



Herefordshire Children & Young People's Quality of Life Survey 2024

Summary report

Version 1.0

Schools Health Education Unit (SHEU) for Herefordshire Council

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Introduction

This report summarises the results of a survey completed by over 5,000 children and young people in Herefordshire in the 2024 summer term. The work was commissioned by Herefordshire Council on behalf of the Children and Young People's Partnership, to provide an update to the 2021 survey. It was designed to provide robust information to inform plans and strategies, as part of the joint strategic needs assessment (JSNA) process. The Children and Young People's Quality of Life Survey 2024 was carried out by SHEU.

Topics included:

- Citizenship,
- Emotional health and wellbeing,
- Healthy eating and drinking,
- Drugs, alcohol and smoking/vaping,
- Leisure and physical activity,
- Safety,
- Internet safety,
- Relationships and sexual health.

Methodology

The survey was mainly run through schools, with all local authority maintained schools in Herefordshire invited to participate. Young adults were given the opportunity to take part at college, training providers, or via an open online survey. There were three different versions of the questionnaire, to ensure that CYP were asked questions appropriate to their age: primary, secondary and further education (FE).

A total of 29 primary schools, 10 secondary schools and 4 FE settings took part. This was broadly in line with 2021 when 25 primary, 10 secondary and 2 FE settings took part (although not all took part in both years) and a total of 4,900 children and young people completed the survey. See page 21 for a full list of establishments which participated in 2024.

Teachers were advised on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Schools were free to choose how many classes and year groups to include, but were asked as a minimum to survey at least one class in Years 6, 8 and 10 (as appropriate). Year 4 to 6 pupils completed the primary version (some questions were only asked of Year 6 pupils) and pupils in Years 7 to 11 completed the secondary version of the questionnaire (again some questions were only asked of older pupils). All were undertaken anonymously. Schools were given the choice of using online or paper-based questionnaires.

Results

This report presents a summary of overall statistics for each of the different questionnaires: primary (p.5), secondary (p.7) and FE (p.10). It also includes sections looking at variations in responses across different ages (p.13), inequalities for pupils with certain characteristics (p.16) and changes compared to the 2021 results (p.22).

5,049 children and young people were involved in the survey, with the numbers in each year group shown in the table below.

| School Year | Year 4 | Year 5 | Year 6 | Year 7 | Year 8 | Year 9 | Year 10 | FE | Total |
|-------------|--------|--------|--------|--------|--------|--------|---------|-------|--------|
| Age | 8-9 | 9-10 | 10-11 | 11-12 | 12-13 | 13-14 | 14-15 | 16-18 | |
| Boys | 256 | 283 | 273 | 412 | 482 | 397 | 305 | 68 | 2,479 |
| Girls | 219 | 261 | 270 | 425 | 475 | 381 | 293 | 90 | 2,414 |
| Total | 493 | 558 | 558 | 873 | 986 | 802 | 608 | 167 | 5,049* |

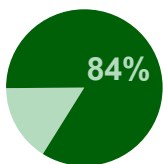
*156 pupils didn't select male or female. 4 pupils did not select which year group they were in.

Herefordshire primary school pupils in Year 4 - Year 6 (1,609 pupils aged 8 - 11)

Citizenship

Background

- 84% of pupils described themselves as White British. 5% described themselves as Eastern European, 3% said they were Asian, British Asian or Chinese, 3% said they were mixed or multiple backgrounds.
- 10% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 17% of year 6 pupils said that they look after someone at home 'every week' or 'every day'. 12% of year 6 pupils looked after children younger than themselves; 7% of year 6 pupils looked after adults.



Belonging

- 35% said that they 'very strongly' felt that they belong to their school, 42% said this about their neighbourhood, 43% said this of Herefordshire and 52% said this of Britain.

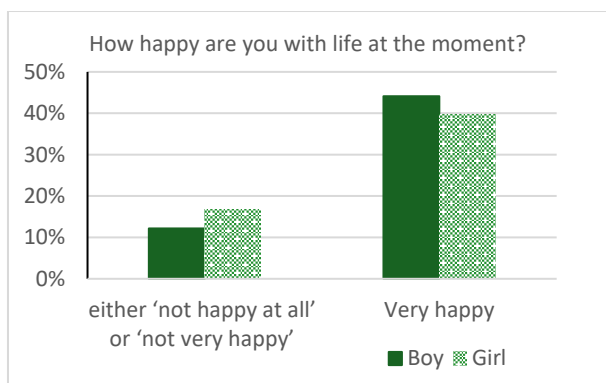
Views

- 53% of Year 6 pupils said they have chances to give their views about life in school and they use them. 33% said they have chances but don't use them and 14% said they don't have chance to give their views.
- 45% of Year 6 pupils said they have chances to give their views about their community and environment and they use them. 32% said they have chances but don't use them and 23% said they don't have chance to give their views.

Emotional Health and Wellbeing

Happy with life

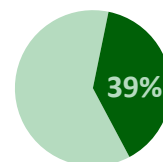
- 12% of boys and 17% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 44% of boys and 40% of girls said they were 'very happy' with life at the moment.



- 58% of Year 6 pupils said that if they had a problem, they would talk to someone about it. 26% said they would think about it on their own and 6% said they would seek help from online friends/group chats.

Bullying

- 26% said they had been bullied at or near school in the last 12 months.
- 39% of pupils said that they feel afraid of going to school because of bullying at least 'sometimes'.
- 17% of pupils said that bullying wasn't a problem in their school. 15% said their school dealt with bullying 'badly' or 'not at all'. 47% of pupils said that their school dealt with bullying 'quite' or 'very well'.
- 8% said they had bullied someone else at school in the last 12 months.
- 61% of Year 6 pupils said that the information they receive from school about bullying is 'quite' or 'very useful'. 27% said they 'hadn't had any' or it wasn't useful.

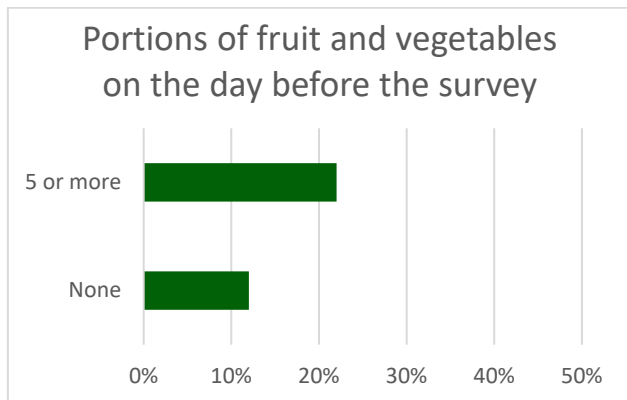


Wellbeing

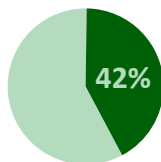
- 24% of pupils had low or medium low combined scores on the Stirling Children's wellbeing scale.
- 13% of pupils had wellbeing scores that are indicative of poor mental health.
- The highest worry reported by 32% of pupils for 'quite a lot' or 'a lot' was the way they look.
- 23% worried 'quite a lot' or 'a lot' about the Environment and climate change. 30% worried 'quite a lot' or 'a lot' about being safe on the roads and 27% about the physical or mental health of someone in their family.
- 31% of boys worried 'quite a lot' or 'a lot' about their future e.g. where they live, getting a job etc.
- 39% of girls worried 'quite a lot' or 'a lot' about the way they look and 39% worried about problems with friends.
- 33% of Year 6 boys and 41% of Year 6 girls would like to lose weight.

Healthy Eating and Drinking

- 5% of pupils had nothing to eat or drink for breakfast on the day of the survey. 44% of pupils had cereal and 32% had toast, bagel, croissant etc.
- 38% of pupils said that they had a drink at breakfast time.
- 22% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 12% had eaten none.



