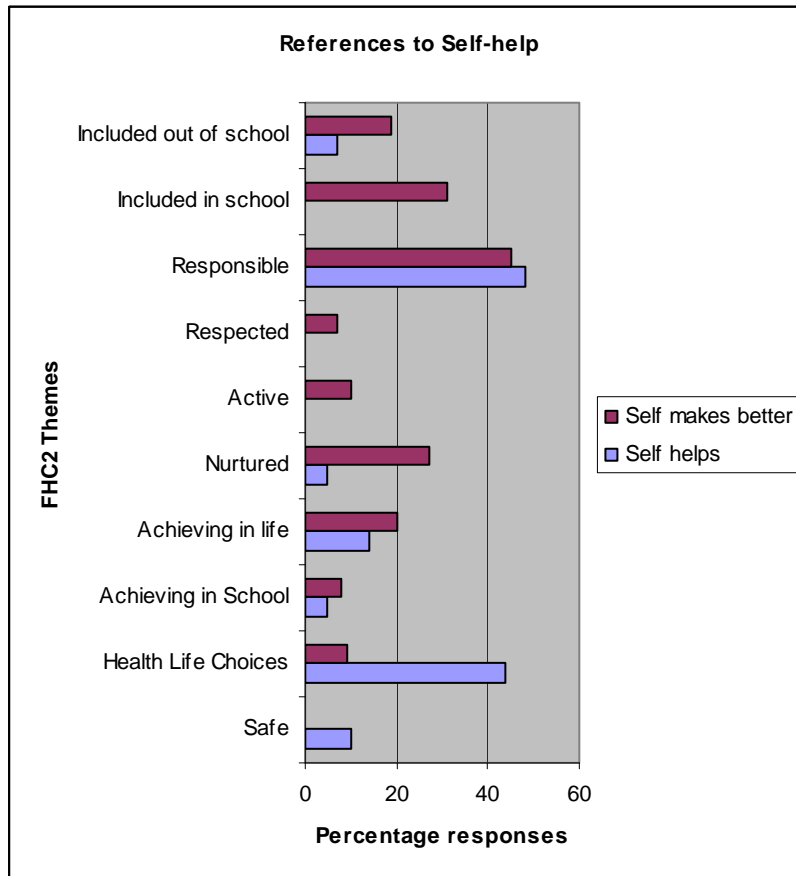


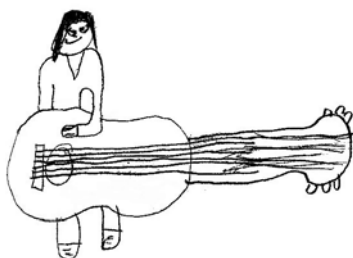
Self help

"Children and young people are wanting help to manage their own difficulties better themselves"



In the first page of the response to each question, children and young people were asked to list the people who helped them within that theme. Sometimes children listed themselves as people who help them. When asked what would make things better, again many children and young people thought that they could do a lot themselves to make a difference.

This chart shows the percentage of responses where children and young people referred to helping themselves either in the list of people who help them or in what would make things better.

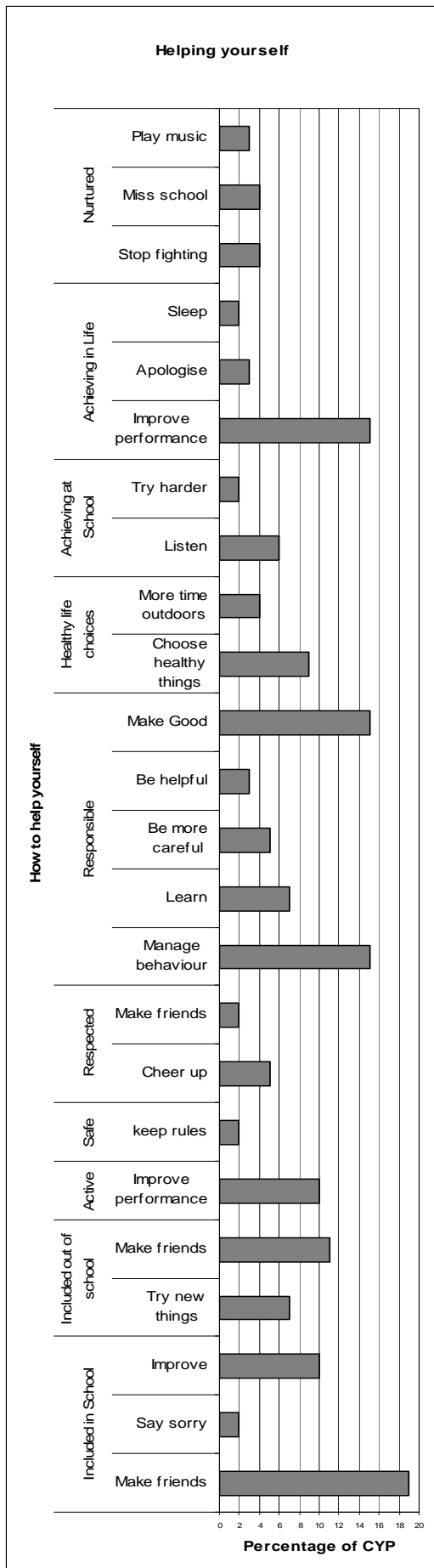


"I am practising my guitar, which made me much better at playing my guitar."

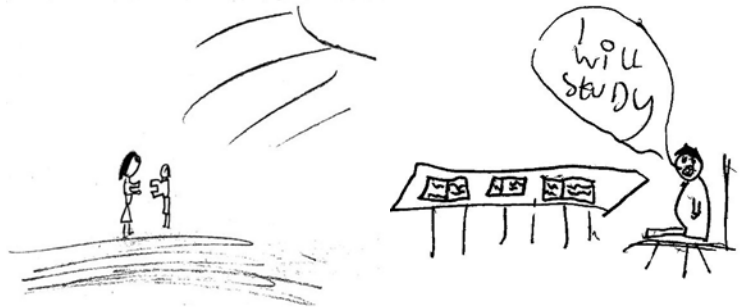
"We should learn how to do first aid survival and proper food like healthy eating not cakes and rock cakes. We should be taught how to fend for ourselves in the real world."

"If you are doing sports at school if you do not like a thing give it a try and you never know you can get to like it."

"You need to do the cooking. I can cook very, very well."



Children and young people listed a number of ways they might help themselves.



"I say sorry to my mum and she is sorry."

"I am studying to know more."



"Making friends with someone."

"Bullying, they can't do anything, [it] has to be your self."

"In our school we have ICPS things that we learn how to solve problems (ICPS=I can problem solve)"

Re bullying: "Children like us [could] go to different schools and to go and see what is happening at different schools and how other schools do it and then you could sort it."

Chart showing different ways children and young people listed that they might help themselves