



Brighter Futures Report 2017/18

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Introduction

The aim of Brighter Futures, the Thurrock emotional health and well-being survey is to provide an insight into the experiences, behaviours and attitudes of children and young people.

Thurrock Council selected The Training Effect (TTE) as the provider of the Brighter Futures survey project. TTE was an incumbent provider in Thurrock through the delivery of its Risk-Avert programme to secondary schools in Thurrock. TTE also provide emotional health and well-being surveys to other local authorities in the UK.

Brighter Futures is a two-year survey conducted during the 2016/17 and 2017/18 academic years. The survey focused on pupils in primary and secondary school. It provides quantitative data and insight into child and adolescent experiences, attitudes and development.

During the 2017/18 academic year 1,158 children and young people from 2 secondary schools and 15 primary schools completed the Brighter Futures survey.

All secondary schools that participated in the survey completed both the year 8 and 10 survey during the 2017/18 academic year.

The survey included questions related to all aspects of young people's lives, including their experiences, their engagement in risk-taking behaviours, their relationships and how happy they are with their lives.

This wide ranging focus aimed to encapsulate as many factors as possible which contribute to emotional health and well-being.

Summary of key findings

- The majority of children and young people report feeling 'Happy' or 'OK' on most days but 6% report feeling sad. This is the average for all three year groups completing the survey.
- The vast majority of year 5 pupils have not begun experimenting with smoking and drinking but 1.3% of year 5 pupils report they have tried a cigarette and 12% report they have tried alcohol without adult supervision.
- A minority of young people in year 8 are already engaging in experimental /recreational smoking (4%) and drinking (23%).
- As expected, engagement in risk behaviours increases with age, by year 10 pupils are far more likely to be engaging in these behaviours with 6% having tried a cigarette and 39% having drunk alcohol.
- 94% of year 5 pupils report having access to a device, which can access the Internet, and 92% report being allowed to access the internet without parental supervision.
- Bullying was observed to decrease overall with age. 24% of year 5 pupils reported being bullied in the past 12 months, 26% in year 8 and 17% in year 10.
- Around half of young people in year 8 and 10 are happy with their appearance (56% for year 8 and 47% for year 10). Young females are much more likely to say they are not happy with their appearance than males. 42% of year 10 females said they were not happy with their appearance, compared to just 16% of males.
- Whilst it decreases with age parents continue to be a key area of support for young people. 72% of year 5 pupils report talking to their parents about things that bother them with the percentage reducing to 51% in year 10.
- It is estimated that 4% of year 5, 8% of year 8 and 13% of year 10 pupils are at risk of or are experiencing issues with their mental health.

Purpose of the survey

The brighter futures survey was commissioned by Thurrock Council to improve local data related to the emotional health and well-being of children and young people. The intention of this additional data source is to improve local knowledge, contribute to local priorities and strategies and improve the provision of needs led services to children, young people and families.

Survey method

The survey was conducted using online survey software, this was chosen primarily for its ease of use and to effectively manage the potentially high number of returns anticipated as part of this project.

Paper based surveys were considered but rejected due to their high potential for error, the number of questions required and the relatively short project timeline.

The online surveys were designed using the Google Forms programme. This was selected for its high functionality and collaborative abilities, crucial for a project remotely managed outside of the commissioning authority.

The survey was completely anonymous requiring no login or identifying details. Each school was provided with a personalised web link giving access to the survey.

Survey design

The survey was developed in collaboration between TTE and Thurrock Council.

The survey aims to gain insight into a wide range of factors that contribute to emotional health and well-being as well as studying young people's perceptions, beliefs and opinions on behaviours, relationships and communities as they develop from primary school through to secondary school.

During the 2016/17 academic year, surveys were completed by year-6, 8 and 10 pupils. After a first year review of the results with primary schools

involved, the survey was changed to focus on year 5 pupils. The reasoning behind this was that the year 5 survey results would be more useful to primary schools as they would have an additional academic year to implement support to pupils based on results.

The secondary school surveys remained at year 8 and 10.

Where possible validated questions were used to enable comparison of results in Thurrock to other available datasets. In addition TTE included survey questions it uses with year 8 pupils in other parts of the UK focused on the screening of risk-taking behaviours, the intended outcome being further comparative data.

The survey was divided into five distinct sections focused on different contributory elements affecting emotional health and well-being, these sections were:

My Experiences – This section included risk-taking behaviours and use of the Internet

My School – This section included; experience of school, perception of bullying, relationships with adults and schoolwork

My Life – This section included; how the young person feels most days, anger, appearance, social pressures and satisfaction with multiple aspects of their life

My Community – This section looked into whether young people felt safe in their local community

My Feelings (Year 8 and 10 only) – This section included; how young people feel about their future, aspirations, how trusting they are of others, their general self-efficacy and their coping strategies.

Survey questions

The survey questions can be found in appendix 1 at the end of this report.

Recruitment of Schools

All secondary schools in Thurrock were given access to the survey, no selection criteria for inclusion and completion was implemented as the main aim was to provide a snapshot of emotional health and well-being rather than to provide a more rigorous academic piece of work.

A significant amount of activities were conducted to ensure the highest number of schools took part in the project. This included:

- Email marketing to all schools
- Extensive phone calls to all schools
- Promotion through Thurrock Council communication channels
- Using current networks and opportunities to promote the survey

Number of Schools

A total of 17 schools took part in the survey during the 2017/18 academic year; these were made up of 15 primary schools and 2 secondary schools. This represents 20% of secondary schools in Thurrock and 39% of primary schools taking part in the survey.

The participation rate of secondary schools has decreased during the 2017/18 academic year (40% in 2016/17) but the number of primary schools completing the survey (21% in 2016/17) has increased.

Increased primary school participation has occurred predominantly due to the changing of the targeted year group from year 6 to year 5 pupils. Primary schools were more engaged with the survey as they believed the year 5 data was more useful to their school.

The decrease in secondary school participation was mainly due to survey fatigue. When asked, some secondary schools believed they would not gain any further information by repeating the Brighter Futures survey over two consecutive years. Additionally, schools also mentioned that they were unable to take part in Brighter Futures because they were conducting another survey on the same age group (i.e. Risk-Avert) and did not want to bombard their pupils with too many surveys. This is highlighted by the fact that all of the secondary schools that participated in the survey in 2016/17 did not participate during the 2017/18 academic year.

A list of participating school schools can be found in appendix 2 at the end of this report.

Number of Young People

A total of 1,158 children and young people attending a Thurrock primary or secondary school completed the survey during the 2017/18 academic year.

This is an increase on the first year of the survey (1,010 responses). The increase is due to the near doubling of primary schools that participated.

Reporting to Schools

Each participating school received a tailored report highlighting their individual results.

Results were provided for each question and presented in a graphical format.

Alongside the data for the individual school the reports contained the average for the question across all participating schools.

All participating schools received their tailored report during Autumn term of the 2018/19 academic year.

Survey Results

The following survey results are presented in each of the five sections that were presented to young people completing the survey.

Some minor rounding of the percentages has occurred due to presenting the data in a coherent format within the charts. This may have led to some results not equalling 100%; this is due to rounding errors.

Explainers for each question are given where relevant and comparison figures included where these are available.

Gender

The survey included a non-binary gender choice for years 8 and 10.

	Year 5	Year 8	Year 10
Male	52.30%	53.65%	53.89%
Female	47.70%	45.31%	43.89%
Trans	N/A	0.52%	1.11%
Other	N/A	0.52%	1.11%

Gender breakdown is similar to 2016/17 responses in year 8, however this year has seen an increase in the percentage of respondents in year 10 identifying as 'Male' (54% in 2017/18 and just 40% in 2016/17). The relatively lower number of males in 2016/17, when compared to 2017/18, was due to the fact that an all-girls school completed the survey. In 2017/18 all schools that participated were mixed entry.

Ethnicity

Last year we asked young people to provide their ethnicity, however, to comply with the recent implementation of GDPR we removed this question. Whilst the inclusion of ethnicity did not mean the collection of personal data as defined by GDPR, a very small risk existed where a school may have been able to identify individual students if they identified as being from a minority ethnic group with which a very small number of pupils in a school belonged to.

My Experiences

The first section of the survey was concerned with the experiences of young people. This section consisted of questions related to their own engagement in behaviours that are considered 'risky' or have the potential for risk.

The purpose of this section was to collect data related to a range of behaviours that may potentially contribute to poor emotional health and well-being. This impact may be direct, such as the potential impact of drugs or alcohol on emotional health, or secondary, such as the impact on emotional health through problematic use of the Internet.

Children and young people were asked several questions related to their own use of both legal and illegal drugs.

These questions are seen as particularly important as they provide insight into early risk-taking behaviour, and the use of alcohol and drugs has a well-established impact on emotional health and well-being.

Alcohol

The findings for the relevant questions for each age group are listed in the table below.

		Never	1-5 Times	6-11 Times	11+ Times
How many times have you tried alcohol without an adult being around? (Year 5)		87.8%	10.2%	1.2%	0.9%
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (Years 8 + 10)	Yr 8	77.1%	17.7%	4.2%	1%
	Yr 10	61.1%	25.0%	5.6%	8.3%
		Never	1-4 Times	5-8 Times	8+ Times
Over the past month on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (Years 8 + 10)	Yr 8	94.8%	4.7%	0.0%	0.5%
	Yr 10	72.8%	21.1%	2.2%	3.9%

The questions related to alcohol in the above table attempt to capture unsupervised drinking with peers.

