

# Richmond Young People's Survey

## Findings from the 2022 Survey

### A themed report for emotional health and wellbeing

#### The questionnaire

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond Upon Thames Public Health Team. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

#### Methodology

All primary and secondary schools were invited to participate in the survey during the spring and summer terms 2022, with the focus on Years 4, 5, 6, 8 and 10 pupils. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing which were then combined with the online results.

#### Participation

A total of 4883 pupils took part from 18 primary and junior schools and 7 secondary schools. There was a reasonable mixture of boys (49%) and girls (46%) across the specified year groups. 5% didn't select male or female. 44% of the pupils surveyed described themselves as White British. 10% of pupils said that they had an additional need or disability. 15% said they were eligible for free school meals (7% currently receive them). 7% said they look after someone at home who couldn't look after themselves. 73% of Year 10 pupils said they were straight/heterosexual.

#### Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented on page 6 of this summary document, so that behaviour can be seen across the age range.

#### Links

It is possible to look for connections (see page 7) between the answers pupils gave to different questions in the survey and to look at behaviour profiles, are there differences between the experience of pupils from different **ethnic backgrounds** for example or whether a pupil who has low self esteem is likely to be bullied, etc.

#### Inequalities

A selection of questions has been selected to look for different responses across potential vulnerable groups (pages 3 and 5).

#### Reports

Further detailed reports, containing a summary of all responses received by the pupils are available. There are also 4 other themed reports to accompany this one - see list below.

#### 4,883 young people were involved in the survey

School	Year 4	Year 5	Year 6	Year 8	Year 10	Total
Age	8-9	9-10	10-11	12-13	14-15	
Boys	397	252	438	372	480	1,939
Girls	394	238	408	442	551	2,033
Total	820*	522*	883*	871*	1081*	4177*

\*205 pupils didn't tell us their gender, another 706 secondary pupils were surveyed in other year groups but are not included in this report.

#### Reference sample

The Richmond sample has been compared with the SHEU wider data sample for other London Boroughs that have surveyed recently. These areas include Camden, Ealing, Greenwich, Haringey, Islington, Kingston and Wandsworth. Where possible, these figures are shown throughout the report in brackets ( ).

For more details please contact SHEU Phone 01392 667272  
[www.sheu.org.uk](http://www.sheu.org.uk)

#### Themed reports. This is number 3 of 5 reports

1) Healthy lifestyles

2) Drug education and substances

3) Emotional health and wellbeing

4) Relationships and sexual health

5) Safety

# Richmond school pupils in Years 4 - 6 (ages 8 - 11)

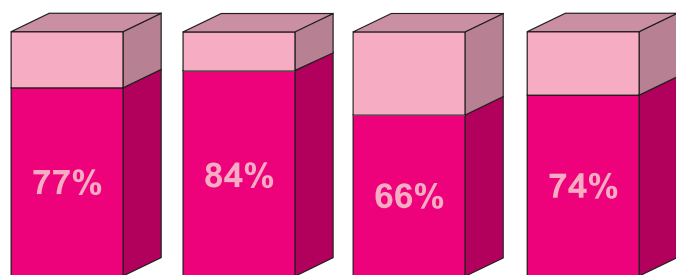
Wider London data shown in brackets (%).

## WORRYING

- Year 6 pupils worried 'quite a lot' or 'a lot' about the following issues (top 5):

Year 6	Boys	Girls
The environment (26%)	39%	The environment (24%) 36%
COVID-19 (23%)	18%	School work (43%) 30%
School work (33%)	17%	Problems with friends 26%
The mental health of someone in their family	14%	The way they look (30%) 22%
Terrorism	14%	Puberty and growing up 21%

- 75% (67%) of pupils worry 'quite a lot' or 'a lot' about at least one of the issues:

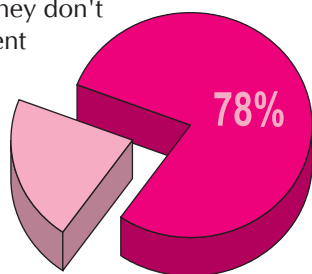


- 16% of boys and 23% of girls worry about more than 5 issues listed 'quite a lot' or 'a lot'.

- 19% (25%) of pupils worry about their mental health whilst 23% (33%) worried about the mental health of someone in their family and 13% (16%) worried about not having enough food to eat.

- 17% (23%) of pupils said they don't worry about the environment (e.g. climate change) 'at all'.

