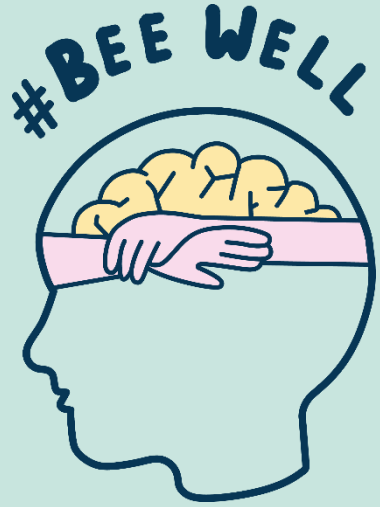




#BeeWell
Hampshire
IoW
Portsmouth
Southampton

Introducing the
survey to students



What is #BeeWell?



Your school has signed up to #BeeWell – a survey that was designed by young people, to help us understand your wellbeing and what we can do to make positive change.

MAKING YOUNG PEOPLE'S WELLBEING
EVERYBODY'S BUSINESS

The questions



You will be asked to complete some questions about your life, for example how you feel, how you manage your emotions and how satisfied you are with your life. Questions also ask about your relationships, your hobbies, your health and your school

All the questions are multiple choice – like this:

Please answer the following questions about when you feel worried:

	Hardly ever	Sometimes	Often
I keep myself from losing control of my worried feelings.	☐	☐	☐
I talk to someone until I feel better when I am worried.	☐	☐	☐
I try to calmly settle the problem when I feel worried.	☐	☐	☐

Why is it important?



Logging in



Your teacher will give you your own individual password to log in.

The website to log in is : <https://tinyurl.com/beewell-hips>

When you open the website, it looks like this :



#BeeWell

Please log in.

Password

Next →

What next?



After the survey, the data from Year 8 and 10 classes will be combined and shared with your school.

Remember – your own answers are anonymous

Data from different schools will also be combined and shared with organisations that can help to make a difference in your area, e.g. local voluntary organisations, health and local authorities.

Using the data, positive change can then be made to improve your wellbeing.

In Greater Manchester where schools have been doing the #BeeWell survey for two years, some of the changes made have included:

- 100 young people trained as young health champions
- £100,000 spent on activities during the summer break
- #BeeWell schools signed up to a politics project – year 9 pupils got a chance to tell council officials what was important for them to change
- Investment in a forest school, to be able to meet new people and spend time in nature

Support



Your teacher will support you to complete the survey if you need help.

If you find yourself feeling anxious, stressed, or overwhelmed, there's support out there for you:



Your doctor (GP)



Childline: Call 0800 1111 (available 24/7)

Samaritans: Call 116 123 (available 24/7)

NHS Mental Health Triage Service: Call 111 (available 24/7)



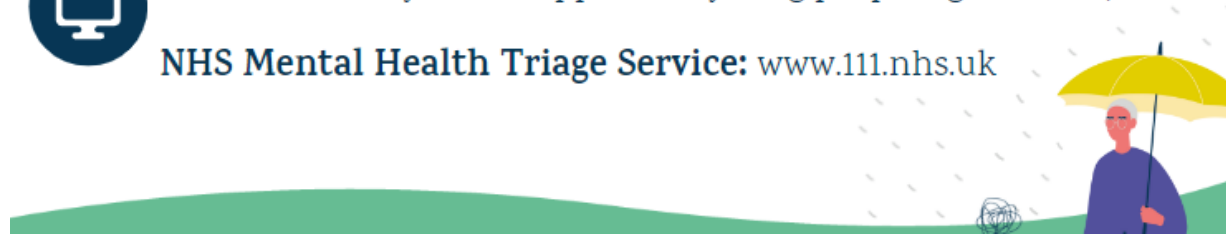
ChatHealth 11-19: Text 07507 332160 (NHS service for young people to get confidential health & wellbeing support.)

Shout: Text 'HANTS' to 85258 (Connect with a trained volunteer who can offer a range of health & wellbeing support.)



Kooth: www.kooth.com (Online mental wellbeing community with free, anonymous support for young people age 11 to 18.)

NHS Mental Health Triage Service: www.111.nhs.uk



Questions?



<https://beewellprogramme.org>