

A young person with dark hair, wearing a white surgical face mask, is shown from the chest up, looking down at an open book. They are wearing a dark-colored shirt with a white floral pattern. The background is a soft-focus indoor setting with green foliage. The entire image has a light green tint.

# **Brighter Futures 2021**

**A report of the Brighter Futures survey in  
Thurrock schools in 2021**

## **FULL REPORT**

**Schools Health Education Unit, Exeter**

**SHEU**

**[www.sheu.org.uk](http://www.sheu.org.uk)**

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## Draft 1.0 April 2021



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## Summary

The Brighter Futures survey was commissioned by Thurrock Council to improve local data related to the emotional health and well-being of children and young people.

The survey questionnaire was re-designed in 2020 to ensure that baseline information is gathered prior to interventions being administered by the School Wellbeing Service (SWS).

The survey is considered an essential tool in measuring the impact of the SWS service in schools and the community.

Year groups 4,7 and 9 were surveyed in Spring 2020; it was planned to survey the same cohort of pupils was surveyed again once they had moved to years 5,8 and 10 (following the SWS intervention), and a further sample of Year Groups 4, 7 and 9 was taken from the same schools.

*However, the planned survey in Autumn 2020 was disrupted by coronavirus restrictions in schools. This meant a delay in achieving a baseline for the SWS evaluation to the next 2020-2021 academic year and took place mostly in Spring 2021.*

A total of 5,132 children and young people attending a Thurrock school completed the survey in the 2020-21 academic year.

A total of 30 schools took part in the survey in 2021: 23 primary schools and 7 secondary schools (one special).

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

*The irregular composition of the sample from one wave to the next limits the conclusions that can be drawn about trends.*

### ■ Your experiences

46% of the sample report using a screen for more than three hours on the day before the survey; 7% not at all.

*Older pupils and males are more likely to report using screens for more than three hours a day.*

*In Spring 2020, it was females who were more likely to report using screens for more than three hours a day*

About 3% of all pupils have tried smoking (9% in Y10) but there are just five pupils who report occasional smoking and four, regular smoking, one of whom says they want to give up.

Vaping experience is rather more common than smoking, with 6% of all pupils having tried it (16% of Y10 pupils).

18% of Y4 pupils report having tried an alcoholic drink (more than a sip), a figure which rises to 59% in Y10.

12% of Y10 pupils report having had an alcoholic drink in the last week; 32% in the last month.

4% of all Y7 pupils and 20% of Y10 pupils report drinking at least sometimes without the knowledge of their parents.

2% of Y7 pupils and 5% of Y10 pupils report ever having tried illegal drugs.

*The high figure for Y9 last year was likely an anomaly resulting from the small sample size.*

Cannabis accounts for most of the drugs reported, although laughing gas was commonly reported by the Y10 females who had any drug experience.

Most Y4 pupils have at least one social network account and most secondary pupils have more than one.

*Over a third of Y9 pupils report hiding at least some online behaviours from parent/carers.*

Of the primary school pupils who have a social network account, 18% have regretted sharing something online and 15% have felt like someone has tried to make them do something online; the figures for all primary pupils are 13% and 11%.

Over a third of secondary pupils had Received a hurtful, unwanted or nasty message or picture and over 10% reported that Hurtful comments were posted about you.

*About half of Y10 females reported that they had been asked for pictures by people they didn't know; 11% reported pressure to send images or show video; 4% said they had sent images/videos to people they didn't know and 6% said that people had shared their images/videos without consent.*

Over 90% of secondary pupils say they have been told how to stay safe online but less than 2/3 say they always follow the advice.

15% of Y7 pupils and 27% of Y10 pupils reported that they know someone who is a member of a gang; 13% of Y10 males say they have been approached to be a member of a gang. 1% of all year groups say they are a member of a gang.

## ■ School

51% of all pupils said they came to school by walking and 7% by some other active method like bicycle or scooter.

47% of pupils said they feel safe at school 'all of the time'; in Y10, this was just 34%.

*About 4% of pupils in each year group said they never felt safe at school and another 4% 'rarely'.*

*About a third of pupils who have been bullied in school in the last 12 months feel safe at school 'all of the time', compared with over half of pupils who have not been bullied.*

23% of all pupils in the sample said that they had been bullied in the last year (29% of Y4 pupils)

11% of all pupils in the sample said that they had been bullied in the last 2 months (14% of Y4 pupils)

The most common forms of bullying in all age groups were verbal (7%), physical (4%) and indirect (e.g. being left out) (5%).

The most common response to bullying was to report it to a member of school staff or another adult (1/3 of the 11% who had been bullied).

Among the 11% who had been bullied, 5% said that the bullying ceased or decreased, but a matching 3% said there was no effect and 2% of those bullied said it actually got worse.

## ■ My Life

46% of all pupils scored in the highest bracket of satisfaction scores, but just 21% of Y10 pupils did so.

Pupils were generally happiest with home (86%) and family (85%) and least happy with their appearance (65%); just 49% of Y9 pupils were happy with their appearance, and this was even lower for females (41%).

28% of pupils reported eating at least 5 portions of fruit/veg on the day before the survey; the figure for Y10 pupils was just 13%.

47% of secondary pupils reported eating a takeaway 'at least once a week'; the most common occasions were as a main evening meal or as an extra meal or snack. Over 10% of pupils reported having some sort of fast food 'Every day or most days'.

75% of all pupils reported enjoying physical activities at least 'quite a lot'; the group reporting lowest on this criterion was the Y10 females (61%).

7% of all pupils reported taking some form of physical activity for at least an hour in total every day in the previous week, as recommended; 26% reported no days at all.

38% of pupils reported taking part in sports clubs outside school, 8% in uniformed groups, and 3% volunteering, while 40% reported that they do not take part in activities outside school.

2% of males and 1% of females in Y9 reported having experience of sex (including oral sex); the figures for Y10 were 3% and 2% respectively.

*Of the pupils who report they have had sex, 35% reported that that had had unprotected sex (1% of all Y9/Y10 pupils).*

*Just a third of Y9/10 pupils who had had sex later reported that they were aware of sexual health services in their area.*

## ■ Emotional wellbeing

The most common worry across all ages was 'exams and tests', with 40% worrying 'quite a lot of the time' or 'all of the time' about it.

*However, the top worries in Y4 were actually 'family problems' (43%) and friendships' (42%), while in Y10, 'the way you look' also featured strongly for females (53% vs 18% for males).*

Y4 pupils were most likely to say they worried 'all of the time' about at least one topic (63%), while in Y10, females were more than twice as likely to worry about something all the time than were males (49% vs 19%).

*Older pupils are less likely to score in the higher brackets of the wellbeing scale than are younger pupils; males are rather more likely to score in the higher brackets of the wellbeing scale than are females in each year group.*

74% of secondary pupils (and 90% of primary pupils) responded 'quite a lot of the time' or 'all of the time' to at least one of the constructive responses to being worried by a problem (1);

56% (66%) to at least one of the avoid it/self-blame responses (2);

69% (81%) to at least one of the wish it away responses (3);

30% (31%) to at least one of the harmful (to self/others) responses (4);

72% (83%) to at least one of the forget it responses (5).

A majority of pupils of all ages report that they have at least one confidant – an adult or pupil in school, or an adult out of school.

Awareness of Student Mental Health Champions is currently poor, with 72% saying they had not previously heard of them, and a further 16% saying they have heard of them 'but that's it'.

*Only about 5% of pupils know enough about Student Mental Health Champions to make use of them.*

*If pupils are aware of Student Mental Health Champions, they are more likely to agree that "At school, there is a pupil that I could talk to about something that bothers me."*

Scores for Emotional Self-regulation for older pupils and for females were lower than for younger pupils and males.

Similarly, perceived stress was notably worse for older pupils and for females compared with younger pupils and males.

*Pupils who express higher levels of worry about any issue have higher Perceived Stress Scale scores.*

*For any association that can be shown, it is not possible to tell which is the cause and which is the effect.*

*Generally, those getting less than 7 hours' sleep last night achieve poorer wellbeing scores.*

If a Y10 student has experience of any substance, they are more likely to have experience of other substances and of sex.

Y10 students who worry the most, are least likely to say they have an adult confidant, and most likely to use health-risky ways of responding to a problem or worry.

*There are several connections in the data set between poor emotional wellbeing and greater likelihood of reporting risk-taking behaviours.*

*If a pupil meets one criterion of concern, they are more likely to have other indications of concern.*

## ■ Comparisons summary:

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

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

*The happiness ratings of Thurrock pupils about several aspects of their lives seem rather similar to those seen in the wider SHEU samples, despite some differences in wording. In many places, the Thurrock pupils surveyed seem more positive.*

The overall rate of being bullied in the last 12 months for Y4 children is 29%; this rate appears significantly higher in the school numbered 287 and lower in school 7836.

*These differences are suggestive and not conclusive.*

*Significant differences for all questions have been reported to individual schools.*

## Conclusions

Themes that have emerged from previous reports are again reflected in the findings for 2021:

- Most of these young people are neither suffering poor wellbeing nor engaging in health-risky behaviour
- However, a minority of young people do meet a criterion for concern, either because of poor emotional wellbeing or risky behaviour or both.
- If a young person meets one criterion for concern, they are more likely to meet other such criteria; risk and poor wellbeing are not evenly distributed.

## Recommendations

There is no reason to diverge from the recommendations of the last report:

- Provision of and signposting to services for young people is essential (mental health support, sexual health), given the poor awareness some young people have.
- Promotion of young people's emotional wellbeing and resilience is highly desirable, given the significant minority with poor measured emotional wellbeing.
- Young people's understanding of risk behaviours and their possible drivers should be fostered, given the clustering of indicators of concern. This might be achieved through existing programmes of PSHE.

If the causes of risk and wellbeing inequalities lie in social inequalities, then this is not an easy process to mitigate.

- SHEU recommend that an analysis of inequalities shown in the data set be carried out.

This may show that particular groups of disadvantaged pupils are more or less inclined to be at risk from poor outcomes, e.g. pupils receiving free school meals may experience more bullying than their peers.



## Acknowledgements

This report summarises the results of the **Brighter Futures** Survey 2021 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, Gemma Fitzgerald, Jackie Hourihan and other colleagues at Thurrock Council for their support in relation to this project, and also Mandy Burke and Shelby Carr of UEA for their cooperation over questionnaire design.

### 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 wellbeing 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.

The original version of the survey ran from 2017-2019.

### 2020-2021

The survey questionnaire was re-designed in 2020 to ensure that baseline information is gathered prior to interventions being administered by the School Wellbeing Service (SWS).

The survey is considered an essential tool in measuring the impact of the SWS service in schools and the community.

### Survey method

Colleagues from the SWS have administered the survey in schools in collaboration with school staff.

The survey was conducted using online survey software. Paper submission was available to the SWS team as a backup, and many questionnaires were completed using paper booklets following 'lockdown'.

The possibility of tracking pupils as they go through school was enabled by supplying each respondent with a unique identifying code (which included a checksum). This can be matched to a pupil's Unique Pupil Number (UPN). This was to enable the us to further assess the changes in pupils emotional wellbeing as they progress through year groups.

Year groups 4,7 and 9 were surveyed in Spring 2020; it was planned to survey the same cohort of pupils was surveyed again once they had moved to years 5,8 and 10 (following the SWS intervention), and a further sample of Year Groups 4, 7 and 9 was taken from the same schools.

## Chart 1: Study design

	Y4	Y5	Y7	Y8	Y9	Y10
Spring 2020	✓		✓		✓	
Autumn 2020	✓	↘	✓	↘	✓	↘

*However, the planned survey in Autumn 2020 was disrupted by coronavirus restrictions in schools. This meant a delay in achieving a baseline for the SWS evaluation to the next 2020-2021 academic year and took place mostly in Spring 2021.*

Work continues to complete the SWS intervention and the monitoring work of the study.

## Survey design

The survey was divided into a number of distinct sections:

- Your Experiences** risk-taking behaviours and use of the Internet
- 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 Feelings** how young people feel about their future, aspirations, how trusting they are of others, their general self-efficacy and their coping strategies.

A robust process of questionnaire development was adopted by PH, SWS, UEA and SHEU. The survey development group ensured stakeholders with expert knowledge regarding the sections of the survey were consulted in composing appropriate questions.

The average time to complete the primary questionnaire was just under 25 minutes.

The average time to complete the secondary questionnaire was just under 22 minutes.

The survey questions can be found in Appendix 4 at the end of this report.

## Recruitment of Schools

All primary and secondary schools in Thurrock were invited to take part in the survey via a joint letter from the Director of Public Health and the Corporate Director of Children's Services. The SWS team also liaised with Mental Health Leads in each school to facilitate engagement with the survey.

A range of actions was implemented to promote schools taking part in the project.

## Number of Young People

A total of 5,132 children and young people attending a Thurrock school completed the survey in the 2020-21 academic year.

Table 1: Numbers participating in the Brighter Futures Survey 2021, by year group and gender

	Year 4	Year 5	Year 7	Year 8	Year 9	Year 10	All**
Male	623	622	393	247	197	208	2,299
Female	609	604	475	401	320	282	2,694
I describe myself in some other way	19	13	7	9	7	6	61
Total Sample (Count)*	1,260	1,243	891	673	545	506	5,132

\* Including other and missing gender responses

\*\* Including cases missing year group

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 30 schools took part in the survey in 2021: 23 primary schools and 7 secondary schools (one special).

A list of schools involved can be found in Appendix 1 at the end of this report.

## 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, and then Y4.

*The irregular composition of the sample from one wave to the next limits the conclusions that can be drawn about trends.*

Table 2: Responses to the Brighter Futures Survey 2017-2021, by target year group

	Year 4 8-9y	Year 5 9-10y	Year 6 10-11y	Year 7 11-12y	Year 8 12-13y	Year 9 13-14y	Year 10 14-15y	All
2017			386		315		309	1,010
2018		784			192		180	1,156
2019		1,075			100		209	1,384
2020	1286			809		445		2,547
2021	1260	1243		891	673	545	506	5,132

If there are about 14,000 students across the six target year groups in Thurrock, then a sample of 5,132 is about 35%.

## Reporting to Schools

Each participating school receives a tailored report showing the school's own results alongside the aggregate results for Thurrock, together with a list of significant differences from the aggregate figures.

## 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.

### ■ Your experiences

#### Sleep

Pupils were asked to estimate how many hours' sleep they got on the night before the survey.

Table 3: Pupils in each group responding to Q6. How many hours' sleep did you get last night?

	All	Year 4	Year 5	Year 7	Year 8	Year 9	Year 10
Not sure	20%	35%	35%	14%	0%	0%	0%
Up to 5 hours	7%	5%	5%	6%	7%	10%	12%
6	6%	3%	4%	5%	6%	11%	10%
7	11%	4%	6%	11%	17%	19%	24%
8	18%	9%	9%	19%	29%	28%	34%
9	17%	9%	13%	25%	25%	23%	14%
10	14%	17%	16%	15%	13%	7%	5%
11	6%	11%	8%	4%	1%	1%	0%
12 or more hours	3%	7%	4%	1%	1%	0%	1%
Valid Responses	% 100%	100%	100%	100%	100%	100%	100%
Count	4848	1212	1205	846	612	487	474

The high and changing proportion of 'not sure' makes it hard to compare across the age range. The following table presents the same information, but excludes the 'not sure' response.

Table 4: Pupils in each group responding to Q6. How many hours' sleep did you get last night? (excluding 'Not sure' responses)

	All	Year 4	Year 5	Year 7	Year 8	Year 9	Year 10
Up to 5 hours	8%	8%	8%	7%	7%	10%	12%
6	7%	4%	6%	6%	6%	12%	10%
7	14%	7%	9%	12%	17%	19%	25%
8	22%	14%	14%	22%	29%	28%	34%
9	21%	14%	19%	28%	25%	23%	14%
10	17%	26%	24%	18%	13%	7%	5%
11	7%	17%	13%	5%	1%	1%	0%
12 or more hours	4%	10%	6%	1%	1%	0%	1%
Valid Responses	% 100%	100%	100%	100%	100%	100%	100%
Count	3881	782	786	731	612	486	472

It can be seen more clearly that younger pupils sleep longer, while 47% of Y10 pupils had less than 8 hours' sleep on the night before the survey.

## Screen time

Pupils were also asked to estimate how many hours in total they spent looking at some sort of screen on the day before the survey.

**Table 5: Pupils in each group responding to Q7. How long yesterday did you spend looking at a screen (your phone/ computer / iPad / games consoles / TV or other electronics)?**

	All	Year 4		Year 5		Year 7		Year 8		Year 9		Year 10	
		M	F	M	F	M	F	M	F	M	F	M	F
Not at all	5%	7%	10%	6%	8%	2%	2%	1%	1%	1%	0%	0%	1%
Up to one hour	17%	23%	36%	23%	30%	8%	12%	6%	6%	3%	2%	4%	1%
Up to two hours	18%	19%	18%	22%	24%	18%	23%	13%	17%	15%	13%	13%	9%
Up to three hours	15%	12%	10%	13%	11%	16%	20%	16%	20%	17%	21%	15%	22%
More than 3h	46%	39%	26%	36%	27%	57%	42%	64%	57%	64%	64%	68%	66%
Count	5069	620	602	620	598	391	469	244	395	195	318	205	280

46% of the sample report using a screen for more than three hours on the day before the survey; 7% not at all.

