



Strengthening Pupil Voice

Ideas for improving pupil involvement in wellbeing initiatives in **secondary schools**

01

How can pupils get involved?

Sports Leaders

Surveys & Questionnaires

Support Groups
e.g LGBTQ+

Pupil Trust Ambassadors



Wellbeing Ambassadors

Student Councils

Pupil reps on Mental Health Working Groups

02

How can we listen to pupils who might need early intervention?

Suggestion & self-referral boxes

Drop-ins:

Wellbeing cafes (group peer support)
Exam anxiety/stress management workshops
Wellbeing squares & hubs

One-to-one peer support:

"Walk & talk" 15 min peer mentoring
Transitional year mentors



Open door & signposted support: (SMHL, Mental Health First Aiders, ELSA, Counselling)

03

How can we consider everyone's voice?

- Accessible surveys
- Focus groups - random cross-section of pupils to meet once a month
- Broader discussion groups (and confidence building workshops)
- Encourage pupils with additional needs or from disadvantaged backgrounds to become ambassadors
- Alternative channels e.g. video
- Help your student council to meet regularly with other peer-led groups
- Request feedback from family intervention groups
- Collate student voice from one-to-one sessions with vulnerable learners



04

Things to consider

Whole-school approach - not "add-on"
Help council reps listen to wider school voice
Involve pupils in co-designing questionnaires
Clear signposting and messaging



05

How can we show we are listening?

- "You said, we did" assemblies & posters
- School-council led AGMs/assemblies
- Form time
- Website
- School action plans
- Update mental health policy



ASK, LISTEN, ACT, FEEDBACK

