



Children's health and wellbeing in Calderdale

Key findings from the 2021 electronic Health Needs Assessment
(eHNA) pupil survey

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Background

Calderdale's electronic Health Needs Assessment (eHNA) pupil **health and wellbeing survey** has been running for 11 years for secondary schools and nine years for primary schools, providing a rich and valuable insight into the lives of children and young people in Calderdale. This insight allows us all – Healthy Futures Calderdale, our partners and schools – to better support children and young people, helping to keep them healthy, happy and safe.

The success of the survey, and the value that schools place in it, is evident in the fact that the vast majority of local schools take part each and every year.

What?

The eHNA questionnaire covers three core themes: **health, happiness and safety**. It helps us to find out about children and young people's behaviours, experiences and perceptions.

We have worked with schools, children and young people, and professionals to design the eHNA survey, to make sure that we are asking the right questions and in the right way.

Most questions and measures have been externally validated. That is, they are taken from large-scale national and international surveys or have been tested elsewhere and shown to be reliable and robust. This means we can be sure that they are suitable for use with children and young people and provide a meaningful measure. To ensure that the content of the questionnaire is age-appropriate, the questions asked of primary-aged children are slightly different to those asked of secondary school students.

The survey is completed electronically by students in school years 5, 6, 7 and 10. It is completed in school time, and co-ordinated by school staff, whose support is essential to ensuring the smooth-running of the process. School-level results are confidential to each school, and we cannot identify individual students.

Why?

Being in good health helps children to achieve in education, which in turn has a profound positive impact on their future health and socio-economic outcomes. It is important that we understand how healthy, happy and safe the children and young people of Calderdale are, and that we use this insight to better support them towards reaching their full potential in life.

The eHNA survey provides valuable insight into where our children are doing well, and also where we can do more to support them. Results can be used by schools to inform improvement plans, curriculum planning, and as supporting evidence for Ofsted. Results are also used by professionals to ensure that we commission and deliver services that meet the needs of children and young people.

How to use this report

This report outlines areas of focus for health and wellbeing and presents key findings from the latest eHNA survey in relation to these. Where there has been a **statistically significant** change from previous results, we have highlighted this. Red indicates a significant worsening; green indicates a significant improvement; amber indicates that the figure is statistically similar.

Where there is a statistical difference, we can be confident that this is reflective of a “real” difference in the experiences of our children and young people.

The format of the report has changed from 2019 to clearly highlight the current position across all health and wellbeing domains, and comparison to the previous year. Extensive question changes in 2019 mean that it is not yet possible to establish a longer time-trend. Going forward, questions will remain stable over time allowing for a clearer understanding of change over time.

The report is set out as follows:

- Section 1: Findings from primary school Y5 and Y6
- Section 2: Findings from secondary school Y7 and Y10
- Section 3: Young people’s experience of the COVID-19 pandemic

The impact of COVID-19

The COVID-19 pandemic meant that it was impossible to run the eHNA survey in 2020. This means that the statistical comparisons you see throughout the report compare the pre-COVID situation to the midst of the pandemic when the survey was most recently conducted in Spring 2021.

It is testament to the robustness of this survey that results for most questions usually remain statistically similar from year to year. This year, however, we see a marked downturn in many indicators, particularly but not exclusively those pertaining to emotional wellbeing.

Whether this was a short-term effect of the pandemic or something that will have a lasting effect remains to be seen.

In 2021, asked students additional questions about their experience of COVID-19, and particularly the “lockdown” situation. In-depth analysis of these results reveal that some vulnerable groups fared worse than others. Again, the lasting effect of this disproportionate impact remains to be seen.

eHNA Key findings 2021: Primary school students

Demographic profile																
4,484 respondents from 77 schools				72% White British 28% Black and Minority Ethnic Group <ul style="list-style-type: none">- 13% Pakistani- 6% Mixed- 1% White Eastern European- 1% Other White- 1% Indian- 6% Other												
49% female 51% male																
17% have a long-term condition affecting their daily life																
9% SEND																
<div><table><tr><th colspan="2">Key</th></tr><tr><td>Statistically significantly worse than previous year</td><td></td></tr><tr><td>Statistically similar to previous year</td><td></td></tr><tr><td>Statistically significantly better than last year</td><td></td></tr></table></div>									Key		Statistically significantly worse than previous year		Statistically similar to previous year		Statistically significantly better than last year	
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General health (Primary)																
Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment								
Health is excellent	28	36		29	27	28	28									
Headaches at least once a week	27	22		31	28	25	33									
Stomach aches at least once a week	26	20		28	24	21	31									
Toothache at least once a week	10	8		12	8	10	9									
Backache at least once a week	15	12		14	16	16	14									
Feel dizzy at least once a week	20	15		18	19	17	20									

