

Thank you for taking part in the *Wiltshire Children and Young People's Health and Wellbeing Survey 2026*. We are extremely grateful to the young people who completed this survey and to the school/college staff who helped with co-ordination. Your participation has provided valuable insight into the experiences, health and wellbeing of children and young people across Wiltshire.

Three different versions of the school level report have been produced covering the three school phases that were surveyed: Primary, Secondary and FE/Year 12. **This is the Primary phase version.**

A total of 4,220 primary school pupils took part in the survey.

The survey explored a wide range of topics including school experience and support, emotional wellbeing and mental health, relationships and safety, online safety, substance use, healthy lifestyles and physical health. Academic Consulting and Educational Services (ACCESS) was commissioned by Wiltshire Council to develop and implement the survey.

The findings from this survey have a dual purpose:

- To provide schools that participate with rich data to help them identify areas for improvement and address issues raised by their pupils, and
- To provide evidence to influence strategic decisions and service development across Wiltshire to improve the health and wellbeing of young people across the county

The Wiltshire level reports that are due to be published later in the year provide more detail about how the demographics of the students that took part in the survey interacts with the responses to the questions.

This report was produced by the Public Health Intelligence team. If you have any questions regarding the survey or the results, please contact HWBSurvey@wiltshire.gov.uk

Question type

Most survey results are presented in table format and relate to one of two question types:

- **Single response questions**, where pupils chose one answer from a list of options
- **Multiple response question**, where pupils could select more than one answer ("tick all that apply").

The question type is identified in the header of the left-hand column of each table.

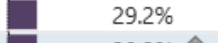
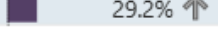
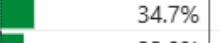
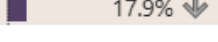
Single response question	School	Count	Wiltshire	Count
☐ How often do you like getting up and going to school in the morning?		226		5637
Never/Not often		41.6% ↓		54.9%
Sometimes		29.2% ↑		25.2%
Every morning/Usually		29.2% ↑		19.9%
☐ I enjoy being at my school/setting		224		5610
Strongly agree/Agree		54.0% ↑		41.4%
Neither agree nor disagree		28.1% ↓		34.7%
Strongly disagree/Disagree		17.9% ↓		23.9%

Table format

Throughout this report, your school's data is compared with the Wiltshire average.

The bold, circled figures in the "Count" column indicate the sample size for each question (the number of students who responded), which is used to calculate the percentages shown

Statistical significance

For most questions, your school's results have been compared with the overall Wiltshire results for the same school phase to assess whether differences are statistically significant:

- **Beige rows with a downward arrow** indicate your school's result is **significantly lower** than Wiltshire for that response.
- **Blue rows with an upward arrow** indicate your school's result is **significantly higher** than Wiltshire for that response.

Throughout the report you will see the following to help interpret the data:

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire

**Pupil anonymity and number suppression**

Protecting pupil anonymity is a key priority. To help ensure that individual pupils cannot be identified, some survey results have been suppressed where the number of responses is very small.

This has been done in two ways:

- **Demographic questions:** Total denominator counts have not been shown. In addition, where fewer than 10 pupils selected a particular response (for example, answering "Yes" to "Do you or your family have a social worker?"), the percentage has been replaced with "<10"
- **All other survey questions:** Where the total number of responses to a question is fewer than 10, the denominator count has been replaced with "<10".

Here is an overview of the report sections and topics covered:

Demographics

Page 4

- Age and sex
- Ethnicity
- SEND, disability and support
- Family and personal factors

School Environment & Engagement

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- School experience
- Speaking up
- School support
- PSHE learning

Emotional wellbeing

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- WHO-5
- Wellbeing
- Sleep
- Pride

Relationships & Safety

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- Relationships
- Bullying
- Safety
- Online safety

Substance Use

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- Alcohol
- Smoking and vaping

Healthy Lifestyles & Physical Activity

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- Physical activity
- Healthy eating
- Oral health
- Hand washing
- Screens/gaming

Methods

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- Calculating proportions for multiple choice questions
- Calculating statistical significance

Demographics

Students were asked a variety of questions to help understand the demographics of who was responding to the survey. They were also asked questions to provide a greater understanding of their home lives and personal situations. All of these questions were optional.

In order to retain anonymity of the students that took part in the survey, a total count for each question has not been provided for the variables in this section. Where the count for a response is less than 10, the percentage has been replaced with "<10". It will look like this:

Caribbean	3.4%	↑
Any other Asian background	<10	

Total responses

Total responses from your school

89

Age and sex

Are you a boy or a girl?	School	Wiltshire
Boy	46.1%	50.3%
Girl	53.9%	49.7%

How old are you?	School	Wiltshire
8	16.9%	17.7%
9	33.7%	31.7%
10	34.8%	35.0%
11	14.6%	15.4%
12		0.1%

Ethnicity

Single response question	School	Wiltshire
☐ Choose the option that best describes you (ethnicity)		
English, Welsh, Scottish, Northern Irish or British	82.0%	76.5%
African	<10	1.6%
Any other Asian background	<10 ↑	1.5%
Any other Mixed or Multiple ethnic background	<10	1.2%
Any other White background	<10	4.2%
Prefer not to say	<10	7.2%
White and Black Caribbean	<10	0.4%
Any other Black, Black British, African or Caribbean background		1.2%
Any other ethnic group		0.6%
Arab		0.5%
Bangladeshi		0.4%
Caribbean		0.4%
Chinese		0.3%
Gypsy, Roma or Irish Traveller		0.3%
Indian		1.7%
Irish		0.4%
Pakistani		0.1%
White and Asian		1.1%
White and Black African		0.4%

To keep in mind when interpreting the data...

