

# The West Sussex Children and Young People's Health and Wellbeing Survey 2025

A report for  
West Sussex Primary

The Schools Health Education Unit

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**SHEU**



# School Survey Report 2025

Produced by the  
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

## Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

The report compares the data collected from your pupils with those from a larger, wider sample.

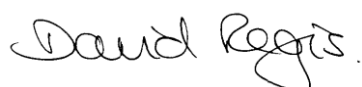
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding  
Survey Manager  
Schools Health Education Unit



Dr. David Regis  
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Schools Health Education Unit

## Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 40 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

## Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

## The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	858	264	778
Girls	781	285	688

Please note that 60 pupil(s) said they are unsure of their gender, or describe their gender in some other way, while 119 didn't want to say or didn't answer the question. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

Please note that if the proportions of younger and older pupils, or boys and girls, are very different in your school sample compared with the wider sample, then you may need to consider this as a cause when looking at any differences between your school and the wider data. Many of the headline figures are broken down by age and gender in the main body of the report, which will give more context for interpretation. Please contact SHEU if you would like to discuss.

In the report, you may see '-' in the tables or text (e.g. '-%').

This means we have suppressed the result because the number of valid responses for an item has dropped below 7 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

## Background

### Ethnicity and language

72% of pupils described themselves as White British; 5% said they are White (non-British).

**Q2.** Percentage describing themselves as White British.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	71	69	76
Girls	73	67	77

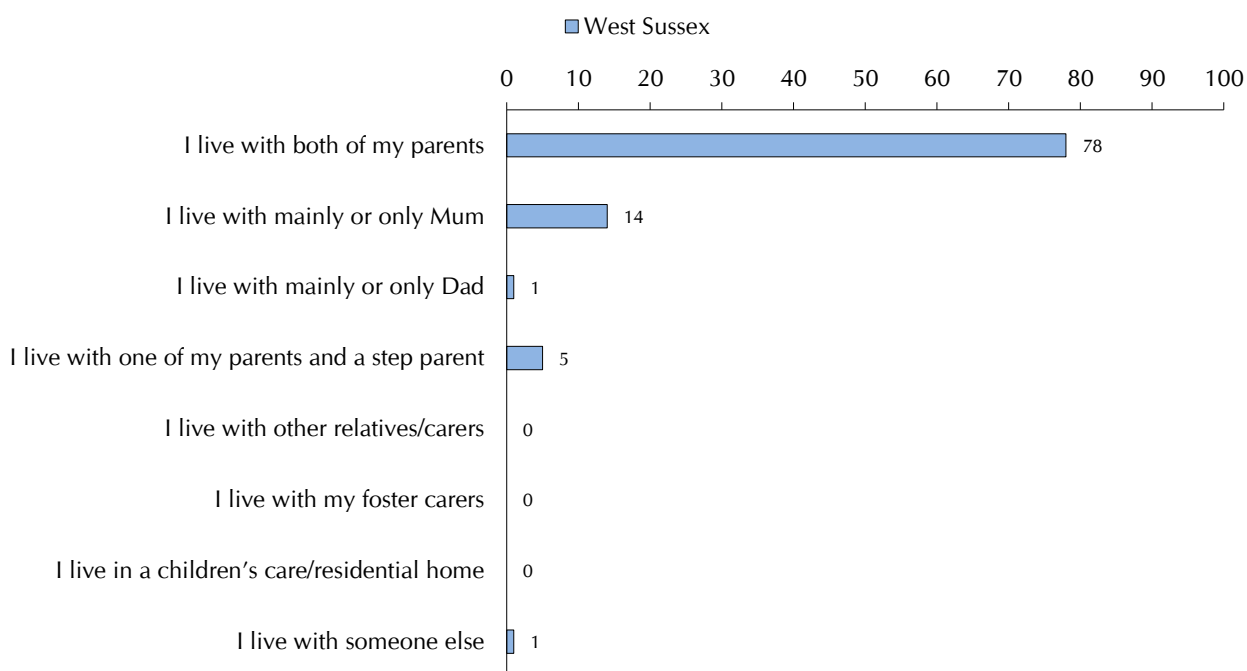
85% of pupils said they speak English most of the time at home, while 3% said they mostly speak another language or languages and 13% speak both English and another language.

**Q3.** Percentage answering that they speak English most of the time at home.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	84	80	88
Girls	85	82	85

### Family

**Q4.** Which of the following best describes which adults you live with most of the time?



78% of pupils responded that they live with both of their parents.

**Q4.** Percentage answering that they live with both of their parents.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	78	80	78
Girls	77	80	76

14% of pupils responded that they live 'mainly or only' with their mum, while 1% said they live 'mainly or only' with their dad.

**Q4.** Percentage answering that they live 'mainly or only' with their mum.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	2	1	1
Girls	1	1	2

## Young carers

5% of pupils responded that they are a 'young carer', while 12% said they are 'not sure' and 3% didn't want to say.

2% of pupils responded that their school knows that they are a 'young carer', while 2% said they 'don't know'.

## Armed forces

4% of Year 6 pupils said they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force, or the Reserves, while 5% said they are 'not sure' if they do and 1% didn't want to say.

## SEND and neurodivergence

14% of Year 6 pupils said they are neurodivergent/have a special educational need or disability, while 19% said they are 'not sure' if they do and 3% didn't want to say.

**Q5a.** Percentage answering that they are a 'young carer'.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	6	3	5
Girls	5	2	4

**Q5b.** Percentage answering that their school knows that they are a 'young carer'.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	2	1	3
Girls	2	0	1

