



# **The impact of the Covid pandemic on the mental wellbeing of 9-11 year olds in Sutton**

September 2023



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# Key findings and recommendations

## Key findings

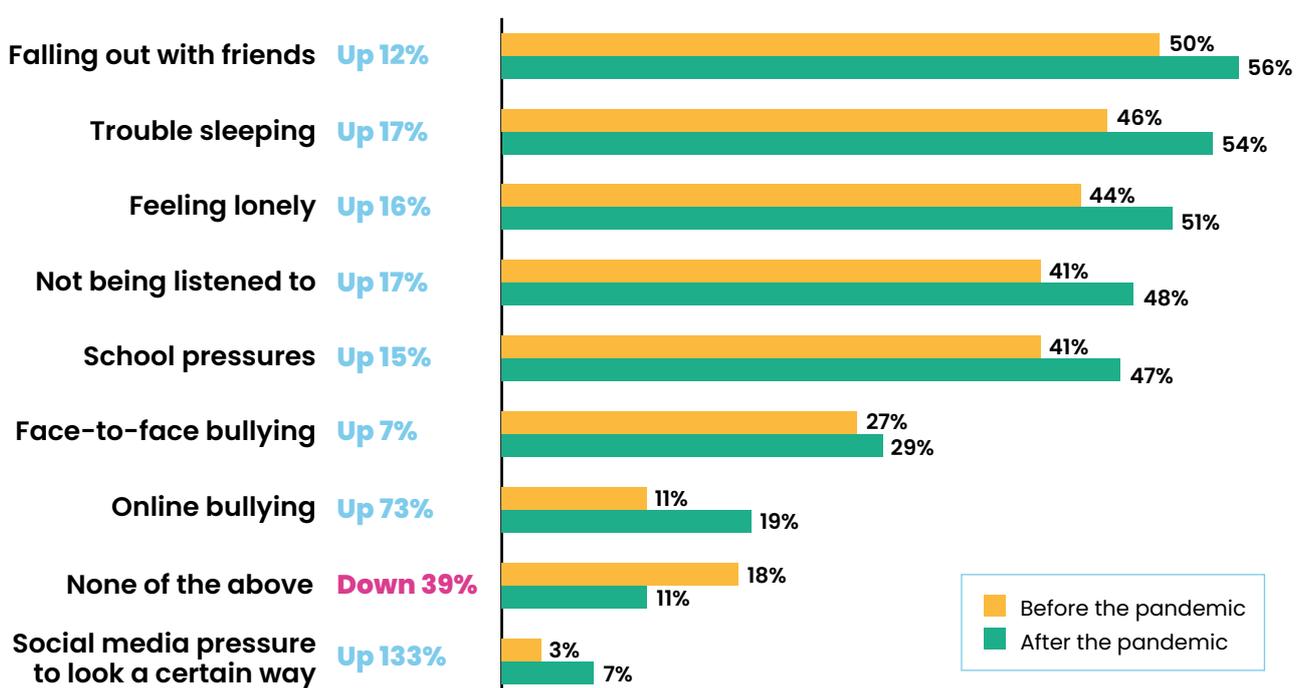
We surveyed over 900 local children before the pandemic, and over 1,000 after it. Compared with results from before the pandemic, the children who completed this survey are:

### Less happy

There has been a clear decline in the overall happiness of respondents since the pandemic. The decline is more pronounced in boys than girls. This decline is especially noticeable in the reduction (close to 50%) in respondent stating that they are 'very happy' between 2020 and 2023. **More details: page 14**

### Experiencing more negative issues, especially girls

There has been increase in the percentage of respondents experiencing all eight negative issues that were listed. There is also a large decline in the number of respondents stating they experience 'none' of the eight issues listed. More than half have experienced 'falling out with friends', 'trouble sleeping' and 'feeling lonely' all of which affected less than half of respondents in 2020.



Girls experienced almost all negative issues more than boys. 63% of girls had experienced falling out with friends, and 59% feeling lonely – for boys the equivalent results were 41% and 40%.

## Less happy about family

Relationships with family have been negatively impacted by the pandemic. Fewer respondents stated that they would 'speak to a family member' if they were feeling worried, sad or unhappy (49% to 43%). Similarly, the percentage of respondents who would go to parents for help if they had a problem fell considerably (63% to 54%). Also, the percentage of respondents who stated that they were 'very happy' in relation to feeling listened to by adults at home fell (63% to 48%).

**"If you had a problem, who would you go to for help?"**

**Numbers answering "parents", pre- and post-pandemic.**

**63% ▶ 54%**

## Continuing to use social media inappropriate for their age

Three quarters of respondents use social media. Most of the most widely used platforms have a minimum age of 13, and some platforms used by respondents contain material which is completely unsuitable for children.

## Less supervised and supported online

The analysis shows a reduction in vigilance and support concerning online monitoring and safety for these children outside school. Someone outside school talking to respondents about online safety has decreased (88% to 84%) and the number of respondents reporting that 'an adult checks what I am doing' online has decreased (42% to 38%).

**Numbers stating that "I am free to look at anything online", pre- and post-pandemic.**

**23% ▶ 27%**

## Less unhappy about secondary school and SATs

There has been a marked reduction in respondents who were either 'very unhappy' or 'unhappy' about going to secondary school (22% to 16%). Similarly, in relation to feelings about 'tests like SATs and admission tests', the responses 'very unhappy' or 'unhappy' have fallen (from 27% to 22%).

# Recommendations

The key findings have exposed a series of serious issues which could merit action from a wide range of different organisations or stakeholders. We plan to share the findings with key groups and organisations and facilitate the development of recommendations with their support.



# Context and background

# National context

A range of national data has shown that the changes made to minimise mortality during the Covid-19 pandemic have made a significant impact on the mental wellbeing of all age groups in the UK. Covid-19 restrictions were put in place on 23 March 2020 and the last restrictions were removed on 24 February 2022.

By 20 March 2020 all schools were closed to students except the children of key workers. A phased reopening of schools was attempted in June 2020 – however, most schools did not fully reopen until September 2020. Further restrictions and closures took place between December 2020 and March 2021.

These changes had a significant impact on young people's social interactions and this was in addition to the major impact on all other aspects of their lives. The wellbeing of children in the UK was affected by a wide range of factors, including missing friends and family, missing celebratory events, experiencing less physical contact, prolonged proximity to close family, and experiencing effects on parental employment and mental health.

## **National decline in children's mental wellbeing**

The [NHS Digital Survey](#) looking at the mental wellbeing of young people has been carried out regularly over the last 5 years. This showed that in 2022, 18 per cent of 2,866 pupils aged seven to 16 reported having a probable mental health disorder, equating to around one in every 5.5 children. This compares with 12 per cent in 2017 (one in nine) and 16.7 per cent in 2020 (one in six) suggesting there has been a significant rise since the start of the pandemic.

# About Healthwatch Sutton

Healthwatch organisations are statutory (legally required) bodies that have been set up to ensure that the voices of local people are heard in the design and delivery of health and social care. The council for every local authority area must procure a local Healthwatch service.

Healthwatch Sutton is the local Healthwatch organisation for the London Borough of Sutton. We are a charity and a company limited by guarantee. Our principal activities are projects that investigate specific areas of health and social care and we use our statutory power to influence improvements for residents, and people who work or are educated in the borough.

We also provide an information and advice service, and support access to NHS complaints advocacy through the Together for Sutton partnership ([www.togetherforsutton.org.uk](http://www.togetherforsutton.org.uk)).

# Project background and delivery

## Project background

This project is part of a large programme of projects, agreed by the Healthwatch Sutton board in 2017, that focus on the mental wellbeing of children and young people in the London Borough of Sutton. This work is being delivered in three phases.

The first phase project looked at mental wellbeing in secondary schools using a paper survey. This was completed in 2018 after collecting over 5000 responses. The report showing the analysis of this data was used as part of a bid that led to an additional £1.3m invested in mental health support across Sutton and two neighbouring London boroughs through the Trailblazer programme.

This work with primary schools is the second phase of this work and the final phase will investigate the mental wellbeing of young people with a learning disability. This project is planned for 2023/24.

## Delivering the pre-pandemic project

This project initially started in 2019/20. A stakeholder group was formed to develop a set of questions that could be used with primary school students. The group developed a methodology that would be the most practical for collecting a substantial volume of responses.

It was agreed that there would be a limited number of questions that were simpler to understand than the secondary school survey. A smiley face scale would be used for some questions. Questions would look at assessing overall mental wellbeing, exercise, prevalence of potential causes of poor/good mental wellbeing, the effect of exams and changing schools, and internet usage. The stakeholder group, that included teachers, agreed that only years 5 and 6 would take part (years 3 and 4 would need a lot more support) and that responses would be collected through an online survey using the schools' tablet computers.

To incentivise involvement, all participating schools were offered a report analysing the

data for their individual school. These would not be published by Healthwatch Sutton and could be used by school internally to identify specific areas where they may wish to take action.

Healthwatch Sutton presented the proposal and asked for support to collect responses at a meeting of primary school headteachers in late 2019. Ten schools agreed to take part and responses were collected from December 2019 until schools were effectively closed due to the Covid-19 pandemic on 20 March 2023.

Healthwatch Sutton intended to restart the project once schools reopened. However, following a long period of uncertainty when schools were still struggling to return to pre-Covid-19 activity, it was decided to take the existing 909 responses and produce a report. This was published in March 2021.

### **The key findings of the pre-pandemic survey were:**

- A majority reported feeling either happy or very happy over the previous four weeks. Boys felt slightly happier than girls, and no difference existed between year 5 and year 6 pupils.
- Most commented that friends made them happy (56%), whereas students worried most about school and homework (37%).
- Girls and year 5 students were the least happy about taking school tests.
- Boys were more relaxed than girls about attending secondary school.
- A majority attended at least one club (83%), either in or outside school. Club membership was not associated with a higher mood.
- Boys reported exercising for significantly longer than girls. There was a very weak correlation between the amount of daily exercise and mood of the previous four weeks.
- Most pupils had access to an internet-enabled device (96%), and a majority had some form of supervision when online (77%).
- Roughly two-fifths had at least one social media account (78%), and more had been spoken to about online safety (88%). Almost all said they knew how to stay safe online (99%).
- Students said they felt significantly more listened to by adults at home than at school.

