

Supporting the Well-Being of Children and Young People in Braintree 2018

A summary report of the School's Health and Wellbeing Survey

The well-being survey is commissioned and reported on by Essex County Council's Strategy, Insight and Engagement service and delivered by the Schools Health Education Unit in order to collect robust information about children and young people's lifestyles. The survey is now in its tenth year and the findings are being used to inform Essex's annual needs assessment for children's services, identify baseline data and inform targets, service evaluation and improvement.

This report presents the results for Braintree district only, based on the views of 2451 pupils out of the full Essex sample of 16399. Braintree pupils make up 14.9% of all pupils responding to the survey.

Comparative figures for the wider Essex data are shown in brackets() throughout this report.

This report should be read in conjunction with the all-Essex report.

Age-related data

On pages 2 and 3 of this booklet some questions are presented by age range so that the differences in behaviour can be seen as children grow up.

A selection of significant differences between 2017 and 2018 are listed on page 8 of this report. These are the only comparisons with previous year's data made in the report.

Also listed, are a selection of differences found between the district and the wider Essex 2018 data set.

Over 16,000 young people were involved in the survey:

School Phase	Braintree			Essex		
	Primary	Secondary	Total	Primary	Secondary	Total
Age	7 - 11	11 - 18		7 - 11	11 - 18	
Boys	625	578	1203	5656	2718	8374
Girls	632	616	1248	5420	2595	8015
Total	1257	1194	2451	11076	*5323	*16399

* 10 pupils didn't give us their gender.

Area Data

Braintree data has been compared with the wider Essex survey sample. A separate report compares the entire Essex 2018 data with the Essex 2017 sample. Confidence intervals (at 95%) for Braintree data are, at worst, primary $\pm 2.6\%$ and secondary $\pm 2.7\%$. This means that we are confident that the data accurately reflect the behaviours and views of young people in Braintree in the study to within approximately 2-3% of the figures stated in the report.

For more details please contact Strategy, Insight and Engagement service, Essex County Council, email research.governance@essex.gov.uk
The Schools Health Education Unit: Tel. 01392 667272
or visit www.sheu.org.uk

TOPICS INCLUDE:

Background	
Healthy Eating	
Emotional Health & Wellbeing	
Drugs, Alcohol & Smoking	
Safety	
Recreation	
Physical Activity	
Volunteering	
School	



Essex County Council

Headlines

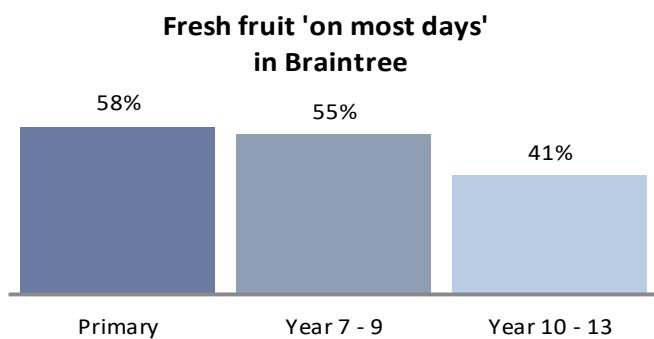
Changing attitudes and behaviours by age

The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

HEALTHY EATING

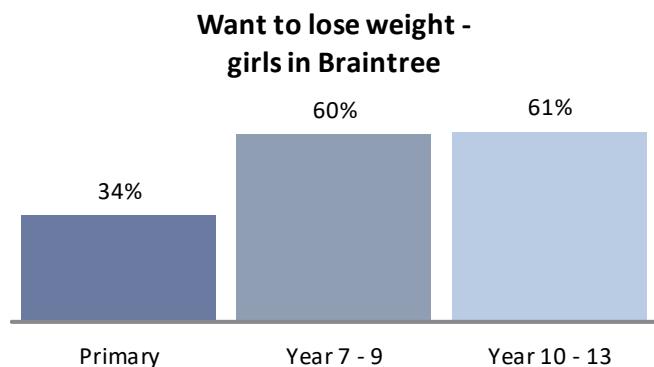
Fruit

- With increasing age there is a drop in eating fresh fruit 'on most days'. 58% (61% in wider Essex data set) of primary falls to 55% (51%) of Year 7-9 and 41% (42%) of Year 10-13 secondary pupils.



