The Devon Children and Young People's Health and Wellbeing Survey 2024

A report for
Devon Primary

The Schools Health Education Unit
www.sheu.org.uk

School Survey Report 2024

Produced by the
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. This has been done to keep items on similar topics closer together.

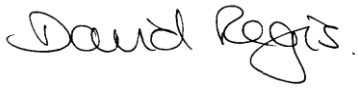
Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



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Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 40 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Prior to this report, you should have had access to your results tables (e.g. the Datatables Booklet), which contain more information than can be summarised here. You may want to refer to them if you wish to look in more detail at the results of a particular question. The results tables show the number of responses received for each question, which may be fewer than the total sample. Additionally, we show the results of each response for multiple-choice questions in the Results Tables, whereas answers may be selective or grouped in this report.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	358	244	379
Girls	356	278	367

Please note that when asked if they are a boy or a girl, 3 pupils identified their gender in another way; 9 were not sure, and 38 preferred not to say or didn't answer the question. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

Please note that if the proportions of younger and older pupils, or boys and girls, are very different in your school sample compared with the wider sample, then you may need to consider this as a cause when looking at any differences between your school and the wider data. Many of the headline figures are broken down by age and gender in the main body of the report, which will give more context for interpretation. Please contact SHEU if you would like to discuss.

In the report, you may see '-' in the tables or text (e.g. '-%').
This means we have suppressed the result because the number of valid responses for an item has dropped below 7 pupils. This may happen part-way through the report, if children start but don't complete the questionnaire for some reason.

Devon Primary Headlines

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	358	244	379
Girls	356	278	367

Background

ETHNICITY

- 79% of pupils described themselves as White English, Welsh, Scottish, Northern Irish, or British.

HOME LIFE

- 72% of pupils responded that they live with their Mum and Dad together.
- 11% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

YOUNG CARERS

- 8% of Year 6 pupils said they are a young carer/look after someone at home because they have a disability, mental illness or are unwell, while 12% said they are 'not sure' if they do and 2% didn't want to say.
- Of the 57 Year 6 pupils who said they are a young carer/look after someone at home because they have a disability, mental illness or are unwell, 35% said their schools knows they are a young carer, while 18% said their school doesn't know.

SPECIAL NEEDS

- 21% of Year 6 pupils responded that they have a long-term health condition, illness, disability, or special needs, while 19% said they are 'not sure' if they do and 2% didn't want to say.
- 13% of pupils responded that someone helped them fill in the questionnaire, while 4% said they were 'not sure' if they did and 2% didn't want to say.

SUPPORT AT HOME

- 71% of boys and 67% of girls said their parents/carers or trusted adults like to hear their views, while 4% of pupils said they don't.
- 91% of pupils said they have a parent/carer or trusted adult who supports them to be their best, while 2% said they don't.
- 90% of pupils said they have a parent/carer or trusted adult who believes in them, while 2% said they don't.
- 58% of pupils said their views and opinions are listened to and make a difference in their life, while 6% said they don't.

Healthy Eating

FIVE-A-DAY

- 8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 32% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

BREAKFAST

- 6% of pupils said they 'never' eat breakfast on school days.
- 13% of pupils said they eat breakfast on 'some' school days (1-3 days a week).
- 81% of pupils said they eat breakfast 'every day/most days' on school days (4 or 5 days a week).

FOODS

- 56% of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 42% said the same of crisps.
- 8% of pupils responded that they 'rarely or never' eat crisps.

MEALTIMES

- 22% of boys and 22% of girls in Year 6 said there have at least 'sometimes' been mealtimes in the last 12 months where they or someone at home has had nothing to eat; 3% said this has 'often' happened.
- 1% of Year 6 pupils said there have been mealtimes in the last 12 months where they or someone at home has had nothing to eat because they haven't had enough money to buy food.

Physical Activity

EXERCISE

- 5% of boys and 4% of girls responded that they weren't active enough to breathe harder and faster in the week before the survey.
- 52% of boys and 39% of girls responded that they were active enough to breathe harder and faster five times or more in the week before the survey.
- 11% of pupils responded that swimming is their favourite kind of physical activity, while 12% said riding their bike/scooter is their favourite.
- 1% of pupils said they don't enjoy being active 'at all', while 14% said they enjoy it 'a little'.
- 85% of pupils said they enjoy being active 'quite a lot' or 'a lot'.
- 61% of pupils responded that nothing stops them taking part in part in physical activity, while 11% said they are too shy/embarrassed.

SWIMMING

- 64% of pupils said they can swim 25 metres (or a length) without stopping and without floats or armbands, while 22% said they are 'not sure' if they can.

SLEEP

- 8% of boys and 5% of girls said they 'never' get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do, while 34% of pupils said they 'sometimes' do.

- 60% of boys and 60% of girls said they get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do 'most of the time' or 'always'.

Health & Hygiene

DENTAL HEALTH

- 1% of pupils said they 'never' clean their teeth morning and night, while 11% said they clean them once a day.
- 82% of pupils said they clean their teeth morning and night on 'most days' or 'every day' (4+ times a week).
- 7% of pupils responded that they have never been to the dentist and 13% said they haven't been in over a year.
- 62% of pupils responded that they last went to the dentist for a check-up.
- 18% of pupils responded that they last went to the dentist for fillings, while 1% went to have a brace fitted, checked or removed.

Alcohol, Smoking & Drugs

ALCOHOL

- 18% of Year 6 pupils said they have drunk alcoholic drink at least 'once or twice'; 0% said they drink alcoholic drinks 'regularly' (more than once a month).
- 14% of Year 6 pupils responded that they last got alcohol from a parent/carer, while 2% said they were given it by another person they know.

SMOKING AND VAPING

- 1% of Year 6 pupils said they have at least tried smoking; 0% said they at least 'sometimes' smoke.
- 4% of Year 6 pupils have at least tried vaping; 0% said they at least 'sometimes' vape.
- 39% of Year 6 pupils said their parents/carers smoke OR vape; 9% said they do both.
- 22% of Year 6 pupils said their parents/carers smoke cigarettes.
- 25% of Year 6 pupils said their parents/carers vape.

ILLEGAL DRUGS

- 43% of Year 6 pupils responded that their parents/carers have talked with them about illegal drugs; 56% said they have found out from their teachers.
- 57% of Year 6 pupils responded that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.
- 0% of Year 6 pupils responded that they have been offered cannabis.
- 2% of Year 6 pupils responded that they have been offered other drugs (not cannabis).

Emotional Health & Wellbeing

GROWING UP

- 54% of Year 4 pupils, 52% of Year 5 pupils and 70% of Year 6 pupils responded that they have found out about how their body changes as they grow up from their parents/carers; 45% of Year 4 pupils, 67% of Year 5 pupils and 80% of Year 6 pupils said they have found out from their teachers.
- 66% of pupils responded that they have found out about how their body changes as they grow up from teachers, the school nurse or school visitors/speakers.
- 45% of Year 4 pupils, 55% of Year 5 pupils and 68% of Year 6 pupils responded that they feel they know enough about how their body changes as they get older, while 7% of pupils feel they do not know enough.

WORRYING

- 86% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 36% of boys and 43% of girls said they worry about more than 5 of them.
- 36% of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, while 32% said the same about family problems.
- 29% of pupils responded that they worry 'quite a lot' or 'a lot' about climate change/the environment, while 27% said the same about crime.
- 21% of pupils responded that they 'never' worry about school-work/homework.

PROBLEM SOLVING

- 93% of pupils responded that they at least 'sometimes' watch TV/listen to music when something is worrying them, while 84% said they talk to a teacher or someone at school about it.
- 79% of Year 4 pupils, 79% of Year 5 pupils and 74% of Year 6 pupils said they at least 'sometimes' practice self-care when they have a problem that worries them, or they are feeling stressed, while 75% of Year 4 pupils, 77% of Year 5 pupils and 67% of Year 6 pupils lash out.

HAPPINESS

- 13% of boys and 18% of girls responded that they feel 'quite' or 'very' unhappy with the way they look.
- 56% of boys and 54% of girls responded that they feel 'quite' or 'very' happy with the way they look.
- 85% of pupils said spending time with friends helps them to feel happy or positive; 84% said the same of spending time with family.

SELF-ESTEEM

- 30% of pupils had a med-low or low self-esteem score (9 or less).
- 32% of pupils had a high self-esteem score (15 or more).
- 51% of boys and 36% of girls said they do not usually feel shy when they want to tell a teacher something.

Safety and Bullying

BULLYING

- 45% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 11% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

- 88% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the last year, while 39% said it happened 'often' or 'every day'.
- 59% of pupils responded that they were pushed or hit in the last year and 43% said that they've had their belongings taken or broken.
- 47% of pupils said they have seen negative behaviours listed happening to someone else at or near school in the past year, while 36% said they are 'not sure' if they have.
- 27% of pupils responded that they have been 'picked on' because of the way they look; 13% said it was because of their ability (better or worse than others). 39% said they have never been picked on or bullied.
- 44% of pupils responded that their school deals with bullying well, while 37% said they are 'not sure' if it does.
- 19% of pupils responded that their school does not deal with bullying well.
- 22% of pupils said they have made new friends recently who have introduced them to a group of people that have made them feel uncomfortable, while 23% said they are 'not sure' if they have.

INTERNET SAFETY

- 85% of pupils said they have been told how to stay safe while online, while 6% said they haven't.
- 35% of Year 6 pupils said they have chatted to someone they don't know in real life while online and 20% said they have been bullied or trolled.
- 6% of pupils said they don't spend any time online on a normal day (excl. for schoolwork and homework), while 19% said they spend 'less than one hour'.
- 38% of pupils said they spend at least '3 to 5 hours' online on a normal day (excl. for schoolwork and homework), while 14% said they spend '6 or more hours'.
- 18% of pupils said that, in their time online (excl. schoolwork/homework), they usually go online for social media, while 72% said they usually go online for gaming/playing games.

LEISURE TIME

- 2% of pupils said they 'never' spend their free time outdoors, while 34% said they 'sometimes' do.
- 64% of pupils said they spend their free time outdoors on 'most days' or 'every day'.
- 56% of pupils said nothing stops them spending time outdoors, while 16% said they don't have enough time.

School

SCHOOL NURSE

- 41% of pupils said they know how to get to see their school nurse if they wanted to.

PUPIL PERCEPTIONS

- 63% of pupils had a high pupil perception score.
- 67% of pupils responded that their school encourages everyone to give their opinions.
- 68% of pupils responded that their school helps them work as part of a team.
- 10% of pupils responded that their school doesn't teach them how to deal with their feelings positively.

VIEWS & OPINIONS

- 34% of pupils feel that their views and opinions are listened to in their school and make a difference to how their school is run, while 17% said they don't feel that way.

BREAKTIMES

- 37% of pupils would describe playtimes and lunchtimes as safe and 46% would describe them as friendly.

ATTENDANCE

- 11% of pupils said worries about school have stopped them from going to school in the last 12 months.

TRAVEL TO SCHOOL

- 59% of pupils said they usually travel to school by car or van.
- 13% of pupils said they usually travel to school by bicycle or scooter.
- 56% of pupils said they usually walk to school.
- 20% of pupils said they are stopped from walking/cycling to or from school because they live too far away and 10% said the roads aren't safe.

2024/2021 Comparisons

	2024			2021		
	Yr 4	Yr 5	Yr 6	Yr 4	Yr 5	Yr 6
Boys	358	244	379	501	159	588
Girls	356	278	367	501	163	574

2021 data in brackets; see notes on interpreting differences.

Background

HOME LIFE

- 72% (69%) of pupils responded that they live with their Mum and Dad together.
- 11% (12%) of pupils responded that they live 'mainly or only' with their Mum, while 1% (1%) said they live 'mainly or only' with their Dad.

YOUNG CARERS

- 8% (11%) of Year 6 pupils said they are a young carer/look after someone at home ('young carer' added in 2024) because they have a disability, mental illness or are unwell, while 12% (7%) said they are 'not sure' if they do and 2% (5%) didn't want to say.

SPECIAL NEEDS

- 13% (12%) of pupils responded that someone helped them fill in the questionnaire, while 4% (5%) said they were 'not sure' if they did and 2% (2%) didn't want to say.

Healthy Eating

FIVE-A-DAY

- 8% (7%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 32% (31%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

BREAKFAST

- 6% (6%) of pupils said they 'never' eat breakfast on school days.
- 13% (13%) of pupils said they eat breakfast on 'some' school days (1-3 days a week).
- 81% (80%) of pupils said they eat breakfast 'every day/most days' on school days (4 or 5 days a week).

FOODS

- 56% (56%) of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 42% (43%) said the same of crisps.
- 8% (9%) of pupils responded that they 'rarely or never' eat crisps.

Physical Activity

EXERCISE

- 5% (4%) of boys and 4% (4%) of girls responded that they weren't active ('didn't exercise' in 2021) enough to breathe harder and faster in the week before the survey.
- 52% (48%) of boys and 39% (40%) of girls responded that they were active ('exercised' in 2021) enough to breathe harder and faster five times or more in the week before the survey.
- 11% (14%) of pupils responded that swimming is their favourite kind of physical activity, while 12% (12%) said riding their bike/scooter is their favourite.
- 1% (1%) of pupils said they don't enjoy being active ('physical activities' in 2021) 'at all', while 14% (11%) said they enjoy it 'a little'.
- 85% (87%) of pupils said they enjoy being active ('physical activities' in 2021) 'quite a lot' or 'a lot'.

Alcohol, Smoking & Drugs

ALCOHOL

- 18% (16%) of Year 6 pupils said they have drunk alcoholic drink at least 'once or twice'; 0% (1%) said they drink alcoholic drinks 'regularly' (more than once a month).
- 14% (12%) of Year 6 pupils responded that they last got alcohol from a parent/carer, while 2% (1%) said they were given it by another person they know.

SMOKING

- 1% (1%) of Year 6 pupils said they have at least tried smoking.

ILLEGAL DRUGS

- 43% (50%) of Year 6 pupils responded that their parents/carers have talked with them about illegal drugs; 56% (38%) said they have found out from their teachers.
- 57% (39%) of Year 6 pupils responded that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.
- 0% (0%) of Year 6 pupils responded that they have been offered cannabis.
- 2% (1%) of Year 6 pupils responded that they have been offered other drugs (not cannabis).

Emotional Health & Wellbeing

GROWING UP

- 45% (39%) of Year 4 pupils, 55% (51%) of Year 5 pupils and 68% (67%) of Year 6 pupils responded that they feel they know enough about how their body changes as they get older, while 7% (9%) of pupils feel they do not know enough.

WORRYING

- 36% (35%) of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, while 32% (30%) said the same about family problems.

- 30% (34%) of pupils responded that they worry 'quite a lot' or 'a lot' about the future, while 27% (33%) said the same about crime.
- 21% (19%) of pupils responded that they 'never' worry about school-work/homework.

SELF-ESTEEM

- 30% (30%) of pupils had a med-low or low self-esteem score (9 or less).
- 32% (32%) of pupils had a high self-esteem score (15 or more).
- 51% (51%) of boys and 36% (38%) of girls said they do not usually feel shy when they want to tell a teacher something.

Safety and Bullying

BULLYING

- 45% (38%) of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 11% (9%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- 27% (19%) of pupils responded that they have been 'picked on' because of the way they look; 13% (7%) said it was because of their ability (better or worse than others). 39% (44%) said they have never been picked on or bullied.
- 44% (51%) of pupils responded that their school deals with bullying well, while 37% (36%) said they are 'not sure' if it does.
- 19% (13%) of pupils responded that their school does not deal with bullying well.

School

SCHOOL NURSE

- 41% (32%) of pupils said they know how to get to see their school nurse if they wanted to.

PUPIL PERCEPTIONS

- 63% (65%) of pupils had a high pupil perception score.
- 67% (71%) of pupils responded that their school encourages everyone to give their opinions.
- 68% (71%) of pupils responded that their school helps them work as part of a team.
- 10% (11%) of pupils responded that their school doesn't teach them how to deal with their feelings positively.

Top differences between 2024 and 2021 data

Key:
- - 2024 significantly better than 2021
- - Not significantly different
- - 2024 significantly worse than 2021

Interpretation

In the chart below a coloured circle represents Devon Primary's result for 2024, while the black line represents the result for 2021. The distance between the circle and the black line indicates the size of the difference between the percentages – the greater the gap, the larger the difference.

The colour of the circle reflects whether a difference is statistically significant and if the difference is positive (green), negative (red) or if it is not statistically significant (blue).

Most positive differences between 2024 and 2021:

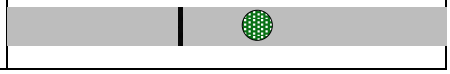
Healthy Eating:

	2024	2021	
Pupils who ate at least 5 portions of fruit and vegetables on the day before the survey.	32%	31%	
Pupils who 'never' eat breakfast on school days.	6%	6%	

Physical Activity

	2024	2021	
Pupils who were active ('didn't exercise' in 2021) enough to breathe harder and faster five times or more in the week before the survey.	46%	44%	

Alcohol, Smoking, & Drugs

	2024	2021	
Year 6 pupils who said that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.	57%	39%	

Emotional Health & Wellbeing

	2024	2021	
Pupils who worry 'quite a lot' or 'a lot' about the future.	30%	34%	
Pupils who feel they know enough about how their body changes as they get older.	56%	54%	
Pupils who had a high self-esteem score (15 or more).	32%	32%	

Safety and Bullying

	2024	2021	
No applicable differences found.			

School

	2024	2021	
Pupils who know how to get to see their school nurse if they wanted to.	41%	32%	

Least positive differences between 2024 and 2021:

Healthy Eating:

	2024	2021	
Pupils who eat fresh fruit, salad or vegetables 'on most days'.	56%	56%	

Physical Activity

	2024	2021	
Pupils who enjoy being active ('physical activities' in 2021) 'quite a lot' or 'a lot'.	85%	87%	

Alcohol, Smoking, & Drugs

	2024	2021	
Year 6 pupils who have drunk alcoholic drink at least 'once or twice'.	18%	16%	
Year 6 pupils who have at least tried smoking.	1%	1%	
Year 6 pupils who have been offered cannabis.	0%	0%	

Emotional Health & Wellbeing

	2024	2021	
Pupils who worry 'quite a lot' or 'a lot' about SATs/tests.	36%	35%	
Pupils who do not usually feel shy when they want to tell a teacher something.	43%	44%	

Safety and Bullying

	2024	2021	
Pupils who have been 'picked on' because of the way they look.	27%	19%	
Pupils who at least 'sometimes' feel afraid of going to school because of bullying.	45%	38%	
Pupils who said their school deals with bullying well.	44%	51%	

School

	2024	2021	
Pupils who said their school helps them work as part of a team.	68%	71%	
Pupils who had a high pupil perception score.	63%	65%	

Background

Ethnicity

79% of pupils described themselves as White English, Welsh, Scottish, Northern Irish, or British.

Q1. Percentage describing themselves as White English, Welsh, Scottish, Northern Irish, or British.

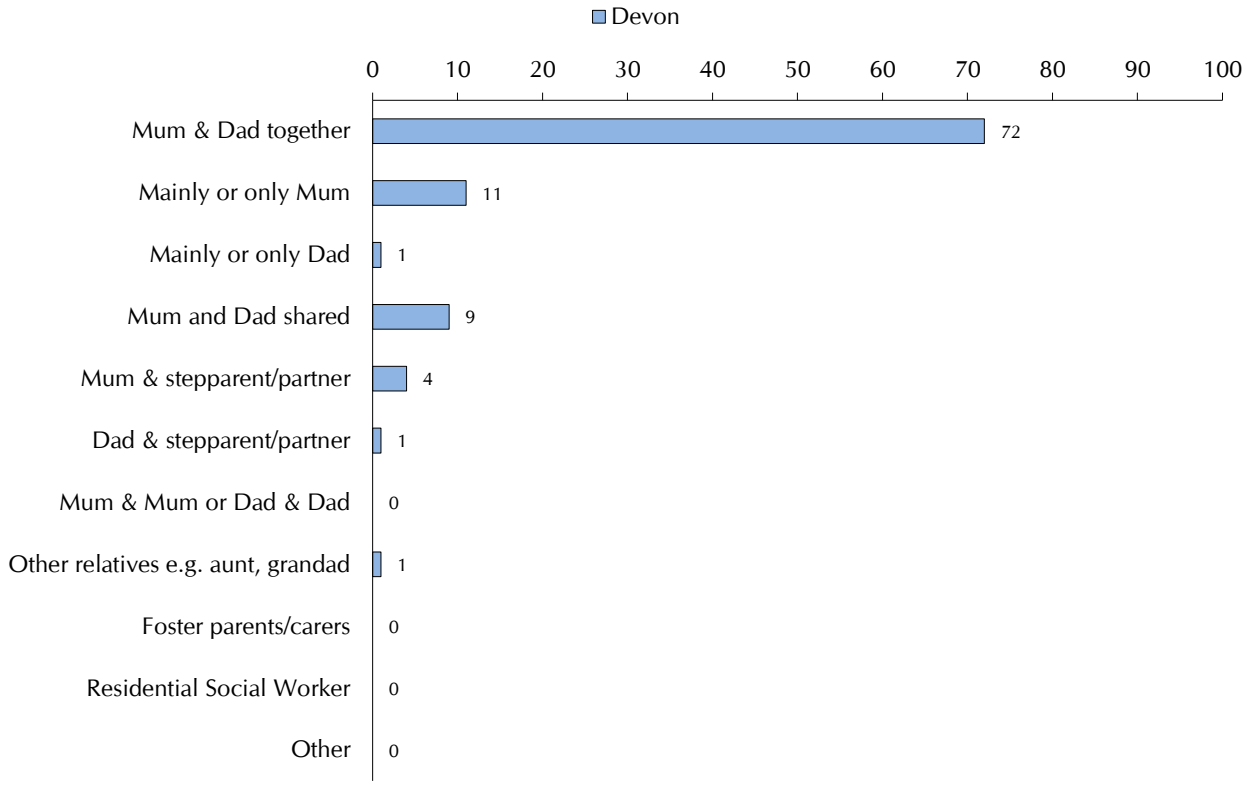
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	82	69	80
Girls	76	79	84

Q1. Top 3 ethnic backgrounds:

	Boys			Girls	
1	English, Welsh, Scottish, Northern Irish or British	78	1	English, Welsh, Scottish, Northern Irish or British	80
2	Don't know	9	2	Don't know	8
3	Prefer not to say	3	3	Prefer not to say	3

Home life

Q2. Which adults do you live with?



