



my life, my view

Derbyshire Youth Well-Being Survey

A summary of the *My Life, My View* survey results 2025

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; 10 out of 45 schools from across the County took part. Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. This year, all of the schools conducted the survey online. The survey was also offered to home-educated young people, but the resulting sample was too small to be reported

separately. The final sample sizes are shown in the table below.

Completed questionnaires were then processed by SHEU 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 2024 ↘

This study follows similar studies each year since 2016. Comparisons have been made

between the figures from this and recent studies.

All figures below, unless marked otherwise, are percentages and of those answering the question from the whole survey sample for 2025. Where figures are also illustrated in a chart, they are shown in **bold**.

Below, some figures are reported separately for males and females. 2% of pupils described their gender in some other way and 1% didn't want to say, and these pupils are included in any overall results, but not in any breakdown by gender.

Over 3,000 pupils took part in the survey, including those from these target year groups on which this report is based:

	Year 8	Year 9	Year 10	All
Male	720	329	440	1,489
Female	674	296	463	1,433
Other	33	18	33	84
Total	1,427	643	936	3,006

TOPICS INCLUDE:

Drugs, Alcohol, Nicotine

Emotional Health and Well-being

Healthy Eating

Leisure

Physical Activity

Safety

School

Relationships and sex

Key findings

Headlines (pp.4-8)

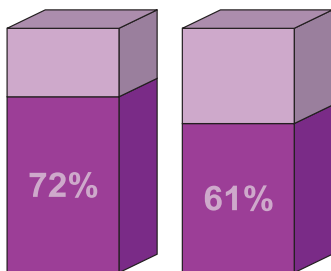
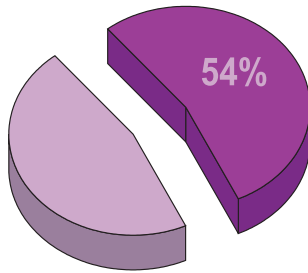
“ Young people in Derbyshire are generally content with their lives and making choices that support their health and well-being.

However, a minority of young people are reporting lower well-being, feeling unhappy with their health, or feeling dis-empowered. This group is more likely to engage in risky or unhealthy behaviours that could negatively impact their physical or mental health.

KEY FINDINGS have been selected from the complete set of figures; all figures are from the whole sample unless stated otherwise.

TRUSTED ADULTS

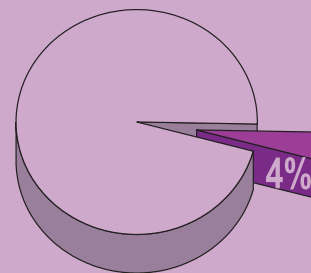
- 1578 pupils (54%) find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them, while 750 pupils (26%) said they don't find it easy.



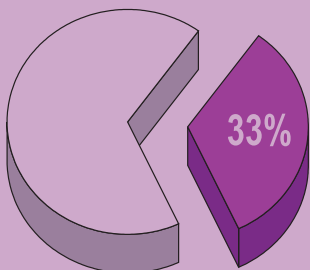
- 1017 boys (72%) and 842 girls (61%) said they could talk to their parents about things which bother them at the moment, while 746 boys (53%) and 923 girls (66%) said they could talk to friends and 391 boys (28%) and 496 girls (36%) would keep things to themselves.

SCHOOL WORK

- 497 pupils (17%) find their school work 'good' and they 'can complete everything' at the moment, while 665 pupils (23%) find it 'OK'.
- 483 pupils (17%) said they struggle to manage their school work at the moment; 1130 pupils (39%) said it's OK but they 'sometimes' struggle.
- 130 pupils (4%) said they are not bothering to do much school work at the moment.

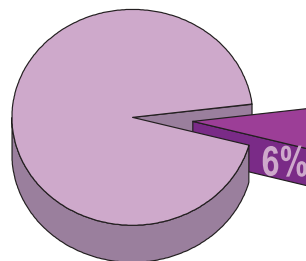


FEELING SAFE



- 1660 pupils (60%) agreed that they feel safe at school, while 911 pupils (33%) said the same of being out in their local area at night.
- 919 pupils (33%) disagreed that they feel safe when out in their local area at night.

EXTREMISM

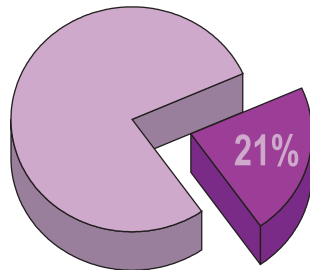
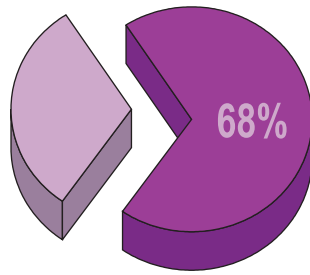


- 169 pupils (6%) said they have been approached to support extremist activity (e.g. violent terrorist ideas, groups including far-right movements etc.), while 457 pupils (17%) said they 'don't know' if they have been.

Key findings (continued)

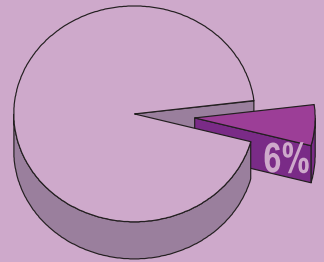
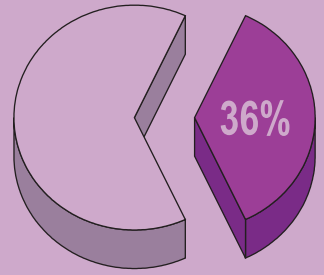
WELLBEING

- ❑ 68% of pupils responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks.
- ❑ 33% reported feeling depressed or hopeless 'often' or 'all of the time', while 22% felt lonely, in the last two weeks.
- ❑ 21% at least 'sometimes' cut or hurt themselves when worried or stressed.



