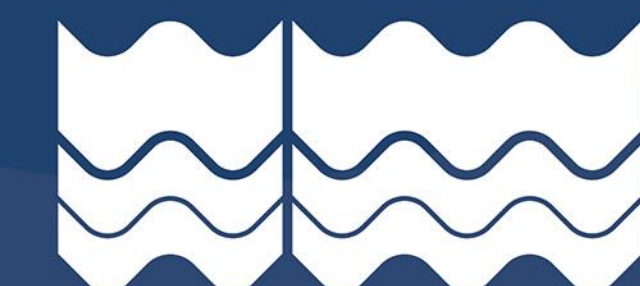


My Health My School Survey Trend Data

MyHealth
MySchool

2021/22 to 2024/25



Summary of findings slide 1



- The number of responses increased by over 50% in 2023/24, with only a slight drop in 2024/25 (15,139 responses).
- There has been a steady increase in the number of secondary students taking part, with primary school numbers varying each year.
- The demographics of the sample each year have varied with differences seen in gender, disability and number of young carers.
- The number of Year 5/6 students that have 'never smoked' has stayed high (over 98%) since 2021/22 and for secondary students this has increased to 89%.
- The number of Year 5/6 students who reported 'never vaping' has increased slightly over the 4 year period (97%), similarly for secondary students to 76%.
- There was an increase in Year 7-9 students who said they had used drugs (to 7%), but a decrease in Year 10-11 students (to 18%).

Summary of findings slide 2



- Over time, more students have reported that they ‘enjoy their life’, with a significant increase for secondary students.
- Bullying has increased in secondary students overall since 2021/22, with 57% saying they have not been bullied in the last 12 months.
- More students (34%) report eating 5 or more fruit and vegetables a day than in 2021/22, and the number reporting eating none remains low (between 4-9%).
- The number of students being physically active for 60 minutes a day has increased significantly for both primary (to 84%) and secondary students (to 78%).
- There has been a slight increase in the number of students reporting more than 5 hours of screen time a day; this is higher for secondary students (30%) than primary students (20%).

Methodology

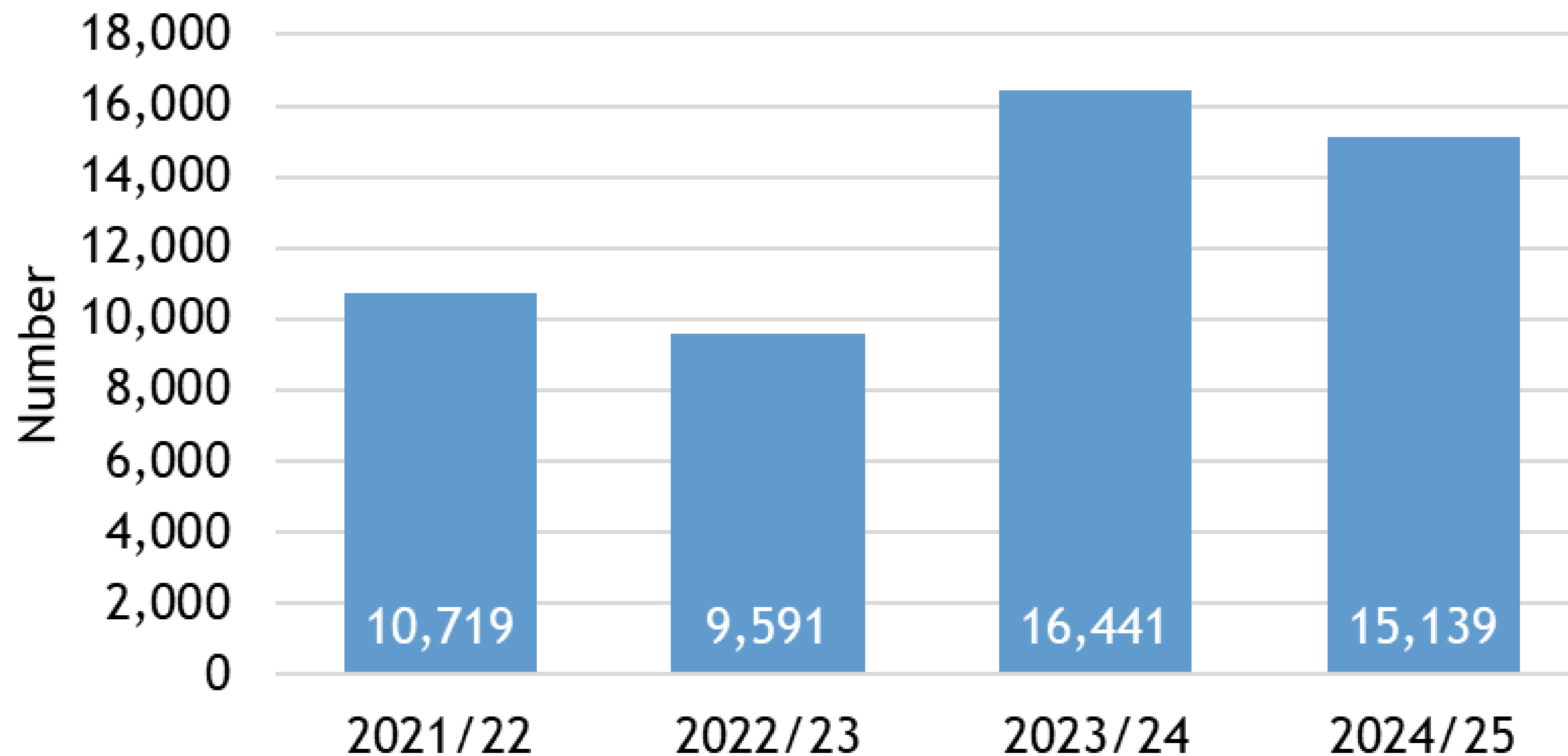


- The 'My Health My School' survey is a student perception survey for children and young people in years 3-13.
- It is completed anonymously online and participation by schools, children and young people is voluntary. The survey asks questions on views and experiences of school, and health and wellbeing.
- It comprises a range of questions across ten themes. These are tailored age-appropriately with year group logins.
- Years 3 and 4 are only asked some questions from the 'All about me' section and about 'Physical education in school'.
- This presentation reviews four years of survey data, highlighting trends in key health and wellbeing indicators among primary and secondary students.
- Confidence intervals are used on some charts. They represent the range of values that you can be 95% certain contains the true average for the school population. If the line does not overlap with the value you are comparing to, you can be confident there is a true difference between the two results, a 'significant difference'.

Survey sample - over the years



Number of responses
(2021/22 to 2024/25)

