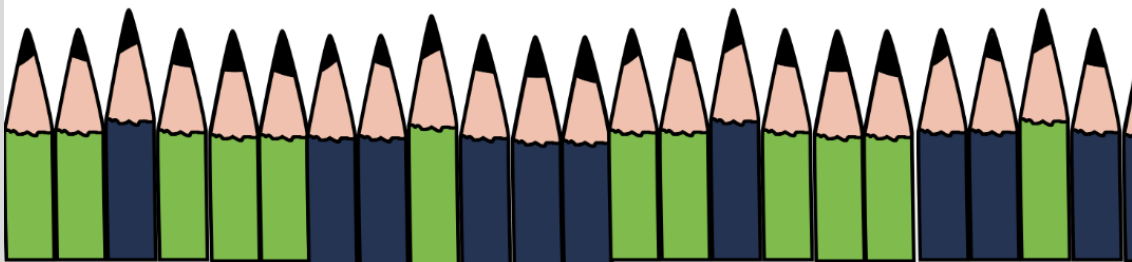


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eNewyddion Ysgolion Uwchradd SHRN SHRN Secondary School eNews



Croeso i eNewyddion Ysgolion Uwchradd SHRN am Chwefror 2024

Mae'r eNewyddion hwn yn rhoi'r wybodaeth ddiweddaraf i chi am yr holl ddatblygiadau pwysig sy'n ymwneud â SHRN, o newyddion i wybodaeth am ddigwyddiadau sydd ar ddod a dolenni i adnoddau ac offer data perthnasol.

Mae'r [Rhwydwaith Ymchwil Iechyd Ysgolion \(SHRN\)](#) yn bartneriaeth polisi-ymarfer-ymchwil rhwng Llywodraeth Cymru, Iechyd Cyhoeddus Cymru, a Phrifysgol Caerdydd. Nod SHRN yw gwella **iechyd a lles pobl ifanc** yng Nghymru trwy weithio gydag ysgolion cynradd ac uwchradd i gynhyrchu a defnyddio **tystiolaeth o ansawdd da** ar gyfer gwella iechyd a lles.

Cynnwys

1. Cynnydd sylweddol mewn problemau emosiynol ymhlith pobl ifanc yng Nghymru yn y blynyddoedd yn union cyn y pandemig .
2. Adroddiad newydd gan y Senedd yn gofyn: Sut gallwn ni atal trais ar sail rhywedd?
3. Gweminarau'r rhydwaith sydd ar ddod.
4. Recordiadau gweminarau blaenorol y Rhwydwaith i'w gwyllo .
5. Cysylltu a Ni

Welcome to the SHRN Secondary School eNews for February 2024

This eNews keeps you up to date with all important developments relating to SHRN, from news to information about up-and-coming events and links to relevant resources and data tools.

The [School Health Research Network \(SHRN\)](#) is a policy-practice-research partnership between Welsh Government, Public Health Wales, and Cardiff University. SHRN aims to improve **young people's health and wellbeing** in Wales by working with both primary and secondary schools to generate and use **good**

quality evidence for health and wellbeing improvement.

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Please note that you can find the English version of this eNews at the end of the Welsh language version

Cynnydd sylweddol mewn problemau emosiynol ymhlith pobl ifanc yng Nghymru yn y blynyddoedd yn union cyn y pandemig, yn ôl ymchwil Prifysgol Caerdydd.

Cyhoeddwyd yn y *Journal of Child Psychology and Psychiatry* fod ysgolheigion wedi astudio data o arolwg Ymddygiad Iechyd mewn Plant oed Ysgol Cymru (HBSC) 2013 ac arolygon [Iechyd a Lles Myfyrwyr y Rhwydwaith Ymchwil Iechyd mewn Ysgolion](#) 2017 a 2019.

