

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

**A report for
West Sussex Secondary Y12 +**

The Schools Health Education Unit

www.sheu.org.uk

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.

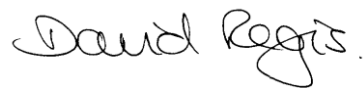
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

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
Research Manager
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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 12	Yr 13
Male	115	56
Female	107	42

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

Gender identity

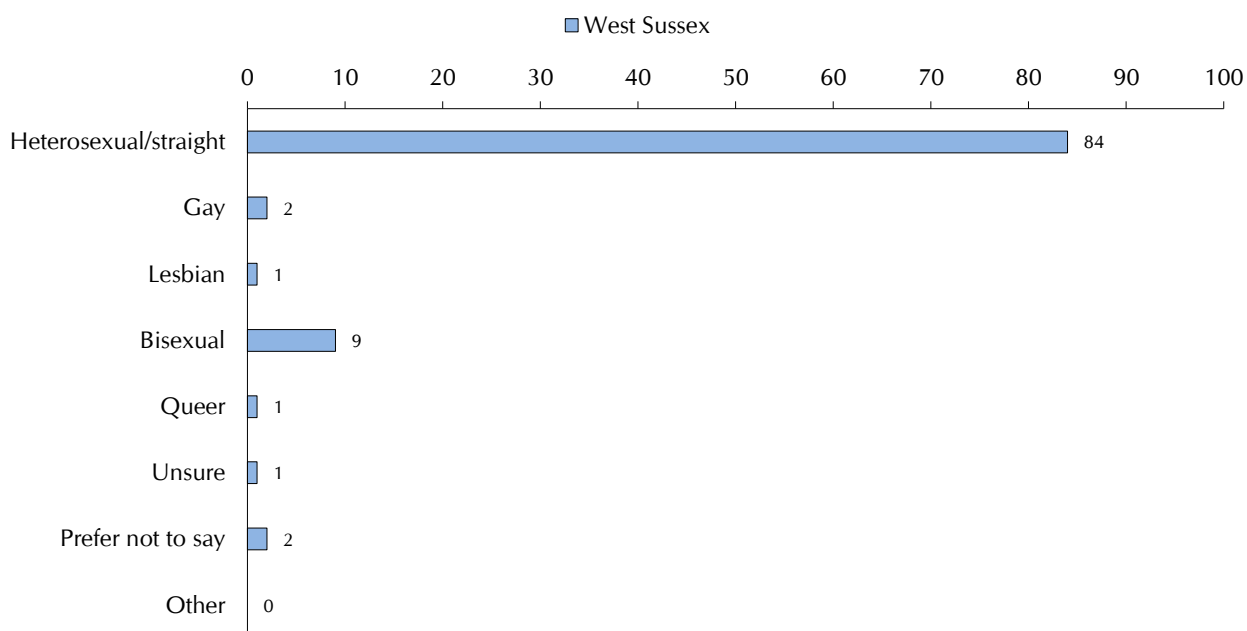
2% of pupils said they don't identify with the gender they were given at birth, while 2% said they don't identify with it 'all the time' and 0% didn't understand the question.

Q2. Percentage answering that they don't identify with the gender they were given at birth.

	West Sussex	
	Yr 12	Yr 13
Male	2	5
Female	2	2

Sexual orientation

Q3. Which best describes your sexual orientation?



84% of pupils said they are heterosexual/straight.

Q3. Percentage answering that they are heterosexual/straight.

	West Sussex	
	Yr 12	Yr 13
Male	93	87
Female	80	74

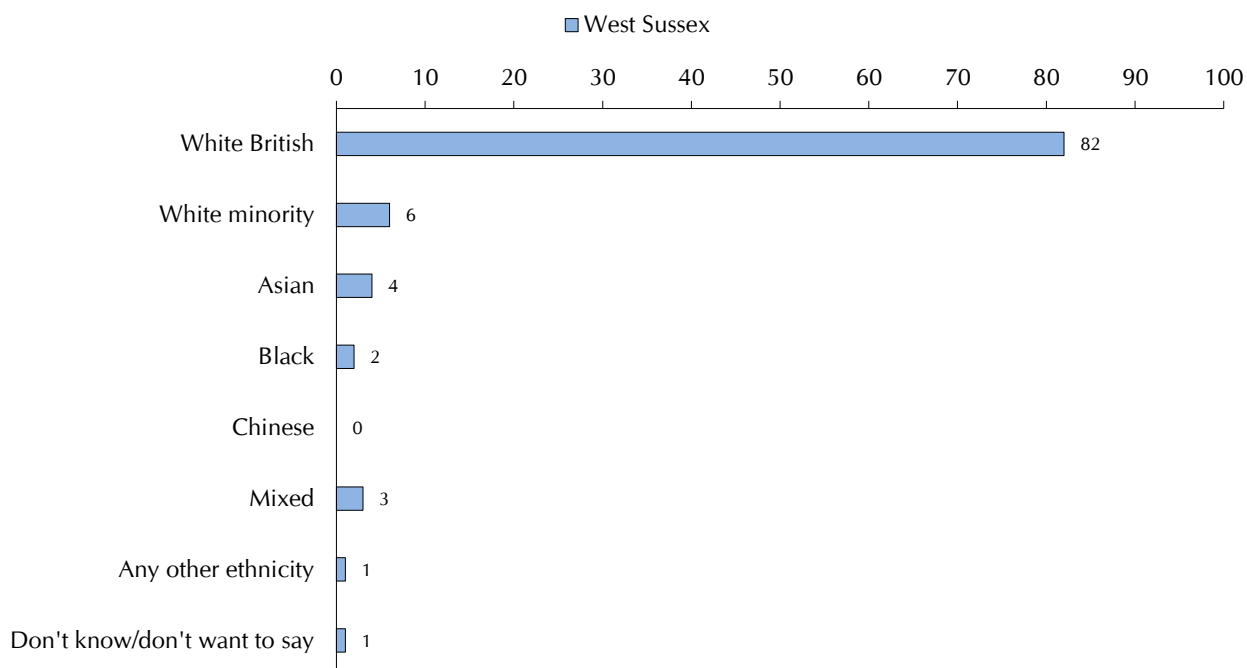
3% of pupils said they are gay/lesbian, while 9% said they are bisexual.

Q3. Percentage answering that they are gay/lesbian.

	West Sussex	
	Yr 12	Yr 13
Male	3	6
Female	1	5

Ethnicity and language

Q4. Which of the following best describes your ethnic background [grouped]?



82% of pupils described themselves as White British; 6% said they are White minority (non-British).

Q4. Percentage describing themselves as White British.

	West Sussex	
	Yr 12	Yr 13
Male	83	80
Female	79	93

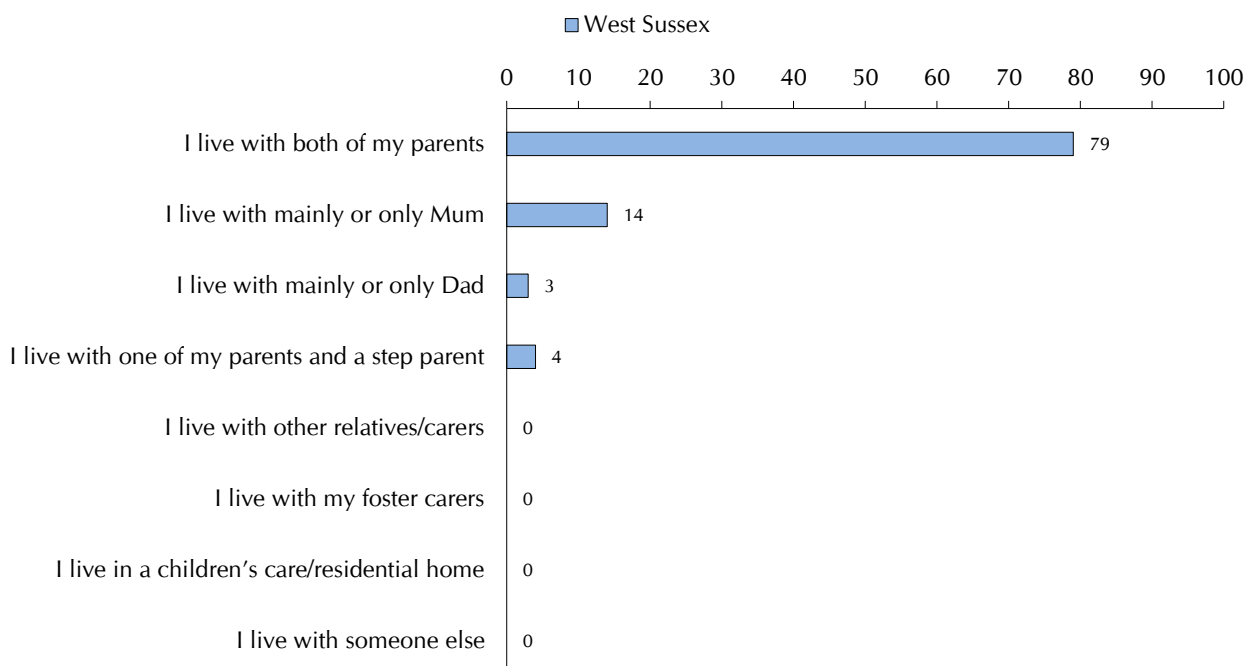
90% of pupils said they speak English most of the time at home, while 2% said they mostly speak another language or languages and 7% speak both English and another language.

Q5. Percentage answering that they speak English most of the time at home.

	West Sussex	
	Yr 12	Yr 13
Male	92	93
Female	84	98

Family

Q6. Which of the following best describes which adults you live with most of the time?



79% of pupils responded that they live with both of their parents.

Q1. Percentage answering that they live with both of their parents.

	West Sussex	
	Yr 12	Yr 13
Male	83	80
Female	76	74

14% of pupils responded that they live 'mainly or only' with their mum, while 3% said they live 'mainly or only' with their dad.

Q1. Percentage answering that they live 'mainly or only' with their mum.

	West Sussex	
	Yr 12	Yr 13
Male	8	15
Female	16	21

Young carers

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

1% of pupils responded that their school knows that they are a 'young carer', while 1% said they are 'not sure'.

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 2% said they are 'not sure' if they do and 0% didn't want to say.

SEND and neurodivergence

8% of pupils said they are neurodivergent/have a special educational need or disability, while 10% said they are 'not sure' if they do and 2% didn't want to say.

Q7a. Percentage answering that they are a 'young carer'.

West Sussex		
	Yr 12	Yr 13
Male	2	0
Female	3	2

Q7b. Percentage answering that their school knows that they are a 'young carer'.

West Sussex		
	Yr 12	Yr 13
Male	0	0
Female	1	2

Q8. 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 12	Yr 13
Male	1	0
Female	0	0

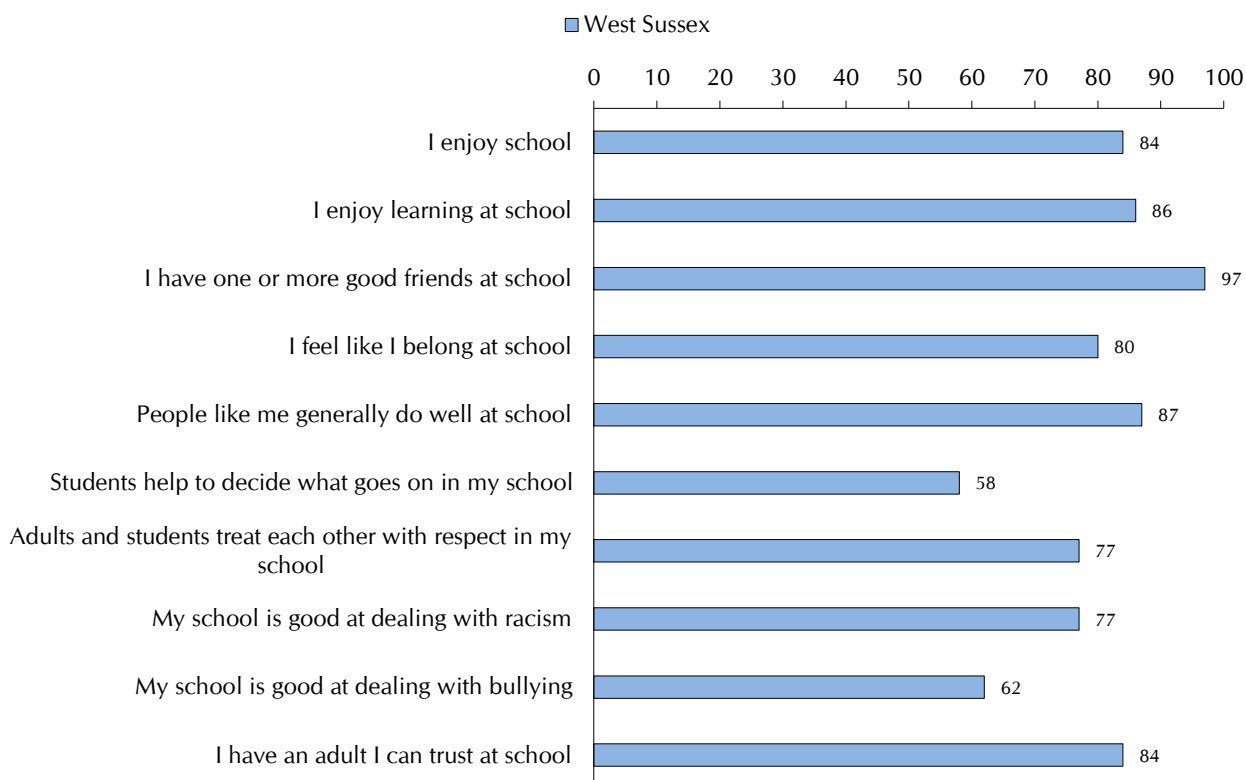
Q9. Percentage answering that they are neurodivergent/have a special educational need or disability.

West Sussex		
	Yr 12	Yr 13
Male	7	13
Female	7	5

Emotional Health and Wellbeing

Feelings at school

Q10. Percentage of pupils responding 'agree' or 'strongly agree' with the following statements:

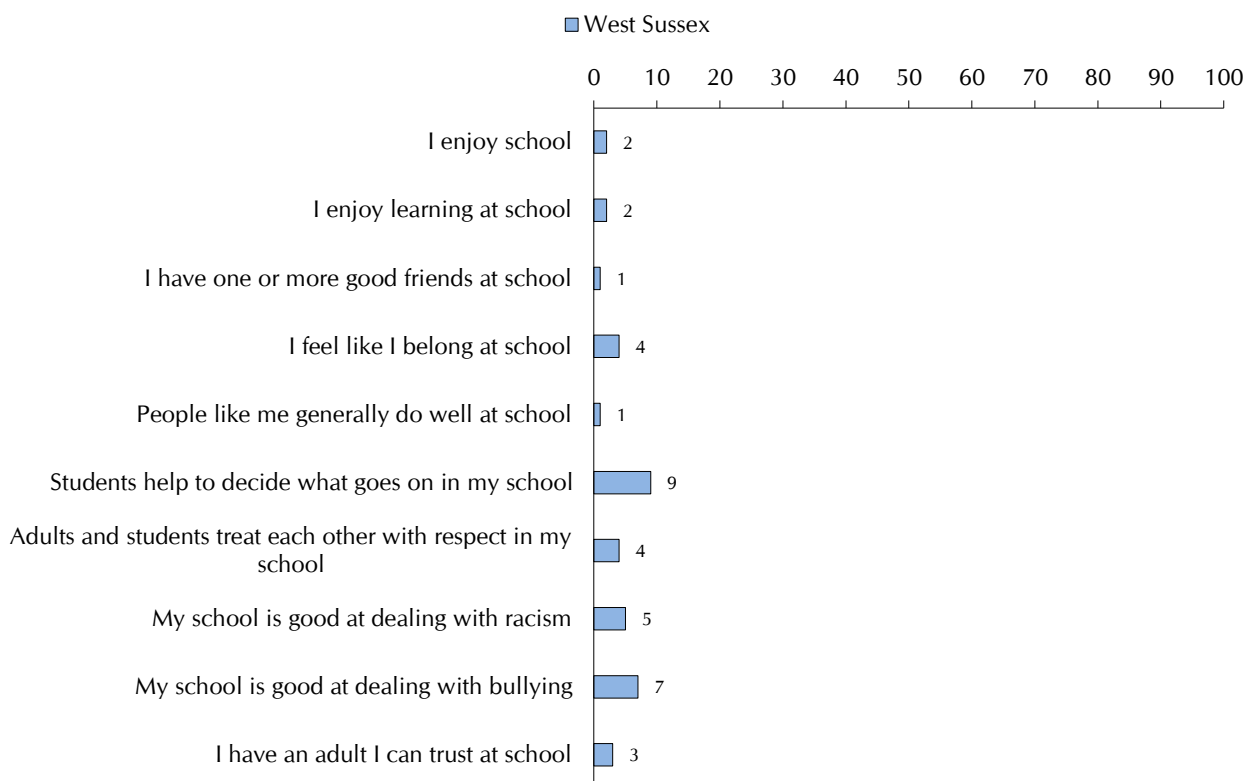


87% of pupils agreed that people like them generally do well at school and 84% agreed that they have an adult they can trust at school.