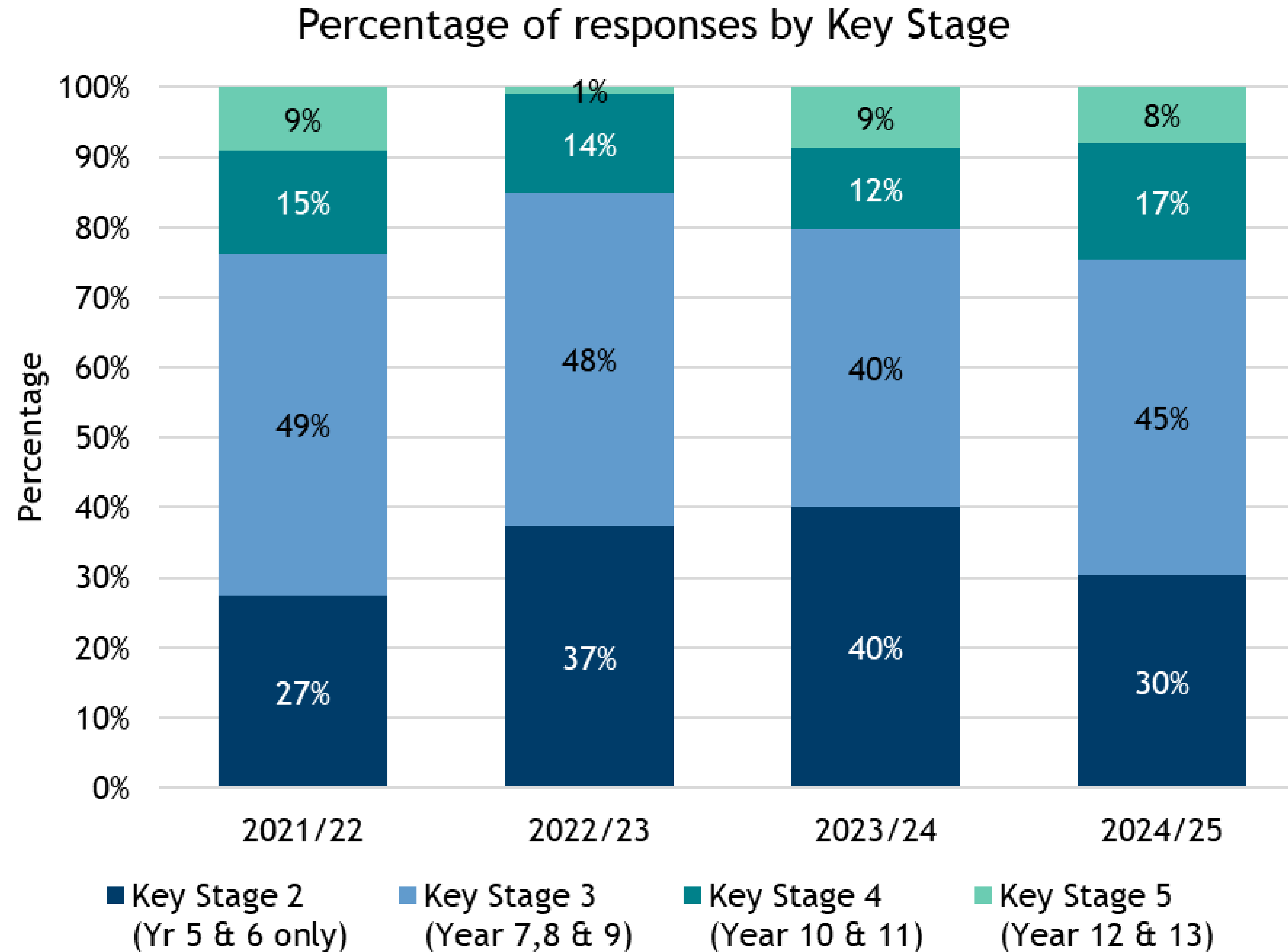


Response numbers per year group



Year	2021/22	2022/23	2023/24	2024/25
Year 3	534	258	656	434
Year 4	640	272	859	475
Year 5	1,215	1,630	2,654	2,116
Year 6	1,404	1,754	3,345	2,216
Total Primary (Yr 5 & 6 only)	2,619	3,384	5,999	4,332
Year 7	1,742	1,492	1,560	2,088
Year 8	1,297	1,082	1,749	2,176
Year 9	1,613	1,744	2,596	2,137
Year 10	927	755	1,397	1,560
Year 11	476	516	344	792
Total Secondary	6,055	5,589	7,646	8,753
Year 12	680	88	807	838
Year 13	173	0	474	307
Year 14	18	0	0	0
Total College	871	88	1,281	1,145

Response rate by Key Stage



Percentage of students, by gender

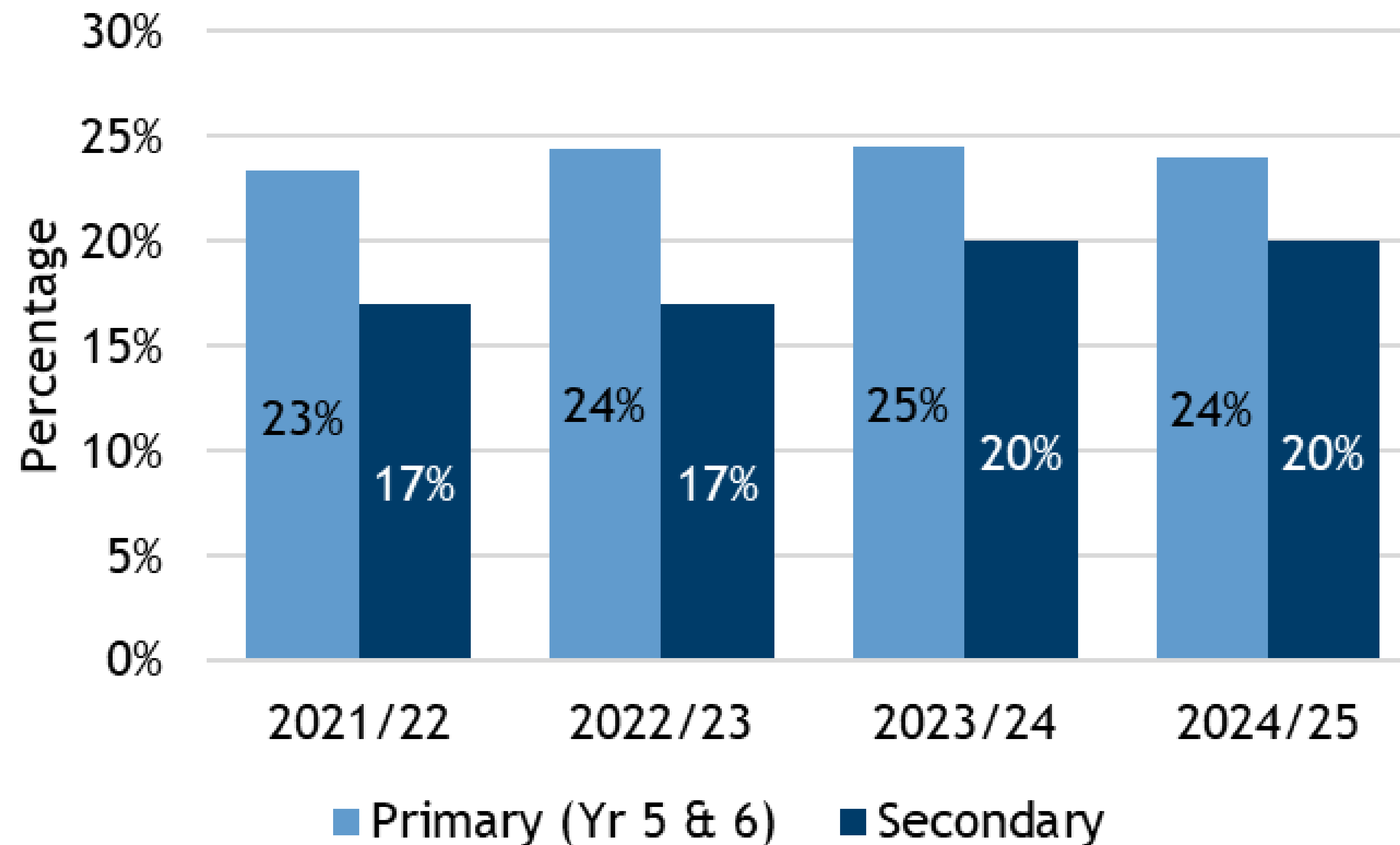
	Primary			Secondary		
	Boys	Girls	Another gender identity	Boys	Girls	Another gender identity
2021/22	51%	48%	1%	50%	45%	5%
2022/23	50%	48%	2%	48%	48%	4%
2023/24	50%	49%	1%	49%	48%	3%
2024/25	49%	50%	1%	50%	48%	2%

- Secondary students were additionally asked ‘How would you describe your sexual identity?’ Most students described their sexual identity as ‘Heterosexual’ (85% in 2024/25 up from 77% in 2021/22). Second to this, in 2024/25 7% of students described their sexual identity as ‘Bi’ down from 12% in 2021/22.

