

The Wolverhampton Children and Young People's Health Related Behaviour Survey 2023

Emotional Health and Wellbeing

Secondary Report

Wolverhampton Secondary



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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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Survey Report 2023

Produced by the
Schools Health Education Unit

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N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

Foreword

I would like to thank you for participating in the 2023 Health Related Behaviour Survey (HRBS). The commitment and support from schools has once again been superb and has enabled us to collect views from over 8,500 children and young people across 51 settings. The 2023 survey was a shorter, thematic survey to explore the emotional health and wellbeing needs of our children and young people. In the context of society returning to normal following the Covid-19 pandemic, it is vitally important for us to continue to understand the views and experiences of our children and young people to ensure they live healthily and thrive within our city.

This individual report for your school contains valuable data on the emotional health and wellbeing of your pupils. The information will enable you to better understand the attitudes and behaviours of your children and young people. In addition, it will help you identify priorities and plan your provision and whole school approaches in relation to pupil emotional health and wellbeing and provide valuable evidence for Ofsted inspections.

I will also be using this data to help understand the ongoing emotional and mental health challenges our children and young people have reported in previous surveys and take the opportunity to use this survey data to work collaboratively with schools and our wider partners including the NHS to address some of these key challenges children and young people in our city face and to make a positive difference to the lives of children and young people.

Thank you once again for participating in the survey. Your setting's contribution to this valuable consultation tool is greatly appreciated, as are the efforts of your staff and pupils. This is the ninth time that the survey has run in Wolverhampton, and its continued success and longevity is very much down to the strong partnerships that we have in our city.

Should you require any further support or assistance in addressing any priorities or challenges raised by the data in your report, please contact the Wolverhampton Public Health team.



John Denley

Director of Public Health
City of Wolverhampton Council

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

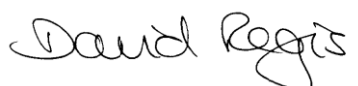
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding
Survey Manager
Schools Health Education Unit



Dr. David Regis
Research Manager
Schools Health Education Unit

Introduction

The Health Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 40 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original online questionnaire and survey results. This is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Your online results can be found on www.schoolsurveys.co.uk. Your username and password are on the 'Tutor's Guide' we sent you at the start of the survey process. Please email admin@sheu.org.uk from a school email address if you would like your instructions sent across again. Please refer to the 'After the Survey Manual' for step-by-step help in accessing your results or contact us directly.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

The sample

This table contains the numbers of boys and girls in each year group who completed the survey.

Wolverhampton	
Y 8	Y 10
1555	987

Please note that if the proportions of younger and older pupils, or boys and girls, are very different in your school sample compared with the wider sample, then you may need to consider this as a cause when looking at any differences between your school and the wider data. Many of the headline figures are broken down by age and gender in the main body of the report, which will give more context for interpretation. Please contact SHEU if you would like to discuss.

Please note that, when asked about their gender, 36 pupil(s) said they are non-binary, 71 pupil(s) said they are questioning/unsure or preferred not to say and 0 pupil(s) didn't answer the question. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures. For results split by gender, we use the pupils' self-identified gender from Q1a, which may not match their sex assigned at birth.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

In the report, you may see '-' in the tables or text (e.g. '-%').

This means we have suppressed the result because the number of valid responses for an item has dropped below 7 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

Your 2023 HRBS Results

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Background

Special needs

9% of pupils consider themselves to have a special educational need or disability, while 16% said they 'don't know' if they do.

QB. Percentage answering that they consider themselves to have a special educational need or disability.

Wolverhampton

Y 8	Y 10
9	9

Gender identity

5% of pupils said their gender is different to the gender they were assigned at birth (transgender).

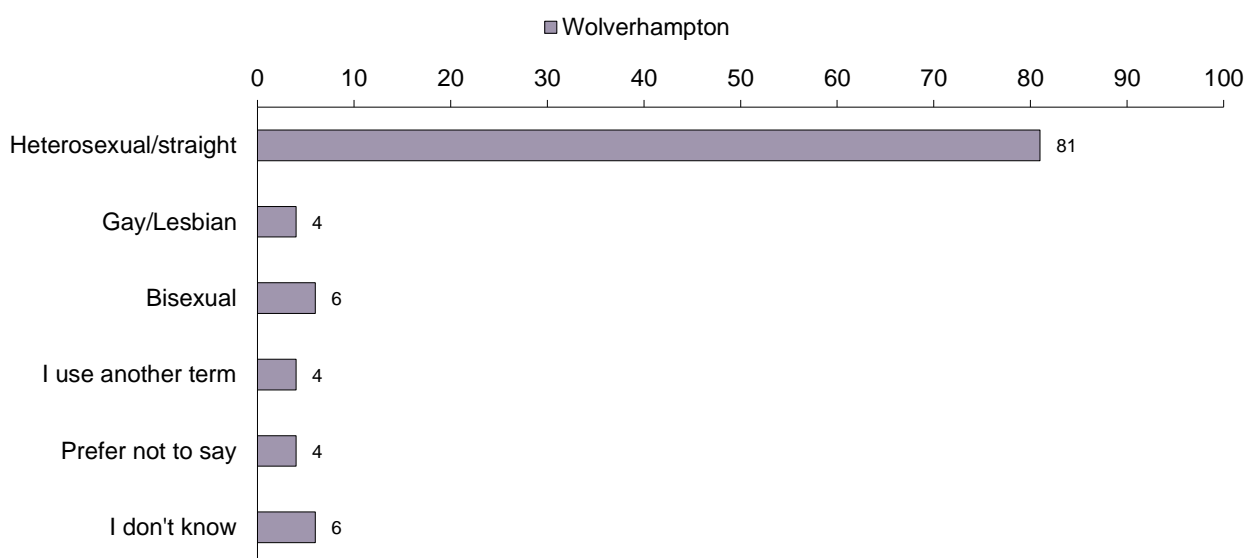
Q1b. Percentage answering that their gender is different to the gender they were assigned at birth.

Wolverhampton

Y 8	Y 10
4	6

Sexual orientation

Q2. Year 10+ only: How would you describe your sexual orientation?



81% of Year 10+ pupils said they are heterosexual/straight.

Q2. Percentage of Year 10+ pupils answering that they are heterosexual/straight.

Wolverhampton

Y 10	81
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4% of Year 10+ pupils said they are gay/lesbian, while 6% said they are bisexual.

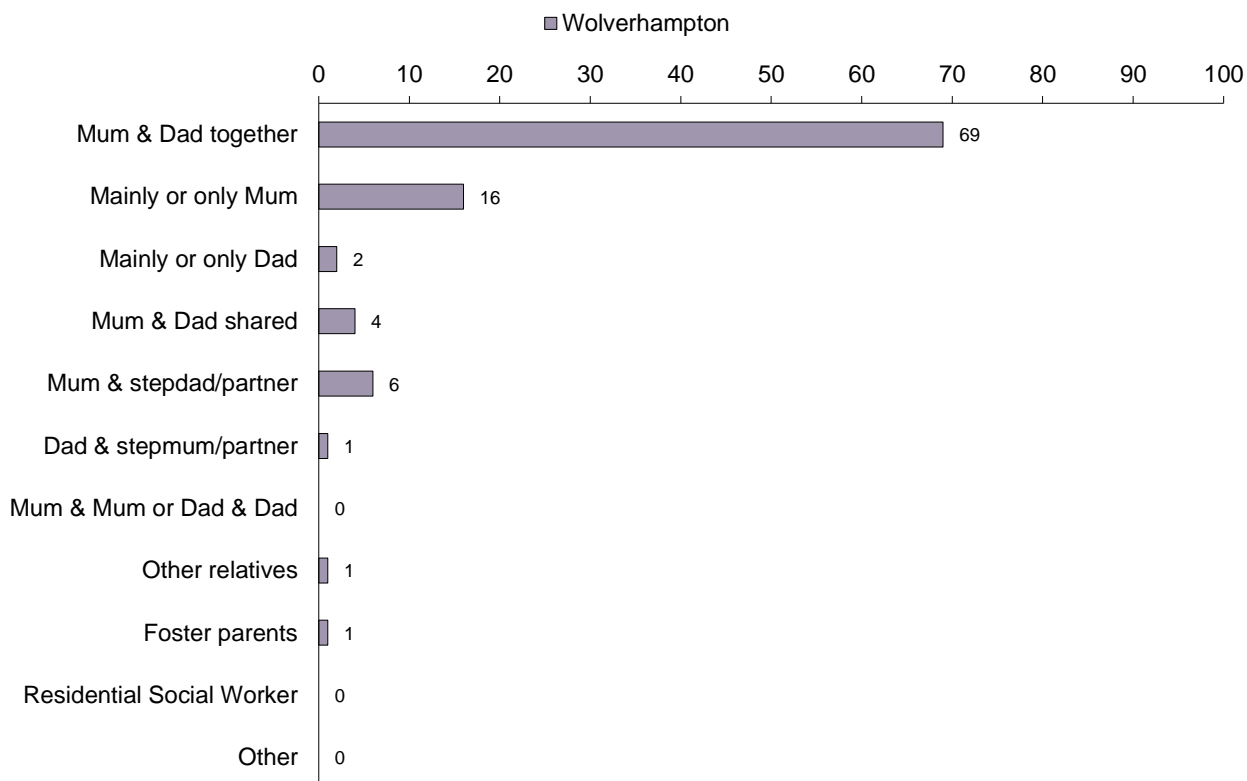
Q2. Percentage of Year 10+ pupils answering that they are gay/lesbian.

Wolverhampton

Y 10	4
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Family

Q3. Which adults do you live with most?



69% of pupils responded that they live with their Mum and Dad together.

16% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

Q3. Percentage answering that they live with their Mum and Dad together.

Wolverhampton

Y 8 Y 10

70 67

Q3. Percentage answering that they live 'mainly or only' with their Mum.

Wolverhampton

Y 8 Y 10

15 18

Young carers

9% of pupils responded that they regularly help to look after someone in their family because they are disabled, ill or are not able to look after themselves, while 23% said 'no, but I help my parents/carers to look after my brothers/sisters regularly'.

Q4a. Percentage answering that they regularly help to look after someone in their family because they are disabled, ill or are not able to look after themselves.

Wolverhampton

Y 8	Y 10
10	8

3% of pupils responded that they look after someone at home and their school knows they do, while 14% said they are 'not sure'.

Q4b. Percentage answering that they look after someone at home and their school knows they do.

Wolverhampton

Y 8	Y 10
3	3

Of the 849 pupils who said they regularly help to look after someone at home (incl. helping to look after brothers/sisters), 10% said their school knows they do.

Q4c. Percentage of pupils responding that they look after the following people at home:

	Total
Parent/carer	6
Brother/sister	23
Grandparent	4
Other	4

Ethnicity

32% of pupils responded that they are White British.

Q5. Percentage answering that they are White British.

Wolverhampton

Y 8	Y 10
33	31

Q5. Top 5 responses pupils gave for ethnic background:

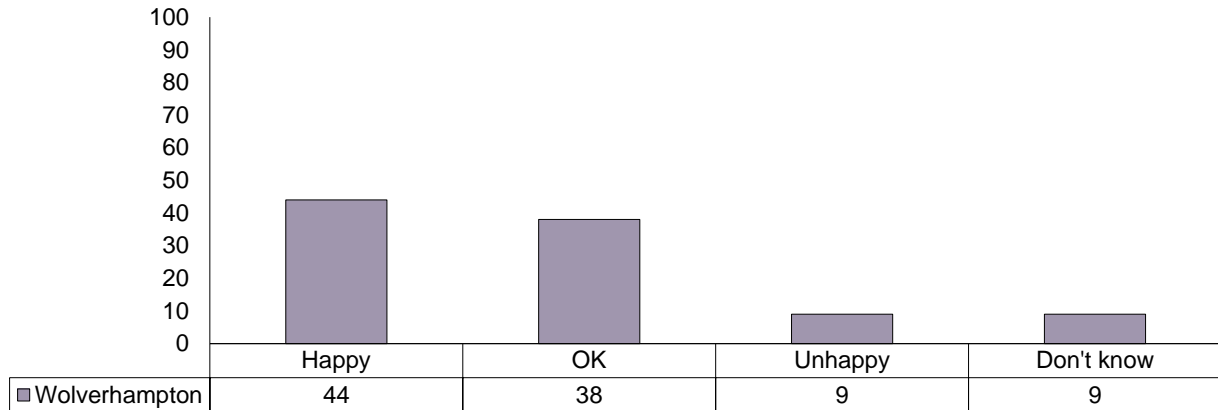
1 White British	32
2 Asian or Asian British - Indian	24
3 Black or Black British - African	8
4 Mixed White and Black Caribbean	6
5 Other White background	5

Emotional Health and Wellbeing

Happiness

Q6. How happy are you with your life at the moment?

Wolverhampton



44% of pupils responded that they are happy with their life at the moment.

Q6. Percentage answering that they are happy with their life at the moment.

Wolverhampton

Y 8 Y 10

46 41

9% of pupils responded that they are unhappy with their life at the moment, while 38% said they are 'OK' with theirs.

Q6. Percentage answering that they are unhappy with their life at the moment.