Weight worries

- 34% (35%) of Year 6 girls said that they would like to lose weight, this rises to 60% (51%) of Year 7-9 and 61% (58%) of Year 10-13 secondary girls.

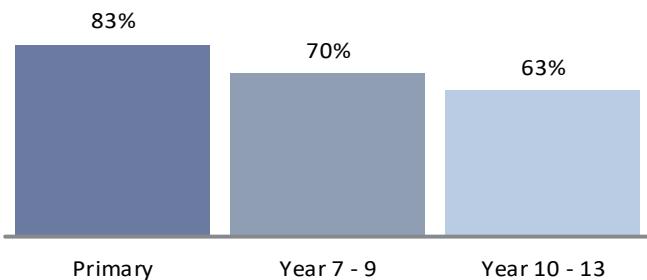


- There is an increase in the proportions of girls who report having nothing to eat or drink for breakfast. 7% (6%) of primary girls rises to 30% (25%) of Year 7-9 and to 38% (33%) of Year 10-13 secondary girls.
- 10% (11%) of primary pupils reported worrying about their diet. This goes up to 28% (20%) of Year 7 - 9 and 26% (27%) of Year 10-13 secondary pupils.
- 24% (25%) of primary pupils reported considering their health when making food choices. This falls to 18% (19%) of Year 7 - 9 and 14% (17%) of Year 10-13 secondary pupils.

EMOTIONAL HEALTH & WELL-BEING

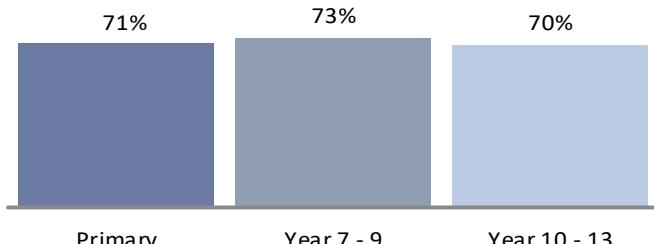
- An increase in the proportions of pupils worrying about their looks was observed as age increased. 13% (13%) of primary aged pupils increased to 33% (26%) of Year 7-9 and 27% (31%) of Year 10-13 secondary pupils.
- 83% (81%) of primary pupils said that their life is going well. 70% (74%) of Year 7-9 and 63% (63%) of Year 10-13 secondary pupils said the same.**

Life is going well in Braintree



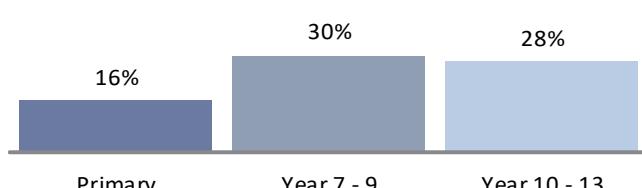
- 71% (71%) of primary pupils said that they know where to go to find advice, support or information about things that are worrying them. 73% (74%) of Year 7-9 and 70% (68%) of Year 10-13 secondary pupils said the same.

