

This assignment will discuss issues regarding Mental health and well-being in children and young people, identifying and exploring the mental health issues that they have and what impact it has on children's life's which could be down to bullying in schools, home or online , low self-esteem, depression, anxiety, ADHD, ALN and the list goes on. Also includes what role schools will take part in helping children and young people with their wellbeing and mental health in school. Two issues have been picked to talk about in this assignment and they are Bullying and Poverty.

What Is Mental Health? Mental health encompasses our emotional, psychological, and social well-being and influences our thoughts, feelings, and behaviour's. It also influences how we relate to others, deal with stress, and make decisions. Mental health is significant throughout life, from childhood and adolescence to adulthood. A variety of factors can lead to mental health issues, such as biological factors like genes or brain chemistry, life experiences like trauma or abuse, and family history of mental health issues. Mental health issues are common, but treatment is available, and many people with mental health issues recover fully. (Mentalhealth.org, 2015) Maslow's hierarchy (see appendix 3) indicates that "*individuals should initially meet basic needs, including food and safety, prior to advancing toward more elevated psychological aspirations such as esteem and self-actualization*".

One or more of the following emotions or actions may indicate an issue before it becomes serious:

- Excessive or insufficient eating or sleeping, withdrawal from social interactions and routine tasks
- Lacking or having little energy
- Being numb or believing that nothing is important
- Experiencing aches and pains that don't go away
- Feeling powerless or without hope
- Using drugs, alcohol, or smoking more than normal
- Experiencing unusual levels of confusion, forgetfulness, anxiety, anger, upset, worry, or fear
- Fighting or yelling at relatives and family
- Having extreme mood swings that interfere with relationships
- Hearing voices or holding onto false beliefs; having recurring recollections and thoughts that you can't shake (Mentalhealth.org, 2015)

Children and young people who are in good mental health can deal with life's obstacles, see their own potential, learn and work well, and take an active part in their communities. It is a basic component of general health and well-being, necessary for individual and group abilities to make wise decisions, build connections, and impact our surroundings. An important component of individual, social, and economic development, mental health is a

basic human right. Mental disorders, psychosocial disabilities, and other mental states that might cause significant discomfort, functional impairment, or self-harm risks are all considered health issues. Although people with mental health disorders frequently report lower levels of mental well-being, this is not always the case. (World Health Organization, 2022)

Wellbeing extends beyond merely the lack of disease or illness. It encompasses a multifaceted interplay of an individual's physical, mental, emotional, and social health dimensions. There is a significant correlation between wellbeing and both happiness and life satisfaction. In essence, wellbeing can be characterized as an individual's perception of themselves and their overall life experience. (better health channel, 2022)

Between 2022 and 2023 in Wales Individuals with better mental health also had better overall health. The average mental wellness score decreased along with overall health. The average score for mental wellbeing was 50.4 for people in good overall health and 39.1 for people in poor general health. (see Appendix 1) this is a vertical bar chart that displays the average mental health scores for overall health in 2022–2023. The average mental wellness score for people with very excellent or good general health was 50.4, whereas the average score for people with terrible or very bad general health was 39.1. (Welsh Gov, 2024)

See (appendix 2) shows a Horizontal bar chart showing average mental wellbeing scores by household type in 2022-23. Households consisting of a pensioner couple had the highest average mental wellbeing score of 51.7, whilst households containing non-pensioner single adults without children had the lowest average mental wellbeing score of 43.4. (Welsh Gov, 2024)

The average mental wellness score for Welsh speakers was 50.1, whereas the average score for non-Welsh speakers was 48. Those who speak Welsh had higher mental wellbeing than those who do not speak Welsh. (WELSH GOVERNMENT, 2024) this could be down to social media not as much in Welsh I am a great believer that social media does have effect on mental health especially with teenagers, as social media has a high impact on their life with social media sites like Tick Tock, Facebook, Snap chat, you tube, Instagram, watts app, twitter.

