

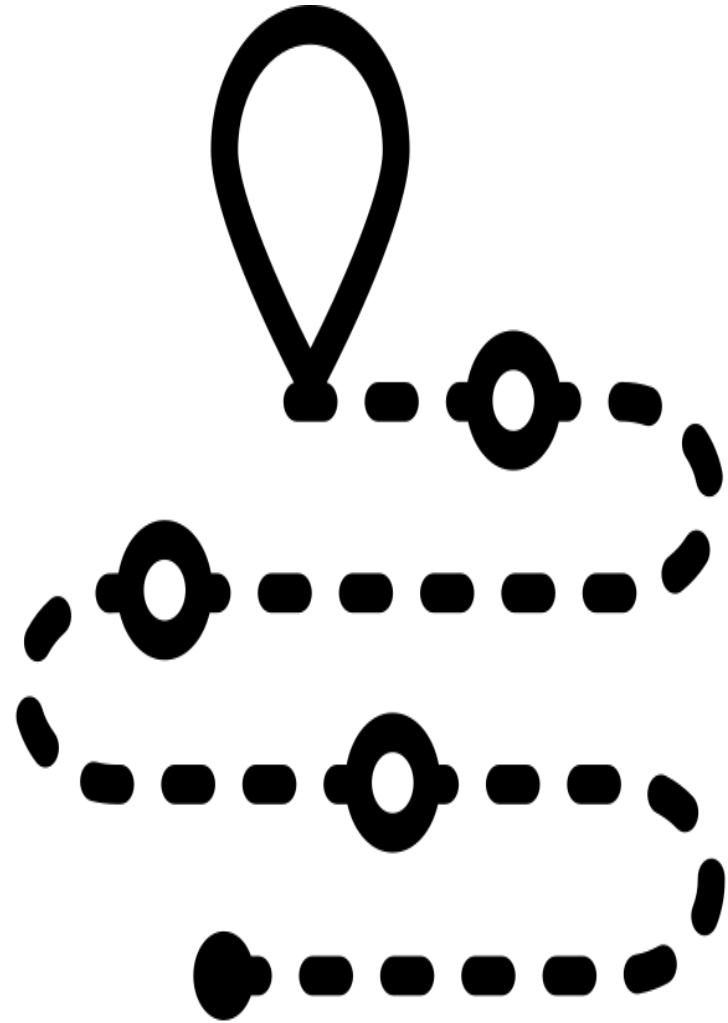
Chair's Opening Remarks

Sarah Adams



@SarahJAdams

Background



Children and young people's mental health

Children and Young People's Mental Health

1 in 6

Probably have a mental health disorder

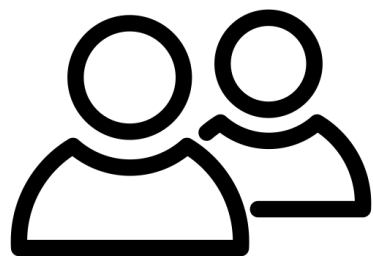
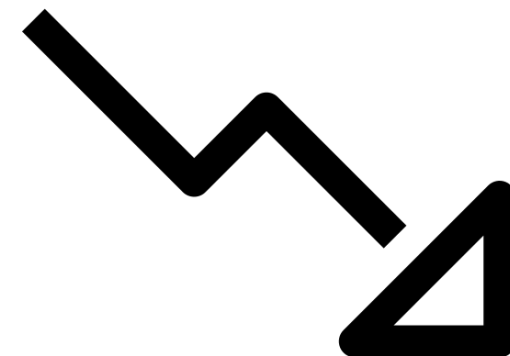
NHS Digital 2021



32.9%

CYP report decline in mental health since 2017

NHS Digital 2021



**Childline
Increase in Contacts**

NSPCC 2021



School staff report increases in:

