

# Multinational Qualitative Study

## »Children's Understandings of Well-being – Global and Local Contexts«

### **MALTA Team**

Carmel Cefai and Natalie Galea belong to the research team in Malta (see the photo of the two of us below.).

We work at the Centre for Resilience and Socio-Emotional Health at the University of Malta, Malta. The main campus of the University of Malta is in Msida, where we are based, and there are over 11,500 students studying all areas and disciplines.

The research team at the Centre for Resilience and Socio-Emotional Health carries out research on children's wellbeing and health and what helps children and young people to grow, thrive and be successful. We frequently visit schools where we talk with students, teachers and parents about our projects and collect information for the projects. Some of the projects we have done with Maltese children in schools include one on what protects children from the difficulties they face in their lives to ensure that they continue to be successful and happy; another on what schools can do to promote the mental health and wellbeing of children; and another on helping vulnerable children develop the skills they need to grow and thrive despite the obstacles they may be facing in their lives. We also develop resources for schools, we published a game for children where they can play together and with adults to learn more about their feelings; we also developed an online programme to help children improve their self esteem, and we have just published a set of activities which children in early years and primary schools can use to develop the skills to solve problems, build healthy relationships, think positively, develop and make use of their strengths and overcome obstacles.

In our research we are particularly interested in listening to children's voices and we are pleased to be a participating country in the International Study on Children's Subjective Wellbeing where we ask children what they think about their wellbeing at home, at school, with friends and in their community. In this study we would like to contribute to research which is child friendly and which seeks to develop methods which makes it easier for children to express their thoughts and feelings and where children are at the very centre of the research process.

Carmel Cefai



Natalie Galea

