

# Wiltshire Children and Young People's Health and Wellbeing Survey 2020 and 2021

Overview report



Part of Wiltshire Intelligence



**Wiltshire Council**



## Introduction

The Wiltshire Children and Young People's Health and Wellbeing Survey aims to provide essential information for individual schools, and key stakeholders to understand need, track progress and target resources more effectively for the benefit of all children and young people across the local authority. It is funded by Wiltshire Council and is implemented through schools, colleges and other settings covering a range of age groups.

The survey has been developed to cover topics identified in Wiltshire as key to improving children's lives and was based on an updated version of the 2017 survey. It is organised into seven sections: Healthy Eating, Physical Activity & Sleep, Substances, Safety, Pupil Participation & School Experience, Future Prospects, Emotional Health and Wellbeing.

This report presents an overview of key findings from pupil responses to the survey 2021 (May to July), 2020 survey (January to March) and with some comparison to the 2017 (January to April) survey results. The survey was run in 2015 and 2017 with close to 7,000 responses and nearly 10,000 responses respectively. In 2020, 57 schools participated in the survey and there were nearly 6,000 responses. This survey was cut short due to the pandemic. In 2021, all schools were again invited to participate in the survey and 7,499 pupils were involved from 77 schools. The primary phase of the survey (year groups 4,5 and 6) had a total of 4,181 respondents, the secondary phase (year groups 8 and 10) had 2,258 respondents, and Year 12/FE had 1,060 respondents.

## Summary of Findings

The initial findings from the 2020 and 2021 surveys are generally positive, although some concerns remain. Emotional health and wellbeing scores remain within a healthy range across all year groups. Self-harm remains a concern; although the percentage of pupils reporting self-harm has not changed significantly, findings suggest an increase in frequency. The majority of pupils reported exercising 4 or more hours per week. Primary school pupils also reported washing their hands frequently, and this number has increased due to the pandemic. Furthermore, around 70% have reported eating breakfast and drinking water 3 times or more per day. Most children and young people have never smoked, taken illegal drugs or tried e-cigarettes. The overall experience of being at school is reported to be good with pupils also feeling safe at school.

In some cases, the 2021 results are similar to the 2017 results and different to the 2020 school survey results. It is likely that 2020 results were negatively impacted by COVID-19 and the full lockdown that was implemented at the time of the survey. This affected school experiences, support provided and learning for all pupils.

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## Background and scope

### Purpose of the survey

The aim of the Wiltshire Children and Young People's Health and Wellbeing Survey is to provide essential information for individual schools and key stakeholders understand need, track progress and target resources more effectively for the benefit of all children and young people across the local authority. The survey has been developed to cover topics identified in Wiltshire as key to improving children's lives and was based on an updated version of the 2017 survey. It is organised into seven sections: Healthy Eating, Physical Activity & Sleep, Substances, Safety, Pupil Participation & School Experience, Future Prospects and Emotional Health and Wellbeing.

### Methodology

The survey is designed as an online questionnaire and adapted for specific ages so that 3 different versions of the survey were created. All are compatible with schools existing IT systems. Schools were sent information for staff and pupils in advance on how to run the survey and clarifying question wording where necessary, for example, the definition of bullying. The questionnaires were completed on-line using schools' and colleges' computer resources in a normal lesson period. The surveys were designed carefully, using a professional graphic designer to ensure age appropriacy and pupil engagement.

The surveys were age appropriate, though most questions were cross comparable and consisted of:

- A primary phase survey aimed at years 4, 5 and 6
- A secondary phase survey aimed at years 8 and 10
- A post-16 survey aimed at year 12 in schools, colleges, work based learning, or other settings

Through "smart programming" pupils were asked relevant question for example if they didn't report smoking, they weren't asked any of the questions related to smoking. Pupils took on average 25 minutes to complete the survey, which fitted well into a standard lesson period.

Each survey is anonymous. No data that could be traced to an individual is held on the database. Schools with children and young people with special needs were offered individual logins to enable each pupil to work at their own pace. These logins were not linked to the final data to protect the pupil's identity.

### **What we are doing next**

Further analysis will be conducted, and five additional detailed topic specific reports will be published during 2022. Results from the survey, including those contained in the published reports, will be disseminated at a series of presentations and meetings during 2022.

## Response Demographics

### Overall response rate

After excluding a few partial records, the database contains responses from 7,499 Children and Young People (CYP) which provides a powerful pupil voice telling us about the lives they lead, their daily habits, their fears, and aspirations. All Wiltshire schools were invited to participate, and 77 schools took part.

### Gender

3,580 (47.7%) of the pupils identified themselves as female and 3,843 as male (51.3%).

### Age or year group

The primary phase survey (year groups 4,5 and 6) has a total of 4,181 respondents (55.8%). The secondary phase survey (year groups 8 and 10) has a total of 2,258 respondents (30.1%) and Year 12 1,060 respondents (14.1%).