The stakeholder group was reconvened following the publication of the report to discuss how actions could be developed from the key findings. The group felt strongly that the pandemic had impacted considerably on the mental wellbeing of year 5 and 6 pupils. They proposed that one recommendation was put forward. This was to carry out the survey again after the pandemic had subsided to measure its impact on the mental wellbeing of the children.

The recommendation to repeat the survey was taken to the primary school heads meeting for discussion. All the primary schools in the borough were approached to take part. The Healthwatch Sutton board agreed that the survey should run for approximately the same time period, from December to March, in order to remove any potential seasonal bias. Ten schools took part in the second, post-pandemic survey, collecting 1035 responses (a similar number to the pre-pandemic survey).



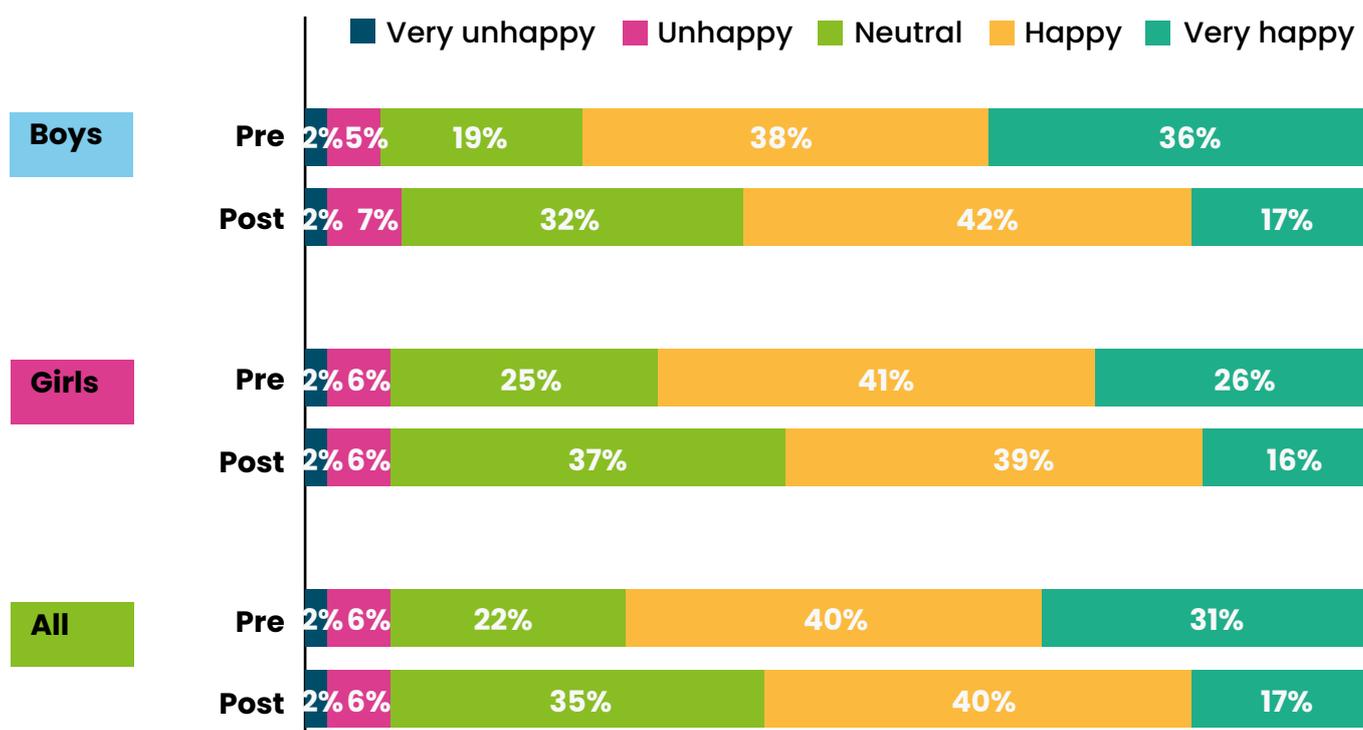
# Results of the post-pandemic survey

# Happiness and unhappiness overall

909 children responded to the pre-pandemic survey and 1,035 to the post-pandemic one.

## How have you felt in the last four weeks?

The percentage of respondents selecting the 'very happy' face on the smile-scale has declined by 45% since before the pandemic (from 31% to 17%). Considerably more boys selected the 'very happy' face before the pandemic and the numbers for each gender are now very similar. The same percentage selected the 'happy' face as they did before the pandemic. The percentage that selected the 'neutral' face increased by 59% (22% to 35%). The percentage selecting the 'unhappy' and 'very unhappy' faces remained unchanged.



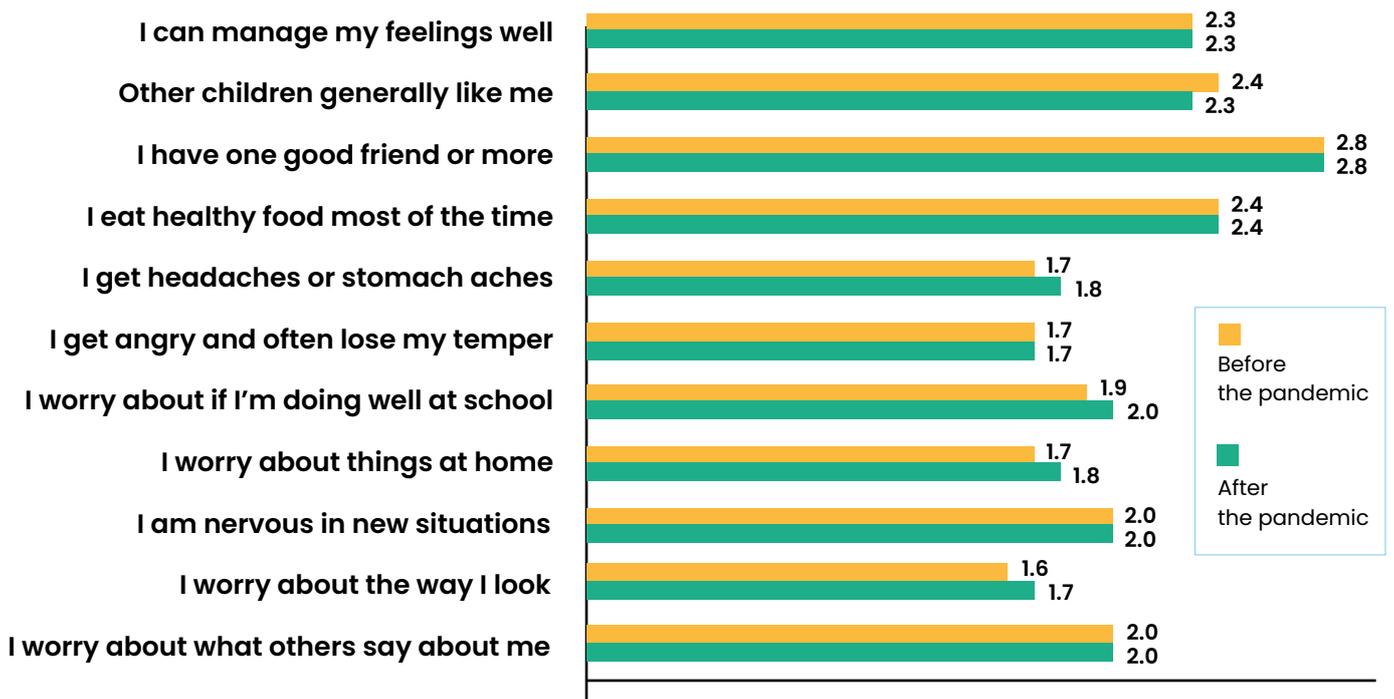
The chart on the next page shows the average scores when the smile-scale is converted to a score between 1 and 5 (1 = 'very unhappy' and 5 = 'very happy'). This shows a reduction of 8% in the overall average 'happiness' score between 2020 and 2023 – 10% for boys and 5% for girls.



### Good and bad experiences

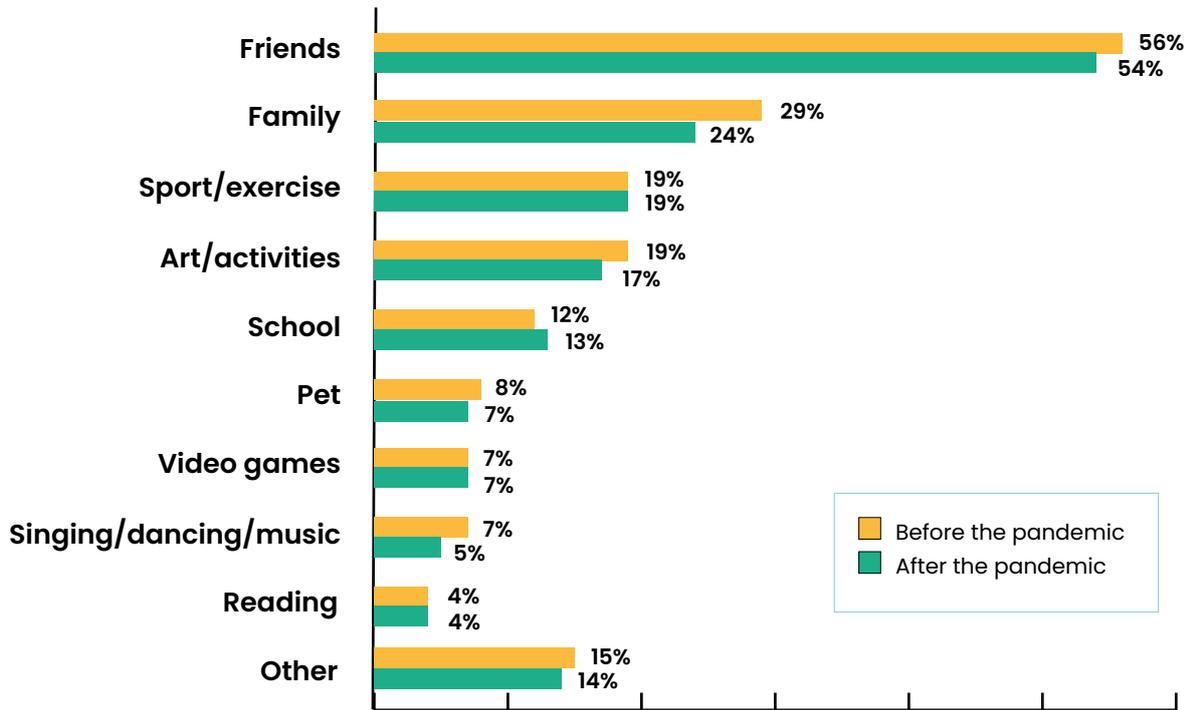
Respondents indicated to what extent they had experienced the statements below by responding using the scale 'not really', 'sometimes' or 'often'. These have been converted into a scale from 1 to 3 to enable comparison ('not really' = 1, 'sometimes' = 2 and 'often' = 3).

