

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

**A report for
West Sussex Secondary Y8 & Y10**

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.

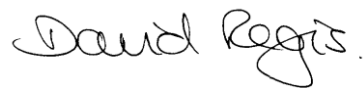
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

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
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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 8	Yr 10
Male	599	400
Female	650	512

Please note that 46 pupil(s) said they are unsure of their gender, or describe their gender in some other way, while 47 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

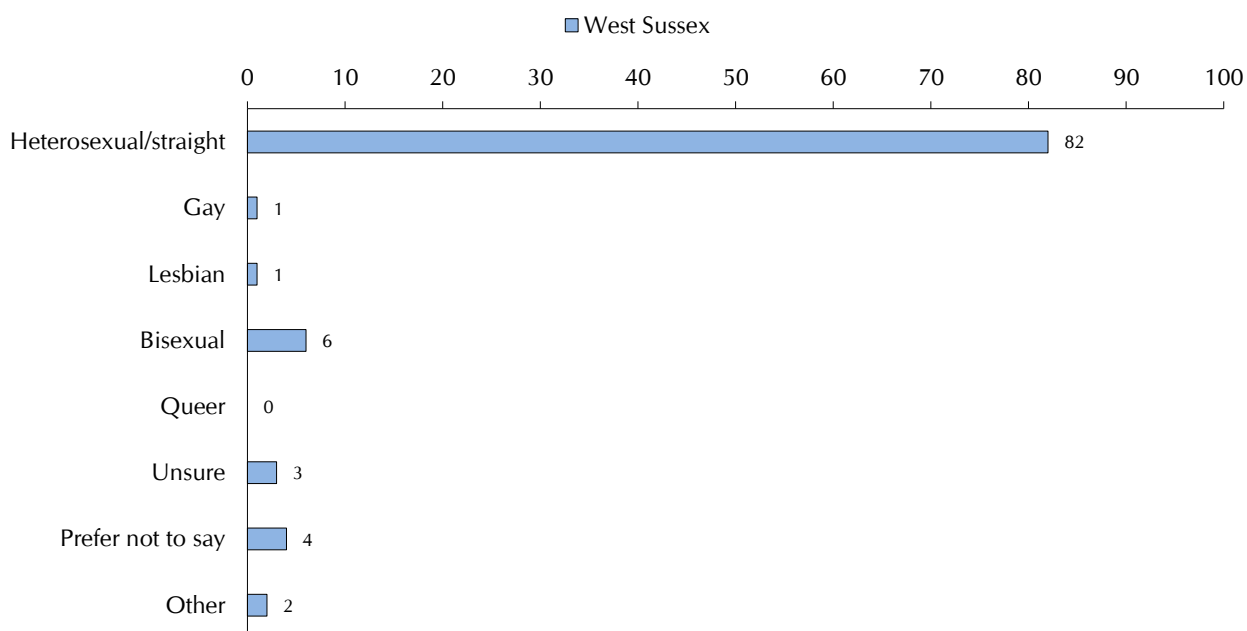
5% of pupils said they don't identify with the gender they were given at birth, while 2% said they don't identify with it 'all the time' and 2% didn't understand the question.

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

	West Sussex	
	Yr 8	Yr 10
Male	6	5
Female	4	2

Sexual orientation

Q3. Which best describes your sexual orientation?



82% of pupils said they are heterosexual/straight.

Q3. Percentage answering that they are heterosexual/straight.

	West Sussex	
	Yr 8	Yr 10
Male	92	91
Female	79	79

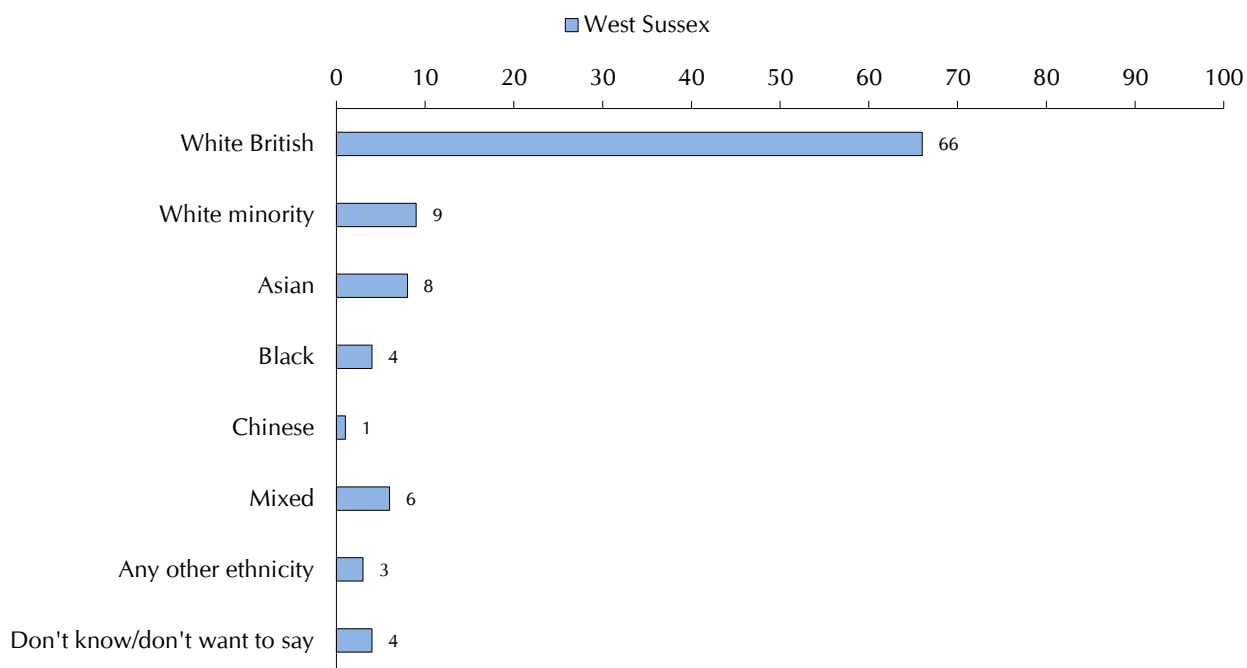
2% of pupils said they are gay/lesbian, while 6% said they are bisexual.

Q3. Percentage answering that they are gay/lesbian.

	West Sussex	
	Yr 8	Yr 10
Male	1	3
Female	1	3

Ethnicity and language

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



66% of pupils described themselves as White British; 9% said they are White minority (non-British).

Q4. Percentage describing themselves as White British.

	West Sussex	
	Yr 8	Yr 10
Male	68	65
Female	67	67

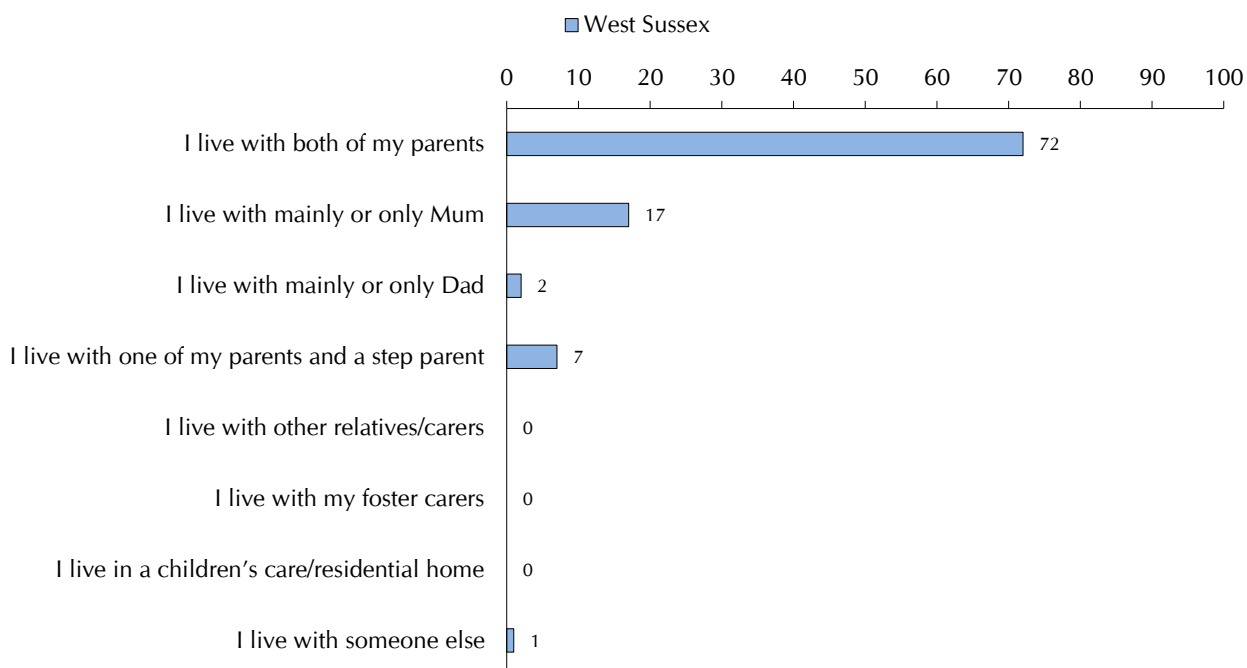
82% of pupils said they speak English most of the time at home, while 4% said they mostly speak another language or languages and 14% speak both English and another language.

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

	West Sussex	
	Yr 8	Yr 10
Male	83	82
Female	84	81

Family

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



72% 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 8	Yr 10
Male	72	73
Female	76	71

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

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

	West Sussex	
	Yr 8	Yr 10
Male	18	16
Female	16	16

Young carers

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

1% of pupils responded that their school knows that they are a 'young carer', while 2% said they are 'not sure'.

Of the 105 pupils who said they are a 'young carer', 22% said their school knows they are, while 44% are 'not sure' if it does.

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

West Sussex		
	Yr 8	Yr 10
Male	6	5
Female	4	4

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

West Sussex		
	Yr 8	Yr 10
Male	1	1
Female	1	1

Armed forces

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

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 8	Yr 10
Male	5	3
Female	4	2

SEND and neurodivergence

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

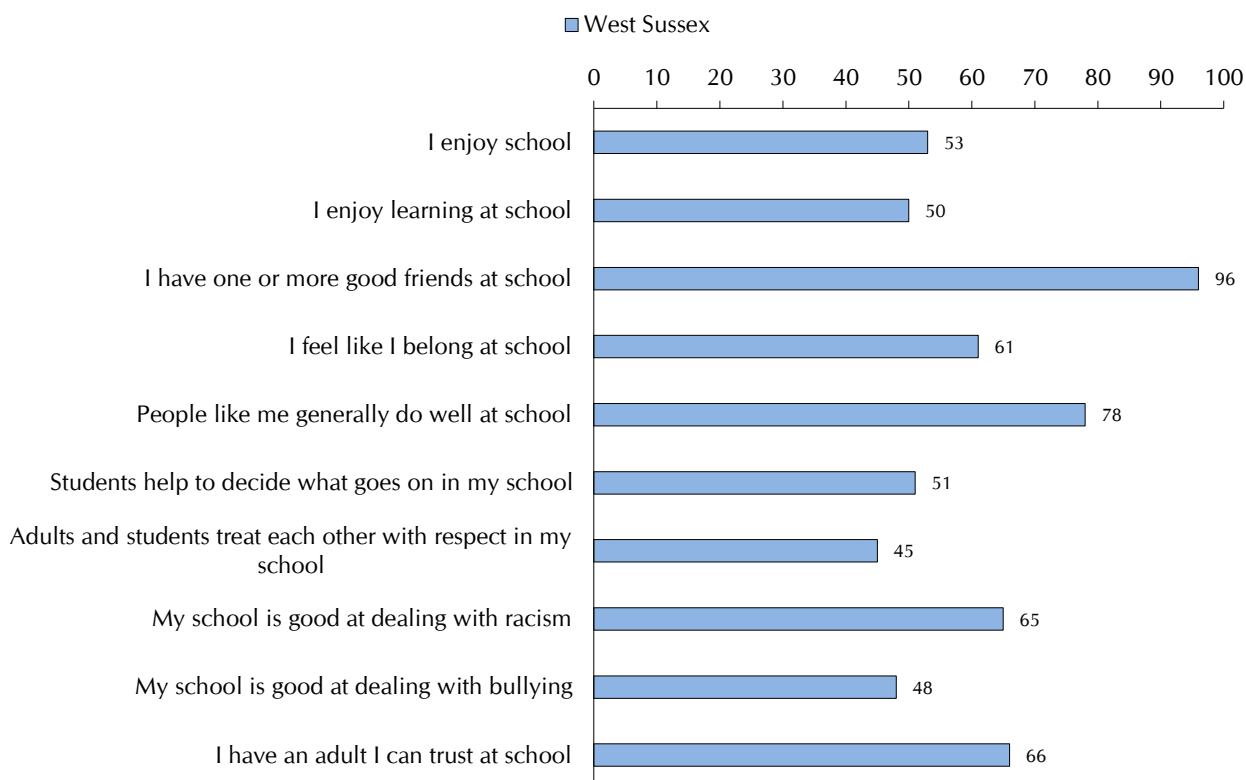
Q9. Percentage answering that they are neurodivergent/have a special educational need or disability.

