

Student Health and Wellbeing in Wales: Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey



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Student Health and Wellbeing in Wales: Report of the 2021/22 Health Behaviour in School-aged Children Survey and School Health Research Network Student Health and Wellbeing Survey

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Analysis for Policy

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Ministerial foreword

Understanding the health and wellbeing of our children and young people is more important than ever before. This generation has faced unprecedented challenges. We know that impacts on health and wellbeing from the COVID-19 pandemic are likely to be far-reaching and will remain with us for some time. We also know that significant increases in the cost of living are already placing huge pressure on households, with consequences for health and wellbeing.

In Wales, through the Wellbeing of Future Generations Act, we have committed to ensuring the quality of life of future generations. Promoting the health and wellbeing of children and young people is fundamental to our wellbeing goals of a healthier, prosperous and more equal Wales.

We have placed the health and wellbeing of learners at the heart of our education system. Health and Wellbeing is one of the six Areas of Learning and Experience in the new Curriculum for Wales that is now being rolled out in primary schools and in secondary schools from September 2023. Complementing the new curriculum is our framework to embed a whole-school approach to emotional and mental wellbeing. This approach is about schools seeking to understand the emotional and mental wellbeing of students, teachers and support staff and taking positive action to promote it.


Central to all these efforts to promote the health and wellbeing of children and young people is access to high-quality, reliable information. It is crucial that schools have access to information that tells them what the issues are, how they are changing and how they affect children and young people from different backgrounds. Such information also helps us to evaluate whether the measures Welsh Government and its partners are putting in place to improve health and wellbeing are making a difference. In Wales, we have built an excellent infrastructure to provide this information via the School Health Research Network (SHRN).

SHRN's current membership includes all maintained, mainstream, secondary and middle-schools in Wales. All students in these schools are invited to take part in the Student Health and Wellbeing survey every two years. The response to the latest round of data collection has been the best yet, with more than 120,000 students from 202 schools taking part, a testament to the value schools place on their involvement. Key to SHRN's success is the genuine partnership between academia, the Welsh Government, other public bodies, the third sector, schools, families and young people themselves.

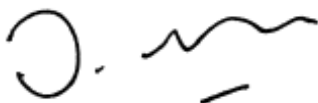
More than just a survey, SHRN is an integral part of the Welsh research infrastructure. It supports an understanding of, and action to improve, the health and wellbeing of children and young people at a school, regional, national and international level, with links to the longstanding World Health Organization supported Health Behaviour in School-aged Children (HBSC) study. Each participating school receives a tailored feedback report, allowing them to develop policies and practices directly informed by their data. There are few examples worldwide of such a system.

This latest national report presents data collected in late 2021, during the COVID-19 pandemic, providing vital insight into the impact on young people's physical and mental health and wellbeing, social relationships and engagement with school. This type of understanding is crucial as we plan and evaluate our responses to the pandemic and other emerging societal challenges in the years to come.

Lynne Neagle MS, Deputy Minister for Mental Health and Wellbeing

A handwritten signature in cursive script, appearing to read 'Lynne Neagle'.

Jeremy Miles MS, Minister for Education and Welsh Language

A handwritten signature in cursive script, appearing to read 'J. Miles'.

Young people's foreword



ALPHA: Advice leading to public health advancement



We are a group of young people aged 14-25 who advise researchers by discussing and debating our views on public health topics and the research they plan to carry out. The group formed in DECIPHER (The Centre for Development, Evaluation, Complexity and Implementation in Public Health Improvement) at Cardiff University in 2010 with the aim of bringing together young people with a range of experiences and opinions, to help make sure research reflects what is important to us. Ultimately,

this helps to improve ours and other young people's health.

We have been involved with the School Health Research Network (SHRN) since its inception in 2013 and continue to help shape survey questions and disseminate key findings. Recently, we were pleased to feed into the development of the new SHRN Animation that accompanies this report. The 'day in a life' theme was our idea and helps to bring together findings from a wide range of public health topics in a clear and accessible way.

SHRN continues to help schools and other stakeholders in Wales to better understand research evidence around young people's health and wellbeing. This is important as it gives them the means to implement projects and programmes that can help to improve areas of youth public health that need improving. COVID-19 has led to growing uncertainties and the findings from this report provide an important snapshot of young people's health and wellbeing in Wales following the pandemic.

As many public health conditions show their first signs in childhood, it is vital for us to be given an opportunity to have our say in matters that directly affect us, and to be provided with the knowledge and guidance that can help us to shape our lives. Young people have a lot to offer, and our voices must be heard.

We look forward to sharing our views to inform research relating to SHRN again soon.

ALPHA

Acknowledgements

We thank all the schools and students in Wales who took part in SHRN's 2021/22 Student Health and Wellbeing survey. Given the challenges imposed by the COVID-19 pandemic, it is testament to you that 2021/22 was the largest response to the survey to date.

As always, we are so very grateful to the members of DECIPHer's young people's advisory group, ALPHA, for their invaluable insights and advice, and for writing a foreword to this report.

We thank the Minister for Education and Welsh Language, Minister for Health and Social Services, and Deputy Minister for Mental Health and Wellbeing, Dr Chris Roberts, Dr Eleri Jones (Welsh Government), and Dr Julie Bishop (Public Health Wales), for their ongoing support of SHRN. We also extend our thanks to Sarah McHugh, Olha Homonchuk (Ipsos), Matt Davies (SHRN), and Joan Roberts (SHRN's former Director of Operations), for their contributions to this survey round.

The 2021/22 Student Health and Wellbeing survey incorporated the four-yearly Health Behaviour in School-aged Children (HBSC) survey. HBSC is an international study of adolescent health behaviours carried out in collaboration with the World Health Organization. The International Coordinator of the 2021/22 study was Dr Joanna Inchley (University of Glasgow) and the Data Bank Manager was Professor Oddrun Samdal (University of Bergen). A complete list of participating researchers can be found at www.hbsc.org.

SHRN is a partnership between The Centre for Development, Evaluation, Complexity and Implementation in Public Health Improvement (DECIPHer) at Cardiff University, Wales Institute of Social & Economic Research & Data (WISERD), Welsh Government, Public Health Wales, and Cancer Research UK. DECIPHer is funded by Health and Care Research Wales. Joint funding from the Welsh Government's Minister for Education and Welsh Language and Deputy Minister for Mental Health and Wellbeing, and support from Public Health Wales, is gratefully acknowledged for the conduct of the 2021/22 survey. The Network's early development was supported by a Medical Research Council partnership grant (MR/L002787/1).

Queries relating to this report should be addressed to shrn@cardiff.ac.uk.

Picture credits: Whitchurch High School; Howell's School, Llandaff

1. Introduction

The School Health Research Network's (SHRN) Student Health and Wellbeing (SHW) survey generates high quality health and wellbeing data for schools, local authorities, Welsh Government, and other national stakeholders. This data is used to inform both local and national health surveillance, action planning, and evaluation activities aimed at improving young people's health and wellbeing in Wales.

This report provides an overview of findings for 11- to 16-year-olds obtained from the 2021/22 survey, which was in the field between September 2021 and January 2022. All maintained secondary and middle schools in Wales are registered members of SHRN and were invited to take part in the survey. As the SHW survey is undertaken biennially, with the previous survey undertaken in 2019/20, the 2021/22 survey represents the first round of SHW data collected since the start of the COVID-19 pandemic.

As in 2017/18, the World Health Organisation's (WHO) international Health Behaviour in School-aged Children (HBSC) Survey, conducted every four years, was fully incorporated within the 2021/22 SHW survey.

The School Health Research Network

SHRN was established in 2013 with funding from the Medical Research Council as a partnership between Welsh Government, Public Health Wales/Welsh Network of Healthy Schools Schemes (WNHSS), Cancer Research UK, the Wales Institute of Social and Economic Research and Data (WISERD) and Cardiff University. It continues to be supported by Welsh Government and school membership continues to include all maintained secondary and middle schools in Wales. The Network is led by the Centre for Development, Evaluation, Complexity and Implementation in Public Health Improvement (DECIPHER) at Cardiff University (<https://decipher.uk.net/>).

The Network aims to improve young people's health and wellbeing by:

- Providing robust health and wellbeing data for local, regional, and national stakeholders
- Working with policy-makers and practitioners from health, education and social care to co-produce high quality school based health and wellbeing research for Wales
- Facilitating the translation of school health and wellbeing research evidence into practice
- Building capacity for evidence informed practice within the school health community

The SHW survey underpins the Network's first aim and takes place every two years. In the same school year, SHRN schools also complete a School Environment Questionnaire (SEQ) to provide data on school health policies and practices – the findings of which are published in a separate report.¹ The content of both surveys reflects current policy, practice, and research data needs.

¹ The 2021/22 SEQ Report is available via the SHRN website: <https://www.shrn.org.uk/national-data/>

Health Behaviour in School-aged Children study

Every four years Wales takes part in the WHO's HBSC study: a collaborative, cross-national study of adolescent health behaviours. First developed in 1983, participating HBSC member countries from Europe and North America undertake a nationally representative survey of young people aged 11, 13 and 15 years, with Wales having taken part in every round since 1985. The resultant data has been a key source of information on adolescent health, providing national, international, and local data to a wide range of stakeholders. The 2013/14 HBSC Survey in Wales was instrumental to the establishment of SHRN, with the 2017/18 HBSC questionnaire fully embedded within the 2017/18 SHW survey.

Further information about SHRN and the HBSC study can be found via www.shrn.org.uk and www.hbsc.org.

2. Methods

Survey design

The 2021/22 SHW survey methodology was consistent with that used in 2019/20. Self-reported data on adolescent physical and mental health, as well as relationships with family, friends, and school, were collected from students in school years 7 to 11 (approximately equivalent to ages 11-16 years) in all participating schools.² The main part of the questionnaire had a forced choice answer structure, including 'I do not want to answer', for every question except consent and year group.

As in recent years, the survey was administered electronically to students by schools themselves (with support from SHRN's survey contractor, Ipsos).³ Schools were encouraged to survey all students in years 7 to 11, or to otherwise prioritise mixed-ability classes. School staff were instructed to provide students with privacy during completion due to the sensitivity of some questions. Questions on sexual behaviour were asked of all students in years 11, while schools could consent to these items being asked to students in years 9 and/or 10.⁴

The survey consisted of four pathways (or 'routes') to provide greater capacity for question inclusion. These routes are referred to as SHRN1, SHRN2, SHRN3, and SHRN4. Some questions, such as those relating to student socio-demographic characteristics, were included in all routes (meaning all participants were asked), whilst other questions were included in a select number of routes (meaning only some participants were asked). All maintained secondary and middle schools in Wales were randomised to one of these four survey routes in 2019/20. Assigning of schools to routes was stratified according to survey registration status, health board, and free school meal entitlement, to ensure representativeness (see Page et al 2021 for further detail). Five additional schools participated in the survey in 2021/22, with each school assigned to its prespecified route. In HBSC survey years, SHRN2 and SHRN4 are designated HBSC routes and include the HBSC mandatory questionnaire.

In 2021/22, all students were invited to provide their name, date of birth, and postcode, at the end of the survey to enable longitudinal linkage of their survey responses over time. All students were informed that they did not have to provide this information. Schools were also asked at registration to consent to taking part in data linkage research. If consenting, students that attended 'data linkage' schools were also asked to provide opt-in consent for data linkage research. Consent for data linkage was not sought from any student attending a data linkage school who had opted not to provide identifiable information for longitudinal linkage (see Appendix for linkage consent questions).

² Schools with year groups 12 and 13 (ages 17-18 years) could survey these students if they so wished. However, as some schools opted not to include these year groups, these data were omitted to ensure a representative sample.

³ <https://www.ipsos.com/en-uk>

⁴ In this report, data on sexual behaviour are restricted to year 11 students only.

Response rates

Two hundred and twelve schools were invited to participate in the SHW survey: 205 maintained schools and seven independent schools.⁵ In total, 202 (95%) schools participated (196 maintained and six independents), of which 163 (81%) consented to data linkage. This is an increase from 2019/20, when 198 schools participated in the survey (69% consenting to data linkage). In total, 123,204 students in years 7 to 11 responded to the survey in 2021/22 (a 75% response rate). This is an overall response rate of 73% and represents the largest response to the SHW survey to date.⁶ Sample size and response rate by year group are presented within Table 2.1.

Sample sizes for each survey route were as followed:

- SHRN1: 31,586 (25.6% of total sample)
- SHRN2: 29,775 (24.2%)
- SHRN3: 29,891 (24.3%)
- SHRN4: 31,952 (25.9%)

Table 2.1 Sample and student response rate by year group

	Year 7	Year 8	Year 9	Year 10	Year 11	Total
Sample size	26,657	25,895	25,814	23,588	21,250	123,204
Response rate (%)	79	76	79	74	68	75

Sample characteristics with respect to gender, family affluence, ethnicity, and health board, are provided in the Appendix. First introduced in the 2019/20 survey, and informed by work undertaken by the HBSC Canada team, 'Neither word describes me', is included as an available response option when asking about gender. In total, 3% of participants (n=3,691) in 2021/22 selected this response option when asked to report their gender. For this survey round, 'White Roma', has been included as an additional ethnic response option in line with the 2021 UK Census. In total, less than 0.5% of participants (n=104) in 2021/22 selected this response option when asked to report their ethnicity.

Weighting

SHRN membership includes all maintained secondary and middle schools in Wales. Survey weights are not used due to very high school and student response rates.

Data cleaning

Data cleaning was undertaken by Ipsos (survey contractor). Cases were removed where schools had experienced specific technical issues and/or where individual school response was larger than the expected number of students. Participants who had not proceeded beyond questions pertaining to their demographic characteristics (e.g. gender, year group, ethnicity, and socio-economic status) were also removed.⁷ All other partially completed questionnaires were retained. In total, 8,959 cases were removed during data cleaning.

⁵ A small number of independent schools were recruited to the HBSC survey sample for Wales. These schools have been retained within SHRN and are invited to complete the SHW survey every two years.

⁶ Total response rate (75%) reflects student response from participating schools (n=202 schools). Overall response rate (73%) reflects student response from all SHRN member schools (n=212 schools).

⁷ Question 14 in the 2021/22 questionnaire.

Ethics and consent

Cardiff University School of Social Sciences Research Ethics Committee granted ethical approval for the 2021/22 SHW survey (SREC/4251).

In September 2021, all registered schools were emailed an information pack containing an electronic copy of the survey questionnaire and a letter to be sent to parents notifying them of the survey. Schools were instructed to use at least two methods to contact parents in case one method failed (e.g. letter, email, and/or text message). Parents could view the questionnaire by contacting their child's school. Parents had opt-out consent, meaning all students in participating schools were invited to take part unless withdrawn by their parents.

Data linkage schools were provided with a compulsory information video to show to students at least one week prior to completing the survey that outlined the reasons for collecting personal identifiers, how this data would be used, and procedures for ensuring anonymity. These themes were also revisited at the end of the survey and prior to seeking consent for data linkage. Non-data linkage schools were also provided with a video but could opt to use the information slides provided if they preferred. Information regarding the purpose of the survey and why students were being invited to participate was reiterated at the start of the survey before students reached the first question. The first question asked for their consent to take part and if they declined, the survey automatically closed.

The final part of the questionnaire, where students were asked for identifiable information, was not forced answer and students could move past it without completing the fields. It was made clear to students that if they left these fields blank, all their survey responses would still be used anonymously.

Presentation of findings

For each indicator, responses to the survey item are first presented alongside a binary indicator disaggregated by gender, school year, family affluence, ethnicity, and local health board.

Breakdowns by gender include figures for boys, girls, and young people who identified as neither a boy nor a girl. Estimates reported for young people who identified as neither a boy nor a girl are at times much higher or lower than those reported for boys or girls. In such instances, it is important to consider that estimates for young people who identified as neither a boy nor a girl are based on a smaller overall sample size (3% of the total sample) and as such may be subject to greater levels of uncertainty. The same is true of estimates for ethnic minority groups, of whom some represent less than 1% of the total sample. Readers are therefore encouraged to consider the available confidence limits around these estimates, where provided, when interpreting findings from this report.

As in previous years, the HBSC Family Affluence Scale (FAS) has been employed to estimate young people's socio-economic status. FAS derives three categories (FAS 1 – low family affluence, FAS 2 – medium family affluence, FAS 3 – high family affluence) from 6-items that measure the material conditions of the household in which young people live. However, due to concerns over the validity of the item on family holidays in 2021/22, owing to the COVID-19 pandemic and associated lockdown restrictions, this report uses a 5-item, three-category indicator. Caution should therefore be taken when comparing breakdowns by family affluence with previous SHW reports in 2017/18 and 2019/20, which used the original 6-item version (see note on FAS in the Appendix).

For some indicators, responses have been filtered through other questions. This is most common with questions that ask about the age at which a behaviour was first initiated, such as age at first sexual intercourse, where estimates are based only on respondents who reported having had sex. The size of such estimates should therefore be interpreted within this context. For each indicator, detail of any filtering is provided in the note below the relevant chart.

Base sizes are presented with each chart. Wide variation in base sizes is due to differences in question routing, with some items included in one or multiple survey routes. Estimates are not reported where base sizes fall below 50 students.

Figures reporting breakdown by gender do not include students who did not provide their gender (i.e., those who selected 'I do not want to answer'), but these students' responses are included in all other figures. Students who responded, 'I do not want to answer', when asked to report their ethnicity are included in tables presenting data by ethnicity as, 'Prefer not to say'. Non-response to this item was similar to previous years (n=4,180; 3%).

Given the large sample size, it is likely that observed differences will be statistically significant,⁸ and therefore no statistical testing has been undertaken on the results presented in this report. Where results are reported for groups of fewer than 1,000 respondents, 95% confidence intervals are provided, either within results tables or, for charts, in the Appendix.

For presentational purposes, the scale of each figure's axis is variable and relative to the data being presented. Care should therefore be taken when reading the figures, to ensure that small differences are not over-interpreted due to scaling. Readers should also be aware that small discrepancies in reported percentages might occur due to rounding.

⁸ Possible exceptions are questions asked in single survey routes and those asked to year 11 students only.

3. Mental health and wellbeing

This section presents data on young people's mental health and wellbeing in Wales based on the following measures: **Cantril Ladder (life satisfaction)**, the **Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)**, the **UCLA 3-item loneliness scale, loneliness during last summer holidays**, and the **Strengths and Difficulties Questionnaire (SDQ)**. See Appendix for details on how each of the three composite scales (SWEMWBS, UCLA 3-item loneliness, and SDQ) are calculated. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Life satisfaction: 78% of young people rated their life satisfaction as 6 or above on the Cantril Ladder (where scores range from 0 to 10), with 8 the most common (modal) score (**Figures 3.1-3.2**). Boys (85%) were more likely than girls (74%) to be satisfied with their life, while life satisfaction was markedly lower among young people who identified as neither a boy nor a girl (43%)

Mental wellbeing: Scores for mental wellbeing were measured via SWEMWBS, where higher scores represent more positive mental wellbeing. Scores were approximately normally distributed, with a modal score of 21 and mean of 23 (**Figures 3.5-3.6**). Boys had a higher mean score than girls and young people who identified as neither a boy nor a girl.

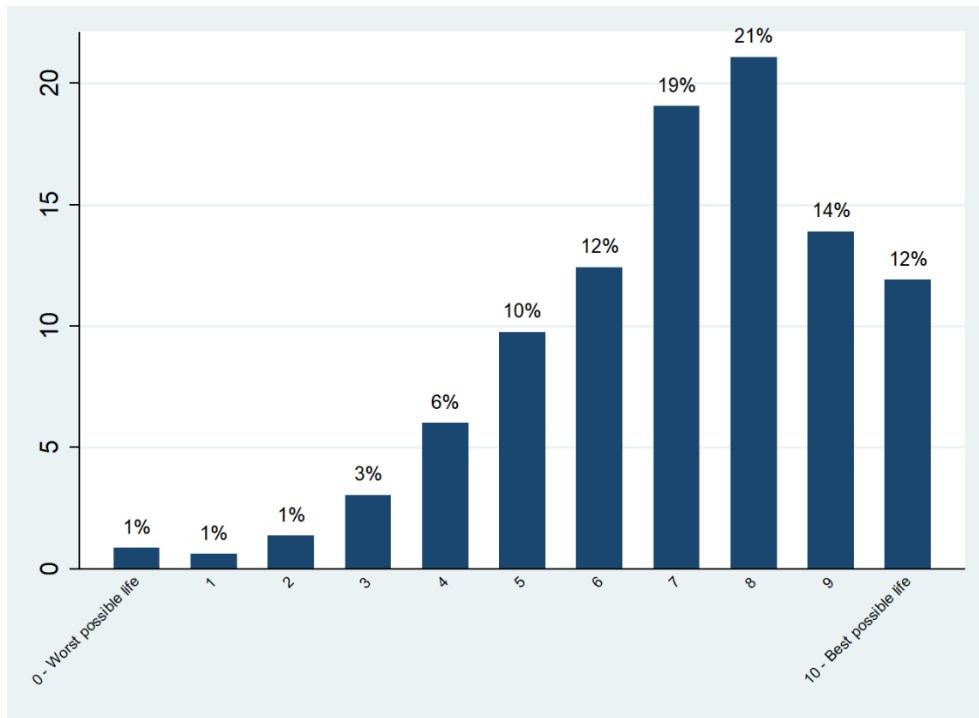
Loneliness: On the UCLA loneliness scale, where scores range from 3 to 9 (with higher scores reflecting more frequent loneliness), responses were highly skewed, with a modal score of 3 but a mean of 5 (**Figure 3.9**). While most young people felt lonely 'none of the time' or 'rarely' during the last summer holidays,⁹ around a third reported feeling lonely at least some of the time (**Figure 3.13**).

Mental health: 46% of young people reported mental health symptoms classed as at least slightly raised on the SDQ total difficulties score, with 24% reporting 'very high' mental health symptoms (**Figure 3.17**). Most young people who identified as neither a boy nor a girl reported 'very high' mental health difficulties (65%), compared to 28% of girls and 16% of boys (**Figure 3.18**). Findings across individual SDQ subscales (emotional symptoms, conduct problems, hyperactivity/inattention, peer relationship problems, and prosocial behaviour) are reported in Figures 3.21-3.40.

Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see **Tables 3.1-3.2**.

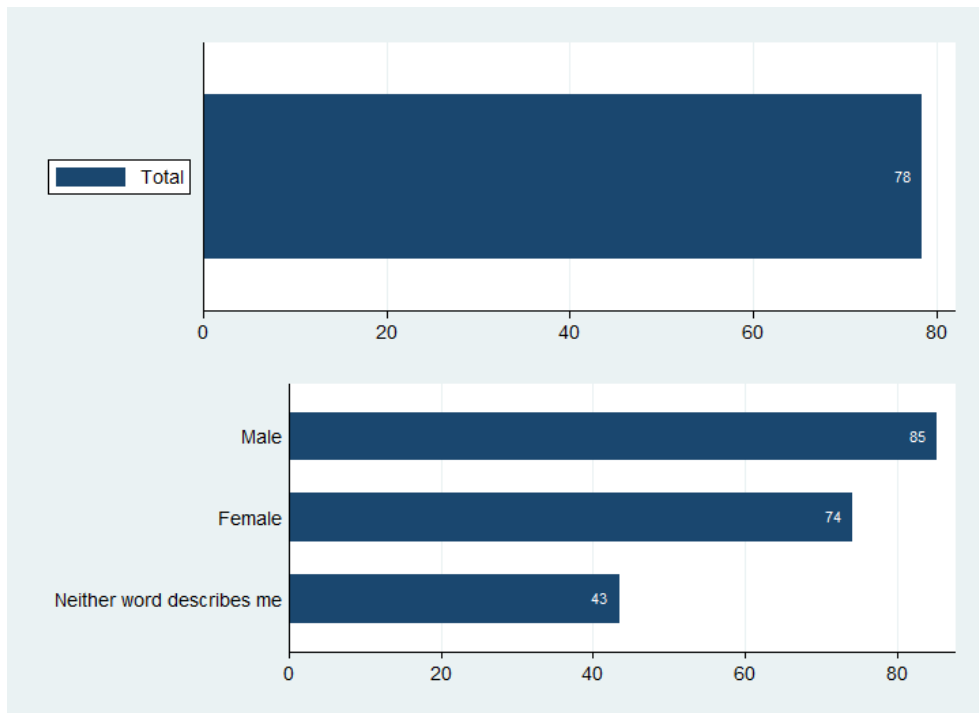
⁹ Responses refer to summer holidays 2021.

Figure 3.1 Life satisfaction scale (%)



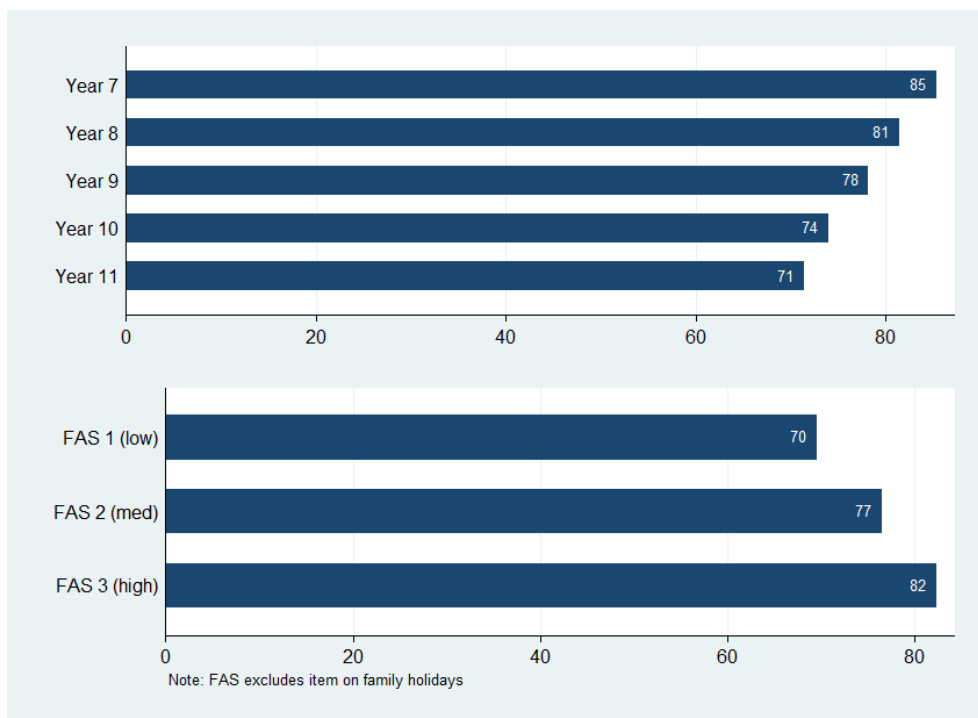
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,507)

Figure 3.2 Percentage who rated their life satisfaction as 6 or above, overall and by gender



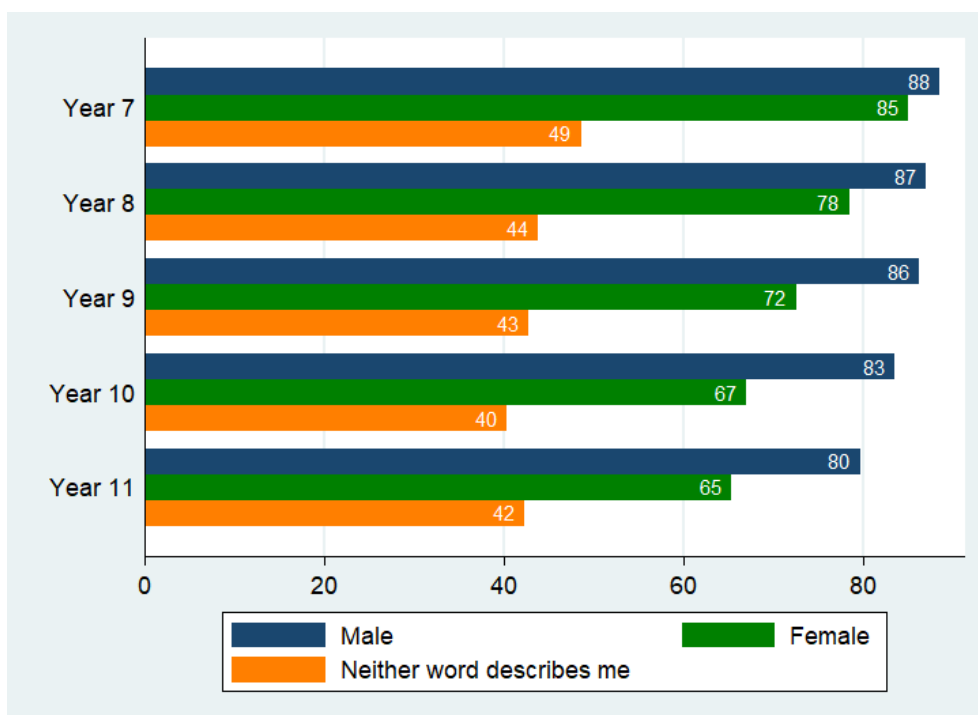
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=117,507; by gender, n=115,908 - excludes 1,599 gender non-response)

Figure 3.3 Percentage who rated their life satisfaction as 6 or above by year group and family affluence



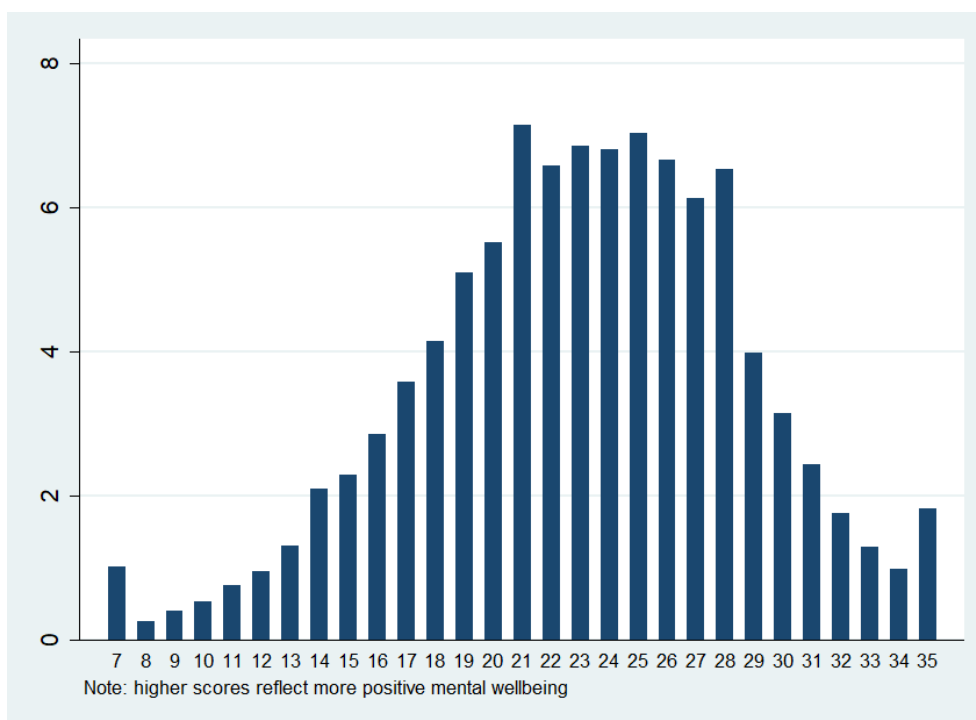
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=117,507; by FAS, n=112,930)

Figure 3.4 Percentage who rated their life satisfaction as 6 or above by year group and gender



