

Safe and Well at School Survey 2021

The Safe and Well at School Survey (SAWSS) is an anonymous online survey conducted by Brighton & Hove City Council Public Health team, in partnership with the University of Sussex, across primary and secondary schools in the city. We thank schools for their active participation in this important survey.

In 2021 a total of 7,190 young people aged 11-16 took part in the 10 different secondary schools across the city (59% of pupils).

5,322 primary school children aged 8-11 years took part across 41 schools (70%).

The high participation in the survey from schools gives valuable information which is used to support communities and helps understand and meet the needs of children and young people in the city.

The survey data is used by schools, the Public Health Schools Programme team and the Families, Children and Learning directorate in the council, working together to further improve practice. This is just one data source and other data and qualitative information from children, young people and families is used alongside this to develop a fuller understanding.

This briefing gives a high level summary of key findings from the 2021 survey, with trends where available.

Interactive version available at: <http://www.bhconnected.org.uk/content/surveys>



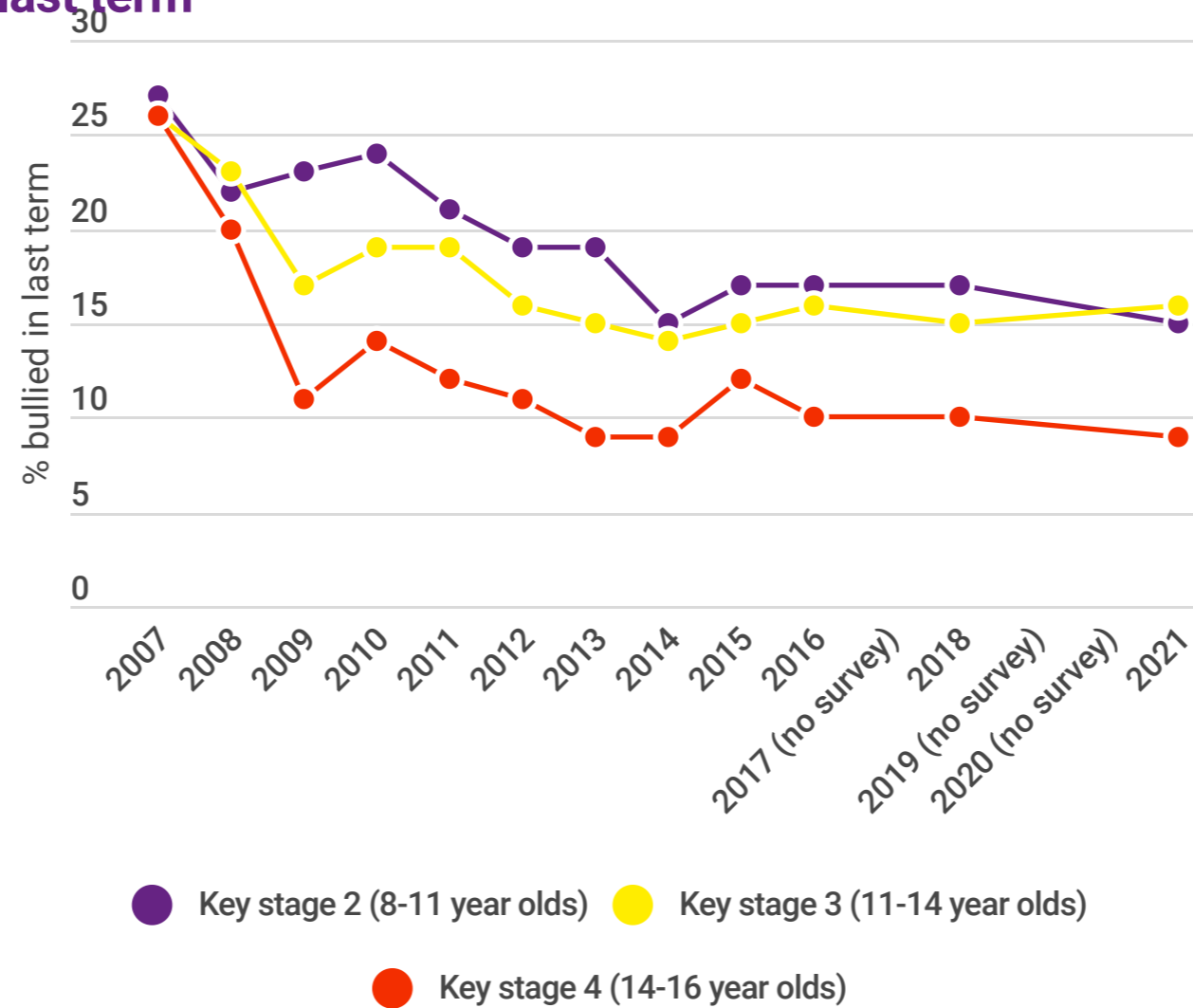
Bullying

Overall there has been a fall in pupils saying that they have been bullied this term from 27% in 2007 to 14% in 2021 for secondary school pupils and from 27% in 2007 to 15% in 2021 for primary school pupils.

Of those who had been bullied this term in secondary schools, the most common type of bullying was verbal (name-calling/teasing), followed by spreading nasty rumours/stories. In primary schools the most common type was verbal bullying, followed by hurting someone (kicking, hitting or punching).

The most commonly perceived reason for bullying was to do with appearance.

The percentage of pupils who say they had been bullied in the last term



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As well as younger pupils, the following groups of secondary school pupils are statistically significantly more likely to have been bullied (14% for all secondary pupils):



33%

of pupils who receive extra help compared to pupils who do not receive help (12%)



28%

of pupils who did not or did not always identify with the gender they were assigned at birth compared to those who did (12%)



32%

of pupils who are adopted compared to other pupils (14%)



25%

of LGB+ pupils compared to heterosexual/straight pupils (11%)



27%

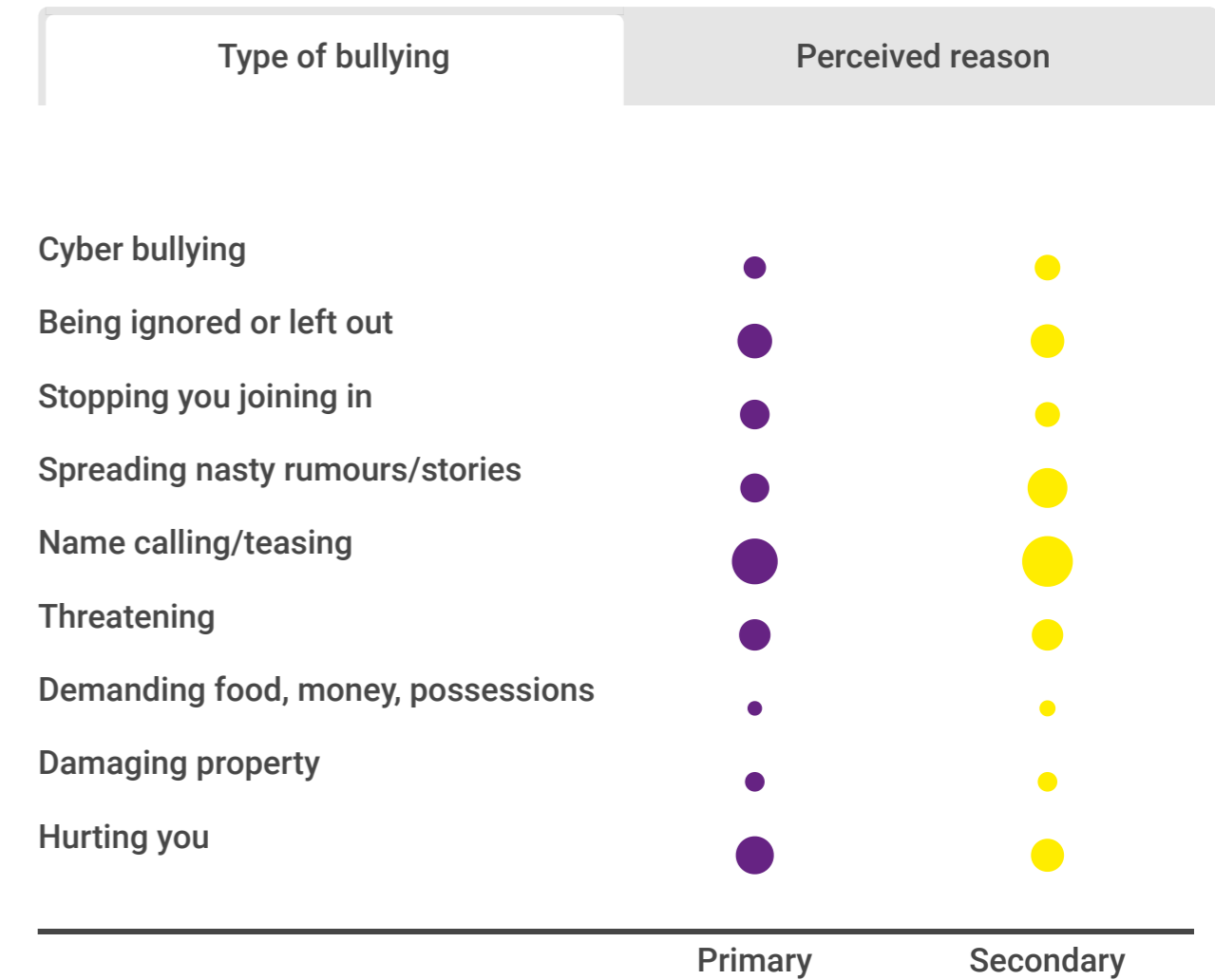
of young carers compared to other pupils (13%)



