

## Trends 2021 – 2024

Insight from surveys completed by young people (9,985) and staff (1,332). Each survey can be viewed [here](#).

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### Young people's views

#### Biggest worries or concerns for young people

Racism, online abuse, and rumours are consistently highlighted as significant concerns each year, reflecting the social pressures and discriminatory experiences young people often face:

##### **Racism**

Racism is a notable concern across various demographics and regions, with many young people reporting experiences of racial discrimination that affect their sense of belonging and safety.

##### **Online Abuse and Cyberbullying**

Online abuse, including cyberbullying and harassment on social media, is a prevalent worry. Young people express concerns about being bullied, mocked, or publicly shamed online.

##### **Rumours and Social Pressures**

Rumours and gossip, especially in school environments and on social media, contribute significantly to young people's anxiety. The rapid spread of rumours, often facilitated by social media, can lead to reputational harm and social exclusion.

#### Mental health concerns for young people

##### **Anxiety and Stress**

Anxiety is consistently highlighted as a predominant mental health issue for young people. Students report heightened stress levels from academic demands, and social pressures.

##### **Body Image**

Concerns surrounding body image and self-esteem are strong, with young people reporting that social media often intensifies these issues.

##### **Bullying and Online Abuse**

Young people say they're increasingly concerned about bullying behaviours online, where abuse can feel inescapable due to the constant connectivity of social media.

# Staff Views

## Root causes of mental health problems among children and young people

### ***Social Media and Online Influence***

Social media is widely cited as a significant root cause of mental health problems. The surveys highlight its impact on self-esteem and body image, leading to issues like anxiety and depression.

### ***Bullying***

Bullying, particularly cyberbullying and peer pressure, are recurrently mentioned as sources of mental health challenges.

### ***Poverty***

Poverty is frequently identified as a significant root cause of mental health problems among young people.

### ***Abuse***

Domestic violence, abuse, and general family instability, including parental mental health issues, are consistently mentioned as contributing factors to mental health struggles among young people.

## Issues concerning your school's students' mental health

Anxiety is consistently cited as the most significant mental health issue among students, closely followed by emotional difficulties and stress.

## Areas you feel your students would benefit from learning about

Online abuse is consistently cited as the most significant area staff feel students would benefit from learning about, closely followed equally by unhealthy relationships and controlling behaviour.

## Areas you feel you would benefit from learning about

### ***Suicidal Thoughts and Behaviors***

Training on addressing suicidal ideation and behaviours is the most frequently cited need across the surveys. Staff members highlight the necessity of understanding how to recognise signs, approach the topic sensitively, and provide appropriate referrals.

### ***Post-Traumatic Stress Disorder (PTSD) and self-harm***

PTSD and self-harm were highlighted equally, followed closely by adolescent brain development.

# Parent/Carer Views

**NB: This audience was introduced to the survey for the year 2024; therefore, there are no trends from previous years.**

## What do you think impacts on your child's mental health?

**Social Media:** highlighted as a substantial factor impacting children's mental health.

**School Pressures and Academic Stress:** academic expectations and school pressures are frequently mentioned as critical influences.

**Bullying and Peer Relationships:** frequently cited as a factor impacting mental health.

## Top five issues concerning your child's mental health

- Anxiety
- Stress
- Body Image
- Emotional difficulties
- Bullying.

## Areas you feel your child would benefit from learning about:

- Online abuse
- Being left out
- Healthy and unhealthy relationships
- Name-calling
- Rumours.