This is due to the increased risk and change of context that this presents. It is also an important consideration as many of the younger pupils may have tried alcohol within their own homes. This may lead to a false positive as it could present higher levels of experimentation with alcohol which in isolation would be concerning but would not present the same level of risk as drinking with peers.

Smoking

The findings for the relevant questions for each age group are listed in the table below.

		Yes	No
Have you ever tried a cigarette?	Yr 5	1.3%	98.7%
	Yr 8	4.2%	95.8%
	Yr 10	6.1%	93.9%

		Yes	No
Have you ever tried an electronic cigarette?	Yr 5	4.6%	95.4%
	Yr 8	10.4%	89.6%
	Yr 10	16.1%	83.9%

The data presented in the tables above does not demonstrate that all of these children and young people are smokers; rather it represents those young people who have engaged in this risk-behaviour.

The questions in the table below were only asked in the year 8 and year 10 survey. This was due to the likelihood of young people in year 5 not being regular smokers.

		Once a month	Once a week	Once a day
If you have ever tried a cigarette how often do you smoke? (Years 8 + 10)	Yr 8	1%	0%	0.5%
	Yr 10	1.7%	0%	0.6%
If you have ever tried an electronic cigarette how often do you vape? (Years 8 + 10)	Yr 8	4.4%	0.6%	0.6%
	Yr 10	3%	2%	3%

It should also be noted that the risks of smoking extend across multiple domains and young people experimenting with cigarettes at this relatively young age may be exposed to further risks in obtaining cigarettes, these may include community or social risk factors such as older peers or permissive behaviour within their families.

Internet and Social Media

The majority of children and young people surveyed have a social network profile. It is clear that exposure to social networks and the risks they may present start early for many children.

The vast majority of primary aged children report they have had lessons on Internet safety within school, however a minority already report taking risks online.

The key data for year 5 use of social media and the Internet is presented in the following table.

	Yes	No
Do you own a device that can access the internet?	94.3%	5.7%
Are you allowed to use the internet on your own?	92.2%	7.8%
Have you had lessons in school about internet safety?	99.2%	0.8%
Do you have a social network profile?	49.2%	50.8%

This table clearly shows the high level of access to the Internet that children in year 5 already have. It also shows that by this age just under half of children aged 10 already have a social network profile.

We next asked questions related to behavior on social media to all three participating year groups. The answers for all three-year groups are presented in the table below.

Please note - The N/A option in the table is for young people who do not have a social network profile.

		Yes	No	N/A
Do you add people to your social networks that you don't know in real life?	Yr 5	16%	53%	31%
	Yr 8	32%	60%	8%
	Yr 10	49%	46%	5%
Have you ever regretted sharing something online?	Yr 5	14%	50%	36%
	Yr 8	5%	88%	7%
	Yr 10	8%	84%	8%
Have you ever felt like someone has tried to make you do	Yr 5	12%	57%	31%
	Yr 8	7%	85%	7%

something online? (Online Pressure)	Yr 10	12%	83%	5%
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In the table above we can clearly see that as children age the likelihood that they will add people they do not know in real life to their social media accounts increases significantly. This could be due in part to changes in the social media platforms that young people use.

For the other two questions related to behavior on social media the findings are relatively consistent across all year groups indicating that regretting sharing content online and being pressured to share content remain fairly static from Year 5 to year 10.

Cannabis and Other Drug Use

Young people in years 8 and 10 were asked about their use of cannabis.

The majority of young people answering this question reported that have never smoked cannabis, with only **3%** of young people reporting they had tried it.

It should be noted however that **11%** of pupils reported to having not tried cannabis but that they had been offered it.

	Have you ever smoked cannabis?		
	Yes	No	No, but been offered
Year 8	2.6%	89.1%	8.3%
Year 10	3.3%	82.8%	13.9%

Young people were then asked the frequency of use if they used cannabis.

The discrepancy in the table below between those who report having ever smoked cannabis and those reporting frequency of use is due to some young people only smoking cannabis on one or several occasions.

	If you have ever smoked cannabis how often do you smoke?				
	Less than once a month	Once a month	More than once a month	Once a week	Everyday
Year 8	1.0%	0.0%	0.0%	0.0%	0.0%
Year 10	1.1%	0.6%	0.0%	0.6%	0.0%

We then asked these same young people about their use of other drugs, this included NPS (Novel Psychoactive Substances) and other illegal drugs.

	Have you ever used any other drugs?		
	Yes	No	No, but been offered
Year 8	0.0%	96.4%	3.7%
Year 10	2.2%	87.8%	0.0%

When asked about general drug use the overwhelming majority of young people reported never having used any other drug. Only **1%** of young people reported that they had used an illegal drug.

	If you have ever used drugs how often do you use them?				
	Less than once a month	Once a month	More than once a month	Once a week	Everyday
Year 8	0.5%	0.0%	0.0%	0.0%	0.0%
Year 10	1.1%	0.6%	0.0%	0.0%	0.0%

My School

The second section of the survey was concerned with young people's experience of school.

This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying.

The purpose of this section was to collect data related to multiple factors that may influence how young people view their education and social life within the school environment.

Bullying

Young people were asked about their experiences of bullying over the past 12 and 2-month periods. These questions were asked to all participating year groups in the survey.

		Yes	No	Don't Know
Have you been bullied in school in the past 12 months?	Yr 5	24%	60%	16%
	Yr 8	26%	65%	10%
	Yr 10	17%	71%	13%

		Yes	No	Don't Know
Have you been bullied in school in the past 2 months?	Yr 5	18%	72%	10%
	Yr 8	13%	77%	10%
	Yr 10	8%	83%	8%

An interesting finding in relation to bullying within schools is the number of children and young people who answered they **Don't Know** if they have suffered bullying.

Results from both bullying questions are comparable to the 2016/17 survey, however, there has been a noticeable increase in the number of year 10 pupils who were unsure about whether they have been bullied in the last year. In 2016/17 only 7% of year 10's said they didn't know whether they have been bullied. In 2017/18 this figure has nearly doubled to 13%.

This increase may indicate a possible need for further educational work with young people in relation to appropriate behaviours and what constitutes bullying within their own peer groups and school communities.

We then asked young people how they had been bullied if they had experienced bullying in the past 2 months.

	If you have been bullied in the past 2 months, how were you bullied?					
	Verbally	Physically	Indirectly	Cyber	Via Mobile Phone	Other
Year 5	10%	4%	7%	2%	0%	5%
Year 8	17%	1%	2%	2%	0%	2%
Year 10	11%	1%	1%	1%	1%	1%

Young people in years 8 and 10 were also asked what they thought was the most common *form of bullying* that occurs in their school. Verbal bullying was viewed by the young people as the most common form of bullying in school (**52.4%**), followed by indirect bullying (**22.5%**) and cyber bullying (**17.4%**).

Young people were also asked what they felt was the most common *focus of bullying* within their schools. Nearly two thirds of young people (**64.2%**) felt that bullying related to appearance was the most common focus of bullying.

Whilst a very low figure the second highest individual bullying focus (apart from academic ability) was sexuality indicating that educational provision within PSHE and across school communities generally focused on LGBT issues may be beneficial.

A positive finding is that a majority of year 8 and 10 young people (**48%**) would 'likely' or 'definitely' take action if they saw someone was being bullied. Only **16%** of young people felt they were unlikely take action.

Experience of School and Seeking Support

The majority of young people like their school or think that it is OK.

Young people were also asked whether they felt safe at school, this question was presented differently for primary and secondary aged students.

		I like school	It's OK	I don't like school
Do you like school?	Yr 5	36%	53%	11%
	Yr 8	19%	56%	26%
	Yr 10	14%	62%	24%

For Year 5 children they were just asked if they felt safe at school.

	Yes	No	Sometimes	Don't Know
Do you feel safe at school? (Year 5)	64%	3%	33%	3%

		All of the time	Often	Some of the time	Rarely	None of the time
At school I feel safe:	Yr 8	36%	43%	14%	4%	3%
	Yr 10	31%	44%	14%	7%	3%

Students in years 8 and 10 were asked to select a statement which best described how they felt at school.

Young people in secondary school were also asked how they found their schoolwork, a consistent percentage of young people in both year 8 and 10 report that they struggle significantly with their schoolwork.

		Good, I can complete everything	OK	OK, but sometimes I struggle	I struggle to manage my school work
How do you find your schoolwork?	Yr 8	15%	43%	39%	3%
	Yr 10	15%	39%	39%	7%

We also asked all year groups who they were most likely to talk to about the things that bother them. It should be noted that children and young people can select more than one option for this question.

	Who do you talk to about the things that bother you?							
	Parents	Friends	Other Family	Teachers	School Nurse	Other Adults	Online Friends	Keep things to Myself
Year 5	72%	52%	30%	30%	1%	5%	7%	23%
Year 8	61%	69%	19%	13%	1%	2%	5%	27%
Year 10	51%	66%	12%	8%	1%	2%	6%	38%

Whilst parents reduce as a source of support as children age they are still significantly represented in year 10. It is also clear that young people are far more likely to keep things to themselves as they age.

It was also observed that the majority of children and young people find it easy to talk to people when they have problems. In primary school **64%** of children in Year 5 reported that they find it easy to talk to their parents. In year 8 and year 10 the average for young people reporting that they found talking about their concerns 'Very easy', 'Easy' or 'Neither easy or hard' was **78%**.