Mae'r canlyniadau, sy'n cymharu ymatebion a gafwyd rhwng 2013 a 2019, yn dangos cynnydd yn y nifer a brofodd symptomau emosiynol yn gysylltiedig â gorbryder neu iselder gydag amser, gyda chyfran y bobl ifanc â niferoedd mawr o broblemau emosiynol yn codi o 23% i 38% dros gyfnod o chwe blynedd. Roedd symptomau emosiynol a gafodd eu hadrodd yn yr arolwg yn cynnwys teimlo'n isel, piwis, nerfus a chael trafferth cysgu.

Roedd gan ferched a phobl ifanc o gefndiroedd llai cefnog fwy o broblemau emosiynol, yn ôl y dadansoddiad, gydag anghydraddoldebau a oedd eisoes yn bodoli mewn symptomau emosiynol yn ehangu yn ystod y cyfnod hwn.

Roedd cysylltiad cryf rhwng ansawdd cyfeillgarwch a phrofi unrhyw fath o fwlio a mwy o broblemau emosiynol ym mhob un o'r tri arolwg, ond ni wnaeth y tueddiadau hyn gyfrif am y cynnydd sydyn mewn problemau emosiynol gydag amser.

Meddai'r prif awdur, [Dr Rebecca Anthony](#), o [DECIPHer](#) a [Chanolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc](#) Prifysgol Caerdydd: 'Mae'r astudiaeth hon yn darparu tystiolaeth o gynnydd sylweddol mewn problemau emosiynol ymhlith pobl ifanc yng Nghymru, yn enwedig i bobl ifanc o gefndiroedd llai cefnog.

Mae'r canlyniadau hyn yn bryderus, yn enwedig gan fod y papur hwn ond yn archwilio symptomau emosiynol pobl ifanc cyn Covid-19. Awgryma tystiolaeth fod y pandemig a'r cyfyngiadau cysylltiedig wedi gwneud niwed mawr i iechyd meddwl pobl ifanc. Mae ein data yn dangos pa mor fregus oedd sefyllfa iechyd meddwl pobl ifanc yn barod cyn i'r pandemig daro.

Mae ein canfyddiadau'n amlygu angen cynyddol am ymdrechion atal ar draws cymdeithas, a chymorth iechyd meddwl i bobl ifanc, yn enwedig i'r rhai o deuluoedd llai cefnog. Bydd ymchwil pellach i fynd i'r afael â'r problemau cynyddol hyn yn hanfodol wrth i ni symud ymlaen o'r pandemig.'

Cyhoeddir *Trends in adolescent emotional problems in Wales between 2013 and 2019: the contribution of peer relationships*, yn y *Journal of Child Psychology and Psychiatry*, ac mae ar gael i'w weld [yma](#).

Archebwch yma i ymuno â gweminar rhad ac am ddim y Rhwydwaith: Cyfathrebu Ar-lein Pobl Ifanc a'i Gysylltiad â Lles Meddyliol: Canlyniadau Arolwg Iechyd a Lles Myfyrwyr 2019 a gyflwynir gan Dr. Rebecca Anthony ar Dydd Mawrth, 14 Mai 2024 3.45 - 4.30 yp. Cofrestrwch [yma](#).

Adroddiad Newydd gan y Senedd yn Gofyn: Sut Gallwn ni Atal Trais ar Sail Rhywedd?

Mae adroddiad newydd gan Bwyllgor Cydraddoldeb a Chyfiawnder Cymdeithasol Senedd Cymru yn ystyried sut y gallwn ni helpu i roi terfyn ar epidemig trais yn erbyn menywod. Mae'n defnyddio data a thystiolaeth gan arbenigedd staff y [Rhwydwaith Ymchwil Iechyd mewn Ysgolion](#) a [DECIPHer](#), Prifysgol Caerdydd, i lywio'i argymhellion.

