

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

Overview report



Part of Wiltshire Intelligence



**Wiltshire Council**



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## Introduction

The Wiltshire Children and Young People's (8 to 18+ years) Health and Wellbeing Survey aims to develop a better understanding of Wiltshire's children and young people's experiences of life, both inside and outside school. The survey helps schools to identify areas for improvement and address issues raised by their own pupils. It also provides evidence to influence the development of services provided by Wiltshire Council and their partners that improve the health and wellbeing of young people in the county. The survey was commissioned by Wiltshire Council and carried out by Foster and Brown Research Limited.

All schools in Wiltshire were invited to take part in the voluntary survey, which was carried out in 2020 (January to March) and 2021 (May to July). In 2020, 57 schools took part and there were nearly 6,000 responses, but the survey was cut short due to the pandemic. In 2021, two months after the end of the third national lockdown and a gradual lifting of Covid regulations<sup>1</sup>, all schools were again invited to participate in the survey and 7,499 pupils were involved from 77 schools – 65 primary and 13 secondary. Of these schools, 4 were independent.

Although no sampling method was used, the large number of children and young people and different schools involved, means that we can have some confidence that the responses are representative of Wiltshire's children and young people. To get an idea of representation in the 2021 survey, see the demographic section below for an overview of the survey population characteristics and school representation in terms of type and deprivation. A similar survey was also carried out in 2017 and 2015. This allows us to begin to track how behaviours have changed over time.

The survey was completed online by pupils in year groups 4, 5, 6, 8, 10 and 12 and took advantage of the additional capabilities that online surveys bring, including accurate sliding response questions and presenting questions to a respondent based on their previous answers. There were three versions of the questionnaire designed separately for primary, secondary and Year 12/Further Education (FE) college pupils, plus adaptations for children and young people with special educational needs. The questions covered a wide range of aspects of young people's lives, including healthy lifestyles, learning experiences, relationships, wellbeing, safety, risky behaviours, aspirations, and support requirements.

Schools have been given access to their own data, which they can compare to an overall Wiltshire proportion for the appropriate school phase, created using 2021 survey data. This means that they can make informed decisions about how to support the health and wellbeing needs of their pupils and use the data to monitor the impact of interventions.

## Focus of this report

This report presents an overview of key findings from pupil responses to the survey 2021 (May to July) and includes some comparison to the 2020 survey (January to March) and the 2017 (January to April) survey results where appropriate.

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<sup>1</sup> [Timeline of UK government coronavirus lockdowns and restrictions | The Institute for Government](#)

In addition to this overview report, in-depth thematic reports are being produced on Community Safety, Emotional Health, Healthy Lifestyles, Risky Behaviours, School Experiences to provide more detailed information on the survey findings.

## Summary of Findings

The initial findings from the 2021 survey are generally positive, although some concerns remain. 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 and 2021 results were impacted by COVID-19 and the resulting regulations, which may have affected the school experience, support provided and learning for all pupils.

### Emotional Wellbeing

- Emotional health and wellbeing scores on the Warwick-Edinburgh Mental Wellbeing scale (WEMWS) remain within a healthy range across all year groups (all above 42). **Females** had lower scores on the WEMWS than males, with secondary females scoring just outside the healthy range.
- Around **72%** of primary pupils and **79%** of year 12/FE pupils believed there was at least one adult in the school who cares about them. In secondary school phases, there was notable variation between year 8 and 10 (**59%** and **94%** respectively).
- **58%** of primary, **62%** of secondary and **78%** of year 12/FE pupils reported that they had never been bullied in the past year. Primary pupils were most likely to be bullied sometimes or more often (**24%**), followed by secondary (**19%**) and were lowest for year 12/FE pupils (**8%**). Frequency has decreased by **5%** since 2017 for year 12/FE pupils.
- Self-harm remains a concern: **14%** of year 8, **13%** of year 10 and **15%** of year 12/FE pupils reported self-harming monthly, weekly, or daily. The proportion has increased by **5%** for year 8 pupils since 2017. Females were much more likely to report having self-harmed compared to males.
- **28%** of primary, **31%** of secondary and **34%** of year 12/FE pupils reported feeling worried about something so much that they cannot sleep at night. Worry at night has increased by **8%** for year 12/FE pupils and **10%** for secondary pupils since 2017.
- **26%** of primary, **35%** secondary and **33%** year 12/FE pupils were worried about going to school. These proportions have increased by approximately **8%** for secondary and year 12/FE pupils since 2017.
- **68%** primary, **43%** secondary and **51%** year 12/FE pupils found it easy to access mental health support at school.

## Healthy Lifestyles

- **49%** of primary school pupils, **54%** of secondary school pupils and **39%** of year 12/FE pupils reported exercising 6 or more hours per week. Proportions have increased slightly for secondary and year 12/FE pupils since 2017.
- **80%** of primary school pupils always wash their hands after going to the toilet. This reduces to **35%** for pupils always washing their hands before eating.
- **82%** of primary school pupils eat breakfast usually or every morning. This proportion decreases to **59%** for secondary pupils and again to **47%** for year 12/FE pupils. Secondary females were less likely to eat breakfast often compared to males.
- **77%** of children drink water 3 or more times a day.
- **Over 4 in 10 (40%)** pupils in each school phase eat unhealthy snacks 3 or more times a day. For primary school pupils, this is a **10%** increase from the 2017 survey.

## Risky Behaviours

- **99%** of primary pupils, **88%** of secondary pupils and **73%** of year 12/FE pupils reported that they had **never** smoked cigarettes. **11%** of year 12/FE pupils reported smoking cigarettes weekly or more often. This is a **10%** decrease since 2017. **28%** of secondary and **39%** of year 12/FE pupils want to stop smoking.
- **76%** of primary, **45%** of secondary and **24%** of year 12/FE pupils never drink alcohol. **21%** of secondary pupils and **51%** of year 12/FE pupils reported drinking alcohol monthly or more frequently. The proportion of year 12/FE pupils drinking alcohol at least monthly has decreased by **13%** since 2017.
- **7%** of secondary pupils and **19%** of year 12/FE pupils reported having tried illegal drugs, though the majority had not (**93%** secondary, **81%** year 12/FE). The secondary proportion is much lower than a 2018 national survey which found that **24%** of 11- to 15-year-olds had taken illegal drugs.<sup>2</sup> The proportion for year 12/FE pupils has decreased by **9%** since 2017.
- Overall, **5%** of secondary and **31%** of year 12/FE pupils reported ever having sexual intercourse. This is a **15%** decrease for year 12/FE pupils since 2017. **4%** of secondary and **14%** of year 12/FE pupils reported first having sexual intercourse under the age of legal consent.
- Of pupils who have had sexual intercourse, **71%** of the year 12/FE pupils and **55%** of the secondary school pupils said that they had used contraception/taken precautions the last time they had sex. The proportion of secondary pupils not taking precautions has increased by **8%** since the 2017 survey. Approximately **half** of sexually active pupils were comfortable using sexual health services. **Males** were more comfortable

<sup>2</sup> [Smoking, Drinking and Drug Use among Young People in England 2018 \[NS\] - NHS Digital](#)

than females in secondary school phases, though the opposite was true in year 12/FE phases.

- **28%** of primary, **36%** of secondary and **32%** of year 12/FE pupils reported having spent their money on gambling activities in the past year. **Males** were much more likely to have gambled than females.

### Community Safety

- Approximately **90%** of children in each school phase felt safe at home
- Over **80%** of pupils in primary and year 12/FE school phases felt safe or very safe at school. This dropped to **63%** for secondary school pupils. This same pattern was observed in the previous surveys. Safety at school has improved by **6%** for year 12/FE pupils since 2017.
- **52%** of primary, **55%** of secondary and **63%** of year 12/FE pupils felt safe/very safe from crime. Feelings of safety from crime have improved by **5%** for primary school respondents since the 2020 survey.
- **62%** of primary school pupils felt safe/very safe riding a bike on the roads.
- Most children or their family members had not been a victim of domestic abuse or violence, **2 in 10** had been. **8%** of secondary and **14%** of year 12/FE pupils reported that they had been a victim of abuse from a boyfriend or girlfriend. **Females** were more likely to report that they had been a victim of domestic abuse or relationship abuse than males.
- **67%** of secondary and **80%** of year 12/FE pupils felt they could always or most of the time say no to sexual activity. **Males** were less likely to report this than females.
- **38%** of secondary and **46%** of year 12/FE pupils reported that they had been involved in sharing messages or pictures of a sexual nature on the internet or on their phone. **62%** of secondary and **54%** of year 2/FE pupils had not. **Females** were more likely to report this than males.

### School Experience

- **68%** of primary, **39%** of secondary and **50%** of year 12/FE pupils felt happy at school most of the time in the last week. The proportion for secondary school children has decreased by **13%** since the 2017 survey.
- **26%** of primary, **35%** of secondary and **33%** of year 12/FE pupils worry about going to school often. All proportions have increased since the 2017 survey.
- **67%** of primary pupils get enough help at school with emotional support. This drops to **25%** for secondary pupils and **38%** of year 12/FE pupils.

- Over **3 in 5** secondary and year 12/FE pupils felt stressed about school work. For secondary pupils, this proportion (65%) is an increase of **8%** since 2017.
- **27%** of secondary and **42%** of year 12/FE pupils found careers advice useful. These proportions have decreased since 2017, particularly for secondary pupils (decrease of **11%**).
- **68%** of primary, **42%** of secondary and **44%** of year 12/FE pupils felt confident about the future. All proportions have decreased since 2017.



## Methodology

The survey was designed as an online questionnaire and adapted for specific ages; hence 3 different versions of the survey were created. All were 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. There were also adaptations for children and young people with special educational needs.

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 did not report smoking, they were not 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.

## Response Demographics

This section gives an overview of the demographics for the 2021 survey.

### 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. 77 schools took part Wiltshire schools took part in 2021. In 2020, there were nearly 6,000 responses and in 2017 nearly 10,000 (4,375 primary, 4,083 secondary and 1,492 year 12/FE).

### Types of school

The secondary and year 12/FE respondents were taken from 13 of the 77 schools/colleges. 31% (4) of these were independent schools. This is a slightly higher proportion to the proportion of independent schools in Wiltshire that have secondary aged pupils (25%).<sup>3</sup> The primary school respondents were taken from 65 different schools, 6% (4) of which were independent schools. This is a similar proportion to the proportion of independent schools in Wiltshire that have aged primary pupils (6.8%).<sup>4</sup> This suggests that the representation from independent schools in the 2021 survey roughly matches the overall representation of independent schools in Wiltshire. The remaining schools were academy or LA schools. No special schools took part in the survey.

### Schools and deprivation

To gauge the level of representation in the survey from different schools in relation to deprivation, the proportion of children eligible for free school meals (FSM) has been used as a measure. This is a widely used measure as an indicator of deprivation, found to be a reliable indicator of low socioeconomic status.<sup>5</sup> The term 'eligible' used here refers to those who meet the eligibility criteria and make a claim.<sup>6</sup> Data was taken from the summer term 2021 school census to coincide with the dates that the survey was completed. Proportions of pupils eligible for FSM for all Wiltshire non-independent schools were ranked, with 1 being the highest proportion of FSM pupils, indicating higher deprivation. The tables below display the rankings, only for those schools which took part in the 2021 survey, alongside the proportions. Year 12/FE pupils are not eligible for free school meals so tables only detail primary and secondary schools.

