

Chapter 2: Emotional Health and Wellbeing



Emotional Health and Wellbeing

Friends and Family- Year 2

The Emotional Health and Wellbeing section of the survey asked pupils to describe their feelings, worries and coping mechanisms and also assessed their help seeking behaviours and their resilience.



Yes

Sometimes

No

Don't Know

Not Answered

Has Friends To Play With At School

81.8%

16.3%

1.2%

0.4%

0.4%

Has Friends To Play With At Home

48.2%

27.1%

20.7%

1.7%

2.3%

Other Children Pick On Them

13.4%

27.1%

48.2%

7.7%

3.6%

Parents/Carers Listen To Them

57.2%

31.7%

6.5%

3.8%

0.8%

Parents/Carers Play Games/Do Activities With Them

44.9%

38.4%

12.3%

1.7%

2.7%



Emotional Health and Wellbeing

Feelings

How Often Do You Feel...

Year 2



Happy



Sad



Angry



Worried

Always

31.5%

4.4%

5.0%

7.9%

Sometimes

64.3%

73.9%

55.5%

57.4%

Never

0.8%

13.6%

25.5%

21.1%

Don't Know

2.7%

5.2%

10.6%

9.2%

Not Answered

0.8%

2.9%

3.5%

4.4%

Year 4



Happy



Sad



Angry



Worried

Always

20.0%

6.4%

6.3%

11.1%

Sometimes

75.0%

81.6%

73.1%

63.2%

Never

1.3%

5.6%

11.2%

14.4%

Don't Know

1.9%

2.8%

5.0%

7.1%

Not Answered

1.8%

3.7%

4.5%

4.2%



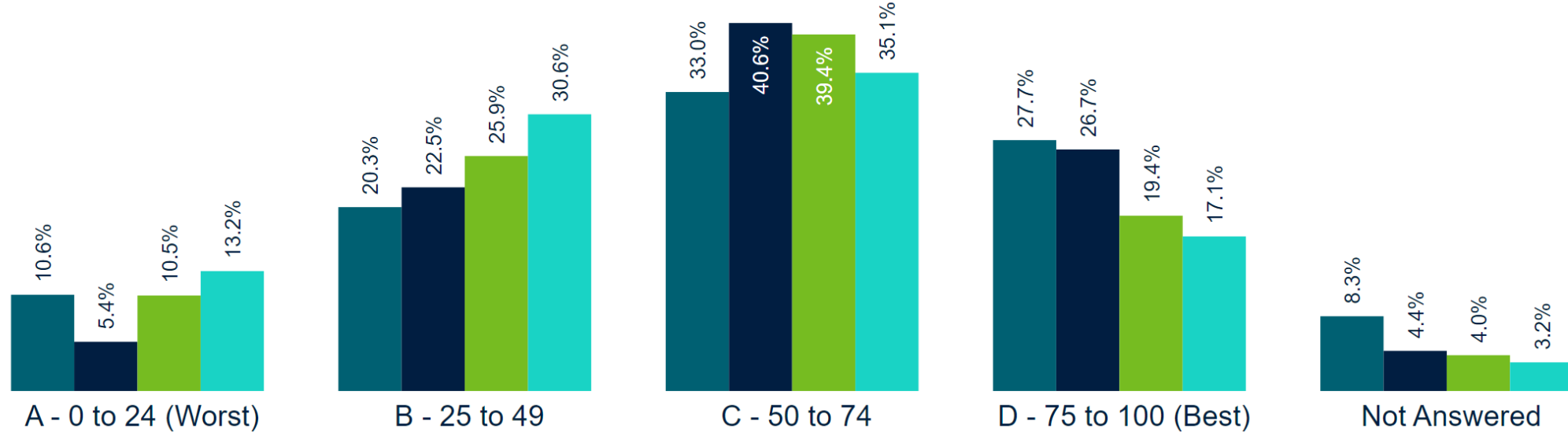
Emotional Health and Wellbeing

WHO-5 Well-Being Index

The 5-item World Health Organization Well-Being Index (WHO-5) is a short and generic global rating scale measuring subjective well-being. Scoring principle: The raw score ranging from 5 to 25 is multiplied by 4 to give the final score from 5 representing the worst imaginable well-being to 100 representing the best imaginable well-being. There is no official categorisation for the WHO-5 as a result scores for each pupil have been grouped into four even scoring ranges. The five questions and how they were answered by each year group can be seen on the next page. All five questions had to be answered for a pupil to be allocated a score, otherwise they are shown below as Not Answered. The WHO-5 allows for six responses; the questions asked of Year 4 pupils omitted the "Less than half the time" option and may have affected the results.

World Health Organization Well-Being Index (WHO-5)

● Year 4 ● Year 6 ● Year 8 ● Year 10





Emotional Health and Wellbeing

WHO-5 Well-Being Index

For More Than Half The Time In The Past Two Weeks...

	Year 4	Year 6	Year 8	Year 10
 Felt Cheerful And In Good Spirits	72.1%	77.1%	74.7%	71.0%
 Felt Calm And Relaxed	60.2%	64.8%	63.8%	59.5%
 Felt Active And Vigorous	65.2%	69.5%	64.3%	56.1%
 Woke Up Feeling Fresh And Rested	51.2%	52.3%	42.2%	35.4%
 Daily Life Has Been Filled With Things That Interest Me	68.1%	69.1%	60.3%	56.5%

The WHO-5 allows for six responses; the questions asked of Year 4 pupils omitted the "Less than half the time" option and may have affected the results.



