

Wandsworth Young People's Survey

Findings from the 2022 Survey

A themed report for emotional health and wellbeing

The questionnaire

The Wandsworth Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Wandsworth Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

Methodology

All primary, secondary and academy schools were invited to participate in the survey during the spring and summer terms 2022, with the focus on Years 4, 5, 6, 8 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

Participation

A total of 3263 pupils took part from 20 primary schools and 4 secondary schools. There was a reasonable mixture of boys (53%) and girls (42%) across the specified year groups. 4% didn't select male or female. 18% of the pupils surveyed described themselves as White British. 11% of pupils said that they had an additional need or disability. 19% said they were eligible for free school meals (17% currently receive them). 10% said they look after someone at home who couldn't look after themselves. 81% of Year 10 pupils said they were straight/ heterosexual.

Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented on page 6 of this summary document, so that behaviour can be seen across the age range.

Links

It is possible to look for connections between the answers pupils gave to different questions in the survey and to look at behaviour profiles, are there differences between the experience of pupils from different **ethnic backgrounds** for example or whether a pupil who has low self esteem is likely to be bullied, etc.

Inequalities

A selection of questions has been selected to look for different responses across potential vulnerable groups (pages 3 and 5).

Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 4 other themed reports to accompany this one - see list below.

3263 young people were involved in the survey

School Year	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	311	321	356	283	357	1,628
Girls	352	343	314	141	145	1,295
Total	691*	706*	689*	439*	525*	3050*

*205 pupils didn't tell us their gender, another 706 secondary pupils were surveyed in other year groups but are not included in this report.

Reference sample

The Wandsworth sample has been compared with the SHEU wider data sample for other London Boroughs that have surveyed recently. These areas include Camden, Ealing, Greenwich, Haringey, Islington, Kingston and Richmond. Where possible, these figures are shown throughout the report in brackets ().

For more details please contact SHEU Phone 01392 667272 www.sheu.org.uk

Themed reports. This is number 3 of 5 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health

5) Safety



Wandsworth school pupils in Years 4 - 6 (ages 8 - 11)

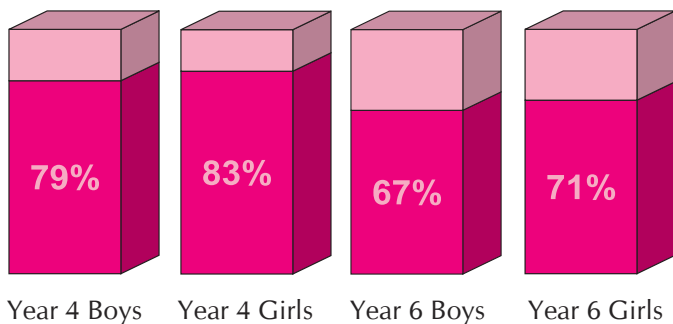
Wider London data shown in brackets (%).

WORRYING

- Year 6 pupils worried 'quite a lot' or 'a lot' about the following issues (top 5):

Year 6	Boys	Girls
The environment (26%)	27%	School work (43%) 31%
School work (33%)	20%	The environment (24%) 29%
The mental health of someone in their family	19%	Problems with friends 28%
Crime	18%	COVID-19 (27%) 25%
Terrorism	17%	The way they look (30%) 23%

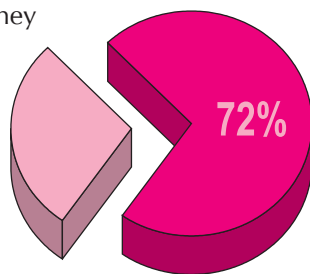
- 75% (67%) of pupils worry 'quite a lot' or 'a lot' about at least one of the issues:



- 17% of boys and 29% of girls worry about more than 5 issues listed 'quite a lot' or 'a lot'.
- 19% (25%) of pupils worry about their mental health whilst 26% (33%) worried about the mental health of someone in their family and 14% (16%) worried about not having enough food to eat.

- 24% (23%) of pupils said they don't worry about the environment (e.g. climate change) 'at all'.

- 72% (74%) of pupils responded that they know an adult they trust that they can talk to if they were worried about something, while 7% (8%) said they don't know someone.



