

Brighter Futures 2019

A report of the Brighter Futures survey in
Thurrock schools in 2019

Schools Health Education Unit, Exeter

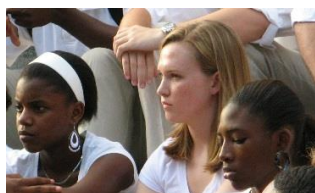


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Introduction

This report summarises the results of the **Brighter Futures** Survey 2019 and has been produced by SHEU, Exeter. SHEU and Thurrock Council would like to thank all the schools that took part and completed the survey, the staff who helped facilitate this process and all the young people who took part.

SHEU would also like to thank Elozona Umeh, Deborah Young and other colleagues at Thurrock Council for their support in relation to this project.

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.

Improved local knowledge can contribute to the response to local priorities and strategies and improve the provision of needs-led services to children, young people and families.

The survey aimed 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 the primary to secondary phase of education.

Survey method

The survey was conducted using online survey software. Schools could choose paper completion if that suited them better.

Survey design

The survey was developed as a collaboration between the previous provider [The Training Effect, Kent] and Thurrock Council; the 2019 version underwent minor revisions before use.

The survey was divided into five distinct sections:

My Experiences	risk-taking behaviours and use of the Internet
My School	experience of school, perception of bullying, relationships with adults and schoolwork
My Life	how the young person feels most days, anger, appearance, social pressures and satisfaction with multiple aspects of their life
My Community	safety in the local community
My Feelings	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 3 at the end of this report.

The average time to complete the primary questionnaire was just under 11 minutes.

The average time to complete the secondary questionnaire was just under 20 minutes.

Recruitment of Schools

All primary and secondary schools in Thurrock were invited to take part in the survey.

A range of actions were implemented to promote schools taking part in the project. This included:

- Emails to all schools
- Phone calls to all schools
- Promotion through Thurrock Council communication channels
- Using current networks and opportunities to promote the survey

Number of Young People

A total of 1,462 children and young people attending a Thurrock schools completed the survey in 2019.

The modest sample sizes in the secondary phase limit the conclusions that can be drawn from the survey.

A sample of 200 has a 95% confidence interval of at most $\pm 7\%$; for 100, 10%.

The Year 10 sample is mostly female.

The non-male, non-female respondents are included in year group and other total responses, but their responses are not reported separately as numbers are small.

Number of Schools

A total of 22 schools took part in the survey in 2018-2019: 17 primary schools and 2 secondary schools, with two special schools (one primary, one all-through) also participating.

A list of schools involved can be found in Appendix 2 at the end of this report.

The irregular composition of the sample from one wave to the next further limits the conclusions that can be drawn from the findings and trends.

Trends

Comparisons have been made with results from previous waves of the survey.

In 2017, the target year group in primary school was Y6, but in later waves it was Y5. This change may account for some differences seen between waves.

If there are about 7000 students in the three target year groups in Thurrock, then a sample of 1400 is about 20%.

Reporting to Schools

Each participating school receives a tailored report showing the school's own results alongside the aggregate results for Thurrock, including occasional charts and a list of significant differences.

Table 1: Numbers participating in the Brighter Futures Survey 2019, by year group and gender

	Y4	Y5	Y6	Y7	Y8	Y9	Y10	Y11	All
Male	24	555	8	1	52	6	52	3	701
Female	27	511	0	0	47	2	151	2	740
Transgender	0	0	0	0	0	1	3	0	4
Other	0	7	0	0	0	0	1	0	8
[Unknown]	3	2	0	0	1	0	2	1	9
All *	54	1,075	8	1	100	9	209	6	1,462

* Including other and missing gender responses

Table 2: Responses to the Brighter Futures Survey 2017-2019, by target year group

	Year 5	Year 6	Year 8	Year 10	All
	9-10y	10-11y	12-13y	14-15y	
2017		386	315	309	1,010
2018	784		192	180	1,156
2019	1,075		100	209	1,384

Survey headlines

Where parallel questions were asked in primary and secondary school versions, they are reported together. If there were differences in the wording between versions, these have been noted below.

■ Background

Which of the following best describes your ethnic background? [Q5 in the secondary questionnaire]

About half of the 2019 sample were White British.

The next largest group was Black African.

Table 3: Percentage of primary and secondary pupil respondents in 2019 who reported ethnic background,.

Description	%
White British	54
White Irish	1
Irish, Romany or Gypsy traveller	1
Any other White background	8
Bangladeshi	1
Indian Asian	1
Pakistani Asian	1
Arab	0
Any other Asian background	2
Black African	13
Black Caribbean	1
Any other Black background	2
Chinese	0
White and Asian	2
White and Black African	4
White and Black Caribbean	1
Any other mixed/multiple background	2
Any other background	2
Prefer not to say	3

■ My Experiences

Have you ever tried a cigarette? [Question 6 in the secondary questionnaire]

More than 10% of secondary pupils have ever tried a cigarette.

Table 4: Percentage of primary and secondary pupil respondents in 2019 who reported every trying a cigarette, by year group and gender.

	Y5	Y8	Y10
Males	5	21	10
Females	2	13	17

The figures for trying a cigarette were lowest in 2018.

Table 5: Trends 2017-2019 in primary and secondary pupil respondents who reported that they had ever tried a cigarette, by year group

	2017	2018	2019
Y5/Y6	2	2	3
Y8	12	4	18
Y10	18	6	15

If you have ever tried a cigarette how often do you smoke? [Q6b]

Weekly smoking was reported by less than 1% of the sample in 2019.

The highest figures for weekly smoking were reported in 2017.

Table 6: Percentage of primary and secondary pupil respondents in 2019 who reported at least weekly, by year group and gender.

	Y8	Y10
Males	0	0
Females	2	2

Table 7: Trends 2017-2019 in secondary pupil respondents who reported at least weekly, by year group

	2017	2018	2019
Y8	2	1	1
Y10	7	1	2

Have you ever tried using an electronic cigarette? [Q7]

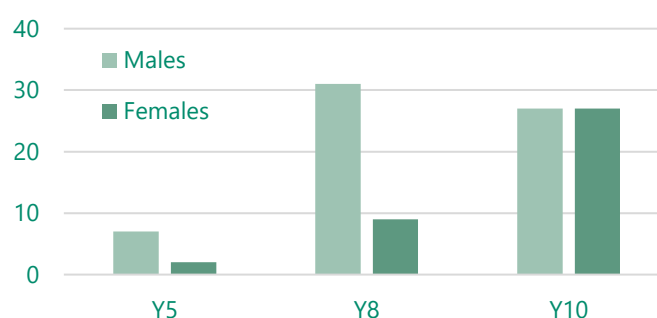
Experimentation with vaping was much more common than experimentation with tobacco cigarettes, with 27% of Year 10 students having tried it.

There is a marked discrepancy between Y8 males and females, with males reporting experimentation more often (31% vs 9%).

Table 8: Percentage of primary and secondary pupil respondents in 2019 who reported they had ever tried an e-cigarette, by year group and gender.

	Y5	Y8	Y10
Males	7	31	27
Females	2	9	27

Chart 1: Percentage of primary and secondary pupil respondents in 2019 who reported they had ever tried an e-cigarette, by year group and gender



There are no clear trends in responses to this question.

Table 9: Trends 2017-2019 in primary and secondary pupil respondents who reported ever tried an e-cigarette, by year group

	2017	2018	2019
Y5/Y6	2	5	4
Y8	21	10	21
Y10	22	16	27

If you have ever tried an electronic cigarette how often do you vape? [Q8]

Weekly vaping is reported by less than 3% of the 2019 sample of secondary pupils.

The figures for weekly vaping in 2019 are the lowest recorded.

Table 10: Percentage of secondary pupil respondents in 2019 who reported at least weekly vaping by year group and gender.

	Y8	Y10
Males	2	2
Females	0	1

Table 11: Trends 2017-2019 in primary and secondary pupil respondents who reported at least weekly vaping, by year group

	2017	2018	2019
Y8	4	1	1
Y10	5	5	1

In the past year, on how many occasions have you had more than a few sips of a drink containing alcohol without adult supervision? [Q9]

Drinking without adult supervision increases with age, until about 40% of Year 10 students report doing so in the last year.

There are no clear trends in responses to this question.

Table 12: Percentage of primary and secondary pupil respondents in 2019 who reported any by year group and gender.

	Y5	Y8	Y10
Males	14	31	35
Females	9	19	42

Table 13: Trends 2017-2019 in primary and secondary pupil respondents who reported any, by year group

	2017	2018	2019
Y5/Y6 ever		12	11
Y8	25	33	25
Y10	30	39	41

Over the past month on how many occasions have you drunk alcohol with your peers without adult supervision? [Q10]

Drinking without supervision in the last month was naturally enough less commonly reported by secondary pupils – about 25% -- than unsupervised drinking in the last year in the 2019 sample, and was curiously rather low in Y8 females.

There are no clear trends in responses to this question.

Table 14: Percentage of secondary pupil respondents in 2019 who reported any drinking without adult supervision, by year group and gender.

	Y8	Y10
Males	21	27
Females	4	24

Table 15: Trends 2017-2019 in secondary pupil respondents who reported any drinking without adult supervision, by year group

	2017	2018	2019
Y8	13		13
Y10	18	27	24

Have you ever smoked cannabis? [Q11]

Less than 5% of the secondary sample report using cannabis (10% in Year 10).

In each wave of the survey, offers of cannabis are more common than use of cannabis; this suggests that offers of cannabis can be declined and often are declined.

Table 16: Percentage of secondary pupil respondents in 2019 who reported ever using cannabis, by year group and gender.

	Y8	Y10
Males	4	10
Females	0	10

Table 17: Trends 2017-2019 in secondary pupil respondents who reported ever using cannabis by year group

	2017	2018	2019
Y8		3	2
Y10	9	3	10
Y10 offered	13	14	11

If you have ever smoked cannabis how often do you smoke? [Q12]

Almost no-one reported using cannabis each month (or more often).

There are no clear trends in responses to this question.

Table 18: Percentage of secondary pupil respondents in 2019 who reported at least monthly cannabis use, by year group and gender.

	Y8	Y10
Males	0	4
Females	0	1

Table 19: Trends 2017-2019 in secondary pupil respondents who reported at least monthly cannabis use, by year group

	2017	2018	2019
Y8		0	0
Y10	1	1	2

Have you ever used any other illegal drugs? [Q13]

Use of other illegal drugs in 2019 is lower than that of cannabis alone, with 7% of Year 10 pupils reporting it.

This is what SHEU see in other surveys of this sort.

Again, offers exceed use, as they have done in previous waves of the survey.

Table 20: Percentage of secondary pupil respondents in 2019 who reported use of other illegal drugs by year group and gender.

	Y8	Y10
Males	0	2
Females	2	7

Table 21: Trends 2017-2019 in secondary pupil respondents who reported use of other illegal drugs by year group

	2017	2018	2019
Y8		0	1
Y10	5	2	6
Y10 offered	10	10	8

If you have ever used drugs, how often do you use them? [Q14]

Monthly drug use is very much a minority activity, reported by less than 1% of the 2019 sample.

There are no clear trends in responses to this question.

Table 22: Percentage of secondary pupil respondents in 2019 who reported at least monthly drug use, by year group and gender.

	Y8	Y10
Males	0	2
Females	0	1

Table 23: Trends 2018-2019 in secondary pupil respondents who reported at least monthly drug use, by year group

	2018	2019
Y8	0	0
Y10	1	1

Do you have a social network account? (this could be Facebook, Snapchat, Instagram, Twitter etc) [Q15]

Over 90% of pupils reported having some sort of social network.

Primary pupils were asked just if they have one; secondary pupils were asked to choose from a list.

The most common social networks reported by secondary pupils were:

	Y8	Y10
Facebook	36	49
Snapchat	61	88
Instagram	75	87
TikTok	40	25
Online gaming with messaging (XBOX, Playstation etc)	55	42

Table 24: Percentage of primary and secondary pupil respondents in 2019 who reported having any social network account, by year group and gender.

	Y5	Y8	Y10
Males	51	87	96
Females	63	91	93

In 2017, 76% of Y6 pupils said they had a social network account, while in 2018 and 2019 the figures for Y5 pupils were 49% and 56% respectively.

Please answer the following questions about being online [Q15b]

Three questions about being online were put to all pupils:

- Do you add people to your social networks that you don't know in real life?
- Have you ever regretted sharing something online?
- Have you ever felt like someone has tried to make you do something online? (Online Pressure)

The primary school version had a simpler wording (see Appendix).

The proportions saying yes are shown in the table.

Over 10% of pupils reported regretting sharing something online.

There are no consistent trends for this question from 2017-2019.

Table 25: Percentage of primary and secondary pupil respondents in 2019 who reported online experiences by year group and gender.

Adding	Y5	Y8	Y10	
	Males	20	37	47
	Females	11	28	54
Regret	Y5	Y8	Y10	
	Males	19	10	8
	Females	12	0	6
Pressure	Y5	Y8	Y10	
	Males	14	7	4
	Females	10	7	17

Table 26: Trends 2017-2019 in primary and secondary pupil respondents who reported online experiences by year group

Adding	2017	2018	2019	
	Y5	18	16	16
	Y8	38	32	32
	Y10	44	49	52
Regretted	2017	2018	2019	
	Y5	12	14	16
	Y8	6	5	6
	Y10	10	8	7
Pressure	2017	2018	2019	
	Y5	8	12	12
	Y8	10	7	7
	Y10	7	12	14

Have you ever experienced sexual harassment? [Q16]

23% of Y10 females in 2019 reported that they had experienced sexual harassment, far more than any other group.

