



# my life, my view

## Derbyshire Youth Well-Being Survey

### A summary of the *My Life, My View* survey results 2023

#### The survey

The **My Life, My View** survey is a survey of young people in Derbyshire secondary schools. It was established in 2016 and has been delivered by the Schools Health Education Unit, Exeter since 2019.

#### Collecting the figures

All mainstream secondary schools in Derbyshire were invited to participate; out of 45 schools 13 took part. Teachers were briefed on how to collect the most reliable data and then students anonymously completed the questionnaire. Most of the schools conducted the survey online, with some using paper booklets. A small

sample of home-educated young people was included this year for the first time. The final sample sizes are shown in the table below.

Completed questionnaires were then processed by SHEU in Exeter and all schools who took part have received their own individual school report.

#### Inequalities

The results have been analysed for different groups to understand any inequalities in results.

#### Comparisons

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

#### Changes since 2022

This study follows similar studies each year since 2016. Comparisons have been made between the figures from this and previous studies.

All figures below, unless marked otherwise, are percentages and of those answering the question from the whole survey sample for 2023. Where figures are also illustrated in a chart, they are shown in **bold**.

Below, some figures are reported separately for males and females. 4% of students described themselves in some other way and 2% didn't want to say.

This report is based on the responses of over 3,000 students

	Y8	Y9	Y10	Total
Males	759	242	510	<b>1511</b>
Females	785	251	447	<b>1483</b>
Other/ missing response	79	25	49	<b>153</b>
Total	<b>1623</b>	<b>518</b>	<b>1006</b>	<b>3147</b>

#### TOPICS INCLUDE:

Drugs, Alcohol and Tobacco

Emotional Health and Well-being

Healthy Eating

Leisure

Physical Activity

Safety

School

Relationships and sex

## Key findings

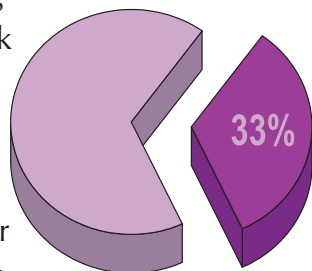
### Headlines (pp.4-8)

“ Most young people in Derbyshire seem to be doing OK, reporting being happy enough most of the time, and not risking their health and well-being with their lifestyle. But, similar to the previous surveys, there is a minority of young people who are not doing as well, and are engaging in health-harming behaviours. ”

KEY FINDINGS have been selected from the main body of the report; all figures are from the whole sample unless stated otherwise.

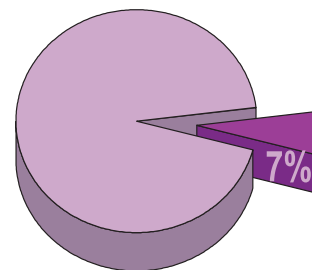
#### TRUSTED ADULTS

- 47% of all pupils find it easy to talk to their parents/ carers/ trusted adults (incl. teachers) about things that bother them, while **33% of pupils said they don't find it easy.**
- 66% of boys and 52% of girls said they usually talk to their parents about things which bother them, while 53% of boys and 62% of girls said they usually talk to friends and 30% of boys and 41% of girls would keep things to themselves.
- 66% of all pupils said that, if they were concerned about a friend's mental health, they would know where to get help, while 15% wouldn't know where to get help.
- 46% of pupils said they would feel able to tell a friend if they were struggling with their mental health, while 29% of pupils said they wouldn't feel able to



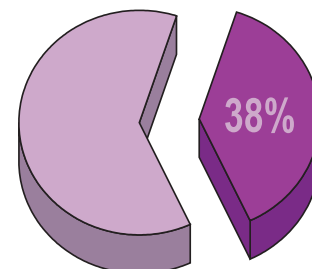
#### SCHOOL WORK

- 15% find their school work 'good' and they 'can complete everything' at the moment, while 24% find it 'OK'.
- 17% of pupils said they struggle to manage their school work at the moment; 36% of pupils said it's OK but they 'sometimes' struggle.
- 7% of pupils said they are not bothering to do much school work at the moment.**



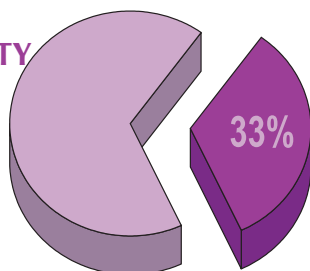
#### FEELING SAFE

- 52% agreed that they feel safe at school, while 29% of pupils said the same of being out in their local area at night.
- 38% disagreed that they feel safe when out in their local area at night.**



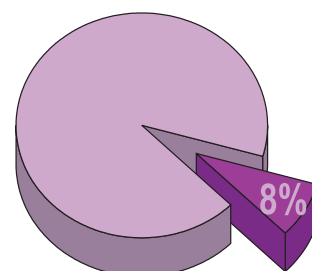
#### WORRY AND ANXIETY

- 33% of pupils responded that feeling worried, sad or upset sometimes stops them doing or enjoying things.**
- An **additional 16%** of pupils responded that feeling worried, sad or upset often makes it hard to do or enjoy anything.



#### EXTREMISM

- 8% of pupils said they have been approached to support extremist activity (e.g. violent terrorist ideas, groups including far-right movements etc.),** while 17% of pupils said they 'don't know' if they have been.



