

# Findings from the Health Related Behaviour Survey 2022 **Emotional Health and Wellbeing**

Supporting the health of  
young people in Wolverhampton



# Findings from the Health Related Behaviour Survey 2022 – Emotional Health and Wellbeing

Wolverhampton schools have been using the Health Related Behaviour Survey every two years since 2006, as a way of collecting robust information about young people's lifestyles.

This latest survey was organised and funded by the City of Wolverhampton Council Public Health Team.

Three separate versions of the survey have been used - Key Stage 1, Key Stage 2 and secondary with age appropriate questions as standard, tailored specifically for the city's needs. Pupils in Years 1, 2, 4, 5 and 6 in the primary phase and Years 8, 9, and 10 in the secondary phase anonymously completed the questionnaire. Some secondary schools and the FE college also took part in a shorter Year 12+ version of the secondary survey.

## Navigating the report

This report is one of five that reflect local priorities. Each report is divided into the following sections:

### Headline comparisons

Each report contains headline bullet points, comparing the 2022 data and the same questions for 2018. Due to the COVID-19 pandemic we don't have comparable 2020 data available.

**Key:** ■ **Positive finding**

■ **Negative finding**

■ **Neutral finding** (where it is subjective as to whether the finding is positive or negative or is little different)

### Trends

The survey questions have changed somewhat compared with previous years but where possible, trend charts have been included where they provide useful insight for key priority areas.

### Phase differences

A selection of questions used across the surveys to look for age-related differences in responses.

### Mapping

The primary school data available has been divided into ward areas by postcode of the pupil.

*The maps are colour coded:*

**Green** = **positive findings**

**Blue** = **neutral findings** (where it is subjective as to whether the finding is positive or negative)

**Red** = **negative findings**

The darker the colour, the higher the percentage proportions (see key on each map). Sadly there isn't enough secondary school data available for mapping purposes.

### Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for different responses across potential vulnerable groups

### Links between behaviours

Cross tabulations have been investigated for some of the key questions in the survey to look for links between behaviours. Each statement is a statistically significant finding, to save space, one from primary and one from secondary have been selected but full lists are available.



# Headlines

Girls appear to report a greater range and level of issues and difficulties than boys do when we interpret the findings for the emotional health and wellbeing questions. Girls are less likely to appear in the highest brackets in the Stirling (primary) and Short Warwick-Edinburgh Mental Well-being Scale SWEMWBS (secondary). Compared with 2018, pupils in 2022 seem less happy, more worried and are less likely to know an adult they trust who they could talk to about their worries. Pupils are also less likely to say that their school deals well with bullying in 2022 compared with 2018.

## Key Stage 1 Pupils

- 45% of Key Stage 1 pupils recorded levels of high self-esteem. This is lower than the 48% who recorded this in 2018.
- In 2022, 45% of Key Stage 1 pupils recorded levels of 'high' self-esteem, 38% had 'med-high' levels, 15% had 'med-low' and 3% had 'low' self-esteem.
- 31% of Key Stage 1 pupils said that they worry 'a lot' about bullying. This is higher than the 29% who said this in 2018.
- 78% of Key Stage 1 pupils said that they know an adult they can talk to if they are worried about something. This compared with 74% in 2018 and 72% reported in 2016.
- 45% of Key Stage 1 pupils worried about their safety, 38% worried about friendships and 34% worried about tests.

## Key Stage 2 Pupils

- 48% of Key Stage 2 pupils worried about moving on to secondary school, 47% worried about SATs/tests and 40% worried about catching or spreading COVID-19.
- 67% of Key Stage 2 pupils said that if they were worried about something, they knew an adult they trust to talk to about this. This is lower than the 78% reported in 2018.
- 25% of Key Stage 2 pupils said that they have been bullied online. This is higher than the 14% reported in 2018.
- 25% of Key Stage 2 pupils said that they haven't had any information or advice in school about bullying. This is higher than the

21% reported in 2018. 41% in 2022 said that their school deals 'very well' with bullying. This is lower than the 45% seen in 2018.

- 35% of Key Stage 2 pupils recorded levels of high wellbeing on the Stirling Children's wellbeing scale. This is lower than the 47% who recorded this in 2018.
- In 2022, 35% of Key Stage 2 pupils recorded levels of 'high' wellbeing, 45% had 'med-high' levels, 16% had 'med-low' and 4% had 'low' wellbeing.
- 71% of Key Stage 2 pupils said that they 'often' or 'always' feel happy during school breaktimes. This is lower than the 81% reported in 2018.
- 57% of Key Stage 2 pupils said that they feel 'happy' with their life at the moment. This is lower than the 63% reported in 2018.
- 65% of Key Stage 2 pupils said that their school cares whether they are happy or not. This is lower than the 70% who said this in 2018.
- 44% of Key Stage 2 pupils said that their views and opinions are listened to in school. This is lower than the 48% reported in 2018.
- 84% of Key Stage 2 pupils said that they think it is important to go to school regularly. This compared with 81% who reported this in 2018.

## Secondary pupils

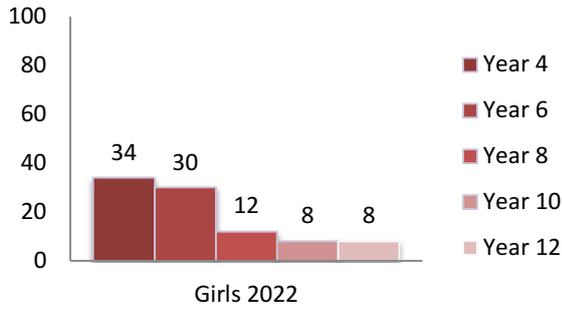
- 36% of Key Stage 3-4 secondary pupils said that they feel 'happy' with their life at the moment. This is lower than the 48% in 2018 and 52% reported in 2016.

