

Nanny, Mentor to young people & Girl Guide leader

1) What are the 3 main obstacles you feel children are facing, today, as they grow up?

I think the biggest issues facing young people today are; Climate Change, online pornography, mental fortitude, over-use of screen time, access to safe outdoor spaces for solo exploring and mutual communication/understanding with older members of their family/community.

2) Do you feel children are being taught healthy emotional development, and/or can access the information themselves?

This is very hit and miss. In my experience children have more access to mindfulness and meditation techniques, they are generally more encouraged to share their problems openly, but the children/teenagers that most need support in these areas are *still* being let down/left behind their peers. The ones most in need of mental health support are usually the ones least likely to know they need it or receive it.

3) Which two difficult topics do you feel we should talk more about with children?

Politics (and the influence big business/billionaires have on our democracy) and Climate Change (including Western consumerism and the impact we can have as individual consumers).

4) What is the biggest change you would like to see for children?

More time outside in nature and less time inside (buildings/vehicles) or on devices.

5) Do you feel that children, today, are basing their self-image (or lack of) more on positive experiences or negative ones?

Depends on the child, but in my experience parents still have the biggest influence on a child's life and the negativity/positivity directly reflects the parents mental health, their access to education/mental development opportunities and an understanding of people from different cultural/socioeconomic backgrounds.

Whilst there are far more role models to look up to, (especially female) in science, Activism, Politics, business, History, the Arts, Media, Sports etc, there has also been an amplification of questionable role models and useless internet content (see youtube "stars").