

## INTRODUCTION

This work was delivered using the Pupil Voice Toolkit commissioned by The Public Health Directorate, Cambridgeshire County Council and developed by the Cambridgeshire Personal, Social and Health Education Service (PSHE).

The focus of the work was on the mental and emotional wellbeing needs of young people. The Health Related Behaviour Survey data, 2016 (combined Year 8 and Year 10) was used as the basis for exploring these needs with a group of Year 10 pupils.

Six areas relevant to mental and emotional wellbeing were explored:

- What is mental health?
- Worries - the nature and extent
- Self-esteems
- Life satisfaction
- Resilience
- Adults young people can trust

The young people were asked to identify ways in which these aspects of their mental and emotional wellbeing could be promoted. The result is a number of key messages for adults, school and the wider community and it is recommended that this forms the basis of ongoing discussion between school, young people and families. The outcomes are intended to complement and add value to the School's/ College's whole school approach to promoting the mental and emotional wellbeing of our young people.