



Sevenoaks Youth Council

Meeting of Sevenoaks Youth Council 15th January 2025 at 6.00 pm

Sevenoaks Council Chamber,
Bradbourne Vale Road,
Sevenoaks,
TN13 3QG

Youth Council Members:

Simba Li- Chair	Lizzie Hunt
Rosie Blackmore- Vice-Chair	Cristian Hunter-Garcia
Harry King- Treasurer	Sharma Ishwar
Bianca Agarwal	Miko Keen
Aryanna Mahdavi Ardestani	Riddley McDermott
Catherine Barden De Leon	Madeleine Politzer
Dexter Buhmann	Elif Sabanci
Elena-Teodora Dragoi	Jospeh Soanes
Ayush Gautam	Ines Wang
Maya Goodrich	Aditya Vara
Bea Hayward	

In attendance: Linda Larter, Town Clerk, Daren Mountain, Manager of House in the Basement Youth Café, Ieuan Chandler-Wilson, Committee Clerk

AGENDA

1.	Apologies for Absence To receive and note apologies for absence.	
2.	Minutes of Last Meeting To receive and adopt the minutes of the Youth Council meeting held on 13 th November 2024.	Attached (pages 03-09)
3.	Election of a Social Media Officer	
4.	Finance Report To note the balance of the Youth Council budget 2024/25.	Attached (page 10)

5.	Current Matters To receive and note the Current Matters report.	Attached (pages 11-13)
6.	House in the Basement [HitB] Youth Café House in the Basement - Home (weebly.com) To receive and consider Daren Mountains manager report for HitB	Attached (pages 14-15)
7.	Funding for a VR Headset for House in the Basement Youth Café To receive and consider the request to purchase of a VR Gaming Headset for House in the Basement.	Attached (page 16)
8.	Sevenoaks In Bloom 2025	
9.	Greatness Recreational Ground Survey To receive the survey for the proposal of moving the play area and outdoor gym at Greatness Recreational Ground.	Attached (pages 17-23)
10.	Mental Health Survey To receive and note the entries for the Mental Health Survey.	Attached (pages 24-60)
11.	Upcoming Events To receive and note posters for upcoming events in 2025	Attached (pages 61-63)
12.	Date of Next Meetings To note the dates of future meetings: <ul style="list-style-type: none"> • Wednesday 05th March 2025 at House in The Basement TN13 1ZZ • Wednesday 07th May 2025 at Sevenoaks Town Council Chamber TN13 3QG 	-

**Minutes of the meeting of the Sevenoaks Youth Council
Held on 13th November 2024**

at House in The Basement, In the basement of the Stag Community Arts Centre, London Road,
Sevenoaks, TN13 1ZZ,

Meeting Commenced: 6.00 p.m.

Meeting Concluded: 7.10 p.m.

Present:

Youth Council Members:

Aanya Sidhu		Lizzie Hunt	Absent
Harry King	Present	Cristian Hunter-Garcia	Absent
Simba Li	Present	Sharma Ishwar	Apologies
Aryanna Mahdavi Ardestani	Present	Miko Keen	Apologies
Catherine Barden De Leon	Present	Riddley McDermott	Present
Rosie Blackmore	Present	Madeleine Politzer	Absent
Dexter Buhmann	Present	Elif Sabanci	Present
Elena-Teodora Dragoi	Apologies	Jospeh Soanes	Present
Ayush Gautam	Absent	Ines Wang	Absent
Maya Goodrich	Present	Aditya Vara	Absent
Bea Hayward	Absent		

In attendance: Georgina Jackson, Responsible Finance Officer & Deputy Town Clerk; Daren Mountain, Manager of House in the Basement Youth Café; Ieuan Chandler-Wilson, Youth Committee Clerk,

1. Apologies for Absence

Received as shown above.

2. Election of the Chair

Four youth councillors placed their names forward for the position of the Chair of the Youth Council 2024-2025. A vote was held with each Youth Councillor having one vote for the candidate of their choice.

Resolved: That Simba Li be elected as Chair.

Simba took to the chair and invited nominations for the Vice-Chair and Treasurer positions.

3. Election of the Vice-Chair

Four Youth Councillors placed their names forward for the position of Vice-Chair of the Youth Council 2024-2025. A vote was held with each Youth Councillor having one vote for the candidate of their choice.

Resolved: That Rosie Blackmore be elected as Vice-Chair.

4. Election of the Treasurer

Two Youth Councillors Placed their names forward for the position of Treasurer of the Youth Council 2024-2025. A vote was held with each Youth Councillor having one vote for the candidate of their choice.

Resolved: That Harry King be elected as Treasurer.

5. Minutes of the Previous Meeting of the Youth Council held on 11th September 2024

The Youth Council received a summarised report from the Chair of the Youth Council.

RESOLVED: To receive and adopt the minutes of the meeting of the Youth Council held on 11th September 2024.

6. Finance Report

Harry read the general income and expenditure report, noting that £18 had been raised for their chosen charity Friends For Families during a Bake sale held at the Sevenoaks Bike Festival on the 21st of September.

The Chair noted that the Youth Council had not spent any money and open suggestions from the Youth Councillors as to what they would like to spend some of the money on. Some of the ideas suggested were:

- Advertising for the Youth Council,
- Advertising for House in the Basement,

It was noted that the Youth Council would like to elect a Social Media Chair to help with promoting the Youth Council.

RESOLVED: To note that the current balance for 2024/25 was £2,220.10

7. Current Matters Report

RESOLVED: To accept the Current Matters Report.

8. Introduction from PCSO Tim Darling

The Youth Council received a talk from the Public Community Safety Officer Tim Darling and Constable Claire Harrison. Tim outlined that both he and Claire were part of the Sevenoaks District Child Centre Policing team, working with the local beat officers as an early intervention measure. They are trying to engage with young people under the age of eighteen to build positive community relationships between the local police and young people within the town.

Tim reported they have been attending local schools recently and giving talks on bullying as part of the anti-bullying week and talking about social media's impact on young people.

9. House in the Basement Youth Café (HiTB), Managers report:

The Youth Council received and noted Daren Mountains report. It was also noted that the Youth Council are invited to attend House in the Basement Youth Café.

RESOLVED: To receive and note the report from Daren Mountain, Manager of HiTB

10. Craft Resources for House in the Basement

The Youth Council received a request to fund craft resources for House in the Basement's Cricut Joy for a total of £76.98.

Resolved: To fund the purchase of craft materials for House in the Basement at £76.98. It was agreed that the money would be allocated from the Youth Council Budget.

11. Mental Health Survey

The Youth Council received and noted the results from the Youth Mental Health Survey. The Chair noted that 25% of young people who took part in the survey had answered that they were unsure if they had a good school-life balance.

12. Vote 16

The Youth Council heard from guest speakers: Gabriel, Moyo and Elie from Sevenoaks School on the Vote 16 initiative which is a student-led campaign, aiming to lower the voting age within the UK from 18 to 16. The Youth Councillors heard that this objective had been placed in the Labour manifesto but was not mentioned in the King's speech.

The Youth Council heard that 13 other Countries in Europe like Scotland have lowered their voting ages from 18 to 16. Scotland lowered the voting age in 2015. It was noted that during a survey 60% of young people in Scotland say they talk to their friends and family about political issues.

It was noted that there was a petition for young people to sign on the British Youth Council, this has since been taken down. However, there is a live petition on the National Union of Students website.

13. Sevenoaks Christmas Lights Switch On

The Youth Council noted that the Sevenoaks Christmas Lights Switch will be taking place on Saturday 30th of November 2024 starting from 3.00 pm to 5.30 pm, with a road closure in place from 1.30 pm to 6.30 pm.

14. Ideas for Instagram posts

The Youth Council put forward several different ideas for future Instagram posts.

- Advertising for the Youth Council,
- Advertising for House in the Basement,
- Advertising for Vote 16,

15. Date of Next Meeting

RESOLVED:

- Wednesday 15th January 2025 at 6 pm in the Town Council Chamber
- Wednesday 05th March 2025 at 6 pm at House in The Basement

There being no further business the Chair closed the meeting.

Good evening, everyone. We are Vote 16 – a student led campaign aiming to lower the legal voting age within the whole of the UK to 16. // This idea has been around for a while now; (actually ever since Cuba lowered the voting to 16 in 1976) - but more recently, and, more importantly, the 2024 General Election. The Labour party, then opposition, had it in their manifesto – their pledge – it said; to quote: *“We will increase the engagement of young people in our vibrant democracy, by giving 16- and 17-year-olds the right to vote in all elections.”*. However, this key point within their manifesto failed to appear in the King's Speech and subsequently failed to be discussed in Parliament. //

We want to change this. We want to raise support from young people around the country; from schools and institutions to politicians and policy makers – to raise and push this issue back into Parliament, and to get a change in law, to lower the voting age in the whole of the UK to 16. // Currently, we have cross party support from both the youth section of the Labour and Liberal Democrats, along with academics such as Dr Yan Eichhorn, from Edinburgh University.

Lowering the voting age has proven to have many benefits – especially prevalent in countries such as Austria (which passed the law in 2007) and Scotland (where the final bill was passed in 2015, ready for 2016 Scottish Parliamentary Elections). In both these, along with the 13 other countries in Europe that have done the same, it has been shown to instil confidence, inclusion, and motives young people to take political initiative. //

But why should it be done? There are 3 key reasons; //

(CP – 16 too young) Firstly, at 16 you gain fundamental rights. You can get a job, you can pay taxes, so why can't you vote? By 16, you fully take part in society, and even may be contributing to it, yet you still don't have the most important right of someone in society living in a democracy – the right to vote. //

(CP – 16 year olds think politics too complicated / unbothered) Some 16 year olds can be their own worst critics. // They often think politics is too complicated for them to understand. *“Around 55% of youth in Scotland find politics about as hard to understand as their peers elsewhere in the UK. But what has changed since the voting age was lowered, is that young people in Scotland appear more confident in dealing with political issues.”* // A contributing factor could be that around 60% of them say they talk to their friends or family about political issues, leading to a remarkably high 75% turnout for the 2014 referendum on independence. // Compare this to just one-third of young people within the UK who do the same. // Lowering the voting age would increase discussion within

this demographic, leading to young people becoming more engaged with politics.

Secondly, this is step towards maturity and taking responsibility. // During any general election or local one, you are taking responsibility for deciding on who will get your support. // A survey co founded by the National Citizen Service revealed 70% of young people did not know the name of their MP and 59% were even unaware of which party they belong to. This is poor for a democracy like ours. //

This comes down to an issue of education. On the national curriculum within the UK, there are no mandatory civic education lessons. //

(CP – Mental immaturity) *These 16 to 17 year olds are not informed, precisely because they aren't allowed to vote and therefore there is no point for them in educating themselves until they have the opportunity to use their knowledge by voting. We would argue that the extension of the vote should be accompanied by a rigorous programme of civic education lessons, and therefore it is important that we allowed them to vote while they are still in school, being given these lessons. //*

(CP – Mental immaturity) A common point of misconception is that 16-17 year olds have an “undeveloped pre-frontal cortex” and therefore cannot vote. However, I ask you; what happens on your 18th birthday? Does your brain, suddenly overnight completely develop and all your emotion suddenly gets fixed and you become able to vote the next day? No. Obviously not. Becoming an adult does not happen overnight on your 18th birthday. Many adults are also not well enough informed, but we don't suggest they can't vote; so why is it any different with 16 or 17 year olds? Our democratic right is not underpinned by one's maturity to make informed political choices. //

(CP – Mental immaturity) Furthermore, research conducted by a Laurence Steinberg – a professor, specialising in adolescent psychological development argues 16 to 17 year olds have the same ‘cold cognition’ (which includes working memory, attention, language processing and more importantly, decision making ability) maturity as adults. This is what is necessary to make an informed vote. //

(CP – Lower turnout due to exam pressure) *Additionally, 16 to 17 year olds have the highest turnout. // A case study done by the European Commission shows voter turnout for the 2017 Austrian National Council Election to be 90.3% of 16 to 17 year olds, the highest of any age category. This could have been accounted due to, civic education lessons that are mandatory within Austrian schools – showing the full benefit of incorporating them into a national curriculum. //*

(CP – Lower turnout due to exam pressure) Scholars have hypothesised that “a reduction of the voting age could actually have a beneficial effect on the future trends in turnout. Giving young people the chance to take part in democracy, during a time at which they are still, for the most part, in secondary school, living in a stable community, and with their family, does cause higher rates of turnout. “Young people would then learn the habit of voting, which over time will lead to rising aggregate turnout levels.” //

Thirdly, this is about our future. // In the last general election, there were no flagship policies from either of the two main parties – Conservative or Labour – directly benefiting 16-25 year olds. Instead, policies were pitched towards larger demographics, primarily consisting of middle aged to older people, which both parties knew would have a high consistent voter turnout. // By lowering the voting age to 16, we would influence government policies, bringing more attention to issues that affect our demographic due to the new franchise of voters. //

(CP – 16-17 year olds have lack of political knowledge, therefore easily influenced) A study conducted by Edinburgh University showed that “social class differences in relation to political engagement were less pronounced amongst 16 and 17 year olds in Scotland”, rather, “young Scots of all social classes were equally likely to turn out to vote”. Additionally, the variety of information sources used by the electorate were considerably higher than their counterparts within the UK. 60% of young Scots said they used at least 3 different news sources, compared to only 43% of their peers in the UK. // This shows that by lowering the voting age, we will increase engagement, leading to 16 and 17 year olds making more informed political decisions. //

Implementation

obviously, the main implementation is quite simple - lowering the voting age so that anyone may choose to vote from the age of 16. however, to make this change more sustainable, there is an additional facet - critical thinking classes.

critical thinking classes are in themselves quite beneficial. it's an extremely important life skill - 93% of employers have reported considering analytical ability when looking to hire. students that take these classes learn to evaluate not only what they're told by others, but also their own thoughts, beliefs and actions.

as part of our campaign, we're seeking to make them a mandatory part of the curriculum to educate our youth politically. this ensures they're properly informed and equipped for voting correctly and safely.

