

SCHOOL CONNECTEDNESS PREDICTS LESS DEPRESSION AND ANXIETY IN YOUNG PEOPLE

In consultation with youth advisers, we reviewed the evidence in 14-to-24 year olds

School connectedness means ...

PARTICIPATION IN FUN ACTIVITIES



SUPPORTIVE PEER AND TEACHER RELATIONSHIPS



ENGAGEMENT IN LEARNING



School is a place where *good things* happen

We found 34 longitudinal and 2 intervention studies, mostly from high income countries

More school connectedness predicts ...



Less depression, with no gender differences



Less anxiety, but more studies are needed



Interventions improved depression, which is promising



Some studies found no relationship

Overall, more school connectedness leads to fewer symptoms of depression and anxiety

What are the next steps?



School social environments matter for mental health and mental health matters for student learning



We need more intervention studies to improve school connectedness and research in different countries and education systems



Improving connectedness not only makes schools a better place for learning but may prevent depression and anxiety