

Children's Mental Health Week

Student Webinar

TUESDAY 4TH
FEBRUARY

Results



A national conversation



VOTETOPIC RESULTS

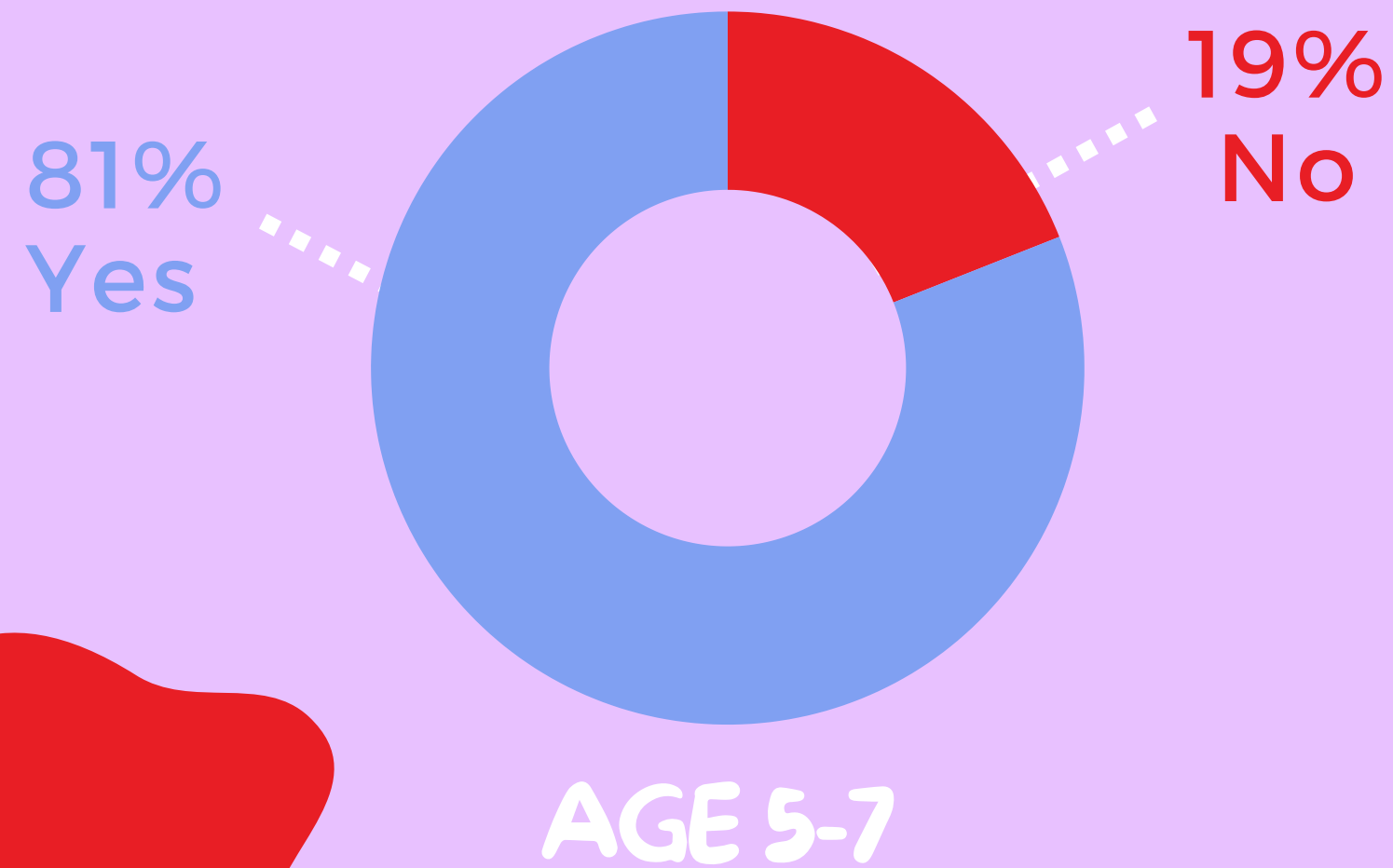
THANK YOU TO THE

59,012

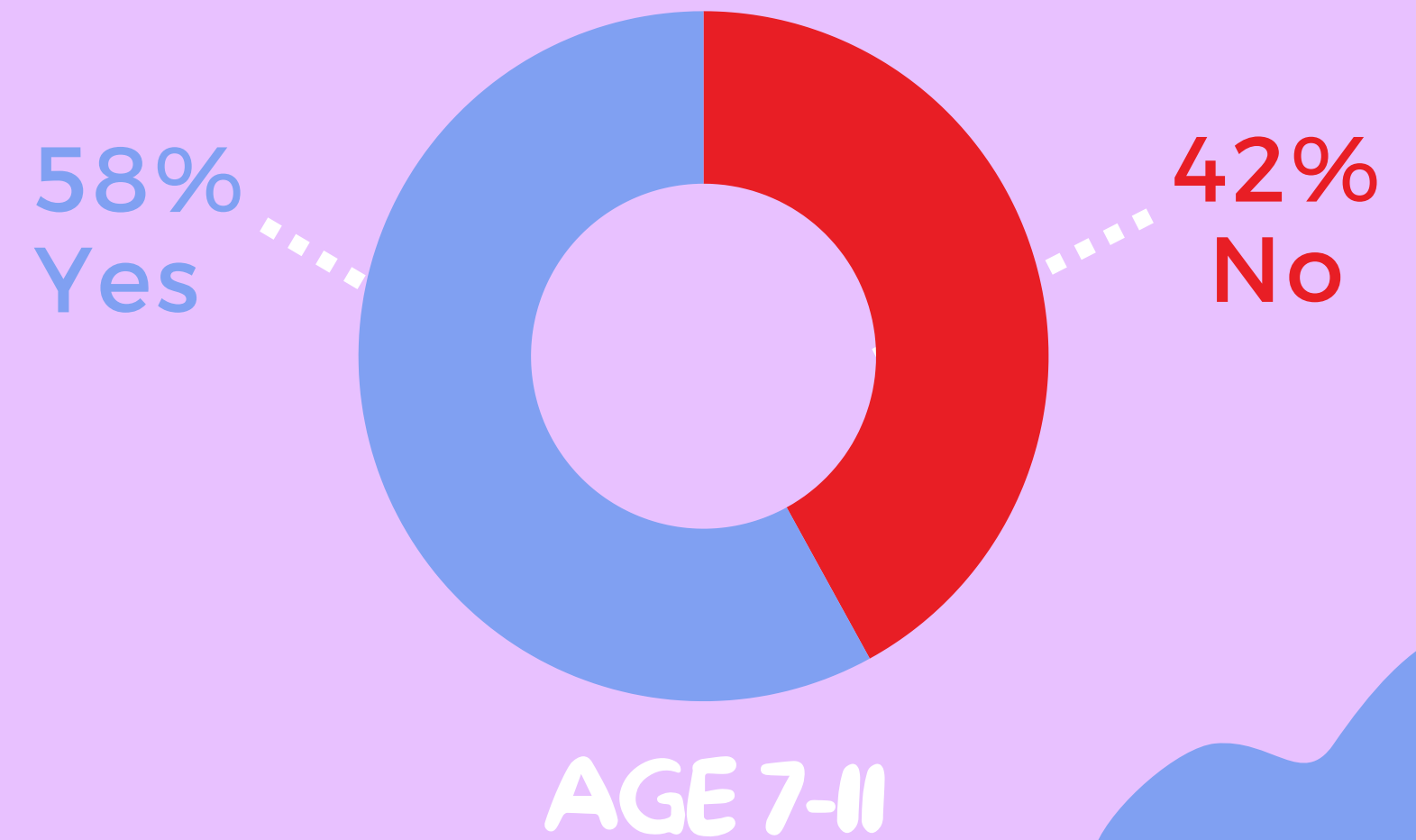
YOUNG PEOPLE WHO VOTED ON
OUR CHILDREN'S MENTAL
HEALTH WEEK VOTETOPIC!

PRIMARY VOTETOPIC RESULTS

DOES LEARNING
ABOUT YOUR
EMOTIONS HELP
YOU?