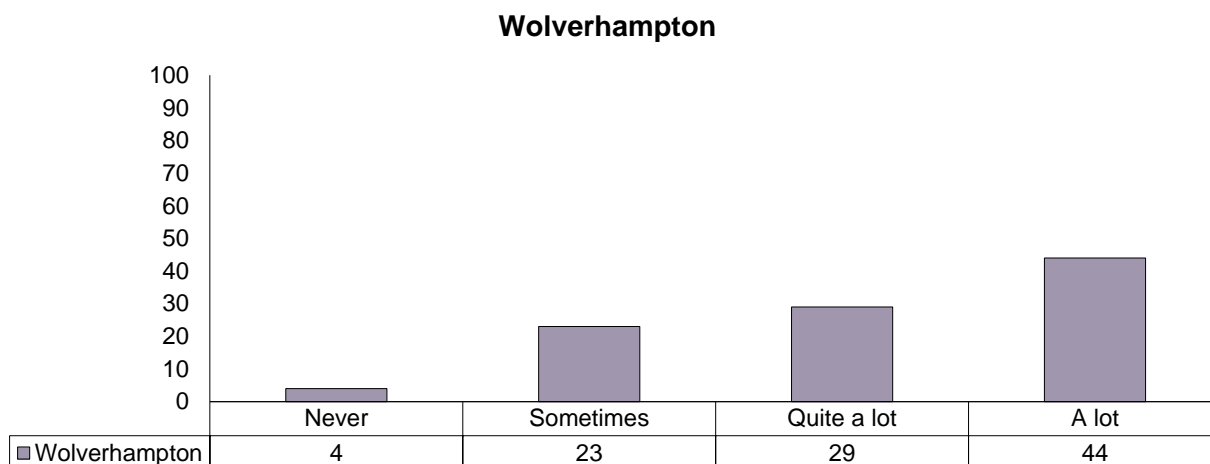
Wolverhampton

Y 8 Y 10

8 11

Worries

Q7. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:



N.B. Highest worry level recorded.

73% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 10% of pupils said they worry about more than 5 of them.

Q7. Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Wolverhampton

Y 8 Y 10

73 73

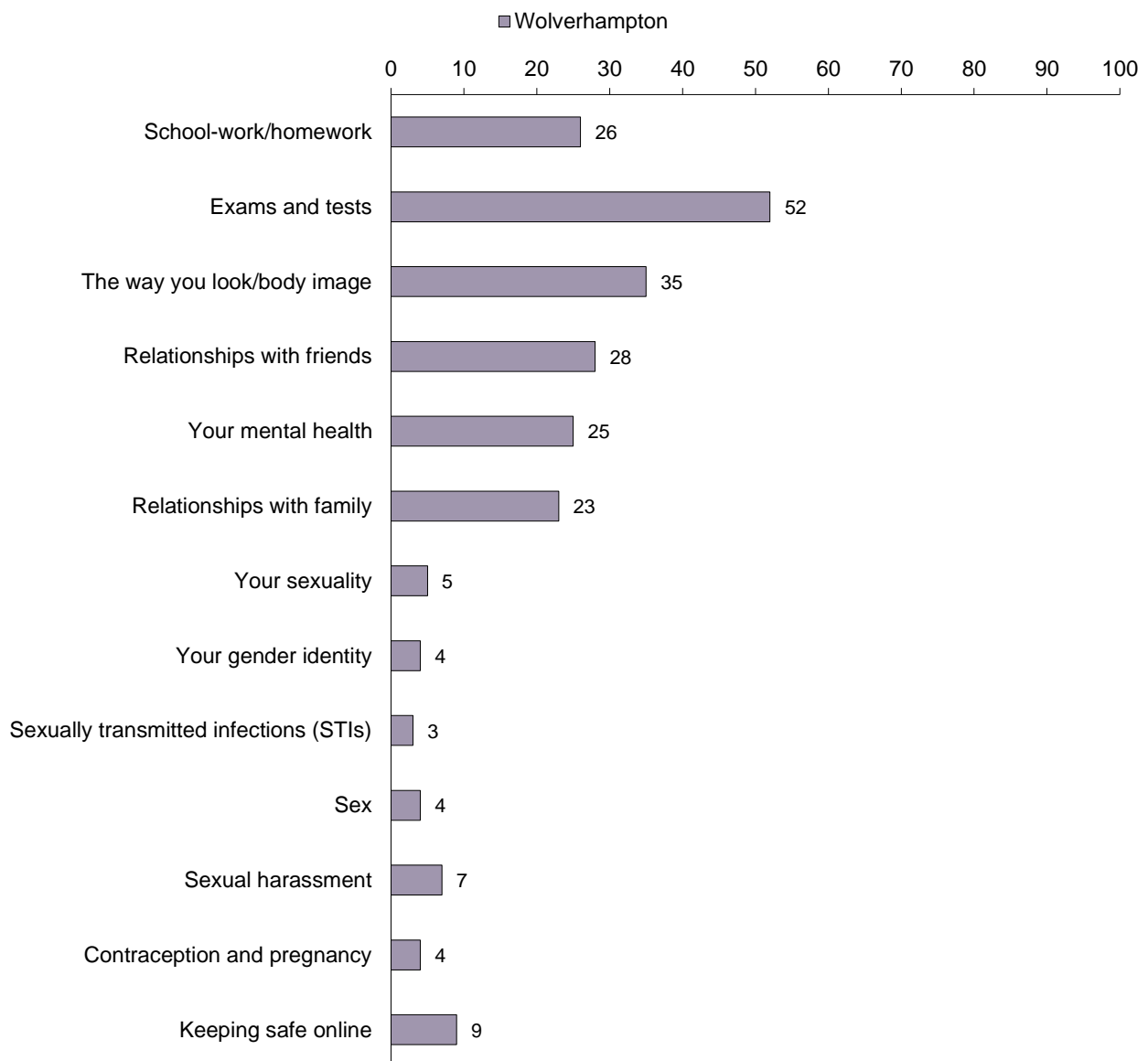
26% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/homework, while 35% said they worry about the way they look/body image.

Q7. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

1 Exams and tests	52
2 The way you look/body image	35
3 Relationships with friends	28
4 School-work/homework	26
5 Your mental health	25
6 Relationships with family	23
7 Keeping safe online	9
8 Sexual harassment	7
9 Your sexuality	5
10 Sex	4

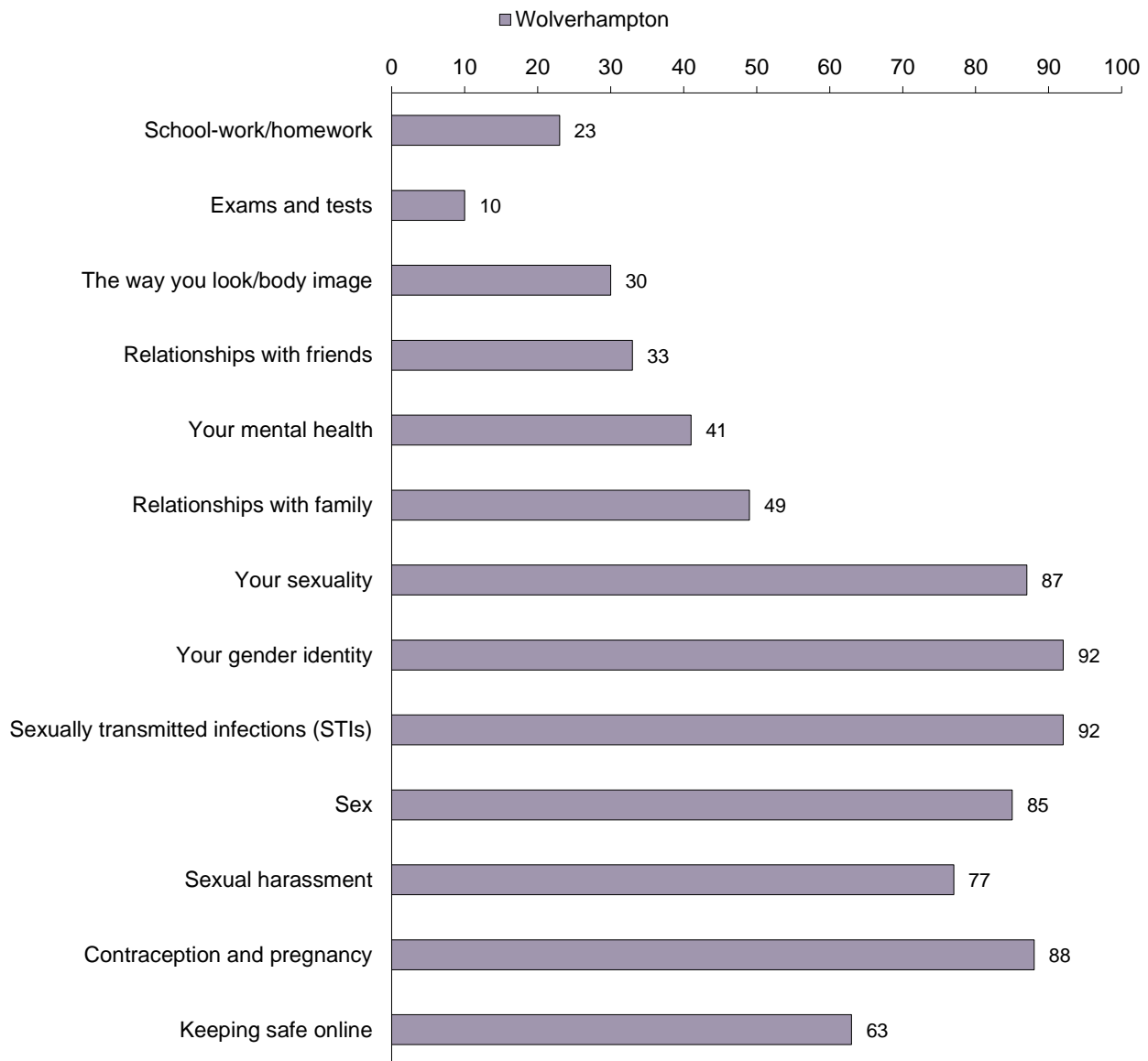
23% of pupils said they worry 'quite a lot' or 'a lot' about relationships with family and 25% worry about their mental health.

Q7. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



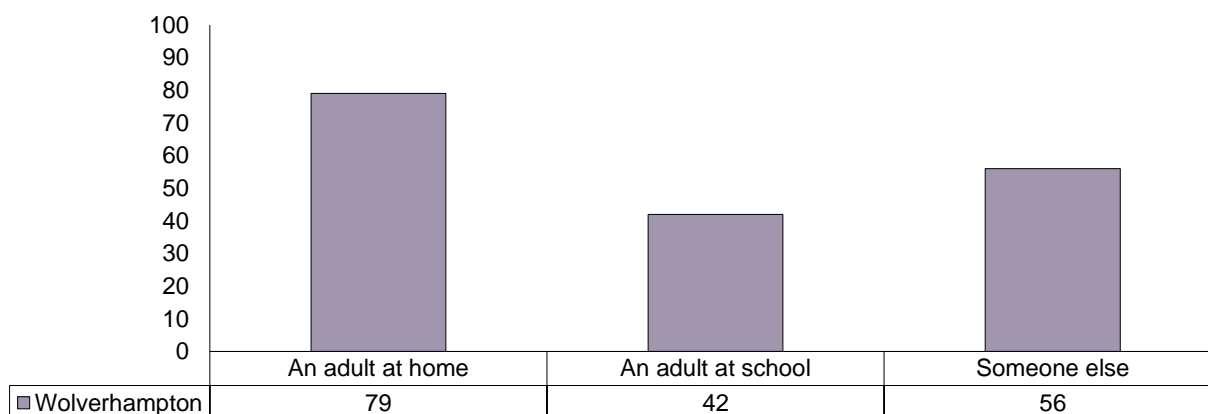
10% of pupils said they 'never' worry about exams and tests and 63% 'never' worry about keeping safe online.

Q7. Percentage of pupils responding that they worry about the following 'never':



Q8. If you were worried about something, do you know an adult, or someone else you trust that you could talk to about this?

Wolverhampton



79% of pupils said they know an adult at home who they could talk to if they were worried about something, while 10% said they don't.

42% of pupils said they know an adult at school who they could talk to if they were worried about something, while 30% said they don't.

87% of pupils said they know an adult who they could talk to if they were worried about something, while 6% said they don't.

11% of pupils said they have accessed support online when they have had a worry about their health or wellbeing.

Q8. Percentage answering that they know an adult at home who they could talk to if they were worried about something.

Wolverhampton

Y 8 Y 10

81 76

Q8. Percentage answering that they know an adult at school who they could talk to if they were worried about something.

Wolverhampton

Y 8 Y 10

42 41

Q8. Percentage answering that they know an adult who they could talk to if they were worried about something.

Wolverhampton

Y 8 Y 10

88 84

Q9a. Percentage answering that they have accessed support online when they have had a worry about their health or wellbeing.