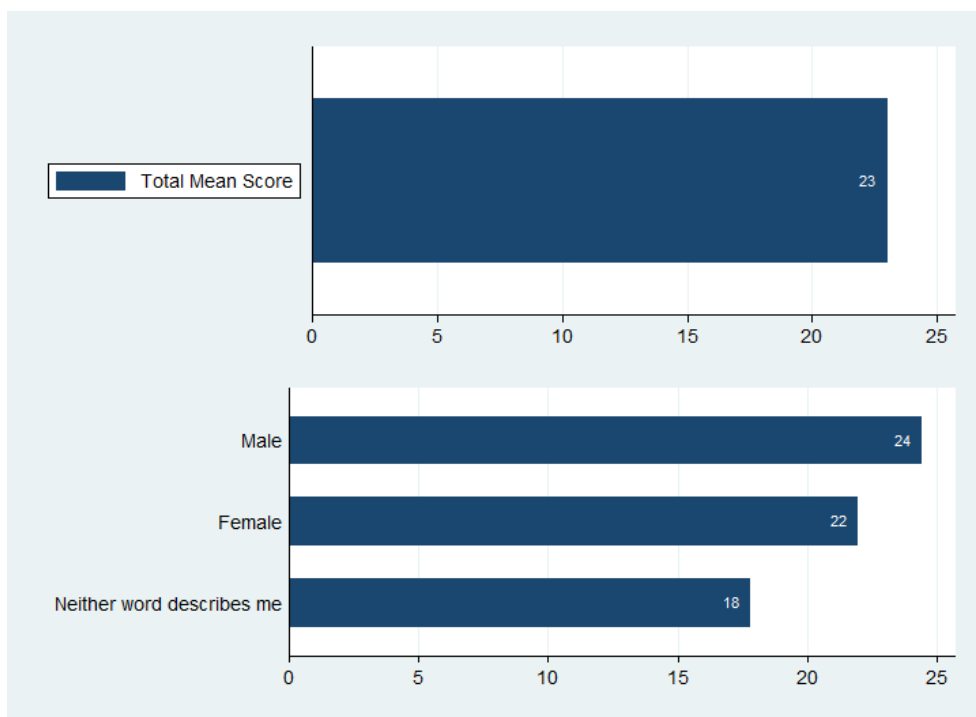
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,908). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.5 SWEMWBS Scores (%)



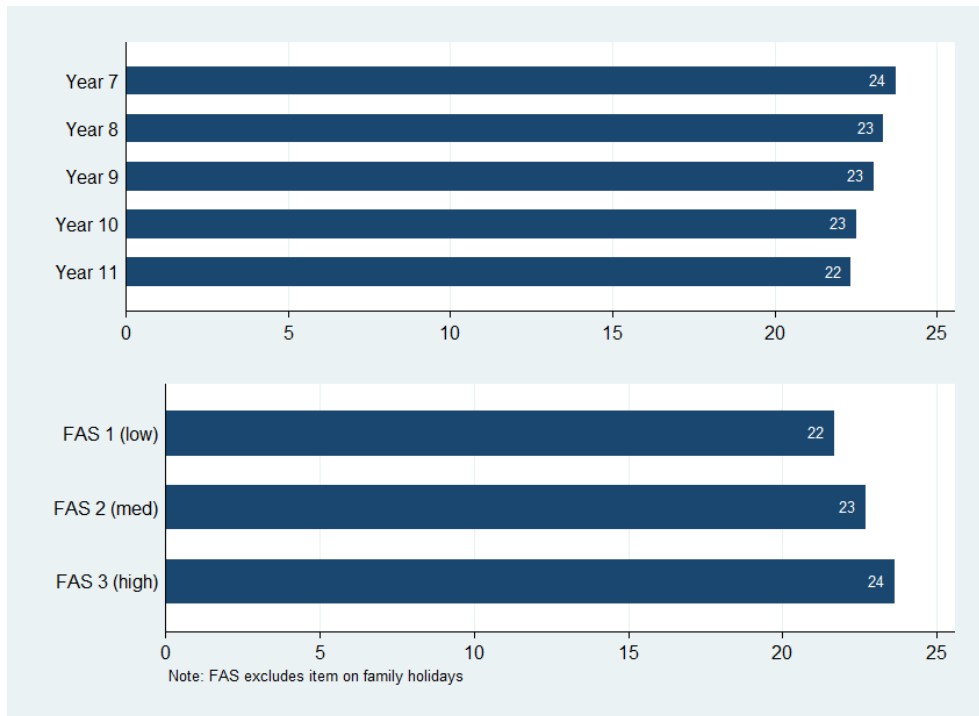
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=110,349)

Figure 3.6 Mean SWEMWBS score, overall and by gender



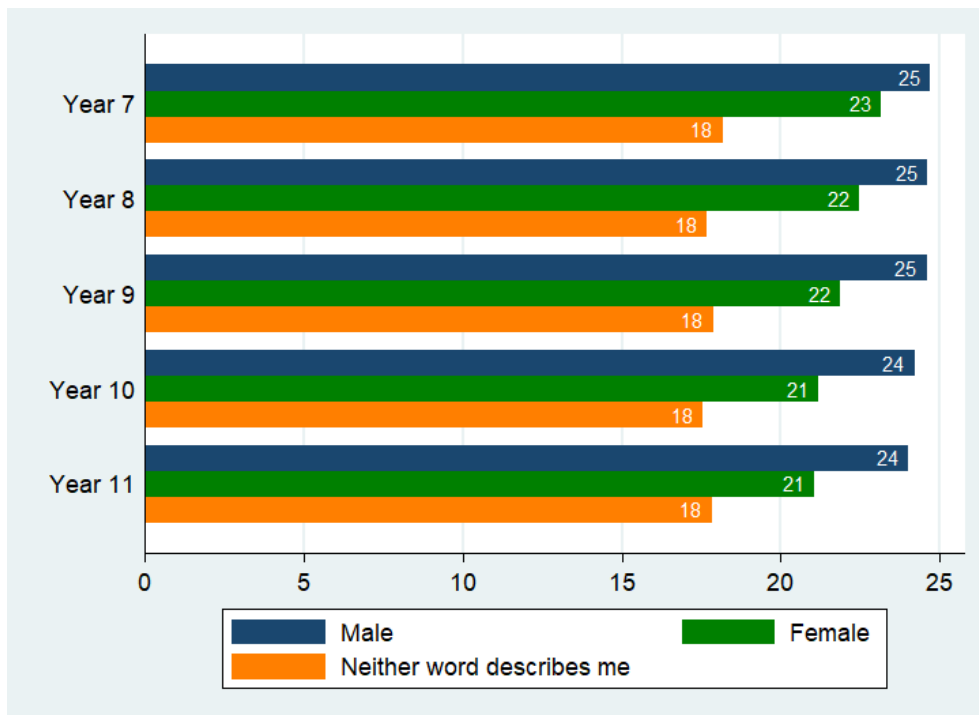
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=110,349; by gender, n=108,931 – excludes 1,418 gender non-response)

Figure 3.7 Mean SWEMWBS score by year group and family affluence



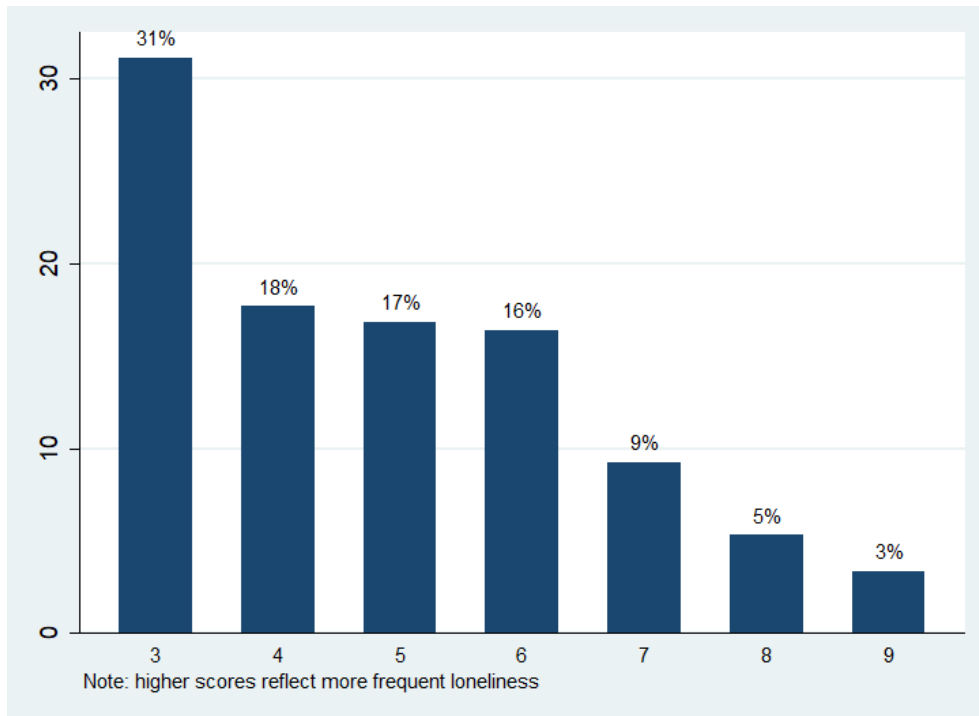
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=110,349; by FAS, n=106,918)

Figure 3.8 Mean SWEMWBS score by year group and gender



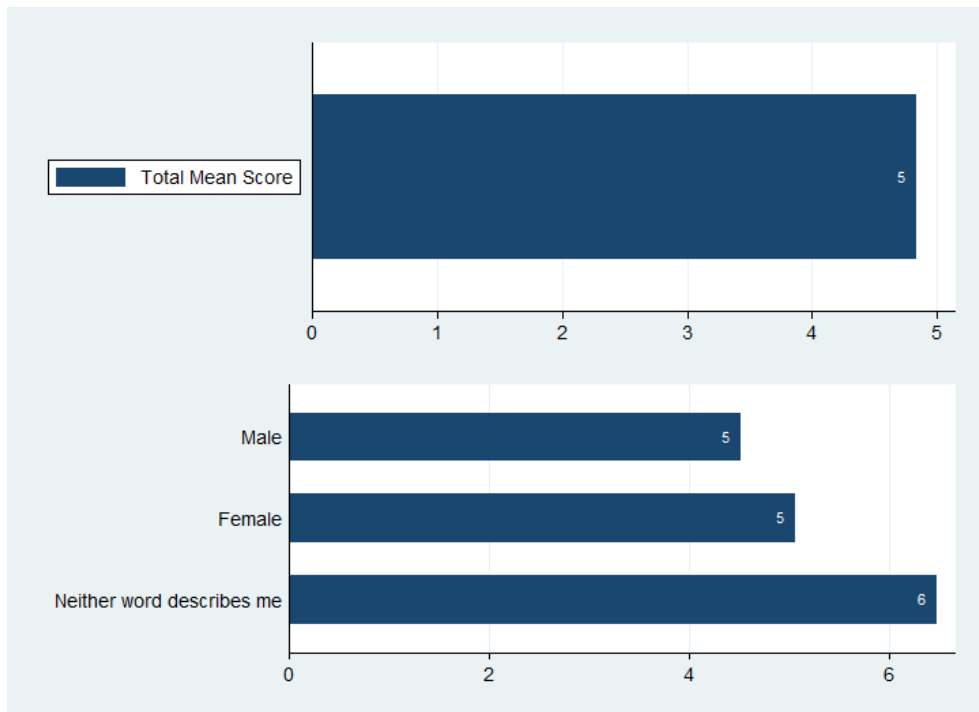
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=108,931). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.9 UCLA loneliness scale (%)



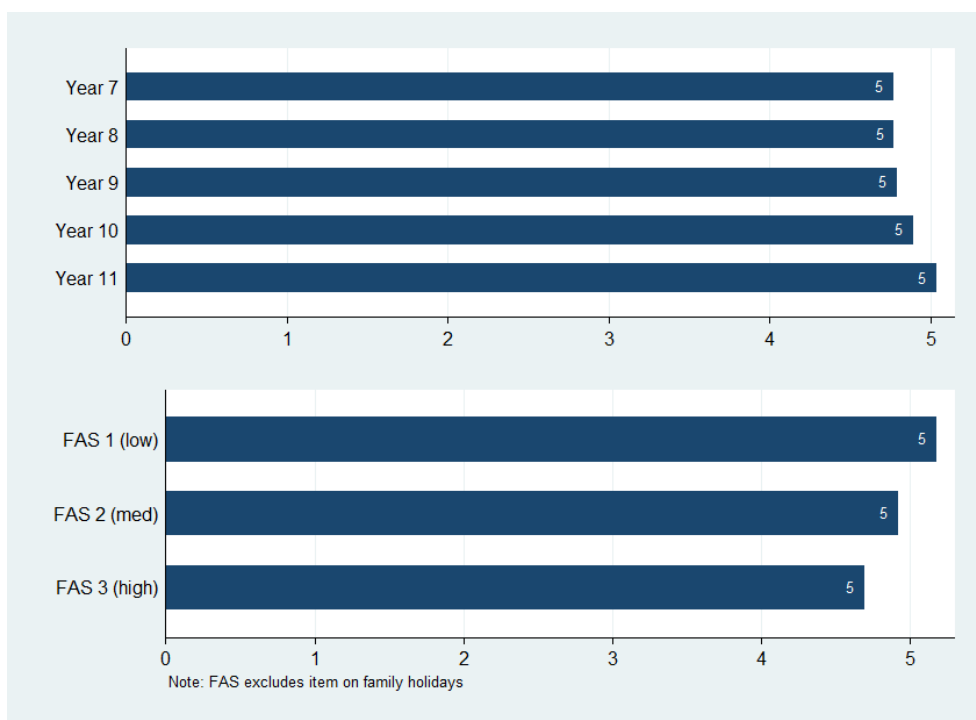
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,056)

Figure 3.10 Mean UCLA loneliness scale score, overall and by gender



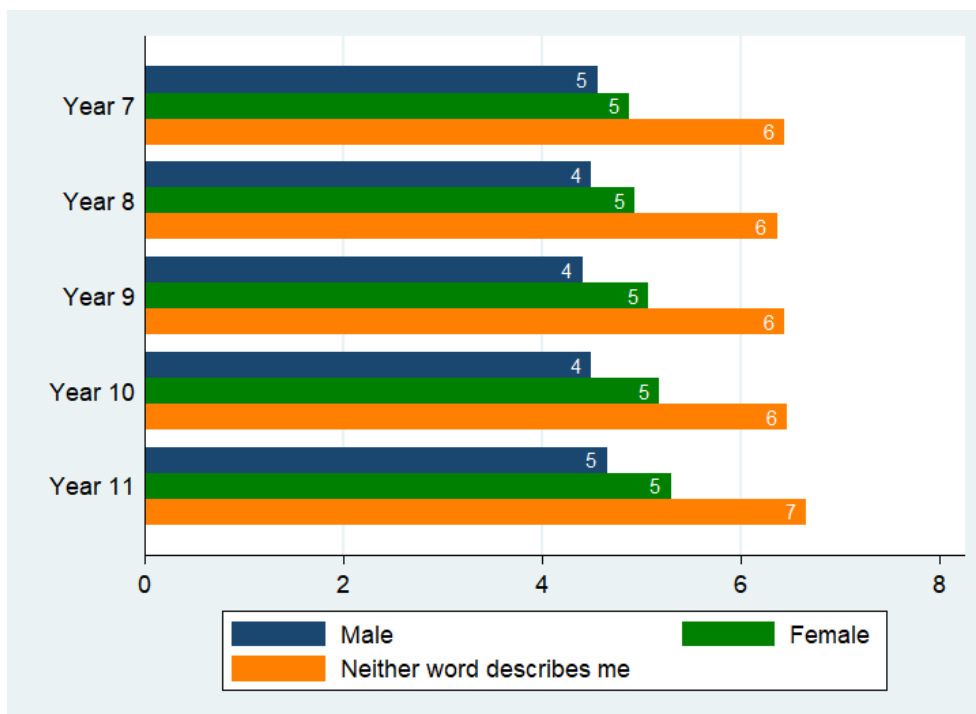
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=57,056; by gender, n=56,257 – excludes 799 gender non-response)

Figure 3.11 Mean UCLA loneliness scale score by year group and family affluence



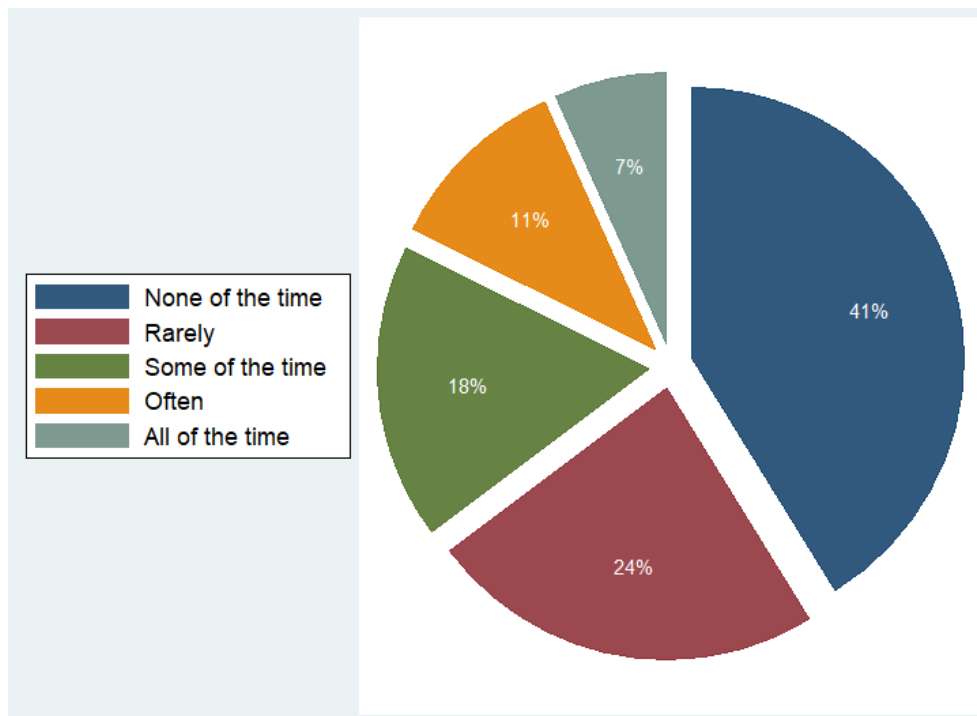
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=57,056; by FAS, n=55,116)

Figure 3.12 Mean UCLA loneliness scale score by year group and gender



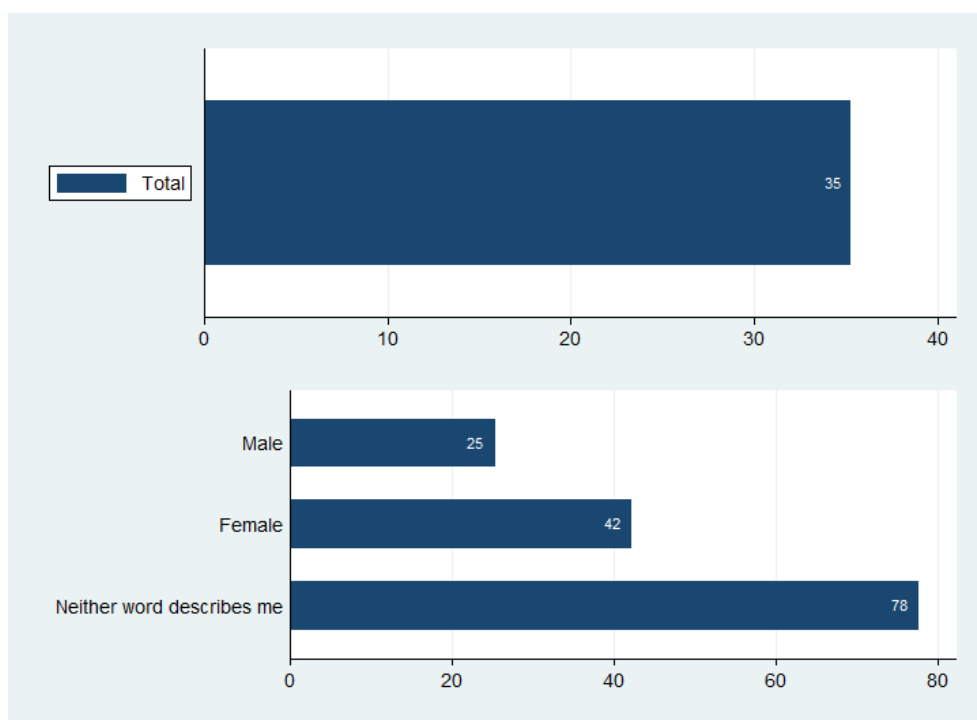
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=56,257). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.13 Frequency of loneliness during last summer holidays (%)



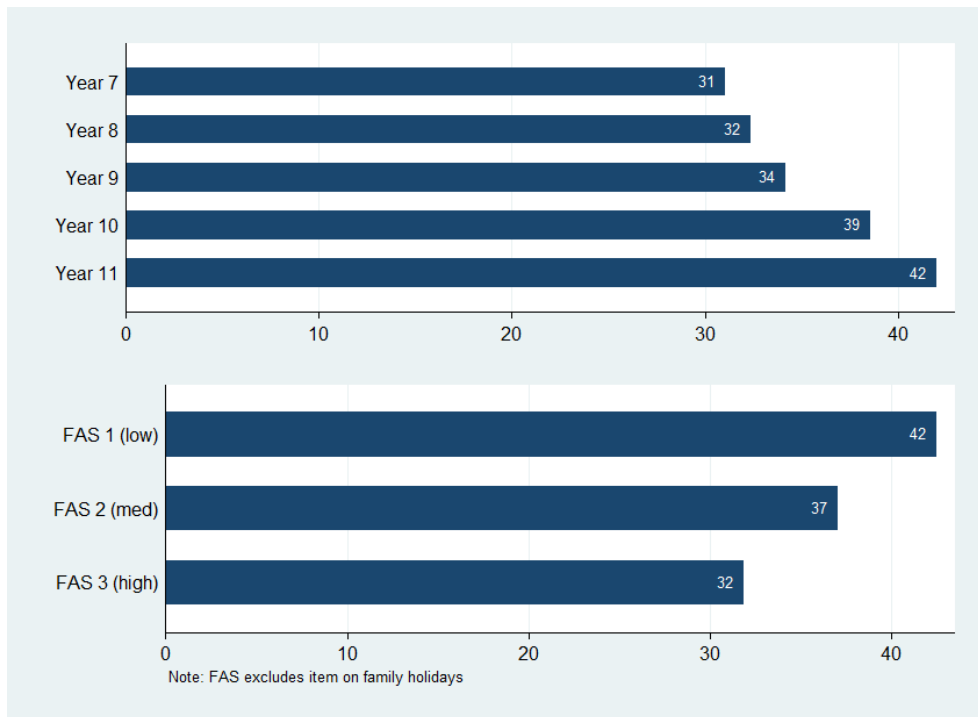
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,975)

Figure 3.14 Percentage who felt lonely at least some of the time during last summer holidays, overall and by gender¹



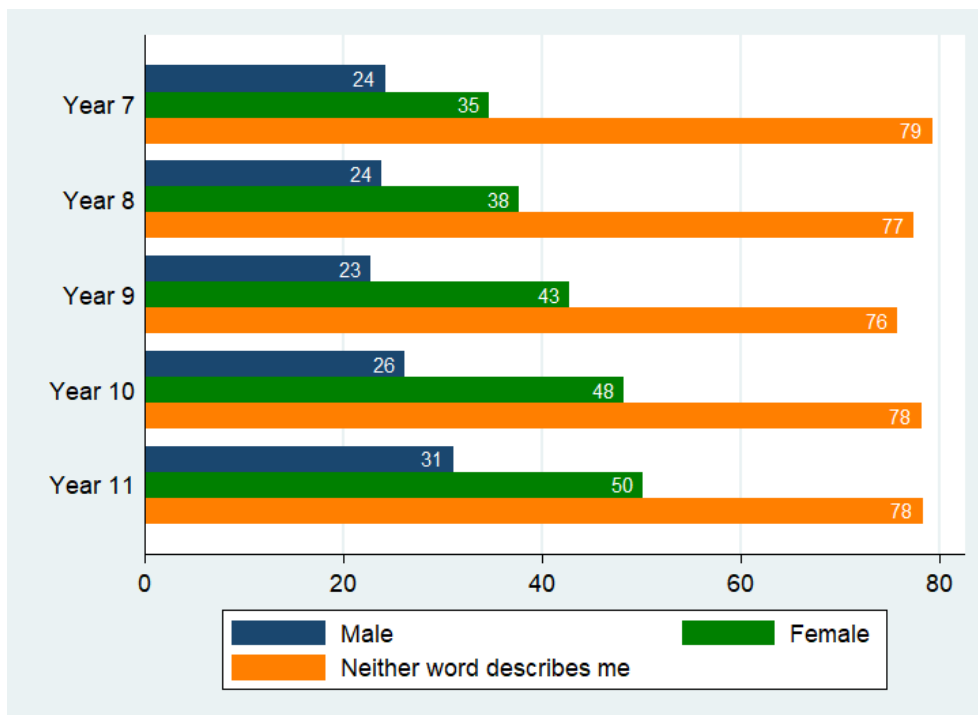
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=57,975; by gender, n=57,120 – excludes 855 gender non-response); ¹Please note this variable was positively coded in 2017/18 (i.e. % never or rarely felt lonely)

Figure 3.15 Percentage who felt lonely at least some of the time during last summer holidays by year group and family affluence



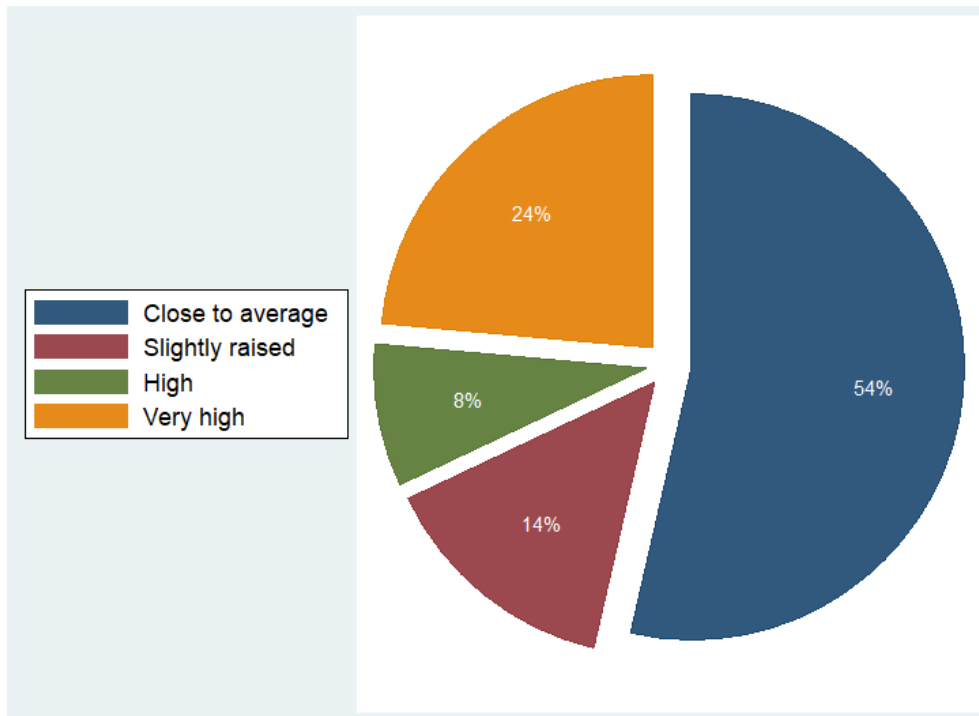
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=57,975; by FAS, n=55,799)

Figure 3.16 Percentage who felt lonely at least some of the time during last summer holidays by year group and gender



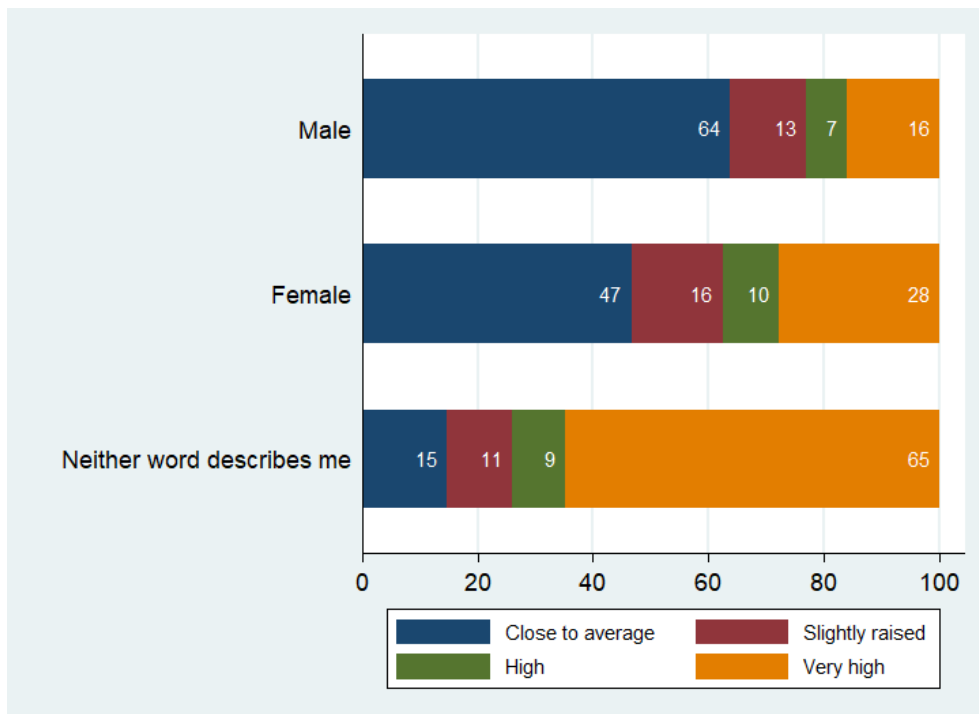
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,120). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.17 SDQ total scale score (%)



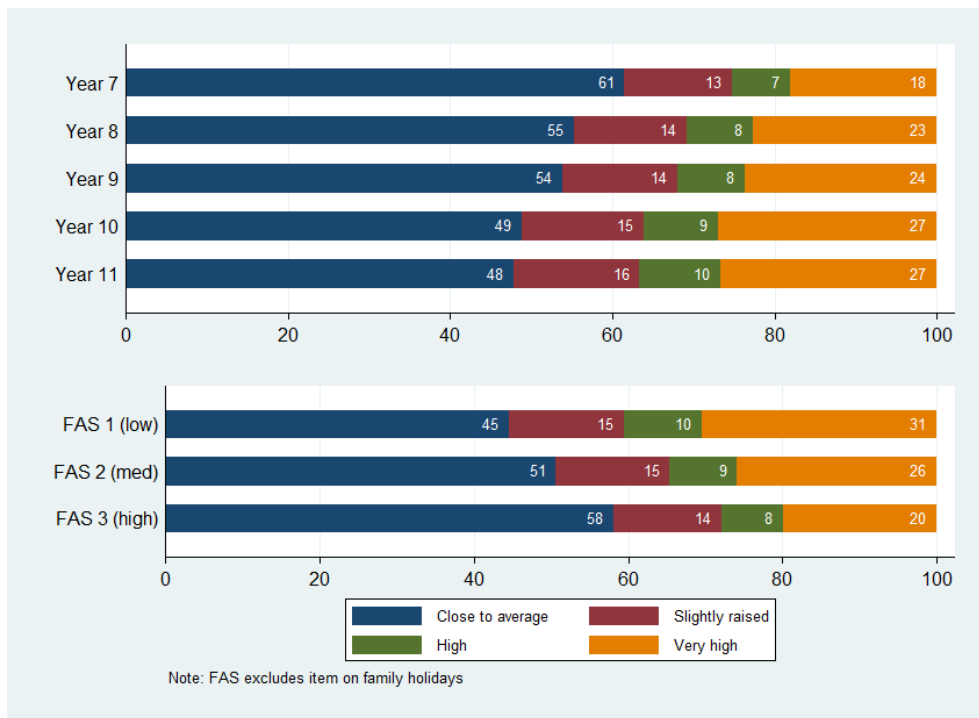
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,324)

Figure 3.18 SDQ total scale score by gender (%)



