



REFLECT

*Empowering Adults to Understand and Nurture
Empowering Children and Young People to Flourish*



REFLECT is a way of thinking about social and emotional development, based on psychology, that can be used by schools, settings, services and families. The model promotes that every young person is unique, will have strengths, and enjoy individual achievements. It provides a framework that helps thinking and conversations around complex situations that a young person may experience at any time in their lives. It aims to build a shared understanding of what may be happening, and changes and strategies that could be tried.

REFLECT is an optimistic approach that promotes the development of a whole setting response to wellbeing and inclusion, as emphasised in the 2019 Ofsted framework.