

## **Summary Report:**

# **Youth Parliament - Wellbeing Workshop**

**Thursday 25<sup>th</sup> June 2015 | 9:00 am**  
**St Marks School, Bath**

1. What do you do that makes you feel healthy?
  - I like swimming and dancing
  - I like dancing and reading
  - I like sailing
  - I enjoy playing music
  - I like singing, dancing and kickboxing
  - I like to sing and play lots of sport
  - I do music
  
2. The students watched a short presentation by Maria and Billy about the five ways to wellbeing. They were asked if they recognised the food pyramid, some had heard of it. Only a few had heard about the five ways to wellbeing.
  
3. The students were split into five groups, each focussing on a particular topic:
  - Access to services
  - Exercise
  - Healthy eating
  - Body image
  - Anxiety and worry

For each topic the group had to answer the following questions:

- What works well?
- What are the barriers?
- What are the opportunities?

## Access to services

### What works well?

- Care lines (childline) and charity support
- Socialisation – youth clubs
- Just talking e.g. church
- Sports and other activities/clubs (reasonable prices)

### What are the barriers?

- Transport
- Money
- Too personal (not wanting to tell)
- Not knowing how to tell
- Age
- Not understanding/not caring
- Not having people to go with
- Being drawn in by social media
- Facilities are not publicised
- Not a lot of support for well-behaved people during lessons

### What are the opportunities?

- School nurses
- Learning mentors
- Teachers
- Parents/carers
- Friends
- Youth clubs
- Sports clubs/activities
- Chaplin
- Extra curriculum
- Charity advice

## 3 most important issues to address

- **More youth and sports clubs in and out of school**
- **Facilities to be promoted more widely**
- **More support/praise for well-behaved children**

## Exercise

### What works well?

- Motivation
- Physically mentally and socially fit
- Treats
- Lose weight
- Goals/setting targets

### What are the barriers?

- Laziness
- TV
- Electricity
- Disability
- Age
- Social media
- Culture
- Self conscious

### What are the opportunities?

- PE
- Marathon
- Sports day
- Gym
- Doctors – obese
- Home videos
- clubs

## 3 most important issues to address

- **more positive media presentation**
- **less age restrictions on gym equipment**
- **fitness videos available to students**

# Healthy Eating

## What works well?

- Breakfast clubs at school
- Low fat products – can still enjoy things like crisps
- Packaging – says what the nutritional value of foods – fat, sugar etc
- School canteen – limited so serves healthy food
- School dinners – cooks make sure there is a choice of salad, fruit, veg, yogurts etc.
- 5-a-day makes you think about fruit/veg intake
- Shops – encourage by putting fruit & veg at the front of shops
- Make up that smells like fruit
- Snacks – yogurt/chocolate-coated fruit
- Year 1 independence skills around healthy balanced meals/shop for ingredients
- Food tech – healthy snacks
- Water machines – not necessarily encouraged

## What are the barriers?

- In fast food stores, they make out they have healthier options but they are more expensive than the unhealthy food
- A lot of yogurt, low fat crisps, biscuits are still very high in fat and salt
- A lot of fresh fruit & veg is imported from foreign countries
- Organic and greengrocers can be more expensive
- Preparing a meal from scratch with natural ingredients
- Very busy lives can be a hinder
- Drinks can be deceiving
- Salads/sandwiches can contain a lot of high calories

## What are the opportunities?

- Price of healthy foods could be cheaper
- Meal deals could include healthier options – fruit/water/right amount of calories/fat
- Posters up to educate people about healthy foods – make it less appealing and harder to buy fizzy drinks – like cigarettes
- Fruit cut up is more appealing than fruit in a bowl – schools to provide fruit salad
- Free breakfast clubs – would like more choice – ie fruit, white bread, eggs
- Make healthy food as attractive as unhealthy food

## 3 most important issues to address

- **Price of healthy food cheaper**
- **Make posters promoting healthy food**
- **Make healthy food more attractive**

# Body Image

## What works well?

- To be all shapes and sizes eg models people on TV, people in magazines
- School dinners take on a healthy eating approach
- More real images in media
- Fashion industry has introduced new rules about underweight or how healthy models should be
- Promoting healthy eating

## What are the barriers?

- Growing disorder
- Depression
- Lack of money could cause this
- Not a lot of sports facilities
- There is not enough acceptance of body shapes

## What are the opportunities?

- To have more exercise in school, more sport opportunities
- Not enough time
- Gardening club
- More opportunities to get involved
- Cookery club
- More cookery lessons
- More education about body needs
- More out of school opportunities – youth clubs
- More education about body needs PSHE lessons with experts
- Given more money for schools to provide after school clubs

## 3 most important issues to address

- **More out of school opportunities (youth clubs)**
- **More education about body image – PSHE**
- **More money to schools for out of school clubs**

# Anxiety and Worry (Mental Health)

## What works well?

- Parents have a key role to play
- More focus on mental health than in the past – things getting better
- Lots of therapies based on dance, sport etc
- Surviving bullying makes you stronger and able to help others
- We have PHSE – but teachers don't understand social media and youth culture

## What are the barriers?

- Bullying/suicide affects family and friends too
- Need to tackle bullying at an early stage
- Netflix and social media stop people interacting
- Confusion between medical depression and having a bad day
- Don't know how to contact a school counsellor
- People with real needs hide themselves
- People think body image etc is only an issue for girls – boys need help too
- Hard for people with medical condition to distinguish between those who are claiming anxiety
- Depression and self harm can be over dramatized on social media
- Schools focus on stress around exams
- Social anxiety makes it hard to meet people

## What are the opportunities?

- Peer support can help people deal with bullying
- Need to be aware of bullying and challenge it
- Educate young people so they can “police” social media
- Get in speakers to talk about experiences of MH
- Need assembly or lessons on self harm (50% of friends have self harmed)
- Tumblr – talk to people in the world about shared interests (not so personal)
- Tumblr makes people lose social skills
- More education around self-harm
- Get young people to come and talk about their experience of mental health
- PSHE needs to cover more MH – speakers

## 3 most important issues to address

- **More education around self-harm**
- **Young people to give talks in school to share their experience of mental health**
- **PSHE to focus more on mental health**

Additional diagram for anxiety and wellbeing