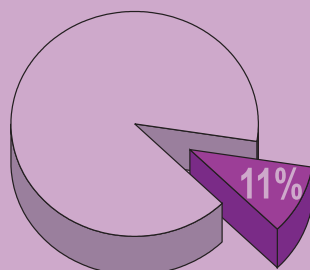
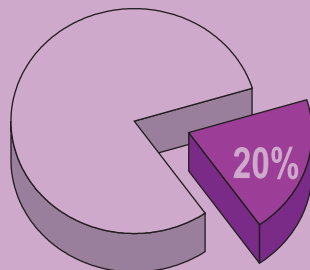
BULLYING

- ❑ 36% responded that they had been bullied in the last 12 months; 9% said they were bullied 'a lot'.
- ❑ In the last 2 months, 25% said they had been bullied at all and 6% said they were bullied 'a lot' in the last 2 months.



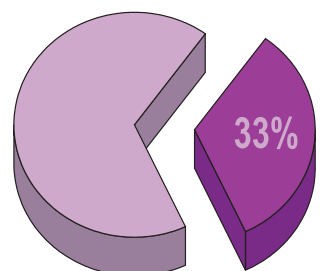
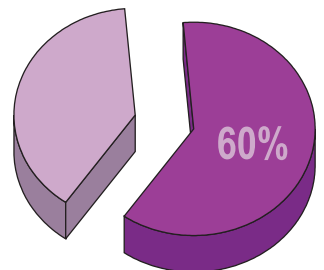
BEING ONLINE

- ❑ 20% said someone had shared private information about them online
- ❑ 11% were asked by someone they had only met online to meet up.



SAFETY

- ❑ 60% agreed that they feel safe at school.
- ❑ Only 33% said they feel safe out in their local area at night; 33% disagreed that they feel safe at night.



Key findings (continued)

Inequalities (p.9-12)

- “ All vulnerable groups analysed are more likely to have risk factors for poor wellbeing than the average for the whole sample.
- Looking at **deprivation** across the County in Y10, the most deprived areas show higher use of alcohol
 - In 2025, just as in previous surveys, **LGBTQ+ pupils** show a long list of poorer outcomes in all year groups, including more bullying and lower well-being scores, but also differences in lifestyle e.g. lower engagement in physical activity.
 - Again as we have seen before, pupils with **special education needs**, those 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 reporting more positive behaviours and outcomes 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 pupil 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 pupil 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 2021 (p.13-18)

- “ Many results seem broadly comparable across the four 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:
- Fall in alcohol use
 - Rise in vaping (although 2025 figures remain low)
 - Mixed results with regard to emotional wellbeing (although 2025 figures are more positive on the whole compared to recent years)
- ”

Comparisons (p.19)

- “ Year 10 results in Derbyshire are broadly similar to those in other parts of the country; Derbyshire pupils **worry slightly less** than their peers elsewhere (the opposite was found in 2024). Derbyshire pupils seem more likely to engage in unprotected sex (also found in 2024). (Explanation of the comparison data set is given on page 19.)
- ”

Background

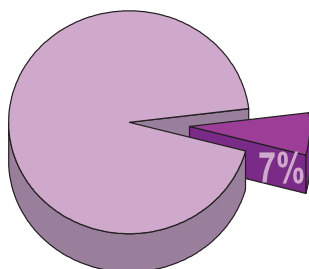
DEMOGRAPHICS

ETHNICITY

- 2397/2981 pupils (80%) described themselves as White British.

GENDER IDENTITY

- 219/3003 pupils (7%) said their gender now is different to the one they were assigned at birth;** 38/3003 pupils (1%) said they are 'not sure' if it is.

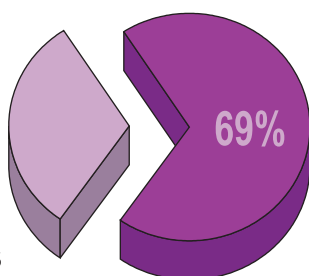


RELIGION

- 1728/2985 pupils (58%) described themselves as 'non-religious', while 320/2985 pupils (11%) said they 'don't know' what their religion, faith or belief is.
- 801/2985 pupils (27%) described themselves as Christian and 26/2985 pupils (1%) said they are Muslim.

FAMILY

- 2061/3000 pupils (69%) responded that they live with their mum and dad;** we cannot tell from this question whether this is together or shared.
- 2837/3000 pupils (95%) responded that they live with their mum, while 2304/3000 pupils (77%) said they live with their dad.



SPECIAL EDUCATIONAL NEEDS, LONG-TERM ILLNESS AND DISABILITIES

- 346/2998 pupils (12%) said they have extra help with their work or behaviour from someone other than their teacher (e.g. a teaching assistant or learning support), while 285/2998 pupils (10%) said they are 'not sure' if they do.
- 506/2993 pupils (17%) responded that they have a special educational need or a learning difficulty, while 793/2993 pupils (26%) said they are 'not sure' if they do.
- 376/2995 pupils (13%) responded that they have a disability.
- 471/2997 pupils (16%) responded that they have a long-term illness.
- 977/3000 pupils (33%) responded that they have a special educational need, learning difficulty or disability or have a long-term illness.

YOUNG CARERS

- 239/2983 pupils (8%) responded that they are a 'young carer', while 518/2983 pupils (17%) said they 'don't know' if they are.
- Of the 239 pupils who said they are a 'young carer', 71 pupils (30%) said they look after parents/carers, while 146 pupils (61%) look after brothers/sisters and 51 pupils (21%) look after a grandparent.
- 129/2984 pupils (4%) responded that being a 'young carer' takes up at least 1-2 hours of their time on a school day.

SIGNIFICANT LIFE EVENTS

- 2317/2953 pupils (78%) responded that they have experienced the death of someone important to them at some point.
- 480/2953 pupils (16%) responded that they have had a new family member (baby/adopted/new partner for mum/dad) in the last 2 years, while 380/2953 pupils (13%) said they have moved house.
- 2919/2953 pupils (99%) said they have experienced at least one of the significant life events listed (see right) at some point; 1717/2953 pupils (58%) said they have experienced them 'this year'.
- 1208/2953 pupils (41%) said they have experienced more than five of the significant life events.

