



Your Guide to Student Wellness Monitoring in 2024-25

How to choose the right student wellness monitoring solution to identify and support at-risk students



Contents

| | | |
|----------|---|-----------|
| 1 | Introduction | 3 |
| | • Know when students are struggling and need help | |
| | • Stretched student services teams need help, too | 4 |
| 2 | What to look for in a student wellness monitoring solution | 5 |
| | • 7 essential requirements | 6 |
| | • 6 technical must-haves | 11 |
| 3 | Student wellness monitoring evaluation checklist | 15 |
| 4 | Conclusion | 16 |
| | • Get the insights and data you need to help students thrive | |

1

Know when students are struggling and need help

Despite their best intentions to support students in need, DSL teams are stretched thin. Typically supporting hundreds of students, they can only do so much on their own. With limited time in the day and even more limited resources, it's almost impossible to know for sure which students are suffering and most in need of support.



Suicide is the third leading cause of death for children and adolescents

Mental health has been called an epidemic among children and adolescents making student wellness efforts in schools more important than ever.

Sources:

Centers for Disease Control and Prevention, National Center for Health Statistics. National Vital Statistics System, Mortality 2018-2021

Centers for Disease Control and Prevention (CDC). 1991-2021 High School Youth Risk Behavior Survey Data

22.2%

Considered
suicide

17.6%

Created a
suicide plan

10.2%

Attempted
suicide

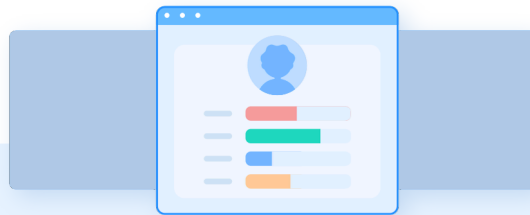
That's where student wellness monitoring comes in.





Capable of detecting signs of risk across a range of safety, mental health, and wellness concerns, student wellness monitoring alerts school staff to signs of student distress in emails, IMs, social media posts, web searches, and more.

As risk signals are identified, teams are alerted so they can investigate and respond in a targeted and efficient way.



Stretched student services teams need help, too

Ultimately, a student wellness monitoring solution should help time- and resource-constrained student services teams be as efficient and effective as possible in supporting students.

AI-powered student wellness monitoring achieves this by acting like the equivalent of an extra set of super-powered eyes and ears.

Student wellness monitoring can detect distress signals—including indicators of suicide, self-harm, depression, grief, bullying, and violence—that may otherwise remain invisible and unidentified. It alerts student services teams when these signals are found, so they can intervene to offer support. This critical capability gives them peace of mind that students who are suffering in silence don't slip through the cracks.



2

What to look for in a student wellness monitoring solution

Student wellness monitoring has proven effective at identifying students in distress and providing critical alerts in emergency situations, making it an invaluable student safety and wellness tool.

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But how do you decide which monitoring solution is the best fit for your needs?

In the sections that follow, you'll learn the essential criteria to look for in a student wellness monitoring solution. You'll also find a breakdown of technical considerations to deepen your understanding of specific capabilities and features that ensure you get the most out of your monitoring investment.



7 essential requirements

When evaluating your options, you'll want to develop a list of requirements to ensure a student wellness monitoring solution meets your needs. To get started, here are seven critical capabilities and why they're important.

1. Detects a comprehensive set of student safety and wellness risks

When investing in a student safety and wellness monitoring solution, you want it to cover as many risks and threats as possible. Evaluate a provider's ability to detect a range of distress signals, including:

- Self-harm
- Suicide
- Drug use and overdose
- Depression
- Grief
- Violence
- Bullying
- Eating disorders
- Pornography
- Gambling



“An administrator in our school received an email from Securly that a student had visited a harmful site. We looked at the site and saw that it was a site for a therapy app. We called the student in with the DSL present and talked to her.

