Feeling safe, engaged and included at school all contribute to having a positive sense of well-being. At the TDSB, we promote positive mental health through safe and caring schools, healthy schools and inclusive schools that are responsive to all as we celebrate the diversity in our communities. As part of the 2017 Student Census, the TDSB asked students in Grades 4 to 12 about their overall emotional well-being as it related to school and beyond.

This data is just one piece of information we use to help inform decisions and respond directly to the voices of students and support their achievement and well-being.

**Emotional Well-being Index (High/Middle)**

![Graph showing emotional well-being index](image)

**Positive Emotions (All the time/Often)**

<table>
<thead>
<tr>
<th></th>
<th>Grades 4-6</th>
<th>Grades 7-8</th>
<th>Grades 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>I feel happy</td>
<td>84%</td>
<td>77%</td>
<td>66%</td>
</tr>
<tr>
<td>I feel good about myself</td>
<td>78%</td>
<td>71%</td>
<td>60%</td>
</tr>
<tr>
<td>I feel hopeful about the future</td>
<td>75%</td>
<td>72%</td>
<td>58%</td>
</tr>
<tr>
<td>I like the way I look</td>
<td>74%</td>
<td>61%</td>
<td>54%</td>
</tr>
</tbody>
</table>

Source: 2017 Student & Parent Census
Students’ Emotional Well-Being

**Negative Emotions (All the time/Often)**

- I feel sad: 11% (Grades 4-6), 14% (Grades 7-8), 19% (Grades 9-12)
- I feel lonely: 9% (Grades 4-6), 15% (Grades 7-8), 22% (Grades 9-12)
- I am nervous or worried: 15% (Grades 4-6), 30% (Grades 7-8), 41% (Grades 9-12)
- I am under a lot of stress or pressure: 17% (Grades 4-6), 30% (Grades 7-8), 49% (Grades 9-12)
- I am losing confidence: 13% (Grades 4-6), 20% (Grades 7-8), 29% (Grades 9-12)

**Worries Related to Others**

- Current Events: 31% (Grades 4-6), 31% (Grades 7-8), 31% (Grades 9-12)
- Relationship Issues: 32% (Grades 4-6), 35% (Grades 7-8), 41% (Grades 9-12)
- Family Members: 41% (Grades 4-6), 41% (Grades 7-8), 41% (Grades 9-12)
- Family’s Financial Situation: 25% (Grades 4-6), 29% (Grades 7-8), 29% (Grades 9-12)

**Worries Related to Self**

- Mental Health / Emotional Well-Being: 34% (Grades 4-6), 40% (Grades 7-8), 40% (Grades 9-12)
- Physical Health: 38% (Grades 4-6), 41% (Grades 7-8), 41% (Grades 9-12)
- I am worried about my own future: 58% (Grades 4-6), 72% (Grades 7-8), 72% (Grades 9-12)
- I am worried about my school marks: 74% (Grades 4-6), 79% (Grades 7-8), 79% (Grades 9-12)

**Moving Forward**

- Enhance the overall school learning environment to ensure students feel that their identities are represented in classroom resources and in all aspects of school activities.
- Develop school-specific well-being goals that reflect and resonate with the school's diverse community. Focus on strengthening relationships between students and school adults, striving to ensure that all students have a caring adult to turn to.
- Align specialized mental health and well-being staff and resources closer to schools in support of students.
- Partner with local health organizations to develop actions to enhance students’ resilience, coping and help-seeking skills.

Source: 2017 Student & Parent Census