- Anxiety
- Depression
- Self-harm
- Suicidal thoughts
- Eating disorders

Place2Be and NAHT 2022

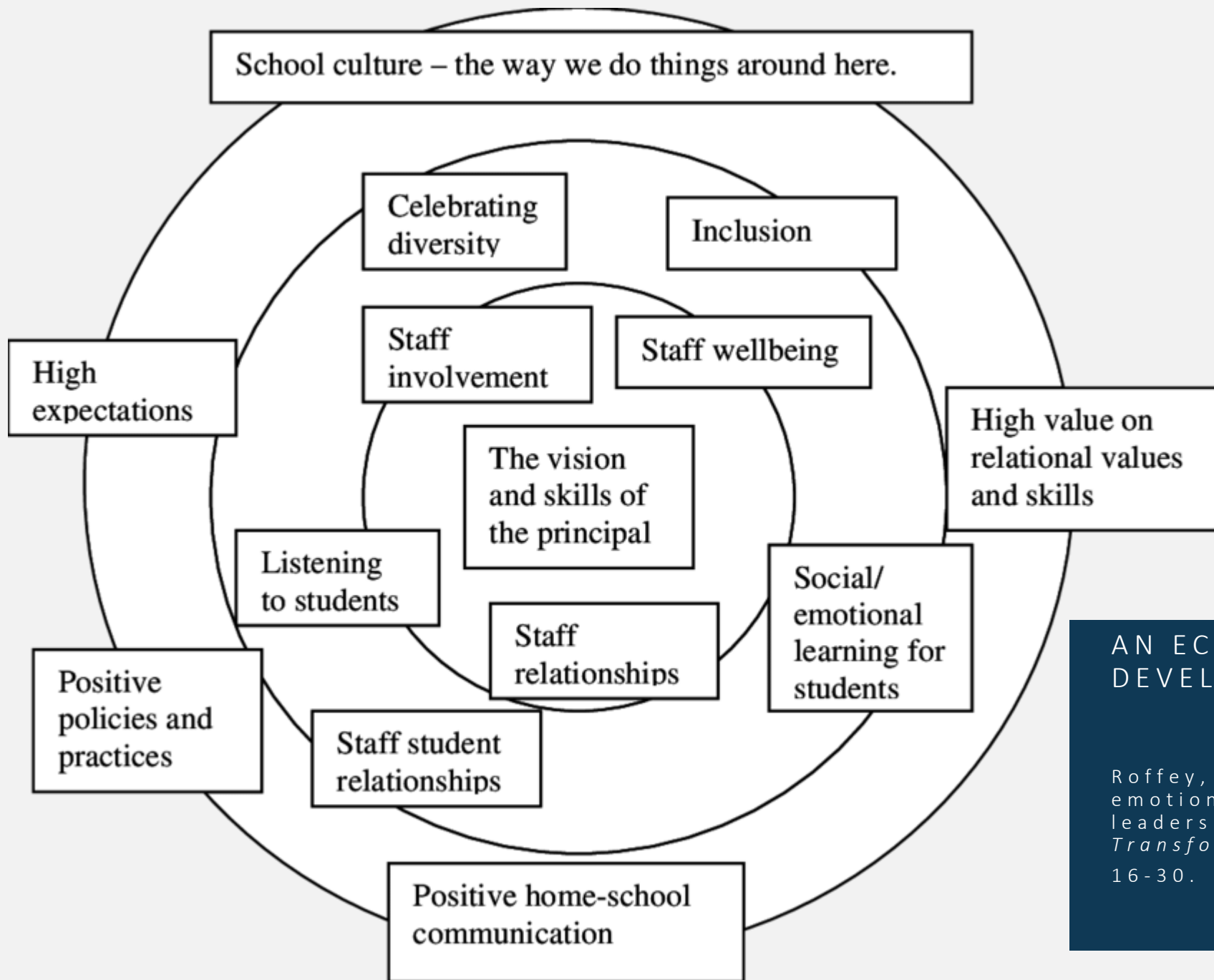


Key Policies

Whole School Approach

Systemic Approach

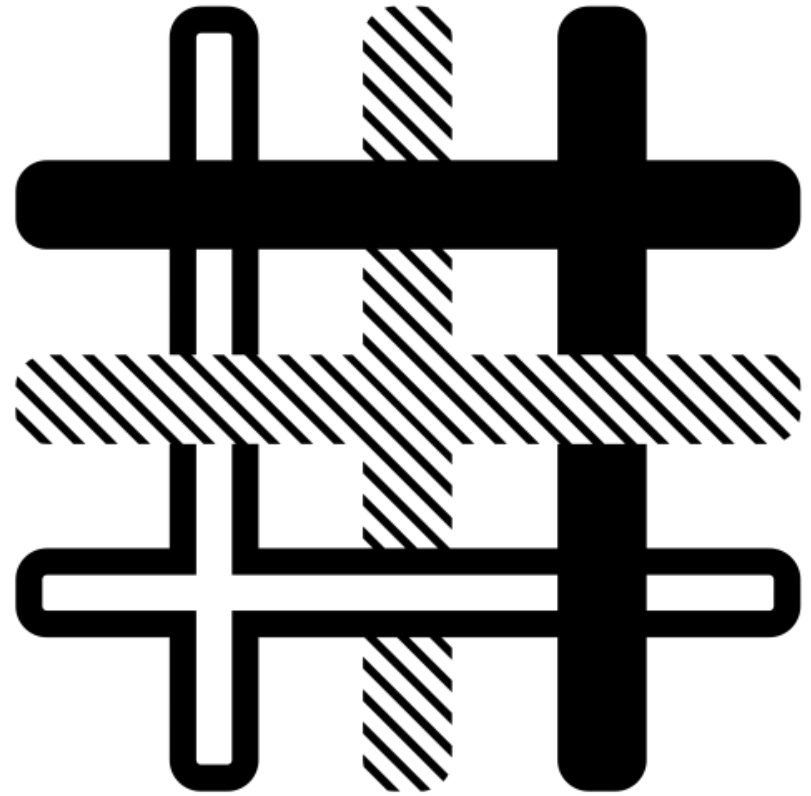




AN ECOLOGICAL MODEL IN DEVELOPING A CARING COMMUNITY

Roffey, Sue. (2007). Transformation and emotional literacy: The role of school leaders in developing a caring community. *Transformation and Emotional Literacy*, 13, 16-30.