The primary schools involved in the survey cover a fairly wide range of different levels of deprivation, as shown by the variation in the FSM rankings. On the other hand, for

<sup>3</sup> [All schools and colleges in Wiltshire - GOV.UK - Find and compare schools in England \(compare-school-performance.service.gov.uk\)](#)

<sup>4</sup> [All schools and colleges in Wiltshire - GOV.UK - Find and compare schools in England \(compare-school-performance.service.gov.uk\)](#)

<sup>5</sup> Chris Taylor (2018) The Reliability of Free School Meal Eligibility as a Measure of Socio-Economic Disadvantage: Evidence from the Millennium Cohort Study in Wales, British Journal of Educational Studies, 66:1, 29-51, DOI: [10.1080/00071005.2017.1330464](#)

<sup>6</sup> [Complete the school census - Data items 2022 to 2023 - Guidance - GOV.UK \(www.gov.uk\)](#)

secondary schools, the top 9 highest deprived schools in terms of proportion of FSM pupils did not take part in the 2021 survey.

**Table 1. Primary schools involved in the 2021 survey: FSM eligibility and school ranking based on summer 2021 school census data**

School	Proportion of pupils eligible and claiming FSM	Rank out of all Wiltshire primary schools (203)
River Mead School	58.62%	1
Studley Green Primary School	47.87%	4
Longford CofE (VC) Primary School	44.73%	5
Corsham Regis Primary Academy	37.58%	10
St Martin's CofE Voluntary Aided Primary School	36.49%	12
Holbrook Primary School	26.58%	27
Old Sarum Primary School	24.69%	29
Five Lanes Primary	24.66%	30
Ludgershall Castle Primary School	23.10%	34
Saint Edmund's Roman Catholic Academy Calne	22.73%	35
St Peter's Church of England Academy, Chippenham	22.58%	36
Bellefield Primary and Nursery School	21.92%	37
Fynamore Primary School	20.54%	42
Amesbury Church of England Voluntary Controlled Primary School	20.27%	44
Redland Primary School	18.39%	50
Fitzmaurice Primary School	18.15%	51
Staverton Church of England Voluntary Controlled Primary School	18.15%	52
St Bartholomew's Church of England Primary School Wootton Bassett	17.80%	56
Westbury Leigh CofE Primary School	17.24%	59
Grove Primary School (The)	17.11%	60
St Joseph's Catholic Primary School Malmesbury	16.66%	62
Nursteed Primary School	15.46%	73
Greentrees Primary School	14.39%	80
Wansdyke Community School	14.10%	82
Sutton Benger Church of England Aided Primary School	12.35%	95
Forest & Sandridge Church of England Primary School	12.32%	98
Queen's Crescent School	11.74%	100
St George's Catholic Primary School, Warminster	11.11%	103
Dinton CofE Primary School	10.98%	106
Bowerhill Primary School	10.97%	107
St John's Catholic Primary School Trowbridge	10.35%	112

St Andrew's Church of England Voluntary Aided Primary School Laverstock	10.14%	114
Malmesbury Church of England Primary School	9.43%	118
Cherhill C of E Primary School	9.36%	120
Clarendon Junior School	9.29%	121
Pitton Church of England Voluntary Aided Primary School	9.09%	124
Coombe Bissett Church of England Primary School	8.85%	125
Brinkworth Earl Danby's Church of England Primary School	8.07%	138
Neston Primary School	7.46%	140
Langley Fitzurse Church of England Primary School	7.44%	141
Kington St Michael Church of England Primary School	7.35%	145
Aldbury & West Grimstead Church of England Primary School	7.22%	146
Hilmarton Primary School	7.14%	147
St Nicholas Church of England Primary School, Porton	7.04%	148
St Nicholas Church of England VC Primary School Bromham	6.81%	151
Winterslow Church of England Aided Primary School	6.70%	153
Holt Voluntary Controlled Primary School	6.33%	156
Great Bedwyn Church of England School	6.00%	161
North Bradley CofE Primary School	5.55%	168
Woodford Valley CE Primary Academy	5.26%	171
Bulford St Leonard's CE (VA) Primary School	5.00%	176
Dauntsey's Academy Primary School	4.62%	178
Crudwell CofE Primary School	4.03%	186
Christ Church Church of England Controlled Primary School	3.37%	190
Winterbourne Earls Church of England Primary School	3.19%	191
Colerne CofE Primary School	3.08%	194
Stanton St Quintin Primary School	2.94%	195
Baydon St Nicholas Church of England Primary School	2.83%	197
Box Church of England Primary School	2.38%	199
Newton Tony Church of England Voluntary Controlled School	1.20%	203

Source: Summer term school census 2021.

**Table 2. Secondary schools involved in the 2021 survey: FSM eligibility and school ranking based on summer 2021 school census data**

School	Proportion of pupils eligible and claiming FSM	Rank out of all Wiltshire secondary schools (30)
Abbeyfield School	15.22%	10
Wyvern College	14.75%	11
Wellington Academy (The)	12.38%	15
Bradon Forest School	11.17%	18
Royal Wootton Bassett Academy	9.46%	22
Hardenhuish School	7.87%	24
St Laurence School	7.63%	25
South Wilts Grammar School	2.16%	30

Source: Summer term school census 2021.

## Gender

3,580 (47.7%) of the pupils identified themselves as female and 3,843 as male (51.3%). 76 pupils did not answer this question (1.01%).

## Age or year group

The primary phase survey (year groups 4,5 and 6) had a total of 4,181 respondents (55.8%). The secondary phase survey (year groups 8 and 10) had a total of 2,258 respondents (30.1%) and the year 12/FE phase survey had 1,060 respondents (14.1%). Table 3 provides a breakdown of these respondents by year group.

**Table 3: Age groups**

Phase	Primary				Secondary			FE	Total
	Year 4	Year 5	Year 6	Total	Year 8	Year 10	Total	Year 12	
<b>No.</b>	1,330	1,251	1,600	4,181	1,485	773	2,258	1,060	7,499
<b>%</b>	18%	17%	21%		20%	10%		14%	100%

## Ethnicity

Pupils were given the same options as the Census when asked about their ethnicity.<sup>7</sup> Overall, 79.6% (5,972) of the pupils described themselves as “White British”, 14.6% (1,096) described themselves as from another ethnic background (see broad breakdown in Table 4) and 5.7% (431) did not want to say or did not respond. The 2020/21 Wiltshire school census found that 84.4% of pupils were white British, slightly higher than the proportion in the survey data.<sup>8</sup>

**Table 4. Ethnicity breakdown by broad categories**

Ethnicity	Pupils	Proportion of survey respondents
White British	5,972	79.6%
White other (White Irish, White other, White European, Traveller and Gypsy/Roma)	433	5.8%
Asian or Asian British (Pakistani, Indian, Bangladeshi, Chinese, Any other Asian background)	169	2.3%
Black, Black British, British Caribbean or African	155	2.1%
Mixed or multiple ethnic groups	339	4.5%
Did not respond/did not want to say	431	5.7%

\*Percentages do not sum exactly due to independent rounding

## Vulnerable groups

Figure 1 illustrates the percentage of respondents who reported being from a certain grouping, termed ‘vulnerable groups’ throughout the reports. The term ‘vulnerable group’ refers to those who the evidence indicates to be at greater risk of poor outcomes compared to the general population. Through the survey, participants were invited to identify with one or more of the following groups: (the groups are non-exclusive):

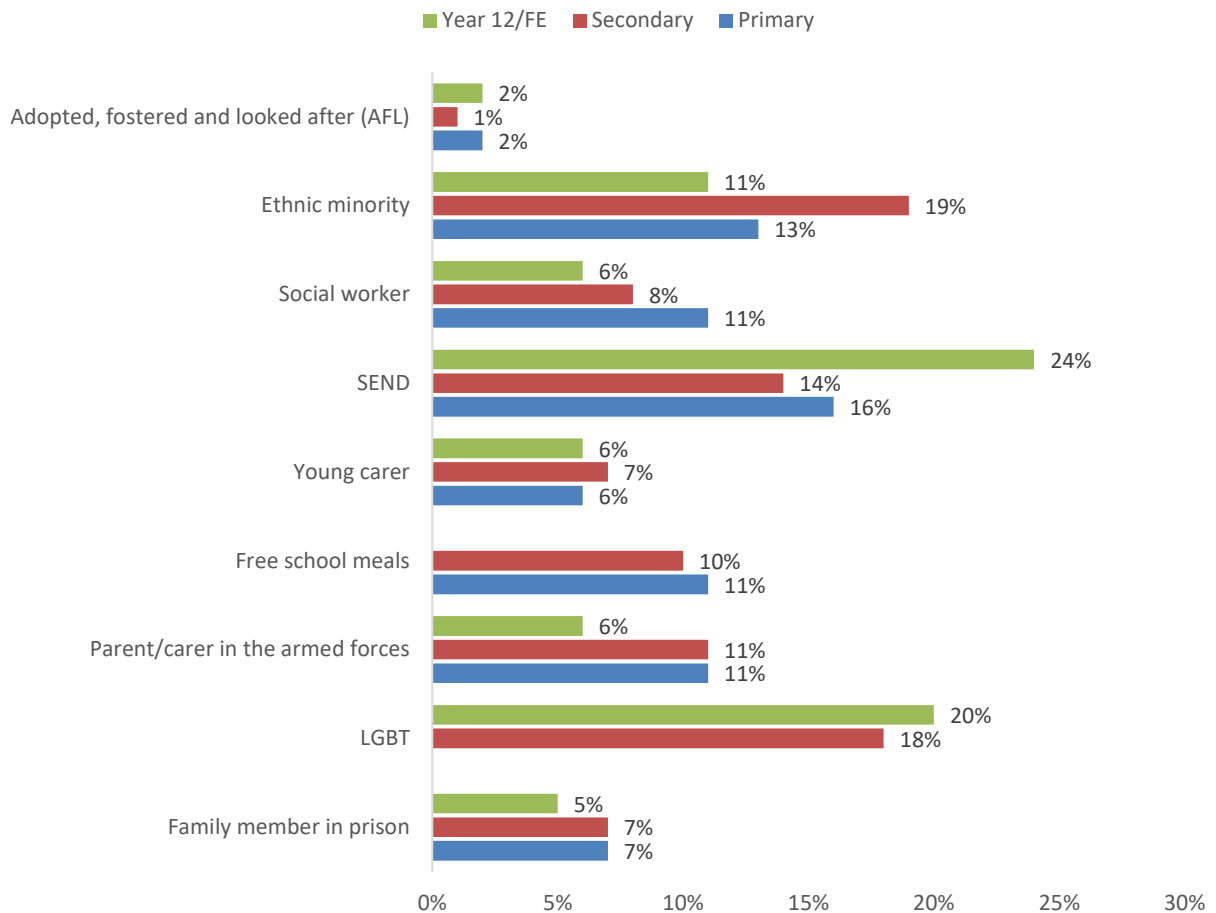
- Having a family member in prison – now or in the past
- Being lesbian, gay, bisexual and/or trans (LGBT)
- Being adopted, fostered or looked after by the local authority (AFL)
- Having a parent/carer in the armed forces
- Being part of a family with a social worker
- Have free school meals or knew they were eligible
- Being a young carer
- Having a special educational need
- Having a disability
- From a minority ethnic group.