West Sussex		
	Yr 8	Yr 10
Male	17	13
Female	14	11

Emotional Health and Wellbeing

Feelings at school

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

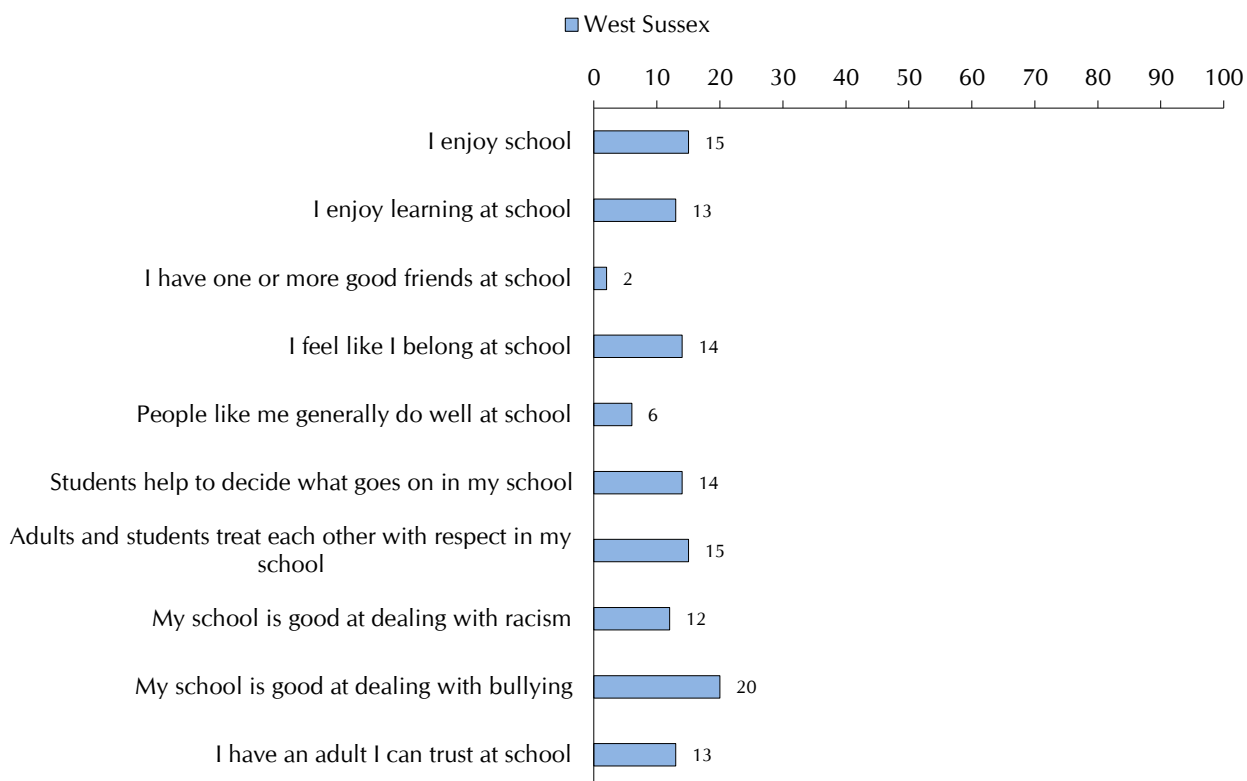


78% of pupils agreed that people like them generally do well at school and 66% agreed that they have an adult they can trust at school.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
I enjoy school	55	52	61	49	53
I enjoy learning at school	47	51	50	54	50
I have one or more good friends at school	97	95	96	96	96
I feel like I belong at school	64	59	70	59	61
People like me generally do well at school	79	77	78	81	78
Students help to decide what goes on in my school	54	55	49	49	51
Adults and students treat each other with respect in my school	49	44	47	41	45
My school is good at dealing with racism	68	69	62	62	65
My school is good at dealing with bullying	52	49	50	42	48
I have an adult I can trust at school	70	67	63	65	66

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



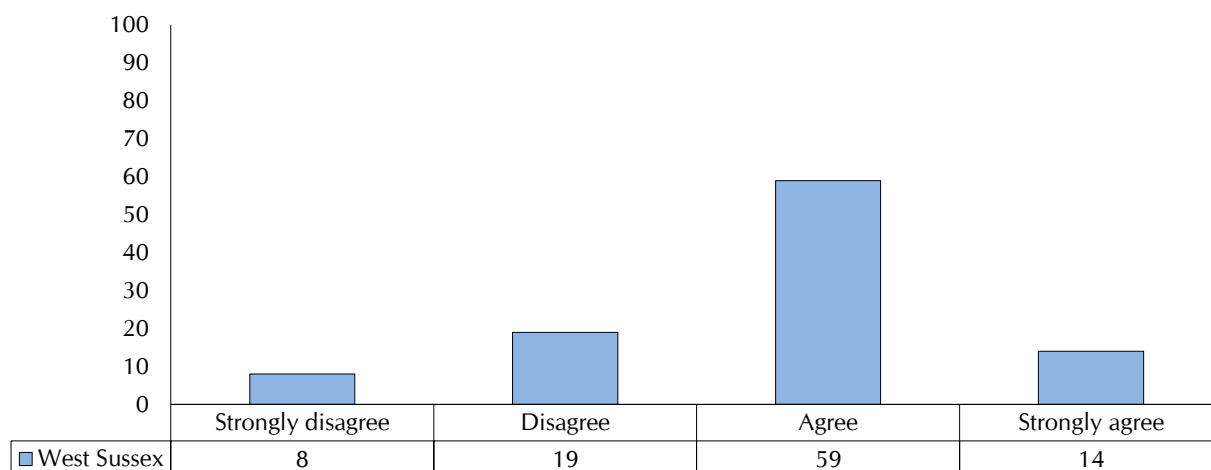
14% of pupils 'strongly disagreed' with the statement 'I feel like I belong at school' and 14% 'strongly disagreed' that students help to decide what goes on in their school.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
I enjoy school	17	17	9	14	15
I enjoy learning at school	17	13	10	9	13
I have one or more good friends at school	2	2	2	1	2
I feel like I belong at school	13	14	11	13	14
People like me generally do well at school	6	5	4	5	6
Students help to decide what goes on in my school	14	12	13	14	14
Adults and students treat each other with respect in my school	13	15	12	16	15
My school is good at dealing with racism	13	8	16	12	12
My school is good at dealing with bullying	20	15	20	22	20
I have an adult I can trust at school	12	13	14	11	13

Happiness

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



9% of males and 6% 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 8	Yr 10
Male	9	10
Female	6	5

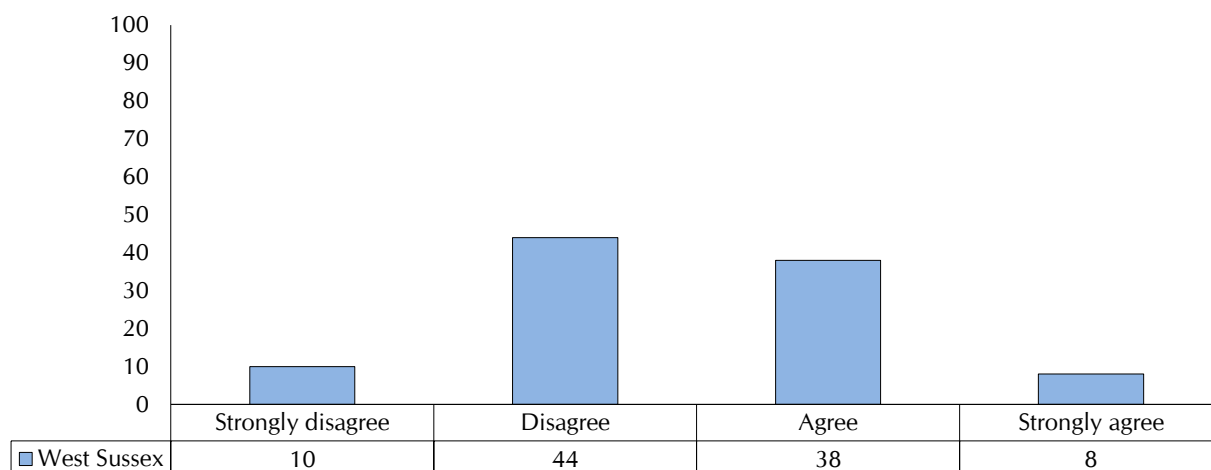
77% of males and 72% of females said they 'agree' or 'strongly agree' that they have often felt happy in the last few weeks.

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

	West Sussex	
	Yr 8	Yr 10
Male	76	78
Female	73	72

Sadness

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



16% of males and 6% 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 8	Yr 10
Male	18	13
Female	6	5

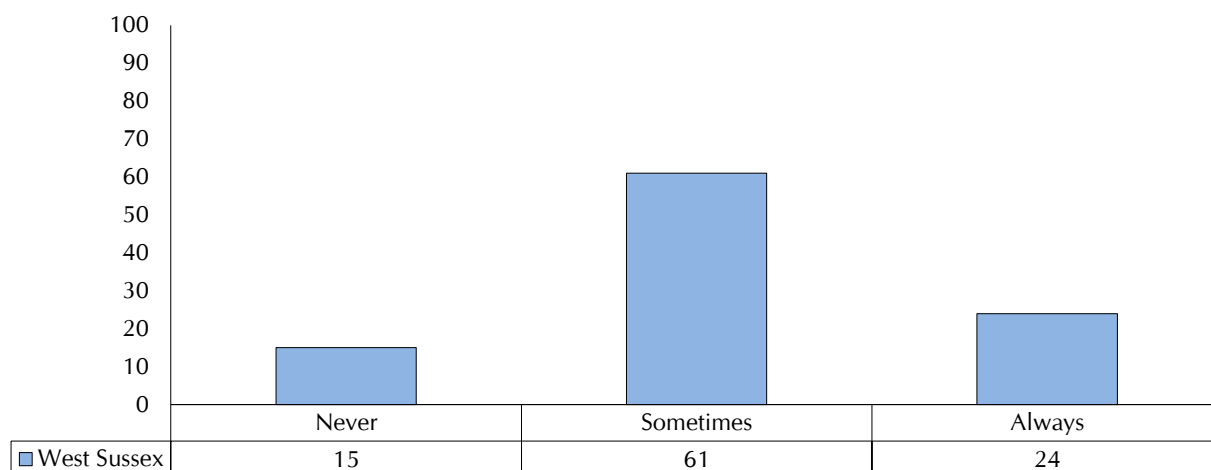
32% of males and 56% of females said they 'agree' or 'strongly agree' that they have often felt sad in the last few weeks.

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

	West Sussex	
	Yr 8	Yr 10
Male	33	32
Female	52	61

Tiredness

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



15% of males and 15% 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 8	Yr 10
Male	16	14
Female	15	14

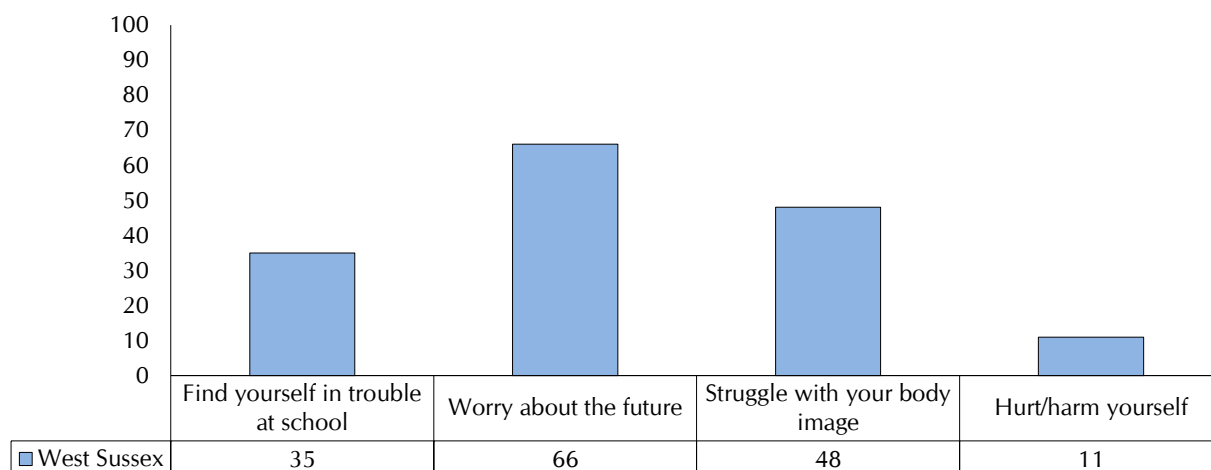
27% of males and 22% of females said they 'always' get enough sleep to feel awake and concentrate on their schoolwork.

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

	West Sussex	
	Yr 8	Yr 10
Male	28	25
Female	23	20

Harmful thoughts and behaviours

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



40% of males and 31% of females said they at least 'sometimes' find themselves in trouble at school; 40% of pupils said they do so 'rarely'.

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

	West Sussex	
	Yr 8	Yr 10
Male	42	38
Female	36	24

58% of males and 73% of females said they at least 'sometimes' worry about the future; 23% of pupils said they do so 'rarely'.

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

	West Sussex	
	Yr 8	Yr 10
Male	55	62
Female	67	80

32% of males and 61% of females said they at least 'sometimes' struggle with their body image; 23% of pupils said they do so 'rarely'.

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

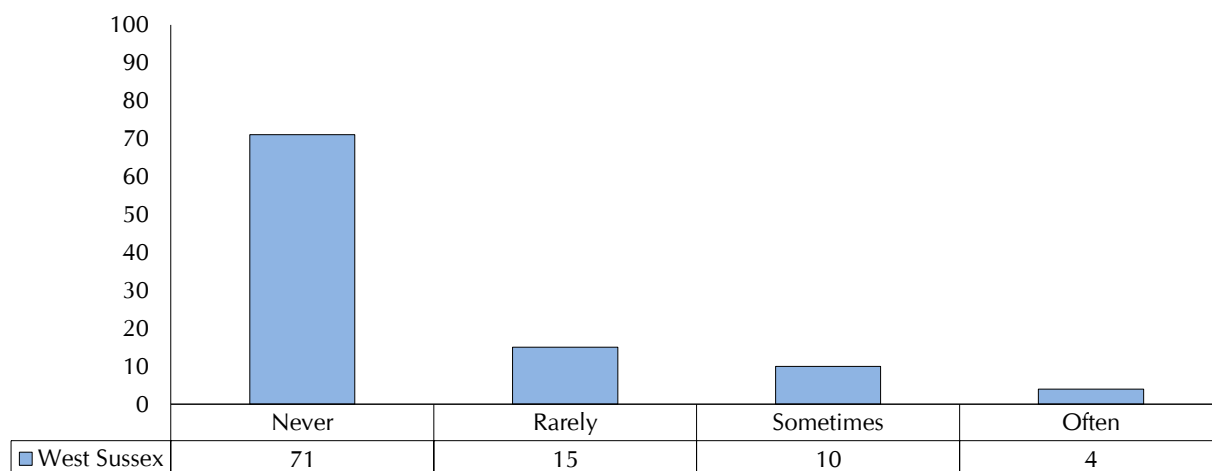
	West Sussex	
	Yr 8	Yr 10
Male	32	32
Female	60	62

7% of males and 14% of females said they at least 'sometimes' hurt/harm themselves; 12% of pupils said they do so 'rarely'.

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

	West Sussex	
	Yr 8	Yr 10
Male	8	5
Female	14	14

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



9% of males and 17% 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.