We recently ran a survey asking people why they thought the voting age shouldn't be lowered, and the top reason was the fact that young people are susceptible to influence. However, with these classes, that will no longer be an issue. Students will learn to criticise every opinion given to them and assess how true it really is.

There are two different ways these classes can be carried out - discreetly or explicitly. An explicit way of doing it would be specifically having classes teach core critical thinking or something to that effect. A discreet way of doing it would be incorporating the skills into classes students are already taking. Explicit instruction is easier to regulate on a national level, whereas discreet instruction is easier to implement in already busy students' lives.

Conclusion

And finally, a question for you – as a youth council, I'm sure you see this as one of the largest imbalances on our democracy? //

I'm sure you see the underlying issue here – if the youth can't vote, politicians will never have any incentive to propose policies which benefit our generation and future generations to come. //

We are the future of the country, yet our opinions are not acknowledged in any way, we have no political voice. // Therefore, how can we ever assume our society is equal and that our democracy is based on fairness and equality? //

By lowering the voting age, we are empowering the next generation with a vote, to change our future. //

// END //

Agenda Item Sevenoaks Town Council
3A Youth Council General Income and Expe
 7555/43

2024/25

	Expenditure £	Income £
Carried Forward from 2023/24:	1,720.10	
2024/25 Budget allocated:	<u>500.00</u>	
Total 01/04/23 starting balance:	<u>2,220.10</u>	£2,220.10
Craft Items for Cricut for HitB	£ 54.73	
	<u>£ 54.73</u>	<u>£2,220.10</u>
Available Funds	<u>£2,165.37</u>	
	<u>£ 2,165.37</u>	

Agenda Item Sevenoaks Town Council
3B Youth Council **Charity** Income and Expe
 7555/43

2024/25

	Expenditure £	Income £
Starting Balance: 01/04/2024		£ -
Budget allocated: 0.00		£0.00
Cake Sale		£ 18.00
	<u>£ -</u>	<u>£18.00</u>
Available Funds	<u>£ 18.00</u>	
	<u>£ 18.00</u>	

Current Matters

NB: Updates are shown in red.

Item	Minute No	Item	Status	Latest update
	11)- 1/11/2023	Priorities	After the Workshop the Youth Councillors discussed some of the ideas that had been suggested, it was noted that Mental Health was one of the key themes. It was also suggested that more can be done for the promotion of local sports clubs and mentoring schemes.	A draft Survey and poster have been prepared.
	12)- 17/01/2024		<p>Resolved: It was noted that the Youth Council agreed that the Environment should be their main Priority.</p> <p>Resolved: It was noted that the Youth Council agreed that Mental Health and Well-being should be their Second priority with Community being their third.</p>	
	9)- 20/03/2024		<p>During the last meeting the Youth Council mentioned a Survey for young people to use for any mental health issues and to report incidents like bullying and to help sign post young people to where they can get help. It was suggested that a poster could be created for young people to have at school and the Town for them to know who to contact for help any issues be that at home or at school.</p> <p>RESOLVED: To receive and note that a Draft Survey had been created.</p>	
	12)- 15/05/2024		<p>RESOLVED: To receive and note a draft mental health poster had been created.</p>	
	13)- 15/05/2024		<p>RESOLVED: The mental health posters and surveys are to be sent to schools at the start of the new school year in September</p>	
	08)- 10/07/2024			

Item	Minute No	Item	Status	Latest update
			2024 with a completion deadline of the end of September.	The deadline has been extended to Wednesday 13 th of November. Entries have now been received and placed for the Youth Council to review.
	7)- 17/01/2024 7)- 15/05/2024 7)- 10/07/2024	Youth Council Charity	<p>Resolved: The Youth Council agreed to support Friends for Families over their two-year term.</p> <p>Representatives from Friends for Families attend the Youth Council Meeting it was mentioned that the Chairty would be delighted to receive any funds that the Youth Council could raise and mentioned the charity would be happy to give the Youth Council boxes with the charity name on for events. The Youth Council discussed the different ways they could raise money either through a raffle held during school or Sevenoaks Town Council events or doing cake sales or “Bake off” challenges at House in the Basement.</p> <p>RESOLVED:</p> <ol style="list-style-type: none"> 1. To hold a fundraising cake sale in September 2. To hold a fundraising Halloween Disco and Fancy-Dress Competition in October. 	<p>Charity representative has been invited to the meeting on 15th of May 2024.</p> <p>Youth Council attend the first Sevenoaks Bike Festival, they raised £18 for their chosen charity. Halloween Disco has been cancelled.</p>
	11)- 17/01/2024 7)- 20/03/2024	Climate Change Youth Forum	<p>Resolved: To note the first meeting of the Climate Change Youth Forum will be taking place on the 28th of February 2024 at 6pm.</p> <p>Resolved: To note the next meeting of the Climate Change Youth Forum, takes place on the 17th of April at 6pm with Guest speaker Trevor Kennet, Head of Direct Services at Sevenoaks District Council on “<i>Recycling in Sevenoaks</i>”.</p>	<p>Trevor Kennet was unable to attend due to a bereavement. He will be invited to a future meeting.</p>



**House in the Basement Youth Café Manager:
November 2024 report:**

During November, we saw 263 Young people. 40 of which were new to House in the Basement, and we saw 41 SEND Young people

November was a busy month, starting with the Skateness event on 1st November at Greatness Skatepark, which had all 3 sessions fully booked. This was a partnership with SDC and Samsara Sports.

Numbers at HitB were the highest they have been this year with many new faces at both SEND nights & regular HitB evenings. Takings were increased which is helpful.

We have had four young people continue to do their D of E bronze/Silver volunteering with HitB.

Our partnership with West Kent Housing continues to flourish with weekly visits from Ben their lead detached youth worker as well weekly detached sessions on Thursdays with Daren, focusing on Bat & Ball, Greatness & the Town.

Sevenoaks Youth Council met at HitB on 13th November with 12 young councillors attending which led to one of the liveliest debate and council meetings in recent years on several topics as well as youth council elections for 2025.

Andy Watson, Kenward Trusts detached youth worker visited us on 3 occasions to deliver information and advice around making good choices as well as drug/alcohol/vaping etc advice. Levi Lee from SAYT started his visits to us this month and hopefully, we will see him on a regular basis.

We look forward to another open mic night and a HitB Christmas party with food provided by Perfect Cuisine in December.



December 2024 report:

During December we saw 211 young people, 13 of which had not visited House in the Basement before. We were open 14 occasions, 3 SEN sessions were we saw 32 SEN young people.

December was busy with lots of young people coming to House & once again more new faces. Several young people are doing their Dof E bronze volunteering section with us.

A visit to Trinity school allowed us to strengthen links with them as well as advertise several dates & projects including the Rail Safety project & the BID.

An open mic night on the 13th was also well received, we have another one on Friday 31st January. 32 of us gathered for our Christmas party at Hitb, we are grateful once again to Perfect Cuisine for supplying the food.

Detached sessions on a Thursday afternoon continued in partnership with West Kent housing.

VR Gaming Headset for House in the Basement

One of the many popular events that House in the Basement is our gaming nights where young people are able to use a variety of gaming consoles.

We would like to ask the Youth Council if they would consider the purchase a VR Gaming Headset for House in the Basement so that we can continue to provide the best and up-to-date gaming experience to all those who visit House in the Basement.

META Quest 3S Mixed Reality Headset, Strap & Case Bundle - 128 GB



The bundle shown would come to £359.00 but includes the VR headset, a protective case, as well as access to Batman Arkham Shadow.

[Buy META Quest 3S Mixed Reality Headset, Strap & Case Bundle - 128 GB | Currys](#)

The total amount of funding requested is: £359.00

RECOMMENDATION: To identify the funding for the VR Gaming Headset.



Greatness Recreation Ground Play Area Survey

In 2023 Sevenoaks Town Council carried out a survey for feedback on ideas for the future of Greatness Recreational Ground. Included in the feedback was suggestion for relocation of the play area. It should be noted that to achieve any ambitious project the Town Council will need to obtain external funding.

Sevenoaks Town Council are asking local residents to give feedback on a proposed relocation of the play area located at Greatness Recreational Ground. The Greatness Recreational Ground Working Group have proposed to move the play area from its current location adjacent to the car park, further up to near the proposed new football pavilion. The new play area will then be near a café and public toilets and accessible from the open space without the need to cross the car park. The working group have also proposed to move the outdoor gym to improve accessibility. Proposed changes shown on the map below.

It should be noted that in order for the Town Council to proceed with the ambitious plans such as relocating and providing a new play area this would be subject to being successful in obtaining external funding, fundraising or receipt of Community Infrastructure Levy (CIL)

Proposed relocation of the Greatness Recreational Ground play area and outdoor gym

PROPOSED SITE LAYOUT PLAN

Scale 1:500
0m 10m 20m 30m 40m 50m
Scale Bar 1:500



Proposed relocation of play area



Landscape Key:

	GRASS/LAWN AREA
	PERMEABLE HARD STANDING
	PAVING
	GRASSCRETE
	NEW PLAYAREA
	EXISTING TREE
	LANDSCAPING TO BE REMOVED
	NEW HEDGING/ PLANTING

Rev	Date	Comments
		PRELIMINARY

Client
Sevenoaks Town Council

Project
Play Area Relocation
Greatness Park
Mill Lane Sevenoaks
TN14 5BX

Title
Option D:
Proposed Site Plan

Project No. 8803	Date March 2024
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Drawing No. 8803-SK-04	Revision
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Scale As shown @A1	Drawn DA
	Check RR

Nepicar House, London
Road Wrotham Heath,
TN15 7RS
phone: 01732 753333
fax: 01732 753334
info@offsetarchitects.co.uk
www.offsetarchitects.co.uk





Greatness Recreation Ground Play Area Survey

1. How often do you, your family, or friends use the current play area?

- Every day
- A few times a week
- About once a week
- A few times a month
- Once a month
- Less than once a month

2. Looking at the map above do you support the relocation of the play area to the proposed site?

- Yes
- No
- Undecided

3. What do you like about the new location of the play area? (Please select all that apply)

- Proximity to home
- Safety
- Accessibility
- Other (please specify)

4. What concerns do you have, if any, about the proposed new location? (Please tick all that apply)

Safety

Noise

Accessibility

No Concerns

Other (please specify)

5. Would you prefer the play area to be:

Fenced

Open Trail



Greatness Recreation Ground Play Area Survey

6. How often do you, your family, or friends use the current outdoor gym?

- Every day
- A few times a week
- About once a week
- A few times a month
- Once a month
- Less than once a month

7. Looking at the map above do you support the relocation of the outdoor gym to the proposed site?

- Yes
- No
- Undecided

8. Would you prefer the Gym equipment to remain in current location and have a path installed?

- Yes
- No

9. What do you like about the new location of the outdoor gym?

- Proximity to home
- Safety
- Accessibility
- Other (please specify)

10. What concerns do you have, if any, about the proposed new location of the outdoor gym? (Please tick all that apply)

- Safety
- Noise
- Accessibility
- No concerns
- Other (please specify)

11. Please share any other comments you have below:

12. Would you be interested in becoming involved in Friends of Greatness Recreation Ground?

- Yes
- No

* 13. please complete the contact form below.