- 16% of pupils have chips/roast potatoes and 42% crisps 'on most days'.
- 61% eat fruit and 37% vegetables or salad 'on most days'.
- 66% of pupils had a packed lunch the day before; 30% had a school lunch.
- 16% of pupils have a sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) on 'most days'.



Dentist

- 5% said they have never been to the dentist. 35% hadn't been to the dentist in this academic year.
- 81% had a check up on their last visit to the dentist, 25% had fillings, 5% had a decayed tooth removed and 9% had teeth taken out for other reasons.

Alcohol and Smoking/Vaping

Alcohol - Year 6 only

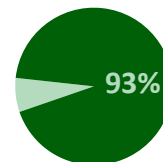
- 17% of Year 6 pupils said they have had an alcoholic drink (more than just a sip). 2% had a drink in the last 7 days.
- 8% of Year 6 pupils said that they do drink alcohol and their parents 'always' know, while 1% said their parents 'usually' know.
- This works out as 81% of those who drink alcohol said that their parents 'always' know.

Smoking/vaping - Year 6 only

- 97% of Year 6 pupils said they have never

smoked at all.

- 93% of Year 6 pupils said they have never tried a vape.
- 4% of pupils have tried vaping once or twice.



Leisure and Physical Activity

- 29% of pupils said that they did physical activity every day the previous week. 20% said they did this on 1 or 2 days and 4% said none.
- 36% of pupils walked/scooted to school on the day of the survey. 4% travelled by bike but 62% came by car. When year 6 pupils were asked why they didn't walk or cycle, 36% said they live too far away, 15% said their parents/carers drop them on the way to work. 8% said it wasn't safe to walk or cycle.
- 28% of Year 6 boys and 18% of Year 6 girls reported that they took part in hard exercise on at least 5 days in the previous week.
- 75% of pupils said they have been to parks or open spaces in their free time in the last 4 weeks.

Safety

- 91% of pupils said that they 'usually' or 'always' feel safe at home.
- 78% of pupils said that they 'usually' or 'always' feel safe at school.
- 31% of pupils said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 17% of Year 6 pupils can remember actual times when they were worried about their home being broken into. 16% said they were worried about being involved in a road accident and 22% said they had been worried about someone damaging their belongings on purpose.

Internet Safety

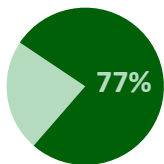
- 85% of pupils play games online. 69% of pupils said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 9% said 'never'.
- 31% of Year 6 pupils said they have seen/received something online that was offensive, worried them or made them feel upset.
- When this happened, 15% said they told/showed their parents, 16% said they blocked them but 6% deleted it without showing anyone.
- 79% of Year 6 pupils said that their lessons on safety had been 'quite' or 'very useful'.
- 95% of pupils said that they have been taught how to keep themselves safe online.

Herefordshire secondary school pupils in Year 7 - Year 10 (3,273 pupils aged 11 - 15)

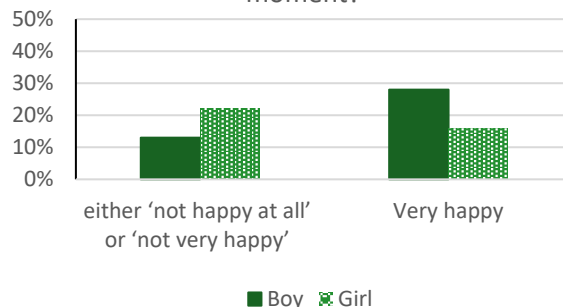
Citizenship

Background

- 77% of pupils described themselves as White British. 8% described themselves as White Eastern European, 4% said they were Asian or British Asian or Chinese, 4% said they were mixed or multiple backgrounds.
- 12% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 15% said that they look after someone at home 'every week' or 'every day'. 9% looked after children younger than themselves; 4% looked after adults.



How happy are you with your life at the moment?



- 43% of pupils said that if they had a problem, they would talk to someone about it. 32% said they would think about it on their own and 6% said they would seek help from online friends/group chats.

Belonging

- 15% said that they 'very strongly' felt that they belong to their school, 28% said this about their neighbourhood, 29% said this of Herefordshire and 39% said this of Britain.

Views

- 37% of secondary pupils said they have chances to give their views about life in school and they use them. 40% said they have chances but don't use them and 23% said they don't have chance to give their views.
- 32% of secondary pupils said they have chances to give their views about their community and environment and they use them. 38% said they have chances but don't use them and 29% said they don't have chance to give their views.

Emotional Health and Wellbeing

Happy with life

- 13% of boys and 22% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 28% of boys and 16% of girls said they were 'very happy with life at the moment'.

Bullying

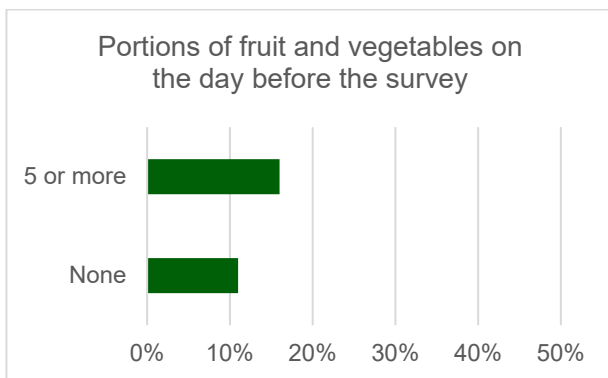
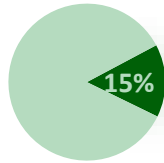
- 16% said they had been bullied at or near school in the last 12 months.
- 33% of pupils said that they feel afraid of going to school because of bullying at least 'sometimes'.
- 7% of pupils said that bullying wasn't a problem in their school. 29% said their school dealt with bullying 'badly' or 'not at all'. 27% of pupils said that their school dealt with bullying 'quite' or 'very well'.
- 5% said they had bullied someone else at school in the last 12 months.
- 29% of pupils said that the information they receive from school about bullying is 'quite' or 'very useful'. 41% said they 'hadn't had any' or it wasn't useful.

Wellbeing

- 43% of pupils had low or medium low scores on the Warwick-Edinburgh Mental Wellbeing scale.
- 11% worried 'quite a lot' or 'a lot' about the Environment and climate change. 10% worried 'quite a lot' or 'a lot' about being safe on the roads and 25% about the physical or mental health of someone in their family.
- 30% of boys worried 'quite a lot' or 'a lot' about their future e.g. where they live, getting a job etc. 62% of girls worried 'quite a lot' or 'a lot' about the way they look.
- 33% of boys and 53% of girls would like to lose weight.

Healthy Eating and Drinking

- 15% of pupils had nothing to eat or drink for breakfast on the day of the survey. 35% of pupils had cereal and 26% had toast, bagel, croissant etc.
- 39% of pupils said that they had a drink at breakfast time.
- 14% of pupils have chips/roast potatoes, 26% crisps and 23% sweets and chocolates 'on most days'.
- 45% eat fresh fruit, 33% vegetables or salad 'on most days'.
- 45% of pupils had a packed lunch the day before; 39% had a school lunch.
- 45% of pupils had at least one sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) the day before; 13% had at least 2-3.
- 16% of pupils had eaten 5 or more portions of fruit and vegetables on the day before the survey. 11% had eaten none.



Dentist

- 2% said they have never been to the dentist. 31% hadn't been to the dentist in this academic year.
- 86% had a check up on their last visit to the dentist, 16% had fillings 3% had a decayed tooth removed, 9% had teeth taken out for other reasons.

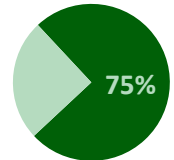
Drugs, Alcohol and Smoking /Vaping

Drugs and Alcohol

- 6% said that they have taken drugs, 2% have used them in the last month.
- 12% of Year 8 and 26% of Year 10 pupils said they have had an alcoholic drink in the last 7 days.

