



# my life, my view

## Derbyshire Youth Well-Being Survey

### A summary of the *My Life, My View* survey results 2024

#### 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; 13 out of 45 schools took part. Teachers were briefed on how to collect the most reliable data and then pupils 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 second 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 2023

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 2024. Where figures are also illustrated in a chart, they are shown in **bold**.

Below, some figures are reported separately for males and females. 1% of pupils described themselves in some other way and 1% didn't want to say.

Over 5,000 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	1,236	721	420	<b>2,377</b>
Female	1,217	751	436	<b>2,404</b>
Other	77	51	32	<b>160</b>
Total	<b>2,530</b>	<b>1,523</b>	<b>888</b>	<b>4,941</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)

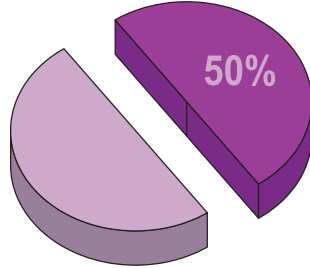
“ Young people in Derbyshire are generally content with their lives and making choices that support their health and well-being.

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.

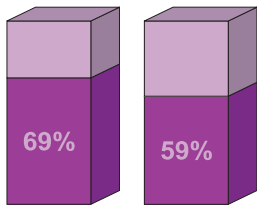
KEY FINDINGS have been selected from the complete set of figures; all figures are from the whole sample unless stated otherwise. ”

### TRUSTED ADULTS

- 2381 pupils (50%) find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them, while 1428 pupils (30%) said they don't find it easy.



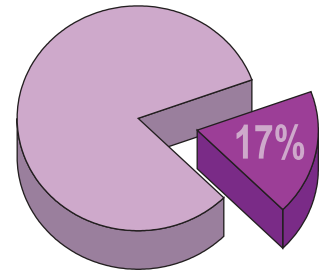
- 1548 boys (69%) and 1374 girls (59%) said they usually talk to their parents about things which bother them, while



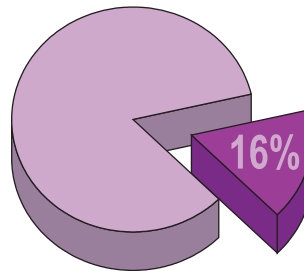
1181 boys (53%) and 1508 girls (65%) said they usually talk to friends and 650 boys (29%) and 854 girls (37%) would keep things to themselves.

### SCHOOL WORK

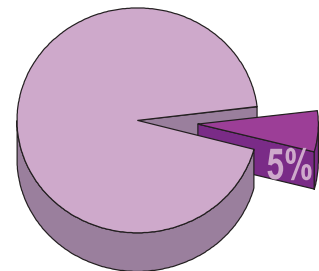
- 812 pupils (17%) find their school work 'good' and they 'can complete everything' at the moment, while 1070 pupils (22%) find it 'OK'.



- 743 pupils (16%) said they struggle to manage their school work at the moment; 1897 pupils (40%) said it's OK but they 'sometimes' struggle.

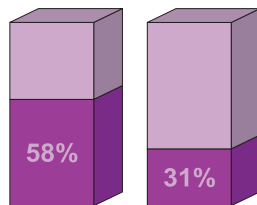


- 256 pupils (5%) said they are not bothering to do much school work at the moment.

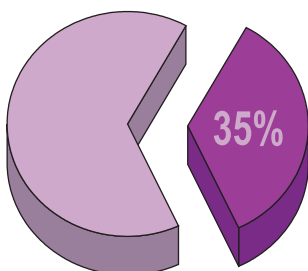


### FEELING SAFE

2596 pupils (58%) agreed that they feel safe at school, while 1390 pupils (31%) said the same of being out in their local area at night.

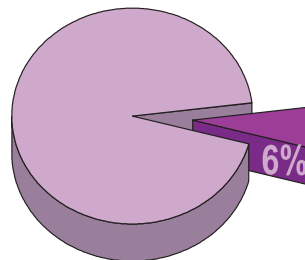


- 1564 pupils (35%) disagreed that they feel safe when out in their local area at night.



### EXTREMISM

- 283 pupils (6%) said they have been approached to support extremist activity (e.g. violent terrorist ideas, groups including far-right movements etc.), while 751 pupils (17%) 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 2024, just as in previous surveys, **LGBTQ+ pupils** 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. 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 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 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.13-14)

- “ 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
  - Mixed results with regard to emotional wellbeing
  - Bullying and safety measures show many outcomes with more negative results in 2024
- ”

### Comparisons (p.15)

- “ Year 10 results in Derbyshire are broadly similar to those in other parts of the country; Derbyshire pupils **worry slightly more** than their peers elsewhere (as also found in 2023). Derbyshire pupils seem more likely to engage in health-risky behaviour, like vaping or unprotected sex. (Explanation of the comparison data set is given on page 19.)
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## Background

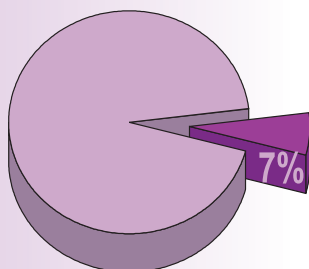
### BACKGROUND

#### ETHNICITY

- 3949/4934 pupils (80%) described themselves as White British.