14%

of girls compared to boys (12%)

Type of bullying and perceived reason (of those bullied)



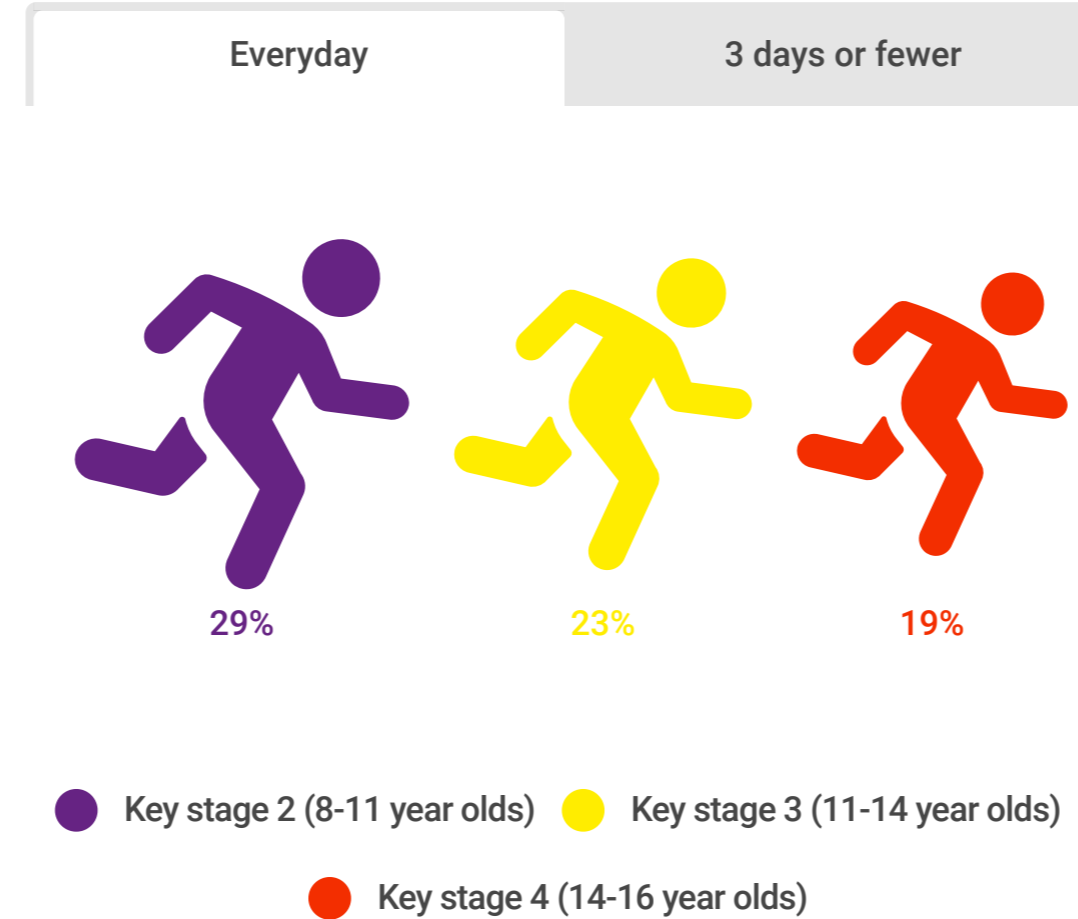
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Physical activity

Of primary school pupils aged 8-11 years, under a third (29%) meet the recommendation for at least one hour of physical activity every day. This falls to 23% of 11-14 year olds and to 19% of 14-16 year olds.

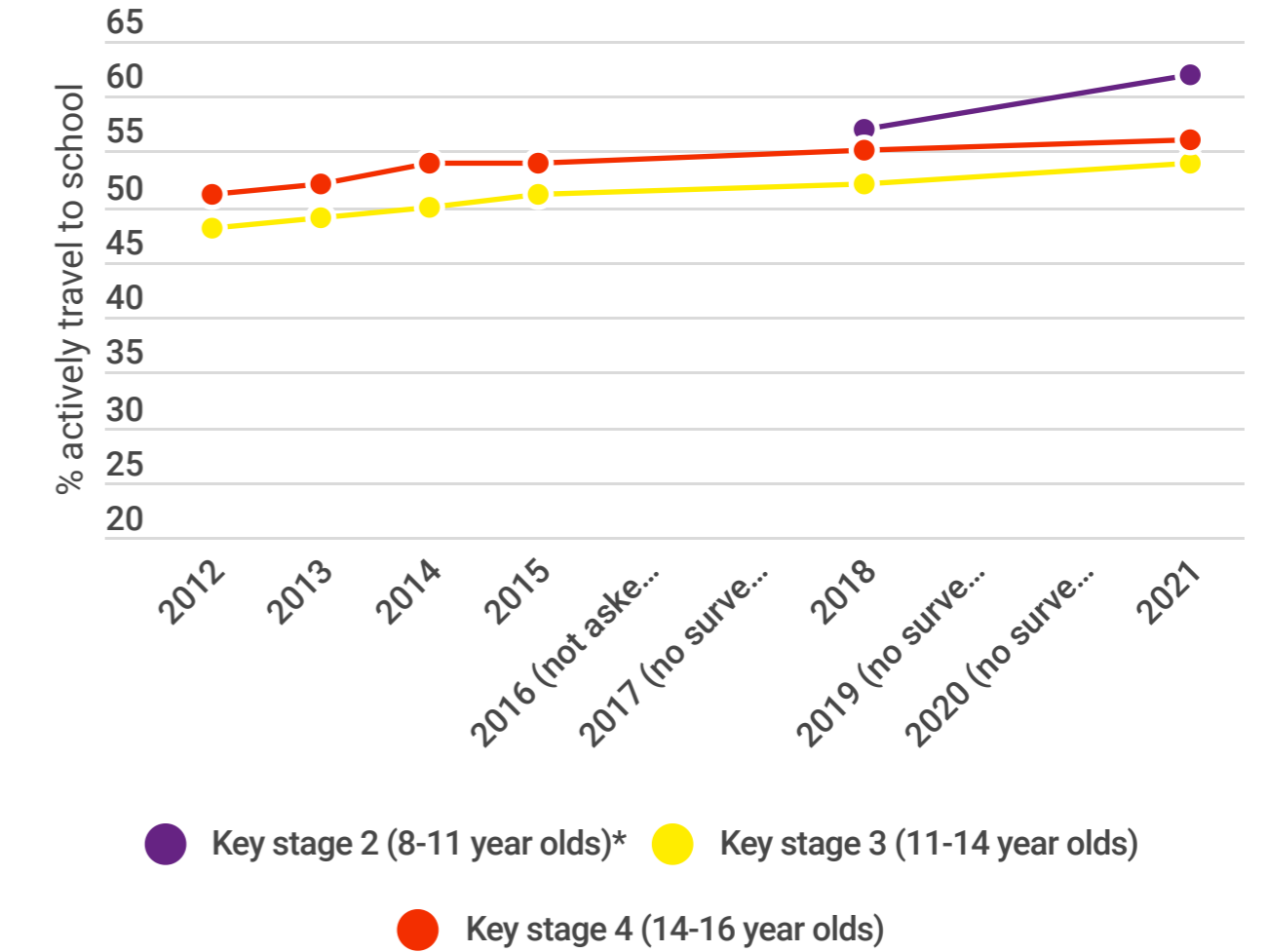
Secondary school pupils are statistically significantly less likely to actively travel to school (this includes walking, cycling and by skateboard/scooter).