72% of pupils responded that they live with their Mum and Dad together.

Q2. Percentage answering that they live with their Mum and Dad together.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	73	71	77
Girls	71	70	69

11% of pupils responded that they live 'mainly or only' with their Mum, while 1% said they live 'mainly or only' with their Dad.

Q2. Percentage answering that they live 'mainly or only' with their Mum.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	11	12	8
Girls	13	12	13

Young carers

8% of Year 6 pupils said they are a young carer/look after someone at home because they have a disability, mental illness or are unwell, while 12% said they are 'not sure' if they do and 2% didn't want to say.

Of the 57 Year 6 pupils who said they are a young carer/look after someone at home because they have a disability, mental illness or are unwell, 35% said their schools knows they are a young carer, while 18% said their school doesn't know.

Q3. Percentage answering that they are a young carer/look after someone at home because they are disabled or are unwell.

	Devon
	Yr 6
Boys	9
Girls	7

Special needs

21% of Year 6 pupils responded that they have a long-term health condition, illness, disability, or special needs, while 19% said they are 'not sure' if they do and 2% didn't want to say.

Q4. Percentage answering that they have a long-term health condition, illness, disability, or special needs.

	Devon
	Yr 6
Boys	24
Girls	18

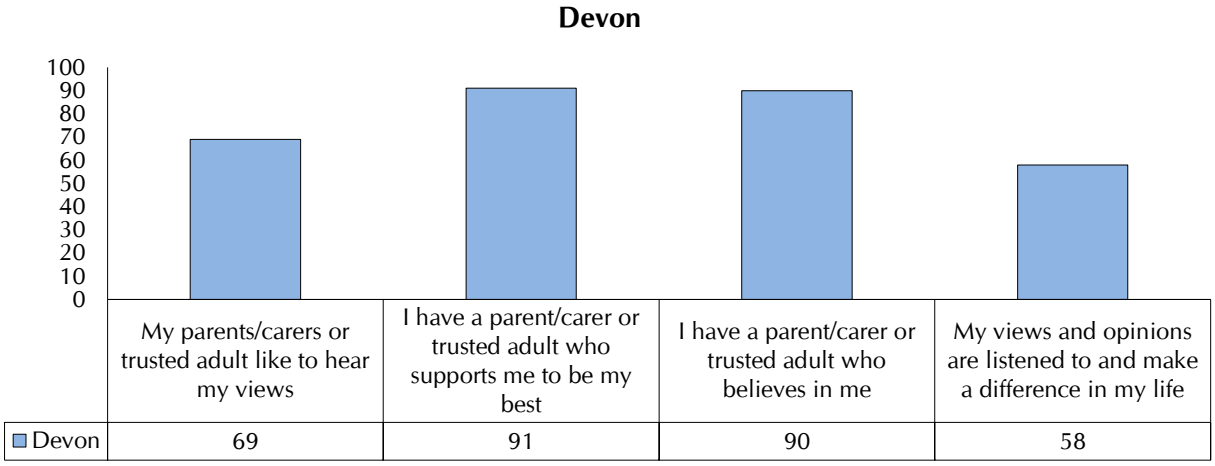
13% of pupils responded that someone helped them fill in the questionnaire, while 4% said they were 'not sure' if they did and 2% didn't want to say.

Q5. Percentage answering that someone helped them fill in the questionnaire.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	26	8	9
Girls	19	5	6

Support at home

Q6. Percentage of pupils responding that the following statements apply to them:



71% of boys and 67% of girls said their parents/carers or trusted adults like to hear their views, while 4% of pupils said they don't.

Q6. Percentage answering that their parents/carers or trusted adults like to hear their ideas.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	71	68	73
Girls	62	70	70

91% of pupils said they have a parent/carer or trusted adult who supports them to be their best, while 2% said they don't.

Q6. Percentage answering that they have a parent/carer or trusted adult who supports them to be their best.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	86	92	93
Girls	89	93	92

90% of pupils said they have a parent/carer or trusted adult who believes in them, while 2% said they don't.

Q6. Percentage answering that they have a parent/carer or trusted adult who believes in them.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	84	89	92
Girls	87	93	93

58% of pupils said their views and opinions are listened to and make a difference in their life, while 6% said they don't.

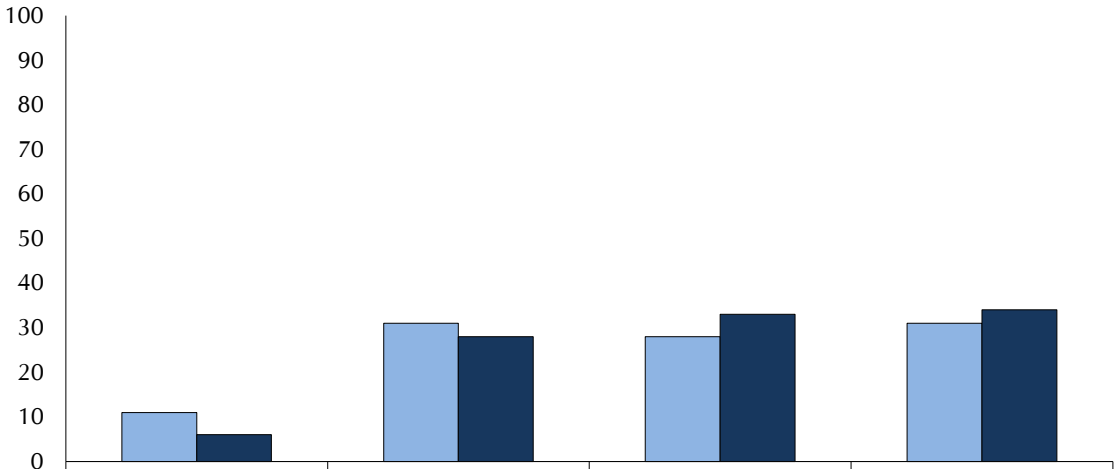
Q6. Percentage answering that their views and opinions are listened to and make a difference in their life.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	56	50	64
Girls	57	56	63

Healthy Eating

Five-a-day

Q7. How many portions of fruit and vegetables did you eat yesterday?



	None	1 or 2	3 or 4	5 or more
Devon Boys	11	31	28	31
Devon Girls	6	28	33	34

8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q7. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	10	12	11
Girls	9	5	4

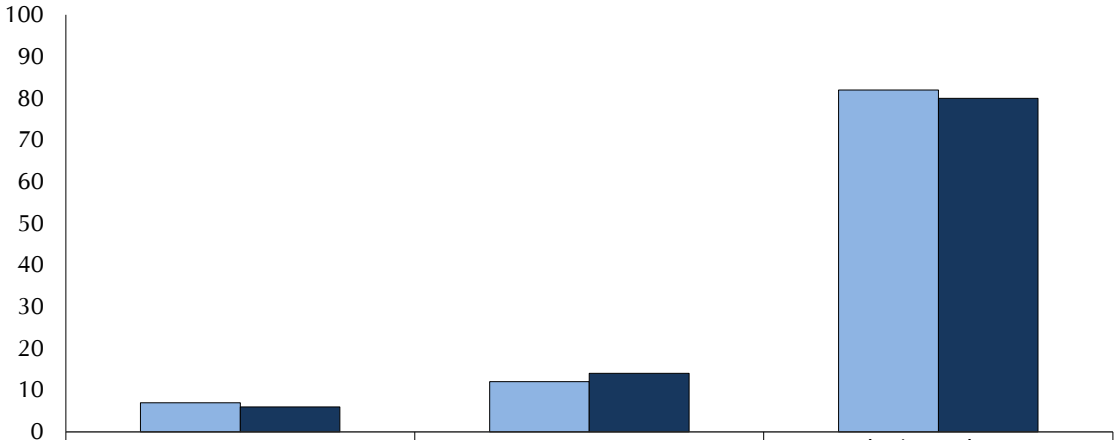
32% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Q7. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	34	29	31
Girls	33	32	35

Breakfast

Q8. How often do you eat breakfast on school days?



	Never	Some days (1-3 days a week)	Every day/most days (4 or 5 days)
Devon Boys	7	12	82
Devon Girls	6	14	80

6% of pupils said they 'never' eat breakfast on school days.

Q8. Percentage answering that they 'never' eat breakfast on school days.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	7	6	7
Girls	7	3	7

13% of pupils said they eat breakfast on 'some' school days (1-3 days a week).

Q8. Percentage answering that they eat breakfast on 'some' school days.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	13	11	11
Girls	15	11	15

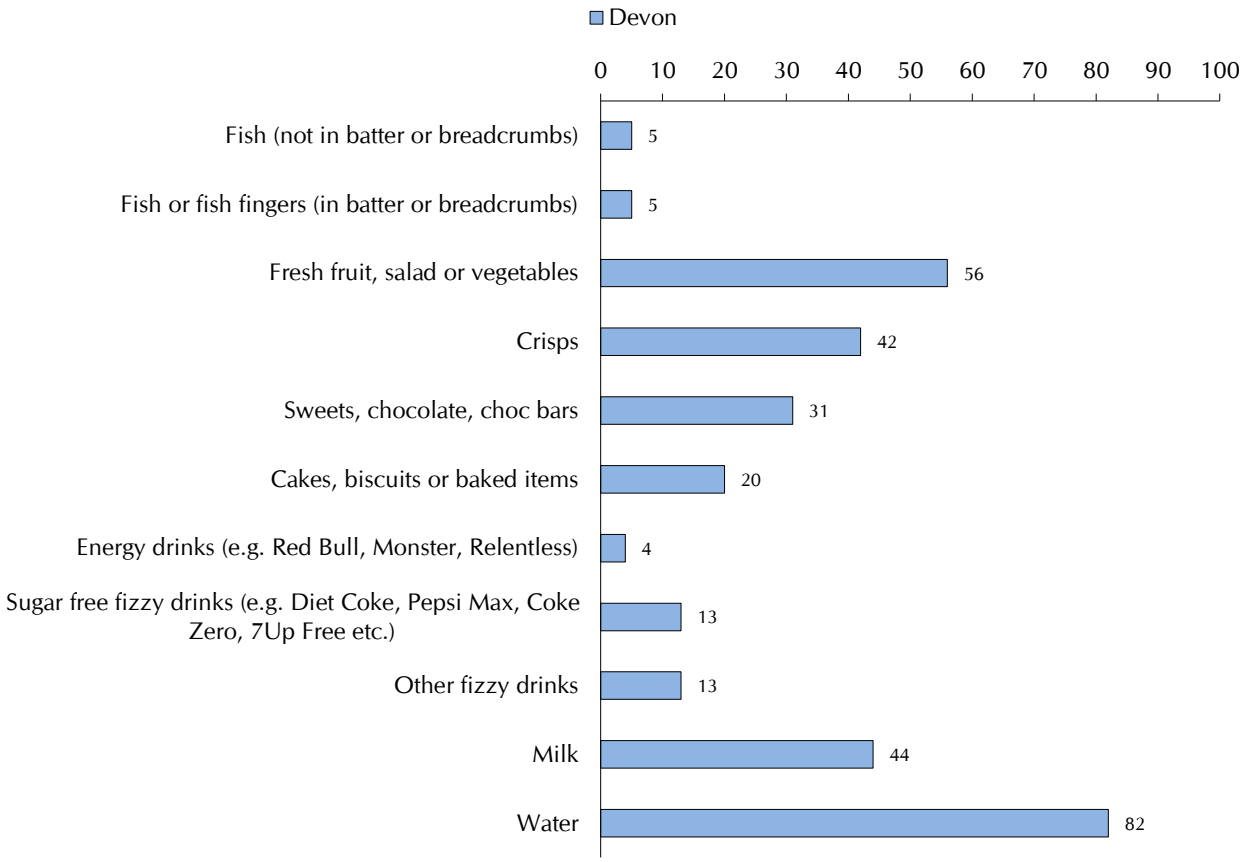
81% of pupils said they eat breakfast 'every day/most days' on school days (4 or 5 days a week).

Q8. Percentage answering that they eat breakfast 'every day/most days' on school days.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	80	83	82
Girls	78	86	78

Foods

Q9. Percentage of pupils responding that they eat or drink the following 'on most days':

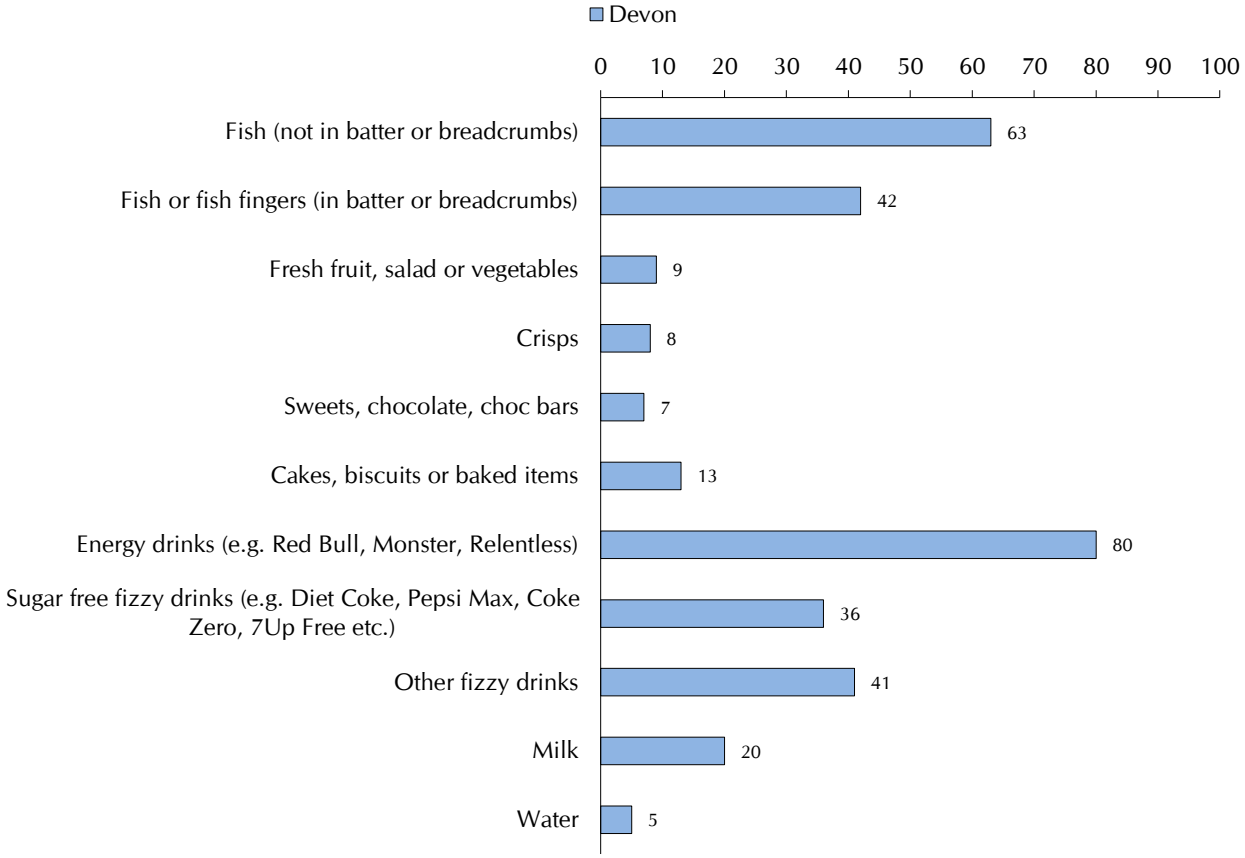


56% of pupils responded that they eat fresh fruit, salad or vegetables 'on most days'; 42% said the same of crisps.

Q9. Percentage of pupils responding that they eat or drink the following 'on most days' (top 10):

	Boys			Girls	
1	Water	81	1	Water	82
2	Fresh fruit, salad or vegetables	52	2	Fresh fruit, salad or vegetables	61
3	Milk	49	3	Milk	40
4	Crisps	45	4	Crisps	39
5	Sweets, chocolate, choc bars	34	5	Sweets, chocolate, choc bars	28
6	Cakes, biscuits or baked items	21	6	Cakes, biscuits or baked items	18
7	Sugar-free fizzy drinks	16	7	Other fizzy drinks (not energy or sugar-free)	11
8	Other fizzy drinks (not energy or sugar-free)	15	8	Sugar-free fizzy drinks	10
9	Fish or fish fingers (in batter or breadcrumbs)	7	9	Fish (not in batter or breadcrumbs)	4
10	Energy drinks (e.g. Red Bull, Relentless)	6	10	Fish or fish fingers (in batter or breadcrumbs)	4

Q9. Percentage of pupils responding that they 'rarely or never' eat or drink the following:



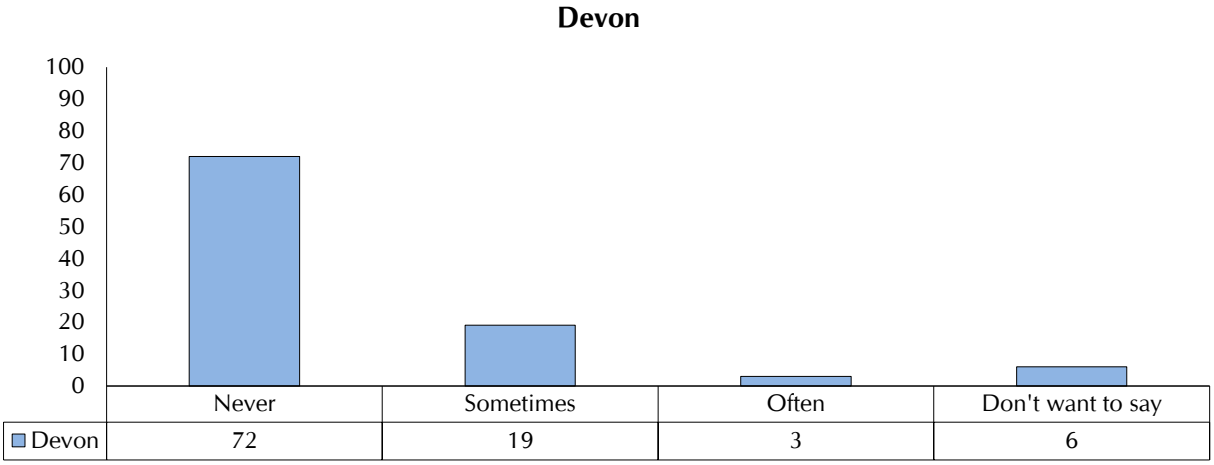
8% of pupils responded that they 'rarely or never' eat crisps.

Q9. Percentage of pupils responding that they 'rarely or never' eat or drink the following (top 10):

	Boys			Girls	
1	Energy drinks (e.g. Red Bull, Relentless)	76	1	Energy drinks (e.g. Red Bull, Relentless)	84
2	Fish (not in batter or breadcrumbs)	60	2	Fish (not in batter or breadcrumbs)	66
3	Fish or fish fingers (in batter or breadcrumbs)	38	3	Fish or fish fingers (in batter or breadcrumbs)	45
4	Other fizzy drinks (not energy or sugar-free)	38	4	Other fizzy drinks (not energy or sugar-free)	44
5	Sugar-free fizzy drinks	32	5	Sugar-free fizzy drinks	39
6	Milk	17	6	Milk	23
7	Cakes, biscuits or baked items	14	7	Cakes, biscuits or baked items	12
8	Fresh fruit, salad or vegetables	10	8	Crisps	8
9	Crisps	8	9	Fresh fruit, salad or vegetables	7
10	Sweets, chocolate, choc bars	7	10	Sweets, chocolate, choc bars	6

Mealtimes

Q10a. Year 6 only: In the last 12 months have there been mealtimes where you or someone at home has had nothing to eat?