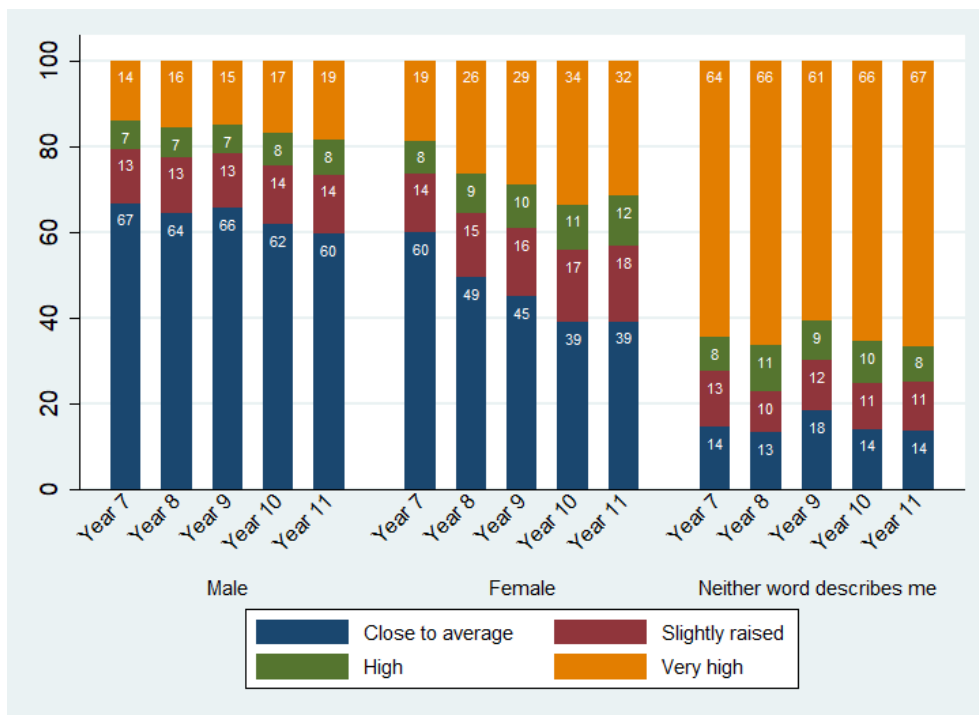
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=102,931 – excludes 1,393 gender non-response)

Figure 3.19 SDQ total scale score by year group and family affluence (%)



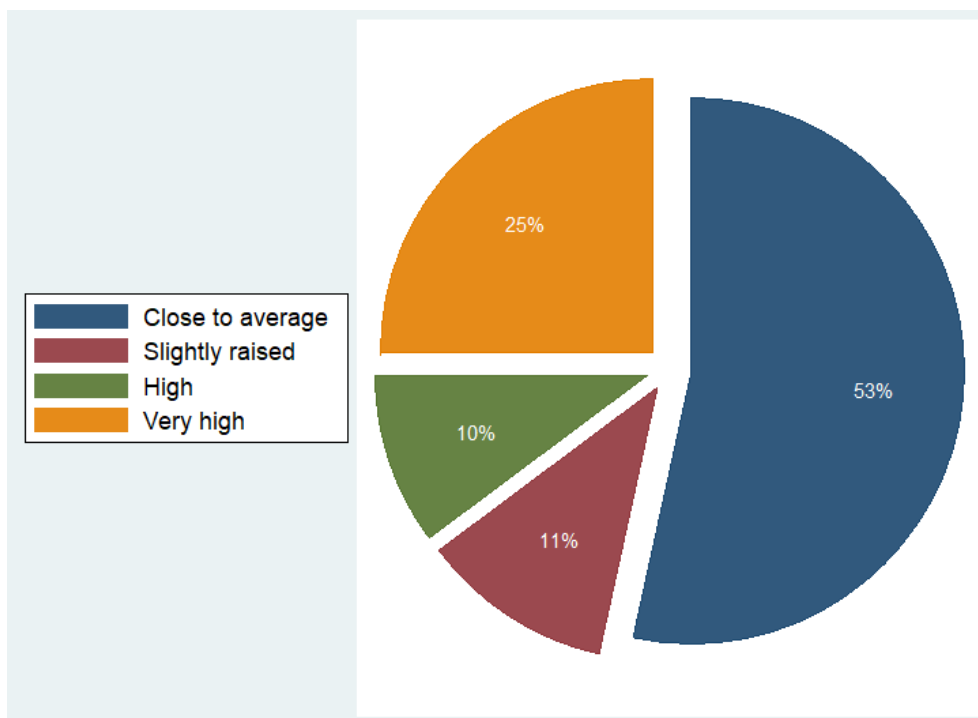
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=104,324; by FAS, n=100,785)

Figure 3.20 SDQ total scale score by gender and year group (%)



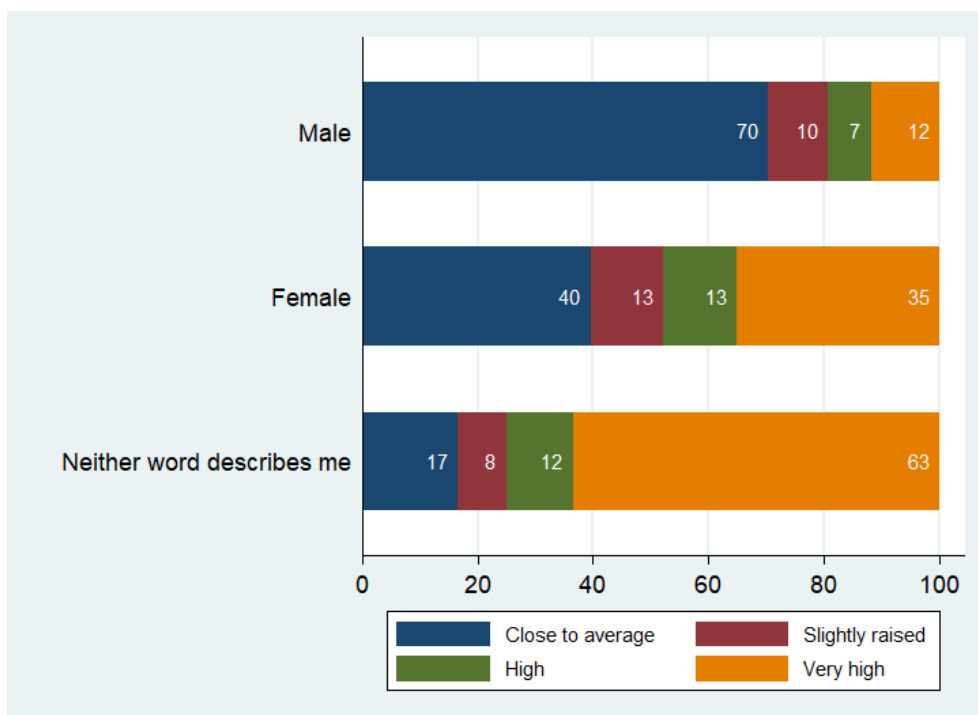
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=102,931). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.21 SDQ emotional problems scale score (%)



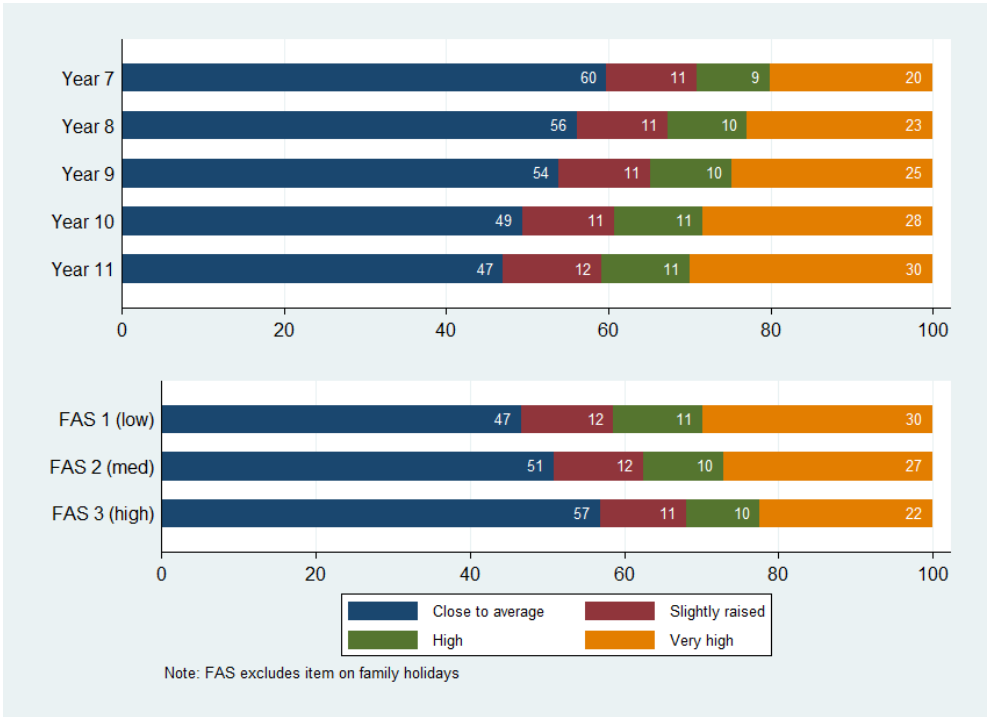
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,410)

Figure 3.22 SDQ emotional problems scale score by gender (%)



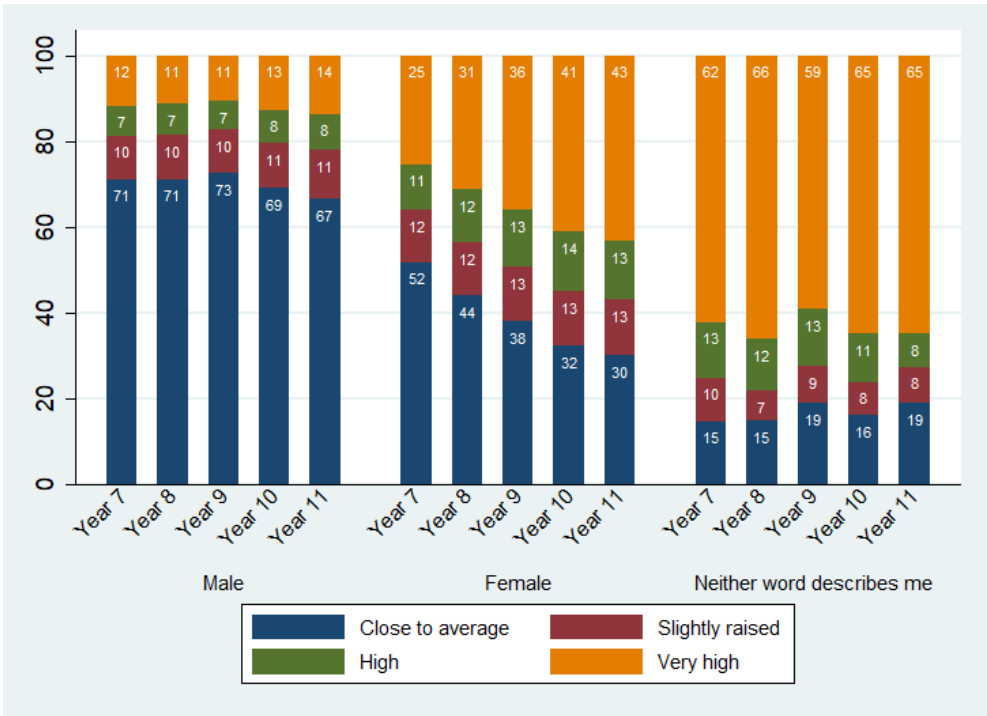
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,953 – excludes 1,457 gender non-response)

Figure 3.23 SDQ emotional problems scale score by year group and family affluence (%)



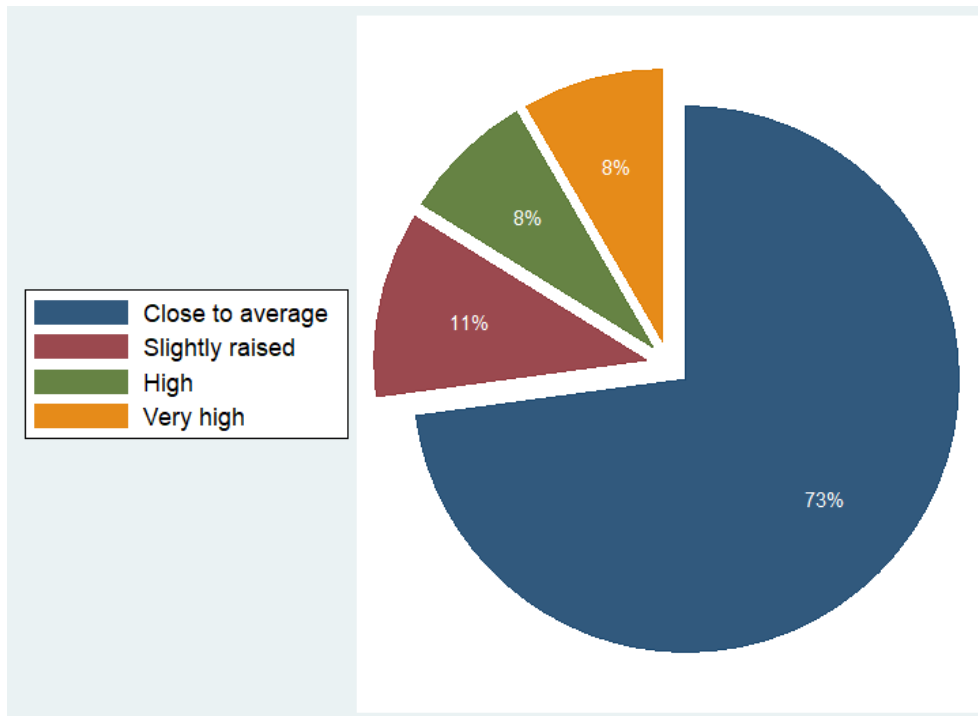
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,410; by FAS, n=101,664)

Figure 3.24 SDQ emotional problems scale score by gender and year group (%)



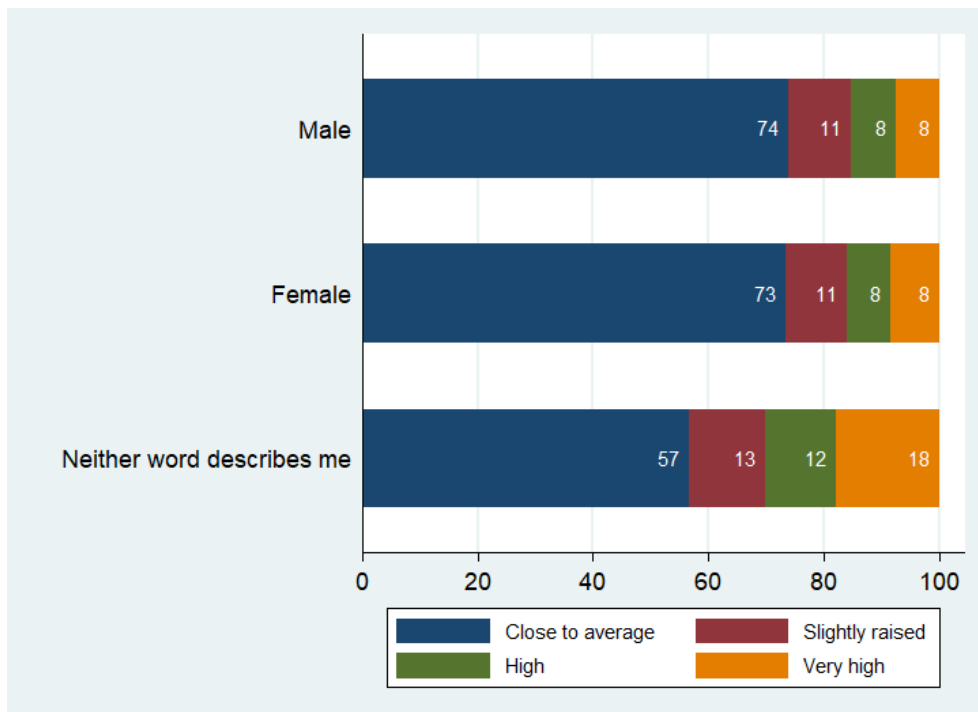
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,953). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.25 SDQ conduct problems scale score (%)



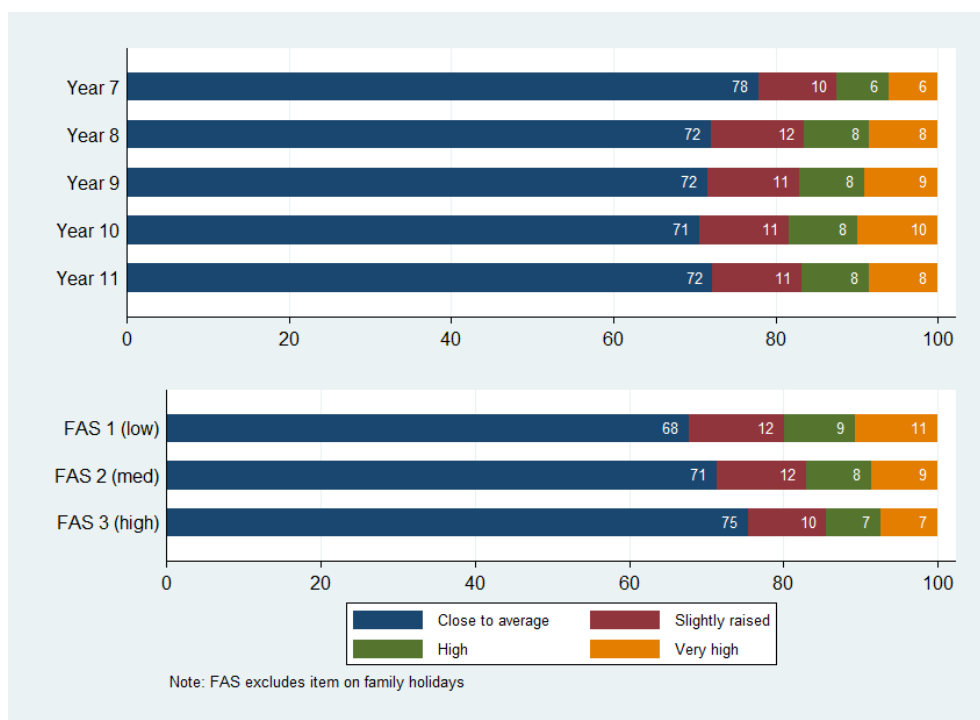
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,516)

Figure 3.26 SDQ conduct problems scale score by gender (%)



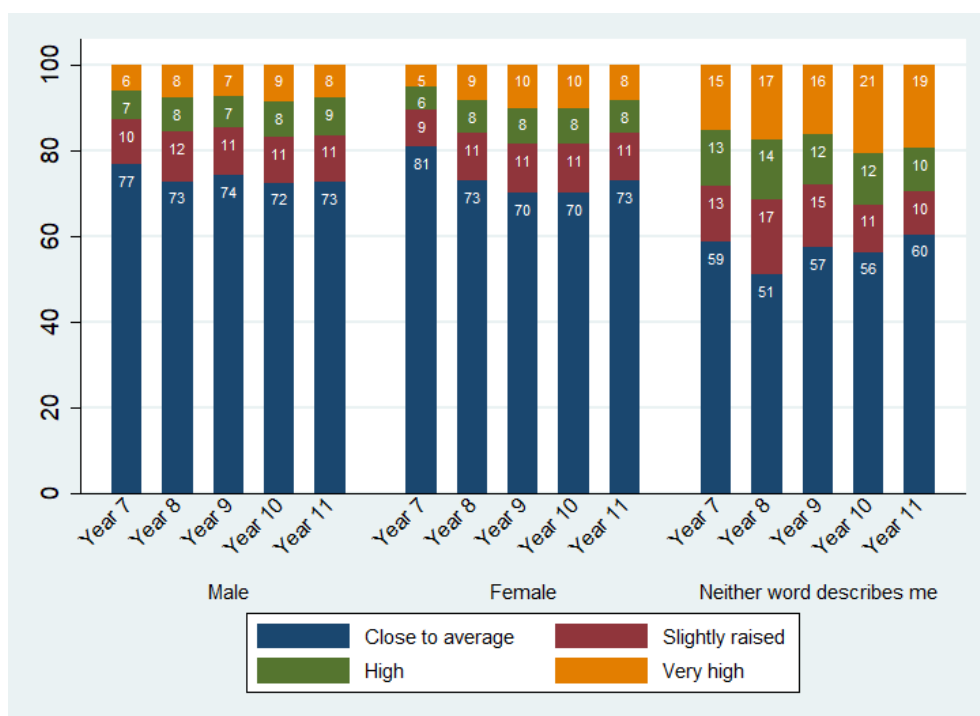
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,068 – excludes 1,448 gender non-response)

Figure 3.27 SDQ conduct problems scale score by year group and family affluence (%)



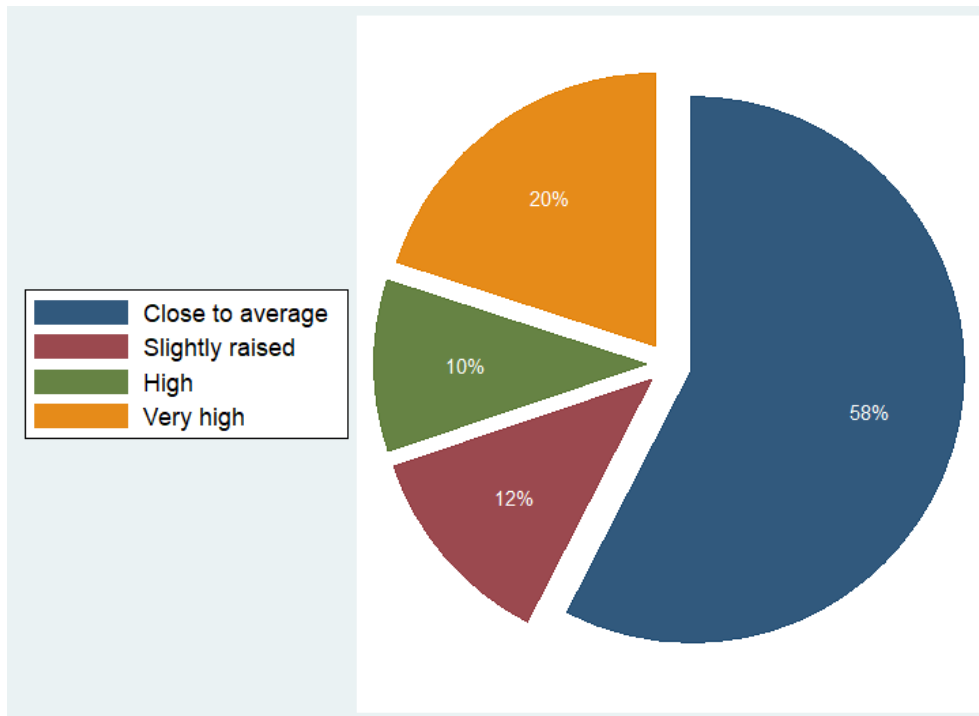
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,516; by FAS, n=101,732)

Figure 3.28 SDQ conduct problems scale score by gender and year group (%)



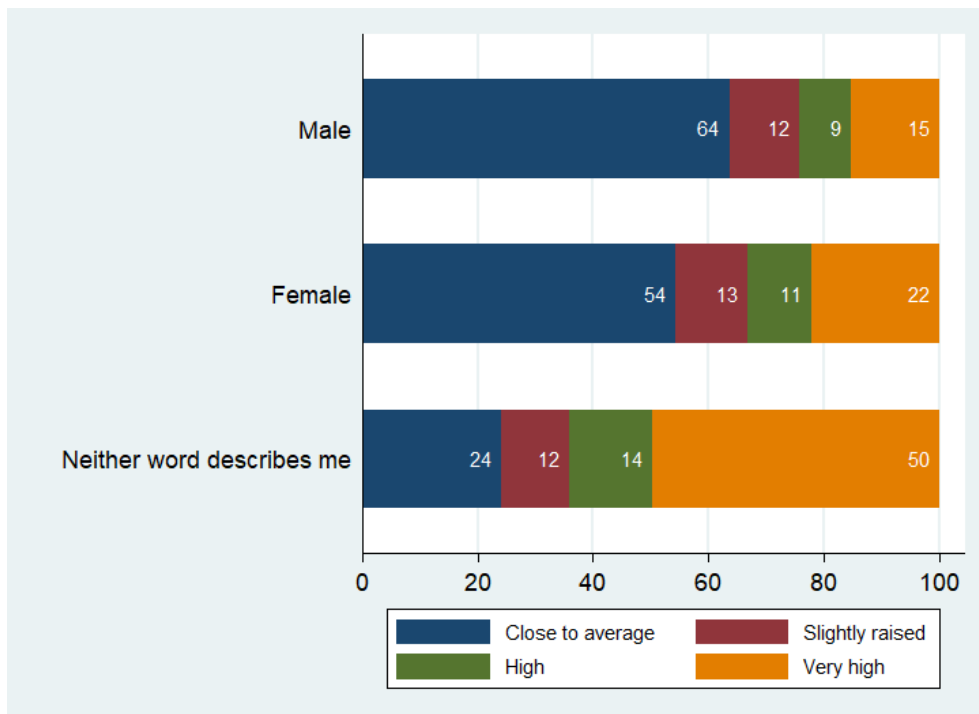
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,068). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.29 SDQ hyperactivity scale score (%)



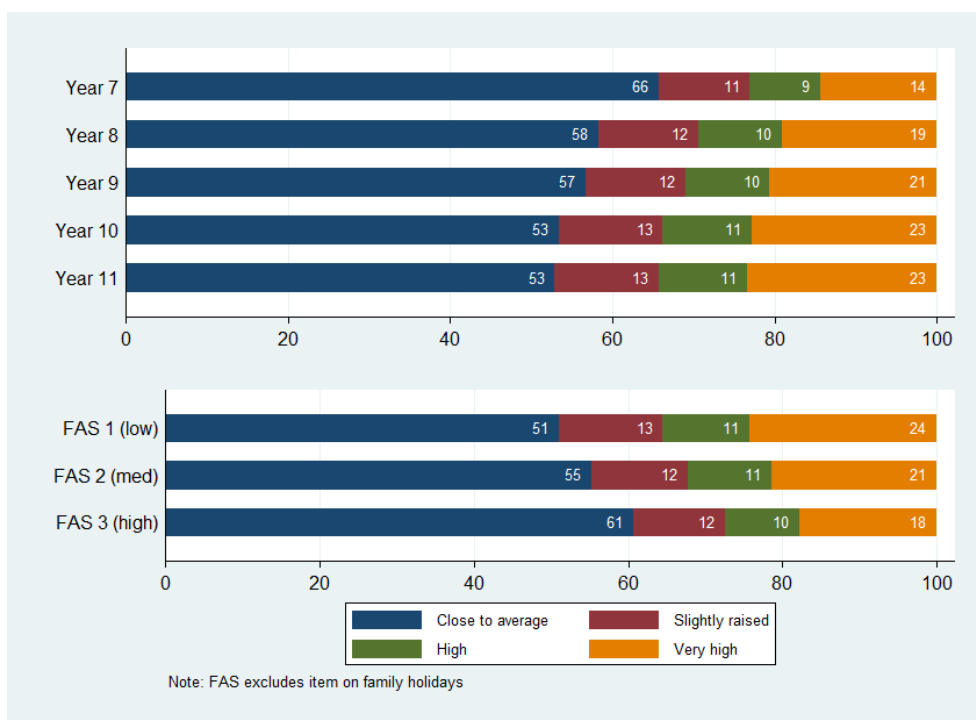
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,211)

Figure 3.30 SDQ hyperactivity scale score by gender (%)



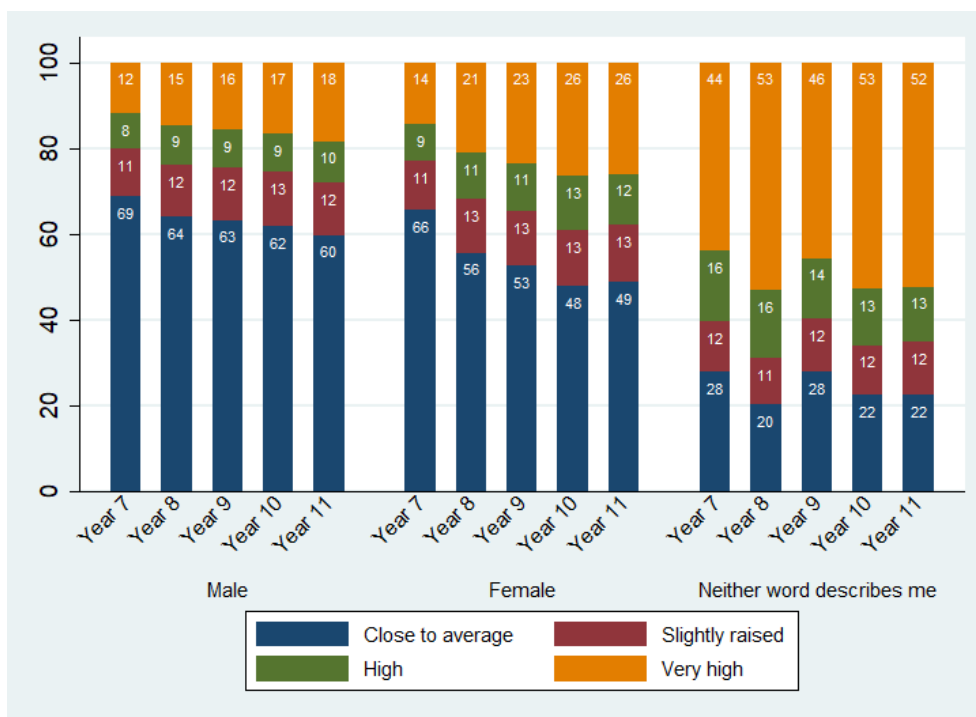
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,767 – excludes 1,444 gender non-response)

Figure 3.31 SDQ hyperactivity scale score by year group and family affluence (%)



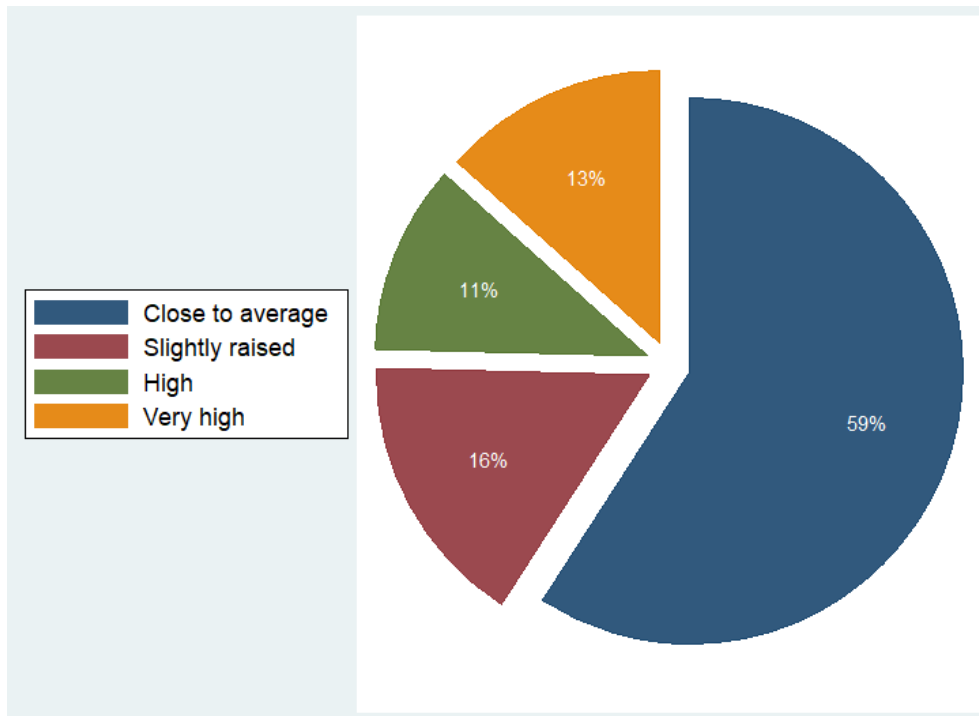
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,211; by FAS, n=101,484)

Figure 3.32 SDQ hyperactivity scale score by gender and year group (%)



