

Derbyshire Emotional Health & Well-being Survey for Year 8 pupils 2015

Final Report
(Ver 1.4)

Acknowledgements

This report has been produced by The Training Effect. We would like to thank all the schools that completed the survey, the staff who helped facilitate this process and all the young people who took part.

We would also like to thank Claire Jones and her colleagues at Derbyshire County Council for their support in relation to this project.

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1. Introduction

The aim of the 2015 Derbyshire emotional health and well-being survey was to provide insight into the experiences, behaviour and lives of young people currently in school year 8 (aged 12-13).

It was completed by 2,234 young people during the summer term at 22 schools across Derbyshire.

It included questions related to all aspects of young peoples lives including their experiences, their engagement in risk-taking behaviours, their relationships and how happy they are with their lives.

This wide ranging focus aimed to encapsulate as many factors as possible which contribute to emotional health and well-being.

2. Summary of Key Findings

- It is estimated that 11% of young people surveyed may be experiencing or at risk of emotional health difficulties.
 - The majority of young people are happy with their lives but 15% report a low sense of happiness.
 - The majority of young people report feeling 'Happy' or 'OK' on most days but 9% report feeling sad.
 - The majority of young people in Derbyshire are happy with their local area, the things they have and their friends.
 - A minority of young people in year 8 are already engaging in experimental /recreational smoking (15%) and drinking (42%)
 - Parents continue to be a key area of support for young people, 58% say they talk to their parents about things that bother them.
 - 25% of young people are taking risks on the Internet and 11% report that they have been pressured into sharing something online.
 - Bullying is reported by 20% of young people with appearance being the most likely reason for bullying.
 - Feeling pressure to do certain things, to look certain ways or to act in a certain manner is a concern for many young people.
 - 76% of young people feel that they and their peers are accepting of the use of negative and sexist language.
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3. Purpose of the Survey

Public Health commissioned the survey of all young people in year 8 across Derbyshire focussing on their emotional health and wellbeing and any resulting behaviour for a number of reasons:-

Currently, information about young peoples' thoughts and feelings in Derbyshire is fragmented, anecdotal or focuses on hospital admissions or those that have received support from specialist agencies. This is only capturing the 'tip of the iceberg.' In order to provide cost effective, successful interventions that ensure prevention and early intervention is possible, we need to be confident that we know what the concerns of young people actually are.

The survey will give baseline information to cover the whole of the County, giving a clear picture of what a large number of young people are concerned about and what behaviours they are engaged in. This is particularly important for those that are not known to any services currently, rather than information about a small number of young people engaging in the most serious behaviour. The last survey for all young people in a year group was Ofsted's Tell Us 4 survey which was undertaken in 2010.

By giving schools their own data and comparable data from across the County they can see where they have particular issues, allowing them to prioritise their pupil premium, focus on a specific area of concern with their young people and to allow early intervention.

Targeting of preventative and early intervention work allows more effective use of limited resources and allows young people to access the help and information they need to allay their concerns. This will help prevent young people's behaviour from escalating to that which needs specialist support services such as Child and Adolescent Mental Health Services, substance misuse support etc.

The support and expertise of school nurses, primary mental health workers and school pastoral staff etc. were used to ensure that young people were supported with any sensitive issues and concerns that the survey may raise.

Year 8 were chosen as a cohort as it was felt that they had already settled into secondary school, did not have the added pressure of GCSE exams and schools would be able to identify opportunities to talk about concerns before

young people were engaging in them, for example work on substance misuse.

4. Method

The survey was conducted using online survey software, this was chosen primarily for its ease of use and to effectively manage the potentially high number of returns anticipated as part of this project.

Paper based surveys were considered but rejected due to their high potential for error, the number of questions required and the relatively short project timeline.

The online surveys were designed using the Google Forms programme. This was selected for its high functionality and collaborative abilities, crucial for a project remotely managed outside of the commissioning authority.

The survey was completely anonymous requiring no log-in or identifying details. Each school was provided with a personalised web link giving access to the survey.

5. Survey Design

The survey was developed in collaboration between the provider and the authority. The survey aimed to gain insight into a wide range of factors that contribute to emotional health and well-being as well as engagement by young people in risk-taking behaviours.

Where possible validated questions were used enabling comparison of results in Derbyshire to other available datasets.

In addition the provider included survey questions it uses with year 8 pupils in other parts of the UK focused on the screening of risk-taking behaviours, the intended outcome being further comparative data.

The survey was divided into five distinct sections focused on different contributory elements affecting emotional health and well-being, these sections were:

My Experiences – This section included; risk-taking behaviours and use of the Internet

My School – This section included; experience of school, perception of the use of sexist language, bullying, relationships with adults and schoolwork

My Life – This section included; how the young person feels most days, anger, appearance, social pressures and satisfaction with multiple aspects of their life

My Community – This section included; how young people view their local area, if they feel safe in their local community and access to public transport

My Feelings – This section included; how young people feel about their future, aspirations, how trusting they are of others and self-efficacy.

The survey questions were further informed through consultations in local schools, focus groups were conducted at the Friesland School, Heritage High School and Hope Valley College. Young people had the opportunity to discuss their emotional health and well-being, their concerns and the questions they felt were most pertinent and insightful.

These discussions with young people directly influenced the design of the survey and survey questions.

6. Survey Questions

The survey questions can be found in appendix 1 at the end of this report.

7. Recruitment of Schools

All state secondary schools in Derbyshire were given access to the survey, no selection criteria for inclusion and completion was implemented as the main aim was to provide a snapshot of emotional health and well-being rather than to provide a more rigorous academic piece of work.

A significant amount of activities were conducted to ensure the highest number of schools took part in the project. This included:

- Email marketing to all schools
- Phone calls to all schools
- Promotion through social media
- Promotion through DCC communication channels
- Using current networks and opportunities to promote the survey

The high level of marketing activities significantly contributed to the high response level of schools completing the survey.

8. Number of Schools

A total of 21 schools took part in the survey; this represents 44% of all secondary schools in Derbyshire taking part in the project.

This is a very high participation rate for a survey of this nature, as a comparison the Leicestershire survey of children and young people 2012/13 had an engagement rate of 11% of secondary schools.

It should be noted however that not all of the participating 21 schools completed the survey with every young person in school year 8.

In addition, a very limited number of young people attending a Derbyshire support centre also completed the survey.

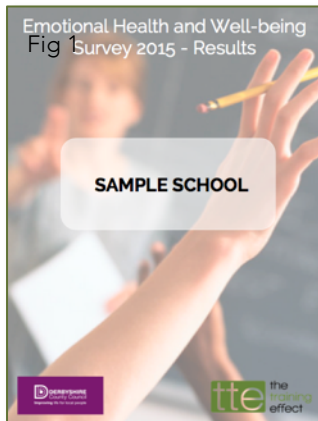
A list of participating school schools and maps containing number of responses and percentage of responses per school can be found in appendix 2 at the end of this report.

9. Number of Young People

A total of 2,234 young people attending a Derbyshire secondary school in year 8 completed the survey; this represents 27.32% of the population of Derbyshire based on the 2011 census data for 12 year olds.

The potential significant difference between the percentage of schools completing and percentage of the population completing the survey can be partially explained through; young people attending a non-state school, attendance at a school outside of Derbyshire, absence, home schooling and schools not completing the survey with every pupil in school year 8.

10. Reporting to Schools



Each participating school received a tailored report (Fig 1) highlighting their individual results.

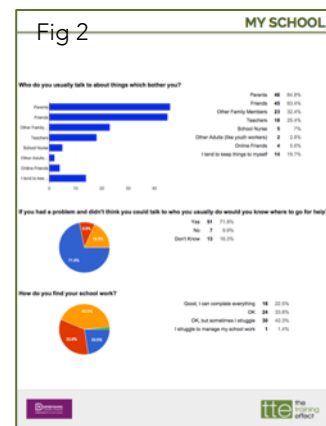
These were provided for schools regardless of whether they completed the survey with the entire target year group.

Results were provided for each question and presented in a graphical format (Fig 2).

Alongside the data for the individual school the reports contained the average for the question across all participating schools.

This average data was not broken down into district or individual school level; only the average for all schools was included in the school level report.

All participating schools received their tailored report before the end of the 2015 summer term.



Alongside the survey data schools were also provided with simple social norms resources (Fig 3) that could be used with participating students. Examples of these resources can be found in appendix 3 at the end of this report.

These resources included detailed explainers for schools in relation to their use, and a selection of completed

poster templates.

The intended outcome being the promotion of positive social norms drawn from the survey results where these exist. An example of this is the highly positive social norm discovered in relation to smoking, 85% of young people surveyed have never tried a cigarette.

Schools will be contacted again in October 2015 to further discuss the use of these resources and how they can be tailored and used most effectively in their school.

11. Survey Results

The following survey results are presented in each of the six sections that were presented to young people completing the survey. Some minor rounding of the percentages has occurred due to presenting the data in a coherent format within the charts.

Explainers for each question are given where relevant and comparison figures included where these are available.

Gender

The survey was split evenly between males (50.65%) and females (49.35%)

Ethnicity

The full breakdown of self reported ethnic group is included in table 1 below.

Table 1: Breakdown of participant's ethnicity

Ethnicity	Percentage
White British	91.6
White Irish	1.4
Gypsy or Irish Traveller	0.69
Any other white background	1.22
White and Black Caribbean	1.18
White and Black African	0.37
White and Asian	0.76
Any other mixed / multiple ethnic background	0.34
Indian	0.36
Pakistani	0.09
Bangladeshi	0.05
Chinese	0.18
Any other Asian background	0.12
African	0.15
Caribbean	0.17
Any other black / African / Caribbean background	0.19
Arab	0.13
Any other ethnic group	0.97

Section 1: My Experiences

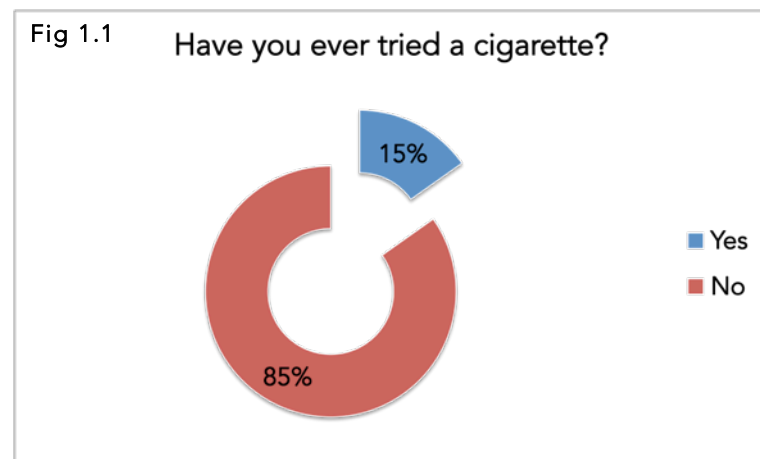
The first section of the survey was concerned with the experiences of young people. In the main this section consisted of questions related to their own engagement in behaviours which are considered 'risky' or have the potential for risk.

The purpose of this section was to collect data related to a range of behaviours that may potentially contribute to poor emotional health and well-being. This impact may be direct, such as the potential impact of drugs or alcohol on emotional health, or secondary, such as the impact on emotional health through problematic use of the Internet.

My Experiences: Drugs and Alcohol

Young people were asked several questions related to their own use of both legal and illegal drugs.

These questions are seen as particularly important as they provide insight into early risk-taking behaviour, and the use of alcohol and drugs has a well-established impact on emotional health and well-being.



We found that **15%** of young people report that they have tried a cigarette. This does not mean that all of these young people are smokers; rather it represents those young people who have engaged in this risk-behaviour.

The risks of smoking extend across multiple domains. Young people experimenting with cigarettes, at this relatively young age, may be exposed to further risks in obtaining cigarettes or permissible norms. These may include community or social risk factors such as older peers or permissive behaviour within their families.

The rate of young people having tried a cigarette is lower than the observed figure nationally for 12 and 13 year olds, with the Smoking, Drinking and

Drug Use Amongst Young People, 2014 survey finding that 20% have ever smoked.¹

The smoking rate for 15 year olds in Derbyshire for comparison is 5.9% of boys and 10.3% of girls.²

Even though this data is higher; a very significant majority of young people in school year 8 in Derbyshire have not tried smoking cigarettes.

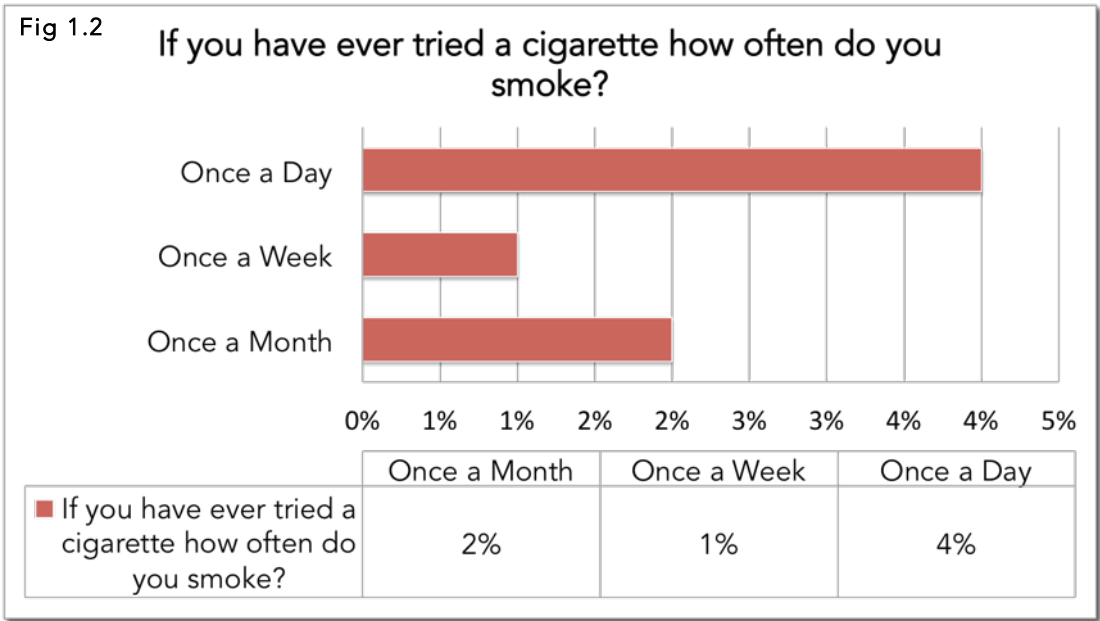


Fig 1.2 above highlights those young people that can be presumed to be current smokers; the definition of current smokers is the combined number of occasional (smoking less than one cigarette a week) and regular smokers (smoking at least one cigarette per week). Combined the figures above may indicate a current smoking population within the cohort of **7%**.

