

Supporting the Well-Being of Children and Young People in Essex 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 compilation of data collected from a total of 16,399 pupils in 121 primary and 26 secondary schools and sixth forms. The majority of schools completed the survey online, however some schools were provided with paper questionnaires. Easy read versions were also provided on request.

Age-related data

On pages 3 and 4 of this booklet some questions are presented by age range so that the differences

in behaviour can be seen as children grow up.

Comparative data for the last Essex survey is shown as (2017) throughout this report. Where the question is new or altered, no comparison is provided.

A selection of significant differences between 2017 and 2018 are listed on page 9 of this report. Also listed, are a selection of differences found between Essex and the SHEU wider dataset.

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

School Phase	Primary	Secondary	Total
Age	7 - 11	11 - 18	
Boys	5656	2718	8374
Girls	5420	2595	8015
Total	11076	*5323	*16399

* 10 pupils didn't give us their gender.

Area Data

Essex data have been broken down into datasets for each District. Individual district reports are available to accompany this overall Essex report. Confidence intervals (at 95%) for Essex data are, at worst, primary $\pm 0.9\%$ and secondary $\pm 1.3\%$. This means that we are confident the data accurately reflect the behaviours and views of young people in Essex involved in the study to within approximately 1% 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



SHEU

Essex County Council

KEY POINTS



BACKGROUND

9% Nearly 1 in 10 secondary pupils say they are a 'young carer'.

PHYSICAL ACTIVITY



39% of secondary pupils enjoy physical activity at school 'a lot'; 43% of this group enjoy physical activity outside school.

9% of pupils said they didn't exercise for an hour in total on any day last week.

32% of pupils reported exercising hard on at least 5 days last week for an hour or more on each occasion: more if they are male.



HEALTHY EATING

14% of secondary pupils never think of their health when choosing food.

27% say they have sweets or chocolate 'on most days'.

22% of secondary pupils worry about their diet.

61% of primary pupils have fresh fruit 'on most days'; this falls to 42% of older pupils.

53% of secondary girls want to lose weight.

EMOTIONAL HEALTH & WELLBEING



33% of pupils worry at least 'quite a lot' about SATs, exams and/or tests; 24% worry about what other people think of them.

30% of pupils are afraid to be at school because of bullying; more if they are younger.

26% of secondary pupils often feel sad or tearful; more if they are girls.

10% of pupils wish they had a different life.

Comparisons between different ages

➤ More as they get older

- Want to lose weight
- Worry about their looks
- Skip breakfast
- Often feel sad or tearful
- Feel safe going out in the evening

➤ Less as they get older

- Fresh fruit on most days
- Life is going well
- Good choice of leisure activities on weeknights
- Enjoy physical activities
- Attend group activities at least twice a week
- Fear bullying at school

Headlines

Changing attitudes and behaviours by age

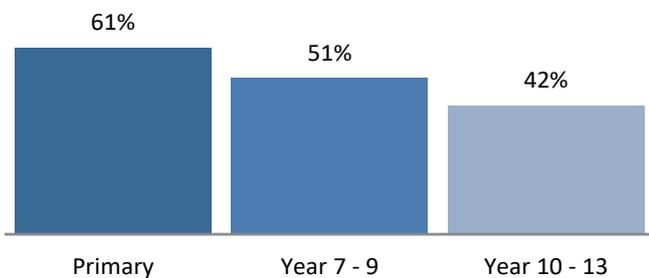
The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local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

HEALTHY EATING

Fruit

- With increasing age there is a drop in eating fresh fruit 'on most days'. 61% (63% in 2017) of primary falls to 51% (52%) of Year 7-9 and 42% (41%) of Year 10-13 secondary pupils.

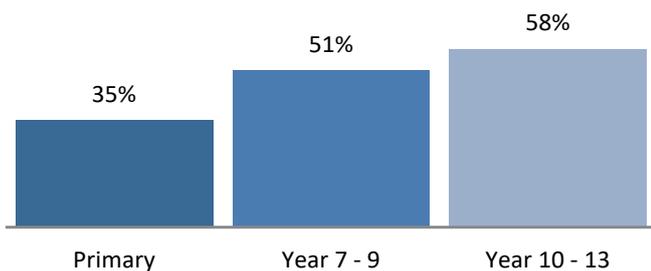
Fresh fruit 'on most days'



Weight worries

- 35% (34%) of Year 6 girls said that they would like to lose weight, this rises to 51% (41%) of Year 7-9 and 58% (60%) of Year 10-13 secondary girls.

