

# Supporting the health and wellbeing of children and young people in Central Bedfordshire

## Summary report of a Health and Wellbeing Survey 2017

Central Bedfordshire has a clear commitment to improve the health and wellbeing of children and young people and in particular to ensure good mental health and wellbeing. These priorities are expressed in the current Central Bedfordshire Health and Wellbeing Strategy and Children and Young People's Plan.

These results are from a survey collected in the academic year 2017-2018 from a sample of pupils in years 4 – 6 in 36 lower, middle or primary settings, and a sample of pupils in years 8 - 12 in 19 middle, secondary or upper schools settings, including special schools, in Central Bedfordshire. A total of 5502 pupils took part in 46 schools.

This survey was commissioned following 2 previous surveys: The 2014 health and wellbeing survey and a 2015 emotional wellbeing survey. The surveys provide an ongoing body of longitudinal data and information as to the developing trends and changing nature of the health and wellbeing needs of the local population of children and young people in Central Bedfordshire.

The survey will need to be repeated at 2-year intervals. This will enable comparisons and analyses of developing and ongoing trends, and will facilitate intervention programmes to be monitored and evaluated.

Survey support was commissioned from the Schools Health Education Unit (SHEU), Exeter. Questions were devised by a local group of advisors and health experts, in collaboration with SHEU, and two versions were used: one for Year Groups 4 and 6 and another for Years 8 and above. Results from the two questionnaires are referred to as from younger pupils and older pupils/students, as in the table below.

Results for all Central Bedfordshire data and year group specific results are **shown in green**, where results are **younger** or from **older pupils/students** contrasting colours are used throughout this report.

**5502 young people were involved in the survey, including these pupils from the target year groups:**

	Younger pupils		Older pupils/students		
	Year 4	Year 6	Year 8	Year 10	Year 12+
<b>Ages</b>	8-9y	10-11y	12-13y	14-15y	16+y
<b>Males</b>	480	635	587	733	254
<b>Females</b>	467	571	592	754	274
<b>Total*</b>	960	1214	1198	1526	542

\*Totals include transgender pupils and pupils from other year groups.

### Reference sample

Central Bedfordshire data have been compared with 92,193 pupils from a wider survey sample (SHEU). A selection of some of the most important differences is shown on page 13.

### TOPICS INCLUDE:

Background

Emotional Wellbeing

Worrying and coping

Bullying

Staying safe

Relationships

Enjoying and achieving

Physical Activity

Healthy Weight

### Headlines – good news

Self-esteem scores are higher in Central Bedfordshire than in the wider SHEU sample.

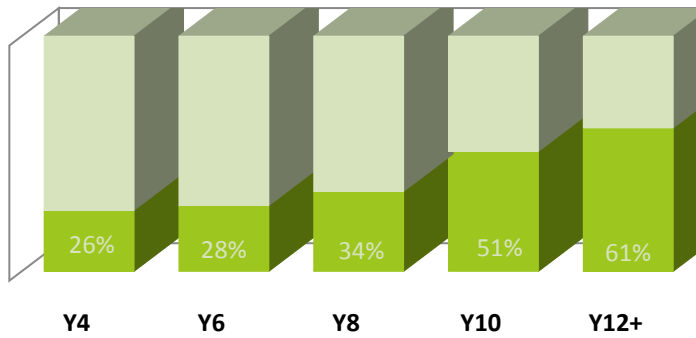
Happiness with life has increased for Year 6 pupils between 2014 and 2017.

### Headlines - not such good news

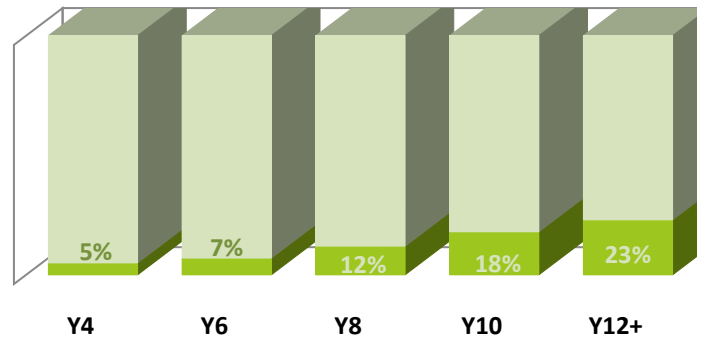
- Lower measure of resilience in females than males across all year groups and worse than wider SHEU data for Year 6 to Year 10.
- A third of older students do not get sufficient sleep to feel awake all day.
- Pupils are more likely to report a fear of bullying in 2017 than in 2014.
- The proportion of pupils saying 'school encourages me to be physically active' is lower in 2017 than in 2014.
- Over 40% of Year 10 pupils said they would go to no one/nowhere if they wanted help or information about their sexuality or gender.

# Growing up in Central Bedfordshire

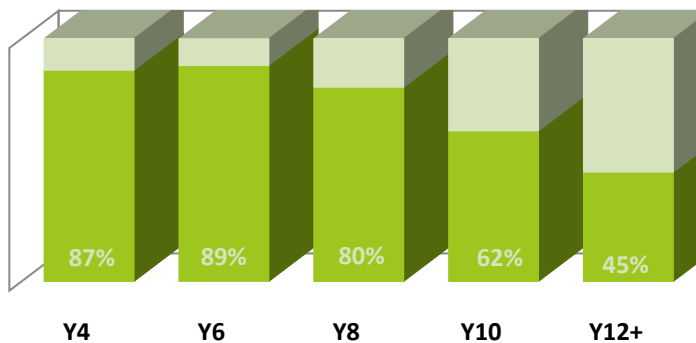
Percentage who worry about school-work problems/ tests/exams at least 'quite a lot'



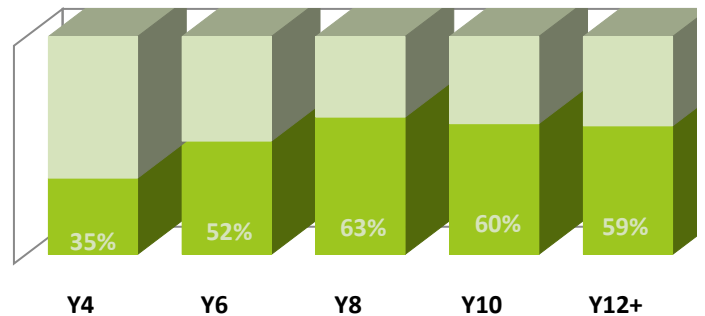
Percentage who had nothing for breakfast that morning



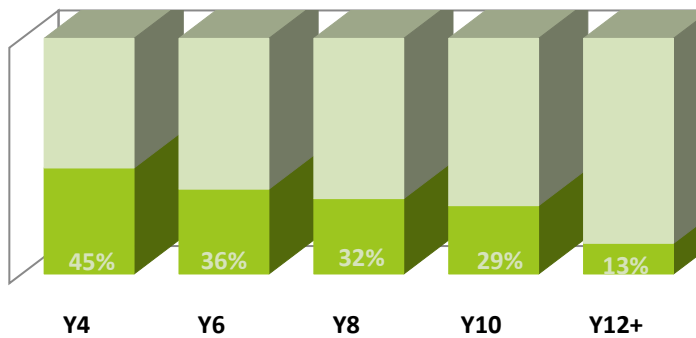
Percentage who think they got at least 8 hours sleep on the night before the survey



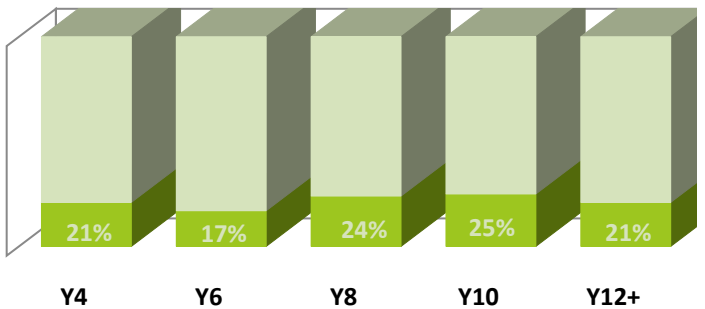
Percentage who can 'usually' or 'always' say no when a friend wants them to do something they don't want to do



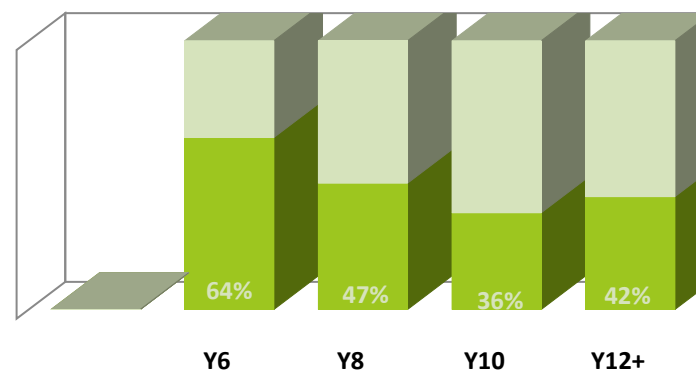
Percentage who are at least 'sometimes' afraid to go to school because of bullying



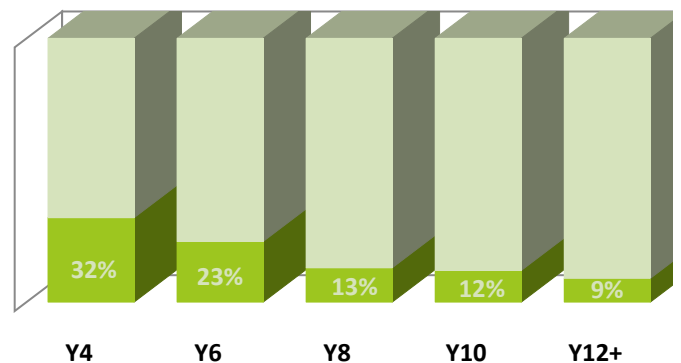
Percentage of pupils who worry about problems with friends at least 'quite a lot'