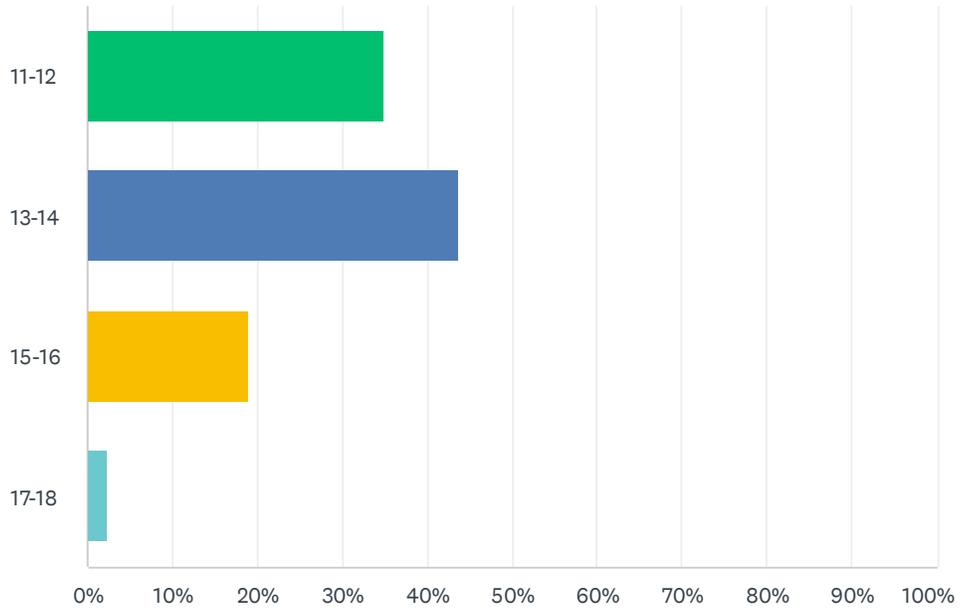
Name	<input type="text"/>
Address	<input type="text"/>
City/Town	<input type="text"/>
Postal Code	<input type="text"/>
Email Address (if you wish to be contacted)	<input type="text"/>

Thank you for taking the time to fill out this survey and to help shape the future of Greatness Recreation Ground.

Sevenoaks Town Council, Council Offices, Bradbourne Vale Road, Sevenoaks, TN13 3QG
Tel:01732 459953 Website: www.sevenoakstown.gov.uk Email: council@sevenoakstown.gov.uk

Q1 Age

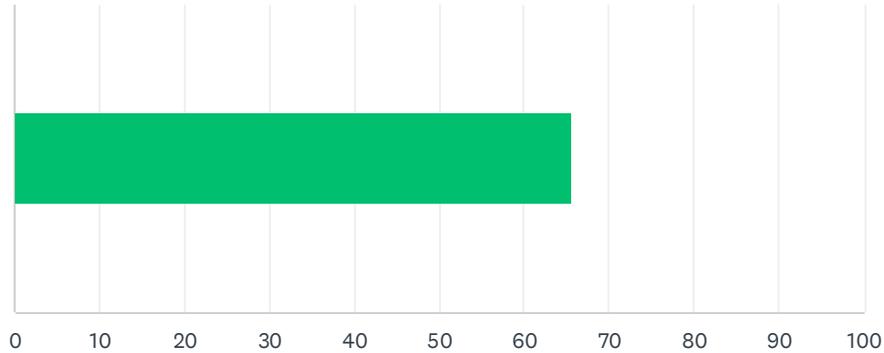
Answered: 249 Skipped: 1



ANSWER CHOICES	RESPONSES
11-12	34.94% 87
13-14	43.78% 109
15-16	18.88% 47
17-18	2.41% 6
TOTAL	249

Q2 On a scale of 1 to 5, how would you rate your mental well-being currently? (1 being very poor and 5 being excellent)

Answered: 249 Skipped: 1



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	66	16,366	249
Total Respondents: 249			

#		DATE
1	80	11/12/2024 8:51 PM
2	85	11/11/2024 8:59 AM
3	80	11/11/2024 8:58 AM
4	50	11/11/2024 8:56 AM
5	50	11/11/2024 8:56 AM
6	100	11/11/2024 8:54 AM
7	60	11/9/2024 8:46 AM
8	44	11/8/2024 10:07 AM
9	4	11/7/2024 7:42 PM
10	85	11/7/2024 5:13 PM
11	85	11/7/2024 5:10 PM
12	64	11/7/2024 12:59 PM
13	15	11/7/2024 8:42 AM
14	89	11/7/2024 8:41 AM
15	82	11/7/2024 8:41 AM
16	85	11/6/2024 9:04 PM
17	56	11/6/2024 8:49 PM
18	64	11/6/2024 7:08 PM
19	62	11/6/2024 5:05 PM

Sevenoaks Youth Council

20	4	11/6/2024 3:35 PM
21	60	11/5/2024 8:46 PM
22	90	11/5/2024 8:01 PM
23	67	11/5/2024 6:15 PM
24	51	11/5/2024 5:35 PM
25	0	11/5/2024 4:40 PM
26	80	11/5/2024 4:17 PM
27	64	11/5/2024 3:59 PM
28	80	11/5/2024 2:49 PM
29	4	11/5/2024 12:57 PM
30	2	11/5/2024 12:29 PM
31	25	11/5/2024 11:29 AM
32	75	11/5/2024 10:27 AM
33	25	11/5/2024 9:57 AM
34	37	11/5/2024 9:40 AM
35	72	11/5/2024 8:46 AM
36	85	11/5/2024 8:46 AM
37	54	11/5/2024 8:45 AM
38	85	11/5/2024 8:45 AM
39	50	11/5/2024 8:45 AM
40	85	11/5/2024 8:45 AM
41	75	11/5/2024 8:45 AM
42	66	11/5/2024 8:45 AM
43	60	11/5/2024 8:44 AM
44	70	11/5/2024 8:44 AM
45	40	11/5/2024 8:44 AM
46	52	11/5/2024 8:43 AM
47	3	11/5/2024 8:43 AM
48	71	11/5/2024 8:43 AM
49	90	11/5/2024 8:42 AM
50	10	11/5/2024 8:42 AM
51	33	11/5/2024 8:42 AM
52	52	11/5/2024 8:42 AM
53	16	11/5/2024 8:42 AM
54	84	11/5/2024 8:42 AM
55	80	11/5/2024 8:41 AM
56	46	11/5/2024 8:41 AM
57	74	11/5/2024 8:41 AM

Sevenoaks Youth Council

58	33	11/5/2024 8:41 AM
59	65	11/5/2024 8:40 AM
60	72	11/5/2024 8:40 AM
61	50	11/5/2024 8:40 AM
62	100	11/5/2024 8:40 AM
63	85	11/5/2024 8:39 AM
64	4	11/5/2024 8:39 AM
65	77	11/5/2024 8:39 AM
66	70	11/5/2024 8:39 AM
67	48	11/5/2024 8:39 AM
68	45	11/4/2024 9:54 PM
69	51	11/4/2024 9:44 PM
70	69	11/4/2024 6:40 PM
71	40	11/4/2024 6:25 PM
72	60	11/4/2024 6:06 PM
73	71	11/4/2024 6:00 PM
74	30	11/4/2024 5:13 PM
75	60	11/4/2024 5:12 PM
76	4	10/28/2024 9:33 AM
77	4	10/28/2024 9:30 AM
78	4	10/28/2024 9:29 AM
79	3	10/28/2024 9:25 AM
80	75	10/21/2024 7:33 PM
81	94	10/21/2024 6:06 PM
82	97	10/21/2024 8:49 AM
83	86	10/21/2024 8:20 AM
84	100	10/21/2024 7:57 AM
85	90	10/21/2024 7:39 AM
86	15	10/21/2024 7:36 AM
87	100	10/21/2024 7:36 AM
88	100	10/20/2024 11:11 PM
89	90	10/20/2024 7:34 PM
90	30	10/20/2024 6:43 PM
91	80	10/20/2024 6:05 PM
92	93	10/20/2024 5:49 PM
93	85	10/20/2024 4:33 PM
94	95	10/20/2024 4:23 PM
95	72	10/20/2024 4:01 PM

Sevenoaks Youth Council

96	100	10/20/2024 2:31 PM
97	78	10/20/2024 2:29 PM
98	100	10/20/2024 2:28 PM
99	49	10/20/2024 12:45 PM
100	80	10/20/2024 12:39 PM
101	20	10/20/2024 12:18 PM
102	47	10/20/2024 11:44 AM
103	45	10/20/2024 10:03 AM
104	85	10/20/2024 9:27 AM
105	80	10/20/2024 9:04 AM
106	50	10/20/2024 8:41 AM
107	36	10/20/2024 7:54 AM
108	95	10/19/2024 11:41 PM
109	84	10/19/2024 7:41 PM
110	10	10/19/2024 6:04 PM
111	72	10/19/2024 5:43 PM
112	85	10/19/2024 4:19 PM
113	53	10/19/2024 4:04 PM
114	60	10/19/2024 3:53 PM
115	100	10/19/2024 3:41 PM
116	99	10/19/2024 12:35 PM
117	100	10/19/2024 11:48 AM
118	100	10/19/2024 11:40 AM
119	70	10/19/2024 11:32 AM
120	100	10/19/2024 11:30 AM
121	3	10/19/2024 10:57 AM
122	70	10/19/2024 10:31 AM
123	93	10/19/2024 10:15 AM
124	90	10/19/2024 9:55 AM
125	89	10/19/2024 9:46 AM
126	75	10/19/2024 9:37 AM
127	100	10/19/2024 8:05 AM
128	85	10/18/2024 10:34 PM
129	72	10/18/2024 8:20 PM
130	80	10/18/2024 7:00 PM
131	85	10/18/2024 4:35 PM
132	80	10/18/2024 3:54 PM
133	100	10/18/2024 8:15 AM

Sevenoaks Youth Council

134	52	10/18/2024 8:06 AM
135	100	10/18/2024 8:04 AM
136	5	10/18/2024 7:33 AM
137	100	10/18/2024 7:25 AM
138	100	10/17/2024 10:26 PM
139	1	10/17/2024 9:44 PM
140	5	10/17/2024 9:30 PM
141	90	10/17/2024 6:31 PM
142	100	10/17/2024 6:31 PM
143	46	10/17/2024 6:24 PM
144	80	10/17/2024 6:20 PM
145	97	10/17/2024 6:13 PM
146	90	10/17/2024 5:45 PM
147	100	10/17/2024 5:10 PM
148	75	10/17/2024 4:52 PM
149	38	10/17/2024 4:44 PM
150	80	10/17/2024 4:30 PM
151	80	10/17/2024 4:26 PM
152	87	10/17/2024 1:05 PM
153	100	10/17/2024 9:02 AM
154	39	10/17/2024 8:03 AM
155	90	10/17/2024 7:13 AM
156	79	10/16/2024 9:24 PM
157	64	10/16/2024 8:40 PM
158	80	10/16/2024 8:11 PM
159	48	10/16/2024 7:38 PM
160	20	10/16/2024 7:28 PM
161	65	10/16/2024 6:34 PM
162	75	10/16/2024 6:17 PM
163	5	10/16/2024 6:11 PM
164	100	10/16/2024 6:10 PM
165	49	10/16/2024 6:04 PM
166	88	10/16/2024 5:28 PM
167	100	10/16/2024 5:05 PM
168	70	10/16/2024 4:52 PM
169	60	10/16/2024 4:20 PM
170	27	10/16/2024 4:16 PM
171	90	10/16/2024 4:03 PM

