

# Mental Health and Emotional Wellbeing

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.

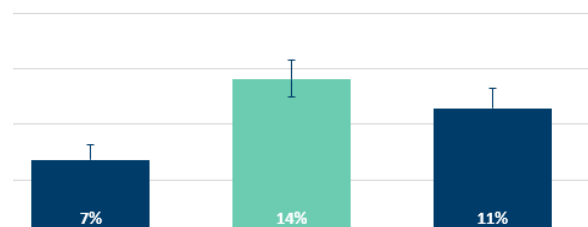
**Comparing survey results with other areas** is limited to the two local authorities who use the survey, Leeds and Torbay.

**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](mailto:kchft.schoolhealthplan@nhs.net).
- If you have questions about the analysis, please contact: [public.health@eastsussex.gov.uk](mailto: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](mailto:public.health@eastsussex.gov.uk).

# Overview

- Overall wellbeing
- Worry
- Sleep
- Self-harm
- Bereavement
- Bullying
- School avoidance
- Learning and information
- Gambling

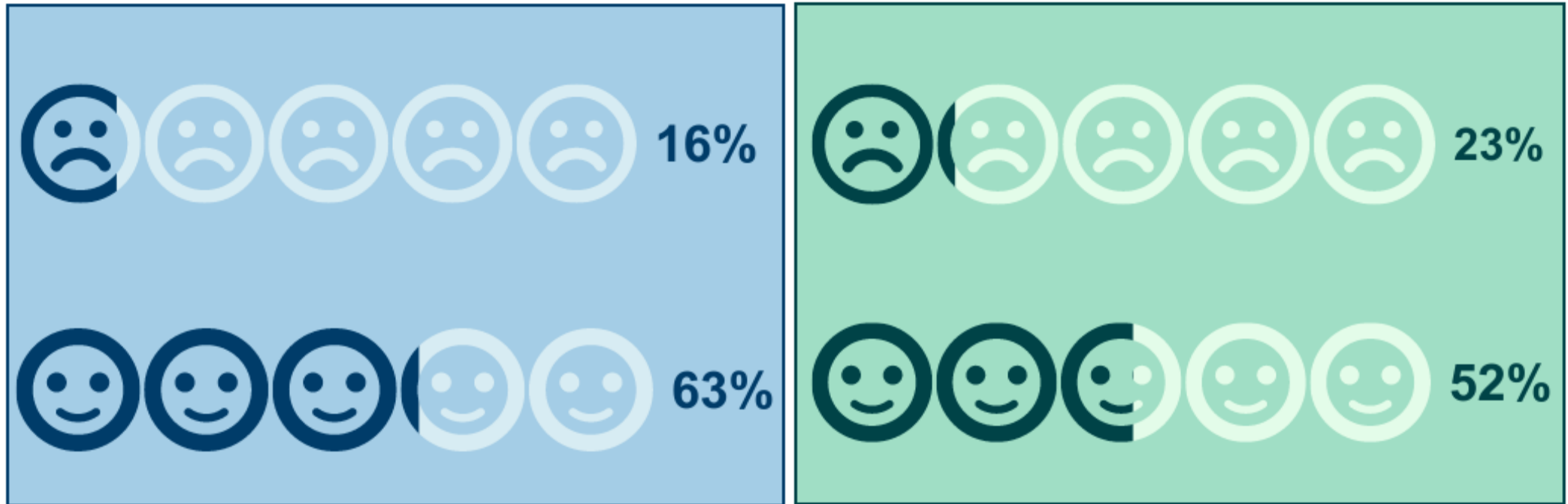
# How often do you feel happy, sad or upset?

