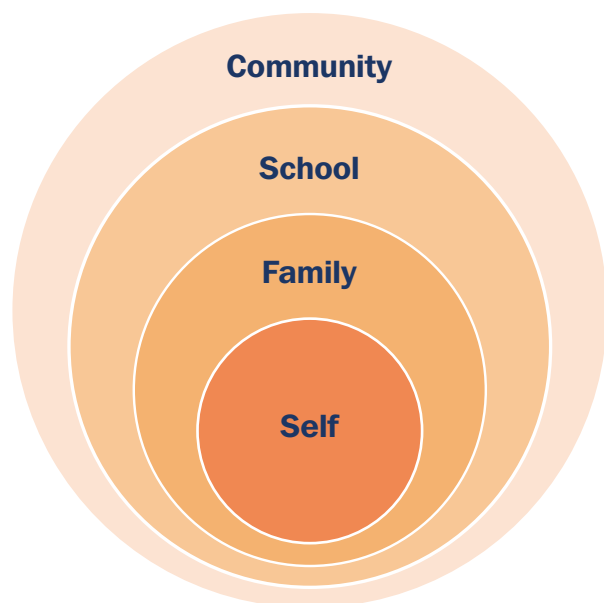


## The Self and the Community

A whole school approach to mental health and wellbeing



### Introduction

- Community involves people having a sense of belonging to a group with which they have something in common. This may relate to history, location, culture, beliefs, profession, sexuality or interest. Belonging to a community gives young people a context in which to learn, to develop socially and emotionally, and to become resilient. School is one community among many.
- The Self and the Community Model provides an accessible process for discussing the key dimensions of Self, Family, School and Community.

### Model

- Self – The individual is at the centre of family, school and community relationships.
- Family – The family supports the individual as a part of the whole school community. The family plays a significant role in the school and community.
- School – The school can influence the individual and his or her family's contribution to the community.
- Community – The community reflects aspects of the individual, his/her family and the school.