Sevenoaks Youth Council

172	72	10/16/2024 3:56 PM
173	2	10/16/2024 7:45 AM
174	65	10/15/2024 9:30 PM
175	80	10/15/2024 9:07 PM
176	85	10/15/2024 8:08 PM
177	85	10/15/2024 7:45 PM
178	85	10/15/2024 6:34 PM
179	90	10/15/2024 6:30 PM
180	85	10/15/2024 6:23 PM
181	90	10/15/2024 5:55 PM
182	90	10/15/2024 5:28 PM
183	99	10/15/2024 5:26 PM
184	85	10/15/2024 5:25 PM
185	85	10/15/2024 5:15 PM
186	100	10/15/2024 5:06 PM
187	87	10/15/2024 4:41 PM
188	95	10/15/2024 4:28 PM
189	70	10/15/2024 4:10 PM
190	23	10/15/2024 3:54 PM
191	60	10/15/2024 3:49 PM
192	75	10/15/2024 9:39 AM
193	90	10/15/2024 8:33 AM
194	85	10/15/2024 7:49 AM
195	61	10/15/2024 7:45 AM
196	100	10/14/2024 8:49 PM
197	85	10/14/2024 8:45 PM
198	1	10/14/2024 8:45 PM
199	90	10/14/2024 8:34 PM
200	49	10/14/2024 8:19 PM
201	70	10/14/2024 8:17 PM
202	72	10/14/2024 8:09 PM
203	85	10/14/2024 8:02 PM
204	50	10/14/2024 7:26 PM
205	80	10/14/2024 7:24 PM
206	54	10/14/2024 6:47 PM
207	96	10/14/2024 6:39 PM
208	98	10/14/2024 6:01 PM
209	74	10/14/2024 5:58 PM

Sevenoaks Youth Council

210	92	10/14/2024 5:38 PM
211	100	10/14/2024 5:32 PM
212	64	10/14/2024 5:24 PM
213	49	10/14/2024 5:19 PM
214	64	10/14/2024 5:16 PM
215	72	10/14/2024 5:11 PM
216	3	10/14/2024 5:10 PM
217	100	10/14/2024 5:08 PM
218	66	10/14/2024 4:40 PM
219	80	10/14/2024 4:40 PM
220	91	10/14/2024 4:38 PM
221	75	10/14/2024 4:37 PM
222	80	10/14/2024 4:34 PM
223	75	10/14/2024 4:33 PM
224	5	10/14/2024 4:31 PM
225	50	10/14/2024 4:29 PM
226	80	10/14/2024 4:29 PM
227	77	10/14/2024 4:27 PM
228	75	10/14/2024 4:25 PM
229	40	10/14/2024 4:18 PM
230	90	10/14/2024 4:15 PM
231	83	10/14/2024 4:02 PM
232	51	10/14/2024 3:53 PM
233	80	10/14/2024 3:45 PM
234	82	10/14/2024 3:20 PM
235	30	10/10/2024 8:24 AM
236	25	10/9/2024 9:42 PM
237	50	10/9/2024 6:08 PM
238	75	10/9/2024 5:41 PM
239	89	10/9/2024 3:35 PM
240	40	10/9/2024 12:44 PM
241	76	10/9/2024 12:20 PM
242	40	10/9/2024 11:01 AM
243	0	10/8/2024 7:44 PM
244	82	10/8/2024 6:53 PM
245	1	10/8/2024 5:42 PM
246	65	10/8/2024 5:27 PM
247	76	10/8/2024 5:09 PM

Sevenoaks Youth Council

248	72	10/8/2024 4:52 PM
249	74	10/8/2024 4:51 PM

Q3 What are some things that negatively impact your mental health?

Answered: 215 Skipped: 35

#	RESPONSES	DATE
1	Lots of exams	11/12/2024 8:51 PM
2	School	11/11/2024 8:59 AM
3	N/A	11/11/2024 8:58 AM
4	nothing	11/11/2024 8:56 AM
5	homework	11/11/2024 8:56 AM
6	Raging	11/11/2024 8:54 AM
7	Stress, OCD	11/9/2024 8:46 AM
8	school	11/8/2024 10:07 AM
9	the weather	11/7/2024 7:42 PM
10	loneliness	11/7/2024 5:13 PM
11	Social media	11/7/2024 5:10 PM
12	Stress	11/7/2024 12:59 PM
13	school	11/7/2024 8:42 AM
14	Stress of school	11/7/2024 8:41 AM
15	exams	11/7/2024 8:41 AM
16	Bad friends, and not being able to help people	11/6/2024 9:04 PM
17	War and my weight	11/6/2024 8:49 PM
18	Beauty standards	11/6/2024 7:08 PM
19	SCHOOL	11/6/2024 5:05 PM
20	anxiety childhood	11/6/2024 3:35 PM
21	Exams, not sleeping well, eating badly, arguments	11/5/2024 8:46 PM
22	Stress	11/5/2024 8:01 PM
23	School stress	11/5/2024 6:15 PM
24	Social media	11/5/2024 5:35 PM
25	Friends, school	11/5/2024 4:40 PM
26	Homework, tests, due dates.	11/5/2024 4:17 PM
27	Chocolate ticktock	11/5/2024 3:59 PM
28	general things home life or school	11/5/2024 2:49 PM
29	Stress of school and exam	11/5/2024 12:57 PM
30	school and people around me	11/5/2024 12:29 PM
31	Other mental illnesses in my family and physical health.	11/5/2024 11:29 AM
32	School impacts negatively Sport impacts positively	11/5/2024 9:57 AM
33	School and pressure	11/5/2024 8:46 AM

Sevenoaks Youth Council

34	Stress	11/5/2024 8:46 AM
35	stress and pressure	11/5/2024 8:45 AM
36	i dont know	11/5/2024 8:45 AM
37	Idk	11/5/2024 8:45 AM
38	Stress from work (only a bit)	11/5/2024 8:45 AM
39	Stress of school work	11/5/2024 8:45 AM
40	stress, work overload,	11/5/2024 8:45 AM
41	School People	11/5/2024 8:44 AM
42	Homework (sometimes)	11/5/2024 8:44 AM
43	School work, Friendships, Family, Stress, Pressure	11/5/2024 8:44 AM
44	School	11/5/2024 8:43 AM
45	Mindset	11/5/2024 8:43 AM
46	school stress, family issues	11/5/2024 8:42 AM
47	Waking up early	11/5/2024 8:42 AM
48	school	11/5/2024 8:42 AM
49	n/a	11/5/2024 8:42 AM
50	Lots of exams	11/5/2024 8:41 AM
51	friendships	11/5/2024 8:41 AM
52	Stress	11/5/2024 8:41 AM
53	school	11/5/2024 8:41 AM
54	Homework, tests, physics	11/5/2024 8:40 AM
55	school work	11/5/2024 8:40 AM
56	R/s english	11/5/2024 8:40 AM
57	School homework	11/5/2024 8:40 AM
58	School work	11/5/2024 8:39 AM
59	School	11/5/2024 8:39 AM
60	School 🖤🔗	11/5/2024 8:39 AM
61	School, work amount, friendships	11/4/2024 9:54 PM
62	school stress	11/4/2024 9:44 PM
63	idk	11/4/2024 6:40 PM
64	social media classmates friendships	11/4/2024 6:25 PM
65	Toxic peers	11/4/2024 6:06 PM
66	sport and tests	11/4/2024 6:00 PM
67	Comparing myself to other people my age and thinking they have a harder time than me.	11/4/2024 5:13 PM
68	Bullying and not having anyone to sit with.	11/4/2024 5:12 PM
69	School, Mocks + Exam Stuff, Stuff going around.	10/28/2024 9:35 AM
70	Comments from people, People commenting on my appearance	10/28/2024 9:33 AM
71	My step dad shouting	10/28/2024 9:30 AM

Sevenoaks Youth Council

72	Stress, Friend/Family Issues	10/28/2024 9:29 AM
73	School, Certain people, Over thinking	10/28/2024 9:25 AM
74	my siblings being really difficult	10/21/2024 7:33 PM
75	Awkward situations	10/21/2024 8:49 AM
76	Stress and overworking myself	10/21/2024 8:20 AM
77	Homework	10/21/2024 7:57 AM
78	Too much homework	10/21/2024 7:39 AM
79	Nothing	10/21/2024 7:36 AM
80	Taking on too much stuff	10/20/2024 11:11 PM
81	My brother Homework	10/20/2024 7:34 PM
82	Social media	10/20/2024 6:43 PM
83	When they don't have sausage rolls at break time	10/20/2024 6:05 PM
84	Not enough sleep.	10/20/2024 5:49 PM
85	N/A	10/20/2024 4:33 PM
86	When boys act big when they are not.	10/20/2024 4:23 PM
87	Nothing	10/20/2024 2:31 PM
88	The news	10/20/2024 2:29 PM
89	nothing	10/20/2024 2:28 PM
90	Being hard on my self	10/20/2024 12:45 PM
91	How others think of me	10/20/2024 12:39 PM
92	Homework, Pressure of not having free time	10/20/2024 12:18 PM
93	Football Arsenal	10/20/2024 11:44 AM
94	Possibly embarrassment	10/20/2024 9:27 AM
95	School	10/20/2024 9:04 AM
96	Tiredness	10/20/2024 8:41 AM
97	Parents divorce	10/20/2024 7:54 AM
98	Nothing	10/19/2024 11:41 PM
99	Not sleeping well	10/19/2024 7:41 PM
100	Apperance	10/19/2024 6:04 PM
101	Going to school	10/19/2024 4:19 PM
102	Not talking about it	10/19/2024 4:04 PM
103	I sometimes feel anxious and stressed	10/19/2024 3:53 PM
104	homework	10/19/2024 12:35 PM
105	Palace losing every week	10/19/2024 11:48 AM
106	exams	10/19/2024 11:40 AM
107	Hard times at home with family.	10/19/2024 10:57 AM
108	Comparison to others	10/19/2024 10:31 AM
109	Peer pressure	10/19/2024 10:15 AM

Sevenoaks Youth Council

110	nothing	10/19/2024 9:55 AM
111	Nothing	10/19/2024 9:46 AM
112	No sleep	10/19/2024 9:37 AM
113	N/a	10/19/2024 8:05 AM
114	Waking up early thinking about school and the work	10/18/2024 7:00 PM
115	people saying bad things about me	10/18/2024 4:35 PM
116	Not having enough stamina	10/18/2024 3:54 PM
117	Homework	10/18/2024 8:04 AM
118	Bad behaviour at school	10/18/2024 7:33 AM
119	Nothing	10/18/2024 7:25 AM
120	Idk	10/17/2024 10:26 PM
121	When I struggle to get into school. When people are mean to me at school.	10/17/2024 9:30 PM
122	Nothing.	10/17/2024 6:31 PM
123	nothing	10/17/2024 6:31 PM
124	I feel as if I am excluded and left out occasionally.	10/17/2024 6:24 PM
125	My sport performance sometimes friends	10/17/2024 6:20 PM
126	Rude comments from others and not enough sleep on school days.	10/17/2024 6:13 PM
127	Loneliness	10/17/2024 5:45 PM
128	Screens and drugs	10/17/2024 5:10 PM
129	Teachers being really strict with me	10/17/2024 4:52 PM
130	Test stress (only a bit)	10/17/2024 4:30 PM
131	We have a bit of arguing at home	10/17/2024 4:26 PM
132	homework	10/17/2024 1:05 PM
133	Arguments Noise Rudeness Annoyance Lack of sleep Homework School	10/17/2024 8:03 AM
134	How skinny I am	10/17/2024 7:13 AM
135	angry people	10/16/2024 9:24 PM
136	Being online for too long per day	10/16/2024 8:11 PM
137	having too much homework	10/16/2024 7:38 PM
138	People at school making rude jokes	10/16/2024 7:28 PM
139	being single while others have girlfriends.	10/16/2024 6:34 PM
140	My friends kinda being a bit goofy right now and not rily treating me the same as they used to	10/16/2024 6:17 PM
141	School homework	10/16/2024 6:11 PM
142	School	10/16/2024 6:04 PM
143	Not much	10/16/2024 5:28 PM
144	school	10/16/2024 4:52 PM
145	I don't know	10/16/2024 4:20 PM
146	Homework.	10/16/2024 4:16 PM
147	Stress and pressure of exams	10/16/2024 4:03 PM