The highly addictive nature of nicotine is evident even at this age with the majority of young people who currently smoke doing so everyday.

¹ Smoking, Drinking and Drug Use Amongst Young People, HSCIC, 2014

² What about YOUTh? Survey 2014, HSCIC

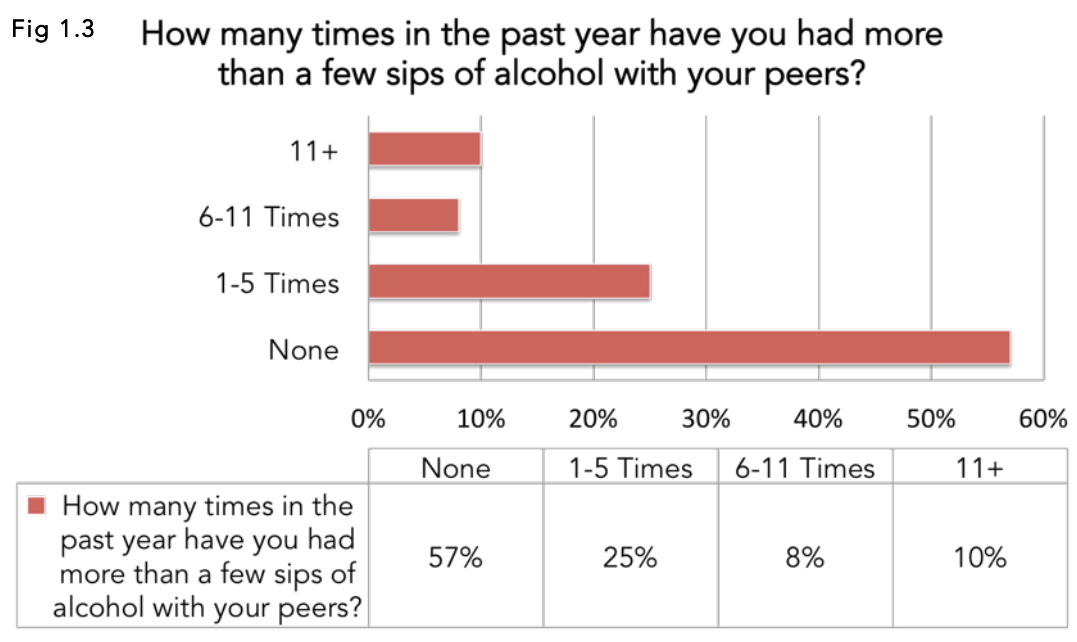
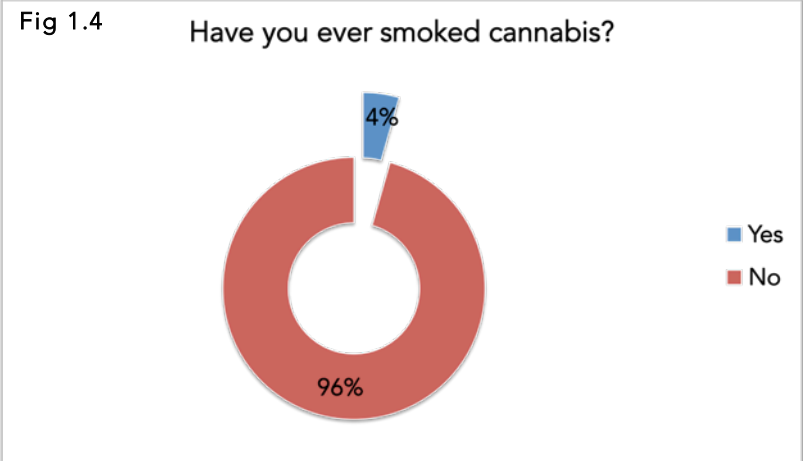


Fig 1.3 shows that just over half of young people in Derbyshire, **57%** have not drunk alcohol with their peers. Of those that have drunk alcohol **25%** report only having a few sips of alcohol 1-5 times with peers over the past year.

However nearly **8%** of young people report that they have drunk alcohol with peers more than six times in the past year and **10%** of young people have drunk alcohol with peers on more than eleven occasions.

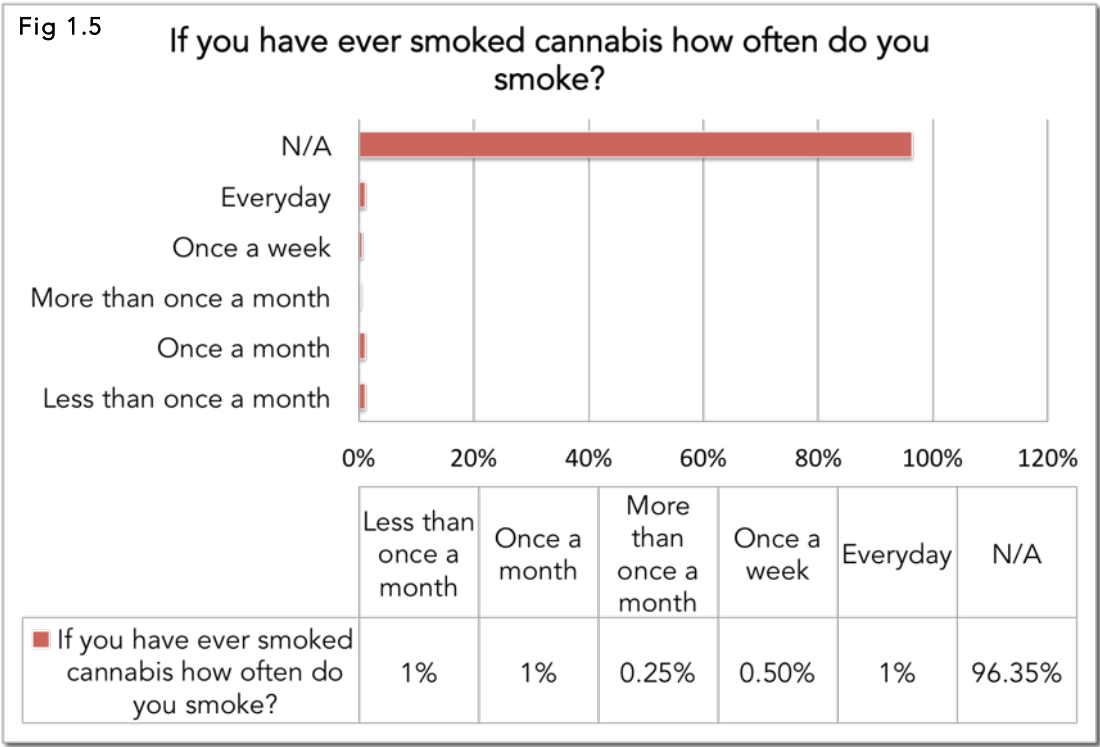
This does not mean that these young people have necessarily been drunk or drunk large quantities of alcohol but it does indicate that many young people are beginning to experiment with alcohol at a young age.

The national Smoking, Drinking and Drug Use Amongst Young People, 2014 survey found that 83% of 12 year olds and 72% of 13 year olds reported that they had never had a drink³. As this survey was completed with both 12 and 13 year old young people the figure for comparison is 45% of young people not drinking, slightly lower than the observed figure in Derbyshire.¹



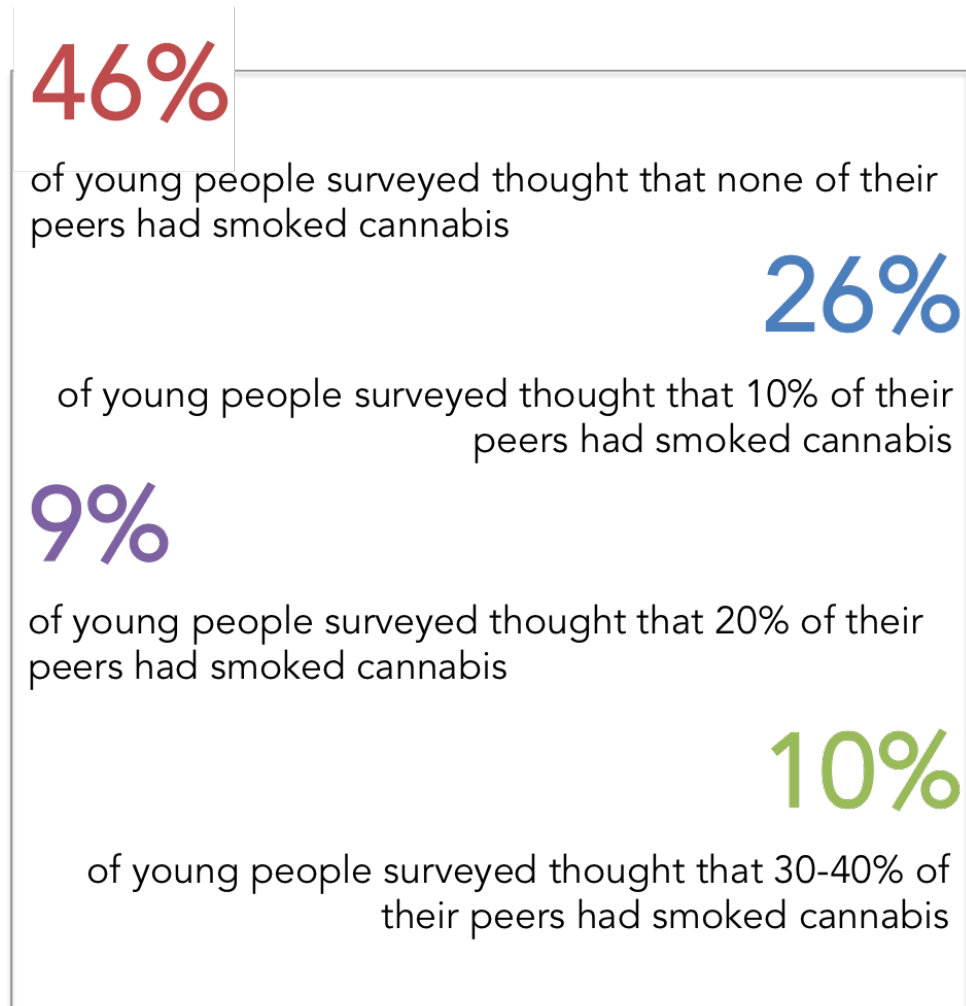
The overwhelming majority of young people completing the survey have never smoked cannabis, with only **4%** of young people reporting they had tried it.

Young people were also asked how often they smoked cannabis. Fig 1.5 demonstrates consistency with Fig 1.4, the number of young people who have ever smoked cannabis and the number reporting frequency of use correlating strongly. This indicates confidence that young people have been honest in their answers to this question.



Of those young people who are smoking cannabis **1%** are smoking cannabis everyday.

Just over half of young people surveyed, overestimated the number of peers their own age who had smoked cannabis:



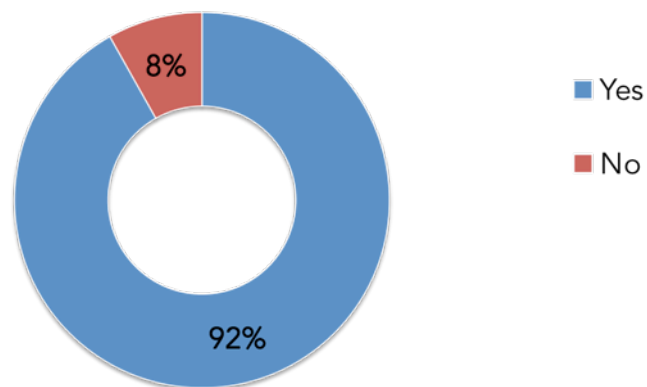
In addition a further 6% of young people estimated that 50% or more of their peers had smoked cannabis.

This demonstrates that young people overestimate engagement in cannabis smoking. Further support to schools to challenge these perceived social norms should be considered.

