

Emotional wellbeing among young people in Hillingdon

A summary of the Health Related Behaviour Survey 2024

This report presents a summary of the emotional health and wellbeing results of the health-related behaviour survey carried out during the academic year 2023-2024. 23 primary schools and 5 secondary schools in the Borough took part in the survey and a total of 3722 pupils completed questionnaires anonymously.

Completed questionnaires were analysed by the Schools Health Education Unit (SHEU) based in Exeter. SHEU had been commissioned by Hillingdon Council to co-ordinate this work as a way of collecting robust information about young people in Hillingdon and their lifestyles.

The results contained in this report therefore provide a snapshot of what life is like for young people in Hillingdon.

In addition to this Borough-wide summary report, a longer and more detailed report has been produced. This report provides more analysis of the survey responses, including a breakdown by gender and year group, and can be used to investigate specific issues in more detail.

Finally, each of the providers of education has received a bespoke report that contains detailed results for their specific institution.

Over 2500* young people aged 8-15 were involved in the survey:

School Year	Year 4	Year 6	Year 8	Year 10	All
Age	8-9y	10-11y	12-13y	14-15y	
Male	369	316	117	132	934
Female	371	342	98	121	932
Total**	758	674	219	260	1911

* This total includes pupils from other year groups which were too small to report from

** Pupils who didn't give a gender as male or female are not shown on this table but are included in the results.

*

SHEU

SHEU is an independent research unit specialising in health related questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. The Unit is also able to undertake consultation, monitoring and evaluation and bespoke research projects.

For more details please contact the Schools Health Education Unit
Tel. 01392 667272.

www.sheu.org.uk

TOPICS INCLUDE:

Background

Healthy Eating

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Physical Activity

Sex and Relationships

Safety

Enjoying and Achieving

Leisure and Money



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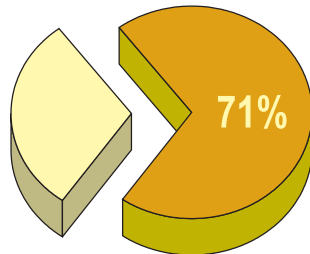
Results from primary pupils in Years 5 & 6 (aged 9-11 years)

SELF-ESTEEM

- 31% of pupils had a med-low self-esteem score (9 or less).
- 30% of pupils had a high self-esteem score (15 or more).
- 78% of pupils responded that they feel happy talking to other children at school.
- 59% of pupils responded that they do not often feel sad at school.
- 55% of pupils responded that they do not often feel really cross or angry.

WORRYING

- 59% of pupils said they have found school lessons about feelings, mental health and emotional wellbeing 'quite' or 'very' useful, while 8% have found them 'not at all' useful and 15% couldn't remember any.
- 56% of pupils said they have found school lessons about mindfulness 'quite' or 'very' useful, while 9% have found them 'not at all' useful and 16% couldn't remember any.
- 71% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.**
- 13% of boys and 18% of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot'.
- 22% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work problems or exams and tests; 23% said they worry about problems with friends and 22% worry about their mental health.
- 16% of pupils said they don't worry about school-work problems or exams and tests 'at all'.
- 76% of pupils responded that they know an adult they trust that they can talk to if they were worried about something, while 5% said they don't know someone.



Top 5 worries, by sex. Percentages of pupils who worry 'quite a lot' or 'a lot' about each item

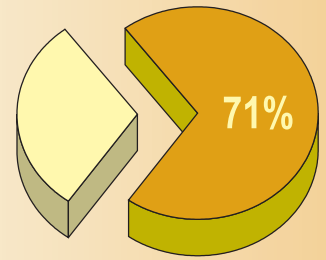
Boys		Girls		
1	Crime	29	Crime	28
2	Family problems	25	Problems with friends	28
3	Health problems	22	Being bullied in other ways	25
4	Having enough food to eat	21	Family problems	24
5	School-work problems or exams and tests	19	School-work problems or exams and tests	24

THOUGHTS & FEELINGS

- 66% of pupils have at least one of these negative feelings/experiences 'often' or 'every day'; 23% of boys and 31% of girls experience at least 3 of them 'often' or 'every day'.
- 16% of pupils said they feel lonely 'often' or 'every day'.
- 18% of boys and 27% of girls said they feel worried or anxious 'often' or 'every day'.