Demographics continued slide 2



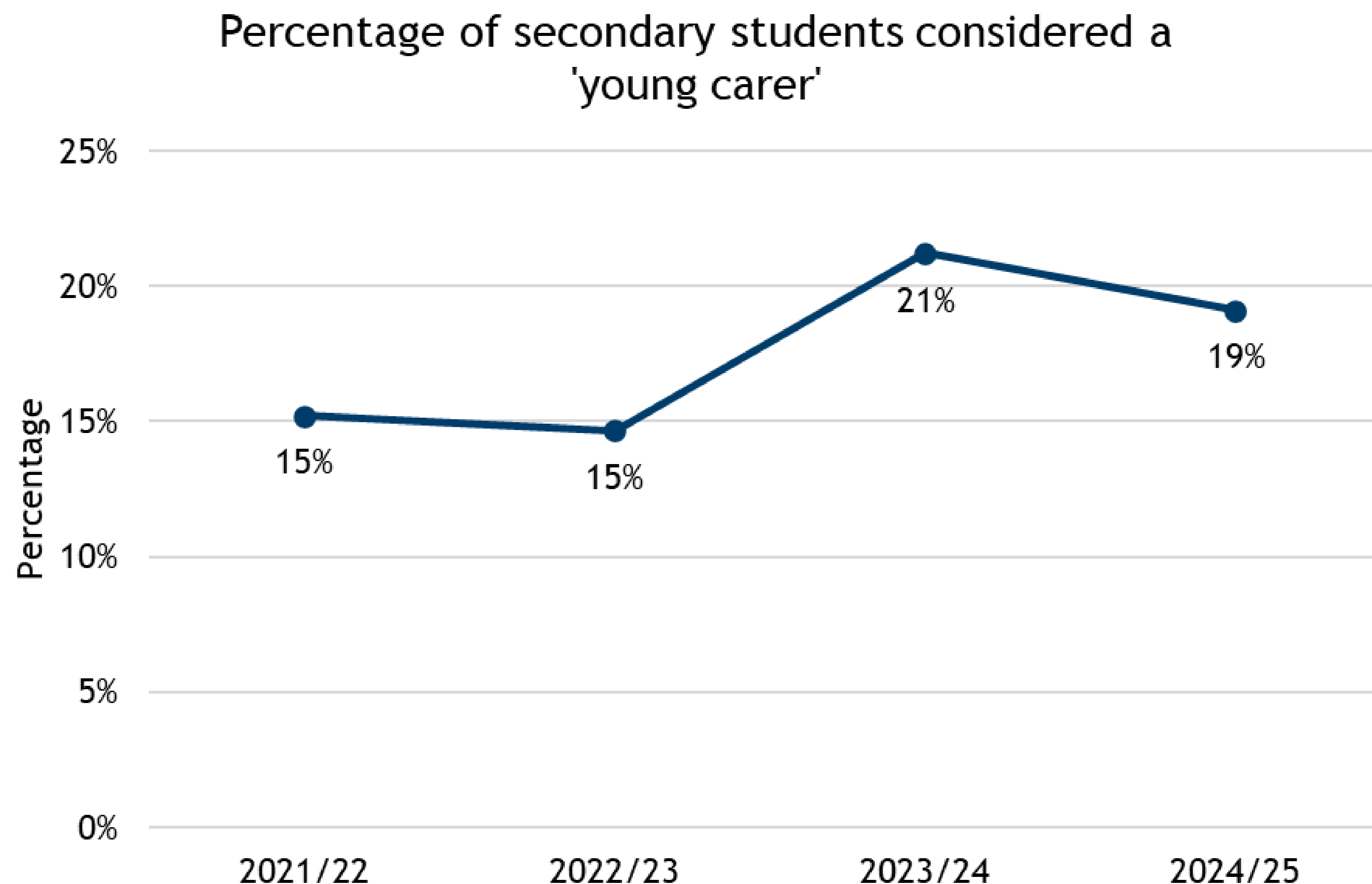
Free school meal eligibility



Demographics continued slide 3



Note: Students are considered a young carer if they reported they care ‘most days’ for someone in their family who ‘is ill’, has ‘a disability’, has ‘a mental health problem’ or has ‘a problem with drugs or alcohol’.



- In 2021/22, 15% of secondary students reported being a young carer this increased to 21% in 2023/24 before a slight reduction to 19% in 2024/25.

Demographics continued



- Across all four years most students described their ethnicity within the high-level 'White' category; second to this is the high level 'Mixed category'.
- In 2021/22, 17% of primary and 19% secondary students considered themselves to have a disability. In 2024/25, these figures were 8% for primary students and 12% for secondary students.
- In 2024/25, the number one disability that was reported was 'Neurodiverse/neurodivergent'.*

Overall, the sample broadly reflects the East Sussex school population however; there is a slight under representation of secondary students in Hastings across all four years.

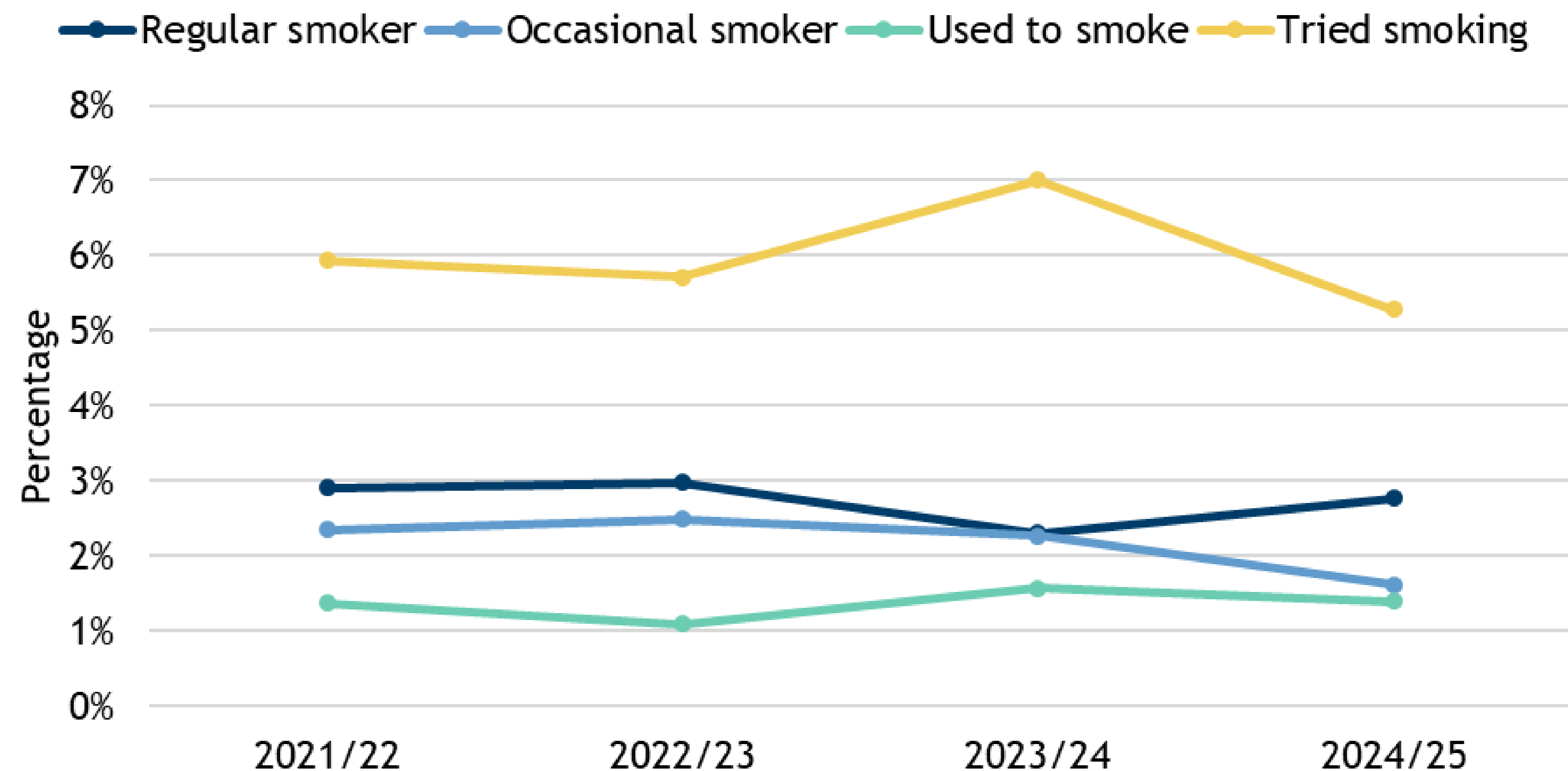
Note: * The following question - 'If you said yes, you consider yourself to be disabled, what is the nature of your impairment?' was added to the survey in 2023/24 and in 2024/25 the option 'Neurodiverse/neurodivergent' was added and all other options stayed the same.

