

MENTAL HEALTH: XXX SCHOOL / COLLEGE

KEY

**Red** - Not in place - consider developing

**Amber** - Partly in place -consider further development

**Green** - In place

INTRODUCTION

The young people were asked to imagine a school where mental and emotional wellbeing is ideally promoted and draw and write what would be in place. They were then asked to reflect on their own school (xxxx School / College) and highlight what they perceive is in place, partly in place and not in place.

Statement	Comment
Homework more consistent and regular	
Increased information for families about mental health - school and home to have an increased connection	
Bullying - teaching about it - people not to get away with it - recognise emotional / verbal bullying as well as physical - staff training about it	
The canteen is crowded – every year group needs more open spaces to go to at lunchtime – so pupils don't have to stay in the canteen	
Shorter more focussed lessons makes it easier to recall especially in academic subjects - creative subjects do need longer lessons	

More teaching about mental health and discussion groups	
Having 'open' access to a support person – someone named to be there for you - so it's not a big step to ask to talk to someone	
Value creative subjects more that enable you to express yourself	
Taking friendship issues seriously	
More 1:1s with teachers/tutors	
Sports - lots of games	
Length of lunch breaks – having time to be with friends /do activities	
Good food available	

## Key messages

1	More information sharing and conversations between home and school
2	Ensure that people do not get away with bullying, understand that it is emotional and verbal as well as physical and that there needs to be teaching and training about bullying

3	Homework - there is too much - can it be more focussed and please reduce the stress of subjects clashing for handing in homework
---	--

4

Shorter more focussed lessons makes it easier to recall especially in academic subjects -  
creative subjects do need longer lessons