





Included in your Healthy Minds Programme is **one year's license for BounceTogether**, the intuitive online survey platform that helps you **collect key insights** and **measure the impact of the curriculum over time.**





BounceTogether will help you **quantitively assess the powerful impact** of Healthy Minds



It will give you **quick access to reports on wellbeing** so you can be more informed of how to support your whole-school community



This platform will **save you hours of time** and enables you to put your focus on improving wellbeing and driving better outcomes



It will also help you **evidence** your commitment to mental health and wellbeing in school and help you create a basis for your strategy

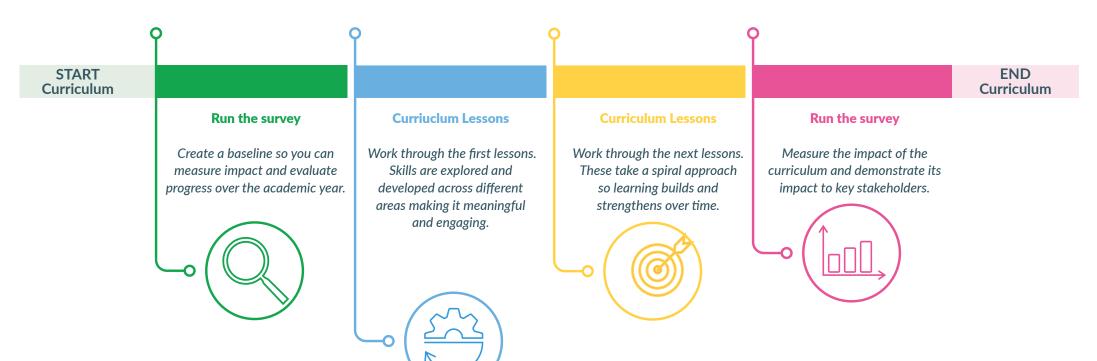




"The Healthy Minds Resilience Skills Survey"

BounceTogether has the largest repository of evidence-based surveys including The Healthy Minds Resilience Skills Survey, which is exclusive to BounceTogether and has been designed by the team at Bounce Forward to link directly to their curriculum.

The timeline below provides a framework for you to work with The Resilience Skills Lessons Survey to evaluate progress for all pupils and monitor the impact of Healthy Minds over the course of the academic year.





Additional BounceTogether Surveys - Assessing key curriculum elements



"The Adaptability Scale"

Supporting emotional and cognitive adaptability this survey will feed directly into the resilience lessons, providing data on the learning mindset and pupils' resilience to change



"The State Self-Esteem Scale"

This survey measures
performance self esteem
alongside social and appearance
self esteem. Supporting the
aspirations, self-perception,
energy & strengths and media
influences areas of the
curriculum'



"The Student Resilience Survey"

This survey supports key areas: connection, participation, peer-support, goals, self esteem and aspirations. It complements resilience lessons throughout the year groups, producing data that can inform, evidence progress and impact.



"The E-Safety and Social Media Survey"

This survey collates
data to support online
safety with a particular focus on
the social media aspect of
E-safety.This element is covered
within the Healthy Minds
curriculum'



"The Multidimensional Life Satisfaction Survey"

Providing data on family relationships, friends, school and living environment.

This helps to identify areas where pupils can either develop or begin to implement their resilience skills.

These surveys link to different areas of the Healthy Minds Curriculum, providing a clear connection for you to run supplementary surveys alongside lessons. They can be run at any time to help you collate measurable, relevant comparison data for your whole school.