Finally for this section we asked children and young people if they knew how to access support if they couldn't talk to the person they normally would.

		Yes	No	Don't Know
If you had a problem and	Yr 5	50%	22%	28%

couldn't talk to the person you normally would, do you know where to go to get help?	Yr 8	51%	22%	27%
	Yr 10	49%	27%	24%

Around half of all children and young people didn't know or where unsure about where to seek help if needed.

School Lunches

Children and young people from all year groups were asked what would encourage them to eat school dinners. A wide variety of options were provided. Children and young people were able to select multiple options.

	If you take a packed lunch to eat at school or eat outside of school, what would encourage you to eat a school dinner instead?		
	Year 5	Year 8	Year 10
More choice on the menu	32%	46%	42%
More seating space	14%	20%	11%
Lower price of food	18%	39%	34%
Clearer allergy information	5%	6%	3%
Meal options that are more filling	15%	16%	21%
Meal deals	12%	24%	30%
Healthier options	12%	12%	12%
Improved taste	20%	27%	27%
If more of my friends had a school meal	8%	4%	3%
Shorter queues and waiting times	19%	36%	29%
If I could sit with my friends	16%	4%	4%
I don't like school dinners	17%	7%	10%
I already have school dinners	30%	32%	42%

Around one-in-three young people already have school dinners. For all year groups they would like more choice on the menu. Lower price and improved taste would also encourage all years to have a school dinner instead. For years 8 and 10, shorter queues and meal deals would also make them more likely to have school dinners.

My Life

The third section of the survey was concerned with young people's own lives.

This section consisted of questions related to their own emotional health and well-being, how satisfied or worried they were with their own lives and engagement in outside activities.

The purpose of this section was to ask young people specific questions around their own lives, emotional health and how they perceive the pressure exerted on them by others.

Emotional Health

All young people were asked how they felt most days. Children in Year 5 are significantly more likely to say they feel 'Happy' and less likely to feel 'Sad' most days compared to year 8 and 10 pupils.

		Happy	Okay	Sad
How do you feel most days?	Yr 5	52%	44%	5%
	Yr 8	45%	47%	8%
	Yr 10	38%	51%	11%

The average for all years is that **6%** of children and young people say they feel 'Sad' most days. This figure broadly correlates with data from the Office of National Statistics, in that 10% of UK children aged between 5 and 16 have a mental health problem, with 4% of children suffering from an emotional disorder such as anxiety or depression.

This figure may indicate mild and emerging emotional health concerns for this minority of young people.

Young people in years 8 and 10 showed relatively similar results when asked about how often they have strong feelings of anger.

		Everyday	Quite often	Not that often	Never
How often do you have strong feelings of anger?	Yr 8	7%	30%	59%	5%
	Yr 10	9%	40%	44%	7%

These feelings may be due to challenges and problems in their lives and may be negatively impacting on their emotional health and well-being. There may also be a negative effect on their friends and peers.

		Yes	No	Don't know
Are you happy with your appearance?	Yr 8	56%	22%	22%
	Yr 10	47%	29%	24%

When asked whether they are happy with their appearance, a sizeable minority from each year group responded 'No'. Pupils in Year 8 were more likely than young people in year 10 to say they were happy with their appearance.

However, over half of young people surveyed report that they are happy with the way they look.

Year 5's were asked whether they feel like they could say no to their friends and avoid social pressures. The majority felt confident that they could do this consistently.

When my friends ask me to do something I don't want to do, I feel I can say no...				
None of the time	Rarely	Some of the time	Often	All of the time
14%	13%	17%	15%	40%

Similarly years 8 and 10 were asked whether they have felt pressure from their peers that may affect their interests or behaviours. Young people were able to select more than one response to this question.

		Look a certain way	Act a certain way	Do certain things	Like certain things	I don't feel pressure
Have you ever felt pressure from others to...	Yr 8	20%	23%	18%	17%	56%
	Yr 10	31%	32%	28%	24%	45%

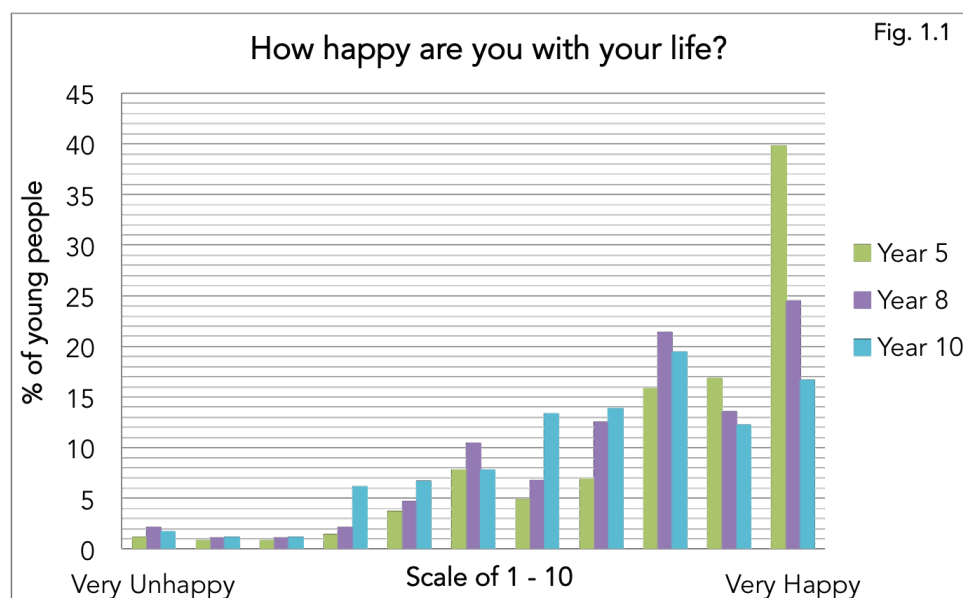
Loneliness and Support

All year groups were asked about whether they feel lonely. The Year 5 question was simplified to reflect the age of the children. Feelings of loneliness increased as young people got older but even in the primary cohort **11%** stated they feel lonely 'Often' or 'All of the time'.

		All of the time	Often	Some of the time	Rarely	None of the time/Never
Do you ever feel lonely?	Yr 5	3%	8%	28%	29%	31%
How often do you have feeling of loneliness	Yr 8	5%	10%	18%	40%	27%
	Yr 10	9%	15%	20%	33%	22%

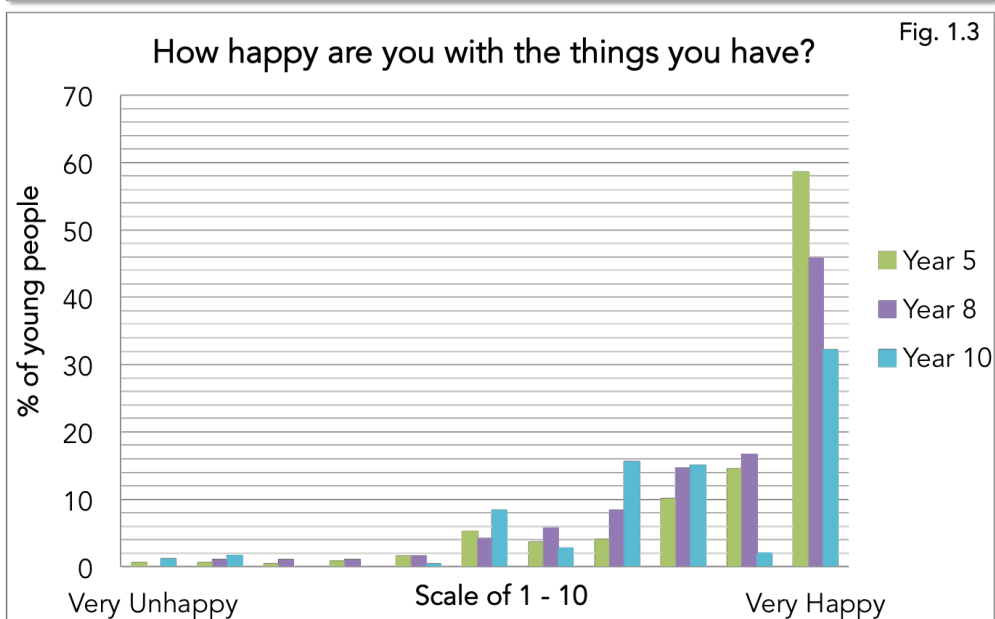
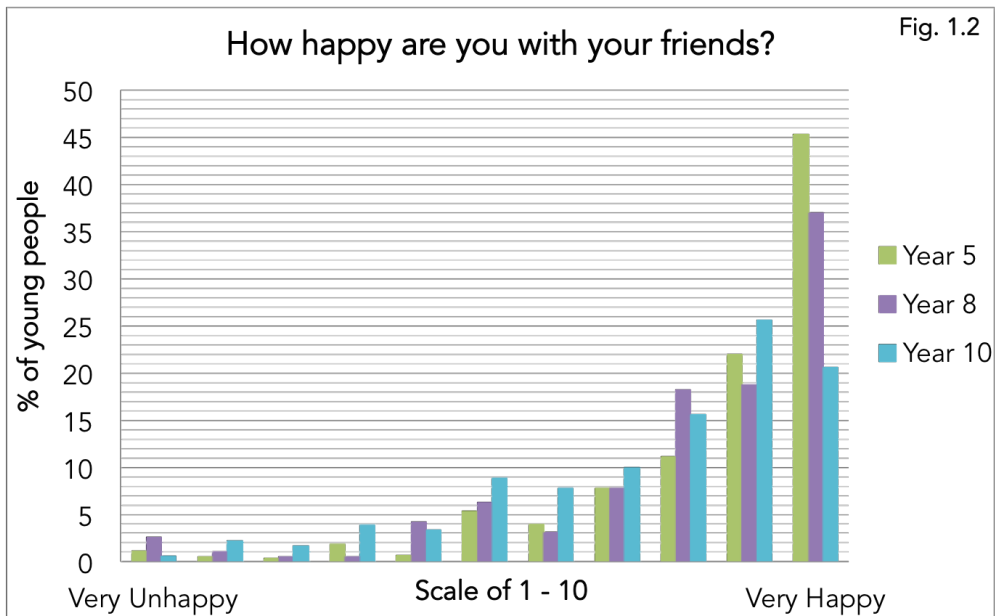
Life Satisfaction

Young people were asked to rate their happiness on various topics using a scale of one to ten, where one being very unhappy and ten being very happy with their life.