## Key findings (continued)

### Inequalities (p.9-12)

- “ All groups analysed are more likely to have risk factors for poor wellbeing.
- Looking at **deprivation** across the County in Y8, the most deprived areas show higher substance use prevalence and less deprived areas show more physical activity and better well-being.
  - In 2023 just as in previous surveys, **LGBT students** show a long list of risk factors in all year groups, including more bullying and lower well-being scores, but also differences in lifestyle e.g. physical activity.
  - Again as we have seen before, students with a **disability or long-term illness** and those who are **young carers** also have a long list of risk factors.
  - **Males** seem to be faring better than females on most of the criteria in our list – which is not to say that all males are doing well, as we know many are not.
- ”

### Links

- “ There are three big groups of connections found in the data set:
- If a student gives a positive response on one positive **well-being** question then they are **more** likely to give a positive response on most of the others
  - If a student says ‘yes’ to a question about a **health-risky** behaviour, they are **more** likely to say ‘yes’ to other health-risky questions
  - Poor emotional well-being is associated with **more** health-risky behaviour
- ”

### Changes since 2022 (p.13-14)

- “ Many results seem broadly comparable across the two years.
- There are differences in the groups of schools making up the samples in each wave of the study.
- The most striking and significantly different changes are:
- Increase in reports of death of someone close to the student
  - Fall in alcohol use
  - Rise in vaping
  - Mixed results with regard to emotional wellbeing
  - Bullying and safety measures show many items with more negative results in 2023
- ”

### Comparisons (p.15)

- “ Year 10 results in Derbyshire are broadly similar to those in other parts of the country; perhaps Derbyshire students are **less likely to worry** than their peers elsewhere (contradicting previous findings). Derbyshire students seem more likely to engage in health-risky behaviour, like vaping or unprotected sex. (Explanation of the comparison data set is given on page 15.)
- ”

## Background

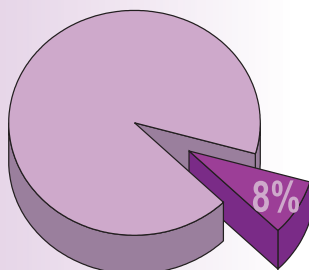
### BACKGROUND

#### ETHNICITY

- 81% (2550/3130) of all pupils described themselves as White British.

#### GENDER IDENTITY

- 8% (243/3139) of pupils said their gender now is different to the one they were assigned at birth; 2% (51/3139) of pupils said they are 'not sure' if it is.

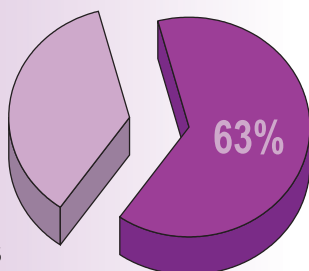


#### RELIGION

- 70% (2188/3126) of pupils described themselves as 'non-religious', while 8% (265/3126) of pupils said they 'don't know' what their religion, faith or belief is.
- 16% (492/3126) described themselves as Christian and 1% (32/3126) of pupils said they are Muslim.

#### FAMILY

- 63% (1984/3135) of pupils responded that they live with their mum and dad; we cannot tell from this question whether this is together or shared.
- 94% (2936/3135) of pupils responded that they live with their mum, while 72% (2256/3135) of pupils said they live with their dad.



#### YOUNG CARERS

- 9% (270/3097) of pupils responded that they are a 'young carer', while 14% (419/3097) of pupils said they 'don't know' if they are.
- Of the 270 pupils who of pupils said they are a 'young carer', 36% (96/270) of pupils said they look after parents/carers, while 58% (156/270) look after brothers/sisters and 21% (56/270) look after a grandparent.
- 4% (124/3097) of pupils responded that being a 'young carer' takes up at least 1-2 hours of their time on a school day.

### SPECIAL NEEDS

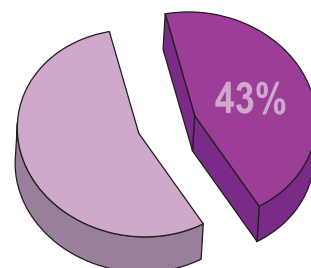
- 11% (346/3118) of pupils said they have extra help with their work or behaviour from someone other than their teacher, while 9% (293/3118) of pupils said they are 'not sure' if they do and 1% (44/3118) preferred not to say.
- 17% (529/3136) of pupils responded that they have a special educational need or a learning difficulty, while 28% (876/3136) of pupils said they are 'not sure' if they do and 2% (48/3136) didn't want to say.
- 12% (386/3139) of pupils responded that they have a disability, while 17% (546/3139) of pupils said they are 'not sure' if they do and 2% (58/3139) didn't want to say.
- 19% (584/3139) of pupils responded that they have a long-term illness, while 15% (478/3139) of pupils said they are 'not sure' if they do and 3% (89/3139) didn't want to say.
- 35% (1091/3143) of pupils responded that they have a special educational need, learning difficulty or disability or have a long-term illness, while 26% (830/3143) of pupils said they are 'not sure'.

### LOCAL AREA

- 29% (804/2765) of pupils said safer roads would make their area a better place for them to live in; 38% (1049/2765) said better parks and play areas would make it better.

### SIGNIFICANT LIFE EVENTS

- 80% (2468/3100) of pupils responded that they have experienced the death of someone important to them at some point.
- 19% (576/3100) of pupils responded that they have had a new family member in the last 2 years, while 15% (463/3100) of pupils said they have moved house.
- 99% (3068/3100) of pupils said they have experienced at least one significant life event at some point; 66% (2033/3100) of pupils said 'this year'.
- 43% (1335/3100) of pupils said they have experienced more than five of the significant life events.

