**EA Sensory Service**  

# Social and Emotional Wellbeing of Deaf Children

Hearing loss can have a profound impact on the social and emotional needs of the deaf child. The Mental Health Report NI (2004) states that deaf children are four times as likely to suffer from mental health issues. For some children, having a hearing loss can impact negatively on their self-esteem. Some children can become isolated due to the communication or listening challenges that they encounter on a daily basis. These negative feelings can have a significant impact on other areas of the child’s life such as their academic performance and relationships, both with their friends and family.

The National Deaf Children’s Society (NDCS) have produced a range of resources which help promote the social and emotional wellbeing of deaf children.

[What are you feeling?](https://www.ndcs.org.uk/documents-and-resources/what-are-you-feeling-a-guide-to-help-deaf-children-understand-and-identify-their-emotions/) This NDCS resource helps children to understand the range of feelings and the vocabulary label associated with each particular feeling.

The NDCS also offer training in their Social and Emotional programme entitled Healthy Minds. Healthy Minds is a series of sessions aimed at children aged between 8-18 years of age and deals with issues such as identity, creating positive relationships, and developing strategies to deal with difficult situations. Training must be undertaken prior to delivering the six week programme. A link for the training page can be found [here.](https://www.ndcs.org.uk/our-services/services-for-professionals/training-courses/our-training-workshops/healthy-minds-online/)

There are a range of online general websites that recommend a range of activities to develop the social and emotional wellbeing of children. The [Apperson](https://www.apperson.com/teach-talk/10-activities-to-help-students-explore-emotions) website suggests activities to help children to talk about their emotions.

## Bullying

Deaf children, just like any other child are at risk of bullying. Children with hearing loss are more vulnerable due to issues such as communication difficulties and their hearing issues. The NDCS has produced a guidance document for primary and secondary schools entitled [Protecting Deaf Children from Bullying](https://www.ndcs.org.uk/documents-and-resources/protecting-deaf-children-from-bullying-for-primary-and-secondary-schools/). This resource highlights why children with a hearing loss are more susceptible to bullying and recommends a range of ideas on how to prevent or manage bullying incidents involving deaf children and young people.

* The Education Authority Sensory Service is not responsible for the content of the resources linked on this page nor does it constitute endorsement.

For further advice please contact the Sensory Service via phone: 028 25 661 258 or email: sensoryservice@eani.org.uk