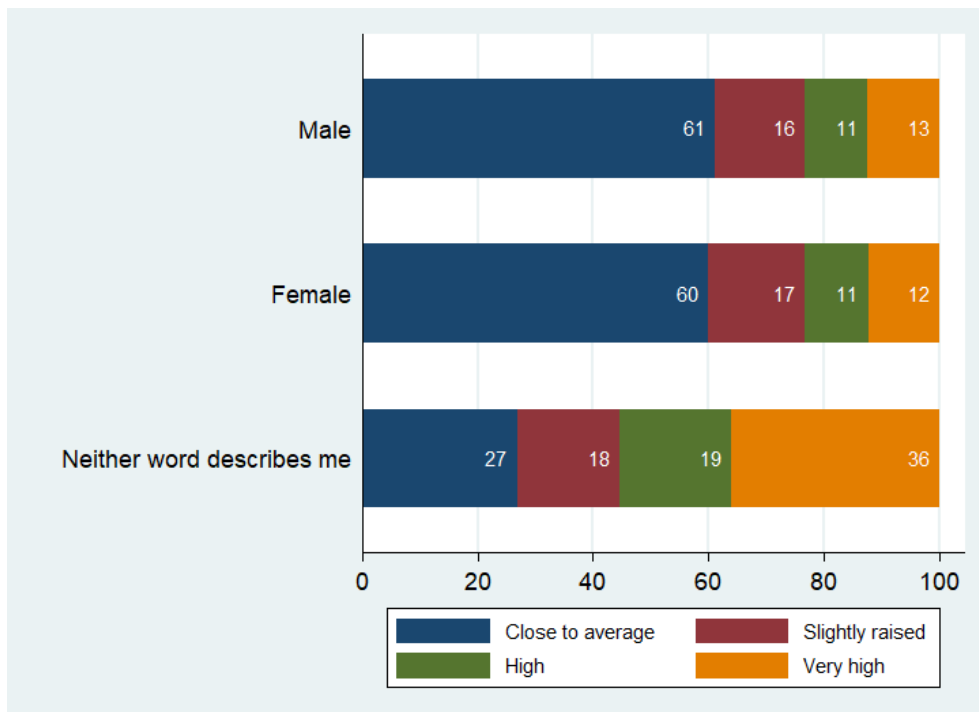
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,767). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.33 SDQ peer problems scale score (%)



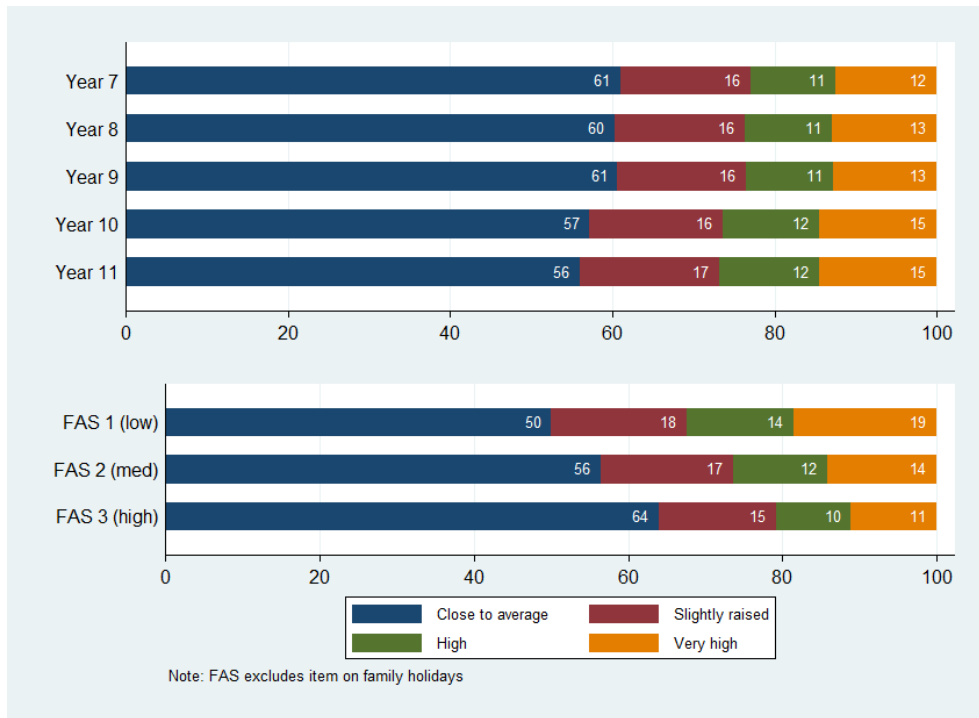
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,267)

Figure 3.34 SDQ peer problems scale score by gender (%)



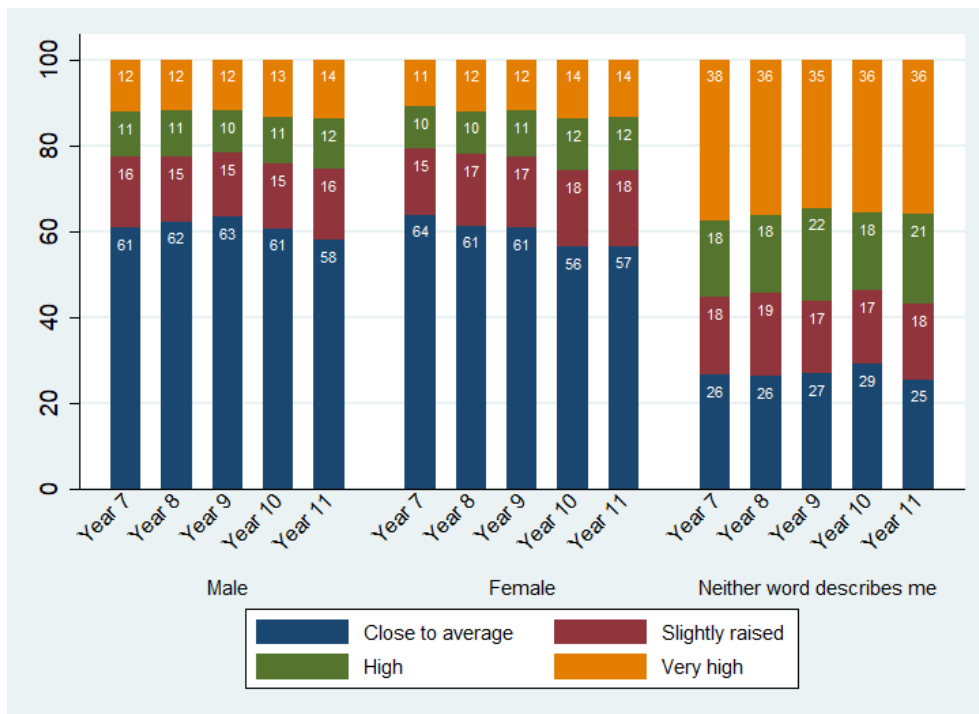
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,838 – excludes 1,429 gender non-response)

Figure 3.35 SDQ peer problems scale score by year group and family affluence (%)



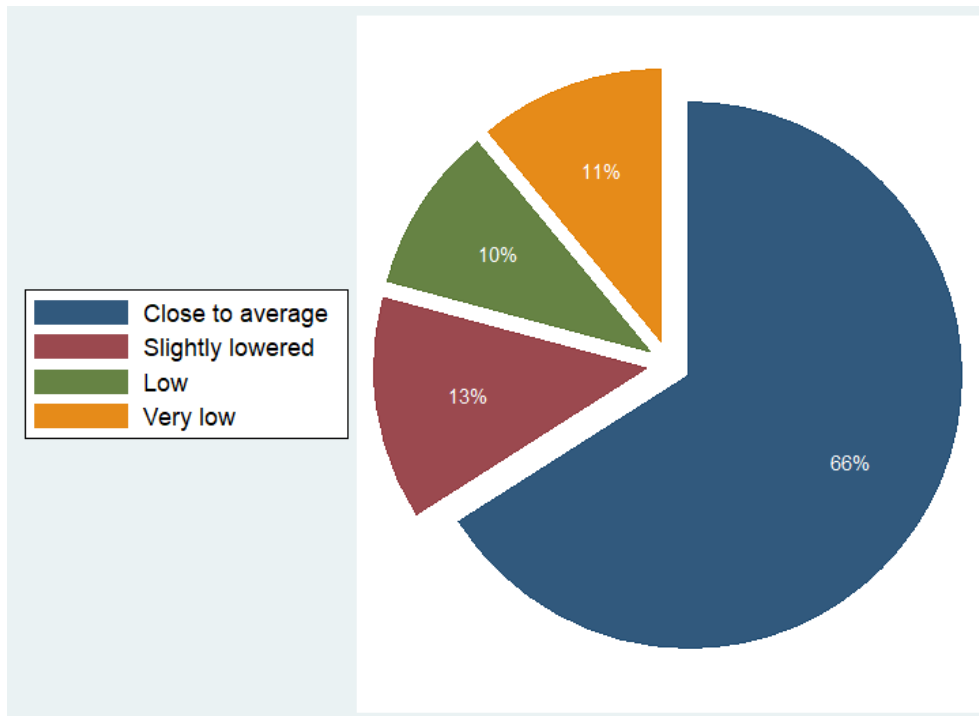
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,267; by FAS, n=101,539)

Figure 3.36 SDQ peer problems scale score by gender and year group (%)



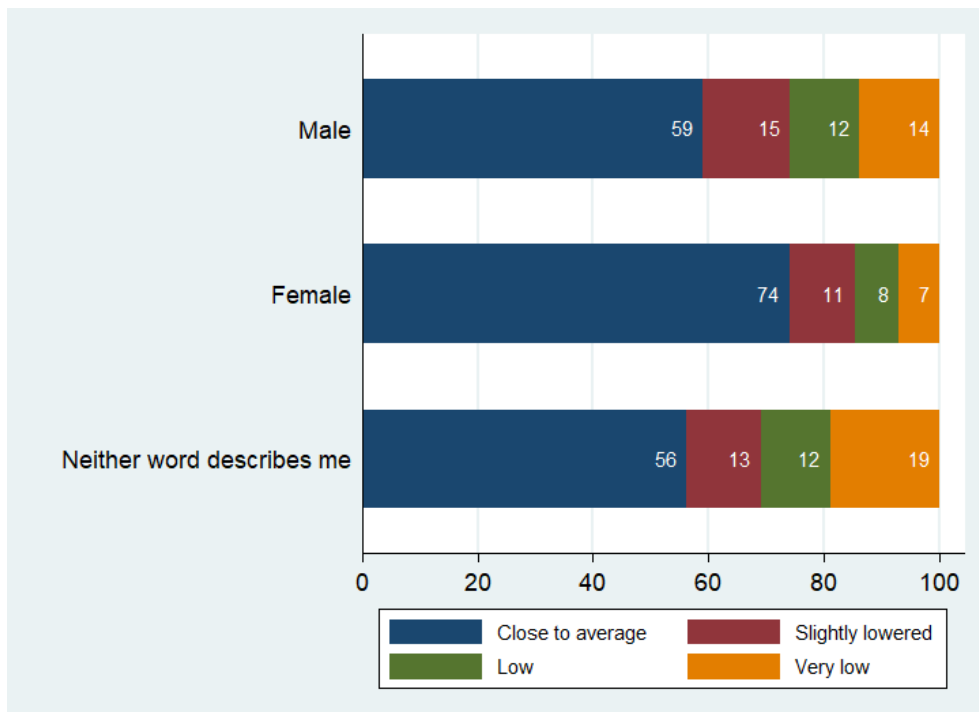
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,838). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 3.37 SDQ prosocial behaviour scale score (%)



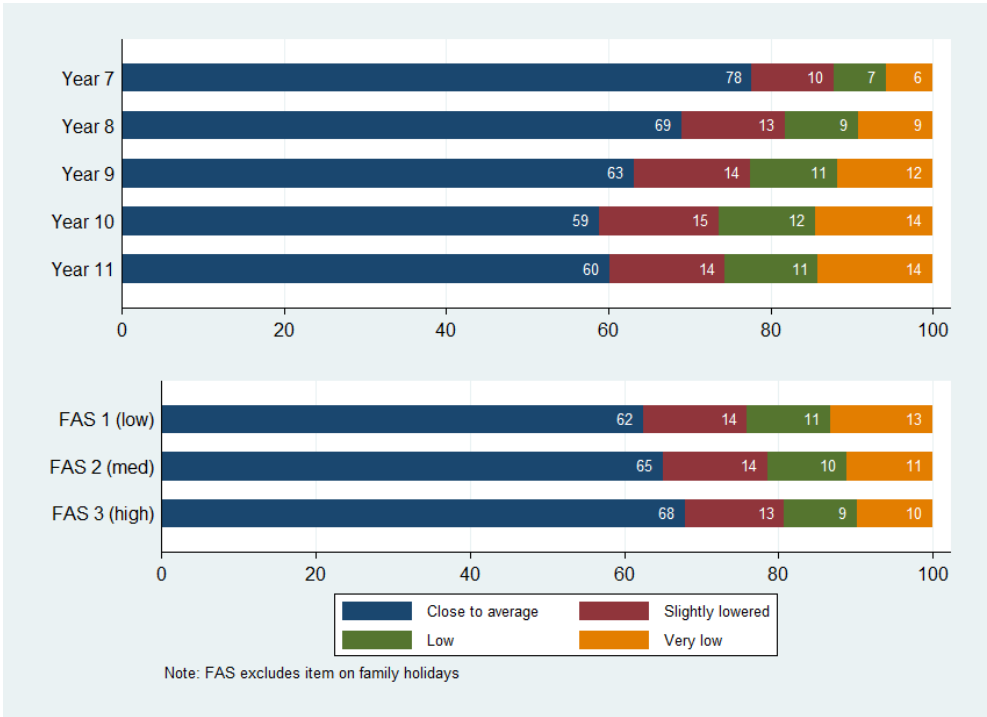
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,732)

Figure 3.38 SDQ prosocial behaviour scale score by gender (%)



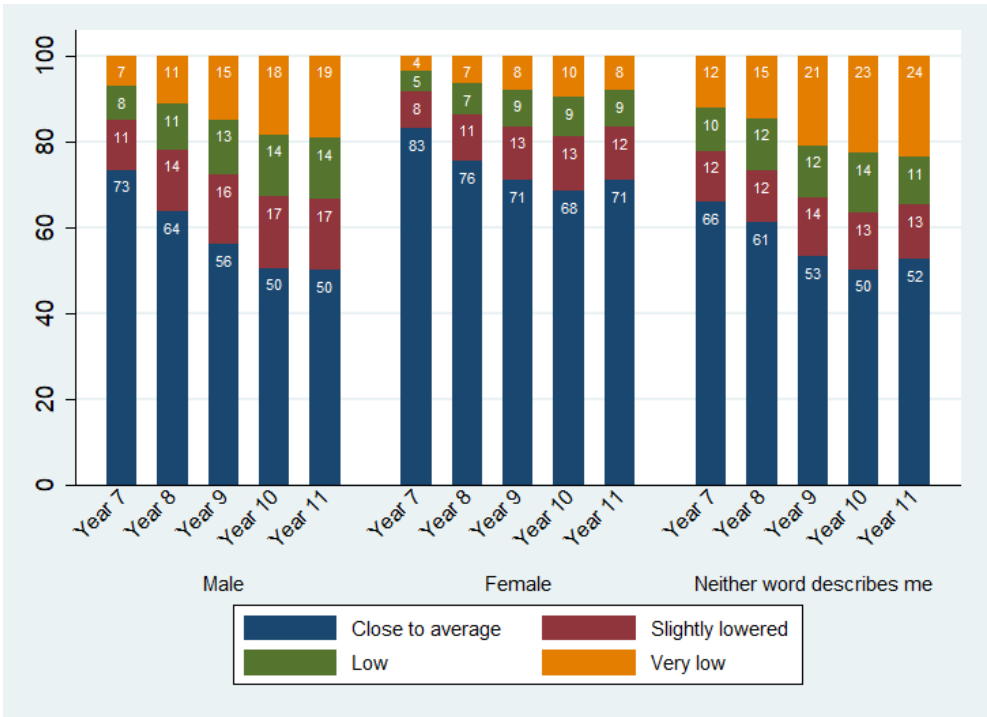
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,267 – excludes 1,465 gender non-response)

Figure 3.39 SDQ prosocial behaviour scale score by year group and family affluence (%)



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,732; by FAS, n=101,933)

Figure 3.40 SDQ prosocial behaviour scale score by gender and year group (%)



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,267). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 3.1 Measures by ethnic group^{1,2,3,4}

	% who rated their life satisfaction as 6 or above	Mean SWEMWBS score	% who felt lonely at least some of the time during last summer holidays	Mean loneliness score	SDQ total score			
					% close to average	% slightly raised	% high	% very high
White British	79	23 [23,23]	35	5 [5,5]	53	15	9	24
White Irish	70 [67,74]	22 [21,22]	49 [43,54]	5 [5,6]	42 [38,46]	17 [14,20]	7 [5,10]	35 [31,39]
White – Gypsy/traveller	66 [62,70]	21 [20,21]	38 [33,44]	5	36 [31,40]	13 [10,16]	10 [8,13]	41 [37,46]
White Roma	74 [64,81]	23 [22,25]	40 [28,53]	5 [5,6]	58 [47,68]	12 [6,21]	11 [5,20]	20 [12,30]
White Other	73	23	44	5	50	15	9	26
Mixed or multiple ethnic group	73	23	40	5 [5,5]	50	15	9	26
Pakistani	74	23 [23,24]	31 [27,35]	5	65 [61,68]	14 [12,16]	6 [5,10]	16 [13,18]
Indian	81 [78,83]	24 [24,24]	28 [24,32]	5 [4,5]	75 [71,78]	10 [8,13]	5 [4,7]	10 [8,12]
Bangladeshi	76 [73,78]	23 [23,24]	28 [24,32]	5 [5,5]	68 [65,71]	12 [10,15]	7 [5,9]	13 [11,15]
Chinese	77 [73,80]	23 [22,23]	42 [37,47]	5 [5,5]	65 [61,69]	11 [9,14]	7 [5,10]	16 [14,20]
African	78	24 [24,25]	30 [26,34]	5 [5,5]	66 [63,69]	11 [9,13]	8 [6,10]	15 [13,18]
Caribbean or Black	72 [68,76]	23 [22,24]	34 [28,40]	5 [5,5]	57 [52,62]	15 [12,18]	8 [6,11]	20 [17,24]
Arab	77 [74,80]	23 [23,24]	31 [27,35]	5 [4,5]	63 [59,66]	12 [9,14]	6 [5,8]	19 [17,23]
Other	78	23	38	5	58	13	9	20
Prefer not to say	72	21	43	5	49	13	9	29

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-); ³SWEMWBS scores range from a low of 7 to a high of 35, where higher scores reflect more positive mental wellbeing; ⁴UCLA 3-item loneliness scale scores range from 3 (less frequent loneliness) to 9 (more frequent loneliness)

Table 3.2 Measures by local health board^{1,2,3,4}

	% who rated their life satisfaction as 6 or above	Mean SWEMWBS score	% who felt lonely at least some of the time during last summer holidays	Mean loneliness score	SDQ total score			
					% close to average	% slightly raised	% high	% very high
Aneurin Bevan	78	23	36	5	54	14	9	23
Male	85	24	26	5	64	13	7	15
Female	75	22	43	5	46	16	10	28
Neither word describes me	42 [39,46]	18 [17,18]	78 [74,82]	7 [6,7]	17 [15,20]	10 [8,13]	9 [7,11]	63 [60,67]
Betsi Cadwaladr	77	23	36	5	52	15	9	25
Male	85	24	26	5	62	14	7	17
Female	73	22	43	5	45	16	10	29
Neither word describes me	43 [39,46]	18 [17,18]	78 [74,82]	6 [6,7]	14 [11,16]	11 [9,13]	8 [7,10]	67 [64,70]
Cardiff & Vale	79	23	34	5	58	14	8	21
Male	86	25	22	4	68	12	6	14
Female	74	22	41	5	51	15	9	24
Neither word describes me	47 [42,51]	18 [18,19]	72 [66,77]	6 [6,6]	19 [16,23]	12 [9,16]	11 [8,14]	58 [53,62]
Cwm Taf Morgannwg	78	23	35	5	51	14	9	26
Male	85	24	25	4	62	13	7	18
Female	73	22	42	5	44	16	10	30
Neither word describes me	42 [38,47]	17 [17,18]	79 [72,85]	6 [6,7]	12 [9,16]	9 [6,12]	11 [8,14]	68 [64,73]
Hywel Dda	79	23	35	5	54	14	8	23
Male	85	24	26	5	63	13	8	16
Female	76	22	42	5	48	15	9	28
Neither word describes me	43 [38,48]	18 [17,18]	84 [78,89]	7 [6,6]	13 [10,17]	15 [11,19]	6 [4,9]	66 [61,71]
Powys	78	23	36	5	54	14	8	23
Male	85	25	26	5	64	13	6	16
Female	74	22	43	5	47	16	11	27
Neither word describes me	40 [32,49]	17 [16,18]	82 [72,89]	7 [6,7]	8 [4,14]	12 [8,19]	13 [8,20]	67 [58,74]
Swansea Bay	79	23	34	5	54	14	8	23
Male	86	24	25	4	64	13	7	16
Female	75	22	41	5	47	16	10	27
Neither word describes me	47 [42,52]	18 [17,18]	75 [69,80]	6 [6,7]	13 [10,17]	11 [9,15]	10 [7,14]	65 [60,70]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-); ³SWEMWBS scores range from a low of 7 to a high of 35, where higher scores reflect more positive mental wellbeing; ⁴UCLA 3-item loneliness scale scores range from 3 (less frequent loneliness) to 9 (more frequent loneliness)

4. School life

This section presents data on young people's school life in Wales based on the following measures: **liking school**, **school pressure**, **feel accepted by teachers**, **feel teachers care**, **member of staff to confide in**, **participation in planning school events**, **opportunities to decide and plan school projects**, **student ideas treated seriously at school**, **own ideas treated seriously at school**, **bullying perpetration**, **bullying victimisation**, and **mental health support at school**. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Feelings about school: 58% of young people reported liking school either a bit (43%) or a lot (15%) (Figure 4.1). Young people who identified as neither a boy nor a girl (6%) were less likely than boys (16%) or girls (14%) to report liking school a lot (Figure 4.2).

Over half (53%) of young people reported feeling at least some pressure around schoolwork, with 27% feeling a lot of pressure (Figure 4.5). Girls (59%) and young people who identified as neither a boy nor a girl (77%) were more likely than boys (45%) to feel at least some pressure around their schoolwork (Figure 4.6).

Relationships with school staff: Young people were asked the extent to which they agreed with a series of statements about the quality of their relationships with teachers, with responses measured on a 5-point Likert scale. Overall, 70% of young people agreed that they feel accepted by their teachers (Figure 4.10), 53% agreed that they feel their teachers care about them as a person (Figure 4.14), while 66% agreed that there is a member of staff that they can confide in (Figure 4.18).

Participation in school life: Measured on a 5-point Likert scale, young people were asked the extent to which they agreed with a series of statements about the quality of student involvement in school life. Overall, 44% of young people agreed that students have a say in planning and organising school activities and events (Figure 4.22), 44% agreed that students have a lot of chances to help decide and plan school projects (Figure 4.26), 46% agreed that students' ideas are treated seriously at their school (Figure 4.30), while 36% agreed that their ideas are taken seriously at school (Figure 4.34).

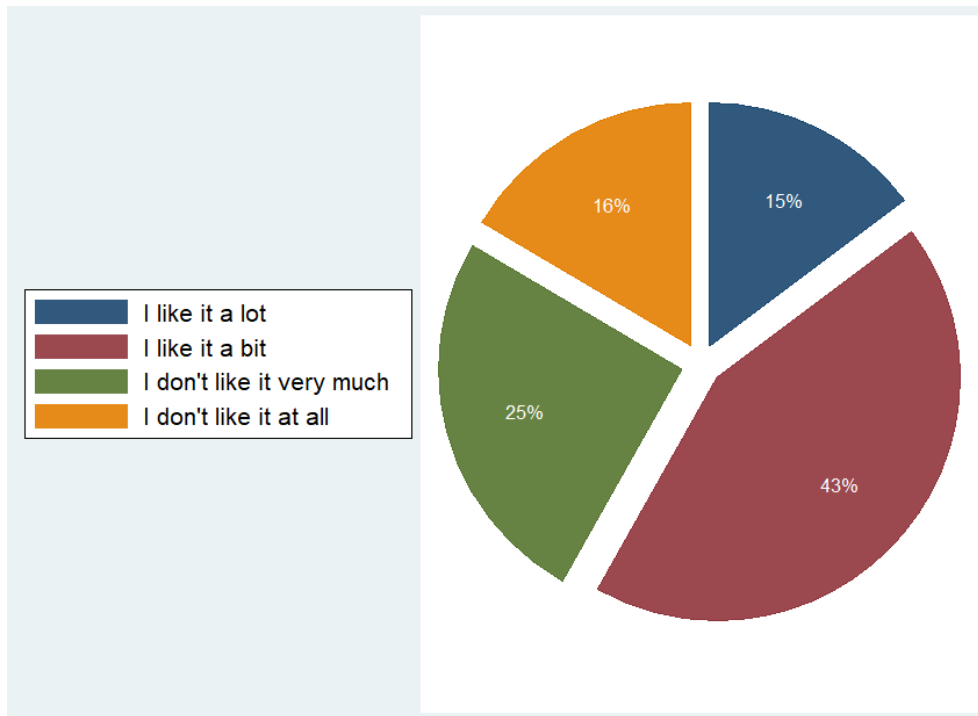
Bullying: Most (85%) young people have not bullied another person at their school in the past couple of months, while 11% reported they have bullied at least once or twice (Figure 4.37). Boys (17%) were more likely than girls (12%) to report having bullied others, but less likely than young people who identified as neither a boy nor a girl (19%) (Figure 4.38).

In contrast to bullying perpetration, 32% of young people reported being a victim of school bullying in the past couple of months (Figure 4.41). Girls (34%) were more likely than boys (28%) to have been bullied at school, but less likely than young people who identified as neither a boy nor a girl – of whom three out of five (62%) reported being a victim of school bullying in the past couple of months (Figure 4.42).

Mental health support at school: Overall, 62% of young people agreed that there is support at their school for students who feel unhappy, worried, or unable to cope (Figure 4.45). Boys (66%) were more likely than girls (59%) and young people who identified as neither a boy nor a girl (40%) to agree that mental health support for students is available at their school (Figure 4.46).

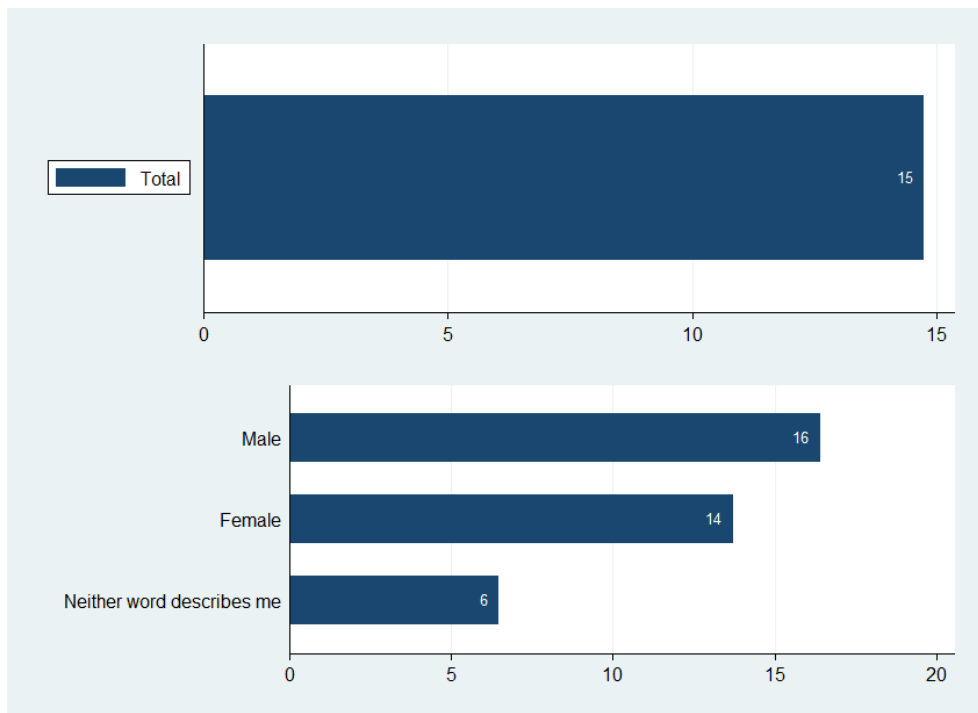
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see [Tables 4.1-4.2](#).

