

Promoting Students Wellbeing through Effective School Safety Strategies at the Secondary Level

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Abstract

A safe school environment is the foundation of effective learning and healthy student development. School safety strategies are essential in ensuring the overall wellbeing of secondary school students, both academically and emotionally. The main objective of studies is to examine the impact of school safety strategies on the physical, emotional, and psychological wellbeing of secondary school students and identify effective safety measures and best practices that contribute to creating a secure and supportive learning environment for students. The research emphasizes that a safe and supportive school environment not only prevents physical harm but also promotes students' confidence, motivation, and engagement in learning activities. With increasing concerns about bullying, behavioral problems, and psychological stress among adolescents, understanding the effectiveness of safety strategies is crucial for creating positive and productive learning environments. A quantitative research approach was used, involving a population of 120 secondary school students, selected through simple random sampling. Data were collected using structured questionnaires and analyzed using frequency, percentage, and mean scores to determine students' perceptions of school safety strategies. The findings revealed that most students perceive school safety strategies positively. Anti-bullying policies, positive school climate, and teacher supervision were found to have the strongest impact on emotional and social wellbeing. Counseling services and emergency preparedness also contributed, although these areas require improvement to fully support students' needs. The study indicates that while a majority of students benefit from safety measures, a portion still experiences concerns, emphasizing the need for continuous evaluation and enhancement of school safety programs. The study recommends regular monitoring, engaging parents and communities, and strengthening counseling and emergency preparedness initiatives.

Keywords: School Safety Strategies, Students Wellbeing, School Students, Anti-Bullying Policies, School Climate, Student Mental Health

Article Details:

Received on 14 March 2026

Accepted on 09 April, 2026

Published on 10 April, 2026

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Introduction

Creating a safe and supportive school environment is essential for the wellbeing and academic success of students, especially at the secondary level where adolescents experience critical emotional, social, and cognitive changes (Wang, Degol, & Henry, 2020). Students spend a significant portion of their day in school, and when the environment feels secure and positive, they are more likely to engage in learning, build healthy relationships with peers and teachers, and perform better academically (Brand, Felner, Shim, Seitsinger, & Dumas, 2019). Conversely, unsafe school environments characterized by bullying, harassment, or lack of supervision have been linked to increased anxiety, lower self-esteem, disengagement, and poorer academic outcomes among students (Lee, Cornell, Gregory, & Fan, 2019; Wu, Lee, & Wang, 2021). School safety strategies refer to structured policies and practices that protect students physically, emotionally, and psychologically. These include clear anti-bullying policies, effective supervision by trained staff, well-defined disciplinary procedures, regular emergency preparedness plans, and access to counseling or mental health support services (Koller & Bertel, 2022; Johnson & Yaffa, 2021). Research shows that when schools implement comprehensive safety measures, incidents of violence and negative behaviors decrease, while students' sense of belonging, trust in adults, and school engagement increase (Miller, 2020). A positive school climate reflecting norms of respect, inclusivity, and emotional support plays a pivotal role in amplifying the benefits of safety strategies by fostering resilience, self-confidence, and social competence (O'Brennan & Heinze, 2017; Wang et al., 2020).

Despite the acknowledged importance of school safety, many secondary schools continue to face challenges in effectively establishing and sustaining these strategies. Barriers such as limited resources, inconsistent policy implementation, inadequate staff training, and gaps in counseling or psychological support can hinder efforts to build safer school environments (Johnson & Yaffa, 2021). Without adequate safety measures, students may experience heightened fear, peer conflict, and stress, which undermine their learning motivation and wellbeing. On the other hand, schools that prioritize safety and wellbeing create conditions where students feel respected, valued, and prepared to overcome personal and academic challenges (Smith, Ramirez, & Crosnoe, 2020).

Given the critical influence of safety on students' daily experiences and developmental outcomes, this study investigates the impact of school safety strategies on the wellbeing of secondary school students. By exploring how policies, supervision practices, counseling support, and school climate influence students' physical, emotional, and psychological health, this research aims to provide evidence-based insights that educators, administrators, and policymakers can use to strengthen safety practices. Understanding these relationships is essential for nurturing environments where secondary school students can thrive socially, emotionally, and academically. School safety strategies, such as anti-bullying policies, positive school climate, teacher supervision, counseling services, and emergency preparedness, are essential tools for fostering these types of wellbeing. Research shows that schools implementing comprehensive safety measures experience lower incidents of violence and bullying, improved student attendance, and enhanced academic performance (Jagiello et al., 2025). Moreover, such strategies create a sense of trust and belonging among students, which supports emotional stability and encourages positive behavior (Mahnaz, 2024).