One in four adults in England may experience a mental health problem at some time during the years. Despite this, progress in mental health has regressed in some areas and stagnated in others. We also know that people with severe mental illness have particularly poor results, so that's not felt equally. The results show that adults seem to be feeling more alone, and both young people and adults believe that their wellbeing is deteriorating. Considering that the annual cost of mental health issues in England alone is expected to be £300 billion, treble the NHS's budget, none of this is cheap.⁴ It is clear from the facts in this chapter that reform is required. (mind, 2024)

One of the mental health issues that have been chosen to talk about is bullying and how it affects children and young people

Bullying can have a lasting effect on children's and young adults emotional and mental health that goes long beyond childhood the serious and long-lasting effects of bullying that

can then persist into adulthood, it is concerning how common bullying is. One in five secondary school students and one in four parents (23%), according to a DfE survey, reported experiencing bullying during the 2021–2022 school year. These figures demonstrate how urgent it is to address this problem and promote an inclusive, diverse, and accepting culture for our kids and teens. (www.thriveapproach.com,n.d)

Children and Young people are impacted by bullying in a lot of ways. It may affect their schooling, lives outside of school, emotional health, and low self-esteem. Young kids who are being bullied may believe that no one likes them or that they are not deserving of assistance. They might frequently experience feelings of embarrassment or self-consciousness. They might also have trouble sleeping or eating and feel afraid, depressed, or overwhelmed. A lot of young people who have experienced bullying struggle to feel safe or confident in anything they do, which makes them withdraw from other people and stop doing the activities they enjoy. (family lives, 2022) This is sad schools struggle with bullying these days social media don't help at all with older children, a lot of bullying comes from social media Facebook, snapchat, ticktock. Schools have tried to ban all phones in school but still don't help outside of schools at home, and they find it hard to stop it, it does get dealt with, but it never gets stopped, it's scary I find bullying is getting worse. A third of children in Wales say they are being bullied According to the Senedd, bullying rates in Welsh schools have risen to all-time highs, with over one in three children and youth reporting having experienced bullying. In a poll of almost 130,000 students in 200 secondary schools, Gareth Davies expressed concern over a 6% rise in bullying between 2021 and 2023. (Haines,2024)

The shadow mental health minister for the Conservatives addressed the Senedd, stating, “These findings were the highest levels ever recorded in the survey, which is very concerning.” He stated that the most recent survey revealed a decline across nearly all indicators of pupil wellbeing, highlighting an increase in social isolation and a rise in behavioural problems. Mr. Davies, who has over ten years of experience in the NHS in north Wales, referenced a legal obligation established in 2021 to consider the mental health of children and young individuals. (Haines,2024) Gareth Davies MS, Conservative shadow mental health minister mentioned that the mental well-being of students has worsened, and incidents of bullying in schools have risen, indicating that the Welsh Government has unfortunately not fulfilled its responsibilities in this area.Cefin Campbell from Plaid Cymru urged for a revision of the 2019 anti-bullying guidelines for school governing bodies, following a promise made by the Welsh Government eight months prior. The shadow education secretary highlighted the effects of poverty, cautioning that the expensive school uniforms can create stress and contribute to bullying. (Haines,2024)

Children are pointed out if they wear the incorrect uniform to school, such as a blazer from the previous year or one that is far too small. Other children make fun of them, and teachers send them home. These children feel different and sad their self esteem is so low. Over 25% of kids from the lowest-income families reported experiencing bullying because of parents not being able to pay for their education. (The Children's Society, 2020) children in this situation would feel embarrassed, lonely, shy, scared. And their self-esteem would be so low and will affect their education.

Some kids and teenagers might face challenges at home that lead to feelings of sadness, isolation, and loneliness. They may find it hard to express their emotions, which could result in them bullying others to help with their feelings.

Secondary schools are harder to detect bullying as there is social media involved; their older children are stronger minded. Older children don't like to talk about it they keep it to themselves. Since secondary schools are bigger than primary schools and teens attend multiple classes throughout the day, it can be challenging for teachers to identify dynamics. As a result, they form new alliances and make tough decisions throughout their lives, which reduces aggression bullying behaviour's. (Howley-Rouse, 2020) Cyberbullying is a serious problem that is getting worse every day as more pupils have access to technology and apps.