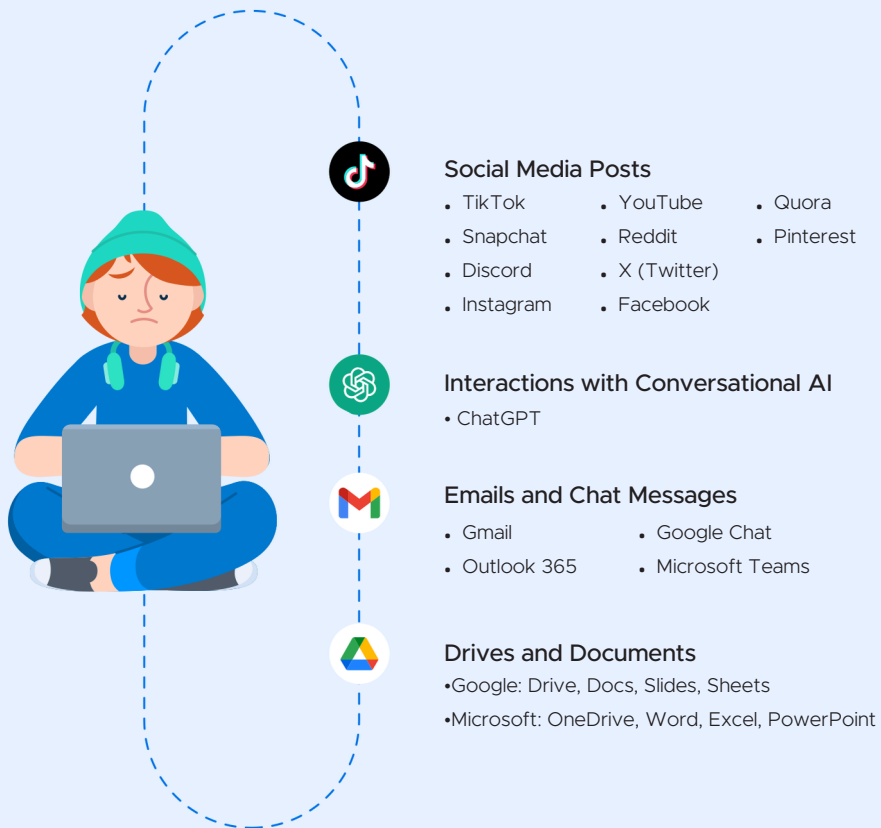
She eventually broke down and admitted that things weren't going well at home for her and that she had been considering self-harm. We were able to activate the right procedures to get her immediate help.

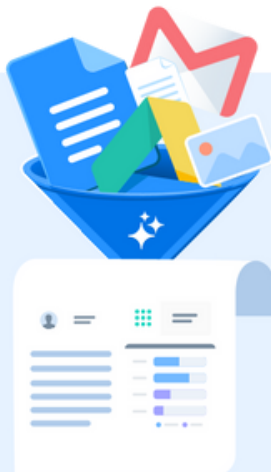
“We possibly saved her life because of the almost immediate alert from Securly.”



2. Analyses students' online activities across a range of vectors

To identify students who may be struggling in silence, you need visibility into a wide range of online activities and content. Make sure a student wellness monitoring solution analyses student activity across social media, email, documents, conversational AI, and web browsing, as well as across all operating systems and school-issued devices. Here are examples of vectors that should be monitored:

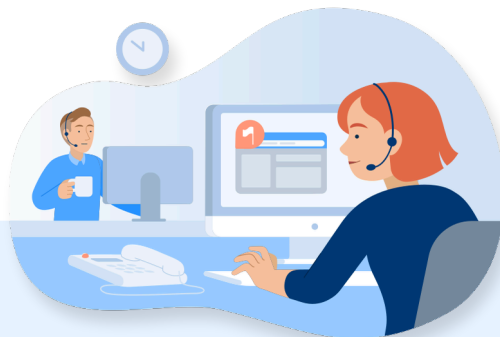




3. Relies on AI-driven analysis as the first line of defense

Not all student monitoring solutions work in the same way. Some rely on human reviewers to search students' online activities for signs that a student may be at risk. Others rely on sophisticated AI-driven software to detect these signals, with the option of adding expert human review.

Using software instead of human reviewers as the first line of defence provides peace of mind that you'll be notified quickly of critical situations. It also ensures student data privacy is prioritised and maintained.



4. Provides 24/7 alert management and rapid emergency notification

Many schools want to ensure students are safe and secure both when they're at school and outside of school hours. However, they may not have the resources to analyse alerts themselves or may not want to burden their teams after hours.

AI-powered student wellness monitoring that's augmented by human analysis lets you determine the level of support you need, whether 24/7 or during specific hours only. With the help of trained experts to review your alerts, assess the level of risk, and notify designated school personnel within minutes of emergency situations, you can ensure your students are always supported without overburdening your own team.

5. Supports early identification of safety and wellness concerns

AI-driven student wellness monitoring software can scan large volumes of data for a range of distress signals in real-time, and automatically alert designated staff when students are demonstrating critical risk signals so they can intervene swiftly. This capability is critical when quick intervention is needed.

However, student wellness monitoring software should be able to do more than just alert schools of immediate student risks.

