During the 2017/18 academic year, over 3,700 young people completed the My Life, My View emotional health and well-being survey. Some of this years key findings:

It's estimated that around 1 in 5 young people may be experiencing or are at risk of emotional health difficulties:

As young people get older they feel less confident about their future
Number of young people who do not have a clear idea about their future:
- Year 8: 24%
- Year 9: 28%
- Year 10: 34%

As young people age they become less confident about their appearance
Number of young people who said they weren't happy with their appearance:
- Year 8: 25%
- Year 9: 31%
- Year 10: 32%

Engagement in risky behaviours increases as young people get older:
- 15% of year 8's
- 32% of year 9's
- 45% of year 10's

Almost TWICE as many young people have tried an e-cigarette when compared to traditional smoking:
- 9% in the past year
- 2% in the past month

The number of young people who have:
- drunk alcohol without adult supervision: Year 8 - 26%, Year 9 - 44%, Year 10 - 45%
- ever tried a cigarette: Year 8 - 9%, Year 9 - 17%, Year 10 - 26%
- ever smoked cannabis: Year 8 - 2%, Year 9 - 8%, Year 10 - 13%

The survey identified some key protective factors that can help young people with their emotional health:
- Physical activity is associated with increased emotional well-being
- Participating in additional activities outside of school can increase emotional health and builds support networks
- Having parents and friends who they may talk to about their worries and concerns can be important for young people to cope with their problems

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