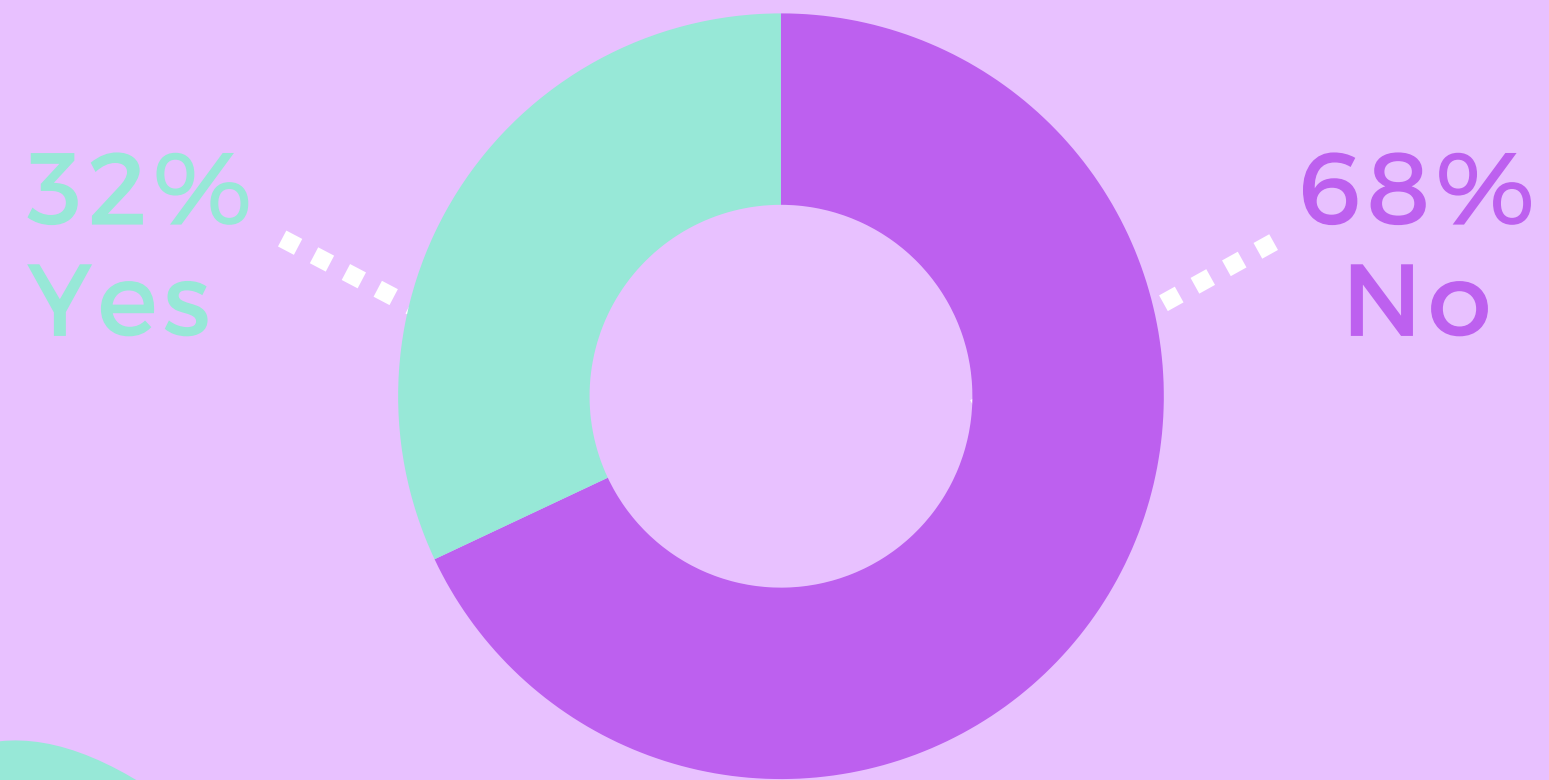


DOES LEARNING
ABOUT YOUR
EMOTIONS HELP
YOU FEEL BETTER?



SECONDARY & 16+ VOTETOPIC RESULTS

DOES LEARNING ABOUT YOUR EMOTIONS HELP
YOU FEEL BETTER?



AGE 11-16



AGE 16+

WEBINAR RESULTS



IT WAS BRILLIANT TO SEE SO
MANY YOUNG PEOPLE AT OUR
CHILDREN'S MENTAL HEALTH
WEEK WEBINARS

AROUND 250!

LET'S TAKE A LOOK AT WHAT
THEY HAD TO SAY...



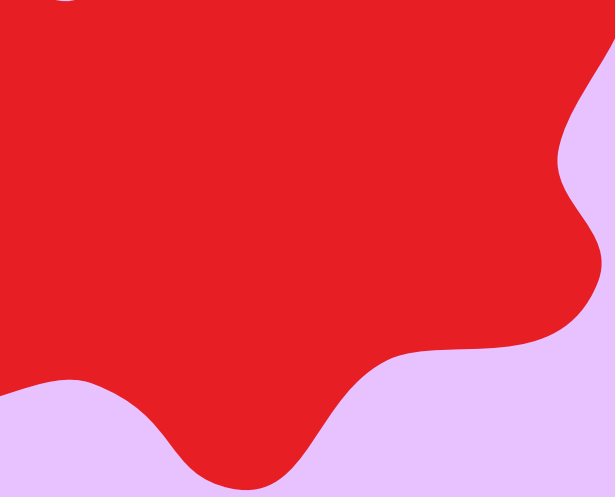


THE THEME FOR THIS YEAR WAS
**KNOW YOURSELF.
GROW YOURSELF.**



4 OUT OF 5

PRIMARY PUPILS SAID THEY KNOW WHAT IT MEANS
TO HAVE GOOD MENTAL HEALTH



AND
64%

SAID ONE PERSON HAS THE POWER TO
CHANGE HOW THEY'RE FEELING





PRIMARY: DO WE KNOW WHAT IT MEANS TO HAVE GOOD MENTAL HEALTH?

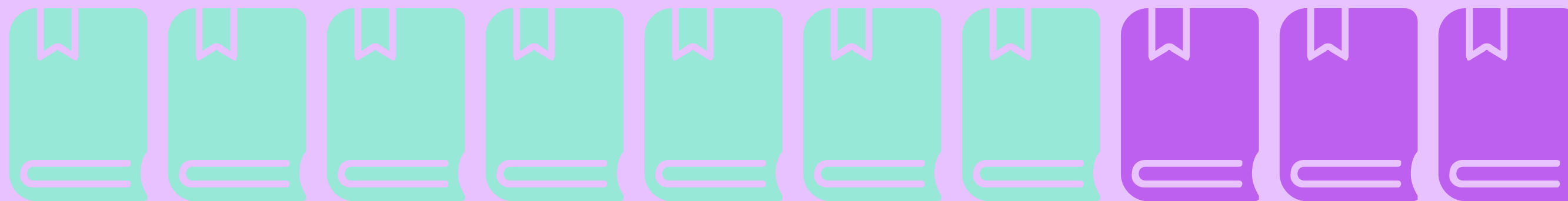
MANY REFERRED TO GOOD MENTAL HEALTH AS MAINTAINING A 'HEALTHY MIND' AND ONE GROUP SAID THERE WAS A LINK BETWEEN MENTAL HEALTH AND KEEPING ACTIVE