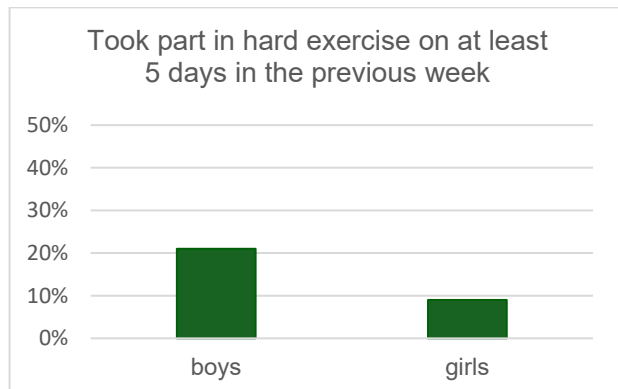
Smoking/vaping

- 91% of secondary pupils said they have never smoked at all.
- 75% of secondary pupils said they have never tried vaping.
- 14% of pupils have tried vaping once or twice. 8% vape at least 'sometimes' or more often.



Leisure and Physical Activity

- 26% of pupils said that they did physical activity every day the previous week. 17% said they did this on 1 or 2 days and 3% said none.
- 21% of boys and 9% of girls reported that they took part in hard exercise on at least 5 days in the previous week.



- 38% of pupils walked/scooted to school on the day of the survey. 6% travelled by bike but 39% came by car. When asked why they didn't walk or cycle, 39% said they live too far away, 12% said their parents/carers drop them on the way to work. 6% said it wasn't safe to walk or cycle.
- 66% of pupils said that they have had chances to give their views about leisure opportunities.
- 77% of pupils said they have been to parks or open spaces in their free time in the last 4 weeks.

- The top five other activities for pupils were:

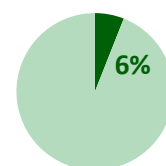
| Boys | Y7 | Y8 | Y9 | Y10 | Girls | Y7 | Y8 | Y9 | Y10 |
|---|-----|-----|-----|-----|--|-----|-----|-----|-----|
| Sports club or class | 59% | 54% | 54% | 48% | Sports club or class | 48% | 49% | 46% | 42% |
| Swimming | 29% | 28% | 24% | 16% | Cinema/ theatres | 31% | 31% | 30% | 36% |
| Cinema/ theatres | 24% | 25% | 24% | 24% | Swimming | 28% | 32% | 21% | 14% |
| Youth centre/ club (scouts etc.) | 21% | 12% | 12% | 10% | Art, craft, dance, drama group, film making group | 27% | 24% | 17% | 15% |
| Music group/ lessons | 13% | 12% | 11% | 9% | Music group/ lessons | 18% | 16% | 14% | 9% |

Safety

- 95% of pupils said that they 'usually' or 'always' feel safe at home.
- 70% of pupils said that they 'usually' or 'always' feel safe at school.
- 19% of pupils said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 14% of pupils can remember actual times when they were worried about their home being broken into. 11% said they were worried about being involved in a road accident and 21% said they had been worried about someone damaging their belongings on purpose.

Internet Safety

- 85% of pupils said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 4% said 'never'.
- 13% of pupils have had hurtful comments posted about them on a social networking site.
- 13% said someone had used/changed a picture to humiliate them.
- 4% of pupils (9% of Year 10 girls) said they have sent sexual pictures of themselves to someone they know.
- 6% (12% of year 10 girls) said they had been pressured or threatened to send a picture or video, or to show themselves via a webcam.
- 46% said they have blocked someone because of something that had happened online.

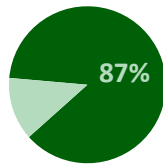


Herefordshire FE students (167 students aged 16 - 18)

Citizenship

Background

- 87% of students described themselves as White British. 4% described themselves as White Eastern European, 3% said they were Asian or British Asian or Chinese, 2% said they were mixed or multiple backgrounds.
- 9% said they have a disability, long term illness or health problem that stops them from doing everyday activities.
- 7% said that they look after someone at home 'every week' or 'every day'. 5% looked after children younger than themselves; 2% looked after adults.



Belonging

- 28% said that they 'very strongly' felt that they belong to their college, 23% said this about their neighbourhood, 19% said this of Herefordshire and 38% said this of Britain.

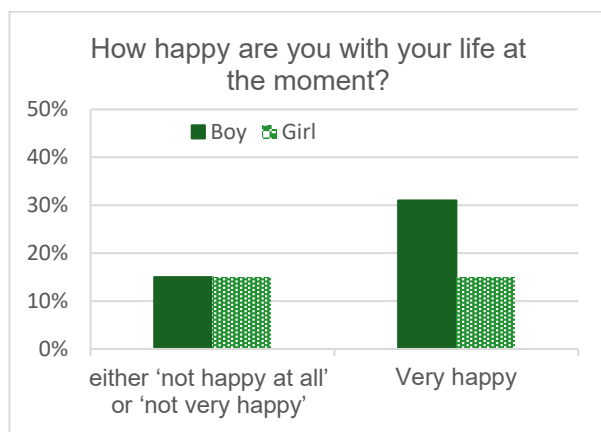
Views

- 46% of FE students said they have chances to give their views about life in college and they use them. 42% said they have chances but don't use them and 12% said they don't have chance to give their views.
- 26% of FE students said they have chances to give their views about their community and environment and they use them. 46% said they have chances but don't use them and 28% said they don't have chance to give their views.

Emotional Health and Wellbeing

Happy with life

- 15% of boys and 15% of girls were either 'not happy at all' or 'not very happy' with life at the moment.
- 31% of boys and 15% of girls said they were 'very happy with life at the moment'.

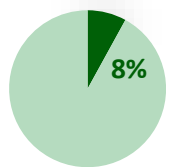


- 53% of students said that if they had a

problem, they would talk to someone about it. 53% said they would think about it on their own and 7% said they would have an alcoholic drink.

Bullying

- 5% said they had been bullied at or near college in the last 12 months.
- 8% of students said that they feel afraid of going to college because of bullying at least 'sometimes'.
- 25% of students said that bullying wasn't a problem in their college. 7% said their college dealt with bullying 'badly'. 21% of students said that their college dealt with bullying 'quite' or 'very well'.
- 1% said they had bullied someone else in the last 12 months.
- 22% of students said that the information they receive from college about bullying is 'quite' or 'very useful'. 45% said they 'can't remember any' or it wasn't useful.

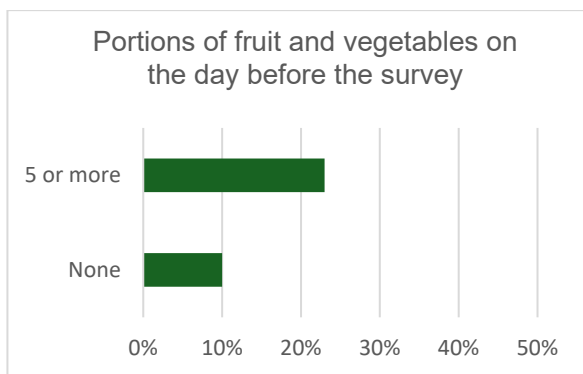
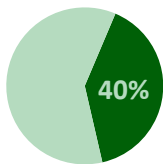


Wellbeing

- 29% of students had low or medium low scores on the Warwick-Edinburgh Mental Wellbeing scale.
- 11% worried 'quite a lot' or 'a lot' about the environment and climate change. 14% worried 'quite a lot' or 'a lot' about being safe on the roads and 20% about the physical or mental health of someone in their family.
- 49% worried 'quite a lot' or 'a lot' about their future e.g. where they live, getting a job etc. 34% worried 'quite a lot' or 'a lot' about their mental health.
- 18% of girls said they worried 'quite a lot' or 'a lot' about being sexually harassed.