Know where to go to for support for worries in Braintree



- 72% (71%) of primary pupils said they have what they want in life. 61% (64%) of Year 7-9 and 56% (54%) of Year 10-13 secondary pupils said the same.
- 8% (9%) of primary pupils said they wished they had a different life. 12% (10%) of Year 7-9 and 17% (16%) of Year 10-13 secondary pupils said the same.
- 34% (34%) of primary pupils said that they often lose their temper or get angry. 42% (37%) of Year 7-9 and 30% (34%) of Year 10-13 secondary pupils said the same.
- 16% (18%) of primary pupils said that they often feel sad or tearful. 30% (25%) of Year 7-9 and 28% (29%) of Year 10-13 secondary pupils said the same.**

Often feel sad or tearful in Braintree

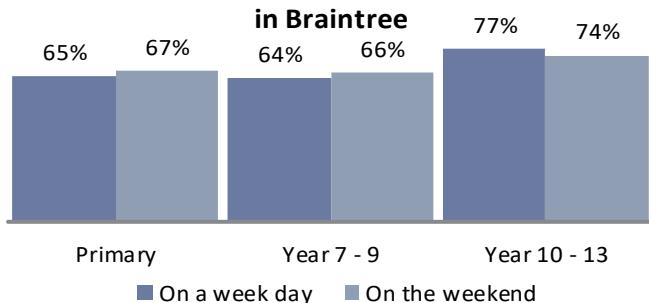


LOCAL SAFETY

Feeling safe

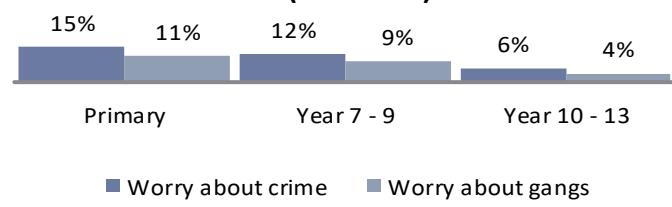
- There is an upward trend with age for feeling safe when going out in their local area in the evenings on a week day. 65% (67%) of primary pupils rises to 64% (68%) of Year 7-9 and 77% (75%) of Year 10-13 secondary pupils.

Feeling safe going out in the evening... in Braintree



- 78% (81%) of primary pupils report feeling safe on their way to or from school. This rises to 79% (84%) of Year 7-9 pupils and again to 91% (89%) of Year 10-13 secondary pupils.
- 15% (15%) of primary pupils worry 'quite' or 'very often' about crime in their local area. This falls to 12% (10%) of Year 7-9 pupils and again to 6% (7%) of Year 10-13 secondary pupils.

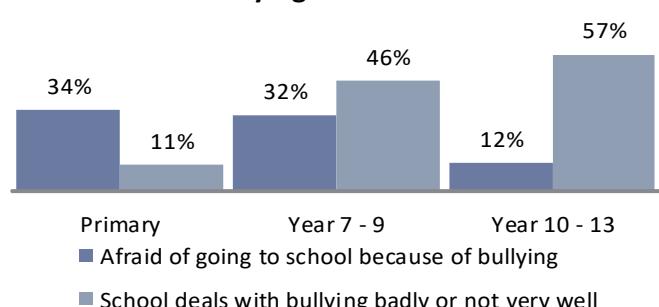
Worrying about crime/gangs in local area (Braintree)



BULLYING

- 34% (33%) of primary pupils, 32% (26%) of Year 7-9 and 12% (15%) of Year 10-13 secondary pupils said that they felt afraid to be in school because of bullying at least sometimes in the month before the survey.
- 11% (13%) of primary pupils, 46% (32%) of Year 7-9 and 57% (44%) of Year 10-13 secondary pupils said that their school deals with bullying badly or not very well.