The ultimate goal is to identify students who are struggling as early as possible, long before they reach a breaking point. To do that, you need a monitoring solution that helps you keep a constant pulse on student safety and wellness, and easily identify students in need of support.

All Clear

Concerning

High Risk

Critical

Student Wellness Levels:

Give support staff the ability to see the big picture of student wellness with wellness levels. By categorising students into one of four levels (All Clear, Concerning, High Risk, and Critical), wellness levels help support staff triage student cases and allocate resources most effectively. They can also quickly identify those students whose wellness levels have worsened, so they can intervene early.



To learn more about student wellness level monitoring, [read the blog.](#)

Gmail • Unassigned 5 mins ago

please please read this i'm scared, i'm hurt,
i can't please...

Self-Harm

High Risk



ChatGPT • Unassigned 11 mins ago

Why do my parents hate me

Grief

Concerning



TikTok • Unassigned 15 mins ago

What drugs should I try in high school?

Drug Use

Concerning



6. Includes automated, preventative tools

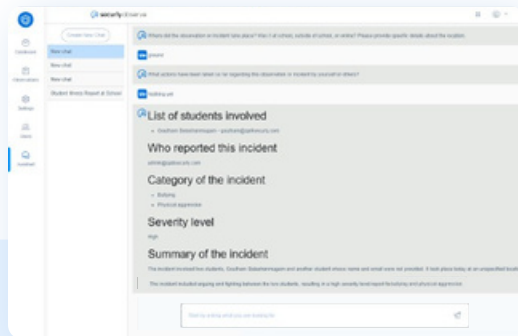
Student wellness monitoring software can help prevent suicide, self-harm, bullying, and violence by alerting school staff to students who represent a risk to themselves or others. AI-powered student wellness monitoring software that's capable of detecting risk signals in real-time and provides automated interventions takes prevention a step further and can even save lives.

Bullying Prevention:

Detects hurtful language in messages as they're being written and prompts students to "think twice" before they hit send. Being able to intervene in real time is the only way to stop bullying and cyberbullying before it happens. [Watch the video.](#)

Wellness Intervention:

Detects increasingly concerning online activities and automatically presents the student with a pop-up message in their web browser to offer support and links to helpful resources. Proactively providing a struggling student with mental health resources and encouraging them to reach out for help has the potential to save lives. [Watch the video.](#)



7. Prompts teachers to share observations

Student wellness monitoring is highly effective at detecting risk signals in students' online behaviour's. But what if a student shows up to school hungry or with bruises, or has been spending their lunch breaks alone?

Teachers are typically the first to notice these physical risk signals, but they may not have a convenient or centralised way to record their observations. Some student wellness monitoring software uses AI prompts to help teachers easily document their observations, then adds these observations to the student's case. This real-world information about the student's health, safety, and wellness combined with student wellness monitoring insights gives school support teams all of the information they need in one place, so they can conduct investigations quickly and offer students the support they need.

6 technical must-haves

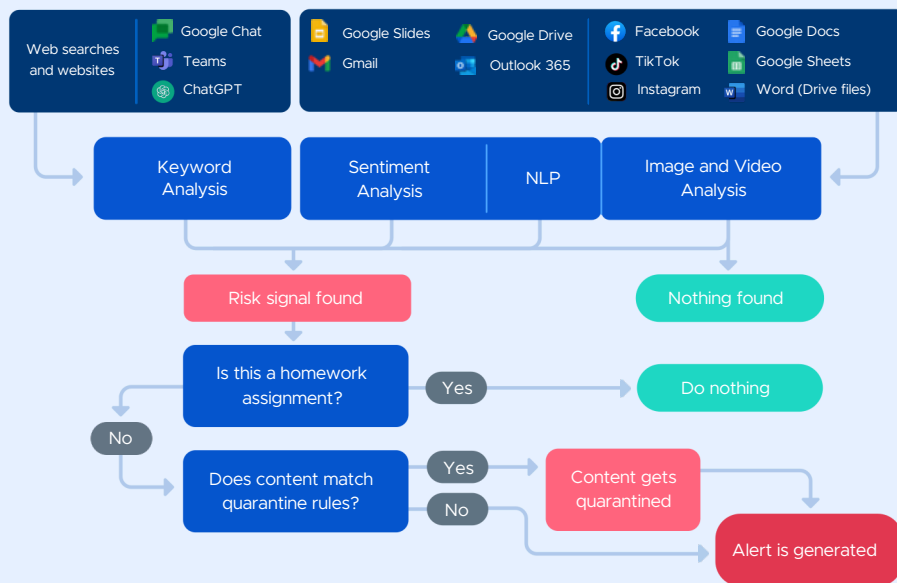
In addition to the essential requirements, the following technical capabilities that can make a big difference in the effectiveness and user-friendliness of a student wellness monitoring solution. Your IT director or equivalent is often the best person to evaluate these elements. Involving IT in the evaluation process will also ensure that the solution is compatible with their needs and technology requirements, and that implementation is well-planned and executed.