Statistically significantly higher than Wiltshire



Statistically significantly lower than Wiltshire



SEND, disability and support

Single response question	School	Wiltshire
☐ Do you get any extra help or support at school because of your learning needs?		
Yes	23.3%	24.2%
No	67.4%	63.6%
Don't know	<10	12.1%
☐ Do you have a disability?		
Yes	<10	9.4%
No	87.6% ↑	75.8%
Don't know	<10	14.8%
☐ Do you have an Education, Health and Care Plan		
Yes	<10	6.8%
No	86.4% ↑	68.0%
Don't know	<10 ↓	25.2%
☐ Do you have Special Educational Needs?		
Yes	12.4%	14.8%
No	59.6%	67.3%
Don't know	28.1% ↑	17.9%

Family and personal factors

Single response question	School	Wiltshire
☐ Are either of your parents in the Armed Forces?		
No	56.2% ↓	87.0%
Yes	43.8% ↑	13.0%
☐ Do you get free school meals?		
No	66.3%	70.4%
Don't know	27.0% ↑	15.4%
Yes	<10 ↓	14.2%
☐ Do you live with one or both of your birth parents?		
Yes	95.5%	93.0%
No	<10	7.0%
☐ Do you or your family have a social worker?		
No	94.3%	90.2%
Yes	<10	9.8%
☐ Has anyone you live with ever been in prison, either in the past or at the moment?		
No	96.6%	93.2%
Yes	<10	6.8%

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Family and personal factors

Single response question	School	Wiltshire
☐ Do you help to look after someone in your family or household who needs extra help?		
Yes	<10 ↓	14.4%
No	93.3% ↑	85.6%

The next question was presented only to those who answered the previous question with "Yes".

Single response question	School	Wiltshire
☐ How often do you care for this person in a typical week?		
Every day	<10	13.6%
Some days	<10	31.0%
Every day, more than once		19.7%
Hardly ever		9.0%
Most days		26.7%

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School Environment and Engagement

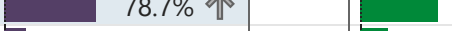
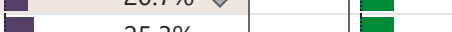
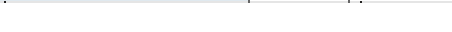
This section will explore pupils' experiences of the school environment, including enjoyment, engagement with learning, relationships with staff and peers, and feelings of safety and belonging. It also examines students' confidence to speak up, access to support, and the extent to which schools meet their learning, wellbeing, and personal development needs.

It includes the following sub-sections:

- School experience
- Speaking up
- School support
- Learning support

School experience

Single response question	School	Count	Wiltshire	Count
☐ How often do you like getting up and going to school in the morning?		89		4206
Never/Not often		41.6%	39.7%	
Sometimes		36.0%	33.9%	
Every morning/Usually		22.5%	26.4%	
☐ I enjoy being at my school		89		4136
Strongly agree/Agree		61.8%	58.6%	
Neither agree nor disagree		34.8%	27.0%	
Strongly disagree/Disagree		3.4% ↓	14.4%	

Single response question	School	Count	Wiltshire	Count
☐ I get enough help with my learning at home		87		4070
Strongly agree/Agree		83.9%	75.8%	
Neither agree nor disagree		10.3%	15.2%	
Strongly disagree/Disagree		5.7%	9.0%	
☐ I get enough help with my learning at school		88		4081
Strongly agree/Agree		85.2%	77.1%	
Neither agree nor disagree		12.5%	14.7%	
Strongly disagree/Disagree		2.3% ↓	8.2%	
☐ My teachers make lessons fun and interesting.		89		4112
Strongly agree/Agree		78.7% ↑	67.7%	
Neither agree nor disagree		18.0%	23.8%	
Strongly disagree/Disagree		3.4%	8.5%	
☐ My teachers tell me how I'm doing with my work		88		4102
Strongly agree/Agree		81.8%	74.5%	
Neither agree nor disagree		14.8%	18.0%	
Strongly disagree/Disagree		3.4%	7.5%	
☐ Other pupils often stop me from learning		87		4085
Strongly agree/Agree		20.7% ↓	30.4%	
Neither agree nor disagree		25.3%	30.3%	
Strongly disagree/Disagree		54.0% ↑	39.3%	

