

Somerset School Health and Wellbeing Survey 2021



Pupil wellbeing is a top priority for Somerset schools and the Somerset School Health and Wellbeing survey. It provides valuable insight into the lives of Somerset school-age children. It is a large survey with almost 8,500 Somerset children and young people in Years 2, 4, 6, 8 and 10 took part in the survey. This is a powerful collective pupil voice telling us about the lives they lead, habits, experiences, fears and aspirations.

The objective of the survey is not to capture what is 'good' or 'bad' about the children's experiences. Instead, we can look at issues and successes using the survey responses to help provide the detail and depth. This helps strengthen the narrative of what we already know; about what works, how things are connected and existing concerns. The results provide us with the foundation to make evidence based and informed decisions towards strengthening the health and wellbeing of children and families, our support services and curriculum development. The survey also provides individual schools with the insight about how their pupils may be having different experiences from the overall Somerset cohort.

Questions asked include school experience and engagement, lifestyle behaviour (diet, physical and sleep), emotional wellbeing, safety on and offline, substance misuse, as well as relationships and sexual health for older teens. This year it has also examined the impacts of the Coronavirus pandemic and the impacts on society such lockdowns.

After so much disruption we might expect young people to all report anxieties and worries. Happily this is not the case and 34% of year 2 children said they always felt happy while 65% of secondary children said they felt cheerful and in good spirits most of the time. There are many children who have struggled and continue to do so but there are also children who saw benefits from lockdown, including more time outdoors, more exercise and a better relationship with mum or dad.

Somerset School Health and Wellbeing Survey 2021



There are some key messages in the data. NHS advice is that secondary aged children should aim for 9 hours sleep every night. Of those pupils that responded, only 10% said they were getting this amount. Getting a good night's sleep is an important way we can all support good mental health, and this is doubly important for children who are wrestling with the ups and downs of adolescence.

We would all like to see pupils confidently agreeing that their school is a place where pupils from all backgrounds are valued. With less than half of pupils saying they agree, this is an area to target. 3% of secondary pupils reported bullying on the basis of race or ethnicity, which is high given that only 10% of pupils described themselves as other than White British.

It is great to see that some lessons in the RHSE curriculum are landing well, and the success of teaching about keeping safe online stands out as a real achievement. But responses were much less positive around confidence, body image, self-esteem, feelings and emotions. Around a quarter of pupils said they had experienced bullying and the most common area related to appearance. Helping children to navigate these issues for themselves and with their peers is a priority.

This data is a fantastic resource and a massive achievement to collect this extraordinary dataset in the midst of a pandemic. We look forward to working with you in building on these findings.

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Introduction

The Somerset School Health and Wellbeing Survey was formed of three age appropriate questionnaires covering Key Stage 1 (KS1), Primary School and Secondary School.

The KS1 survey was undertaken by children in year 2, the primary by children in year 4 and year 6 and the secondary by those in year 8 and year 10. Limiting it to these age groups gives a consistent picture of the health and wellbeing in schools and also limits the demand on schools resources and time.

School taking part were given the option of getting their children in other year groups to take part but these are excluded from this overall Somerset report.

All proportions in this report are calculated using the total respondents for each survey or year group unless explicitly stated otherwise. The table to right shows the number of responses split by year group and survey.

If you have any questions about the survey or would like to provide feedback please contact schoolsurvey@somerset.gov.uk

Schools with at least five responses:

64	23	3	5	92
Primary Schools	Secondary Schools	Special Schools	Other Schools	Total Schools

Total number of pupils who took part		8434	
KS1 survey	Year 2	1055	
Primary survey	Year 4	1257	3123
	Year 6	1866	
Secondary survey	Year 8	2250	4256
	Year 10	2006	

Additional Responses from other year groups excluded from this report.	2718
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Questions and Sources

The questions used in the Somerset Schools Health and Wellbeing Survey were formed using a number of resources that allows for use of their questions. Further adaptations and additional questions were included based on local stakeholder engagement. The survey questions have undergone extensive consultation and testing before going live to schools. The Schools Wellbeing Survey is a local survey designed by Public Health and adapted from the following national sources:

Equality Monitoring Categories
2019 Middle School Youth Risk
Behavior Survey
The WHO Five item Well-Being Index
CORC Student Resilience Notice
NHS Wales Smoking prevalence survey
Health Survey for England 18
Smoking, Drinking and Drug Use 2016
2019-20 Crime Survey for England and Wales 10-15 year old questionnaire
The Bully Survey – Student Version (BYS-S)
SafeLives - Risk Identification Checklist for Young People
Ofsted - Pupil Survey

The following sources were also used for the specified images:

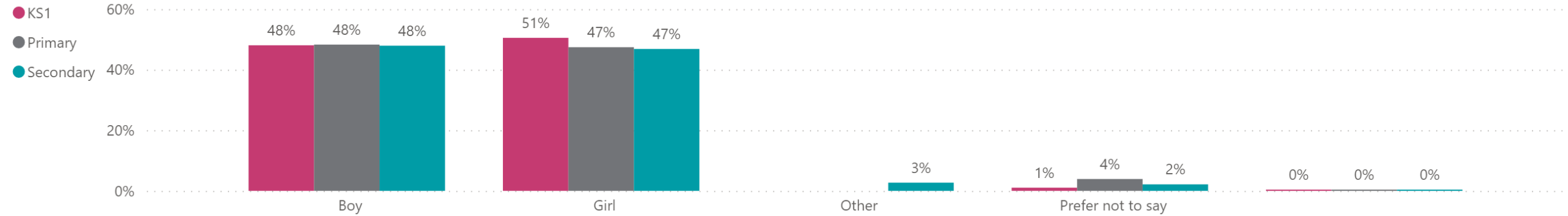
Covid - Pikochart - <https://piktochart.com/>
Mirror - Pikochart - <https://piktochart.com/>
Vape - The Noun Project - <https://thenounproject.com/>



Demographics

Identity

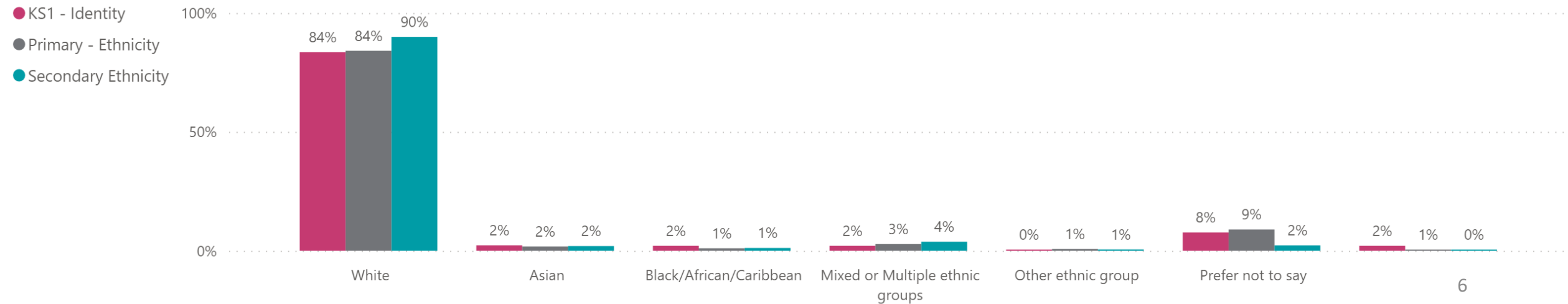
Are you a boy or a girl?



Does your gender identity match completely with the sex you were registered at birth? (Secondary only) **92%**

Which of the following best describes your identity? (KS1)

Which of the following best describes your ethnicity? (Primary and Secondary)





Demographics

Characteristics



Proportions represent those responses which answered "Yes" to the question.

	Primary	Secondary		Primary	Secondary
Do you have a disability, learning disability or special education needs?	9%	14%	Do you mostly speak English at home?	93%	93%
Have you had an illness for a long time?	13%	14%	Have you ever had free school meals?	38%	21%
If yes to disability or illness: do you have an Education Health and Care Plan? (percentage of those who said yes to illness/disability)		20%	Do you look after anyone at home? (Young carer)	9%	8%
If yes to disability or illness: does your school help you enough with your additional needs? (percentage of those who said yes illness/disability)		34%	Do you have a parent/carers who is in the British Army, Royal Navy, Royal Air Force or the Reserves?	6%	5%
Do you live with both parents at home?	Primary		Do you live with both parents at home?	Secondary	
Yes	67%		Yes	63%	
I see both parents but spend more time living with one than the other	13%		I see both parents but spend more time living with one than the other	16%	
No	8%		No	13%	
I split my time equally between both parents	6%		I split my time equally between both parents	3%	
Prefer not to say	4%		Other	2%	
Other	1%		Prefer not to say	2%	
I live with carers/foster parents	0%		I live with carers/foster parents	1%	
	0%		I am in a residential/boarding house setting	0%	
I am in a residential/boarding house setting	0%				7 0%



Emotional Health and Wellbeing

Overview

The Emotional Health and Wellbeing section of the survey asked pupils to describe their feelings, worries and coping mechanisms and also assessed their help seeking behaviours and their resilience.

KS1

How often do you feel...

		Always	Never
	Happy	34%	2%
	Sad	4%	12%
	Angry	5%	21%
	Worried	7%	20%

Secondary

For more than half of the time in the past two weeks...

	65%	Felt cheerful and in good spirits
	56%	Felt calm and relaxed
	58%	Felt active and vigorous
	37%	Woke up feeling fresh and rested
	59%	Daily life has been filled with things that interest me



Emotional Health and Wellbeing

Friends and Family



KS1

Has friends to play
with at school 89%

Has friends to play
with at home 48%

Argues with friends
lots 13%

Finds it easy to make
friends 50%



KS1

Parents/carers listen to
them 51%

Parents/carers play
games/activities with
them 40%



Emotional Health and Wellbeing

Worries - Part A

Do you ever worry about...?		Year 2	Year 4	Year 6	Year 8	Year 10
	School work/Homework	40%	34%	46%	60%	67%
	Exams/Tests		23%	44%	60%	72%
	Being ill/Health Problems	48%	16%	16%		
	Your physical health				35%	42%
	Your mental health				40%	50%
	Coronavirus/COVID-19		54%	40%	30%	23%
	Problems with friends	34%	36%	37%	43%	41%
	Online problems		16%	14%	15%	14%
	Relationships				26%	31%
	Family Problems	50%	31%	31%	33%	37%
	Money problems/family finances		13%	13%	18%	23%
	The mental health of someone in your family				31%	37%



Emotional Health and Wellbeing

Worries - Part B

Do you ever worry about...?		Year 2	Year 4	Year 6	Year 8	Year 10
	The way you look	22%	23%	34%	52%	56%
	Body changes as you grow up		19%	27%		
	Your gender identity				6%	8%
	Your sexual orientation				8%	12%
	Sexually Transmitted Infections				3%	4%
	Becoming a parent before you're ready				10%	11%
	Crime		18%	15%	13%	11%
	Drugs				8%	8%
	Wars and terrorism				16%	13%
	Climate change/the environment		32%	26%	21%	21%
	Floods				6%	6%
	The future				45%	52%



Emotional Health and Wellbeing

Coping Mechanisms - Part A

When worried do you...?		Year 4	Year 6	Year 8	Year 10
	Talk to an adult at home	66%	62%	46%	35%
	Talk to an adult at school	38%	22%	13%	10%
	Talk to friend or brother/sister	38%	40%	41%	40%
	Speak to the person who is causing you to worry			5%	6%
	Keep it to yourself	27%	30%	53%	61%
	Think carefully about the problem by yourself	23%	23%	33%	36%
	Rest or sleep more	19%	16%	23%	26%
	Stop going out	7%	6%	12%	17%
	Do nothing	14%	11%	18%	22%
	Keep busy/Exercise	17%	18%	22%	23%
	Go out with friends/socialise	14%	19%	28%	28%



Emotional Health and Wellbeing

Coping Mechanisms - Part B

When worried do you...?		Year 4	Year 6	Year 8	Year 10
	Watch TV/Netflix/Online videos	32%	38%	49%	46%
	Play computer games	29%	35%	37%	32%
	Listen to music	33%	36%	53%	59%
	Eat more	15%	16%	16%	20%
	Eat less	9%	9%	14%	21%
	Smoking			2%	6%
	Drink alcohol			3%	9%
	Take drugs			1%	3%
	Lash out in anger (verbally or physically)			22%	22%
	Injure yourself in someway			10%	12%
	Get into trouble			10%	8%



Emotional Health and Wellbeing

Getting help



Has someone to talk to about worries

KS1	81%
Primary	81%
Secondary	67%



If you were to seek help
would you rather..



Get help online via messaging	15%
Get help online via video calls	2%
Speak to someone in person	48%

Have you heard of any of these services?

	Have used this service	Have heard of this service but not used	Have not heard of this service
Young Minds	3%	45%	47%
School Nursing	9%	46%	41%
Online Councillor e.g. KOOTH	7%	54%	35%
School Councillor (face-to-face)	14%	57%	25%
CAMHS	5%	27%	64%
2BU	1%	25%	68%
National Helpline	3%	58%	35%
NSPCC Childline	4%	75%	17%

The questions in the main table and lower box on the left hand side were only asked of secondary school children.



