

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

Central Bedfordshire – Key Findings

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



6,788 pupils took part



Nov 25 – Jan 26 survey period



56% of schools participated



Years 4-12 (even years only)

What Did Children And Young People Tell Us?



EMOTIONAL HEALTH AND WELLBEING

Primary



70%

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



66%

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

Secondary

61%

Feel 'quite' or 'very' happy with their life

35%

High self-esteem

12%

Highly resilient



HEALTHY EATING AND PHYSICAL ACTIVITY

Primary



74% like PE and game lessons



Secondary

20%

had nothing to eat for breakfast that morning



44%

get enough sleep to feel awake all day



STAYING SAFE

Primary

29%

bullied in the past 12 months



70%

go online on a device in their bedroom

Secondary



94%

have been told how to stay safe when being online



SMOKING, DRINKING AND DRUG USE

Primary

80%

have parents/carers who do not smoke

24%

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

Secondary



9%

have been offered illegal drugs or new psychoactive substances



GROWING UP AND RELATIONSHIPS

Primary



71%

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	77%	92%
Using hurtful and threatening language	76%	92%



TRENDS (2023 vs 2025)

Primary



Pupils are **more likely** to have visited the dentist in the last 6 months compared with 2023



Pupils are **less likely** to say they get enough sleep to concentrate at school compared with previous years

Secondary



Pupils are more likely to have high self-esteem than in 2023



Pupils are **less likely** to know where to get condoms free of charge

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: pshe.network@centralbedfordshire.gov.uk



WHAT THIS MEANS FOR CENTRAL BEDFORDSHIRE

AREAS OF FOCUS

Priority groups:

- Girls and Young Women
- LGBTQ+ 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 actions 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](#)