- 78% (74%) of pupils responded that they know an adult they trust that they can talk to if they were worried about something, while 5% (8%) said they don't know someone.



## YOUNG CARERS

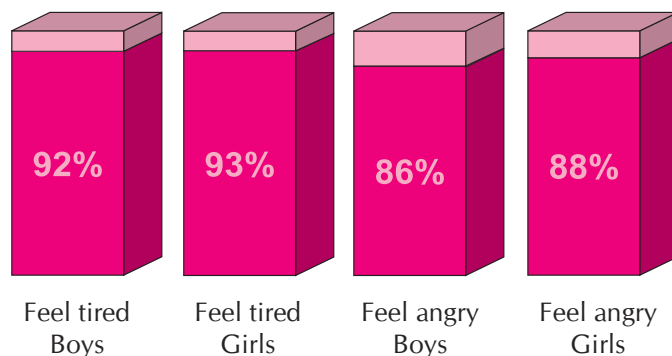
- 9% of Year 5+ pupils (12% boys and 6% girls) said they care for someone at home on a regular basis who is unable to care for themselves, while 12% said they 'don't know' if they do.

- 1% of Year 5+ pupils responded that the amount they have to look after other family members affects their school work; 4% said they 'don't know'.

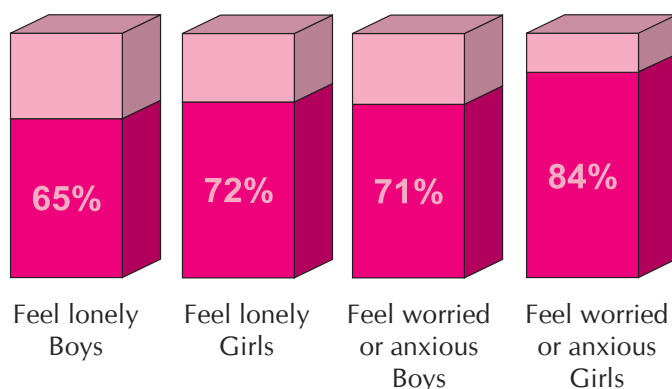
- 2% of Year 5+ pupils responded that the amount they have to look after other family members stops them from doing the things they want to do; 6% said they 'don't know'.

## THOUGHTS AND FEELINGS

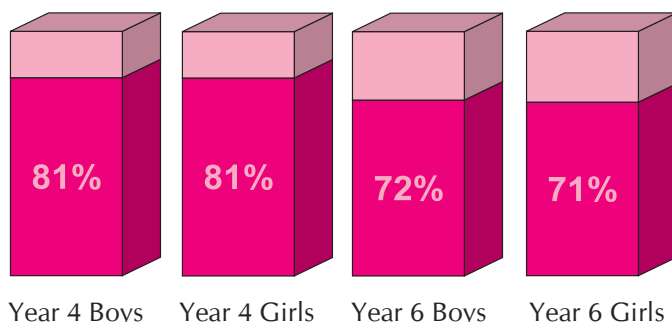
- Similar proportions of boys and girls report feeling tired or angry 'at least sometimes':



- Higher proportions of girls than boys report feeling lonely or worried/anxious 'at least sometimes':



- 77% of pupils have at least one of the negative feelings/experiences 'often' or 'every day':

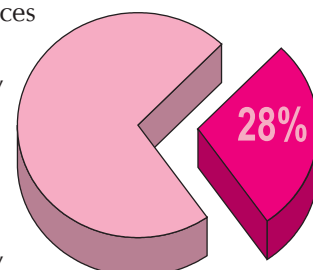


- 42% of boys and 47% of girls experience at least 3 of the negative feelings/experiences 'often' or 'every day'.

- 92% (91%) of pupils said they felt tired 'at least sometimes'.

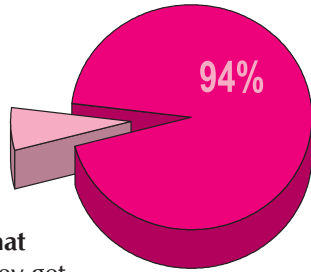
- 28% (29%) of pupils said they feel restless (they can't sit still) 'often' or 'every day'.

- 29% (29%) of pupils said they can't concentrate 'often' or 'every day'.



## PROBLEM SOLVING

- 94% of 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; 88% said they get help from friends and 43% said they get help from the school nurse, GP or counsellor.

