



my life, my view

Derbyshire Youth Well-Being Survey

A summary of the My Life, My View survey 2021

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

21 schools took part in the 2021 survey. 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; they are the largest so far.

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

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

↻ Comparisons ↻

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

↗ Trends ↘

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 from the whole survey sample for 2021.

Where figures are also illustrated in a chart, they are shown in **bold**.

TOPICS INCLUDE:

Coronavirus

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Internet Use

Leisure

Physical Activity

Safety

School

Relationships and sex

This report is based on the responses of nearly 7,000 students

	Y8	Y9	Y10	Y11	[Unknown]	Total
Males	1121	1124	824	260	7	3336
Females	918	1007	819	344	5	3093
Other/ missing response	118	121	84	34	4	361
Total	2157	2252	1727	638	16	6790

Key findings

Headlines (pp.4-9)

“ Most young people in Derbyshire seem to be getting through their lives in good order, despite COVID-19, being happy enough most of the time and not risking their health with their lifestyle. But there is a minority of young people who are neither happy nor adopting healthy habits of behaviour. ”

- ❑ There is a group of students with **poor emotional and mental wellbeing**, with important findings being:
 - Up to 41% of students saying they felt depressed or hopeless at least sometimes in the last two weeks
 - 42% 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
 - 31% of students responded that they have been bullied in the last 12 months; 7% said that they have been bullied 'a lot'
 - 15% of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything
 - 15% 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, 9% say they 'hurt myself' (self-harm) 'usually' or 'always', while 5% say the same about cigarettes or vaping
- ❑ **Risk-taking behaviour** is reported by significant minorities: 23% of students responded that they had an alcoholic drink in the 7 days before the survey; 5% smoke tobacco at least 'sometimes'; 8% responded that they use e-cigarettes at least 'sometimes'; 7% of students have ever used cannabis
- ❑ 13% of students said they didn't have any **portions of fruit or vegetables** to eat on the day before the survey, while 23% of students said they ate five or more portions
- ❑ 17% of students responded that they didn't do any **physical activity** for an hour or more in the 7 days before the survey.
- ❑ 23% 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, 20% said they have been approached by an adult online who wants a sexual encounter or relationship while 12% said they have sent undressed/sexual images of themselves

41% of students reported that they felt depressed or hopeless at least sometimes in the last 2 weeks

Inequalities (p.11)

“ All groups analysed show at least some poorer outcomes. ”

- ❑ Looking at **deprivation** across the County, the differences seen in this survey are small on the whole.
- ❑ **LGBT students** show a long list of poorer outcomes, including more bullying and lower wellbeing scores, but also differences in lifestyle.
- ❑ 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 (p.10)

- “ There are three big groups of connections found in the data set:
- If a student gives a positive response on one positive **wellbeing** 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 wellbeing is associated with **more** health-risky behaviour ”

Localities (pp.12-13)

- “ There are plenty of differences seen between the localities of Derbyshire
- Among Y8&9 students:
- In general, **Amber Valley** shows the least positive picture across a range of questions, when looking at the Y8&9 sample.
- Among Year 10&11 students, there are more clear differences between the localities:
- Again as a generality, the localities of **Chesterfield** and **Bolsover & NE Derbyshire** show the least positive sets of results ”

Trends (p.23)

- “ Many results seem **similar across the two years**.
- The most striking changes are:
- ↑ A marked increase from 2019 to 2021 in the proportion of Year 10 students who reported that they **struggle with school work**
 - ↑ An increase from 2019 to 2021 in the proportion of Year 10 students who reported feeling **safe at school**
 - ↓ A marked decrease from 2019 to 2021 in the proportion of Year 10 students who reported feeling **happy with life**
 - ↑ The proportion of young people describing their **gender** as something other than male or female is higher than we have seen before
- There are differences in the groups of schools making up the samples in 2019 and 2021. ”

Comparisons (p.24)

- “ It seems that Year 10 results in Derbyshire are broadly similar to those in comparable parts of the country; perhaps Derbyshire students are **less likely to worry** than their peers elsewhere. ”

Background

Ethnicity

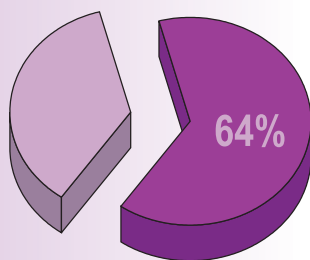
- 87% of students described themselves as White British.

Religion

- 74% of students described themselves as 'non-religious', while 8% said they 'don't know' what their religion, faith or belief is.
- 13% of students described themselves as Christian and 1% said they are Muslim.

Family

- 64% of students responded that they live with their mum and dad;** we cannot tell from this question whether this is in the same or separate households.
- 94% of students responded that they live with their mum, while 71% said they live with their dad.

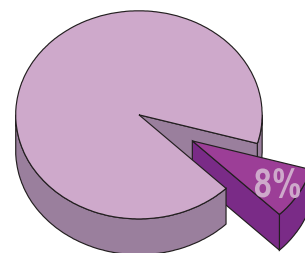


Special Educational Needs and Disability (SEND)

- 11% 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 7% said they are 'not sure' if they do and 1% preferred not to say.
- 12% of students responded that they have a special educational need or a learning difficulty, while 18% said they are 'not sure' if they do and 1% didn't want to say.
- 9% of students responded that they have a disability, while 10% said they are 'not sure' if they do and 1% didn't want to say.
- 17% of students responded that they have a long-term illness, while 13% said they are 'not sure' if they do and 2% didn't want to say.
- 29% of students responded that they have a special educational need, learning difficulty or disability or have a long-term illness, while 20% said they are 'not sure'.

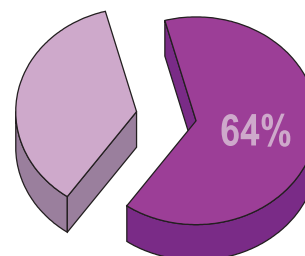
Young carers

- 8% of students responded that they are a 'young carer'**, while 11% said they are 'not sure' if they are.
- Of the 529 students who said they are a 'young carer', 35% said they look after parents/carers, while 56% look after brothers/sisters and 22% look after a grandparent.
- 3% of students responded that being a 'young carer' takes up at least 1-2 hours of their time on a school day.



Significant life events

- 75% of students responded that they have experienced the death of someone important to them at some point.
- 22% of students responded that they have had a new family member (baby/adopted/new partner for mum/dad) in the last 2 years, while 14% said they have moved house.
- 98% of students said they have experienced at least one of the significant life events listed at some point; **64% said they have experienced them 'this year'**.
- 42% of students said they have experienced at least three of the significant life events either 'this year' or 'last year'.



