

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

Milton Keynes – Key Findings

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



1,928 pupils took part



Nov 25 – Jan 26 survey period



25% of schools participated



Years 4-12 (even years only)

WHAT DID CHILDREN AND YOUNG PEOPLE TELL US?

Due to the small number of secondary schools taking part in this survey, we can only provide a summary of the responses received from primary school pupils



EMOTIONAL HEALTH AND WELLBEING



76%

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



70%

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

58%

talk to someone in their family if they have a problem or feel stressed



HEALTHY EATING AND PHYSICAL ACTIVITY



80% like PE and game lessons



7%

had nothing to eat for breakfast that morning



60%

get enough sleep to feel awake all day



STAYING SAFE

25%

bullied in the past 12 months



72%

go online on a device in their bedroom



91%

have been told how to stay safe when being online



SMOKING, DRINKING AND DRUG USE



26%

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



5% (year 6 only)

have at least tried vaping



GROWING UP AND RELATIONSHIPS



77%

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



71%

feel happy talking to other pupils at school

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 XXX**



WHAT THIS MEANS FOR MILTON KEYNES

AREAS OF FOCUS

Priority groups:

- Girls and Young Women
- Long-Term illness and Special Educational Needs and Disabilities (SEND)
- Armed Forces Families

Key Themes:

- Resilience and wellbeing
- Staying Safe
- Online
- 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, PLEASE VISIT **XXXXXX** OR **CONTACT XXX**