Want to lose weight - girls

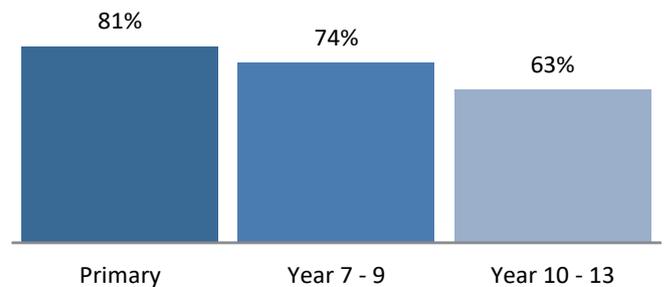


- There is an increase in the proportions of girls who report having nothing to eat or drink for breakfast. 6% of primary girls rises to 25% of Year 7-9 and to 33% of Year 10-13 secondary girls.
- 11% of primary pupils reported worrying about their diet. This goes up to 20% of Year 7 - 9 and 27% of Year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

EMOTIONAL HEALTH & WELL-BEING

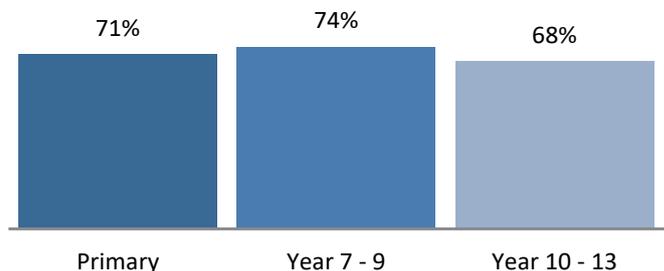
- An increase in the proportions of pupils worrying about their looks was observed as age increased. 13% (17%) of primary aged pupils increased to 26% (31%) of Year 7-9 and 31% (39%) of Year 10-13 secondary pupils.
- 81% (88%) of primary pupils said that their life is going well. 74% (81%) of Year 7-9 and 63% (71%) of Year 10-13 secondary pupils said the same.

Life is going well



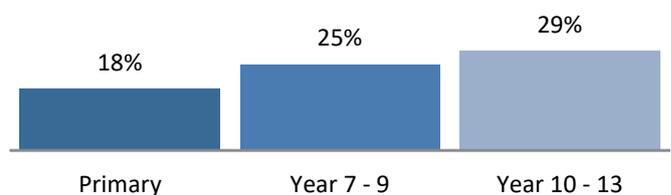
- 71% of primary pupils said that they know where to go to find advice, support or information about things that are worrying them. 74% of Year 7-9 and 68% of Year 10-13 secondary pupils said the same.

Know where to go to for support for worries



- 71% (75%) of primary pupils said they have what they want in life. 64% (70%) of Year 7-9 and 54% (59%) of Year 10-13 secondary pupils said the same.
- 9% (6%) of primary pupils said they wished they had a different life. 10% (7%) of Year 7-9 and 16% (12%) of Year 10-13 secondary pupils said the same.
- 34% of primary pupils said that they often lose their temper or get angry. 37% of Year 7-9 and 34% of Year 10-13 secondary pupils said the same.
- 18% of primary pupils said that they often feel sad or tearful. 25% of Year 7-9 and 29% of Year 10-13 secondary pupils said the same.