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Single response question	School	Count	Wiltshire	Count
☐ I often get into trouble at school		89		4079
Strongly agree/Agree	15.7%		14.1%	
Neither agree nor disagree	19.1%		22.7%	
Strongly disagree/Disagree	65.2%		63.2%	
☐ I sometimes get angry and hurt people or break things		85		4051
Strongly agree/Agree	10.6%		14.0%	
Neither agree nor disagree	7.1%		13.4%	
Strongly disagree/Disagree	82.4% ↑		72.6%	
☐ I worry about going to school		89		4098
Strongly agree/Agree	11.2% ↓		19.8%	
Neither agree nor disagree	23.6%		23.9%	
Strongly disagree/Disagree	65.2%		56.3%	
☐ I'm happy to use the toilets at		88		4072
Strongly agree/Agree	68.2% ↑		55.5%	
Neither agree nor disagree	15.9%		21.5%	
Strongly disagree/Disagree	15.9%		23.0%	
☐ School work makes me feel worried or stressed		88		4092
Strongly agree/Agree	15.9% ↓		34.6%	
Neither agree nor disagree	31.8%		25.2%	
Strongly disagree/Disagree	52.3% ↑		40.2%	

Single response question	School	Count	Wiltshire	Count
☐ I feel proud to be part of my school		89		4061
Strongly agree/Agree	87.6% ↑		71.6%	
Neither agree nor disagree	11.2%		18.1%	
Strongly disagree/Disagree	1.1% ↓		10.3%	
☐ I get help when I'm upset or angry at school		89		4032
Strongly agree/Agree	71.9%		66.4%	
Neither agree nor disagree	21.3%		19.7%	
Strongly disagree/Disagree	6.7% ↓		13.9%	
☐ Is there an adult at school you feel you can go to if you are upset or worried?		89		4074
Yes	79.8%		72.6%	
No	4.5%		9.2%	
Not sure	15.7%		18.2%	
☐ There is at least one adult at school who really cares about me		88		4069
Strongly agree/Agree	86.4% ↑		73.8%	
Neither agree nor disagree	8.0%		14.6%	
Strongly disagree/Disagree	5.7%		11.6%	

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Speaking up and school support

Single response question	School	Count	Wiltshire	Count
☐ Adults at my school listen when I share my ideas or opinions		89		4095
Never/Not very often	1.1% ↓		7.2%	
Sometimes	11.2%		17.7%	
Always/Often	87.6% ↑		75.1%	
☐ I can speak up in class when I have a comment or question		89		4063
Never/Not very often	14.6%		18.7%	
Sometimes	23.6%		24.2%	
Always/Often	61.8%		57.1%	
☐ I can speak up when I see someone else being hurt		89		4069
Never/Not very often	5.6%		9.4%	
Sometimes	11.2%		14.3%	
Always/Often	83.1%		76.4%	

Single response question	School	Count	Wiltshire	Count
☐ How easy is it to get help at your school when you feel upset or worried?		89		4092
Very difficult/Quite difficult	4.5% ↓		15.2%	
Sometimes easy, sometimes difficult	31.5%		36.5%	
Very easy/Quite easy	64.0% ↑		48.3%	

Learning

Multiple response question	School	Count	Wiltshire	Count
☐ Is there anything that you feel you need to know more about?		70		3014
Alcohol	4.3%		10.2%	
Anger management	30.0%		26.0%	
Bullying	8.6%		14.6%	
Cooking skills	48.6%		53.7%	
Coping with your feelings	34.3%		33.0%	
Drugs	4.3%		11.2%	
Gaining weight	2.9%		7.9%	
Getting fit	41.4%		34.5%	
Healthy eating	30.0%		27.3%	
Keeping safe when online/using the internet	22.9%		23.9%	
Losing weight	21.4%		23.2%	
Other	15.7%		13.0%	
Physical activity	17.1%		23.9%	
Smoking	2.9% ↓		10.0%	

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Multiple response question	School	Count	Wiltshire	Count
☒ Where have you learned about how your body changes as you grow up?		87		3613
From a doctor, nurse or health worker	27.6%		21.3%	
From a parent, step-parent or carer	64.4% ↑		52.3%	
From another person in my family	24.1%		20.5%	
From books or magazines	13.8%		12.5%	
From friends	17.2%		13.6%	
From the internet (websites, videos or social media)	12.6%		9.7%	
I haven't learned about this	3.4%		3.8%	
In a lesson at school	81.6%		87.7%	

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Emotional wellbeing

This section provides an overview of pupils' wellbeing across several key areas, including overall emotional wellbeing (WHO-5), life satisfaction, feelings of worry, sleep and sense of pride.

Together, these measures offer a broad picture of how pupils are feeling and functioning in their daily lives, helping schools to understand both strengths and areas where additional support or opportunities may be beneficial.