Smoking



- Across the four years, most students have never smoked a cigarette.
- In 2021/22, 2% of students in year 5 & 6 had ever smoked, and this had reduced to 1.8% in 2024/25.
- In 2021/22, 87.4% of secondary students had never smoked and in 2024/25 this had increased to 88.9%.

Smoking status of secondary students who have ever smoked

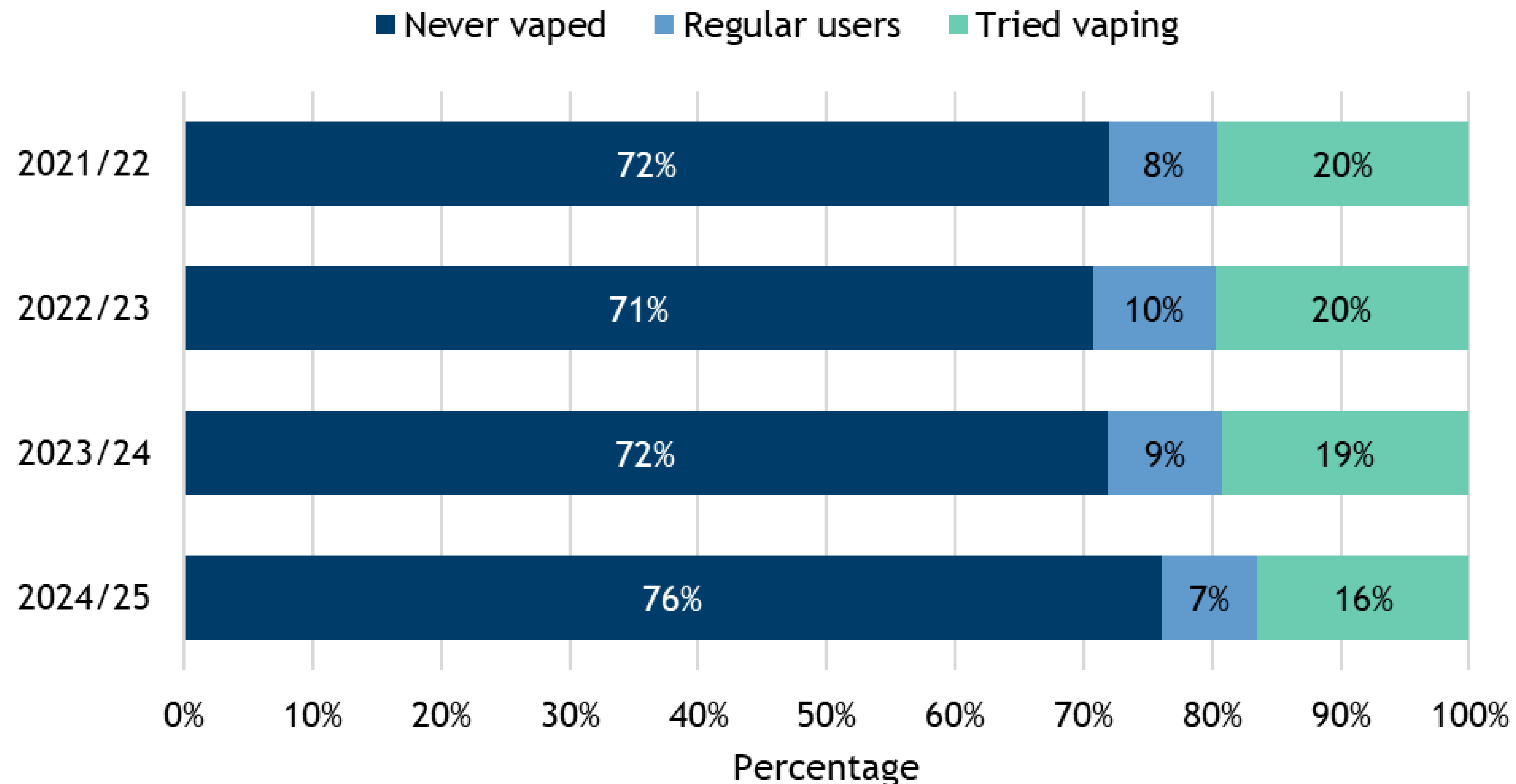


Vaping



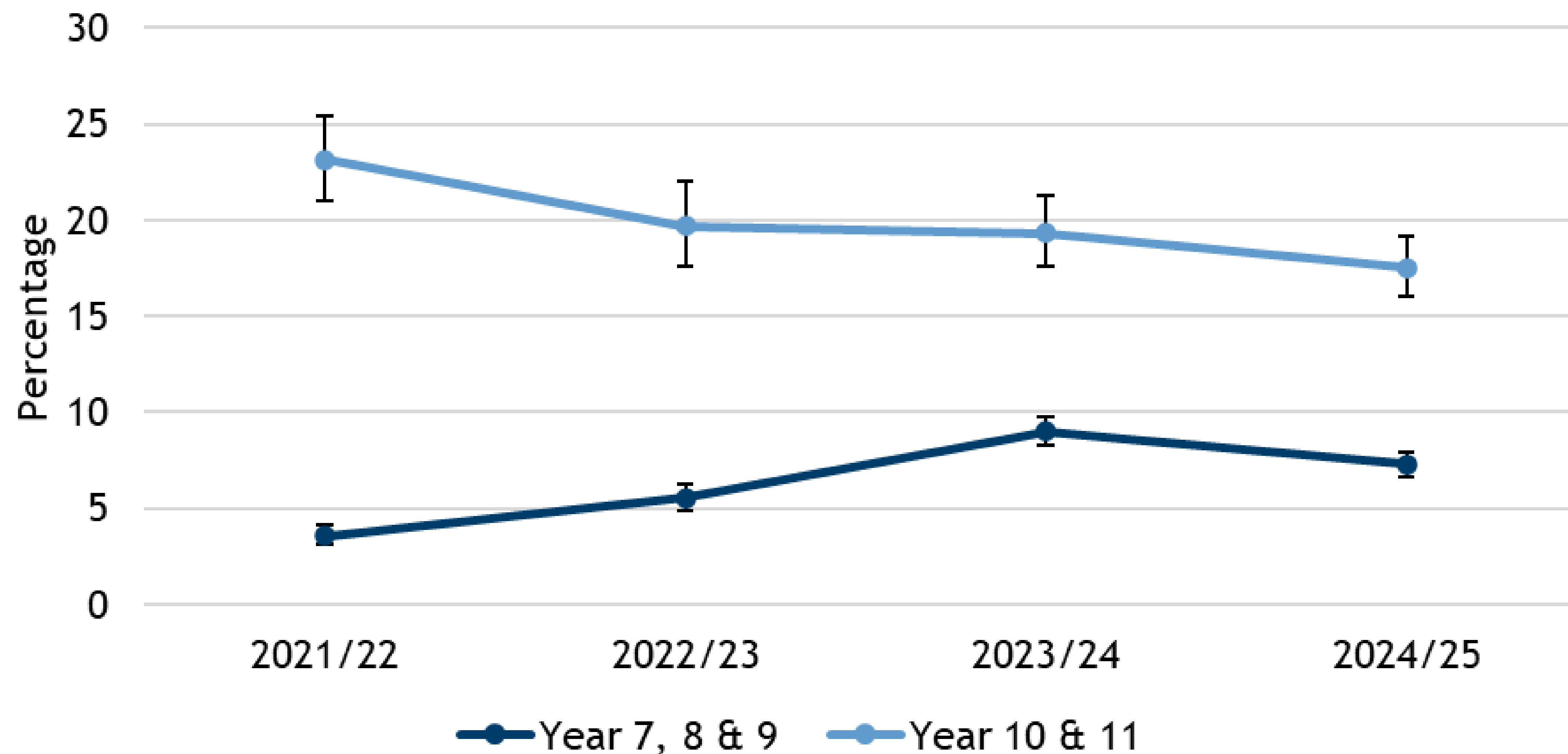
- 4% of students in year 5 & 6 had tried vaping in 2021/22 this had reduced to 3% in 2024/25.