Often feel sad or tearful

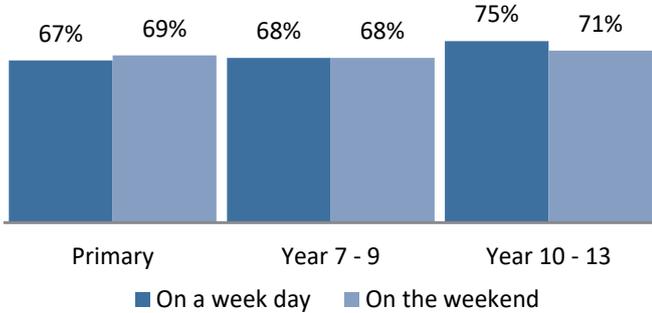


LOCAL SAFETY

Feeling safe

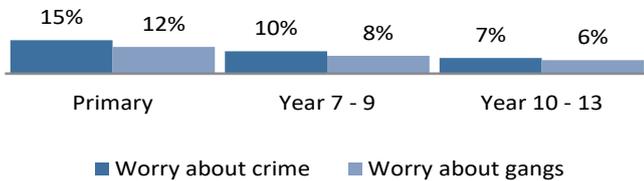
- There is an upward trend with age for feeling safe when going out in their local area in the evenings on a week day. 67% of primary pupils rises to 68% of Year 7-9 and 75% of Year 10-13 secondary pupils.

Feeling safe going out in the evening...



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

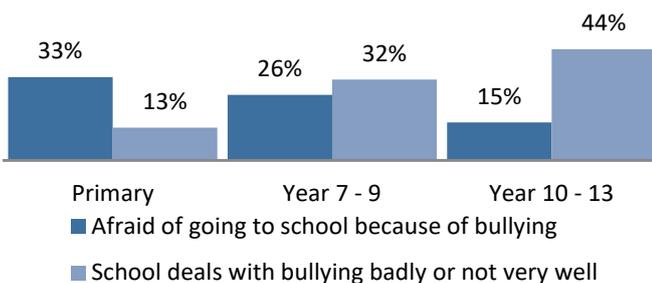
Worrying about crime/gangs in local area



BULLYING

- 33% (32%) of primary pupils, 26% (24%) of Year 7-9 and 15% (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.

Bullying

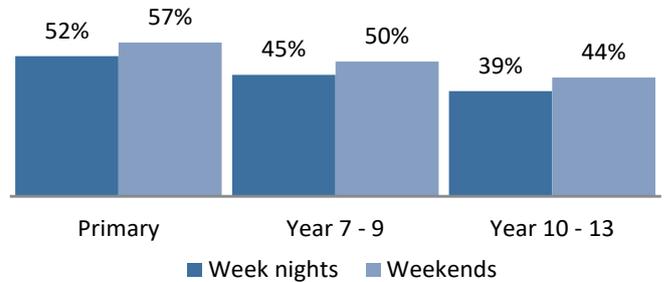


- 13% (13%) of primary pupils, 32% (25%) of Year 7-9 and 44% (35%) of Year 10-13 secondary pupils said that their school deals with bullying badly or not very well.

RECREATION

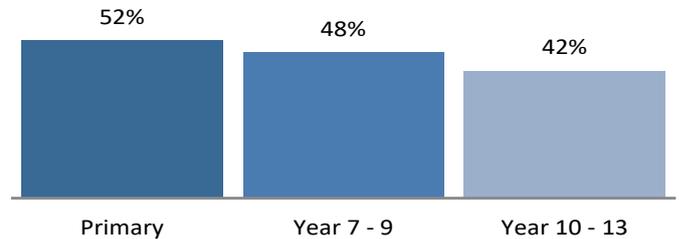
- 57% of primary pupils said that there is a good choice of activities that they can go out and do during the weekends. 50% of Year 7-9 and 44% of Year 10-13 secondary pupils said the same.
- 52% of primary pupils said that there is a good choice of activities that they can go out and do during week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

Good choice of activities



- 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 48% of Year 7-9 pupils and 42% of Year 10-13 pupils.

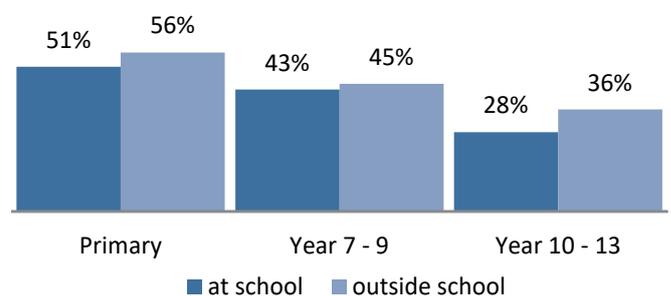
Go out 2-3 times a week



PHYSICAL ACTIVITIES

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

Enjoy physical activity...



