



my life, my view

Derbyshire Youth Well-Being Survey

A summary of the My Life, My View survey 2022

The survey

The **My Life, My View** survey is a survey of young people in Derbyshire secondary schools. It was established in 2016 and has been delivered by the Schools Health Education Unit, Exeter since 2019.

Collecting the figures

All mainstream secondary schools in Derbyshire were invited to participate; out of 45 schools 13 took part. Teachers were briefed on how to collect the most reliable data and then students anonymously completed the questionnaire. Most of the schools conducted the survey online, with some using paper booklets. The

sample sizes are shown in the table below.

Completed questionnaires were then processed by SHEU in Exeter and reports produced.

All schools who took part have received their own individual school report.

Inequalities

The results have been analysed for different groups to understand any inequalities in outcomes.

Comparisons

Comparisons have been made between the figures from this survey and surveys in other areas.

Changes since 2021

This study follows similar studies each year since 2016. Comparisons have been made between the figures from this and previous studies.

All figures below, unless marked otherwise, are percentages and of those answering the question from the whole survey sample for 2022. Where figures are also illustrated in a chart, they are shown in **bold**.

Below, some figures are reported separately for males and females. 4% of students described themselves in some other way and 2% didn't want to say.

This report is based on the responses of nearly 4,000 students

	Y8	Y9	Y10	Y11	Total
Males	826	761	298	21	1906
Females	725	630	252	7	1614
Other/ missing response	110	84	46	0	240
Total	1661	1475	596	28	3760

TOPICS INCLUDE:

Drugs, Alcohol and Tobacco

Emotional Health and Well-being

Healthy Eating

Leisure

Physical Activity

Safety

School

Relationships and sex

Key findings

Headlines (pp.4-8)

- ❑ There is a group of students with **poor emotional and mental well-being**, with important findings being:
 - 35% (1283/3629) of students saying they felt depressed or hopeless at least sometimes in the last two weeks
 - 44% (1635/3741) of students said they have experienced at least three of the significant life events either 'this year' or 'last year' e.g. death of someone close, a new family member
 - 37% (1343/3667) of students responded that they have been bullied in the last 12 months; 9% (321/3667) said that they have been bullied 'a lot'
 - 15% (530/3470) of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything
 - 15% (539/3668) wouldn't know where to get help if they were concerned about a friend's mental health
- ❑ Worried young people may engage in **risky coping strategies**, for example, when worried or upset, 11% (386/3632) say they 'hurt myself' (self-harm) 'usually' or 'always', while 7% (272/3632) say the same about cigarettes or vaping.
- ❑ **Risk-taking behaviour** is reported by significant minorities: 20% (750/3685) of students responded that they had an alcoholic drink in the 7 days before the survey; 3% (115/3743) smoke tobacco at least 'sometimes'; 11% (427/3740) responded that they use e-cigarettes at least 'sometimes'; 4% (167/3730) of students have ever used cannabis
- ❑ 12% (419/3386) of students said they didn't have any **portions of fruit or vegetables** to eat on the day before the survey, while 22% (756/3386) of students said they ate five or more portions
- ❑ 16% (499/3140) of students responded that they didn't do any **physical activity** for an hour or more in the 7 days before the survey.
- ❑ 28% (869/3140) of students responded that they did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
- ❑ **Online safety:** among year 10+ students, 22% (136/615) said they have been approached by an adult online who wants a sexual encounter or relationship while 13% (81/615) said they have sent undressed/sexual images of themselves

35% of students reported that they felt depressed or hopeless at least sometimes in the last 2 weeks

Inequalities (p.9-11)

- “ All groups analysed show at least some poorer outcomes.
- ❑ Looking at **deprivation** across the County in Y8, the most deprived areas show higher substance use prevalence and less deprived areas show more physical activity and better well-being.
 - ❑ In 2022 just as in 2021, **LGBT students** show a long list of poorer outcomes in all year groups, including more bullying and lower well-being scores, but also differences in lifestyle e.g. physical activity.
 - ❑ Again as in 2021, students with a **disability or long-term illness** and those who are **young carers** also have a long list of poorer outcomes.
 - ❑ **Males** seem to be faring better than females on most of the criteria in our list – which is not to say that all males are doing well, as we know many are not.
- ”

Key findings (continued)

Links

“ There are three big groups of connections found in the data set:

- ❑ If a student gives a positive response on one positive **well-being** question then they are **more** likely to give a positive response on most of the others

- ❑ If a student says ‘yes’ to a question about a **health-risky** behaviour, they are **more** likely to say ‘yes’ to other health-risky questions
- ❑ Poor emotional well-being is associated with **more** health-risky behaviour

”

Changes since 2021 (p.13-14)

“ Many results seem similar across the two years.

- ❑ There are differences in the groups of schools making up the samples in 2022 and 2021.