It includes the following sub-sections:

- WHO-5
- Wellbeing
- Sleep
- Pride

WHO-5

The WHO-5 Wellbeing Index is a short, widely used questionnaire developed by the World Health Organization to measure overall emotional wellbeing. It consists of five positively worded statements that ask individuals how they have felt over the past two weeks. These statements are:

- I have felt cheerful and in good spirits
- I have felt calm and relaxed
- I have felt active and energetic
- I woke up feeling fresh and rested
- My daily life has been filled with things that interest me

The WHO-5 is scored by summing responses to the five items, each rated from 0 ("at no time") to 5 ("all of the time"), giving a raw score between 0 and 25. This raw score is then multiplied by 4 to produce a total score ranging from 0 to 100, where higher scores reflect better wellbeing.

As a general guide, higher scores indicate more positive feelings and overall wellbeing, while lower scores suggest that pupils may be experiencing fewer positive feelings in their day-to-day lives. Scores below 50 can indicate reduced wellbeing, while scores below 28 can be used as a threshold for possible depression.

School WHO-5 Average Score

65.9

Wiltshire WHO-5 Average Score

62.6

To keep in mind when interpreting the data...

Statistically significantly higher
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than Wiltshire



Wellbeing

Single response question	School	Count	Wiltshire	Count
☐ How confident do you feel about your future?		89		3977
Extremely confident/Quite confident	 66.3%		 67.5%	
Only a little confident	 24.7%		 19.3%	
Not at all confident/Not very confident	 9.0%		 13.1%	
☐ How often have you been so worried about something that you cannot sleep at night?		89		4025
Never/Not very often (e.g. once or twice)	 59.6%		 54.9%	
Sometimes (e.g. monthly)	 22.5%		 21.3%	
Most nights/Quite often (e.g. every week)	 18.0%		 23.8%	
☐ Over the past week, how happy have you felt most of the time?		89		4027
Happy most of the time/Quite happy	 73.0%		 66.8%	
Neither happy nor unhappy	 19.1%		 20.5%	
Unhappy most of the time/Quite	 7.9%		 12.7%	
☐ Over the past week, how happy have you felt when you were at school?		88		3916
Happy most of the time/Quite happy	 68.2%		 60.3%	
Neither happy nor unhappy	 27.3%		 24.7%	
Unhappy most of the time/Quite	 4.5% ↓		 15.0%	

Multiple response question	School	Count	Wiltshire	Count
☐ When you are unhappy or worried about a personal issue, who would you go to for help?		89		3978
A teacher or other adult at your school	 74.2% ↑		 56.6%	
Another adult outside of school (e.g., a family friend or neighbour)	 31.5%		 24.3%	
Brother(s) or sister(s)	 38.2%		 35.7%	
Club leader	 15.7%		 14.9%	
Counsellor/therapist	 7.9%		 7.0%	
Friend(s)	 65.2%		 56.4%	
GP (family doctor)	 9.0%		 7.7%	
No-one	 5.6%		 6.5%	
Other (please say)	 6.7%		 12.1%	
Parent, step-parent or carer	 83.1%		 82.6%	
Social worker	 4.5%		 4.9%	
Someone else in your family	 56.2%		 46.8%	
Sports coach	 15.7%		 16.8%	
Website, online forum, or app	 1.1%		 2.5%	

To keep in mind when interpreting the data...

Statistically significantly higher
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Sleep

Pupils were asked the following two questions about sleep:

- What time did you go to bed last night?
- What time did you wake up this morning?

From these two questions, the number of hours of sleep the pupil got was calculated, and an average for your school has been produced.

School - Average hours sleep

9.98

Wiltshire - Average hours sleep

10.04

Pride

Single response question	School	Count	Wiltshire	Count
☒ How proud do you feel of things you have achieved in your life?		87		3653
Extremely proud/Quite proud	89.7%		85.5%	
Only a little proud	8.0%		9.3%	
Not at all proud/Not very proud	2.3%		5.2%	

To keep in mind when interpreting the data...

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Relationships and safety

This section focuses on pupils' experiences of their relationships and sense of safety, both within and beyond the school environment. It brings together information on relationships, experiences of bullying, feelings of safety, and how pupils navigate online spaces.

It includes the following sub-sections:

- Relationships
- Bullying
- Safety
- Online safety

Relationships

Single response question	School	Count	Wiltshire	Count
☐ How easy or difficult do you find it to make friends?		88		3856
Very difficult/Quite difficult	13.6%		19.8%	
Sometimes easy, sometimes difficult	25.0%		29.4%	
Very easy/Quite easy	61.4% ↑		50.8%	
☐ How often do you feel left out?		88		3851
Never/Hardly ever	47.7%		46.1%	
Sometimes	40.9%		35.7%	
Very often/Quite often	11.4%		18.2%	

Bullying

Single response question	School	Count	Wiltshire	Count
☐ How well do you think your school/setting deals with bullying?		87		3784
Extremely well/Quite well	74.7% ↑		62.3%	
OK	17.2%		24.5%	
Very badly/Quite badly	8.0%		13.2%	

Single response question	School	Count	Wiltshire	Count
☐ Have you been bullied in the last year?		88		3830
No, not at all/Not often (e.g. once or twice)	83.0% ↑		72.7%	
Sometimes (e.g. about once a month)	11.4%		13.8%	
Most days/Quite often (e.g. about once a week)	5.7% ↓		13.6%	

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The following three questions were only asked to those who answered "Most days", "Quite often (e.g. every week), "Sometimes (e.g. every month)" or "Not often (e.g. once or twice)" to the previous question, "In the last 12 months, have you been bullied?"