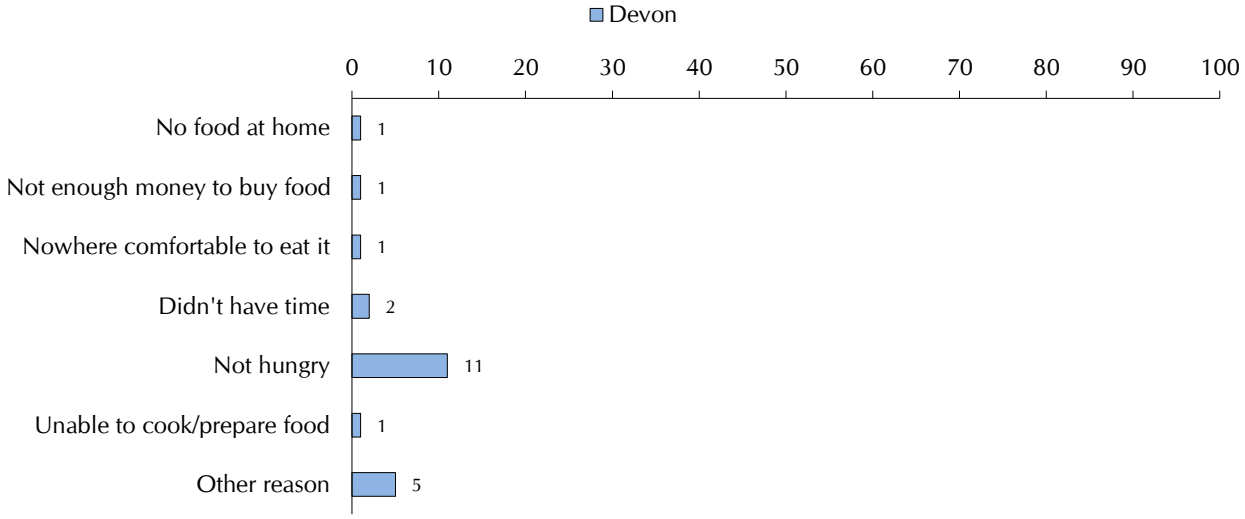


22% of boys and 22% of girls in Year 6 said there have at least 'sometimes' been mealtimes in the last 12 months where they or someone at home has had nothing to eat; 3% said this has 'often' happened.

Q10a. Percentage answering that there have at least 'sometimes' been mealtimes in the last 12 months where they or someone at home has had nothing to eat.

	Devon
	Yr 6
Boys	22
Girls	22

Q10b. Percentage of Year 6 pupils responding that there have been mealtimes in the last 12 months where they or someone at home has had nothing to eat because of the following:



1% of Year 6 pupils said there have been mealtimes in the last 12 months where they or someone at home has had nothing to eat because they haven't had enough money to buy food.

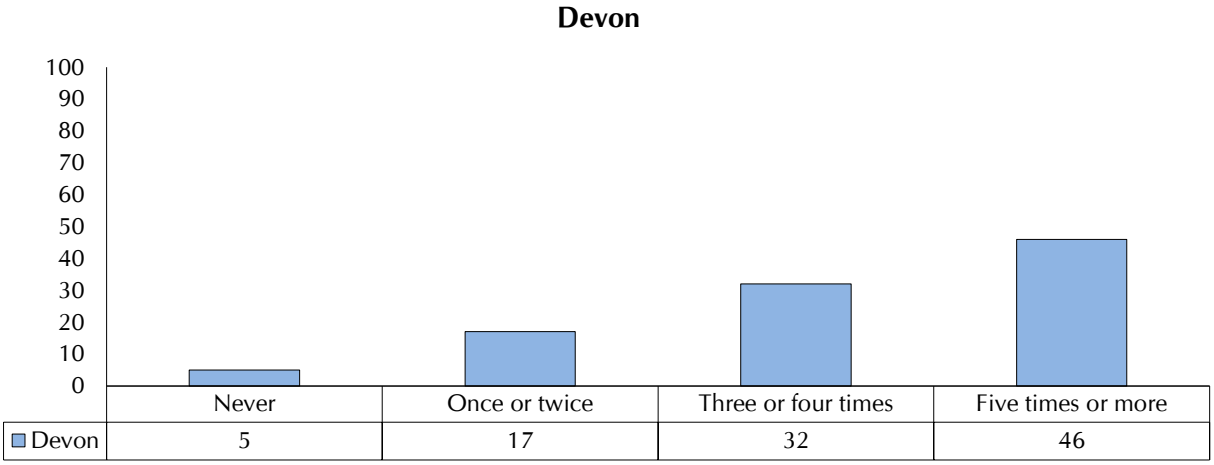
Q10b. Percentage of Year 6 pupils responding that there have been mealtimes in the last 12 months where they or someone at home has had nothing to eat because of the following (top 5):

	Boys			Girls	
1	Not hungry	10	1	Not hungry	13
2	Other reason	4	2	Other reason	6
3	No food at home	2	3	Didn't have time	3
4	Didn't have time	1	4	Not enough money to buy food	2
5	Not enough money to buy food	1	5	Nowhere comfortable to eat it	1

Physical Activity

Exercise

Q11. How many times last week were you active enough to make you breathe harder and faster?



5% of boys and 4% of girls responded that they weren't active enough to breathe harder and faster in the week before the survey.

Q11. Percentage answering that they weren't active enough to breathe harder and faster in the week before the survey.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	6	5	4
Girls	6	3	3

52% of boys and 39% of girls responded that they were active enough to breathe harder and faster five times or more in the week before the survey.

Q11. Percentage answering that they were active enough to breathe harder and faster five times or more in the week before the survey.

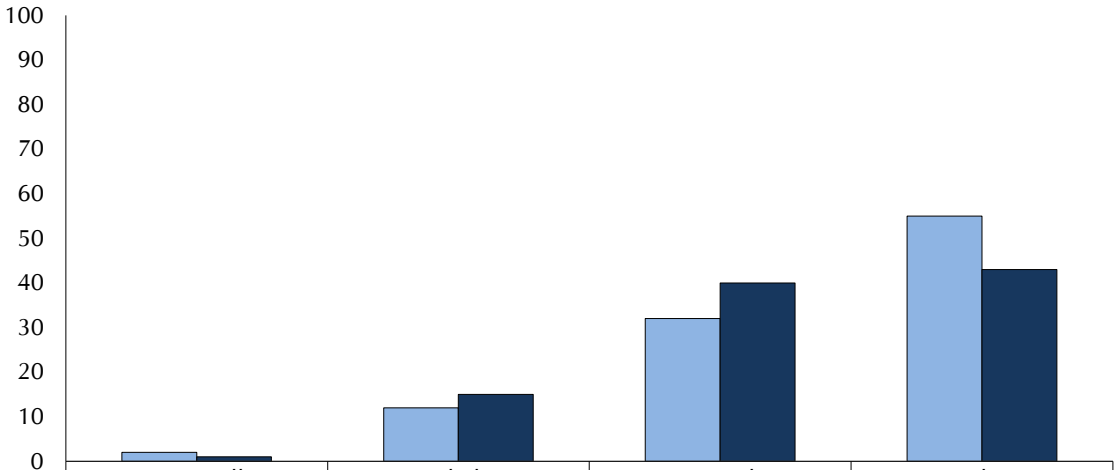
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	54	49	53
Girls	40	41	37

11% of pupils responded that swimming is their favourite kind of physical activity, while 12% said riding their bike/scooter is their favourite.

Q12. Percentage pupils responding that the following is their favourite kind of physical activity (top 10):

	Boys			Girls	
1	Football	42	1	Dancing, gymnastics or trampolining	29
2	Riding their bike/scooter	13	2	Swimming	16
3	Running (incl. races or tag games)	7	3	Football	11
4	Rugby	6	4	Riding their bike/scooter	11
5	Swimming	6	5	Netball	5
6	Judo, karate	4	6	Running (incl. races or tag games)	5
7	Going for walks	4	7	Going for walks	5
8	Playing games (e.g. It, tag etc.)	4	8	Playing games (e.g. It, tag etc.)	5
9	Other physical activity	3	9	Other physical activity	4
10	Basketball	3	10	Judo, karate	2

Q13. How much do you enjoy being active?



	Not at all	A little	Quite a lot	A lot
Devon Boys	2	12	32	55
Devon Girls	1	15	40	43

1% of pupils said they don't enjoy being active 'at all', while 14% said they enjoy it 'a little'.

Q13. Percentage answering that they don't enjoy being active 'at all'.

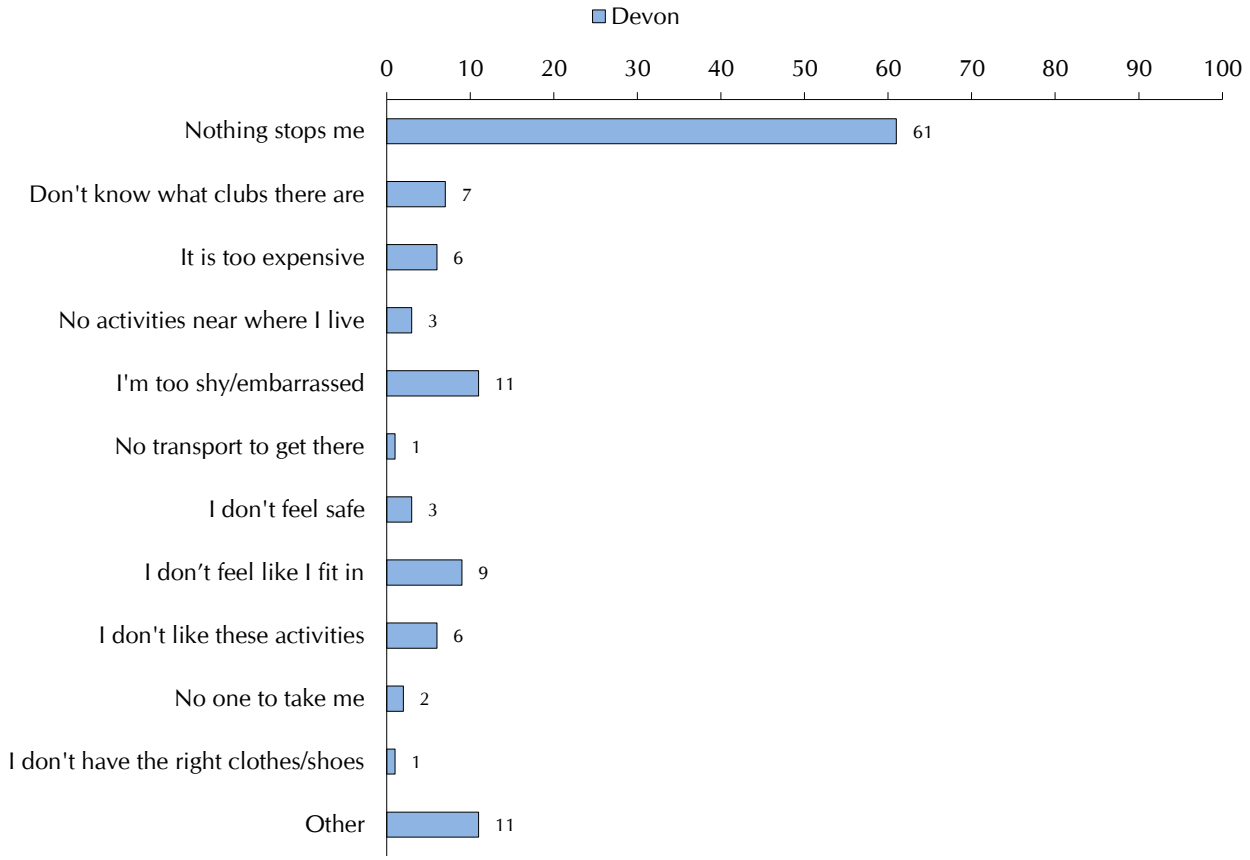
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	3	2	1
Girls	2	1	1

85% of pupils said they enjoy being active 'quite a lot' or 'a lot'.

Q13. Percentage answering that they enjoy being active 'quite a lot' or 'a lot'.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	85	84	90
Girls	81	86	83

Q14. Percentage of pupils responding that the following stops them taking part in part in physical activity:



61% of pupils responded that nothing stops them taking part in part in physical activity, while 11% said they are too shy/embarrassed.

Q14. Percentage of pupils responding that the following stops them taking part in part in physical activity (top 10):

	Boys			Girls	
1	Nothing stops me	64	1	Nothing stops me	58
2	Other	10	2	I'm too shy/embarrassed	14
3	Don't know what clubs there are	8	3	Other	11
4	I'm too shy/embarrassed	8	4	I don't feel like I fit in	10
5	I don't feel like I fit in	7	5	It is too expensive	7
6	I don't like these activities	6	6	I don't like these activities	6
7	It is too expensive	5	7	Don't know what clubs there are	5
8	No activities near where I live	3	8	No activities near where I live	3
9	I don't feel safe	3	9	I don't feel safe	3
10	No one to take me	3	10	No one to take me	2

Swimming

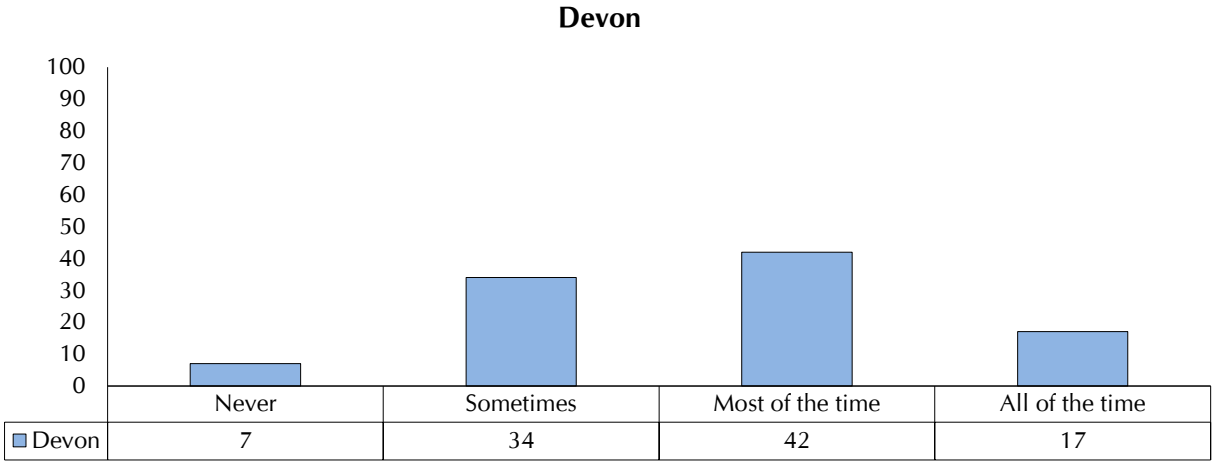
64% of pupils said they can swim 25 metres (or a length) without stopping and without floats or armbands, while 22% said they are 'not sure' if they can.

Q15. Percentage answering that they can swim 25 metres (or a length) without stopping and without floats or armbands.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	62	63	75
Girls	51	61	70

Sleep

Q16. How often do you get enough sleep so you don't feel tired during the day and have enough energy for activities you want to do?



8% of boys and 5% of girls said they 'never' get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do, while 34% of pupils said they 'sometimes' do.

Q16. Percentage answering that they 'never' get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	10	6	8
Girls	6	4	4

60% of boys and 60% of girls said they get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do 'most of the time' or 'always'.

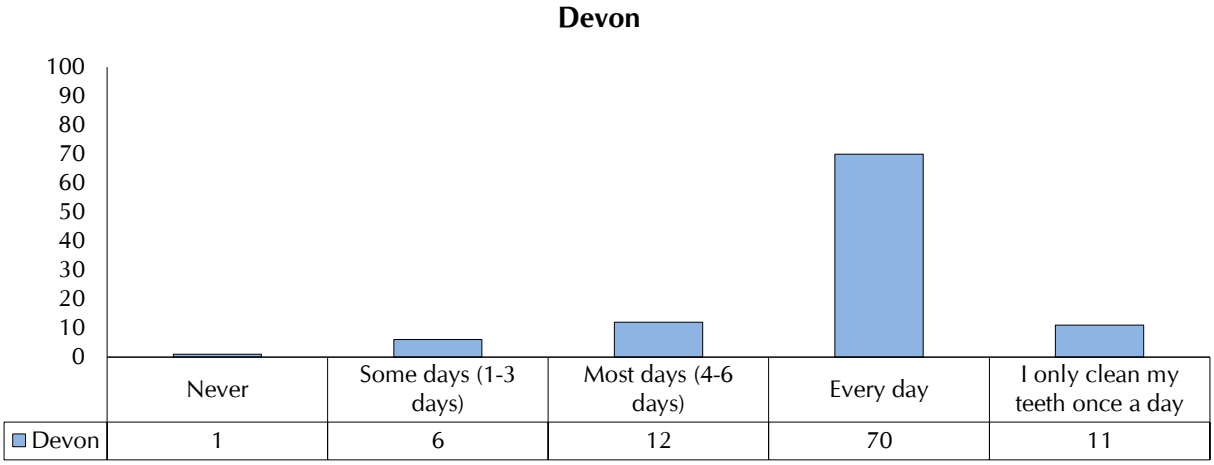
Q16. Percentage answering that they get enough sleep, so they don't feel tired during the day and have enough energy for activities they want to do 'most of the time' or 'always'.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	58	59	61
Girls	57	63	60

Health & Hygiene

Dental health

Q17. How many days a week do you clean your teeth morning and night?



1% of pupils said they 'never' clean their teeth morning and night, while 11% said they clean them once a day.

Q17. Percentage answering that they 'never' clean their teeth morning and night.

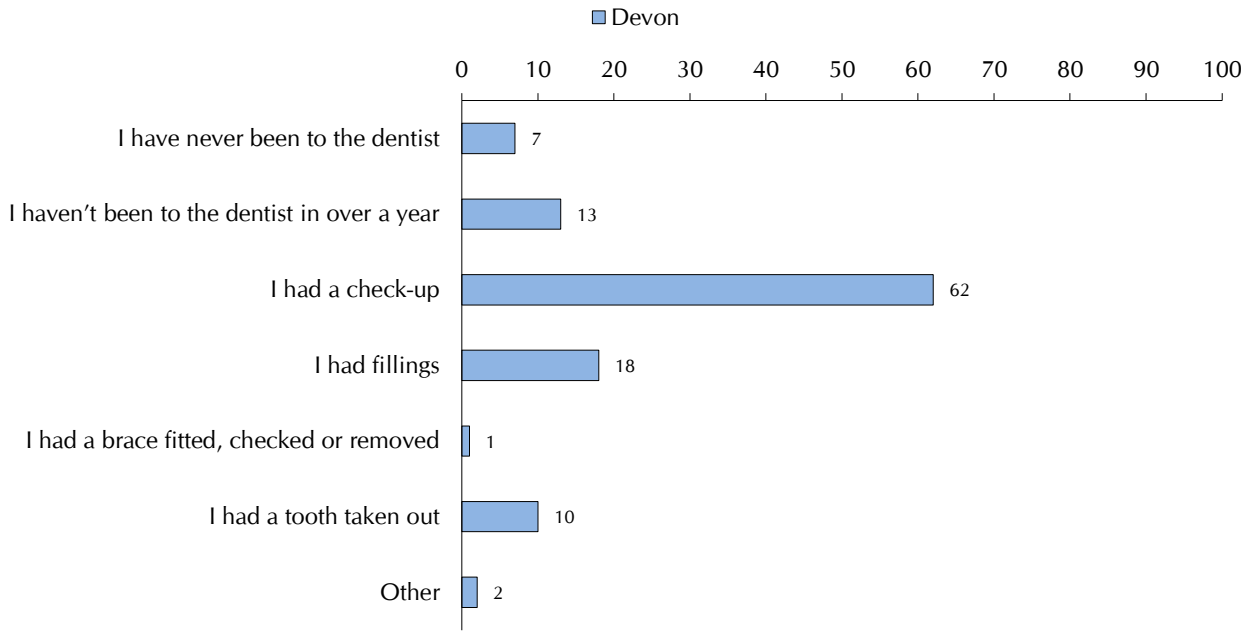
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	4	1	1
Girls	1	0	1

82% of pupils said they clean their teeth morning and night on 'most days' or 'every day' (4+ times a week).

Q17. Percentage answering that they clean their teeth morning and night on 'most days' or 'every day'.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	80	76	81
Girls	83	84	87

Q18. In the past year, what type of appointment did you have at the dentist?



7% of pupils responded that they have never been to the dentist and 13% said they haven't been in over a year.

Q18. Percentage answering that they have never been to the dentist.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	8	10	6
Girls	10	5	6

62% of pupils responded that they last went to the dentist for a check-up.

Q18. Percentage answering that they last went to the dentist for a check-up.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	55	59	67
Girls	60	63	70

18% of pupils responded that they last went to the dentist for fillings, while 1% went to have a brace fitted, checked or removed.

