

# West Sussex School Health Check

## A summary report on the health and wellbeing needs of children and young people in West Sussex 2025

### The Questionnaire

The West Sussex School Health Check was a pilot health and wellbeing survey commissioned by the West Sussex Public Health team in partnership with the School and Students Health Education Unit (SHEU). The purpose of the School Health Check was to understand the health and wellbeing needs of children and young people in West Sussex and to test out a methodology for administering future school surveys. The data will be used to inform county-wide commissioning and programme delivery aimed at improving children and young people's health outcomes.

### Methodology

All state primary, secondary, and special schools in West Sussex were invited to participate in the survey. Pupils in years 4, 6, 8, 10, and 12 were invited to take part,

while all year groups were included in the special school survey. Within the voluntary survey, pupils were asked age-appropriate questions, and the responses were anonymous. For example, primary aged students were not asked questions on drug use. A separate questionnaire was designed alongside special schools that contained appropriate language and images to aid participation from special school students. Some schools included non-specified year groups, such as Years 5 or 9 for practical reasons, but these responses are not captured within this report.

### Participation

A total of 6,991 pupils took part in 46 primary schools, 10 secondary schools and 4 specialist schools in West Sussex. At the start of the questionnaire, several questions captured pupil characteristics

including ethnicity, gender and special educational needs and disabilities. This is so we can better understand the relationship between these characteristics and health and wellbeing outcomes. A selection of statistically significant findings are presented on pages 18 and 19.

### Reporting

As schools self-selected to take part, the findings are not representative of the entire county. Four additional setting-specific reports covering primary, secondary, further educational and special schools accompany this report. Many questions in each version of the questionnaire are identical or very similar. Some of the results from these questions are presented on pages 14 and 15 of this summary, allowing us to observe behaviours across the ages covered in the survey.

#### 6,821 young people were involved in the primary and secondary survey:

School Year	Year 4	Year 6	Year 8	Year 10	Year 12	Total
Age	8-9	10-11	12-13	14-15	16-18+	
Boys/male	858	778	599	400	115	2750
Girls/female	781	688	650	512	107	2738
Total	1742*	1514*	1302*	952*	225*	5735*

\*247 pupils didn't select male or female.

\*\*A further 577 pupils in Year 5, 220 pupils in Year 9, 189 pupils in Year 11 and 99 pupils in Year 13 completed the secondary survey. These students have not been included in this summary report.

#### 170 young people completed the SEND survey:

Age	8-10	11-12	13-14	15+	Not given	Total
Boy	14	44	29	22	4	113
Girl	6	12	24	10	2	54
Total	20	57*	54*	33*	6	170*

### Topics include

Background

Emotional Health and Wellbeing

Food and Diet

Health and Hygiene

Physical Activity

Alcohol, Smoking, Vaping and Drugs

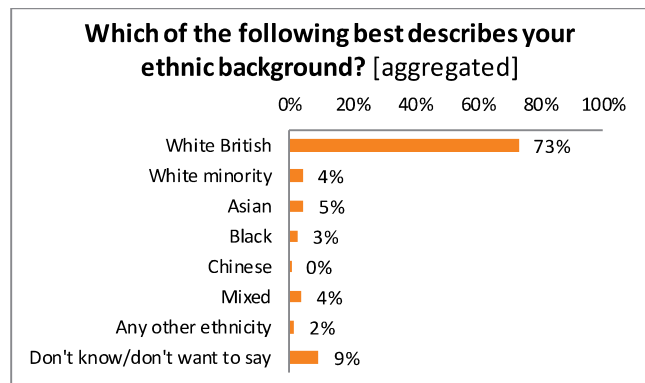
Relationships and Sex Education

# West Sussex primary school pupils in Year 4 and Year 6 (3,256 pupils aged 8 - 11)

## BACKGROUND

### Ethnicity and Language

- 73% of pupils described themselves as White British; 5% said they are Asian.



- 86% of pupils said they speak English most of the time at home, 3% of pupils said they mostly speak another language or languages and 12% of pupils speak both English and another language.

### Family

- 77% of pupils responded that they live with both of their parents.
- 15% of pupils responded that they live 'mainly or only' with their mum, while 1% of pupils said they live 'mainly or only' with their dad.

### Young Carers

- 5% of pupils responded that they are a 'young carer', while 11% of pupils said they are 'not sure' and 3% of pupils didn't want to say.

### 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.

### SEND and Neurodivergence

- 14% of Year 6 pupils said they are neurodivergent/have a special educational need or disability, while 19% of pupils said they are 'not sure' if they do.

### Free School Meals

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

## EMOTIONAL HEALTH AND WELLBEING

### Feelings at School

- 84% of pupils agreed that people like them generally do well at school and 91% of pupils said they have an adult they can trust at school.
- 9% of pupils 'strongly' disagreed with the statement 'I feel like I belong at school' and 8% of pupils 'strongly' disagreed that 'students help to decide what goes on in their school'.

### Happiness

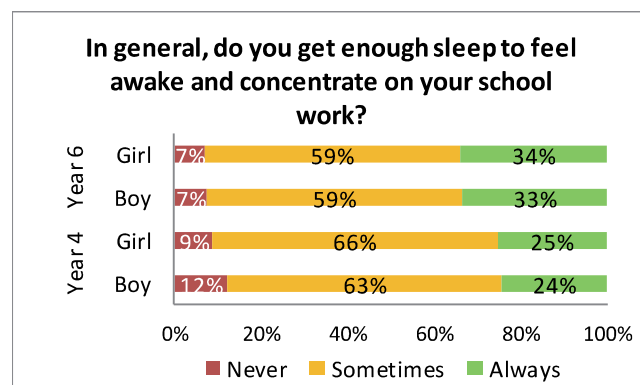
- 82% of boys and 79% of girls said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.
- 6% of boys and 5% of girls said they 'strongly disagree' that they have often felt happy in the last few weeks.

### Sadness

- 29% of boys and 18% of girls said they 'strongly disagree' that they have often felt sad in the last few weeks.
- 28% of boys and 40% of girls said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

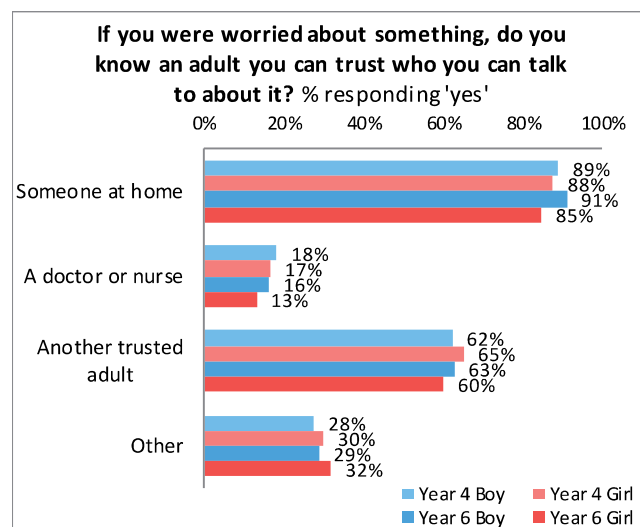
### Tiredness

- 11% of Year 4 pupils and 7% of Year 6 pupils said they 'never' get enough sleep to feel awake and concentrate on their schoolwork.
- 24% of Year 4 pupils and 33% of Year 6 pupils said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.



### Trusted Adults

- 88% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 10% of pupils said they 'maybe' do.
- 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% of pupils said they 'maybe' do.



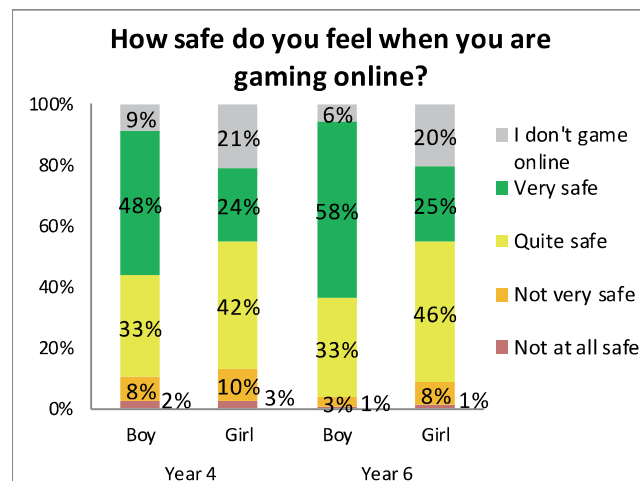
## School Attendance

- 67% of pupils said illness or injury has stopped them from going to school in the last 12 months, while 8% of pupils said their mental health has stopped them.



## Gaming Online

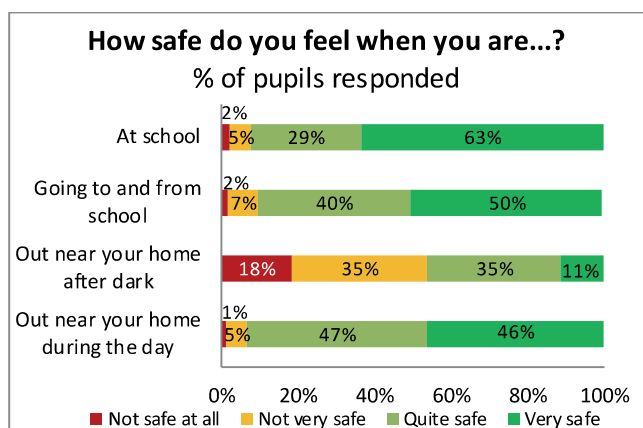
- 3% of Year 4 pupils and 1% of Year 6 pupils feel 'not at all safe' when gaming online.



## SAFETY AND BULLYING

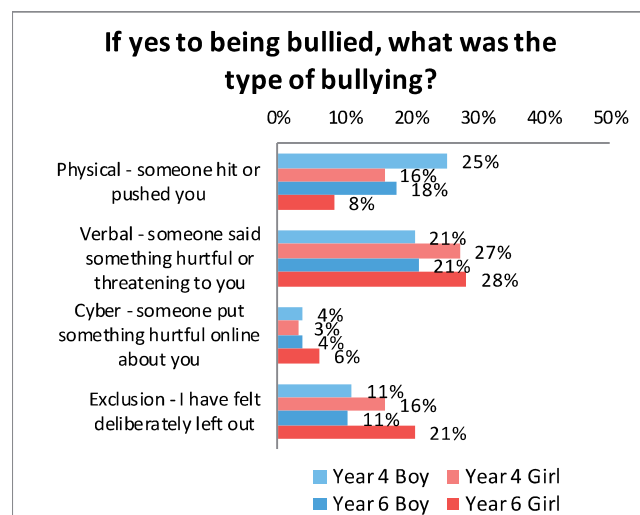
### Feeling Safe Out and About

- 91% of Year 4 pupils and 95% of Year 6 pupils said they feel 'quite' or 'very' safe when out near their home during the day; 92% of Year 4 pupils and 93% of Year 6 pupils said the same about being at school.
- 23% of Year 4 pupils and 13% of Year 6 pupils feel 'not at all safe' when out near their home after dark.



### Bullying

- 38% of pupils said they have been bullied in the past year.
- 22% of boys and 12% 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).

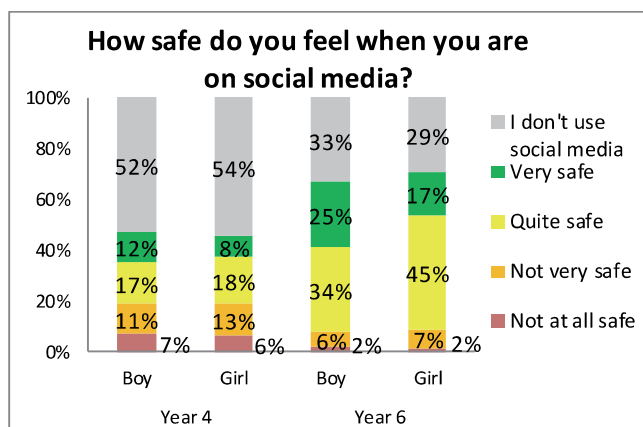


### Feeling Safe Online

- 84% of Year 4 pupils and 95% of Year 6 pupils said they feel 'quite' or 'very' safe when using the internet.

### Social Media

- 7% of Year 4 pupils and 2% of Year 6 pupils feel 'not at all safe' when on social media.

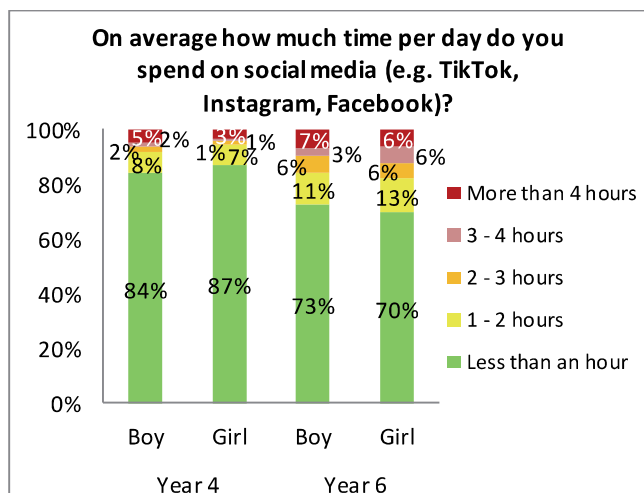


- 31% of pupils said they have been bullied by a child in their school in the past year, while 6% of pupils said they have been bullied by a brother or sister.
- 20% of pupils said they have spoken to an adult at school about being bullied in the past year and 27% of pupils said they have spoken to their parents/carers.