Healthy Eating and Drinking

- 13% of students had nothing to eat or drink for breakfast on the day of the survey. 30% of students had cereal and 24% had toast, bagel, croissant etc.
- 40% of students said that they had a drink at breakfast time.
- 11% of students have chips/roast potatoes, 18% crisps and 20% sweets and chocolates 'on most days'.
- 33% eat fresh fruit and 48% vegetables or salads 'on most days'.
- 34% of students had a packed lunch the day before; 21% bought lunch from a takeaway or shop.
- 43% of students had at least one sugary drink (can of fizzy drink, sugary squash, fruit juice etc.) the day before; 12% had at least 2-3.
- 23% of students had eaten 5 or more portions of fruit and vegetables on the day before the survey. 10% had eaten none.



Dentist

- 2% said they have never been to the dentist. 34% had not been to the dentist in this academic year.
- 86% had a check up on their last visit to the dentist, 9% had fillings 3% had a decayed tooth removed, 5% had teeth taken out for other reasons.

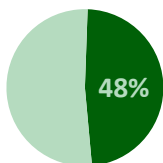
Drugs, Alcohol and Smoking /Vaping

Drugs and Alcohol

- 13% said that they have taken drugs, 3% have used them in the last month.
- 45% of students said they have had an alcoholic drink in the last 7 days.

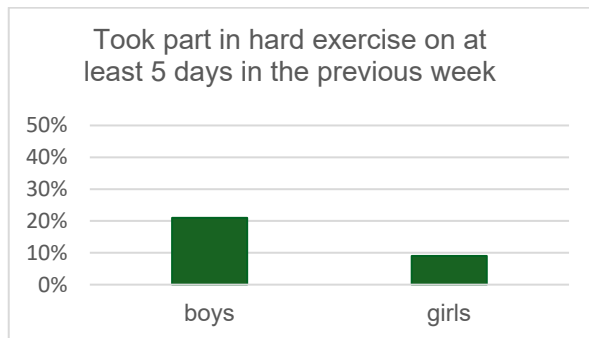
Smoking/vaping

- 64% of FE students said they have never smoked at all.
- 48% of FE students said they have never tried vaping.
- 23% of students have tried vaping once or twice. 21% use



them sometimes or more often.

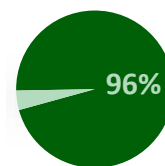
- Leisure and Physical Activity
- 21% of students said that they did physical activity every day the previous week. 15% said they did this on 1 or 2 days and 10% said none.
- 21% of boys and 9% of girls reported that they took part in hard exercise on at least 5 days in the previous week.



- 36% of students walked/scooted to college on the day of the survey. 2% travelled by bike but 37% came by car. When asked why they didn't walk or cycle, 48% said they live too far away, 12% said their parents/carers drop them on the way to work. 7% said it wasn't safe to walk or cycle.
- 72% of students said that they have had chances to give their views about leisure opportunities.
- 70% of students said they have been to parks or open spaces in their free time in the last 4 weeks.

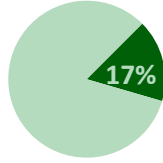
Safety

- 96% of students said that they 'usually' or 'always' feel safe at home.
- 96% of students said that they 'usually' or 'always' feel safe at college.
- 16% of students said that they 'never' feel safe going out after dark in their local area.
- During the last 12 months 16% of students can remember actual times when they were worried about their home being broken into. 15% said they were worried about being involved in a road accident and 27% said they had been worried about being verbally abused or threatened.



Internet Safety

- 88% of students said that they 'usually' or 'always' feel safe when they are socialising or playing games online; 1% said 'never'.
- 17% of students have had hurtful comments posted about them on a social networking site.
- 11% said someone had used/changed a picture of them to humiliate them.



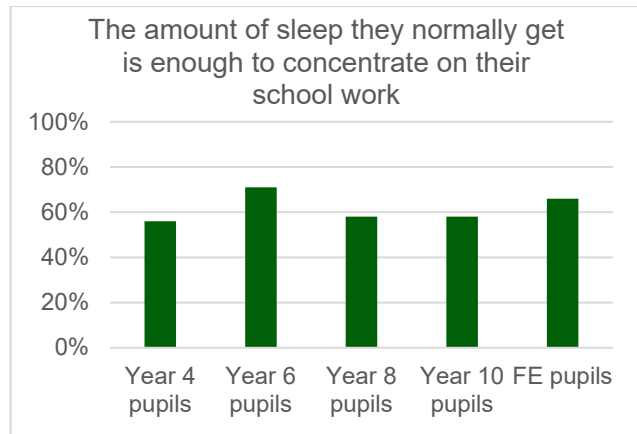
- 9% of boys and 18% of girls said they have sent sexual pictures of themselves to someone they know.
- 11% of boys and 21% of girls said they had been pressured or threatened to send a picture or video, or to show themselves via a webcam.
- 49% said they have blocked someone because of something that had happened online.

Herefordshire cross-phase data

The following is a selection of data relating to some of key questions found in the primary, secondary and FE versions of the questionnaire. It is always interesting to see how things can change across the different year groups.

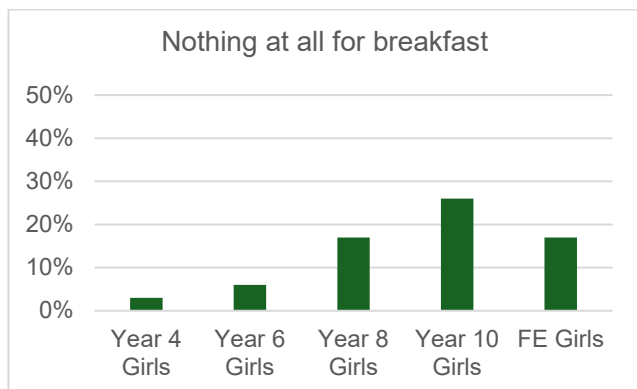
Sleep

- The proportion of students who said they normally get enough sleep to concentrate on their school work has no clear trend. 56% of Year 4 pupils, 71% of year 6, 58% of year 8, 58% of year 10 and 66% of FE students.

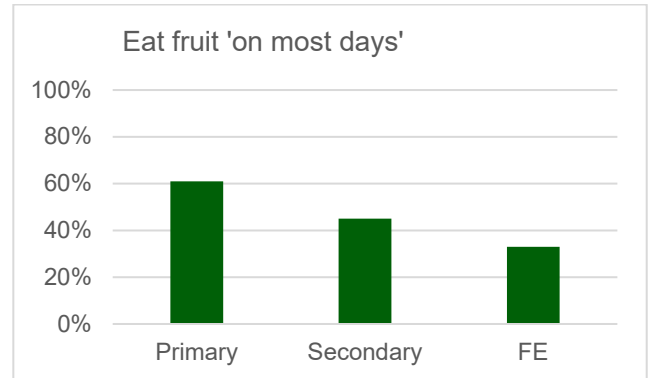


Healthy Eating

- There is an upward trend for school age girls who report having 'nothing at all' for breakfast: 3% of Year 4 girls, 6% of Year 6 girls, 17% of Year 8 girls, 26% of Year 10 girls but 17% in FE girls.



- The proportion of pupils who eat fruit 'on most days' decreases as they get older: 61% in the primary, 45% in the secondary and 33% in the FE sample.