The most striking and significantly different changes are:

- ❑ There is a decrease in use and experimentation with substances, except for vapour products, use of which seems to have increased in 2022.
- ❑ There are several signals of improved well-being among these young people but we also see some unwelcome changes.
- ❑ The return to normal schooling seems to be accompanied by an increase in experience of bullying and other signals of feeling unsafe.
- ❑ Increases of participation in physical activity seen are very welcome.

”

Comparisons (p.15)

- #### “ Year 10 results in Derbyshire are broadly similar to those in other parts of the country; perhaps Derbyshire students are **more likely to worry** than their peers elsewhere. Derbyshire students are also more likely to engage in health-risky behaviour, like vaping or unprotected sex. (Explanation of the comparison data set is given on page 15.)

”

Background

BACKGROUND

- 85% (3193/3757) of students described themselves as **White British**.

RELIGION

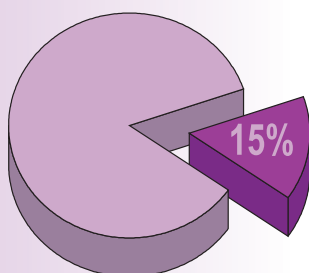
- 73% (2706/3727) of students described themselves as 'non-religious', while 9% (337/3727) said they 'don't know' what their religion, faith or belief is.
- 14% (522/3727) of students described themselves as Christian and 1% (36/3727) said they are Muslim.

FAMILY

- 95% (3552/3752) of students responded that they live with their mum, while 75% (2827/3752) said they live with their dad.
- 72% (2709/3760) of students responded that they live with their mum and dad**; we cannot tell from this question whether this is together or shared.

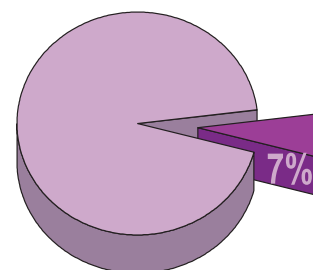
SPECIAL NEEDS

- 12% (444/3759) of students said they have extra help with their work or behaviour from someone other than their teacher (e.g. a teaching assistant or learning support), while 8% (296/3759) said they are 'not sure' if they do and 1% (50/3759) preferred not to say.
- 15% (569/3759) of students responded that they have a special educational need or a learning difficulty**, while 22% (839/3759) said they are 'not sure' if they do and 2% (60/3759) didn't want to say.
- 11% (424/3759) of students responded that they have a disability, while 14% (528/3759) said they are 'not sure' if they do and 1% (56/3759) didn't want to say.
- 19% (705/3759) of students responded that they have a long-term illness, while 13% (502/3759) said they are 'not sure' if they do and 3% (94/3759) didn't want to say.
- 33% (1250/3759) of students responded that they have a special educational need, learning difficulty or disability or have a long-term illness, while 23% (863/3759) said they are 'not sure'.



YOUNG CARERS

- 7% (262/3747) of students responded that they are a 'young carer'**, while 14% (526/3747) said they are 'not sure' if they are and 0% (0/3747) did not want to say.
- Of the 262 students who said they are a 'young carer', 37% (96/262) said they look after parents/carers, while 59% (155/262) look after brothers/sisters and 16% (41/262) look after a grandparent.
- 48% (124/260) of students responded that being a 'young carer' takes up at least 1-2 hours of their time on a school day.

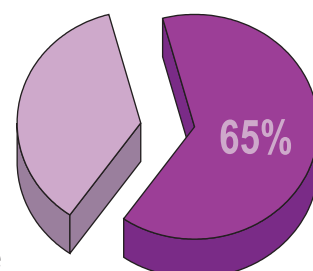


SCHOOL WORK

- 16% (604/3687) of pupils find their school work 'good' and they 'can complete everything' at the moment, while 24% (869/3687) find it 'OK'.
- 15% (555/3687) of pupils said they struggle to manage their school work at the moment; 38% (1408/3687) said it's OK but they 'sometimes' struggle.

SIGNIFICANT LIFE EVENTS

- 78% (2920/3741) of students responded that they have experienced the death of someone important to them at some point.
- 19% (728/3741) of students responded that they have had a new family member (baby/adopted/new partner for mum/dad) in the last 2 years, while 15% (554/3741) said they have moved house.
- 99% (3693/3741) of students said they have experienced at least one of the significant life events listed in Q65 at some point; **65% (2450/3741) said they have experienced them 'this year'**.
- 44% (1635/3741) of students said they have experienced at least three of the significant life events either 'this year' or 'last year'.



Emotional Health and Well-being

YOUR LIFE

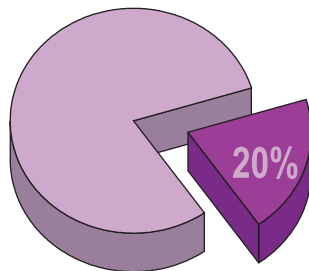
- 63% (2273/3594) of students responded that they are happy with their life as a whole.
- 13% (241/1825) of boys and 23% (352/1546) of girls responded that they are unhappy with their health at the moment.