Q10. Percentage of pupils responding 'agree' or 'strongly agree' with the following statements:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
I enjoy school	84	85	80	83	84
I enjoy learning at school	82	89	80	95	86
I have one or more good friends at school	95	96	98	100	97
I feel like I belong at school	83	80	75	81	80
People like me generally do well at school	84	88	85	90	87
Students help to decide what goes on in my school	54	58	60	64	58
Adults and students treat each other with respect in my school	80	72	85	69	77
My school is good at dealing with racism	77	75	84	79	77
My school is good at dealing with bullying	58	63	69	64	62
I have an adult I can trust at school	77	85	87	95	84

Q10. Percentage of pupils responding 'strongly disagree' with the following statements:



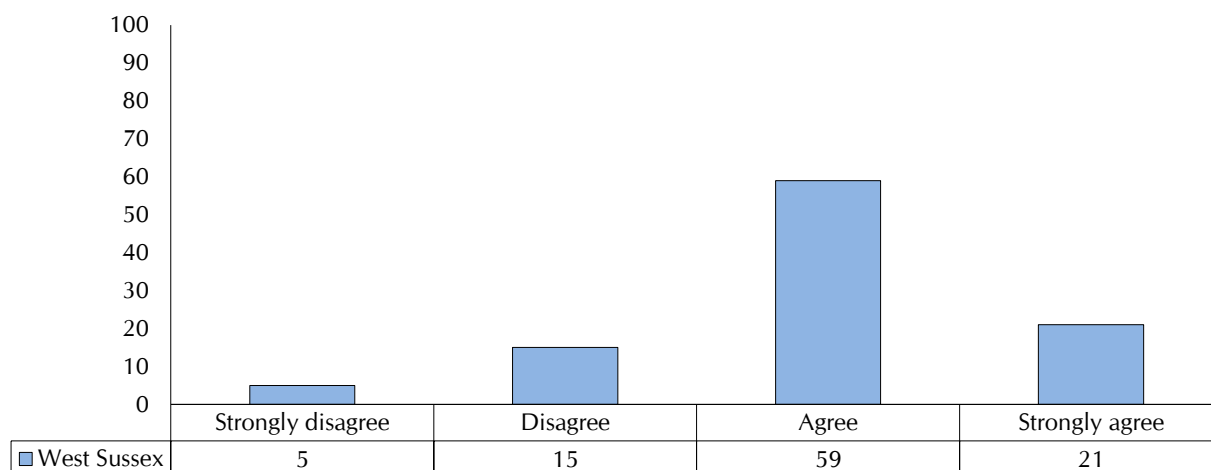
4% of pupils 'strongly disagreed' with the statement 'I feel like I belong at school' and 9% 'strongly disagreed' that students help to decide what goes on in their school.

Q10. Percentage of pupils responding 'strongly disagree' with the following statements:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
I enjoy school	2	1	5	2	2
I enjoy learning at school	1	0	5	2	2
I have one or more good friends at school	1	2	0	0	1
I feel like I belong at school	2	4	5	7	4
People like me generally do well at school	0	2	2	0	1
Students help to decide what goes on in my school	10	7	15	2	9
Adults and students treat each other with respect in my school	4	4	4	5	4
My school is good at dealing with racism	8	3	5	5	5
My school is good at dealing with bullying	10	7	5	7	7
I have an adult I can trust at school	5	3	0	0	3

Happiness

Q11. Percentage of pupils responding to the following statement:
In the last few weeks, I have often felt happy



7% of males and 3% of females said they 'strongly disagree' that they have often felt happy in the last few weeks.

Q11. Percentage answering that they 'strongly disagree' that they have often felt happy in the last few weeks.

	West Sussex	
	Yr 12	Yr 13
Male	7	7
Female	2	5

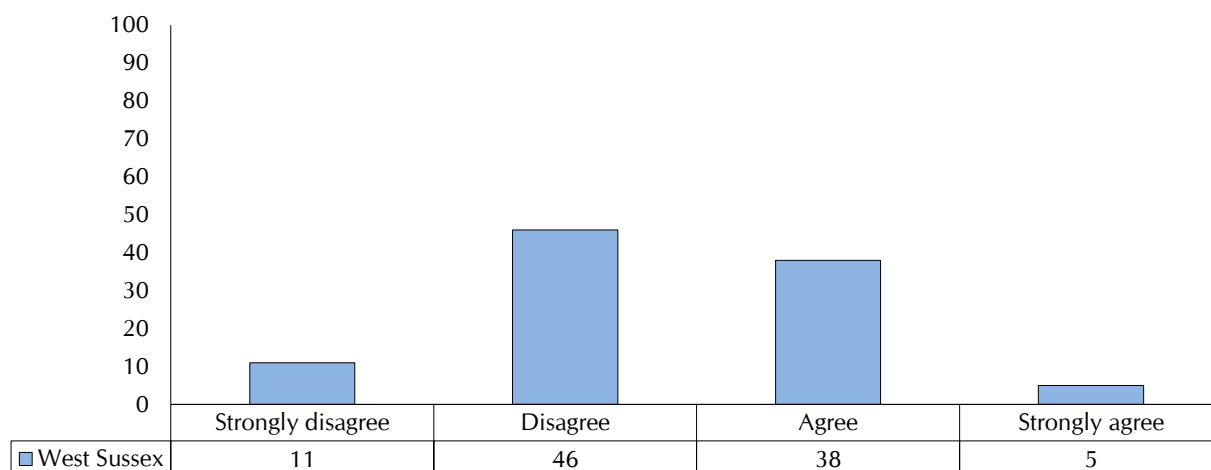
79% of males and 81% of females said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.

Q11. Percentage answering that they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.

	West Sussex	
	Yr 12	Yr 13
Male	77	84
Female	82	76

Sadness

Q12. Percentage of pupils responding to the following statement:
In the last few weeks, I have often felt sad



19% of males and 3% of females said they 'strongly disagree' that they have often felt sad in the last few weeks.

Q12. Percentage answering that they 'strongly disagree' that they have often felt sad in the last few weeks.

	West Sussex	
	Yr 12	Yr 13
Male	22	15
Female	4	0

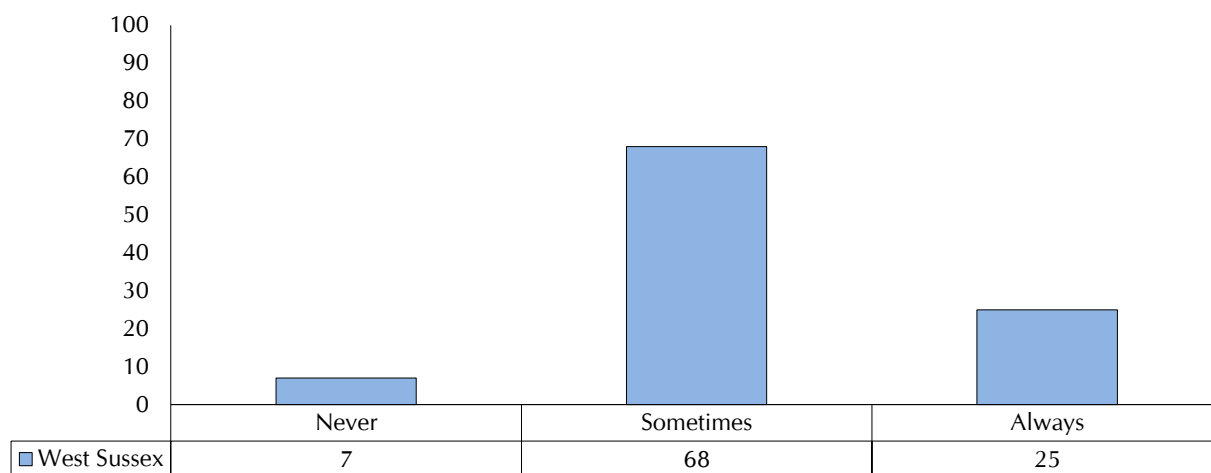
30% of males and 57% of females said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

Q12. Percentage answering that they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

	West Sussex	
	Yr 12	Yr 13
Male	29	33
Female	55	62

Tiredness

Q13. In general, do you get enough sleep to feel awake and concentrate on your schoolwork?



7% of males and 7% of females said they 'never' get enough sleep to feel awake and concentrate on their schoolwork.

Q13. Percentage answering that they 'never' get enough sleep to feel awake and concentrate on their schoolwork.

	West Sussex	
	Yr 12	Yr 13
Male	6	9
Female	7	5

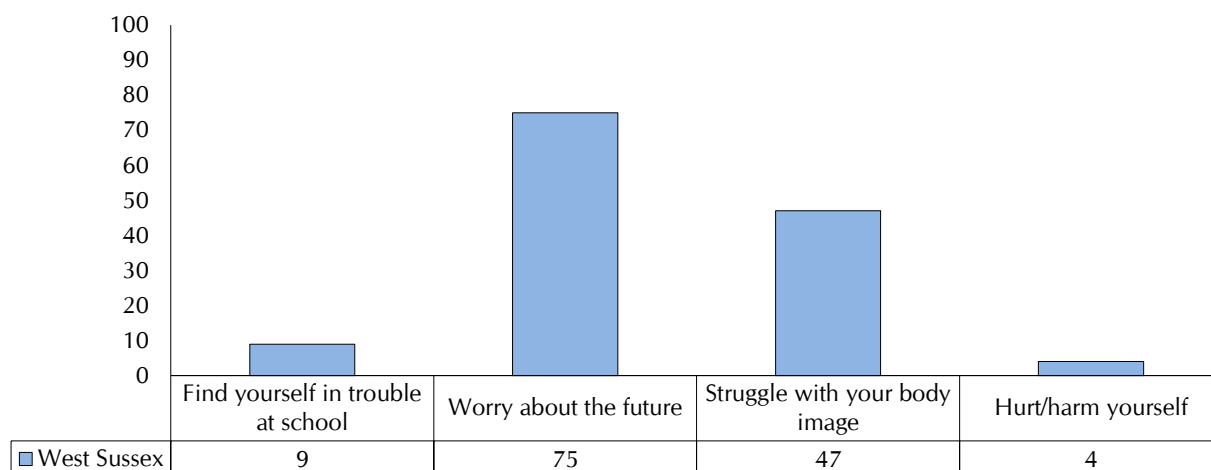
30% of males and 19% of females said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

Q13. Percentage answering that they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

	West Sussex	
	Yr 12	Yr 13
Male	35	20
Female	19	19

Harmful thoughts and behaviours

Q14. How often do you...?
% responding 'sometimes' or 'often'



13% of males and 5% of females said they at least 'sometimes' find themselves in trouble at school; 36% of pupils said they do so 'rarely'.

Q14. Percentage answering that they at least 'sometimes' find themselves in trouble at school.

	West Sussex	
	Yr 12	Yr 13
Male	15	7
Female	6	5

62% of males and 90% of females said they at least 'sometimes' worry about the future; 19% of pupils said they do so 'rarely'.

Q14. Percentage answering that they at least 'sometimes' worry about the future.

	West Sussex	
	Yr 12	Yr 13
Male	58	70
Female	90	90

26% of males and 69% of females said they at least 'sometimes' struggle with their body image; 31% of pupils said they do so 'rarely'.

Q14. Percentage answering that they at least 'sometimes' struggle with their body image.

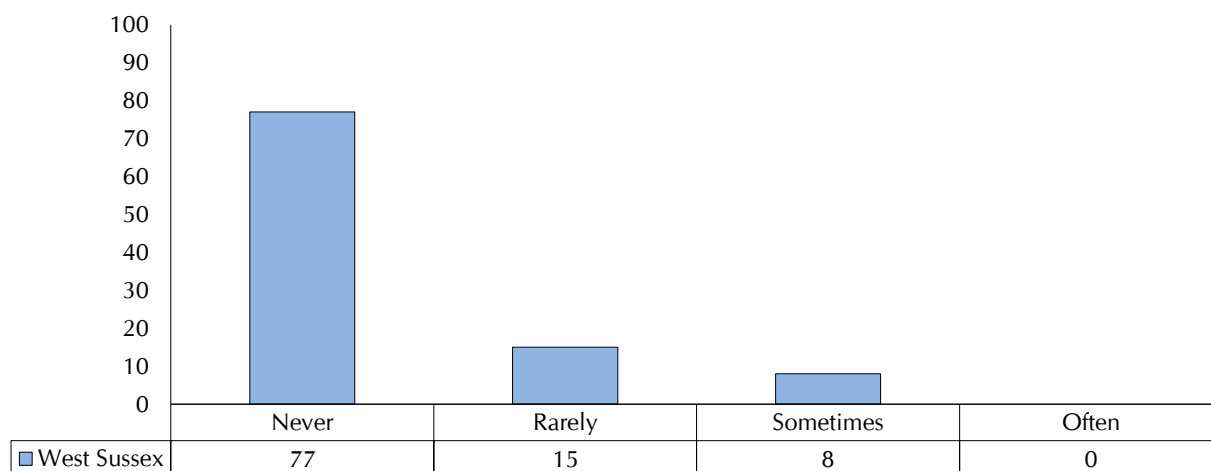
	West Sussex	
	Yr 12	Yr 13
Male	22	35
Female	70	67

2% of males and 6% of females said they at least 'sometimes' hurt/harm themselves; 9% of pupils said they do so 'rarely'.

Q14. Percentage answering that they at least 'sometimes' hurt/harm themselves.

	West Sussex	
	Yr 12	Yr 13
Male	0	6
Female	7	5

Q15a. Year 10+: How often do you have suicidal thoughts?



6% of males and 10% of females in Year 10+ said they at least 'sometimes' have suicidal thoughts; 15% said they do so 'rarely'.

Q15. Percentage answering that they at least 'sometimes' have suicidal thoughts.

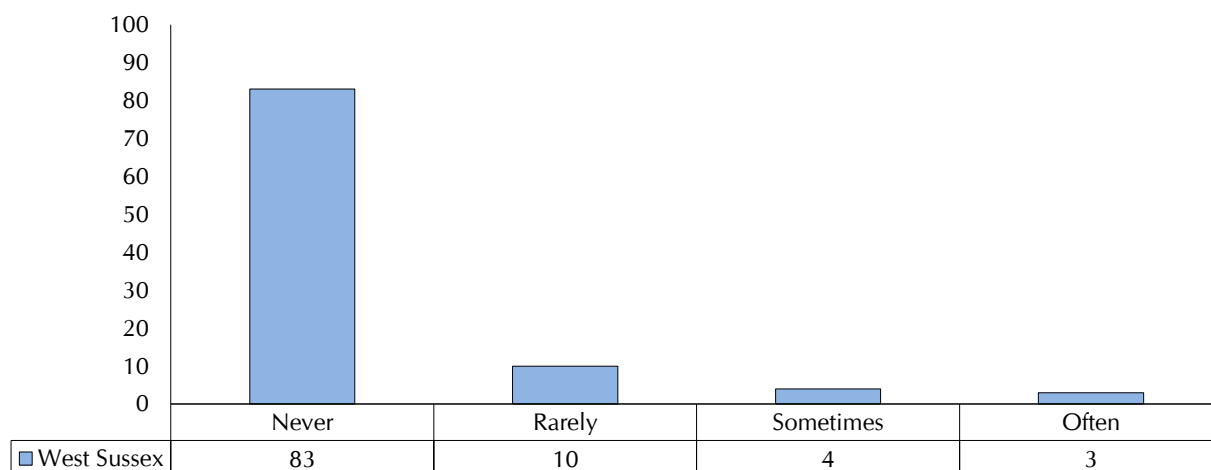
West Sussex

Yr 12

Male 4

Female 12

Q15b. Year 10+: How often do you take risks with sexual health?