*Older pupils and males are more likely to report using screens for more than three hours a day.*

*In Spring 2020, it was females who were more likely to report using screens for more than three hours a day*

## Substance use

All pupils were asked about their use of tobacco, vaping products and alcohol.

For smoking and vaping, primary pupils were offered a yes/no question, while secondary pupils were asked a more detailed question.

**Table 6: Pupils in each group responding to Q8a(Primary)/Q8(Secondary): Smoking: Which statement describes you best?**

		Y4	Y5	Y7	Y8	Y9	Y10
No		98%	99%				
Yes		2%	1%				
I have never tried smoking, not even a puff				99%	97%	94%	91%
I have tried smoking once or twice				1%	2%	6%	6%
I used to smoke, but I don't now				0%	0%	0%	2%
I smoke occasionally (less than 1 cigarette a week)				0%	0%	0%	1%
I smoke regularly but would like to give it up				0%	0%	0%	0%
I smoke regularly and don't want to give it up				0%	0%	0%	0%
Valid Responses	%	100%	100%	100%	100%	100%	100%
Count		1167	1200	882	670	541	499

About 3% of all pupils have tried smoking (9% in Y10) but there are just five pupils who report occasional smoking and four, regular smoking, one of whom says they want to give up.

Table 7: Pupils in each group responding to Q8b(Primary)/Q9(Secondary): Vaping: Which statement describes you best?

		Y4	Y5	Y7	Y8	Y9	Y10
	No	97%	98%				
	Yes	3%	2%				
	I have never tried vaping			97%	94%	91%	84%
	I have tried vaping once or twice			3%	6%	7%	10%
	I used to vape, but I don't now			0%	0%	1%	2%
	I vape occasionally (less than once a week)			0%	0%	0%	2%
	I vape regularly but would like to give it up			0%	0%	0%	0%
	%	100%	100%	100%	100%	100%	100%
Valid Responses	Count	1188	1209	879	669	541	500

Primary pupils were offered a yes/no question.

Vaping experience is rather more common than smoking, with 6% of all pupils having tried it (16% of Y10 pupils).

Table 8: Pupils in each group responding to Q9P/Q10S. Have you ever had an alcoholic drink (more than just a sip)?

	All	Y4	Y5	Y7	Y8	Y9	Y10
No	63%	69%	73%	66%	62%	50%	35%
Not sure	11%	13%	11%	12%	11%	8%	5%
Yes	26%	18%	16%	22%	27%	41%	59%
%	100%	100%	100%	100%	100%	100%	100%
Valid Responses	Count	5036	1246	1231	867	653	533

18% of Y4 pupils report having tried an alcoholic drink (more than a sip), a figure which rises to 59% in Y10.

There may be some exaggeration by pupils for this and related questions, out of mischief or to maintain some perception of themselves.

Table 9: Pupils in each group responding to Q10P/Q11S. When did you last have an alcoholic drink?

	All	Y4	Y5	Y7	Y8	Y9	Y10
[Not applicable]	74%	82%	84%	78%	73%	59%	40%
Last week	5%	5%	2%	3%	4%	9%	12%
Last month	7%	3%	4%	6%	8%	13%	20%
In the last year	8%	5%	4%	8%	10%	15%	20%
More than a year ago	5%	5%	6%	5%	4%	4%	7%
[Undescribed]	1%	1%	1%	0%	1%	1%	1%
%	100%	100%	100%	100%	100%	100%	100%
Valid Responses	Count	5050	1251	1233	869	654	534

12% of Y10 pupils report having had an alcoholic drink in the last week; 32% in the last month.



Table 10: Pupils in each group responding to Q12. If you ever drink alcohol, do your parents/carers know? (secondary only)

	All	Y7	Y8	Y9	Y10
[Not applicable]	65%	77%	73%	58%	40%
I never drink alcohol	2%	3%	2%	2%	2%
My parents/carers always know	24%	16%	20%	29%	38%
My parents/carers usually know	4%	2%	2%	5%	11%
My parents/carers sometimes know	3%	1%	2%	5%	5%
My parents/carers never know	1%	1%	0%	1%	3%
Valid Responses	% 100%	100%	100%	100%	100%
	Count 2568	873	653	532	496

4% of all Y7 pupils and 20% of Y10 pupils report drinking at least sometimes without the knowledge of their parents.

The high proportion of non-drinkers can be excluded for easier comparisons between the year groups.

Table 11: Pupils in each group responding to Q12. If you ever drink alcohol, do your parents/carers know? (secondary drinkers only)

	All	Y7	Y8	Y9	Y10
I never drink alcohol	7%	12%	7%	5%	4%
My parents/carers always know	68%	72%	72%	68%	63%
My parents/carers usually know	13%	8%	9%	12%	19%
My parents/carers sometimes know	8%	3%	8%	11%	8%
My parents/carers never know	3%	3%	2%	2%	6%
[Undescribed]	2%	2%	2%	1%	1%
Valid Responses	% 100%	100%	100%	100%	100%
	Count 900	199	178	223	296

As we might expect, Y10 pupils are most likely to report drinking without parental knowledge.

We can see from this table that some pupils who declare on a previous question that they have tried a drink, now report that they never drink. We do not regard this as inconsistent (they never drink now, perhaps), but, in any event, are not inclined to eliminate such apparent inconsistencies from pupils' responses.

Only secondary school pupils were asked about other substance use.

Table 12: Pupils in each group responding to Q13. Have you ever taken drugs that are not your medicines and not alcohol/tobacco/caffeine (e.g. cannabis)? (secondary only)

	All	Y7	Y8	Y9	Y10
Yes	3%	2%	3%	3%	5%
Valid Responses	Count 2552	867	661	522	489

2% of Y7 pupils and 5% of Y10 pupils report ever having tried illegal drugs.

The high figure for Y9 last year was likely an anomaly resulting from the small sample size.

Table 13:Pupils in each group responding to Q14. This question is about your EXPERIENCE of these drugs (not prescribed to you by a doctor) - % responding ever taken, by gender (secondary only)

	All	Y7		Y8		Y9		Y10	
		M	F	M	F	M	F	M	F
Cannabis resin/leaf	1%	0%	0%	0%	1%	3%	1%	4%	2%
Skunk	0%	0%	0%	0%	0%	0%	0%	1%	0%
Khat	0%	0%	0%	0%	0%	0%	0%	0%	0%
Cocaine or crack	0%	0%	0%	0%	0%	0%	0%	0%	0%
Ecstasy	0%	0%	0%	0%	0%	1%	0%	1%	1%
Heroin	0%	0%	0%	0%	0%	0%	0%	0%	0%
Poppers	0%	0%	0%	0%	0%	0%	0%	0%	0%
Solvents used as drugs	0%	0%	0%	0%	0%	0%	0%	1%	1%
Laughing gas	1%	0%	0%	1%	1%	0%	0%	0%	4%
Novel Psychoactive Substances	0%	0%	1%	0%	0%	0%	0%	0%	1%
Other drugs	0%	0%	0%	0%	0%	0%	0%	0%	0%
None of the above (or incomplete)	98%	100%	99%	99%	98%	97%	99%	96%	96%
Valid Responses (Count)	2520	388	469	246	396	195	314	205	276

Cannabis accounts for most of the drugs reported, although laughing gas was commonly reported by the Y10 females who had any drug experience.

In the question, slang names as well as more formal ones were given for each group of drugs.

## Online safety

Pupils were asked first about their membership of social network services.

Table 14: Pupils in each group responding to Q11P/Q15S. Do you have a social network account? (this could be Facebook, Snapchat, Instagram, Twitter etc)

	All	Y4	Y5	Y7	Y8	Y9	Y10
I don't have any such profile	14%	26%	19%	8%	6%	4%	2%
Online gaming messaging (Xbox, Playstation etc)	49%	37%	46%	58%	60%	54%	52%
Facebook	16%	5%	6%	17%	19%	33%	46%
Snapchat	48%	18%	26%	62%	72%	81%	87%
Instagram	41%	10%	13%	51%	69%	82%	89%
TikTok	60%	40%	45%	75%	77%	75%	78%
Musical.ly	14%	7%	7%	20%	23%	22%	19%
*Twitter				16%	18%	35%	43%
*Reddit				11%	15%	18%	26%
*Tumblr				1%	2%	4%	5%
*Ask.FM				0%	0%	0%	0%
*Badoo				0%	0%	0%	0%
*Tinder				0%	0%	0%	1%
None of the above (or incomplete)	6%	12%	11%	0%	0%	0%	0%
Valid Responses (Count)	5068	1242	1231	873	666	540	502

\* These items were only asked of secondary pupils; the valid responses for the 'All' column for these items is therefore 2581.

Most Y4 pupils have at least one social network account and most secondary pupils have more than one.

Pupils were then asked about their online habits. Secondary pupils were asked rather more detailed questions and this is reported in full below.

Table 15: Pupils in each group responding to Q16a. (questions about being online) (secondary only)

	All	Y7	Y8	Y9	Y10
Have you ever chatted online?	89%	91%	94%	96%	89%
Do you chat to just your friends or family that you know in real life?	62%	61%	60%	55%	62%
Do you chat to friends of friends?	56%	58%	66%	70%	56%
Do you chat to other people who you don't know in real life?	33%	32%	39%	47%	33%
Are all your online profiles set to friend-only and not public?	48%	50%	52%	52%	48%
Do you hide some of the things you do or say on the Internet from parents/carers?	18%	19%	26%	38%	18%
None of the above (or incomplete)	10%	8%	6%	3%	10%
Valid Responses (Count)	2594	881	668	542	503

Over a third of Y9 pupils report hiding at least some online behaviours from parent/carers.

They were then asked about unwelcome experiences online. A core set of items were asked of all pupils, with extra items for the Y9/10 pupils.

Table 16: Pupils in each group responding to Q16b. (questions about unwelcome experiences online) (secondary only)

	Y7	Y8	Y9	Y10
Received a hurtful, unwanted or nasty message or picture	31%	32%	35%	45%
Hurtful comments were posted about you on a social networking site	14%	12%	11%	19%
Someone used your identity/password to post false or hurtful things online	4%	3%	5%	5%
Someone posted private information about you (including pictures)	5%	7%	4%	9%
Someone used/changed a picture to humiliate you	10%	10%	11%	13%
An offensive video clip was taken or posted about you	5%	4%	3%	6%
Someone voted for you in an insulting online poll	5%	2%	4%	5%
A nasty webpage was set up about you	2%	1%	1%	1%
Other	4%	2%	2%	0%
None of the above (or incomplete)	60%	60%	60%	50%
Valid Responses (Count)	881	668	542	503

Table 17: Pupils in each group responding to Q16c. (further questions about unwelcome experiences) by gender (Y9/10 only)

	Y9		Y10	
	M	F	M	F
e) Has anyone you didn't know asked to see pictures of you?	19%	31%	23%	48%
f) Has anyone (online or in person) ever threatened or pressured you to send a picture or video of yourself or show yourself on webcam?	4%	8%	3%	11%
g) Have you sent sexual pictures of yourself to someone you don't know? (online or by 'phone message)	2%	2%	1%	4%
h) Have you sent sexual pictures of yourself to someone you do know? (online or by 'phone message)	3%	3%	2%	6%
i) Has anyone ever posted or messaged sexual photos or videos of you that you didn't want to share?	1%	2%	1%	2%
j) Has anyone you don't know in person asked to meet with you?	14%	20%	17%	34%
k/i) Have you ever met up with someone you first met online?	12%	9%	15%	16%
k/ii) If yes, was this person quite a bit older than you? (older than the year above you in school - two years or more)	1%	3%	3%	4%
None of the above (or incomplete)	70%	64%	63%	45%
Valid Responses (Count)	197	319	206	281

Secondary pupils were asked about a range of unwelcome or risky online experiences, including, among older pupils, the sharing of sexual images. Primary school pupils were asked a different set of three questions.

Of the primary school pupils who have a social network account, 18% have regretted sharing something online and 15% have felt like someone has tried to make them do something online; the figures for all primary pupils are 13% and 11%.

Over a third of secondary pupils had Received a hurtful, unwanted or nasty message or picture and over 10% reported that Hurtful comments were posted about you.

About half of Y10 females reported that they had been asked for pictures by people they didn't know; 11% reported pressure to send images or show video; 4% said they had sent images/videos to people they didn't know and 6% said that people had shared their images/videos without consent.

Pupils were also asked about online safety advice.

Table 18: Pupils in each group responding to Q16d. (questions about being safe online) (secondary only)

	Y7	Y8	Y9	Y10
c/i) Have you ever been told how to stay safe while online?	87%	90%	91%	94%
c/ii) If yes, do you always follow the advice you have been given?	61%	62%	59%	57%
d/i) If something happened online to upset you, would you know what to do?	74%	75%	74%	72%
None of the above (or incomplete)	10%	7%	7%	4%
Valid Responses (Count)	881	669	544	503

Over 90% of secondary pupils say they have been told how to stay safe online but less than 2/3 say they always follow the advice.

Table 19: Pupils in each group responding to Q16e. (seeking help about online experiences) (secondary only)

	Y7	Y8	Y9	Y10
Nothing upsetting has happened	31%	31%	35%	34%
Parents/carers	51%	46%	35%	33%
Friends	43%	37%	35%	40%
Adults at school	23%	14%	11%	10%
Police / CEOP	11%	7%	5%	5%
Someone else	12%	7%	5%	5%
No-one	8%	6%	12%	14%
[None of these]	20%	14%	14%	13%
N	854	654	524	490

Pupils who were subject to unwelcome experiences online usually reported having informed someone about it – usually parents/carers or friends, but a significant number said they had told no-one.

## Gangs

An initial definition and description of a gang was given to secondary pupils:

**These questions are about gangs.**

A gang is a group of people, especially young people, who

- See themselves as a group
- Do violent and illegal things e.g. sell drugs
- Have an area that is theirs
- Have something in common – its own name, a leader, rules, an area
- Are rivals with other gangs

Responses to gang-related questions were as follows:

Table 20: Pupils in each group responding to Q17. These questions are about gangs.(secondary only), by gender (% responding YES)

	Y7		Y8		Y9		Y10	
	M	F	M	F	M	F	M	F
Do you know anyone who is a member of a gang?	22%	9%	13%	12%	25%	16%	31%	24%
Have you been asked/approached to be a member of a gang?	10%	5%	6%	3%	12%	7%	13%	9%
Leaving these gangs can be difficult and dangerous.	6%	3%	1%	1%	1%	4%	3%	3%
Do you know anyone who would like to leave a gang if possible?								
Are you a member of a gang?	2%	1%	2%	1%	1%	1%	1%	1%
None of the above	73%	87%	85%	88%	73%	81%	67%	75%
Valid Responses (Count)	379	459	241	392	191	316	199	276

15% of Y7 pupils and 27% of Y10 pupils reported that they know someone who is a member of a gang; 13% of Y10 males say they have been approached to be a member of a gang. 1% of all year groups say they are a member of a gang.

These new questions have yet to be tested elsewhere.

## ■ School

### Travel

Pupils were asked how they travelled to school on the morning of the survey; they could choose more than one mode of transport, so the columns on the following table can add up to more than 100%.

Table 21: Pupils in each group responding to Q13P/Q18S. How did you travel to school today?

	All	Year 4	Year 5	Year 7	Year 8	Year 9	Year 10
Car	49%	53%	54%	43%	46%	45%	44%
Bus	7%	1%	1%	11%	12%	15%	15%
Bicycle / scooter	7%	7%	4%	13%	5%	7%	6%
Taxi	1%	1%	2%	1%	1%	1%	1%
Walk	51%	50%	50%	48%	54%	53%	54%
Other	2%	1%	1%	2%	1%	3%	3%
None of the above (or incomplete)	0%	0%	0%	0%	0%	0%	0%
Valid Responses (Count)	5081	1255	1240	878	665	534	495

51% of all pupils said they came to school by walking and 7% by some other active method like bicycle or scooter.

### Safety and bullying

Pupils were asked if they felt safe at school

Table 22: Pupils in each group responding to Q14P/Q19S. At school I feel safe...

	All	Y4	Y5	Y7	Y8	Y9	Y10
All of the time	47%	56%	52%	46%	40%	37%	34%
Often	28%	19%	22%	31%	37%	37%	37%
Some of the time	17%	16%	17%	18%	17%	19%	19%
Rarely	4%	5%	5%	3%	5%	4%	5%
None of the time	4%	4%	4%	2%	2%	4%	5%
Valid Responses	100%	100%	100%	100%	100%	100%	100%
Count	5048	1253	1234	871	660	527	489

47% of pupils said they feel safe at school 'all of the time'; in Y10, this was just 34%.

*About 4% of pupils in each year group said they never felt safe at school and another 4% 'rarely'.*

*About a third of pupils who have been bullied in school in the last 12 months feel safe at school 'all of the time', compared with over half of pupils who have not been bullied.*

Table 23: Pupils in each group responding to Q15P/Q20S. Have you been bullied in school in the past 12 months?

	All	Y4	Y5	Y7	Y8	Y9	Y10
No	63%	55%	56%	62%	71%	77%	78%
Not sure	14%	16%	18%	13%	12%	8%	7%
Yes	23%	29%	26%	25%	17%	15%	15%
%	100%	100%	100%	100%	100%	100%	100%
Valid Responses Count	4972	1240	1225	855	636	519	484

23% of all pupils in the sample said that they had been bullied in the last year (29% of Y4 pupils)

Table 24: Pupils in each group responding to Q16P/Q21S. Have you been bullied in school in the past 2 months?