THE MAJORITY BELIEVED THAT ONE PERSON IS CAPABLE OF IMPROVING OR WORSENING ANOTHER'S MENTAL HEALTH

MEANWHILE,

66%

OF SECONDARY STUDENTS SAID
UNDERSTANDING THEIR EMOTIONS
HELPS THEM TO MANAGE THEIR
MENTAL HEALTH

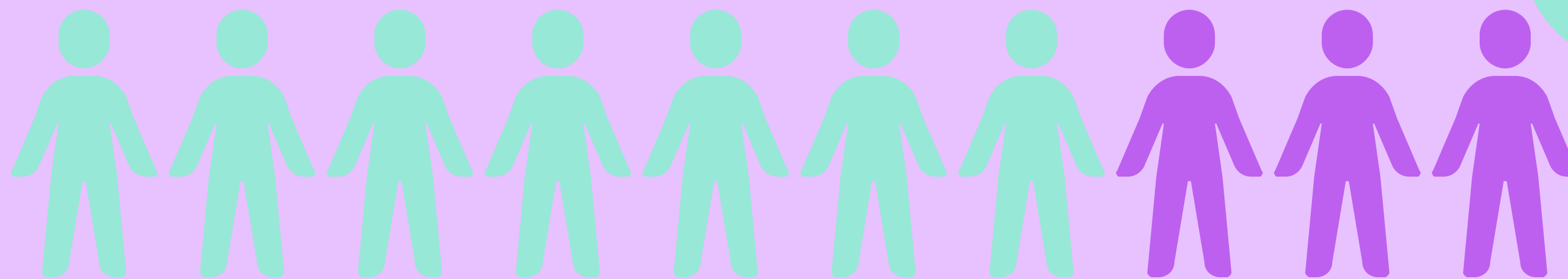


PRIMARY: DO YOU ALWAYS KNOW WHAT EMOTIONS YOU ARE FEELING?

"SOME TIMES WE HAVE **MIXED EMOTIONS** AND DON'T HAVE THE **CORRECT VOCABULARY** TO TELL OTHERS OR OURSELVES WHAT WE FEEL"

"SOMETIMES WE **NOTICE HOW WE'RE ACTING** THAT TELLS US HOW WE'RE FEELING. SOMETIMES IT'S HARD TO KNOW EXACTLY HOW WE'RE FEELING"





7 OUT OF 10

SECONDARY STUDENTS SAID WE ARE DOING ENOUGH
TO SUPPORT YOUNG PEOPLE'S MENTAL HEALTH

SIMILARLY...



3 in 4

PRIMARY PUPILS SAID THERE ARE
ENOUGH ADULTS (INSIDE & OUTSIDE
SCHOOL) SUPPORTING THEM WITH
THEIR MENTAL HEALTH



SECONDARY: ARE WE DOING ENOUGH TO SUPPORT YOUNG PEOPLE'S MENTAL HEALTH?

- MOST FELT THAT LOTS OF SUPPORT IS AVAILABLE, HOWEVER MANY **DON'T FEEL ABLE TO ACCESS IT**. THIS COULD BE OUT OF FEAR OF OTHER'S OPINIONS OR FROM A LACK OF CONFIDENCE
- OTHERS SAID THAT WHILE THERE IS LOTS OF SUPPORT, IT ISN'T TAILORED ENOUGH TO **YOUNG PEOPLE'S NEEDS**