10% of males and 4% of females in Year 10+ said they at least 'sometimes' take risks with sexual health; 10% said they do so 'rarely'.

Q15. Percentage answering that they at least 'sometimes' take risks with sexual health.

West Sussex

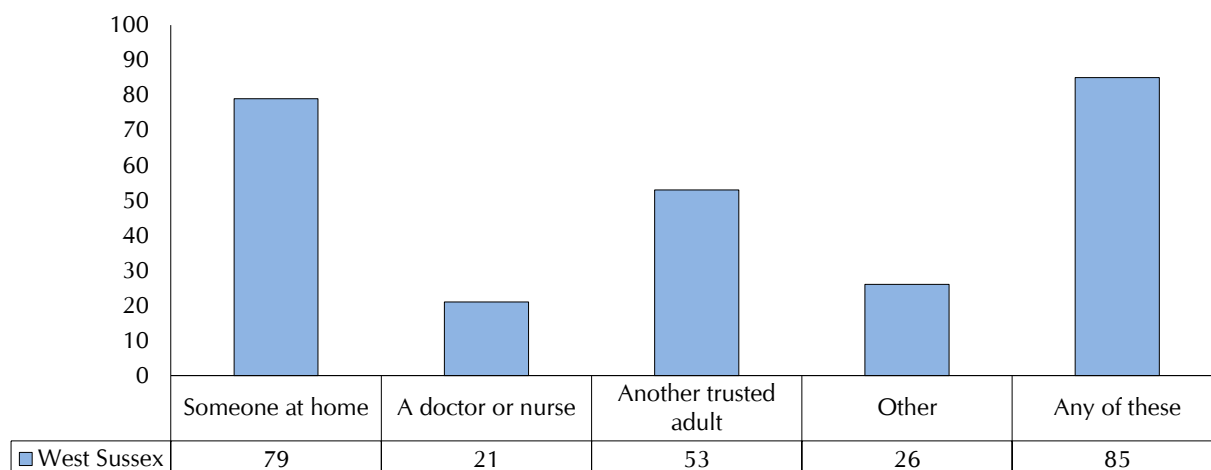
Yr 12

Male 11

Female 4

Trusted adults

Q16. If you were worried about something, do you know an adult you can trust who you can talk to about it?
% responding 'yes'



79% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 17% said they 'maybe' do.

Q16. 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 12	Yr 13
Male	81	87
Female	74	74

21% of pupils said there is a doctor or nurse they trust who they can talk to if they are worried about something; 38% said they 'maybe' do.

Q16. 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 12	Yr 13
Male	18	33
Female	19	17

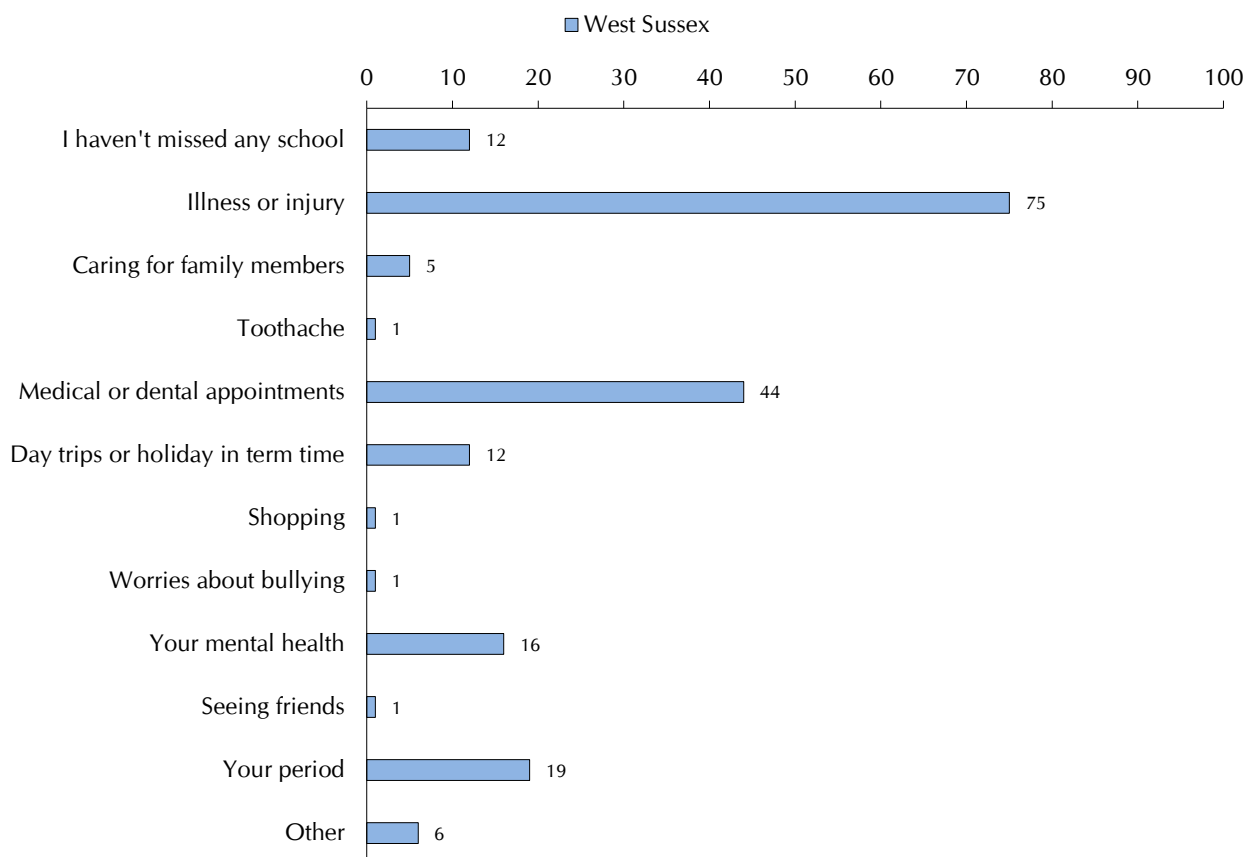
53% of pupils said there is another adult (not at home, nor a doctor/nurse) they trust who they can talk to if they are worried about something; 36% said they 'maybe' do.

Q16. Percentage answering that there is another adult they trust who they can talk to if they are worried about something.

	West Sussex	
	Yr 12	Yr 13
Male	46	57
Female	52	64

School attendance

Q17. Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months:



75% of pupils said illness or injury has stopped them from going to school in the last 12 months, while 16% said their mental health has stopped them. 12% said they haven't missed any school.

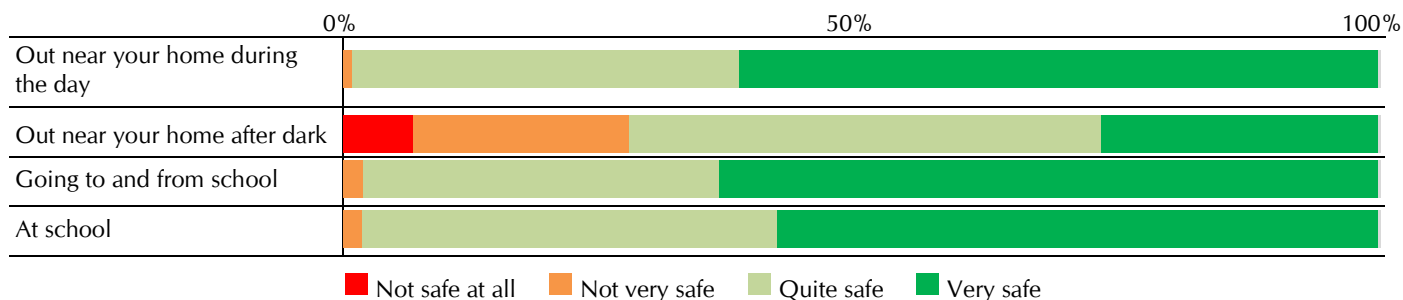
Q17. Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months (top 5):

Male			Female		
1	Illness or injury	79	1	Illness or injury	72
2	Medical or dental appointments	43	2	Medical or dental appointments	45
3	Day trips or holiday in term time	15	3	Your period	36
4	Other	7	4	Your mental health	28
5	Your mental health	6	5	Day trips or holiday in term time	8

Safety and Bullying

Feeling safe out and about

Q18. How safe do you feel when you are...?



100% of males and 98% of females said they feel 'quite' or 'very' safe when out near their home during the day; 98% of males and 98% of females said the same about being at school.

Q18. Percentage of pupils responding that they feel 'quite' or 'very' safe in the following situations:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
Out near your home during the day	100	98	100	98	99
Out near your home after dark	93	48	94	60	73
Going to and from school	98	96	100	98	98
At school	97	98	98	98	98

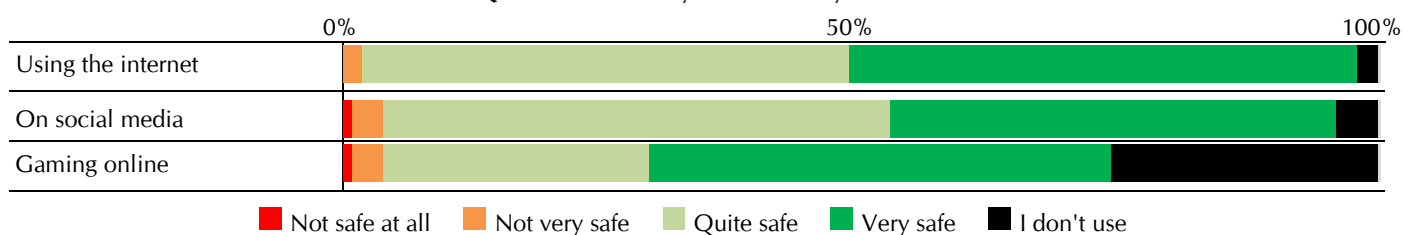
7% of pupils feel 'not at all safe' when out near their home after dark.

Q18. Percentage of pupils responding that they 'never' feel safe in the following situations :

	Year 12		Year 13		Total
	Male	Female	Male	Female	
Out near your home during the day	0	0	0	0	0
Out near your home after dark	0	16	0	7	7
Going to and from school	0	0	0	0	0
At school	1	0	0	0	0

Feeling safe online

Q19. How safe do you feel when you are...?



98% of males and 95% of females said they feel 'quite' or 'very' safe when using the internet; 88% of males and 54% of females said the same about gaming online.

Q19. Percentage of pupils responding that they feel 'quite' or 'very' safe in the following situations:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
Using the internet	98	96	96	90	96
On social media	93	92	92	95	92
Gaming online	92	58	80	45	71

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

Q19. Percentage of pupils responding that they 'never' feel safe in the following situations :

	Year 12		Year 13		Total
	Male	Female	Male	Female	
Using the internet	0	1	0	0	0
On social media	0	2	0	2	1
Gaming online	0	2	0	0	1

Bullying

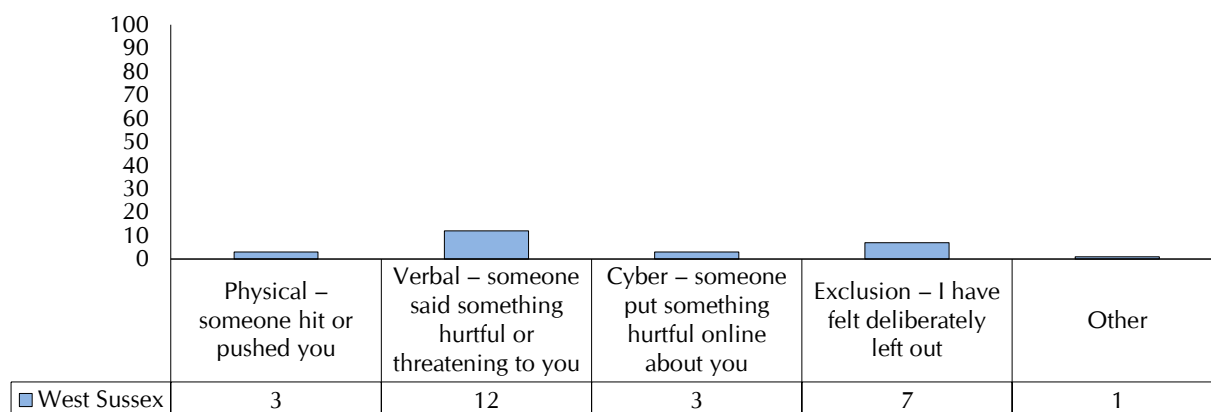
14% of pupils said they have been bullied in the past year.

Q20. Percentage answering that they have been bullied in the past year.

	West Sussex	
	Yr 12	Yr 13
Male	12	10
Female	19	10

Q21. Percentage of pupils responding that they have experienced the following types of bullying in the past year:

West Sussex



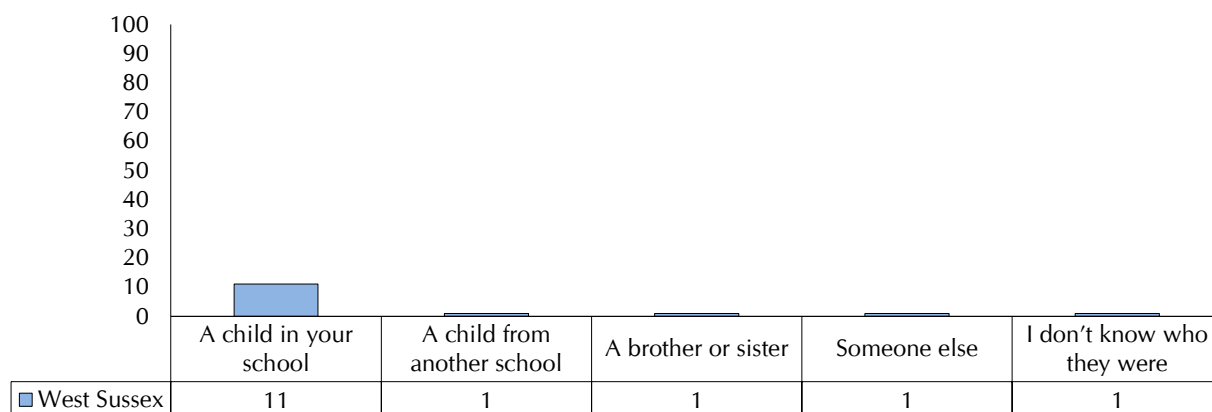
3% of males and 3% of females said they have experienced physical bullying (someone hit or pushed them) in the past year, while 3% of males and 10% of females said they have experienced exclusion (they have felt deliberately left out).