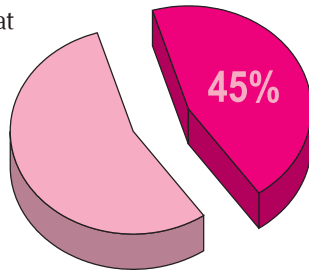


- Pupils said that they at least 'sometimes' deal with things by doing the following when they are struggling/feel bad or stressed/have a problem that worries them (top 5):

	Boys	Girls
Spending time on the computer/gaming etc.	88%	88%
Playing sport, being active etc.	84%	84%
Relaxing	78%	80%
Crying	62%	74%
Speaking to/confronting the person who is causing you to worry	56%	61%

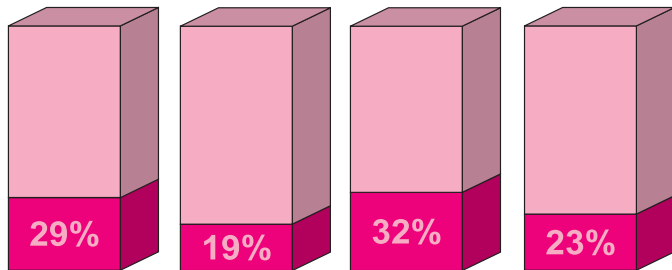
- 34% of pupils responded that they at least 'sometimes' deal with things by hurting themselves in some way when they are struggling/feel bad or stressed/have a problem that worries them.

- 80% of 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, while 45% said they get into trouble (at home or school).



## RESILIENCE

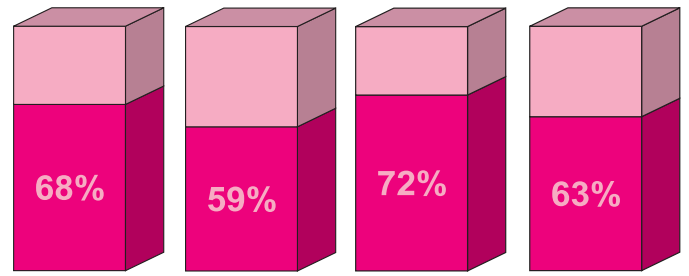
- 26% (35%) of Year 5+ pupils had a high measure of resilience (24+):



Year 5 Boys    Year 5 Girls    Year 6 Boys    Year 6 Girls

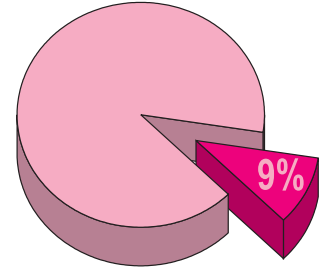
- 18% of Year 5+ pupils (13% (12%) of Year 6 boys and 21% (17%) of Year 6 girls) had a low measure of resilience (0 – 16).

- 65% (71%) of Year 5+ pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do:



Year 5 Boys    Year 5 Girls    Year 6 Boys    Year 6 Girls

- 56% (59%) of Year 5+ pupils responded that if at first they don't succeed, they 'usually' or 'always' find a different way of doing it, while 47% ask for help and 9% (10%) give up.



- Pupils were asked what they do if something goes wrong:

Year 6	Boys	Girls
I learn from it for next time	58%	54%
I'm calm and can carry on	41%	35%
I might feel a bit bad but soon forget it	40%	33%
I get upset and feel bad for ages	11%	20%
I might feel something else	6%	7%

## INEQUALITIES (Year 6 pupils) ≠

Significant differences between potentially vulnerable groups and 'All Year 6 Pupils' are as follows:

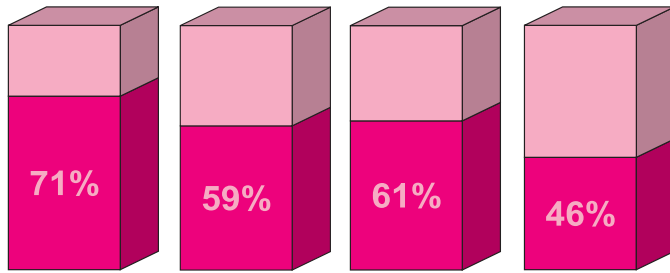
- ↑ Pupils entitled to Free School Meals (FSM) are more likely to worry about at least one issue (86% vs 70%).
- ↑ Pupils with Special Educational Need or Disability (SEND) are more likely to have hurt themselves when worried or stressed (46% vs 30%).
- ↓ Pupils from single parent families are less likely to have an adult they can go to for support for worries (75% vs 81%).
- ↓ Pupils with SEND are less likely to have an adult they can go to for support for worries (72% vs 81%).
- ↑ Pupils entitled to FSM are more likely to have negative emotions/experiences every day (56% vs 36%).
- ↑ Pupils with SEND are more likely to have negative emotions/experiences every day (57% vs 36%).

