

# Wiltshire Children and Young People's (8 to 18+ years) Health and Wellbeing Survey 2021

## Emotional Health and Wellbeing

77 Wiltshire schools took part in the survey, with 7,499 responses between 3 school phases

**Emotional health and wellbeing themes include:** wellbeing measures, sleep, relationships, bullying, self-harm, worry and support

To access the full report, which will give more detail and breakdowns of questions by gender and vulnerable groups, please [click here](#).

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## Wellbeing

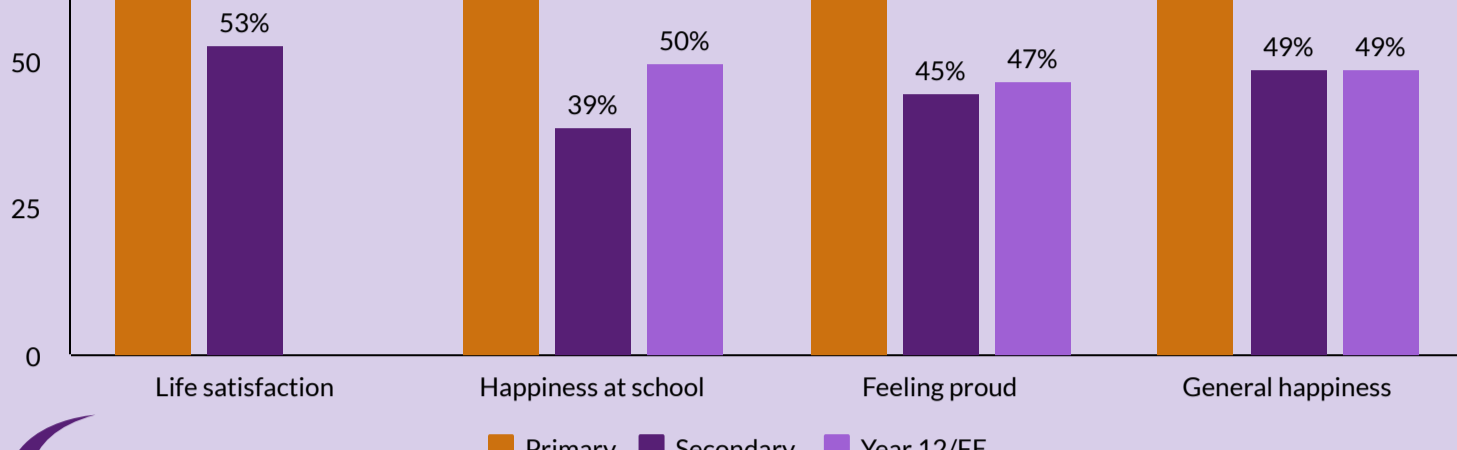
**WEMWS scores:** (Warwick-Edinburgh Mental Wellbeing Scale)

Scores from 14 positively worded statements are summed to create an overall wellbeing score between 14 and 70. A score between **42-60** is believed to be a healthy score.

**Primary 50.9    Secondary 43.5    Year 12/FE 44.4**

### Other wellbeing measures

Proportions relate to pupils feeling satisfied, proud or happy most of the time/quite often



All measures of wellbeing have **decreased** since the 2017 survey for secondary school pupils\*

**Life satisfaction and general happiness were lower among 10-15 year olds in the Wiltshire survey compared to national findings.** (ONS, 2018)

### Pupils who felt confident about the future:

Confidence in the future has **dropped** by **5-8%** in all school phases since the 2017 survey \*

