



**CNIAC**

**CONSELL NACIONAL DELS INFANTS I  
ADOLESCENTS DE CATALUNYA**

**GENEVA, 21ST FEBRUARY 2024**

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C N I A C

## WHO ARE WE?

- Consultative and participatory body funded and supported by the Catalan government
- Represents our interests and viewpoints in Catalonia and safeguards our rights
- Composed of children and adolescents between 8-17 y.o. from all over Catalonia



# NATIONAL CONSULTATIONS

## DID THE GOV. ORGANIZE NATIONAL CONSULTATIONS?

- The spanish government has organized national consultations to prepare the National Report for UPR
- CNIAC was not aware of this consultation nor was informed



# THE STATEMENT

TWO MAIN TOPICS:

*\*(note that this statement regards to children and adolescents rights)*

**EDUCATION**

**MENTAL HEALTH**



# 1. MENTAL HEALTH

## **Lack of mental health resources:**

- > Anxiety diagnoses in people under 25 increased by nearly 5%
- > Antidepressant medication consumption rose by 36%,

## **Cyberbullying, harmful content and social pressure**

- > greater oversight and specific protective measures are needed.
- > Corrective measures for aggressors are not implemented

## **Lack of economic resources**

- > 4.3 million people in Spain live in severe material and social deprivation

## **FOMO, Eating Disorders (ED):**

- > 94% of ED affected individuals are women aged 12 to 36,



## 2. EDUCATION

### **School failure**

> Basic level of education has decreased by 37%

### **Educative legislation is constantly changing**

> Recently evidenced with University Entrance Exams

### **Main skill: Memorisation**

> Competency-based learning and critical thinking are not given enough importance.



## RECOMMENDATIONS (I)

**We ask your states to make the following recommendations:**

- Increase the number of trained psychologists in healthcare centers
- Regulate the use of social media at early ages
- Provide psychological support to aggressors and implement corrective measures to prevent repeated harmful actions
- Organize mental health awareness workshops and conferences with qualified professionals
- Currently, education spending is at 4.7% of GDP. We believe it is necessary to increase this budget to implement these measures



## RECOMMENDATIONS (II)

- Ensure an efficient and fast aid system for disadvantaged families
- Strengthen the presence of qualified teaching staff and psychologists in schools
- Reduce the student-to-teacher ratio in classrooms
- Improve school equipment in public schools
- Adopt a competency-based educational system that values applying theory rather than just memorization
- Ensure stability in national and regional education legislation
- Ease transitions between educational stages





THANKS FOR YOUR ATTENTION

*“No som només el futur, també el present.”*

*“We’re not just the future, but also the present.”*

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