

# ‘Schools, teenagers and incontinence: what are the lessons we’ve learnt?’

Juliette Rayner, ERIC’s CEO and Alina Lynden, Head of Communications & Content



## Our Vision:

For all children and young people to live a healthy and happy life regardless of any bladder or bowel issue.

## Our Mission:

To get everyone talking openly about good bladder and bowel health;

- to empower children and carers with support, information and resources;
- to deliver the best education and advice to all those working with families. and
- to contribute to research and policy development

**ERIC Strategy 2021-2024**



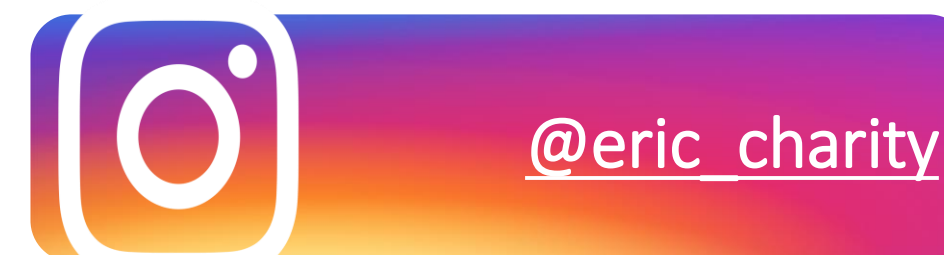


# Times Awards 2016



## Online and digital presence

- **Fully accessible** website with translatable resources and video content
- **765,000+** visitors to the website in the year to February 2023
- **Top SEO:** Bedwetting, Disimpaction, Soiling, Potty Training
- **28,500+** followers across social media platforms.
- **4.5k** sign ups to the ERIC e-newsletter (sign up via [www.eric.org.uk](http://www.eric.org.uk))