Figure 4.1 Feelings about school (%)



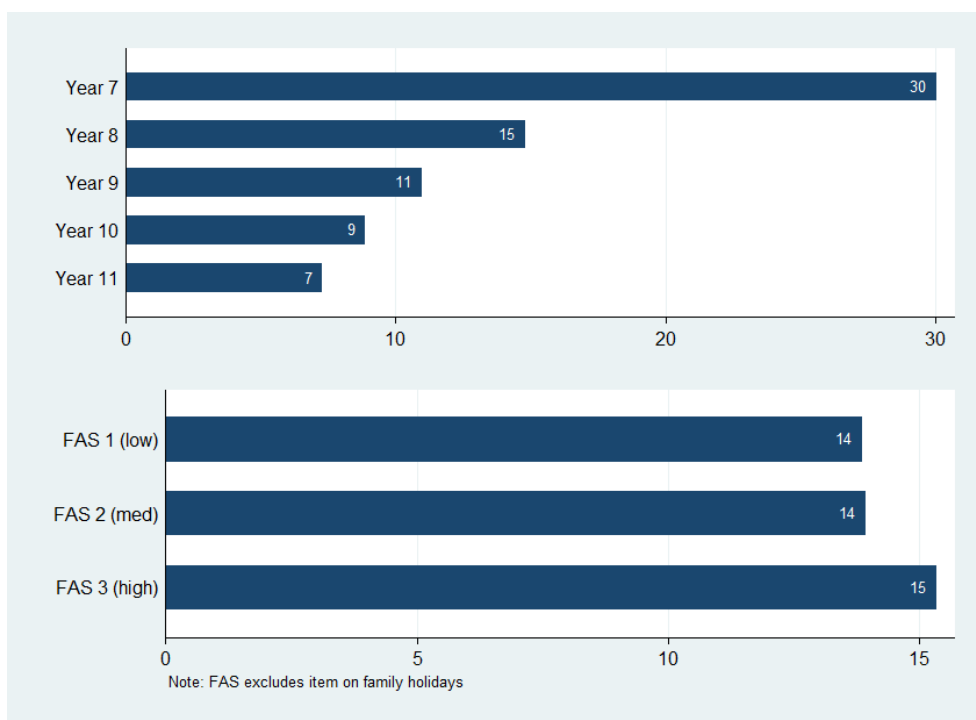
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=84,885)

Figure 4.2 Percentage who like school a lot, overall and by gender



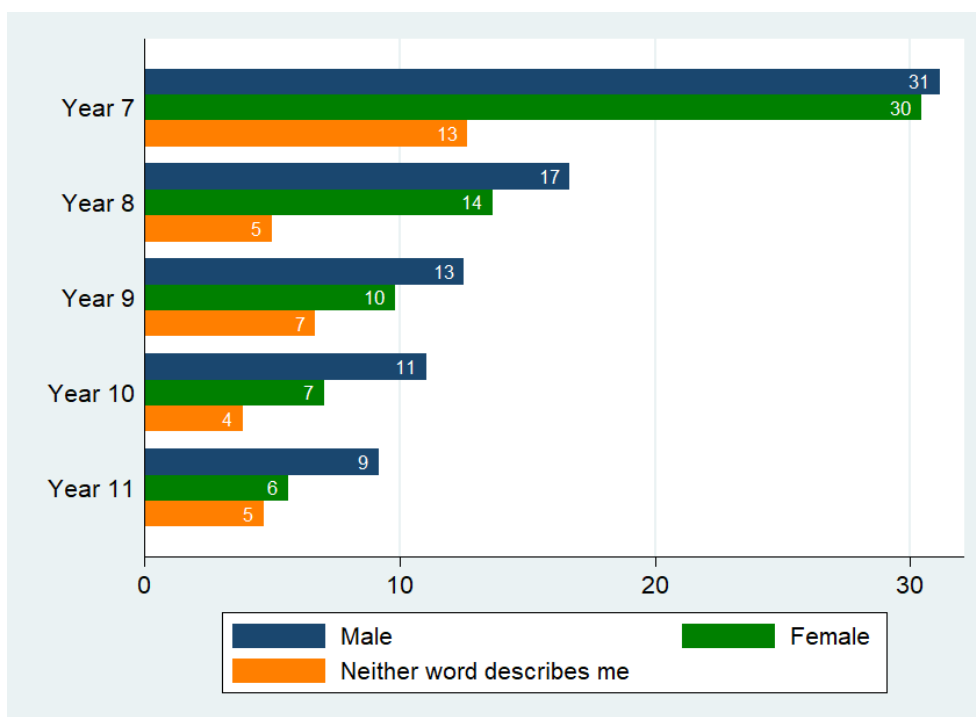
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=84,885; by gender, n=83,688 – excludes 1,197 gender non-response)

Figure 4.3 Percentage who like school a lot by year group and family affluence



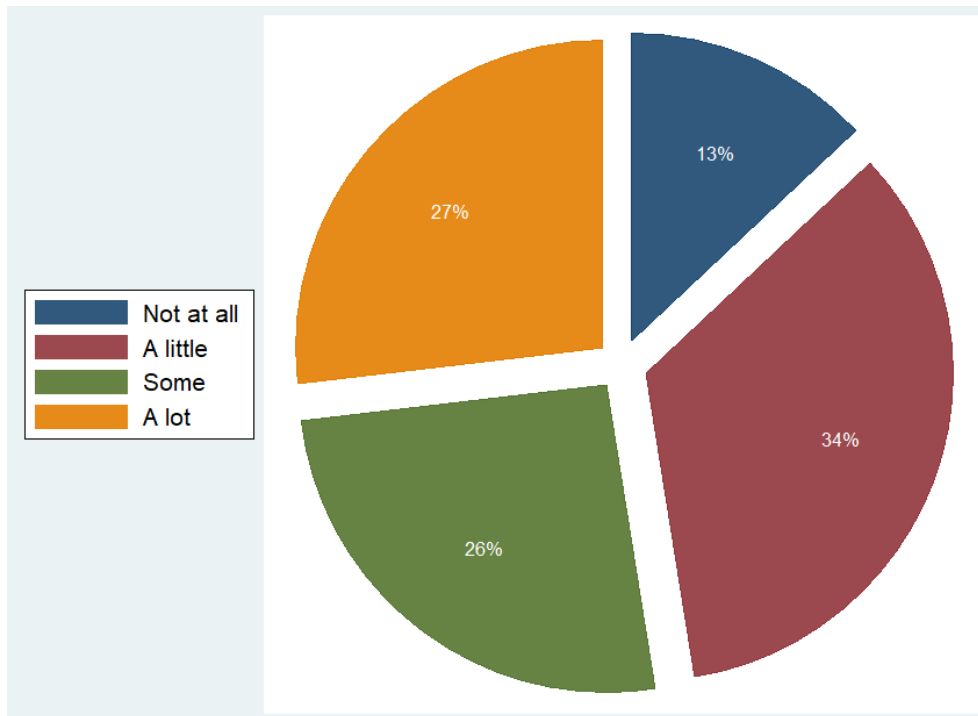
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=84,885; by FAS, n=81,426)

Figure 4.4 Percentage who like school a lot by year group and gender



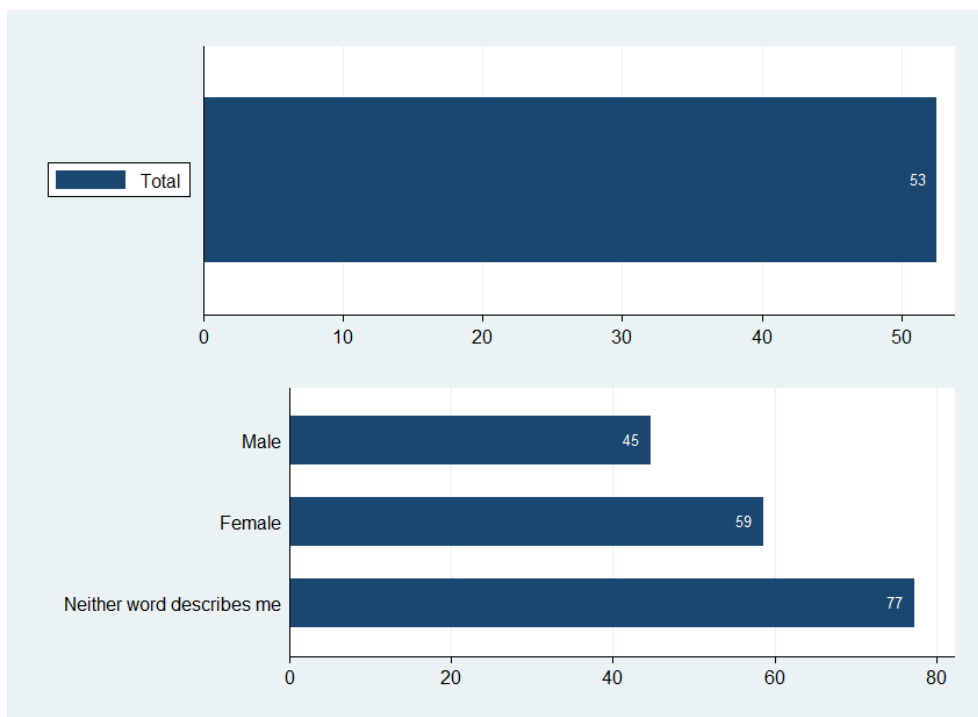
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=83,688). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.5 Pressure felt from schoolwork (%)



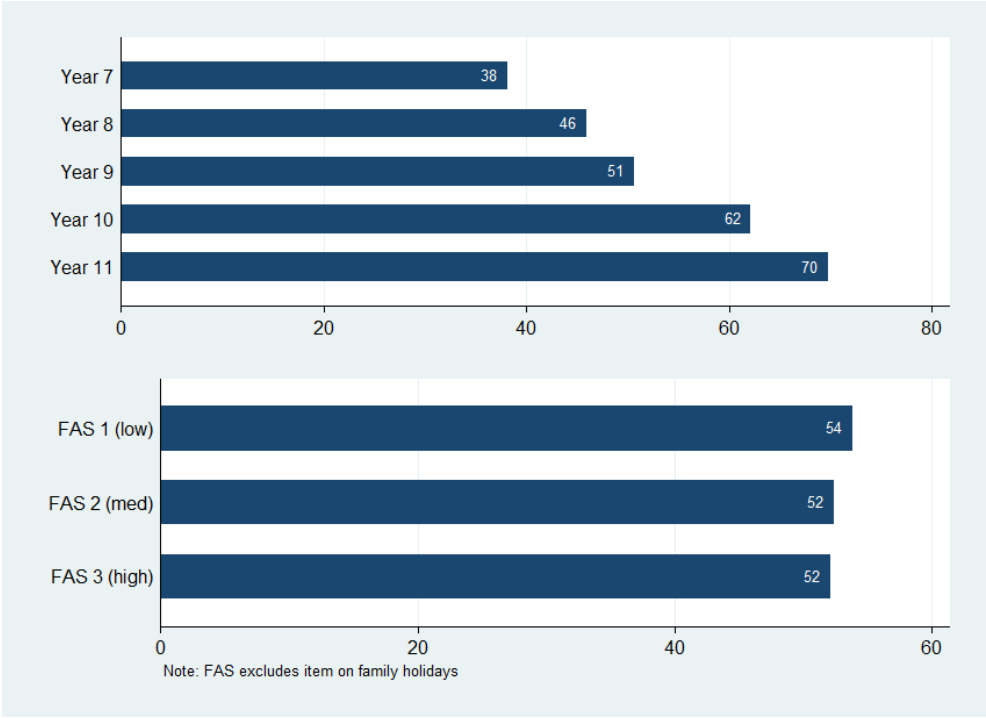
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=114,347)

Figure 4.6 Percentage who feel 'a lot' or 'some' school pressure, overall and by gender



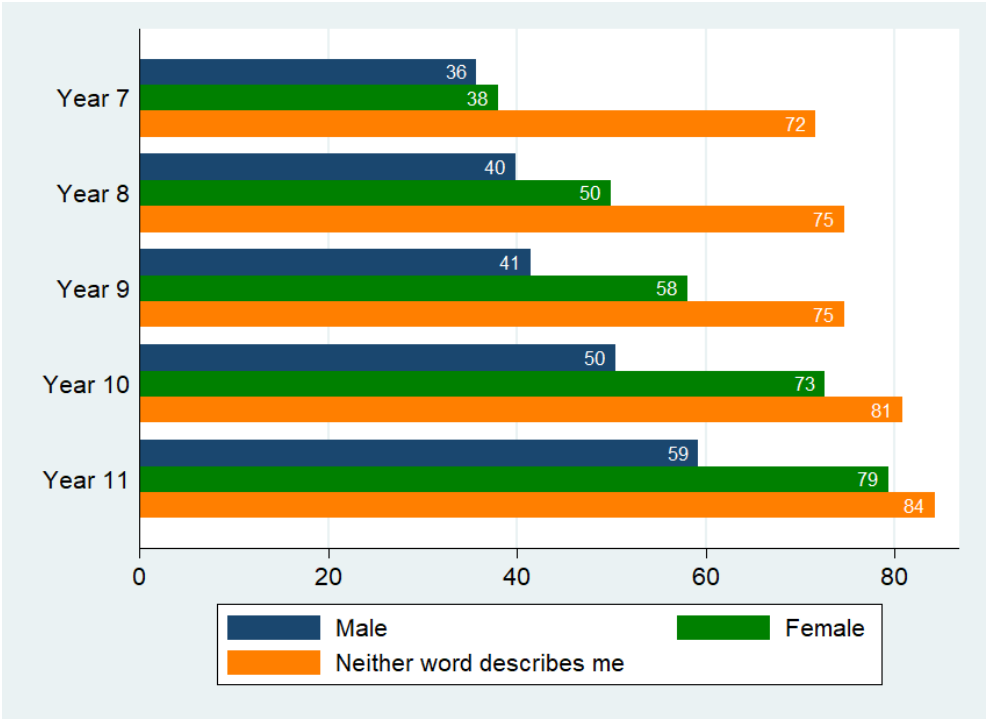
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=114,347; by gender, n=112,704 – excludes 1,177 gender non-response)

Figure 4.7 Percentage who feel ‘a lot’ or ‘some’ school pressure by year group and family affluence



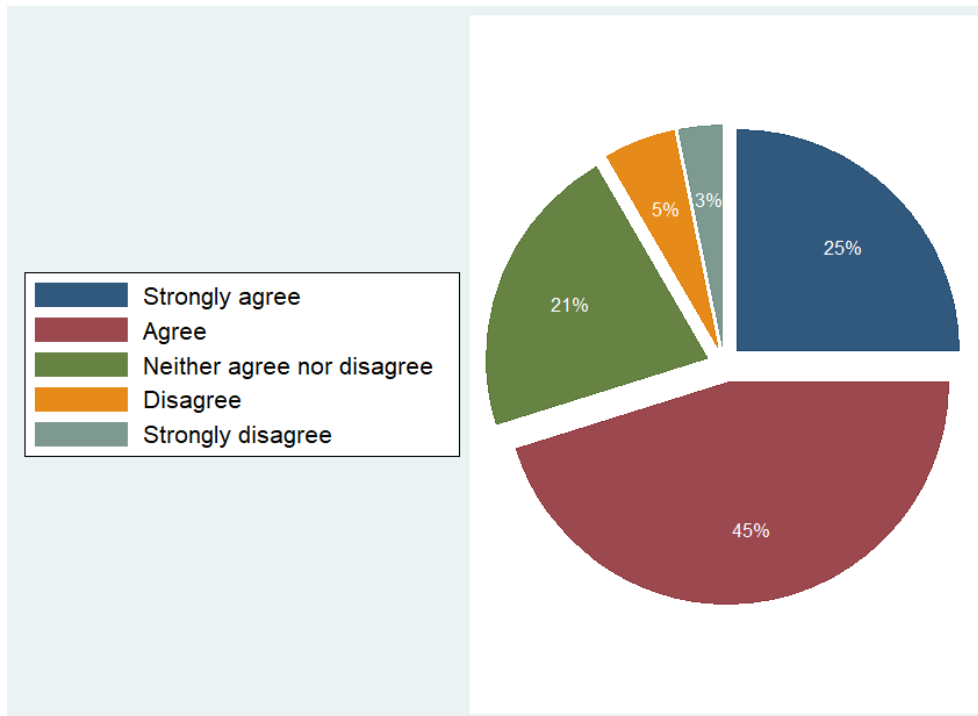
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=114,347; by FAS, n=109,823)

Figure 4.8 Percentage who feel ‘a lot’ or ‘some’ school pressure by year group and gender



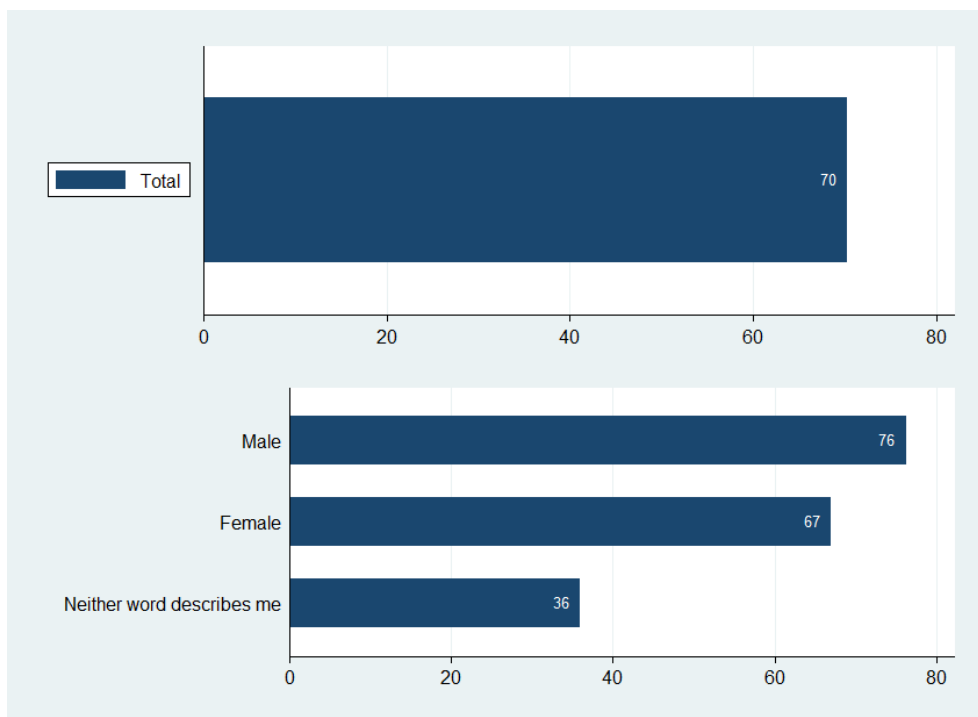
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=112,704). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.9 Feel accepted by teachers (%)



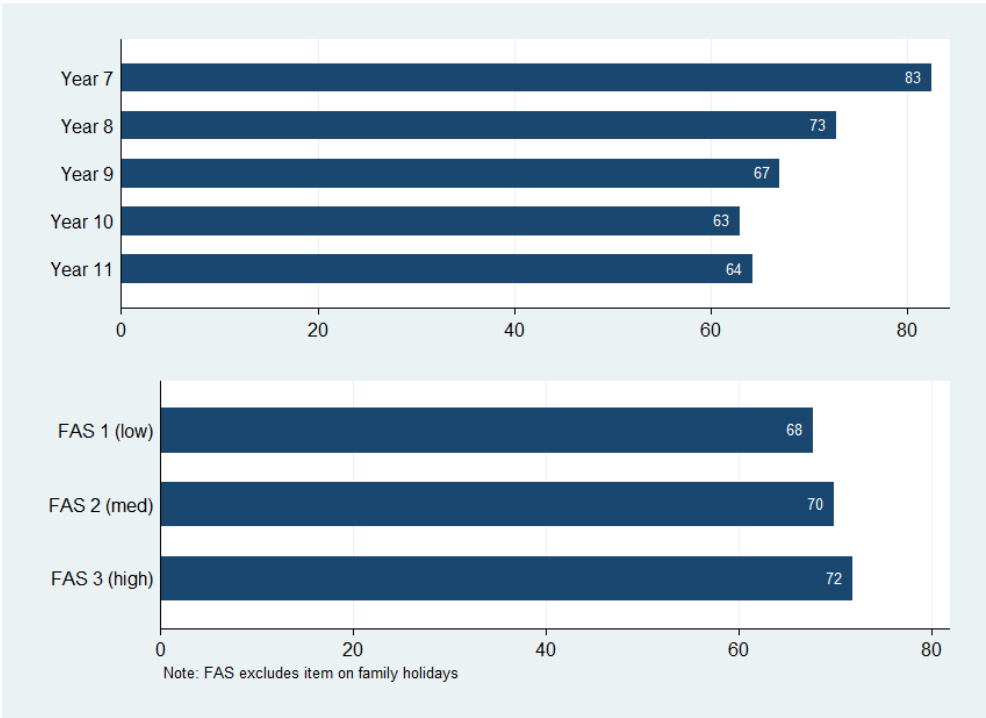
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=55,676)

Figure 4.10 Percentage who agree their teachers accept them, overall and by gender



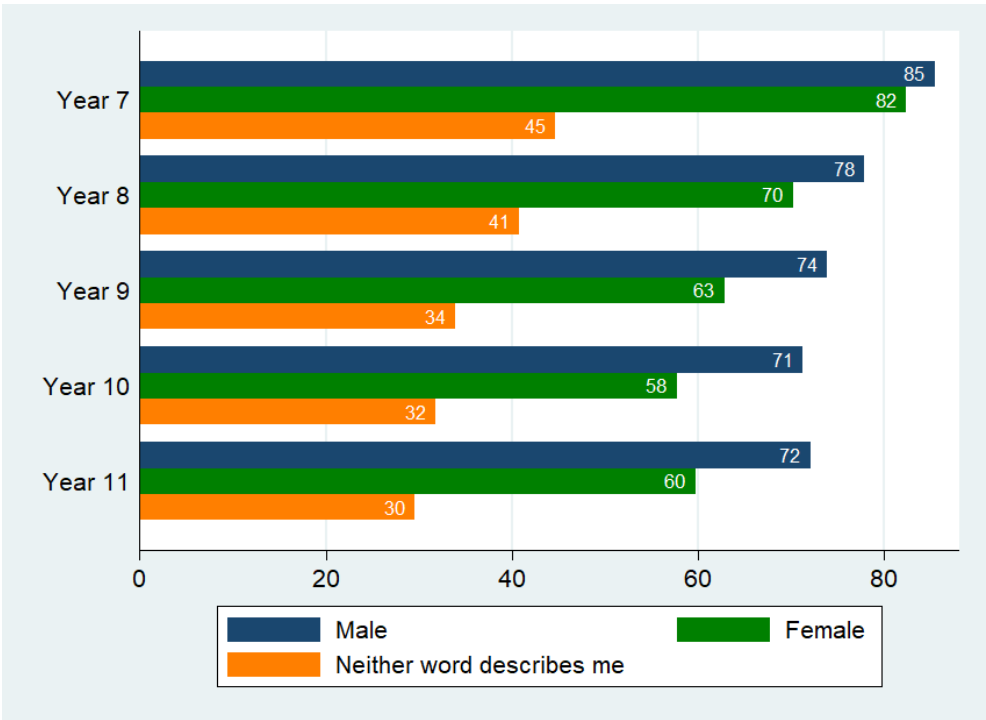
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=55,676; by gender, n=54,963 – excludes 713 gender non-response)

Figure 4.11 Percentage who agree their teachers accept them by year group and family affluence



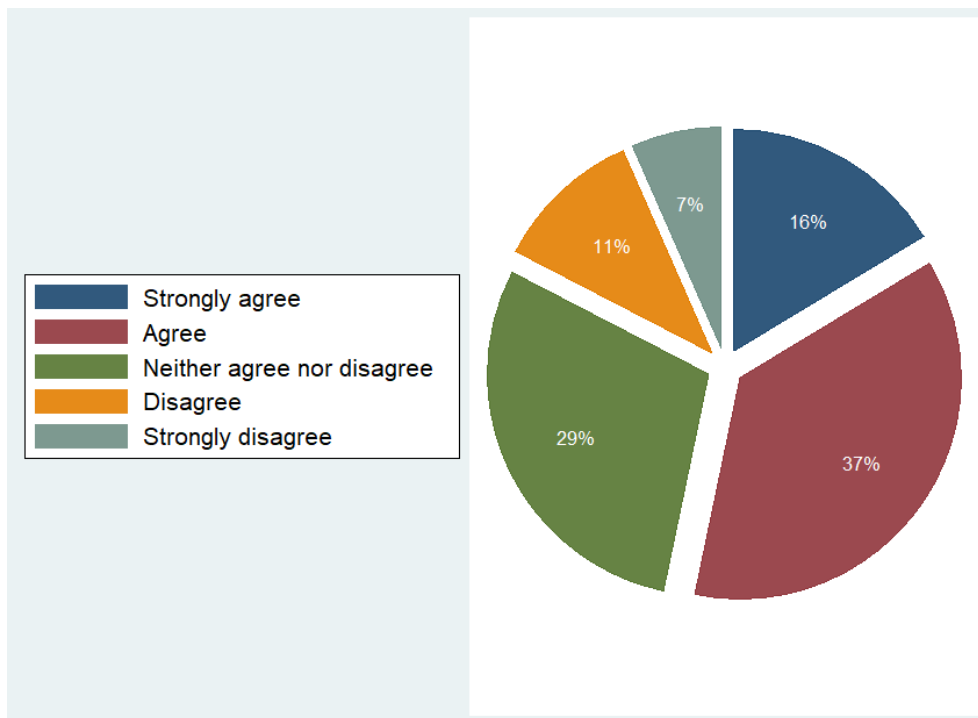
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=55,676; by FAS, n=53,515)

Figure 4.12 Percentage who agree their teachers accept them by year group and gender



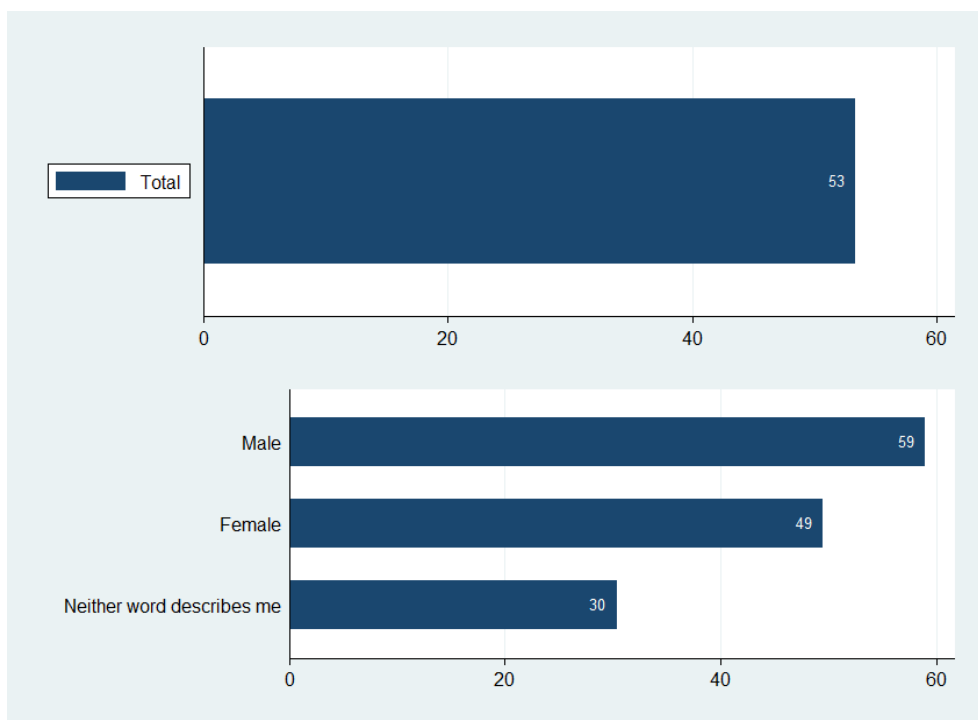
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,963). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.13 Feel that teachers care about them as a person (%)



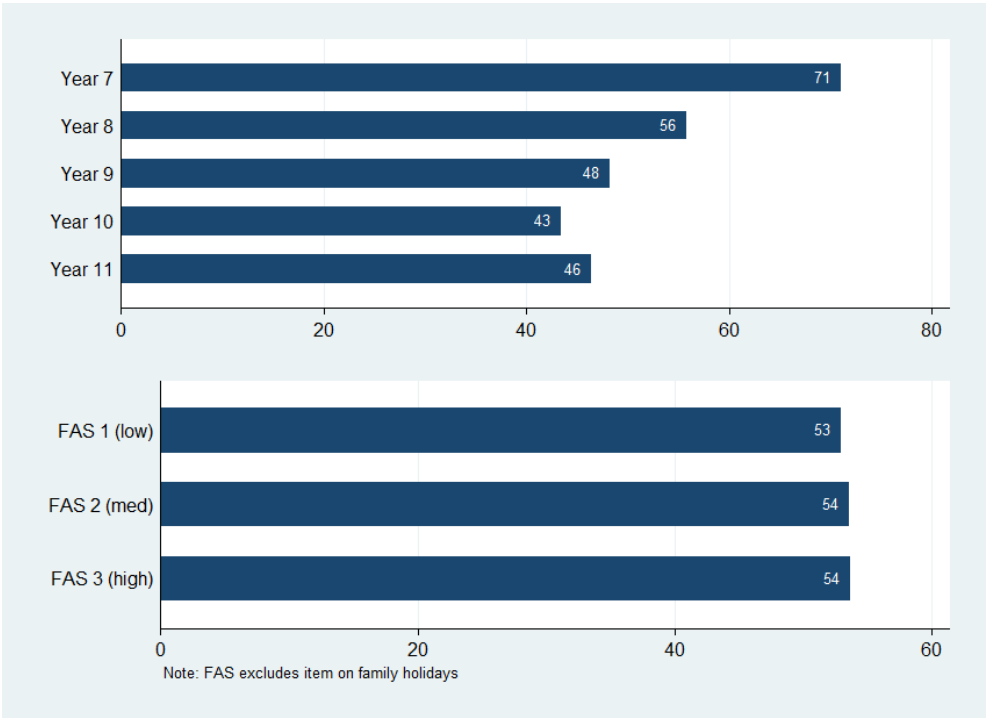
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=111,441)

Figure 4.14 Percentage who agree that their teachers care about them as a person, overall and by gender



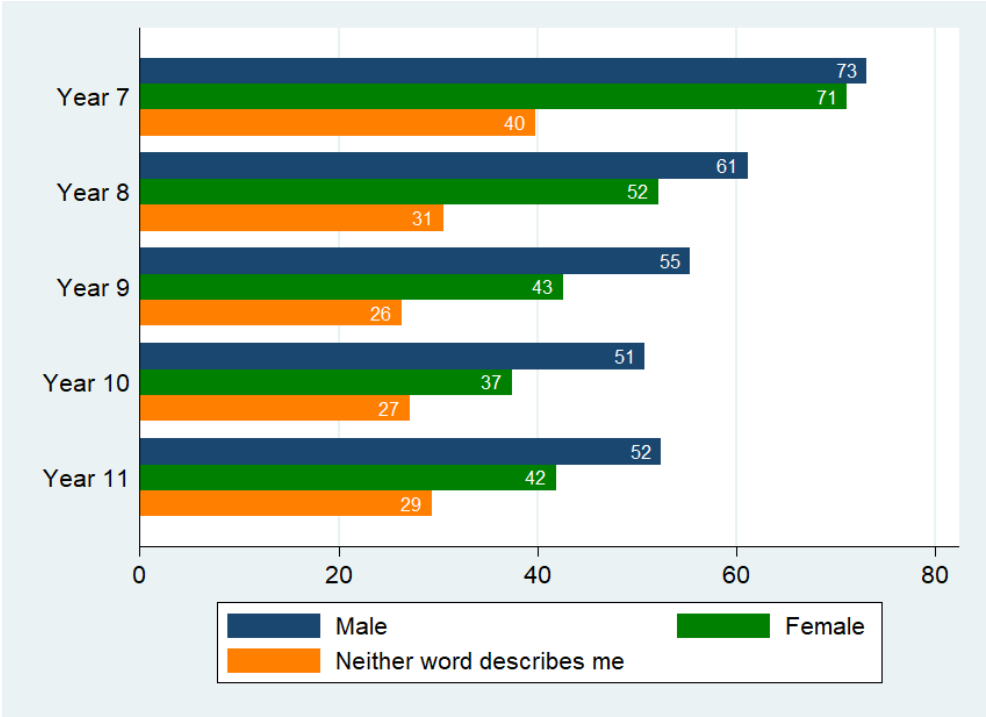
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=111,441; by gender, n=109,902 – excludes 1,539 gender non-response)

Figure 4.15 Percentage who agree that their teachers care about them as a person by year group and family affluence



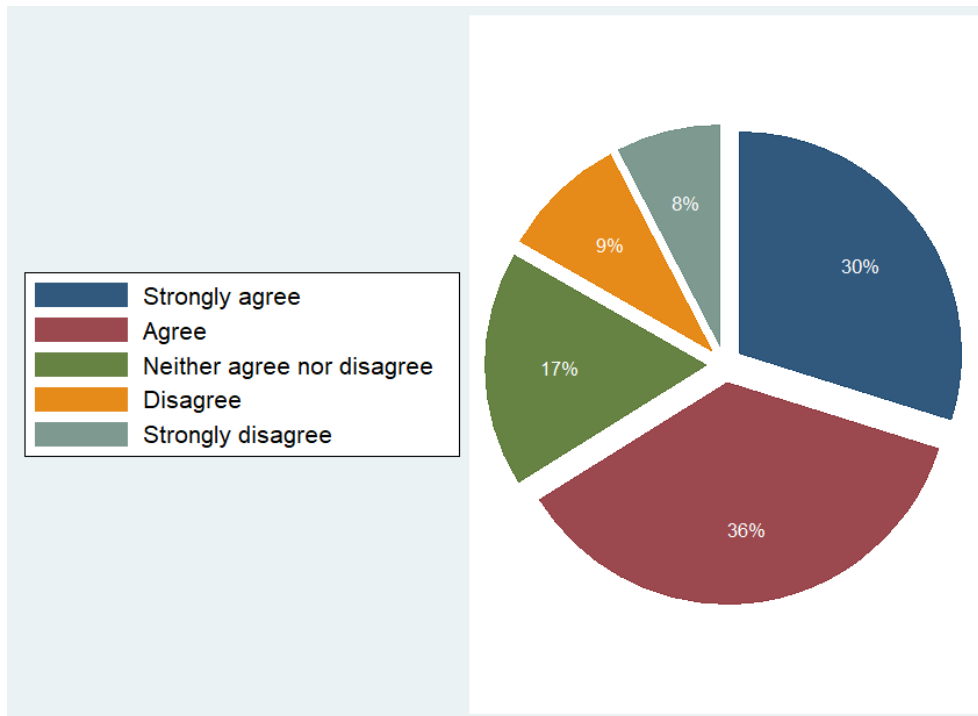
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=111,441; by FAS, n=107,265)

Figure 4.16 Percentage who agree that their teachers care about them as a person by year group and gender



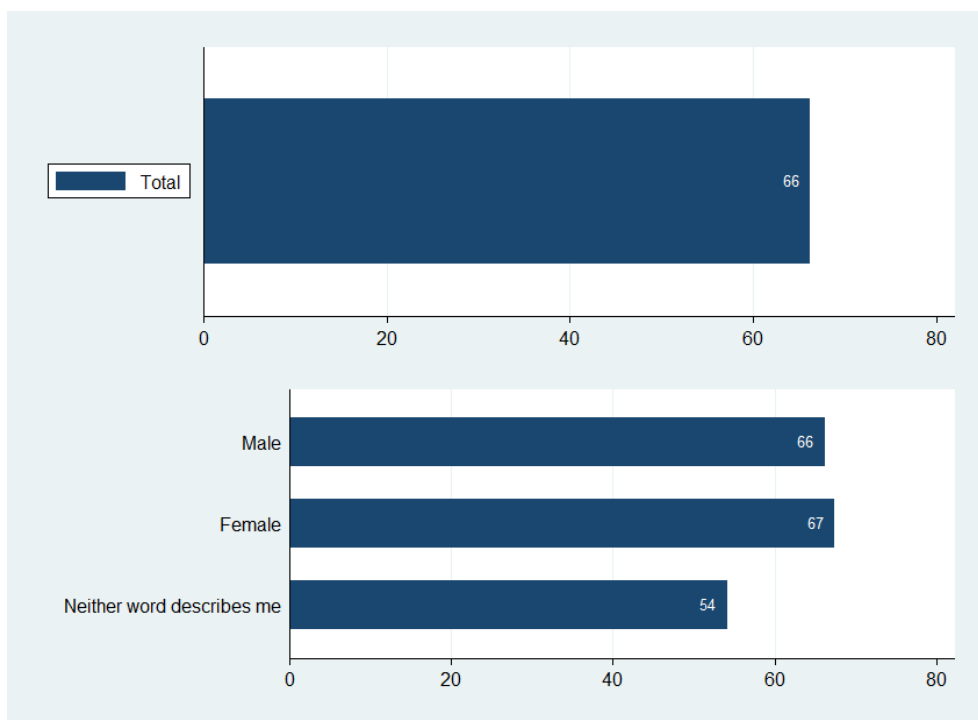
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=109,902). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.17 Member of staff to confide in (%)