Yn ôl yr adroddiad newydd, [Sut y mae'n rhaid i ni i gyd chwarae ein rhan: dull iechyd y cyhoedd o atal yr epidemig trais ar sail rhywedd](#), caiff dwy fenyw yr wythnos eu lladd gan bartner neu gynbartner yng Nghymru a Lloegr. Mae ffigurau'n dangos y bydd 1 o bob 3 menyw 16 i 59 oed yn profi cam-drin domestig yn ystod ei bywyd. Mae tanadrodd yn golygu ei bod hi'n anodd gwybod gwir raddfa'r broblem. Dywed yr adroddiad: 'Gellir disgrifio faint o drais ar sail rhywedd sy'n bodoli o fewn ein cymdeithas fel epidemig.'

Gyda hyn mewn cof, aeth ymchwiliad y Pwyllgor Cydraddoldeb a Chyfiawnder Cymdeithasol ati i archwilio sut mae dull iechyd y cyhoedd o atal trais ar sail rhywedd yn cael ei gymhwysio yng Nghymru.

Fe wnaeth rhan o'r ymchwiliad gynnwys casglu dystiolaeth trwy ymgynghori â'r cyhoedd a sesiynau gydag arbenigwyr. Darparodd Bethan Pell a Dr. Honor Young o DECIPHer, ynghyd ag [Iechyd Cyhoeddus Cymru](#), dystiolaeth ar lafar i'r pwyllgor. Gallwch ddarllen blog Bethan yma: [Tystiolaeth er newid: Rhoi adroddiad i'r Senedd ar drais ar sail rhywedd](#)

Yn ogystal, darparodd y Rhwydwaith dystiolaeth ysgrifenedig, sydd ar gael i'w darllen [yma](#).

Mae'r adroddiad terfynol yn cynnwys 12 argymhelliad, gan ddod i'r casgliad: 'Credwn mai anghydraddoldebau cymdeithasol sydd wrth wraidd yr epidemig hwn, a'r pwysicaf ohonynt yw anghydraddoldeb rhwng y rhywiau. Fel egwyddor gyffredinol, mae'n rhaid gweithredu polisïau sy'n hyrwyddo cydraddoldeb rhwng y rhywiau'.

Meddai Dr. Honor Young: 'Mae angen lleihau trais ar sail rhywedd ar frys, er diogelwch dysgwyr ac i feithrin perthnasoedd iachach y tu hwnt i amgylchedd yr ysgol. Roeddem yn falch iawn o gael ein gwahodd i ddarparu dystiolaeth i'r Senedd a chyfrannu at y pwnc cynyddol bwysig hwn. Gobeithio gall ein hymchwil academaidd parhaus gefnogi'r dull iechyd y cyhoedd ar gyfer mynd i'r afael â thrais ar sail rhywedd, gan gynnwys aflonyddu rhywiol, bwlio homoffobig a bwlio trawsffobig, ac annog llunwyr polisi ac ysgolion i ystyried y mater pwysig hwn yn y tymor hir.'

Gall [Sut y mae'n rhaid i ni i gyd chwarae ein rhan: dull iechyd y cyhoedd o atal yr epidemig trais ar sail rhywedd](#) (cyhoeddwyd ym mis Ionawr 2024) gael ei ddarllen [yma](#).

Yn ogystal, gallwch wyllo recordiad o weminar blaenorol y rhwydwaith ***Ymyriadau yn yr ysgol i atal trais wrth chwilio am gariad ac mewn perthynas ac atal trais ar sail rhywedd (STOP DRV***

GBV). Cyflwynwyd y gweminar hwn gan yr Athro GJ Melendez-Torres, Prifysgol Caerwysg, a gallwch fynd at y recordiad [yma](#).

Gweminarau sydd ar ddod

Hoffem estyn gwahoddiad i chi i'n gweminarau byw, rhad ac am ddim, sydd ar ddod:

Teitl: [Prosiect SAMA – Nodi ac Addasu Rhaglenni Iechyd Meddwl Byd-eang i Gymru.](#)

Pryd: Dydd Iau 29 Chwefror 2024 3.45 - 4.30pm.