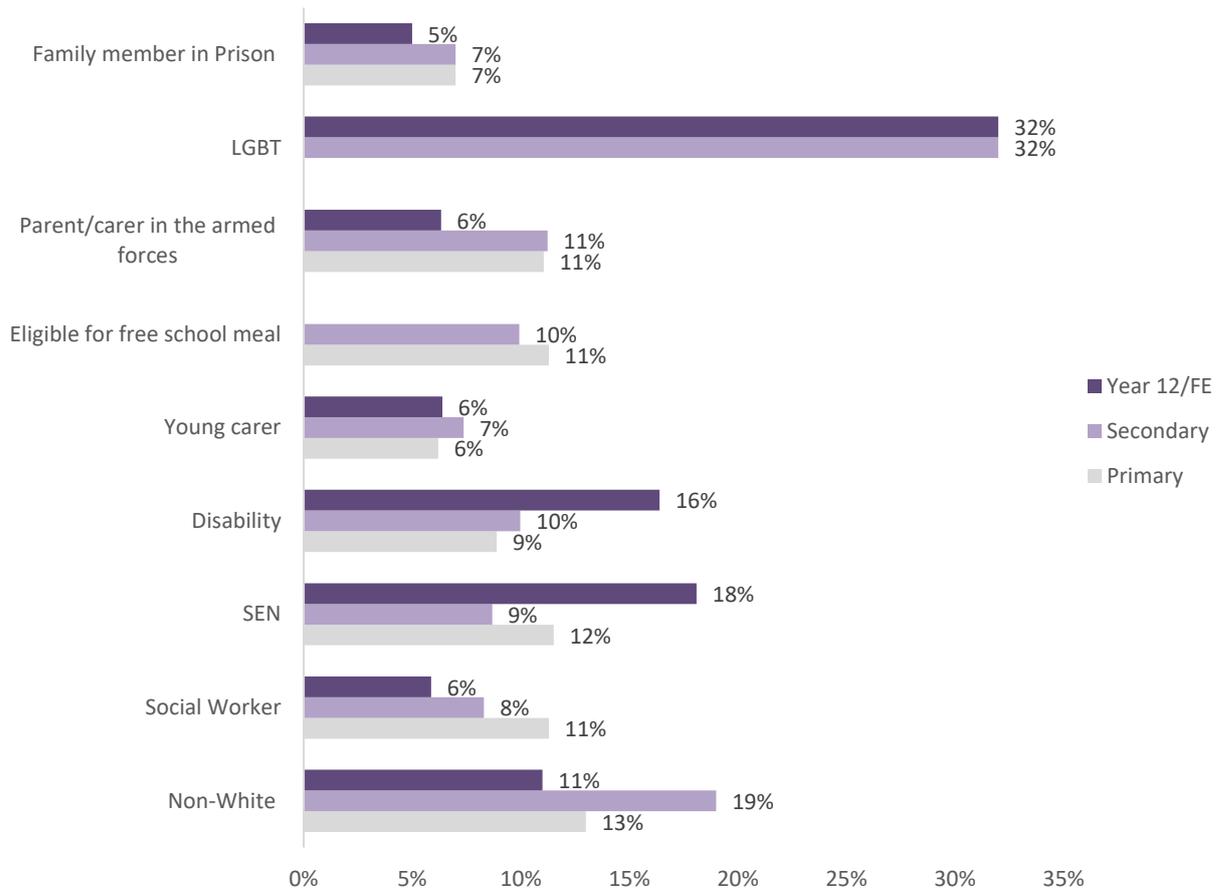
### Ethnicity

80.8% (5,972) of the pupils described themselves as "White British", 4.8% (323) did not want to say and 14.8% (1,096) described themselves as from another ethnic background. Of these, 193 described themselves as "white other" and 64 as "white Irish". Overall, 269 children and young people identified themselves as from Asian or mixed Asian backgrounds, 238 from black African or Caribbean or mixed black backgrounds and 35 as travellers or gypsy/Roma. Other ethnic groups were represented by 297 responses.

### Other groups

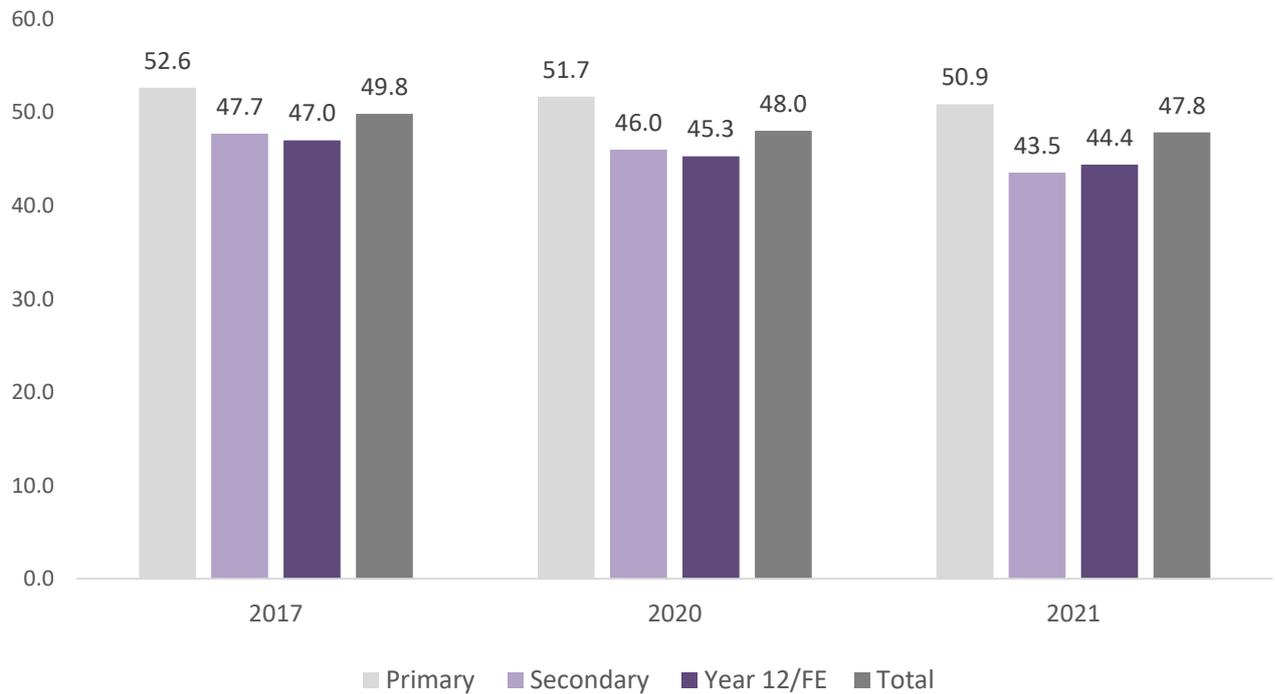
Figure 1 illustrates the percentage of respondents who reported being from a certain grouping including pupils who describe themselves as: having family member in prison; LGBT; having parents in the armed forces; being part of a family with a social worker; being eligible for free school meals; being a young carer; having a special educational need; having a disability and who from minority ethnic groups. These groups are non-exclusive and relationships between them will be described in more detail in the main detailed reports.

**Figure 1: Vulnerable groups**



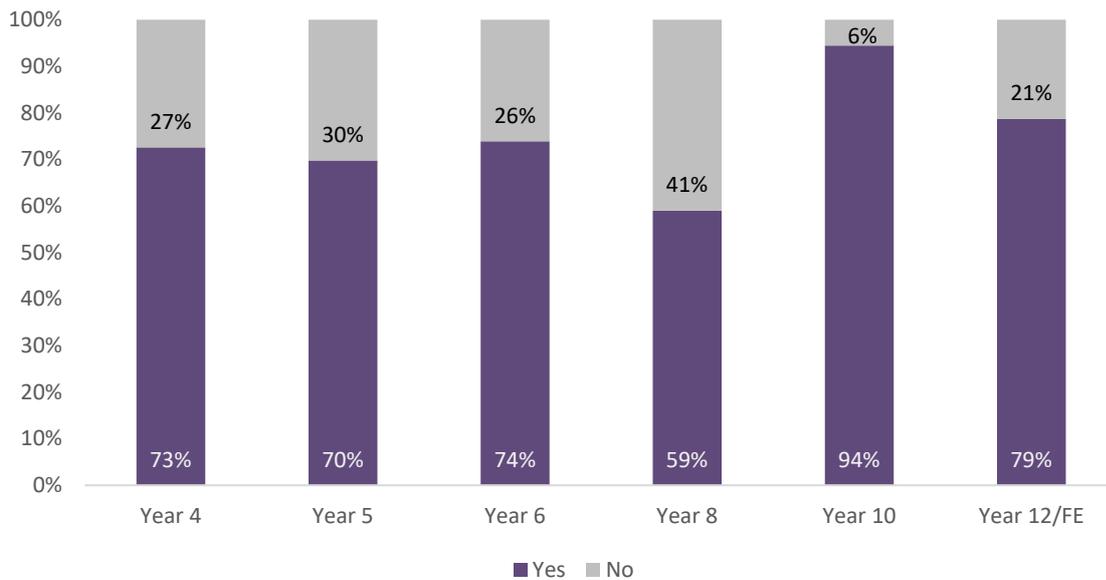
## Emotional Wellbeing

Figure 2: Warwick-Edinburgh Mental Wellbeing Scale mean score



The Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS) was developed by researchers at the Universities of Warwick and Edinburgh, with funding provided by NHS Health Scotland, to enable the measurement of mental well-being of adults in the UK and has been validated for use in children as well. Scores range between 14 and 70. A score between 42 and 60 is believed to represent a relatively healthy mental wellbeing score. In the 2021 sample the respondents mean score was 47.8, which falls in the healthy mental wellbeing range. This is similar to the 2017 and 2020 results.