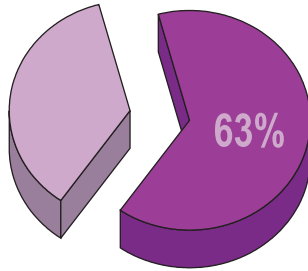




## Emotional Health and Well-being

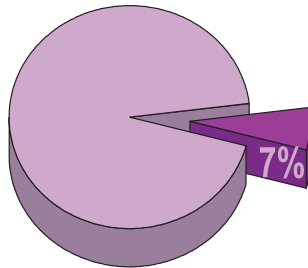
### YOUR LIFE

- 63% (1828/2897) of pupils responded that they are happy with their life as a whole (scores 6-10/10).
- 12% (169/1378) of boys and 23% (314/1379) of girls responded that they are unhappy with their health at the moment (scores 0-4/10).



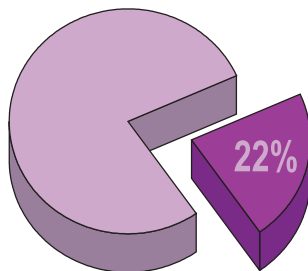
### WELLBEING

- 7% (178/2624) of pupils had a low score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 18% (466/2624) had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 62% (1695/2728) of pupils responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 28% (773/2728) of pupils said they have been feeling optimistic about the future 'rarely' or 'none of the time'.



### CONTROL AND ABILITY TO MAKE CHANGES

- On a scale from 0-10 (0 – 'not at all able'; 10 – 'very able') about feeling able to make changes to their own life, pupils answered on average 6.
- 22% (600/2739) of pupils responded in the lower half of the scale (0-4), indicating that they are less likely to feel able to make changes to their own life.
- 60% (1652/2739) of pupils responded in the upper half of the scale (6-10), indicating that they are more likely to feel able to make changes to their own life.

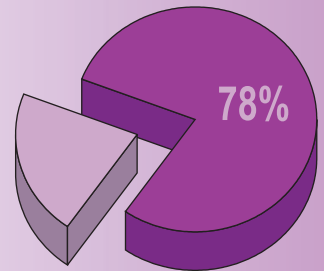


### WORRYING

#### Most common worries:

The way you look	48%
Exams and tests	46%
School-work	34%
Relationships with friends	33%
Health	26%
Family relationships	25%

- 34% (912/2699) of pupils responded that they worry about school-work 'often' or 'all of the time', while 46% (1251/2699) of pupils said they worry about exams and tests and 48% (1304/2699) worry about the way they look.
- 47% (1206/2585) of pupils said that, if they wanted to find out more about any of the issues above, they would get information from their parents/carers and 40% (1032/2585) of pupils said they would get information from friends.
- 78% (2116) of pupils responded that they worry about at least one of the issues listed 'often' or 'all of the time'; 16% (208/1276) of boys and 27% (349/1289) of girls worry about more than 5.



### COPING STRATEGIES

- 93% (2739/2946) of pupils responded that they at least 'sometimes' watch TV or listen to music when they have a problem that worries them or when they are feeling stressed, while 75% (2212/2946) of pupils said they talk to someone about it. 26% (779/2946) of pupils said they at least 'sometimes' hurt themselves.

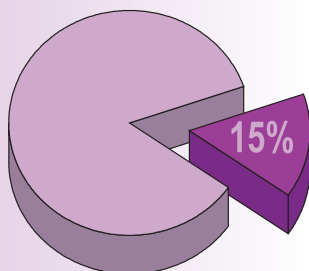
### MOOD

- 67% (1958/2931) of pupils said they have 'often' or 'always' been feeling safe for the last two weeks, while 25% (721/2931) of pupils said they have been feeling lonely.
- 71% (2082/2931) of pupils said they have been feeling angry at least 'sometimes' for the last two weeks and 36% (1054/2931) said they have been feeling depressed or hopeless.
- 36% (508/1392) of boys and 57% (799/1398) of girls have 'often' or 'always' felt either sad, angry, depressed, hopeless, or lonely in the last 2 weeks.

## Safety

### DEVICES AND SCREENS

- 92% (2874/3109) of pupils said they are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree')
- 15% (461/3109) of pupils said they wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').**

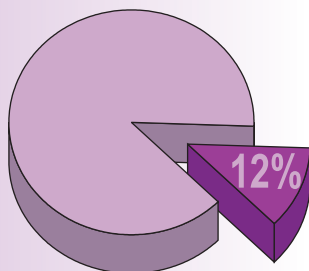
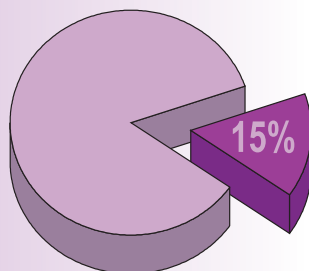


### BOOKS

- 13% (186/1465) of boys and 22% (325/1464) of girls said they read more now than they did last year.
- 24% (353/1465) of boys and 25% (360/1464) of girls said they read less now than they did last year.