Q18. Percentage answering that they last went to the dentist for fillings

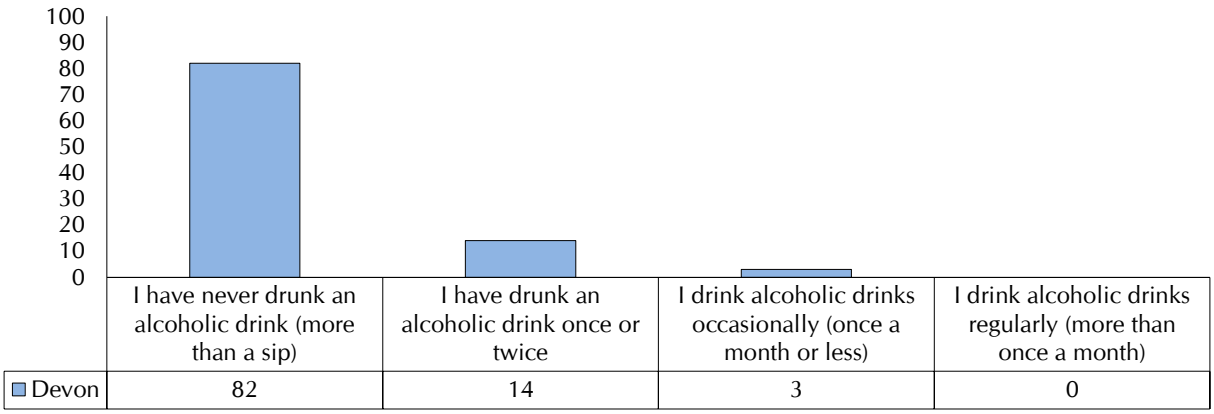
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	18	18	19
Girls	21	14	18

Year 6 only: Alcohol, Smoking & Drugs

Alcohol

Q19. Year 6 only: Which sentence describes your experience with drinking alcohol (more than just a sip)?

Devon



	I have never drunk an alcoholic drink (more than a sip)	I have drunk an alcoholic drink once or twice	I drink alcoholic drinks occasionally (once a month or less)	I drink alcoholic drinks regularly (more than once a month)
Devon	82	14	3	0

18% of Year 6 pupils said they have drunk alcoholic drink at least 'once or twice'; 0% said they drink alcoholic drinks 'regularly' (more than once a month).

Q19. Percentage of Year 6 pupils answering that they have drunk alcoholic drink at least 'once or twice'.

	Devon
	Yr 6
Boys	24
Girls	11

Q20. Year 6 only: If you have had an alcoholic drink before, where did you get this from last time?

Devon

	Parent/carer	Brother or sister	Friends	Another person you know	Other
Devon	14	0	0	2	1

14% of Year 6 pupils responded that they last got alcohol from a parent/carer, while 2% said they were given it by another person they know.

Q20. Percentage of Year 6 pupils answering that they last got alcohol from a parent/carer.

	Devon
	Yr 6
Boys	19
Girls	10

Smoking and vaping

Q21. Year 6 only: Have you ever smoked a cigarette?

Devon

	Never smoked	Tried smoking once or twice	Tried smoking more than once or twice	Smoke sometimes (not every week)	Smoke at least once a week
Devon	99	1	0	0	0

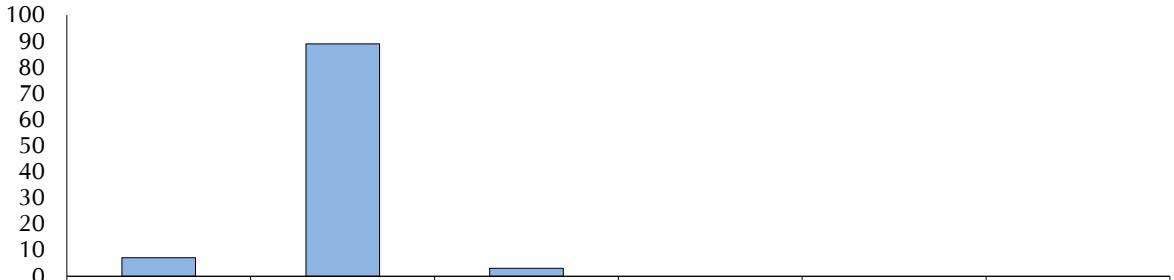
1% of Year 6 pupils said they have at least tried smoking; 0% said they at least 'sometimes' smoke.

Q21. Percentage of Year 6 pupils answering that they have at least tried smoking.

	Devon
	Yr 6
Boys	2
Girls	1

Q22. Year 6 only: Have you ever vaped?

Devon



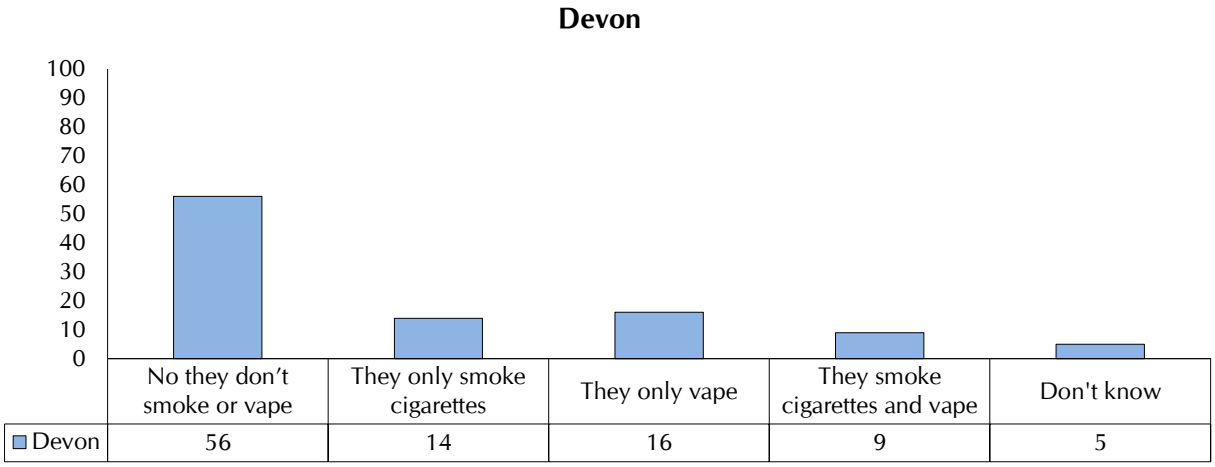
	Don't know what vaping is	Never vaped	Tried vaping once or twice	Tried vaping more than once or twice	Vape sometimes (not every week)	Vape at least once a week
Devon	7	89	3	0	0	0

4% of Year 6 pupils have at least tried vaping; 0% said they at least 'sometimes' vape.

Q22. Percentage of Year 6 pupils answering that they have at least tried electronic cigarettes or vaping.

	Devon
	Yr 6
Boys	5
Girls	2

Q24. Year 6 only: Do either of your parents/carers smoke cigarettes or vape?



39% of Year 6 pupils said their parents/carers smoke OR vape; 9% said they do both.

Q24. Percentage of Year 6 pupils answering that their parents/carers smoke OR vape.

	Devon
	Yr 6
Boys	38
Girls	39

22% of Year 6 pupils said their parents/carers smoke cigarettes.

Q24. Percentage of Year 6 pupils answering that their parents/carers smoke cigarettes.

	Devon
	Yr 6
Boys	23
Girls	22

25% of Year 6 pupils said their parents/carers vape.

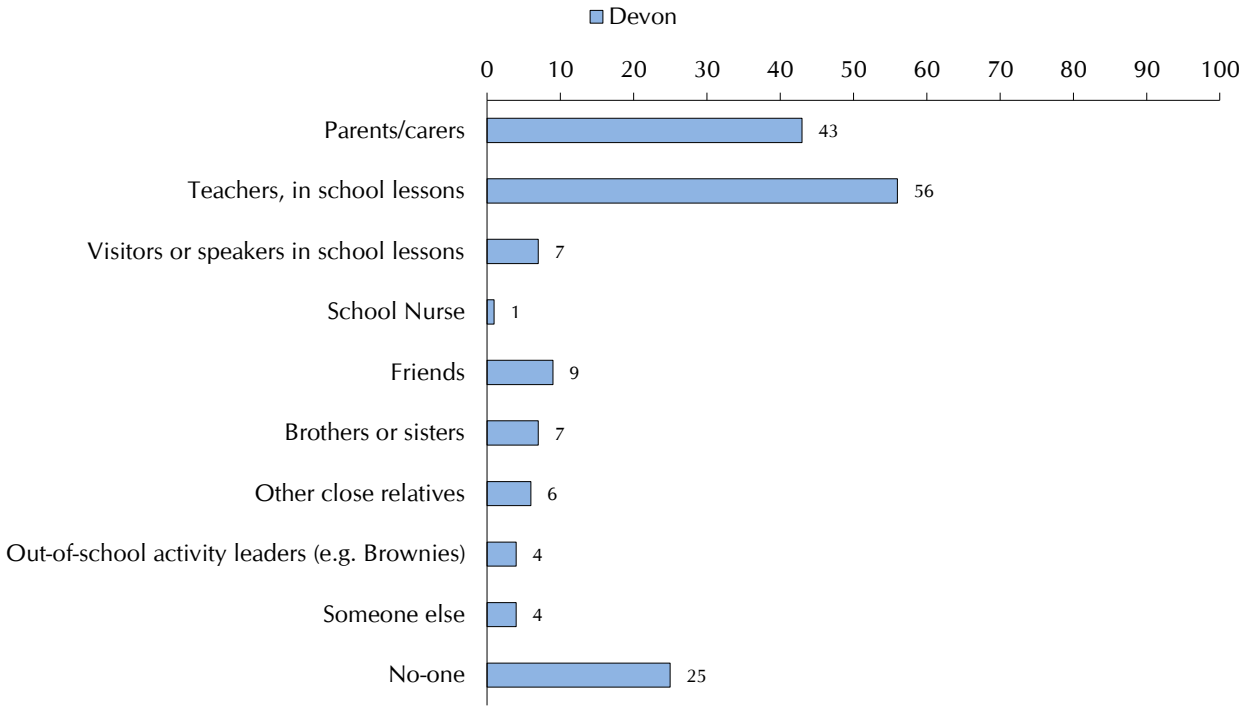
Q24. Percentage of Year 6 pupils answering that their parents/carers vape.

	Devon
	Yr 6
Boys	24
Girls	26

Illegal drugs

43% of Year 6 pupils responded that their parents/carers have talked with them about illegal drugs; 56% said they have found out from their teachers.

Q25. Percentage of Year 6 pupils responding that the following people have talked with them about illegal drugs:



57% of Year 6 pupils responded that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.

Q25. Percentage of Year 6 pupils answering that teachers, the school nurse or school visitors/speakers have spoken with them about illegal drugs.

	Devon
	Yr 6
Boys	55
Girls	60

0% of Year 6 pupils responded that they have been offered cannabis.

Q26. Percentage of Year 6 pupils answering that they have been offered cannabis.

	Devon
	Yr 6
Boys	0
Girls	1

2% of Year 6 pupils responded that they have been offered other drugs (not cannabis).

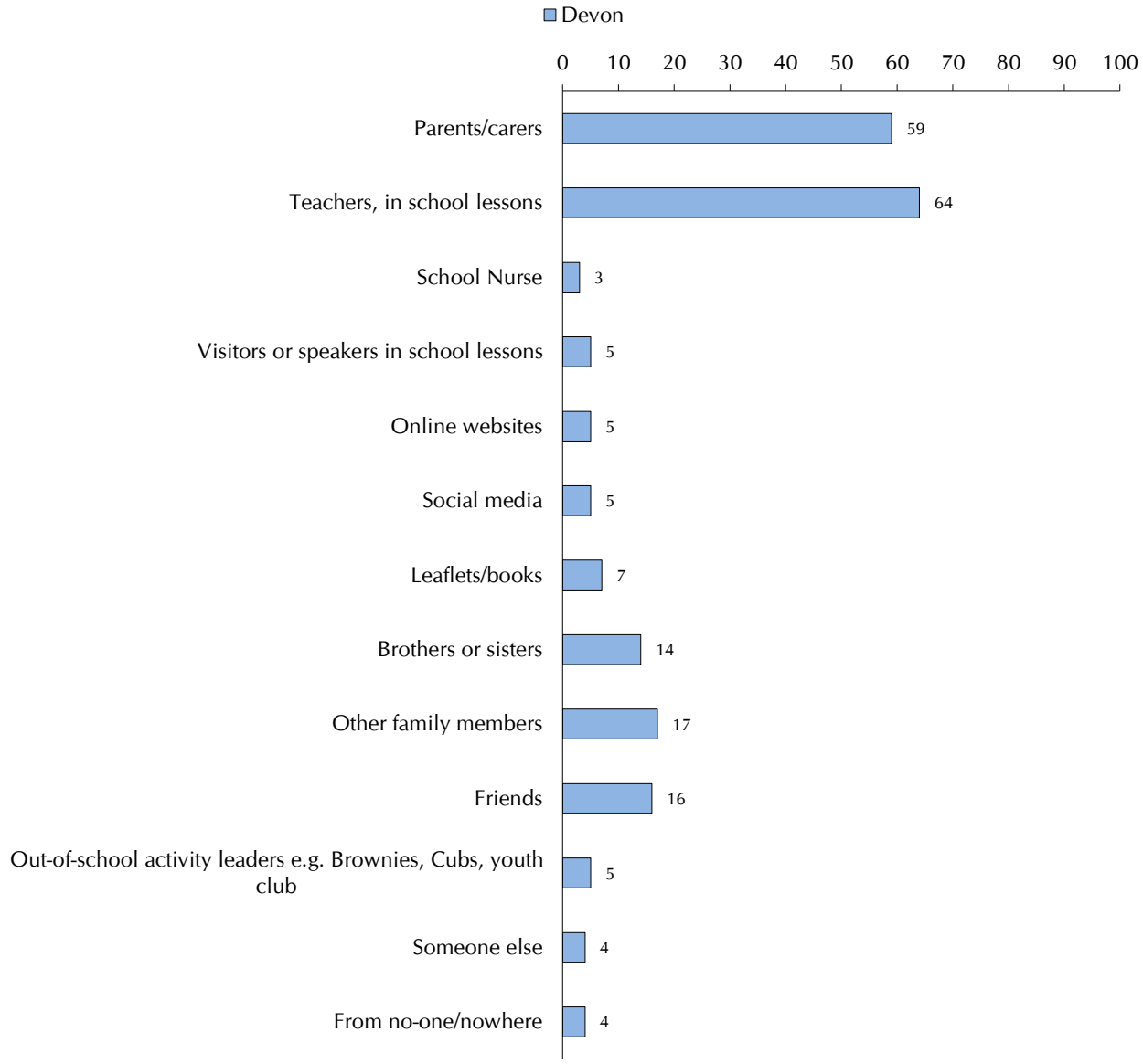
Q26. Percentage of Year 6 pupils answering that they have been offered other drugs (not cannabis).

	Devon
	Yr 6
Boys	2
Girls	1

Emotional Health & Wellbeing

Growing up

Q27. Percentage of pupils responding that they have found out about how their body changes as they grow up from the following:



54% of Year 4 pupils, 52% of Year 5 pupils and 70% of Year 6 pupils responded that they have found out about how their body changes as they grow up from their parents/carers; 45% of Year 4 pupils, 67% of Year 5 pupils and 80% of Year 6 pupils said they have found out from their teachers.

Q27. Percentage of pupils responding that they have found out about how their body changes as they grow up from the following (top 5):

	Boys			Girls	
1	Teachers, in school lessons	62	1	Teachers, in school lessons	67
2	Parents/carers	56	2	Parents/carers	62
3	Other family members	17	3	Other family members	16
4	Friends	17	4	Friends	15
5	Brothers or sisters	14	5	Brothers or sisters	15

66% of pupils responded that they have found out about how their body changes as they grow up from teachers, the school nurse or school visitors/speakers.

Q27. Percentage answering that they have found out about how their body changes as they grow up from teachers, the school nurse or school visitors/speakers.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	47	63	78
Girls	51	72	82

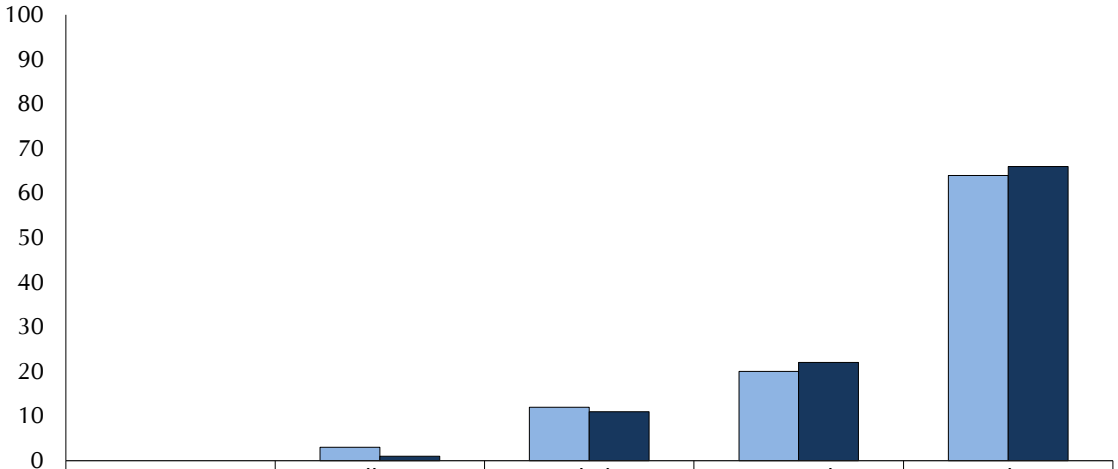
45% of Year 4 pupils, 55% of Year 5 pupils and 68% of Year 6 pupils responded that they feel they know enough about how their body changes as they get older, while 7% of pupils feel they do not know enough.

Q28. Percentage answering that they feel they know enough about how their body changes as they get older.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	44	58	68
Girls	46	54	69

Worrying

Q29. Percentage of pupils responding that they worry about at least one of the issues listed...:



	Never	Hardly ever	A little	Quite a lot	A lot
Devon Boys	0	3	12	20	64
Devon Girls	0	1	11	22	66

This shows the highest worry level. For example, if a pupil 'never' worries about 22 topics, but worries 'quite a lot' about one, then they'll appear under 'quite a lot'.

86% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'; 36% of boys and 43% of girls said they worry about more than 5 of them.

Q29. Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	87	90	78
Girls	90	88	85

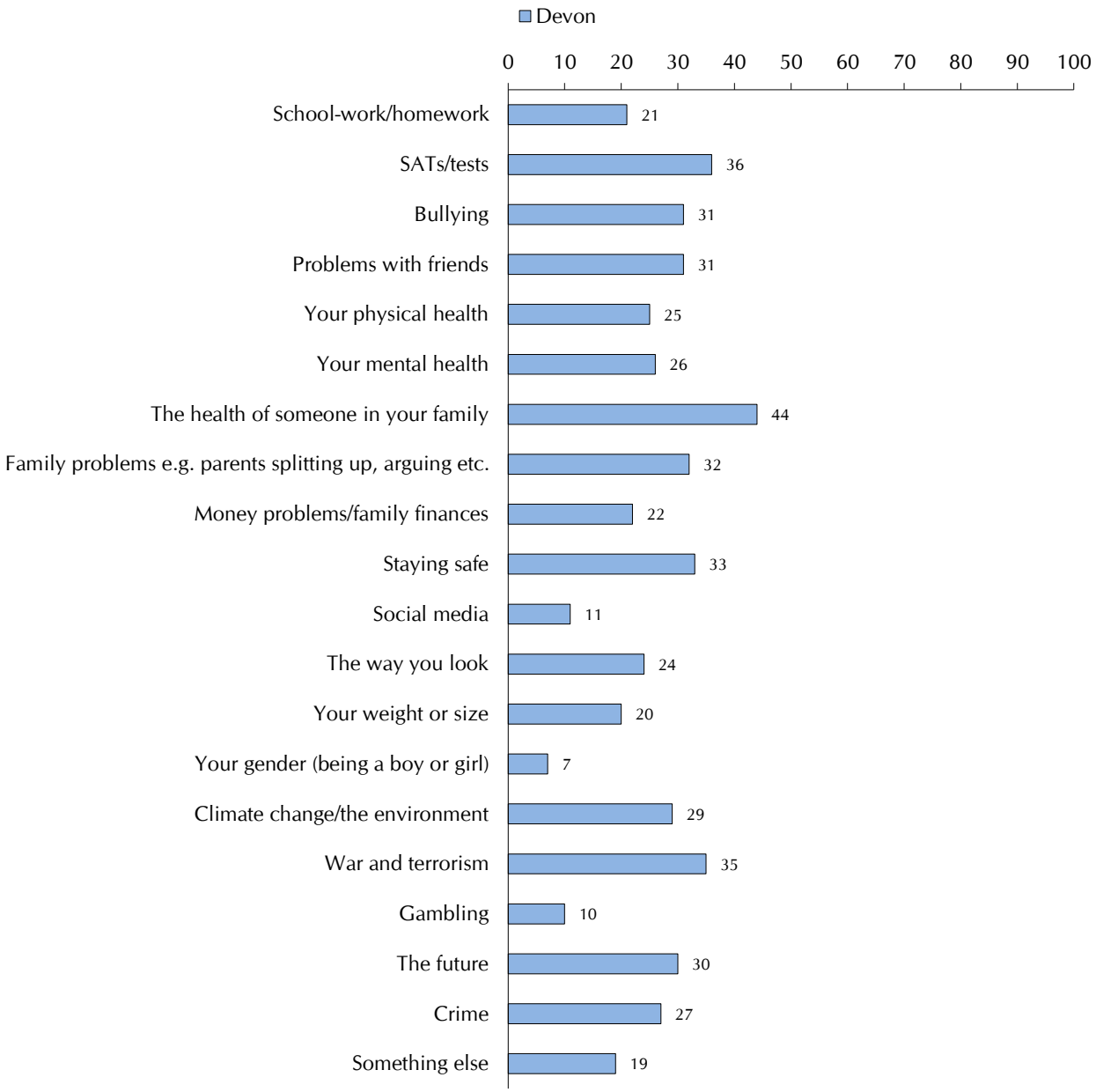
36% of pupils responded that they worry 'quite a lot' or 'a lot' about SATs/tests, while 32% said the same about family problems.