	All	Y4	Y5	Y7	Y8	Y9	Y10
[Not applicable]	77%	71%	74%	75%	82%	85%	84%
No	9%	11%	9%	10%	6%	6%	5%
Not sure	3%	4%	4%	3%	2%	1%	2%
Yes	11%	14%	12%	12%	9%	8%	8%
%	100%	100%	100%	100%	100%	100%	100%
Valid Responses Count	4984	1239	1225	857	643	520	487

11% of all pupils in the sample said that they had been bullied in the last 2 months (14% of Y4 pupils)

Pupils who had been bullied recently were then asked for more detail. Responses in the following table are of the whole sample; pupils who had not been bullied recently are shown in the 'None of the above' row.

Table 25: Pupils in each group responding to Q17P/Q22S. If you have been bullied in the past 2 months, how were you bullied?

	All	Y4	Y5	Y7	Y8	Y9	Y10
Verbally bullied (including name calling and threatening)	7%	6%	6%	8%	7%	7%	8%
Physically bullied (pushed, hit, hair pulled)	4%	6%	5%	4%	3%	2%	3%
Indirectly bullied (including ignoring, spreading rumours or glaring or threatening looks)	5%	4%	5%	5%	4%	4%	6%
Cyber-bullied (using social network sites, instant messenger or chat rooms)	3%	3%	3%	3%	2%	2%	3%
Bullied via a mobile phone (text messaging or silent or abusive calls)	2%	2%	1%	2%	2%	1%	2%
Other	2%	3%	2%	1%	1%	1%	1%
None of the above (or incomplete)	89%	86%	88%	88%	91%	92%	91%
Valid Responses (Count)	4987	1241	1227	856	643	519	487

The most common forms of bullying in all age groups were verbal (7%), physical (4%) and indirect (e.g. being left out) (5%).



Table 26: Pupils in each group responding to Q18P/Q23S. Thinking about the last time this happened, what did you do about it? % for all pupils

	All	Y4	Y5	Y7	Y8	Y9	Y10
Nothing	3%	2%	2%	3%	3%	3%	3%
Told a member of school staff	4%	4%	4%	4%	3%	2%	3%
Told another adult	4%	5%	5%	5%	4%	2%	3%
Told a child	2%	1%	2%	2%	2%	1%	2%
Tried to stop the bullying	3%	4%	4%	3%	2%	3%	2%
Something else	1%	1%	1%	2%	1%	1%	0%
None of the above (or incomplete)	89%	86%	88%	88%	91%	92%	92%
Valid Responses (Count)	4996	1241	1227	862	644	521	487

The most common response to bullying was to report it to a member of school staff or another adult (1/3 of the 11% who had been bullied).

Table 27: Pupils in each group responding to Q19P/Q24S. What happened next?

	All	Y4	Y5	Y7	Y8	Y9	Y10
[Not applicable]	88%	86%	88%	87%	91%	92%	91%
The bullying stopped completely	2%	3%	2%	3%	1%	1%	0%
The bullying got less	3%	4%	3%	3%	3%	3%	3%
The bullying stayed the same	3%	3%	3%	1%	2%	3%	2%
The bullying got worse	2%	3%	3%	2%	1%	0%	1%
Not sure	2%	2%	1%	3%	1%	0%	2%
[Undescribed]	0%	0%	0%	0%	0%	1%	1%
Valid Responses	% 100%	100%	100%	100%	100%	100%	100%
Count	4990	1240	1223	862	644	521	487

Among the 11% who had been bullied, 5% said that the bullying ceased or decreased, but a matching 3% said there was no effect and 2% of those bullied said it actually got worse.

## ■ My Life

### Satisfaction

Two sets of questions were asked about satisfaction with life, as widely used by the Children's Society.

Table 28: Pupils in each group responding to Q20P/Q25S. Please say how much you agree or disagree with the following sentences.

	Don't know	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
My life is going well	3%	2%	5%	16%	34%	39%
My life is just right	4%	4%	8%	19%	29%	35%
I wish I had a different kind of life	5%	44%	19%	12%	10%	8%
I have a good life	2%	2%	4%	12%	30%	49%
I have what I want in life	4%	5%	8%	18%	25%	38%

Q25 is based on Huebner's Student Life Satisfaction scale (1991) as modified by the Children's Society. The individual responses to scale items are given above, but it is intended that a score be derived.

Table 29: Pupils in each group in each bracket of life satisfaction scores (derived from Q20P/Q25S. Please say how much you agree or disagree with the following sentences).

	All	Y4	Y5	Y7	Y8	Y9	Y10
Very low (0-4)	3%	2%	2%	2%	4%	5%	4%
Mid-low (5-8)	7%	4%	5%	6%	9%	10%	14%
Mid (9-12)	15%	9%	9%	15%	18%	22%	26%
Mid-high (13-16)	30%	29%	27%	30%	31%	32%	35%
High (17-20)	46%	56%	57%	47%	38%	30%	21%
Valid Responses	100%	100%	100%	100%	100%	100%	100%
Count	4085	910	1006	701	563	454	440

46% of all pupils scored in the highest bracket of satisfaction scores, but just 21% of Y10 pupils did so.

### Happiness

For this question, pupils were offered a 10-point scale; responses above 5 were counted as 'happy'.

Table 30: Pupils in each group responding to Q21P/Q26S. How happy are you with the following things in your life? % responding happy (6-10)

	All	Y4	Y5	Y7	Y8	Y9	Y10
Your life as a whole?*	73%			76%	76%	70%	69%
Your relationships with your family?	85%	84%	88%	85%	84%	80%	81%
How much choice you have in life?	72%	69%	72%	74%	77%	71%	73%
With the things you have (like money and things that you own)?	80%	85%	84%	80%	79%	73%	73%
Your Health?	82%	84%	85%	85%	81%	76%	75%
Your relationships with your friends?	86%	86%	86%	87%	86%	85%	83%
Your appearance (how you look)?	65%	77%	72%	61%	55%	49%	53%
With what may happen to you in later life (in the future)?	70%	73%	75%	71%	68%	62%	63%
With the home that you live in?	86%	87%	87%	87%	86%	81%	84%
With the school that you go to?	79%	86%	84%	83%	75%	68%	61%
With the way you use your time?	77%	81%	79%	79%	80%	68%	65%
None of the above (or incomplete)	3%	3%	2%	4%	3%	6%	4%
Valid Responses (Count)	5127	1259	1241	891	671	545	506

\* This item was only asked of secondary pupils; the valid responses for the 'All' column for this item is therefore 3235.

Pupils were generally happiest with home (86%) and family (85%) and least happy with their appearance (65%); just 49% of Y9 pupils were happy with their appearance, and this was even lower for females (41%).

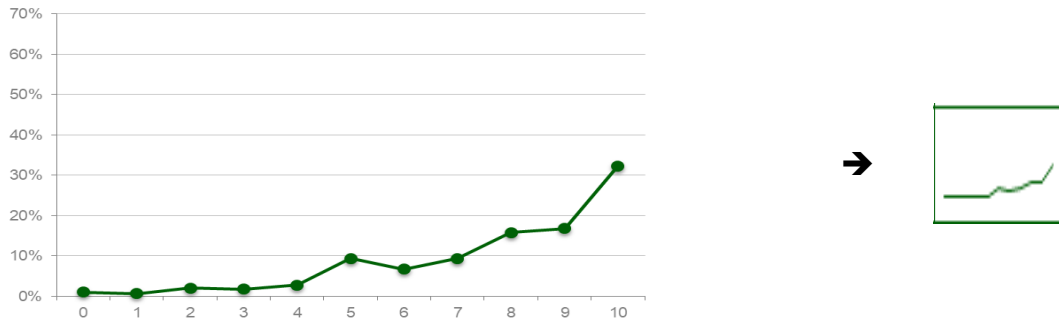
Another way of looking at the same findings is to calculate mean values for each item, as below; a 'heat map' shading has been applied.

Table 31: Pupils in each group responding to Q21P/Q26S. How happy are you with the following things in your life? Mean values for each item

	All	Year 4	Year 5	Year 7	Year 8	Year 9	Year 10
Your life as a whole?	7.4	.	.	7.8	7.5	7.2	6.8
Your relationships with your family?	8.6	8.7	8.8	8.8	8.5	8.3	8
How much choice you have in life?	7.5	7.5	7.4	7.6	7.6	7.5	7.3
With the things you have (like money and things that you own)?	8.5	8.8	8.7	8.5	8.3	8.1	7.8
Your Health?	8.3	8.6	8.5	8.5	8.2	7.9	7.6
Your relationships with your friends?	8.7	8.8	8.7	8.7	8.5	8.5	8.3
Your appearance (how you look)?	6.9	7.9	7.4	6.7	6.2	5.9	5.7
With what may happen to you in later life (in the future)?	7.5	7.8	7.9	7.6	7.3	7	6.8
With the home that you live in?	8.8	8.9	8.8	9	8.7	8.5	8.4
With the school that you go to?	8.1	8.8	8.5	8.4	7.6	7.1	6.3
With the way you use your time?	7.9	8.4	8.1	8	7.7	7.3	6.8

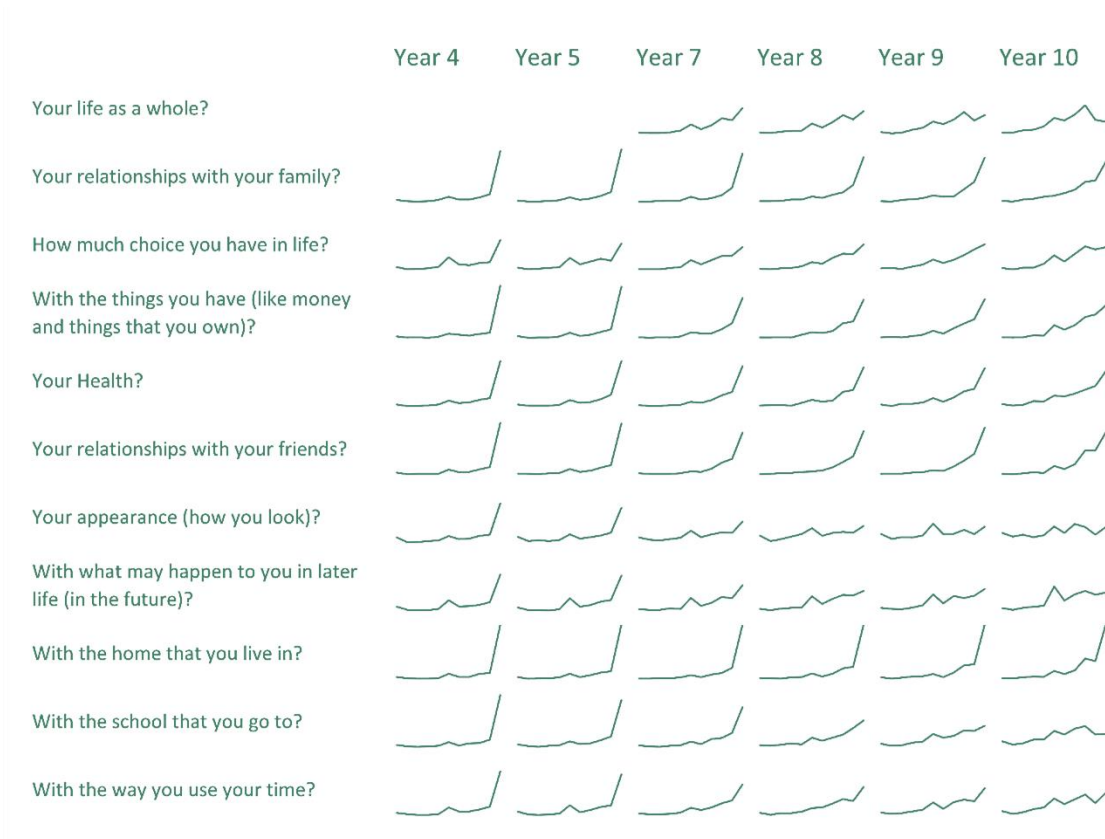
This table shows perhaps more clearly the decline in happiness through the years of secondary schooling, especially as regards appearance.

The distribution of scores for each item can be summarised in multiple charts. The findings from Y7 students for 'my life as a whole' can be shown as a full chart or a small 'sparkline' chart.



All the sparklines on the chart below use axes on the same scale.

Chart 2: distribution of scores for each happiness item, by year group.



The charts show a marked peak for 10/10 for all items in Y4, which is quite flattened for most items by Y10.

## Diet

Pupils were first asked about lunch yesterday (or on the last school day, if surveyed on a Monday).

**Table 32: Pupils in each group responding to Q22P/Q27S. What did you do for lunch yesterday?**

	All	Y4	Y5	Y7	Y8	Y9	Y10
Had a school lunch	36%	37%	35%	42%	39%	28%	31%
Ate a packed lunch	50%	53%	55%	46%	46%	50%	43%
Bought lunch from a takeaway or shop	3%	3%	2%	3%	3%	4%	5%
Went home for lunch	5%	6%	6%	4%	3%	5%	7%
Did not have any lunch	5%	1%	1%	4%	9%	14%	15%
Count	4956	1231	1228	854	643	511	477

36% of pupils had a school lunch on the school day before the survey; the figure for packed lunches was 50%.

They were then asked about portions of fruit and vegetables.

**Table 33: Pupils in each group responding to Q23P/Q28S. How many portions\* of fruit and vegetables did you eat yesterday?**

	All	Y4	Y5	Y7	Y8	Y9	Y10
None	12%	11%	11%	12%	14%	12%	15%
1	15%	16%	14%	13%	14%	18%	18%
2	15%	13%	14%	15%	18%	18%	18%
3	16%	13%	13%	19%	18%	19%	22%
4	13%	12%	12%	14%	17%	13%	14%
5	11%	11%	13%	14%	11%	11%	7%
6	5%	5%	6%	5%	4%	5%	3%
7	3%	4%	5%	2%	1%	2%	2%
8 or more	9%	14%	13%	6%	3%	4%	2%
5 or more	28%	35%	36%	27%	18%	20%	13%
Valid Responses	100%	100%	100%	100%	100%	100%	100%
Count	4942	1220	1221	852	647	511	479

\* Details about what counts as a portion were provided (see appended questionnaire)

28% of pupils reported eating at least 5 portions of fruit/veg on the day before the survey; the figure for Y10 pupils was just 13%.

The next dietary question concerned takeaway food: how often and in what context.

Table 34: Pupils in each group responding to Q29. How often do you have a takeaway? e.g. chips, chicken, burger, pizza, Chinese, curry, pie, pasty % 'at least once a week'.(secondary only)

	Y7	Y8	Y9	Y10
Before school lessons	7%	3%	2%	2%
School lunchtime	14%	11%	7%	9%
After school, on the way home	13%	7%	13%	13%
At home, main evening meal	38%	33%	35%	35%
At home, extra snack or meal	28%	15%	17%	18%
None of the above (or incomplete)	48%	56%	53%	54%
Valid Responses (Count)	763	560	449	432

47% of secondary pupils reported eating a takeaway 'at least once a week'; the most common occasions were as a main evening meal or as an extra meal or snack. Over 10% of pupils reported having some sort of fast food 'Every day or most days'.

## Physical activity

Pupils were asked if they enjoyed physical activity.

Table 35: Pupils in each group responding to Q24P/Q30S. How much do you enjoy physical activities?

	All	Y4	Y5	Y7	Y8	Y9	Y10
Not at all	4%	3%	3%	3%	3%	5%	7%
A little	21%	17%	18%	22%	26%	27%	29%
Quite a lot	33%	29%	34%	32%	37%	35%	32%
A lot	42%	51%	44%	44%	34%	33%	32%
Valid Responses	100%	100%	100%	100%	100%	100%	100%
Count	4975	1223	1227	857	650	521	483

75% of all pupils reported enjoying physical activities at least 'quite a lot'; the group reporting lowest on this criterion was the Y10 females (61%).

Pupils were then asked which days in the last week they had exercised, at all and for more than an hour.

Table 36: Pupils in each group responding to Q25P/Q31S. In the last week, on which days did you take part in any physical activity? (total days)

	All	Y4	Y5	Y7	Y8	Y9	Y10
None	10%	12%	10%	9%	11%	9%	9%
1	20%	25%	21%	16%	16%	15%	20%
2	16%	18%	15%	13%	17%	20%	18%
3	14%	12%	12%	16%	16%	17%	17%
4	10%	7%	8%	13%	11%	14%	12%
5	11%	9%	11%	12%	10%	10%	12%
6	5%	3%	5%	6%	7%	5%	4%
7	14%	14%	18%	17%	11%	11%	9%
Valid Responses	N 100%	100%	100%	100%	100%	100%	100%
Count	4928	1224	1225	844	630	515	477

90% of all pupils reported taking some form of physical activity on any day in the previous week.

**Table 37: Pupils in each group responding to Q26P/Q32S. Please tick the days you did any physical activity for at least an hour in total? (this could be several short sessions adding up to an hour).**

	All	Y4	Y5	Y7	Y8	Y9	Y10
None	26%	32%	26%	22%	23%	21%	22%
1	21%	22%	22%	18%	21%	20%	24%
2	17%	18%	16%	16%	16%	20%	18%
3	13%	9%	12%	16%	14%	15%	16%
4	8%	6%	7%	9%	11%	10%	8%
5	6%	4%	6%	8%	7%	5%	6%
6	3%	2%	3%	3%	4%	4%	2%
7	7%	6%	9%	8%	4%	5%	4%
%	100%	100%	100%	100%	100%	100%	100%
Valid Responses Count	4901	1223	1220	837	629	504	475

7% of all pupils reported taking some form of physical activity for at least an hour in total every day in the previous week, as recommended; 26% reported no days at all.