**Q6.** Percentage answering that they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force, or the Reserves.

	West Sussex	
	Yr 6	
Boys	5	
Girls	3	

**Q7.** Percentage answering that they are neurodivergent/have a special educational need or disability.

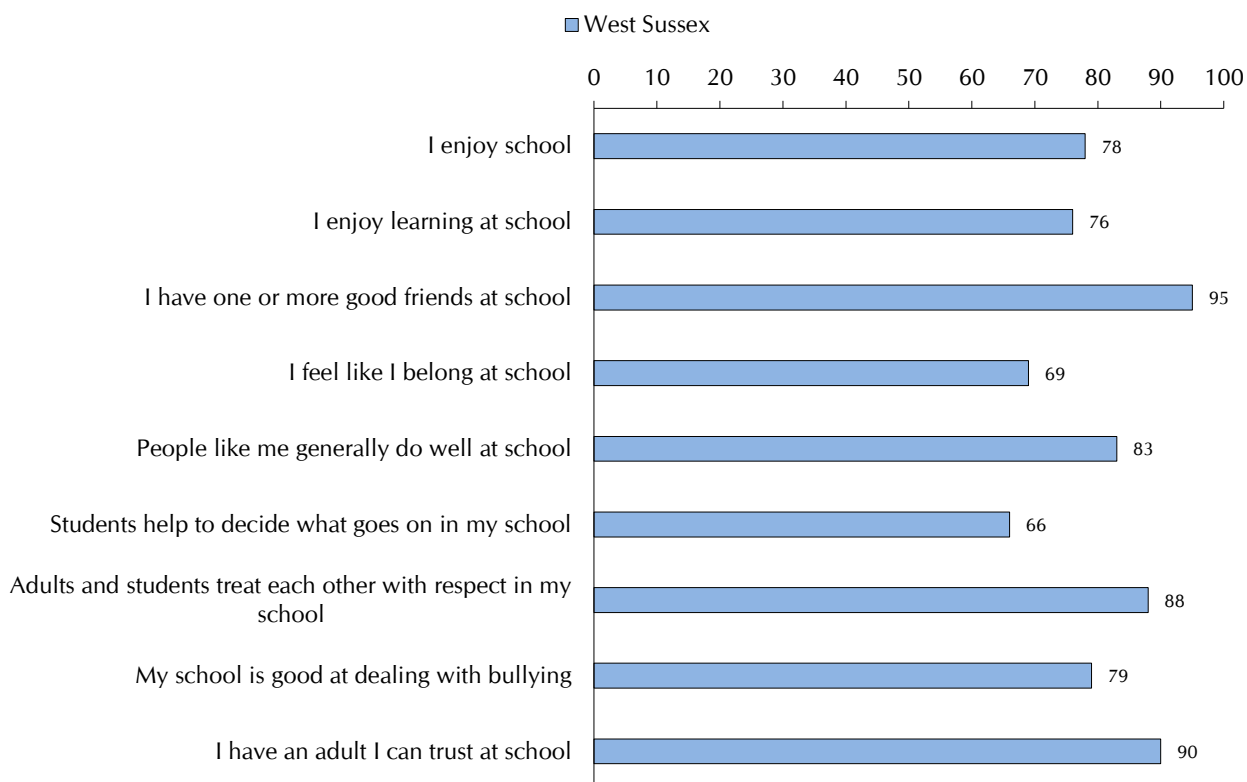
	West Sussex	
	Yr 6	
Boys	14	
Girls	12	



## Emotional Health and Wellbeing

### Feelings at school

**Q8.** Percentage of pupils responding 'agree' or 'strongly agree' with the following statements:

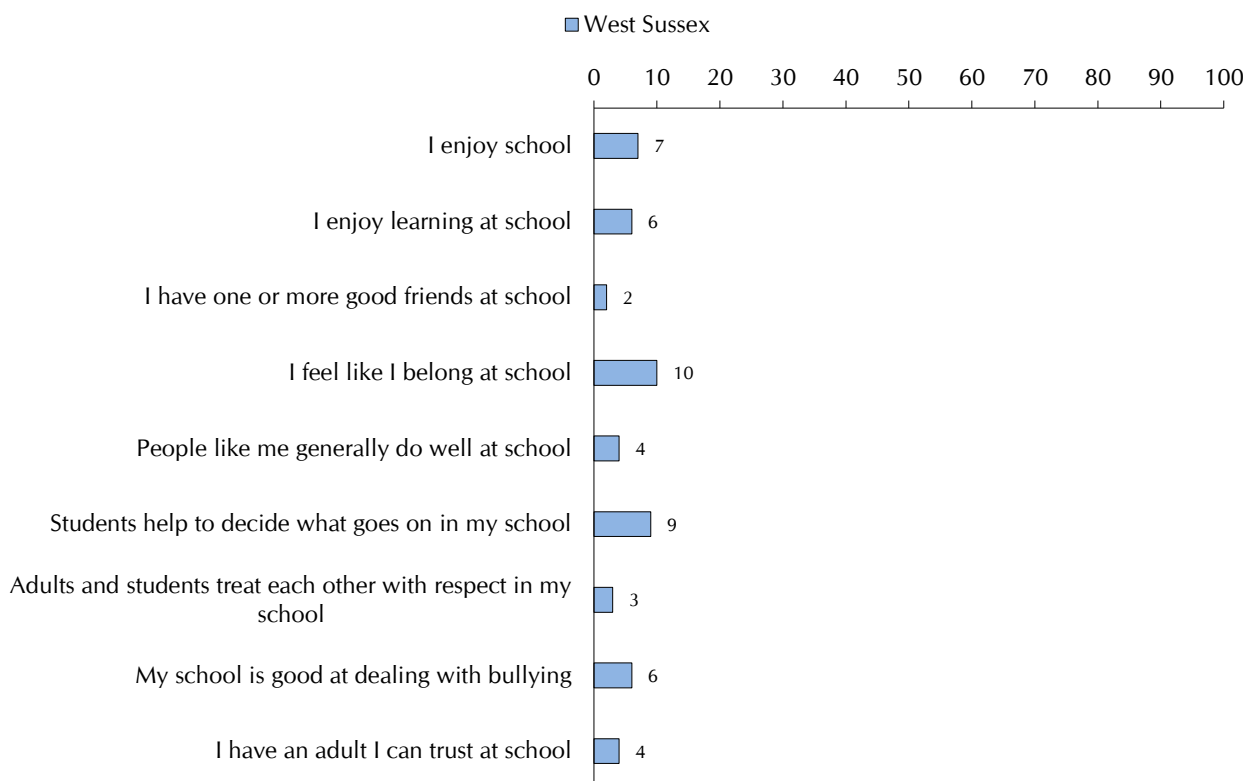


83% of pupils agreed that people like them generally do well at school and 90% said they have an adult they can trust at school.

**Q8.** Percentage of pupils responding 'agree' or 'strongly agree' with the following statements:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
I enjoy school	78	84	71	77	75	80	78
I enjoy learning at school	76	82	71	73	71	78	76
I have one or more good friends at school	96	93	95	95	98	95	95
I feel like I belong at school	63	73	58	70	74	75	69
People like me generally do well at school	84	84	83	76	85	86	83
Students help to decide what goes on in my school	64	73	49	63	69	70	66
Adults and students treat each other with respect in my school	90	90	86	87	85	87	88
My school is good at dealing with bullying	80	85	76	79	76	79	79
I have an adult I can trust at school	90	94	84	93	89	91	90

**Q8.** Percentage of pupils responding 'strongly disagree' with the following statements:



10% of pupils 'strongly' disagreed with the statement 'I feel like I belong at school' and 9% 'strongly' disagreed that 'students help to decide what goes on in [their] school'.

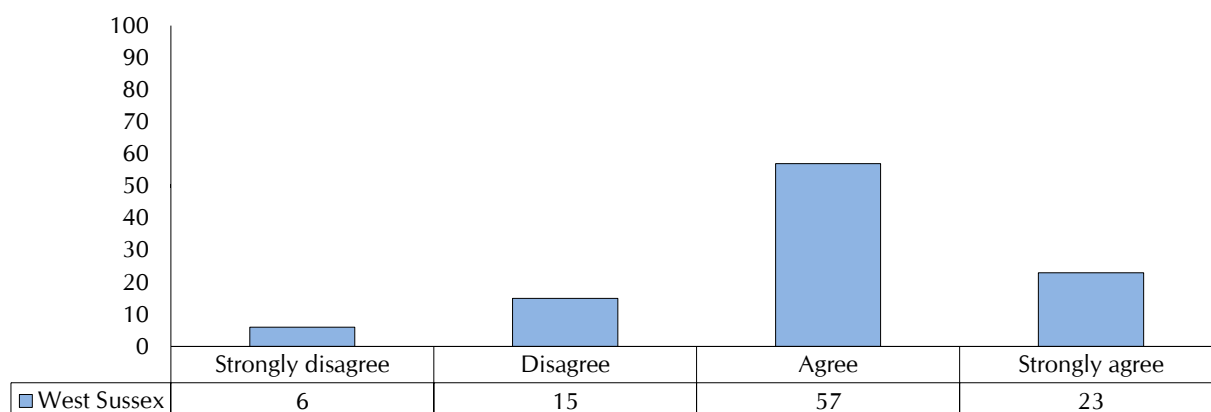
**Q8.** Percentage of pupils responding 'strongly disagree' with the following statements:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
I enjoy school	8	4	11	8	9	5	7
I enjoy learning at school	6	4	11	6	6	4	6
I have one or more good friends at school	2	3	2	2	1	1	2
I feel like I belong at school	14	8	17	11	8	5	10
People like me generally do well at school	4	3	3	5	5	1	4
Students help to decide what goes on in my school	13	6	17	12	7	4	9
Adults and students treat each other with respect in my school	3	1	4	4	4	2	3
My school is good at dealing with bullying	7	4	7	5	8	6	6
I have an adult I can trust at school	4	2	6	4	4	3	4

## Happiness

**Q9.** Percentage of pupils responding to the following statement:  
In the last few weeks, I have often felt happy

### West Sussex



6% of boys and 5% of girls said they 'strongly disagree' that they have often felt happy in the last few weeks.

**Q9.** Percentage answering that they 'strongly disagree' that they have often felt happy in the last few weeks.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	6	7	6
Girls	6	5	4

81% of boys and 79% of girls said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.

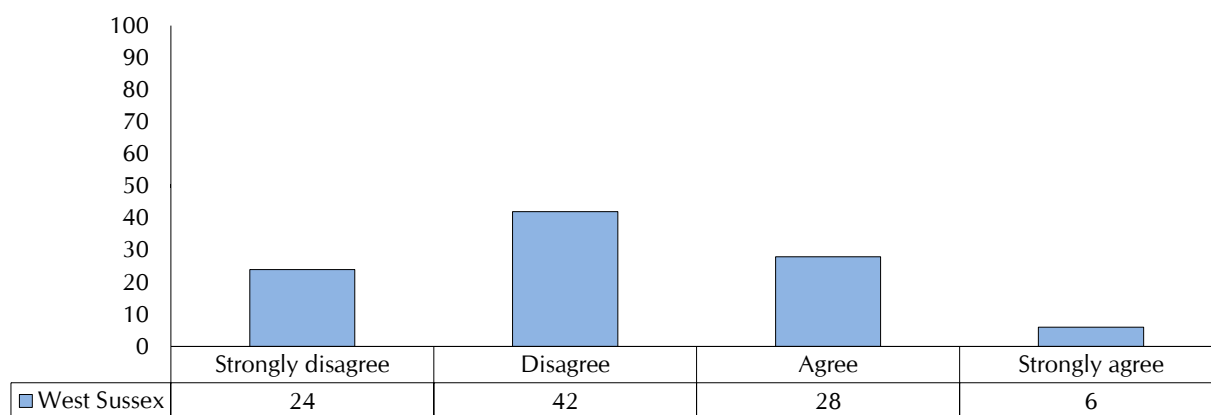
**Q9.** Percentage answering that they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	81	79	83
Girls	79	80	79

## Sadness

**Q10.** Percentage of pupils responding to the following statement:  
In the last few weeks, I have often felt sad

### West Sussex



28% of boys and 18% of girls said they 'strongly disagree' that they have often felt sad in the last few weeks.

**Q10.** Percentage answering that they 'strongly disagree' that they have often felt sad in the last few weeks.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	33	27	25
Girls	23	18	13

28% of boys and 39% of girls said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

**Q10.** Percentage answering that they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

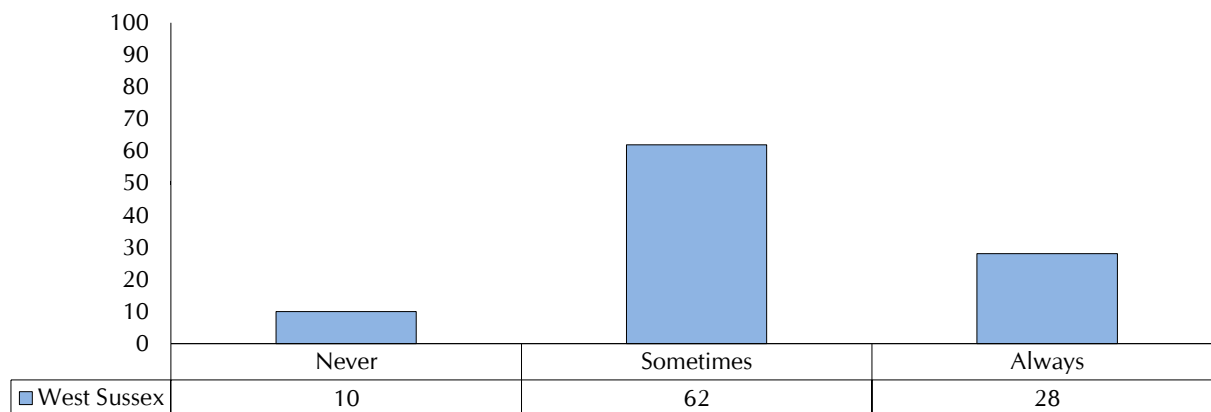
#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	29	30	27
Girls	38	38	42

## Tiredness

**Q11.** In general, do you get enough sleep to feel awake and concentrate on your schoolwork?

### West Sussex



10% of boys and 8% of girls said they 'never' get enough sleep to feel awake and concentrate on their schoolwork.