Nutrition (Primary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Never eat breakfast	3	2		2	3	3	3	
Eat breakfast every day	67	75		70	65	70	65	
Eat 5+ portions of fruit or veg a day	24	19		25	22	24	23	
Drink 6+ glasses of water, low fat milk or sugar-free drinks a day	21	NA	NA	23	20	22	20	
Drink at least 1 energy drink a day	26	23		29	24	31	22	
Drink at least 2 fizzy drinks a day	22	20		25	20	25	19	
Eat at least 2 packets of crisps a day	36	32		39	34	38	34	
Eat at least 2 chocolate bars a day	33	28		36	30	34	32	

Physical activity (Primary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Do 60 minutes of activity on at least 6 days	41	47		42	41	44	38	
Top reasons for not exercising more:								
→ There are more important or fun things to do	27	15		28	25	27	26	% of those who don't exercise regularly
→ I can't be bothered	21	19		17	25	20	23	% of those who don't exercise regularly
→ Feel embarrassed, being laughed at or looking silly	18	14		17	19	12	24	% of those who don't exercise regularly
Top 5 activities currently do:								
→ Running games	78	83		80	77	78	78	
→ Walking	68	70		63	72	64	71	
→ Climbing/swinging in the garden or park	67	72		68	67	63	71	
→ Football	63	63		60	65	75	50	
→ Running	57	60		58	56	58	55	
Top 5 activities would like to do:								
→ Swimming/diving	44	33	NA	44	43	42	46	
→ Gym training	37	38	NA	37	37	40	34	
→ Dodgeball/bench ball	37	33	NA	36	38	39	35	
→ Trampolining	35	31	NA	35	35	35	35	
→ Climbing (including indoors)	33	31	NA	32	33	31	34	
Travel to school on foot	59	57		56	61	57	61	
Travel to school by car	56	55		58	54	56	56	
Travel to school by bus/ train	3	4		3	4	3	4	
More than 6 hours of screen time a day	20	NA	NA	20	20	22	18	

Sleep (Primary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Have difficulty sleeping at least once a week	47	34		49	46	46	49	

Oral health (Primary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Brush teeth 2+ times a day	68	71		66	69	63	73	
Visit the dentist for a check-up	76	85		73	78	71	80	

Emotional wellbeing (Primary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Feelings:								
→ Feel low at least once a week	45	32		47	43	40	50	
→ Feel irritable at least once a week	48	37		48	49	46	50	
→ Feel nervous at least once a week	42	28		42	42	37	46	
Life satisfaction:								
→ High life satisfaction	73	80		73	72	77	69	Cantril's ladder (score 7-10)
→ Low life satisfaction	9	7		9	9	7	11	Cantril's ladder (score 0-4)
Self-esteem:								
→ High self-esteem	13	20		12	13	15	10	Rosenberg measure (score 26-30)
→ Low self-esteem	23	19		25	23	19	28	Rosenberg measure (Score 0-14)
Wellbeing:								
Overall low level of personal wellbeing	10	8		10	10	7	12	Good Childhood Index (0-9)
→ Low satisfaction with their life as a whole	8	6		9	7	8	9	Component of Good Childhood Index
→ Low satisfaction with their relationships with family	5	4		5	5	4	5	Component of Good Childhood Index
→ Low satisfaction with the home they live in	4	3		4	4	4	4	Component of Good Childhood Index
→ Low satisfaction with how much choice they have in life	10	7		11	9	10	10	Component of Good Childhood Index
→ Low satisfaction with their relationships with friends	7	6		7	6	5	8	Component of Good Childhood Index
→ Low satisfaction with the things they have	4	4		5	3	4	4	Component of Good Childhood Index
→ Low satisfaction with their own health	7	4		7	7	7	7	Component of Good Childhood Index
→ Low satisfaction with their appearance	20	13		20	20	16	24	Component of Good Childhood Index
→ Low satisfaction with what may happen to them in life	8	5		9	7	7	9	Component of Good Childhood Index
→ Low satisfaction with the school they go to	8	8		7	10	10	7	Component of Good Childhood Index
→ Low satisfaction with the way they use their time	7	4		6	8	7	8	Component of Good Childhood Index

Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Worries:								
Worry all the time about something	49	44		54	44	55	47	
Top three worries:								
→ Worry all the time or a lot about exams/tests	46	40		53	39	41	50	
→ Worry all the time or a lot about being embarrassed	45	31		45	46	37	54	
→ Worry all the time or a lot about not fitting in	36	24		35	37	30	43	
Experience of school:								
→ Likes school at present	83	83		85	81	81	85	
→ Feels pressured by schoolwork "a lot"	44	NA	NA	45	44	42	47	% of all who do not like school
Bullying:								
→ Ever been bullied at school	46	NA	NA	48	44	42	49	
→ Bullied regularly (about once a week)	13	NA	NA	14	12	13	13	
Risk-taking behaviour (Primary)								
Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Smoking:								
Ever smoked a cigarette or e-cigarette	3	6		2	4	5	2	Change in question, but broadly comparable
Of those who have smoked:								
→ Have smoked cigarettes	16	11		22	13	17	14	% of all who have smoked
→ Have smoked e-cigarettes	69	72		64	71	68	74	% of all who have smoked
→ Have smoked both	15	17		13	15	15	12	% of all who have smoked
→ Currently smokes cigarettes at least once a week	15	11		7	19	17	10	% of all who have smoked cigarettes
→ Currently smokes e-cigarettes at least once a week	14	8		23	10	11	17	% of all who have smoked e-cigarettes
Someone smokes at home	24	NA	NA	24	23	25	22	
Alcohol:								
Ever drunk alcohol (more than a few sips):	17	28		14	19	21	13	Change in question, but broadly comparable
→ Currently drinks alcohol at least once a week	5	4		7	4	7	2	% of all who have tried alcohol
→ Ever been really drunk	22	15		23	21	24	19	% of all who have tried alcohol
→ Been really drunk more than 2-3 times	2	2		2	3	3	1	% of all who have tried alcohol
Seen parent/carer really drunk	38	NA	NA	36	41	39	37	
Safety (Primary)								
Indicator	2021 (%)	2019 (%)	Change since 2019	Y5 (%)	Y6 (%)	M (%)	F (%)	Comment
Doesn't feel safe online "all the time"	56	45		58	54	46	65	

eHNA Key findings 2021: Secondary school students

Demographic profile			
3,776 respondents from 13 schools	73% White British 27% Black and Minority Ethnic Group	17% LGBT - 16% of Y7 - 17% of Y10 - 23% of males - 59% of females - 18% who define their gender as "other"	10% SEND
48% female 48% male 4% other	- 10% Pakistani - 5% Mixed - 2% Other White - 2% Indian - 1% Eastern European - 7% Other		9% young carer
85% live in Calderdale			19% have a long-term condition affecting their daily life

Key	
Statistically significantly worse than previous year	
Statistically similar to previous year	
Statistically significantly better than last year	

General health (Secondary)								
Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Health is excellent	24	27		26	21	29	18	
Headaches at least once a week	42	35		37	49	30	53	
Stomach aches at least once a week	29	24		26	33	19	38	
Toothache at least once a week	7	7		7	7	5	8	
Backache at least once a week	24	23		20	33	29	38	
Feel dizzy at least once a week	32	25		27	38	20	42	
About the right weight	49	49		49	48	50	48	
Try to lose weight all the time	15	13		11	20	10	19	

Nutrition (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Never eat breakfast	10	8		7	12	6	14	
Eat breakfast every day	45	51		50	38	53	37	
Eat 5+ portions of fruit or veg a day	19	17		21	15	19	19	
Drink 6+ glasses of water, low fat milk or sugar-free drinks a day	20	NA	NA	20	19	21	18	
Drink at least 1 energy drink a day	27	28		28	26	27	26	
Drink at least 2 fizzy drinks a day	21	22		23	20	23	19	
Eat at least 2 packets of crisps a day	27	27		30	24	28	25	
Eat at least 2 chocolate bars a day	26	26		28	23	25	26	