In 2020, we saw a lower level of participation in physical activity among older females; this is not found in the current sample.

### Out of school activities

Pupils were given a list of out of school activities and asked which of them they took part in.

**Table 38: Pupils in each group responding to Q27P/Q33S. Do you take part in any of these activities outside of school?**

	All	Y4	Y5	Y7	Y8	Y9	Y10
Sports Clubs	38%	33%	35%	42%	40%	42%	39%
Youth Clubs	4%	4%	4%	5%	5%	5%	4%
Other Clubs (e.g. Drama, Music)	11%	10%	12%	13%	11%	14%	9%
Scouts / Guides / Cadets etc.	8%	7%	9%	9%	10%	10%	8%
Volunteering	3%	2%	2%	3%	2%	3%	5%
Other	14%	19%	20%	11%	10%	8%	6%
I don't take part in activities outside of school	40%	40%	38%	40%	39%	38%	45%
None of the above (or incomplete)	1%	2%	2%	0%	0%	0%	0%
Valid Responses (Count)	4845	1209	1215	823	618	502	464

38% of pupils reported taking part in sports clubs outside school, 8% in uniformed groups, and 3% volunteering, while 40% reported that they do not take part in activities outside school.



## Sexual health (Y9/10 only)

This question was offered just to secondary-aged students, and was preceded by a statement:

- Nationally, we know that most young people under 16 have not had sex (only 25% of under 16s report having sex). For the purposes of this answer, 'sex' includes oral sex.

Table 39: Pupils in each group responding to Q34. Have you had sex? (Y9/10 only), by gender

	Y9		Y10		
	Male	Female	Male	Female	
No	93%	96%	90%	94%	
Not sure	1%	0%	2%	0%	
Yes	2%	1%	3%	2%	
Prefer not to say	5%	2%	6%	3%	
Valid Responses	%	100%	100%	100%	
	Count	174	302	192	270

2% of males and 1% of females in Y9 reported having experience of sex (including oral sex); the figures for Y10 were 3% and 2% respectively.

Pupils were then asked about contraceptive use; again, the figures on the table are of the whole sample, and those responding 'no' to the previous question are shown on the 'not applicable' row.

Table 40: Pupils in each group responding to Q35. If you have had sex, have you ever had unprotected sex? (That's sex without a condom or other contraception/protection) N.B. This question was asked only of pupils who said they have had sex in Q34, by gender

	Y9		Y10		
	Male	Female	Male	Female	
[Not applicable]	93%	96%	90%	94%	
No	3%	1%	3%	1%	
Not sure	1%	0%	2%	0%	
Yes	1%	1%	0%	1%	
Prefer not to say	2%	2%	4%	2%	
Valid Responses	N	100%	100%	100%	
	Count	174	303	192	270

Of the pupils who report they have had sex, 35% reported that they had had unprotected sex (1% of all Y9/Y10 pupils).

Lastly, in this section, they were asked about their awareness of sexual health services.

Table 41: Pupils in each group responding to Q36. Are you aware of sexual health services in your area? N.B. This question was asked only of pupils who said they have had sex in Q34, by gender

		Y9		Y10	
		Male	Female	Male	Female
	No	23%	15%	10%	13%
	Not sure	23%	38%	20%	27%
	Yes	46%	46%	65%	60%
	N	100%	100%	100%	100%
Valid Responses	Count	13	13	20	15

*Just a third of Y9/10 pupils who had had sex later reported that they were aware of sexual health services in their area.*

Few young people of this age are sexually active so it may be argued that they don't need to be aware of what services are available; however, given that sexual activity may be unplanned, awareness that services exist is important, as well as how to access them.

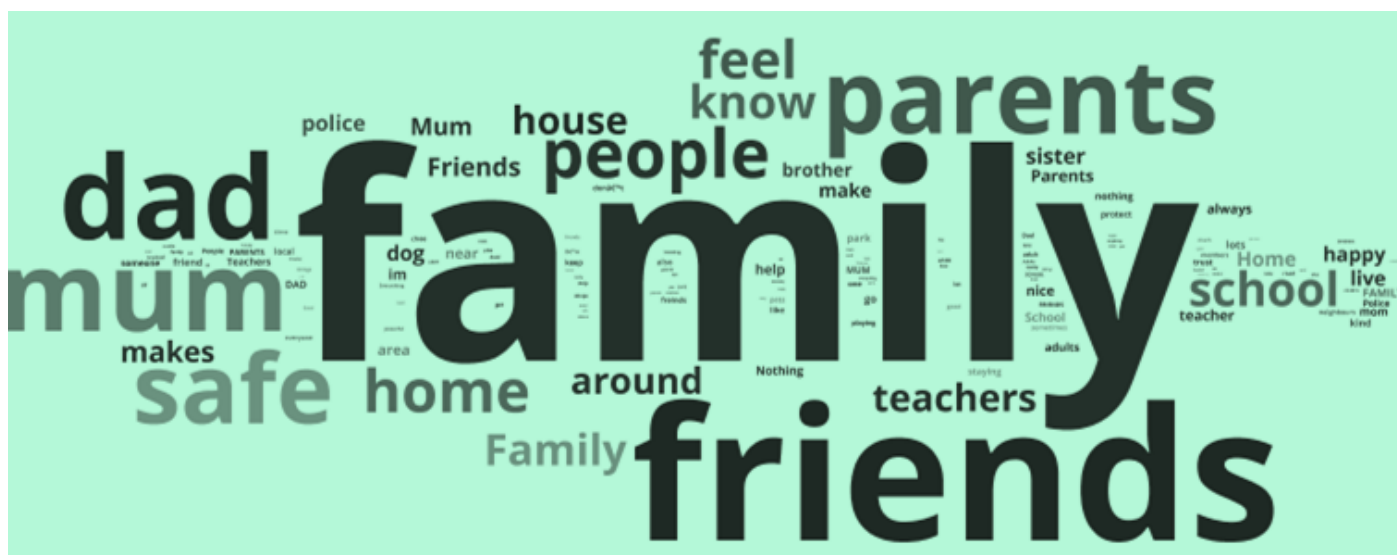
## Neighbourhood safety

Two questions were asked about local safety, with free-text responses.

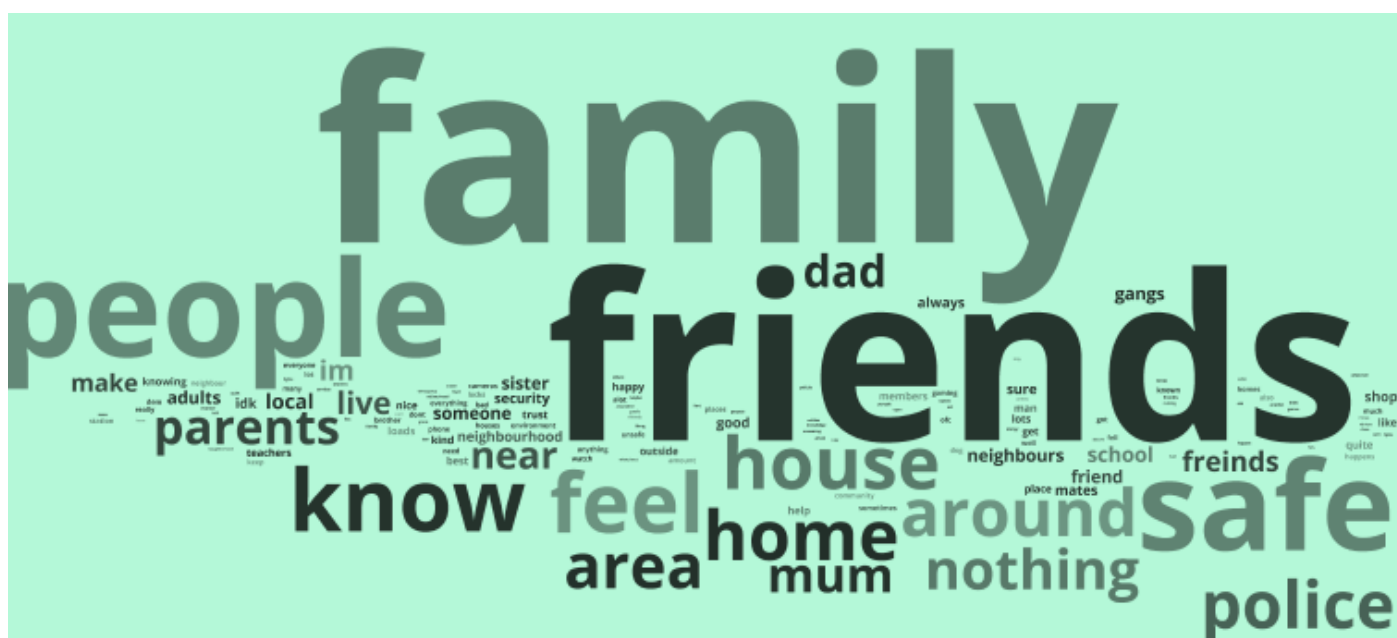
- Q27P/Q37S. What makes you feel safe in your local area?
- Q28P/Q37S. What makes you feel unsafe in your local area?

As an initial pass for the analysis of this question, a 'word cloud' has been constructed for each year group. The size of each word reflects the frequency in the responses.

### What makes primary pupils feel safe (Q28P)



### What makes secondary pupils feel safe (Q37S)



Reading across the year groups, *family* is most important for all ages, while *friends* also scores well. *Police* appear more strongly for secondary pupils than for primary pupils; the inclusion of 'gangs' in the lower cloud seems odd.



## ■ Emotional wellbeing

### Worries

Pupils were offered a list of topics and asked how often they worry about each of them. Y4/5 pupils were given a shorter list.

Table 42: Pupils in each group responding to Q30P/Q39S. How often do you worry about the following? % responding 'quite a lot of the time' or 'all of the time'

	All	Y4	Y5	Y7	Y8	Y9	Y10
Family problems*	27%	43%	37%	12%	13%	18%	17%
Health problems**	6%	0%	0%	10%	9%	15%	15%
Exams & tests***	40%	38%	41%	32%	36%	45%	52%
Friendships	30%	42%	35%	23%	20%	21%	22%
The way you look	32%	31%	30%	29%	33%	38%	39%
Family money problems**	5%	0%	0%	9%	10%	13%	10%
Crime**	7%	0%	0%	17%	13%	15%	11%
Relationships**	7%	0%	0%	14%	12%	15%	17%
Being bullied	20%	31%	27%	16%	11%	11%	9%
None of the above (or incomplete)	31%	24%	28%	40%	38%	30%	28%
Valid Responses (Count)	4891	1200	1208	836	640	512	482

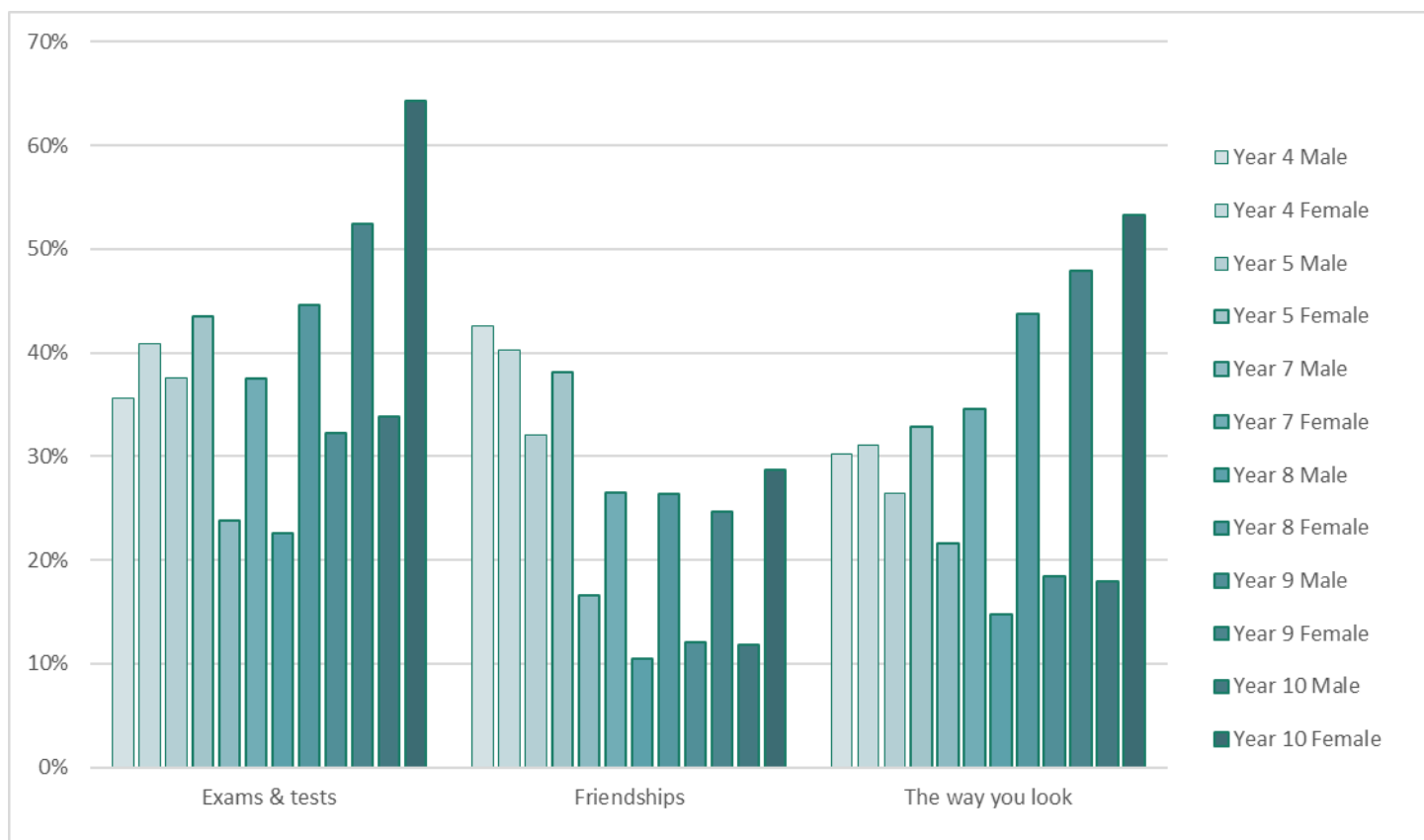
\* 'Family' in primary version – other SHEU surveys indicate that differences in phrasing for this item may affect pupil response.

\*\*These items were only asked of secondary pupils; the valid responses for the 'All' column for these items is therefore 1220.

\*\*\* SATs & tests in primary version.

*N.B. Inspection of the primary school results showed rather different figures for this question between the group of schools completing online compared with those completing on paper. The reasons for this are not clear.*

**Chart 3: Proportion of pupils reporting worry at least 'quite a lot of the time' about selected topics, by year group and sex**



The most common worry across all ages was 'exams and tests', with 40% worrying 'quite a lot of the time' or 'all of the time' about it.

However, the top worries in Y4 were actually 'family problems' (43%) and friendships' (42%), while in Y10, 'the way you look' also featured strongly for females (53% vs 18% for males).

**Table 43: Pupils in each group giving maximum level of worry about any topic (Q30P/Q39S)**

	All	Y4	Y5	Y7	Y8	Y9	Y10
Never	3%	3%	3%	3%	3%	2%	1%
Not much of the time	7%	5%	7%	10%	9%	6%	7%
Some of the time	21%	15%	18%	27%	26%	23%	20%
Quite a lot of the time	23%	13%	19%	25%	32%	29%	35%
All of the time	46%	63%	53%	35%	30%	40%	38%
Valid Responses	% 100%	100%	100%	100%	100%	100%	100%
	Count 4891	1200	1208	836	640	512	482

Y4 pupils were most likely to say they worried 'all of the time' about at least one topic (63%), while in Y10, females were more than twice as likely to worry about something all the time than were males (49% vs 19%).

## Wellbeing

The responses to individual items in the Short Warwick-Edinburgh Mental Wellbeing Scale are given below, but their intended use is to derive a numerical score.

