



**INDIVIDUED.**

**CELEBRATING & SUPPORTING  
INDIVIDUALITY WHILST  
LEARNING TOGETHER**

# MEET OUR CLASS

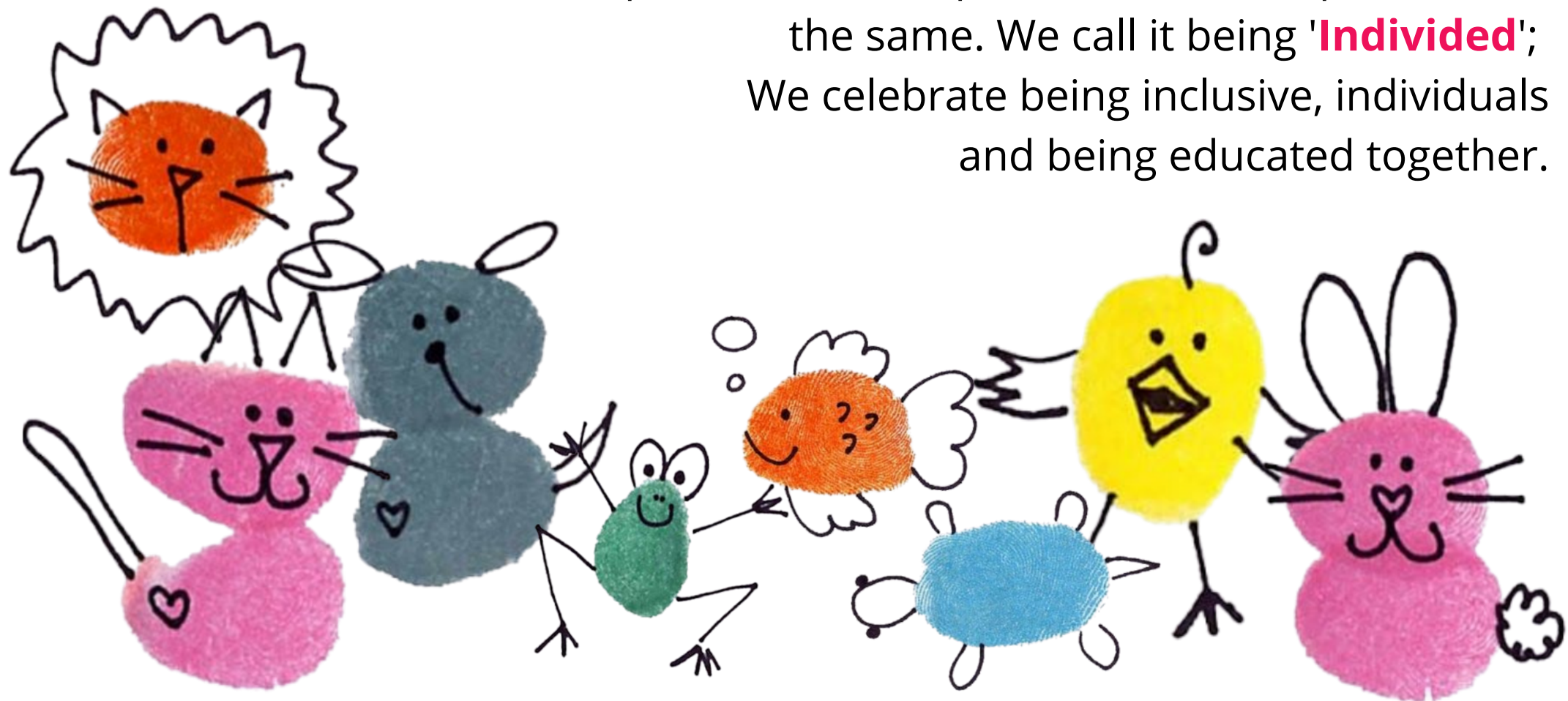
Our class is full of different characters. We want to feel and work as a team whilst also being valued as individuals. We want to find and utilise our own preferred ways of learning whilst all feeling that we belong.

When things are difficult, we like knowing that we will all be supported.

When times are good we like to know that we can thrive and flourish in our own individual ways.

Although it seems luxurious to do this, we believe it is essential. It is essential for our well-being, our mental health and our ability to reach our full potential.

We share our profiles and our preferences to help others do the same. We call it being '**Individed**'; We celebrate being inclusive, individuals and being educated together.



# HOW WE LOOK AFTER EACH OTHER

Sometimes understanding other people, and helping them understand us, can be really hard. It can be difficult not to take things personally or to heart. It can be hard not to feel alone or a burden.

At **Individed** we work hard to understand the characters that make up our classroom and ensure we all know how to support dogs when they are sad, turtles when they are quiet and how to stop the frogs leaping everywhere with excitement

We know what class roles are best for bunnies, how fish learn best and chicks most enjoy being rewarded with lots of praise and attention (something that Turtles would really dislike)

By understanding our characters, and the characters in our classroom, we can celebrate individuality whilst learning together.

We are much kinder to one another because we know what others need and we are all able to feel like we belong whilst being our whole selves.

We share our class characters to help you understand and support yours.



# HOW WE DO THIS



Primary and secondary school aged children are provided with age appropriate quizzes and assessments. Quizzes provide children with 36 questions that are answered using a Likert scale system and are designed to provide a quick and easy indicator of their character, their mental wellness or their general mental health.

