



my life, my view

Derbyshire Youth Well-Being Survey

Best Start Team
Public Health
May 2023

The survey

- Commissioned by Public Health in Derbyshire since 2015
- Delivered by the **Schools Health Education Unit (SHEU)** since 2019
- Confidential online survey for young people in Derbyshire secondary schools in years 8-11
- Aims to gain insight into factors that contribute to **emotional health** and **well-being** as well as understanding **young people's perceptions, beliefs and opinions** on **behaviours, relationships and communities**
- Developed with support of colleagues from **Public Health Nursing, Public Health, Education Psychology, Education Improvement, Safeguarding, Schools**, and with feedback from **students**
- Available to all mainstream secondary schools
- 2023 survey is now available to Elective Home Educated young people
- The summary report for the 2022 findings is available here [My Life My View 2022n \(derbyshire.gov.uk\)](https://www.derbyshire.gov.uk/my-life-my-view-2022n)

Engagement

- 13 of 45 mainstream secondary schools participated in 2022
- 3760 young people engaged – approximately 12% of the school population for these year groups
- At least one school engaged in each district or borough
- Participating schools have received individual school reports
- Analysis is not being made available at district/ borough level due to lower engagement in some areas

Online Safety

my life, my view

2022 Report Summary

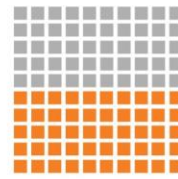
Physical Activity



Over **1 in 5** students (in years 10 and 11) have been approached by an adult online who wanted a sexual encounter or relationship



42% of students have experienced someone writing or showing things to hurt or upset them”



50% students say that nothing stops them from doing as much physical activity as they would like”



20% of students said they regretted sending private information to someone online”

Over **1 in 5** students have been subjected to cyberbullying



1 in 5 students do less physical activity than they would like because they are...



- not sure what they enjoy or what to do
- not comfortable with their appearance
- shy in front of other people



95% of students said they did some form of physical activity in the week before the survey”



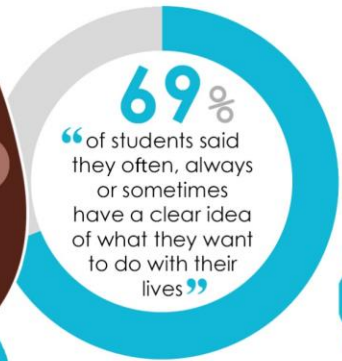
Scan the QR code to be taken to the full 2022 My Life, My View report in PDF format



Emotional Wellbeing



60% of students... “would talk to either their parents or friends if something was worrying them”



69% of students said they often, always or sometimes have a clear idea of what they want to do with their lives”

1 in 2 students said that... “feeling worried, sad or upset either does not affect their lives at all, or that they can deal with any feelings like this”



4 in 5 students do not think that people avoid or judge them because of their mental health



i My Life, My View is a comprehensive survey provided to mainstream Derbyshire schools and completed by pupils in school years 8,9,10 and 11 (students). The survey provides key insights and trends in relation to young people's wellbeing

Risky Behaviours



90% of students have not tried tobacco or drugs”

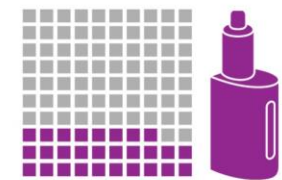


Fewer than **1 in 10** students have had sex



20% of students had a drink in the last 7 days

28% of students have vaped”



Comparisons 2021 - 2022

There are differences in the groups of schools making up the samples in 2022 and 2021. Many results seem similar across the two years. Where comparisons can be reasonably made, some of the most striking significant changes are:

Decrease in the use of and experimentation with tobacco, alcohol and drugs

Have tried/ used tobacco cigarettes in the past or use them now – decrease from 15% to 11%
Have had an alcoholic drink (more than just a sip) – decrease from 60% to 55%
Have taken cannabis – decrease from 7% to 4%



Increase in the use of e-cigarettes

Have tried/ used e-cigarettes in the past or use them now – increase from 25% to 28%



Increase in experience of bullying

Have been bullied in the last 12 months – increase from 31% to 37%



Increase in participation in physical activity

Physical activity for an hour or more on at least 5 days in the previous 7 days – increase from 23% to 28%



Inequalities

The results have been analysed for different population groups to better understand inequalities.

- All groups analysed show at least some poorer outcomes, however males seem to be faring better than females on most criteria
- LGBT+ students show a long list of poorer outcomes, including more bullying and lower wellbeing scores, but also differences in lifestyle such as lower levels of physical activity
- Students with a disability or long-term illness and those who are young carers also have a long list of poorer outcomes.

How can you help?

- Do you have opportunities to raise the profile of the 2022 survey findings?
- How can the findings support your work?
- The 2023 survey is currently available to secondary schools, do you have any opportunity to support an increase in engagement?

We would be really interested to hear how the findings are influencing your work with young people. Could you please feedback brief details of any examples to Alison Davies at alison.davies@derbyshire.gov.uk

Thank you.