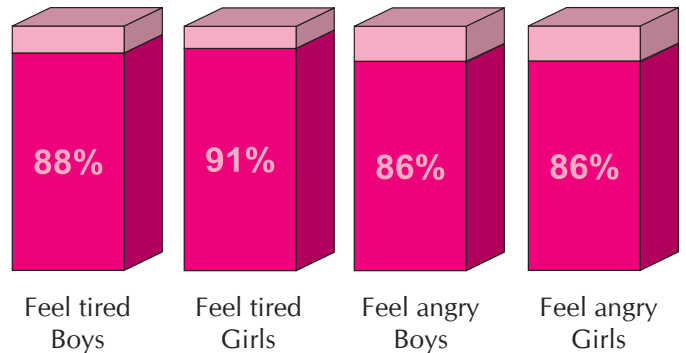
YOUNG CARERS

- 10% of Year 5+ pupils said they care for someone at home on a regular basis who is unable to care for themselves, while 13% said they 'don't know' if they do.

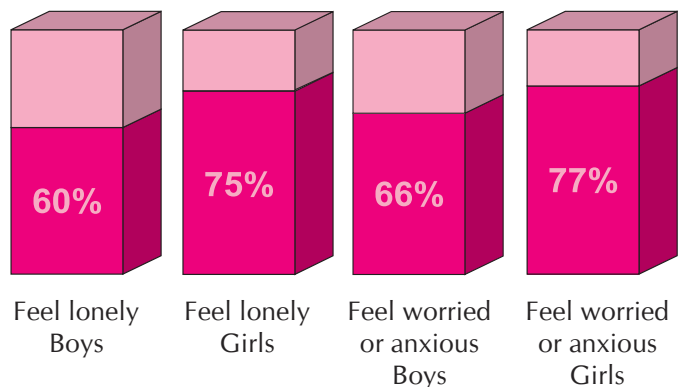
- 2% of Year 5+ pupils responded that the amount they have to look after other family members affects their school work; 5% said they 'don't know'.
- 3% of Year 5+ pupils responded that the amount they have to look after other family members stops them from doing the things they want to do; 6% said they 'don't know'.

THOUGHTS AND FEELINGS

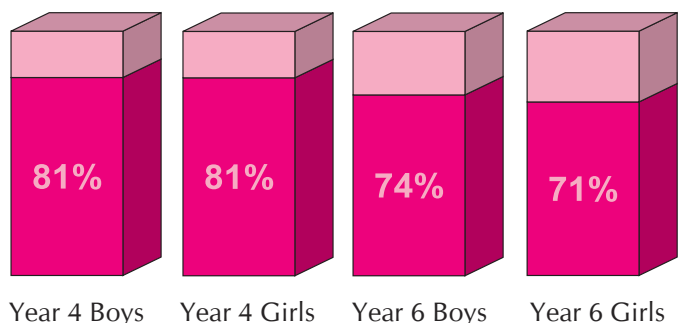
- Similar proportions of boys and girls report feeling tired or angry 'at least sometimes':



- Higher proportions of girls than boys report feeling lonely or worried/anxious 'at least sometimes':



- 77% of pupils have at least one of the negative feelings/experiences 'often' or 'every day':

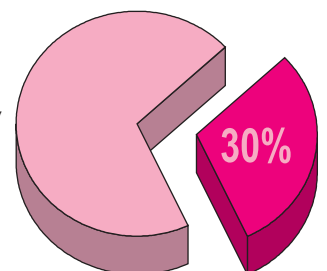


- 46% of boys and 49% of girls experience at least 3 of the negative feelings/experiences 'often' or 'every day'.

- 89% (91%) of pupils said they felt tired 'at least sometimes'.

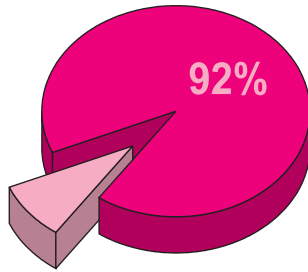
- 30% (29%) of pupils said they feel restless (they can't sit still) 'often' or 'every day'.

- 29% (29%) of pupils said they can't concentrate 'often' or 'every day'.



PROBLEM SOLVING

- 92% of pupils responded that they at least 'sometimes' get help from trusted adults when they are struggling/feel bad or stressed/have a problem that worries them; 86% said they get help from friends and 43% said they get help from the school nurse, GP or counsellor.