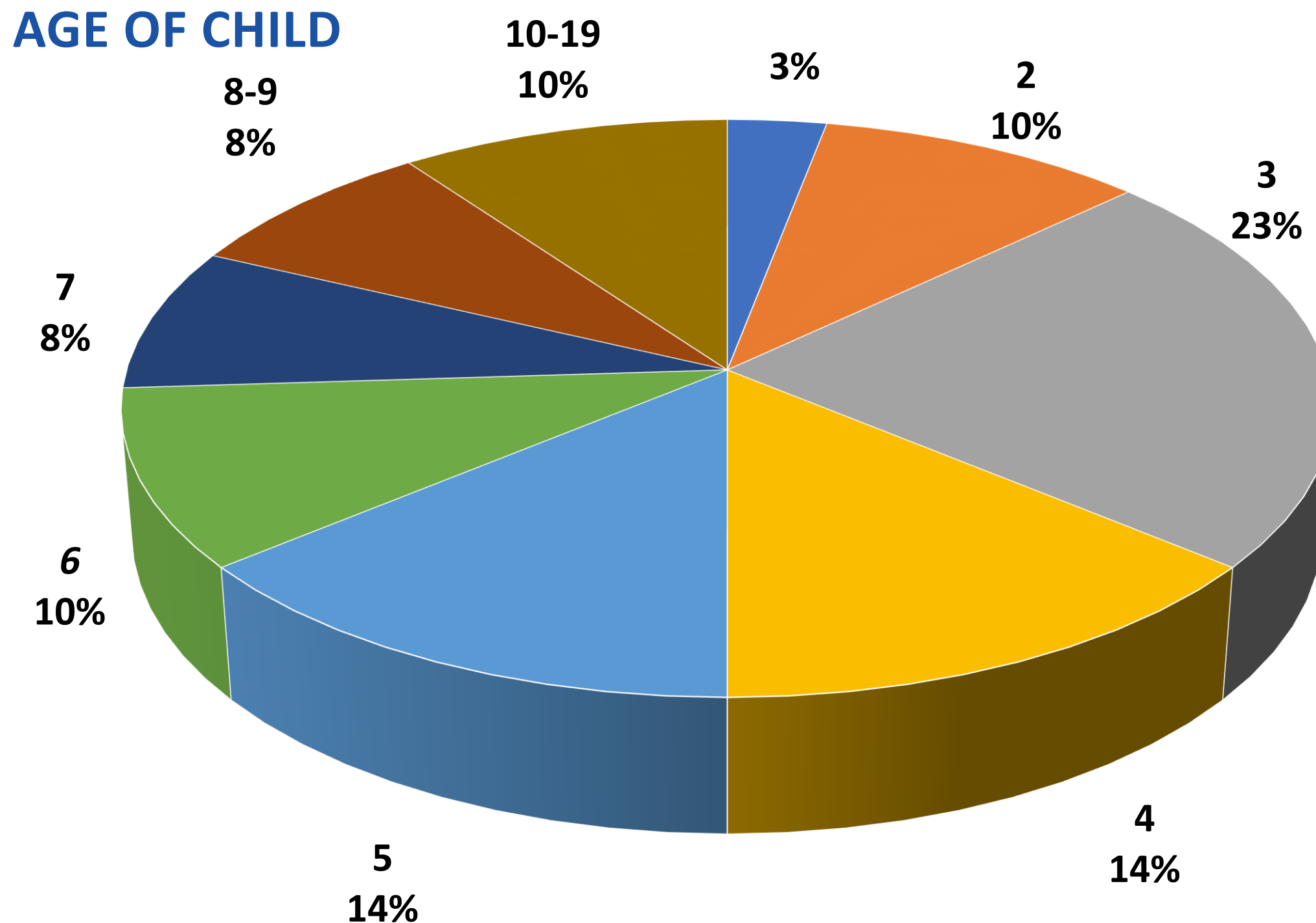




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## ERIC Family Services

### AGE OF CHILD



### In the last 3 months:

**457:** Constipation  
**135:** Bedwetting  
**136:** Soiling  
**168:** Potty Training  
**134:** Daytime Wetting  
**59:** School related issues  
**55:** Additional Needs  
**135:** Nappy on to poo  
**231:** Withholding





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## The difference ERIC makes....

- **600+ families accessed parent/carers workshops since Jan 2023**

*What a wonderful service offering support and encouragement to families who don't know what to do for the best. Thank you so much. Incredibly helpful and we feel like we can tackle this head on as a family with all the information you provide.*

- **3143 parents and carers contacted to the ERIC Helpline**

*We've been going round in circles previously with prescriptions and accidents and we now have a plan on how to move forward as a family. A fantastic and invaluable service. More than happy to donate to such a great charity.*



- **1800+ Health care professionals & early years practitioners attended ERIC Training**

*I was inspired to take this role and set up our new service because of how enthusiastic and motivated everyone is at ERIC! I have attended your training multiple times as a special school nurse and it really hit home how much we need to focus on b+b problems. I couldn't do it in the role I was in so I found somewhere to set up a service instead and I'm loving it. So big thanks to all of you at ERIC 😊*

# ERIC and school toilets – what have we done?



- Water's Cool in School campaign
- Bog Standard website and award
- The Right to Go toolkit
- Award winning best practice guidance developed with Bladder and Bowel UK
- Paediatric Continence Forum
- Training courses, media interviews, lobbied government, information packs for schools and parents





# ERIC and school toilets – who have we worked with?



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Health Conditions in Schools Alliance (Safe in School)

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SAPHNA (School and Public Health Nurses Association)

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Healthy Schools Programme

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Department of Health

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Department for Education

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University of Bristol and ALSPACC



Department  
of Health



Department  
for Education



University of  
**BRISTOL**



**Healthy School**



# Research study: Left behind and left out

## The impact of the school environment on young people with continence problems.

by Whale, K, Cramer, H, and Joinson, C in *British Journal of Health Psychology*

- The prevalence of urinary incontinence in teenagers is around 3-4% and around 1% suffer from bowel incontinence.
- Researchers interviewed 20 young people aged 11 to 19 years [11 female and nine males] with continence problems including daytime wetting, bedwetting and soiling.



## Findings and recommendations of this study:

Five themes relating to school experiences were produced from the data:

- boundaries of disclosure – friends and teachers;
  - social consequences of avoidance;
  - strict and oblivious gatekeepers;
  - intimate actions in public spaces
  - interrupted learning.
- 
- Teenagers with incontinence are at greater risk of underachieving academically, and need more support to remove barriers so they can reach their academic potential.
  - Rare for young people to speak about continence problems at school to both friends and teachers, due to fears of being stigmatised, bullied or teased.
  - URApp and awareness raising film to be shown to teaching staff







## Help at school – a partnership approach to providing guidance and practical support

### Managing Bladder and Bowel Issues in Nurseries, Schools and Colleges

Guidance for school leaders, proprietors, governors, staff and practitioners

June 2022



Best practice guidance released for managing continence in nurseries, schools and colleges in 2019 (updated in June 2022)

Joint working between ERIC and Bladder and Bowel UK – received Nursing Times Award in the category Continence Promotion and Care Category



## Topics covered include:

Introduction by Sharron White, SAPHNA

How to promote bladder and bowel health

How to safeguard children's wellbeing, the role of care plans

Sample intimate care policy

Sample care plan

Legislation relevant to the different countries of the UK

School Toilet Charter

Glossary of terms

## ERIC's School Toilet Charter



Access to clean, appropriately stocked toilets whenever the need arises, is a fundamental human right and necessary for good health and wellbeing.