# Richmond Secondary school pupils in Year 8 and Year 10 (ages 12 - 15)

Wider London data shown in brackets (%).

## HAPPINESS

- 56% (52%) of pupils responded that they are 'quite' or 'very' happy with their life at the moment:

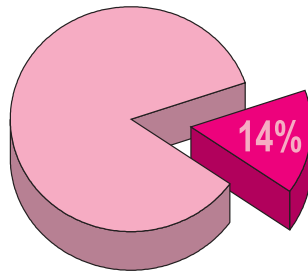


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 16% (16%) of boys and 23% (24%) of girls said they are 'quite' or 'very' unhappy with their life at the moment.

## SCHOOL

- 35% (38%) of pupils said that they enjoy 'most' or 'all' of their lessons at school.
- 14% (13%) of pupils said that they enjoy 'hardly any' of their lessons at school.

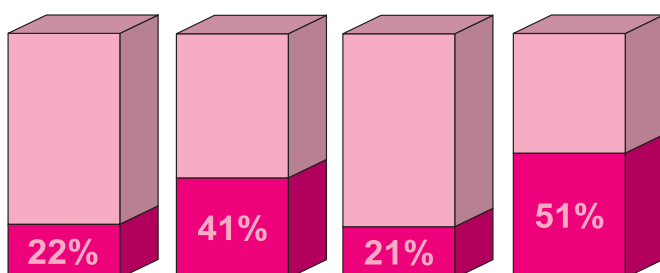


## WORRYING

- Pupils worry 'quite a lot' or 'a lot' about the following (top 5):

	Boys		Girls
My future	45%	School work	67%
School work	39%	My future	63%
Getting a job	31%	The way you look	54%
Their mental health	19%	Getting a job	51%
The way they look	18%	Their mental health	47%

- 81% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- 21% of boys and 47% of girls responded that they worry about more than 5 issues listed 'quite a lot' or 'a lot':

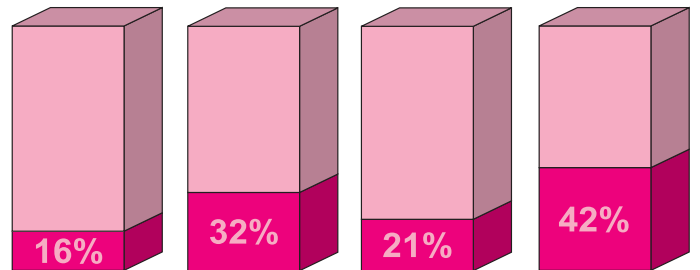


Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 31% (29%) of Year 8 pupils responded that they worry 'quite a lot' or 'a lot' about their mental health; 23% (27%) worry about the mental health of someone in their family.
- 21% (19%) of pupils worry 'quite a lot' or 'a lot' about the environment (e.g. climate change); 18% (23%) worry about family problems.
- 5% (11%) of pupils said they don't worry about school-work problems or exams and tests 'at all'.

## LONELINESS

- 45% (46%) of pupils 'never' or 'hardly ever' feel lonely; 12% (12%) said they 'often/always' do.
- 31% (30%) of pupils feel lonely at least 'some of the time':



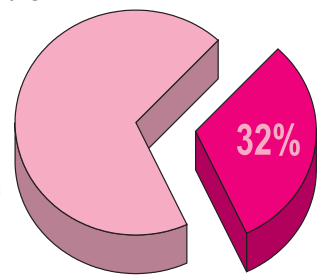
Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

## YOUNG CARERS

- 6% of pupils said they care for someone at home on a regular basis who is unable to care for themselves. **They are more likely to describe themselves as having an Asian or Black background.**

## PROBLEM SOLVING

- 83% of 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; 86% said they get help from friends and 20% get help from the school nurse or GP or counsellor.
- 32% (25%) of girls (and 14% (13%) of boys) 'at least sometimes' deal with problems by hurting themselves in some way.
- 16% of pupils said they at least 'sometimes' get help from online advice websites/helplines e.g. Kooth/Childline etc. and 9% said they get help from a charity, e.g. Samaritans, 'Young Minds' etc.