Experience of the areas shown below, which could potentially have a positive or negative impact on mental health, demonstrates virtually no change between 2020 and 2023. At most a change of 0.1 on the scale is shown.



## What makes you happy?

Themed analysis shows very minor changes in themes identified that make the respondents happy. A reduction from 29 to 24 percent of respondents identifying family as a source of happiness is the largest change between 2020 and 2023.

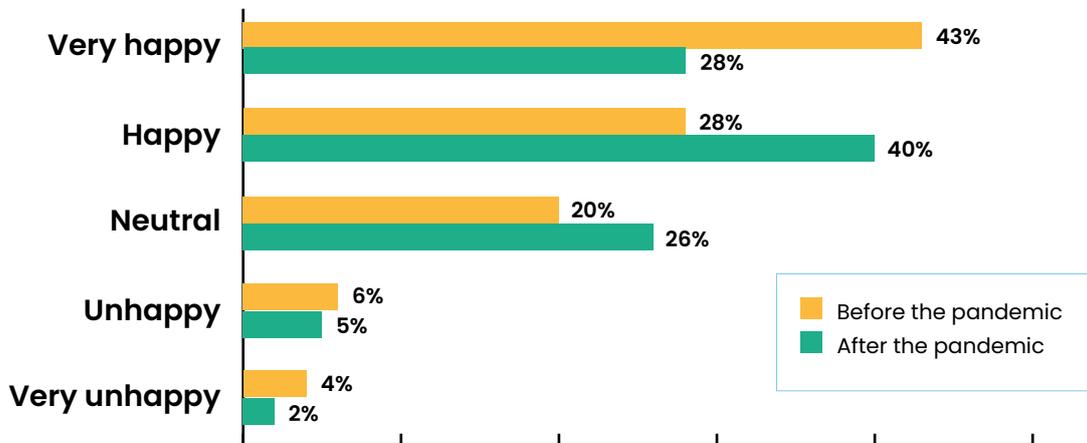


## Examples of things that made respondents happy

- Fun lessons
- Ice cream
- Maths
- Bffs
- School break/lunch
- I'm going to my home country soon
- Being alone on my mum's or dad's phone
- My kitten
- Snow
- Dancing and singing
- School trips
- Fidgets
- My friends and PSHE to make me feel strong and happy and believe in myself and my friends made me feel happy and joyful
- Art and reading
- Dragon Ball Legends and Roblox
- Making Lego models, especially planes
- When the lessons aren't too hard
- Winning something or making someone proud
- My cat and music
- Watching Harry Potter
- Jesus

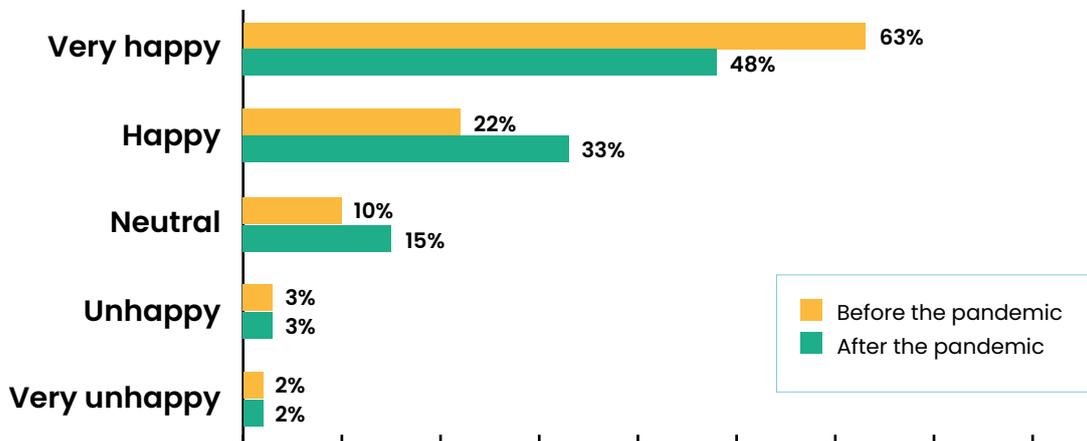
## When you talk to adults at school do you feel listened to?

There was a reduction in respondents selecting the 'very happy' face on the smile-scale indicating whether they feel listened to by adults at school, with an increase in those indicating the 'happy' or 'neutral' face between 2020 and 2023.



## When you talk to adults at home do you feel listened to?

In a similar way to the previous question, there was a reduction in respondents selecting the 'very happy' face on the smile-scale indicating whether they feel listened to by adults at school. An increase in those indicating the 'happy' or 'neutral' face was seen when comparing 2020 to 2023.



## What factors make a difference to mental wellbeing?

We carried out statistical analyses to determine whether certain student behaviours impact happiness levels. To simplify the analysis, we condensed happiness responses into two categories: very happy or happy versus neutral, unhappy, or very unhappy.

We examined the association between happiness category and the following behaviours:

- Amount of daily exercise (none, 15–30 minutes, 30–60 minutes, > 1 hour)
- Membership in any clubs
- Number of social media applications students use
- ‘Playing video games’ in response to the question “What do you do if you feel worried, sad or unhappy?”
- ‘Talking to a family member or friend’ in response to the question “What do you do if you feel worried, sad or unhappy?”
- ‘Listening to music’ in response to the question “What do you do if you feel worried, sad or unhappy?”
- ‘Speaking to an adult at school’ in response to the question “What do you do if you feel worried, sad or unhappy?”
- ‘Listening to music’ in response to the question “What do you do if you feel worried, sad or unhappy?”
- ‘Doing nothing’ in response to the question “What do you do if you feel worried, sad or unhappy?”

### Key factors

We used statistical tools to account for the impact of the student’s school, sex, class year as well as the other behaviours that might impact happiness. This allows us to observe whether a particular behaviour is associated with happiness levels, even if students have other characteristics or behaviours that might also affect this

**Talking to a family member or friend when upset** is the strongest predictor of being happy or very happy. On average, students who do this are 50% more likely to say they have been happy or very happy in the past four weeks.

Conversely, **doing nothing when upset** increases a student’s chance of not being very happy or happy by 40%.

**Listening to music when upset** may decrease a student’s likelihood of being happy or very unhappy by 25%. This result should be interpreted with caution as it falls right on the cutoff for statistical significance.

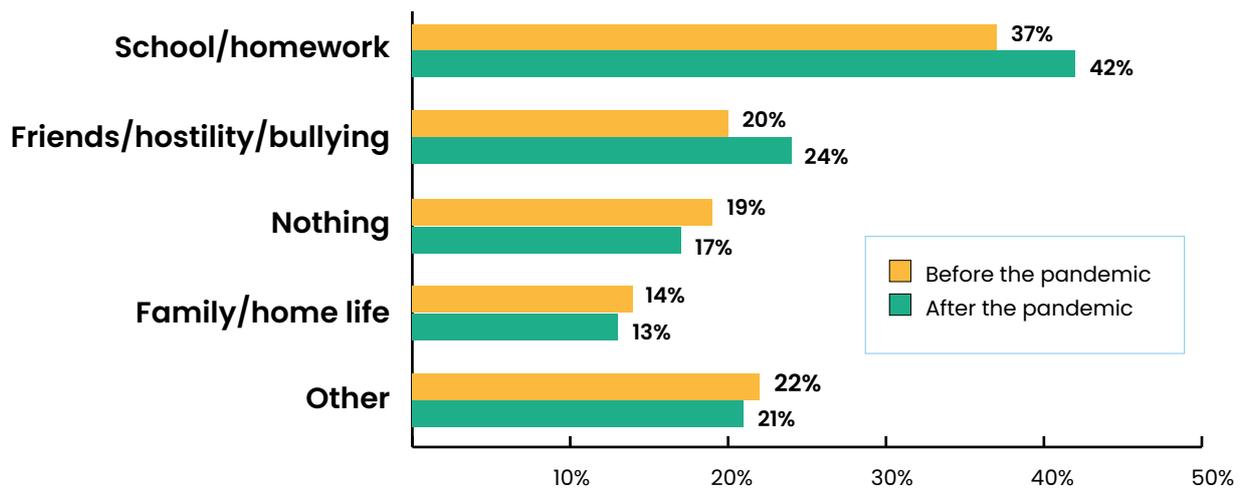
All other behaviours were not associated with happiness levels in our statistical model.

**See Appendix B for statistical analysis calculations.**

# Problems and worries

## What do you worry about?

There are small variations between 2020 and 2023 in the percentage of respondents who identified the themes below as a source of worry. An increase from 37 to 42 percent of respondents who identified 'school/homework' as a source of worry is the largest percentage change (from 37% to 42%), followed by an increase in 'friends/hostility/bullying' from 20% to 24%.