Percentage who believe that their school cares if they are happy or not

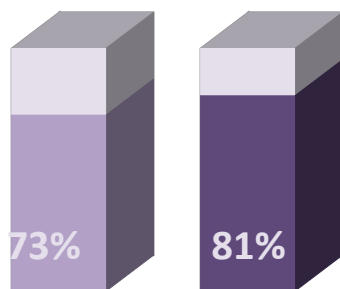


Percentage who exercised 6/7 days last week enough to breathe harder and faster

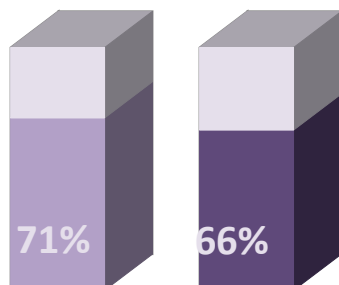
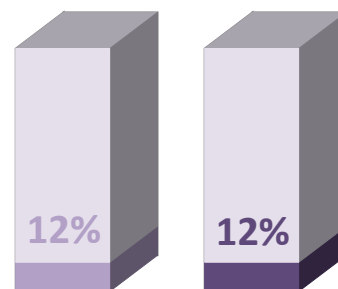


## Background

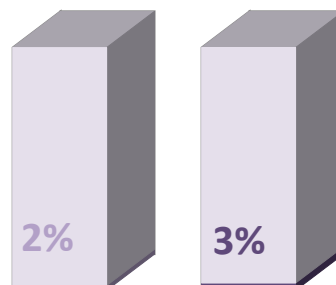
- 73% of younger pupils and 81% of older pupils/students described themselves as **White British**.



- 12% of younger pupils and 12% of older pupils/students responded that they **have a long standing illness, disability or special need**.

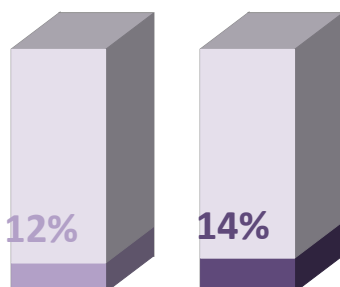


- 71% of younger pupils and 66% of older pupils/students responded that they **live with their Mum and Dad together**.

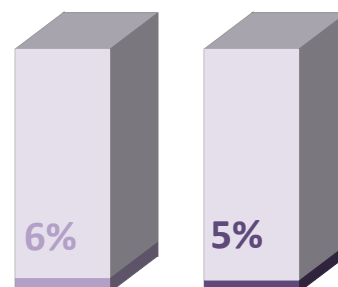


- 2% (21 pupils) of younger pupils and 3% (82 pupils) of older pupils/students responded that they have a **parent/carer who is in the British Army, Royal Navy, Royal Air Force or the Reserves**.

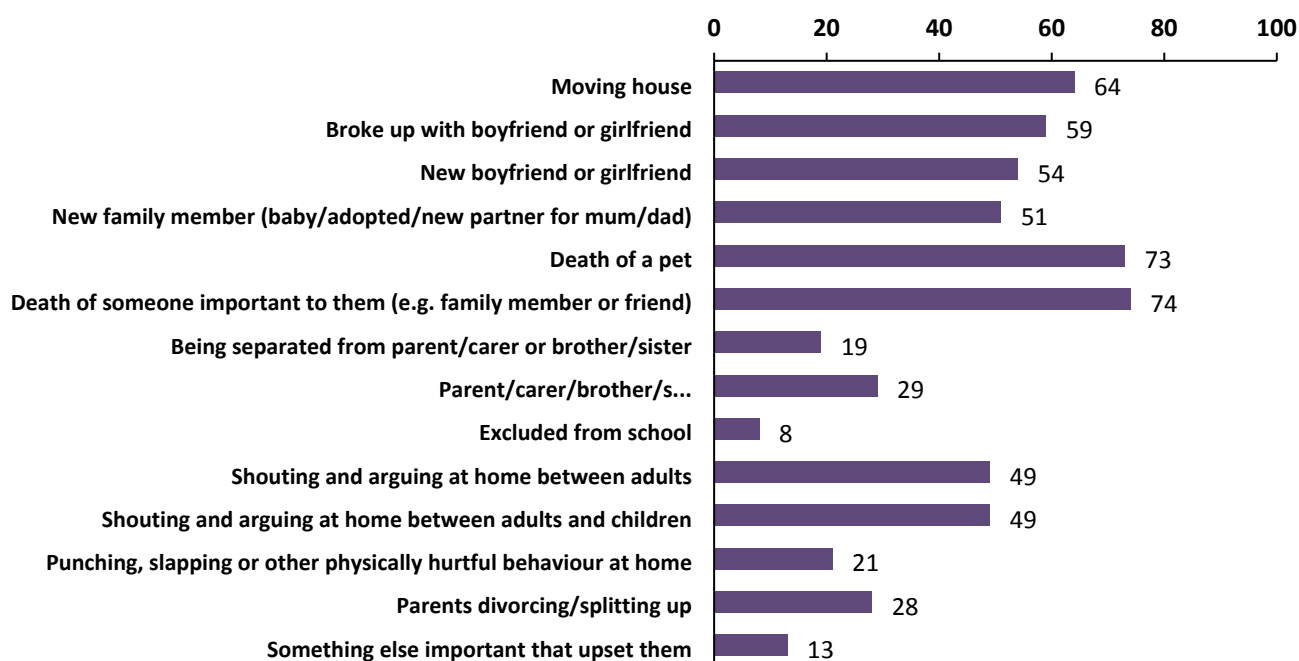
- 12% of younger pupils 14% of older pupils/students responded that they **live 'mainly or only' with their Mum**, while 1% and 1% respectively said they live 'mainly or only' with their Dad.



- 6% of younger pupils and 5% of older pupils/students responded that they **currently have free school meals**.

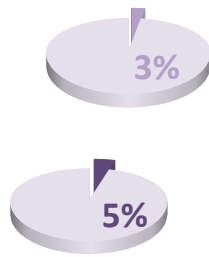


### Percentage of older pupils/students who have ever experienced stressful life events



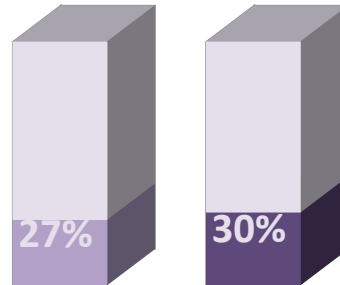
# Emotional Wellbeing

- 3% (62 pupils) of younger pupils and 5% (119 pupils) of older pupils/students responded that they are 'not happy at all' with their life at the moment.



- 28% of younger pupils responded that **worry and anxiety doesn't affect their life 'at all'**, while 36% said they can usually deal with any feelings of worry.
- 42% of older males and 17% of older females responded that **worry and anxiety doesn't affect their life 'at all'**, while 30% said they can usually deal with any feelings of worry.

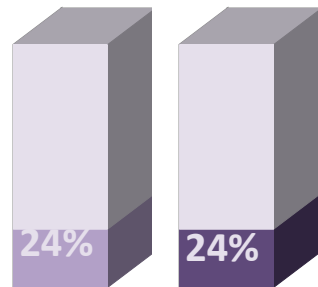
- 78% of younger pupils responded that they are 'quite happy' or 'very happy' with their life at the moment.
- 67% of older males and 52% of older females responded that they feel at least 'quite' happy with their life at the moment.



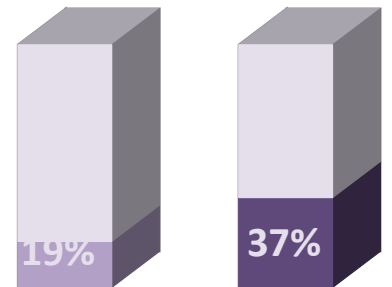
- 27% of younger pupils and 30% of older pupils/students responded that **worry 'sometimes' stops them concentrating on or enjoying other things**; 10% and 11% respectively of pupils said they find it **hard to concentrate on anything** due to worries.

We derived a self-esteem score from the responses to a set of statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on self-image and confidence in relationships.

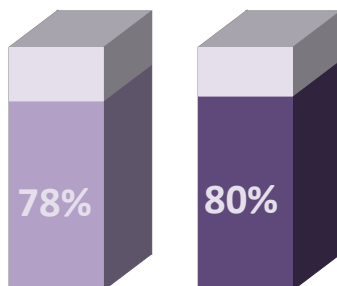
- 24% of younger pupils and 24% of older pupils/students had a **med-low self-esteem score** (up to 9).
- 36% and 39% respectively had a **high self-esteem score** (15 or more).



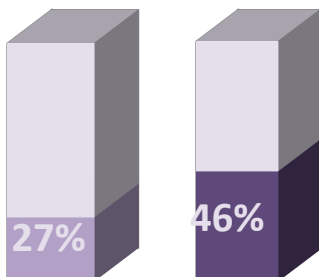
- 19% of younger pupils and 37% of older pupils/students had a **low measure of resilience** (0 – 19).
- 41% of younger pupils and 18% of older pupils/students had a **high measure of resilience** (26+).



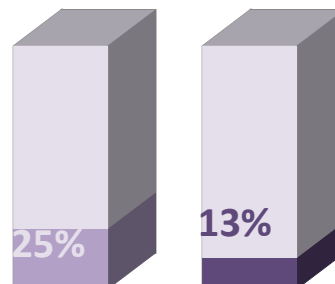
- 75% of younger pupils responded that they feel **happy talking to other pupils** at school.
- 78% of younger pupils and 80% of older pupils/students responded that they **worry about at least one of the listed issues 'quite a lot' or 'a lot'**.



- 44% of younger pupils and 33% of older pupils/students responded that **if something goes wrong, they are 'usually' or 'always' calm** and can carry on, while 59% and 47% respectively **learn from it** for next time and 19% and 26% get upset and **feel bad for ages**.
- 75% of younger pupils and 59% of older pupils/students responded that **if at first they don't succeed, they 'usually' or 'always' keep on trying** until they do, while 54% & 46% respectively ask for help and 9% & 14% give up.