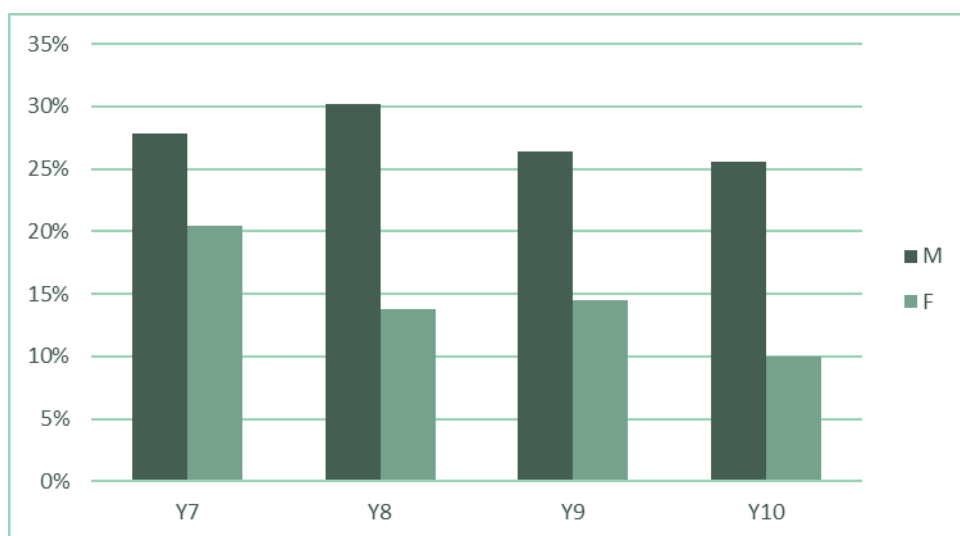
Table 44: Pupils in each group responding to Q40. Below are some statements about feelings and thoughts.(Short Warwick-Edinburgh Mental Wellbeing Scale) (secondary only)

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	17%	22%	27%	20%	11%
I've been feeling useful	14%	20%	32%	22%	10%
I've been feeling relaxed	9%	17%	27%	30%	16%
I've been dealing with problems well	13%	17%	28%	26%	15%
I've been thinking clearly	10%	17%	27%	26%	19%
I've been feeling close to other people	9%	13%	24%	31%	20%
I've been able to make up my own mind about things	7%	10%	20%	33%	29%

Table 45: Pupils in each group in each bracket of wellbeing scores (Short Warwick-Edinburgh Mental Wellbeing Scale)

	All	Y7	Y8	Y9	Y10
7-13: Low	7%	5%	7%	10%	9%
14-20: Med-low	27%	25%	26%	32%	27%
21-27: Med-high	46%	47%	48%	41%	48%
28-34: High	18%	20%	18%	16%	15%
35: Maximum	2%	3%	2%	2%	1%
Valid Responses	% 100%	100%	100%	100%	100%
	N 2219	753	558	441	457

Chart 4: Proportion of secondary pupils reporting high wellbeing scores (28+), by year group and sex



*Older pupils are less likely to score in the higher brackets of the wellbeing scale than are younger pupils; males are rather more likely to score in the higher brackets of the wellbeing scale than are females in each year group.*

## Coping responses

This is a new and complex question. The raw frequencies of any positive responses are given in the table below.

Table 46: Pupils in each group responding to Q31P/Q41S. Think of times when you were worried or upset; what do you do? % responding more than 'never' (sorted by frequency)

I wish the problem had never happened	87%
I try to calm myself down	86%
I try to forget it	85%
I do something like watching TV or playing a game to forget it.	85%
I think about how to fix the problem	84%
I try to feel better by spending time with others like family, adults, or friends	84%
I try to see the good side of things	83%
I wish I could make things different	83%
I do something to try and fix the problem, such as talking to someone	81%
I do something like taking part in hobbies, activities or exercise	73%
I keep quiet about the problem	71%
I stay by myself	65%
I blame myself for causing the problem	63%
I don't do anything, I just accept the problem	61%
I yell, scream, or get mad	57%
I blame someone else for causing the problem	44%
I do something else	25%
*I cut or hurt myself	17%
*I do something like drinking alcohol, smoking/vaping, taking drugs, or eating too much or too little.	16%

\* secondary only

The majority of the offered responses are enacted at least sometimes by a majority of pupils. The figure for 'cut or hurt myself' is still worryingly high, with 17% reporting it 'ever', although if we draw the line at 'quite a lot of the time' then the figure drops to 4%.

*N.B. Inspection of the primary school results showed rather different figures for this question between the group of schools completing online compared with those completing on paper. The reasons for this are not clear.*



Table 47: Pupils in each group responding to Q31P/Q41. Think of times when you were worried or upset; what do you do? % responding 'quite a lot of the time' or 'all of the time' (sorted by frequency)

	All	Y4	Y5	Y7	Y8	Y9	Y10
I wish the problem had never happened	69%	74%	73%	62%	66%	67%	59%
I do something like watching TV or playing a game to forget it.	56%	58%	61%	57%	51%	51%	50%
I wish I could make things different	56%	59%	59%	52%	52%	57%	50%
I try to feel better by spending time with others like family, adults, or friends	55%	68%	65%	53%	44%	38%	34%
I try to calm myself down	52%	68%	59%	45%	43%	37%	29%
I try to see the good side of things	50%	63%	59%	46%	39%	35%	33%
I think about how to fix the problem	50%	61%	56%	46%	43%	37%	37%
I try to forget it	48%	54%	53%	44%	42%	42%	42%
I do something to try and fix the problem, such as talking to someone	42%	54%	50%	37%	34%	25%	25%
I keep quiet about the problem	37%	39%	36%	31%	32%	47%	41%
I do something like taking part in hobbies, activities or exercise	35%	40%	41%	35%	27%	25%	31%
I stay by myself	33%	34%	37%	25%	28%	39%	32%
I blame myself for causing the problem	26%	26%	27%	23%	23%	27%	28%
I yell, scream, or get mad	23%	23%	27%	22%	21%	21%	23%
I don't do anything, I just accept the problem	21%	26%	23%	17%	16%	20%	22%
I do something else	13%	21%	20%	5%	4%	6%	6%
I blame someone else for causing the problem	10%	13%	12%	9%	6%	8%	11%
*I do something like drinking alcohol, smoking/vaping, taking drugs, or eating too much or too little.				4%	5%	6%	8%
*I cut or hurt myself				4%	3%	3%	5%
Valid Responses (Count)	4794	1206	1205	810	610	486	466

\* These items were only asked of secondary pupils; the valid responses for the 'All' column for these items is therefore 2372.

There are some marked age-related differences in responses; primary pupils are most likely to give almost every response.

After exploratory factor analysis, we have categorised the options as below:

Try to calm themselves down	1
Think about how to fix the problem	1
Try to feel better by spending time with others like family, adults or friends	1
Do something to try and fix the problem, such as talking to someone	1
Try to see the good side of things	1
Keep quiet about the problem	2
Blame themselves for causing the problem	2
Stay by themselves	2
Don't do anything, just accept the problem	2
Wish the problem had never happened	3
Wish they could make things different	3
Yell, scream, or get mad	4
Blame someone else for causing the problem	4
Cut or hurt themselves	4
Do something like drinking, smoking/ vaping, taking drugs or eating too little/ too much	4
Try to forget it	5
Do something like watching TV or playing a game to forget it	5
Do something like taking part in hobbies, activities or exercise	5

74% of secondary pupils (and 90% of primary pupils) responded 'quite a lot of the time' or 'all of the time' to at least one of the constructive responses to being worried by a problem (1);

56% (66%) to at least one of the avoid it/self-blame responses (2);

69% (81%) to at least one of the wish it away responses (3);

30% (31%) to at least one of the harmful (to self/others) responses (4);

72% (83%) to at least one of the forget it responses (5).

## Support

This new set of questions is intended to address some outcomes of the School Wellbeing Service.

**Table 48: Pupils in each group responding to Q32P/Q42S. Please say how much you agree or disagree with the following sentences.% responding agree or strongly agree**

	All	Y4	Y5	Y7	Y8	Y9	Y10
At school, there is an adult that I could talk to about something that bothers me.	60%	72%	67%	62%	50%	42%	39%
At school, there is a pupil that I could talk to about something that bothers me.	68%	66%	67%	70%	70%	65%	71%
Out of school, there is an adult that I could talk to about something that bothers me.	75%	72%	74%	77%	80%	71%	74%
At school, I feel supported when I feel worried about exams	49%	58%	53%	55%	43%	32%	26%
At school, I feel supported when I am bullied	40%	44%	43%	49%	40%	28%	20%
At school, I feel supported when I have problems at home	43%	51%	47%	47%	38%	33%	23%
At school, I feel supported when I have problems with school work	57%	65%	61%	61%	51%	48%	37%
None of the above (or incomplete)	8%	6%	8%	6%	7%	12%	9%
Valid Responses (Count)	4751	1196	1205	788	610	482	459

A majority of pupils of all ages report that they have at least one confidant – an adult or pupil in school, or an adult out of school.

There is a drop in the first row of figures as we go up the age range.

If pupils do not agree that they feel supported, it may be that they have had no such problems, rather than they feel unsupported.

## Student Mental Health Champions

**Table 49: Pupils in each group responding to Q33P/Q43S. What do you know about Student Mental Health Champions?**

	All	Y4	Y5	Y7	Y8	Y9	Y10
I've never heard of them before	72%	68%	64%	76%	76%	77%	83%
I've heard of them but that's it	16%	16%	19%	15%	16%	16%	10%
I know about them	7%	6%	10%	6%	5%	5%	5%
I know how to use them	2%	1%	3%	2%	2%	1%	1%
I have used them	1%	2%	1%	0%	0%	1%	0%
I have used them and they helped me	2%	5%	4%	1%	0%	1%	0%
Valid Responses	100%	100%	100%	100%	100%	100%	100%
Count	4676	1184	1198	768	591	475	449

Awareness of Student Mental Health Champions is currently poor, with 72% saying they had not previously heard of them, and a further 16% saying they have heard of them 'but that's it'.

*Only about 5% of pupils know enough about Student Mental Health Champions to make use of them.*

This last finding must be interpreted in the light of the current state of the programme. The question itself will result in some increased awareness, as will any follow-up discussions in schools.

*If pupils are aware of Student Mental Health Champions, they are more likely to agree that “At school, there is a pupil that I could talk to about something that bothers me.”*

Table 50: Pupils in each year group agreeing that “At school, there is a pupil that I could talk to about something that bothers me.”, by awareness of Student Mental Health Champions

	I've never heard of them before	I've heard of them but that's it	I know about them	I know how to use them	I have used them	I have used them and they helped me
Year 4	42%	39%	33%	44%	<b>54%</b>	<b>54%</b>
Year 5	38%	42%	39%	38%	38%	<b>56%</b>
Year 7	38%	37%	39%	<b>40%</b>	<b>100%</b>	<b>40%</b>
Year 8	37%	29%	34%	<b>60%</b>		
Year 9	28%	31%	39%	<b>40%</b>		<b>67%</b>
Year 10	31%	36%	39%	<b>67%</b>		<b>100%</b>

This is perhaps predictable but still welcome to see.

## Emotional intelligence

At the request of UEA, the *Trait Emotional Intelligence Questionnaire - Adolescent Short Form (TEIQue-ASF) - Self-regulation Subscale* was included in the secondary questionnaire. Responses to individual items are shown below, but the responses are intended to be used to derive a numerical score.

Table 51: Pupils in each group responding to Q44. (Trait Emotional Intelligence Questionnaire - Adolescent Short Form (TEIQue-ASF) - Self-regulation Subscale). (secondary only) % responding 5-7 (agree)

	Y7	Y8	Y9	Y10
I find it hard to control my feelings	35%	35%	39%	31%
I change my mind often	54%	55%	57%	56%
I'm able to deal with stress	46%	46%	39%	42%
I can control my anger when I want to	52%	53%	54%	54%
Sometimes, I get involved in things later I wish I could get out of	49%	47%	40%	43%
I try to control my thoughts and not worry too much about things	59%	54%	51%	51%
Valid Responses (Count)	782	597	484	457

Each statement about emotional self-regulation was agreed with by up to about half of all pupils, with the exception of 'I find it hard to control my feelings', which was agreed with by closer to a third.

The individual items were intended for use as a scale.

Table 52: Pupils in each group scoring in each bracket of Q44. (Trait Emotional Intelligence Questionnaire - Adolescent Short Form (TEIQue-ASF) - Self-regulation Subscale). (secondary only)

	All	Y7	Y8	Y9	Y10
Low (1-2.4)	8%	9%	7%	7%	8%
Med-low (2.5-3.9)	33%	30%	35%	36%	34%
Med-high (4-5.4)	44%	44%	43%	42%	46%
High (5.5-7)	15%	18%	15%	15%	12%
Valid Responses	% 100%	100%	100%	100%	100%
	Count 1168	771	588	468	454

Scores for Emotional Self-regulation for older pupils and for females were lower than for younger pupils and males.

A further set of questions were asked of secondary pupils about their *perceived stress*. There were two positively phrased items in the scale chosen and two negative.

Table 53: Pupils in each group responding to Q45. The questions in this scale ask you about your feelings and thoughts during the last month. (secondary only) % responding 'fairly' or 'very' often (Trait Emotional Intelligence Questionnaire – Adolescent Short Form (TEIQue-ASF /PSS)) – Perceived Stress Scale

	Y7	Y8	Y9	Y10
In the last month, how often have you felt that you were unable to control the important things in your life?	19%	20%	25%	25%
In the last month, how often have you felt confident about your ability to handle your personal problems?	43%	40%	39%	36%
In the last month, how often have you felt that things were going your way?	35%	37%	33%	34%
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?	21%	23%	27%	27%
Valid Responses (Count)	760	577	470	448

Similarly, perceived stress was notably worse for older pupils and for females compared with younger pupils and males.

The total score for the four Perceived Stress items can be calculated, and it is related, as we might expect, to pupils' worries:

Table 54: Mean Perceived Stress scores by maximum level of worry about any issue, by year group

	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
Year 7	6.5	6.7	6.7	<b>7.1</b>	<b>7.2</b>
Year 8	6.9	5.7	6.9	<b>7.4</b>	<b>7.4</b>
Year 9	5.1	6.0	6.8	<b>7.3</b>	<b>8.2</b>
Year 10	*	6.4	6.8	<b>7.1</b>	<b>8.0</b>

\* one case

*Pupils who express higher levels of worry about any issue have higher Perceived Stress Scale scores.*

## Survey connections

Connections between questionnaire items were explored in the report for 2016-17; these analyses have been repeated below for the 2021 sample, as far as is possible with the revised questionnaires. The new questionnaires do allow for new types of analysis to be done, if integrated with other data sets.

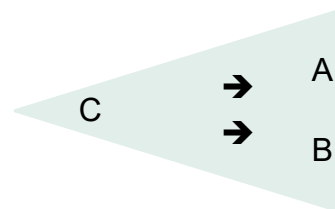
*For any association that can be shown, it is not possible to tell which is the cause and which is the effect.*

For example, it cannot be shown if physical activity leads to greater happiness (A→B), or if greater happiness makes students more likely to exercise (B→A), or if something else is going on.

A → B

B → A

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



### Analysis: sleep and wellbeing

The inclusion of new questions allows us to explore the association between sleep and wellbeing.

Table 55: mean wellbeing scores by hours spent asleep, by year group and sex.

		6 or fewer hours' sleep last night	7 or more hours' sleep last night	
All		20.6	***23.2	*** $p < 0.001$
Year 7	Male	23.6	24.2	
	Female	21.5	**23.5	** $p < 0.01$
Year 8	Male	21.3	*24.8	* $p < 0.05$
	Female	18.0	***22.3	*** $p < 0.001$
Year 9	Male	20.6	23.5	$p = 0.052$
	Female	17.9	***22.0	*** $p < 0.001$
Year 10	Male	22.0	24.0	
	Female	18.2	***22.1	*** $p < 0.001$

*Generally, those getting less than 7 hours' sleep last night achieve poorer wellbeing scores.*

The differences for the whole sample are statistically significant (top row of figures), but of course may be confounded by differences between ages and sexes, so the analysis was repeated, split by age and sex. The differences are not all large, but most reach statistical significance; differences are larger among females.

There are many associations of this type that can be performed on the data set.

### Analysis: Goldilocks effect

The inclusion of screen time in the questionnaire allows for an attempt to replicate the Goldilocks effect, where moderate use of screens, smartphones or being online is associated with highest wellbeing scores (REF). SHEU and other researchers have often been able to show a ‘humped’ (n-shaped) relationship between screen time and wellbeing (e.g. Regis, D (2019). Goldilocks is online. *Education and Health* **37**(2): 43-45).

Table 56: mean wellbeing scores by hours of screen time, by year group and sex (highest values in each row marked).

		Not at all	Up to one hour	Up to two hours	Up to three hours	More than three hours
Year 7	Male	19.9	24.0	25.4	25.3	23.5
	Female	23.6	23.1	23.7	22.9	22.3
Year 8	Male	23.0	25.5	25.3	24.5	24.0
	Female	24.0	22.9	22.3	22.3	21.2
Year 9	Male	.	27.0	24.8	23.5	22.1
	Female	.	24.1	23.1	22.2	20.3
Year 10	Male	.	23.3	25.0	24.1	23.1
	Female	22.8	25.5	22.8	21.6	20.6
	* $p < 0.05$	19.9	24.0	25.4	25.3	23.5

To some extent the ‘humped’ shape is there, in that for several groups the highest value is not found for either end of the scale, but there were no Y9 pupils who reported using screens ‘not at all’. The differences are not large and do not all reach statistical significance.