Physical activity (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Do 60 minutes of activity on at least 6 days	31	30		32	29	37	26	
Top reasons for not exercising more:								
→ Can't be bothered	46	39		36	54	40	48	% of those who don't exercise regularly
→ Feel embarrassed, laughed at, or look silly	36	27		34	37	22	42	% of those who don't exercise regularly
→ Feel self-conscious because of body	35	27		32	39	21	44	% of those who don't exercise regularly
Top 5 activities currently do:								
→ Walking	73	70		71	76	70	77	
→ Football	48	46		55	39	64	33	
→ Running games	43	43		58	23	44	42	
→ Climbing/swinging in the garden or park	40	39		55	21	39	42	
→ Cycling	40	37		49	28	31	48	
Top 5 activities would like to do:								
→ Swimming/diving	36	31	NA	40	31	33	39	
→ Gym training	34	34	NA	37	31	35	35	
→ Dodgeball/bench ball	33	31	NA	39	24	34	34	
→ Trampolining	29	28	NA	43	18	28	30	
→ Climbing (including indoors)	27	25	NA	31	21	25	28	
Travel to school on foot	43	41		41	46	41	45	
Travel to school by car	41	35		41	41	40	44	
Travel to school by bus/ train	39	43		41	38	39	40	
More than 6 hours of screen time a day	34	NA	NA	28	41	29	37	

Sleep (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Less than 6 hours sleep a night	34	28		29	41	26	35	
Sleep ok	57	62		62	51	61	46	
Have difficulty sleeping at least once a week	49	38		47	51	41	54	

Oral health (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Brush teeth 2+ times a day	74	77		71	78	69	81	
Visit the dentist for a check-up	83	87		83	84	82	87	

Emotional wellbeing (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Feelings:								
→ Feel low at least once a week	53	43		48	58	38	65	
→ Feel irritable at least once a week	59	52		52	66	47	68	
→ Feel nervous at least once a week	52	42		48	58	39	64	
Life satisfaction:								
→ High life satisfaction	58	64		66	47	48	30	Cantril's ladder (score 7-10)
→ Low life satisfaction	18	15		14	23	12	22	Cantril's ladder (score 0-4)
Self-esteem:								
→ High self-esteem	9	13		11	7	5	2	Rosenberg measure
→ Low self-esteem	35	33		30	42	22	46	Rosenberg measure
Wellbeing:								
Overall low level of personal wellbeing	22	18		17	28	14	28	Good Childhood Index
→ Low satisfaction with their life as a whole	17	14		13	22	10	22	Component of Good Childhood Index
→ Low satisfaction with their relationships with family	12	9		8	16	7	15	Component of Good Childhood Index
→ Low satisfaction with the home they live in	7	6		5	9	5	8	Component of Good Childhood Index
→ Low satisfaction with how much choice they have in life	13	11		12	15	9	15	Component of Good Childhood Index
→ Low satisfaction with their relationships with friends	9	7		7	10	6	10	Component of Good Childhood Index
→ Low satisfaction with the things they have	7	8		4	9	5	7	Component of Good Childhood Index
→ Low satisfaction with their own health	15	12		11	18	9	18	Component of Good Childhood Index
→ Low satisfaction with their appearance	33	29		29	38	21	43	Component of Good Childhood Index
→ Low satisfaction with what may happen to them in life	17	14		11	24	11	21	Component of Good Childhood Index
→ Low satisfaction with the school they go to	20	21		14	27	14	23	Component of Good Childhood Index
→ Low satisfaction with the way they use their time	17	13		11	23	12	21	Component of Good Childhood Index

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Worries:								
Worry all the time about something	52	48		49	56	39	62	
Top three worries:								
→ Worry all the time or a lot about exams/tests	50	56		44	57	39	60	
→ Worry all the time or a lot about being embarrassed	48	40		46	50	33	61	
→ Worry all the time or a lot about weight	41	33		37	47	26	54	
Experience of school:								
→ Likes school at present	68	67		75	59	75	62	
→ Feels pressured by schoolwork "a lot"	25	25		19	32	18	31	% of all who do not like school
Bullying:								
→ Physically bullied "quite a lot" or "a lot"	7	7		10	6	9	6	
→ Non-physically bullied "quite a lot" or "a lot"	36	37		16	13	12	15	
Self-harm:								
→ Self-harm (ever)	35	26		34	37	25	43	
→ Self-harm ("often" or "all the time")	12	8		10	14	6	15	% of all respondents
In what way?								
→ Cut ("often" or "all the time")	8	6		7	10	4	11	% of all respondents
→ Overdose ("often" or "all the time")	2	2		2	3	2	2	% of all respondents
→ Other ("often" or "all the time")	8	8		7	11	5	11	% of all respondents
Risk-taking behaviour (Secondary)								
Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Smoking:								
Ever smoked a cigarette or e-cigarette	21	31		10	35	19	24	Change in question, but broadly comparable
Of those who have smoked:								
→ Have smoked cigarettes	4	7		6	3	4	3	% of all who have smoked
→ Have smoked e-cigarettes	53	54		73	47	61	49	% of all who have smoked
→ Have smoked both	43	38		21	50	35	48	% of all who have smoked
→ Currently smokes cigarettes at least once a week	23	22		14	24	20	21	% of all who have smoked cigarettes
→ Currently smokes e-cigarettes at least once a week	30	22		2	11	4	8	% of all who have smoked e-cigarettes
→ First tried a cigarette aged 12 or under	50	50		100	44	57	44	% of all who have smoked
Someone smokes at home	24	NA	NA	24	23	25	22	