- 27% of younger pupils and 46% of older pupils/students responded that they **worry about study/ exams/tests 'quite a lot' or 'a lot'**, while 24% of younger pupils said the same of the way they look; 20% of older males and 46% of older females



- 25% of younger pupils and 13% of older pupils/students responded that they **can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do**.

worry at least 'quite a lot' about the way they look.

# Worrying and coping

A snapshot across the year groups showing results from Y4 to Y12

How much do you worry about the issues listed below? % responding 'quite a lot' or 'a lot'						
	Y4	Y6	Y8	Y10	Y12+	
School-work problems/exams/tests	26	28	34	51	61	
The way you look	24	23	28	36	37	
Healthy eating	32	26	25	24	26	
Health	29	22	22	22	23	
Being bullied	34	22	18	13	5	
Feeling sad or upset a lot of the time	22	19	19	24	27	
Problem with friends	21	17	24	25	21	
Puberty and growing up	26	22	15	14	10	
Other	6	5	2	2	2	
Social media	13	9	15	17	14	
Career/future	*	*	42	52	62	
Money problems	*	*	12	18	25	
Parents/carers not getting on with each other/divorce	*	*	19	17	14	
Relationship with boyfriend/girlfriend	*	*	11	12	16	
Problems between children and parents/carers in your family	*	*	13	13	12	
Sex and relationships	*	*	5	8	14	
Drugs/alcohol	*	*	4	5	2	
Your sexuality	*	*	3	6	5	
Worrying summary: Percentage of pupils who worry about at least one of the issues listed						
	Y4	Y6	Y8	Y10	Y12+	
Never/Hardly ever	4	5	4	6	4	
A little	14	20	19	14	9	
Quite a lot	15	24	26	26	30	
A lot	67	51	51	54	58	
When you have a problem or feel stressed, what do you do about it?						
	Y4	Y6	Y8	Y10	Y12+	
Talk to someone in my family about it	64	69	63	46	44	
Talk to a friend at school about it	44	36	47	47	52	
Listen to music	40	28	45	53	58	
Think about it on my own	38	31	37	41	51	
Watch TV	36	22	30	29	31	
Keep busy with other things	31	24	33	30	38	
Rest or sleep more	31	23	24	28	35	
Play computer games	30	25	28	26	22	
Do nothing	10	13	19	27	29	
Exercise more	21	17	11	16	25	
Eat more	14	7	11	18	26	
Eat less	*	*	11	12	18	
Cut or hurt myself	*	*	8	8	9	
Drink alcohol	*	*	1	6	13	
Smoke a cigarette	*	*	1	5	6	
* Not asked in this age group						
All figures are percentages						

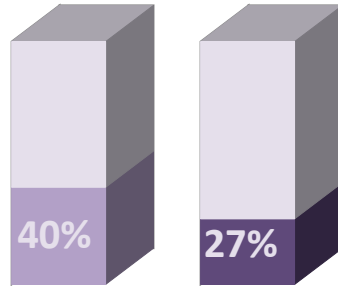
## Sources of support

Where would you go first for help or information about the following? All figures are percentages											
	Their family	School teachers/lessons	Friends	Social media	Young people's worker	Books and magazines	Youth project/centre	Telephone helpline/text	Internet	School nurse	Nowhere/no-one
<b>Younger pupils</b>											
School-work problems/exams/tests	50	36	7	1	0	0	0	0	2	0	3
Their health	82	1	2	0	0	0	0	0	0	6	6
The health of someone in their family	77	4	6	1	0	0	0	2	1	2	6
The future	67	3	16	2	0	1	0	0	1	0	8
Problems with being friends	52	18	22	1	0	0	0	0	0	0	6
Feeling sad or upset a lot of the time	70	8	12	0	1	1	0	0	0	1	6
Healthy eating	79	2	3	1	0	1	0	0	1	3	9
The way they look	64	1	15	1	0	1	0	0	1	1	14
Growing up and body changes	76	3	5	1	0	1	0	0	1	3	10
Being a boy or girl	64	1	5	0	0	0	0	0	0	1	25
Being bullied	61	21	8	0	0	0	0	1	0	0	7
Problems with social media e.g. Instagram, Snapchat etc.	68	3	7	1	1	0	0	0	1	0	13
<b>Older pupils/students</b>											
School-work problems/exams/tests	43	32	10	0	0	0	0	0	3	0	6
Their health	69	0	5	1	0	0	0	0	5	3	10
The health of someone in their family	63	2	12	0	1	0	0	1	2	2	11
Career/future	60	11	7	1	1	0	0	0	4	0	8
Problems with friends	46	6	26	1	0	0	0	0	1	0	14
Parents/carers not getting on with each other/divorce	34	5	26	0	1	0	0	1	1	1	25
Problems between children and parents/ carers	40	5	19	0	1	0	0	1	1	1	25
Sex and relationships	35	2	27	0	0	0	0	0	3	2	24
Feeling sad or upset a lot of the time	49	2	20	1	0	0	0	0	2	1	20
Healthy eating	59	1	6	1	0	1	0	0	4	2	20
Drugs/alcohol	45	3	16	0	1	0	0	1	3	2	23
The way they look	36	1	24	2	0	0	0	0	2	1	28
Growing up and body changes	52	2	10	1	0	0	0	0	3	1	25
Their sexuality	43	1	10	1	0	0	0	0	2	1	37
Their gender	45	1	8	0	0	0	0	0	1	0	38
Being bullied	52	7	12	0	0	0	0	0	0	0	20
Problems with social media (e.g. Instagram, Snapchat etc.)	34	2	24	1	0	0	0	0	1	0	23

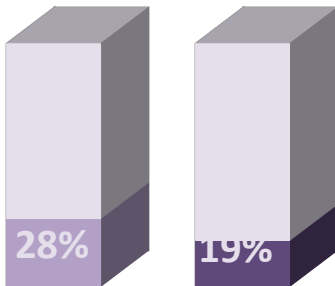
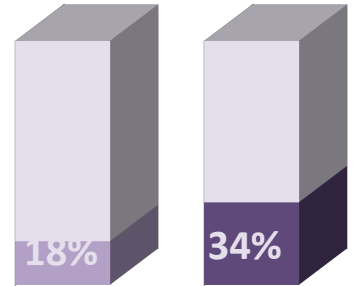
Each percentage is given a coloured block proportional to the number to help pick out highlights.

# Bullying

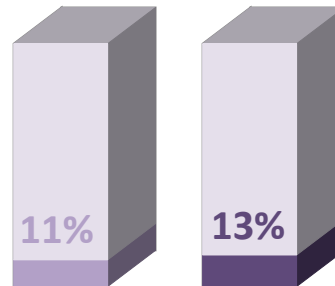
- 40% of younger pupils and 27% of older pupils/students responded that they feel afraid of going to school because of bullying at least 'sometimes'.



- 18% of younger pupils and 34% of older pupils/students responded that they think they have been picked on or bullied because of the way they look, while 10% and 13% respectively think they have been bullied because they find it particularly easy or difficult to learn.

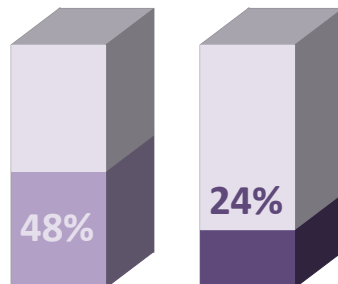


- 28% of younger pupils and 19% of older pupils/students responded that they have been bullied at or near school in the last 12 months.

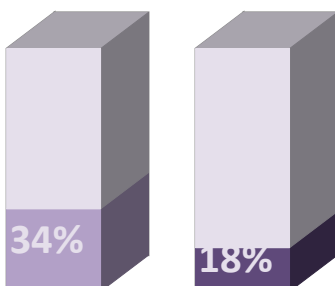
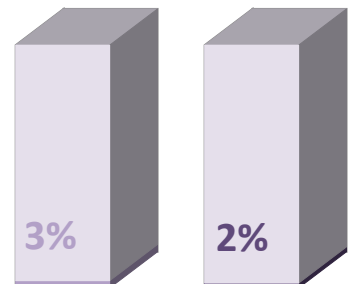


- 11% of younger pupils and 13% of older pupils/students responded that they have upset or hurt someone else on purpose at school in the last 12 months.

- 48% of younger pupils and 24% of older pupils/students responded that it was 'very helpful' that school has clear rules about bullying.

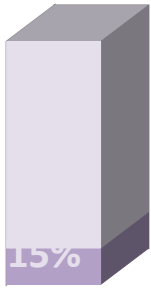


- 3% (58 children) of younger pupils and 2% (58 children) of older pupils/students responded that they think others may fear going to school because of them.

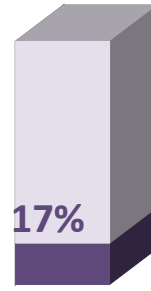
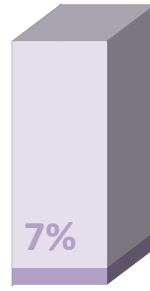


- 46% of younger pupils and 25% of older pupils/students responded that it was 'very helpful' that they are told to report when other people are bullied.
- 48% of younger pupils and 29% of older pupils/students responded that it was 'very helpful' to have people you can talk to about bullying.
- 34% of younger pupils and 18% of older pupils/students responded that it was 'very helpful' to have lessons about avoiding/dealing with bullying.

## Staying safe

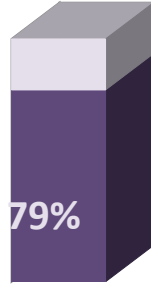


- 15% of younger pupils and 31% of older pupils/students responded that **someone has written or shown things online to hurt or upset them** (with text, pictures or video).

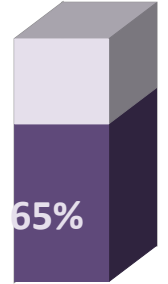
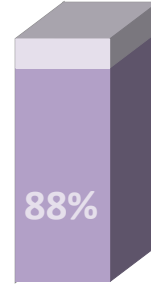


- 7% (146 pupils) of younger pupils and 17% of older pupils/students (521 pupils) responded that they got **at most 6 hours sleep** the night before the survey.