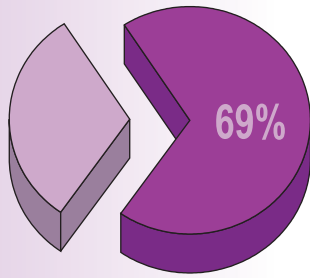
Events listed:

- Moving house
- Broken up with a boyfriend/girlfriend /partner
- You got a new boyfriend/girlfriend /partner
- New family member (baby / adopted / new partner for mum/dad)
- Death of a pet
- Death of someone important to you
- Parents divorce/breaking up
- Being separated from parent/carer or brother/sister
- Parent/carer/brother/sister ill for a long while
- Excluded from school

Emotional Health and Well-being

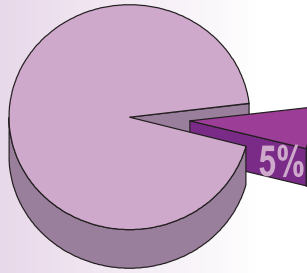
LIFE SATISFACTION

- 1924/2799 pupils (69%) responded that they are happy with their life as a whole (scores 6-10/10).
- 167/1360 boys (12%) and 226/1362 girls (17%) responded that they are unhappy with their health at the moment (scores 0-4/10).



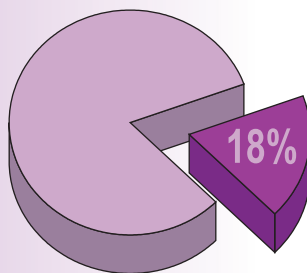
WELLBEING SCORES

- 134/2629 pupils (5%) had a low score (14 – 27) on the [Warwick-Edinburgh Mental Wellbeing Scale \(WEMWBS\)](#). (Lower scores indicate worse wellbeing.)
- 525/2629 pupils (20%) had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 1826/2688 pupils (68%) responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 632/2688 pupils (24%) 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.
- 476/2681 pupils (18%) 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.
- 1751/2681 pupils (65%) 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.



LOCAL AREA

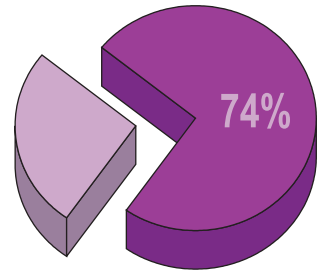
- 828/2730 pupils (30%) said safer roads would make their area a better place for them to live in; 1008/2730 pupils (37%) said better parks and play areas would make it better.

WORRYING

Most common worries 'often'

The way you look	44%
Exams and tests	44%
School-work	32%
Relationships with friends	30%
Health	24%
Family relationships	23%

- 1939/2637 pupils (74%) responded that they worry about at least one of the issues listed 'often' or 'all of the time'; 194/1273 boys (15%) and 291/1289 girls (23%) worry about more than 5.



- 841/2637 pupils (32%) responded that they worry about school-work 'often' or 'all of the time', while 1142/2637 pupils (43%) said they worry about exams and tests and 1144/2637 pupils (43%) worry about the way they look.

COPING STRATEGIES

- 2680/2853 pupils (94%) 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 2262/2853 pupils (79%) said they talk to someone about it.
- 596/2853 pupils (21%) said they at least 'sometimes' hurt themselves (self-harm) when they have a problem that worries them or they are feeling stressed.

MOOD

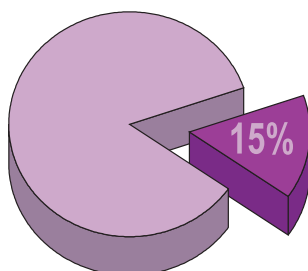
- 2131/2843 pupils (75%) said they have 'often' or 'always' been feeling safe for the last two weeks, while 617/2843 pupils (22%) said they have been feeling lonely.
- 1864/2843 pupils (66%) said they have been feeling angry at least 'sometimes' for the last two weeks and 947/2843 pupils (33%) said they have been feeling depressed or hopeless.
- 431/1392 boys (31%) and 691/1222 girls (50%) have 'often' or 'always' felt either sad, angry, depressed, hopeless, or lonely in the last 2 weeks.

Safety

DEVICES AND SCREENS

- 2750/2982 pupils (92%) said they are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').

- 434/2982 pupils (15%) said they wish their parents wouldn't use device screens so much** ('agree' or 'strongly agree').

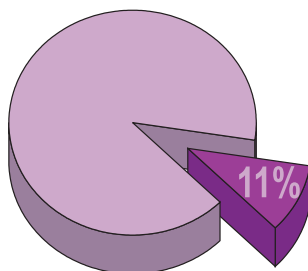


BOOKS

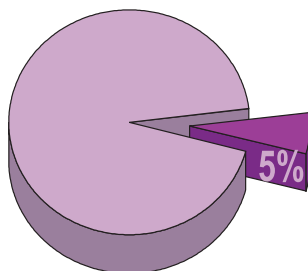
- 217/1469 boys (15%) and 323/1427 girls (23%) said they read more now than they did last year.
- 330/1469 boys (22%) and 276/1427 girls (19%) said they read less now than they did last year.

INTERNET SAFETY

- 574/2909 pupils (20%) said someone has shared private information about them and **328/2909 pupils (11%) said someone they have only met online has asked to meet with them.**



- 116/879 pupils (13%) of Year 10+ pupils said they have been approached by an adult online who wants a sexual encounter or relationship and **48/879 pupils (5%) said they have sent undressed/sexual images of themselves** ('nudes', 'sexting').



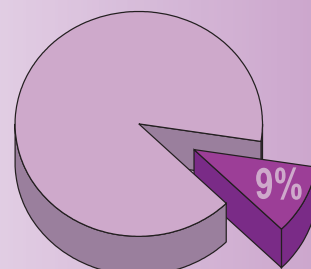
BULLYING AND HARASSMENT

- 941/2874 pupils (33%) said they have been pushed/hit in the last 2 months; 1177/2874 pupils (41%) said they were teased/made fun of (and it upset them).