**68%**  
Primary

**42%**  
Secondary

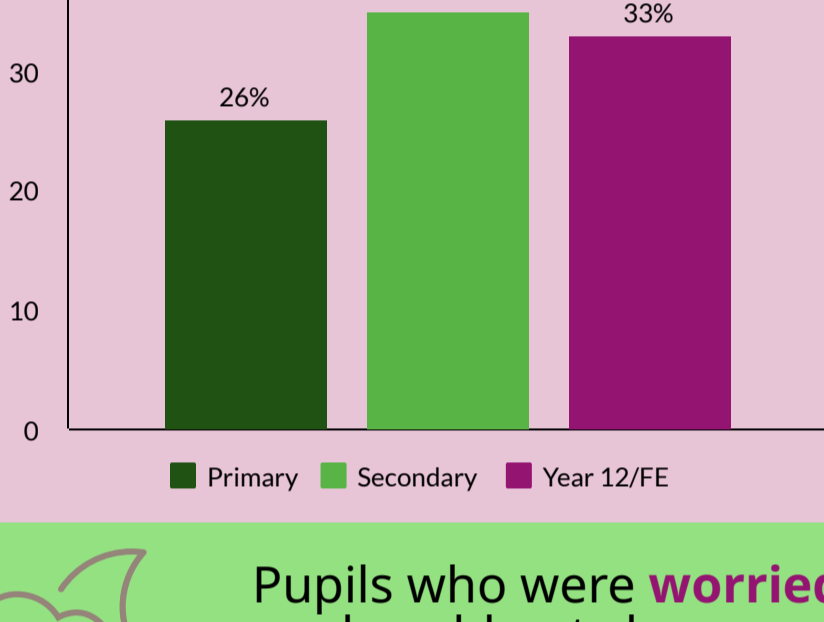
**44%**  
Year 12/FE

**Males** had higher scores than females on almost all of these wellbeing measures

\*Any change over time should be interpreted with caution due to changes in samples, sample size and question wording, as well as the COVID-19 pandemic

## Stress, worry and sleep

**Pupils who strongly agreed/agreed that they worry about going to school:**



Proportions have **increased** by approximately **8%** since the 2017 survey for secondary and year 12/FE pupils\*

**Females** were more likely to worry about going to school and more likely to worry and not be able to sleep compared to males

**Pupils who were worried about something and could not sleep weekly/most nights:**

All of these proportions have **increased** by **8-10%** among secondary and year 12/FE pupils since the **2017 survey**.\*

**28%**  
Primary

**31%**  
Secondary

**34%**  
Year 12/FE

**Over 3 in 5** Secondary and Year 12/FE pupils felt **stressed about school work**

The secondary proportion has **increased** by 8% since the 2017 survey\*

**Females** were more likely to feel stressed than males

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## Relationships and bullying



Pupils who reported having at least one adult at school who cares about them:

**72%**  
Primary

**79%**  
Year 12/FE

**64%**  
Secondary

**74%**  
Primary

**64%**  
Secondary

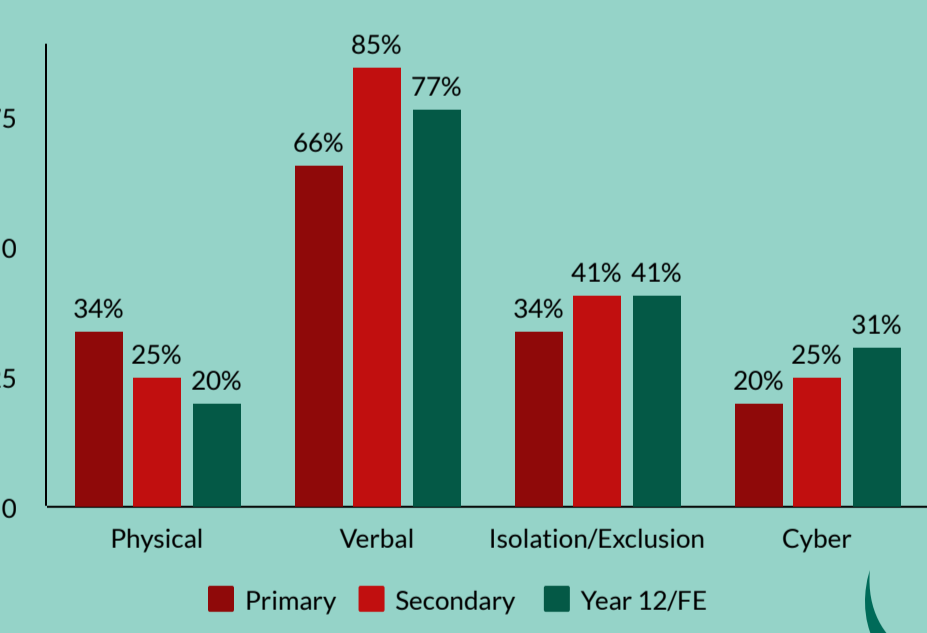
**63%**  
Year 12/FE

Pupils who reported being **good or very good** at making friends

### Bullying

**58%** of primary, **62%** of secondary and **78%** of year 12/FE pupils reported that they **had never been bullied** in the past year. **24%** of primary, **19%** of secondary and **8%** of year 12/FE pupils were bullied sometimes or more often.

**Types of bullying:**



Bullying frequency (sometimes or more often) has **decreased** by **5%** for year 12/FE pupils since the 2017 survey\*

**Cyber bullying** in primary school phases has **increased** by **9%** since the 2017 survey\*

Nationally, **1 in 5** children aged 10-15 in England and Wales experienced at least one type of **online bullying** in 2020. (ONS, 2020)

**Pupils who felt their school dealt well with bullying:**

**72%**  
Primary

**30%**  
Secondary

**46%**  
Year 12/FE

**72%**  
Primary

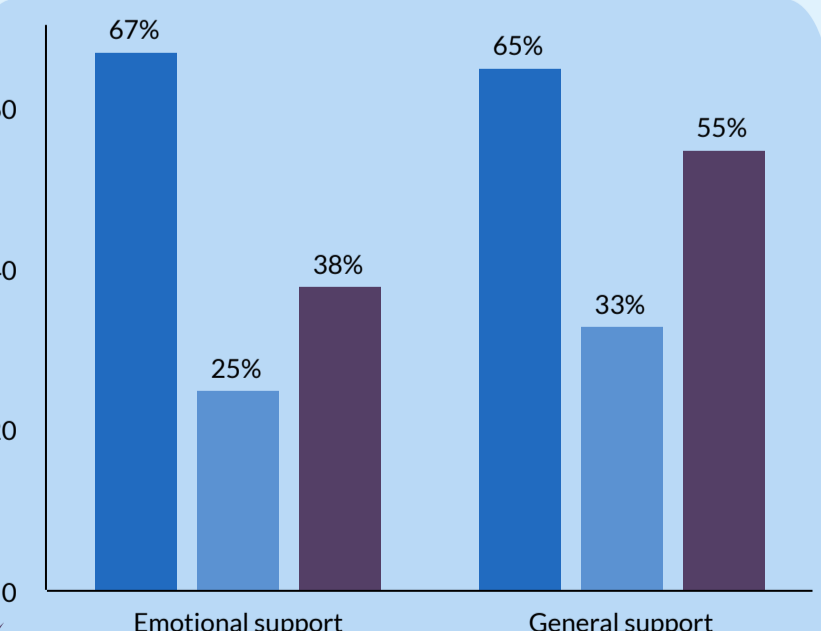
**30%**  
Secondary

**46%**  
Year 12/FE

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## Mental health support

**Pupils who got enough emotional support and enough general support at school:**



**Pupils who found it easy to access mental health support at school:**

**68%**  
Primary

**51%**  
Year 12/FE

**43%**  
Secondary

**Males** found it easier to access mental health support at school compared to females

In 2020, secondary pupils also had a lower proportion than the other school phases

### Self-harm

**Self-harm monthly, weekly daily:**

**14%**  
Secondary

**15%**  
Year 12/FE

These proportions have **increased** slightly since the 2017 survey in both school phases, particularly for year 8 pupils\*

**Females** were more likely to report self-harming compared to males

**1 in 5** of year 12/FE pupils and nearly **2 in 5** of secondary pupils did **not** tell anyone about their self-harm or overdose

\*Any change over time should be interpreted with caution due to changes in samples, sample size and question wording, as well as the COVID-19 pandemic

**Sources referenced**

Children's well-being measures - Office for National Statistics (ons.gov.uk)

For further discussion about the data in this infographic please contact the Public Health team at Wiltshire Council: publichealth@wiltshire.gov.uk

**Wiltshire Council**