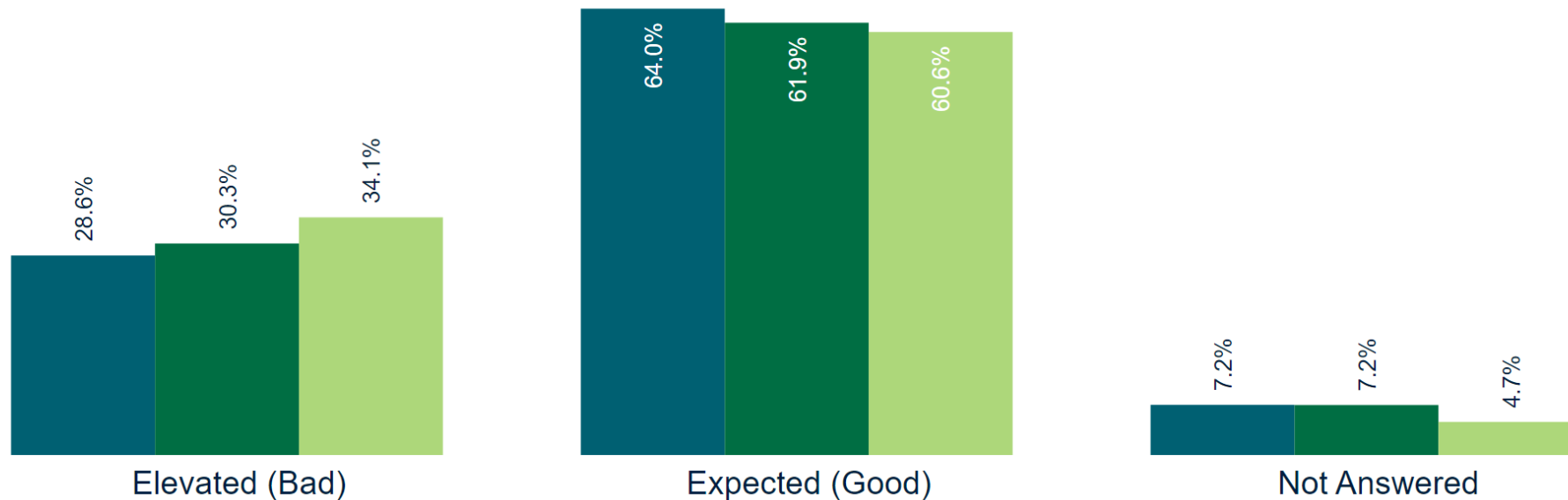
Emotional Health and Wellbeing

Me and My Feelings Overall

The Me and My Feelings questionnaire is a 16 item school-based questionnaire measuring child mental health. The Health and Wellbeing survey used a subscale of this, focusing only on the 10 emotional difficulties items. Scoring principle: The raw score ranging from 0 to 20 is aggregated to give the final score. A score of 0-9 is deemed an expected, or good, score and a score of 10 or above is considered elevated, or bad. The ten questions and how they were answered by each year group can be seen on the next page. All ten questions had to be answered for a pupil to be allocated a score, otherwise they are shown below as Not Answered.

Me and My Feelings Index

● Year 6 ● Year 8 ● Year 10





Emotional Health and Wellbeing

Me and My Feelings



Year 6	Never/ Rarely	Sometimes	Always/ Often	Not Answered
I Am Shy	36.9%	49.0%	12.5%	1.7%
I Am Unhappy	22.8%	70.9%	4.2%	2.1%
I Cry A Lot	31.8%	56.9%	9.7%	1.7%
I Feel Lonely	33.4%	60.8%	4.4%	1.4%
I Feel Scared	39.6%	52.8%	4.9%	2.7%
I Have Problems Sleeping	34.7%	41.6%	22.0%	1.7%
I Wake Up In The Night	23.6%	51.7%	23.2%	1.5%
I Worry A Lot	21.7%	49.0%	27.8%	1.6%
I Worry When I Am At School	48.2%	39.5%	11.0%	1.3%
Nobody Likes Me	56.2%	37.0%	4.4%	2.3%

Year 10	Never/ Rarely	Sometimes	Always/ Often	Not Answered
I Am Shy	39.1%	44.3%	15.6%	1.0%
I Am Unhappy	25.6%	62.9%	10.3%	1.2%
I Cry A Lot	44.0%	40.0%	14.7%	1.3%
I Feel Lonely	34.4%	55.6%	9.1%	0.9%