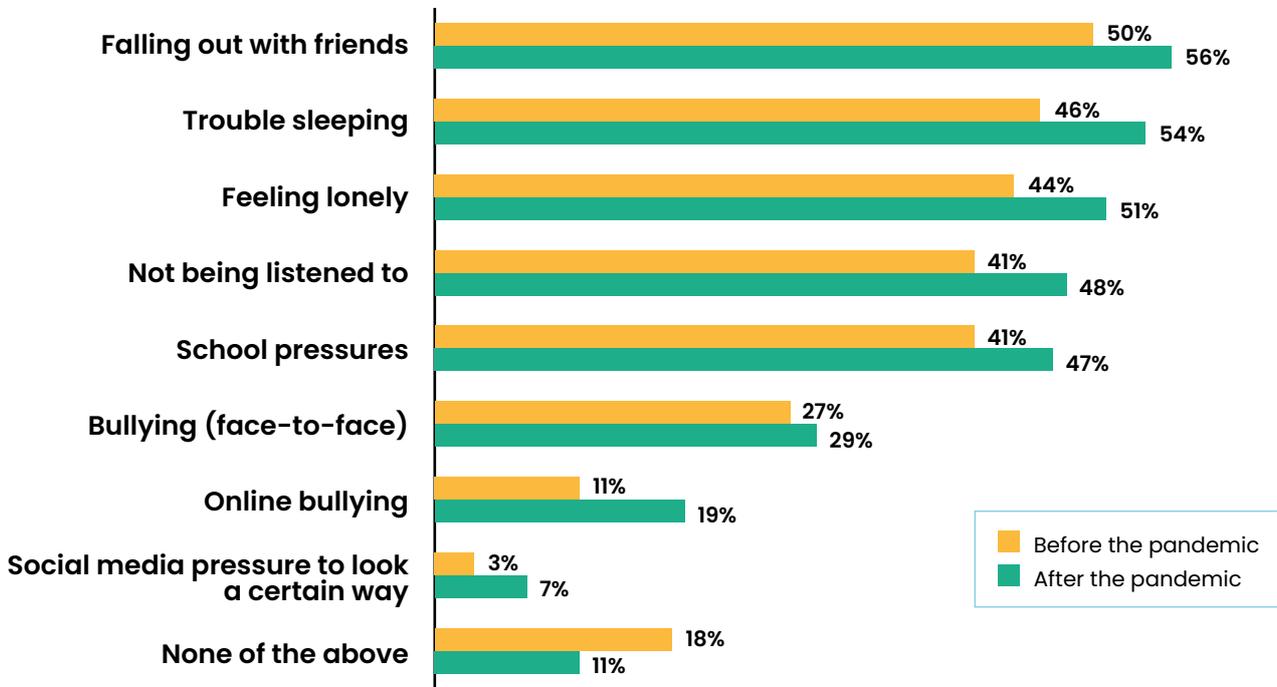
## Examples of what made respondents worried

- SATS
- I worry about when we have different groups
- Nothing really
- Dying, fires
- Things when I have to talk in front of lots of people
- Losing friends
- Getting a low score on assessment tests
- Being left out
- I worry about swimming but it finally done
- Spelling's
- People bullying me
- The Christmas play because I'm worried i'll say the wrong words when singing
- My dad
- Parents divorce, family or friends being hurt
- My future
- I have lots of arguments with parents
- I worry about getting my name on the warning list
- My dog running away
- War and dying
- I sometimes worry about the pressure of the school's education and if I'm doing well or if I get in trouble
- Having nightmares and getting lost or not knowing were my mum or dad is
- Climate change
- I don't speak English at school
- Having a bad football match or training session (only sometimes)
- The future, being alone, being embarrassed, thinking people are judging me
- If mum or dad forget arrangements - e.g. after school club
- Breaking my glasses again
- Being alone and not playing with anyone
- My classmates making fun of my weight

## Negative experiences

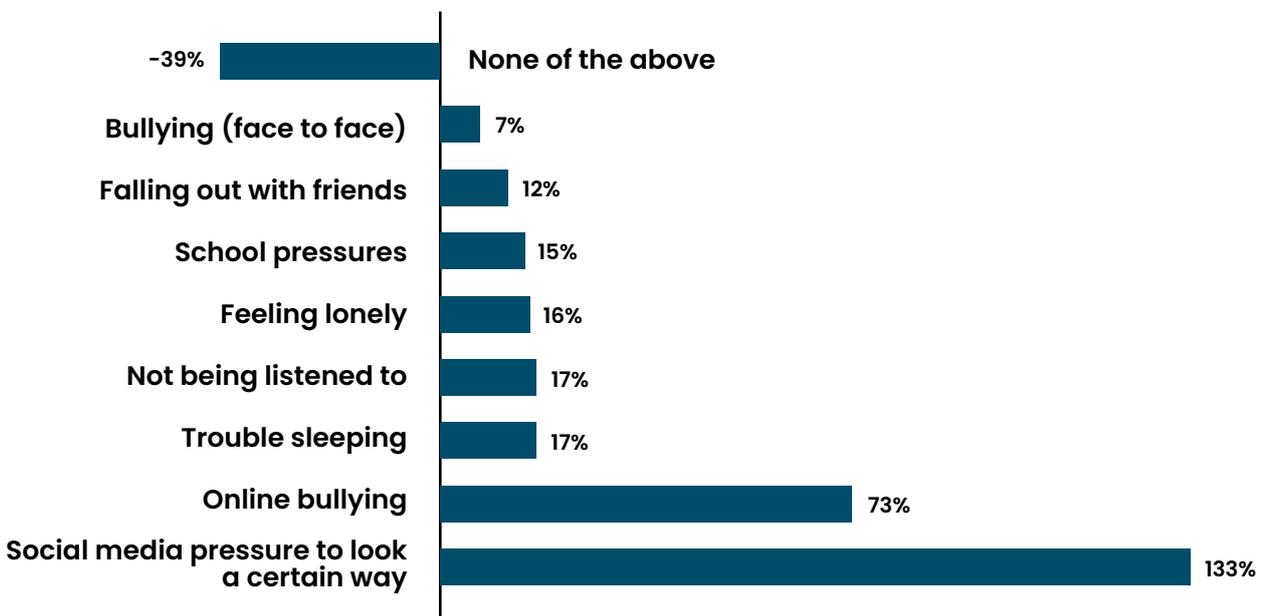
All the experiences listed that are likely to have a negative impact on mental wellbeing have seen an increase between 2020 and 2023. Only the percentage of people stating that they have experienced 'none' of the listed negative experiences has decreased. All these issues are a likely indicator of a negative impact on mental wellbeing.

### Have you experienced any of the following?



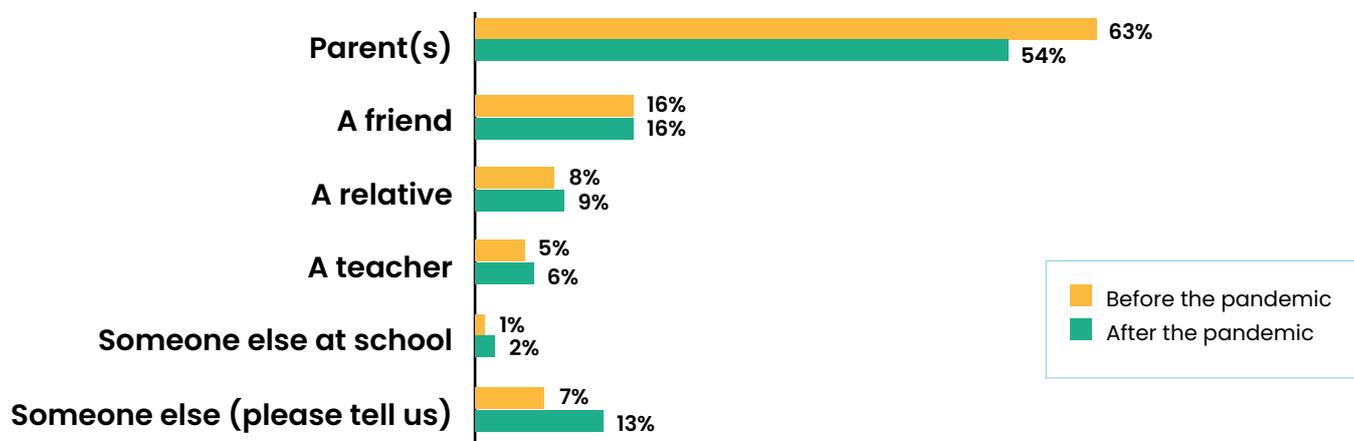
The percentage of respondents experiencing online bullying is small but has increased the most from 3% to 7% (133% increase) between 2020 and 2023. The percentage of respondents experiencing online bullying has also increased from 11% to 19% (73% increase). The change in the percentage of respondents experiencing the other potentially negative experiences has increased between 7% and 17% between 2020 and 2023. The percentage of those not experiencing any of the potentially negative experiences has decreased by 39%.

### Percentage change 2020 to 2023



## If you had a problem, who would you go to for help?

Percentages have remained approximately the same for most response options between 2020 and 2023. However, there has been a decrease in respondents stating 'your parents' from 63% to 54% from 2020 to 2023.



There was an increase in respondents selecting 'someone else' from 7% to 13%. For 2023, of the 132 respondents that selected 'someone else', 30% stated 'no-one' or similar and 14% stated 'all of the above' or similar.