Children especially older ones that are Bullied can affect older children in a lot of ways giving them low self-esteem and causing them to have eating disorders, self-harming themselves, distance themselves from others, have difficulty in life with mental health. Studies have found that *Even at the age of fifty, almost 20% of bullied individuals go on to develop mental health issues of some form.* (Tzani-Pepelasi, 2018)

According to a survey of more than 130,000 students in 200 secondary schools, bullying rates in Welsh schools have hit all-time highs, with over one in three children and young people reporting being bullied, the Senedd heard. Gareth Davies expressed concern about a 6% increase in bullying between 2021 and 2023. (Price, 2024)

Kids and teenagers can occasionally make poor decisions when they are feeling pressured. They might have faced bullying themselves, leading them to feel isolated and then lash out at others as a way to cope with their own experiences. Some may be dealing with challenges at home that leave them feeling sad, alone, and disconnected. They might find it hard to express their feelings, which can result in them bullying others. There are various factors at play, and while it doesn't justify bullying, understanding the reasons behind it is crucial. Other factors that can lead children and young people to engage in bullying including feeling like you have no control children who have a lack of confidence, seeking attention, worrying about feeling left out if don't participate, experience being bullied themselves, home life craving for attention. (family lives ,n.d)

Older Children spend more time at home on computer's and on their phones these days than out with others socialising and talking to others this don't help children as it doesn't build their self-esteem and learn to make relationships with others and deal with the outside world. According to social scientist Jonathan Haidt, *“children are spending more time glued to their computers and less time interacting with others in person because brought about by the digital world. According to his book The Anxious Generation, this has an impact on interpersonal relationships and self-esteem, both of which are essential for mental wellness”.* (Triggle,2025)

Vygotsky thinks the same as the social scientist called Jonathan Haidt as he has stated *“By giving our students practice in talking with others, we give them frames for thinking on their own.”* (Helwig-Henseleit,, 2025)

The other wellbeing issue that is being talked about is Poverty

Poverty can affect children's physical and emotional health in a lot of ways. It can make family's access to necessities like food and heating harder, as well as make children and families harder to participate in extracurricular activities like school trips and sports groups more difficult. Each of these has the potential to affect a child's self-esteem and mental health. Now, 1.6 million children live in low-income households where they find it difficult to pay for necessities like fresh produce and warm winter clothing. For kids living in poverty, not having the basics that others take for granted can lead to more anxiety and low self-esteem. (Corcoran, K. 2023)

According to the Children's Society, "children who are surrounded by debt are five times more likely to be sad than those who are not". (Corcoran, K.,2023)

Children compare themselves to other classmates or to other young people on social media or in class. Children and Young children from lower-income families could not understand why their circumstances differ from those of other kids. They could not comprehend why they aren't able to go on school excursions or why they don't receive the same presents, have the nice clothes and food. (Corcoran, K. 2023)

Some children feel different to others because of this, School uniforms is a very good idea in schools as it makes everyone feel equal as not the top branding of clothes all uniform is the same.

Children are going to school with empty bellies feeling hungry sleeping on the floor in cold room's, thin blankets and room damp. Children feeling scared and affecting their education as . Marlow stated that *"Hunger is often used to illustrate a survival-level need [and although]... the degree of its intensity is lost once hunger is satisfied... a person who is truly hungry is dominated by the need; it is all the person can think about."* (Anderson, B. 2012) children can't concentrate on their education as they are worried about their life.

Poverty affects children's wellbeing massively, low pay makes it difficult to provide food, health, care and housing costs, it can cause a child's development to suffer, families can find it hard financially to provide the toys, books clothes some other children have who are more financially better off. Poverty can cause stress on a lot of families, spending less time away from their children, as working long hours to make ends meet. Families can find it stressful and can have an aggressive homelife down to parents argue all the time being tired worried. (The Children's Society, 2020).