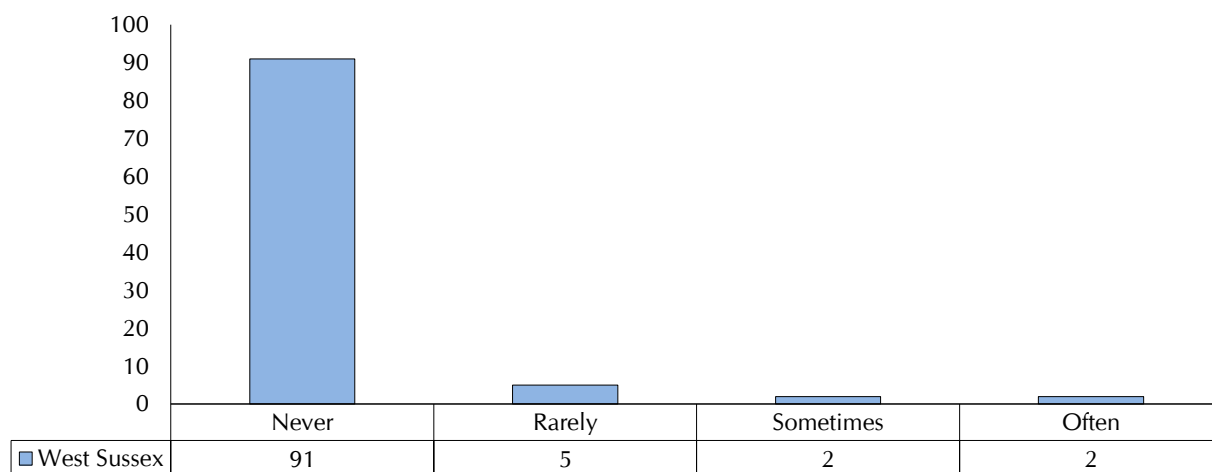
West Sussex

Yr 10

Male 9

Female 17

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



6% of males and 2% of females in Year 10+ said they at least 'sometimes' take risks with sexual health; 5% said they do so 'rarely'.

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

West Sussex

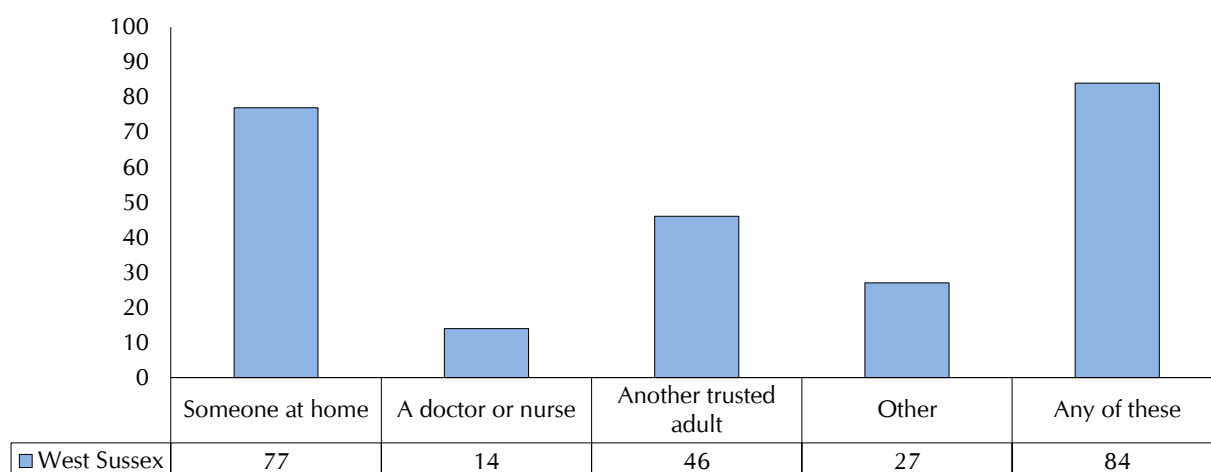
Yr 10

Male 6

Female 2

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'



77% of pupils said there is an adult they trust at home who they can talk to if they are worried about something; 16% 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 8	Yr 10
Male	85	79
Female	74	73

14% 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 8	Yr 10
Male	17	14
Female	11	14

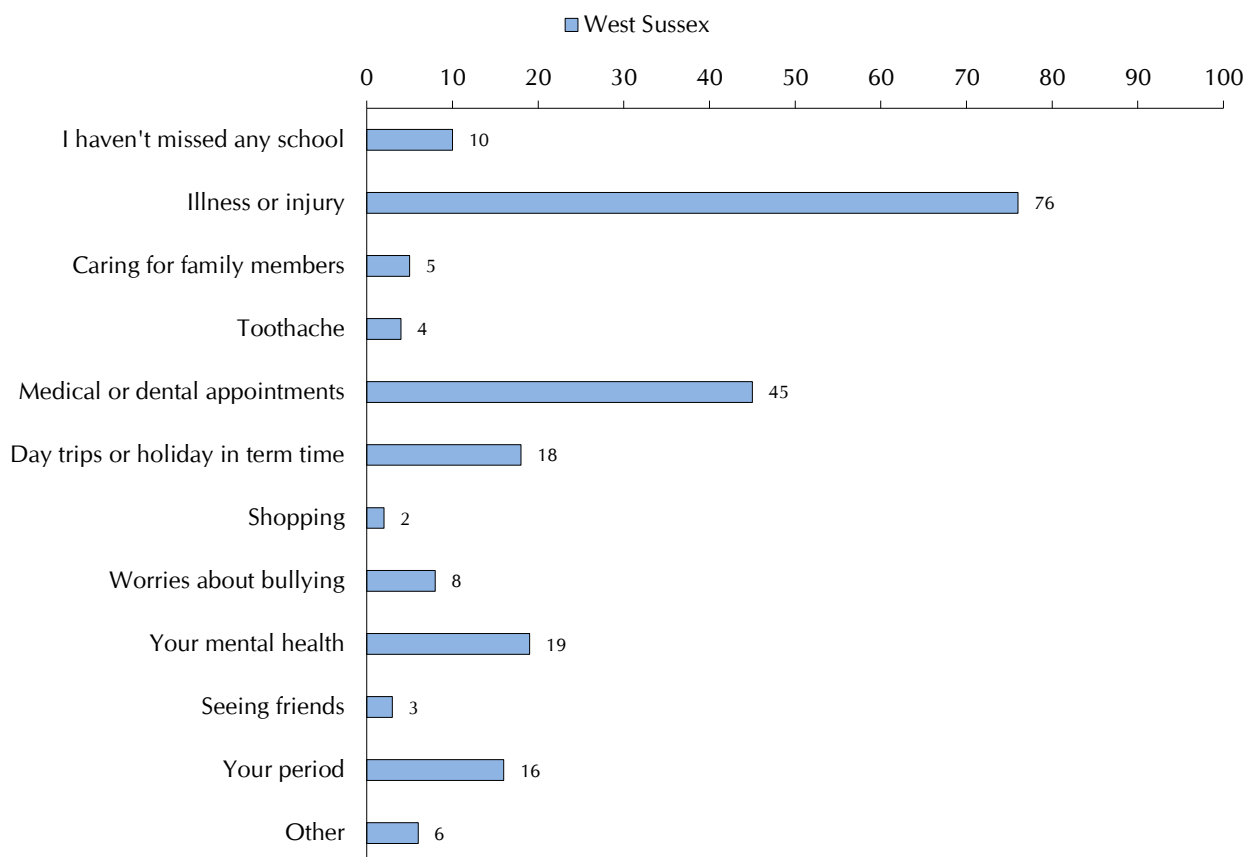
46% of pupils said there is another adult (not at home, nor a doctor/nurse) they trust who they can talk to if they are worried about something; 34% said they 'maybe' do.

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

	West Sussex	
	Yr 8	Yr 10
Male	54	45
Female	41	45

School attendance

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



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

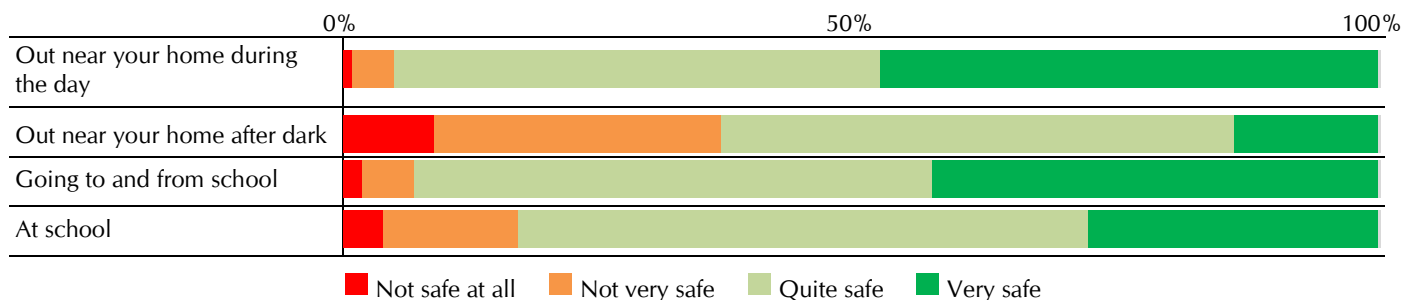
Q17. Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months (top 5):

Male			Female		
1	Illness or injury	78	1	Illness or injury	75
2	Medical or dental appointments	40	2	Medical or dental appointments	50
3	Day trips or holiday in term time	18	3	Your period	28
4	Your mental health	10	4	Your mental health	26
5	Other	7	5	Day trips or holiday in term time	17

Safety and Bullying

Feeling safe out and about

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



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.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
Out near your home during the day	96	95	96	94	95
Out near your home after dark	75	51	81	54	64
Going to and from school	94	92	95	91	93
At school	82	86	85	83	83

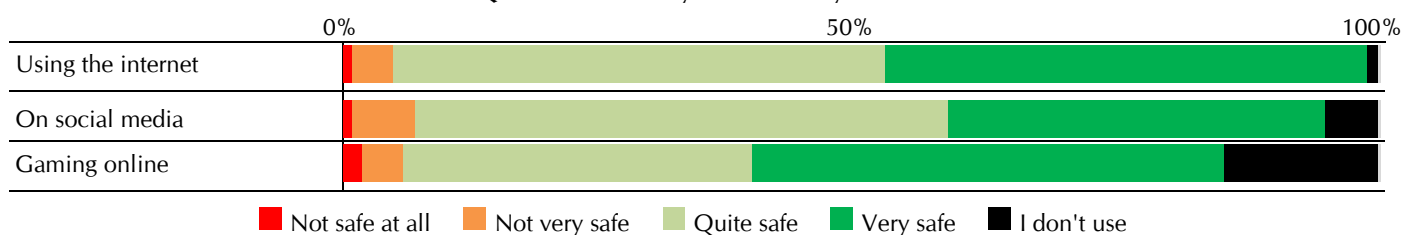
9% of pupils feel 'not at all safe' when out near their home after dark.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
Out near your home during the day	1	1	1	1	1
Out near your home after dark	6	13	3	9	9
Going to and from school	1	1	1	2	2
At school	5	3	4	4	4

Feeling safe online

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



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.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
Using the internet	96	94	94	93	94
On social media	88	85	91	90	88
Gaming online	94	71	92	64	80

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 8		Year 10		Total
	Male	Female	Male	Female	
Using the internet	1	1	2	1	1
On social media	1	1	1	1	1
Gaming online	2	2	1	1	2

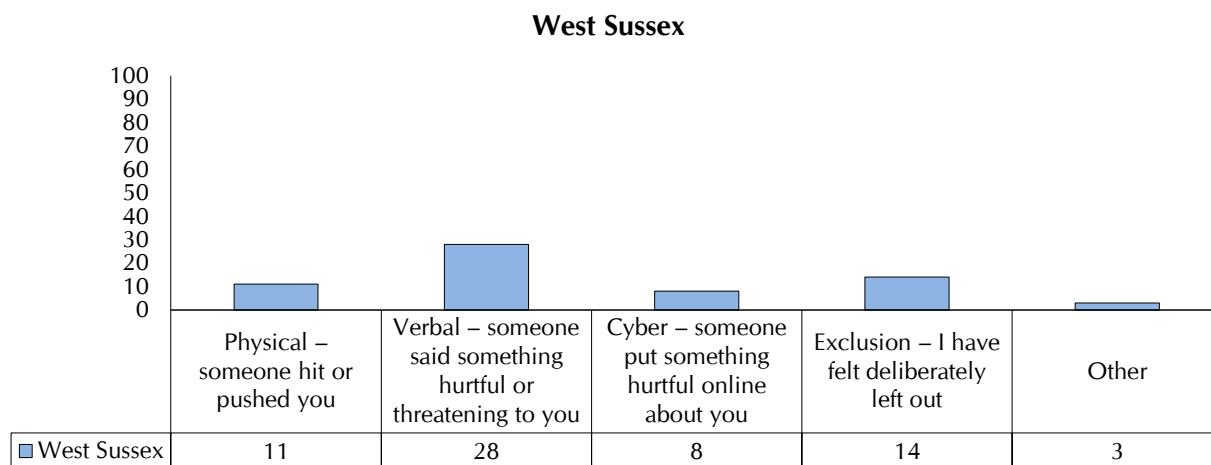
Bullying

34% 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 8	Yr 10
Male	29	25
Female	42	31

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



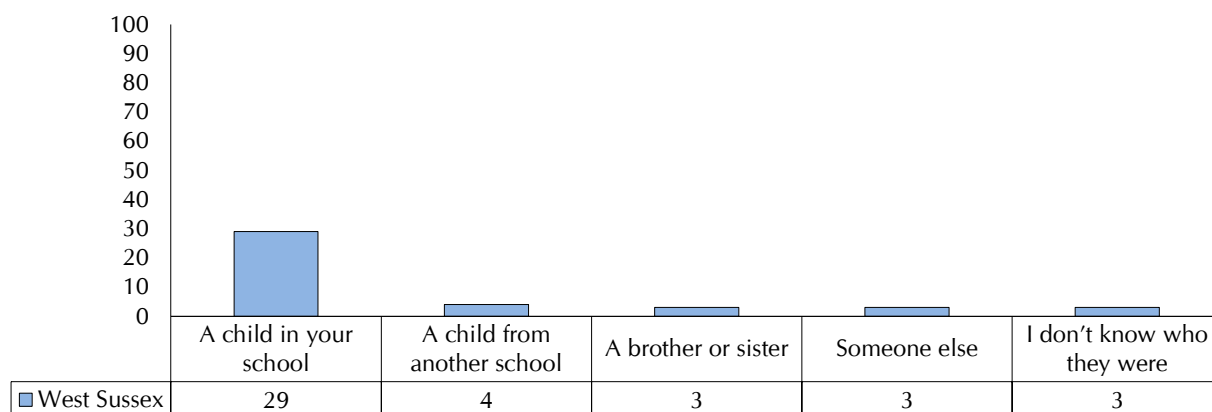
13% of males and 9% of females said they have experienced physical bullying (someone hit or pushed them) in the past year, while 9% of males and 18% of females said they have experienced exclusion (they have felt deliberately left out).