My Experiences: Use of the Internet

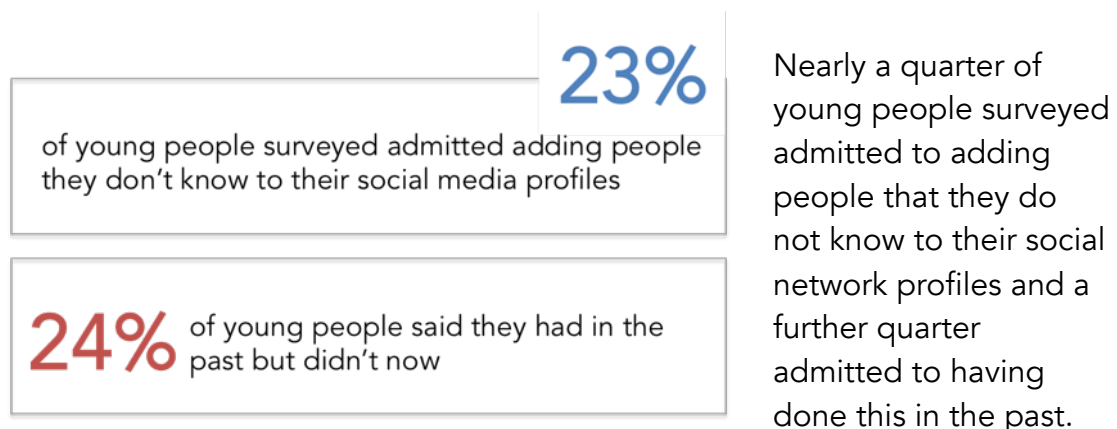
Fig 1.6

Do you have social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc)



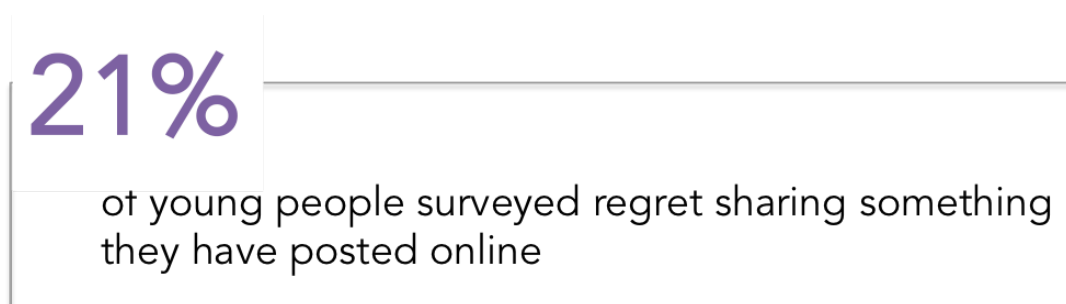
The majority of young people have a social network profile (Fig 1.6).

However, 8% of young people surveyed reported that they do not currently use a social network profile.

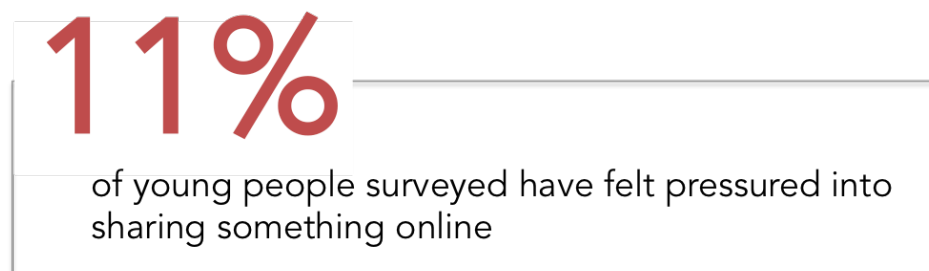


It is clear that by school year 8 some young people are already taking risks online. While these posts may not have been particularly explicit or potentially harmful they represent behaviour contrary to accepted information and advice related to staying safe.

These messages are well established throughout Personal Social Health Education and begin during primary school. Even when these messages are received and understood by young people other competing factors, such as peers, impact on the decision making of young people in relation to their use of the internet.



A minority of young people report regretting sharing information online and a smaller number report that they have felt pressured to share.



Some further insight as to whether the young people experiencing this pressure find that it comes from themselves, in terms of expectations on their behaviour, or is it more overt pressure from their peers, could potentially be useful.

This additional data could help identify the exact pressures which influence online risk-taking and assist in the design and implementation of effective educational programmes and resources.

Section 2: My School

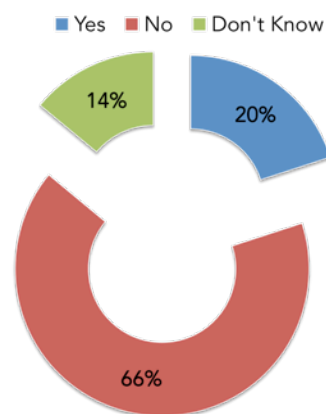
The second section of the survey was concerned with young people's experience of school.

This section consisted of questions related to their experience of school, how they feel about school, how safe they feel in school, schoolwork and questions related to bullying and the use of sexist language.

The purpose of this section was to collect data related to multiple factors that may influence how young people view their education and social life within the school environment.

My School: Bullying

Fig 2.1 Have you been bullied in the past 2 months?

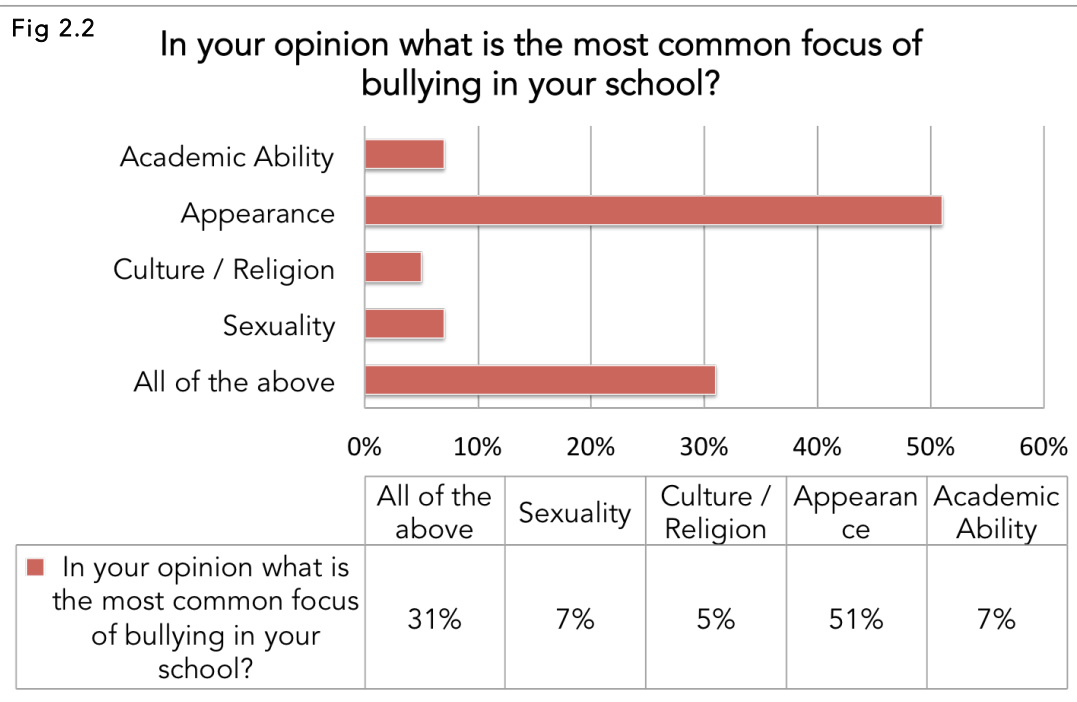


Young people were asked about their experiences of bullying over the past 2 months.

20% of young people reported that they had been bullied over the preceding 2-month period.

An interesting finding in relation to bullying within schools is that **14%** of young people answered they **Don't Know** if they have suffered bullying.

This may indicate a possible need for further educational work with young people in relation to appropriate behaviours and what constitutes bullying within their own peer groups and school communities.



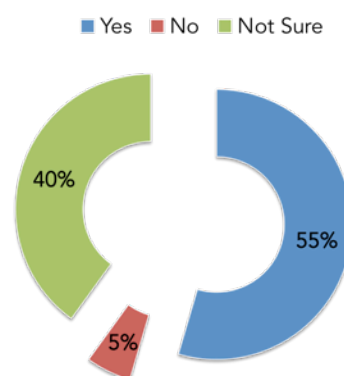
Young people were asked what they felt was the most common focus of bullying within their schools. Just over half felt that appearance was the most common focus.

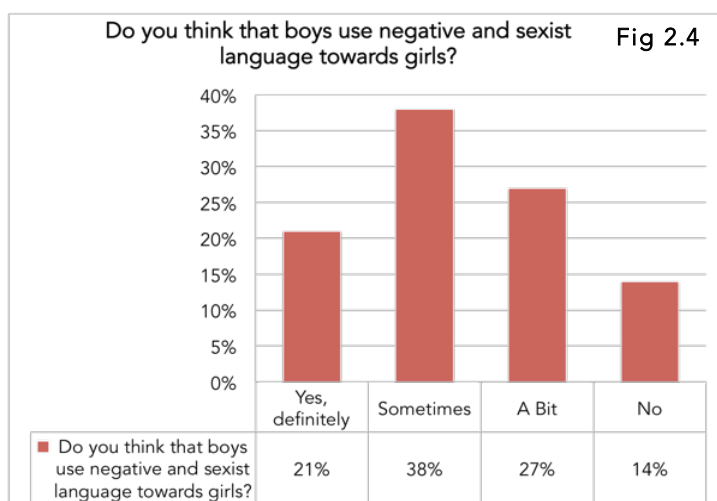
Whilst a very low figure, the second highest individual bullying focus was sexuality indicating that educational provision within PSHE and across school communities generally focused on Lesbian, Gay, Bisexual and Transgender (LGBT) issues may be beneficial.

A positive finding is that a majority of young people, **55%**, would take action if they saw someone was being bullied.

Only **5%** of young people felt they would not take action.

Fig 2.3 Would you take action if you saw someone was being bullied?





Just over **14%** of young people feel that boys do not use negative and sexist language towards girls.

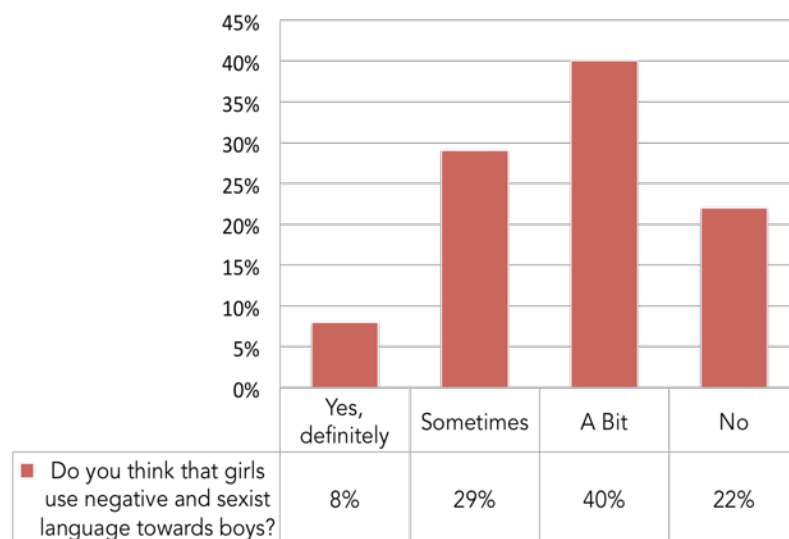
This is consistent with several other surveys related to the use of sexist language and highlights concerns in relation to the use of misogynistic and sexist

language observed in the Girls Attitude Survey, Girlguiding UK, 2014⁴

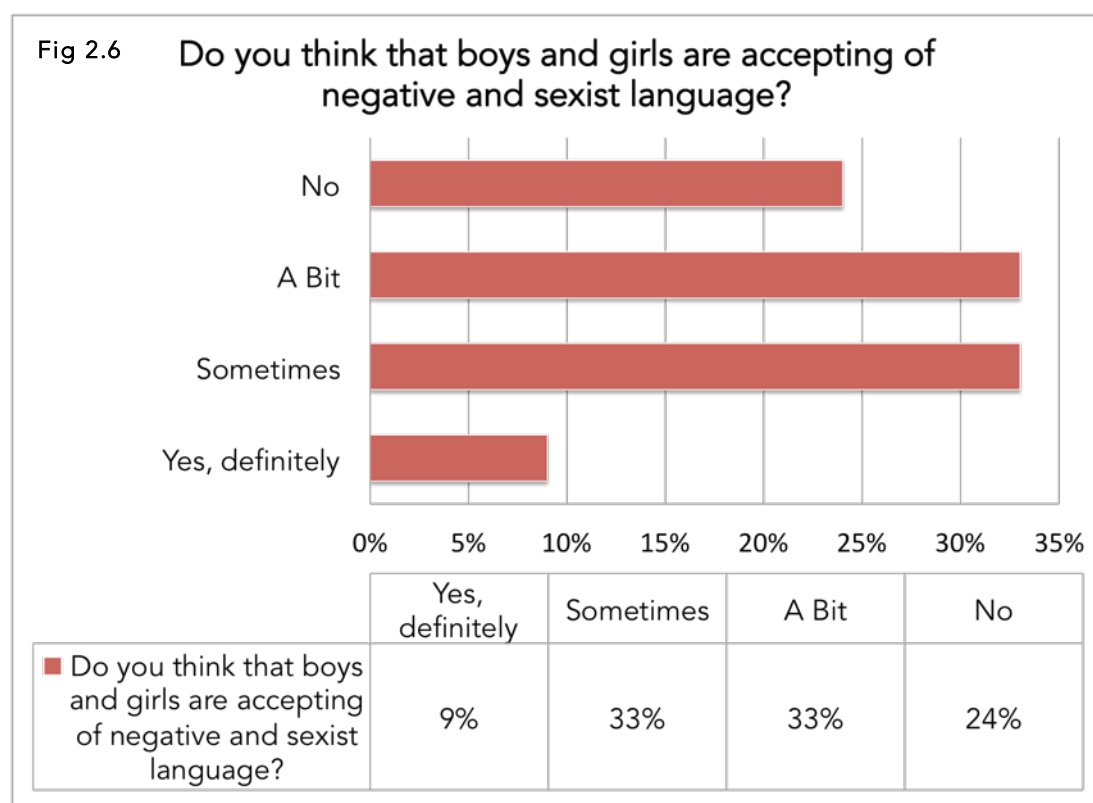
22.2% of young people feel that girls do not use negative and sexist language towards boys.

