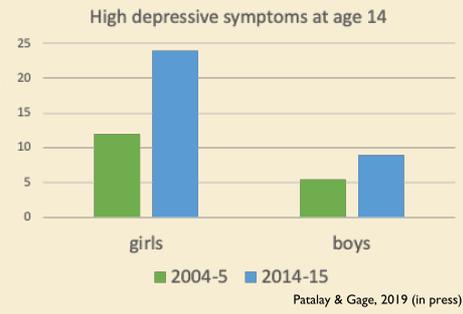
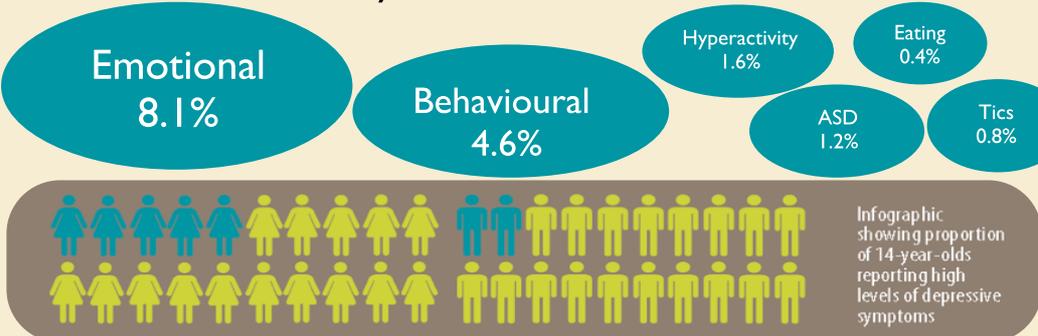


Mental Health of Children, in the Context of Schools

Mental health difficulties in young people are high and continue to be a growing issue. We need to understand the changing contexts that help explain the increases in emotional difficulties.

In 2017, 12.8% of 5-19 year olds have one mental health disorder and 5% have at least two.



Emotional
8.1%

Behavioural
4.6%

Hyperactivity
1.6%

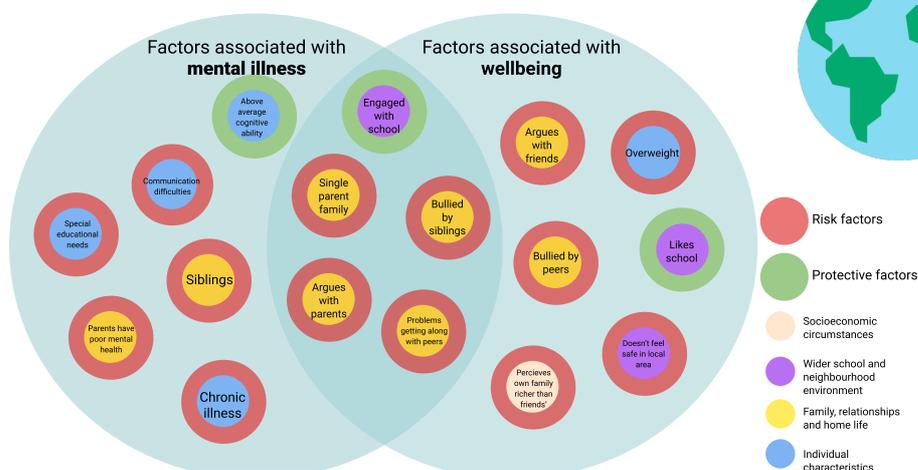
Eating
0.4%

ASD
1.2%

Tics
0.8%

Protective and Risk Factors: Children's mental illness and wellbeing at age 11

Findings from the Millenium Cohot Study



This gives **certain children in certain contexts** the potential to be more vulnerable to mental health issues.



A school's composition and climate are both associated independently with children's mental health.

School climate is a larger determinant compared to composition which makes it a great universal target for improving mental health outcomes.

A school's composition is not easily changed **BUT school's climate is malleable**

Schools may either adopt a **whole school** or more **targeted, individual** approach to mental health

Interventions may include:

- Interpersonal skills training, conflict resolution
- Anger management, emotion regulation
- Art, drama, music
- Sports
- Leaflets, web information
- Buddy systems
- Behaviour management (swap desks depending on behaviour)
- Snoozle room, quiet space, time out area
- Drama room, play ground
- Counselling with professional
- Anti smoking, substance abuse

At this school we care about each other

We can talk to teachers about our problems

Feeling safe in school

Our teachers are fair

READY OR NOT...