Mae'n bleser gennym groesawu [Dr Hayley Reed](#), DECIPHer, Prifysgol Caerdydd, i gyflwyno canfyddiadau ei chymrodoriaeth – ymchwilio i'r angen am nodi ac addasu rhaglenni iechyd meddwl byd-eang i Gymru er mwyn mynd i'r afael â phroblemau iechyd meddwl y glasod.

Gallwch gofrestru ar gyfer y gweminar rhad ac am ddim [yma](#).

Teitl: [Pontio Ysgolion, Statws Economaidd Gymdeithasol ac Iechyd Meddwl Pobl Ifanc](#)

Pryd: Dydd Iau 19 Mawrth 2024 3.45 - 4.30pm.

Er bydd y pontio o'r ysgol gynradd i'r ysgol uwchradd yn brofiad cadarnhaol i lawer o bobl ifanc, i eraill, gall fod yn gyfnod addasu heriol. Gall anawsterau iechyd meddwl a bwlio gynyddu yn y cyfnod ar ôl pontio a gall pobl ifanc o gefndiroedd mwy difreintiedig fod yn fwy bregus na'u cymheiriaid mwy cefnog. Yng Nghymru, mae niferoedd cynyddol o ysgolion pob oed sy'n cyfuno'r cyfnodau addysg cynradd ac uwchradd o leiaf ac, weithiau, hefyd y cyfnod meithrin a'r cyfnod hŷn mewn un sefydliad, gan ddarparu addysg barhaus i'w disgyblion ar draws cyfnodau. Yn aml, bydd yr ysgol ar un safle a bydd ganddi un corff llywodraethol. Nid oes gan yr ysgolion hyn bontio nodweddiadol o'r ysgol gynradd i'r ysgol uwchradd ac maent yn cynnig cyfle i archwilio effaith pontio ar iechyd meddwl pobl ifanc a'u profiadau o fwlio.

Bydd y gweminar hwn, a gyflwynir gan Dr Caitlyn Donaldson, Cydymaith Ymchwil yn DECIPHer, Prifysgol Caerdydd, yn cyflwyno canfyddiadau ymchwil i'r gwahaniaethau mewn deilliannau iechyd meddwl a bwlio ym mlwyddyn 7 ymhlith pobl ifanc mewn ysgolion pob oed o gymharu â'r rhai mewn ysgolion uwchradd, a sut gallai statws economaidd gymdeithasol esbonio rhai o'r gwahaniaethau hyn.

Gallwch gofrestru ar gyfer y gweminar rhad ac am ddim [yma](#)

Teitl: [Iechyd Meddwl a Lles Dysgwyr sydd wedi cael profiad o fod mewn gofal mewn Ysgolion Uwchradd yng Nghymru: Canfyddiadau allweddol ac argymhellion o'r Astudiaeth Lles mewn Ysgolion a Cholegau \(WiSC\)](#)

Pryd: Dydd Mercher 10 Ebrill 2024 3.45 - 4.30pm.

Mae [Astudiaeth Lles mewn Ysgolion a Cholegau \(WiSC\)](#) DECIPHer wedi archwilio anghenion iechyd meddwl a lles dysgwyr mewn ysgolion uwchradd a cholegau AB sydd â phrofiad o ofal maeth, gofal gan berthynas, gwarcheidwaeth arbennig, gofal preswyl neu ddysgwyr sydd wedi'u mabwysiadu. Mae'r

astudiaeth wedi defnyddio data o arolygon y Rhwydwaith ochr yn ochr â chyfweliadau â phlant a phobl ifanc, rhieni sy'n mabwysiadu a gofalwyr, staff ysgolion a cholegau, gweithwyr cymdeithasol a staff CAMHS. Bydd y gweminar hwn yn cyflwyno canfyddiadau allweddol o'r astudiaeth am anghenion dysgwyr a'u profiad o gymorth yn yr ysgol, a'n hargymhellion am sut gellid gwneud y mwyaf o gymorth yn y dyfodol.