### Other people respondents would approach for help with problems

All of the above

Anyone I trust

Nobody I'll keep it to me and sort it out on my own or not

No one, I don't know how to express my feelings. Dog

Bff only

Childline

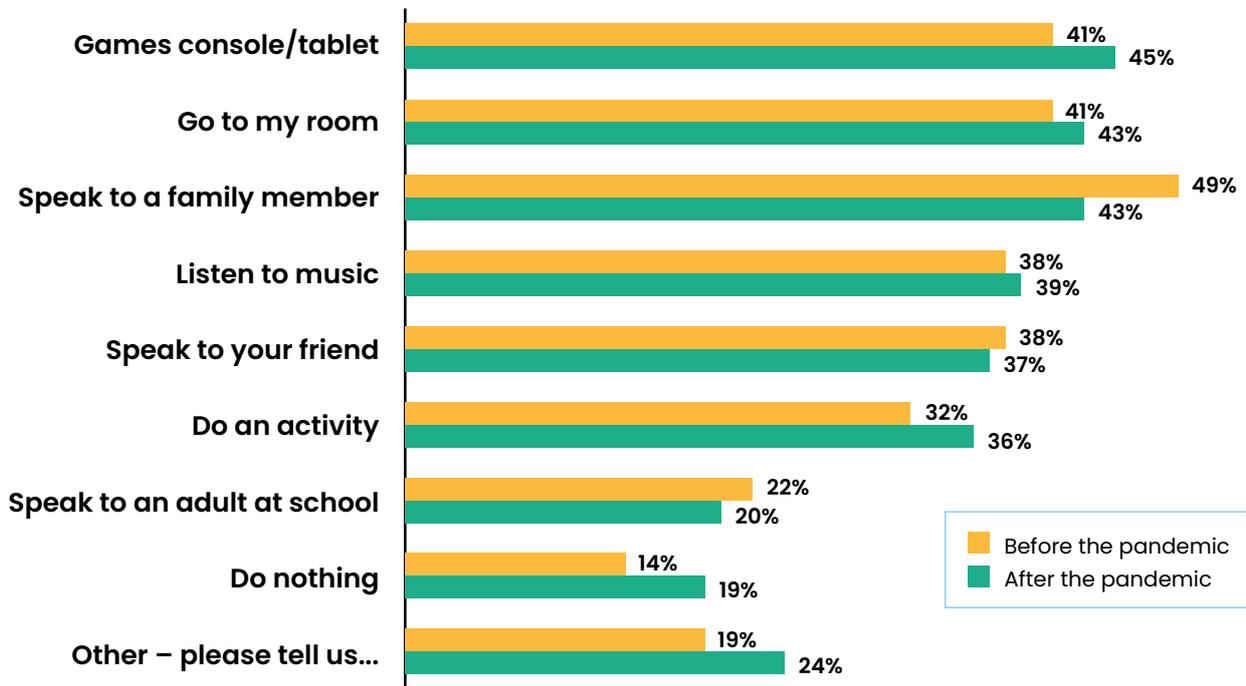
Nan

Counsellor, but if not, I'd go to a friend

God

## What do you do if you feel worried, sad or unhappy?

The most pronounced change is the reduction in the percentage of respondents who stated that they spoke to a family member (49% to 43%) if they were worried, sad or unhappy. More respondents stated that they did nothing in 2023 compared with 2020 (an increase from 14% to 19%).

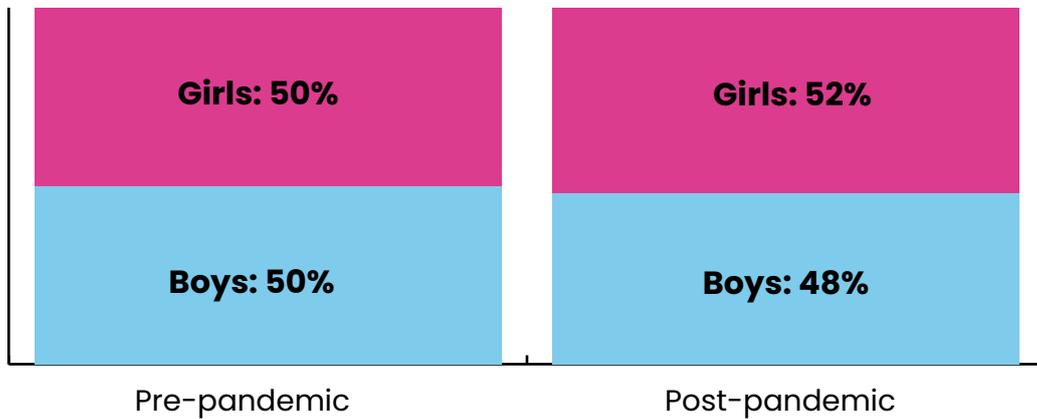


## Other things respondents did if they felt worried, sad or unhappy

- Watch TV
- I play with my cats
- Try scripting a new game to take my mind off it
- Read a book
- Cry in a corner
- Slam the door
- Something sporty
- Sing
- Deep breathing
- Nothing, I do not care
- Hug my teddies
- Go punch the boxing bag
- Do yoga
- Draw
- Go to bed
- Write in my diary
- I also play with my fidgets

# Gender

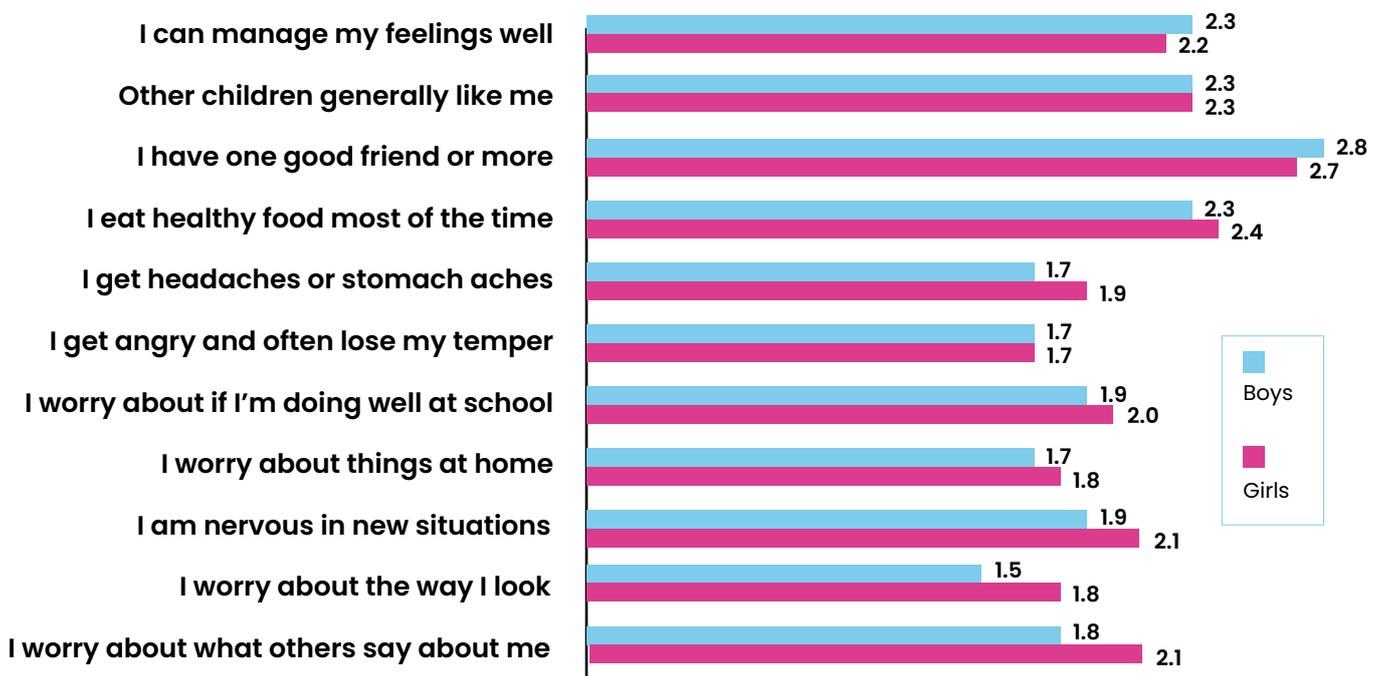
There was very little change in the percentage of boy and girls taking part with a 2% swing to girls in the post-pandemic respondents. For both pre and post-pandemic responses, the gender split was approximately 50/50.



The chart below compares gender differences to the question about good and bad experiences for 2023 responses only. For most of the statements gender variation is minimal. (See the summary on page 15 for response scale conversion details and for responses from both genders).

However, girls had two negative experiences much more than boys:

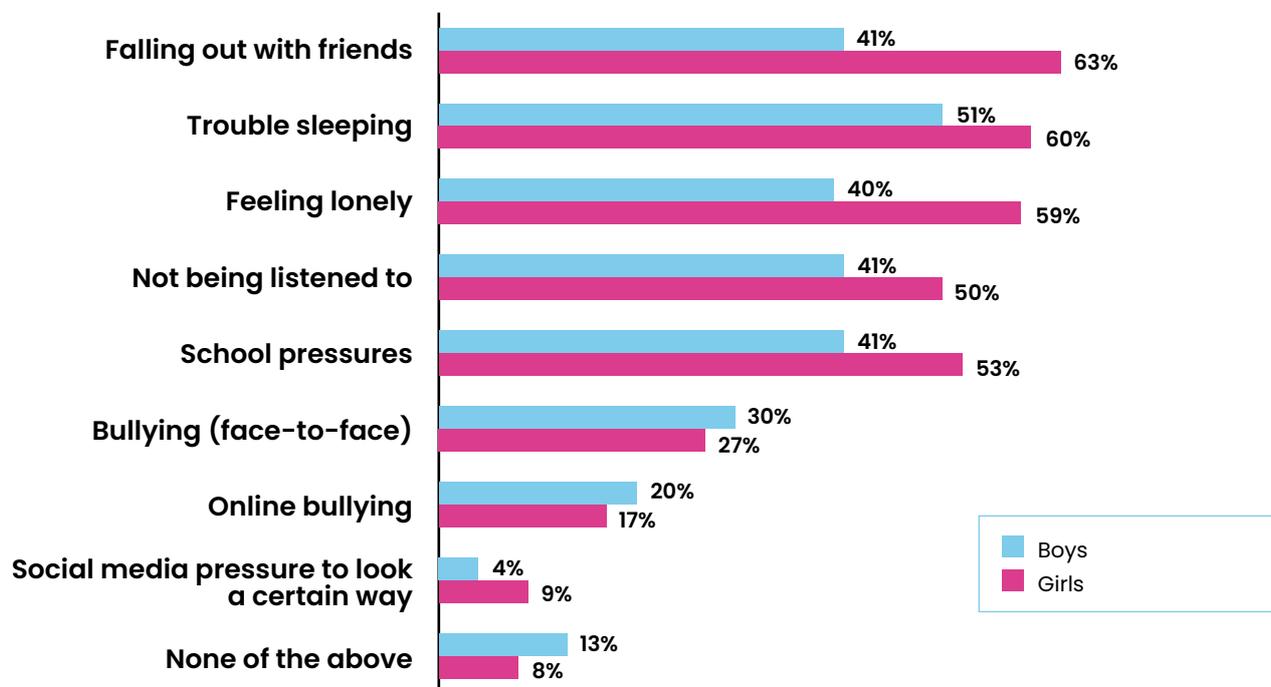
- **'I worry about the way I look'** – converted score for boys 1.5 and 1.8 for girls, showing more concern about appearance for girls
- **'I worry about what others say about me'** – converted score boys 1.8 and girls 2.1 showing more concern about what other people say for girls.