Wolverhampton

Y 8 Y 10

11 12

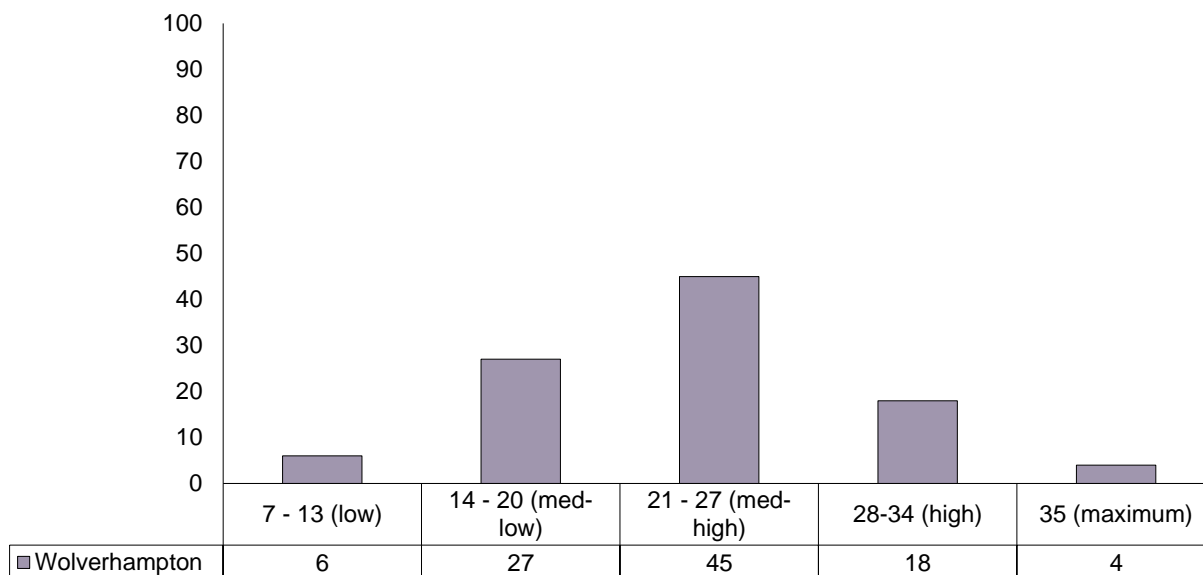
Q9b. Percentage of pupils responding that they have accessed support online when they have had a worry about their health or wellbeing from the following:

	Year 8	Year 10	Total
Kooth	2	4	3
Chathealth	1	1	1
YO! Wolves	2	1	2
Somewhere else	4	4	4

Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

This scale has been devised by researchers interested in young people's wellbeing. This scale comprises 7 questions, which are used to make a combined score.

Q10. The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS):



On average pupils scored 23 on the SWEMWB Scale.

Q10. Mean SWEMWB Score:

Wolverhampton

Y 8 Y 10

23 23

6% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 27% had a med-low score (14 – 20).

Q10. Percentage with a low score (7 – 13) on the SWEMWB Scale.

Wolverhampton

Y 8 Y 10

5 6

22% of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.

Q10. Percentage with a high or maximum score (28 – 35) on the SWEMWB Scale.

Wolverhampton

Y 8 Y 10

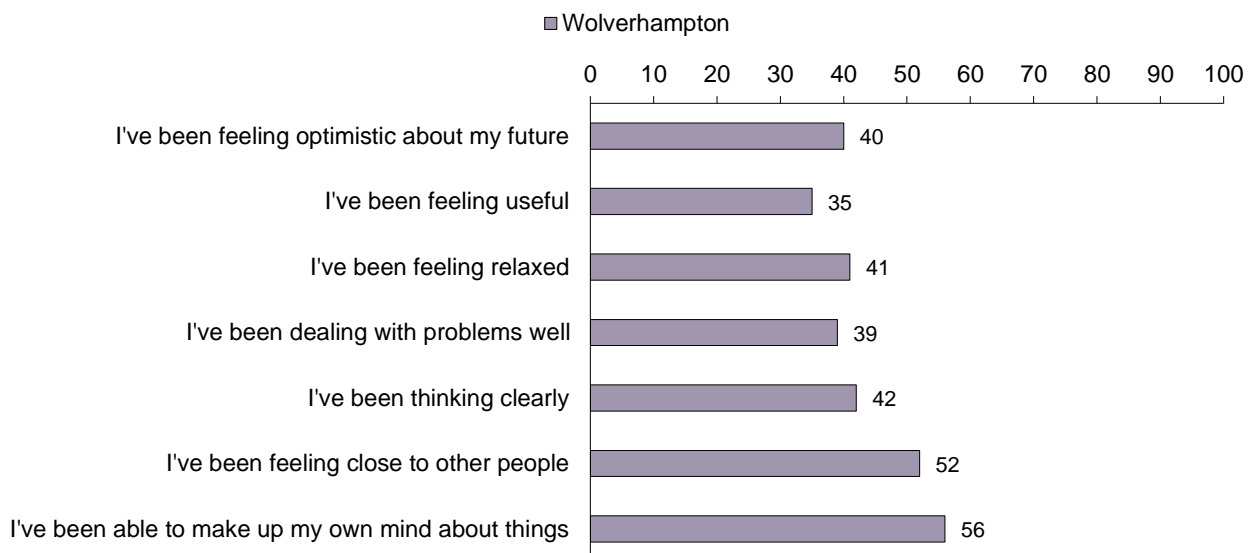
22 22

40% of pupils responded that they have at least 'often' been feeling optimistic (hopeful/positive) about the future and 35% said they have been feeling useful 'often' or 'all of the time' over the two weeks before the survey.

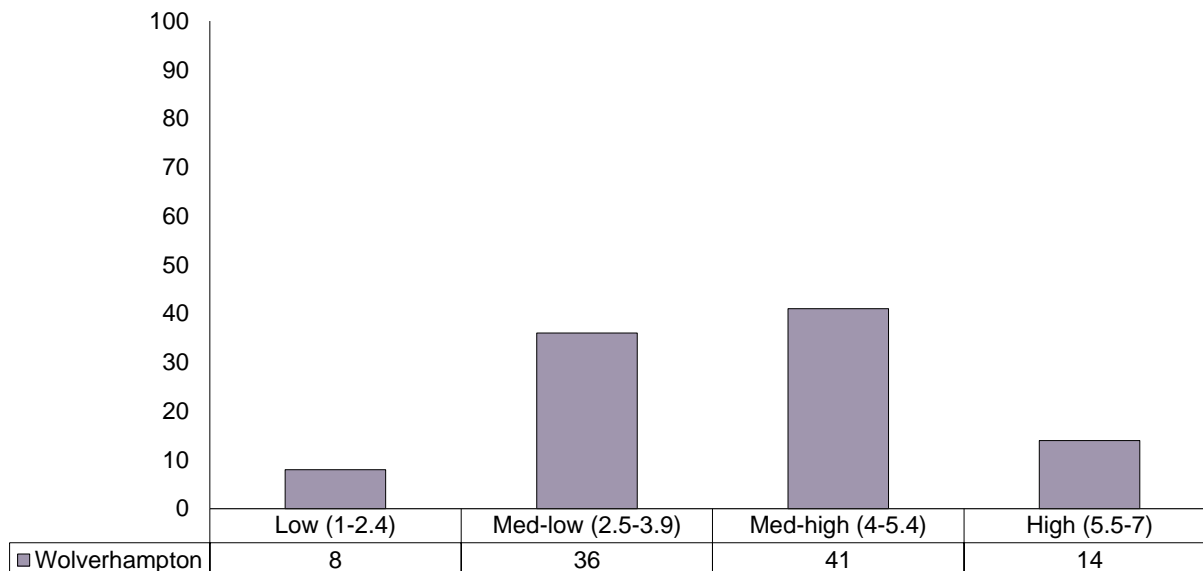
Q10. The Short Warwick-Edinburgh Mental Wellbeing Scale:

	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic (hopeful/positive) about my future	9	15	35	27	14
I've been feeling useful	11	20	34	23	12
I've been feeling relaxed	7	19	33	28	13
I've been dealing with problems well	10	19	32	25	14
I've been thinking clearly	8	18	31	25	17
I've been feeling close to other people	7	13	28	30	21
I've been able to make up my own mind about things	6	14	24	29	27

Q10. Percentage of pupils responding 'often' or 'all of the time' to the following over the two weeks before the survey:



Q11. TEIQue-ASF Self-control Subscale composite score:



From <http://www.psychometriclab.com> "High scorers have a healthy degree of control over their urges and desires. In addition to fending off impulses, they are good at regulating external pressures and stress. They are neither repressed nor overly expressive. In contrast, low scorers are prone to impulsive behaviour and seem to be incapable of managing stress. Low self-control are associated with inflexibility."

14% of pupils had a high score (5.5-7) on the TEIQue-ASF Self-control Subscale.

Q11. Percentage with a high score (5.5-7) on the TEIQue-ASF Self-control Subscale.

Wolverhampton

Y 8

Y 10

13

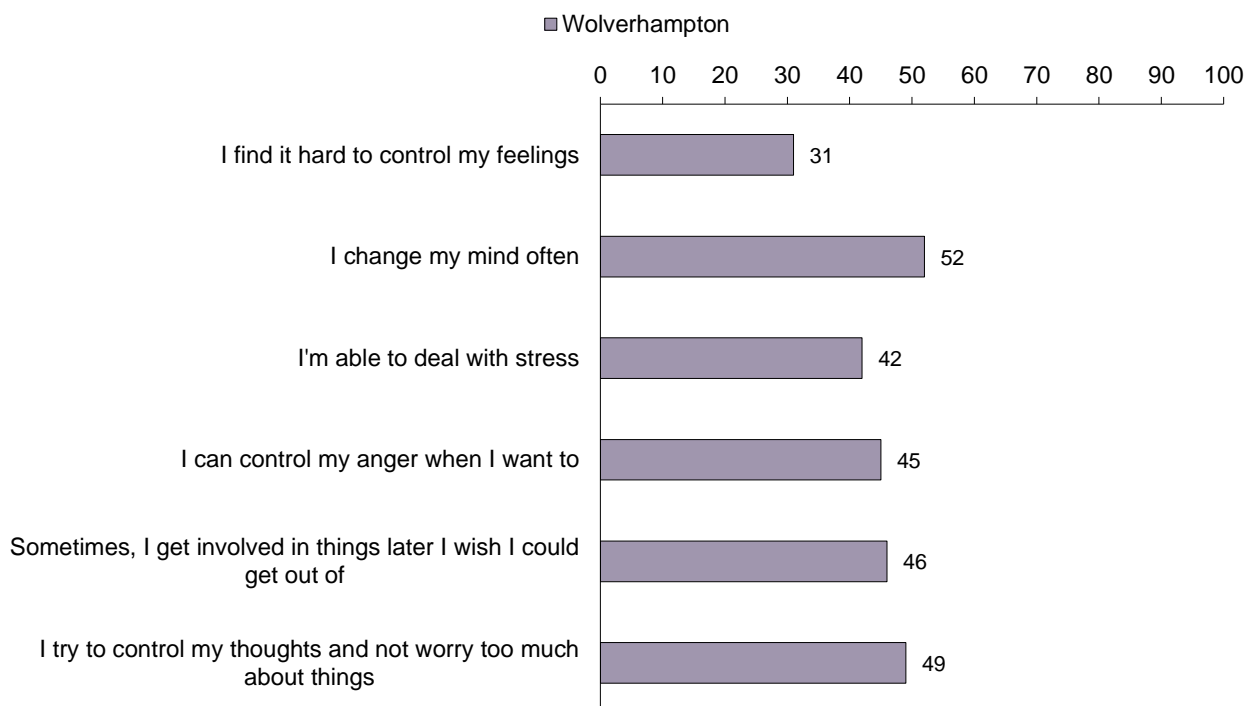
15

Q11. Percentage of pupils responding to the following statements:

	Disagree 1	2	3	4	5	6	Agree 7
I find it hard to control my feelings	24	15	14	17	12	7	12
I change my mind often	7	9	11	21	20	13	20
I'm able to deal with stress	14	12	16	16	12	11	19
I can control my anger when I want to	16	11	13	15	12	13	19
Sometimes, I get involved in things later I wish I could get out of	18	11	11	15	14	11	21
I try to control my thoughts and not worry too much about things	12	9	12	18	15	15	19

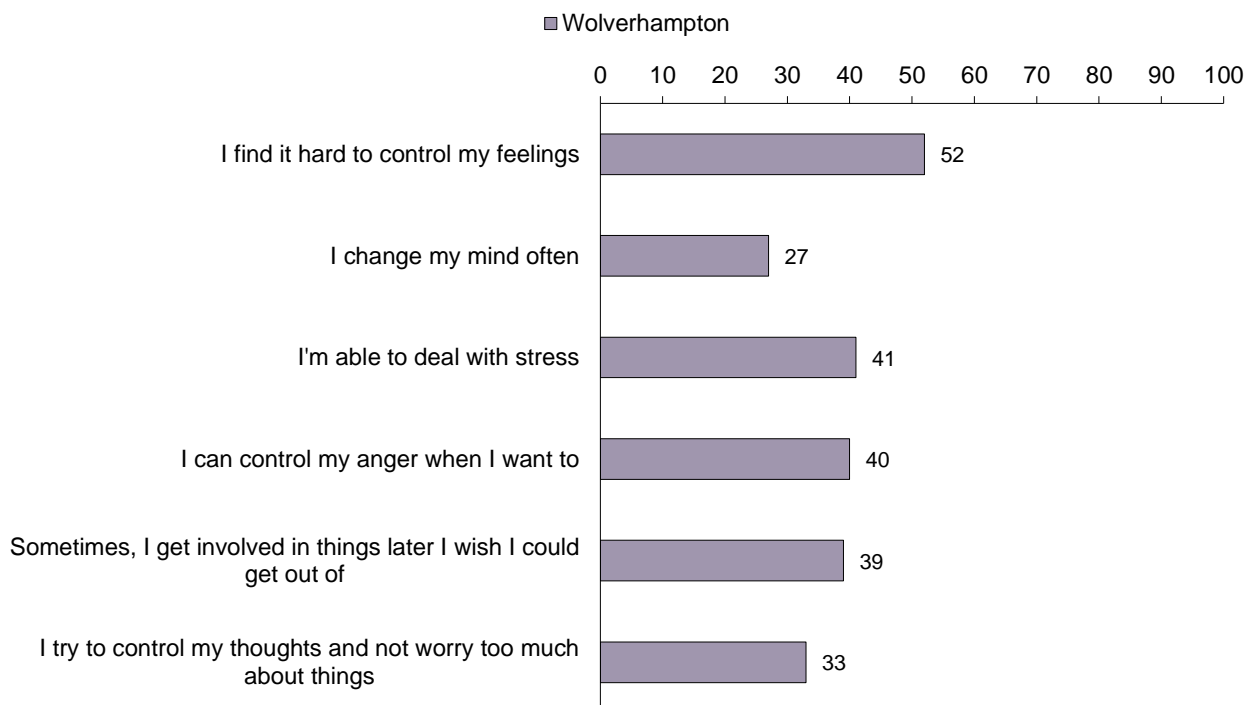
45% of pupils agreed that they can control their anger when they want to.