School A provides some help yourself room where there are toiletries on a trolley and parents can pick items from this free of charge, also coats clothes hats scarfs gloves for parents to help themselves for their children. Alos free breakfast club from 7.15am till 9.00am and if chikdren are late breakfast is offered throughout the morning also fruit is on tab all day children are allowed to take fruit whenever their hungry, The amount of children come in late most mornings and have had no breakfast is about 40% of the schools population. Schools A also provides a playgroup called flying start this is a program that helps parents in deprived areas it gives children ages between two- and three-year-olds access to two and a half hours a

day in playgroups free of charge, this allowed children to interact with other children and have access to toys, games, books and socialise and learn play.

Elsa is provided through the school, they have 15 members of staff trained in an Elsa program. Children and young people want to feel joyful at school, and ELSAs are warm, compassionate, and caring individuals. and to fulfil their academic, emotional, and social potential. They can assist children and young people with their learning obstacles since they are aware of them. Additionally, assist kids and teens in resolving any issues they may be experiencing. (Palphreyman, D. 2023) Children in ELSA sessions discuss a wide range of emotions, not just "happy" and "sad." These include behaviour issues, anxiety, separation disorders, grief, bullying, low self-esteem, and times when they simply need to talk to someone to work through a problem. Numerous topics are discussed, and the highly skilled staff members, like Elsa, are available to listen to concerns and opinions. These sessions help children who are being bullied and suffering Low self-esteem down to poverty and helps with their anxiety issues and feel listened to.

Also introduced to help children with wellbeing and mental health is a drawing and talking session (Art therapy) it is a person-centred therapy focusing on prevention, early intervention and recovery. The sessions are Thirty minutes once a week for Twelve weeks. One to Two children at a time age Five years plus benefit from this therapeutic intervention by not realising their full potential, it helps these children to talk about their feelings.

Adverse Childhood Experiences (ACEs) refer to “extremely stressful, and possibly traumatic, events or circumstances that take place during childhood and/or adolescence. They may consist of a singular occurrence, or extended dangers to, and violations of, the youth's safety, security, trust or physical well-being.” (Young Minds, 2018). (Manchester University NHS Foundation Trust, 2021)

Children's ACEs are because their needs are not being met, coming from poverty, not getting the rights they need and the first stage of Maslow's Hierarchy of needs (see appendix 3) an image of Hierarchy of needs he thinks every child should have these needs.

Approximately one in six people are between the ages of 10 and 19. Adolescence is a unique and life-changing time. Teens may be more vulnerable to mental health problems if they go through physical, emotional, or social changes, such as poverty, abuse, or violence.

Protecting adolescents from adversity, promoting socioemotional learning and psychological health, and ensuring that they have access to mental health services are all critical for their health and well-being during adolescence and adulthood. Globally, it is estimated that one in seven (14%) of 10–19-year-olds experience mental health conditions (1), yet these remain largely unrecognized and untreated. (World, 2024)

According to a study by Leis et al. (2014) on 2,891 mothers and their children, prenatal depression was associated with an increase in emotional and behavioural problems in middle childhood. Additionally, they discovered that anxiety during pregnancy exacerbated middle childhood difficulties in general. Interestingly, they did not find an increase in childhood

problems for children whose mothers had prenatal depression or anxiety, unlike those who did. Similar results were found by Plass-Christl et al. (2018) in a sample of 325 children and teenagers whose parents had mental health conditions. They looked closely at whether the child's gender made a difference and discovered that as kids got older, girls showed more mental health problems. (evans,2021)

Children who face a variety of emotional and behavioural challenges that exceed what is typical for their age may be identified as having mental health issues or disorders. Mental health experts categorize these challenges into several types, including: - Emotional disorders, such as phobias, anxiety, and depression. - Conduct disorders, which can involve behaviours like stealing, defiance, setting fires, aggression, and anti-social actions. - Hyperkinetic disorders, characterized by issues with activity levels and attention. - Developmental disorders, where children may experience delays in skills like speech, social interaction, or bladder control, often seen in those with autism or pervasive developmental disorders. - Attachment disorders, where children show significant distress or social difficulties due to unusual attachment patterns with parents or primary caregivers. - Trauma disorders, including post-traumatic stress disorder, stemming from traumatic events or ongoing abuse and neglect. (department for education, 2018)

Symptoms of anxiety or depression in kids can occasionally pass for typical behaviour, especially in teens who may not express their emotions. Therefore, it's critical to know how to discuss your child's mental health with them.

