Lauren Seager-Smith**  
Kidscape



**Prof Sonia Livingstone**  
London School of Economics



**Lucy Bailey**  
Bounce Forward



**Prof. Lisa Doodson**  
Happy Steps



**Sue Roffey**  
Growing Great Schools



**Dr Emma Woodward**  
NZ Institute of Wellbeing & Resilience



**Antonis Kousoulis**  
Mental Health Foundation



**Andy Robertson**  
Founder Family Gaming Database



**Dr James Cusack**  
CEO of Autistica



**Lady Lucy French**  
Founder of 'Never Such Innocence'



**Dr Jerricah Holder**  
Child & Educational Psychologist



**John Southworth**  
Independent Schools Association



**Dr Elizabeth Scott**  
Headspace



**Hugh van Cuylenburg**  
The Resilience Project



**Prof Pat McGorry**  
Orygen



**Prof Ian Hickie**  
Brain and Mind Centre



**Prof Dorothy Bruck**  
Sleep Health Foundation



**Lesley Podesta**  
Alannah & Madeline Foundation



**Susan McLean**  
Cyber Safety Solutions



**Dr Jo Robinson**  
Orygen



**Christine Morgan**  
Butterfly Foundation



**Prof David Dunstan**  
Baker Heart & Diabetes Institute



**Dr Charlotte Keating**  
Psychologist



**Julie Rae**  
Alcohol & Drug Foundation



**Rev Tim Costello**  
Alliance for Gambling Reform



**Prof Frances Kay-Lambkin**  
Drug & Alcohol Research



**Melinda Tankard Reist**  
Collective Shout



**Dr Addie Wooten**  
Smiling Mind



**Prof Felice Jacka**  
Food and Mood Centre



**Tom Brunzell**  
Berry Street Education Model



**Dr Michael Carr-Gregg**  
Child & Adolescent Psychologist



**Paul Tupou-Vea**  
Clifftop Wellbeing



**Dr Denise Quinlan**  
NZ Institute of Wellbeing & Resilience



**Dr Jemaima Tiatia-Seath**  
University of Auckland



**Melinda Webber**  
University of Auckland



**Nigel Latta**  
Psychologist, Author & TV Host



**Prof Matt Sanders**  
Triple P



**Dr Chris Bowden**  
Victoria University of Wellington



**Dr Lucy Hone**  
NZ Institute of Wellbeing & Resilience

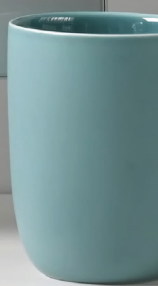
Leading experts and researchers in youth wellbeing from across the globe are interviewed for SchoolTV. Each edition includes content from specialists in their respective fields providing hours of relevant and practical information.



# Curated resources from key organisations



A popular feature of SchoolTV is its ability to aggregate curated content from many leading and key organisations supporting youth mental health. Each edition includes fact-based, credible and relevant content for users, delivered on a single topic.





# Wellbeing Dashboard

The Wellbeing Dashboard is designed to streamline content customisation, provide access to powerful data and includes a suite of marketing resources to help make the process of engaging your school community in student wellbeing simple and time efficient.



Wellbeing  
Calendar



Reporting  
Analytics

## Community Promotion

Seamlessly share wellbeing content within newsletters, EDM's and social posts across all topics to provide staff and parents with a common language for student wellbeing.



Wellbeing  
Barometer



FAQs

## Measure Engagement

Access real-time reporting analytics to view community usage, survey results and insights to highlight areas of concern which may require further resourcing.



School  
Admins



Marketing  
& Promotions

## Customise Content

The publishing topics feature allows you to select topics you would like visible on your SchoolTV site and manage the content you are sharing with your community.



How To  
Videos



Publishing  
Topics

## School Administration

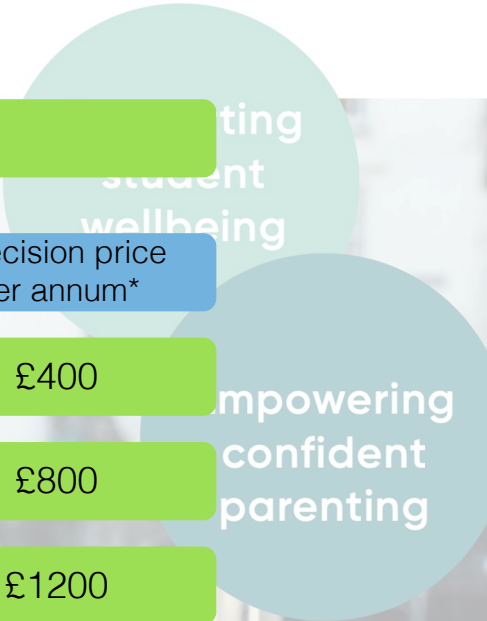
The dashboard is designed to save time and help communicate easily to your school community. Here you will find all the functions needed to manage your SchoolTV site.

Primary School List Price

| School size (pupil count) | SchoolTV list price per annum | 1decision price per annum* |
|---------------------------|-------------------------------|----------------------------|
| Micro (<90)               | £800                          | £400                       |
| Small (<200)              | £1600                         | £800                       |
| Medium (200-400)          | £2400                         | £1200                      |
| Large (400+)              | £3200                         | £1600                      |

Additional multiyear discount

- 10% discount for 2 years
- 20% discount for 3 years



\* Prices only available to 1decision customer and VAT will be applied at the prevailing rate





For more details, please visit:

[www.1decision.co.uk/school-tv](http://www.1decision.co.uk/school-tv)



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