Q29. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

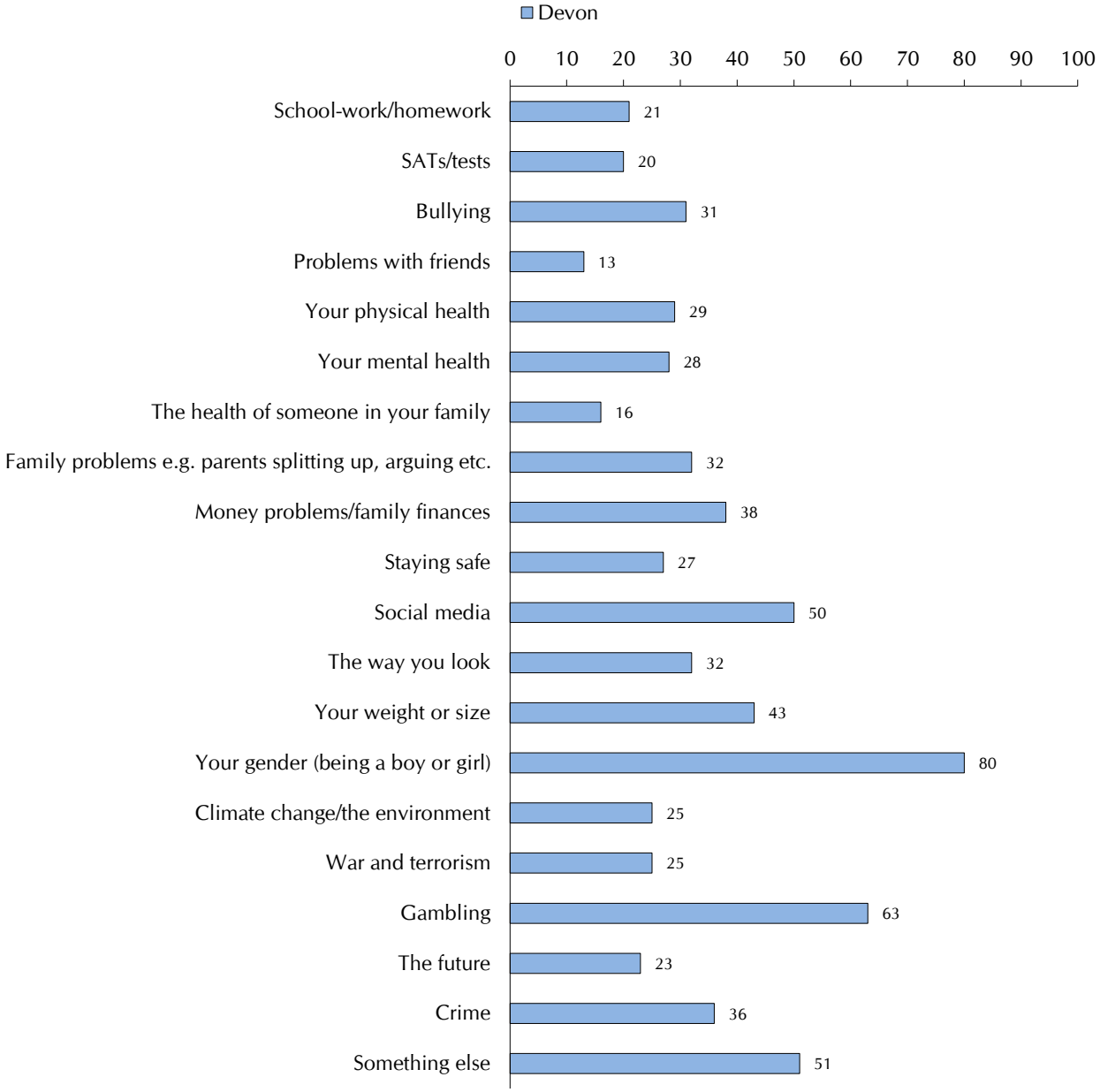
	Boys			Girls	
1	The health of someone in your family	42	1	The health of someone in your family	45
2	War and terrorism	35	2	SATs/tests	40
3	Staying safe	33	3	Problems with friends	39
4	Family problems	32	4	Bullying	35
5	SATs/tests	32	5	Staying safe	34
6	Climate change/the environment	30	6	War and terrorism	34
7	The future	29	7	Family problems	32
8	Crime	28	8	The future	30
9	Bullying	27	9	The way you look	30
10	Your mental health	26	10	Climate change/the environment	29

29% of pupils responded that they worry 'quite a lot' or 'a lot' about climate change/the environment, while 27% said the same about crime.

Q29. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':



Q29. Percentage of pupils responding that they 'never' worry about the following:



21% of pupils responded that they 'never' worry about school-work/homework.

Q29. Percentage of pupils responding that they 'never' worry about the following (top 10):

	Boys			Girls	
1	Your gender (being a boy or girl)	81	1	Your gender (being a boy or girl)	79
2	Gambling	64	2	Gambling	64
3	Something else	56	3	Something else	47
4	Social media	55	4	Social media	45
5	Your weight or size	47	5	Your weight or size	40
6	Money problems/family finances	40	6	Crime	36
7	The way you look	38	7	Money problems/family finances	35
8	Bullying	37	8	Family problems	31
9	Crime	35	9	Your physical health	28
10	Family problems	34	10	The way you look	26

Problem solving

In Question 30 the young people were asked to whom they would turn to share a range of problems including 'Keep it to myself'. Whom they talk to may depend on what the problem is. The top five sources of support for each of the issues are as follows:

Problem with school

	Boys			Girls	
1	Parent/carer	43	1	Parent/carer	43
2	Teacher	24	2	Teacher	23
3	Keep it to myself	16	3	Keep it to myself	13
4	Friend	8	4	Friend	13
5	Brother or Sister	5	5	Brother or Sister	5

Family problem

	Boys			Girls	
1	Parent/carer	36	1	Parent/carer	34
2	Keep it to myself	26	2	Keep it to myself	26
3	Brother or Sister	12	3	Friend	13
4	Friend	10	4	Brother or Sister	12
5	Teacher	10	5	Teacher	9

Health problem

	Boys			Girls	
1	Parent/carer	67	1	Parent/carer	70
2	Keep it to myself	18	2	Keep it to myself	15
3	Other adult	4	3	Friend	4
4	Friend	4	4	Other adult	4
5	Teacher	3	5	Teacher	3

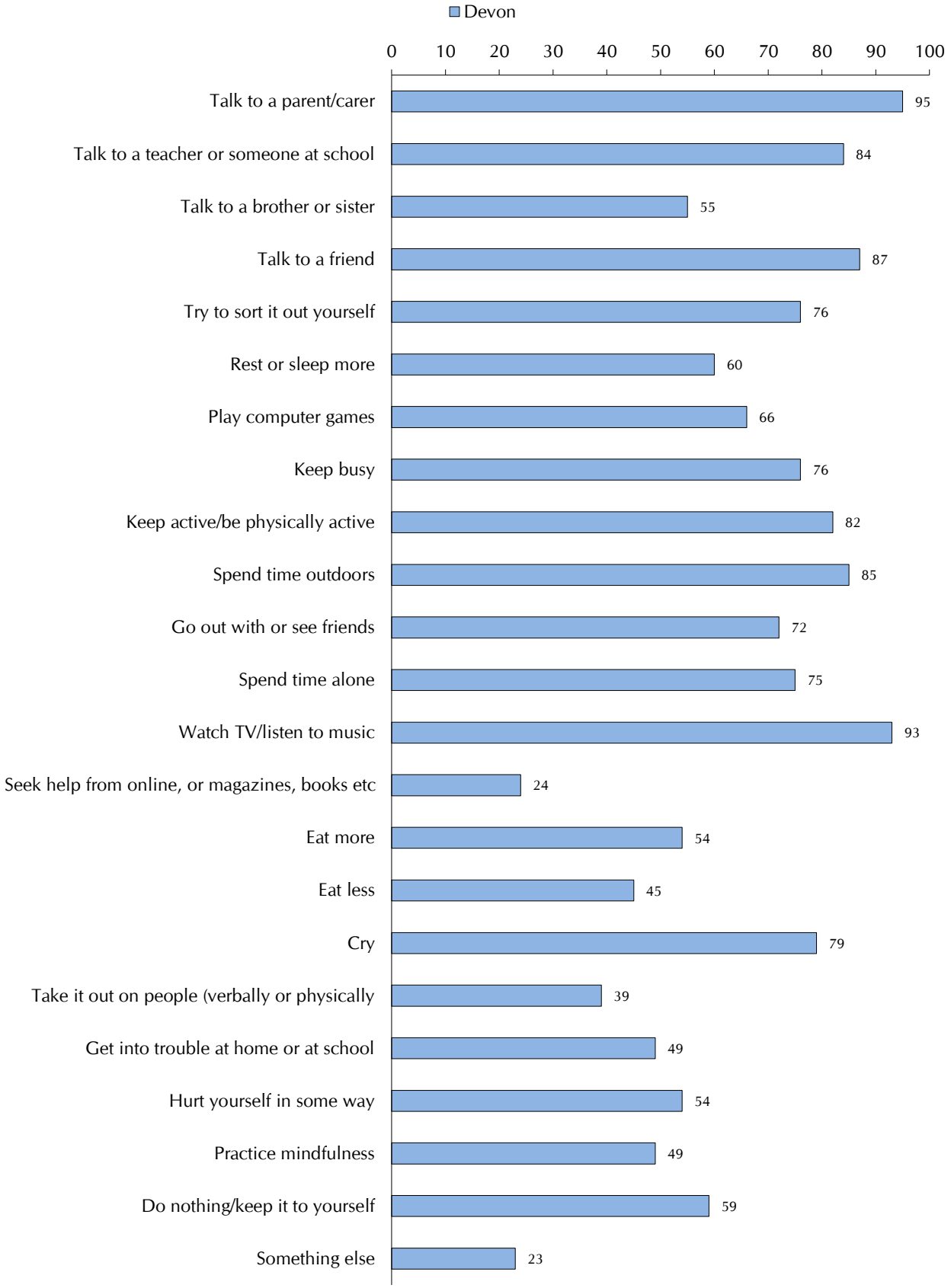
Problem with friends

	Boys			Girls	
1	Parent/carer	36	1	Parent/carer	36
2	Teacher	22	2	Teacher	26
3	Keep it to myself	21	3	Keep it to myself	17
4	Friend	12	4	Friend	11
5	Brother or Sister	6	5	Brother or Sister	8

Bullying problem

	Boys			Girls	
1	Parent/carer	42	1	Parent/carer	40
2	Teacher	28	2	Teacher	29
3	Keep it to myself	17	3	Keep it to myself	15
4	Friend	6	4	Friend	7
5	Brother or Sister	5	5	Brother or Sister	5

Q31. Percentage of pupils responding that they at least 'sometimes' do the following when something is worrying them:

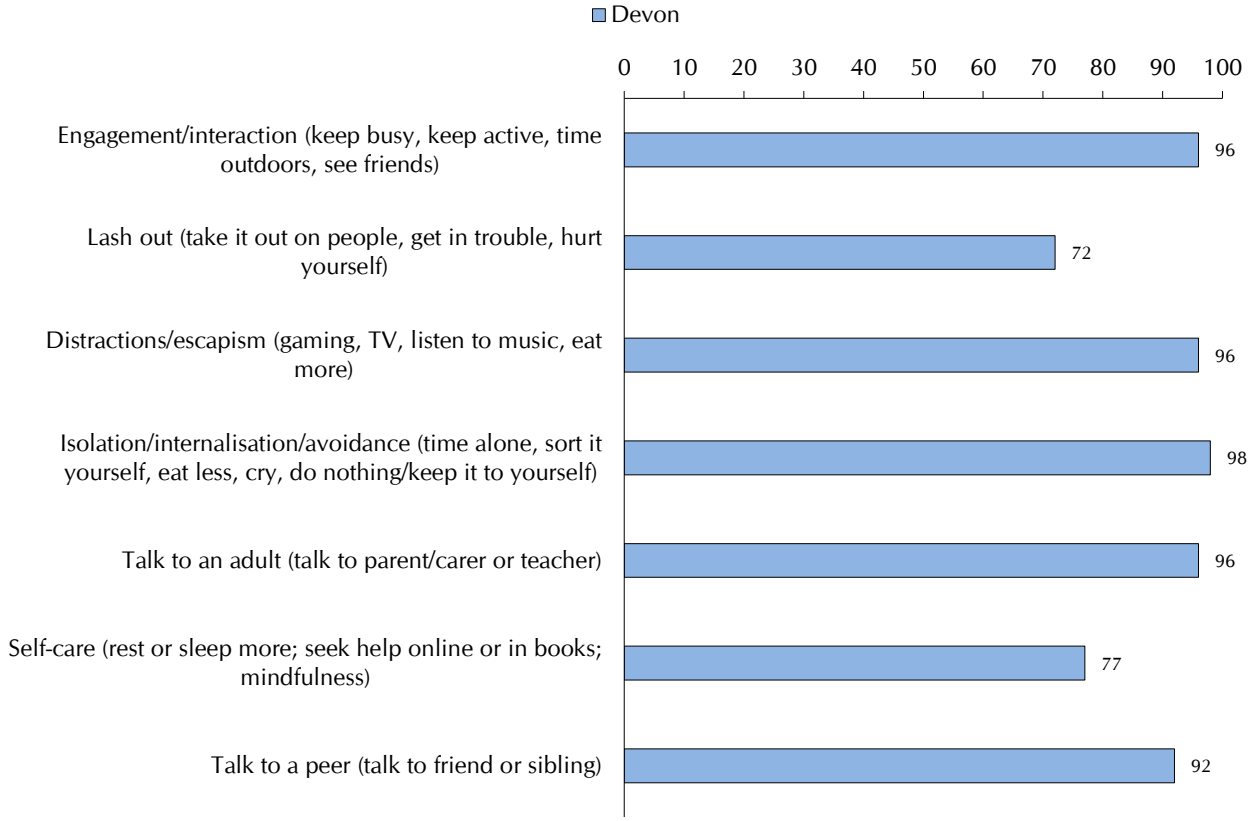


93% of pupils responded that they at least 'sometimes' watch TV/listen to music when something is worrying them, while 84% said they talk to a teacher or someone at school about it.

Q31. Percentage of pupils responding that they at least 'sometimes' do the following when something is worrying them (top 10):

	Boys			Girls	
1	Talk to a parent/carer	94	1	Talk to a parent/carer	95
2	Watch TV/listen to music	91	2	Watch TV/listen to music	95
3	Spend time outdoors	85	3	Talk to a friend	90
4	Talk to a friend	84	4	Spend time outdoors	86
5	Keep active/be physically active	84	5	Talk to a teacher or someone at school	86
6	Talk to a teacher or someone at school	83	6	Cry	84
7	Try to sort it out yourself	78	7	Keep active/be physically active	82
8	Play computer games	77	8	Spend time alone	78
9	Keep busy	76	9	Keep busy	77
10	Cry	73	10	Try to sort it out yourself	74

Q31. Percentage of pupils responding that they at least 'sometimes' do the following when they have a problem that worries them, or they are feeling stressed:



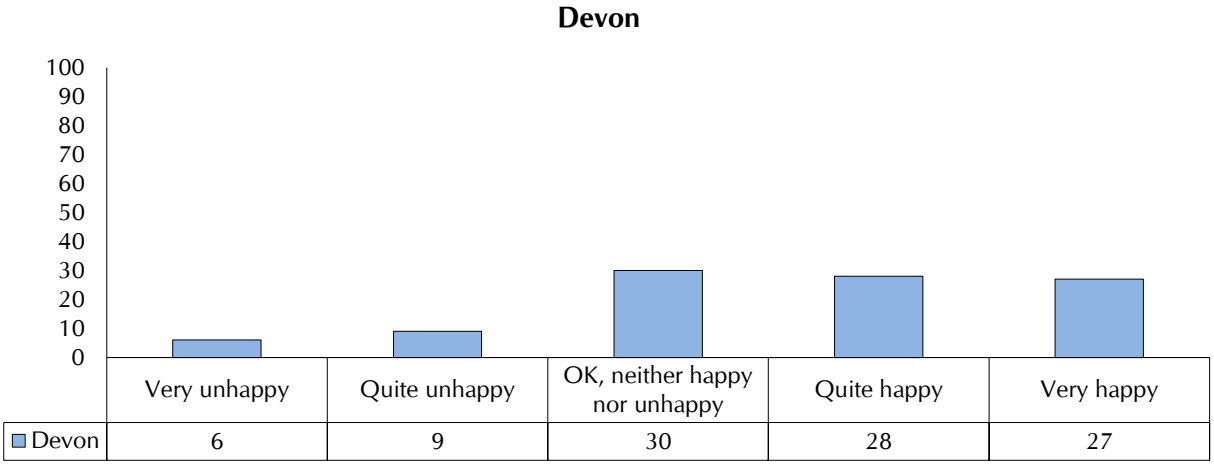
79% of Year 4 pupils, 79% of Year 5 pupils and 74% of Year 6 pupils said they at least 'sometimes' practice self-care when they have a problem that worries them, or they are feeling stressed, while 75% of Year 4 pupils, 77% of Year 5 pupils and 67% of Year 6 pupils lash out.

Q31. Percentage of pupils responding that they at least 'sometimes' do the following when they have a problem that worries them, or they are feeling stressed:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Engagement/interaction (keep busy, keep active, time outdoors, see friends)	95	96	96	99	94	99	96
Lash out (take it out on people, get in trouble, hurt yourself)	77	74	81	74	69	63	72
Distractions/escapism (gaming, TV, listen to music, eat more)	95	95	98	98	94	98	96
Isolation/internalisation/avoidance (time alone, sort it yourself, eat less, cry, do nothing/keep it to yourself)	98	95	100	99	97	99	98
Talk to an adult (talk to parent/carer or teacher)	97	96	95	99	96	96	96
Self-care (rest or sleep more; seek help online or in books; mindfulness)	79	80	76	80	70	80	77
Talk to a peer (talk to friend or sibling)	90	93	92	96	90	94	92

Happiness

Q32. In general, how happy do you feel with the way you look?



13% of boys and 18% of girls responded that they feel 'quite' or 'very' unhappy with the way they look.

Q32. Percentage answering that they feel 'quite' or 'very' unhappy with the way they look.

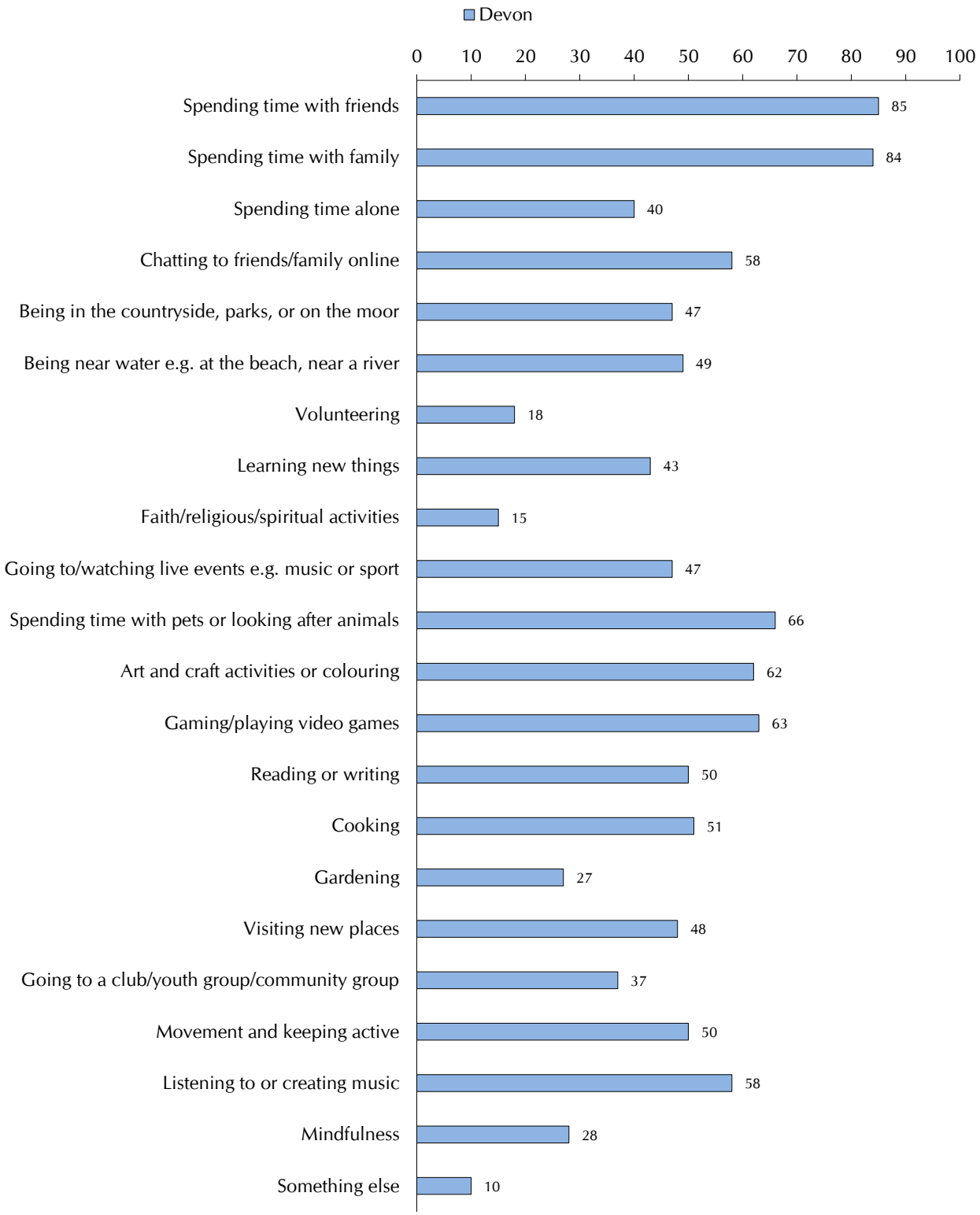
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	11	11	14
Girls	16	17	22

56% of boys and 54% of girls responded that they feel 'quite' or 'very' happy with the way they look.