There are no clear trends in responses to this question.

Table 27: Percentage of secondary pupil respondents in 2019 who reported experiencing sexual harassment, by year group and gender.

	Y8	Y10
Males	2	4
Females	2	23

Table 28: Trends 2017-2019 in secondary pupil respondents who reported experiencing sexual harassment, by year group

	2018	2019
Y8	3	2
Y10	13	21

Have you ever witnessed sexual harassment? [Q17]

In a separate question, 21% of Y10 females in 2019 said that they had ever witnessed sexual harassment.

In 2018, the 'witnessed' response was not a separate question but an alternative to experiencing sexual harassment, so naturally the figure is rather lower. In 2019, 7% of Year 10 females had seen but not experienced harassment.

Table 29: Percentage of secondary pupil respondents in 2019 who reported witnessing sexual harassment by year group and gender.

	Y8	Y10
Males	6	14
Females	4	21

Table 30: Trends 2018-2019 in secondary pupil respondents who reported witnessing sexual harassment by year group

	2018	2019
Y8	7	5
Y10	5	19

■ My School

By which method do you travel to school? [Q18]

The methods of travel to school reported in 2019 were:

Method	%
Car	41
Bus	9
Bicycle	5
Taxi	1
Walk	43

Table 31: Percentage of primary and secondary pupil respondents in 2019 who reported walking or cycling to school, by year group and gender.

	Y5	Y8	Y10
Males	56	29	31
Females	48	30	45

Active methods of travel were picked out of the list; there are no clear trends in responses to this question.

Table 32: Trends 2017-2019 in primary and secondary pupil respondents who reported walking or cycling to school, by year group

	2017	2018	2019
Y5	51	46	52
Y8	53	36	29
Y10	51	29	41

Have you been bullied in school in the past 12 months? [Q19]

In 2019, Y8 females were the year group most likely to report bullying in school in the last year (32%).

Table 33: Percentage of primary and secondary pupil respondents in 2019 who reported being bullied in school in the last year by year group and gender.

	Y5	Y8	Y10
Males	27	27	10
Females	26	32	10

By a small margin, the highest figures for reports of bullying in school in the last year are to be found in 2019.

Table 34: Trends 2017-2019 in primary and secondary pupil respondents who reported being bullied in school in the last year by year group

	2017	2018	2019
Y5	21	24	27
Y8	20	26	32
Y10	11	17	11

Have you been bullied in school in the past 2 months? [Q20]

Y5 pupils were the group most likely to report being bullied in the last 2 months (18%).

Table 35: Percentage of primary and secondary pupil respondents in 2019 who reported being bullied at school in the last 2 months by year group and gender.

	Y5	Y8	Y10
Males	19	13	2
Females	16	17	3

There are no clear trends in responses to this question.

Table 36: Trends 2017-2019 in primary and secondary pupil respondents who reported being bullied at school in the last 2 months by year group

	2017	2018	2019
Y5	12	18	18
Y8	12	13	15
Y10	6	8	3

If you have been bullied in the past 2 months, how were you bullied? [Q21]

Pupils are given a list of options, as below:

Behaviour	%
Verbally bullied (including name calling and threatening)	21
Physically bullied	13
Indirectly bullied (including ignoring, spreading rumours or glaring or threatening looks)	11
Cyber-bullied (using social network sites, instant messenger or chat rooms)	4
Bullied via a mobile phone (text messaging or silent or abusive calls)	3
Other	3

There is large difference between Y5 males and Y5 females in their reports of physical bullying (opposite), and a large proportional difference too between the sexes of secondary pupils.

There are no clear trends in responses to this question.

The 2019 figures for the primary phase are much higher, because in 2019 pupils were offered the chance to report more than one type.

Table 37: Percentage of primary and secondary pupil respondents in 2019 who reported being physically bullied by year group and gender.

	Y5	Y8	Y10
Males	50	10	2
Females	16	2	0

Chart 2: Percentage of primary and secondary pupil respondents in 2019 who reported being physically bullied by year group and gender

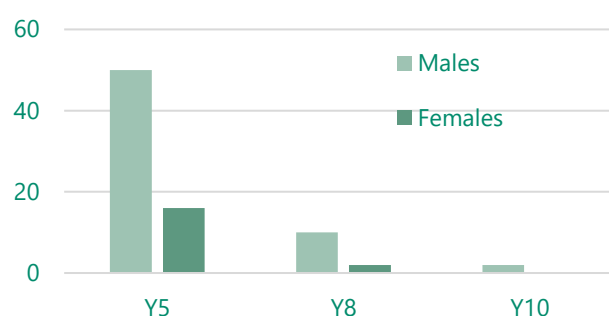


Table 38: Trends 2017-2019 in primary and secondary pupil respondents who reported three main types of bullying, by year group

Verbally				
	2017	2018	2019	
Y5	8	10	53	
Y8	9	17	14	
Y10	5	11	2	
Physically				
	2017	2018	2019	
Y5	2	4	34	
Y8	3	1	6	
Y10	1	1	1	
Indirectly				
	2017	2018	2019	
Y5	4	7	29	
Y8	6	2	1	
Y10	4	1	2	

In your opinion what is the most common form of bullying in your school? [Q22]

Verbal bullying was most often chosen as the most common form of bullying (41%) but not all secondary pupils identified it as such; 50% of Year 10 females in 2019 reported 'indirect' bullying as the most common.

Cyber-bullying was reported by just 4% of all pupils in the last 2 months, but 14% of all pupils thought it the most common form of bullying.

There are no clear trends in responses to this question.

Table 39: Percentage of secondary pupil respondents in 2019 who reported that 'verbal bullying' was the most common form, by year group and gender.

	Y8	Y10
Males	67	53
Females	43	27

Table 40: Trends 2017-2019 in secondary pupil respondents who reported that 'verbal bullying' was the most common form, by year group

	2017	2018	2019
Y8		54	55
Y10		51	34

In your opinion what is the most common reason for bullying in your school? [Q23]

About half of secondary pupils reported appearance as the most common reason perceived for bullying in their school.

Table 41: Percentage of secondary pupil respondents in 2019 who reported appearance as the most common reason for bullying by year group and gender.

	Y8	Y10
Males	47	55
Females	52	50

In 2018, the most common reason for bullying was offered as a free text response, which may account for the difference from 2019.

Table 42: Trends 2017-2019 in secondary pupil respondents who reported appearance as the most common reason for bullying by year group

	2017	2018	2019
Y8		67	49
Y10		62	51

Would you take action if you saw someone was being bullied? [Q24]

The responses offered were:

Response	%
I would be unlikely to take action	13
I would probably take action	32
I would be likely to take action	30
I would definitely take action	25

25% of pupils in 2019 thought they would definitely take action while 13% thought they would be unlikely to take action.

Table 43: Percentage of secondary pupil respondents in 2019 who reported that they

There are no clear trends in responses to this question.

would definitely take action by year group and gender.

	Y8	Y10
Males	17	22
Females	36	25

Table 44: Trends 2018-2019 in secondary pupil respondents who reported that they would take action by year group

	2018	2019
Y8	22	26
Y10	9	24

Do you like school? [Q25]

No more than a third of any year group say they like school, although only 16% say they don't like it – most say that it's "OK".

Table 45: Percentage of primary and secondary pupil respondents in 2019 who reported that they like school by year group and gender.

	Y5	Y8	Y10
Males	26	19	18
Females	35	21	16

There are no clear trends in responses to this question in the primary phase, but the responses among secondary pupils in 2019 are the highest recorded.

Table 46: Trends 2017-2019 in primary and secondary pupil respondents who reported that they like school, by year group

	2017	2018	2019
Y5	32	36	30
Y8	16	19	20
Y10	14	14	16

How do you find your school work? [Q26]

Secondary pupils were offered four options:

Response	%
Good, I can complete everything	20
OK	39
OK, but sometimes I struggle	37
I struggle to manage my school work	5

Over 40% of pupils reported at least sometimes struggling with school work.

There are no clear trends in responses to this question; compared with 2018, Year 8 and Year 10 findings in 2019 went in different directions.

Table 47: Percentage of secondary pupil respondents in 2019 who reported ever struggling by year group and gender.

	Y8	Y10
Males	50	39
Females	49	38

Table 48: Trends 2017-2019 in secondary pupil respondents who reported ever struggling, by year group

	2017	2018	2019
Y8	36	42	49
Y10	46	46	38

At school I feel safe... [Q27]

About 10% of all pupils in 2019 do not feel safe at school.

Pupils' expressions of safety in 2019 were the lower than we saw in 2018.

Table 49: Percentage of primary and secondary pupil respondents in 2019 who reported they do not feel safe at school (Y5) or feel safe at school rarely or never (Y8/Y10), by year group and gender.

	Y5	Y8	Y10
Males	7	17	14
Females	4	13	9

Table 50: Trends 2017-2019 in primary and secondary pupil respondents who reported they feel safe at school (Y5/Y6) or feel safe often/always (Y8/Y10), by year group

	2017	2018	2019
Y5/Y6	62	64	62
Y8	64	71	60
Y10	61	75	64

Do you have an adult, whom you trust, that you can talk to about things that bother you? [Q28]

Most pupils have a trusted adult confidant (64%), but a significant minority do not.

This question was new in 2019.

Table 51: Percentage of secondary pupil respondents in 2019 who reported having a trusted adult confidant by year group and gender.

	Y8	Y10
Males	75	61
Females	70	59

Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you? [Q29]

Most young people find it easy to talk to trusted adults (46%), but a significant minority do not, and, among Year 10 females, the majority do not find it easy.

There are no clear trends in responses to this question.

Table 52: Percentage of primary and secondary pupil respondents in 2019 who reported finding it easy to talk to trusted adults, by year group and gender.

	Y5	Y8	Y10
Males	55	60	57
Females	64	51	38

Table 53: Trends 2017-2019 in primary and secondary pupil respondents who reported finding it easy to talk to trusted adults, by year group

	2017	2018	2019
Y5/Y6	67	64	60
Y8	48	49	55
Y10	31	42	42

Whom do you usually talk to about things that bother you? [Q30]

The overall responses were:

Confidant	%
Parents	66
Friends	49
Other Family Members	29
Teachers	22
School Nurse	1
Other Adults (like youth workers)	4
Online Friends	5
I tend to keep things to myself	24

A breakdown by year and gender is shown opposite for parents, the most common response. Year 10 females responded least often to this option.

Pupils could choose more than one option. The figures shown are for all that reported talking to parents.

Table 54: Percentage of primary and secondary pupil respondents in 2019 who reported usually talking to their parents, by year group and gender.

	Y5	Y8	Y10
Males	71	67	57
Females	71	64	34

Table 55: Trends 2017-2019 in primary and secondary pupil respondents who reported usually talking to their parents, by year group

	2017	2018	2019
Y5	40	44	71
Y8	30	34	65
Y10	51	47	39

If you had a problem and couldn't talk to the person you normally would, do you know where you would go for help? [Q31]

About half of pupils said they know where to get help in the absence of their usual confidant.

Curiously, responses in 2017 were the most positive.

Table 56: Percentage of primary and secondary pupil respondents in 2019 who reported they know where to go for help by year group and gender.

	Y5	Y8	Y10
Males	57	56	41
Females	58	51	45

Table 57: Trends 2017-2019 in primary and secondary pupil respondents who reported they know where to go for help by year group

	2017	2018	2019
Y5	73	50	57
Y8	64	41	53
Y10	60	49	44

■ My Life

How often do you worry about the following? [Q32]

In 2019, this question was offered to all year groups.

The most common worry across all year groups was SATs and tests (39% worrying at least 'often'), but this was a more common worry among Y10 females (64%).

Topic	%
Family problems	20
Health problems	19
SATs & tests	39
Problems with friends	25
The way you look	28
Family money problems	17
Crime	20
Relationships	22
Being bullied	20

Before 2019, this was a question only for the primary phase. Worry about SATs was highest in the Y5 2019 group, even though pupils do not sit SATs until Y6.

Table 58: Percentage of primary and secondary pupil respondents in 2019 who reported worrying about SATs and tests by year group and gender.

	Y5	Y8	Y10
Males	35	25	31
Females	37	47	64

Chart 3: Percentage of primary and secondary pupil respondents in 2019 who reported worrying about SATs and tests by year group and gender

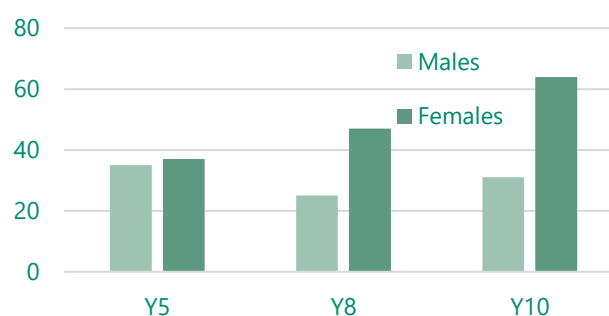


Table 59: Trends 2017-2019 in primary pupil respondents who reported worrying about SATs, by year group

	Y6 2017	Y5 2018	Y5 2019
Family problems	18	21	19
Health problems	14	17	19
SATs & tests	25	35	36
Problems with friends	16	21	24
The way you look	21	20	23
Family money problems	12	16	16
Crime	13	21	23
Puberty and growing up	18	18	21
Being bullied	16	21	21

How do you feel most days? [Q33]

Pupils were offered just three options:

Response	%
Happy	44
OK	48
Sad	7

Happiness drops notably with age.