Mae'n bleser gennym groesawu Prif Ymchwilwyr Astudio WiSC, Dr Sarah MacDonald a Dr Gillian Hewitt, DECIPHer, fel cyflwynwyr.

Gallwch gofrestru ar gyfer y gweminar rhad ac am ddim hwn [yma](#).

Teitl: Cyfathrebu Ar-lein Pobl Ifanc a'i Gysylltiad â Lles Meddyliol: Canlyniadau Arolwg Iechyd a Lles Myfyrwyr 2019.

Pryd: Dydd Mawrth 14 Mai 2024 3.45 - 4.30pm.

Bydd y gweminar hwn yn cael ei gyflwyno gan Dr. Rebecca Anthony, Cydymaith Ymchwil yn DECIPHer.

Mae cyfathrebu ar-lein wedi dod yn agwedd annatod o fywyd bob dydd pobl ifanc Ychydig iawn o ymchwil sydd wedi archwilio a yw'r cysylltiad rhwng defnydd cyfryngau cymdeithasol a llesiant yn dibynnu ar bwy y mae pobl ifanc yn ymgysylltu â nhw (h.y. cyfeillgarwch go iawn neu rithwir).

Canfu'r astudiaeth hon, gan ddefnyddio data o arolwg Iechyd a Lles Myfyrwyr SHRN 2019, fod gan fechgyn a merched sy'n cyfathrebu â ffrindiau 'bywyd go iawn' ar-lein lefelau uwch o lesiant. Canfu hefyd fod cyfeillgarwch rithwir - y rhai a wnaed ar-lein yn unig - yn gysylltiedig ag iechyd meddwl a lles is, gyda'r effaith yn fwy amlwg ymhlith merched na bechgyn. Mae'r astudiaeth yn argymhell, yn hytrach na gorbwysleisio arwyddocâd yr amser a dreulir ar-lein ac yn herio cyfathrebu ar-lein yn unfurf fel rhywbeth y mae angen ei fonitro a'i reoli'n drwm, y dylai addysg llythrennedd digidol i bobl ifanc gydnabod manteision posibl cyfathrebu ar-lein â grwpiau cyfeillgarwch presennol.

Gallwch gofrestru ar gyfer y gweminar rhad ac am ddim [yma](#).

Gwylio Recordiadau Gweminarau Blaenorol

Diolch i'r rhai ohonoch a ddaeth i'n gweminarau ym mis Ionawr a mis Chwefror 2024.

Diweddariad i Ddangosfwrdd Data Lefel Ysgol y Rhwydwaith:

Mae ymchwilwyr yn [DECIPHer](#), Prifysgol Caerdydd, wedi bod yn gweithio ar ddatblygu dangosfwrdd data lefel ysgol trwy ddefnyddio data'r Rhwydwaith. Pan fydd yn weithredol, bydd y dangosfwrdd yn galluogi ysgolion uwchradd i ddadansoddi eu data Iechyd a Lles Myfyrwyr dros wahanol gylchoedd yr arolwg. Mae disgwyl y bydd yn adnodd defnyddiol i ysgolion wrth greu polisiau ar ymchwil a lles neu wrth edrych ar effaith polisiau presennol.

Cyflwynwyd y gweminar hwn gan Dr Hayley Reed a Dr Nick Page, Prifysgol Caerdydd, ar 29/01/24.

I wyllo'r recordiad hwn, cliciwch [yma](#).

I ddysgu rhagor am y Dangosfwrdd Lefel Ysgol, cliciwch [yma](#).

Amddiffyn Pobl Ifanc rhag Iselder: Cyflwyniad i Astudiaeth Sgiliau er Lles y Glasoed (SWELL):

Mae [Canolfan Wolfson ar gyfer Iechyd Meddwl Pobl Ifanc](#) yn ymgymryd ag astudiaeth ymchwil gyffrous sy'n canolbwyntio ar amddiffyn pobl ifanc rhag iselder.