The percentage of pupils physically active for at least an hour:



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The percentage of pupils actively travelling to school (walk, cycle, skateboard/scooter):





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*The KS2 question changed in 2018 to be inline with KS3&4 question

As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to meet physical activity recommendations (21% meet the recommendation for all secondary pupils):

 16% of girls compared to boys (28%)

 16% of Asian or Asian British pupils compared to White British pupils (22%)

 15% of LGB+ pupils compared to heterosexual/straight pupils (25%)

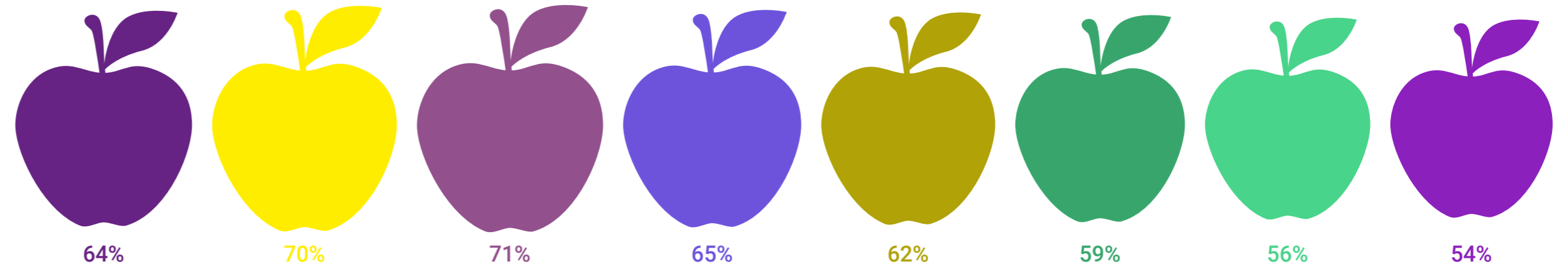
 15% of pupils who did not or did not always identify with their gender assigned at birth compared those who did (23%)

Diet

Of primary school pupils aged 8-11 years, 68% meet the recommendation for eating five or more portions of fruit and vegetables per day (a small fruit juice is also included, contributing a maximum of 1 portion per day). This remains at 62% of 11-14 year olds, but falls to 55% of 14-16 year olds.

Figures are very similar to when this question was first asked in this way in 2016.

The percentage of pupils eating recommended 5 or more portions of fruit and vegetables by year group:



● Year 4 ● Year 5 ● Year 6 ● Year 7 ● Year 8 ● Year 9 ● Year 10 ● Year 11

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As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to meet fruit and vegetable consumption recommendations (60% meet the recommendation for all secondary pupils):



50%

of pupils who did not or did not always identify with their gender assigned at birth (50%) compared to those who did (61%)



53%

of LGB+ pupils compared to heterosexual/straight pupils (61%)



58%

of girls compared to boys (63%)



54%

of pupils who have been bullied compared to those who hadn't (61%)



59%

of White British pupils compared to BME pupils (62%)



56%

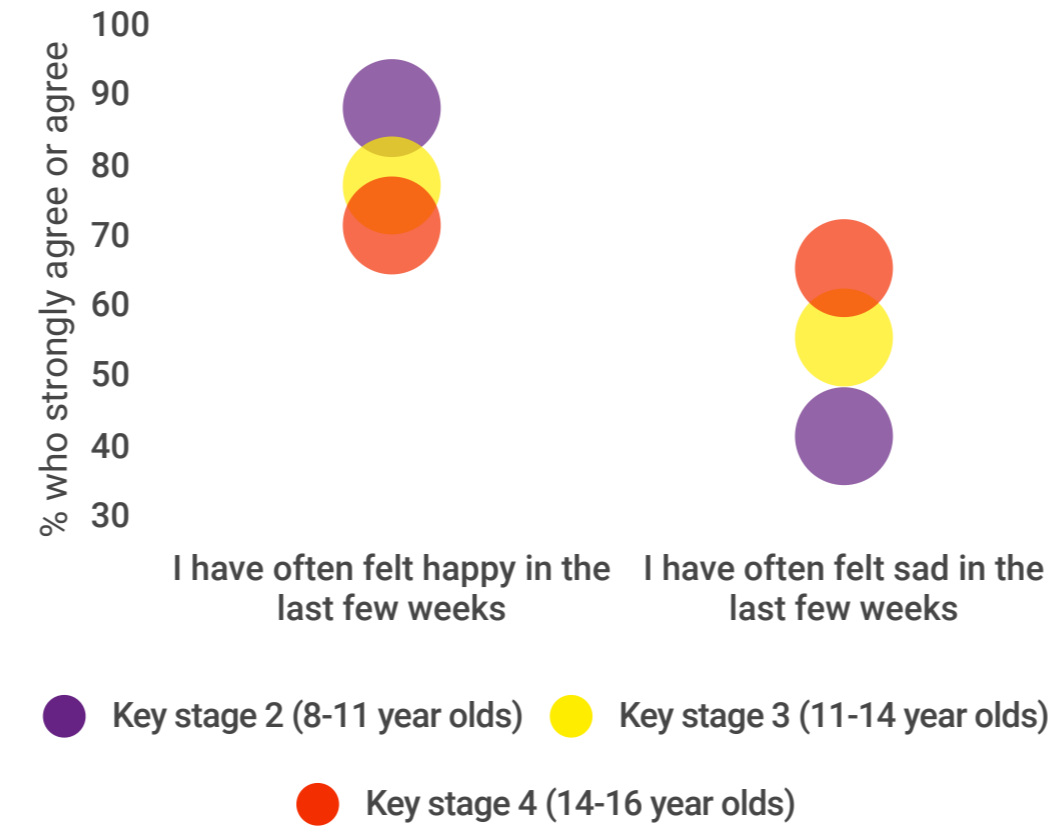
of pupils who said they received extra help compared to those who did not (60%)

Emotional wellbeing

Levels of happiness are high in all age groups. However younger pupils are more likely to agree that they have often felt happy in the last few weeks. For primary school pupils aged 8-11 years, 91% agreed with this statement. This falls to 80% of 11-14 year olds, and 74% of 14-16 year olds.

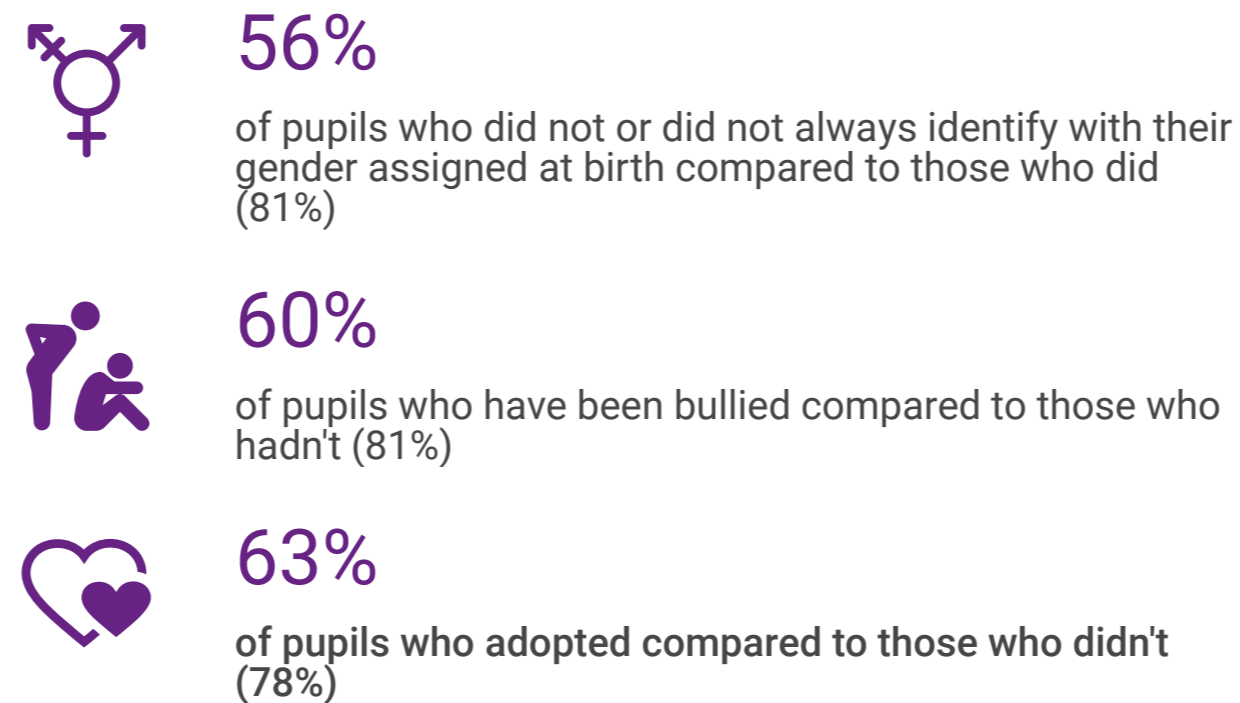
Most secondary school pupils often or sometimes worry about the future (63%). Furthermore, more than half often or sometimes struggle to sleep at night (56%).