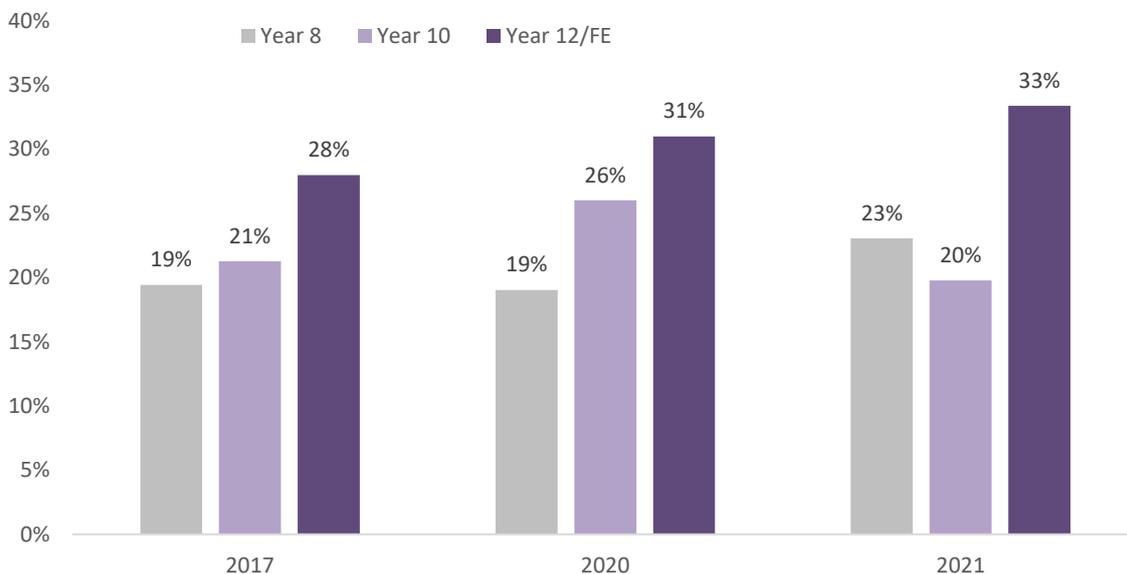
**Figure 3: Is there at least one adult at school who cares about you as an individual?**



Overall, around 72% of pupils believed there was at least one adult in the school who cares about them, although there was variation between year groups. 94% of year 10 pupils believed that there is at least one adult at school who cares about them. However, only 59% of year 8 pupils believed that that there was at least one adult who cared about them.

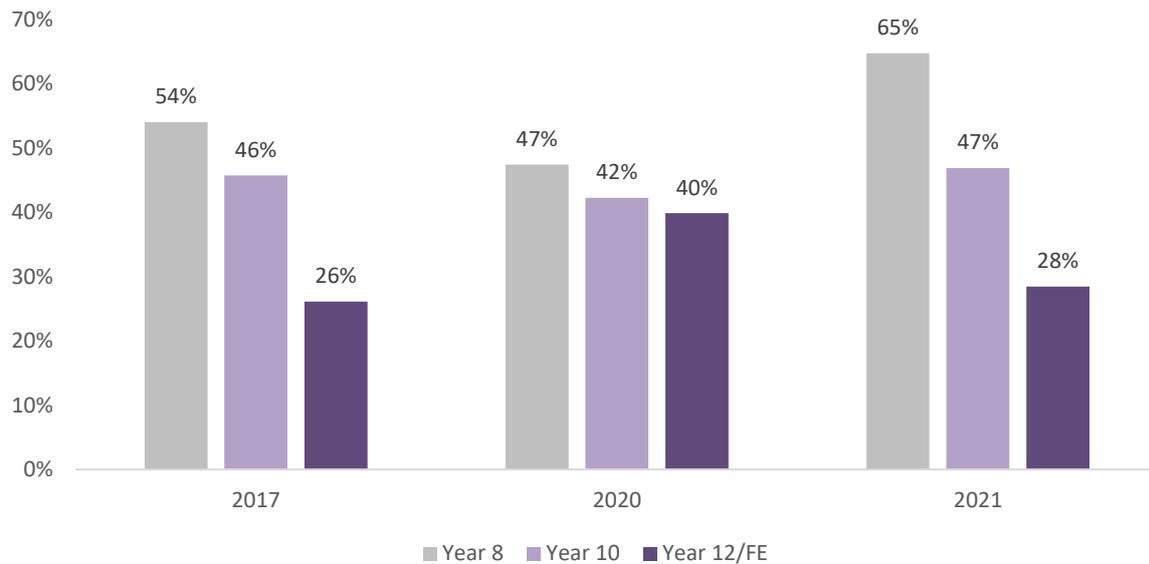
This question was new for 2020 and had not been trialled elsewhere before (2017 survey). It was created to capture a sense of meaningful connection to the adults at a school. In the detailed reports this question will be cross tabulated to other items of wellbeing including the WEMWBS result to explore the ability of the question to measure what we assume to be related concepts.

**Figure 4: Have you ever self-harmed or deliberately taken an over-dose? Yes**



In 2021, 23% of the year 8 pupils, 20% of year 10 pupils and 33% of the year 12/FE reported self-harming at some point. Year 8 pupil responses are similar each time the survey is completed. Year 10 responses in 2017 was 21%, this increased to 26% in 2020 and then returned to 21% in 2021; and year 12/FE responses show a gradual increase each time the survey was completed.

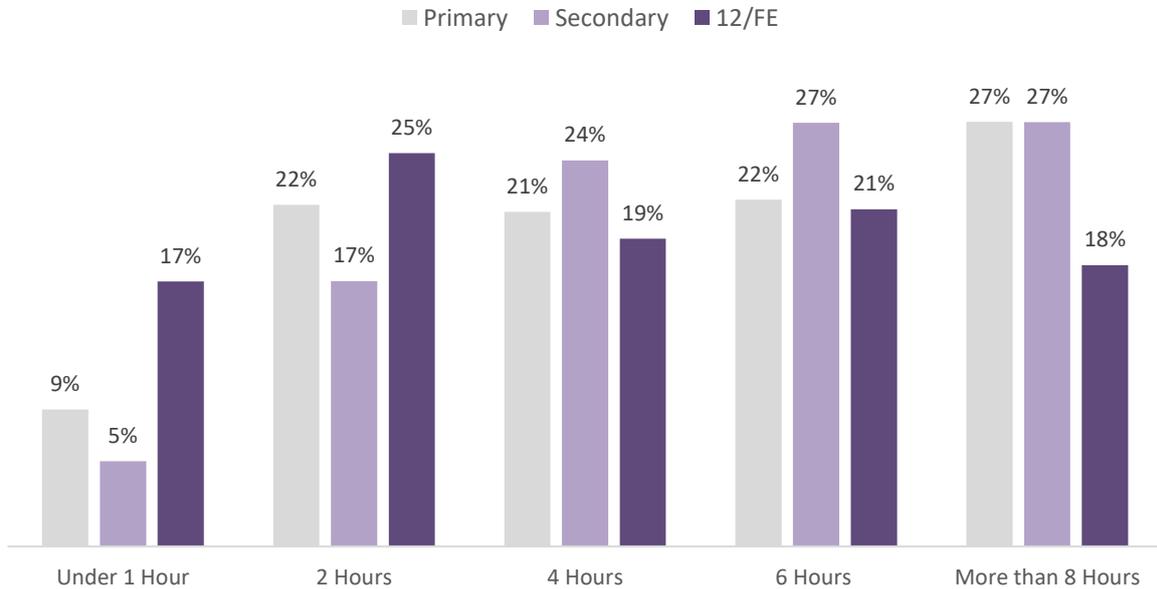
**Figure 5: When did you last self-harm (last month/last week)?**



In 2021, of those who stated they had self-harmed or deliberately taken an overdose, 65% of year 8 pupils reported they self-harmed in the last month or the last week, this has increased from the 2020 (47%) and 2017 (54%) survey results. 47% of year 10 pupils in 2021 survey reported that they have self-harmed in the last month or the last week. The results were similar from the 2020 and 2017 survey. Lastly, 28% of year 12/FE pupils reported self-harming in the last month or the last week in the 2021 results. This is similar to 2017 despite a notable rise to 40% in 2020.

