

# A focus on Emotional Wellbeing among Young People in Wiltshire 2011

## A summary report of the Health Related Behaviour Survey

This is an additional report, designed to be read alongside the main summary report "Supporting the health and wellbeing of Young People in Wiltshire 2011". The main summary report also includes additional data on this topic, alongside others.

These results are the compilation of data collected from a sample of Wiltshire primary pupils aged 8-11 and secondary pupils aged 12-15 in Wiltshire during late 2011 and early 2012.

This survey was funded by NHS Wiltshire with implementation support for schools from Wiltshire Council's Personal Development Advisers.

Teachers were informed how to collect the most reliable data by Schools Health Education Unit staff. Pupils in Years 4, 5 and 6 in primary schools and Years 8 & 10 in secondary schools anonymously completed the questionnaire. For the first time in Wiltshire most schools completed an online survey.

A total of 2330 pupils took part from 24 primary schools and 8 secondary schools. Completed questionnaires were then returned to the Schools Health Education Unit in Exeter for processing.

### Trends

SHEU surveys have been taking place in Wiltshire for over 10 years, most recently in 2008 and 2006.

This year, in order to further analyse local data from young people, additional reports have been produced looking at Wiltshire trends over time around the topics of: Healthy Weight, Emotional Health & Wellbeing and Smoking, Alcohol and Drug Use.

### TOPICS INCLUDE:

Citizenship

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Homework

Leisure

Physical Activity

Safety

School and Career

Sex and Relationships

### 2330 young people were involved in the Wiltshire 2011 survey

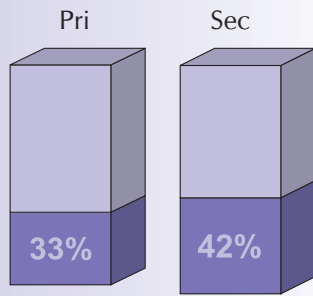
School Year	Year 5	Year 6	Year 8	Year 10	Total
Age	9-10y	10-11y	12-13y	14-15y	
Boys	196	327	256	268	1047
Girls	196	323	378	386	1283
Total	392	650	634	654	2330

Wiltshire data have been compared with the SHEU wider database. A selection of some of the statistically significant differences, where the level seen in the Wiltshire data is either 5% above or below that in the wider SHEU database, is included on page 8 of the main summary report.

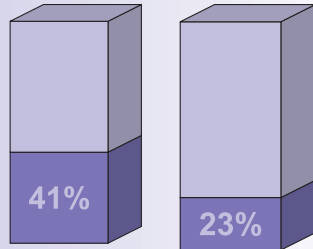
For more details please contact the Schools Health Education Unit  
Tel. 01392 66 72 72

# Growing up in Wiltshire

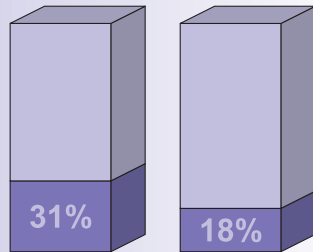
- 33% of primary pupils had high self-esteem scores, while 42% of secondary pupils recorded high self-esteem scores.



- 41% of primary pupils and 23% of secondary pupils reported a fear of going to school at least sometimes because of bullying.

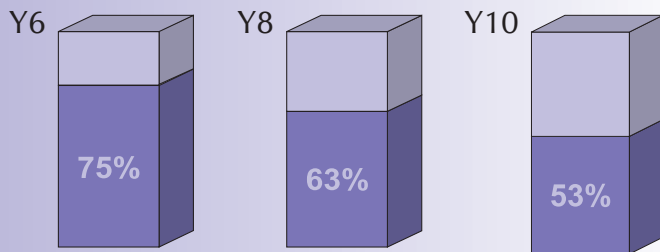


- 31% said that they had been bullied, at or near school in the last 12 months, 33% of boys and 30% of girls.



- 18% said that they had been bullied at or near school in the last 12 months.

- Primary pupils are more likely to say that their school takes bullying seriously compared with secondary pupils. 75% of Year 6 pupils, 63% of Year 8 and 53% of Year 10 pupils said this. The remainder often chose 'don't know' instead.



- The top four worries for Year 6 pupils were:

Year 6	Boys	Girls
Exams and tests	43%	40%
Family problems	32%	33%
Crime	30%	27%
Environment	25%	25%

These changed to the following for Year 8 pupils:

Year 8	Boys	Girls
Exams and tests	30%	41%
Family problems	27%	38%
Money problems	20%	30%
Being bullied	18%	30%

And for Year 10 pupils:

Year 10	Boys	Girls
Exams and tests	33%	61%
Family problems	19%	54%
They way you look	18%	38%
Career problems	17%	36%

- We also asked young people where they would go for support for problems; parents/carers were the most important source of support for most issues, although a notable fraction of secondary school pupils reported turning to friends when they had problems with friends.
- About 10% of secondary males said they would turn to nothing or no-one. This may reflect confidence (justified or not) in their capacity to cope unaided, or some degree of isolation.
- 52% of secondary school pupils said there was someone that they could talk with about almost everything.