- 60% of younger pupils and 79% of older pupils/students responded that they have **been taught or given advice about communicating with people they have only met online** and



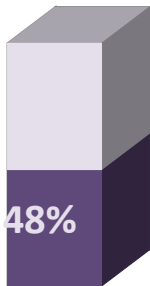
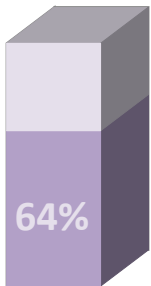
- 88% of younger pupils and 65% of older pupils/students responded that they got **at least 8 hours sleep** the night before the survey.



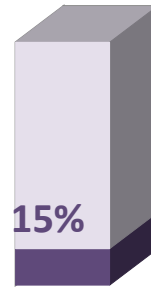
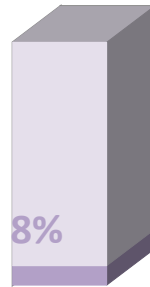
35% and 57% respectively said they have been taught or given advice about CEOP's 'Report Abuse' buttons. Buttons like this link to the National Crime Agency's CEOP Command (formerly the Child Exploitation and Online Protection Centre).



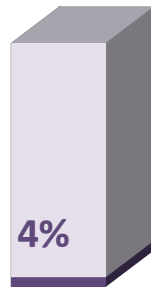
- 73% of younger pupils and 62% of older pupils/students responded that they amount of sleep they normally get is enough for them to **concentrate on their school work**, while 8% and 15% respectively said **it isn't enough sleep**.



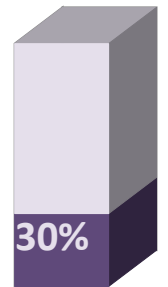
- 64% of younger pupils and 48% of older pupils/students responded that they have **been taught or given advice about internet safety and 'always' follow the advice** they have been given.



- 3% (36 pupils) of younger pupils and 4% (115 pupils) of older pupils/students responded that they have been taught or given advice about internet safety and **'never' follow the advice they have been given** while 21% and 40% respectively said they do so only **'sometimes'**.

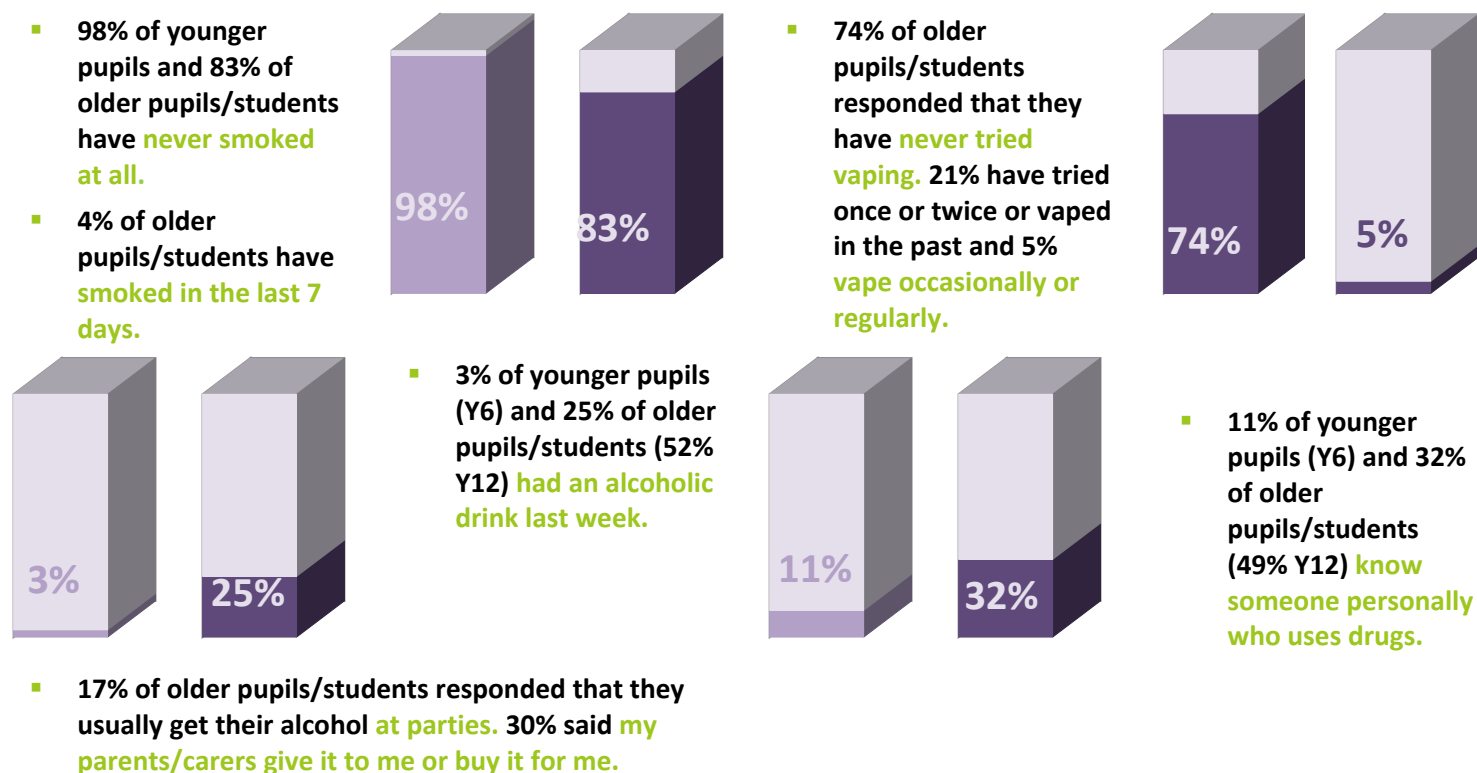


- 64% of younger pupils and 48% of older pupils/students responded that they amount of sleep they normally get is enough for them to feel awake all day, 18% and 30% respectively said **it isn't enough sleep**.





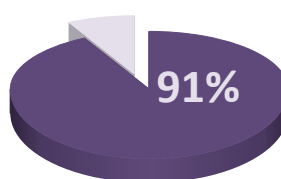
## Substance use



## Relationships – older pupils

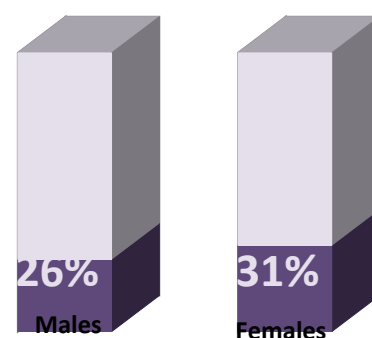
We asked older pupils/students about **controlling and abusive behaviour in relationships**, asking them if they thought they were always wrong, and if they had ever experienced them, as below:

- Telling you what to wear
- Telling you who you can and can't see
- They kept checking your phone
- Checking where you are all the time
- Using hurtful/threatening language
- Threatening to spread rumours about you
- Being jealous/possessive
- Pushing
- Hitting
- Demanding undressed/sexual photos
- Forcing you to do what you don't want (e.g. having sex)



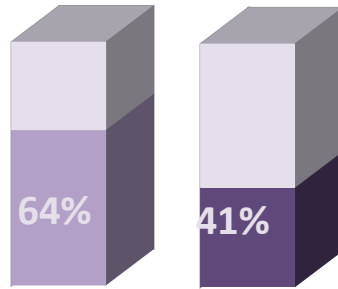
- 91% of older pupils/students responded that they think **hitting is always wrong** in a relationship; 90% feel the same about forcing you to do what you don't want (e.g. having sex).

- 26% of older males and 31% of older females responded that they have experienced **at least one of the negative behaviours listed** while in a relationship with a boyfriend/girlfriend
- 5% said they have with their current boy-/girl-friend.

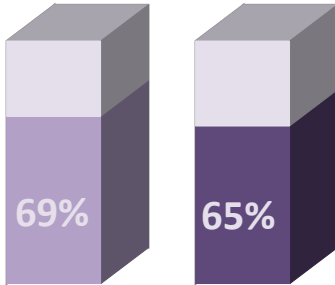
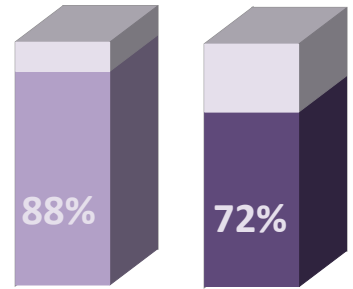


## Enjoying and achieving

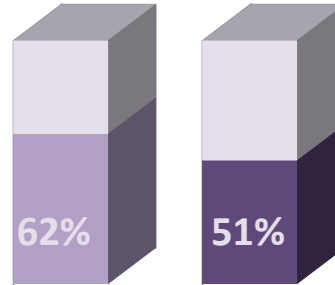
- 64% of younger pupils and 41% of older pupils/students agreed that the school cares whether they are happy or not.



- 88% of younger pupils and 72% of older pupils/students responded that their work is marked so they can see how to improve it.



- 69% of younger pupils and 65% of older pupils/students agreed that people of different backgrounds are valued in their school.

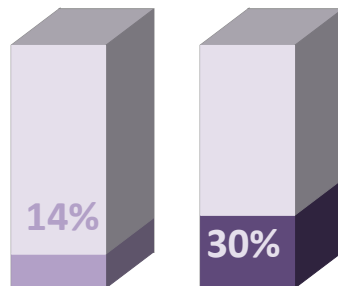


- 62% of younger pupils and 51% of older pupils/students responded that their school prepares them for when they leave.

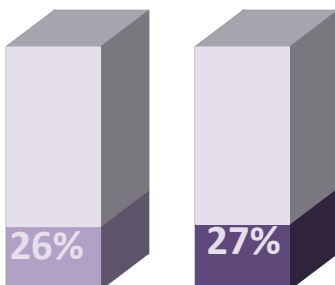
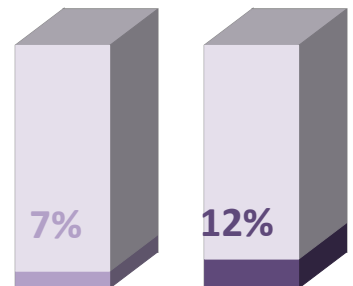
- 27% of older pupils/students responded that they think their views are listened to in school. 13% thought their views made a difference to how school is run.