### INTERNET SAFETY

- 27% (823/3011) of pupils said someone has shared private information about them and **15% (452/3011) of pupils said someone they have only met online has asked to meet with them.**
- 21% (199/956) of Year 10 of pupils said they have been approached by an adult online who wants a sexual encounter or relationship and **12% (115/956) of Year 10 of pupils said they have sent undressed/sexual images of themselves ('nudes', 'sexting').**

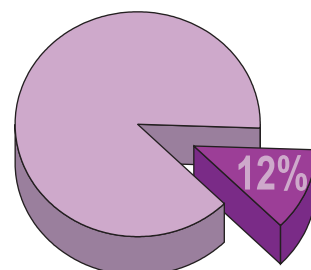


### BULLYING AND HARASSMENT

Called hurtful names	46%
Been teased/made fun of and it upset you	45%
Pushed/hit	41%
Had belongings taken/broken	26%
Received hurtful/threatening text message	20%
Received sexist or sexual comments	19%
Received hurtful/threatening message online	17%
Been threatened in other ways	17%
Been ganged up on	15%
Seen hurtful things written about you online	13%
Been threatened with a weapon	8%

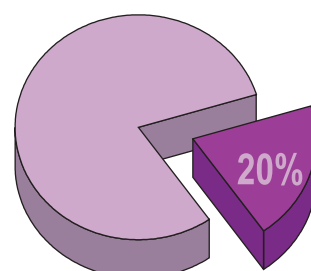
- 40% (1162/2933) of pupils said they have been pushed/hit in the last 2 months; 44% (1304/2933) of pupils said they were teased/made fun of
- 39% (535/1422) of boys and 28% (388/1407) of girls said they haven't experienced any of the negative behaviours listed above in the last 2 months.

- 40% (1198/2974) of pupils responded that they have been bullied in the last 12 months; **12% (360/2974) of pupils said that they have been bullied 'a lot'.**



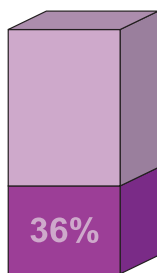
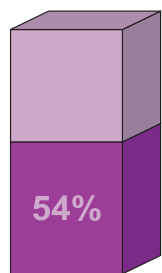
- 30% (890/2974) of pupils responded that they have been bullied in the last 2 months; 8% (241/2974) of pupils said that they have been bullied 'a lot'.
- 2% (64/2974) think they have been bullied in the last 2 months because of their nationality, ethnicity or skin colour, while 18% (524/2992) of pupils said that it was because of the way they look.

- 20% (609/2992) of pupils said they have bullied someone else at school in the last 12 months;** 5% (156/2992) of pupils said they have done so 'a lot'.



## Healthy lifestyles

### EXERCISE



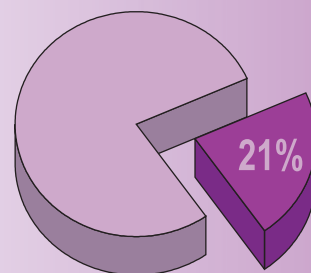
- ❑ **54% (662/1225) of boys and 37% (454/1242) of girls responded that they did physical activity on five days or more in the week before the survey.**

- ❑ 6% (68/1231) of boys and 6% (78/1251) of girls didn't do any physical activity in the week before the survey.
- ❑ 19% (467/2451) of pupils responded that they didn't get out of breath or sweaty while doing physical activity in the 7 days before the survey.
- ❑ 23% (568/2451) of pupils responded that they got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.

- ❑ 19% (469/2451) of pupils responded that they didn't do any physical activity for an hour or more in the 7 days before the survey.
- ❑ 26% (632/2451) of pupils responded that they did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
- ❑ 50% (1294/2589) of pupils said nothing stops them from doing as much physical activity as they would like, while 23% (593/2589) of pupils said they don't have enough time, or are too busy doing other things.

### DIET

- ❑ 14% (365/2647) of pupils said they didn't have any portions of fruit or vegetables to eat on the day before the survey, while **21% (561/2647) of pupils said they ate five or more portions.**



## Health-risky behaviours

### SMOKING

- ❑ 10% (152/1488) of boys and 13% (197/1462) of girls responded that they have tried/used tobacco cigarettes in the past or use them now.
- ❑ 3% (44/1488) of boys and 4% (60/1462) of girls responded that they smoke tobacco at least 'sometimes'.

### VAPING

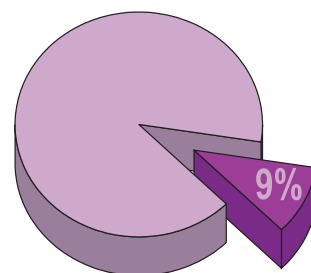
- ❑ 27% (406/1482) of boys and 34% (502/1459) of girls responded that they have tried/used e-cigarettes in the past or use them now.
- ❑ 9% (138/1482) of boys and 14% (206/1459) of girls responded that they use e-cigarettes at least 'sometimes'.

### ALCOHOL

- ❑ 57% (1749/3092) of pupils responded that they have had an alcoholic drink
- ❑ 18% (567/3092) of pupils responded that they drink alcohol at least once a month; 2% (55/3092) of pupils said they do so 'most days'.
- ❑ 19% (597/3092) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 47% (1444/3092) of pupils responded that they do not drink alcohol.
- ❑ Of the 1631 pupils who drink alcohol, 64% (1044/1631) of pupils said their parents 'always' know.
- ❑ Of the 1631 pupils who drink alcohol, 17% (278/1631) of pupils said their parents 'never' or only 'sometimes' know.

