

School Environment

My Health My School data 2021/22

(Primary and Secondary)



Introduction – about the survey

- The My Health My School Survey is a pupil perception survey that helps generate information on health and wellbeing of pupils in East Sussex. The survey is completed online and anonymously, and schools have instant access to the data with an automatically generated report.
- The survey has been developed and used in schools in Leeds over the last 12 years and covers questions on a range of topics including Social, Emotional And Mental Health, Physical Activity, Healthy Eating, Drugs, Alcohol and Tobacco, Sexual Health, Identity and School life. Questions are asked at an age-appropriate level, and Years 3 and 4 just complete questions about Physical Activity. This is why the numbers completing each question varies.
- In terms of GDPR, those completing the survey and their parents/carers are informed that the anonymous data will be collated and shared with East Sussex County Council and its partners.
- The survey was first completed by schools during the 2020/21 academic year. Approximately, 3,780 pupils completed the survey from 27 schools. Last year (2021/22), 10,700 pupils completed the survey from 60 schools and colleges.
- Participation by schools and pupils is voluntary.

Guidance on interpretation

Schools are free to choose which year groups they survey, although are now being encouraged to include Year 6 and 9 to improve statistical analysis. Where numbers are low, we can be less certain statistically that a result is representative of the wider school population.

Schools are also free to choose which term they conduct the survey, and it is likely that some pupils would answer the same question differently as they settle into school or encounter new challenges such as exams. Again, we are now encouraging completion during terms 5 & 6 to achieve greater consistency.

Survey findings should not be viewed in isolation. It is important to consider the findings alongside other sources of data relevant to the particular subject/question. They are a useful starting point to explore an issue in more depth.

A bespoke SEND survey was also completed with 16 pupils across the county. The questions are worded slightly differently. Due to low numbers the responses are not recorded in this report.

Only one college/16+ setting completed the survey and so they have been excluded from the analysis to avoid misrepresenting the age group as a whole.

No secondary schools in Hastings completed survey, which may bias the overall findings as the Borough contains some of the most deprived area of the county.

Guidance on interpretation

Comparing survey results by geographical location is problematic and so not included. This is because it would involve grouping schools in a way which may be misleading. For example, pupils attending a large academy school would be resident over a wide geography, each experiencing different socio-demographic factors.

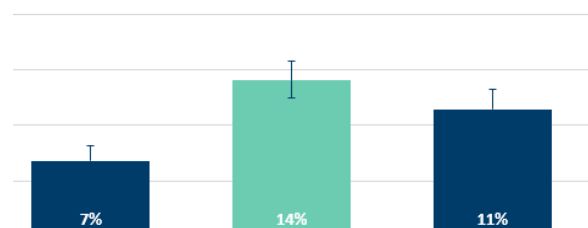
Comparing survey results with other areas is limited to the two local authorities who use the survey, Leeds and Torbay.

Comparing survey results over time is possible and will generate better analysis as more schools participate. Caution should be exercised when comparing 2022 with 2021 as the latter involved considerably less children.

Comparing survey results by pupil characteristic is also possible (e.g. gender, LGBTQ) but sometimes small numbers will limit confidence in the result.

Data suppression: values below five have been replaced by an *.

Confidence Intervals: these are used on some charts. They represent the range of values that you can be 95% certain contains the true average for the school population. If the line does not overlap with the value you are comparing to you can be confident that there is a true difference between the two results. The lower the number of survey results the wider the interval will be.



Further Information

- If you have questions about participating in the survey or the wider Healthy Schools Programme, please contact the School Health Service: kchft.schoolhealthplan@nhs.net.
- If you have questions about the analysis, please contact: public.health@eastsussex.gov.uk.
- Further analysis of the source data is possible, if you are interested in exploring an area in more depth. Again, please contact: public.health@eastsussex.gov.uk.

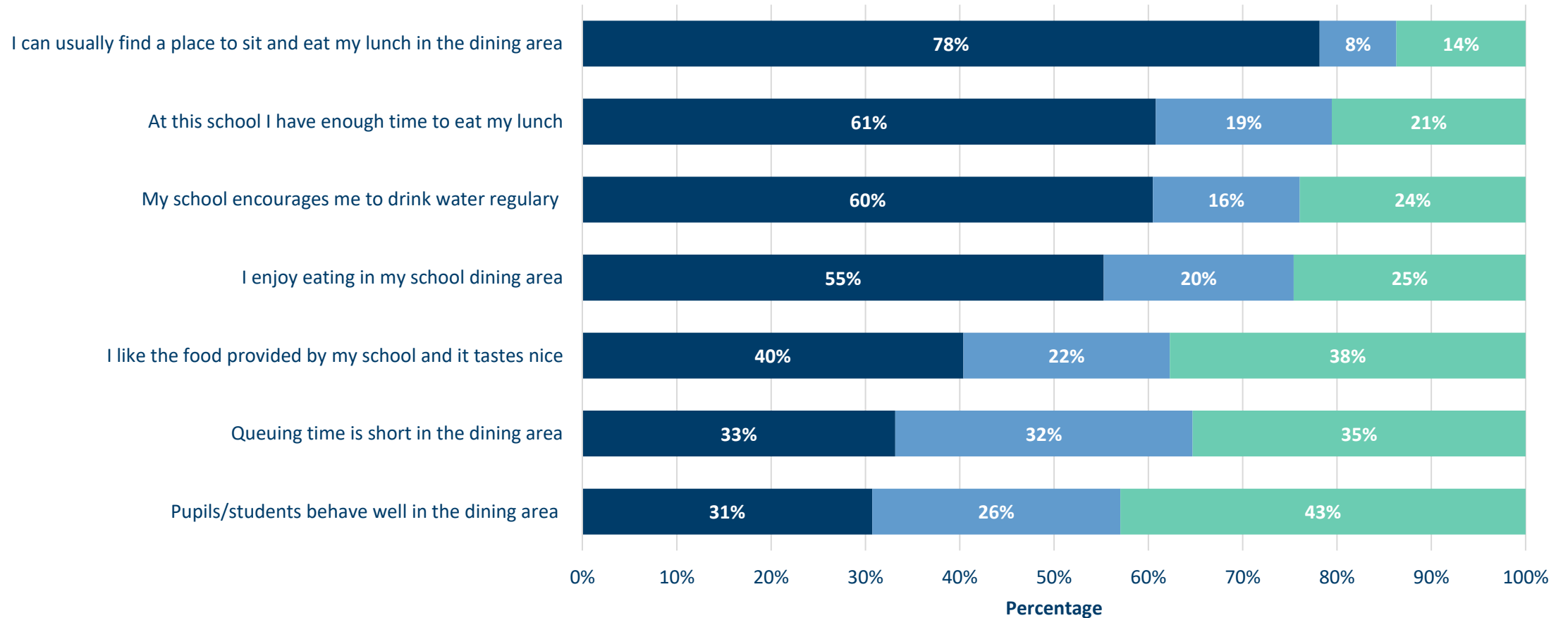
Overview

- School experience of lunchtime
- Physical education and sport
- Bullying
- Sleep
- Worry
- My School
- Extra tables

How much do you agree or disagree with the following statements? (Primary)

How much do you agree or disagree with the following statements?
(Primary, n=2,614)