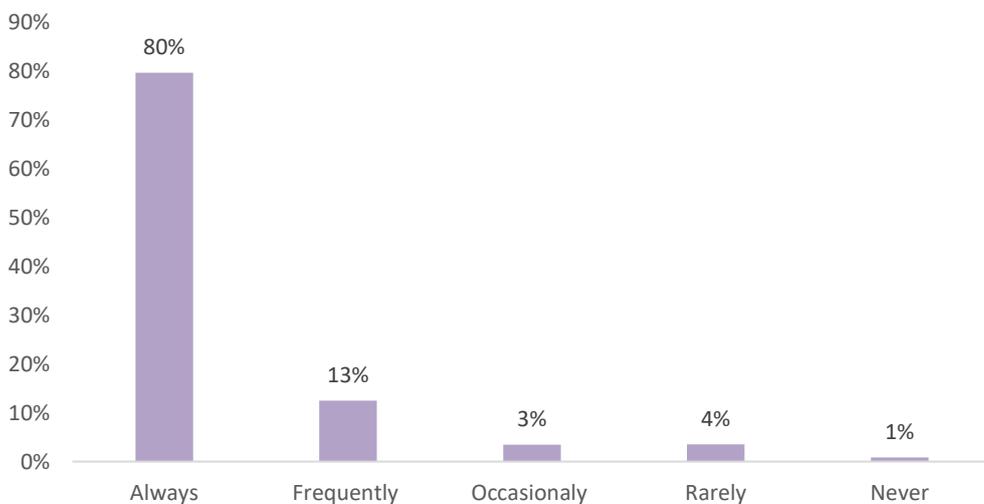
## Healthy lifestyles

**Figure 6: About how much physical activity or exercise do you do over a week (in and out of school)**



It is recommended that children and young people do 7 hours of exercise or more each week. The 2021 survey results showed that 49% of primary school pupils, 54% of secondary school pupils and 39% of year 12/FE pupils reported to exercise 6 or more hours per week. The results were similar to the 2017 and 2020 results.

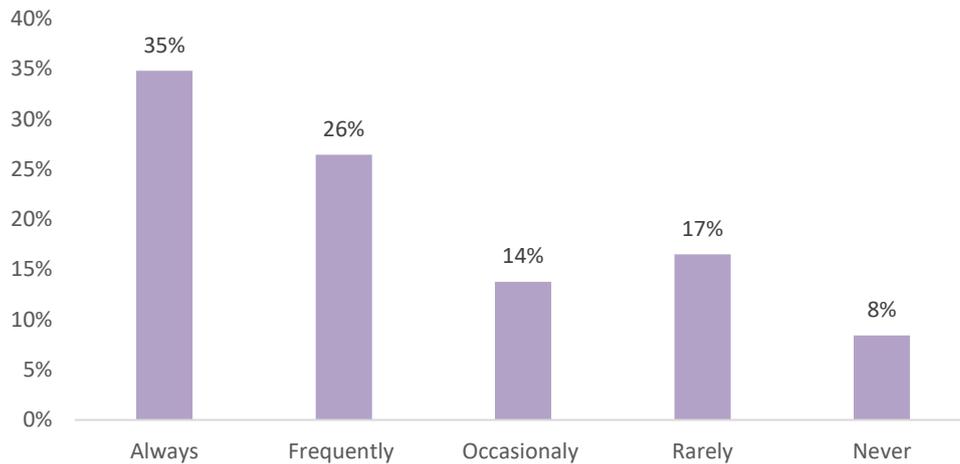
**Figure 7: Do you wash your hands after going to the toilet? (Only asked of the primary school sample)**



4 in 5 pupils responded that they always wash their hands after going to the toilet. There is a slight increase since the 2017 and 2020 surveys when 71% and 75% of primary school

pupils respectively reported always washing their hands. These changes may be due to COVID-19 where washing hands regularly was encouraged to avoid the spread of virus.

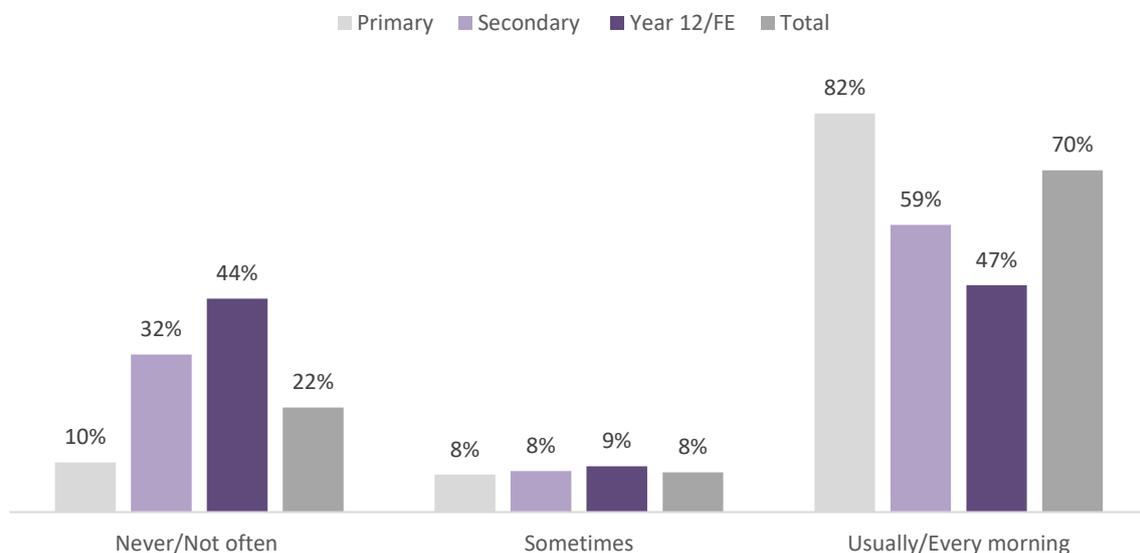
**Figure 8: Do you wash your hands before eating a meal? (Only asked of the primary school sample)**



1 in 3 primary school children reported always washing their hands before eating a meal which is similar to the 2020 and 2017 surveys where 35% and 34% respectively reported always washing their hands. Similarly, in 2021, 25% reported rarely or never washing their hands before meals, which is also similar to the 2020 and 2017 survey where 25% and 26% reported rarely or never washing their hands.