Table 60: Percentage of primary and secondary pupil respondents in 2019 who reported that they usually feel happy, by year group and gender.

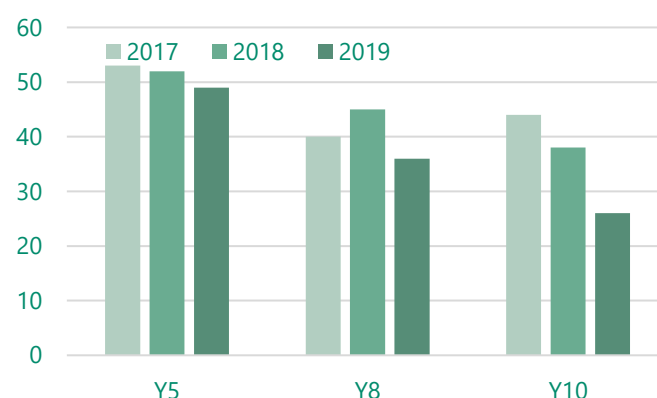
	Y5	Y8	Y10
Males	48	37	31
Females	49	34	25

Happiness reports are lowest in 2019.

Table 61: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling happy at school, by year group

	2017	2018	2019
Y5	53	52	49
Y8	40	45	36
Y10	44	38	26

Chart 4: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling happy at school, by year group and wave of survey



How often do you have strong feelings of anger? [Q34]

Something over a third of pupils reported often feeling angry.

This question has changed in its wording over the waves of the survey.

Table 62: Percentage of secondary pupil respondents in 2019 who reported often feeling angry by year group and gender.

	Y8	Y10
Males	39	31
Females	38	39

Table 63: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling angry often or daily, by year group

	2017	2018	2019
Y5/Y6	73		
Y8	45	47	38
Y10	52	49	38

Are you happy with your appearance? [Q35]

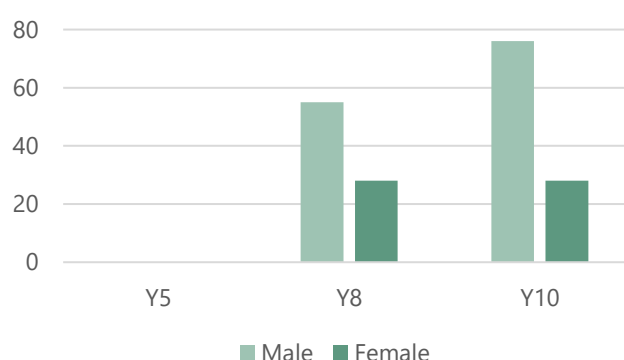
41% of secondary pupils say they are happy with their appearance

Female pupils in 2019 are less likely to be happy with their appearance (28%) than are males of the same age.

Table 64: Percentage of secondary pupil respondents in 2019 who reported feeling happy with their appearance, by year group and gender.

	Y8	Y10
Males	55	76
Females	28	28

Chart 5: Percentage of secondary pupil respondents in 2019 who reported feeling happy with their appearance, by year group and gender



These responses have been split by gender.
There are no clear trends for this question.

Table 65: Trends 2017-2019 in primary and secondary pupil respondents who reported being happy with their appearance, by year group and gender.

	2017	2018	2019
Y8 M	57	69	55
Y8 F	35	40	28
Y10 M	68	64	76
Y10 F	43	28	28

Do you find it easy to express yourself in the way you want to? [Q36]

Less than a third of pupils said they found it very easy to express themselves.

This question is missing from the 2018 data set.

Table 66: Percentage of secondary pupil respondents in 2019 who reported finding it easy or very easy to express themselves by year group and gender.

	Y8	Y10
Males	45	53
Females	20	27

Table 67: Trends 2017-2019 in primary and secondary pupil respondents who reported finding it easy to express themselves ('always' in 2017), by year group

	2017	2018	2019
Y8	26	--	34
Y10	25	--	34

Have you ever felt pressure from others to... [Q37]

Pupils could choose more than one option, and sometimes they reported a positive item together as well as 'I don't feel pressure'. In 2019, these contradictions were cleaned from the data set.

The figure for 'like certain things' in Y8 2018 is anomalous. The wording of the question refers to 'ever' feeling pressure from unspecified 'others', and to like 'certain things', so this is not easy to interpret.

Table 68: Percentage of secondary pupil respondents in 2019 who reported feeling pressure, by year group

	Y8	Y10
Look a certain way	22	33
Act a certain way	31	37
Do certain things	25	31
Like certain things	19	26
I don't feel pressure	46	40

Table 69: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling pressure, by year group

	2017		2018		2019	
	Y8	Y10	Y8	Y10	Y8	Y10
Look a certain way	28	24	24	31	22	33
Act a certain way	27	26	23	32	31	37
Do certain things	31	21	17	13	25	31
Like certain things	24	19	71	24	19	26
I don't feel pressure	50	57	3	45	46	40

How often do you have feelings of loneliness? [Q38]

About 20% of all pupils reported feeling lonely at least 'often'.

Primary pupils were asked a different version of the question, but their results are in keeping with those from the secondary phase.

Reports of feelings of loneliness are highest in the 2019 sample.

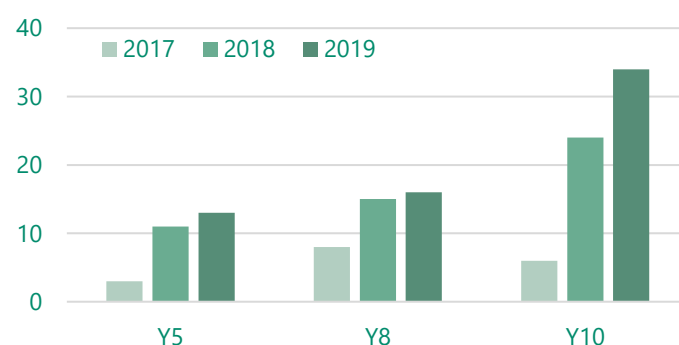
Table 70: Percentage of primary and secondary pupil respondents in 2019 who reported feeling lonely often or all the time, by year group and gender.

	Y5	Y8	Y10
Males	14	18	16
Females	12	15	39

Table 71: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling lonely often or all the time, by year group

	2017	2018	2019
Y5	3	11	13
Y8	8	15	16
Y10	6	24	34

Chart 6: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling lonely often or all the time, by year group



Life satisfaction questions

Three questions were asked about satisfaction with life.

- How happy are you with your life?
- How happy are you with your friends?
- How happy are you about the things you have? (like money and the things and possessions you own)

Pupils were asked to choose a point on a scale from 0 (very unhappy) to 10 (very happy).

The distributions for each were:

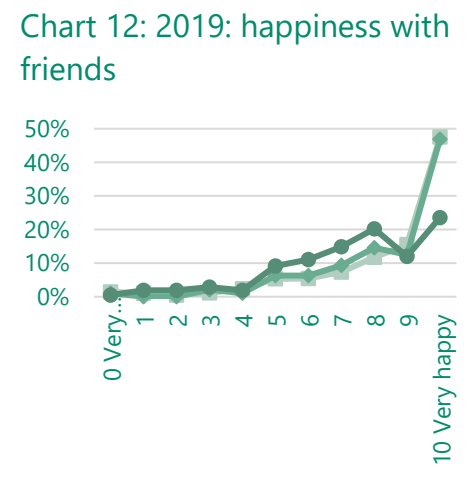
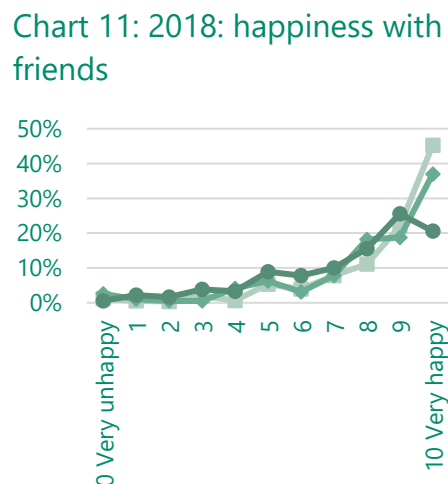
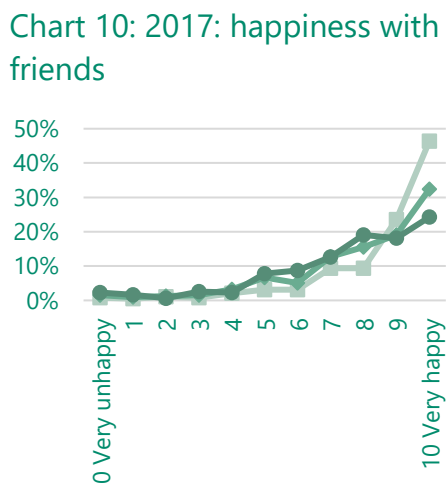
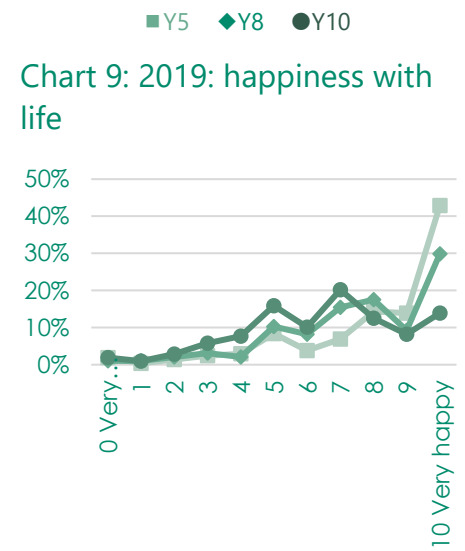
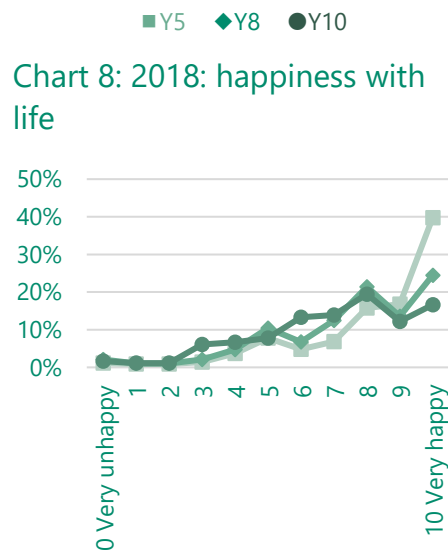
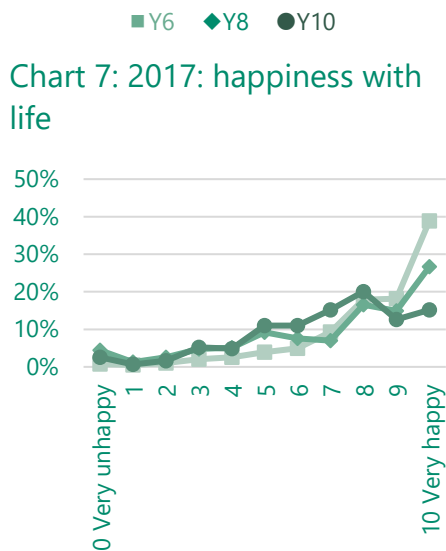


Chart 13: 2017: happiness with things

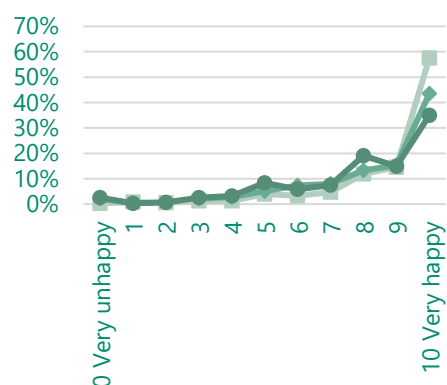


Chart 14: 2018: happiness with things

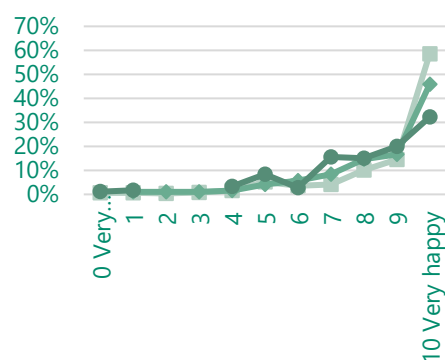
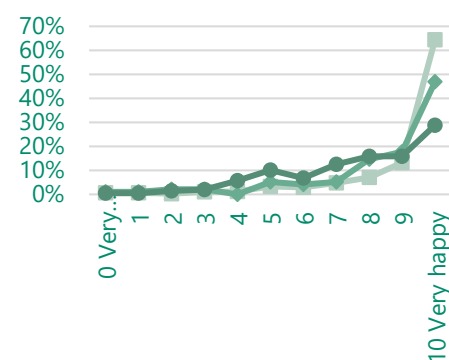


Chart 15: 2019: happiness with things



The majority of pupils in all year groups in each wave of the study are generally happy with their life, with their friends, and with their possessions.