Assessment tools are more complex, with 96 questions and multiple choice, picture based answers. The assessment tools cover specific issues; some of which are social issues such as challenging friendships, parental separation and life in lock down; and others that look at more clinical issues such as eating disorders, self harm and gaming addiction.

Teachers and parents are provided with an overview of their pupils or their child's mental wellbeing, the scores from each quiz and the outcomes of each assessment. Both teachers and parents will also be able to access personalised advice and resources that can be used to support, engage and improve children's learning and mental well being.





# BENEFITS FOR CHILDREN

We believe that being **Individed** helps students reach their full potential whilst ensuring that their mental health is supported and their ability to be individuals is embraced.

Our advice and resources are designed to help teachers and parents provide age appropriate, personalised advice and resources to children who may be otherwise unable to receive an effective diagnosis or support to create and maintain good mental health.

Children that are part of an **Individed** education will:

- feel that they are heard, listened to and understood
- have the ability to express their learning & communication preferences
- find they can receive support from trusted adults in their lives whilst waiting for professional support (like CAMHS)
- experience a sense of belonging
- have the opportunity to express their individual needs
- adjust their environments to that their mental health is proactively supported
- experience an improved sense of self confidence and esteem



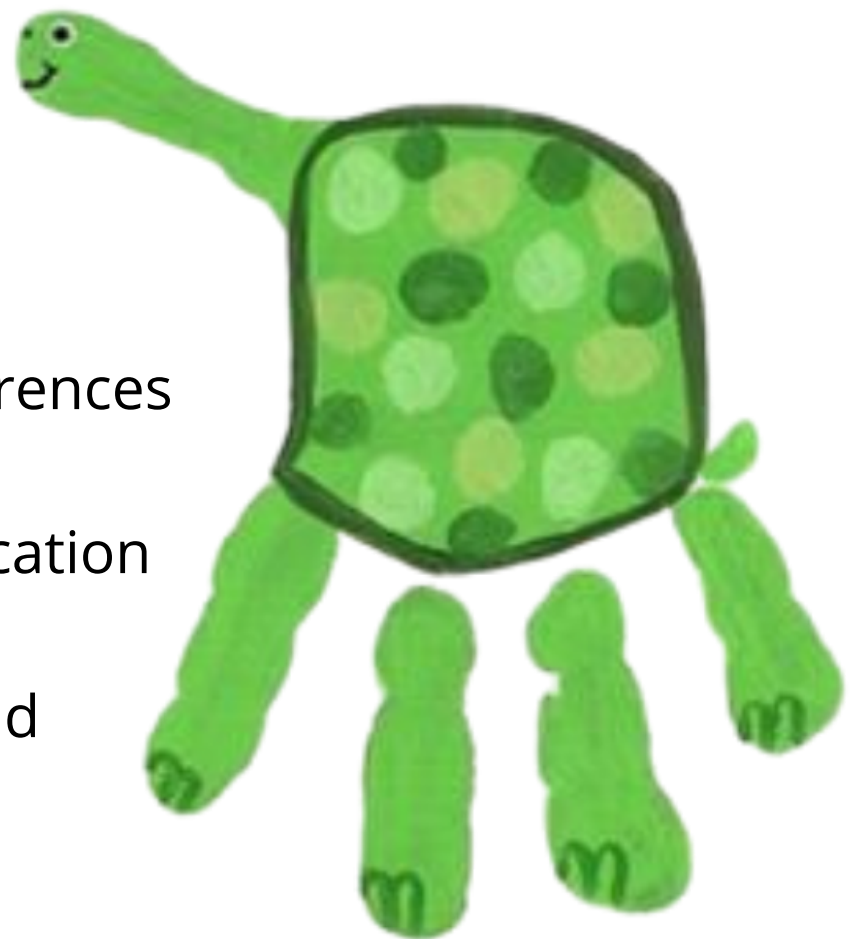
# BENEFITS FOR TEACHERS

We understand that teachers are overloaded with demands and expectations that go far beyond the notion of teaching. The **Individed** platform is designed to teachers the tools to measure, support and implement best practices in the areas of neuro diversity, inclusion and mental health.

The platform also facilitates good parental engagement and neuro education for all users.

Teachers who use the **Individed** platform will be able to:

- objectively risk assess pupil's mental health
- understand and implement individual preferences and needs with ease
- take a whole school approach to neuro education whilst personalising tasks and resources
- practically and proactively support pupils and parents 'stuck' waiting for professional intervention or support
- measure and contextualise changes in children's mental wellbeing.



# BENEFITS TO FAMILIES

With so many children and young people waiting for professional mental health support, thousands of parents are left to understand, support and nurture their children whilst they experience various difficulties with regards to their mental well being.

Whilst children continue to go to school, teachers are seen by many parents as the experts in their child's mental health and care providers and influencers of their mental well being.

Parents that use the **Individed** platform will be able to:



- objectively understand their children's needs and the specific areas in which they are struggling
- measure and contextualise changes in their mental well being.
- understand how to best support children through a variety of challenges and issues including parent separation, challenging friendships and various clinical issues.
- access advice, resources and workbooks to engage with and support children at home.

# HOW TO GET INVOLVED



If you would like to join the Individed platform, please email: [talktous@weareindivided.com](mailto:talktous@weareindivided.com) or visit [www.weareindivided.com](http://www.weareindivided.com)

**Please note:** if you live or work within **Norfolk & Waveney CCG** catchment area, your access to this platform has already been paid for.