Emotional Health and Wellbeing

Resilience - Part A



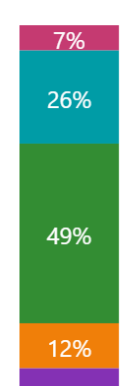
Participation in home and school life

I do things at **home** that make a difference (i.e. make things better)

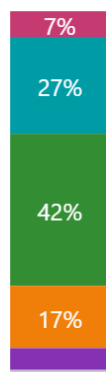
I help my family make decisions

At school, I decide things like class activities or rules

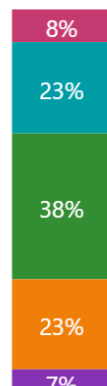
I do things at **school** that make a difference (i.e. make things better)



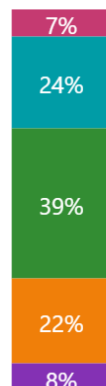
Primary



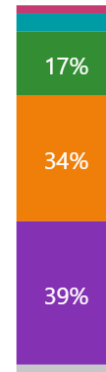
Secondary



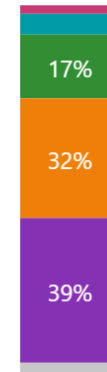
Primary



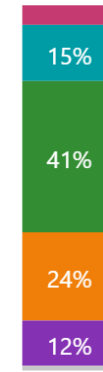
Secondary



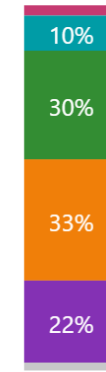
Primary



Secondary



Primary



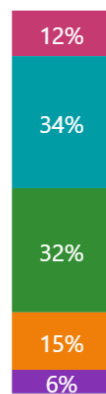
Secondary

Self-Esteem

I can work out my problems



Primary

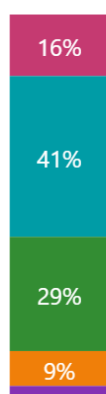


Secondary

I can do most things if I try

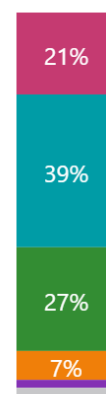


Primary



Secondary

There are many things I do well



Primary



Secondary

- 1. Always
- 2. Often
- 3. Sometimes
- 4. Rarely
- 5. Never
- 6. Not answered

In the Primary survey these questions were asked of Year 6 only

The questions were taken from the Student Resilience Survey (SRS) from Child Outcomes Research Consortium (CORG): [Student Resilience Survey \(SRS\) \(corc.uk.net\)](https://www.corc.uk.net). Questions are grouped into subscales displayed in the grey boxes on the left of each row.

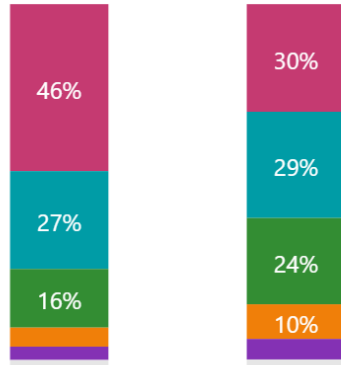


Emotional Health and Wellbeing

Resilience - Part B

Empathy

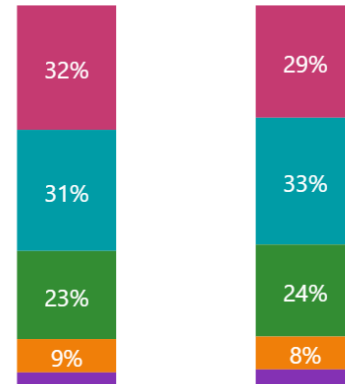
I feel bad when someone gets their feelings hurt



Primary

Secondary

I try to understand what other people feel

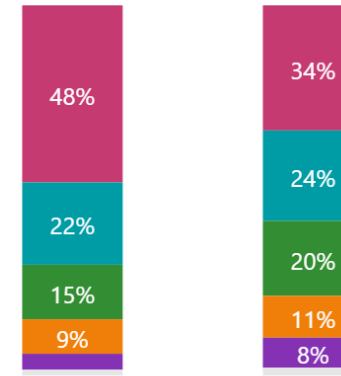


Primary

Secondary

Goals and aspirations

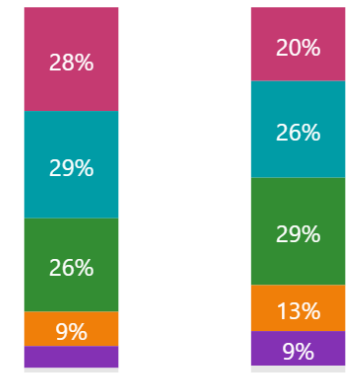
I have goals and plans for the future



Primary

Secondary

I think I will be successful when I grow up

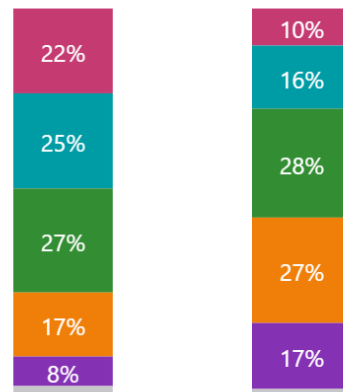


Primary

Secondary

Problem Solving

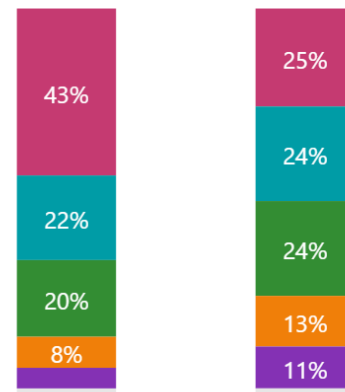
When I need help, I find someone to talk to



Primary

Secondary

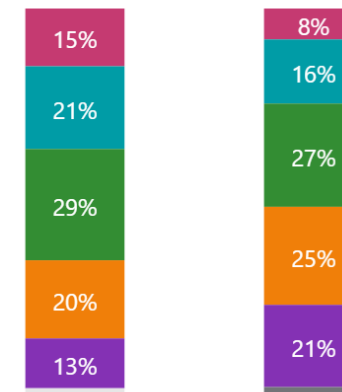
I know where to go for help when I have a problem



Primary

Secondary

I try to work out problems by talking about them



Primary

Secondary

- 1. Always
- 2. Often
- 3. Sometimes
- 4. Rarely
- 5. Never
- 6. Not answered

In the Primary survey these questions were asked of Year 6 only

The questions were taken from the Student Resilience Survey (SRS) from Child Outcomes Research Consortium (CORG): [Student Resilience Survey \(SRS\) \(corc.uk.net\)](https://www.corc.uk.net). Questions are grouped into subscales displayed in the grey boxes on the left of each row.



Safety

Overview

The Safety section of the survey asked pupils to describe how safe they feel, outline any issues of bullying and discrimination, and the secondary survey also asks about domestic abuse.



At school



In your
neighbourhood



At home



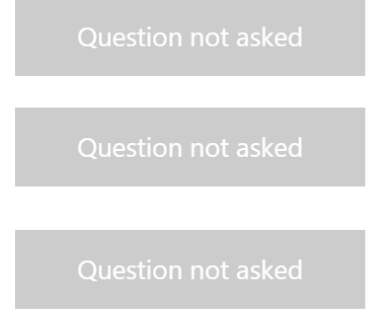
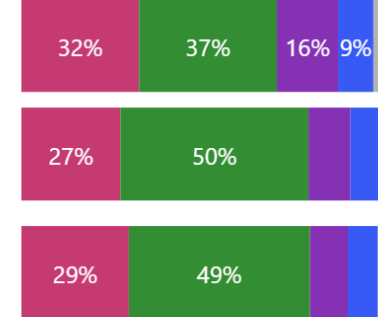
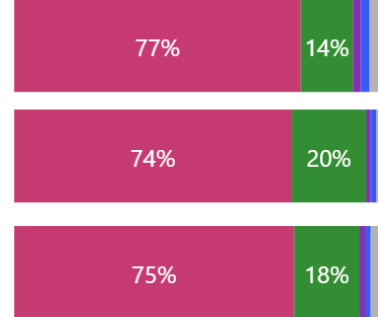
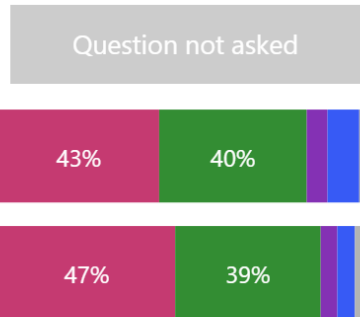
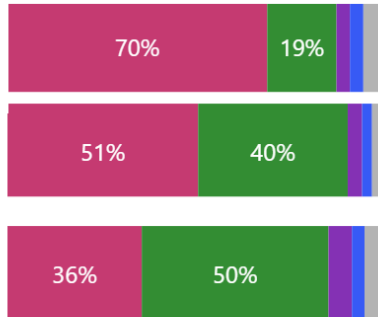
In the park



Online

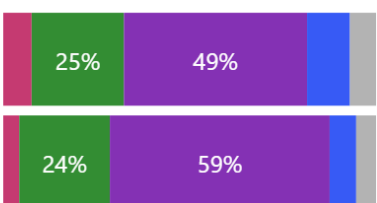
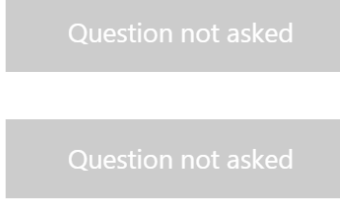
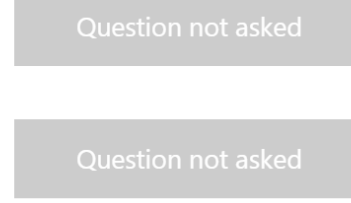
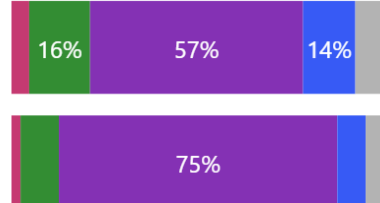
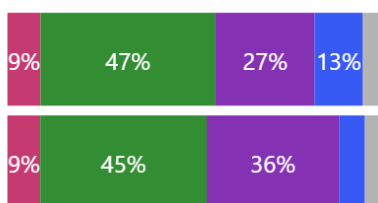
Please answer each question about how safe you feel

KS1
Primary
Secondary



How often do you feel pressured by someone to do something you don't want to?

Primary
Secondary



1. Always 2. Sometimes 3. Never 4. Not sure 5. Not answered



Safety

Bullying - Prevalence



Children always pick on you

KS1

6%

Has been bullied in this
school year

Has been afraid to go to school
in the last term because of
bullying

Primary 25%

22%

Secondary 18%

16%

Told someone at school
they had been bullied
this year

Primary

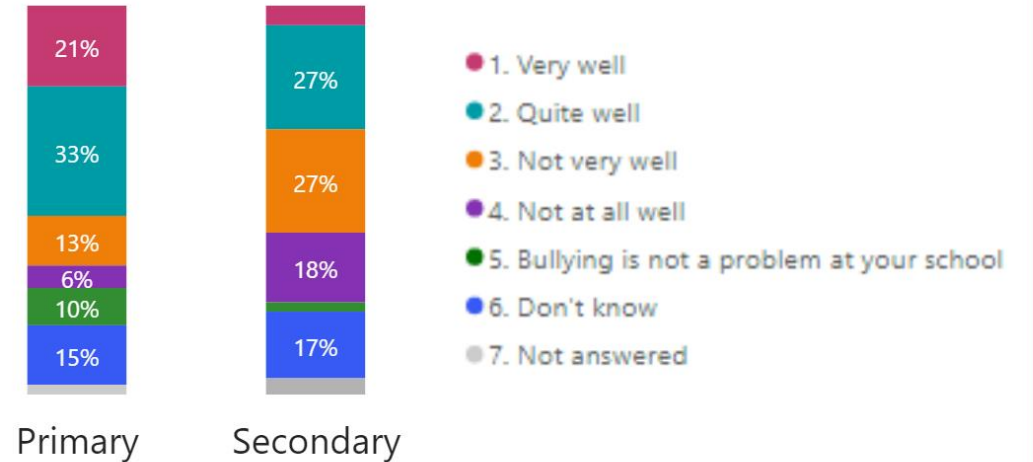
20%

Secondary

14%



How well does your school deal with
bullying?





Safety

Bullying - Experienced

During this school year have any of these happened to you...?

Year 4 Year 6 Year 8 Year 10

Nasty messages about you were sent to you

8%

15%

19%

19%

Nasty messages about you were passed around or posted where others could see

3%

8%

10%

12%



Rumours were spread about you

12%

22%

27%

25%

Someone called you names, swore at you or insulted you

31%

39%

44%

39%

You were left out or excluded from a group or activity on purpose

24%

31%

26%

24%



Had your money or other belongings stolen

6%

8%

7%

5%

Had someone make you or try to make you give them money or other things

5%

6%

4%

4%

Damaged your belongings on purpose

11%

11%

12%

7%



Threatened on purpose

17%

15%

15%

12%

Pushed or shoved you on purpose

36%

35%

30%

20%

Tried to physically hurt you

23%

23%

17%

12%



Safety

Bullying - Reasons

Why do you think you were bullied...?