How many days a week do you take part in 1 hour or more of physical activity? [Q40]

The recommendation for young people and physical activity is to exercise hard for an hour every day, and in 2019 27% of pupils reported exercising for so long on 6-7 days a week.

However, the figure for secondary females was just 9%.

There are no clear trends in responses to this question.

Table 72: Percentage of primary and secondary pupil respondents in 2019 who reported exercising for an hour on 6-7 days, by year group and gender.

	Y5	Y8	Y10
Males	36	23	31
Females	23	9	9

Table 73: Trends 2017-2019 in primary and secondary pupil respondents who reported different levels of physical activity by year group

None				
		2017	2018	2019
Y5/Y6		4	6	5
Y8		8	5	9
Y10		8	8	5
6-7 days				
		2017	2018	2019
Y5/Y6		26	26	30
Y8		21	17	17
Y10		12	14	15

Do you take part in any of these activities outside of school? [Q41]

The overall figures for 2019 were:

Activity	%
Sports Clubs	50
Youth Clubs	5
Other Clubs (e.g. Drama, Music)	14
Scouts / Guides / Cadets etc	10
Volunteering	5
Other	5
I don't take part in activities outside of school	50

In 2018, pupils were offered an open text response which cannot readily be compared.

Table 74: Percentage of primary and secondary pupil respondents in 2019 who reported that they don't take part in activities outside school, by year group and gender.

	Y5	Y8	Y10
Males	25	48	37
Females	33	55	43

Table 75: Trends 2017-2019 in primary and secondary pupil respondents who reported taking part in sports clubs by year group

	2017	2018	2019
Y5	62		56
Y8	39		30
Y10	34		33

Have you had sex? [Q42]

This question was asked only of Year 10 pupils.
In 2019, 7% of Year 10 reported that they had had sex.

We would not expect the figure for males to exceed that of females.

The proportion of Y10 students reporting having sex has declined 2017-19; the figures only for females have been listed.

Table 76: Percentage of Year 10 respondents in 2019 who reported sexual experience by gender.

	Y10
Males	16
Females	3

Table 77: Trends 2017-2019 in Year 10 females who reported sexual experience

	2017	2018	2019
Y10	9	6	7

If you have had sex, have you ever had unprotected sex? [Q43]

Similarly, the proportion of Y10 students reporting having unprotected sex has declined 2017-19.

Table 78: Trends 2017-2019 in Y10 pupil respondents who reported unprotected sex

	2017	2018	2019
Y10	5	4	2

■ My Community

Please answer the following statements (safety) [Q44]

Pupils were asked to indicate if they agree or disagree with these two statements:

- [I feel safe when I am out in my local area during the day]
- [I feel safe when I am out in my local area at night]

There is a marked deficit in Year 10 females' feelings of safety at night, compared with males.

There are no clear trends in pupils' feelings of safety.

Table 79: Percentage of primary and secondary pupil respondents in 2019 who reported feeling safe by year group and gender.

Day			Y8	Y10
	Males		51	63
	Females		65	50
Night		Y5	Y8	Y10
	Males	25	16	43
	Females	23	26	17

Table 80: Trends 2017-2019 in primary and secondary pupil respondents who reported feeling safe by year group

Day		2017	2018	2019
Y5/Y6		72	66	
Y8		55	67	58
Y10		51	56	52
Night		2017	2018	2019
Y5/Y6		25	24	24
Y8		17	29	21
Y10		24	27	24

What makes you feel safe in your local area? [Q45]What makes you feel unsafe in your local area? [Q46]

These were free-text responses. Word clouds have been produced, where the size of the words is proportional to their frequency.

Chart 16: 2019: Word cloud of primary phase responses about feeling safe



Chart 18: 2019: Word cloud of secondary phase responses about feeling safe



Chart 17: 2019: Word cloud of primary phase responses about feeling unsafe



Chart 19: 2019: Word cloud of secondary phase responses about feeling unsafe



We can see initially that, compared with secondary pupils, primary pupils are proportionally more likely to mention **family** and **friends** when thinking about feeling safe, and are more likely to mention **night** and **teenagers** when thinking about feeling unsafe.

■ My Feelings

The Warwick-Edinburgh Mental Well-being Scale [Q47]

Question 47 has 15 items, the first 14 of which (tone) go to make up the WEMWBS wellbeing scale, a validated scale widely used in studies of emotional wellbeing ¹.

I've been feeling optimistic about the future
 I've been feeling useful
 I've been feeling relaxed
 I've been feeling interested in other people
 I've had energy to spare
 I've been dealing with problems well
 I've been thinking clearly
 I've been feeling good about myself
 I've been feeling close to other people
 I've been feeling confident
 I've been able to make up my mind about things
 I've been feeling loved
 I've been interested in new things
 I've been feeling cheerful

I have a clear idea about what I want to do with my life

Table 81: Percentage of secondary pupil respondents in 2019 who attained different scores on the WEMWBS wellbeing scale, by year group and gender.

	Year 8		Year 10	
	Male	Female	Male	Female
14-27: Low	6	3	4	8
28-41: Med-low	18	34	21	34
42-55: Med-high	51	50	47	45
56-70: High	24	13	28	13

Males are more likely to appear in the highest bracket of wellbeing scores than are females.

The average wellbeing score in 2019 was 45.3, while the average for a group of students using the same scale in SHEU databanks was also close to 45.

Two of the WEMWBS scale items were asked in previous waves of the survey, together with a third item asked in the same format:

- I've been dealing with problems well
- I've been feeling optimistic about the future
- I have a clear idea about what I want to do with my life

Pupils were asked to indicate how often they felt like this on a scale:

None of the time Rarely Some of the time Often All of the time

The proportions responding positively are shown in the table opposite. Changes in question design may have produced changes in responses.

Table 82: Trends 2017-2019 in secondary pupil respondents who gave positive responses (often or all the time) to three statements, by year group

Dealing well		2017	2018	2019
Y8		46	55	33
Y10		49	44	35
Optimistic		2017	2018	2019
Y8		43	49	36
Y10		51	44	45
Clear idea		2017	2018	2019
Y8		60	60	52
Y10		50	43	50

We have re-analysed the WEMWBS figures recently, and results suggest that 16% of Thurrock secondary school pupils have a 'very low' score on the short form of the scale, compared with 18% of pupils in 'statistical neighbour' authorities².

¹ <https://warwick.ac.uk/fac/sci/med/research/platform/wemwbs/> See also Clarke A *et al.* (2011) 'Warwick-Edinburgh Mental Well-being Scale (WEMWBS): Validated for teenage school students in England and Scotland. A mixed methods assessment.' *BMC Public Health*, **11**: 487

² Stewart-Brown, S (2019). Personal communication 'Re: Interpreting the sWEMWBS mean scores'.

Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people? [Q49]

This was another question where pupils were asked to respond on a numbered scale from 0 Can't be too careful to 10 Most people can be trusted.

Most people can be trusted.

This is a standard and widely-used survey question.

Chart 20: 2017: trust rating scale

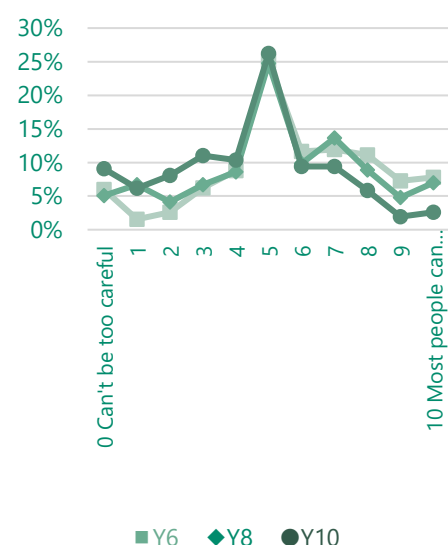


Chart 21: 2018: trust rating scale

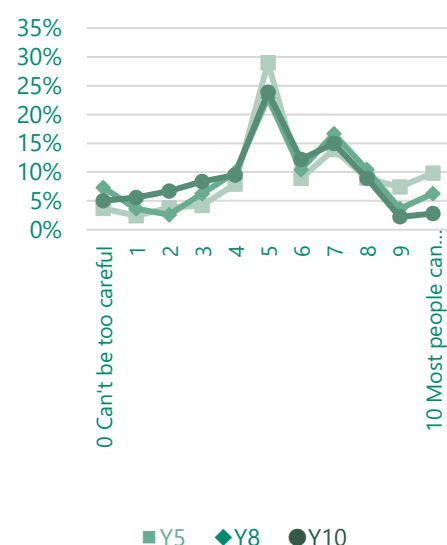
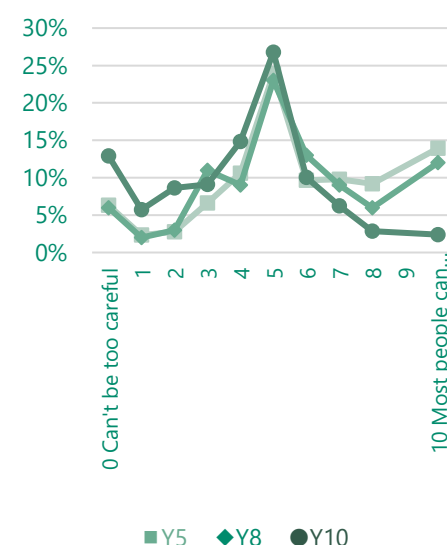


Chart 22: 2019: trust rating scale



There is a marked peak for the mid-range response, which suggests that this is not an issue about which most young people in secondary schools are decided. Year 10 pupils are the least likely to agree that 'Most people can be trusted', which is itself rather a qualified statement.

When feeling overwhelmed by worries or concerns, how often do you do the following things? [Q50]

Secondary pupils were offered a list of options, and given a scale of responses:

None of the time Rarely Some of the time Often All of the time

The proportion responding **often** or **all the time** are shown opposite.

Table 83: Percentage of secondary pupil respondents in 2019 who reported responding to worries or concerns in different ways at least often, by year group and gender.

Taking part in hobbies, activities or exercise	39
Drinking, smoking or taking drugs	2
Seeking out friends for support	33
Seeking out family for support	34
Cutting or Hurting myself	4
Breaking or damaging things	11
Taking deep breaths to calm myself	26
Trying to not think about it and forgetting the problem	32
Blaming myself	32
Spending time alone	39
Praying or attending my place of worship	21
Some other way	19

Looking just at self-harm, and extending the responses of concern to include some of the time, we see:

Table 84: Percentage of secondary pupil respondents in 2019 who reported self-harm at least some of the time, by year group and gender.

	Y8	Y10
Males	14	14
Females	9	15

Table 85: Trends 2017-2019 in secondary pupil respondents who reported self-harm at least some of the time by year group

	2017	2018	2019
Y8	14	9	12
Y10	10	14	14

Over 10% of pupils in 2019 said they self-harmed when they felt overwhelmed by worries.

How able do you feel to make changes to your own life? [Q51]

This was another question where pupils were asked to respond on a numbered scale from 0 Not at all able to 10 Very able.

Chart 23: 2017: changes rating scale

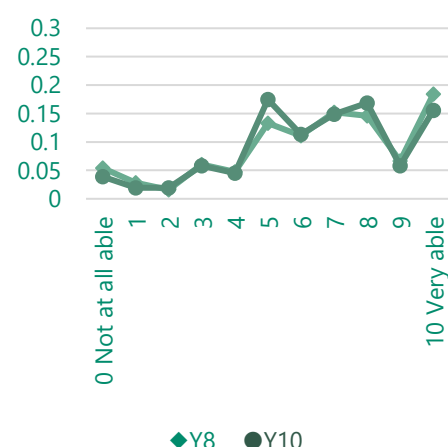


Chart 24: 2018: changes rating scale

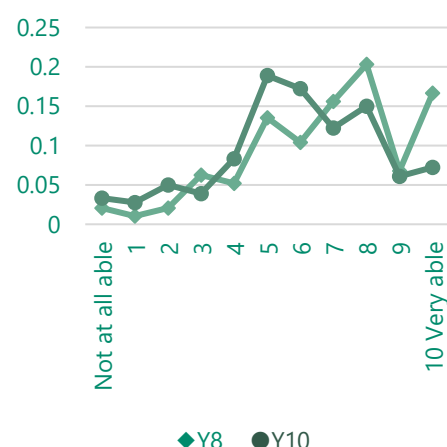
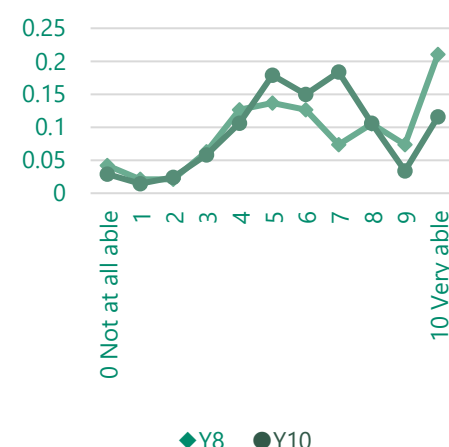


Chart 25: 2019: changes rating scale



Most young people in secondary schools in each wave of the survey express at least moderate confidence in their ability to implement change.