Those who reported having a special educational need and those who reported having a disability were grouped together (SEND) due to significant crossovers between the two and wide recognition of the term ‘SEND’. The ethnic minority group includes all pupils with an ethnic background other than ‘White-British’ It is important to note that the AFL group in all school phases represents a relatively small sample size.

<sup>7</sup> [List of ethnic groups - GOV.UK \(ethnicity-facts-figures.service.gov.uk\)](https://www.gov.uk/government/statistics/ethnicity-facts-figures)

<sup>8</sup> [Schools, pupils and their characteristics, Academic Year 2020/21 – Explore education statistics – GOV.UK \(explore-education-statistics.service.gov.uk\)](https://www.gov.uk/government/statistics/schools-pupils-and-their-characteristics-academic-year-2020-21)

**Figure 1: Vulnerable groups**



**The extent to which the pupils surveyed in 2021 identified with these groups:**

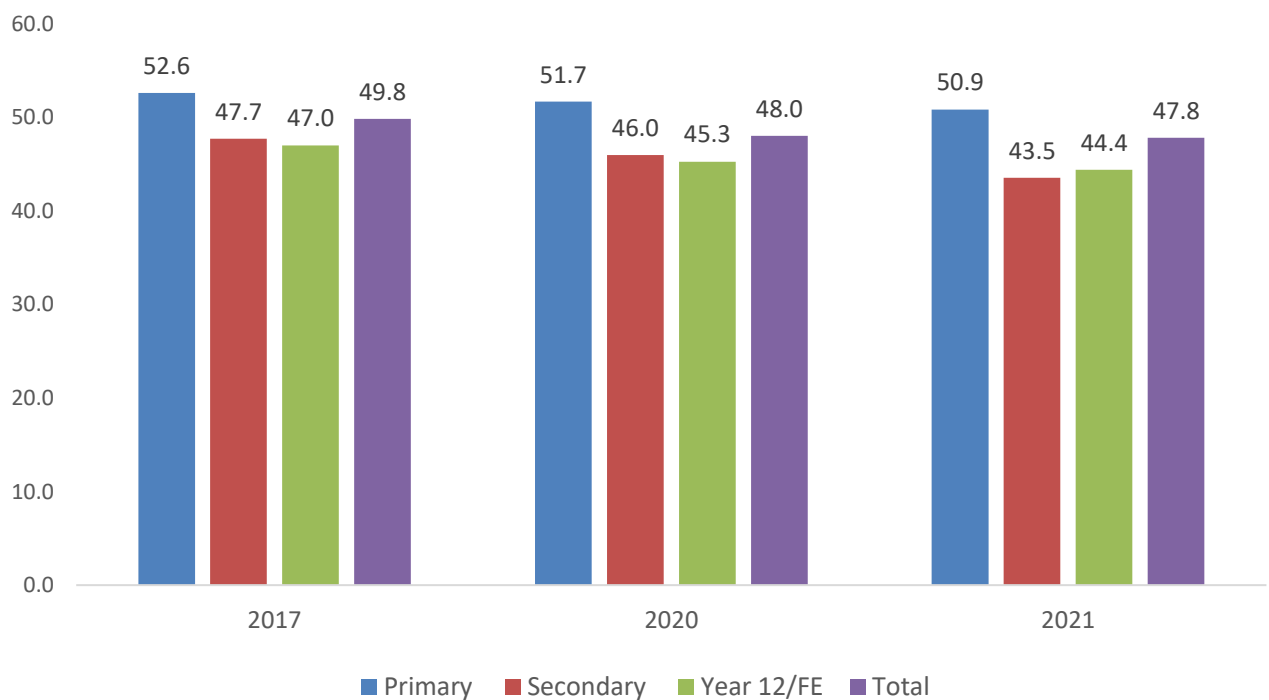
- 53% identified at least one of the groups - 50% (2090) of primary pupils, 58% (1309) of secondary pupils and 55% (583) of year 12/FE pupils.
- 7% identified with 3 or more vulnerable groups - 6% (242) of primary pupils, 9% (201) of secondary pupils and 7% (69) of year 12/FE pupils.

Results for those identifying with these groups are compared to the overall Wiltshire samples in the subsequent themed reports. Due to a lack of available data, it is difficult to determine whether the proportion of each group is representative of the Wiltshire population.

## Emotional Wellbeing

The Warwick-Edinburgh Mental Wellbeing Scale (WEMWS) 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 2). In all school phases, females had a lower WEMWS score than males, with secondary females scoring just outside the healthy range (41.1).

**Figure 2: Warwick-Edinburgh Mental Wellbeing Scale mean score**

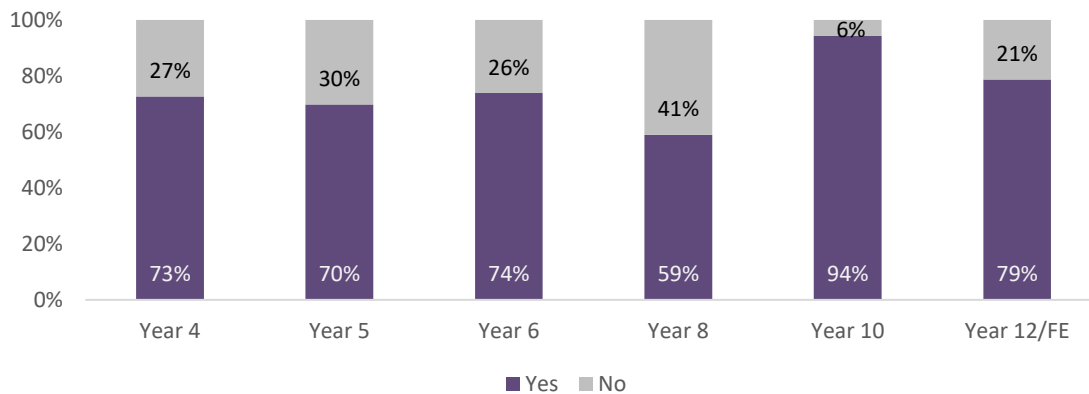




Approximately 72% of primary pupils believed there was at least one adult in the school who cares about them and 79% of year 12/FE pupils reported the same. (Figure 3). There was clear variation in secondary school phases, where 94% of year 10 pupils believed that there is at least one adult at school who cares about them compared to only 59% of year 8 pupils reporting the same. Proportions were the same in 2020.

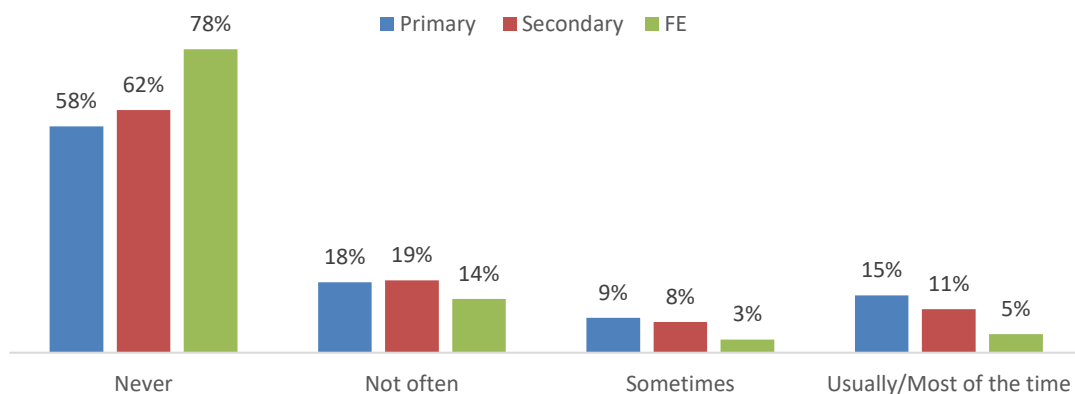
This question was new for 2020 and had not been trialled elsewhere before (2017 survey). It was created to capture a sense of meaningful connection to the adults at a school. In the detailed emotional health and wellbeing report this question will be cross tabulated to other items of wellbeing to explore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

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



When respondents were asked if they had been bullied in the last year, most respondents from all school phases said no, though this was lowest in primary school phases (58% primary, 62% secondary and 78% year 12/FE). In 2021, 24% of primary school, 19% of secondary school and 8% of year 12/FE pupils reported that had been bullied sometimes or more frequently in the past year (Figure 4). 2021 survey results were similar to 2017 and 2020 survey results for secondary school pupils. However, in the primary school sample, proportions have fluctuated. In year 12/FE school phases, proportions of frequent bullying have decreased slightly (13% in 2020 and 2017). Verbal bullying was the most common type of bullying.

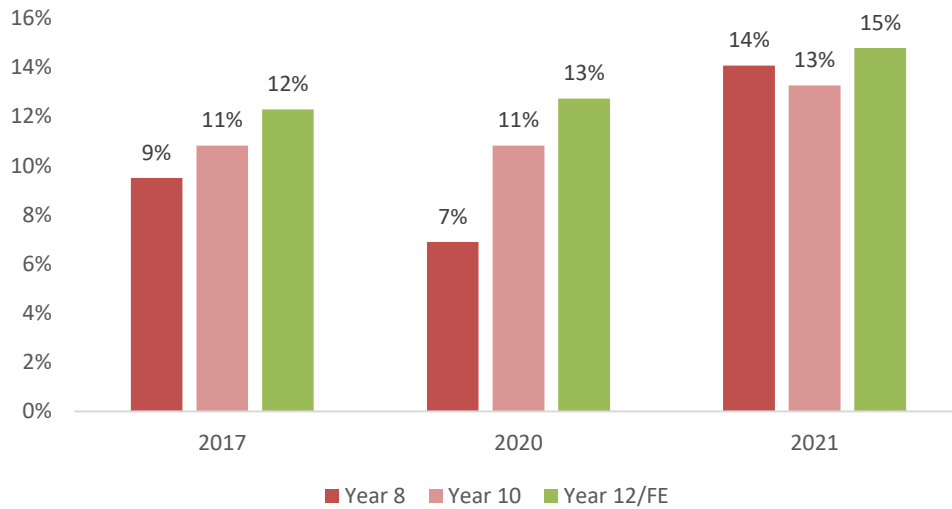
**Figure 4: Have you been bullied in the last year?**



In 2021, 23% of the year 8 pupils, 20% of year 10 pupils and 33% of the year 12/FE reported having ever self-harmed or taken an overdose at some point in their lives. Females were much more likely to report this than males. 14% of year 8, 13% of year 10 and 15% of year 12/FE pupils self-harmed monthly, weekly, or daily (Figure 5). For year 8 pupils, this is quite a notable increase when compared to previous years.

