

BROMLEY CCG COMMENTS ANALYSIS NOTES

26 April 2018

Q10. What/who helps you stay emotionally well?

Overall, children came up with 25 different tools/resources that help them stay emotionally well. Children are most likely to rely on family, friends and parents to help them stay emotionally well (38%, 51%, 19% respectively). Sports, music and spending time alone are also mentioned (8%, 7%, 6% respectively).

Gender

- Girls are somewhat more likely to rely on their friends and family compared to boys (59% versus 46%, 42% versus 36%)
- Compared to girls, boys are more somewhat more likely to rely on sports (11% versus 2%) and video games (6% versus 0%).

Age

- Under 16s are much more likely to rely on their parents than over 16s (23% versus 9%).
- Over 16s are somewhat more likely to spend time alone compared to under 16s (10% versus 4%).

School

- Grammar school children are slightly more likely to rely on their family and friends compared to mainstream school children (40% versus 37% and 54% versus 48% respectively)
- Mainstream school children are slightly more likely to rely on their parents compared to Grammar school children (20% versus 16%).
- Grammar school children are slightly more likely to rely on sports compared to Mainstream school children (10% versus 5%).

Q11. How?

Overall, children provided 20 different types of ways to describe *how* their tools/resources help them stay emotionally well. Support and being helped, talking/listening, and being cheered up/ making them happy are mentioned most often (22%, 19%, 14% respectively). Calming down/de-stressing and making them laugh/providing entertainment are also mentioned (8%, 9% respectively).

Gender

- Compared to boys, girls mention talking/listening more frequently than boys (25% versus 17%) as well as being cheered up/making them happy (18% versus 12%).

Age

- Under 16s are much more likely to mention being cheered up/made happy compared to over 16s (18% versus 6%).
- Over 16s are somewhat more likely to mention talking/listening (24% versus 17%).
- Under 16s are somewhat more likely to mention making them laugh/providing entertainment (11% versus 4%).

School

- Mainstream school children are somewhat more likely to mention being cheered up/ made happy (20% versus 12%)
- Mainstream school children are slightly more likely to mention making them laugh/providing entertainment (13% versus 8%)

Q12. When you are not emotionally well, what/who helps you cope?

Overall, children came up with 25 different ways to cope when they are not emotionally well. Most commonly mentioned are friends (35%) family (26%) and parents (18%). Music and spending time alone are also mentioned (9% and 7%).

Gender

- Compared to boys, girls are somewhat more likely to seek help from friends (41% versus 32%)

Age

- Under 16s are much more likely to seek help from their parents than over 16s (21% versus 11%) and slightly more likely to reach out to family (27% versus 23%).

Schools

- No substantial differences are apparent.

Q13. How?

Overall, children came up with 20 different ways to describe *how* their tools/resources helped them cope. Talking/listening, the provision of support and being helped are mentioned most frequently (21%, 17% respectively). Distraction /taking their mind off, calming/de-stressing, and cheering them up/making them happy are also mentioned (13%, 10%, 9% respectively).

Gender

- Compared to girls, boys are slightly more likely to mention distraction/taking their mind off (14% versus 11%)
- Girls are somewhat more likely to mention talking/listening compared to boys (26% versus 19%)

Age

- Over 16s are slightly more likely to mention distraction/taking their mind off and talking/listening compared to under 16s (16% versus 12%, 24% versus 20%)
- Under 16s are slightly more likely to mention cheering me up/making me happy and supportive/being there for me (11% versus 4%, 20% versus 12%).

Schools

- Mainstream school children are more likely to mention cheering me up/making me happy, and supportive/being there for me compared to Grammar school children (12% versus 8%, 23% versus 16%).
- Grammar school children are more likely to mention calming me down/de stressing and distracting me/taking my mind off compared to Mainstream school children (11% versus 8%, 14% versus 9%).

Q14. What skills and knowledge do you already have to help you cope with personal problems?

Overall, children mentioned 41 different types of skills and knowledge that they already have to help them cope with personal problems. The ability to share with others / reaching out for advice is mentioned most frequently (22%), and How to stay calm / and stay in control over my emotions / not stress out, Distracting myself by engaging in other activities, Optimism / think positive / happy thoughts, Talking to family / friends / teachers are also mentioned (8%, 8%, 7%, 7% respectively). 5% of children mention that they didn't have any skills or knowledge.

Gender

- Compare to boys, girls are much more likely to mention that they had the ability to share with others/reach out for advice (30% versus 17%).

Age

- Under 16s are slightly more likely to distract themselves by engaging in other activities (8% versus 4%) and to 'Try to forget about the problem/ ignore the problem/get over it' (7% versus 1%).
- However, Under 16s are also more likely to Talk to family/friends/teachers (10% versus 5%) and have the Ability to share with others/reach out for advice (23% versus 20%)
- Over 16s are slightly more likely to use mindfulness/meditation to cope with problems (*combined*: 13% versus 4%)

Schools

- Mainstream school children are more likely to have the ability to share with others/reach out for advice compared to Grammar school children (25% versus 20%).

Q15. What other skills and knowledge do you need?

Overall, although children mention 32 different types of skills and knowledge they need, it must be noted that the largest proportion of comments indicate that children don't know which other skills or knowledge they would need to cope with their personal problems (22%).

Out of the remaining comments, How to talk about my problems / communicate/share with others/ reach out for advice (11%) and How to keep calm/ managing and stay in control over my emotions/ not stressing out (11%) were mentioned most frequently.

Gender

- Compared to boy, girls are slightly more likely to mention the two most frequently mentioned skills (13% versus 10%).