

What are students in Cornwall saying about their emotional wellbeing and mental health?



Results of the
Wellbeing Measurement Framework
Survey

Start Now.

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KERNOW

For more information about this resource and Headstart school support please contact:

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You can download the resource / additional materials / templates at:

www.headstartkernow.org.uk/sec-sch-support/

Young People's Start Now website: www.startnowcornwall.org.uk/



Start Now.

What is Start Now?

Start Now has been created by Headstart Kernow Youth

Headstart Youth are a group of young people who help run the Headstart Programme and make sure the adults are listening to us. Some of us struggle with our own wellbeing and want to use our experiences to help make things better for other young people.

We wanted to:

- Share what HSK Youth is and how young people can get involved
- Share their thoughts about emotional wellbeing and mental health
- Make resources for schools to use to engage students in their Headstart work
- Reach out to young people who aren't in school



We worked together to:

- Come up with the idea of '**Start Now**' by looking at "Headstart Kernow" in a different way
- Design / build our own website — www.startnowcornwall.org.uk
- Design our new look with the Cornwall Council Design Team
- Decide the things we thought are most important to share with other young people including '**It's OK not to be OK**'

HSK Youth want all young people in Cornwall to:

Know how to look after your own wellbeing and mental health...

... and that "**It 's OK not to be OK**" but also how to:

- Be aware when you need help
- Know where to get help
- Be confident to ask for help
- Help your friends when they are struggling
- Make sure your voice and your views are heard



YOU can join us

If you would like to make sure we do the best for YP mental health and wellbeing you can join Headstart Youth. We would love to have you involved.

Talk to a member of staff in school or go to
www.startnowcornwall.org.uk/get-in-touch/

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Introduction for Students



Introduction

Since 2017 your school has been involved in **Headstart**. Headstart is all about improving the mental health & emotional wellbeing for 10 - 16 year olds in Cornwall. Including something called

Resilience...

Your school got involved because they believe that your wellbeing is important. They want to work together with Headstart, other schools and you to make wellbeing an important part of school life.

Students in schools in Cornwall and other Headstart areas completed an online survey about their mental health and wellbeing. This survey is called the **Wellbeing Measurement Framework (WMF)**.

What is the Wellbeing Measurement Framework?

(Apart from a long way of saying 'a student wellbeing survey'? We'll stick with WMF from now on!)

The WMF is an online survey that asks about your thoughts, feelings, school life and home life. It is made up of five different surveys that are part of exploring and evaluating mental health and wellbeing

2019 was the third year students did the survey and it will be repeated for two more years. This is so we can track a group of students from Year 7 all the way to Year 11 to see if Headstart has made a difference. This is called a '**longitudinal**' survey. Every year we also take a '**snapshot**' of Y9.

In 2019 the longitudinal group was Y9 so we took an extra 'snapshot' of Y7 instead.

Six areas of the country have been involved in Headstart and in **2019 over 26,000 students (in Y7 and Y9) took part in the WMF in nearly 100 schools.**



Resilience

Resilience is about '**bouncebackability**'. It is the ability to cope when facing challenges and setbacks.

With a little help, we believe anybody can bounce forward and up through tough times.

Headstart aims to be a part of 'the little help'...

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The WMF provides a lot of information about how students feel about their wellbeing.

It also helps identify what could be done better to support young people.

The results 'tell a story' about wellbeing in:

- Your school
- Young people in Cornwall as a whole
- All six Headstart areas in England

Over to you...

As the information is about you and other students in your school we thought it would be a good idea:

- to share the information with you
- ask you why you think students gave the answers that they did
- Gather your thoughts and your ideas for how we can make wellbeing even better in your school and for all young people across Cornwall.



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Important Message

Worried that other people can see what you answered in the WMF? You can relax!

We never, ever share your individual information!

All the information is aggregated (added together) to make a report for your school / the whole of Cornwall. No-one in school or at home or at Headstart can see what **you** answered, **EVER!**

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What does the WMF ask about?

There are **three types of questions** in the WMF that look at three key areas of your wellbeing:

1. Questions about your mental health and wellbeing

These are about how you are doing at the time you complete the survey. Include questions about:

- any **emotional and behavioural difficulties**;
- how you **get on with other** young people;
- how well you're able to **concentrate** and;
- how **positive you feel** about your wellbeing.

2. Questions about your emotional strengths and skills

These questions look at what you have in your '**Emotional Strengths and Skills Toolkit**' to help protect you from developing mental health problems E.g. how well you:

- can manage your **emotions**;
- deal with **problems**;
- cope with **stress**, and;
- care for and help others**.

3. Questions about your support networks

These questions ask about:

- the **support you get** from your family, community, school and friends;
- your **participation** in the community, at home and in school. Including things like clubs & groups; and volunteering etc.)

'Social media portrays people in a "perfect" way. It rarely shows people's imperfections...it damages people's self-esteem' -
Secondary school pupil

He mainly chose me. He pretty much ignored my friends but swore at me and called me names and stuff.

Student interviewed as part of Headstart

It feels bad because it's just like getting angry. I don't like doing it because, as much as it hurts me, it hurts the people around me like my mum, she doesn't like [seeing me] getting angry. —
Student interviewed as part of Headstart

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Some areas of the survey we'll focus on

The three types of question result in seventeen measures of your wellbeing but we've chosen **seven to focus on** in more detail:

Questions about your mental health and wellbeing

emotional difficulties	These questions are about how much students are feeling worried/anxious, or how strongly they feel, for example, low mood. e.g. <i>'I am often unhappy, down-hearted or tearful'; I worry a lot</i>
behavioural difficulties	These questions are about how much students are aggressive or 'act out'. e.g. <i>'I get very angry and often lose my temper'; I usually do as I'm told</i>
positive wellbeing	These questions are about the extent to which students feel positive and generally happy with life. e.g. <i>'I've been feeling useful'; I've been dealing with problems well</i>

Questions about your emotional strengths and skills

coping with stress	These questions are about managing stress levels and coping with difficulties. e.g. <i>'In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?'</i>
empathy	These questions are about identifying with others and showing concern for their feelings. e.g. <i>'I try to understand what other people feel'</i>

Questions about your support networks

school support	These questions are about support received from adults at school. e.g. <i>'At school there is an adult who listens to me when I have something to say'</i>
peer support	These questions are about support received from peers. e.g. <i>'Are there students at your school who would make you feel better if something is bothering you'</i>

I get angry. And like then from sadness it turns up, ends up turning into rage, I get really angry.

Student interviewed as part of Headstart

I haven't got many friends in school.

. Student interviewed as part of Headstart

'We rarely get a choice to say what we have to say or we are never heard' -
Secondary school pupil

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