A trend is observed in the chart to the right which contrasts with the previous question, that while girls may use negative and sexist language towards boys the perception of its use is that it is not as widespread or socially accepted as it is amongst boys.

Fig 2.5 Do you think that girls use negative and sexist language towards boys?



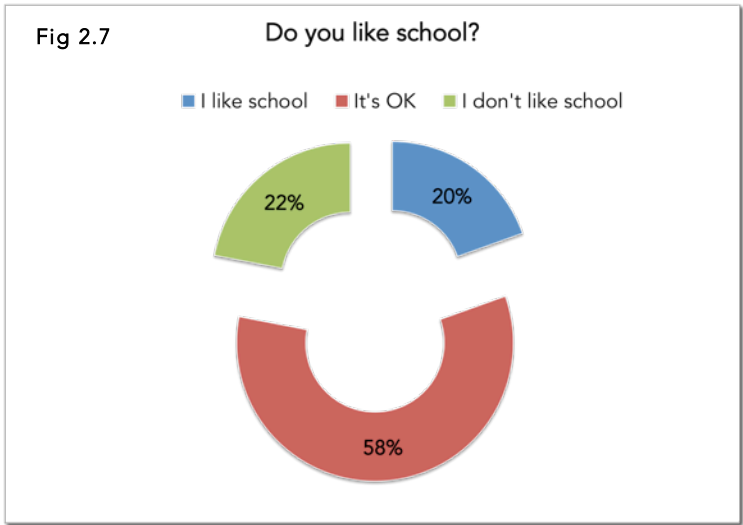
⁴ Girls Attitudes Survey, Girl Guiding UK, 2014, Everyday Sexism



The majority of young people feel that they and their peers are accepting of negative and sexist language, with **76%** of young people believing that people their age accept this behaviour to some degree.

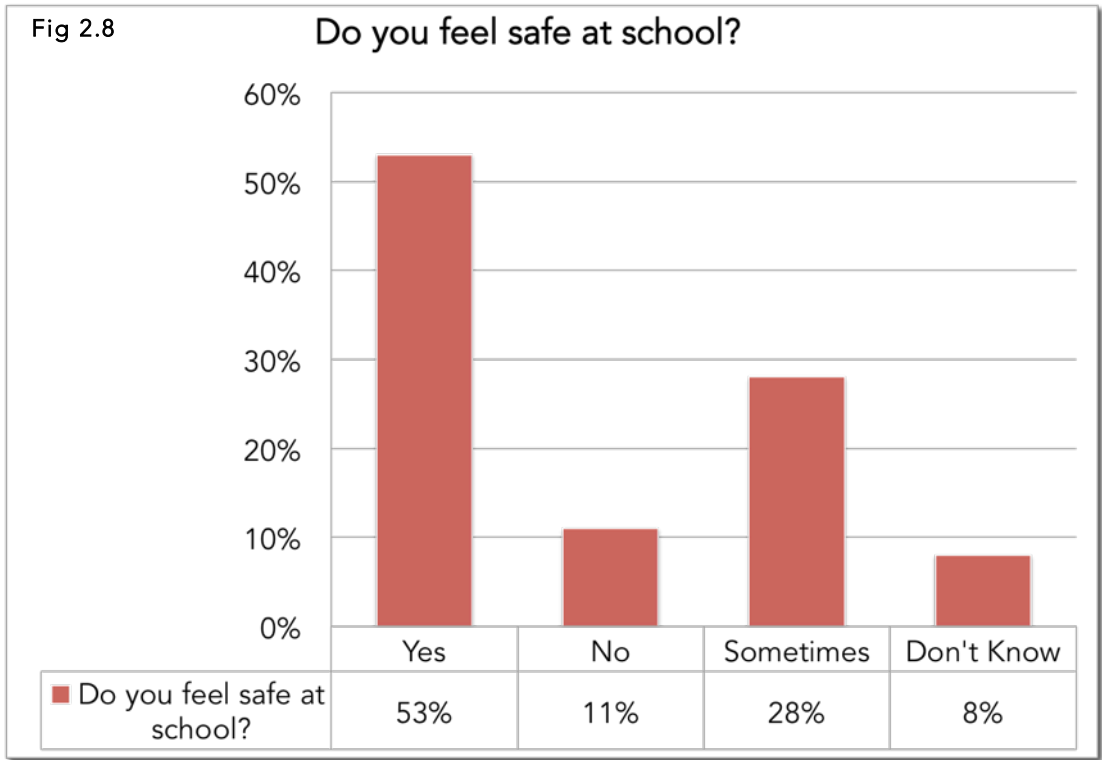
The acceptance of this behaviour and its normalisation amongst young people may explain increases in the use of such language and the seemingly widespread nature of its use. The impact of this negative and sexist language on young people's self esteem and emotional well-being is not currently known.

My School: Experience of School and Seeking Support



The majority of young people like their school or think that it is OK.

22% of young people surveyed indicated that they do not like school.



Young people were also asked whether they felt safe at school. A slight majority of young people **53%** indicated that they felt safe at school with an additional **28%** indicating that they felt safe sometimes.

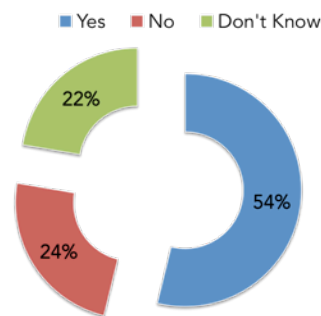
11% of young people indicated that they did not feel safe.

A majority of young people report that they find it easy to talk to parents /carers or trusted adults about things which bother them.

However a quarter of young people do not find it easy to talk about things that bother them

and **22%** of young people report that they do not know. This suggests the majority of young people across Derbyshire are not able or confident to seek the support, help and advice that they may need.

Fig 2.9 Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?



61%

of young people surveyed usually talk to their friends about things which bother them

58%

of young people usually talk to their parents about things which bother them

30%

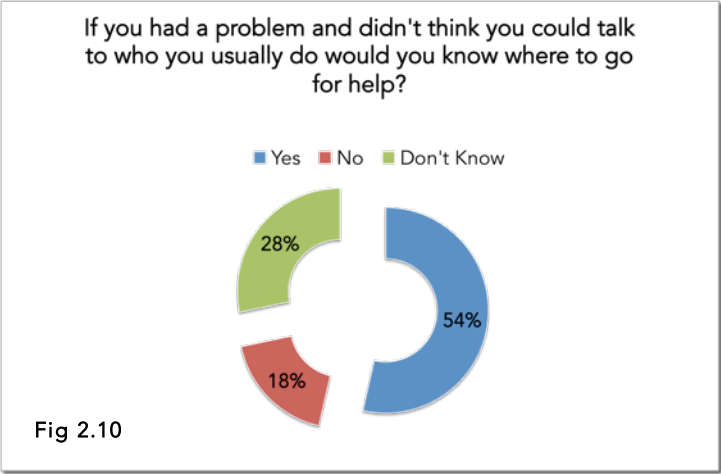
of young people surveyed usually keep things to themselves

The above question was offered as a multiple choice option meaning that young people could select several options in relation to who they usually speak to when they need help or advice.

Parents remain a key source of help and advice for young people entering adolescence with **58%** of young people reporting that they usually talk to their parents about things that bother them.

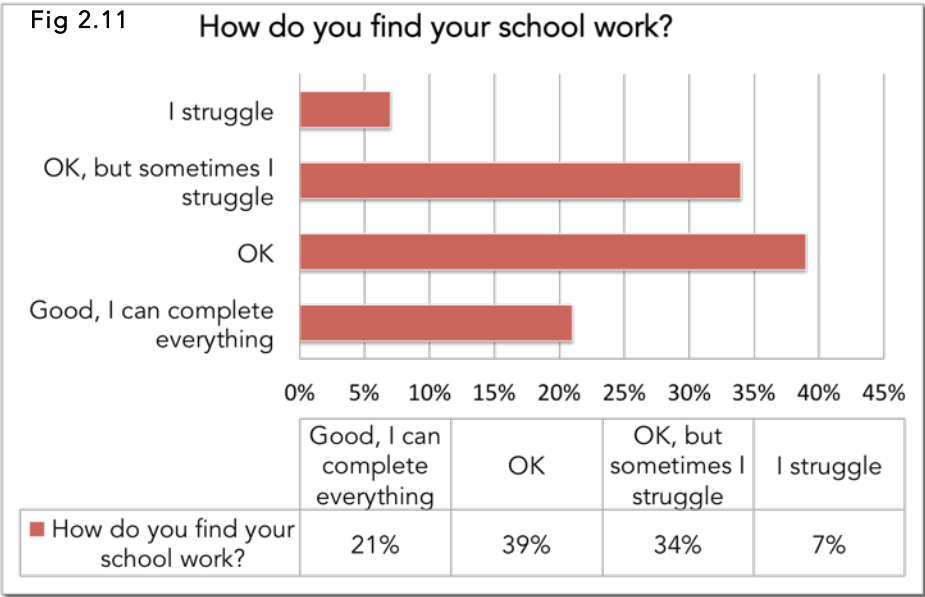
Friends are a significant source of help and advice for young people of this age, with young people reporting they talk to friends as the highest recorded option.

Some consistency with the previous question may have been observed with a broadly similar number of young people reporting they don't find it easy to talk about things that bother them and those that said they usually keep things to themselves.



Whilst a majority of young people report that they know where they could access support, nearly half are either not aware or not sure of where help and advice can be accessed locally.

Thought should be given to how schools and other services can ensure that all young people are aware of the range of support on offer for a range of issues.



A small but potentially significant number of young people, **7%**, report that they struggle with their schoolwork.

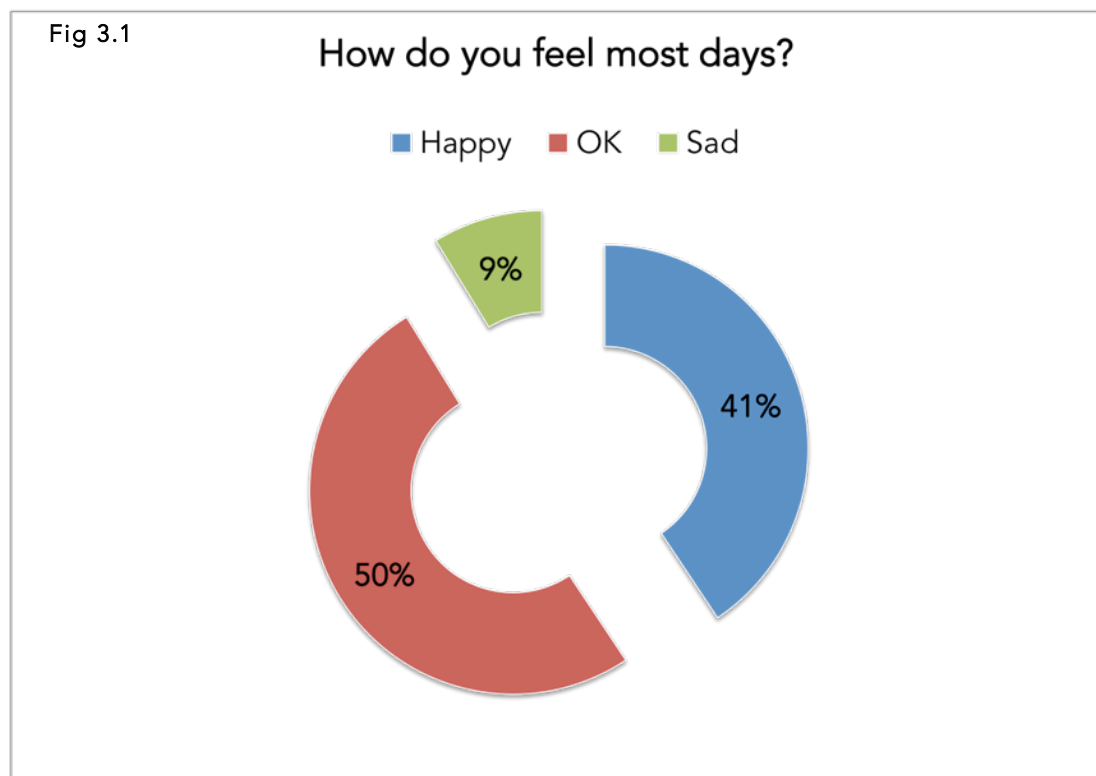
Section 3: My Life

The third section of the survey was concerned with young people's own lives.

This section consisted of questions related to their own emotional health and well-being, how satisfied they were with their own lives, social pressure and engagement in outside activities.

The purpose of this section was to ask young people specific questions around their own lives, emotional health and how they perceive the pressure exerted on them by others.

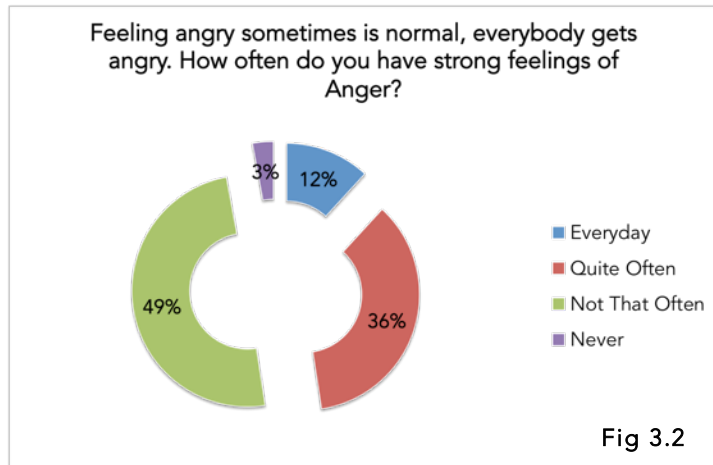
My Life: Emotional Health and Social Pressure



Of the young people surveyed **9%** report feeling sad most days.