Electronic cigarette use (vaping) - Secondary



Drugs

Have you ever taken any drugs, including sniffing glue or solvents (even if only once)?
(2021/22 to 2024/25)

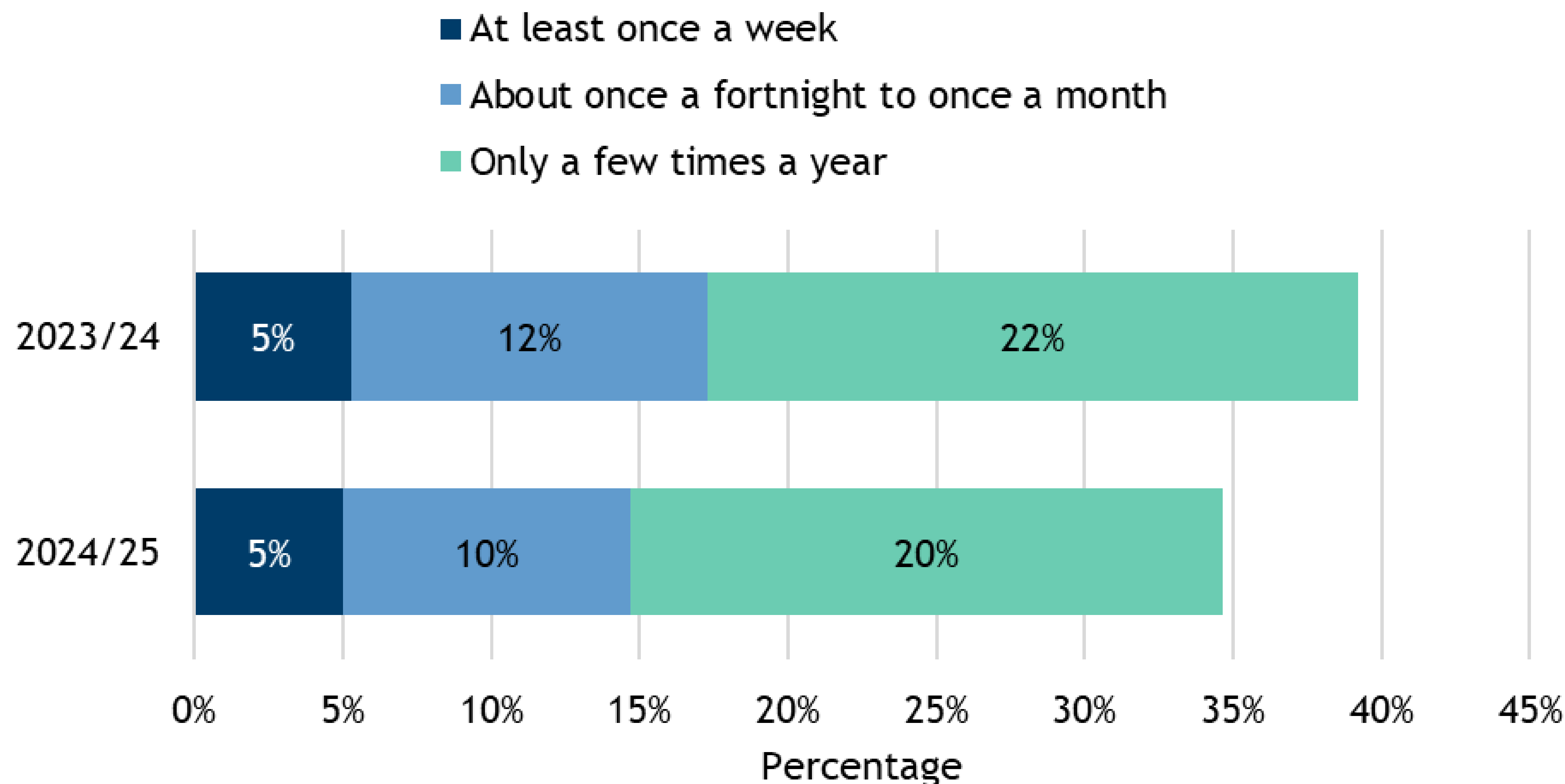


- In 2021/22, 4% of Year 7, 8 & 9 students had ever used or taken drugs this had increased to 7% in 2024/25. This represents a statistically significant increase.
- In 2021/22, 23% of Year 10 & 11 had ever used or taken drugs this had reduced to 18% in 2024/25. This represents a statistically significant reduction.