Q21. Percentage of pupils responding that they have experienced the following types of bullying in the past year:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
Physical – someone hit or pushed you	3	4	4	0	3
Verbal – someone said something hurtful or threatening to you	9	17	10	7	12
Cyber – someone put something hurtful online about you	1	5	0	0	3
Exclusion – I have felt deliberately left out	4	11	2	7	7
Other	2	0	0	0	1

Q22. Percentage of pupils responding that they have been bullied by the following people in the past year:

West Sussex



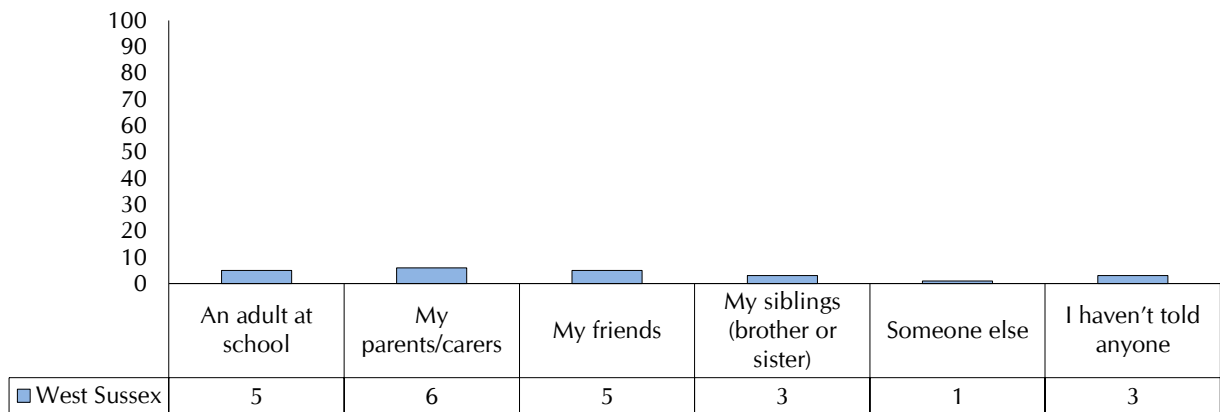
11% of pupils said they have been bullied by a child in their school in the past year and 1% said they have been bullied by a brother or sister.

Q22. Percentage of pupils responding that they have been bullied by the following people in the past year:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
A child in your school	9	16	10	7	11
A child from another school	0	4	0	0	1
A brother or sister	1	2	0	0	1
Someone else	2	1	0	0	1
I don't know who they were	2	2	0	0	1

Q23. Percentage of pupils responding that they have spoken to the following people about being bullied in the past year:

West Sussex



5% of pupils said they have spoken to an adult at school about being bullied in the past year, while 6% said they have spoken to their parents/carers.

Q23. Percentage of pupils responding that they have spoken to the following people about being bullied in the past year:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
An adult at school	3	7	4	7	5
My parents/carers	5	9	2	7	6
My friends	2	10	4	5	5
My siblings (brother or sister)	1	6	0	5	3
Someone else	2	1	0	0	1
I haven't told anyone	3	3	2	0	3

Internet safety

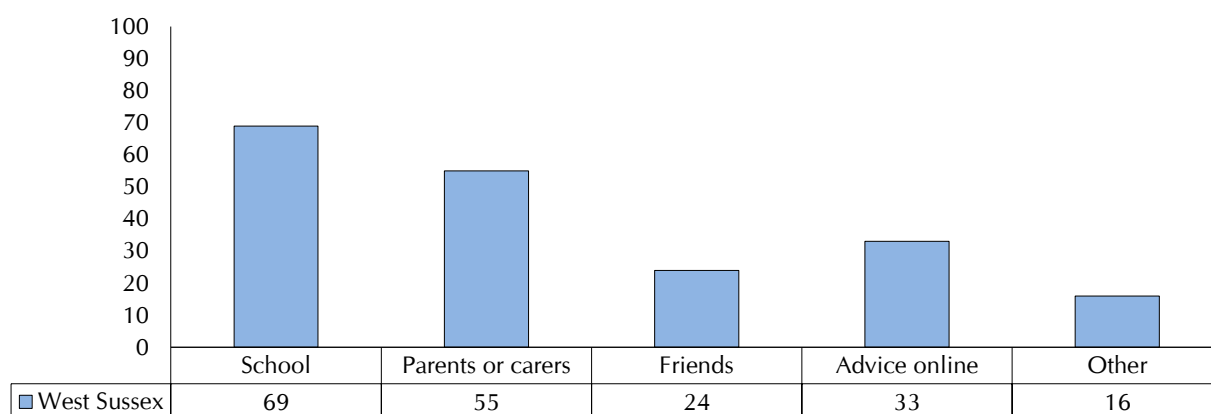
98% of pupils said they know how to stay safe online.

Q24a. Percentage answering that they know how to stay safe online.

	West Sussex	
	Yr 12	Yr 13
Male	98	100
Female	97	100

Q24b. Percentage of pupils responding that they know how to stay safe online and have got online-safety information from the following:

West Sussex



69% of pupils said they know how to stay safe online and have got online safety information from school, while 55% said they have got information from parents or carers.

Q24b. Percentage of pupils responding that they know how to stay safe online and have got online-safety information from the following:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
School	67	76	51	81	69
Parents or carers	50	56	51	74	55
Friends	24	21	29	21	24
Advice online	38	29	33	29	33
Other	17	8	31	12	16

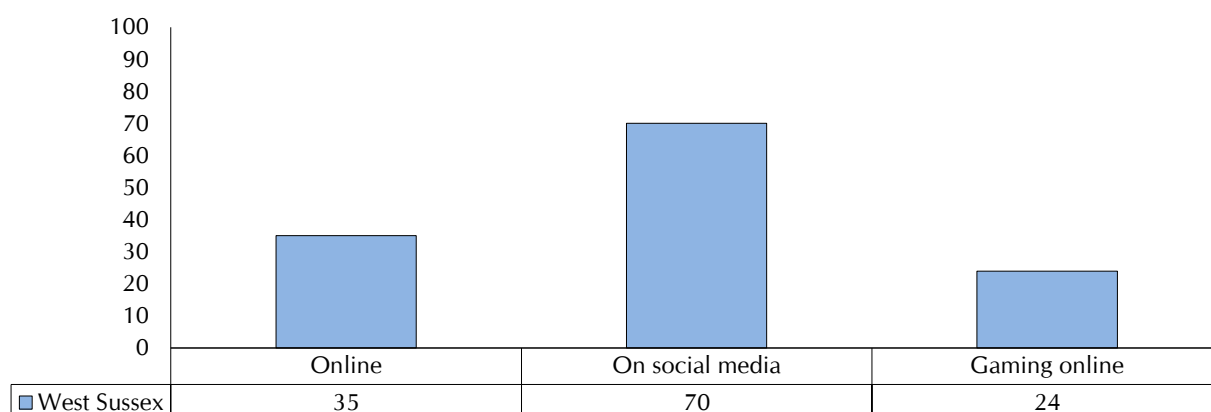
99% of pupils said they have a smartphone that can go online.

Q33. Percentage answering that they have a smartphone that can go online.

	West Sussex	
	Yr 12	Yr 13
Male	98	100
Female	99	98

Q34. On average how much time per day do you spend...?
% responding at least '2-3 hours'

West Sussex



43% of males and 26% of females said they spend an average of at least '2-3 hours' online per day; 13% of males and 5% of females said they spend more than 4 hours online.

Q34. Percentage answering that they spend an average of at least '2-3 hours' online per day.

West Sussex

Yr 12 Yr 13

Male 43 43

Female 22 37

63% of males and 78% of females said they spend an average of at least '2-3 hours' on social media per day; 16% of males and 22% of females said they spend more than 4 hours on social media.

Q34. Percentage answering that they spend an average of at least '2-3 hours' on social media per day.

West Sussex

Yr 12 Yr 13

Male 58 75

Female 77 80

40% of males and 7% of females said they spend an average of at least '2-3 hours' gaming online per day; 15% of males and 2% of females said they spend more than 4 hours gaming online.

Q34. Percentage answering that they spend an average of at least '2-3 hours' gaming online per day.

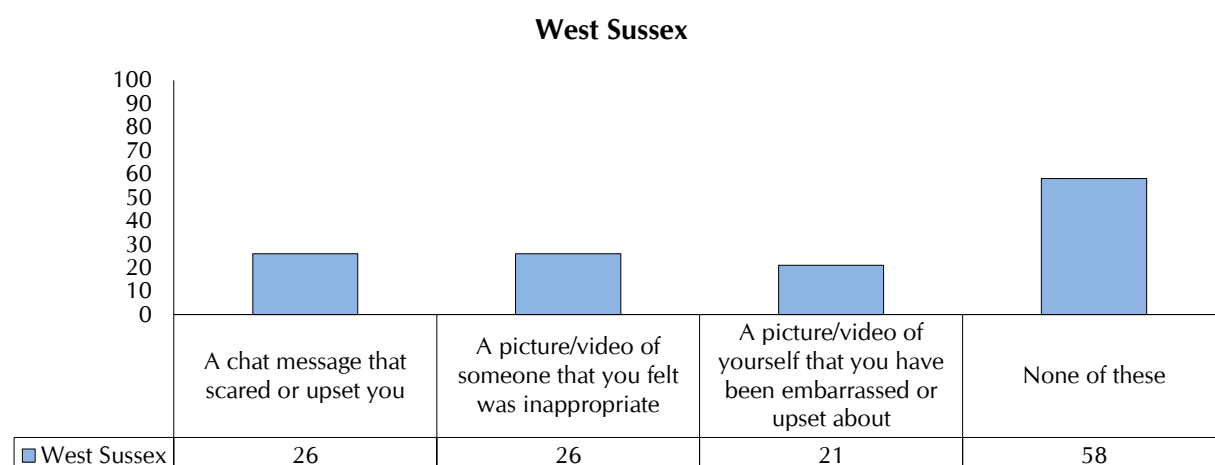
West Sussex

Yr 12 Yr 13

Male 44 31

Female 5 13

Q35. Have you ever received any of the following either online or by text? (e.g. Facebook, X, Instagram, WhatsApp, Snapchat)

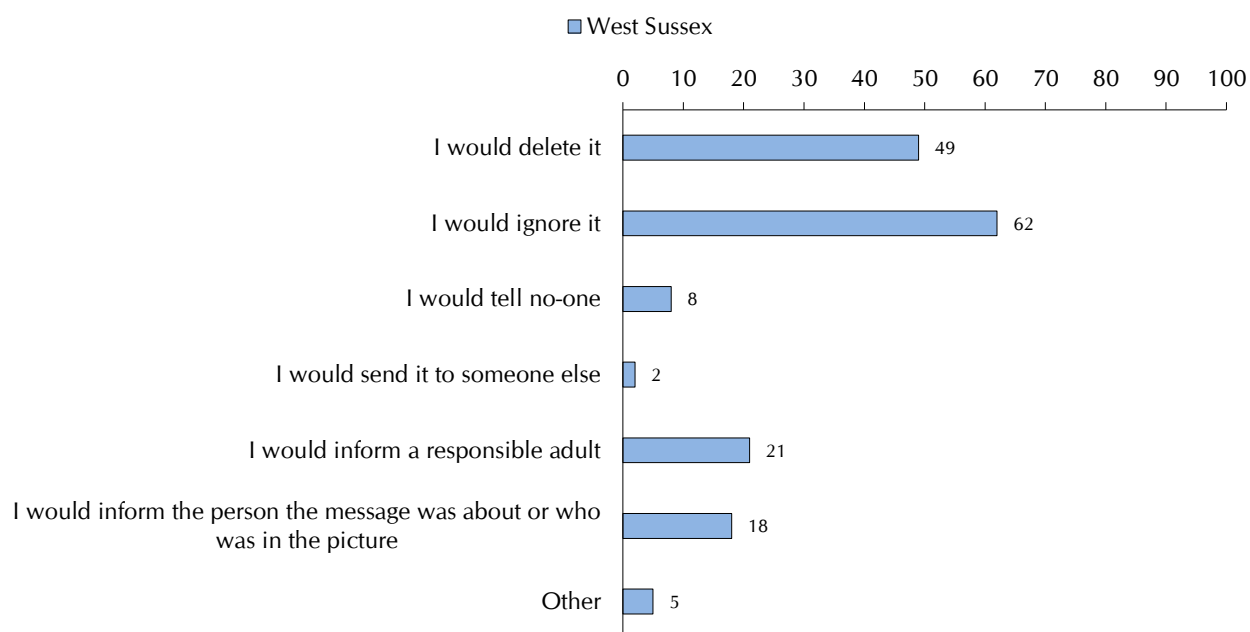


26% of pupils said they have received a chat message that scared or upset them either online or by text and 26% said they have received a picture/video of someone that they felt was inappropriate.

Q35. Percentage of pupils responding that they have received the following online or by text:

	Year 12		Year 13		Total
	Male	Female	Male	Female	
A chat message that scared or upset you	13	39	18	32	26
A picture/video of someone that you felt was inappropriate	20	35	20	27	26
A picture/video of yourself that you have been embarrassed or upset about	20	24	12	24	21
None of these	66	47	69	56	58

Q36. Percentage of pupils responding that if they were sent something online that upset or embarrassed them, they would do the following:



10% of males and 33% of females said they would inform a responsible adult if they were sent something online that upset or embarrassed them, while 9% of males and 7% of females said they would tell no-one.

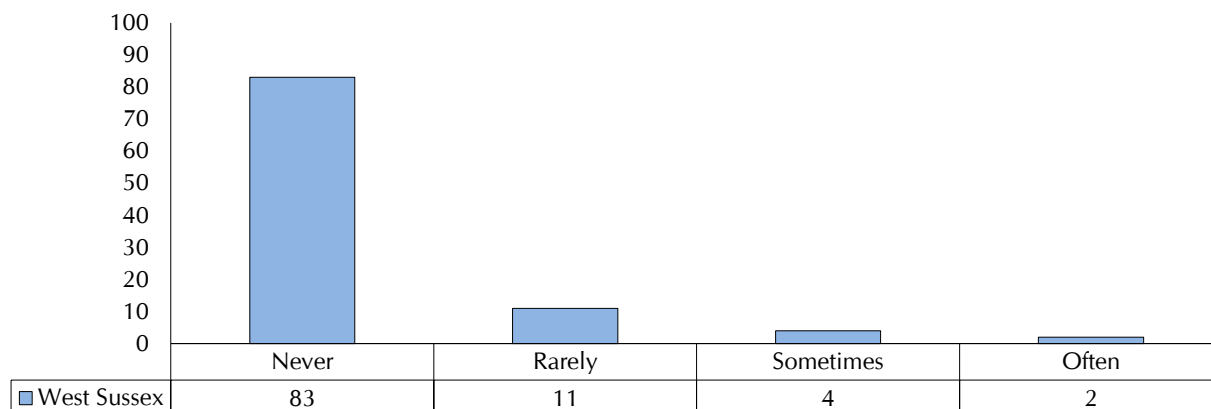
Q36. Percentage of pupils responding that if they were sent something online that upset or embarrassed them, they would do the following (top 5):

Male			Female		
1	I would ignore it	71	1	I would delete it	59
2	I would delete it	39	2	I would ignore it	53
3	I would inform the person the message was about or who was in the picture	12	3	I would inform a responsible adult	33
4	I would inform a responsible adult	10	4	I would inform the person the message was about or who was in the picture	24
5	I would tell no-one	9	5	I would tell no-one	7

Racism

Q37a. How often have you experienced racism in school in the last year?

West Sussex



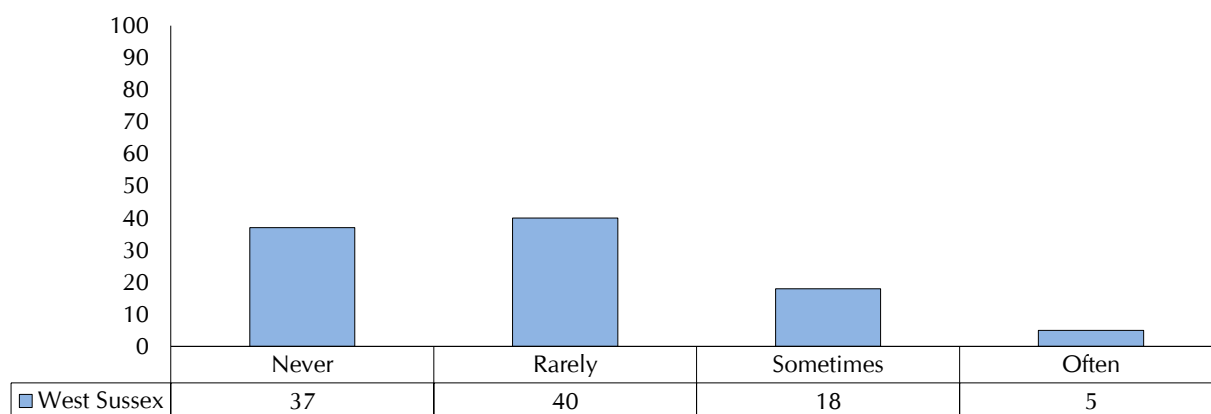
17% of pupils said they have experienced racism in school in the last year; 2% said they have 'often' experienced it.

