

Findings from the Health Related Behaviour Survey 2024 **Emotional Health and Wellbeing**

Supporting the health of
young people in Wolverhampton



Supporting the health of young people in Wolverhampton

Findings from the Health Related Behaviour Survey 2024 – Emotional Health and Wellbeing

The Health Related Behaviour Survey (HRBS) has been running in Wolverhampton since 2006. The survey is carried out as a way of consulting with pupils and collecting robust information about young people's health and wellbeing. The HRBS is commissioned by the Starting, dDeveloping and Living Well team within the City of Wolverhampton Council Public Health Department and carried out by the Schools Health Education Unit (SHEU) which has conducted the survey on behalf of the Council since its inception in 2006.

The survey is conducted with pupils in primary and secondary phase settings across Wolverhampton, who are asked to complete an anonymous on-line version of the survey appropriate for their age group. Schools are supported to collect the most reliable data with pupils in Years 2 (Key Stage 1 survey), 4 & 6 (Key Stage 2 survey), and 8 & 10 (Secondary Key Stage 3-4 survey) with other year groups taking part where appropriate. In 2024 survey schools could also opt for a Year 7 version and a Year 12 version of the secondary survey.

HRBS 2024 was completed by a total of 12611 pupils in 34 primary (KS1) settings, 48 primary (KS2) settings, 15 secondary (KS3-4) settings, the FE college and 5 special schools.

Navigating the report

This report is one of five that reflect local priorities. Each report is divided into the following sections:

Headline comparisons

Each report contains headline bullet points, comparing the 2024 data and the same questions for 2022 and earlier in many cases.

- Key:
- Positive finding
 - Negative finding
 - Neutral finding (where it is subjective as to whether the finding is positive or negative or is little different)

Trends

The survey questions have changed somewhat compared with previous years but where possible, trend charts have been included to provide useful insight for key priority areas.

Phase differences

A selection of questions used across the surveys has been presented to look for age-related differences in responses.

Mapping

The primary school data available has been divided into ward areas by postcode of the pupil.

The maps are colour coded:

Green = positive findings

Blue = neutral findings (where it is subjective as to whether the finding is positive or negative)

Red = negative findings

The darker the colour, the higher the percentage proportions (see key on each map). Sadly there isn't enough secondary school postcode data available for mapping purposes.

Inequalities ≠

A selection of questions for each of the primary and secondary questionnaires has been presented to look for different responses across potential vulnerable groups.

Links between behaviours

Cross tabulations have been investigated for some of the key questions in the survey to look for links between behaviours. Each statement is a statistically significant finding; for space, only a couple have been selected but full lists are available.

**THEMED REPORTS
NUMBER 4 OF 5:**

**HEALTHY
LIFESTYLES**

**RELATIONSHIPS AND
SEXUAL HEALTH**

**SMOKING,
SUBSTANCES AND
GAMBLING**

**EMOTIONAL HEALTH
AND WELLBEING**

**SAFETY (INCLUDING
BULLYING)**

Headlines

Girls appear to report a greater range and level of issues and difficulties than boys do when we interpret the findings for the emotional health and wellbeing questions. Girls are less likely to appear in the highest brackets in the Stirling (primary) and Short Warwick-Edinburgh Mental Well-being Scale SWEMWBS (secondary). Compared with 2022, pupils in 2024 seem less worried but are less likely to know an adult they trust who they could talk to about their worries. Pupils are also less likely to say that their school deals well with bullying in 2024 compared with 2022.

Key Stage 1 pupils

- 43% of Key Stage 1 pupils recorded levels of high self-esteem. This is lower than the 45% seen in 2022 and 48% in 2018.
- In 2024, 43% of Key Stage 1 pupils recorded levels of 'high' self-esteem, 38% had 'med-high' levels, 16% had 'med-low', and 3% had 'low' self-esteem.
- 31% of Key Stage 1 pupils in 2024 and 2022 said that they worry 'a lot' about bullying. This is higher than the 29% who said this in 2018.
- 73% of Key Stage 1 pupils said that they know an adult they can talk to if they are worried about something. This compares with 78% in 2022. 74% said this in 2018 and 72% in 2016.
- 41% of Key Stage 1 pupils worried 'a lot' about their safety, 35% worried about friendships and 28% worried about tests. These compare with the figures for 2022: 45%, 38% and 34% respectively.



Key Stage 2 pupils

- 46% of Key Stage 2 pupils worried about moving on to secondary school, 45% worried about SATs/tests and 29% worried about falling out with friends. This compares with the figures for 2022: 48%, 47% and 34% respectively.
- 36% of Key Stage 2 pupils said that their school deals with bullying 'very well'. This is lower than the 41% reported in 2022 and the 45% seen in 2018.
- 34% of Key Stage 2 pupils recorded levels of high wellbeing on the Stirling Children's Wellbeing scale. This is lower than the 35% in 2022 and the 47% seen in 2018.
- In 2024, 34% of Key Stage 2 pupils recorded levels of 'high' wellbeing, 47% had 'med-high' levels, 17% had 'med-low' and 2% had 'low' wellbeing.
- In 2024, 61% of Key Stage 2 pupils said their lessons on managing emotions/feelings had been 'quite' or 'very useful'. This compares with 63% saying this in 2022.
- In 2024, 9% of Key Stage 2 pupils recorded levels indicating poor mental health from their answers to the Stirling Wellbeing questions. This compares with 10% recording this in 2022.
- 74% of Key Stage 2 pupils said that they 'often' or 'always' feel happy during school breaktimes. This is higher than the 71% seen in 2022 but lower than the 81% in 2018.
- 58% of Key Stage 2 pupils said that they feel 'happy' with their life at the moment. This is higher than the 57% seen in 2022 but lower than the 63% reported in 2018.
- 64% of Key Stage 2 pupils said that their school cares whether they are happy or not. This is lower than the 65% seen in 2022 and the 70% who said this in 2018.
- 47% of Key Stage 2 pupils said that their views and opinions are listened to in school. This is higher than the 44% seen in 2022 but similar to the 48% reported in 2018.

- 78% of Key Stage 2 pupils said that they think it is important to go to school regularly. This compared with 84% who said this in 2022 and the 81% seen in 2018.