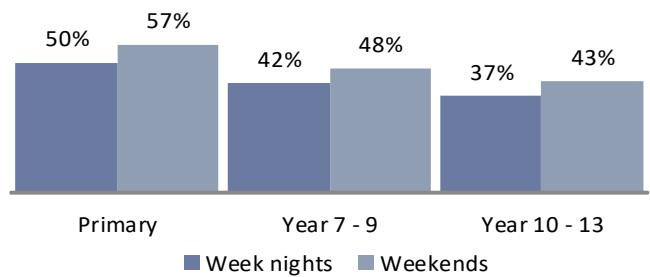
Bullying in Braintree



RECREATION

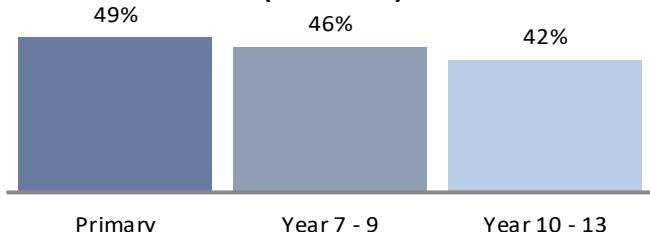
- 57% (57%) of primary pupils said that there is a good choice of activities that they can go out and do during the weekends. 48% (50%) of Year 7-9 and 43% (44%) of Year 10-13 secondary pupils said the same.
- 50% (52%) of primary pupils said that there is a good choice of activities that they can go out and do during week nights. 42% (45%) of Year 7-9 and 37% (39%) of Year 10-13 secondary pupils said the same.

Good choice of activities (Braintree)



- 49% (52%) of primary pupils responded that they go out in the evening to take part in activities/clubs at least 'two – three times a week'. This drops to 46% (48%) of Year 7-9 pupils and 42% (42%) of Year 10-13 pupils.

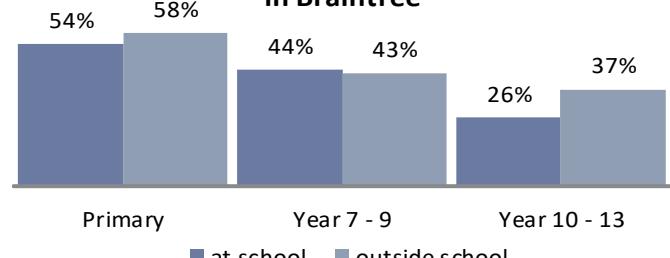
Go out 2-3 times a week (Braintree)



PHYSICAL ACTIVITIES

- 54% (51%) of primary pupils said they enjoy physical activity at school 'a lot'. This drops to 44% (43%) of Year 7-9 and 26% (28%) of Year 10-13 secondary pupils.
- 58% (56%) of primary pupils said they enjoy physical activity outside school 'a lot'. This drops to 43% (45%) of Year 7-9 and 37% (36%) of Year 10-13 secondary pupils.

Enjoy physical activity... in Braintree



Braintree Primary School

Pupils (1257 pupils)

BACKGROUND

- 83% (82% in wider Essex data set) describe themselves as White British, 3% (3%) said they were Asian and 3% (5%) Black.
- 79% (78%) of primary aged pupils in Braintree live with two parents for most of the week; 17% (18%) live mainly or only with one parent.
- 16% (17%) said they were a practising member of a religion.
- 8% (9%) of pupils said they have a special need, long term illness or disability.
- 11% (10%) of pupils described themselves as a 'young carer'. 2% (2%) of pupils said that being a 'young carer' takes up more than 2 hours of their time a day.**
- 4% (4%) of pupils said they look after a parent, 2% (2%) said a grandparent and 5% (5%) said a brother or sister.
- 10% (10%) get free school meals or vouchers for free meals.



HEALTHY EATING

Food choices

- 24% (25%) 'very often' or 'always' think about their health when making food choices.
- 58% (61%) eat fresh fruit 'on most days'; 9% (8%) said 'rarely or never'.
- 29% (27%) have sweets or chocolate 'on most days'; 13% (13%) said 'rarely or never'.



Fizzy drinks

- 13% (13%) have non-diet fizzy drinks 'on most days'. 37% (37%) said that they 'rarely or never' have fizzy drinks.



Attitude to weight

- 69% (68%) of pupils said they were happy with their weight.
- 27% (28%) of pupils: 24% (24%) of boys and 29% (31%) of girls in the primary sample said that they would like to lose weight.
- 10% (11%) of boys and 16% (16%) of girls worry 'quite often' or 'very often' about the way they look.**
- 10% (11%) worried about their diet.