Q37a. Percentage answering that they have experienced racism in school in the last year.

	West Sussex	
	Yr 12	Yr 13
Male	21	16
Female	19	5

Q37b. How often have you seen racism against someone else in school in the last year?

West Sussex



63% of pupils said they have seen racism against someone else in school in the last year; 5% said they have 'often' seen it.

65% of pupils said they have seen OR experienced racism in school in the last year.

Q37b. Percentage answering that they have seen racism against someone else in school in the last year.

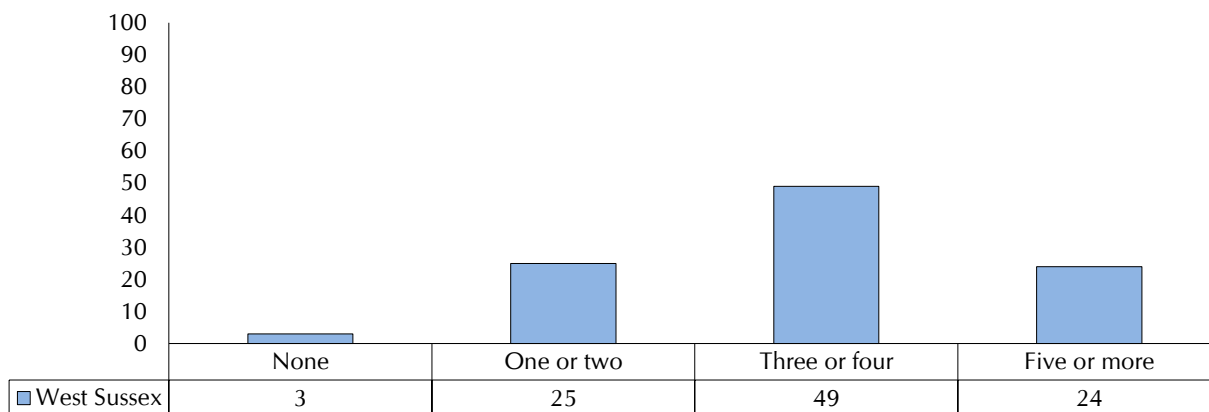
	West Sussex	
	Yr 12	Yr 13
Male	63	53
Female	74	49

Food and Diet

5-a-day

Q25. On a normal day, how many portions of fruit and vegetables do you eat?

West Sussex



3% of pupils responded that they don't have any portions of fruit or vegetables to eat on a normal day.

Q25. Percentage answering that they don't have any portions of fruit or vegetables on a normal day.

West Sussex

	Yr 12	Yr 13
Male	3	2
Female	4	2

24% of pupils responded that they have at least 5 portions of fruit and vegetables to eat on a normal day.

Q25. Percentage answering that they have at least 5 portions of fruit and vegetables on a normal day.

West Sussex

	Yr 12	Yr 13
Male	23	25
Female	21	22

Breakfast

59% of pupils said they usually eat breakfast.

Q26. Percentage answering that they usually eat breakfast.

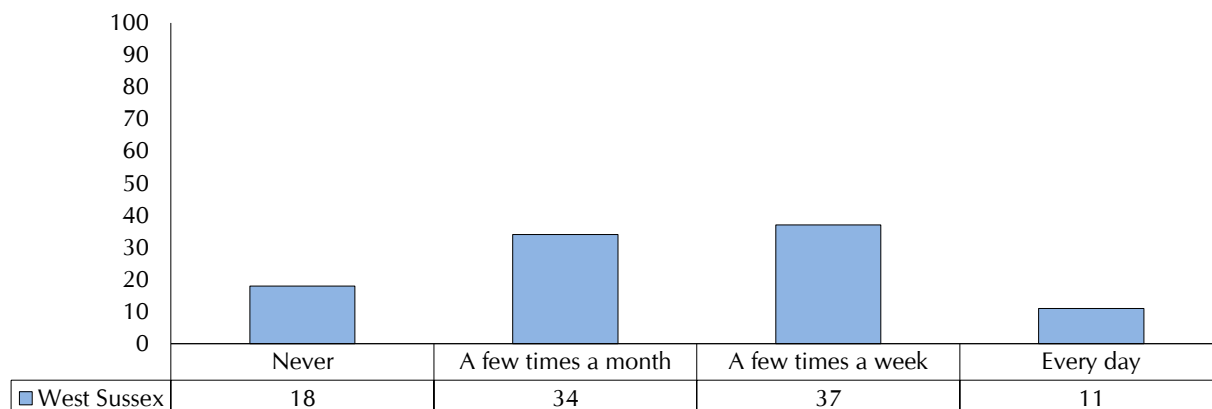
West Sussex

	Yr 12	Yr 13
Male	70	61
Female	50	44

Sugary drinks and snacks

Q27. How often do you have fizzy drinks or energy drinks? (This doesn't include fizzy water)

West Sussex



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

Q27. Percentage answering that they 'never' have fizzy drink or energy drinks.

	West Sussex	
	Yr 12	Yr 13
Male	15	12
Female	21	20

48% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week'.

Q27. Percentage answering that they have fizzy drink or energy drinks at least 'a few times a week'.

	West Sussex	
	Yr 12	Yr 13
Male	58	47
Female	41	44

Q28. How often do you have sweets or chocolate?



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

Q28. Percentage answering that they 'never' have sweets or chocolate.

	West Sussex	
	Yr 12	Yr 13
Male	4	0
Female	0	0

80% of pupils said they have sweets or chocolate at least 'a few times a week'.

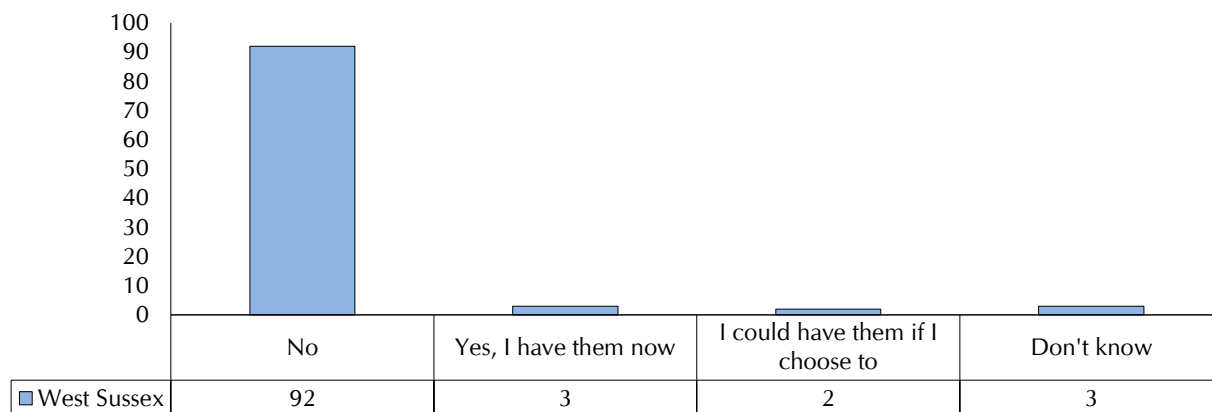
Q28. Percentage answering that they have sweets or chocolate at least 'a few times a week'.

	West Sussex	
	Yr 12	Yr 13
Male	78	80
Female	85	76

Free school meals

Q29. Do you have free school meals, or vouchers for free meals?

West Sussex



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

Q29. Percentage answering that they currently have free school meals, or vouchers for free meals.

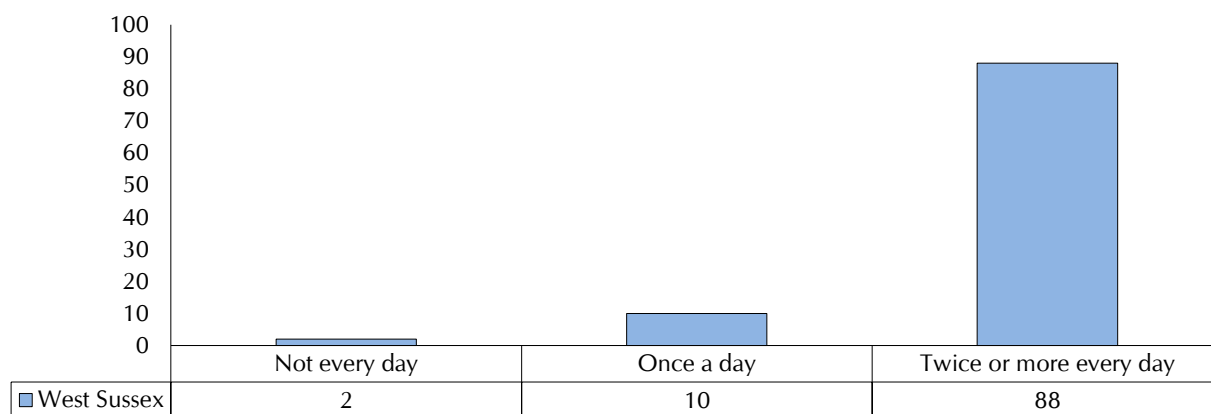
	West Sussex	
	Yr 12	Yr 13
Male	3	2
Female	4	2

Health and Hygiene

Dental health

Q30. How often do you usually brush your teeth?

West Sussex



2% of pupils said they don't clean their teeth every day.

Q30. Percentage answering that they don't clean their teeth every day.

West Sussex

	Yr 12	Yr 13
Male	2	0
Female	3	0

88% of pupils said they usually clean their teeth twice or more every day.

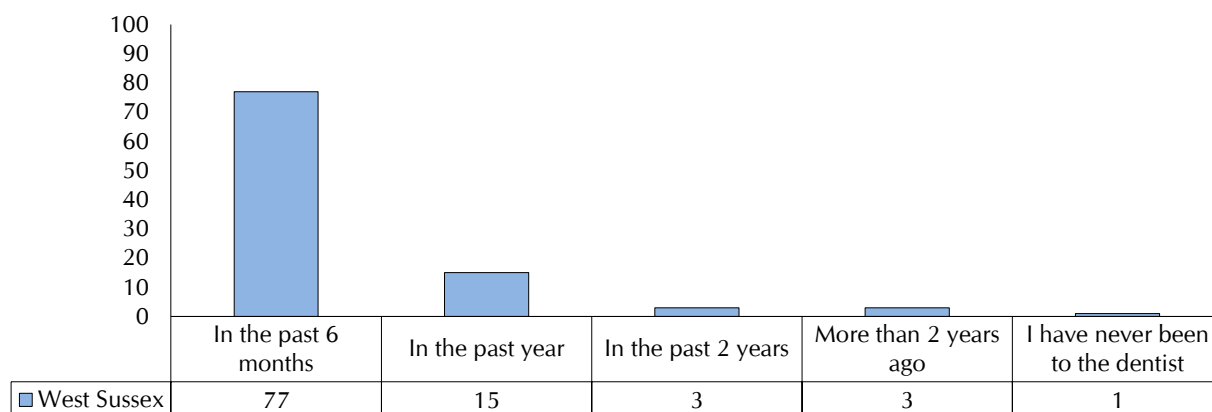
Q30. Percentage answering that they usually clean their teeth twice or more every day.

West Sussex

	Yr 12	Yr 13
Male	81	90
Female	92	93

Q31. When did you last go to the dentist?

West Sussex



77% of pupils said they have been to the dentist in the past 6 months; 93% said they have been in the past year (incl. last 6 months).

Q31. Percentage answering that they have been to the dentist in the past 6 months.

West Sussex

	Yr 12	Yr 13
Male	82	67
Female	74	85

4% of pupils said they have either never been to the dentist, or last went more than 2 years ago.

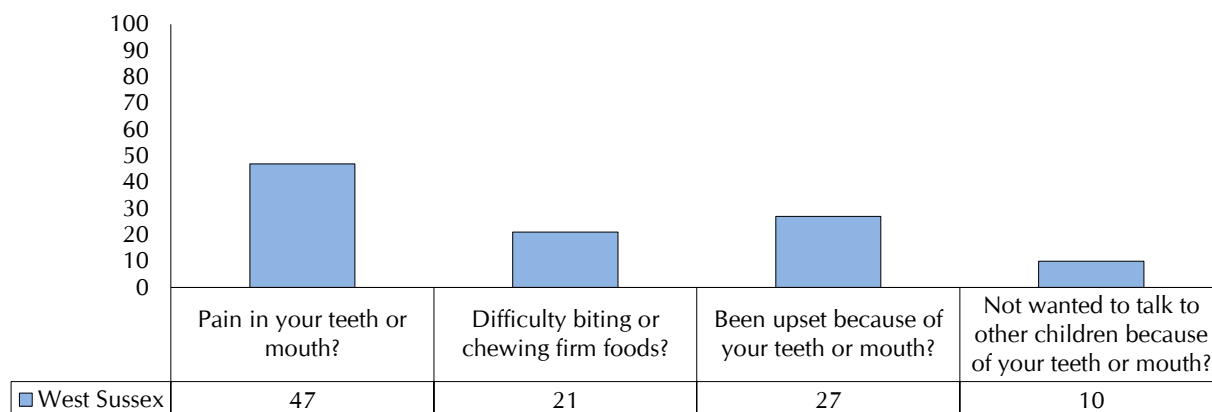
Q31. Percentage answering that they have either never been to the dentist, or last went more than 2 years ago.

West Sussex

	Yr 12	Yr 13
Male	4	8
Female	2	5

Q32. In the past 3 months how often have you had...?
% responding at least 'once or twice'

West Sussex



57% 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% said they have experienced them 'often' or 'very often'.

Q32. 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?	53	32	12	2	1
Difficulty biting or chewing firm foods?	79	13	5	2	1
Been upset because of your teeth or mouth?	73	15	7	2	3
Not wanted to talk to other children because of your teeth or mouth?	90	4	2	1	3

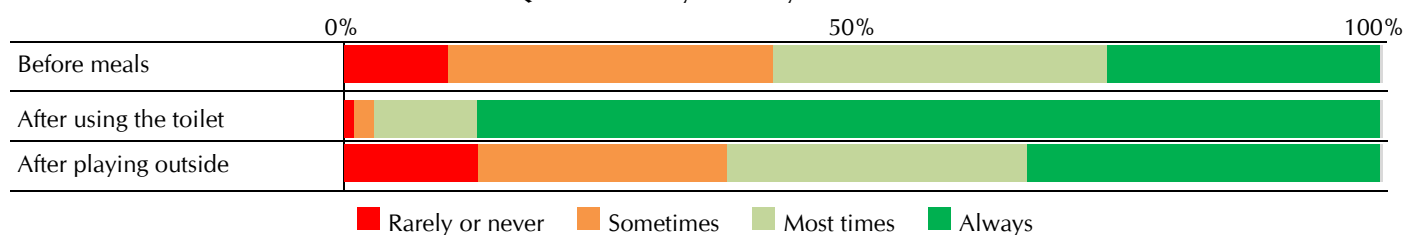
27% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth; 5% said they 'often' or 'very often' have.

Q32. Percentage answering that they have been upset at least 'once or twice' in the past 3 months because of their teeth.

	West Sussex	
	Yr 12	Yr 13
Male	18	24
Female	35	29

Handwashing

Q60. When do you wash your hands?



58% of pupils said they wash their hands 'most times' or 'always' before meals, while 10% said they 'rarely or never' do.

Q60. Percentage answering that they wash their hands 'most times' or 'always' before meals.

West Sussex

Yr 12 Yr 13

Male 55 68

Female 63 48

98% of pupils said they wash their hands 'most times' or 'always' after using the toilet, while 1% said they 'rarely or never' do.

Q60. Percentage answering that they wash their hands 'most times' or 'always' after using the toilet.

West Sussex

Yr 12 Yr 13

Male 96 98

Female 99 100

63% of pupils said they wash their hands 'most times' or 'always' after playing outside, while 13% said they 'rarely or never' do.

