



Go Higher West Yorkshire (GHWY)

Wellbeing in education campaign: 'Transitions'

Notes to accompany animation delivery



An introduction to the campaign...

Young people can experience a range of wellbeing difficulties as they progress through school and further education. GHWY's wellbeing in education campaign has been developed to help students (and their key influencers) understand more about the difficulties that can be faced during their education journey. Moreover, how to understand, establish or maintain positive wellbeing. The campaign is underpinned by recent insights and was tested across multiple audiences before the initial campaign animation and microsite (signposting to helpful and specialist wellbeing services) was finalised.

Animation 1 – 'Transitions' - The **lockdown** brought with it multiple difficulties. One of the key elements of adjusting to life in lockdown has been learning to **navigate challenges** and **cope with change**. Watch our 'wellbeing in education – transitions' animation to explore how 16 year old Ananya and her family managed some of the challenges this year has presented. Moreover, how she and her brother adopted a **positive approach** to keep their **minds and bodies healthy** and their **education on track** throughout the spring and summer of 2020.



Ideas for delivery...

This campaign can be found at:

www.gohigherwestyorks.ac.uk/wellbeing/

It has been designed with the assistance of educators, wellbeing professionals, young people and parents/carers. GHWY suggest that it is viewed/explored by a young person with or via a member of staff in school or a similar setting. It could also be useful to share with parents/carers.

Please try to ensure that students know the wellbeing point of contact in your Institution. This is in case they wish to discuss any struggles they may be experiencing (related or non related to the topics featured in the campaign).

The animation is suitable for viewing with one young person or with a group. It is advised you watch the animation and visit the website before sharing to ensure you are familiar and comfortable with the content.



Talking points...

We hope that the piece naturally encourages a positive dialogue with young people regarding how to cope with change and grow resilience. Here are a few pointers to get you started...

- What did you do during lockdown to get or stay healthy or happy (even small things count!)
- What worked to help keep you on track when things changed quickly and unexpectedly?
- What good habits started during lockdown will you keep up with? What worked best to keep you feeling positive?
- What did you learn from facing challenge / change that you might reflect on next time you are challenged or faced with a big change?



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Josh's story,
dealing with stress



In the coming months GHWY will be releasing **more instalments of our wellbeing in education campaign**. These additional animations and supporting content address other commonly encountered wellbeing difficulties accompanied with **practical techniques and information to support positive wellbeing**.

Please visit www.gohigherwestyorks.ac.uk/wellbeing/ to stay up to date with future releases of this campaign (anticipated late 2020 / early 2021)

Lexy's story, overcoming
isolation

Ben's story, building
self-confidence