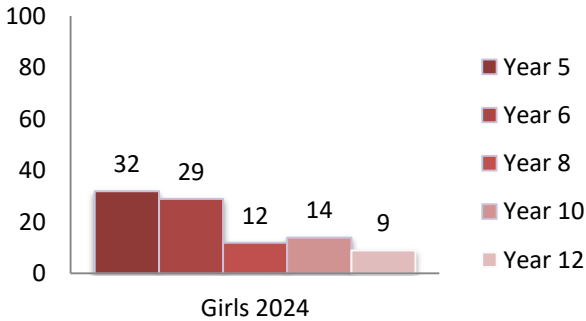
Secondary pupils

- 40% of Key Stage 3-4 secondary pupils said that they feel 'happy' with their life at the moment. This is higher than the 36% seen in 2022 but lower than the 48% in 2018 and 52% reported in 2016.
- 18% of Key Stage 3-4 secondary pupils recorded levels of high/max wellbeing on the SWEMWB wellbeing Scale. This is higher than the 15% seen in 2022 but lower than the 22% reported in 2018.
- In 2024, 18% of Key Stage 3-4 secondary pupils recorded levels of high/max wellbeing, 42% had 'med-high' levels, 28% had 'med-low' and 12% had 'low' wellbeing.
- 18% of Key Stage 3-4 secondary pupils said they have been bullied online. This is higher than the 17% seen in 2022 and the 13% reported in 2018.
- 26% of Key Stage 3-4 secondary pupils said their school challenges racism and racist bullying effectively in 2024 and 2022. This is lower than the 29% reported in 2018.
- 23% of Key Stage 3-4 secondary pupils said their school challenges homophobic bullying effectively. This is lower than the 26% seen in 2022 but higher than the 19% reported in 2018.
- 44% of Key Stage 3-4 secondary pupils know an adult, or someone else they trust, that they could talk to if they were worried about their mental health. This is slightly lower than the 46% reported in 2022.
- 52% of Key Stage 3-4 secondary pupils worried about exams and tests, 37% worried about the way you look/body image and 29% worried about their mental health. These compared with the figures for 2022: 55%, 41% and 35% respectively.
- 55% of Key Stage 3-4 secondary pupils said that they at least sometimes feel lonely. This is lower than the 62% reported in 2022.
- In 2024, 31% of Key Stage 3-4 secondary pupils said their lessons on managing emotions/feelings had been 'quite' or 'very useful'. This compares with 32% saying this in 2022.
- In 2024, 8% of Key Stage 3-4 secondary pupils said they have accessed support online when they had a worry about health or wellbeing. This compares with 9% saying this in 2022.
- In 2024, 16% of Key Stage 3-4 secondary pupils recorded levels of clinical emotional difficulty from their answers to the 'Me and my feelings' question set. This compares with 20% recording this in 2022.
- In 2024, 12% of Key Stage 3-4 secondary pupils recorded levels of clinical behavioural difficulty from their answers to the 'Me and my feelings' question set. This compares with 14% recording this in 2022.

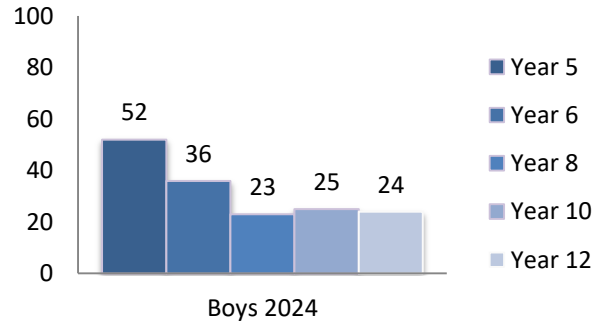
Phase differences

- There appear to be marked differences between the proportions of secondary girls achieving high/max wellbeing scores percentages compared with boys for these indicator question sets – for primary (Stirling Children’s Wellbeing Scale*) and secondary (SWEMWBS**) pupils.

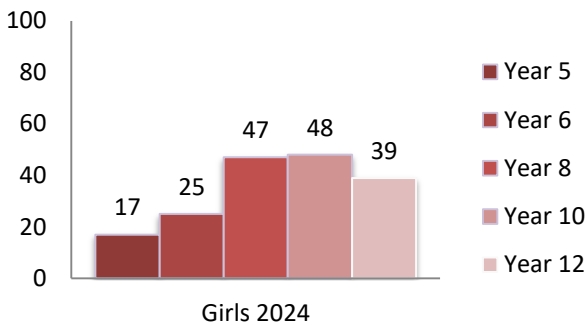
High/maximum wellbeing score



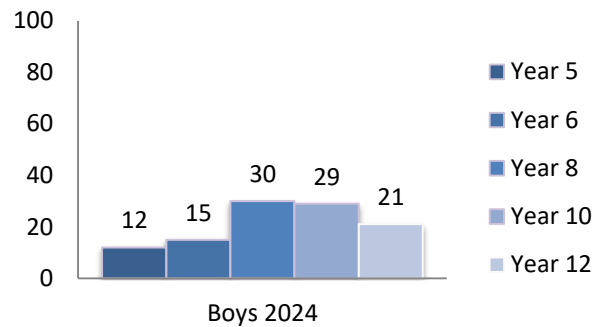
High/maximum wellbeing score



Low/med-low wellbeing score



Low/med-low wellbeing score

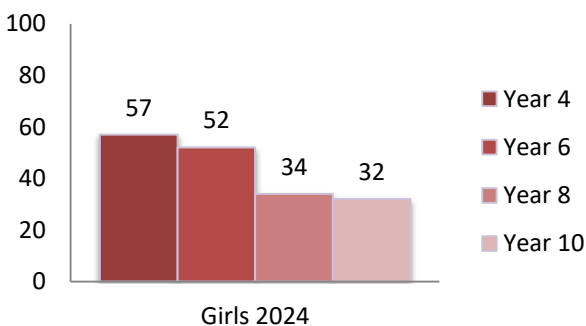


* Stirling Children’s Wellbeing Scale (Liddle & Carter, 2015)

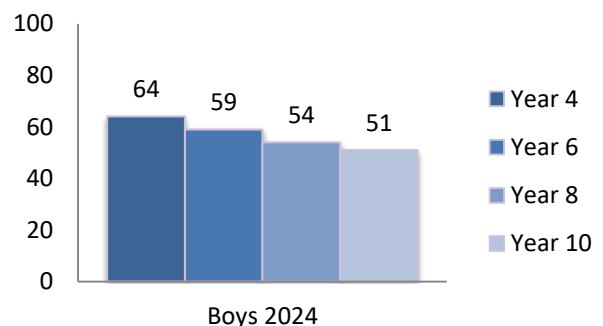
** Short Warwick Edinburgh Mental Well-being Scale (SWEMWBS)

© NHS Health Scotland, University of Warwick and University of Edinburgh, 2007, all rights reserved

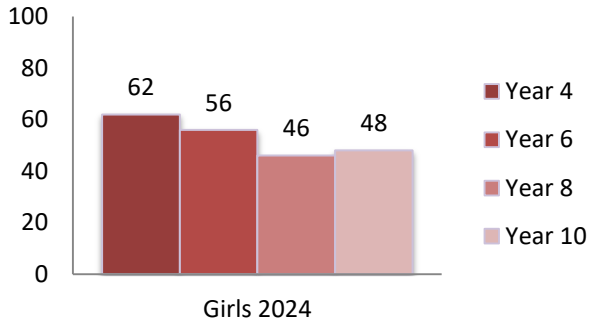
Happy with life at the moment



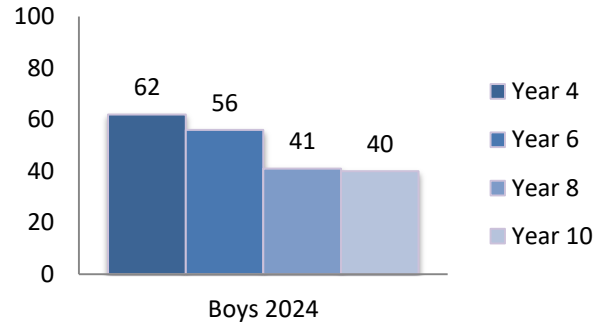
Happy with life at the moment



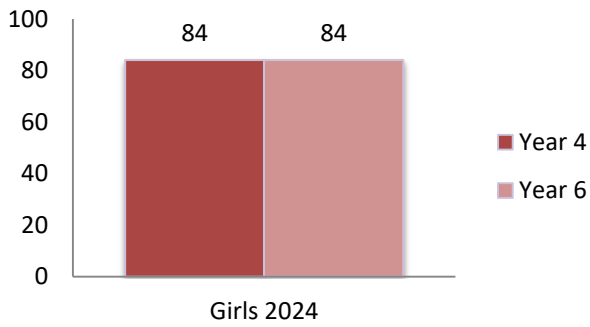
Know an adult they trust at school who they can talk to if they are worried about something (secondary could talk to about their mental health)



