



How to Choose a Student Wellbeing Platform

It's important for educators to know that not all wellbeing platforms are the same, and most were designed with only the pandemic in mind. In this guide, we provide some key tips and useful information to help you make your choice.



Introduction

As with any new technology decision, choosing a wellbeing platform can be a little overwhelming. As a result of COVID-19, there's been an influx of new solutions driven by a very real demand by schools to maintain positive connections with their students.



Provides Real-Time & Actionable Insights

Has the platform been designed to allow students to reach out for help before their issue **becomes critical**?

A student wellbeing platform can have a positive impact on your student welfare and overall culture. However, it's important for educators to know that not all wellbeing platforms are the same, and most were designed with only the pandemic in mind. In this guide, we provide some key tips and useful information to help you make your choice.

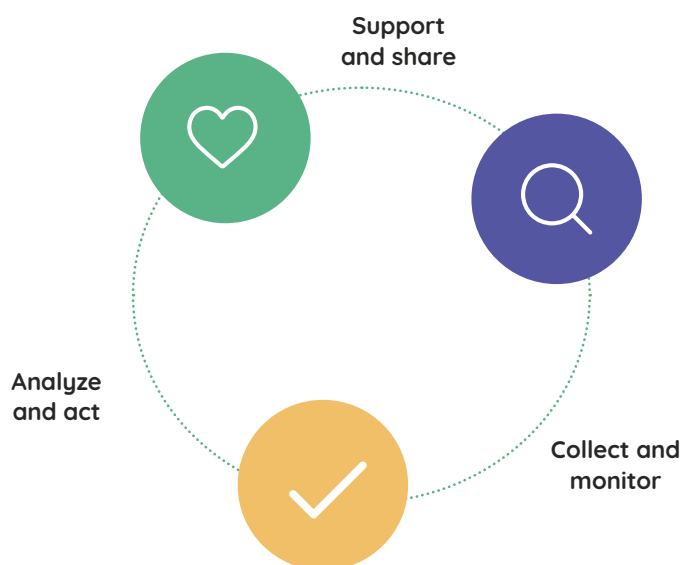
Before diving in, make sure you've clearly defined your wellbeing goals. Some tools may not be sustainable or add value to your mental health strategy.

Take a moment to reflect on what you hope to achieve ensures your tools have the required features.

- Encourage students to check-in regularly & give you access to that data in real-time
- Allow individual students to reach out for help if and when they need it from a named staff member; not an anonymous inbox
- Provide global reporting on the overall wellbeing of the whole-school community

Student voice

When schools regularly use survey data to make changes, students believe that they are heard and supported, which gives them the confidence to take ownership of their own wellbeing.



Research-Backed Questions and Framework

Does the platform use a **research based, independently developed wellbeing framework** that has been tested and improved over time?

Uncovering the true state of wellbeing necessitates a deeper dive into six key areas of a student's environment.

Look for platforms that:

- Are backed by an internationally recognized non-profit with a time-tested framework
- Encompass all the factors that influence student wellbeing
- Are already in use across a number of credible organizations

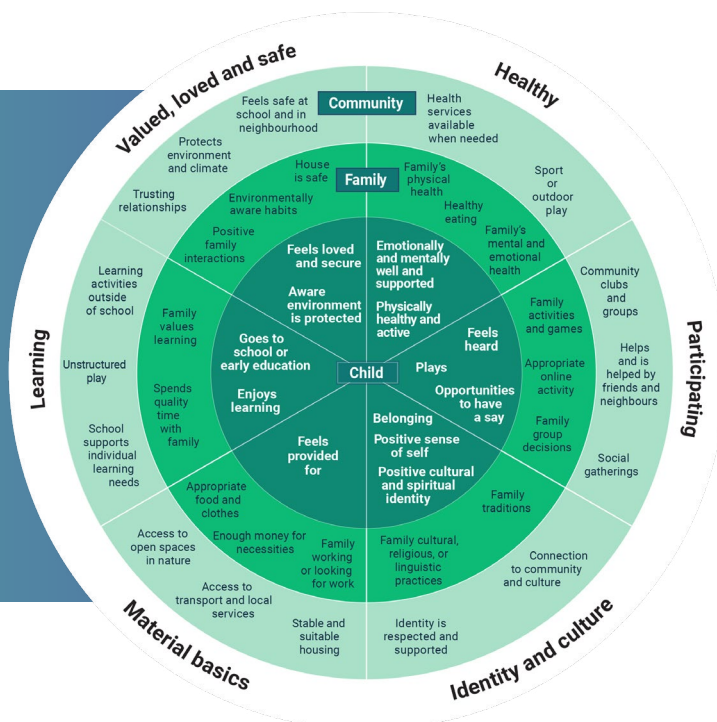
Be wary of:

- Platforms that offer add-on training services as their goals may not align to your schools'
- New frameworks that were created hastily, by for-profit companies, to take advantage of the COVID-19 Pandemic.

Frameworks

Wellbeing tools like Linewize Pulse check-ins are powered by a very rigorous framework called 'the Nest' developed by ARACY, in collaboration with hundreds of experts, and represent the voices of thousands of young children, with the goal of revealing the scope of student experience.

Linewize Pulse wellbeing questions enable schools to unravel what their students are feeling and thus take necessary actions.





Fit For Purpose

Can the wellbeing platform be aligned to your unique needs?
Was it designed for the school **setting from the ground up?**

Every school is unique. So it is important that the wellbeing platform does not follow a one-size-fits-all approach. We also know that student wellbeing is intertwined with teacher wellbeing so look for a platform that is adaptable to your context.

Look for platforms that:

- Will be usable across elementary, middle and high school grades
- Allow flexibility with the frequency of check-ins
- Ask the right questions whether you are on-site or remote
- Can also monitor teacher and non-teaching staff wellbeing

Be wary of:

- Platforms where all students are asked the same questions regardless of age or cognitive ability
- Platforms that are an offshoot from a product designed for corporations



Our Student Support team analyzes the Linewize Pulse data looking for trends and then utilizing the data to decide what should be the focus for the social-emotional advisory time.”

**Emma Mac, Principal,
LEAD South East**

Saves Time For Everyone

If you're considering a wellbeing platform that isn't going to be a **net time-saver for every person in** your organization, then keep searching.

School staff are busy and overwhelmed. Look for a platform that won't add more pressure or responsibilities. A robust wellbeing platform reduces the burden by transforming your process from treatment to prevention, because both the severity of issues and the effort required to manage them increase in a 'postvention' world.

Look for platforms that:

- Take into account the specific needs and workload of everyone involved in wellbeing at your school
- Provide school leaders with a quick snapshot into the overall health of school, and the ability to get ahead of the wellbeing curve
- Allow teachers to access historical student check-in data to better understand student sentiment and identify and address patterns before they become problems
- Empower wellbeing teams & counselors a natural and easy call-to-action to connect with students who need early intervention. This allows the staff to use their time more effectively

Be wary of:

- Platforms where all employees are presented with the same content or user experience
- Platforms that don't integrate with your Single Sign On infrastructure to reduce tech support



We have had students who have reached out to ask for help through the Pulse platform in the first week. I've said it before and I'll say it again: anything that saves even one student is worth doing."

Mary Terese Lopata
Director of Guidance, Mercy Career
& Technical High School

Safe & Secure

Has the platform been developed by an experienced & trusted vendor with a **“Privacy First”** mindset?

This is table stakes when it comes to student information. When it comes to handling Personally Identifiable Information, you should look for a platform vendor that has invested in the right privacy and security processes.

Here are a few general questions to ask:

Does the vendor develop their own software in-house or is mostly outsourced?

Can they clearly communicate their privacy policy?

How long have they been developing software for schools?

Is their software COPPA and FERPA Compliant, and third-party reviewed for privacy and security?

Is the data stored safely and securely?