- 15% of Key Stage 3-4 secondary pupils recorded levels of high wellbeing on the SWEMWB wellbeing Scale. This is lower than the 22% reported in 2018.
- In 2022, 15% of Key Stage 3-4 secondary pupils recorded levels of 'high' wellbeing, 43% had 'med-high' levels, 30% had 'med-low' and 11% had 'low' wellbeing.
- 17% of Key Stage 3-4 secondary pupils said they have been bullied online. This is higher than the 13% reported in 2018.
- 26% of Key Stage 3-4 secondary pupils said their school challenges racism and racist bullying effectively. This is lower than the 29% reported in 2018.
- 23% of Key Stage 3-4 secondary pupils said they have been bullied because of their size or weight. This is higher than the 18% reported in 2018. 25% have been bullied for the way they look; higher than the 22% seen in 2018.
- 26% of Key Stage 3-4 secondary pupils said their school challenges homophobic bullying effectively. This is higher than the 19% reported in 2018.
- 22% of Key Stage 3-4 secondary pupils said that students are involved in making real decisions in their school. This is lower than the 26% reported in 2018.
- There is a continuing rising trend for Key Stage 3-4 secondary pupils who report worrying about schoolwork, exams and tests.
- 55% of Key Stage 3-4 secondary pupils worried about exams and tests, 41% worried about the way you look/body image and 35% worried about their mental health.

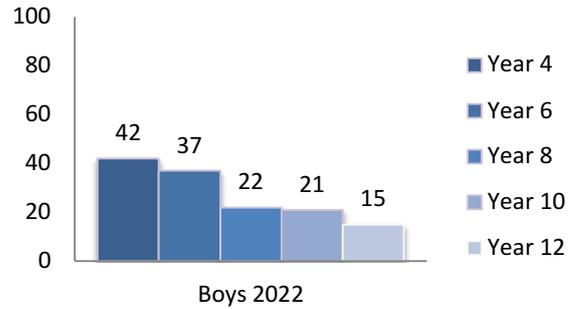
# Phase differences

There appear to be marked differences between the proportions of secondary girls achieving high percentages compared with boys for each of these indicator question sets for primary (Sterling Children’s Wellbeing Scale) and secondary (SWEMWBS) pupils.

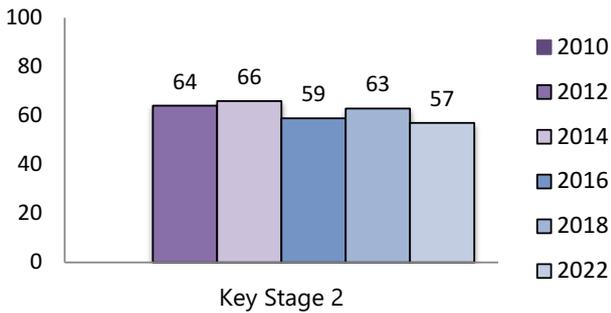
High/maximum wellbeing score



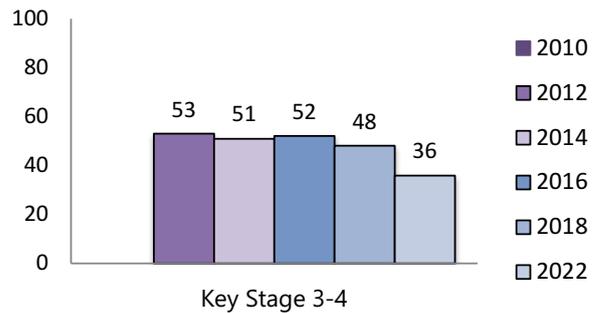
High/maximum wellbeing score



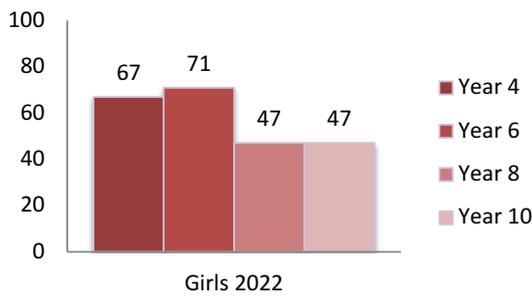
Happy with life at the moment



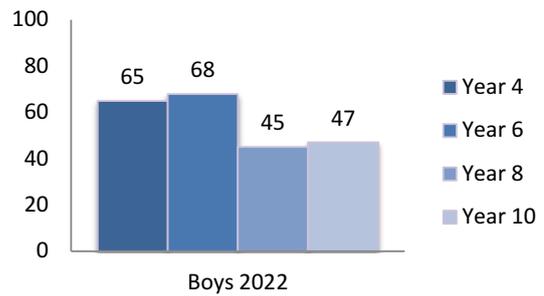
Happy with life at the moment



Know an adult they trust who they can talk to if they are worried about something (secondary could talk to about their mental health)



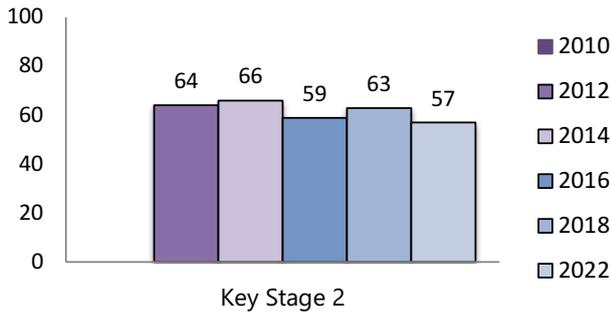
Know an adult they trust who they can talk to if they are worried about something (secondary could talk to about their mental health)



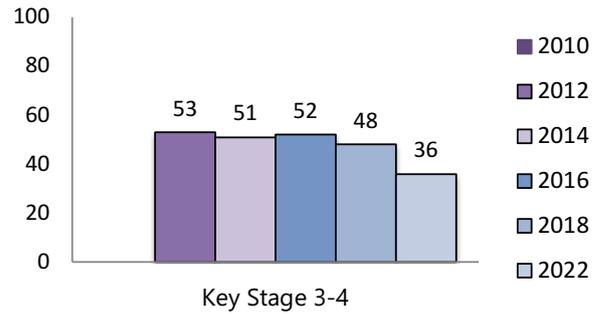
# Trends

- It is difficult to say whether there are any clear trends in pupils reporting happiness with life in the primary data. There is a clear recent downward trend for secondary pupils however.
- There is a clear upward trend for secondary pupils worrying about tests (more girls than boys). This doesn't appear the same trend for the primary phase.