**Q11.** Percentage answering that they 'never' get enough sleep to feel awake and concentrate on their schoolwork.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	12	13	7
Girls	9	6	7

28% of boys and 29% of girls said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

**Q11.** Percentage answering that they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

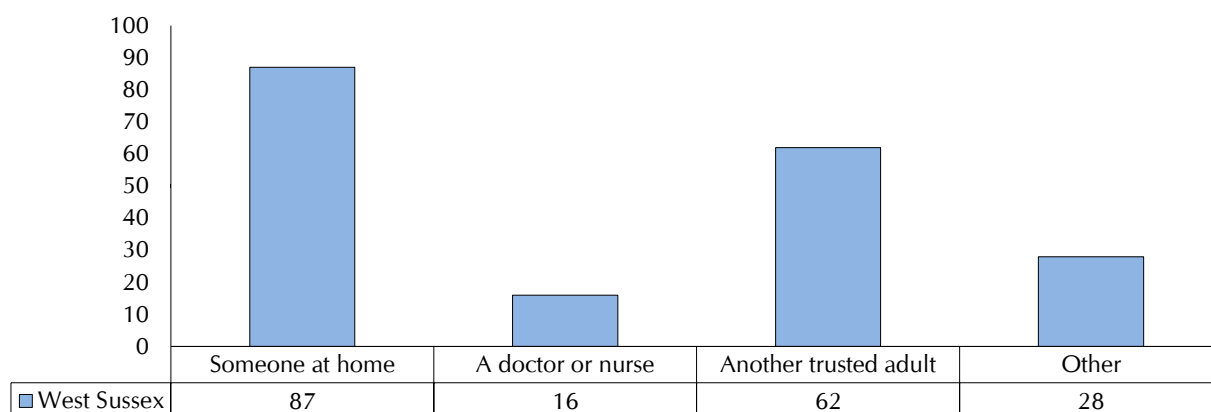
#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	24	26	33
Girls	25	30	34

## Trusted adults

**Q12.** If you were worried about something, do you know an adult you can trust who you can talk to about it?  
% responding 'yes'

### West Sussex



87% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 10% said they 'maybe' do.

**Q12.** Percentage answering that there is an adult they trust at home who they can talk to if they are worried about something.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	89	89	91
Girls	88	87	85

16% of pupils said there is a doctor or nurse they trust who they can talk to if they are worried about something; 43% said they 'maybe' do.

**Q12.** Percentage answering that there is a doctor or nurse they trust who they can talk to if they are worried about something.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	18	17	16
Girls	17	11	13

62% of pupils said there is another adult (not at home, nor a doctor/nurse) they trust who they can talk to if they are worried about something; 30% said they 'maybe' do.

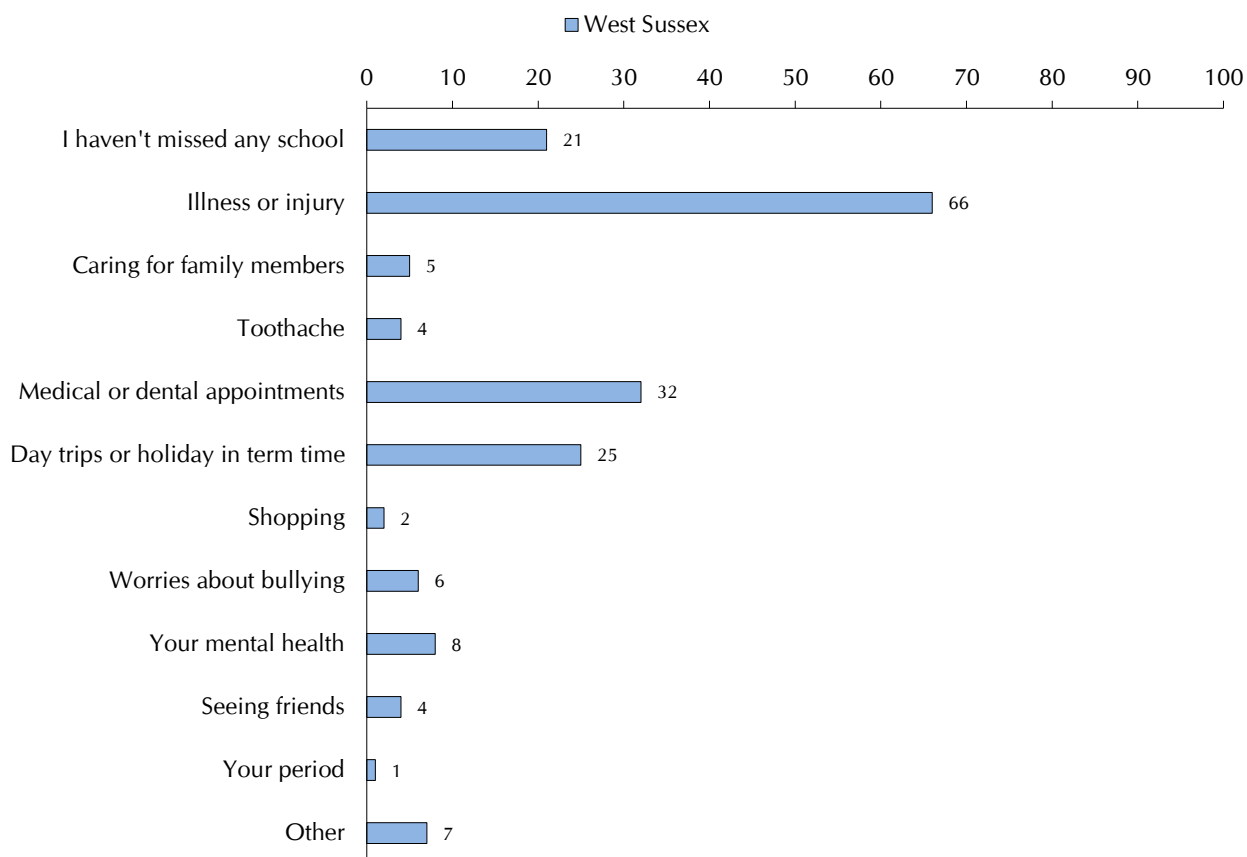
**Q12.** Percentage answering that there is another adult they trust who they can talk to if they are worried about something.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	62	60	63
Girls	65	60	60

## School attendance

**Q13.** Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months:



66% of pupils said illness or injury has stopped them from going to school in the last 12 months, while 8% said their mental health has stopped them. 21% said they haven't missed any school.

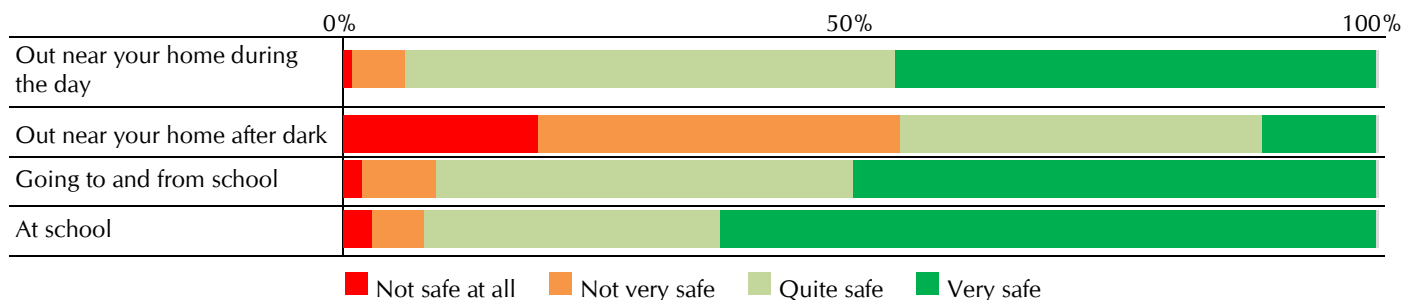
**Q13.** Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months (top 5):

Boys			Girls		
1	Illness or injury	67	1	Illness or injury	65
2	Medical or dental appointments	31	2	Medical or dental appointments	32
3	Day trips or holiday in term time	28	3	Day trips or holiday in term time	22
4	Your mental health	7	4	Your mental health	8
5	Caring for family members	6	5	Other	7

## Safety and Bullying

### Feeling safe out and about

**Q14.** How safe do you feel when you are...?



94% of boys and 93% of girls said they feel 'quite' or 'very' safe when out near their home during the day; 91% of boys and 94% of girls said the same about being at school.

**Q14.** Percentage of pupils responding that they feel 'quite' or 'very' safe in the following situations:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Out near your home during the day	93	90	97	92	95	95	93
Out near your home after dark	45	34	49	40	61	45	46
Going to and from school	89	88	93	87	94	92	90
At school	91	94	91	95	92	94	92

19% of pupils feel 'not at all safe' when out near their home after dark.

**Q14.** Percentage of pupils responding that they 'never' feel safe in the following situations :

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Out near your home during the day	2	2	1	1	1	0	1
Out near your home after dark	21	25	15	24	10	15	19
Going to and from school	2	2	2	4	2	1	2
At school	3	2	5	3	2	1	3



## Feeling safe online

**Q15.** How safe do you feel when you are...?



91% of boys and 87% of girls said they feel 'quite' or 'very' safe when using the internet.

**Q15.** Percentage of pupils responding that they feel 'quite' or 'very' safe in the following situations:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Using the internet	85	84	92	83	96	93	89
On social media	29	26	49	33	59	62	42
Gaming online	81	66	88	67	91	71	77

5% of pupils feel 'not safe at all' when on social media; 2% of boys and 2% of girls said the same about gaming online.

**Q15.** Percentage of pupils responding that they 'never' feel safe in the following situations :

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Using the internet	2	2	1	2	0	0	1
On social media	7	6	3	5	2	2	5
Gaming online	2	3	1	4	1	1	2

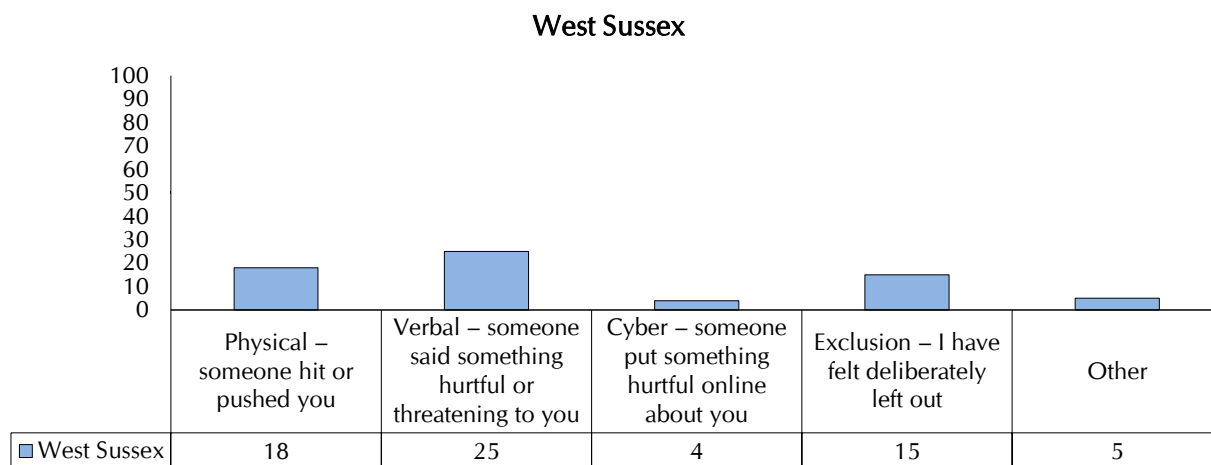
## Bullying

39% of pupils said they have been bullied in the past year.

