

In this essay it will show the importance of the impact of a young adult or child's mental health and wellbeing, in their personal life such as home and education. It will also explain the legislation and policy in high school. Within its body it will give the definition of mental health and wellbeing in a sociological view. The group I will be looking at is children who resign within the special needs unit within the British school system.

The government have brought out the five steps of wellbeing, they are Connect with the people around you such as friends, family and in our micro community. It has been shown that a strong relationship with the people around us will help our mental wellbeing. It can also include pets. Also it is very important for young adults to connect with the people in their age groups and the people and pets around them, the main purpose is that it will help them feel more secure in themselves (NHS,2018).

Becoming more active as stated by the NHS say becoming physically active. will boost a person personal mental health, they recommend joining a gym, running or doing any physical exercise, they also state that there is a very strong link between physical exercise and good mental health (NHS,2019).

The second stage is to keep on learning, this is one of the five steps of wellbeing. It is very important for a young adult, because the ability to keep on learning at any age. But it is very important to learn at a young age because the brain is still developing. The NHS state that if a young adult continues to learn throughout their life it can improve their mental health when they become adults (NHS,2018).

The NHS recommend that helping others will help a person's mental health, and it will benefit the person you are helping. They believe that it will give a person a sense of purpose, make them happier and have a more fulfilling life (NHS,2018).

When the NHS say that a person is to become more mindful, they mean not to rush through life so fast but to slow down and to enjoy it. They believe that a person should pay more attention within their present moment, this will benefit a person of all age's mental wellbeing (NHS,2018) They recommend that people of all ages should follow these five steps for a better mental and physical wellbeing. Because it will relate to all age groups and people who resign in different social classes.

The hierarchy of needs by Abraham Maslow (1943) is a five layer system in which a human needs to become a healthy individual, it should be looked at from the bottom to the top, the first part of the system is the physiological level which is made out of water, food and sex, safety needs which includes employment,

health and property, then the third level is love and belonging which will include intimacy, family and friendship, the next level is esteem which contains self-esteem, freedom, respect and social status, the last level of the theory is self-actualization which will look at what a person will need to reach ones full potential. This theory will apply to all ages because everyone needs these core levels to become a healthy individual especially young adults because they will start to reach parts of the hierarchy of needs theory (Johnson, J. 2008).

In a young adult or child will reach a very critical point within their life, because at eleven they will enter high school and their body's and mental health will change. This could be because of new social pressures such as fitting into a new environment, new chemicals being created in the brain such as an increase in the dopamine that the brain is creating and also the body hitting puberty (Bentley.R 2013).

The true definition of mental health is that a person's psychological, emotional wellbeing, it will take into consideration the way a person feels, thinks and how they will act in a particular manor. I can also take into consideration how a person will handle stress, their person relationships and to make choices. It is vital for a person to have good mental health because it will affect anyone at any time of their life from being a child, adolescence and adulthood. Over the span of a person's life, someone might experience mental health issues such as their mood, behaviour will change in a very quick time, but there is many other factors that can affect someone's mental health. (Mental Health.gov, 2019)

The definition of a person wellbeing is defined as the state of being or becoming comfortable, healthy and happy. These are just a few points of wellbeing, but wellbeing is a much larger concept rather than it being in the moment of happiness, it will also include if a person is satisfied with their life as a whole, if their life has a purpose and if they feel like they have full control over their personal life and work life. (Mental health foundation, 2015)

The mental health act (2007) is the core piece of legislation on mental health, it was originally composed in (1983) in which gives the local authorities the power to section a person who is being detain by the local authorities. That will suffer from mental health issues, because of this act the local authorities can section a person without their consent (NHS, 2019).

The education act (2011) will introduce that every child, must have a positive education and they must try and achieve a high standard within the education system. When they did this report, they look at gender, special educational, socio economic disadvantage and disability. This Act will contain small parts of the

reform programme. It did not show how many young adults that have special educational needs, and how far they have come in their educational learning. This legislation sets out give the British educational system a full reform to end the vast inequality, in the British social system (GOV.UK,2011).

The social services and wellbeing Wales act (2014), this legislation will provide the wellbeing for the people who will need the care and support. Its aim is to improve and change the social services within Wales. It gives the policy to the white paper sustainable within social services. The social services and wellbeing Wales act (2014) is trying to promote a persons wellbeing as a individual, micro and meso. The act has four main principals they are the people which is putting the micro needs of the individual, at the main part of the care by providing them with a platform to let them get their voice heard, control over their life. The second is wellbeing which is to support the people that will try and achieve their personal wellbeing, and by calculating the overall success of the support that this act will provide, the third is an earlier intervention which will contain the prevention rather than cure, within a micro system before they become more serious. And the forth is the collaboration that they state will make an organisation to become much stronger in attaining their result (CLILC-WLGA, 2014).