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Alcohol:								
Ever drunk alcohol (more than a few sips):	44	52		29	61	42	44	Change in question, but broadly comparable
→ Currently drinks alcohol at least once a week	21	16		9	28	19	23	% of all who have tried alcohol
→ Ever been really drunk	50	44		31	60	39	59	% of all who have tried alcohol
→ Been really drunk more than 2-3 times	17	16		5	23	13	20	% of all who have tried alcohol
→ First tried alcohol aged 12 or under	60	65		99	38	63	57	% of all who have tried alcohol
Seen parent/carer really drunk	47	NA	NA	43	52	44	49	
Drugs:								
Ever tried cannabis	8	11		2	16	7	9	
→ Tried cannabis more than once or twice	5	7		1	9	4	5	% of all who have tried cannabis
→ First tried cannabis aged 12 or under	24	30		100	16	26	17	% of all who have tried cannabis
Been offered drugs other than cannabis	14	15		9	21	13	14	
Tried drugs other than cannabis	3	4		2	5	3	3	
Where do you get drugs from?								
→ Drug dealers	24	26		16	25	25	35	% of all who have tried drugs
→ Mates at school	12	16		2	14	12	13	% of all who have tried drugs
→ Parties	6	4		2	6	9	3	% of all who have tried drugs
→ Other	58	54		80	55	58	58	% of all who have tried drugs
Sexting:								
Ever been involved in sexting:	17	14		7	28	12	21	
In what way?								
→ Uploading own image	31	29		12	38	29	31	% of all who have been involved in sexting
→ Receiving an image	75	73		70	76	66	80	% of all who have been involved in sexting
→ Sending on an image sent by someone else	14	31		7	16	9	15	% of all who have been involved in sexting
→ Seeing an image originally sent to someone else	28	29		18	31	19	31	% of all who have been involved in sexting
→ Other	16	18		20	14	20	11	% of all who have been involved in sexting

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Why involved in sexting?								
→ Received images without asking	52	NA	NA	68	47	37	60	% of all who have been involved in sexting
→ I wanted to	30	42		9	37	32	30	% of all who have been involved in sexting
→ Because it's normal	18	27		5	23	19	18	% of all who have been involved in sexting
→ To try something new	13	15		6	15	14	12	% of all who have been involved in sexting
→ To impress someone	12	16		4	14	9	13	% of all who have been involved in sexting
→ Peer pressure	11	10		9	12	5	14	% of all who have been involved in sexting
→ Because it builds my self-esteem	11	11		3	14	7	13	% of all who have been involved in sexting
→ To build up trust with someone	10	14		2	13	10	10	% of all who have been involved in sexting
→ Trying to keep someone by giving them what they want	9	10		3	11	5	12	% of all who have been involved in sexting
→ I was threatened	7	9		9	7	4	8	% of all who have been involved in sexting
→ To be seen as mature	6	8		5	7	6	6	% of all who have been involved in sexting
→ I was promised gifts	4	8		3	4	4	3	% of all who have been involved in sexting
→ Something else	16	33	N/A	16	16	21	13	New category has reduced this response
Do you think sexting is illegal?								
→ Yes, under 18	34	34		35	32	35	33	Correct answer
→ Yes, under 16	29	27		24	35	27	32	
→ Not illegal	10	10		7	13	11	9	
→ Don't know	27	29		32	20	27	26	
Sex:								
Ever had sex	15	18		NA	15	14	16	Only asked to Y10
→ First had sex aged 12 or under	12	19		NA	12	5	11	% of all who have had sex
→ Used condoms last time had sex	46	54		NA	46	59	50	% of all who have had sex
Feel confident in understanding of sexual consent	94	92		NA	94	94	94	