Sevenoaks Youth Council

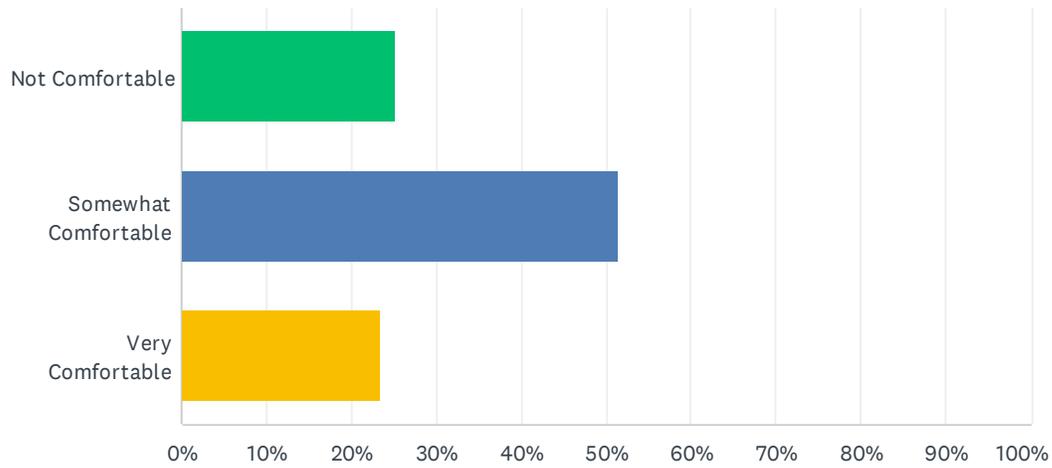
148	stress	10/16/2024 3:56 PM
149	Family arguments	10/16/2024 7:45 AM
150	Stressing about tests Losing things Worrying about detentions Making mistakes	10/15/2024 9:07 PM
151	People being unkind	10/15/2024 8:08 PM
152	Family issues	10/15/2024 7:45 PM
153	I don't know	10/15/2024 6:34 PM
154	Not getting enough sleep and homework	10/15/2024 6:30 PM
155	bad education	10/15/2024 6:23 PM
156	Exams and homework.	10/15/2024 5:55 PM
157	My grandad died 2 months ago.	10/15/2024 5:28 PM
158	nothing	10/15/2024 5:26 PM
159	name calling	10/15/2024 5:25 PM
160	Being on social media too much	10/15/2024 5:15 PM
161	N/A	10/15/2024 5:06 PM
162	Sleep	10/15/2024 4:41 PM
163	Homework	10/15/2024 4:28 PM
164	My autistic and ADHD brother. Although he is my brother and is kind on occasion, he is still mentally exhausting.	10/15/2024 4:10 PM
165	My family life	10/15/2024 3:54 PM
166	bullying	10/15/2024 9:39 AM
167	Homework and arguments and losing a football match	10/15/2024 7:45 AM
168	The sad cycle of school Having a good time 👍	10/14/2024 8:49 PM
169	Nothing really to my knowledge	10/14/2024 8:45 PM
170	Everything	10/14/2024 8:45 PM
171	Nothing at the moment	10/14/2024 8:34 PM
172	Homework	10/14/2024 8:19 PM
173	Stress(homework)	10/14/2024 8:17 PM
174	Death funerals	10/14/2024 8:02 PM
175	Computer.	10/14/2024 7:26 PM
176	Tests and getting in trouble sometimes can put me down.	10/14/2024 7:24 PM
177	Work and other people at school.	10/14/2024 6:47 PM
178	school	10/14/2024 6:39 PM
179	n/a	10/14/2024 6:01 PM
180	Parents whipping and punishing you	10/14/2024 5:58 PM
181	Nothing	10/14/2024 5:38 PM
182	My stutter	10/14/2024 5:32 PM
183	Annoying children	10/14/2024 5:24 PM
184	My parents divorce My rabbit dying My dog dying Stress from school	10/14/2024 5:19 PM
185	School out of lesson	10/14/2024 5:16 PM

Sevenoaks Youth Council

186	nothing	10/14/2024 5:11 PM
187	High expectations for tests which I'm expected to meet	10/14/2024 5:10 PM
188	Losing a football game	10/14/2024 5:08 PM
189	homework	10/14/2024 4:40 PM
190	Bad haircut	10/14/2024 4:40 PM
191	bullying being left out	10/14/2024 4:34 PM
192	Bullying, stress from tests and homework.	10/14/2024 4:33 PM
193	My parents divorce that happened a while ago	10/14/2024 4:31 PM
194	Stress and fatigue	10/14/2024 4:29 PM
195	People who make fun of me.	10/14/2024 4:29 PM
196	People in my class when a teacher is out of the vlassroom	10/14/2024 4:27 PM
197	I am sometimes worry about doing new things.	10/14/2024 4:25 PM
198	Loneliness	10/14/2024 4:18 PM
199	Kids in my year at school, mainly me being mocked and talked about when they think that i'm not listening, rumors being spread about me and so on and so forth, what you would generally expect from kids around my age.	10/14/2024 4:15 PM
200	Nothing really	10/14/2024 4:02 PM
201	Homework Being told that I'm not good enough Being homophobically bullied	10/14/2024 3:53 PM
202	lack of green spaces and no sense of community	10/9/2024 9:42 PM
203	Stress and lots of things happening and thinking about / getting overwhelmed	10/9/2024 6:08 PM
204	too much work	10/9/2024 5:41 PM
205	Letting homework build up	10/9/2024 3:35 PM
206	past bullying, undiagnosed/unmedicated mental disorders (ADHD/anxiety/depression)	10/9/2024 12:44 PM
207	Anxiety about grades and university Have had issues with disordered eating	10/9/2024 12:20 PM
208	School stress Family Worries Social Pressures	10/9/2024 11:01 AM
209	stress from moving schools, having no friends, depression and suicidal idealation	10/8/2024 7:44 PM
210	Lots of homework	10/8/2024 6:53 PM
211	Life :(10/8/2024 5:42 PM
212	School drama	10/8/2024 5:27 PM
213	Pressure	10/8/2024 5:09 PM
214	Boredom Lack of youth activities	10/8/2024 4:52 PM
215	Being tired, exams stress	10/8/2024 4:51 PM

Q4 How comfortable are you talking about your Mental Health?

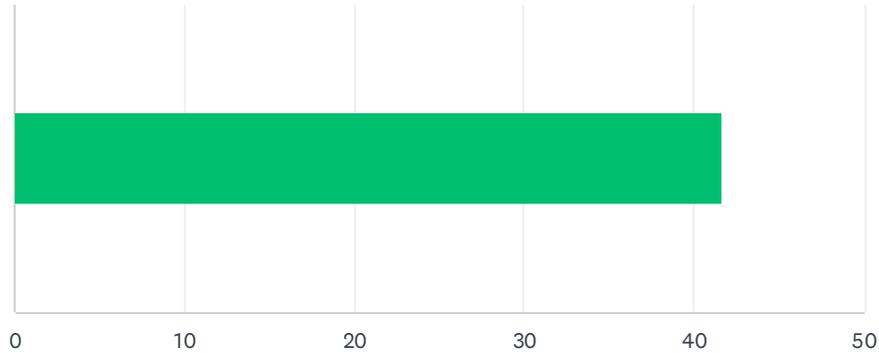
Answered: 247 Skipped: 3



ANSWER CHOICES	RESPONSES	
Not Comfortable	25.10%	62
Somewhat Comfortable	51.42%	127
Very Comfortable	23.48%	58
TOTAL		247

Q5 On a scale of 1 to 5 how stressed are you generally? (1 being not stressed at all and 5 being extremely stressed)

Answered: 242 Skipped: 8



ANSWER CHOICES	AVERAGE NUMBER	TOTAL NUMBER	RESPONSES
	42	10,084	242
Total Respondents: 242			

#		DATE
1	57	11/12/2024 8:51 PM
2	50	11/11/2024 8:59 AM
3	25	11/11/2024 8:58 AM
4	50	11/11/2024 8:56 AM
5	20	11/11/2024 8:54 AM
6	65	11/9/2024 8:46 AM
7	99	11/8/2024 10:07 AM
8	3	11/7/2024 7:42 PM
9	20	11/7/2024 5:13 PM
10	100	11/7/2024 5:10 PM
11	67	11/7/2024 12:59 PM
12	100	11/7/2024 8:42 AM
13	23	11/7/2024 8:41 AM
14	34	11/7/2024 8:41 AM
15	83	11/6/2024 9:04 PM
16	73	11/6/2024 8:49 PM
17	77	11/6/2024 7:08 PM
18	21	11/6/2024 5:05 PM
19	2	11/6/2024 3:35 PM

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20	73	11/5/2024 8:46 PM
21	75	11/5/2024 8:01 PM
22	58	11/5/2024 6:15 PM
23	46	11/5/2024 5:35 PM
24	82	11/5/2024 4:40 PM
25	65	11/5/2024 4:17 PM
26	75	11/5/2024 3:59 PM
27	40	11/5/2024 2:49 PM
28	2	11/5/2024 12:57 PM
29	4	11/5/2024 12:29 PM
30	65	11/5/2024 11:29 AM
31	65	11/5/2024 10:27 AM
32	93	11/5/2024 9:57 AM
33	86	11/5/2024 9:40 AM
34	39	11/5/2024 8:46 AM
35	65	11/5/2024 8:46 AM
36	82	11/5/2024 8:45 AM
37	60	11/5/2024 8:45 AM
38	100	11/5/2024 8:45 AM
39	35	11/5/2024 8:45 AM
40	53	11/5/2024 8:45 AM
41	55	11/5/2024 8:45 AM
42	0	11/5/2024 8:44 AM
43	55	11/5/2024 8:44 AM
44	80	11/5/2024 8:44 AM
45	61	11/5/2024 8:43 AM
46	3	11/5/2024 8:43 AM
47	65	11/5/2024 8:43 AM
48	26	11/5/2024 8:42 AM
49	80	11/5/2024 8:42 AM
50	69	11/5/2024 8:42 AM
51	51	11/5/2024 8:42 AM
52	37	11/5/2024 8:42 AM
53	32	11/5/2024 8:42 AM
54	57	11/5/2024 8:41 AM
55	64	11/5/2024 8:41 AM
56	81	11/5/2024 8:41 AM
57	85	11/5/2024 8:41 AM

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58	40	11/5/2024 8:40 AM
59	25	11/5/2024 8:40 AM
60	50	11/5/2024 8:40 AM
61	36	11/5/2024 8:40 AM
62	70	11/5/2024 8:39 AM
63	3	11/5/2024 8:39 AM
64	100	11/5/2024 8:39 AM
65	41	11/5/2024 8:39 AM
66	37	11/4/2024 9:54 PM
67	22	11/4/2024 6:40 PM
68	71	11/4/2024 6:25 PM
69	60	11/4/2024 6:06 PM
70	77	11/4/2024 6:00 PM
71	50	11/4/2024 5:13 PM
72	75	11/4/2024 5:12 PM
73	4	10/28/2024 9:35 AM
74	2	10/28/2024 9:33 AM
75	7	10/28/2024 9:30 AM
76	2	10/28/2024 9:29 AM
77	3	10/28/2024 9:25 AM
78	34	10/21/2024 7:33 PM
79	90	10/21/2024 6:06 PM
80	16	10/21/2024 8:49 AM
81	11	10/21/2024 8:20 AM
82	0	10/21/2024 7:39 AM
83	70	10/21/2024 7:36 AM
84	0	10/21/2024 7:36 AM
85	20	10/20/2024 11:11 PM
86	15	10/20/2024 7:34 PM
87	40	10/20/2024 6:43 PM
88	81	10/20/2024 6:05 PM
89	22	10/20/2024 5:49 PM
90	15	10/20/2024 4:33 PM
91	19	10/20/2024 4:23 PM
92	63	10/20/2024 4:01 PM
93	13	10/20/2024 2:31 PM
94	28	10/20/2024 2:29 PM
95	64	10/20/2024 2:28 PM