Multiple response question	School	Count	Wiltshire	Count
☐ Where does the bullying usually happen?		36		1914
In the classroom		27.8%	23.4%	
In the corridors		13.9%	18.3%	
In the dinner hall or canteen		19.4%	21.5%	
In the playground or on the field		77.8%	82.0%	
In the toilets		16.7%	9.7%	
On the bus to or from school		5.6%	2.9%	
On the walk to or from school		5.6%	8.6%	
Somewhere else		25.0%	28.2%	

Multiple response question	School	Count	Wiltshire	Count
☐ If you have been bullied in the last year, who helped you deal with it?		37		1840
A teacher or other adult at your school		56.8%	50.7%	
Another adult outside of school (e.g., a family friend or neighbour)		18.9%	12.2%	
Brother(s) or sister(s)		32.4%	23.7%	
Counsellor/therapist		2.7%	2.9%	
Friend(s)		54.1%	50.0%	
GP (family doctor)		2.7%	2.2%	
No-one		2.7%	12.2%	
Other (please say)		8.1%	9.5%	
Parent, step-parent or carer		67.6%	61.6%	
Social worker		2.7%	3.5%	
Someone else in your family		21.6%	22.9%	
Sports coach		13.5%	8.6%	
Website, online forum, or app		5.4%	2.0%	

Multiple response question	School	Count	Wiltshire	Count
☐ How does the bullying usually happen?		37		1838
Being left out (ignored or excluded from a group - in person or online)		59.5%	49.3%	
Online messages or images (mean or upsetting messages, posts, photos, or videos shared about you)		21.6%	16.3%	
Other (please say)		5.4%	14.5%	
Physical (being hit, pushed, kicked, etc.)		37.8%	37.1%	
Unkind words or rumours (being called names, teased, or having unkind comments or rumours spread about you - in person or online)		67.6%	75.1%	

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Statistically significantly higher
than Wiltshire

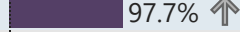


Statistically significantly lower
than Wiltshire



Safety

Single response question	School	Count	Wiltshire	Count
☐ How safe do you feel at home or the place where you live?		88		3748
Very safe/Safe	 95.5%		 90.9%	
Sometimes safe, sometimes unsafe	 4.5%		 6.8%	
Very unsafe/Unsafe			 2.2%	
☐ How safe do you feel on your way to and from school?		88		3733
Very safe/Safe	 83.0%		 77.3%	
Sometimes safe, sometimes unsafe	 14.8%		 17.8%	
Very unsafe/Unsafe			 4.9%	
☐ How safe do you feel when crossing roads, walking near roads, or cycling on the road?		88		3734
Very safe/Safe	 65.9%		 63.3%	
Sometimes safe, sometimes unsafe	 22.7%		 26.3%	
Very unsafe/Unsafe	 11.4%		 10.4%	
☐ How safe do you feel when you are at school?		88		3774
Very safe/Safe	 87.5% ↑		 77.3%	
Sometimes safe, sometimes unsafe	 11.4%		 17.9%	
Very unsafe/Unsafe			 4.8%	

Single response question	School	Count	Wiltshire	Count
☐ Have you ever been in trouble with the police?		87		3715
Yes			 3.6%	
No	 97.7% ↑		 89.9%	
I would rather not say			 6.5%	
☐ In the last 6 months, have you ever run away from home or the place where you live?		88		3773
Yes			 5.0%	
No	 87.5%		 82.3%	
Would rather not say	 12.5%		 12.7%	

The next question (*How did you get back home?*) was presented only to those who answered the previous question with "Yes".

Single response question	School	Count	Wiltshire	Count
☐ How did you get back home?				186
Returned home myself			 48.4%	
Returned by police			 3.8%	
Parents/Carers found me			 21.0%	
Friends/Relations found me			 9.1%	
Other			 17.7%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Online safety

Single response question	School	Count	Wiltshire	Count
☐ When you're online, does an adult usually know what you are doing?		88		3667
Yes, they always know or check		45.5%		45.8%
They usually know		27.3%		29.9%
Sometimes they know		11.4%		12.4%
They don't often know		11.4%		6.4%
No, they never know		4.5%		5.6%

Multiple response questions	School	Count	Wiltshire	Count
☐ Have you spent any of your own money on any of these things in the last four weeks?		81		3450
Betting or games for money or prizes with friends or family		2.5%		4.7%
Game money or coins (like Robux or V-Bucks)		32.1%		31.6%
Games or apps where you can win money or prizes		2.5%		5.4%
Loot boxes or mystery packs (like FIFA packs or Roblox crates)		8.6%		13.6%
None of these		54.3%		53.2%
Something else (please tell us what)		19.8%		16.3%

Single response question	School	Count	Wiltshire	Count
☐ Have you ever met someone in real life who you first got to know online?		87		3694
Yes		16.1%		17.9%
No		83.9%		82.1%

The next two questions were presented only to those who answered the previous question with "Yes".