- Secondary school pupils are similarly less likely to say that they had 5 or more portions of fruit and vegetables the day before, compared with primary aged pupils who said the same; 16% vs. 22%.
- 41% of Year 6 girls said they would like to lose weight. This rises to 58% of Year 8 girls, then drops to 52% of Year 10 and 52% in FE girls



Dental Health

- 35% of primary pupils, 31% of secondary pupils and 34% of FE students hadn't been to the dentist this academic year.
- 77% of primary, 82% of secondary pupils and 80% of FE students cleaned their teeth at least twice the day before.

Smoking/Vaping

Have you smoked/vaped?

- 97% of Year 6 pupils said that they had 'never smoked at all'. 93% of Year 8, 81% of Year 10 pupils and 64% in FE said the same.
- 93% of Year 6 pupils said that they had 'never tried vaping'. 77% of Year 8, 61% of Year 10 pupils and 48% in FE said the same.



Alcohol

Have you had an alcoholic drink in the week before the survey?

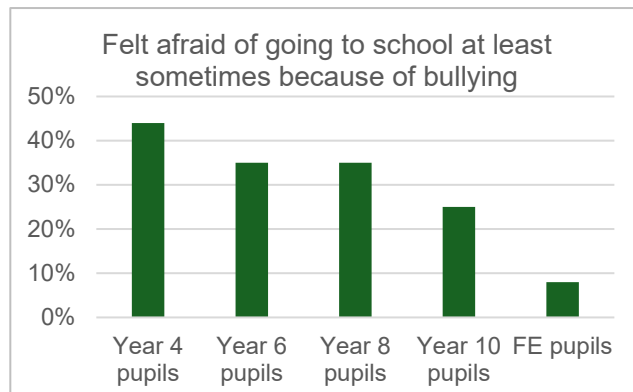
2% of the Year 6 pupils had an alcoholic drink in the week before the survey. 12% of Year 8 pupils, 26% of Year 10 and 45% in FE said they had drunk alcohol in the week before the survey.



Emotional Health and Wellbeing

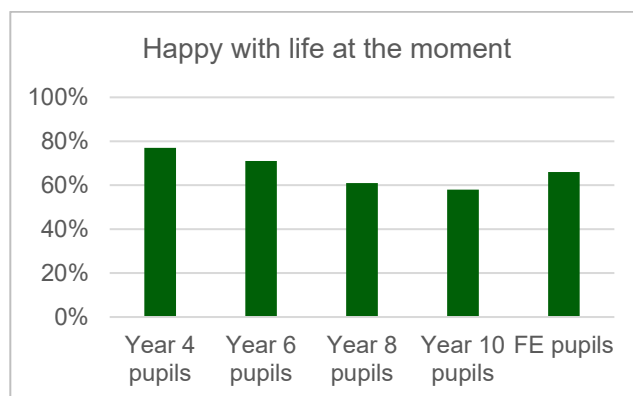
Are you ever afraid of going to school because of bullying?

- 44% of Year 4 pupils said they felt afraid of going to school because of bullying at least sometimes. 35% of Year 6 pupils, 35% of Year 8 pupils, 25% of Year 10 and 8% of FE students said the same.

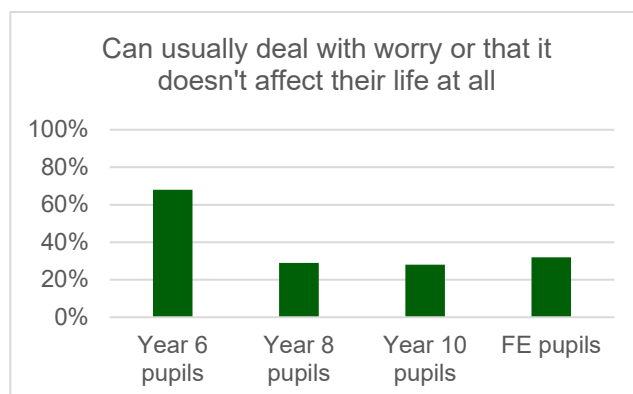


Wellbeing

- 77% of Year 4 pupils said that they were happy with life at the moment. 71% of Year 6, 61% of Year 8, 58% of Year 10 pupils and 66% of FE students said the same.

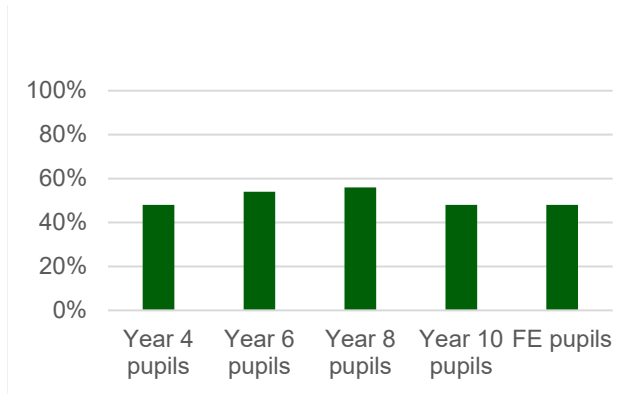


- 31% of Year 4 pupils recorded a 'high' resilience score. 20% of Year 6, 12% of Year 8, 11% of Year 10 pupils and 20% of FE students recorded the same.
- 68% of Year 6 pupils said that they can usually deal with worry or that it doesn't affect their life at all. 29% of Year 8, 28% of Year 10 pupils and 32% of FE students said the same.



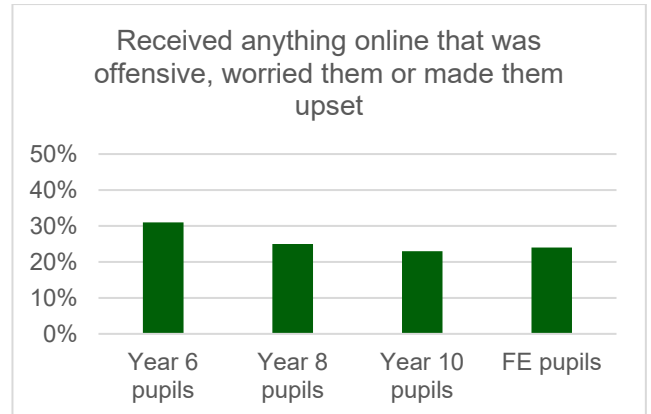
Physical Activity

- There are small differences in the percentage of students who take part in physical activities on 5 or more days a week: 48% of year 4 pupils, 54% of year 6 pupils, 56% of year 8 pupils, 48% of year 10 pupils and 48% of FE students.



Internet Safety

- 31% of year 6 pupils have received something online that was offensive, worried or upset them. There is a small decrease for older students: 25% of year 8 pupils, 23% of year 10 and 24% of FE students.



Inequalities in Herefordshire

The survey asked children and young people about certain characteristics they have and circumstances that they live in. This information allows us to compare experiences between different groups. This section shows differences in responses for a selection of cohorts with certain characteristics, for example 92 Year 6 pupils who said they cared for someone, compared to the 558 Year 6 pupils who did not.