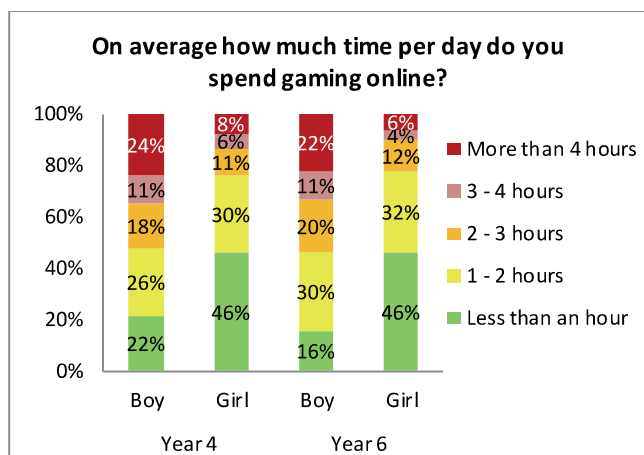
### Internet Safety

- 96% of pupils said they know how to stay safe online.
- 84% of pupils said they know how to stay safe online and have got online safety information from school, while 56% of pupils said they have got advice from parents or carers.
- 50% of pupils said they have a smartphone that can go online.
- 38% of boys and 29% of girls said they spend an average of at least '2-3 hours' online per day; 15% of boys and 8% of girls said they spend more than 4 hours online.

- 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.



- 53% of boys and 23% of girls said they spend an average of at least '2-3 hours' gaming online per day; 23% of boys and 7% of girls said they spend more than 4 hours gaming online.



- 12% of pupils said they have received a chat message online or by text that scared or upset them and 7% of pupils said they have been sent a picture/video of someone that they felt was inappropriate.
- 59% of boys and 75% 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.

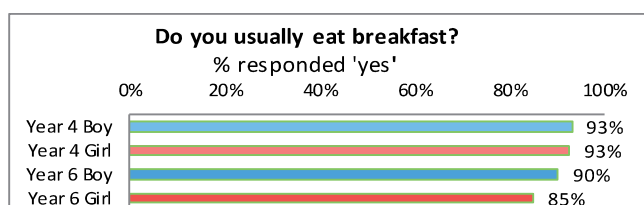
## FOOD AND DIET

### 5-a-Day

- 2% of pupils responded that they don't have any portions of fruit or vegetables to eat on a normal day.
- 38% of pupils responded that they have at least 5 portions of fruit and vegetables to eat on a normal day.

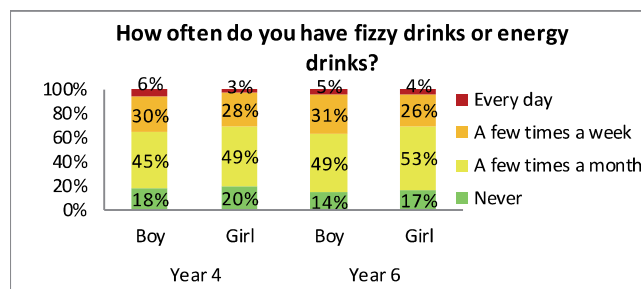
### Breakfast

- 90% of pupils said they usually eat breakfast.

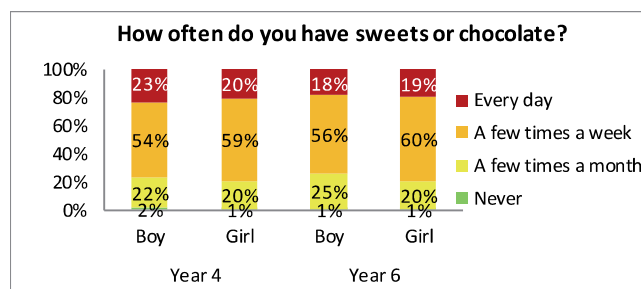


## Sugary Drinks and Snacks

- 34% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week'.



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



## HEALTH AND HYGIENE

### Dental Health

- 7% of pupils said they don't clean their teeth every day.
- 77% of pupils said they usually clean their teeth twice or more every day.
- 70% of pupils said they have been to the dentist in the past 6 months; 89% of pupils said they have been in the past year (incl. last 6 months).
- 76% 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% of pupils said they have experienced them 'often' or 'very often'.
- 39% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth; 7% of pupils said they 'often' or 'very often' have.

### Handwashing

- 58% of pupils said they wash their hands 'most times' or 'always' before meals, while 14% of pupils said they 'rarely or never' do.
- 91% of pupils said they wash their hands 'most times' or 'always' after using the toilet, while 2% of pupils said they 'rarely or never' do.
- 43% of pupils said they wash their hands 'most times' or 'always' after playing outside, while 23% of pupils said they 'rarely or never' do.
- 89% of pupils said there is always soap and warm water or alcohol gel available for them when they want to clean their hands.



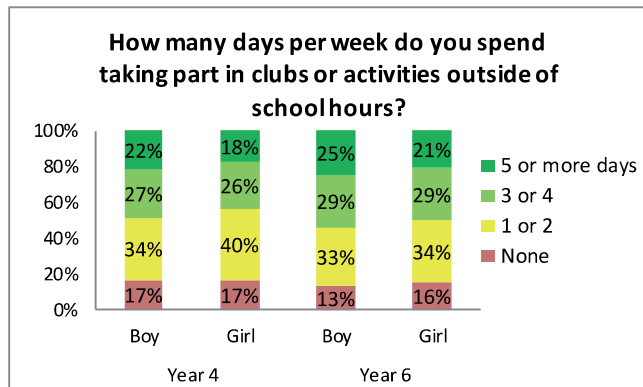
## PHYSICAL ACTIVITY

### Active Travel

- 57% of pupils said they travelled to school by car/van on the day of the survey; 2% of pupil travelled by bus (school or other) or train.
- 6% of pupil said they travelled to school by bicycle on the day of the survey, while 7% pupils said they travelled by scooter.
- 47% of pupils said they walked to school on the day of the survey; 54% of pupils either walked or travelled by bicycle or scooter.

### Being Active

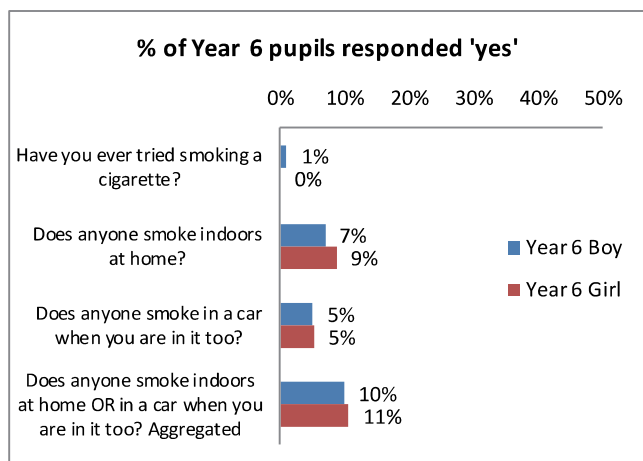
- 7% of boys and 7% of girls said they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.
- 15% of boys and 16% of girls said they don't spend time taking part in clubs or activities outside of school hours.
- 51% of boys and 47% of girls said they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.



## ALCOHOL, SMOKING, VAPING AND DRUGS

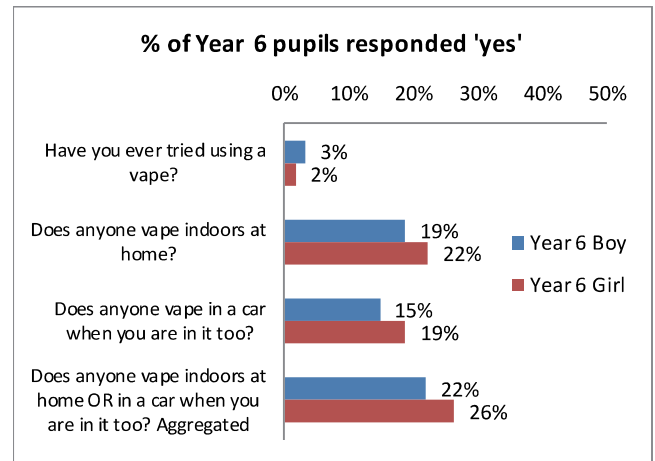
### Smoking

- 1% of Year 6 pupils said they have tried smoking a cigarette.
- 8% of Year 6 pupils in Year 6 said someone smokes indoors at home.
- 5% of Year 6 pupils said someone smokes in a car when they are in it too.
- 10% of Year 6 pupils said someone smokes either indoors at home, or in a car when they are in it too.



### Vaping

- 3% of Year 6 pupils said they have tried using a vape.
- 21% of Year 6 pupils said someone vapes indoors at home.
- 17% of Year 6 pupils said someone vapes in a car when they are in it too.
- 24% of Year 6 pupils said someone vapes either indoors at home, or in a car when they are in it too.



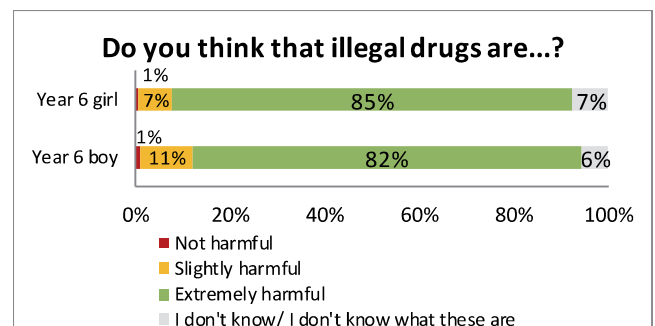
### Alcohol

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



### Drugs

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



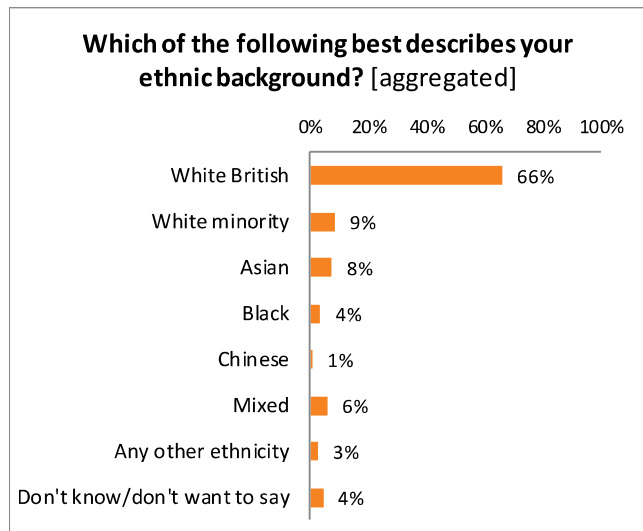
- 63% of Year 6 pupils said they have learned about illegal drugs from school, while 46% of Year 6 pupils said they have learned about them from parents/carers or other adults in their family.

# West Sussex secondary school pupils in Year 8 and Year 10 (2,254 pupils aged 12 - 15)

## BACKGROUND

### Ethnicity and Language

- 66% of pupils described themselves as White British; 9% of pupils said they are White minority (non-British), 8% of pupils said they are Asian and 6% of pupils said they are mixed.



- 82% of pupils said they speak English most of the time at home, while 4% of pupils said they mostly speak another language or languages and 14% of pupils speak both English and another language.

### Family

- 72% of pupils responded that they live with both of their parents.
- 17% of pupils responded that they live 'mainly or only' with their mum, while 2% of pupils said they live 'mainly or only' with their dad.

### Young Carers

- 5% of pupils responded that they are a 'young carer', while 9% of pupils said they are 'not sure' and 3% of pupils didn't want to say.

### Armed Forces

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

### SEND and Neurodivergence

- 15% of pupils said they are neurodivergent/have a special educational need or disability, while 22% of pupils said they are 'not sure' if they do and 1% of pupils didn't want to say.

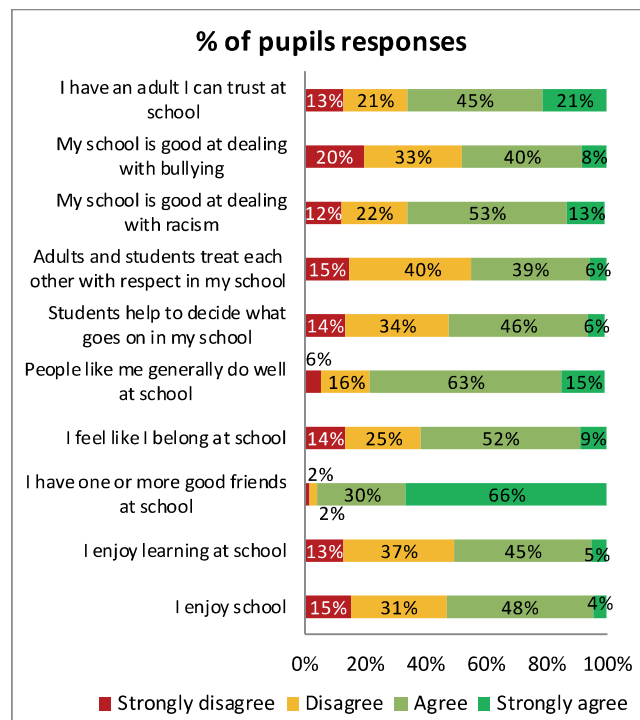
### Free School Meals

- 9% of pupils said they currently have free school meals, or vouchers for free meals, while 5% pupils said they could have them if they choose to and 5% of pupils 'don't know' if they have them.