Exams and switching schools are two examples of situations that might cause tension or anxiety in a lot of kids and teens. Although these situations can be difficult, they are not the same as more persistent forms of anxiety or depression, which have an impact on a child or young person's daily emotions.

It can be beneficial to consider your child's typical behaviour as well as any indications that they have been acting strangely. (NSPPC, 2021)

Children who are depressed may exhibit persistently low moods or lack of motivation, stop enjoying activities they used to enjoy, withdraw and spend less time with friends and family, have low self-esteem or feel "worthless," cry or become upset frequently, or have changes in their eating or sleeping patterns. (NSPPC, 2021)

Children who exhibit signs of anxiety may become socially withdrawn and avoid social situations with friends or family; feel anxious or "on edge" most of the time; experience panic attacks; feel tearful, upset, or angry; have difficulty sleeping; or exhibit changes in their eating habits. (NSPPC, 2021)

By creating strategies that are specific to each student's requirements, schools may play a significant role in promoting the mental health and welfare of their students. Every school has a legal obligation to advance the welfare of its students, which includes taking steps to ensure that every child has the greatest possible outcomes and preventing impairments to their development or health.

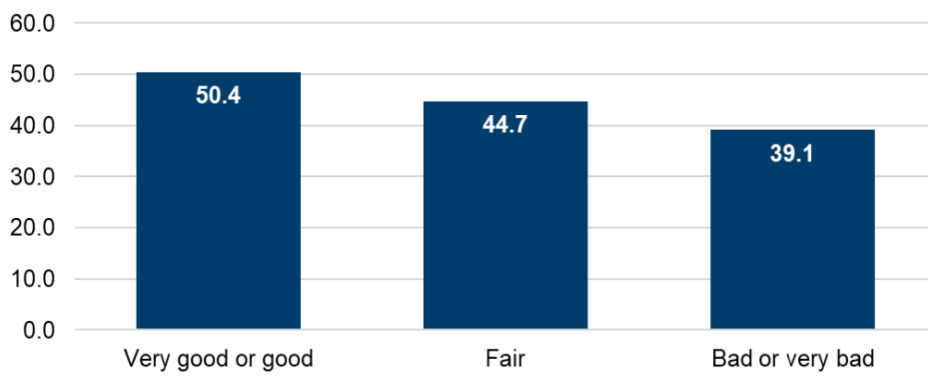
Identifying issues early and providing effective support is essential. The school's role in fostering and enhancing mental health and wellbeing can be outlined as follows:

- Prevention: establishing a safe and peaceful environment that reduces the likelihood of mental health challenges, enhancing the overall mental health and wellbeing of the entire school community, and preparing students to be resilient in managing everyday stress. This involves incorporating mental wellbeing education into the curriculum and reinforcing these lessons through school activities and values;
- Identification: detecting emerging concerns as early and accurately as possible;
Early support: assisting students in accessing evidence-based early interventions and support.
Access to specialist support: collaborating effectively with external organizations to ensure quick access or referrals to specialized support and treatment.
(Department for education, 2018)