EMOTIONAL HEALTH & WELL-BEING

- 83% (81%) agreed with the statement 'My life is going well'.** 86% (86%) agreed that they have a good life and 72% (71%) said they have what they want in life.
- 8% (9%) wished they had a different life.
- 93% (93%) were happy with the home that they lived in;** 93% (93%) with the things that they had.
- 85% (83%) are happy with their school.
- 16% (18%) often feel sad or tearful; 5% (7%) said that this had been the case for more than 6 months.
- 34% (34%) said that they often lose their temper or get angry;** 7% (7%) said that this happens every day.
- 49% (49%) of boys and 58% (59%) of girls said that when they are really worried they talk to someone or ask for help.
- 89% (86%) were happy with their relationships with friends, 4% (5%) were unhappy.



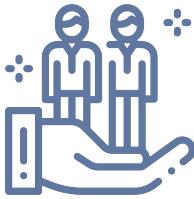
Worries

- 19% (18%) worried often about problems with friends.
- 37% (36%) of Year 6 pupils worried often about SATs/tests.**
- 20% (20%) worried often about what other people think of them. 11% (11%) worried about being fashionable.
- 16% (18%) worried often about the environment e.g. global warming and 12% (14%) said that they worried about world events.
- 17% (20%) said if they were worried about a family problem they would keep it to themselves.** 46% (43%) said they would go to a parent/carer about the problem first; 9% (10%) said they would go to a friend first.
- If they had a problem with school, 52% (52%) would go to a parent/carer about it. 23% (22%) would go to a teacher first about the problem.
- If they had a problem with bullying, 58% (57%) would go to a parent/carer about it. 20% (20%) would go to a teacher first about the problem; 11% (11%) said they would keep the problem to themselves.



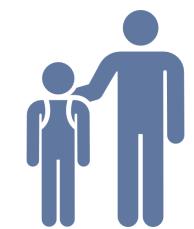
SAFETY

- 90% (90%) 'usually' or 'always' felt safe at home. 78% (81%) felt safe on the way to/from school and 85% (84%) at school.
- 79% (79%) feel safe when going out during the day on week days, this fell to 65% (67%) when going out after dark on week days.
- 81% (82%) said they feel safe when going out during the day on weekends, this fell to 67% (69%) when going out after dark on weekends.



BULLYING

- 34% (33%) felt afraid to be in school because of bullying, at least 'sometimes' in the month before the survey.
- 4% (4%) think others felt afraid to be in school because of them, 20% (20%) didn't know.
- When asked where they experienced bullying recently 4% (5%) said at school during lesson time, 6% (7%) said at home, and 3% (3%) reported on the way to or from school.
- 50% (52%) said that their school deals at least 'quite' or 'very' well with bullying. 16% (15%) said it wasn't a problem in their school. 11% (13%) responded that their school deals with it 'badly' or 'not very well'.
- 77% (80%) play games or chat online at least 'once a week'; 52% (52%) of boys and 33% (34%) of girls said they do so 'four or more times a week'.
- 64% (68%) 'usually' or 'always' felt safe when online chatting or playing games.
- 29% (28%) are never supervised when they use the Internet at home, while 24% (25%) of pupils said that they are 'often' or 'always' supervised.



RECREATION

- 57% (57%) said there is a good choice of activities they can go out and do during weekends; 50% (52%) said the same of week nights.
- 59% (60%) said there are safe places where they can go out to do activities during weekends; 53% (53%) said the same of week nights.
- 76% (78%) of pupils responded that they go out in the evening to take part in activities/clubs at least 'once a week'; 18% (21%) said they do so 'four or more times a week' and 24% (22%) said they 'never' do.