Alcohol



Usual frequency of drinking alcohol - Secondary

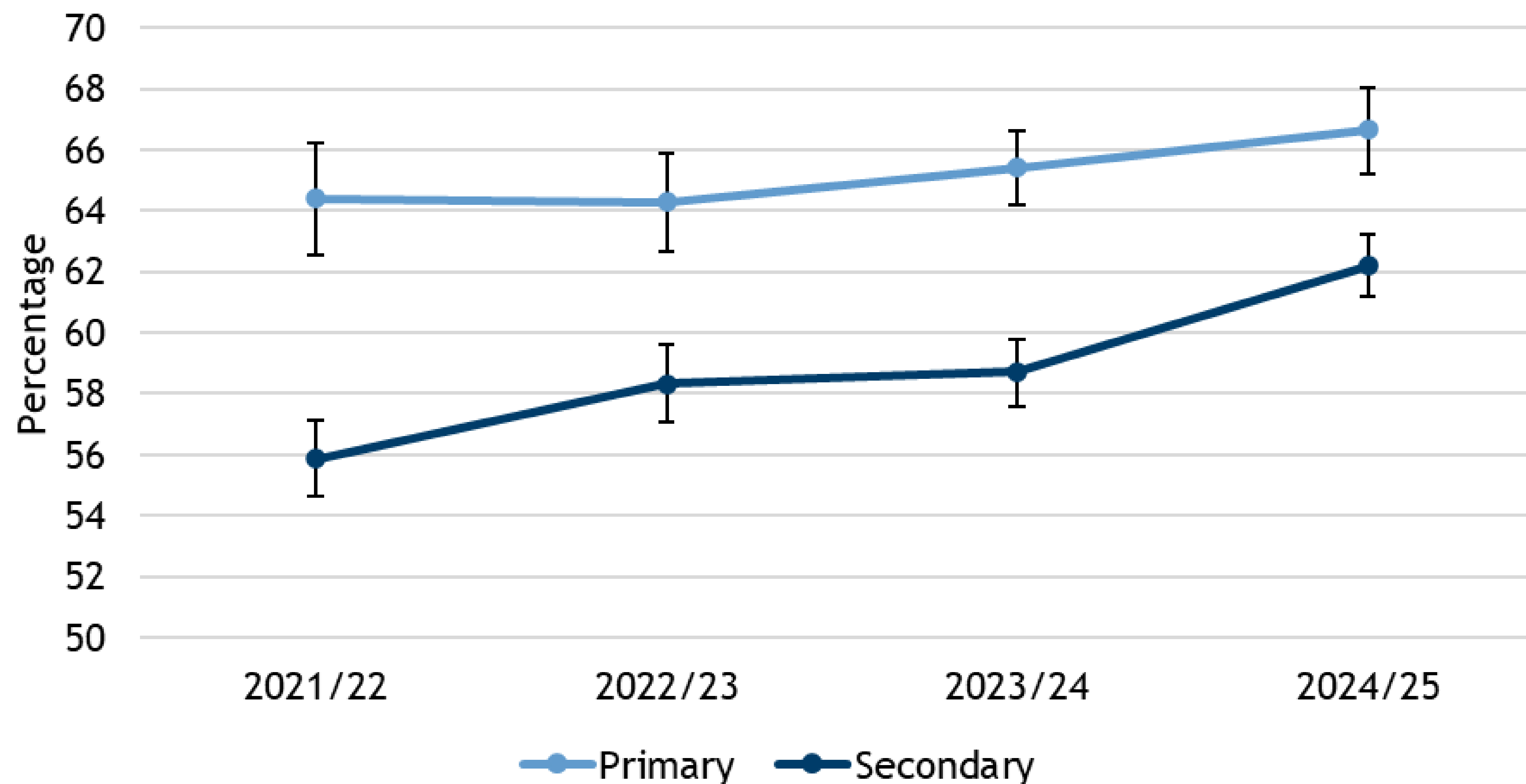


Note: In 2023/24, the alcohol question was changed slightly to align with the ‘Smoking, drinking and drug use among young people in England’ survey. Therefore, we can only look at two years worth of data for this indicator.

Mental Health & Wellbeing



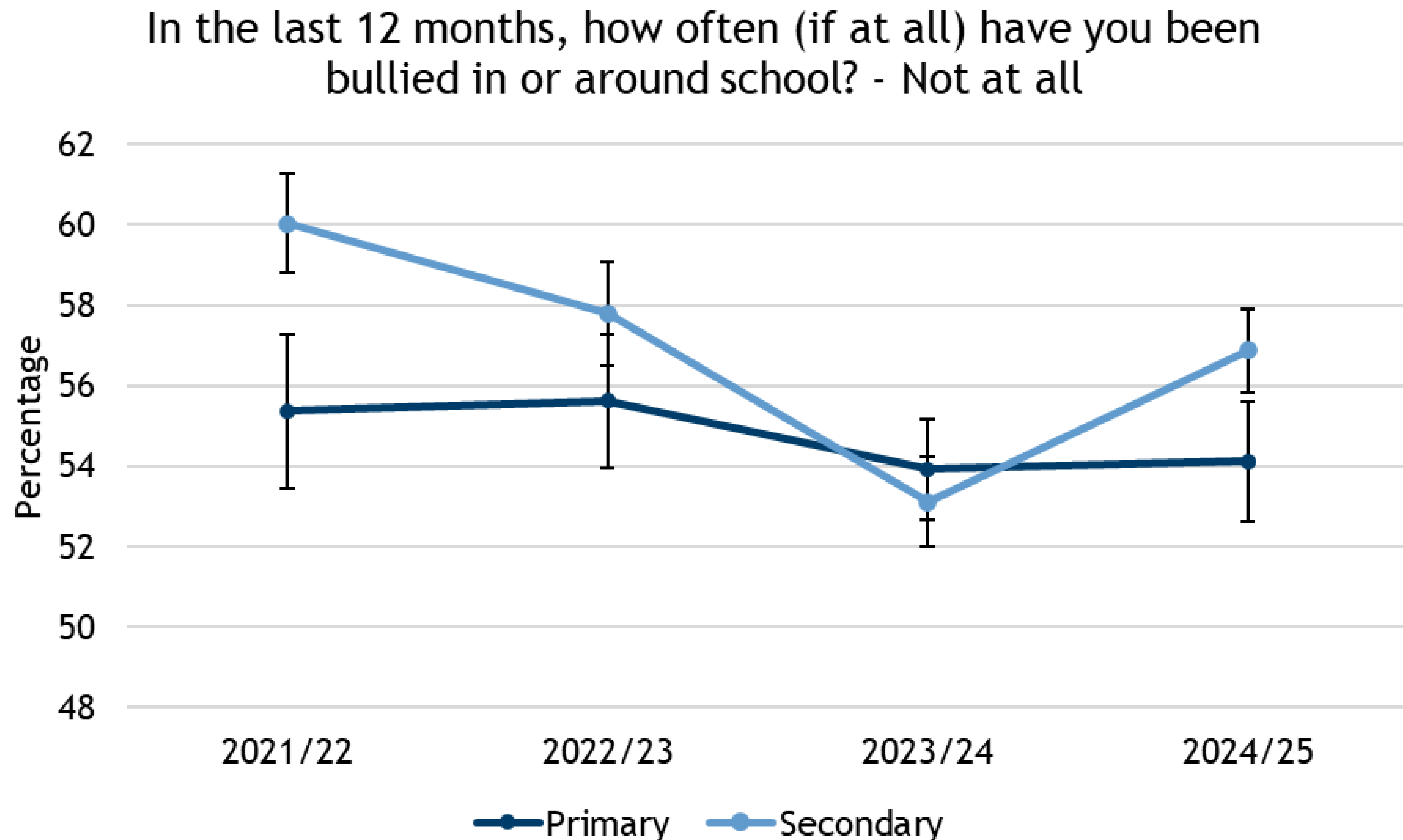
How much do you agree with following statement...?
'I enjoy my life' - Agree



- Both primary and secondary students reported higher agreement over time, with primary students showing a steady increase and secondary students a notable rise in 2024/25.
- For secondary students, there is a statistically significant increase from 2021/22 to 2024/25.
- There is no statistically significant increase for primary students.

Note: the Y-axis does not start at 0.

Bullying



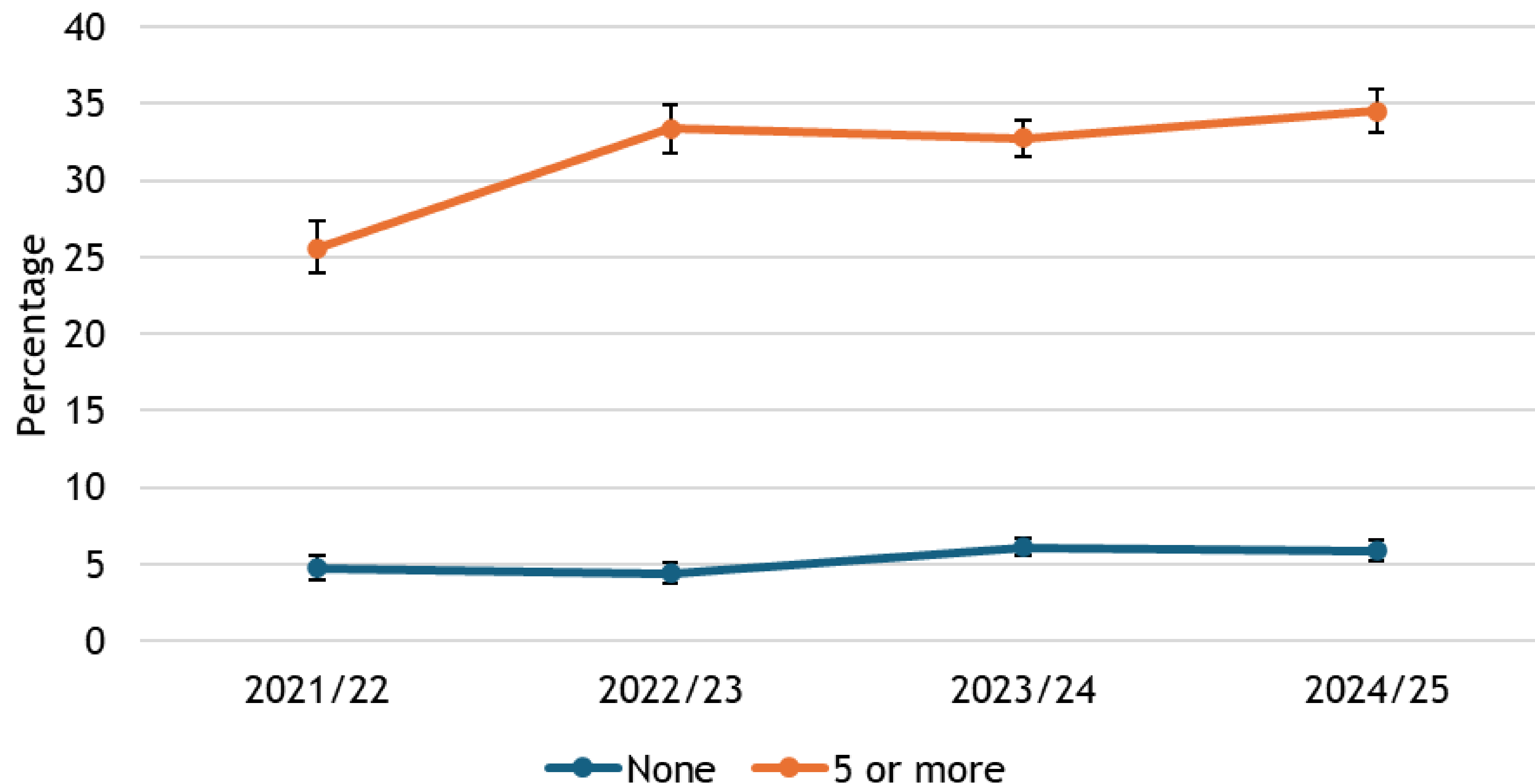
Note: the Y-axis does not start at 0.