## Physical Activity

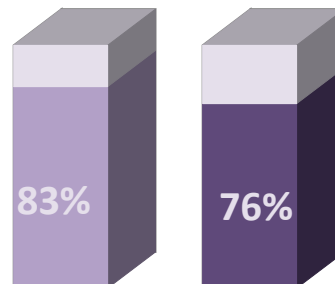
- 14% (302 pupils) of younger pupils and 30% (946 pupils) of older pupils/students responded that they do at most one weekly sport or activity in their own time.



- 7% of younger pupils and 12% of older students responded that they didn't exercise enough to breathe harder at all, the week before the survey.

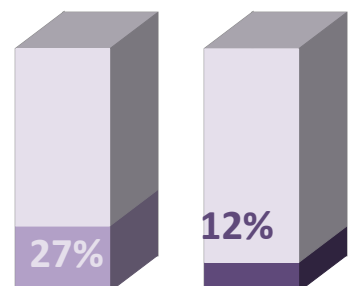


- When asked what stopped them from being more physically active, 26% of younger pupils and 27% of older pupils/students said not enough time.

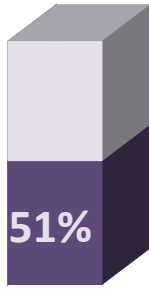
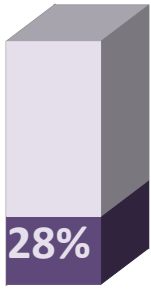


- 83% of younger pupils and 76% of older students responded that they exercised enough to breathe harder on at least two days in the week before the survey.

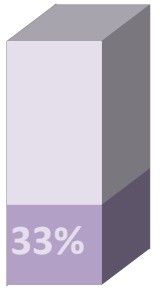
- 27% of younger pupils and 12% of older pupils/students said they exercised enough to breathe harder on six or seven days in the week before the survey.



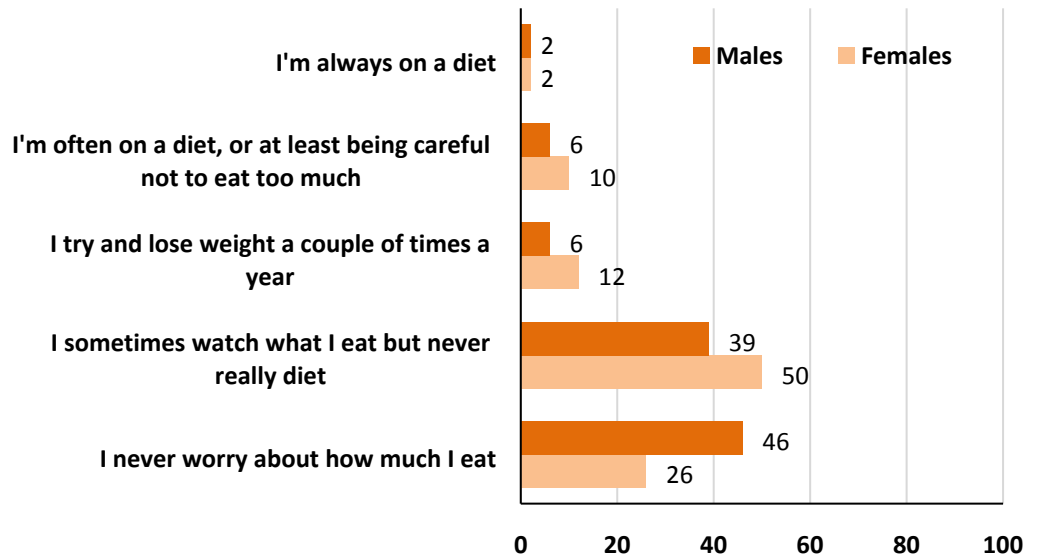
# Healthy Weight



- 28% of older males and 51% of older females responded that **they would like to lose weight**.
- 25% of Year 6 boys and 33% of Year 6 girls said the same.
- 64% of older males and 46% of older females responded that **they were happy with their weight as it is**.

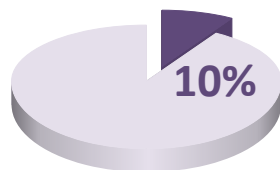


- 36% of older pupils/students responded that they **'never' worry about how much they eat**, while 44% said they **'sometimes' watch what they eat** but never really diet.
- 8% of older pupils/students responded that they are **'often' on a diet**, or being careful not to eat too much; 2% said they are **'always' on a diet**.

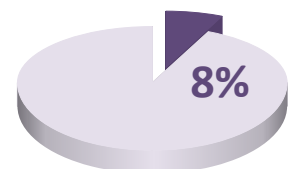


- There are marked gender differences in attitudes to healthy weight, as we might expect. Other gender differences are explored on page 15.

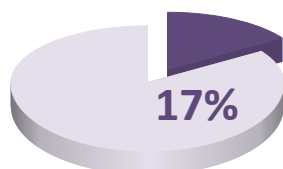
- 10% of older pupils/students responded that they have, at some point, regularly **made themselves sick** (7% of Y10 males, 11% of Y10 females); 1% said they have **done so this term**.



- 8% of older pupils/students responded that they have, at some point, **dieted to an extreme degree** (3% of Y10 males, 14% of Y10 females); 2% said they have **done so this term**.



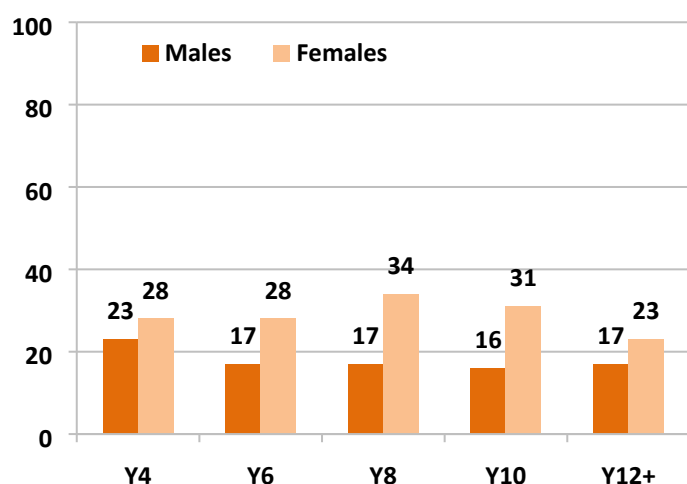
- 17% of older pupils/students responded that they have, at some point, done an **unusual amount of exercise** to lose weight (11% of Y10 males, 23% of Y10 females); 3% said they have **done so this term**.



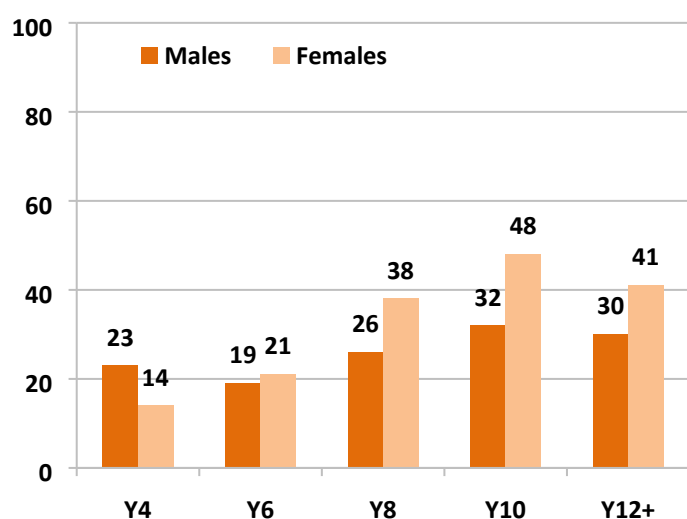
# Self-esteem, Resilience and Happiness + comparison with SHEU wider data

## Central Bedfordshire Data

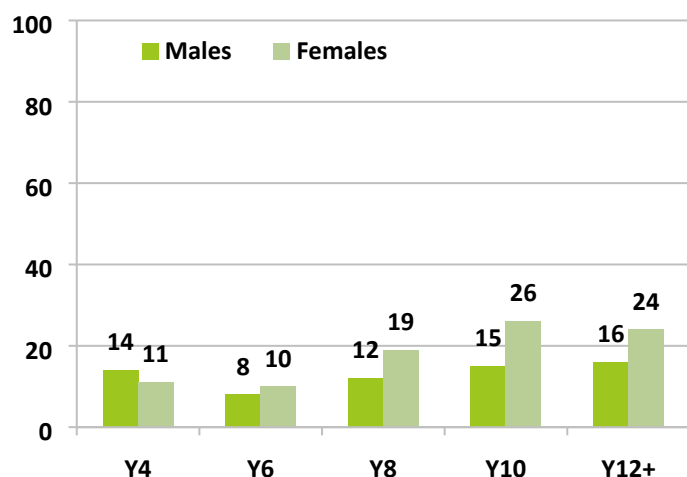
Percentage of all pupils scoring in the lowest brackets of self-esteem scores



Percentage of all pupils with a low measure of resilience (0-19).

