As part of Children’s Mental Health Week 2017 (6-12 February), Place2Be conducted a survey of 705 pupils in their final year of primary school (majority aged 10-11). Responses were gathered from 20 primary schools in England, Scotland and Wales.

**Children’s worries**

- **Almost 2/3** say they worry ‘all the time’ about at least one thing to do with their school life, home life or themselves.
- **2 in 5** say their worries get in the way of school work.
- **30%** say that once they start worrying, they cannot stop.

Top 3 concerns were family, friends being okay, and not doing well at school.

- ‘I think it is kind to make them laugh. I give them a hug, and tell them not to worry and everything is ok’
  - 10-year-old girl

**Coping with worries**

- **Almost 3/4** of children would talk to someone in their family if they were worried.
- **69%** of girls would turn to friends (vs. 60% of boys).
- **65%** of boys would play computer games (vs. 39% of girls).
- **1 in 5** children often don’t know what to do when they’re worried.

‘It would be kind if someone came up to me if I was upset because it would make me feel like a somebody’
  - 11-year-old girl

**A little kindness**

- **84%** think it is very important that children are kind to each other.

If a classmate is worried about something, children said they would...

- Ask them how they were
  - 87%
- Try to cheer them up
  - 84%
- Listen to them
  - 85%
Figure 1
Issues that cause children to worry ‘all the time’ or ‘a lot’
Respondents: 704

- My family: 54%
- Friends being OK: 48%
- Not doing well at school: 41%
- Bad things happening in the world: 40%
- Taking tests: 37%
- Getting in trouble at school: 33%
- Changing to a new school: 32%
- My health: 30%
- Getting school work wrong: 29%
- Being bullied: 29%
- Not having any friends: 23%
- The way I look: 20%
- Being angry: 20%
- Being lonely: 16%
- Being sad: 16%

Figure 2
What children do when they are worried
Respondents: 698

- I talk to someone in my family: 69%
- I talk to my friends: 69%
- I spend time on my own: 62%
- I watch TV / films: 57%
- I play computer games: 53%
- I listen to music: 47%
- I use social media: 47%
- I talk to a teacher: 42%
- I read: 42%
- I talk to someone from Place2Be: 27%
- I talk to another adult in school: 30%
- Something else: 26%
- I talk to my pets: 25%
- I often don’t know what to do: 19%

Figure 3
What children do to help someone in their class who is worried
Respondents: 697

- I ask them how they are: 87%
- I try to cheer them up: 84%
- I listen to them: 75%
- Try to help to work out what to do: 72%
- I play with them: 63%
- I tell a teacher: 58%
- I tell them to go to Place2Talk: 41%
- I tell another adult in the school: 33%
- I try to distract them: 29%
- Something else: 21%
- I tell someone in my family: 15%
- I often don’t know what to do: 12%