- When asked what they had been up to in their free time in the last 4 weeks, the top answers were:

	Boys	Girls	
Parks or open spaces	55%	Parks or open spaces	50%
Sports club/class	47%	Sports club/class	36%
Cinemas/theatres	28%	Art, dance, craft, drama, film-making group	33%

PHYSICAL ACTIVITY

- 57% (58%) usually walk to school, 56% (58%) travel by car or van. N.B. pupils could select more than one option.
- 84% (82%) of boys and 78% (77%) of girls said that they enjoy physical activity at school 'quite a lot' or 'a lot'.
- 84% (82%) of boys and 82% (82%) of girls said that they enjoy physical activity outside school 'quite a lot' or 'a lot'.
- 39% (38%) of boys and 33% (32%) of girls said that they were active last week for an hour or more in total on five days or more where they were breathing harder or faster.



VOLUNTEERING

- 39% (38%) help at home 'every day' and 9% (9%) help people near their home.
- 8% (8%) said they give time to help a charity or a voluntary group on at least 'a few days a week'.



SCHOOL

- 72% (71%) enjoyed school 'most of the time' or 'always' in the last few weeks.
- 23% (22%) would go to a teacher first if they had a problem with school. 12% (12%) said they would keep the problem to themselves.
- Pupils were asked what might help them do better in school. The top answers included:



	Boys	Girls
More fun/ interesting lessons	59% (64%)	58% (59%)
A quieter, better behaved class	29% (33%)	35% (41%)
More help from teachers	30% (32%)	32% (36%)

- 51% (51%) have the opportunity to give their views about life in school, while 13% (15%) of pupils said they don't.
- 46% (43%) have opportunities to give their views about life in school and also said that their views and opinions make a difference to how their school is run.



Braintree Secondary School Pupils (1194 pupils)

BACKGROUND

- 86% (84% in wider Essex data set) describe themselves as White British. 3% (3%) said they were Asian and 3% (4%) Black.
- 78% (77%) live with two parents; 19% (19%) live with one parent for most of the week.
- 8% (11%) said they were a practising member of a religion.
- 12% (11%) have a special need, long term illness or disability.
- 10% (9%) of pupils identified themselves as a 'young carer'. 2% (2%) said that being a 'young carer' takes up more than 2 hours of their time a day.**
- 6% (8%) said that they get free school meals or vouchers for free meals.



HEALTHY EATING

Food choices

- 27% (24%) had nothing to eat or drink for breakfast on the day of the survey. 4% (4%) said that they had just a drink.
- 17% (19%) 'very often' or 'always' think about their health when making food choices.**
- 50% (48%) eat fresh fruit 'on most days'; 9% (8%) said 'rarely or never'.
- 28% (27%) have sweets or chocolate 'on most days'; 10% (9%) said 'rarely or never'.



Fizzy drinks

- 14% (13%) have fizzy drinks 'on most days'. 29% (29%) said that they 'rarely or never' have fizzy drinks.**



Attitude to weight

- 49% (43%) of pupils: 37% (34%) of boys and 60% (53%) of girls would like to lose weight.
- 42% (49%) were happy with their weight as it is.
- Pupils were asked what might they find useful to help manage their weight. The top answers included:**

	Boys	Girls
More healthy meal choices at school	21%	34%
Information on losing/gaining weight	14%	24%
Support from friends and family	13%	24%

EMOTIONAL HEALTH & WELL-BEING

- 68% (71%) agreed with the statement 'My life is going well'.** 78% (79%) said they had a good life and 59% (62%) said they have what they want in life.
- 14% (12%) wished they had a different life.
- 90% (90%) were happy with the home that they lived in;** 88% (89%) with the things that they had.
- 52% (60%) were happy with their school.
- 29% (26%) often feel sad or tearful; 13% (11%) said that this had been the case for more than 6 months.
- 38% (36%) often lose their temper or get angry; 10% (8%) said that this happens every day.**
- 34% (32%) of boys and 59% (51%) of girls said that they worry often about SATs/tests/exams.
- 31% (30%) of boys and 42% (40%) of girls said that when they are really worried they talk to someone or ask for help.
- 72% (72%) know where to go to find advice, support or information about things that are worrying them.
- 33% (30%) worry about what other people think of them. 18% (16%) worry about relationships and 29% (30%) worry about school-work/homework.