**Figure 5: How often have you self-harmed?**

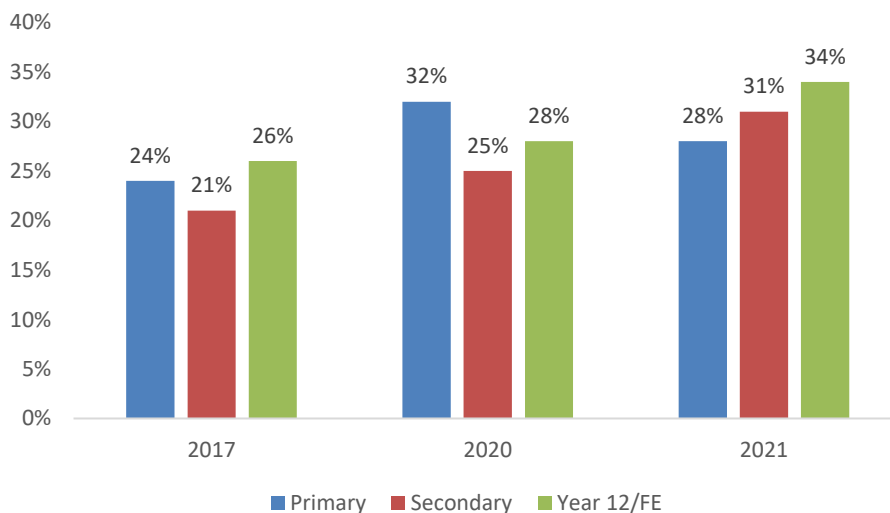
**Response:** Monthly, weekly, daily.



28% of primary school pupils, 31% secondary school pupils and 34% year 12/FE students reported feeling worried about something so much that they cannot sleep at night usually/most of the time. Proportions of children feeling worried often in primary school phases have fluctuated over the past few surveys, while secondary school and year 12/FE proportions have increased (Figure 6).

**Figure 6: How often have you been so worried about something you cannot sleep at night?**

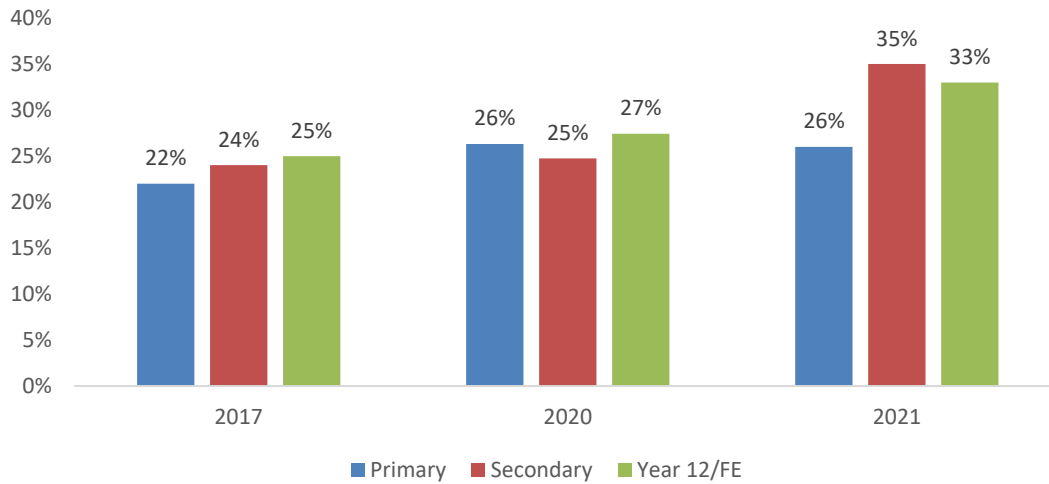
**Response:** Usually/most of the time.



The majority of students from all school phases were not worried about going to school (Figure 7). This was particularly true in primary school phases. However, 26-35% of pupils/students were worried. It may be the case that increase in worry about going to school is partially due to the impacts of Covid-19 pandemic. Proportions of worry about going to school have increased across all school phases since 2020 and 2017 (Figure 7). In all school phases, females were more likely to report being worried about going to school than males.

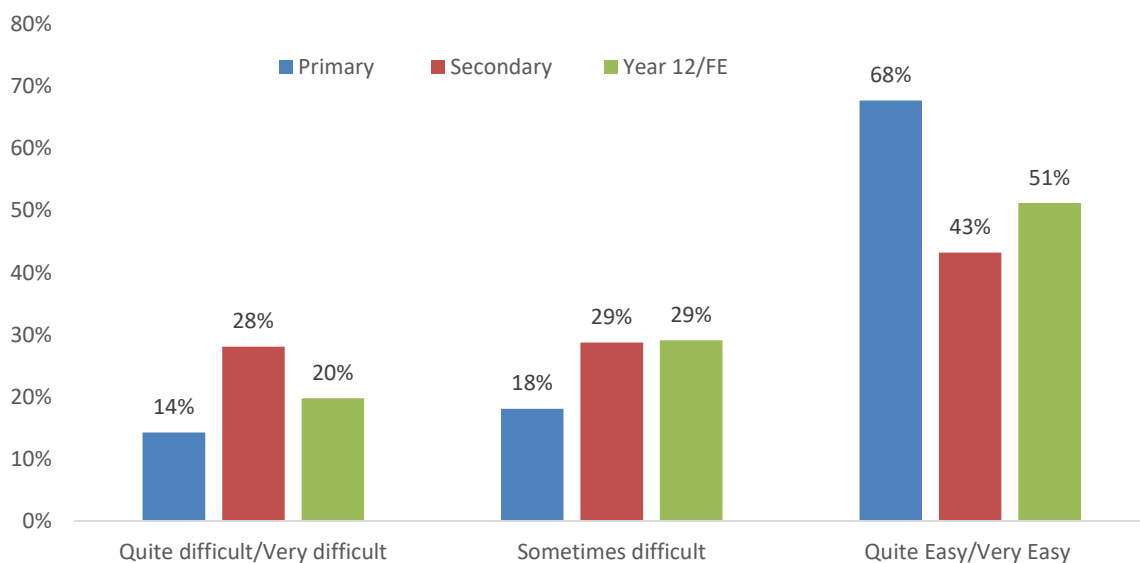
**Figure 7: How would you describe being at school? I worry about going to school**

**Response:** agree/strongly agree.



Pupils were also asked if they can easily access mental health support at school (Figure 8). 68% of primary school pupils, 43% from secondary school and 51% reported they found it quite easy or very easy reported that its easy to access mental health support. Proportions were relatively similar in 2020, though dropped by 4% for secondary pupils. This question was not asked in 2017.

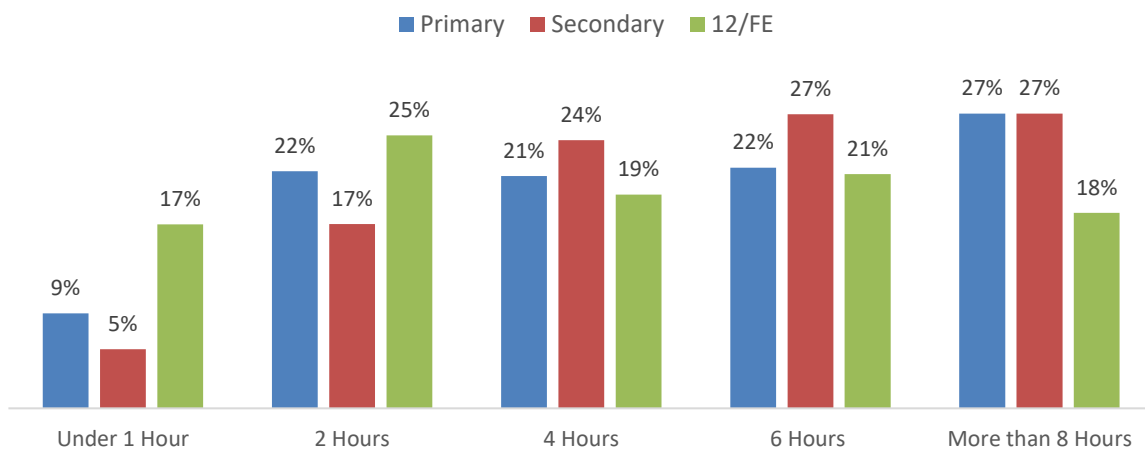
**Figure 8: Is it easy to access mental health support at school?**



## Healthy lifestyles

It is recommended that children and young people do 7 hours of exercise or more each week. Response options were not directly comparable to the national guidance, but 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 (Figure 9). Nationally, between 2020 and 2021, 44.6% of children and young people (aged 5 to 16) met the guidelines for taking part in sport and physical activity for an average of 60 minutes or more a day.<sup>9</sup> The results were similar to the 2017 and 2020 results, though proportions have increased over the years for secondary (49% in 2017) and year 12/FE pupils (32% in 2017). In all school phases, males undertook more physical activity than females.

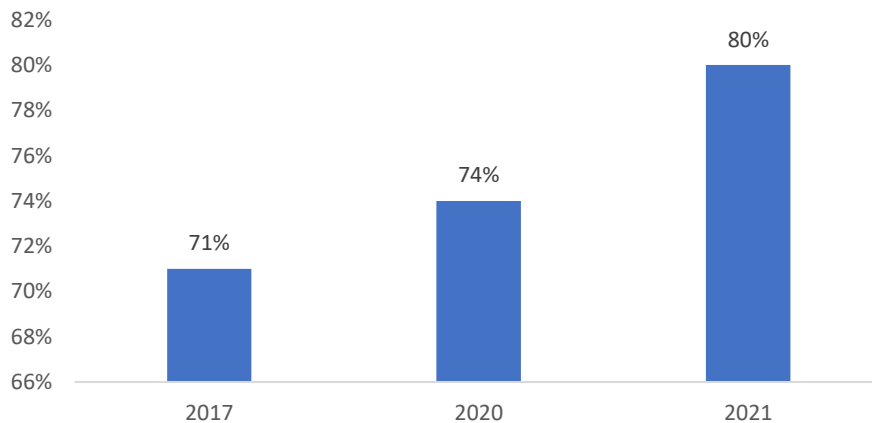
**Figure 9: About how much physical activity or exercise do you do over a week (in and out of school)**



4 in 5 pupils responded that they always wash their hands after going to the toilet. There has been a gradual increase in frequent hand washing over the years (Figure 10). These changes may be due to COVID-19 where washing hands regularly was encouraged to avoid the spread of virus.

**Figure 10: Do you wash your hands after going to the toilet? (Only asked of the primary school sample).**

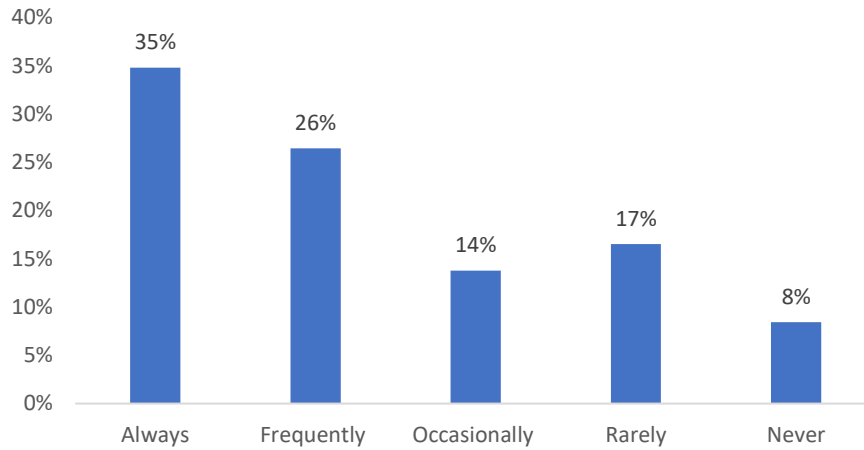
**Response:** Always.