The pattern of results is similar in each wave of the survey.

If you had a problem, do you think you would be able to cope? [Q52]

About half of the 2019 secondary pupils reported that they could cope if they had a problem.

Table 86: Percentage of secondary pupil respondents in 2019 who reported they could cope with a problem, by year group and gender.

	Y8	Y10
Males	49	63
Females	36	48

Pupils' confidence in their capacity to cope with a problem is lowest in 2019.

Table 87: Trends 2017-2019 in primary and secondary pupil respondents who reported they could cope with a problem by year group

	2017	2018	2019
Y8	54	58	43
Y10	61	60	52

If you needed support with any problems or concerns you were facing, would you seek help? [Q53]

Secondary pupils were offered a range of responses.

Option	%
Definitely	15
Probably	33
Possibly	36
I don't know where help is	5
I don't think there is help	12

Table 88: Percentage of secondary pupil respondents in 2019 who reported they would definitely or probably seek help, by year group and gender.

	Y8	Y10
Males	61	46
Females	49	44

48% of secondary pupils in 2019 intend to seek help (definitely or probably) if they needed support with a problem.

Of concern are the 17% who are unaware of sources of support.

Help-seeking intentions in Year 10 students were highest in 2018.

Table 89: Trends 2017-2019 in secondary pupil respondents who reported they would definitely or probably seek help, by year group

	2017	2018	2019
Y8	53	56	55
Y10	53	70	44

Survey analysis

Connections between questionnaire items were explored in the report for 2016-17; these analyses have been repeated below for the 2019 sample.

Analysis: Multiple questions indicating concern

The behaviours of pupils who might indicate concern were investigated, by enumerating how many questions a pupil answered in an undesirable way – for example, pupils saying that they do not feel safe at school.

For primary pupils:

Question	Key responses
Do you feel safe at school?	Disagree or Strongly disagree
How do you feel most days?	Sad
Do you ever feel lonely?	Often or All the time
How happy are you with your life?	5 or less

A criterion was adopted for primary pupils that two or more questions with less desirable responses might indicate concern about the student's wellbeing.

For secondary pupils:

Question	Key responses
Do you feel safe at school?	Disagree or Strongly disagree
How able do you feel to make changes to your own life?	5 or less
I feel I have a clear idea about what I want to do in my life.	None of the time or Rarely
I've been feeling optimistic about the future.	None of the time or Rarely
How often do you have strong feelings of anger?	Often or All the time
How do you feel most days?	Sad

A criterion was adopted for secondary pupils that three or more questions with less desirable responses might indicate concern about the student's wellbeing.

The proportion of pupils fulfilling the criteria for concern are shown in the table opposite.

This style of analysis was adopted in 2017 and repeated here. However, SHEU do not have access to the original scores, and the points on each question which were considered undesirable were not given in the 2017 report, so there are likely to be important differences in the analysis described above and the original analysis, which account for the marked differences in the proportions meeting the criteria since then.

The 2017 analysis produced a marked sex difference in all year groups, which is also seen here.

Table 90: Percentages of pupils recorded with questions of concern in 2019, by year group and sex.

	Year 5		Year 8		Year 10	
	Male	Female	Male	Female	Male	Female
None	75	77	33	26	46	30
1	17	15	38	40	35	34
2	6	6	12	21	8	19
3	2	2	15	13	10	11
4					2	5
5			2			1
Meeting criterion 2019	8	8	17	13	12	17
Meeting criterion, 2017	10	20	30	47	31	41

It can be shown that reporting one indication of concern by a pupil makes it more likely that they will go on to report other indicators as well.

The easiest way to see this is in the correlation matrix shown on page 40.

It was speculated in earlier reports that pupils fulfilling the criteria for concern are more likely to report risky behaviours, such as substance use or sexual activity. This was briefly investigated in the 2019 sample in the table opposite.

Year 10 pupils fulfilling the criteria for concern (three or more responses indicating distress or risk) were more likely to report trying cigarettes.

Table 91: Percentages of year 10 pupils trying cigarettes by number of questions of concern in 2019.

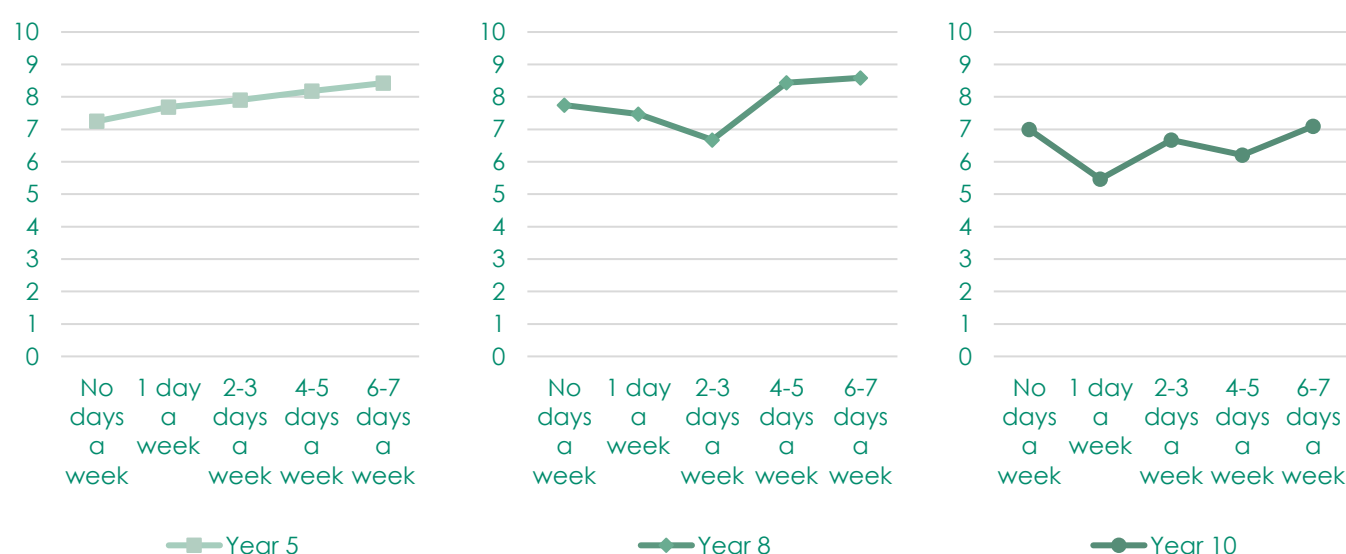
	No	Yes
None	89	11
1	92	8
2	74	26
3	77	23
4	75	25
5		100

Analysis: Physical activity and emotional health

The relationship between physical activity and emotional health was explored.

There was some suggestion in 2017 that, among secondary pupils, higher participation in physical activity was associated with higher happiness with life, and an attempt to repeat this analysis is shown for the 2019 sample. The differences are not clear or large.

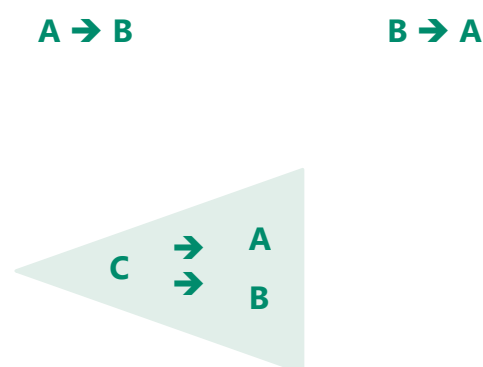
Charts 26 27 & 28: Mean ratings for 'happiness with life' of primary and secondary pupil respondents in 2019, by year group and physical activity levels



The rise of mean happiness with increasing physical activity seen among Y5 pupils is statistically significant if modest, while the pattern among secondary pupils is less clear.

It cannot be shown if physical activity leads to greater happiness ($A \rightarrow B$), or if greater happiness makes students more likely to exercise ($B \rightarrow A$), or if something else is going on.

Of course, there may be background factors, like being middle class, which could produce both increased happiness and more physical activity.



Analysis: Coincidence of substance use behaviours

Substance use behaviours were associated with each other; that is, pupils who reported use of one substance were more likely to report use of other substances, and in some cases much more likely.

Table 92: Associations of substance use behaviours among Year 10 pupils in 2019 (figures are percentages)

	All Y10	If tried smoking	If tried vaping	If drinking without supervision in the last year	If tried cannabis
Tried smoking	15		43	28	67
Tried vaping	27	75		45	75
Drinking without supervision	41	75	68		81
Tried cannabis	10	44	27	20	

Analysis: Coincidence of substance use behaviours and sexual activity (figures are percentages)

Sexual activity in year 10 students was associated with substance use behaviours; sexual activity is reported more often if the student has elsewhere reported substance use.

Table 93: Associations of sexual activity with substance use behaviours among Year 10 pupils in 2019

	All Y10	If tried smoking	If tried vaping	If drinking without supervision in the last year	If tried cannabis
Had sex	7	19	18	11	29
Had unprotected sex	2	10	5	5	25

Analysis: Support, help-seeking and feelings

Young people reporting often having feelings of anger or loneliness were compared with their peers.

The higher figure in the comparisons on the table below is shown in **bold**.

Young people reporting often having feelings of anger or loneliness were generally less likely to have a confidant, less likely to know where to go for help, and less likely to intend to go for help if they had a problem. There were some exceptions.

Table 94: Associations of emotionality with help-seeking behaviours in 2019 (figures are percentages)

		Often feel angry	Other pupils	Often feel lonely	Other pupils
Year 5	Has a confidant	--	--	43	60
Year 8	Has a confidant	63	78	56	75
	Know where to get help	58	49	56	51
	Definitely/probably would get help	51	56	32	60
Year 10	Has a confidant	51	65	49	65
	Know where to get help	39	48	40	46
	Definitely/probably would get help	28	55	26	53

Analysis: Correlation matrix (Year 10 students)