SMOKING, ALCOHOL & DRUGS

Smoking

- 3% (2%) of boys and 2% (2%) of girls said they smoke at least once a week.
- 88% (87%) of pupils have never smoked. 92% (92%) of Year 7-9 girls and 81% (74%) of Year 10-13 girls said that they have never smoked.
- 2% (2%) of Year 7-9 girls and 7% (9%) of Year 10-13 girls said that they were occasional or regular smokers.
- 3% (2%) of Year 7-9 boys and 7% (8%) of Year 10-13 boys said that they were occasional or regular smokers.



Alcohol

- 12% (10%) drink alcohol occasionally or regularly.** 27% (24%) drink only on special occasions.
- 35% (40%) have never drunk alcohol.
- 8% (8%) were drunk at least once in the 4 weeks before the survey.
- 3% (4%) of Year 7-9 girls had been drunk in the last 4 weeks. This rises to 18% (19%) of Year 10-13 girls.

Drugs

- ❑ 6% (7%) of Year 7-9 pupils said they had taken drugs that were not prescribed by a doctor. This rises to 15% (16%) of Year 10-13 pupils.
- ❑ 3% (3%) took an illegal drug in the month before the survey. 3% (2%) took cannabis at least once in the 4 weeks before the survey.

SAFETY

- ❑ 86% (88%) feel safe when going out during the day on weekdays; this fell to 69% (70%) when going out in the evenings.
- ❑ 88% (89%) feel safe when going out during the day on weekends; this fell to 69% (69%) when going out in the evenings.
- ❑ 94% (94%) 'usually' or 'always' feel safe at home. 83% (85%) feel safe on the way to/from school and 82% (84%) feel safe at school.
- ❑ 11% (10%) have been physically attacked (e.g. punched or kicked) in the month before the survey, while 14% (14%) have been verbally abused or threatened.
- ❑ 92% (93%) play games or socialise online at least 'once a week'; 66% (67%) said they do so 'four or more times a week'.
- ❑ 84% (88%) said that they 'usually' or 'always' felt safe when online chatting or playing games.
- ❑ 77% (78%) go online at home without adult supervision.
- ❑ 8% (9%) have regretted something they shared online.
- ❑ 9% (9%) have spoken to someone on the phone that they have met online. 4% (3%) have met someone online that they have never seen before and then gone on to meet them in person.

BULLYING

- ❑ 25% (23%) felt afraid to be in school because of bullying, at least 'sometimes' in the month before the survey.
- ❑ 14% (13%) 'didn't know' if others felt afraid to be in school because of them.
- ❑ When asked where they experienced bullying recently, 8% (7%) reported at school during lessons, 6% (5%) said outside at school and 5% (3%) reported on the way to or from school.
- ❑ 22% (31%) said that their school deals well with bullying. 2% (4%) said it wasn't a problem in their school. 50% (35%) said that their school deals with it 'badly' or 'not very well'.

RECREATION

- ❑ 45% (47%) said that there are enough activities they can go out and do during weekends; 41% (43%) said the same about week nights.
- ❑ 69% (70%) go out in the evening to take part in activities/ clubs at least 'once a week'; 45% (47%) do so more than once a week.

PHYSICAL ACTIVITY

- ❑ 67% (55%) usually walk to school, 35% (41%) travel by car or van and 13% (19%) by bus. N.B. pupils could select more than one option.
- ❑ 30% (30%) of boys and 22% (22%) of girls responded that they were active last week for 1 hour or more in total on five days or more where they were breathing harder and faster.
- ❑ 71% (76%) of boys and 57% (58%) of girls said that they enjoy physical activity at school 'quite a lot' or 'a lot'.
- ❑ 74% (74%) of boys and 59% (63%) of girls said that they enjoy physical activity outside school 'quite a lot' or 'a lot'.