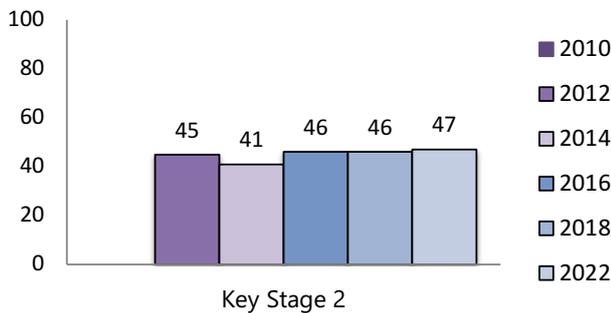
Primary Trends - Happy with life



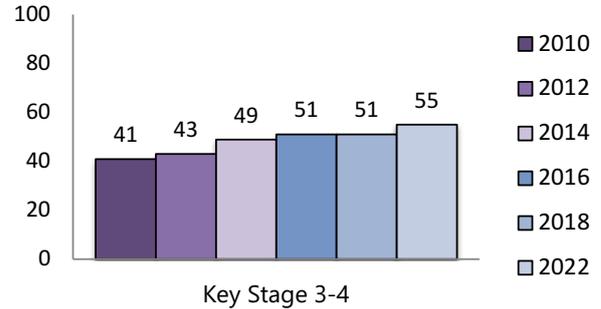
Secondary Trends - Happy with life



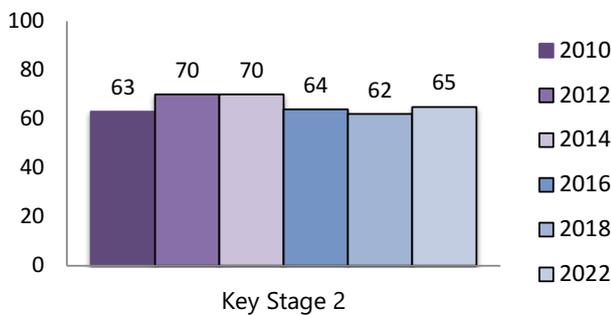
Primary Trends - Worry about tests



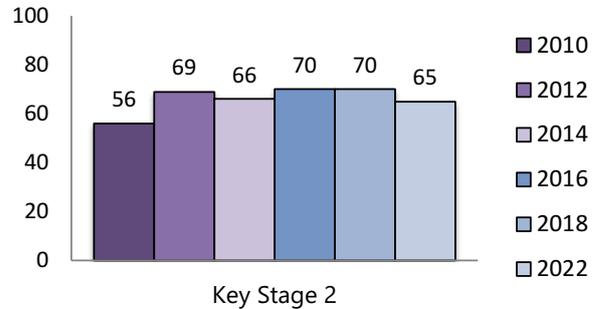
Secondary Trends - Worry about tests



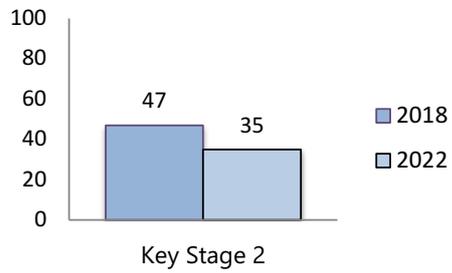
Primary Trends - school teaches them how to deal with their feelings positively



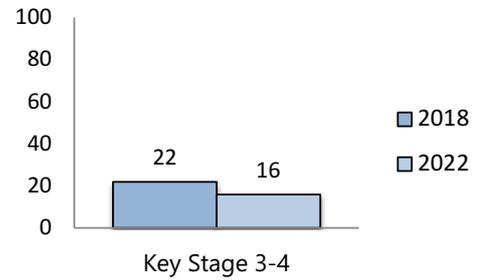
Primary Trends - school cares whether they are happy or not