I Feel Scared	51.1%	39.4%	7.9%	1.6%
I Have A Problem Sleeping	35.7%	40.3%	23.0%	1.0%
I Wake Up In The Night	33.9%	45.5%	19.8%	0.7%
I Worry A Lot	22.3%	43.7%	32.4%	1.6%
I Worry When I Am At School	41.7%	40.1%	17.4%	0.7%
Nobody Likes Me	53.4%	36.1%	9.2%	1.3%

Year 8	Never/ Rarely	Sometimes	Always/ Often	Not Answered
I Am Shy	39.5%	45.2%	13.3%	2.0%
I Am Unhappy	27.1%	64.3%	6.9%	1.6%
I Cry A Lot	41.0%	45.4%	12.0%	1.6%
I Feel Lonely	35.1%	57.2%	6.3%	1.4%
I Feel Scared	48.9%	41.4%	6.8%	2.8%
I Have A Problem Sleeping	39.2%	35.5%	24.0%	1.3%
I Wake Up In The Night	36.0%	42.0%	20.3%	1.7%
I Worry A Lot	23.6%	42.5%	31.9%	2.1%
I Worry When I Am At School	41.4%	40.4%	16.7%	1.5%
Nobody Likes Me	51.3%	38.1%	8.6%	2.1%



Emotional Health and Wellbeing

Worries - Part A

Do You Ever Worry About Any Of The Following? (Select All That Apply)

Year 2

Worry	Year 2
Being Ill	45.7%
School Work	36.9%
Family	33.8%
Friendships	27.4%
The Way You Look	23.4%

Year 4

Worry	Year 4
Friendships	38.3%
School Work	35.4%
Being Ill	34.9%
Family	33.4%
The Way You Look	24.3%

Year 6

Worry	Year 6
Sats/Tests	58.7%
Problems With Friends	49.4%
School Work/Homework	45.4%
The Way You Look	43.6%
Family Problems	37.6%
Body Changes As You Grow Up	33.9%
Getting Ill	32.4%
The Environment	27.7%
Mental Health	22.3%
Money Problems	18.8%
Crime	18.5%
Online Problems	16.6%
Health Problems	15.7%



All options are shown for each year group. Older year groups were given additional options to the younger year groups.



