PRESS RELEASE

National Children's Day UK 2021
Sunday 16th May
www.nationalchildrensdayuk.com
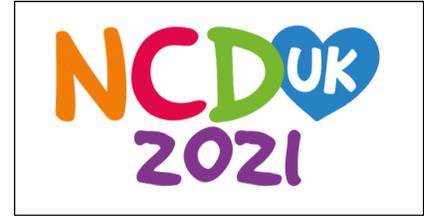
- for immediate release -

National Children's Day UK (NCDUK) is all about the importance of a healthy childhood and how we need to protect the rights and freedoms of children and young people in order to ensure that they can become happy, caring and connected adults. From family videos to school and community events, local authority initiatives, talks, seminars and youth led campaigns, it's a great opportunity for everyone to raise national awareness about the things they care about – and especially about the impact of COVID on children and young people.

The week up to NCDUK2021 is **Mental Health Awareness Week**, so we will be helping to share national concerns about the huge impact of COVID on children's long-term health and wellbeing – and what we can do about it.

And we want to help celebrate all the fantastic people and organisations that have been working so hard to protect child and family wellbeing.

This year we are also partnering with **The Children's Voice www.thechildrensvoice.net** and its supporters, so that we can give children and young people the opportunity to share their own thoughts about how we can create a safer and happier world.

Why is this so important? Because children are currently struggling and because happy, healthy and secure children create flourishing societies.

The conversation continues on social media #NCDUK2021

For more information, please contact

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NOTES TO EDITORS

- National Children's Day UK is an initiative of the Save Childhood Movement – www.savechildhood.net. The movement was established in 2013 and is part of a growing group of individuals and organisations that share a deep concern about societal values and wellbeing

- The concept of Children's Day was established by the UN General Assembly in 1954 as a day of worldwide fraternity and understanding between children. The Assembly suggested to governments that the day be observed on the date and in the way which each considers appropriate. In the UK it was launched by the Save Childhood Movement in 2014 and is now held at the beginning of summer.

- The initiative has been the recipient of two 'Awards for All' Big Lottery grants

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CHILD WELLBEING AND COVID

Young Minds JAN 2021 Survey
https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs

The pandemic has had a devastating impact on many of the young people we heard from – some told us that they are deeply anxious, have started self-harming again, are having panic attacks, or are losing motivation and hope for the future. The survey carried out with 2,438 young people aged 13-25, between 26th January and 12th February 2021 showed:

- **75% of respondents agreed that they have found the current lockdown harder to cope with than the previous ones** including 44% who said it said it was much harder. (14% said it was easier, 11% said it was the same)
- **67% believed that the pandemic will have a long-term negative effect on their mental health**. This includes young people who had been bereaved or undergone traumatic experiences during the pandemic, who were concerned about whether friendships would recover, or who were worried about the loss of education or their prospects of finding work. (19% neither agreed nor disagreed, 14% disagreed)
- **79% of respondents agreed that their mental health would start to improve when most restrictions were lifted,** but some expressed caution about restrictions being lifted too quickly and the prospect of future lockdowns.

CHILDREN"S COMMISIONER REPORT - JAN 2021
https://www.childrenscommissioner.gov.uk/report/childhood-in-the-time-of-covid

A staggering 1 in 6 children now have a probable mental health condition. We do not know how far this spike will have long term consequences on children's mental health, nor do we know the impact of further lockdowns, but it is highly likely that the level of underlying mental health problems will remain significantly higher as a result of the pandemic. The data I am publishing today covers the period up to end of March 2020, so largely pre-Covid, but what it shows is a system without the necessary capacity or

flexibility to respond to such seismic events in the lives of children.

BBC NEWS – DEV 2020

A mother says one of her children has been asking if he is going to die, as a survey shows almost half of children are struggling with anxiety.

More than a third of children were worried about getting Covid-19 and dying. Of the 1,000 children asked, 47% said they were experiencing anxiety.

GUARDIAN – NOV 2020

Half of child psychiatrists surveyed say patients have environment anxiety

Research finds young people in England feel growing distress about the future of the planet