Figures 1.1, 1.2 and 1.3 highlight young peoples ratings of their happiness in relation to their lives generally, their friends and their possessions respectively.

Overall young people in Thurrock are happy with their lives, friends and possessions. There is a significant difference however between the older and younger cohorts, in that the Year 5 cohort reporting that they feel happier generally about their lives than the year 10 cohort. This result is relatively replicated throughout the other two scaling questions.



Year 5 Worries and Transition

An important issue for Year 5 pupils is their transition from primary to secondary school. This transition can often be a daunting experience as

young people are thrust into a new environment often leaving friends and support they have gained in primary school.

Year 5 pupils were asked initially about how often they worry about general things in their own lives and school.

	How often do you worry about:				
	Never	Rarely	Some of the time	Often	All of the time
Family problems	26%	32%	22%	14%	7%
Health problems	42%	23%	18%	9%	8%
SATs & tests	21%	21%	24%	17%	18%
Problems with friends	22%	31%	26%	13%	8%
The way you look	44%	21%	14%	8%	12%
Family money problems	53%	20%	12%	7%	9%
Crime	52%	18%	9%	9%	12%
Puberty and growing up	43%	23%	16%	9%	9%
Being bullied	47%	19%	14%	8%	12%

The biggest worry for Year 5 pupils is 'SATs & tests'.

Physical Activity

Participating in additional activities can increase emotional health and build up additional networks of support. There is also a strong link between physical activity and increased emotional wellbeing.

When asked, young people in Thurrock are engaging in outside activities at a high rate. The vast majority (**83%**) of all young people take part in 1 hour of physical activity at least 2-3 days a week.

		No days a week	1 day a week	2-3 days a week	4-5 days a week	6-7 days a week
How many days a week do you take part in 1 hour of physical activity?	Yr 5	6%	11%	32%	24%	26%
	Yr 8	5%	12%	41%	25%	17%
	Yr 10	8%	22%	32%	24%	14%

Similarly young people were asked about their engagement in activities outside of the school setting. Participants could select more than 1 option.

Do you take part in any of these activities out of school?						
	Sports Clubs	Youth Clubs	Other Clubs	Scouts/ Guides/ Cadets	Volunteering	I don't take part in activities
Year 5	50%	5%	14%	12%	3%	27%
Year 8	47%	6%	9%	7%	3%	37%
Year 10	41%	5%	11%	7%	5%	39%

There is clear change over time that as young people get older they are less likely to engage in activities outside of school. The clear decline in the number of young people engaging in sports clubs and the large increase in the number stating they don't take part in activities is a clear indication of this.

Sexual Health & Harassment

Students in years 8 and 10 were asked two questions related to seeking advice about their sexual health and a further question on their experiences of sexual harassment.

		Yes	No	Don't know
Do you know where to get sexual health advice and support if needed?	Yr 8	52%	26%	22%
	Yr 10	66%	18%	16%

If you needed sexual health support where would you get help?							
	School health nurse	Teachers	Parents	Other family members	Friends	Local sexual health clinic	I don't know where I would go for help
Year 8	11%	20%	55%	16%	26%	28%	28%
Year 10	14%	13%	44%	9%	22%	38%	19%

The majority of young people know where they would go if they needed advice, however there is a large minority who are either unsure or do not

know where they would go. It should be noted that as young people get older they have an increased knowledge of where they could go.

Young people reported that they would most likely go to their parents (55% and 44% of year 8 and 10 respectively) if they needed sexual health support. A large portion of young people also said they would visit their local clinic for support.

	Have you experienced or witnessed sexual harassment?			
	Yes I have experienced it	Yes I have witnessed it	No	Don't know
Yr 8	3%	7%	78%	13%
Yr 10	13%	5%	71%	11%

The vast majority of young people in Thurrock have not witnessed or experienced sexual harassment. However the number of young people who have been sexually harassed increases once young people get older, from 3% in year 8 to 10% in year 10.

Young people in year 10 were also asked an additional two questions relating to their experiences of sex. Prefer not to say was included to provide an option for young people who felt uncomfortable answering the questions.

	Yes	No	Prefer not to say
Have you had sex?	6%	86%	8%
If you have had sex, have you ever had unprotected sex?	4%	88%	7%

My Community

The fourth section of the survey was concerned with young people's opinion of the communities in which they live.

This section consisted of questions related to how safe they feel in their local areas at different times of the day.

Local Area

Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities.

		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I feel safe when I am out in my local area during the day?	Yr 5	6%	8%	21%	41%	25%
	Yr 8	4%	6%	23%	48%	18%
	Yr 10	3%	13%	28%	43%	13%

As shown in the table above the majority of children and young people feel safe in their local communities during the day.

Young people's feelings of safety observed during the day are reduced when young people are asked about their local communities at night.

		Strongly Disagree	Disagree	Neither Agree or Disagree	Agree	Strongly Agree
I feel safe when I am out in my local area at night?	Yr 5	33%	24%	19%	17%	7%
	Yr 8	15%	23%	33%	23%	6%
	Yr 10	14%	27%	31%	22%	5%

Young people were also given a free text box to provide details on what makes them feel safe and unsafe in their local area.

Regular themes and phrases to come from all years that made young people feel safe include:

- Knowing people in my area/street, friendly neighbours or friends nearby
- Police presence
- Passing through well lit areas

Regular themes and phrases that made young people feel unsafe include:

- Gangs (All year groups)

- Gangs of teenagers (specifically those in Year 5)
- Drunk people/alcohol (Years 8 and 10)
- Drug addicts/"Druggies" and drug dealers (Years 8 and 10)
- Being alone/no police presence (All year groups)

My Feelings

The fifth and final section was only included in the year 8 and 10 version of the Brighter Futures survey. It is concerned with young people's feelings and perception of factors affecting their aspirations and self-efficacy as well as their coping skills.

This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others, their ability to make changes to their own lives and their ability to bounce back from adversity through coping skills.

The purpose of this section was to gain insight into the aspirations of young people a key element of personal emotional well-being.

Aspirations, Self-Efficacy and the Future

Young people in Thurrock were asked how they were dealing with their problems. The majority (**77%**) of young people feel that they deal with their problems well at least for some of the time.

		None of the time	Rarely	Some of the time	Often	All of the time
I've been dealing with problems well	Yr 8	8%	14%	23%	38%	17%
	Yr 10	10%	14%	32%	35%	9%

However this still means that a large minority (**21%**) of young people in Thurrock feel they deal with their problems well, rarely or none of the time.

		None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling	Yr 8	7%	14%	30%	30%	19%

optimistic about the future	Yr 10	8%	15%	33%	32%	12%
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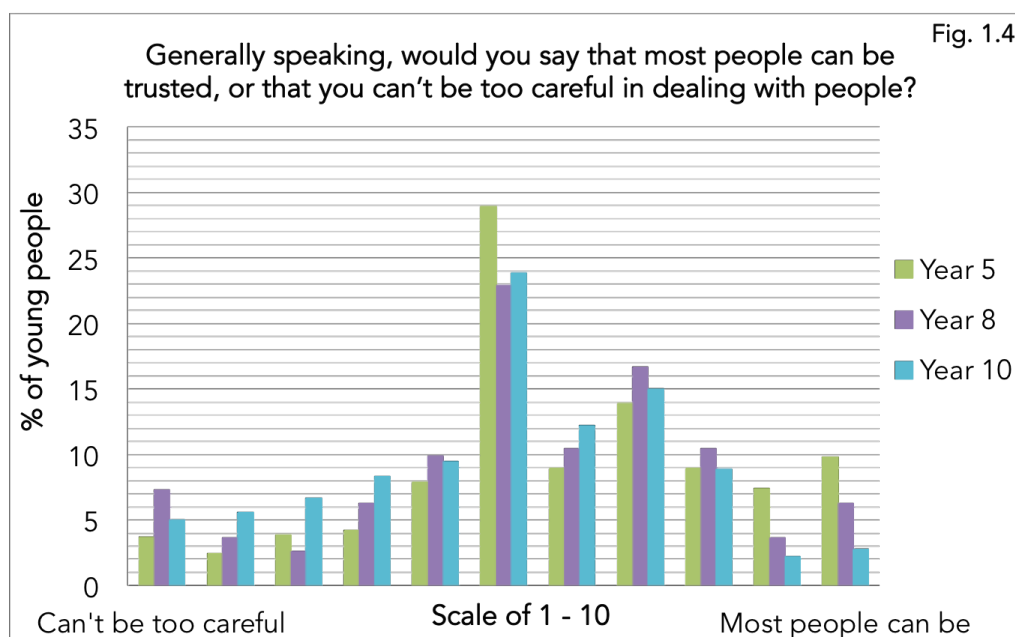
Similarly most young people in Thurrock are feeling optimistic about their futures for at least some of the time, however, **22%** of young people report never or rarely feeling optimistic about their futures.