The percentage of pupils who strongly agreed or agreed with the following statements:

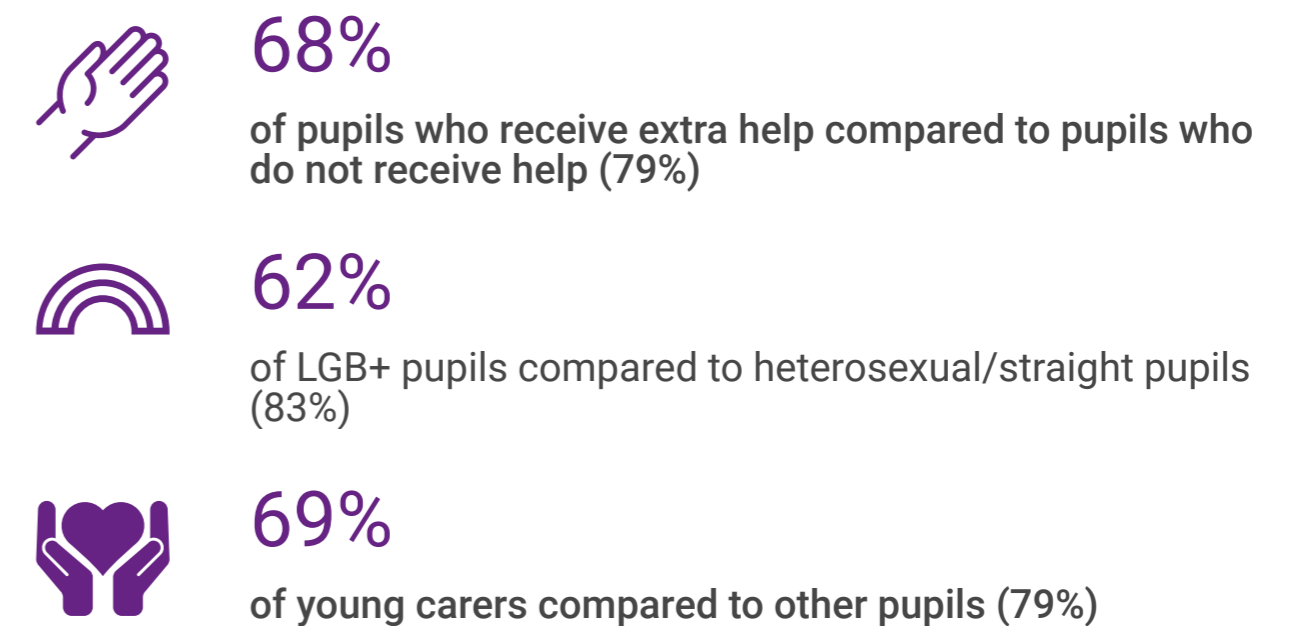
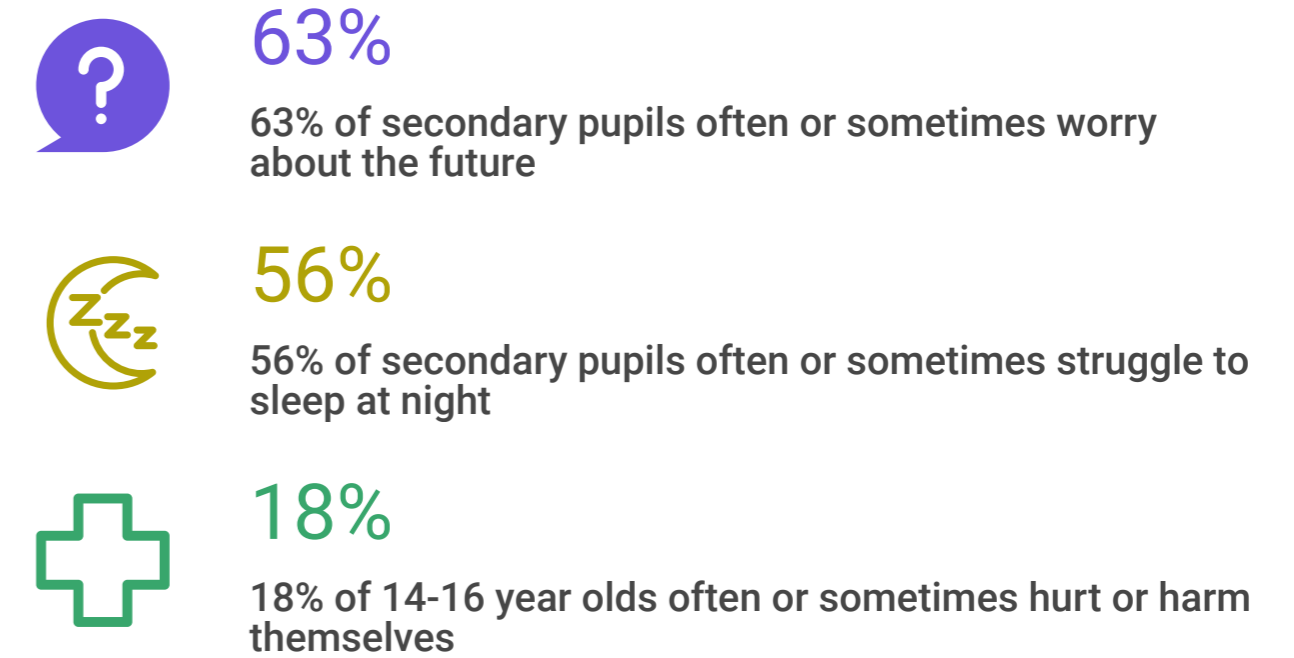


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As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to strongly agree or agree that they felt happy in the last few weeks (78% did for all secondary pupils):



The percentage of pupils who often or sometimes do the following (secondary schools only):

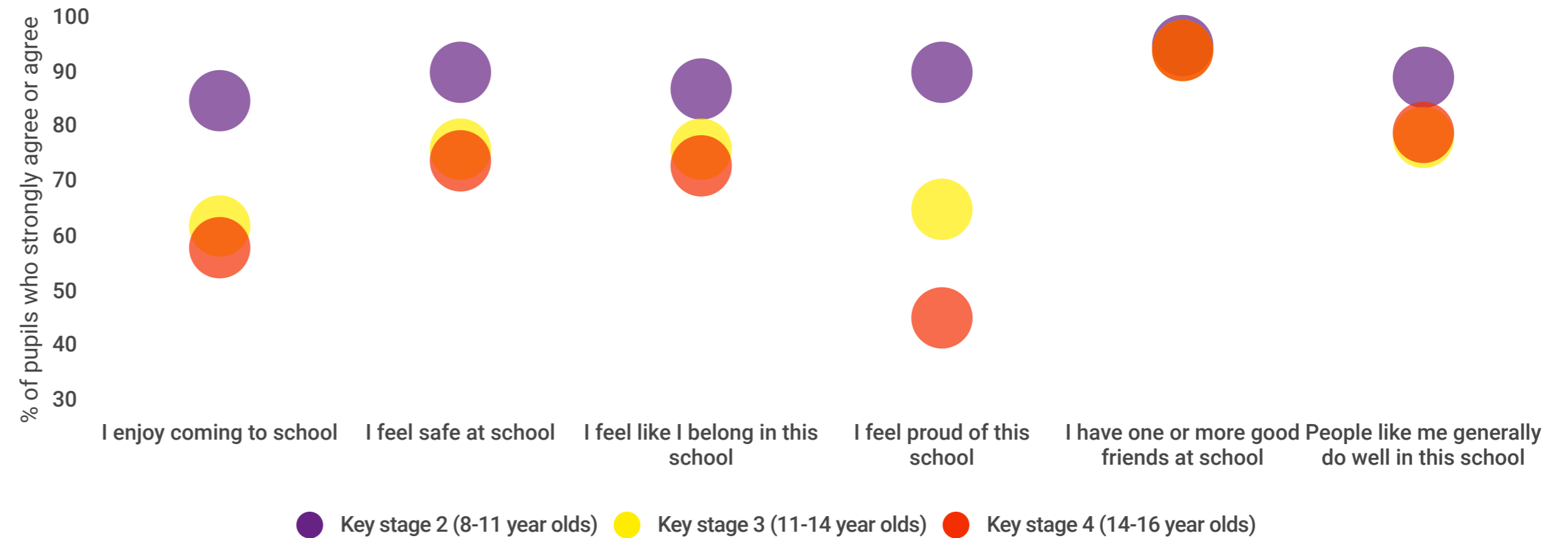


School

Younger pupils are more likely to enjoy coming to school, feel safe at school and to feel a sense of belonging or pride at school.

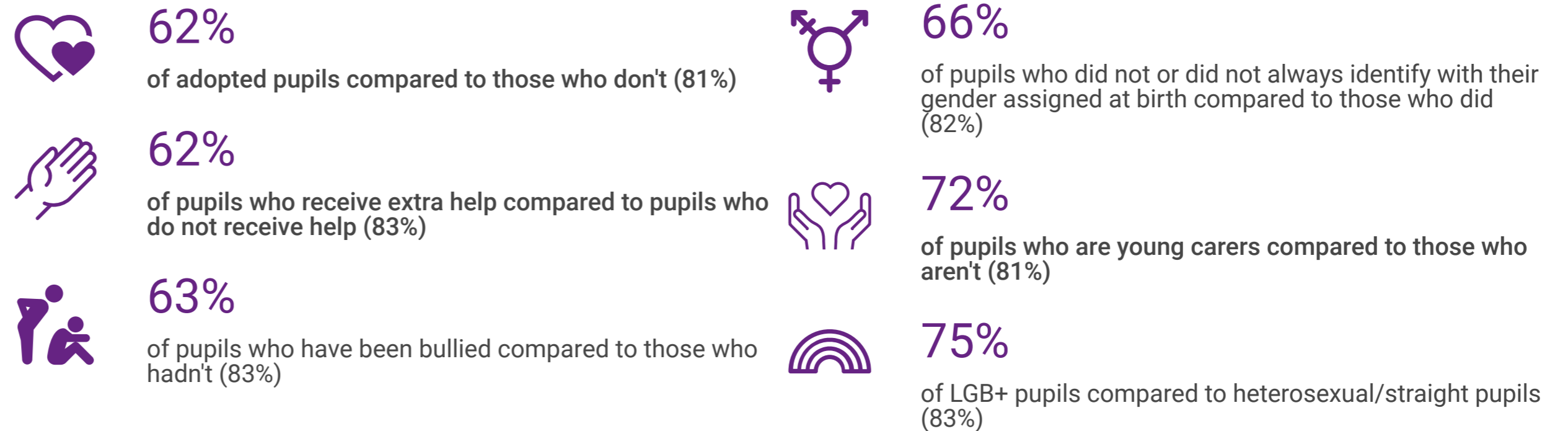
Almost all pupils in all age groups agree that they have one or more good friends at school (97% of 8-11 year olds, 96% of 11-14 year olds, and 96% of 14-16 year olds).