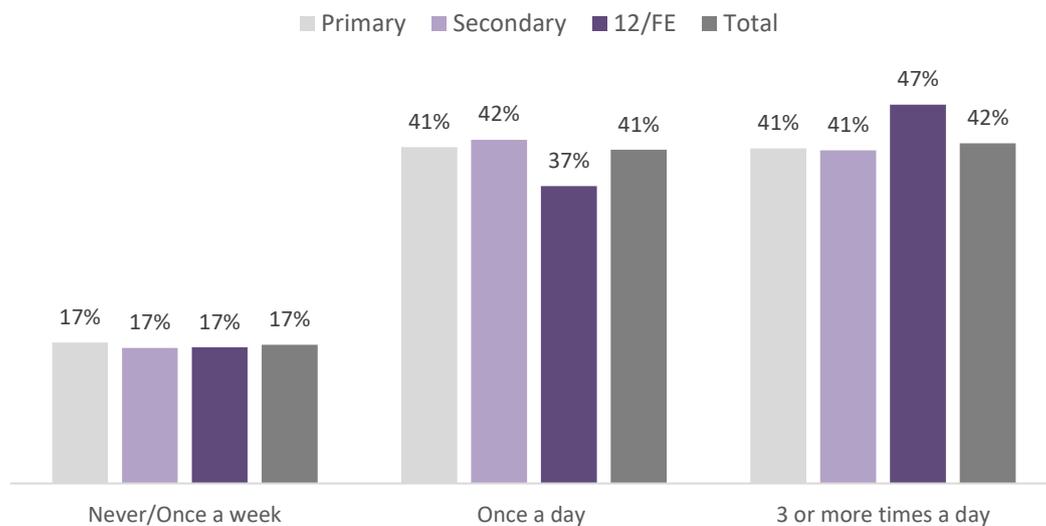
## Diet

**Figure 9: How often do you eat breakfast?**



Around 70% of pupils reported eating breakfast or usually. 83% pupils in primary school responded that they usually or every morning have breakfast. This decreased with the school year, where 59% of secondary school pupils and 47% of year 12/FE pupils responded eating breakfast usually or every day. Compared to the 2020 and 2017 data, there was a slight decrease in the 2021 result in those respondents who stated that they usually or every morning have breakfast.

**Figure 10: The frequency children & young people eat unhealthy snacks (sweets, chocolate, biscuits & crisps).**

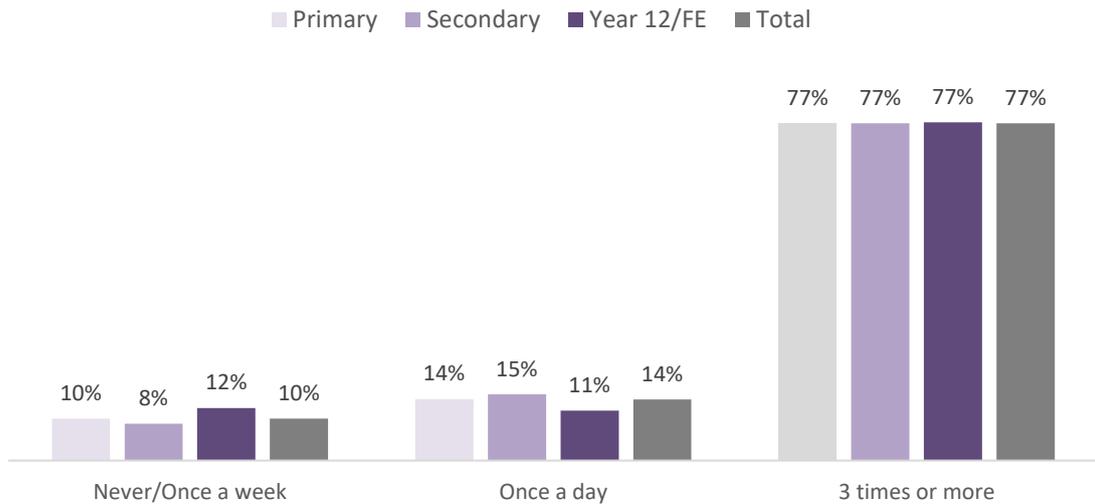


These results are similar to the State of the Nation report<sup>1</sup> where four in ten (40%) parents say their children are eating these sorts of foods a few times a week. The report also suggests that one quarter (25%) said it was at least once a day, whereas four in ten (40%) pupils stated that they eat 3 or more snacks per day.

From 2017 to 2020 there was a slight increase in those eating snacks 3 or more times a day. However, the results were similar for 2020 and 2021, except for primary school pupils where there was a slight increase from 35% (2020) to 41% (2021).

<sup>1</sup> [http://media.childrensfoodtrust.org.uk/2016/12/SoN\\_Report\\_v4.pdf](http://media.childrensfoodtrust.org.uk/2016/12/SoN_Report_v4.pdf)

**Figure 10: How often do children & young people drink still (tap or bottled) water?**

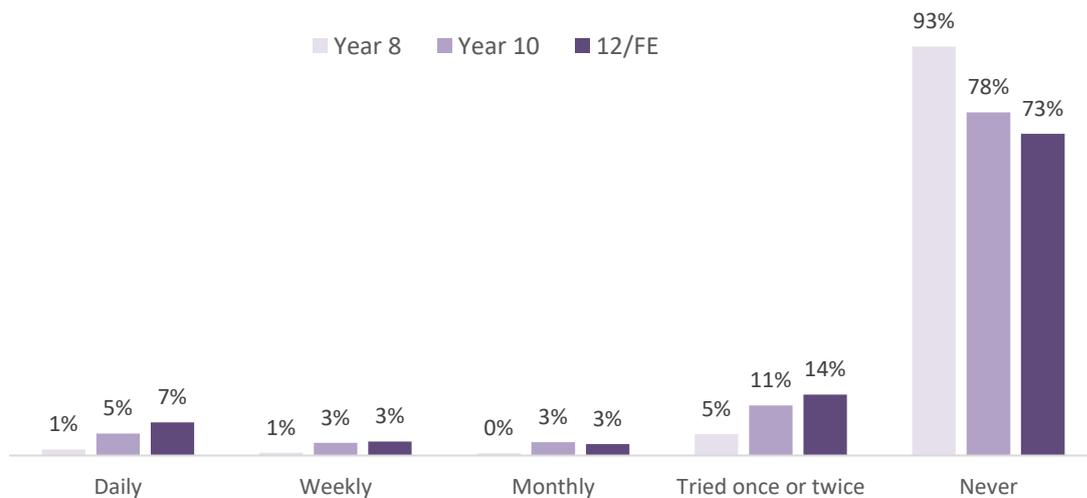


Most (77%) pupils responded that they drink water frequently, compared to only 11% who frequently drink fizzy drinks every day. The results were very similar to the 2020 and 2017 survey results.

The British nutrition foundation recommends that children drink 6-8 glasses of fluid per day (120-150ml for children and 250-300ml for older children and young people). They recommend water as it hydrates without extra energy or risk of harm to teeth. Nationally, over one in five children (22%) are drinking mainly bottled water rather than tap water at home<sup>2</sup>.

## Risky behaviours

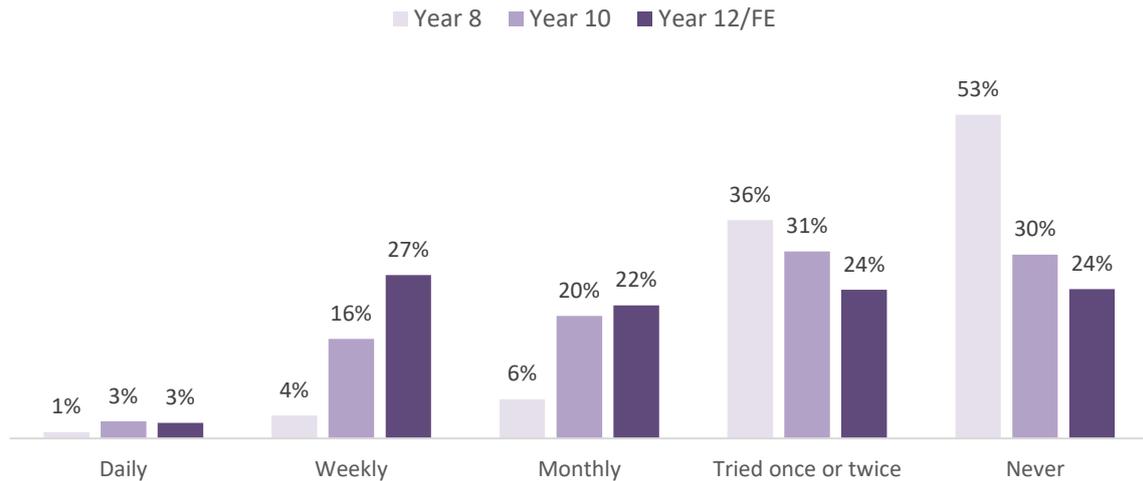
**Figure 11: Do you smoke cigarettes (i.e., tobacco, NOT vaping/e-cigarettes)?**