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
Physical – someone hit or pushed you	15	10	9	7	11
Verbal – someone said something hurtful or threatening to you	22	38	21	26	28
Cyber – someone put something hurtful online about you	3	11	5	9	8
Exclusion – I have felt deliberately left out	10	21	7	14	14
Other	3	3	1	2	3

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

West Sussex



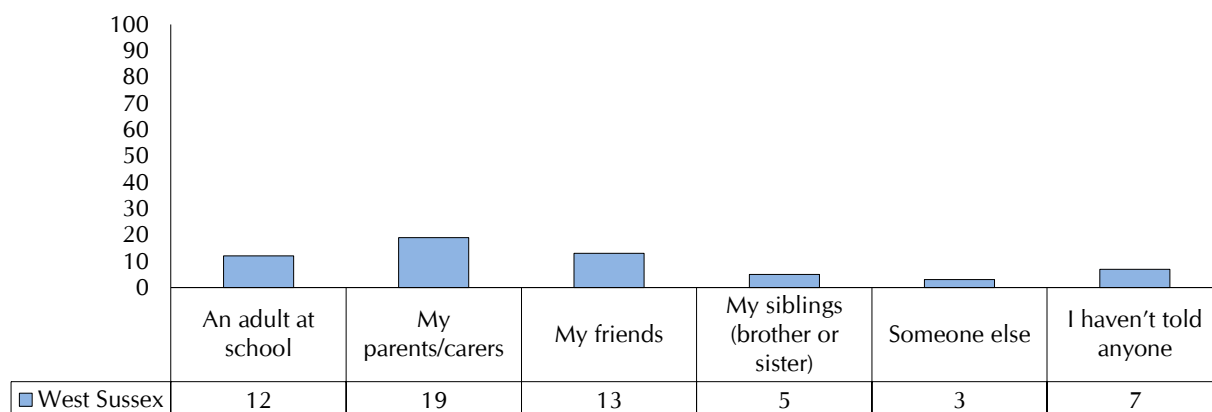
29% of pupils said they have been bullied by a child in their school in the past year and 3% said they have been bullied by a brother or sister.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
A child in your school	26	37	21	26	29
A child from another school	2	8	2	5	4
A brother or sister	2	4	1	3	3
Someone else	1	4	3	4	3
I don't know who they were	2	4	3	2	3

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

West Sussex



12% of pupils said they have spoken to an adult at school about being bullied in the past year, while 19% 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 8		Year 10		Total
	Male	Female	Male	Female	
An adult at school	12	16	6	10	12
My parents/carers	17	27	12	18	19
My friends	8	20	5	14	13
My siblings (brother or sister)	4	7	3	7	5
Someone else	3	4	1	4	3
I haven't told anyone	7	8	9	4	7

Internet safety

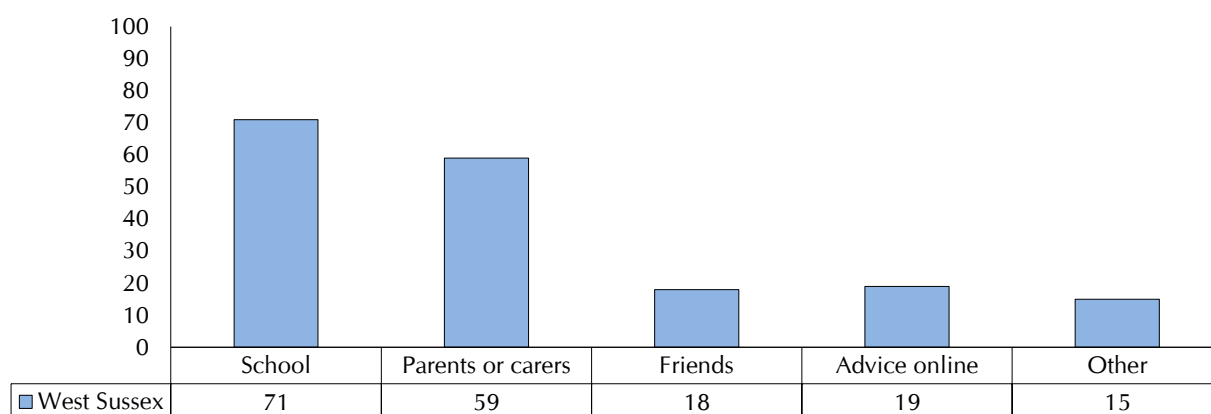
98% of pupils said they know how to stay safe online.

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

	West Sussex	
	Yr 8	Yr 10
Male	97	97
Female	99	99

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

West Sussex



71% of pupils said they know how to stay safe online and have got online safety information from school, while 59% 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 8		Year 10		Total
	Male	Female	Male	Female	
School	70	80	62	71	71
Parents or carers	59	65	49	59	59
Friends	16	16	22	21	18
Advice online	19	13	25	20	19
Other	14	10	26	14	15

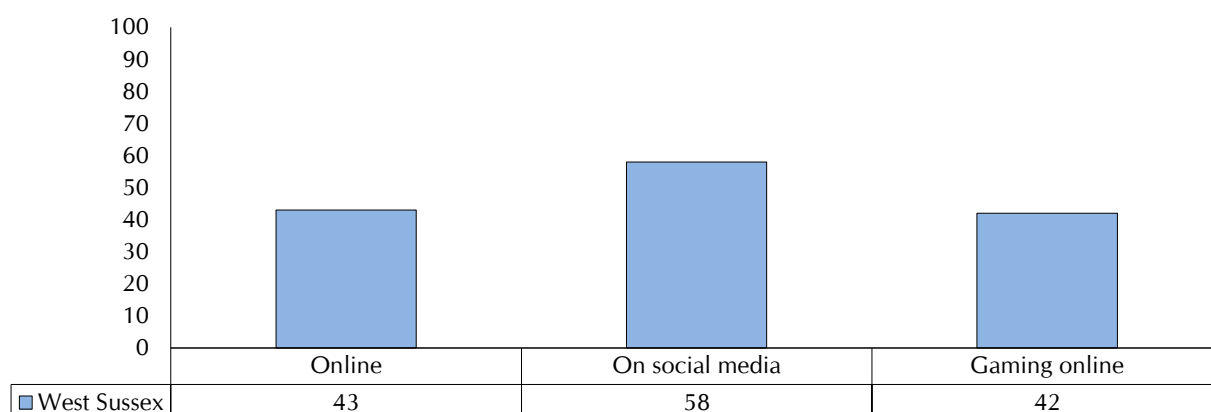
97% of pupils said they have a smartphone that can go online.

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

	West Sussex	
	Yr 8	Yr 10
Male	96	98
Female	97	98

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

West Sussex



49% of males and 37% of females said they spend an average of at least '2-3 hours' online per day; 19% of males and 12% 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 8	Yr 10
Male	51	46
Female	42	32

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.

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

West Sussex

	Yr 8	Yr 10
Male	46	64
Female	57	73

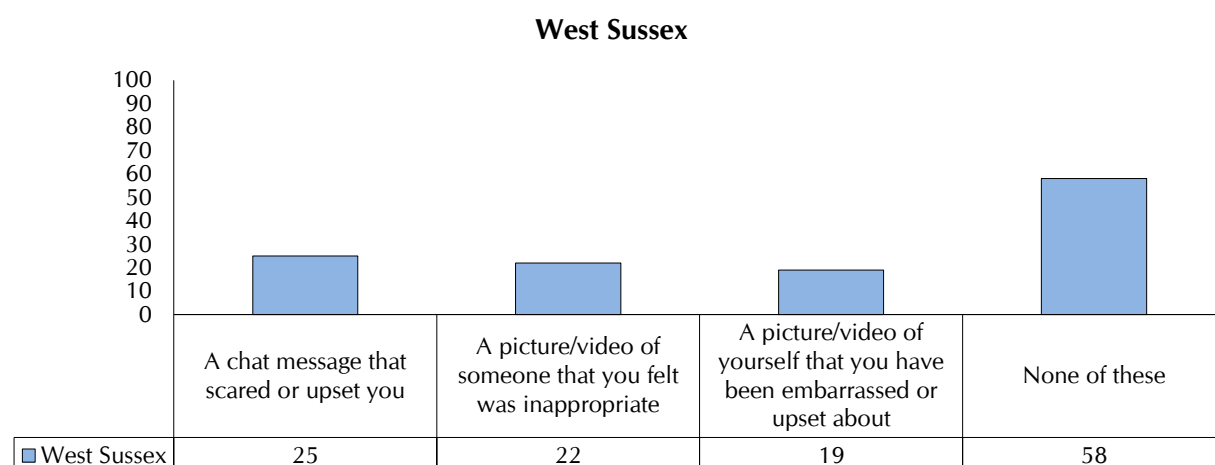
67% of males and 19% of females said they spend an average of at least '2-3 hours' gaming online per day; 33% of males and 6% of females said they spend more than 4 hours gaming online.

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

West Sussex

	Yr 8	Yr 10
Male	70	64
Female	23	14

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

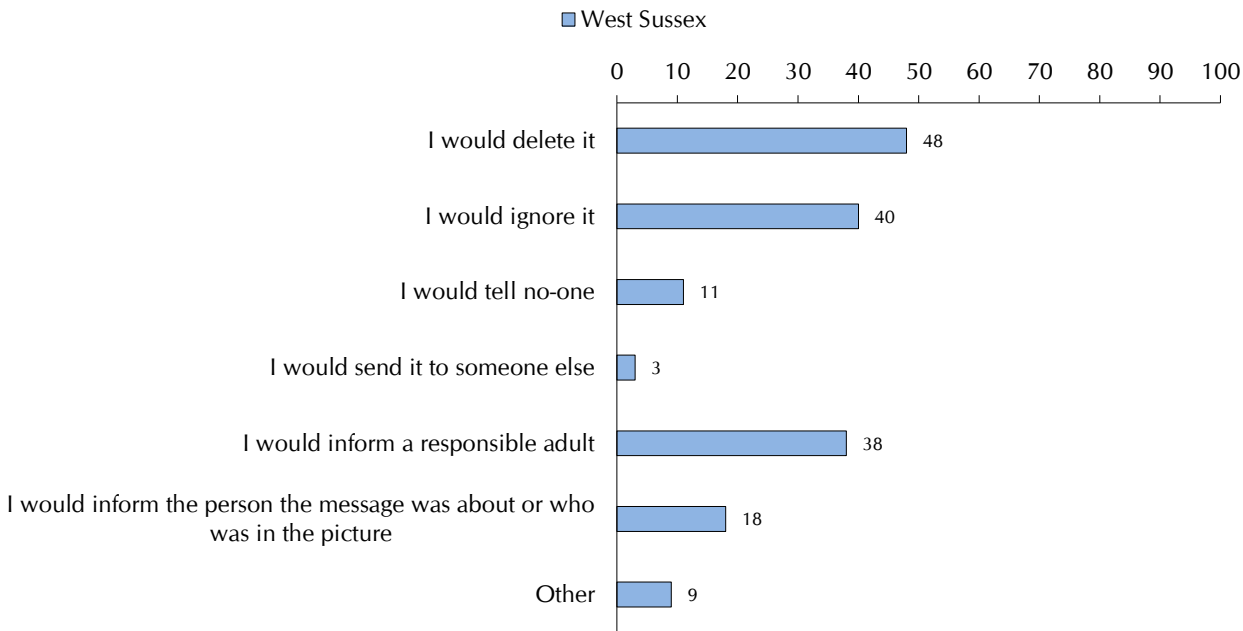


25% of pupils said they have received a chat message that scared or upset them either online or by text and 22% said they have received a picture/video of someone that they felt was inappropriate.

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

	Year 8		Year 10		Total
	Male	Female	Male	Female	
A chat message that scared or upset you	13	33	17	36	25
A picture/video of someone that you felt was inappropriate	15	15	23	39	22
A picture/video of yourself that you have been embarrassed or upset about	12	23	20	23	19
None of these	72	53	62	45	58

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



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.