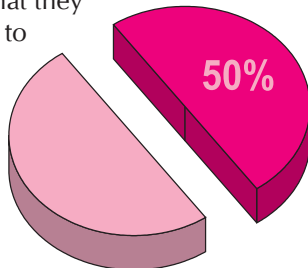


- Pupils said that they at least 'sometimes' deal with things by doing the following when they are struggling/feel bad or stressed/have a problem that worries them (top 5):

	Boys	Girls
Spending time on the computer/gaming etc.	87%	85%
Playing sport, being active etc.	85%	79%
Relaxing	78%	77%
Crying	60%	74%
Speaking to/confronting the person who is causing you to worry	53%	59%

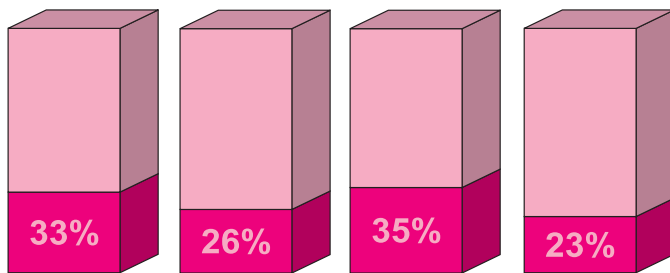
- 31% (18%) of pupils responded that they at least 'sometimes' deal with things by hurting themselves in some way when they are struggling/feel bad or stressed/have a problem that worries them.

- 79% of pupils responded that they at least 'sometimes' keep it to themselves when they are struggling/feel bad or stressed/have a problem that worries them, while 50% said they get into trouble (at home or school).



RESILIENCE

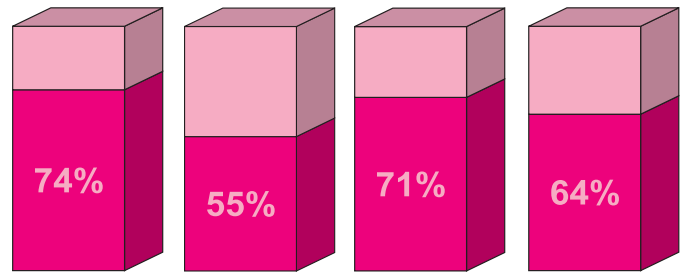
- 29% (35%) of Year 5+ pupils had a high measure of resilience (24+):



Year 5 Boys Year 5 Girls Year 6 Boys Year 6 Girls

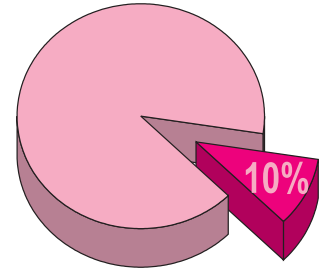
- 17% of Year 5+ pupils (13% (12%) of Year 6 boys and 21% (17%) of Year 6 girls) had a low measure of resilience (0 – 16).

- 66% (71%) of Year 5+ pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do:



Year 5 Boys Year 5 Girls Year 6 Boys Year 6 Girls

- 58% (59%) of Year 5+ pupils responded that if at first they don't succeed, they 'usually' or 'always' find a different way of doing it, while 50% ask for help and 10% (10%) give up.



- Pupils were asked what they do if something goes wrong:

Year 6	Boys	Girls
I learn from it for next time	56%	55%
I'm calm and can carry on	51%	29%
I might feel a bit bad but soon forget it	44%	33%
I get upset and feel bad for ages	11%	20%
I might feel something else	7%	9%

INEQUALITIES (Year 6 pupils) ≠

Significant differences between potentially vulnerable groups and 'All Year 6 Pupils' are as follows:

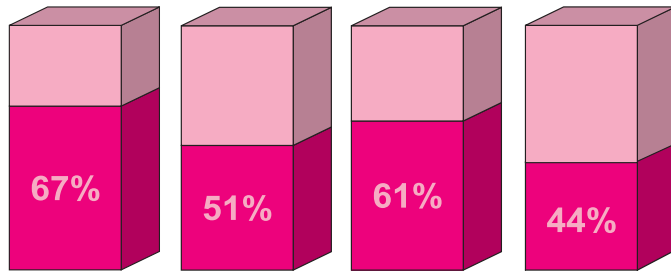
- ↑ Pupils entitled to Free School Meals (FSM) are more likely to worry about at least one issue (83% vs 69%).
- ↑ Pupils with Special Educational Need or Disability (SEND) are more likely to have hurt themselves when worried or stressed (33% vs 26%).
- ↑ Pupils entitled to FSM are more likely to feel unsafe going out during the day (6% vs 2%).
- ↑ Pupils with SEND are more likely to have negative emotions/experiences every day (61% vs 39%).
- ↑ Girls are more likely to have low resilience scores (23% vs 18%).
- ↑ Pupils with SEND are more likely to have low resilience scores (28% vs 18%).
- ↑ Black pupils are more likely to spend time relaxing or playing computer games as a way of coping with stress.

