

19 May 2017

Dear Chief Executive Officers, Principals, Headteachers, Chairs of Governors

Re Norfolk Children and Young People's Health and Wellbeing Survey 2017

In 2015 we surveyed more than 3000 Norfolk children and young people (CYP) in years 5 and above about their health and wellbeing. Here are some of the findings:

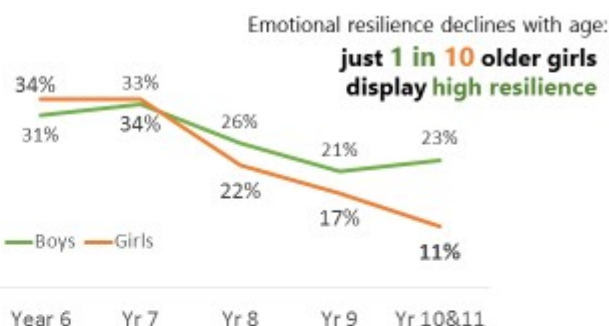
How would the children in your school compare with these results?

Emotional Health

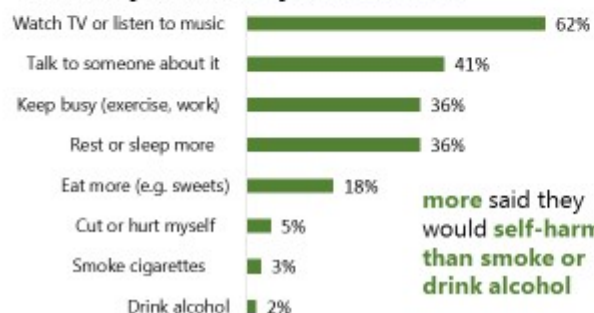


5% of children have **poor mental health**

(the survey used validated mental health screening questions)



"What do you do when you're stressed?"



"I would usually or always cut or hurt myself"

	Boys	Girls
Year 7	6%	2%
Year 8	5%	5%
Year 9	3%	7%
Year 10	2%	10%

1 in 3

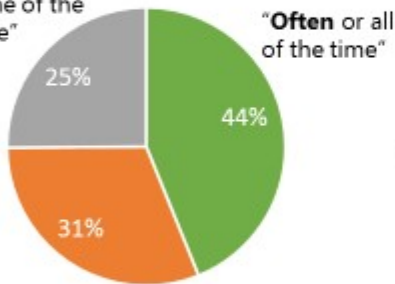
are **optimistic** about the future "rarely" or "none of the time"

Icons made by Freepress from www.flaticon.com

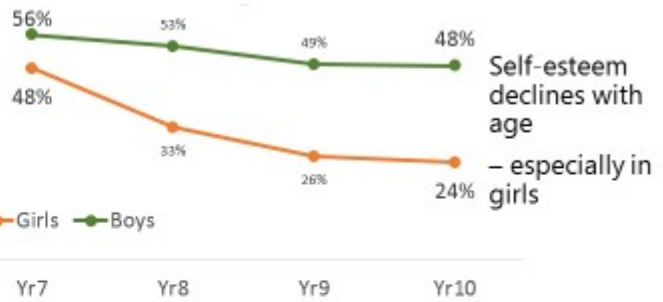
Self-esteem

"I feel good about myself"

"Rarely or none of the time"



"Some of the time"



Self-esteem declines with age
– especially in girls

Results show the **link** between:

positive mental wellbeing



positive health behaviours



Children with medium-low resilience scores are

- More likely to **smoke**
- More likely to have **drunk alcohol** last week
- Less likely get their **five a day**

Bullying

1 in 3

children have been **bullied** in the last year

(same as national average)

Types of bullying

Been teased/made fun of

69%

Called nasty names

67%

Pushed/hit

36%

Had belongings taken/broken

21%

Received nasty/threatening message online

17%



of those bullied were **bullied in school**

1 in 5

say "My school does not deal with bullying very well"

7% say worries about bullying have stopped them going to school

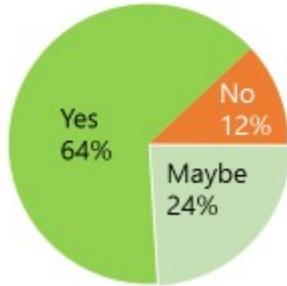
Schools and Wellbeing

Feeling school supports emotional wellbeing decreased with age:

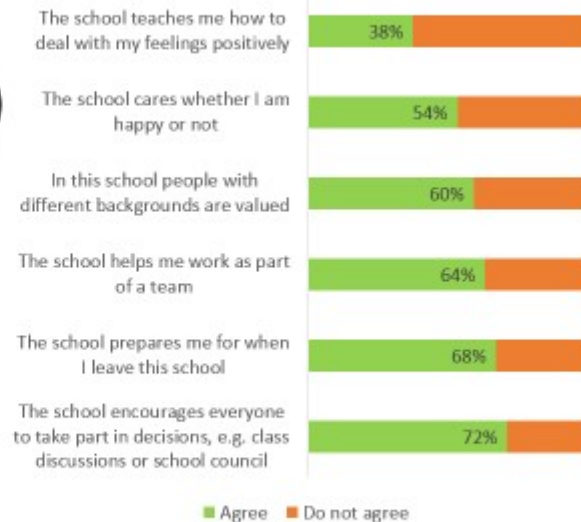
Primary Pupils 80%

Secondary Pupils 54%

Just half of older children agreed:
"Yes my school cares that I am happy"



"if you are worried about something, do you know an **adult you trust** who you can talk to?"



■ Agree ■ Do not agree

Icons made by Freepress from www.flaticon.com

The Norfolk Children and Young People's Health and Wellbeing Survey (formerly known as the Health Related Behaviour Survey) will be repeated in October 2017. It is being funded in partnership by the Public Health department of NCC and the NSCB.

The survey has been developed in partnership with a wide variety of stakeholders including education and the Police and we have consulted with young people about the content.

Every participating school will receive a personalised report of their data, with national and county level comparisons, which can be used to demonstrate how the views of children and young people are heard and acted upon as well as enabling staff to better respond to students' needs.

If you would like to know what your pupils think and feel about a wide variety of health and wellbeing topics – and to have a clear way of benchmarking this for Ofsted – please contact hrbs@norfolk.gov.uk for more information or telephone Carolyn Watts on 07824 528990. Participation in the survey will be offered on a first come, first served basis.

Please forward this letter to PHSE Co-ordinators and Governors.

Yours faithfully,

David Ashcroft
Chair
Norfolk Safeguarding Children Board

Suzanne Meredith
Consultant in Public Health
Public Health, Norfolk County Council

Chris Snudden
Assistant Director, Education, Norfolk Children's Services