A relationship may exist between those young people reporting that they do not feel optimistic about their futures and those who are reporting they find it difficult to deal with problems. This is suggested due to the closely aligned percentage of young people reporting each issue.

Young people were also asked whether they have a clear idea about what they want to do in their life.

		None of the time	Rarely	Some of the time	Often	All of the time
I have a clear idea about what I want to do with my life?	Yr 8	9%	11%	20%	28%	32%
	Yr 10	11%	16%	31%	26%	17%

Similar to the previous two questions there is a sizeable minority of those who are often unclear or uncertain about what they want to do with their life. With this question however, we also see a general decline in complete certainty as young people go from year 8 to year 10.



All year groups were asked, on a scale of one to ten, whether most people could be trusted. For Year 5's this question appeared in the My Life section of their survey.

Young people overall seem to neither agree nor disagree with the question presented in Fig 1.4 with Year 5's having a slight bias towards 'most people can be trusted' whereas year 10's are leaning more towards 'you can't be too careful'.

This question gives some insight into how young people view the world and their own personal outlook and potentially indicates that older young people are more wary of people than that of younger people.

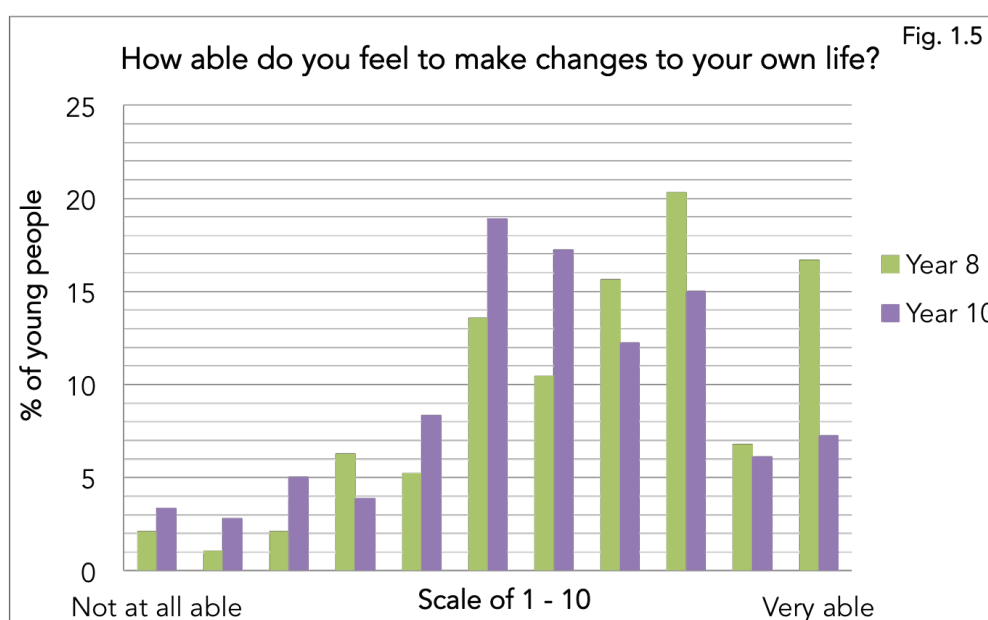


Fig 1.5 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives. Overall young people in Thurrock feel confident in this regard.

There is a minority of young people however who feel they are unable to make positive changes to their lives. **20%** of young people rate their ability to change their own lives as less than 5 out of 10.

Coping Strategies

Young people in years 8 and 10 were asked about how they deal with situations or times when they are stressed and overwhelmed with worries.

Firstly the young people were asked generally whether they think they would be able to cope if they had a problem.

The majority stated 'Yes' however there was a sizeable number in both year groups that said 'Not sure', this may be due to the ambiguity of the question.

Next young people were asked about specific coping strategies that they use. Coping strategies are important life skills and can indicate a young persons level of emotional resilience.

A lack of positive coping strategies or a reliance on negative coping strategies can indicate a low level of emotional resilience and can lead to poor emotional well-being or issues in later life.

In this report the questions have been grouped into positive, negative and neutral coping strategies for comparison. In the survey provided to the young people all of the questions were mixed.

The responses to questions asking about positive coping strategies below show a relatively even and varied split across the possible answers. Taking deep breaths to calm themselves is the only strategy which young people in years 8 and 10 are much less likely to use. This could indicate the need for emotional resilience education at schools.

		Yes	No	Not sure
If you had a problem, do you think you would be able to cope?	Yr 8	58%	10%	31%
	Yr 10	60%	9%	31%

		When I am overwhelmed by worries or concerns I try to cope by: (Positive Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Taking part in hobbies, activities or exercise	Yr 8	22%	15%	22%	22%	18%
	Yr 10	19%	19%	27%	24%	11%
Seeking out friends for support	Yr 8	23%	16%	26%	24%	10%
	Yr 10	14%	15%	41%	22%	8%

Seeking out family for support	Yr 8	21%	16%	24%	19%	20%
	Yr 10	11%	19%	35%	24%	11%
Taking deep breaths to calm myself	Yr 8	36%	25%	18%	14%	8%
	Yr 10	25%	24%	31%	15%	6%

Negative coping skills show a much clearer general downward trend in comparison to positive coping skills. This highlights that the majority of young people do not rely on negative coping strategies heavily.

		When I am overwhelmed by worries or concerns I try to cope by: (Negative Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Drinking, smoking or taking drugs	Yr 8	93%	3%	3%	0%	2%
	Yr 10	82%	8%	7%	1%	2%
Hurting myself	Yr 8	85%	7%	5%	2%	2%
	Yr 10	76%	9%	9%	2%	3%
Breaking or damaging things	Yr 8	61%	21%	10%	3%	4%
	Yr 10	61%	16%	15%	7%	2%
Blaming myself	Yr 8	38%	22%	18%	14%	8%
	Yr 10	31%	18%	23%	15%	13%

However, it should be noted that **12%** of year 8's and **11%** of year 10's have used alcohol or drugs and over one-in-five (**20%**) young people in Thurrock have hurt themselves in order to cope with worries.

This may demonstrate that a minority are struggling to deal with stressful situations.

The table below highlights the coping strategies that can viewed as either positive or negative. These coping strategies do not necessarily indicate a need for a young person but are included for reference.

		When I am overwhelmed by worries or concerns I try to cope by: (Neutral Coping Strategies)				
		None of the time	Rarely	Some of the time	Often	All of the time
Trying to not think about it/forgetting the problem	Yr 8	28%	21%	22%	22%	7%
	Yr 10	18%	19%	31%	23%	9%
Spending time alone (Actively)	Yr 8	52%	15%	15%	9%	9%
	Yr 10	33%	14%	19%	18%	16%
Praying or attending my place of worship	Yr 8	82%	7%	7%	1%	3%
	Yr 10	72%	9%	11%	1%	7%

Young people were also asked whether they would be happy to seek help if they needed support. A small minority (**16%**) of young people stated that they either don't know where to seek help or that they don't think there is help in their area.

		Definitely	Probably	Possibly	I don't know where help is	I don't think there is help
If you needed support would you be happy to seek help?	Yr 8	32%	29%	27%	5%	7%
	Yr 10	21%	33%	37%	3%	7%

Patterns in the data

Emotional Health

Whilst there is no wholly consistent percentage of young people demonstrating a positive or negative bias across all questions some patterns can be observed.

We analysed the anonymous data of all three year groups to ascertain those children and young people who answered emotional health and well-being questions in a manner indicating potential concerns.

This analysis was conducted across the following survey questions:

For Year 5:

- Do you feel safe at school?
- How do you feel most days?
- Do you ever feel lonely?
- How happy are you with your life

For years 8 and 10:

- How able do you feel to make changes to your own life?
- I feel I have a clear idea about what I want to do in my life.
- I've been feeling optimistic about the future.
- How often do you have strong feelings of anger?
- How do you feel most days?
- Do you feel safe at school?

These specific questions related to emotional health have been selected for analysis as they have been used by TTE in another successful survey project within the UK. The results of which have been consistent for several years.

The more risk factors adolescents are exposed to, the greater the potential impact on their mental health¹, therefore our analysis focused on children and young people who have repeatedly answered negatively to at least half of the chosen emotional health questions. For Year 5 this represents the children who answered two or more questions negatively. For young people in years 8 and 10 our focus was on those who answered three or more of the selected questions negatively.

This identified a cohort of young people who may be already experiencing emotional health and well-being concerns.