Emotional Health and Wellbeing

Worries - Part B

Do You Ever Worry About Any Of The Following? (Select All That Apply)

Worry	Year 8
School Work/Homework	61.9%
Exams/Tests	60.0%
The Way You Look	54.9%
Problems With Friends	49.4%
The Future	48.7%
Your Mental Health	38.8%
Family Problems	35.5%
Your Physical Health	33.9%
The Mental Health Of Someone In Your Family	32.8%
Relationships	28.4%
Money Problems/Family Finances	23.5%
Climate Change	19.7%
Wars And Terrorism	17.4%
Becoming Homeless	16.4%
Online Problems	15.8%
Crime	11.0%
Becoming A Parent Before You'Re Ready	9.1%
Drugs	7.6%
Your Sexual Orientation	7.2%
Floods	6.5%
Your Gender Identity	6.3%
Sexually Transmitted Infections	2.6%

Worry	Year 10
Exams/Tests	66.3%
School Work/Homework	62.4%
The Way You Look	53.5%
The Future	52.2%
Your Mental Health	45.8%
Problems With Friends	40.1%
Your Physical Health	37.2%
Family Problems	34.7%
The Mental Health Of Someone In Your Family	32.6%
Relationships	31.0%
Money Problems/Family Finances	25.8%
Climate Change	19.4%
Wars And Terrorism	14.7%
Becoming Homeless	13.8%
Online Problems	12.2%
Crime	9.6%
Becoming A Parent Before You'Re Ready	8.5%
Your Sexual Orientation	7.4%
Drugs	7.3%
Floods	6.1%
Your Gender Identity	5.2%
Sexually Transmitted Infections	4.2%



Emotional Health and Wellbeing

Coping Strategies - Part A

When Worried Do You...?



Talk To An Adult About It
Talk To A Friend About It
Think Carefully By Yourself To Sort Out The Problem
Get Angry (Verbally Or Physically)
Cry
Do Things To Stay Calm, Like Mindfulness
Yoga
Eat More
Eat Less
Do Nothing Because The Problem Can't Be Fixed

Year 6	Year 8	Year 10
56.8%	41.1%	37.4%
41.8%	38.1%	37.9%
27.6%	19.1%	20.1%
30.6%	31.3%	29.1%
39.5%	34.3%	34.5%
26.3%	15.2%	13.7%
3.3%	1.9%	3.0%
18.2%	16.5%	22.6%
14.6%	16.0%	17.6%
16.1%	18.0%	18.2%

-  = Problem Solving
-  = Emotional Regulation
-  = Resignation



Emotional Health and Wellbeing

Coping Strategies - Part B

When Worried Do You...?



Spend Time With Friends
Don't Talk To Anyone About It
Stop Going Out
Exercise
Watch TV/Netflix/Online Videos/Play Computer Games (Year 8 plus)
Gaming
Deliberately Do Something To Get In Trouble
Rest Or Sleep More
Get In Trouble
Other

Year 6	Year 8	Year 10
45.1%	34.5%	31.4%
28.6%	35.5%	37.0%
11.0%	15.2%	16.8%
22.7%	21.5%	24.4%
54.8%	53.0%	48.5%
47.7%	*included in option above for Secondary survey*	
4.8%	5.7%	5.1%
20.8%	16.9%	16.8%
8.8%	10.4%	7.3%
15.6%	10.1%	9.4%

-  = Social Support
-  = Social Withdrawal
-  = Distraction
-  = Outcomes of Worrying



Emotional Health and Wellbeing

Coping Strategies - Part C

When Worried Do You...?