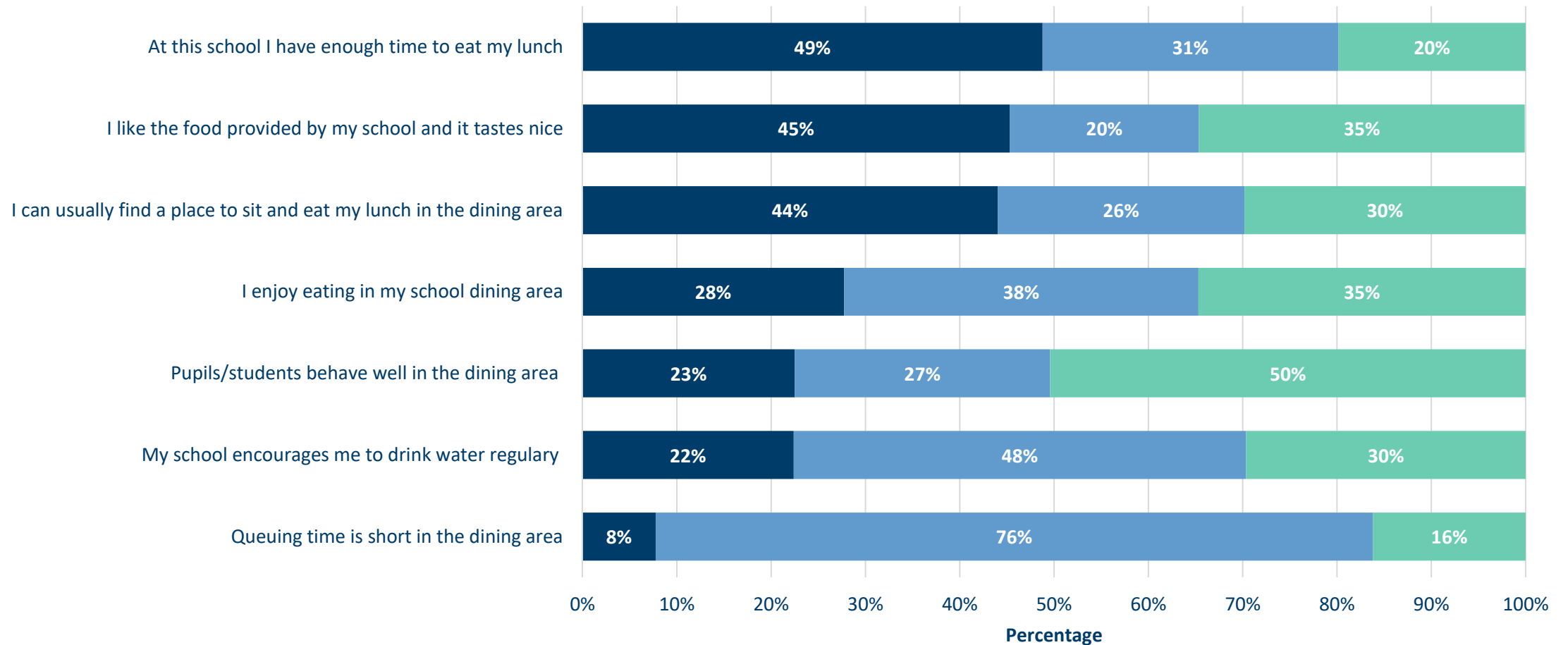
■ Agree ■ Disagree ■ Not sure



How much do you agree or disagree with the following statements? (Secondary)

How much do you agree or disagree with the following statements?
(Secondary, n=6,050)

■ Agree ■ Disagree ■ Not sure








Physical Education

- 87% of primary students and 78% of secondary students have enjoyed PE this year.






In the last 12 months, what sports have you done in PE lessons? (Top five)

(students could tick multiple options)

Primary

	Running	51%
	Football	50%
	Rounders	49%
	Cricket	47%
	Gymnastics	43%

Secondary

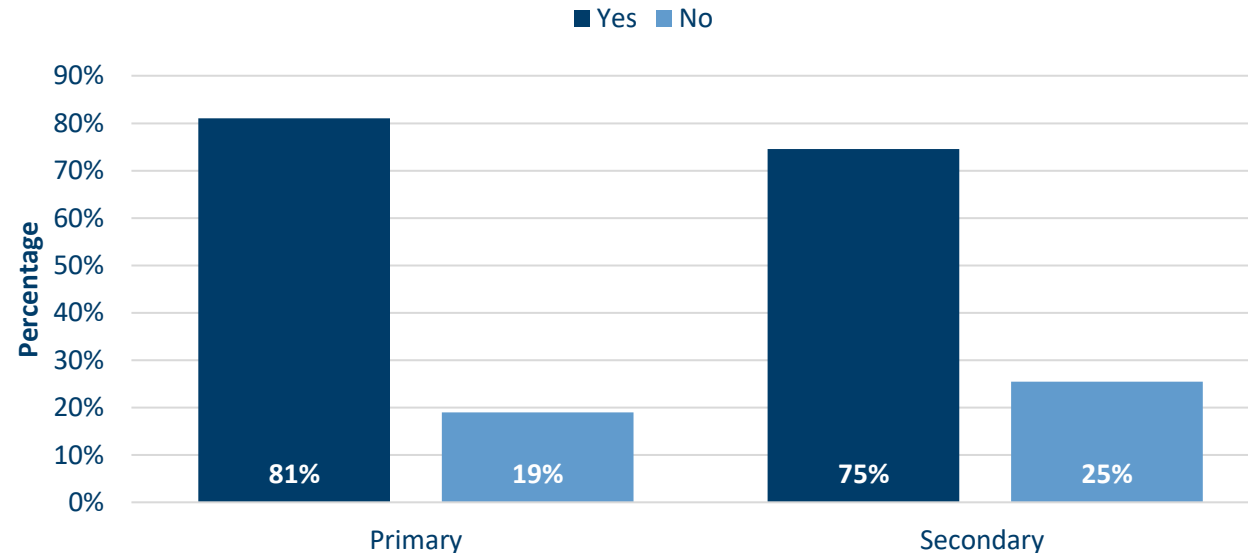
	Football	65%
	Athletics	65%
	Basketball	61%
	Rounders	60%
	Running	58%

After-school clubs

- In the last 12 months, **65%** of **primary** and **58%** of **secondary** students have **attended an after-school club**
- **26%** of **secondary** students are **not interested** in any **after-school club** that their school might offer
- **26%** of **primary** students have **not attended any sports club(s) outside of school** in the last 12 months

Physical Activity

In a normal week, do you usually achieve recommended levels of 60 minutes of physical activity on most days?



- In a normal week, 2% of primary and secondary students reported they are never physically active for 30 minutes or more.
- The top two reported barrier for primary students not taking part in physical activity was **‘nothing available in the area’** and **‘I don’t have the confidence’** for secondary students it was **‘I don’t have the confidence’** and **‘I have no one to go with me’**.

Bullying

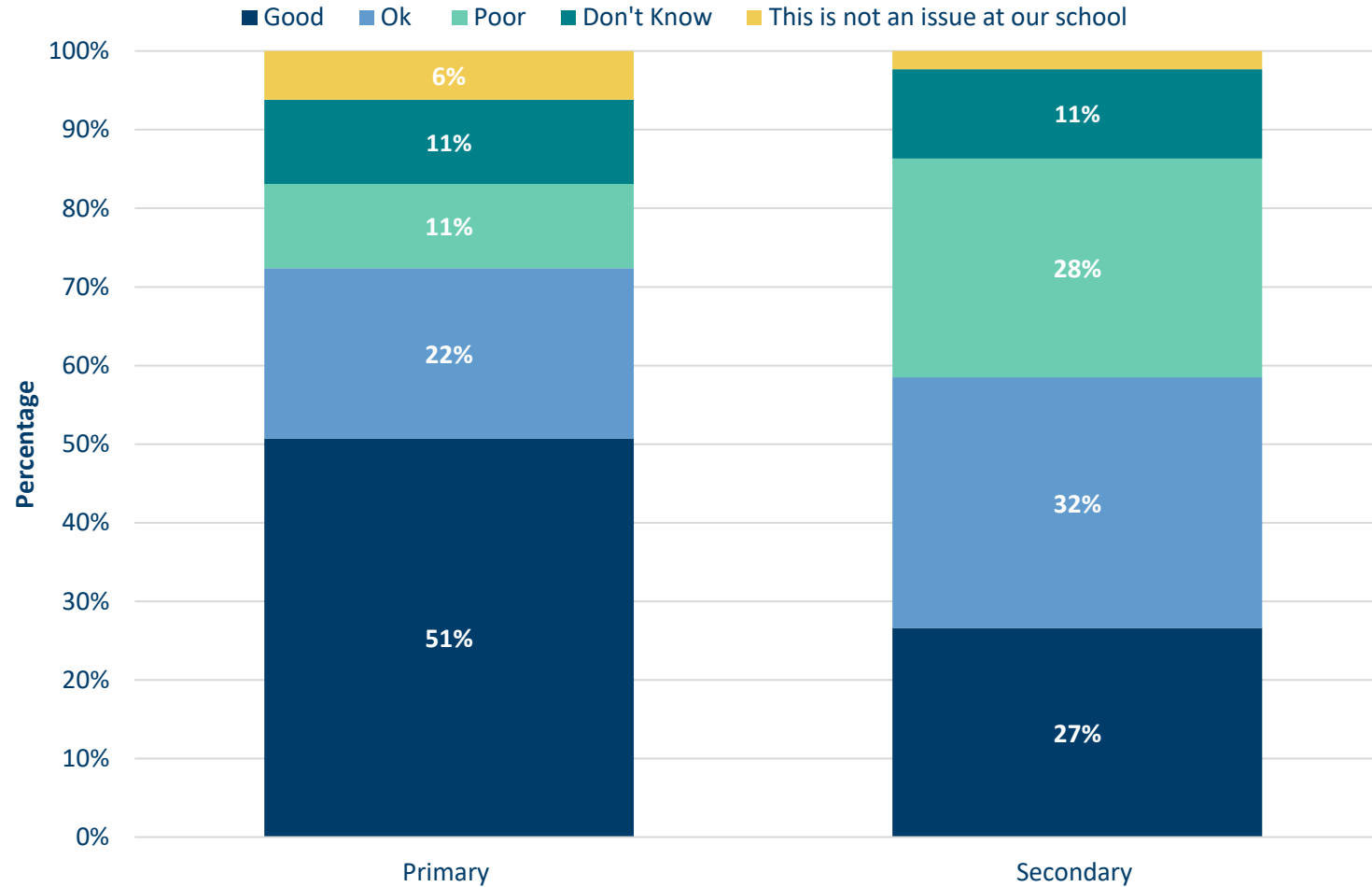
- In the last 12 months, 5% of primary and secondary school students responded that they have been bullied (including online bullying) **‘most days or every day’**.
- For bullying incidents, students reporting **‘not at all’** to being bullied in the last 12 months was 55% in primary and 60% in secondary students.