WEMWBS

- 6% (200/3415) of students had a low score (14 – 27) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
- 16% (555/3415) of students had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).

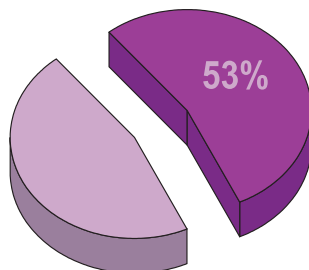
CONTROL AND ABILITY TO MAKE CHANGES

- On a scale from 0-10 (0 = 'not at all able'; 10 = 'very able') about feeling able to make changes to their own life, students answered on average 6, with **20% (713/3479) of students responded** in the lower half of the scale (0-4), indicating **that they are less likely to feel able to make changes to their own life.**



TRUSTED ADULTS

- 49% (1789/3685) of students find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them, while 31% (1139/3685) said they don't find it easy.
- 65% (2385/3668) of students said that, if they were concerned about a friend's mental health, they would know where to get help, while 15% (539/3668) wouldn't know where to get help.
- 53% (1948/3667) of students said they would feel able to confide in a friend if they were struggling with their mental health**, while 19% (691/3667) said they wouldn't feel able to.
- 68% (2502/3668) of students said they would know where to get help if they were worried about a friend's personal safety, while 13% (468/3668) said they wouldn't.

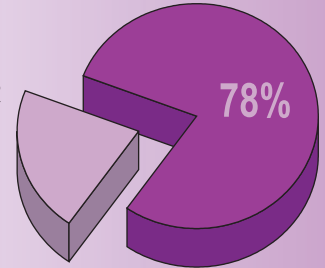


WORRY AND ANXIETY

- 33% (1133/3470) of students responded that feeling worried, sad or upset sometimes stops them doing or enjoying things.
- 15% (530/3470) of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything.

WORRYING

- 78% (2655/3408) of students responded that they worry about at least one of the issues listed (e.g. schoolwork) 'often' or 'all of the time'**; 15% (264/1711) of boys and 29% (425/1480) of girls worry about more than 5.



Most common worries (N = 3408):

Exams and tests	48%	1620
The way you look	47%	1594
Relationships with friends	35%	1209
School-work	32%	1106
Health	26%	896
Family relationships	26%	896

- 51% (1709/3358) of students said that, if they wanted to find out more about any of the issues above, they would get information from their parents/carers and 44% (1486/3358) said they would get information from friends.

PROBLEM-SOLVING

- 94% (3419/3632) of students responded that they at least 'sometimes' watch TV or listen to music when they have a problem that worries them or when they are feeling stressed, while 78% (2846/3632) said they talk to someone about it.

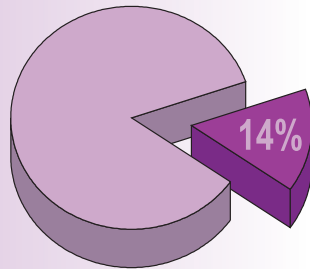
MOOD

- 69% (2504/3629) of students said they have 'often' or 'always' been feeling safe for the last two weeks, while 23% (850/3629) said they have been feeling lonely.
- 69% (2501/3629) of students said they have been feeling angry at least 'sometimes' for the last two weeks and 35% (1283/3629) said they have been feeling depressed or hopeless.

Safety

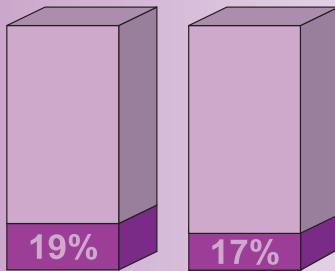
DEVICES AND SCREENS

- 93% (3503/3755) of students said they are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
- 14% (510/3755) of students said they wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').**



BOOKS

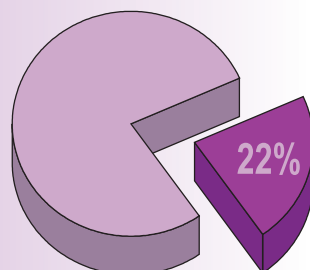
- 13% (238/1899) of boys and 23% (377/1614) of girls said they read more now than they did last year.



- 19% (354/1899) of boys and 17% (270/1614) of girls said they read less now than they did last year.**

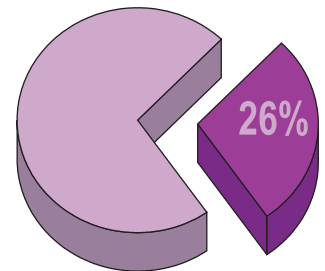
INTERNET SAFETY

- 25% (910/3700) of students said someone has shared private information about them and 15% (560/3700) said someone they have only met online has asked to meet with them.
- 22% (136/615) of Year 10+ students said they have been approached by an adult online who wants a sexual encounter or relationship** and 13% (81/615) said they have sent undressed/sexual images of themselves ('nudes', 'sexting').



