



Photo: Elimu ni Jibu project, FHI 360

## (We)llbeing: Guiding Principles for **Locally Led Transformative** Psychosocial Support and Social-Emotional Learning

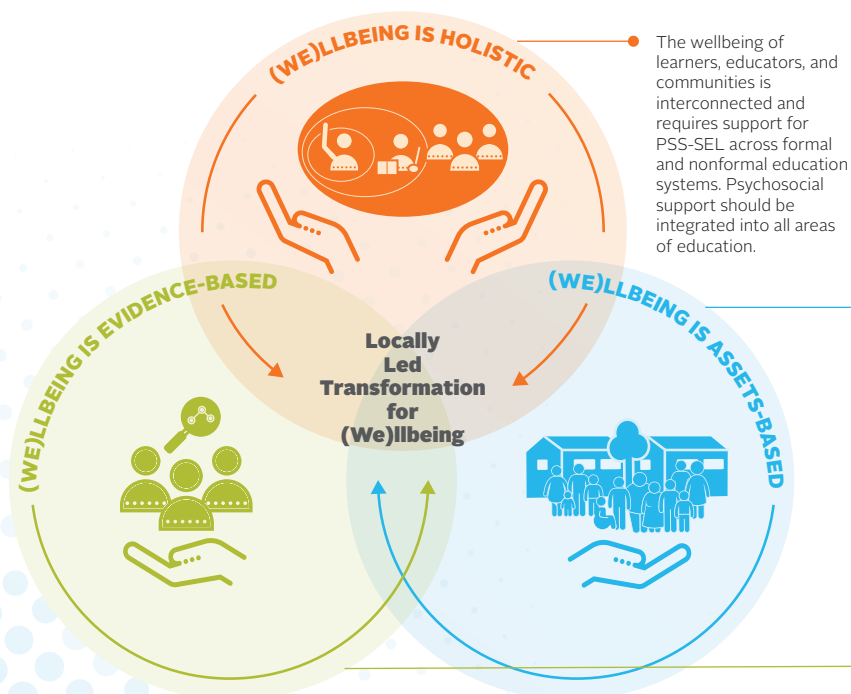
As leaders in implementing locally led, transformative education interventions, FHI 360 Global Education has developed the (We)llbeing approach to psychosocial support and social emotional learning (PSS-SEL). (We)llbeing prioritizes the lived context and engages the whole community for sustained impact and transformation. FHI 360's approach values diverse understandings of wellbeing while empowering change towards positive, inclusive attitudes and practices in psychosocial wellbeing. It defines three guiding principles to ensure that as learners, educators, and community members, **(We)** are empowered to work together and lead the way for effective impact and sustained transformation for wellbeing.

Understanding that wellbeing relies on the interactions of all members of a community, FHI 360's PSS-SEL approach puts practitioners, learners, educators, parents/caregivers, administrators, and community members at the center of this work through three guiding principles:

### **PSYCHOSOCIAL SUPPORT, SOCIAL-EMOTIONAL LEARNING, AND (WE)LLBEING**

In educational interventions, **psychosocial support** (PSS) refers to all the elements that promote wellbeing of individuals and communities, such as opportunities to build healthy relationships, and participate in meaningful activities, as well as more directed interventions that target mental health and social-emotional skills.

**Social-emotional learning** (SEL) refers to interventions that help develop basic competencies in individuals that can promote their wellbeing, such as emotion management, relationship skills, and resilience.



# (WE)LLBEING IN PRACTICE:

## FHI 360 Global Education Psychosocial Support and Social-Emotional Learning Interventions



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**HOLISTIC:** In El Salvador, Guatemala, and the Dominican Republic, FHI 360 has partnered with universities to integrate social-emotional learning into pre-service and in-service teacher training programs that prepare educators to facilitate SEL for their students and promote their own wellbeing as teachers.

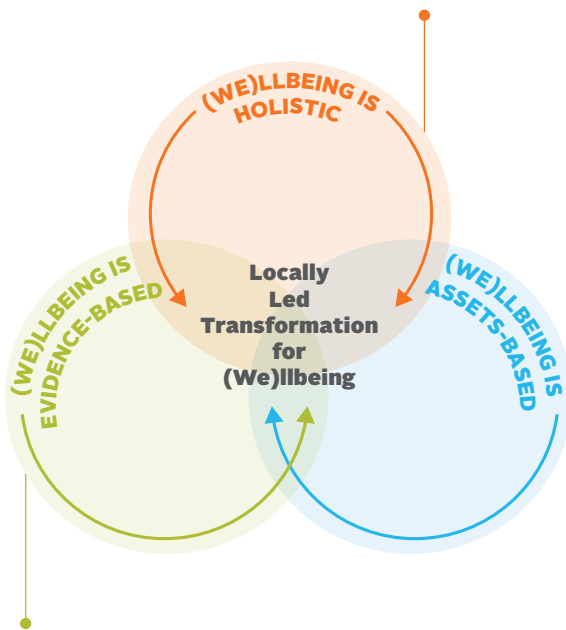


Photo: USAID-Tundzi, Zambia, FHI 360

**ASSETS-BASED:** In Rwanda, FHI 360 supported the Ministry of Education to create and adopt a national social-emotional learning framework anchored in Rwandan culture and curriculum. FHI 360 is now working with local experts and stakeholders, including teachers, to design SEL activities for the classroom based on culturally relevant songs, games, and activities.

**EVIDENCE-BASED:** In Northeast Nigeria, FHI 360 developed a contextualized SEL-integrated literacy program as part of an accelerated learning program for displaced and conflict-affected children and youth. A randomized control trial found that learners in the SEL-integrated classes showed greater gains in literacy and math.



Photo: USAID-AENN, FHI 360

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**About FHI 360:** FHI 360 is a nonprofit human development organization dedicated to improving lives in lasting ways by advancing integrated, locally driven solutions. Our staff includes experts in health, education, nutrition, environment, economic development, civil society, gender, youth, research, technology, communication and social marketing—creating a unique mix of capabilities to address today’s interrelated development challenges. FHI 360 serves more than 60 countries and all U.S. states and territories.