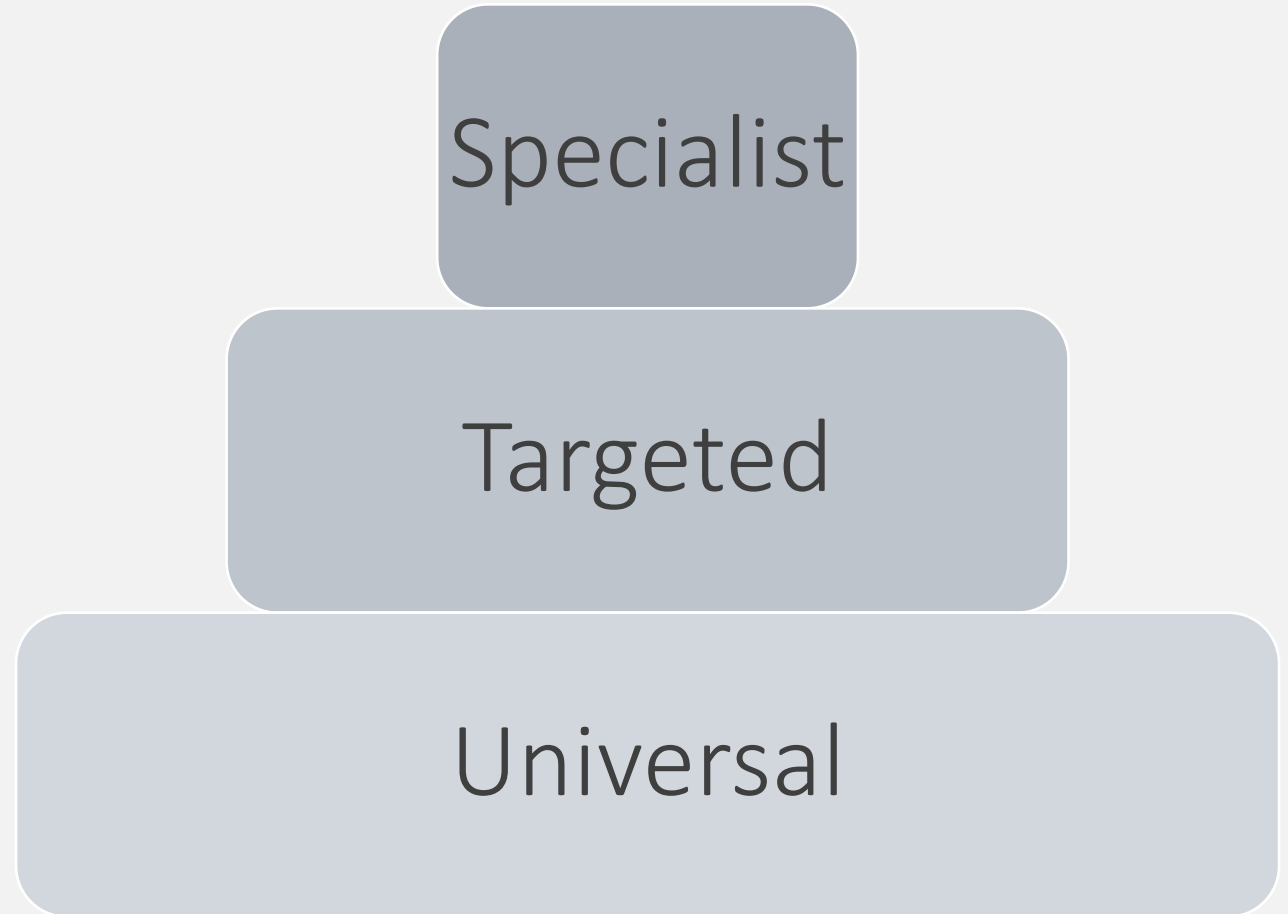
Embedded
&
Integrated



Genuineness



Graduated Approach



Evidenced-Informed

Research related to mental health

Taboo?