Top five reasons why students believe they have been bullied <small>(Students could tick multiple options)</small>					
Primary (n=1,166)	Number	Percentage	Secondary (n=2,416)	Number	Percentage
Other/Don't Know	452	39%	Appearance	1,055	44%
No reason	307	26%	Other/Don't Know	814	34%
Appearance	214	18%	Size (Overweight or underweight)	627	26%
Size (Height)	214	18%	Size (Height)	536	22%
Size (Overweight or underweight)	177	15%	No reason	395	16%

- Three quarters (75%) of primary students talked to a parent/carer or trusted adult about being bullied compared to (56%) of secondary students.

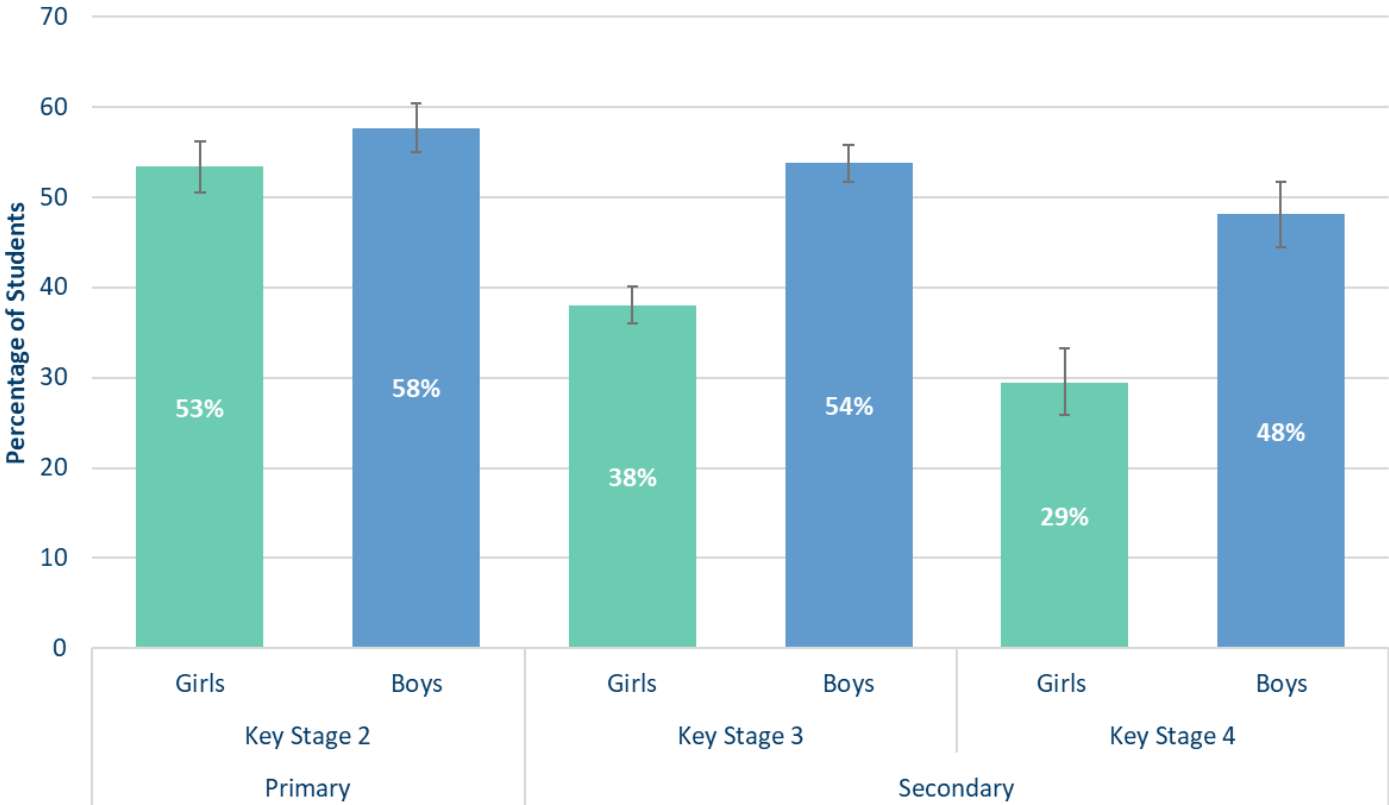
Schools' response to bullying

How good do you think your school are at dealing with bullying including cyber-bullying?



Sleep

On a normal school night (Sunday to Thursday) do you get enough sleep? - Yes



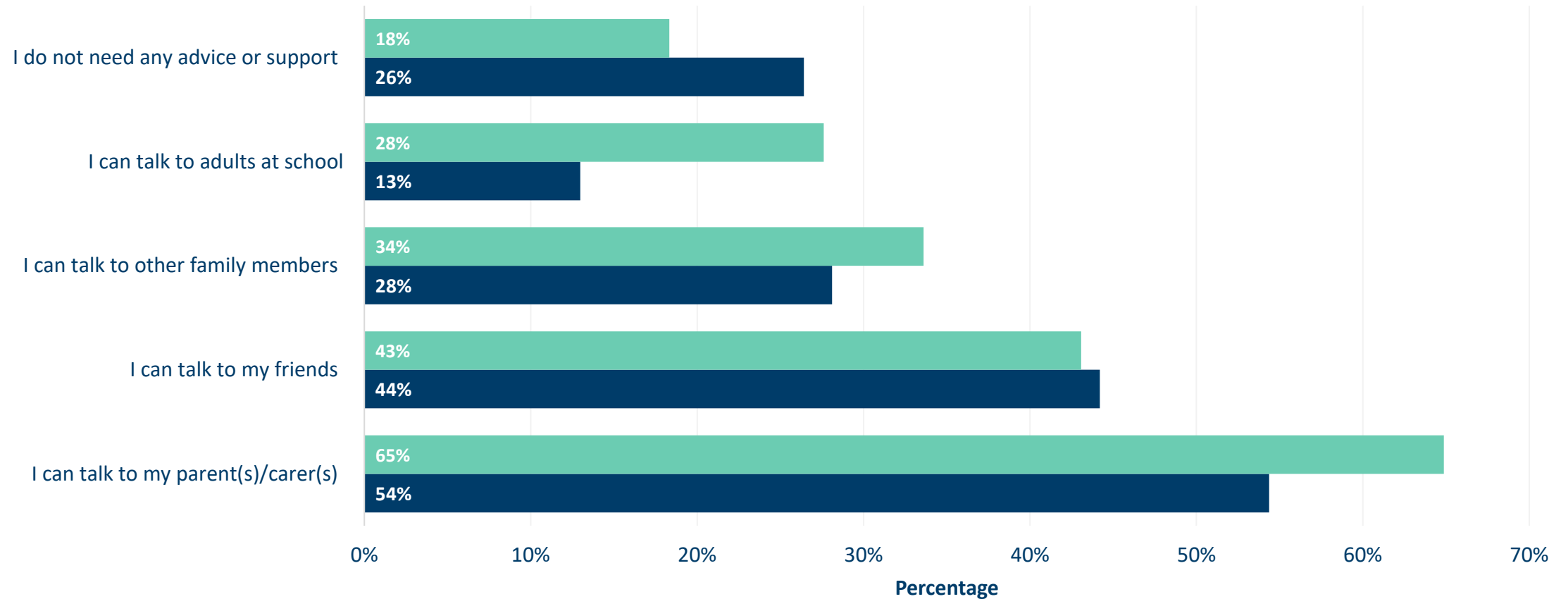
- Across all age groups boys report getting better sleep than girls (significantly better for key stage 3 and 4).
- Girls get significantly less sleep as they get older.

Support

If you are worried, feel sad, angry or lonely about something, where do you get advice and support from?