The figure above broadly correlates with data from the Office of National Statistics, 10% of children in Great Britain aged between 5 and 16 have a mental health problem, with 4% of children suffering from an emotional disorder such as anxiety or depression.

This figure may indicate mild and emerging emotional health concerns for this minority of young people.



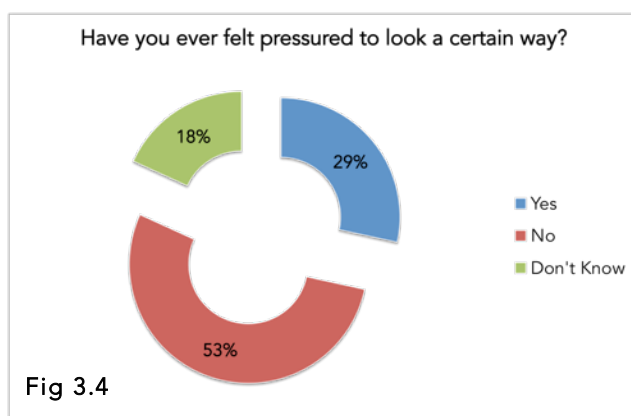
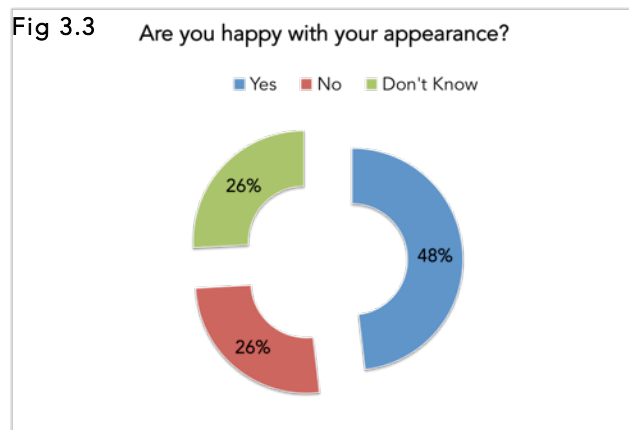
12% of young people surveyed report experiencing strong feelings of anger everyday of their lives.

These feelings may be due to challenges and problems in their lives and may be negatively impacting on their

emotional health and well-being. There may also be a negative effect on their friends and peers.

26% of young people surveyed report that they are not happy with their appearance, a further **26%** report that they don't know.

However nearly half of young surveyed report that they are happy with the way they look.



There maybe a correlation between the numbers of young people reporting they are not happy with their appearance (26%) and those that report feeling pressured to look a certain way, **29%**.

The majority of young people report that they can always or sometimes express themselves in the way they want to.

Being able to express your emotions and feelings, personality and preferences are important social and emotional skills. Not being able to express your

feelings, personality and preferences not only impacts on emotional health in childhood but has been linked to poorer outcomes in adulthood, predominately affecting life satisfaction, income and wellbeing⁵.

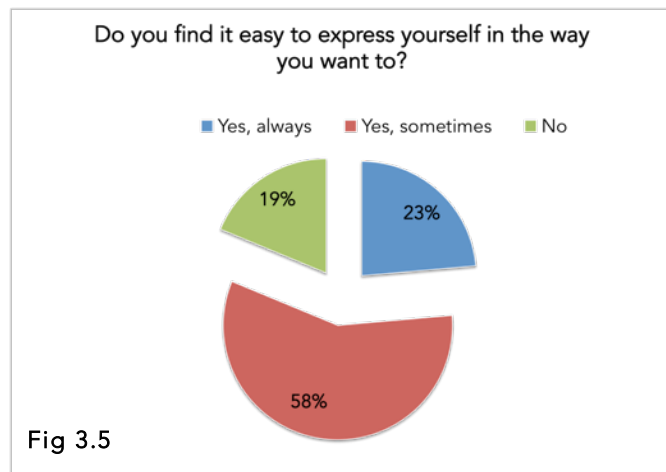


Fig 3.5 shows that **19%** of young people report that they cannot express themselves in the way they would like. This may indicate a minority of young people experiencing or at risk of poor social and emotional skills.

Young people surveyed report that they do feel pressure in their lives, predominately this pressure is to do certain things.

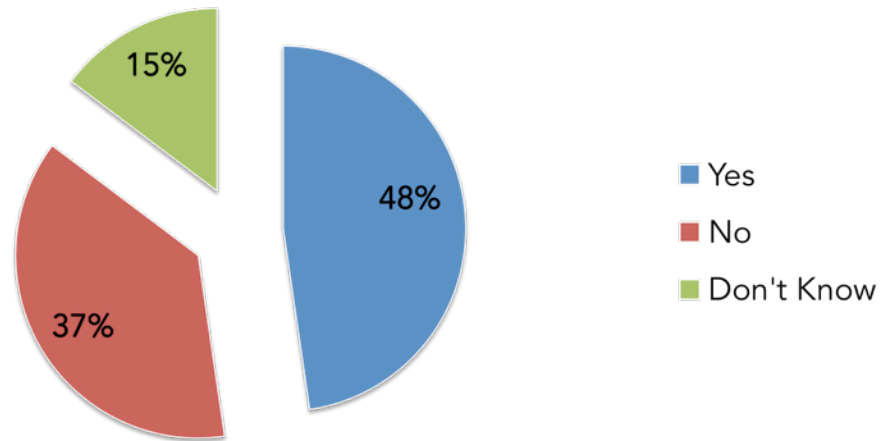
31% of young people surveyed say the highest pressure they feel is to do certain things.

41% of young people surveyed said they didn't feel pressure

⁵ Social and emotional skills in childhood and their long-term effects on adult life, Early Intervention Foundation, Goodman et al, 2015

Fig 3.6

Do you have responsibilities at home to care for people? This could be parents, younger brothers or sisters or older relatives.



A significant number of young people report having caring responsibilities at home. The question asked was broad in its scope and this figure does not necessarily represent the number of young people in Derbyshire who could be considered 'Young Carers' using the accepted definition.

Some further survey work to identify exactly what are the caring responsibilities of young people in Derbyshire could be useful but was outside the scope of this project.

Fig 3.7

How happy are you with your life?

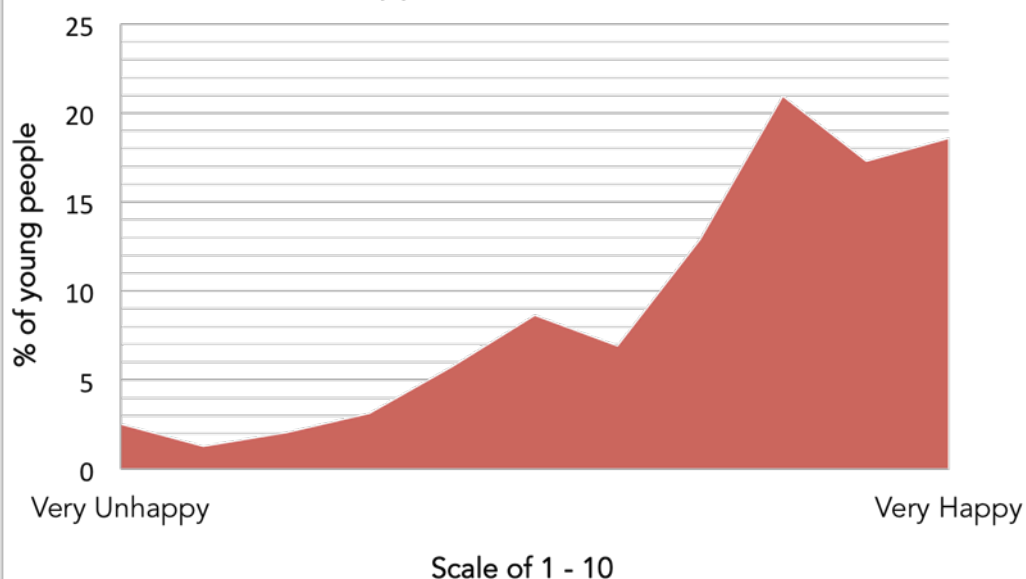
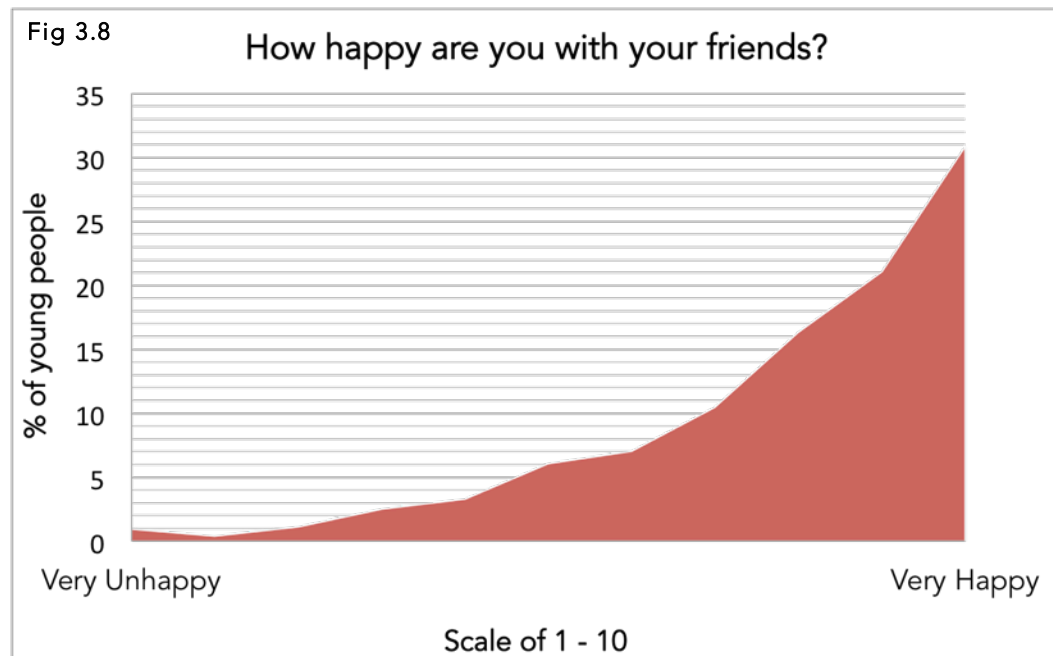


Fig 3.7 shows how young people responded when asked, rate their happiness with their lives on a scale of 1-10.

The majority of young people rate their happiness with their lives in a positive manner.



Similarly Fig 3.8 shows that the majority of young people surveyed are happy with their friends, with the percentage of young people who are not happy with their peer relationships being very low.

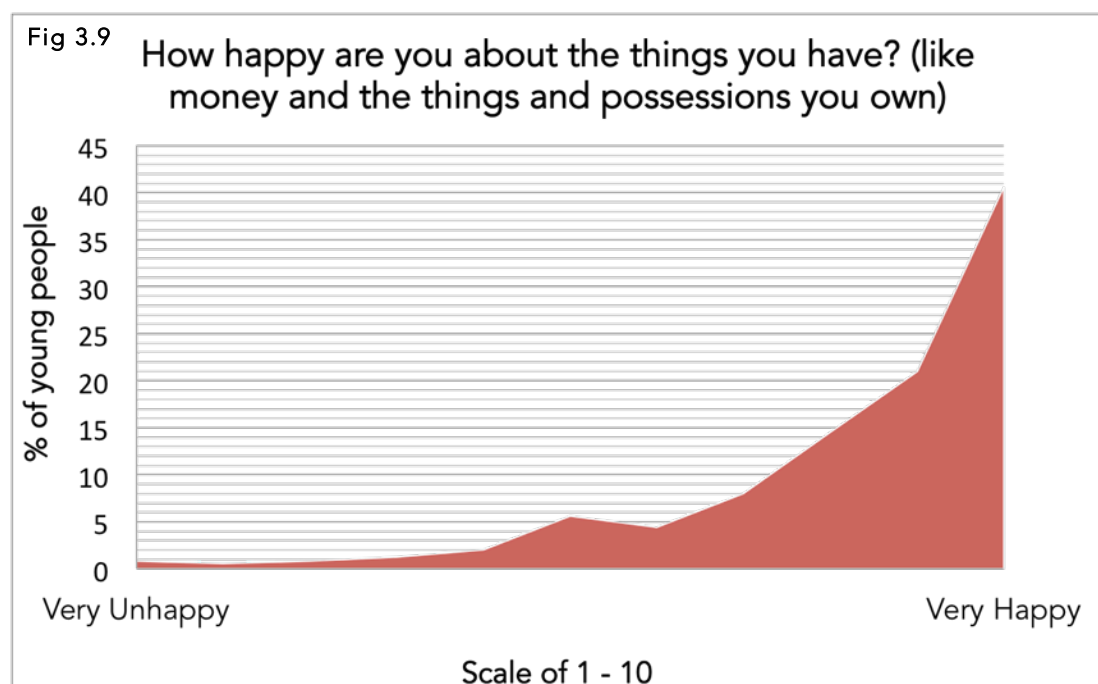
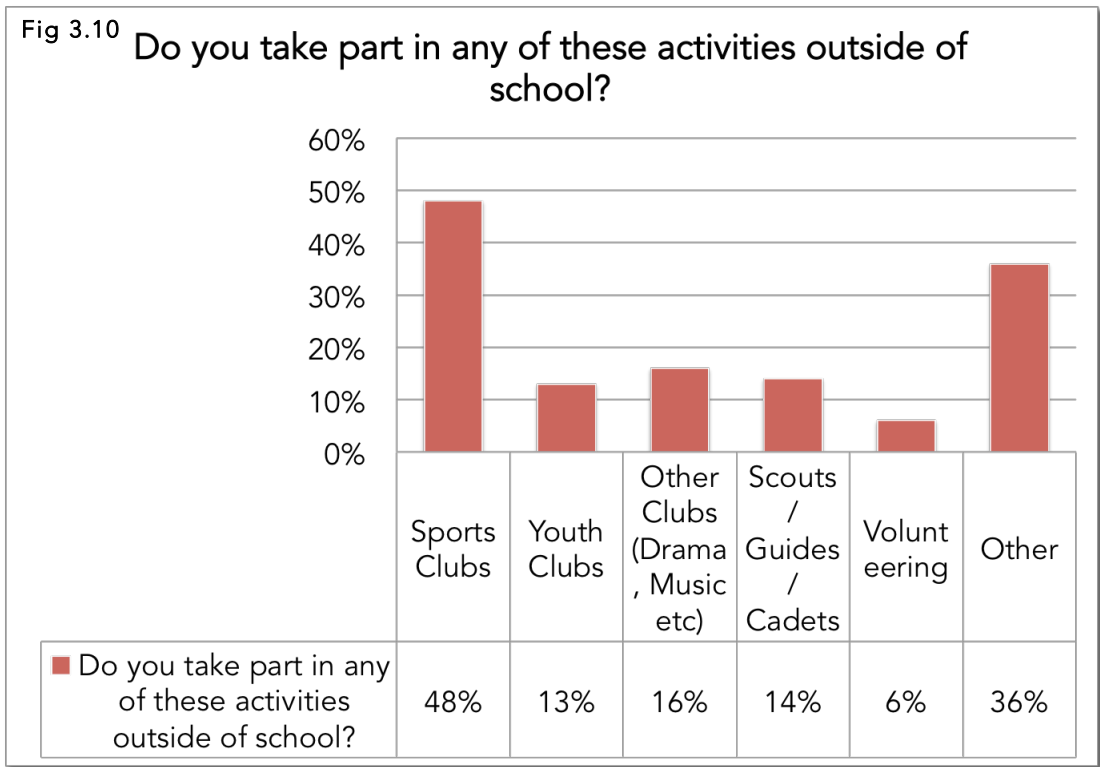