The well-being of future generation Wales act (2015) will make all of the fifty-four public bodies within Wales to think about the lengthy impact of their choices. Such as the police and the local authorities are signed onto the act. The aim is to work more confident within the micro and meso levels the people who resign within them, the main goal is to prevent problems before they become serious such as educational, health inequalities and social roles within British society such as young adults and children being mistreated in the educational system. The well-being of future generation Wales act (2015) is the very first of its kind of legislation in a macro level and it is only being implemented within Wales. It is showing how forward Wales is on a huge macro perspective, it is a very special legislation. which is showing a very positive and long-lasting results (Future Generations Commissioner For Wales, 2015).

School A, has a specialised education unit for pupils aged between eleven to sixteen, they separated the class, in which created barriers. when it comes to learning new social skills and being less confident in the education system. This school recognises and takes grate importance from the United nations of the rights of the child (UNCRC) and they will have policy's in place for children with learning difficulties, the policy that this school implements is the code of practice

of the identification and the assessment of the special educational learning needs. In which states that a child that is in need of a special needs education and they will make, arrangements for the students that requires a different learning from the other pupils. The other policy that the school enforce that all of the students must all have the same statutory entitlements that will give them a healthy balance in the school curriculum such as the national curriculum (Cyfarthfa high school, 2016).

School A definition of children with special learning needs is that there is a large range of different learning difficulties and there must be different options for all pupils nonetheless of their abilities. This policy should be looked at in the context in the result of the pupil needing the correct support. Which must be different from the main stream curriculum but rather to their personal learning needs. For the child to develop their education to their full potential and to take the full benefit of the educational curriculum, to help a child of the same age group. They also state that a child must have their special learning plan, that must be made for the them if a child has a learning difficulty such as sight, hearing, speech, behavioural issues and a disability they will qualify for the national curriculum for children with a disability. (Cyfarthfa high school, 2016)

Within School A the children that have learning difficulties will leave the British school system with little or no GCSE, and the majority end up back into poverty and feel excluded from the British society. Then in turn it will create a strong hatred for the social system that failed them, this is just not the school's fault but both, because some of the educational staff do try their hardest, but the children that they are teaching might come from broken homes or poverty. When it comes time for the children to choose their GCSE, but they cannot, the school will place them into the college, then in turn it will make them a part of the Proletariat social class that will become low wage workers. Such as builders, cleaners, shop workers and to create children for the Bourgeoisie work force which are the one percent within society. (Cyfarthfa high school, 2016)

Children who are in the specialised education unit are more prone to being excluded from the school that they are in. Roughly by ten times more than other pupils that are not in that class. The children who will face the majority of the barriers of exclusion are children with ADHD and behavioural issues who get forgotten by the school system. (The Guardian, 2018)

The other way these young adults and children are facing barriers is by the term challenging behaviour, in which can happen in certain places. When they mean

challenging behaviour, they state it can be violent, aggressive, abusive and unsafe in a unsuitable way. The best way for educational staff to be more sympathetic and understanding. It is a term in which has been taking on bored by care staff, educational staff and the majority of all local authorities. Lowe and Felce came up with the term challenging behaviour. The term that they came up with is to look at the behaviour rather than labelling a person as a problematic (Rowe.R, Mitchell.A. 2013).

Eric Erikson has a theory called the attachment theory for a person personal development. In which has eight stages of a person's life from childhood to adulthood. Throughout the eight stages a person will have positive outcome and a negative outcome. The stage that will affect a young adult in high school. Stage five is called identity vs role confusion this stage occurs during adolescence from age twelve to eighteen years old, within this stage a young adult will expand and learn new beliefs, goals and values in which will shape their future.

That the British educational system for children with learning difficult need, more protection and to be included into the main stream society. As we can see that people with learning difficulties have a number of prejudice and barriers that they will face, during their life time. Such as proper training for the staff of the schools and local authorities such as truly understanding the learning needs that people will have such as ADHD, dyslexia, sight, hearing, speech, behavioural issues and a disability. School A has been making great effort to ensure the academic level of their learning difficulty students are reaching high levels, because a lot of their forma students come from low economic backgrounds. which will affect multiple levels of the hierarchy of needs theory such as the physiological level, self-actualization and the safety needs level. They also have a strong link to Eric Erikson has a theory called the attachment theory for a person personal development.

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