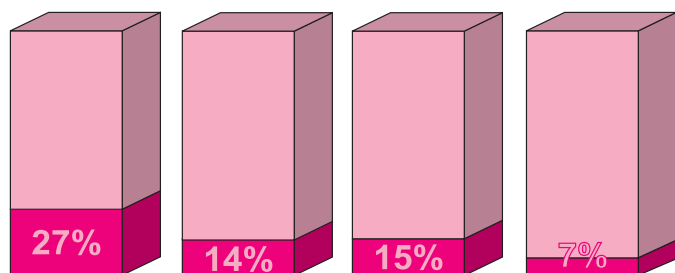


- Pupils said they at least 'sometimes' deal with problems by doing the following (top 5):

	Boys		Girls
Spending time on the computer/ gaming etc.	88%	Relaxing	90%
Relaxing	86%	Crying	88%
Playing sport, being active etc.	80%	Playing sport, being active etc.	65%
Speaking to/confronting the person who is causing you to worry	48%	Spending time on the computer/ gaming etc.	63%
Crying	41%	Eating less	59%

## RESILIENCE

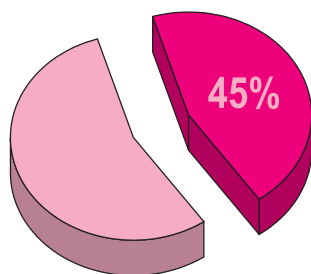
- 35% (30%) of pupils had a low measure of resilience (0 – 16).
- 14% (19%) of pupils had a high measure of resilience (24+):**



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 55% (58%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, 39% (41%) ask for help and 16% (17%) give up.

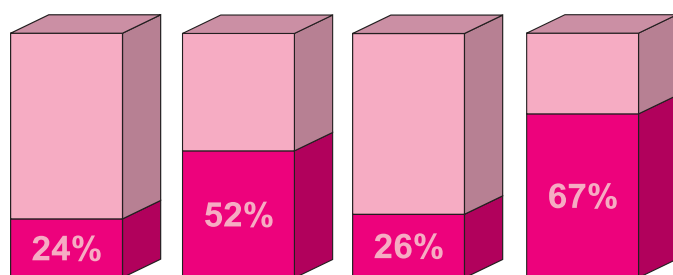
- 45% (51%) of pupils responded that if something goes wrong, they learn from it for next time, while 28% (38%) are 'usually' or 'always' calm and can carry on and 28% (27%) get upset and feel bad for ages.**



## THOUGHTS AND FEELINGS

- 39% (36%) of pupils responded that they feel angry 'often' or 'every day', while 63% experience tiredness and 51% feel stressed.

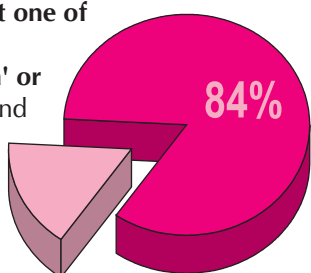
- 46% (36%) of pupils said they felt anxiety 'often' or 'every day':**



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

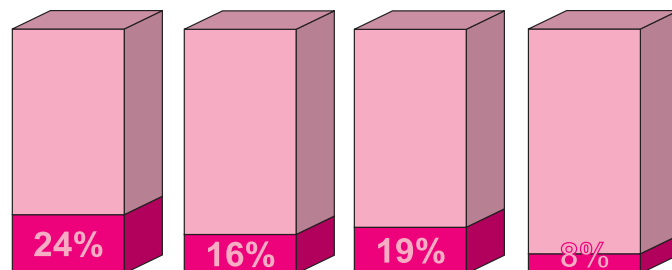
- 10% (10%) of pupils (16% of Year 10 girls) said they experience suicidal thoughts 'often' or 'every day'.