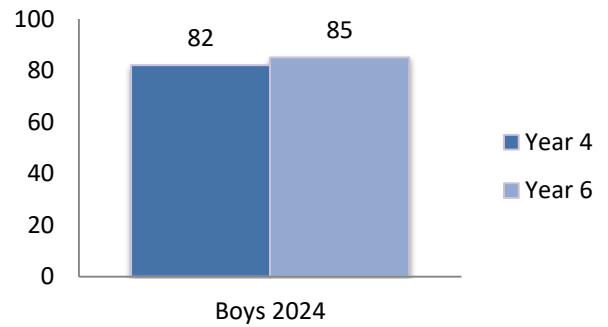
Know an adult they trust at school who they can talk to if they are worried about something (secondary could talk to about their mental health)



Primary - know an adult they trust at home who they can talk to if they are worried about something



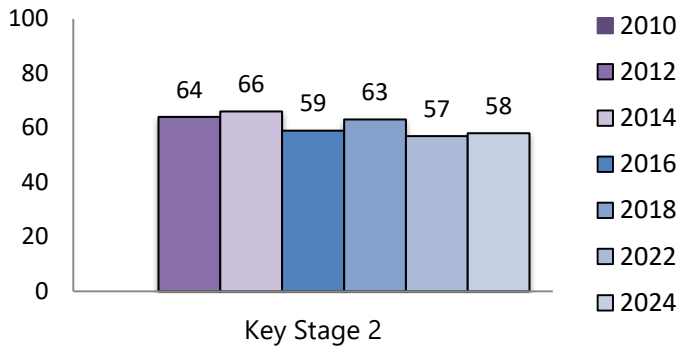
Primary - know an adult they trust at home who they can talk to if they are worried about something



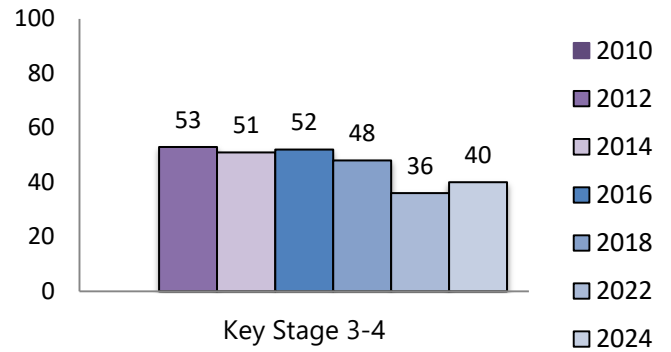
Trends

- It is difficult to say whether there are any clear trends in pupils reporting happiness with life in the primary data. There was a clear recent downward trend for secondary pupils until 2024 however.
- There is a clear upward trend for secondary pupils worrying about tests (more girls than boys). This doesn't appear the same trend for the primary phase.

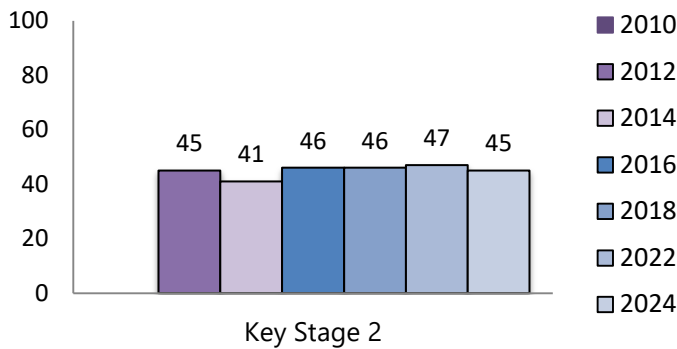
Primary Trends – Happy with life



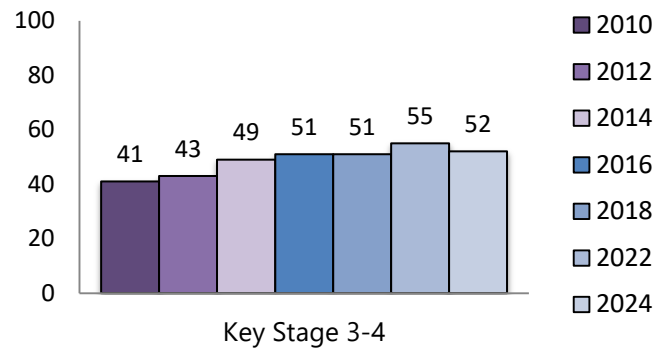
Secondary Trends – Happy with life



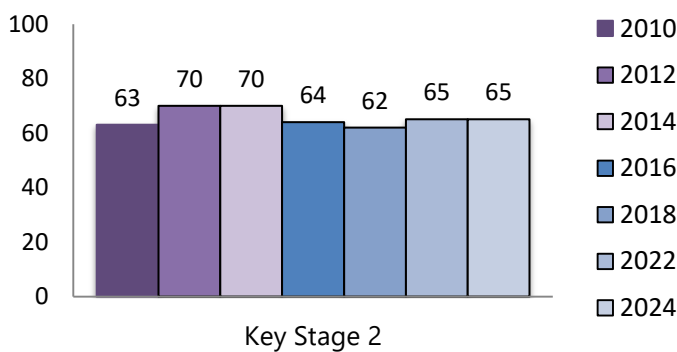
Primary Trends – Worry about tests



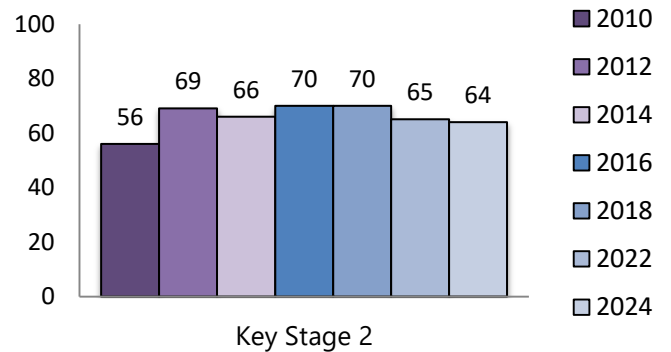
Secondary Trends – Worry about tests



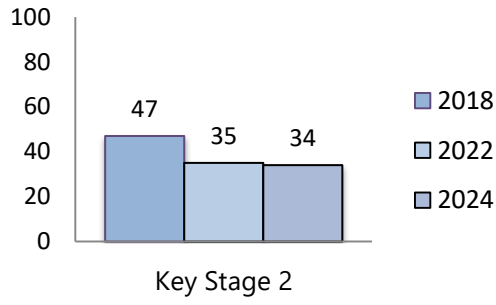
Primary Trends – school teaches them how to deal with their feelings positively



