

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

A report for  
West Sussex SEND

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.

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  
Research Manager  
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										
	8	9	10	11	12	13	14	15	16	17	Unknown
Boys	6	3	5	17	27	16	13	13	6	3	4
Girls	1	2	3	6	6	10	14	5	2	3	2

Please note that 2 pupil(s) said they are unsure of their gender, or describe their gender in some other way, while 1 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.

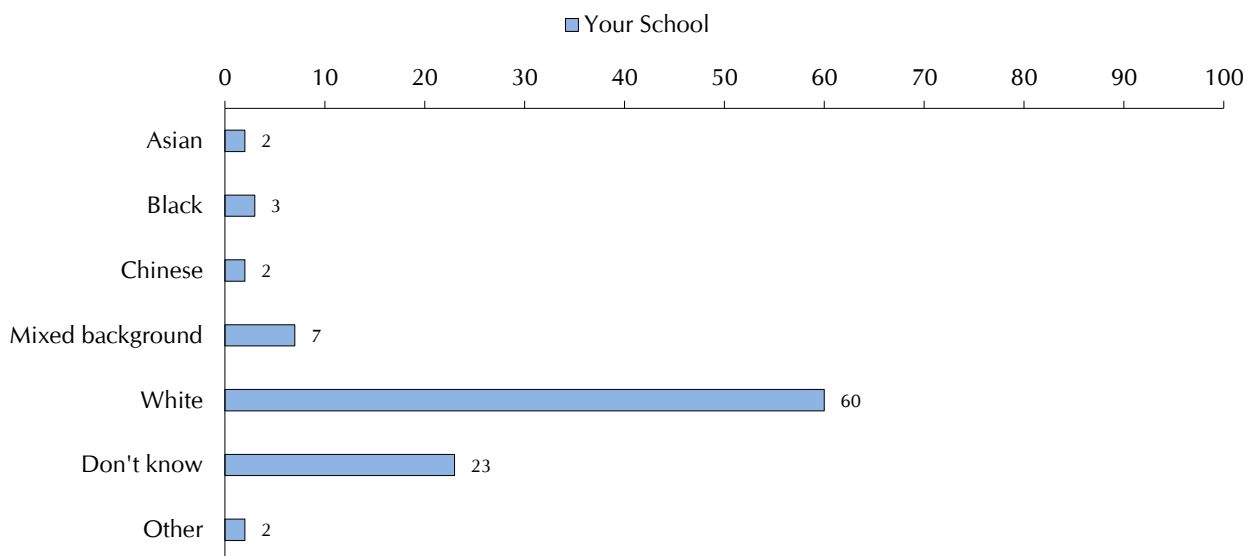
In the report, you may see '-' in the tables or text (e.g. '-%').

This means we have suppressed the result because the number of valid responses for an item has dropped below 5 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

## Background

### Ethnicity

**Q3.** How would you describe yourself?



60% of pupils described themselves as White.

**Q3.** Percentage describing themselves as White British.

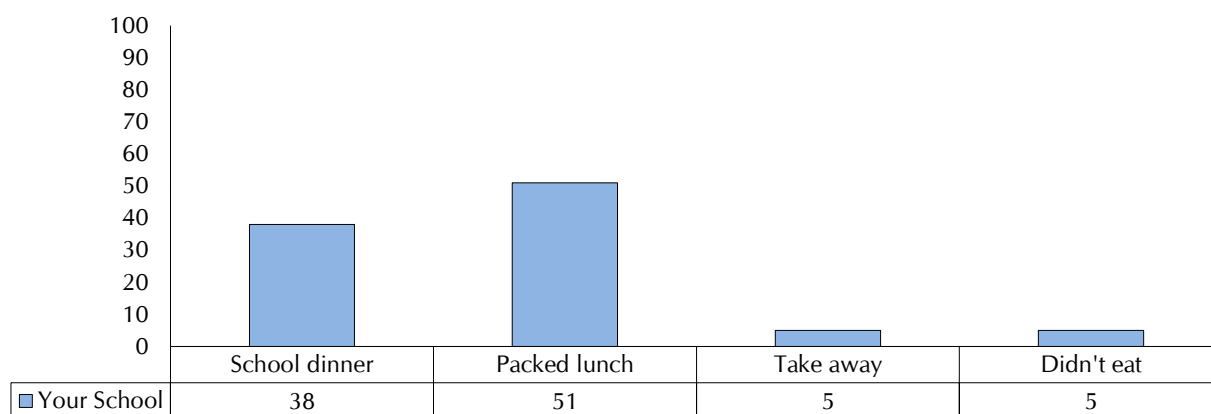
West Sussex				
	8-10	11-12	13-14	15+
Boys	50	64	63	64
Girls	50	73	55	60

## Food and Diet

### Lunch

**Q5.** What did you eat yesterday for lunch?

#### Your School



37% of boys and 42% of girls said they ate a school dinner for lunch the previous day.