Gender differences are more marked if we look at responses to the question about negative experiences (The chart below shows 2023 responses only. For a summary of responses from both genders, see page 21).

In this comparison, the percentage of girls experiencing some of these issues was much higher than the percentage of boys. The greatest percentage variations are:

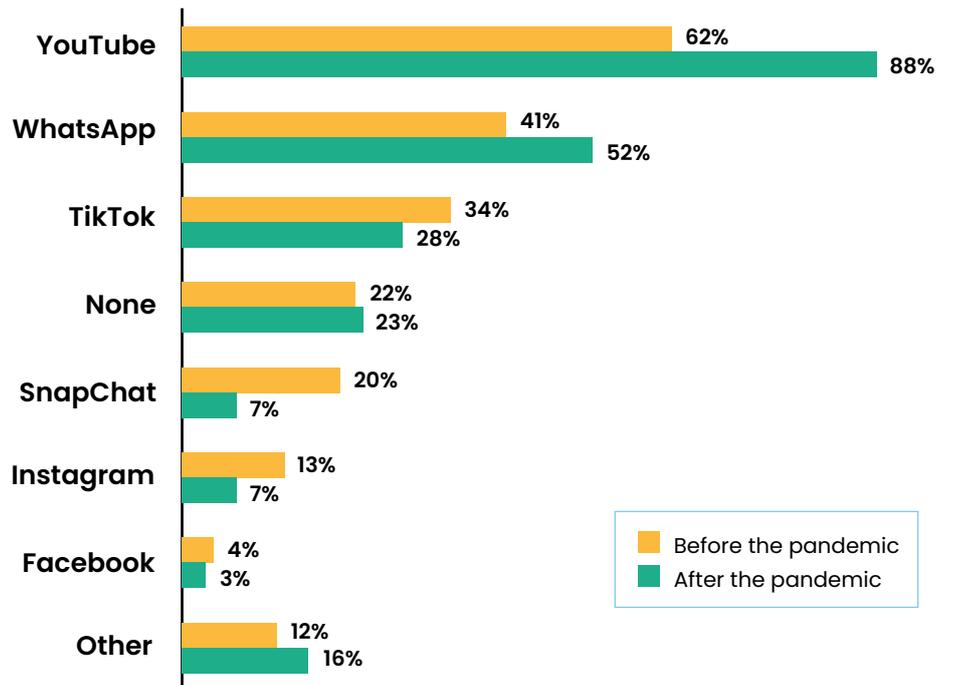
- **'Falling out with friends'** – 22% difference (more girls than boys)
- **'Feeling lonely'** – 19% difference (more girls than boys)
- **'Homework/tests'** – 12% difference (more girls than boys)
- **'Not being listened to'** – 10% difference (more girls than boys)
- Less than half the percentage of boys stated that they experienced **'Social media pressure to look a certain way'** than girls (9% to 4%).



# Online

## Do you use social media? Which do you use?

The percentage of respondents who stated they use YouTube increased by 42% and for WhatsApp by 27%. The percentage of respondents who use SnapChat decreased by 65% and Instagram by 46%.



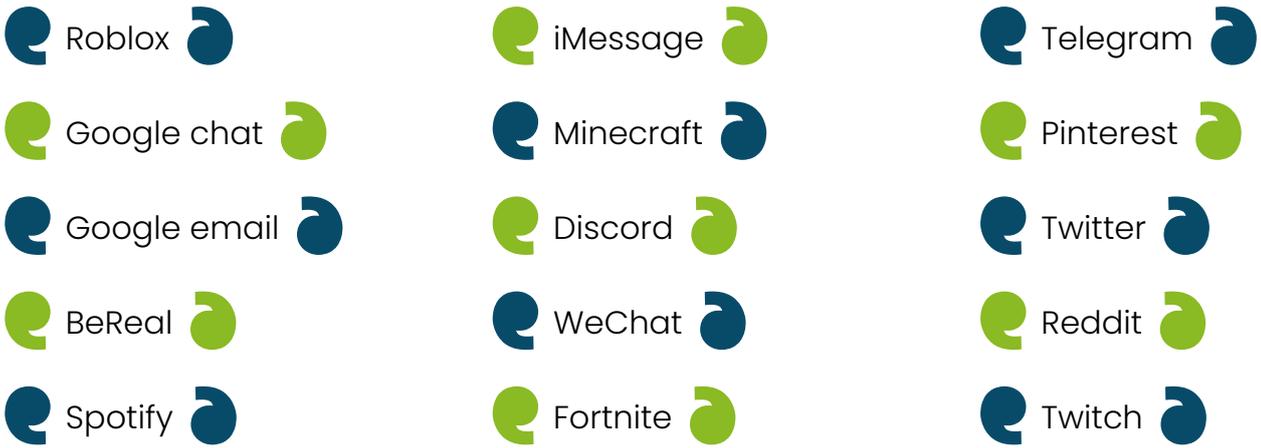
## Minimum ages

The children surveyed are below the minimum ages to have an account set by most of the platforms they are using. Minimum ages on the most-used platforms are as follows:

- **YouTube** 13 (though YouTube Kids includes content for children aged 4 to 12, and some respondents may be using this)
- **WhatsApp** 16
- **TikTok** 13
- **SnapChat** 13
- **Instagram** 13 (or younger if the account is managed by a parent or other adult)
- **Facebook** 13

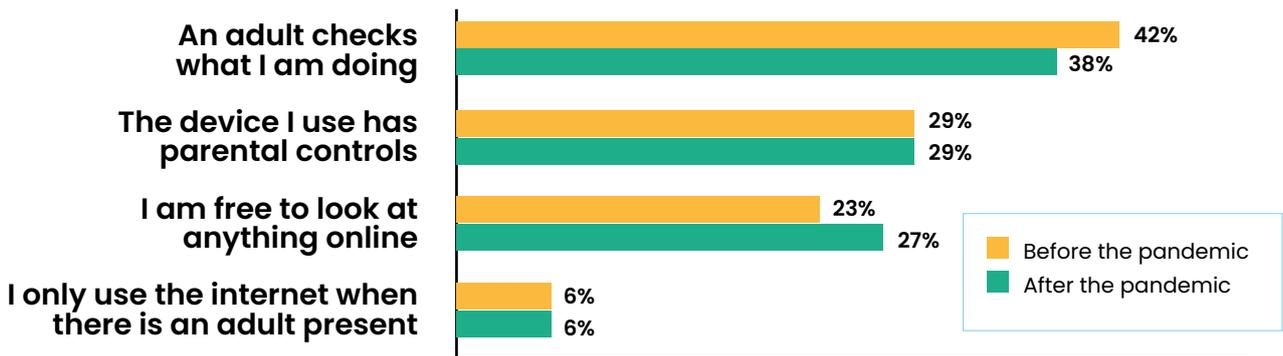
Some of the platforms used by smaller numbers of children include a wide variety of content, including pornography and hate speech.

## Other social media respondents used



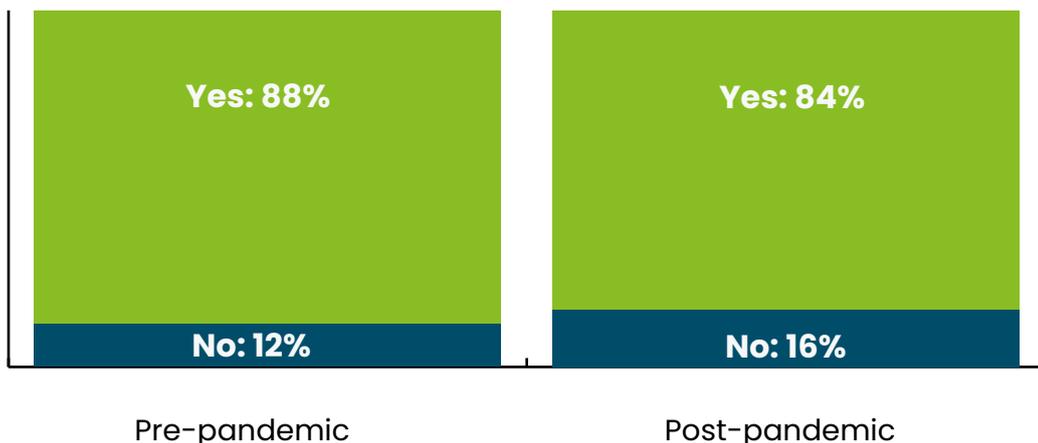
## Adult supervision of online activities

The percentage of respondents stating ‘an adult checks what I am doing’ has reduced by 10% between 2020 and 2023. The percentage of respondents stating ‘I am free to look at anything online’ has increased by 17% between 2020 and 2023.