UK Head teacher, 2018:

*“We try to teach our pupils to respect the adults around them. To do this we believe we need to show them respect. How will our pupils know we respect them if we don’t provide them with a suitable environment? That is why we refitted our school toilets.”*



# School toilets in the news – a new challenge!



**Mirror**

The school implemented the system in a bid to stop anti-social behaviour (Image: SWNS)

**NEWS POLITICS FOOTBALL CELEBS TV MONEY ROYALS**

## School slammed by parents for barricading toilets shut during lesson time

## Heads warn parents not to back pupil protests spreading via TikTok

Teachers condemn family support for trend in England and Wales that leads to school 'stampedes'





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## ERIC Young Champions project

**Co-create** resources with young people that others will want to access, so that more young people and teenagers with bowel and bladder conditions can:

- Share stories and experiences with peers, so they feel less alone, isolated or afraid;
- Access coping strategies and self-care tools to help them better manage everyday situations at school, on overnight trips and as they start further education or employment;
- Feel confident that their continence condition does not define them and that they can achieve their life goals.



WE ARE THE ERIC YOUNG  
CHAMPIONS!

WELCOME TO OUR SOCIAL  
MEDIA TAKEOVER.







So the chances are, you know  
someone at school or college who  
does.



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# Tackling the Problem in School - A New Approach

## Focus on Children aged 4 -7

- Raise awareness of how common wee and poo problems are, that it's ok to talk and that help is available.
- Promote the basic steps children can take to keep their bowel and bladder working well.
- Helping them to adopt a good toileting routine - a vital part of a healthy life-style.
- Understanding of simple toilet hygiene and engender respect for their school toilets



## Year 1 – collaborate with 6 schools to pilot project:

- Lesson plans and classroom resources
- Co-create decent and clean toilets
- Evaluate



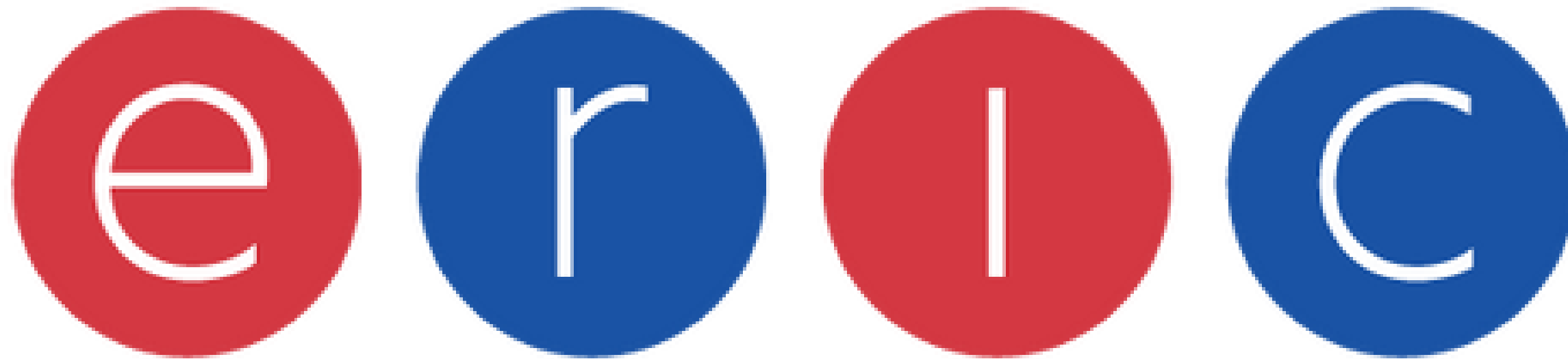
Find out more/get in touch! [www.eric.org.uk](http://www.eric.org.uk)



Scan to access ERIC website







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