

WHAT CHILDREN AND YOUNG PEOPLE SAY THEY WANT AND NEED FROM SCHOOLS

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe - "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.

Here's what young people told us they need from their schools:

1. We want mental health to be talked about more in school to remove the taboo around it– not just one-off assemblies or PSHE lessons.
2. We want you to acknowledge our mental health – not just mention it once in assembly. Sometimes we say we're stressed with homework and it seems like all our teachers care about is the deadline, not how we're feeling.
3. If you're talking about mental health, make it clear that mental health isn't a bad thing.
4. We want to know more about specific themes on mental health – men's mental health, teenage mental health etc.
5. Try not to make it sound so scary. Language like 'you have to tell someone' puts pressure on us, and can put us off – even if you don't mean to.
6. Make our assemblies or lessons on mental health more interactive – let us ask more questions, do a quiz, role play – then we'll want to engage more.
7. Give us opportunities to lead lessons on mental health ourselves. We have lots of ideas, and might know more than you think – we also have lots of advice to give.
8. If you're planning an assembly (on mental health, or anything else!) keep it short, active, play music, involve us in it.
9. Stop making out like social media is responsible for all of our problems. We know there are challenges with social media, but when we use it carefully it can help us connect with friends and find advice and support when we're struggling.
10. If we're being bullied or having issues with friends, don't just focus on punishing the other person or fixing it. Excluding someone might punish them, but it doesn't help with the way we feel about what has happened. Make the time to talk about our feelings too, if we need to.



HOW WELL DO WE LISTEN? BRIEFING FOR SCHOOLS

This slide deck, designed for a staff briefing or meeting, can help schools consider how to better listen to pupils' voices, and act on their views.

bit.ly/3LBARJA



FREE CPD-CERTIFIED MENTAL HEALTH TRAINING

Gain a deeper understanding of mental health with Place2Be's free award-winning online course for teachers and youth workers. This course can be an introduction or a refresher.

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SENIOR MENTAL HEALTH LEADS TRAINING

Place2Be's Department for Education assured CPD-certified training supports Senior Mental Health Leads to develop their whole-school approach to mental health.

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