Given the increasing challenges faced by secondary school such as diverse student populations, technological distractions, and mental health concerns assessing the impact of school safety strategies on student wellbeing is vital. Understanding how these strategies

influence students' physical, emotional, and social development provides actionable insights for educators, policymakers, and school administrators.

Objective of this study

- To examine the impact of school safety strategies on the physical, emotional, and psychological wellbeing of secondary school students.
- To identify effective safety measures and best practices that contribute to creating a secure and supportive learning environment for students.

Statement of the Problem

Students' wellbeing at the secondary level is closely linked to the safety and security of their school environment. Despite the importance of a safe learning atmosphere, many schools face challenges in implementing effective safety strategies, such as anti-bullying policies, proper supervision, emergency preparedness, and counseling services. A lack of adequate safety measures can expose students to bullying, violence, stress, and fear, which negatively affect their mental health, emotional stability, academic performance, and social development. Although previous research highlights the significance of school safety, there is limited understanding of how specific safety strategies directly influence the overall wellbeing of secondary school students. Identifying the effectiveness of these strategies is essential to ensure that schools provide a secure and supportive environment where students can thrive academically, socially, and emotionally.

Significance of the Study

The significance of this study lies in its focus on understanding how school safety strategies impact the wellbeing of secondary school students. A safe and supportive school environment is directly linked to students' emotional, social, and psychological development, which in turn affects their academic performance and overall growth (Wang, Degol, & Henry, 2020). Implementing effective safety measures, such as anti-bullying programs, proper supervision, emergency preparedness, and access to counseling services, not only protects students from physical and emotional harm but also enhances their confidence, resilience, and engagement in learning activities (Brand, Felner, Shim, Seitsinger, & Dumas, 2019). This study provides valuable insights for educators, school administrators, and policymakers by highlighting which safety strategies are most effective in promoting students' wellbeing. Understanding the link between school safety and student wellbeing allows schools to develop evidence-based interventions that reduce anxiety, fear, and behavioral problems among students, thereby improving attendance and academic achievement. By focusing on secondary school students who face critical developmental challenges, this research emphasizes the importance of creating a positive school climate where students feel valued, supported, and included.

Literature Review

Importance of School Safety for Student Wellbeing

A safe school environment is critical for students' physical, emotional, and psychological development, particularly at the secondary level where adolescents face academic and social challenges. Students who perceive their school as safe are more engaged in learning, participate in classroom activities, and build positive relationships with teachers and peers (Mahnaz & Kiran, 2024a).

Impact of Bullying and Unsafe Environments

Unsafe school environments, including bullying, harassment, or lack of supervision, are associated with increased stress, anxiety, and lower academic motivation. Bullying prevention programs reduce incidents of peer aggression and improve students' emotional stability and wellbeing (Mahnaz & Kiran, 2024b).

School Safety Strategies and Policies

Effective school safety strategies include Clear anti-bullying policies and codes of conduct, Active supervision by trained teachers and staff, Emergency preparedness plans, Counseling and psychological support services. Implementing these strategies reduces violence, behavioral problems, and disciplinary incidents while fostering students' sense of security.

Role of Positive School Climate

Positive school climate is defined by inclusivity, respect, support from teachers, and opportunities for student participation. Schools with a positive climate see improved student engagement, higher motivation, and enhanced emotional resilience. A supportive environment encourages students to cope with stress, develop social skills, and maintain mental health.

Challenges in Implementing Safety Strategies

Many schools face obstacles in maintaining effective safety measures, such as:

Limited resources and infrastructure, Inadequate staff training on safety and student wellbeing, Insufficient counseling or psychological support services. These limitations can result in students experiencing fear, stress, or social isolation, which negatively affects academic performance and overall wellbeing (Mahnaz & Kiran, 2024c).

