

References for Children's Mental Health Week 2026

Afroz, Shagufta, and P. S. N. Tiwari. "Importance of belongingness in healthy youth development." *Sch J Arts Humanit Soc Sci* 6 (2021): 225-230.

Allen, Kelly-Ann, et al. "Adolescent school belonging and mental health outcomes in young adulthood: Findings from a multi-wave prospective cohort study." *School Mental Health* 16.1 (2024): 149-160.

Anna Freud. Relationships and belonging. Mentally Healthy Schools 2026.
<https://www.mentallyhealthyschools.org.uk/factors-that-impact-mental-health/school-based-risk-factors/relationships-and-belonging/>

Arslan, Gökmen. "School belonging in adolescents: Exploring the associations with school achievement and internalising and externalising problems." *Educational and Child Psychology* 36.4 (2019): 22-33.

Arslan, Gökmen, and Muhammet Coşkun. "School belongingness in academically at-risk adolescents: Addressing psychosocial functioning and psychological well-being." *Journal of Happiness and Health* 3.1 (2023): 1-13.

Arslan, Gökmen, Kelly-Ann Allen, and Tracii Ryan. "Exploring the impacts of school belonging on youth wellbeing and mental health among Turkish adolescents." *Child Indicators Research* 13.5 (2020): 1619-1635.

Arslan, Gökmen, and Kelly-Ann Allen. "School victimization, school belongingness, psychological well-being, and emotional problems in adolescents." *Child Indicators Research* 14.4 (2021): 1501-1517.

Arslan, Gökmen. "School belongingness, well-being, and mental health among adolescents: Exploring the role of loneliness." *Australian Journal of Psychology* 73.1 (2021): 70-80.

Baumeister, Roy F., and Davina A. Robson. "Belongingness and the modern schoolchild: On loneliness, socioemotional health, self-esteem, evolutionary mismatch, online sociality, and the numbness of rejection." *Australian Journal of Psychology* 73.1 (2021): 103-111.

Brown, Ceri, et al. "Resilience Through Belonging: Schools' Role in Promoting the Mental Health and Well-Being of Children and Young People." *Behavioral Sciences* 15.10 (2025): 1421.

EEF. Build a culture of community and belonging for pupils. Education Endowment Foundation. January 2024.
<https://educationendowmentfoundation.org.uk/education->

[evidence/leadership-and-planning/supporting-attendance/build-a-culture-of-community-and-belonging-for-pupils](#)

Ghamarigivi, Hosein, Ahmadreza Kiani, and Ali Rezaeisharif. "Childhood experiences and depressive symptoms-suicidal tendencies: A mediating role of rumination and thwarted belongingness." (2022): 0-0.

Hendrix, Eliza Belle. "I felt left out because she picked another friend to take my place": Psychological Mindedness and Belongingness in Children's Narratives. Diss. Memphis, Tenn.: Rhodes College, 2015.

Hussain, Shadab Fatima, and Nidia Ruedas-Gracia. "Conceptualizing school belongingness in native youth: Factor analysis of the Psychological Sense of School Membership Scale." *American Indian and Alaska Native Mental Health Research (Online)* 25.3 (2018): 26-51.

Midgen Tara, Theodoratou Theodora, Newbury Kirsty, Leonard Matt. 2019. 'School for Everyone': An exploration of children and young people's perceptions of belonging. *Educational and Child Psychology*. Vol 36 Issue 2

NEU. Creating a sense of place and belonging in schools. National Education Union, December 2023. <https://neu.org.uk/advice/classroom/behaviour-schools/creating-sense-place-and-belonging-schools>

National Children's Bureau. Belonging matters: What helps pupils feel they truly belong in London's schools?. July 2025. https://anti-bullyingalliance.org.uk/sites/default/files/uploads/attachments/Belonging%20Matters%20-%20Interim%20Report%20-%20Summary_0.pdf

National Children's Bureau. Nurturing a sense of belonging at school: what helps pupils feel connected? May 2024. <https://www.ncb.org.uk/about-us/media-centre/news-opinion/nurturing-sense-belonging-school-what-helps-pupils-feel>

Palikara, Olympia, et al. "The mediating role of school belonging in the relationship between socioemotional well-being and loneliness in primary school age children." *Australian Journal of Psychology* 73.1 (2021): 24-34.

Pierre, Cynthia L., Amanda Burnside, and Noni K. Gaylord-Harden. "A longitudinal examination of community violence exposure, school belongingness, and mental health among African-American adolescent males." *School Mental Health* 12.2 (2020): 388-399.

Professor Kathryn Riley, Dr Tracey Allen, Dr Max Coates. PLACE AND BELONGING IN SCHOOL: WHY IT MATTERS TODAY. 2025. The Art of Possibilities & UCL Institute of Education.

Quigley, Alex. The challenge of belonging. Alex Quigley Blog. January 2026.
<https://alexquigley.co.uk/the-challenge-of-belonging/>

Şişmanlar, Şahika Gülen, et al. "Factors associated with family belongingness in children under legally required health care." *Archives of Neuropsychiatry* 59.4 (2022): 303.

The Outward Bound Trust. Why belonging matters in schools. The Outward Bound Trust Blog, Sept 2025. <https://www.outwardbound.org.uk/news/why-belonging-matters-in-schools/>

UCL Institute of Education. Research shows 'a sense of belonging' is important for pupils' learning and behaviour. November 2020.
<https://www.ucl.ac.uk/ioe/news/2020/nov/research-shows-sense-belonging-important-pupils-learning-and-behaviour>

Vaz, Sharmila, et al. "Belongingness in early secondary school: Key factors that primary and secondary schools need to consider." *PLoS One* 10.9 (2015): e0136053.

Vaz, Sharmila, et al. "The personal and contextual contributors to school belongingness among primary school students." *PLoS One* 10.4 (2015): e0123353.

Vaz, Sharmila, et al. "School belongingness and mental health functioning across the primary-secondary transition in a mainstream sample: Multi-group cross-lagged analyses." *PLoS One* 9.6 (2014): e99576.

Wagle, Rhea, et al. "School belonging constellations considering complete mental health in primary schools." *Educational and Developmental Psychologist* 38.2 (2021): 173-185.

Wright, Michelle F., and Sebastian Wachs. "Adolescents' psychological consequences and cyber victimization: The moderation of school-belongingness and ethnicity." *International journal of environmental research and public health* 16.14 (2019): 2493.

Yıldırım, Murat, et al. "School belongingness and internalizing and externalizing problems in adolescents: Exploring the influence of meaningful school." *Child Indicators Research* 16.5 (2023): 2125-2140.