## EMOTIONAL HEALTH AND WELLBEING

### Feelings at School

- 66% of pupils agreed that they have an adult they can trust at school. 13% of pupils 'strongly disagreed'.
- 61% of pupils agreed with the statement with the statement 'I feel like I belong at school', while 14% of pupils 'strongly disagreed'.



### Happiness

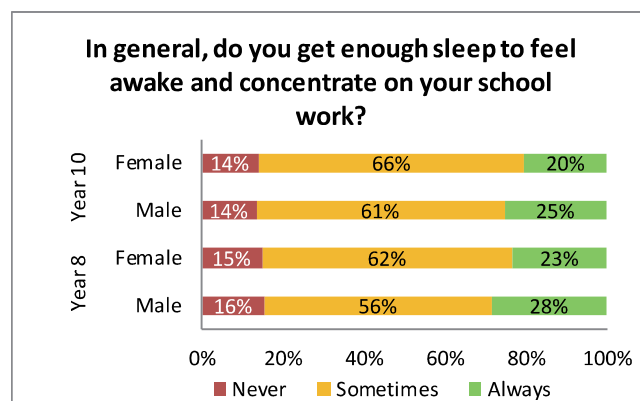
- 77% of males and 72% of females said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.
- 9% of males and 6% females said they 'strongly disagree' that they have often felt happy in the last few weeks.

### Sadness

- 16% of males and 6% of females said they 'strongly disagree' that they have often felt sad in the last few weeks.
- 32% of males and 56% of females said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

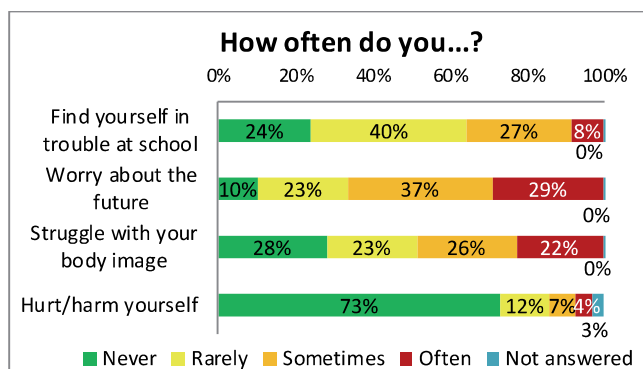
### Tiredness

- 27% of males and 22% of females said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

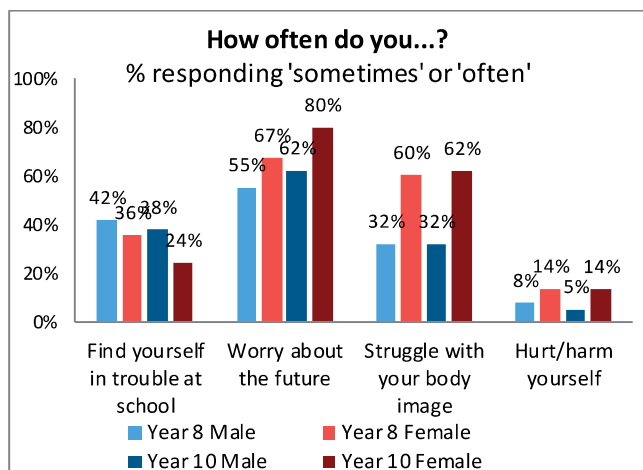


## Harmful Thoughts and Behaviours

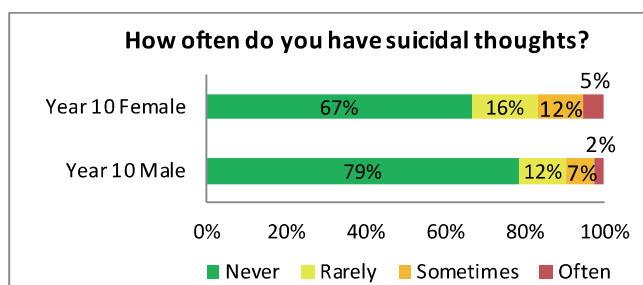
- 40% of males and 31% of females said they at least 'sometimes' find themselves in trouble at school; 24% of pupils said they 'never' do.



- 58% of males and 73% of females said they at least 'sometimes' worry about the future.
- 32% of males and 61% of females said they at least 'sometimes' struggle with their body image.
- 7% of males and 14% of females said they at least 'sometimes' hurt/harm themselves; 73% of pupils said they 'never' do.



- 86% of pupils in Year 10 said they "never" or "rarely" have suicidal thoughts. 2% of Year 10 males and 5% of Year 10 females responded they 'often' have suicidal thoughts.

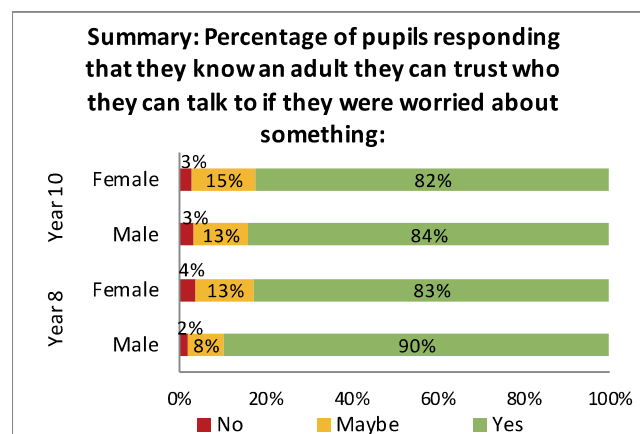


- 6% of males and 2% of females in Year 10+ said they at least 'sometimes' take risks with sexual health; 91% of pupils said they 'never' do.

## Trusted Adults

- 77% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 16% of pupils said they 'maybe' do.
- 14% of pupils said there is a doctor or nurse they trust who they can talk to if they are worried about something; 38% of pupils said they 'maybe' do.

- 46% 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.



## School Attendance

- 76% of pupils said illness or injury has stopped them from going to school in the last 12 months, while 19% of pupils said their mental health has stopped them. 10% of pupils said they haven't missed any school.

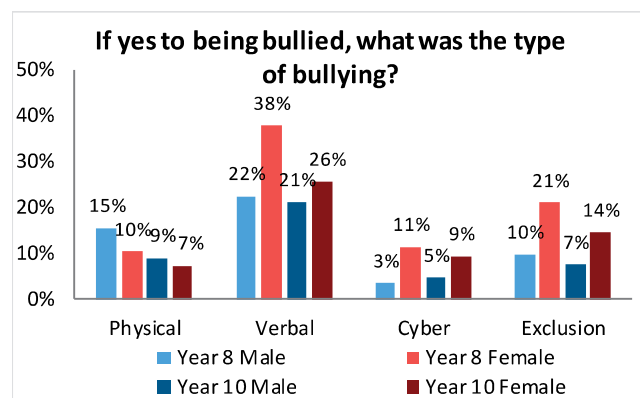
## SAFETY AND BULLYING

### Feeling Safe Out and About

- 96% of males and 95% of females said they feel 'quite' or 'very' safe when out near their home during the day; 83% of males and 85% of females said the same about being at school.
- 36% of pupils feel 'not at all safe' or 'not very safe' when out near their home after dark.

### Bullying

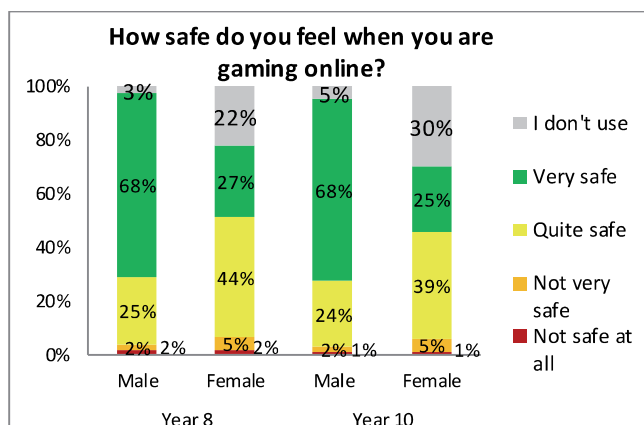
- 34% of pupils said they have been bullied in the past year.
- 13% of males and 9% of females said they have experienced physical bullying (someone hit or pushed them) in the past year, while 9% of males and 18% of females said they have experienced exclusion (they have felt deliberately left out).



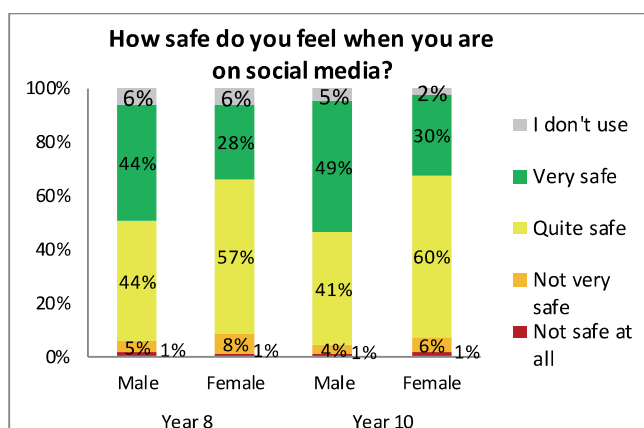
- 29% of pupils said they have been bullied by a child in their school in the past year and 3% of pupils said they have been bullied by a brother or sister.
- 12% of pupils said they have spoken to an adult at school about being bullied in the past year, while 19% of pupils said they have spoken to their parents/carers.

## Internet Safety

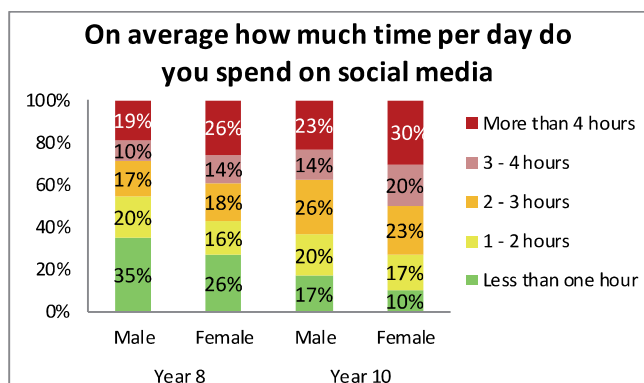
- 95% of males and 94% of females said they feel 'quite' or 'very' safe when using the internet; 93% of males and 68% of females said the same about gaming online.



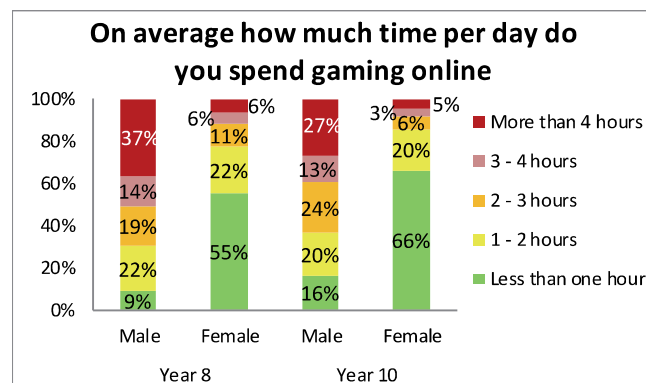
- 1% of pupils feel 'not safe at all' when on social media.



- 98% of pupils said they know how to stay safe online.
- 71% of pupils said they know how to stay safe online and have got online safety information from school, while 59% of pupils said they have got information from parents or carers.
- 25% of pupils said they have received a chat message that scared or upset them either online or by text and 22% of pupils said they have received a picture/video of someone that they felt was inappropriate.
- 30% of males and 45% of females said they would inform a responsible adult if they were sent something online that upset or embarrassed them, while 12% of males and 10% of females said they would tell no-one.
- 53% of males and 64% of females said they spend an average of at least '2-3 hours' on social media per day; 21% of males and 28% of females said they spend more than 4 hours on social media.



- 67% of males and 19% of females said they spend an average of at least '2-3 hours' gaming online per day; 33% of males and 6% of females said they spend more than 4 hours gaming online.



## Racism

- 36% of pupils said they have experienced racism in school in the last year; 8% pupils said they have 'often' experienced it.
- 72% of pupils said they have seen racism against someone else in school in the last year; 15% of pupils said they have 'often' seen it.

## FOOD AND DIET

### 5-a-Day

- 4% of pupils responded that they don't have any portions of fruit or vegetables to eat on a normal day.
- 27% of pupils responded that they have at least 5 portions of fruit and vegetables to eat on a normal day.

### Breakfast

- 63% of pupils said they usually eat breakfast.

### Sugary Drinks and Snacks

- 46% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week', while 12% of pupils said they 'never' have fizzy drinks or energy drinks.
- 77% of pupils said they have sweets or chocolate at least 'a few times a week', while 1% pupils said they 'never' have sweets or chocolate.

## HEALTH AND HYGIENE

### Dental Health

- 84% of pupils said they usually brush their teeth twice or more every day, while 2% of pupils said they don't brush their teeth every day.
- 79% of pupils said they have been to the dentist in the past 6 months; 91% of pupils said they have been in the past year (incl. last 6 months).
- 6% of pupils said they have either never been to the dentist, or last went more than 2 years ago.
- 73% 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% of pupils said they have experienced them 'often' or 'very often'.
- 40% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth.