## Have your parents or another adult outside school talked to you about online safety?

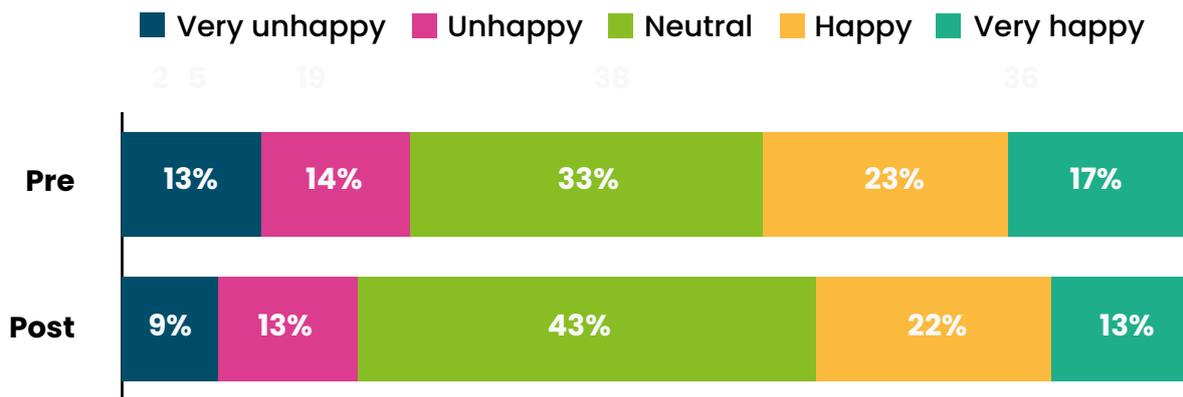
The percentage of respondents who confirmed that someone outside school had talked to them about online safety declined from 88% to 84% between 2020 and 2023.



# School

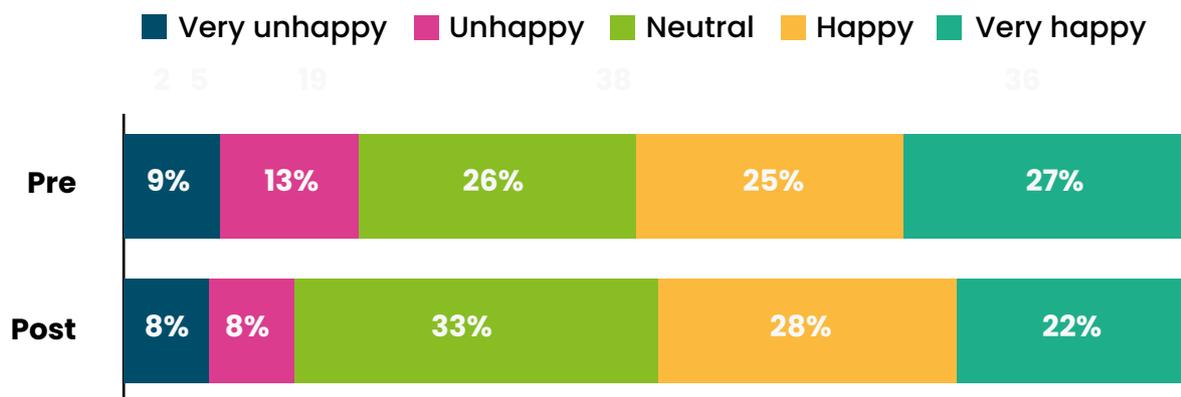
## How do you feel about school tests like SATs and admission tests?

Since 2020, there has been a 31% reduction in the percentage of respondents who state they are 'very unhappy' about school tests. There has been a 25% reduction in the percentage of respondents stating they are 'very happy'. These reductions at the top and the bottom of the scale are reflected in a 30% increase in 'neutral' percentage.



## How do you feel about going to secondary school?

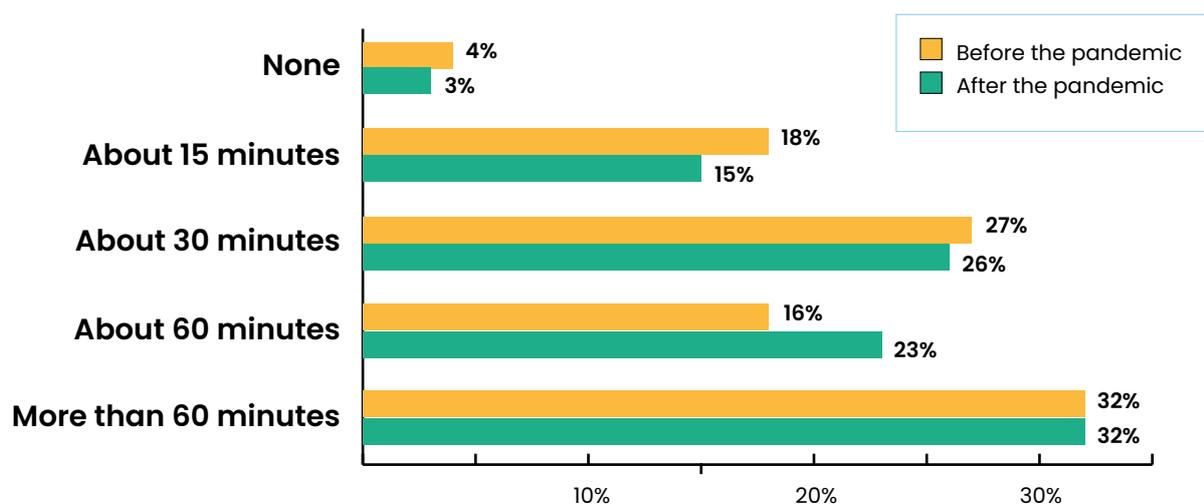
Since 2020, there has been a 40% reduction in the percentage of respondents who state they are 'unhappy' about going to secondary school. There has been a 19% reduction in the percentage of respondents stating they are 'very happy'. There has been a 27% increase in the percentage of respondents stating that they are 'neutral'.



# Exercise

## On average, how much exercise do you do every day?

Minor changes can be seen in physical activity. The numbers responding 'none', 'about 30 minutes' and 'more than 60 minutes' remain virtually unchanged. There is a small reduction in the percentage of respondents stating 'about 15 minutes' and a small increase in the percentage stating 'about 60 minutes'. This shows a 10% increase in the percentage exercising for 60 minutes or more and a 10% decrease in the percentage exercising for 30 minutes or less.

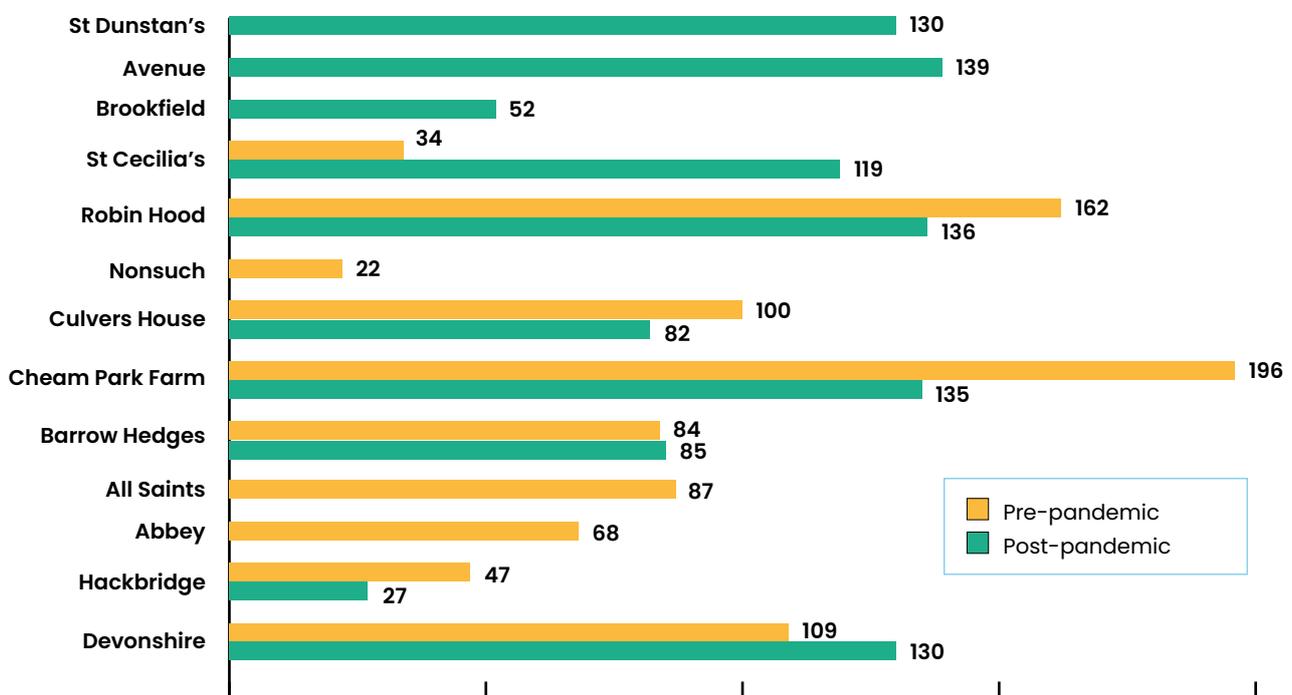


# Participating schools and age of respondents

## Participating schools

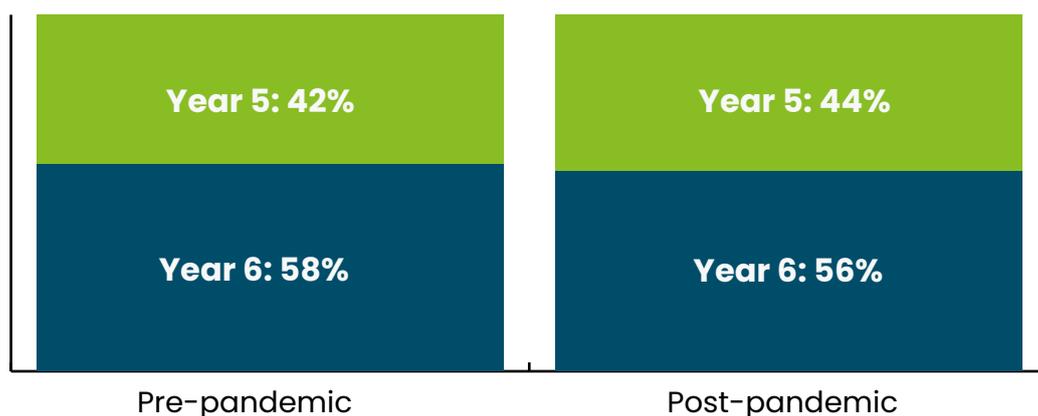
In total, 10 schools took part in the survey in both 2020 and 2023. Seven of the schools that took part in the survey before the Covid-19 pandemic took part in the second survey. Three new schools who had not taken part in 2020 took part in 2023. Similarly, three schools that took part in 2023 did not take part in 2020.