Q32. Percentage answering that they feel 'quite' or 'very' happy with the way they look.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	60	50	57
Girls	62	53	47

Q33. Percentage of pupils responding that the following things in their life help them to feel happy or positive:

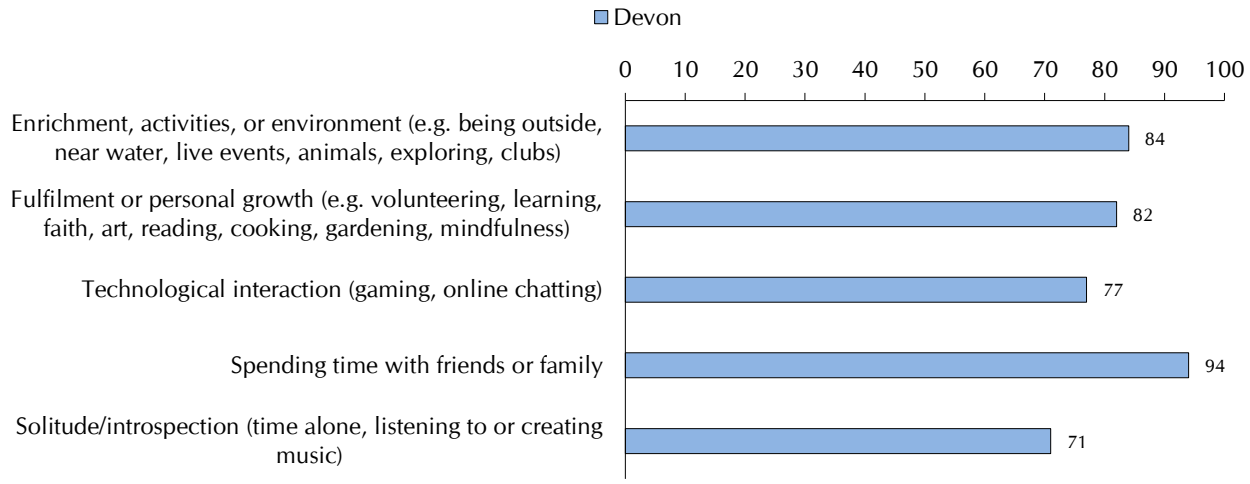


85% of pupils said spending time with friends helps them to feel happy or positive; 84% said the same of spending time with family.

Q33. Percentage of pupils responding that the following things in their life help them to feel happy or positive (top 5):

	Boys			Girls	
1	Spending time with friends	85	1	Spending time with family	85
2	Spending time with family	83	2	Spending time with friends	85
3	Gaming/playing video games	76	3	Art and craft activities or colouring	73
4	Spending time with pets or looking after animals	61	4	Spending time with pets or looking after animals	71
5	Chatting to friends/family online	60	5	Listening to or creating music	63

Q33. Percentage of pupils responding that the following things in their life help them to feel happy or positive:



These figures show the responses to Q33 grouped into similarly themed subjects. For instance, 76% of boys and 88% of girls selected responses related to personal growth or fulfilment (e.g. volunteering, learning, faith, art).

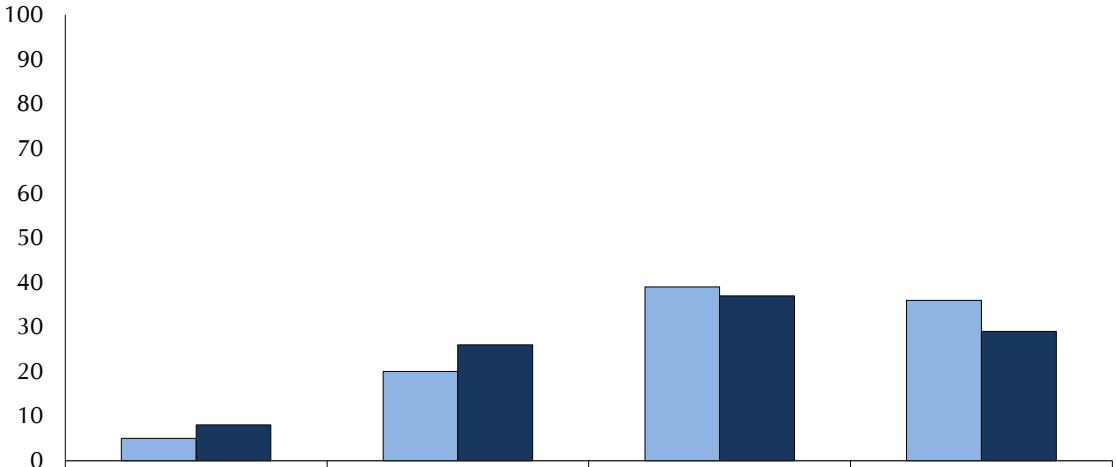
Q33. Percentage of pupils responding that the following things in their life help them to feel happy or positive:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Enrichment, activities, or environment (e.g. being outside, near water, live events, animals, exploring, clubs, or keeping active)	80	82	82	89	85	89	84
Fulfilment or personal growth (e.g. volunteering, learning, faith, art, reading, cooking, gardening, mindfulness)	78	88	73	91	75	87	82
Technological interaction (gaming, online chatting)	79	70	85	75	85	73	77
Spending time with friends or family	95	94	90	95	96	93	94
Solitude/introspection (time alone, listening to or creating music)	66	73	71	73	66	77	71

Self-esteem

This measurement is derived from the responses to a set of nine statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends.

Q48. Composite self-esteem score:



	Low (0 to 4)	Med-low (5 to 9)	Med-high (10 to 14)	High (15 to 18)
Devon Boys	5	20	39	36
Devon Girls	8	26	37	29

Data from the 'Young People in...' series reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

30% of pupils had a med-low or low self-esteem score (9 or less).

Q48. Percentage with a med-low or low self-esteem score (9 or less).

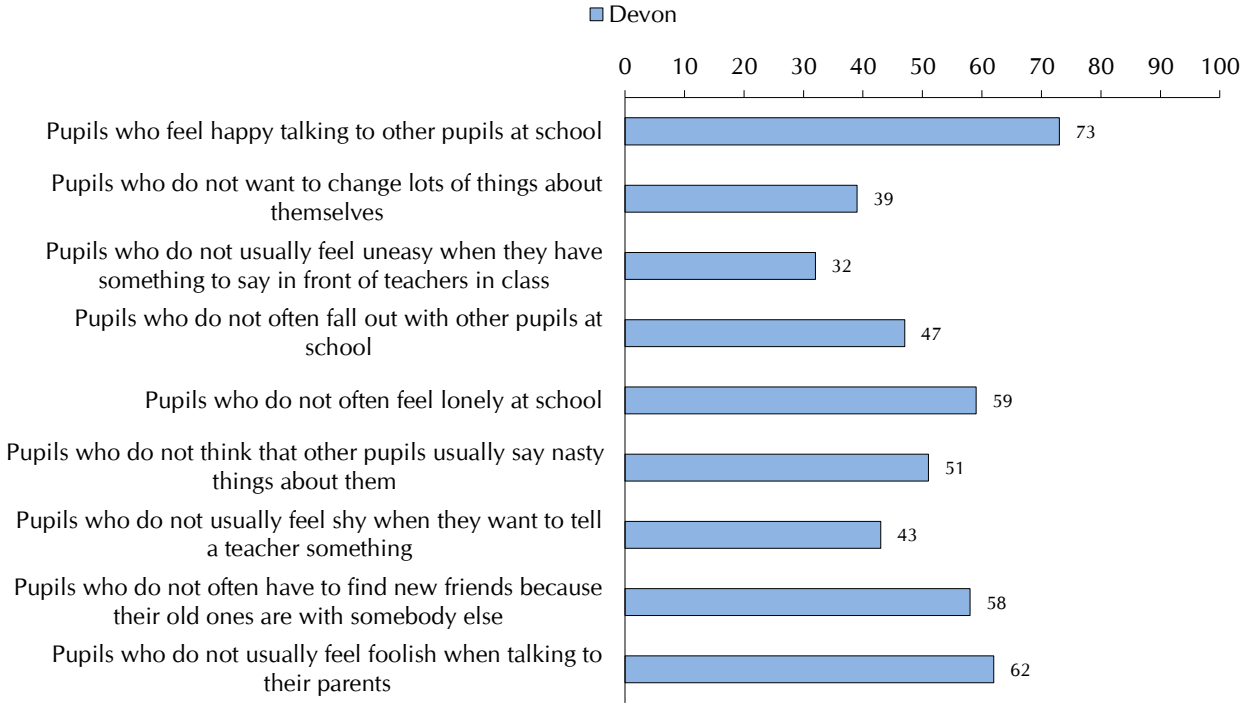
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	28	31	20
Girls	33	35	34

32% of pupils had a high self-esteem score (15 or more).

Q48. Percentage with a high self-esteem score (15 or more).

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	33	30	42
Girls	27	29	30

Q48. (Individual self-esteem items) Percentage in each group giving a high esteem response:



51% of boys and 36% of girls said they do not usually feel shy when they want to tell a teacher something.

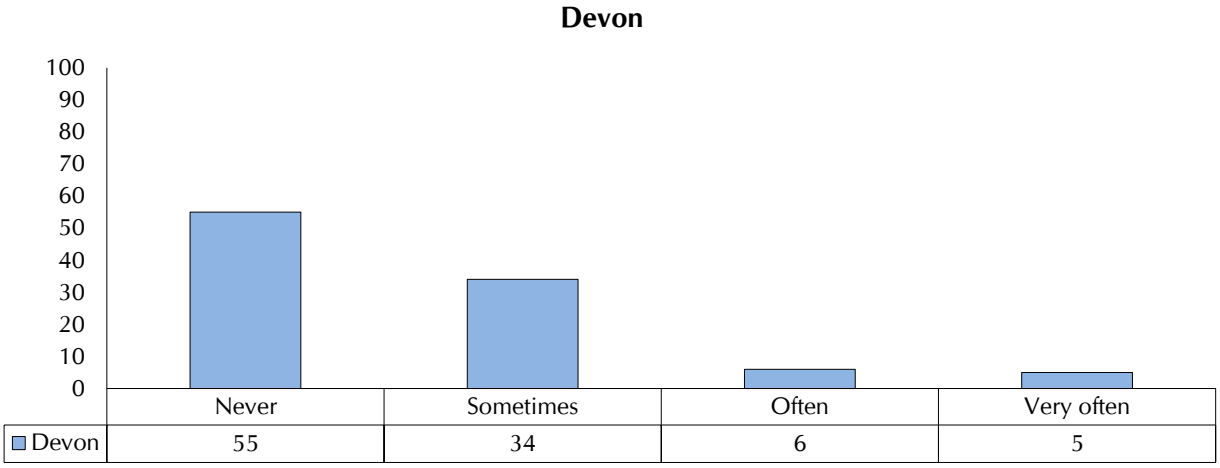
Q48. (Individual self-esteem items) Percentage in each group giving a high esteem response:

	Year 4		Year 5		Year 6		Total
	Boys	Girls	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school	73	70	76	67	80	72	73
Pupils who do not want to change lots of things about themselves	38	40	36	41	41	38	39
Pupils who do not usually feel uneasy when they have something to say in front of teachers in class	37	29	28	26	39	32	32
Pupils who do not often fall out with other pupils at school	42	40	47	43	57	49	47
Pupils who do not often feel lonely at school	61	50	60	55	67	58	59
Pupils who do not think that other pupils usually say nasty things about them	51	51	51	51	57	47	51
Pupils who do not usually feel shy when they want to tell a teacher something	52	41	45	35	54	34	43
Pupils who do not often have to find new friends because their old ones are with somebody else	59	53	63	51	66	58	58
Pupils who do not usually feel foolish when talking to their parents	62	59	63	59	68	63	62

Safety and Bullying

Bullying

Q34. Do you ever feel afraid of going to school because of bullying?



45% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

Q34. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

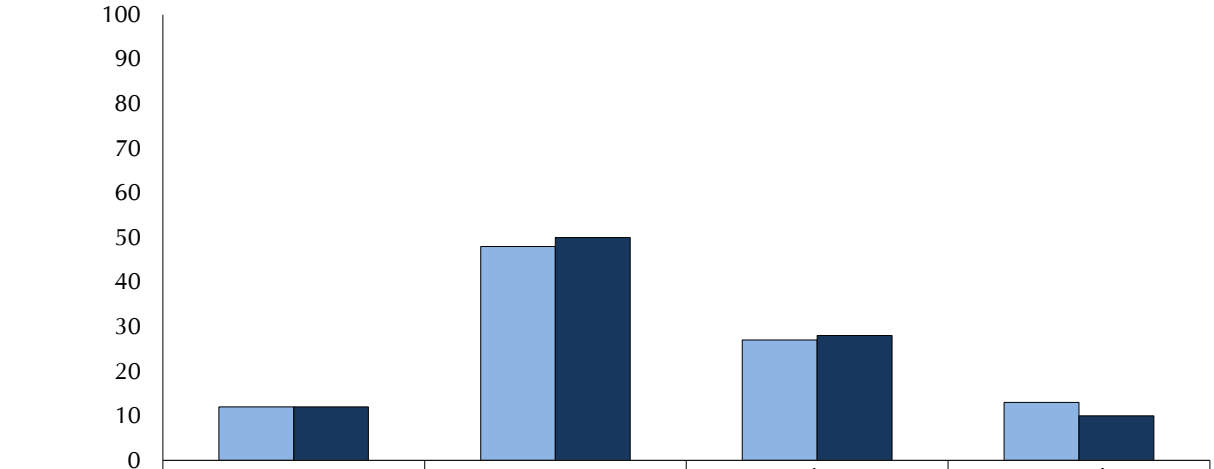
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	42	39	34
Girls	56	50	48

11% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q34. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	13	9	7
Girls	17	14	9

Q35. Negative behaviour summary: Percentage of pupils responding that they experienced at least one of the negative behaviours in the last year...:



	Never	Few times	Often	Every day
Devon Boys	12	48	27	13
Devon Girls	12	50	28	10

88% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the last year, while 39% said it happened 'often' or 'every day'.

Q35. Percentage answering that they have experienced at least one of the negative behaviours at least a 'few times' in the last year.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	87	92	85
Girls	89	85	90

59% of pupils responded that they were pushed or hit in the last year and 43% said that they've had their belongings taken or broken.

Q35. Percentage of pupils responding that they have experienced the following negative behaviours at least a 'few times' in the last year:

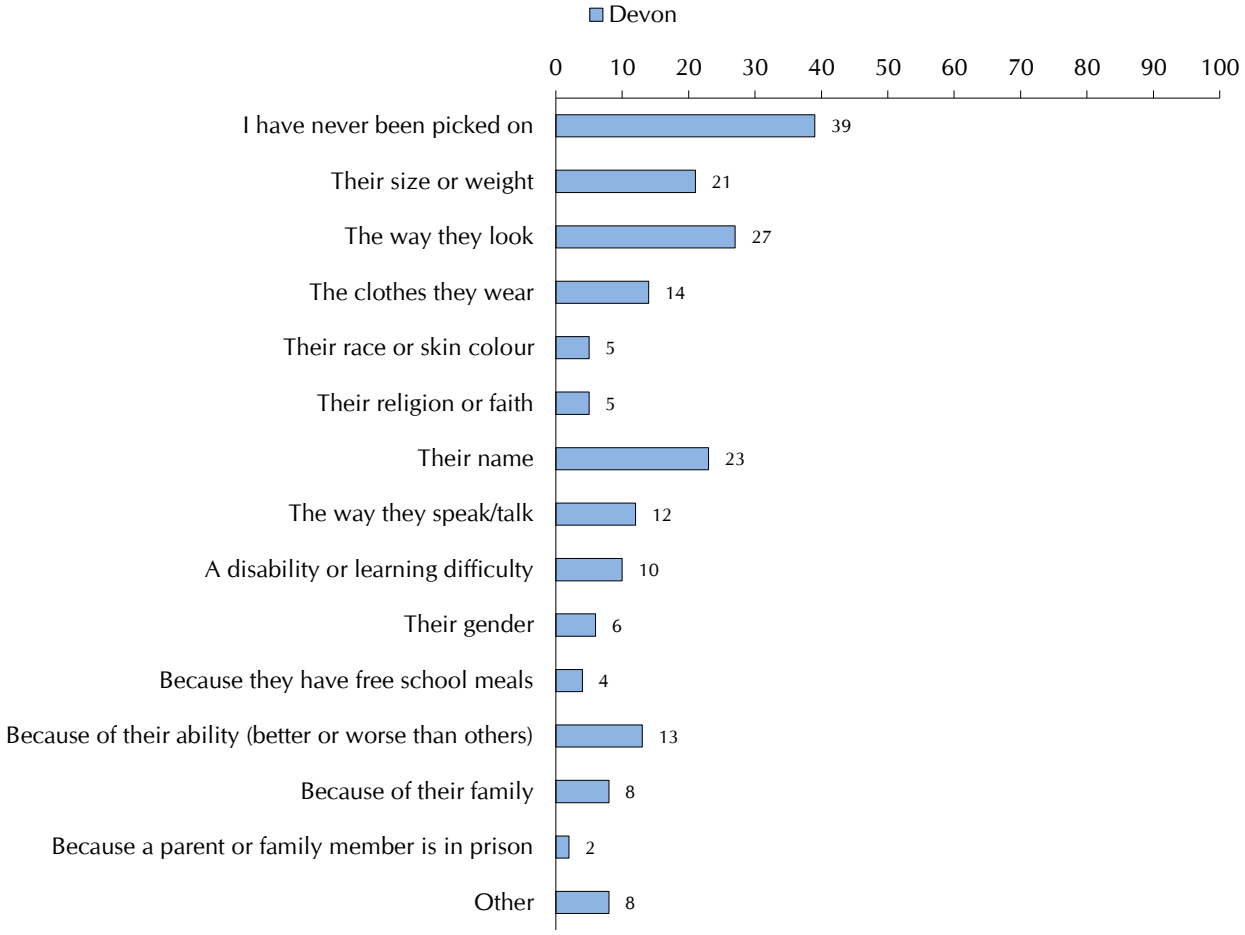
	Boys			Girls	
1	Pushed/hit for no reason	65	1	Been deliberately left out	66
2	Been teased/made fun of	63	2	Been teased/made fun of	60
3	Been deliberately left out	60	3	Pushed/hit for no reason	54
4	Called nasty names	56	4	Called nasty names	48
5	Had belongings taken/broken	45	5	Had belongings taken/broken	42
6	Been threatened	44	6	Been ganged up on	31
7	Been ganged up on	39	7	Been threatened	27
8	Received threatening/nasty messages e.g. texts, social media	23	8	Received threatening/nasty messages e.g. texts, social media	16
9	Other	12	9	Other	9

47% of pupils said they have seen negative behaviours listed happening to someone else at or near school in the past year, while 36% said they are 'not sure' if they have.

Q36. Percentage answering that they have seen negative behaviours listed happening to someone else at or near school in the past year.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	49	51	50
Girls	42	45	49

Q37. Percentage of pupils responding that they feel they have been 'picked on' for the following reasons:



27% of pupils responded that they have been 'picked on' because of the way they look; 13% said it was because of their ability (better or worse than others). 39% said they have never been picked on or bullied.

Q37. Percentage of pupils responding that they feel they have been 'picked on' for the following reasons (top 5):

	Boys			Girls	
1	The way they look	25	1	The way they look	28
2	Their name	24	2	Their name	21
3	Their size or weight	21	3	Their size or weight	21
4	Because of their ability (better or worse than others)	16	4	The clothes they wear	16
5	The clothes they wear	13	5	The way they speak/talk	12

44% of pupils responded that their school deals with bullying well, while 37% said they are 'not sure' if it does.