Sevenoaks Youth Council

96	20	10/20/2024 12:45 PM
97	60	10/20/2024 12:39 PM
98	71	10/20/2024 12:18 PM
99	75	10/20/2024 11:44 AM
100	67	10/20/2024 10:03 AM
101	15	10/20/2024 9:27 AM
102	100	10/20/2024 9:04 AM
103	58	10/20/2024 8:41 AM
104	23	10/20/2024 7:54 AM
105	20	10/19/2024 11:41 PM
106	64	10/19/2024 7:41 PM
107	78	10/19/2024 6:04 PM
108	25	10/19/2024 5:43 PM
109	15	10/19/2024 4:19 PM
110	0	10/19/2024 4:04 PM
111	50	10/19/2024 3:53 PM
112	9	10/19/2024 3:41 PM
113	8	10/19/2024 12:35 PM
114	50	10/19/2024 11:40 AM
115	40	10/19/2024 11:32 AM
116	2	10/19/2024 10:57 AM
117	50	10/19/2024 10:31 AM
118	16	10/19/2024 10:15 AM
119	20	10/19/2024 9:55 AM
120	65	10/19/2024 9:46 AM
121	28	10/19/2024 9:37 AM
122	50	10/19/2024 8:05 AM
123	40	10/18/2024 10:34 PM
124	33	10/18/2024 8:20 PM
125	65	10/18/2024 7:00 PM
126	10	10/18/2024 4:35 PM
127	25	10/18/2024 3:54 PM
128	13	10/18/2024 8:15 AM
129	0	10/18/2024 8:04 AM
130	2	10/18/2024 7:33 AM
131	34	10/18/2024 7:25 AM
132	100	10/17/2024 10:26 PM
133	2	10/17/2024 9:44 PM

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134	4	10/17/2024 9:30 PM
135	10	10/17/2024 6:31 PM
136	20	10/17/2024 6:31 PM
137	24	10/17/2024 6:24 PM
138	0	10/17/2024 6:20 PM
139	3	10/17/2024 6:13 PM
140	30	10/17/2024 5:45 PM
141	5	10/17/2024 5:10 PM
142	25	10/17/2024 4:52 PM
143	37	10/17/2024 4:44 PM
144	35	10/17/2024 4:30 PM
145	20	10/17/2024 4:26 PM
146	44	10/17/2024 1:05 PM
147	11	10/17/2024 9:02 AM
148	73	10/17/2024 8:03 AM
149	24	10/17/2024 7:13 AM
150	29	10/16/2024 9:24 PM
151	60	10/16/2024 8:40 PM
152	20	10/16/2024 8:11 PM
153	29	10/16/2024 7:38 PM
154	70	10/16/2024 7:28 PM
155	50	10/16/2024 6:34 PM
156	33	10/16/2024 6:17 PM
157	3	10/16/2024 6:11 PM
158	34	10/16/2024 6:10 PM
159	25	10/16/2024 6:04 PM
160	27	10/16/2024 5:28 PM
161	9	10/16/2024 5:05 PM
162	50	10/16/2024 4:52 PM
163	30	10/16/2024 4:20 PM
164	87	10/16/2024 4:16 PM
165	55	10/16/2024 4:03 PM
166	46	10/16/2024 3:56 PM
167	5	10/16/2024 7:45 AM
168	100	10/15/2024 9:30 PM
169	70	10/15/2024 9:07 PM
170	35	10/15/2024 8:08 PM
171	10	10/15/2024 7:45 PM

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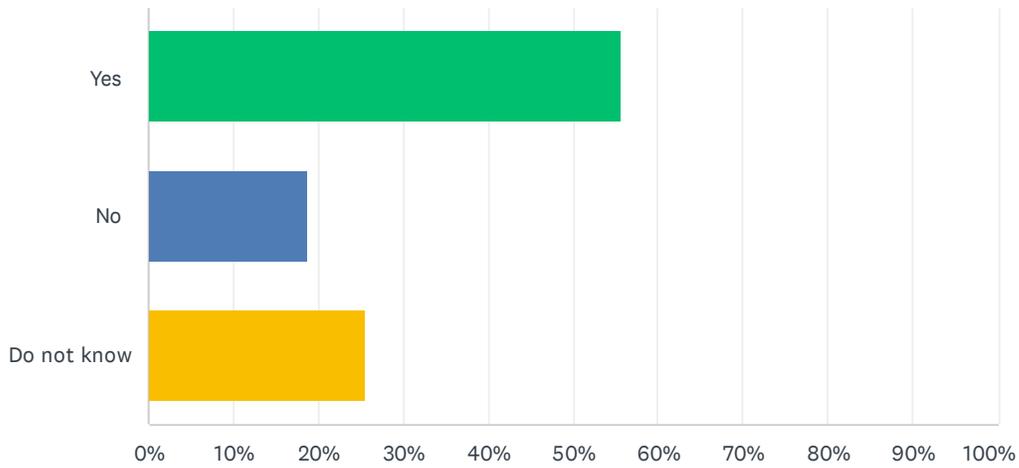
172	15	10/15/2024 6:34 PM
173	25	10/15/2024 6:30 PM
174	35	10/15/2024 6:23 PM
175	14	10/15/2024 5:55 PM
176	5	10/15/2024 5:28 PM
177	5	10/15/2024 5:26 PM
178	18	10/15/2024 5:25 PM
179	30	10/15/2024 5:15 PM
180	44	10/15/2024 5:06 PM
181	2	10/15/2024 4:41 PM
182	15	10/15/2024 4:28 PM
183	60	10/15/2024 4:10 PM
184	77	10/15/2024 3:54 PM
185	51	10/15/2024 3:49 PM
186	20	10/15/2024 9:39 AM
187	15	10/15/2024 8:33 AM
188	55	10/15/2024 7:49 AM
189	41	10/15/2024 7:45 AM
190	0	10/14/2024 8:49 PM
191	29	10/14/2024 8:45 PM
192	43	10/14/2024 8:45 PM
193	75	10/14/2024 8:34 PM
194	75	10/14/2024 8:19 PM
195	75	10/14/2024 8:17 PM
196	20	10/14/2024 8:02 PM
197	5	10/14/2024 7:26 PM
198	60	10/14/2024 7:24 PM
199	53	10/14/2024 6:47 PM
200	65	10/14/2024 6:39 PM
201	14	10/14/2024 6:01 PM
202	90	10/14/2024 5:58 PM
203	4	10/14/2024 5:38 PM
204	55	10/14/2024 5:32 PM
205	57	10/14/2024 5:24 PM
206	64	10/14/2024 5:19 PM
207	18	10/14/2024 5:16 PM
208	61	10/14/2024 5:11 PM
209	3	10/14/2024 5:10 PM

Sevenoaks Youth Council

210	19	10/14/2024 5:08 PM
211	36	10/14/2024 4:40 PM
212	25	10/14/2024 4:40 PM
213	2	10/14/2024 4:38 PM
214	61	10/14/2024 4:37 PM
215	80	10/14/2024 4:34 PM
216	10	10/14/2024 4:33 PM
217	2	10/14/2024 4:31 PM
218	86	10/14/2024 4:29 PM
219	60	10/14/2024 4:29 PM
220	25	10/14/2024 4:27 PM
221	40	10/14/2024 4:25 PM
222	60	10/14/2024 4:18 PM
223	30	10/14/2024 4:15 PM
224	12	10/14/2024 4:02 PM
225	1	10/14/2024 3:53 PM
226	70	10/14/2024 3:45 PM
227	17	10/14/2024 3:20 PM
228	95	10/10/2024 8:24 AM
229	83	10/9/2024 9:42 PM
230	80	10/9/2024 6:08 PM
231	84	10/9/2024 5:41 PM
232	26	10/9/2024 3:35 PM
233	80	10/9/2024 12:44 PM
234	58	10/9/2024 12:20 PM
235	75	10/9/2024 11:01 AM
236	100	10/8/2024 7:44 PM
237	20	10/8/2024 6:53 PM
238	5	10/8/2024 5:42 PM
239	53	10/8/2024 5:27 PM
240	37	10/8/2024 5:09 PM
241	50	10/8/2024 4:52 PM
242	55	10/8/2024 4:51 PM

Q6 Do you feel you have a good school-life balance?

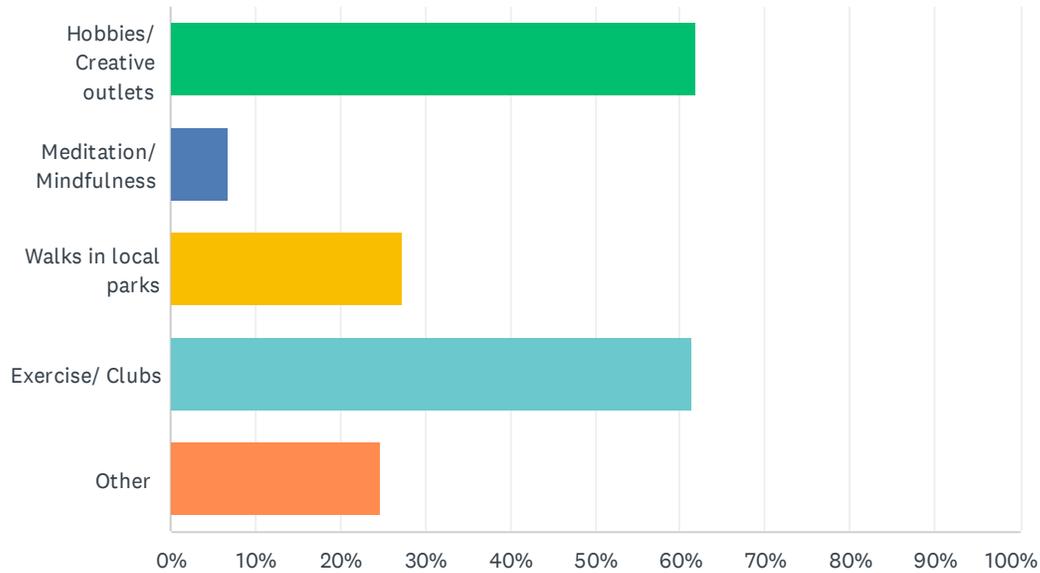
Answered: 246 Skipped: 4



ANSWER CHOICES	RESPONSES	
Yes	55.69%	137
No	18.70%	46
Do not know	25.61%	63
TOTAL		246

Q7 Do you practice any of the following to cope with stress/ promote well-being?

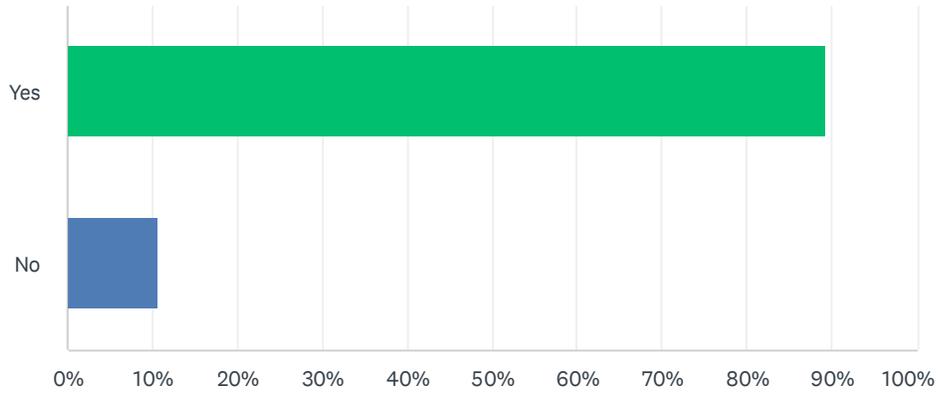
Answered: 231 Skipped: 19



ANSWER CHOICES	RESPONSES	
Hobbies/ Creative outlets	61.90%	143
Meditation/ Mindfulness	6.93%	16
Walks in local parks	27.27%	63
Exercise/ Clubs	61.47%	142
Other	24.68%	57
Total Respondents: 231		

Q8 Do you know where to go for help?

Answered: 246 Skipped: 4



ANSWER CHOICES	RESPONSES	
Yes	89.43%	220
No	10.57%	26
TOTAL		246

Q9 What could your school do to support students mental well-being?