Pupils reporting feeling happy, sad or upset most days (4-7 days) a week

Primary

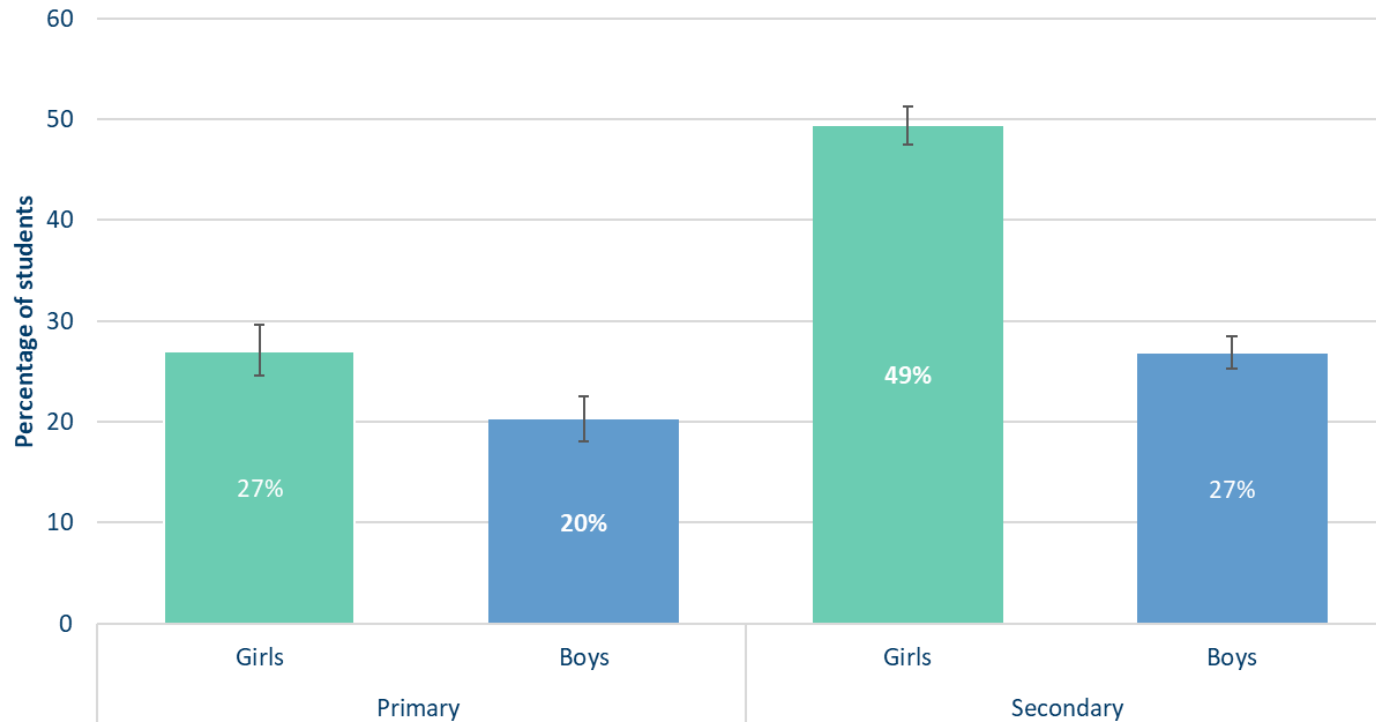
Secondary

Happy  
Sad/upset



# How often do you feel stressed or anxious?

Percentage of students feeling stressed or anxious 4-7 days a week



- Secondary school students report significantly higher levels of stress and anxiety than primary school students.
- For both age groups girls report significantly higher stress and anxiety than boys.

- 60% of LGB+ students compared to heterosexual/straight students (33%) feel stressed or anxious most days



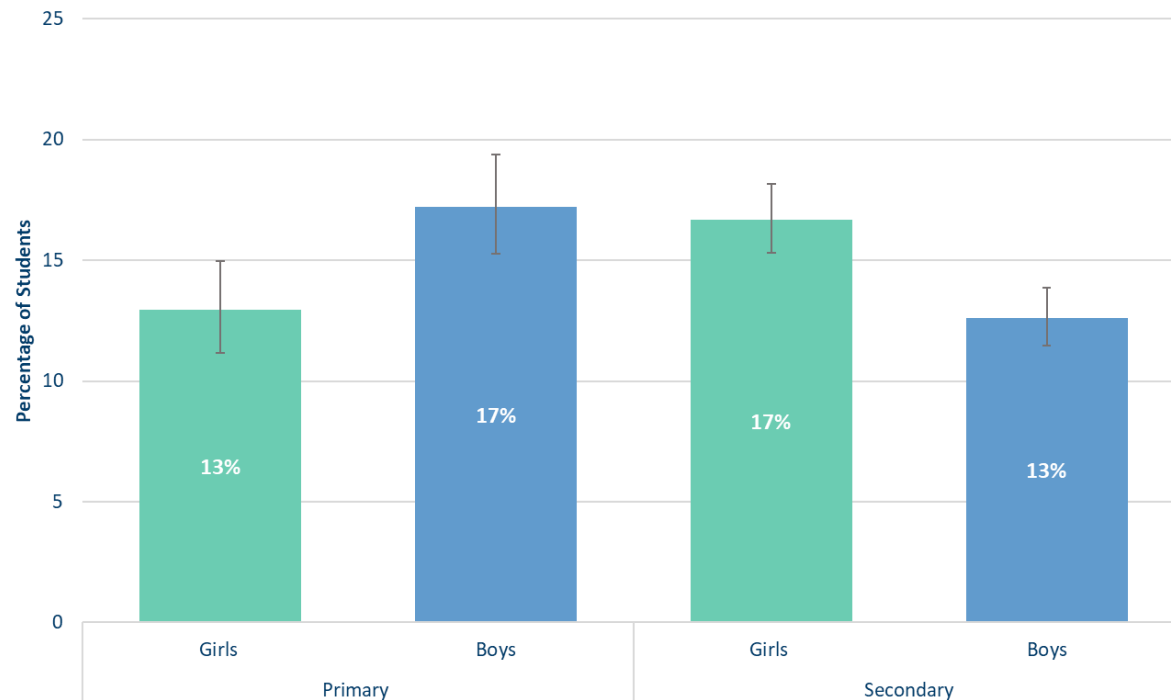
# Connectedness



**69%**




of students aged 9-16 years feel **happy** about the number of **good friends** they have