Young carers (92 vs. 558 pupils)

Year 6 pupils who said they look after someone at home every week were **more likely** to:

- Say they never feel safe after dark in their local area (42% vs. 27%)
- Worry about more than 5 of the issues asked 'quite a lot' or 'a lot' (43% vs. 25%)
- Have taken part in at least some volunteering outside school over the last six months (67% vs. 49%)
- Have bullied someone else in the last 12 months (15% vs. 7%)

They were **less likely** to:

- Feel 'quite' or 'very' happy with their life at the moment (56% vs. 71%)
- Be happy with their weight as it is (44% vs. 57%)

Single parent families (222 vs. 1,076 pupils)

Primary pupils who said they lived with one parent compared with both parents were **more likely** to:

- Have someone smoke or vape indoors in rooms that they use (31% vs. 17%)
- Have someone smoke or vape in a car when they are in it too (24% vs. 15%)
- Have had fillings the last time they visited the dentist (34% vs. 23%)

They were **less likely** to:

- Have cleaned their teeth at least twice the day before (70% vs. 79%)
- Be happy with life (66% vs. 76%)
- Be happy with their weight, year 6 pupils only (44% vs. 63%)

Free school meals (250 vs. 1,223 pupils)

Secondary pupils who said that they were eligible for free school meals were **more likely** to:

- Have at least tried vaping (35% vs. 28%)
- Have smoked in the past or smoke now (18% vs. 11%)
- Say that domestic violence affects either their parent/carer OR them personally (29% vs. 10%)

They were **less likely** to:

- Have had enough sleep for them to concentrate on their school work (51% vs. 60%)
- Eat vegetables or salads on most days (24% vs. 37%)
- Feel safe at school 'usually' or 'always' (66% vs. 73%)

Ethnic minorities (338 vs. 1,237 pupils)

Secondary pupils who said they had a background other than 'White British' were **more likely** to:

- Have at least tried vaping (34% vs. 28%)
- Have been a victim of at least one negative behaviour listed in Q66 (34% vs. 27%)

They were **less likely** to:

- Know an adult they trust to talk to if they were worried about something (68% vs. 77%)
- Say they have been feeling loved 'often' or 'all of the time' over the past 2 weeks (57% vs. 66%)
- Visited the dentist in this school year (61% vs. 71%)

Care experienced children (14 vs. 1,571 pupils)

Secondary pupils who were looked after by foster carers or residential home settings were **more likely** to:

- Have smoked in the past or smoke now (43% vs. 12%)
- Have at least tried vaping (57% vs. 29%)
- Say that domestic violence has affected either their parent/carer OR them personally (50% vs. 13%)

There were not enough pupils who are looked after by foster carers or residential home settings in both primary and secondary schools to show a significant difference in other categories.

Long term health needs and disabilities (184 vs. 1,373 pupils)

Secondary pupils who said they had a long term illness or health problem (a year or more) were **more likely** to:

- Be afraid of going to school because of bullying at least 'sometimes' (44% vs. 29%)
- Have experienced shouting and arguing at home between adults and children at some point (54% vs. 38%)
- Have received a hurtful, nasty or unwanted picture or message online (42% vs. 30%)
- Say that worry and anxiety at least 'sometimes' stops them from concentrating on or enjoying other things (66% vs. 49%)

They were **less likely** to:

- Be 'quite' or 'very' happy with life (51% vs. 61%)

Inequality comparisons between Year 6 and Year 10 in Herefordshire

This section shows a comparison across the different characteristics in their responses to questions in the survey. We have chosen the 2 year groups, year 6 and year 10 to show how the age of a student, as well as circumstance can impact the student response. Year 6 and Year 10 have been chosen to show the change between a specific age group within a primary and secondary setting. The table below shows the number of pupils with characteristics or circumstances which we know from other evidence can lead to inequalities in health and wellbeing outcomes. A selection of statistically significant findings are presented here but a wider selection of topics are available.

| Numbers of pupils with particular characteristics | Year 6 | Year 10 |
|--|--------|---------|
| All | 558 | 608 |
| Boys/Males | 273 | 305 |
| Girls/Females | 270 | 293 |
| Ethnic minority (any background other than 'white: British')) (EM) | 83 | 118 |
| Disability, long-term illness, or health problem (DLH) | 60 | 58 |
| Single-parent family (SPF) | 83 | 108 |
| Currently FSM (or vouchers) (FSM) | 62 | 81 |
| Young carer: look after family at home at least weekly (YC) | 92 | 55 |

Key to comparison charts on the following pages

A specific group not significantly different to the 'All'



Significantly better/worse than 'All' figure



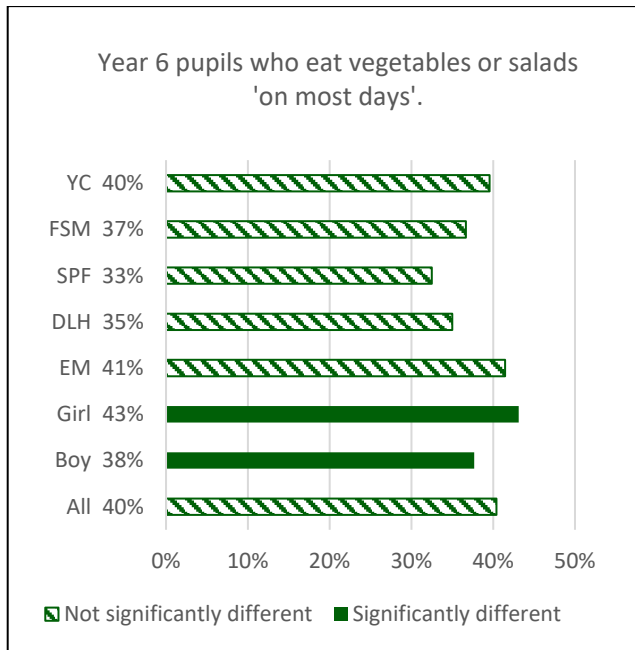
All specified year group



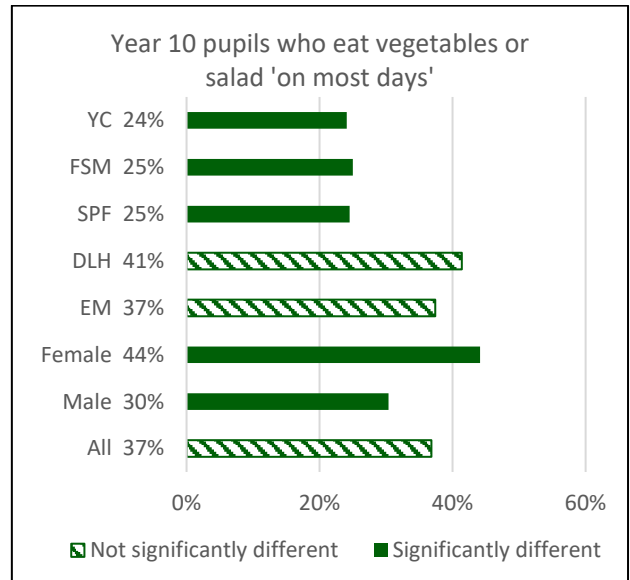
Healthy Eating

Vegetables or salads.

- In year 6, girls are more likely eat vegetables or salads on most days. Boys are less likely.

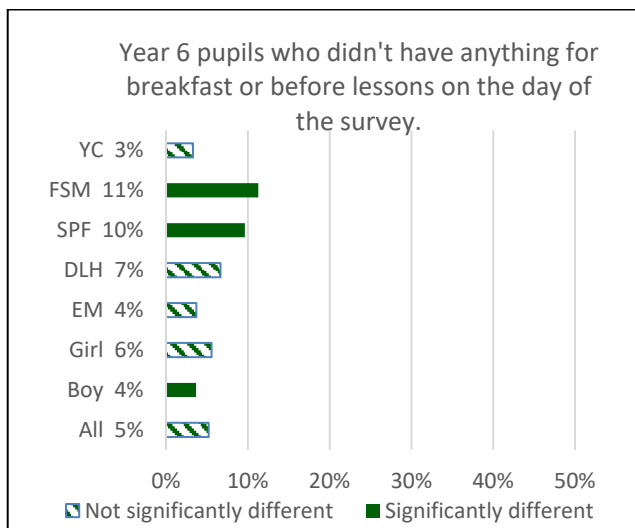


- In year 10, this gender trend continues. However young carers, pupils who have free school meals or from single parent families are less likely to eat vegetables or salads on 'most days'

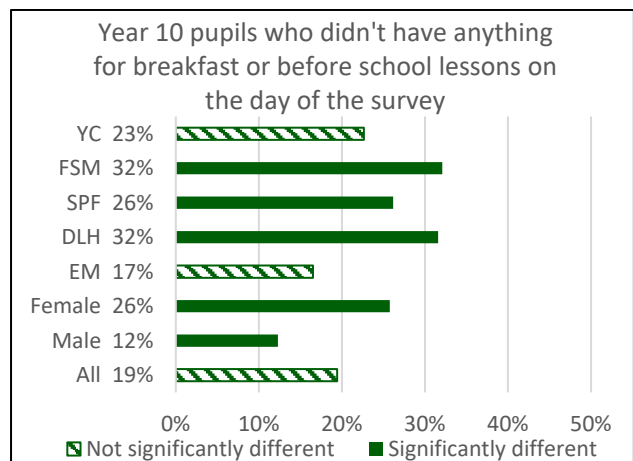


Breakfast

- In year 6, pupils who have free school meals or from single parent families are less likely to have breakfast before school. Boys are more likely to have breakfast.