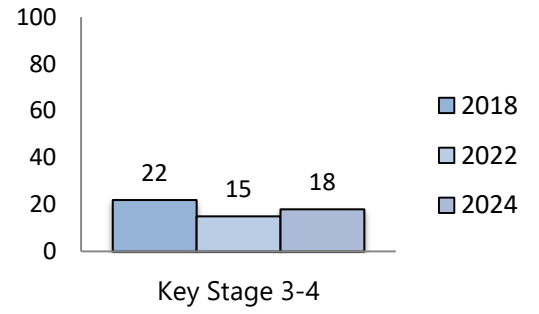
Primary Trends – school cares whether they are happy or not



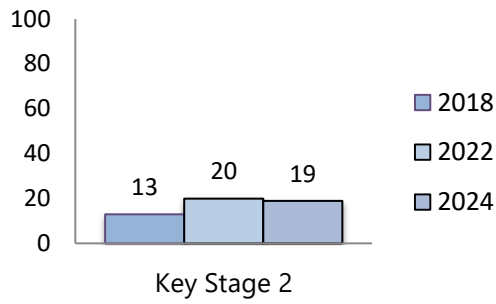
Primary Trends – High/max wellbeing



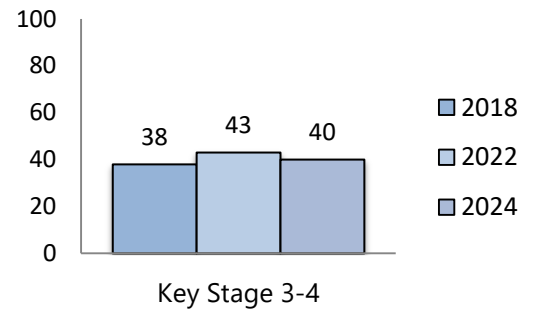
Secondary Trends – High/max wellbeing



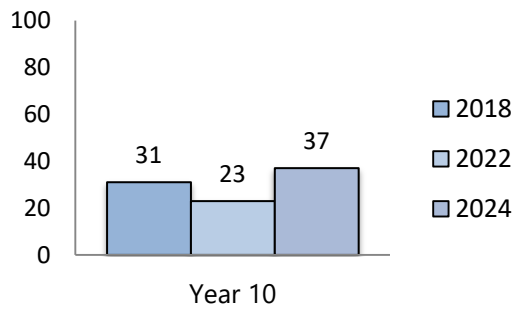
Primary Trends – Low/med-low wellbeing



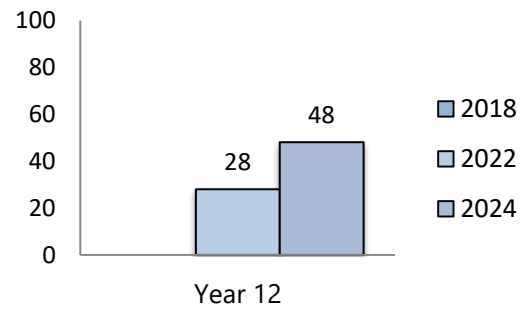
Secondary Trends – Low/med-low wellbeing



Secondary Trends – school teaches useful/very useful lessons on managing emotions/feelings

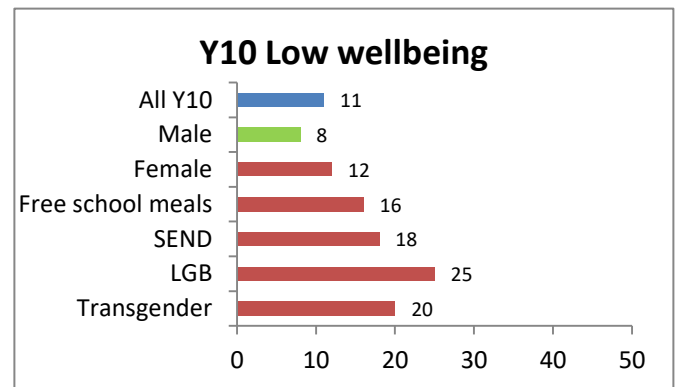
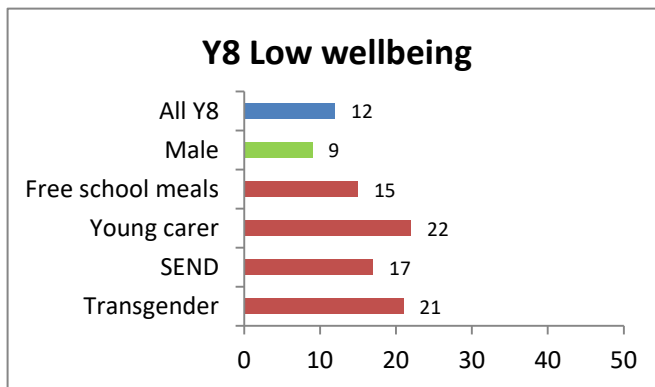
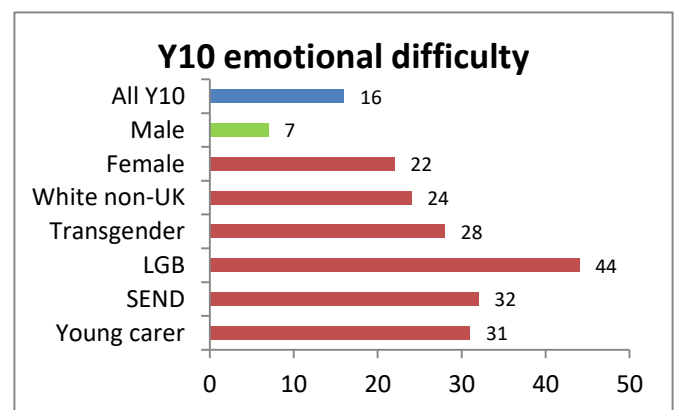
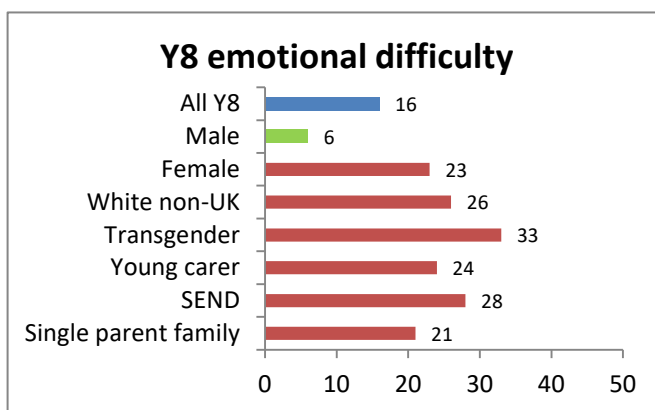
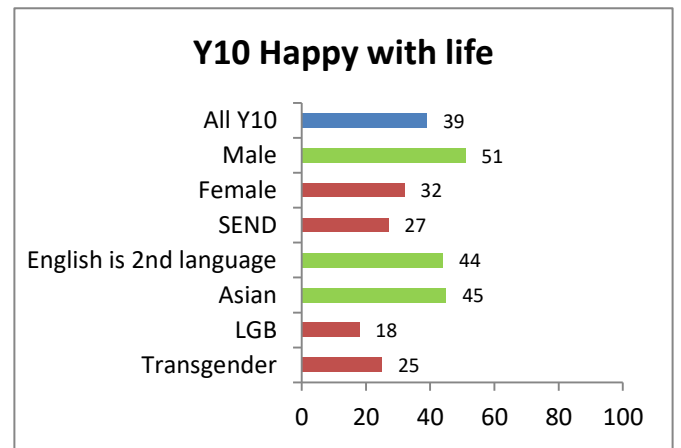
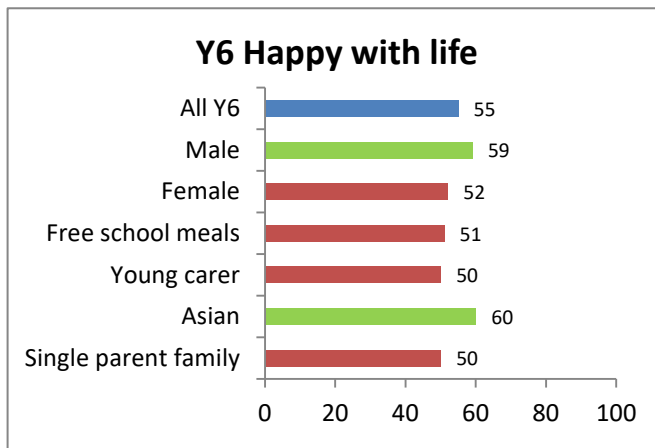