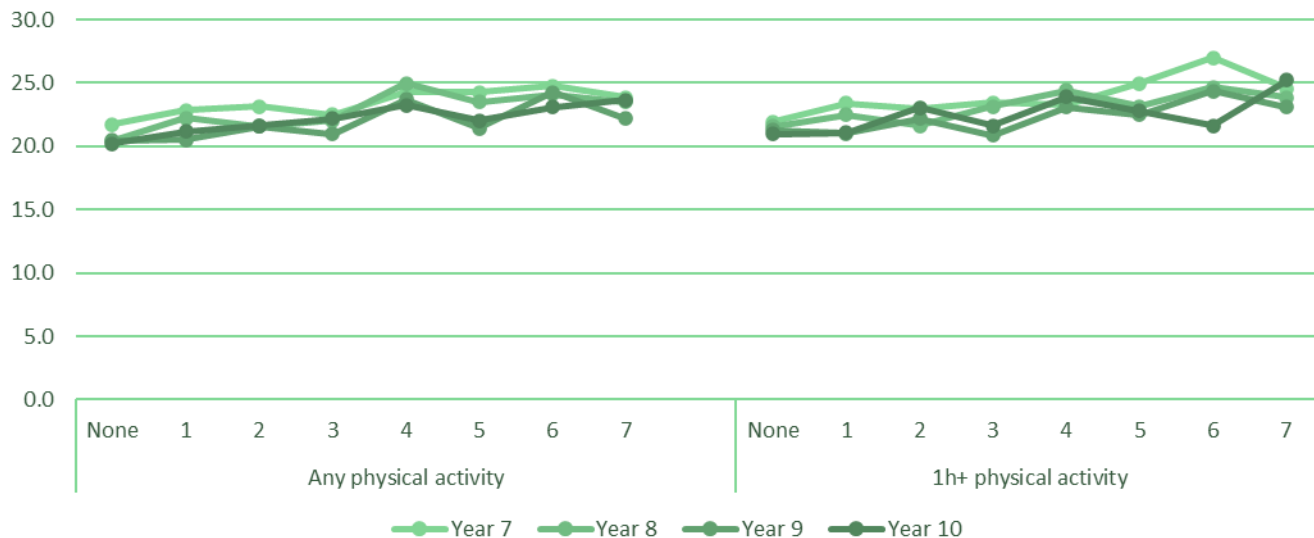
This table can be viewed as consistent with existing findings.



### Analysis: Physical activity and emotional health

In the first report of a Brighter Futures study in 2016/17, it was suggested that more positive emotional health was associated with greater involvement with physical activity. This analysis was repeated in 2019 with unclear results and is undertaken again below.

Chart 5: Association between physical activity and mean wellbeing scores (SWEMWBS)



There is a modest association between the two measures of physical activity and wellbeing in each year group in this secondary 2021 sample, where higher frequencies of exercise are generally associated with slightly higher mean wellbeing scores. The small differences are of no practical importance.

(There is no similar measure of wellbeing in the Y4/5 sample.)

For Y4 students, we can use the happiness scales in a similar way.

**Table 57: Correlations of days doing any physical activity with happiness measures, by year group**

	Y4	Y5	Y7	Y8	Y9	Y10
Your life as a whole?			0.040	0.064	<b>0.103*</b>	<b>0.157**</b>
Your relationships with your family?	-0.029	-0.010	0.016	0.010	0.044	<b>0.159**</b>
How much choice you have in life?	0.019	<b>0.069*</b>	0.045	<b>0.095*</b>	0.008	<b>0.139**</b>
With the things you have (like money and things that you own)?	0.039	0.039	-0.020	0.050	-0.040	0.033
Your Health?	0.019	0.037	-0.012	0.033	0.074	<b>0.136**</b>
Your relationships with your friends?	0.012	0.003	0.006	<b>0.090*</b>	-0.002	0.077
Your appearance (how you look)?	0.017	0.008	-0.027	<b>0.084*</b>	0.045	<b>0.144**</b>
With what may happen to you in later life (in the future)?	0.003	<b>0.056*</b>	0.015	0.045	0.062	0.068
With the home that you live in?	0.026	0.049	-0.019	0.018	-0.020	0.035
With the school that you go to?	-0.015	-0.009	0.002	0.055	0.046	<b>0.136**</b>
With the way you use your time?	-0.012	<b>0.069*</b>	0.004	0.059	0.011	0.086

Key: **bold** = significant, \*  $p < 0.05$ , \*\*  $p < 0.01$

There is a sprinkle of significant results on this table and more than would be expected by chance alone: thirteen are significant at  $p < 0.05$ , rather than three or four, and several at  $p < 0.01$ .

All significant results are positive correlations; no result is higher than 0.16, which explains at most 2% of the variation in a measure and is of no practical importance.

### Analysis: Coincidence of risky behaviours in Y10 students

An analysis was conducted in 2019 to examine connections between risky behaviours and is repeated below for the 2021 sample.

Table 58: Connections between risky behaviours in Y10

	% tried smoking	% tried vaping	% had alcohol	% tried drugs	% had sex
All	3	6	59	5	3
If tried smoking		***65	***93	***50	***23
If tried vaping	***35		***96	***33	***23
If had alcohol	**5	***9		**7	4
If tried drugs	***32	***40	**91		***23
If had sex	***23	***46	77	***45	

\*\*  $p < 0.01$ ; \*\*\*  $p < 0.001$

If a Y10 student has experience of any substance, they are more likely to have experience of other substances and of sex.

### Analysis: Support, help-seeking and feelings

The previous analysis on this point could not be repeated because of questionnaire changes. We can still look at the connection between emotional wellbeing and support or help-seeking using the new questions.

Table 59: Association of maximum level of worry with support and risky coping in Y10 students

	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
% Out of school, there is an adult that I could talk to about something that bothers me (Strongly agree)	50	50	49	40	31
% I do something like drinking alcohol, smoking/vaping, taking drugs, or eating too much or too little (sometimes)	0	3	7	13	25

Y10 students who worry the most, are least likely to say they have an adult confidant, and most likely to use health-risky ways of responding to a problem or worry.

*There are several connections in the data set between poor emotional wellbeing and greater likelihood of reporting risk-taking behaviours.*

### Analysis: Multiple questions indicating concern

This analysis has not been repeated; the repeated conclusion of the previous reports is not in doubt, which is:

*If a pupil meets one criterion of concern, they are more likely to have other indications of concern.*

### Analysis: inequalities

Questions concerning pupils' background were excluded from the survey questionnaires, with the plan that such information can later be merged anonymously through the unique identifying code and UPN.

Such a merger would enable an analysis to see whether emotional wellbeing and risk-taking behaviour show differences among vulnerable groups of students, for example, those in receipt of free school meals.

SHEU strongly recommend that this analysis be carried out, as it has proved a highly potent prompt for action in other local authorities.

## Trends

Some questions can be safely compared with previous versions of the questionnaire study, but the samples and year groups are rather different.

No sound inferences can be made about trends, and so these figures are offered for interest's sake.

Table 60: Thurrock Brighter Futures survey samples, 2017-2021, by target year group

	2017	2018	2019	2020	2021
Y4				1286	1,260
Y5		784	1,075		1,243
Y6	386				
Y7				809	891
Y8	315	192	100		673
Y9				445	545
Y10	309	180	209		506

### Trends summary

Table 61: Comparisons of Thurrock figures with previous samples (figures are percentages for whole available sample; the whole available sample will be just one year group for some items)

Percentage meeting criterion	2017	2018	2019	2020	2021
Ever tried smoking	18	6	15	3	3
Ever tried vaping	22	16	27	6	6
Ever tried drugs	13	14	11	4	3
Walked/cycled to school *	51	29	41	45	58
Bullied at school in the last year	11	17	11	27	23
Have a trusted adult to talk with (2020/21:outside school)*			60	76	75
Physical activity for 1 hour+ last week (zero days)*	8	8	5	25	26
Physical activity for 1 hour+ last week (6-7 days)*	12	14	15	12	10
Sexually active	9	6	7	2	2
Worry about school/exams/tests			47	38	40

\* Differently worded – may account for differences

## Trends in questions related to SWS outcomes

The University of East Anglia are undertaking a case-identified analysis of outcomes.

Year groups 4,7 and 9 were surveyed in Spring 2020; the same cohort of pupils was surveyed again in Autumn 2020/Spring 2021 when they had moved to years 5,8 and 10 (shown by ↘ on the chart below), and a further sample of Year Groups 4, 7 and 9 was taken from the same schools.

Chart 6: Study design

	Y4	Y5	Y7	Y8	Y9	Y10
Spring 2020	✓		✓		✓	
Autumn 2020/Spring 2021	✓	↘	✓	↘	✓	↘

The aggregate results are shown below.

Table 62: Trends in questions related to SWS outcomes: primary schools

	Spring 2020	Autumn 2020-Spring 2021	
	Y4	Y4	Y5
At school, there is an adult that I could talk to about something that bothers me.	68%	72%	67%
At school, there is a pupil that I could talk to about something that bothers me.	65%	66%	67%
Out of school, there is an adult that I could talk to about something that bothers me.	75%	72%	74%
At school, I feel supported when I feel worried about exams	60%	58%	53%
At school, I feel supported when I am bullied	48%	44%	43%
At school, I feel supported when I have problems at home	51%	51%	47%
At school, I feel supported when I have problems with school work	64%	65%	61%
None of the above (or incomplete)	6%	6%	8%
Valid Responses (Count)	1198	1196	1205

Any gains between Y4/Y5 seen here are marginal at best.

Table 63: Trends in questions related to SWS outcomes: secondary schools

	Spring 2020		Autumn 2020-Spring 2021			
	Y7	Y9	Y7	Y8	Y9	Y10
At school, there is an adult that I could talk to about something that bothers me.	64%	52%	62%	50%	42%	39%
At school, there is a pupil that I could talk to about something that bothers me.	70%	66%	70%	70%	65%	71%
Out of school, there is an adult that I could talk to about something that bothers me.	81%	71%	77%	80%	71%	74%
At school, I feel supported when I feel worried about exams	56%	36%	55%	43%	32%	26%
At school, I feel supported when I am bullied	48%	29%	49%	40%	28%	20%
At school, I feel supported when I have problems at home	46%	36%	47%	38%	33%	23%
At school, I feel supported when I have problems with school work	63%	47%	61%	51%	48%	37%
None of the above (or incomplete)	6%	9%	6%	7%	12%	9%
Valid Responses (Count)	765	423	788	610	482	459

There are some declines in these outcomes between Y7→Y8 and Y9→Y10, but these seem age-related; in the chart below, the most striking feature is the decline across the age range in the second wave of the survey. There is an additional decline when comparing the two Y9 figures; the different sample of schools and the malign effects of lockdown may be the important factors here.

Chart 7:: Trends in questions “At school, there is an adult that I could talk to about something that bothers me”: secondary schools

	Y7	Y8	Y9	Y10
Spring 2020	64%		52%	
Autumn 2020-Spring 2021	62%	50%	42%	39%

## Comparisons

Table 64: Comparisons of Thurrock figures with other SHEU samples (figures are percentages)

Recent surveys have been disrupted by coronavirus restrictions, so no update of the comparison figures has been possible.

Percentage meeting criterion	Thurrock 2021						Stat'l neighb's 2015-2019			Young People into 2020 (England 2019)			
	Y4	Y5	Y7	Y8	Y9	Y10	Y6	Y8	Y10	Y4	Y6	Y8	Y10
5+ fruit/veg of fruit/veg yesterday	35	36	27	18	20	13	28	19	14	32	31	22	18
Screen/device use >3h yesterday	33	32	49	60	64	67				21	26	45	52
Sleep last night < 6h	5	5	6	7	10	12				6	4	7	11
Given advice on online safety*			87	90	91	94		87	88	90	95	91	90
Follow advice on online safety*			61	62	59	57		65	57	73	83	69	62
Ever tried smoking	2	1	1	3	4	9	4	8	24		2	10	25
Ever tried vaping	3	2	3	6	9	16		14	25			14	25
Ever used alcohol	18	16	22	27	41	59					12	29	54
Ever tried drugs			2	3	3	5		2	12			3	11
Walked/cycled to school *	58	54	61	59	60	60	48					42	36
Bullied at school in the last year	29	26	25	17	15	15	27	28	19		23	24	19
Feel safe at school*	75	74	77	77	74	71		72	72	53	65	66	61
Have a trusted adult to talk with (outside school) *	72	74	77	80	71	74					77	77	68
Physical activity for 1 hour+ last week (zero days)*	32	26	22	23	21	22	32	37	37		14	34	40
Physical activity for 1 hour+ last week (6-7 days)*	8	12	11	8	9	6				5	11	6	5
Sexually active					2	3			9				11
Mean wellbeing score (SWEMWBS)			23	23	22	22		22	22			19	18

\* Question asked using different wording in comparison samples

### ■ Comparisons summary:

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

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



The Children’s Society items are widely used but in our surveys in other locations a different wording and scale have often been used. However, using suitable re-scaling the following comparison table has been drawn up:

Table 65: Comparisons of Thurrock ‘happiness’ figures with other SHEU aggregate sample 2019 (figures are percentages who rate happiness positively (scores 6-11) for each item)

	Y4	Y8	Y10	Y4	Y8	Y10
Your relationships with your family?	84%	84%	81%	79%	72%	62%
How much choice you have in life?	69%	77%	73%	90%	83%	76%
With the things you have (like money and things that you own)?	85%	79%	73%		67%	63%
Your health?	84%	81%	75%	91%	87%	81%
Your relationships with your friends?	86%	86%	83%	84%	73%	62%
Your appearance (how you look)?	77%	55%	53%	87%	81%	79%
With what may happen to you in later life (in the future)?	73%	68%	63%	78%	56%	47%
With the home that you live in?	87%	86%	84%	78%	63%	47%
With the school that you go to?	86%	75%	61%	85%	88%	64%
With the way you use your time?	81%	80%	65%	82%	61%	54%

*The happiness ratings of Thurrock pupils about several aspects of their lives seem rather similar to those seen in the wider SHEU samples, despite some differences in wording. In many places, the Thurrock pupils surveyed seem more positive.*

## Conclusions

Themes that have emerged from previous reports are again reflected in the findings for 2021:

- Most of these young people are neither suffering poor wellbeing nor engaging in health-risky behaviour
- However, a minority of young people do meet a criterion for concern, either because of poor emotional wellbeing or risky behaviour or both.
- If a young person meets one criterion for concern, they are more likely to meet other such criteria; risk and poor wellbeing are not evenly distributed.

## Recommendations

There is no reason to diverge from the recommendations of the last report:

- Provision of and signposting to services for young people is essential (mental health support, sexual health), given the poor awareness some young people have.
- Promotion of young people's emotional wellbeing and resilience is highly desirable, given the significant minority with poor measured emotional wellbeing.
- Young people's understanding of risk behaviours and their possible drivers should be fostered, given the clustering of indicators of concern. This might be achieved through existing programmes of PSHE.

If the causes of risk and wellbeing inequalities lie in social inequalities, then this is not an easy process to mitigate.

- SHEU recommend that an analysis of inequalities shown in the data set be carried out.

This may show that particular groups of disadvantaged pupils are more or less inclined to be at risk from poor outcomes, e.g. pupils receiving free school meals may experience more bullying than their peers.

### Appendix 1: Participating Schools 2021

#### Primary schools

1. Abbots Hall Primary School
2. Aveley Primary School
3. Belmont Castle Academy
4. Benyon Primary School
5. Bonnygate Primary School
6. Chadwell St Mary Primary School
7. Deneholm Primary School
8. Dilkes Academy
9. Giffards Primary School
10. Graham James Primary Academy
11. Holy Cross Catholic Primary School
12. Kenningtons Primary Academy
13. Lansdowne Primary Academy
14. Purfleet Primary Academy
15. Quarry Hill Academy
16. Somers Heath Primary School
17. St Joseph's Catholic Primary School
18. St Thomas of Canterbury Catholic Primary School
19. Stanford-Le-Hope Primary School
20. Thameside Primary School
21. The Gateway Primary Free School
22. Warren Primary School
23. Woodside Academy

#### Secondary schools

1. Grays Convent High School
2. Hassenbrook Academy
3. Olive Ap Academy - Thurrock
4. Orsett Heath Academy
5. Ortu Gable Hall School
6. The Gateway Academy
7. William Edwards School and Sports College

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## **Appendix 3: Research Governance**

### **Ethical issues**

Parents were informed about the survey by letter; pupils were given a spoken introduction to the survey. Parents and pupils were advised that participation was optional and questions could be omitted.

### **Information governance**

The study received appropriate scrutiny through Thurrock Council's information governance procedures.

The only information SHEU hold about pupils is their identifying code and their questionnaire responses.

The only information that UEA will hold about pupils is their code and questionnaire responses and other information that may be supplied by the Council.

### **Privacy Notice**

A written GDPR Privacy Notice was composed and made available to parents and pupils; pupils also received a spoken explanation.

### **Further help and support**

Pupils were directed to seek further help and support through the questionnaire and by spoken introductions.

### **Pupil Support Form**

A separate online form was made available for pupils wishing to seek support, as in previous years.



## Appendix 4: Questionnaires (paper equivalent of online surveys)

CONFIDENTIAL: not to be circulated outside school or council offices nor to be sent home

# Brighter Futures

Version

THU2021p12

## Primary Survey 2021

We would like to invite you to take part in this survey, so that we can better understand the health and wellbeing needs of young people.

We can then make sure that you receive the right information and support, when you need it.

You do not have to take part, nor answer every question, and your school should have already told you this.

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

**1. I am happy to take part in this survey and understand the Privacy Notice**

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

Please tick one answer ✓

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

No ..... 0

Yes ..... 1

**2. What is your ID number?**

Please write in the box.....


**3. Which year group are you in?**

4  5  6

**4. How old are you?**

Please write in the box.....

					years		
--	--	--	--	--	-------	--	--

**5. I am ...**

Please tick one answer ✓

Boy/Male ..... 0

Girl/Female ..... 1

I describe myself in some other way (please choose ..... 3

then describe in the box below)

--

--	--

## 1. My Experiences

These questions are about lifestyle

### 6. How many hours' sleep did you get last night?

Please write in the box  hours



### 7. How long yesterday did you spend looking at a screen (your phone/ computer / Ipad / games consoles / TV or other electronics)?

