

# LET'S CHECK-IN!



## New Brunswick Youth Check-In

### WHY THE YOUTH CHECK-IN?

**Mental health matters.** New Brunswick youth deserve to have the best services and supports in place in schools that cultivate a culture of caring. Mental health discussions are happening in schools on a regular basis. This is how we begin to break down walls and reduce the stigma connected to mental health and access to supports. According to Deci and Ryan (2000), there are three important things for positive mental health: feeling competent, having some control over your life (autonomy), and feeling connected to others. Schools can help students' mental health by giving them chances to build good relationships and involving the whole school community.

#### THREE IMPORTANT FACTORS FOR POSITIVE MENTAL HEALTH:



COMPETENCE



AUTONOMY



CONNECTEDNESS

The Youth Check-in was developed using research and the ideas that we should ask the right questions and give schools timely information. If we do this well, we can help schools make plans, respond to problems, and give support to improve young people's mental health.

We know we should ask students how they are doing more often. The Youth Check-in asks questions about how students feel, if they are anxious or depressed, and where they could find supports. It also asks about how students connect with adults and peers in healthy ways (connectedness). Questions about engagement and relevance show how connected students are to their own learning and goals. Asking these questions shows that we value learners' purpose and autonomy.



In the  
**2022-23 school year**  
we piloted the **Youth  
Check-in** throughout  
the Anglophone  
sector.

## ABOUT THE YOUTH CHECK-IN



*The Youth Check-in Survey is a measure that provides check-ins with students on actionable school themes related to student mental health, school relevance, and school relationships. The Youth Check-in Survey is administered three times per year. Survey reports present descriptive information about each question, as well as index outcomes for each theme. Index results are presented on a six-point scale, where "1" and "2" are categorized as low, "3" and "4" denote moderate, and "5" and "6" refer to a high outcome.*

1

"LOW"

2

3

"MODERATE"

4

5

"HIGH"

6

Overall, **we reached 55% of students in Grades 6 to 12**, providing us with a range of key information related to student mental health and well-being, school relevance, social relationships, and activity participation.

## HOW DOES THE YOUTH CHECK-IN BENEFIT OUR SCHOOL?

- School reports are created through an automated system and presented to schools in a timely fashion.
- Students' individual responses are confidential; only school-level aggregate results are used to create school-based reports.
- After the survey closes, schools receive a four-page report that provides an index score for each theme, student mental health and well-being, school relevance, and connectedness. The report also breaks down the responses in each category.
- Schools that check-in with their students will have data multiple times per year—similar to report cards, but instead of providing grades, they provide snapshots of student well-being with actionable items at the school level.
- Survey results will ultimately allow schools to better support their students because they are asking how students are doing at different points in the year.
- April results from feeder schools could be shared in transition meetings to prepare for the next year.
- The data will provide schools with a path forward and validation for the work they have been doing.





## WHAT DOES MY SCHOOL NEED TO DO TO PARTICIPATE?



- The Youth Check-in will be administered during two mandatory periods that will run **Sept 22–Oct 6** and **April 5–22**. Schools will be expected to participate in these two survey periods as they will provide provincial benchmarks.
- The survey is only designed for Grades 6 through 12 students.
- Each school administrator will be sent an electronic link to share with students so they can complete the Youth Check-in Survey on a laptop, phone, or iPad.
- Once students click the link, they will choose their school from the dropdown menu.
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- Next, students complete the 12-item Youth Check-in Survey, which takes approximately two to five minutes.
- Each school will have a two-week period to invite students to complete the survey.
- Schools can optionally administer the survey as often as they choose beyond the mandatory administration periods. Each time the survey is completed by your school, a report will be generated.



## HOW DOES THE YOUTH CHECK-IN BENEFIT STUDENTS?

- Students who've completed the survey have shared that simply being asked the survey questions makes them feel more supported.
- School data can provide insight that helps a school better meet the needs of each student. These insights inform a more personalized approach to support and possible interventions.

## WHAT IS REQUIRED OF STUDENTS?



- Students need to click on the link using any computer, laptop, phone, or tablet to complete the 12-item Youth Check-in Survey, which takes approximately two to five minutes.
- The survey is completely anonymous, so no identifiers are asked beyond a couple of helpful demographic questions.



## WHAT RESOURCES ARE AVAILABLE TO SUPPORT OUR STUDENTS AFTER THEY COMPLETE THE YOUTH CHECK-IN?



Building supports for our students and schools has always been part of the vision of the Youth Check-in. During Fall 2023, we hope to meet with student focus groups to explore what resources are most useful and impactful for ages 11–21.

## LINKS FOR THE SURVEY:

ASD-SOUTH



ASD-NORTH



ASD-EAST



ASD-WEST



**Thank you so much for your support** for this youth-focused initiative and the opportunity to hear from students on their perspectives and experiences. We believe that the insights provided through the Youth Check-in will initiate a range of actionable school activities that will contribute to student well-being in every region of the province.



PLEASE CONTACT [ANDREW.CULBERSON@GNB.CA](mailto:ANDREW.CULBERSON@GNB.CA) IF YOU HAVE QUESTIONS OR NEED FURTHER INFORMATION REGARDING THE YOUTH CHECK-IN OR YOUR SCHOOL'S PARTICIPATION.