

**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	Year 9	Year 10
<b>24%</b>	<b>28%</b>	<b>34%</b>



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	Year 9	Year 10
<b>25%</b>	<b>31%</b>	<b>32%</b>



Almost **TWICE** as many young people have **tried an e-cigarette** when compared to **traditional smoking**


**15%** of year 8's **32%** of year 9's **45%** of year 10's



**Engagement in risky behaviours increases as young people get older**

The number of young people who have:

	Year 8	Year 9	Year 10
<b>drunk alcohol without adult supervision</b> <small>*In the past year †In the past month</small>	<b>26%*</b>	<b>44%*</b>	<b>45%†</b>
<b>ever tried a cigarette</b>	<b>9%</b>	<b>17%</b>	<b>26%</b>
<b>ever smoked cannabis</b>	<b>2%</b>	<b>8%</b>	<b>13%</b>



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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