#### GENDER IDENTITY

- 325/4933 pupils (7%) said their gender now is different to the one they were assigned at birth;** 78/4933 pupils (2%) said they are 'not sure' if it is.

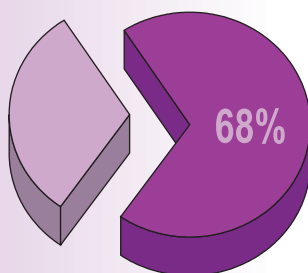


#### RELIGION

- 3167/4898 pupils (65%) described themselves as 'non-religious', while 478/4898 pupils (10%) said they 'don't know' what their religion, faith or belief is.
- 970/4898 pupils (20%) described themselves as Christian and 57/4898 pupils (1%) said they are Muslim.

#### FAMILY

- 3329/4931 pupils (68%) responded that they live with their mum and dad;** we cannot tell from this question whether this is together or shared.
- 4651/4931 pupils (94%) responded that they live with their mum, while 3696/4931 pupils (75%) said they live with their dad.



#### YOUNG CARERS

- 425/4890 pupils (9%) responded that they are a 'young carer', while 814/4890 pupils (17%) said they 'don't know' if they are.
- Of the 425/4890 pupils who said they are a 'young carer', 136/425 pupils (32%) said they look after parents/carers, while 237/425 pupils (56%) look after brothers/sisters and 76/425 pupils (18%) look after a grandparent.
- 205/425 pupils (4%) responded that being a 'young carer' takes up at least 1-2 hours of their time on a school day.

#### SPECIAL EDUCATIONAL NEEDS, LONG-TERM ILLNESS AND DISABILITIES

- 625/4934 pupils (13%) 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 532/4934 pupils (11%) said they are 'not sure' if they do.
- 869/4934 pupils (18%) responded that they have a special educational need or a learning difficulty, while 1387/4934 pupils (28%) said they are 'not sure' if they do.
- 618/4934 pupils (13%) responded that they have a disability.
- 804/4933 pupils (16%) responded that they have a long-term illness.
- Overall, 1664/4934 pupils (34%) responded that they have a special educational need, learning difficulty or disability or have a long-term illness, while 1319/4934 pupils (27%) said they are 'not sure'.

### SIGNIFICANT LIFE EVENTS

- 3810/4894 pupils (78%) responded that they have experienced the death of someone important to them at some point.
- 906/4894 pupils (19%) responded that they have had a new family member (baby/adopted/new partner for mum/dad) in the last 2 years, while 688/4894 pupils (14%) said they have moved house.
- 4835/4894 pupils (99%) said they have experienced at least one of the significant life events listed at some point; 2974/4894 pupils (61%) said they have experienced them 'this year'.
- 1988/4894 pupils (41%) said they have experienced more than five of the significant life events.**

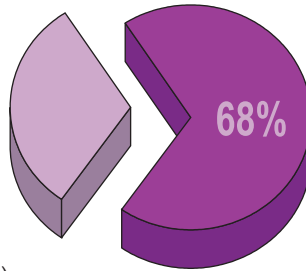
#### Events listed:

- 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

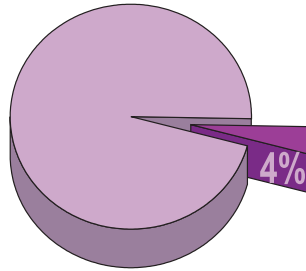
- 3088/4560 pupils (68%) responded that they are happy with their life as a whole (scores 6-10 out of 10).



- 243/2166 boys (11%) and 422/2255 girls (19%) responded that they are unhappy with their health at the moment (scores 0-4 out of 10).

## WELLBEING SCORES

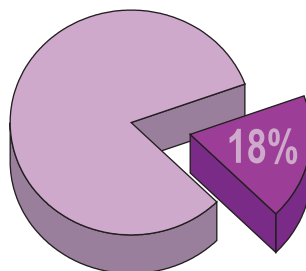
- 169/4304 pupils (4%) had a low score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).



- 718/4304 pupils (17%) had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 2862/4304 pupils (66%) responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 1093/4304 pupils (25%) 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.
- 765/4305 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.



- 2781/4305 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

- 1444/4389 pupils (33%) said safer roads would make their area a better place for them to live in; 1636/4389 pupils (37%) said better parks and play areas would make it better.