Q11. Percentage of pupils responding that they agree with the following statements:



52% of pupils disagreed that they find it hard to control their feelings.

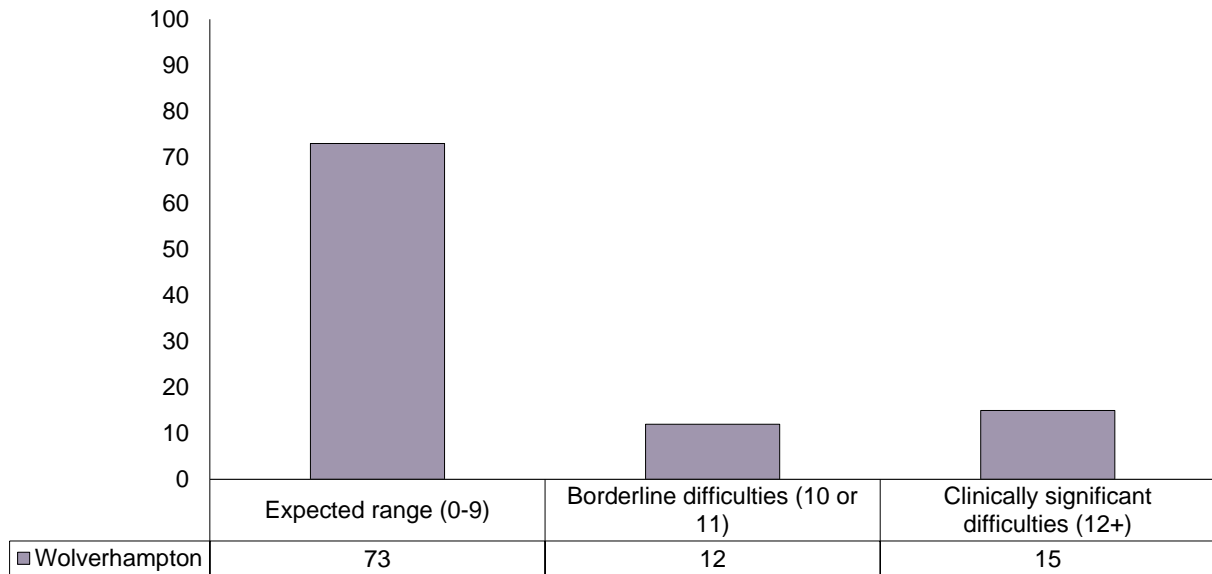
Q11. Percentage of pupils responding that they disagree with the following statements:



Me and My Feelings

Me and My Feelings questionnaire © Deighton, Tymms, Vostanis, Belsky, Fonagy, Brown, Martin, Patalay & Wolpert (2012).

Q12. Me and My Feelings questionnaire – Emotional Difficulties Subscale:



27% of pupils scored 10 or above on the Me and My Feelings questionnaire Emotional Difficulties Subscale; scores in this range are considered elevated.

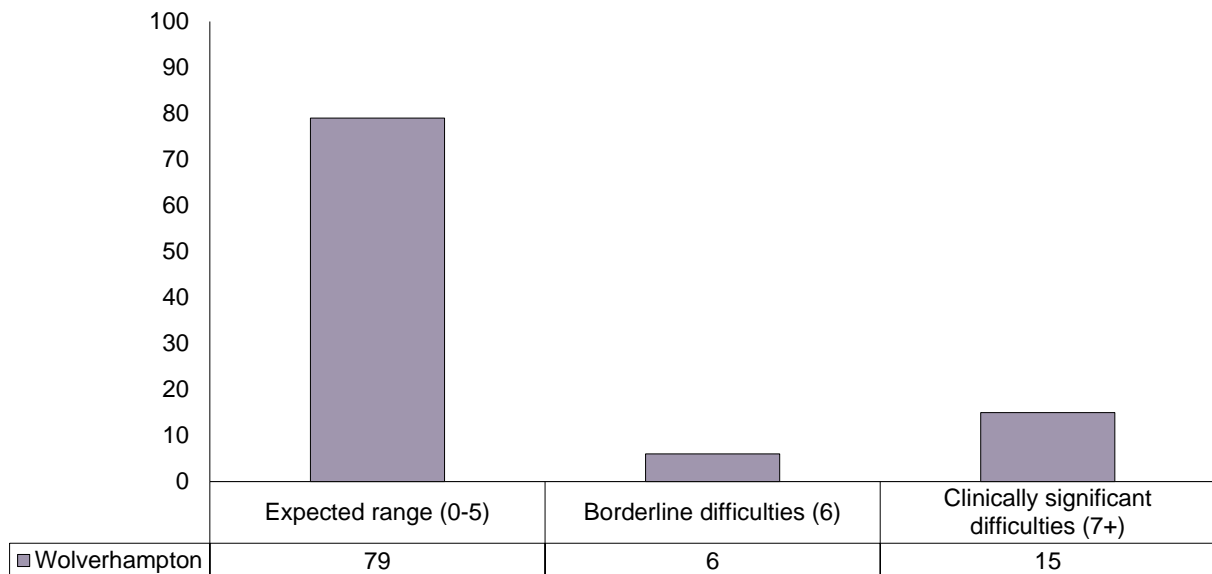
Q12. Percentage with a score of 10 or above on the Emotional Difficulties Subscale.

Wolverhampton

Y 8 Y 10

26 28

Q12. Me and My Feelings questionnaire – Behavioural Difficulties Subscale:



21% of pupils scored 6 or above on the Me and My Feelings questionnaire Behavioural Difficulties Subscale; scores in this range are considered elevated.

Q12. Percentage with a score of 6 or above on the Behavioural Difficulties Subscale.

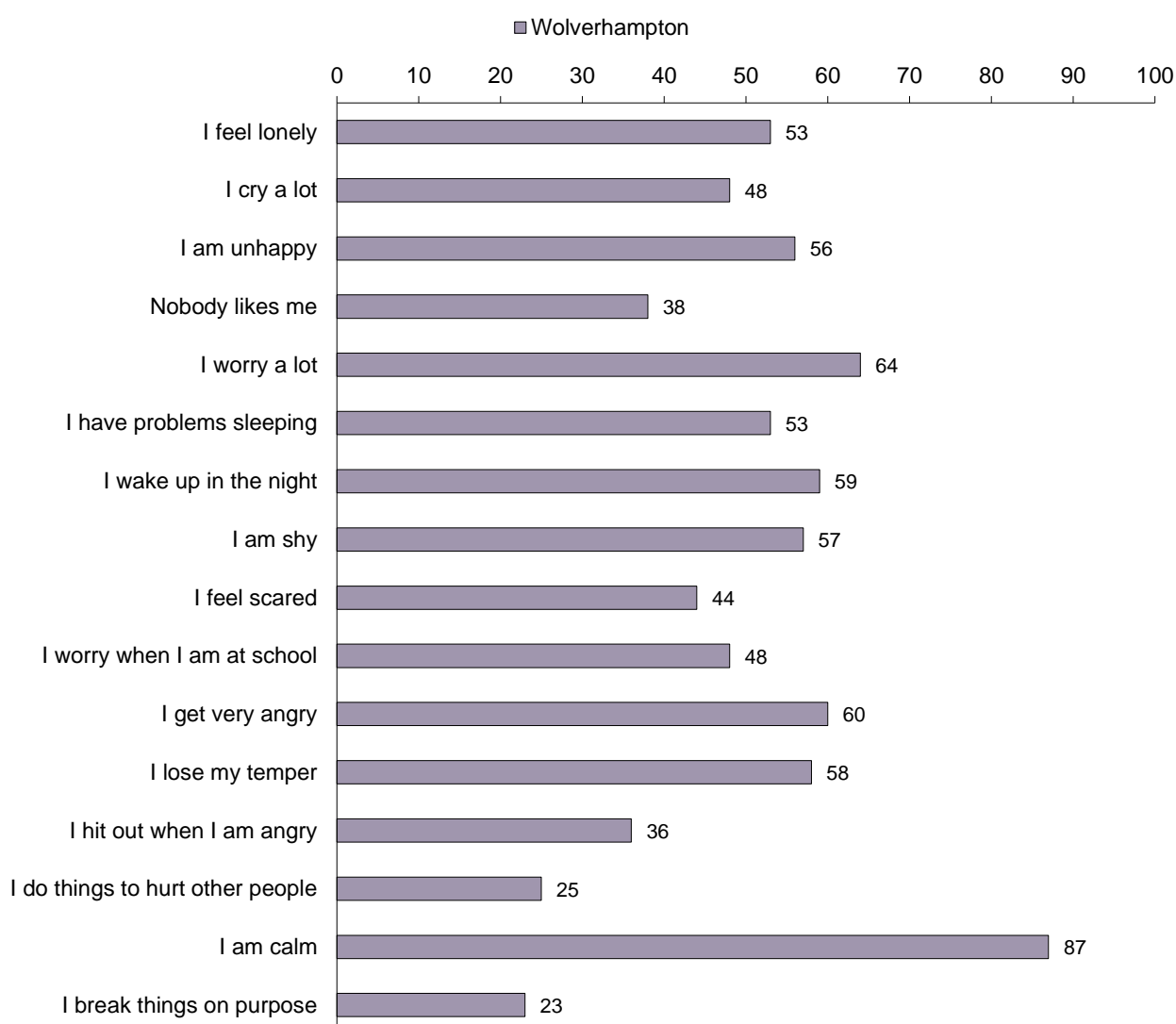
Wolverhampton

Y 8 Y 10

21 20

53% of pupils said they at least 'sometimes' feel lonely and 56% feel unhappy.

Q12. Percentage of pupils responding that they at least 'sometimes' feel the following:



87% of pupils said they at least 'sometimes' feel calm and 53% have problems sleeping.

Q12. Percentage of pupils responding that they at least 'sometimes' feel the following (top 10):

1 I am calm	87
2 I worry a lot	64
3 I get very angry	60
4 I wake up in the night	59
5 I lose my temper	58
6 I am shy	57
7 I am unhappy	56
8 I have problems sleeping	53
9 I feel lonely	53
10 I worry when I am at school	48

Safety

Controlling relationships

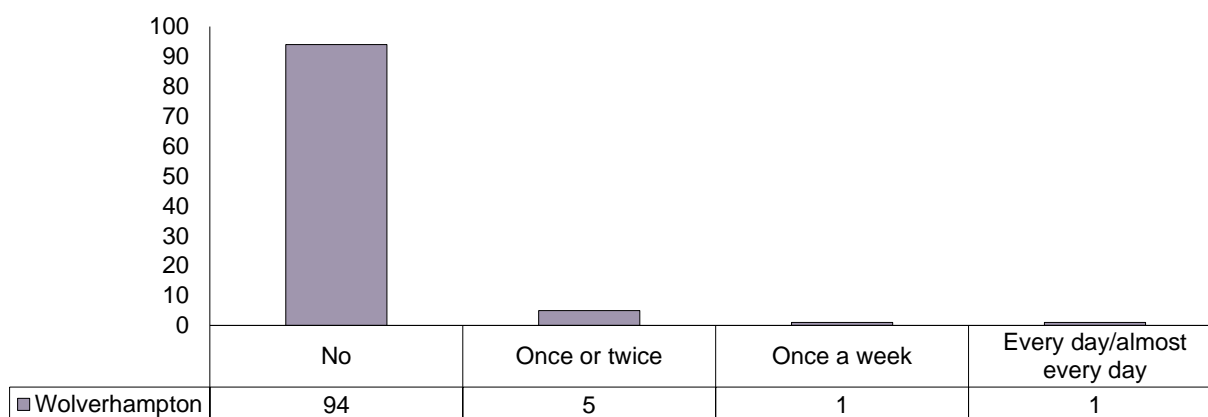
32% of pupils in Year 8+ responded that at least one of the controlling behaviours in Q13 has happened with a current or previous boyfriend/girlfriend.

Q13. Percentage of Year 8+ pupils responding that the following things have happened to them in a relationship with a boyfriend/girlfriend:

	Year 8	Year 10	Total
Used hurtful or threatening language to me	12	17	14
Was angry or jealous when I wanted to spend time with friends	17	21	18
Kept checking my phone	18	20	19
Put pressure on me to do things I didn't want to do	10	13	11
Made me send sexual pictures of myself	2	6	4
I have been given money to do something e.g. send pictures of myself	1	3	2
Threatened to tell people things about me	8	10	9
Threatened to hit me	6	8	7
Hit me	6	7	6

Q14. Has there been any violence between adults (e.g. hitting, punching) at home in the last month that frightened you?

Wolverhampton



6% of pupils responded that there was violence that frightened them at home at least 'once or twice' in the month before the survey; 2% said it happened at least 'once a week'.

Q14. Percentage answering that there was violence that frightened them at home at least 'once or twice' in the month before the survey.

Wolverhampton

Y 8	Y 10
7	5

Bullying

17% of pupils responded that they have been bullied online, while 14% said they are 'not sure' if they have been.

Q15. Percentage answering that they have been bullied online.

Wolverhampton

Y 8	Y 10
17	16

17% of pupils responded that they have been bullied in school in the last 6 months.