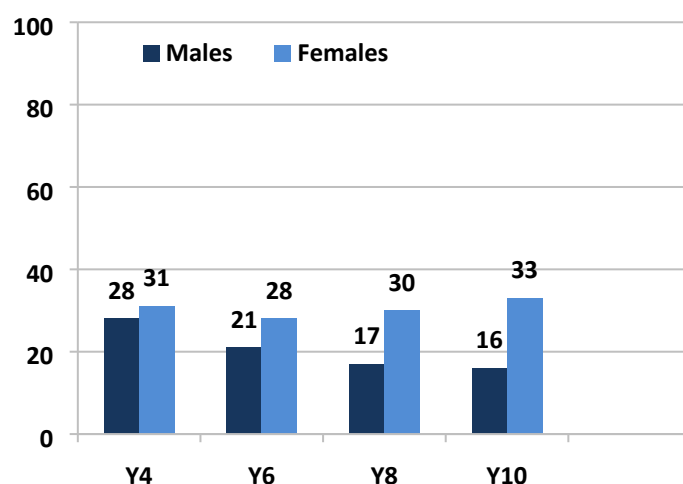


Percentage of all pupils 'not very/not happy at all' with their lives at the moment

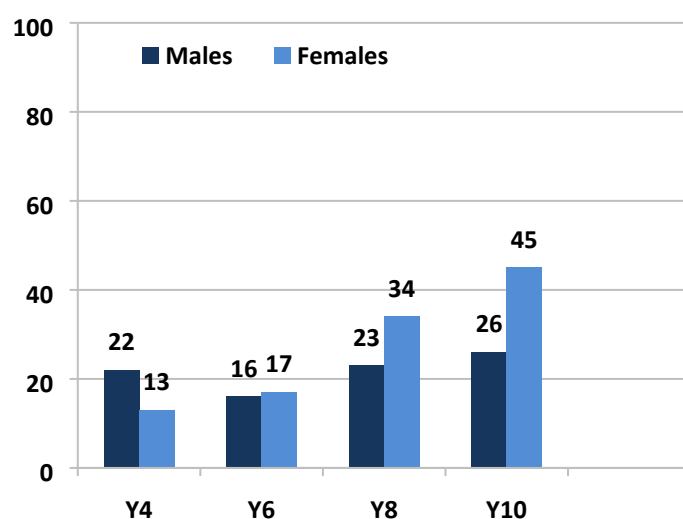


## SHEU Data

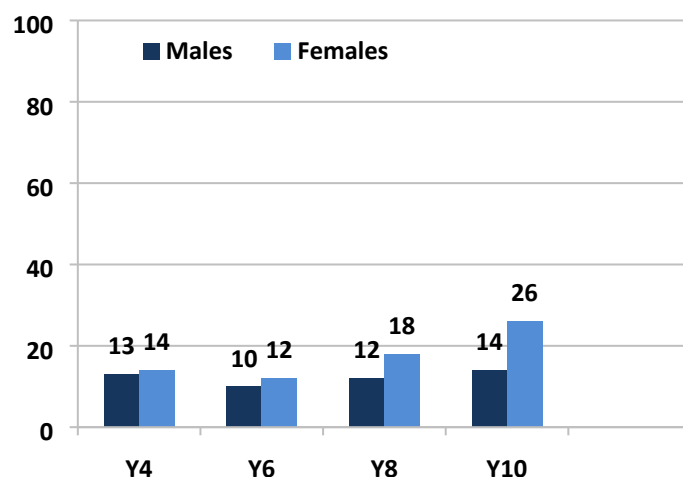
SHEU Percentage of all pupils scoring in the lowest brackets of self-esteem scores



SHEU Percentage of all pupils with a low measure of resilience (0-19).



Percentage of all pupils 'not very/not happy at all' with their lives at the moment



## Other differences from the SHEU reference sample

The findings from the Central Bedfordshire sample from 2017-2018 were compared with a large aggregate sample of 92,193 pupils from the SHEU databanks from 2016.

### Notes:

Not all questions could be compared, as we were using a customised local questionnaire, so the absence of an item from the analysis below does not mean that the local figure was no different from the reference sample.

Differences of more than 4% between Central Bedfordshire and the reference sample have been selected for interest.

### Younger pupils

#### Good news

- 69% of younger pupils in Central Bedfordshire said that they were **happy with their weight** compared with 65% of pupils in the reference sample.
- 31% of Year 4 pupils in Central Bedfordshire recorded levels of **high self-esteem** compared with 25% of pupils in the reference sample.
- 94% of younger pupils in Central Bedfordshire said that they have been **told how to stay safe** while using the Internet compared with 88% of pupils in the reference sample.
- 64% of Year 6 pupils in Central Bedfordshire said that **school cares** whether they are happy or not compared with 58% of pupils in the reference sample.
- 88% of Year 6 pupils in Central Bedfordshire said that their **work is marked** so they can see how to improve it compared with 78% of pupils in the reference sample.
- 69% of Year 6 pupils in Central Bedfordshire said that in their school people with **different backgrounds are valued** compared with 52% of pupils in the reference sample.

#### Not such good news

- 45% of Year 6 pupils in Central Bedfordshire said that in their school teaches them how to **manage their feelings** compared with 59% of pupils in the reference sample.
- 51% of Year 6 pupils in Central Bedfordshire said that their **views and opinions are listened to** in school compared with 59% of pupils in the reference sample.
- 40% of younger pupils in Central Bedfordshire said that are at least sometimes afraid of going to school because of **bullying** compared with 34% of pupils in the reference sample.
- 52% of Year 6 pupils in Central Bedfordshire said that they can **'usually or always say no'** to someone who is asking them to do something they don't want to do, compared with 59% of pupils in the reference sample.
- 63% of younger pupils in Central Bedfordshire said that had been to the **dentist in the last 6 months** compared with 71% of pupils in the reference sample.

### Older pupils (Years 8 & 10)

#### Good news

- 55% of older pupils in Central Bedfordshire said that they were **happy with their weight** compared with 49% of pupils in the reference sample.
- 13% of Year 8 pupils in Central Bedfordshire said that they were fairly sure or certain that they **know someone personally who takes illegal drugs** compared with 18% of pupils in the reference sample.
- 96% of older pupils in Central Bedfordshire said that they have been **told how to stay safe** while using the Internet compared with 91% of pupils in the reference sample.
- 78% of Year 8 pupils in Central Bedfordshire said that their **work is marked** so they can see how to improve it compared with 69% of pupils in the reference sample.
- 64% of older pupils in Central Bedfordshire said that in their school people with **different backgrounds are valued** compared with 54% of pupils in the reference sample.
- 53% of older pupils in Central Bedfordshire said that their **school prepares them** for when they leave school compared with 48% of pupils in the reference sample.

#### Not such good news

- 21% of older boys in Central Bedfordshire had **high resilience scores** compared with 27% of boys in the reference sample.
- 61% of older pupils in Central Bedfordshire said they could **'usually or always' say no** to a friend who was asking them to do something they didn't want to do compared with 67% of pupils in the reference sample.
- 33% of older pupils in Central Bedfordshire said they know where to get **condoms free of charge** compared with 40% of pupils in the reference sample.
- 17% of older pupils in Central Bedfordshire said they had more than 10 adults they **could really trust** compared with 24% of pupils in the reference sample.
- 30% of older pupils in Central Bedfordshire said that are at least sometimes afraid of going to school because of **bullying** compared with 25% of pupils in the reference sample.

# Changes since 2014

The findings from the Central Bedfordshire sample from 2014, 2015 and 2017 were compared to look for emerging trends:

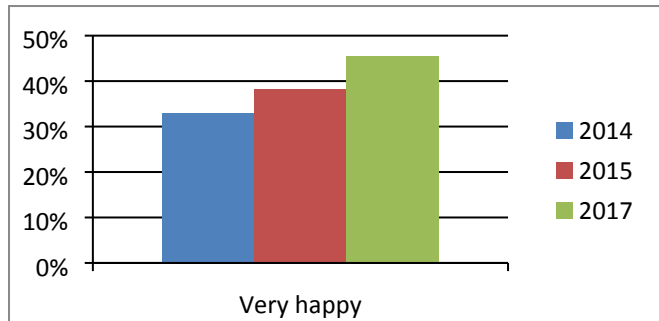
## Notes:

For the secondary sample, the trends illustrated were checked with those schools that had been in all 3 waves of the survey to check that the trend was still there and not a result of differences between schools.

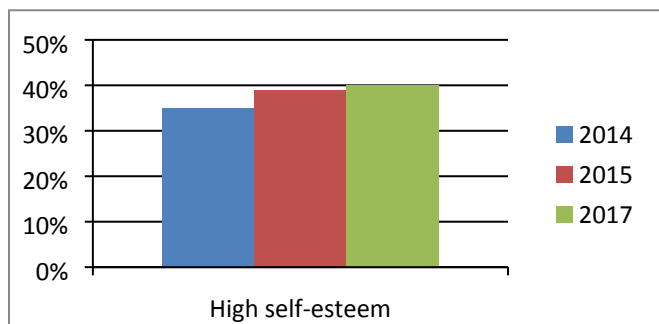
### Younger pupils (Year 6)

#### Good news

How happy are you with your lives at the moment?

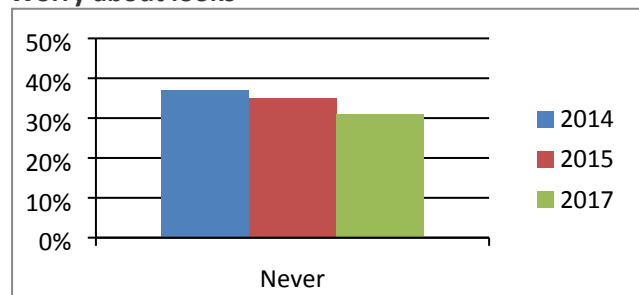


#### Self-esteem

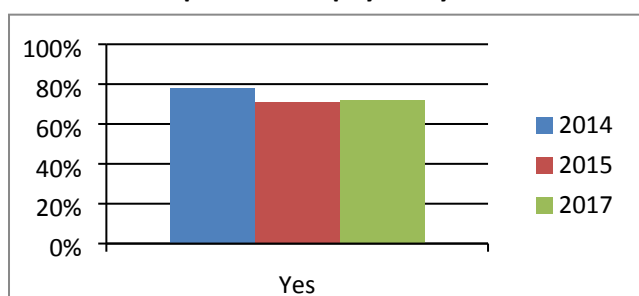


#### Not such good news

Worry about looks



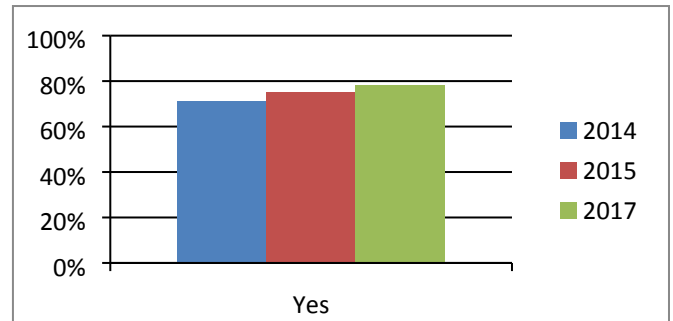
The school helps me to be physically active