Smoke
Drink
Take Drugs
Self-Harm
Think About Ending My Life

Year 8

Year 10

1.5%

3.6%

0.7%

9.1%

11.4%

8.2%

8.2%

4.9%

12.0%

11.5%



= Distraction



= Expression of
Emotional Distress

The options listed above on this page were not asked in the Primary survey.



Emotional Health and Wellbeing

Getting Help - Part A

Has Someone To Talk To About
Feelings Or Worries

Who Are You Most Likely To Talk To About Feelings Or Worries?

Year 2

94.8%

Year 4

92.1%

Year 6

83.4%

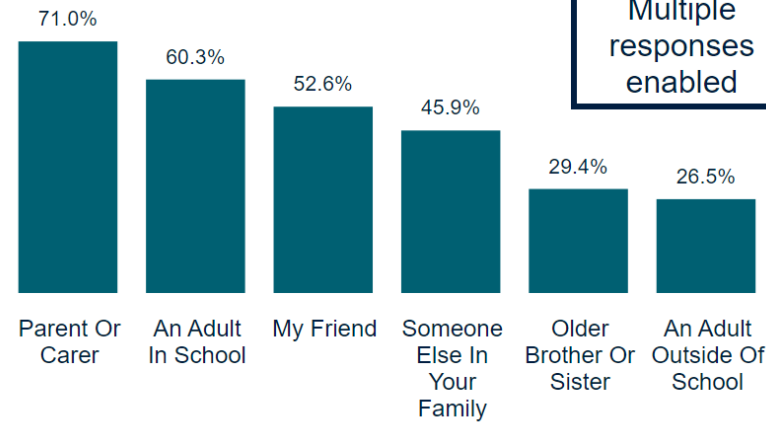
Year 8

73.2%

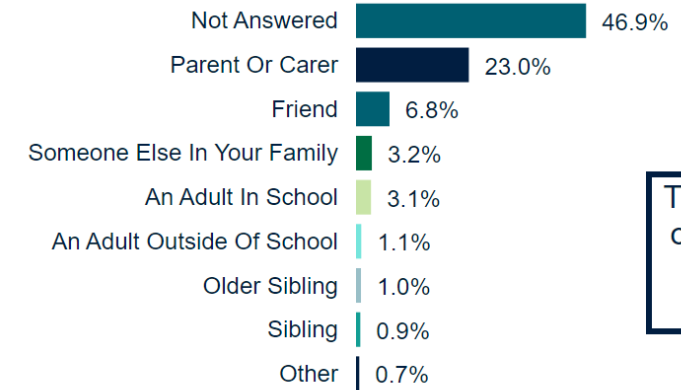
Year 10

72.5%

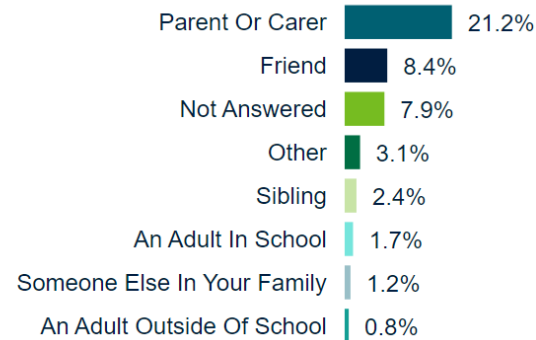
KS1



Primary



Secondary





Emotional Health and Wellbeing

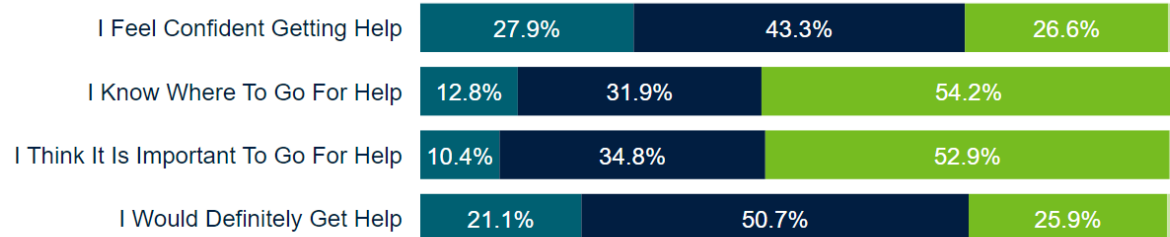
Getting Help - Part B



If I Feel Worried Or Have A Low Mood...

