

## What teenagers really think about love, life and family stuff

**74%** of young people said they felt stressed sometimes, often or all the time.

**17-18** year olds were the most stressed age group.

The most common issues young people present to Relate counsellors are:

- ▶ issues with anger **44%**
- ▶ self-esteem **44%**
- ▶ not getting on with parents **43%**

The new trends that Relate counsellors have noticed are:

- ▶ **64%** of young people being depressed / having mental health conditions
- ▶ **41%** increase in family break-ups
- ▶ **23%** of parents having mental health conditions

**82%** of counsellors said 'being criticised by parents' is what made children and young people feel worthless. Followed by 'not having anyone to talk to' or 'being bullied'.

**One in ten** teenagers said that no one inspired them.

The most inspiring people in teenagers' lives were their parents with **41%** saying they felt inspired by them.

Most young people are largely optimistic about the future, with **57%** agreeing: 'as long as I have good relationships with friends and family I'll be okay.'

When asked who they would like as a celebrity best friend for the day, unprompted, the most popular person was **Stephen Fry**.

The most popular answer when asked which celebrity inspired them was **Beyoncé**.

All statistics taken from two surveys commissioned by Relate: You Gov survey of 1,012 young people aged 13-18 years (11 Jan 2012) / Relate survey of 143 young people's counsellors (Dec 2011 - Jan 2012).

**For more information about the services we can offer to support young people through a wide range of issues, contact us today:**

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# Relate in schools

## Our Services

### Individual counselling

At the heart of our youth services is one-to-one support for children and young people affected by issues such as family breakdown, bullying and peer relationships, bereavement, the formation of new families or the absence of a family member in their life. A study of school-based counselling found that 90% of teachers said that it made a positive difference to students.

### Family Counselling

Relate provides Family Counselling services in many schools across the country. The work that counsellors carry out with children and young people is very effective, but if the whole family can be seen together, this work can have even more profound and lasting effects.

### Separated Parents Support

Relate offers 1:1 courses for parents going through separation. These sessions explore the theme of loss, styles of parenting that are helpful and unhelpful for children during and after separation and also address effective communication.

### The Difference we Make

*'The impact on the children who have had counselling with a Relate Counsellor has been huge and can be clearly seen in the children's learning and attitude around school and at home'*

Family Support Worker. Bearwood Primary School.

Relate is one of the largest providers of counselling and support services for children and young people, with more than 20 years' experience. Nationally we provide services in more than 600 schools and help over 15,000 children and young people a year.



### Training

Relate offers CPD training in specialist areas for school staff, Counsellors and other professionals. Our programmes include issues surrounding relationships and mental health including domestic violence, self harm, eating disorders, safer internet use and the impacts of modern technology on relationships.

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# Enabling young people to thrive



*‘Eight out of ten teachers thought that the counselling service had had a positive effect on their pupils’ capacities to study and learn – specifically, their motivation to attend class, their ability to concentrate in class, their motivation to study and learn and their willingness to participate.’*

M. Cooper, Counselling in Schools Project Phase II: Evaluation Report

## Positive impact

### Making a difference to our clients’ lives

The opportunity to talk to a trusted, professional counsellor has a positive impact on many children and young people. It can help increase their self-esteem and confidence, enable them to communicate better with their peers, teachers and families, and increase their ability to focus and engage with learning.

Time and again, our young clients tell us that one of the most valuable aspects of Relate counselling is the fact that they can talk confidentially to someone ‘outside’ their situation, who is neither a parent, teacher or peer, and who they can really confide in.

For teachers, our services enable them to keep their professional focus where it should be – on strong pupil relationships and inspirational learning.

## Preventative

### Preventing poor outcomes for children and young people

Relate works primarily with clients at the preventative end of the mental health spectrum (CAMHS Tiers 1 and 2).

By operating early intervention services in schools, Relate helps to prevent young people with mild to moderate mental health difficulties from developing more acute mental health difficulties that would require Tier 3 and 4 services.

***‘Whole family work not only prevents many children from being labelled as mentally ill, but can also tackle the causes of their problems - often rooted in or sustained by the dynamics of family relationship’***

*\*Centre for Social Justice*

## Quality standards

### Upholding high-quality standards

Relate has more than 20 years’ experience in providing counselling to children and young people. It adheres to the ethical standards set by the British Association of Counselling and Psychotherapy (BACP). All our counsellors work within a clinical framework of ongoing supervision and continuous professional development and are subject to regular performance reviews to ensure the highest professional standards. All Relate counsellors who work with children and young people are qualified to provide counselling, have undergone appropriate vetting and barring procedures, and are trained in child protection and safeguarding.



Professor Tanya Byron, Relate Patron  
Respected practitioner and author of the government report *Safer Children in a Digital World*.

*‘As a consultant in child and adolescent mental health, I believe that supporting children’s wellbeing is critical for their healthy development. To be patron of the charity that best supports and champions this via their extraordinary work with individuals and families is a huge honour.’*

## What our clients say about Relate:

*"The biggest thing I’ve taken from counselling is that you should speak to people about how you’re feeling and not hold it all in."*  
(Young Person)

## Accessible

### Providing support for children and young people in their communities

We are committed to developing services that are responsive and accessible and that engage with young people in a way that suits them.

We provide services in primary and secondary schools, as well as many other community settings. Schools are an ideal location for families to access counselling as they are conveniently located, familiar and well equipped to provide confidential services.

## Cost effective

### Offering resource-efficient services to suit a wide range of budgets

Relate can help schools to promote their pupils’ emotional wellbeing by providing a fully managed and clinically supervised counselling service.

## Child protection and safeguarding

Relate treats child protection and the safeguarding of children as the utmost priority. We have worked closely with the NSPCC to ensure that our policy and procedures are robust and relevant to our work.

Relate practitioners explain to all children and young people that what they tell us will be confidential unless they disclose information which gives us cause for concern for their safety.

Relate recognises that some of our young clients may be affected by issues such as domestic violence and abuse, as well as physical, emotional and sexual abuse or neglect. Relate trains all practitioners so that they are able to approach such cases sensitively and it ensures that all counsellors are supported to deal with cases appropriately.