**Q5.** Percentage answering that they ate a school dinner for lunch on the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	36	36	33	41
Girls	83	45	38	20

54% of boys and 47% of girls said they ate a packed lunch the previous day.

**Q5.** Percentage answering that they ate a packed lunch on the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	57	55	59	45
Girls	17	36	46	80

5% of boys and 6% of girls said they didn't eat lunch the previous day.

**Q5.** Percentage answering that they didn't eat lunch on the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	7	7	4	0
Girls	0	0	13	0



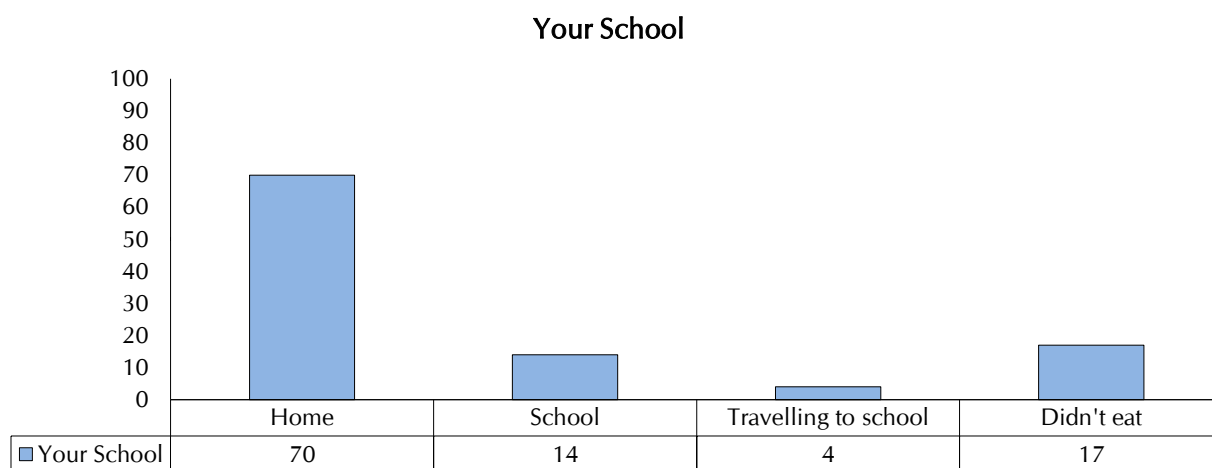
## Breakfast

83% of boys and 80% of girls said they ate breakfast on the morning of the survey.

**Q6.** Percentage answering that they ate breakfast on the morning of the survey.

West Sussex				
	8-10	11-12	13-14	15+
Boys	100	84	79	76
Girls	67	91	73	90

**Q7.** Where did you eat breakfast?



68% of boys and 75% of girls said they ate breakfast at home on the morning of the survey.

**Q7.** Percentage answering that they ate breakfast at home on the morning of the survey.

West Sussex				
	8-10	11-12	13-14	15+
Boys	86	59	76	67
Girls	67	82	70	80

18% of boys and 8% of girls said they ate breakfast at school on the morning of the survey.

**Q7.** Percentage answering that they ate breakfast at school on the morning of the survey.

West Sussex				
	8-10	11-12	13-14	15+
Boys	0	34	7	10
Girls	0	27	4	0

3% of boys and 6% of girls said they ate breakfast travelling to school on the morning of the survey.