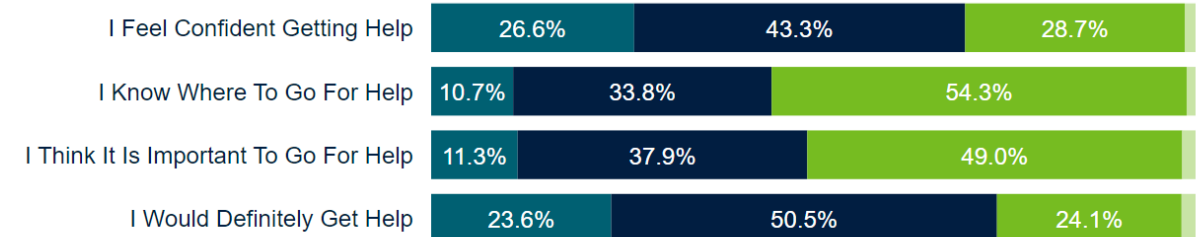
Year 8

● Disagree ● Neither Agree or Disagree ● Agree ● Not Answered



Year 10

● Disagree ● Neither Agree or Disagree ● Agree ● Not Answered



What Type Of Help Would You Be Most Likely To Use?

Year 8

Help Option

Year 8

Speak To Someone You Know And Trust	72.8%
Online Via Messaging	24.0%
Speak To Someone At School	17.0%
Speak To Someone In Person (Someone You Trust But Don't Know)	16.9%
Online Via Video Calls	9.3%
Telephone Call (No Video)	9.3%
Look At Notice Boards In School Reception	2.5%

Year 10

Help Option

Year 10

Speak To Someone You Know And Trust	65.7%
Online Via Messaging	24.6%
Speak To Someone In Person (Someone You Trust But Don't Know)	20.8%
Speak To Someone At School	15.6%
Online Via Video Calls	8.1%
Telephone Call (No Video)	7.8%
Look At Notice Boards In School Reception	2.6%