When it comes to managing school data, an extra level of safety is required. **Look for platforms that:**

- Are third-party certified for privacy/security; COPPA, FERPA & SOPIPA (USA) Compliant



- Integrate with reputable school Single Sign On and Identity
- Management platforms such as Wonde or Clever
- Have signed the Student Privacy Pledge

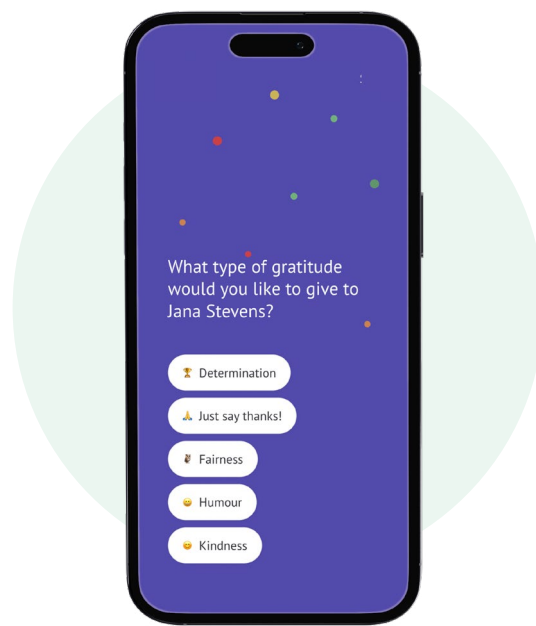
Easy & Fun - Not Childish or Too Gamified

Does the platform make the student experience **light-weight and enjoyable** to maximize engagement?

A wellbeing check-in should not feel like a chore to students but it also shouldn't resort to gamification at the cost of authentic engagement. Check-ins should be interactive, quick and easy to complete, accessible on any device, and have additional elements that will help to make the check-in engaging for the student.

The best platforms:

- Have little elements, like randomized questions, to make the check-in process less repetitive and create a degree of intrigue among students
- Contain enough gamifying elements that influence participant behavior e.g. recognition & gratitude
- Encourage students to reflect on their mental health authentically and understand what drives their own personal wellbeing



The Linewize Pulse student wellbeing tool allows students the ability to give gratitude to each other - a readiness to show appreciation for and to return kindness, has a very strong link to wellbeing and creates a foundation of positive psychology.

Connecting With Someone They Trust

Does the platform make the process of asking for help as **easy as humanly possible**?

At the best of times, students are not always forthcoming about their emotions. Even when they need help, the prospect of walking to the counselor's office or uttering the words "I need help" can be quite daunting.