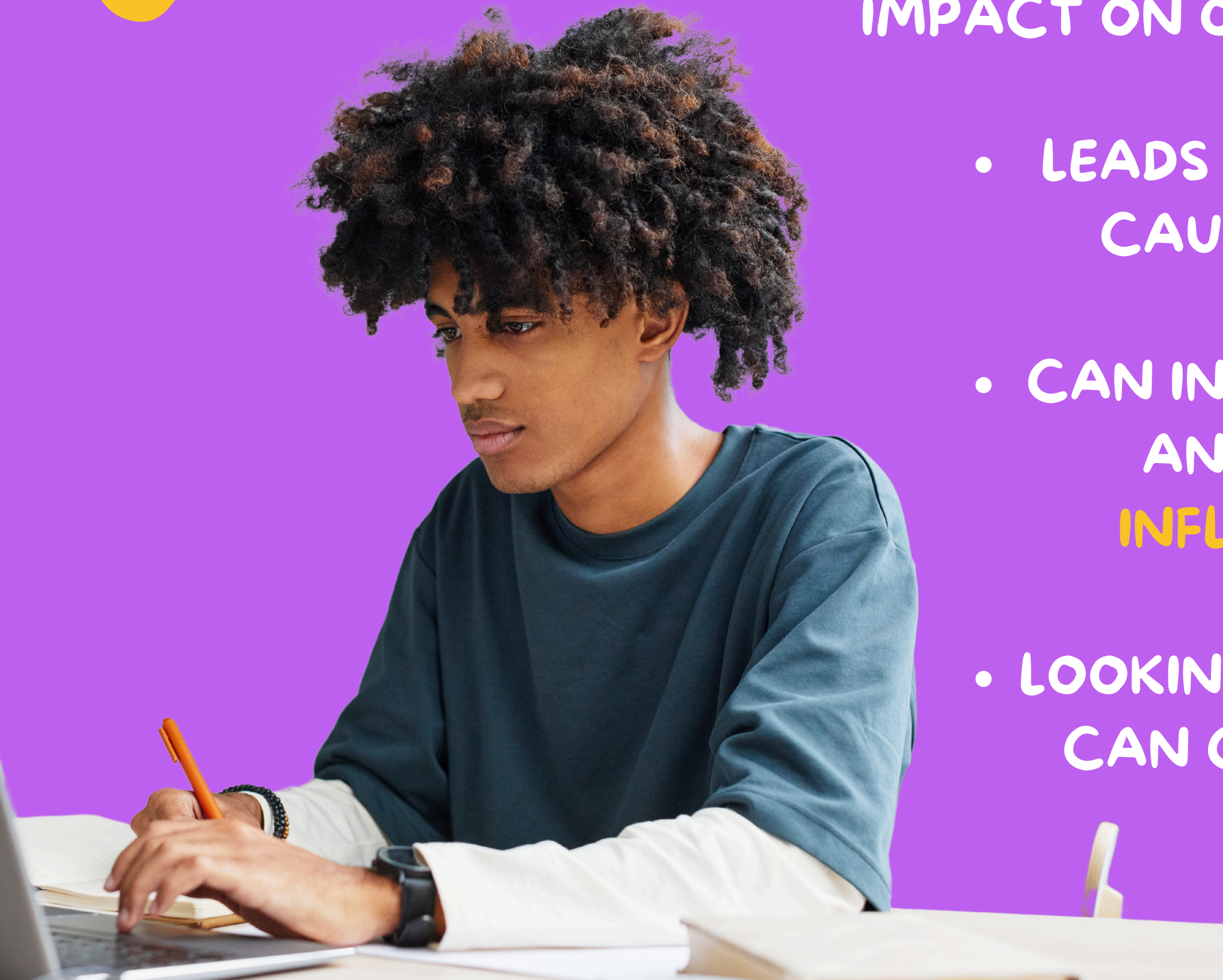
92%

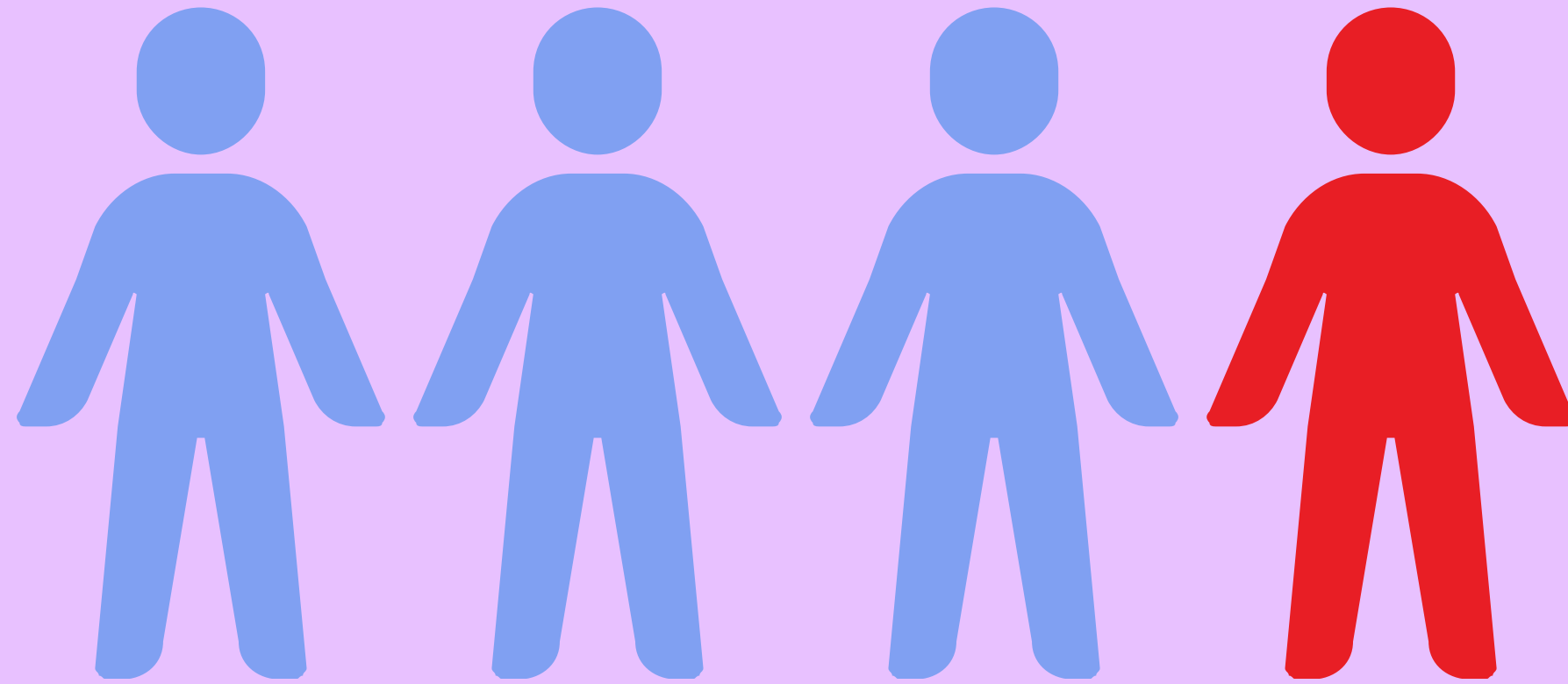
OF SECONDARY STUDENTS SAID
SOCIAL MEDIA IS HAVING A
NEGATIVE IMPACT ON THEIR
MENTAL HEALTH.