Essex Primary School

Pupils (11076 pupils)

BACKGROUND

- 82% (82% in 2017) describe themselves as White British, 3% (3%) said they were Asian and 5% (4%) Black.
- 78% of primary aged pupils in Essex live with two parents for most of the week; 18% live mainly or only with one parent.
- 17% (18%) said they were a practising member of a religion.
- 9% of pupils said they have a special need, long term illness or disability.
- 10% (9%) 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% of pupils said they look after a parent, 2% said a grandparent and 5% said a brother or sister.
- 10% get free school meals or vouchers for free meals.



HEALTHY EATING

Food choices

- 25% (29%) 'very often' or 'always' think about their health when making food choices.**
- 61% (63%) eat fresh fruit 'on most days'; 8% (8%) said 'rarely or never'.
- 27% (27%) have sweets or chocolate 'on most days'; 13% (14%) said 'rarely or never'.



Fizzy drinks

- 13% (15%) have non-diet fizzy drinks 'on most days'. 37% (40%) said that they 'rarely or never' have fizzy drinks.**



Attitude to weight

- 68% (68%) of pupils said they were happy with their weight.
- 28% of pupils: 24% (26%) of boys and 31% (29%) of girls in the primary sample said that they would like to lose weight.
- 11% (15%) of boys and 16% (18%) of girls worry 'quite often' or 'very often' about the way they look.**
- 11% (15%) worried about their diet.



EMOTIONAL HEALTH & WELL-BEING



- 81% (88%) agreed with the statement 'My life is going well'. 86% (90%) agreed that they have a good life and 71% (75%) said they have what they want in life.**
- 9% (6%) wished they had a different life.
- 93% (94%) were happy with the home that they lived in; 93% (93%) with the things that they had.**
- 83% (86%) are happy with their school.
- 18% often feel sad or tearful; 7% said that this had been the case for more than 6 months.
- 34% said that they often lose their temper or get angry; 7% said that this happens every day.**
- 49% of boys and 59% of girls said that when they are really worried they talk to someone or ask for help.
- 86% (89%) were happy with their relationships with friends, 5% (4%) were unhappy.



Worries

- 18% (22%) worried often about problems with friends.
- 36% (41%) of Year 6 pupils worried often about SATs/tests.**
- 20% (26%) worried often about what other people think of them. 11% (16%) worried about being fashionable.
- 18% (21%) worried often about the environment e.g. global warming and 14% (20%) said that they worried about world events.
- 20% (20%) said if they were worried about a family problem they would keep it to themselves. 43% (46%) said they would go to a parent/carer about the problem first; 10% (11%) said they would go to a friend first.**
- If they had a problem with school, 52% (49%) would go to a parent/carer about it. 22% (25%) would go to a teacher first about the problem.
- If they had a problem with bullying, 57% (55%) would go to a parent/carer about it. 20% (22%) would go to a teacher first about the problem; 11% (10%) said they would keep the problem to themselves.



SAFETY

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



BULLYING

- 33% (32%) felt afraid to be in school because of bullying, at least 'sometimes' in the month before the survey.
- 4% (5%) think others felt afraid to be in school because of them, 20% (20%) didn't know.
- When asked where they experienced bullying recently 5% said at school during lesson time, 7% said at home, and 3% reported on the way to or from school.
- 52% (55%) said that their school deals at least 'quite' or 'very' well with bullying. 15% (14%) said it wasn't a problem in their school. 13% (13%) responded that their school deals with it 'badly' or 'not very well'.
- 80% play games or chat online at least 'once a week'; 52% of boys and 34% of girls said they do so 'four or more times a week'.
- 68% 'usually' or 'always' felt safe when online chatting or playing games.
- 28% are never supervised when they use the Internet at home, while 25% of pupils said that they are 'often' or 'always' supervised.