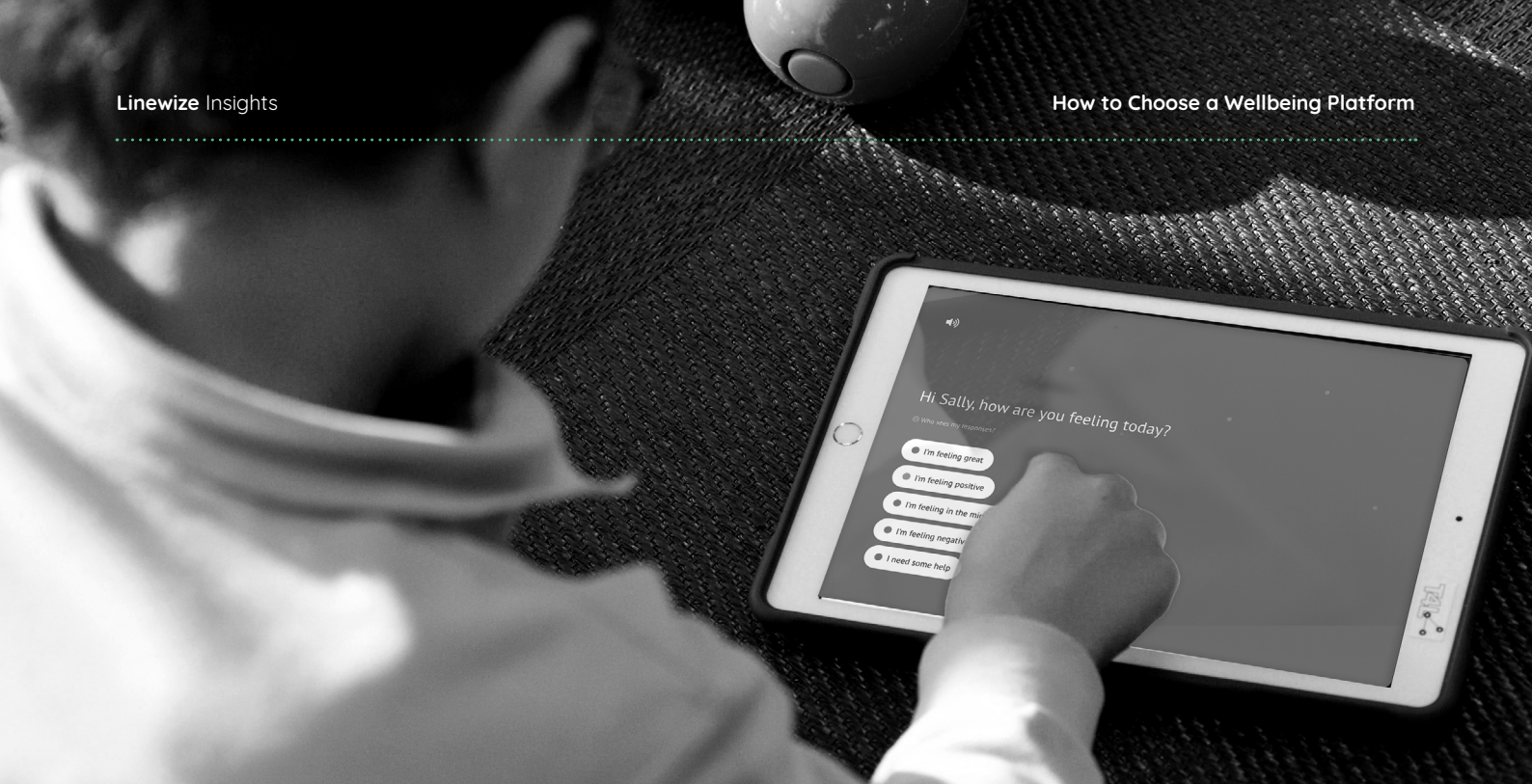
The best wellbeing platforms:

- Provide a safe and private mechanism for students to reach out for help
- Allow students to choose a specific, trusted teacher or counselor if they feel more comfortable with that person
- Let students ask for help from anywhere and at any time.
- Give students the option to reach out to a crisis intervention service if they need to talk to someone immediately



I love those sixty seconds that I get to actually think about how I feel. It's a moment where I can be honest with myself. Also, asking for help or having a face to face conversation can make kids feel intimidated or embarrassed."

Linewize Pulse Student



Accessible and Mobile Friendly

To stay in touch with students, **you have to reach them where they are.**

The best way to engage students is by reaching them in a medium they're most comfortable with - whether that's at school or on the move. Removing barriers, such as time and location, gives you the best chance at engaging students authentically.

To encourage engagement, make sure that you look for a platform that is:

- Quick, taking no more than a minute or two to engage with. Students won't engage with anything that takes longer than that.
- Device agnostic - if they want to check in using a phone, let them!
- Designed to work from anywhere and at any time.

It's amazing what students can tell you in 60 seconds!