- In year 10, this difference continues to be the case. However, pupils who have a disability, long term illness or a health problem and females are also less likely to have breakfast before school. There is a big decrease in eating breakfast from year 6 to year 10 in all groups.

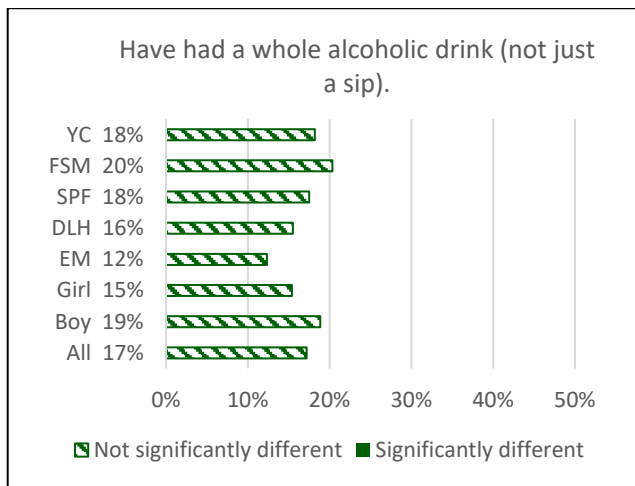


Alcohol and Vaping

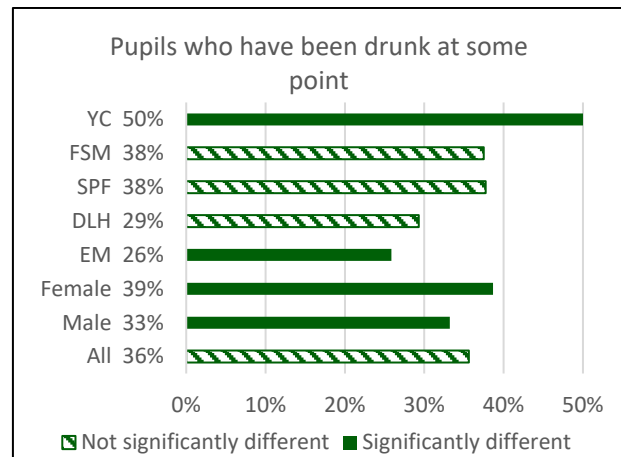
Alcohol

There are different questions asked in the primary and secondary surveys around alcohol consumption. The following charts have been presented here to illustrate the increase in alcohol consumption from Year 6 to Year 10

- In year 6, there are no significant differences between social groups.

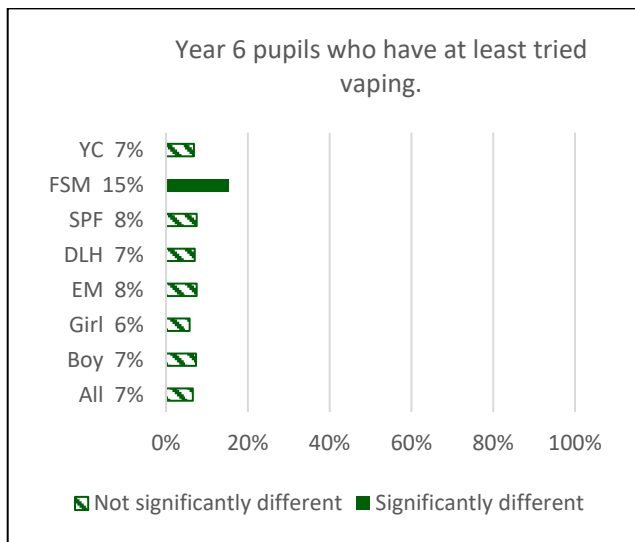


- In year 10, females and young carers are more likely to have been drunk at some point. Ethnic minorities and males are less likely.

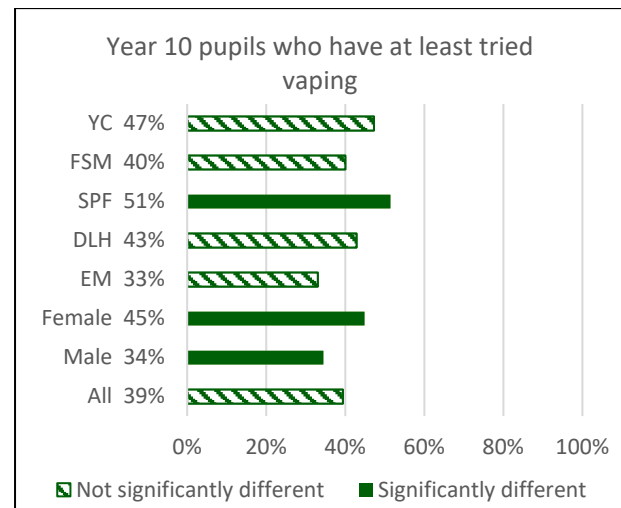


Vaping

- In year 6, free school meals pupils are more likely to have tried vaping.

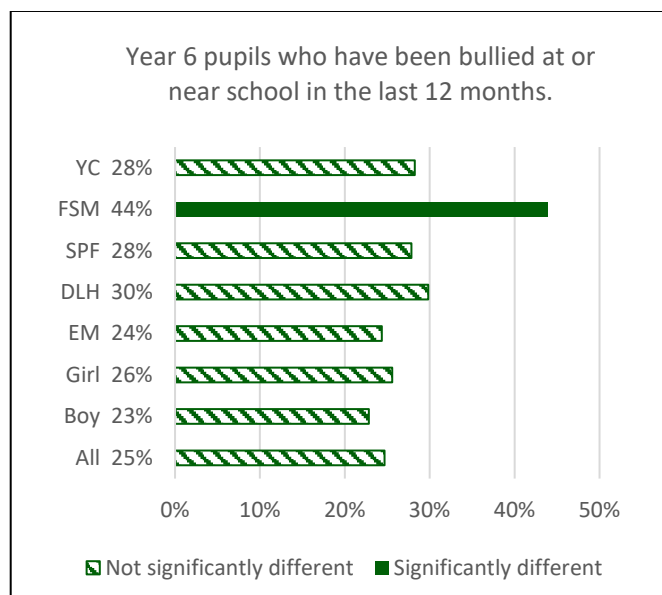


- In year 10, pupils from single parent families and females are more likely to have tried vaping. Males are less likely to have tried vaping.