Wandsworth Secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

Wider London data shown in brackets (%).

HAPPINESS

- 57% (52%) of pupils responded that they are 'quite' or 'very' happy with their life at the moment:

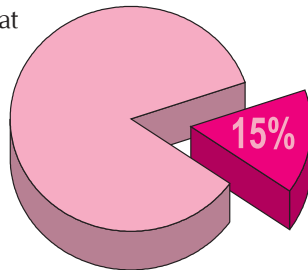


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 17% (16%) of boys and 24% (24%) of girls said they are 'quite' or 'very' unhappy with their life at the moment.

SCHOOL

- 37% (38%) of pupils said that they enjoy 'most' or 'all' of their lessons at school.
- 15% of pupils said that they enjoy 'hardly any' of their lessons at school.

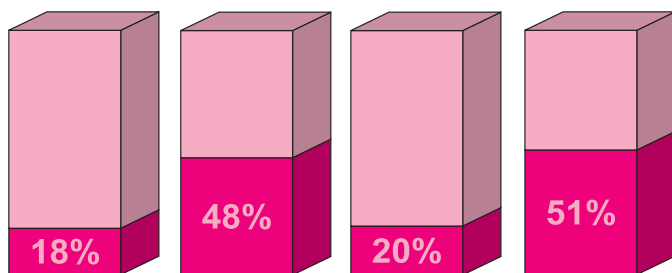


WORRYING

- Pupils worry 'quite a lot' or 'a lot' about the following (top 5):

	Boys		Girls
My future	43%	School work	66%
School work	34%	My future	65%
Getting a job	34%	Their mental health	49%
Their mental health	18%	The way you look	48%
Mental health of family	15%	Getting a job	47%

- 75% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 19% of boys and 50% of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot':

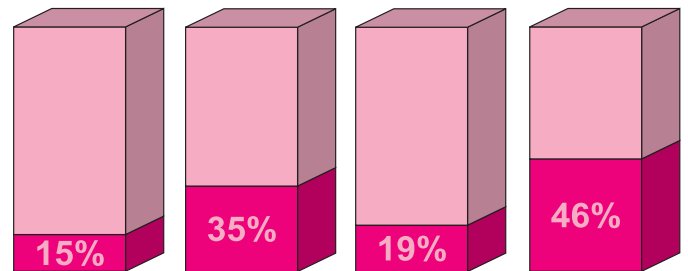


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 24% (29%) of Year 8 pupils responded that they worry 'quite a lot' or 'a lot' about their mental health; 20% (27%) worry about the mental health of someone in their family.
- 15% (19%) of pupils worry 'quite a lot' or 'a lot' about the environment (e.g. climate change); 18% (23%) worry about family problems.
- 12% (11%) of pupils said they don't worry about school-work problems or exams and tests 'at all'.

LONELINESS

- 26% (30%) of pupils feel lonely at least 'some of the time':



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

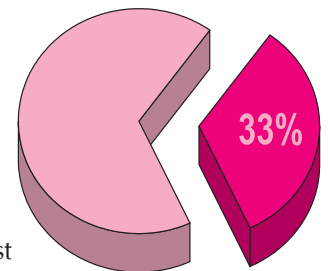
- 53% (46%) of pupils 'never' or 'hardly ever' feel lonely; 9% (12%) said they 'often/always' do.

YOUNG CARERS

- 9% of pupils said they care for someone at home on a regular basis who is unable to care for themselves. **They are more likely to be boys who describe themselves as having a mixed background.**

PROBLEM SOLVING

- 77% of pupils responded that they at least 'sometimes' get help from trusted adults when they are struggling/feel bad or stressed/have a problem that worries them; 76% said they get help from friends and 23% get help from the school nurse or GP or counsellor.
- 33% (25%) of girls (and 14% (13%) of boys) 'at least sometimes' deal with problems by hurting themselves in some way.
- 16% of pupils said they at least 'sometimes' get help from online advice websites/helplines e.g. Kooth/Childline etc. and 9% said they get help from a charity, e.g. Samaritans, 'Young Minds' etc.

