



Centre for Disease
Prevention and Control
Republic of Latvia

National network of Health Promoting Schools in Latvia

Mental health problems and actions of prevention 2021



NACIONĀLAIS
VESELĪBU
VEICINOŠO
SKOLU TĪKLS



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National network of Health Promoting Schools in Latvia

- Network renewed in 2015 by Centre for Disease Prevention and Control Republic of Latvia.
- Participation in the network is voluntary.
- It is open to education institutions implementing a primary and / or secondary education program, and to pre-school education institutions wishing to implement health promotion activities.
- **106** participants:
13 preschool educational institutions, 93 schools.
- 9 new members in 2020.





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Bullying in Latvia





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Bullying problem in Latvia by numbers

- Compared to other countries, Latvia has high rates of student bullying. The offense index or percentage of students who have suffered from any kind of bullying act at least a few times a month (among fifteen-year-old students) is relatively high – 35 %. It is the highest score among European union countries (OECD, 2019).
- Bullying is a common problem among children in educational institutions and happens more among boys. The number of girls who have suffered from bullying in educational institutions has also increased in recent years - 21,3 % in 2018 (HBSC, 2020).
- In a school year of 2017/2018, children at age group from 11 to 15:
 - 21,3% children have suffered from a regular (2-3 times a month) bullying;
 - 16,8 % children during the last couple of months have regularly bullied others in their educational institution. The proportion of teenagers who mocked others has decreased from 2014 (HBSC, 2020).





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Cyberbullying in Latvia

- According to HBSC 2020 study – Latvia has the largest increase in the proportion of victims of cyberbullying among European countries in 2017/2018.
- Also the role of bullying in school has a significant impact on the prevalence of following cyberbullying among students – 45 % of children who suffer from cyberbullying are also victims of bullying at school.
- With age increase the proportion of abusers in both age groups also increases.
- Overall 5,5 % of children have suffered from cyberbullying in last six months.
- Boys (6,2%) suffer more from cyberbullying than girls (4,9%).
- The quantity of boys who have cyberbullied others in the last six months is higher (8,7%) than the quantity of girls – 3,5%.
- The proportion of victims of cyberbullying decreases with age (HBSC, 2020).





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Actions taken by Centre for Disease Prevention and Control Republic of Latvia

- Every year we promote teachers to discuss the importance and issues of mental health with children at World Mental Health day and World Suicide Prevention day by preparing and sending schools informative packages with presentations and tasks for children regarding the topic of mental health.
- An experience exchange seminar for Health Promoting Schools coordinators took place in 2018 on the recognition and consequences of bullying.
- In 2016 an educational film for students "Katrīna" was made for the prevention of bullying in the school environment. It has 762 thousand views on youtube.com and an additional material was developed for teachers to work with the film.

View short film here:
<https://youtu.be/ITGqR50Pfv0>



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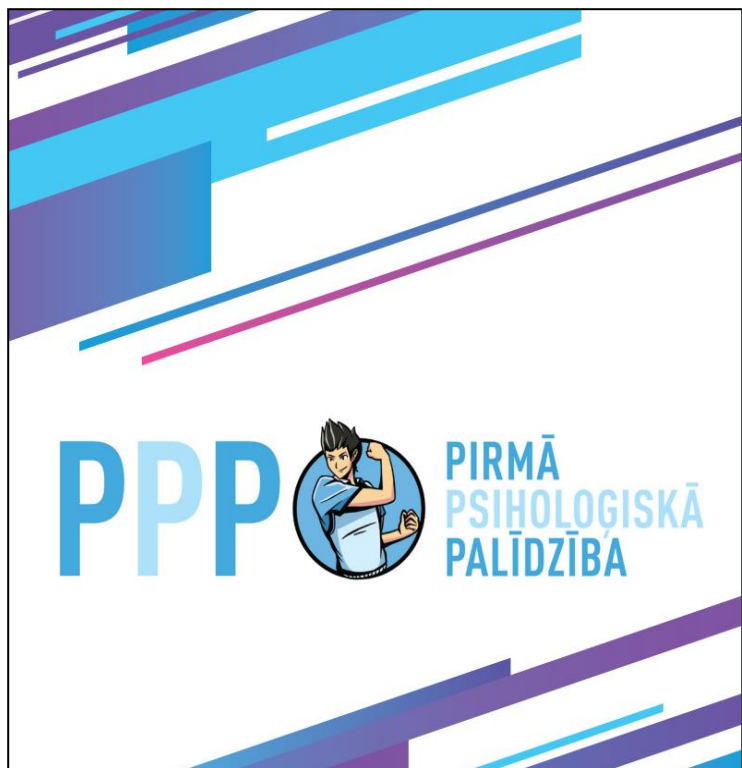
Actions taken by the Ministry of Health of Latvia