Been teased/made fun of and it upset you	41%
Called hurtful names	39%
Pushed/hit	33%
Had belongings taken/broken	19%
Received hurtful/threatening text message	13%
Received sexist or sexual comments	13%
Been threatened in other ways	12%
Received hurtful/threatening message online	12%
Seen hurtful things written about you online	10%
Been ganged up on	10%
Been threatened with a weapon	4%

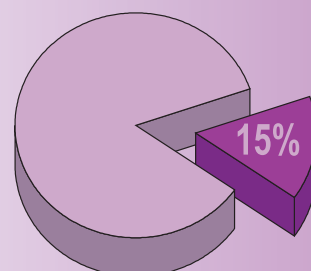
- 625/1405 boys (44%) and 474/1390 girls (34%) said they haven't experienced any of the negative behaviours listed in the last 2 months.

- 1044/2877 pupils (36%) responded that they have been bullied in the last 12 months; **271/2877 pupils (9%) said that they have been bullied 'a lot'.**



- 726/2877 pupils (25%) responded that they have been bullied in the last 2 months; 161/2877 pupils (6%) said that they have been bullied 'a lot'.

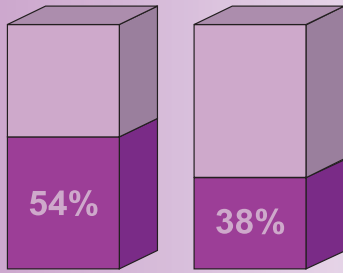
- 66/2861 pupils (2%) think they have been bullied in the last 2 months because of their nationality, ethnicity or skin colour, while **416/2861 pupils (15%) said that it was because of the way they look.**



- 420/2908 pupils (14%) said they have bullied someone else at school in the last 12 months; 78/2908 pupils (3%) said they have done so 'a lot'.

Healthy lifestyles

EXERCISE



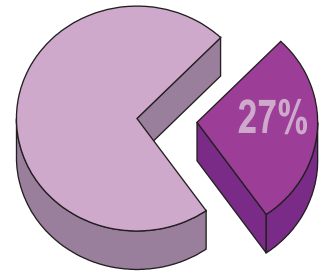
□ **654/1215 boys (54%) and 467/1238 girls (38%) responded that they did physical activity on five days or more in the week before the survey.**

- 43/1215 boys (4%) and 84/1238 girls (7%) responded that they didn't do any physical activity in the week before the survey.
- 164/1130 boys (15%) and 276/1168 girls (24%) responded that they didn't get out of breath or sweaty while doing physical activity in the 7 days before the survey.
- 308/1130 boys (27%) and 155/1168 girls (13%) 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.

- 97/1105 boys (9%) and 231/1173 girls (20%) responded that they didn't do any physical activity for an hour or more in the 7 days before the survey.
- 417/1105 boys (38%) and 240/1173 girls (20%) responded that they did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
- 1359/2549 pupils (53%) said nothing stops them from doing as much physical activity as they would like, while 583/2549 pupils (23%) said they don't have enough time, or are too busy doing other things.

5-A-DAY

- **691/2597 pupils (27%) said they ate five or more portions of fruit and vegetables on the day before the survey.**
- 289/2597 pupils (11%) said they didn't have any portions of fruit or vegetables to eat on the day before the survey.



Health-risky behaviours

SMOKING

- 126/1456 boys (9%) and 121/1410 girls (9%) responded that they have tried/used tobacco cigarettes in the past or use them now.
- 39/1456 boys (3%) and 27/1410 girls (2%) responded that they smoke tobacco at least 'sometimes'.

VAPING

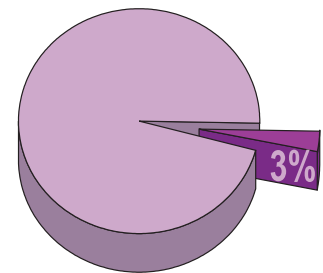
- 272/1448 boys (19%) and 365/1403 girls (26%) responded that they have tried vaping/used e-cigarettes in the past or use them now.
- 72/1448 boys (5%) and 106/1403 girls (8%) responded that they vape/use e-cigarettes at least 'sometimes'.

ALCOHOL

- 1449/2959 pupils (49%) responded that they have had an alcoholic drink (more than just a sip).
- 321/2959 pupils (11%) responded that they drink alcohol at least once a month; 35/2959 pupils (1%) said they do so 'most days'.
- 343/2959 pupils (12%) responded that they had an alcoholic drink in the 7 days before the survey.
- 1619/2959 pupils (55%) responded that they do not drink alcohol.
- Of the 1334 pupils who drink alcohol, 902 pupils (68%) said their parents 'always' know.
- Of the pupils who drink alcohol, 188 pupils (14%) said their parents 'never' or only 'sometimes' know.

DRUGS

- **98/2947 pupils (3%) responded that they have ever taken drugs to get high (not medicines, tobacco or alcohol).**
- 63/2947 pupils (2%) responded that they have taken cannabis.
- 38/2947 pupils (1%) responded that they have taken at least one of the drugs listed during the last month. Among Year 10 pupils, the figure is 25/907 (3%)



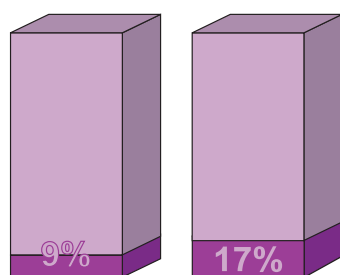
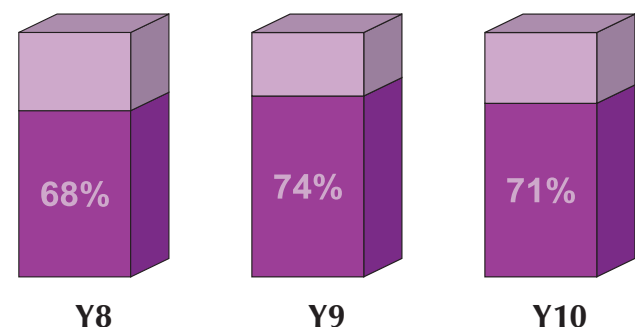
Relationships and sexual health

SEXUAL ORIENTATION

- 2547/2993 pupils (85%) responded that they are straight/heterosexual, while 101/2993 pupils (3%) said they are gay/lesbian and 152/2993 pupils (5%) said they are bisexual.