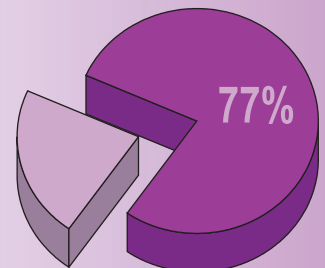
## WORRYING

### Most common worries (N = 4192)

The way you look	45%
Exams and tests	44%
Relationships with friends	33%
School-work	32%
Family relationships	25%
Health	24%

- 2064/4063 pupils (51%) said that, if they wanted to find out more about any of the issues above, they would get information from their parents/carers and 1527/4063 pupils (38%) said they would get information from friends.

- 3226/4192 pupils (77%) responded that they worry about at least one of the issues listed 'often' or 'all of the time'; 291/1988 boys (15%) and 482/2077 girls (23%) worry about more than 5.



## COPING STRATEGIES

- 4404/4650 pupils (95%) 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 3710/4650 pupils (80%) said they talk to someone about it. 1071/4650 pupils (23%) said they at least 'sometimes' hurt themselves (self-harm).

## MOOD

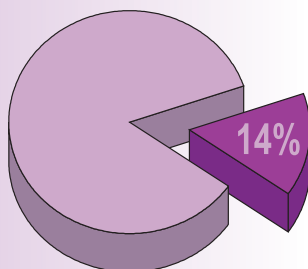
- 3430/4626 pupils (74%) said they have 'often' or 'always' been feeling safe for the last two weeks, while 1011/4626 pupils (22%) said they have been feeling lonely.
- 3215/4626 pupils (69%) said they have been feeling angry at least 'sometimes' for the last two weeks and 1484/4626 pupils (32%) said they have been feeling depressed or hopeless.
- 768/2196 boys (35%) and 1183/2291 girls (52%) have 'often' or 'always' felt either sad, angry, depressed, hopeless, or lonely in the last 2 weeks.

## Safety

### DEVICES AND SCREENS

- 4534/4914 pupils (92%) said they are glad they can use devices to talk to friends when they can't meet up ('agree' or 'strongly agree').

- 682/4914 pupils (14%) said they wish their parents wouldn't use device screens so much ('agree' or 'strongly agree').

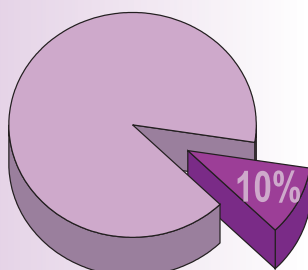
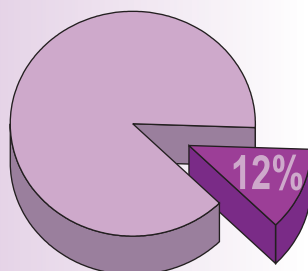


### BOOKS

- 343/2363 boys (15%) and 528/2391 girls (22%) said they read more now than they did last year.
- 524/2363 boys (22%) and 511/2391 girls (21%) said they read less now than they did last year.

### INTERNET SAFETY

- 1076/4781 pupils (23%) said someone has shared private information about them and 553/4781 pupils (12%) said someone they have only met online has asked to meet with them.
- 164/860 pupils (19%) of Year 10+ pupils said they have been approached by an adult online who wants a sexual encounter or relationship and 82/860 pupils (10%) said they have sent undressed/sexual images of themselves ('nudes', 'sexting').

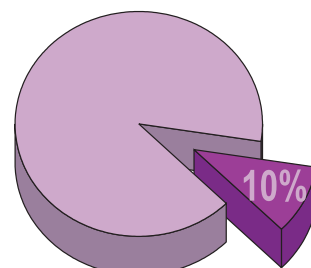


### BULLYING AND HARASSMENT

Called hurtful names	42%
Been teased/made fun of and it upset you	42%
Pushed/hit	38%
Had belongings taken/broken	22%
Received hurtful/threatening text message	16%
Received sexist or sexual comments	16%
Received hurtful/threatening message online	14%
Been threatened in other ways (not a weapon)	15%
Been ganged up on	12%
Seen hurtful things written about you online	11%
Been threatened with a weapon	6%

- 908/2240 boys (41%) and 726/2332 girls (31%) said they haven't experienced any of the negative behaviours listed in the last 2 months.

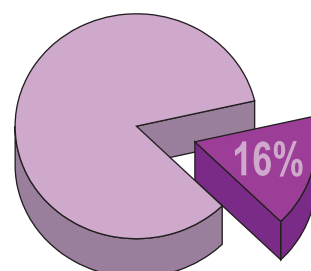
- 1834/4706 pupils (39%) responded that they have been bullied in the last 12 months; 459/4705 pupils (10%) said that they have been bullied 'a lot'.



- 1302/4706 pupils (28%) responded that they have been bullied in the last 2 months; 279/4706 pupils (6%) said that they have been bullied 'a lot'.