Y12 Trends – school teaches useful/very useful lessons on managing emotions/feelings



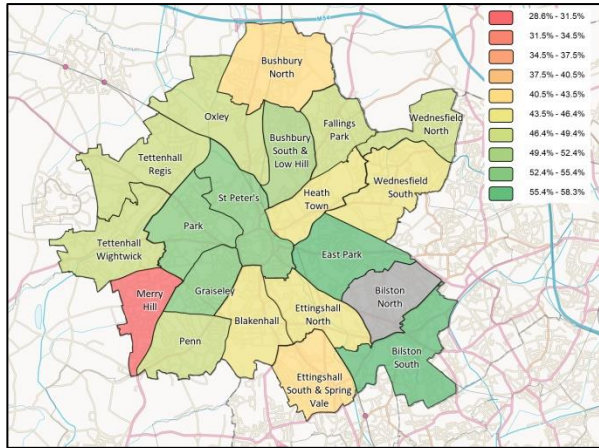
Inequalities ≠

A selection of questions for each of the primary and secondary questionnaires has been presented to look for statistically significant differences across potentially vulnerable groups:

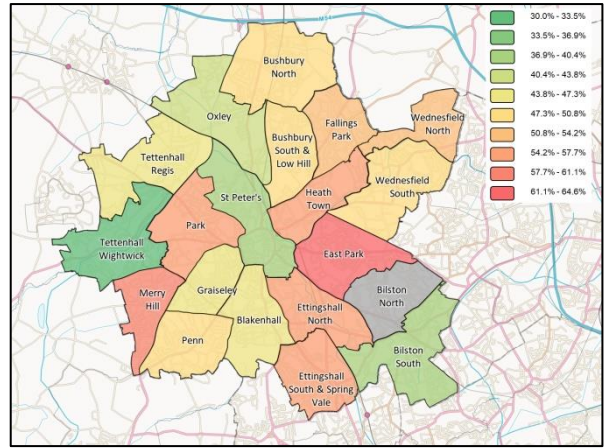


Mapping

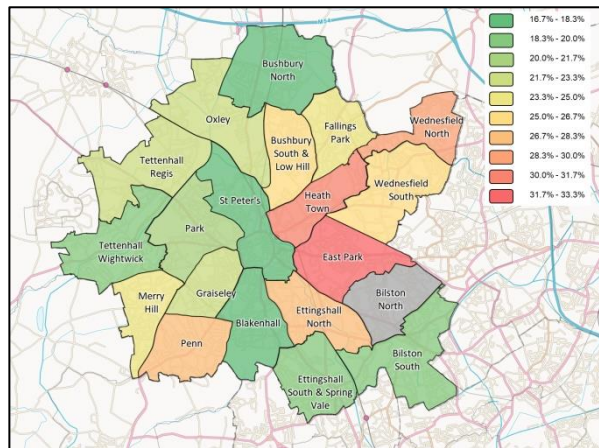
Year 6 pupils – Enjoy what each new day brings



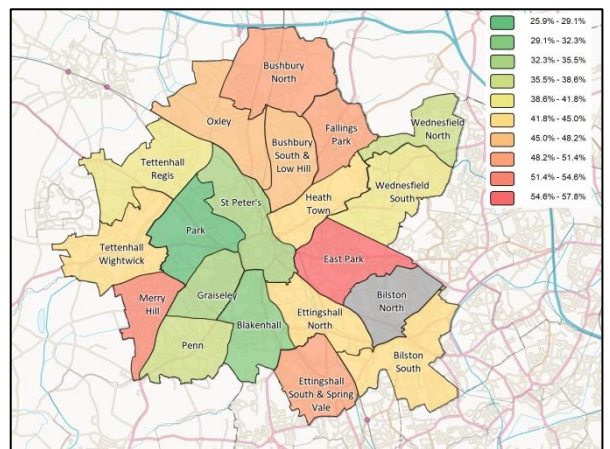
Year 6 pupils – worry about SATs or tests



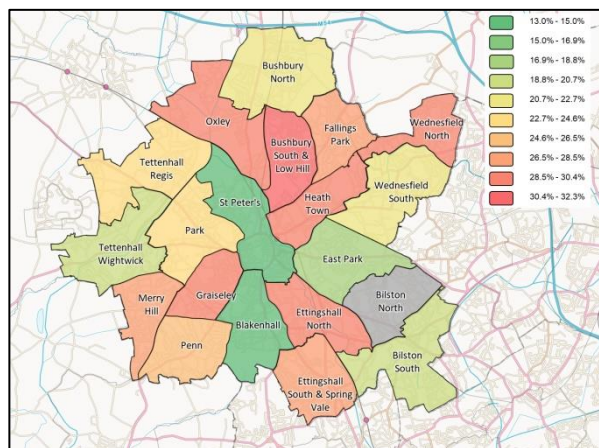
Year 6 pupils – have seen something worrying/upsetting online



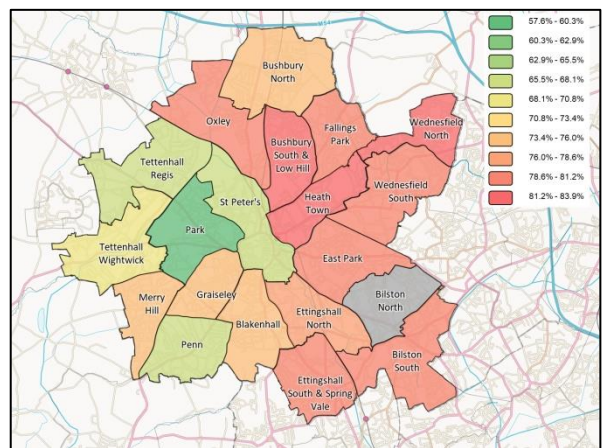
Year 6 pupils – use social networking sites to meet friends