### DRUGS

- ❑ **9% (281/3062) of pupils responded that they have taken drugs to get high.**

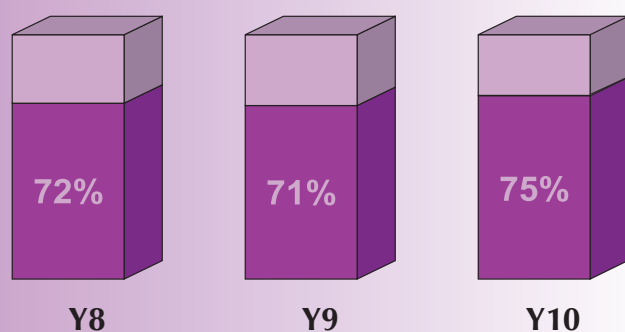


- ❑ 6% (194/3062) of pupils responded that they have taken cannabis.
- ❑ 4% (119/3062) of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 6% (189/3062) of pupils responded that they have taken at least one of the drugs listed during the last year.

## Relationships and sexual health

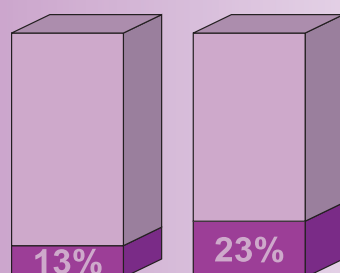
### SEXUAL ORIENTATION

- 81% (2125/2613) of pupils responded that they are straight/heterosexual, while 3% (68/2613) of pupils said they are gay/lesbian and 7% (189/2613) of pupils said they are bisexual.



### RELATIONSHIPS

- 72% (1073/1483) of Year 8 pupils, 71% (328/459) of Year 9 pupils and 75% (690/924) of Year 10 pupils said they have

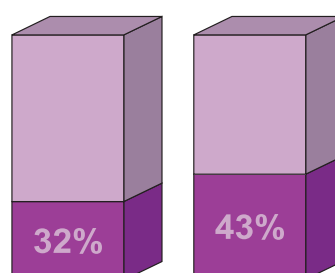


- Of the 2050 pupils who have had a boyfriend/girlfriend/partner, 13% (119/951) of boys and 23% (239/1029) of girls have had one who was older than them.

had a boyfriend/girlfriend/partner at some point (either currently or in the past).

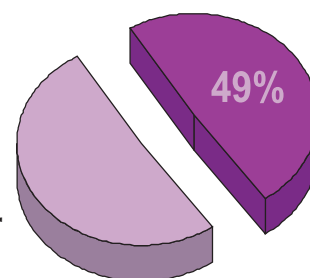
- Of the 2050 pupils who have had a partner, 5% (49/951) of boys and 7% (67/1029) of girls have had one who was younger than them.

### YEAR 10: NEGATIVE RELATIONSHIPS



- 32% (150/462) of boys and 43% (179/418) of girls in Year 10 responded that they have experienced at least some negative behaviour (e.g. jealous, abuse, controlling) with a past or current boyfriend/girlfriend/partner.

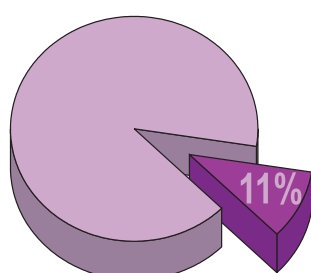
- Of the 690 Year 10 pupils who have had a partner, 150 boys (45%) and 179 girls (55%) said at least some negative behaviour has happened to them.



- 49% (340/690) of Year 10 pupils who have had a partner responded that if any negative behaviour were to happen to them, they would look after themselves without help.
- 53% (368/690) of Year 10 pupils who have had a partner responded that if any negative behaviour were to happen to them, they know where they could get help.
- 31% (211/690) of Year 10 pupils who have had a partner responded that if any negative behaviour were to happen to them, they would get some help; 29% (197/690) of pupils said they would not get help.

### SEXUAL RELATIONSHIPS

- 11% (288/3251) of pupils said they have had sex in the past or are currently in a sexual relationship.



- Of the 288 pupils who have had sex, 154 pupils (53%) said they 'never' or only 'sometimes' used contraception, while 94 pupils (33%) said they 'always' did.
- 37% (772/2087) of pupils said they would go to their parents for help if they had a concern about a sexual health matter (or something equally private), while 32% (668/2087) of pupils said they would deal with it alone.



## Year 8 inequalities (1/3)

An analysis has been carried out of sub-samples from the survey, to see if these groups have any patterns of disadvantage or risk factors in the data set. The results from each sub-sample were compared with the Derbyshire sample.

The table below shows the results for Year 8 students only, and shows where the figures are statistically significant – which means, not easily explained by chance alone. Figures in the main body of the table are all percentages.