(Top five responses – students could tick multiple options)

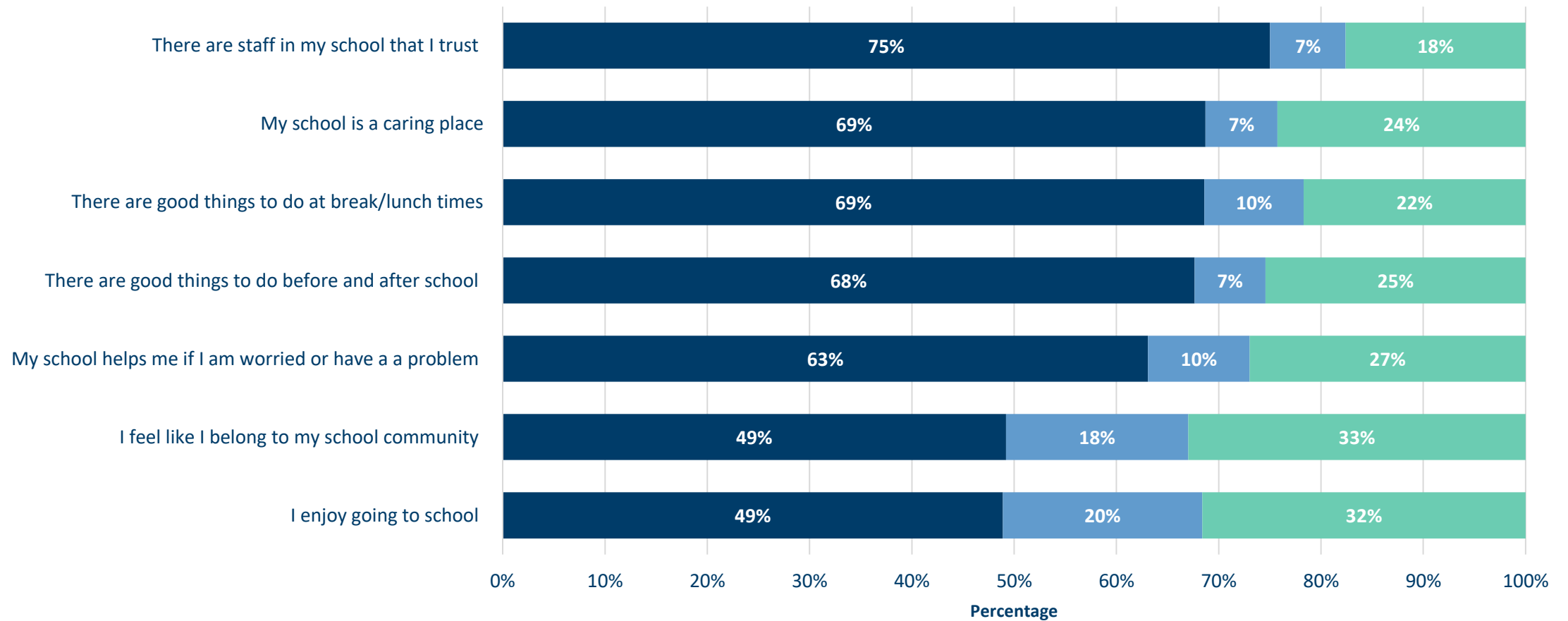
■ Primary ■ Secondary (Year 7, 9 & 11 only)



How much do you agree or disagree with the following statements? (Primary)

How much do you agree or disagree with the following statements?
(Primary)

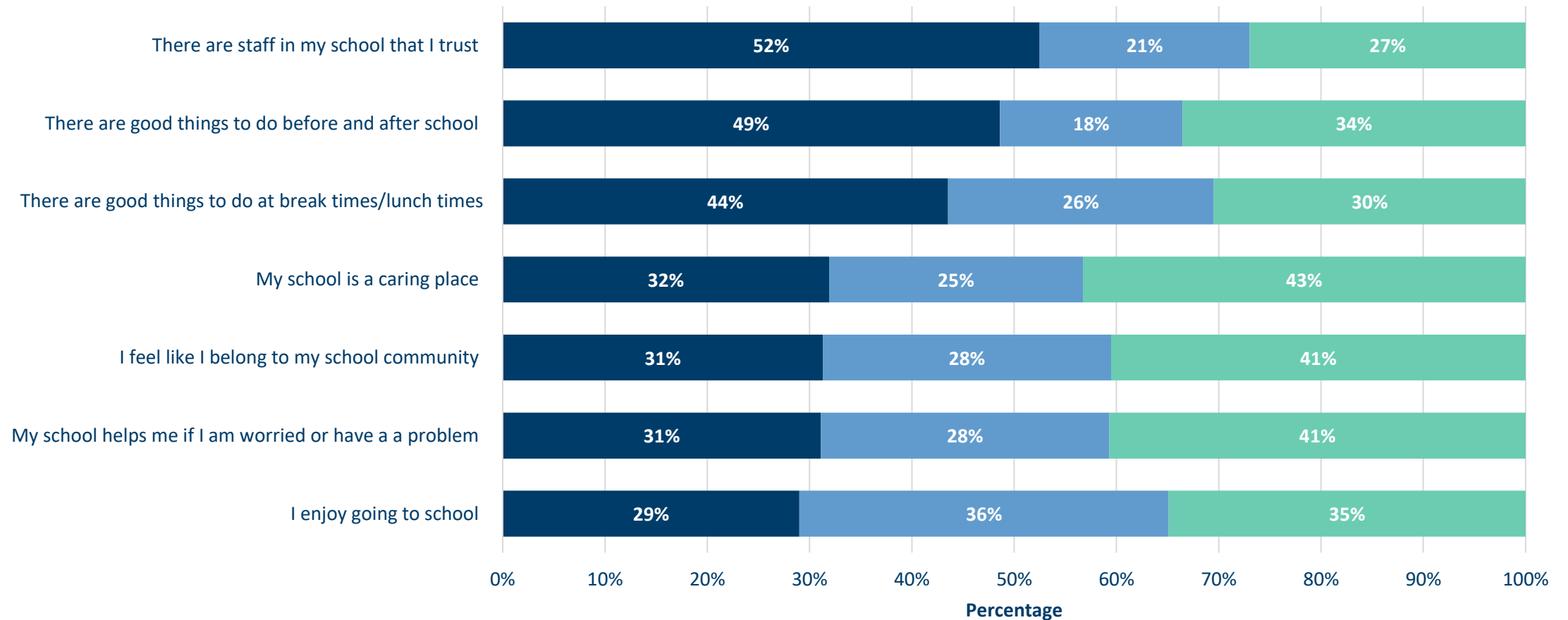
■ Agree ■ Disagree ■ Not Sure



How much do you agree or disagree with the following statements? (Secondary)

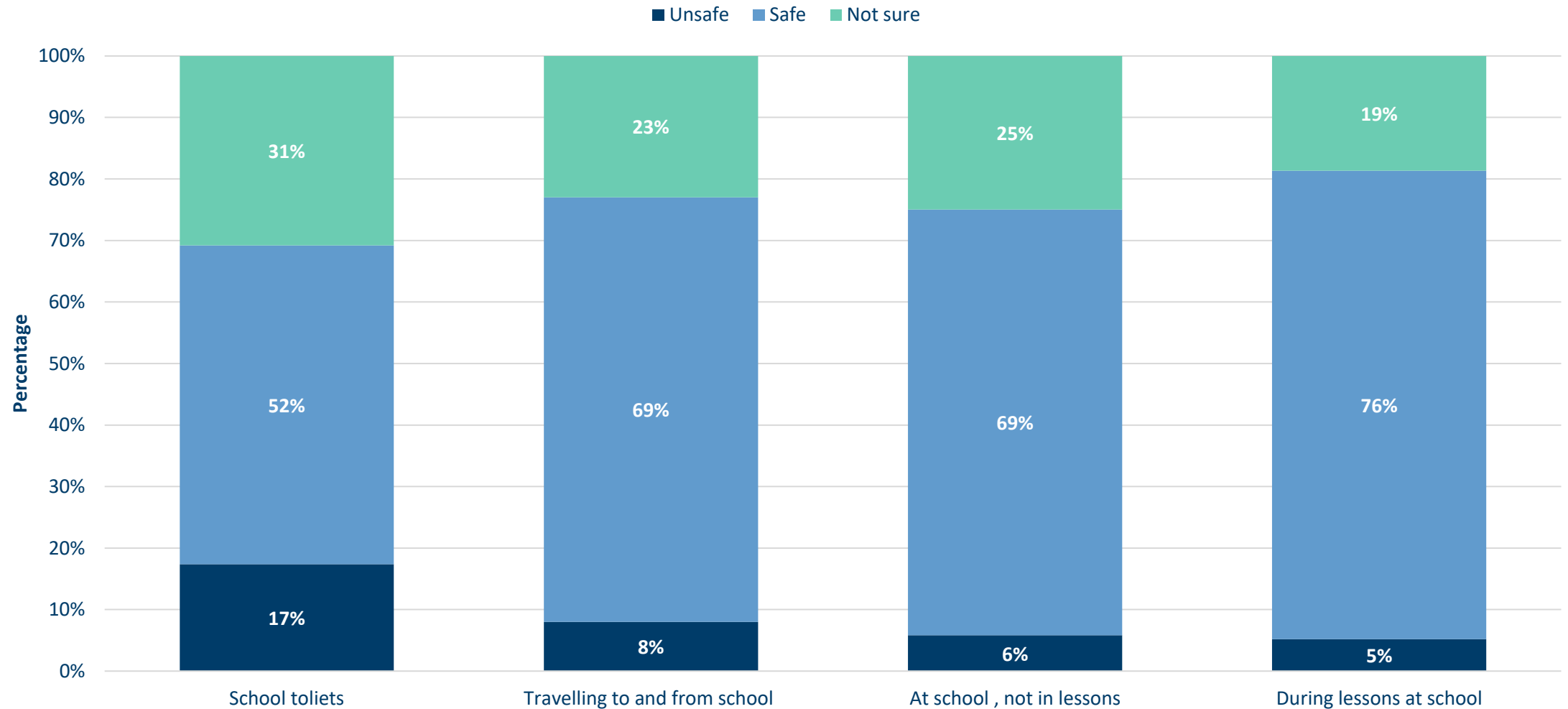
How much do you agree or disagree with the following statements?
(Secondary)