<sup>9</sup>[Physical Activity - Data - OHID \(phe.org.uk\)](https://www.phid.org.uk/physical-activity-data)

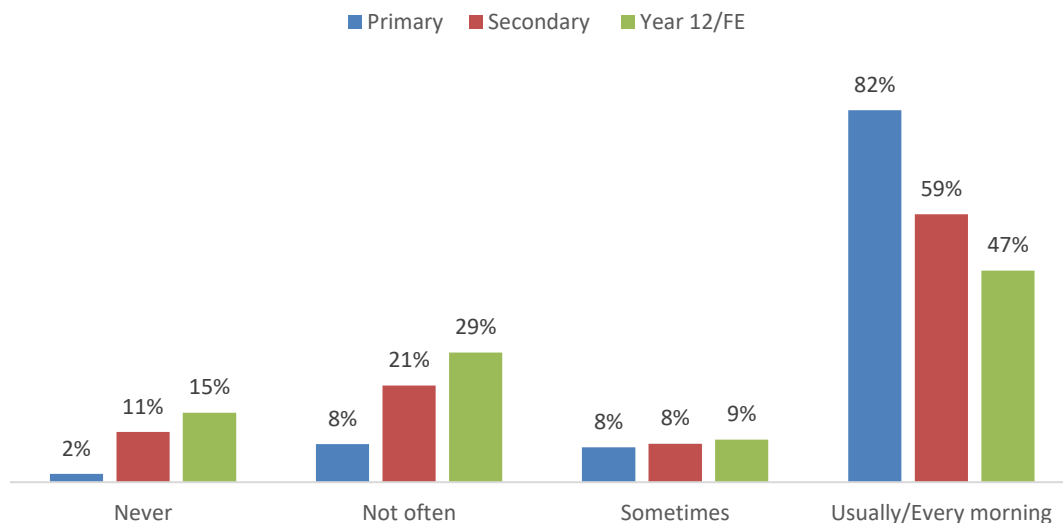
1 in 3 primary school children reported always washing their hands before eating a meal which is similar to the 2020 and 2017 surveys (Figure 11).

**Figure 11: Do you wash your hands before eating a meal? (Only asked of the primary school sample)**



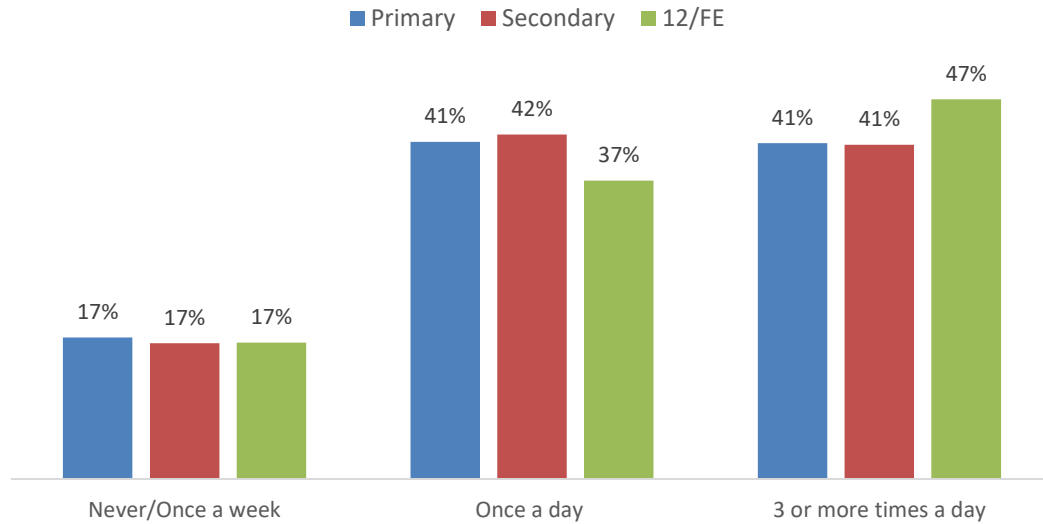
82% pupils in primary school phases eat breakfast usually or every morning (Figure 12). This decreased with the school year, where 59% of secondary school pupils and 47% of year 12/FE pupils reported eating breakfast usually or every day. Compared to the 2020 and 2017 data, there was a slight decrease in 2021 in the proportion of secondary school respondents reporting that they usually or every morning have breakfast (64% in 2017 and 65% in 2020). Secondary females were less likely to eat breakfast often compared to males.

**Figure 12: How often do you eat breakfast?**



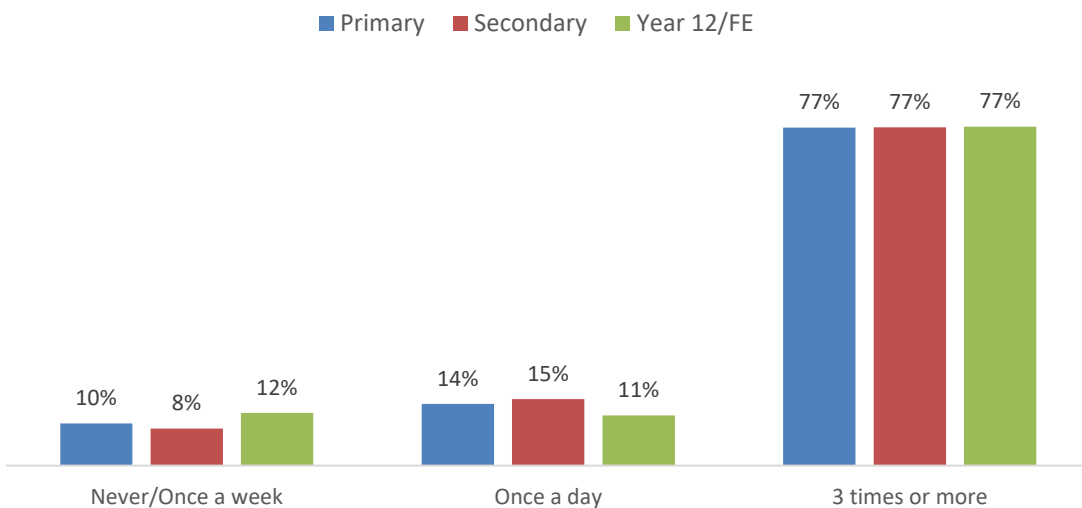
Survey findings suggest that at least four in ten (40%) pupils eat 3 or more snacks per day (Figure 13). Since 2017 and 2020 there has been an increase in those eating snacks 3 or more times a day amongst primary school pupils (32% in 2017 and 35% in 2020).

**Figure 13: How often do you eat snacks such as sweets, chocolate, biscuits & crisps?**



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. Most (77%) pupils responded that they drink water frequently (Figure 14). The results were very similar to the 2020 and 2017 survey results for primary and secondary pupils but have increased for year 12/FE pupils (70% in 2017, 78% in 2020).

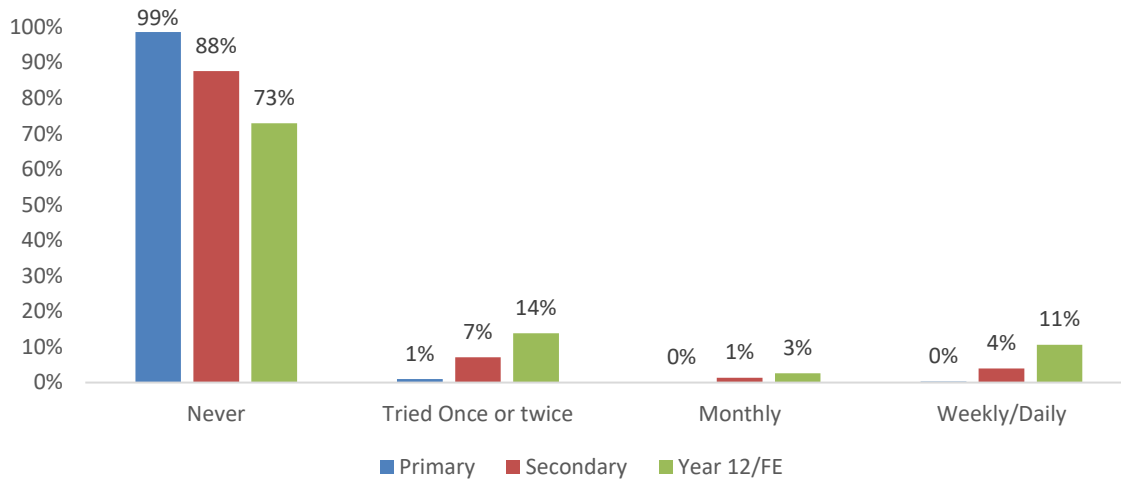
**Figure 14: How often do you drink still (tap or bottled) water?**



## Risky behaviours

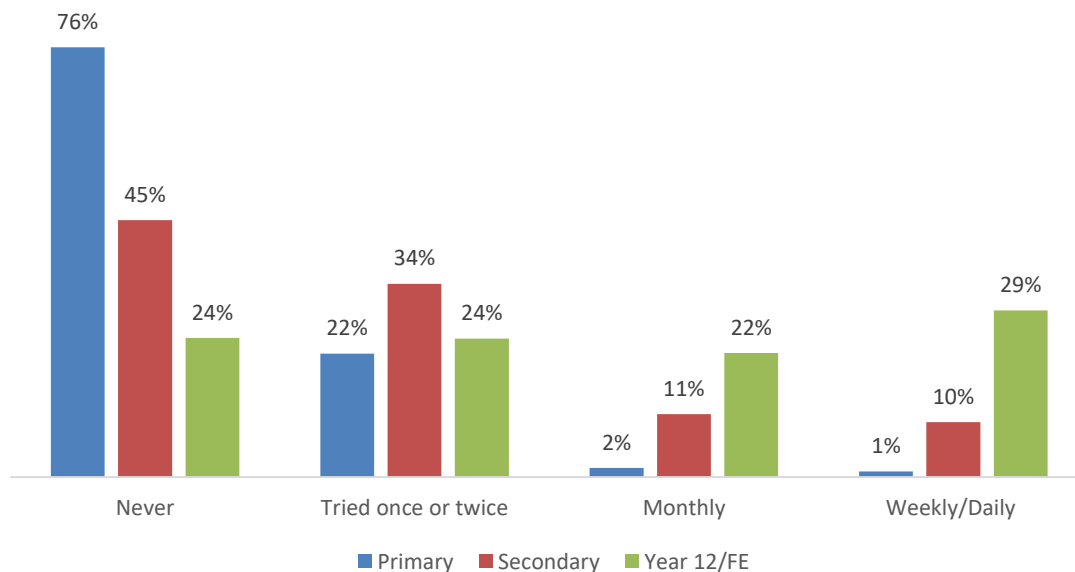
99% of primary school children, 88% of secondary school children and 73% of year 12/FE pupils reported that they have never smoked (Figure 15). 11% of year 12/FE pupils reported smoking weekly/daily. 28% of secondary and 39% of year 12/FE pupils wanted to stop smoking. For year 12/FE pupils, 2021 shows a decrease in the proportion of pupils smoking daily (17% in 2017 and 14% in 2020).