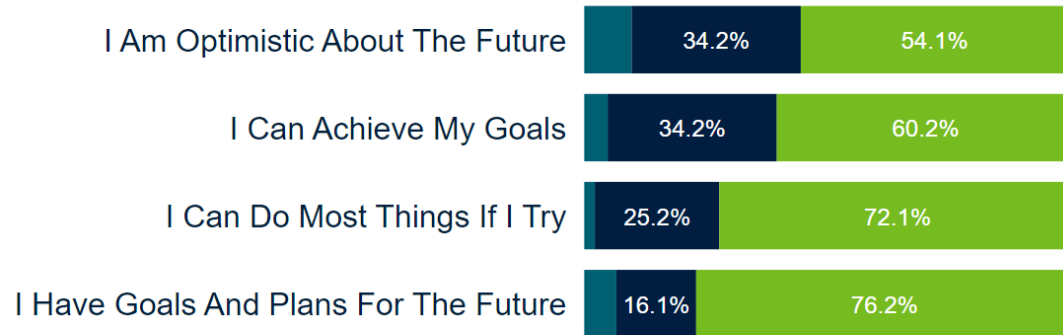


Emotional Health and Wellbeing

Self Efficacy

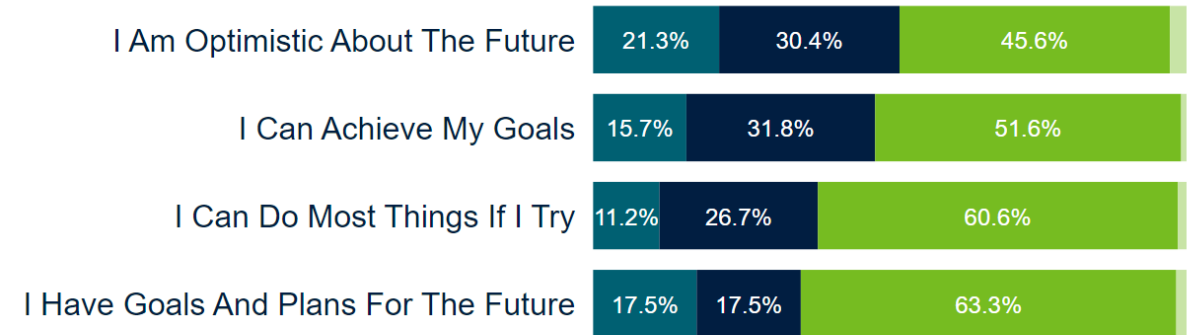
Year 6

● Never/ Rarely ● Sometimes ● Always/ Often ● Not Answered



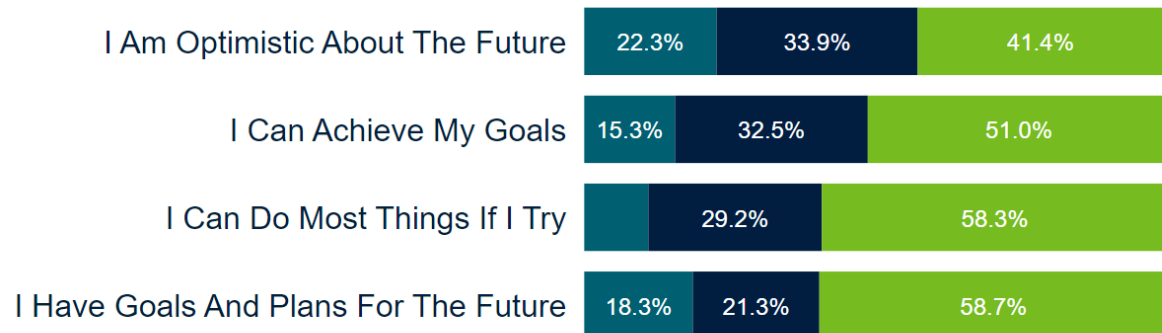
Year 8

● Never/ Rarely ● Sometimes ● Always/ Often ● Not Answered



Year 10