- A cycle of free educational and practical classes for high school students "Be your life manager" – in March of 2021 there were 5 free online classes organized for young people to gain a deeper understanding of their emotional processes and emotional world.
- The ESparveselību.lv platform has made. It contains information on health promotion and disease prevention measures about healthy eating, physical activity, reducing the use of addictive substances and processes, mental health, and sexual and reproductive health.
- Educational material on mental health has developed - a psychological first-aid handbook for adolescents. It summarizes basic knowledge, techniques and skills that help adolescents avoid mental health problems, recognize them and give first aid to themselves or a friend.



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Psychological first-aid handbook made by Ministry of Health of Latvia



ATPAZĪŠANA

Tavs ķermenis signalizē, ja esi apslimis vai saķēris kādu vīrusu,
– Tu sāc klepot vai parādās iesnas. Tāpat arī smadzenes
signalizē, kad tām kļūst par grūtu tikt galā ar stresu.
Iemācies laicīgi atpazīt riska zīmes! Tās liecina, ka Tev pašam
vai Tavam draugam var būt sašķobījusies mentālā veselība.

ATPAZĪSTI “3N” RISKĀ ZĪMES

Nogurums – ja jūties noguris un miegains bez īpaša iemesla daudzas dienas pēc kārtas.	Nomāktība – ja ilgstoši jūties bēdīgs, nomākts vai Tev nāk prātā sliktas domas par sevi.	Neticība – ja esi zaudējis ticību, ka spēsi tikt galā ar lietām (piem., ar mācībām, konfliktiem, attiecībām, ģimeni), vai nedomā, ka Tevi nākotnē gaida kaut kas labs.
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View handbook here:
https://ej.uz/PPP_rokasgramata



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Good practice from local schools to talk about mental health and prevent bullying I

- *From Daugavpils Center high school:*
Colorful emotions week - students and teachers express their mood and emotional state for a week with their clothing color.





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Good practice from local schools to talk about mental health and prevent bullying II

- *From Krāslavas high school:*
Educational lectures for parents and school staff with psychologist “Mobbing types and different expressions ”and “How to raise a child in the 21st century- Internet safety”.





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Good practice from local schools to talk about mental health and prevent bullying III

- *From Sveķu boarding primary school:*
An anger control game for students for learning ways how to control anger and negative emotions.





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Good practice from local schools to talk about mental health and prevent bullying IV

- *From Ādažu high school:*
Lessons “Courage to make friends” in form of a forum theater – a mobbing situation in a class was shown and then the students themselves had the opportunity to change this situation, improve it, look for solutions. They had to analyze emotions of parties involved in the mobbing and after that it was discussed how each student can get involved and stop the mobbing.





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References

- Centre of Disease Prevention and Control Republic Of Latvia homepage resources: <https://www.spkc.gov.lv/lv/veselibu-veicinasas-skolas>
- HBSC 2020, Health Behavior in School-aged Children/Latvia 2017/2018 school year:
https://www.spkc.gov.lv/sites/spkc/files/data_content/latvijas-skolenu-veselibas-paradumu-petijums-05.10.2020_1.pdf
- Ministry of Health of Latvia: <https://www.vm.gov.lv/lv>
- OECD 2019, Organisation for Economic Co-operation and Development PISA 2018 Results, Combined executive summaries Volume I, II & III:
https://www.oecd.org/pisa/Combined_Executive_Summaries_PISA_2018.pdf



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Thank you

In case of any questions, please contact us: veseligaskola@spkc.gov.lv