Bydd y gweminar [Sgiliau er Lles y Glasoed \(SWELL\)](#) hwn, a gyflwynir gan yr Athro Frances Rice ar 08/02/24, yn diffinio iselder ymhlith pobl ifanc ac yn rhoi golwg gryno ar y llenyddiaeth wyddonol am ffactorau risg ac amddiffynnol iselder pobl ifanc. Mae'n crynhoi canlyniadau astudiaethau ymyrryd sy'n anelu at amddiffyn pobl ifanc rhag iselder. Mae'r rhain yn cynnwys 'astudiaethau cyffredinol' sy'n cynnwys pob person ifanc ac 'astudiaethau targedig' sy'n canolbwyntio ar y bobl ifanc fwyaf mewn angen.

I weld y recordiad hwn, cliciwch [yma](#).

Gallwch hefyd ddod o hyd i daflen yr astudiaeth [yma](#). Mae croeso i chi rannu hwn gydag unrhyw gydweithwyr ysgol a allai fod â diddordeb.

I weld mwy o recordiadau o weminarau blaenorol y Rhwydwaith, ewch i: <https://www.shrn.org.uk/cy/qwebinarau/>

Cysylltu a Ni

Os oes gennych unrhyw gwestiynau neu adborth am unrhyw ran o'r cynnwys yn yr e-newyddion hwn, neu am SHRN, anfonwch e-bost at Dîm SHRN [Ysgolion Uwchradd](#) neu [Ysgolion Cynradd](#).

Anfonwch yr e-newyddion hwn ymlaen at unrhyw un y credwch a allai fod â diddordeb. Gallant danysgrifio i dderbyn yr e-newyddion a diweddariadau diweddaraf trwy e-bostio Maria Boffey, Rheolwr Cyfnewid Gwybodaeth SHRN: boffeym1@cardiff.ac.uk.

Ymunwch â'r sgwrs:



Twitter / X: [@SHRNWales](#).



Wefan: [School Health Research Network \(shrn.org.uk/cy\)](http://School Health Research Network (shrn.org.uk/cy)).



YouTube: [SHRN Wales](#).

*** English Language eNews Below ***

Substantial Increase in Emotional Problems Among Young People in Wales in the Years Immediately Before the Pandemic, Research from Cardiff University Shows.

Published in the *Journal of Child Psychology and Psychiatry*, academics studied data from the 2013 Welsh Health Behaviour in School-aged Children (HBSC) and the 2017 and 2019 [School Health Research Network \(SHRN\) Student Health and Wellbeing](#) surveys.

The results, which compare responses, taken between 2013 and 2019, show the number experiencing emotional symptoms associated with anxiety or depression increased over time, with the proportion of young people with high numbers of emotional problems rising from 23% to 38% over a six-year period. Emotional symptoms reported in the survey include feeling low, irritable, nervous, and having sleep difficulties.

Girls and young people from less affluent backgrounds had more emotional problems, according to the analysis, with pre-existing inequalities in emotional symptoms widening during this time.

Friendship quality and experiencing any form of bullying were strongly associated with higher emotional problems in all three surveys, but these trends did not account for the sharp increase in emotional problems over time.

Lead author [Dr Rebecca Anthony](#), based at Cardiff University's [DECIPHer](#) and the [Wolfson Centre for young People's Mental Health](#) said: 'This study provides evidence of a substantial increase in emotional problems among young people in Wales, particularly for young people from less affluent backgrounds.'

These results are concerning, particularly as this paper only explores the emotional symptoms of young people prior to Covid-19. Evidence indicates that the pandemic and associated restrictions took a large toll on young people's mental health. Our data demonstrate what a vulnerable position young people's mental health and wellbeing was already in before the pandemic struck.

Our findings highlight a growing need for prevention efforts across society, and mental health support for young people, particularly among those from less affluent families. Further research to address these rising problems is going to be vital as we move on from the pandemic.'

Trends in adolescent emotional problems in Wales between 2013 and 2019: the contribution of peer relationships, is published in the *Journal of Child Psychology and Psychiatry*, and available to view [here](#).