Percentage of students feeling lonely 4-7 days a week



- **Primary boys report feeling lonely significantly more than primary girls.**
- **Secondary girls report feeling significantly more lonely than primary girls.**
- **Secondary boys report feeling significantly less lonely than primary boys.**

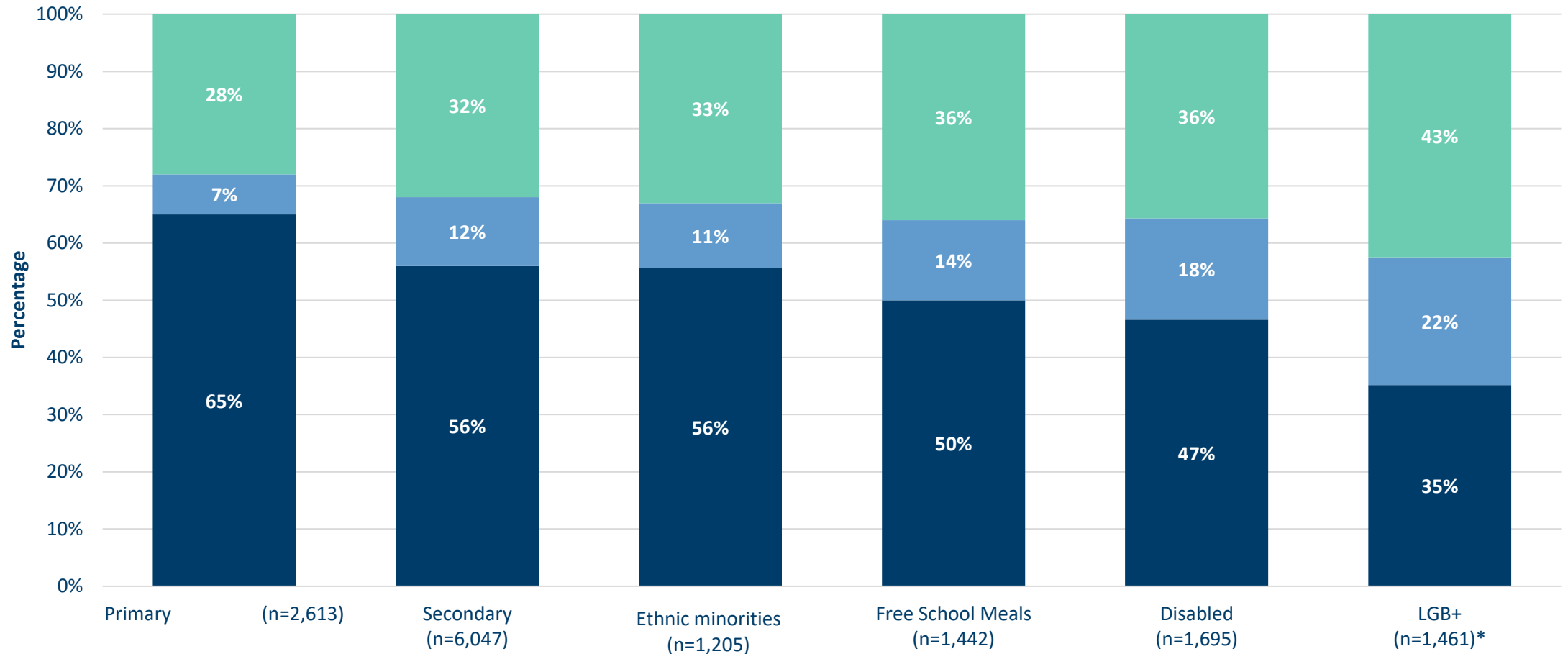
# How well do you cope with feeling sad or upset, stressed or anxious, or lonely?

‘I cope well with feeling the following’		
	Primary	Secondary
 <b>Sad or Upset</b>	24%	27%
 <b>Stressed or anxious</b>	23%	21%
 <b>Lonely</b>	38%	40%

# Enjoyment of life

How much do you agree or disagree with the following statement...?  
'I enjoy my life?'