1. Uses multiple technologies to increase the accuracy and reliability of alerts

To accurately and reliably detect signs of distress, student wellness monitoring needs to be capable of scanning large volumes of data to determine which students are demonstrating legitimate risks.

Student wellness monitoring software that uses a combination of AI and machine learning technologies to analyse activities and content will produce the most accurate results, ensuring busy staff aren't inundated with false-positive alerts.

Student Online Activities Analysed



Keyword Analysis: Analyses web searches, websites, online chat, and conversational AI for keywords and terms that could suggest signs of distress.

Sentiment Analysis: A subset of NLP that relies on machine learning to understand the nuances of language, including the feelings and emotions underlying it like depression, grief, anger, or revenge. Is able to identify concerning activities, even when traditionally flagged keywords aren't used.

Natural Language Processing (NLP): A subset of AI that understands language as it's typically written, including informal and slang references.

Image and Video Analysis: Detects nudity in images and videos, extending the analysis and identification of risks beyond text alone.

Homework Detection: Differentiates students' schoolwork from their other online activities to reduce the potential for false alerts (an English essay about Romeo & Juliet that references suicide won't trigger an alert).



2. Works seamlessly on all devices and operating systems

Prioritise device-agnostic solutions that work across all operating systems and cover all of your devices, including Chromebooks, iPads, Mac, and Windows. Be sure it works on Google Drive and Microsoft Office 365 as well.



3. Provides the flexibility to customise the system for your needs

Student wellness monitoring should provide flexible, customisable controls so you can set up the system for your requirements and preferences. You want the ability to customise your notification preferences to reduce alert “noise,” as well as define who receives alerts.

This flexibility alleviates the burden on IT Departments for alert management, while also supporting student data privacy. Equally important, it facilitates the quickest response time by making it possible to assign alerts to the people best qualified and capable of addressing the concern.

4. Prioritises student data privacy

AI-driven student wellness monitoring software ensures students' personally identifiable information (PII), images, and other sensitive data such as passwords stay private and aren't exposed to human reviewers.

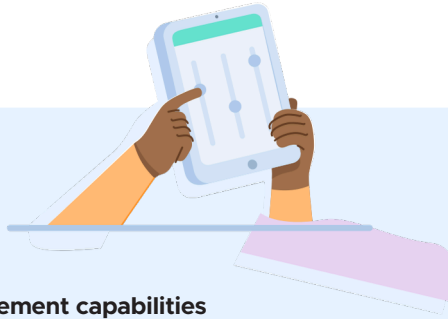
Some content detected by student wellness monitoring is also particularly sensitive, such as threatening emails and nude images. AI-driven student wellness monitoring software that's capable of automatically recalling and quarantining sensitive content ensures that student data privacy is maintained, and potentially damaging or embarrassing information isn't exposed or shared, whether maliciously or unintentionally.

- **AI-Powered Content Review:** Uses AI to analyze content, removing the need for human reviewers and eliminating the risk of sensitive student data, images or videos being shared or leaked.
- **Email Recall:** Automatically recalls emails that are identified as containing violence, bullying, and nudity.
- **File Quarantine:** Automatically quarantines images that contain nudity and videos containing pornography.
- **Role-Based Access:** Provides the ability to define which users can see which data, ensuring access is limited to only those who should have it.
- **Alert Delegation:** Lets you control who receives sensitive alerts and quarantined material so this information is only exposed to necessary administrators.