RECREATION

- 57% said there is a good choice of activities they can go out and do during weekends; 52% said the same of week nights.
- 60% said there are safe places where they can go out to do activities during weekends; 53% said the same of week nights.
- 78% of pupils responded that they go out in the evening to take part in activities/clubs at least 'once a week'; 21% said they do so 'four or more times a week' and 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	54%	52%
Sports club/class	48%	43%
Cinemas/theatres	40%	36%

PHYSICAL ACTIVITY

- 58% (57%) usually walk to school, 58% (55%) travel by car or van. N.B. pupils could select more than one option.
- 82% of boys and 77% of girls said that they enjoy physical activity at school 'quite a lot' or 'a lot'.
- 82% of boys and 82% of girls said that they enjoy physical activity outside school 'quite a lot' or 'a lot'.
- 38% of boys and 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

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



SCHOOL

- 71% enjoyed school 'most of the time' or 'always' in the last few weeks.
- 22% (25%) would go to a teacher first if they had a problem with school. 12% (11%) 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	64% (63%)	59% (58%)
A quieter, better behaved class	33% (35%)	41% (40%)
More help from teachers	32% (31%)	36% (36%)

- 51% have the opportunity to give their views about life in school, while 15% of pupils said they don't.
- 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.



Essex Secondary School Pupils (5323 pupils)

BACKGROUND

- 84% (84% in 2017) describe themselves as White British. 3% (4%) said they were Asian and 4% (4%) Black.
- 77% live with two parents; 19% live with one parent for most of the week.
- 11% (13%) said they were a practising member of a religion.
- 11% (10%) have a special need, long term illness or disability.
- 9% (8%) 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.
- 8% said that they get free school meals or vouchers for free meals.



HEALTHY EATING

Food choices

- 24% had nothing to eat or drink for breakfast on the day of the survey. 4% said that they had just a drink.
- 19% (22%) 'very often' or 'always' think about their health when making food choices.
- 48% (49%) eat fresh fruit 'on most days'; 8% (8%) said 'rarely or never'.
- 27% (28%) have sweets or chocolate 'on most days'; 9% (7%) said 'rarely or never'.



Fizzy drinks

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



Attitude to weight

- 43% of pupils: 34% (30%) of boys and 53% (46%) of girls would like to lose weight.
- 49% (55%) 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	20%	31%
Information on losing/gaining weight	15%	23%
Support from friends and family	14%	21%

EMOTIONAL HEALTH & WELL-BEING



- 71% (78%) agreed with the statement 'My life is going well'. 79% (84%) said they had a good life and 62% (67%) said they have what they want in life.
- 12% (9%) wished they had a different life.
- 90% (91%) were happy with the home that they lived in; 89% (90%) with the things that they had.
- 60% (66%) were happy with their school.
- 26% often feel sad or tearful; 11% said that this had been the case for more than 6 months.
- 36% often lose their temper or get angry; 8% said that this happens every day.
- 32% (42%) of boys and 51% (60%) of girls said that they worry often about SATs/tests/exams.
- 30% of boys and 40% of girls said that when they are really worried they talk to someone or ask for help.
- 72% know where to go to find advice, support or information about things that are worrying them.
- 30% (36%) worry about what other people think of them. 16% (21%) worry about relationships and 30% (36%) worry about school-work/homework.



SMOKING, ALCOHOL & DRUGS

Smoking

- 2% (1%) of boys and 2% (2%) of girls said they smoke at least once a week.
- 87% of pupils have never smoked. 92% (95%) of Year 7-9 girls and 74% (66%) of Year 10-13 girls said that they have never smoked.
- 2% (1%) of Year 7-9 girls and 9% (13%) of Year 10-13 girls said that they were occasional or regular smokers.
- 2% (1%) of Year 7-9 boys and 8% (7%) of Year 10-13 boys said that they were occasional or regular smokers.

Alcohol

- 10% (8%) drink alcohol occasionally or regularly. 24% (21%) drink only on special occasions.
- 40% (46%) have never drunk alcohol.
- 8% (8%) were drunk at least once in the 4 weeks before the survey.
- 4% (2%) of Year 7-9 girls had been drunk in the last 4 weeks. This rises to 19% (25%) of Year 10-13 girls.



Drugs

- 7% (5%) of Year 7-9 pupils said they had taken drugs that were not prescribed by a doctor. This rises to 16% (18%) of Year 10-13 pupils.
- 3% (3%) took an illegal drug in the month before the survey. 2% (2%) took cannabis at least once in the 4 weeks before the survey.