Volunteering

- ❑ 30% (30%) helped people near their home at least 'a few days a month' and 88% (88%) help at home at least 'a few days a month'.
- ❑ 50% (49%) of boys and 51% (53%) of girls said that they give time to charity or a voluntary group at least 'a few days a year'. 35% (36%) of boys and 30% (32%) of girls said that they coach, support or referee other young people in a sport/activity.

SCHOOL & CAREER

- ❑ Pupils were asked what might help them do better in school. The top answers included:

	Boys	Girls
More fun/interesting lessons	67% (68%)	74% (76%)
A quieter/better behaved class	33% (33%)	50% (47%)
More help from teachers	36% (33%)	45% (42%)

- ❑ 33% (32%) of KS4 pupils said they found their lessons on preparation for work were 'quite' or 'very' useful.
- ❑ 20% (21%) of pupils hope to get a job when they leave school.
- ❑ 43% (44%) of Year 7-9 pupils said they would like to go to university when they leave school. 38% (43%) of Year 10-13 pupils said the same.

Overview

Significant differences between 2017 and 2018 in Braintree

The secondary sample in 2017 was too small to make comparisons.

N.B. some care should be taken interpreting these findings as different schools may have been involved in each survey.

Braintree		2017	2018	% point difference	DOT (direction of travel)
Braintree Primary					
Were pushed/hit (2017 'for no reason') at least a 'few times' in the month before the survey.		35%	49%	+ 14%	↑
'Never' consider their health when choosing what to eat.		11%	16%	+ 5%	↑
'Rarely or never' eat fish/fish fingers.		36%	43%	+ 7%	↑
Agree that they have a good life.		91%	86%	-5%	↓
Feel adults involve them in decisions 'quite a bit' or 'a lot' at home.		61%	54%	-7%	↓
Feel adults listen to them and take them seriously 'quite a bit' or 'a lot' at home.		73%	67%	-6%	↓
'Quite' or 'very' happy with their relationships with their family.		95%	92%	-3%	↓

Comparisons with Essex wider data

Significant differences between the Braintree data and the wider Essex results for 2018.

	District	Essex	% point difference	DOT (direction of travel)
Primary				
Usually travel to school by bicycle/scooter.	8%	12%	-4%	↓
Quieter/better behaviour in class would help them do better in school.	32%	37%	-5%	↓
Say they don't have opportunities to give their views about life in school.	13%	15%	-2%	↓
'Quite' or 'very' happy with their relationships with friends.	89%	86%	+ 3%	↑
Went to a sports club or class outside of school in the 4 weeks before the survey.	42%	45%	-3%	↓
Feel the support they have in school will help them achieve their future goals.	63%	59%	+ 4%	↑
More fun/interesting lessons would help them do better in school.	58%	62%	-4%	↓
Secondary				
Their school deals with bullying 'badly'.	26%	16%	+ 10%	↑
Usually walk to school.	67%	55%	+ 12%	↑
Bullying is dealt with 'quite' or 'very' well by their school, or that bullying is not a problem in their school.	25%	35%	-10%	↓
Adults listen to them and take them seriously 'quite a bit' or 'a lot' at school.	36%	44%	-8%	↓
At least 'quite happy' with their school.	52%	60%	-8%	↓
Happy with their weight as it is.	42%	49%	-7%	↓
Worry about their diet 'quite' or 'very' often.	27%	22%	+ 5%	↑

Thank you to all children and young people, headteachers and staff for their time and contributions to this survey. This survey of children and young people's views on their attitudes and actions has been an integral piece of work in providing information that will assist schools and the local authority by informing Essex priorities relating to well-being. Thank you also to those who have taken the time to shape the content of this survey and to those who use the information to support the delivery of services to children and young people in Essex.