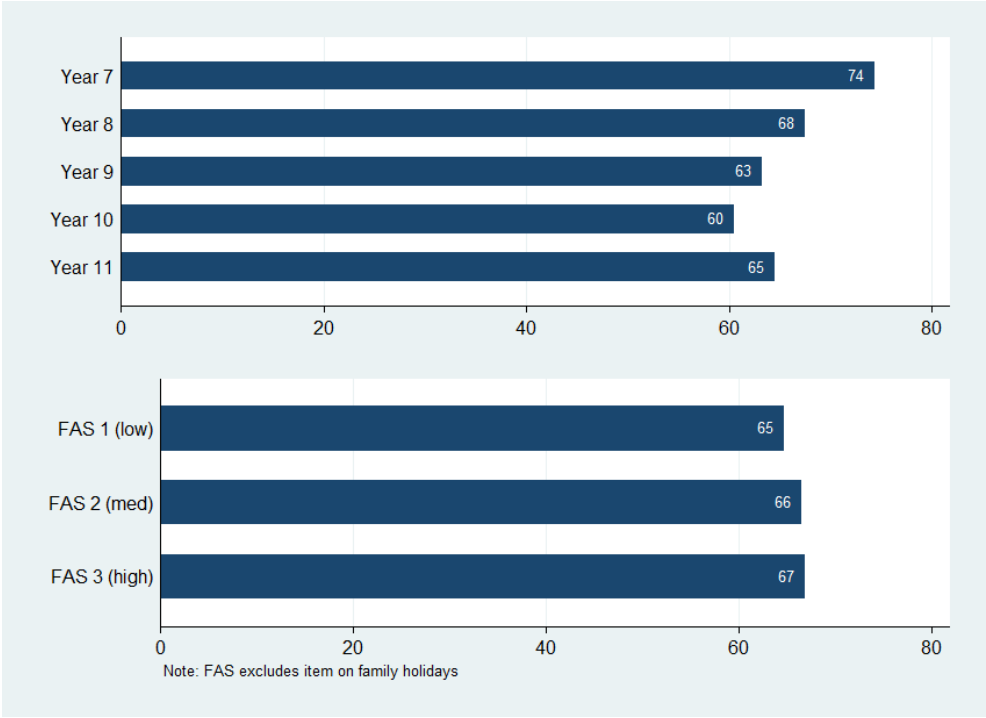
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=55,614)

Figure 4.18 Percentage who agree that there is a member of staff they can confide in, overall and by gender



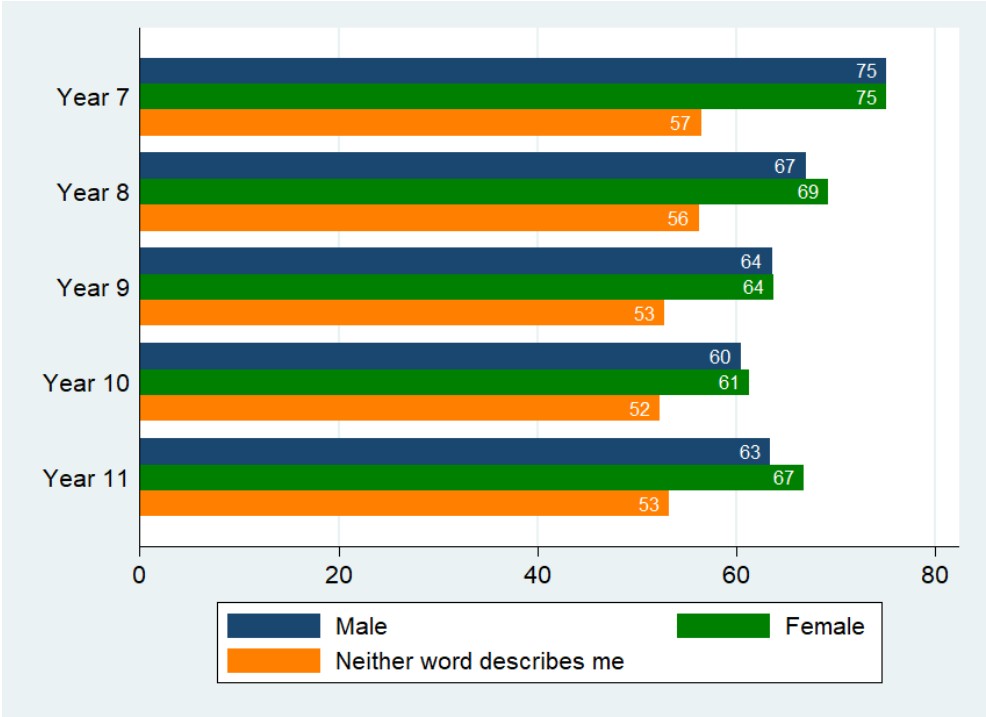
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=55,614; by gender, n=54,808 – excludes 806 gender non-response)

Figure 4.19 Percentage who agree that there is a member of staff they can confide in by year group and family affluence



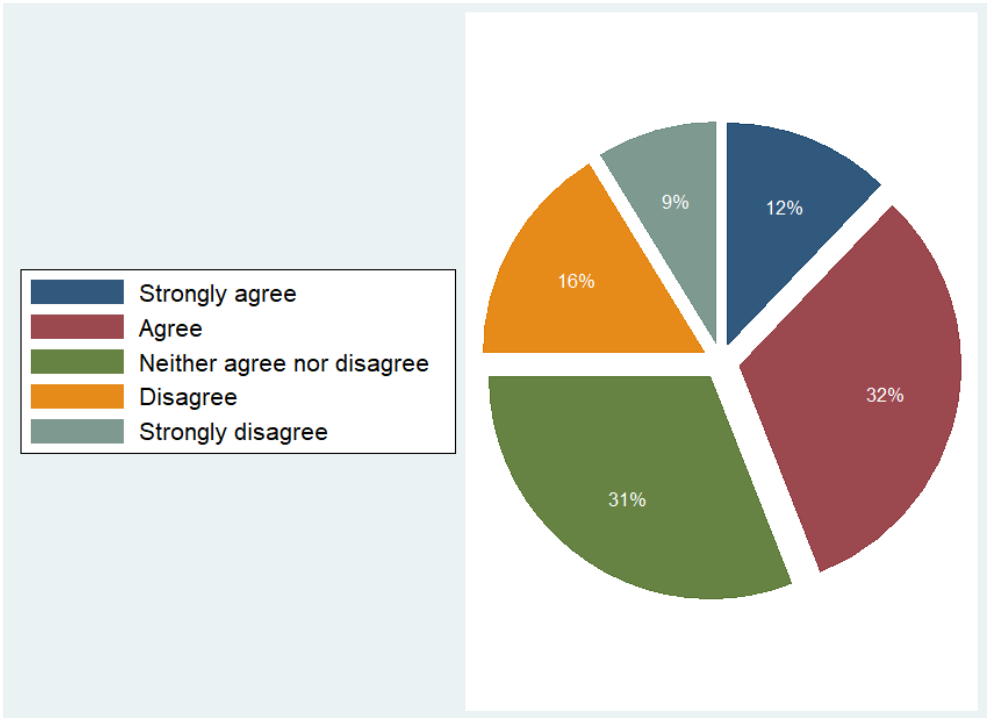
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=55,614; by FAS, n=53,607)

Figure 4.20 Percentage who agree that there is a member of staff they can confide in by year group and gender



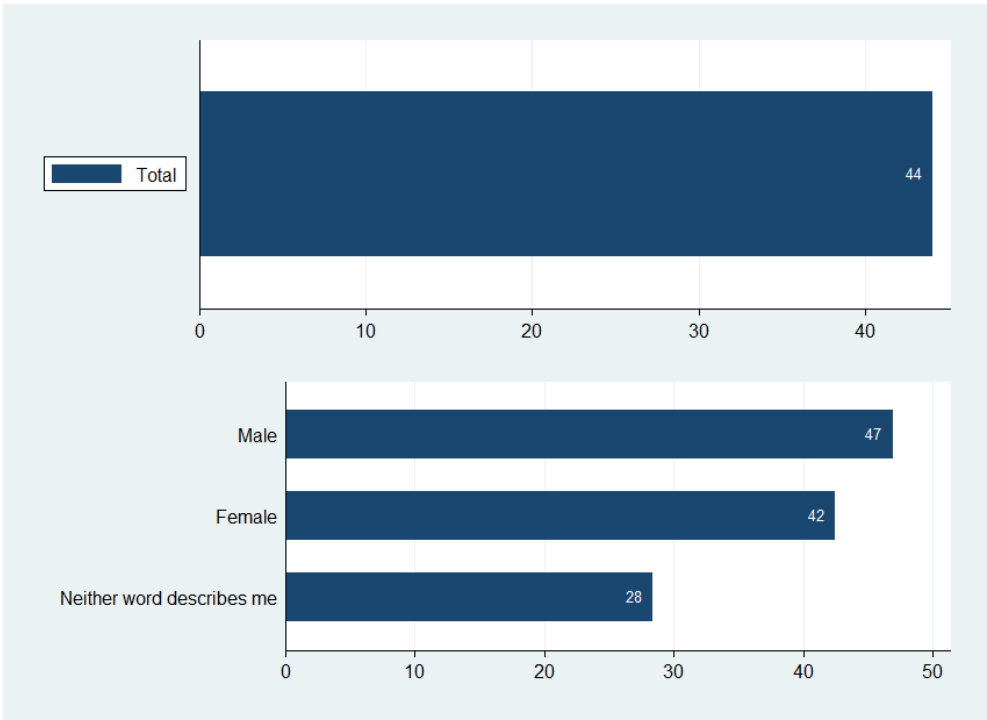
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,808). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.21 Students have a say in planning and organising school activities and events (%)



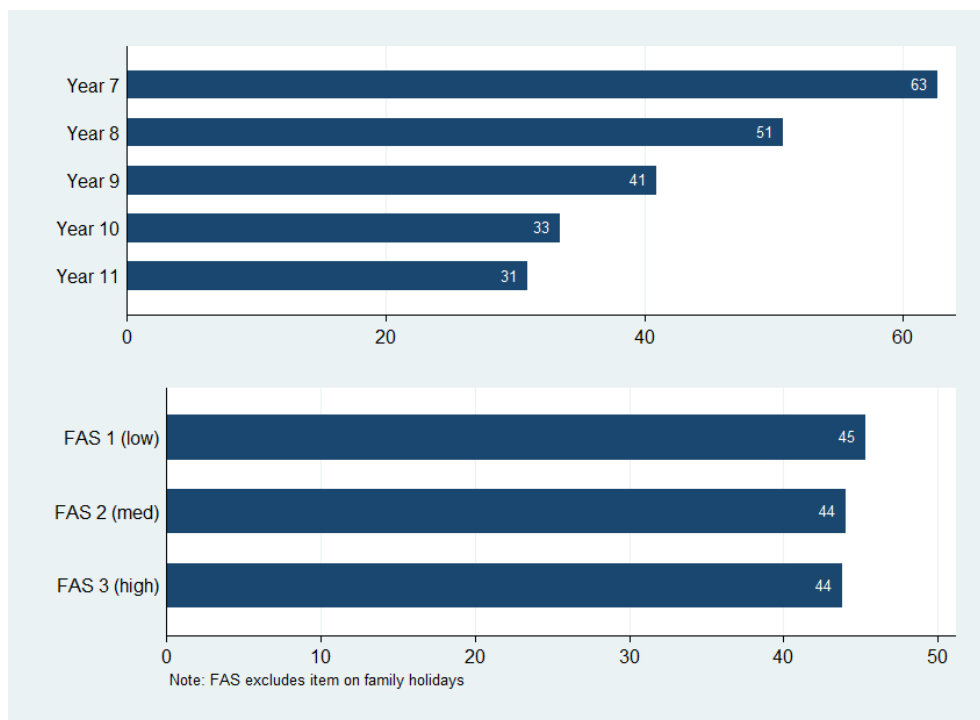
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,219)

Figure 4.22 Percentage who agree that students have a say in planning and organising school activities and events, overall and by gender



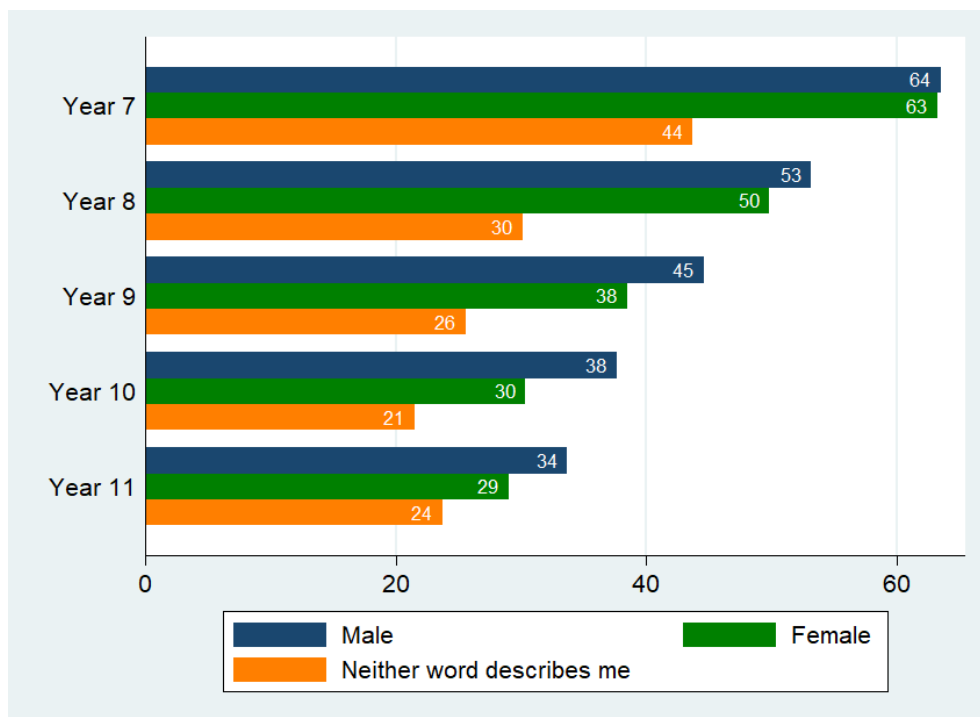
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=106,219; by gender, n=104,801 – excludes 1,418 gender non-response)

Figure 4.23 Percentage who agree that students have a say in planning and organising school activities and events by year group and family affluence



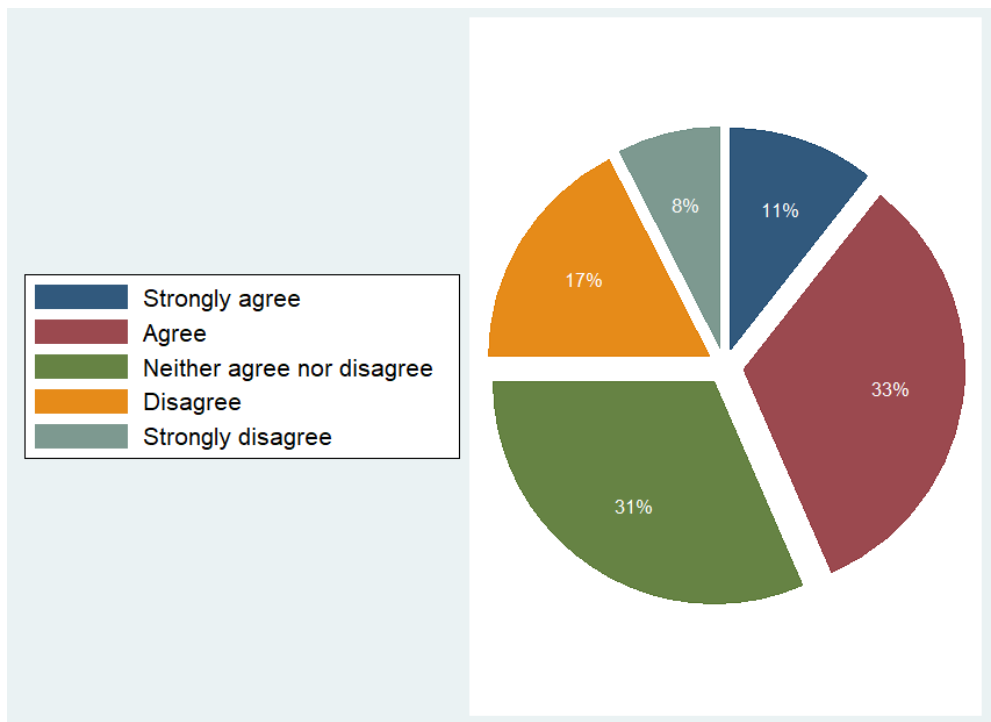
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=106,219; by FAS, n=102,771)

Figure 4.24 Percentage who agree that students have a say in planning and organising school activities and events by year group and gender



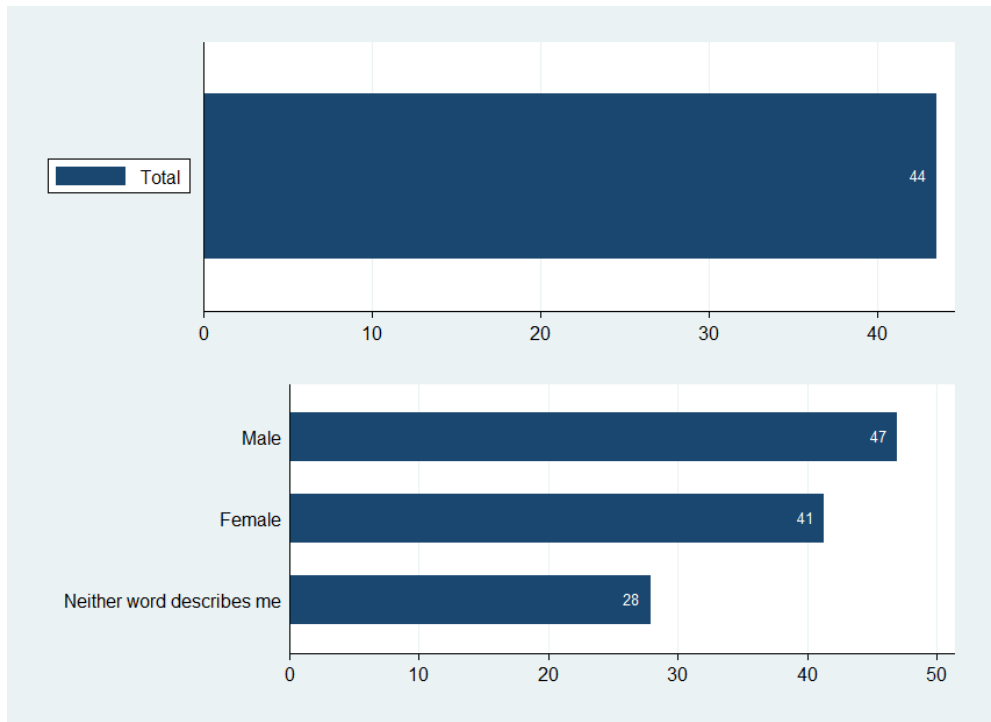
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,801). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.25 Students have a lot of chances to help decide and plan school projects (%)



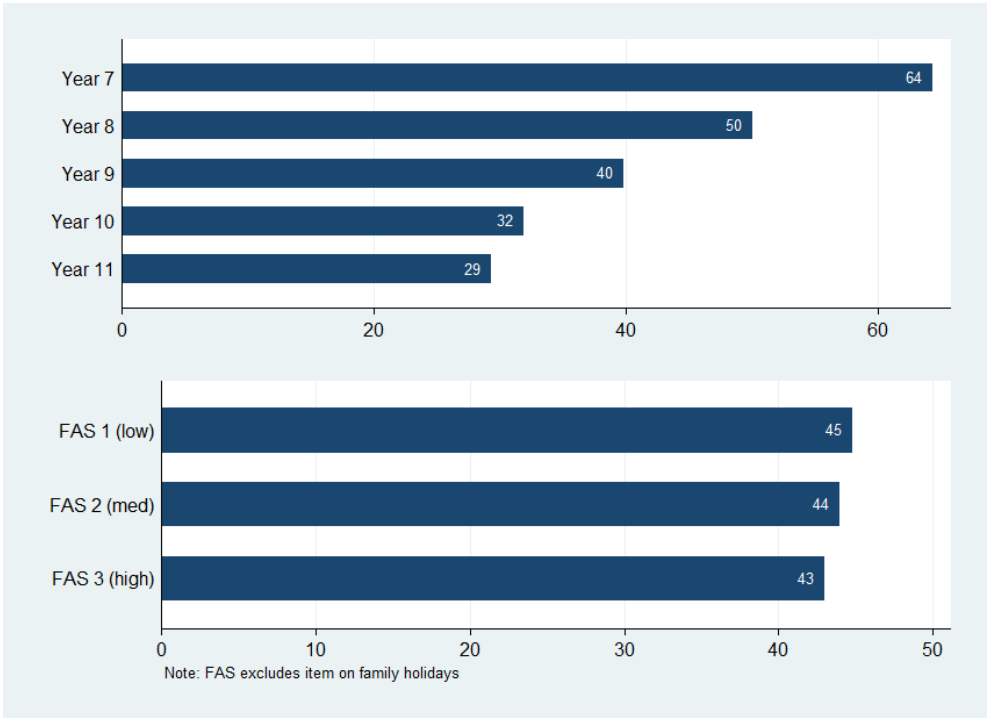
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=107,794)

Figure 4.26 Percentage who agree that students have a lot of chances to help decide and plan school projects, overall and by gender



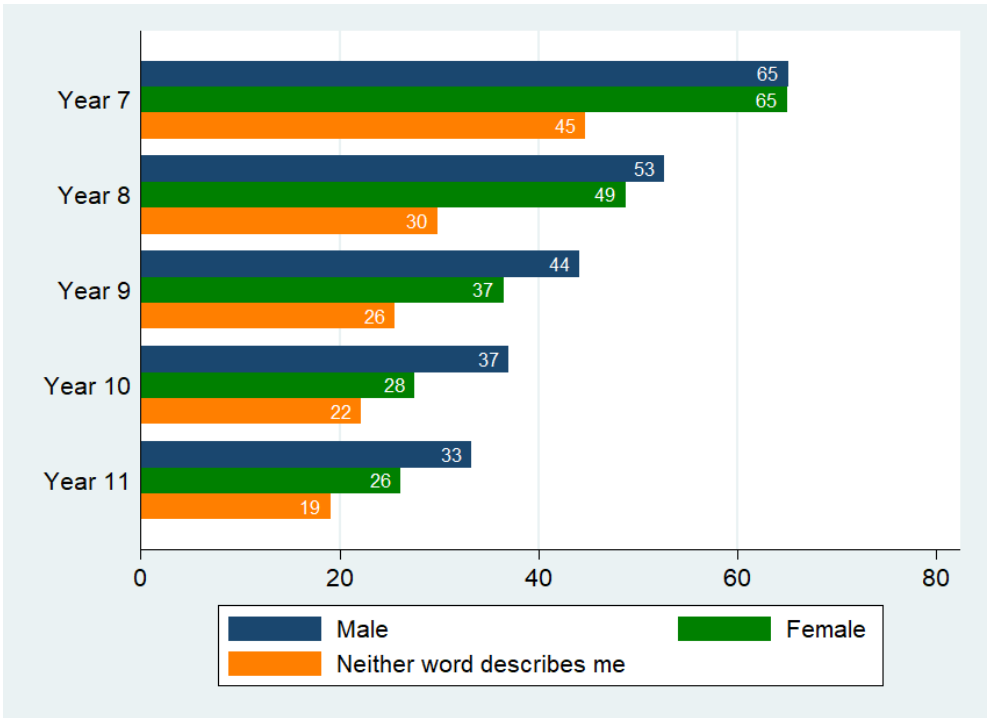
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=107,794; by gender, n=106,354 – excludes 1,440 gender non-response)

Figure 4.27 Percentage who agree that students have a lot of chances to help decide and plan school projects by year group and family affluence



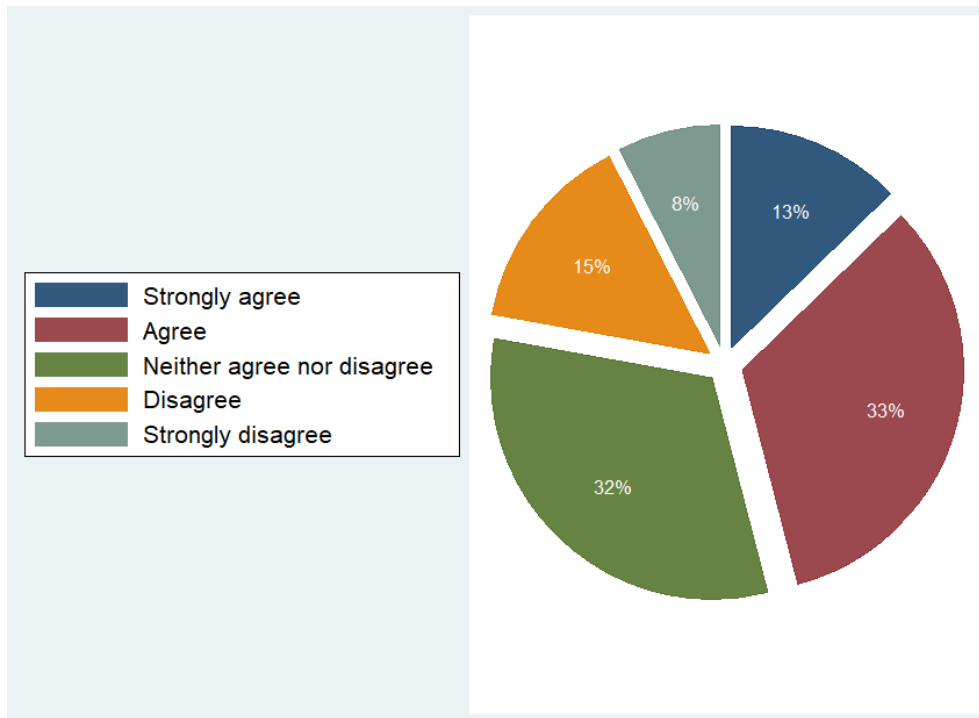
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=107,794; by FAS, n=104,171)

Figure 4.28 Percentage who agree that students have a lot of chances to help decide and plan school projects by year group and gender



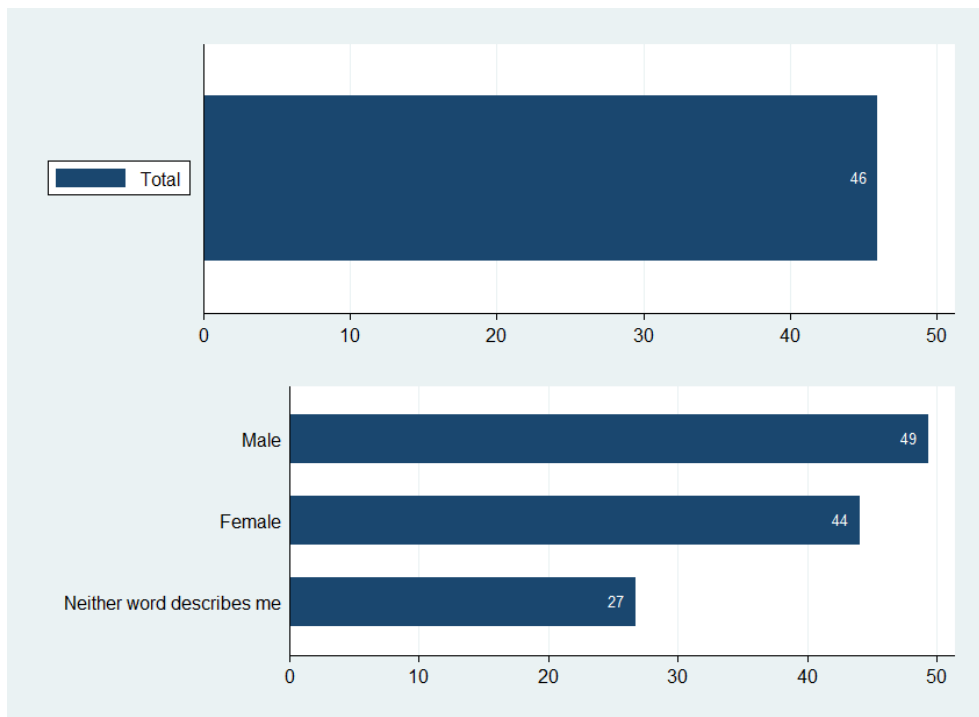
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,354). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.29 Students' ideas are treated seriously at school (%)



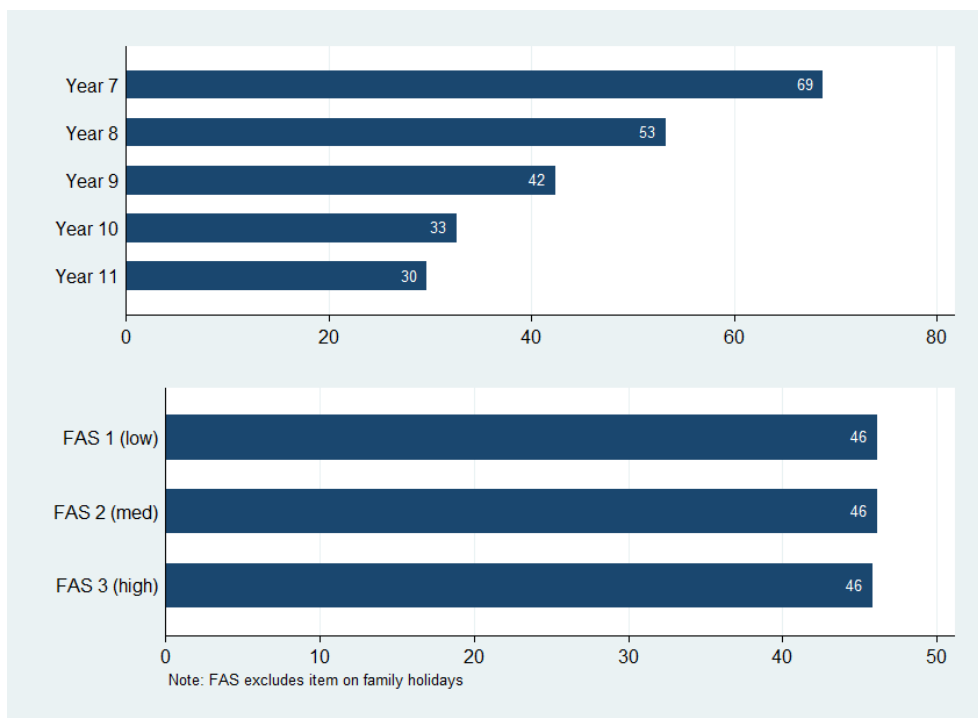
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=108,267)

Figure 4.30 Percentage who agree that students' ideas are treated seriously at school, overall and by gender