SECONDARY: DOES SOCIAL MEDIA HAVE A NEGATIVE IMPACT ON OUR MENTAL HEALTH?

- LEADS TO **COMPARISON** WHICH CAN CAUSE YOU TO FEEL 'LESS THAN'
- CAN INCREASE THE RISK OF BULLYING AND **EXPOSURE TO NEGATIVE INFLUENCERS** AND CELEBRITIES
- LOOKING AT A SCREEN FOR TOO LONG CAN CAUSE **PROBLEMS WITH SLEEP**





3 out of 4

PRIMARY PUPILS AGREED THAT SOCIAL MEDIA HAS A
NEGATIVE EFFECT ON OUR MENTAL HEALTH.

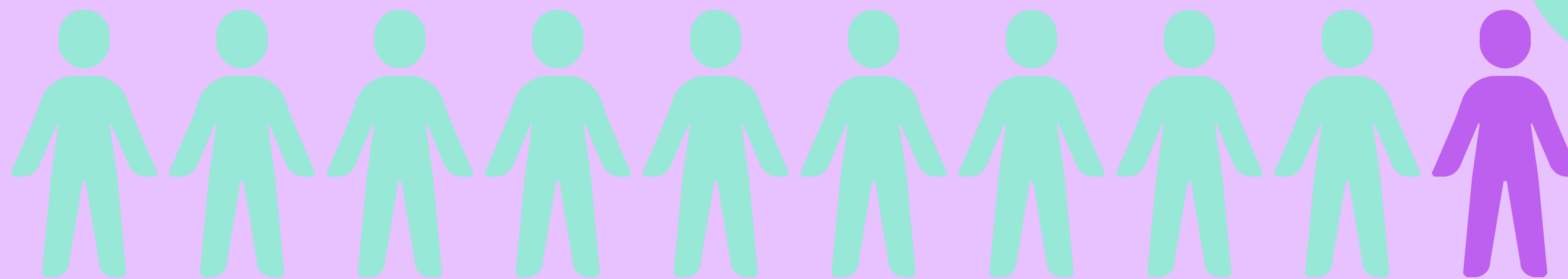
PRIMARY: DOES SOCIAL MEDIA HAVE A NEGATIVE IMPACT ON OUR MENTAL HEALTH?

- SPENDING MORE TIME BEHIND A SCREEN MEANS LESS TIME IN THE OUTDOORS
- ASPECTS OF OUR LIVES ARE UNDER GREATER SCRUTINY ONLINE
- RISK OF EXPOSURE TO AGE-INAPPROPRIATE CONTENT



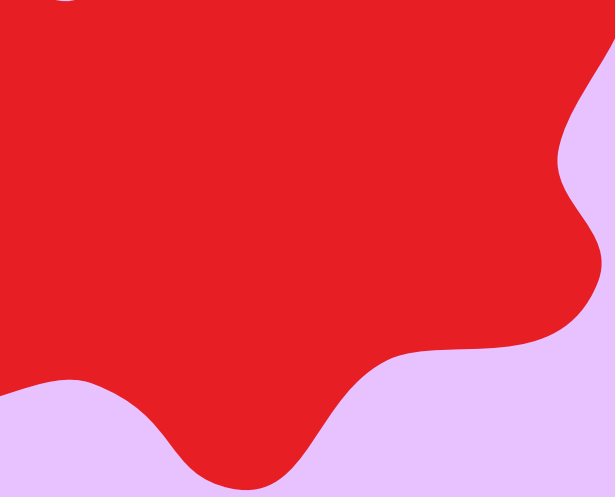


SOLUTIONS?