- In 2021/22, 55% of primary students reported not being bullied at all. This fell slightly to 54% in 2024/25, but the change was not statistically significant.
- The percentage of secondary students reporting no bullying fell from 60% in 2021/22 to 53% in 2023/24, a statistically significant decline. Although this increased to 57% in 2024/25.
- If students reported being bullied, the most common reason they selected was 'appearance' across all four years (students could select multiple reasons).

Healthy Eating - Primary



On a normal school day, how many portions of fruit and vegetables do you have? - Primary

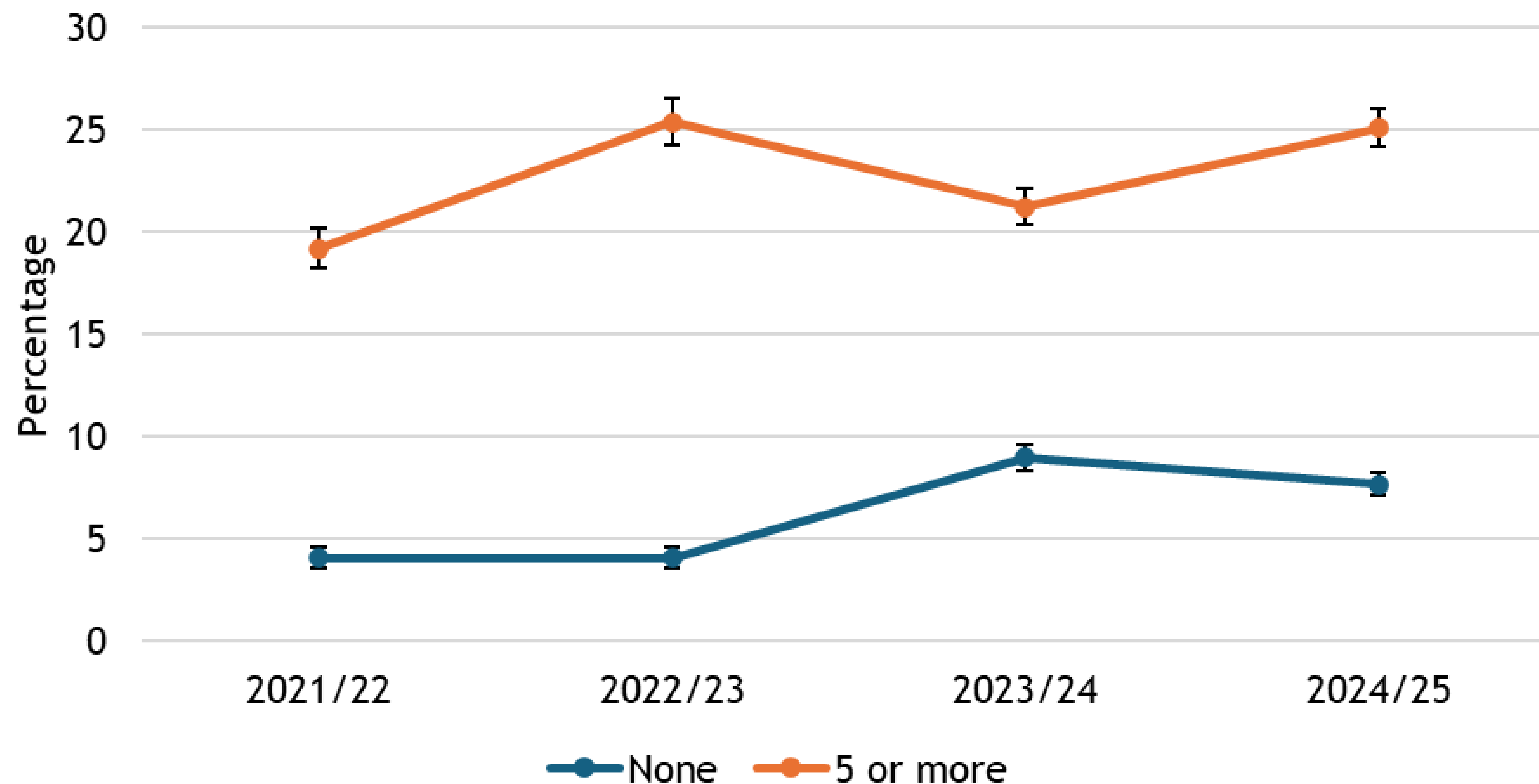


- The percentage of primary students eating 5 or more portions of fruit and vegetables has gradually increased over time, rising from 26% in 2021/22 to 34% in 2024/25 a statistically significant increase.
- The percentage of pupils reporting no portions remains consistently low, between 4% and 6%.

Healthy Eating - Secondary



On a normal school day, how many portions of fruit and vegetables do you have? - Secondary