Book to attend the free SHRN webinar: Young People's Online Communication and its Association with Mental Wellbeing: Results from the 2019 Student Health and Wellbeing Survey presented by Dr. Rebecca Anthony, DECIPHer on Tuesday 14 May 2024 3.45 - 4.30pm. Register [here](#).

New Senedd Report Asks: How can we Stop Gender-Based Violence?

A new report by Welsh Parliament's Equality and Social Justice Committee looks at how we can help to end the epidemic of violence against women. It uses data and evidence from the [School Health Research Network](#) and [DECIPHer](#), Cardiff University staff expertise to inform its recommendations.

According to the new report [How we must all play our part: A public health approach to halting the epidemic in gender-based violence](#), two women a week are killed by a former or current partner in England and Wales. Figures indicate that 1 in 3 women aged 16 to 59 will experience domestic abuse in their lifetime. Underreporting means it is difficult to know the true scale of the problem. The report states: 'The prevalence of gender-based violence in our society can be described as an epidemic.'

With this in mind, the Equality and Social Justice Committee's inquiry set out to explore how a public health approach to preventing gender-based violence (GBV) is being applied in Wales.

Part of the enquiry involved gathering evidence via a public consultation and sessions with experts. Bethan Pell and Dr. Honor Young from DECIPHer, along with [Public Health Wales](#), provided oral evidence to the committee. You can read Bethan's blog here: [Evidence for change: Reporting to the Senedd on gender-based violence](#).

SHRN also provided written evidence, which can be read [here](#).

The final report contains 12 recommendations, concluding: 'We believe the root cause of this epidemic lies in social inequality, the most important of which is gender inequality. Implementing policies that promote gender equality must be the overarching imperative.'

Dr. Honor Young said: 'There's an urgent need to reduce GBV, for the safety of learners and to foster healthier relationships beyond the school environment. We were delighted to be invited to provide evidence to the Senedd and contribute to this increasingly important topic area. We hope that our ongoing academic research can support the public health approach to addressing gender-based violence including sexual harassment, homophobic and transphobic bullying, and encourage policymakers and schools to take a long-term view of this important issue.'

How we must all play our part: A public health approach to halting the epidemic in gender-based violence (published January 2023) can be read [here](#).

You can also view a recording of a previous SHRN webinar ***School-based interventions to prevent dating and relationship violence and gender-based violence (STOP DRV GBV)***. This webinar was presented by Professor GJ Melendez-Torres, Exeter University, and you can access the recording [here](#).

Upcoming SHRN Webinars

We would like to extend you an invitation to our free live webinars - they are free to join, you just need to register in advance:

Title: [The SAMA Project - Identifying and Adapting Global Mental Health Programmes to Wales](#).

When: Thursday 29 February 2024 3.45 - 4.30pm.

We are delighted to welcome [Dr Hayley Reed](#), DECIPHer, Cardiff University, to present the findings of her fellowship - investigating the need to identify and adapt global mental health programmes to Wales to address adolescent mental health issues.

You can register for the webinar [here](#).

Title: [School Transition, Socioeconomic Status and Young People's Mental Health](#).

When: Thursday 19 March 2024 3.45 - 4.30pm.

While transition from primary to secondary school is a positive experience for many young people, for others, it may be a challenging period of adjustment. Mental health difficulties and bullying may increase in the post-transition period, and young people from more deprived backgrounds may be more vulnerable than their more affluent peers.

In Wales, there are increasing numbers of through schools combining at least primary and secondary stages of education, and at times also nursery and senior phase within a single institution, providing continuous education for its pupils throughout phases. The school often occupies a single site and has one governing body. These schools do not have a typical primary to secondary school transition and offer an opportunity to explore the impact of transition on young people's mental health and experiences of bullying.

This webinar, delivered Dr Caitlyn Donaldson, Research Associate at DECIPHer, Cardiff University present research findings on the differences in mental health and bullying outcomes in year 7 in young people in all-age schools compared to those in secondary schools, and how socioeconomic status might explain some of these differences.