9 OUT OF 10

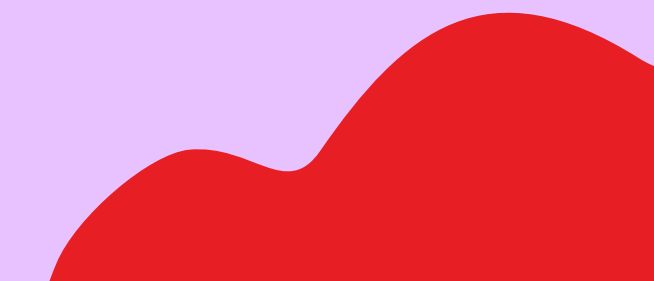
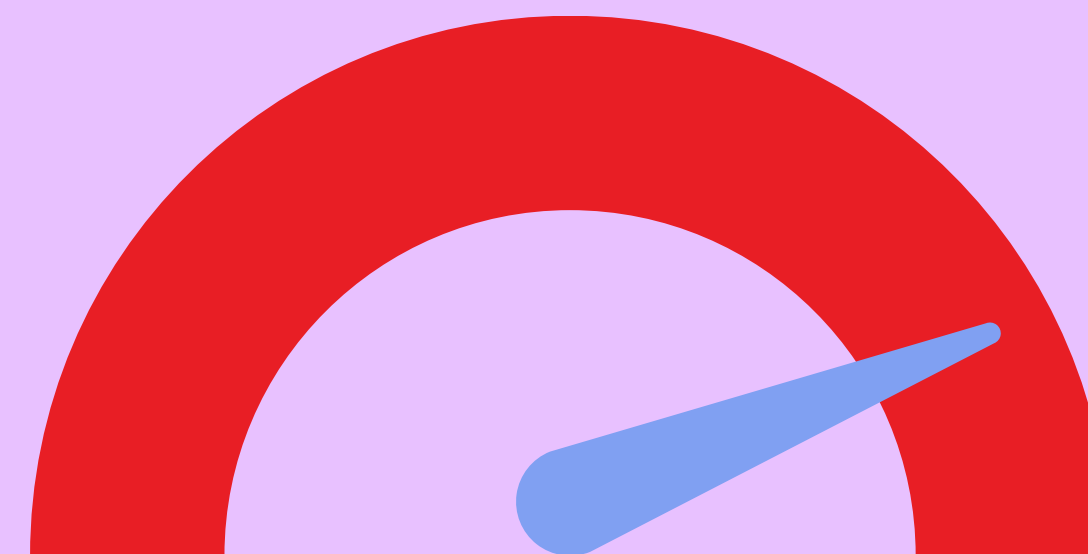
SECONDARY STUDENTS SAID EXAM CONDITIONS NEED
TO CHANGE TO BETTER SUPPORT MENTAL HEALTH