	A	B	C	D	E	F	G	H	J	K	L	M	N	P	Q	R	S	T	U	V	AA	BB	CC	DD	EE	FF	GG	HH	JJ	KK	LL	MM	NN
A Happiness index (3/10)		0.26	0.44	0.39	0.25	0.28	0.22	0.16	0.41	0.11	0.00	0.22	0.40	0.50	0.44	-0.36	-0.51	-0.17	-0.16	-0.21	-0.08	-0.12	-0.19	-0.20	-0.27	-0.14	-0.14	-0.01	-0.04	-0.13	-0.18	-0.31	-0.01
B Like school	0.26		0.17	0.32	0.29	0.00	-0.09	0.10	0.30	0.07	0.01	0.26	0.24	0.23	0.18	-0.19	-0.10	-0.06	-0.17	-0.17	-0.15	-0.20	-0.10	-0.10	-0.18	-0.08	-0.07	0.05	-0.09	-0.01	-0.10	-0.08	-0.08
C Feel able to make change in life	0.44	0.17		0.22	0.12	0.05	0.18	0.31	0.23	0.13	-0.11	0.23	0.26	0.30	0.34	-0.19	-0.29	-0.05	0.02	-0.13	0.01	0.03	-0.11	-0.10	-0.30	-0.26	-0.26	0.08	0.02	-0.06	-0.16	-0.24	-0.01
D Trust index	0.39	0.32	0.22		0.16	0.12	0.11	0.21	0.36	-0.02	-0.07	0.32	0.35	0.30	0.27	-0.29	-0.30	-0.08	-0.08	-0.09	0.01	-0.16	-0.02	-0.08	-0.14	-0.04	-0.04	-0.02	0.00	-0.04	-0.05	-0.36	0.04
E Safe at school	0.25	0.29	0.12	0.16		0.13	0.12	0.09	0.21	-0.03	0.07	0.14	0.17	0.25	0.24	-0.18	-0.10	-0.12	-0.24	-0.16	-0.14	-0.06	-0.03	-0.10	-0.25	-0.13	-0.14	-0.08	-0.01	-0.07	-0.08	-0.11	-0.13
F Safe during day	0.28	0.00	0.05	0.12	0.13		0.45	0.10	0.12	-0.05	-0.04	0.04	0.13	0.13	0.23	-0.13	-0.09	0.09	-0.02	0.11	0.03	0.02	-0.02	0.09	-0.02	-0.08	-0.07	0.14	0.15	-0.06	0.08	-0.25	0.00
G Safe at night	0.22	-0.09	0.18	0.11	0.12	0.45		0.10	0.05	-0.03	-0.15	0.07	0.10	0.01	0.27	0.04	-0.09	0.10	0.15	0.13	0.11	0.09	0.03	0.05	-0.08	-0.01	-0.01	0.07	0.13	-0.07	0.05	-0.28	0.06
H Can cope	0.16	0.10	0.31	0.21	0.09	0.10	0.10	0.00	0.09	0.13	0.04	0.13	0.17	0.24	0.19	-0.05	-0.20	-0.02	-0.12	0.00	0.05	-0.02	-0.16	-0.03	-0.14	-0.11	-0.11	0.09	0.09	-0.05	-0.26	-0.21	-0.18
J Would get help	0.41	0.30	0.23	0.36	0.21	0.12	0.05	0.09		-0.10	-0.06	0.42	0.46	0.33	0.26	-0.26	-0.26	-0.22	-0.23	-0.19	-0.13	-0.15	-0.13	-0.11	-0.24	-0.05	-0.05	-0.08	-0.08	0.00	-0.05	-0.18	-0.09
K Physical activity	0.11	0.07	0.13	-0.02	-0.03	-0.05	-0.03	0.13	-0.10		0.15	-0.07	0.00	-0.04	0.07	0.10	-0.02	-0.19	-0.16	-0.03	-0.10	0.05	0.15	-0.02	-0.08	-0.02	-0.02	-0.01	-0.10	0.01	-0.01	-0.03	0.01
L Active travel to school	0.00	0.01	-0.11	-0.07	0.07	-0.04	-0.15	0.04	-0.06	0.15		-0.07	-0.02	-0.04	-0.09	-0.02	0.03	-0.01	0.00	0.08	-0.04	-0.04	0.13	0.13	0.04	0.00	0.00	-0.03	0.00	0.02	0.01	0.09	-0.08
M Adult confidant	0.22	0.26	0.23	0.32	0.14	0.04	0.07	0.13	0.42	-0.07	-0.07		0.38	0.27	0.07	-0.14	-0.16	-0.03	-0.14	-0.08	-0.03	-0.04	-0.15	-0.16	-0.23	0.03	0.03	0.07	0.00	0.09	-0.10	-0.16	-0.12
N Easy to talk with confidant	0.40	0.24	0.26	0.35	0.17	0.13	0.10	0.17	0.46	0.00	-0.02	0.38		0.22	0.29	-0.23	-0.29	-0.17	-0.14	-0.13	-0.02	-0.15	-0.13	-0.13	-0.14	-0.10	-0.10	-0.07	-0.07	-0.06	-0.19	-0.19	-0.08
P Happy most days	0.50	0.23	0.30	0.30	0.25	0.13	0.01	0.24	0.33	-0.04	-0.04	0.27	0.22		0.34	-0.21	-0.49	-0.11	-0.07	-0.17	-0.08	-0.13	-0.21	-0.14	-0.17	-0.17	-0.17	-0.02	-0.08	0.04	-0.27	-0.22	-0.10
Q Happy with how you look	0.44	0.18	0.34	0.27	0.24	0.23	0.27	0.19	0.26	0.07	-0.09	0.07	0.29	0.34		-0.24	-0.39	-0.18	-0.14	-0.16	-0.16	-0.14	-0.05	-0.13	-0.27	-0.03	-0.03	0.02	-0.04	-0.21	-0.15	-0.36	-0.09
R Feel anger often	-0.36	-0.19	-0.19	-0.29	-0.18	-0.13	0.04	-0.05	-0.26	0.10	-0.02	-0.14	-0.23	-0.21	-0.24		0.32	0.13	0.17	0.23	0.10	0.12	0.06	0.05	0.23	0.11	0.11	0.03	0.07	0.05	0.11	0.24	-0.08
S Feel lonely often	-0.51	-0.10	-0.29	-0.30	-0.10	-0.09	-0.09	-0.20	-0.26	-0.02	0.03	-0.16	-0.29	-0.49	-0.39	0.32		0.09	0.05	0.16	-0.03	0.05	0.20	0.22	0.20	0.09	0.09	-0.03	0.02	0.02	0.25	0.27	0.03
T Tried cigarette	-0.17	-0.06	-0.05	-0.08	-0.12	0.09	0.10	-0.02	-0.22	-0.19	-0.01	-0.03	-0.17	-0.11	-0.18	0.13	0.09		0.46	0.30	0.43	0.24	0.07	0.09	0.20	-0.06	-0.06	0.21	0.19	0.24	0.05	0.11	0.10
U Tried vaping	-0.16	-0.17	0.02	-0.08	-0.24	-0.02	0.15	-0.12	-0.23	-0.16	0.00	-0.14	-0.14	-0.07	-0.14	0.17	0.05	0.46		0.33	0.54	0.39	0.12	0.11	0.24	-0.10	-0.10	0.27	0.12	0.15	0.08	0.15	0.16
V Unsupervised drinking	-0.21	-0.17	-0.13	-0.09	-0.16	0.11	0.13	0.00	-0.19	-0.03	0.08	-0.08	-0.13	-0.17	-0.16	0.23	0.16	0.30	0.33		0.37	0.28	0.23	0.29	0.22	0.03	0.04	0.13	0.13	0.08	0.04	0.11	0.02
AA Tried cannabis	-0.08	-0.15	0.01	0.01	-0.14	0.03	0.11	0.05	-0.13	-0.10	-0.04	-0.03	-0.02	-0.08	-0.16	0.10	-0.03	0.43	0.54	0.37		0.47	0.03	0.12	0.24	0.01	0.01	0.26	0.34	0.22	0.05	0.04	0.06
BB Tried other drugs	-0.12	-0.20	0.03	-0.16	-0.06	0.02	0.09	-0.02	-0.15	0.05	-0.04	-0.04	-0.15	-0.13	-0.14	0.12	0.05	0.24	0.39	0.28	0.47		0.05	0.06	0.24	-0.06	-0.06	0.20	0.10	0.11	0.09	0.10	0.11
CC Add unmet people to 'friends' online	-0.19	-0.10	-0.11	-0.02	-0.03	-0.02	0.03	-0.16	-0.13	0.15	0.13	-0.15	-0.13	-0.21	-0.05	0.06	0.20	0.07	0.12	0.23	0.03	0.05		0.25	0.14	0.01	0.02	0.08	0.12	0.11	0.22	0.04	-0.04
DD Regretted posting on Internet	-0.20	-0.10	-0.10	-0.08	-0.10	0.09	0.05	-0.03	-0.11	-0.02	0.13	-0.16	-0.13	-0.14	-0.13	0.05	0.22	0.09	0.11	0.29	0.12	0.06	0.25		0.28	0.08	0.09	0.12	0.25	0.14	0.21	0.03	0.10
EE Pressure to share something on Internet	-0.27	-0.18	-0.30	-0.14	-0.25	-0.02	-0.08	-0.14	-0.24	-0.08	0.04	-0.23	-0.14	-0.17	-0.27	0.23	0.20	0.20	0.24	0.22	0.24	0.24	0.14	0.28		0.23	0.23	-0.14	-0.07	0.14	0.08	0.19	0.07
FF Bullied last year	-0.14	-0.08	-0.26	-0.04	-0.13	-0.08	-0.01	-0.11	-0.05	-0.02	0.00	0.03	-0.10	-0.17	-0.03	0.11	0.09	-0.06	-0.10	0.03	0.01	-0.06	0.01	0.08	0.23		1.00	-0.09	-0.05	0.03	0.08	0.07	-0.03
GG Bullied in last 2 months	-0.14	-0.07	-0.26	-0.04	-0.14	-0.07	-0.01	-0.11	-0.05	-0.02	0.00	0.03	-0.10	-0.17	-0.03	0.11	0.09	-0.06	-0.10	0.04	0.01	-0.06	0.02	0.09	0.23	1.00		-0.09	-0.05	0.04	0.08	0.08	-0.03
HH Had sex	-0.01	0.05	0.08	-0.02	-0.08	0.14	0.07	0.09	-0.08	-0.01	-0.03	0.07	-0.07	-0.02	0.02	0.03	-0.03	0.21	0.27	0.13	0.26	0.20	0.08	0.12	-0.14	-0.09	-0.09		0.58	0.07	0.05	0.01	-0.03
JJ Had unprotected sex	-0.04	-0.09	0.02	0.00	-0.01	0.15	0.13	0.09	-0.08	-0.10	0.00	0.00	-0.07	-0.08	-0.04	0.07	0.02	0.19	0.12	0.13	0.34	0.10	0.12	0.25	-0.07	-0.05	-0.05	0.58		0.09	0.11	-0.06	-0.02
KK Experienced sexual harassment	-0.13	-0.01	-0.06	-0.04	-0.07	-0.06	-0.07	-0.05	0.00	0.01	0.02	0.09	-0.06	0.04	-0.21	0.05	0.02	0.24	0.15	0.08	0.22	0.11	0.11	0.14	0.14	0.03	0.04	0.07	0.09		0.11	0.17	-0.05
LL Cutting or Hurting myself	-0.18	-0.10	-0.16	-0.05	-0.08	0.08	0.05	-0.26	-0.05	-0.01	0.01	-0.10	-0.19	-0.27	-0.15	0.11	0.25	0.05	0.08	0.04	0.05	0.09	0.22	0.21	0.08	0.08	0.08	0.05	0.11	0.11		0.00	0.10
MM Worry often or very often about something	-0.31	-0.08	-0.24	-0.36	-0.11	-0.25	-0.28	-0.21	-0.18	-0.03	0.09	-0.16	-0.19	-0.22	-0.36	0.24	0.27	0.11	0.15	0.11	0.04	0.10	0.04	0.03	0.19	0.07	0.08	0.01	-0.06	0.17	0.00		-0.06
NN Low wellbeing score	-0.01	-0.08	-0.01	0.04	-0.13	0.00	0.06	-0.18	-0.09	0.01	-0.08	-0.12	-0.08	-0.10	-0.09	-0.08	0.03	0.10	0.16	0.02	0.06	0.11	-0.04	0.10	0.07	-0.03	-0.03	-0.03	-0.02	-0.05	0.10	-0.06	

- This rather crowded table shows associations between of different aspects of lifestyle. We have picked a few variables from each area of the survey: the health-positive behaviours are earlier in the list and shown with a blue background.
- We then calculated correlation coefficients (Pearson's r) for each pair of variables. A correlation coefficient is a number between +1.0 and -1.0, where 0 indicates no association at all, and a positive number indicates a positive association (more or one, more of the other), and a negative number indicates a negative association (more or one, less of the other). (There are some technical reasons³ why Pearson's r might be thought inappropriate here, but in fact it is still best.)

³ <http://sheu.org.uk/content/blog/tour-statistical-techniques>

- If it was a negative association; the more intense the colour, the stronger the association. On the chart, we can see that health-positive behaviours are generally positively correlated with each other (top left quarter of the chart is nearly all blue; physical activity behaves differently) and negatively correlated with risky behaviours (top right/bottom left are mostly orange); risky behaviours are often positively correlated with each other (bottom right is mostly blue).
- Correlation sizes above 0.12 (positive or negative) are statistically significant at $p < 0.01$; others are shown in grey type. Significant correlation does not imply cause and effect: factor A may give rise to B ($A \rightarrow B$), or B to A ($A \leftarrow B$), or they may both arise when some other factor C is present, for example, deprivation ($C \rightarrow A$, $C \rightarrow B$).

Comparisons

Table 95: Comparisons of Thurrock figures with other SHEU samples (figures are percentages)

■ Comparisons summary:

Available 'statistical neighbours' were Peterborough (secondary only), Stockton (secondary only), Bolton and Rochdale

The limited Thurrock sample and use of non-standard questions make comparisons difficult to make or trust

Where direct comparisons are available, headline findings in Thurrock are generally similar to those found elsewhere

The results from apparently similar physical activity questions are divergent

Percentage meeting criterion	Thurrock 2019			Statistical neighbours 2015-2019			Young People into 2019 (SHEU England 2018)		
	Y5	Y8	Y10	Y6	Y8	Y10	Y6	Y8	Y10
Ever tried smoking	3	18	15	4	8	24	2	10	25
Ever tried vaping	4	21	27		14	25		14	25
Ever tried drugs	2	10	11		2	12		3	11
Walked/cycled to school *	52	29	41	48				42	36
Regretted sending something online	16	6	7		9	13		6	9
Bullied at school in the last year	27	32	11	27	28	19	23	24	19
Feel safe in area during day		58	52		53	35	62	76	73
Feel safe in area at night	24	21	24		19	27	22	43	41
Have a trusted adult to talk with *		73	60				77	77	68
Physical activity for 1 hour+ last week (zero days)*	5	9	5	32	37	37	14	34	40
Physical activity for 1 hour+ last week (6-7 days)*	30	17	15	5	5	4	18	4	5
Sexually active			7			9			11
Mean wellbeing score (WEMWBS)		46	45		51	48		47	45
'Very low' (= <17) score on short WEMWBS scale (see p.28)		14	17		17	18		17	21
Worry about school/exams/tests	36	30	46	46			26	37	51
Response to problem/stress = self-harm*		12	14		5	8		13	14

* Question asked using different wording in comparison samples

Conclusions

Most young people in the survey are quite positive, optimistic and are usually untroubled by problems yet often confident in their capacity to cope with any that arise.

Nonetheless, there are significant minorities in the sample who variously report indications of concern:

- Regret after sharing something online (>10% of all pupils)
- Experience of bullying (25% of all pupils)
- Poor emotional wellbeing score (6% of secondary pupils)
- Self-harm (>10% of secondary pupils)
- Not sure they could cope with a problem (45% of secondary pupils) or sure they could not cope (6%)
- No knowledge of local support services (17% of secondary pupils)

Moreover, there are some important differences in the risks experienced by different groups:

- Y8 pupils report most experience of bullying while Y5 reported most bullying in the last 2 months (18%)
- Y10 pupils report most experience of substance use
- Secondary males report more experimentation with vaping than do females
- Secondary females report less happiness with their appearance than do males

Some young people report multiple indications of concern, and reporting of one indicator of concern is associated with a higher likelihood of other indicators. Indicators of poor emotional wellbeing are associated with increased prevalence of risky behaviours.