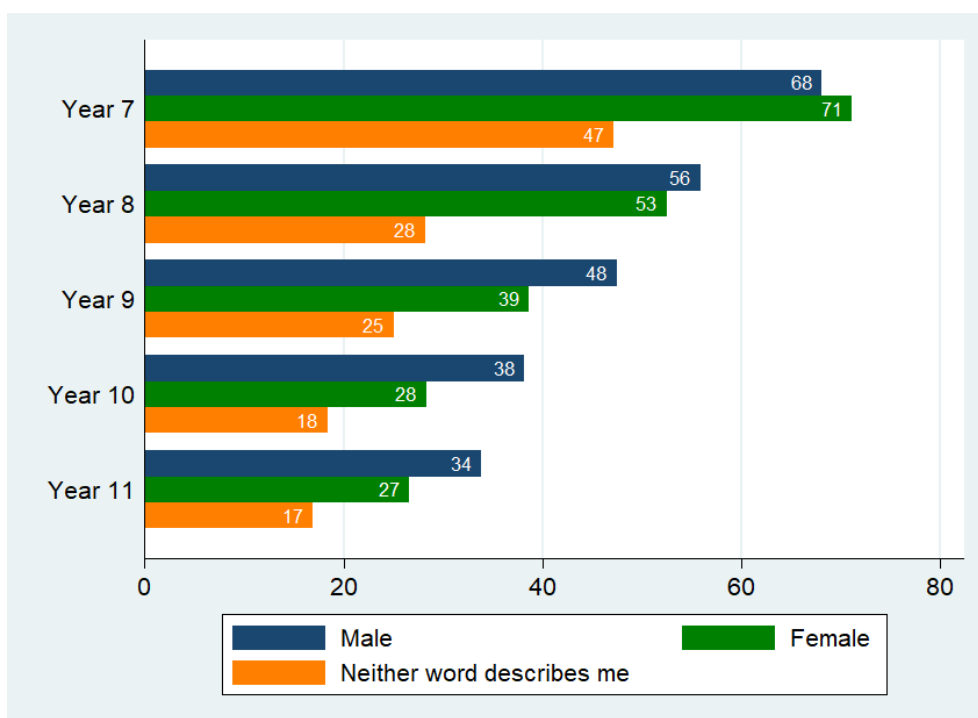
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=108,267; by gender, n=106,819 – excludes 1,448 gender non-response)

Figure 4.31 Percentage who agree that students' ideas are treated seriously at school by year group and family affluence



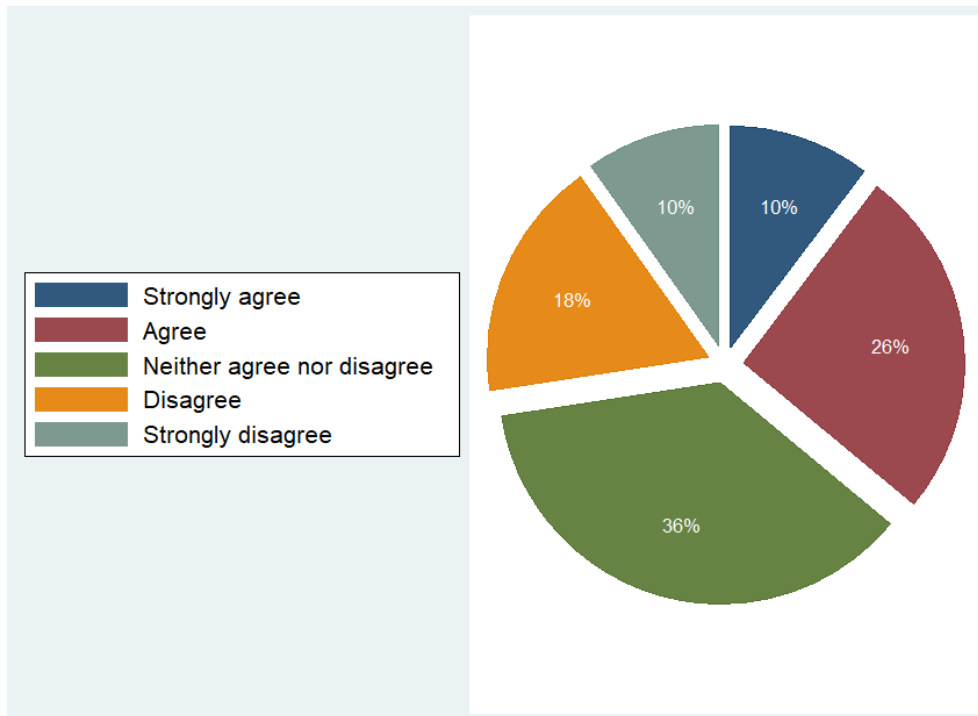
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=108,267; by FAS, n=104,605)

Figure 4.32 Percentage who agree that students' ideas are treated seriously at school by year group and gender



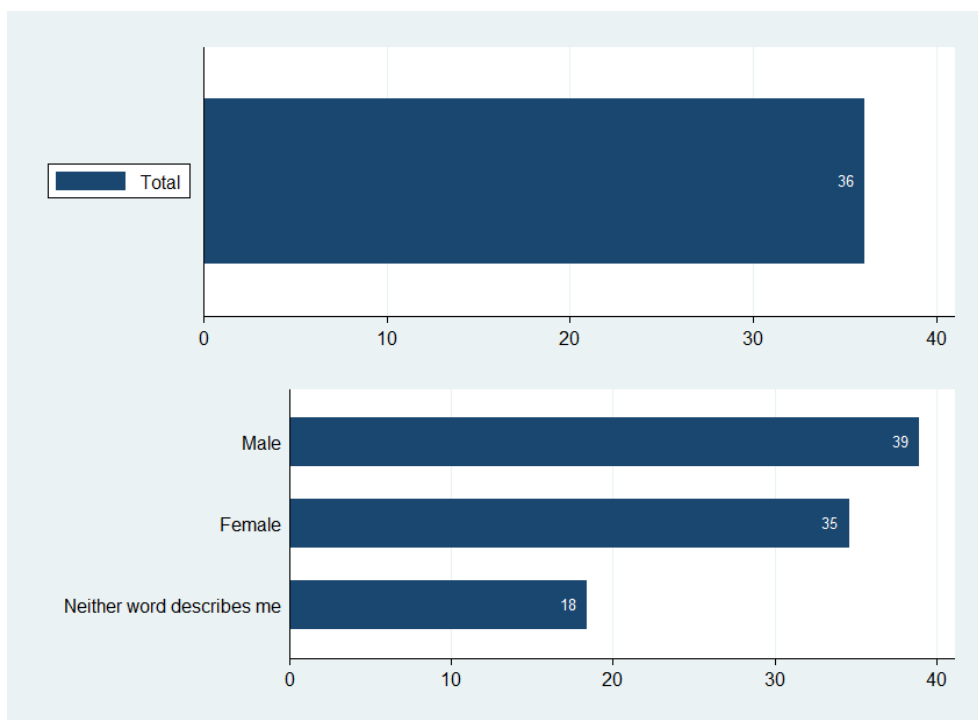
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,819). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.33 Own ideas are taken seriously at school (%)



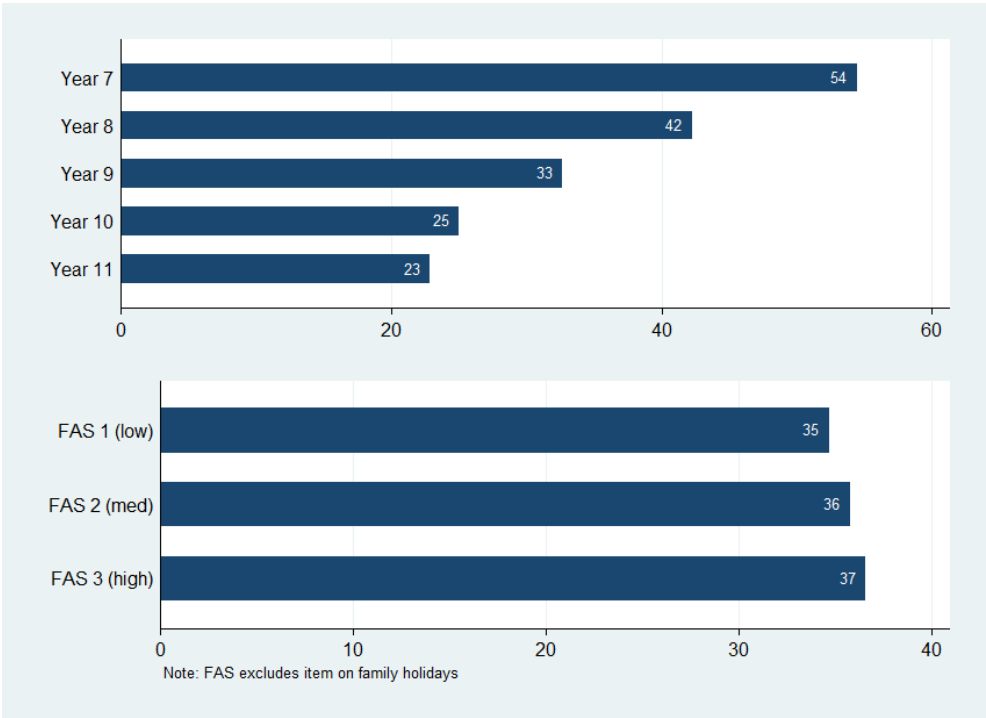
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,045)

Figure 4.34 Percentage who agree that their own ideas are taken seriously at school, overall and by gender



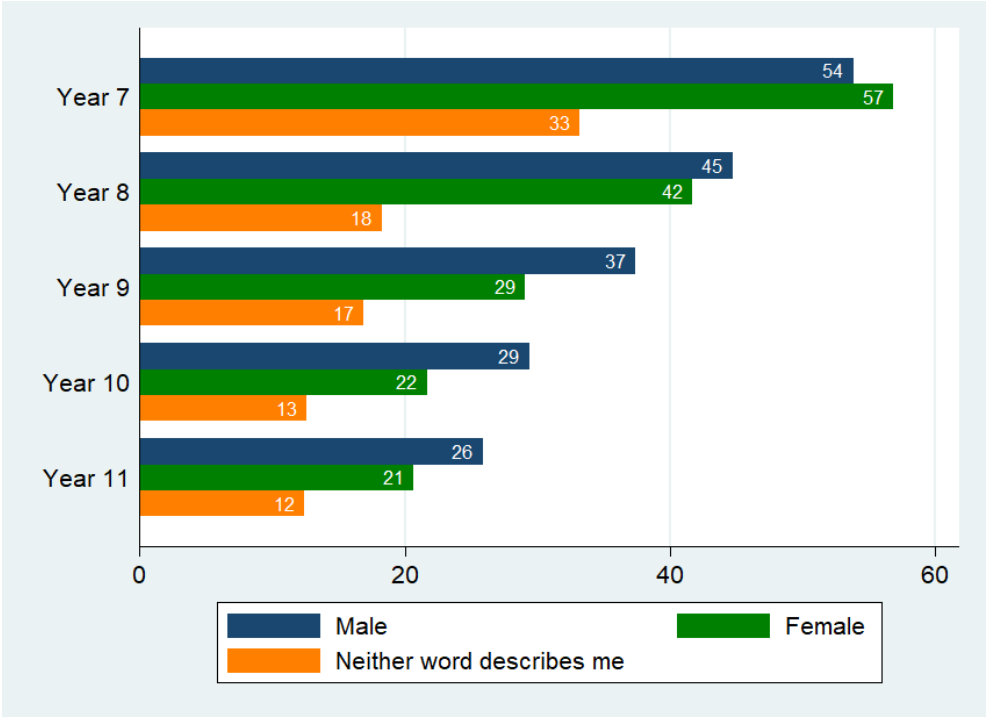
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=54,045; by gender, n=53,282 – excludes 763 gender non-response)

Figure 4.35 Percentage who agree that their own ideas are taken seriously at school by year group and family affluence



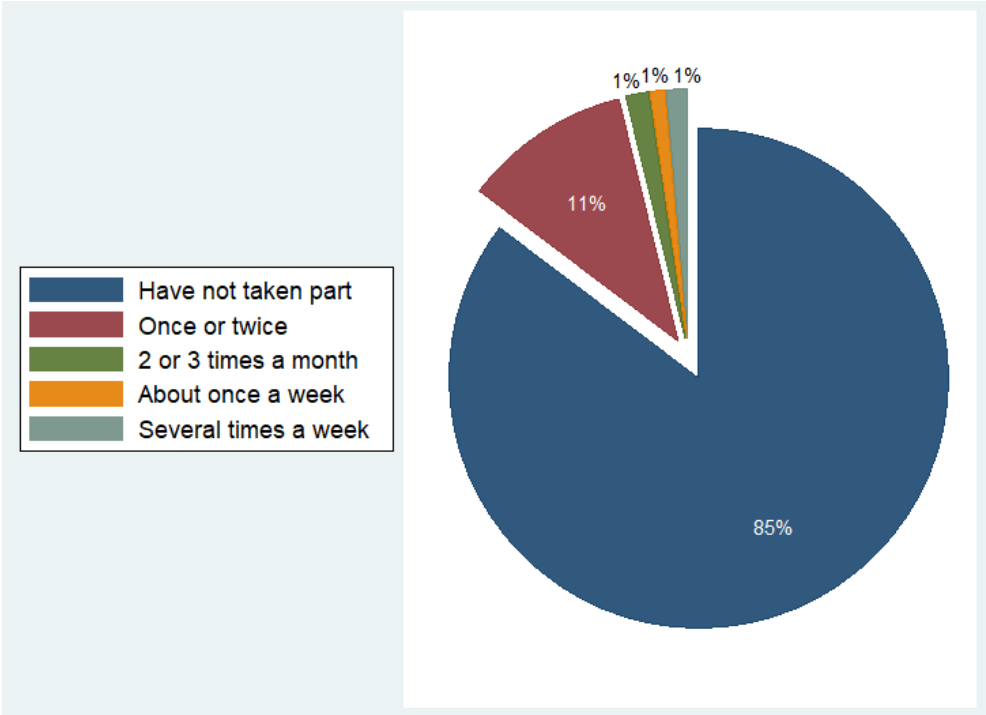
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=54,045; by FAS, n=52,280)

Figure 4.36 Percentage who agree that their own ideas are taken seriously at school by year group and gender



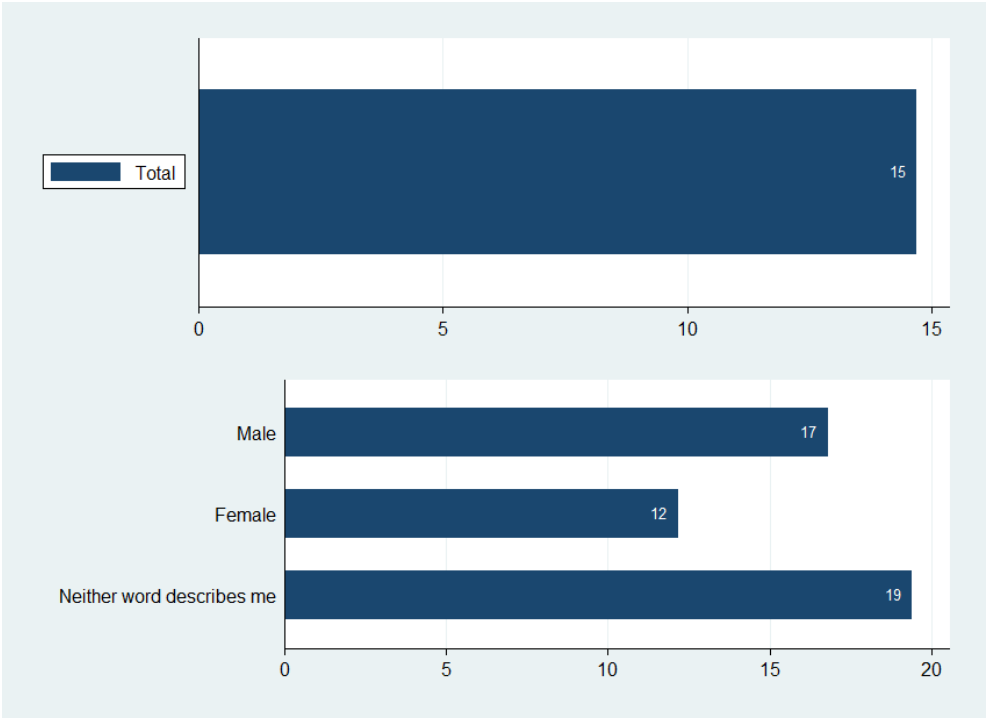
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=53,282). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.37 Bullied another person at school in the past couple of months (%)



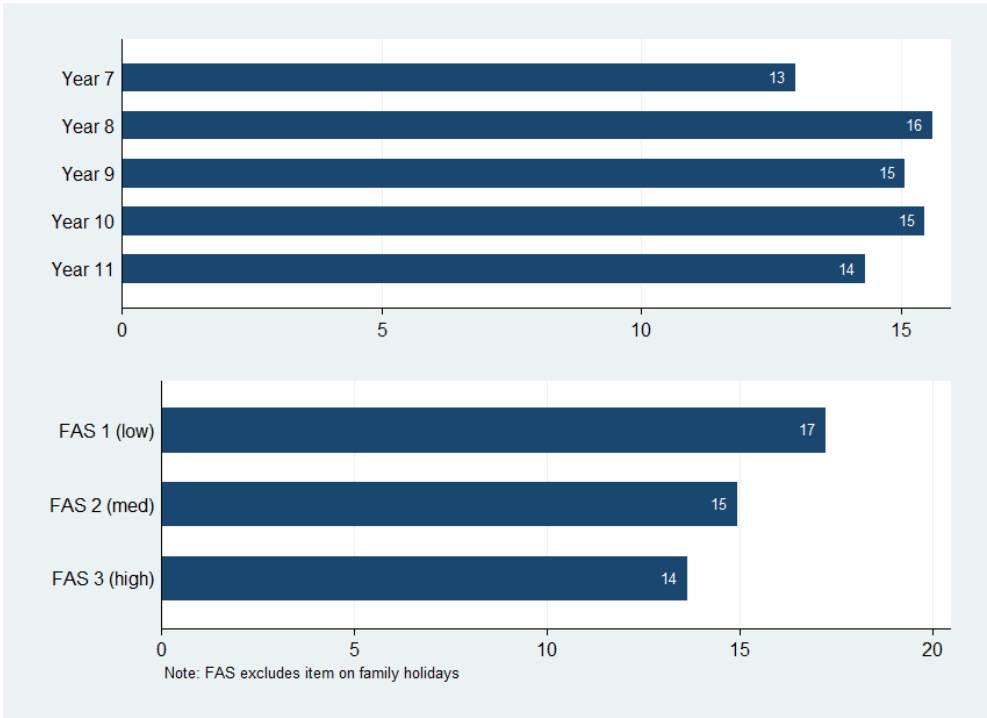
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=105,770)

Figure 4.38 Percentage who have bullied another person at school in the past couple of months, overall and by gender



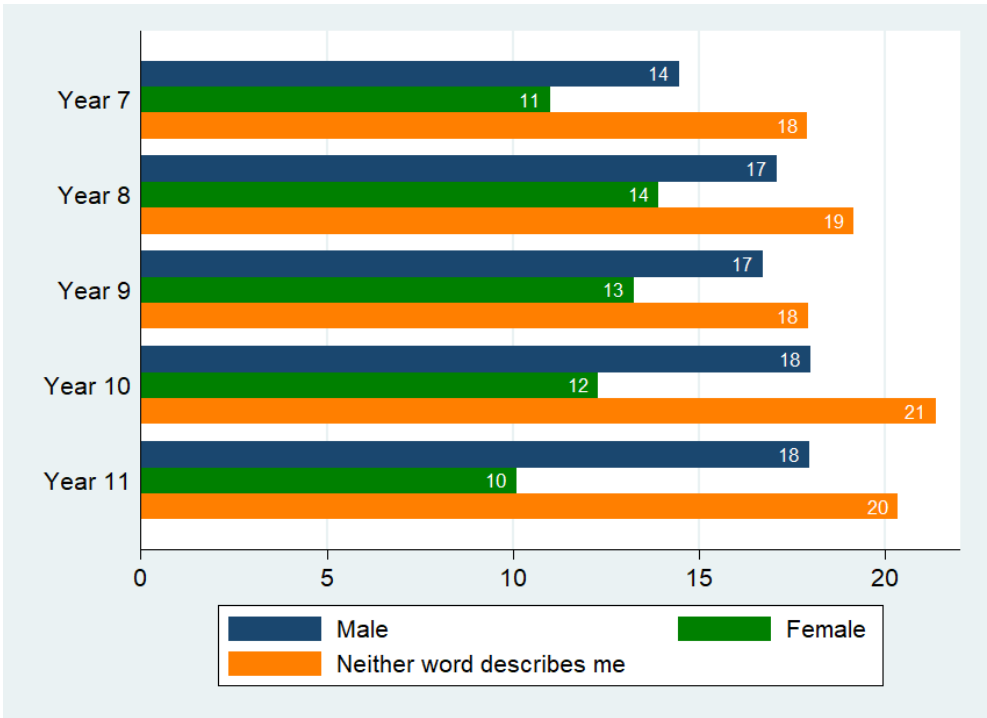
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=105,770; by gender, n=104,334 – excludes 1,436 gender non-response)

Figure 4.39 Percentage who have bullied another person at school in the past couple of months by year group and family affluence



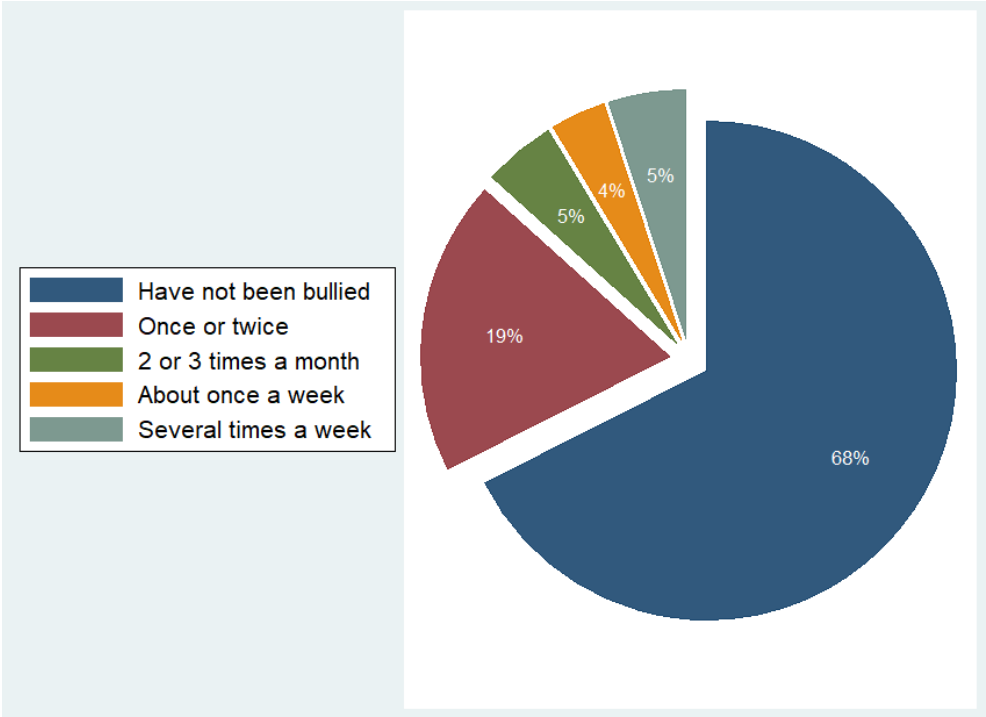
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=105,770; by FAS, n=102,105)

Figure 4.40 Percentage who have bullied another person at school in the past couple of months by year group and gender



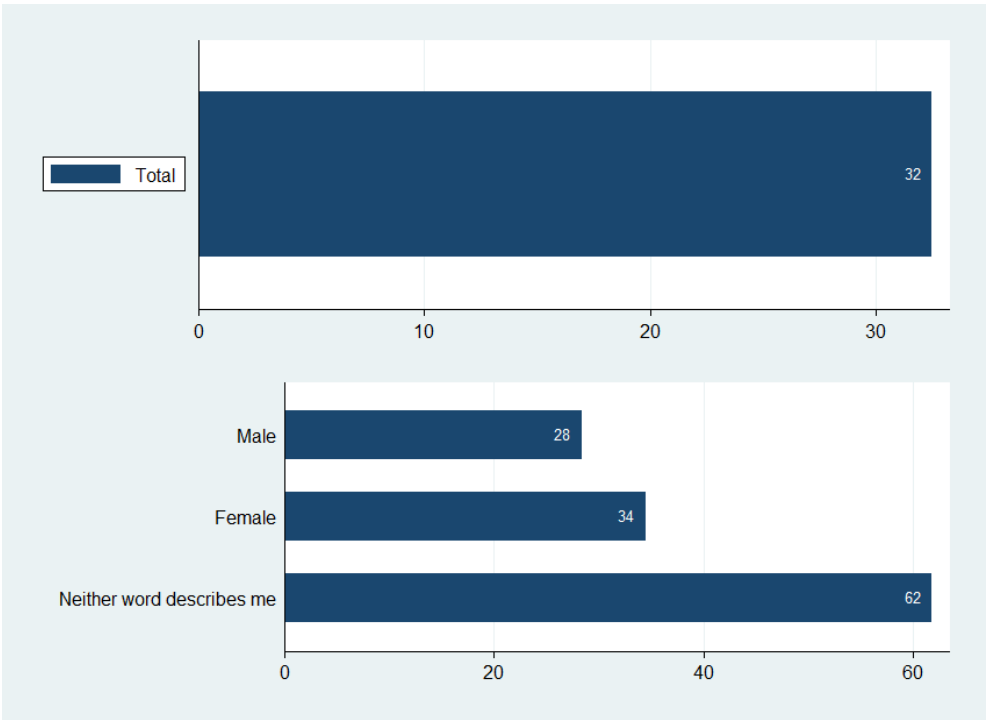
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,334). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.41 Been bullied at school in the past couple of months (%)



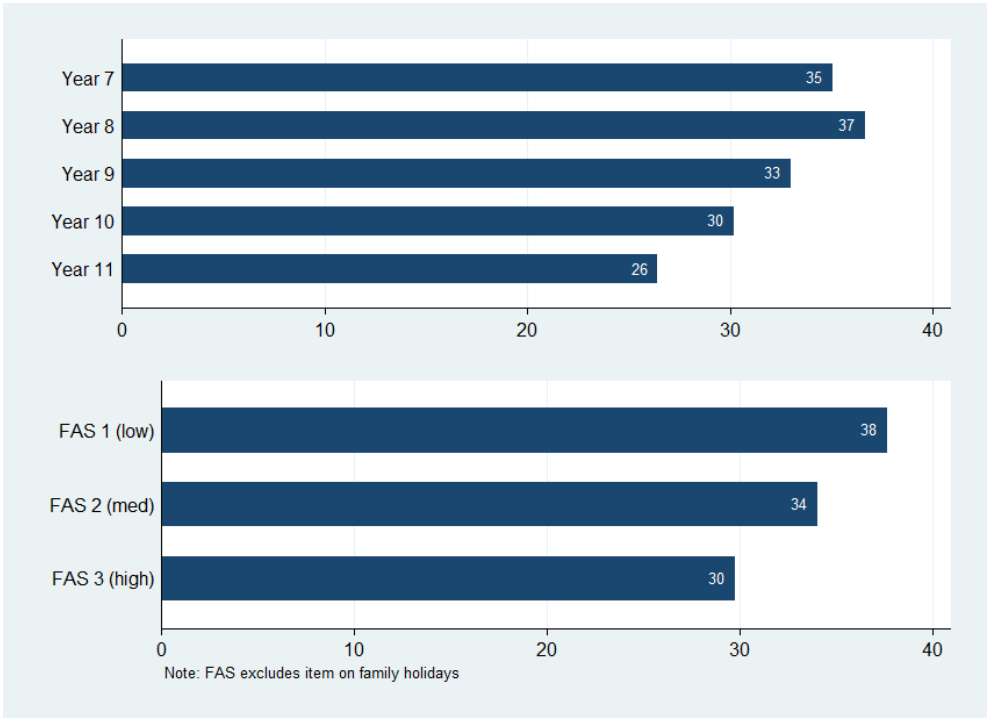
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,857)

Figure 4.42 Percentage who have been bullied at school in the past couple of months, overall and by gender



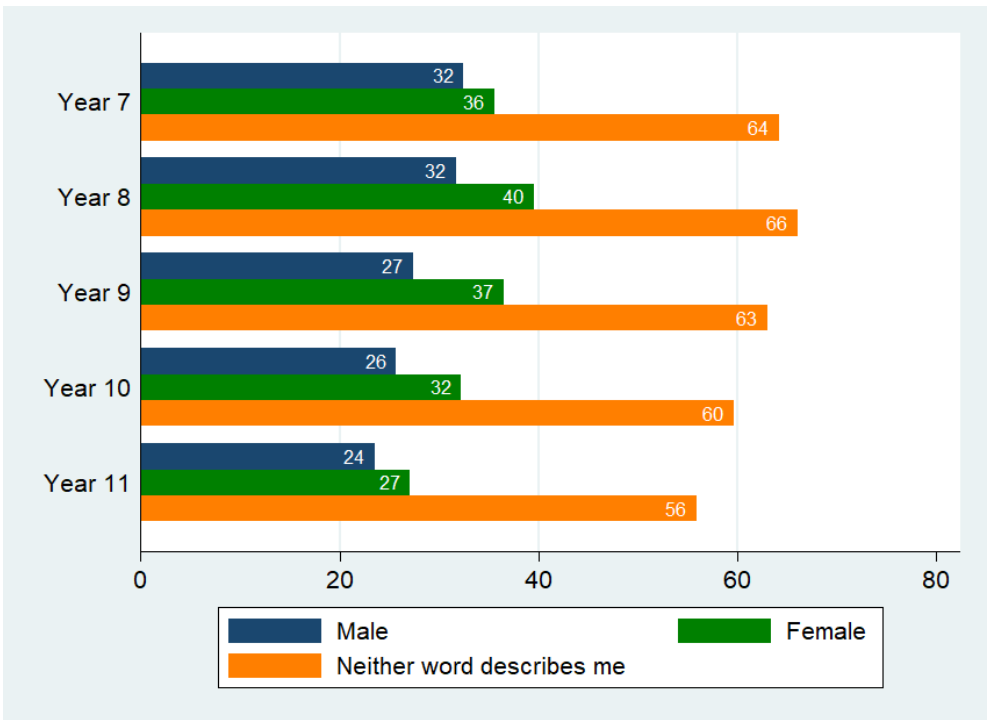
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=106,857; by gender, n=105,483 – excludes 1,374 gender non-response)

Figure 4.43 Percentage who have been bullied at school in the past couple of months by year group and family affluence



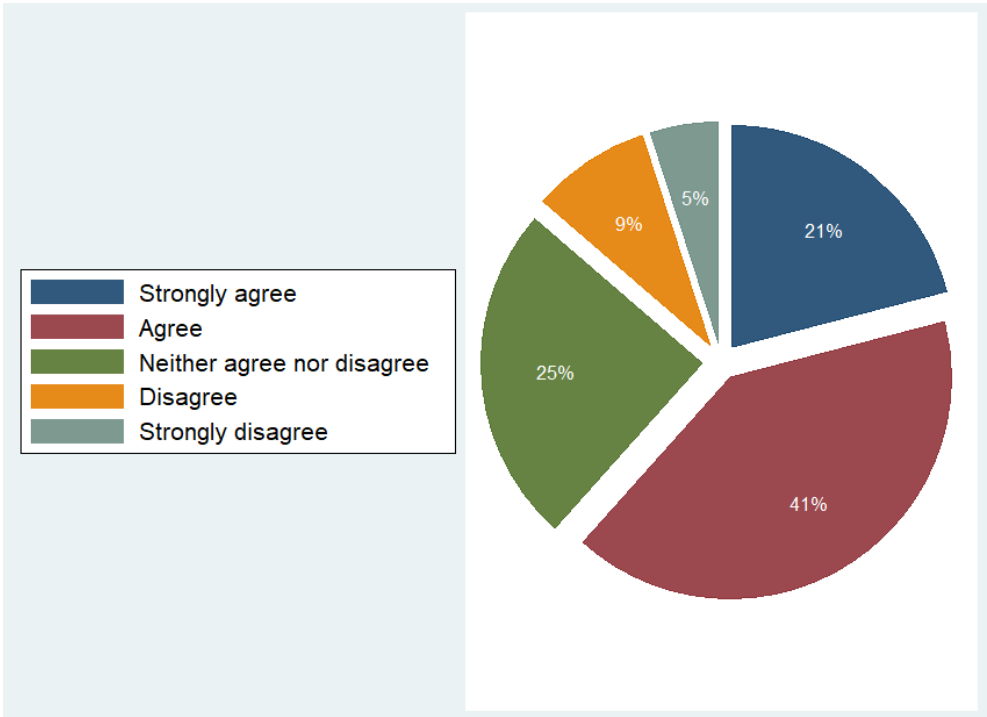
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=106,857; by FAS, n=103,099)

Figure 4.44 Percentage who have been bullied at school in the past couple of months by year group and gender