**Q16.** Percentage answering that they have been bullied in the past year.

West Sussex			
	Yr 4	Yr 5	Yr 6
Boys	41	37	31
Girls	41	45	38

**Q17.** Percentage of pupils responding that they have experienced the following types of bullying in the past year:



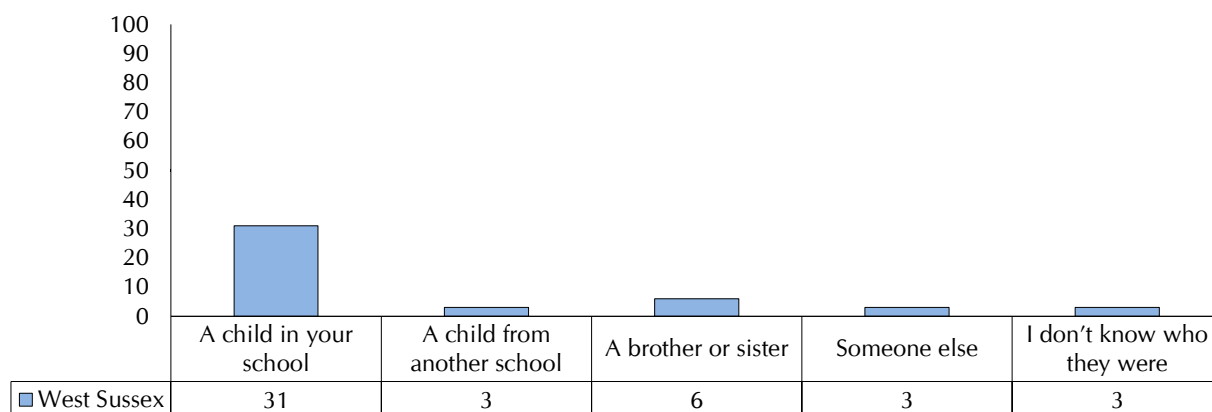
22% of boys and 13% of girls said they have experienced physical bullying (someone hit or pushed them) in the last year and 11% of boys and 18% of girls said they have experienced exclusion (they have felt deliberately left out).

**Q17.** Percentage of pupils responding that they have experienced the following types of bullying in the past year:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Physical – someone hit or pushed you	25	16	22	15	18	8	18
Verbal – someone said something hurtful or threatening to you	21	27	22	30	21	28	25
Cyber – someone put something hurtful online about you	4	3	5	7	4	6	4
Exclusion – I have felt deliberately left out	11	16	14	19	11	21	15
Other	5	6	4	8	2	6	5

**Q18.** Percentage of pupils responding that they have been bullied by the following people in the past year:

### West Sussex



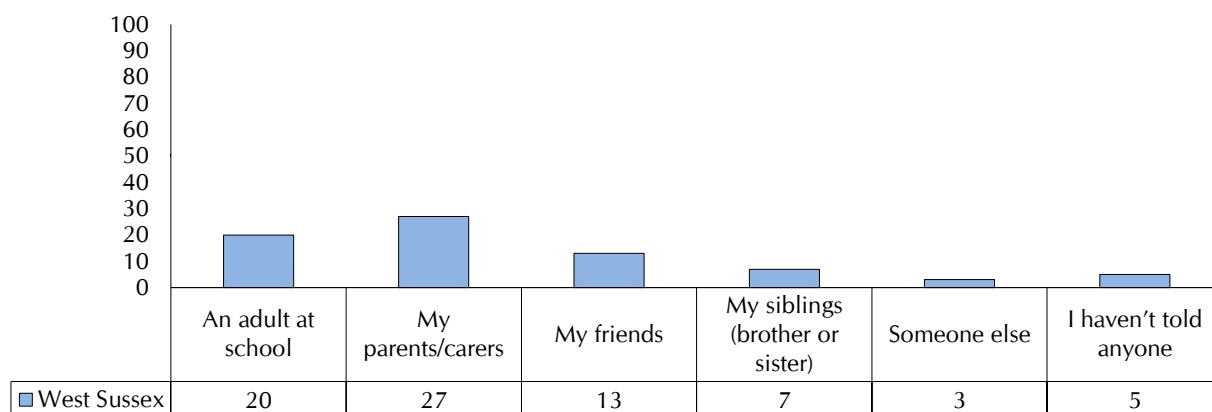
31% of pupils said they have been bullied by a child in their school in the past year, while 6% said they have been bullied by a brother or sister.

**Q18.** Percentage of pupils responding that they have been bullied by the following people in the past year:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
A child in your school	31	33	32	32	26	33	31
A child from another school	3	3	3	5	3	4	3
A brother or sister	8	8	5	6	4	4	6
Someone else	3	3	2	5	3	4	3
I don't know who they were	3	3	2	5	2	3	3

**Q19.** Percentage of pupils responding that they have spoken to the following people about being bullied in the past year:

### West Sussex



20% of pupils said they have spoken to an adult at school about being bullied in the past year and 27% said they have spoken to their parents/carers.

**Q19.** Percentage of pupils responding that they have spoken to the following people about being bullied in the past year:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
An adult at school	22	23	18	20	15	19	20
My parents/carers	27	29	26	30	23	29	27
My friends	10	14	12	19	11	15	13
My siblings (brother or sister)	7	7	8	5	4	9	7
Someone else	3	2	4	2	3	3	3
I haven't told anyone	4	5	3	6	4	4	5

## Internet safety

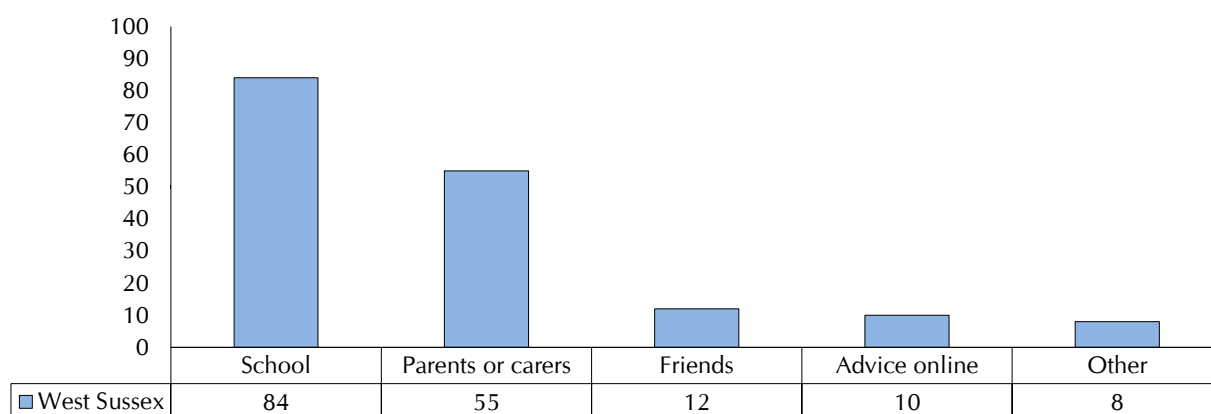
96% of pupils said they know how to stay safe online.

**Q20a.** Percentage answering that they know how to stay safe online.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	95	94	98
Girls	95	96	98

**Q20b.** Percentage of pupils responding that they know how to stay safe online and have got online-safety information from the following:

### West Sussex



84% of pupils said they know how to stay safe online and have got online safety information from school, while 55% said they have got advice from parents or carers.

**Q20b.** Percentage of pupils responding that they know how to stay safe online and have got online-safety information from the following:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
School	80	86	81	85	84	91	84
Parents or carers	45	49	50	58	63	71	55
Friends	12	9	11	12	15	14	12
Advice online	11	6	12	10	14	11	10
Other	7	6	9	8	9	7	8

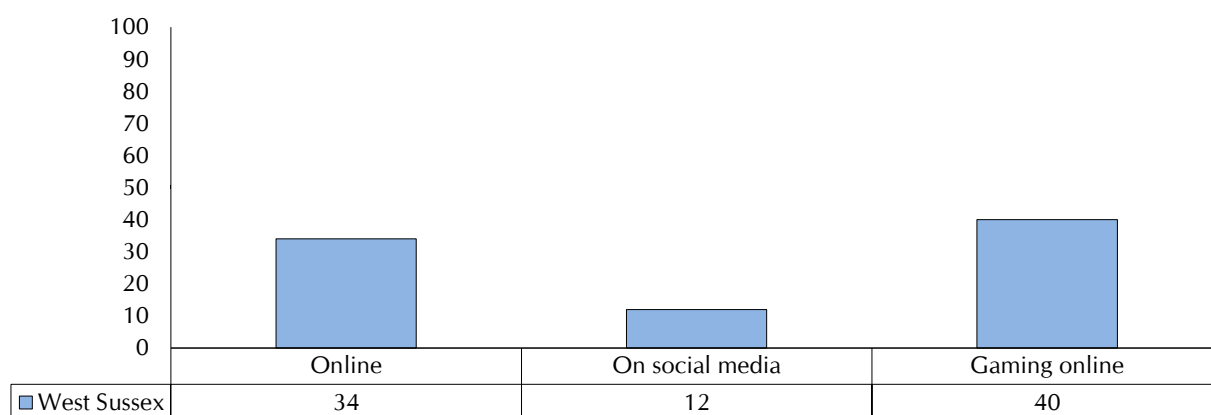
49% of pupils said they have a smartphone that can go online.

**Q29.** Percentage answering that they have a smartphone that can go online.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	34	40	67
Girls	30	41	73

**Q30.** On average how much time per day do you spend...?  
% responding at least '2-3 hours'

### West Sussex



38% of boys and 30% of girls said they spend an average of at least '2-3 hours' online per day; 15% of boys and 9% of girls said they spend more than 4 hours online.

**Q30.** Percentage answering that they spend an average of at least '2-3 hours' online per day.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	37	38	39
Girls	22	34	36

12% of boys and 12% of girls said they spend an average of at least '2-3 hours' on social media per day; 6% of boys and 5% of girls said they spend more than 4 hours on social media.