■ Agree ■ Disagree ■ Not sure



\* only includes data from secondary students

# Worry

## Top five reasons students have felt worried over the last 12 months:

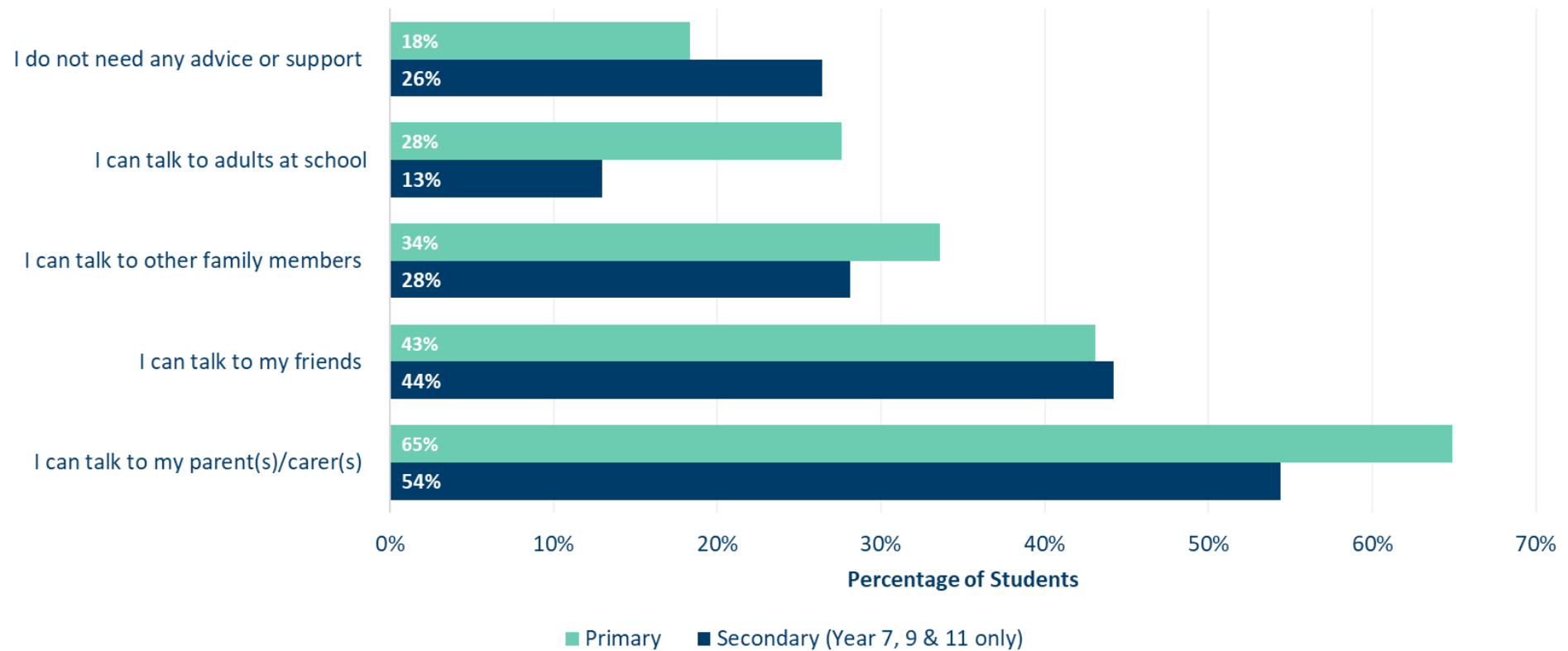
*(students could tick multiple options)*

Primary (n=2,619)		Secondary (n=6,055)	
Reason	Percentage	Reason	Percentage
Friendships	34%	The way I look	58%
The way I look	31%	School work	47%
I do not worry about anything	26%	Friendships	47%
Feeling lonely	25%	Exams	45%
A death	24%	My parents or family	34%

# Support

- 89% of primary and 82% of secondary students said they have someone to talk to if they feel worried, sad, angry or lonely.

If you are worried, feel sad, angry or lonely about something, where do you get advice and support from? (Top five)\*