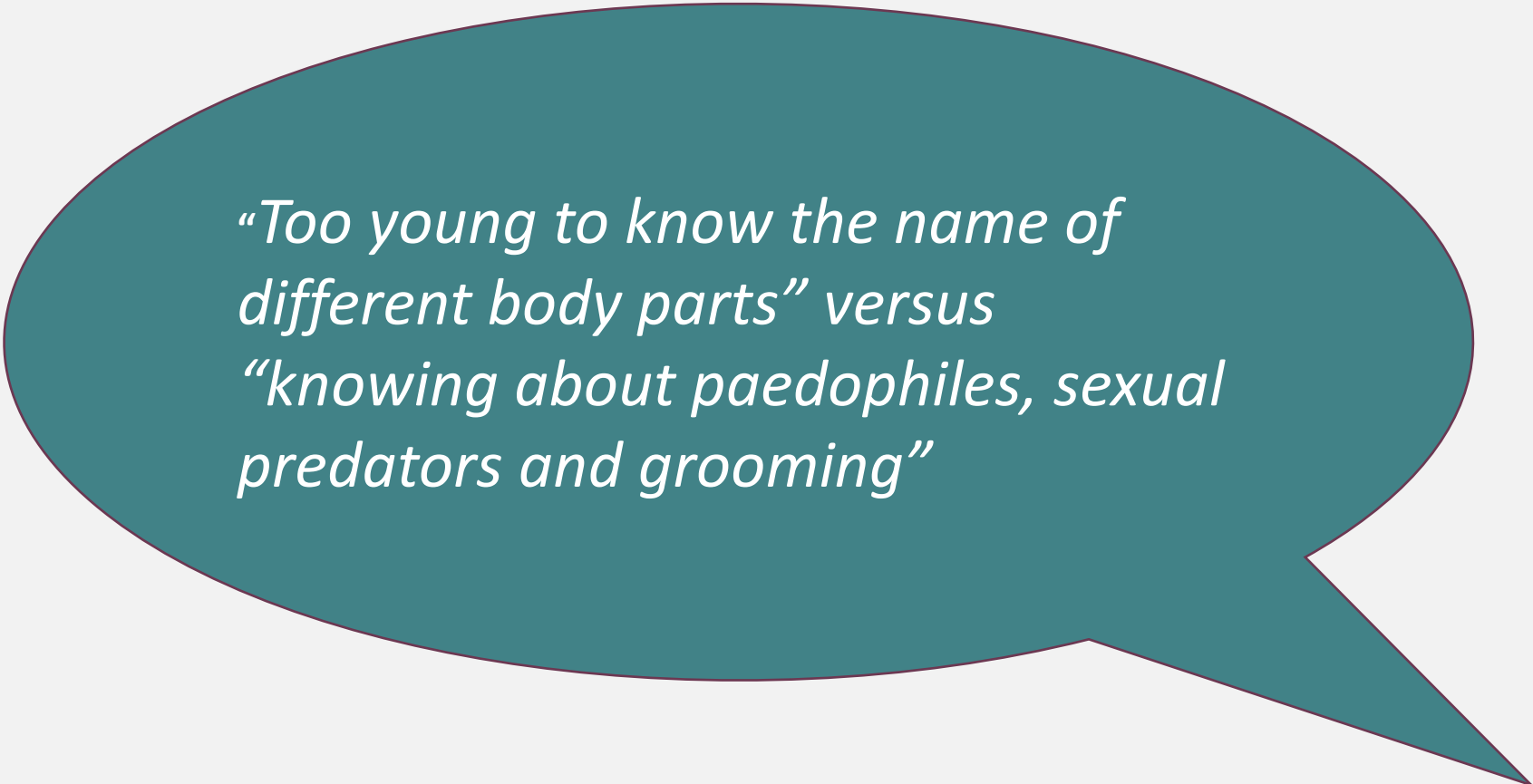


Taboo?



Self-harm in primary school children: the voices of the educational professionals, parents and children

Sarah Adams



“Too young to know the name of different body parts” versus “knowing about paedophiles, sexual predators and grooming”

Relationship Sex Education – ‘in the best interest of the child’

Peter Cumper, Sarah Adams, Michelle O’Reilly & Kerry Onyejekwe

Digital Care of Ethics: Primary School

Michelle O'Reilly, Di Levine, Sarah Adams

Digital Care of Ethics

ADD NAME

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Children hurt themselves when by...
Choosing not to be friends with others
Falling over on purpose
Banging their hands on something
Hitting themselves
Punching a wall
Jumping of their bed....to try and really hurt themselves
Cutting themselves

