

Who I am

My name:

Layla

Age: 14

People who matter to me

- Family
- Friends
- Mrs Thomas



Things that matter to me

- My mobile phone
- My dog
- My cat
- My heated blanket

What 'belonging' means

When you feel safe and included.

I feel included when...

- When I get invited to things.
- I'm at my grandmas with all my family

I include others by...

- Chatting to them
- Encourage them to join in the convo
- By being Kind

Place2Be's

CHILDREN'S MENTAL HEALTH WEEK

9-15 FEB 2026



teen health

11-19 service



Leicestershire County Council

Who I am

My name: Ruby

Age: 13

People who matter to me

Cyt gang
dance girls



Things that matter to me

Theatre ♡
friends

What 'belonging' means

feeling safe

I feel included when...

People actually
talk to me

I include others by...

talking to them

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9-15 FEB 2026



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Who I am

My name:

F. B

Age:

12

People who matter to me

family
my close friends
my cats



Things that matter to me
My electric guitar
music

What 'belonging' means
Who owns it?

I feel included when...

My friends talk
to me or invite
me to events

I include others by...
making sure they're
not alone.

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CHILDREN'S
MENTAL HEALTH
WEEK

9-19
FEB
2024



teen
health

11-19 service

Leicestershire
County Council

Who I am

My name: Amella

Age: 12

People who matter to me

mum dad
friends



Things that matter to me
Phone and my
figets

What 'belonging' means
like being with people
but I don't know?

I feel included when...

Im with my friends
and not being
left out

I include others by...
not leaving
them out

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CHILDREN'S
MENTAL HEALTH
WEEK

9-19
FEB
2024



teen
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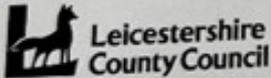
Who I am

My name: **Orla**

Age: **14**

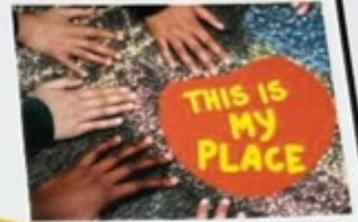


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People who matter to me

- mates
- family



Things that matter to me

- Football
- Cooking
- music

What 'belonging' means

- something you own / like

I feel included when...

- I am talked to
- to

I include others by...

- talking to them

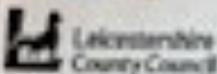
Who I am

My name: **Isabelle**

Age: **16**



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People who matter to me

Boyfriend
family
friends - Alice



Things that matter to me

friendships
my cat
my place

What 'belonging' means

feeling included

I feel included when...

Fun liked to

I include others by...

making you a
conversation

Who I am

My name: Lizzie

Age: 15

People who matter to me
Jack

Things that matter to me
- phone
- bed
- macdonalds

What 'belonging' means
~~feeling #stayed~~
feeling ~~to~~
included

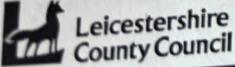
I feel included when...
I am in a conversation

I include others by...
being there when they are feeling down

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Who I am

My name: emeya.

Age: 13.

People who matter to me
Dad.
Indy.

Things that matter to me
Phone.

What 'belonging' means
like your ment to be there.

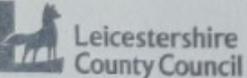
I feel included when...
Im not left out.

I include others by...
not leaving em out.

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Who I am

My name: Alice

Age: 15

People who matter to me
mum
dad
friends - isabelle

Things that matter to me
my bed
my phone

What 'belonging' means
feeling included

I feel included when...
listened to

I include others by...
throuing them



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CHILDREN'S
MENTAL HEALTH
WEEK
9-15
FEB
2022



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Who I am

My name: Lmelia

Age: 11

People who matter to me
Emily
Sofia
Zara

Things that matter to me
food

What 'belonging' means
feeling
comfortable

I feel included when...
I with friends

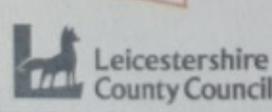
I include others by...
being nice



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9-15
FEB
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Who I am

My name:

Matilda

Age: 16

People who matter to me

Mum

Dad

Doug the dog

Lauren

Grandparents



Things that matter to me

My education

My health

Jellycats

Books

Music

What 'belonging' means
Finding your place in anything.