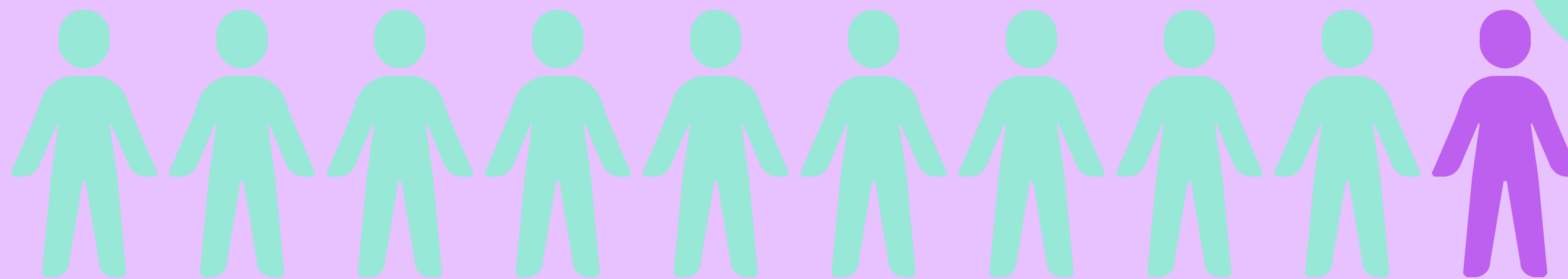


IN FACT,

85%

OF PRIMARY PUPILS WERE IN FAVOUR OF
OCCASIONAL DAYS OFF TO FOCUS ON
THEIR MENTAL WELLBEING





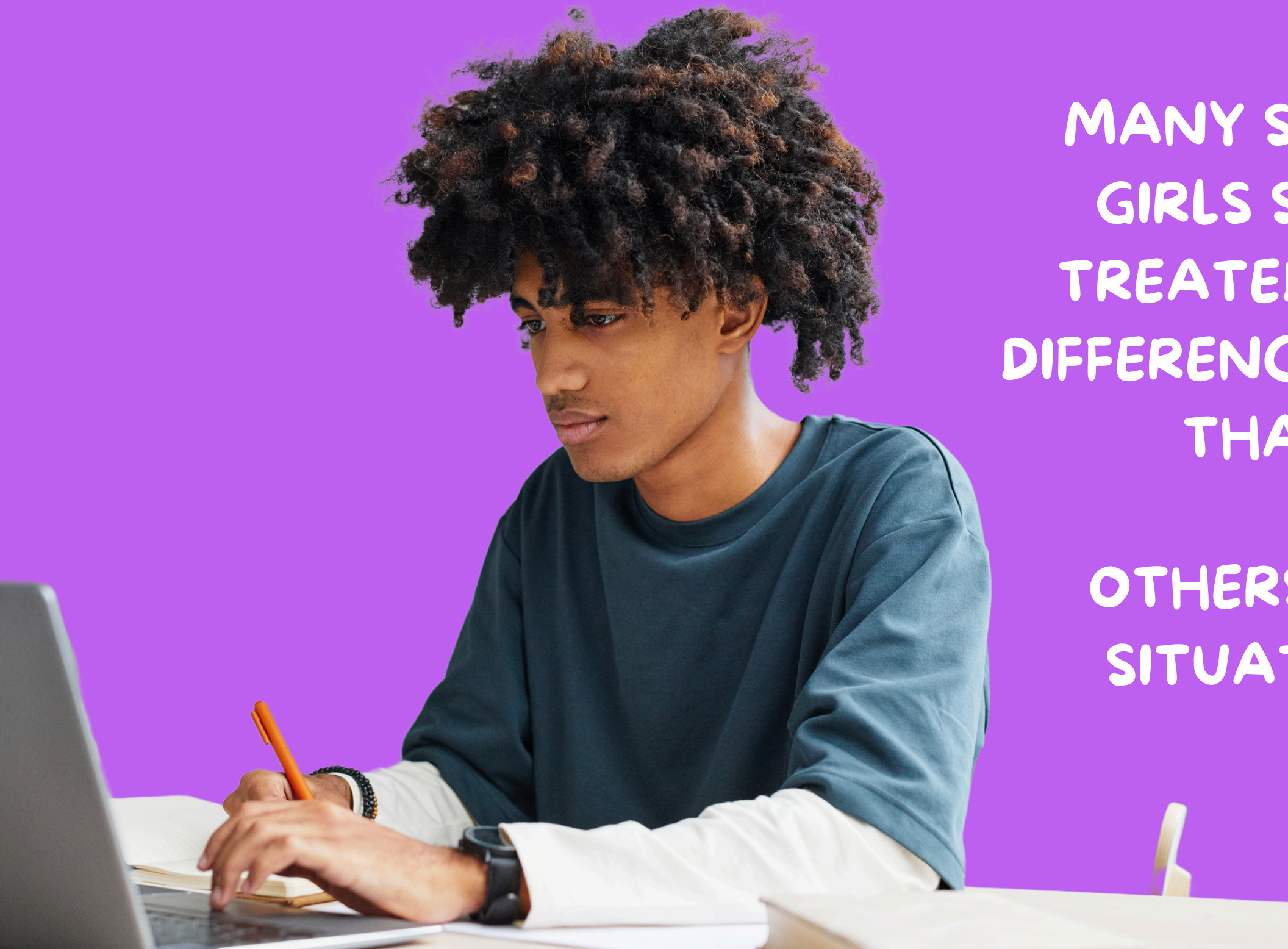
9 OUT OF 10

SECONDARY STUDENTS SAID WE NEED TO APPROACH
BOYS' AND GIRLS' MENTAL HEALTH DIFFERENTLY

SECONDARY: DO WE NEED TO APPROACH BOY'S AND GIRL'S MENTAL HEALTH DIFFERENTLY?

MANY SAID THAT WHILST BOYS AND GIRLS SHOULD BE SUPPORTED AND TREATED EQUALLY, THERE ARE SOME DIFFERENCES AT THE IDENTIFYING STAGE THAT WE SHOULD CONSIDER