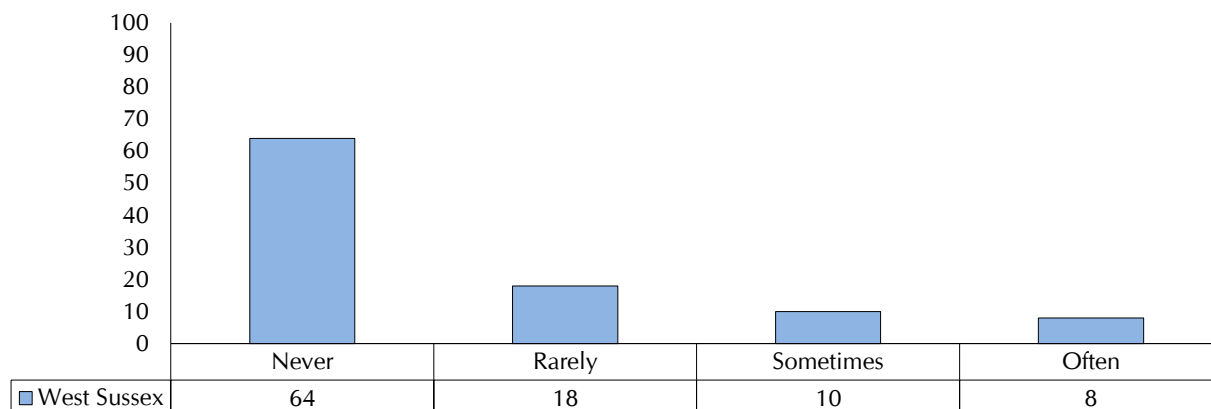
Q36. Percentage of pupils responding that if they were sent something online that upset or embarrassed them, they would do the following (top 5):

Male			Female		
1	I would ignore it	47	1	I would delete it	50
2	I would delete it	45	2	I would inform a responsible adult	45
3	I would inform a responsible adult	30	3	I would ignore it	35
4	I would inform the person the message was about or who was in the picture	14	4	I would inform the person the message was about or who was in the picture	21
5	I would tell no-one	12	5	I would tell no-one	10

Racism

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

West Sussex



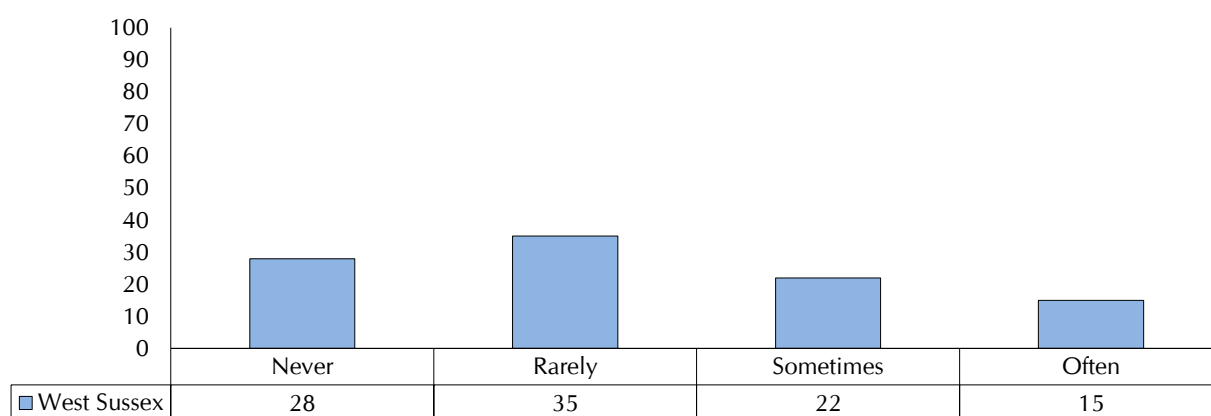
36% of pupils said they have experienced racism in school in the last year; 8% said they have 'often' experienced it.

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

	West Sussex	
	Yr 8	Yr 10
Male	44	46
Female	32	24

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

West Sussex



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

76% 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.

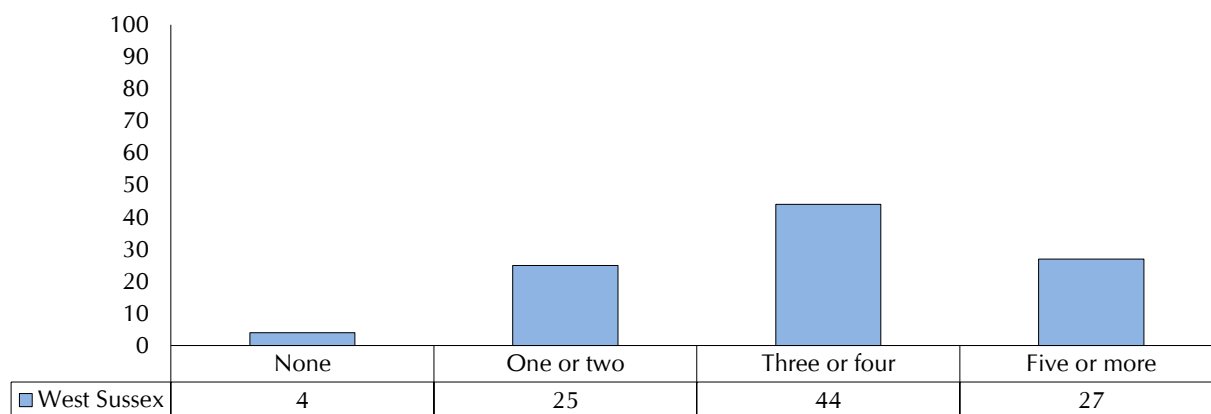
	West Sussex	
	Yr 8	Yr 10
Male	67	75
Female	75	72

Food and Diet

5-a-day

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

West Sussex



4% 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 8	Yr 10
Male	4	4
Female	3	3

27% 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 8	Yr 10
Male	28	26
Female	29	28

Breakfast

63% of pupils said they usually eat breakfast.

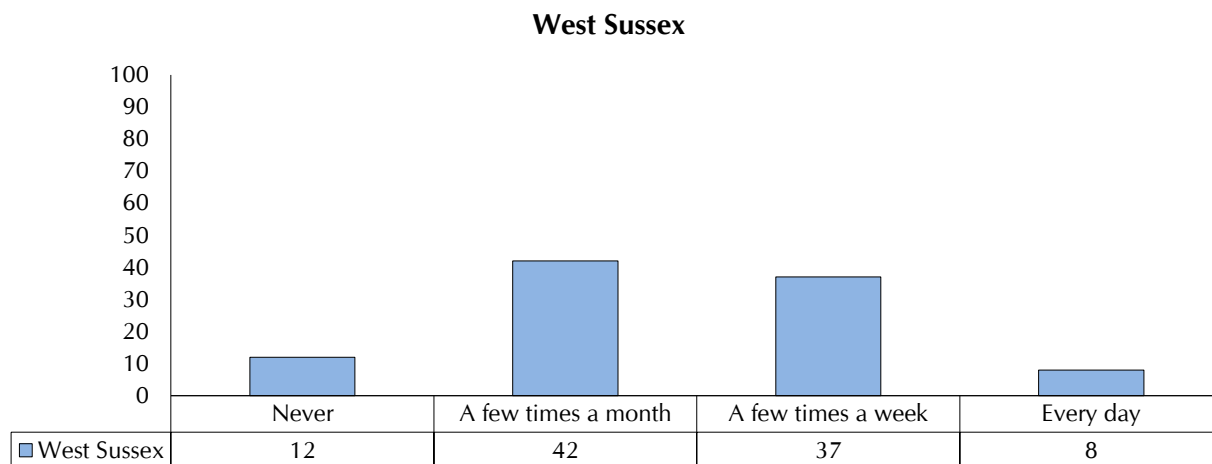
Q26. Percentage answering that they usually eat breakfast.

West Sussex

	Yr 8	Yr 10
Male	74	69
Female	57	54

Sugary drinks and snacks

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



12% 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 8	Yr 10
Male	11	15
Female	11	13

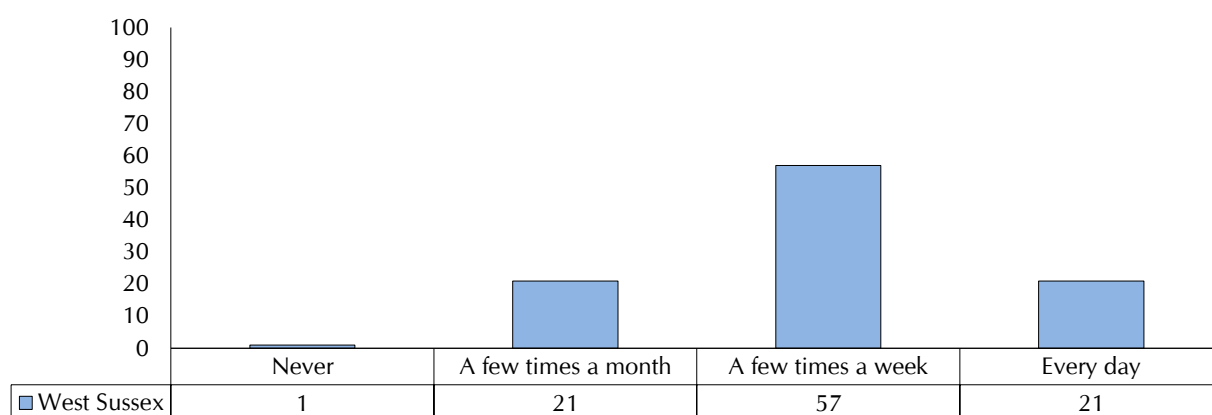
46% of pupils said they have fizzy drinks or energy drinks at least 'a few times a week'.

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

	West Sussex	
	Yr 8	Yr 10
Male	49	48
Female	42	44

Q28. How often do you have sweets or chocolate?

West Sussex



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

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

West Sussex

	Yr 8	Yr 10
Male	2	2
Female	1	1

77% 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'.

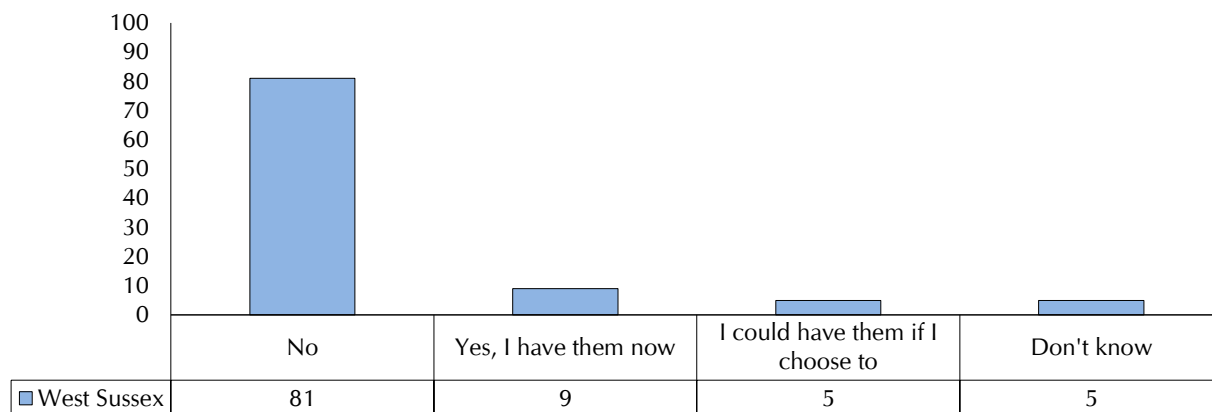
West Sussex

	Yr 8	Yr 10
Male	75	72
Female	81	80

Free school meals

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

West Sussex



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

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

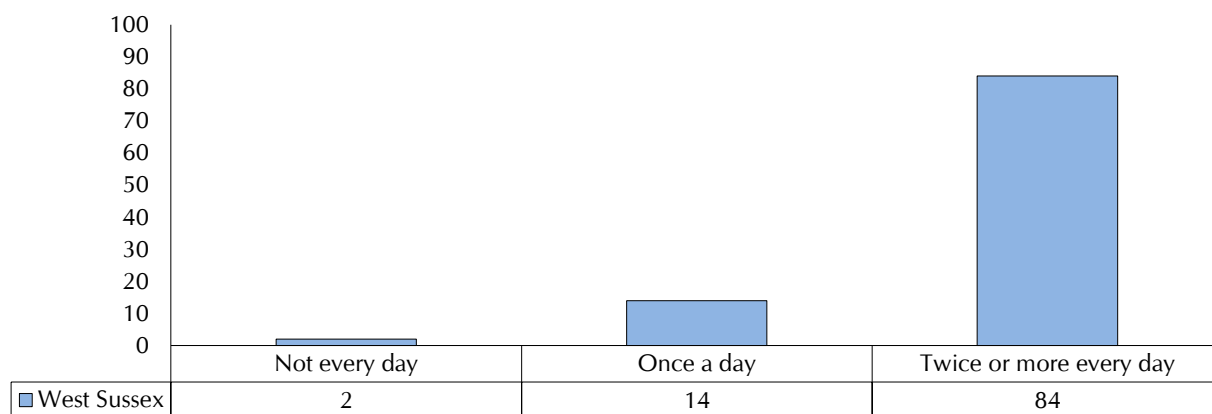
	West Sussex	
	Yr 8	Yr 10
Male	11	9
Female	10	8

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 8	Yr 10
Male	2	3
Female	2	1

84% of pupils said they usually clean their teeth twice or more every day.

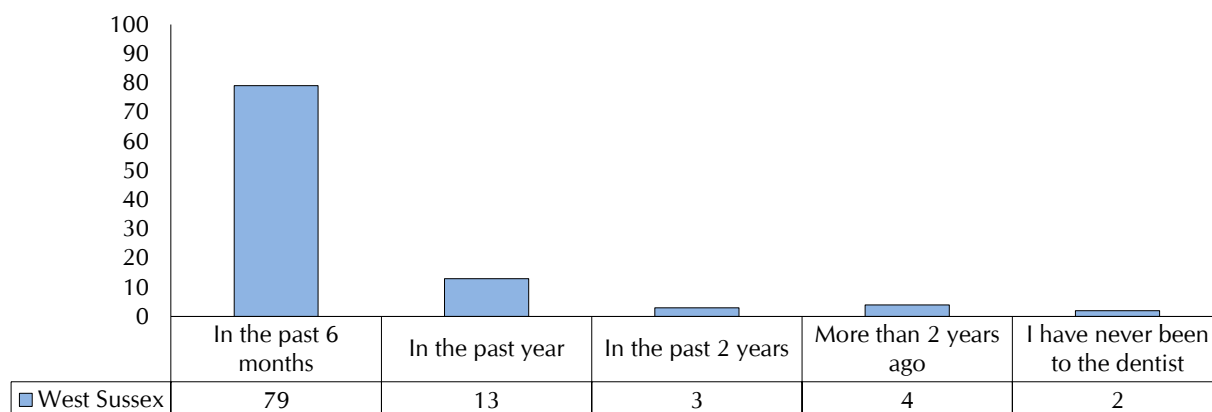
Q30. Percentage answering that they usually clean their teeth twice or more every day.

West Sussex

	Yr 8	Yr 10
Male	82	80
Female	86	88

Q31. When did you last go to the dentist?

West Sussex



79% of pupils said they have been to the dentist in the past 6 months; 91% 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 8	Yr 10
Male	78	83
Female	77	81

6% of pupils said they have either never been to the dentist, or last went more than 2 years ago.