■ Agree ■ Disagree ■ Not Sure



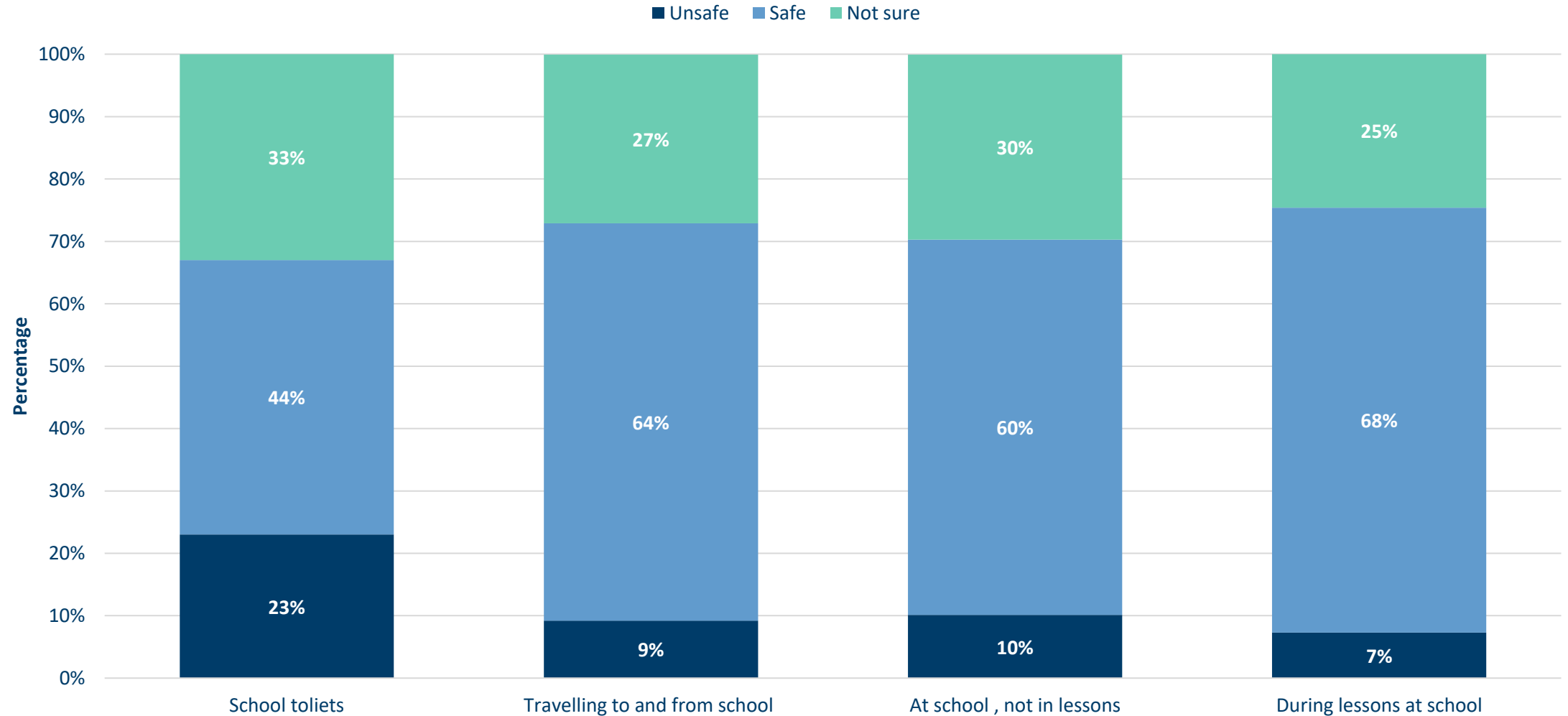
Feeling Safe at school (Primary)

In the last 12 months, how safe have you felt in the following places? (Primary)



Feeling Safe at school (Secondary)

In the last 12 months, how safe have you felt in the following places? (Secondary)



Have you ever been away from school without telling anyone?

(Students could tick multiple options)

- 19% of primary and 26% of secondary students have been away from school without telling anyone for at least one of the following reasons.

Have you ever been away from school without telling anyone? (Students could tick multiple options)		
	Primary (n=2,619)	
Reason for being away from School	Number	Percentage
Yes, for another reason	284	11%
Yes, due to being with family	147	6%
Yes, due to lessons I do not like	78	3%
Yes, due to not feeling safe	75	3%
Yes, due to teachers	72	3%
Yes, due to bullying (including online)	68	3%
Yes, if I can't be bothered	57	2%
Yes, due to being with friends	50	2%

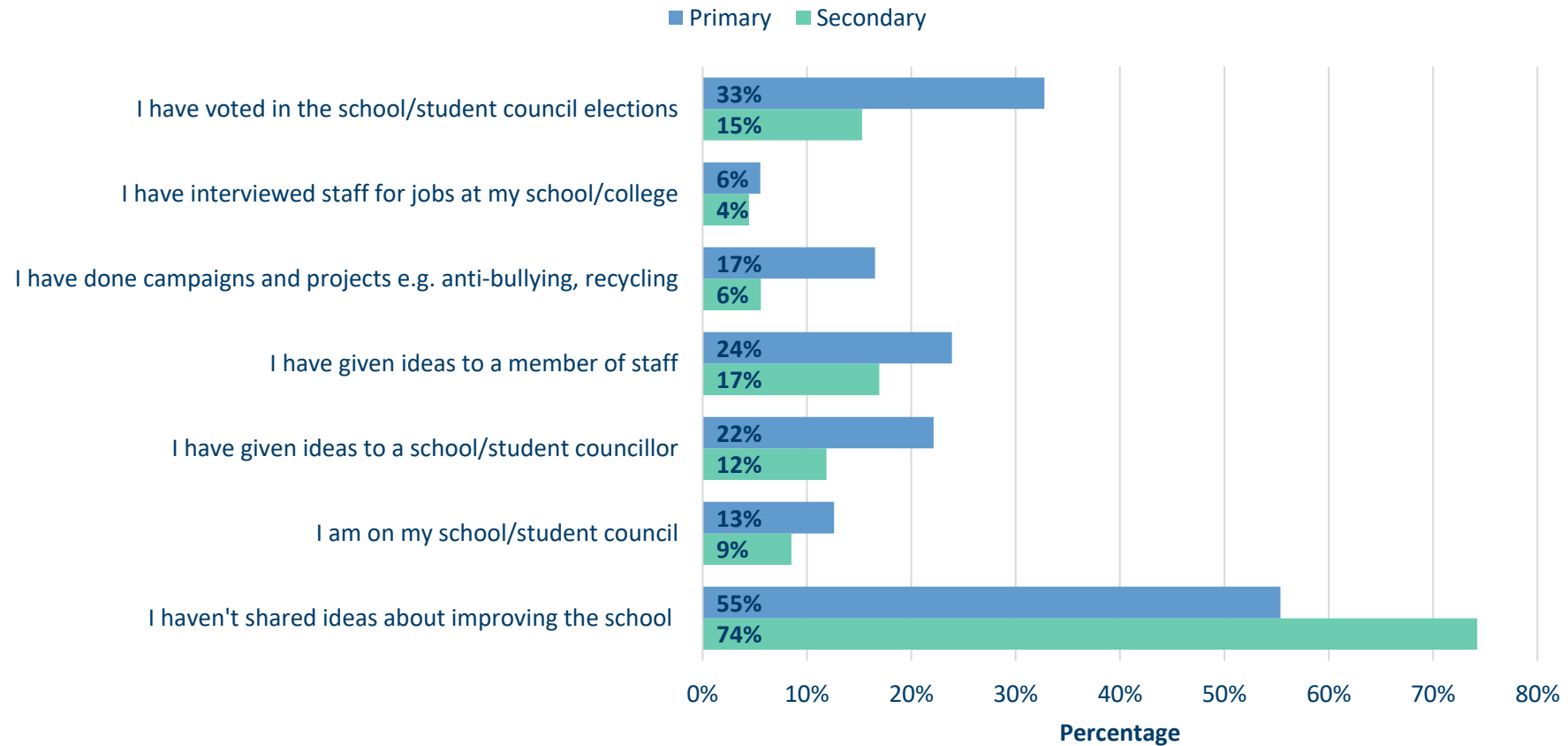
Have you ever been away from school without telling anyone? (Students could tick multiple options)		
	Secondary (n=6,055)	
Reason for being away from School	Number	Percentage
Yes, for another reason	743	12%
Yes, due to lessons I do not like	641	11%
Yes, due to teachers	470	8%
Yes, due to being with family	447	7%
Yes, if I can't be bothered	448	7%
Yes, due to bullying (including online)	226	4%
Yes, due to being with friends	250	4%
Yes, due to not feeling safe	220	4%

Note: Due to the data it is not possible to distinguish between the students who answered no to this question and the students who did not answer this question at all. Therefore, the total number of respondents to the survey were used as the denominator to calculate the percentages.