Safety (Secondary)

Indicator	2021 (%)	2019 (%)	Change since 2019	Y7 (%)	Y10 (%)	M (%)	F (%)	Comment
Harm at home:								
→ None	73	77		72	74	75	72	
→ Someone saying cruel things	12	10		11	13	7	16	
→ Being pushed, hit, choked, punched or similar	6	5		7	4	5	6	
→ Someone threatening to harm you	5	5		4	5	4	5	
Harm in the wider world:								
Things that make the area they live in feel unsafe:								
→ Nothing	46	46		46	46	48	45	
→ Drug dealing	20	22		21	19	16	24	
→ Knives	20	25		20	20	18	22	
→ Gangs	19	21		20	17	15	21	
→ Crime	18	22		18	18	15	21	
→ People who hang around	17	17		16	18	12	21	
→ Fighting	16	19		17	15	12	20	
→ Robbery	15	19		16	13	12	17	
→ Bullies	14	16		16	12	11	16	
→ Guns	12	16		14	10	10	14	
→ Racial tension	10	9		10	9	7	11	
→ Extremist views	8	9		8	8	6	10	
Don't always feel safe online	61	48		60	62	47	73	
Encouraged to adopt extremist views	10	7		9	12	9	10	
Knows others who are encouraged to adopt extremist views	9	8		8	11	9	9	

Impact of COVID-19 lockdown

In 2021, we asked children and young people about their experiences of the COVID-19 lockdown. The tables below outline the majority response for each question and how this differs for particular groups of young people.

Key	
There is a significant difference between the two comparator groups	
There is no significant difference between the two comparator groups	

Primary	Overall %	Gender %		Ethnicity %		Long-term limiting illness (LLTI) %	
		Female	Male	South Asian	White British	LLTI	No LLTI
Spent less time being active	44	42	46	44	43	45	44
Spent less time being active outside	41	37	45	45	39	45	40
Spent the same amount of time talking to family about feelings	43	42	44	39*	45	39*	45
Spent more time spent with family	58	57	59	60	58	54	59
Spent less time with friends	68	69	67	63	70	66	70
Spent more time being bored	61	66	56	51	63	61	61
Spent more time being lonely	43	46	39	35	44	47	42
Enjoyed spending more time at home	72	69	76	73	71	72	72
Enjoyed spending time with family	92	91	94	95	92	91	93
Enjoyed not going to school	51	45	57	49	51	53	50
Didn't enjoy home-learning	73	73	73	65	76	71	74

**most respondents in these groups reported spending less time talking to family about feelings*

Key	
There is a significant difference between the two comparator groups	
There is no significant difference between the two comparator groups	

Secondary	Overall %	Gender %		Ethnicity %		Long-term limiting illness (LLTI) %		Sexuality %		Area deprivation %		Young carer %	
		Female	Male	South Asian	White British	LLTI	No LLTI	Lesbian, gay or bisexual	Heterosexual	Deprived	Less deprived	Young carer	Not young carer
Spent less time being active	46	47	45	51	46	52	45	55	45	50	46	51	46
Spent less time being active outside	46	45	46	53	45	52	45	56	44	50	45	51	46
Spent the same amount of time talking to family about feelings	44	39	50	44	41	38*	46	33*	46	43	44	31*	44
Spent more time spent with family	53	52	55	60	58	43	55	39	56	43	53	43	53
Spent less time with friends	64	68	60	67	65	66	64	71	63	62	65	65	59
Spent more time being bored	62	67	56	62	63	61	62	67	61	60	62	57	62
Spent more time being lonely	45	52	36	43	46	51	42	61	41	43	44	62	45
Enjoyed spending more time at home	75	71	79	74	74	72	76	74	75	72	75	70	75
Enjoyed spending time with family	82	79	87	86	81	74	84	64	86	77	82	76	82
Enjoyed not going to school	73	71	74	68	74	75	72	74	73	74	73	68	73
Didn't enjoy home-learning	74	74	73	70	75	74	74	78	74	76	73	73	76

*most respondents in these groups reported spending **less** time talking to family about feelings