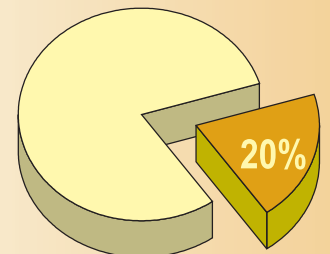
PROBLEM SOLVING

- 93% of Year 6 pupils responded that they at least 'sometimes' get help from trusted adults when they are struggling/feel bad or stressed/have a problem that worries them; **71% said they 'usually' or 'always' do.**
- 87% of Year 6 pupils responded that they at least 'sometimes' get help from friends when they are struggling/feel bad or stressed/have a problem that worries them; 47% said they 'usually' or 'always' do.
- 83% of Year 6 pupils responded that they at least 'sometimes' deal with things by spending time on the computer/gaming etc. when they are struggling/feel bad or stressed/have a problem that worries them.
- 32% of Year 6 pupils responded that they at least 'sometimes' deal with things by hurting themselves in some way when they are struggling/feel bad or stressed/have a problem that worries them; 11% said they 'usually' or 'always' do.
- 78% of Year 6 pupils responded that they at least 'sometimes' keep it to themselves when they are struggling/feel bad or stressed/have a problem that worries them; 32% said they 'usually' or 'always' do.
- 49% of Year 6 pupils responded that they at least 'sometimes' get into trouble (at home or school) when they are struggling/feel bad or stressed/have a problem that worries them; 12% said they 'usually' or 'always' do.



RESILIENCE

- 20% of Year 6 pupils had a low measure of resilience (0 – 16).**
- 26% of Year 6 pupils had a high measure of resilience (24+).
- 66% of Year 6 pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 49% ask for help and 10% give up.
- 42% of Year 6 pupils responded that if at first they don't succeed, they 'never' give up.
- 37% of Year 6 pupils responded that if something goes wrong, they are 'usually' or 'always' calm and can carry on, while 59% learn from it for next time and 19% get upset and feel bad for ages.
- 38% of Year 6 pupils responded that if something goes wrong, they 'never' get upset and feel bad for ages.



Results from secondary pupils in Years 8 & 10 (aged 12-15 years)

SLEEP

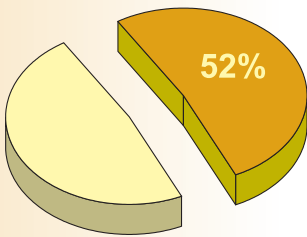
- 4% of pupils responded that they got less than 4 hours sleep last night.
- 30% of pupils responded that they got at least 8 hours sleep last night, with 3% saying that they got more than 10 hours.

CONTROL OVER HEALTH

- 88% agreed with at least one statement about being in control of their health (Q42a&c).
- 47% agreed with at least one statement saying that they weren't in control of their health (Q42b&d).
- 75% of the pupils in your survey had a net positive score for these questions. SHEU know from other studies that such scores are related to higher levels of participation in health-promoting behaviour, and lower levels of health-risky behaviour.
- 76% of pupils responded that they are in charge of their health, while 39% said that even if they look after themselves, they can still easily fall ill.

SATISFACTION

- 52% of pupils said they **do** feel satisfied with their life at the moment ('quite a lot' or 'a lot').
- 24% of pupils said they **don't** feel satisfied with their life at the moment ('not much' or 'not at all').