Think about all the time before, during and after school

Please tick ONE answer ✓

- Not at all..... 0
- Up to one hour..... 1
- Up to two hours..... 2
- Up to three hours..... 3
- More than 3 hours..... 4



These questions are about risky things you may have tried

**8. Have you ever tried vaping or smoking?**

**Vaping** - includes using an electronic cigarette, e-cig, shisha pen, hookah pen.

**Smoking** - includes roll-ups & ready-made cigarettes.

Please tick one answer on each line

	No	Yes
Vaping  .....	0 <input type="radio"/>	1 <input type="radio"/>
Smoking  .....	0 <input type="radio"/>	1 <input type="radio"/>

**9. Have you ever had an alcoholic drink (more than just a sip)?**

Do not include canned shandy

Please tick ONE answer ✓

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

➔ If NO, skip to Question 11

**10. When did you last have an alcoholic drink?**

Please tick ONE answer ✓

Last week.....	0 <input type="radio"/>
Last month .....	1 <input type="radio"/>
In the last year .....	2 <input type="radio"/>
More than a year ago.....	3 <input type="radio"/>



**11. Do you have a social network account?  
(this is where you sign in on Facebook, Snapchat, Instagram, etc)**

You may tick MORE than ONE answer ✓✓

I never sign in online.....  → Skip to Question 13

I use my parents' account .....  → Skip to Question 13

Facebook .....  Musical.ly .....

Snapchat .....  Online gaming messaging  
(XBOX, Playstation etc) .....

Instagram .....  Somewhere else .....

TikTok .....



**12. Please answer the following questions about being online**

Please tick one answer on each line	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"/>





## 2. My School

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

### 13. How did you travel to school today?

You can choose more than one answer ✓✓

- Car .....
- Bus .....
- Bicycle / scooter .....
- Taxi .....
- Walk .....
- Other (please tick .....   
then describe below)



### 14. At school I feel safe...

Please tick ONE answer ✓

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

We'd like to ask you about **bullying**.

Bullying is when you keep picking on someone because you think you're cooler, smarter, stronger or better than them.



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

Please tick and follow the instructions

- No .....
- Not sure .....
- Yes .....

- 0  → skip to Question 20
- 1  → skip to Question 20
- 2  Carry on to the next question →

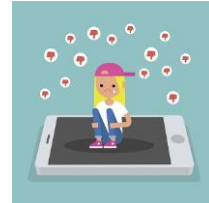
**16. Have you been bullied in school in the past 2 months?**

Please tick and follow the instructions

- No .....
- Not sure .....
- Yes .....

- 0  → skip to Question 20
- 1  → skip to Question 20
- 2  Carry on to the next question →

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



This is about HOW bullying happened

You may tick MORE than ONE answer

- Verbally bullied (including name calling and threatening).....
- Physically bullied (pushed or hit, hair pulled) .....
- 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 .....

- ✓✓
- 
- 
- 
- 
- 
- 



Keep going!

**18. Thinking about the last time this happened, what did you do about it?**

You may tick MORE than ONE answer ✓✓

- Nothing.....
- Told a member of school staff.....
- Told another adult .....
- Told a child.....
- Tried to stop the bullying.....
- Something else (please write below) .....

- 
- 
- 
- 
- 
- 



**19. What happened next?**

Please tick ONE answer ✓

- The bullying stopped completely ..... 1
- The bullying got less ..... 2
- The bullying stayed the same ..... 3
- The bullying got worse ..... 4
- Not sure ..... 5



**3. My Life**

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

**20. Please say how much you agree or disagree with the following sentences.**

	✓	✓			x	x	
			Neither				
Tick one answer on each line ✓	Strongly agree	Agree	agree nor disagree	Disagree	Strongly disagree	Don't know	
My life is going well.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	
My life is just right.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	
I wish I had a different kind of life.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	
I have a good life .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	
I have what I want in life ...	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>	

Huebner's Student Life Satisfaction scale (1991) as modified by the Children's Society




**21. How happy are you with the following things in your life?**

These questions use a scale from 0 to 10. On this scale:

- 0 means you feel very unhappy
- 5 means that you feel neither happy nor unhappy
- 10 means you feel very happy

For these questions please tick one of the boxes to say how happy you feel.

Circle one number on each line ✓

	Very unhappy 	Neither happy nor unhappy 						Very happy 			
Your relationships with your family?.....	0	1	2	3	4	5	6	7	8	9	10
How much choice you have in life?.....	0	1	2	3	4	5	6	7	8	9	10
With the things that you have (like money and the things you own)?.....	0	1	2	3	4	5	6	7	8	9	10
Your health? .....	0	1	2	3	4	5	6	7	8	9	10
Your relationships with your friends?.....	0	1	2	3	4	5	6	7	8	9	10
Your appearance (how you look)?.....	0	1	2	3	4	5	6	7	8	9	10
With what may happen to you in later life (in the future)? .....	0	1	2	3	4	5	6	7	8	9	10
With the home that you live in? .....	0	1	2	3	4	5	6	7	8	9	10
With the school that you go to?.....	0	1	2	3	4	5	6	7	8	9	10
With the way that you use your time? .....	0	1	2	3	4	5	6	7	8	9	10

Good Childhood Index © Children's Society



**22. What did you do for lunch yesterday? This could have been at home, at school or anywhere else** Please tick **ONE** answer ✓

- Had a school lunch..... 1
- Ate a packed lunch..... 2
- Bought lunch from a takeaway or shop ..... 3
- Went home for lunch..... 4
- Did not have any lunch..... 5



**23. How many portions\* of fruit and vegetables did you eat yesterday?**

Please tick ONE answer. If more than 8, tick 8 or more. ✓

- 0  1  2  3  4  5  6  7  8 or more

\* A portion is about a handful.

To help you decide, all of these examples count as ONE portion:



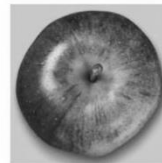
1 medium glass of orange juice



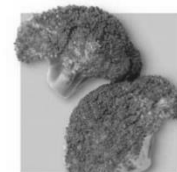
7 strawberries



3 whole dried apricots



1 medium apple



2 broccoli florets



2 halves of canned peaches



3 heaped tablespoons of cooked kidney beans



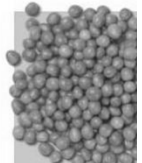
16 okra



1 handful of grapes



1 medium banana



3 heaped tables of peas



N.B. Potatoes don't count when thinking about 5-a-day



**24. How much do you enjoy physical activities?**

Please tick one answer  
✓

**Physical activity** means things like PE in school lessons, a school sports club, swimming, dancing, football, playing running games after school, walks, gardening, and housework.

- Not at all ..... 0
- A little ..... 1
- Quite a lot..... 2
- A lot..... 3



**25. In the last week, on which days did you take part in any physical activity?**

Please tick all the days; if none, tick NONE ✓✓

- NONE  Mon  Tues  Weds  Thurs  Fri  Sat  Sun



**26. Please tick all the days you did any physical activity for at least an hour in total? (this could be several short sessions adding up to an hour).**

Please tick all the days; if none, tick NONE ✓✓

- NONE  Mon  Tues  Weds  Thurs  Fri  Sat  Sun



**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:

✍
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**28. What makes you feel safe in your local area?**

✍
✍


**29. What makes you feel unsafe in your local area?**

✍
✍


---

#### 4. My wellbeing

---

#### 30. How often do you worry about the following?

	✗	✗	✓	✓	✓
	Never	Not much of the time	Some of the time	Quite a lot of the time	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"/>
SATs & tests.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Friendships.....	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"/>
Being bullied .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>



**31. Think of a time when you were worried or upset, what do you do?**

	✘	✘	✓	✓	✓
	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
I try to forget it .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I do something like watching TV or playing a game to forget it.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I do something like 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"/>
I stay by myself. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I keep quiet about the problem.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I try to see the good side of things....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I blame myself for causing the problem. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I blame someone else for causing the problem. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I think about how to fix the problem.	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I do something to try and fix the problem, such as talking to someone.	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I yell, scream, or get mad.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I try to calm myself down.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I wish the problem had never happened.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I wish I could make things different. ..	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I try to feel better by spending time with others like family, adults, or friends.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I don't do anything, I just accept the problem.	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
I do something else (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"/>

**32. Please say how much you agree or disagree with the following sentences.**

	✓	✓		x	x	
	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
Tick one answer on each line ✓						
At school, there is an adult that I could talk to about something that bothers me.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, there is a pupil that I could talk to about something that bothers me.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Out of school, there is an adult that I could talk to about something that bothers me.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I feel worried about tests.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I am bullied.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I have problems at home .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I have problems with school work.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>



**33. What do you know about Student Mental Health Champions?**

Please tick ONE answer that best fits you ✓

I've never heard of them before..... 0

I've heard of them but that's it ..... 1

I know about them ..... 2

I know how to use them ..... 3

I have used them ..... 4

I have used them and they helped me..... 5



---

## 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.

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

You can also get help from ChildLine (tel 0800 1111). The number will not show on a phone bill.

▼ 22

★ 5

### Acknowledgements

[Huebner's Student Life Satisfaction scale \(1991\) as modified by the Children's Society](#) 71

[Good Childhood Index © Children's Society](#) ..... 72

[KidCope](#) ..... 77

Other questions © Thurrock Council, The Training Effect, UEA or SHEU

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Version  
THU2021s12

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# Brighter Futures Secondary Survey 2021

We would like to invite you to take part in this survey, so that we can better understand the health and wellbeing needs of young people.

We can then make sure that you receive the right information and support, when you need it.

You do not have to take part, nor answer every question, and your school should have already told you this.

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

**1. I am happy to take part in this survey and understand the Privacy Notice**

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

Please tick one answer

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

No ..... 0

Yes ..... 1

**2. What is your ID number?**

Please write in the box.....

--	--	--	--	--	--	--	--	--	--

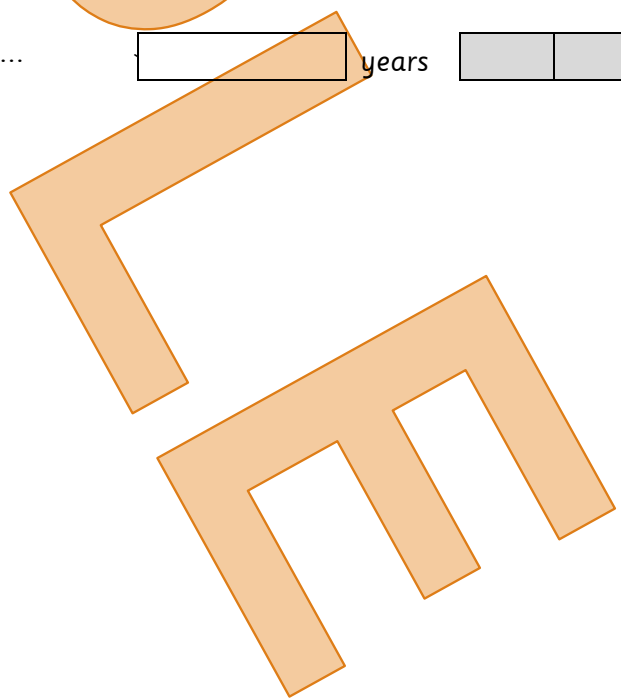
**3. Which year group are you in?**

7  8  9  10  11  12

**4. How old are you?**

Please write in the box .....

--	--	--	--	--	--	--	--	--	--

 years




**5. I identify my gender as ...**

Please tick one answer ✓

Male ..... 0

Female ..... 1

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



--	--

---

**Your experiences**

---

These questions are about lifestyle

**6. How many hours' sleep did you get last night?**

Please write in the box



hours

--	--



**7. How long yesterday did you spend looking at a screen (your phone/ computer / Ipad / games consoles / TV or other electronics)?**

Think about all the time before, during and after school

Please tick ONE answer ✓

- |                        |   |                       |
|------------------------|---|-----------------------|
| Not at all.....        | 0 | <input type="radio"/> |
| Up to one hour.....    | 1 | <input type="radio"/> |
| Up to two hours.....   | 2 | <input type="radio"/> |
| Up to three hours..... | 3 | <input type="radio"/> |
| More than 3 hours..... | 4 | <input type="radio"/> |



**8. Smoking: Which statement describes you best?**

Please tick one answer ✓

- I have never tried smoking, not even a puff..... 0
- I have tried smoking once or twice ..... 1
- I used to smoke, but I don't now ..... 2
- I smoke occasionally (less than 1 cigarette a week) ..... 3
- I smoke regularly but would like to give it up ..... 4
- I smoke regularly and don't want to give it up ..... 5



**9. Vaping: Which statement describes you best?**

Please tick one answer ✓

- I have never tried vaping ..... 0
- I have tried vaping once or twice ..... 1
- I used to vape, but I don't now ..... 2
- I vape occasionally (less than once a week) ..... 3
- I vape regularly but would like to give it up ..... 4
- I vape regularly and don't want to give it up ..... 5



**10. Have you ever had an alcoholic drink (more than just a sip)?**

Please tick one answer ✓

No ..... 0

Not sure ..... 1

Yes ..... 2

➔ If no, skip to Question 13

**11. When did you last have an alcoholic drink?**

Please tick one answer ✓

Last week..... 0

Last month  
..... 1

In the last year ..... 2

More than a year ago..... 3

**12. If you ever drink alcohol, do your parents/carers know?**

Please tick one answer ✓

I never drink alcohol ..... 0

My parents/carers always know ..... 1

My parents/carers usually know ..... 2

My parents/carers sometimes know..... 3

My parents/carers never know ..... 4





**13. Have you ever taken drugs that are not your medicines and not alcohol/tobacco/caffeine (e.g. cannabis)?**

Please tick ONE answer

Yes ..... 1

No ..... 0

If NO, please tick NO then go to Q15 (next page) →

**14. This question is about your EXPERIENCE of these drugs (not prescribed to you by a doctor)**

Please tick ONE answer on each line ✓

	I have never taken this drug	I have taken it once or twice	I used to take it but not any more	I use this drug regularly
Cannabis resin/leaf (e.g. hash, grass) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Skunk (e.g. white widow, northern lights) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Khat (e.g. quat, qat, qaadka, chat, ghat).....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Cocaine or crack (e.g. snow, Charlie, rock) ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Ecstasy (e.g. E, doves) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Heroin (e.g. H, junk, skag, smack, brown) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Poppers (e.g. Liquid Gold, Rush, TNT) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Solvents used as drugs (e.g. glue, gas refills, aerosols, cleaning fluid) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Laughing gas (nitrous oxide, NOS) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Novel Psychoactive Substances (incorrectly called 'legal highs' e.g. Spice, MCAT, plant food) .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
Other drugs (Please tick ..... and write in the box below)	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>

\_\_\_\_\_





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

Tick all that apply

- |                                    |                          |  |                          |
|------------------------------------|--------------------------|--|--------------------------|
| I don't have any such profile .... | <input type="checkbox"/> | ➔ Skip to Question 17                                    |                          |
| Facebook .....                     | <input type="checkbox"/> | Reddit .....   | <input type="checkbox"/> |
| Snapchat .....                     | <input type="checkbox"/> | Tumblr .....   | <input type="checkbox"/> |
| Instagram .....                    | <input type="checkbox"/> | Ask.FM .....   | <input type="checkbox"/> |
| TikTok .....                       | <input type="checkbox"/> | Badoo .....  | <input type="checkbox"/> |
| Musical.ly .....                   | <input type="checkbox"/> | Tinder .....   | <input type="checkbox"/> |
| Twitter .....                      | <input type="checkbox"/> | Online gaming messaging<br>(XBOX, Playstation etc) ..... | <input type="checkbox"/> |



Please tick one answer on each row ✓

No Yes

16. a) Have you ever chatted online? ..... 0  1

If Yes:

Do you chat to **just** your friends or family that you know in real life? ..... 0  1

Do you chat to friends of friends? ..... 0  1

Do you chat to other people who you don't know in real life?  
..... 0  1

Are all your online profiles set to friend-only and not public? ..... 0  1

Do you hide some of the things you do or say on the Internet from  
parents/carers? ..... 0  1

b) Have any of these things ever happened to you online?