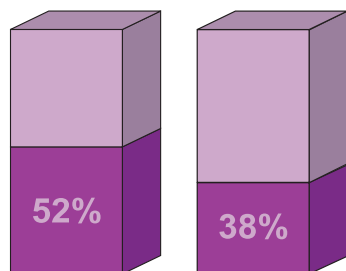
- 91/4670 pupils (2%) think they have been bullied in the last 2 months because of their nationality, ethnicity or skin colour, while 720/4670 pupils (15%) said that it was because of the way they look.

- 776/4778 pupils (16%) said they have bullied someone else at school in the last 12 months; 145/4778 pupils (3%) said they have done so 'a lot'.



## Healthy lifestyles

### EXERCISE



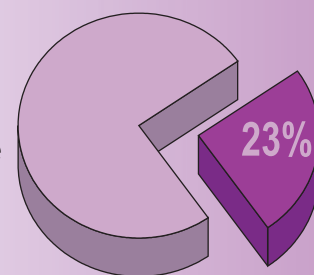
990/1904 boys (52%) and 750/1998 girls (38%) responded that they did physical activity on five days or more in the week before the survey.

- 60/1904 boys (3%) and 120/1904 girls (6%) responded that they didn't do any physical activity in the week before the survey.
- 708/3745 pupils (19%) responded that they didn't get out of breath or sweaty while doing physical activity in the 7 days before the survey.
- 744/3745 pupils (20%) 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.

- 567/3738 pupils (15%) responded that they didn't do any physical activity for an hour or more in the 7 days before the survey.
- 977/3728 pupils (26%) responded that they did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
- 2041/4051 pupils (50%) said nothing stops them from doing as much physical activity as they would like, while 933/4051 pupils (23%) said they don't have enough time, or are too busy doing other things.

### DIET

- 507/4128 pupils (12%) said they didn't have any portions of fruit or vegetables to eat on the day before the survey.
- 955/4128 pupils (23%) said they ate five or more portions of fruit and vegetables to eat on the day before the survey.



## Health-risky behaviours

### SMOKING

- 166/2343 boys (7%) and 181/2383 girls (8%) responded that they have tried/used tobacco cigarettes in the past or use them now.
- 36 boys/2343 (2%) and 45/2383 girls (2%) responded that they smoke tobacco at least 'sometimes'.

### VAPING

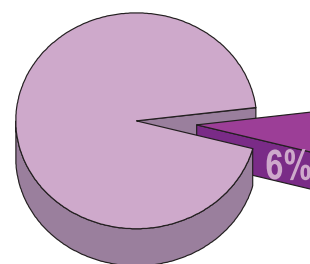
- 493/2343 boys (21%) and 590/2380 girls (25%) responded that they have tried/used e-cigarettes in the past or use them now.
- 114/2343 boys (5%) and 203/2380 girls (9%) responded that they use e-cigarettes at least 'sometimes'.

### ALCOHOL

- 2352/4882 pupils (48%) responded that they have had an alcoholic drink (more than just a sip).
- 481/4882 pupils (10%) responded that they drink alcohol at least once a month; 36/4882 pupils (1%) said they do so 'most days'.
- 566/4882 pupils (12%) responded that they had an alcoholic drink in the 7 days before the survey.
- 2689/4882 pupils (55%) responded that they do not drink alcohol.
- Of the 2176 pupils who drink alcohol, 1456/4882 pupils (67%) said their parents 'always' know.
- Of the 2176 pupils who drink alcohol, 339 pupils (16%) said their parents 'never' or only 'sometimes' know.

### DRUGS

- 282/4833 pupils (6%) responded that they have taken drugs to get high (not medicines, tobacco or alcohol).
- 175/4833 pupils (4%) responded that they have taken cannabis.
- 105/4833 pupils (2%) responded that they have taken at least one type of illegal drug during the last month, and 226/4833 (5%) had ever used them; among the Year 10 pupils the figure is 13% (113/870).



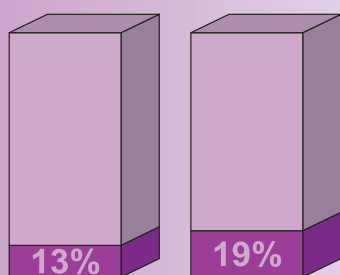
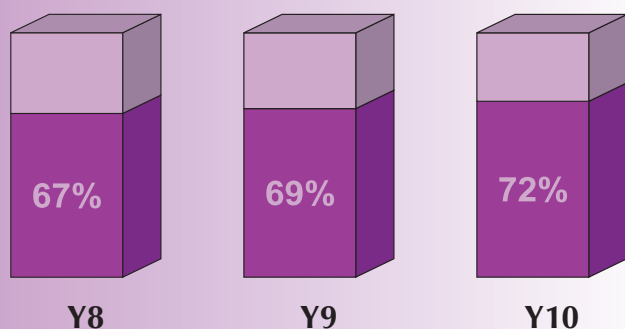
# Relationships and sexual health

## SEXUAL ORIENTATION

- 4093/4914 pupils (83%) responded that they are straight/heterosexual, while 119/4914 pupils (2%) said they are gay/lesbian and 298/4914 pupils (6%) said they are bisexual.

