

# Emotional Health and Wellbeing

## Children In Wales Conference

20<sup>th</sup> September 2007

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# Research Confirms

**Children's emotional Health and well being is central to:**

- How children learn
- Enables children to participate in daily life
- Be Safe
- Achieve



# Long Term Outcomes



In just over a decade, personal or social skills are 33 times more important in determining relative life chances



# Emotional Health

- Play, learn and develop effective problem solving skills
- Develop psychologically, emotionally, creatively, intellectually and spiritually
- Be self aware, to be able to recognise and name their feelings and manage them in an appropriate way
- Be able to recognise emotions in others
- Be able to motivate themselves, to concentrate, have a sense of purpose, aspiration and a sense of some control over their own destiny
- Have the ability to build trusting relationships with parents, peers and other adults



# Education and Emotional Health



- The division of the cognitive and the personal social learning – is counterproductive
- A focus on the personal and social aspects enhances achievement and has a long term impact on adult life
- “The goals of schooling must include social features as well as the transmission of education. There are two pathways to adult life:

The acquisition of general skills that can be applied to learning

Raised self esteem, self efficacy, social maturity and competence” Rutter 1991



# Mindset



“Self Esteem is not a thing you have – it a way of experiencing yourself when you are using your resources well – to master challenges, to learn, to help others”

- Carol Dweck 2000



# Important Factors



- Relationships and learning about relationships
- Social skills and social problem solving
- Self efficacy and agency
- Belonging and participation
- A curriculum that fits the wider purpose



# Challenges



- Opposite ends of the spectrum – measuring achievement against developing personal and social skills
- Anxiety and pressure – parents and teachers, legislators
- Communicating benefits
- Working together



# Implications



- Training of teachers
- Include teachers in the work
- Sharing the benefits
- Curriculum
- Measuring Achievement



# Partnership

- The NSPCC works in partnership
- The NSPCC offers training, consultancy and resources to individuals and organisations working with children



# The Education Programme



- To promote and enhance positive attitudes, values and behaviours
- To work towards developing listening and responsive schools

# Education

**We work with all involved in education to develop listening, responsive and safe schools that protect children and enable them to fulfil their potential**



# Protecting children



**We aim to encourage the development - with our own services as models of best practice - of a universal child protection system which responds sensitively to children, reflects their needs, fears and concerns and is also able to anticipate and prevent cruelty before it takes place**

# Cultural Change

**We aim to achieve a fundamental shift in values, attitudes and behaviour towards children and young people**



# Curriculum and classroom activities PSHE

To ensure all schools are committed to and take active steps to teach children and young people personal safety and self-awareness skills



# Peer Support

To provide children and young people with increased opportunities to have 'someone to turn to' and enable them to talk about their problems, as well as to recognise the unique position of children and young people themselves in helping to provide such a service for others



# Bullying



- Awareness raising
- Developing strategies
- Providing support

# Sex and Relationships Education



- Encourage responsible relationships
- Age appropriate sex education

# School-based Counselling



To ensure that all children and young people have access to an independent counselling service in their schools



# ChildLine in Partnership (CHIPS)



**CHIPS works with schools and other youth settings to provide adults and young people with opportunities to improve the support available to young people**

# Responsibility

- The safety of children is everyone's responsibility
- The NSPCC believes that we all have a responsibility to take action to help end cruelty to children



# Further Support

- If you need **further advice or support on any child protection matter**, contact:
- **NSPCC Child Protection Helpline on 0808 100 2524**
- This is a **free 24-hour service** which provides counselling, information and advice to anyone concerned about a child at risk of abuse.
- The service is **bilingual (Welsh / English) between the hours of 9 a.m. and 5 p.m.**
- Alternatively visit **[www.nspcc.org.uk](http://www.nspcc.org.uk)**