Fig 3.9 above shows that, the majority of young people in Derbyshire are happy with the things they have.



Young people in Derbyshire are clearly engaging in outside activities at a high rate. Participating in additional activities can increase emotional health and build up additional networks of support. There is also a strong link between physical activity and increase in emotional well-being.

Surveying of other year groups may be beneficial to see if engagement reduces as young people mature.

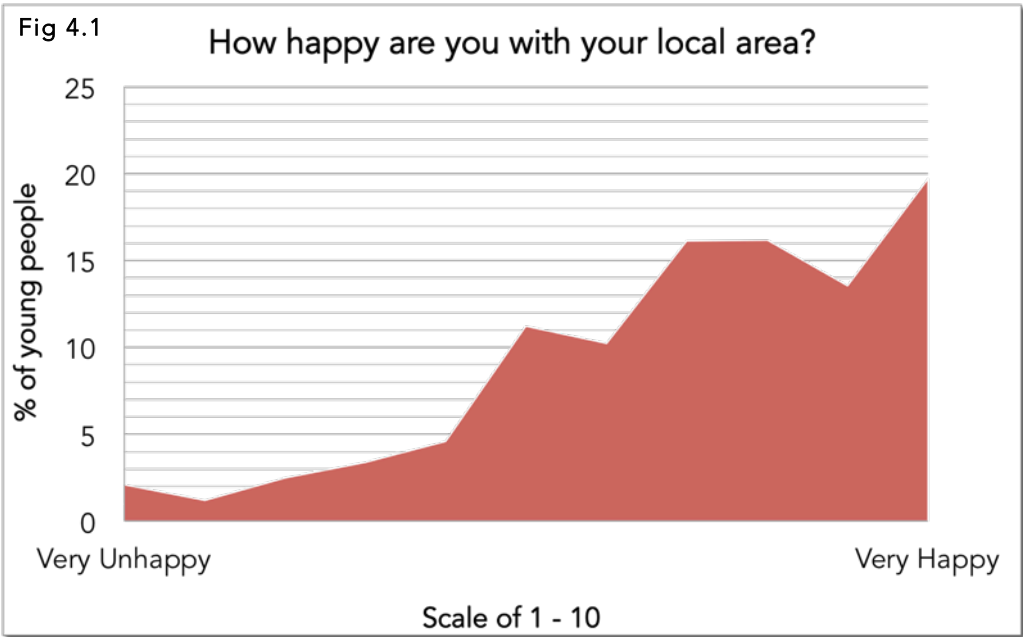
Section 4: My Community

The fourth section of the survey was concerned with young people’s opinion of the communities in which they live.

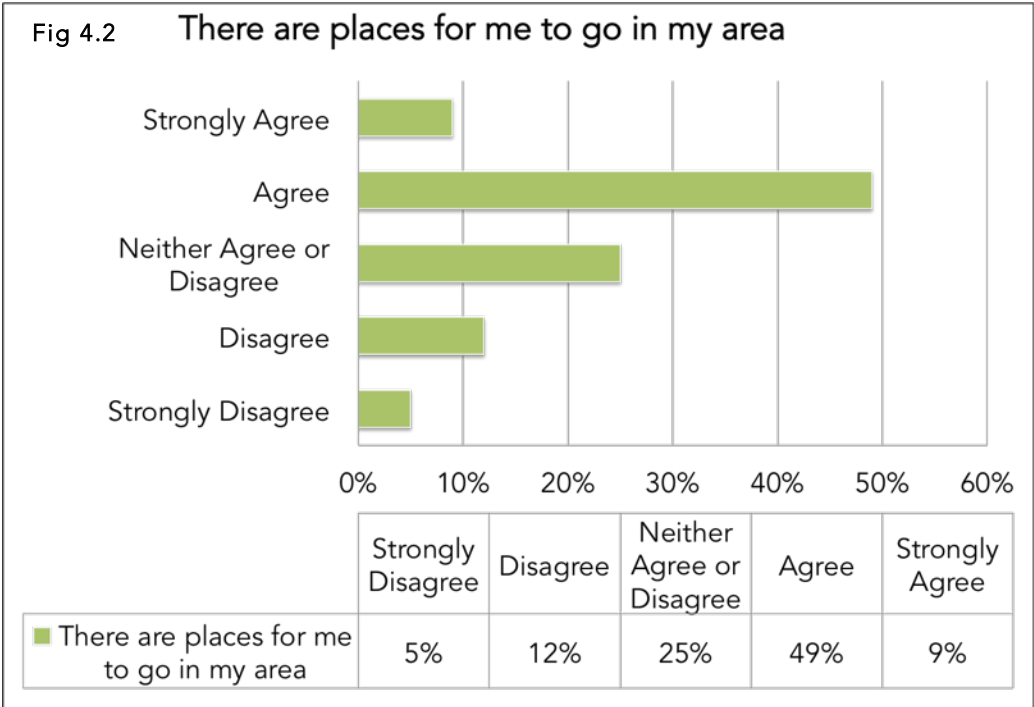
This section consisted of questions related to their satisfaction of their local area, opportunities available to them in the community, how safe they felt and access to public transport.

The purpose of this section was to gain insight related to the communities in which young people live and their perception of the activities and opportunities available to them.

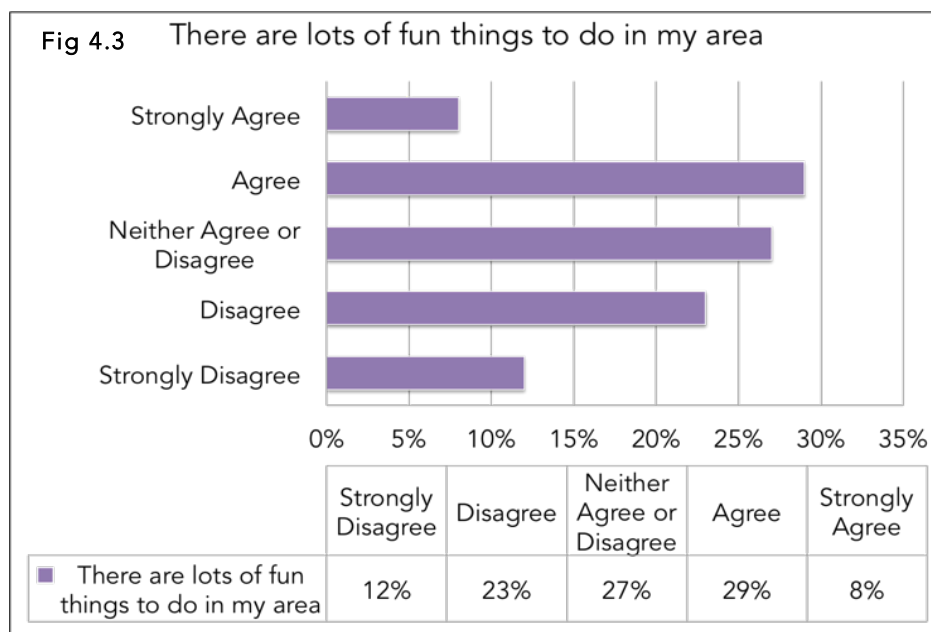
My Community: Local Area



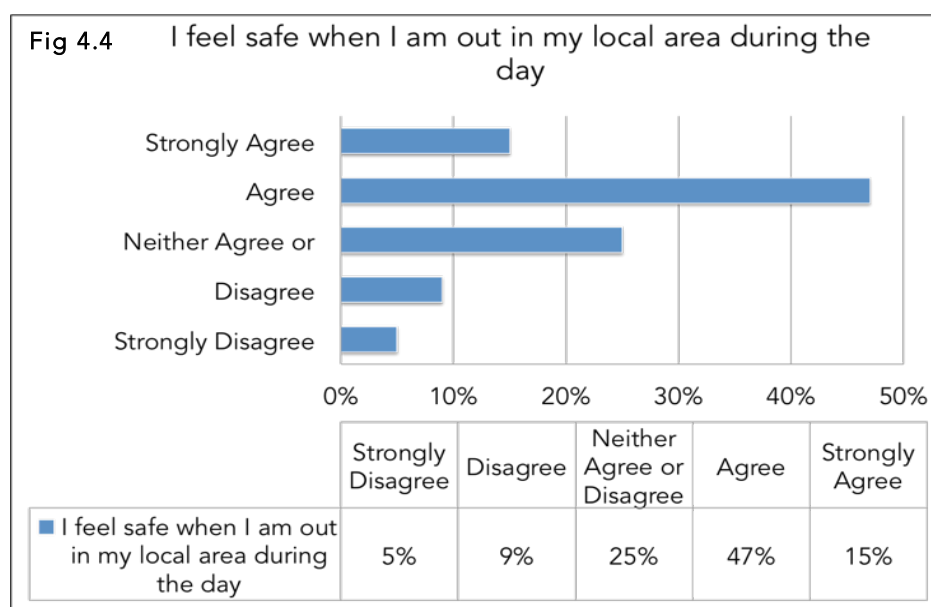
The majority of young people report being happy or very happy with their local area, surveying other year groups may be beneficial for comparison and to see if this changes with age.



The majority of young people agree or strongly agree that there are places for them to go in their local area.

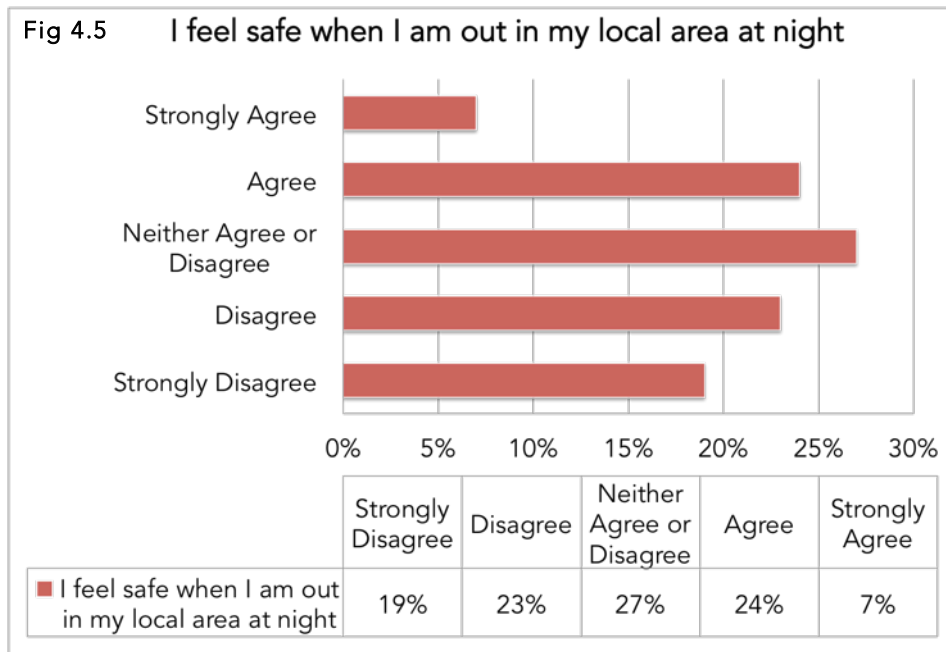


When asked if there are fun things to do in their local area the number of young people who agree or strongly agree reduces by **20%** from the previous question.