## Other headline figures

### Primary schools

- Behaviour widely reported as causing distress included: being called nasty names, being teased or made fun of and being ganged up on. When asked where it happened, 24% of pupils reported outside at breaktime and 15% in the classroom at breaktime. 5% reported during a lesson.
- 22% of pupils reported that they thought they were bullied because of the way they looked.
- 5% of pupils reported that they thought others might fear going to school because of them.
- 51% of pupils said their teachers had talked to them about how their body changes as they grow up, 41% of Year 5 and 57% of Year 6.

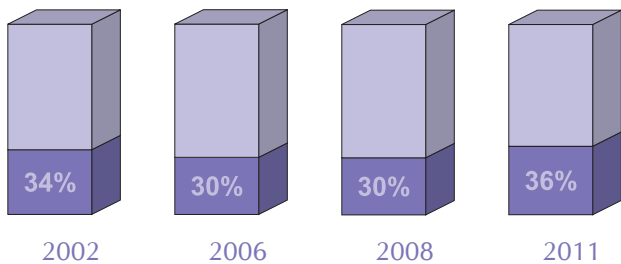
### Secondary schools

- 64% of pupils reported that, in general, they were 'quite a lot' or 'a lot' satisfied with their life.
- 4% of pupils reported that there were no adults they could trust.
- 61% thought that, if a friend asked them to do something that they didn't want to do, they could usually or always say no.
- 14% said they had ever received a message online that scared them or made them upset (23% of Year 10 girls). 64% said they had been told how to stay safe while online.
- 70% enjoy at least half of their lessons; 13% hardly any of them.

# TRENDS

- The headline figures for the aggregate data set of schools from 2011 have been compared with those from previous surveys in Wiltshire. It is important to note that the studies engaged different schools in each wave, so that we are not necessarily comparing like with like. On the other hand, there is no obvious bias that can be seen from inspection of the list of schools, drawing on local knowledge.

Percentage of Year 6 pupils who are ever afraid to go to school because of bullying



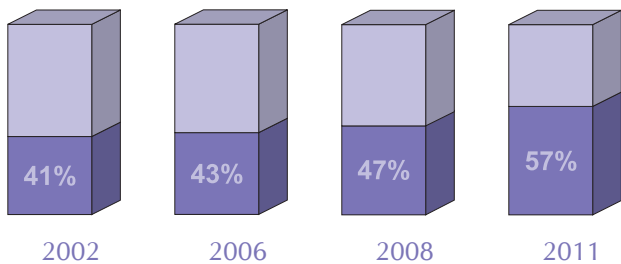
The comparable figures seen in SHEU's large reference samples were: 2002: 33%, 2006: 29%, 2008: 29%, 2011: 28%.

Percentage of Year 6 pupils who have been bullied at or near school in the last year (2008 & 2011)

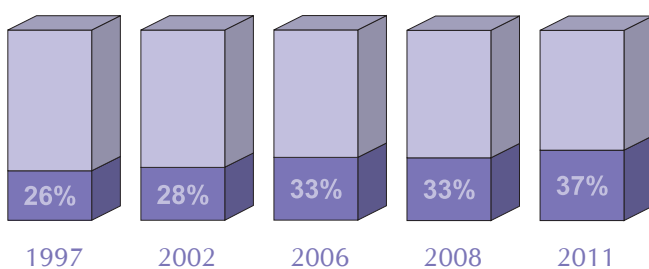
Year	Percentage
2002	(no data)
2006	(no data)
2008	28
2011	28

The comparable figures seen in SHEU's large reference samples were: 2006: 25%, 2008: 28%, 2011: 24%.

Percentage of Year 6 pupils who have talked with teachers about how their body changes as they grow up



Percentage of Year 8 females who score in the highest bracket of self-esteem



The comparable figures seen in SHEU's large reference samples were: 1997: 26%, 2002: 32%, 2006: 24%, 2008: 23%, 2011: 33%.

# LINKS

Emotional well-being can have a number of different effects on young people's lifestyle choices. For example, a young person feeling negative emotions may find those feelings are less bothersome when they drink alcohol. Drinking alcohol in a group may gain respect or other rewards from the group that are more sought-after by young people with poor emotional health, or it may be that young people with poor emotional health are less resistant to peer pressure to drink. These processes can all be working at the same time, and there may be equally plausible effects in the other direction. Lastly, negative feelings and health-risky behaviour may just be more prevalent in poor families without any direct connection between them.