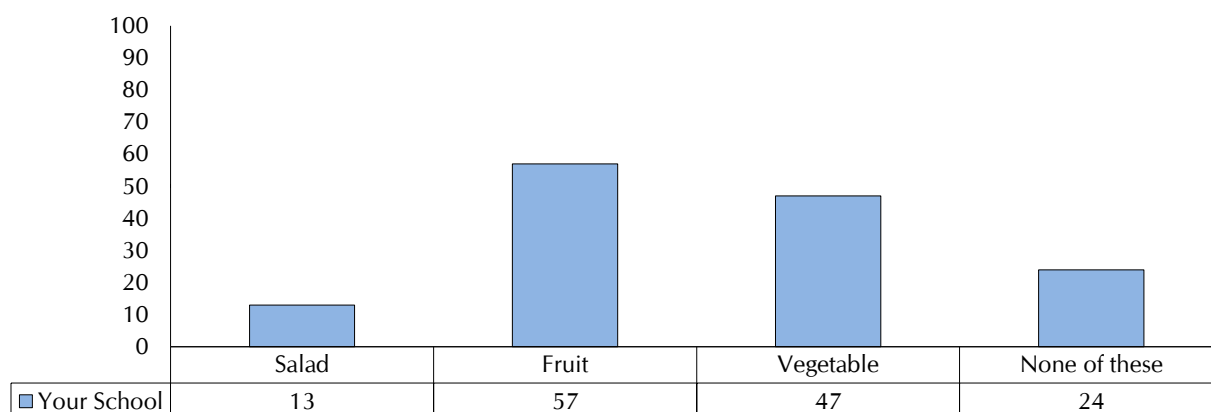
**Q7.** Percentage answering that they ate breakfast travelling to school on the morning of the survey.

West Sussex				
	8-10	11-12	13-14	15+
Boys	14	0	0	5
Girls	0	18	0	10

## Fruit and vegetables

**Q8.** Did you eat these yesterday?

### Your School



12% of boys and 16% of girls said they ate salad the previous day.

**Q8.** Percentage answering that they ate salad the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	17	7	14	14
Girls	17	18	18	0

52% of boys and 68% of girls said they ate fruit the previous day.

**Q8.** Percentage answering that they ate fruit the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	100	40	55	45
Girls	100	73	68	40

44% of boys and 52% of girls said they ate vegetables the previous day.

**Q8.** Percentage answering that they ate vegetables the previous day.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	50	36	48	50
Girls	83	45	45	50

## Health and Hygiene

### Dental hygiene

76% of boys and 88% of girls said they brushed their teeth on the day of the survey.

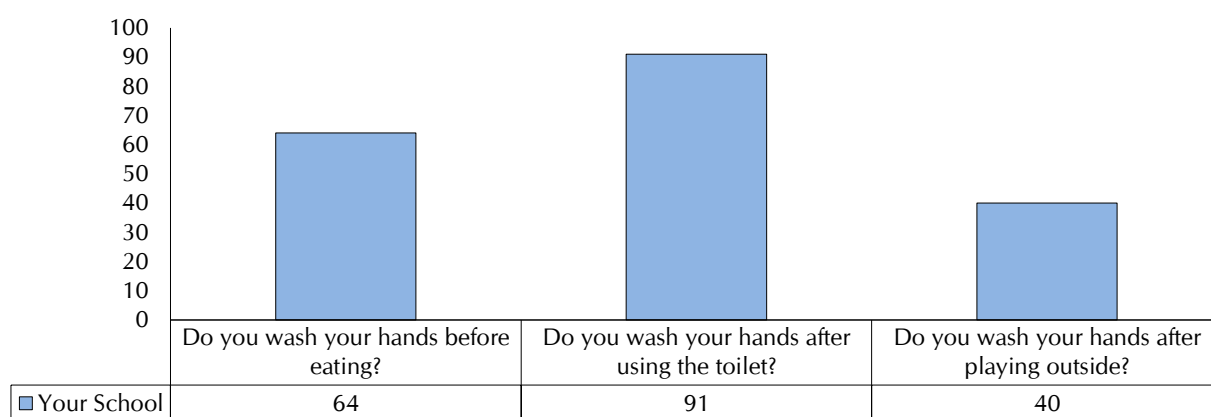
**Q9.** Percentage answering that they brushed their teeth on the day of the survey.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	55	74	79	89
Girls	67	73	95	100

### Handwashing

**Q10-12.** Percentage of pupils responding 'yes' to the following questions:

#### Your School



60% of boys and 72% of girls said they wash their hands before eating.

**Q10.** Percentage answering that they wash their hands before eating.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	62	64	57	65
Girls	83	90	56	70

92% of boys and 90% of girls said they wash their hands after using the toilet.

**Q11.** Percentage answering that they wash their hands after using the toilet.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	83	88	100	100
Girls	67	82	100	90

40% of boys and 43% of girls said they wash their hands after playing outside.