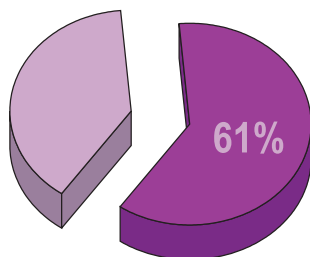
School work

- 16% of students find their school work 'good' and they 'can complete everything' at the moment, while 23% find it 'OK'.
- 17% of students said they struggle to manage their school work at the moment; 38% said it's OK but they 'sometimes' struggle.
 - Perhaps surprisingly, more girls than boys report such difficulties
- 6% of students said they are not bothering to do much school work at the moment.

Emotional Health and Wellbeing

Your life

- 61% of students responded that they are happy with their life as a whole.
- 13% of boys and 25% of girls responded that they are unhappy with their health at the moment.



Wellbeing indicators

- 7% of students had a low score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) while 13% of students had a high score (56 – 70).
- 58% of students responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 31% said they have been feeling optimistic about the future 'rarely' or 'none of the time'.
- 70% of students said they have 'often' or 'always' been feeling safe for the last two weeks, while 26% said they have been feeling lonely.
- 64% of students said they have been feeling angry at least 'sometimes' for the last two weeks and 41% said they have been feeling depressed or hopeless.
- 33% of boys and 54% of girls have 'often' or 'always' felt either sad, angry, depressed, hopeless, or lonely in the last 2 weeks.

Worry and anxiety

- 31% of students responded that feeling worried, sad or upset sometimes stops them doing or enjoying things.
- 15% of students responded that feeling worried, sad or upset often makes it hard to do or enjoy anything.

Dealing with problems

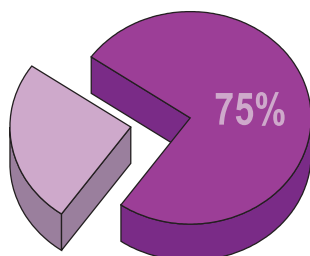
- When they have a problem that worries them or when they are feeling stressed, students say they 'usually' or 'always' do the following:
 - 71% Watch TV or listen to music
 - 54% Keep it to themselves
 - 50% Play computer games
 - 40% Keep busy (exercise, work, contacting friends)
 - 9% Hurt myself (self-harm)
 - 5% Smoke cigarettes or vape
 - 5% Have a drink of something alcoholic
 - 8% Do calming exercises e.g. mindful breathing
 - 5% Seek help with the problem online.

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 6 on average.

Worrying

- 75% of students responded that they worry about at least one of the issues listed 'often' or 'all of the time'; 11% of boys and 24% of girls worry about more than five issues.
- 35% of students responded that they worry about **school-work** 'often' or 'all of the time', while 48% said they worry about **exams and tests** and 46% worry about **the way they look**. 13% worry about **environment and climate change**; 22% worry about **relationships with family**.



- The top 5 issues worried about at least 'quite a lot' for boys and girls were:

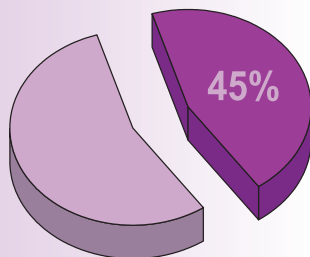
	Boys	Girls	
1	Exams and tests	35	The way they look 61
2	The way they look	29	Exams and tests 60
3	School-work	23	School-work 45
4	Relationships with friends	21	Relationships with friends 36
5	Health	18	Health 28

- 51% 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 49% said they would get information from friends.

Life during Coronavirus

Social distancing and staying at home (2020 wording)

- 45% of students 'agreed' or 'strongly agreed' that life during the coronavirus has improved their relationship with their family and 65% agreed that they have found easy ways of communicating with people.
- 17% of boys and 35% of girls agreed that they have struggled to maintain their friendships during the coronavirus.
- 54% of boys and 29% of girls agreed that they have felt generally quite positive/happy during the coronavirus.
- 11% of students 'agree' or 'strongly agree' that they have felt less safe within their home because of increased family tensions and 27% agreed that they have struggled to maintain their friendships.

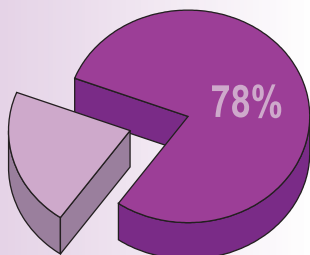


Worrying

- 73% of students responded that they worry about at least one of the coronavirus-related issues listed 'quite a lot' or 'a lot'.
- 43% of students responded that they worry about school work 'quite a lot' or 'a lot'.
- 20% of students responded that they worry about mixing with people at school again 'quite a lot' or 'a lot'

Wellbeing

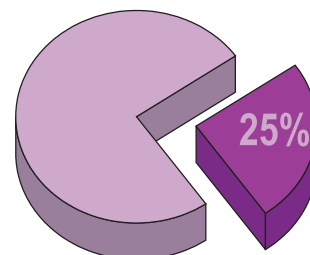
- 78% have been following national advice about hands/face/space - responding 'usually' or 'always or nearly always'.
- 78% of students have been looking after themselves and others during the coronavirus pandemic by 'usually' or 'always' staying in touch/talking with friends and family and 56% have been exercising enough to stay healthy.
- 13% say they have been helping or volunteering outside the home – responding 'usually' or 'always or nearly always'.



- 38% of students said they have been getting enough sleep (at least 8 hours).

Furlough and employment

- 25% of students said their parents/carers have lost their job and/or been furloughed.

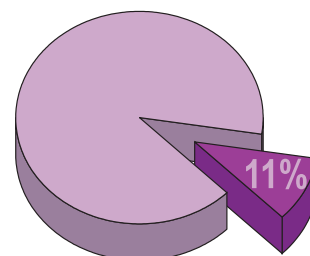


Information sources

- 48% of students said they have used the NHS website for information about COVID-19 and 39% said they have used other people's opinions on social media.
- 68% of students said they have talked to family members for information about COVID-19; 60% said they have got information from television/radio news/specials.

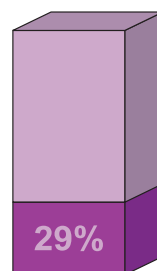
Devices and screens

- 90% of students said they are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
- 11% of students said they wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').



Books

- 20% of boys and 30% of girls said they read more now than they did last year.