BULLYING AND HARASSMENT

- 39% (1446/3680) of students said they have been pushed/hit in the last 2 months; 42% (1547/3680) said they were teased/made fun of (and it upset them).
- 41% (766/1862) of boys and 30% (470/1586) of girls said they haven't experienced any of the negative behaviours listed (e.g. teasing) in the last 2 months.
- 37% (1343/3667) of students responded that they have been bullied in the last 12 months; 9% (321/3667) said that they have been bullied 'a lot'.
- 26% (951/3667) of students responded that they have been bullied in the last 2 months;** 6% (211/3667) said that they have been bullied 'a lot'.
- 2% (56/3661) of students think they have been bullied in the last 2 months because of their nationality, ethnicity or skin colour, while 15% (542/3661) said that it was because of the way they look.
- 15% (546/3691) of students said they have bullied someone else at school in the last 12 months; 3% (103/3691) said they have done so 'a lot'.

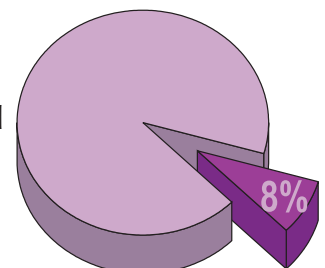


FEELING SAFE

- 62% (2196/3557) of students agreed that they feel safe at school, while 32% (1154/3557) said the same of being out in their local area at night. 91% (3228/3557) feel safe at home.
- 34% (1194/3557) of students disagreed that they feel safe when out in their local area at night.

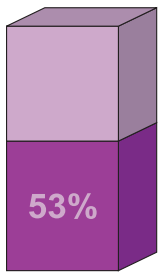
EXTREMISM

- 8% (275/3515) of students said they have been approached to support extremist activity (e.g. violent terrorist ideas, groups including far-right movements etc.).**



Healthy lifestyles

EXERCISE



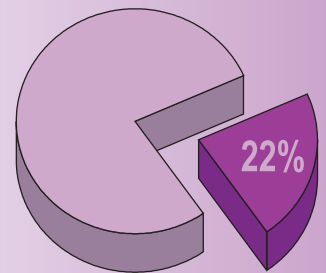
- **53% (877/1659) of boys and 38% (559/1453) of girls responded that they did physical activity on five days or more in the week before the survey.**
- 5% (82/1659) of boys and 6% (85/1453) of girls responded that they didn't do any physical activity in the week before the survey.
- 19% (598/3162) of students responded that they didn't get out of breath or sweaty while doing physical activity in the 7 days before the survey.
- 22% (704/3162) of students responded that they got out of breath or sweaty while doing

physical activity on at least 5 days in the 7 days before the survey.

- 16% (499/3140) of students responded that they didn't do any physical activity for an hour or more in the 7 days before the survey.
- 28% (869/3140) of students responded that they did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
- 50% (1669/3323) of students said nothing stops them from doing as much physical activity as they would like, while 23% (770/3323) said they don't have enough time, or are too busy doing other things.

DIET

- **22% (756/3386) of students said they ate five or more portions of fruit and vegetables to eat on the day before the survey.**



Health-risky behaviours

SMOKING

- 9% (175/1897) of boys and 12% (189/1610) of girls responded that they have tried/used tobacco cigarettes in the past or use them now.
- 2% (39/1897) of boys and 3% (53/1610) of girls responded that they smoke tobacco at least 'sometimes'.

VAPING

- 26% (485/1895) of boys and 30% (486/1609) of girls responded that they have tried/used e-cigarettes in the past or use them now.
- 9% (162/1895) of boys and 14% (224/1609) of girls responded that they use e-cigarettes at least 'sometimes'.

ALCOHOL

- 55% (2030/3685) of students responded that they have had an alcoholic drink (more than just a sip).
- 17% (623/3685) of students responded that they drink alcohol at least once a month; 2% (57/3685) said they do so 'most days'.
- 20% (750/3685) of students responded that they had an alcoholic drink in the 7 days before the survey.
- 51% (1891/3685) of students responded that they do not drink alcohol.
- Of the 1794 students who drink alcohol, 65% (1158/1794) said their parents 'always' know.
- 9% (318/3685) of students responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

DRUGS

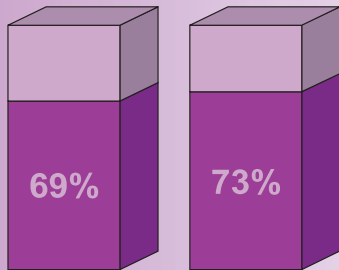
- 8% (285/3730) of students responded that they have taken drugs to get high (not medicines, tobacco or alcohol).
- 4% (167/3730) of students responded that they have taken cannabis.
- 3% (117/3730) of students responded that they have taken at least one of the drugs listed during the last month.
- 5% (169/3730) of students responded that they have taken at least one of the drugs listed during the last year.