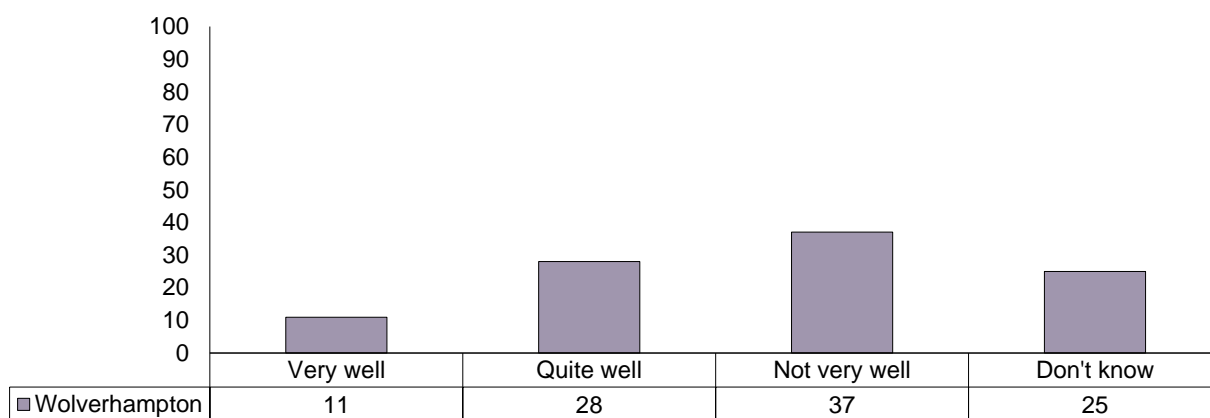
Q16. Percentage answering that they have been bullied in school in the last 6 months.

Wolverhampton

Y 8	Y 10
20	13

Q17. How well does your school deal with bullying?

Wolverhampton



11% of pupils responded that their school deals with bullying 'very well'.

Q17. Percentage answering that their school deals with bullying 'very well'.

Wolverhampton

Y 8	Y 10
13	8

37% of pupils responded that their school deals with bullying 'not very well'.

Q17. Percentage answering that their school deals with bullying 'not very well'.

Wolverhampton

Y 8	Y 10
33	42

7% of pupils responded that they were bullied somewhere other than school in last 6 months.

20% of pupils responded that they were bullied in OR out of school in last 6 months.

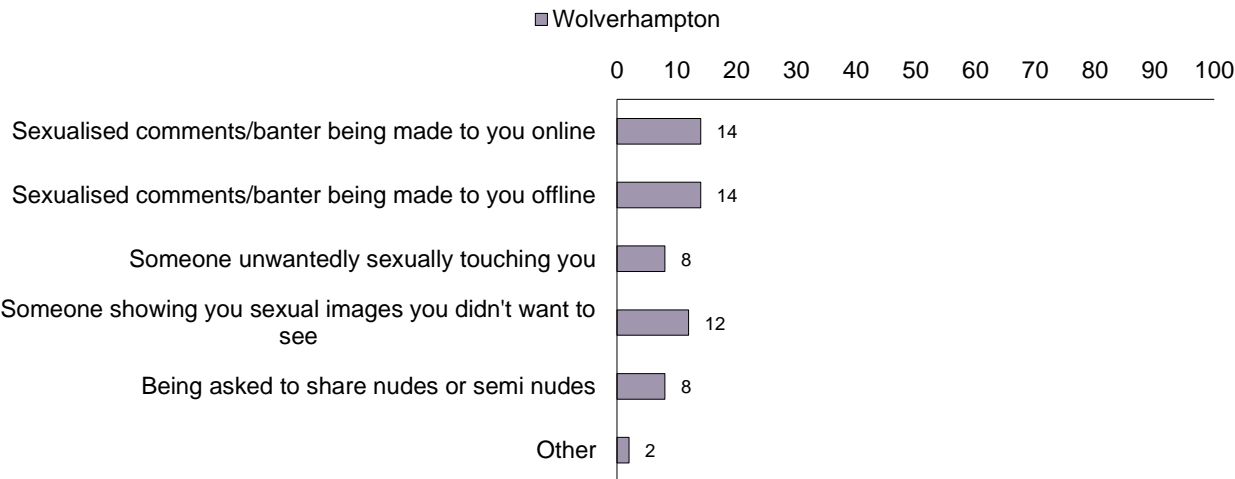
Q18. Percentage answering that they were bullied somewhere other than school in the last 6 months.

Wolverhampton	
Y 8	Y 10
7	6

Q16/18. Percentage answering that they were bullied in OR out of school in the last 6 months.

Wolverhampton	
Y 8	Y 10
23	16

Q19. Year 8+ only: Have any of the following happened to you in the last 6 months?



Q19. Percentage of Year 8+ pupils responding that the following things have happened to them in the last 6 months:

	Yes, in school	Yes, outside school
Sexualised comments/banter being made to you online	5	11
Sexualised comments/banter being made to you offline	8	9
Someone unwantedly sexually touching you	4	5
Someone showing you sexual images you didn't want to see	5	9
Being asked to share nudes or semi nudes	2	7
Other	1	1

13% of pupils in Year 8+ said they have experienced sexual harassment at school.

Q19. Percentage of Year 8+ pupils answering that they have experienced sexual harassment at school.

Wolverhampton

Y 8	Y 10
11	17

19% of pupils in Year 8+ said they have experienced sexual harassment outside of school.

Q19. Percentage of Year 8+ pupils answering that they have experienced sexual harassment outside of school.

Wolverhampton

Y 8	Y 10
15	27

25% of pupils in Year 8+ said they have experienced sexual harassment in or out of school.

Q19. Percentage of Year 8+ pupils answering that they have experienced sexual harassment in or out of school.

Wolverhampton

Y 8	Y 10
20	33

28% of pupils responded that they think their school challenges racism and racist bullying effectively, while 25% think it doesn't.

Q20. Percentage answering that they think their school challenges racism and racist bullying effectively.

Wolverhampton

Y 8	Y 10
32	23

27% of pupils responded that they think their school challenges homophobic bullying effectively, while 17% think it doesn't.

Q21a. Percentage answering that they think their school challenges homophobic bullying effectively.

Wolverhampton

Y 8	Y 10
29	23

18% of pupils responded that they think their school challenges biphobic/transphobic bullying effectively, while 18% think it doesn't.

Q21b. Percentage answering that they think their school challenges biphobic/transphobic bullying effectively.

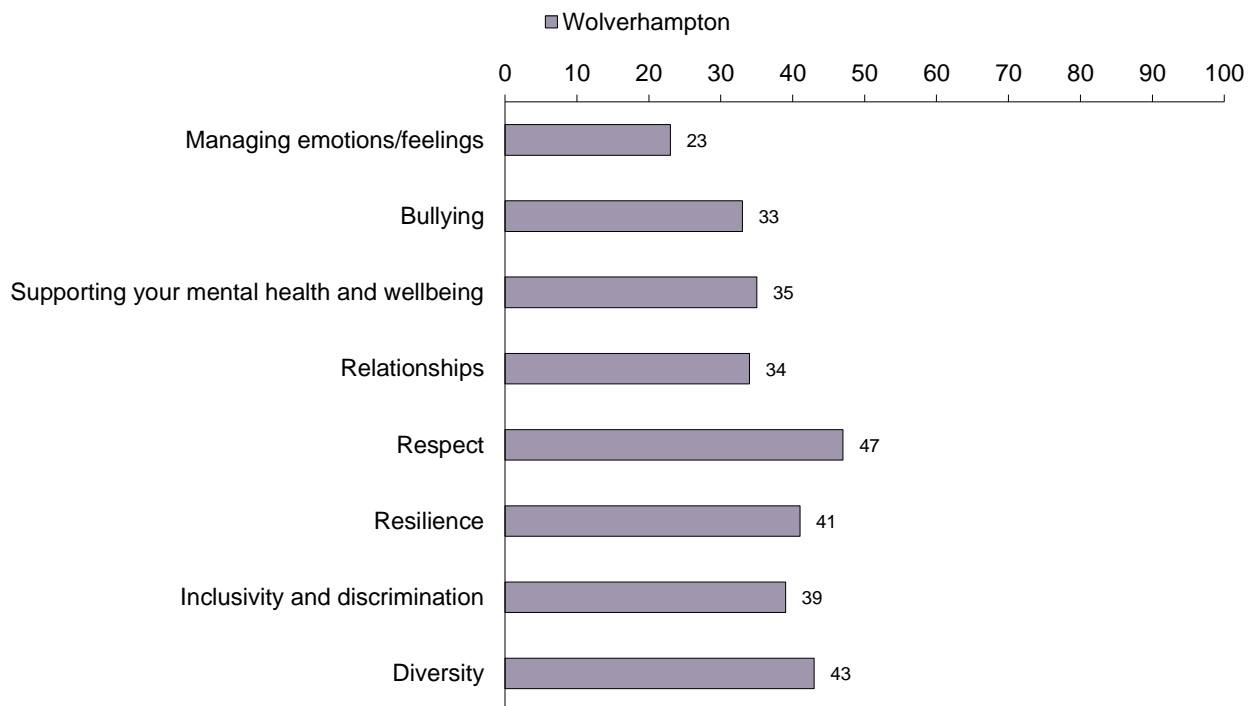
Wolverhampton

Y 8	Y 10
19	15

School

School lessons

Q22. Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

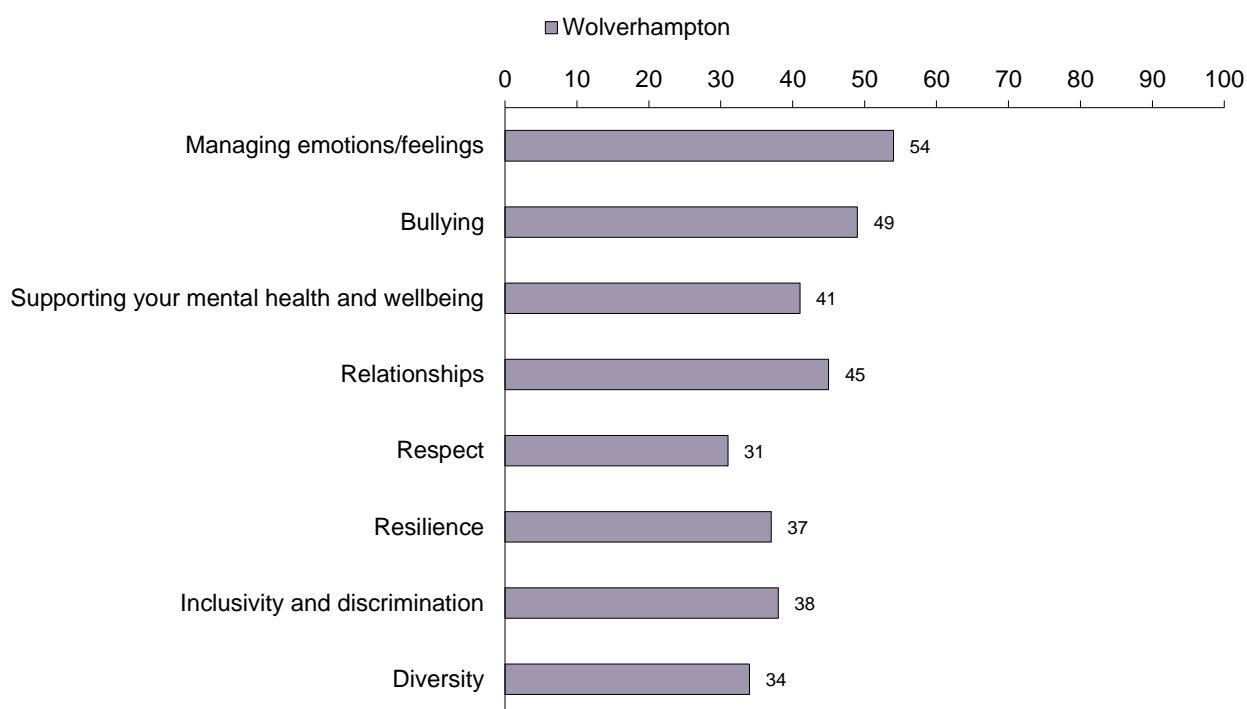


23% of pupils said they have found school lessons about managing emotions/feelings 'quite' or 'very' useful; 35% said the same of lessons about supporting their mental health and wellbeing.

Q22. Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

	Year 8	Year 10	Total
Managing emotions/feelings	25	18	23
Bullying	36	28	33
Supporting your mental health and wellbeing	38	31	35
Relationships	35	32	34
Respect	51	41	47
Resilience	42	39	41
Inclusivity and discrimination	40	37	39
Diversity	44	41	43

Q22. Percentage of pupils responding that they either haven't had any school lessons about the following, or found them 'not useful':



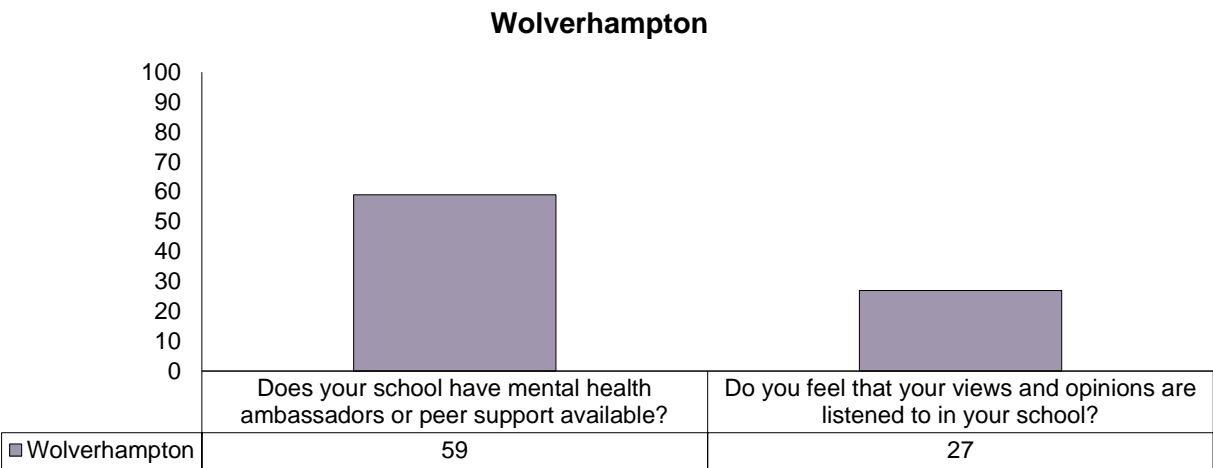
45% of pupils said they either haven't had any school lessons on relationships, or found them 'not useful'; 31% said the same of lessons about respect.