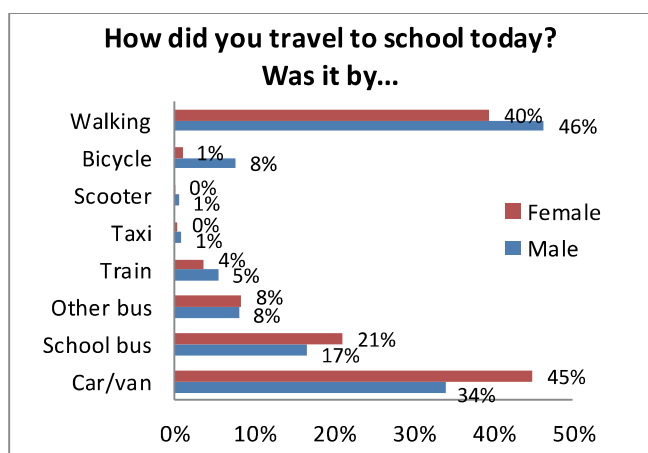
## Handwashing

- 61% of pupils said they wash their hands 'most times' or 'always' before meals, while 11% of pupils said they 'rarely or never' do.
- 97% of pupils said they wash their hands 'most times' or 'always' after using the toilet, while 1% of pupils said they 'rarely or never' do.
- 92% of pupils said there is always soap and warm water or alcohol gel available for them when they want to clean their hands.

## PHYSICAL ACTIVITY

### Active Travel

- 43% pupils said they walked to school on the day of the survey.
- 40% of pupils said they travelled to school by car/van on the day of the survey; 30% of pupils travelled by bus (school or other) or train.



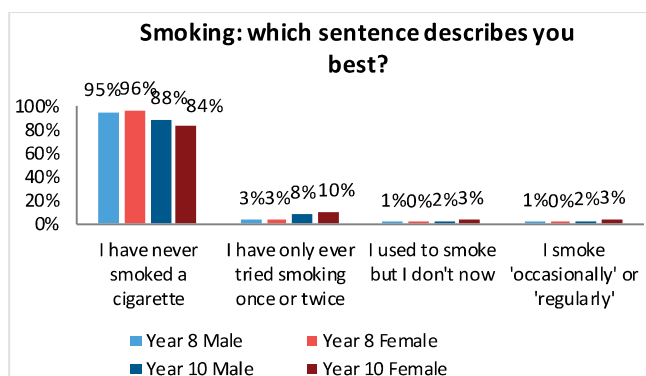
### Being Active

- 6% of males and 7% of females said they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.
- 20% of males and 24% of females said they don't spend time taking part in clubs or activities outside of school hours.
- 48% of males and 44% of females said they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

## SMOKING, VAPING, ALCOHOL & ILLEGAL DRUGS

### Smoking

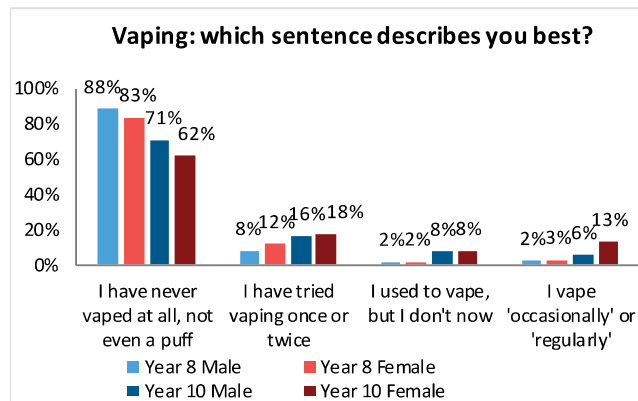
- 8% of males and 9% of females responded that they have at least tried smoking.



- 12% of pupils said someone smokes indoors at home.
- 9% of pupils responded that someone smokes in a car when they are in it too.
- 15% of pupils said someone smokes either indoors at home, or in a car when they are in it too.

### Vaping

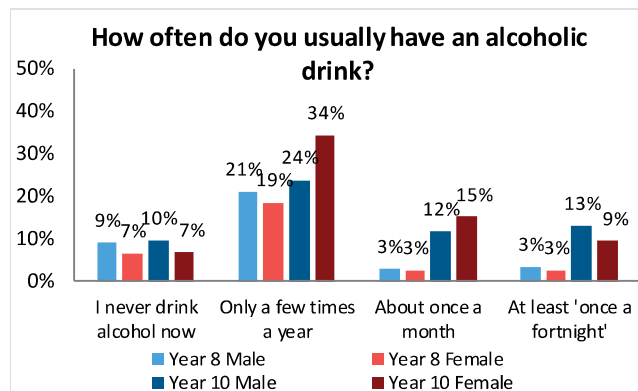
- 19% of males and 26% of females said they have at least tried vaping; 2% of males and 5% of females said they vape regularly (at least once a week).



- Of the 84 pupils who vape regularly, 49% of pupils said they would like to give up.
- 4% of males and 2% of females said they have tried or purchased nicotine pouches, while 1% of pupils said they are 'not sure' if they have.

### Alcohol

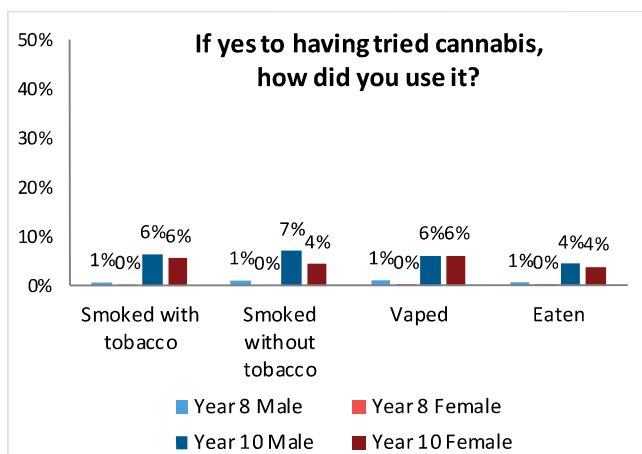
- 45% males and 46% of females said they have had an alcoholic drink (more than just a sip).
- 14% of males and 14% of females said they usually have an alcoholic drink at least 'about once a month'; 1% of pupils said they do so more than once a week.



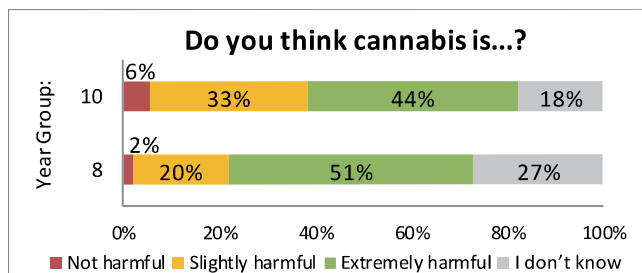
- 8% of males and 9% of females said they drink alcohol at least a few times a year and have been drunk in the last 4 weeks; 4% of pupils said they have been drunk more than once.
- 5% of males and 9% of females said they drink alcohol at least a few times a year and have felt ill or sick when they drank alcohol in the last 4 weeks.

## Drugs

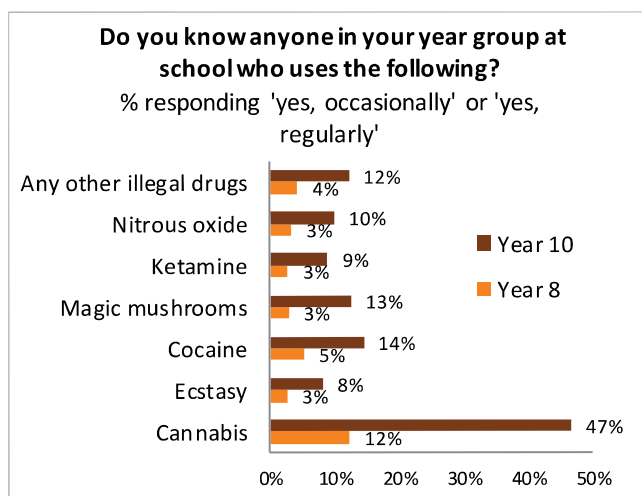
- 2% of Year 8 pupils and 11% of Year 10 pupils said they have tried cannabis; 3% of pupils said they smoked it (without tobacco) and 3% of pupils said they vaped it.



- 2% of Year 8 pupils and 6% of Year 10 pupils think cannabis is 'not harmful', while 25% of pupils said it is 'slightly harmful'.
- 51% of Year 8 pupils and 44% of Year 10 pupils think cannabis is 'extremely harmful'.



- 12% of Year 8 pupils and 47% of Year 10 pupils said they know someone in their year group at school who at least 'occasionally' uses cannabis.
- 16% of Year 8 pupils and 49% of Year 10 pupils said they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed; 4% of Year 8 pupils and 23% of Year 10 pupils said they know someone who uses drugs 'regularly'.

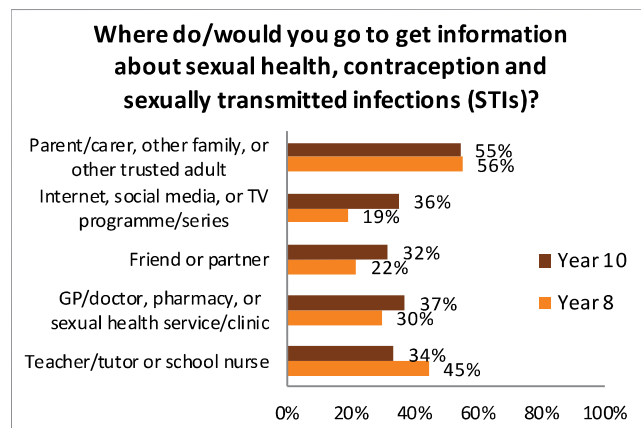


- 25% of males and 34% of females said they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed.

## RELATIONSHIPS AND SEX EDUCATION

### Sources of Support and Information

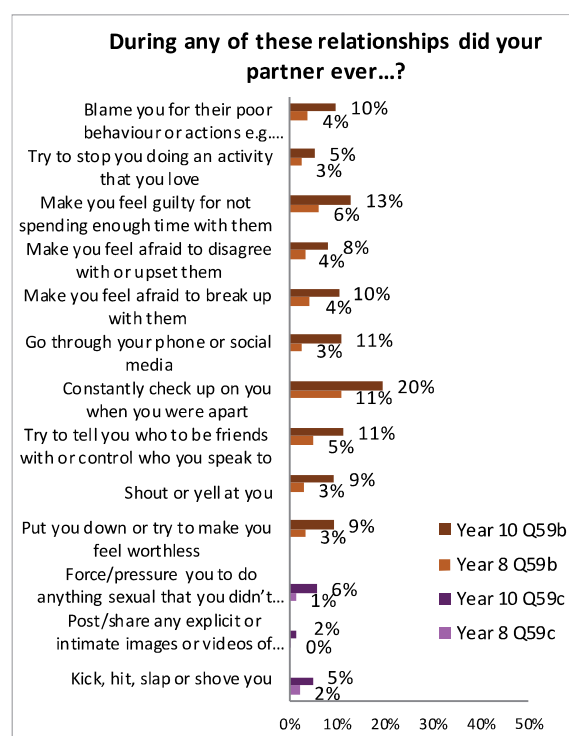
- 40% of pupils said they go to/would go to a teacher/tutor or school nurse to get information about sexual health, contraception, and sexually transmitted infections.



- 17% of pupils said they go to/would go to a teacher/tutor or school nurse if they had any questions or worries about their sexual health or relationships.
- 22% of males and 25% of females said they know where young people can get free condoms.
- 17% of males and 24% of females said they know where young people can get free emergency contraception.
- 18% of males and 23% of females said they know where young people can get free tests for common sexually transmitted infections (STIs).

### Relationships

- 57% of pupils said they have got/had someone they would consider to be their boyfriend/girlfriend or partner.
- 21% of males and 24% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59b during a relationship.
- 6% of males and 6% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59c during a relationship.

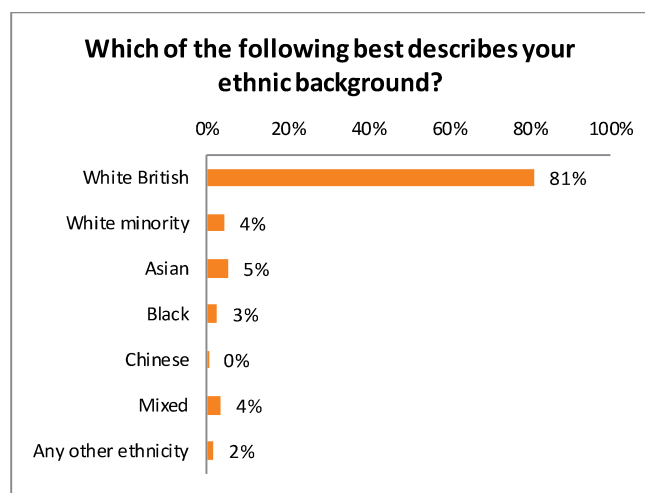


# West Sussex further education pupils in Year 12 (225 pupils aged 16 - 18+)

## BACKGROUND

### Ethnicity and Language

- 81% of pupils described themselves as White British; 4% of pupils said they are White minority (non-British), 5% of pupils said they are Asian and 4% of pupils said they are mixed.



- 88% of pupils said they speak English most of the time at home, while 2% of pupils said they mostly speak another language or languages and 9% of pupils speak both English and another language.