## RELATIONSHIPS

- 1503/2255 (67%) of Year 8 pupils, 984/1425 (69%) of Year 9 pupils and 612/846 (72%) of Year 10 pupils said they have had a boyfriend/girlfriend/partner at some point (either currently or in the past).



- Of the 3022/4526 pupils who have had a partner, 188/1401 boys (13%) and 306/1597 girls (19%) have had one who was older than them.

- Of the 3022 pupils who have had a partner, 83/1401 boys (6%) and 92/1597 girls (6%) have had one who was younger than them.

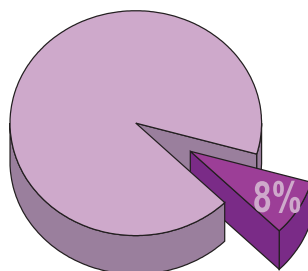
## YEAR 10+: NEGATIVE BEHAVIOURS

- 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

- 126/277 boys (32%) and 181/316 girls (43%) in Year 10+ responded that they have experienced at least one negative behaviour in a relationship with a past or current boyfriend/girlfriend.
- 612 Year 10+ pupils have had a partner; 309/612 pupils (50%) of Year 10+ pupils who have had a partner responded that if any negative behaviour were to happen to them, they would cope without help.
- 331/612 pupils (54%) of Year 10+ pupils who have had a partner responded that if any of the negative behaviours were to happen to them, they know where they could get help.
- 235/612 pupils (38%) of Year 10+ pupils who have had a partner responded that if any of the negative behaviours were to happen to them, they would get some help.

## SEXUAL RELATIONSHIPS

- 289/3927 pupils (8%) said they have had sex in the past or are currently in a sexual relationship.



- Of the 289 pupils who have had sex, 153/289 pupils (53%) said they 'never' or only 'sometimes' used contraception, while 103/289 pupils (36%) said they 'always' did.
- 1502/3549 pupils (42%) said they would go to their parents for help if they had a concern about a sexual health matter (or something equally private), while 1035/3549 pupils (29%) 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.

<div>Year 8</div> <div><div><div></div><div><math>p &lt; 0.05</math></div></div><div><div>Significantly better</div><div>Significantly worse</div></div></div>	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample	2530	1236	1217	571	363	597	716	220	399
High happiness score 70+	59%	70%	50%	43%	51%	50%	45%	49%	60%
High wellbeing score 56+	19%	27%	12%	11%	14%	18%	11%	16%	21%
High safety score 12+	80%	85%	75%	68%	72%	73%	71%	68%	78%
% Easy to talk to someone	51%	58%	45%	38%	45%	50%	37%	45%	48%
If had sex, % always used contraception	22%	36%				28%			
% Daily physical activity last week	24%	29%	19%	18%	20%	26%	24%	30%	23%
% Daily hard physical activity last week	10%	15%	5%	8%	11%	13%	10%	17%	10%
% Daily 1h+ physical activity last week	14%	18%	9%	10%	11%	16%	12%	18%	15%
% No physical activity last week	4%	3%	5%	8%	8%	8%	5%	7%	4%
% No hard physical activity last week	18%	13%	22%	20%	24%	22%	17%	21%	18%
% No 1h+ physical activity last week	14%	10%	16%	20%	20%	17%	16%	18%	16%
% agree I wish I didn't have to use device screens so much	13%	12%	14%	14%	12%	12%	13%	14%	17%
% agree I read less than I did last year	22%	21%	22%	20%	23%	18%	23%	20%	20%
Adverse events 3+ last year	36%	31%	41%	37%	54%	45%	44%	50%	32%
% Tobacco user	1%	0%	1%	1%	2%	1%	2%		2%
% Vape user	3%	2%	4%	3%	6%	5%	5%	5%	3%
% Ever drunk alcohol	38%	38%	38%	37%	43%	44%	48%	44%	34%
% Drink weekly	2%	3%	2%	2%	3%	3%	4%	3%	3%
% Drank last week	9%	8%	9%	8%	9%	11%	12%	10%	7%
% Ever used drugs	4%	4%	3%	3%	3%	7%	6%	7%	4%
% Had sex	3%	2%	3%	3%	4%	4%	4%	7%	3%
% Someone online asked to meet	8%	5%	10%	11%	13%	10%	11%	14%	9%
% Bullied a lot last year	10%	9%	10%	14%	12%	16%	12%	19%	7%
% Worry often affects life	47%	34%	59%	57%	49%	48%	55%	60%	47%
% 'usually' use risky or harmful coping behaviour	46%	38%	53%	54%	53%	57%	56%	59%	46%
% Sometimes hopeless or depressed in last 2 weeks	31%	24%	37%	48%	39%	39%	43%	41%	32%
% Worry about something often or all the time	75%	69%	81%	86%	79%	82%	84%	87%	74%
% Struggle with school work	16%	12%	20%	21%	27%	28%	22%	23%	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.