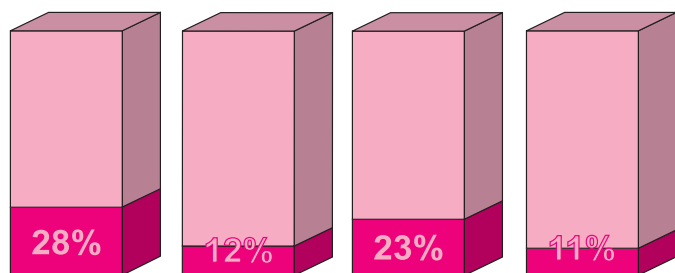


- Pupils said they at least 'sometimes' deal with problems by doing the following (top 5):

	Boys		Girls
Spending time on the computer/ gaming etc.	87%	Relaxing	88%
Relaxing	82%	Crying	76%
Playing sport, being active etc.	78%	Spending time on the computer/gaming etc.	64%
Speaking to/confronting the person who is causing you to worry	47%	Eating less	51%
Crying	33%	Playing sport, being active etc.	47%

RESILIENCE

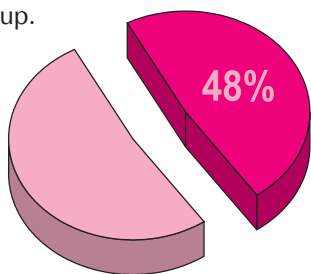
- 28% (30%) of pupils had a low measure of resilience (0 – 16).
- 14% (19%) of pupils had a high measure of resilience (24+):



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 58% (58%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 37% (41%) ask for help and 15% (17%) give up.

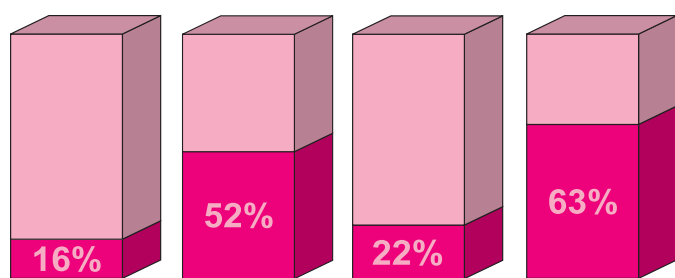
- 48% (51%) of pupils responded that if something goes wrong, they learn from it for next time, while 37% (38%) are 'usually' or 'always' calm and can carry on and 20% (27%) get upset and feel bad for ages.



THOUGHTS AND FEELINGS

- 36% (39%) of pupils responded that they feel angry 'often' or 'every day', while 53% experience tiredness and 37% feel stressed.

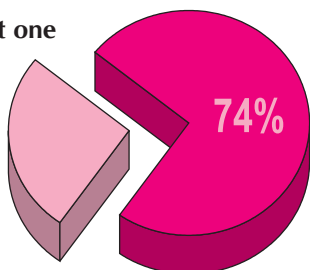
- 46% (36%) of pupils said they felt anxiety 'often' or 'every day':



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

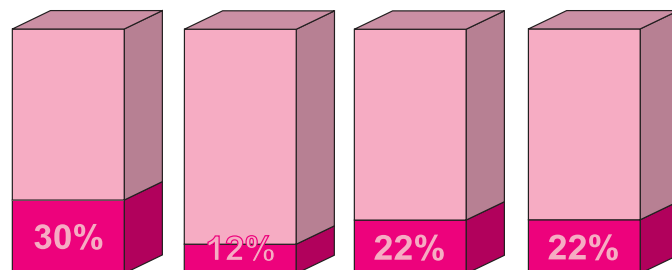
- 9% (10%) of pupils (16% of Year 10 girls) said they experience suicidal thoughts 'often' or 'every day'.

- 74% of pupils have at least one of these negative feelings/experiences 'often' or 'every day'; 36% of boys and 74% of girls experience at least 3 of them 'often' or 'every day'. The list included anxiety, poor memory, worry, feeling sad, feeling cut off etc.