**Q30.** Percentage answering that they spend an average of at least '2-3 hours' on social media per day.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	9	13	16
Girls	6	13	18

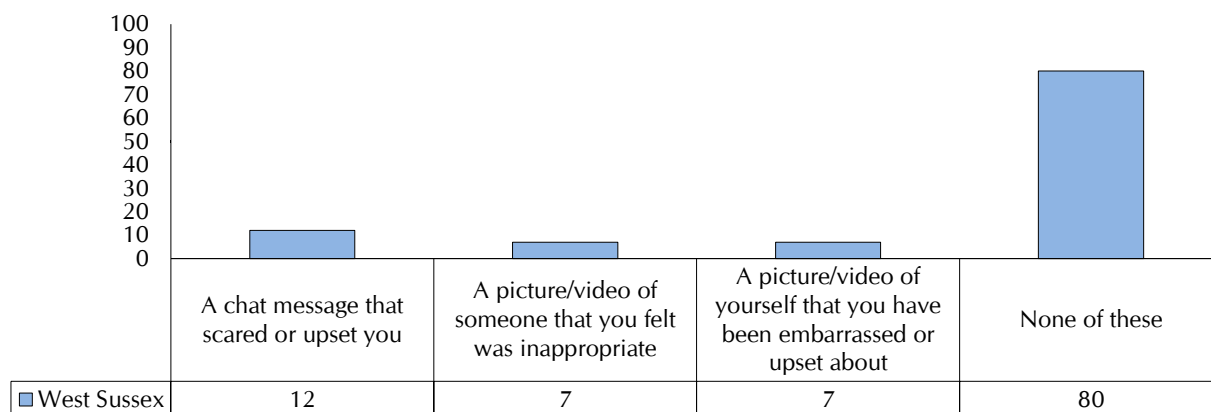
54% of boys and 24% of girls said they spend an average of at least '2-3 hours' gaming online per day; 24% of boys and 7% of girls said they spend more than 4 hours gaming online.

**Q30.** Percentage answering that they spend an average of at least '2-3 hours' gaming online per day.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	52	57	54
Girls	24	29	22

**Q31.** Have you ever received any of the following either online or by text? (e.g. Facebook, X, Instagram, WhatsApp, Snapchat)

**West Sussex**

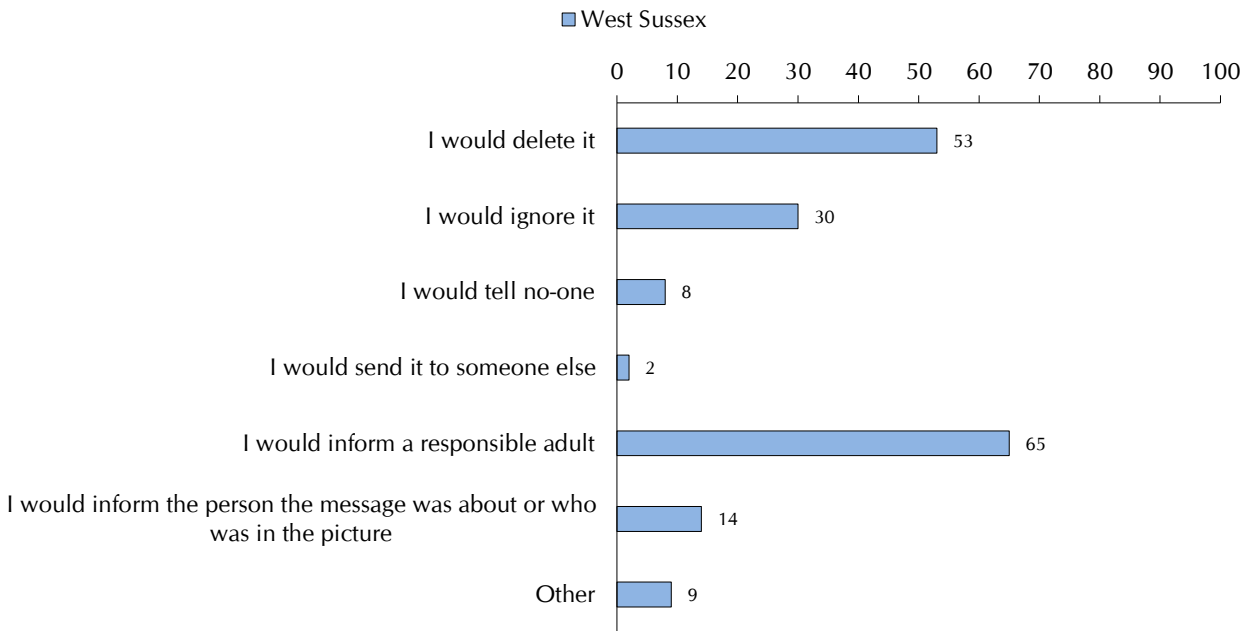


12% of pupils said they have received a chat message online or by text that scared or upset them and 7% said they have been sent a picture/video of someone that they felt was inappropriate.

**Q31.** Percentage of pupils responding that they have received the following online or by text:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
A chat message that scared or upset you	10	11	10	10	10	19	12
A picture/video of someone that you felt was inappropriate	9	5	7	6	7	8	7
A picture/video of yourself that you have been embarrassed or upset about	5	8	5	6	7	11	7
None of these	81	81	84	82	81	72	80

**Q32.** Percentage of pupils responding that if they were sent something online that upset or embarrassed them, they would do the following:



58% of boys and 74% of girls said they would inform a responsible adult if they were sent something online that upset or embarrassed them, while 8% of pupils said they would tell no-one.

**Q32.** Percentage of pupils responding that if they were sent something online that upset or embarrassed them, they would do the following (top 5):

Boys			Girls		
1	I would inform a responsible adult	58	1	I would inform a responsible adult	74
2	I would delete it	55	2	I would delete it	51
3	I would ignore it	33	3	I would ignore it	26
4	I would inform the person the message was about or who was in the picture	13	4	I would inform the person the message was about or who was in the picture	16
5	I would tell no-one	9	5	Other	9

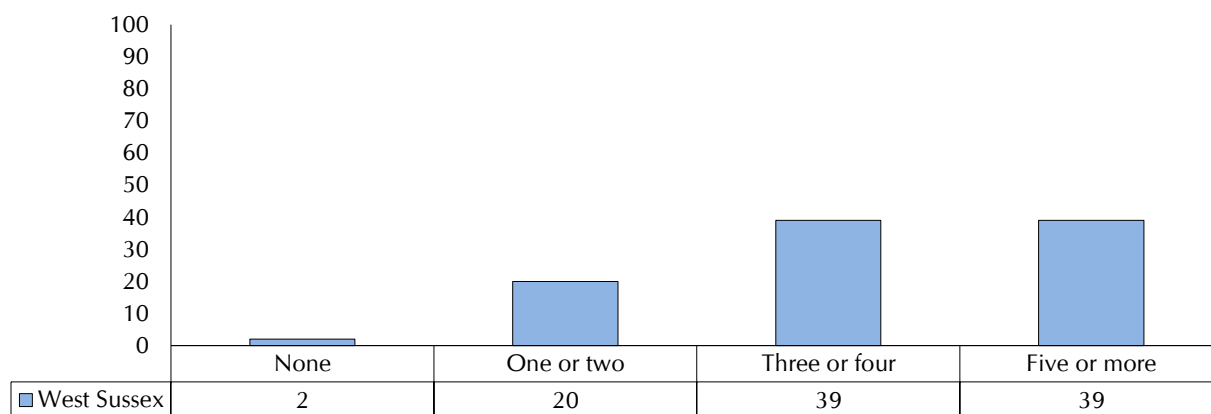


## Food and Diet

### 5-a-day

**Q21.** On a normal day, how many portions of fruit and vegetables do you eat?

#### West Sussex



2% of pupils responded that they don't have any portions of fruit or vegetables to eat on a normal day.

**Q21.** Percentage answering that they don't have any portions of fruit or vegetables on a normal day.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	3	3	2
Girls	2	1	1

39% of pupils responded that they have at least 5 portions of fruit and vegetables to eat on a normal day.

**Q21.** Percentage answering that they have at least 5 portions of fruit and vegetables on a normal day.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	40	36	40
Girls	38	45	35

### Breakfast

90% of pupils said they usually eat breakfast.

**Q22.** Percentage answering that they usually eat breakfast.

#### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	93	93	90
Girls	93	91	85

## Sugary drinks and snacks

**Q23.** How often do you have fizzy drinks or energy drinks? (This doesn't include fizzy water)



18% of pupils said they 'never' have fizzy drinks or energy drinks.

**Q23.** Percentage answering that they 'never' have fizzy drink or energy drinks.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	18	17	14
Girls	20	19	17

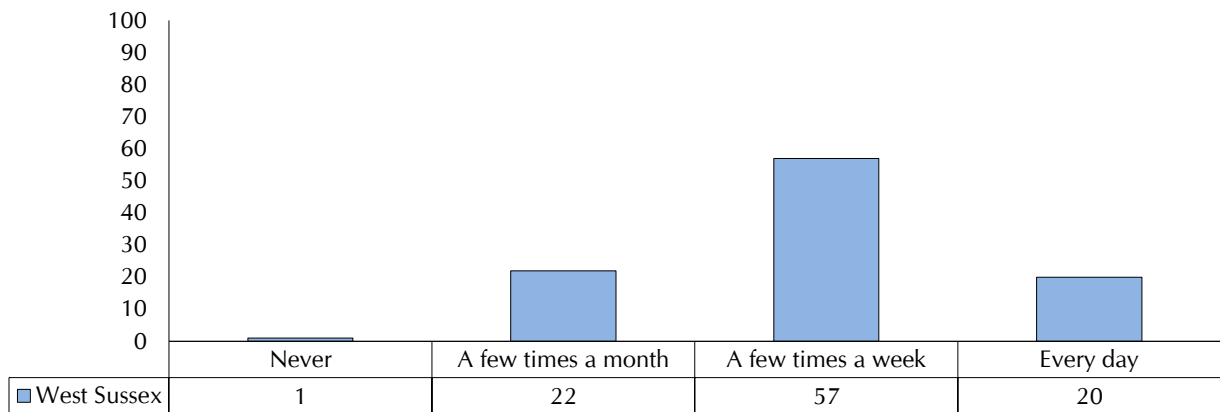
33% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week'.