This at risk cohort for each year group is represented by the following:

	Year 5		
	Male	Female	Total
2 or more questions negatively	9.5%	14.7%	11.7%
3 or more questions negatively	2.2%	5.9%	4.0%
All 4 questions negatively	0.7%	1.6%	1.2%

¹ World Health Organisation, "Adolescent mental health", <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC556080/>

	Year 8		
	Male	Female	Total
3 or more questions negatively	8.7%	19.5%	14.1%
4 or more questions negatively	6.8%	9.2%	7.8%
5 or more questions negatively	2.9%	3.5%	3.1%

	Year 10		
	Male	Female	Total
3 or more questions negatively	12.4%	32.9%	22.2%
4 or more questions negatively	8.3%	16.5%	12.8%
5 or more questions negatively	4.1%	11.4%	8.3%

We anticipate that those the children in Year 5 answering 3 or more questions and the young people in years 8 and 10 answering four or more questions negatively, effectively more than half of the questions asked, should be considered the at risk cohort.

As these are cumulative totals we may be observing an at risk cohort of around 4% of Year 5's, 8% of year 8's and 13% of year 10's surveyed.

This estimate is drawn from the consistency in answers observed in the emotional health questions listed above.

It is not intended to give a definite number of the young people locally but should be seen as a useful guide to the number of young people in Thurrock potentially affected by emotional health issues.

From these results however, we can see that as young people get older they are more likely to at risk of emotional health issues. Similarly the data indicates that young people who identify as female are potentially more at risk than males.

Please note that in the years 8 and 10 surveys, young people were also given 'Transgender' and 'Other' as potential options to select for their gender. The results for the other two options were not specifically selected to be included in the tables above due to the very limited number of young people who selected these options and the issues this would raise in relation to data analysis. This data does however remain in the total year group figures.

Gender and Image

As stated earlier, generally children and young people in Thurrock are happy with their appearance but we see this self-confidence drop within the year 10 cohort. Further analysis highlights a large difference between the confidence of ones self based on gender.

		Are you happy with your appearance?			
		Yes	No	Don't know	
I identify my gender as:	Year 8	Male	69%	17%	14%
		Female	40%	28%	32%
	Year 10	Male	64%	16%	20%
		Female	28%	42%	30%

There is a noticeable difference between male and females in both years 8 and 10, in that young women are not as confident with their own body image as their male counterparts.

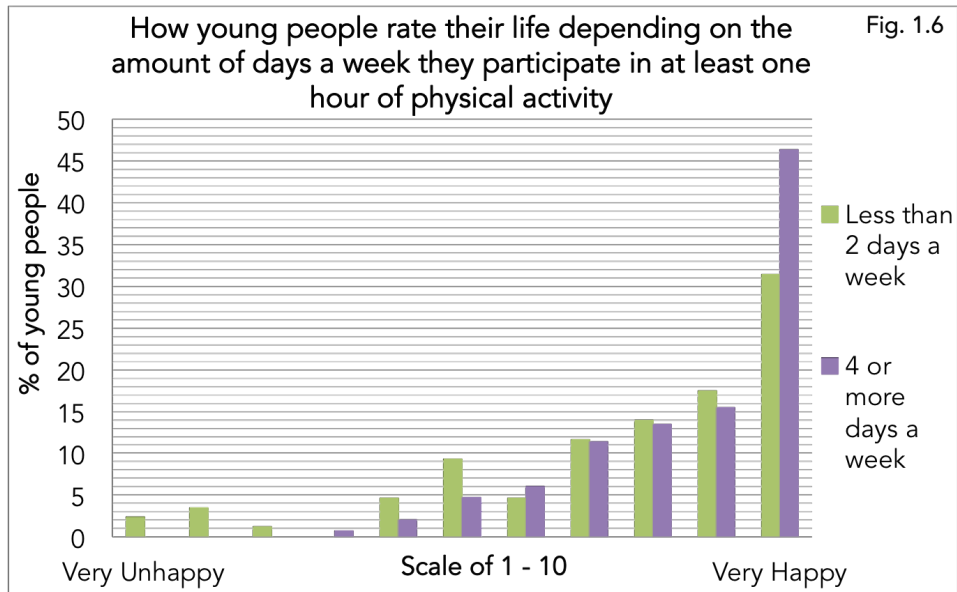
The gulf between these two genders is stark, highlighted by the fact that the majority of females in years 8 and 10 are not happy with their appearance, with a peak of 42% of females in year 10 stating they were unhappy with their appearance.

Similar to the previous section, 'Transgender' and 'Other' options were not included due to the limited sample size.

Physical activity and emotional health

Participating in physical activities and/or exercise is reported to increase emotional health.

Analysis of year 8 and 10 responses appears to support this claim. While there may be an issue of causality, comparison between young people who take part in physical activity regularly (1 hour a day for at least four days a week) and those who do not (less than 2 days a week) suggest that the young people who are more active state they are happier with their life.



11.6% of young people who exercised infrequently said they were unhappy with their life (scored their happiness less than 5 out of 10), for young people who exercised regularly this figure is considerably lower (2.7%).

Risk-taking behaviours

Further data analysis was also conducted to look at the level of engagement of multiple risk-taking behaviours. We analysed the responses from all year groups relating to the questions on; having tried a cigarette, have drunk in the past without adult supervision (in their lifetime for year 5's, in the past year for years 8 and 10) and having ever smoked cannabis (for years 8 and 10 only).

The table below contains the breakdown of young people who have engaged in one, two or all three of the risky behaviours previously mentioned. The table also highlights the percentage of young people who have never drunk, smoked or tried cannabis.

The data firstly highlights the fact that the majority of young people in Thurrock are not engaging in risk-taking behaviours. It also emphasises that when young people do engage in risk-taking behaviours it is primarily involves alcohol (highlighted yellow) and often alcohol on it's own. **97%**² of all risk-taking done by year 10's involves alcohol. For years 5 and 8 the figures are **91%**³ and **90%**⁴ respectively.

² 40.0% of young people in year 10 have engaged in at least 1 risk-taking behaviour, 38.9% of young people have engaged in alcohol use. Therefore 97.2% of risk-taking involves alcohol.

³ 13.4% of young people in year 5 have engaged in at least 1 risk-taking behaviour, 12.2% of young people have engaged in alcohol use. Therefore 91.4% of risk-taking involves alcohol.

Additionally it highlights that smoking and cannabis use rarely occurs in isolation. Young people are much more likely to engage in smoking if they are also using alcohol.

		Year 5	Year 8	Year 10
Neither		86.6%	74.5%	60.0%
1 risk	Cigarettes only	1.1%	2.1%	1.1%
	Alcohol only	12.1%	19.3%	32.2%
	Cannabis only		0.5%	0.0%
2 risks	Alcohol and cigarettes	0.1%	1.6%	3.3%
	Cigarettes and cannabis		0.0%	0.0%
	Alcohol and cannabis		1.6%	1.7%
	All three risks		0.5%	1.7%

Finally, using the common liability model, the academic theory that analyses potential risk of escalation relating to drug use through the clustering of low level early risk-taking, we can predict that the young people who are already drinking and smoking in years 8 and 10 are the cohort of young people most at risk of engaging with cannabis and/or further drug use.

Risk-taking and sexual behaviours

Year 10 pupils were also asked about their experiences related to sexual intercourse.

Similar to the previous section, analysis was conducted to analyse whether young people who engaging in risky sexual behaviour, i.e. having unprotected sex, were doing so in isolation of or in addition to other risk-taking behaviours. The table below uses the same questions as the previous table relating to smoking and drinking but also includes those who have engaged in unprotected sex.

		Year 10
Not engaged in any risk		59.4%
One risk	Cigarettes only	0.6%
	Alcohol only	32.2%

⁴ 25.5% of young people in year 8 have engaged in at least 1 risk-taking behaviour, 22.9% of young people have engaged in alcohol use. Therefore 89.8% of risk-taking involves alcohol.

	Unprotected sex only	0.6%
Two risks	Smoked and had unprotected sex	0.6%
	Drunk and had unprotected sex	1.7%
	Drunk and smoked	3.3%
	All three risk behaviours	1.7%

While the majority of young people in year 10 had never engaged in unprotected sex (95.6%), the majority of those who have had unprotected sex engage in other risk-taking behaviours also. 89%⁵ of those who have had unprotected sex have also smoked and drunk without adult supervision in the past year (highlighted in red).

The data from the Brighter Futures survey could be a further indication of well-established relationship between early onset risk-taking and the engagement in risky sexual behaviour.

Seeking support and isolation

For children and young people who may be struggling emotionally it is crucial that they understand where they can turn to for support. This could simply be their parents or friends, but when these support networks are unavailable it is important that they understand the other options available to them.

The majority of children and young people in Thurrock (50%) stated they would know where to go for help if they had a problem when the normal person/group they go to is unavailable. Over one in five (23%) however were unsure of where to go when needed and nearly one in ten (7%) stated that they didn't think there was any help available.

Young people in years 8 and 10 who felt loneliness and/or anger often were much less likely to know where they should go for support when needed.

		If you had a problem and couldn't talk to the person you normally would, do you know where you would go for help?		
		Yes	No	Don't know
How often do you have strong	Never	45%	32%	23%
	Not that often	54%	19%	27%

⁵ Out of the 4.4% of year 10's who have had unprotected sex, 3.9% have also tried a cigarette and drunk alcohol without adult supervision

feelings of anger?	Quite often	47%	32%	22%
	Everyday	41%	24%	34%
How often do you have feelings of loneliness?	None of the time	58%	19%	23%
	Rarely	53%	21%	26%
	Some of the time	53%	20%	27%
	Often	36%	38%	26%
	All of the time	22%	48%	30%

When this idea is further unpicked, the results emphasised that young people who are angry or lonely most of the time, not only were they less likely to know where to go for support, they would also be less willing to seek it.

