

Project Summary Page

Purpose of the Project:

The goal of this project is to inform people about parents' mental health and how it affects youth. A parent's mental health has a profound and far-reaching impact on their children's emotional, psychological, and physical development. Children are highly sensitive to the emotional climates of their homes, and when a parent is struggling with mental health challenges, it can affect them in various ways. According to the American Academy of Child & Adolescent Psychiatry, parental mental illness elevates a child's risk of developing mental illness relative to their peers. A recent study found that 1 in 14 children has a caregiver with poor mental health.

Relationship to the Area of Family and Consumer Sciences:

My goal relates to the area of Family and Consumer Sciences Education Standard 6.1: Analyze the effects of family as a system on individuals and society. It's important for people to know about these harmful effects and be able to take the steps necessary to seek professional help, such as counseling or therapy, to address conflicts and mental health issues.

Relevant Research:

To find information about the effects that parents' mental health has on children I turned to the internet. I was able to find multiple sites and statistics on parents' mental health and the way it affects children. I watched numerous videos and short clips on how children can be affected by their parents' mental health.

Background Information:

Families are interdependent systems, meaning that each member's actions and behaviors influence others. Disruptions or dysfunctions in one part of the system can affect the entire family unit and ripple out to influence societal structures. Children rely on their parents for not only physical care but also for emotional support, socialization, and modeling of behaviors. When a parent faces mental health challenges, the effects can ripple through the family, impacting both the parent-child relationship and the child's overall well-being.

Change or Awareness Goal of Project:

I am glad I did this project because I was able to learn both the positive and negative effects of how parents' mental health and behaviors affect children. My main goal of this project was to increase awareness among parents, caregivers, and communities about the profound impact that parents' mental health can have on children's emotional, psychological, and social development.