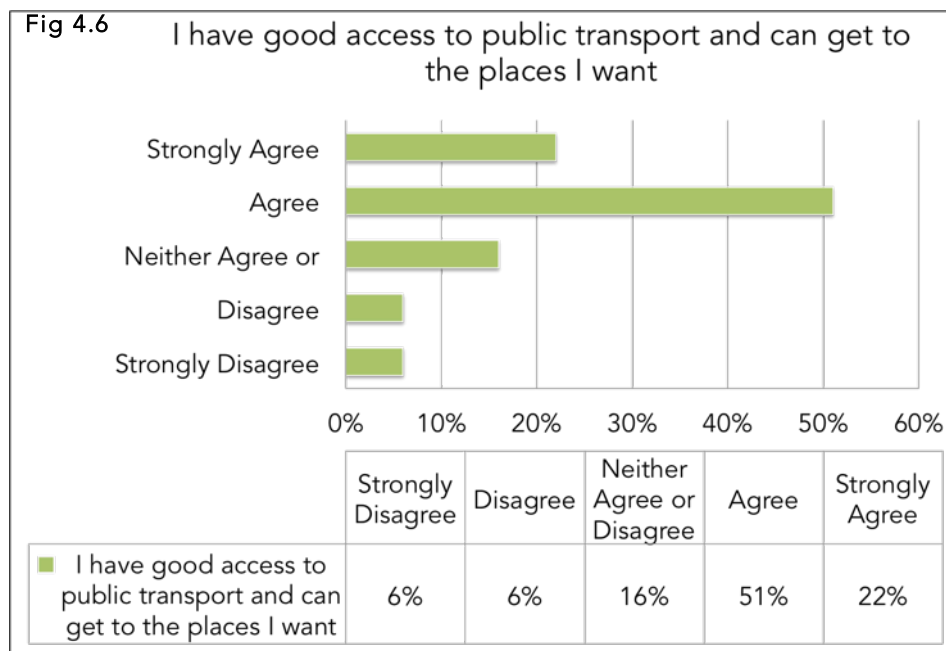
Feeling safe in your local community is a key aspect of well-being; the majority of young people surveyed feel safe during the day in their communities. Data available locally from 2011 shows that **91%** of adults felt safe in their local area during the day.⁶

⁶ Derbyshire Observatory, 2011



Young people's feelings of safety are reduced when young people are asked about their local communities at night.

Over **42%** of young people report that they feel unsafe in their local area at night, this correlates strongly with available data for adults, where **36%** report feeling unsafe at night.⁶



The majority of young people surveyed agree or strongly agree that they have good access to public transport.

Section 5: My Feelings

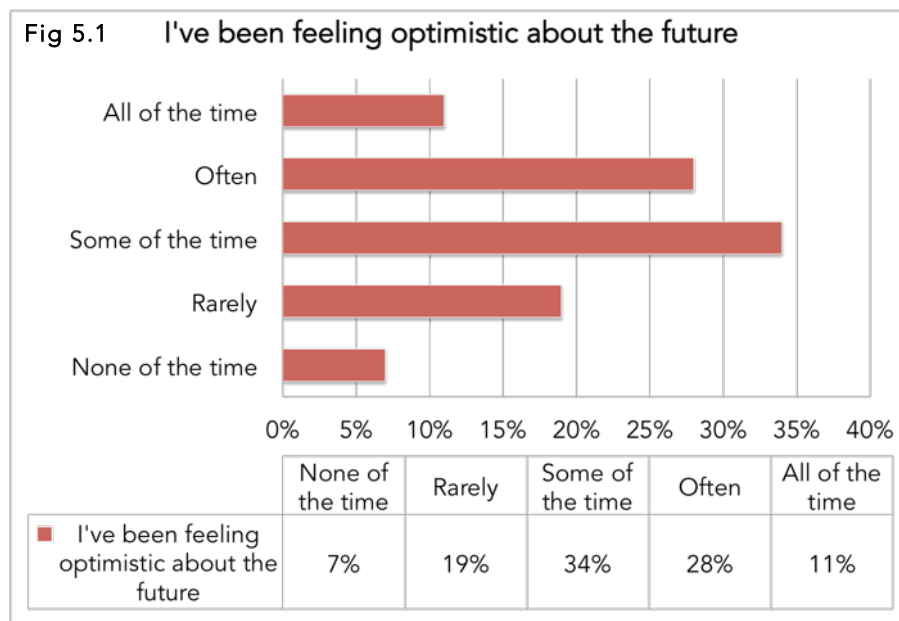
The fifth and final section of the survey was concerned with young people's feelings and perception of factors affecting their aspirations and self-efficacy.

This section consisted of questions related to their feelings of positivity towards their own futures, how trusting they were of others and their ability to make changes to their own lives.

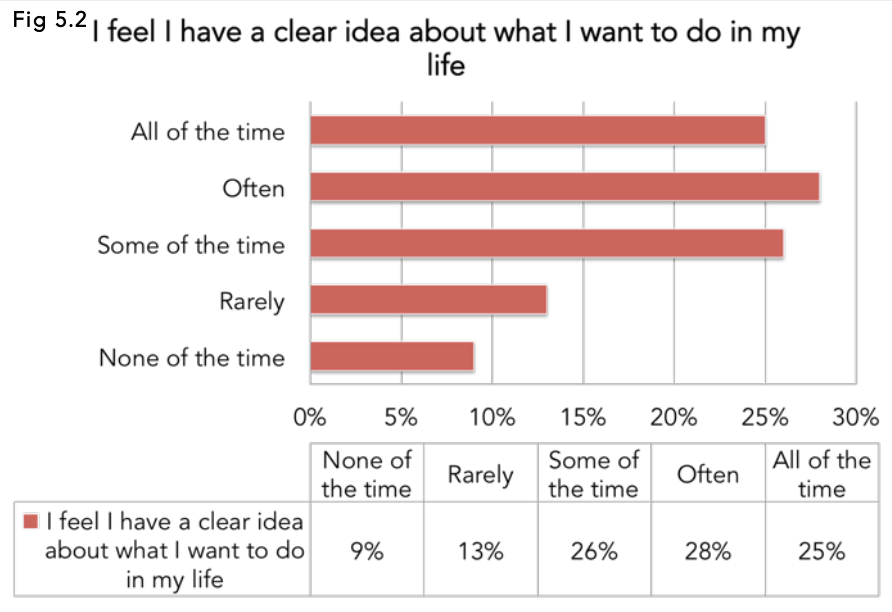
The purpose of this section was to gain insight into the aspirations of young people a key element of personal emotional well-being.

My Feelings: The Future

Whilst many young people in Derbyshire are feeling optimistic about their futures for at least some of the time, **over 25%** of young people report never or rarely feeling optimistic about their futures.



A correlation may exist between those young people reporting that they do not feel optimistic about their futures and those who do not have a clear idea about what they want to do with their lives.



Young people seem to neither agree or disagree with the statement asked in Fig 5.3 with a slight bias towards 'most people can be trusted'. This question attempts to give insight into how young people view the world and their own personal outlook.

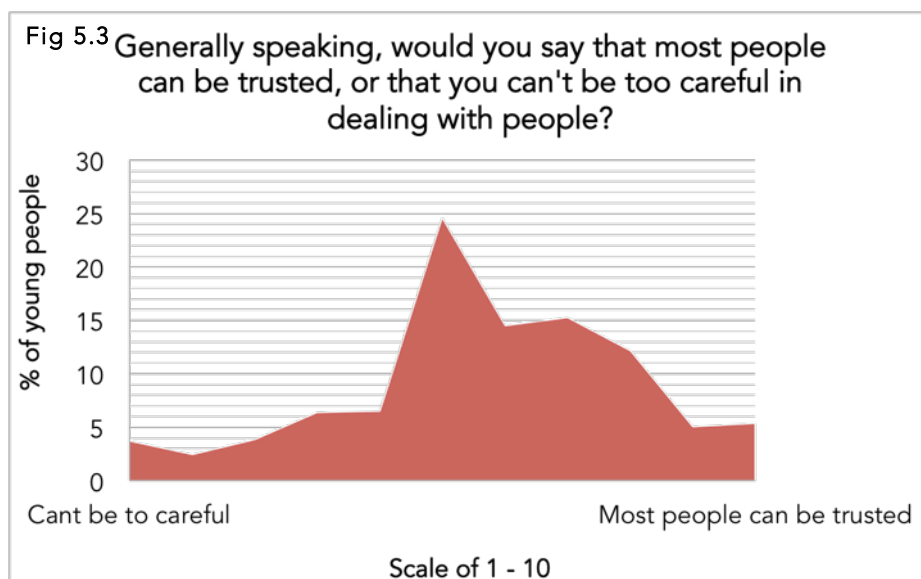
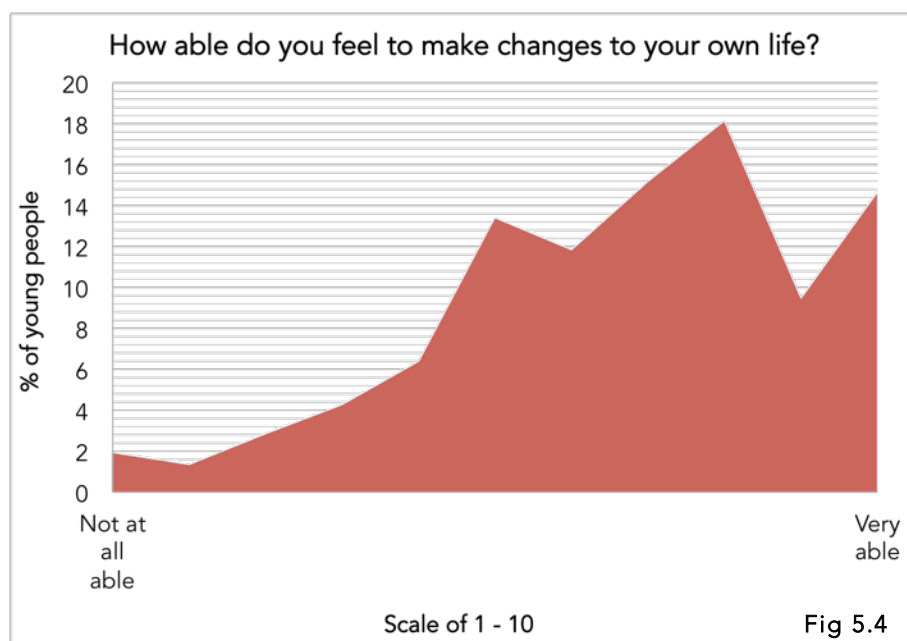


Fig 5.4 demonstrates that many young people have a positive sense of self-efficacy, the belief in their ability to make changes in their own lives.



There are a minority of young people however who feel they are unable to make positive changes to their lives. The above chart demonstrates that around **15%** of young people rate their ability to change their own lives as less than 5 out of 10.

12. Patterns in the Data

Whilst there is no wholly consistent percentage of young people demonstrating a positive or negative bias across all questions some patterns can be observed.

Emotional Health

- 9% of young people report feeling sad most days.
- 11% report that they do not feel safe at school.
- 12% report feeling angry most days.
- 25% reported feeling optimistic none of the time or rarely.
- 23% felt they never or rarely had a clear idea about what they wanted to do in their lives
- 16% rated their ability to make changes in their own lives as below 5 out of 10

These key emotional health questions were analysed to identify young people who were experiencing difficulties in three or more of the above questions, it was found that:

- 1% of young people reported difficulties across all six questions
- 3% of young people reported difficulties across five questions
- 7% of young people reported difficulties across four questions
- 13.6% of young people reported difficulties across three questions

Cumulatively this shows that 11% of young people are experiencing four or more issues that can be presumed to impact negatively on their emotional health and well-being.

It is not intended to give a definite number of the young people locally experiencing emotional health concerns but should be seen as a useful guide to the number of young people in Derbyshire potentially affected by emotional health issues.

14. Conclusions

The findings of this survey indicate that the majority of young people surveyed are living happy fulfilling lives, are optimistic about their futures and have a strong sense of self efficacy.

However, around 1 in 10 young people surveyed seem to be experiencing or at risk of some form of emotional health concern. This is evidenced by consistent findings across key questions focused on factors affecting emotional health and well-being.

In addition whilst most young people are not engaging in risk-taking behaviours a small minority of young people are already reporting engagement in regular drinking, smoking and cannabis use.

15. Recommendations

- A further survey of the cohort who completed this survey in the next academic year would enable data comparison with this report.
- Further surveys of year 8 should be considered to enable year on year comparison of the data.
- Further investigation is needed into the high number (48%) of young people who report having caring responsibilities at home. This is considerably higher than would be expected locally given national estimates. This investigation should look into whether there were issues related to the wording of the question, understanding of terms and cross-referencing with locally available figures for young carers.

- Additional work with schools to be undertaken due to 14% of young people reporting that they did not know if they had been a victim of bullying and a further 20% reporting they had been bullied. Schools taking part in the survey will be targeted initially.
- Guidance given to schools to enable them to identify and support young people experiencing or at risk of emotional health concerns should be reviewed in accordance with the Future in Mind Transformation plan.
- The provision of evidence based interventions to target support to young people experiencing or at risk of emotional health concerns should be reviewed to increase prevention and early intervention.