RELATIONSHIPS

- 928/1357 boys (68%) and 980/1360 girls (72%) said they **have had a boyfriend/girlfriend/partner at some point (either currently or in the past)**. By year group:



- Of the 1927 pupils who have had a partner, 85 boys (9%) and 166 girls (17%) have had one who was older than them.

- 263/2794 pupils (9%) said they have (or had) a partner who was older than them (more than one school year different).
- Of the pupils who have had a partner, 112 pupils (6%) have had one who was younger than them.

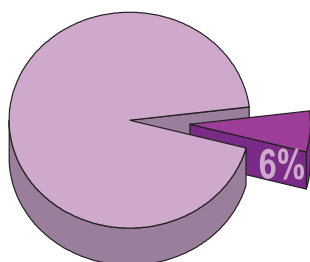
YEAR 10+: NEGATIVE BEHAVIOURS

- Used hurtful or threatening language to me
- Was angry or jealous when I wanted to spend time with friends
- They kept checking my phone .
- They kept asking for my passwords
- Threatened to tell people things about me
- Threatened to slap/hit me
- Slapped/hit me
- Put pressure on me to drink alcohol or take drugs
- Put pressure on me to have sex or do other sexual things
- Something else uncomfortable

- 99/392 boys (25%) and 130/437 girls (30%) in Year 10+ responded that they have experienced at least one of the negative behaviours listed in a relationship with a past or current boyfriend/girlfriend.
- Of the 610 Year 10+ pupils who have had a partner, 99 boys (35%) and 130 girls (42%) said at least one of these behaviours has happened to them.
- 291/610 pupils (48%) of Year 10+ pupils who have had a partner responded that if any of the things listed were to happen to them, they would look after themselves without help; 87/610 pupils (14%) said they would not look after themselves without help.
- 355/610 pupils (58%) of Year 10+ pupils who have had a partner responded that if any of the things listed were to happen to them, they know where they could get help; 56/610 pupils (9%) said they would not know where they could get help.

SEXUAL RELATIONSHIPS

- 154/2550 pupils (6%) said they have had sex in the past or are currently in a sexual relationship.



- 82/154 pupils (53%) said they have had sex and 'never' or only 'sometimes' used a method of protection or contraception, while 53/154 pupils (34%) said they 'always' did.
- 1056/2428 pupils (43%) said they would go to their parents for help if they had a concern about a sexual health matter (or something equally private), while 744/2428 pupils (31%) 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.

p < 0.05

99	Significantly better
99	Significantly worse
99	Statistically similar
	Removed (N<5)

	All	Male	Female	LGBTQ+	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
All	936	440	463	203	141	164	223	75	174
High happiness score 70+	50%	60%	42%	38%	39%	46%	41%	26%	51%
High wellbeing score 56+	18%	24%	15%	16%	12%	22%	15%	10%	20%
High safety score 12+	79%	84%	75%	67%	73%	71%	69%	63%	79%
% Easy to talk to someone	55%	60%	52%	42%	45%	53%	48%	40%	58%
If had sex, % always used contraception	38%	35%	44%	32%	41%	17%	14%		
% Daily physical activity last week	20%	25%	15%	16%	18%	22%	22%	30%	17%
% Daily hard physical activity last week	9%	13%	6%	8%	9%	12%	11%	13%	10%
% Daily 1h+ physical activity last week	11%	15%	7%	7%	9%	15%	14%	18%	12%
% No physical activity last week	7%	4%	8%	11%	9%	11%	8%		7%
% No hard physical activity last week	19%	12%	23%	24%	25%	23%	24%		19%
% No 1h+ physical activity last week	16%	9%	22%	26%	25%	22%	18%	18%	15%
% agree I wish I didn't have to use device screens so much	21%	14%	27%	17%	18%	14%	18%	15%	20%
% agree I read less than I did last year	23%	25%	22%	20%	22%	27%	27%	23%	23%
Adverse events 3+ last year	34%	32%	36%	33%	54%	56%	48%	57%	36%
% Tobacco user	5%	6%	3%	6%	8%	10%	8%	13%	9%
% Vape user	10%	10%	10%	12%	12%	21%	18%	19%	12%
% Ever drunk alcohol	61%	62%	60%	59%	62%	70%	69%	63%	56%
% Drink weekly	8%	11%	6%	6%	13%	16%	12%	24%	10%
% Drank last week	18%	22%	13%	14%	15%	27%	21%	30%	16%
% Ever used drugs	6%	7%	5%	6%	8%	11%	11%	14%	7%
% Had sex	13%	14%	12%	14%	15%	26%	22%	22%	15%
If had partner, % any uncomfortable partner behaviour	40%	35%	42%	46%	48%	51%	52%	57%	46%
% Someone online asked to meet	15%	10%	19%	18%	12%	24%	25%	28%	20%
% Sent undressed/sexual images of self	5%	5%	6%	5%	6%	11%	9%	9%	8%
% Bullied a lot last year	7%	7%	7%	13%	7%	16%	13%	9%	9%
% Worry often affects life	43%	27%	56%	54%	53%	49%	58%	48%	38%
% 'usually' use risky or harmful coping behaviour	46%	33%	57%	55%	53%	60%	62%	60%	50%
% Sometimes hopeless or depressed in last 2 weeks	34%	24%	41%	52%	47%	50%	57%	57%	38%
% Worry about something often or all the time	74%	60%	85%	82%	77%	76%	81%	82%	75%
% Struggle with school work	15%	9%	19%	22%	19%	20%	26%	21%	16%

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.