Q22. Percentage of pupils responding that they either haven't had any school lessons about the following, or found them 'not useful':

	Year 8	Year 10	Total
Managing emotions/feelings	49	63	54
Bullying	46	53	49
Supporting your mental health and wellbeing	38	46	41
Relationships	43	47	45
Respect	28	37	31
Resilience	34	40	37
Inclusivity and discrimination	37	40	38
Diversity	34	35	34

Support in school

Q23-24. Percentage of pupils responding 'yes' to the following questions:



59% of pupils responded that their school has mental health ambassadors or peer support or available, while 33% said they are 'not sure' if it does.

27% of pupils responded that they think their views and opinions are listened to in school, while 44% said they are 'not sure' if they are.

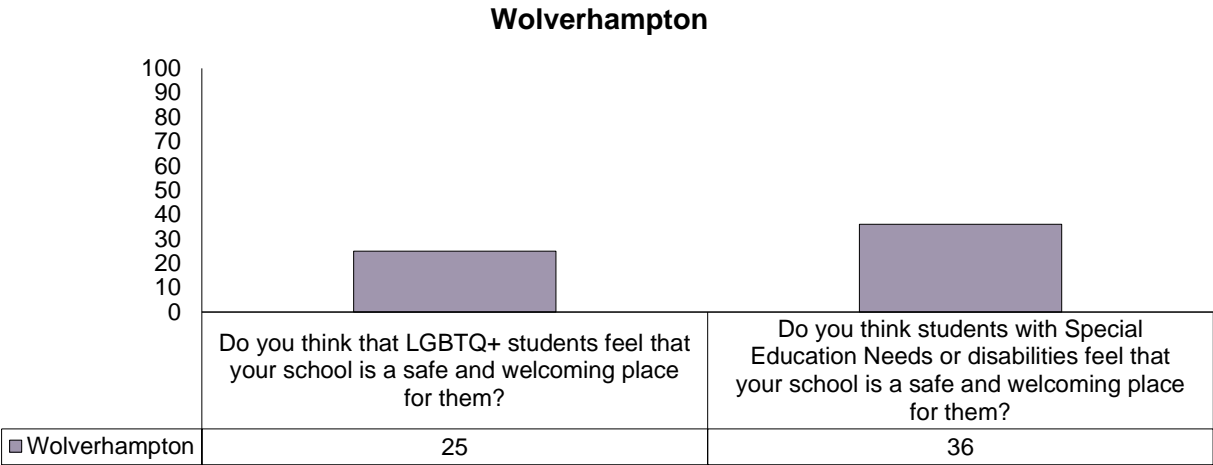
Q23. Percentage answering that their school has mental health ambassadors or peer support available.

Wolverhampton	
Y 8	Y 10
59	60

Q24. Percentage answering that they think their views and opinions are listened to in school.

Wolverhampton	
Y 8	Y 10
27	26

Q25-26. Percentage of pupils responding 'yes' to the following questions:



25% of pupils responded that they think LGBTQ+ students feel that their school is a safe and welcoming place for them, while 55% said they are 'not sure' if they do.

36% of pupils responded that they think students with Special Education Needs or disabilities feel that their school is a safe and welcoming place for them, while 48% said they are 'not sure' if they do.

Q25. Percentage answering that they think LGBTQ+ students feel that their school is a safe and welcoming place for them.

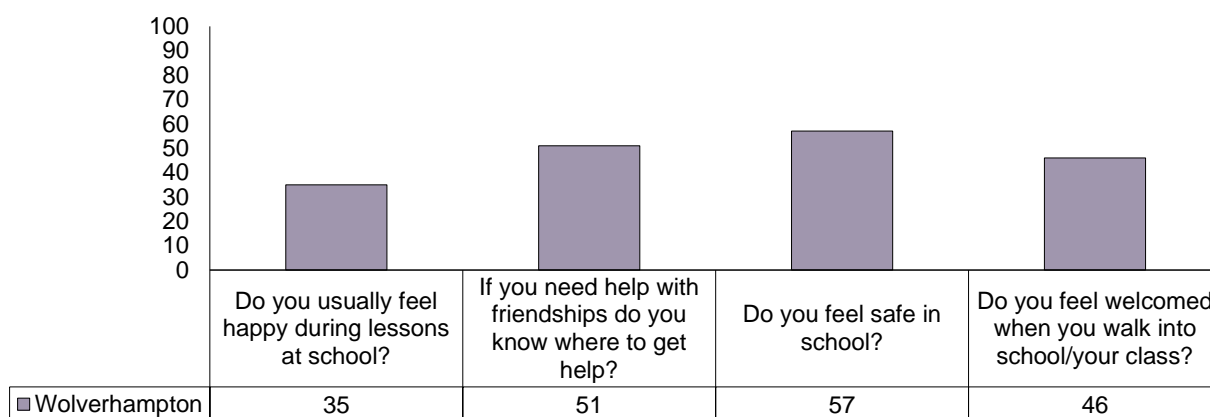
Wolverhampton	
Y 8	Y 10
26	22

Q26. Percentage answering that they think students with Special Education Needs or disabilities feel that their school is a safe and welcoming place for them.

Wolverhampton	
Y 8	Y 10
38	32

Q27. Percentage of pupils responding 'yes' to the following questions about being happy at school:

Wolverhampton



35% of pupils responded that they usually feel happy during lessons at school, while 34% said they aren't.

Q27. Percentage answering that they usually feel happy during lessons at school.

Wolverhampton

Y 8 Y 10

37 32

51% of pupils responded that they know where to get help if they need help with friendships, while 24% said they don't.

Q27. Percentage answering that they know where to get help if they need help with relationships.

Wolverhampton

Y 8 Y 10

53 47

57% of pupils responded that they feel safe in school, while 14% said they don't.

Q27. Percentage answering that they feel safe in school.

Wolverhampton

Y 8 Y 10

58 57

46% of pupils responded that they feel welcomed when they walk into school/their class, while 19% said they don't.

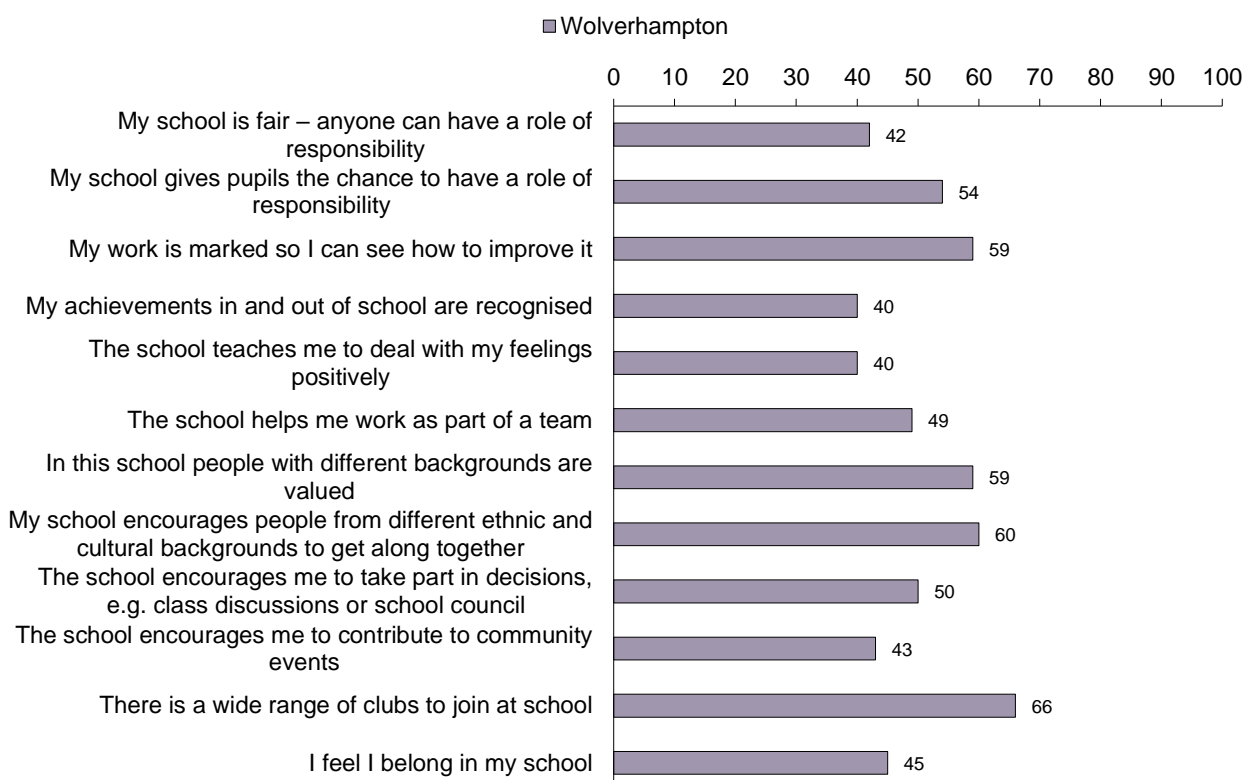
Q27. Percentage answering that they feel welcomed when they walk into school/their class.

Wolverhampton

Y 8 Y 10

49 43

Q28. Percentage of pupils responding that they 'agree' with the following statements:

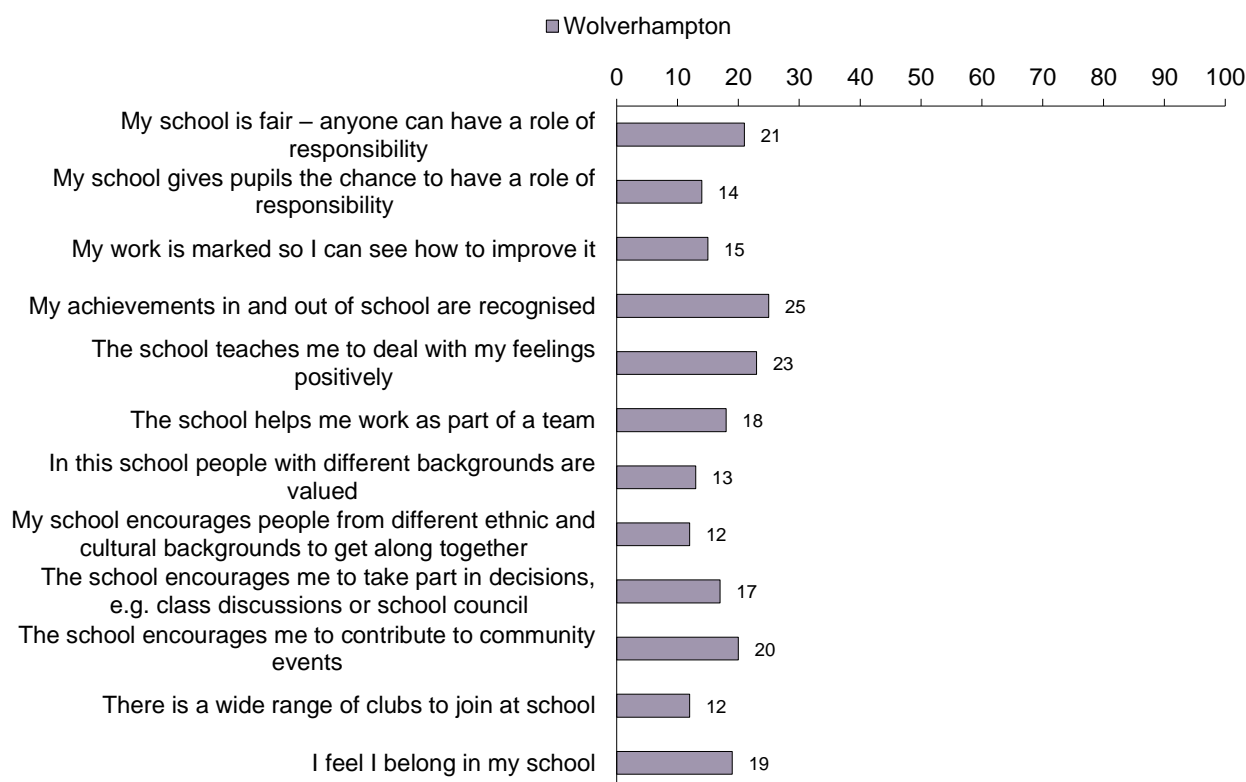


50% of pupils said their school encourages them to take part in decisions and 45% feel they belong to their school.

Q28. Percentage of pupils responding that they 'agree' with the following statements:

	Year 8	Year 10	Total
My school is fair – anyone can have a role of responsibility	42	41	42
My school gives pupils the chance to have a role of responsibility	57	50	54
My work is marked so I can see how to improve it	61	57	59
My achievements in and out of school are recognised	40	39	40
The school teaches me to deal with my feelings positively	44	34	40
The school helps me work as part of a team	53	44	49
In this school people with different backgrounds are valued	59	58	59
My school encourages people from different ethnic and cultural backgrounds to get along together	62	55	60
The school encourages me to take part in decisions, e.g. class discussions or school council	54	44	50
The school encourages me to contribute to community events	46	37	43
There is a wide range of clubs to join at school	71	58	66
I feel I belong in my school	47	41	45

Q28. Percentage of pupils responding that they 'disagree' with the following statements:



23% of pupils said their school doesn't teach them to deal with their feelings positively and 20% said their school doesn't encourage them to contribute to community events.

