Schools Health Education Unit (SHEU) Survey – 25/26

BEDFORD BOROUGH COUNCIL

Public Health

Bedford Borough – Key Findings

The SHEU survey seeks to understand the health-related behaviours of children and young people

2,670 pupils took part

Nov 25 – Jan 26 survey period

34% of schools participated

Years 4-12 (even years only)

What Did Children And Young People Tell Us?

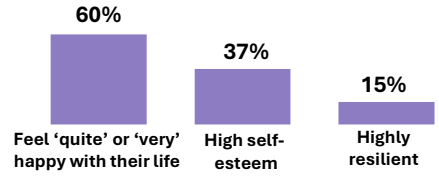
EMOTIONAL HEALTH AND WELLBEING

Primary

77% feel 'quite' or 'very' happy with their life

68% if at first don't succeed, 'usually' or 'always' keep on trying until they do

Secondary



HEALTHY EATING AND PHYSICAL ACTIVITY

Primary

80% like PE and game lessons

Secondary

25% had nothing to eat for breakfast that morning

58% get enough sleep to feel awake all day

STAYING SAFE

Primary

25% bullied in the past 12 months

69% go online on a device in their bedroom

Secondary

95% have been told how to stay safe when being online

SMOKING, DRINKING AND DRUG USE

Primary

21% worry 'quite a lot' or 'a lot' about someone they know using alcohol or drugs

Secondary

15% have at least tried vaping

6% have had an alcoholic drink in the last 7 days

GROWING UP AND RELATIONSHIPS

Primary

74% responded that their parents/carers have talked with them about how their body changes as they grow up

Secondary

Believe that these behaviours are always wrong in a relationship:	Male	Female
Forcing you to do what you don't want	81%	93%
Using hurtful and threatening language	78%	92%

The Behaviours And Experiences Of Children And Young People Can Vary From Group To Group. If You Would Like To Know More About These Differences And Inequalities, Please Contact: Public.Health@bedford.gov.uk

WHAT THIS MEANS FOR BEDFORD BOROUGH

AREAS OF FOCUS

Priority groups:
- Girls and Young Women
- LGBQT+ pupils
- Young Carers

Key Themes:
- Healthy relationships
- Resilience and Wellbeing
- Equity

Analysis of the survey data identified these priority groups and key themes as areas requiring focused attention from Public Health and partners.

NEXT STEPS

Explore what limited engagement from schools that did not participate

Engage young people in the next stage of the project, creating plans that capture what action will be taken in response to the survey

Facilitate and enable actions to take place (e.g., seeking tailored support from the Personal, Social, Health and Economic Association on key topics/themes)

KEY MESSAGES TO SCHOOLS

Let pupils know what you have found out and engage them in what happens next

Work with external partners in the planning, delivery and evaluation of provision

Please let us know what you are doing in response to what your pupils have told you

For More Information, Watch: Primary Schools SHEU Survey Key Findings | Secondary Schools SHEU Survey Key Findings