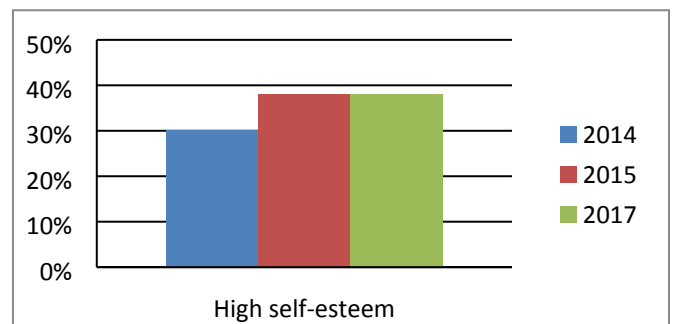
### Older pupils (Years 8 & 10)

#### Good news

Work is marked so I can see how to improve it – Y8

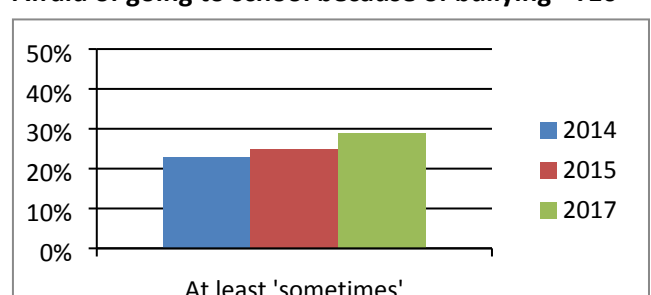


#### Self-esteem

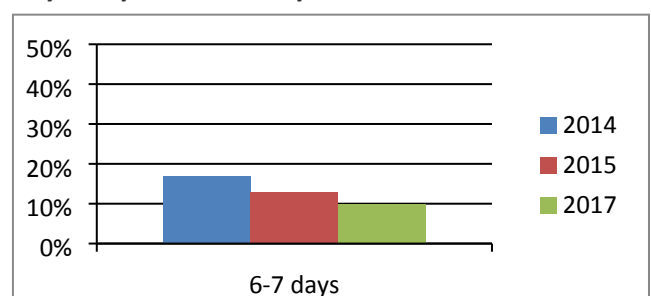


#### Not such good news

Afraid of going to school because of bullying – Y10



Physically active 6-7 days last week – Y10



## Gender Differences

The following is a list of statistically significant differences between secondary school aged males and females in Year 6 (ages 10-11) and Year 10 (ages 14-15), colour-coded for higher percentage reporting by gender (males blue).

The statements are listed from most statistically significant difference first:

### YEAR 6

Boys	Girls	Question
56%	22%	of pupils use the internet for playing games with other people.
37%	11%	of pupils play computer games when they have a problem or feel stressed.
30%	14%	of pupils exercised enough to breathe harder on six or seven days in the week before the survey.
38%	21%	of pupils have been pushed/hit at least 'once a month or so' in the last 12 months.
35%	20%	of Year 6 pupils responded that worry and anxiety doesn't affect their life 'at all'.
84%	72%	of pupils responded that they like PE/Games lessons at school 'quite a lot' or 'a lot'.
38%	53%	of pupils have been left out or ignored at least 'once a month or so' in the last 12 months.
75%	87%	of pupils' parents/carers have talked with them about how their body changes as they grow up.
17%	28%	of pupils had a med-low self-esteem score (9 or less).
30%	43%	of pupils feel afraid of going to school because of bullying at least 'sometimes'.
30%	42%	said worry at least 'sometimes' stops them concentrating on or enjoying other things.
59%	71%	have been taught or given advice about internet safety and 'always' follow the advice.
46%	34%	of pupils had a high self-esteem score (15 or more).
15%	8%	of Year 6 pupils responded that they have a long-standing illness, disability or special needs.
10%	5%	of pupils didn't have any portions of fruit and vegetables to eat on the day before the survey.
19%	28%	responded that they worry about the way they look 'quite a lot' or 'a lot'.

### YEAR 10

Boys	Girls	Question
24%	60%	said worry at least 'sometimes' stops them concentrating on or enjoying other things.
43%	12%	of pupils responded that they ride a bicycle in their own time at least 'weekly'.
43%	14%	of pupils responded that worry and anxiety doesn't affect their life 'at all'.
12%	40%	of pupils said if something goes wrong, they are 'usually' or 'always' get upset and feel bad for ages.
36%	64%	of pupils responded that they worry about school-work problems/exams/tests 'quite a lot' or 'a lot'.
90%	64%	of pupils responded that they use the internet for playing games.
28%	52%	responded that they would like to lose weight.
52%	28%	of pupils had a high self-esteem score (15 or more).
36%	57%	of pupils responded that they talk to a friend at school if they have a problem or feel stressed.
23%	46%	of pupils think they have been picked on or bullied because of the way they look.
19%	37%	of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
3%	14%	of pupils responded that they have, at some point, dieted to an extreme degree.
63%	79%	of pupils responded that they would like to be confident.
65%	48%	responded that they feel at least 'quite' happy with their life at the moment.
52%	36%	of pupils said that the amount of sleep they normally get is enough for them to feel awake all day.
67%	81%	of pupils responded that they think the pill (contraceptive pill or mini-pill) prevents pregnancy.
35%	22%	of pupils responded that there are at least six adults that they can trust.
58%	43%	of pupils responded that their school has clear rules about bullying which are 'quite' or 'very' helpful.
87%	96%	of said that they think forcing you to do what you don't want (e.g. having sex) is always wrong.
89%	96%	of pupils responded that they think hitting is always wrong in a relationship.
26%	43%	said someone has written or shown things online to hurt or upset them (with text, pictures or video).

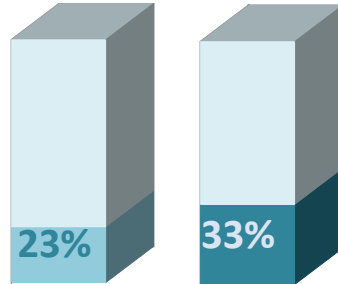
## Other inequalities

We looked for differences among potentially vulnerable groups, looking in particular at Year 10 students. Selecting just Year 10 reduces the bias for older or younger students in the sub groups which may skew the results in this type of analysis.

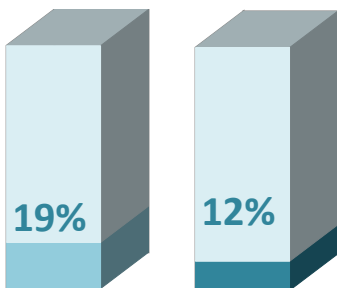
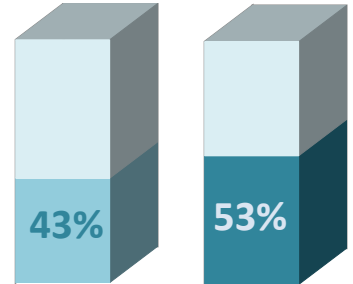
These are a selection of the differences we found:

Non White British (NWB – 215 pupils) vs. White British (WB -1227 pupils)

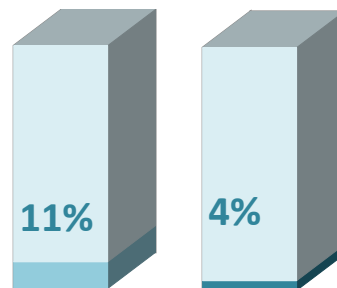
- 23% of NWB pupils and 33% of WB pupils said that their **parents/carers bought/gave alcohol to them.**



- 43% of NWB pupils and 53% of WB pupils said that they **would go to their parents/carers if they needed support about problems with drugs or alcohol.**



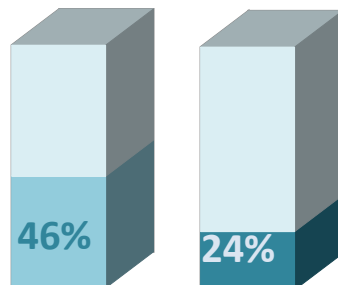
- 19% of NWB pupils and 12% of WB pupils said that their **boyfriend/girlfriend has been telling them who they can and can't see.**



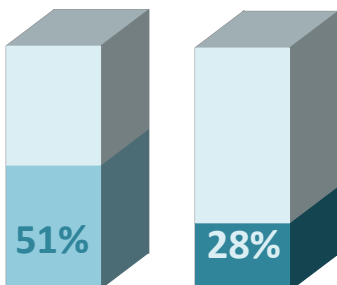
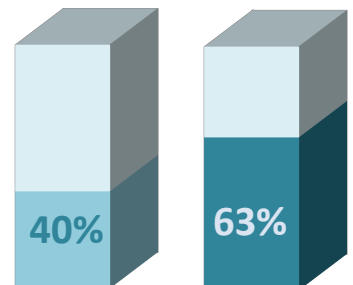
- 11% of NWB pupils and 4% of WB pupils said that they have been taught or given advice about internet safety and **'never' follow the advice they have been given.**

Young carer (YC - 59) vs. Non Young carer (NYC -1359)

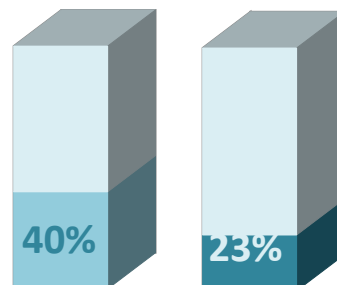
- 46% of YC pupils and 24% of NYC pupils said that **someone smokes indoors at home** on most days.



- 40% of YC pupils and 63% of NYC pupils said that they **got at least 8 hours sleep** the night before.