**Q23.** Percentage answering that they have fizzy drink or energy drinks at least 'a few times a week'.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	36	35	36
Girls	31	31	30

**Q24.** How often do you have sweets or chocolate?

**West Sussex**



1% of pupils said they 'never' have sweets or chocolate.

**Q24.** Percentage answering that they 'never' have sweets or chocolate.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	2	1	1
Girls	1	1	1

77% of pupils said they have sweets or chocolate at least 'a few times a week'.

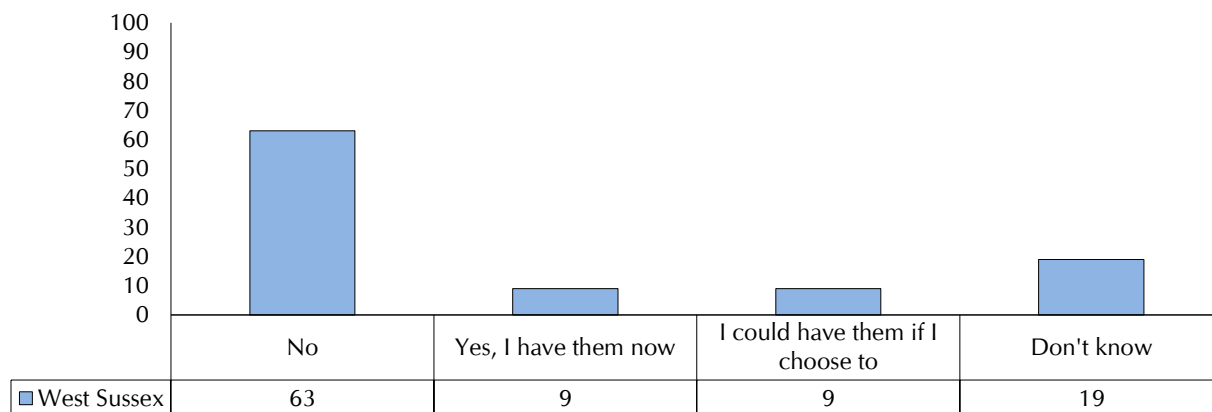
**Q24.** Percentage answering that they have sweets or chocolate at least 'a few times a week'.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	77	76	74
Girls	79	82	79

## Free school meals

**Q25.** Do you have free school meals, or vouchers for free meals?

### West Sussex



9% of pupils said they currently have free school meals, or vouchers for free meals, while 9% said they could have them if they choose to and 19% 'don't know' if they have them.

**Q25.** Percentage answering that they currently have free school meals, or vouchers for free meals.

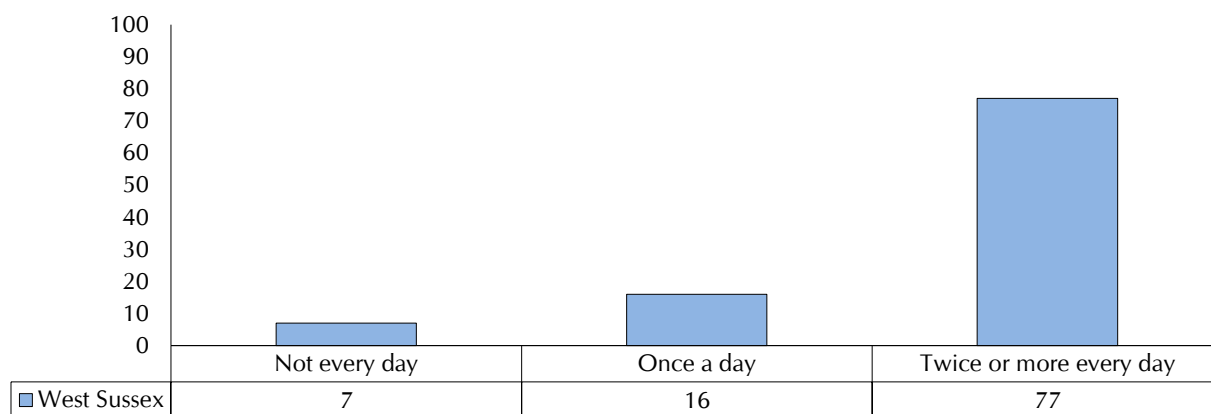
	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	11	7	8
Girls	10	8	8

# Health and Hygiene

## Dental health

**Q26.** How often do you or somebody else usually brush your teeth?

### West Sussex



7% of pupils said they don't clean their teeth every day.

**Q26.** Percentage answering that they don't clean their teeth every day.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	11	5	5
Girls	7	5	4

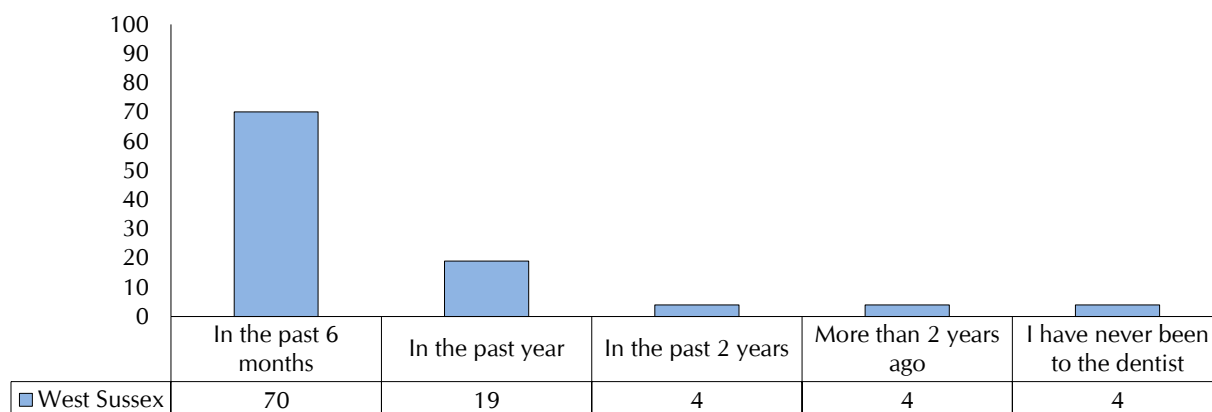
77% of pupils said they usually clean their teeth twice or more every day.

**Q26.** Percentage answering that they usually clean their teeth twice or more every day.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	72	74	77
Girls	79	84	82

**Q27. When did you last go to the dentist?**

**West Sussex**



70% of pupils said they have been to the dentist in the past 6 months; 89% said they have been in the past year (incl. last 6 months).

**Q27.** Percentage answering that they have been to the dentist in the past 6 months.

**West Sussex**

	Yr 4	Yr 5	Yr 6
Boys	64	70	76
Girls	69	70	73

8% of pupils said they have either never been to the dentist, or last went more than 2 years ago.

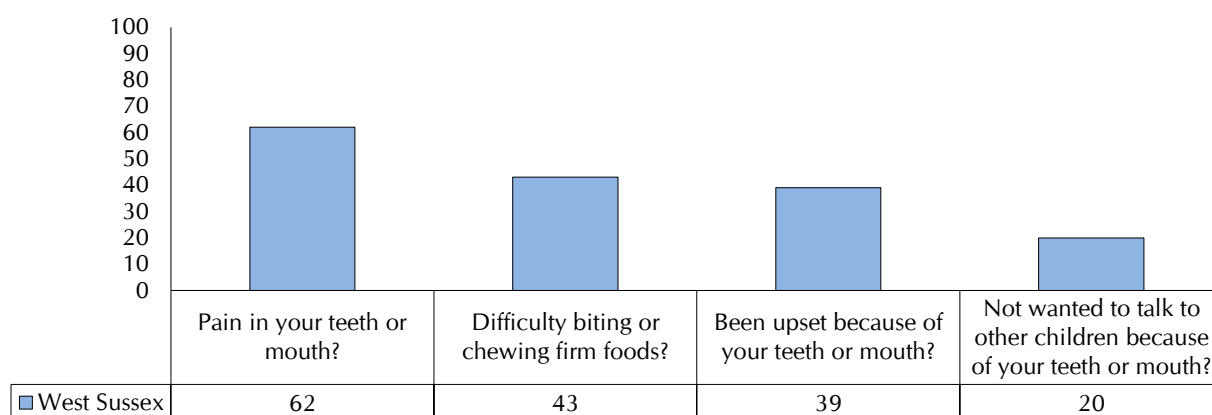
**Q27.** Percentage answering that they have either never been to the dentist, or last went more than 2 years ago.

**West Sussex**

	Yr 4	Yr 5	Yr 6
Boys	10	10	5
Girls	8	8	6

**Q28.** In the past 3 months how often have you had...?  
% responding at least 'once or twice'

### West Sussex



77% of pupils said they have experienced one or more of the dental problems/issues listed at least 'once or twice' in the past 3 months; 17% said they have experienced them 'often' or 'very often'.

**Q28.** Percentage of pupils responding that they have experienced the following in the past 3 months:

	Never	Once or twice	Sometimes	Often	Very often
Pain in your teeth or mouth?	38	36	19	5	3
Difficulty biting or chewing firm foods?	56	22	15	4	2
Been upset because of your teeth or mouth?	61	19	13	5	3
Not wanted to talk to other children because of your teeth or mouth?	80	9	6	3	3

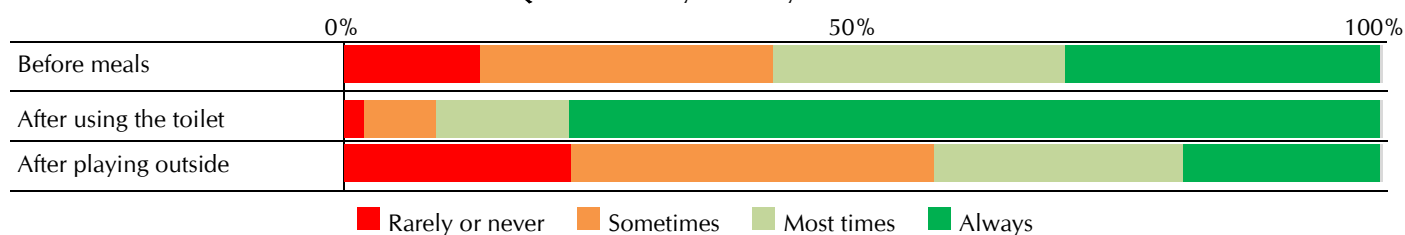
39% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth; 8% said they 'often' or 'very often' have.