Q38. Percentage answering that their school deals with bullying well.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	48	43	43
Girls	48	44	43

19% of pupils responded that their school does not deal with bullying well.

Q38. Percentage answering that their school does not deal with bullying well.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	19	25	23
Girls	16	15	15

A pupil's own experience of bullying (or fear of going to school because of it) may affect how well they feel their school deals with bullying (sample size is shown in bold at the top of each column):

	'Often'/'very often' afraid of going to school **210**	'Never' afraid of going to school **1020**	All pupils **2032**
Believe their school deals with bullying well.	25%	51%	44%
Believe their school does not deal with bullying well.	36%	17%	19%

22% of pupils said they have made new friends recently who have introduced them to a group of people that have made them feel uncomfortable, while 23% said they are 'not sure' if they have.

Q39. Percentage answering that they have made new friends recently who have introduced them to a group of people that have made them feel uncomfortable.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	25	24	15
Girls	28	23	17

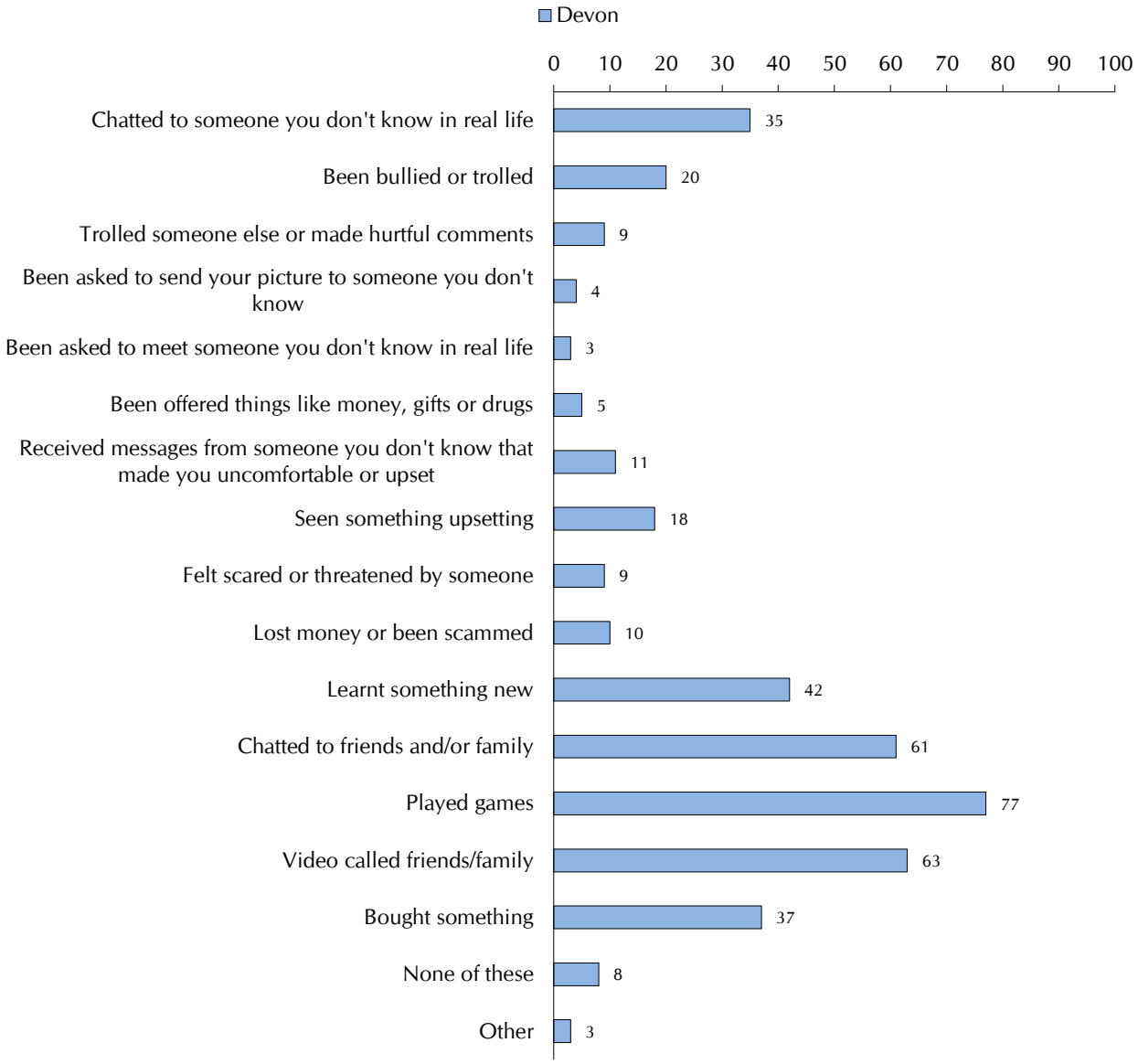
Internet safety

85% of pupils said they have been told how to stay safe while online, while 6% said they haven't.

Q40. Percentage answering that they have been told how to stay safe while online.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	76	84	88
Girls	78	85	95

Q41. Percentage of Year 6 pupils responding that they have done/experienced the following when online:

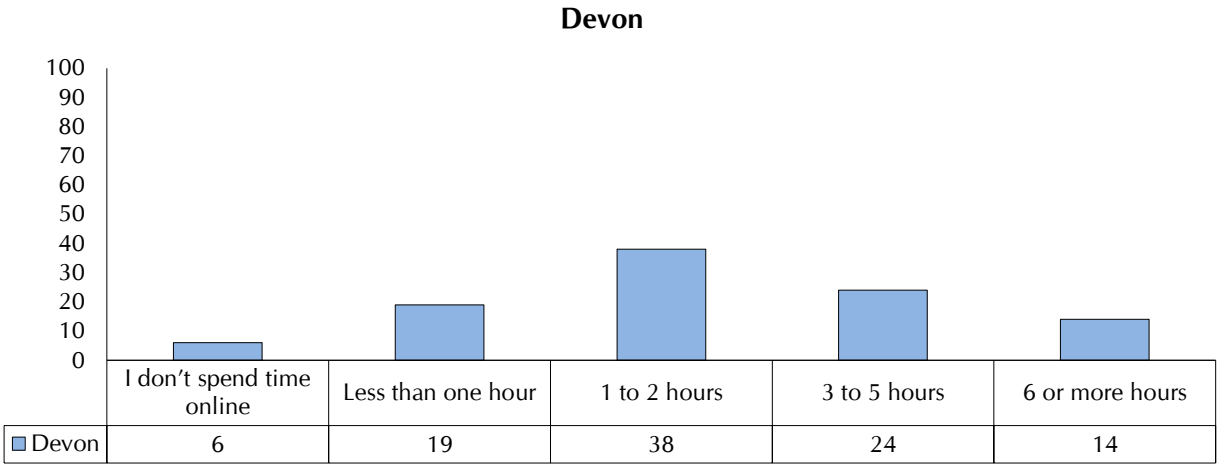


35% of Year 6 pupils said they have chatted to someone they don't know in real life while online and 20% said they have been bullied or trolled.

Q41. Percentage of Year 6 pupils responding that they have done/experienced the following when online (top 5):

	Boys			Girls	
1	Played games	78	1	Played games	75
2	Video called friends/family	60	2	Chatted to friends and/or family	68
3	Chatted to friends and/or family	54	3	Video called friends/family	66
4	Learnt something new	44	4	Learnt something new	41
5	Bought something	42	5	Bought something	31
6	Chatted to someone you don't know in real life	41	6	Chatted to someone you don't know in real life	30
7	Been bullied or trolled	24	7	Seen something upsetting	18
8	Seen something upsetting	17	8	Been bullied or trolled	16
9	Trolled someone else or made hurtful comments	12	9	Received messages from someone you don't know that made you uncomfortable or upset	11
10	Received messages from someone you don't know that made you uncomfortable or upset	11	10	Lost money or been scammed	10

Q42. Not including the time spent online to do schoolwork and homework, how much time do you spend online on a normal day?



6% of pupils said they don't spend any time online on a normal day (excl. for schoolwork and homework), while 19% said they spend 'less than one hour'.

Q42. Percentage answering that they spend less than an hour (or no time at all) online on a normal day.

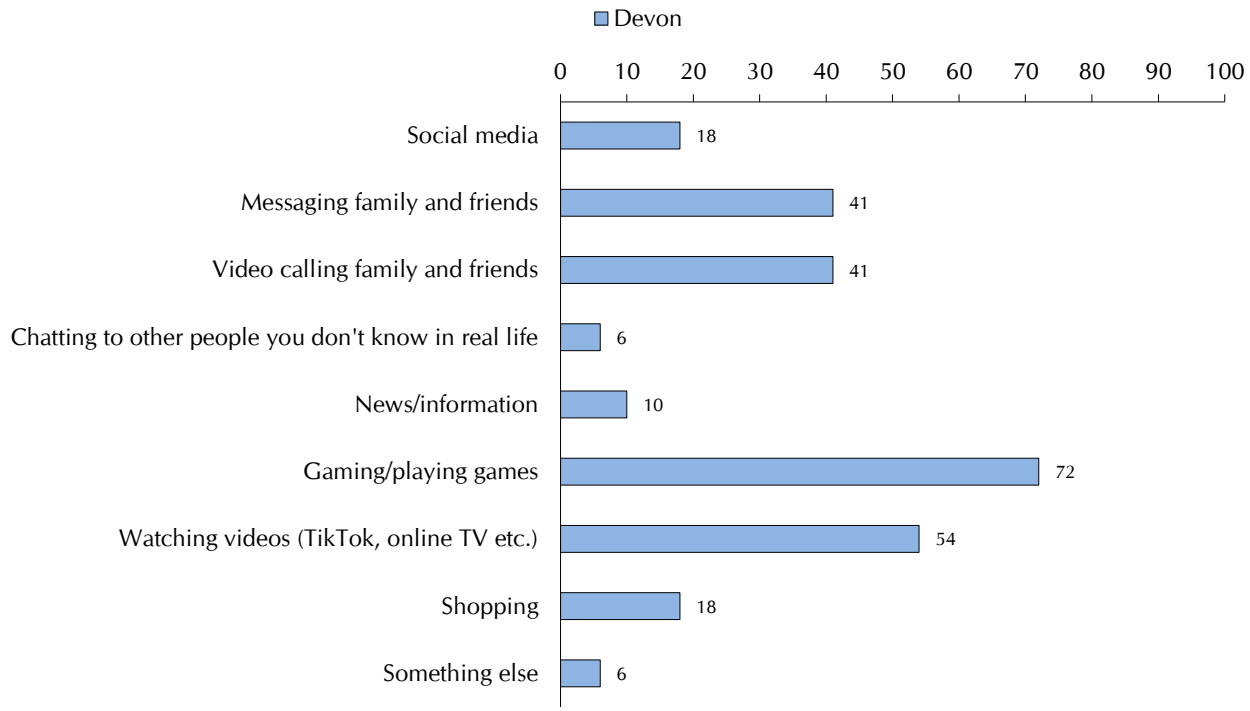
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	26	17	11
Girls	43	30	22

38% of pupils said they spend at least '3 to 5 hours' online on a normal day (excl. for schoolwork and homework), while 14% said they spend '6 or more hours'.

Q42. Percentage answering that they spend at least '3 to 5 hours' online on a normal day.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	36	48	51
Girls	23	29	38

Q43. Percentage of pupils responding that, in their time online (excl. schoolwork/homework), they usually go online for the following:



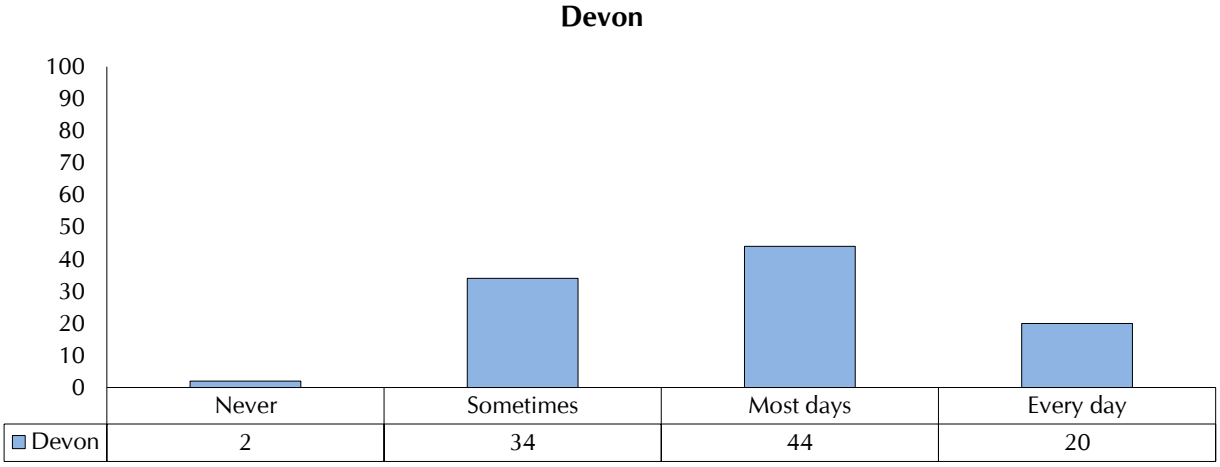
18% of pupils said that, in their time online (excl. schoolwork/homework), they usually go online for social media, while 72% said they usually go online for gaming/playing games.

Q43. Percentage of pupils responding that, in their time online (excl. schoolwork/homework), they usually go online for the following (top 5):

	Boys			Girls	
1	Gaming/playing games	81	1	Gaming/playing games	63
2	Watching videos (TikTok, online TV etc.)	54	2	Watching videos (TikTok, online TV etc.)	53
3	Video calling family and friends	35	3	Messaging family and friends	49
4	Messaging family and friends	31	4	Video calling family and friends	48
5	Social media	19	5	Shopping	23
6	Shopping	13	6	Social media	17
7	News/information	11	7	News/information	8
8	Chatting to other people you don't know in real life	8	8	Something else	7
9	Something else	6	9	Chatting to other people you don't know in real life	5

Leisure time

Q44. How often do you spend your free time outdoors?
For example, at parks, beaches, the moor, woods, in a garden, or on your street



2% of pupils said they 'never' spend their free time outdoors, while 34% said they 'sometimes' do.

Q44. Percentage answering that they 'never' spend their free time outdoors.

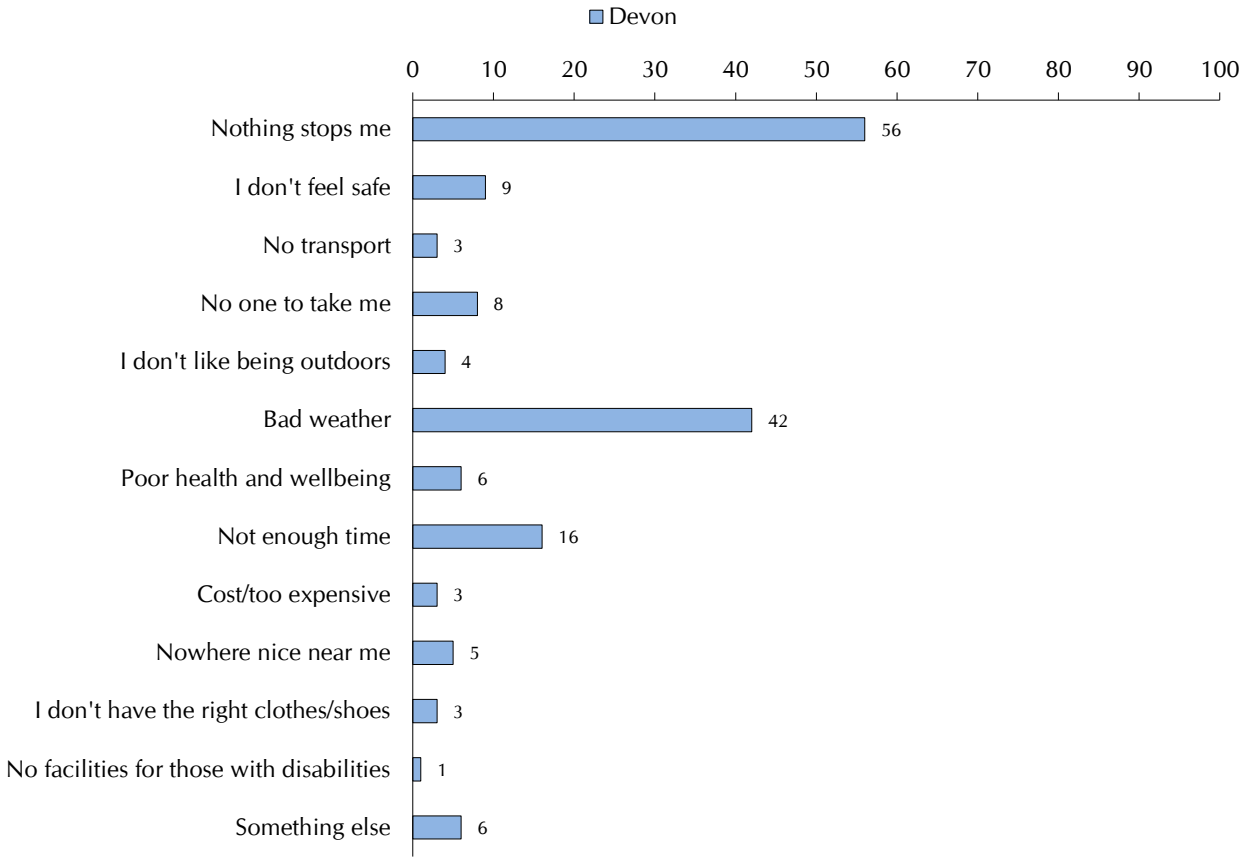
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	3	4	3
Girls	3	0	2

64% of pupils said they spend their free time outdoors on 'most days' or 'every day'.

Q44. Percentage answering that they spend their free time outdoors on 'most days' or 'every day'.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	65	59	64
Girls	62	63	67

Q45. Percentage of pupils responding that the following things stop them spending time outdoors:



56% of pupils said nothing stops them spending time outdoors, while 16% said they don't have enough time.

Q45. Percentage of pupils responding that the following things stop them spending time outdoors (top 5):

	Boys			Girls	
1	Nothing stops me	58	1	Nothing stops me	55
2	Bad weather	39	2	Bad weather	45
3	Not enough time	15	3	Not enough time	17
4	I don't feel safe	8	4	I don't feel safe	9
5	No one to take me	8	5	No one to take me	8
6	Poor health and wellbeing	6	6	Poor health and wellbeing	6
7	I don't like being outdoors	5	7	Something else	6
8	Something else	5	8	Nowhere nice near me	4
9	Nowhere nice near me	4	9	I don't like being outdoors	3
10	No transport	3	10	Cost/too expensive	3

School

School nurse

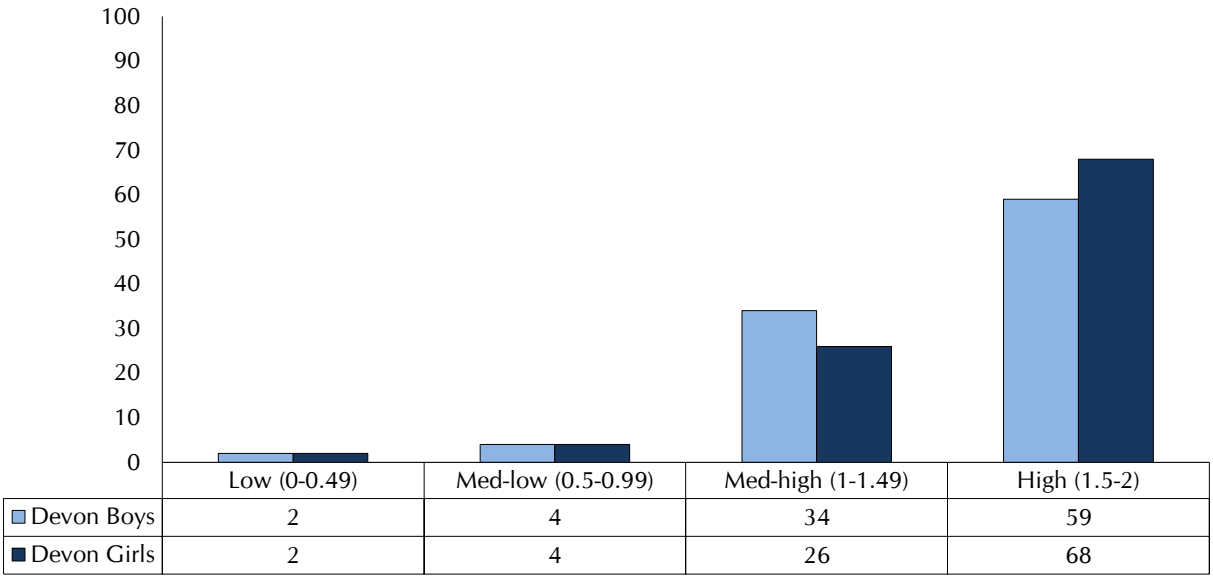
41% of pupils said they know how to get to see their school nurse if they wanted to.