WORRYING

- 90% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 36% of boys and 53% of girls worry about more than 5 of the issues listed.
- 48% of pupils responded that they worry about relationships with friends 'quite a lot' or 'a lot'; 63% said they worry about the health of family members.
- 9% of boys and 3% of girls said they 'never' worry about school-work/exams/tests.
- 25% of pupils said worry and anxiety don't affect their life 'at all', while 29% said they can 'usually deal with any feelings of worry'.
- 46% of pupils said worry/anxiety at least 'sometimes' stops them from concentrating on or enjoying other things.
- 23% of pupils responded that they have found school lessons about stress and coping with feelings 'quite' or 'very' useful,

Top 5 worries, by sex. Percentages of pupils who worry 'quite a lot' or 'a lot' about each item

	Boys	Girls
1 Health of family members	61	School-work/exams 67
2 Relationships in your family	46	Health of family members 66
3 School-work/exams/tests	45	The way you look 58
4 Relationships with friends	41	Relationships with friends 56
5 Your job prospects	41	Death and loss 45

while 28% have found them 'not at all' useful and 20% couldn't remember any.

WEMWBS

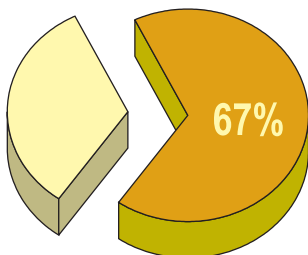
- WEMWBS is the Warwick-Edinburgh Mental Wellbeing Scale.
- 7% of pupils had a **low** score (14 – 27) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 13% of pupils had a **high** score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).
- 60% of pupils responded that they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 28% said they have been feeling optimistic about the future 'rarely' or 'none of the time'.
- 41% of pupils said they have felt they have a clear idea about what they want to do in their life 'often' or 'all of the time' in the last two weeks.

RESILIENCE

- 31% of pupils had a low measure of resilience (up to 16).
- 17% of pupils had a high measure of resilience (24+).
- 58% of pupils responded that when something goes wrong they 'usually' or 'always or nearly always' learn from it for next time, while 31% said they get upset and feel bad for ages.
- 28% of pupils said they 'never' get upset and feel bad for ages when something goes wrong.
- 53% of pupils responded that if at first they don't succeed, they 'usually' or 'always or nearly always' keep on trying until they do, while 40% ask for help and 22% give up.
- 29% of pupils said they 'never' give up if at first they don't succeed.
- 75% of pupils said they at least 'sometimes' go outside/get some fresh air when they have a problem or feel stressed or lonely.
- 68% of boys and 34% of girls said they at least 'usually' play video/online games when they have a problem or feel stressed or lonely; 37% of boys and 57% of girls said they rest or sleep more.
- 57% of pupils have an adult they trust who they can talk to if they're worried about something; 29% said they 'maybe' do.
- 91% of pupils have at least 'one or two' adults they can really trust; 47% said they have 'three or more'.

FEELING HAPPY AND SAFE

- 80% of pupils said they 'usually' or 'always' feel happy at home and **67% said they 'usually' or 'always' feel safe being outside where they live.**

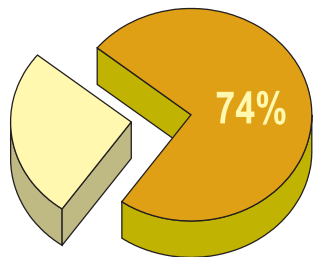


Emotional Health and Wellbeing

Relationships and Sex Education

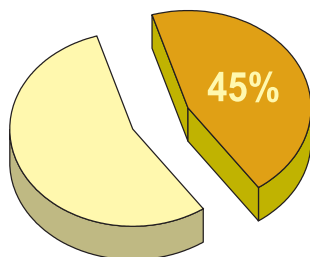
PEER PRESSURE

- 18% of pupils said their friends encourage them to do something they don't want to do; 61% said their friends don't do this.
- 74% of pupils said they could 'always say no' if a friend wanted them to do something they didn't want to do.**
- 9% of pupils said they would 'probably' or 'always' say yes if a friend wanted them to do something they didn't want to do.



