

WORRIES

WHY DO YOUNG PEOPLE WORRY ABOUT THESE ISSUES AND HOW DOES WORRYING AFFECT YOU /YOUNG PEOPLE?

SCHOOL WORK, EXAMS, TESTS AND CAREERS

Key points	Additional comments
Tested every half term which feels too much	
Everything is crammed into lessons - sometimes can't even finish the task - Moving too fast between topics	
Some people know what they want to do for a career - it's hard to choose subjects if you don't- sometimes feel judged	
Choice of subjects is important for careers but sometimes someone leaves and you have to change to something you don't want to do	
Feel the pressure to take more academic subjects	
Interview about subject choices is not always helpful	
Relationships with teachers are important - so they know us	
Pressure to get good grades to get into college	
Role of form tutor is important but not helpful if they move - you need to develop a relationship	

KEY MESSAGES

1	We need help to cope with the work pressure - by reducing the amount of content and tests and putting more emphasis on on-going assessment
2	Give us tests termly rather than half termly then they can be about the whole term's work, and give us more notice of the dates

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LGBT PLUS

Key points	Additional comments
Might be scared to tell their friends - might think they could lose their friends	
In schools - 1 hour per year - we learn a bit about LGBT but not enough - need more time in PD /PSHE and discussion not just being told about LGBT plus on it.	
Internet and social media can be damaging - people comment judgmentally	
People need help about coming out e.g. people who had been through it - need freedom to speak	
Parents not always aware - some people feel they can't tell their parents	
People might worry that those people would try to make them gay	
Stigma still in society	

Anxiety if you want to keep it private and it might come out	
Worry about how things are said	
Need trusted adults	

KEY MESSAGES

1	We need to address the fact that the word 'gay' is used as an insult
2	We need more time spent on it in PD etc. - including more time to discuss / debate not just for input or to watch a film - people need to be better informed
3	People need help and advice about coming out - e.g. hearing from people (other students) who have been through it
4	People can feel judged - need to address the stigma

HEALTH

Key points	Additional comments
We are confident talking about physical health but less confident talking about own mental health issues	
Fear of doctors	
Worrying takes away confidence	
Worrying leads to stress and feeling anxious	
Mental health issues has a lot more stigma attached	

If you go to school and feel ill you feel like you can't go home	
Families' health - creates a chain of worry	

KEY MESSAGES

1	Help us to be more confident, open and to feel safe to talk about mental health
2	Understand that if we have illness in our families we are likely to be worried and it can affect our work

RELATIONSHIPS WITH FRIENDS

Key points	Additional comments
Boys feel weak if they open up about their feelings to their friends	
Worry about hurting your friends	
Scared of losing friends	
Feel like competing with others to be someone's friend	
Want to be as special to your friend as they are to you	
Differences could be gender related	
When had a difficulty with a friend it's the only thing you think about - lose focus	
Difficulties with friends - lose sleep	

Bullying could be a consequence of arguments	
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KEY MESSAGE

1	Help boys to be more open about their feelings
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WHAT WOULD HELP YOU/OTHER YOUNG PEOPLE COPE WITH /MANAGE THESE WORRIES?

GROUP 1

Retail therapy

Social media

NOT HELPFUL

QUITE HELPFUL

HELPFUL

Friends

Going out

Lessons about mental health

Music

Sleep

Helping others

Activities and interests

Adults you can talk to

Healthy eating

Being outdoors

Quiet places

Religion

TV

Being on your own

Counselling

Pets

Talking to friends

WHAT WOULD HELP YOU/OTHER YOUNG PEOPLE COPE WITH /MANAGE THESE WORRIES?

GROUP 2

Social media

Religion

NOT HELPFUL

QUITE HELPFUL

HELPFUL

Music

Time with family

Talking to friends

Activities and interest

Understanding yourself

Retail therapy

Counselling

Going out

Sleep

Friends

KEY MESSAGE

1	Friends, going out, sleep, music and other activities and interests are very important for mental health
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