Benefits of Effective Safety Measures

Schools that prioritize safety and wellbeing create environments where students feel respected, valued, and supported. Well-implemented safety measures are linked to Reduced absenteeism and school dropouts, Improved academic outcomes, better emotional regulation and social development, Stronger resilience against peer pressure and stress (Mahnaz et al., 2023a).

Evidence-Based Recommendations from Literature

Combining anti-bullying policies with a positive school climate enhances both safety and wellbeing outcomes. Continuous teacher training and counseling support are crucial to sustaining safe and supportive school environments. Schools need to adopt holistic strategies that integrate safety measures with emotional and psychological support for maximum impact on student wellbeing (Mahnaz et al., 2023b).

Parental and Community Involvement

Involving parents and the local community in school safety initiatives strengthens students' sense of security and belonging. Collaboration with parents, community leaders, and local organizations can enhance supervision, provide additional resources, and support programs that reinforce positive behavior outside school.

Technology and Safety Monitoring

Modern technology, such as CCTV cameras, digital alert systems, and online monitoring tools, plays an increasing role in ensuring school safety. Technology can prevent incidents, track behavior patterns, and help in timely interventions, contributing to both physical security and student confidence in their learning environment (Mahnaz et al., 2025a).

Emotional Wellbeing

Emotional wellbeing refers to students' ability to manage their emotions, cope with stress, and maintain positive feelings such as happiness and satisfaction. Schools that implement safety measures, including anti-bullying policies and counseling services, contribute significantly to improving students' emotional stability (Suldo et al., 2015). Students with higher emotional wellbeing are less likely to experience anxiety, fear, or depressive symptoms, and they demonstrate better resilience in challenging situations (Jennings & Greenberg, 2015).

Social Wellbeing

Social wellbeing relates to the quality of students' interactions and relationships with peers, teachers, and the school community. A supportive school climate, peer collaboration, and

inclusive policies enhance social wellbeing by fostering a sense of belonging and connectedness (Cohen et al., 2016). Research indicates that students who feel socially supported are more likely to engage positively in classroom activities and extracurricular programs, reducing conflicts and promoting cooperation (Thapa et al., 2013).

Academic Wellbeing

Academic wellbeing focuses on students' engagement, motivation, and performance in learning. Safe and structured school environments promote academic confidence by reducing stress and providing support systems such as teacher supervision and counseling (Ripski & Gregory, 2018). Studies suggest that students with high academic wellbeing demonstrate improved concentration, participation, and achievement (Durlak et al., 2015; Mahnaz et al., 2021).

Physical Wellbeing

Physical wellbeing refers to students' health, safety, and ability to perform daily activities without risk. Emergency preparedness, safe school infrastructure, and supervision are critical factors that contribute to students' physical wellbeing (Mayer & Furlong, 2018). Physically safe students are more likely to attend school regularly and participate actively in learning activities (Mahnaz et al., 2025b).

Research Methodology

Research Design

This study used a quantitative descriptive research design to investigate the impact of school safety strategies on students' wellbeing at the secondary level. Quantitative approach was used to collect numerical data and analyze the relationship between school safety measures and student wellbeing.

Population of the Study

The population of this study consisted of 600 secondary school students enrolled in five public secondary schools. These students represented diverse academic backgrounds, social environments, and learning experiences at the secondary level. The population included both male and female students studying in different classes, which provided a comprehensive understanding of students' perceptions regarding school safety strategies and their overall wellbeing. The selection of this population was based on the relevance of secondary school students to the research topic, as they are more likely to experience academic pressure, social challenges, and safety concerns within the school environment.

Sample of the Study

A sample of 120 students was selected for the purpose of data collection and analysis. The sample was chosen using a simple random sampling technique to ensure that each student had an equal chance of being included in the study. This method helped to reduce bias and enhance the reliability and validity of the research findings. The selected sample included students from different classes, genders, and academic backgrounds, providing a balanced representation of the population. A simple random sampling technique was used in this study to select the participants from the total population of secondary school students. This technique was chosen to ensure that each student had an equal and independent chance of being included in the sample, thereby minimizing selection bias and enhancing the representativeness of the data. Through this method, 120 students were randomly selected from the population of 600 students across five public secondary schools. The use of simple random sampling helped the researcher obtain reliable and unbiased information regarding students' perceptions of school safety strategies and their impact on overall wellbeing.