ADD NAME

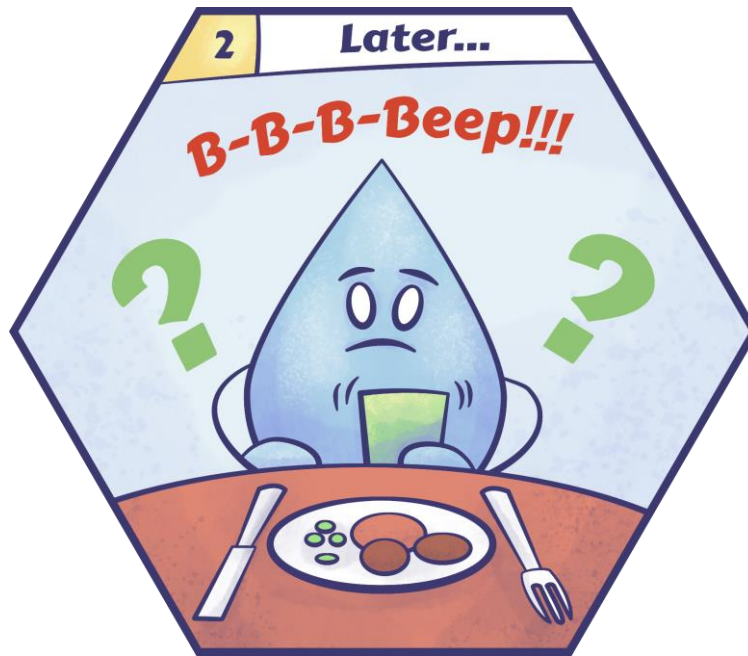
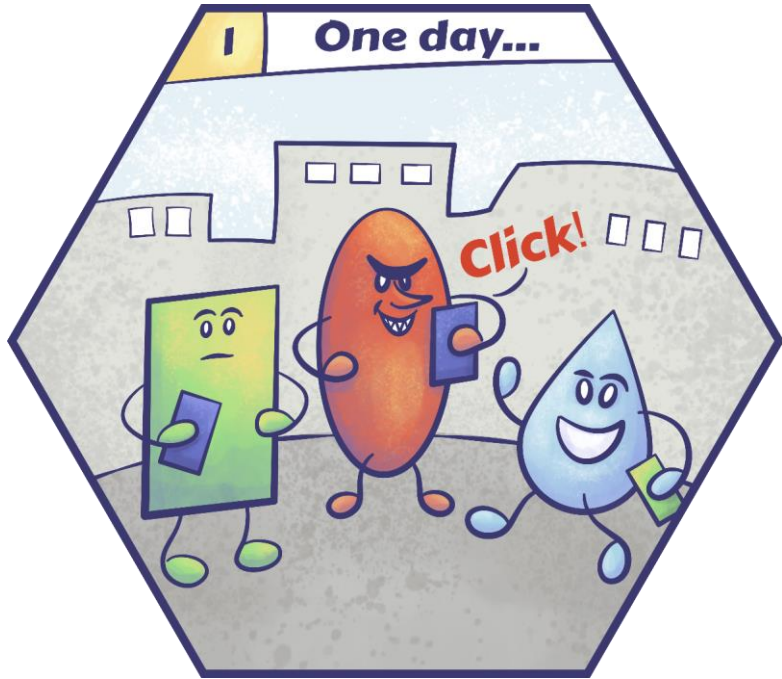
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ADD NAME

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ADD NAME

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4? More bullying?

B-B-B-Beep!!!

B-B-B-Beep!!!

What a loser! Look at the Loooooser lol!

I heard his mum keeps weasels in a kettle. Lol!

What happens next?

4? Report the bullying?

Hah! Hah!

What happens next?

4? Kindness?

B-B-B-Beep!!!

B-B-B-Beep!!!

What a loser! Look at the Loooooser lol!

Dude?! Why are you being so mean?!

Sorry, man! Just kidding. Everyone knows you're awesome!

You're awesome, too!

What happens next?

4? Threats?

B-B-B-Beep!!!

B-B-B-Beep!!!

What a loser! Look at the Loooooser lol!

If you don't delete that picture, mate, I'm gonna whack you with a plank!

Then I will whack you!

What happens next?

4? Support the victim?

B-B-B-Beep!!!

B-B-B-Beep!!!

What a loser! Look at the Loooooser lol!

Don't be so mean! Take the picture down, dude, or I'm telling teacher!

What happens next?

