

Welcome to Seity Health

Whoever you are, wherever you are, start with personal Core Values.

We're excited to share that your child's school is partnering with Seity Health. Developed by physicians and psychologists, Seity Health is a wellbeing, engagement, and performance system powered by personal Core Values.

Please see below for more information.



Frequently asked questions

How does Seity help my child?

Seity helps your child understand who they are at their Core and gives them the tools to make Core Value-aligned choices that can strengthen wellbeing and readiness to learn.

What are personal Core Values?

Your child has 4 personal Core Values: the fundamental sources of their inspiration, intrinsic motivation, and inner sense of self. The scientifically validated Personal Core Values Assessment identifies these Core Values. With over 37.9 million possible Core Value combinations, the result is entirely their own.

What is a Wellbeing Check-in?

The scientifically validated Wellbeing Check-in is a way for your child to notice how they are doing right now. The wellbeing score reflects how much Energy, Direction, Belonging, and Joy they feel that day. If a Wellbeing Check-in surfaces something a caring adult should know, trusted staff at your school can reach out and support your child.

Is Seity therapy or counseling?

No. Seity is not therapy or counseling.

Is participation mandatory? Can I opt my child out?

Participation is your choice. Parents and guardians can opt their child out of Wellbeing Check-ins and other platform activities at any time.

Who can see my child's information?

Your child's safety and privacy matter to us. Wellbeing data and Core Values are only accessible to authorized school staff supporting your child. We never sell or share personal data with third parties. For details, review Seity Health's Privacy Policy at seityhealth.com.

Will this take up instructional time?

Wellbeing Check-ins take less than 10 seconds each day, and Seity concepts are woven in at a teacher's discretion.

How can I support my child at home?

Ask your child about their Core Values. You and Seity share the same belief about your child: They are amazing at their Core and worth understanding exactly as they are.

The science behind Core Values

When you live out your Core Values in healthy ways, wellbeing, engagement, and performance all improve.

- 1 Activates reward centers of the brain¹
- 2 Psychological distress decreases²
- 3 Self-compassion improves³
- 4 Increases positive behaviors towards others⁴
- 5 Higher levels of optimism and happiness⁵
- 6 Performance improves at work, school, and in sports⁶⁻⁸

References

1. Cascio CN, O'Donnell MB, Tinney FJ, et al. Self-affirmation activates brain systems associated with self-related processing and reward and is reinforced by future orientation. *Soc Cogn Affect Neurosci*. 2016;11(4):621-629. doi:10.1093/scan/nsv136
2. Yasuma N, Watanabe K, Iida M, Nishi D, Kawakami N (2019) Personal values in adolescence and psychological distress in adults: A cross-sectional study based on a retrospective recall. *PLoS ONE* 14(11): e0225454.
3. Lindsay, E. K., & Creswell, J. D. (2014). Helping the self help others: Self-affirmation increases self-compassion and pro-social behaviors. *Frontiers in Psychology*, 5(421), 1-9.
4. Thomaes, S., Bushman, B. J., de Castro, B. O., & Reijntjes, A. (2012). Arousing "gentle passions" in young adolescents: Sustained experimental effects of value affirmations on prosocial feelings and behaviors. *Developmental Psychology*, 48(1), 103-110. <https://doi.org/10.1037/a0025677>
5. Emanuel, A. S., Howell, J. L., Taber, J. M., Ferrer, R. A., Klein, W. M., & Harris, P. R. (2018). Spontaneous self-affirmation is associated with psychological well-being: Evidence from a US national adult survey sample. *Journal of Health Psychology*, 23(1), 95-102.
6. Bono JE, Judge TA. Self-Concordance at Work: Toward Understanding the Motivational Effects of Transformational Leaders. *The Academy of Management Journal*. 2003;46(5):554-571. doi:10.2307/30040649
7. Smith AL, Ntoumanis N, Duda JL, Vansteenkiste M. Goal striving, coping, and well-being: a prospective investigation of the self-concordance model in sport. *J Sport Exerc Psychol*. Feb 2011;33(1):124-45. doi:10.1123/jsep.33.1.124
8. Purcell, R., Gwyther, K. & Rice, S.M. Mental Health In Elite Athletes: Increased Awareness Requires An Early Intervention Framework to Respond to Athlete Needs. *Sports Med - Open* 5, 46 (2019).

Ready to begin?

Your child may download the Seity Health App from the App Store or Google Play Store, or visit seityhealth.com to access on the web on their Chromebook. Your child's login credentials arrive by email. If your child is under 13, please complete a COPPA form to comply with privacy laws.



"Seity has cultivated a more positive culture in our school district this year more than any other year."

— Dr. Helio Brasil, former Superintendent, Keyes Union School District