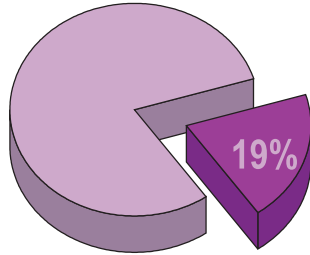


- 29% of boys and 23% of girls said they read less now than they did last year.
- 26% 'read more on screens now than this time last year'

Healthy lifestyles

Exercise

- ❑ 5% of boys and 6% of girls responded that they didn't do any physical activity in the week before the survey.
- ❑ 50% of boys and 36% of girls responded that they did physical activity on five days or more in the week before the survey.
- ❑ 21% of students responded that they didn't get out of breath or sweaty while doing physical activity in the 7 days before the survey.
- ❑ **19% 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.**



- ❑ 17% of students responded that they didn't do any physical activity for an hour or more in the 7 days before the survey.
- ❑ 23% 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.
- ❑ 49% of students said nothing stops them from doing as much physical activity as they would like, while 23% said they don't have enough time, or are too busy doing other things.

Diet

- ❑ 13% of students said they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- ❑ 23% of students said they ate five or more portions of fruit and vegetables on the day before the survey.

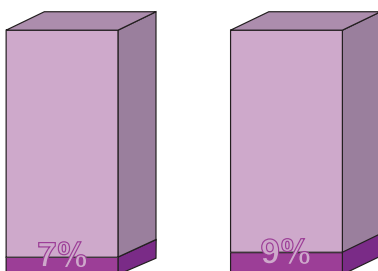
Health-risky behaviours

Smoking

- ❑ 85% have never tried smoking.
- ❑ 4% of boys and 5% of girls responded that they smoke tobacco at least 'sometimes' (overall, 2% smoke 'every week').

Vaping

- ❑ 24% of boys and 27% of girls responded that they have tried/used e-cigarettes in the past or use them now.
- ❑ **7% of boys and 9% of girls responded that they use e-cigarettes at least 'sometimes'.**

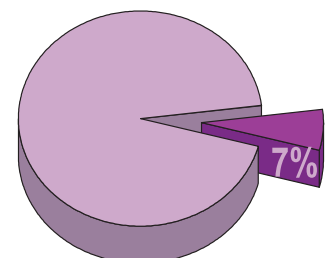


Alcohol

- ❑ 60% of students responded that they have had an alcoholic drink (more than just a sip).
- ❑ 21% of students responded that they drink alcohol at least once a month; 2% said they do so 'most days'.
- ❑ 23% of students responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 42% of students responded that they do not drink alcohol.
- ❑ Of the 3685 students who drink alcohol, 62% said their parents 'always' know.
- ❑ 9% of students responded that they drink alcohol and their parents 'never' or only 'sometimes' know.
- ❑ Of the 3685 students who drink alcohol, 16% said their parents 'never' or only 'sometimes' know.

Drugs

- ❑ 10% of students reported that they have taken drugs to get high (not medicines, tobacco or alcohol).
- ❑ 7% of students responded that they have taken cannabis.
- ❑ 4% of students responded that they have taken at least one of the drugs listed during the last month.
- ❑ **7% of students responded that they have taken at least one of the drugs listed during the last year.**



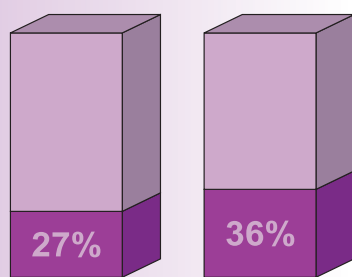
Relationships and sexual health

Dating relationships

- 69% of Year 8&9 students and 71% of Year 10&11 students said they have had a boy-/girl-friend at some point (either currently or in the past).
- 12% of students said they have (or had) a boy-/girl-friend who was older than them (more than one school year different).
- Of the 4276 students who have had a boy-/girl-friend, 12% of boys and 21% of girls have had one who was older than them.

Negative relationships

- We offered students a list of negative relationships behaviours, including jealous, controlling, threatening and abusive actions. **27% of boys and 36% of girls in Year 10+ responded that they have experienced at least one of the behaviours listed in a relationship with a past or current boyfriend/girlfriend.** Of the 1522 Year 10+ students who have had a boy-/girl-friend, 39% of boys and 50% of girls said at least one of these behaviours has happened to them.
- 49% of Year 10+ students who have had a boy-/girl-friend responded that if any of the listed behaviours were to happen to them, they would look after themselves without help; 15% said they would not look after themselves without help.
- 53% of Year 10+ students who have had a boy-/girl-friend responded that if any of the listed behaviours were to happen to them, they know where they could get help; 12% said they would not know where they could get help.
- 35% of Year 10+ students who have had a boy-/girl-friend responded that if any of the listed behaviours were to happen to them, they would get some help; 22% said they would not get some help.

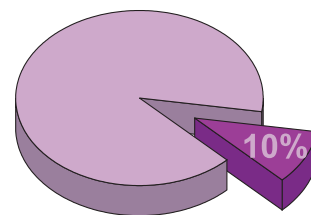


Sexual orientation

- 77% of students responded that they are straight/heterosexual, while 3% said they are gay/lesbian and 10% said they are bisexual.

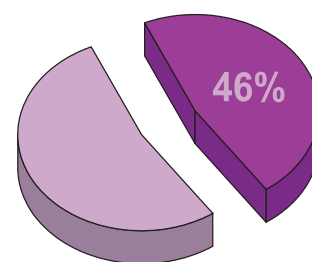
Sexual relationships

- 10% of students said they have had sex in the past or are currently in a sexual relationship** (4% in Y8/9 and 20% in Y10/11)
- 5% of students said they have had sex and 'never' or only 'sometimes' used a method of protection or contraception, while 4% said they 'always' did.
- Of the 558 students who have had sex, 46% said they 'never' or only 'sometimes' used contraception; 37% said they 'always' did.
- If they had concerns around a sexual health matter:
 - 32% of students said that they would go to their parents
 - 28% of students said they would deal with it alone
 - 14% said they would go to the friends for help.
 - 7% would look for information online
 - 5% would go to a sexual health clinic
 - 1% would consult a school nurse



Trusted adults

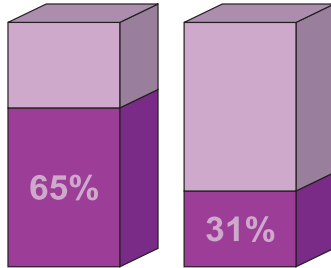
- 46% of students find it easy to talk to their parents/ carers/ trusted adults (incl. teachers) about things that bother them**, while 35% said they don't find it easy.
- 60% of boys and 50% of girls said they usually talk to their parents about things which bother them, while 54% of boys and 65% of girls said they usually talk to friends and 37% of boys and 43% of girls tend to keep things to themselves.
- 67% of students said that, if they were concerned about a friend's mental health, they would know where to get help, while 15% wouldn't know where to get help.
- 54% of students said they would feel able to confide in a friend if they were struggling with their mental health, while 19% said they wouldn't feel able to.