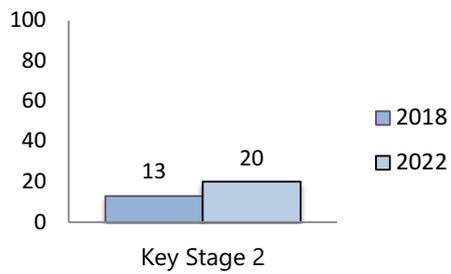
Primary Trends - High/max wellbeing



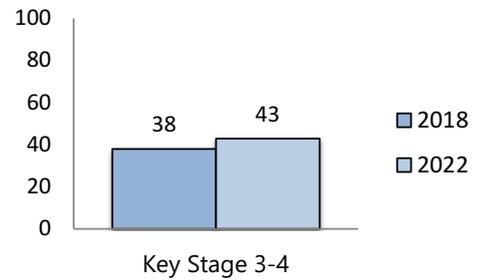
Secondary Trends - High/max wellbeing



Primary Trends - Low/med-low wellbeing

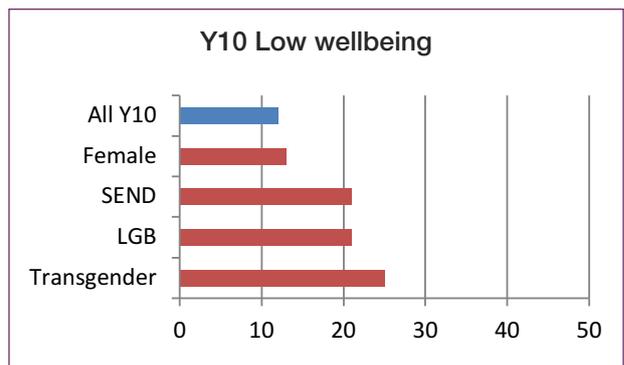
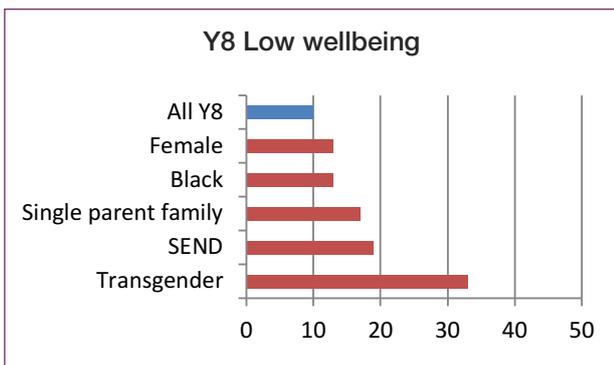
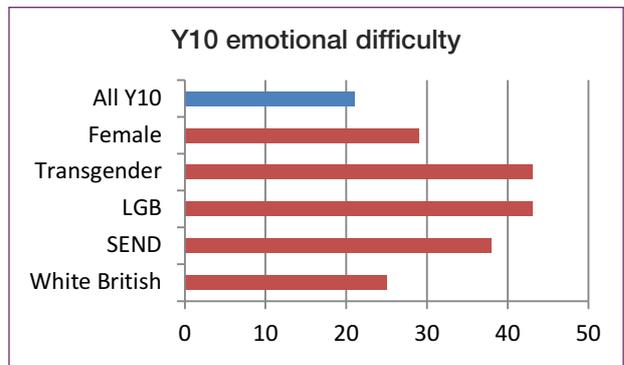
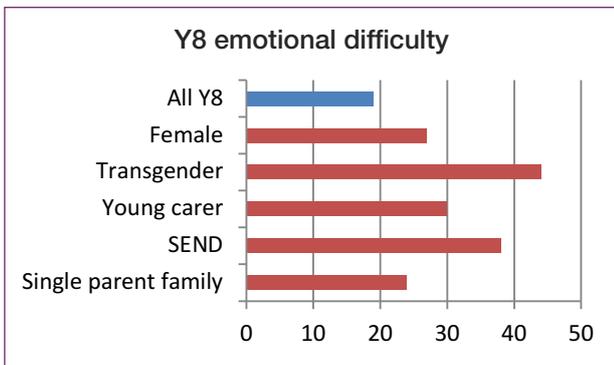
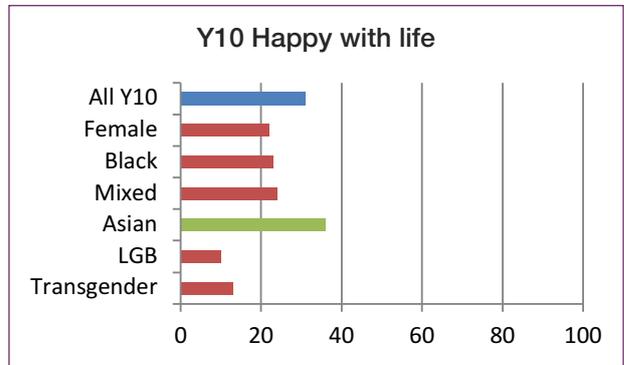
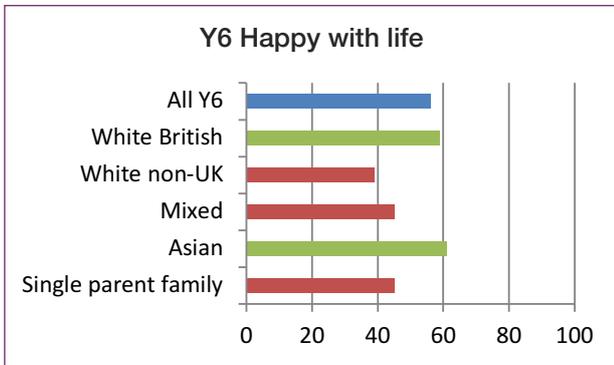


Secondary Trends - Low/med-low wellbeing



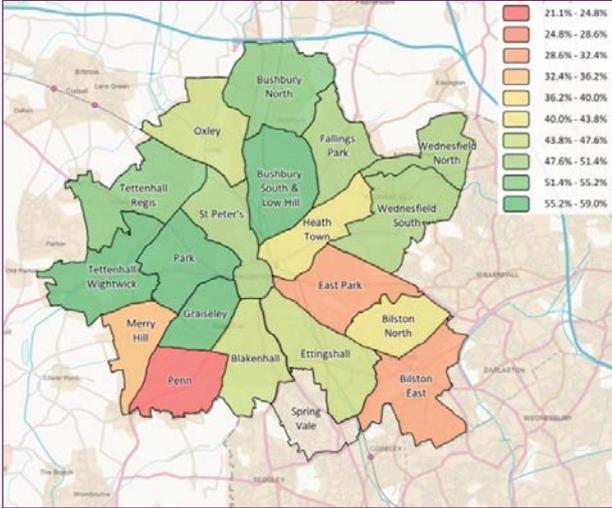
# Inequalities

A selection of questions for each of the primary and secondary questionnaires has been selected to look for statistically significant differences across potentially vulnerable groups:

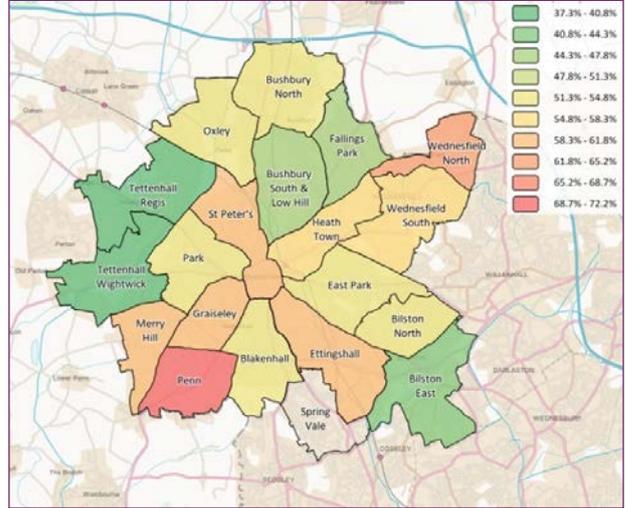


# Mapping

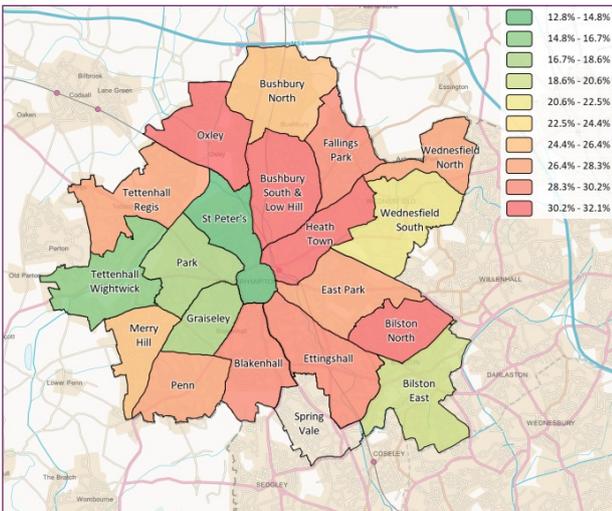
**Year 6 pupils  
- Enjoy what each new day brings**



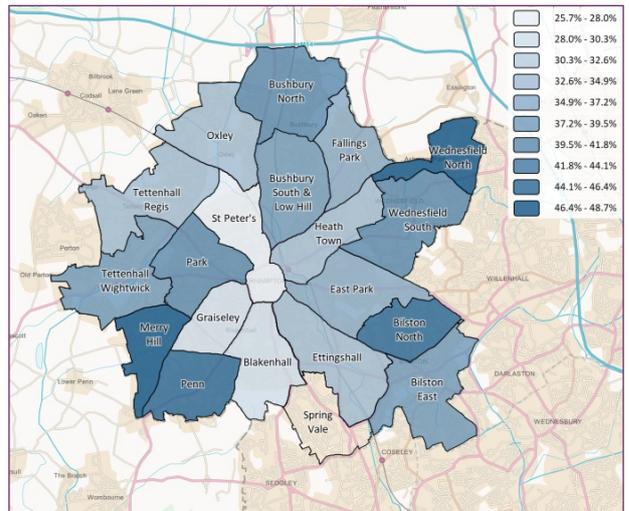
**Year 6 pupils  
- worry about SATs or tests**



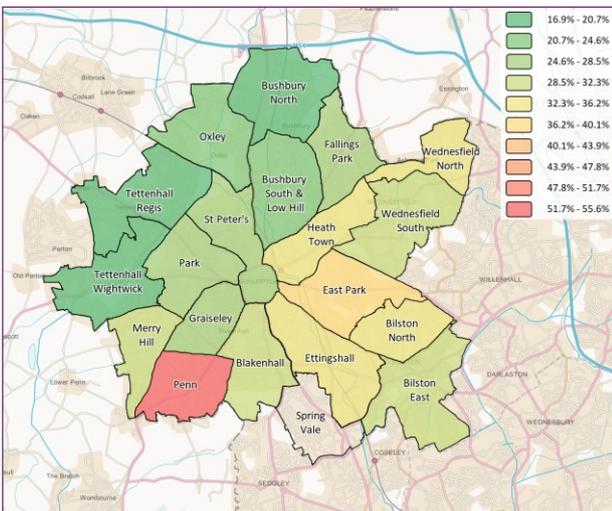
**Year 6 pupils - have seen something  
worrying/upsetting online**



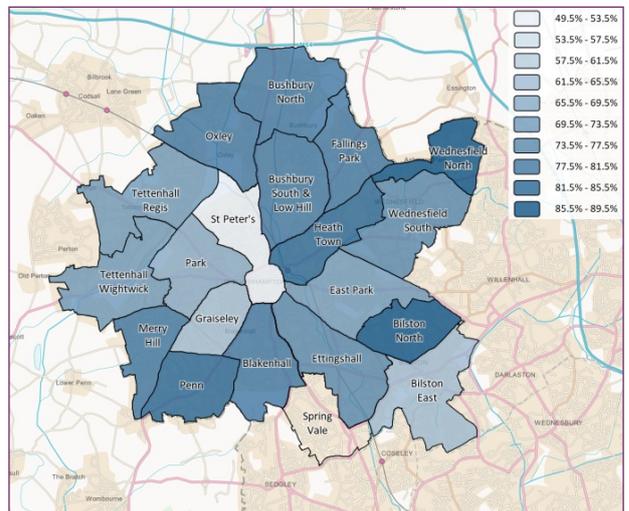
**Year 6 pupils - use social networking  
sites to meet friends**



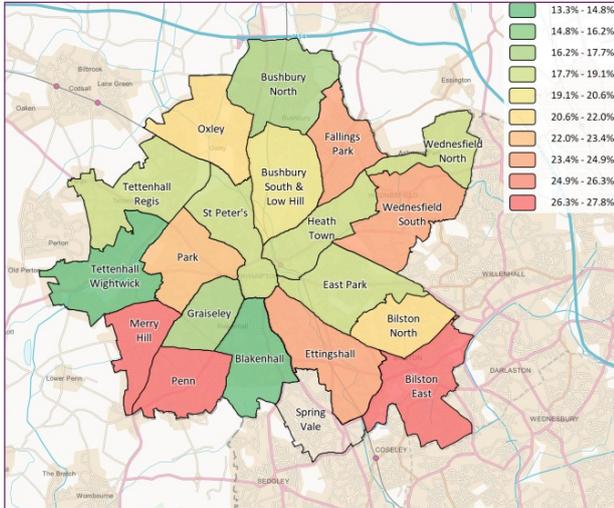
**Year 6 pupils  
- worry about family**