**Q28.** Percentage answering that they have been upset at least 'once or twice' in the past 3 months because of their teeth.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	41	39	31
Girls	41	42	40

## Handwashing

**Q41.** When do you wash your hands?



59% of pupils said they wash their hands 'most times' or 'always' before meals, while 13% said they 'rarely or never' do.

**Q41.** Percentage answering that they wash their hands 'most times' or 'always' before meals.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	59	59	61
Girls	57	65	56

91% of pupils said they wash their hands 'most times' or 'always' after using the toilet, while 2% said they 'rarely or never' do.

**Q41.** Percentage answering that they wash their hands 'most times' or 'always' after using the toilet.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	87	91	92
Girls	92	94	96

43% of pupils said they wash their hands 'most times' or 'always' after playing outside, while 22% said they 'rarely or never' do.

**Q41.** Percentage answering that they wash their hands 'most times' or 'always' after playing outside.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	36	44	44
Girls	43	48	50

89% of pupils said there is always soap and warm water or alcohol gel available for them when they want to clean their hands.

**Q42.** Percentage answering that there is always soap and warm water or alcohol gel available for them to use when they want to clean their hands.

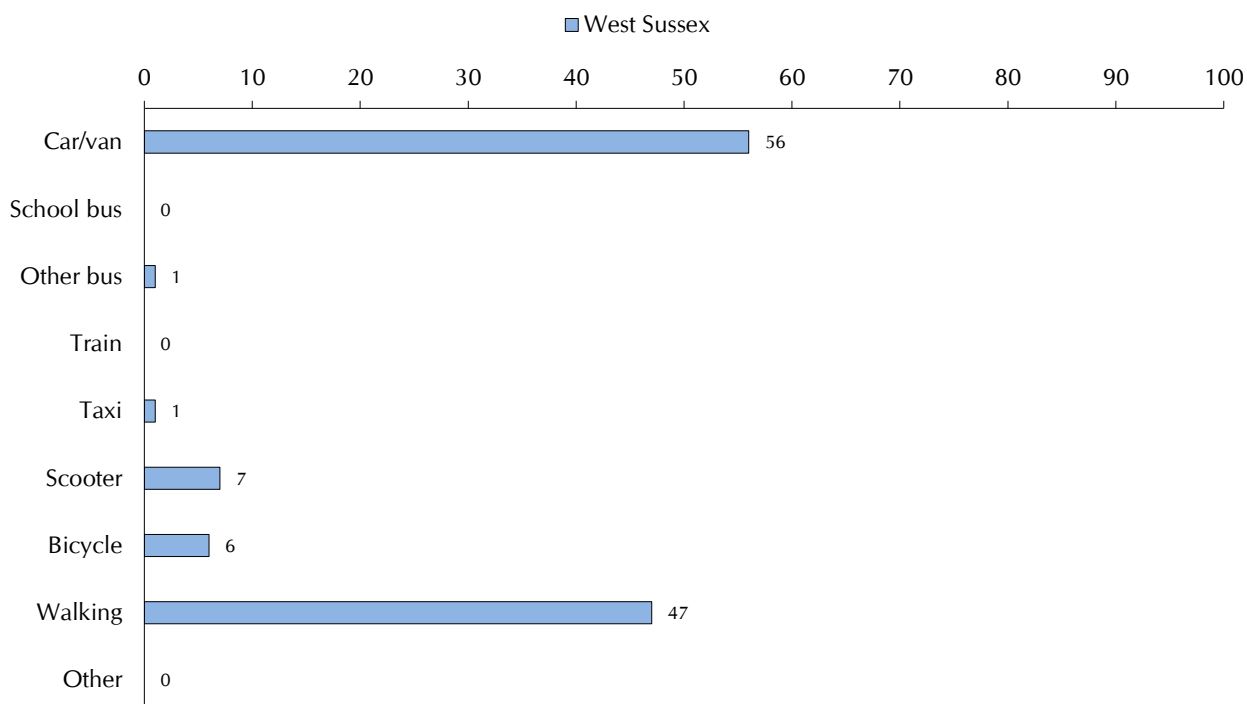
	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	84	88	92
Girls	88	93	96



# Physical Activity

## Active travel

**Q33.** How did you travel to school today?



56% of pupils said they travelled to school by car/van on the day of the survey; 2% travelled by bus (school or other) or train.

**Q33.** Percentage answering that they travelled to school by car/van on the day of the survey.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	61	49	51
Girls	58	56	57

6% of pupils said they travelled to school by bicycle on the day of the survey, while 7% said they travelled by scooter.

**Q33.** Percentage answering that they travelled to school by bicycle on the day of the survey.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	5	7	13
Girls	3	3	4

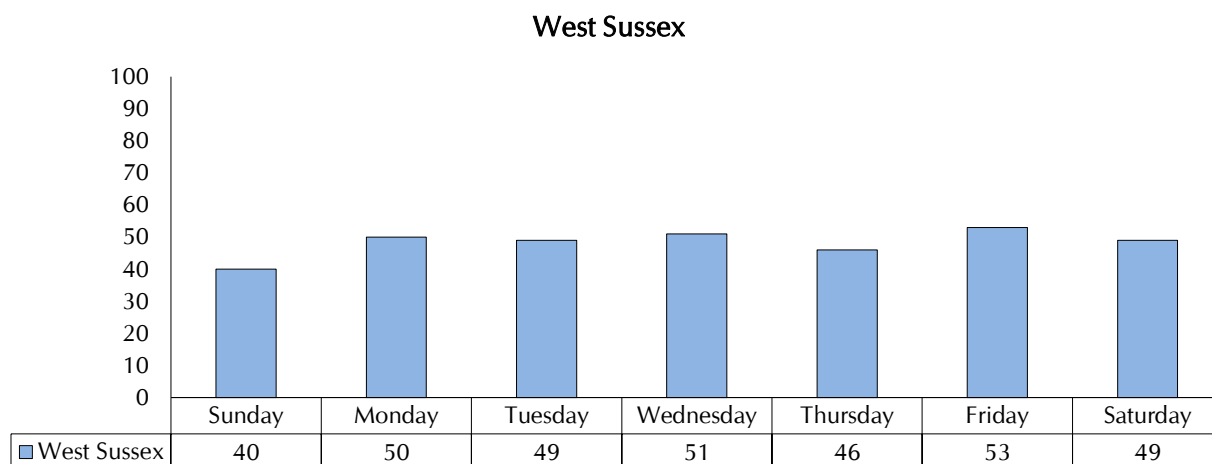
47% of pupils said they walked to school on the day of the survey; 54% either walked or travelled by bicycle or scooter.

**Q33.** Percentage answering that they walked to school on the day of the survey.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	42	49	48
Girls	46	52	54

## Being active

**Q34.** Which days in the week do you normally take part in any physical activities for 60 minutes or more so that you get out of breath?



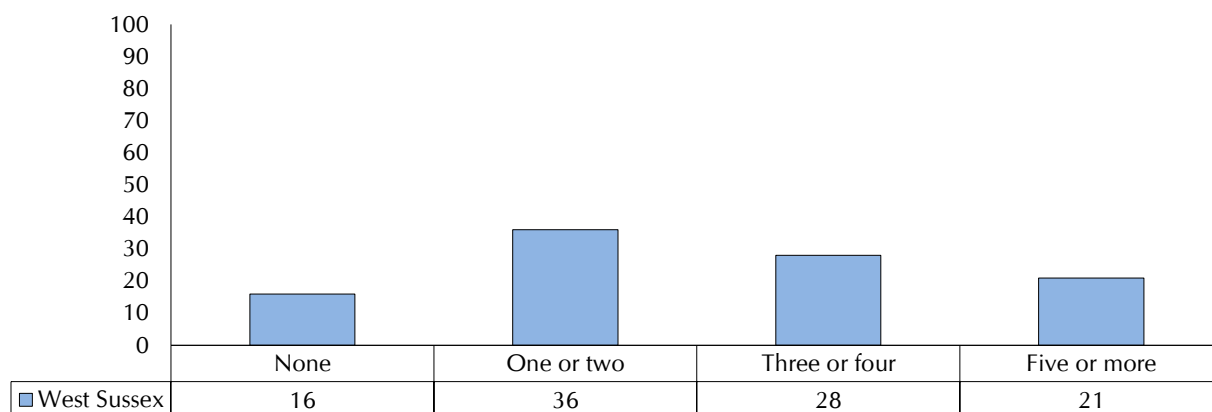
7% of boys and 6% of girls said they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.

**Q34.** Percentage answering that they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.

	West Sussex		
	Yr 4	Yr 5	Yr 6
Boys	10	5	5
Girls	10	4	4

**Q35.** How many days per week do you spend taking part in clubs or activities outside of school hours?

### West Sussex



15% of boys and 16% of girls said they don't spend time taking part in clubs or activities outside of school hours.

**Q35.** Percentage answering that they don't spend time taking part in clubs or activities outside of school hours.

### West Sussex

	Yr 4	Yr 5	Yr 6
Boys	17	13	13
Girls	17	14	16

51% of boys and 47% of girls said they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

**Q35.** Percentage answering that they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

### West Sussex

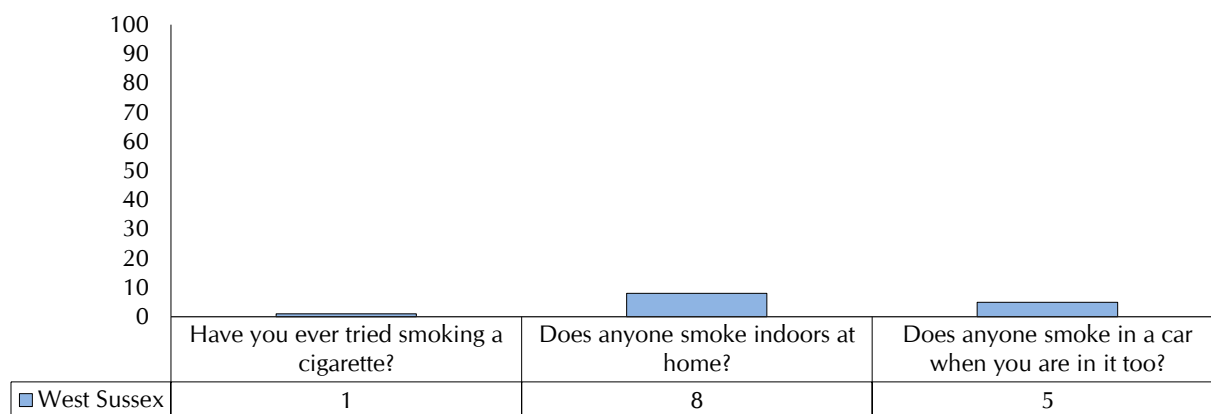
	Yr 4	Yr 5	Yr 6
Boys	49	53	54
Girls	44	48	50

# Alcohol, Smoking, Vaping & Drugs

## Smoking

**Q36.** Percentage of Year 6 pupils responding 'yes' to the following questions about smoking:

### West Sussex



1% of Year 6 pupils said they have tried smoking a cigarette.