<div> <p><b>Year 9</b></p> <p><math>p &lt; 0.05</math></p> <div> <div></div> Significantly better           <div></div> Significantly worse         </div> </div>									
	All	Male	Female	LGBT	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample	1522	721	750	297	210	353	395	135	212
High happiness score 70+	52%	62%	43%	39%	43%	45%	33%	38%	52%
High wellbeing score 56+	16%	22%	10%	11%	14%	10%	8%	15%	18%
High safety score 12+	76%	81%	73%	61%	71%	68%	64%	66%	72%
% Easy to talk to someone	48%	53%	44%	37%	46%	43%	36%	45%	45%
If had sex, % always used contraception	39%	33%	48%	33%	38%	42%	52%		36%
% Daily physical activity last week	22%	25%	19%	19%	20%	24%	19%	24%	23%
% Daily hard physical activity last week	9%	13%	6%	6%	11%	12%	6%	17%	11%
% Daily 1h+ physical activity last week	11%	14%	8%	8%	8%	14%	7%	14%	14%
% No physical activity last week	4%	4%	4%	5%	5%	6%	5%		3%
% No hard physical activity last week	18%	17%	19%	20%	19%	17%	18%	17%	22%
% No 1h+ physical activity last week	15%	13%	17%	23%	23%	17%	18%	11%	14%
% agree I wish I didn't have to use device screens so much	17%	14%	19%	18%	18%	13%	19%	12%	17%
% agree I read less than I did last year	21%	23%	19%	18%	20%	25%	21%	13%	19%
Adverse events 3+ last year	38%	33%	41%	45%	48%	49%	48%	55%	36%
% Tobacco user	2%	1%	2%	3%	4%	5%	2%		4%
% Vape user	8%	6%	9%	7%	10%	16%	12%	7%	10%
% Ever drunk alcohol	53%	51%	54%	55%	56%	63%	59%	67%	48%
% Drink weekly	3%	4%	2%	3%	4%	7%	2%	6%	4%
% Drank last week	11%	10%	12%	13%	11%	19%	13%	22%	11%
% Ever used drugs	5%	4%	5%	6%	9%	10%	6%	6%	8%
% Had sex	8%	9%	7%	10%	12%	16%	9%	10%	12%
% Someone online asked to meet	13%	7%	19%	18%	13%	16%	16%	16%	15%
% Bullied a lot last year	10%	10%	9%	15%	10%	15%	14%	15%	8%
% Worry often affects life	47%	31%	62%	60%	52%	51%	57%	50%	43%
% 'usually' use risky or harmful coping behaviour	48%	39%	55%	52%	52%	64%	61%	53%	49%
% Sometimes hopeless or depressed in last 2 weeks	32%	23%	38%	51%	41%	45%	46%	44%	36%
% Worry about something often or all the time	78%	68%	86%	86%	82%	84%	85%	82%	80%
% Struggle with school work	14%	12%	15%	19%	19%	25%	22%	17%	11%

## 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 pupils about 'sexting'.

<div> <h1>Year 10</h1> <div> <p><math>p &lt; 0.05</math></p> <div> <div></div> <div>Significantly better</div> </div> <div> <div></div> <div>Significantly worse</div> </div> </div> </div>									
	All	Male	Female	LGBTQ+	Single-parent family	SEND	Disability or LT illness	Young carer	Ethnic minority
Sample N	887	419	436	179	149	243	223	70	150
High happiness score 70 +	46%	58%	36%	34%	34%	38%	30%	33%	41%
High wellbeing score 56 +	15%	23%	8%	9%	13%	14%	9%	15%	14%
High safety score 12 +	77%	83%	72%	63%	76%	68%	65%	65%	75%
% Easy to talk to someone	51%	61%	43%	38%	45%	47%	39%	45%	48%
If had sex, % always used contraception	39%	30%	46%	24%	44%	37%	38%	43%	21%
% Daily physical activity last week	23%	29%	18%	21%	20%	29%	25%	33%	20%
% Daily hard physical activity last week	10%	15%	6%	12%	7%	16%	10%	15%	12%
% Daily 1h+ physical activity last week	12%	17%	7%	7%	12%	16%	11%	17%	11%
% No physical activity last week	8%	3%	12%	12%	11%	12%	11%	8%	9%
% No hard physical activity last week	23%	16%	30%	24%	31%	24%	24%	25%	25%
% No 1h+ physical activity last week	18%	9%	26%	30%	25%	23%	24%	17%	16%
% agree I wish I didn't have to use device screens so much	16%	15%	17%	20%	17%	16%	21%	12%	22%
% agree I read less than I did last year	23%	25%	22%	20%	23%	19%	24%	21%	19%
Adverse events 3+ last year	42%	39%	44%	49%	58%	54%	51%	69%	43%
% Tobacco user	5%	5%	4%	9%	7%	9%	9%	9%	9%
% Vape user	16%	12%	20%	18%	20%	23%	24%	31%	20%
% Ever drunk alcohol	68%	66%	69%	64%	69%	72%	74%	86%	64%
% Drink weekly	7%	10%	4%	6%	7%	12%	11%	15%	8%
% Drank last week	21%	23%	18%	16%	18%	30%	25%	30%	20%
% Ever used drugs	14%	14%	14%	16%	18%	23%	21%	24%	20%
% Had sex	18%	18%	18%	13%	20%	28%	19%	34%	19%
If had partner, % any uncomfortable partner behaviour	53%	46%	57%	59%	57%	58%	65%	63%	59%
% Someone online asked to meet	18%	13%	24%	16%	22%	24%	23%	34%	23%
% Bullied a lot last year	10%	9%	10%	19%	11%	17%	15%	12%	13%
% Worry often affects life	46%	28%	63%	56%	49%	51%	59%	59%	55%
% 'usually' use risky or harmful coping behaviour	55%	41%	67%	58%	52%	62%	67%	66%	61%
% Sometimes hopeless or depressed in last 2 weeks	36%	25%	43%	53%	39%	48%	52%	53%	39%
% Worry about something often or all the time	80%	71%	88%	88%	78%	85%	91%	89%	81%
% Struggle with school work	17%	9%	24%	23%	18%	26%	23%	26%	16%