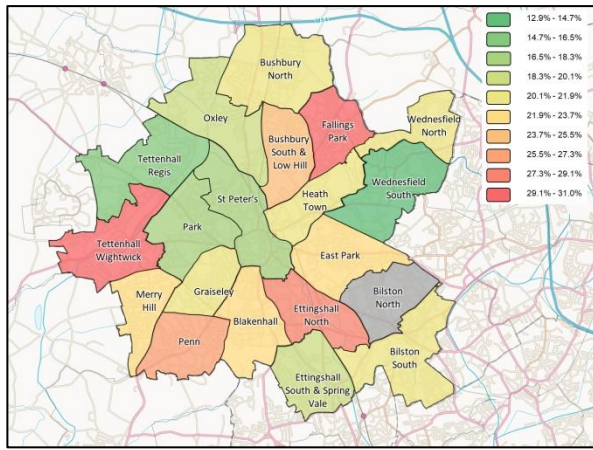
Year 6 pupils – worry about family



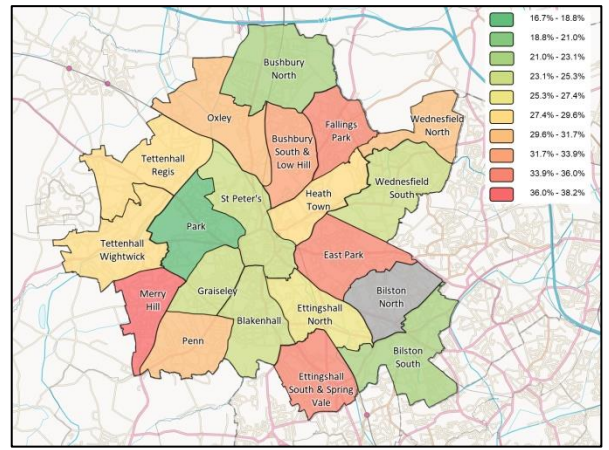
Year 6 pupils – use social networking sites



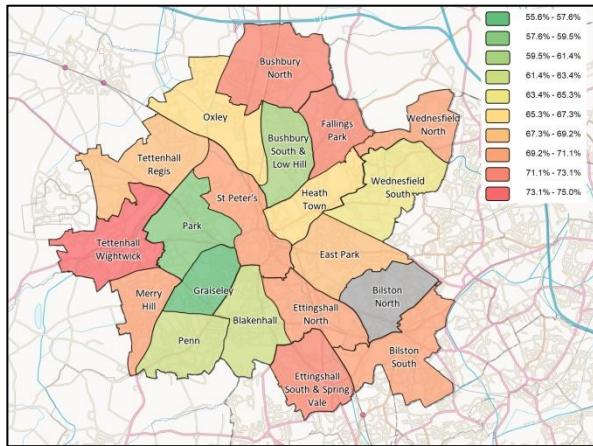
Year 6 pupils – Me and My Feelings – significant behavioural issues



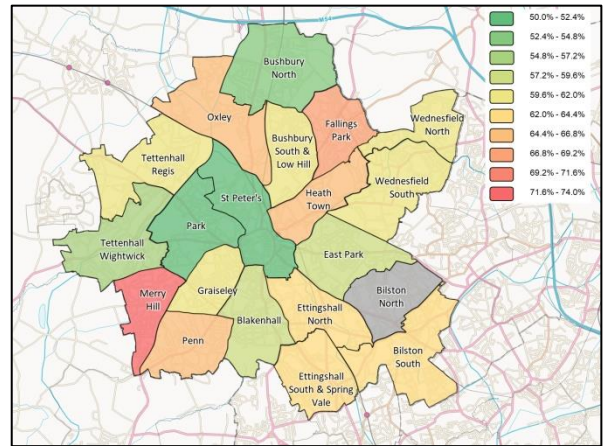
Year 6 pupils – Me and My Feelings – significant emotional issues



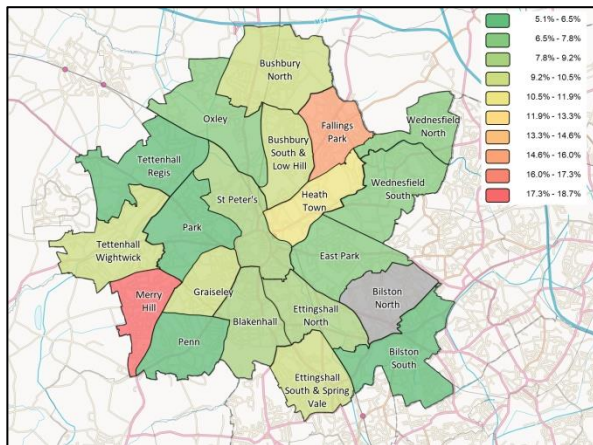
Year 6 pupils – Lose my temper at least sometimes



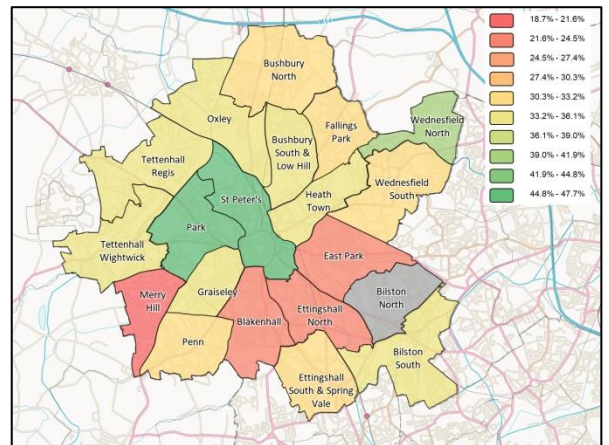
Year 6 pupils – Unhappy at least sometimes



Year 6 pupils – Poor mental wellbeing (Stirling Wellbeing Scale)



Year 6 pupils – Good mental wellbeing (Stirling Wellbeing Scale)



Links between behaviours

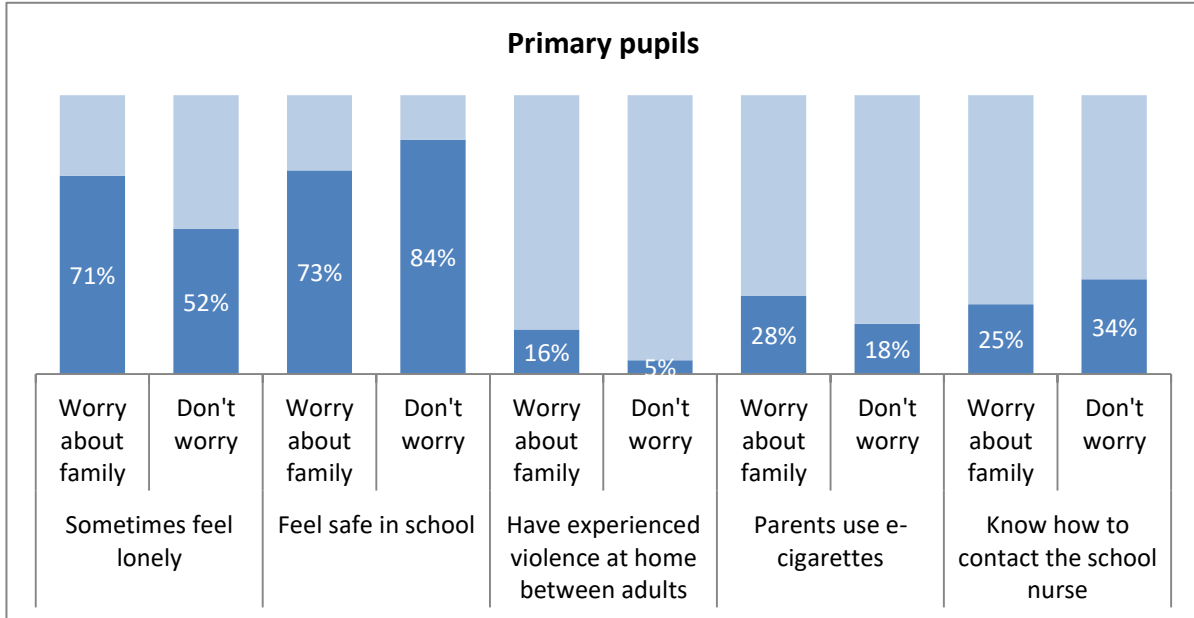
§ When compared with primary pupils who don't worry about their family, primary pupils who said that they **worry about their family** are:

Significantly more likely to:

- Feel lonely at least 'sometimes'
- Have experienced violence at home between adults at least once or twice in the last month
- Have parents who use e-cigarettes

Significantly less likely to:

- Feel safe at school
- Know how to contact the school nurse



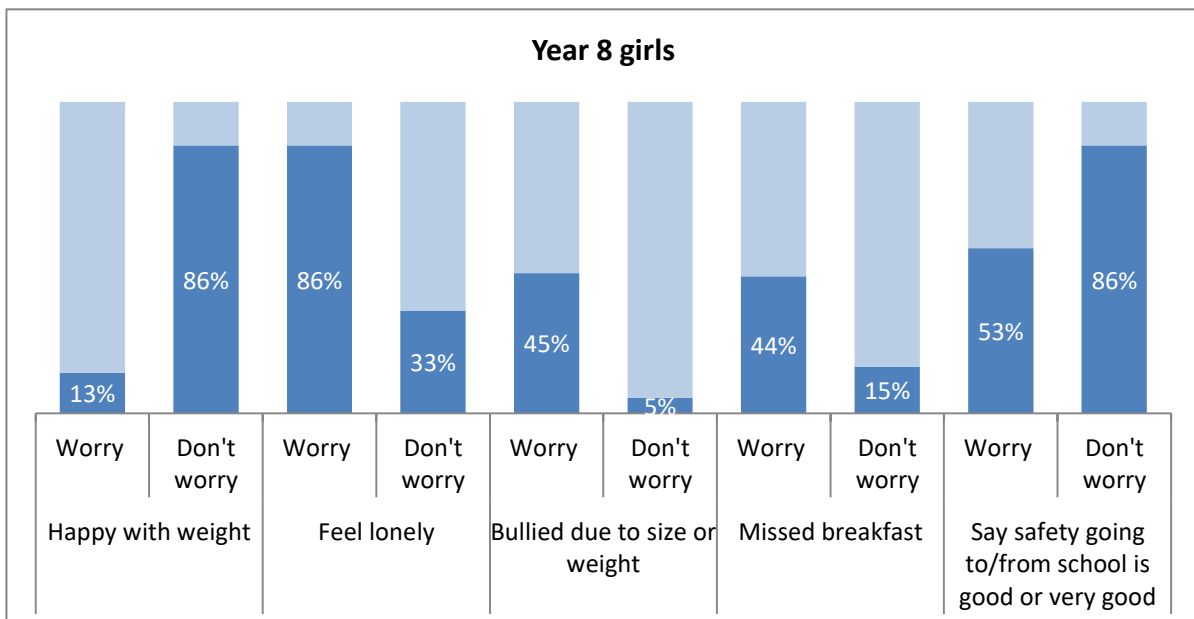
§ When compared with Year 8 girls who said they didn't worry about their looks/body image, Year 8 girls who **worried about their looks/body image** are:

Significantly more likely to:

- Have been bullied due to size or weight
- Missed breakfast that morning
- Feel lonely at least 'sometimes'

Significantly less likely to:

- Be happy with their weight
- Say that safety going to or from school good or very good



Inequalities ≠

The table below shows percentages for selected criteria for the whole year group sample and selected sub-samples of young people who may be vulnerable.

The table shows significance testing; the tests were performed using actual numbers of respondents for each criterion, not the overall sample size shown.

No correction has been attempted for multiple comparisons, so we could expect 1 in 20 cells to show an apparently significant difference by chance alone.

Significant differences are shown in green if desirable, orange if undesirable

99	99	$p < 0.05$	Green=Higher on a positive criterion or lower on a negative one
99	99	$p < 0.01$	Orange=Lower on a positive criterion or higher on a negative one

Year 4	All	Male	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	Young carer	Currently has FSM
Sample	1,839	879	910	640	65	181	233	398	58	539	265	401	687
Worry about gangs at least 'quite a lot'	27%	26%	27%	25%	31%	26%	31%	28%	29%	28%	30%	30%	28%
Ever bullied online	27%	30%	24%	26%	41%	28%	31%	22%	29%	26%	36%	32%	29%
Bullied in school in last 6 months	21%	21%	21%	24%	17%	20%	17%	22%	21%	23%	24%	25%	21%
Bullied elsewhere in last 6 months	22%	23%	20%	23%	22%	26%	22%	18%	21%	23%	27%	28%	27%
School deals very well with bullying	43%	44%	43%	45%	37%	43%	48%	38%	32%	40%	42%	42%	41%
Clinically significant [emotional] difficulties	15%	10%	19%	16%	18%	18%	12%	9%	18%	13%	17%	20%	18%
Clinically significant [behavioural] difficulties	13%	15%	10%	16%	12%	18%	14%	7%	15%	10%	19%	16%	16%
Happy with life	60%	64%	57%	59%	60%	60%	61%	63%	70%	61%	53%	55%	54%
Worry about at least one issue at least 'quite a lot'	87%	84%	89%	86%	92%	83%	88%	86%	86%	85%	88%	91%	90%

Year 6	All	Male	Female	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,944	982	926	660	102	240	308	454	70	530	362	299	730	196
Worry about gangs at least 'quite a lot'	31%	29%	33%	31%	40%	29%	35%	29%	30%	32%	32%	33%	33%	30%
Ever bullied online	23%	23%	23%	25%	34%	22%	25%	18%	24%	22%	29%	27%	28%	40%
Bullied in school in last 6 months	17%	16%	18%	20%	18%	13%	18%	12%	21%	16%	19%	20%	22%	30%
Bullied elsewhere in last 6 months	13%	14%	12%	14%	17%	13%	15%	9%	14%	15%	13%	16%	16%	34%
School deals very well with bullying	28%	30%	26%	33%	25%	20%	29%	28%	23%	28%	26%	31%	28%	17%
Clinically significant [emotional] difficulties	15%	9%	21%	19%	24%	17%	12%	9%	8%	13%	16%	18%	18%	35%
Clinically significant [behavioural] difficulties	14%	14%	14%	15%	17%	17%	16%	9%	9%	13%	18%	15%	18%	33%
Happy with life	55%	59%	52%	54%	49%	54%	53%	60%	60%	54%	50%	50%	51%	31%
Worry about at least one issue at least 'quite a lot'	83%	79%	86%	84%	92%	82%	79%	80%	82%	82%	88%	87%	85%	91%
Poor mental health (Stirling score <31)	9%	7%	11%	10%	18%	10%	7%	6%	10%	9%	11%	12%	12%	18%
Violence at home last month	11%	13%	10%	11%	15%	11%	11%	11%	8%	13%	10%	19%	14%	100%