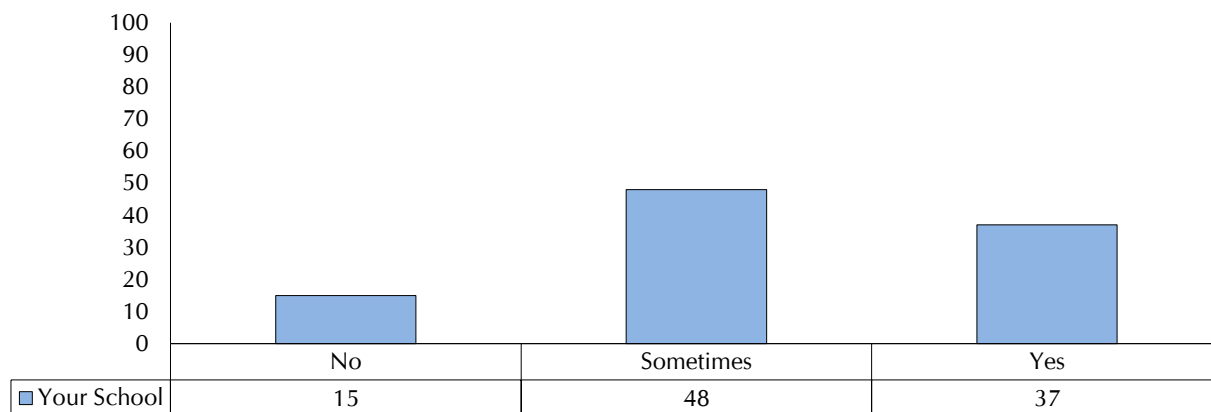
**Q12.** Percentage answering that they wash their hands after playing outside.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	45	47	42	25
Girls	67	55	44	20

## Sleep

**Q13.** Do you get enough sleep to concentrate on your schoolwork?

### Your School



13% of boys and 16% of girls said they don't get enough sleep to concentrate on their schoolwork.

**Q13.** Percentage answering that they don't get enough sleep to concentrate on their schoolwork.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	8	14	23	5
Girls	50	9	14	10

42% of boys and 29% of girls said they get enough sleep to concentrate on their schoolwork.

**Q13.** Percentage answering that they get enough sleep to concentrate on their schoolwork.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	54	40	35	50
Girls	17	36	24	30

## Emotional Health and Wellbeing

### Happiness

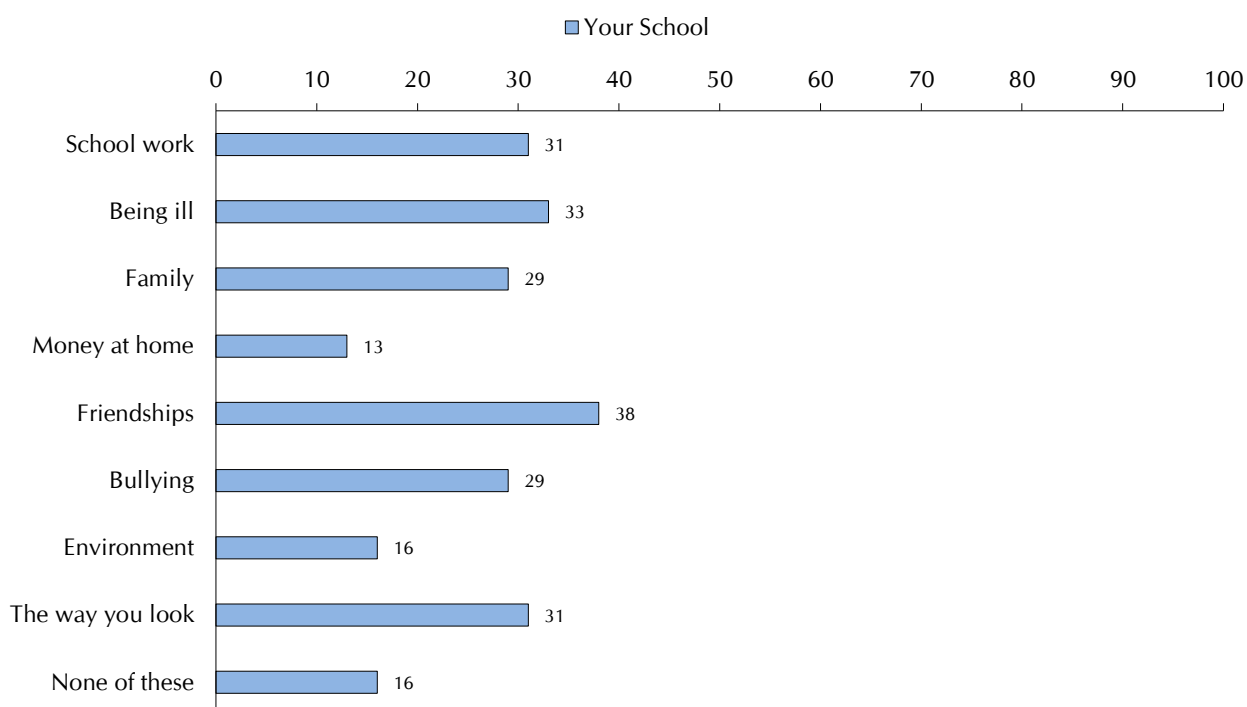
88% of boys and 91% of girls said they often feel happy.