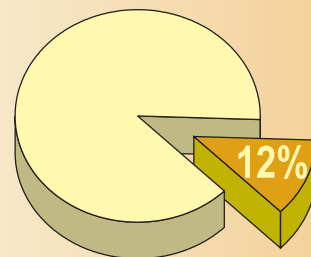
INFORMATION

- 45% of pupils responded that school lessons are their main source of information about sex**, while 17% said their parents/carers are their main source of information and 11% said their friends are.
- 40% of pupils responded that they have found school lessons about relationships and sex education 'quite' or 'very' useful, while 12% have found them 'not at all' useful and 16% couldn't remember any.



RELATIONSHIPS

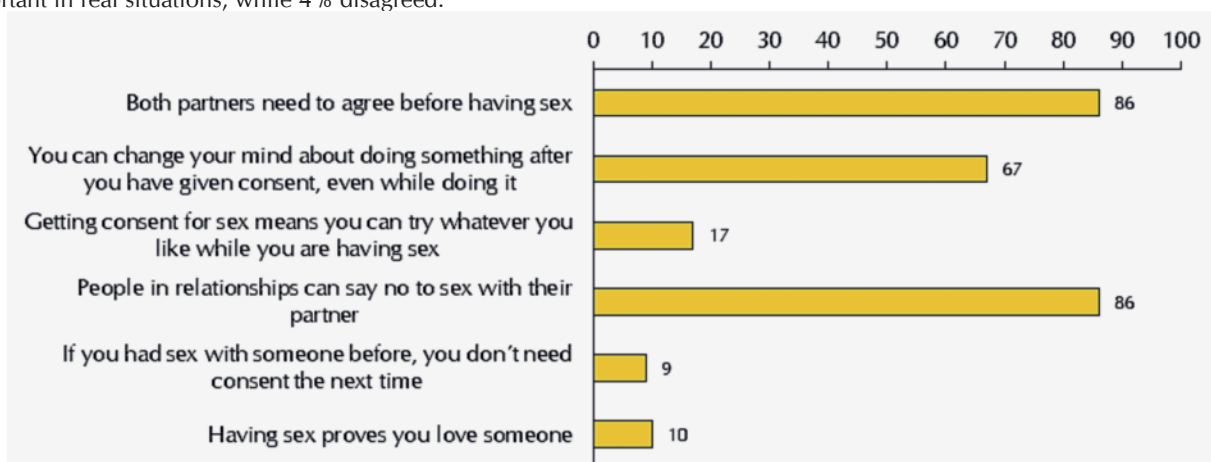
- 46% of pupils think it is always wrong in a relationship for a partner to be checking their (the respondent's) phone; 90% think it is always wrong for a partner to threaten to hit or hurt them.
- 36% of pupils said they have had a boyfriend/ girlfriend/ partner; 9% said they are 'not sure' if they have.
- 10% of pupils responded that a previous or current boyfriend/girlfriend kept checking their phone, while 3% said they have experienced a partner forcing them to do what they don't want (e.g. having sex).
- 24% of pupils responded that they have experienced at least one of the controlling behaviours listed, either in the past or with their current partner.
- Of the 145 pupils who have had a boyfriend/ girlfriend/ partner, 65% said they have experienced at least one of the controlling behaviours listed when in a relationship.
- 6% of pupils said they wouldn't do anything if any of the things in Q59 happened to them in a relationship, while 11% said they would look after themselves 'OK'.
- 12% of pupils said that if any of the things in Q59 happened to them in a relationship, they would need help and would get it.**
- 8% of pupils said that if any of the things in Q59 happened to them in a relationship, they would need help but either wouldn't know where to get it, or wouldn't be confident enough to get it.



CONSENT

- 72% of pupils agreed that they have had lessons about consent, while 12% disagreed.
- 89% of pupils agreed that they understand what consent is, while 4% disagreed.
- 86% of pupils agreed that they think getting consent is important in real situations, while 4% disagreed.