My School

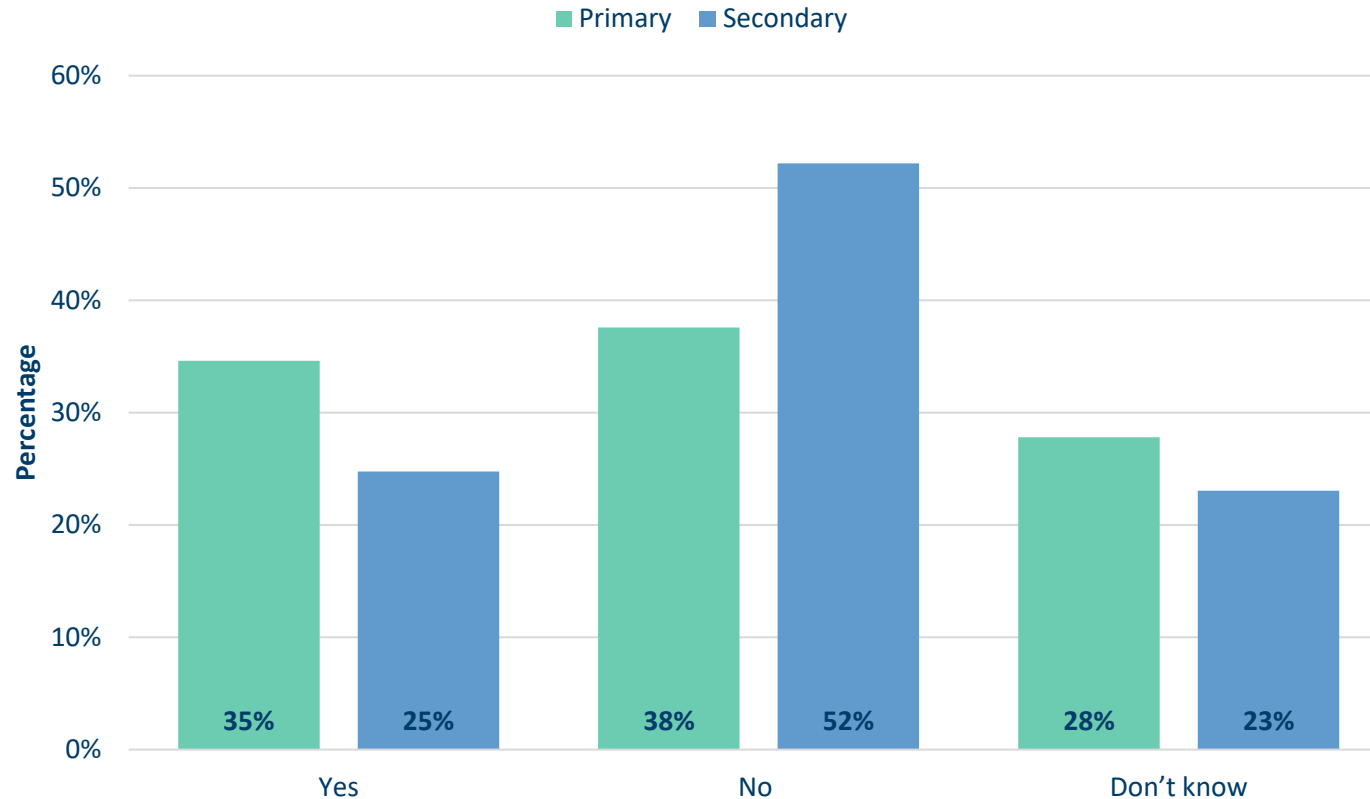
- 52% of primary and 37% of secondary students know how to share ideas about improving their school.

In the last 12 months, at your school...?(Students could tick multiple options)



Local area or city

Do you know how to share ideas about improving your local area or city?

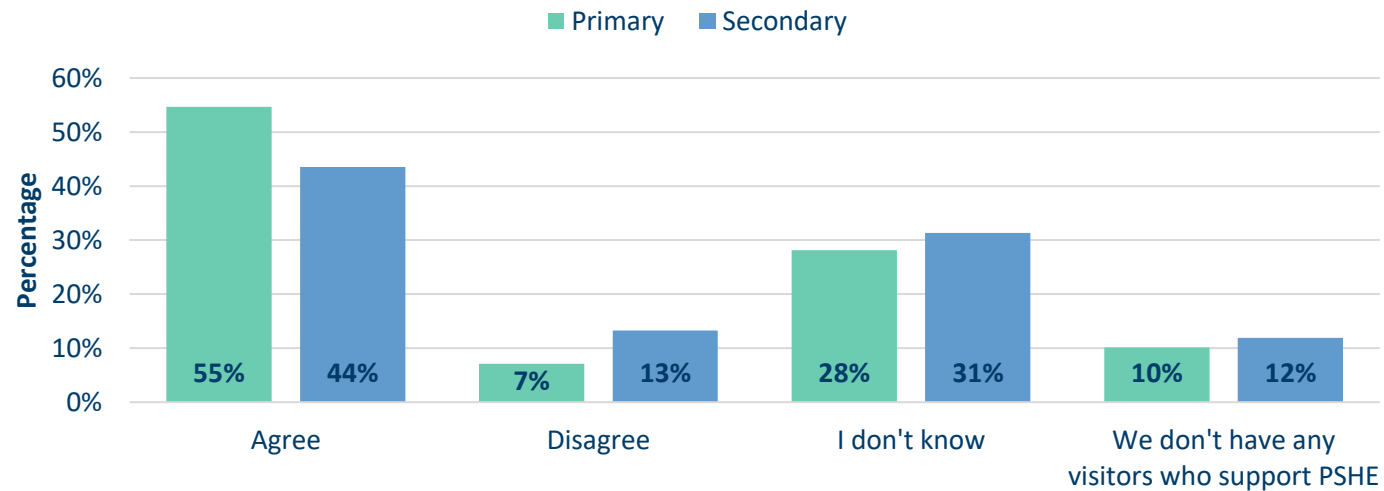


- In the last 12 months, 17% of primary and 8% of secondary students have shared ideas about improving their local are or city.

Personal, Social, Health and Economic (PSHE) Education

- 65% of primary and 59% of secondary students find their PSHE lessons useful.
- 2% of primary and 3% of secondary students reported **'we don't have any PSHE lessons'**.

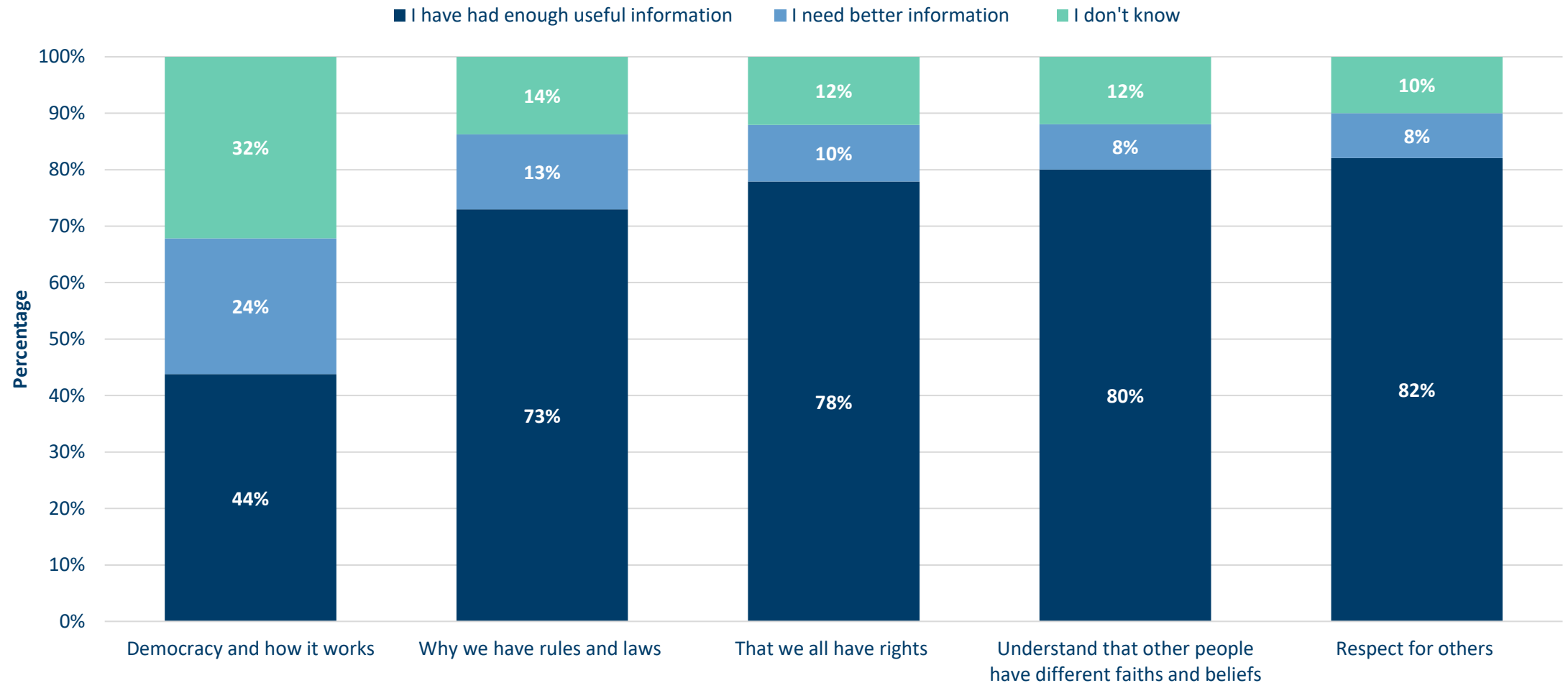
How much do you agree or disagree with the following statement that...
"At this school, visitors who support PSHE in lessons or assemblies are useful and teach me new things"?



