



## Promoting healthy students through healthy relationships in the classroom

### Abstract:

There has been a major shift in considerations for classroom management over the past decades with a focus on the quality of relationships for the learning environment in the classroom. Classroom management has been re-visioned as a process of being attuned to students' developmental needs and supporting their positive development.

The goal of this presentation is to identify how positive relationships can influence brain development, social functioning, and mental health.

The second half of the presentation is identify how you can identify when a student is experiencing relationships difficulties and what are some evidence strategies that you can engage in to support.

Together, caring adults can through self-and-other awareness help children have optimal development. It all starts with adults.

### Key messages:

1. Through engaging in relationship-based education, we can promote successful and healthy students.
2. Providing students with positive adult role models; opportunities to engage in healthy relationships, and focussing on the development social emotional learning skills will promote student achievement and wellbeing.
3. A nurturing classroom is one where teachers reinforce prosocial behaviour and self-regulation; monitor and limit opportunities for negative behaviour, minimise stress, and provide students with a sense of being cared for, valued, and appreciated.