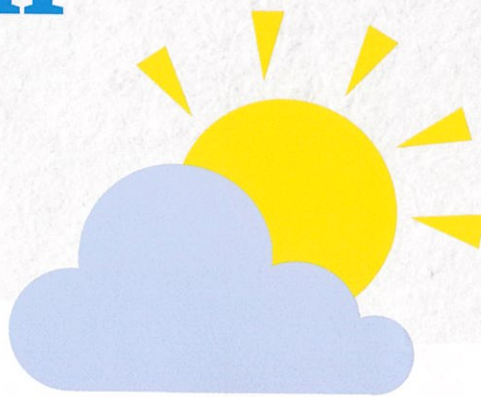


Growing a mentally healthy generation

Be You aims to transform Australia's approach to supporting children's and young people's mental health in early learning services and schools. Our vision is that every learning community is positive, inclusive and resilient – a place where every child, young person, educator and family can achieve their best possible mental health.



Professional learning, tools and support

Be You promotes mental health and wellbeing, from the early years to 18, and offers future and current educators and learning communities evidence-based online professional learning, complemented by a range of tools and resources to turn learning into action.

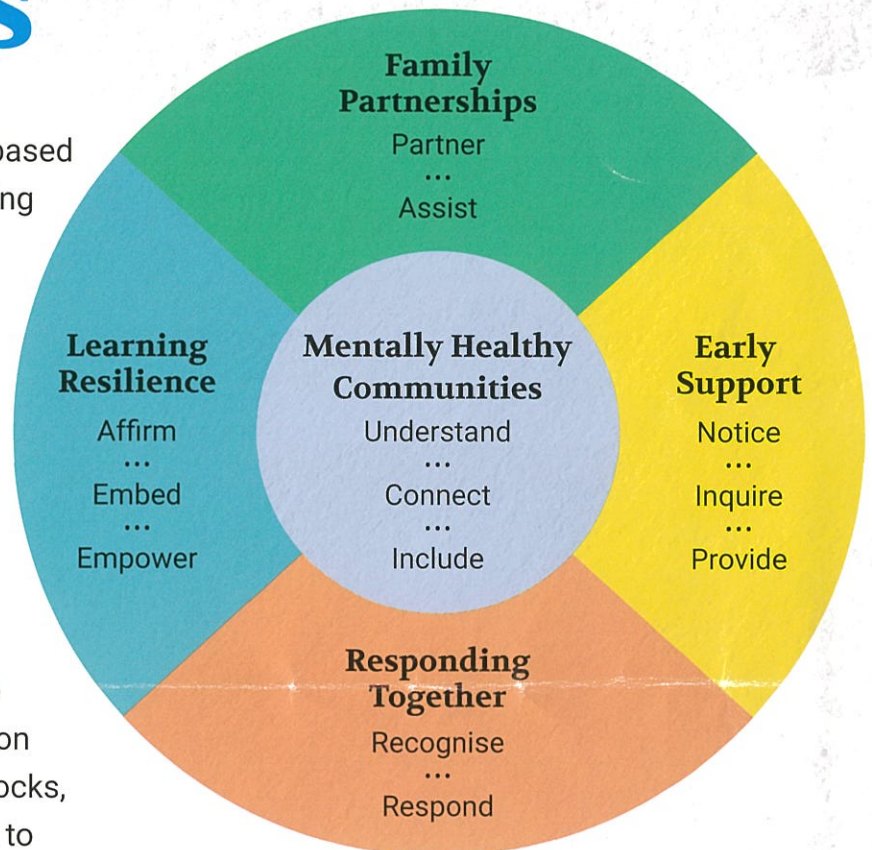
Be You empowers educators, helping them to develop valuable mental health skills and knowledge, while also providing an effective model for implementing a whole-learning community approach to mental health and wellbeing.



Empowering Australia's Educators

Be You is a national framework to empower every Australian educator – from early learning to primary and secondary school as well as our next generation of teachers.

- ▶ A contemporary, interactive, evidence-based framework, Be You Professional Learning consists of 13 modules grouped under five domain areas, focused around building mentally healthy communities.
- ▶ Current and future educators can register as individuals, while early learning services and schools can register as a learning community.
- ▶ Early learning services and schools are backed by trained Be You Consultants on the ground with a roadmap, building blocks, professional development and support to foster a mentally healthy learning community.
- ▶ At Be You, we recognise that positive change happens through a whole-setting approach to implementation because success requires collaboration and a shared understanding of the specific needs of each learning community.



Be You Professional Learning Modules.

Designed with educators and for educators

Be You has been designed with input from hundreds of educators, with their workloads, daily pressures and complexities of their roles in mind. It offers flexible professional development that allows educators to set their own pace and start anywhere depending on their unique needs and priorities.

Funded by the Australian Government Department of Health, Be You is a free resource available to every educator and learning community in Australia.

Begin your
Be You journey now
at beyou.org.au