Received a hurtful, unwanted or nasty message or picture ..... 0  1

Hurtful comments were posted about you on a social networking site ..... 0  1

Someone used your identity/password to post false or hurtful things online ..... 0  1

Someone posted private information about you (including pictures) ..... 0  1

Someone used/changed a picture to humiliate you ..... 0  1

An offensive video clip was taken or posted about you ..... 0  1

Someone voted for you in an insulting online poll ..... 0  1

A nasty webpage was set up about you ..... 0  1

Other (please describe below) ..... 0  1

Please tick one answer on each row ✓

No Yes

c) Have you ever been told how to stay safe while online? ..... 0  1

If YES, do you always follow the advice you have been given? ..... 0  1

d) If something upset you while you were online,  
would you know what to do? ..... 0  1

If YES, who did you talk to? Please tick all that are true for you ✓✓ ✓✓

- |                                    |                          |                     |                          |
|------------------------------------|--------------------------|---------------------|--------------------------|
| Nothing upsetting has happened ... | <input type="checkbox"/> |                     |                          |
| Parents/carers .....               | <input type="checkbox"/> | Police / CEOP ..... | <input type="checkbox"/> |
| Friends .....                      | <input type="checkbox"/> | Someone else .....  | <input type="checkbox"/> |
| Adults at school .....             | <input type="checkbox"/> | No-one .....        | <input type="checkbox"/> |

The next questions in the box are for Year 9 and older

	No	Yes
e) Has anyone you didn't know asked to see pictures of you?.....	0 <input type="radio"/>	1 <input type="radio"/>
f) Has anyone (online or in person) ever threatened or pressured you to send a picture or video of yourself or show yourself on webcam?.....	0 <input type="radio"/>	1 <input type="radio"/>
g) Have you ever sent sexual pictures of yourself to someone you don't know? (online or by 'phone message).....	0 <input type="radio"/>	1 <input type="radio"/>
h) Have you ever sent sexual pictures of yourself to someone you do know? (online or by 'phone message).....	0 <input type="radio"/>	1 <input type="radio"/>
i) Has anyone <b>ever</b> posted or messaged sexual photos or videos of you that you didn't want to share?.....	0 <input type="radio"/>	1 <input type="radio"/>
j) Has anyone you don't know in person ever asked to meet with you? .....	0 <input type="radio"/>	1 <input type="radio"/>
k) Have you ever met up with someone you first met online?.....	0 <input type="radio"/>	1 <input type="radio"/>
If YES, was this person quite a bit older than you? (older than the year above you in school – two years or more).....	0 <input type="radio"/>	1 <input type="radio"/>





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**6. REMEMBER YOUR ANSWERS ARE CONFIDENTIAL**

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**17. These questions are about gangs.**

A gang is a group of people, especially young people, who

See themselves as a group

Do violent and illegal things e.g sell drugs

Have an area that is theirs

Have something in common – its own name, a leader, rules, an area

Are rivals with other gangs

Please tick ONE answer on each line ✓

a) Do you know anyone who is a member of a gang? ..... **No** 0  **Yes** 1

b) Have you been asked/approached to be a member of a gang? ..... **No** 0  **Yes** 1

Leaving these gangs can be difficult and dangerous.

c) Do you know anyone who would like to leave a gang if possible?..... **No** 0  **Yes** 1

d) Are you a member of a gang? ..... **No** 0  **Yes** 1

If you need help or support about crime in your area,  
you can ring the Police or Crimestoppers

The Police non-emergency number is 101

The Crimestoppers number is 0800 555 111

The Crimestoppers guarantee

Our service is unique and designed to protect your identity, whether you call us on  
0800 555 111 or submit our anonymous online form.

<https://crimestoppers-uk.org/>

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## 7. School


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

### 18. How did you travel to school today?

You can choose more than one answer ✓✓

- Car .....
- Bus .....
- Bicycle/ scooter .....
- Taxi .....
- Walk .....
- Other (please tick .....   
then describe below)


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### 19. At school I feel safe...

Please tick ONE answer ✓

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

We'd like to ask you about **bullying**.

Bullying is when you keep picking on someone because you think you're cooler, smarter, stronger or better than them.



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

Please tick and follow the instructions

- No ..... 0  → skip to Question 25
- Not sure ..... 1  → skip to Question 25
- Yes ..... 2  Carry on to the next question  
→

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

Please tick and follow the instructions

- No ..... 0  → skip to Question 25
- Not sure ..... 1  → skip to Question 25
- Yes ..... 2  Carry on to the next question  
→

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

This is about HOW bullying happened

You may tick MORE than ONE answer ✓✓

- Verbally bullied (including name calling and threatening) .....
- Physically bullied (pushed, hit, hair pulled) .....
- 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 .....

**23. Thinking about the last time this happened, what did you do about it?**

You may tick MORE than ONE answer ✓✓

- Nothing.....
- Told a member of school staff.....
- Told another adult .....
- Told a child.....
- Tried to stop the bullying.....
- Something else (please write below) .....

**24. What happened next?**

Please tick ONE answer ✓

- The bullying stopped completely..... 1
- The bullying got less..... 2
- The bullying stayed the same ..... 3
- The bullying got worse ..... 4
- Not sure ..... 5



**8. My Life**

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

**25. Please say how much you agree or disagree with the following sentences.**

Tick one answer on each line ✓	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
My life is going well.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
My life is just right.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I wish I had a different kind of life.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I have a good life .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
I have what I want in life ...	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

Huebner's Student Life Satisfaction scale (1991) as modified by the Children's Society

**26. How happy are you with the following things in your life?**

These questions use a scale from 0 to 10. On this scale:

0 means you feel very unhappy

5 means that you feel neither happy nor unhappy

10 means you feel very happy

For these questions please tick one of the boxes to say how happy you feel.

	Very unhappy		Neither happy nor unhappy						Very happy		
Your life as a whole? .....	0	1	2	3	4	5	6	7	8	9	10
Your relationships with your family?.....	0	1	2	3	4	5	6	7	8	9	10
How much choice you have in life?.....	0	1	2	3	4	5	6	7	8	9	10
With the things that you have (like money and the things you own)?.....	0	1	2	3	4	5	6	7	8	9	10
Your Health?.....	0	1	2	3	4	5	6	7	8	9	10
Your relationships with your friends?.....	0	1	2	3	4	5	6	7	8	9	10
	Very unhappy		Neither happy nor unhappy						Very happy		
Your appearance (how you look)?.....	0	1	2	3	4	5	6	7	8	9	10
With what may happen to you in later life (in the future)?.....	0	1	2	3	4	5	6	7	8	9	10
With the home that you live in?.....	0	1	2	3	4	5	6	7	8	9	10
With the school that you go to?.....	0	1	2	3	4	5	6	7	8	9	10
With the way that you use your time?.....	0	1	2	3	4	5	6	7	8	9	10

Good Childhood Index © Children's Society

**27. What did you do for lunch yesterday?**

This could have been at home, at school or anywhere else

.....Please tick ONE answer



- Had a school lunch..... 1
- Ate a packed lunch..... 2
- Bought lunch from a takeaway or shop ..... 3
- Went home for lunch..... 4
- Did not have any lunch..... 5



**28. How many portions\* of fruit and vegetables did you eat yesterday?**

Please tick ONE answer. If more than 8, tick 8 or more. ✓

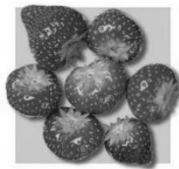
- 0  1  2  3  4  5  6  7  8 or more

\* A portion is about a handful.

To help you decide, all of these examples count as ONE portion:



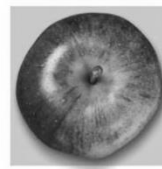
1 medium glass of orange juice



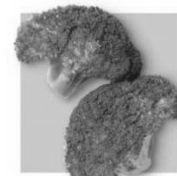
7 strawberries



3 whole dried apricots



1 medium apple



2 broccoli florets



2 halves of cann peaches



3 heaped tablespoons of cooked kidney beans



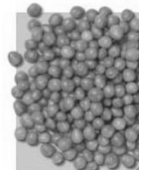
16 okra



1 handful of grapes



1 medium banana



3 heaped tables of peas

N.B. Potatoes don't count when thinking about 5-a-day

**29. How often do you have a takeaway?**

**e.g. chips, chicken, burger, pizza, Chinese, curry, pie, pasty**

Please choose the nearest answer on each line ✓

	Rarely or never	Once a month or more	Once a week or more	Every day or most days
Before school lessons .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
School lunchtime.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
After school, on the way home...	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
At home, main evening meal.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>
At home, extra snack or meal....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>

**30. How much do you enjoy physical activities?**

Please tick one answer  
✓

**Physical activity** means things like PE in school lessons, a school sports club, swimming, dancing, football, playing running games after school, walks, gardening, and housework.

- Not at all ..... 0
- A little ..... 1
- Quite a lot..... 2
- A lot..... 3



**31. In the last week, on which days did you take part in any physical activity?**

Please tick all the days; if none, tick NONE ✓✓

- NONE  Mon  Tues  Weds  Thurs  Fri  Sat  Sun

**32. Please tick the days you did any physical activity for at least an hour in total? (this could be several short sessions adding up to an hour).**

Please tick all the days; if none, tick NONE ✓✓

- NONE  Mon  Tues  Weds  Thurs  Fri  Sat  Sun



**33. 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:


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★3



The next questions in the box are for Year 9 and older

**34. Nationally, we know that most young people under 16 have not had sex (only 25% of under 16s report having sex). For the purposes of this answer, 'sex' includes oral sex.**

**35. Have you had sex?**

- No ..... 0  → Skip to Question 37
- Not sure ..... 1
- Yes ..... 2  → Carry on to Q35
- Prefer not to say ..... 3

**36. If you have had sex, have you ever had unprotected sex? (That's sex without a condom or other contraception/protection)**

- No ..... 0
- Not sure ..... 1  → (if not sure, please say why not below)
- Yes ..... 2
- Prefer not to say ..... 3

<input type="text"/>
----------------------

<input type="text"/>	<input type="text"/>
----------------------	----------------------

**37. Are you aware of sexual health services in your area?**

- No ..... 0
- Not sure ..... 1
- Yes ..... 2



**38. What makes you feel safe in your local area?**

<input type="text"/>
<input type="text"/>

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

**39. What makes you feel unsafe in your local area?**

<input type="text"/>
<input type="text"/>

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

## 9. Emotional wellbeing

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

### 40. How often do you worry about the following?

	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
Family problemz.....	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"/>
Exams & tests.....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>
Friendships.....	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"/>



### 41. 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 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 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 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"/>

Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS)

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**42. Think of times when you were worried or upset; what do you do?**

	Never	Not much of the time	Some of the time	Quite a lot of the time	All of the time
I try to forget it .....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I do something like watching TV or playing a game to forget it.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I do something like 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"/>
I do something like drinking alcohol, smoking/vaping, taking drugs, or eating too much or too little.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I cut or hurt myself. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I stay by myself. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I keep quiet about the problem.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I try to see the good side of things ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I blame myself for causing the problem. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I blame someone else for causing the problem. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I think about how to fix the problem. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I do something to try and fix the problem, such as talking to someone. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I yell, scream, or get mad.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I try to calm myself down.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I wish the problem had never happened.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I wish I could make things different. ...	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I try to feel better by spending time with others like family, adults, or friends.....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I don't do anything, I just accept the problem. ....	0 <input type="radio"/> .....	1 <input type="radio"/> .....	2 <input type="radio"/> .....	3 <input type="radio"/> .....	4 <input type="radio"/>
I do something else (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"/>

**43. Please say how much you agree or disagree with the following sentences.**

Tick one answer on each line ✓	Strongly agree	Agree	Neither agree nor disagree	Disagree	Strongly disagree	Don't know
At school, there is an adult that I could talk to about something that bothers me. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, there is a pupil that I could talk to about something that bothers me. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
Out of school, there is an adult that I could talk to about something that bothers me. ....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I feel worried about exams .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I am bullied .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I have problems at home .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>
At school, I feel supported when I have problems with school work .....	0 <input type="radio"/>	1 <input type="radio"/>	2 <input type="radio"/>	3 <input type="radio"/>	4 <input type="radio"/>	5 <input type="radio"/>

**44. What do you know about Student Mental Health Champions?**

Please tick ONE answer that best fits you ✓

I've never heard of them before.....	0 <input type="radio"/>
I've heard of them but that's it .....	1 <input type="radio"/>
I know about them .....	2 <input type="radio"/>
I know how to use them .....	3 <input type="radio"/>
I have used them .....	4 <input type="radio"/>
I have used them and they helped me.....	5 <input type="radio"/>



**45. Please answer by putting a circle around the number that best shows how much you agree or disagree with each sentence below.**

If you strongly disagree with a sentence, circle a number close to 1. If you strongly agree with a sentence, circle a number close to 7. If you're not too sure if you agree or disagree, circle a number close to 4. Work quickly, but carefully. There are no right or wrong answers.

Tick one number on each line ✓	Disagree					Agree	
I find it hard to control my feelings .....	1	2	3	4	5	6	7
I change my mind often .....	1	2	3	4	5	6	7
I'm able to deal with stress .....	1	2	3	4	5	6	7
I can control my anger when I want to .....	1	2	3	4	5	6	7
Sometimes, I get involved in things later I wish I could get out of .....	1	2	3	4	5	6	7
I try to control my thoughts and not worry too much about things.....	1	2	3	4	5	6	7

Trait Emotional Intelligence Questionnaire – Adolescent Short Form (TEIQUE-ASF) – Self-Regulation Subscale

**46. The questions in this scale ask you about your feelings and thoughts during the last month.**

In each case, please indicate with a tick how often you felt or thought a certain way

	Never	Almost never	Some-times	Fairly often	Very often
In the last month, how often have you felt that you were unable to control the important things in your life? .....	0 ○	1 ○	2 ○	3 ○	4 ○
In the last month, how often have you felt confident about your ability to handle your personal problems? .....	0 ○	1 ○	2 ○	3 ○	4 ○
In the last month, how often have you felt that things were going your way? .....	0 ○	1 ○	2 ○	3 ○	4 ○
In the last month, how often have you felt difficulties were piling up so high that you could not overcome them? .....	0 ○	1 ○	2 ○	3 ○	4 ○

Trait Emotional Intelligence Questionnaire – Adolescent Short Form – Perceived Stress Scale

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## 10. Further Help and Support

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If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, or other trusted adult.

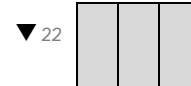
If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues, please leave your name below.

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

You can also get help from ChildLine (tel 0800 1111) or these websites:

[www.kooth.com](http://www.kooth.com)

[www.youngminds.org.uk](http://www.youngminds.org.uk)



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### Acknowledgements

Huebner's Student Life Satisfaction scale (1991) as modified by the Children's Society

Good Childhood Index © Children's Society

Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2007, all rights reserved

Trait Emotional Intelligence Questionnaire – Adolescent Short Form (TEIQUE-ASF) – Self-Regulation Subscale

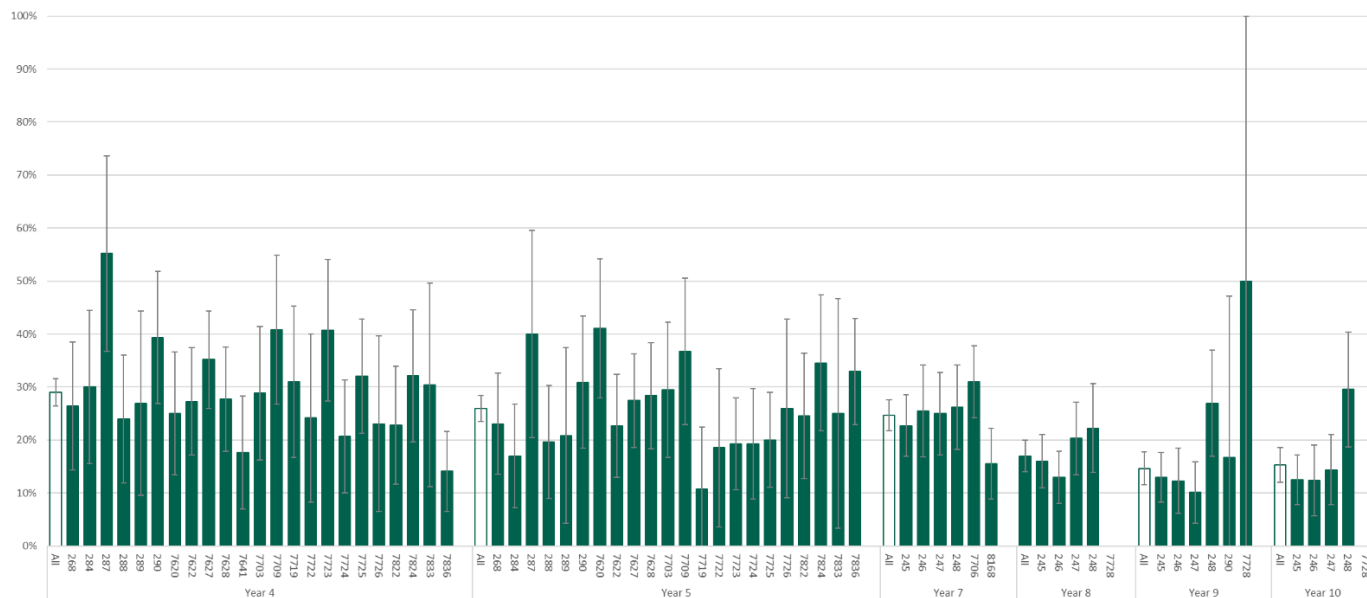
Trait Emotional Intelligence Questionnaire – Adolescent Short Form () – Perceived Stress Scale

Other questions © Thurrock Council, The Training Effect, UEA or SHEU

## Appendix 5: Variation between schools

Most questions showed some variation between schools. The chart below is illustrative of this variability. Whether the larger differences are statistically significant or not depends on the sample size in the school. 95% confidence intervals (CI) are shown on the chart as error bars.

**Chart 8: Proportion of pupils reporting being bullied at school in the last 12 months, by school code number**



There is a lot of variation in reports of this key criterion between schools, but the differences rarely reach statistical significance, given the modest sample sizes in primary schools.

The overall rate of being bullied in the last 12 months for Y4 children is 29%; this rate appears significantly higher in the school numbered 287 and lower in school 7836.

However, ANOVA shows  $p=0.054$ , therefore:

*These differences are suggestive and not conclusive.*

*Significant differences for all questions have been reported to individual schools.*

Near-complete samples for a school year group should reduce error estimates for school figures, but this correction is not usually made when estimating 95% CI.