**Q36a.** Percentage answering that they have tried smoking a cigarette.

West Sussex

Yr 6

Boys 1

Girls 0

8% of Year 6 pupils said someone smokes indoors at home.

**Q36b.** Percentage answering that someone smokes indoors at home.

West Sussex

Yr 6

Boys 7

Girls 9

5% of Year 6 pupils said someone smokes in a car when they are in it too.

**Q36b.** Percentage answering that someone smokes in a car when they are in it too.

West Sussex

Yr 6

Boys 5

Girls 5

10% of Year 6 pupils said someone smokes either indoors at home, or in a car when they are in it too.

**Q36b.** Percentage answering that someone smokes either indoors at home, or in a car when they are in it too.

West Sussex

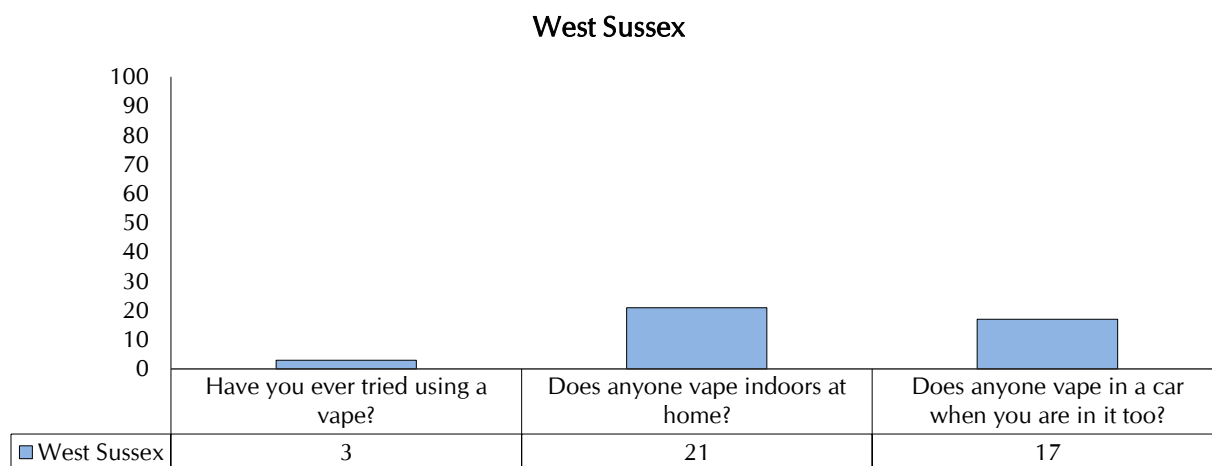
Yr 6

Boys 10

Girls 11

## Vaping

**Q37.** Percentage of Year 6 pupils responding 'yes' to the following questions about vaping:



3% of Year 6 pupils said they have tried using a vape.

**Q37a.** Percentage answering that they have tried using a vape.

West Sussex

Yr 6

Boys 3

Girls 2

21% of Year 6 pupils said someone vapes indoors at home.

**Q37b.** Percentage answering that someone vapes indoors at home.

West Sussex

Yr 6

Boys 19

Girls 22

17% of Year 6 pupils said someone vapes in a car when they are in it too.

**Q37b.** Percentage answering that someone vapes in a car when they are in it too.

West Sussex

Yr 6

Boys 15

Girls 19

24% of Year 6 pupils said someone vapes either indoors at home, or in a car when they are in it too.

**Q37b.** Percentage answering that someone vapes either indoors at home, or in a car when they are in it too.

West Sussex

Yr 6

Boys 22

Girls 26

# Alcohol

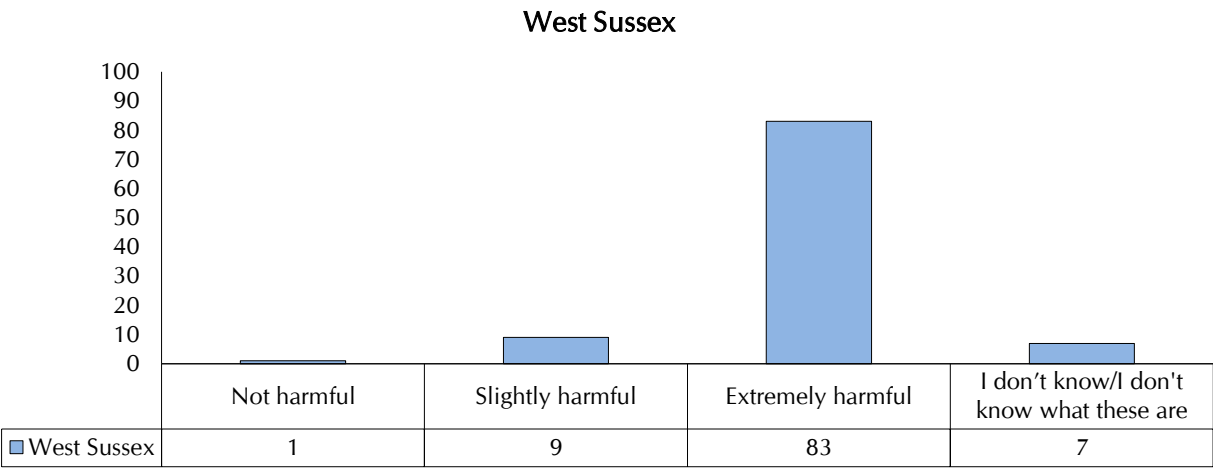
16% of Year 6 pupils said they have had an alcoholic drink (more than just a sip), while 12% said they are 'not sure' if they have.

**Q38.** Percentage answering that they have had an alcoholic drink (more than just a sip).

West Sussex	
Yr 6	
Boys	21
Girls	10

# Drugs

**Q39.** Year 6 pupils: Do you think that illegal drugs are...?



1% of Year 6 pupils think illegal drugs are 'not harmful', while 9% said they are 'slightly harmful'.

**Q39.** Percentage answering that they think illegal drugs are 'not harmful'.

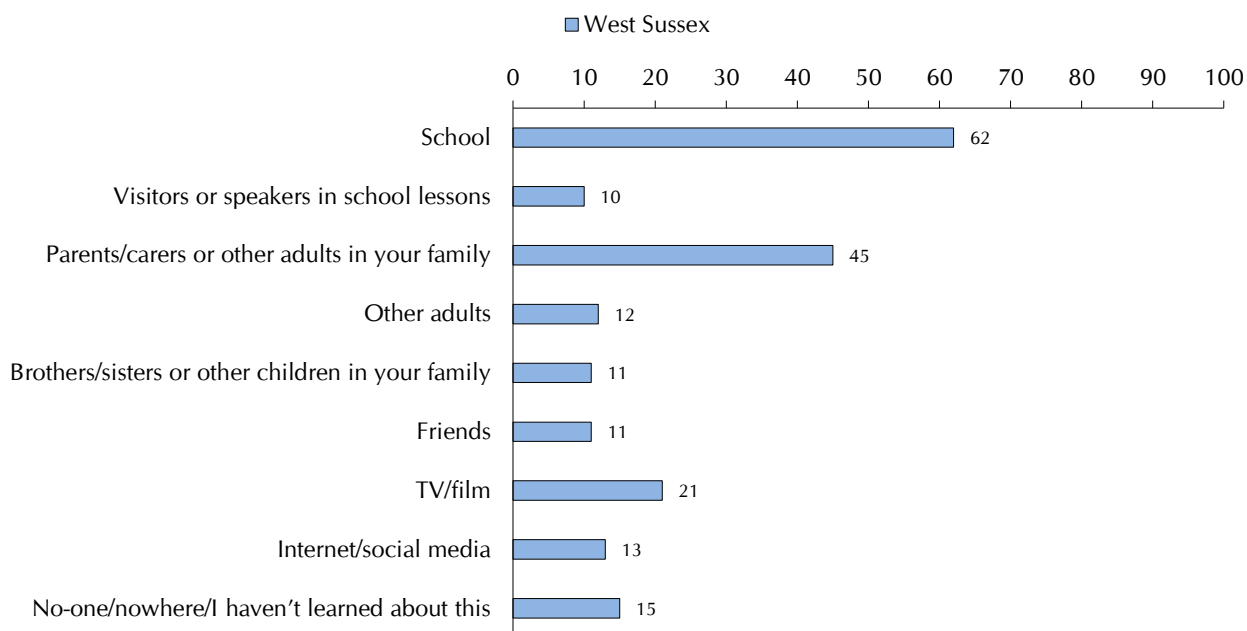
West Sussex	
Yr 6	
Boys	1
Girls	1

83% of Year 6 pupils think illegal drugs are 'extremely harmful'.

**Q39.** Percentage answering that they think illegal drugs are 'extremely harmful'.

West Sussex	
Yr 6	
Boys	82
Girls	85

**Q40.** Percentage of pupils responding that they have learned about illegal drugs from the following:



62% of pupils said they have learned about illegal drugs from school, while 45% said they have learned about them from parents/carers or other adults in their family.

**Q40.** Percentage of pupils responding that they have learned about illegal drugs from the following (top 5):

Boys			Girls		
1	School	61	1	School	63
2	Parents/carers or other adults in your family	45	2	Parents/carers or other adults in your family	46
3	TV/film	25	3	TV/film	18
4	Internet/social media	15	4	No-one/nowhere/I haven't learned about this	16
5	No-one/nowhere/I haven't learned about this	13	5	Internet/social media	12

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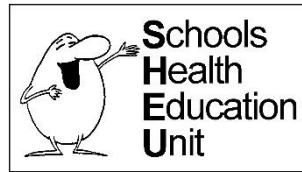
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