

# Emotional Health in Schools.

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11 November 2019.

# Purpose of this presentation

To provide an update on the emotional health and well-being of children within secondary education.

# Overall Strategic Importance

Stockton-On-Tees Borough Council: Children's Services Strategy 2017-2020 highlights the continuing importance of emotional health and well-being:

*“This is a major issue for our young people and we know we have problems around their ability to access support. Self-harm rates are too high and our schools report increasing levels of anxiety, low mood and depression as well as more complex mental health issues. We also know that the emotional health and well-being of children is major concern for our parents and schools.”*

# What evidence do we have?

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit (SHEU), is designed for young people of both primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part.

SHEU – secondary school surveys undertaken in 2016 and 2018.

	Sample size (2018):		
	Stockton - on - Tees		
	Year 8	Year 10	Total
Boys	854	733	1587
Girls	893	803	1696
Total	1747	1536	3283

# Data Comparison

It is not possible to make direct comparisons between 2016 and 2018 survey outcomes at a Local Authority level due to the size of survey cohorts and due to some changes in school participation.

It is also difficult to compare changes at each school level because of this through there are clear trends that the schools are aware of through their individual reports.

The survey data has been compared with national data and it is pleasing to see in some areas that children report much better health and well-being outcomes in comparison with other surveyed schools.

# Key Messages

In terms of emotional health & well-being:

- 90% of our children have been taught or given media advice about the appropriate use of social media compared with a reported national figure of 79%.
- 75% of our children say they have chances to give their views and change things about life in school compared with the national reported figure of 56%.
- 70% of our children report feeling loved often or all of the time compared with the national score of 57%.
- 58% of our children responded that if something goes wrong they always or usually learn from that experience compared with the national score of 52%.

# Key Messages

Stockton-on-Tees is in line with other benchmarked schools in the following:

- Students satisfaction with themselves and how they manage their emotional health and well-being.
- Students knowing adults who they can trust and talk to if they are worried about something.
- We have similar numbers of children who report as having high levels of resilience.
- We have similar numbers of children who feel safe in both their communities and in school.
- In children's ability and confidence to say no and resist peer pressure.

# Areas for Improvement

- Since 2016 there has been a 4% decrease in students who said that they can usually deal with any feelings of worry
- Since 2016 there has been an 8% decrease in students stating they feel satisfied with their lives
- A decrease of 3% of children reporting positively on their perception as to whether the school cares if they are happy or not.
- The number of boys who reported that they wanted to stay in full time education dropped 5% between 2016 and 2018; girl's figures stayed the same over this period.
- 6% more children reported in 2018 that schools are not taken the issue of bullying seriously compared with those reporting in 2016.



# Next Steps

- Individual action planning visits undertaken with secondary schools to identify effective practice for wider dissemination.
- Creation of a CPD Network with a focus around emotional health and well-being.
- Further direct training to all schools through the Anna Freud Link Programme – schools and health professionals learning sets.
- Building the links with health services through the NHS Trailblazer programme (initial pilot in Billingham Schools.)
- Investment in on line counselling services for children and families- Kooth.

# Emotional Health in Schools

Happy to answer any questions now

Thank you