Year 4

Year 6

Year 8

Year 10



The way you look

12%

19%

22%

18%

Your weight

6%

10%

13%

13%

Your health or disability

2%

3%

4%

4%



Your grades

3%

4%

4%

5%

For being in special education

1%

2%

1%

2%



Your family

5%

4%

5%

5%

Your race/ethnicity or skin colour

2%

2%

3%

3%

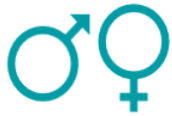
Your religion

2%

1%

1%

1%



For being a boy or a girl

4%

4%

4%

4%

Your sexual orientation



5%

6%



For wearing a face covering

1%

1%

1%

1%

For **not** wearing a face covering

1%

1%

1%

1%

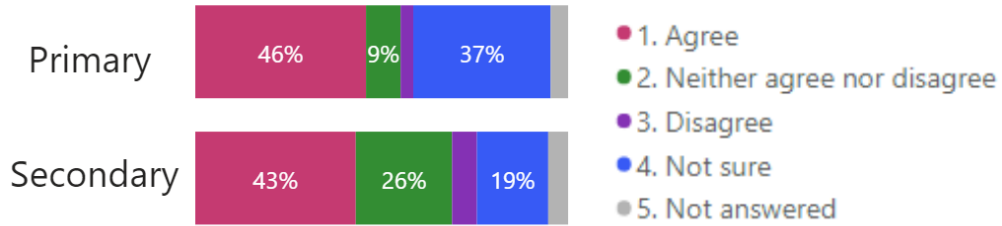


Safety

Discrimination and Abuse



In this school people with different background are valued



	Primary	Secondary
Been treated unfairly	33%	31%
Seen others treated unfairly	18%	28%
Been treated unfairly by...		
Pupils at school	31%	27%
Staff at school	5%	13%
Other pupils parents	3%	2%



	In my current relationship	In my past relationship
You were frightened of them?	1%	4%
They've kicked, slapped, punched burnt or pushed you or held you down?	1%	3%
They've taken money from you?	0%	2%
They've threatened to kill or hurt you (or one of your family, friends or pets)?	0%	2%
They've said or done things of a sexual nature that you don't like?	0%	4%
They've said they'll kill themselves if you ever left them	1%	9%



Sexual Health

Overview

The Sexual Health section of the secondary survey asked pupils to outline what they knew about current services and asked Year 10 pupils about their perceptions of sex.

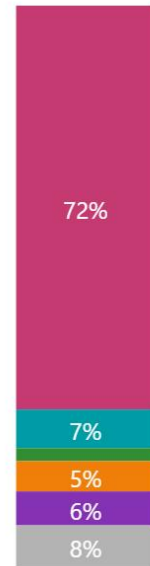
Year 10

What age do you think the majority of young people have sex for the first time?



- 1. 14 or younger
- 2. 15
- 3. 16
- 4. 17
- 5. 18
- 6. 19 or older
- 7. Not answered

Which best describes you?



- 1. I've not had sex
- 2. I have a partner but we aren't having sex
- 3. I have a partner and we might have sex soon
- 4. I have a partner and we have sex regularly
- 5. I'm not having sex right now but I have in the past and will again when I can
- 6. Not answered

Have you heard of any of these services?



	Have used this service	Have heard of this service but not used	Have not heard of this service
The C-Card	2%	25%	67%
SWISH services	1%	12%	81%
SWISH app	1%	12%	80%
School nurse	10%	55%	82%
Wellbeing clinic	2%	36%	55%

Knows how to get hold of free condoms

Year 8	22%
Year 10	40%





Relationships, Health and Sexual Education

Lessons - Self and Safety

The RHSE section asked pupils to say whether they found lessons on different topics useful.

Did you find lessons on this topic useful...?		Primary			Secondary		
		Yes	No	Don't remember or didn't have a lesson	Yes	No	Don't remember or didn't have a lesson
	Mental Health	59%	15%	19%	45%	33%	15%
	My emotions and feelings	61%	18%	14%	37%	37%	15%
	Confidence	58%	15%	19%	33%	37%	18%
	Self esteem	41%	18%	31%	31%	37%	23%
	Changing body (Puberty)	36%	19%	36%	50%	26%	15%
	Body image	33%	22%	36%	33%	34%	24%
	My identity	45%	17%	29%	30%	32%	29%
	Physical activity	63%	12%	16%	46%	28%	17%
	Healthy eating	69%	13%	10%	47%	28%	17%
	Sleep	55%	15%	20%	39%	30%	23%
	Bullying	64%	20%	9%	45%	37%	10%
	Keeping safe online	76%	13%	5%	54%	29%	8%



Relationships, Health and Sexual Education

Lessons - Lifestyle



Did you find lessons on this topic useful...?

Primary

Secondary

Yes

No

Don't remember or
didn't have a lesson

Yes

No

Don't remember or
didn't have a lesson



Suncare

37%

18%

35%

22%

28%

41%

Germes and Handwashing

75%

9%

8%

43%

24%

24%

First Aid

55%

12%

25%

40%

22%

28%

Oral health (brushing your teeth)

54%

13%

24%

28%

26%

38%



Friendship

72%

11%

9%

43%

30%

18%

Online friendships

59%

15%

17%

41%

29%

21%

Families and people who care
for me

63%

10%

19%

39%

25%

25%

Respecting different people

73%

7%

11%

53%

21%

17%



Tobacco

35%

21%

35%

43%

28%

20%

Alcohol

39%

21%

32%

49%

27%

15%

Drugs

40%

20%

31%

52%

27%

13%



Nature

66%

12%

14%

36%

28%

27%

Climate change

63%

12%

16%

47%

26%

19%



Relationships, Health and Sexual Education

Lessons - Relationships



Did you find lessons on this topic useful...?

Primary

Secondary

Yes

No

Don't remember or
didn't have a lesson

Yes

No

Don't remember or
didn't have a lesson



How babies are made/Sex

27%

42%

22%

24%

49%

18%

Sexuality

27%

40%

24%

Female Genital Mutilation (FGM)

26%

24%

40%

Sexually Transmitted Infections
(STIs)

24%

37%

30%



Healthy relationships

22%

46%

22%

Intimate relationships

26%

33%

32%

Abusive relationships

24%

40%

27%

Relationship break ups

29%

30%

32%



Pregnancy and miscarriage

25%

36%

30%

Contraception

25%

38%

28%

Parenting

24%

32%

34%



Consent

29%

45%

15%

23%

47%

21%

Keeping my body safe

62%

20%

9%

25%

40%

26%

Sexual exploitation

25%

32%

33%

Sexual harassment

24%

42%

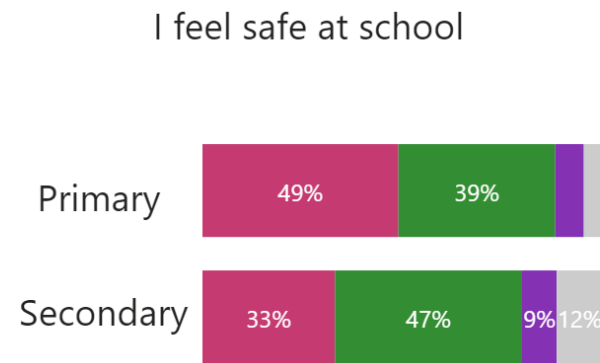
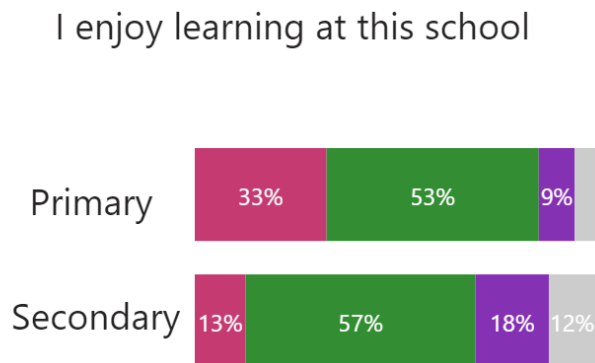
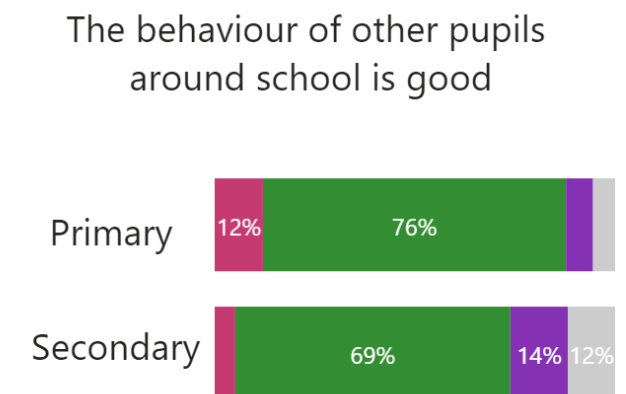
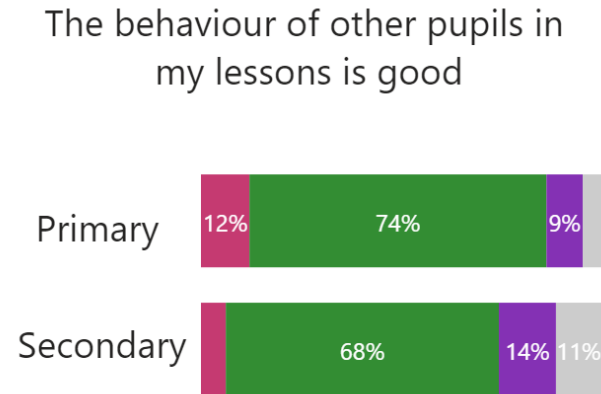
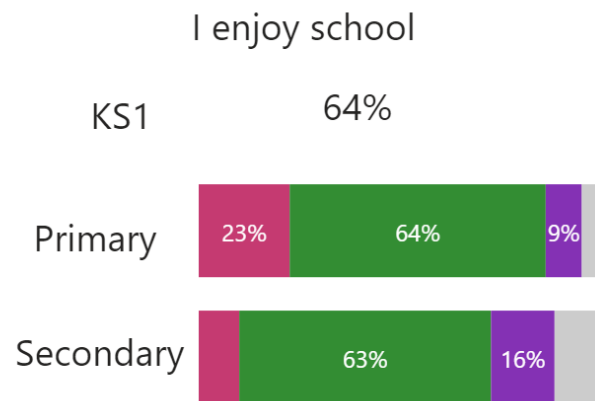
25%



Making a Positive Contribution

Enjoy school

The Making a Positive Contribution section asked pupils about their attitudes towards school and learning and how well they feel their school listens to them and supports them.



- 1. Always
- 2. Sometimes
- 3. Never
- 4. Not answered

In the Primary survey these questions were asked of Year 6 only



Making a Positive Contribution

Agency



About what you learn
in school?

Primary Secondary

Are you asked for your
ideas and opinions?

61% 43%

About how you learn in
school?

Primary Secondary

46% 33%

About the school
environment?

Primary Secondary

43% 30%

In your community?

Primary Secondary

27% 19%

Do the ideas and
opinions of young
people make a
difference?

42% 28%

39% 29%

39% 31%

27% 23%

Would you like to be
asked for your ideas and
opinions more often?

43% 38%

39% 38%

39% 34%

29% 27%



Making a Positive Contribution

Opinions



The school encourages everyone to take part in decisions



- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered

Primary

Secondary

Yes, I am currently a member

Yes, I would like to be a member

Yes, but I don't want to be involved

No, but I wish they did

No, but I don't want to be involved

Primary Secondary

Primary Secondary

Primary Secondary

Primary Secondary

Primary Secondary

School Council

11%

6%

31%

6%

26%

51%

3%

2%

7%

8%

Wellbeing Champions

2%

2%

7%

2%

8%

20%

9%

4%

15%

19%

Peer Mentor

2%

2%

6%

3%

6%

19%

7%

4%

15%

19%

Youth Parliament

1%

1%

3%

2%

4%

15%

8%

5%

17%

20%

School Forum

2%

1%

4%

1%

5%

14%

6%

4%

14%

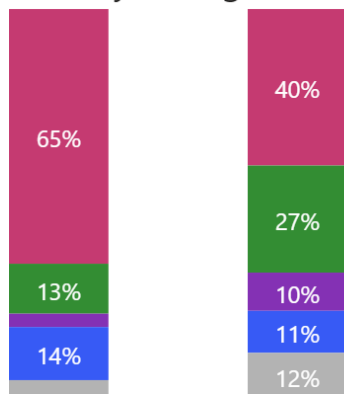
19%



Making a Positive Contribution

School Support - Part A

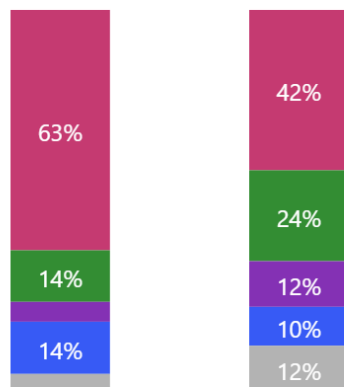
My school encourages me to look after my physical health (healthy eating/fitness)