- 69% of primary and 37% of secondary students responded that their school is good at encouraging them to have a healthy lifestyle.

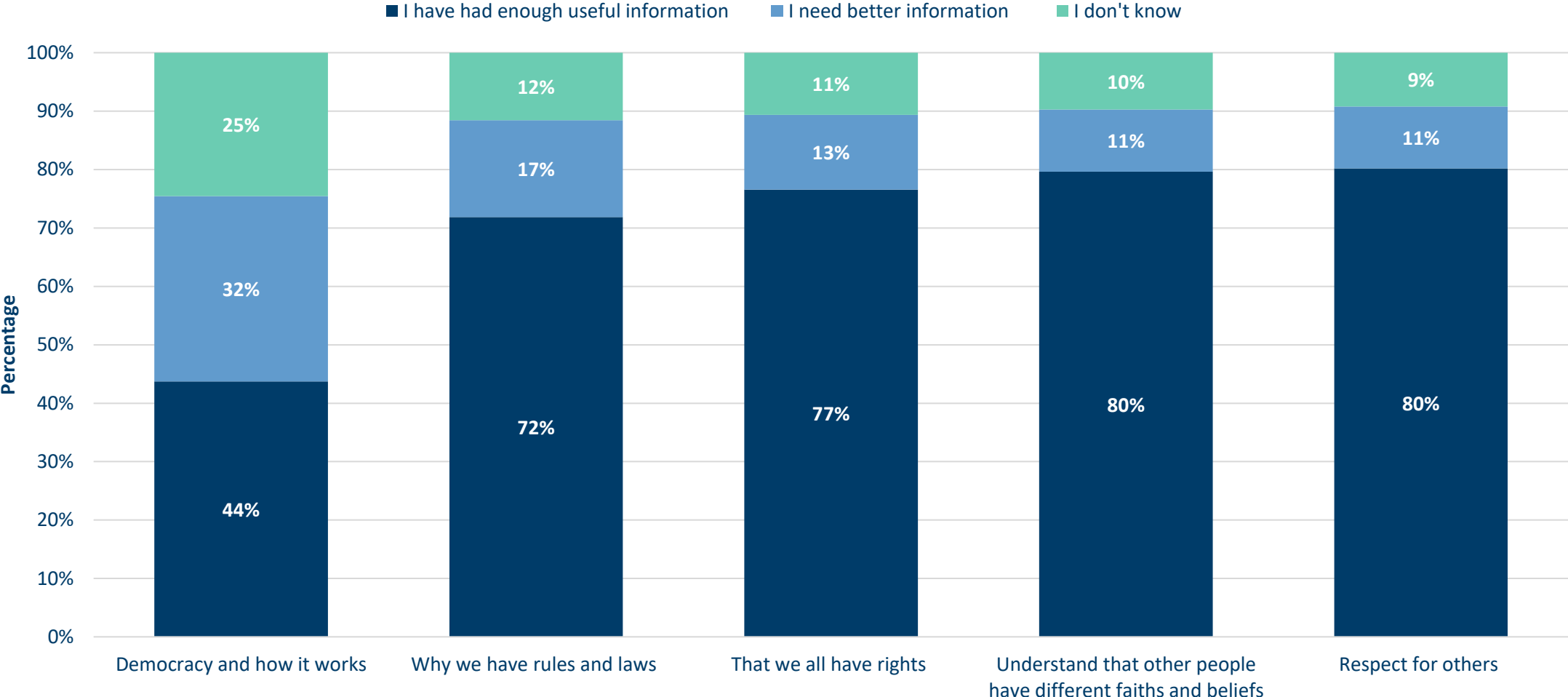
British Values (Primary)

How much useful information and learning have you had to help you understand the following aspects of British values? (Primary)



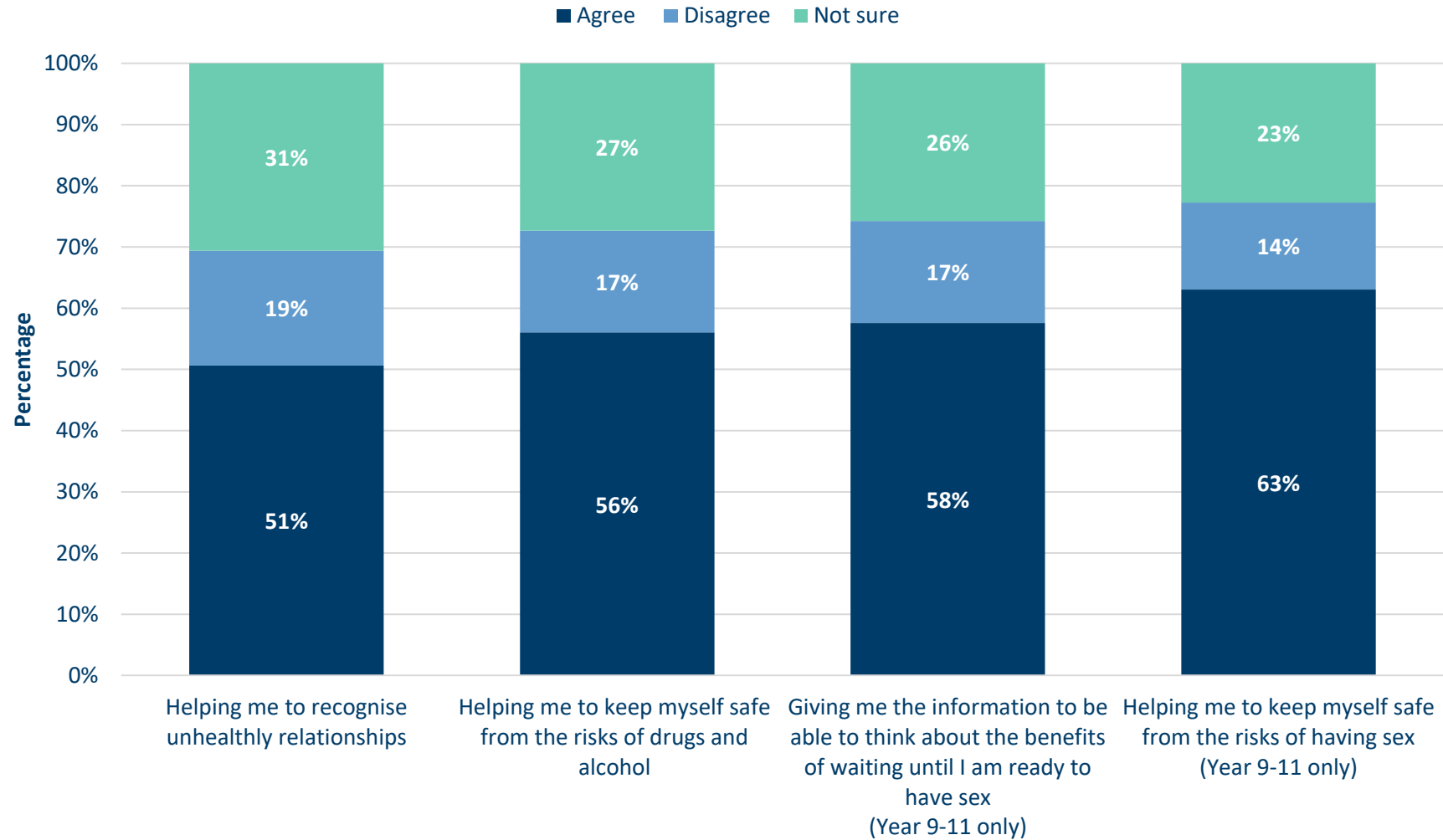
British Values (Secondary)

How much useful information and learning have you had to help you understand the following aspects of British values? (Secondary)



'My school has been good at...'