**Q4.** Percentage answering that they often feel happy.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	85	90	96	76
Girls	100	90	84	100

### Worrying

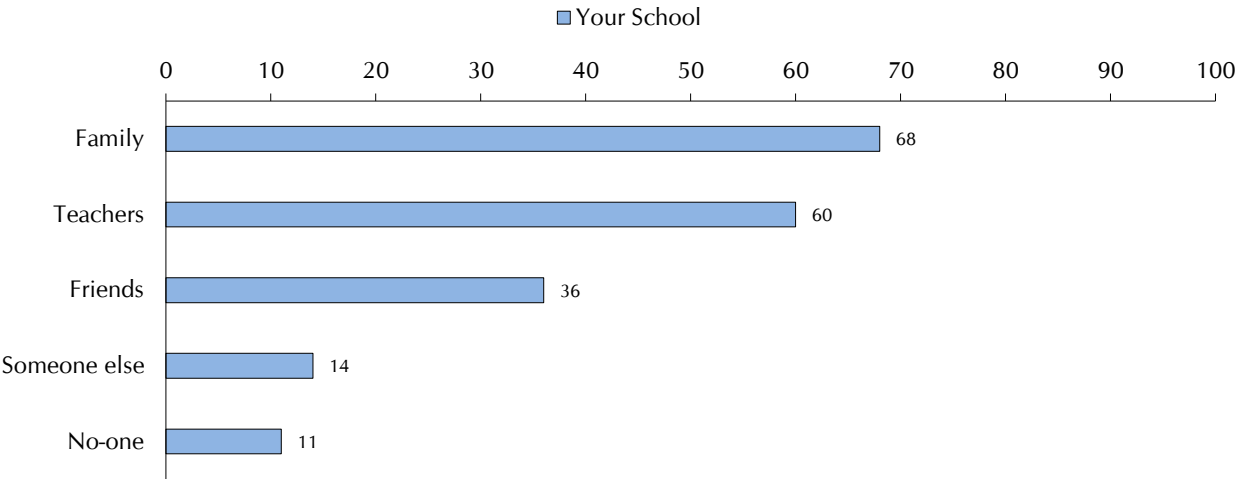
**Q14.** Percentage of pupils responding that they worry about the following:



**Q14.** Percentage of pupils responding that they worry about the following (top 5):

Boys			Girls		
1	Being ill	32	1	Friendships	57
2	School work	30	2	Family	46
3	Friendships	30	3	Being ill	37
4	Bullying	30	4	The way you look	37
5	The way you look	27	5	School work	35

Q15. Percentage of pupils responding that they talk to the following if they are worried:



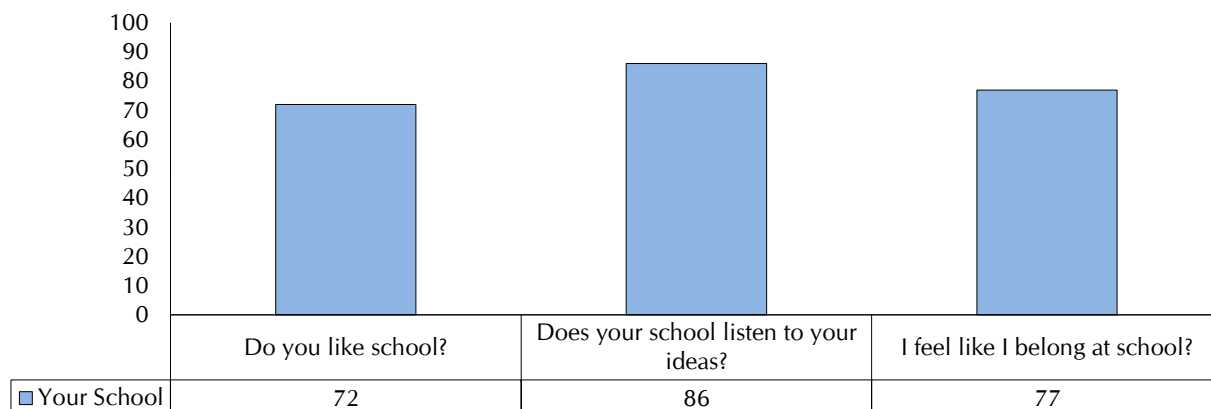
Q15. Percentage of pupils responding that they talk to the following if they are worried:

Boys			Girls		
1	Family	66	1	Family	72
2	Teachers	56	2	Teachers	68
3	Friends	32	3	Friends	47
4	Someone else	13	4	Someone else	17
5	No-one	11	5	No-one	9

## School

**Q16-18.** Percentage of pupils responding 'yes' to the following questions:

### Your School



71% of boys and 76% of girls said they like school.