Primary

Secondary

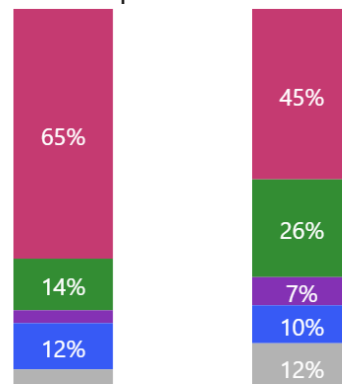
My school encourages me to look after my emotional and mental health



Primary

Secondary

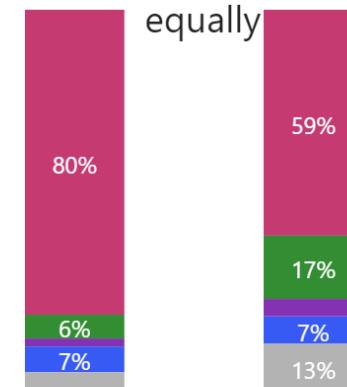
My school encourages me to be independent and take on responsibilities



Primary

Secondary

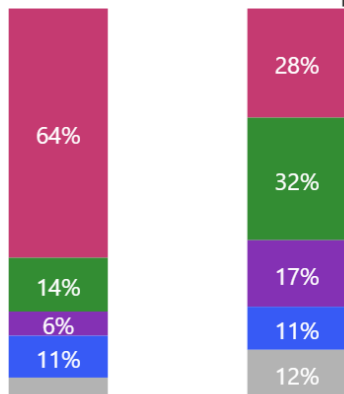
My school encourages me to respect people from other backgrounds and to treat everyone equally



Primary

Secondary

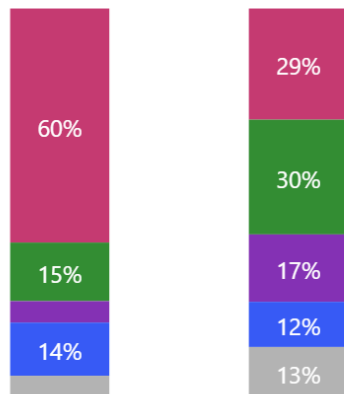
My school is keen to make sure that I am happy



Primary

Secondary

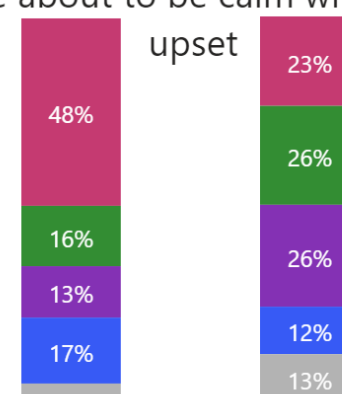
At school we learn to understand our emotions



Primary

Secondary

My school has given me advice about to be calm when I am upset



Primary

Secondary

- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered

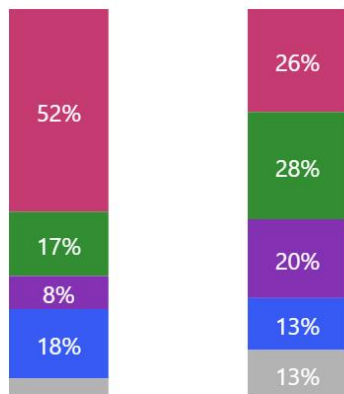
In the Primary survey these questions were asked of Year 6 only



Making a Positive Contribution

School Support - Part B

My school helps me deal with 'change' so I am ready to leave this school



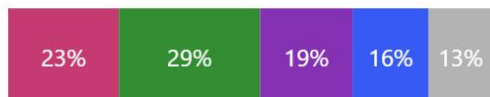
Primary

Secondary

My school provides me with adequate information about further education opportunities

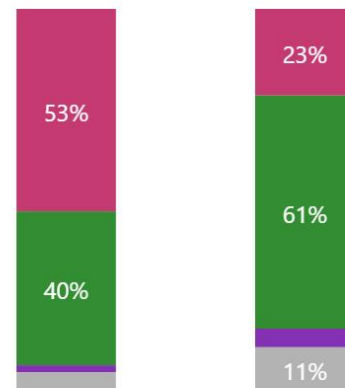


My school helps me plan for a career



Secondary Only

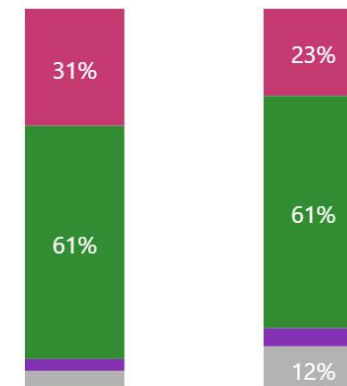
Teachers help me to do my best



Primary

Secondary

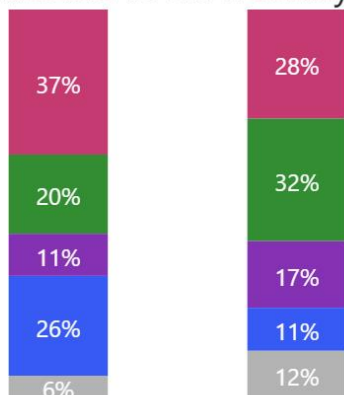
My teacher gives me work that challenges me



Primary

Secondary

The school encourages me to contribute to community events



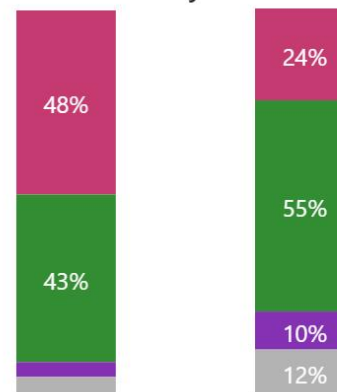
Primary

Secondary

- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Not sure
- 5. Not answered

In the Primary survey these questions were asked of Year 6 only

Teachers listen to what I have to say in lessons



Primary

Secondary

- 1. In every lesson
- 2. In some lessons
- 3. In none of my lessons
- 4. Not answered

In the Primary survey these questions were asked of Year 6 only



Lifestyle

Diet - General

The Lifestyle section asked pupils about their diet, physical activity, sleep patterns, and technology use.



Has fruit and veg
every day

Has 5 or more portions of
fruit and veg every day

KS1	71%	21%
Primary	80%	15%
Secondary	70%	10%



KS1

Eats all the time...

Sweets	15%	Chocolate	15%
--------	-----	-----------	-----



KS1

What do you drink most of?

Water	43%
Fruit Juice	12%
Squash	26%
Fizzy drinks	14%
Energy drinks	5%



KS1

Had breakfast this morning

32%	9%	31%	2%
Toast or bread	Fruit	Something to drink	Crisps
50%	5%	8%	6%
Cereal	Yoghurt	Cooked breakfast	Chocolate bar



Lifestyle

Diet - In Last Week



In the past 7 days on how many days have you eaten/had to drink the following?

		Primary			Secondary		
		Not eaten	1-3 days	4+ days	Not eaten	1-3 days	4+ days
	Fish	48%	32%	7%	47%	30%	5%
	Sugar-coated cereal	41%	30%	18%	46%	24%	13%
	Fresh fruit	8%	32%	51%	7%	34%	42%
	Vegetables	8%	33%	48%	6%	28%	49%
	Energy drinks	60%	21%	9%	51%	24%	8%
	Fizzy drinks	34%	43%	13%	30%	40%	13%
	Diet fizzy drinks	49%	30%	11%	40%	32%	11%
	Milk	17%	32%	41%	18%	30%	35%
	Water	5%	21%	64%	4%	18%	61%
	Crisps	8%	44%	38%	13%	41%	30%
	Biscuits or cake	14%	55%	21%	14%	15%	19%
	Sweets, chocolate, chocolate bars	8%	51%	31%	9%	49%	26%
	Ready meals	44%	28%	17%	52%	23%	8%
	Takeaway hot food	36%	42%	12%	35%	42%	7%

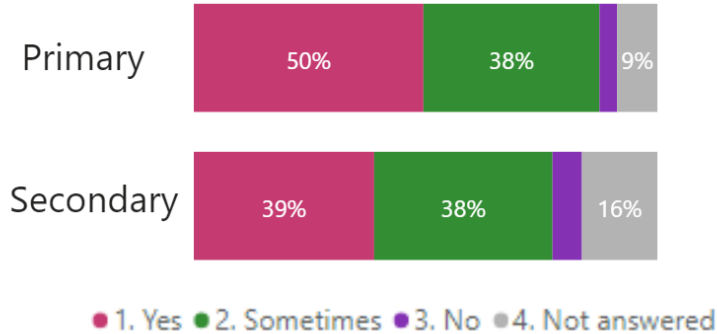


Lifestyle

Exercise and Weight - Engagement



Do you enjoy physical activity?



During the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day?

	I didn't do any exercise in the past 7 days	1-3 days	4-6 days	I did exercise every day in the past 7 days
Primary	5%	29%	23%	34%
Secondary	6%	33%	26%	18%



KS1

Which of these activities do you do every week?

38%	50%	37%	31%	3%	22%
Play in the park	Go for a walk	Swimming	Cycling	Theatre club	After school clubs
25%	13%	6%	28%	21%	6%
Go to a sports club (e.g. football or dance)	Beavers/Cubs or Rainbows/Brownies	Adventure activities e.g. high ropes	Scootering or skating	Forest school	I do not do any of these



Lifestyle

Exercise and Weight - Barriers

What gets in the way of you being more physically active?		Year 4	Year 6	Year 8	Year 10
	I know what I want to do but I don't know where to go	11%	11%	11%	12%
	I don't like the places I'd have to go	7%	8%	12%	16%
	I don't like the people who go there	4%	5%	8%	11%
	The facilities don't cater for my special needs	2%	1%	2%	1%
	I don't have enough time	18%	18%	20%	25%
	Transport to get there is a problem	5%	5%	7%	9%
	My parents won't let me go	6%	6%	4%	3%
	Cost	5%	5%		
	I don't know what to do	14%	15%	17%	20%
	I am shy in front of other people	16%	19%	23%	29%
	I don't like to try new things	5%	5%	8%	10%
	I'm not comfortable about how I look	10%	17%	23%	27%
	I don't want to do any physical activity	5%	6%	9%	10%
	Nothing stops me	45%	42%	31%	24%

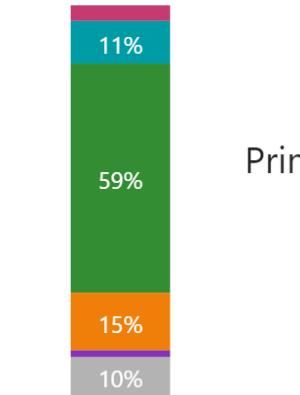


Lifestyle

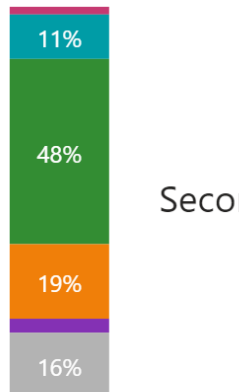
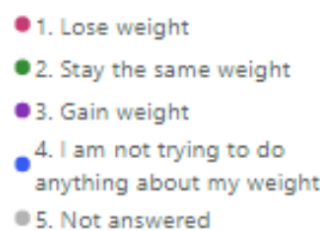
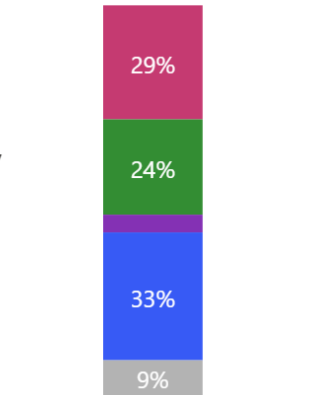
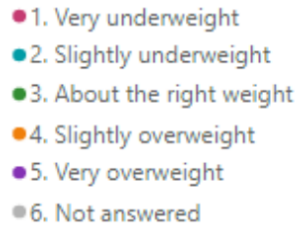
Exercise and Weight - Self

How would you describe your weight?

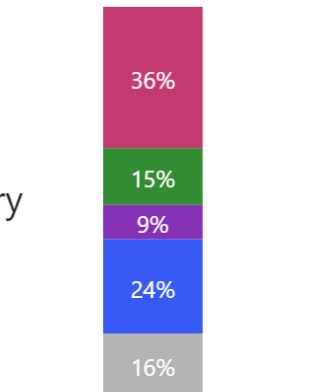
What are you trying to do about your weight?



Primary



Secondary



Which of the following influences how you feel about your body?

	Year 8	Year 10
My own thoughts and feelings	60%	70%
Comments/attitudes of my parents	18%	27%
Comments/attitudes of other family members	22%	29%
Comments/attitudes of my friends	25%	33%
Comments/attitudes of other people at school	35%	42%
Seeing images of actors/actresses in film or TV	18%	23%
Seeing images of fashion models	18%	24%
Seeing images of celebrities online	18%	23%
Seeing images of people involved in sport	18%	22%
Bloggers/YouTubers	16%	16%
Social media photo filters (e.g. Snapchat/Instagram)	25%	27%
None of these - I am happy as I am	26%	21%



Lifestyle

Technology - Devices

Do you own any of these electronic devices?