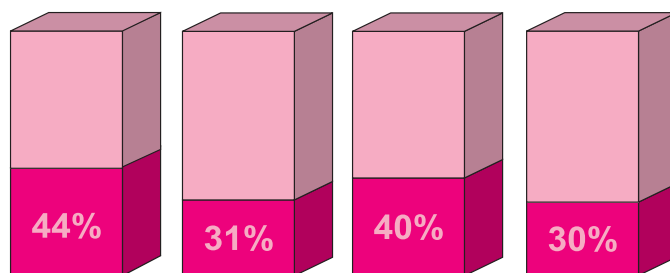
Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

- 33% (30%) of pupils responded that they have been feeling optimistic about the future 'often' or 'all of the time', 31% said they have been feeling useful.
- 49% (49%) of pupils said they've been able to make up their own mind about things.
- 21% (16%) of pupils had a high or maximum score (28 – 35) on the SWEMWBS Scale:



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 37% of pupils responded that if they need help at school they are able to ask someone 'often' or 'all of the time':



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

INEQUALITIES ≠

Significant differences between potentially vulnerable groups and 'All Year 8 or 10 Pupils' are as follows:

- ↑ Year 8 pupils with Special Educational Need or Disability (SEND) are more likely to have negative emotions/experiences every day (51% vs 36%).
- ↑ Year 8 Transgender pupils are more likely to have negative emotions/experiences every day (67% vs 36%).
- ↓ Year 8 Young Carers are less likely to have an adult they can go to for support for worries (49% vs 68%). They are also more likely to harm themselves when stressed (44% vs. 23%).
- ↑ Year 10 LGBTQ+ pupils are more likely to have self-harmed when stressed (44% vs 20%).
- ↓ Year 10 LGBTQ+ pupils are less likely to be happy with life (32% vs 55%).
- ↓ Year 10 pupils entitled to Free School Meals (FSM) are less likely to have an adult they can go to for support for worries (51% vs 60%).
- ↑ Year 10 Transgender pupils are more likely to have a low resilience score (68% vs 30%).
- ↑ Year 10 girls are more likely to have a low resilience score (46% vs 30%).

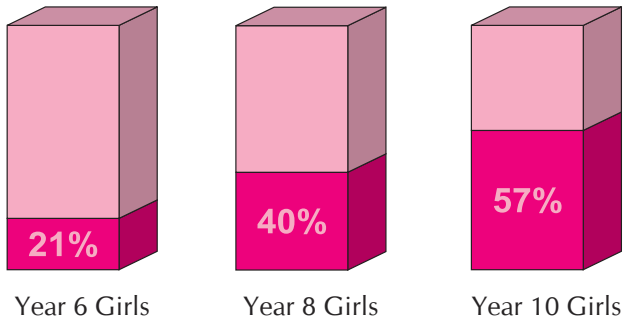
CROSS PHASE DATA

Questions included in both the primary and secondary versions of the questionnaire

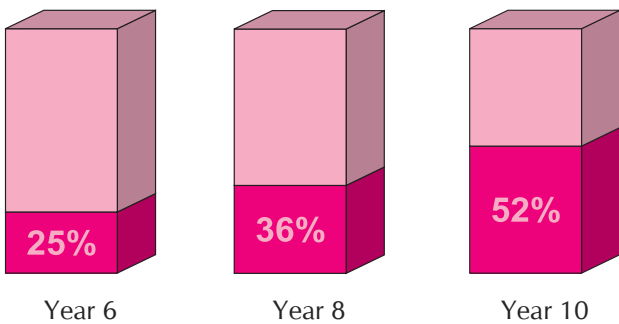
- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

WORRYING

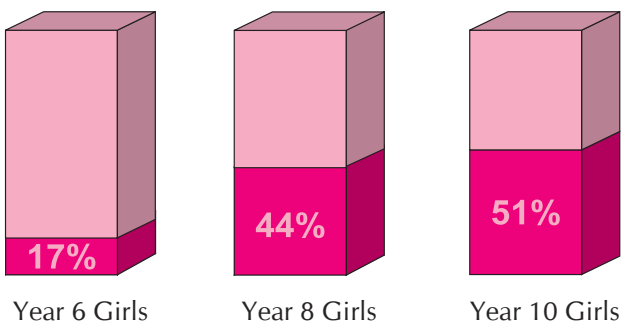
- Older girls are more likely to worry about their mental health 'quite a lot' or 'a lot':




- Older pupils are more likely to worry about school work problems or exams and tests 'quite a lot' or 'a lot':



- Older girls are more likely to worry about the way they look 'quite a lot' or 'a lot':