There is a mismatch in the perceived prevalence of cyber-bullying and its actual prevalence.

Recommendations

The findings suggest some responses from the Council, schools and families:

- Provision of and signposting to services for young people is essential.
- Promotion of young people's emotional wellbeing and resilience is highly desirable.
- Young people's understanding of risk behaviours and their possible drivers should be fostered.

Participation in the study by secondary schools has been modest, and must be addressed in any future rounds of the survey. This could include:

- Discussions with secondary schools about the potential benefits of a survey, including opportunity to change the questionnaire to increase utility to schools
- Re-modelling the reports that go to schools, again with their usefulness to schools as a priority.

There are some important gaps in the information in the survey and we recommend revision of the questionnaire to include prevalence of supervised as well as unsupervised drinking of alcohol, and some measure of dietary behaviour alongside physical activity.

Additional questions about pupils' background would allow the experiences of vulnerable groups to be explored.

Appendices

Appendix 1: Participating Schools

Phase		2017	2018	2019	2020
	* Special				
1*	Treetops School			Y	
2*	Treetops School			Y	
2*	Olive AP Academy - Thurrock			Y	
1	Abbots Hall Primary School		Y	Y	
1	Arthur Bugler	Y			
1	Aveley Primary School		Y	Y	
1	Belmont Castle		Y		
1	Chadwell St Mary	Y	Y		
1	Corringham Primary School	Y	Y		
1	Deneholm Primary School		Y	Y	
1	East Tilbury Primary School and Nursery			Y	
1	Giffards Primary School	Y		Y	
1	Graham James Primary School		Y		
1	Herringham Primary Academy			Y	
1	Holy Cross Catholic Primary School			Y	
1	Horndon on the Hill Primary School	Y	Y		
1	Kenningtons Primary Academy			Y	
1	Lansdowne Primary Academy			Y	
1	Little Thurrock Primary School	Y	Y	Y	
1	Orsett CE Primary School			Y	
1	Ortu Corringham Primary School			Y	
1	Shaw Primary Academy		Y		
1	St Josephs' Catholic Primary School		Y		
1	St Thomas of Canterbury Catholic Primary School	Y	Y	Y	
1	Stanford-Le-Hope Primary School			Y	
1	Stifford Clays			Y	
1	Thameside Primary School		Y	Y	
1	The Gateway Primary Academy			Y	
1	Tudor Court	Y			
1	Warren Primary School		Y	Y	
2	Grays Convent High School	Y		Y	
2	Harris Chafford Hundred	Y			
2	Hathaway Academy	Y			
2	Ockendon Academy	Y			
2	Ormiston Park Academy		Y	Y	
2	St. Clere's		Y		

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Appendix 3: Questionnaires

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Brighter Futures

Primary Survey 2019

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This survey has been designed to gain your views on issues you might have experienced.

There are no right or wrong answers but what you tell us will really help to make sure we can support you and other young people. You do not have to take part, and your school should have already told you this.

The survey is anonymous. This means that no one will know that it was you who answered a particular question.

At the end of the survey you can give us your name if you feel you need further help and support.

1. I agree to take part in this survey and am happy with the Privacy Notice

<http://sheu.org.uk/x/download/SHEUPrivacyNotice.htm>

Please tick one answer

If you tick no, please let a member of staff know now.

No 0 ☐

Yes 1 ☐

2. Which year group are you in?

3 ☐ 4 ☐ 5 ☐ 6 ☐

3. How old are you?

Please write in the box.....



years

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4. I am ...

Male (a boy) 0 ☐

Female (a girl) 1 ☐

I describe myself in some other way (please choose 3 ☐
then describe in the box below)

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5. Which of the following best describes your ethnic background?

Please tick the one that most describes you

- White British 01 ☐
- White Irish 02 ☐
- Irish, Romany or Gypsy traveller 03 ☐
- Any other White background* 04 ☐
- White and Black Caribbean 05 ☐
- White and Black African 06 ☐
- White and Asian 07 ☐
- Any other mixed / multiple background* 08 ☐
- Indian 09 ☐
- Pakistani 10 ☐
- Bangladeshi 11 ☐
- Chinese 12 ☐
- Any other Asian background* 13 ☐
- African 14 ☐
- Caribbean 15 ☐
- Any other Black background* 16 ☐
- Arab 17 ☐
- Any other background* 18 ☐
- Prefer not to say 19 ☐

* Please write in the box :

	
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1. My Experiences

These questions are about risky things you may have tried

6. Have you ever tried a cigarette?

PLEASE NOTE This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes.

No 0 ☐

Yes 1 ☐

7. Have you ever tried using an electronic cigarette?

You might also know this as 'Vaping'.

No 0 ☐

Yes 1 ☐

8. How many times have you have you tried alcohol without adult supervision?

None 0 ☐

1 to 5 times 1 ☐

6 to 11 times 2 ☐

12+ times 3 ☐

9. Do you have a social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)

No 0 ☐

Yes 1 ☐

10. Please answer the following questions about being online

You can select more than one option.

No Not sure Yes

Do you add people to your social networks that you don't know in real life? 0 ☐ 1 ☐ 2 ☐

Have you ever regretted sharing something online? 0 ☐ 1 ☐ 2 ☐

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)..... 0 ☐ 1 ☐ 2 ☐

2. My School

These questions are about your school and what you think about it.

11. How do you get to school?

Please choose the way you use most often.

- | | |
|---------------|--------------------------|
| Car..... | <input type="checkbox"/> |
| Bus..... | <input type="checkbox"/> |
| Bicycle | <input type="checkbox"/> |
| Taxi..... | <input type="checkbox"/> |
| Walk | <input type="checkbox"/> |

▼25

There are some questions on bullying.

Our definition of bullying is:

'Bullying is when...

1. someone is being hurt either by words or actions
2. on purpose,
3. usually more than once,
4. feels bad because of it, and
5. has a hard time stopping what is happening to them.'

12. Have you been bullied in school in the past 12 months?

Please tick and follow the instructions

- | | |
|---------------|---|
| No..... | 0 <input type="radio"/> ➔ skip to Question 14 |
| Not sure..... | 1 <input type="radio"/> Carry on to the next question ➔ |
| Yes | 2 <input type="radio"/> Carry on to the next question ➔ |

13. Have you been bullied in school in the past 2 months?

Please tick and follow the instructions

- No..... 0 ☐ ➔ skip to Question 14
- Not sure..... 1 ☐ Carry on to the next question ➔
- Yes 2 ☐ Carry on to the next question ➔

14. If you have been bullied in the past 2 months, how were you bullied?

This is about HOW bullying happens

You can choose more than one answer

- Verbally bullied (including name calling and threatening) ... ☐
- Physically bullied ☐
- Indirectly bullied (including ignoring, spreading rumours or glaring or threatening looks) ☐
- Cyber-bullied (using social network sites, instant messenger or chat rooms) ☐
- Bullied via a mobile phone (text messaging or silent or abusive calls) ☐
- Other ☐



15. Do you like school?

- I like school 0 ☐
- It's OK 1 ☐
- I don't like school 2 ☐

16. Do you feel safe at school?

- Yes 0 ☐
- No 1 ☐
- Sometimes 2 ☐
- Don't know 3 ☐

17. Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

18. Whom do you usually talk to about things that bother you?

Choose all that apply.

- Parents ☐
- Friends ☐
- Other Family Members ☐
- Teachers ☐
- School Nurse ☐
- Other Adults (like youth workers) ☐
- Online Friends ☐
- I tend to keep things to myself ☐

19. If you had a problem and couldn't talk to the person you normally would, do you know where you would go for help?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

★1

3. My Life

These questions will ask you about how you view yourself and your life.

20. How do you feel most days?

- Happy 0 ☐
- OK 1 ☐
- Sad 2 ☐

21. How often do you worry about the following?

	Never	Rarely	Some of the time	Often	All of the time
Family problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Health problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
SATs & tests.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Problems with friends.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
The way you look	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Family money problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Crime.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Puberty and growing up.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Being bullied	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>

22. When my friends ask me to do something I don't want to do, I feel I can say no...

- None of the time 0 ☐
- Rarely 1 ☐
- Some of the time 2 ☐
- Often 3 ☐
- All of the time 4 ☐

23. Do you ever feel lonely?

- Never 0 ☐
- Rarely 1 ☐
- Sometimes 2 ☐
- Often 3 ☐
- All of the time 4 ☐

24. Please circle one number on each row

How happy are you with your life?

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

How happy are you with your friends?

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

How happy are you about the things you have? (like money and the things and possessions you own)

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

These questions are derived from the Good Childhood Index from the Children's Society

25. Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

Please circle one number

Can't be too careful

Most people can be trusted

0 1 2 3 4 5 6 7 8 9 10

▼22

26. How many days a week do you do 1 hour or more of physical activity?

Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE etc.

This could be one session of one hour, or more sessions adding up to an hour or more.

- No days a week 0 ☐
- 1 day a week 1 ☐
- 2-3 days a week 2 ☐
- 4-5 days a week 3 ☐
- 6-7 days a week 4 ☐

27. Do you take part in any of these activities outside of school?

You can choose more than one answer

- Sports Clubs ☐
- Youth Clubs ☐
- Other Clubs (e.g. Drama, Music) ☐
- Scouts / Guides / Cadets etc ☐
- Volunteering ☐
- Other (please choose ☐
- then write below)
- I don't take part in activities outside of school ☐

Other activities:





4. My Community

These questions will ask about where you live.



28. Please answer the following statements

	Strongly disagree	Disagree	Neither agree or disagree	Agree	Strongly agree
I feel safe when I am out in my local area during the day	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I feel safe when I am out in my local area at night.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>

29. What makes you feel safe in your local area?


30. What makes you feel unsafe in your local area?

5. Further Help and Support

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 below.

	
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We will not put your name with your other answers on our computer systems.

▼44

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Practice Page

There are four main types of question in this questionnaire

With most of them, you are asked to "Tick ONE number for each answer" (tick in the circle):

31. Do you prefer Summer or Winter?

Please tick ONE answer

Summer 0 ☐

Winter 1 ☐

With some questions, you may tick more than one answer at the right-hand side of the page (tick in the boxes).

32. Which colours are you wearing now?

Please tick all boxes that apply

Red ☐

Blue ☐

Green ☐

None of these ☐

With some questions, you tick one answer on each line (tick in the circles):

With these questions, you might also need to write an answer.

33. How often do you wear these in cold weather?

Please tick one answer on each line

Windproof coat 0 ☐ 1 ☐ 2 ☐

Gloves 0 ☐ 1 ☐ 2 ☐

Hat 0 ☐ 1 ☐ 2 ☐

Scarf 0 ☐ 1 ☐ 2 ☐

Other (please tick then describe below) 0 ☐ 1 ☐ 2 ☐



Some questions ask you to follow directions depending on your answer:

34. Have you been swimming in the last 7 days?

Please tick ONE answer

No 0 ☐ ➔ Skip to Question 99

Yes 1 ☐ ➔ Carry on to next question

Please make sure you have filled in questions on the front cover.

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Version THU2019s

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Brighter Futures Secondary Survey 2019

This survey has been designed to gain your views on issues you might have experienced.

There are no right or wrong answers but what you tell us will really help to make sure we can support you and other young people. You do not have to take part, and your school should have already told you this.

The survey is anonymous. This means that no one will know that it was you who answered a particular question.

At the end of the survey you can give us your name if you feel you need further help and support.

1. I agree to take part in this survey and am happy with the Privacy Notice

<http://sheu.org.uk/x/download/SHEUPrivacyNotice.htm>

Please tick one answer

If you tick no, please let a member of staff know now.

No ☐

Yes ☐

2. Which year group are you in?

7 ☐ 8 ☐ 9 ☐ 10 ☐ 11 ☐
12 ☐

3. How old are you?

Please write in the box.....



years

--	--

4. I identify my gender as ...

(Click the circle)

Male ☐

Female ☐

Transgender ☐

I describe myself in some other way (please choose ☐
then describe in the box below)

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5. Which of the following best describes your ethnic background?

Please tick the one that most describes you

- White British 01 ☐
- White Irish 02 ☐
- Irish, Romany or Gypsy traveller 03 ☐
- Any other White background* 04 ☐
- Bangladeshi 05 ☐
- White and Asian 06 ☐
- White and Black Caribbean 07 ☐
- White and Black African 08 ☐
- Any other mixed / multiple background* 09 ☐
- Indian Asian 10 ☐
- Pakistani Asian 11 ☐
- Chinese 12 ☐
- Any other Asian background* 13 ☐
- Black African 14 ☐
- Black Caribbean 15 ☐
- Any other Black background* 16 ☐
- Arab 17 ☐
- Any other background* 18 ☐
- Prefer not to say 19 ☐

* Please write in the box :

✎

1. My Experiences

These questions are about risky things you may have tried

6. Have you ever tried a cigarette?

PLEASE NOTE This does not include using electronic cigarettes, you might know these as Shisha Pens or Vape Pipes.