<sup>2</sup> <http://www.onepoll.com/brita-and-mcs-water-bottle-survey/>

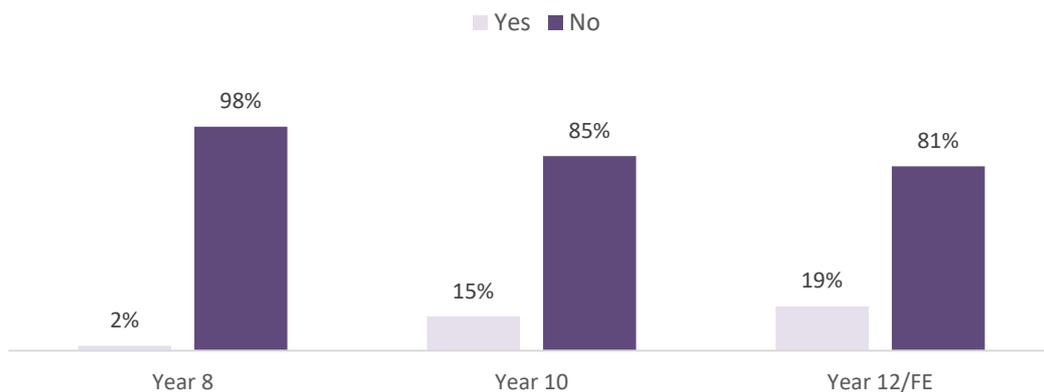
Most (93%) of the year 8 pupils reported never smoking a cigarette. This reduced to 8 out of 10 for year 10 pupils, however 5% reported smoking on a daily basis. For year 12/FE, 73% of pupils stated they never smoked and 7% reported smoking on a daily basis. For year 12/FE pupils there is a downward trend for those smoking on a daily basis. In 2017, 17% in 2020, 14% and in 2021, 7% reported smoking on a daily basis.

**Figure 12: Do you drink alcohol?**



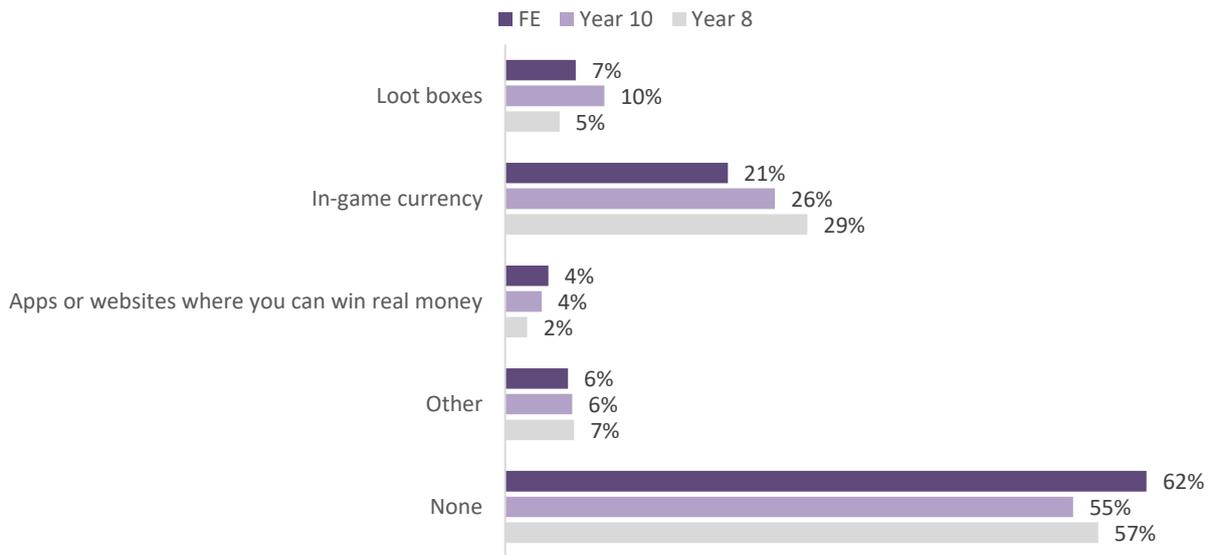
The proportion of pupils who drink alcohol on a weekly basis increases with year group/age. 4% of year 8 pupils, 16% of year 10 pupils and 27% of year 12/FE pupils stated they drink on a weekly basis. The results are somewhat similar to the 2020 and 2017 survey response.

**Figure 13: Have you ever tried illegal drugs?**



Nearly all (98%) of year 8 pupils and most (85%) of the year 10 pupils had not tried illegal drugs. In the year 12/FE sample 19% reported that they had tried illegal drugs. The results are similar for 2020 and 2017 data. However, since the 2017 survey results, year 12/FE pupils who have tried illegal drugs decreased from 28% to 19% in 2020 and 2021.

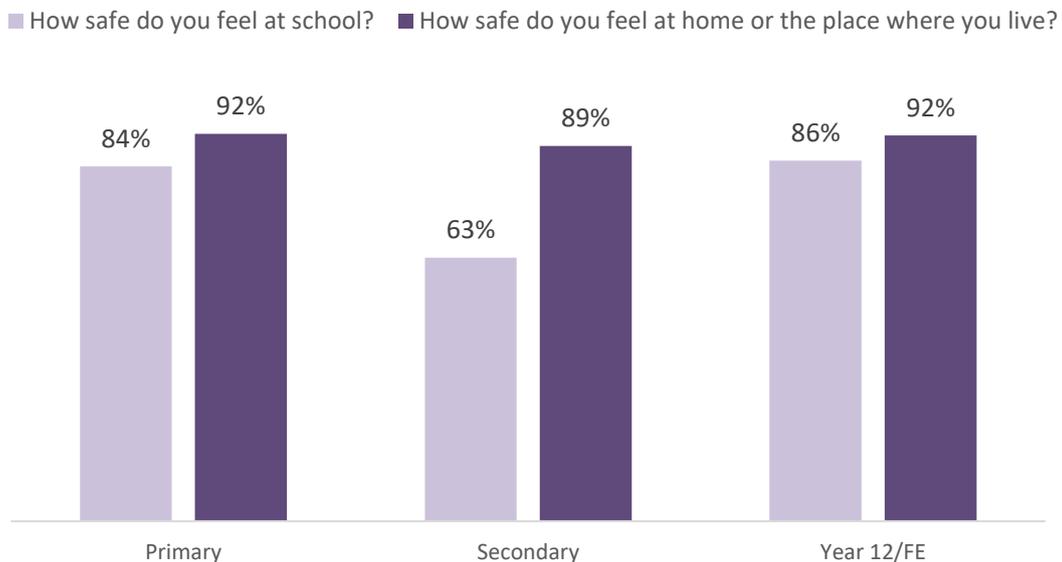
**Figure 14: Have you spent any of your money on any of the following gambling activities in the past 12 months?**



This question was added in the 2020 survey, which tries to reflect local and national requests for information surrounding gambling. On average around 60% of pupils responded that they had not spent any money on any gambling activities in the past 12 months. This is a slight decrease from the 2020 survey responses.