Appendix 1: Survey Questions

Section: My Experiences	
Question	Possible Answers
Have you ever tried a cigarette?	Yes / No
If you have ever tried a cigarette how often do you smoke? (If you have never smoked just click N/A)	Once a Month / Once a Week / Once a Day / N/A
How many times in the past year have you had more than a few sips of alcohol with your peers?	None / 1-5 Times / 6-11 Times / 11+
Have you ever smoked cannabis?	Yes / No
If you have ever smoked cannabis how often do you smoke? (If you have never smoked cannabis just choose N/A)	Less than once a month / Once a month / More than once a month / Once a Week / Everyday / N/A
How many people you know that are your age do you think have smoked cannabis?	None / 10% / 20% / 30% / 40% / 50% / 60% / 70% / 80% / 90% / 100%
Do you have a social network profile? (this could be Facebook, Snapchat, Instagram, Twitter etc.)	Yes / No
Do you add people to your social networks that you don't know in real life?	Yes / No / I have before but don't now
Have you ever regretted sharing something online?	Yes / No
Have you ever felt pressured into sharing something online?	Yes / No
Section: My School	
Question	Possible Answers
Have you been bullied in school in the past 2 months?	Yes / Don't Know / No
In your opinion what is the most common focus of bullying in your school?	Sexuality / Culture/Religion / Appearance / Academic Ability / All of the above
Would you take action if you saw someone was being bullied?	Yes / No / Not Sure
Do you think that boys use negative and sexist language towards girls?	Yes, definitely / Sometimes / A Bit / No
Do you think that girls use negative and sexist language towards boys?	Yes, definitely / Sometimes / A Bit / No
Do you think that boys and girls are accepting of negative and sexist language?	Yes, definitely / Sometimes / A Bit / No

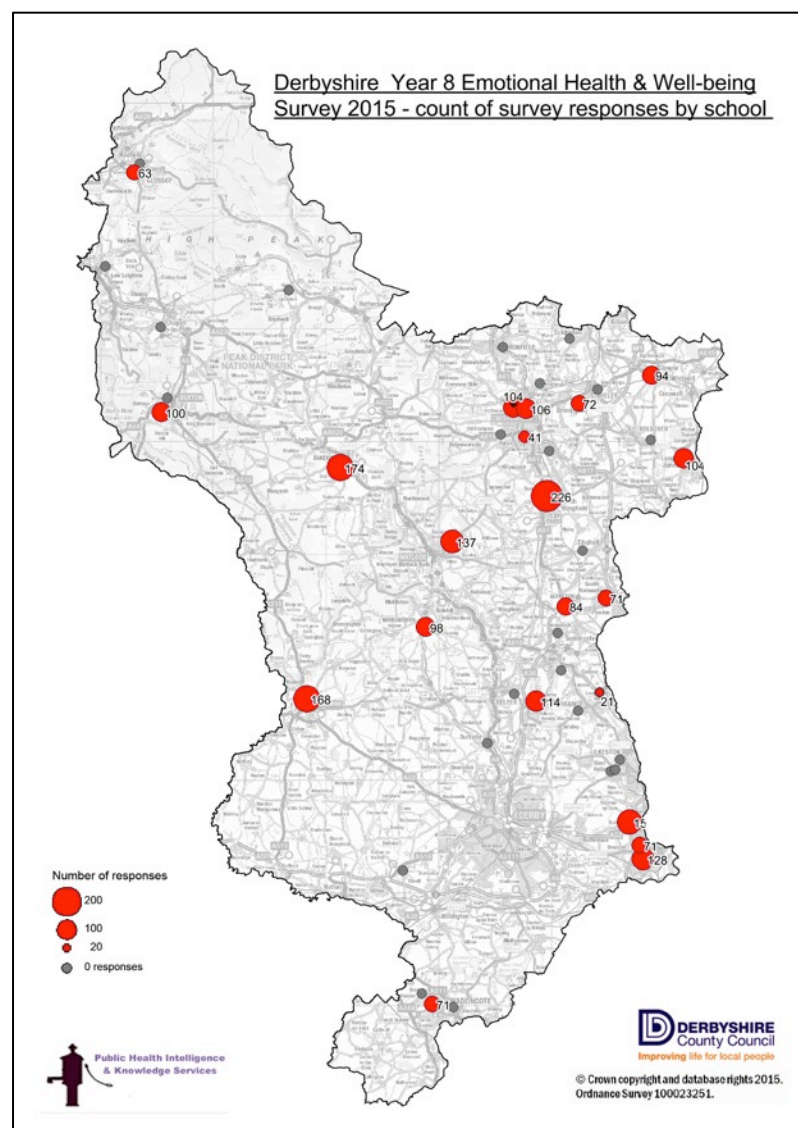
Do you like school?	I like school / It's OK / I don't like school
Do you feel safe at school?	Yes / No / Sometimes / Don't know
Do you find it easy to talk to your parents / carers / trusted adults (including teachers) about things that bother you?	Yes / Don't know / No
Who do you usually talk to about things which bother you?	Parents / Friends / Other family members / Teachers / School Nurse / Other adults (like youth workers) / Online Friends / I tend to keep things to myself
If you had a problem and didn't think you could talk to who you usually do would you know where to go for help?	Yes / No / Don't know
How do you find your school work?	Good, I can complete everything / OK / OK, but sometimes I struggle / I struggle to manage my school work
Section: My Life	
Question	Possible Answers
How do you feel most days?	Happy / OK / Sad
Feeling angry sometimes is normal, everybody gets angry. How often do you have strong feelings of Anger?	Everyday / Quite Often / Not that Often / Never
Are you happy with your appearance?	Yes / No / Don't Know
Do you find it easy to express yourself in the way you want to?	Yes, always / Yes, sometimes / No
Have you ever felt pressured to look a certain way?	Yes / No / Don't Know
If I do feel pressure from others it is usually to.....(You can select more than one option for this question)	Look a certain way / Act a certain way / Do certain things / Like certain things / I don't feel pressure
Do you have responsibilities at home to care for people? This could be parents, younger brothers or sisters or older relatives.	Yes / No / Don't Know
How happy are you with your life?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you with your friends?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
How happy are you about the things you have? (like money and the things and possessions you own)	Rating Scale: 0 – Very Unhappy / 10 – Very Happy

Do you take part in any of these activities outside of school?	Sport clubs / Youth clubs / Other clubs (e.g. drama, music) / Scouts-Guides-Cadets etc / Volunteering
Section: My Community	
Question	Possible Answers
How happy are you with your local area?	Rating Scale: 0 – Very Unhappy / 10 – Very Happy
There are places for me to go in my area	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
There are lots of fun things to do in my area	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area during the day	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I feel safe when I am out in my local area at night	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
I have good access to public transport and can get to the places I want	Strongly Disagree / Disagree / Neither Agree or Disagree / Agree / Strongly Agree
Section: My Feelings	
Question	Possible Answers
I've been feeling optimistic about the future	None of the time / Rarely / Some of the time / Often / All of the time
I feel I have a clear idea about what I want to do in my life	None of the time / Rarely / Some of the time / Often / All of the time
Generally speaking, would you say that most people can be trusted, or that you can't be too careful in dealing with people?	Rating Scale: 0 – Can't be too careful / 10 – Most people can be trusted
How able do you feel to make changes to your own life?	Rating Scale: 0 – Not at all able / 10 – Very able
Section: Further Help and Support	
Question	Possible Answers
If you are worried in any way please speak to a teacher, parent, youth worker, school nurse, primary mental health worker or other trusted adult. There are also services available in Derbyshire if you need to talk about any of	If you would like us to make your school aware that you would like to receive further support and the opportunity to discuss any issues please leave your name and school below.

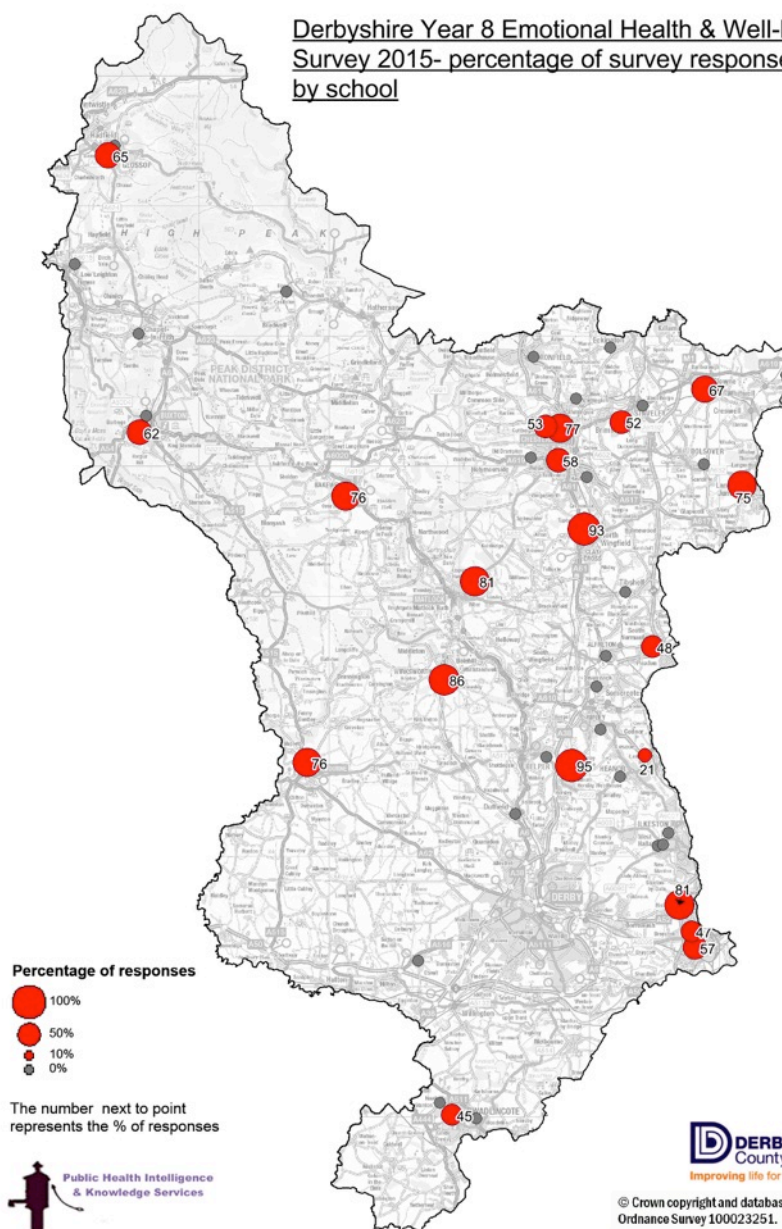
<p>the issues raised in this survey.</p> <p>Safe Speak is a service you can call to discuss a range of issues, you can contact them using the details below.</p> <p>Email us at: info@safespeak.org.uk Call us on: 0800 093 5264 (free from land lines) or 01332 349301</p>	<p>(FREE TEXT BOX)</p>
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Appendix 2: Schools who took part

Full Completion		Partial Completion	
1	Alfreton Grange Arts College	1	Aldecar Community Language School
2	Anthony Gell School	2	Buxton Community School
3	Friesland School	3	Frederick Gent School
4	Heritage High School	4	Lady Manners School
5	Highfields School	5	Outwood Academy Newbold
6	John Flamsteed School	6	Parkside Community School
7	St Marys Catholic High School	7	Queen Elizabeth's Grammar School
8	St Phillip Howard Catholic School	8	Shirebrook Academy
9	The Long Eaton School	9	Springwell Community College
10	Tupton Hall School	10	The Pingle School
		11	Wilsthorpe Community School
		12	Support Centres



Derbyshire Year 8 Emotional Health & Well-being Survey 2015- percentage of survey responses by school



Appendix 3: Social Norms Resources

*The figures in the resources are placeholder text and are replaced with individual data for each school

<p>Emotional Health and Well-being Survey 2015</p> <p>SOCIAL NORMS RESOURCES</p>	<p>The following posters can be used within your school to give selected information from the survey back to your young people. Due to the time constraints imposed by the end of term the data included is the average data for all schools in Derbyshire.</p> <p>IMPORTANT – Please contact us in September to discuss tailored social norms data for your school. We would recommend this approach as the closeness to the end of term means it is unlikely that schools will use these posters before the end of the current term.</p> <p>You will have also been provided with a report for your school with a breakdown of your complete results. Included within this is the data related to each of the following posters.</p> <p>You are free to redesign these posters as you see fit, please keep the messages consistent however and we would love to see examples of what you have done.</p> <p>Why not run a competition with your students to design a poster containing these messages?</p>	<p>SOCIAL NORMS INTRODUCTION</p> <p>Social norms are socially accepted rules of behaviour and conduct which are prescribed by society and expected of an individual by that society.</p> <p>They are based on the traditions, beliefs and values of a society, and may change from one society to another. Individuals who do not conform to these rules are said to have deviated from social norms.</p> <p>In the context of this project if young people believe the norm is to engage in a certain behaviour e.g. alcohol, then they may be more likely to do this, whether they are ready, have concerns or maybe do not want to.</p>
<p>USING THESE RESOURCES</p> <p>These poster templates can be used to reinforce positive social norms amongst your pupils.</p> <p>They can be used around your school site and to give feedback to young people on the results of the survey they have completed.</p> <p>They provide a positive message to young people and can be more effective than traditional campaigns focused on an Information Deficit model.</p> <p>An example of this would be a poster telling young people not to smoke or the harm it causes, don't they already know this information?</p> <p>By reinforcing the reality that the overwhelming majority of their peers are not smoking we may see a more positive impact on attitudes, opinions and ultimately behaviour.</p>	<p>70%</p> <p>of Derbyshire students in year 8 DON'T ADD people they don't know on social media</p> <p>The majority of year 8 pupils are not adding strangers online</p>	<p>74%</p> <p>of Derbyshire students in year 8 think its not ok to use sexist language towards the opposite sex</p> <p>The majority your peers think using sexist language is not ok</p>
<p>98%</p> <p>of Derbyshire students in year 8 have NEVER TRIED cannabis</p> <p>The majority of year 8 pupils are not smoking cannabis</p>	<p>98%</p> <p>of Derbyshire students in year 8 have NEVER TRIED a cigarette</p> <p>The majority of year 8 pupils are not smoking</p>	<p>70%</p> <p>of Derbyshire students in year 8 are not sharing risky things online</p> <p>The majority of year 8 pupils are not taking risks online</p>
<p>88%</p> <p>of Derbyshire students in year 8 HAVE NEVER had an alcoholic drink with their peers</p> <p>The majority of year 8 pupils are choosing not to drink alcohol</p>	<p>98%</p> <p>of Derbyshire students in year 8 have LIKE SCHOOL OR THINK ITS OK</p> <p>The majority of year 8 pupils like coming to school</p>	