Conclusion

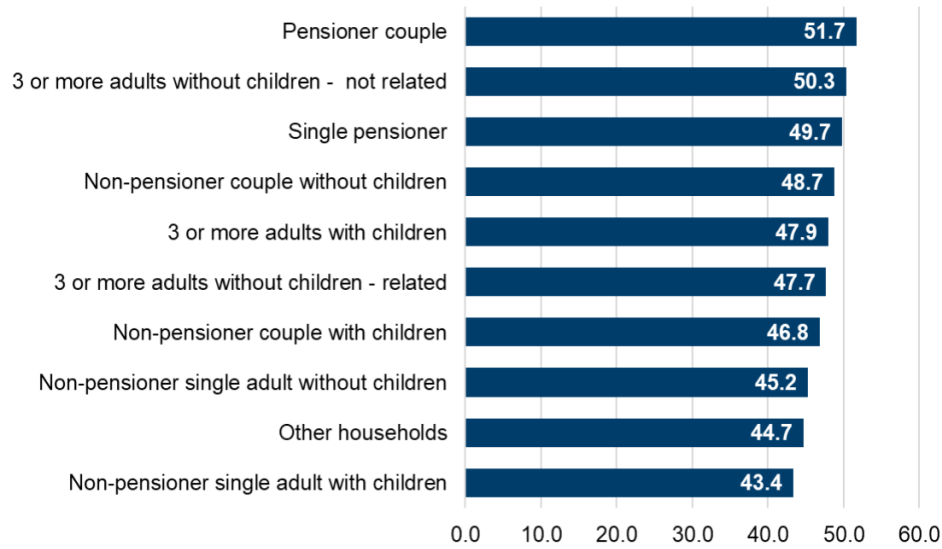
This essay has provided a great deal of evidence to support the fact that children that get bullied and live in poverty, face a few issues in their wellbeing, home and school life. Children must deal with several personal challenges. Bullying can look different to people, but it's clear that school bullying is a widespread issue. Every year, millions of kids face bullying in schools especially with the older children's social media has a high impact on these children it is part of their daily life. It's important for schools to understand that no one just becomes a bully out of nowhere; there are underlying reasons for it. By exploring various theory, they must face social media these days s, we can gain a better understanding of bullying and the risk factors in a person's life, which can help us create effective anti-bullying strategies. (kumari, subedi,2020)

Appendix 1



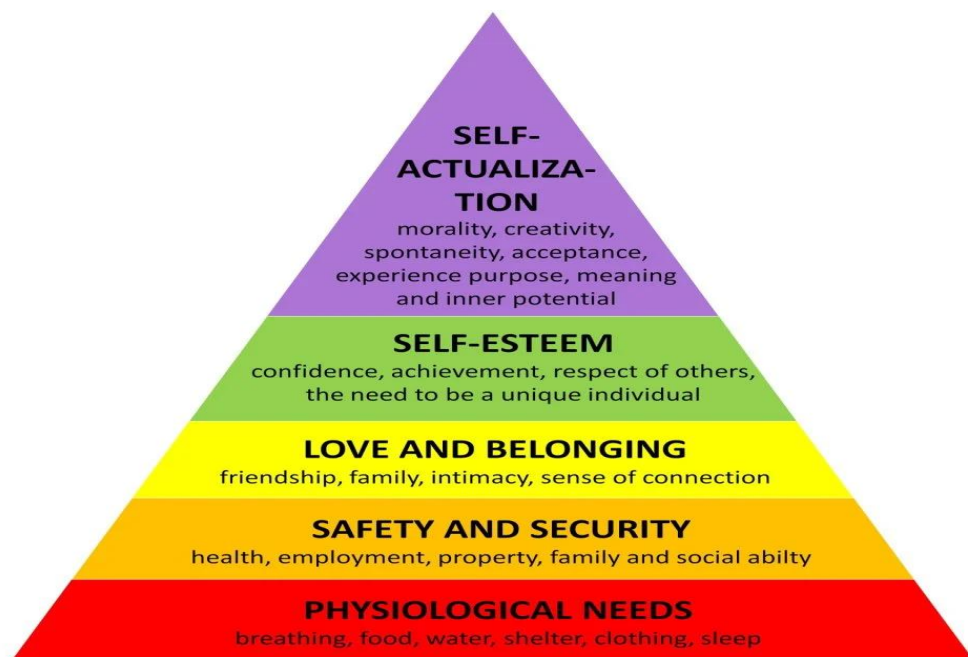
(Welsh Government, 2024)

Appendix 2



(Welsh Government, 2024)

Appendix 3.



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