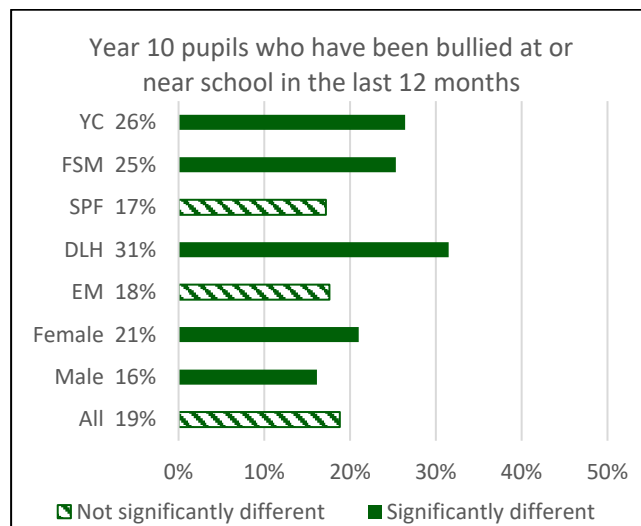


Bullying

- In year 6, pupils who have free school meals are more likely to have been bullied in the last 12 months.



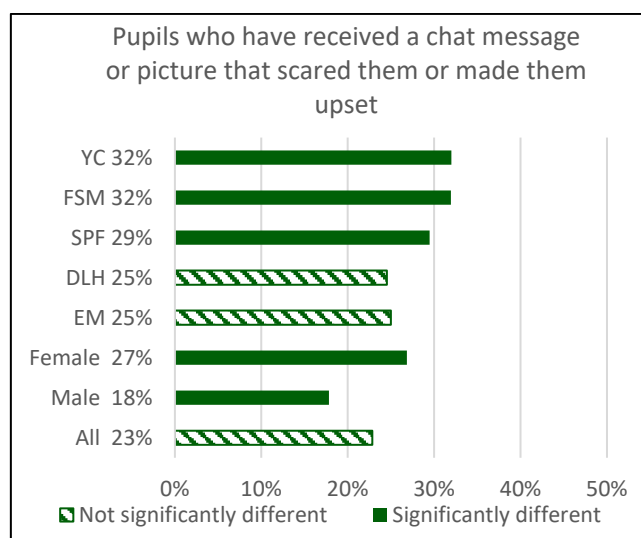
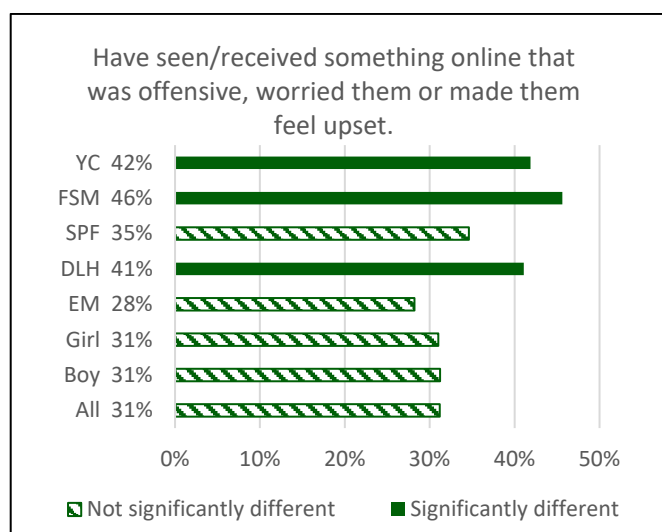
- In year 10, young carers, pupils who have free school meals, a disability, long term illness or health problem or females are more likely to have been bullied in the last 12 months. Males are less likely.



Safety

There is a difference in the wording of the next comparison as some of the questions in the primary and secondary questionnaires are worded differently for the younger pupils. The difference is that a year 6 pupil is asked whether they have seen or received something online, however the year 10 pupil is asked about what they have only 'received' through a message online. There are social groups who are significantly different and it still is worth looking at how it compares between the 2 age groups.

- In year 6, young carers, pupils who have free school meals or a disability, long term illness or health problem are more likely to have seen something online that caused concern.
- In year 10, young carers, pupils who have free school meals, pupils from single parent families and females are more likely to have received a message or picture that has scared or upset them.



Changes in Herefordshire since 2021

Primary Years 4, 5 and 6

Positive findings

- Pupils who had a high or maximum score (48 – 60) on the Stirling Children's Wellbeing Scale (31% vs. 27%)
- Pupils who had a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale (33% vs. 28%)
- Pupils who 'never' feel safe when doing out after dark in their local area (31% vs. 33%)
- Year 6 pupils who have found information or education in school about drug education (incl. alcohol and tobacco) 'quite' or 'very' useful (57% vs. 53%)

Emerging issues

- Pupils who said their school deals with bullying either 'not at all' or 'badly' (15% vs. 8%)



- Pupils who have been bullied at or near school in the last 12 months (26% vs. 19%)
- Pupils who have never been to the dentist (5% vs. 3%)




- Year 6 pupils who have had a whole alcoholic drink (not just a sip) (17% vs. 14%)
- When Year 6 pupils have a problem, they talk to someone about it (58% vs. 63%)



- Pupils responding that they didn't eat any portions of fruit or vegetables on the day before the survey (12% vs. 10%)
- Pupils who said that when something goes wrong, they 'usually' or 'always' learn from it for next time (57% vs. 61%)

Secondary Years 8 and 10

Positive findings

- Taking part in at least some volunteering outside school over the last six months (44% vs. 32%)
- Pupils who 'never' feel safe when going out after dark in their local area (17% vs. 25%)
-  Pupils who 'often' or 'all of the time' over the last two weeks (64% vs. 55%)
- Pupils who have found information or education at school about sex and relationships education 'quite' or 'very' useful (41% vs. 34%)



- Pupils who have found information or education at school about emotional health and wellbeing 'quite' or 'very' useful (31% vs. 26%)

Emerging issues



- Pupils who have got a chat message or picture that scared them or made them upset (24% vs. 20%)
- Pupils who 'usually' or 'always' feel safe at school (71% vs. 75%)



- Pupils who said having to look after family members stops them from doing the things they want to do (7% vs. 5%)
- Pupils who have been drunk at some point (20% vs. 17%)

The Way Forward – over to you

This work was funded by public health in Herefordshire.

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. As a result of their work we have excellent data to be used by all key agencies that support the health needs of young people in Herefordshire.

The findings from the survey will be shared with a wide range of key stakeholders involved in making decisions that affect children and young people's quality of life, including the Health and Wellbeing Board and Children and Young People's Partnership, as well as schools receiving their own individual reports. Results will be publicly available on the Understanding Herefordshire website.

The data will be used to prioritise areas of action to inform the development evidence-based programmes, interventions and services.

The results of the survey will also be used to further enhance our Healthy Settings work with schools, so that we can address inequalities, promote inclusion and encourage participation, by providing accessible services and equipping young people with the skills to make informed decisions.

Our thanks go to the staff and pupils who took part in the survey:

Primary

Almeley Primary School
Cleghonger CofE Priary School
Clifford Primary School
Eardisley CE Primary School
Ewyas Harold Primary School
Garway Primary School
Goodrich CE Primary School
Holmer CofE Academy
Ivington CE Primary School
Kingstone and Thruxton Primary School
Ledbury Primary School
Leominster Primary School
Little Dewchurch CofE Primary School
Longtown Community Primary School
Lord Scudamore Primary Academy
Luston Primary School
Michaelchurch Escley Primary School
Pembridge CofE Primary School
Peterchurch Primary School
St James' CE Primary School
Staunton-On-Wye Endowed Primary
The Steiner Academy Hereford

Trinity Primary School
Walford Nursery & Primary School
Wellington Primary School and Nursery
Weobley Primary School
Weston-under-Penyard CofE Primary
Whitchurch CofE Primary School
Withington Primary School

Secondary

Aylestone School
John Masefield High School
Kingstone High School
Lady Hawkins High School
Queen Elizabeth High School
The Bishop of Hereford's Bluecoat School
The Hereford Academy
The Steiner Academy Hereford
Whitecross Hereford

Further Education

Hereford College of Arts
Hereford Sixth Form College
Hereford and Worcester Group Training Association (HWGTA)

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[Understanding Herefordshire website](#)