Q28. Percentage of pupils responding that they 'disagree' with the following statements:

	Year 8	Year 10	Total
My school is fair – anyone can have a role of responsibility	20	24	21
My school gives pupils the chance to have a role of responsibility	13	17	14
My work is marked so I can see how to improve it	15	15	15
My achievements in and out of school are recognised	25	25	25
The school teaches me to deal with my feelings positively	21	25	23
The school helps me work as part of a team	16	21	18
In this school people with different backgrounds are valued	12	14	13
My school encourages people from different ethnic and cultural backgrounds to get along together	11	14	12
The school encourages me to take part in decisions, e.g. class discussions or school council	16	20	17
The school encourages me to contribute to community events	18	24	20
There is a wide range of clubs to join at school	10	15	12
I feel I belong in my school	18	20	19

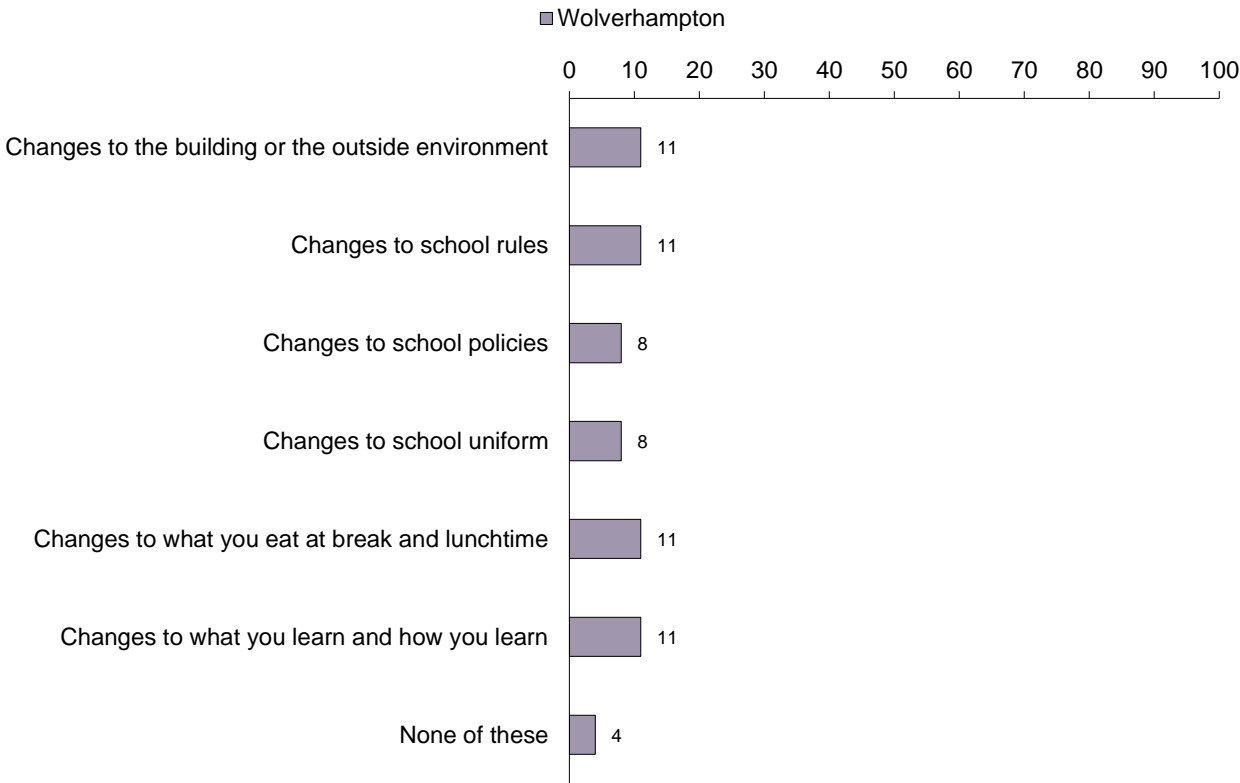
26% of pupils responded that they think students are involved in making real decisions in their school, while 31% said they don't.

Q29a. Percentage answering that they think students are involved in making real decisions in their school.

Wolverhampton

Y 8	Y 10
29	22

Q29b. Percentage of pupils responding that they think students are involved in making decisions about the following in their school:

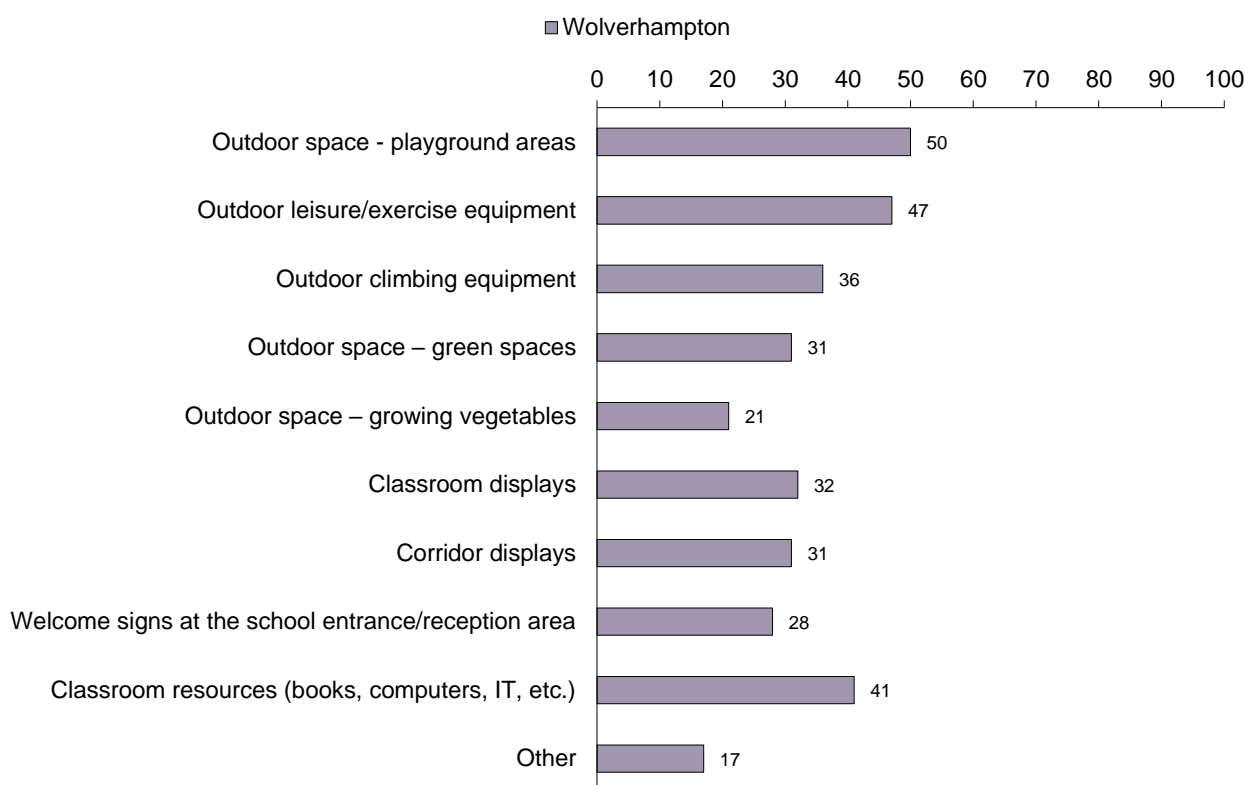


11% of pupils think students are involved in making decisions about changes to what they eat at break and lunchtime and 11% think they are involved in changes to what they learn and how they learn.

Q29b. Percentage of pupils responding that they think students are involved in making decisions about the following in their school:

	Year 8	Year 10	Total
Changes to the building or the outside environment	12	9	11
Changes to school rules	12	10	11
Changes to school policies	9	8	8
Changes to school uniform	7	8	8
Changes to what you eat at break and lunchtime	12	9	11
Changes to what you learn and how you learn	12	10	11
None of these	5	3	4

Q30. Percentage of pupils responding that they would like to change the following in school to improve the school environment:



50% of pupils said they would like to change the outdoor space/playground areas in school to improve the school environment, while 41% would like to change classroom resources (books, computers, IT etc.).

Q30. Percentage of pupils responding that they would like to change the following in school to improve the school environment :

	Year 8	Year 10	Total
Outdoor space - playground areas	53	47	50
Outdoor leisure/exercise equipment	46	48	47
Outdoor climbing equipment	39	31	36
Outdoor space – green spaces	30	31	31
Outdoor space – growing vegetables	21	21	21
Classroom displays	33	31	32
Corridor displays	32	29	31
Welcome signs at the school entrance/reception area	29	25	28
Classroom resources (books, computers, IT, etc.)	40	43	41
Other	17	17	17

Appendix 2: 2023/2022 Comparisons

Significant differences between Your School's 2023 and 2022 data

If your school surveyed in 2022 we have compared both sets of results to look for any changes in pupils' behaviour. Not all questions in the 2023 survey were also used in the 2022 survey. The following is a selection of questions that were identical in both surveys. The sample size in this table represents the numbers who surveyed in your school in 2023 and 2022.

Below we have listed some statistically significant differences between the data collected in the 2023 survey and that collected in 2022.

		2023		2022	
		Y 8	Y 10	Y 8	Y 10
		1555	987	1191	1025
Sig	2023	2022	Question		
↑***	40%	29%	of pupils responded that they have at least 'often' been feeling optimistic (hopeful/positive) [just 'optimistic' in 2022] about the future.		
↓***	23%	32%	of pupils said they have found school lessons about managing emotions/feelings 'quite' or 'very' useful.		
↓***	53%	62%	of pupils said they at least 'sometimes' feel lonely.		
↓***	56%	64%	of pupils said they are at least 'sometimes' unhappy.		
↑***	44%	36%	of pupils responded that they are happy with their life at the moment.		
↑***	52%	43%	of pupils responded that they have at least 'often' been feeling close to other people over the past 2 weeks.		
↑***	22%	15%	of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.		
↓***	27%	33%	of pupils scored 10 or above on the Me and My Feelings questionnaire Emotional Difficulties Subscale; scores in this range are considered elevated.		
↑***	69%	63%	of pupils responded that they live with their Mum and Dad together.		
↓***	35%	40%	of pupils said they have found school lessons about supporting their mental health and wellbeing 'quite' or 'very' useful.		
↑***	41%	36%	of pupils responded that they have at least 'often' been feeling relaxed over the past 2 weeks.		
↓***	64%	68%	of pupils said they at least 'sometimes' worry a lot.		
↑***	26%	22%	of pupils responded that they think students are involved in making real decisions in their school.		
↑***	32%	28%	of Year 8+ pupils responded that at least one of the controlling behaviours in Q13 has happened with a current or previous boyfriend/girlfriend.		
↑***	20%	17%	of pupils responded that they were bullied in OR out of school in last 6 months.		
↑***	17%	14%	of pupils responded that they have been bullied in school in the last 6 months.		
↓**	32%	36%	of pupils responded that they are White British.		
↑*	52%	49%	of pupils disagreed that they find it hard to control their feelings.		
↑*	18%	15%	of pupils responded that they think their school challenges homophobic/transphobic bullying effectively.		

Tests: Chi-squared (χ^2).

KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%)

*** = $p < 0.001$ (0.1%).

Appendix 3: 2023/2022 Headline Trends

2023		2022	
Y 8	Y 10	Y 8	Y 10
1555	987	1191	1025

Your School's data for 2023 compared with your 2022 data in brackets; see notes on interpreting differences.

Background

SPECIAL NEEDS

- 9% (7%) of pupils consider themselves to have a special educational need or disability, while 16% (15%) said they 'don't know' if they do.

GENDER IDENTITY

- 5% (6%) of pupils said their gender is different to the gender they were assigned at birth (transgender).

FAMILY

- 69% (63%) of pupils responded that they live with their Mum and Dad together.
- 16% (18%) of pupils responded that they live 'mainly or only' with their Mum, while 2% (2%) said they live 'mainly or only' with their Dad.

YOUNG CARERS

- 9% (10%) of pupils responded that they regularly help to look after someone in their family because they are disabled, ill or are not able to look after themselves, while 23% (29%) said 'no, but I help my parents/carers to look after my brothers/sisters regularly'.
- 3% (3%) of pupils responded that they look after someone at home and their school knows they do, while 14% (18%) said they are 'not sure'.
- Of the 849 (911) pupils who said they regularly help to look after someone at home (incl. helping to look after brothers/sisters), 10% (8%) said their school knows they do.

ETHNICITY

- 32% (36%) of pupils responded that they are White British.

Emotional Health and Wellbeing

HAPPINESS

- 44% (36%) of pupils responded that they are happy with their life at the moment.
- 9% (16%) of pupils responded that they are unhappy with their life at the moment, while 38% (37%) said they are 'OK' with theirs.

WORRIES

- 73% (38%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 10% (32%) of pupils said they worry about more than 5 of them.
- 26% (54%) of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/homework, while 35% (40%) said they worry about the way they look/body image.

- 23% (31%) of pupils said they worry 'quite a lot' or 'a lot' about relationships with family and 25% (37%) worry about their mental health.

- 10% (6%) of pupils said they 'never' worry about exams and tests and 63% (49%) 'never' worry about keeping safe online.

- 11% (10%) of pupils said they have accessed support online when they have had a worry about their health or wellbeing.