“ 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 pupils. This is replicated in other SHEU surveys.
- LGBT pupils show a long list of poorer results, 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>Year 10</div> <div> <math>p &lt; 0.05</math> <div> <div>Significantly better</div> <div>Significantly worse</div> </div> </div> </div>	All	Most	2nd	3rd	4th	Least
Sample N	887	62	119	105	118	80
High happiness score 70 +	46%	52%	50%	43%	46%	57%
High wellbeing score 56 +	15%	17%	16%	18%	14%	13%
High safety score 12 +	77%	74%	74%	67%	84%	82%
% Easy to talk to someone	51%	50%	57%	47%	56%	50%
If had sex, % always used contraception	39%	46%	23%	21%	50%	57%
% Daily physical activity last week	23%	29%	18%	34%	20%	15%
% Daily hard physical activity last week	10%	13%	9%	17%	9%	5%
% Daily 1h+ physical activity last week	12%	15%	9%	19%	11%	1%
% No physical activity last week	8%	12%	8%	8%	4%	9%
% No hard physical activity last week	23%	31%	26%	23%	19%	18%
% No 1h+ physical activity last week	18%	24%	22%	18%	10%	19%
% agree I wish I didn't have to use device screens so much	16%	18%	15%	15%	18%	21%
% agree I read less than I did last year	23%	29%	27%	16%	23%	23%
Adverse events 3+ last year	42%	46%	50%	41%	32%	35%
% Tobacco user	5%	3%	3%	5%	3%	4%
% Vape user	16%	29%	15%	18%	10%	10%
% Ever drunk alcohol	68%	76%	68%	67%	71%	69%
% Drink weekly	7%	11%	5%	8%	8%	8%
% Drank last week	21%	23%	19%	28%	23%	18%
% Ever used drugs	14%	16%	8%	20%	12%	9%
% Had sex	18%	23%	20%	21%	18%	10%
If had partner, % any uncomfortable partner behaviour	53%	53%	53%	53%	55%	36%
% Someone online asked to meet	18%	23%	20%	25%	21%	9%
% Sent undressed/sexual images of self	10%	13%	10%	12%	13%	6%
% Bullied a lot last year	10%	16%	8%	12%	10%	10%
% Worry often affects life	46%	44%	45%	47%	44%	54%
% 'usually' use risky or harmful coping behaviour	55%	47%	53%	57%	44%	61%
% Sometimes hopeless or depressed in last 2 weeks	36%	35%	31%	37%	29%	37%
% Worry about something often or all the time	80%	82%	76%	82%	79%	76%
% Struggle with school work	17%	6%	9%	15%	22%	10%

## Changes in Year 8 pupils since 2021 1/2

We have compared the 2024 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 listed are statistically significant.

**NB previous versions of these trends figures were published in earlier reports based on the whole sample, so will appear different.**

### BACKGROUND

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

“ Although the sample each year may be drawn from slightly different range of schools, these figures seem stable in the data set. ”

### SUBSTANCES

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

### EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	2024	Question
56%	63%	56%	65%	usually talk to their parents about things which bother them.
74%	81%	73%	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%	have been feeling angry at least 'sometimes' in the last two weeks.
14%	16%	19%	19%	of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
74%	77%	69%	75%	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%	are happy with their life as a whole.
47%	50%	48%	51%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
14%	14%	17%	14%	I often find it hard to do or enjoy anything because of feeling upset.