Relationships and sexual health

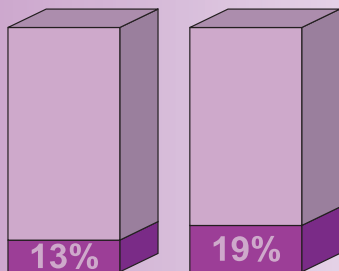
SEXUAL ORIENTATION

- 76% (2874/3757) of students responded that they are straight/heterosexual, while 4% (140/3757) said they are gay/lesbian and 8% (306/3757) said they are bisexual.

RELATIONSHIPS



- 69% (2033/2967) of Year 8&9 students and 73% (440/604) of Year 10&11 students said they have had a boy-/girl-friend at some point (either currently or in the past).

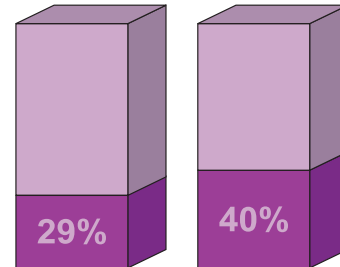


- Of the students who have had a boy-/girl-friend, 13% (153/1201) of boys and 19% (212/1093) of girls have had one who was older than them.

- Of the students who have had a boy-/girl-friend, 7% (172/2440) of students said they have (or had) a boy-/girl-friend who was younger than them (more than one school year different).
- Of the students who have had a boy-/girl-friend, 3% (90/2440) said they have had both an older and a younger boy-/girl-friend.

YEAR 10+: NEGATIVE RELATIONSHIPS

- Year 10+ students who had a partner were given a list of unhealthy relationship behaviours e.g. 'Used hurtful or threatening language to me' and 'Was angry or jealous when I wanted to spend time with friends'

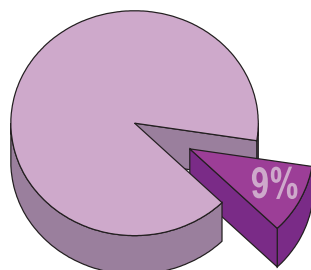


- 29% (89/307) of boys and 40% (101/254) of girls in Year 10+ responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.

- Of the Year 10+ students who have had a boy-/girl-friend, 41% (89/217) of boys and 53% (101/190) of girls said at least one of these behaviours has happened to them.
- 51% (223/440) of Year 10+ students who have had a boy-/girl-friend responded that if any of the things listed were to happen to them, they would look after themselves without help; 11% (48/440) said they would not look after themselves without help.
- 58% (254/440) of Year 10+ students who have had a boy-/girl-friend responded that if any of the things listed were to happen to them, they know where they could get help; 11% (49/440) said they would not know where they could get help.
- 34% (148/440) of Year 10+ students who have had a boy-/girl-friend responded that if any of the things listed were to happen to them, they would get some help; 24% (108/440) said they would not get help.

SEXUAL RELATIONSHIPS

- 9% (282/3316) of students said they have had sex in the past or are currently in a sexual relationship.



- Of the students who have had sex, 50% (140/282) said they 'never' or only 'sometimes' used contraception, while 37% (105/282) said they 'always' did.

Year 8 inequalities (1/3)

An analysis has been carried out of sub-samples from the survey, to see if these groups have any patterns of disadvantage or poorer outcomes in the data set. The results from each sub-sample were compared with the Derbyshire sample.

The table below shows the results for Year 8 students only, and shows where the figures are statistically significant – which means, not easily explained by chance alone. Figures in the main body of the table are all percentages.

Figures representing less than 5 cases have been removed.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	1661	826	725	464	255	367	429	126	188
High happiness score 70+	57%	69%	48%	39%	44%	52%	39%	43%	53%
High wellbeing score 56+	16%	24%	9%	8%	12%	16%	9%	13%	18%
High safety score 12+	78%	84%	73%	64%	71%	74%	70%	59%	74%
% Easy to talk to someone	50%	59%	44%	36%	45%	49%	40%	37%	43%
If had sex, % always used contraception	43%	46%	40%	33%		41%	63%	63%	
% Daily physical activity last week	25%	33%	18%	18%	23%	28%	23%	25%	26%
% Daily hard physical activity last week	12%	18%	6%	8%	10%	15%	12%	15%	14%
% Daily 1h+ physical activity last week	14%	19%	9%	7%	9%	16%	11%	20%	13%
% No physical activity last week	4%	3%	4%	4%	5%	6%	4%	7%	6%
% No hard physical activity last week	18%	14%	22%	18%	18%	19%	19%	16%	15%
% No 1h+ physical activity last week	14%	11%	17%	17%	19%	18%	13%	15%	14%
% agree I wish I didn't have to use device screens so much	11%	10%	11%	11%	11%	10%	9%	12%	12%
% agree I read less than I did last year	20%	19%	21%	16%	17%	19%	22%	23%	22%
Adverse events 3+ last year	37%	33%	40%	43%	52%	48%	44%	53%	45%
% Tobacco user	1%	1%	1%	3%	4%	3%	2%		4%
% Vape user	6%	5%	7%	7%	12%	10%	7%	10%	12%
% Ever drunk alcohol	41%	44%	39%	40%	47%	48%	48%	52%	39%
% Drink weekly	3%	4%	2%	4%	6%	5%	4%		7%
% Drank last week	13%	13%	13%	15%	17%	15%	16%	22%	17%
% Ever used drugs	4%	4%	3%	5%	5%	7%	5%	6%	7%
% Had sex	4%	3%	3%	5%	4%	6%	2%	8%	8%
% Someone online asked to meet	12%	8%	15%	15%	13%	15%	16%	21%	15%
% Bullied a lot last year	10%	8%	10%	17%	12%	18%	14%	23%	15%
% Worry often affects life	48%	32%	62%	63%	50%	51%	57%	65%	49%
% 'usually' use risky or harmful coping behaviour	48%	38%	56%	55%	54%	58%	58%	66%	52%
% Sometimes hopeless or depressed in last 2 weeks	32%	22%	37%	51%	39%	44%	46%	53%	40%
% Worry about something often or all the time	77%	66%	87%	86%	83%	85%	85%	89%	86%
% Struggle with school work	14%	9%	19%	19%	24%	26%	22%	23%	17%