### Family

- 80% of pupils responded that they live with both of their parents.
- 12% of pupils responded that they live 'mainly or only' with their mum, while 4% of pupils said they live 'mainly or only' with their dad.

### Young Carers

- 2% of pupils responded that they are a 'young carer', while 3% of pupils said they are 'not sure' and 1% of pupils didn't want to say.

### Armed Forces

- 1% of pupils said they have a parent/carer who is in the British Army, Royal Navy, Royal Air Force, or the Reserves, while 1% of pupils said they are 'not sure' if they do.

### SEND and Neurodivergence

- 8% of pupils said they are neurodivergent/have a special educational need or disability, while 9% of pupils said they are 'not sure' if they do and 1% of pupils didn't want to say.

### Free School Meals

- 3% of pupils said they currently have free school meals, or vouchers for free meals, while 2% pupils said they could have them if they choose to and 5% of pupils 'don't know' if they have them.

## EMOTIONAL HEALTH AND WELLBEING

### Feelings at School

- 81% of pupils agreed that they have an adult they can trust at school. 4% of pupils 'strongly disagreed'.
- 82% of pupils agreed with the statement with the statement 'I feel like I belong at school', while 3% of pupils 'strongly disagreed'.

### Happiness

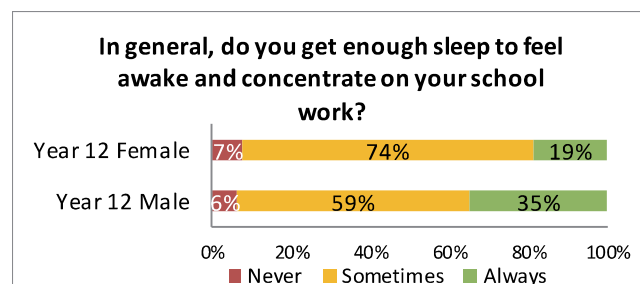
- 77% of males and 82% of females said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.
- 7% of males and 2% females said they 'strongly disagree' that they have often felt happy in the last few weeks.

### Sadness

- 22% of males and 4% of females said they 'strongly disagree' that they have often felt sad in the last few weeks.
- 29% of males and 55% of females said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

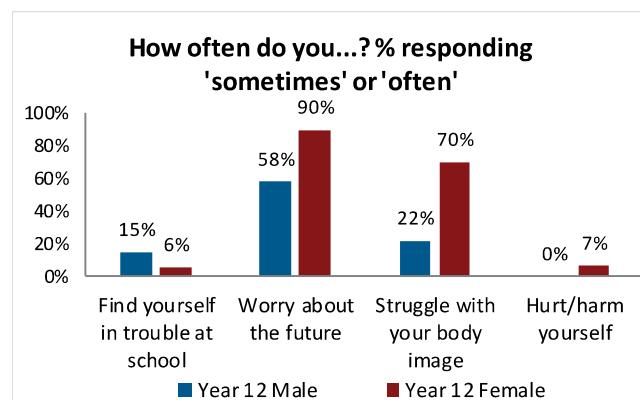
### Tiredness

- 35% of males and 19% of females said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.



### Harmful Thoughts and Behaviours

- 15% of males and 6% of females said they at least 'sometimes' find themselves in trouble at school; 54% of pupils said they 'never' do.



- 0% of males and 7% of females said they at least 'sometimes' hurt/harm themselves; 87% of pupils said they 'never' do.
- 4% of males and 12% of females said they at least 'sometimes' have suicidal thoughts; 13% of pupils said they do so 'rarely' and 79% of pupils said they 'never' do.
- 11% of males and 4% of females said they at least 'sometimes' take risks with sexual health; 8% of pupils said they do so 'rarely'.

## Trusted Adults

- ❑ 77% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 18% of pupils said they 'maybe' do.
- ❑ 18% of pupils said there is a doctor or nurse they trust who they can talk to if they are worried about something; 38% of pupils said they 'maybe' do.
- ❑ 49% 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.

## School Attendance

- ❑ 74% of pupils said illness or injury has stopped them from going to school in the last 12 months, while 16% of pupils said their mental health has stopped them. 12% of pupils said they haven't missed any school.

## SAFETY AND BULLYING

### Feeling Safe Out and About

- ❑ 100% of males and 98% of females said they feel 'quite' or 'very' safe when out near their home during the day; 97% of males and 98% of females said the same about being at school.
- ❑ 8% of pupils feel 'not at all safe' when out near their home after dark.

### Bullying

- ❑ 16% of pupils said they have been bullied in the past year.
- ❑ 3% of males and 4% of females said they have experienced physical bullying (someone hit or pushed them) in the past year, while 4% of males and 11% of females said they have experienced exclusion (they have felt deliberately left out).
- ❑ 13% of pupils said they have been bullied by a child in their school in the past year and 1% of pupils said they have been bullied by a brother or sister.
- ❑ 5% of pupils said they have spoken to an adult at school about being bullied in the past year, while 7% of pupils said they have spoken to their parents/carers.

### Internet Safety

- ❑ 98% of males and 96% of females said they feel 'quite' or 'very' safe when using the internet; 92% of males and 58% of females said the same about gaming online.
- ❑ 1% of pupils feel 'not safe at all' when on social media.
- ❑ 97% of pupils said they know how to stay safe online.
- ❑ 71% of pupils said they know how to stay safe online and have got online safety information from school, while 53% of pupils said they have got information from parents or carers.
- ❑ 99% of pupils said they have a smartphone that can go online.
- ❑ 58% of males and 77% of females said they spend an average of at least '2-3 hours' on social media per day; 13% of males and 25% of females said they spend more than 4 hours on social media.
- ❑ 44% of males and 5% of females said they spend an average of at least '2-3 hours' gaming online per day; 18% of males and 2% of females said they spend more than 4 hours gaming online.
- ❑ 26% of pupils said they have received a chat message that scared or upset them either online or by text and 27% of pupils said they have received a picture/video of someone that they felt was inappropriate.

- ❑ 11% of males and 35% of females said they would inform a responsible adult if they were sent something online that upset or embarrassed them, while 10% of males and 7% of females said they would tell no-one.

## Racism

- ❑ 19% of pupils said they have experienced racism in school in the last year; 2% pupils said they have 'often' experienced it.
- ❑ 68% of pupils said they have seen racism against someone else in school in the last year; 6% of pupils said they have 'often' seen it.

## FOOD AND DIET

### 5-a-Day

- ❑ 3% of pupils responded that they don't have any portions of fruit or vegetables to eat on a normal day.
- ❑ 23% of pupils responded that they have at least 5 portions of fruit and vegetables to eat on a normal day.

### Breakfast

- ❑ 61% of pupils said they usually eat breakfast.

### Sugary Drinks and Snacks

- ❑ 50% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week', while 18% of pupils said they 'never' have fizzy drinks or energy drinks.
- ❑ 81% of pupils said they have sweets or chocolate at least 'a few times a week', while 2% pupils said they 'never' have sweets or chocolate.

## HEALTH AND HYGIENE

### Dental Health

- ❑ 86% of pupils said they usually brush their teeth twice or more every day, while 2% of pupils said they don't brush their teeth every day.
- ❑ 78% of pupils said they have been to the dentist in the past 6 months; 93% of pupils said they have been in the past year (incl. last 6 months).
- ❑ 3% of pupils said they have either never been to the dentist, or last went more than 2 years ago.
- ❑ 58% 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; 8% of pupils said they have experienced them 'often' or 'very often'.
- ❑ 27% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth.

### Handwashing

- ❑ 58% of pupils said they wash their hands 'most times' or 'always' before meals, while 11% of pupils said they 'rarely or never' do.
- ❑ 97% of pupils said they wash their hands 'most times' or 'always' after using the toilet, while 1% of pupils said they 'rarely or never' do.
- ❑ 90% of pupils said there is always soap and warm water or alcohol gel available for them when they want to clean their hands.

## PHYSICAL ACTIVITY

### Active Travel

- ❑ 61% pupils said they walked to school on the day of the survey.



- 31% of pupils said they travelled to school by car/van on the day of the survey; 20% of pupils travelled by bus (school or other) or train.
- 5% of pupils said they travelled to school by bicycle on the day of the survey, while 0% of pupils said they travelled by scooter.

### Being Active

- 14% of males and 21% of females said they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.
- 31% of males and 34% of females said they don't spend time taking part in clubs or activities outside of school hours.
- 41% of males and 36% of females said they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

## SMOKING, VAPING, ALCOHOL & ILLEGAL DRUGS

### Smoking

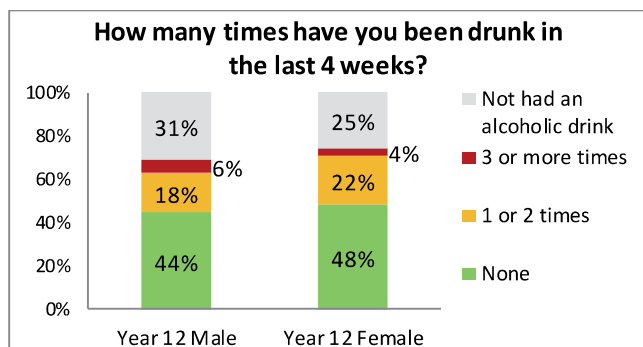
- 15% of males and 20% of females responded that they have at least tried smoking.
- 3% of pupils responded that they smoke 'regularly'.
- 8% of pupils said someone smokes indoors at home.
- 9% of pupils responded that someone smokes in a car when they are in it too.
- 13% of pupils said someone smokes either indoors at home, or in a car when they are in it too.

### Vaping

- 41% of males and 57% of females said they have at least tried vaping; 5% of males and 10% of females said they vape regularly (at least once a week).
- Of the 16 pupils who vape regularly, 63% of pupils said they would like to give up.
- 7% of pupils said they have tried or purchased nicotine pouches, while 0% of pupils said they are 'not sure' if they have.

### Alcohol

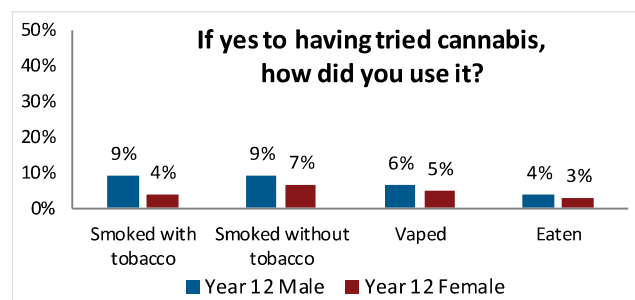
- 77% males and 82% of females said they have had an alcoholic drink (more than just a sip).
- 37% of males and 36% of females said they usually have an alcoholic drink at least 'about once a month'; 4% of pupils said they do so more than once a week.
- 24% of males and 26% of females said they drink alcohol at least a few times a year and have been drunk in the last 4 weeks; 11% of pupils said they have been drunk more than once.



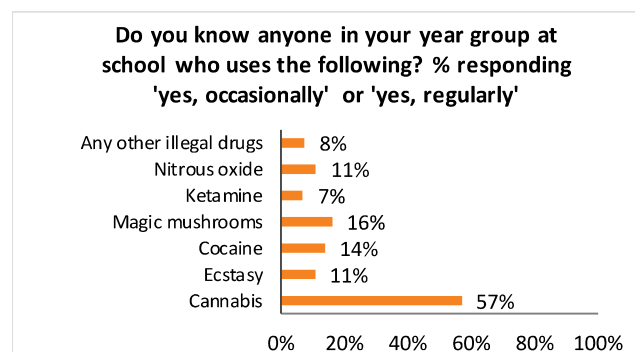
- 9% of males and 21% of females said they drink alcohol at least a few times a year and have felt ill or sick when they drank alcohol in the last 4 weeks.

### Drugs

- 14% of males and 12% of females said they have tried cannabis; 8% of pupils said they smoked it (without tobacco) and 5% of pupils said they vaped it.



- 10% of pupils think cannabis is 'not harmful', while 44% of pupils said it is 'slightly harmful'.
- 31% of pupils think cannabis is 'extremely harmful'.
- 59% of males and 54% of females said they know someone in their year group at school who at least 'occasionally' uses cannabis; 30% of males and 23% of females said they know someone who uses it 'regularly'.
- 60% of males and 58% of females said they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed; 32% of males and 25% of females said they know someone who uses drugs 'regularly'.



## RELATIONSHIPS AND SEX EDUCATION

### Sources of Support and Information

- 34% of pupils said they go to/would go to a teacher/tutor or school nurse to get information about sexual health, contraception, and sexually transmitted infections.
- 15% of pupils said they go to/would go to a teacher/tutor or school nurse if they had any questions or worries about their sexual health or relationships.
- 56% of males and 52% of females said they know where young people can get free condoms.
- 47% of males and 46% of females said they know where young people can get free emergency contraception.
- 42% of males and 45% of females said they know where young people can get free tests for common sexually transmitted infections (STIs).

### Relationships

- 55% of pupils said they have got/had someone they would consider to be their boyfriend/girlfriend or partner.
- 20% of males and 34% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59b during a relationship.
- 7% of males and 18% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59c during a relationship.