**Figure 15: Do you smoke cigarettes (i.e., tobacco, NOT vaping/e-cigarettes)?**



79% of primary, 45% of secondary and 24% of year 12/FE pupils reported never drinking alcohol. 51% of the year 12/FE sample and 21% of the secondary sample reportedly drank alcohol monthly or more frequently. (Figure 16). These results do not differ substantially from previous years though the proportion of year 12/FE children reporting drinking alcohol at least monthly has decreased since 2017 (64%) and 2020 (59%) to 51% in 2021.

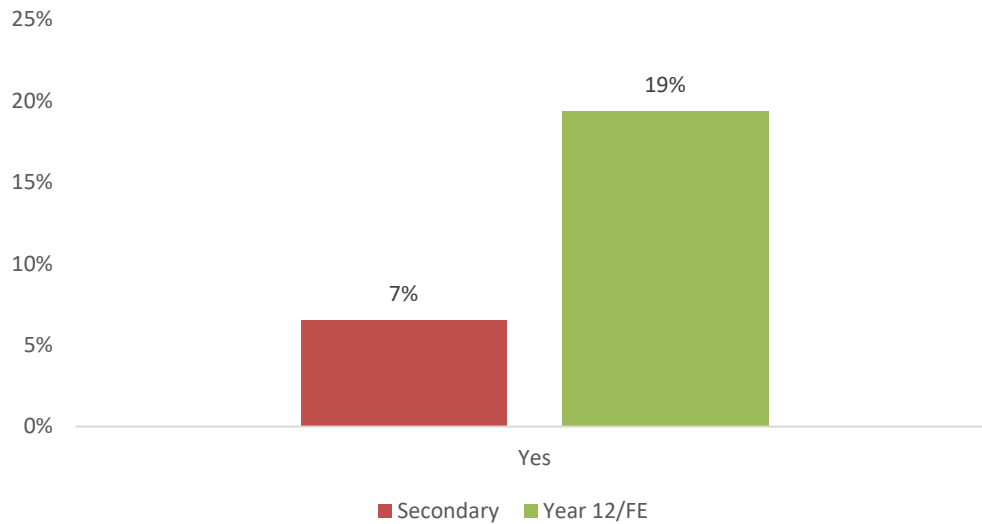
**Figure 16: Do you drink alcohol?**



7% of secondary school respondents reported having tried illegal drugs (Figure 17), while, in the year 12/FE sample, 19% of respondents reported having tried illegal drugs. Nationally, in 2018, 24% of 11–15-year-olds had taken illegal drugs.<sup>10</sup> This is much higher than the survey percentage. This figure is approximately the same for secondary school respondents in 2020 and 2017 but show a decrease in the year 12/FE school phase (28% in 2017 and 29% in 2020).

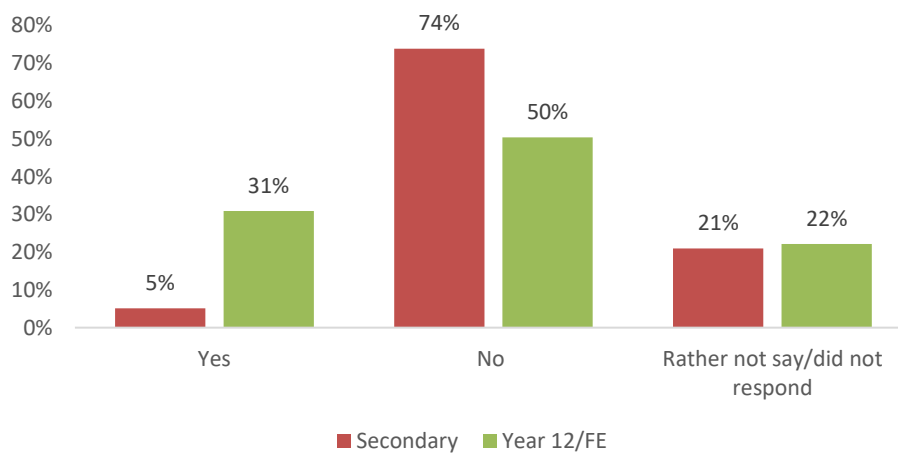
**Figure 17: Have you ever tried illegal drugs?**

**Response: Yes.**



5% of secondary school respondents and 31% of Year 12/FE respondents reported having had sexual intercourse (Figure 18). 4% of secondary pupils and 14% of year 12/FE respondents reported having sexual intercourse under the age of legal consent. Proportions were the same for secondary respondents in 2017 and 2020, but for year 12/FE respondents, the proportion of pupils who reported having had sexual intercourse has decreased since 2017 (46%) and 2020 (45%).

**Figure 18: Have you ever had sex (sexual intercourse)?**

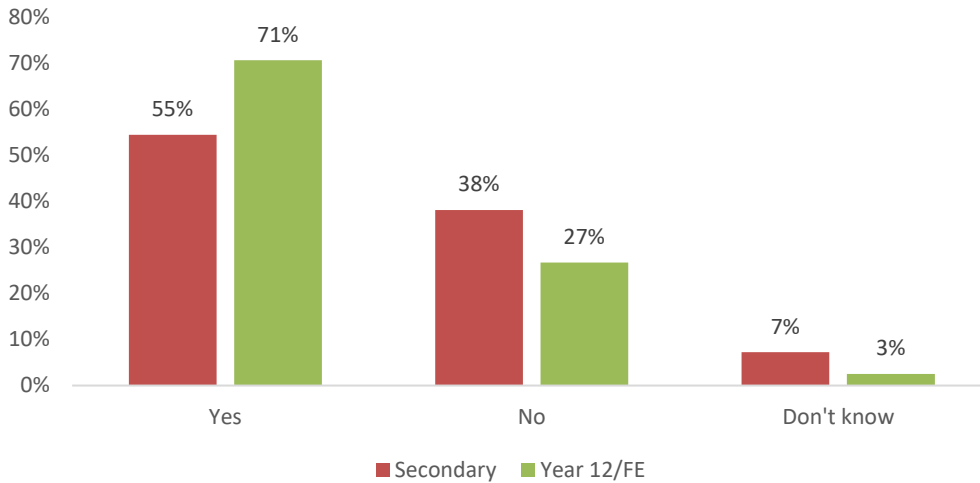


<sup>10</sup> [Smoking, Drinking and Drug Use among Young People in England 2018 \[NS\] - NHS Digital](#)



71% of the year 12/FE respondents who have had sex, and 55% of the secondary school respondents who have had sex, reported that they used contraception or took precautions the last time that they had sex (Figure 19). 38% of the secondary school group and 27% of the year 12/FE group reported that they had not. In 2020 and 2017, proportions were very similar, though there has been an increase in secondary children reporting not using any form of contraception (30% in 2017 and 33% in 2020) to 38% in 2021.

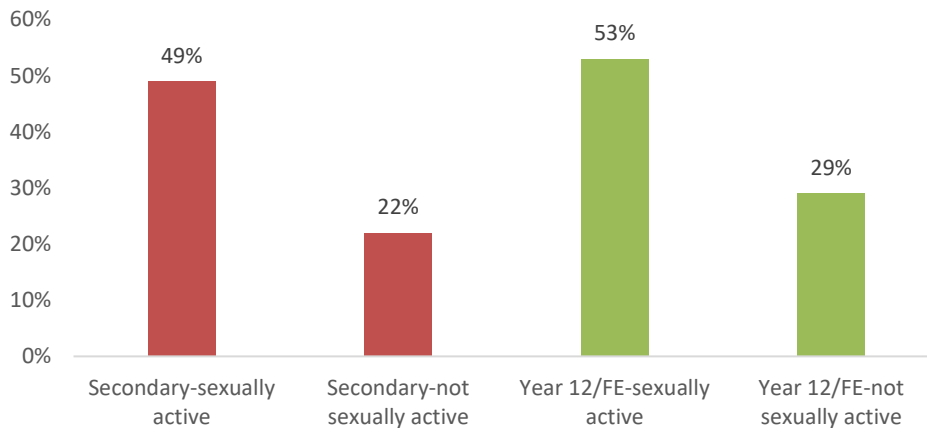
**Figure 19: The last time you had sexual intercourse did you or your partner use any form of contraception or take any precautions? Sexually active respondents.**



Around half of the year 12/FE and secondary respondents who have had sex reported that they would be comfortable using sexual health and contraceptive services (Figure 20). These proportions are much lower for respondents who are not sexually active. In secondary school phases, males (sexually active and non-sexually active) were more likely to be comfortable using sexual health services than their female counterparts. In year 12/FE school phases, sexually active females felt more comfortable than sexually active males. Patterns were the same in 2020 and 2017.

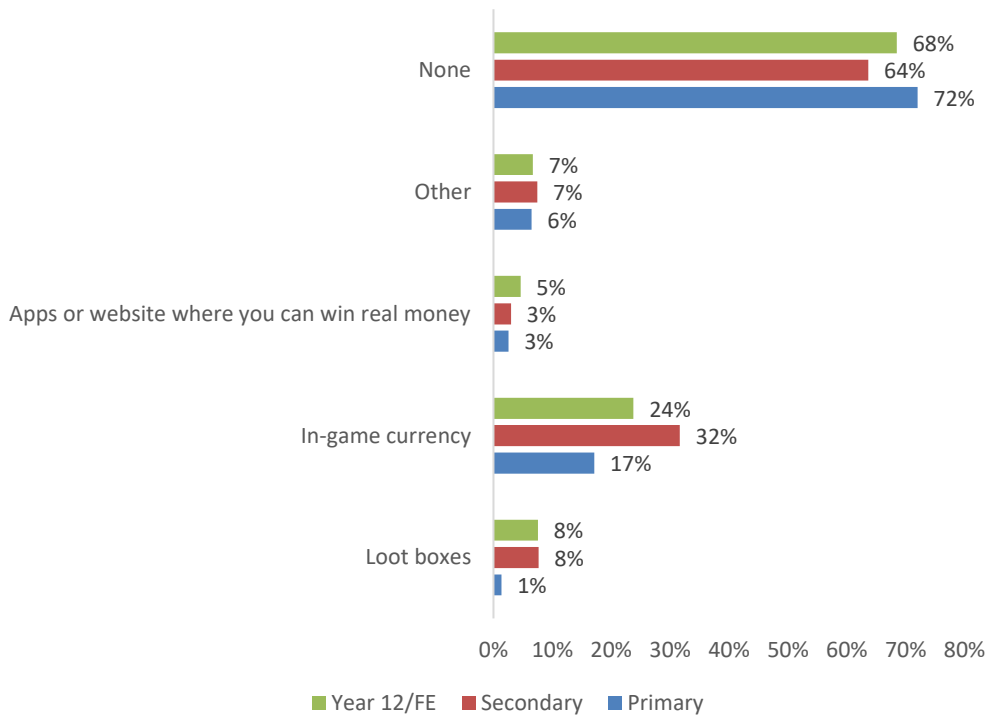
**Figure 20: How comfortable would you be using sexual health and contraceptive services?**

**Responses: Comfortable/Extremely comfortable.**



A gambling question was added in the 2020 survey, which tries to reflect local and national requests for information surrounding gambling. 28% of primary, 36% of secondary and 32% of year 12/FE pupils reported that they had spent money on gambling activities. In-game currency was the most common gambling activity among those in this group (Figure 21). Males were much more likely to have gambled than females in all school phases.