$p < 0.05$

	Significantly better
	Significantly worse

Year 9 inequalities (2/3)

The same analysis has been repeated for the Year 9 sample.

Figures representing less than 5 cases have been removed.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	1475	761	630	382	227	318	320	93	154
High happiness score 70+	46%	59%	34%	29%	38%	37%	28%	28%	37%
High wellbeing score 56+	16%	23%	8%	10%	15%	15%	7%	14%	22%
High safety score 12+	75%	81%	72%	64%	69%	70%	64%	58%	71%
% Easy to talk to someone	46%	52%	42%	32%	38%	40%	32%	41%	35%
If had sex, % always used contraception	35%	35%	35%	33%	32%	43%	36%	43%	29%
% Daily physical activity last week	25%	31%	20%	20%	24%	24%	26%	33%	30%
% Daily hard physical activity last week	13%	18%	6%	12%	10%	13%	12%	15%	19%
% Daily 1h+ physical activity last week	16%	21%	10%	12%	14%	17%	16%	15%	18%
% No physical activity last week	6%	5%	6%	9%	9%	10%	5%		6%
% No hard physical activity last week	19%	14%	24%	24%	24%	22%	18%	11%	22%
% No 1h+ physical activity last week	16%	14%	18%	23%	24%	21%	17%	11%	18%
% agree I wish I didn't have to use device screens so much	11%	10%	13%	13%	11%	11%	12%	14%	11%
% agree I read less than I did last year	17%	19%	14%	16%	16%	19%	17%	15%	21%
Adverse events 3+ last year	38%	32%	44%	44%	53%	51%	44%	53%	45%
% Tobacco user	4%	3%	4%	4%	4%	9%	6%	10%	8%
% Vape user	13%	10%	16%	14%	16%	21%	17%	22%	21%
% Ever drunk alcohol	62%	61%	63%	54%	63%	58%	65%	67%	59%
% Drink weekly	8%	7%	8%	8%	5%	10%	8%	9%	10%
% Drank last week	22%	21%	22%	18%	20%	23%	25%	30%	20%
% Ever used drugs	9%	8%	9%	12%	8%	16%	14%	13%	18%
% Had sex	9%	8%	10%	11%	10%	15%	12%	17%	18%
% Someone online asked to meet	17%	10%	23%	19%	19%	19%	20%	29%	24%
% Bullied a lot last year	9%	8%	9%	16%	11%	15%	14%	18%	11%
% Worry often affects life	48%	32%	63%	64%	55%	58%	63%	57%	47%
% 'usually' use risky or harmful coping behaviour	51%	40%	63%	60%	54%	63%	63%	62%	60%
% Sometimes hopeless or depressed in last 2 weeks	36%	25%	46%	59%	44%	50%	58%	56%	41%
% Worry about something often or all the time	79%	70%	87%	88%	80%	85%	88%	83%	81%
% Struggle with school work	14%	10%	18%	18%	20%	23%	24%	19%	20%

$p < 0.05$

	Significantly better
	Significantly worse

Year 10 inequalities (3/3)

And lastly, once again for the Year 10 sample.

Figures representing less than 5 cases have been removed.