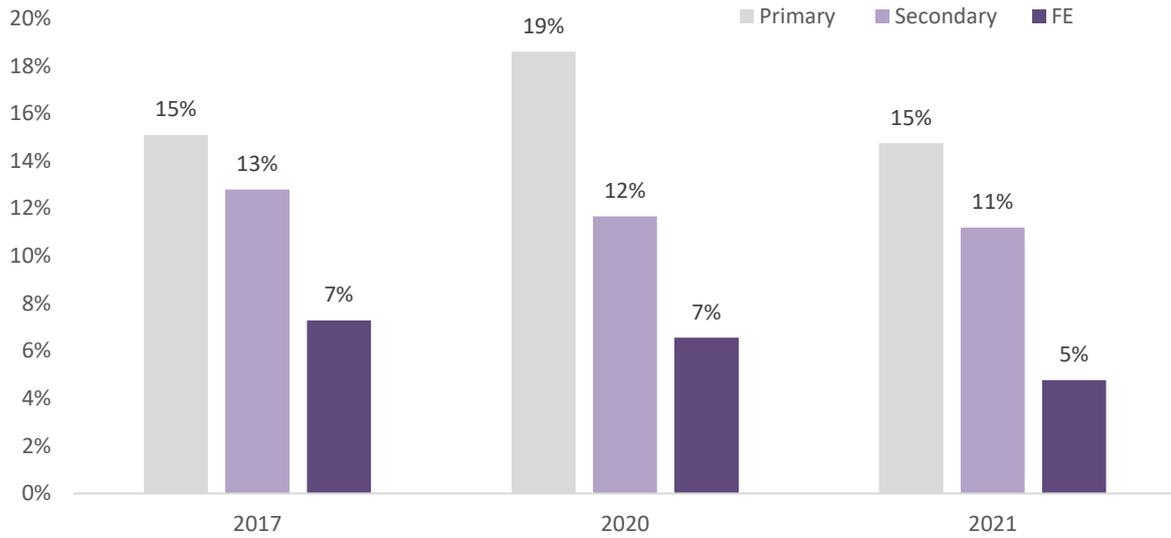
## Community Safety

**Figure 14: How safe do our children feel? Those who answer “safe” or “very safe”**



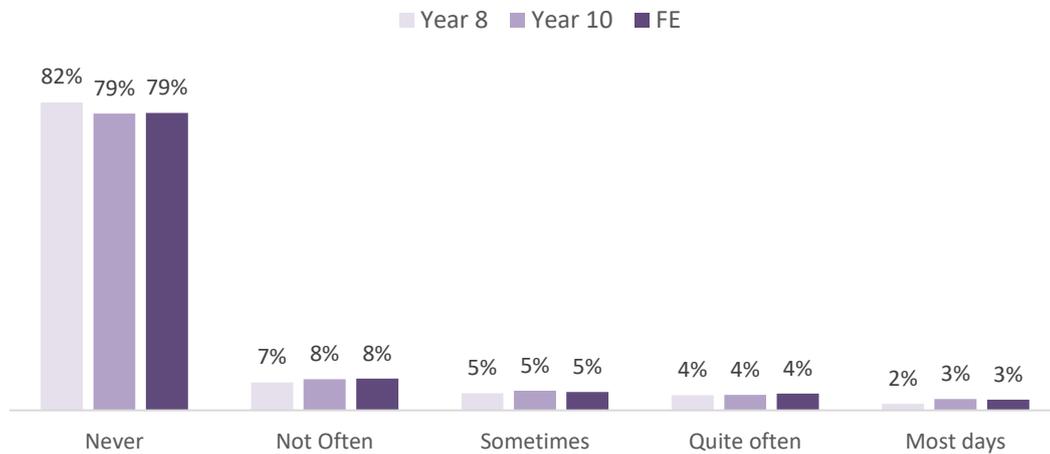
The 2021 results showed that 84% of primary school pupils and 86% of Year 12/FE pupils reported feeling very safe or safe at school, this reduced to 63% in secondary school. 9 out of 10 pupils felt very safe or safe at home or the place they live. For both questions, the results were very similar to the 2017 and 2020 survey.

**Figure 16: Have you been bullied in the last year (Usually/Most days)?**



In 2021, 15% of primary school, 11% of secondary school and 5% of year 12/FE pupils reported that they usually or on most days get bullied. 2021 survey results were similar to 2017 and 2020 survey results. However, in the primary school there was a slight increase in the 2020 survey (19%) as compared to 2021 and 2017 survey (15%).

**Figure 17: Have you or anyone in your immediate family ever been a victim of domestic abuse or domestic violence?**



89% of year 8, 87% of year 10 and 87% of year 12/FE pupils reported that they or someone in their immediate family had never or not often been a victim of domestic abuse or domestic violence. These are very similar results to the 2020 and 2017 survey results. In both the 2021 and 2020 survey, females were a higher proportion of secondary school pupils and year 12/FE pupils who reported they often or most days are a victim of abuse.

## School Engagement

The following tables illustrate the findings of how the pupils describe being at their school. It shows responses of strongly agreeing or agreeing with the statements shown. The text in the cells is highlighted to show if there is a figure that stands out as compared to the rest. The orange text is for year 4, 5 and 6, whereas the yellow text is for year 8, 10 and year 12/FE.

**Figure 18: How would you describe being at your school? (Strongly agree/agree)**

	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12/FE
I enjoy my school	79%	71%	64%	42%	42%	69%
I try my best at school	95%	91%	87%	71%	69%	84%
I learn a lot at school	89%	85%	81%	57%	61%	82%
My school is giving me useful skills and knowledge	87%	84%	80%	51%	48%	77%
My school has lots of activities (like sport and drama) to take part in at lunchtime or after school	71%	68%	59%	60%	49%	33%
Most of my teachers make my lessons fun and interesting	83%	76%	70%	29%	29%	69%
Most of my teachers tell me how I am doing with my work	78%	75%	70%	41%	44%	79%
Other pupils often disrupt my lessons	49%	57%	58%	56%	55%	28%
I get enough help at school with learning	83%	80%	76%	48%	47%	73%
I feel stressed by schoolwork	36%	37%	41%	59%	75%	60%
I worry about going to school	25%	24%	27%	34%	36%	33%
I am often in trouble	10%	10%	13%	15%	12%	5%
I am often aggressive or violent	10%	9%	11%	11%	12%	5%
I usually achieve top grades/levels at my school	53%	51%	43%	44%	39%	45%
I am happy to use the school toilets	67%	55%	49%	27%	27%	63%
I get enough help at school with emotional support	75%	68%	59%	26%	23%	38%