- 84% of pupils have at least one of these negative feelings/experiences 'often' or 'every day'; 46% of boys and 76% of girls experience at least 3 of them 'often' or 'every day'. The list included anxiety, poor memory, worry, feeling sad, feeling cut off etc.**



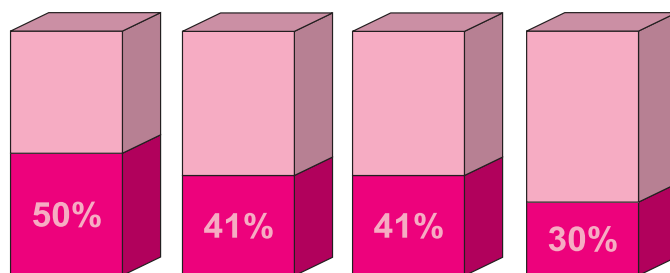
## Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

- 33% (30%) of pupils responded that they have been feeling optimistic about the future 'often' or 'all of the time', 26% said they have been feeling useful.
- 52% (49%) of pupils said they've been able to make up their own mind about things.
- 15% (16%) of pupils had a high or maximum score (28 – 35) on the SWEMWBS Scale:**



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

- 38% of pupils responded that if they need help at school they are able to ask someone 'often' or 'all of the time':**



Year 8 Boys Year 8 Girls Year 10 Boys Year 10 Girls

## INEQUALITIES ≠

Significant differences between potentially vulnerable groups and 'All Year 8 or 10 Pupils' are as follows:

- ↑ Year 8 pupils with Special Educational Need or Disability (SEND) are more likely to have a low wellbeing score (13% vs 7%).
- ↑ Year 8 pupils entitled to Free School Meals (FSM) are more likely to have negative emotions/experiences every day (65% vs 47%).
- ↓ Year 8 Transgender pupils are less likely to have an adult they can go to for support for worries (59% vs 74%).
- ↓ Year 10 pupils from single parent families are less likely to have an adult they can go to for support for worries (55% vs 65%).
- ↑ Year 10 LGBTQ+ pupils are more likely to have self-harmed when stressed (50% vs 25%).
- ↑ Year 10 LGBTQ+ pupils are more likely to have negative emotions/experiences every day (74% vs 55%).
- ↑ Year 10 Young Carers are more likely to have self-harmed when stressed (39% vs 25%).

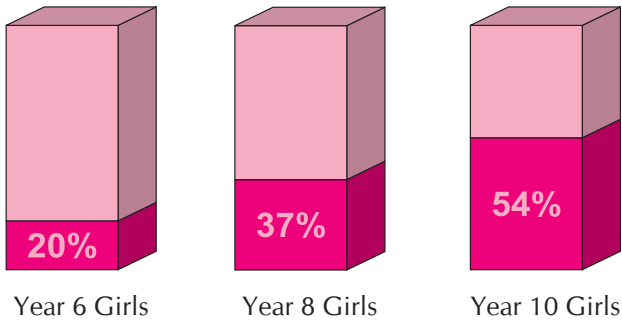
# CROSS PHASE DATA

## Questions included in both the primary and secondary versions of the questionnaire

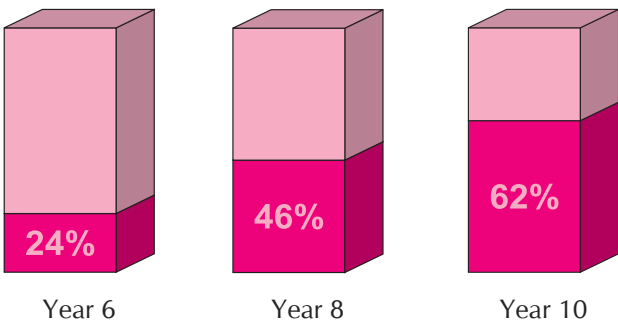
- The following is a selection of data relating to the set of questions found in both the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up but this analysis is also useful because it can raise some important questions for local discussion.

### WORRYING

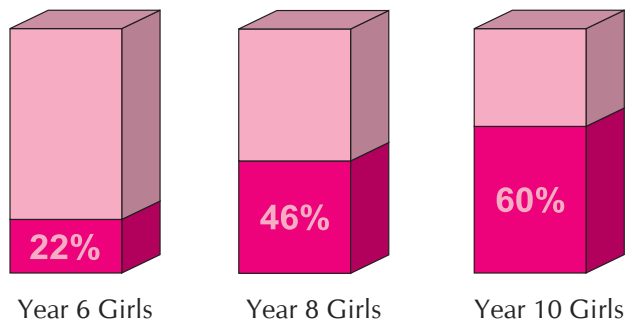
- Older girls are more likely to worry about their mental health 'quite a lot' or 'a lot':




- Older pupils are more likely to worry about school work problems or exams and tests 'quite a lot' or 'a lot':