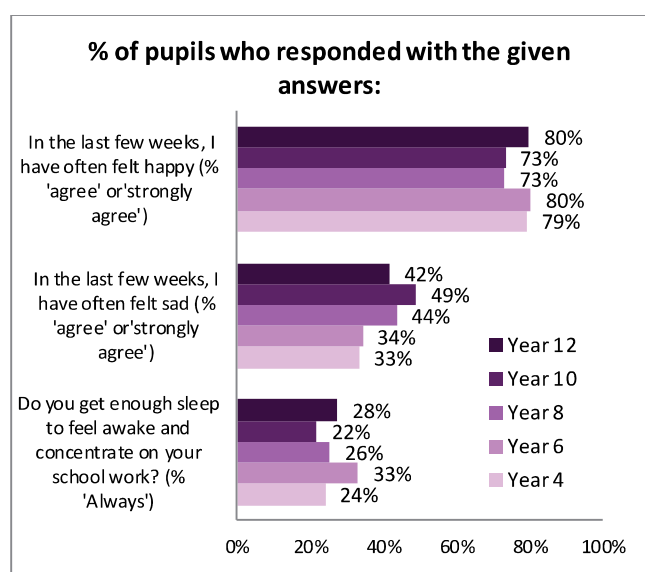
# Questions included in both the primary and secondary versions of the questionnaire

## Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

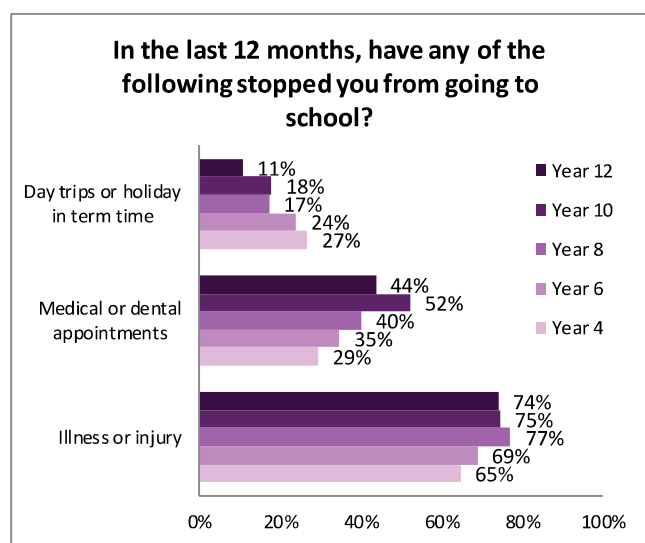
## EMOTIONAL HEALTH AND WELLBEING

- 79% of Year 4 pupils and 80% of Year 6 pupils said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks. 73% of Year 8 pupils, 73% of Year 10 pupils and 80% of Year 12 pupils said the same.

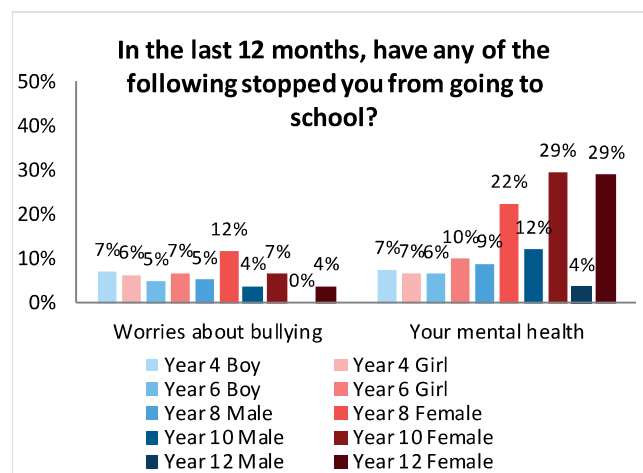


## School Attendance

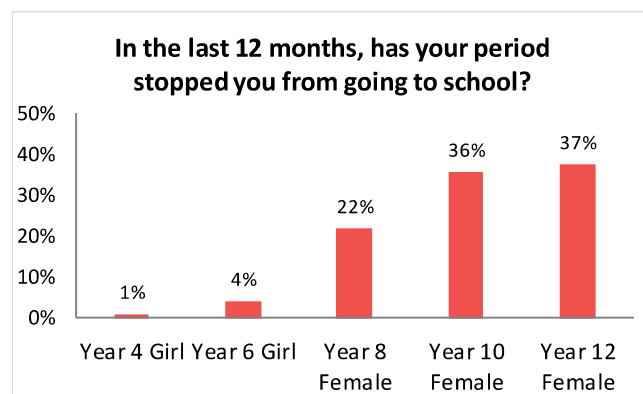
- Secondary school pupils are less likely to have said they missed school from being on holiday or day trips during term time in the last 12 months, compared with primary aged pupils who said the same; (18% vs 26%).



- 8% of primary pupils said their mental health has stopped them; 19% of secondary pupils and 16% of Year 12 pupils said the same



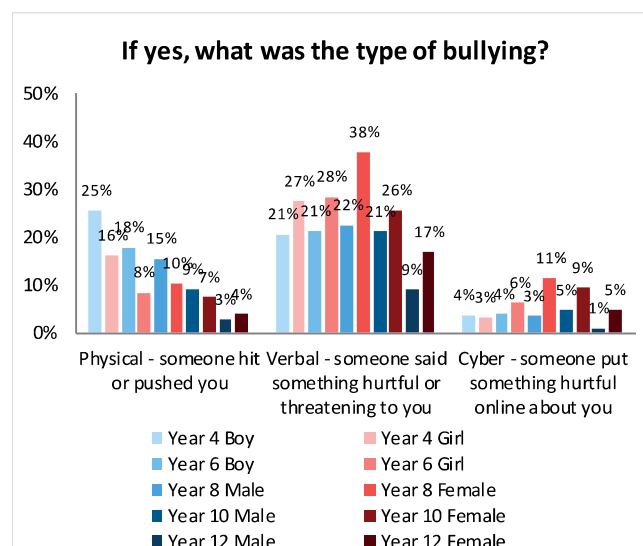
- Older female pupils are more likely to have said that their period has stopped them from going to school as shown in the chart below:



## SAFETY AND BULLYING

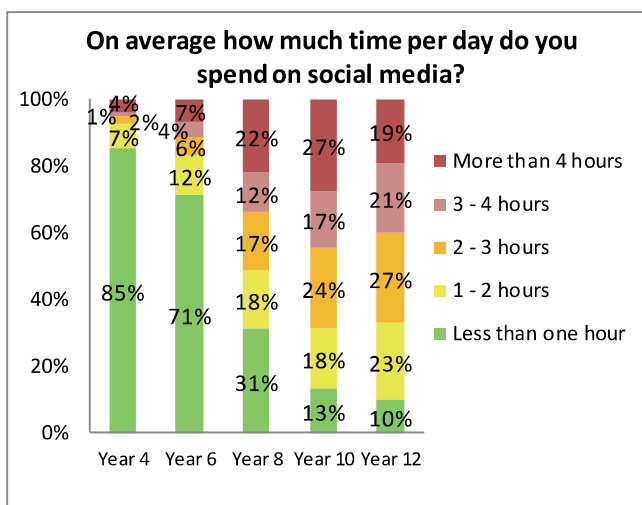
### Bullying

- 42% of Year 4 pupils said they have been bullied in the past year; 35% of Year 6, 37% of Year 8, 30% of Year 10 and 16% of Year 12 pupils said the same.
- 21% of Year 4 pupils said they have experienced physical bullying (someone hit or pushed them) in the past year; 13% of Year 6, 13% of Year 8, 8% of Year 10 and 4% of Year 12 pupils said the same.

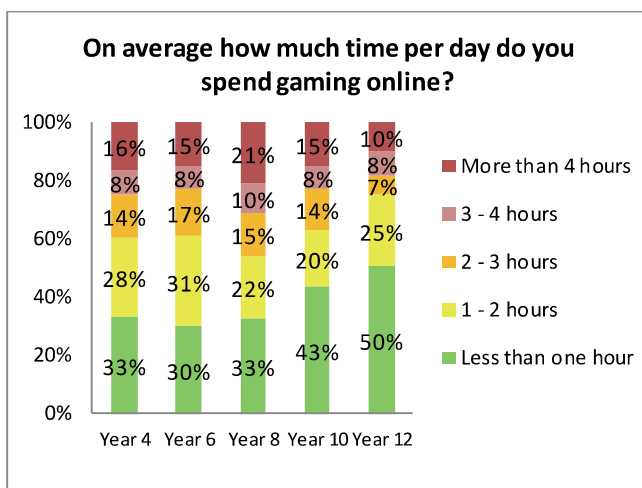


## Internet Safety

- 7% of Year 4 pupils and 17% of Year 6 pupils said they spend an average of at least '2-3 hours' on social media per day; 51% of Year 8 pupils, 69% of Year 10 pupils and 67% of Year 12 pupils said the same.

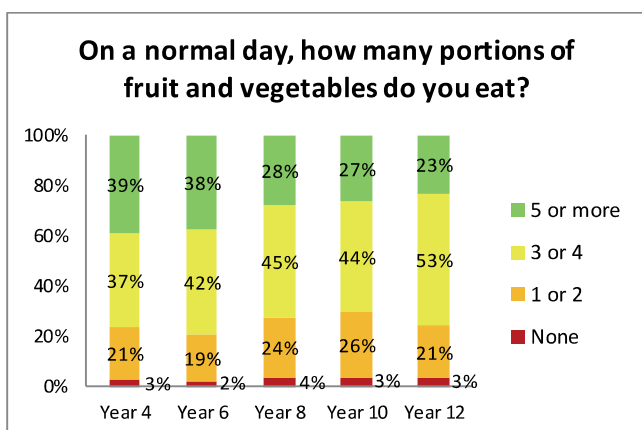


- 39% of Year 4 pupils and 39% of Year 6 pupils said they spend an average of at least '2-3 hours' gaming online per day; 46% of Year 8 pupils, 37% of Year 10 pupils and 25% of Year 12 pupils said the same.



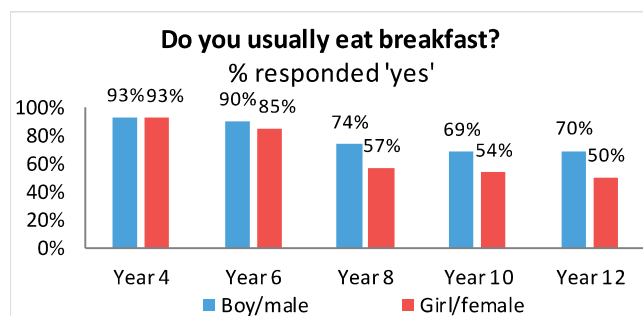
## FOOD AND DIET

- Younger pupils are more likely to respond that they have at least 5 portions of fruit and vegetables to eat on a normal day; 39% of Year 4 pupils, 38% of Year 6 pupils, 28% of Year 8 pupils, 27% of Year 10 pupils and 23% of Year 12 pupils said this.



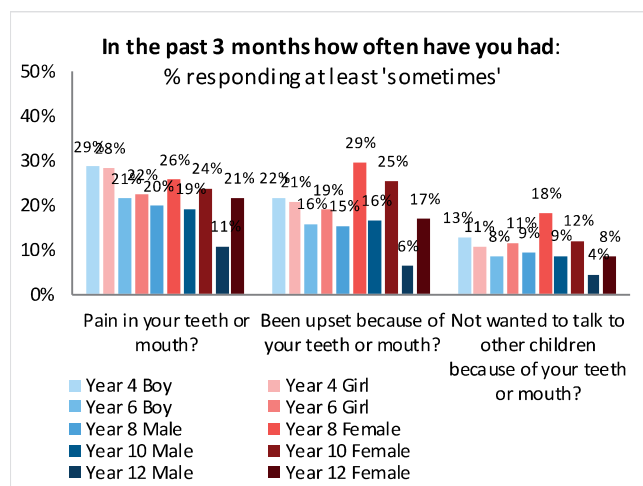
## Breakfast

- 93% of Year 4 pupils said they usually eat breakfast; 87% of Year 6 pupils, 65% of Year 8 pupils, 60% of Year 10 pupils and 61% of Year 12 pupils said the same.



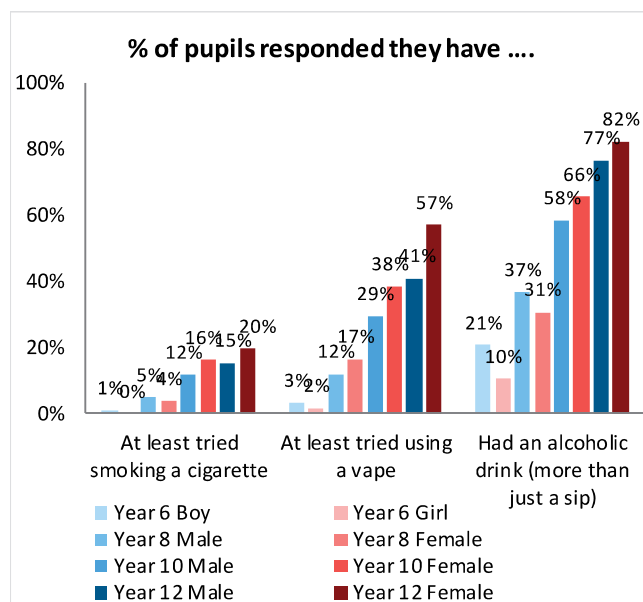
## DENTAL HEALTH

- 13% of Year 4 pupils said at least 'sometimes' in the past 3 months they have not wanted to talk to other children because of their teeth or mouth; 10% of Year 6 pupils, 14% of Year 8 pupils, 11% of Year 10 pupils and 7% of Year 12 pupils said the same.