		How often do you have strong feelings of anger?			
		Never	Not that often	Quite often	Every day
If you needed support with any problems or concerns you were facing would you be happy to seek help	Definitely	8%	59%	26%	7%
	Probably	7%	57%	32%	4%
	Possibly	5%	48%	39%	8%
	I don't know where help is	0%	43%	43%	14%
	I don't think there is help	0%	22%	56%	22%

		How often do you have feelings of loneliness?				
		None of the time	Rarely	Some of the time	Often	All of the time
If you needed support with any problems or concerns you were facing would you be happy to seek help	Definitely	33%	49%	10%	4%	3%
	Probably	28%	36%	23%	8%	5%
	Possibly	20%	33%	22%	17%	8%
	I don't know where help is	21%	36%	14%	29%	0%
	I don't think there is help	0%	11%	19%	37%	33%

Furthermore, young people who stated they tended to keep their problems to themselves also indicated a lack of knowledge in and (even more concerning) a lack of belief that support networks are available to them. This would imply that some young people who have problems or would like support, are keeping their problems to themselves due to a lack of knowledge of the services available.

		If you needed support with any problems or concerns you were facing would you be happy to seek help				
		Definitely	Probably	Possibly	I don't know where help is	I don't think there is help
Whom do you usually talk to about things that bother you?	I tend to keep things to myself	12%	18%	44%	4%	23%
	Stated at least one person/group to which they would turn to	29%	33%	29%	4%	4%

When traditional support networks, such as friends and family are unavailable to young people it is crucial that effective signposting to support services is conducted within schools. Improved signposting of school and wider community services could potentially enable young people who need support to access the services available to them.

Comparing data to 2016/17

Comparison of the responses of young people over the two academic years of the survey is considered an important element of data analysis. Consistent results can indicate reliability and validity, however there are many variables that could alter the results from year to year.

Variables can include but are not limited to; demographics of the school, OFSTED rating, progress 8 scores, pupil premium, the time of the year that the survey was completed and whether there was partial or full completion of the survey by the year group.

In addition different schools have completed the survey in each of the two academic years. This means the comparison data should be considered unreliable and is only included for reference.

During the 2017/18 academic year the primary school survey changed to focus on year 5 pupils rather than year 6, therefore we have not included comparison of these two datasets.

Comparison has only been conducted between year 8 and 10 pupils over the academic years 2016/17 and 2017/18

Smoking, Alcohol & Drugs

		2016/17	2017/18
Have you ever tried a cigarette? (Yes)	Yr 8	12.1%	4.2%
	Yr 10	18.8%	6.1%
Have you ever tried an electronic cigarette? (Yes)	Yr 8	21%	10.4%
	Yr 10	22%	16.1%

		2016/17	2017/18
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (None)	Yr 8	75.2%	77.1%
	Yr 10	69.9%	61.1%
Over the past month on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? (None)	Yr 8	86.7%	94.8%
	Yr 10	82.2%	72.8%

		2016/17	2017/18
Have you ever smoked cannabis? (Yes)	Yr 10	9.1%	3.3%
Have you ever used any other drugs (Yes)	Yr 10	5.2%	2.2%

Internet use

		2016/17	2017/18
Do you add people to your social networks that you don't know in real life? (Yes)	Yr 8	38.1%	32.3%
	Yr 10	43.7%	49.4%
Have you ever regretted sharing something online? (Yes)	Yr 8	5.7%	5.2%
	Yr 10	9.7%	7.8%
Have you ever felt pressured to do something online? (Yes)	Yr 8	9.8%	7.3%
	Yr 10	7.1%	11.7%

Bullying

		2016/17	2017/18
Have you been bullied in the past 12 months? (Yes)	Yr 8	19.7%	25.5%
	Yr 10	10.7%	16.7%
Have you been bullied in the past 2 months? (Yes)	Yr 8	12.0%	13.0%
	Yr 10	5.5%	8.3%

School Life

		2016/17	2017/18
How do you feel most days? (Sad)	Yr 8	12.1%	7.8%
	Yr 10	8.4%	10.6%
Are you happy with your appearance? (Yes)	Yr 8	45.4%	55.7%
	Yr 10	52.4%	47.2%
How often do you have feelings of loneliness? (All of the time/Often)	Yr 8	21.6%	15.6%
	Yr 10	18.4%	24.4%

Life

		2016/17	2017/18
Do you like school? (I don't like school)	Yr 8	26.7%	25.5%
	Yr 10	30.7%	24.4%
At school I feel safe? (None of the time/Rarely)	Yr 8	16.5%	6.7%
	Yr 10	15.2%	10.0%
How do you find your school work? (I struggle to manage)	Yr 8	5.4%	3.1%
	Yr 10	5.8%	6.7%

Conclusions

The findings of this survey indicate that the majority of young people surveyed are living happy fulfilling lives, are optimistic about their futures and have a strong sense of self efficacy.

Results from years 8 and 10 are largely comparable overall; however as young people get older they generally engage in more risk-taking behaviours, such as smoking, drinking and taking risks online.

Year 5 as a cohort reported having the least worries but specifically mentioned they worry about their SATs/exams.

Almost all children in Year 5 have access to device that can access the Internet. Similarly, nearly all children report being allowed to access the Internet on such devices without parental supervision.

Whilst most young people in all year groups are not engaging in risk-taking behaviours a small minority of young people are already reporting engagement in regular drinking, smoking and in the older age group, cannabis use. The largest risk-taking behaviours involves alcohol use without adult supervision.

Approximately 1 in 25 Year 5 children, 1 in 12 Year 8 and 1 in 8 Year 10 pupils surveyed seem to be experiencing or are at risk of some form of emotional health concern. This is evidenced by consistent findings across key questions focused on factors affecting emotional health and well-being.

Appendix

Appendix 1.1: Year 5 Survey

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette?	Yes / No
Have you ever tried an electronic cigarette?	Yes / No
How many times have you tried alcohol without an adult being around?	None / 1-5 Times / 6-11 Times / 11+
Do you own a device that can access the internet?	Yes / No
Are you allowed to use the internet on your own? (Help Text – For example you use the internet when your parents/carers are not around (like using it in your bedroom)	Yes / No
Have you had lessons in school about internet safety?	Yes / No
Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)	Yes / No
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever regretted sharing something online?	Yes / No / N/A
Have you ever felt like someone has tried to make you do something online? (This could be the sharing of photos, videos, a status etc)	Yes / No / N/A
Section: My School	
Question	Possible Answers
How do you get to school?	Car / Bus / Bicycle / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
Do you like school?	I like school / It's OK / I don't like

	school
If you take a packed lunch to eat at school, what would make you want to eat a school dinner instead? (Help Text - You can select more than one option for this question. If nothing would make you want to have a school meal please select 'I don't like school dinners', if you already have school dinners please select 'I already have school dinners'.)	More choice on the menu / More seating space / Lower price of food / Clearer allergy information / Meal options that are more filling / Meal deals / Healthier options / Improved taste / If more of my friends had a school meal / Shorter queues and waiting times / If I could sit with my friends / I don't like school dinners / I already have school dinners
Do you feel safe at school?	Yes / No / Sometimes / Don't know
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Yes / Don't know / No
Who do you usually talk to about things which bother you? (Help Text – PLEASE NOTE – You can select more than one option for this question)	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you worry about the following? – Children could select any of the following: Family problems, Health problems, SATs and Tests, Problems with friends, The way you look, Family money problems, Crime, Puberty and growing up, Being bullied	Never / Rarely / Some of the time / Often / All of the time
When my friends ask me to do something I don't want to do, I feel I can say no...	Never / Rarely / Some of the time / Often / All of the time
Do you ever feel lonely?	Never / Rarely / Some of the time / Often / All of the time
At home does a member of your family rely on you for support as they are unable to complete certain tasks without your help?	Yes / No
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 –

	Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
How many days a week do you take part in 1 hour of physical activity?	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below. (FREE TEXT BOX)

Appendix 1.2: Year 8 Survey

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette? (Help Text – PLEASE NOTE – This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes or Pens)	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
Have you ever tried an electronic cigarette? (Help text – You might also know this by the term 'Vaping')	Yes / No
If you have ever tried an electronic cigarette how often do you vape? (Help text – If you have never used an electronic cigarette please select N/A)	Once a Month / Once a Week / Once a Day / N/A
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?	None / 1-5 Times / 6-11 Times / 11+
Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?	None / 1-4 times / 5-8 times / 8+ times
Have you ever smoked cannabis?	Yes / No / I have not smoke cannabis but have been offered it
If you have ever smoked cannabis how often do you smoke? (If you have never smoked cannabis just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Have you ever used any other drugs?	Yes / No / I have not used but have been offered drugs
If you answered yes to the previous question please list any drugs you may have used below – if you have not used drugs please skip this question	Free Text
If you have ever used drugs how often do you use them? (If you have never used drugs just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Do you have social network profile? (this could be Facebook, Snapchat, Instagram,	Facebook / Snapchat / Instagram / Twitter / Reddit / Tumblr / Ask.FM /

