



Exmouth Community College  
Academy Trust

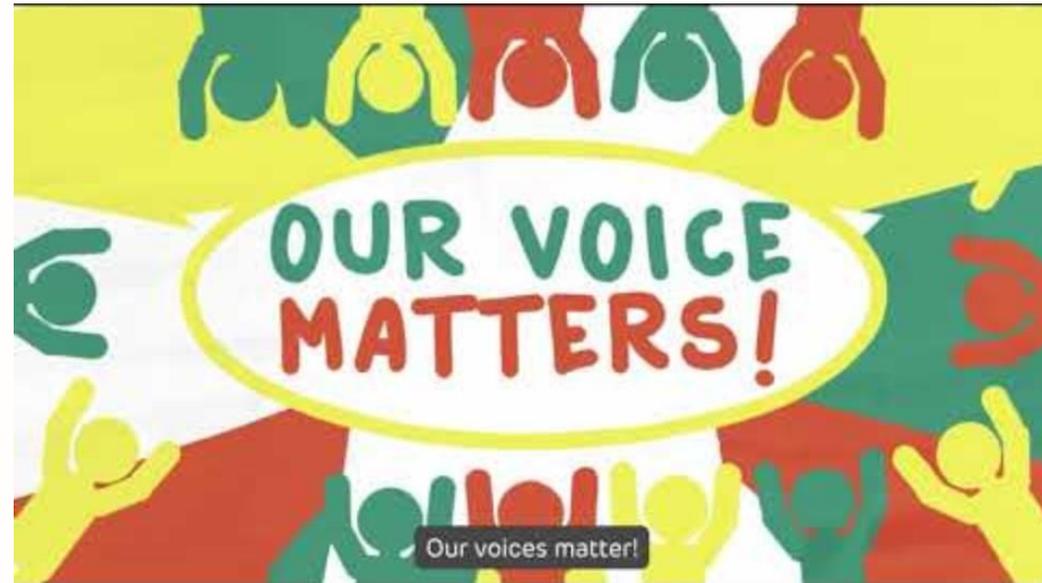
# CHILDREN'S MENTAL HEALTH WEEK



Children's Mental Health Week will take place from **5-11 February 2024**. The theme this year is '**My Voice Matters**'.

**My Voice Matters** is about empowering children and young people by providing them with the tools they need to express themselves.

FEBRUARY 5<sup>th</sup>-11<sup>th</sup> 2024



## Our Voice Matters

[1min25]

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## Why do some young people suffer from anxiety?

We are often told school days are 'the best days of our lives'. Why do young people get feelings of anxiety then? It's important to note that every young person is different and can experience anxiety for different reasons, and sometimes there may not be an obvious trigger for their anxiety



Social pressure



Family conflict



Academic Stress



Traumatic Experiences



Puberty and hormonal changes





## Why do some young people suffer from anxiety?

**Puberty and hormonal changes:** Hormonal changes during puberty can contribute to anxiety in teenagers. The fluctuation of hormones can lead to mood swings, irritability, and other emotional changes.

**Academic stress:** Academic pressure and expectations from parents, teachers, and peers can also contribute to anxiety in teenagers, especially during important exams or when facing academic challenges.

**Social pressure:** Teenagers may also feel anxious due to social pressure and the desire to fit in with their peers. This can be particularly challenging during adolescence when social relationships and acceptance are important.

