



Your Passport

To health and wellbeing

	Your details
Name	
School	
Class	

Everyone in your school, staff and students share responsibility for creating a positive ethos and a climate of respect and trust.

Your school is taking part in the Passport to Health and Wellbeing, an original concept developed by teachers and students at Dunoon Grammar school.

See Me is Scotland's programme to end mental health stigma and discrimination, enabling people who experience mental health problems to live fulfilled lives. We support schools through providing resources and training to staff and students.

See Me hopes that the passport will;

- Support people to work together to end mental health stigma and discrimination
- Change negative behaviour towards those with mental health problems
- Ensure that the human rights of people with mental health problems are respected



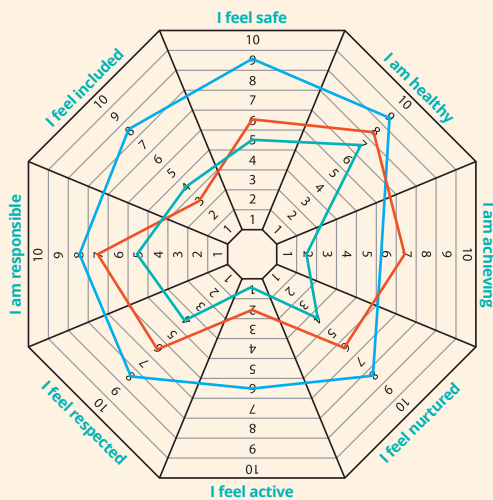
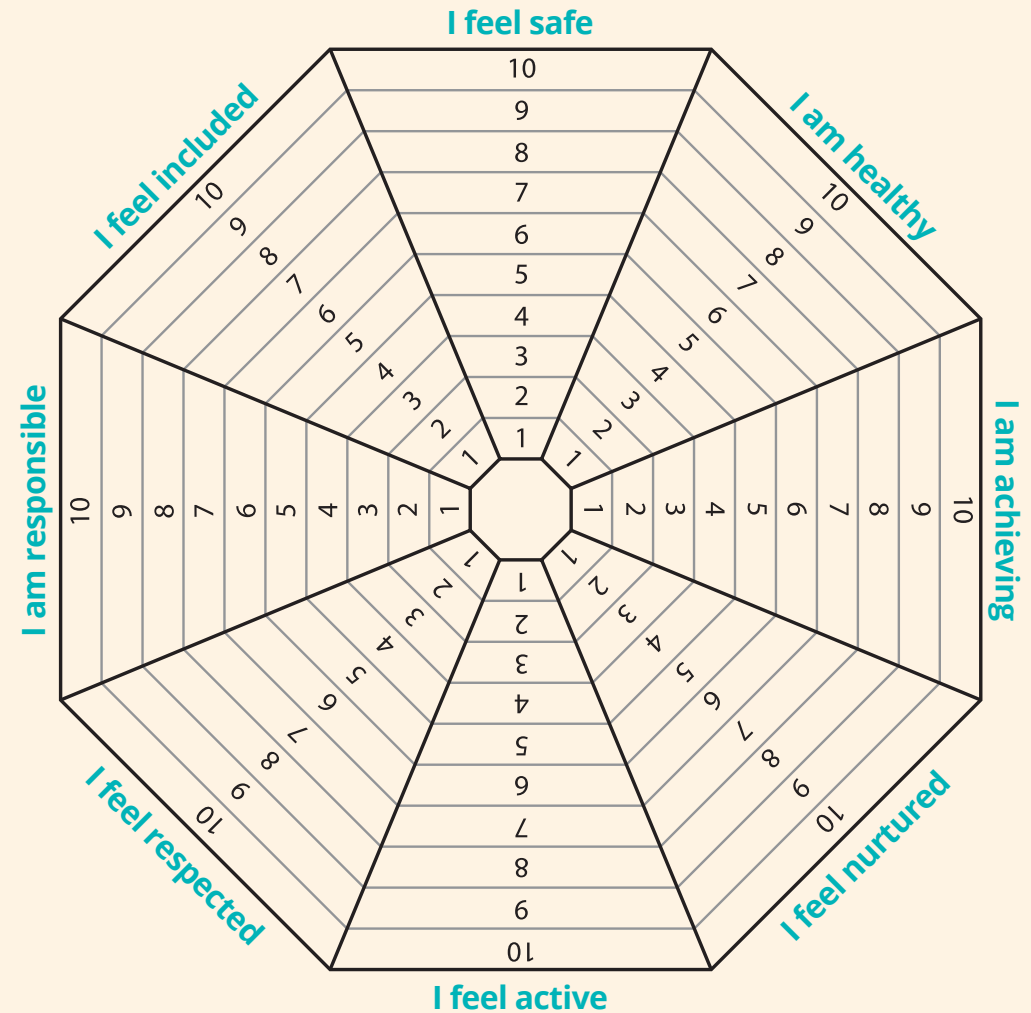
The wellbeing web

Everyone has ups and downs in life. Sometimes it's difficult to talk about these so the wellbeing web is designed to help you think about how you are feeling and doing. This is your copy of the wellbeing web; you will use this to track how you feel over time using at least two different coloured pens. You will use the pen to position your feelings around each area.