Twitter etc)	Badoo / Online gaming messaging / I don't use social media
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever regretted sharing something online?	Yes / No / N/A
Have you ever felt pressured into sharing something online?	Yes / No / N/A
We define sexual harassment as a form of bullying or intimidation that involves unwanted sexual comments, suggestions, advances or threats to another person. Have you ever experienced or witnessed sexual harassment?	Yes / No / Don't Know
Section: My School	
Question	Possible Answers
How do you get to school? (Help text – please select the method of transport you use most often)	Car / Bus / Bicycle / Taxi / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
In your opinion what is the most common form of bullying in your school? – (Help text - This question is focused on HOW people may be bullied)	Verbal bullying / Physical bullying / Indirect bullying / Cyber bullying / Bullying via mobile / Other
In your opinion what is the most common reason for bullying in your school? - (Help text - This question is focused on WHY people may be bullied)	Sexuality / Culture/Religion / Appearance / Academic Ability / Race / Gender / Disability & Special Needs / Other
Would you take action if you saw someone was being bullied?	I would be unlikely to take action / I would probably take action / I would be likely to take action / I would definitely take action
Do you like school?	I like school / It's OK / I don't like school

If you take a packed lunch to eat at school, what would make you want to eat a school dinner instead? (Help Text - You can select more than one option for this question. If nothing would make you want to have a school meal please select 'I don't like school dinners', if you already have school dinners please select 'I already have school dinners'.)	More choice on the menu / More seating space / Lower price of food / Clearer allergy information / Meal options that are more filling / Meal deals / Healthier options / Improved taste / If more of my friends had a school meal / Shorter queues and waiting times / If I could sit with my friends / I don't like school dinners / I already have school dinners
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Please complete the following statement. At school I feel safe:	All of the time / Often / Some of the time / Rarely / None of the time
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Very easy / Easy / Neither easy or hard / Hard / Very hard
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressure from others to....(Help Text – You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
How often do you have feelings of loneliness?	All of the time / Often / Some of the time / Rarely / None of the time
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy

How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How many days a week do you take part in 1 hour of physical activity? – (Help text – Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE, etc.	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
Do you know where to get sexual health advice and support if you needed?	Yes / No / Don't know
If you needed sexual health support where would you get help? (Help Text – Please select all that apply. If you do not know where you get help please select 'I don't know where I would get help'.	School health nurse / Teacher / Parents / Other family members / Friends / Local sexual health clinic / I don't know where I would go for help
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: My Feelings	
Question	Possible Answers
I've been dealing with problems well	None of the time / Rarely / Some of the time / Often / All of the time
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
When I am overwhelmed by worries or concerns I try to cope by: Taking part in hobbies, activities or exercise	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Hurting myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	All of the time / Often / Some of the time / Rarely / None of the time
Other ways I cope – if we have not listed one of the main ways you cope with worries please write them here	Free Text
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
If you had a problem, do you think you would be able to cope?	Yes / No / Don't Know

If you needed support with any problems or concerns you were facing would you be happy to seek help?	Definitely / Probably / Possibly / I don't know where help is / I don't think there is help
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below. (FREE TEXT BOX)

Appendix 1.3: Year 10 Survey

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette? (Help Text – PLEASE NOTE – This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes or Pens)	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
Have you ever tried an electronic cigarette? (Help text – You might also know this by the term 'Vaping')	Yes / No
If you have ever tried an electronic cigarette how often do you vape? (Help text – If you have never used an electronic cigarette please select N/A)	Once a Month / Once a Week / Once a Day / N/A
In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision?	None / 1-5 Times / 6-11 Times / 11+
Over the past month, on how many occasions have you drunk alcohol you're your peers without adult supervision?	None / 1-4 times / 5-8 times / 8+ times
Have you ever smoked cannabis?	Yes / No / I have not smoke cannabis but have been offered it
If you have ever smoked cannabis how often do you smoke? (If you have never smoked cannabis just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Have you ever used any other drugs?	Yes / No / I have not used but have been offered drugs
If you answered yes to the previous question please list any drugs you may have used below – if you have not used drugs please skip this question	Free Text
If you have ever used drugs how often do you use them? (If you have never used drugs just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
Do you have social network profile? (this could be Facebook, Snapchat, Instagram,	Facebook / Snapchat / Instagram / Twitter / Reddit / Tumblr / Ask.FM /

Twitter etc)	Badoo / Tinder / Online gaming messaging
Do you add people to your social networks that you don't know in real life?	Yes / No / N/A
Have you ever shared something inappropriate online? – (Help text – This could be a personal photo, video, update or status)	Yes / No / N/A
Have you ever felt pressured by someone to share something online?	Yes / No / N/A
We define sexual harassment as a form of bullying or intimidation that involves unwanted sexual comments, suggestions, advances or threats to another person. Have you ever experienced or witnessed sexual harassment?	Yes / No / Don't Know
Section: My School	
Question	Possible Answers
How do you get to school? (Help text – please select the method of transport you use most often)	Car / Bus / Bicycle / Taxi / Walk
Have you been bullied in school in the past 12 months?	Yes / Don't Know / No
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
If you have been bullied in the past 2 months, how were you bullied? (Help Text – If you have not been bullied please click N/A)	Verbally bullied / Physically bullied / Indirectly bullied / Cyber bullied / Bullied via a mobile phone / Other / N/A
In your opinion what is the most common form of bullying in your school? – (Help text – This question is focused on HOW people may be bullied)	Verbal bullying / Physical bullying / Indirect bullying / Cyber bullying / Bullying via mobile / Other
In your opinion what is the most common reason for bullying in your school? – (Help text – This question is focused on WHY people may be bullied)	Sexuality / Culture/Religion / Appearance / Academic Ability / Race / Gender / Disability & Special Needs / Other
Would you take action if you saw someone was being bullied?	I would be unlikely to take action / I would probably take action / I would be likely to take action / I would definitely take action

Do you like school?	I like school / It's OK / I don't like school
If you take a packed lunch to eat at school, what would make you want to eat a school dinner instead? (Help Text - You can select more than one option for this question. If nothing would make you want to have a school meal please select 'I don't like school dinners', if you already have school dinners please select 'I already have school dinners'.)	More choice on the menu / More seating space / Lower price of food / Clearer allergy information / Meal options that are more filling / Meal deals / Healthier options / Improved taste / If more of my friends had a school meal / Shorter queues and waiting times / If I could sit with my friends / I don't like school dinners / I already have school dinners
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Please complete the following statement. At school I feel safe:	All of the time / Often / Some of the time / Rarely / None of the time
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Very easy / Easy / Neither easy or hard / Hard / Very hard
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressure from others to....(Help Text – You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
How often do you have feelings of loneliness?	All of the time / Often / Some of the time / Rarely / None of the time

How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How many days a week do you take part in 1 hour of physical activity? – (Help text – Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE, etc.	No days a week / 1 day a week / 2-3 days a week / 4-5 days a week / 6-7 days a week
Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering / I don't take part in activities outside of school / Other
Have you had sex?	Yes / No / Prefer not to say
If you have had sex, have you ever had unprotected sex?	Yes / No / Prefer not to say
Do you know where to get sexual health advice and support if you needed?	Yes / No / Don't know
If you needed sexual health support where would you get help? (Help Text – Please select all that apply. If you do not know where you get help please select 'I don't know where I would get help'.	School health nurse / Teacher / Parents / Other family members / Friends / Local sexual health clinic / I don't know where I would go for help
Section: My Community	
Question	Possible Answers
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
What makes you feel safe in your local area?	Free text
What makes you feel unsafe in your local area?	Free text
Section: My Feelings	
Question	Possible Answers
I've been dealing with problems well	None of the time / Rarely / Some of

	the time / Often / All of the time
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Cant be too careful / 10 – Most people can be trusted
When I am overwhelmed by worries or concerns I try to cope by: Taking part in hobbies, activities or exercise	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Using alcohol or drugs	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out friends for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Seeking out family for support	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Hurting myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Breaking or damaging things	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Taking deep breaths to calm myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Trying to not think about it and forgetting the problem	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Blaming myself	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Spending time alone	All of the time / Often / Some of the time / Rarely / None of the time
When I am overwhelmed by worries or concerns I try to cope by: Praying or attending my place of worship	All of the time / Often / Some of the time / Rarely / None of the time
Other ways I cope – if we have not listed one of the main ways you cope with worries	Free Text

please write them here	
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
If you had a problem, do you think you would be able to cope?	Yes / No / Don't Know
If you needed support with any problems or concerns you were facing would you be happy to seek help?	Definitely / Probably / Possibly / I don't know where help is / I don't think there is help
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult.	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below. (FREE TEXT BOX)

Appendix 2: Participating Schools

Primary Schools		Secondary Schools	
1	Abbots Hall Primary Academy	1	Ormiston Park Academy
2	Aveley Primary School	2	St Clere's School
3	Belmont Castle Academy		
4	Chadwell St Mary Primary School		
5	Corringham Primary School		
6	Deneholm Primary School		
7	East Tilbury Primary School		
8	Graham James Primary School		
9	Hordon-on-the-Hill C. of E. Primary School		
10	Little Thurrock Primary School		
11	Shaw Primary Academy		
12	St Joseph's Catholic Primary School		
13	St Thomas of Canterbury Catholic Primary School		
14	Thameside Primary School		
15	Warren Primary School		