- There is a new item in the list for Y10 students about 'sexting'.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	596	298	252	164	102	122	127	39	60
High happiness score 70+	46%	57%	36%	25%	41%	39%	28%	47%	43%
High wellbeing score 56+	18%	26%	7%	9%	16%	12%	11%	36%	21%
High safety score 12+	78%	84%	77%	67%	68%	71%	76%	71%	76%
% Easy to talk to someone	49%	52%	47%	40%	48%	46%	37%	46%	53%
If had sex, % always used contraception	39%	45%	33%	22%	37%	40%	28%		
% Daily physical activity last week	25%	32%	19%	22%	23%	33%	21%	28%	32%
% Daily hard physical activity last week	12%	17%	6%	10%	11%	18%	13%	19%	17%
% Daily 1h+ physical activity last week	14%	18%	8%	9%	10%	20%	12%	17%	24%
% No physical activity last week	9%	8%	10%	14%	11%	11%	10%	16%	13%
% No hard physical activity last week	22%	20%	24%	28%	22%	25%	19%	19%	23%
% No 1h+ physical activity last week	20%	16%	25%	27%	26%	25%	21%	33%	22%
% agree I wish I didn't have to use device screens so much	16%	12%	21%	23%	18%	14%	18%	18%	15%
% agree I read less than I did last year	15%	17%	12%	13%	7%	14%	14%	15%	22%
Adverse events 3+ last year	39%	34%	44%	43%	48%	44%	46%	63%	45%
% Tobacco user	6%	2%	8%	12%	10%	8%	8%		12%
% Vape user	22%	15%	28%	30%	26%	21%	24%	26%	30%
% Ever drunk alcohol	76%	75%	80%	71%	80%	77%	80%	81%	79%
% Drink weekly	13%	11%	14%	12%	12%	14%	15%	23%	20%
% Drank last week	36%	34%	38%	31%	35%	37%	36%	43%	43%
% Ever used drugs	13%	11%	13%	16%	15%	17%	14%	16%	23%
% Had sex	19%	19%	19%	18%	20%	28%	15%	22%	23%
If had partner, % any uncomfortable partner behaviour	47%	42%	53%	64%	48%	56%	53%	59%	64%
% Someone online asked to meet	20%	14%	28%	25%	24%	17%	28%	16%	19%
% Sent undressed/sexual images of self	13%	9%	18%	18%	12%	13%	15%		24%
% Bullied a lot last year	6%	6%	5%	10%	10%	12%	9%	19%	
% Worry often affects life	50%	32%	69%	64%	52%	53%	58%	59%	45%
% 'usually' use risky or harmful coping behaviour	52%	39%	65%	65%	59%	61%	62%	76%	70%
% Sometimes hopeless or depressed in last 2 weeks	43%	30%	57%	63%	50%	47%	61%	43%	47%
% Worry about something often or all the time	80%	69%	91%	91%	77%	79%	90%	78%	79%
% Struggle with school work	19%	10%	31%	24%	23%	25%	33%	19%	18%

$p < 0.05$

	Significantly better
	Significantly worse

“ All groups selected show at least some poorer outcomes, but fewer than we see in Year 9 because of the reduced sample size. Nonetheless:

- LGBT students show a long list of poorer outcomes, including more bullying and lower well-being scores, but also differences in lifestyle
- Students with a disability or long-term illness also have a long list of unwelcome differences, as do those who are young carers.

”

Deprivation

We have examined the results to see if there are any associations with deprivation. Students were asked to provide a postcode (not all did, and those providing no postcode are to be found in the last column). Every postcode in Derbyshire can be linked to a standardised score for deprivation (Index of Multiple Deprivation, 2019).

All the areas in the country are divided into fifths (quintiles) from the most to the least deprived, and the students were then put into groups according to which fifth they fell into.

These are the Year 8 results.

Figures representing less than 5 cases have been removed.

	All	Most	2nd	3rd	4th	Least	None
Sample N	1661	99	149	232	85	422	674
High happiness score 70+	57%	48%	62%	54%	68%	63%	53%
High wellbeing score 56+	16%	13%	17%	12%	27%	18%	15%
High safety score 12+	78%	68%	76%	81%	83%	82%	75%
% Easy to talk to someone	50%	45%	58%	48%	66%	50%	49%
If had sex, % always used contraception	43%	50%		40%	.		47%
% Daily physical activity last week	25%	19%	27%	24%	38%	28%	23%
% Daily hard physical activity last week	12%	14%	10%	8%	22%	10%	13%
% Daily 1h+ physical activity last week	14%	11%	16%	10%	24%	13%	14%
% No hard physical activity last week	18%	20%	26%	19%	16%	15%	17%
% No 1h+ physical activity last week	14%	11%	14%	15%	11%	10%	17%
% agree I wish I didn't have to use device screens so much	11%	11%	6%	11%	9%	14%	9%
% agree I read less than I did last year	20%	15%	19%	15%	21%	22%	21%
Adverse events 3+ last year	37%	58%	45%	37%	32%	31%	37%
% Vape user	6%	11%	8%				8%
% Ever drunk alcohol	41%	51%	46%	39%	49%	35%	43%
% Drank last week	13%	27%	16%	12%	20%	8%	13%
% Someone online asked to meet	12%	14%	9%	9%	10%	9%	15%
% Bullied a lot last year	10%	13%	13%	6%	10%	9%	10%
% Worry often affects life	48%	46%	38%	54%	43%	46%	49%
% 'usually' use risky or harmful coping behaviour	48%	49%	51%	42%	46%	47%	49%
% Sometimes hopeless or depressed in last 2 weeks	32%	37%	31%	29%	26%	29%	35%
% Worry about something often or all the time	77%	81%	74%	76%	80%	77%	77%
% Struggle with school work	14%	19%	10%	14%	14%	12%	16%

$p < 0.05$

	Significantly better
	Significantly worse

Changes since 2021 1/2

We have compared the 2022 results with those from 2021, which uses very much the same questionnaire, although the populations of schools taking part was different. Nonetheless, where comparisons can reasonably be made,

they are listed below. The shifting context of COVID-19 must be borne in mind as a possible cause of these changes.