Single response question	School	Count	Wiltshire	Count
☐ What was the age of the person that you		15		689
About my age		46.7%		53.4%
A bit younger than me		13.3%		11.6%
A bit older than me		13.3%		20.0%
An adult		6.7%		6.7%
I'd rather not say		20.0%		8.3%
☐ Who went with you when you met that person?		14		617
I went on my own		14.3%		19.9%
I went with my parent or carer		50.0%		39.4%
I went with another adult				5.8%
I went with my brother or sister				5.3%
I went with a friend		14.3%		13.1%
I went with someone else		21.4%		16.4%

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Substance use

This section explores young people's experiences, behaviours, and attitudes relating to substance use. It includes findings on alcohol consumption, smoking and vaping

Results should be interpreted within the wider context of young people's physical, emotional, and social wellbeing, and may help highlight areas where additional information, support, or intervention could be beneficial.

It includes the following sub-sections:

- Alcohol
- Smoking and vaping

The next two questions were presented only to those who answered the previous question with any answer other than "No, I've never had a drink of alcohol".

Alcohol

Single response question	School	Count	Wiltshire	Count
☒ Have you ever had a drink of alcohol (more than just a sip)?		87		3738
No, I've never had a drink of alcohol	51.7%		50.1%	
I've only had a sip of alcohol to try it	39.1%		37.6%	
I've had a drink of alcohol once or twice	4.6%		7.0%	
I sometimes have a drink of alcohol on a special occasion	4.6%		4.2%	
I have a drink of alcohol quite often			1.2%	

Single response question	School	Count	Wiltshire	Count
☒ Have you ever felt drunk after drinking alcohol?		42		1874
Never	97.6% ↑		87.4%	
Tried once or twice	2.4%		9.1%	
Monthly			1.9%	
Weekly			0.8%	
Daily			0.9%	

Multiple response question	School	Count	Wiltshire	Count
☒ When you have had alcohol, where did it come from?		39		1774
A friend gave it to me			1.6%	
A local shop			1.7%	
A pub or bar	5.1%		8.4%	
A supermarket			2.1%	
An off-licence			0.7%	
An older person bought it for me	2.6%		1.7%	
At home (with parent/carer's permission)	76.9%		81.2%	
At home (without parent/carer's permission)			5.7%	
None of these	15.4%		11.8%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Smoking and vaping

Multiple response question	School	Count	Wiltshire	Count
☐ Where have you seen other people smoke or vape?		88		3689
At home	 25.0%		 30.1%	
I haven't seen anyone smoke or vape	2.3%		 5.1%	
In the car	 19.3%		 22.8%	
Near the school gates	 21.6%		 19.9%	
Online or on social media	 13.6%		 11.6%	
When I'm out (e.g., town, shops, park, street)	 94.3% ↑		 83.0%	

Single response question	School	Count	Wiltshire	Count
☐ Have you ever tried smoking a cigarette, even just a puff?		88		3762
No, never	 95.5%		 96.3%	
I've only tried once	3.4%		 2.6%	
A few times	1.1%		 0.5%	
I sometimes smoke			 0.1%	
I smoke often			 0.4%	

The next question was presented only to those who answered the previous question with any response other than "No, never".

Single response question	School	Count	Wiltshire	Count
☐ If you would like support to stop smoking, how would you like this to be?		<10		123
In person	 25.0%		 30.9%	
Using an app			 17.9%	
Telephone support			 3.3%	
In school			 7.3%	
In a community setting	 25.0% ↑		 4.1%	
I don't need support to stop smoking or vaping	 50.0%		 36.6%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Single response question	School	Count	Wiltshire	Count
☐ Have you ever tried using a vape or e-cigarette, even just a puff?		88		3735
No, never	94.3%		93.8%	
I've only tried once	5.7%		4.5%	
A few times			1.0%	
I sometimes vape			0.2%	
I vape often			0.4%	

The next question was presented only to those who answered the previous question with any response other than "No, never".

Single response question	School	Count	Wiltshire	Count
☐ If you would like support to stop vaping, how would you like this to be?		<10		219
In person	40.0%		22.8%	
Using an app	20.0%		13.7%	
Telephone support			3.7%	
In school			9.6%	
In a community setting	20.0%		5.9%	
I don't need support to stop smoking or vaping	20.0%		44.3%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Healthy Lifestyles and Physical Activity

This section explores behaviours and experiences related to physical activity and healthy lifestyles among young people.