Q46. Percentage answering that they know how to get to see their school nurse if they wanted to.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	33	39	50
Girls	35	43	48

Pupil perceptions

Q47. Composite pupil perception score:



	Low (0-0.49)	Med-low (0.5-0.99)	Med-high (1-1.49)	High (1.5-2)
Devon Boys	2	4	34	59
Devon Girls	2	4	26	68

N.B. This score is derived from the levels of agreement to each of the positive statements about their experience in school (Q47).

63% of pupils had a high pupil perception score.

Q47. Percentage who had a high pupil perception score.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	53	57	65
Girls	66	66	71

67% of pupils responded that their school encourages everyone to give their opinions.

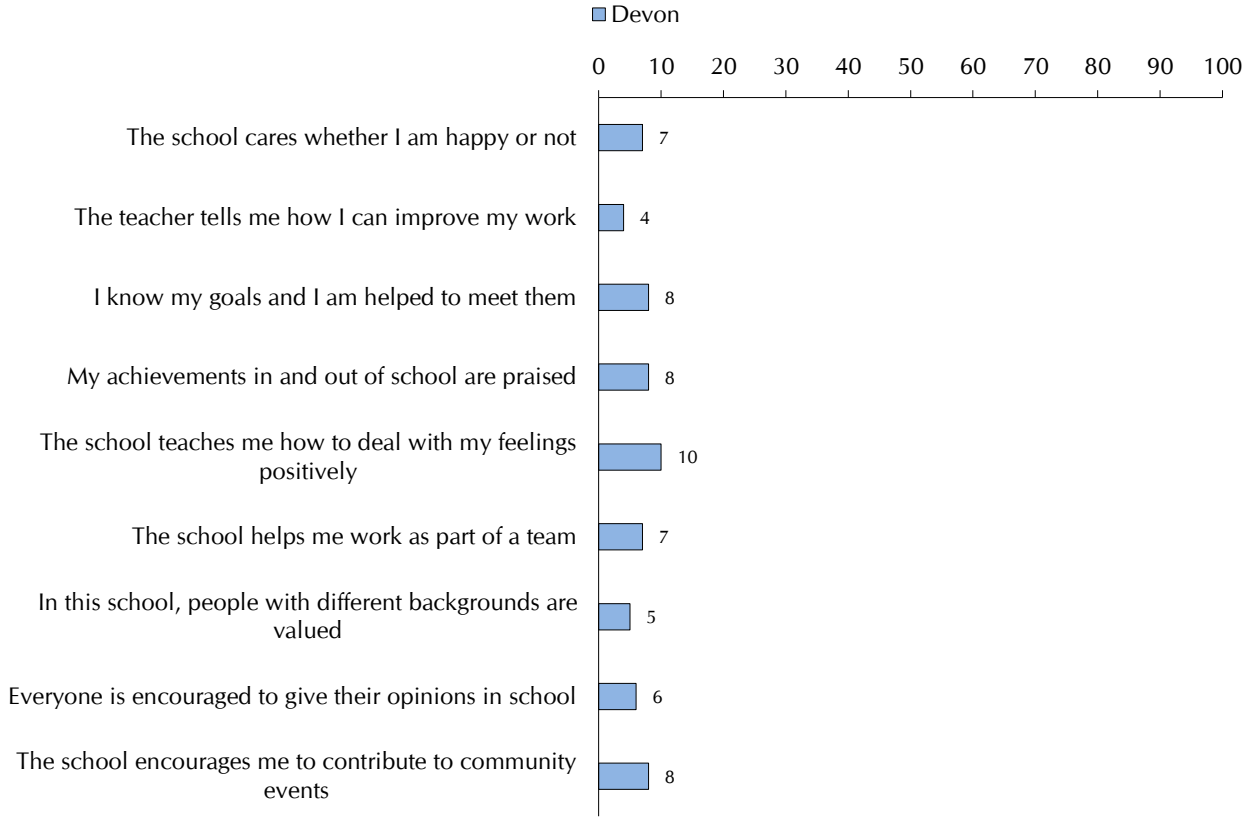
Q47. Percentage of pupils responding 'yes' to the following statements:

68% of pupils responded that their school helps them work as part of a team.

Q47. Percentage of pupils responding 'yes' to the following statements:

	Boys			Girls	
1	The teacher tells me how I can improve my work	83	1	The teacher tells me how I can improve my work	86
2	The school helps me work as part of a team	67	2	The school helps me work as part of a team	69
3	Everyone is encouraged to give their opinions in school	65	3	Everyone is encouraged to give their opinions in school	69
4	I know my goals and I am helped to meet them	63	4	In this school, people with different backgrounds are valued	64
5	The school teaches me how to deal with my feelings positively	59	5	The school cares whether I am happy or not	63
6	In this school, people with different backgrounds are valued	58	6	I know my goals and I am helped to meet them	62
7	The school cares whether I am happy or not	57	7	The school teaches me how to deal with my feelings positively	61
8	My achievements in and out of school are praised	55	8	My achievements in and out of school are praised	59
9	The school encourages me to contribute to community events	51	9	The school encourages me to contribute to community events	53

Q47. Percentage of pupils responding 'no' to the following statements:



10% of pupils responded that their school doesn't teach them how to deal with their feelings positively.

Q47. Percentage of pupils responding 'no' to the following statements:

	Boys			Girls	
1	The school teaches me how to deal with my feelings positively	11	1	The school teaches me how to deal with my feelings positively	8
2	The school encourages me to contribute to community events	9	2	I know my targets and I am helped to meet them	8
3	The school cares whether I am happy or not	9	3	My achievements in and out of school are praised	7
4	My achievements in and out of school are praised	9	4	The school encourages me to contribute to community events	6
5	I know my targets and I am helped to meet them	8	5	The school helps me work as part of a team	6
6	The school helps me work as part of a team	8	6	The school cares whether I am happy or not	5
7	Everyone is encouraged to give their opinions in school	7	7	Everyone is encouraged to give their opinions in school	5
8	In this school, people with different backgrounds are valued	7	8	In this school, people with different backgrounds are valued	4
9	The teacher tells me how I can improve my work	4	9	The teacher tells me how I can improve my work	3

View and opinions

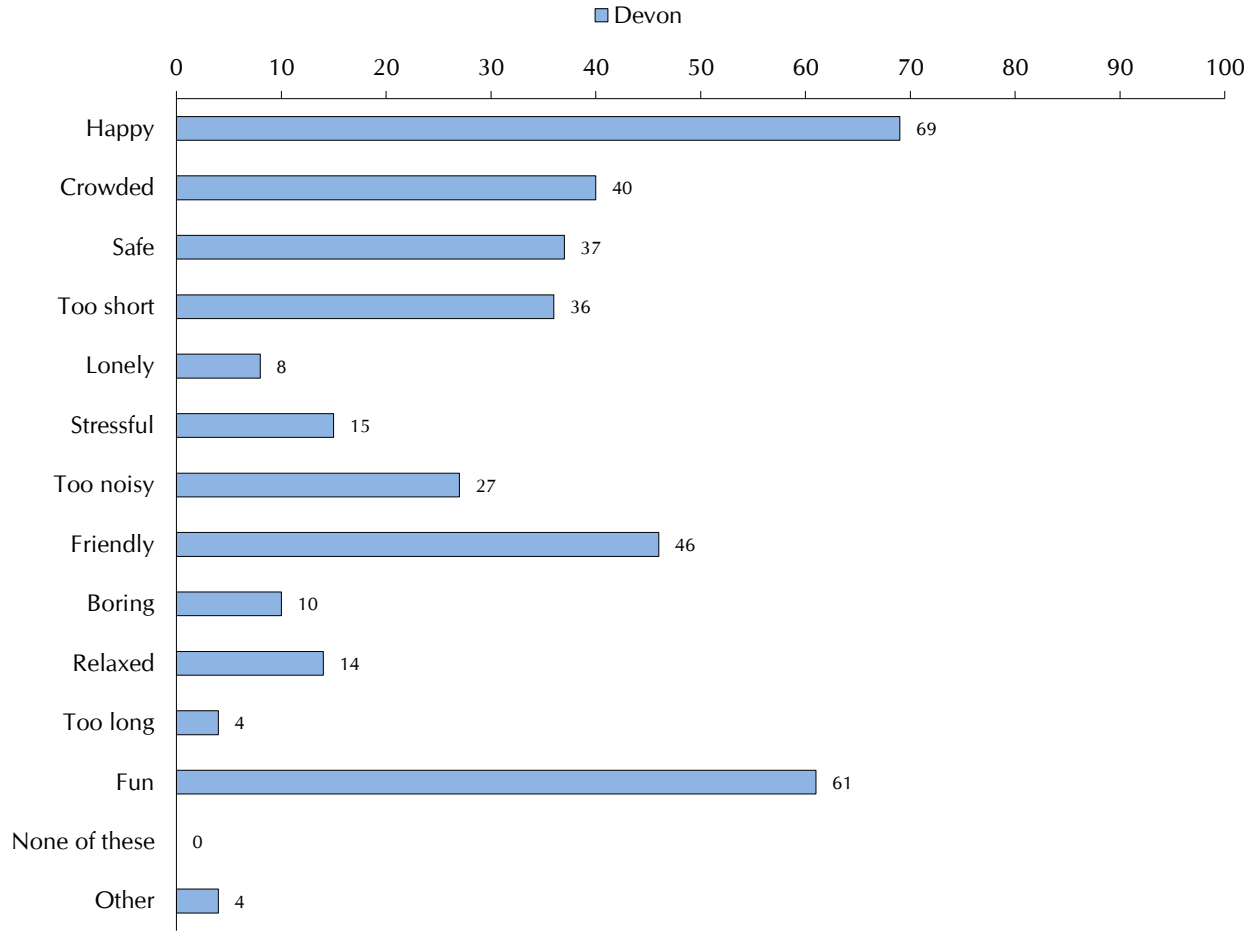
34% of pupils feel that their views and opinions are listened to in their school and make a difference to how their school is run, while 17% said they don't feel that way.

Q49. Percentage answering that they feel their views and opinions are listened to in their school and make a difference to how their school is run.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	31	31	33
Girls	34	32	41

Breaktimes

Q50. Percentage of pupils responding that they would describe playtimes and lunchtimes as the following:



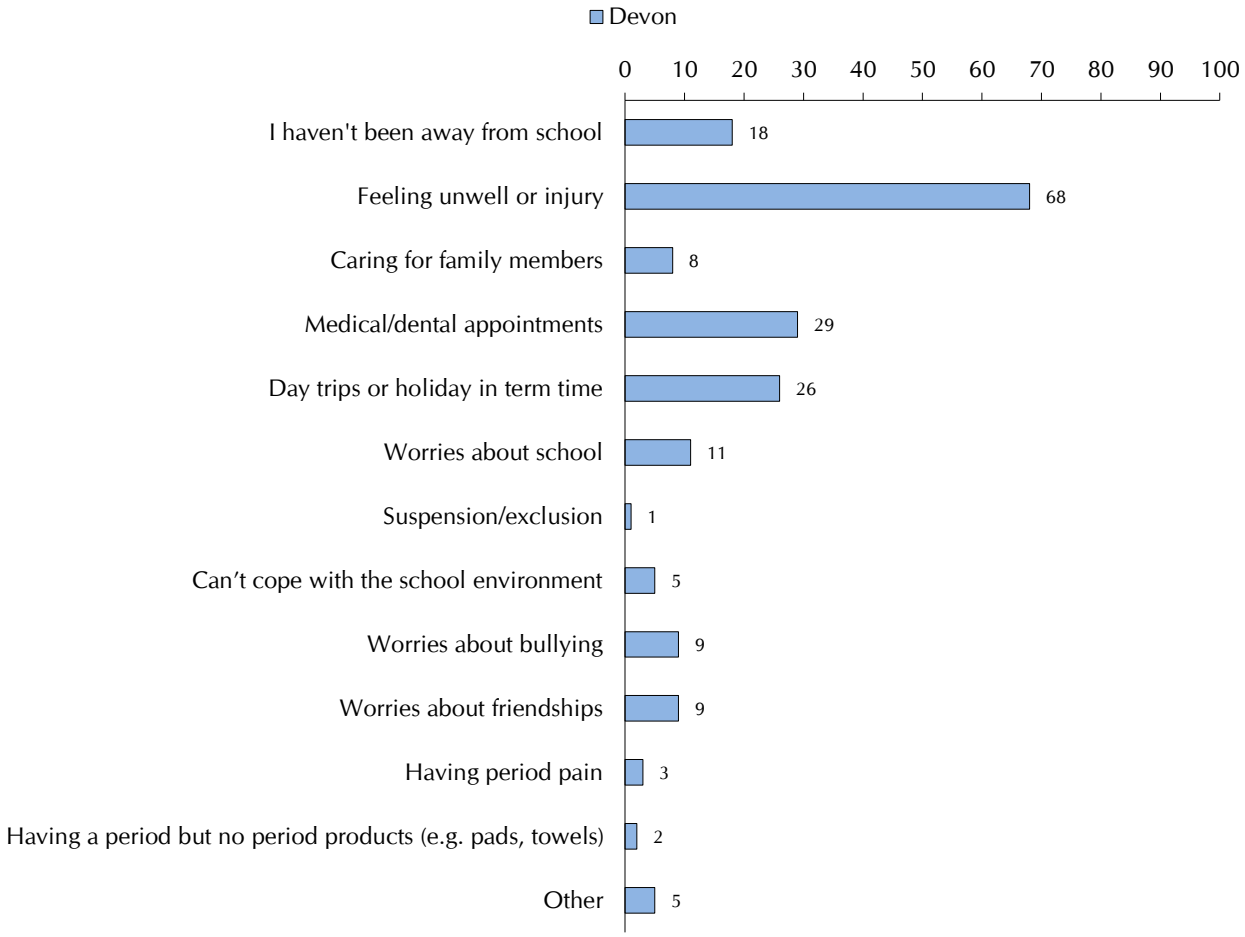
37% of pupils would describe playtimes and lunchtimes as safe and 46% would describe them as friendly.

Q50. Percentage of pupils responding that they would describe playtimes and lunchtimes as the following (top 5):

	Boys			Girls	
1	Happy	73	1	Happy	66
2	Fun	62	2	Fun	60
3	Friendly	44	3	Friendly	48
4	Too short	41	4	Crowded	42
5	Safe	38	5	Safe	37

Attendance

Q51. Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months:



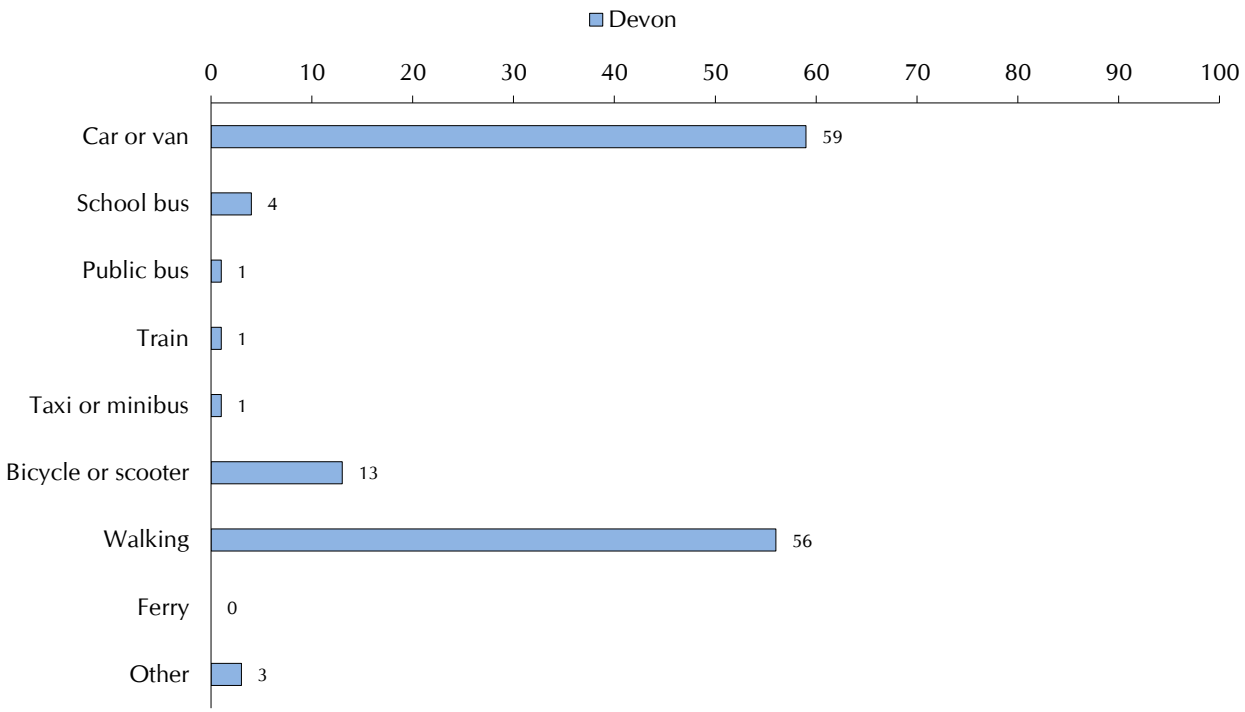
11% of pupils said worries about school have stopped them from going to school in the last 12 months.

Q51. Percentage of pupils responding that the following things have stopped them from going to school in the last 12 months (top 5):

	Boys			Girls	
1	Feeling unwell or injury	68	1	Feeling unwell or injury	68
2	Medical/dental appointments	27	2	Medical/dental appointments	31
3	Day trips or holiday in term time	26	3	Day trips or holiday in term time	26
4	Caring for family members	9	4	Worries about school	14
5	Worries about school	8	5	Worries about friendships	12

Travel to school

Q52. How do you usually travel to school?



59% of pupils said they usually travel to school by car or van.

Q52. Percentage answering that they usually travel to school by car or van.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	60	60	55
Girls	62	63	55

13% of pupils said they usually travel to school by bicycle or scooter.

Q52. Percentage answering that they usually travel to school by bicycle or scooter.

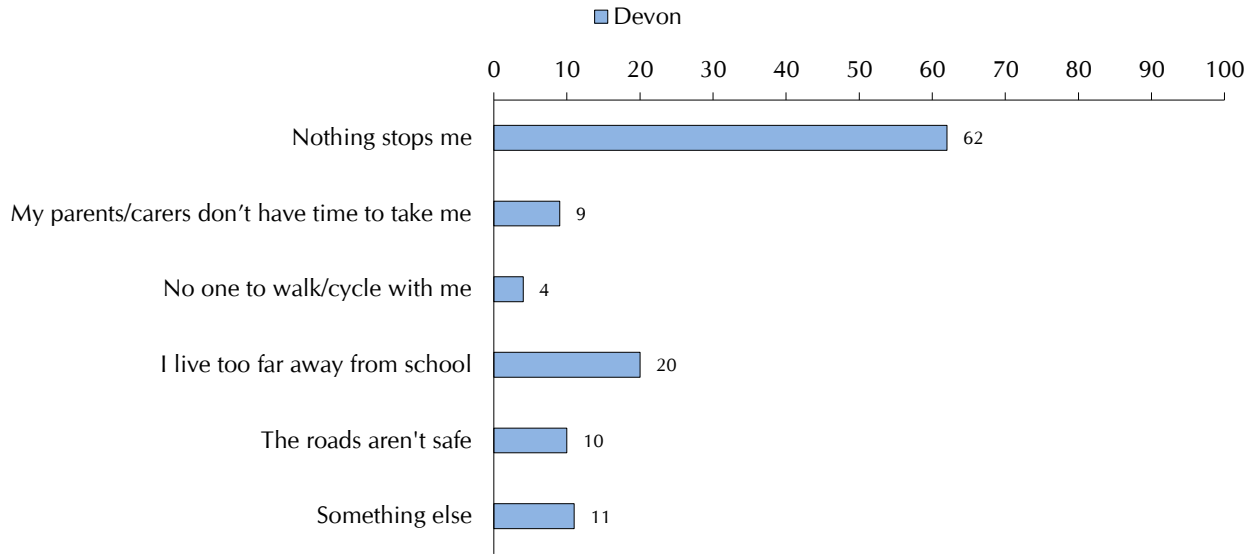
	Devon		
	Yr 4	Yr 5	Yr 6
Boys	14	13	16
Girls	13	10	8

56% of pupils said they usually walk to school.

Q52. Percentage answering that they usually walk to school.

	Devon		
	Yr 4	Yr 5	Yr 6
Boys	52	53	53
Girls	57	56	63

Q48. Percentage of pupils responding that the following things stop them from walking/cycling to or from school:



20% of pupils said they are stopped from walking/cycling to or from school because they live too far away and 10% said the roads aren't safe.

Q48. Percentage of pupils responding that the following things stop them from walking/cycling to or from school:

	Boys			Girls	
1	Nothing stops me	61	1	Nothing stops me	62
2	I live too far away from school	20	2	I live too far away from school	19
3	The roads aren't safe	11	3	Something else	12
4	My parents/carers don't have time to take me	10	4	The roads aren't safe	10
5	Something else	9	5	My parents/carers don't have time to take me	7
6	No one to walk/cycle with me	4	6	No one to walk/cycle with me	4

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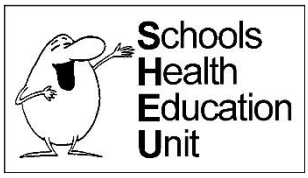

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