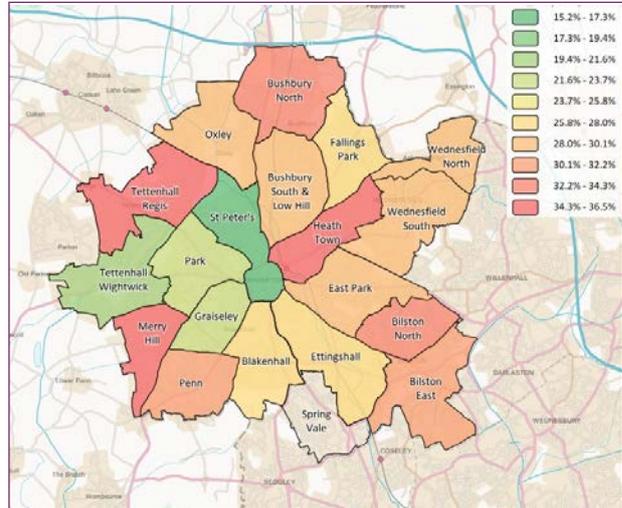
**Year 6 pupils  
- use social networking sites**



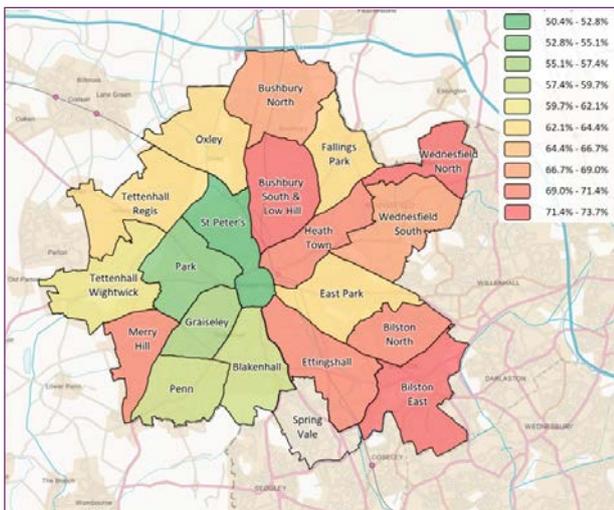
**Year 6 pupils - Me and My Feelings  
- significant behavioural issues**



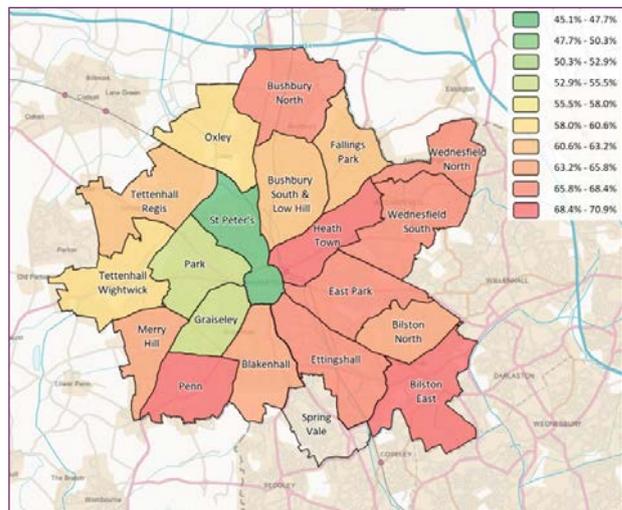
**Year 6 pupils - Me and My Feelings  
- significant emotional issues**



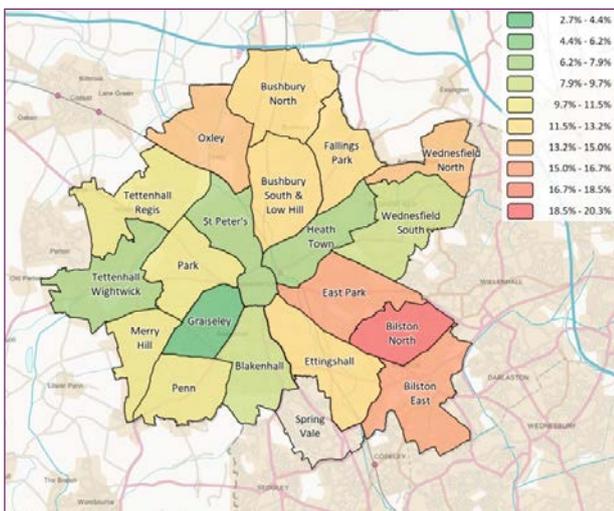
**Year 6 pupils  
- Lose my temper at least sometimes**



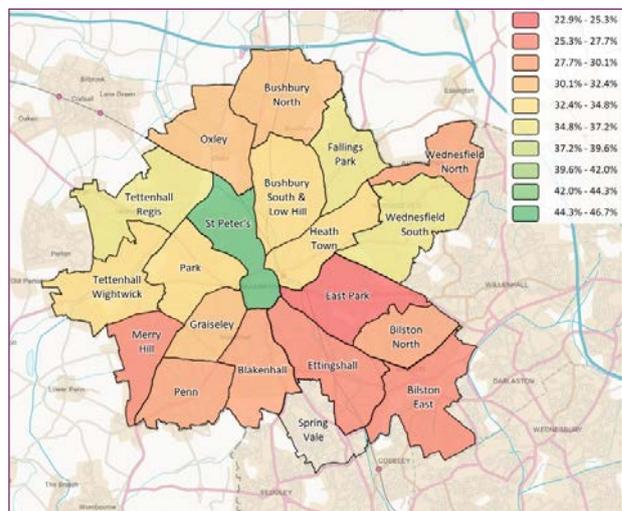
**Year 6 pupils  
- Unhappy at least sometimes**