- Older girls are more likely to worry about the way they look 'quite a lot' or 'a lot':

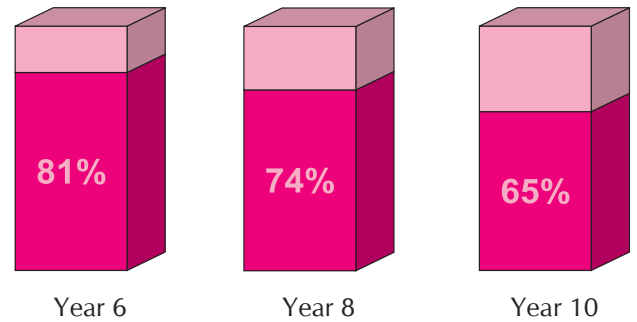


 There is a clear upward trend for girls worrying about the way they look. Can anything be done to help them worry less about issues like this?

- Older pupils are more likely to report feeling tired 'often' or 'every day': 43% of Year 6 pupils, 57% of Year 8 pupils and 68% of Year 10 pupils said this.
- Older pupils are more likely to report feeling angry 'often' or 'every day': 26% of primary pupils and 39% of secondary pupils said this.

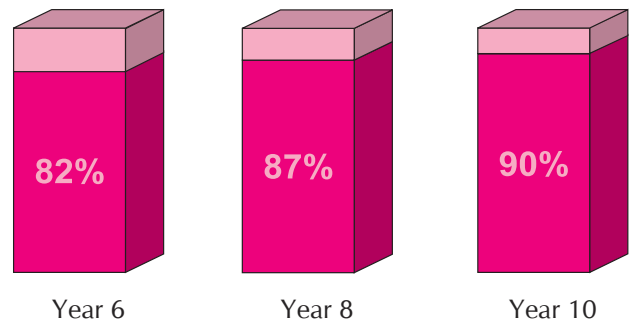
### TRUSTED ADULT

- Younger pupils are more likely to say they know an adult who they can trust to talk to if they are worried about something:

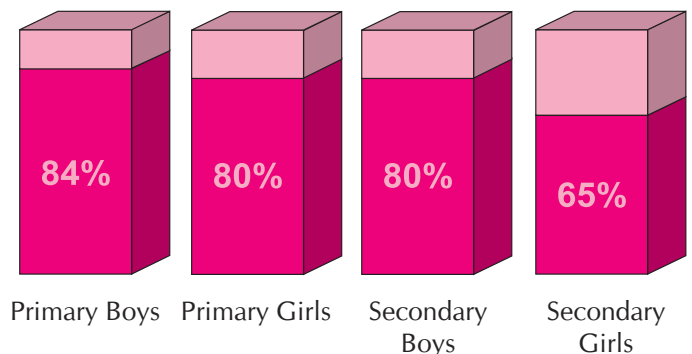



### PROBLEM SOLVING

- High proportions of pupils of all ages say they 'at least sometimes' do something relaxing (e.g. listening to music, doing art) if they are struggling/feel bad or stressed/have a problem that worries them:



- High proportions of pupils at all ages say they 'at least sometimes' play sport or do something active when they are stressed or worried about something, although more boys than girls report doing this:



 It is encouraging to see that pupils report using these self-help strategies when they are feeling stressed or worried; can more be done to support their mental well being?

# LINKS

- It is possible to look for connections between the answers pupils gave to different questions in the survey to look for behaviour profiles. The following are just 3 selected questions but any question can be analysed in this way. All differences illustrated below are statistically significant:

The first analysis is for Year 5 and 6 pupils who had low composite resilience scores (up to 16) compared with those pupils who had high resilience scores (24+).

- ❑ 50% of pupils who had had low resilience scores also said they feel worried or anxious 'often' or 'every day'. This compared with only 9% of pupils who had high resilience scores. Therefore, we can say if you have low resilience, you are more likely to say you feel worried or anxious.
- ❑ 58% of pupils who had low resilience also said they know an adult they trust that they can talk to if they were worried about something. This compared with 92% of pupils who had high resilience.
- ❑ This group is also more likely to say they feel lonely 'often' or 'every day'.
- ❑ They are less likely to agree that they enjoy taking part in exercise and sport.
- ❑ They are less likely to have got more than 8 hours' sleep the night before the survey.
- ❑ They are more likely to feel afraid of going to school because of bullying.
- ❑ They are less likely to say they ate at least 5 portions of fruit and vegetables on the day before the survey.
- ❑ They are also less likely to say they are happy with their weight.