- Percentages of students agreeing with statements about consent:



INEQUALITIES in Year 6

Year 6 pupils – preparation for adult life

- The table below shows the results for Year 6 pupils only; figures in the main body of the table are all percentages. The criteria down the left-hand side were selected by staff in Hillingdon Council Public Health Team, to reflect aspects of their responses which relate to preparation for adult life.
- The table indicates by colour where the figures are statistically significant – which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with $14 \times 5 = 70$ cells for analysis, we would expect perhaps only one cell to show as significant at $p < 0.01$ by chance alone.

	All	Boy	Girl	Other	Not White-British	SEND
N	674	316	342	16	484	127
Not cooked at school in last 12 months	70	72	68	50	69	65
Both smoking and vaping are seriously risky	93	91	95	81	94	90
Worry 'a lot' about at least one issue	40	36	42	73	39	47
Have a trusted adult to talk to	78	82	75	47	78	71
Usually/always talk to trusted adult about worries	72	71	73	67	71	68
Low resilience score	20	14	25	13	17	30
High resilience score	26	29	25	13	28	22
High self-esteem score	35	35	36	27	37	27
I can usually or always say no to a friend	60	65	56	47	59	59
I never know what to say to a friend	7	8	7	7	6	12
Talked with parents about puberty and growing up	67	56	78	47	67	64
Know enough about puberty and growing up	49	48	48	53	46	44
Useful lessons about managing money	45	48	43	27	45	39
Very worried about moving to High School	16	10	20	21	16	16

KEY

Text: positive criterion

Text: negative criterion

	p<0.01	p<0.05
Significantly better	99	99
Significantly worse	99	99

Comments

Generally speaking, boys have more desirable results than girls, and non-White-British pupils have more desirable results than the Y6 sample as a whole. SEND pupils results are worse where they are significantly different. The small non-boy/non-girl group shows two significantly different results, both unwelcome.

Exceptions to these generalisations are boys' attitude to risk, and the non-White-British group's confidence about puberty.

INEQUALITIES in Year 10

Year 10 students – preparation for adult life

- ❑ The tables below shows the results for 10 students only. Figures in the main body of the table are all percentages. The criteria down the left-hand side were selected by staff in Hillingdon Council Public Health Team, to reflect aspects of their responses which relate to preparation for adult life.
- ❑ The table indicates by colour where the figures are statistically significant – which means, not easily explained by chance alone. No attempt has been made to correct for multiple comparisons, but with $16 \times 6 = 96$ cells we would expect just one cell to show significance at $p < 0.01$ by chance alone, and only a few at $p < 0.05$.

	All	Male	Female	Not White-British	Young Carer	SEND	Free school meals
All	260	132	121	188	17	39	30
Internal Health Locus of Control	76%	81%	72%	77%	63%	66%	74%
At least 'quite a lot' satisfied with life	48%	60%	36%	45%	25%	46%	30%
Worry 'a lot' about at least one issue	64%	60%	68%	65%	81%	77%	85%
I find it hard to concentrate on or enjoy anything because of worries	16%	8%	25%	14%	50%	20%	23%
High wellbeing score	53%	59%	47%	53%	40%	52%	41%
Low resilience score	33%	15%	48%	31%	53%	39%	37%
High resilience score	15%	25%	7%	18%	7%	6%	7%
Know an adult you trust who you can talk to	57%	62%	52%	55%	67%	36%	37%
I can always say no to a friend	76%	77%	76%	75%	67%	73%	74%
You need to ask for consent before... having sex	93%	92%	95%	92%	100%	91%	93%
Being jealous/possessive is always wrong in a relationship	62%	63%	60%	62%	53%	58%	54%
Would look after self or get help in case of unhealthy relationship	63%	58%	67%	69%	43%	44%	55%
Useful school lessons about managing money	21%	20%	21%	22%	40%	13%	22%
No support for at least one issue	41%	35%	46%	42%	53%	56%	44%
Can give views in school	48%	54%	42%	49%	47%	44%	37%
Views about school make a difference	37%	43%	33%	39%	40%	38%	44%

