

WHY WE NEED TO **STOP** TEACHING KIDS HOW TO BE HAPPY... AND START ENSURING THEY LEARN TO LIVE WELL

CONTEXTUAL WELLBEING: CREATING POSITIVE SCHOOLS FROM THE INSIDE OUT

WRITTEN BY DR HELEN STREET, PUBLISHED BY POSITIVE SCHOOLS, 2018

‘This could well be the book that starts a revolution in the way we think about schools...’

Dr Michael Carr-Gregg, Child & Adolescent Psychologist & Author, Australia

‘Helen Street talks about some of the most important issues facing education today’

Sir Anthony Seldon, Co-founder Action for Happiness, UK

Schools and colleges around the developed world have never tried to do so much to support the mental health and wellbeing of their students. Yet, current research tells us that nearly 25% of young people are experiencing distress across the developed world. When it comes to the support of wellbeing, schools may be trying to get it right, but, even their best efforts are not working well.

Simply put, unhealthy educational context is creating problems that well-intentioned wellbeing icing simply can't fix. Our schools and colleges are brimming with overloaded and struggling teachers, unhealthy physical spaces, and an over-riding emphasis on competition, outcomes and inequity.

Dr Helen Street's new book, *Contextual Wellbeing*, offers a concrete usable framework for building a healthy, equitable social context in every school and college. If we are to effectively support wellbeing and self-determination in young people we need to create school contexts that offer equitable education, build mindfulness, intrinsic motivation, and a love of learning, and normalize trusting and compassionate relationships. It is time that we changed education from the inside out, so that young people flourish from the outside in.

‘This book provides an indispensable guide to creating healthier and more effective schools.’

Andrew Fuller, Clinical Psychologist & Author, Australia

‘...a must-read for every parent and educator...’

Tracey Spicer, Journalist & Author, Australia

Please contact enquiries@wisesolutions.com.au for publication information, media enquiries and a copy of *Contextual Wellbeing*

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