Q60. Percentage answering that they wash their hands 'most times' or 'always' after playing outside.

West Sussex

Yr 12 Yr 13

Male 51 58

Female 80 63

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

Q61. 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 12 Yr 13

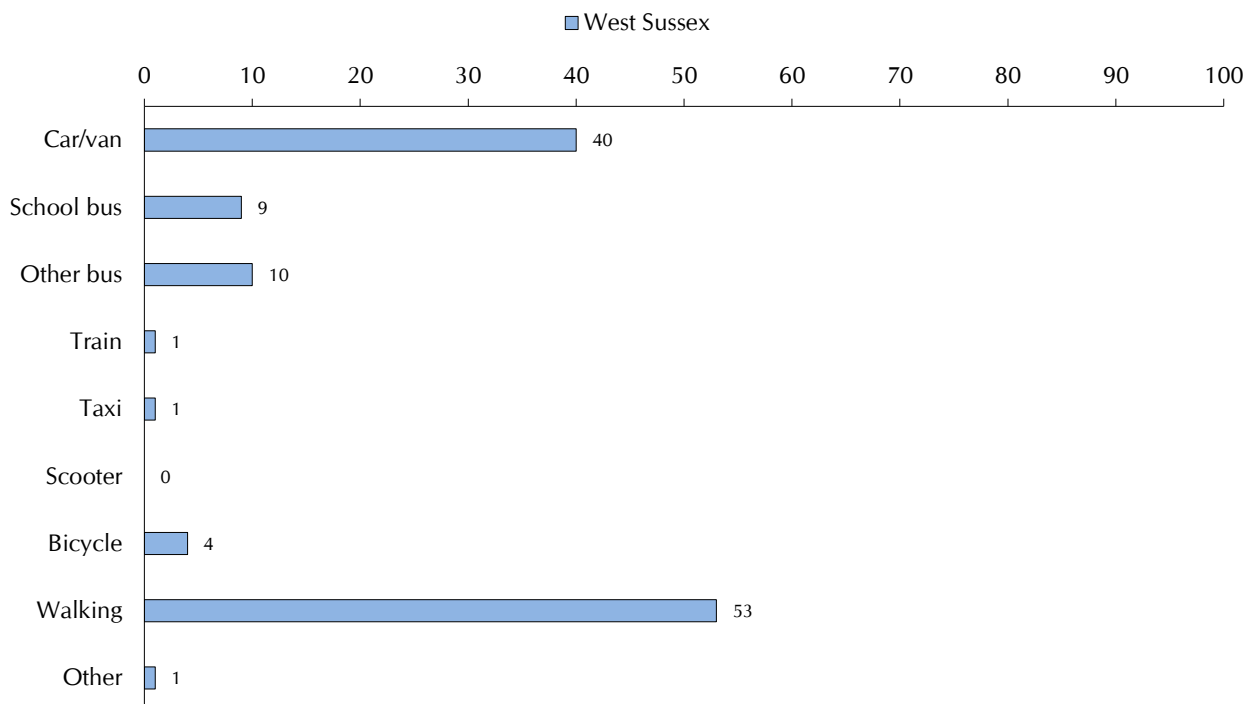
Male 95 96

Female 85 78

Physical Activity

Active travel

Q38. How did you travel to school today?



40% of pupils said they travelled to school by car/van on the day of the survey; 19% travelled by bus (school or other) or train.

Q38. Percentage answering that they travelled to school by car/van on the day of the survey.

	West Sussex	
	Yr 12	Yr 13
Male	30	57
Female	32	68

4% of pupils said they travelled to school by bicycle on the day of the survey, while 0% said they travelled by scooter.

Q38. Percentage answering that they travelled to school by bicycle on the day of the survey.

	West Sussex	
	Yr 12	Yr 13
Male	8	2
Female	1	0

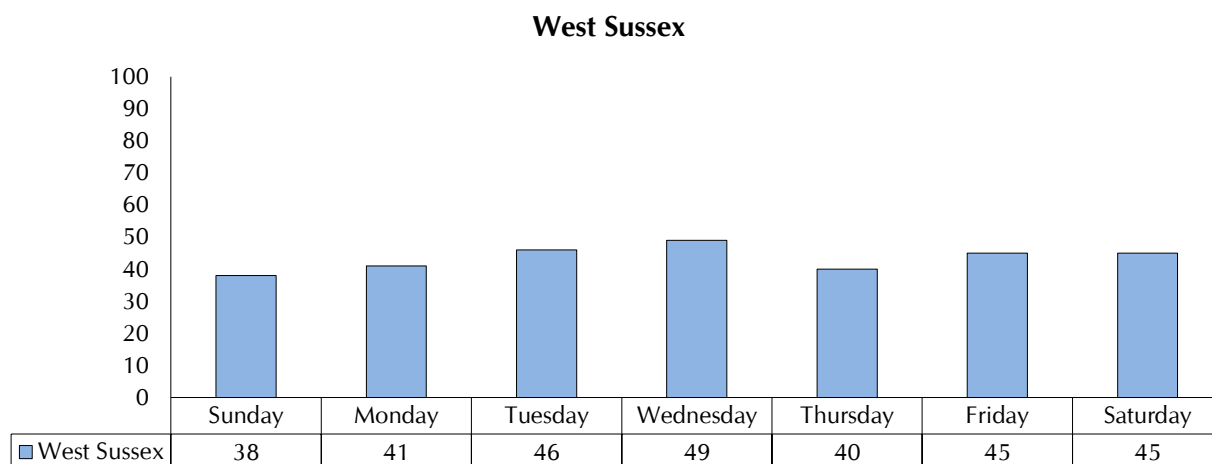
53% of pupils said they walked to school on the day of the survey; 55% either walked or travelled by bicycle or scooter.

Q38. Percentage answering that they walked to school on the day of the survey.

	West Sussex	
	Yr 12	Yr 13
Male	61	35
Female	62	34

Being active

Q39. 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?



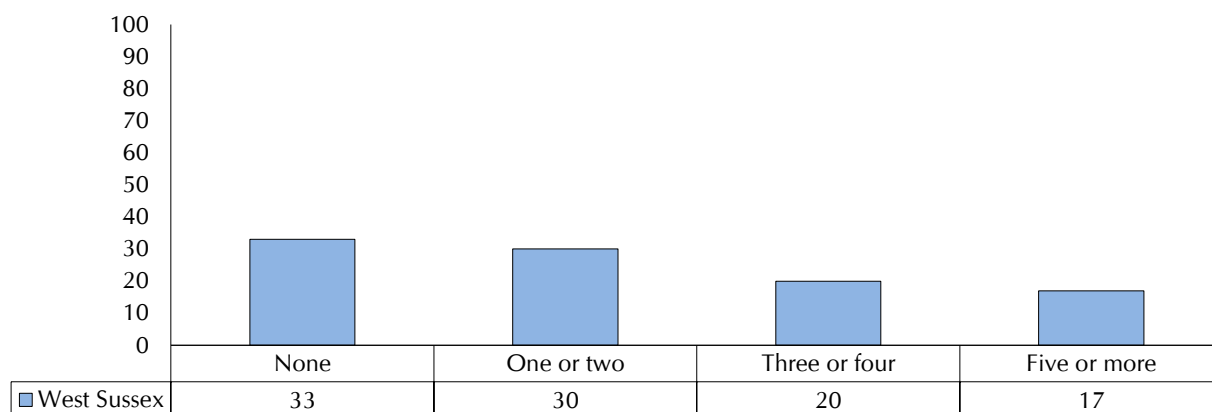
15% of males and 22% of females said they don't normally take part in any physical activities for 60 minutes or more so they get out of breath.

Q39. 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 12	Yr 13
Male	14	16
Female	21	27

Q40. How many days per week do you spend taking part in clubs or activities outside of school hours?

West Sussex



33% of males and 34% of females said they don't spend time taking part in clubs or activities outside of school hours.

Q39. Percentage answering that they don't spend time taking part in clubs or activities outside of school hours.

West Sussex

	Yr 12	Yr 13
Male	31	37
Female	34	37

40% of males and 34% of females said they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

Q39. 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

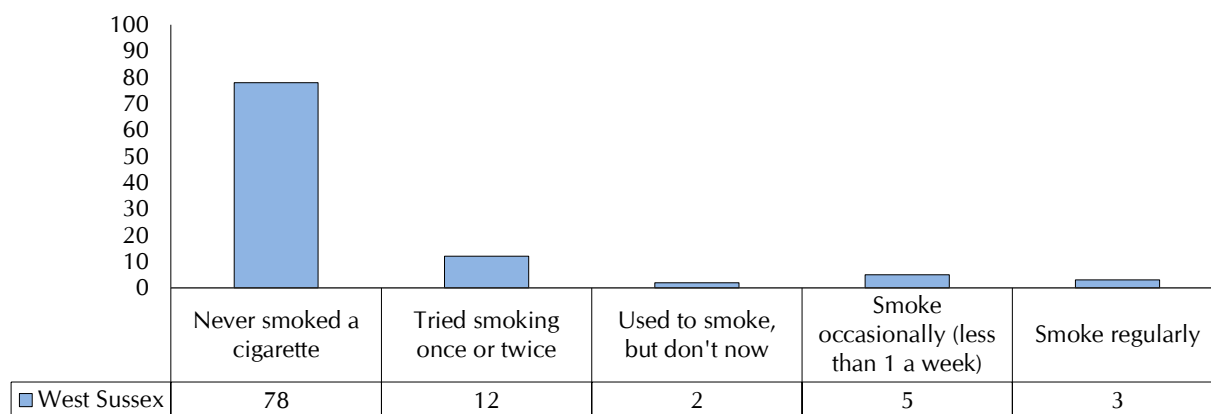
	Yr 12	Yr 13
Male	41	35
Female	36	27

Smoking, Vaping, Alcohol and Illegal Drugs

Smoking

Q41a. Smoking: Which sentence describes you best?

West Sussex



18% of Year 12 pupils and 33% of Year 13 pupils responded that they have at least tried smoking.

Q41a. Percentage answering that they have at least tried smoking.

	West Sussex	
	Yr 12	Yr 13
Male	15	33
Female	20	34

3% of pupils responded that they smoke 'regularly'.

Of the 9 pupils who smoke regularly, 22% said they would like to give up.

Q41a. Percentage answering that they smoke 'regularly'.

	West Sussex	
	Yr 12	Yr 13
Male	4	2
Female	1	5

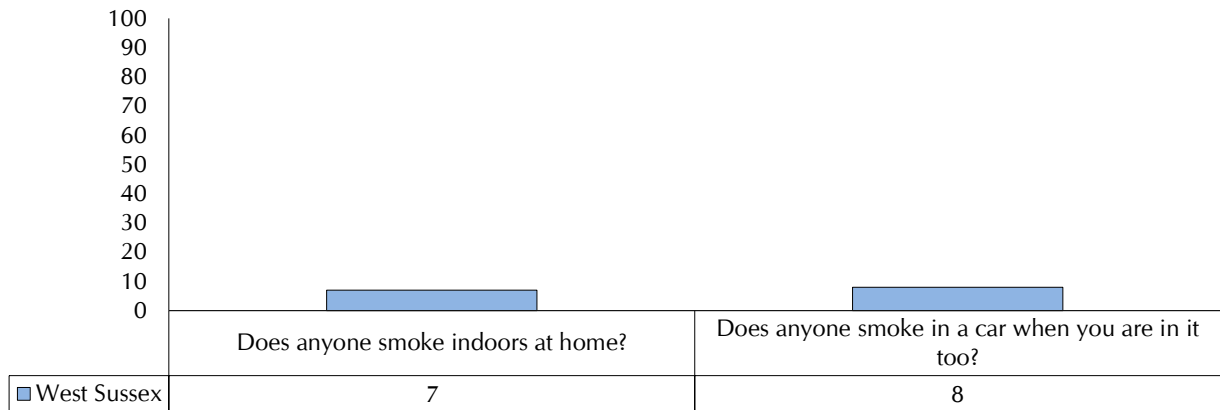
Q41b. Percentage of pupils responding that they at least occasionally smoke and have bought the following (top 3):

- | | | |
|---|--|---|
| 1 | Cigarettes from other sellers (e.g. convenience stores, market stalls) | 3 |
| 2 | Adults (aged 18 and over) have bought cigarettes for me | 2 |
| 3 | Cigarettes online via a social media app (e.g. TikTok, Snapchat) | 1 |

Passive smoking

Q42. Passive smoking: Percentage of pupils responding 'yes' to the following questions:

West Sussex



7% of pupils said someone smokes indoors at home.

Q42a. Percentage answering that someone smokes indoors at home.

	West Sussex	
	Yr 12	Yr 13
Male	6	0
Female	10	8

8% of pupils responded that someone smokes in a car when they are in it too.

Q42b. Percentage answering that someone smokes in a car when they are in it too.

	West Sussex	
	Yr 12	Yr 13
Male	4	2
Female	13	16

11% of pupils said someone smokes either indoors at home, or in a car when they are in it too.

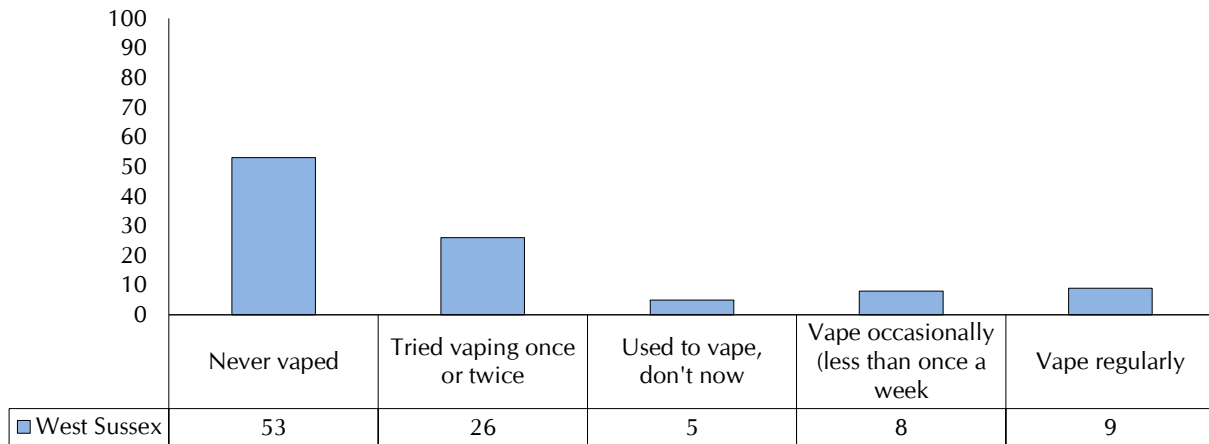
Q42a&b. Percentage answering that someone smokes either indoors at home, or in a car when they are in it too.

	West Sussex	
	Yr 12	Yr 13
Male	8	2
Female	17	18

E-cigarettes/vaping

Q43a. Vaping: Which sentence describes you best?

West Sussex



50% of Year 12 pupils and 42% of Year 13 pupils said they have at least tried vaping; 8% of Year 12 pupils and 10% of Year 13 pupils said they vape regularly (at least once a week).

Of the 25 pupils who vape regularly, 52% said they would like to give up.

Q43a. Percentage of pupils answering that they have at least tried vaping.

West Sussex		
	Yr 12	Yr 13
Male	41	46
Female	57	38

Q43b. Percentage of pupils responding that they at least occasionally vape and have bought the following (top 3):

1	Vapes from other sellers (e.g. convenience stores, market stalls)	10
2	Adults (aged 18 and over) have bought vapes for me	7
3	Vapes online via a website	4

8% of pupils said they have tried or purchased nicotine pouches, while 0% said they are 'not sure' if they have.

Q44. Percentage answering that they have tried or purchased nicotine pouches.

West Sussex		
	Yr 12	Yr 13
Male	10	18
Female	3	5

Alcohol

79% of Year 12 pupils and 88% of Year 13 pupils said they have had an alcoholic drink (more than just a sip).