'My school has been good at...' (Secondary)



Extra tables

How much useful information and learning have you had to help you understand the following things? (Primary)

	I have had enough useful information	I need better information	I don't know
Eating healthily	85%	8%	7%
Staying safe on the internet	84%	8%	9%
Being physically active	82%	10%	8%
Road Safety	80%	12%	8%
Bullying (including online) and what to do about it	74%	13%	13%
Risks of smoking	73%	14%	13%
Risks of alcohol	71%	15%	14%
Risks of drugs	70%	16%	14%
Social, Emotional & Mental Health	70%	18%	12%
Racism and what to do about it	69%	17%	14%
Climate change	67%	21%	12%
Cooking and preparing healthy food	61%	24%	14%
Knife/weapon awareness	54%	24%	22%
How to cope with feeling lonely	51%	27%	22%
How to manage money	50%	28%	22%
Gangs	46%	27%	27%
How to cope with a separation	41%	32%	27%
How to cope with a death	40%	32%	28%

How much useful information and learning have you had to help you understand the following things? (Secondary)

	I have had enough useful information	I need better information	I don't know
Risks of smoking	80%	12%	7%
Staying safe on the internet	79%	13%	8%
Risks of alcohol	79%	13%	8%
Risks of drugs	78%	14%	8%
Being physically active	77%	15%	8%
Eating healthily	76%	16%	8%
Bullying (including online) and what to do about it	70%	19%	10%
Racism and what to do about it	69%	20%	10%
Road Safety	68%	22%	10%
Cooking and preparing healthy food	68%	23%	9%
Knife/weapon awareness	63%	25%	12%
Social, Emotional & Mental Health	63%	26%	11%
Climate change	61%	28%	11%
Risk of giving /accepting a lift in a car*	57%	28%	15%
Pressure/encouragement to commit a crime	57%	28%	15%
Self-harm	51%	34%	15%
Gambling	49%	32%	19%
Gangs	47%	35%	18%
Honour based violence	47%	32%	21%
How to manage money	43%	37%	19%
Extremism*	43%	33%	24%
How to cope with feeling lonely	39%	40%	21%
How to cope with a separation	35%	43%	22%
How to cope with a death	34%	43%	23%
Leaving home/Living independently (Year 11 only)	29%	50%	20%

* Year 9-11

How much useful information and learning have you had to help you understand the following things? (Primary)

	I have had enough useful information	I need better information	I don't know
How your body will change as you grow up	82%	11%	8%
Personal hygiene/ Keeping clean	81%	10%	9%
How your feelings will change as you grow up	76%	15%	9%
Making good relationships	68%	19%	13%
Safe and unsafe relationships	66%	19%	14%
Different types of families	65%	19%	15%
How babies are made (conception) and born	64%	19%	17%
Sexuality	60%	20%	20%
Relationships and Sex	59%	20%	21%

How much useful information and learning have you had to help you understand the following things? (Secondary)

	I have had enough useful information	I need better information	I don't know
How babies are made (conception) and born	79%	13%	8%
Personal hygiene/ Keeping clean	77%	15%	8%
Waiting until you are older or ready to have sex*	76%	15%	9%
Consent	76%	15%	9%
Avoiding Sexual Transmitted Infections (e.g. Chlamydia), HIV, AIDS.*	75%	16%	8%
How alcohol and drugs can influence sexual behaviour*	71%	19%	9%
Relationships and Sex	71%	19%	10%
Safe and unsafe relationships	71%	20%	9%
Sexuality	70%	20%	10%
Different types of families	68%	22%	10%
Making good relationships	65%	25%	10%
Domestic violence and abusive relationships*	63%	27%	11%
Using contraception	61%	22%	17%
Homophobic bullying and ways to stop it	58%	28%	14%
Child Sexual Exploitation (also known as grooming)	55%	30%	15%
Transphobic bullying and ways to stop it	53%	31%	16%
Forced marriages	51%	34%	15%
Biphobic bullying and ways to stop it	51%	32%	17%
Female Genital Mutilation (FGM)	47%	31%	22%
How to be a good parent*	43%	41%	16%

To make sure you are safe and healthy, would you know where to go to get help or advice for each of these things? (Primary)

	Yes	No
Eating healthily	89%	11%
Being more active	87%	13%
Staying safe on the internet	86%	14%
Feeling hungry	82%	18%
Growing up – changes in body and feelings	81%	19%
Bullying (including online) and what to do about it	80%	20%
Someone asking you for your personal details (such as your address) on the internet	79%	21%
Something you saw on the internet, which upsets you	79%	21%
Problems in school/college	78%	22%
Someone sending you upsetting messages, pictures or videos on the internet or on your mobile phone	78%	22%
Problems out of school/college	77%	22%
Social, Emotional and Mental Health	76%	24%
Racism and what to do about it	75%	25%
Climate Change	71%	29%
How to cope with a death	66%	34%
How to cope with a separation	65%	35%
Pupils carrying knives/weapons	62%	38%
Relationships and sex	61%	39%
Pressure to be in a gang	61%	39%
Smoking	60%	40%
Alcohol	60%	40%
Drugs	59%	41%

To make sure you are safe and healthy, would you know where to go to get help or advice for each of these things? (Secondary)

	Yes	No
Staying safe on the internet	81%	19%
Being more active	81%	19%
Eating healthily	80%	20%
Someone asking you for your personal details (such as your address) on the internet	79%	21%
Bullying (including online) and what to do about it	77%	23%
Problems in school/college	77%	23%
How to use a condom*	76%	24%
Contraception/sexual health advice and treatment*	76%	24%
Someone sending you upsetting messages, pictures or videos on the internet or on your mobile phone	76%	24%
Feeling hungry	75%	25%
Racism and what to do about it	75%	25%
Something you saw on the internet, which upsets you	75%	25%
Social, Emotional and Mental Health	74%	26%
Problems out of school/college	74%	26%
Domestic violence and abusive relationships*	72%	28%
Alcohol	72%	28%
Smoking	72%	28%
Drugs	72%	28%

To make sure you are safe and healthy, would you know where to go to get help or advice for each of these things? (Secondary)continued...

	Yes	No
Homophobic bullying and ways to stop it	69%	31%
Relationships and sex	69%	31%
Pupils carrying knives/weapons	69%	31%
Transphobic bullying and ways to stop it	68%	32%
Biphobic bullying and ways to stop it	67%	33%
Pressure/encouragement to commit a crime	67%	33%
Managing money/budgeting	67%	33%
Child Sexual Exploitation (also known as grooming)	66%	33%
Climate Change	66%	34%
Self-harm	65%	35%
Gambling (mine/family members)	64%	36%
Pressure to be in a gang	64%	36%
Forced Marriage	62%	37%
Honour Based Violence	62%	38%
How to cope with a death	62%	38%
How to cope with a separation	61%	39%
Female Genital Mutilation (FGM)	59%	41%
Extremism*	58%	42%

How good do you think your school are at dealing with the following...? (Primary)

	Good	Ok	Poor	Don't know	This is not an issue at our school
Social, Emotional and Mental Health issues	53%	21%	8%	13%	4%
Bullying including Cyber-bullying	51%	22%	11%	11%	6%
Racism	49%	12%	7%	16%	16%
Poor behaviour	49%	26%	10%	11%	3%
People from different backgrounds not getting on well	49%	16%	7%	17%	11%
Responding to climate change/emergency	44%	25%	9%	16%	6%
Sexism	41%	13%	9%	20%	17%
Alcohol	41%	11%	7%	20%	22%
Smoking	41%	11%	7%	20%	22%
Drugs	40%	12%	7%	20%	20%
Homophobia	40%	13%	9%	24%	15%
Pupils/students carrying knives/weapons	37%	9%	7%	22%	24%
Gangs	35%	14%	9%	22%	19%

How good do you think your school are at dealing with the following...? (Secondary)

	Good	Ok	Poor	Don't know	This is not an issue at our school
Racism	37%	25%	24%	12%	3%
Homophobia	34%	24%	26%	13%	3%
Sexism	33%	24%	27%	13%	3%
Pupils/students carrying knives/weapons	32%	22%	20%	18%	9%
Alcohol	31%	25%	23%	16%	5%
People from different backgrounds not getting on well	31%	26%	22%	17%	5%
Smoking	30%	25%	27%	15%	3%
Social, Emotional and Mental Health issues	30%	26%	24%	16%	5%
Drugs	30%	26%	24%	16%	5%
Pupils/students sharing nude pictures or videos	28%	21%	25%	21%	6%
Bullying including Cyber-bullying	27%	32%	28%	11%	2%
Poor behaviour	24%	37%	29%	8%	2%
Gangs	23%	23%	25%	20%	9%
Pupils/students with extremist views*	22%	21%	26%	23%	7%
Responding to climate change/emergency	22%	32%	25%	15%	6%