**Q16.** Percentage answering that they like school.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	86	68	63	89
Girls	80	71	71	90

85% of boys and 87% of girls said their school listens to their ideas.

**Q17.** Percentage answering that their school listens to their ideas.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	92	88	81	82
Girls	-	82	86	100

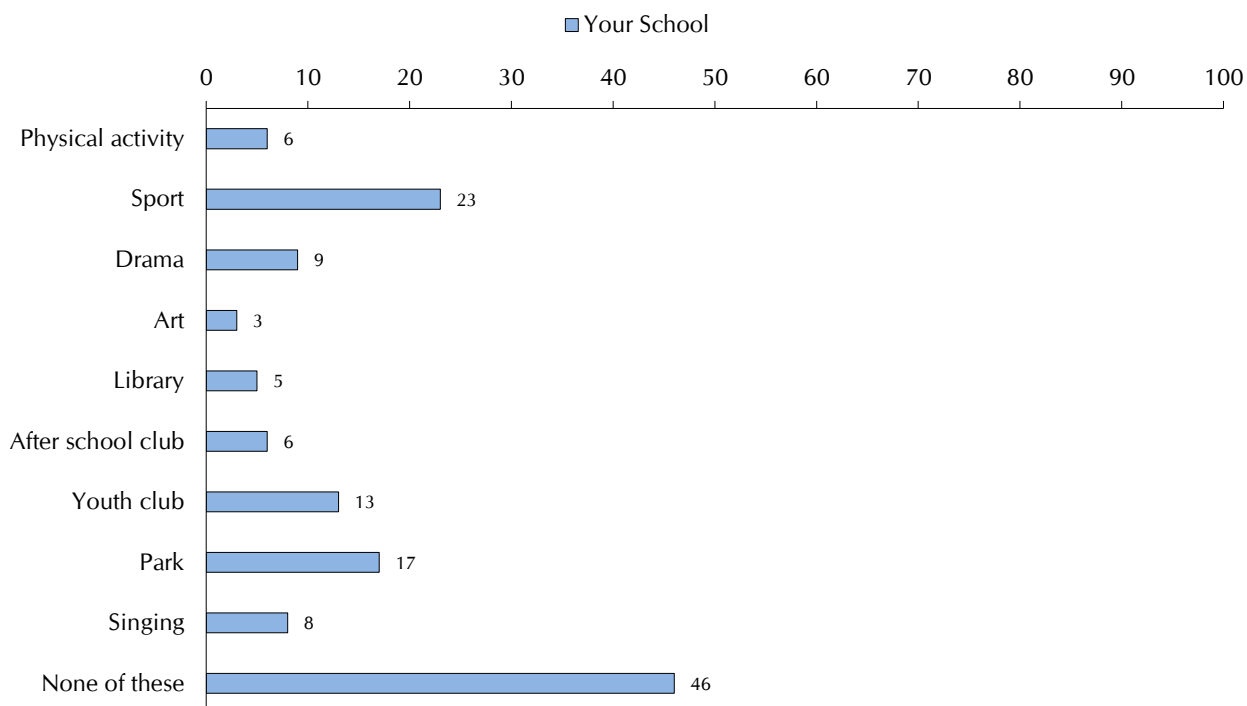
76% of boys and 81% of girls said they feel like they belong at school.

**Q18.** Percentage answering that they feel like they belong at school.

	West Sussex			
	8-10	11-12	13-14	15+
Boys	92	68	69	89
Girls	80	88	74	89

## Clubs and activities

**Q19.** Percentage of pupils responding that they go to the following clubs after school or at weekends:



**Q19.** Percentage of pupils responding that they go to the following clubs after school or at weekends (top 5):

Boys			Girls		
1	Sport	26	1	Youth club	21
2	Park	17	2	Sport	17
3	Youth club	10	3	Park	15
4	Drama	6	4	Drama	15
5	Singing	6	5	Singing	13

82% of boys and 87% of girls said they like physical activities at school.