These topics play an important role in supporting children and young people's physical health, emotional wellbeing, development, and readiness to learn. The results provide insight into everyday health behaviours and can help identify areas where pupils may benefit from additional support, information, or opportunities to develop healthy habits.

It includes the following sub-sections:

- Physical activity
- Healthy eating
- Oral health
- Hand washing
- Suncare
- Screens/gaming

Physical activity

Single response question	School	Count	Wiltshire	Count
☒ On days when you do exercise, how long are you active for in total?		89		3834
Not very long		7.9%	9.4%	
About half an hour		27.0%	24.0%	
About an hour		31.5%	36.1%	
More than an hour		33.7%	30.4%	

Single response question	School	Count	Wiltshire	Count
☒ Thinking about a usual week during term time, how many days do you do physical activity or exercise that gets you warm or out of breath?		89		3874
Never or almost never		2.2%	3.4%	
1–2 days a week		19.1%	19.7%	
3–4 days a week		24.7%	26.1%	
Every day or almost every day		53.9%	50.7%	

Multiple response question	School	Count	Wiltshire	Count
☒ What would help you take part more in sport or physical activities?		86		3717
Being asked what I like or want to do		58.1%	56.0%	
Doing activities that aren't just sports (like dance, yoga or walking)		32.6%	33.2%	
Doing it with friends		82.6% ↑	71.6%	
Having more time to do it		55.8%	54.8%	
More choice of clubs or activities at school		38.4%	44.4%	
Not having to get changed into PE kit at school		14.0%	21.7%	
Other (please say)		11.6%	14.8%	
Playing in teams or competitions		39.5%	46.2%	
Support to find a sport or activity I enjoy		43.0%	34.6%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Healthy eating

Single response question	School	Count	Wiltshire	Count
☐ Thinking about the last week, how often did you eat breakfast (not just a drink)?		88		3965
Never	3.4%		3.8%	
Hardly ever (1-2 days)	1.1%		6.2%	
Some days (3-4 days)	6.8%		8.2%	
Most days (5-6 days)	18.2%		14.9%	
Every day	70.5%		66.9%	
☐ Yesterday, how many different portions of fruit or vegetables did you eat?		89		3916
None	9.0%		8.2%	
1	7.9%		9.5%	
2	11.2%		17.1%	
3	25.8%		22.7%	
4	21.3%		15.5%	
5 or more	24.7%		27.1%	

Single response question	School	Count	Wiltshire	Count
☐ How often do you drink energy drinks? (e.g. Red Bull, Monster, NOS, Rockstar, Prime etc)		89		3891
Never/Once a week	96.6%		90.9%	
A few times a week	3.4%		5.5%	
More than once a day/Once a day			3.6%	
☐ How often do you drink fizzy drinks (not including water)?		85		3774
Never/Once a week	57.6%		60.8%	
A few times a week	28.2%		26.1%	
More than once a day/Once a day	14.1%		13.1%	
☐ How often do you drink water?		87		3880
Never/Once a week	6.9%		6.6%	
A few times a week	1.1% ↓		7.0%	
More than once a day/Once a day	92.0%		86.3%	
☐ How often do you eat snacks like sweets, chocolate, biscuits or crisps?		88		3936
Never/Once a week	12.5%		13.1%	
A few times a week	25.0% ↓		36.1%	
More than once a day/Once a day	62.5% ↑		50.8%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Single response question	School	Count	Wiltshire	Count
☐ At school, do you feel you have enough time to eat your lunch?		88		3918
Never/Hardly ever	5.7% ↓		16.1%	
Sometimes	25.0%		29.0%	
Always/Most of the time	69.3% ↑		54.8%	
☐ What is lunchtime usually like for you at school?		88		3912
I enjoy lunchtime	56.8% ↑		42.9%	
Lunchtime is mostly okay	31.8%		35.8%	
Lunchtime can be a bit difficult	10.2%		14.7%	
Lunchtime is often difficult	1.1%		4.5%	
I do not enjoy lunchtime at all			2.2%	

Single response question	School	Count	Wiltshire	Count
☐ How good is the amount of food you get for school dinners?		46		1898
Very good/Good	71.7% ↑		52.0%	
OK	26.1%		31.5%	
Not good at all/Not very good	2.2% ↓		16.5%	
☐ How good is the choice of food you get for school dinners?		48		1919
Very good/Good	70.8% ↑		48.3%	
OK	27.1%		37.6%	
Not good at all/Not very good	2.1% ↓		14.1%	

Single response question	School	Count	Wiltshire	Count
☐ What do you usually have for lunch on school days?		88		3925
School dinner	19.3%		26.1%	
Packed lunch from home	46.6%		50.8%	
A mix of both	34.1% ↑		23.1%	

The next two questions about school lunches were only asked to those who responded to the previous question with "School dinner" or "A mix of both".