KEY

Text: positive criterion

Text: negative criterion

Significantly better
Significantly worse

p<0.01	p<0.05
99	99
99	99

Comments

These results echo what we have seen in the Y6 sample; males have better outcomes than females, while SEND pupils have only unwelcome significant differences. The Free School Meals group also has only unwelcome differences while the small Young Carers group shows mostly unwelcome differences.

The experience of the non-White-British group is more mixed when looking at these criteria in Y10; there is a roughly even split of green and orange flags.

COMPARISONS

The Hillingdon results have been compared below with a reference sample, and the largest differences are shown in **highlight**. This is the working draft of a data set that will be used to produce the next volume in a series of SHEU reports, *Young People into 2024* (Balding and Regis, in prep.) The data set is compiled all those local authority surveys which took place in 2023. The final data set and the results derived from it may differ in the final report to those shown below, but this is the best and most recent comparison set that we have available.

	Hillingdon				Reference			
	Year 4	Year 6	Year 8	Year 10	Year 4	Year 6	Year 8	Year 10
N	758	674	219	260	13242	20262	15176	13253
I find it hard to concentrate on or enjoy anything because of worries	.	.	12	16	.	.	16	18
Know an adult you trust who you can talk to	.	.	56	57	.	.	75	73
I can always say no to a friend	46	60	71	76	42	57	56	58
High resilience score	.	26	20	15	.	32	17	12
Low resilience score (16 or below)	.	20	28	33	14	19	37	44
Did not have any lunch	2	6	20	17	2	1	13	19
High self-esteem score	26	35			26	30		
High wellbeing score (56+)	.	.	16	11	.	.	16	13
Bullied at school last year	28	19	25	14	26	23	18	15
Worry about job prospects	.	.	41	38	.	.	25	34
Worry about school	.	.	48	61	.	.	25	37
Worry at least quite a lot about one issue	74	68	90	89	85	71	71	76
Never afraid to go to school because of bullying	63	76	64	75	59	67	69	77
No trusted adults	5	6	9	10	5	5	14	19
Satisfied with life quite/a lot			50	64			60	62
Worry about School-work/exams/tests			48	61			25	37
Worry about Family problems	26	24			38	31		
Worry about Money problems	18	13	23	25	23	19	15	18
Worry about The way you look	16	20	46	41	26	29	29	33
Worry about Being bullied	27	16	23	13	27	20	14	10
Being jealous/possessive is always wrong	.	.	63	62	.	.	61	56
Any aggressive/controlling behaviour from partner			20	26			19	30

Comments

These comparisons need to be approached with caution, as the aggregate sample is made up of a mixture of areas using a mixture of similar but different questionnaires. We have tried to be careful about spotting differences due to questionnaire design, and believe figures above can be taken at face value. It is important to note that the Hillingdon sample had a higher proportion of White British than the reference sample.

It is welcome to see that Hillingdon students assert more often than do those in the reference sample that they can say no to a friend, and less often score low for resilience.

It is less welcome to see how many more young people in Hillingdon report being worried about something. The most common worries given by Hillingdon students are *Health of family members*, *Relationships in your family*, *School-work/exams/tests*, *Relationships with friends*, *Your job prospects*, *Death and Loss*, and for girls, *The way they look*. However, worry about family problems is lower in Hillingdon than in the reference sample.

Acknowledgements

- This survey by the Schools Health Education Unit was commissioned by Hillingdon Council Public Health Team .



- Grateful thanks are expressed to the Schools Health Education Unit, Exeter, who facilitated the Hillingdon Health-Related Behaviour Survey 2024, to the Head teachers and staff who organised in the survey in their schools and to the pupils themselves who completed the survey.

Contact

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