	KS1				Primary				Secondary			
	Yes	Shared with...		No	Yes	Shared with...		No	Yes	Shared with...		No
		Parents	Siblings			Parents	Siblings			Parents	Siblings	
Phone	28%	15%	6%	40%	62%	4%	1%	21%	80%	0%	0%	2%
Tablet	58%	9%	66%	15%	59%	6%	5%	18%	42%	5%	3%	30%
Laptop/ Computer	13%	23%	7%	38%	42%	17%	6%	21%	62%	8%	4%	7%
Game console (e.g. PlayStation, Xbox)	22%	11%	17%	34%	45%	5%	13%	24%	47%	3%	12%	20%
Handheld Game console (e.g. Nintendo Switch)	24%	6%	11%	40%	35%	2%	9%	40%	25%	1%	7%	46%



Lifestyle

Technology - Access and Use



Has access to the internet
via a device at home

Spends most of their free
time online/ using the
internet

KS1	76%
Primary	79%
Secondary	81%



42%

55%

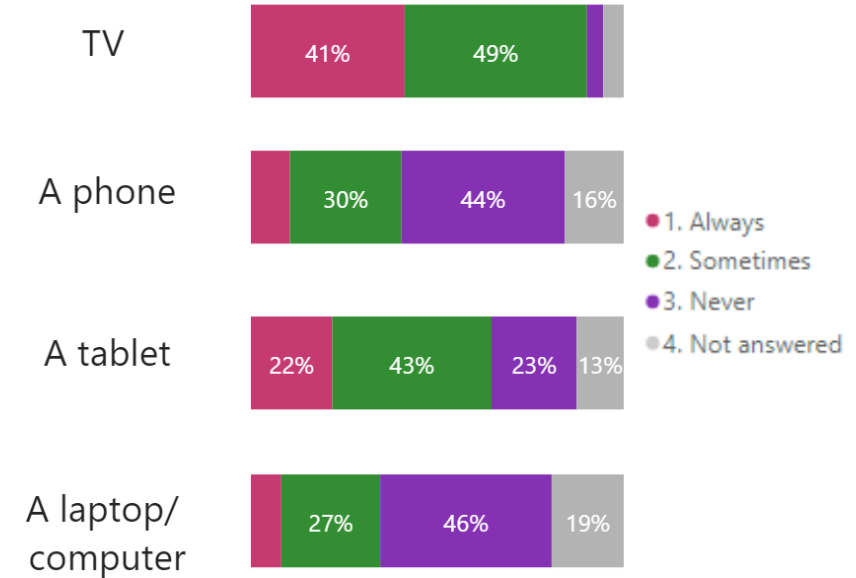


Has a private space to
use their devices

Primary	41%
Secondary	55%

KS1

Do you watch children's programmes/films on...





Lifestyle

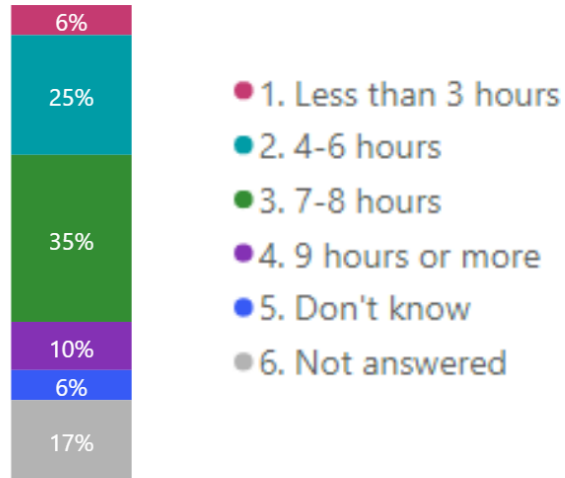
Sleep and Music



Got enough sleep last night

Primary	49%
Secondary	34%

How many hours of sleep did you get last night?



Secondary

Do you play a musical instrument?



	Yes	No but I'd like to
Primary	38%	20%
Secondary	22%	12%



	Yes		No but I'd like to	
	Primary	Secondary	Primary	Secondary
Sing at home, either alone or with others e.g. singing along to pop tracks	56%	53%	2%	1%
Sing in a school choir	12%	4%	6%	2%
Sing in a choir outside of school	6%	2%	4%	1%
Sing in a band	3%	2%	8%	3%
Sing solo with backing tracks	13%	7%	4%	2%
Having singing lessons	10%	4%	7%	4%



Substance Use

Smoking and Vaping

The Smoking, Alcohol and Drugs section asked pupils about their exposure to harmful substances and whether they had tried anything illegal.



	Parents/carers smoke	Has tried smoking tobacco
Primary	23%	
Secondary	24%	11%

- 1. I have only smoked once or twice
- 2. I used to smoke sometimes but I never smoke now
- 3. I sometimes smoke but not every week
- 4. I smoke between one and six cigarettes/roll-ups a week
- 5. I smoke more than six cigarettes/roll-ups a week
- 6. I don't smoke
- 7. I don't know
- 8. Not answered

How often do you currently smoke?



	Parents/carers vape	Has tried vaping
Primary	16%	
Secondary	14%	14%

- 1. I have only used electronic cigarettes or vapes once or twice
- 2. I used to use electronic cigarettes or vapes sometimes but I don't now
- 3. I sometimes use electronic cigarettes or vapes but not every week
- 4. I use electronic cigarettes or vapes regularly, more than once a week
- 5. I don't use electronic cigarettes or vapes
- 6. I don't know
- 7. Not answered

How often do you currently vape?





Substance Use

Alcohol and Illegal Drugs



Had an alcoholic drink in past 7 days

Drunk so much in the in past 7 days
that they were not in control

Primary

5%



Secondary

19%

3%

In the Primary survey these
questions were asked of Year 6 only



Primary

Secondary

Teacher or parent has
talked to them about the
harm of illegal drugs

5%

Been offered cannabis

10%

Tried cannabis

5%

Been offered other
illegal drugs

6%

Tried other illegal drugs

3%

In the Primary survey these
questions were asked of Year 6 only



Coronavirus

Attendance and Time

The Coronavirus section asked pupils about their experiences of lockdown and how it affected their lives.

During lockdown I...



Primary

Secondary

Attended school

20%

14%

Spent some time at school
and some time at home

17%

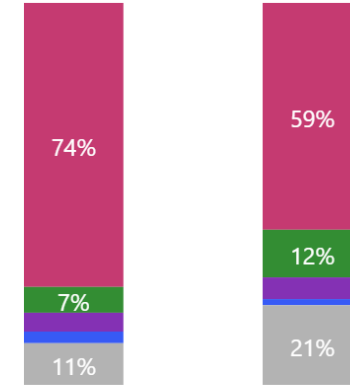
10%

Was home-schooled

54%

56%

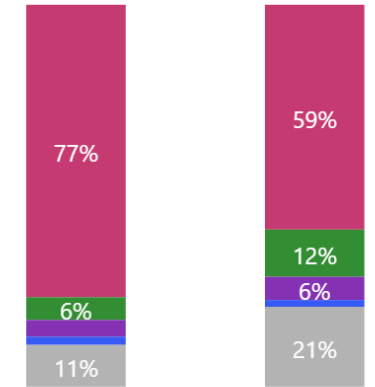
I have had more time to be at home
with my family



Primary

Secondary

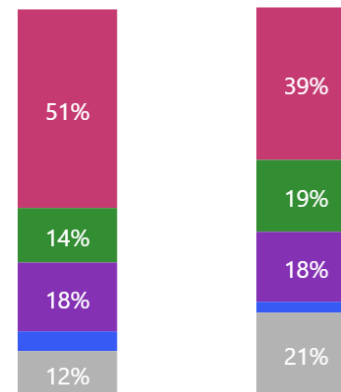
I have missed spending time with my
friends



Primary

Secondary

I have had more time for hobbies



Primary

Secondary

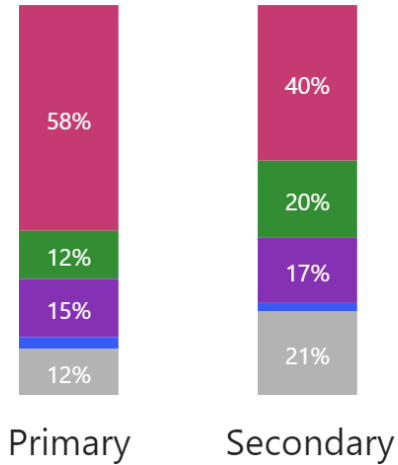
- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Doesn't apply to me
- 5. Not answered



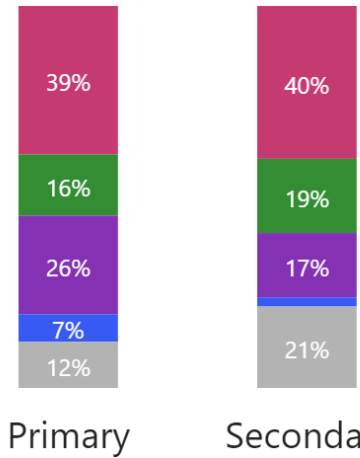
Coronavirus

Lockdown Experience

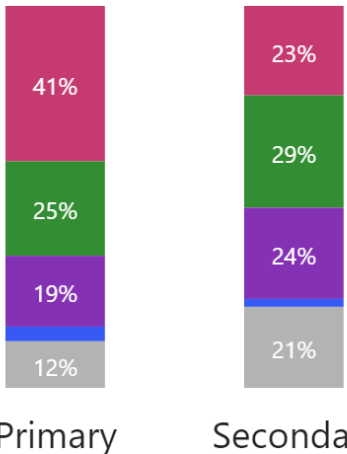
I have been able to enjoy the outdoors more



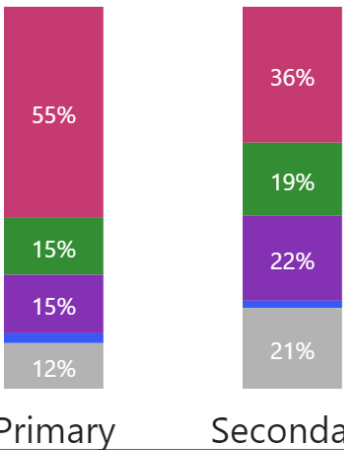
I have struggled with remote learning



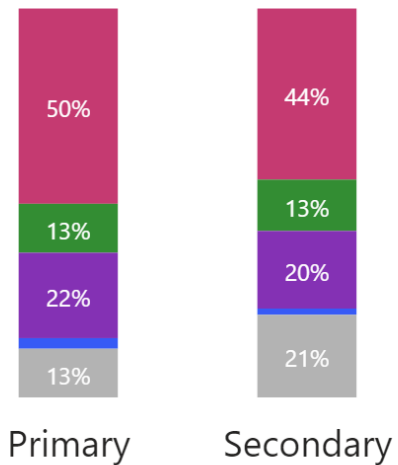
I have eaten healthier food



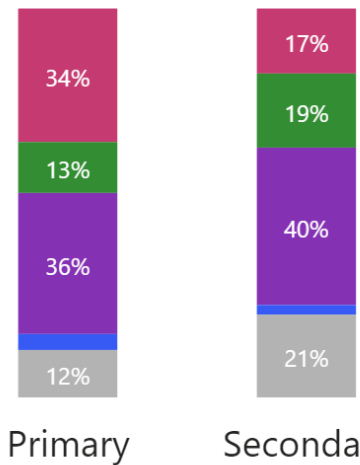
I have exercised more



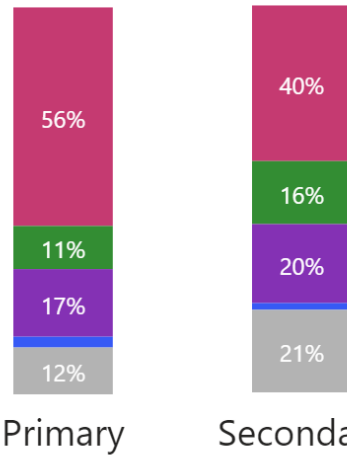
I have slept more



I have been worried about getting ill



I have been worried about my family getting ill



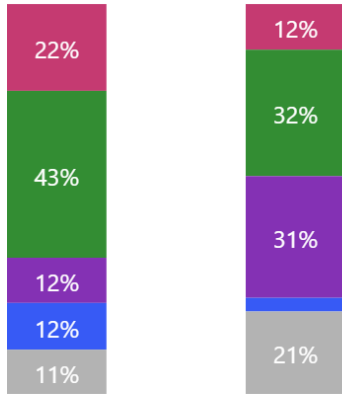
- 1. Agree
- 2. Neither agree nor disagree
- 3. Disagree
- 4. Doesn't apply to me
- 5. Not answered



Coronavirus

Health and Relationships

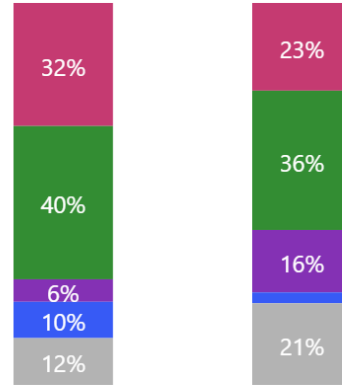
My mental health has...



Primary

Secondary

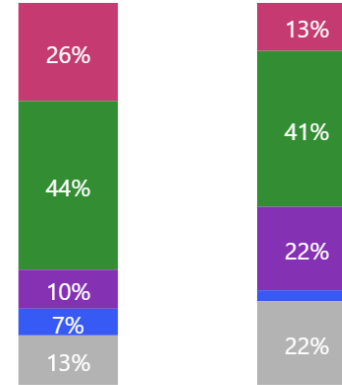
My physical health has...



