

Programme

09.30 - 09.35 Opening statement

Ewa Kopacz • Vice-President and the European Parliament Coordinator on Children's Rights

09.35 - 10.00 Keynote addresses:

Izabela Leszczyna • Minister of Health (tbc)

Barbara Nowacka • Minister of Education (tbc)

Adam Struzik • M.D. Marshal of Mazovia Region – capital region of Poland, Permanent Member of the Committee of the Regions, member of the CoR Interregion Group on Health and Wellbeing

Glenn Micallef • Commissioner for Intergenerational Fairness, Youth, Culture and Sport - video message

10.00 - 10.45 Panel I: Setting the scene- Mental health and wellbeing of children and youth under chairmanship of **Adam Jarubas**, Chair of the Committee on Public Health

The state of mental health of children and young people in Europe

- Children and young people testimonials
- "Children's Realities in Europe: Progress & Gaps", Ally Dunhill, Director of Policy, Advocacy and Communications Eurochild
- "Rat 34 - influence of social media and digital world on youth wellbeing and mental health", Zuzanna Jończyk, Hanna Kuźmitowicz, Julia Perlejewska, Zuzanna Rudzijs, youth representatives

10.45 - 11.30 Panel II: Supporting wellbeing and mental health of children and youth - the role of schools

under chairmanship of **Bogdan Zdrojewski**, Vice-Chair of the Committee on Culture and Education

Examples of best practices

- Emotional education at schools- „ABC of Emotions”, Damian Kupczyk, President of Czepczyński Family Foundation, Poland
- Health, education and guidelines for teachers working with children and youth in suicide crisis, Aleksandra Lewandowska, National Consultant in the field of child and adolescent psychiatry, Poland
- Wellbeing of students and policy on the use of mobile phones at schools, Kamila Malik, Director of European School Brussels II

11.30 - 12.25 Panel III: Open discussion on how to support schools in their preventive role: what can be done at EU, national and regional level (with participation of the audience)

Moderator: **Paulina Stochniałek**, Advisor to the Board of Czepczyński Family Foundation

- European Commission (DG EAC)
- Solaÿman Laqdim, General Delegate for Children's Rights, Belgium/French Community
- Aleksandra Lewandowska, National Consultant in the field of child and adolescent psychiatry
- Kamila Malik, Director of European School Brussels II
- Petra Kogelnig, Secretary General, European Parents Association
- Kadri Soova, Director, Mental Health Europe

12.25 - 12.30 Closing remarks

After the conference, there will be networking opportunity with refreshments served.