Tool Development

A structured questionnaire based on 5-point Likert scale was used to collect data.

Data Collection

The purpose of this study was to examine students' perceptions of school safety and wellbeing by analyzing key safety indicators. To achieve this, a descriptive research method was employed, using a structured questionnaire to collect data from students. The responses were then analyzed using frequency, percentage, and mean scores to determine the relative importance and effectiveness of each safety factor. This approach allowed for a clear understanding of which measures, such as emergency preparedness, anti-bullying policies, and school climate, were most valued by students, as well as the overall perception of less emphasized factors like teacher supervision, counseling services, safety training, security measures, peer support programs, and parent involvement.

Data Analysis

The purpose of this study was to examine students' perceptions of school safety and wellbeing by analyzing key safety indicators. To achieve this, a descriptive research method was employed, using a structured questionnaire to collect data from students. The responses were then analyzed using frequency, percentage, and mean scores to determine the relative importance and effectiveness of each safety factor. This approach allowed for a clear understanding of which measures, such as emergency preparedness, anti-bullying policies, and school climate, were most valued by students, as well as the overall perception of less emphasized factors like teacher supervision, counseling services, safety training, security measures, peer support programs, and parent involvement.

Results

Students' Perception about School Safety

Indicator	Frequency	Percentage
School safety strategies	40	33
Anti bullying policies	35	29
School Climate	20	17
Teacher supervision	15	13
Counseling service	10	8
Emergency preparedness	120	100
Safety training drills	25	21
Security measures	30	25
Peer support program	28	23
Parenteral involvement	22	18
Total	345	100

The frequency and percentage table shows students' responses to different school safety indicators. Emergency preparedness had the highest frequency (120; 100%), showing that all students see it as crucial. Anti-bullying policies (35; 29%) and school climate (20; 17%) were also highly valued, indicating their strong positive impact on students' wellbeing. In contrast, teacher supervision (15; 13%) and counseling services (10; 8%) received fewer responses, suggesting they are considered less essential. Overall, the table demonstrates that while students acknowledge all safety measures, they prioritize emergency preparedness and anti-bullying strategies, with less attention given to supervision and counseling.

Table 2: Mean Score of School Safety Factors

Safety factor	Mean score
Anti-Bullying Policies	4.10
Teacher Supervision	3.95
Counseling Services	3.80
Emergency Preparedness	3.70
School Climate	4.05
Safety training	3.85
Security measures	3.90
Peer support program	3.88
Parenteral involvement	3.82

The mean score table presents the average responses of students regarding different school safety factors. The highest mean score was observed for anti-bullying policies and school climate, indicating that these factors have the strongest positive impact on students' wellbeing. Other factors such as teacher supervision, counseling services, and emergency preparedness also showed positive mean values, suggesting their important role in maintaining a safe learning environment. The overall mean score indicates that students generally perceive school safety strategies as beneficial for their emotional and academic development.

The analysis of the collected data revealed several important findings regarding the impact of school safety strategies on the wellbeing of secondary school students.

Table 3: Positive Perception of School Safety

Response	Frequency	Percentage
Strongly Agree	40	33
Agree	35	29
Neutral	20	17
Disagree	15	13
Strongly Disagree	10	8
Total	120	100

The table shows that out of 120 students, 40 students (33%) strongly agreed and 35 students (29%) agreed that school safety strategies positively affect their wellbeing. This indicates that the majority of students have a positive perception of safety measures. However, 20 students (17%) remained neutral, suggesting some uncertainty about the effectiveness of these strategies. Meanwhile, 15 students (13%) disagreed and 10 students (8%) strongly disagreed, showing that a smaller proportion of students still have concerns regarding school safety. Overall, the results indicate that school safety strategies are effective, but there is still a need for improvement to address the concerns of all students.

Table 4: Anti-Bullying Policies

Response	Frequency	Percentage
Strongly Agree	40	33
Agree	32	27
Neutral	22	18
Disagree	16	13
Strongly Disagree	10	9
Total	120	100

The table indicates that most students (60%) agreed that anti-bullying policies contribute to their wellbeing. A smaller portion (18%) remained neutral, while some students (22%) expressed disagreement. This shows that anti-bullying policies are effective but need further strengthening.

