**Broxbourne Youth Council**

**Minutes**

**23rd March 2022**

Cheshunt Young People’s Centre

**Attendees:** Ethan Yardley, Enrique Pereira Grosso, Adesola Adewale, Tate Lambie, Betsie Smith, Thomas, Shanice , Jamie Leonard, Xen Barnett

**Apologies:** none

**Facilitators:** Emma Elsafty (Broxbourne Borough Council) Linton Sutherland (Services for Young People)

**Welcome and Introductions**

**My Star**

All members completed the My Stars.

**Evaluation of Project**

All completed the forms

**Matters Arising**

Action- Linton to get in contact with the director of public health

Jim has gotten back to us and would like to take part in the question time and be on the Panel.

**Chair of the Question Time vote**

**Community Question Time**

* Have pandemics like Covid 19 affected the mental stability of school-going children?
* Has the rate of depression increased among teenagers for the past 20 years? How should the issue be addressed?
* Can prolonged lack of play and lockdowns affect a child’s mental health? How?
* Why do teenagers choose to harm themselves and others in schools?
* Are adopted children as mentally healthy as children who stay with their birth parents?
* Is the usage of social media affecting the mental stability of students? How?
* What are the results of Social Isolation on Severe Mental Disorders?
* What are common causes of Depression and Anxiety in teenagers?

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**Debate**