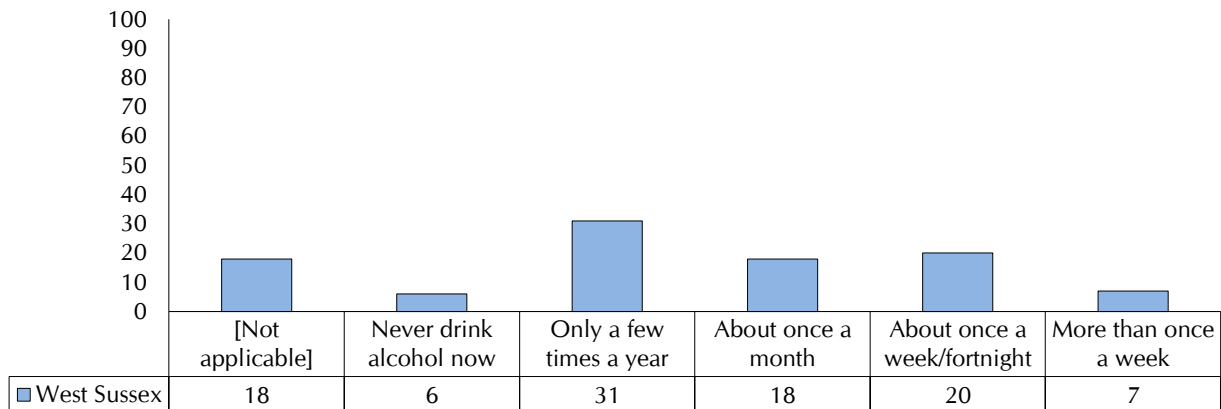
Of the 257 pupils who have had an alcoholic drink, they were, on average, 13 years old when they had their first drink.

Q45. Percentage answering that they have had an alcoholic drink (more than just a sip).

	West Sussex	
	Yr 12	Yr 13
Male	77	86
Female	82	90

Q47. How often do you usually have an alcoholic drink?

West Sussex



36% of Year 12 pupils and 67% of Year 13 pupils said they usually have an alcoholic drink at least 'about once a month'; 7% said they do so more than once a week.

Q47. Percentage answering that they usually drink alcohol at least 'about once a month'.

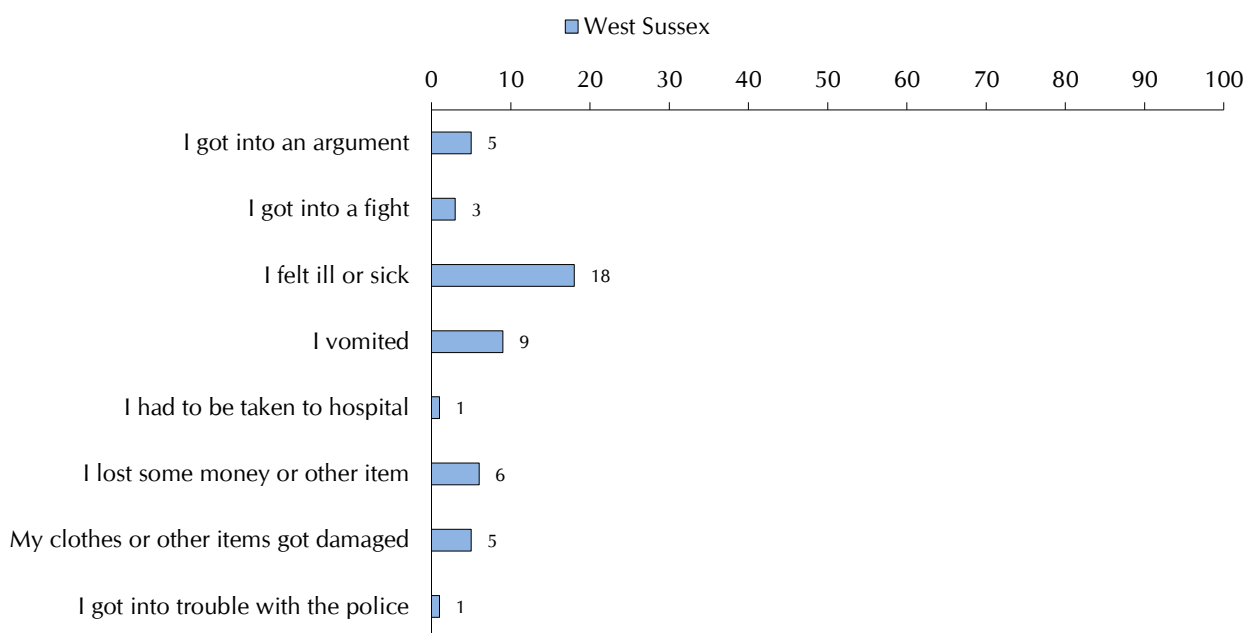
	West Sussex	
	Yr 12	Yr 13
Male	37	71
Female	36	63

25% of Year 12 pupils and 49% of Year 13 pupils said they drink alcohol at least a few times a year and have been drunk in the last 4 weeks; 17% said they have been drunk more than once.

Q48. Percentage answering that they drink alcohol at least a few times a year and have been drunk in the last 4 weeks.

	West Sussex	
	Yr 12	Yr 13
Male	24	45
Female	26	54

Q49. Percentage of pupils responding that they drink alcohol at least a few times a year and the following things happened to them when they drank alcohol in the last 4 weeks:



15% of Year 12 pupils and 26% of Year 13 pupils 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.

Q49. Percentage of pupils responding that they drink alcohol at least a few times a year and the following things happened to them when they drank alcohol in the last 4 weeks (top 3):

Male			Female		
1	I felt ill or sick	14	1	I felt ill or sick	24
2	I vomited	9	2	I vomited	8
3	I lost some money or other item	6	3	I got into an argument	6

29% of Year 12 pupils and 38% of Year 13 pupils said they drink alcohol at least a few times a year and have been given alcohol by parents or carers in the last 4 weeks.

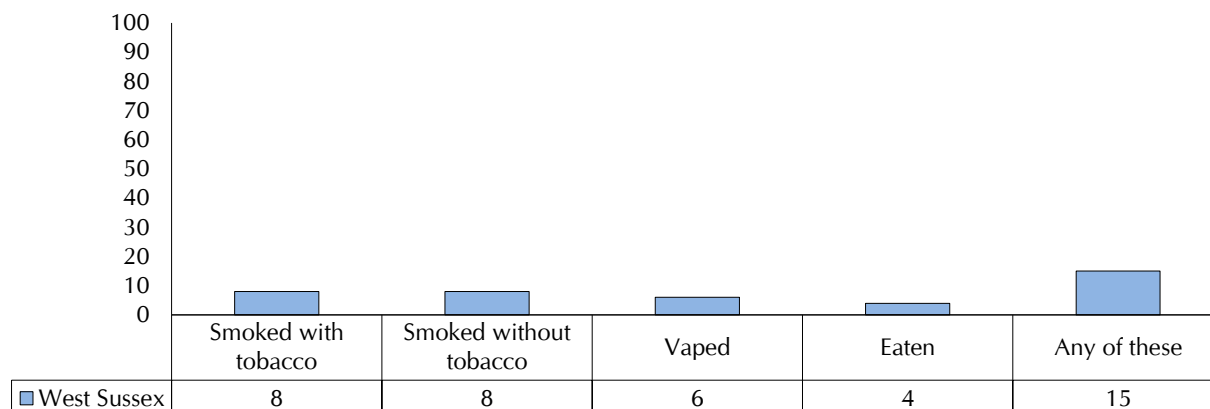
Q50. Percentage of pupils responding that they drink alcohol at least a few times a year and have obtained alcohol in the following ways in the last 4 weeks (top 3):

Male			Female		
1	Given alcohol by parents or carers	30	1	Given alcohol by parents or carers	33
2	Given alcohol by friends	26	2	Given alcohol by friends	32
3	Bought the alcohol from a shop	18	3	Given alcohol by other relatives	12

Drugs

Q51a&b. Percentage of pupils responding that they have used cannabis in the following ways:

West Sussex



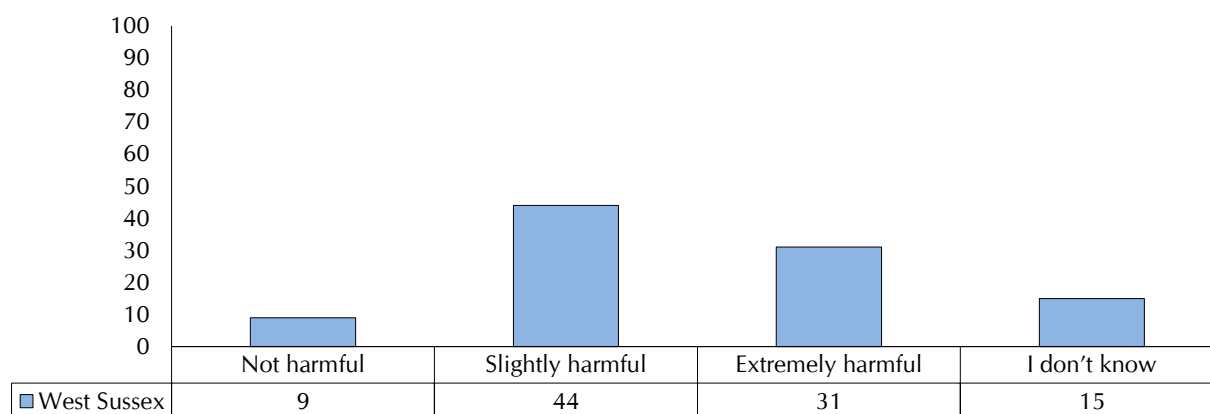
13% of Year 12 pupils and 21% of Year 13 pupils said they have tried cannabis; 6% said they smoked it (without tobacco) and 6% said they vaped it.

Q51a. Percentage answering that they have tried cannabis.

	West Sussex	
	Yr 12	Yr 13
Male	14	18
Female	12	22

Q52. Do you think cannabis is...?

West Sussex



9% of pupils think cannabis is 'not harmful', while 44% said it is 'slightly harmful'.

Q52. Percentage answering that they think cannabis is 'not harmful'.

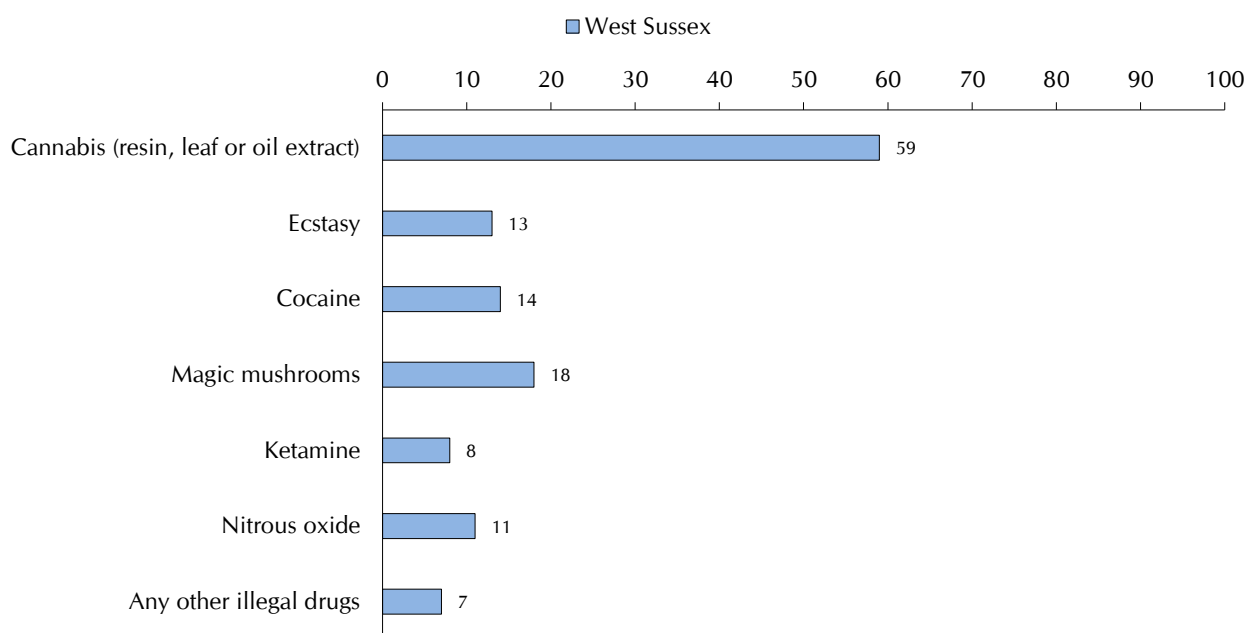
	West Sussex	
	Yr 12	Yr 13
Male	16	14
Female	1	2

31% of pupils think cannabis is 'extremely harmful'.

Q52. Percentage answering that they think cannabis is 'extremely harmful'.

	West Sussex	
	Yr 12	Yr 13
Male	18	32
Female	45	34

Q53. Do you know anyone in your year group at school who uses the following?
% responding 'yes, occasionally' or 'yes, regularly'



57% of Year 12 pupils and 65% of Year 13 pupils said they know someone in their year group at school who at least 'occasionally' uses cannabis; 27% of Year 12 pupils and 35% of Year 13 pupils said they know someone who uses it 'regularly'.

59% of Year 12 pupils and 65% of Year 13 pupils said they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed; 29% of Year 12 pupils and 35% of Year 13 pupils said they know someone who uses drugs 'regularly'.

Q53. Percentage answering that they know someone in their year group at school who at least 'occasionally' uses cannabis.

	West Sussex	
	Yr 12	Yr 13
Male	59	66
Female	54	63

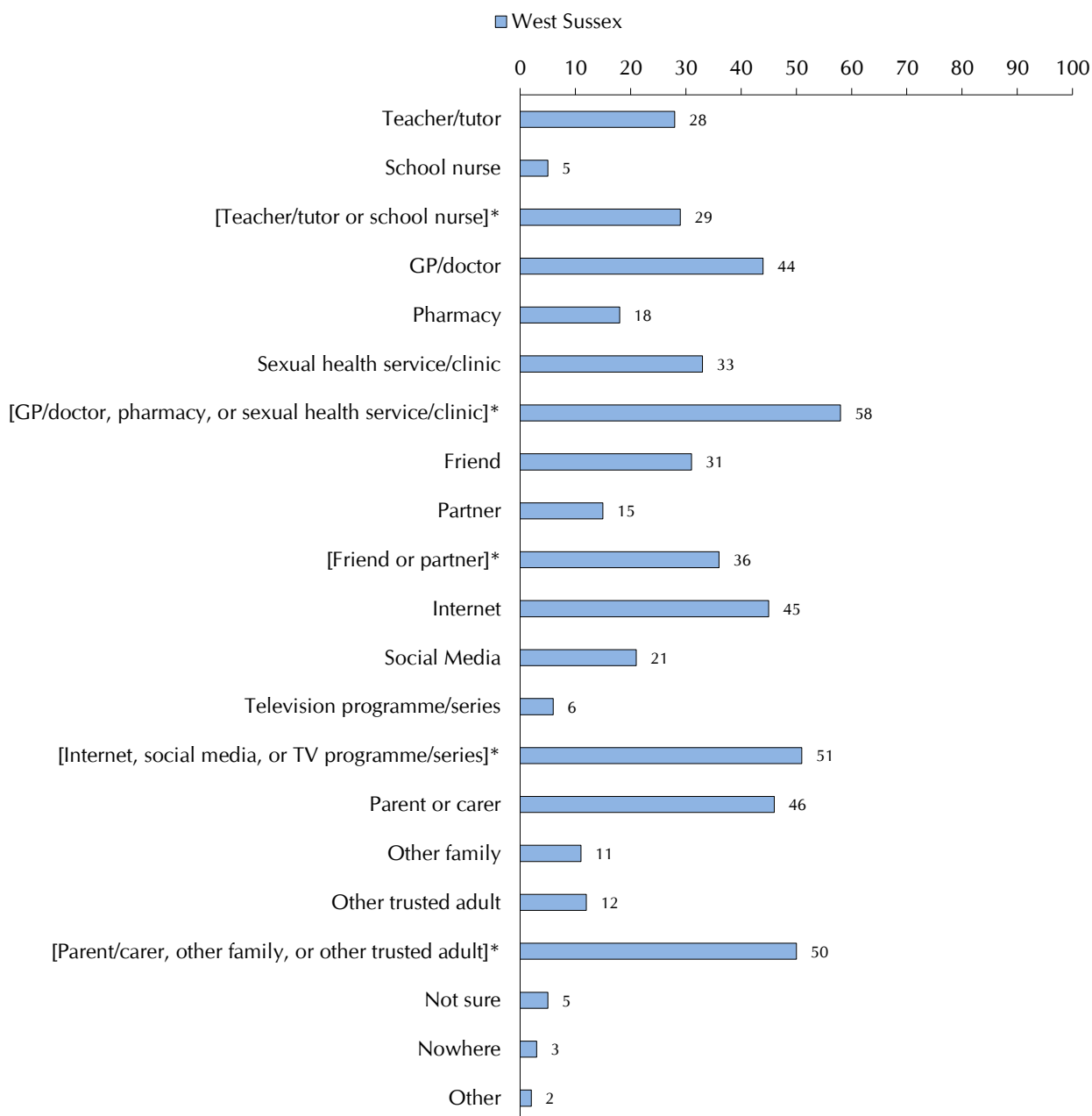
Q53. Percentage answering that they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed.