p < 0.05

99	Significantly better
99	Significantly worse
99	Statistically similar
	Removed (N<5)

Year 9	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
All	643	329	296	140	97	110	171	57	105
High happiness score 70+	52%	61%	45%	36%	45%	36%	36%	42%	47%
High wellbeing score 56+	20%	27%	14%	15%	19%	17%	18%	24%	25%
High safety score 12+	77%	83%	71%	65%	81%	64%	66%	73%	70%
% Easy to talk to someone	51%	60%	43%	36%	51%	40%	40%	49%	51%
% Daily physical activity last week	24%	31%	17%	23%	19%	25%	26%	18%	24%
% Daily hard physical activity last week	9%	12%	5%	7%		14%	12%		12%
% Daily 1h+ physical activity last week	13%	20%	7%	12%	8%	12%	12%		16%
% No physical activity last week	5%	3%	6%	4%	7%		4%		7%
% No hard physical activity last week	23%	19%	28%	27%	25%	18%	20%	27%	27%
% No 1h+ physical activity last week	15%	9%	21%	20%	18%	14%	16%	16%	15%
% agree I wish I didn't have to use device screens so much	17%	14%	20%	22%	15%	20%	16%	24%	18%
% agree I read less than I did last year	19%	20%	17%	19%	14%	20%	19%	13%	19%
Adverse events 3+ last year	37%	33%	40%	44%	56%	54%	45%	54%	45%
% Tobacco user	2%	3%	2%			5%	3%		
% Vape user	8%	6%	10%	9%	6%	15%	12%	14%	11%
% Ever drunk alcohol	56%	57%	55%	55%	46%	66%	60%	68%	57%
% Drink weekly	5%	5%	5%	8%		12%	7%	12%	7%
% Drank last week	14%	15%	13%	18%	12%	25%	20%	29%	15%
% Ever used drugs	3%	4%	2%		5%	6%	7%		
% Had sex	6%	7%	5%	6%	10%	14%	10%		10%
% Someone online asked to meet	13%	10%	15%	17%	17%	25%	20%	25%	17%
% Bullied a lot last year	10%	10%	9%	16%	11%	27%	20%	20%	15%
% Worry often affects life	47%	31%	65%	64%	45%	57%	57%	52%	42%
% 'usually' use risky or harmful coping behaviour	47%	32%	62%	64%	56%	58%	56%	48%	52%
% Sometimes hopeless or depressed in last 2 weeks	38%	28%	48%	57%	43%	56%	51%	48%	33%
% Worry about something often or all the time	79%	73%	85%	83%	80%	85%	85%	80%	82%
% Struggle with school work	18%	12%	25%	26%	23%	33%	31%	29%	13%

Year 10 inequalities (3/3)

And lastly, once again for the Year 10 sample.
Figures representing less than 5 cases have been removed.

Year 10

	All	Male	Female	LGBTQ+	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
p < 0.05									
99 Significantly better									
99 Significantly worse									
99 Statistically similar									
Removed (N<5)									
All	936	440	463	203	141	164	223	75	174
High happiness score 70+	50%	60%	42%	38%	39%	46%	41%	26%	51%
High wellbeing score 56+	18%	24%	15%	16%	12%	22%	15%	10%	20%
High safety score 12+	79%	84%	75%	67%	73%	71%	69%	63%	79%
% Easy to talk to someone	55%	60%	52%	42%	45%	53%	48%	40%	58%
If had sex, % always used contraception	38%	35%	44%	32%	41%	17%	14%		
% Daily physical activity last week	20%	25%	15%	16%	18%	22%	22%	30%	17%
% Daily hard physical activity last week	9%	13%	6%	8%	9%	12%	11%	13%	10%
% Daily 1h+ physical activity last week	11%	15%	7%	7%	9%	15%	14%	18%	12%
% No physical activity last week	7%	4%	8%	11%	9%	11%	8%		7%
% No hard physical activity last week	19%	12%	23%	24%	25%	23%	24%		19%
% No 1h+ physical activity last week	16%	9%	22%	26%	25%	22%	18%	18%	15%
% agree I wish I didn't have to use device screens so much	21%	14%	27%	17%	18%	14%	18%	15%	20%
% agree I read less than I did last year	23%	25%	22%	20%	22%	27%	27%	23%	23%
Adverse events 3+ last year	34%	32%	36%	33%	54%	56%	48%	57%	36%
% Tobacco user	5%	6%	3%	6%	8%	10%	8%	13%	9%
% Vape user	10%	10%	10%	12%	12%	21%	18%	19%	12%
% Ever drunk alcohol	61%	62%	60%	59%	62%	70%	69%	63%	56%
% Drink weekly	8%	11%	6%	6%	13%	16%	12%	24%	10%
% Drank last week	18%	22%	13%	14%	15%	27%	21%	30%	16%
% Ever used drugs	6%	7%	5%	6%	8%	11%	11%	14%	7%
% Had sex	13%	14%	12%	14%	15%	26%	22%	22%	15%
If had partner, % any uncomfortable partner behaviour	40%	35%	42%	46%	48%	51%	52%	57%	46%
% Someone online asked to meet	15%	10%	19%	18%	12%	24%	25%	28%	20%
% Sent undressed/sexual images of self	5%	5%	6%	5%	6%	11%	9%	9%	8%
% Bullied a lot last year	7%	7%	7%	13%	7%	16%	13%	9%	9%
% Worry often affects life	43%	27%	56%	54%	53%	49%	58%	48%	38%
% 'usually' use risky or harmful coping behaviour	46%	33%	57%	55%	53%	60%	62%	60%	50%
% Sometimes hopeless or depressed in last 2 weeks	34%	24%	41%	52%	47%	50%	57%	57%	38%
% Worry about something often or all the time	74%	60%	85%	82%	77%	76%	81%	82%	75%
% Struggle with school work	15%	9%	19%	22%	19%	20%	26%	21%	16%

“ All groups selected show at least some risk factors, but fewer are seen in the Year 9 table than for the Year 8 and 10 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 pupils. This is replicated in other SHEU surveys.
- LGBTQ+ pupils show a long list of show a higher prevalence of poorer outcomes, including more bullying and lower well-being scores, but also differences in lifestyle e.g. lower engagement in physical activity
- Pupils 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. Pupils 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 pupils 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.