“ There are some signals of improved emotional health and well-being among these young people in 2024 but the figure for worrying is almost as high as we have seen. ”

## Changes in Year 8 pupils since 2021 2/2

### LIFESTYLE

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

### SAFETY

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

### EXERCISE

2021	2022	2023	2024	Question
24%	27%	27%	28%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
18%	21%	25%	20%	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%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	Samples
2157	1661	1342	2530	7690 total

## Changes in Year 9 pupils since 2021 1/2

We have compared the 2024 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 listed are statistically significant.

**NB previous versions of these trends figures were published in earlier reports based on the whole sample, so will appear different.**

### BACKGROUND

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

“ Although the sample each year may be drawn from slightly different range of schools, these figures seem stable in the data set. ”

### SUBSTANCES

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

“ The figures for use of substances in this year group are generally lowest in 2024. The high figures for 2023 may be related to the smaller sample size (see next page). ”

### EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	2024	Question
54%	58%	58%	60%	could talk to their parents about things which bother them.
72%	76%	68%	78%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
64%	68%	40%	31%	have been feeling angry at least 'sometimes' in the last two weeks.
14%	16%	17%	16%	of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
72%	79%	66%	88%	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%	are happy with their life as a whole.
47%	46%	50%	48%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
15%	16%	16%	13%	I often find it hard to do or enjoy anything because of feeling upset.

“ There are some signals of improved emotional health and well-being among these young people in 2024. However, the large increase in percentage of pupils worrying is of concern. ”

## Changes in Year 9 pupils since 2021 2/2

### LIFESTYLE

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

### RELATIONSHIPS

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

### SAFETY

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

“ The figures for safety criteria show several unwelcome records in 2023 or 2024. ”

### EXERCISE

2021	2022	2023	2024	Question
21%	26%	24%	26%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
20%	23%	20%	20%	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%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	Samples
2252	1475	463	1523	5713 Total

## Changes in Year 10 pupils since 2021 1/2

We have compared the 2024 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 listed are statistically significant.

**NB previous versions of these trends figures were published in earlier reports based on the whole sample, not just Y10, so will appear different.**

### BACKGROUND

2021	2022	2023	2024	Question
63%	62%	61%	63%	live with their mum and dad; we cannot tell from this question whether this is together or shared.
76%	79%	79%	79%	have experienced the death of someone important to them at some point.

“ Although the sample each year may be drawn from slightly different range of schools, these figures seem stable in the data set. ”

### SUBSTANCES

2021	2022	2023	2024	Question
71%	76%	70%	68%	have had an alcoholic drink (more than just a sip).
30%	36%	39%	21%	had an alcoholic drink in the 7 days before the survey.
22%	21%	21%	17%	have tried/used tobacco cigarettes in the past or use them now.
34%	44%	39%	41%	have tried/used e-cigarettes in the past or use them now.
12%	11%	12%	13%	have taken drugs to get high (not medicines, tobacco or alcohol).
6%	8%	6%	6%	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 since 2021. ”

### EMOTIONAL HEALTH AND WELL-BEING

2021	2022	2023	2024	Question
49%	58%	50%	62%	usually talk to their parents about things which bother them.
72%	76%	68%	78%	at least 'sometimes' talk to someone when they have a problem that worries them or when they are feeling stressed.
65%	66%	72%	73%	have been feeling angry at least 'sometimes' in the last two weeks.
10%	18%	17%	15%	of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Well-being Scale (WEMWBS).
78%	80%	75%	80%	worry about at least one of the issues listed (e.g. school work, the way you look) 'often' or 'all of the time'.
57%	59%	52%	64%	are happy with their life as a whole.
43%	49%	47%	51%	find it easy to talk to their parents/carers/trusted adults (incl. teachers) about things that bother them.
17%	16%	14%	13%	I often find it hard to do or enjoy anything because of feeling upset.

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

## Changes in Year 10 pupils since 2021 2/2

### LIFESTYLE

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

### RELATIONSHIPS

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

### SAFETY

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

“ The figures for safety criteria show several unwelcome records in 2023 and 2024. ”

### EXERCISE

2021	2022	2023	2024	Question
21%	26%	24%	26%	did physical activity for an hour or more on at least 5 days in the 7 days before the survey.
19%	23%	22%	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%	did physical activity on five days or more in the week before the survey.

2021	2022	2023	2024	Samples
1727	596	774	888	3985

## Year 10 comparisons

	Derbyshire Comparison data set	
	2024	2023
Sample	888	13253
% Ever tried smoking	17	16
% Ever tried vaping	41	<b>47</b>
% Drank last week	21	<b>25</b>
% Ever used drugs	13	13
% Bullied a lot last year (cf. 'Bullied at/near school last 12 months')	10	11
% Partner jealous/possessive	<b>30</b>	25
% High well-being score (56+ WEMWBS)	15	14
% Worry about something often or all the time	<b>80</b>	76
% No hard physical activity last week	23	<b>26</b>
% 5/7 days hard physical activity last week (questionnaire differences)	19	16
% Had sex	<b>18</b>	8
% didn't always use contraception	<b>11</b>	4

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 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](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)