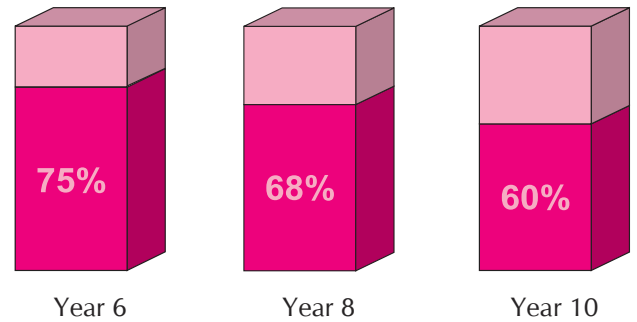


 There is a clear upward trend for girls worrying about the way they look. Can anything be done to help them worry less about issues like this?

- Older pupils are more likely to report feeling tired 'often' or 'every day': 45% of Year 6 pupils, 47% of Year 8 pupils and 59% of Year 10 pupils said this.
- Older pupils are more likely to report feeling angry 'often' or 'every day': 24% of primary pupils and 36% of secondary pupils said this.

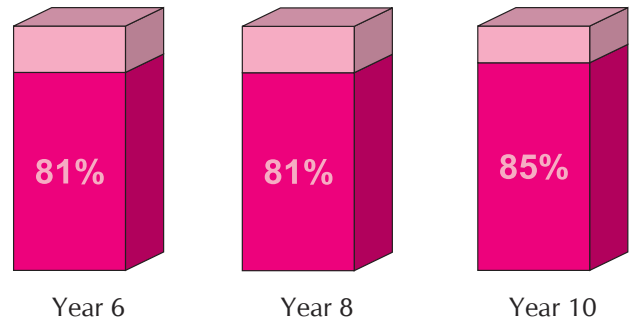
TRUSTED ADULT

- Younger pupils are more likely to say they know an adult who they can trust to talk to if they are worried about something:

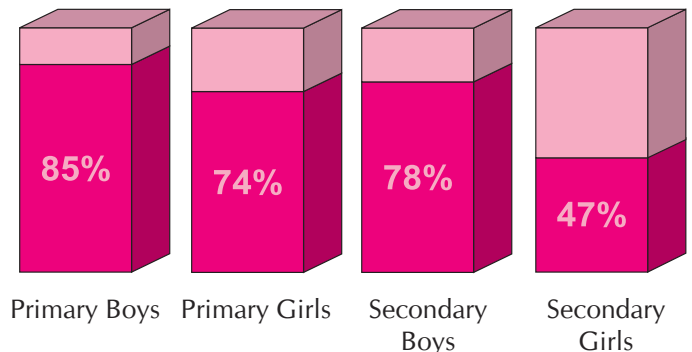



PROBLEM SOLVING

- High proportions of pupils of all ages say they 'at least sometimes' do something relaxing (e.g. listening to music, doing art) if they are struggling/feel bad or stressed/have a problem that worries them:



- High proportions of pupils at all ages say they 'at least sometimes' play sport or do something active when they are stressed or worried about something, although more boys than girls report doing this:



 It is encouraging to see that pupils report using these self-help strategies when they are feeling stressed or worried; can more be done to support their mental well being?

LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions but any question can be analysed in this way. All differences illustrated below are statistically significant:

The first analysis is for Year 5 and 6 pupils who had low composite resilience scores (up to 16) compared with those pupils who had high resilience scores (24+).

- ❑ 35% of pupils who had had low resilience scores also said they feel worried or anxious 'often' or 'every day'. This compared with only 10% of pupils who had high resilience scores. Therefore, we can say if you have low resilience, you are more likely to say you feel worried or anxious.
- ❑ 51% of pupils who had low resilience also said they know an adult they trust that they can talk to if they were worried about something. This compared with 87% of pupils who had high resilience.
- ❑ This group is also more likely to say they feel lonely 'often' or 'every day'.
- ❑ They are less likely to agree that they enjoy taking part in exercise and sport.
- ❑ They are more likely to have at least one of the negative feelings/experiences listed 'often' or 'every day'.
- ❑ They are more likely to feel afraid of going to school because of bullying.
- ❑ They are more likely to think others may fear going to school because of them.
- ❑ They are also more likely to say there has been shouting and arguing at home that frightened them.



