

The Kids Are(n't) Alright

A survey of 2,000 parents with school-aged children revealed...

70%



of parents believe that their child is experiencing more burnout than they are

6 in 10 \$ \$ \$ \$ \$

have noticed their child comes home with a "low mental battery" after school



Only 14% of schools meet the American School Counselor Association recommended ratio of one school counselor to 250 students, according to a

recent analysis by the ASCA

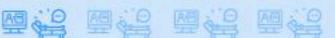


81% parents wish schools offered more easily accessible mental health services

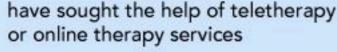


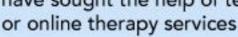












physical activity

Mindfulness or

learning coach

meditation practices

41%

44%

38%

Top 5

resources parents would consider to help their child's mental well-being

Support groups or peer 49% counseling programs Exercise or 47%

Therapy or counseling Personalized

Top 5

signs of burnout in children

Change in sleep pattern

Change in appetite 37%

Physical complaints 35%

Decrease in interest in activities that they once enjoyed 34%

Avoidance of social interactions



or activities





33%