● Never/ Rarely ● Sometimes ● Always/ Often ● Not Answered



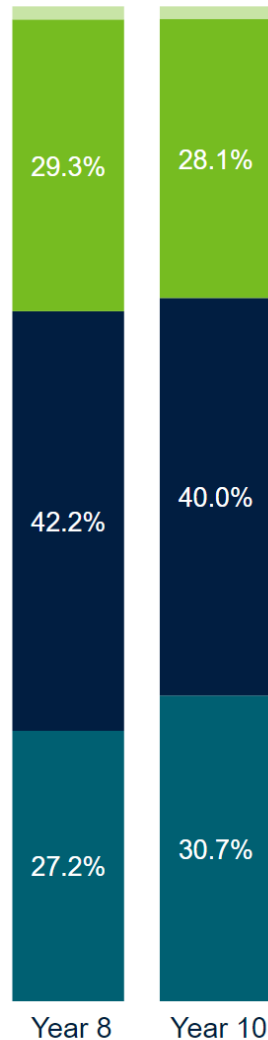


Emotional Health and Wellbeing

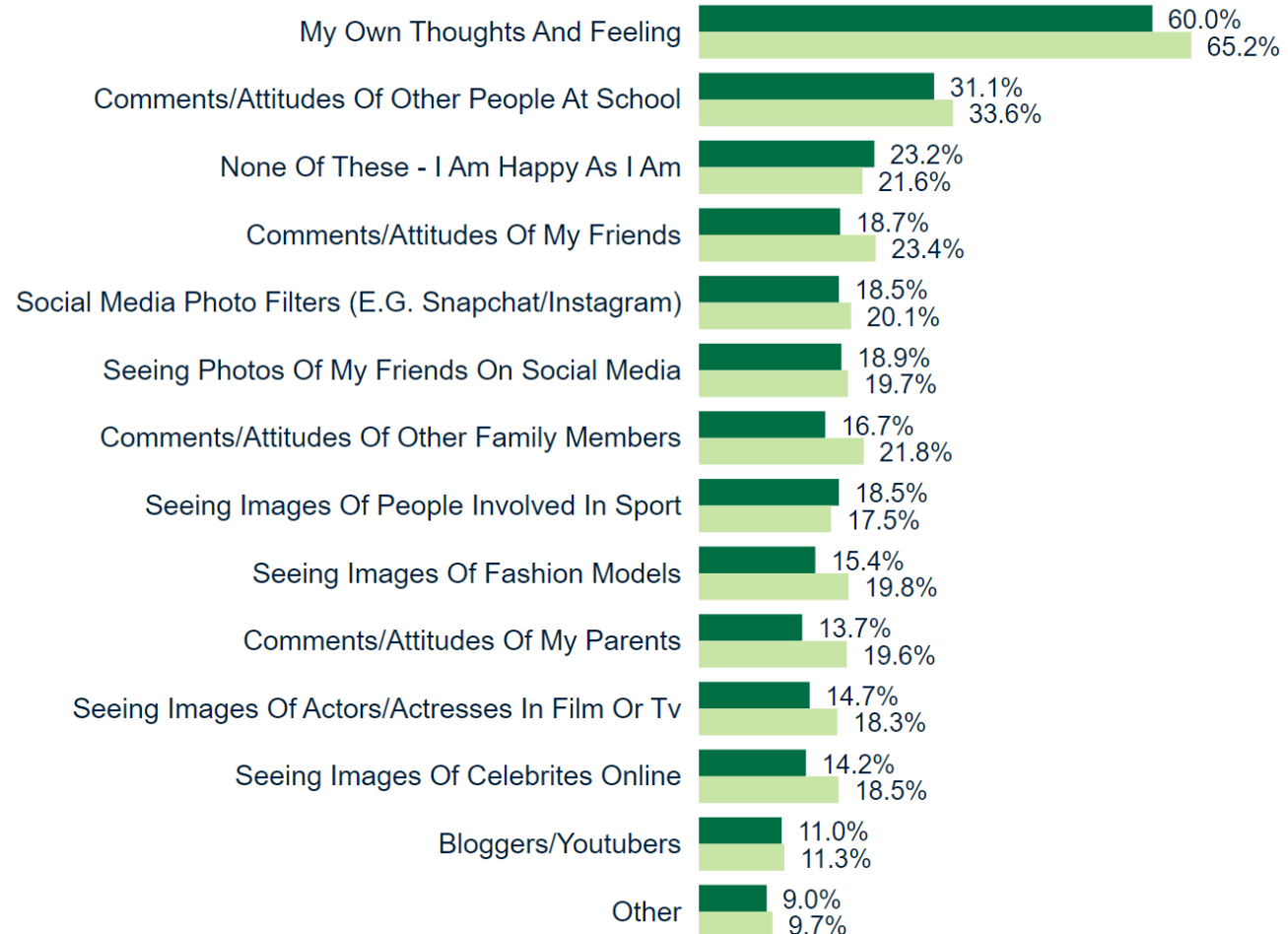
Body Image

I Feel Satisfied With My Body...

- Disagree
- Neither
- Agree
- Not Answered



Which Of The Following Influence How You Feel About Your Body? (Select All That Apply)



- Year 8
- Year 10