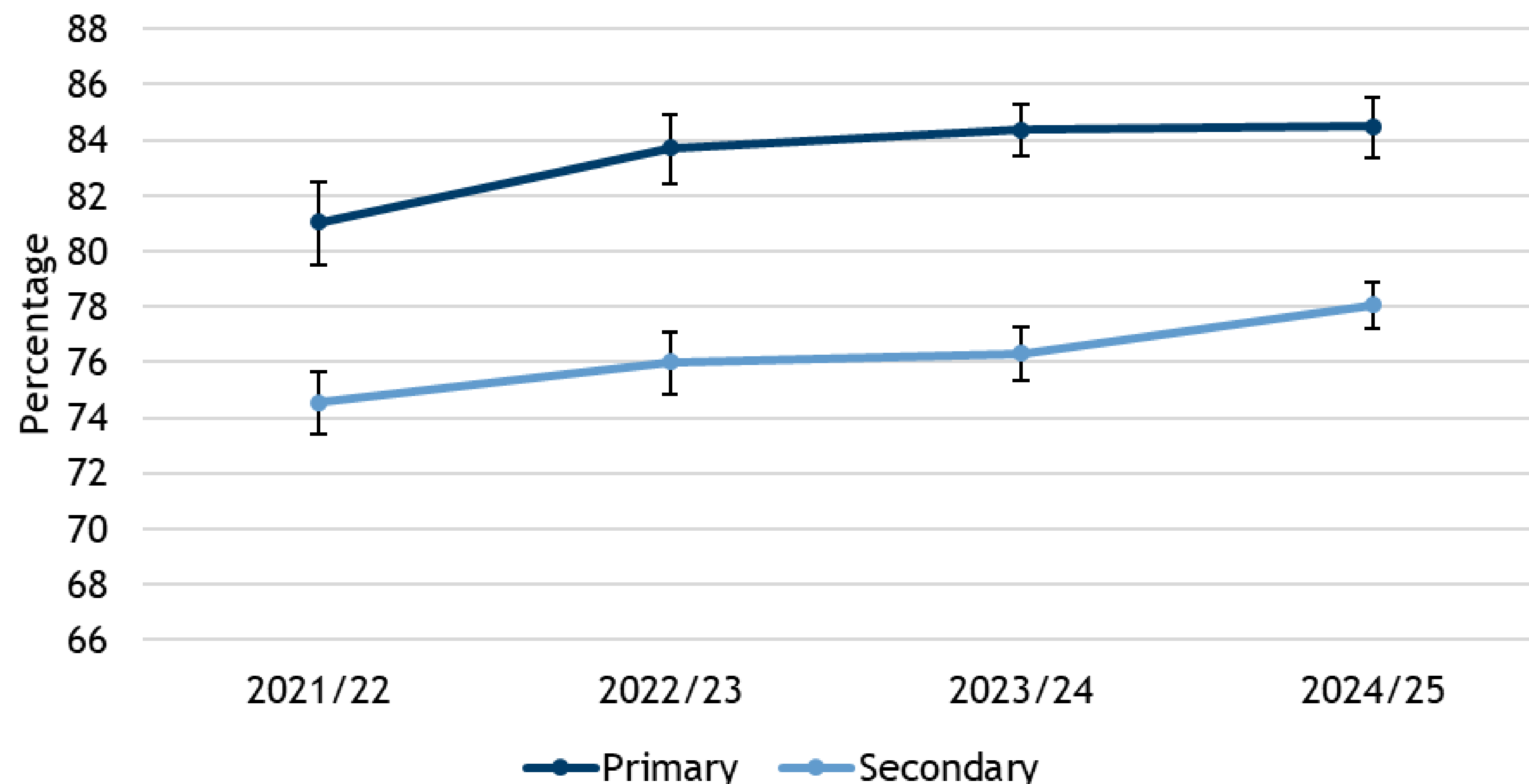


- In 2021/22, 26% of students reported eating 5 or more this had increased to 34% in 2024/25 - a statistically significant increase.
- Students reporting no portions increased statistically significantly in 2023/24 to 9% but reduced in 2024/25 to 8%, remaining low overall at 4% to 9%.

Physical Activity



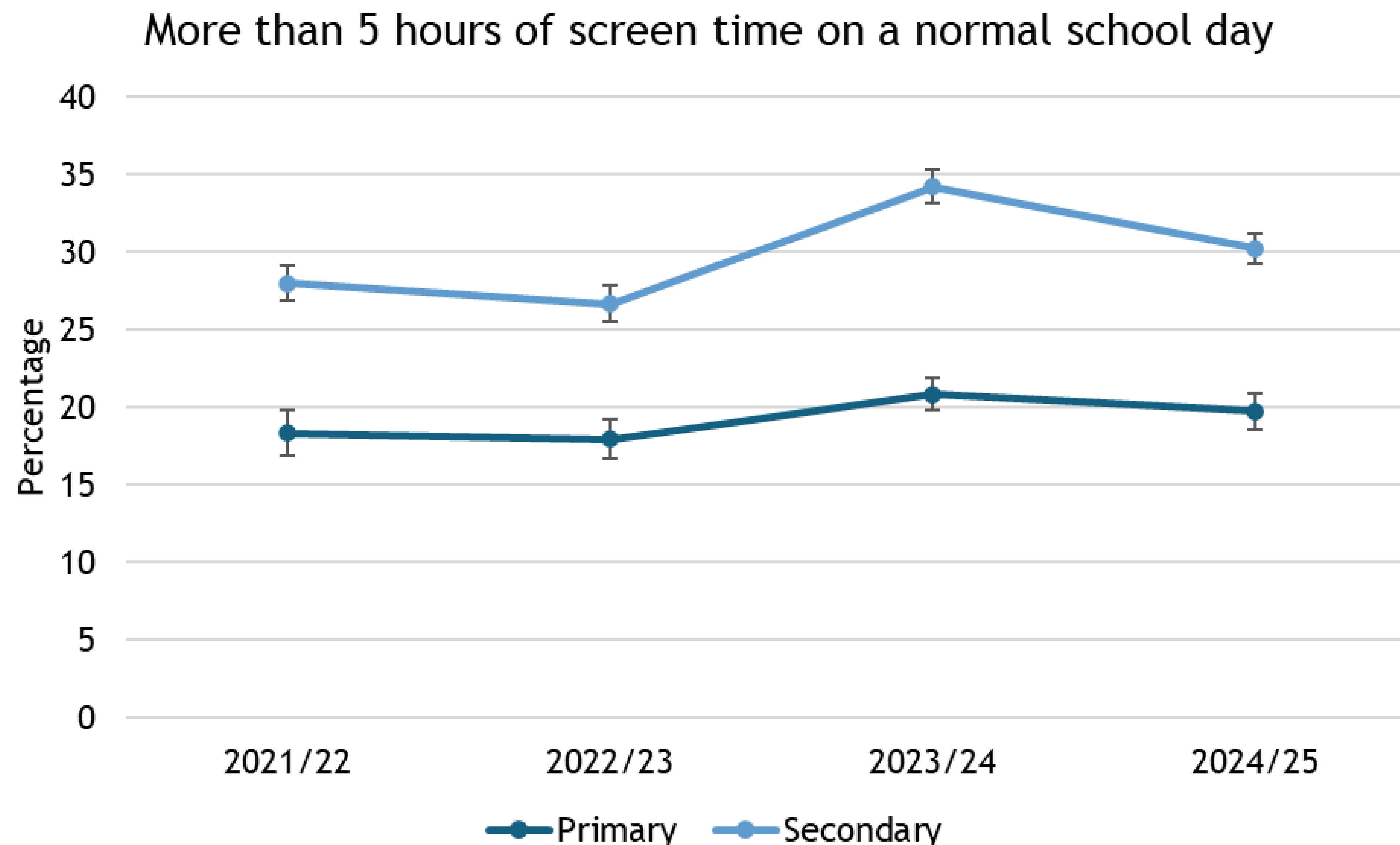
In a normal week, are you usually **physically active** for at least 60 minutes (1 hour) on most days? - Yes



Note: the Y-axis does not start at 0.

- In 2021/22, 81% of primary and 75% of secondary students were physically active for at least 1 hour most days. This had statistically significantly increased by 2024/25 for both primary and secondary to 84% and 78%, respectively.
- In 2024/25 the top two reported barriers for not taking part in physical activity are:
 - Primary- 'I don't have the time' (10%), 'I don't have the confidence' (9%)
 - Secondary- 'I have no one to go with' (15%), 'I choose not to' (14%).*students could select multiple reasons*

Screen time



- In 2021/22, 18% of primary students reported more than 5 hours of screen time a day. This had increased slightly in 2024/25 to 20%.
- In 2021/22, 28% of secondary students reported more than 5 hours of screen time a day. This had increased slightly in 2024/25 to 30%.

Note: The question wording and response options changed in 2023/24. Responses, '5 hours and 1 minute - 6 hours' and 'over 6 hours 1 minute' were combined for 2021/22 and 2022/23 to give the percentage of students spending more than 5 hours on screen time.

Further information



If you have questions about participating in the survey or the wider Healthy Schools Programme:
please contact **the School Health Service** kchft.schoolhealthplan@nhs.net

If you have questions about the analysis or would like to request further analysis:
please contact **Emma King, Consultant in Public Health** emma.king@eastsussex.gov.uk