<div><div><div>p < 0.05</div><div>99 Significantly better</div><div>99 Significantly worse</div><div>99 Statistically similar</div><div>Removed (N<5)</div></div><div>Year 10</div></div>	All	Low deprivation	Median-Low	Median	Median-High	High deprivation	[None]
	All	936	115	124	114	104	44
High happiness score 70+	50%	55%	51%	47%	52%	58%	47%
High wellbeing score 56+	18%	17%	21%	18%	24%	31%	15%
High safety score 12+	79%	77%	79%	78%	73%	78%	81%
% Easy to talk to someone	55%	56%	52%	52%	59%	64%	54%
If had sex, % always used contraception	38%	23%	41%	33%	50%	25%	42%
% Daily physical activity last week	20%					13%	22%
% Daily hard physical activity last week	9%		8%	11%	9%	8%	11%
% Daily 1h+ physical activity last week	11%	10%	14%	12%	9%	5%	11%
% No physical activity last week	7%		6%	9%	11%	5%	5%
% No hard physical activity last week	19%	14%	17%	19%	23%	15%	19%
% No 1h+ physical activity last week	16%	10%	21%	19%	19%	18%	15%
% agree I wish I didn't have to use device screens so much	21%	30%	20%	16%	21%	11%	21%
% agree I read less than I did last year	23%	24%	25%	30%	22%	34%	20%
Adverse events 3+ last year	34%	32%	31%	37%	37%	42%	33%
% Tobacco user	5%		5%	7%	7%	2%	5%
% Vape user	10%	10%	8%	13%	13%	9%	9%
% Ever drunk alcohol	61%	61%	62%	70%	62%	77%	56%
% Drink weekly	8%	9%	8%	14%	12%	12%	6%
% Drank last week	18%	18%	16%	25%	19%	27%	15%
% Ever used drugs	6%	8%	7%	6%	7%	5%	5%
% Had sex	13%	14%	16%	19%	17%	20%	9%
If had partner, % any uncomfortable partner behaviour	40%	45%	40%	40%	38%	48%	37%
% Someone online asked to meet	15%	15%	11%	22%	13%	9%	15%
% Sent undressed/sexual images of self	5%	5%	8%	6%	5%	2%	5%
% Bullied a lot last year	7%		9%	6%	10%	7%	8%
% Worry often affects life	43%	40%	43%	37%	44%	31%	46%
% 'usually' use risky or harmful coping behaviour	46%	51%	44%	50%	43%	40%	46%
% Sometimes hopeless or depressed in last 2 weeks	34%	34%	28%	39%	32%	33%	35%
% Worry about something often or all the time	74%	83%	71%	74%	68%	58%	76%
% Struggle with school work	15%	15%	18%	17%	13%	11%	14%

Changes in Year 8 pupils since 2021 1/2

We have compared the 2025 results from Year 8 pupils with those from recent surveys, 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.

We have added some colour to indicate whether these changes are **positive** or **not**. Differences so marked are statistically significant from the average of the previous four surveys.

BACKGROUND

2021	2022	2023	2024	2025	Question
65%	70%	63%	69%	70%	live with their mum and dad; we cannot tell from this question whether this is together or shared.
73%	77%	80%	76%	78%	have experienced the death of someone important to them at some point.

SUBSTANCES

2021	2022	2023	2024	2025	Question
44%	41%	47%	38%	38%	have had an alcoholic drink (more than just a sip).
13%	13%	28%	9%	7%	had an alcoholic drink in the 7 days before the survey.
7%	6%	7%	4%	5%	have tried/used tobacco cigarettes in the past or use them now.
14%	18%	25%	15%	14%	have tried/used e-cigarettes in the past or use them now.
3%	2%	3%	2%	2%	have taken drugs to get high (not medicines, tobacco or alcohol).
1%	1%	0%	1%	1%	have taken at least one of the drugs listed during the last month.

EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	2024	2025	Question
56%	63%	56%	65%	70%	usually talk to their parents about things which bother them.
74%	81%	73%	82%	82%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
26%	29%	32%	30%	26%	have been feeling angry at least 'often' in the last two weeks.
14%	16%	19%	19%	21%	of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
74%	77%	69%	75%	71%	worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.
65%	68%	58%	70%	72%	are happy with their life as a whole.
47%	50%	48%	51%	56%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
14%	14%	17%	14%	12%	I often find it hard to do or enjoy anything because of feeling upset.

Changes in Year 8 pupils since 2021 2/2

LIFESTYLE

2021	2022	2023	2024	2025	Question
92%	94%	91%	92%	93%	are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
13%	14%	17%	14%	16%	wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').

SAFETY

2021	2022	2023	2024	2025	Question
	22%	26%	20%	17%	someone has shared private information about them.
33%	42%	40%	39%	36%	have been pushed/hit in the last 2 months.
10%	13%	19%	14%	12%	have bullied someone else at school in the last 12 months.
9%	10%	14%	10%	11%	have been bullied 'a lot' in the last 12 months.
6%	6%	20%	6%	6%	have been bullied 'a lot' in the last 2 months.
38%	35%	36%	35%	32%	don't feel safe when out in their local area at night.
65%	61%	45%	60%	62%	feel safe at school.

EXERCISE

2021	2022	2023	2024	2025	Question
24%	27%	27%	28%	30%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
18%	21%	25%	20%	18%	got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.
41%	45%	46%	45%	47%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	2025	Samples
2157	1661	1342	2530	1427	

Changes in Year 9 pupils since 2021 1/2

We have compared the 2025 results from Year 9 pupils with those from recent surveys, 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.

We have added some colour to indicate whether these changes are **positive** or **not**. Differences so marked are statistically significant from the average of the previous four surveys.

BACKGROUND

2021	2022	2023	2024	2025	Question
64%	67%	64%	68%	66%	live with their mum and dad; we cannot tell from this question whether this is together or shared.
76%	78%	79%	80%	79%	have experienced the death of someone important to them at some point.

SUBSTANCES

2021	2022	2023	2024	2025	Question
61%	62%	56%	53%	56%	have had an alcoholic drink (more than just a sip).
13%	13%	28%	9%	14%	had an alcoholic drink in the 7 days before the survey.
11%	13%	13%	8%	12%	have tried/used tobacco cigarettes in the past or use them now.
22%	32%	34%	27%	29%	have tried/used e-cigarettes in the past or use them now.
7%	9%	7%	5%	3%	have taken drugs to get high (not medicines, tobacco or alcohol).
3%	3%	4%	2%	1%	have taken at least one of the drugs listed during the last month.

EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	2024	2025	Question
54%	58%	58%	60%	61%	could talk to their parents about things which bother them.
72%	76%	68%	78%	75%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
27%	32%	33%	28%	30%	have been feeling angry at least 'often' in the last two weeks.
14%	16%	17%	16%	20%	of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
72%	79%	66%	88%	79%	worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.
65%	68%	58%	70%	63%	are happy with their life as a whole.
47%	46%	50%	48%	51%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
15%	16%	16%	13%	17%	I often find it hard to do or enjoy anything because of feeling upset.

Changes in Year 9 pupils since 2021 2/2

LIFESTYLE

2021	2022	2023	2024	2025	Question
90%	94%	92%	93%	92%	are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
10%	14%	14%	15%	12%	wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').

RELATIONSHIPS

2021	2022	2023	2024	2025	Question
6%	9%	11%	18%	6%	have had sex in the past or are currently in a sexual relationship.

SAFETY

2021	2022	2023	2024	2025	Question
	26%	25%	23%	22%	someone has shared private information about them.
31%	41%	32%	36%	35%	have been pushed/hit in the last 2 months.
11%	18%	23%	22%	18%	have bullied someone else at school in the last 12 months.
7%	9%	12%	10%	10%	have been bullied 'a lot' in the last 12 months.
4%	6%	20%	6%	6%	have been bullied 'a lot' in the last 2 months.
36%	32%	37%	36%	38%	don't feel safe when out in their local area at night.
64%	60%	44%	57%	59%	feel safe at school.

EXERCISE

2021	2022	2023	2024	2025	Question
21%	26%	24%	26%	27%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
20%	23%	20%	20%	15%	got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.
44%	46%	43%	43%	45%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	2025	Samples
2252	1475	463	1523	643	

Changes in Year 10 pupils since 2021 1/2

We have compared the 2025 results from Year 10 pupils with those from recent surveys, 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.

We have added some colour to indicate whether these changes are **positive** or **not**. Differences so marked are statistically significant from the average of the previous four surveys.

BACKGROUND

Question

live with their mum and dad; we cannot tell from this question whether this is together or shared.

have experienced the death of someone important to them at some point.

SUBSTANCES

Question

have had an alcoholic drink (more than just a sip).

had an alcoholic drink in the 7 days before the survey.

have tried/used tobacco cigarettes in the past or use them now.

have tried/used e-cigarettes in the past or use them now.

have taken drugs to get high (not medicines, tobacco or alcohol).

have taken at least one of the drugs listed during the last month.

EMOTIONAL HEALTH AND WELL-BEING

Question

usually talk to their parents about things which bother them.

at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.

have been feeling angry at least 'often' in the last two weeks.

of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).

worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.

are happy with their life as a whole.

find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.

I often find it hard to do or enjoy anything because of feeling upset.

2021	2022	2023	2024	2025
63%	62%	61%	63%	68%

2021	2022	2023	2024	2025
76%	79%	79%	79%	78%

2021	2022	2023	2024	2025
71%	76%	70%	68%	61%

2021	2022	2023	2024	2025
30%	36%	39%	21%	18%

2021	2022	2023	2024	2025
22%	21%	21%	17%	13%

2021	2022	2023	2024	2025
34%	44%	39%	41%	30%

2021	2022	2023	2024	2025
12%	11%	12%	13%	6%

2021	2022	2023	2024	2025
6%	8%	6%	6%	3%

2021	2022	2023	2024	2025
49%	58%	50%	62%	63%

2021	2022	2023	2024	2025
72%	76%	68%	78%	78%

2021	2022	2023	2024	2025
27%	29%	29%	31%	24%

2021	2022	2023	2024	2025
10%	18%	17%	15%	18%

2021	2022	2023	2024	2025
78%	80%	75%	80%	74%

2021	2022	2023	2024	2025
57%	59%	52%	64%	68%

2021	2022	2023	2024	2025
43%	49%	47%	51%	55%

2021	2022	2023	2024	2025
17%	16%	14%	13%	12%

Changes in Year 10 pupils since 2021 2/2

LIFESTYLE

2021	2022	2023	2024	2025	Question
89%	91%	91%	92%	91%	are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').
10%	11%	13%	13%	14%	wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').

RELATIONSHIPS

2021	2022	2023	2024	2025	Question
14%	19%	22%	18%	13%	have had sex in the past or are currently in a sexual relationship.

SAFETY

2021	2022	2023	2024	2025	Question
19%	28%	26%	30%	22%	someone has shared private information about them.
25%	30%	33%	37%	27%	have been pushed/hit in the last 2 months.
11%	18%	23%	22%	15%	have bullied someone else at school in the last 12 months.
6%	6%	10%	10%	7%	have been bullied 'a lot' in the last 12 months.
3%	4%	19%	6%	4%	have been bullied 'a lot' in the last 2 months.
39%	33%	31%	33%	28%	don't feel safe when out in their local area at night.
63%	67%	49%	56%	59%	feel safe at school.

EXERCISE

2021	2022	2023	2024	2025	Question
21%	26%	24%	26%	27%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
19%	23%	22%	19%	19%	got out of breath or sweaty while doing physical activity on at least 5 days in the 7 days before the survey.
43%	46%	44%	45%	42%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	2025	Samples
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1727	596	774	888	903
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Year 10 comparisons

	Derbyshire 2025	Comparison data set 2024
Sample	936	14761
% Ever tried smoking	13	15
% Ever tried vaping	30	32
% Drank last week	18	25
% Ever used drugs	6	8
% Bullied a lot last year (cf. 'Bullied at/near school last 12 months')	7	18
% Partner jealous/possessive	23	26
% High well-being score (56+ WEMWBS)	18	15
% Worry about something often or all the time	74	73
% No hard physical activity last week	19	24
% 5/7 days hard physical activity last week (questionnaire differences)	30	16
% Had sex	13	9

Figure in the main body of the table are percentages; bold type indicates a statistically significant difference. The sample with the more negative result is shown in red.

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 2023 sample will be used to produce the report *Young People into 2024*, by Angela Balding and David Regis. For more details, please contact the Schools Health Education Unit (www.sheu.org.uk).

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