Safety

Feeling safe

- 90% of students 'agreed' or 'strongly agreed' that they felt safe at home.
- 72% 'agreed' or 'strongly agreed' I feel safe on the way to and from school.



- 65% of students agreed that they feel safe at school, while 31% said the same of being out in their local area at night.

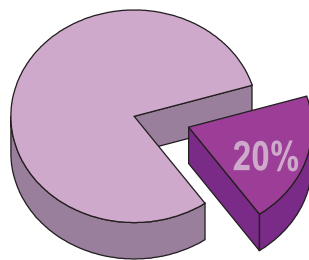
- 38% of students disagreed that they feel safe when out in their local area at night.

Extremism

- 6% of students said they have been approached to support extremist activity (e.g. Violent terrorist ideas, groups including far-right movements etc.), while 15% said they 'don't know' if they have been.

Internet safety

- 24% of students said someone has shared private information about them and 14% said someone they have only met online has asked to meet with them.
- 20% of Year 10+ students said they have been approached by an adult online who wants a sexual encounter or relationship and 12% said they have sent undressed/sexual images of themselves ('nudes', 'sexting').



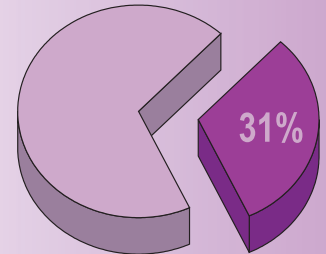
Other online experiences reported include:

- 50% chatted to people who they (or their friends) had only ever met online (higher for girls, and increased with age)
- 41% Someone writing or showing things to hurt or upset them (text, pictures or video)
- 26% saw images, videos or games with violence they found upsetting
- 19% visited or were shown websites or social media accounts which encourage harmful behaviour.

Bullying and Harassment

- 29% of students said they have been pushed/hit in the last 2 months; 36% said they were teased/made fun of (and it upset them).

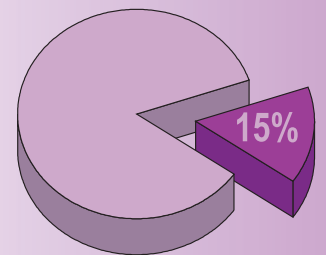
- 31% of students responded that they have been bullied in the last 12 months; 7% said that they have been bullied 'a lot'.



- 21% of students responded that they have been bullied in the last 2 months; 4% said that they have been bullied 'a lot'.
- 12% of students have been bullied in the last 2 months and think they have been picked on or bullied because of the way they look; 10% because of size and weight; 1% because of their nationality, ethnicity or skin colour.
- 11% of students said they have bullied someone else at school in the last 12 months; 2% said they have done so 'a lot'.

Mental health and support services

- 18% of students think people avoid or judge them because of their mental health, while 38% are 'not sure' if they do.
- 15% of students said they know how to use CAMHS (Children and Adolescents Mental Health Services).
- 39% of students said they know how to use Childline.



Links

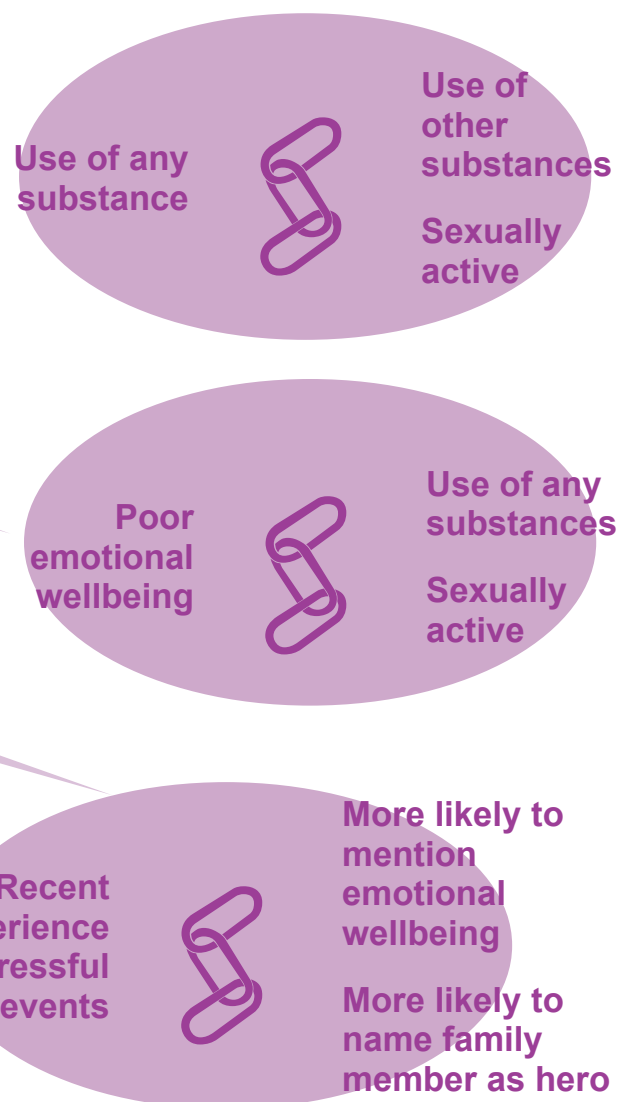
- We can show many links between different parts of the survey, where we see that if a student says yes to one question then it is more (or less) likely that the same student will say yes to another one. But we can't say if this is cause and effect.
- For example, it cannot be shown if physical activity leads to greater happiness (**A→B**), or if greater happiness makes students more likely to exercise (**B→A**), or if something else is going on.
- Of course, there may be background factors (**C**), like having more income, which could produce both increased happiness and more physical activity.
- There is a big group of questions about emotional health and wellbeing, where if a student gives a positive response on one question then they are **more** likely to give a positive response on most of the others.
- Similarly, there is a big group of questions about health-risky behaviours, where if a student says yes to one item, they are **more** likely to say yes to the others.
- And for most of the positive wellbeing questions, a positive wellbeing response means they are **less** likely to say yes to the health-risky behaviour questions. Similarly, poor emotional wellbeing is associated with **more** health-risky behaviours.
- We can also link the free-text responses to other questions: young people who have experienced recent stressful life events are more likely to mention emotional wellbeing when thinking about lockdown, and are also more likely to name a family member as their hero.

A → B

B → A

C → A

C → B



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

- If a student gives a positive response on one positive wellbeing 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 wellbeing is associated with **more** health-risky behaviour.

”

Issues and 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 whole Derbyshire sample.

The table below shows the results for Year 8 students only, and flags up 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.