Answered: 181 Skipped: 69

#	RESPONSES	DATE
1	reduce homework	11/11/2024 8:59 AM
2	well being room	11/11/2024 8:58 AM
3	Be less strict	11/11/2024 8:56 AM
4	let you have time of school	11/8/2024 10:07 AM
5	more studies sessions to allow students to offload on work OR a session to relax	11/7/2024 7:42 PM
6	I'm not sure.	11/7/2024 5:13 PM
7	Set less homework because then I don't have to always worry about if I have handed it in or if I have done it. That causes me stress.	11/7/2024 5:10 PM
8	I dont know	11/7/2024 12:59 PM
9	less homework	11/7/2024 8:42 AM
10	Have space 2 be club about mental health	11/6/2024 9:04 PM
11	teachers or year12/13s meet up with students and talk	11/6/2024 3:35 PM
12	I don't know	11/5/2024 6:15 PM
13	Have private meetings with teachers, or members of a local mental health group that are more like strangers that you aren't forced to see again.	11/5/2024 4:17 PM
14	talk to them. Listen. Let them hang out with u and not make them feel like they aren't mean tot be with u	11/5/2024 3:59 PM
15	better councillor	11/5/2024 2:49 PM
16	Have more time to talk with your form and form teacher about school life. Or having more PSHEEs dedicated to doing stress releasing activities e.g. meditating, colouring	11/5/2024 12:57 PM
17	its good enough already	11/5/2024 12:29 PM
18	I think it does a very good job already as there are many different things at school that positively contribute to my mental health.	11/5/2024 11:29 AM
19	Get a qualified therapist or physiologist that is actually decent instead of rubbish school councillor.	11/5/2024 9:57 AM
20	Less GCSEs you have to take	11/5/2024 8:46 AM
21	I think that the school does well already, there are clubs to support you and you can always talk to a teacher about it.	11/5/2024 8:46 AM
22	mental health day	11/5/2024 8:45 AM
23	put less stress on people	11/5/2024 8:45 AM
24	Poster	11/5/2024 8:45 AM
25	Offer sessions where pupils can share their experiences regarding mental health together	11/5/2024 8:45 AM
26	Be more understanding about our work load.	11/5/2024 8:44 AM
27	Stop stressing about irrelevant things (detentions for the wrong socks)	11/5/2024 8:43 AM
28	Let us talk	11/5/2024 8:43 AM

Sevenoaks Youth Council

29	More creative /hobby activities	11/5/2024 8:42 AM
30	Late starts on mondays	11/5/2024 8:42 AM
31	late start on mondays	11/5/2024 8:42 AM
32	less homework	11/5/2024 8:41 AM
33	Set less science tests	11/5/2024 8:40 AM
34	mindfulness club	11/5/2024 8:40 AM
35	?	11/5/2024 8:40 AM
36	N/A	11/5/2024 8:39 AM
37	N/A	11/5/2024 8:39 AM
38	Not give homework	11/5/2024 8:39 AM
39	Teachers being more aware of other homework amounts. Easier communication without pressure	11/4/2024 9:54 PM
40	lighten work load	11/4/2024 9:44 PM
41	less homework	11/4/2024 6:40 PM
42	I wish I could talk to someone about my mental health without them telling my parents.	11/4/2024 5:13 PM
43	Mindfulness	11/4/2024 5:12 PM
44	Actually help out	10/28/2024 9:35 AM
45	Actually do something to help.	10/28/2024 9:33 AM
46	I don't know	10/28/2024 9:30 AM
47	Make safe places for people struggling to go to if they aren't comfortable to talk.	10/28/2024 9:29 AM
48	Not make me go to morning form.	10/28/2024 9:25 AM
49	??? don't know ???	10/21/2024 7:33 PM
50	Nothing really	10/21/2024 8:49 AM
51	Ask students to speak out	10/21/2024 8:20 AM
52	More people to talk to.	10/21/2024 7:57 AM
53	Reduce homework	10/21/2024 7:39 AM
54	Have a designated person to speak to for specific problems	10/20/2024 11:11 PM
55	???	10/20/2024 7:34 PM
56	Ask the students about it	10/20/2024 6:43 PM
57	Idk	10/20/2024 6:05 PM
58	Check if they are ok if they are feeling down.	10/20/2024 5:49 PM
59	You could go to the hub	10/20/2024 4:23 PM
60	I don't know	10/20/2024 2:31 PM
61	More acceptance and lessons	10/20/2024 2:29 PM
62	nothing else	10/20/2024 2:28 PM
63	Don't know	10/20/2024 12:45 PM
64	Nothing more	10/20/2024 12:39 PM
65	I dont know	10/20/2024 12:18 PM
66	I don't know	10/20/2024 11:44 AM

Sevenoaks Youth Council

67	More assemblies	10/20/2024 9:27 AM
68	The teachers are boring and angry	10/20/2024 9:04 AM
69	Explain what it means ,to teach us about it and how to help it	10/20/2024 8:41 AM
70	Open a safe space	10/20/2024 7:54 AM
71	Mental health teachers	10/19/2024 7:41 PM
72	Check in on everyone	10/19/2024 6:04 PM
73	get rid of maths	10/19/2024 5:43 PM
74	I don't know	10/19/2024 4:19 PM
75	More sessions	10/19/2024 4:04 PM
76	Have lots of mental well-being departments to help mentally unstable people.	10/19/2024 3:53 PM
77	no homework	10/19/2024 12:35 PM
78	Tell them to exercise instead	10/19/2024 11:48 AM
79	not sure	10/19/2024 11:40 AM
80	Offer them to talk about it	10/19/2024 11:30 AM
81	I don't need them to do anything.	10/19/2024 10:57 AM
82	Encourage talking about it to people who are professional if they think or have a problem	10/19/2024 10:31 AM
83	They do enough normally	10/19/2024 10:15 AM
84	a place of mindfulness or a space to reflect	10/19/2024 9:55 AM
85	More range of activities during break and lunch	10/19/2024 9:46 AM
86	They are already good	10/19/2024 9:37 AM
87	Don't know	10/19/2024 8:05 AM
88	Help more	10/18/2024 8:20 PM
89	Nothing	10/18/2024 7:00 PM
90	Have more PHSE lessons or put poster around the school	10/18/2024 4:35 PM
91	Making food more healthy but same items	10/18/2024 3:54 PM
92	Give us places to go to talk to someone	10/18/2024 8:04 AM
93	Discourage bad/ impolite behaviour and language	10/18/2024 7:33 AM
94	Make clubs and other things to interact with students and help them with the things they need.	10/18/2024 7:25 AM
95	Talk Tuah Podcast	10/17/2024 10:26 PM
96	Nothing	10/17/2024 9:44 PM
97	Have a special room that you can go to talk in private. Worry box.	10/17/2024 9:30 PM
98	Improve overall positive mentality.	10/17/2024 6:31 PM
99	Have a mental well being club.	10/17/2024 6:24 PM
100	Nothing	10/17/2024 6:20 PM
101	Activities when we can practice mindfulness.	10/17/2024 6:13 PM
102	less pressure	10/17/2024 5:45 PM
103	Have someone check that they have been okay every term.	10/17/2024 5:10 PM
104	Talk to them and ask how they can help the person in need.	10/17/2024 4:52 PM

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105	Maybe a one on one session with a teacher to help you	10/17/2024 4:26 PM
106	not give homework	10/17/2024 1:05 PM
107	Have a mental awareness assembly	10/17/2024 8:03 AM
108	check up on students	10/16/2024 9:24 PM
109	Nothing it's a great system 👍	10/16/2024 8:11 PM
110	none	10/16/2024 7:38 PM
111	I don't know	10/16/2024 7:28 PM
112	award students for good behaviour more frequently and provide students who are anxious with someone to talk to.	10/16/2024 6:34 PM
113	They do it pretty good I mean if you ask they'll do a pretty good job at trying to help	10/16/2024 6:17 PM
114	Lessen the load/stress of homework	10/16/2024 6:11 PM
115	Have more clubs	10/16/2024 6:04 PM
116	I don't know	10/16/2024 5:28 PM
117	send messages to other schools with notices about kindness in a serious manner	10/16/2024 4:52 PM
118	What it is already doing	10/16/2024 4:20 PM
119	yes	10/16/2024 4:16 PM
120	Mindfulness sessions	10/16/2024 4:03 PM
121	let us sleep in	10/16/2024 3:56 PM
122	Less shouting	10/16/2024 7:45 AM
123	Create a zone-out area to chill Allow more free time/breaks to have enough time to eat, prepare and wind down	10/15/2024 9:07 PM
124	No comment	10/15/2024 8:08 PM
125	One to one help	10/15/2024 7:45 PM
126	give advise for certain situations	10/15/2024 6:34 PM
127	Have no homework for a week every 2 terms	10/15/2024 6:30 PM
128	not sure	10/15/2024 6:23 PM
129	Make a club that you talk about your worries or put them in a box.	10/15/2024 5:55 PM
130	Get a school therapist or just let them go in a quiet space like the library.	10/15/2024 5:28 PM
131	provide a room where you can just relax if you are stressed	10/15/2024 5:25 PM
132	They could give you some time to your self	10/15/2024 5:15 PM
133	Do sessions to help people be calm	10/15/2024 5:06 PM
134	Open out more	10/15/2024 4:41 PM
135	Less homework	10/15/2024 4:28 PM
136	Bring in people to do talks on it.	10/15/2024 4:10 PM
137	I don't know	10/15/2024 3:54 PM
138	be more aware of bullying	10/15/2024 9:39 AM
139	Have more days of or less homework	10/14/2024 8:49 PM
140	Nothing it is good already	10/14/2024 8:45 PM
141	Stop teaching phisics	10/14/2024 8:45 PM

Sevenoaks Youth Council

142	Publicise it more	10/14/2024 8:34 PM
143	Not set homework	10/14/2024 8:19 PM
144	Less homework and less strict rules	10/14/2024 8:17 PM
145	Do more pshe lessons	10/14/2024 8:02 PM
146	Help around and provide more reasoning to those and help in lessons.	10/14/2024 7:26 PM
147	Nothing much, the school does a good job at making sure everyone's mental wellbeing is positive.	10/14/2024 7:24 PM
148	How to control workload.	10/14/2024 6:47 PM
149	n/a	10/14/2024 6:01 PM
150	Nothing they have done well, but don't feel comfortable to talk to any one except from a teacher called Mrs Ingham in Student Services	10/14/2024 5:58 PM
151	?	10/14/2024 5:38 PM
152	Have a quiet area just for calming down	10/14/2024 5:32 PM
153	Be more harsh on troublemakers	10/14/2024 5:24 PM
154	Stress me out less	10/14/2024 5:19 PM
155	Nothing	10/14/2024 5:16 PM
156	I don't know	10/14/2024 5:11 PM
157	Check in with every student to make sure they are ok	10/14/2024 5:10 PM
158	wellbeing awarness week - phisical activities insted of art and non interactive presentations	10/14/2024 4:40 PM
159	Assemblys	10/14/2024 4:40 PM
160	Talk through the issues and help with suggestions and advice on what too do to overcome the problems	10/14/2024 4:37 PM
161	i don't know	10/14/2024 4:34 PM
162	Recognise well-being as something just as important as physical wellness.	10/14/2024 4:33 PM
163	Have safe spaces to talk about it and possibly a peer support/program	10/14/2024 4:31 PM
164	Do assemblies about it	10/14/2024 4:29 PM
165	Talk to us about what we could do to be more positive.	10/14/2024 4:29 PM
166	Student services	10/14/2024 4:27 PM
167	My school is very good at dealing with mental well-being because they have special people in student services that know a lot about how the brain functions but I feel that at break time we should be able to walk around a bit more rather than just in the court yard or playground so you can just have a stroll with your friends.	10/14/2024 4:25 PM
168	Have more PSHE lessons	10/14/2024 4:18 PM
169	Not much, i'd say. It's not like schools can prevent "free speech" of those who want to annoy and harm verbally. And there's little leeway you can give to those who are victims before it becomes "favouritism" which bullies will use to justify abuse. Furthermore, it is impossible past that point of constant goading to "fix" the problem, "help" the child, or "get rid" of the trauma that has been created from the interactions. Its almost as if it's an inavoidable event in someone's life that sticks with them as emotional issues and baggage, or becomes a catalyst for mental health issues further on in that person's life.	10/14/2024 4:15 PM
170	Actually help them	10/14/2024 3:53 PM
171	They shouldn't bring up well-being in every assembly/ every second assembly. Some people are uncomfortable talking about well-being and thus they would stress out during assemblies. That would be the opposite of promoting well-being.	10/14/2024 3:45 PM

Sevenoaks Youth Council

172	Try to create an open classroom environment where everyone is encouraged, supported and appreciated	10/9/2024 9:42 PM
173	help relieve academic stresses and workload, set up accommodations to help	10/9/2024 12:44 PM
174	My school already has several mental health promoting clubs in place, but I think there should be more discussion with students on specific mental health issues and how to effectively deal with them and recognise them in others.	10/9/2024 12:20 PM
175	we have a good mental health awareness thing and student wellbeing is always open for anyone.	10/8/2024 7:44 PM
176	Not sure	10/8/2024 6:53 PM
177	Loads	10/8/2024 5:42 PM
178	Be nice I guess	10/8/2024 5:27 PM
179	Counselling	10/8/2024 5:09 PM
180	Introduce sessions that you can book where where you can talk to someone	10/8/2024 4:52 PM
181	Bring more awareness to the councillor availability	10/8/2024 4:51 PM

Q10 What Could be done in your community to raise awareness about mental health?