**Figure 19: Are there any areas in your life that you feel you need more support or knowledge with?**

	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12/FE
Cooking skills	<b>61%</b>	<b>66%</b>	<b>66%</b>	25%	26%	26%
Drugs	10%	18%	14%	10%	11%	3%
Alcohol	7%	12%	11%	9%	9%	3%
Smoking	7%	13%	11%	8%	9%	2%
Bullying	<b>22%</b>	<b>22%</b>	16%	11%	8%	15%
Healthy eating	<b>25%</b>	<b>27%</b>	<b>26%</b>	17%	18%	10%
Physical activity	18%	22%	21%	14%	16%	21%
Losing weight	17%	23%	<b>30%</b>	<b>32%</b>	<b>35%</b>	7%
Gaining weight	5%	6%	7%	9%	11%	<b>25%</b>
Getting fit	39%	39%	42%	35%	34%	54%
Feeling positive about my appearance	NA	NA	NA	<b>68%</b>	<b>73%</b>	10%
Safer sex	NA	NA	NA	17%	21%	7%
STIs	NA	NA	NA	13%	14%	13%
Anger management	23%	<b>31%</b>	<b>31%</b>	22%	25%	3%
Relationships and friendships	NA	NA	NA	25%	25%	19%
Parenting skills	NA	NA	NA	17%	24%	9%
Money management	NA	NA	NA	33%	<b>62%</b>	45%
Stress management	23%	28%	38%	36%	<b>48%</b>	30%
Keeping safe and secure when online / using the internet	<b>25%</b>	19%	12%	7%	7%	4%
Domestic abuse	NA	NA	NA	11%	12%	5%
Self-harming	NA	NA	NA	25%	22%	12%
Climate change or other environmental issues	25%	32%	33%	11%	14%	11%
Sexual orientation (e.g., gay, lesbian, bisexual)	NA	NA	NA	18%	18%	10%
Gender orientation (trans)	NA	NA	NA	12%	12%	7%
Keeping safe from exploitation and abuse	NA	NA	NA	13%	16%	7%

The effect that the media, pornography and internet has on the way I feel about my appearance	NA	NA	NA	11%	17%	13%
Politics	NA	NA	NA	21%	28%	21%
Other	11%	14%	14%	7%	5%	5%

Regarding this set of questions, it is important to consider the change between school years. If an item had a high proportion wishing for more support or knowledge in an early school year but this proportion has reduced by the next year group, it could imply that the support or knowledge has been met or that there is an emerging issue in the younger year groups.

## More Information

This report provides an overview of some of the main findings for Wiltshire schools. Additional in-depth thematic reports will be produced in 2022 to provide more detailed information on the findings from the survey.

If you wish to discuss the data in this report or the other Wiltshire Children and Young People's Health and Wellbeing Survey reports please contact the Public Health team at Wiltshire Council.

## Acknowledgements

We would like to thank schools who took part in the January to March 2021 survey, particularly the staff that organised its administration and all the pupils who gave up their time to provide information.

### Schools who participated in 2020

Bitham Brook Primary School

Box Church of England Primary School

Brinkworth Earl Danby's Church of England Primary School

Broad Hinton Church of England Primary School

Chafyn Grove School prep

Chafyn Grove School Senior

Charter Primary School

Clarendon Junior School

Colerne CofE Primary School  
Corsham Regis Primary Academy  
Dauntsey's School  
Devizes School  
Dilton Marsh CofE Primary School  
Fitzmaurice Primary School  
Frogwell Primary School  
Great Bedwyn Church of England School  
Greentrees Primary School  
Hardenhuish School  
Hilmarton Primary School  
Kingdown School  
Kingsbury Green Academy  
Kington St Michael Church of England Primary School  
Lavington School  
Ludgershall Castle Primary School  
Marlborough St Mary's CE VC Primary  
Monkton Park Primary School  
Neston Primary School  
Old Sarum Primary School  
Pewsey Primary School  
Pewsey Vale School  
Pitton Church of England Voluntary Aided Primary School  
River Mead School  
Royal Wootton Bassett Academy  
Saint Edmund's Roman Catholic Academy Calne  
Sambourne Church of England Voluntary Controlled Primary School, Warminster  
South Wiltshire Grammar School for Girls  
St Katharine's CofE (VC) Primary School  
St Laurence School  
St Martin's CofE Voluntary Aided Primary School  
St Mary's RC Primary School (Chippenham)  
St Paul's Primary School  
St Peters CE Primary Academy  
St Sampson's Church of England Primary School  
Studley Green Primary School  
The Clarendon Academy

The John of Gaunt School  
The New Forest Primary School (at Landford, Nomansland & Hamptworth)  
The Stonehenge School  
The Trinity Church of England Voluntary Aided Primary School, Devizes  
Urchfont Church of England Primary School  
Walwayne Court School  
Wiltshire College - Chippenham  
Wiltshire College - Lackham  
Wiltshire College - Trowbridge  
Woodford Valley CE Primary Academy

### School who participated in 2021

Abbeyfield School  
Alderbury & West Grimstead Church of England Primary School  
Amesbury Church of England Voluntary Controlled Primary School  
Baydon St Nicholas Church of England Primary School  
Bellefield Primary and Nursery School  
Bowerhill Primary School  
Box Church of England Primary School  
Bradon Forest School  
Brinkworth Earl Danby's Church of England Primary School  
Bulford St Leonard's CE (VA) Primary School  
Chafyn Grove School (Year 8)  
Chafyn Grove School (Primary years)  
Cherhill Church of England Primary School  
Christ Church Church of England Controlled Primary School  
Clarendon Junior School  
Colerne CofE Primary School  
Coombe Bissett Church of England Primary School  
Corsham Regis Primary Academy  
Cricklade Manor Prep School  
Crudwell CofE Primary School  
Dauntsey's Academy Primary School  
Dinton CofE Primary School  
Fitzmaurice Primary School  
Five Lanes Primary  
Forest & Sandridge Church of England Primary School

Fynamore Primary School  
Godolphin school (Years 4, 5 & 6)  
Godolphin School (Years 8, 10 & 12)  
Great Bedwyn Church of England School  
Greentrees Primary School  
Grove Primary School  
Hardenhuish School  
Hilmarton Primary School  
Holbrook Primary School  
Holt Voluntary Controlled Primary School  
Kington St Michael Church of England Primary School  
Langley Fitzurse Church of England Primary School  
Leehurst Swan School (Years 4, 5 & 6)  
Leehurst Swan School (Years 8 & 10)  
Longford CofE (VC) Primary School  
Ludgershall Castle Primary School  
Malmesbury Church of England Primary School  
Marlborough College  
Neston Primary School  
Newton Tony Church of England Voluntary Controlled School  
North Bradley CofE Primary School  
Nursted Primary School  
Old Sarum Primary School  
Pitton Church of England Voluntary Aided Primary School  
Queen's Crescent School  
Redland Primary School  
River Mead School  
Royal Wootton Bassett Academy  
Saint Edmund's Roman Catholic Academy Calne  
South Wiltshire Grammar School  
St Andrew's Church of England Voluntary Aided Primary School Laverstock  
St Bartholomew's Church of England Primary School Wootton Bassett  
St George's Catholic Primary School, Warminster  
St John's Catholic Primary School Trowbridge  
St Joseph's Catholic Primary School Malmesbury  
St Laurence School  
St Martin's CofE Voluntary Aided Primary School

St Nicholas Church of England Primary School, Porton  
St Nicholas Church of England VC Primary School Bromham  
St Peter's Church of England Academy, Chippenham  
Stanton St Quintin Primary School  
Staverton Church of England Voluntary Controlled Primary School  
Studley Green Primary School  
Sutton Benger Church of England Aided Primary School  
Wansdyke Community School  
Wellington Academy  
Westbury Leigh CofE Primary School  
Wiltshire College - Chippenham  
Wiltshire College - Lackham  
Wiltshire College - Salisbury  
Wiltshire College - Trowbridge  
Winterbourne Earls Church of England Primary School  
Winterslow Church of England Aided Primary School  
Woodford Valley CE Primary Academy  
Wyvern College

**Report prepared by:**

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