

# Parliamentary Guide for The Good Childhood Report

Each year, The Children's Society publishes its annual Good Childhood Report. Children and young people's experiences and views are at the heart of the report's findings and the subsequent policy recommendations. This guide suggests ways that the report can inform Parliamentary activity to improve children's wellbeing.

## What does the Report tell us?

The Good Childhood Report 2025 highlights that children's average happiness with their life as a whole, family, friends, appearance, school and schoolwork were all significantly lower in 2022/23 than when the survey started in 2009/10. It is the **first time that children's average happiness was significantly lower than when the survey started for all six aspects of life**, including family. One in 11 young people experienced low wellbeing in 2025, and one in nine were unhappy with school.

The [full findings from the report](#) can be found here.

## Reclaiming Hope in a Changing World

The Good Childhood Report 2025 paints a troubling picture of children's wellbeing. In response, we've launched *Reclaiming Hope in a Changing World* - a comprehensive set of policy recommendations urging the Government to take action. Our aim is to build a society where children's wellbeing is a priority, and where effective support is readily available when they face challenges.

Our recommendations at a glance:

- Programmes tackling gender stereotypes
- Online accountability and digital literacy
- Shared understandings and training on bullying for all relevant professionals and organisations
- Increased focus on Personal, Social, Health & Economic education and life skills in the curriculum
- Whole school approaches to wellbeing
- Support for primary to secondary school transition
- End punitive behavioural policies in schools
- Restoring and expanding youth services
- A trusted adult guarantee, providing chosen trusted adults
- A focus on holistic wellbeing in early support hubs rollout
- Ambitious implementation and monitoring of the Child Poverty Strategy
- Increase intergenerational opportunities and understandings of teenagers' lives
- Improved moderation and responsibility across media and society
- Introduce a national wellbeing measurement programme
- Increase opportunities for young people to directly influence their society

## **As a Parliamentarian, what can you do?**

### **Meet with us**

We would welcome the opportunity to meet with you to discuss our work on the Good Childhood Report and our wider policy recommendations aimed at reversing the decline in children's wellbeing. Your support is vital in ensuring that children's needs are prioritised in policymaking. Please contact [Kate Roberts Fox, Policy and Public Affairs Manager](#) to arrange a meeting.

### **Visit one of our services**

The Children's Society delivers vital services for children, young people, parents and carers across England. These services range from early support drop-in mental health hubs to advocacy services and specialist support services for children who have experienced abuse or exploitation.

We would be delighted to welcome you to one of our local services to demonstrate the powerful impact that early intervention support can have on children, parents and the wider community.

Please contact [Kate Roberts Fox, Policy and Public Affairs Manager](#), to arrange for a service visit.

### **Write to a Government Minister**

We need your support. Meaningful change for children can only happen when the Government hears directly about the pressing need to address the decline in children's wellbeing. By writing to Government Ministers about the Good Childhood Report and supporting our policy recommendations, you can help raise awareness – not only of the current challenges children face, but of the practical solutions that can make a real difference.

Some of the topics that can be raised with specific Cabinet members include:

#### **To the Prime Minister:**

- Calling on the Government to introduce a national measure for children's wellbeing
- Calling for the Prime Minister to implement an ambitious and robust Child Poverty Strategy, with targets to reduce child poverty

#### **To the Secretary of State for Health and Social Care:**

- Calling for children and young people's wellbeing to be prioritised and for young people's voices and experiences to impact policymaking

#### **To the Secretary of State for Education:**

- Calling for targeted programmes that actively challenge harmful gender stereotypes

- Calling for all professionals working with children to be trained to spot and respond to bullying
- Calling for the Curriculum and Assessment Review to set out a 'life skills' approach, including the prioritisation of PSHE
- Calling for a whole system approach to wellbeing to be adopted, supported by the rollout of Mental Health Support Team and reflected in Ofsted's priorities
- Calling for an end to punitive behaviour policies in school

### **To the Secretary of State for Culture, Media and Sport:**

- Calling for the restoration and expansion of youth services in every community
- Calling for every young person to have a chosen trusted adult in their life
- Calling for the Young Futures Hubs programme to focus on holistic wellbeing support

### **Ask questions in Parliament**

Children and young people need champions in Parliament - MPs who will speak up on their behalf and advocate for the changes needed to make their wellbeing a national priority.

Asking questions in Parliament enables crucial evidence on children's wellbeing to be put on the record and provides an opportunity to support the policy calls within our recommendations.

### **Example questions:**

**Oral Question:** *To the Secretary of State for Health and Social Care: What activity is planned to ensure that young people's voices and experiences can influence policymaking about children's wellbeing?*

**Written Question:** *To the Secretary of State for Culture, Media and Sport, what plans are in place across her Department to fulfil the long-held commitment for open access hubs in communities for young people to specifically access mental health and wellbeing support?*

**Oral Question:** *To ask the Secretary of State for Education: What activity is planned to end punitive behaviour policies in school?*

**Written Question:** *To ask the Secretary of State for Culture, Media and Sport, what plans are in place to ensure every young person has access to a chosen trusted adult?*

**Prime Minister's Questions:** *This year's Good Childhood Report published by The Children's Society shows a wellbeing crisis amongst children and young people, with children's happiness across all areas of life at their lowest since the Understanding Society survey began over 15 years ago. Will the Prime Minister commit to a national*

*mission to overturn the decline in children's wellbeing, alongside efforts to explore a national measure of children's wellbeing?*

The Children's Society would be happy to support the drafting of Parliamentary Questions, both oral and written.

### **Host a Westminster Debate**

Children's wellbeing is in crisis and demands national attention. This also means that solutions need to be discussed and agreed with cross-party consensus and priority if we are to ensure that every child grows up happy, healthy and safe.

We urge Parliament to ask: what more can be done to safeguard children's wellbeing and prevent it from reaching crisis point?

A Westminster Hall debate would be a valuable opportunity to bring this important topic of debate to the forefront, with an open discussion on the Good Childhood Report, the recommendations it lays out, and how collective efforts across Parliament can improve children's wellbeing.

The Children's Society would be pleased to support the preparation of any debate on children's wellbeing.

*To find out more about our work on the Good Childhood Report and our wider work to overturn the decline in children's wellbeing, please contact [Kate Roberts Fox](#), [Policy and Public Affairs Manager](#).*