

CAMHS YOUTH ADVISORS

STOP BULLYING



MY EXPERIENCE

'In school I didn't have many friends so I got bullied for being a loner, then it spread to people finding out about my mums disability and I was bullied for this. My dad sadly died and I was then bullied for this. The bullying got to the point where I was being beaten up at school regularly, so I decided to leave school. This still didn't stop the bullying though. People at my school would come to my house and throw stones at my window. I would be jumped on in my local town. I then got confronted with a knife. I became so anxious I didn't leave the house for 6 months.'



USER VOICE AND PARTICIPATION

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STOP BULLYING

This young person due to bullying, began to see a decline in their mental health and did not access education or services nor did they leave their house for 6 months. This young person due to bullying in school has little qualifications and unable to access further education.



- What could have made a difference to this young person?
- What could have prevented this young persons mental health to decline?
- What could have helped this young person stay in school?
- What can we do to improve outcomes for children and young people who are being bullied in school and how can we improve their wellbeing?

The young persons who's experience is told at the beginning of this report accessed the Children and Young People's (CYP) Havens last year; a mental health crisis drop in centre for children and young people aged 10-18. This was the first time this young person had left their house for 6 months. From accessing the CYP Haven this young person:

- Began to build up his confidence.
- Began to make friends.
- Started to socialise and trust other people again.
- Began to leave their house outside of the CYP Haven.
- Began to access CAMHS Youth Advisors.



This young person is now about to start a two year apprenticeship with Surrey County Council. The is an example of the experiences we, The User Voice and Participation Team hear through CAMHS Youth Advisors.

CAMHS YOUTH ADVISORS

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What is CAMHS Youth Advisors?

CAMHS Youth Advisors is a network of children and young people who have their voices heard in Emotional Wellbeing and Mental Health Services in Surrey. CYA helps shape, change and develop services by using their own experience.



CAMHS Youth Advisors have been telling us bullying has a huge effect on their mental health, resulting in school refusal, high anxiety whilst at school, depression, low mood and has a detrimental impact on their education. Bullying is affecting young people in schools across Surrey. This is what CYA would like Surrey and schools to do to stop bullying:

QUICK WINS!

- Regular check ins with students.
- Bullying Officers in schools which allow young people to speak confidentially about their concerns.
- Restorative practice within schools.
- Firmer consequences for bullies.
- Listen to our concerns.
- Follow through with promises.
- Mediation between the bully and victim.
- A safe place to go to at school.
- Bully to be aware what they are doing to the victim.
- Not to need proof of being bullied.
- Not to isolate the victim.
- Please take us seriously and act on information we give.
- Support to be available for the bully.
- More mental health awareness and the impact bullying has on young peoples mental health.
- Reduce the stigma of being bullied.
- Support us if bullying happens outside of school.
- Healthy and Positive Relationship classes, covering bullying and treating people with kindness

For more information contact The User Voice and Participation Team

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