Year 8	All	Male	Female	Transgender	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	SEND	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,668	776	840	66	550	106	182	227	453	60	391	289	122	162	548	108
Worry about gangs at least 'quite a lot'	10%	10%	11%	6%	10%	10%	13%	11%	8%	14%	9%	10%	17%	16%	11%	17%
Carry weapon when going out	3%	4%	3%	4%	2%	4%	8%	5%	3%	8%	5%	3%	10%	4%	4%	12%
Ever bullied online	20%	16%	22%	27%	23%	28%	23%	16%	16%	18%	17%	27%	35%	31%	22%	34%
Bullied in school in last 6 months	20%	16%	23%	29%	24%	22%	20%	18%	17%	18%	17%	21%	38%	30%	22%	37%
Bullied elsewhere in last 6 months	7%	6%	8%	11%	10%	10%	6%	5%	4%	12%	6%	8%	14%	12%	10%	17%
School deals very well with bullying	13%	18%	9%	2%	14%	8%	8%	15%	15%	10%	12%	14%	17%	19%	13%	9%
Clinically significant [emotional] difficulties	16%	6%	23%	33%	18%	26%	18%	11%	12%	12%	14%	21%	28%	24%	17%	32%
Clinically significant [behavioural] difficulties	14%	12%	15%	22%	18%	16%	18%	11%	8%	15%	9%	21%	36%	17%	19%	28%
Any aggressive/coercive behaviour in a relationship	27%	28%	26%	34%	36%	34%	36%	23%	16%	24%	21%	33%	40%	39%	33%	37%
Happy with life	42%	54%	34%	30%	43%	34%	35%	44%	44%	51%	45%	37%	43%	29%	41%	17%
Worry about at least one issue at least 'quite a lot'	74%	67%	80%	86%	76%	79%	79%	70%	72%	71%	75%	76%	84%	82%	76%	88%
Low wellbeing score (SWEMWBS)	12%	9%	12%	21%	11%	14%	13%	9%	10%	14%	13%	14%	17%	22%	15%	24%
Violence at home last month	8%	7%	8%	5%	6%	5%	9%	8%	9%	10%	8%	6%	13%	11%	8%	100%
Victim of crime/violence last 12 months	6%	7%	5%	4%	5%	6%	9%	7%	5%	12%	7%	8%	16%	9%	10%	19%
People with different backgrounds are valued at school	56%	55%	58%	48%	61%	55%	51%	57%	57%	47%	56%	50%	48%	49%	49%	42%
Any sexual harassment last 6m	20%	13%	26%	27%	18%	35%	26%	26%	14%	24%	18%	23%	27%	24%	21%	43%

Year 10	All	Male	Female	Transgender	LGB	White UK	White non-UK	Mixed	Black	Asian	Middle East/West Asian	English is not 1st language	Single-parent family	SEND	Young carer	Currently has FSM	Violence between adults at home last month
Sample	1,777	747	982	79	154	594	117	186	261	497	52	422	339	145	152	523	135
Worry about gangs at least 'quite a lot'	10%	10%	10%	23%	18%	10%	15%	10%	10%	8%	8%	11%	15%	20%	14%	11%	18%
Carry weapon when going out	5%	7%	4%	13%	9%	4%	4%	8%	7%	4%	9%	7%	9%	7%	10%	8%	18%
Ever bullied online	18%	15%	19%	21%	34%	21%	28%	19%	15%	12%	16%	16%	22%	28%	30%	20%	39%
Bullied in school in last 6 months	15%	12%	15%	21%	32%	15%	21%	15%	11%	13%	18%	15%	13%	29%	20%	17%	33%
Bullied elsewhere in last 6 months	6%	4%	7%	14%	14%	7%	10%	6%	4%	3%	7%	7%	6%	10%	11%	6%	15%
School deals very well with bullying	9%	14%	6%	13%	9%	9%	3%	7%	10%	11%	13%	14%	5%	9%	7%	9%	12%
Clinically significant [emotional] difficulties	16%	7%	22%	28%	44%	18%	24%	18%	16%	12%	15%	15%	18%	32%	31%	17%	40%
Clinically significant [behavioural] difficulties	11%	10%	12%	18%	24%	13%	21%	12%	10%	8%	15%	11%	13%	24%	26%	15%	32%
Any aggressive/coercive behaviour in a relationship	32%	31%	31%	37%	49%	40%	45%	36%	29%	19%	22%	28%	39%	42%	45%	38%	51%
Happy with life	39%	51%	32%	25%	18%	34%	40%	35%	37%	45%	58%	44%	31%	27%	31%	33%	17%
Worry about at least one issue at least 'quite a lot'	78%	64%	87%	87%	94%	80%	84%	78%	77%	75%	75%	78%	80%	90%	82%	80%	86%
Low wellbeing score (SWEMWBS)	11%	8%	12%	20%	25%	11%	13%	9%	11%	8%	17%	13%	13%	18%	15%	16%	23%
Violence at home last month	8%	7%	9%	13%	20%	5%	10%	13%	7%	10%	18%	11%	9%	14%	14%	9%	100%
Victim of crime/violence last 12 months	8%	9%	7%	13%	11%	8%	9%	10%	11%	5%	11%	7%	11%	13%	16%	11%	18%
People with different backgrounds are valued at school	50%	54%	48%	46%	51%	57%	49%	46%	42%	50%	47%	47%	45%	48%	37%	43%	42%
Any sexual harassment last 6m	32%	23%	37%	51%	53%	35%	39%	45%	38%	20%	30%	27%	41%	41%	44%	35%	58%

The 2024 Sample

Teachers were briefed on how to collect the most reliable data by Schools Health Education Unit staff. The facility was offered to all schools to complete the survey online, using a customised website. Where technical issues made this impossible, a paper-based alternative was provided. The 2024 HRBS was completed by a total of 12,611 pupils in 34 primary (KS1) settings, 48 primary (KS2) settings, 15 secondary (KS3-4) settings, 4 schools completed the Year 12 survey and 5 special schools also took part.

Each of the schools has its own report comparing their results to the combined sample for schools and pupils in their age phase.

School Year	Year 2	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11	Year 12	Total
Boys	728	879	225	982	594	776	504	747	64	120	5619
Girls	741	910	216	926	781	840	522	982	160	339	6417
Total	1490	1839	455	1944	1414	1668	1061	1777	235	481	12364*

* 328 young people didn't select male or female. 247 students took part in a bespoke special school survey so their results are reported elsewhere

For more information contact SHEU on 01392 66 72 72 or visit www.sheu.org.uk

The Way Forward – over to you

These reports have been produced to disseminate the findings of the survey and promote further action and discussion in schools and other organisations. The results will be discussed by relevant forums and partnerships. We hope you will be able to use these results in your own thinking and discussions with young people.

Acknowledgements

The work was facilitated by the Starting, Developing and Living Well team within the Public Health department. SHEU are grateful to the children and young people, teachers and schools for their time and contributions to this survey. As a result of their work we have excellent data to be used by all organisations that support the health and wellbeing of young people in Wolverhampton.

The Starting, Developing and Living Well team would like to thank all those colleagues and partners who spent many hours supporting and developing the survey in order to make it as valuable as possible. Finally, we would like to thank all the schools, teachers, and most of all pupils who took the time to ensure that the survey continues to provide excellent data for discussion.

For further information about the survey please contact:
City of Wolverhampton Council Public Health and Wellbeing team
Email: Howard.Jobber@wolverhampton.gov.uk
Tel: 01902 555 928