BACKGROUND

2021	2022	Question
------	------	----------

64%	68%	live with their mum and dad; we cannot tell from this question whether this is together or shared.
-----	-----	--

75%	78%	have experienced the death of someone important to them at some point.
-----	-----	--



The increased reporting of deaths and other significant life events may reflect COVID-19 and related mortality.



SUBSTANCES

2021	2022	Question
------	------	----------

15%	11%	have tried/used tobacco cigarettes in the past or use them now.
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7%	4%	have taken cannabis.
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60%	55%	have had an alcoholic drink (more than just a sip).
-----	-----	---

10%	8%	have taken drugs to get high (not medicines, tobacco or alcohol).
-----	----	---

23%	20%	had an alcoholic drink in the 7 days before the survey.
-----	-----	---

25%	28%	have tried/used e-cigarettes in the past or use them now.
-----	-----	---

4%	3%	have taken at least one of the drugs listed during the last month.
----	----	--



There is a decrease in use and experimentation with substances, except for vapour products, use of which which has increased in 2022.



EMOTIONAL HEALTH AND WELL-BEING

2021	2022	Question
------	------	----------

53%	60%	usually talk to their parents about things which bother them.
-----	-----	---

73%	78%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
-----	-----	--

64%	69%	have been feeling angry at least 'sometimes' for the last two weeks.
-----	-----	--

13%	16%	of students had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
-----	-----	---

75%	78%	worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.
-----	-----	--

61%	63%	are happy with their life as a whole.
-----	-----	---------------------------------------

46%	49%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
-----	-----	---

46%	48%	feeling worried, sad or upset at least sometimes stops them doing or enjoying things.
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There are several signals of improved emotional health and well-being among these young people but we also see some unwelcome changes.



Changes since 2021 2/2

LIFESTYLE

2021	2022	Question
------	------	----------

90%	93%	are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
-----	-----	---

11%	14%	wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').
-----	-----	---

RELATIONSHIPS

2021	2022	Question
------	------	----------

10%	9%	have had sex in the past or are currently in a sexual relationship.
-----	----	---

“

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This marginal change is not easy to interpret.

SAFETY

2021	2022	Question
------	------	----------

9%	25%	someone has shared private information about them.
----	-----	--

29%	39%	have been pushed/hit in the last 2 months.
-----	-----	--

11%	15%	have bullied someone else at school in the last 12 months.
-----	-----	--

31%	37%	have been bullied in the last 12 months.
-----	-----	--

21%	26%	have been bullied in the last 2 months.
-----	-----	---

38%	34%	don't feel safe when out in their local area at night.
-----	-----	--

65%	62%	feel safe at school.
-----	-----	----------------------

“

”

The return to normal schooling seems to be accompanied by an increase in experience of bullying.

EXERCISE

2021	2022	Question
------	------	----------

23%	28%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
-----	-----	---

19%	22%	got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.
-----	-----	---

43%	45%	responded that they did physical activity on five days or more in the week before the survey.
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“

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These increases of participation in physical activity are very welcome

Year 10 comparisons

	Derbyshire 2022	Comparison data set 2020-21
% Ever tried smoking	21	19
% Ever tried vaping	44	25
% Drank last week	36	20
% Ever used drugs	13	7
% Bullied a lot last year (cf. 'Bullied at/near school last 12 months')	6	13
Partner jealous/possessive	26	20
High well-being score (56+ WEMWBS)	16	18
% Worry about something often or all the time	79	65
% No hard physical activity last week	22	24
% 5/7 days hard physical activity last week	24	17
% Had sex	19	7
% always used contraception	7	5

Table figures are percentages

COMPARISON DATA SET: Each year, SHEU produce a report of aggregate school survey results using similar surveys in their *Young People* series, often referred to by news media as 'national data'. The studies that give rise to the reports are large, numerous, and from many parts of the United Kingdom, but they do not form a deliberately-selected sample. Despite the 'accidental' nature of the sample, the picture produced by the SHEU annual data sets typically matches survey outcomes from other data-collection agencies using structured or random sampling. The 2021-22 sample was used to produce the report *Young People into 2022*, by Angela Balding and David Regis. For more details, please contact the Schools Health Education Unit (www.sheu.org.uk).

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