OTHERS SAID THAT EVERY PERSON'S SITUATION SHOULD BE TREATED AS UNIQUE



SECONDARY STUDENTS FELT THAT PARENTS
CAN HELP CHILDREN WITH THEIR MENTAL
HEALTH BY CREATING A

SAFE
ENVIRONMENT
AND
LISTENING



THANK YOU TO OUR

YOUTH AMBASSADORS

FOR PROVIDING THE QUESTIONS DISCUSSED





THESE RESULTS WERE SHARED WITH



Parentkind

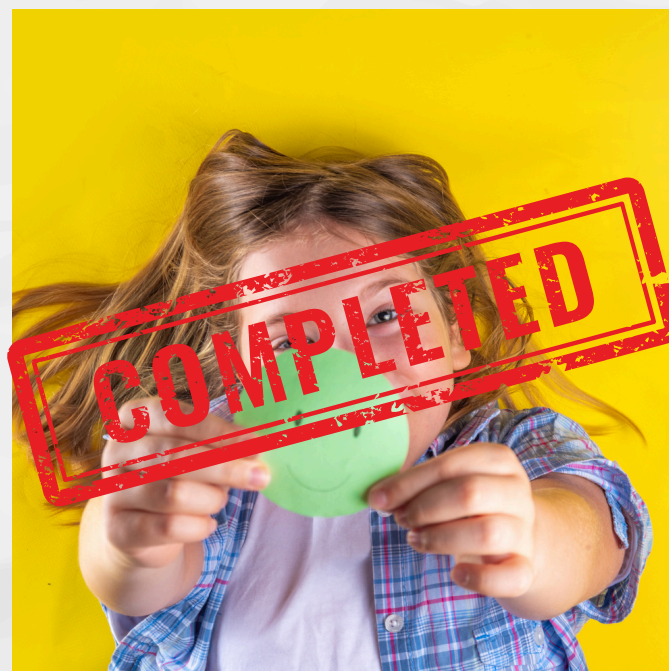


STUDENT WEBINARS



Bullying
Wednesday 13th Nov

Children's Mental Health
Tuesday 4th Feb



Topic tbc
Friday 13th Jun

FIND OUT MORE HERE: WWW.VOTESFORSCHOOLS.COM/COMMUNITY