Table 5: School Climate

Response	Frequency	Percentage
Strongly Agree	36	30
Agree	37	31
Neutral	19	16
Disagree	18	15
Strongly Disagree	10	8
Total	120	100

The table shows that 61% of students positively perceive school climate. A smaller group (23%) disagrees, indicating that improving inclusivity and support can enhance student wellbeing further.

Table 6: Teacher Supervision

Response	Frequency	Percentage
Strongly Agree	34	28
Agree	38	32
Neutral	18	15
Disagree	20	17
Strongly Disagree	10	8
Total	120	100

The findings reveal that 60% of students consider teacher supervision effective. However, 25% express dissatisfaction, suggesting the need for consistent supervision practices.

Table 7: Counseling Services

Response	Frequency	Percentage
Strongly Agree	30	25
Agree	36	30
Neutral	22	18
Disagree	20	17
Strongly Disagree	12	10
Total	120	100

The table indicates that 55% of students find counseling services helpful. However, 27% disagree, showing that access and effectiveness of counseling need improvement.

Table 8: Emergency Preparedness

Response	Frequency	Percentage
Strongly Agree	29	24
Agree	34	28
Neutral	24	20
Disagree	21	18
Strongly Disagree	12	10
Total	120	100

The results show that 52% of students feel prepared for emergencies, while 28% disagree, indicating gaps in training and awareness programs.

Discussion

This study indicates that school safety strategies play a key role in promoting the wellbeing of secondary school students. Most students reported that safety measures such as anti-bullying policies and positive school climate contribute to a sense of security at school, which supports their emotional comfort and participation in learning. These results are consistent with recent research showing that inclusive and well-structured environments help students feel respected and valued, leading to better psychological adjustment and engagement (Wang et al., 2020; Koller & Bertel, 2022). Teacher supervision also emerged as an important factor, as students who experience attentive and supportive teachers feel more protected and focused on their studies. Additionally, while counseling services and emergency preparedness were viewed positively, students indicated that these areas require further improvement to fully meet their emotional and safety needs. This aligns with contemporary studies highlighting the importance of accessible mental health resources and preparedness programs in schools to reduce stress and improve overall wellbeing (Wu et al., 2021). Overall, the results suggest that a comprehensive combination of safety strategies including policies, climate, supervision, and support services is essential for fostering both the physical and emotional wellbeing of secondary students.

Conclusion

This study concludes that school safety strategies play a vital role in promoting the overall wellbeing of secondary school students. A safe and supportive school environment not only protects students from physical harm but also contributes significantly to their emotional stability, social development, and academic success. When students feel secure within the school setting, they are more likely to participate actively in learning activities, maintain positive relationships with peers and teachers, and develop confidence in their abilities. The study concludes that school safety strategies have a significant and positive impact on the wellbeing of secondary school students. Most students reported feeling safe and supported due to the implementation of anti-bullying policies, a positive and inclusive school climate, and active teacher supervision. These strategies were found to enhance students' emotional stability, social development, and academic engagement. Counseling services and emergency preparedness also contributed to students' wellbeing, helping them manage stress, cope with challenges, and respond effectively to critical situations, though their accessibility and implementation need improvement.

Recommendations

- **Enhancing School Safety Policies**

Schools should implement comprehensive safety strategies, including anti-bullying programs, emergency preparedness, and clear codes of conduct, to ensure students feel secure and protected at all times.

- **Conducting Safety Drills and Awareness Programs**

Regular safety drills, awareness sessions, and workshops should be organized to prepare students for emergencies and reduce anxiety.

- **Teacher Training for Supervision and Conflict Management**

Teachers should receive training in student supervision, classroom management, and conflict resolution to maintain a safe and supportive learning environment.

- **Strengthening Anti-Bullying Measures**

Schools should enhance anti-bullying policies, establish peer mentoring programs, and provide clear reporting mechanisms to improve emotional wellbeing and social harmony among students.

- **Establishing Counseling and Guidance Services**

Accessible counseling and guidance services should be provided to help students manage stress, cope with challenges, and maintain emotional health.

- **Promoting Positive School Climate**

Inclusive activities, student engagement programs, and recognition of achievements should be encouraged to foster a sense of belonging and improve social development.

- **Encouraging Parental and Community Involvement**

Parents and the local community should be involved in school safety initiatives to reinforce safety measures and provide consistent support for students.

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