## SMOKING, VAPING, ALCOHOL & ILLEGAL DRUGS

- 3% of Year 6 pupils responded they have at least tried using a vape; 15% of Year 8 pupils, 35% of Year 10 pupils and 50% of Year 12 pupils said the same.

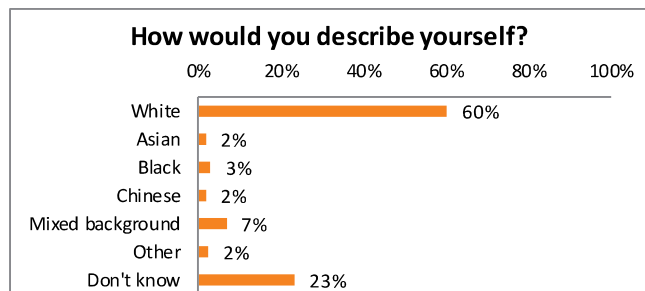


# West Sussex SEND pupils in specialist schools (170 pupils aged 8 - 17)

The following is a selection of data relating to the questions found in the SEND versions of the questionnaire.

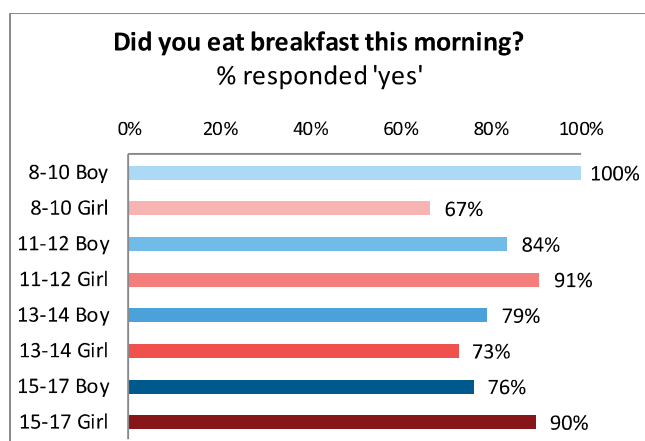
## BACKGROUND

- 60% of pupils described themselves as White.

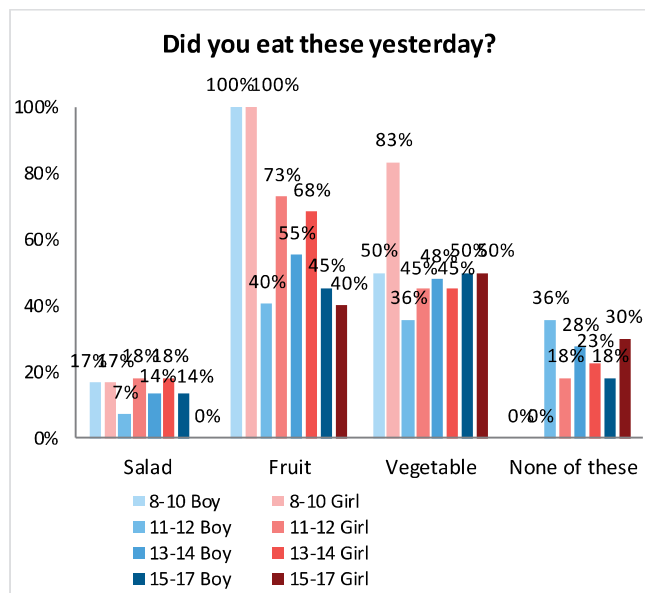


## FOOD AND DIET

- 5% of boys and 6% of girls said they didn't eat lunch the previous day.
- 83% of boys and 80% of girls said they ate breakfast on the morning of the survey.



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



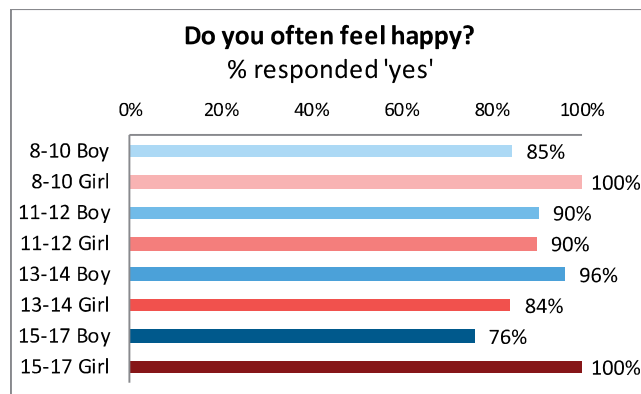
## HEALTH AND HYGIENE

- 76% of boys and 88% of girls said they brushed their teeth on the day of the survey.
- 92% of boys and 90% of girls said they wash their hands after using the toilet.
- 13% of boys and 16% of girls said they don't get enough sleep to concentrate on their schoolwork.

## EMOTIONAL HEALTH AND WELLBEING

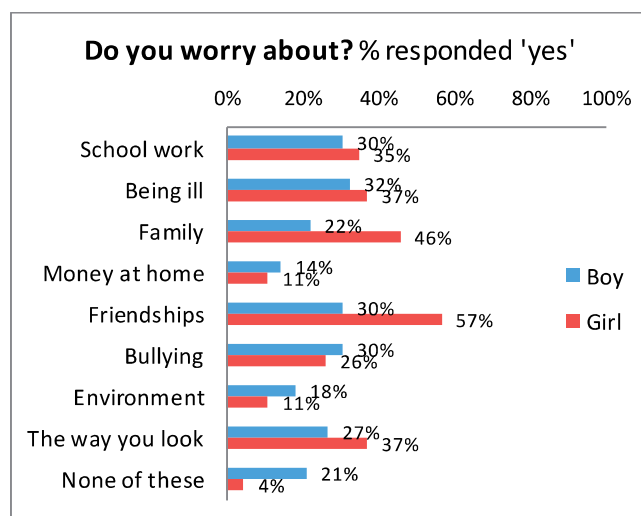
### Happiness

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



### Worry

- 38% of pupils said they worry about friendships, 33% of pupils said they worry about being ill and 31% of pupils said they worry about school work.



- 29% of pupils said they worry about bullying, while 31% of pupils said they worry about the way they look.
- 68% of pupils responded that if they were worried, they would talk to family; 60% of pupils said they would talk to teachers.
- 11% of pupils responded that if they were worried, they would talk to no-one.

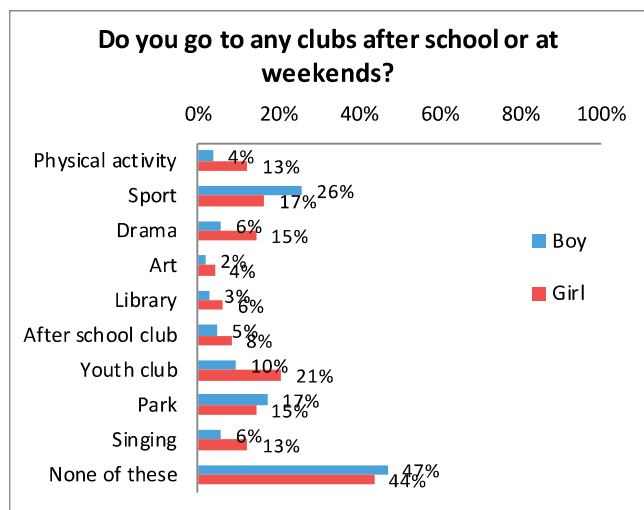
### School

- 71% of boys and 76% of girls said they like school.
- 76% of boys and 81% of girls said they feel like they belong at school.



## Clubs and Activities

- When asked if they go to any clubs after school or at the weekends, 23% of pupils responded that they go to a sports club, 17% of pupils said the park and 13% of pupils said a youth club.

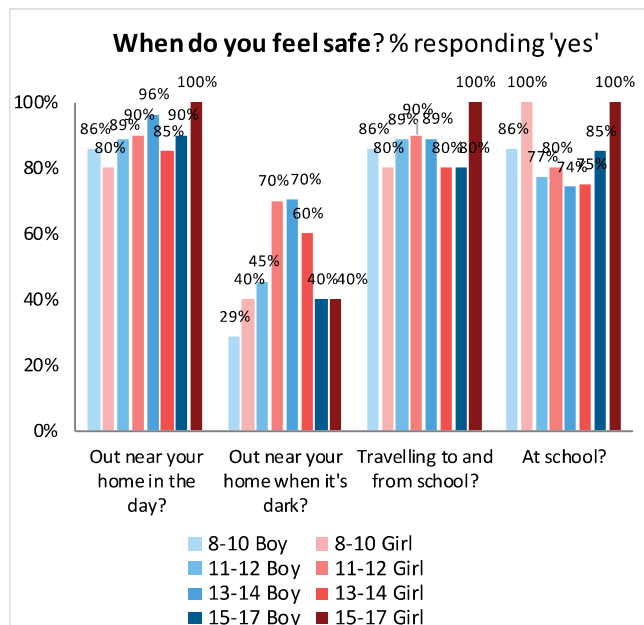


- 82% of boys and 87% of girls said they like physical activities at school.
- 94% of pupils said they have one or more good friends.

## SAFETY

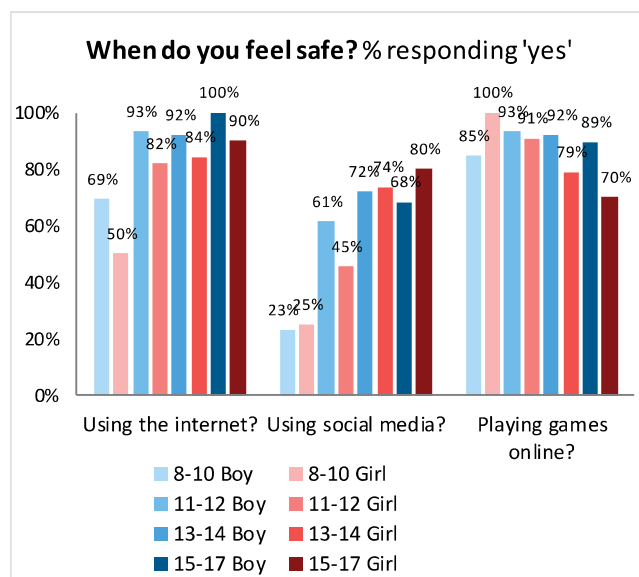
### Feeling Safe

- 91% of boys 89% of girls said they feel safe out near their home in the day.
- 50% of boys and 57% of girls said they feel safe out near their home when it's dark.



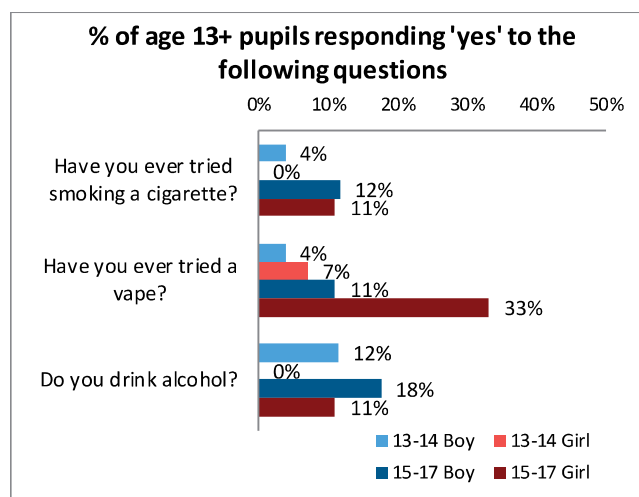
## Internet Safety

- 90% of pupils said they have been told how to stay safe online.
- 61% of boys and 64% of girls said they feel safe using social media.



## SMOKING, VAPING AND ALCOHOL

- 18% of boys and 17% of girls aged 13+ said someone smokes indoors at home.
- 7% of boys and 4% of girls aged 13+ said they have tried smoking a cigarette.
- 7% of boys and 17% of girls aged 13+ said they have tried a vape.
- 14% of boys and 4% of girls aged 13+ said they drink alcohol.

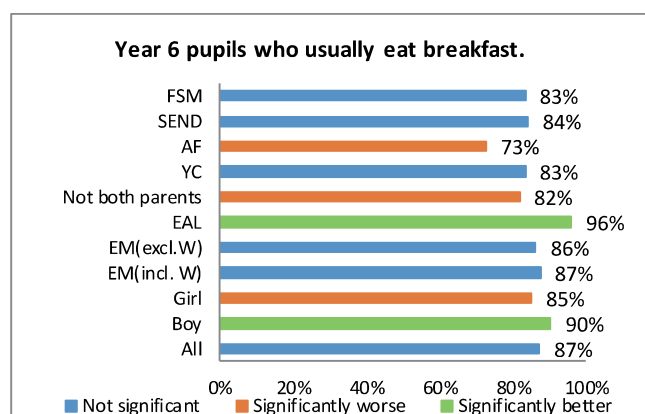


# Equality Monitoring in West Sussex 2025

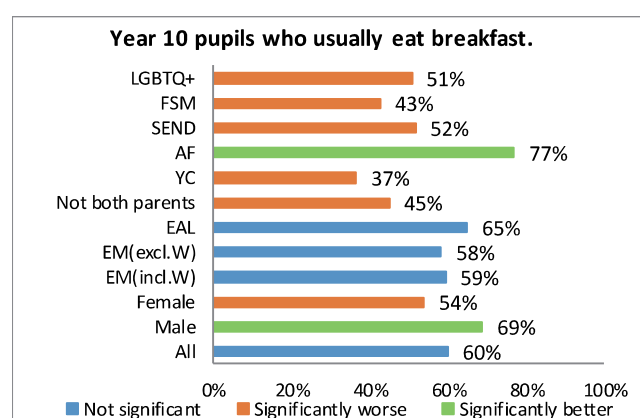
The survey data reveal the following percentages of pupils who belong to social groupings, many of which are recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in West Sussex are different if they are to be found under one of the social identity headings shown in the table below. A selection of statistically significant findings are presented here but a wider selection of topics are available.