The wellbeing web has eight points of wellbeing: **I am safe, I am healthy, I am achieving, I feel nurtured, I am active, I feel respected, I am responsible** and **I feel included**.

Choose a starting point on the web and use the scaling key to plot where you are (between 1 and 10) there is no right or wrong answer. The wellbeing web may be completed in one session or in more than one session. Once you have completed this connect all the crosses to get your web. Remember and use a different colour pen each time you complete the web.

	Date of completion	Name
1		
2		
3		



Scaling key
 1: Not at all true of me
 10: Very true of me

I feel safe

It's important that we all feel safe to talk openly about mental health

Young people can find it especially difficult to express their feelings and open up to others. It's important to speak to someone if you don't feel safe.

HWB no. 2.41a- 4.41a	Rate how well you feel supported by the school (?/10)				
	Signatures			Evidence	
	Pupil	Adult	Peer		
Level 4					
Level 3					
Level 2					

I am healthy

This is coping well with our physical and mental health

Being healthy is about how you cope with the ups and downs of everyday life. It affects how we think, feel and behave.

HWB no. 2.42- 4.42	Rate how well you feel supported by the school (?/10)				
	Signatures			Evidence	
	Pupil	Adult	Peer		
Level 4					
Level 3					
Level 2					

I am achieving

If our mental health and wellbeing is good, then it helps us to achieve our potential

Looking after mental health and wellbeing helps you feel confident that you can do well.

HWB no. 2.20- 4.20	Rate how well you feel supported by the school (?/10)				
	Signatures			Evidence	
	Pupil	Adult	Peer		
Level 4					
Level 3					
Level 2					

I feel nurtured

We all need to feel cared for and protected when growing up, as this helps us to have good mental health

Feeling nurtured helps us deal with the negative things that happen in life and supports your self-esteem.

HWB no. 2-44- 4-44	Rate how well you feel supported by the school (?/10)				
	Signatures			Evidence	
	Pupil	Adult	Peer		
Level 4					
Level 3					
Level 2					

I feel active

Trying new things and taking part in activities which we enjoy can help our mental health

Everyone is unique and should have equal chance to opportunities that make you feel good about you and the future.

HWB no. 2-26, 3-26, 4-26	Rate how well you feel supported by the school (?/10)				
		Signatures			Evidence
		Pupil	Adult	Peer	
Level 4					
Level 3					
Level 2					

I feel respected

This means we show that we care about how others feel and think about their wellbeing

Supporting an environment where people feel able to open up about how they feel without the fear of being judged or judging others.

HWB no. 2-03, 3-03, 4-03	Rate how well you feel supported by the school (?/10)				
		Signatures			Evidence
		Pupil	Adult	Peer	
Level 4					
Level 3					
Level 2					

I am responsible

Listening to others and understanding different views can help our mental health, and the people around us

Showing we care, doing the things you are expected to do and accepting the consequences of your actions and behaviours.

HWB no. 2-12, 3-12, 4-12	Rate how well you feel supported by the school (?/10)				
		Signatures			Evidence
		Pupil	Adult	Peer	
Level 4					
Level 3					
Level 2					

I feel included

We all need to have a voice in the decisions that affect us, to be listened to and taken seriously

We all need to feel like we belong and that can look different to everyone. You should be able to do the things you enjoy with people who you like.

HWB no. 2-14, 3-14, 4-14	Rate how well you feel supported by the school (?/10)				
		Signatures			Evidence
		Pupil	Adult	Peer	
Level 4					
Level 3					
Level 2					

Wellbeing web review

We all need to look after our wellbeing throughout our lives

This is your chance to identify how your wellbeing has been across the year. Using your web, record your results from the beginning and end of your passport and using + or – record the difference.

	Pre	Post	Difference
Safe			
Healthy			
Achieving			
Nurtured			
Active			
Respected			
Responsible			
Included			

It is important that you set yourself goals to help you continue to develop in your life. Select 3 indicators from above and set yourself future targets for this area.

Choose 3 areas	Set future goals for this area

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