The second analysis is for Year 8 and 10 pupils who said they know an adult they can trust to talk to if they are worried about something compared with pupils who said they didn't know a trusted adult confidant.

- ❑ 21% of pupils who said they know a trusted adult confidant also said they felt lonely at least some of the time. This compared with 52% of pupils who didn't know a trusted adult confidant. Therefore, we can say that if you know a trusted adult confidant you are less likely to feel lonely.
- ❑ 66% of pupils who said they know a trusted adult confidant also said they are happy with their life at the moment. This compared with only 32% of pupils who didn't know a trusted adult confidant.
- ❑ This group is also more likely to say their school covers mental health and wellbeing 'fairly' or 'very' well.
- ❑ They are less likely to say there's been violence or controlling behaviour between adults at home in the last month.
- ❑ They are less likely to say they have taken drugs listed.
- ❑ They are more likely to say they enjoy 'most' or 'all' of their lessons at school.
- ❑ They are more likely to say that if they need help at school they are able to ask someone.
- ❑ They are also more likely to say their school covers bullying 'fairly' or 'very' well.

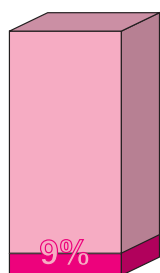
 **There are obvious links between low resilience and worry/anxiety. Can more be done to support pupils with low resilience?**

 **Is there someone in school, who pupils can talk to?**

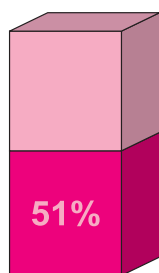
The third analysis is for Year 8 and 10 boys, who said they are 'quite' or 'very' happy with their life at the moment compared with Year 8 and 10 boys who said they were 'quite' or 'very' unhappy with their life.

- ❑ **9% of Y8/10 Boys who said they are happy with life also said they feel lonely at least some of the time. This compared with 51% of Y8/10 Boys who said they are unhappy with their life.**

Feel lonely



Year 8 & 10 Boys 'Happy with life'



Year 8 & 10 Boys 'Unhappy with life'

- ❑ 88% of Year 8 and Year 10 boys who said they are happy with life also said they enjoy physical activities at school 'quite a lot' or 'a lot'. This is higher than the 64% of boys who said they are unhappy with life.
- ❑ They are also less likely to say there's been violence or controlling behaviour between adults at home.
- ❑ They are more likely to say they are happy with their weight as it is.
- ❑ They are more likely to know a trusted adult confidant.
- ❑ They are more likely to say school covers mental health and wellbeing 'fairly' or 'very' well.
- ❑ They are more likely to say they enjoy 'most' or 'all' of their lessons at school.
- ❑ They are more likely to have had breakfast.
- ❑ They are also less likely to worry about more than 5 issues listed in the sections above 'quite a lot' or 'a lot'.

# The way forward – over to you.

The Richmond Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with the London Borough of Richmond upon Thames Public Health Team.

We are grateful to the teachers, schools and the young people for their time and contributions to this survey. The findings will be used to plan services and inform commissioning decisions and further support joint working. In addition the data will be used to inform plans and strategies with schools, the council and partners.

## Richmond schools who took part in the survey:

### **Primary Schools**

Bishop Perrin CE Primary School  
Buckingham Primary School  
Chase Bridge Primary School  
Collis Primary School  
Darell Primary and Nursery School  
East Sheen Primary School  
Hampton Hill Junior School  
Holy Trinity CE Primary School  
Nelson Primary School  
Orleans Primary School  
St James's RC Primary School  
St Mary Magdalen's Catholic Primary School  
St Mary's and St Peter's CE Primary School  
St Richard Reynolds Catholic Primary School  
St Richard's CE Primary School  
The Russell Primary School  
The Vineyard School  
Thomson House School

### **Secondary Schools**

Grey Court School  
Hampton High  
Orleans Park School  
St Richard Reynolds Catholic High School  
Teddington School  
Turing House School  
Waldegrave School

### **For more information about the survey please contact:**

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### **Glossary:**

FSM - Pupils eligible for free school meals

LGBTQ - Lesbian, Gay, Bisexual, Transgender, Questioning +

SEND - Special Educational Need or Disability

Transgender - gender is different to that which they were assigned at birth

Young carers - pupils who care for someone at home on a regular basis who are unable to care for themselves.