**Figure 21: Have you spent any of your money on any of the following gambling activities in the past 12 months?**

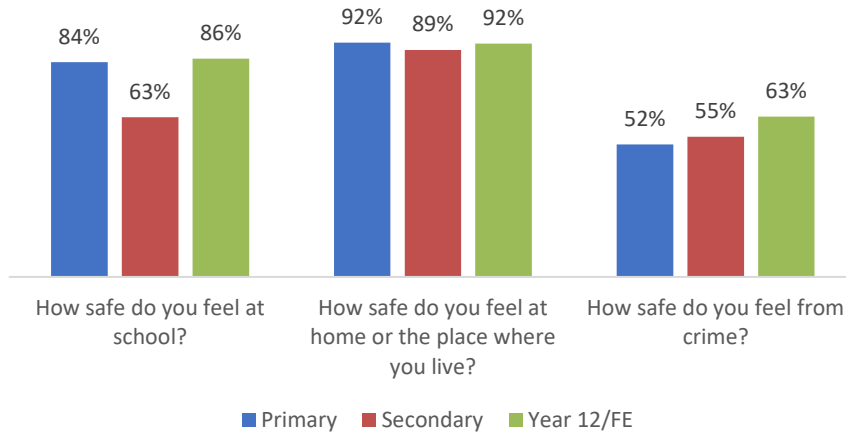


## Community Safety

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 phases (Figure 22). This school phase pattern has been observed in previous surveys. 9 out of 10 pupils felt very safe or safe at home or the place they live. Over 50% of pupils felt safe from crime. Feelings of safety at school has improved for year 12/FE pupils since 2017 and 2020 (80% in both years) but have fluctuated for secondary pupils (69% in 2017, 57% in 2020). Feelings of safety from crime have improved for primary school respondents since 2020 (47%). Proportions of pupil’s feelings safe at home have stayed relatively constant over the past few surveys.

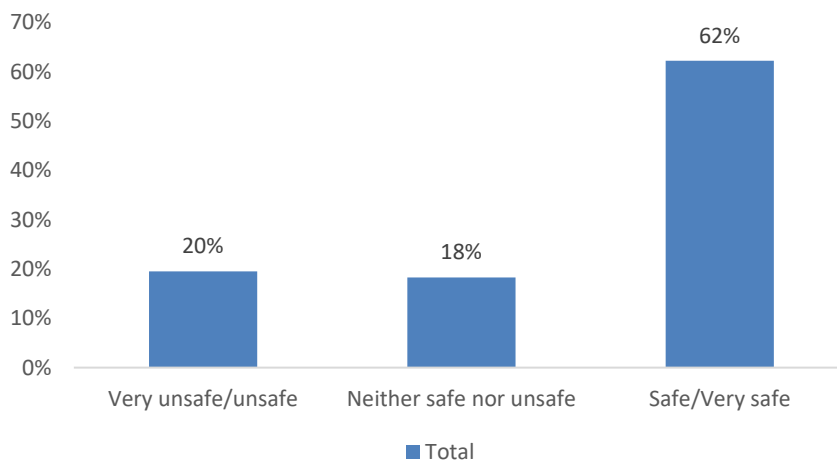
**Figure 22: How safe do you feel at school, at home and from crime?**

**Response: Safe/very safe**



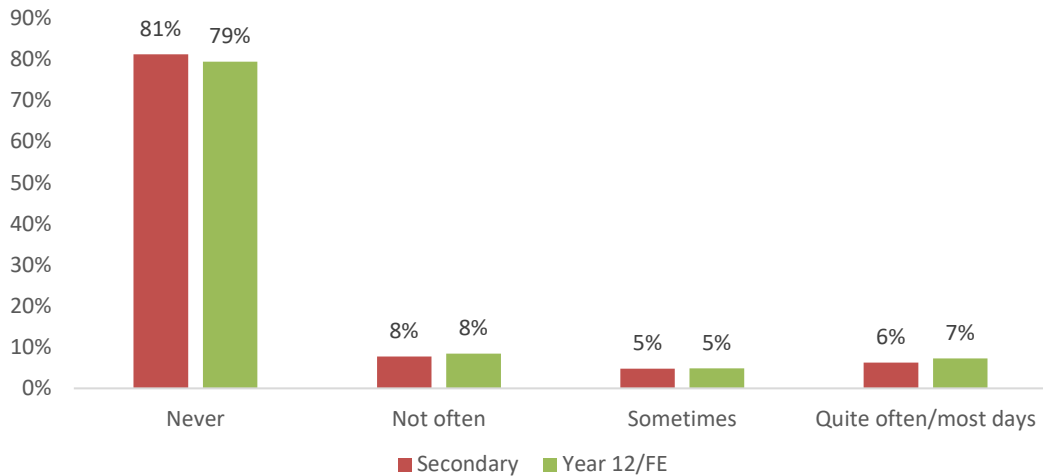
Primary school respondents were also asked about their feelings of safety while riding their bike on the roads. Overall, 62% of primary children said that they felt safe or very safe riding their bike on the roads. (Figure 23). This proportion has increased slightly over the years (59% in 2017, 57% in 2020).

**Figure 23: How safe do you feel riding your bike on the roads? Primary.**



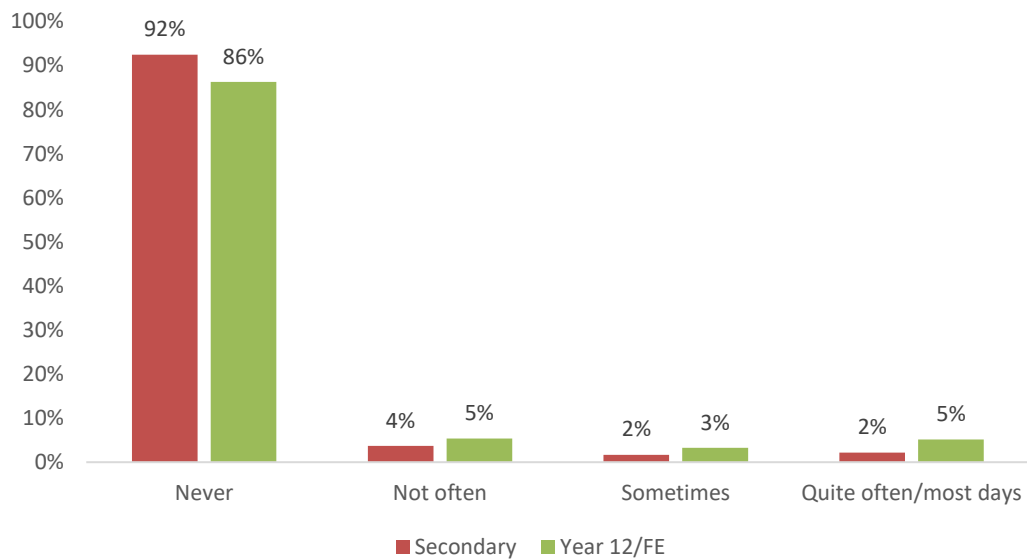
81% of secondary school and 79% of year 12/FE pupils reported that they or someone in their immediate family had never been a victim of domestic abuse or violence (Figure 24). These proportions are very similar results to the 2020 and 2017 survey results. In both the 2021 and 2020 survey, a higher proportion of females reported that they or a family member were a victim of abuse often or most days. Primary school respondents were not asked this question.

**Figure 24: Have you or anyone in your immediate family ever been a victim of domestic abuse or domestic violence?**



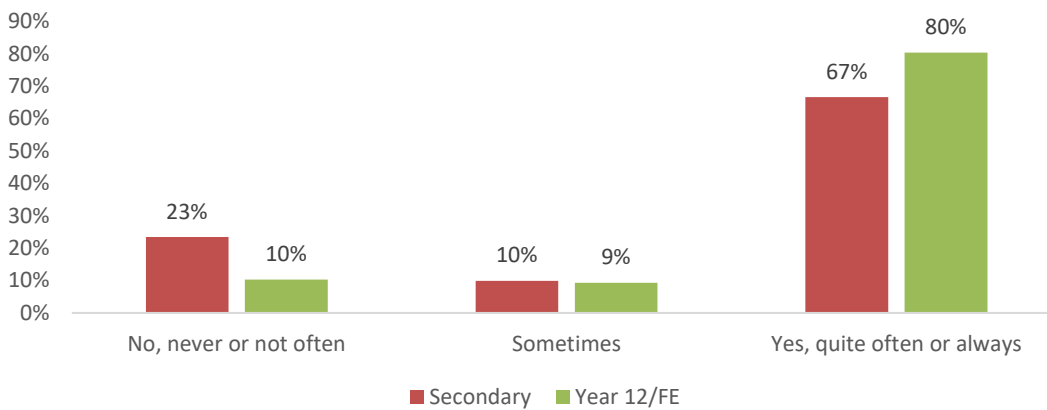
8% of secondary and 14% of year 12/FE pupils reported that they had never been a victim of abuse from a boyfriend or girlfriend (Figure 25). Females were more likely to report this than males. Proportions were the same in 2020 and 2017. Primary school respondents were not asked this question.

**Figure 25: Have you ever been a victim of abuse from a boyfriend/girlfriend?**



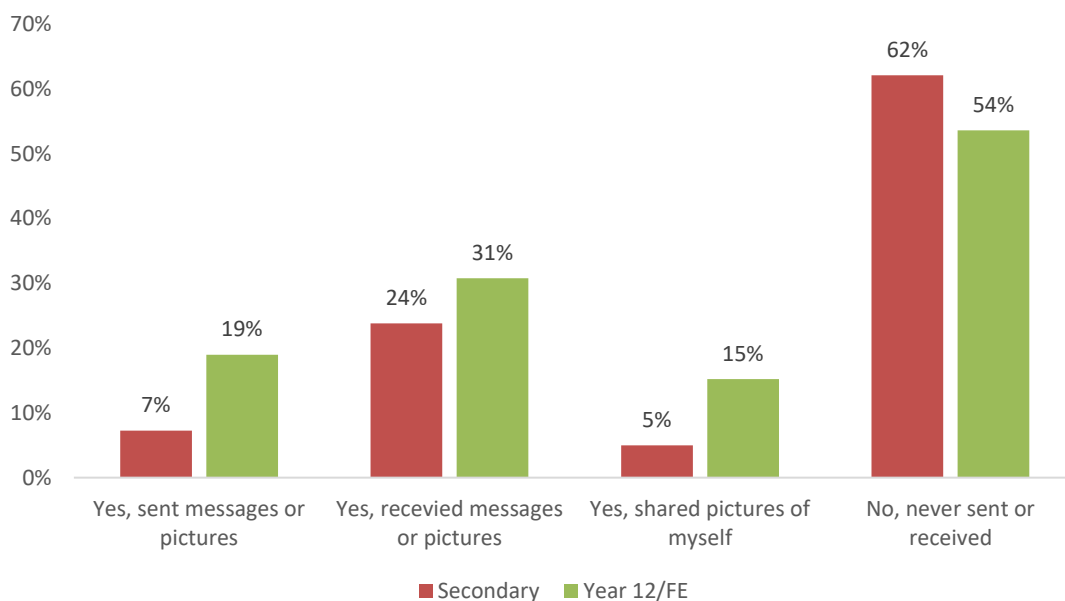
23% of the secondary school pupils who reported ever having had sexual intercourse, and 10% of the year 12/FE pupils who reported this, said that they never or rarely felt able to say no to sexual activity (Figure 26). This represents 1% of the total secondary sample, and 3% of the total year 12/FE sample. Males were less likely to report that they could say no compared to females in both school phases. The proportion of secondary children that felt unable to say no has fluctuated over the years, 25% in 2017 down to 19% in 2020 and back up to 23% in 2021. Proportions for year 12/FE pupils have stayed largely the same.