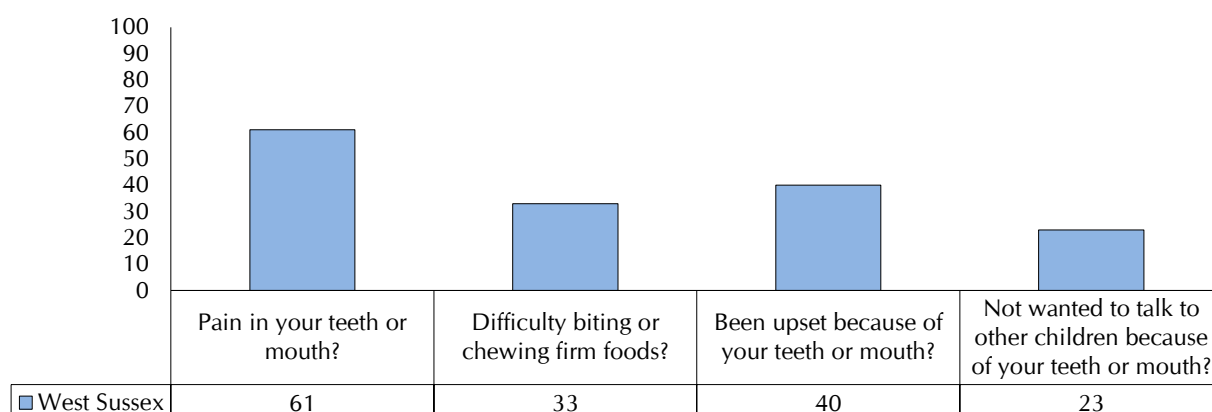
Q31. Percentage answering that they have either never been to the dentist, or last went more than 2 years ago.

West Sussex

	Yr 8	Yr 10
Male	5	4
Female	7	5

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

West Sussex



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% 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?	39	39	17	4	2
Difficulty biting or chewing firm foods?	67	18	10	3	1
Been upset because of your teeth or mouth?	60	18	12	6	4
Not wanted to talk to other children because of your teeth or mouth?	77	10	7	3	3

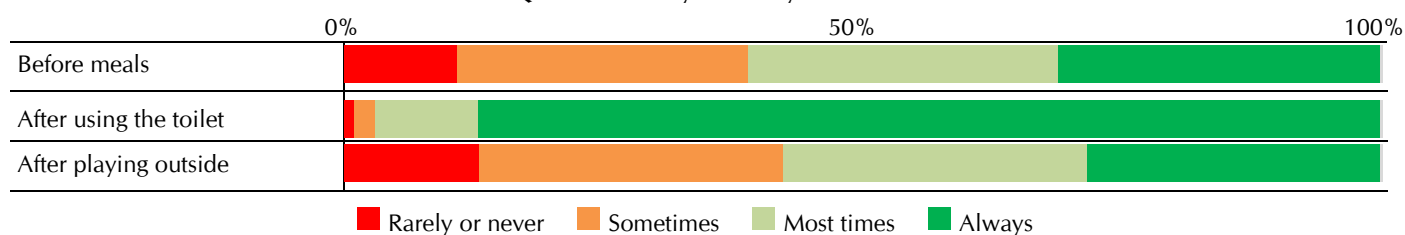
40% of pupils said they have been upset at least 'once or twice' in the past 3 months because of their teeth; 10% said they 'often' or 'very often' have.

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 8	Yr 10
Male	33	32
Female	49	41

Handwashing

Q60. When do you wash your hands?



61% of pupils said they wash their hands 'most times' or 'always' before meals, while 11% said they 'rarely or never' do.

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

West Sussex

Yr 8 Yr 10

Male 66 57

Female 61 57

97% 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 8 Yr 10

Male 95 95

Female 98 99

58% 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 8 Yr 10

Male 56 50

Female 61 62

92% 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 8 Yr 10

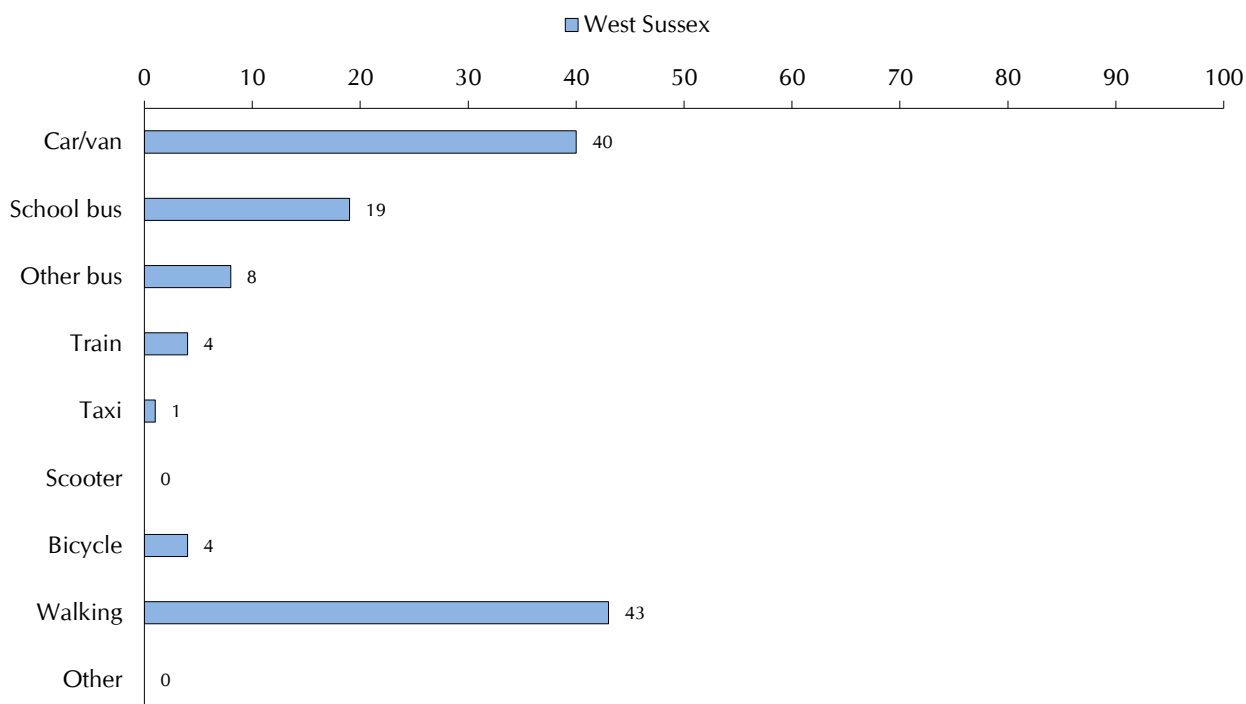
Male 92 92

Female 92 94

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; 30% 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 8	Yr 10
Male	33	35
Female	45	45

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 8	Yr 10
Male	8	7
Female	1	1

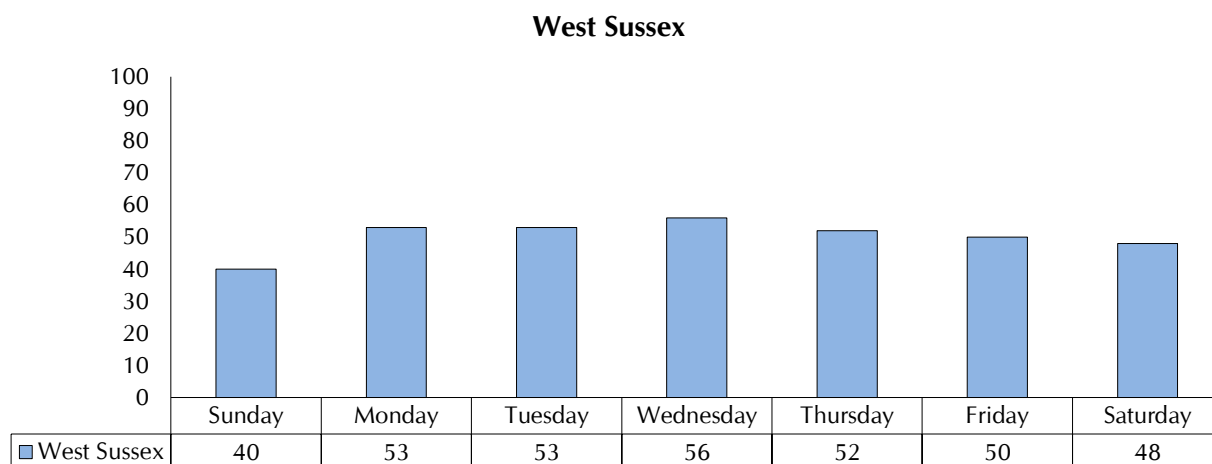
43% of pupils said they walked to school on the day of the survey; 46% either walked or travelled by bicycle or scooter.

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

	West Sussex	
	Yr 8	Yr 10
Male	46	46
Female	39	41

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?



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.

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 8	Yr 10
Male	5	7
Female	6	9

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



20% of males and 24% 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 8	Yr 10
Male	19	22
Female	24	24

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.

Q39. Percentage answering that they spend time taking part in clubs or activities outside of school hours on at least 3 days a week.

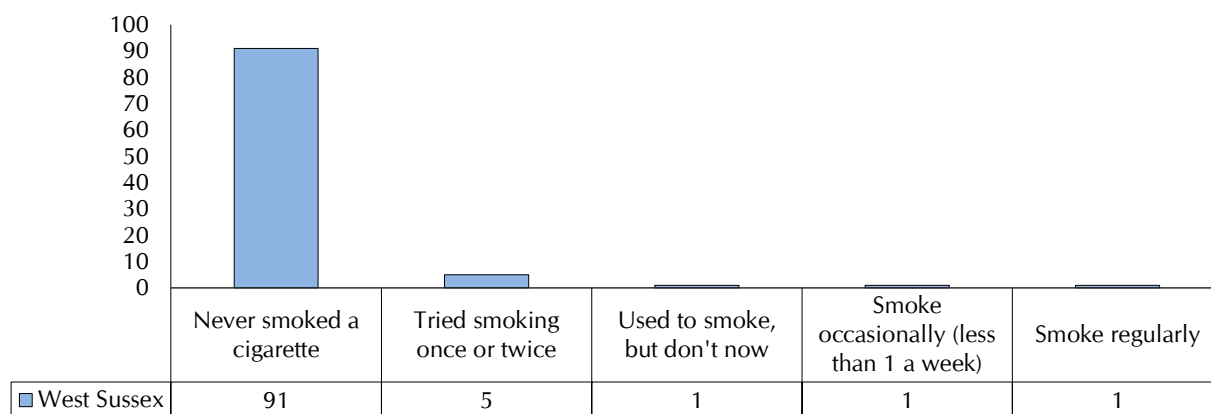
	West Sussex	
	Yr 8	Yr 10
Male	49	46
Female	44	44

Smoking, Vaping, Alcohol and Illegal Drugs

Smoking

Q41a. Smoking: Which sentence describes you best?

West Sussex



5% of Year 8 pupils and 15% of Year 10 pupils responded that they have at least tried smoking.

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

West Sussex

	Yr 8	Yr 10
Male	5	12
Female	4	16

1% of pupils responded that they smoke 'regularly'.

Of the 28 pupils who smoke regularly, 36% said they would like to give up.

Q41a. Percentage answering that they smoke 'regularly'.

West Sussex

	Yr 8	Yr 10
Male	1	1
Female	0	2

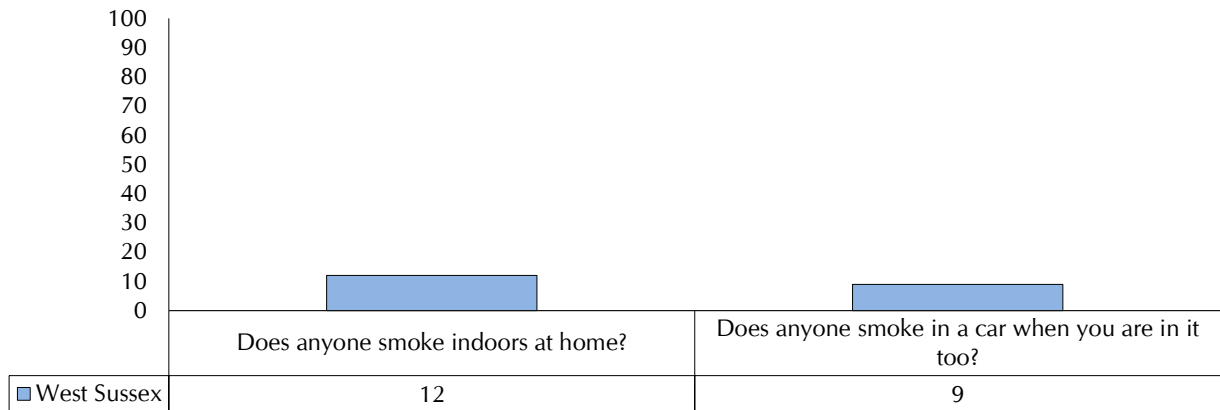
Q41b. Percentage of pupils responding that they at least occasionally smoke and have bought the following (top 3):

1	Cigarettes from other sellers (e.g. convenience stores, market stalls)	1
2	Adults (aged 18 and over) have bought cigarettes for me	1
3	Cigarettes online via a website	0

Passive smoking

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

West Sussex



12% of pupils said someone smokes indoors at home.

Q42a. Percentage answering that someone smokes indoors at home.

West Sussex

	Yr 8	Yr 10
Male	13	12
Female	11	12

9% 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 8	Yr 10
Male	8	8
Female	9	9

15% 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.

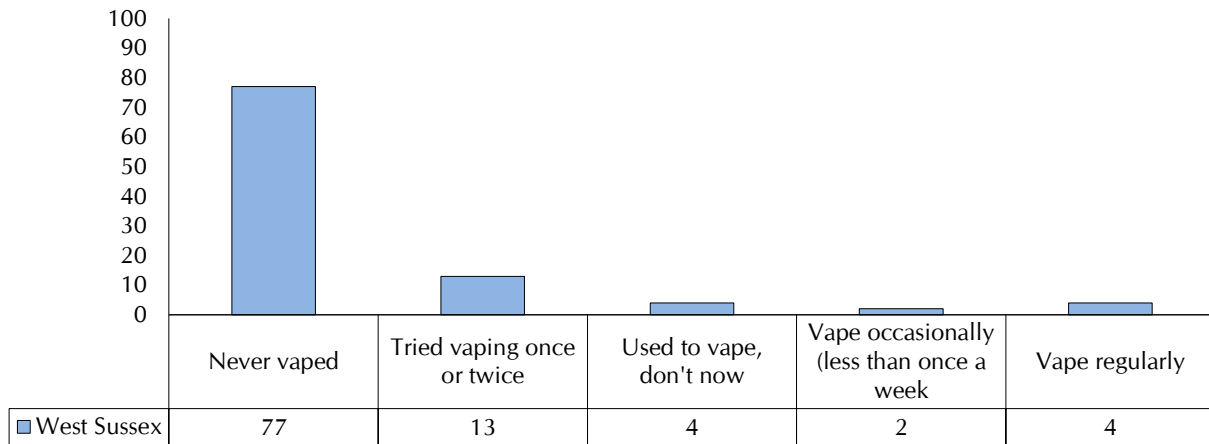
West Sussex

	Yr 8	Yr 10
Male	15	16
Female	14	16

E-cigarettes/vaping

Q43a. Vaping: Which sentence describes you best?