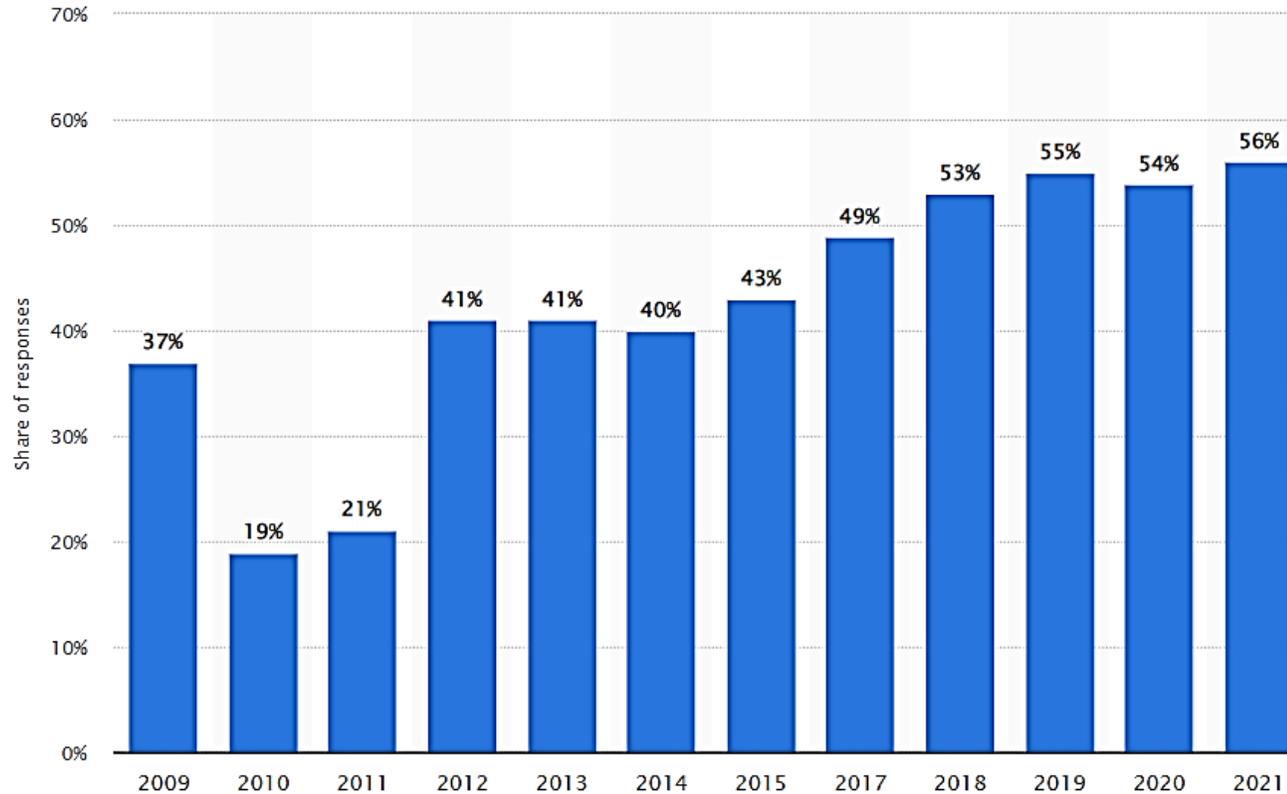
**Family conflict:** Conflict or stress within the family, such as divorce, financial problems, or a parent's mental health issues, can also contribute to anxiety in teenagers.

**Traumatic experiences:** Traumatic experiences, such as physical or emotional abuse, neglect, or loss of a loved one, can also lead to anxiety in teenagers.





## This rise of teenage anxiety



In the UK the share of young people who experience feeling anxious has in general increased between 2009 and 2021. In 2021, 56% of young people surveyed reported anxious feelings, this was a marked increase from 19 percent in 2010.



**Your Voice Matters:** Here are some brilliant tips from young people just like you on how you can look after your mental health.



**Avoid keeping everything to yourself** and spending excessive time in your own thoughts. Doing so may cause emotions to accumulate, leading to an increased sense of distress.



**Reach out to someone you trust** and feel at ease with—whether it's a teacher, parent, sibling, cousin, or friend. If you find it challenging to identify someone or just need to talk, consider connecting with a service like Shout by sending a free text with the message SHOUT to 85258.



**Record your thoughts and emotions in writing.** This is beneficial for as it provides a constructive outlet for self-expression, allowing you to process emotions and gain clarity.



**Your Voice Matters:** Here are some brilliant tips from young people just like you on how you can look after your mental health.



**Staying connected with friends and family** is important for your mental health because it helps you feel supported and understood. When you're feeling down, reaching out to someone can bring comfort and remind you that you're not alone.



**It's crucial not to brush off your feelings** just because you think they might not be important to others. Every emotion you experience is valid and matters because it's a part of your unique experience and acknowledging those feelings helps you understand yourself better.



**Try to be positive.** Focusing on the positive aspects of your life and doing things you love can make you feel happier and more resilient. It's like shining a light on the good stuff, which helps balance out the tough times and keeps your mind in a more positive and healthy place.



**Your Voice Matters:** Here are some brilliant tips from young people just like you on how you can look after your mental health.



Taking time **to do something you enjoy**, like watching a film or playing a game, gives your brain a break and helps you relax. It's like giving yourself a mental recharge, making it easier to handle stress and feel better overall.



Being your own best friend means **treating yourself with kindness and understanding**, just like you would with your friends. Taking care of yourself is important for your mental health because it helps build a strong and positive relationship with the person you spend the most time with—you!



If you ever feel like hurting yourself, it's important to **let someone you trust know**, like a friend, family member or teacher. They can support you, and in the meantime, distracting yourself with activities you enjoy can help shift your focus and provide some relief from those difficult feelings.



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How to Cope With Anxiety  | Children's Mental Health Week | Newsround

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## Where to go for support



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## Final Thought



You don't have to control your thoughts.  
You just have to stop letting them control you.

— Dan Millman