Primary

Secondary

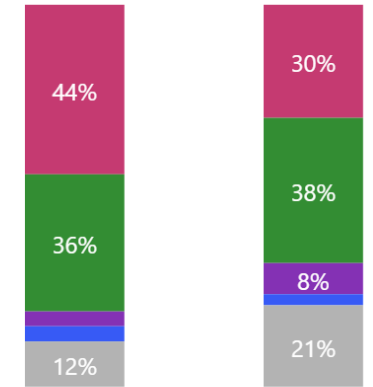
My school life balance has...



Primary

Secondary

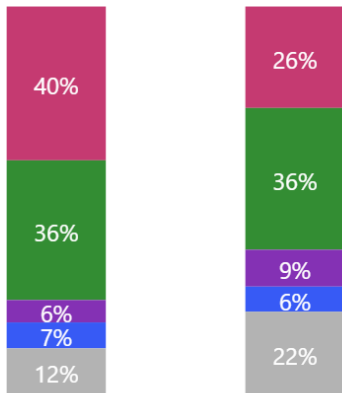
My relationship with my mum has...



Primary

Secondary

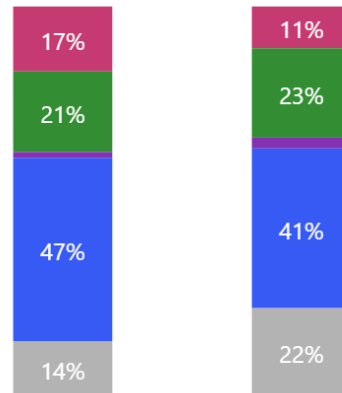
My relationship with my dad has...



Primary

Secondary

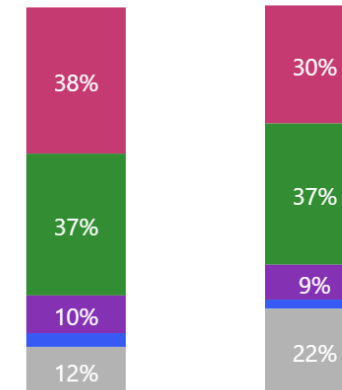
My relationship with my carer(s) has...



Primary

Secondary

My relationship with my friends has...



Primary

Secondary

- 1. Gotten better
- 2. Stayed the same
- 3. Gotten worse
- 4. Doesn't apply to me
- 5. Not answered



Option Sets

Year 4



Lessons

Found lessons useful	Year 4
06 Keeping safe online	74%
16 Germs and handwashing	73%
21 Friendship	72%
27 Respecting different people	68%
08 Nature	67%
10 Healthy eating	67%
26 Keeping my body safe	64%
24 Families and people who care for me	63%
02 My emotions and feelings	62%
09 Climate change	61%
05 Bullying	59%
14 Oral health (Brushing your teeth)	58%
03 Confidence	57%
07 Physical activity	57%
18 Sleep	55%
25 Online friendships	55%
01 Mental health	53%
17 First Aid	49%
23 My identity	42%
15 Suncare	39%
04 Self esteem	35%
20 Body image	29%
19 Changing body/Puberty	25%
22 Consent	24%
13 Drugs	23%
12 Alcohol	22%
11 Tobacco	22%
28 How babies are made	21%

Worries and Coping

Coping mechanism	Year 4
01 Talk to an adult at home	66%
03 Talk to a friend or brother/sister	38%
02 Talk to an adult at school	38%
12 Listen to music	33%
10 Watch TV/Netflix/Online videos	32%
11 Play computer games	29%
04 Keep it to yourself	27%
06 Think carefully about the problem by yourself	23%
05 Rest or sleep more	19%
07 Keep busy/Exercise	17%
13 Eat more	15%
15 Do nothing	14%
08 Go out with friends/Socialise	14%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	7%

Worries about	Year 4
12 Coronavirus/COVID-19	54%
04 Problems with friends	36%
01 School work/homework	34%
09 The environment	32%
05 Family problems	31%
07 The way you look	23%
02 SATs/Tests	23%
08 Body changes as you grow up	19%
10 Crime	18%
11 Online problems	16%
03 Health problems	16%
06 Money problems	13%

Bullying

Bullying Experienced	Year 4
10 Pushed or shoved you on purpose	36%
12 None of these	33%
05 Someone called you names, swore at you or insulted you	31%
03 You were left out or excluded from a group or activity on purpose	24%
11 Tried to physically hurt you	23%
09 Threatened you on purpose	17%
04 Rumours were spread about you	12%
08 Damaged your belongings on purpose	11%
01 Nasty messages about you were sent to you	8%
06 Had your money or other belongings stolen	6%
07 Had someone make you or try to make you give them money or other things	5%
02 Nasty messages about you were passed around or posted where others could see	3%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 4
12 You haven't been bullied	45%
13 You don't know why	30%
01 The way you look	12%
02 Your weight	6%
05 Your family	5%
09 For being a boy or a girl	4%
04 Your grades	3%
03 Your health or disability	2%
07 Your race or skin colour	2%
06 Your religion	2%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 4
01 Nothing stops me	45%
02 I don't have enough time	18%
09 I am shy in front of other people	16%
03 I don't know what to do	14%
04 I know what I want to do but I don't know where to go	11%
11 I'm not comfortable about how I look	10%
05 I don't like the places I'd have to go to	7%
07 My parents won't let me go	6%
13 Cost	5%
06 Transport to get there is a problem	5%
14 I don't want to do any physical activity	5%
10 I don't like to try new things	5%
15 Other (please tell us below)	5%
08 I don't like the people who go there	4%
12 The facilities don't cater for my special needs	2%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	6%	09 ...	63%
10 Crisps	8%	03 ...	51%
03 Fresh Fruit	8%	04 ...	44%
12 Sweets, chocolate, chocolate bars	9%	08 ...	41%
04 Vegetables	10%	10 ...	37%
11 Biscuits or cake	14%	12 ...	30%
08 Milk	17%	11 ...	22%
14 Takeaway hot food	32%	02 ...	20%
06 Fizzy Drinks	35%	13 ...	18%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	36%	14 ...	14%
13 Ready Meals	40%	06 ...	13%
01 Fish	45%	05 ...	9%
07 Diet Fizzy Drinks	51%	07 ...	9%
05 Energy Drinks	56%	01 ...	6%



Option Sets

Year 6



Lessons

Found lessons useful	Year 6
06 Keeping safe online	77%
27 Respecting different people	76%
16 Germs and handwashing	76%
21 Friendship	72%
10 Healthy eating	71%
07 Physical activity	67%
05 Bullying	67%
08 Nature	65%
09 Climate change	65%
01 Mental health	64%
24 Families and people who care for me	63%
25 Online friendships	61%
02 My emotions and feelings	61%
26 Keeping my body safe	60%
17 First Aid	59%
03 Confidence	58%
18 Sleep	55%
13 Drugs	52%
14 Oral health (Brushing your teeth)	51%
12 Alcohol	50%
23 My identity	46%
04 Self esteem	46%
11 Tobacco	45%
19 Changing body/Puberty	44%
20 Body image	35%
15 Suncare	35%
22 Consent	32%
28 How babies are made	31%

Worries and Coping

Coping mechanism	Year 6
01 Talk to an adult at home	62%
03 Talk to a friend or brother/sister	40%
10 Watch TV/Netflix/Online videos	38%
12 Listen to music	36%
11 Play computer games	35%
04 Keep it to yourself	30%
06 Think carefully about the problem by yourself	23%
02 Talk to an adult at school	22%
08 Go out with friends/Socialise	19%
07 Keep busy/Exercise	18%
13 Eat more	16%
05 Rest or sleep more	16%
15 Do nothing	11%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	6%

Worrie about	Year 6
01 School work/homework	46%
02 SATs/Tests	44%
12 Coronavirus/COVID-19	40%
04 Problems with friends	37%
07 The way you look	34%
05 Family problems	31%
08 Body changes as you grow up	27%
09 The environment	26%
03 Health problems	16%
10 Crime	15%
11 Online problems	14%
06 Money problems	13%

Bullying

Bullying Experienced	Year 6
05 Someone called you names, swore at you or insulted you	39%
10 Pushed or shoved you on purpose	35%
12 None of these	33%
03 You were left out or excluded from a group or activity on purpose	31%
11 Tried to physically hurt you	23%
04 Rumours were spread about you	22%
09 Threatened you on purpose	15%
01 Nasty messages about you were sent to you	15%
08 Damaged your belongings on purpose	11%
02 Nasty messages about you were passed around or posted where others could see	8%
06 Had your money or other belongings stolen	8%
07 Had someone make you or try to make you give them money or other things	6%
13 Other (please tell us below)	4%

Reason for having been bullied	Year 6
12 You haven't been bullied	46%
13 You don't know why	25%
01 The way you look	19%
02 Your weight	10%
09 For being a boy or a girl	4%
04 Your grades	4%
05 Your family	4%
03 Your health or disability	3%
07 Your race or skin colour	2%
08 For being in special education	2%
06 Your religion	1%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%

Exercise and Diet

Barriers to physical activity	Year 6
01 Nothing stops me	42%
09 I am shy in front of other people	19%
02 I don't have enough time	18%
11 I'm not comfortable about how I look	17%
03 I don't know what to do	15%
04 I know what I want to do but I don't know where to go	11%
05 I don't like the places I'd have to go to	8%
14 I don't want to do any physical activity	6%
07 My parents won't let me go	6%
15 Other (please tell us below)	6%
08 I don't like the people who go there	5%
06 Transport to get there is a problem	5%
13 Cost	5%
10 I don't like to try new things	5%
12 The facilities don't cater for my special needs	1%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	5%	09 ...	64%
03 Fresh Fruit	7%	03 ...	50%
04 Vegetables	7%	04 ...	50%
12 Sweets, chocolate, chocolate bars	7%	08 ...	42%
10 Crisps	9%	10 ...	38%
11 Biscuits or cake	14%	12 ...	31%
08 Milk	17%	11 ...	20%
06 Fizzy Drinks	34%	02 ...	17%
14 Takeaway hot food	38%	13 ...	17%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	06 ...	14%
13 Ready Meals	46%	07 ...	11%
07 Diet Fizzy Drinks	48%	14 ...	11%
01 Fish	50%	05 ...	8%
05 Energy Drinks	63%	01 ...	7%



Option Sets

Year 8



Lessons

Found lessons useful	Year 8	Found lessons useful	Year 8
06 Keeping safe online	60%	03 Confidence	40%
28 Respecting different people	57%	31 Pregnancy and miscarriage	39%
13 Drugs	55%	04 Self esteem	37%
20 Changing body/Puberty	54%	41 Parenting	36%
10 Healthy eating	53%	21 Body image	36%
12 Alcohol	53%	14 My identity	35%
09 Climate change	52%	24 My identity	35%
01 Mental health	51%	15 Oral health (Brushing your teeth)	33%
05 Bullying	51%	35 Sexually Transmitted Infections (STIs)	33%
29 Sex	51%	32 Contraception	32%
07 Physical activity	50%	33 Relationship break ups	32%
40 Healthy relationships	49%	39 Intimate relationships	32%
22 Friendship	49%	36 Sexual exploitation	30%
17 Germs and handwashing	49%	34 Female Genital Mutilation (FGM)	25%
11 Tobacco	48%	16 Suncare	25%
23 Consent	46%		
25 Families and people who care for me	45%		
26 Online friendships	45%		
27 Keeping my body safe	45%		
02 My emotions and feelings	44%		
30 Sexuality	43%		
18 Sleep	43%		
19 First Aid	43%		
37 Sexual harassment	42%		
08 Nature	41%		
38 Abusive relationships	40%		

Bullying

Bullying Experienced	Year 8
05 Someone called you names, swore at you or insulted you	44%
12 None of these	32%
10 Pushed or shoved you on purpose	30%
04 Rumours were spread about you	27%
03 You were left out or excluded from a group or activity on purpose	26%
01 Nasty messages about you were sent to you	19%
11 Tried to physically hurt you	17%
09 Threatened you on purpose	15%
08 Damaged your belongings on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	10%
06 Had your money or other belongings stolen	7%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	3%
Reason for having been bullied	Year 8
14 You haven't been bullied	46%
01 The way you look	22%
13 You don't know why	19%
02 Your weight	13%
05 Your family	5%
10 Your sexual orientation	5%
04 Your grades	4%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
12 For wearing a face covering	1%
06 Your religion	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 8
01 Nothing stops me	31%
11 I'm not comfortable about how I look	23%
09 I am shy in front of other people	23%
02 I don't have enough time	20%
03 I don't know what to do	17%
05 I don't like the places I'd have to go to	12%
04 I know what I want to do but I don't know where to go	11%
13 I don't want to do any physical activity	9%
08 I don't like the people who go there	8%
10 I don't like to try new things	8%
06 Transport to get there is a problem	7%
14 Other (please tell us below)	5%
07 My parents won't let me go	4%
12 The facilities don't cater for my special needs	2%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	4%	09 ...	61%
04 Vegetables	6%	04 ...	49%
03 Fresh Fruit	6%	03 ...	43%
12 Sweets, chocolate, chocolate bars	9%	08 ...	36%
10 Crisps	11%	10 ...	30%
11 Biscuits or cake	13%	12 ...	26%
08 Milk	17%	11 ...	19%
06 Fizzy Drinks	29%	06 ...	13%
14 Takeaway hot food	34%	02 ...	13%
07 Diet Fizzy Drinks	39%	07 ...	11%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	13 ...	9%
01 Fish	47%	05 ...	7%
05 Energy Drinks	51%	14 ...	7%
13 Ready Meals	51%	01 ...	5%