\*students could tick multiple options

# Coping mechanisms (Primary)

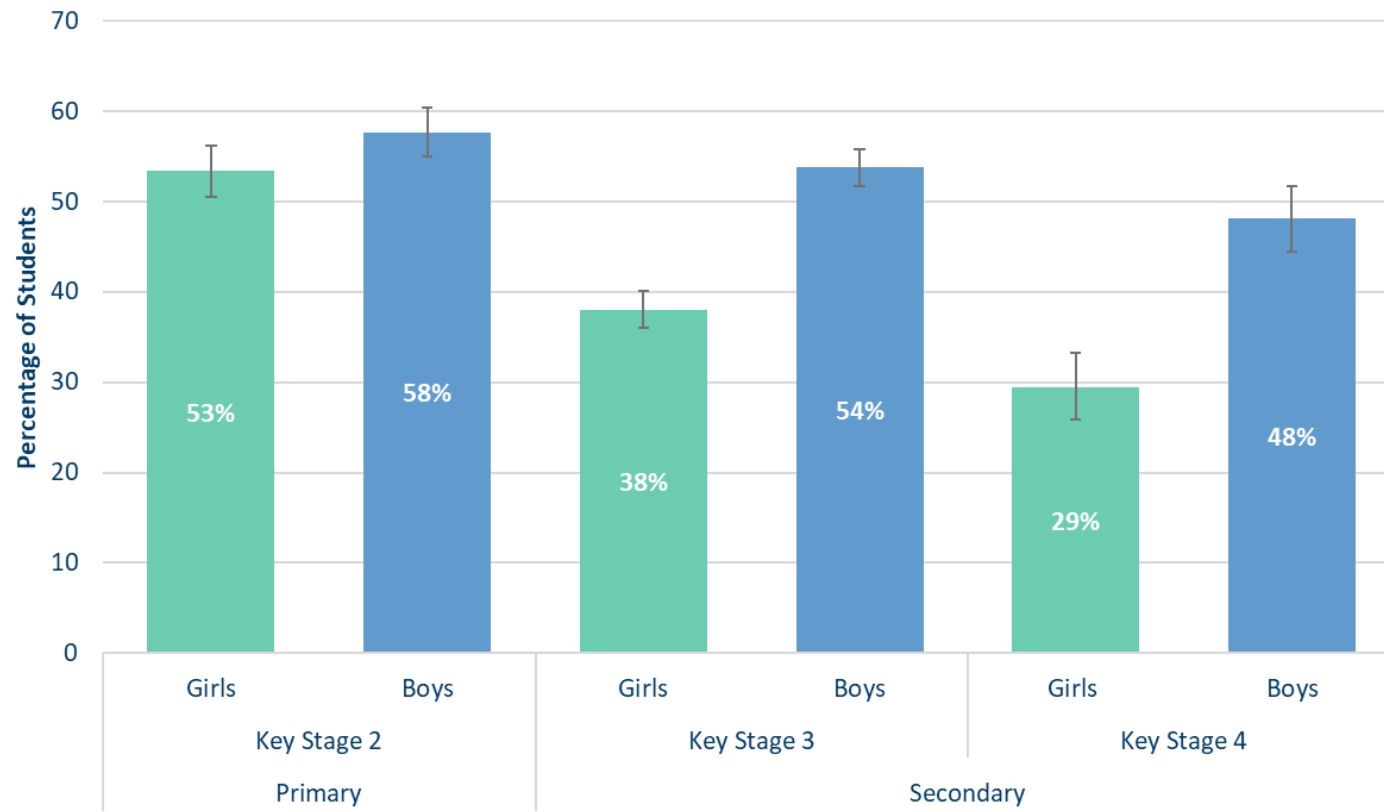
What helps you feel better when you are worried, sad, angry or lonely? Primary (n=2,619)	
	Percentage
Watching TV/films/YouTube/Netflix	53%
Spending time with pets	49%
Playing or listening to music	45%
Spending time/video calls/talking with family	44%
Online gaming – Xbox/PlayStation/Mobile phone	44%
Being outdoors	39%
Spending time/Video calls/talking with friends	34%
Being active	31%
Arts and Crafts	30%
Cooking/Baking	30%
Reading books	26%
Sleeping more	24%
Social Media	23%
Other	21%
I do not use anything to help me feel better	4%

# Coping mechanisms (Secondary)

<b>What helps you feel better when you are worried, sad, angry or lonely? Secondary (n=6,055)</b>	
	<b>Percentage</b>
<b>Playing or listening to music</b>	63%
<b>Watching TV/films/YouTube/Netflix</b>	61%
<b>Online gaming – Xbox/PlayStation/Mobile phone</b>	48%
<b>Spending time with pets</b>	46%
<b>Being outdoors</b>	41%
<b>Spending time/Video calls/talking with friends</b>	40%
<b>Spending time/video calls/talking with family</b>	36%
<b>Sleeping more</b>	34%
<b>Social Media</b>	32%
<b>Being active</b>	32%
<b>Cooking/Baking</b>	26%
<b>Reading books</b>	20%
<b>Other</b>	18%
<b>Arts and Crafts</b>	17%
<b>I do not use anything to help me feel better</b>	6%

# Sleep

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



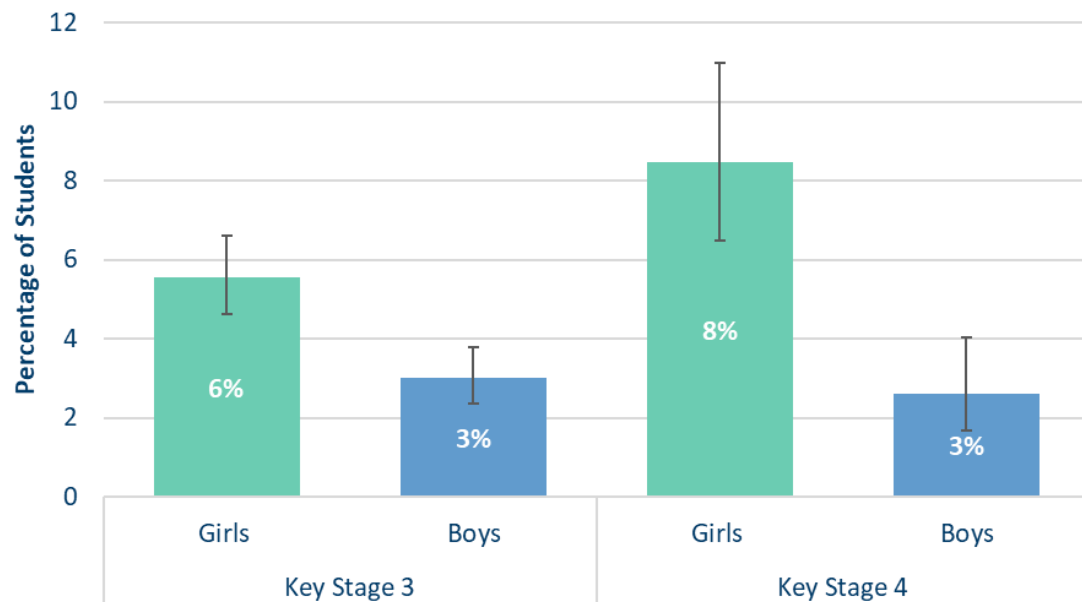
- Across all age groups boys report getting better sleep than girls (significantly better for key stage 3 and 4).
- Girls get significantly less sleep as they get older.