Figures representing less than 5 cases have been removed.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
<b>Sample N</b>	<b>1623</b>	<b>759</b>	<b>785</b>	<b>384</b>	<b>285</b>	<b>366</b>	<b>468</b>	<b>167</b>	<b>237</b>
High happiness score 70+	50%	64%	40%	34%	38%	43%	37%	43%	47%
High wellbeing score 56+	19%	28%	11%	12%	18%	19%	13%	19%	20%
High safety score 12+	72%	82%	65%	60%	68%	64%	61%	67%	70%
% Easy to talk to someone	47%	55%	41%	34%	45%	44%	38%	39%	37%
% Daily physical activity last week	28%	37%	21%	23%	29%	28%	26%	34%	30%
% Daily hard physical activity last week	14%	20%	9%	10%	17%	16%	13%	24%	16%
% Daily 1h+ physical activity last week	14%	21%	8%	9%	14%	15%	12%	19%	13%
% No physical activity last week	5%	5%	4%	8%	8%	8%	5%	6%	6%
% No hard physical activity last week	16%	14%	18%	19%	19%	21%	16%	18%	18%
% No 1h+ physical activity last week	18%	15%	20%	26%	25%	22%	20%	22%	23%
% agree I wish I didn't have to use device screens so much	14%	14%	15%	17%	9%	13%	15%	11%	18%
% agree I read less than I did last year	24%	23%	26%	20%	23%	26%	24%	26%	26%
Significant events 3+ last year	41%	36%	45%	45%	52%	50%	47%	57%	41%
% Tobacco user	2%	1%	2%	3%	3%	3%	2%		2%
% Vape user	8%	6%	9%	10%	13%	14%	10%	17%	11%
% Ever drunk alcohol	47%	47%	46%	44%	52%	56%	48%	56%	52%
% Drink weekly	5%	5%	4%	6%	6%	9%	6%	10%	6%
% Drank last week	13%	14%	11%	10%	17%	20%	13%	17%	16%
% Ever used drugs	6%	5%	5%	9%	11%	13%	7%	10%	9%
% Someone online asked to meet	11%	7%	15%	15%	14%	16%	13%	19%	16%
% Bullied a lot last year	14%	11%	14%	23%	17%	20%	18%	17%	14%
% Worry often affects life	51%	35%	64%	68%	53%	55%	64%	61%	50%
% 'usually' use risky or harmful coping behaviour	53%	44%	61%	62%	61%	64%	65%	67%	59%
% Sometimes hopeless or depressed in last 2 weeks	35%	24%	42%	54%	40%	44%	49%	51%	39%
% Worry about something often or all the time	80%	73%	86%	86%	84%	85%	88%	92%	85%
% Struggle with school work	16%	12%	19%	23%	19%	28%	22%	22%	18%

## Year 9 inequalities (2/3)

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

Figures representing less than 5 cases have been removed.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
<p><math>p &lt; 0.05</math></p> <p>Significantly better</p> <p>Significantly worse</p>									
Sample N	518	242	251	135	85	111	154	40	63
High happiness score 70+	48%	64%	36%	35%	43%	46%	29%	27%	38%
High wellbeing score 56+	17%	28%	7%	8%	16%	13%	10%		21%
High safety score 12+	71%	81%	65%	62%	75%	66%	56%	50%	57%
% Easy to talk to someone	50%	61%	42%	35%	45%	48%	36%	29%	43%
If had sex, % always used contraception	38%	42%	33%	39%		23%		60%	
% Daily physical activity last week	25%	32%	20%	16%	25%	31%	26%	22%	28%
% Daily hard physical activity last week	11%	18%	6%	5%	14%	17%	9%	8%	10%
% Daily 1h+ physical activity last week	14%	21%	10%	8%	14%	15%	15%	11%	17%
% No physical activity last week	4%	4%	4%	3%	6%	7%	6%	6%	4%
% No hard physical activity last week	20%	13%	25%	20%	25%	21%	25%	19%	14%
% No 1h+ physical activity last week	18%	15%	19%	24%	19%	17%	21%	11%	20%
% agree I wish I didn't have to use device screens so much	11%	8%	15%	13%	7%	7%	18%	13%	21%
% agree I read less than I did last year	27%	28%	27%	24%	35%	20%	29%	30%	43%
Significant events 3+ last year	39%	31%	47%	47%	45%	49%	48%	65%	50%
% Tobacco user	4%	3%	3%	7%	7%	6%	6%	10%	7%
% Vape user	12%	10%	14%	14%	24%	25%	17%	18%	18%
% Ever drunk alcohol	57%	56%	60%	48%	58%	65%	58%	73%	56%
% Drink weekly	8%	10%	5%	5%	8%	12%	6%	6%	12%
% Drank last week	22%	23%	21%	20%	25%	30%	25%	33%	19%
% Ever used drugs	7%	8%	6%	12%	13%	14%	15%	13%	10%
% Had sex	12%	13%	9%	17%	13%	15%	17%	16%	11%
% Someone online asked to meet	17%	10%	23%	21%	24%	20%	20%	23%	28%
% Bullied a lot last year	13%	8%	15%	21%	18%	19%	16%	27%	20%
% Worry often affects life	47%	25%	65%	61%	50%	55%	61%	72%	47%
% 'usually' use risky or harmful coping behaviour	57%	48%	65%	63%	68%	68%	68%	73%	57%
% Sometimes hopeless or depressed in last 2 weeks	34%	26%	39%	44%	36%	41%	46%	61%	37%
% Worry about something often or all the time	79%	69%	86%	88%	90%	81%	86%	88%	76%
% Struggle with school work	19%	11%	25%	28%	14%	32%	27%	35%	18%

## Year 10 inequalities (3/3)

And lastly, once again for the Year 10 sample.

Figures representing less than 5 cases have been removed.

There is a new item in the list for Y10 students about 'sexting'.