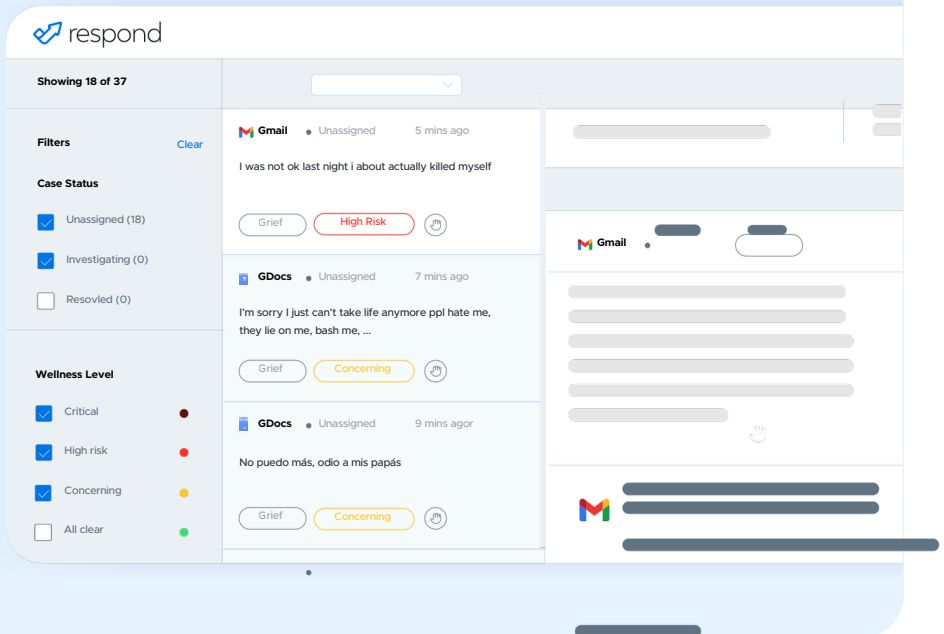
5. Integrates seamlessly with school web filtering

Web filtering is in use by most schools to filter out inappropriate content in compliance with the Internet Watch Foundation. When student wellness monitoring software integrates seamlessly with web filtering, student support staff gain additional insight into students' online activities, including web searches and websites visited, making it easier to investigate concerns. This integration also makes it possible to generate reliable wellness levels, so student support staff can monitor student wellness proactively, effectively supporting the students who need help most.



6. Provides case management capabilities

When your student wellness monitoring solution provides case management, it's easier for busy student services teams to stay on top of alerts and ensure no student slips through the cracks. They're able to quickly identify students who are at risk, investigate and intervene if needed, assign cases to specific team members, track each case from inception to resolution, and maintain thorough and accessible records.



Student wellness monitoring evaluation checklist

Use this list of requirements, adding your own if needed, to evaluate vendors. Rate each vendor as follows:

| | | | |
|-----------------------------|-----------------------------------|---------------------|-----------------------|
| 0 does not meet requirement | 1 limited support for requirement | 2 meets requirement | 3 exceeds requirement |
|-----------------------------|-----------------------------------|---------------------|-----------------------|

| Requirements |  security | Vendor 2 | Vendor 3 |
|---|--|----------|----------|
| Detection of comprehensive safety and wellness risks | | | |
| Scans web searches and sites | | | |
| Scans emails, social posts, and messages | | | |
| Scans drives and documents | | | |
| Scans AI chatbots (ChatGPT) | | | |
| AI-driven analysis using multiple technologies | | | |
| High accuracy and reliability ratings | | | |
| 24/7 alert management | | | |
| Notification in under 5 minutes in emergency situations | | | |
| Continually updated student wellness levels | | | |
| Automated wellness intervention | | | |
| Automated cyberbullying intervention | | | |
| Compatible with all devices and operating systems | | | |
| AI-powered nudity flagging with privacy protection | | | |
| Quarantine and recall for nudity | | | |
| Alert delegation | | | |
| Web filter integration | | | |
| Case management | | | |
| Observed health, safety, and wellness data | | | |
| High customer satisfaction score (CSAT) | | | |



4

Get the insights and data you need to help students thrive

To ensure the wellness and success of your students, you need to have visibility into how they're really doing, both mentally and emotionally.

With the right solution in place, your school will be able to:

- Know who's at risk of self-harm, suicide, depression, violence, and bullying
- Gain a clear picture of student wellness levels
- Proactively support vulnerable and at-risk students
- Use your support resources most effectively
- Improve your school culture and climate



"Our school was able to save the life of one of our students after hours. The alert email from Securly Aware showed the flagged search a student had just made on how to commit suicide. The appropriate school personnel were contacted, and they intervened to extend help to the student and their family that same evening. Having such a wonderful tool is truly a lifesaver"





Ready to make a meaningful difference?

Securly Aware is student wellness monitoring that analyzes students' online activities for distress signals, including self-harm, suicide, depression, violence, and bullying. As students demonstrate risk signals, teams are alerted so they can investigate and respond in a targeted and efficient way.

Utilizing sophisticated AI technologies and advanced algorithms, Aware is like an extra set of eyes and ears, helping student services teams prioritize the students who need help now.

[Book a demo](#)

[Learn more](#)