**Figure 26: Do you feel you can say no to having sexual activity? Those who have had sexual intercourse.**



62% of secondary school respondents, and 54% of year 12/FE respondents, reported that they had never been involved in sending or receiving pictures or messages of a sexual nature. 38% of secondary and 46% of year 12/FE pupils reported that they had been involved in sharing messages or pictures of a sexual nature on the internet or on their phone in some way (Figure 27). In 2020 and 2021, females were more likely than males to report having been involved in sharing messages or pictures of sexual nature.

**Figure 27: Have you ever been involved in sharing messages or pictures of a sexual nature on the internet or on your phone?**

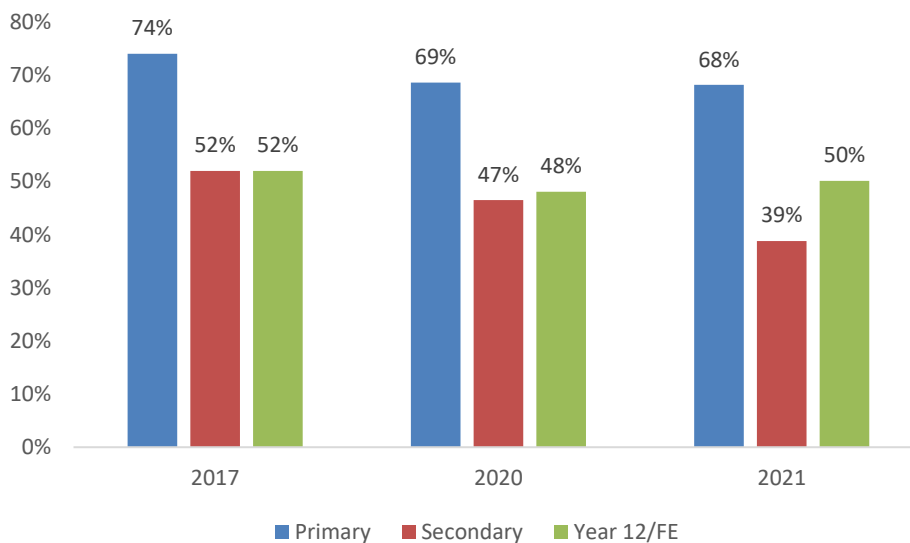


## School Experience

In 2021, 68% of the primary school respondents, 39% of the secondary and 50% of the year 12/FE respondents reported that they had felt quite happy or mostly happy at school in the past week (Figure 28). 34% of secondary pupils felt unhappy most of the time or quite unhappy. Proportions have decreased over the years for primary and secondary pupils but have stayed relatively constant for year 12/FE pupils.

**Figure 28: Thinking about how you have felt over the past week AT SCHOOL, would you say you felt generally [happiness scale]?**

**Response:** Quite happy/happy most of the time.



The following table shows the proportions of pupils strongly agreeing or agreeing with the statements on the left-hand side relating to how pupils would describe being at school. Of note, proportions of pupils worrying about going to school have increased across all school phases since 2017. In addition, the proportion of pupils feeling stressed about school work has increased since 2017 for secondary school pupils. Overall, proportions tend to drop for secondary school pupils, particularly for the following statements: teachers making lessons fun and interesting, teachers tell me how I am doing with my work, I get enough help at school with learning, I am happy to use the school toilets and I get enough emotional support at school.

**Table 4: How would you describe being at your school? (Strongly agree/agree)**

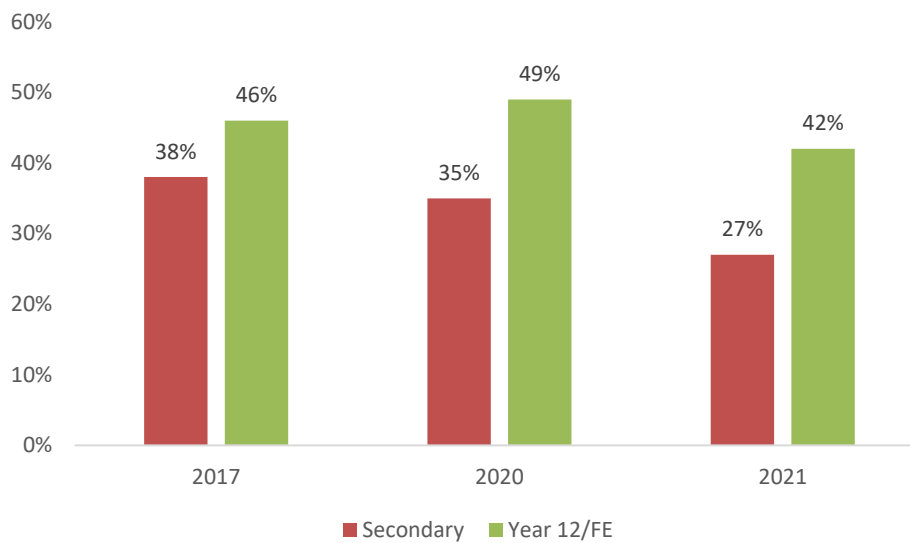
Statement	Agree/strongly agree		
	Primary	Secondary	Year 12/FE
I enjoy my school	71%	42%	69%
I try my best at school	91%	70%	84%
I learn a lot at school	84%	58%	82%
My school is giving me useful skills and knowledge	83%	50%	77%
My school has lots of activities (like sport and drama) to take part in at lunchtime or after school	66%	56%	33%
Most of my teachers make my lessons fun and interesting	76%	29%	69%
Most of my teachers tell me how I am doing with my work	74%	42%	79%

Other pupils often disrupt my lessons	55%	56%	28%
I get enough help at school with learning	79%	48%	73%
I feel stressed by school work	39%	65%	60%
I worry about going to school	26%	35%	33%
I am often in trouble	11%	14%	5%
I am often aggressive or violent	10%	11%	5%
I usually achieve top grades/levels at my school	49%	42%	45%
I am happy to use the school toilets	57%	27%	63%
I get enough help at school with emotional support	67%	25%	38%

Secondary school and year 12/FE students were asked how helpful the careers advice that they have had been in helping them to plan for the future. In 2021, 27% of secondary school pupils and 42% of year 12/FE students had found this advice quite useful or very useful in 2021. In previous years, these proportions were higher (Figure 29).

**Figure 29: How useful has the careers advice that you have had been in helping you to plan for the future?**

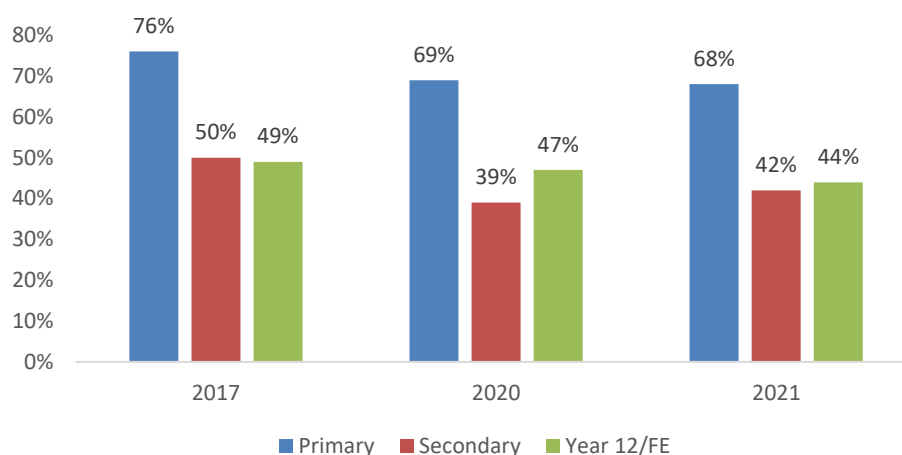
**Response:** Quite useful/very useful.



In 2021, 68% of primary school pupils reported that they felt confident or extremely confident about their futures (Figure 30). The proportion was much lower among secondary school and year 12/FE pupils, with only 42% of these pupils feeling confident or extremely confident about their futures. 32% of secondary school students and year 12/FE students were not at all or not very confident about their futures. Confidence in the future has dropped in all school phases over the years by approximately 5-8%.

**Figure 30: Overall, how confident about your future do you generally feel?**

**Response:** Confident/very confident.



The following table illustrates the proportions of pupils who would like more support or knowledge in particular areas. Pupils could pick multiple options though primary school pupils were not given all the options in the table. Regarding this set of questions, it is important to consider the change between school years, hence the proportions have been split further down into year groups rather than school phases. 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. Primary school pupils most wanted more support or knowledge in cooking skills, while secondary pupils wanted more support or knowledge in feeling positive about their appearance. Year 12/FE most wanted more support in getting fit.

**Table 5: 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	61%	66%	66%	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	22%	22%	16%	11%	8%	15%
Healthy eating	25%	27%	26%	17%	18%	10%
Physical activity	18%	22%	21%	14%	16%	21%



Losing weight	17%	23%	30%	32%	35%	7%
Gaining weight	5%	6%	7%	9%	11%	25%
Getting fit	39%	39%	42%	35%	34%	54%
Feeling positive about my appearance	NA	NA	NA	68%	73%	10%
Safer sex	NA	NA	NA	17%	21%	7%
STIs	NA	NA	NA	13%	14%	13%
Anger management	23%	31%	31%	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%	62%	45%
Stress management	23%	28%	38%	36%	48%	30%
Keeping safe and secure when online / using the internet	25%	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%

## More Information

If you wish to discuss the data in this report or the other Wiltshire Children and Young People's School Health and Wellbeing Survey reports, please contact the Public Health team at Wiltshire Council: [publichealth@wiltshire.gov.uk](mailto:publichealth@wiltshire.gov.uk)

## Acknowledgements

We would like to thank schools that took part in the January to March 2020 survey and the May to July 2021 survey, particularly the staff that organised its administration and all the pupils who gave up their time to provide information.

### Schools that 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

### **Schools that 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 (Primary years, Year 8)  
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 and 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 and 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

Nursteed 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:** Wiltshire Council Public Health Intelligence Team in partnership with Local Authority colleagues