Year 8	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	2157	1121	918	572	385	425	486	185	214
Always looking after self/others re. coronavirus in some way	84	85	85	82	80	85	79	87	80
Agree 'I wish I didn't have to use device screens so much'	14	11	19	14	12	17	13	15	21
Easy to talk to someone	47	56	40	31	45	46	30	44	36
High happiness score 70+	56	66	48	36	46	50	36	43	44
High safety score 12+	76	82	71	59	71	67	62	63	71
High wellbeing score 56+	14	19	9	8	11	16	7	14	12
Daily physical activity last week	21	25	17	15	18	19	21	24	20
Daily hard physical activity last week	9	12	6	6	6	10	10	13	10
Daily 1h+ physical activity last week	10	14	7	7	7	11	11	13	14
If had sex, always used contraception	29	35	29	17	10	41	0	40	25
Worried about some aspect of coronavirus a lot	48	46	48	60	49	62	55	58	52
Agree 'I read less than I did last year'	28	29	28	27	28	31	33	26	35
Adverse events 3+ last year	37	34	41	43	42	44	46	50	39
Tobacco user	1	1	1	1	3	5			
Vape user	4	3	4	3	7	9	4	4	3
Ever drunk alcohol	44	43	44	42	48	47	48	53	38
Drink weekly	4	4	5	3	6	6	5	7	
Drank last week	13	13	13	14	15	18	16	21	13
Ever used drugs	5	6	4	4	6	8	4	4	7
Someone online asked to meet	10	7	14	13	14	12	15	16	14
Bullied a lot last year	9	6	9	17	11	15	13	16	8
Worry often affects life	43	29	56	62	50	51	58	52	47
'Usually' use risky or harmful coping behaviour	42	33	50	54	48	55	55	55	45
'Sometimes' hopeless or depressed in last 2 weeks	38	27	46	60	44	48	59	51	48
Worry about something 'often' or 'all the time'	74	65	81	85	77	79	85	84	79
No physical activity last week	5	5	4	6	7	7	7	4	7
No hard physical activity last week	21	19	23	22	26	23	21	18	23
No 1h+ physical activity last week	16	12	18	23	25	19	20	17	25
Had sex	3	3	2	4	3	6	3	3	4
Struggle with school work	14	10	18	20	18	21	21	21	21

KEY

Positive criterion

Negative criterion

$p < 0.05$

42 Significantly better

42 Significantly worse

“ There are a great many ‘red flags’ on this table, showing that for most of the groups selected, their results are worse, or at least less desirable, when compared with the year group overall.

□ Males seem to be faring better than females on most of the criteria in this list – which is not to say that all males are doing well, as we know many are not. The suicide rate among teenage males is higher than for females, and older teenage boys tend to have a higher rate of acute mental distress.

Issues and inequalities (2/3)

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

Year 9	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	2252	1124	1007	573	430	405	457	145	230
Always looking after self/others re. coronavirus in some way	79	81	78	74	75	81	74	83	74
Agree 'I wish I didn't have to use device screens so much'	12	10	16	14	14	15	11	15	16
Easy to talk to someone	47	57	39	28	46	41	30	43	41
High happiness score 70+	51	64	41	28	44	47	31	42	45
High safety score 12+	75	84	70	57	72	70	63	63	70
High wellbeing score 56+	14	21	7	8	13	15	8	18	16
Daily physical activity last week	24	31	18	21	21	28	23	34	28
Daily hard physical activity last week	10	14	6	10	9	12	10	18	12
Daily 1h+ physical activity last week	12	18	6	9	10	16	11	15	14
If had sex, always used contraception	40	41	44	33	58	35	44	36	21
Worried about some aspect of coronavirus a lot	41	35	44	57	43	55	52	57	43
Agree 'I read less than I did last year'	26	30	23	21	30	28	24	25	25
Adverse events 3+ last year	38	31	44	47	48	52	45	57	43
Tobacco user	3	3	3	4	6	6	3	4	6
Vape user	6	5	7	7	10	12	5	10	10
Ever drunk alcohol	61	60	62	60	65	65	62	65	59
Drink weekly	9	9	8	7	9	11	7	8	9
Drank last week	20	19	22	21	22	24	23	23	18
Ever used drugs	7	7	7	9	10	15	6	7	11
Someone online asked to meet	14	8	20	18	17	18	17	16	17
Bullied a lot last year	7	5	7	14	10	12	11	11	8
Worry often affects life	45	25	62	69	48	50	62	55	46
'Usually' use risky or harmful coping behaviour	42	28	53	60	48	53	52	57	45
'Sometimes' hopeless or depressed in last 2 weeks	39	25	50	65	44	48	63	53	43
Worry about something 'often' or 'all the time'	72	60	84	87	76	79	84	84	78
No physical activity last week	5	3	6	7	7	10	7	9	6
No hard physical activity last week	19	16	21	22	24	28	26	18	19
No 1h+ physical activity last week	15	11	18	19	20	19	18	18	14
Had sex	6	6	6	8	7	12	7	10	10
Struggle with school work	15	10	20	23	17	24	24	17	16

KEY

Positive criterion

Negative criterion

$p < 0.05$

42

Significantly better

42

Significantly worse

- ❑ All groups selected show at least some poorer outcomes, but perhaps fewer or smaller than in Year 8.
- ❑ The SEND and LGBT show more poor outcomes among these Y9 students than did the equivalent groups in Y8.

Issues and inequalities (3/3)

And lastly, once again for the Year 10 sample.

Year 10	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	1727	824	819	429	312	323	342	156	171
Always looking after self/others re. coronavirus in some way	78	77	80	77	73	76	74	80	76
Agree 'I wish I didn't have to use device screens so much'	17	11	23	18	17	15	17	22	21
Easy to talk to someone	43	49	39	30	44	46	31	37	38
High happiness score 70+	41	52	32	23	31	34	22	32	38
High safety score 12+	72	80	67	59	66	63	59	54	65
High wellbeing score 56+	10	16	4	5	7	8	5	10	11
Daily physical activity last week	23	29	18	20	25	24	24	29	24
Daily hard physical activity last week	10	16	5	10	11	10	12	12	14
Daily 1h+ physical activity last week	11	17	5	8	12	15	11	14	12
If had sex, always used contraception	35	30	41	31	24	31	31	32	19
Worried about some aspect of coronavirus a lot	43	35	48	60	43	54	62	57	47
Agree 'I read less than I did last year'	24	28	21	21	27	27	24	17	29
Adverse events 3+ last year	35	28	40	42	44	42	40	59	33
Tobacco user	7	7	8	7	10	13	10	12	7
Vape user	10	9	10	10	14	15	12	17	10
Ever drunk alcohol	71	69	74	68	75	71	72	75	58
Drink weekly	14	15	14	12	16	15	14	17	4
Drank last week	30	29	30	26	32	27	31	31	21
Ever used drugs	14	15	12	14	16	19	18	16	19
Someone online asked to meet	16	9	23	19	15	20	21	22	21
Sent undressed/sexual images of self	10	7	12	14	9	10	13	18	12
Bullied a lot last year	6	5	7	10	9	12	10	14	10
Worry often affects life	48	31	62	69	49	54	66	59	46
'Usually' use risky or harmful coping behaviour	46	35	56	61	48	55	58	54	41
'Sometimes' hopeless or depressed in last 2 weeks	47	33	58	70	43	57	65	66	52
If had partner, any uncomfortable partner behaviour	44	37	49	58	47	50	54	51	46
Worry about something 'often' or 'all the time'	78	67	88	90	79	80	85	87	73
No physical activity last week	8	7	8	11	8	11	10	6	9
No hard physical activity last week	22	19	23	26	22	27	26	18	21
No 1h+ physical activity last week	19	14	22	25	21	22	28	19	22
Had sex	14	14	14	15	18	19	19	27	19
Struggle with school work	23	14	30	35	28	31	32	31	19