SAFETY

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



BULLYING

- 23% (22%) felt afraid to be in school because of bullying, at least 'sometimes' in the month before the survey.**
- 13% (15%) 'didn't know' if others felt afraid to be in school because of them.
- When asked where they experienced bullying recently, 7% reported at school during lessons, 5% said outside at school and 3% reported on the way to or from school.
- 31% (35%) said that their school deals well with bullying. 4% (5%) said it wasn't a problem in their school. 35% (27%) said that their school deals with it 'badly' or 'not very well'.



RECREATION

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

PHYSICAL ACTIVITY

- 55% (52%) usually walk to school,** 41% (38%) travel by car or van and 19% (23%) by bus. N.B. pupils could chose more than one option.
- 30% of boys and 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.
- 76% of boys and 58% of girls said that they enjoy physical activity at school 'quite a lot' or 'a lot'.
- 74% of boys and 63% of girls said that they enjoy physical activity outside school 'quite a lot' or 'a lot'.



Volunteering

- 30% helped people near their home at least 'a few days a month' and 88% help at home at least 'a few days a month'.
- 49% of boys and 53% of girls said that they give time to charity or a voluntary group at least 'a few days a year'.** 36% of boys and 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	68% (72%)	76% (74%)
A quieter/better behaved class	33% (35%)	47% (42%)
More help from teachers	33% (36%)	42% (37%)

- 32% of KS4 pupils said they found their lessons on preparation for work were 'quite' or 'very' useful.
- 21% (20%) of pupils hope to get a job when they leave school.
- 44% (46%) of Year 7-9 pupils said they would like to go to university when they leave school. 43% (47%) of Year 10-13 pupils said the same.**



Overview

Significant differences between 2017 and 2018 in Essex

	2017	2018	% point difference	DOT (direction of travel)
Primary				
Usually travel to school by bicycle/scooter.	8%	12%	+4%	↑
Feeling that adults listen to them and take them seriously 'quite a bit' or 'a lot' at home.	76%	69%	-7%	↓
Adults involve them in decisions at home.	62%	56%	-6%	↓
Say that they have a good life.	90%	86%	-4%	↓
Say they want a different life.	84%	80%	-4%	↓
Never consider their health when making food choices.	10%	14%	+4%	↑
Worry about SATs/tests 'quite' or 'very often'.	33%	29%	-4%	↓
Secondary				
Adults involve them in decisions at school.	53%	42%	-9%	↓
Active for 1 hour or more in total on five days or more where they were breathing harder and faster.	19%	26%	+7%	↑
Say life is going well.	78%	71%	-7%	↓
Worry about exams and tests.	51%	41%	-10%	↓
Would like to lose weight.	38%	43%	+5%	↑
Feel safe at school.	88%	84%	-4%	↓

Comparisons with SHEU wider data

The following is a selection of questions that are in both the Essex survey and in the wider SHEU surveys for 2017 that allow for comparison. Please note the comparisons for secondary aged pupils in Essex have just been made for Years 8 and 10 pupils to match the wider SHEU data sample.

	Essex	SHEU	% point difference	DOT (direction of travel)
Primary				
Are White British.	82%	68%	+14%	↑
Worry about family problems.	15%	24%	-9%	↓
Have crisps 'on most days'.	34%	27%	+7%	↑
Have vegetables 'on most days'.	43%	48%	-5%	↓
Walk to school.	58%	39%	+19%	↑
Physically active 5+ days last week.	35%	26%	+9%	↑
Secondary (Years 8 and 10)				
Are White British.	84%	74%	+10%	↑
Worry about the way they look.	28%	34%	-6%	↓
Had nothing for breakfast.	24%	15%	+9%	↑
Have crisps 'on most days'.	33%	26%	+8%	↑
Walk to school.	54%	44%	+10%	↑
Physically active 5+ days last week.	25%	17%	+8%	↑
Say sex & relationships lessons are useful.	29%	37%	-8%	↓
Say smoking, drug & alcohol lessons are useful.	37%	43%	-6%	↓

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.