Answered: 166 Skipped: 84

#	RESPONSES	DATE
1	offer guidance	11/11/2024 8:59 AM
2	protest	11/11/2024 8:58 AM
3	celebrate Mental Health Days	11/11/2024 8:56 AM
4	Give Guidance	11/11/2024 8:54 AM
5	.	11/8/2024 10:07 AM
6	I'm not sure.	11/7/2024 5:13 PM
7	Spreading awareness through posters	11/7/2024 12:59 PM
8	youth club PLEASE stag youth events knole park treasure hunt	11/7/2024 8:42 AM
9	Having a mental health awareness meetings	11/6/2024 9:04 PM
10	I don't know educate people?	11/5/2024 6:15 PM
11	In PSHCE have someone act out a scene of what could cause mental health and the whole class have to try and find a way to help them from continuing to suffer.	11/5/2024 4:17 PM
12	I don't really know	11/5/2024 3:59 PM
13	idk	11/5/2024 2:49 PM
14	I'm not sure	11/5/2024 12:57 PM
15	not much either	11/5/2024 12:29 PM
16	More information about more complex mental illnesses.	11/5/2024 11:29 AM
17	I'm not really sure. I think that awareness is pretty good already.	11/5/2024 8:46 AM
18	charity	11/5/2024 8:45 AM
19	Poster	11/5/2024 8:45 AM
20	Putting up support pages so that people know where to go if they're struggling with their mental health	11/5/2024 8:45 AM
21	mental health day	11/5/2024 8:45 AM
22	More conversation and also provision of services everywhere and well advertised.	11/5/2024 8:44 AM
23	Talk	11/5/2024 8:43 AM
24	Not sure	11/5/2024 8:42 AM
25	not sure	11/5/2024 8:42 AM
26	A mental health day	11/5/2024 8:41 AM
27	?	11/5/2024 8:41 AM
28	Idk	11/5/2024 8:40 AM
29	posters	11/5/2024 8:40 AM
30	Activities	11/5/2024 8:40 AM

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31	Charity fundraisers	11/5/2024 8:39 AM
32	Hobbies	11/5/2024 8:39 AM
33	A queen of the district	11/5/2024 8:39 AM
34	Posters, communication encouragement	11/4/2024 9:54 PM
35	posters	11/4/2024 9:44 PM
36	parties	11/4/2024 6:40 PM
37	I don't know	11/4/2024 5:13 PM
38	Posters, adverts on the street or in local magazines or on tv	11/4/2024 5:12 PM
39	Not Sure	10/28/2024 9:35 AM
40	Protest or campaigning about it	10/28/2024 9:33 AM
41	I don't know	10/28/2024 9:30 AM
42	Advertise/make it more aware of where people can get help from- online and in-person.	10/28/2024 9:29 AM
43	be more considerate.	10/28/2024 9:25 AM
44	posters	10/21/2024 7:33 PM
45	Posters	10/21/2024 8:49 AM
46	Something like a poster	10/21/2024 8:20 AM
47	More people to talk to as well.	10/21/2024 7:57 AM
48	I think people have enough awareness about mental health I don't think it needs to go further	10/21/2024 7:39 AM
49	I'm not sure	10/20/2024 11:11 PM
50	???	10/20/2024 7:34 PM
51	Posters , signs and school assemblies	10/20/2024 6:43 PM
52	Idk	10/20/2024 6:05 PM
53	There could be a youth club put in.	10/20/2024 5:49 PM
54	Posters	10/20/2024 4:23 PM
55	I don't know	10/20/2024 2:31 PM
56	More assemblys	10/20/2024 2:29 PM
57	more get together events tha dont cost money	10/20/2024 2:28 PM
58	Don't know	10/20/2024 12:45 PM
59	Nothing	10/20/2024 12:39 PM
60	Nothing	10/20/2024 12:18 PM
61	I don't know	10/20/2024 11:44 AM
62	Posters because sometimes i never see posters about this	10/20/2024 9:27 AM
63	Nothing	10/20/2024 9:04 AM
64	Put up posters	10/20/2024 8:41 AM
65	Posters	10/20/2024 7:54 AM
66	Adverts	10/19/2024 7:41 PM
67	Assembly's	10/19/2024 6:04 PM
68	More surveys and poters	10/19/2024 4:19 PM

Sevenoaks Youth Council

69	Talking about it	10/19/2024 4:04 PM
70	Teach people more about mental health so they know how of a big deal it is to feel unstable or uneasy	10/19/2024 3:53 PM
71	I don't know	10/19/2024 12:35 PM
72	Posters	10/19/2024 11:48 AM
73	make posters	10/19/2024 11:40 AM
74	People willing to help other people	10/19/2024 11:30 AM
75	Surveys and homework set for us to do like this one and having assembleys at school about it maby.	10/19/2024 10:57 AM
76	Ask people about it and advertise it anywhere you can	10/19/2024 10:31 AM
77	To tell everyone about the problems it might lead to	10/19/2024 10:15 AM
78	some signs around corridor	10/19/2024 9:55 AM
79	Community events	10/19/2024 9:46 AM
80	Protest?	10/19/2024 9:37 AM
81	Don't know	10/19/2024 8:05 AM
82	Say we're free to talk	10/18/2024 7:00 PM
83	Some signs	10/18/2024 4:35 PM
84	More charities to help the poor with their mental health	10/18/2024 3:54 PM
85	Make sure that it is widely known about and that it is ok to talk about it	10/18/2024 8:04 AM
86	Assembly's about it	10/18/2024 7:33 AM
87	Talks about how they could help and advice	10/18/2024 7:25 AM
88	Drippy cheese and lunchly because we like our cheese drippy bruh 🤪	10/17/2024 10:26 PM
89	To just talk to certain individuals	10/17/2024 9:44 PM
90	Send emails to parents about how they think their child is doing mentally.	10/17/2024 6:31 PM
91	Campaigns around town/school.	10/17/2024 6:24 PM
92	I'm not sure	10/17/2024 6:20 PM
93	Sponsored runs and raising money for mental health charities.	10/17/2024 6:13 PM
94	Assembly's in school	10/17/2024 5:45 PM
95	Make some actives for free as some people may not be able to afford what they want to do	10/17/2024 5:10 PM
96	Set up well-being ambassadors and help people if they're feeling down	10/17/2024 4:52 PM
97	Clubs and other social activities	10/17/2024 4:26 PM
98	protests about homework	10/17/2024 1:05 PM
99	Assemblies	10/17/2024 8:03 AM
100	nothing	10/16/2024 9:24 PM
101	Maybe survey people who are chronically online	10/16/2024 8:11 PM
102	creating a charity	10/16/2024 7:38 PM
103	I don't know	10/16/2024 7:28 PM
104	church sessions to make the community feel more like a family and therefore make people more comfortable in there community.	10/16/2024 6:34 PM
105	As part of the British national Indian community I feel that our parents don't know about mental	10/16/2024 6:17 PM

Sevenoaks Youth Council

health as much due to their lack of exposure in their youth i think a good way of improving this is by putting mental health meetings in peoples jobs so more awareness can be put in the subject

106	Posters	10/16/2024 6:04 PM
107	Have more parks	10/16/2024 5:28 PM
108	teach the public about kindness and unnecessary behaviour, e.g. on buses	10/16/2024 4:52 PM
109	I don't know	10/16/2024 4:20 PM
110	Post posters through doors and hold a session for adults to learn more.	10/16/2024 4:03 PM
111	a musical	10/16/2024 3:56 PM
112	I'm not sure	10/16/2024 7:45 AM
113	Have a mental health day?	10/15/2024 9:07 PM
114	Posters	10/15/2024 8:08 PM
115	Certain events/promotions to see where to get help and the issues that can lead off, not getting the help needed.	10/15/2024 7:45 PM
116	I don't know	10/15/2024 6:34 PM
117	Not sure	10/15/2024 6:30 PM
118	not sure	10/15/2024 6:23 PM
119	Fliers and valleys phone numbers to get help.	10/15/2024 5:55 PM
120	For people to try and understand what people are going through and don't bully people.,	10/15/2024 5:28 PM
121	some local youth centres to increase happiness	10/15/2024 5:25 PM
122	Talking about it more or make posters	10/15/2024 5:15 PM
123	Posters and classes	10/15/2024 5:06 PM
124	Better help to those who need it	10/15/2024 4:41 PM
125	Nothing it's wonderful	10/15/2024 4:28 PM
126	Make posters to put around town.	10/15/2024 4:10 PM
127	not sure	10/15/2024 9:39 AM
128	I don't know about that	10/14/2024 8:49 PM
129	IDK	10/14/2024 8:45 PM
130	NO MORE PHISICS	10/14/2024 8:45 PM
131	Adverts or posters put up around the community	10/14/2024 8:34 PM
132	Nothing	10/14/2024 8:19 PM
133	People could be more friendly	10/14/2024 8:17 PM
134	Advertisement for therapists or groups	10/14/2024 8:02 PM
135	Petitions	10/14/2024 7:26 PM
136	Posters and advertisement could be useful perhaps.	10/14/2024 7:24 PM
137	N/a	10/14/2024 6:01 PM
138	I don't know	10/14/2024 5:58 PM
139	Mabye make a special clib	10/14/2024 5:38 PM
140	Have a park, like a gen garden, to relaxed and be calm	10/14/2024 5:32 PM
141	Not much	10/14/2024 5:24 PM

Sevenoaks Youth Council

142	Nothing	10/14/2024 5:16 PM
143	Be fair	10/14/2024 5:11 PM
144	Signs on trees and on poles with help numbers at the bottom	10/14/2024 5:10 PM
145	promote clubs	10/14/2024 4:40 PM
146	Advertising	10/14/2024 4:40 PM
147	Other ways of giving us information apart from talks	10/14/2024 4:37 PM
148	Raise more awareness about bullying.	10/14/2024 4:33 PM
149	Offer safe spaces for people to talk with professionals within a walking distance	10/14/2024 4:31 PM
150	Posters	10/14/2024 4:29 PM
151	Teachers stay in class	10/14/2024 4:27 PM
152	to have assembly's on it.	10/14/2024 4:25 PM
153	Look out for people by themselves	10/14/2024 4:18 PM
154	At most, there isn't many options, however understanding and being present for the child while they are experiencing these problems would be one way of doing it, reminding them that they are, infact, appreciated, loved, wanted, and are not some 14 - 15 year old's 'verbal punching bag'.	10/14/2024 4:15 PM
155	Actually talk about it	10/14/2024 3:53 PM
156	I don't know.	10/14/2024 3:45 PM
157	On a weekend create stalls for people to learn, understand, deal with and help others with mental health.	10/9/2024 9:42 PM
158	talks about certain mental health issues to explain them - helps raise awareness and understanding for friends/family who it may impact	10/9/2024 12:44 PM
159	Fliers and posters on public transport and around the community can get people thinking about mental health, and fundraising events that members of the community can be part of (for example, walks to raise money/awareness).	10/9/2024 12:20 PM
160	be more lenient about students missing school or doing things wrong from mental health ; if i dont do my hw because i tried to kill myself and get a detention, thats not going to make things better tbh	10/8/2024 7:44 PM
161	Not sure either 🙄	10/8/2024 6:53 PM
162	Loads	10/8/2024 5:42 PM
163	Not much tbh	10/8/2024 5:27 PM
164	Posters	10/8/2024 5:09 PM
165	Posters	10/8/2024 4:52 PM
166	Encourage talking to councillors and advertising the availability more publicly to make sure everyone knows that they have people to talk to.	10/8/2024 4:51 PM



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