Again, for any links we see, we can't tell from the figures what might be cause, and which is the effect, or if both patterns are associated with some third underlying feature. Nonetheless, we can see links between emotional well-being and health behaviours, as shown in the tables:

Here we have seen more positive emotional health associated with more positive health behaviour, but this is not always the case. For example, in some analysis for other authorities we have seen higher self-esteem linked with more, not less, drinking of alcohol. For a mainstream behaviour like drinking alcohol, that might even be what we would expect.

Health control is conceived on a scale from external (*Even if I look after myself I can easily fall ill*) to more internal (*I am in control of my health*), labelled Ext to Int+ on the table.

Year 10 pupils in each bracket of self-esteem scores taking part in other health behaviours

	Low	Med-	Med+	High
Non-smoker last week %	67	84	93	97
Non-drinker last week %	40	60	80	74
Never used cannabis %	100	92	92	95
Avg. days exercising last week	3.6	3	3	3.6

Year 10 pupils with different levels of satisfaction with life taking part in other health behaviours

	Not much	Not sure	Quite	A lot
Non-smoker last week %	83	90	95	92
Non-drinker last week %	65	68	75	78
Never used cannabis %	85	92	92	94
Avg. days exercising last week	3.1	2.9	3.6	3.5

Year 10 pupils in each bracket of health control scores taking part in other health behaviours

	Ext	Med	Int	Int+
Non-smoker last week %	83	92	95	97
Non-drinker last week %	61	75	80	84
Never used cannabis %	81	94	95	97
Avg. days exercising last week	3.7	3.2	3.4	3.9

# Comparisons between Wiltshire and a reference sample

The headline figures from the Wiltshire primary and secondary data sets have been compared with a large aggregate sample of schools completing similar surveys from across the country in 2010, as published in the SHEU series *Young People into 2011* (shown below as YP). Not all results could be compared, so absences from this list may not mean anything. **Significant differences are shown in bold type.**

Wilts	YP	Primary survey results (Year 6 only)	Wilts	YP	Secondary survey results
<b>32</b>	<b>25</b>	<b>Worry about family problems</b>	<b>42</b>	<b>35</b>	<b>High self-esteem scores</b>
<b>36</b>	<b>28</b>	<b>At least sometimes afraid to go to school because of bullying</b>	63	60	Year 8: School takes bullying seriously
<b>28</b>	<b>36</b>	<b>Bullied at or near school in last 12 months</b>	53	50	Year 10: School takes bullying seriously
75	75	School takes bullying seriously	<b>18</b>	<b>30</b>	<b>Bullied at or near school in last 12 months</b>
20	19	Bullied or picked on because of the way they look	23	22	At least sometimes afraid to go to school because of bullying
<b>37</b>	<b>25</b>	<b>High self-esteem score</b>	64	67	In general at least quite satisfied with life
			70	69	Enjoy at least half their school lessons
			13	14	Enjoy hardly any of their lessons
			61	66	Could usually or always say no to a friend
			4	6	No adults I can trust

## The Way Forward – over to you

We are grateful to teachers, schools and young people for their time and contribution to this survey. As a result of their work we have excellent data to be used by schools and others who support the health of young people in Wiltshire. The results of this survey are used, alongside other local data, to identify local health priorities and inform future planning of local service delivery. We hope schools will share and discuss the data as part of PSHE Education. We aim to continue this survey at regular intervals to assess local trends and monitor progress to improve the health of children and young people. The full dataset, of which this document is a summary, is available at: [www.wiltshirehealthyschools.org](http://www.wiltshirehealthyschools.org)

### Our thanks go to the staff and pupils of the schools that took part in this and previous surveys. The 2011 schools were:

Amesbury CE Primary School  
 Bitham Brook Primary School  
 Bulford St Leonard's CE (VA) Primary School  
 Christ Church CE Controlled Primary School  
 Churchfields, the Village School  
 Clarendon Junior School  
 Colerne Primary School  
 Corsham Regis Primary School  
 Frogwell Primary School  
 Greentrees Primary School  
 Holbrook Primary School  
 Holt VC Primary School  
 Ivy Lane Primary School  
 Longleaze Primary School  
 Ludgershall Castle Primary School

Lydiard Millicent Primary School  
 Lyneham Primary School  
 Malmesbury CE Primary School  
 Ogbourne St. George and St. Andrew CE Controlled Primary School  
 St. Bartholomew's Primary School  
 Staverton CE VC Primary School  
 Urchfont CE Primary School  
 West Ashton CE VA Primary School  
 Zouch Primary School

Abbeyfield School  
 Bradon Forest School  
 Devizes School  
 Sarum Academy  
 South Wilts Grammar School for Girls  
 The John of Gaunt School  
 Matravers School  
 The Trafalgar School At Downton

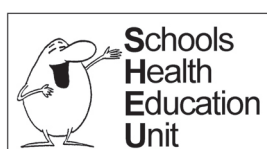
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