West Sussex



15% of Year 8 pupils and 35% of Year 10 pupils said they have at least tried vaping; 2% of Year 8 pupils and 7% of Year 10 pupils said they vape regularly (at least once a week).

Of the 84 pupils who vape regularly, 49% said they would like to give up.

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

West Sussex		
	Yr 8	Yr 10
Male	12	29
Female	17	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)	3
2	Adults (aged 18 and over) have bought vapes for me	2
3	Fake vapes (e.g. more than 700 puffs or more than 20mg nicotine strength)	1

3% of pupils said they have tried or purchased nicotine pouches, while 1% said they are 'not sure' if they have.

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

West Sussex		
	Yr 8	Yr 10
Male	1	8
Female	0	5

Alcohol

34% of Year 8 pupils and 63% of Year 10 pupils said they have had an alcoholic drink (more than just a sip).

Of the 987 pupils who have had an alcoholic drink, they were, on average, 10 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 8	Yr 10
Male	37	58
Female	31	66

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



6% of Year 8 pupils and 25% of Year 10 pupils said they usually have an alcoholic drink at least 'about once a month'; 1% said they do so more than once a week.

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

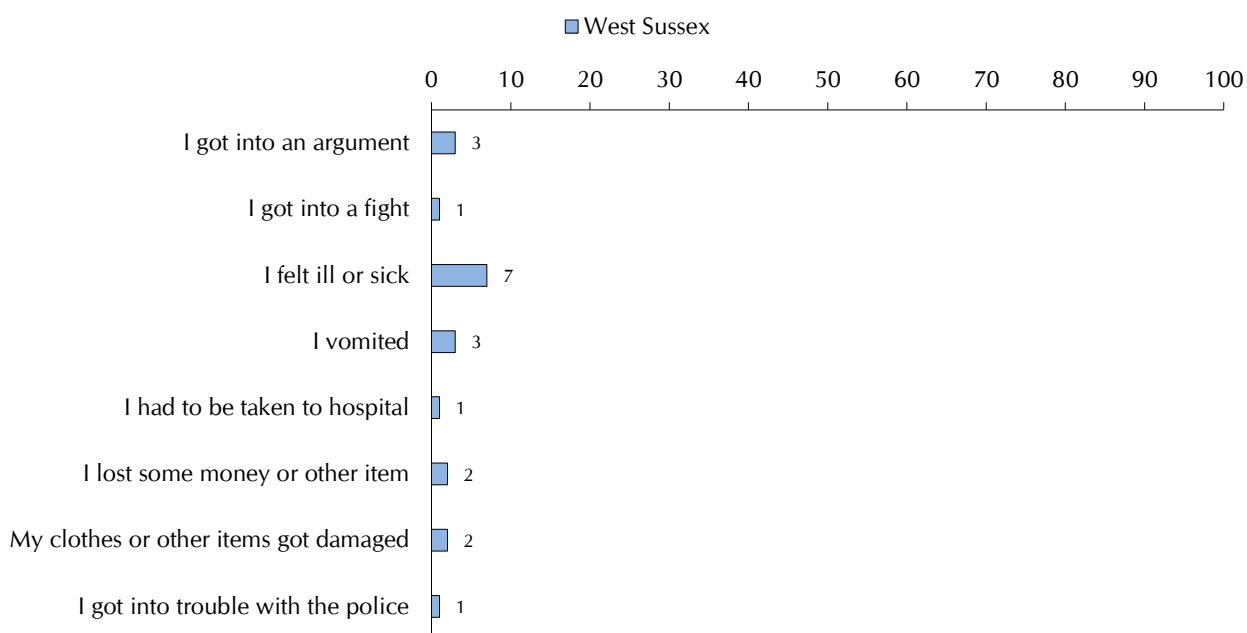
West Sussex		
	Yr 8	Yr 10
Male	6	25
Female	5	24

3% of Year 8 pupils and 16% of Year 10 pupils said they drink alcohol at least a few times a year and have been drunk in the last 4 weeks; 4% 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 8	Yr 10
Male	4	14
Female	3	17

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:



4% of Year 8 pupils and 12% of Year 10 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	5	1	I felt ill or sick	9
2	I got into an argument	3	2	I vomited	3
3	I lost some money or other item	3	3	I got into an argument	3

9% of Year 8 pupils and 20% of Year 10 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.

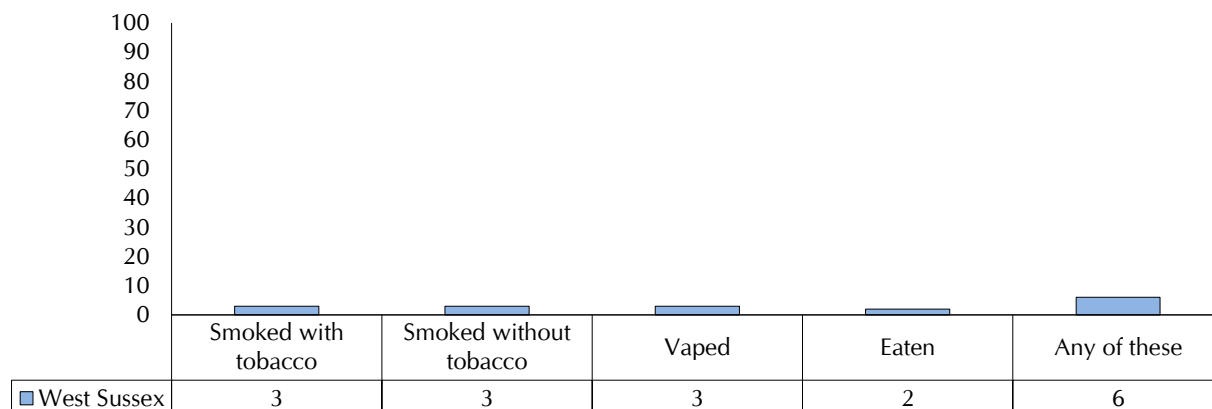
Q50. Percentage of pupils responding that they drink alcohol at least a few times a year and have obtained alcohol in the following ways in the last 4 weeks (top 3):

Male			Female		
1	Given alcohol by parents or carers	14	1	Given alcohol by parents or carers	13
2	Given alcohol by friends	4	2	Given alcohol by friends	7
3	Given alcohol by other relatives	4	3	Given alcohol by other relatives	5

Drugs

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

West Sussex



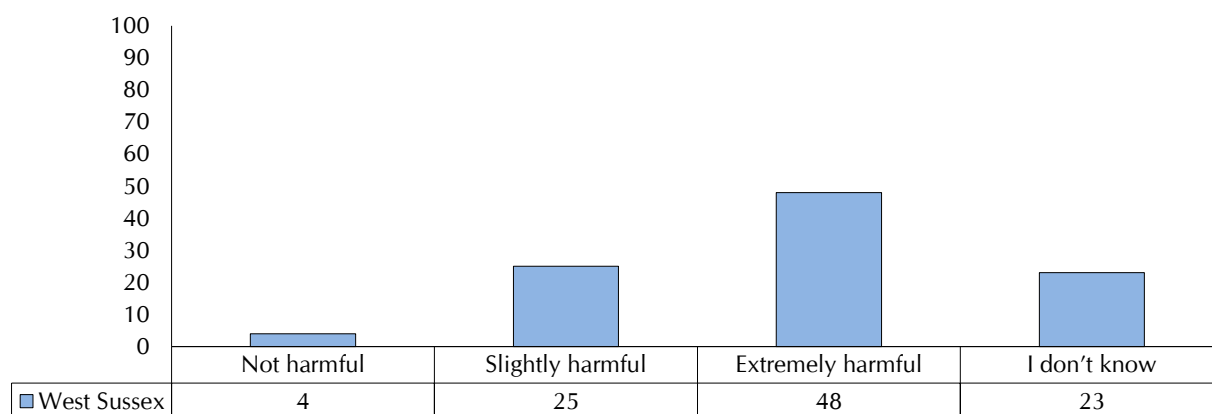
2% of Year 8 pupils and 11% of Year 10 pupils said they have tried cannabis; 3% said they smoked it (without tobacco) and 3% said they vaped it.

Q51a. Percentage answering that they have tried cannabis.

	West Sussex	
	Yr 8	Yr 10
Male	3	11
Female	1	11

Q52. Do you think cannabis is...?

West Sussex



4% of pupils think cannabis is 'not harmful', while 25% said it is 'slightly harmful'.

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

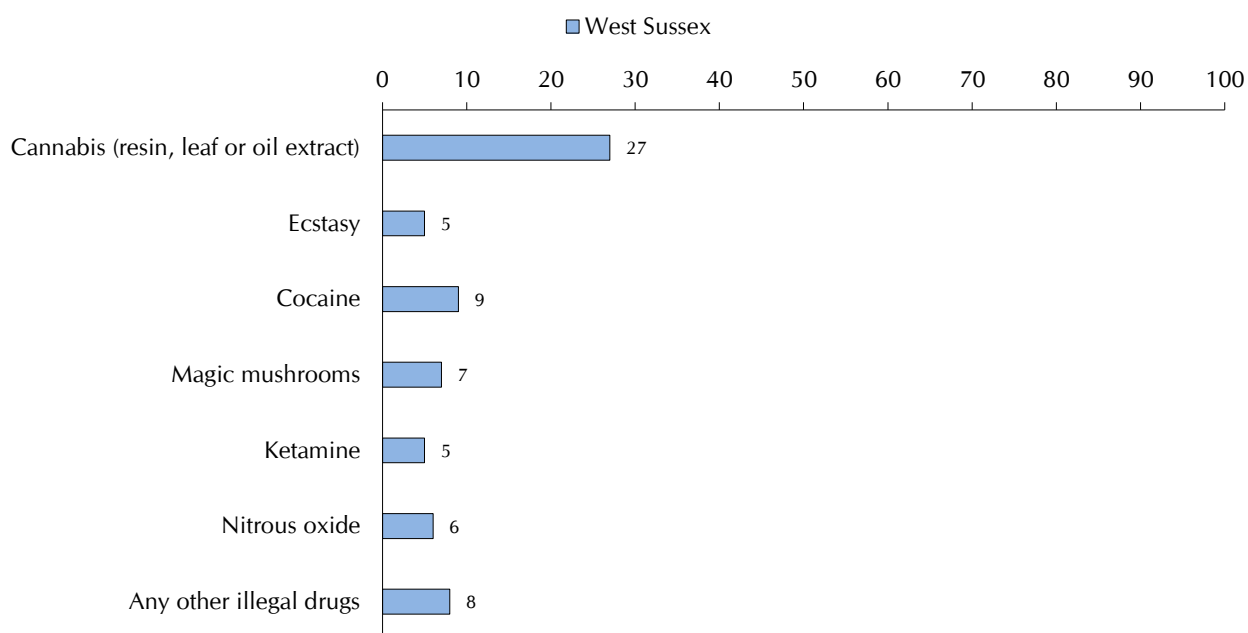
	West Sussex	
	Yr 8	Yr 10
Male	3	8
Female	1	3

48% of pupils think cannabis is 'extremely harmful'.

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

	West Sussex	
	Yr 8	Yr 10
Male	50	38
Female	52	50

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



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; 3% of Year 8 pupils and 22% of Year 10 pupils said they know someone who uses it 'regularly'.

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

	West Sussex	
	Yr 8	Yr 10
Male	11	39
Female	14	52

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'.

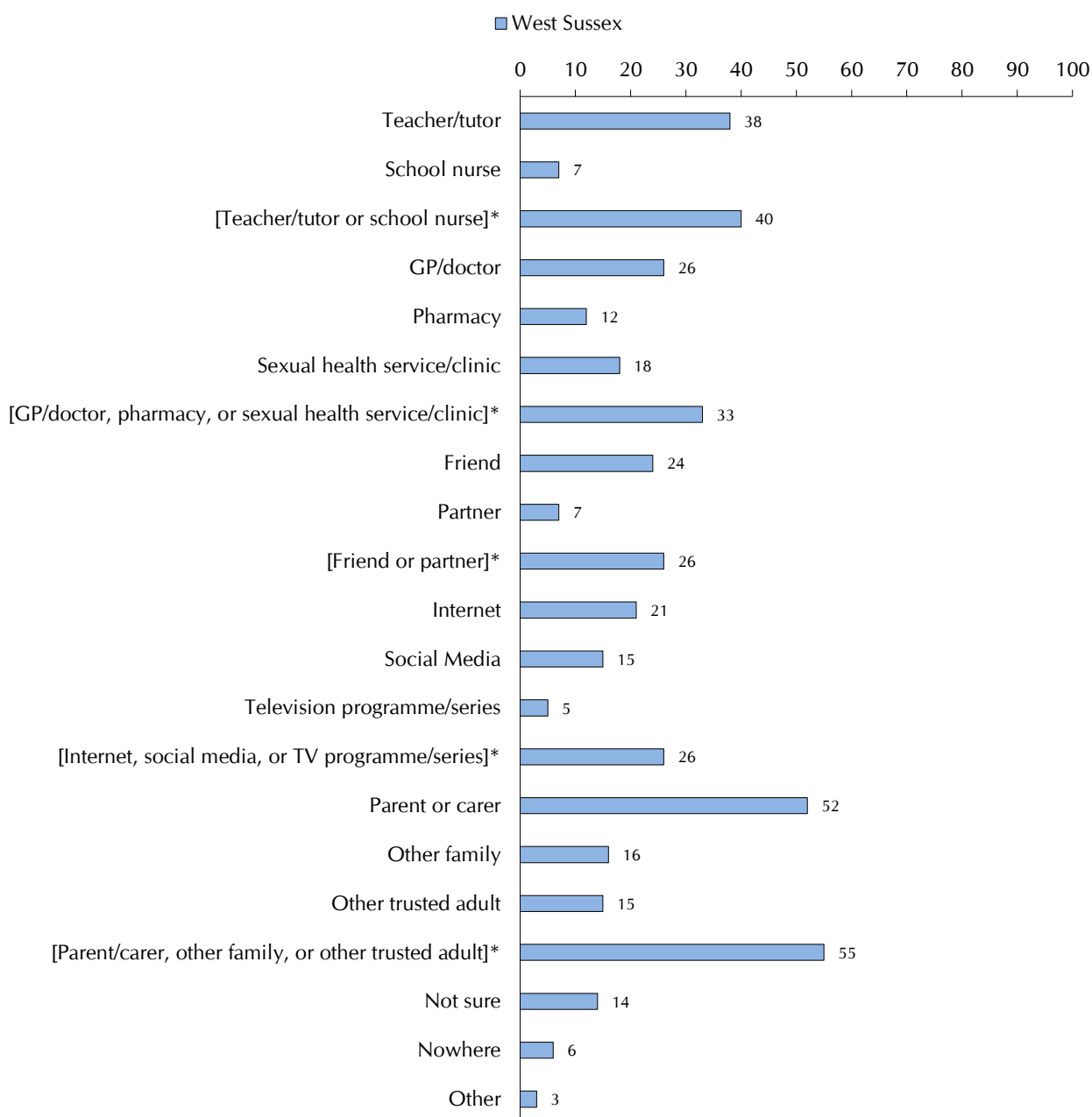
Q53. Percentage answering that they know someone in their year group at school who at least 'occasionally' uses one or more of the drugs listed.