You can register for the free webinar [here](#)

Title: The Mental Health and Wellbeing of Care-Experienced Learners in Secondary Schools in Wales: Key findings and Recommendations from the Wellbeing in Schools and Colleges (WiSC) Study.

When: Wednesday 10 April 2024 3.45 - 4.30pm.

DECIPHer's [Wellbeing in Schools and Colleges \(WiSC\) Study](#) has explored the mental health and wellbeing needs of learners in secondary schools and FE colleges who have experience of foster care, kinship care, special guardianship, residential care or who are adopted. The study has used data from the SHRN surveys alongside interviews with children and young people, adoptive parents and carers, school and college staff, social workers and CAMHS staff.

This webinar will present key findings from the study about learners' needs and experiences of support in school, and our recommendations for how support might be optimised in the future.

We are pleased to welcome the WiSC Study Principal Investigators, Dr Sarah MacDonald and Dr Gillian Hewitt, DECIPHer, as presenters.

You can register for the free webinar [here](#).

Title: Young People's Online Communication and its Association with Mental Wellbeing: Results from the 2019 Student Health and Wellbeing Survey.

When: Tuesday 14 May 2024 3.45 - 4.30pm.

This webinar will be presented by Dr. Rebecca Anthony, Research Associate at DECIPHer.

Online communication has become an integral aspect of daily life for young people. Very little research has examined whether the association between social media use and well-being depends on *who* young people engage with (i.e. real, or virtual friendships).

This study, using data from the SHRN 2019 Student Health and Well-being survey, found that boys and girls communicating with 'real life' friends online had higher levels of wellbeing. It also found that virtual friendships – those made only online – were linked with lower mental health and wellbeing, with the effect being more pronounced in girls than boys. The study recommends that rather than overemphasising the significance of time spent online and uniformly castigating online communication as something that needs to be heavily monitored and controlled, digital literacy education for young people should acknowledge the possible benefits of online communication with existing friendship groups.

You can register for the free webinar [here](#).

Watch SHRN Webinar Recordings.

Thank you to those of you who attended our webinars in January and February 2024. Recordings of these webinars can be found below:

SHRN School-Level Data Dashboard Update:

Researchers at [DECIPHer](#), Cardiff University, have been working to develop a school-level data dashboard using SHRN data. This dashboard will, when live, enable secondary schools to analyse their Student Health and Wellbeing data over different survey rounds. This is expected to be a useful tool for schools when creating health and wellbeing policies or looking at the impact of current policies.

This webinar was presented by Dr Hayley Reed and Dr Nick Page, Cardiff University, on 29/01/24.

To view this recording please click [here](#).

To find out more about the School Level Dashboard click [here](#)

Protecting Young People Against Depression: An Introduction to the Skills for Adolescent Wellbeing Study (SWELL):

The [Wolfson Centre for Young People's Mental Health](#) is undertaking exciting research study focused on **protecting young people against depression**.

Presented by Professor Frances Rice on 08/02/24, this [Skills for Adolescent Wellbeing \(SWELL\)](#) webinar defines depression in young people and briefly overviews the scientific literature about risk and protective factors for youth depression. It summarises results of intervention studies that aim to protect young people against depression. These include 'universal studies' that include all young people and 'targeted studies' those that focus on young people most in need.

To view this recording please click [here](#).

You can also find the study's flyer [here](#). Please feel free to share this with any school colleagues that may be interested.

For more recordings of previous SHRN webinars visit: <https://www.shrn.org.uk/webinars/>.

Contacts Us

If you have any questions or feedback about any of the content in this e-news, or about SHRN, please email the [Secondary School](#) or [Primary School](#) SHRN Team.

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Website: [School Health Research Network \(shrn.org.uk\)](https://www.shrn.org.uk).



YouTube: [SHRN Wales](https://www.youtube.com/SHRNWales).