# Self-harm (secondary students only)

- Around a third (31%) of secondary students reported *ever* intentionally hurting themselves.
- 17% of secondary students who have *ever* hurt themselves on purpose do so at least once a week.
- 35% of students that had ever self-harmed did not tell anybody in their school.

Prevalence of regular\* self-harm in secondary students



\* regular self-harm defined as hurting yourself on purpose at least once a week

- **Key stage 3 and 4 girls have a significantly higher prevalence of self-harm compared to boys.**
- **Self-harm is similar across the age groups for boys, however in girls it increases with age (but not significantly).**

# Bereavement



In the last 12 months, **44%** of students reported that **someone close to them has died**.



**41%** of **primary** and **22%** of **secondary** students said they were **supported** by their **school** to help them deal with this death if they needed it.

Did you get enough support from your school to help deal with this death? (Secondary)	
	Percentage
I did not need any support	44%
I didn't tell anybody in school	27%
No, but I got support from somewhere else	11%
No, I had no support from either my school or anywhere else	10%
Yes, I had enough support from my school	6%
Yes, but I needed more support from my school	3%

# Bullying

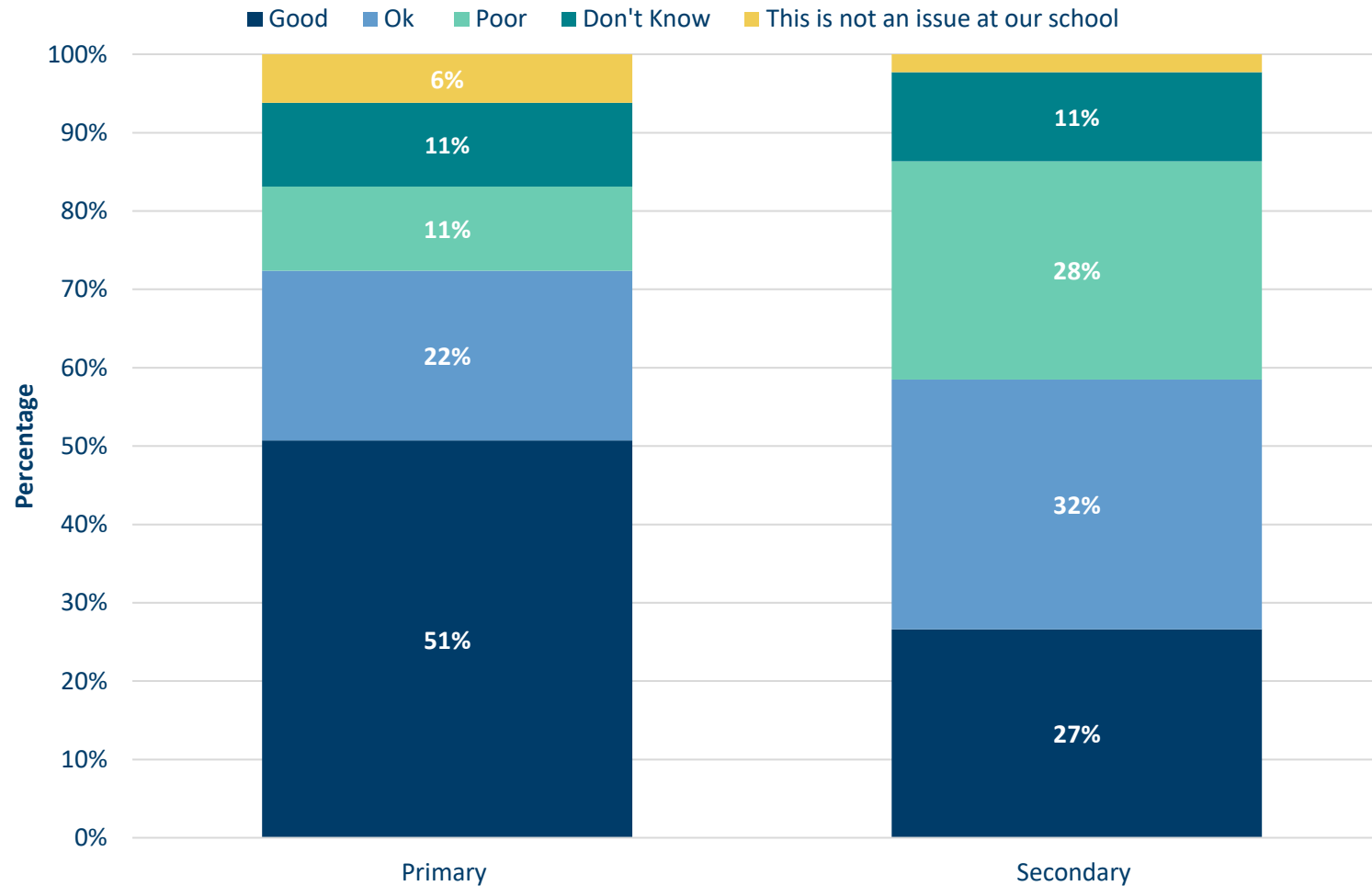
- In the last 12 months, 5% of primary and secondary students responded that they have been bullied (including online bullying) **‘most days or every day’**.
- For bullying incidents, students reporting **‘not at all’** to being bullied in the last 12 months was 55% in primary and 60% in secondary students.