	West Sussex	
	Yr 8	Yr 10
Male	14	42
Female	18	55

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):



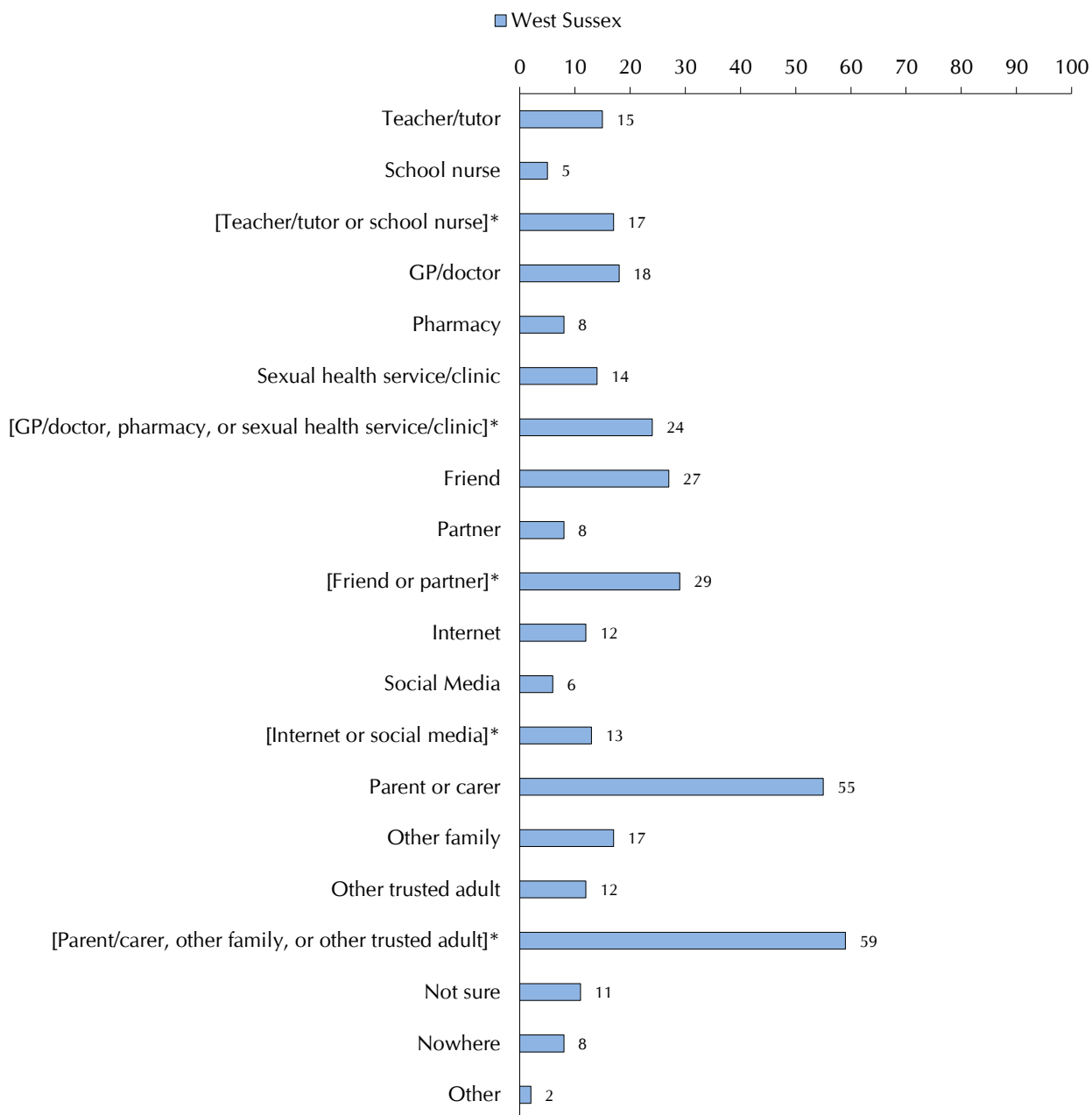
* Aggregated responses.

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.

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	Parent or carer	48	1	Parent or carer	55
2	Teacher/tutor	42	2	Teacher/tutor	34
3	GP/doctor	23	3	GP/doctor	28
4	Internet	22	4	Friend	27
5	Friend	20	5	Internet	20

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:



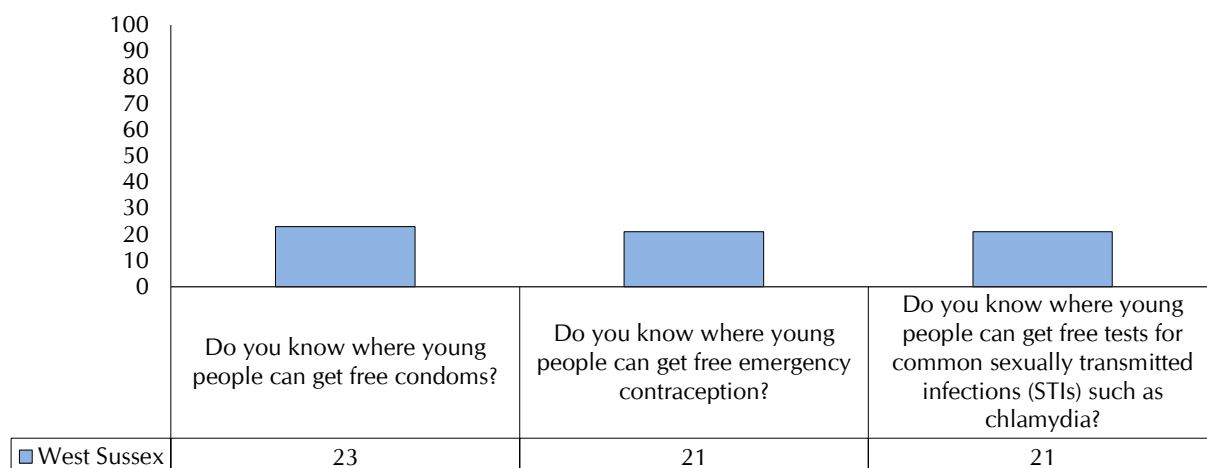
* Aggregated responses.

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.

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	53	1	Parent or carer	59
2	Friend	21	2	Friend	32
3	Teacher/tutor	20	3	GP/doctor	19
4	GP/doctor	19	4	Other family	17
5	Other family	17	5	Sexual health service/clinic	13

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



11% of Year 8 pupils and 41% of Year 10 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 8	Yr 10
Male	13	36
Female	9	45

10% of Year 8 pupils and 36% of Year 10 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 8	Yr 10
Male	10	28
Female	10	42

11% of Year 8 pupils and 34% of Year 10 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 8	Yr 10
Male	10	30
Female	12	37

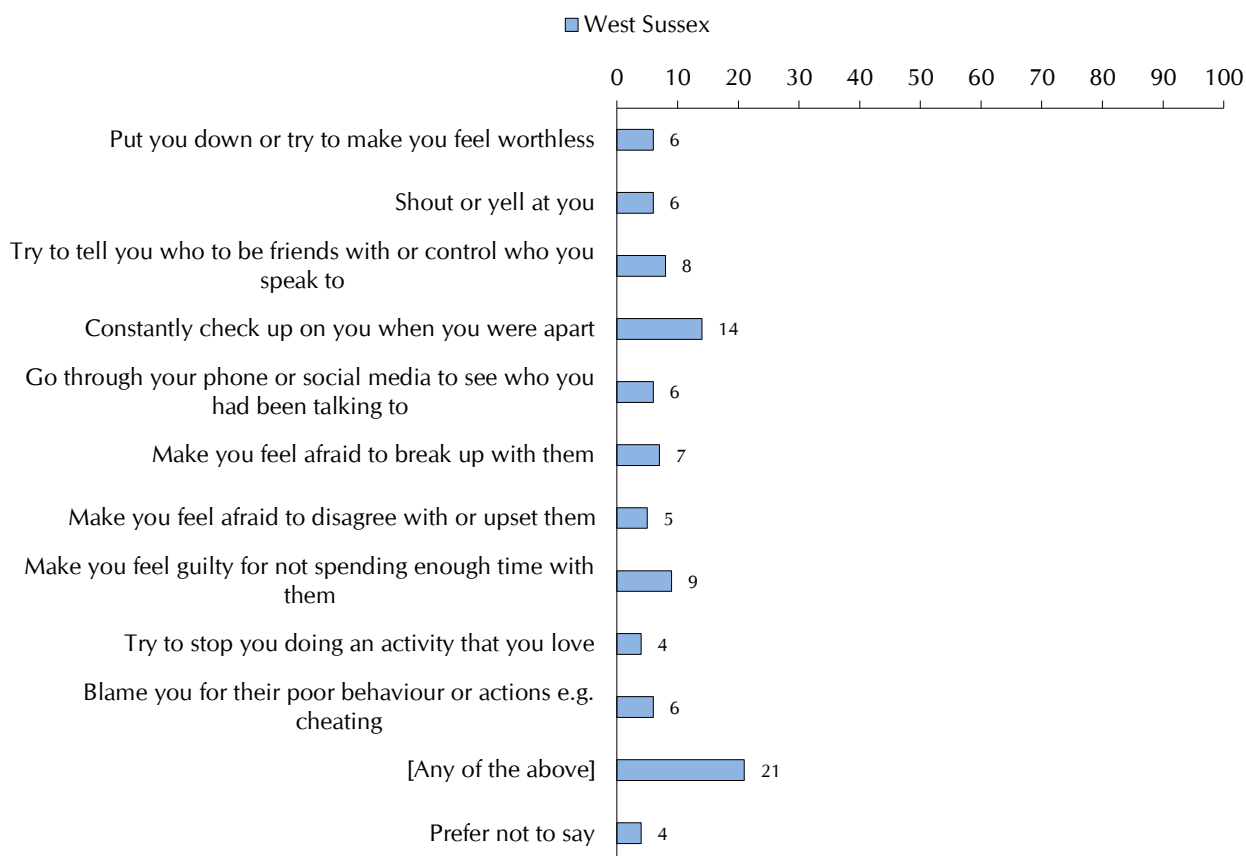
Relationships

57% 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 8	Yr 10
Male	55	62
Female	57	56

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

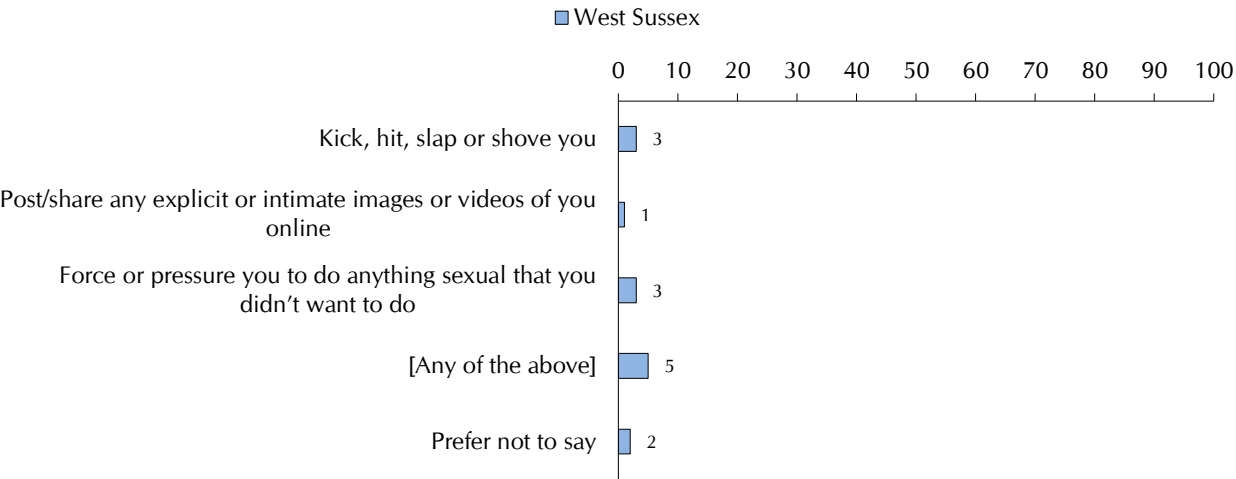


19% of males and 22% of females said they have experienced at least one of the negative/controlling behaviours listed in Q59b during a relationship.

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	13	1	Constantly check up on you when you were apart	15
2	Make you feel guilty for not spending enough time with them	7	2	Make you feel guilty for not spending enough time with them	10
3	Try to tell you who to be friends with or control who you speak to	7	3	Try to tell you who to be friends with or control who you speak to	8
4	Go through your phone or social media to see who you had been talking to	5	4	Make you feel afraid to break up with them	8
5	Shout or yell at you	5	5	Blame you for their poor behaviour or actions e.g. cheating	7

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



5% of males and 5% 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	4	1	Force or pressure you to do anything sexual that you didn't want to do	4
2	Force or pressure you to do anything sexual that you didn't want to do	2	2	Kick, hit, slap or shove you	2
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	1

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