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



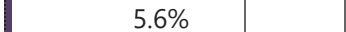
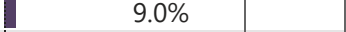
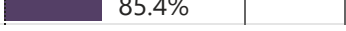
Oral health

Single response question	School	Count	Wiltshire	Count
☐ Have you been to the dentist in the past year?		89		3985
Yes		71.9%		75.7%
No		15.7%		12.5%
Don't know		12.4%		11.8%
☐ How often do you brush your teeth?		89		3965
Once a week or less		2.2%		2.7%
A few days a week		2.2%		4.8%
Once a day		15.7%		19.0%
At least twice a day		79.8%		73.5%

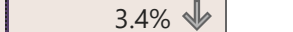
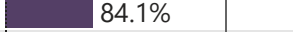
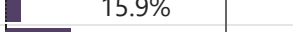
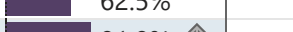
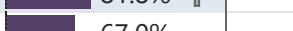
Hand washing

Single response question	School	Count	Wiltshire	Count
☐ How often do you wash your hands before eating a meal?		89		3978
Never/Hardly ever		22.5%		19.6%
Sometimes		24.7%		27.0%
Always/Most of the time		52.8%		53.4%

Single response question

Single response question	School	Count	Wiltshire	Count
☐ How often do you wash your hands after going to the toilet?		89		3873
Never/Hardly ever		5.6%		5.6%
Sometimes		9.0%		9.8%
Always/Most of the time		85.4%		84.6%

Suncare

Multiple response question	School	Count	Wiltshire	Count
☐ When you are outside in the sun, what do you usually do to stop yourself getting sunburnt?		88		3990
I don't do anything to stop getting sunburnt		3.4% ↓		9.8%
I put on sunscreen		84.1%		86.5%
I try not to go outside when it's very sunny		15.9%		14.8%
I try to stay in the shade		62.5%		56.2%
I wear a hat		81.8% ↑		72.1%
I wear clothes that cover my skin (like a T-shirt)		67.0%		58.8%
I wear sunglasses		61.4%		53.9%

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Screens and gaming

Single response question	School	Count	Wiltshire	Count
☐ Do you have your own mobile phone?		88		3682
Yes, I have my own phone	 38.6%		 46.3%	
I share a phone with someone else (for example, a brother or sister)	 4.5%		 5.2%	
No, I don't have a phone	 56.8%		 48.5%	
☐ How much time do you usually spend on screens just before you go to sleep?		88		3739
I don't use screens before bed	 17.0%		 12.7%	
A few minutes	 18.2%		 19.3%	
About half an hour	 22.7%		 21.3%	
Nearly an hour	 10.2%		 13.7%	
Around an hour or more	 31.8%		 33.1%	
☐ How often do you play games on a screen (like a phone, tablet, console or computer)?		88		3734
I don't play games	 3.4%		 3.9%	
Less than once a week	 4.5%		 8.5%	
A few days each week	 23.9%		 26.2%	
Every day, for a short time	 36.4%		 27.1%	
Every day, for a long time	 31.8%		 34.2%	

To keep in mind when interpreting the data...

Statistically significantly higher
than Wiltshire



Statistically significantly lower
than Wiltshire



Calculating proportions for multiple choice questions

For single response questions where respondents were able to choose **one answer** from a series of options, such as:

Question: I enjoy my school/setting

Answer options: Strongly agree, Agree, Neither agree nor disagree, Disagree, Strongly disagree

The **numerator** used was the number of students from your school that responded with that specific response.

The **denominator** used was the number of students from your school that responded to that question.

For multiple response questions where respondents were able to choose **multiple answers** from a series of options, such as:

Question: If you have ever been bullied, did someone help you deal with it? (you can tick more than one box here)

Answer options: Parent, step-parent or carer, Someone else in your family, Friend(s), A teacher/tutor or other adult at your school/setting, A school nurse, A doctor, nurse (outside your school/setting), psychologist, A counsellor, youth worker or social worker, Social media, podcasts etc, No-one

The **numerator** used was the number of students from your school that responded with that specific response.

The **denominator** used was the number of students from your school that responded to any of the options for that question.

Calculating statistical significance

Statistical significance is calculated using confidence intervals, following guidelines from the Association of Public Health Observatories (APHO).

Upper and lower confidence intervals were placed around the school level data, and if the Wiltshire level data (all responses to the survey for the question being assessed) sits outside of these confidence intervals, it can be inferred that the difference between the responses for the school and Wiltshire is statistically significant.

The responses for the school are identified throughout as being statistically significantly higher (where the Wiltshire level data is lower than the school data lower confidence interval) or lower than Wiltshire (where the Wiltshire level data is higher than the school data higher confidence interval).

For the majority of the questions, 95% confidence intervals were calculated for proportions, following the Wilson Score method provided by APHO. For the SWEMWBS mean score, 95% confidence intervals were calculated using the traditional Normal approximation method provided by APHO.

More information about the methods used can be found in the document "APHO Technical Briefing 3 - Commonly used public health statistics and their confidence intervals, found through this link [Fingertips guidance - Public Health methods - OHID \(phe.org.uk\)](https://www.phe.org.uk/publications/fingertips-guidance-public-health-methods).