The percentage of pupils who strongly agreed or agreed with the following statements:



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As well as older pupils, the following groups of secondary school pupils are statistically significantly less likely to strongly agree or agree that "People like me generally do well in this school" (83% did for all secondary school pupils):

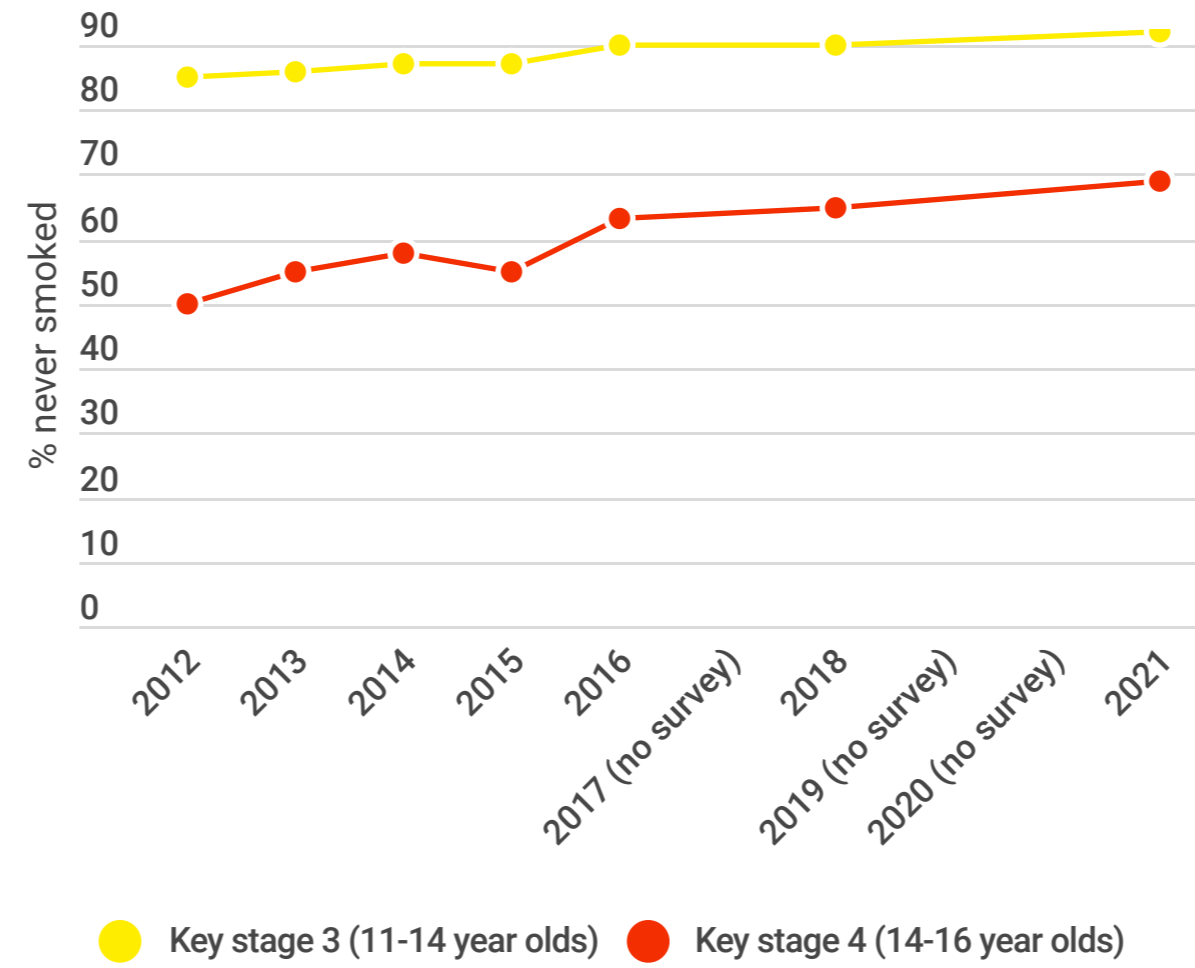


Smoking

The majority of secondary schools pupils have never smoked - 92% of 11-14 year olds and 69% of 14-16 year olds. This has increased over time from 85% of 11-14 year olds and 50% of 14-16 year olds in 2012.

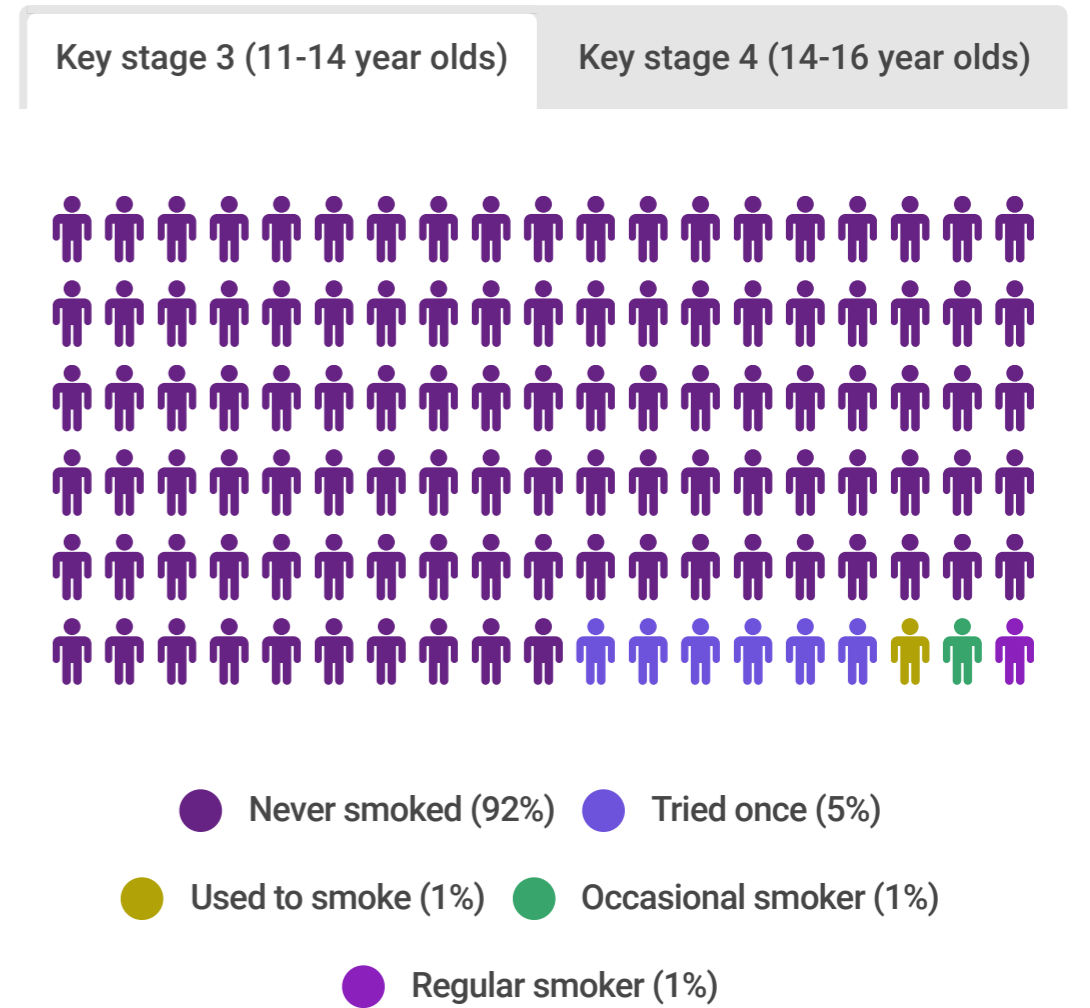
Most pupils who have tried smoking have only ever tried it once - 5% of 11-14 year olds and 13% of 14-16 year olds have tried smoking once. 8% of 14-16 year olds say they are an occasional smoker, and 6% say they regularly smoke.

