

Stand Up for Us 2013: Wellbeing Briefing

The Stand Up for Us survey has been running since 2011 and aims to monitor the prevalence and nature of bullying behaviour in primary and secondary schools in the City of York. In 2013, the survey was developed further to explore in more detail, aspects of physical health and emotional wellbeing. In 2013, 1,559 Year 8 and 2,540 Year 4,5 and 6 pupils completed the surveys.

Pupils were asked how often they felt lonely in school, key findings from this question, were as follows:

- 40.9% of primary pupils reported feeling lonely to some extent in school.
 - More females than males reported feeling lonely to some extent.
 - Reports of feeling lonely *a lot* decreased in 2013 to 5.3% of pupils reporting this, compared to 7.9% in 2012.
- 43.8% of secondary pupils reported feeling lonely to some extent in school.
 - More females than males reported feeling lonely to some extent.
 - Reports of feeling lonely *very often* decreased in 2013 to 1.3% of pupils reporting this, compared to 3.7% in 2012.

In terms of pupils' responses to the questions exploring emotional wellbeing:

- 36.4% of primary pupils across the city reported being worried about *nothing*. The three most frequently reported worries, reported by primary pupils were:
 - School work or exams
 - Moving to secondary school
 - Being Bullied
- 7.9% of pupils across the city reported having no one to talk to if they are worried about something.
- 34.7% of secondary pupils across the city reported being worried about *nothing*. The three most frequently reported worries, reported by secondary pupils were:
 - My weight, height or body shape
 - The way I look or dress
 - Friendships
- 10.8% of pupils across the city reported having no one to talk to if they are worried about something.

Chart 1 and 2 show some of the key findings the wellbeing measures included in the primary and secondary surveys.

Chart 1: The proportion of primary pupils who reported the following **negative** aspects of psychological wellbeing.

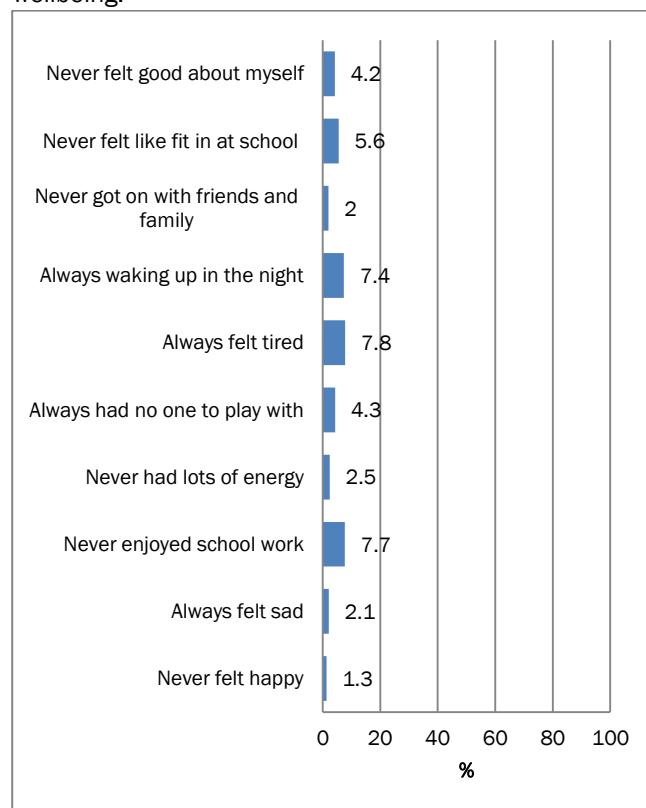


Chart 2: The proportion of secondary pupils who reported the following feelings in the past month.

