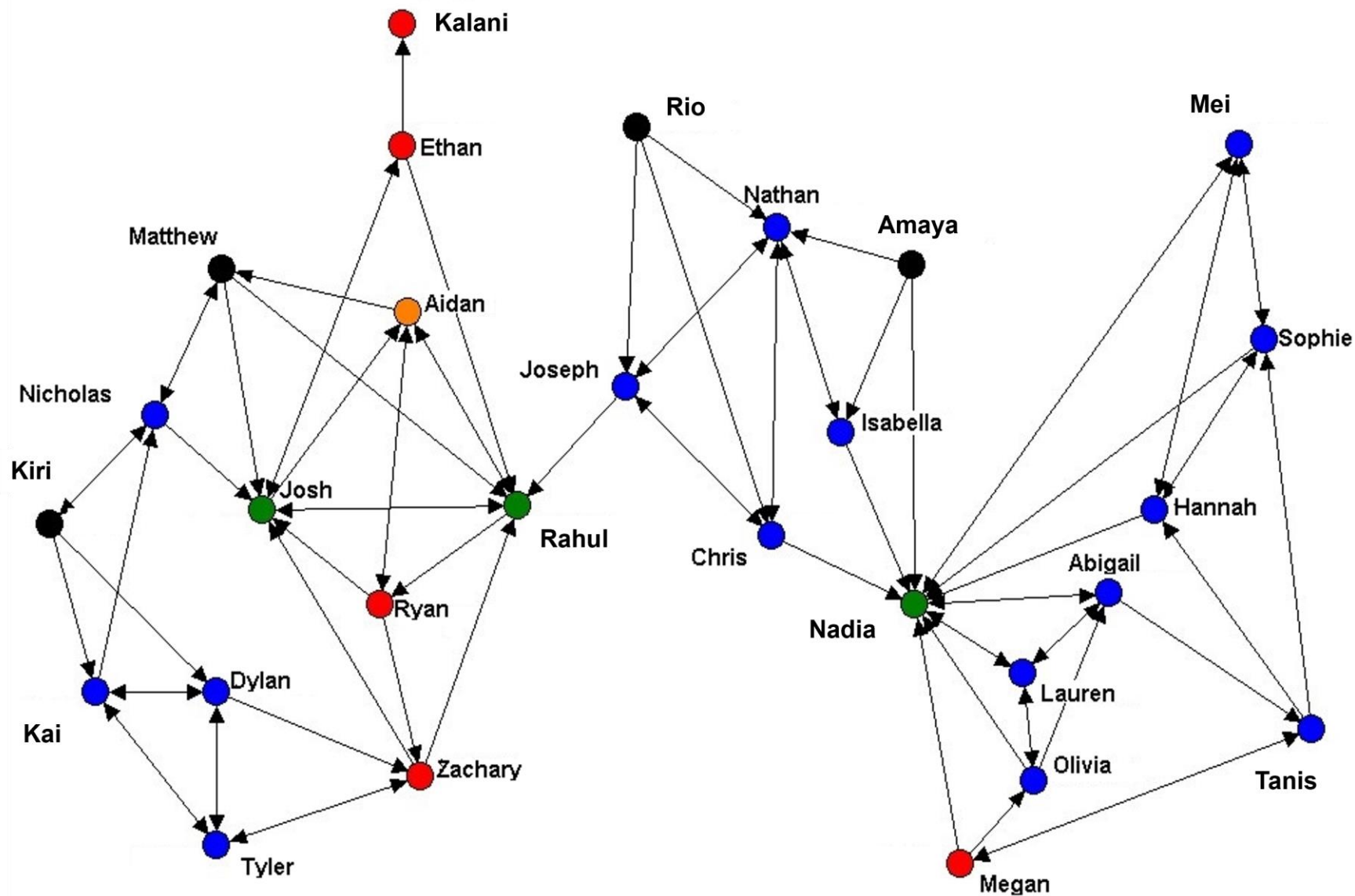


Mental health  
and well-  
being

Social  
relationships

Motivation  
and  
engagement

Achievement  
outcomes



● Popular

● Average

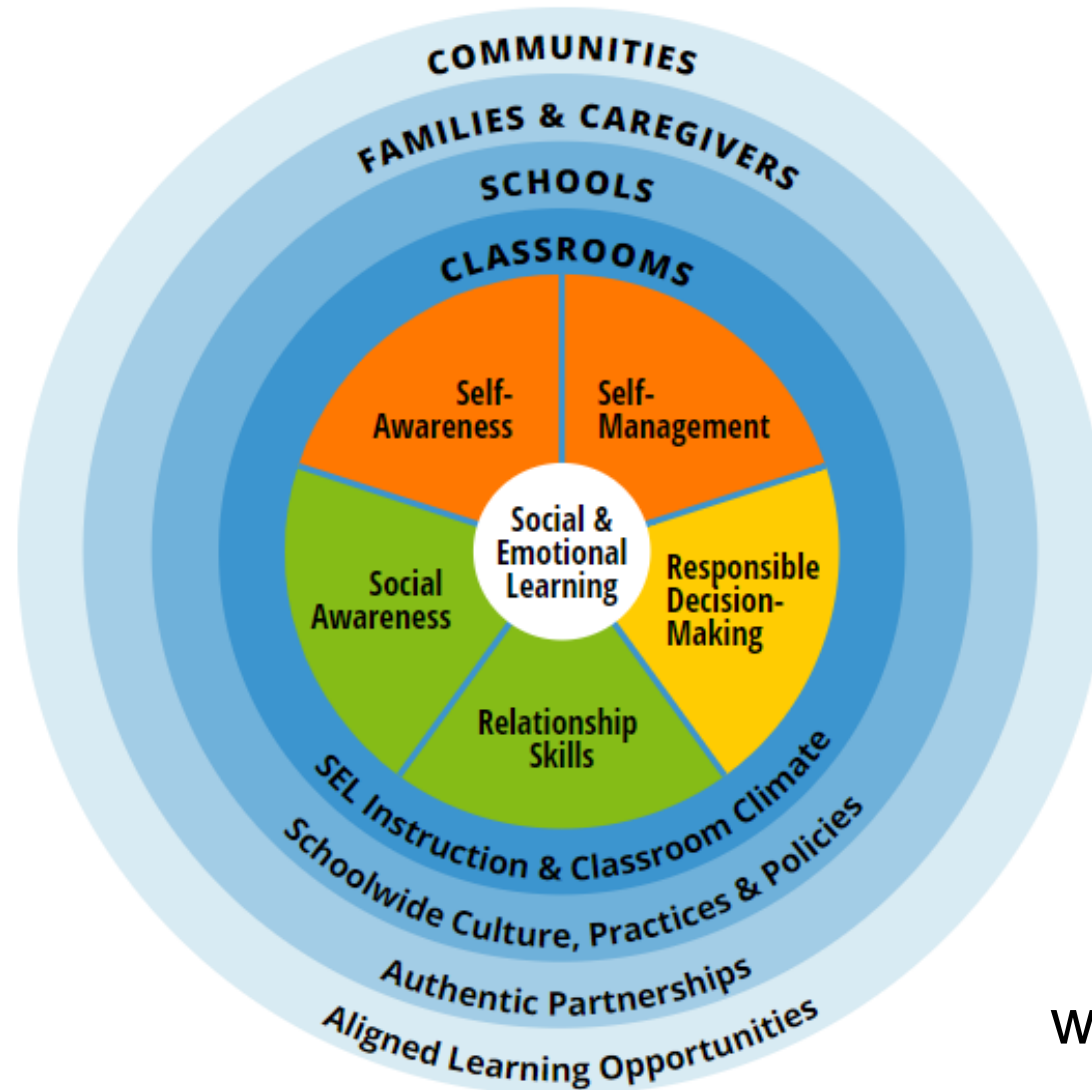
● Controversial

● Rejected

● Neglected

*Peer status categories  
(based on statistical cutoffs)*

# Social and emotional learning





# Whole-School Approach within Mental Health Support Teams



*Procter, Roberts, Macdonald, Randell, & Banerjee (2021)*

# Sussex Centre for Research on Kindness

Research that  
shines a light on the  
nature and  
importance of  
kindness and its  
impacts on people  
and communities



# The centrality of trust and belonging



- Longitudinal idiographic study working with four young people with experience of school exclusion, all taking part in a theatre project (Hanrahan & Banerjee, 2017)

*He didn't give up on us. [. . .] I'm not gonna lie, if I was a director or something, I'd probably give up on us, because we're people from backgrounds, never done acting before. [. . .] So he took a risk with us, and he believed in us. [. . .] It feels good too, for someone to actually put their trust in us*

*It feels like a whole team thing[. . .] It feels good man. It's good to be part of something. [. . .] It means I'm not a nobody*



*I just used to feel like I [. . .] should be that hard rude girl [. . .] Before it's like everything was against me [. . .] I didn't want anybody around me, I just wanted to do my own thing, didn't care about nobody; whereas now, it's more like [. . .] I let people in more, I guess*

# An environment that supports human flourishing

- Does the environment support **basic psychological needs**?
- Key ingredients:
  - Self-expression and exploration
  - Freedom of choice
  - Validation of competence with appropriate challenge
  - Social bonding and community building

*Levstek & Banerjee (2021)*

*Ferrell, Levstek, & Banerjee (2023)*