**Q20.** Percentage answering that they like physical activities at school.

West Sussex				
	8-10	11-12	13-14	15+
Boys	79	81	81	83
Girls	80	90	79	100

94% of boys and 94% of girls said they have one or more good friends.

**Q20.** Percentage answering that they have one or more good friends.

West Sussex				
	8-10	11-12	13-14	15+
Boys	86	95	96	95
Girls	100	100	90	90

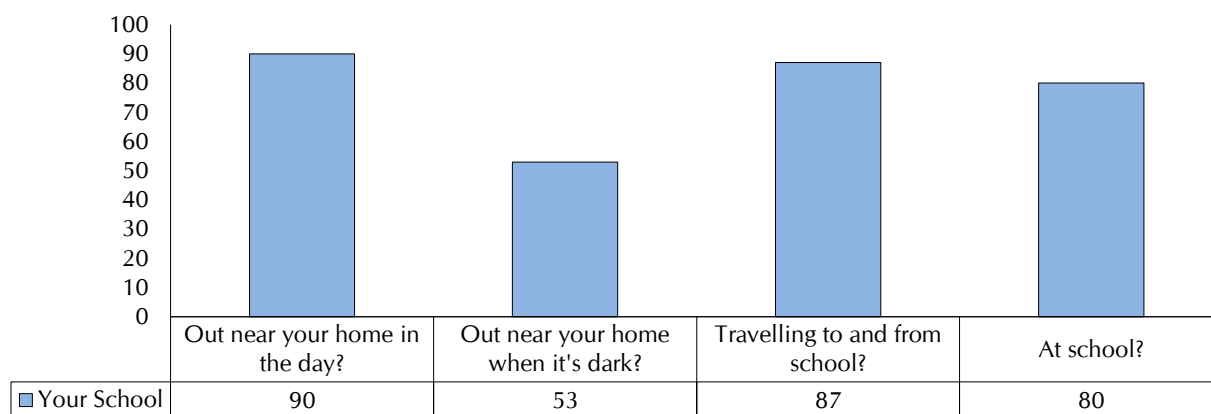


## Safety

### Feeling safe

**Q22.** Percentage of pupils responding that they feel safe in the following situations:

#### Your School



91% of boys and 89% of girls said they feel safe out near their home in the day.

**Q22.** Percentage answering that they feel safe out near their home in the day.

	West Sussex			
	8-10	11-12	13-14	15 +
Boys	86	89	96	90
Girls	80	90	85	100

50% of boys and 57% of girls said they feel safe out near their home when it's dark.

**Q22.** Percentage answering that they feel safe out near their home when it's dark.

	West Sussex			
	8-10	11-12	13-14	15 +
Boys	29	45	70	40
Girls	40	70	60	40

86% of boys and 87% of girls said they feel safe travelling to and from school.

**Q22.** Percentage answering that they feel safe travelling to and from school.

	West Sussex			
	8-10	11-12	13-14	15 +
Boys	86	89	89	80
Girls	80	90	80	100

79% of boys and 85% of girls said they feel safe at school.

**Q22.** Percentage answering that they feel safe at school.

	West Sussex			
	8-10	11-12	13-14	15 +
Boys	86	77	74	85
Girls	100	80	75	100

## Internet safety

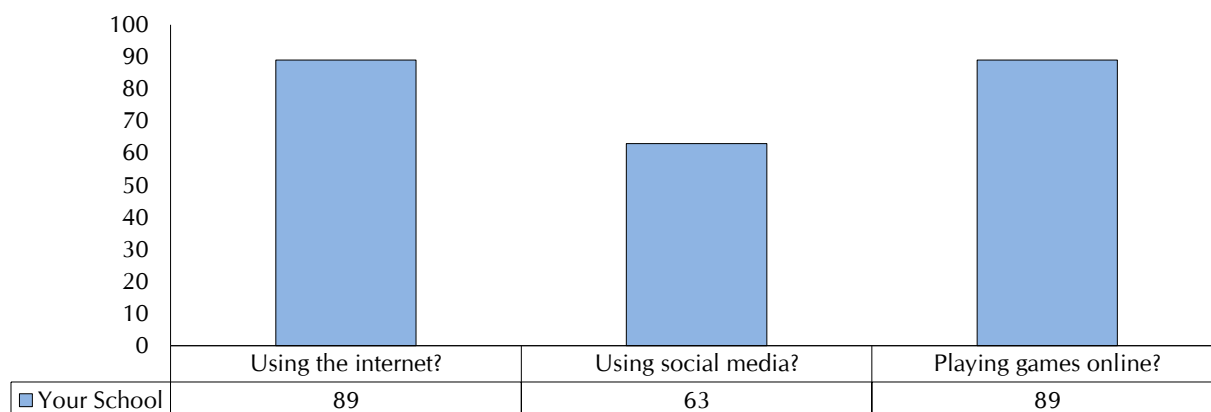
92% of boys and 87% of girls said they have been told how to stay safe online.