Please tick and follow the instructions

- No 0 ☐ → skip to Question 8
- Yes 1 ☐ Carry on to the next question →

7. If you have ever tried a cigarette how often do you smoke?

- Once a month 0 ☐
- Once a week 1 ☐
- Once a day 2 ☐
- I don't use cigarettes 3 ☐



8. Have you ever tried using an electronic cigarette?

You might also know this by the term 'Vaping'.

Please tick and follow the instructions

- No 0 ☐ ➔ skip to Question 10
- Yes 1 ☐ Carry on to the next question ➔

9. If you have ever tried an electronic cigarette how often do you vape?

- Once a month 0 ☐
- Once a week 1 ☐
- Once a day 2 ☐
- I don't use e-cigarettes 3 ☐



10. 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 0 ☐
- 1 to 5 times 1 ☐
- 6 to 11 times 2 ☐
- 12+ times 3 ☐

11. Over the past month on how many occasions have you drunk alcohol with your peers without adult supervision?

- None 0 ☐
- 1 to 4 times 1 ☐
- 5 to 8 times 2 ☐
- 9+ times 3 ☐

12. Have you ever smoked cannabis?

Please tick and follow the instructions

- No 0 ☐ ➔ skip to Question 14
- Yes 1 ☐ Carry on to the next question ➔
- I have not smoked cannabis but have been offered it 2 ☐ ➔ skip to Question 14

13. If you have ever smoked cannabis how often do you smoke?

- Less than once a month 0 ☐
- Once a month 1 ☐
- More than once a month 2 ☐
- Once a week 3 ☐
- Every day 4 ☐
- I don't use cannabis 5 ☐ ▼ 22

14. Have you ever used any other illegal drugs?

Please do not include any use of medicines or legal drugs.

- No 0 ☐ → skip to Question 16
- Yes 1 ☐ Carry on to the next question →
- I have not used but have been offered other drugs 2 ☐ → skip to Question 16

If you answered yes to the previous question,
please list any drugs you may have used

✎

15. If you have ever used drugs how often do you use them?

- Less than once a month 0 ☐
- Once a month 1 ☐
- More than once a month 2 ☐
- Once a week 3 ☐
- Everyday 4 ☐
- I have never used other drugs 5 ☐

**16. Do you have a social network account? (this could be Facebook, Snapchat, Instagram, Twitter etc)**

You can select more than one option.

Tick all that apply then follow the instructions.

- I don't have any such profile ☐ → skip to Question 18
- Facebook ☐
- Snapchat ☐
- Instagram ☐
- TikTok ☐
- Musical.ly ☐
- Twitter ☐
- Reddit ☐ → carry on to the next question
- Tumblr ☐
- Ask.FM ☐
- Badoo ☐
- Tinder ☐
- Online gaming messaging (XBOX, Playstation etc) ☐

★ 1

17. Please answer the following questions about being online

You can select more than one option.

	No	Not sure	Yes
Do you add people to your social networks that you don't know in real life?.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>
Have you ever regretted sharing something online?	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>
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)	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>

We define sexual harassment as a form of bullying or intimidation that involves unwanted sexual comments, suggestions, advances, or threats to another person.

18. Have you ever experienced sexual harassment?

No	0 <input type="radio"/>
Not sure	1 <input type="radio"/>
Yes	2 <input type="radio"/>

19. Have you ever witnessed sexual harassment?

No	0 <input type="radio"/>
Not sure	1 <input type="radio"/>
Yes	2 <input type="radio"/>

2. My School

These questions are about your school and what you think about it.

20. By which method do you travel to school?

Please select the method of transport you use most often.

Car	0 <input type="radio"/>
Bus	1 <input type="radio"/>
Bicycle	2 <input type="radio"/>
Taxi	3 <input type="radio"/>
Walk	4 <input type="radio"/>

21. Have you been bullied in school in the past 12 months?

Please tick and follow the instructions

- No 0 ☐ ➔ skip to Question 24
- Not sure 1 ☐ ➔ skip to Question 24
- Yes 2 ☐ Carry on to the next question ➔

22. Have you been bullied in school in the past 2 months?

Please tick and follow the instructions

- No 0 ☐ ➔ skip to Question 24
- Not sure 1 ☐ ➔ skip to Question 24
- Yes 2 ☐ Carry on to the next question ➔

23. If you have been bullied in the past 2 months, how were you bullied?

This is about HOW bullying happened

- You can choose more than one answer ☐
- Verbally bullied (including name calling and threatening) ☐
- Physically bullied ☐
- Indirectly bullied (including ignoring, spreading rumours or glaring or threatening looks) ☐
- Cyber-bullied (using social network sites, instant messenger or chat rooms) ☐
- Bullied via a mobile phone (text messaging or silent or abusive calls) ☐
- Other ☐

**24. In your opinion what is the most common form of bullying in your school?**

This is about HOW bullying happens

Please choose ONE answer


- Verbal bullying (including name calling and threatening) ☐
- Physical bullying ☐
- Indirect bullying (including ignoring, spreading rumours or glaring or threatening looks) ☐
- Cyber bullying (using social network sites, instant messenger or chat rooms) ☐
- Bullying via mobile phone (text messaging or silent or abusive calls) ☐
- Other (please tick then write below) ☐



25. In your opinion what is the most common reason for bullying in your school?

This question is about WHY people may be bullied.

- Sexuality (being straight, gay or lesbian) ☐
- Culture / Religion ☐
- Appearance ☐
- Academic Ability (finding school work easy or hard) ☐
- Race ☐
- Gender (being male or female) ☐
- Disability & Special Needs ☐
- Other (please describe below) ☐



26. Would you take action if you saw someone was being bullied?

Examples of taking action could include, stepping in yourself, talking to someone after the incident or reporting it to a member of school staff.

- I would be unlikely to take action 0 ☐
- I would probably take action 1 ☐
- I would be likely to take action 2 ☐
- I would definitely take action 3 ☐

27. Do you like school?

- I like school 0 ☐
- It's OK 1 ☐
- I don't like school 2 ☐

28. How do you find your school work?

- Good, I can complete everything 0 ☐
- OK 1 ☐
- OK, but sometimes I struggle 2 ☐
- I struggle to manage my school work 3 ☐

29. At school I feel safe..

- All of the time 0 ☐
- Often 1 ☐
- Some of the time 2 ☐
- Rarely 3 ☐
- None of the time 4 ☐

★ 2

30. Do you have an adult, whom you trust, that you can talk to about things that bother you?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

31. Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?

- Very easy 0 ☐
- Easy 1 ☐
- Neither easy nor hard 2 ☐
- Hard 3 ☐
- Very hard 4 ☐

32. Whom do you usually talk to about things that bother you?

Choose all that apply.

- Parents ☐
- Friends ☐
- Other Family Members ☐
- Teachers ☐
- School Nurse ☐
- Other Adults (like youth workers) ☐
- Online Friends ☐
- I tend to keep things to myself ☐

33. If you had a problem and couldn't talk to the person you normally would, do you know where you would go for help?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

3. My Life

These questions will ask you about how you view yourself and your life.

34. How do you feel most days?

- Happy 0 ☐
- OK 1 ☐
- Sad 2 ☐

35. How often do you have strong feelings of anger?

- All of the time 0 ☐
- Often 1 ☐
- Some of the time 2 ☐
- Rarely 3 ☐
- Never 4 ☐

36. Are you happy with your appearance?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

37. Do you find it easy to express yourself in the way you want to?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

38. Have you ever felt pressure from others to...

You can choose more than one answer

- Look a certain way ☐
- Act a certain way ☐
- Do certain things ☐
- Like certain things ☐
- I don't feel pressure ☐

39. How often do you have feelings of loneliness?

- All of the time 0 ☐
- Often 1 ☐
- Some of the time 2 ☐
- Rarely 3 ☐
- None of the time 4 ☐

▼ 22

40. Please circle one number on each row

How happy are you with your life?

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

How happy are you with your friends?

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

How happy are you about the things you have? (like money and the things and possessions you own)

Very Unhappy

Very happy

0 1 2 3 4 5 6 7 8 9 10

These questions are derived from the Good Childhood Index from the Children's Society

41. How many days a week do you take part in 1 hour or more of physical activity?

Examples of physical activity include: jogging, running, swimming, cycling, sports, playground games, PE etc.

This could be one session of one hour, or more sessions adding up to an hour or more.

No days a week 0 ☐1 day a week 1 ☐2-3 days a week 2 ☐4-5 days a week 3 ☐6-7 days a week 4 ☐**42. Do you take part in any of these activities outside of school?**

You can choose more than one answer

Sports Clubs ☐Youth Clubs ☐Other Clubs (e.g. Drama, Music) ☐Scouts / Guides / Cadets etc ☐Volunteering ☐Other (please choose then type below) ☐I don't take part in activities outside of school ☐

Other activities:

✎

The next questions in the box are for Year 10 only
In the next two questions, "sex" means oral, vaginal or anal sex.

43. Have you had sex?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐
- Prefer not to say 3 ☐

44. If you have had sex, have you ever had unprotected sex?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐
- Prefer not to say 3 ☐



4. My Community

These questions will ask about where you live.



45. Please answer the following statements

- | | Strongly disagree | Disagree | Neither agree or disagree | Agree | Strongly agree |
|--|-------------------------|-------------------------|---------------------------|-------------------------|-------------------------|
| I feel safe when I am out in my local area during the day..... | 0 <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |
| I feel safe when I am out in my local area at night..... | 0 <input type="radio"/> | 1 <input type="radio"/> | 2 <input type="radio"/> | 3 <input type="radio"/> | 4 <input type="radio"/> |

46. What makes you feel safe in your local area?

47. What makes you feel unsafe in your local area?

5. My Feelings

These questions will ask you how you feel about a range of issues.

48. How often do you worry about the following?

	None of the time	Rarely	Some of the time	Often	All of the time
Family problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Health problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
SATs & tests.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Problems with friends.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
The way you look.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Family money problems.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Crime.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Relationships.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Being bullied.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>

▼22

49. The Warwick-Edinburgh Mental Well-being Scale

Below are some statements about feelings and thoughts. Please tick the box that best describes your experience of each over the last 2 weeks

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling useful	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling relaxed	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling interested in other people	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've had energy to spare	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been dealing with problems well	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been thinking clearly	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling good about myself	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling close to other people	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling confident	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been able to make up my own mind about things	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling loved	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been interested in new things	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I've been feeling cheerful	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I feel I have a clear idea about what I want to do in my life	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

★4

50. Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?

Please circle one number

Can't be too careful

Most people can be trusted

0 1 2 3 4 5 6 7 8 9 10

51. When feeling overwhelmed by worries or concerns, how often to you do the following things?

	None of the time	Rarely	Some of the time	Often	All of the time
Taking part in hobbies, activities or exercise.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Drinking, smoking or taking drugs.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Seeking out friends for support.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Seeking out family for support.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Cutting or hurting myself.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Breaking or damaging things.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Taking deep breaths to calm myself...	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Trying to not think about it and forgetting the problem.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Blaming myself.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Spending time alone (locking yourself in your room, actively avoiding others etc).....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Praying or attending my place of worship.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Some other way (please choose then write below).....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>



52. How able do you feel to make changes to your own life?

Please circle one number

Not at all able

Very able

0 1 2 3 4 5 6 7 8 9 10

53. If you had a problem, do you think you would be able to cope?

- No 0 ☐
- Not sure 1 ☐
- Yes 2 ☐

54. If you needed support with any problems or concerns you were facing, would you seek help?

- Definitely 0 ☐
- Probably 1 ☐
- Possibly 2 ☐
- I don't know where help is 3 ☐
- I don't think there is help 4 ☐

6. Further Help and Support

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 below.

✍

We will not put your name with your other answers on our computer systems.

▼ 22★ 5

Practice Page

There are four main types of question in this questionnaire

1. With most of them, you are asked to "Tick ONE number for each answer" (tick in the circle):

Do you prefer Summer or Winter?

Please tick ONE answer

Summer 0 ☐

Winter 1 ☐

✓

2. With some questions, you may tick more than one answer at the right-hand side of the page (tick in the boxes).

Which colours are you wearing now?

Please tick all boxes that apply

Red ☐

Blue ☐

Green ☐

None of these ☐

✓✓

3. With some questions, you tick one answer on each line (tick in the circles):

With these questions, you might also need to write an answer.

How often do you wear these in cold weather?

Please tick one answer on each line ✓

Never Sometimes Always

Windproof coat 0 ☐ 1 ☐ 2 ☐

Gloves 0 ☐ 1 ☐ 2 ☐

Hat 0 ☐ 1 ☐ 2 ☐

Scarf 0 ☐ 1 ☐ 2 ☐

Other (please tick then describe below) 0 ☐ 1 ☐ 2 ☐



4. Some questions ask you to follow directions depending on your answer:

Have you been swimming in the last 7 days?

Please tick ONE answer

No 0 ☐

Yes 1 ☐

✓

➔ Skip to Question 99

➔ Carry on to next question

Please make sure you have filled in questions on the front cover.

Appendix 4: Variation between schools

Most questions showed some variation between schools. The chart below are illustrative of this variability. Whether the larger differences are statistically significant or not depends on the sample size in the school.

Chart 29: Proportion of pupils reporting being bullied at school in the last 12 months, by school

