
Mental health and school

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The issue of a young people's mental health has taken on global significance due to the COVID-19 pandemic. International studies and research indicate a growing trend of anxiety and school stress among children and adolescents. Therefore, we are paying increased attention to topics related to the mental health of young people in the field of education and training, not only in terms of the implementation of research and analysis, but also in proposals for systemic change.

Lecturer: doc. Mgr. Lenka Sokolová, Ph.D,
Faculty of Social and Economic Sciences, Univerzita Komenského

Why and how is mental health taught in schools? In some countries, the promotion of mental health and psychological well-being is part of the curriculum. However, the scope, content, teaching methods, and the way in which mental health topics are included in school education vary. In the analyses of the European Federation of Psychology Teachers' Associations (EFPTA) and the European Federation of Psychology Associations' (EFPA) Committee on Educational Issues, we looked at the experiences of teaching mental health topics in ten European countries. In the presentation, we will highlight the outcomes of this research, examples of activities from different countries, as well as related findings on mental health literacy.

Lecturer: doc. Mgr. Alena Nohavová, Ph.D,
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Pupils' wellbeing and Kompetenční rámec absolventa učitelství (the competency framework of a teacher training graduate). The talk will introduce the concept of wellbeing and its relevance in the context of both pupil/student and teacher education. The discussion will offer current perspectives on the situation in Czech schools and possible suggestions for solutions.