**Year 6 pupils - Poor mental wellbeing  
(Stirling Wellbeing Scale)**



**Year 6 pupils - Good mental wellbeing  
(Stirling Wellbeing Scale)**



## Links between behaviours

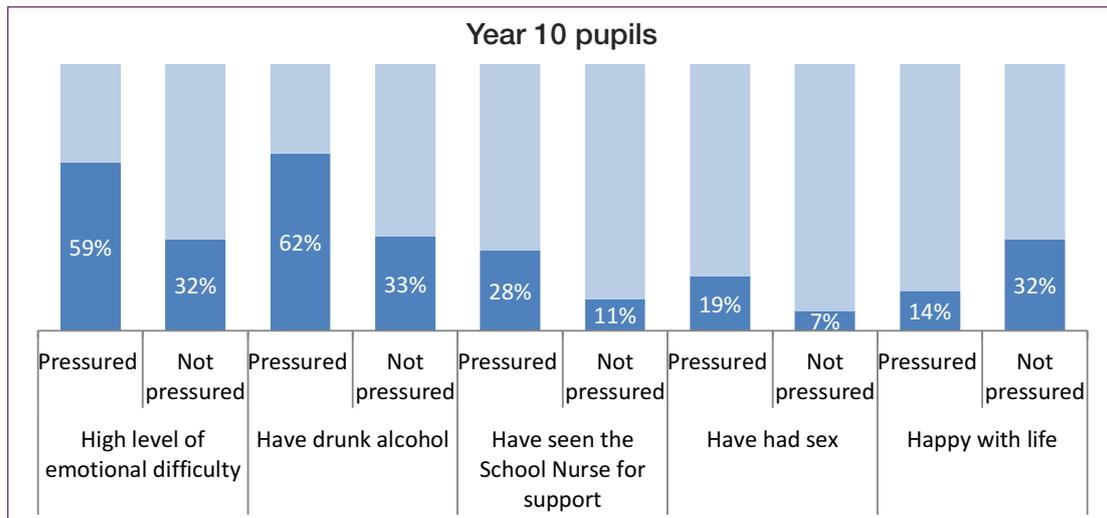
§ When compared with Year 10 pupils who haven't been pressured by a partner, Year 10 pupils who said that they **have been pressured to do something they don't want to do** are:

*Significantly more likely to:*

- Have high level of emotional difficulty
- Have drunk alcohol
- Have had sex
- Have seen the school nurse for advice or support

*Significantly less likely to:*

- Be happy with life



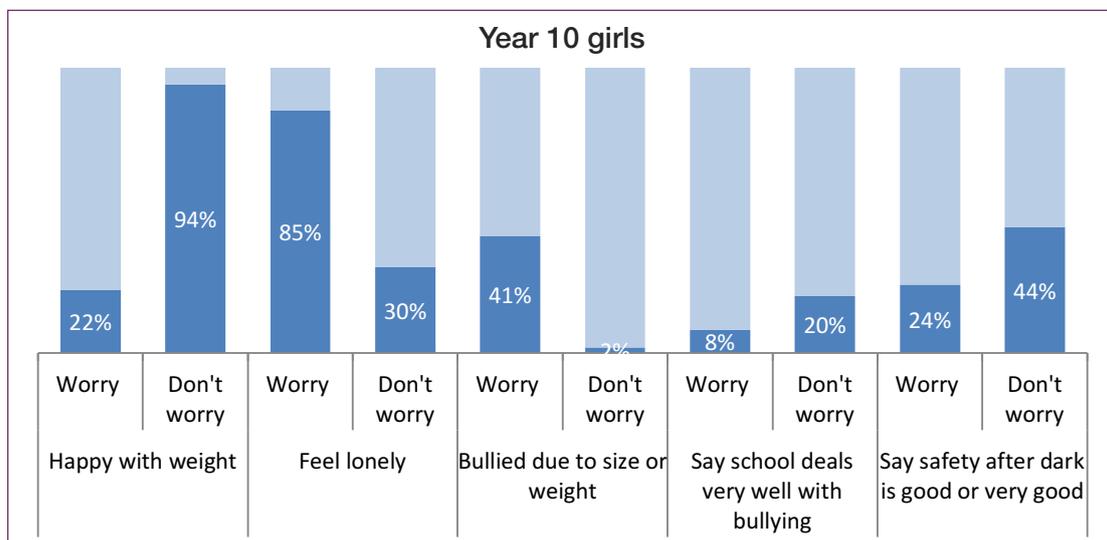
§ When compared with Year 10 girls who said they didn't worry about their looks/body image, Year 10 girls who **worried about their looks/body image** are:

*Significantly more likely to:*

- Have been bullied due to size or weight
- Feel lonely at least sometimes

*Significantly less likely to:*

- Be happy with their weight
- Say school deals very well with bullying
- Say that safety after dark is good or very good in the area where they live



# Inequalities

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. However, in the full table there are 96 cells, 34 of which show a significant result, 18 at  $p < 0.01$ ; this greatly exceeds expectations.

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

99	99
99	99

$p < 0.05$  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

<b>YEAR 4</b>	All	Female	White UK	White non-UK	Mixed	Black	Asian	Single-parent family	Young carer
Sample (N)	1465	714	544	64	130	147	284	255	321
Worry about gangs at least quite a lot'	48%	45%	49%	38%	41%	50%	50%	49%	50%
Ever bullied online	28%	30%	30%	38%	26%	31%	25%	33%	32%
Bullied in last 6m	17%	19%	17%	8%	20%	20%	17%	20%	23%
School deals well with bullying	46%	44%	48%	42%	48%	48%	47%	47%	48%
Clinically significant [emotional] difficulties	17%	22%	16%	19%	22%	21%	13%	23%	21%
Clinically significant [behavioural] difficulties	12%	10%	13%	12%	19%	14%	6%	17%	14%
Happy with life	59%	58%	58%	52%	59%	58%	60%	49%	60%
Worry about some issue at least 'quite a lot'	80%	81%	79%	79%	82%	81%	78%	82%	88%
Low wellbeing score (SWEMWBS/SCWBS)	8%	7%	7%	13%	12%	7%	6%	12%	7%