Top five reasons why students believe they have been bullied					
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?



# 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.

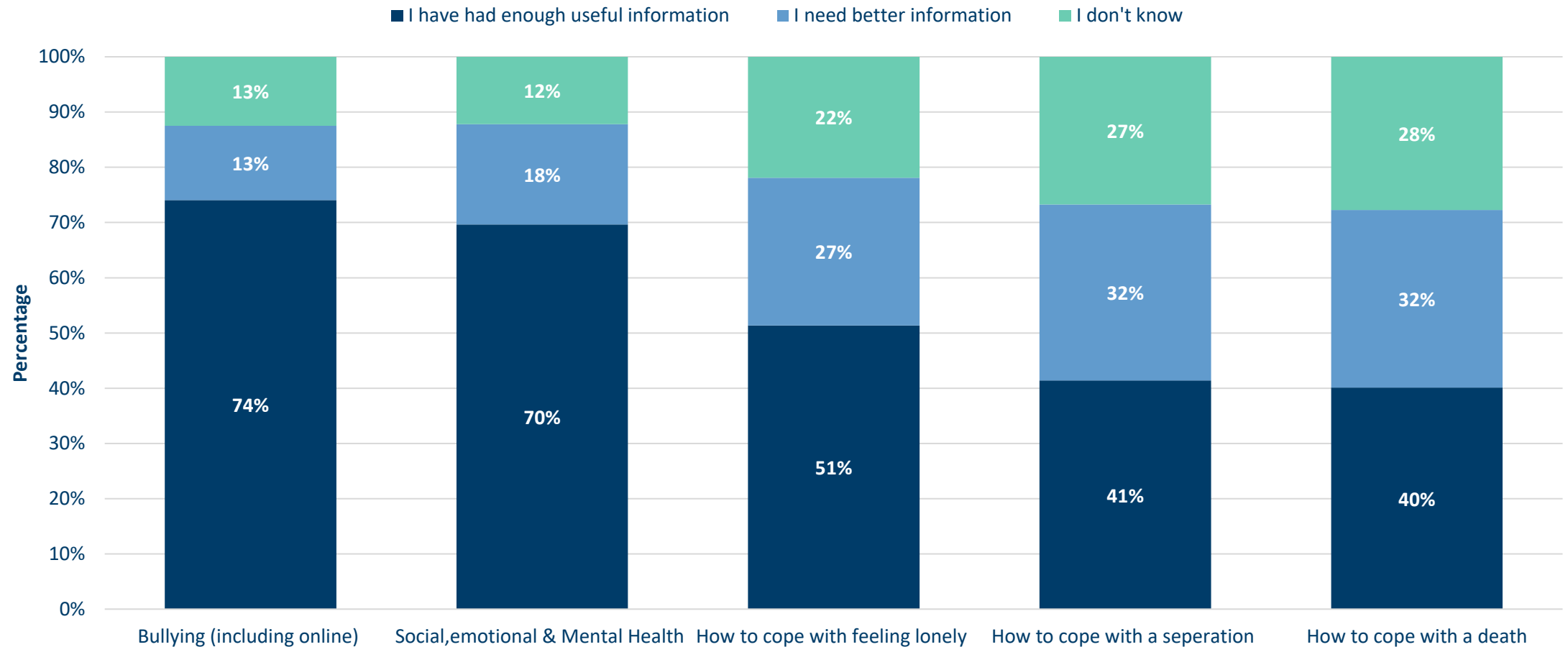
Have you ever been away from school without telling anyone? (Students could tick multiple options)		
	Primary (n=2,619)	
Reason for being away from School	Number	Percentage
Yes, for another reason	284	11%
Yes, due to being with family	147	6%
Yes, due to lessons I do not like	78	3%
Yes, due to not feeling 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.