Option Sets

Year 10



Lessons

Found lessons useful	Year 8	Found lessons useful	Year 8
06 Keeping safe online	60%	03 Confidence	40%
28 Respecting different people	57%	31 Pregnancy and miscarriage	39%
13 Drugs	55%	04 Self esteem	37%
20 Changing body/Puberty	54%	41 Parenting	36%
10 Healthy eating	53%	21 Body image	36%
12 Alcohol	53%	14 My identity	35%
09 Climate change	52%	24 My identity	35%
01 Mental health	51%	15 Oral health (Brushing your teeth)	33%
05 Bullying	51%	35 Sexually Transmitted Infections (STIs)	33%
29 Sex	51%	32 Contraception	32%
07 Physical activity	50%	33 Relationship break ups	32%
40 Healthy relationships	49%	39 Intimate relationships	32%
22 Friendship	49%	36 Sexual exploitation	30%
17 Germs and handwashing	49%	34 Female Genital Mutilation (FGM)	25%
11 Tobacco	48%	16 Suncare	25%
23 Consent	46%		
25 Families and people who care for me	45%		
26 Online friendships	45%		
27 Keeping my body safe	45%		
02 My emotions and feelings	44%		
30 Sexuality	43%		
18 Sleep	43%		
19 First Aid	43%		
37 Sexual harassment	42%		
08 Nature	41%		
38 Abusive relationships	40%		

Bullying

Bullying Experienced	Year 8
05 Someone called you names, swore at you or insulted you	44%
12 None of these	32%
10 Pushed or shoved you on purpose	30%
04 Rumours were spread about you	27%
03 You were left out or excluded from a group or activity on purpose	26%
01 Nasty messages about you were sent to you	19%
11 Tried to physically hurt you	17%
09 Threatened you on purpose	15%
08 Damaged your belongings on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	10%
06 Had your money or other belongings stolen	7%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	3%
Reason for having been bullied	Year 8
14 You haven't been bullied	46%
01 The way you look	22%
13 You don't know why	19%
02 Your weight	13%
05 Your family	5%
10 Your sexual orientation	5%
04 Your grades	4%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
12 For wearing a face covering	1%
06 Your religion	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Exercise and Diet

Barriers to physical activity	Year 8
01 Nothing stops me	31%
11 I'm not comfortable about how I look	23%
09 I am shy in front of other people	23%
02 I don't have enough time	20%
03 I don't know what to do	17%
05 I don't like the places I'd have to go to	12%
04 I know what I want to do but I don't know where to go	11%
13 I don't want to do any physical activity	9%
08 I don't like the people who go there	8%
10 I don't like to try new things	8%
06 Transport to get there is a problem	7%
14 Other (please tell us below)	5%
07 My parents won't let me go	4%
12 The facilities don't cater for my special needs	2%

Consumed last 7 days	0 Days	No.	4-7 Days
09 Water	4%	09 ...	61%
04 Vegetables	6%	04 ...	49%
03 Fresh Fruit	6%	03 ...	43%
12 Sweets, chocolate, chocolate bars	9%	08 ...	36%
10 Crisps	11%	10 ...	30%
11 Biscuits or cake	13%	12 ...	26%
08 Milk	17%	11 ...	19%
06 Fizzy Drinks	29%	06 ...	13%
14 Takeaway hot food	34%	02 ...	13%
07 Diet Fizzy Drinks	39%	07 ...	11%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%	13 ...	9%
01 Fish	47%	05 ...	7%
05 Energy Drinks	51%	14 ...	7%
13 Ready Meals	51%	01 ...	5%



Option Sets

Secondary Worries and Coping



Year 8 - Coping

Coping mechanism	Year 8
13 Listen to music	53%
05 Keep it to yourself	53%
11 Watch TV/Netflix/online videos	49%
01 Talk to an adult at home	46%
03 Talk to a friend or brother/sister	41%
12 Play computer games	37%
07 Think carefully about the problem by yourself	33%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	23%
08 Keep busy/Exercise	22%
19 Lash out in anger (verbally or physically)	22%
21 Do nothing	18%
14 Eat more	16%
15 Eat less	14%
02 Talk to an adult at school	13%
10 Stop going out	12%
22 Get into trouble	10%
20 Injure yourself in someway	10%
04 Speak to the person who is causing you to worry	5%
23 Other (please tell us below)	4%
17 Drink alcohol	3%
16 Smoke	2%
18 Take drugs	1%

Year 8 - Worries

Worries about	Year 8
01 School work/homework	60%
02 Exams/Tests	60%
09 The way you look	52%
21 The future	45%
06 Problems with friends	43%
04 Your mental health	40%
03 Your physical health	35%
07 Family problems	33%
05 The mental health of someone in your family	31%
22 Coronavirus/COVID-19	30%
12 Relationships	26%
20 Climate Change	21%
08 Money problems/family finances	18%
17 Wars and Terrorism	16%
18 Online problems	15%
16 Crime	13%
14 Becoming a parent before you're ready	10%
10 Your sexual orientation	8%
15 Drugs	8%
19 Floods	6%
11 Your gender identity	6%
13 Sexually Transmitted Infections (STIs)	3%

Year 10 - Coping

Coping mechanism	Year 10
05 Keep it to yourself	61%
13 Listen to music	59%
11 Watch TV/Netflix/online videos	46%
03 Talk to a friend or brother/sister	40%
07 Think carefully about the problem by yourself	36%
01 Talk to an adult at home	35%
12 Play computer games	32%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	26%
08 Keep busy/Exercise	23%
21 Do nothing	22%
19 Lash out in anger (verbally or physically)	22%
15 Eat less	21%
14 Eat more	20%
10 Stop going out	17%
20 Injure yourself in someway	12%
02 Talk to an adult at school	10%
17 Drink alcohol	9%
22 Get into trouble	8%
04 Speak to the person who is causing you to worry	6%
16 Smoke	6%
23 Other (please tell us below)	3%
18 Take drugs	3%

Year 10 - Worries

Worries about	Year 10
02 Exams/Tests	72%
01 School work/homework	67%
09 The way you look	56%
21 The future	52%
04 Your mental health	50%
03 Your physical health	42%
06 Problems with friends	41%
07 Family problems	37%
05 The mental health of someone in your family	37%
12 Relationships	31%
22 Coronavirus/COVID-19	23%
08 Money problems/family finances	23%
20 Climate Change	21%
18 Online problems	14%
17 Wars and Terrorism	13%
10 Your sexual orientation	12%
16 Crime	11%
14 Becoming a parent before you're ready	11%
15 Drugs	8%
11 Your gender identity	8%
19 Floods	6%
13 Sexually Transmitted Infections (STIs)	4%



Option Sets

Lessons by Year

Year 4

Found lessons useful	Year 4
06 Keeping safe online	74%
16 Germs and handwashing	73%
21 Friendship	72%
27 Respecting different people	68%
08 Nature	67%
10 Healthy eating	67%
26 Keeping my body safe	64%
24 Families and people who care for me	63%
02 My emotions and feelings	62%
09 Climate change	61%
05 Bullying	59%
14 Oral health (Brushing your teeth)	58%
03 Confidence	57%
07 Physical activity	57%
18 Sleep	55%
25 Online friendships	55%
01 Mental health	53%
17 First Aid	49%
23 My identity	42%
15 Suncare	39%
04 Self esteem	35%
20 Body image	29%
19 Changing body/Puberty	25%
22 Consent	24%
13 Drugs	23%
12 Alcohol	22%
11 Tobacco	22%
28 How babies are made	21%

Year 6

Found lessons useful	Year 6
06 Keeping safe online	77%
27 Respecting different people	76%
16 Germs and handwashing	76%
21 Friendship	72%
10 Healthy eating	71%
07 Physical activity	67%
05 Bullying	67%
08 Nature	65%
09 Climate change	65%
01 Mental health	64%
24 Families and people who care for me	63%
25 Online friendships	61%
02 My emotions and feelings	61%
26 Keeping my body safe	60%
17 First Aid	59%
03 Confidence	58%
18 Sleep	55%
13 Drugs	52%
14 Oral health (Brushing your teeth)	51%
12 Alcohol	50%
23 My identity	46%
04 Self esteem	46%
11 Tobacco	45%
19 Changing body/Puberty	44%
20 Body image	35%
15 Suncare	35%
22 Consent	32%
28 How babies are made	31%

Year 8

Found lessons useful	Year 8
06 Keeping safe online	60%
28 Respecting different people	57%
13 Drugs	55%
20 Changing body/Puberty	54%
10 Healthy eating	53%
12 Alcohol	53%
09 Climate change	52%
01 Mental health	51%
05 Bullying	51%
29 Sex	51%
07 Physical activity	50%
40 Healthy relationships	49%
22 Friendship	49%
17 Germs and handwashing	49%
11 Tobacco	48%
23 Consent	46%
25 Families and people who care for me	45%
26 Online friendships	45%
27 Keeping my body safe	45%
02 My emotions and feelings	44%
30 Sexuality	43%
18 Sleep	43%
19 First Aid	43%
37 Sexual harassment	42%
08 Nature	41%
38 Abusive relationships	40%
03 Confidence	40%
31 Pregnancy and miscarriage	39%
04 Self esteem	37%
41 Parenting	36%
21 Body image	36%
14 My identity	35%
24 My identity	35%
15 Oral health (Brushing your teeth)	33%
35 Sexually Transmitted Infections (STIs)	33%
32 Contraception	32%
33 Relationship break ups	32%
39 Intimate relationships	32%
36 Sexual exploitation	30%
34 Female Genital Mutilation (FGM)	25%
16 Suncare	25%

Year 10

Found lessons useful	Year 10
13 Drugs	49%
23 Consent	49%
06 Keeping safe online	49%
29 Sex	47%
28 Respecting different people	47%
20 Changing body/Puberty	46%
12 Alcohol	46%
32 Contraception	45%
40 Healthy relationships	43%
07 Physical activity	42%
37 Sexual harassment	41%
35 Sexually Transmitted Infections (STIs)	41%
09 Climate change	41%
10 Healthy eating	39%
38 Abusive relationships	39%
11 Tobacco	39%
05 Bullying	38%
19 First Aid	38%
17 Germs and handwashing	37%
01 Mental health	37%
22 Friendship	36%
30 Sexuality	36%
26 Online friendships	36%
18 Sleep	34%
36 Sexual exploitation	34%
27 Keeping my body safe	34%
31 Pregnancy and miscarriage	33%
39 Intimate relationships	33%
25 Families and people who care for me	33%
08 Nature	31%
02 My emotions and feelings	30%
21 Body image	29%
41 Parenting	28%
33 Relationship break ups	27%
04 Self esteem	25%
03 Confidence	25%
24 My identity	25%
14 My identity	24%
34 Female Genital Mutilation (FGM)	24%
15 Oral health (Brushing your teeth)	22%
16 Suncare	18%



Option Sets

Worries by Year

Year 4

Worries about	Year 4
12 Coronavirus/COVID-19	54%
04 Problems with friends	36%
01 School work/homework	34%
09 The environment	32%
05 Family problems	31%
07 The way you look	23%
02 SATs/Tests	23%
08 Body changes as you grow up	19%
10 Crime	18%
11 Online problems	16%
03 Health problems	16%
06 Money problems	13%

Year 6

Worries about	Year 6
01 School work/homework	46%
02 SATs/Tests	44%
12 Coronavirus/COVID-19	40%
04 Problems with friends	37%
07 The way you look	34%
05 Family problems	31%
08 Body changes as you grow up	27%
09 The environment	26%
03 Health problems	16%
10 Crime	15%
11 Online problems	14%
06 Money problems	13%

Year 8

Worries about	Year 8
01 School work/homework	60%
02 Exams/Tests	60%
09 The way you look	52%
21 The future	45%
06 Problems with friends	43%
04 Your mental health	40%
03 Your physical health	35%
07 Family problems	33%
05 The mental health of someone in your family	31%
22 Coronavirus/COVID-19	30%
12 Relationships	26%
20 Climate Change	21%
08 Money problems/family finances	18%
17 Wars and Terrorism	16%
18 Online problems	15%
16 Crime	13%
14 Becoming a parent before you're ready	10%
10 Your sexual orientation	8%
15 Drugs	8%
19 Floods	6%
11 Your gender identity	6%
13 Sexually Transmitted Infections (STIs)	3%

Year 10

Worries about	Year 10
02 Exams/Tests	72%
01 School work/homework	67%
09 The way you look	56%
21 The future	52%
04 Your mental health	50%
03 Your physical health	42%
06 Problems with friends	41%
07 Family problems	37%
05 The mental health of someone in your family	37%
12 Relationships	31%
22 Coronavirus/COVID-19	23%
08 Money problems/family finances	23%
20 Climate Change	21%
18 Online problems	14%
17 Wars and Terrorism	13%
10 Your sexual orientation	12%
16 Crime	11%
14 Becoming a parent before you're ready	11%
15 Drugs	8%
11 Your gender identity	8%
19 Floods	6%
13 Sexually Transmitted Infections (STIs)	4%