	West Sussex	
	Yr 12	Yr 13
Male	60	66
Female	58	63

Relationships and Sex Education

Sources of support and information

Q54. Percentage of pupils responding that they go to/would go to the following to get information about sexual health, contraception, and sexually transmitted infections (STIs):



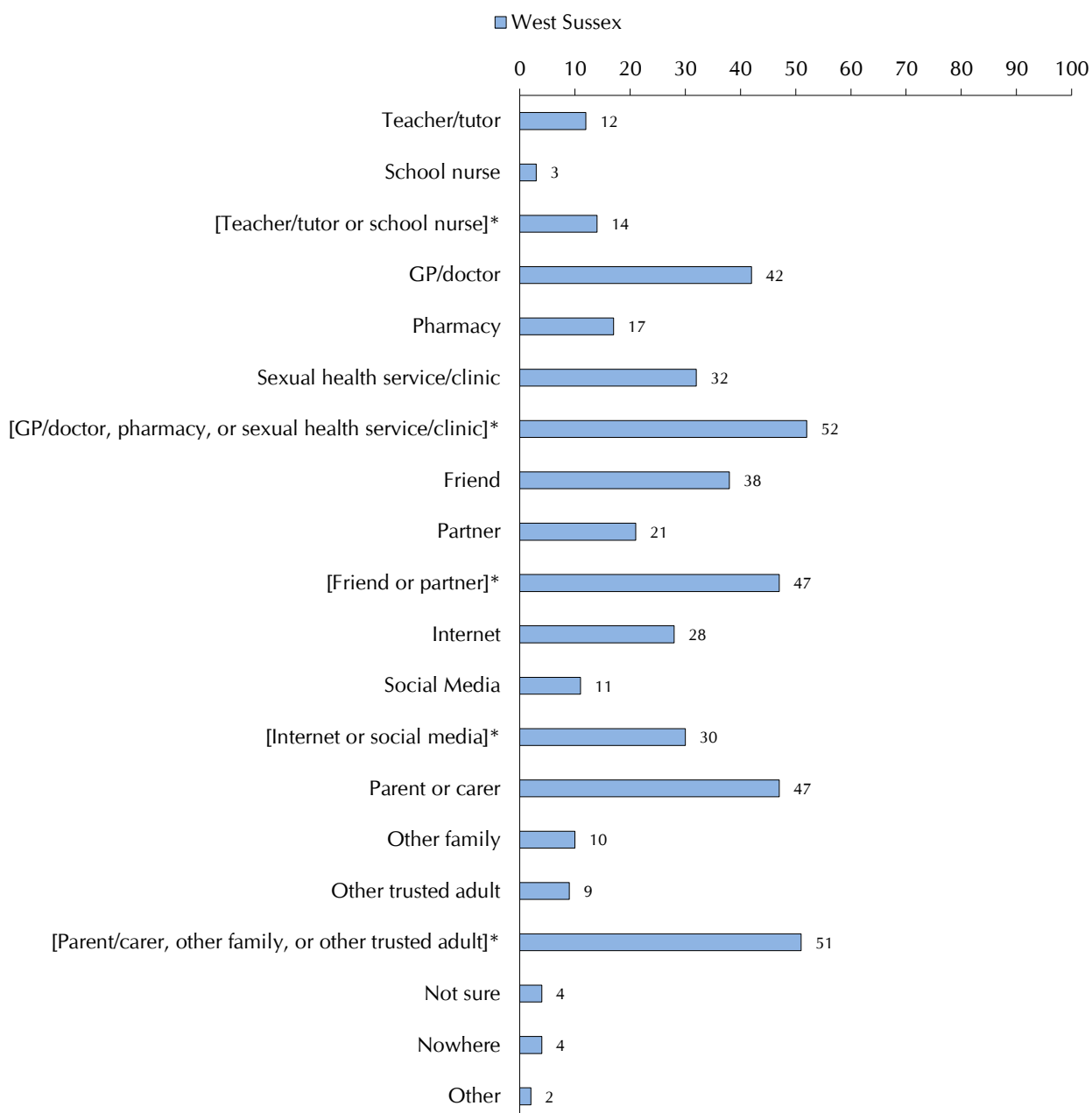
* Aggregated responses.

29% 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.

Q54. Percentage of pupils responding that they go to/would go to the following to get information about sexual health, contraception, and sexually transmitted infections (STIs) (top 5):

Male			Female		
1	Internet	47	1	Parent or carer	51
2	Parent or carer	43	2	GP/doctor	51
3	GP/doctor	40	3	Internet	43
4	Teacher/tutor	31	4	Sexual health service/clinic	36
5	Sexual health service/clinic	30	5	Friend	34

Q55. Percentage of pupils responding that they would go to the following for advice if they had any questions or worries about their sexual health or relationships:



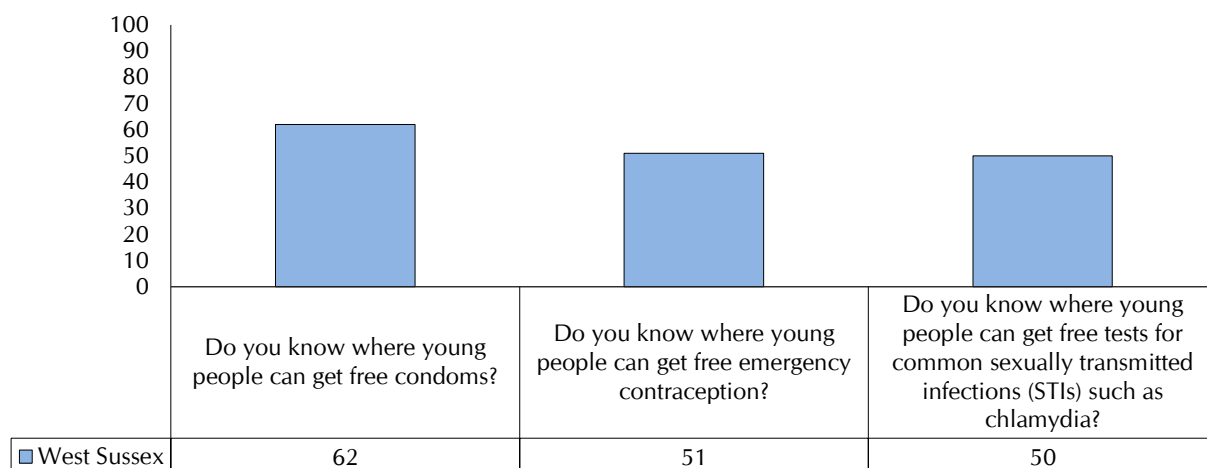
* Aggregated responses.

14% 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.

Q55. Percentage of pupils responding that they would go to the following for advice if they had any questions or worries about their sexual health or relationships (top 5):

Male			Female		
1	Parent or carer	41	1	Parent or carer	53
2	GP/doctor	39	2	GP/doctor	46
3	Friend	34	3	Friend	42
4	Sexual health service/clinic	31	4	Sexual health service/clinic	32
5	Internet	30	5	Internet	26

Q56-58. Percentage of pupils responding 'yes' to the following questions:



54% of Year 12 pupils and 80% of Year 13 pupils said they know where young people can get free condoms.

Q56. Percentage answering that they know where young people can get free condoms.

West Sussex		
	Yr 12	Yr 13
Male	56	88
Female	52	71

47% of Year 12 pupils and 62% of Year 13 pupils said they know where young people can get free emergency contraception.

Q57. Percentage answering that they know where young people can get free emergency contraception.

West Sussex		
	Yr 12	Yr 13
Male	47	68
Female	46	56

44% of Year 12 pupils and 63% of Year 13 pupils said they know where young people can get free tests for common sexually transmitted infections (STIs).

Q58. Percentage answering that they know where young people can get free tests for common STIs.

West Sussex		
	Yr 12	Yr 13
Male	42	72
Female	45	51

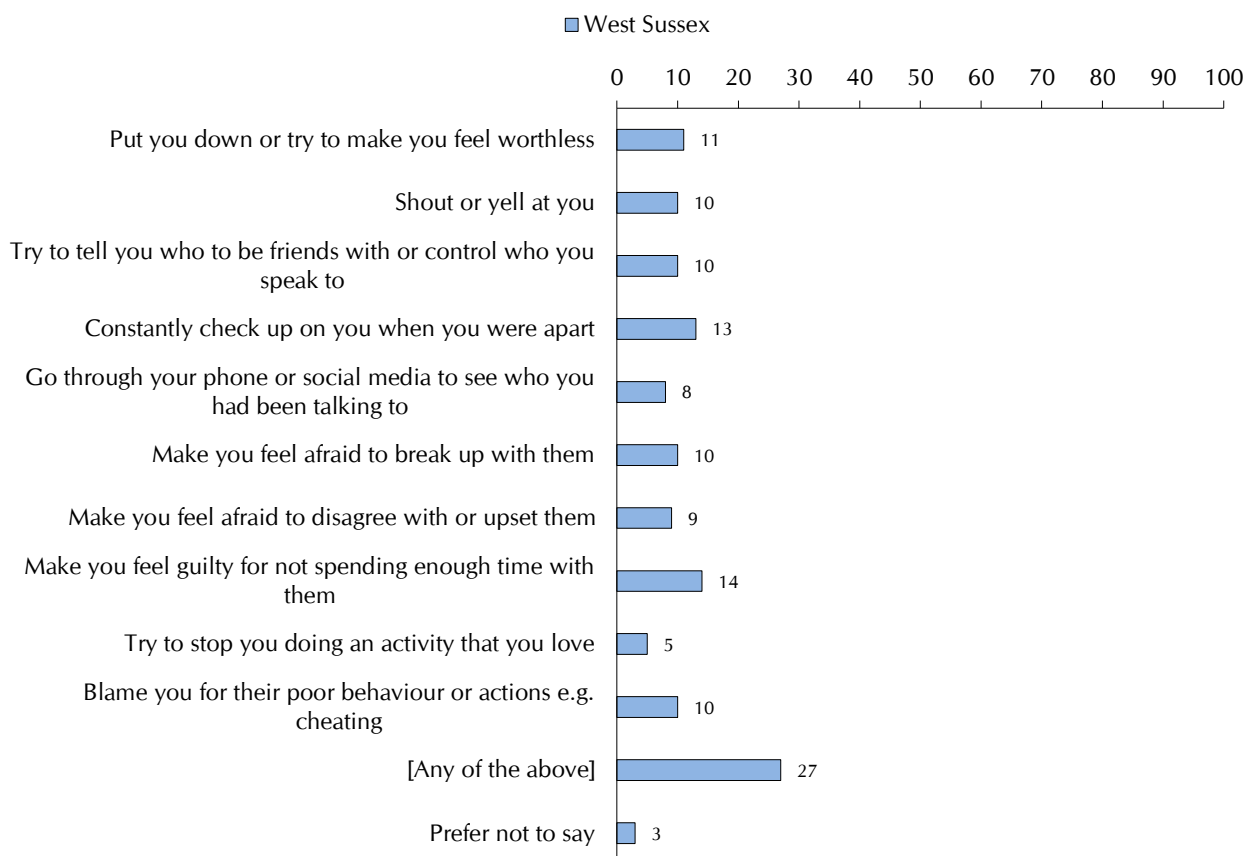
Relationships

55% of pupils said they have got/had someone they would consider to be their boyfriend/girlfriend or partner.

Q59a. Percentage answering that they have got/had someone they would consider to be their boyfriend/girlfriend or partner.

West Sussex		
	Yr 12	Yr 13
Male	55	56
Female	55	54

Q59b. Percentage of pupils responding that their partner has done the following during a relationship:

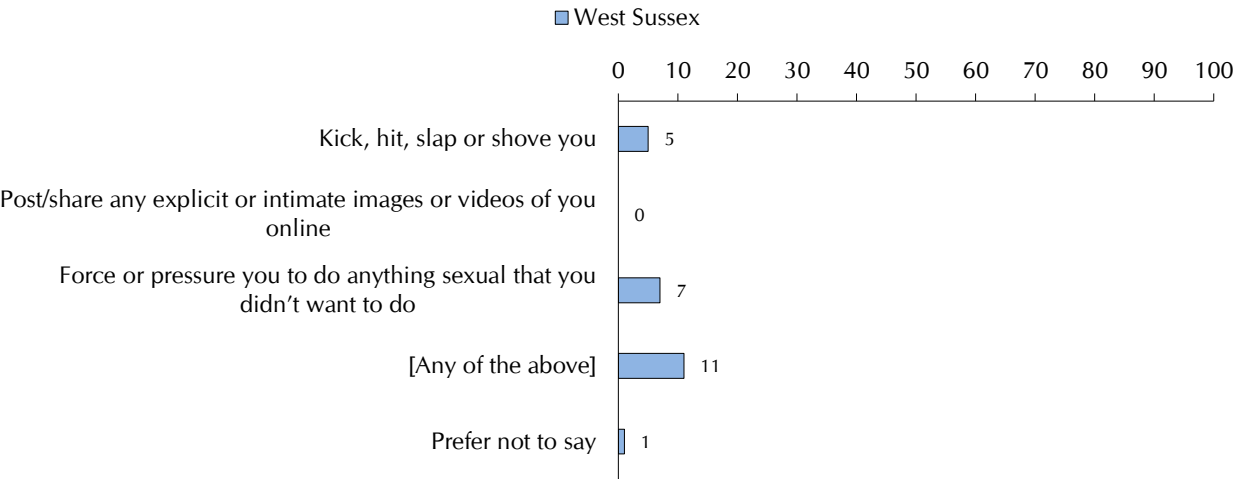


21% of males and 34% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59b during a relationship.

Q59b. Percentage of pupils responding that their partner has done the following during a relationship (top 5):

Male			Female		
1	Constantly check up on you when you were apart	11	1	Make you feel guilty for not spending enough time with them	20
2	Make you feel guilty for not spending enough time with them	8	2	Put you down or try to make you feel worthless	18
3	Make you feel afraid to break up with them	6	3	Blame you for their poor behaviour or actions e.g. cheating	16
4	Put you down or try to make you feel worthless	6	4	Try to tell you who to be friends with or control who you speak to	16
5	Shout or yell at you	6	5	Constantly check up on you when you were apart	16

Q59c. Percentage of pupils responding that their partner has done the following during a relationship:



8% of males and 14% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59c during a relationship.

Q59c. Percentage of pupils responding that their partner has done the following during a relationship:

Male			Female		
1	Kick, hit, slap or shove you	6	1	Force or pressure you to do anything sexual that you didn't want to do	12
2	Force or pressure you to do anything sexual that you didn't want to do	3	2	Kick, hit, slap or shove you	4
3	Post/share any explicit or intimate images or videos of you online	1	3	Post/share any explicit or intimate images or videos of you online	0

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