The percentage of pupils who say they have never smoked (secondary schools only):




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Pupils by their smoking habits (%) (secondary schools):





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As well as younger pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried smoking (15% for all secondary pupils):

 **36%**
of adopted pupils compared to other pupils (15%)

 **25%**
of LGB+ pupils (25%) compared to heterosexual/straight pupils (13%)

 **23%**
of pupils who did not or did not always identify with their gender assigned at birth compared to those who did (15%)

 **19%**
of pupils who receive extra help (19%) compared to those who do not (15%)

 **18%**
of girls compared to boys (12%)

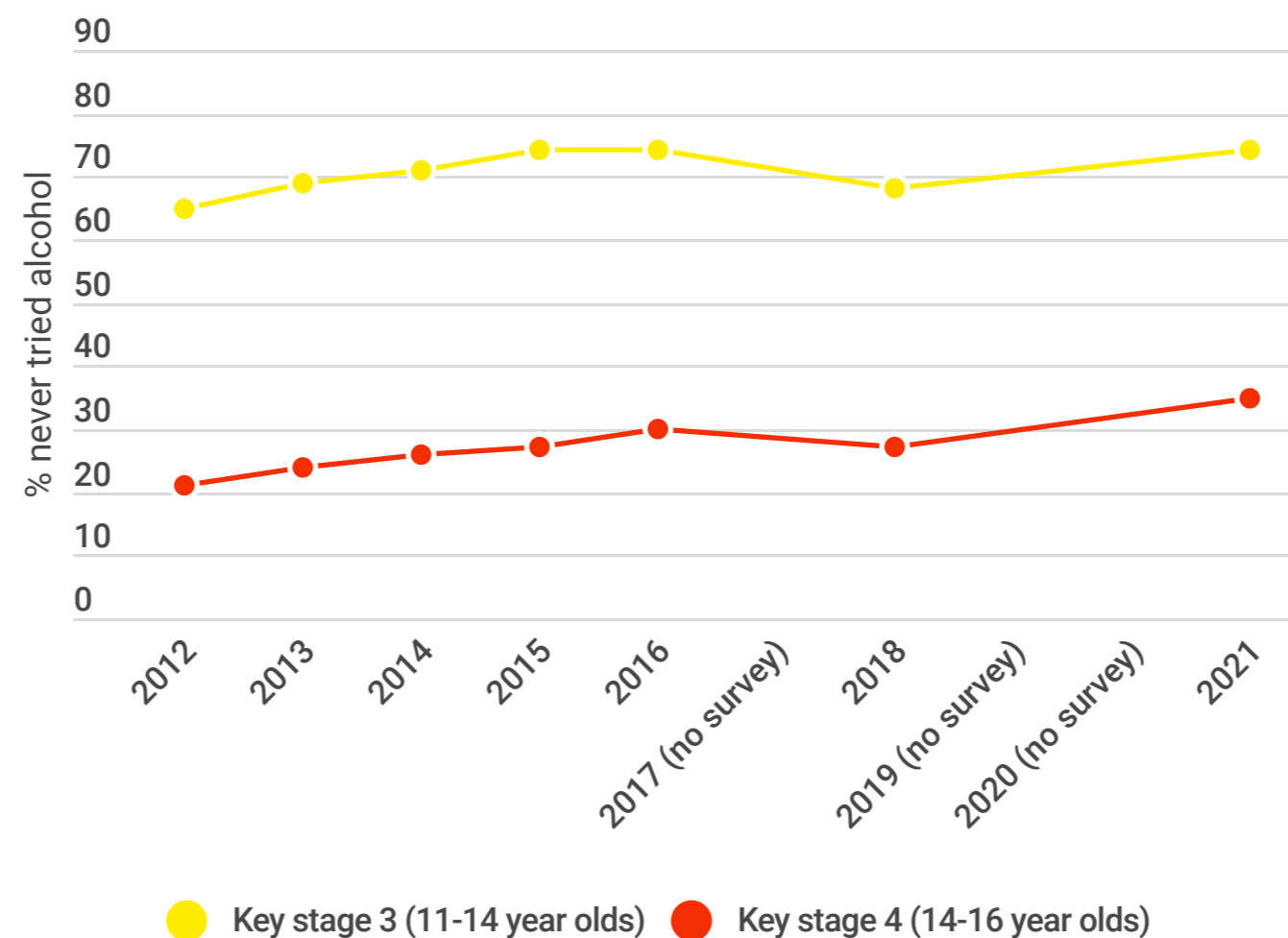
Alcohol

The majority (74%) of 11-14 year olds and the minority (35%) of 14-16 year olds have never tried alcohol.

38% of 14-16 year olds say that they never drink and over half (57%) say that they never get drunk.

Two in five pupils who were born in the UK have tried alcohol, which is statistically significantly higher than those born outside the UK. A higher proportion of White British pupils have also tried alcohol compared to BME pupils (43% vs 31%).

The percentage of pupils who say they have never tried a whole alcoholic drink (secondary schools only):



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As well as older pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried alcohol (39% had tried alcohol for all secondary pupils):



47% of adopted pupils compared to those who are not (38%)



44% of young carers compared to those who are not young carers (38%)



40% of pupils born in the UK compared to those who were not (25%)



43% of white British pupils compared to BME pupils (31%)



42% of pupils who have been bullied this term compared to those who have not (38%)



46% of LGB+ pupils compared to straight/heterosexual pupils (38%)

The percentage of pupils by how often they drink and get drunk (14-16 year olds only):



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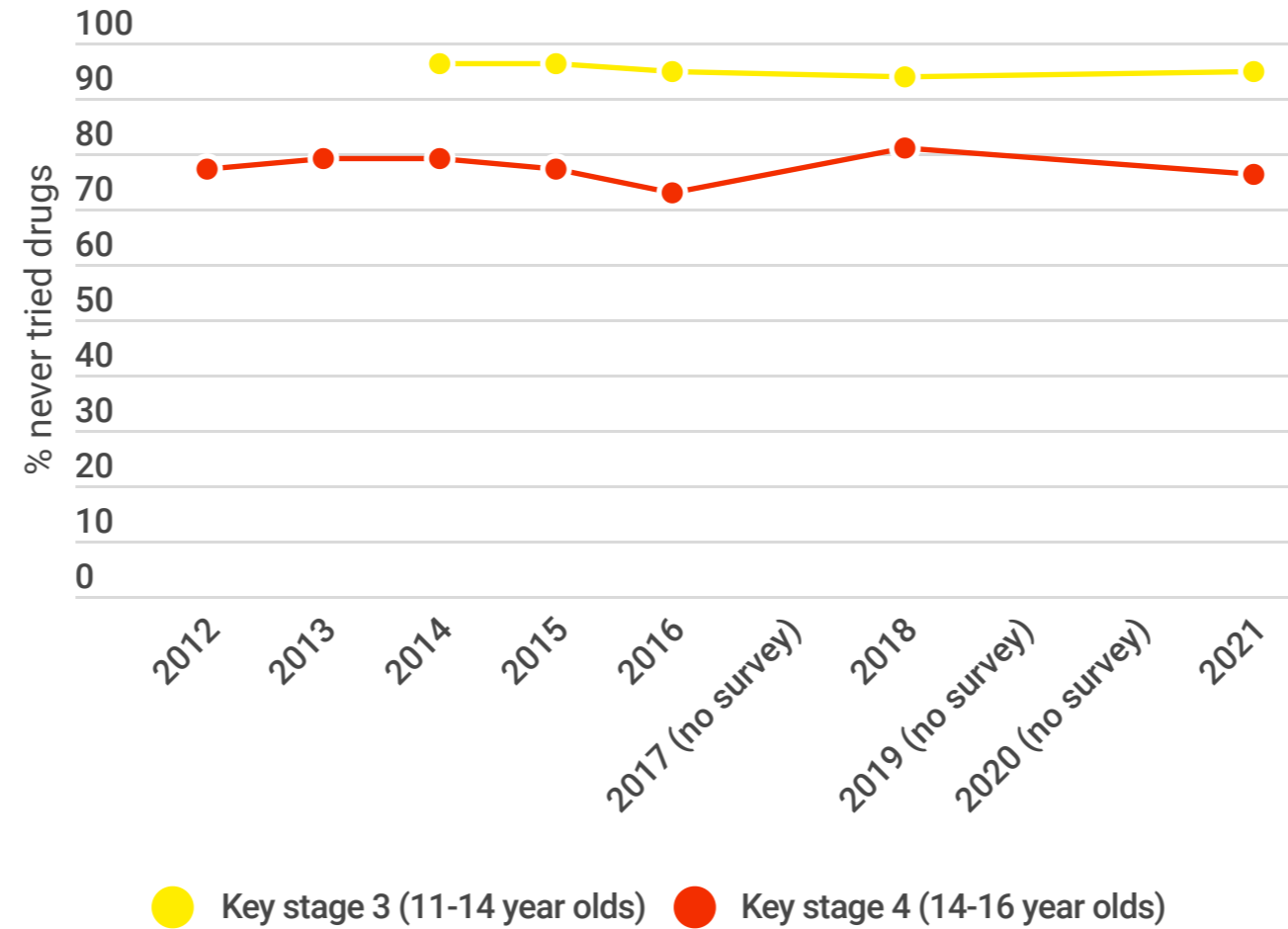
Drugs

Almost all 11-14 year olds (95%) and the majority of 14-16 (76%) year olds have never tried drugs.