SHORT WARWICK-EDINBURGH MENTAL WELLBEING SCALE

- On average pupils scored 23 (21) on the SWEMWB Scale.
- 6% (12%) of pupils had a low score (7 – 13) on the SWEMWB Scale, while 27% (31%) had a med-low score (14 – 20).
- 22% (15%) of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.
- 40% (29%) of pupils responded that they have at least 'often' been feeling optimistic (hopeful/positive) [just 'optimistic' in 2022] about the future and 35% (29%) said they have been feeling useful 'often' or 'all of the time' over the two weeks before the survey.

TEIQue-ASF

- 14% (14%) of pupils had a high score (5.5-7) on the TEIQue-ASF Self-control Subscale.
- 45% (46%) of pupils agreed that they can control their anger when they want to.
- 52% (49%) of pupils disagreed that they find it hard to control their feelings.

ME AND MY FEELINGS

- 27% (33%) of pupils scored 10 or above on the Me and My Feelings questionnaire Emotional Difficulties Subscale; scores in this range are considered elevated.
- 21% (21%) of pupils scored 6 or above on the Me and My Feelings questionnaire Behavioural Difficulties Subscale; scores in this range are considered elevated.
- 53% (62%) of pupils said they at least 'sometimes' feel lonely and 56% (64%) feel unhappy.
- 87% (86%) of pupils said they at least 'sometimes' feel calm and 53% (58%) have problems sleeping.

Safety

CONTROLLING RELATIONSHIPS

- 32% (28%) of pupils in Year 8+ responded that at least one of the controlling behaviours in Q13 has happened with a current or previous boyfriend/girlfriend.

BULLYING

- ❑ 17% (17%) of pupils responded that they have been bullied online, while 14% (15%) said they are 'not sure' if they have been.
- ❑ 17% (14%) of pupils responded that they have been bullied in school in the last 6 months.
- ❑ 11% (12%) of pupils responded that their school deals with bullying 'very well'.
- ❑ 37% (36%) of pupils responded that their school deals with bullying 'not very well'.
- ❑ 7% (6%) of pupils responded that they were bullied somewhere other than school in last 6 months.
- ❑ 20% (17%) of pupils responded that they were bullied in OR out of school in last 6 months.
- ❑ 28% (27%) of pupils responded that they think their school challenges racism and racist bullying effectively, while 25% (29%) think it doesn't.
- ❑ 27% (26%) of pupils responded that they think their school challenges homophobic bullying effectively, while 17% (25%) think it doesn't.
- ❑ 18% (15%) of pupils responded that they think their school challenges biphobic/transphobic bullying effectively, while 18% (23%) think it doesn't.

School

SCHOOL LESSONS

- ❑ 23% (32%) of pupils said they have found school lessons about managing emotions/feelings 'quite' or 'very' useful; 35% (40%) said the same of lessons about supporting their mental health and wellbeing.

SUPPORT IN SCHOOL





- ❑ 26% (22%) of pupils responded that they think students are involved in making real decisions in their school, while 31% (35%) said they don't.

Year 8 Inequalities Analysis

The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown. No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone.

Significant differences are shown in green if desirable, orange if undesirable

		$p < 0.05$	Green=Higher on a positive criterion or lower on a negative one
		$p < 0.01$	Orange=Lower on a positive criterion or higher on a negative one





	All	Female	Non-binary or transgender	SEND	Single-parent family	Young carer	Most deprived quintile	Least deprived quintile	White British	White non-British	Mixed	Black	Asian	Middle East/West Asian
Sample	1,615	780	75	143	267	155	314	66	529	81	181	198	491	28
Happy with their life	46	40	29	35	37	42	45	44	47	47	45	39	49	64
Worry at least quite a lot about more than 5 listed items	9	9	25	19	13	14	12	6	9	17	10	10	6	7
If they were worried they have someone (at home/school/elsewhere) that they trust to talk with about it	88	87	77	84	86	87	86	89	90	88	86	84	88	93
Have accessed support online when they've had a health or wellbeing concern	11	13	23	17	14	16	13	9	10	14	14	15	8	7
Have felt optimistic (hopeful/positive) about the future at least often in the last 2 weeks	40	36	28	30	37	39	41	32	39	37	36	47	41	52
Have felt relaxed at least often in the last 2 weeks	43	35	35	35	40	35	39	43	41	40	44	43	45	48
High or maximum score (28 - 35) on the SWEMWB Scale	22	17	16	18	18	19	21	26	20	17	29	25	22	22
Agree that they find it hard to control their feelings	31	35	47	44	37	42	35	29	34	35	34	34	25	7
Had a high score (5.5-7) on the TEIQue-ASF Self-control Subscale	13	10	3	6	10	9	14	9	13	10	10	9	16	27
Scored 12+ on the 'Me & My Feelings' emotional difficulties subscale (clinically significant difficulties)	15	19	38	23	19	22	18	18	17	24	15	19	10	0
Scored 7+ on the 'Me & My Feelings' behavioural difficulties subscale (clinically significant difficulties)	15	17	33	24	20	27	19	13	16	17	22	16	9	12
Past or current partner did any of the controlling behaviours listed	30	28	44	42	38	43	33	23	36	39	36	34	19	12
Violence between adults at home in the last month that frightened the pupil	7	7	15	9	9	14	8	6	4	9	7	12	8	4
Ever bullied online	17	18	23	27	25	21	19	9	17	32	22	17	12	12
Bullied in school in the last 6 months	20	18	21	39	24	31	23	12	19	30	19	18	18	16
Bullied outside school in the last 6 months	7	5	20	16	10	11	10	3	7	15	11	8	5	8
School deals with bullying not very well	33	35	45	38	34	40	36	25	26	53	37	38	34	36
Has experienced any of the listed types of sexual harassment in the last 6 months	20	23	37	26	29	26	25	8	19	32	24	29	13	21
Lessons about supporting your mental health and wellbeing have been at least quite useful	38	39	24	39	30	31	38	56	40	38	30	31	42	42
Believe their school has mental health ambassadors/peer support available	59	66	62	54	51	56	58	56	63	59	51	52	62	54
Feel their views and opinions are listened to in school	27	27	20	29	22	20	21	41	32	23	19	16	30	13
Feel safe in school	58	56	43	51	51	47	53	66	60	40	51	45	65	57

Year 10 Inequalities Analysis

The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown. No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone.

Significant differences are shown in green if desirable, orange if undesirable

		$p < 0.05$	Green=Higher on a positive criterion or lower on a negative one
		$p < 0.01$	Orange=Lower on a positive criterion or higher on a negative one

	All	Female	Non-binary or transgender	LGB	LGBTQ+	SEND	SPF	Young carer	Most deprived quintile	Least deprived quintile	White British	White non-British	Mixed	Black	Asian	Middle East/West Asian
Sample	1,034	509	66	100	169	94	201	84	268	24	321	66	121	123	335	27
Happy with their life	41	37	32	37	34	46	36	25	35	33	42	30	41	35	46	37
Worry at least quite a lot about more than 5 listed items	11	13	29	33	30	19	13	30	9	25	14	8	11	7	10	22
If they were worried they have someone (at home/school/elsewhere) that they trust to talk with about it	84	84	73	83	79	85	81	83	83	88	88	86	83	75	86	70
Have accessed support online when they've had a health or wellbeing concern	12	13	30	31	26	18	13	23	13	8	14	18	15	10	10	4
Have felt optimistic (hopeful/positive) about the future at least often in the last 2 weeks	41	38	33	35	37	49	39	41	37	39	36	42	44	41	46	42
Have felt relaxed at least often in the last 2 weeks	38	27	28	18	22	36	37	32	35	13	38	42	34	36	40	38
High or maximum score (28 - 35) on the SWEMWB Scale	22	15	16	9	12	19	22	15	22	9	18	19	23	21	26	32
Agree that they find it hard to control their feelings	31	39	47	44	44	46	32	44	35	35	34	42	34	27	26	40
Had a high score (5.5-7) on the TEIQue-ASF Self-control Subscale	15	9	9	8	9	8	13	8	15	4	11	11	13	14	21	20
Scored 12+ on the 'Me & My Feelings' emotional difficulties subscale (clinically significant difficulties)	14	19	39	38	36	29	15	26	17	17	16	14	16	9	13	12
Scored 7+ on the 'Me & My Feelings' behavioural difficulties subscale (clinically significant difficulties)	14	14	25	29	26	21	19	25	17	17	14	17	17	13	11	12
Past or current partner did any of the controlling behaviours listed	35	37	48	51	48	56	34	45	37	35	43	48	38	33	23	24
Violence between adults at home in the last month that frightened the pupil	5	6	17	13	13	11	4	8	6	8	5	5	4	4	6	16
Ever bullied online	16	19	27	35	29	31	20	25	15	29	19	25	18	13	10	24
Bullied in school in the last 6 months	13	14	23	21	21	19	14	20	16	13	13	27	12	8	11	12
Bullied outside school in the last 6 months	6	6	16	12	10	15	9	16	6	4	7	6	8	5	5	4
School deals with bullying not very well	42	47	47	47	48	44	41	55	40	33	42	37	47	47	40	40
Has experienced any of the listed types of sexual harassment in the last 6 months	33	38	53	60	52	39	36	49	29	63	37	46	42	30	27	29
Lessons about supporting your mental health and wellbeing have been at least quite useful	31	31	22	20	22	33	31	19	23	29	30	28	26	22	38	27
Believe their school has mental health ambassadors/peer support available	60	67	67	73	71	50	67	69	57	83	63	62	60	52	62	55
Feel their views and opinions are listened to in school	26	25	22	22	22	31	27	22	23	21	28	25	12	22	30	32
Feel safe in school	57	57	44	45	49	52	59	42	50	71	61	50	51	48	62	41

Appendix 4: Signposting for Pupils

At the end of the survey pupils were given the following suggestions for support if they had any concerns after completing the questionnaire:

- You could speak to an adult you trust, like your parents/carers or a teacher. Your school nurse may also be able to help you - ask your teacher for more details.
- If you want to speak to someone about something that is worrying you, you can call Childline on 0800 1111 or visit their website: www.childline.org.uk
- If you want more information about healthy eating or keeping fit for you or your family you can visit www.change4life.co.uk
- If you want more information on bullying the Anti-bullying Alliance is working together to stop bullying: www.anti-bullyingalliance.org.uk
- For Internet safety: www.thinkuknow.co.uk Keeping yourself safe and keeping the internet fun for you and your friends.

The logo for Wolverhampton 360 is displayed. It features the text "Wolverhampton 360" in white on an orange rectangular background. To the right of the text is a circular graphic with a gradient from purple to blue and a small white dot in the center.

- For Drugs, Tobacco and Alcohol www.talktofrank.com and www.recoverynearyou.org.uk/ Free confidential drugs information and advice 24 hours a day.
- www.recoverynearyou.org.uk/ Help for young people worried about a parent's drinking or drug use. Perhaps you are having problems of your own? Or maybe you just want to know more about the possible effects of using alcohol or drugs. Whatever the reason, our staff and volunteers are on hand to help.
- www.brook.org.uk Free and confidential sexual health and contraception advice for young people.
- www.nhs.uk/worhtalkingabout/ Talking about sex, contraception and sexually transmitted infections (STIs).
- For Emotional Health www.youngminds.org.uk A charity committed to improving the mental health of children and young people.
- For Crime: Crime www.victimsupport.org.uk/help-victims/help-young-victims Victim support - Help for young victims.

Appendix 5: List of Questions

Page no.:

B. Do you consider yourself to have a special educational need or disability?	5
1b. Is your gender different to the gender you were assigned at birth (transgender)?	5
2. How would you describe your sexual orientation?	5
3. Which adults do you live with most?	6
4a. Do you regularly help to look after someone in your family because they are disabled, ill or are not able to look after themselves?	7
4b. Does your school know that you look after someone at home?	7
4c. Who do you look after?	7
5. Which of these groups would you consider yourself?	7
6. How happy are you with your life at the moment?	8
7. How much do you worry about the issues listed below?	9
8. If you were worried about something, do you know an adult, or someone else you trust that you could talk to about this?	12
9a. Have you ever accessed support online when you have had a worry about your health or wellbeing?	12
9b. If yes, where from?	12
10. The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)	13
11. Please answer by ticking the number that best shows how much you agree or disagree with each sentence below:	15
12. Me and My Feelings questionnaire:	17
13. Have any of these things happened to you in a relationship with a boyfriend/girlfriend?	19
14. Has there been any violence between adults (e.g. hitting, punching) at home in the last month that frightened you?	19
15. Have you ever been bullied online?	20
16. Have you been bullied in school in the last 6 months?	20
17. How well does your school deal with bullying?	20
18. Have you been bullied somewhere other than school in the last 6 months?	21
19. Have any of the following happened to you in the last 6 months?	21
71. Do you think your school challenges racism and racist bullying effectively?	22
72a. Do you think your school challenges homophobic bullying effectively?	22
72b. Do you think your school challenges biphobic / transphobic bullying effectively?	22
22. How useful have you found school lessons about the following?	23
23. Does your school have mental health ambassadors or peer support available?	25
24. Do you feel that your views and opinions are listened to in your school?	25
25. Do you think that LGBTQ+ students feel that your school is a safe and welcoming place for them?	26
26. Do you think students with Special Education Needs or disabilities feel that your school is a safe and welcoming place for them?	26
27. Do you usually feel happy during lessons at school?	27
27. If you need help with friendships do you know where to get help?	27

27. Do you feel safe in school?	27
27. Do you feel welcomed when you walk into school/your class?	27
28. Please think about each of the following statements:	28
29a. Do you think that students are involved in making real decisions in your school?	30
29b. If yes, what decisions do you think have involved students in your school?	30
30. What would you change in school to improve the school environment?	31

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