

Statistics on children and young People with mental health

10%



10% of children and young people (aged 5-16 years) have a clinically diagnosable mental health problem, yet 70% of children and adolescents who experience mental health problems have not had appropriate interventions at a sufficiently early age.

(Children's Society, 2008)

'Around 1 in 8 young people have been bullied on social media' (Ofcom 2017).

Staying Safe and Happy online



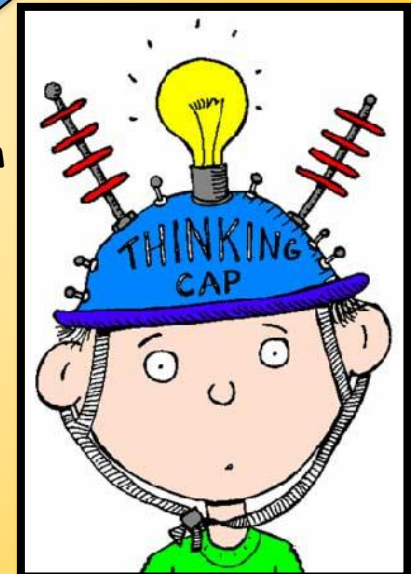
(Skytopper.com ND)

'28% of Children aged 11-16 (23% of children aged 11-12) who have a profile on a social networking site, had experienced something upsetting on it in the last year' (NSPCC).

'Remember to:

- ✓ **Create Complex Passwords. ...**
- ✓ **Boost Your Network Security. ...**
- ✓ **Use a Firewall. ...**
- ✓ **Click Smart. ...**
- ✓ **Be a Selective Sharer. (ND)**
- ...
- ✓ **Protect Your Mobile Life. ...**
- ✓ **Practice Safe Surfing & Shopping. ...**
- ✓ **Keep up to date' (Internetmatters)**

(Teenager today.com)



Who can help me with my mental health ?

(stem4.org.uk) Image 1
(Mind.org) Image 2 &4
(Teen Mental Health.org)
Image 3
(Young Minds.Org) Image 5

stem4

stemming teenage mental illness
supporting teenage mental health

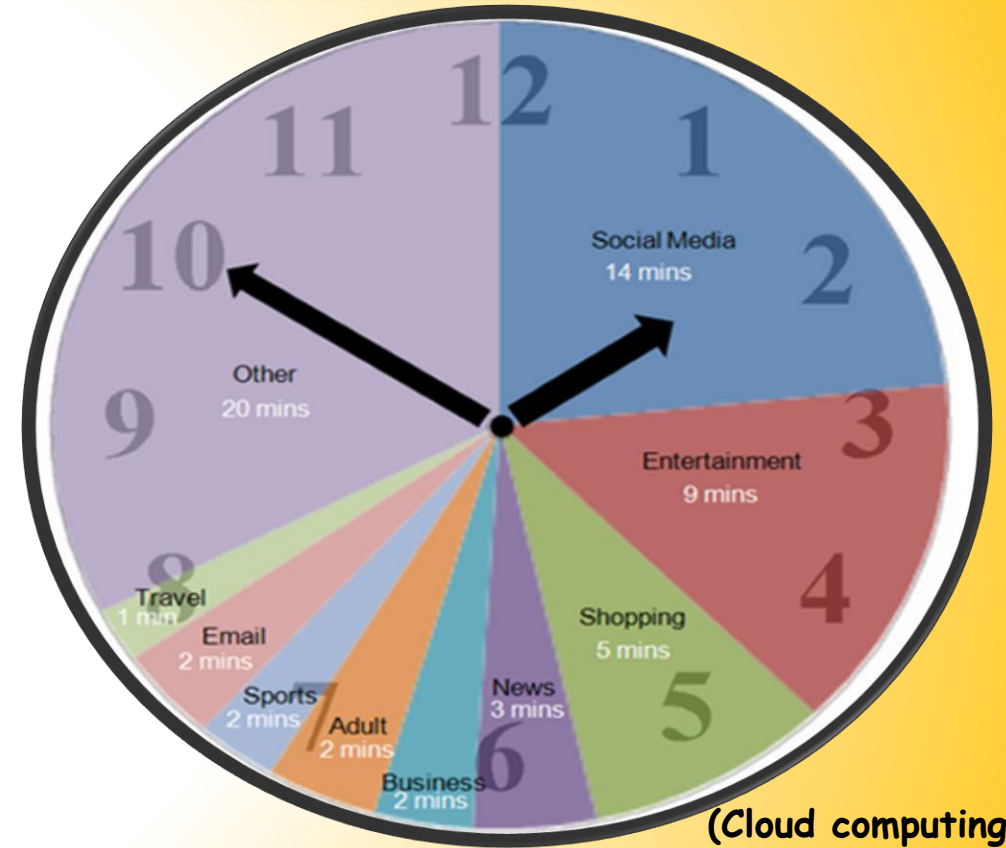


Improve mental
health through
peer support



YOUNG MINDS

HOW LONG DO YOU SPEND ONLINE?



(Cloud computing
News ND)

'The average time for a child to spend online is 2hours 11 minutes per day, more than watching T.V'(Ofcom 2019).