## Numbers of responses



## Age

There was very little change in the percentage of respondents from Year 5 and Year 6 taking part with a 2 percent swing towards parity to Year 5 respondents in the post-pandemic phase.



# Thanks

Healthwatch Sutton would like to thank all the children (nearly 2000) who gave up their time to answer our questions by completing the survey and the all the school staff who supported them.

We would like to thank all the following schools for agreeing to participate in either or both phases of survey collection.

- Abbey Primary School
- All Saints Primary School
- Avenue Primary Academy
- Barrow Hedges Primary School
- Brookfield Primary Academy
- Cheam Park Farm Primary Academy
- Culvers House Primary School
- Devonshire Primary Academy
- Hackbridge Primary School
- Nonsuch Primary School
- Robin Hood Junior School
- St Cecilia's Catholic School
- St Dunstan's Primary School

The survey and methodology was developed in partnership with the project steering group members who came from a variety of organisations, including, schools, voluntary and community sector, NHS and Sutton Council. Their contribution ensured that we developed a system of collection that maximised response numbers and collected data that could be used to take action.

## Photos

The images of children in this report are stock photos, and don't show the children who responded to the survey.

Cover photo by August de Richelieu, Pexels

# Survey Questions

## Emotional Wellbeing Survey – Years 5 & 6

Healthwatch Sutton is a local charity set up to listen to people’s views about health and social care. We will use the answers that you give in this survey to produce a report. This report will be used to improve services for local people. There is a local Healthwatch organisation for every local authority area in England. You can find out more about us on our website [www.healthwatchsutton.org.uk](http://www.healthwatchsutton.org.uk).

We are asking all young people in school years 5 and 6 in Sutton to fill out this survey.

Q1. School Name –

Q2. I am a:  Boy  Girl

Q3. What year are you in?  Year 5  Year 6

Q4. How have you felt in the last 4 weeks?



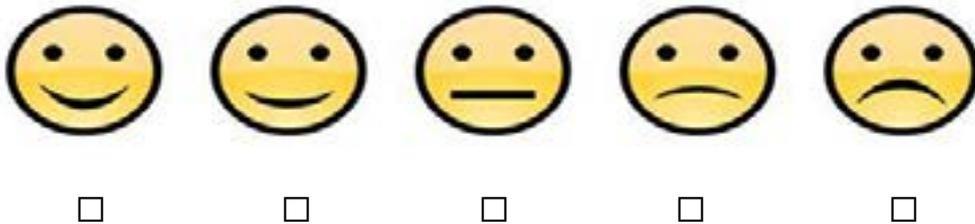
Q5. What makes you happy?

Q6. What do you worry about?

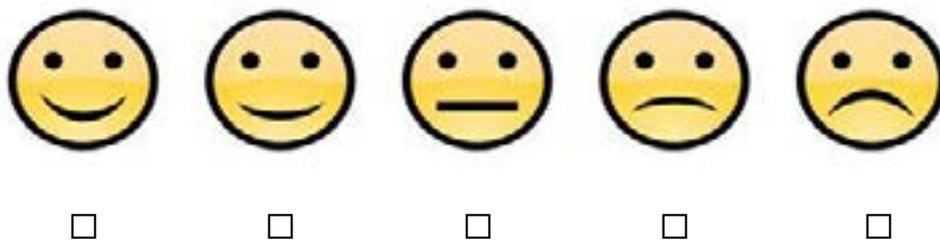
**Q7.** Please read the statements below. Tick one box for each one.

	Not really	Sometimes	Often
A) I get headaches or stomach aches	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
B) I can manage my feelings well	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
C) I get angry and often lose my temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
D) I worry about if I'm doing well at school	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
E) I worry about things at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
F) Other children generally like me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
G) I am nervous in new situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
H) I have one good friend or more	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I) I worry about the way I look	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
J) I eat healthy food most of the time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
K) I worry about what other say about me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Q8.** How do you feel about school tests like SATs and admission tests?



**Q9.** How do you feel about going to Secondary school?



**Q10.** Do you take part in any sports or clubs at school (choose one answer)?

- Yes, in school
- Yes, outside school
- Yes, in and outside school
- No

**Q11.** Which clubs do you go to?

**Q12.** On average, how much exercise (running around) do you do every day?

- none (**Go to question 13**)
- about 15 minutes (**Go to question 13**)
- about 30 minutes (**Go to question 13**)
- about 60 minutes (**Go to question 14**)
- more than 60 minutes (**Go to question 14**)

**Q13.** What stops you from doing exercise?

**Q14.** What do you do if you feel worried, sad or unhappy? (tick all that apply)

- |   |  |
|---|--|
| <input type="checkbox"/> Games console/tablet (e.g. Xbox) | <input type="checkbox"/> Go to my room               |
| <input type="checkbox"/> Do an activity                   | <input type="checkbox"/> Listen to music             |
| <input type="checkbox"/> Speak to a family member         | <input type="checkbox"/> Speak to an adult at school |
| <input type="checkbox"/> Speak to your friend             | <input type="checkbox"/> Do nothing                  |
| <input type="checkbox"/> Other, please tell us            |  |

**Q15.** Do you use a device (phone, tablet, computer etc.) with internet access?

- Yes (**Go to question 16**)
- No (**Go to question 18**)

**Q16. When I am online.....(choose one answer)**

- The device I use has parental controls
- An adult checks what I am doing
- I am free to look at anything online
- I only use the internet when there is an adult present

**Q17.** Do you use Social Media? Please tick all the ones you use:

- |                                    |                                  |
|------------------------------------|----------------------------------|
| <input type="checkbox"/> Facebook  | <input type="checkbox"/> TikTok  |
| <input type="checkbox"/> SnapChat  | <input type="checkbox"/> YouTube |
| <input type="checkbox"/> Instagram | <input type="checkbox"/> None    |
| <input type="checkbox"/> WhatsApp  |                                  |

Other, please tell us

**Q18.** Have your parents or another adult outside school talked to you about online safety?

Yes

No

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**Q19.** Do you know how to keep yourself safe online?

Yes

No

**Q20.** Have you ever experienced any of the following? Tick the ones you have experienced.

Bullying (face to face)

Online bullying

Trouble sleeping

School pressures  
(e.g. homework/tests)

Social media pressure to look a  
certain way

Not being listened to

Feeling lonely

Falling out with friends

None of the above **(Go to question 23)**

**Q21.** Did you talk to anyone about it?

Yes

No

**Q22.** Was it helpful?

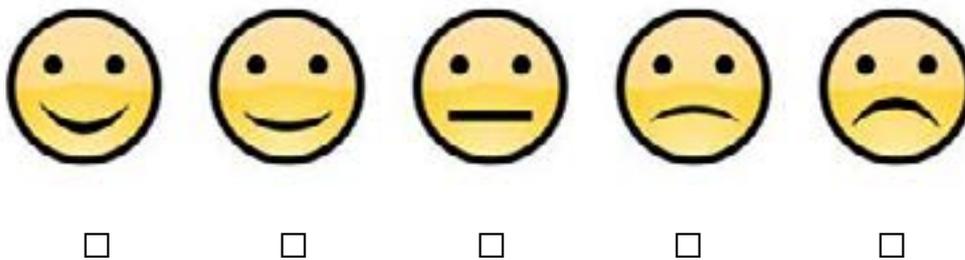
Yes

No

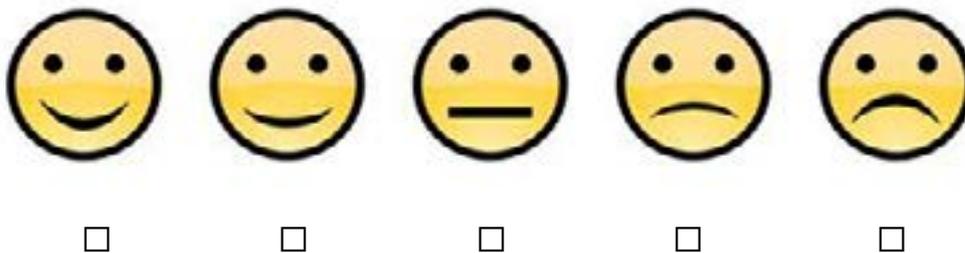
**Q23.** If you had a problem, who would you go to for help (choose one answer)?

- Your parent(s)
- A friend
- A teacher
- Someone else at school
- A relative (grandparent, sister/brother, uncle/aunt etc.)
- Someone else (please tell us who)

**Q24.** When you talk to adults **at school** do you feel listened to?



**Q25.** When you talk to adults **at home** do you feel listened to?



If you have any worries, please speak to your teacher or a trusted adult

**Thank you for completing this survey! 😊**

## Appendix B

# Statistical calculations

These calculations are the basis of the **Effective and ineffective coping strategies** section on page 24.

<i>Predictors</i>	<b>Feelings reg</b>		
	<i>Odds Ratios</i>	<i>CI</i>	<i>p</i>
(Intercept)	2.60	0.97 - 6.87	0.056
Year [Year 6]	0.80	0.58 - 1.09	0.160
Gender [Girl]	0.88	0.66 - 1.17	0.385
Clubs [1]	1.16	0.82 - 1.66	0.399
Exercise [1]	1.58	0.72 - 3.65	0.265
Exercise [2]	1.59	0.70 - 3.75	0.276
Exercise [3]	1.86	0.83 - 4.34	0.139
Video games	0.86	0.64 - 1.15	0.307
Familyorfriend [1]	1.48	1.11 - 1.99	<b>0.008</b>
Music [1]	0.75	0.56 - 1.00	0.052
Schooladult [1]	1.42	0.99 - 2.06	0.061
Nothing [1]	0.60	0.42 - 0.85	<b>0.004</b>
Sum apps	0.75	0.65 - 0.85	<b>&lt;0.001</b>
Observations	1019		
R <sup>2</sup> Tjur	0.106		



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