- 51% of YC pupils and 28% of NYC pupils said that they were **at least sometimes afraid of going to school because of bullying.**

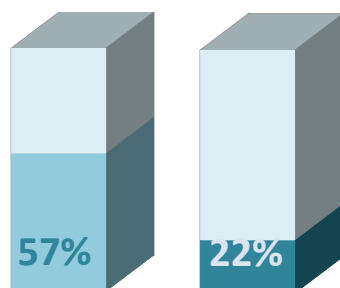


- 40% of YC pupils and 23% of NYC pupils **have med-low self esteem.**

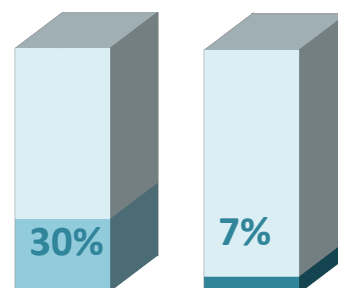


### Lesbian, gay and bisexual pupils (LGB - 75) vs. Non LGB (NLGB - 1396)

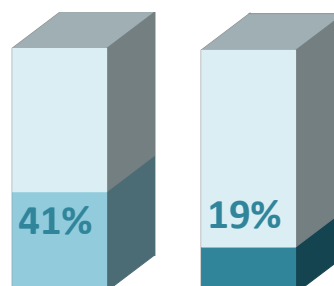
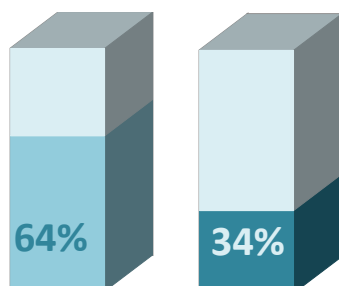
- 57% of LGB pupils and 22% of NLGB pupils **have med-low self esteem.**



- 30% of LGB pupils and 7% of NLGB pupils **have at some point diety to an extreme degree.**



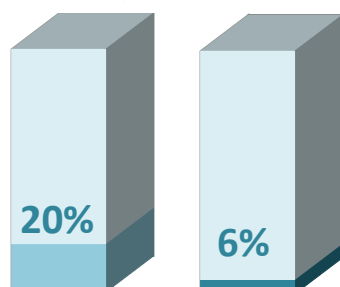
- 64% of LGB pupils and 34% of NLGB pupils **have been picked on because of the way they look.**



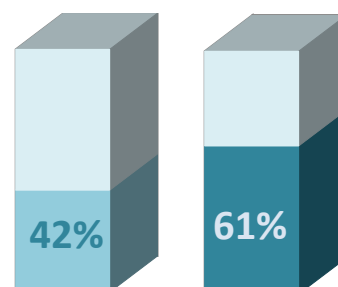
- 41% of LGB pupils and 19% of NLGB pupils said their boyfriend/girlfriend had been **jealous or possessive.**

### Pupils with special educational needs (SEND - 153) vs. Non SEND (NSEND -1191)

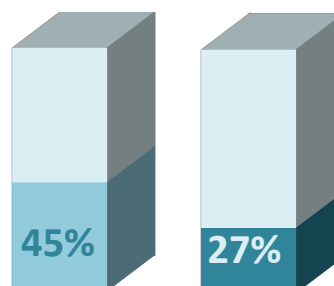
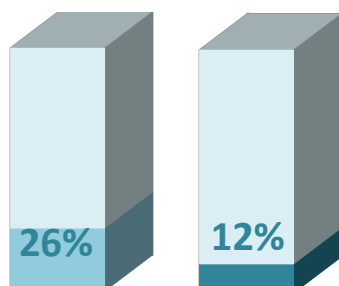
- 20% of SEND pupils and 6% of NSEND pupils said that they got **less than 6 hours sleep** the night before.



- 42% of SEND pupils and 61% of NSEND pupils said that they were **happy with their lives** at the moment.



- 26% of SEND pupils and 12% of NSEND pupils said that they got picked on because **of how they get on in lessons.**



- 45% of SEND pupils and 27% of NSEND pupils said that they **feel 'quite' or 'very uneasy' meeting people of their own age for the first time.**

Pupils from single parent families (228) were more likely to have free school meals, compared with pupils who lived with both parents (970). They were also more likely to have smoked and have a parent/carer who smokes. They are less likely to say that they had 5 portions of fruit and vegetables the day before or get enough sleep to concentrate on their schoolwork compared with pupils who live with both parents together.

There were insufficient pupils in the secondary (Year 8 and 10) sample to look for an analysis for Looked After Children (LAC) compared with the main sample. In the Younger sample (Year 4 and 6) again there were not enough LAC to produce many significant differences. One interesting difference however was that 38% of the LAC group said that they did not know enough about how their body changes as they grow up compared with 14% of the non-LAC group.

# The Way Forward – and over to you!

As a result of the effort and care by staff and pupils in schools, we have excellent data to be used by schools, Central Bedfordshire Council and Bedfordshire Clinical Commissioning Group, as well as other statutory and voluntary agencies that support the health and wellbeing of children and young people in Central Bedfordshire. This work will inform action plans for joint working between and within organisations involved.

We invite everyone reading this report who has contact with young people - whether as a parent, teacher, health professional, community leader, volunteer or in some other role – to think about what the findings mean for young people in the area, and think about what you might be able to do to promote health and wellbeing and increase children and young people's resilience. We would encourage Senior Leadership Teams in all schools and colleges to prioritise health and wellbeing using a whole school approach.

## PSHE/Pastoral Care Network

We would encourage Senior Leadership Teams in all schools and colleges to provide appropriate policies, resources and adequate curriculum time for high quality and purposeful Personal, Social and Health Education (PSHE) including Relationship and Sex Education (RSE) and Drug and Alcohol Education.

The Central Bedfordshire PSHE/Health and Wellbeing Network provides information and support on the public health aspects of the PSHE curriculum and informs a whole school/college approach to health and wellbeing.

For further information, please contact:

Sarah James

Public Health Senior Practitioner - Children and Young People

Central Bedfordshire Council Priory House, Monks Walk, Chicksands, Shefford Bedfordshire, SG17 5TQ

[sarah.james@centralbedfordshire.gov.uk](mailto:sarah.james@centralbedfordshire.gov.uk)

Direct dial: 0300 300 4109

<http://www.centralbedfordshire.gov.uk/schools-portal/online-resources/pshe-network/overview.aspx>

## The school nursing service

All schools across Bedfordshire now have a named School Nurse who works as part of a skill-mix team. They are all qualified nurses who hold an additional, specialist public health qualification.

School Nurses are skilled in providing holistic, individualised and population health assessments, with a broad range of skills to support across a range of health issues. School Nurses are also trained to be able to provide early help around emotional and mental health issues, and can offer 4-6 sessions working with individual young people'. The service provides a weekly 'Drop-In' Service in schools and in the community in the school holidays, for all pupils from Year 7 upwards.

If you would like further information on the School Nursing Service, please email Kerry Dufraisse:

[kdufraise@nhs.net](mailto:kdufraise@nhs.net)

## Credits

Our thanks go to the staff and young people in schools for their time and contributions to this survey.

Schools involved in this survey were:

- |                                    |   |  |
|------------------------------------|---|--|
| ▪ Alameda Middle School            | ▪ Henlow CE Academy                           | ▪ Sandye Place Academy                       |
| ▪ All Saints Academy Dunstable     | ▪ Hockliffe Lower School                      | ▪ Silsoe CE VC Lower School                  |
| ▪ Biggleswade Academy              | ▪ Ivel Valley School                          | ▪ St Mary's CE Academy, Stotfold             |
| ▪ Cedars Upper School              | ▪ Langford Village Academy                    | ▪ St Mary's VA CE Lower School               |
| ▪ Chalton Lower School             | ▪ Leedon Lower School                         | ▪ St Swithun's VC Lower School               |
| ▪ Church End Lower School          | ▪ Linslade Academy Trust                      | ▪ Studham CE Village School                  |
| ▪ Clifton All Saints Academy       | ▪ Maulden Lower School                        | ▪ Sundon Lower School                        |
| ▪ Clipstone Brook Lower School     | ▪ Northill CE VA Lower School                 | ▪ The Mary Bassett Lower School              |
| ▪ Dunstable Icknield Lower School  | ▪ Oak Bank School                             | ▪ Thomas Whitehead CE Academy                |
| ▪ Edward Peake CE VC Middle School | ▪ Pottton Lower School                        | ▪ Thornhill Primary School                   |
| ▪ Etonbury Academy                 | ▪ Pottton Middle School                       | ▪ Toddington St George CE School             |
| ▪ Flitwick Lower School            | ▪ Queensbury Academy                          | ▪ Vandyke Upper School and Community College |
| ▪ Fulbrook Middle School           | ▪ Redborne Upper School and Community College | ▪ Woodland Middle School Academy             |
| ▪ Gravenhurst Academy              | ▪ Russell Lower School                        |  |
| ▪ Hadrian Academy                  | ▪ Samuel Whitbread Academy                    |  |
| ▪ Hawthorn Park Community Primary  | ▪ Sandy Upper School                          |  |

For further information about the survey contact:

Sarah James  
Public Health Senior Practitioner - Children and Young People

Central Bedfordshire Council  
Priory House, Monks Walk,  
Chicksands, Shefford  
Bedfordshire, SG17 5TQ

[sarah.james@centralbedfordshire.gov.uk](mailto:sarah.james@centralbedfordshire.gov.uk)

Direct dial: 0300 300 4109



Central Bedfordshire - A great place to live and work - [www.centralbedfordshire.gov.uk](http://www.centralbedfordshire.gov.uk)

Questionnaire design, school liaison, data processing, data analysis and report composition were all carried out or supported by SHEU (Schools Health Education Unit), an independent research unit based in Exeter. SHEU is the leading provider of school lifestyle surveys in the UK, and undertakes other consultation, monitoring, evaluation or bespoke research projects for local government, the NHS, agencies, charities, schools and colleges. SHEU was established in 1977 by John Balding.

SHEU can be contacted directly:

Angela Balding, Survey Manager  
Schools Health Education Unit

3 Manaton Court,  
Matford Park,  
EXETER, Devon EX2 8PF

01392 66 72 72

[angela.balding@sheu.org.uk](mailto:angela.balding@sheu.org.uk)