The most commonly tried drug was cannabis - 3% of 11-14 year olds and 21% of 14-16 year olds having tried cannabis. A small percentages of pupils had tried drugs other than cannabis (2% of 11-14 year olds and 9% of 14-16 year olds).

Pupils who had tried smoking and alcohol were statistically significantly more likely to have tried drugs, as well as other vulnerable groups of pupils.

The percentage of pupils who say they have never tried drugs not prescribed to them (secondary schools only):



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As well as older pupils, the following groups of secondary school pupils are statistically significantly more likely to have tried drugs (11% had ever tried drugs for all secondary pupils):



27%

of adopted pupils compared to other pupils (11%)



16%

of pupils who did not or did not always identify with their gender given at birth all the time compared to those pupils who did (11%)



11%

of pupils born in the UK (11%) compared to those who were not (8%)



14%

of pupils who receive extra help compared to pupils who do not receive help (11%)



18%

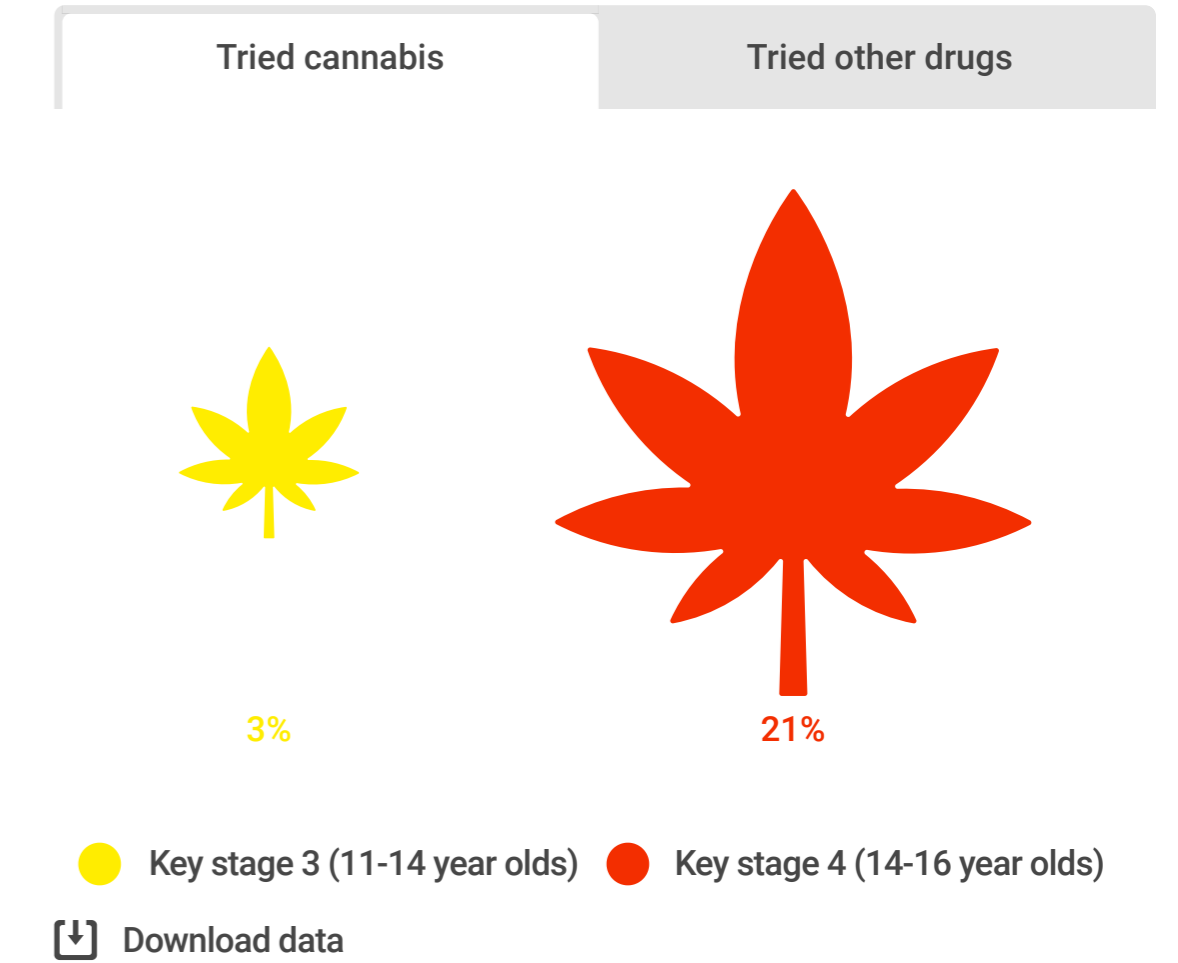
of LGB+ pupils compared to heterosexual/straight pupils (10%)



17%

of young carers compared to other pupils (11%)

The percentage of pupils who have tried cannabis and other drugs (secondary schools):



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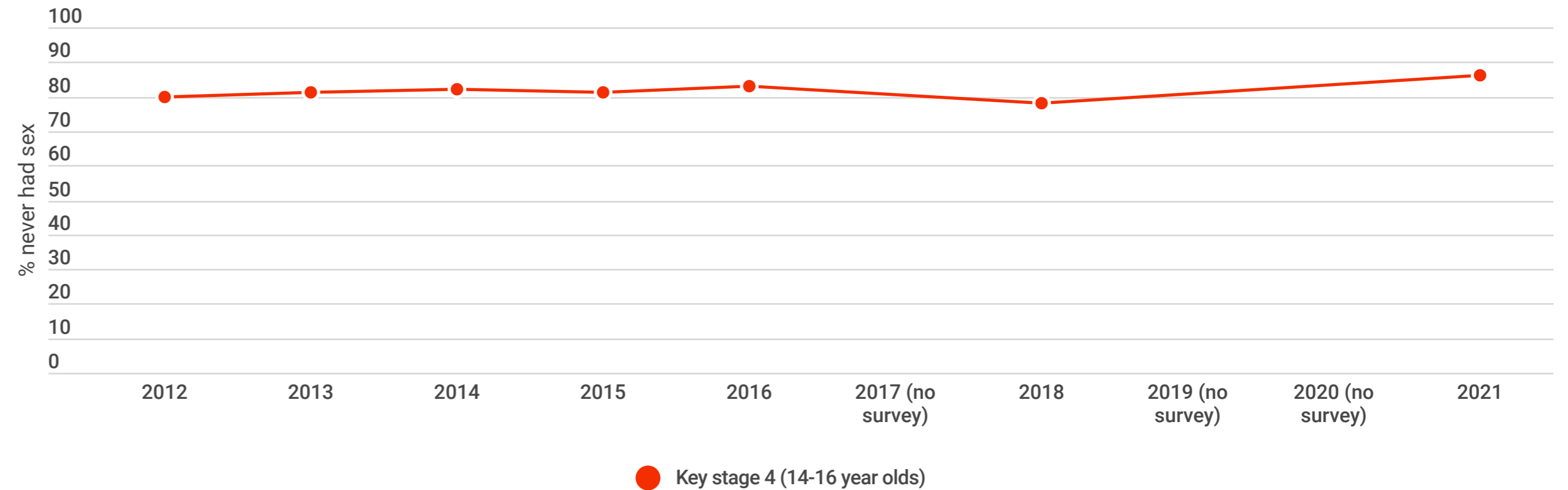
Sex & relationships

The majority of 14-16 year olds in the city have not had sex (86%). This result has remained similar since this question was first asked in 2012 (80%), with a slight increase from 2018 (78%).

There is no difference between the percentage of boys and girls who reported having had sex.

Pupils who have tried risk taking behaviors such as drugs, smoking, and alcohol are statistically significantly more likely to have had sex, as well as other vulnerable groups.

Percentage of 14-16 year olds who have not had sex:



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The following groups of 14-16 year olds are statistically significantly more likely to have had sex (14% for all 14-16 year olds):



35%

of pupils who have tried drugs compared to those who haven't (8%)



22%

of pupils who said they were young carers compared to those who did not (14%)



30%

of pupils who have tried smoking compared to those who haven't (7%)



23%

of pupils who received extra help compared to those who didn't (13%)



24%

of pupils who have tried alcohol compared to those who haven't (3%)



27%

of pupils who have been bullied compared to those who hadn't (13%)

Sex & relationships


Just over half (56%) of 14-16 year olds have got, or have ever had, a boyfriend or girlfriend.


Pupils who have had sex are statistically significantly more likely than those who haven't to know where to go for a chlamydia test. They are also more likely to feel very or quite confident using condoms.

Pupils who have had sex are also statistically significantly more likely than those who haven't to be aware of the local sexual health based services.

Since 2018 there have been falls in the proportion of 14-16 year olds who know about chlamydia and where to get a test (24%) and are confident about using condoms correctly now or in the future (69%).