Option Sets

Coping by Year

Year 4

Coping mechanism	Year 4
01 Talk to an adult at home	66%
03 Talk to a friend or brother/sister	38%
02 Talk to an adult at school	38%
12 Listen to music	33%
10 Watch TV/Netflix/Online videos	32%
11 Play computer games	29%
04 Keep it to yourself	27%
06 Think carefully about the problem by yourself	23%
05 Rest or sleep more	19%
07 Keep busy/Exercise	17%
13 Eat more	15%
15 Do nothing	14%
08 Go out with friends/Socialise	14%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	7%

Year 6

Coping mechanism	Year 6
01 Talk to an adult at home	62%
03 Talk to a friend or brother/sister	40%
10 Watch TV/Netflix/Online videos	38%
12 Listen to music	36%
11 Play computer games	35%
04 Keep it to yourself	30%
06 Think carefully about the problem by yourself	23%
02 Talk to an adult at school	22%
08 Go out with friends/Socialise	19%
07 Keep busy/Exercise	18%
13 Eat more	16%
05 Rest or sleep more	16%
15 Do nothing	11%
14 Eat less	9%
16 Other (please tell us below)	7%
09 Stop going out	6%

Year 8

Coping mechanism	Year 8
13 Listen to music	53%
05 Keep it to yourself	53%
11 Watch TV/Netflix/online videos	49%
01 Talk to an adult at home	46%
03 Talk to a friend or brother/sister	41%
12 Play computer games	37%
07 Think carefully about the problem by yourself	33%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	23%
08 Keep busy/Exercise	22%
19 Lash out in anger (verbally or physically)	22%
21 Do nothing	18%
14 Eat more	16%
15 Eat less	14%
02 Talk to an adult at school	13%
10 Stop going out	12%
22 Get into trouble	10%
20 Injure yourself in someway	10%
04 Speak to the person who is causing you to worry	5%
23 Other (please tell us below)	4%
17 Drink alcohol	3%
16 Smoke	2%
18 Take drugs	1%

Year 10

Coping mechanism	Year 10
05 Keep it to yourself	61%
13 Listen to music	59%
11 Watch TV/Netflix/online videos	46%
03 Talk to a friend or brother/sister	40%
07 Think carefully about the problem by yourself	36%
01 Talk to an adult at home	35%
12 Play computer games	32%
09 Go out with friends/Socialise	28%
06 Rest or sleep more	26%
08 Keep busy/Exercise	23%
21 Do nothing	22%
19 Lash out in anger (verbally or physically)	22%
15 Eat less	21%
14 Eat more	20%
10 Stop going out	17%
20 Injure yourself in someway	12%
02 Talk to an adult at school	10%
17 Drink alcohol	9%
22 Get into trouble	8%
04 Speak to the person who is causing you to worry	6%
16 Smoke	6%
23 Other (please tell us below)	3%
18 Take drugs	3%



Option Sets

Bullying by Year



Year 4

Bullying Experienced	Year 4
10 Pushed or shoved you on purpose	36%
12 None of these	33%
05 Someone called you names, swore at you or insulted you	31%
03 You were left out or excluded from a group or activity on purpose	24%
11 Tried to physically hurt you	23%
09 Threatened you on purpose	17%
04 Rumours were spread about you	12%
08 Damaged your belongings on purpose	11%
01 Nasty messages about you were sent to you	8%
06 Had your money or other belongings stolen	6%
07 Had someone make you or try to make you give them money or other things	5%
02 Nasty messages about you were passed around or posted where others could see	3%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 4
12 You haven't been bullied	45%
13 You don't know why	30%
01 The way you look	12%
02 Your weight	6%
05 Your family	5%
09 For being a boy or a girl	4%
04 Your grades	3%
03 Your health or disability	2%
07 Your race or skin colour	2%
06 Your religion	2%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Year 6

Bullying Experienced	Year 6
05 Someone called you names, swore at you or insulted you	39%
10 Pushed or shoved you on purpose	35%
12 None of these	33%
03 You were left out or excluded from a group or activity on purpose	31%
11 Tried to physically hurt you	23%
04 Rumours were spread about you	22%
09 Threatened you on purpose	15%
01 Nasty messages about you were sent to you	15%
08 Damaged your belongings on purpose	11%
02 Nasty messages about you were passed around or posted where others could see	8%
06 Had your money or other belongings stolen	8%
07 Had someone make you or try to make you give them money or other things	6%
13 Other (please tell us below)	4%

Reason for having been bullied	Year 6
12 You haven't been bullied	46%
13 You don't know why	25%
01 The way you look	19%
02 Your weight	10%
09 For being a boy or a girl	4%
04 Your grades	4%
05 Your family	4%
03 Your health or disability	3%
07 Your race or skin colour	2%
08 For being in special education	2%
06 Your religion	1%
10 For wearing a face covering	1%
11 For NOT wearing a face covering	1%

Year 8

Bullying Experienced	Year 8
05 Someone called you names, swore at you or insulted you	44%
12 None of these	32%
10 Pushed or shoved you on purpose	30%
04 Rumours were spread about you	27%
03 You were left out or excluded from a group or activity on purpose	26%
01 Nasty messages about you were sent to you	19%
11 Tried to physically hurt you	17%
09 Threatened you on purpose	15%
08 Damaged your belongings on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	10%
06 Had your money or other belongings stolen	7%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	3%

Reason for having been bullied	Year 8
14 You haven't been bullied	46%
01 The way you look	22%
13 You don't know why	19%
02 Your weight	13%
05 Your family	5%
10 Your sexual orientation	5%
04 Your grades	4%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
12 For wearing a face covering	1%
06 Your religion	1%
11 For NOT wearing a face covering	1%
08 For being in special education	1%

Year 10

Bullying Experienced	Year 10
05 Someone called you names, swore at you or insulted you	39%
12 None of these	38%
04 Rumours were spread about you	25%
03 You were left out or excluded from a group or activity on purpose	24%
10 Pushed or shoved you on purpose	20%
01 Nasty messages about you were sent to you	19%
09 Threatened you on purpose	12%
02 Nasty messages about you were passed around or posted where others could see	12%
11 Tried to physically hurt you	12%
08 Damaged your belongings on purpose	7%
06 Had your money or other belongings stolen	5%
07 Had someone make you or try to make you give them money or other things	4%
13 Other (please tell us below)	2%

Reason for having been bullied	Year 10
14 You haven't been bullied	50%
01 The way you look	18%
13 You don't know why	16%
02 Your weight	13%
10 Your sexual orientation	6%
05 Your family	5%
04 Your grades	5%
09 For being a boy or a girl	4%
03 Your health or disability	4%
07 Your race or skin colour	3%
08 For being in special education	2%
06 Your religion	1%
12 For wearing a face covering	1%
11 For NOT wearing a face covering	1%



Option Sets

Physical Activity Barriers by Year

Year 4

Barriers to physical activity	Year 4
01 Nothing stops me	45%
02 I don't have enough time	18%
09 I am shy in front of other people	16%
03 I don't know what to do	14%
04 I know what I want to do but I don't know where to go	11%
11 I'm not comfortable about how I look	10%
05 I don't like the places I'd have to go to	7%
07 My parents won't let me go	6%
13 Cost	5%
06 Transport to get there is a problem	5%
14 I don't want to do any physical activity	5%
10 I don't like to try new things	5%
15 Other (please tell us below)	5%
08 I don't like the people who go there	4%
12 The facilities don't cater for my special needs	2%

Year 6

Barriers to physical activity	Year 6
01 Nothing stops me	42%
09 I am shy in front of other people	19%
02 I don't have enough time	18%
11 I'm not comfortable about how I look	17%
03 I don't know what to do	15%
04 I know what I want to do but I don't know where to go	11%
05 I don't like the places I'd have to go to	8%
14 I don't want to do any physical activity	6%
07 My parents won't let me go	6%
15 Other (please tell us below)	6%
08 I don't like the people who go there	5%
06 Transport to get there is a problem	5%
13 Cost	5%
10 I don't like to try new things	5%
12 The facilities don't cater for my special needs	1%

Year 8

Barriers to physical activity	Year 8
01 Nothing stops me	31%
11 I'm not comfortable about how I look	23%
09 I am shy in front of other people	23%
02 I don't have enough time	20%
03 I don't know what to do	17%
05 I don't like the places I'd have to go to	12%
04 I know what I want to do but I don't know where to go	11%
13 I don't want to do any physical activity	9%
08 I don't like the people who go there	8%
10 I don't like to try new things	8%
06 Transport to get there is a problem	7%
14 Other (please tell us below)	5%
07 My parents won't let me go	4%
12 The facilities don't cater for my special needs	2%

Year 10

Barriers to physical activity	Year 10
09 I am shy in front of other people	29%
11 I'm not comfortable about how I look	27%
02 I don't have enough time	25%
01 Nothing stops me	24%
03 I don't know what to do	20%
05 I don't like the places I'd have to go to	16%
04 I know what I want to do but I don't know where to go	12%
08 I don't like the people who go there	11%
13 I don't want to do any physical activity	10%
10 I don't like to try new things	10%
06 Transport to get there is a problem	9%
14 Other (please tell us below)	6%
07 My parents won't let me go	3%
12 The facilities don't cater for my special needs	1%



Option Sets

Diet by Year



Year 4

Answer	Year 4
Consumed last 7 days	0 Days
09 Water	6%
10 Crisps	8%
03 Fresh Fruit	8%
12 Sweets, chocolate, chocolate bars	9%
04 Vegetables	10%
11 Biscuits or cake	14%
08 Milk	17%
14 Takeaway hot food	32%
06 Fizzy Drinks	35%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	36%
13 Ready Meals	40%
01 Fish	45%
07 Diet Fizzy Drinks	51%
05 Energy Drinks	56%

Year 6

Answer	Year 6
Consumed last 7 days	0 Days
09 Water	5%
03 Fresh Fruit	7%
04 Vegetables	7%
12 Sweets, chocolate, chocolate bars	7%
10 Crisps	9%
11 Biscuits or cake	14%
08 Milk	17%
06 Fizzy Drinks	34%
14 Takeaway hot food	38%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%
13 Ready Meals	46%
07 Diet Fizzy Drinks	48%
01 Fish	50%
05 Energy Drinks	63%

Year 8

Answer	Year 8
Consumed last 7 days	0 Days
09 Water	4%
04 Vegetables	6%
03 Fresh Fruit	6%
12 Sweets, chocolate, chocolate bars	9%
10 Crisps	11%
11 Biscuits or cake	13%
08 Milk	17%
06 Fizzy Drinks	29%
14 Takeaway hot food	34%
07 Diet Fizzy Drinks	39%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	44%
01 Fish	47%
05 Energy Drinks	51%
13 Ready Meals	51%

Year 10

Answer	Year 10
Consumed last 7 days	0 Days
09 Water	4%
04 Vegetables	6%
03 Fresh Fruit	9%
12 Sweets, chocolate, chocolate bars	9%
10 Crisps	14%
11 Biscuits or cake	15%
08 Milk	20%
06 Fizzy Drinks	32%
14 Takeaway hot food	35%
07 Diet Fizzy Drinks	41%
01 Fish	46%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	48%
05 Energy Drinks	52%
13 Ready Meals	54%

Answer	Year 4
Consumed last 7 days	4-7 Days
09 Water	63%
03 Fresh Fruit	51%
04 Vegetables	44%
08 Milk	41%
10 Crisps	37%
12 Sweets, chocolate, chocolate bars	30%
11 Biscuits or cake	22%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	20%
13 Ready Meals	18%
14 Takeaway hot food	14%
06 Fizzy Drinks	13%
05 Energy Drinks	9%
07 Diet Fizzy Drinks	9%
01 Fish	6%

Answer	Year 6
Consumed last 7 days	4-7 Days
09 Water	64%
03 Fresh Fruit	50%
04 Vegetables	50%
08 Milk	42%
10 Crisps	38%
12 Sweets, chocolate, chocolate bars	31%
11 Biscuits or cake	20%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	17%
13 Ready Meals	17%
06 Fizzy Drinks	14%
07 Diet Fizzy Drinks	11%
14 Takeaway hot food	11%
05 Energy Drinks	8%
01 Fish	7%

Answer	Year 8
Consumed last 7 days	4-7 Days
09 Water	61%
04 Vegetables	49%
03 Fresh Fruit	43%
08 Milk	36%
10 Crisps	30%
12 Sweets, chocolate, chocolate bars	26%
11 Biscuits or cake	19%
06 Fizzy Drinks	13%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	13%
07 Diet Fizzy Drinks	11%
13 Ready Meals	9%
05 Energy Drinks	7%
14 Takeaway hot food	7%
01 Fish	5%

Answer	Year 10
Consumed last 7 days	4-7 Days
09 Water	62%
04 Vegetables	50%
03 Fresh Fruit	41%
08 Milk	34%
10 Crisps	29%
12 Sweets, chocolate, chocolate bars	25%
11 Biscuits or cake	19%
06 Fizzy Drinks	13%
02 Sugar coated cereals (e.g. Coco Pops, Frosties)	12%
07 Diet Fizzy Drinks	11%
05 Energy Drinks	9%
14 Takeaway hot food	6%
13 Ready Meals	6%
01 Fish	5%