KEY

Positive criterion

Negative criterion

$p < 0.05$

42

Significantly better

42

Significantly worse

“ All groups selected show at least some poorer outcomes, but perhaps even fewer than we see in Year 9. Nonetheless:

- ❑ LGBT students show a long list of poorer outcomes, including more bullying and lower wellbeing 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.

”

Localities (1/2)

A similar analysis has been carried out for the 6 locality areas of Derbyshire. These are the results for Key Stage 3.

Results representing fewer than 5 cases have been removed from the table.

Year 8&9	All	Amber Valley	Bolsover & NE Derbyshire	Chesterfield	Erewash	High Peak & North Dales	South Dales & South Derbyshire
Sample N	4409	647	896	529	359	820	1158
Always looking after self/others re. coronavirus in some way	82	86	82	80	76	83	80
agree I wish I didn't have to use device screens so much	13	12	14	14	12	14	13
Easy to talk to someone	47	43	51	45	47	44	48
High happiness score 70+	53	53	52	46	56	56	55
High safety score 12+	75	74	74	73	70	79	78
High wellbeing score 56+	14	14	15	9	16	12	15
Daily physical activity last week	22	21	23	22	19	30	20
Daily hard physical activity last week	10	8	13	11	6	11	8
Daily 1h+ physical activity last week	11	11	12	9	10	15	9
Worried about some aspect of coronavirus a lot	44	52	49	46	31	38	43
agree I read less than I did last year	27	23	22	31	34	31	28
Adverse events 3+ last year	38	38	43	39	40	34	35
Tobacco user	2	2	2	5		2	2
Vape user	5	7	4	6	4	4	4
Ever drunk alcohol	53	52	52	57	52	54	51
Drink weekly	6	7	7	8	5	6	6
Drank last week	17	20	18	20	15	16	15
Ever used drugs	6	8	5	8	4	6	6
Someone online asked to meet	12	12	14	13	12	11	10
Bullied a lot last year	8	9	8	8	7	7	7
Worry often affects life	44	44	44	49	39	47	42
usually' use risky or harmful coping behaviour	42	46	45	45	39	39	38
Sometimes hopeless or depressed in last 2 weeks	39	40	38	47	29	39	38
Worry about something often or all the time	73	78	74	73	63	73	73
No physical activity last week	5	8	5	3	4	3	5
No hard physical activity last week	20	27	17	15	27	17	19
No 1h+ physical activity last week	15	19	14	16	13	11	17
Had sex	4	6	6	6		3	4
Struggle with school work	15	16	16	13	11	13	16

KEY

Positive criterion

Negative criterion

$p < 0.05$

42

Significantly better

42

Significantly worse

There are plenty of differences between the localities of Derbyshire among Y8&9 students.
 As a generality, Amber Valley shows the least positive picture across a list of criteria; Chesterfield also has several red flags.

Localities (2/2)

These are the results for the older year groups in Key Stage 4.

Results representing fewer than 5 cases have been removed from the table.

Year 10&11	All	Amber Valley	Bolsover & NE Derbyshire	Chesterfield	Erewash	High Peak & North Dales	South Dales & South Derbyshire
Sample N	2365	169	478	285	137	628	668
Always looking after self/others re. coronavirus in some way	78	73	79	77	78	77	80
agree I wish I didn't have to use device screens so much	18	16	21	20	8	19	18
Easy to talk to someone	45	45	47	44	35	48	43
High happiness score 70+	41	32	34	41	33	47	46
High safety score 12+	73	59	72	75	60	76	76
High wellbeing score 56+	10	11	10	9	7	11	10
Daily physical activity last week	23	28	24	19	15	24	24
Daily hard physical activity last week	11	14	10	10	8	10	11
Daily 1h+ physical activity last week	11	12	13	9	6	12	11
Worried about some aspect of coronavirus a lot	43	51	48	50	43	37	39
agree I read less than I did last year	24	25	22	25	24	25	22
Adverse events 3+ last year	35	47	39	37	38	28	36
Tobacco user	9	8	14	9		8	7
Vape user	13	18	19	21		14	7
Ever drunk alcohol	75	66	77	83	66	79	69
Drink weekly	18	16	21	28	10	22	10
Drank last week	35	27	40	49	27	40	26
Ever used drugs	17	21	22	21	6	19	13
Someone online asked to meet	19	14	26	28	21	17	14
Sent undressed/sexual images of self	12	12	16	18	9	10	10
Bullied a lot last year	6	10	9	4	5	5	5
Worry often affects life	49	47	52	56	55	46	45
usually' use risky or harmful coping behaviour	46	47	50	49	50	41	47
Sometimes hopeless or depressed in last 2 weeks	47	49	51	46	54	44	45
If had partner, any uncomfortable partner behaviour	45	43	52	51	47	42	42
Worry about something often or all the time	78	81	82	88	81	74	75
No physical activity last week	8	11	8	5	8	9	8
No hard physical activity last week	22	23	28	17	22	22	18
No 1h+ physical activity last week	20	23	23	21	22	19	16
Had sex	20	16	27	29	8	18	17
Struggle with school work	21	31	24	21	21	20	19

KEY

Positive criterion

Negative criterion

$p < 0.05$

42

Significantly better

42

Significantly worse

“ Among Year 10&11 students, there are more clear differences between the localities, which are in keeping with those seen in Y8&9.

□ As a generality, the localities of Chesterfield and Bolsover & NE Derbyshire show the least positive set of results.

N.B. Use caution when interpreting figures based on smaller sample sizes – which might not be so representative.

”

Amber Valley

This and the following pages pull out some of the key findings from the localities tables on the previous two pages.

3 of the 8 schools in Amber Valley took part in the 2021 survey.

Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

Years 8/9

- 27% of students reported they did no hard physical activity last week

- 78% of students reported worry about something often or all the time: this is higher than the Derbyshire average by 5 percentage points, and is the highest in the County for this age group



- 86% of students reported that they are 'always' looking after self/others re. coronavirus in some way;

this is highest in the County for this age group

- 52% of students worried about some aspect of coronavirus at least 'a lot' (higher than average)

Years 10/11

- 66% of students reported they ever drink alcohol

- A score for perceived happiness was derived from a short list of items where pupils were asked to give a score out of 10 about 10 different aspects of their lives, like family and home, giving an aggregate score out of 100. 32% of students achieved a High happiness score of 70+; this is well below the Derbyshire average, and the lowest in the County for this age group





- A score for perceived safety was derived from a short list of items where pupils were asked if they agreed or disagreed with statements like "I feel safe when I am out in my local area during the day"; a high score means they felt safer and a maximum score was 20. 59% of students achieved a high safety score of 12 or more.

“ Amber Valley has several statistically significant differences from other localities; two of these relate to poorer emotional health and wellbeing. ”

Bolsover and NE Derbyshire

3 of the 8 schools in Bolsover and NE Derbyshire took part in the 2021 survey.

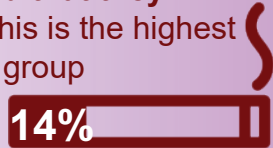


Years 8/9

- **49% of students worried about some aspect of coronavirus 'a lot'**
- **22% of students agreed with the statement 'I read less than I did last year'**
- **51% of students reported that they find it easy to talk to someone:** this figure is the highest in the County for this age group 
- **13% of students reported daily hard physical activity last week;** this figure is the highest in the County for this age group 
- **6% of students reported they have had sex**

Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

Years 10/11

- **14% of students reported that they currently use tobacco;** this is the highest in the County for this age group 
- **19% of students reported that they currently use nicotine vapour products** (above average)
- **22% of students reported that they ever used drugs;** this figure is the highest in the County for this age groups
- **26% of students reported that someone online asked to meet them;** this figure is higher than the Derbyshire average
- **16% of students reported that they had sent undressed/sexual images of self** (a figure higher than the Derbyshire average)
- **9% of students reported that they were bullied a lot last year;** this figure is the highest in the County for this age group
- **34% of students achieved a high happiness score of 70+ (see p.16)**
- **If students had a partner, 52% reported any uncomfortable partner behaviour;** this is the highest in the County for this age group 
- **28% of students reported that they did no hard-physical activity last week;** this figure is the highest in the County for this age group 

“ Three of the five statistically significant differences in the Y8&9 group are positive, but all the differences seen in the Y10&11 group are undesirable. ”

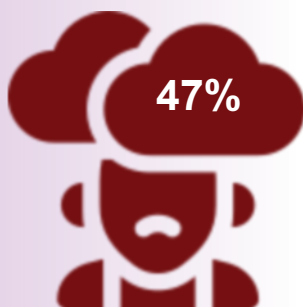
Chesterfield

3 of the 8 schools in Chesterfield took part in the 2021 survey.

Years 8/9

- 5% of students reported that they currently use tobacco; this figure is the highest in the County for this age group
- 49% of students reported that worry often affects life; this figure is the highest in the County for this age group

- 47% of students said they that they felt hopeless or depressed at least 'sometimes' in last 2 weeks: this figure is higher than the Derbyshire average



- 46% of students achieved a high happiness score of 70+ (see p.16); this figure is the lowest in the County for this year group
- Students were asked to complete the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS). 9% of students achieved a high wellbeing score of 56+; this figure is the lowest in the County for this year group
- 15% of students reported that they did no hard-physical activity last week; this figure is the lowest in the County for this year group

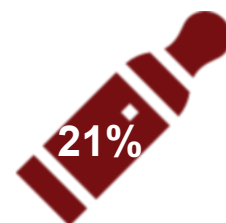
Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

“ In general, Chesterfield shows one of the the least positive sets of results. ”

Years 10/11

- 50% of students reported that they worried about some aspect of coronavirus 'a lot'
- 21% of students reported that they currently use nicotine vapour products; this figure is the highest in the County for this age group
- 83% of students reported that they had ever drunk alcohol; this figure is the highest in the County for this age group
- 28% of students reported that they drink weekly; this figure is the highest in the County for this age group
- 49% of students reported that they drank last week; this figure is the highest in the County for this age group
- 28% of students reported that someone online has asked to meet them; this figure is the highest in the County
- 18% of students reported that they had sent undressed/sexual images of themselves; this figure is the highest in the County
- 56% of students reported that worry often affects their life; this figure is the highest in the County for this age group
- 88% of students reported that they worry about something often or all the time; this figure is the highest in the County for this age group
- 29% of students have had sex. this figure is the highest in the County for this age group



Erewash

2 of the 6 schools in Erewash took part in the 2021 survey.

Years 8/9

- **31% of students reported worried about some aspect of coronavirus 'a lot' – this figure is the lowest in the County**
- **76% of students reported that they 'always' look after self/others re. coronavirus in some way - this figure is the lowest in the County**
- **34% of students agreed that 'I read less than I did last year' this figure is the highest in the County for this age group**
- **29% of students reported that they 'sometimes' felt hopeless or depressed in last 2 weeks. this figure is below the Derbyshire average**
- **63% of students reported that they worry about something 'often' or 'all the time'; this figure is below the Derbyshire average**
- **27% of students reported that did no hard physical activity last week; this figure is above average**
- **6% of students reported that they did daily hard physical activity last week; this figure is below average**



Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

Years 10/11

- **8% of students agreed that 'I wish I didn't have to use device screens so much'; this figure is below the Derbyshire average**
- **There are several risky behaviours for which the Y10/11 group in Erewash shows the lowest rates in the County:**
 - 10% Drink weekly**
 - 6% Ever used drugs**
 - 8% Had sex**
- **60% of students achieved a high perceived safety score of 12+ (see p.16); this figure is the lowest in the County**



“ There are several risky behaviours for which the Y10/11 group in Erewash shows the lowest rates in the County. ”

South Dales and South Derbyshire

4 of the 6 schools in South Dales and South Derbyshire took part in the 2021 survey.

Years 8/9

- **38% of students reported that they 'usually' employ risky or harmful coping behaviour; this figure is the lowest in the County for this year group**
- **20% of students reported that they did daily physical activity last week**
- **8% of students reported that they did daily hard physical activity last week**
- **9% of students reported that they did daily 1h+ physical activity last week**

Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

Years 10/11

There are many positive-looking findings in this age group. These reports of health-risky behaviour are all below the average for Derbyshire:

- 69% ever drunk alcohol**
- 10% drink weekly**
- 26% drank last week** (Lowest in the County for this year group)
- 13% ever used drugs**
- 14% someone online asked to meet them**

- **46% of students achieved a high happiness score of 70+ (see p.18) (above the Derbyshire average)**
- **18% of students reported that did no hard physical activity last week; this figure is the lowest in the County for this year group**

“ The older age group shows only positive results. ”

High Peak and North Dales

4 of the 9 schools in High Peak and North Dales took part in the 2021 survey.