The percentage of 14-16 year olds who have experienced the following:

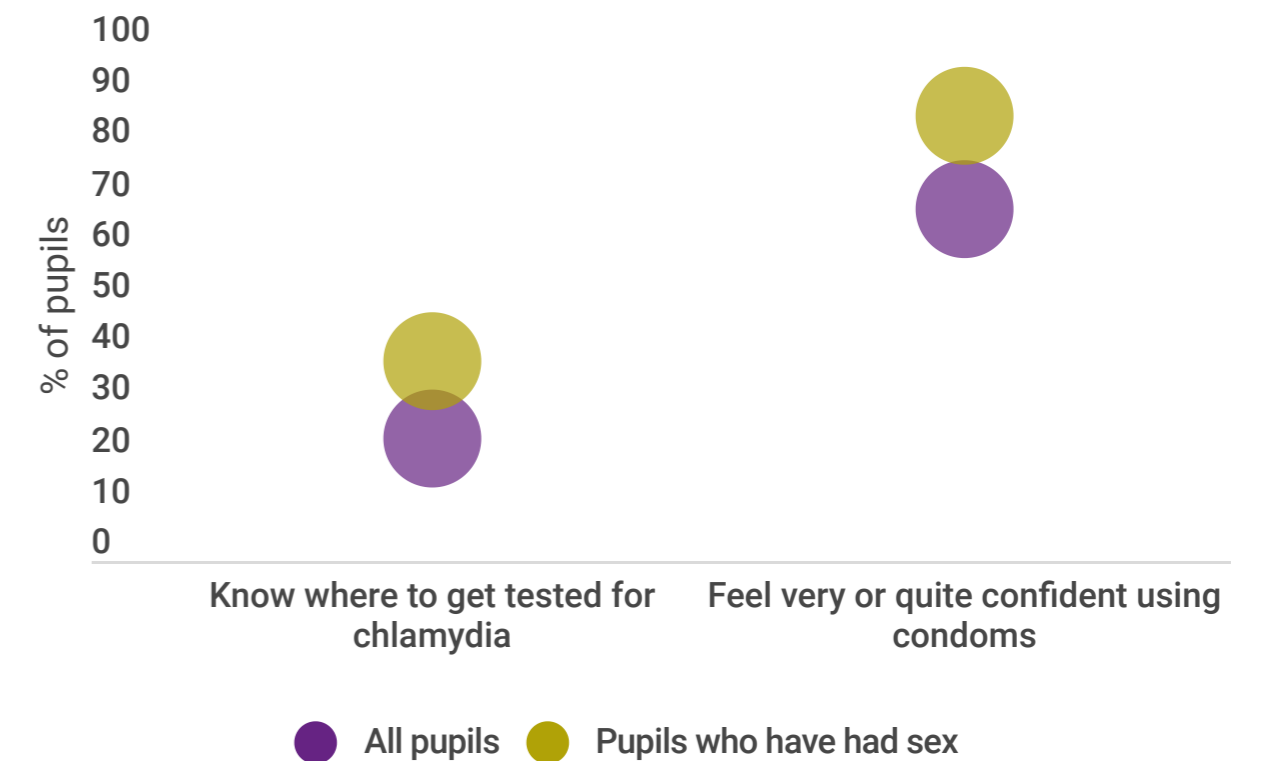
 **56%**
have ever had a boyfriend or girlfriend

 **45%**
45% of pupils who have been in a relationship have experienced a problem behaviour*

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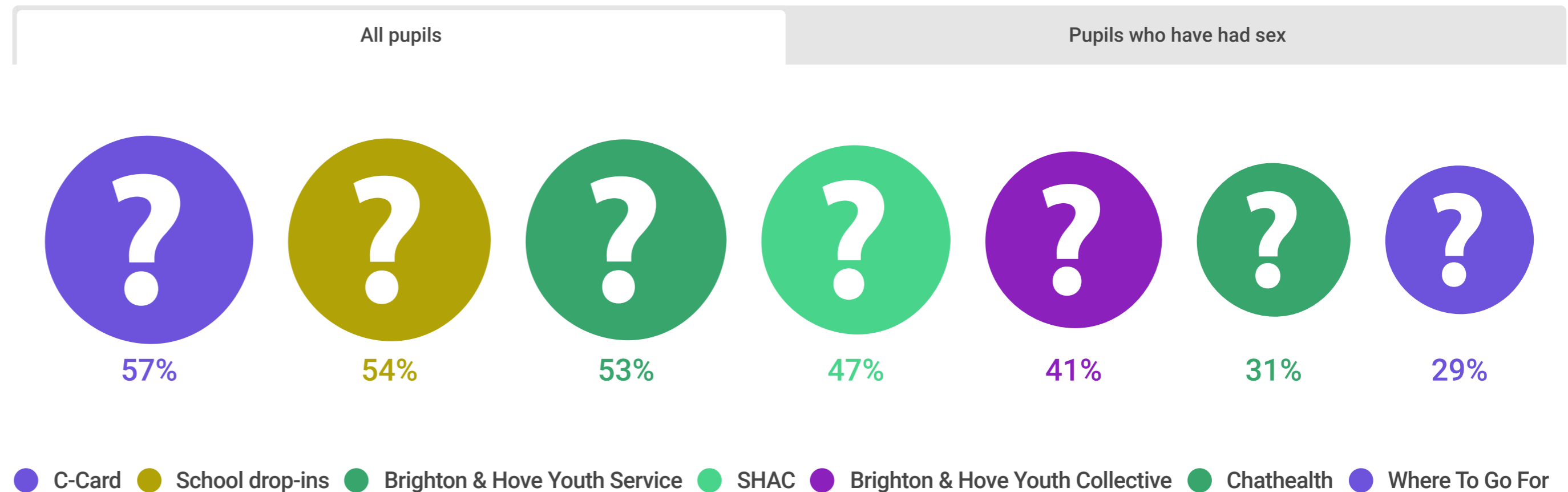
*Problem behaviours include being yelled at, being put down and/or humiliated, being hit, kicked, pushed or slapped, being constantly checked up on, and being forced into marriage.

The percentage of 14-16 year olds who know about the following:



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The percentage of 14-16 year olds who were aware of the following services:



● C-Card
 ● School drop-ins
 ● Brighton & Hove Youth Service
 ● SHAC
 ● Brighton & Hove Youth Collective
 ● Chathealth
 ● Where To Go For

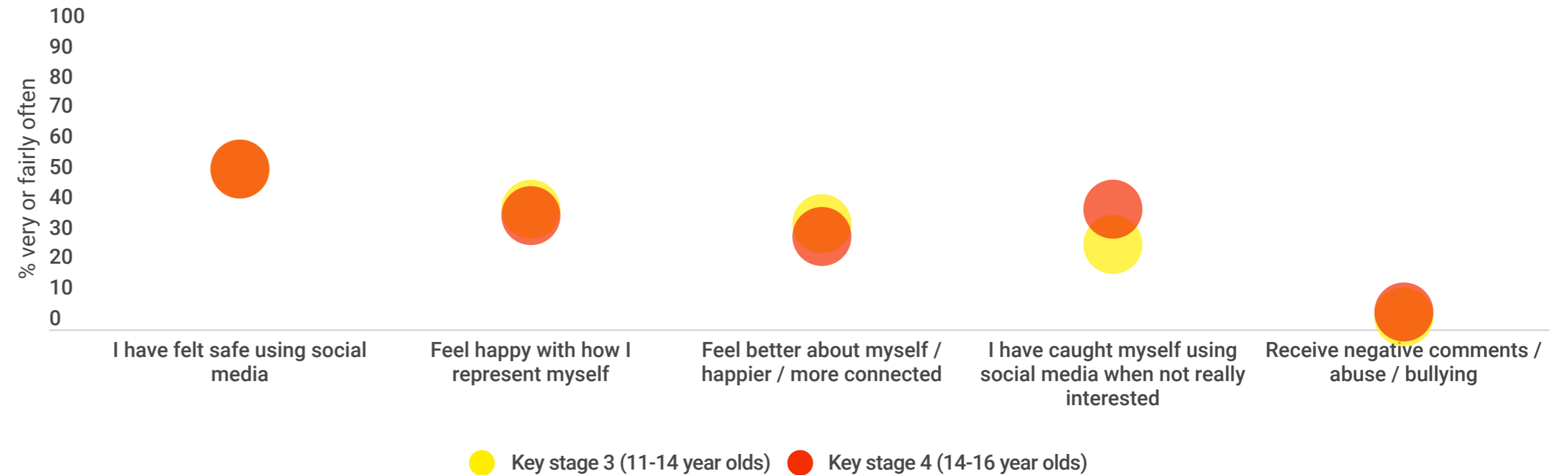
Social media

Just over half of secondary school pupils say they very or fairly often feel safe whilst using social media, with little difference between younger and older pupils.

Two out five secondary school pupils say they feel happy with how they present themselves on social media (40%), with 11-14 year olds slightly more frequently happy (41%) compared to 14-16 year olds (38%).

Certain groups of secondary school pupils are more likely to receive negative comments, abuse and bullying online, however some of these same groups are also more likely to feel better about themselves, happier, more connected from using social media.

The percentage of secondary pupils who said they very or fairly often had the following experiences on social media:



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The following groups of secondary pupils are statistically significantly more likely to say they often receive negative comments / abuse / bullying on social media (5% of all secondary pupils), and that social media makes them feel better about themselves / happier / more connected (34% of all secondary pupils):