Year 6 and Year 10 pupils identifying as belonging to the following social identity groups	Year 6		Year 10	
	Count	%	Count	%
All	1514	100	952	100
Boy/male	778	51	400	42
Girl/female	688	46	512	54
Ethnic minority including white minorities (EM incl. W)	269	18	289	30
Ethnic minority excluding white minorities (EM excl. W)	210	14	214	23
Mainly speak language(s) other than English at home (EAL)	26	2	39	4
Does not live with both parents (Not both parents)	352	23	270	29
Young carer (YC)	68	5	43	5
Parent/carer in armed forces (AF)	55	4	27	3
Neurodivergent/SEND (SEND)	203	14	123	13
Has free school meals (FSM)	126	8	75	8
Lesbian, Gay, Bisexual, Queer or unsure on their sexuality and pupils who do not always identify with their birth gender (LGBTQ+)			150	16

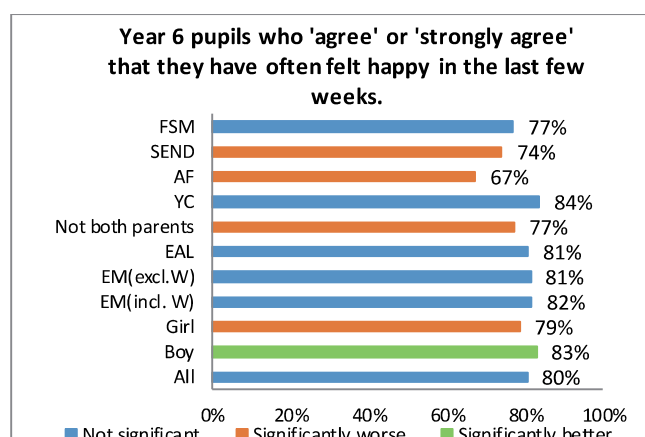
- Year 6 pupils who have a parent/carer in the armed forces, do not live with both parents or a girl are less likely to eat breakfast. Pupils who mainly speak another language at home and boys are more likely.



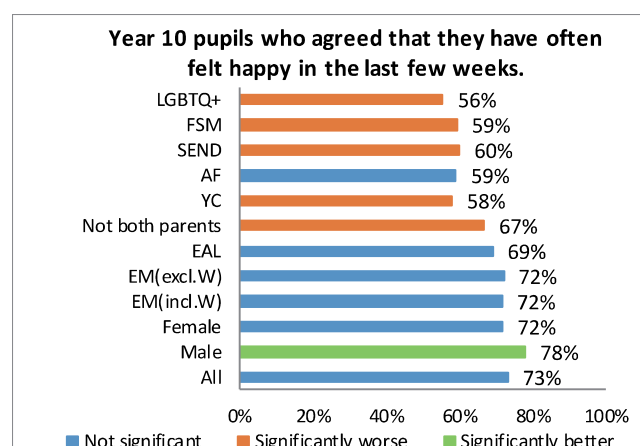
- Year 10 pupils who are young carers, have free school meals, do not live with both parents, from the LGBTQ+ community, neurodivergent/ SEND or female are less likely to eat breakfast. Pupils who have a parent/carer in the armed forces or male are more likely.



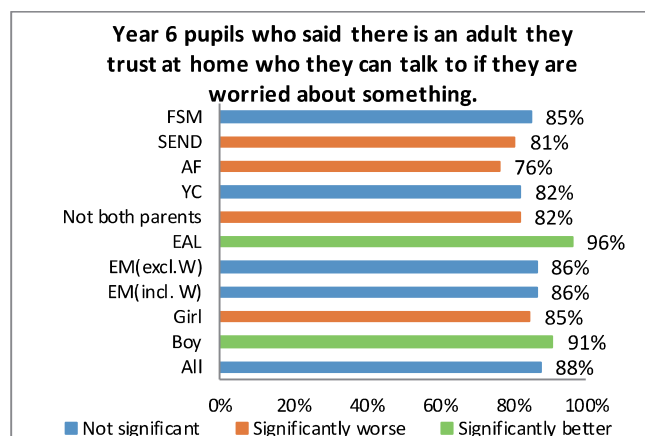
- Year 6 pupils who have a parent/carer in the armed forces, neurodivergent/ SEND, do not live with both parents or girls are less likely to agree that they have often felt happy in the last few weeks. Boys are more likely to agree.



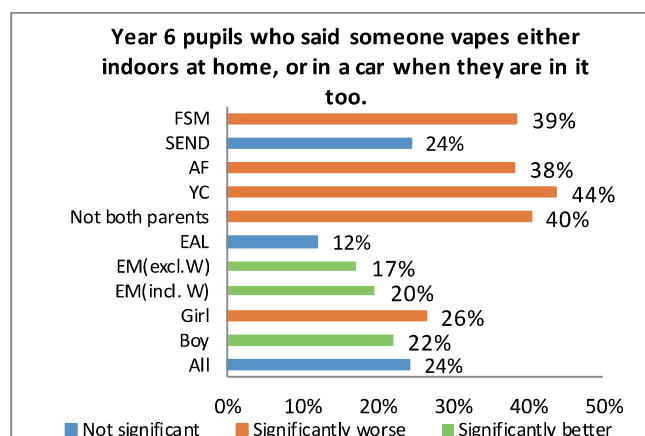
- Year 10 pupils who are from the LGBTQ+ community, young carers, have free school meals, neurodivergent/ SEND or do not live with both parents are less likely to agree that they have often felt happy in the last few weeks. Males are more likely to agree.



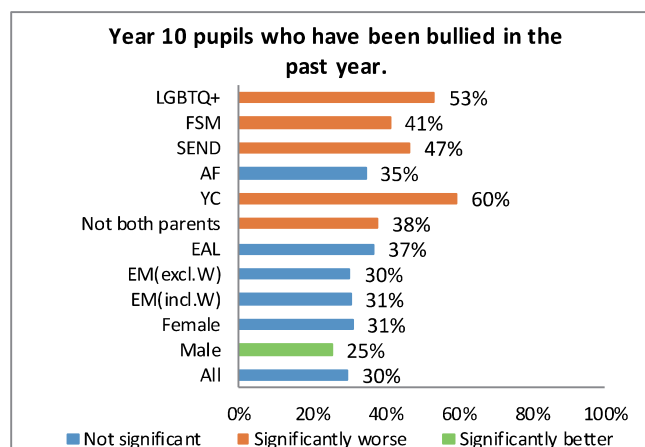
- Year 6 pupils who have a parent/carer in the armed forces, neurodivergent/SEND, do not live with both parents or girls are less likely to say they have an adult they trust at home to talk to if worried. Pupils who mainly speak another language at home or boys are more likely to say this.



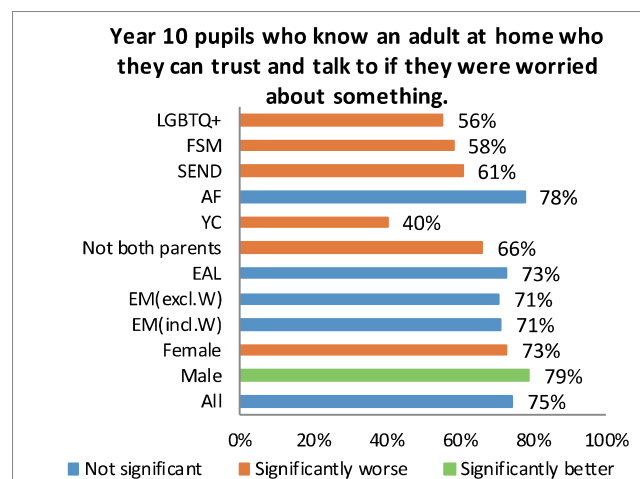
- Year 6 pupils who are young carers, do not live with both parents, have free school meals, have a parent/carer in the armed forces or girls are more likely to say someone vapes either indoors at home or in the car when they are in it too. Pupils from ethnic minorities or boys are less likely to say this.



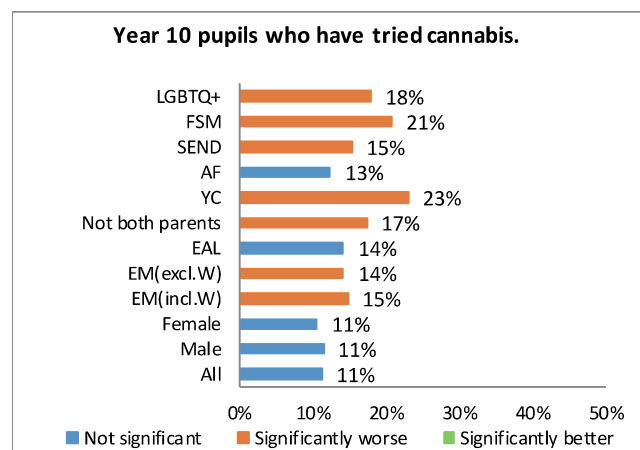
- Year 10 pupils who are young carers, from the LGBTQ+ community, neurodivergent/SEND, have free school meals or do not live with both parents are more likely to have been bullied in the past year. Males are less likely to have said this.



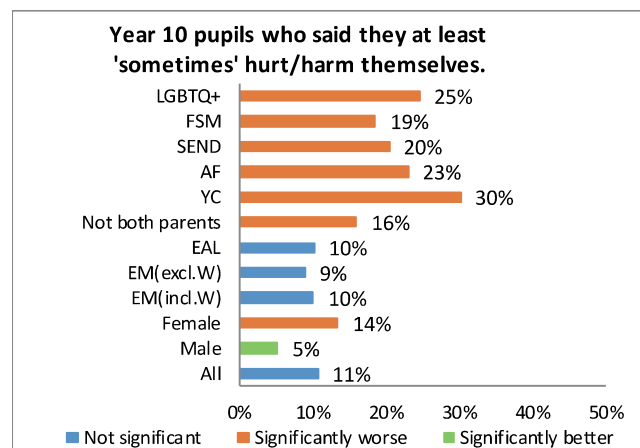
- Year 10 pupils are young carers, from the LGBTQ+ community, have free school meals, neurodivergent/SEND, do not live with both parents or female are less likely to say they have an adult they trust at home to talk to if worried. Males are more likely to say this.



- Year 10 pupils who are young carers, have free school meals, from the LGBTQ+ community, do not live with both parents, neurodivergent/SEND or from an ethnic minority are more likely to have tried cannabis.



- Year 10 pupils who are young carers, from the LGBTQ+ community, have a parent/carer in the armed forces, neurodivergent/SEND, have free school meals, do not live with both parents or female are more likely to have said that they at least 'sometimes' hurt/harm themselves. Males are less likely to have said this.



# The Way Forward – over to you

We are grateful to the teachers, schools, and young people for their time and contributions to this survey. Thanks to their involvement, we now have a meaningful and robust dataset that provides vital insights into the health and wellbeing of children and young people across West Sussex.

The collective data gathered from this survey will be used by schools, West Sussex Public Health, West Sussex County Council and a range of local services and organisations. The data and information will be used to guide county wide-commissioning and programme development, ultimately supporting improved health and wellbeing outcomes for children and young people across West Sussex.

## ***Our thanks go to the staff and pupils who took part in the survey:***

### **PRIMARIES**

Amberley CE Primary School  
Arundel CE Primary School  
Bosham Primary School  
Bramber Primary School  
Broadwater CE Primary School  
Camelsdale Primary School  
Castlewood Primary School  
Chidham Parochial Primary School  
Cophthorne CE Junior School  
Downview Primary School  
Duncton CE Junior School  
Durrington Junior School  
East Preston Junior School  
Gossops Green Primary  
Handcross Primary School  
Harting CE Primary School  
Lindfield Primary Academy  
North Heath Community Primary School  
North Mundham Primary School  
Northchapel Community Primary School  
Parklands Community Primary School  
Petworth CE Primary School  
Shelley Primary School  
Sidlesham Primary School  
Sompting Village Primary School  
Southbourne Junior School  
St Andrew's CE Primary School  
St Giles CE Primary School  
St James' CE Primary School, Coldwaltham  
St John the Baptist CE Primary School  
St Mark's CE Primary School  
St Mary's CE Primary School, East Grinstead  
St Peter's CE (Aided) Primary School  
St Peter's CE Primary School  
Steyning CE Primary School  
Summerlea Community Primary School  
The Gatwick School

The Meads Primary School  
The Windmills Junior School  
Thomas A Becket Junior School  
Three Bridges Primary School  
West Chiltington Community Primary School  
West Hoathly CE Primary School  
West Wittering Parochial CE School  
Whytemead Primary School  
William Penn School

### **SECONDARIES**

Bourne Community College  
Felpham Community College  
Imberhome School  
Millais School  
Oriel High School  
Ormiston Six Villages Academy  
St Andrew's CE High School  
Tanbridge House School  
The Forest School  
The Gatwick School

### **SPECIALIST**

Oak Grove College  
Philpots Manor School  
Queen Elizabeth II Silver Jubilee School, Horsham  
Woodlands Mead

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

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