Years 8/9

- **38% of students reported that they worried about some aspect of coronavirus 'a lot'**; this figure is below Derbyshire average
- **31% of students agree that 'I read less than I did last year'**; this figure is above Derbyshire average
- **79% of students achieved a high safety score of 12+**; this figure is the highest in the County
- **30% of students reported that they did daily physical activity last week**; this figure is the highest in County
- **11% of students reported that they did no physical activity last week for more than an hour**; this figure is below average



- **15% of students reported that they did an hour or more of physical activity each day last week**; this figure is the highest in the County.

Years 10/11

- **37% of students reported that they worried about some aspect of coronavirus 'a lot'**; this figure is the lowest in the County
- **79% of students reported that they had ever drunk alcohol**; this figure is above the Derbyshire average
- **19% of students reported that they drink weekly**; this figure is above average
- **40% of students reported that they drank last week**; this figure is above average
- **41% of students reported that they 'usually' employ risky or harmful coping behaviour**; this figure is the lowest in the County
- **47% of students achieved a high happiness score of 70+** (see p.18); this figure is the highest in the County



Findings in Red are worse than the Derbyshire average

Findings in Green are better than the Derbyshire average

“ Most of the significant results in the younger age group are positive.

”

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). Every postcode in Derbyshire can be linked to a standardised score for deprivation. All the postcode areas in the country were then

divided into fifths (quintiles), and the students were then put into groups according to which fifth they fell into, from the most to the least deprived. These are the Year 10 results; figures representing fewer than 5 cases have been removed.

Year 10	All	Most deprived quintile	2nd quintile	3rd quintile	4th quintile	Least deprived
Sample N	1727	149	158	304	252	228
Always looking after self/others re. coronavirus in some way	78	84	75	84	82	78
Agree I wish I didn't have to use device screens so much	17	18	17	20	16	19
Easy to talk to someone	43	40	50	45	44	49
High happiness score 70+	41	33	39	45	41	48
High safety score 12+	72	71	69	72	82	76
High wellbeing score 56+	10	7	12	9	12	10
Daily physical activity last week	23	31	23	21	22	27
Daily hard physical activity last week	10	17	12	11	8	10
Daily 1h+ physical activity last week	11	14	13	11	10	10
If had sex, always used contraception	35	45	62	31	50	30
Worried about some aspect of coronavirus a lot	43	53	49	40	36	39
Agree I read less than I did last year	24	29	22	22	25	21
Adverse events 3+ last year	35	39	34	35	30	29
Tobacco user	7	10	10	7	6	5
Vape user	10	16	11	8	7	8
Ever drunk alcohol	71	70	80	70	69	71
Drink weekly	14	13	16	11	14	17
Drank last week	30	31	34	28	29	32
Ever used drugs	14	17	14	12	12	13
Someone online asked to meet	16	20	15	16	15	18
Bullied a lot last year	6	10	8	5	3	3
Worry often affects life	48	53	49	46	53	47
'Usually' use risky or harmful coping behaviour	46	48	44	52	44	40
'Sometimes' hopeless or depressed in last 2 weeks	47	56	50	43	44	46
Worry about something often or all the time	78	80	80	76	82	76
No physical activity last week	8	7	5	10	5	
No hard physical activity last week	22	26	23	25	19	11
No 1h+ physical activity last week	19	24	19	21	13	13
Had sex	14	17	11	14	13	11
Struggle with school work	23	27	26	23	19	22

KEY

Positive criterion

Negative criterion

$p < 0.05$

42

Significantly better

42

Significantly worse

Trends

We have compared the 2021 results with those from 2018-19. The questionnaire was substantially revised in 2019 and so not all results are readily comparable. Nonetheless, where comparisons can reasonably be made, they are listed below for Year 10 students, of which there were 913 sampled in 2018-19 and

1727 in 2021. Any important differences in wording are noted.

The question about sexual activity was asked only of Year 11 students in 2018-19, of which there were 1050 sampled in 2018-19 and 615 in 2021.

Year 10	Wording 2019	2019	2021	Wording 2021
% Tobacco user		8	7	
% Vape user		12	10	
% Ever used drugs		14	13	
% Bullied in last 2 months		16	17	
% Safe at school at least 'often'		53	63	
% Safe out after dark at least 'often'		35	31	
% Struggle to manage school work		8	23	
% Worry about school work		38	43	
% Easy to talk to adult confidant		44	44	
% Felt depressed or hopeless	any days last month	73	69	at all last 2 weeks
% Happy with appearance	Yes	38	31	Rating 7+
% Happy with life		68	46	
% At least 'often' optimistic about future	Part scale	41	37	Full scale
Year 11		2019	2021	
% Had sex		22	35	

“ Many results are similar across the two years.

The most striking changes are:

- ❑ A marked increase from 2019 to 2021 in the proportion of Year 10 students who reported that they struggle with school work
- ❑ An increase from 2019 to 2021 in the proportion of Year 10 students who reported feeling safe at school
- ❑ A marked decrease from 2019 to 2021 in the proportion of Year 10 students who reported feeling happy with life

There is also this finding:

- ❑ A marked **increase** from 2019 to 2021 in the proportion of **Year 11** students who reported that they have **had sex**

Given the universal experience of lockdown, this result is counter-intuitive at best.

”

Year 10 comparisons

- The disruption to education and to data collection in Derbyshire has affected the compilation of comparison data sets by SHEU. We have found one broadly similar data set with which to compare Derbyshire, from 2021, but not all the questions were the same. The table notes some important differences of wording.

	Derbyshire 2021	Comparison data set
% Worried about some aspect of coronavirus a lot	↑43	19
% Always looking after self/others re. coronavirus in some way	↑78	62
% Tobacco user	7	4
% Vape user	10	5
% Drank last week	30	32
% Ever used drugs	13	11
% Bullied a lot last year (cf. 'Bullied at school last 12 months')	6	16
If had partner, % any uncomfortable partner behaviour	44	27
Wellbeing score 14-70	42	42
% Worry about something often or all the time	↓78	86
% No physical activity last week	8	8
% Daily 1h+ physical activity last week (cf. '30 mins')	11	23
% Had sex	14	11
If had sex, % always used contraception	34	27

“ It seems that Year 10 results in Derbyshire are broadly similar to those in comparable parts of the country; perhaps Derbyshire students are less likely to worry than their peers elsewhere. ”

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