There are obvious links between low resilience and worry/anxiety. Can more be done to support pupils with low resilience?

The second analysis is for Year 8 and 10 pupils who said they know an adult they can trust to talk to if they are worried about something compared with pupils who said they didn't know a trusted adult confidant.

- ❑ 19% of pupils who said they know a trusted adult confidant also said they felt lonely at least some of the time. This compared with 46% of pupils who didn't know a trusted adult confidant. Therefore, we can say that if you know a trusted adult confidant you are less likely to feel lonely.
- ❑ 67% of pupils who said they know a trusted adult confidant also said they are happy with their life at the moment. This compared with only 32% of pupils who didn't know a trusted adult confidant.
- ❑ This group is also more likely to say their school covers mental health and wellbeing 'fairly' or 'very' well.
- ❑ They are less likely to say there's been shouting and arguing between adults at home in the last month.
- ❑ They are more likely to say they enjoy physical activities at school.
- ❑ They are more likely to say they enjoy 'most' or 'all' of their lessons at school.
- ❑ They are more likely to say that if they need help at school they are able to ask someone.
- ❑ They are also less likely to say they worry about more than 5 issues listed in the sections above 'quite a lot' or 'a lot'.

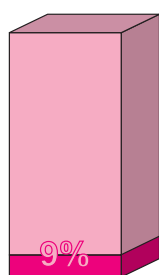


Is there someone in school, who pupils can talk to?

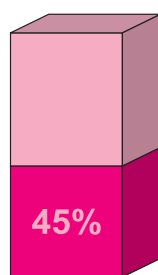
The third analysis is for Year 8 and 10 boys, who said they are 'quite' or 'very' happy with their life at the moment compared with Year 8 and 10 boys who said they were 'quite' or 'very' unhappy with their life.

- ❑ **9% of Year 8/10 boys who said they are happy with life also said they feel lonely at least some of the time. This compared with 45% of Year 8/10 boys who said they are unhappy with their life.**

Feel lonely



Year 8 & 10 Boys 'Happy with life'



Year 8 & 10 Boys 'Unhappy with life'

- ❑ 8% of Year 8 and Year 10 boys who said they are happy with life also said they are afraid of going to school because of bullying at least sometimes. This is lower than the 30% of boys who said they are unhappy with life.
- ❑ They are also less likely to say there's been shouting and arguing between adults at home.
- ❑ They are less likely to say they feel lonely.
- ❑ They are more likely to know a trusted adult confidant.
- ❑ They are less likely to say they have at least tried alcohol.
- ❑ They are more likely to say that if they need help at school they are able to ask someone 'often' or 'all of the time'.
- ❑ They are more likely to have had breakfast.
- ❑ They are also less likely to worry about more than 5 issues listed in the sections above 'quite a lot' or 'a lot'.

The way forward – over to you.

The Wandsworth Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Wandsworth Education and Childrens Services and the Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition the data will be used to inform plans and strategies with schools, the council and partners.

Wandsworth schools who took part in the survey:

Primary schools

Allfarthing Primary School
Bramblehow Primary School
Falconbrook Primary School
Fircroft Primary School
Franciscan Primary School
Furzedown Primary School
Gatton (VA) Primary School
Heathmere Primary School
Mosaic Jewish Primary School
Our Lady of Victories Catholic Primary School
Penwortham Primary School
Sacred Heart Catholic Primary School, Battersea
Sacred Heart Catholic Primary School, Roehampton
Sellincourt Primary School
Sheringdale Primary School
Smallwood Primary School and Language Unit
St Joseph's Catholic Primary and Nursery School
St Mary's CE Primary School
St Mary's RC VA Primary School
Trinity St Mary's CE Primary School

Secondary Schools

Ark Bolingbroke Academy
Ernest Bevin College
Saint John Bosco College
Southfields Academy

For more information about the survey please contact:

Zdenka Buchan
Public Health Officer - Healthy Schools Lead

Civic Centre
York Street
Twickenham
TW1 3BZ

Phone: 0777 304 4395
E: Zdenka.Buchan@richmondandwandsworth.gov.uk

Glossary:

FSM - Pupils eligible for free school meals

LGBTQ - Lesbian, Gay, Bisexual, Transgender, Questioning +

SEND - Special Educational Need or Disability

Transgender - gender is different to that which they were assigned at birth

Young carers - pupils who care for someone at home on a regular basis who are unable to care for themselves.