<b>YEAR 6</b>	All	Female	White UK	White non-UK	Mixed	Black	Asian	Single-parent families	Young carer
Sample (N)	1694	827	660	70	170	180	368	308	233
Worry about gangs at least quite a lot'	47%	45%	45%	46%	49%	39%	50%	45%	45%
Ever bullied online	23%	21%	27%	26%	27%	21%	15%	28%	29%
Bullied in last 6m	16%	16%	18%	21%	17%	12%	11%	19%	21%
School deals well with bullying	37%	37%	37%	40%	31%	30%	38%	37%	38%
Clinically significant [emotional] difficulties	16%	18%	18%	23%	28%	13%	8%	22%	17%
Clinically significant [behavioural] difficulties	13%	11%	14%	14%	18%	16%	7%	17%	16%
Happy with life	56%	54%	59%	39%	45%	52%	61%	45%	51%
Worry about some issue at least 'quite a lot'	66%	68%	65%	64%	64%	65%	62%	70%	74%
Low wellbeing score (SWEMWBS/SCWBS)	10%	10%	11%	17%	14%	11%	5%	11%	9%

<b>YEAR 8</b>	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	Transgender
Sample (N)	1622	774	549	88	194	232	406	51	298	124	155	76
Worry about gangs at least quite a lot'	15	16	17	11	13	12	17	8	14	11	16	7
Carry weapon when going out	6	5	5	10	7	6	6	5	8	15	12	14
Ever bullied online	19	19	25	21	20	17	11	20	24	27	32	41
Bullied in last 6m	18	17	22	20	18	15	14	7	19	34	22	36
School deals well with bullying	15	12	17	9	11	12	14	22	7	22	14	15
Clinically significant [emotional] difficulties	19	27	22	12	17	19	14	18	24	38	30	44
Clinically significant [behavioural] difficulties	15	17	18	16	19	19	8	16	21	30	22	40
Any aggressive/coercive behaviour in a relationship	25	21	33	29	32	22	12	9	32	41	34	47
Happy with life	41	32	41	40	38	34	45	53	30	22	31	26
Worry about some issue at least 'quite a lot'	81	87	81	81	79	81	81	84	83	93	92	96
Low wellbeing score (SWEMWBS/SCWBS)	10	13	9	11	12	13	7	10	17	19	13	33
Violence at home last month	10	9	8	10	12	15	11	9	13	23	11	23
Victim of crime/violence last 12 months	5	3	5	8	8	5	5	0	8	14	13	9
Views & opinions listened to at school	25	24	26	26	20	21	29	12	23	27	19	21
Any sexual harassment last 6m	25	28	25	27	33	28	17	33	31	33	30	46

YEAR 10	All	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	Single-parent family	Special Ed Needs	Young carer	LGB	Transgender	LGBT (including non-binary)*
Worry about gangs at least quite a lot'	18	21	18	16	25	16	18	18	19	14	22	23	24	22
Ever bullied online	14	17	20	26	12	10	8	5	21	29	23	32	24	27
Bullied in last 6m	10	10	12	11	8	8	8	16	11	23	14	20	7	16
School deals well with bullying	8	5	10	6	8	5	6	11	6	9	8	5	7	4
Clinically significant [emotional] difficulties	21	29	25	18	18	16	19	15	20	38	28	43	43	43
Clinically significant [behavioural] difficulties	12	13	14	11	18	11	8	10	15	26	20	22	19	17
Any aggressive/coercive behaviour in a relationship	30	26	39	43	39	28	15	32	39	46	43	46	34	42
Happy with life	31	22	31	36	24	23	36	27	27	27	30	10	13	11
Worry about some issue at least 'quite a lot'	81	91	83	81	80	77	82	86	80	90	83	90	85	88
Low wellbeing score (SWEMWBS/SCWBS)	12	13	13	11	14	10	10	8	10	21	12	21	25	22
Violence at home last month	6	7	5	8	3	5	8	16	5	3	9	11	9	10
Victim of crime/violence last 12 months	7	6	8	8	8	10	4	0	12	12	10	6	5	6
Views & opinions listened to at school	17	16	21	15	16	11	17	11	18	20	14	12	20	14
Any sexual harassment last 6m	37	44	41	38	47	43	27	16	42	39	39	51	55	51

## The 2022 Sample

Teachers were briefed on how to collect the most reliable data by Schools Health Education Unit staff.

The facility was offered to all schools to complete the survey online, using a customised website. Where technical issues made this impossible, a paper-based alternative was provided.

The HRBS 2022 was completed by a total of 7959 pupils in 23 primary (KS1) settings, 39 primary (KS2) settings, 14 secondary settings, the FE college and 2 special schools.

Each of the schools has its own report comparing their results to the combined sample for schools and pupils in their age phase.

**7959 young people were involved in the survey:**

School Year	Year 2	Year 4	Year 5	Year 6	Year 8	Year 10	Year 12+	Total
Boys	479	702	169	801	769	579	132	3631
Girls	505	714	168	827	774	616	286	3890
<b>Total</b>	<b>989</b>	<b>1465</b>	<b>341</b>	<b>1694</b>	<b>1622</b>	<b>1270</b>	<b>452</b>	<b>7959*</b>

\* 312 young people didn't select male or female, 49 Year 9 and 11 students also took part. 77 students took part in a bespoke special school survey so their results are reported elsewhere.

For more information contact **SHEU** on **01392 66 72 72** or visit **www.sheu.org.uk**

## The Way Forward - over to you

It has been four years since the survey was last conducted, in 2018. The 2020 survey was cancelled as a result of school closures due to the Covid-19 pandemic. You will see in the reports that during this time some behaviours and attitudes reported by children and young people have changed. However, it is impossible to state which are directly related to the impact of Covid-19 and which are because of factors that would have occurred in any event.

What we do know is that during the pandemic, young people had their attendance at school severely disrupted and many have had far less opportunity to access PSHE education and support services such as School Nursing and school pastoral teams. School closures and lockdown restrictions would also have impacted

upon children and young people's ability to socialise, access nutritious meals, enjoy leisure time, and participate in physical activities.

To understand and interpret the results of the survey that are presented within this report, we would encourage professionals and interested parties to view the information in the context of Covid-19 and the additional knowledge you hold in relation to the disruption to local provision.

Please use the reports as a basis for discussion and to develop local strategies, plans and support services, to ensure that as we recover the impact on the health and wellbeing of children and young people in Wolverhampton is maximised.

*For further information about the survey please contact:*

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