

MENTAL HEALTH AND BULLYING



“ In P1 they should explain more what to do when they’re getting bullied. In P7 it could get more complex and explain how bullying could affect your mental health forever. ”

Bullying is a big reason for mental health problems. Scottish Government needs to prioritise preventing bullying and supporting children with mental health in schools.

Members of Children’s Parliament call for:

Space

- Nurture spaces need to be available for every child throughout the school. The school itself should feel safe and welcoming for all children.

Teachers

- There should be better support for teachers to help them understand and support mental health issues in primary school. Whilst resources exist, children are not regularly and consistently feeling supported by teachers about mental health.
- Children should have the choice of a trusted adult they can talk to in school.

Learning

- Mental health education needs to start in P1 and build up throughout primary school, so children build resilience and are well-equipped for high school.

“ You should be able to trust all your teachers, but you don’t ”

Watering our garden 10th June 2025

Children’s Parliament meets the Scottish Government Executive Team