	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
<b>Sample N</b>	<b>1006</b>	<b>510</b>	<b>447</b>	<b>216</b>	<b>176</b>	<b>233</b>	<b>211</b>	<b>63</b>	<b>158</b>
High happiness score 70+	42%	55%	29%	23%	30%	38%	25%	19%	40%
High wellbeing score 56+	17%	25%	9%	6%	12%	17%	10%	14%	22%
High safety score 12+	72%	77%	69%	57%	68%	65%	66%	67%	70%
% Easy to talk to someone	47%	55%	39%	36%	48%	39%	33%	37%	44%
If had sex, % always used contraception	32%	28%	35%	33%	31%	34%	43%	50%	28%
% Daily physical activity last week	23%	29%	17%	16%	19%	24%	22%	17%	31%
% Daily hard physical activity last week	12%	17%	7%	8%	7%	16%	11%	12%	15%
% Daily 1h+ physical activity last week	13%	19%	6%	8%	11%	16%	10%		17%
% No physical activity last week	9%	7%	11%	12%	15%	13%	8%	15%	13%
% No hard physical activity last week	23%	19%	28%	29%	30%	26%	23%	20%	27%
% No 1h+ physical activity last week	21%	15%	26%	31%	27%	26%	26%	25%	26%
% agree I wish I didn't have to use device screens so much	17%	13%	21%	17%	13%	15%	17%	16%	24%
% agree I read less than I did last year	23%	23%	21%	20%	16%	27%	24%	16%	22%
Significant events 3+ last year	36%	31%	41%	42%	48%	50%	40%	50%	45%
% Tobacco user	8%	6%	9%	8%	8%	16%	7%	18%	12%
% Vape user	18%	14%	23%	15%	22%	27%	20%	29%	24%
% Ever drunk alcohol	72%	71%	74%	67%	72%	77%	77%	79%	70%
% Drink weekly	12%	12%	12%	8%	8%	16%	9%	25%	14%
% Drank last week	29%	29%	27%	23%	33%	38%	23%	37%	35%
% Ever used drugs	16%	14%	17%	12%	19%	25%	13%	24%	27%
% Had sex	22%	20%	25%	22%	26%	31%	25%	22%	35%
If had partner, % any uncomfortable partner behaviour	50%	45%	55%	60%	54%	56%	54%	56%	63%
% Someone online asked to meet	20%	11%	29%	24%	20%	24%	26%	34%	22%
% Sent undressed/sexual images of self	12%	6%	18%	17%	14%	14%	15%	19%	16%
% Bullied a lot last year	9%	7%	9%	16%	12%	14%	10%	15%	11%
% Worry often affects life	45%	29%	61%	69%	51%	47%	60%	60%	39%
% 'usually' use risky or harmful coping behaviour	53%	42%	64%	60%	56%	67%	69%	75%	66%
% Sometimes hopeless or depressed in last 2 weeks	40%	27%	51%	59%	50%	47%	60%	63%	37%
% Worry about something often or all the time	75%	65%	86%	86%	74%	77%	84%	89%	75%
% Struggle with school work	19%	11%	28%	26%	23%	25%	29%	37%	19%

“ All groups selected show at least some risk factors, but fewer are seen in the Year 10 table than for the Year 8 and 9 samples because of the reduced sample size. For all year groups:

- There is a notable contrast in wellbeing measures and risky behaviours between male and female students. This is commonly seen in SHEU surveys – which is not to say that all males are doing well, as we know many are not
- LGBT students show a long list of poorer results, including more bullying and lower well-being scores, but also differences in lifestyle
- Students with a disability or long-term illness and young carers report more unhealthy behaviours and poorer emotional wellbeing.

## Deprivation

We have examined the results to see if there are any associations with deprivation. Students were asked to provide a postcode (not all did, and those providing no postcode are to be found in the last column). Every postcode in Derbyshire can be linked to a standardised score for deprivation (Index of Multiple Deprivation, 2019).

All the areas in the country are divided into fifths (quintiles) from the most to the least deprived, and the students were then put into groups according to which fifth they fell into.

These are the Year 10 results.

Figures representing less than 5 cases have been removed.

	All	Most deprived	Second most deprived	Middling	Second least deprived	Least deprived
<b>Sample N</b>	<b>1006</b>	<b>67</b>	<b>117</b>	<b>149</b>	<b>142</b>	<b>101</b>
High happiness score 70+	42%	39%	36%	37%	45%	39%
High wellbeing score 56+	17%	26%	9%	15%	14%	17%
High safety score 12+	72%	60%	74%	72%	78%	73%
% Easy to talk to someone	47%	55%	42%	43%	52%	48%
If had sex, % always used contraception	32%	44%	26%	29%	26%	44%
% Daily physical activity last week	23%	20%	25%	17%	27%	29%
% Daily hard physical activity last week	12%	9%	17%	12%	17%	12%
% Daily 1h+ physical activity last week	13%	12%	17%	12%	16%	11%
% No physical activity last week	9%	8%	8%	7%	10%	8%
% No hard physical activity last week	23%	27%	19%	19%	23%	19%
% No 1h+ physical activity last week	21%	25%	14%	19%	22%	18%
% agree I wish I didn't have to use device screens so much	17%	15%	9%	16%	22%	19%
% agree I read less than I did last year	23%	18%	25%	20%	22%	28%
Significant events 3+ last year	36%	49%	38%	38%	29%	35%
% Tobacco user	8%	12%		6%	13%	7%
% Vape user	18%	25%	15%	20%	19%	25%
% Ever drunk alcohol	72%	72%	78%	74%	72%	67%
% Drink weekly	12%	12%	15%	9%	15%	13%
% Drank last week	29%	31%	32%	28%	29%	27%
% Ever used drugs	16%	20%	10%	11%	21%	17%
% Had sex	22%	27%	23%	26%	23%	18%
If had partner, % any uncomfortable partner behaviour	50%	54%	56%	43%	45%	52%
% Someone online asked to meet	20%	27%	16%	22%	13%	23%
% Sent undressed/sexual images of self	12%	23%	8%	13%	9%	18%
% Bullied a lot last year	9%	16%	13%	4%	5%	13%
% Worry often affects life	45%	53%	50%	52%	40%	51%
% 'usually' use risky or harmful coping behaviour	53%	59%	54%	53%	51%	63%
% Sometimes hopeless or depressed in last 2 weeks	40%	48%	44%	38%	34%	48%
% Worry about something often or all the time	75%	83%	79%	76%	71%	83%
% Struggle with school work	19%	20%	25%	22%	14%	18%