Platform Checklist

School-wide considerations	Yes	No
Provides real-time & actionable insights	☐	☐
Encourages students to check-in regularly	☐	☐
Provides real-time data	☐	☐
Offers a safe and confidential way for individual students to reach out for help	☐	☐
Reports on the overall wellbeing of your school, down to each grade and individual student level	☐	☐
Research-backed questions and framework	☐	☐
Question if framework was authored by an internationally recognized non-profit research entity and has been tested over time	☐	☐
Question if framework cover all the factors that influence wellbeing	☐	☐
Question if framework is used by credible educational organizations	☐	☐
Fit for purpose	☐	☐
Designed for elementary, middle and high school	☐	☐
Allows flexibility with the frequency of check-ins	☐	☐
Appropriate for both in-class and virtual instruction	☐	☐
Monitors teacher and non-teaching staff wellbeing	☐	☐

Platform Checklist

School-wide considerations	Yes	No
Saves time for everyone	☐	☐
Leaders get a quick and immediate snapshot into the overall health of school	☐	☐
Educators can identify patterns and address issues before they become problems	☐	☐
Wellbeing teams & counselors have a natural, easy call-toaction to connect with students who need early intervention	☐	☐
Safe and secure	☐	☐
Software is developed by the vendor in house	☐	☐
Privacy Policy is clearly communicated	☐	☐
Vendor has a track record of developing software in the education sector	☐	☐
Software is COPPA and FERPA compliant, and third-party reviewed for privacy and security	☐	☐
Data storage aligns with your organizations' regulations	☐	☐

Platform Checklist

Student considerations	Yes	No
Easy and fun, but not childish or too gamified	☐	☐
Provides a friendly, familiar and light-weight experience for students	☐	☐
Platform maximizes engagement via randomization, gamification, gratitude and more	☐	☐
Platform encourages students to reflect on their wellbeing	☐	☐
Connecting with someone they trust	☐	☐
Provides a safe and private mechanism for students to reach out for help	☐	☐
Allows students to choose a specific, trusted staff member	☐	☐
Lets students ask for help from anywhere and at any time	☐	☐
Gives students the option to reach out to a crisis intervention service if they need immediate assistance	☐	☐
Accessible and mobile friendly	☐	☐
Takes students less than a minute or two to engage with	☐	☐
Platform is device agnostic	☐	☐
Designed to work from anywhere and at any time	☐	☐
Total Yes/No answers	Yes:	No:

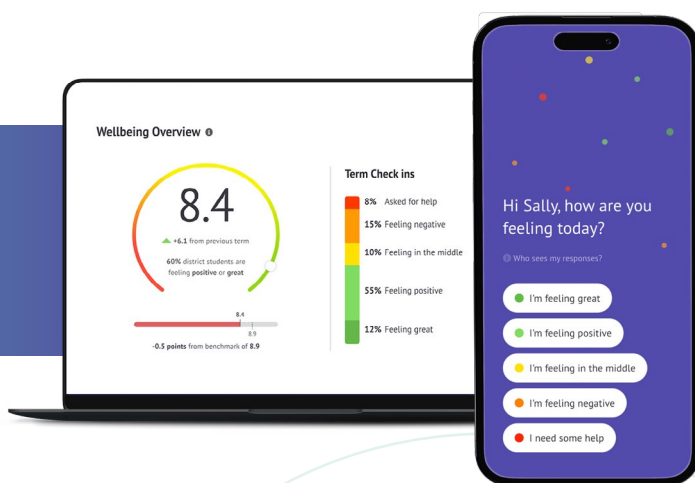
About Linewize Pulse

The best way to engage students is by reaching them in a medium they're most comfortable with - whether that's at school or on the move. Removing barriers, such as time and location, gives you the best chance at engaging students authentically.

Student wellbeing is everyone's business, and the platform makes it easier for every staff member to support their students.

- School leaders get a quick snapshot into the overall health of their school, and get ahead of the wellbeing curve.
- Teachers have a super simple way to connect with students who need early intervention and use their time more effectively.
- Wellbeing teams & counselors can access their whole school or classroom sentiment and historical student check-in data to identify patterns and address issues before they become problems.

Making Schools a better place to teach and learn





Linewize is the leading provider of digital safeguarding solutions in the U.S. For more information, visit our website or get in touch with our team of experts.

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Linewize is part of Qoria, a global technology company, dedicated to keeping children safe and well in their digital lives. We harness the power of connection to close the gaps that children fall through, and to seamlessly support them on all sides - at school, at home and everywhere in between.

Find out more
www.qoria.com