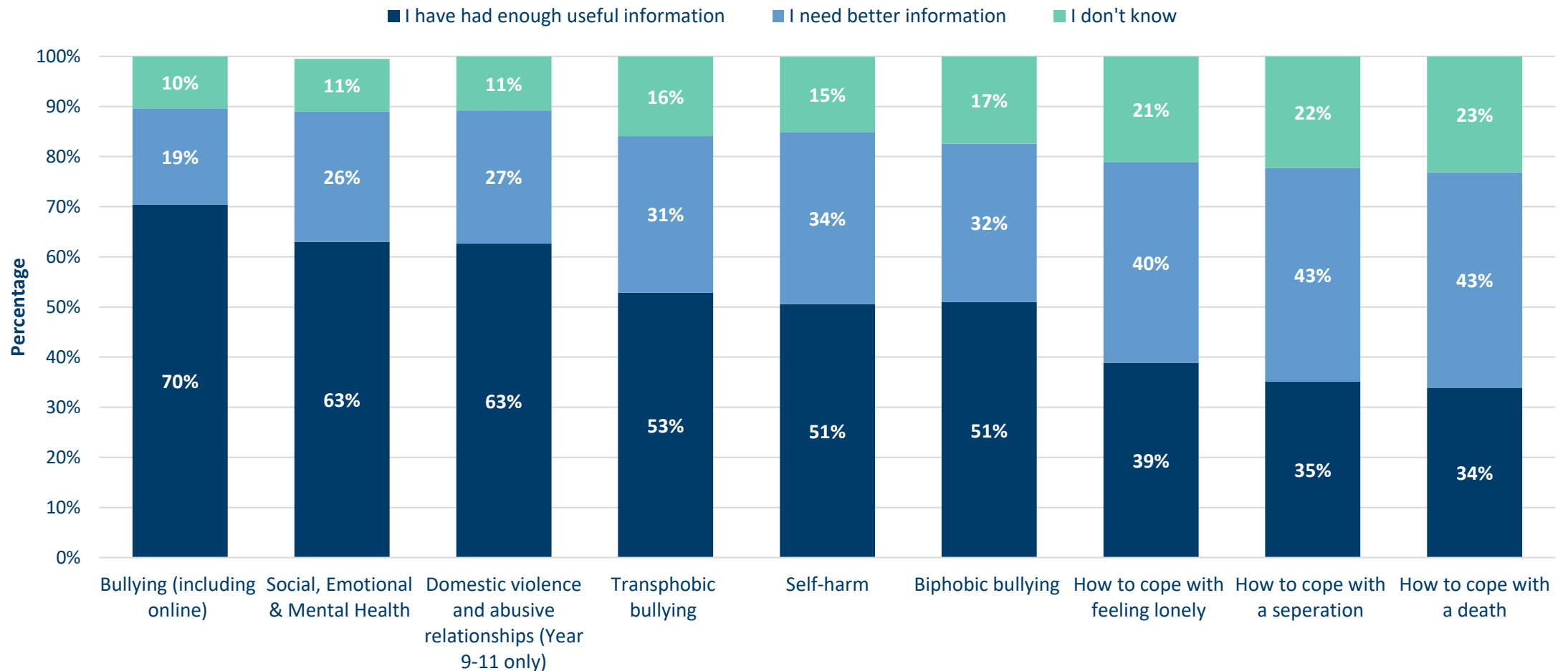
# Learning and Information (Primary)

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



# Learning and Information (Secondary)

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



# Learning and Information

- 55% of primary and 44% of secondary students agree with the statement "**At this school, visitors who support PSHE in lessons or assemblies are useful and teach me new things**".

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



80% - Bullying (including online) and what to do about it



76% - Social, emotional and mental health



79% - Something you saw on the internet, which upsets you



66% - How to cope with a death



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

- 77% - Bullying (including online) and what to do about it
- 75% - Something you saw on the internet, which upsets you
- 74% - Social, emotional and mental health
- 69% - Homophobic bullying and ways to stop it
- 68% - Transphobic bullying and ways to stop it
- 67% - Biphobic bullying and ways to stop it
- 62% - How to cope with a death

## Gambling (Secondary)

- 7% of secondary students are regularly (at least once a week) engaging in gambling behaviour from buying coins to move up a level in a game to using gambling machines.

In the last 12 months, have you ever taken part in any of the following activities (gambled), either online or at a venue?

At least a few times in the last 12 months		
	Number	Percentage
Purchased coins to move up a level during a game or Skin Betting	1,493	25%
Placing a private bet for money (e.g. with friends)	1,405	23%
Placed a bet on a sporting event	1,115	18%
Bingo	1,089	18%
Fruit machine/Slot machines/other gambling machines	859	14%
Purchased a national lottery scratch card or lotto	857	14%
Playing cards for money (e.g. poker, blackjack)	717	12%
Any other betting or gambling activity	570	9%
Roulette	303	5%

- 32% of secondary students said they need better information to help them understand the risks of gambling.