## Changes since 2021 1/2

We have compared the 2023 results with those from 2022 and 2021, which used very much the same questionnaire, although the populations of schools taking part was different. Nonetheless, where comparisons can reasonably be made, they are listed below. The shifting context of

COVID-19 must be borne in mind as a possible cause of these changes. We have added some colour to indicate whether these changes are positive or not. Differences listed are statistically significant.

### BACKGROUND

2021	2022	2023	Question
64%	68%	63%	live with their mum and dad; we cannot tell from this question whether this is together or shared.
75%	78%	80%	have experienced the death of someone important to them at some point.

“ The increased reporting of deaths and other significant life events may reflect COVID-19 and related mortality. ”

### SUBSTANCES

2021	2022	2023	Question
15%	11%	12%	have tried/used tobacco cigarettes in the past or use them now.
7%	4%	6%	have taken cannabis.
60%	55%	57%	have had an alcoholic drink (more than just a sip).
10%	8%	9%	have taken drugs to get high (not medicines, tobacco or alcohol).
23%	20%	19%	had an alcoholic drink in the 7 days before the survey.
25%	28%	31%	have tried/used e-cigarettes in the past or use them now.
4%	3%	4%	have taken at least one of the drugs listed during the last month.

“ The use of alcohol during the week appears to continue to fall since 2021. However, the use of tobacco products and drugs has perhaps increased slightly while the use of vapour products has more clearly risen. ”

### EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	Question
53%	60%	58%	usually talk to their parents about things which bother them.
73%	78%	75%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
64%	69%	71%	have been feeling angry at least 'sometimes' for the last two weeks.
13%	16%	18%	of students had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
75%	78%	77%	worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.
61%	63%	63%	are happy with their life as a whole.
46%	49%	47%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
46%	48%	48%	feeling worried, sad or upset sometimes stops them doing or enjoying things.

“ There are some signals of improved emotional health and well-being among these young people but we also see some unwelcome changes. ”

## Changes since 2021 2/2

### LIFESTYLE

2021	2022	2023	Question
90%	93%	92%	are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
11%	14%	15%	wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').

### RELATIONSHIPS

2021	2022	2023	Question
10%	9%	11%	have had sex in the past or are currently in a sexual relationship.

### SAFETY

2021	2022	2023	Question
9%	25%	27%	someone has shared private information about them.
29%	39%	40%	have been pushed/hit in the last 2 months.
11%	15%	20%	have bullied someone else at school in the last 12 months.
31%	37%	41%	have been bullied in the last 12 months.
21%	26%	30%	have been bullied in the last 2 months.
38%	34%	38%	don't feel safe when out in their local area at night.
65%	62%	52%	feel safe at school.

### EXERCISE

2021	2022	2023	Question
23%	28%	26%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
19%	22%	23%	got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.
43%	45%	45%	of pupils responded that they did physical activity on five days or more in the week before the survey.

## Year 10 comparisons

	Derbyshire 2023	Comparison data set 2022
Sample	1006	30 643
% Ever tried smoking	21	19
% Ever tried vaping	<b>40</b>	31
% Drank last week	<b>29</b>	15
% Ever used drugs	<b>16</b>	11
% Bullied a lot last year (cf. 'Bullied at/near school last 12 months')	9	34
% Partner jealous/possessive	<b>29</b>	21
% High well-being score (56+ WEMWBS)	<b>17</b>	12
% Worry about something often or all the time	75	<b>83</b>
% No hard physical activity last week	23	25
% 5/7 days hard physical activity last week (questionnaire differences)	<b>23</b>	15
% Had sex	<b>22</b>	12
% didn't always use contraception	<b>15</b>	9

Figure in the main body of the table are percentages; **bold type** indicates a statistically significant difference.

**COMPARISON DATA SET:** Each year, SHEU produce a report of aggregate school survey results using similar surveys in their *Young People* series, often referred to by news media as 'national data'. The studies that give rise to the reports are large, numerous, and from many parts of the United Kingdom, but they do not form a deliberately-selected sample. Despite the 'accidental' nature of the sample, the picture produced by the SHEU annual data sets typically matches survey results from other data-collection agencies using structured or random sampling. The 2022 sample was used to produce the report *Young People into 2023*, by Angela Balding and David Regis. For more details, please contact the Schools Health Education Unit ([www.sheu.org.uk](http://www.sheu.org.uk)).

## Contacts

**Alison Davies**

Healthcare Public Health Practitioner  
Derbyshire County Council  
[Alison.Davies@derbyshire.gov.uk](mailto:Alison.Davies@derbyshire.gov.uk)



**David Regis**

Research Manager  
SHEU

[david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)