I feel included when...

There are family dinners

Birthdays & celebrations

I go on walks in the village with Lauren.

I include others by...

Making friends feel less alone by inviting them to join in.

Hang out with friends if they are having a bad day.

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9-15 FEB 2020



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Who I am

My name: Alfred

Age: 12

People who matter to me

Mum sister (Maya) dog and friends



Things that matter to me
family

What 'belonging' means
my dog & go something you own

I feel included when...

People play with me

I include others by...
Playing with them

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CHILDREN'S MENTAL HEALTH WEEK

9-15 FEB 2020



teen health

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Who I am

My name: IG

Age: 16

People who matter to me
Parents
brothers
cousins
cats



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WEEK 9-15
FEB
2020



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health
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Things that matter to me
Sport
School
cheerleading
family

What 'belonging' means
when you
feel welcome
and safe

I feel included when...
im at cheer
as were a
team and
understand
each other

I include others by...
being kind to
each other

Who I am

My name: ~~My name~~
~~Spencer~~ Axel

Age: 12-13

People who matter to me
My sister



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FEB
2020



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Things that matter to me
~~My sister~~, my
sketchbooks
my teddies

What 'belonging' means
something that
you own???

I feel included when...
I dunno just
being talked
to

I include others by...
talking to them
and befriending
them 😊

Who I am

My name: Olivia/Korey

Age: 12

People who matter to me
MUM Dad brother
grand parents
rabbits

Things that matter to me
my pets Anime
plushies food
Sleep Art phone

What 'belonging' means
being a part of
something

I feel included when...
im in a team
or
with friends

I include others by...
bringing them in
a conversation,
including them
in hangouts



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CHILDREN'S
MENTAL HEALTH
WEEK 9-15
FEB 2024



teen
health

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Who I am

My name: Lydia
Nightshade/Alice Dalby
(Lydia preferred)

Age: 12

People who matter to me
Becca Sanji
Rubie Law
Noah
Esne
Jackson

Things that matter to me
books my phone
Decos my friends life
the necktie

What 'belonging' means
who others relate to me
when others accept me
with my friends

I feel included when...
people are kind to me
people let me join in
when people call me Lydia

I include others by...
letting others join in
helping others



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CHILDREN'S
MENTAL HEALTH
WEEK 9-15
FEB 2024



teen
health

11-19 service

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Who I am

My name: **Nathan**

Age: **11**

People who matter to me

Family



Things that matter to me

**family
pets**

What 'belonging' means

**where
fit in you**

I feel included when...

**im playing
a game
with my
friend**

I include others by...

**inviting them
to stuff**



Who I am

My name: **Summer**

Age: **12**

People who matter to me

**Marian, friends,
family, dog.**



Things that matter to me

**My friends,
dog, family**

What 'belonging' means

that im ungi
~~ed~~

I feel included when...

**i hang out
with my friends
and i hang out
with family**

I include others by...

**when people
talk to me.**



Who I am

My name: Tallie Gibson

Age: 11 almost 12

People who matter to me
My dog, Mum, Nollie, friends,
Mum's bf,



Things that matter to me
phone, My teddie

What 'belonging' means
that people except
Me for who I
am.



I feel included when...
When with my friends
and family.

I include others by...
asking if they
want to play
with Me.

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Who I am

My name: IR

Age: 12

People who matter to me
mum dad
sisters brothers
friends



Things that matter to me
Sports
family

What 'belonging' means
to have
something



I feel included when...
People ask
me if I want
to play

I include others by...
by asking
them if they
want to play

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