**Q23.** Percentage answering that they have been told how to stay safe online.

West Sussex				
	8-10	11-12	13-14	15+
Boys	71	98	86	100
Girls	60	91	89	90

**Q24.** Percentage of pupils responding that they feel safe in the following situations:

### Your School



91% of boys and 82% of girls said they feel safe using the internet.

**Q24.** Percentage answering that they feel safe using the internet.

West Sussex				
	8-10	11-12	13-14	15+
Boys	69	93	92	100
Girls	-	82	84	90

61% of boys and 64% of girls said they feel safe using social media.

**Q24.** Percentage answering that they feel safe using social media.

West Sussex				
	8-10	11-12	13-14	15+
Boys	23	61	72	68
Girls	-	45	74	80

91% of boys and 82% of girls said they feel safe playing games online.

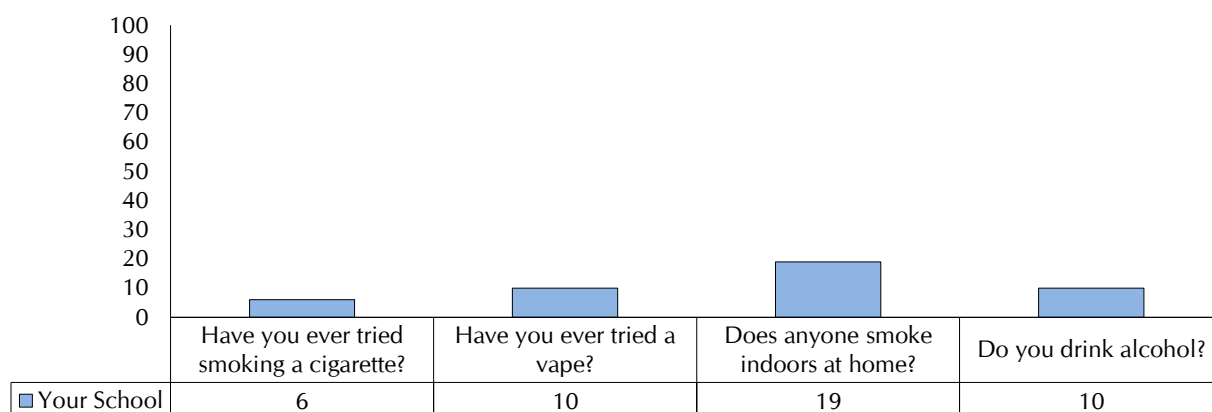
**Q24.** Percentage answering that they feel safe playing games online.

West Sussex				
	8-10	11-12	13-14	15+
Boys	85	93	92	89
Girls	-	91	79	70

## Age 13+: Smoking, Vaping and Alcohol

**Q25-28.** Percentage of pupils aged 13+ responding 'yes' to the following questions:

### Your School



7% of boys and 4% of girls aged 13+ said they have tried smoking a cigarette.

**Q25.** Percentage answering that they have tried smoking a cigarette.

West Sussex		
	13-14	15+
Boys	4	12
Girls	0	11

7% of boys and 17% of girls aged 13+ said they have tried a vape.

**Q26.** Percentage answering that they have tried a vape.

West Sussex		
	13-14	15+
Boys	4	11
Girls	7	33

18% of boys and 17% of girls aged 13+ said someone smokes indoors at home.

**Q27.** Percentage answering that someone smokes indoors at home.

West Sussex		
	13-14	15+
Boys	15	22
Girls	20	11

14% of boys and 4% of girls aged 13+ said they drink alcohol.

**Q28.** Percentage answering that they drink alcohol.

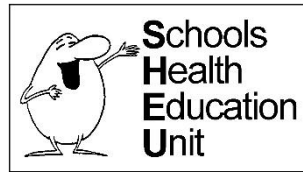
West Sussex		
	13-14	15+
Boys	12	18
Girls	0	11

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the specialist provider of reliable local survey data  
for schools and colleges

In our work, we aim to provide services that  
promote objective debate in communities about  
the best ways to serve and educate, principally  
young people, about health and social issues, and  
to foster co-operation between professionals in  
education and health, and between  
adults and young people.

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