## Committee on Environment, Public Health and Food Safety & Industry, Research and Energy

**Resolution ENVIE/BG/2/2019 on juvenile health, especially in schools**

Being alarmed by the fact that a large number of European citizens are under pressure by society more students feel stressed at school and are overstrained by long school days and less information on how things work in later life. The sexual abuse, bullying and drug abuse are increasing at school and because of that pupils' mental health is seriously harmed. Which actions can the EU take to inform students about their future so pupils can live a happier life and be prevented from getting mentally ill?

Submitted by: Andrey Hristov (BG), Ivet Kachurova (BG), Borislav Manolov (BG), Siyana Milanova (BG), Anastasija Malenkova (MK), Sara Mandovska (MK), Stefan Markoski (MK), Halina Górniak (PL), Iga Schramm (PL), Martyna Filipowicz (PL), Naira Vergara (ES), David Hernandez (ES), Christina Theissen (DE), Tim Künster (DE), Sophia Michaelis-Hauswaldt (DE), Marc Bresser (NL), Tarik Kouboye (NL), Mike Beeltje (NL)

**The Committee of the European Parliament on Environment and Juvenile Health,**

a. Being seriously disturbed by the consequences of the increasingly stressful life in the EU due to higher requirements and EU-standards,

b. Being seriously disturbed by the fact that the family background plays a vital role in a pupil's mental health

c. Keeping in mind that students spend too much time at school and their free time is not enough

d. Noting that early pregnancies are the reason why many young girls interrupt their education

e. Realizing that the number of non-teacher staff at schools (e.g. psychologists, social workers, nurses) is low

f. Bearing in mind that factors such as pressure, frustration and stress might lead to depression and in the worst case even suicide (as every 9 minutes a European citizen kills himself)

g. Bearing in mind that a rising number of students is dependent on private tutoring

h. Alarmed by the fact that many schools offer a variety of extracurricular activities which cannot be carried out by many students because of their long school days and homework

i. Recognizing that more and more students feel lost when it comes to their further career after graduation

j. Fully aware of the fact that many adolescents are not informed about how systems like tax systems work

k. Keeping in mind that students are subjected to a hard and demanding evaluation system in education, e.g. through tests and exams that make up a big proportion of the final mark

l. Alarmed by the fact that the mental health of pupils is not checked during their school life

**Based on all these alarming concerns, the Committee of the European Parliament on Environment and Juvenile Health,**

1. Recommends schools to offer free tutoring classes in which students may get any help they need

2. Encourages schools in the EU member states to lower the testing rate and to take the overall performance of a student into consideration (e.g. through a higher emphasis on the evaluation of the general performance, portfolios, homework)

3. Recommends schools in the EU countries to open more quiet work areas etc. to create a more relaxed atmosphere and school environment

4. Requests that there should be stricter punishments for bullies such as detentions, social work etc.

5. Encourages states to establish more school institutions where juveniles can speak to a professional and people who have/ had the same issues about their problems, e.g. social workers, psychologists, nurses, people with experience

6. Calls upon the EU to put a higher emphasis on sexual education at school to prevent early pregnancies or STDs

7. Appeals on offering more support for those young girls who are already pregnant by private teachers and special care for them and their child

8. Recommends the schools to have self-defense classes in order to prevent rapings, physical bullying, and theft

9. Urges schools to have no more than two afternoons with lessons so that pupils can take up extracurricular activities or carry out their own hobbies in their free time

10. Encourages schools to introduce more lessons on topics such as health, economic, taxes, career advice etc. to prevent stress at a later point in life (e.g. after graduation)