

During the 2016/17 academic year over 4,100 young people in Derbyshire completed the My Life, My View emotional health and well-being survey

Commissioned by: Delivered by: the training effect

Here are some of this years key findings:

The **majority** of young people **are not engaging** in **risk-taking behaviours**:

Year 8



Year 9

have **drunk alcohol** more than 5 times in the past year without adult supervision

24%



Engagement with these **risky behaviours** increases as young people get older



Contact us

For more information about the survey and how you can get involved please contact us via:

Telephone: 01233 626424 **Email**: Tania@thetrainingeffect.co.uk **28%** and **37%** of years 8 and 9 respectively are **taking risks online**.

at risk of emotional health difficulties.

More than 1 in 10 said they have been pressured into sharing something online An estimated 13% of young people in year 8 and 14%of those in year 9 may be experiencing or are

This is the **number of young people** whose answers to 4 or more emotional health questions highlighted cause for concern



Most young people are happy with their lives but more than 1 in 10 said they feel sad most days

Body confidence is low amongst young people

28% and 32%

of year 8's and 9's respectively stating they were unhappy with their appearance