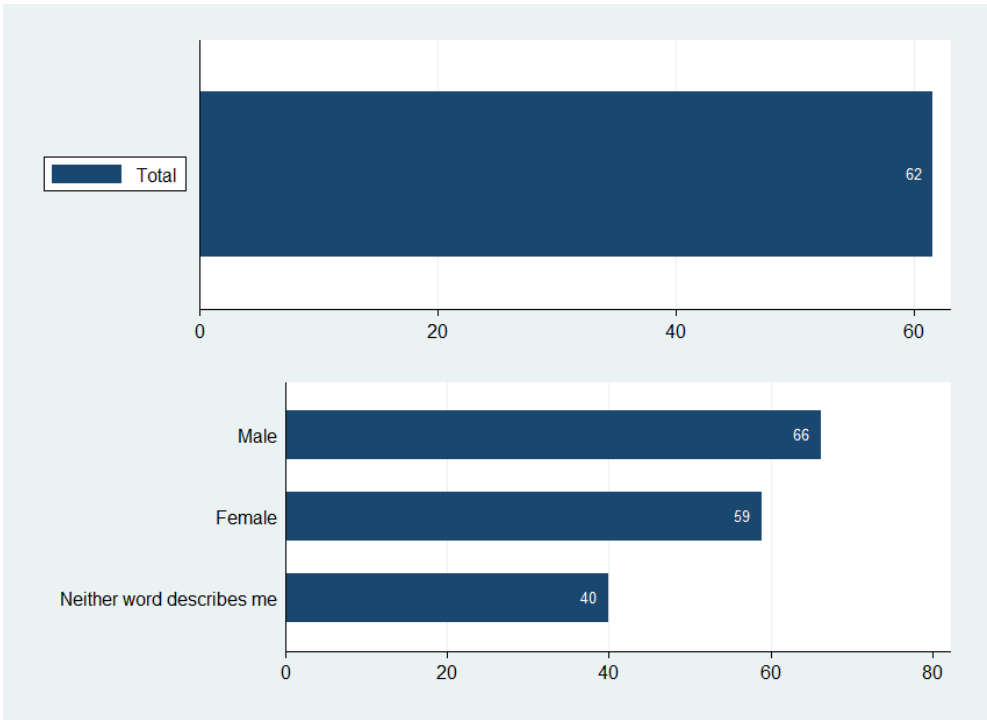
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,857). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 4.45 Support at school for students who feel unhappy, worried or unable to cope (%)



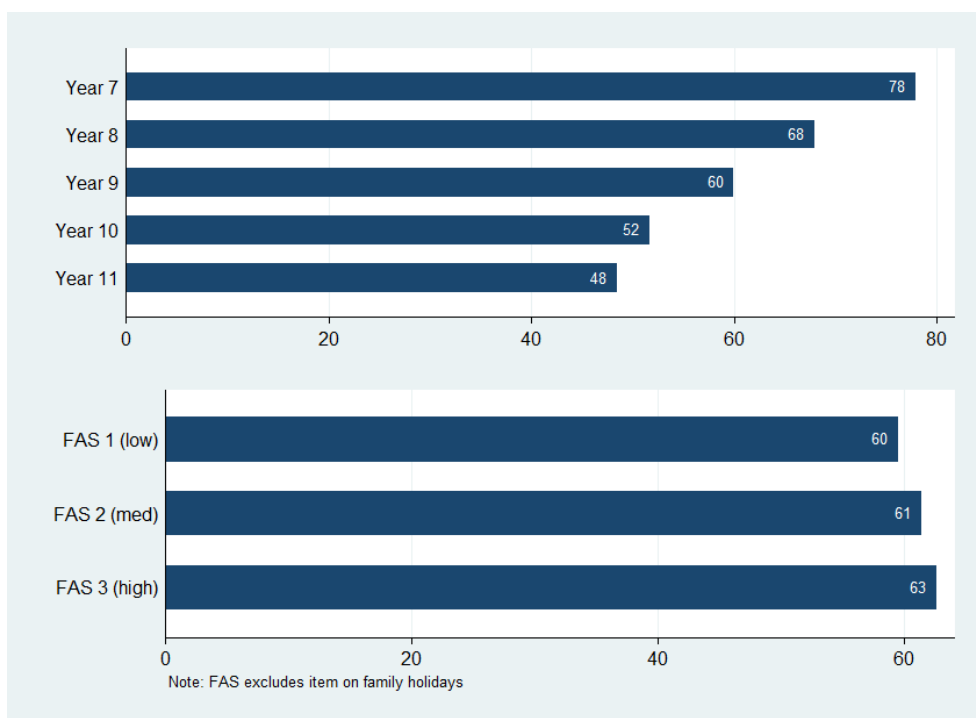
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=108,576)

Figure 4.46 Percentage who agree that there is support at their school for students who feel unhappy, worried or unable to cope, overall and by gender



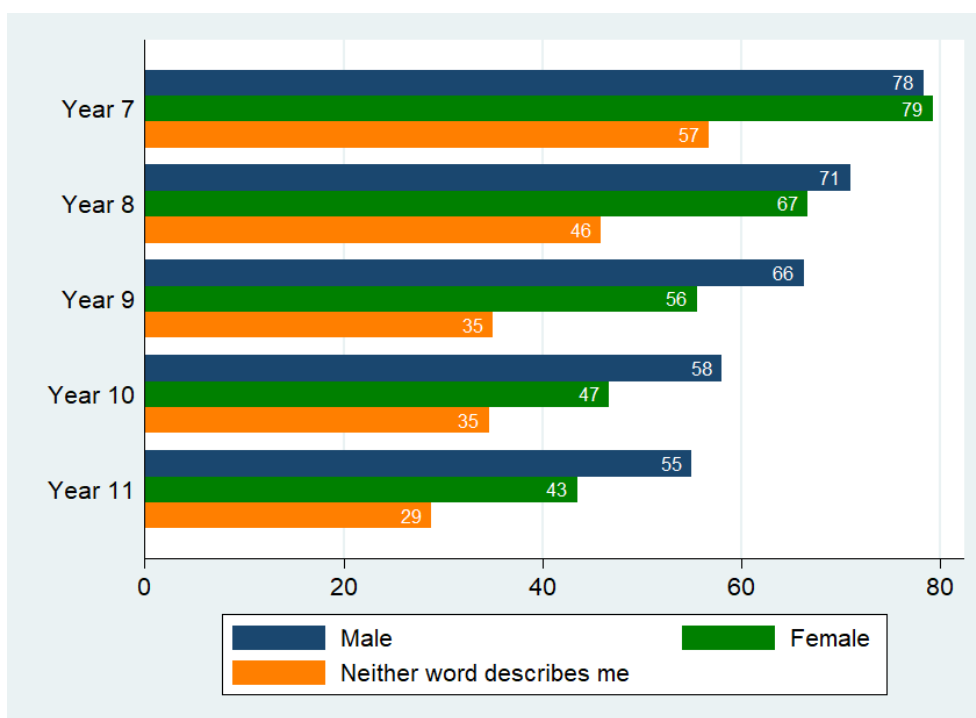
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=108,576; by gender, n=107,100 – excludes 1,476 gender non-response)

Figure 4.47 Percentage who agree that there is support at their school for students who feel unhappy, worried or unable to cope by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=108,576; by FAS, n=104,791)

Figure 4.48 Percentage who agree that there is support at their school for students who feel unhappy, worried or unable to cope by year group and gender



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=107,100). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 4.1 Measures by ethnic group^{1,2}

	% who like school a lot	% who feel 'a lot' or 'some' school pressure	% who feel their teachers accept them	% who agree that their teachers care about them as a person	% who agree that there is a member of staff they can confide in	% who agree that students have a say in planning & organising school activities & events	% who agree that students have a lot of chances to help decide & plan school projects	% who agree that students' ideas are treated seriously at school	% who agree that their own ideas are taken seriously at school	% who have bullied another person at school in the past couple of months	% who have been bullied at school in the past couple of months	% who agree that there is support at their school for students who feel unhappy, worried or unable to cope
White British	14	53	71	54	68	44	43	46	36	14	32	62
White Irish	12 [10,16]	57 [53,61]	55 [50,61]	43 [40,47]	64 [58,70]	40 [36,44]	39 [35,43]	38 [34,42]	32 [27,38]	25 [21,28]	43 [37,47]	54 [50,58]
White – Gypsy/traveller	9 [6,12]	57 [52,61]	52 [46,59]	37 [33,41]	58 [52,65]	42 [37,47]	40 [36,45]	41 [37,46]	30 [24,36]	40 [35,45]	42 [38,47]	48 [44,53]
White Roma	32 [20,45]	48 [37,59]	71 [54,85]	56 [45,67]	63 [50,76]	53 [41,64]	51 [40,63]	47 [36,58]	40 [26,55]	31 [21,42]	42 [31,54]	52 [40,63]
White Other	16 [15,18]	53	66	49	62	39	41	42	31	17	38	57
Mixed or multiple ethnic group	13	57	66	46	58	40	39	41	30	15	31	55
Pakistani	18 [16,21]	51	71 [67,75]	52	59 [54,64]	51 [48,54]	49 [46,53]	46 [43,49]	35 [30,39]	22 [20,25]	28 [25,31]	59 [55,62]
Indian	26 [23,30]	45 [42,49]	74 [69,79]	62 [58,65]	63 [58,68]	51 [48,55]	51 [48,55]	50 [47,54]	42 [37,47]	13 [10,15]	25 [23,29]	65 [62,69]
Bangladeshi	18 [15,21]	52 [49,56]	76 [72,80]	56 [52,59]	56 [52,61]	47 [44,50]	47 [43,50]	45 [41,48]	31 [27,36]	18 [15,20]	22 [19,25]	58 [55,62]
Chinese	25 [21,30]	46 [43,51]	72 [66,77]	60 [56,64]	53 [48,58]	43 [39,47]	42 [38,46]	44 [40,48]	33 [28,39]	13 [11,16]	31 [27,35]	55 [51,59]
African	20 [17,23]	48 [45,51]	68 [63,73]	52 [49,55]	52 [47,56]	50 [47,53]	49 [46,53]	46 [43,49]	35 [31,39]	16 [14,19]	25 [23,29]	59 [56,62]
Caribbean or Black	16 [12,21]	52 [48,57]	60 [53,67]	43 [39,48]	56 [49,62]	45 [40,50]	42 [38,47]	40 [35,45]	38 [32,44]	24 [20,28]	30 [25,34]	51 [46,56]
Arab	20 [17,24]	51 [48,55]	68 [63,72]	52 [49,55]	57 [52,62]	45 [41,48]	49 [46,53]	43 [39,46]	39 [35,45]	23 [20,26]	36 [32,39]	55 [51,58]
Other	21	48	72	56	60	50	49	49	37	17	36	61
Prefer not to say	19	53	65	54	62	47	48	49	38	18	44	61

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-)

Table 4.2 Measures by local health board^{1,2}

	% who like school a lot	% who feel 'a lot' or 'some' school pressure	% who feel their teachers accept them	% who agree that their teachers care about them as a person	% who agree that there is a member of staff they can confide in	% who agree that students have a say in planning & organising school activities & events	% who agree that students have a lot of chances to help decide & plan school projects	% who agree that students' ideas are treated seriously at school	% who agree that their own ideas are taken seriously at school	% who have bullied another person at school in the past couple of months	% who have been bullied at school in the past couple of months	% who agree that there is support at their school for students who feel unhappy, worried or unable to cope
Aneurin Bevan	14	52	73	55	67	44	43	46	36	15	33	61
Male	16	44	79	61	67	45	47	50	39	17	28	66
Female	13	58	70	52	68	41	41	44	35	13	35	58
Neither word describes me	8 [6,11]	77 [74,80]	38 [33,43]	32 [29,35]	55 [50,60]	28 [27,34]	29 [26,32]	27 [24,30]	17 [14,21]	19 [16,22]	62 [59,66]	39 [35,43]
Betsi Cadwaladr	14	52	68	51	67	43	42	44	36	16	34	60
Male	15	45	73	57	67	45	46	48	39	18	30	65
Female	13	59	64	46	68	41	40	42	34	13	36	57
Neither word describes me	6 [4,8]	76 [72,78]	39 [34,44]	32 [28,35]	59 [54,64]	27 [25,32]	27 [24,31]	27 [24,30]	18 [15,22]	20 [17,23]	62 [58,65]	42 [38,45]
Cardiff & Vale	17	55	70	52	63	43	43	46	36	14	31	62
Male	20	45	77	59	64	45	47	50	40	16	27	68
Female	14	62	66	47	62	41	41	43	34	11	33	59
Neither word describes me	8 [5,11]	77 [73,80]	28 [22,35]	28 [24,33]	51 [45,58]	27 [23,32]	26 [22,34]	27 [23,31]	20 [15,26]	19 [16,23]	59 [54,63]	40 [36,45]
Cwm Taf Morgannwg	14	52	70	55	67	45	45	47	37	15	33	63
Male	16	45	77	60	67	45	49	50	40	16	29	67
Female	13	58	67	51	68	41	43	46	35	13	35	61
Neither word describes me	6 [4,9]	79 [75,83]	36 [30,42]	31 [27,36]	52 [44,60]	27 [22,31]	31 [26,35]	31 [26,35]	20 [14,27]	19 [15,23]	63 [58,67]	39 [35,44]
Hywel Dda	16	52	69	53	67	46	45	46	34	14	33	62
Male	17	45	76	57	66	49	48	49	37	17	29	66
Female	16	58	66	50	69	44	43	45	32	11	34	60
Neither word describes me	5 [3,9]	78 [73,82]	36 [29,43]	27 [22,32]	51 [44,59]	30 [25,35]	29 [24,34]	24 [20,29]	15 [10,21]	17 [13,21]	64 [58,69]	41 [36,47]
Powys	13	52	69	52	65	38	38	44	34	14	33	62
Male	14	44	74	56	64	44	42	46	36	18	28	66
Female	14	57	67	50	66	40	36	44	35	11	35	60
Neither word describes me	4 [1,9]	81 [73,87]	25 [16,37]	24 [17,32]	55 [43,67]	23 [16,31]	17 [11,25]	23 [16,31]	18 [10,29]	20 [14,28]	65 [56,74]	39 [30,47]
Swansea Bay	15	52	72	56	66	47	47	49	38	14	31	63
Male	17	45	77	61	66	49	49	52	41	16	27	67
Female	14	58	70	53	69	46	45	47	37	11	33	61
Neither word describes me	6 [3,10]	77 [73,81]	38 [31,46]	31 [26,35]	51 [44,58]	29 [24,34]	29 [25,34]	25 [21,30]	21 [16,27]	21 [17,26]	60 [55,65]	37 [32,42]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-)

5. Physical activity and diet

This section presents data on young people's physical activity levels, sedentary behaviour, and dietary choices in Wales based on the following measures: **weekly physical activity**, **active travel to school**, **time spent sitting**, **weekday breakfast consumption**, **fruit consumption**, **vegetable consumption**, **sugary soft drink consumption**, **energy drink consumption**, **consumption of sweets**, and **body mass index (BMI)**. See Appendix for details on how BMI was calculated. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Physical activity is defined as 'any activity that increases your heart rate and makes you get out of breath some of the time'. This could include physical activity within sports, school activities, playing with friends, or walking to school.

Summary of main findings

Physical activity: 16% of young people met the recommended physical activity guidelines of at least 60 minutes per day (**Figure 5.1**). Boys (21%) were more likely than girls (12%) and young people who identified as neither a boy nor a girl (11%) to meet the daily recommended guidelines (**Figure 5.2**).

Active travel to school: The two most common modes of travel to school reported by young people were public transport and walking (both 34%), followed closely by private transport (30%) (**Figure 5.5**). Active travel to school (e.g. travelling to school by walking or cycling) was reported by 35% of young people. Boys (37%) were more likely than girls (33%) and young people who identified as neither a boy nor a girl (35%) to walk or cycle to school (**Figure 5.6**).

Sedentary behaviour (weekdays): The amount of time young people reported they spent sitting during their free time on weekdays ranged from none (1%) to 7 or more hours a day (18%), with over half (57%) sitting for at least 4 hours a day (**Figure 5.9**). Young people who identified as neither a boy nor a girl were around twice as likely to report being sedentary for 7 or more hours a day (36%), compared to students who identified as a boy (18%) or a girl (17%) (**Figure 5.10**).

Breakfast consumption (weekdays): 45% of young people reported eating breakfast every weekday. In contrast, 29% reported never eating breakfast on weekdays (**Figure 5.13**). Weekday consumption of breakfast was more common among boys (55%) than girls (37%), and least common among young people who identified as neither a boy nor a girl (28%) (**Figure 5.14**).

Fruit and vegetable intake: For both food groups, frequency of consumption ranged from 'never' (both 5%) to 'more than once daily' (both 18%). At least daily consumption of fruits was reported by 33% of students, compared to 35% who ate vegetables at least daily (**Figure 5.17 and 5.21**). At least daily consumption of both fruits and vegetables were more common among girls compared with boys and young people who identified as neither a boy nor a girl (**Figure 5.18 and 5.22**).

Sugary soft drinks: 9% of young people reported never drinking sugary soft drinks, while 16% drank sugary soft drinks at least daily (**Figure 5.25**). Boys (17%) were more likely than

girls (15%) to report at least daily consumption of sugary soft drinks, but less likely than young people who identified as neither a boy nor a girl (22%) (Figure 5.26).

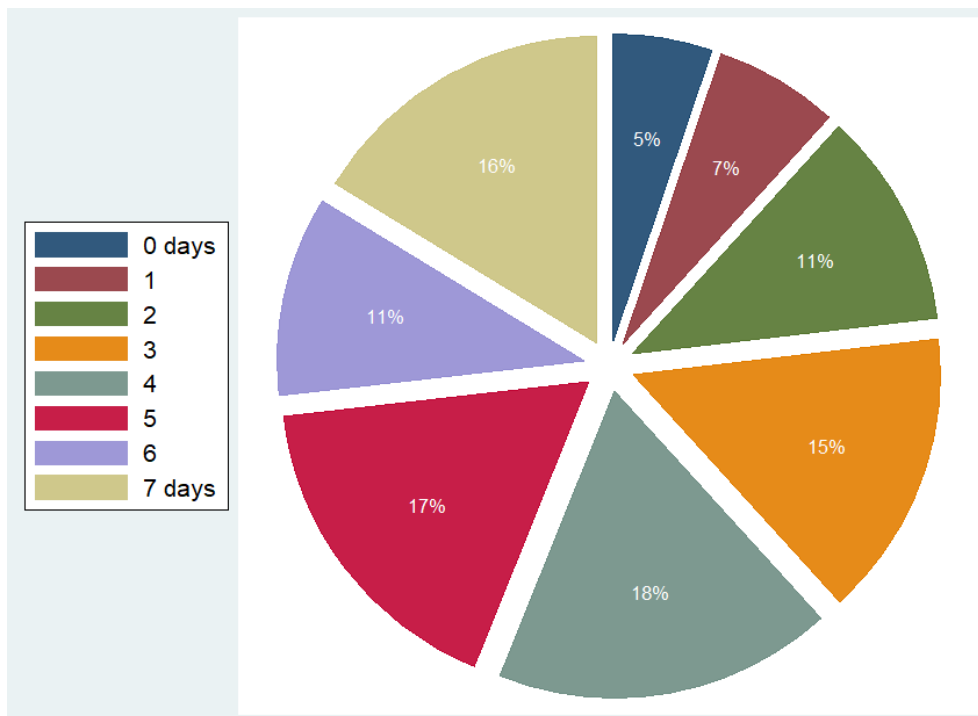
Energy drinks: 63% of young people reported having never drank an energy drink, while 5% drank energy drinks at least daily (Figure 5.29). Young people who identified as neither a boy nor a girl (12%) were three times more likely than those who identified as a boy or a girl (both 4%) to report at least daily consumption of energy drinks (Figure 5.30).

Sweets: Frequency of sweet consumption (e.g. candy or chocolate) reported by young people ranged from 'never' (2%) to 'more than once daily' (10%) (Figure 5.33). Overall, 24% of students reported at least daily consumption of sweets, with a lower proportion of boys reporting at least daily consumption (22%), compared to girls (25%) and young people who identified as neither a boy nor a girl (27%) (Figure 5.34).

Body mass index (BMI): Based on self-reported height and weight and using HBSC classification, 20% of young people were classed as overweight or obese according to their BMI (Figure 5.37). As the BMI calculation for young people relies on validated thresholds that account for variations across both age and biological sex, breakdowns reported reflect differences according to self-reported sex at birth rather than gender identity. A higher proportion of males (23%) had a BMI in the overweight or obese range compared with females (17%) (Figure 5.38).

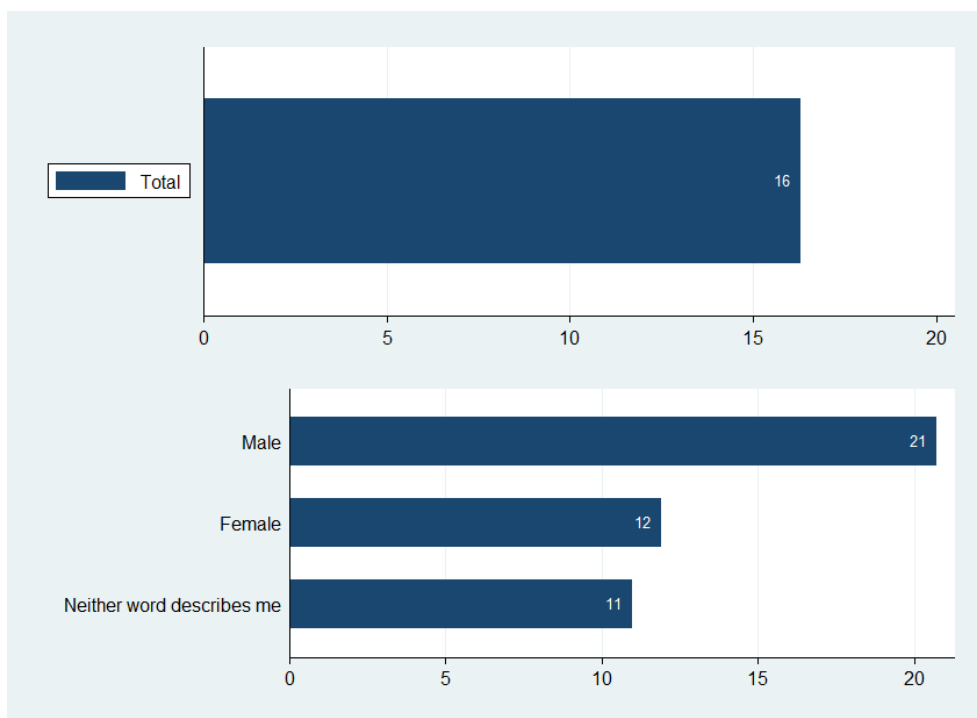
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 5.1-5.2.

Figure 5.1 Number of days physically active for at least 60 minutes in past 7 days (%)



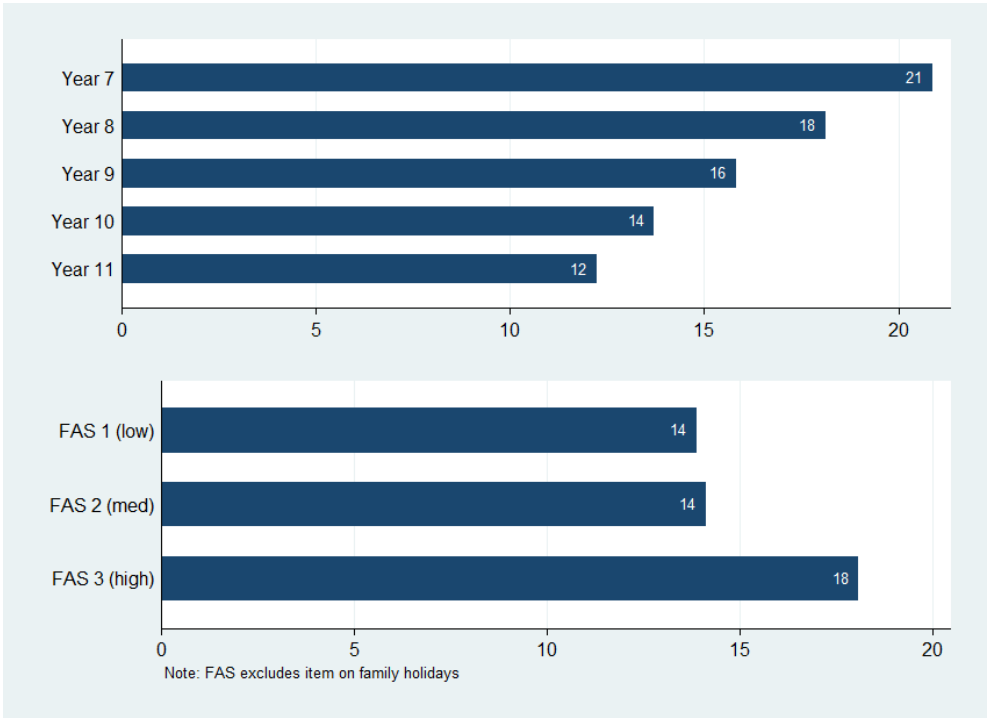
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=111,058)

Figure 5.2 Percentage who are physically active for at least 60 minutes per day, overall and by gender



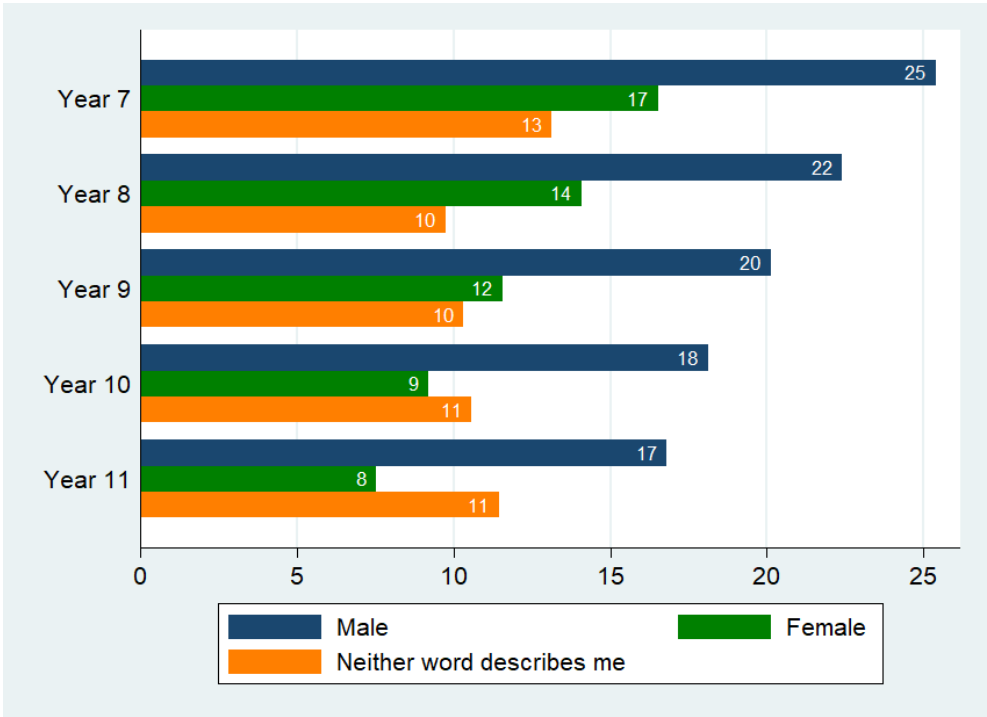
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=111,058; by gender, n=109,663 – excludes 1,395 gender non-response)

Figure 5.3 Percentage who are physically active for at least 60 minutes per day by year group and family affluence



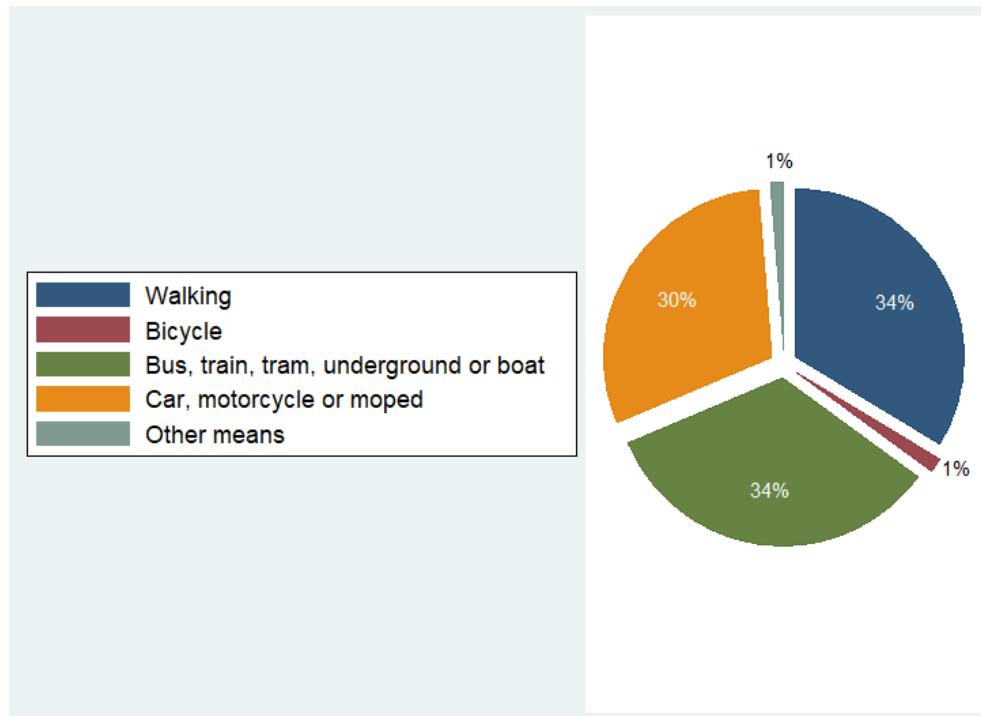
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=111,058; by FAS, n=107,345)

Figure 5.4 Percentage who are physically active for at least 60 minutes per day by year group and gender



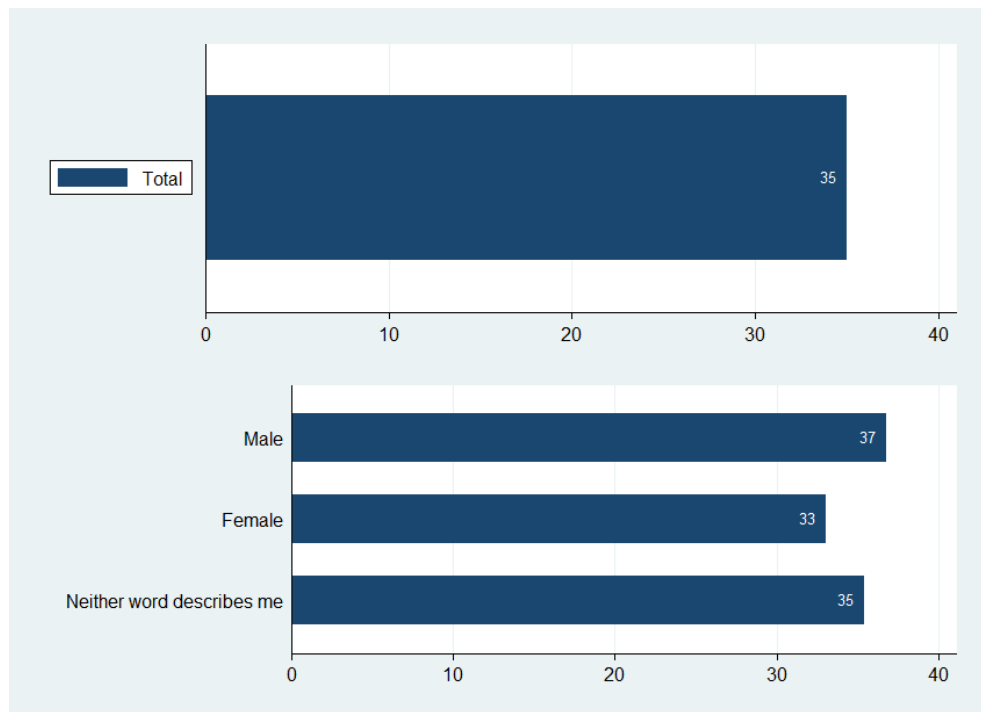
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=109,663). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.5 Typical mode of travel to school (%)



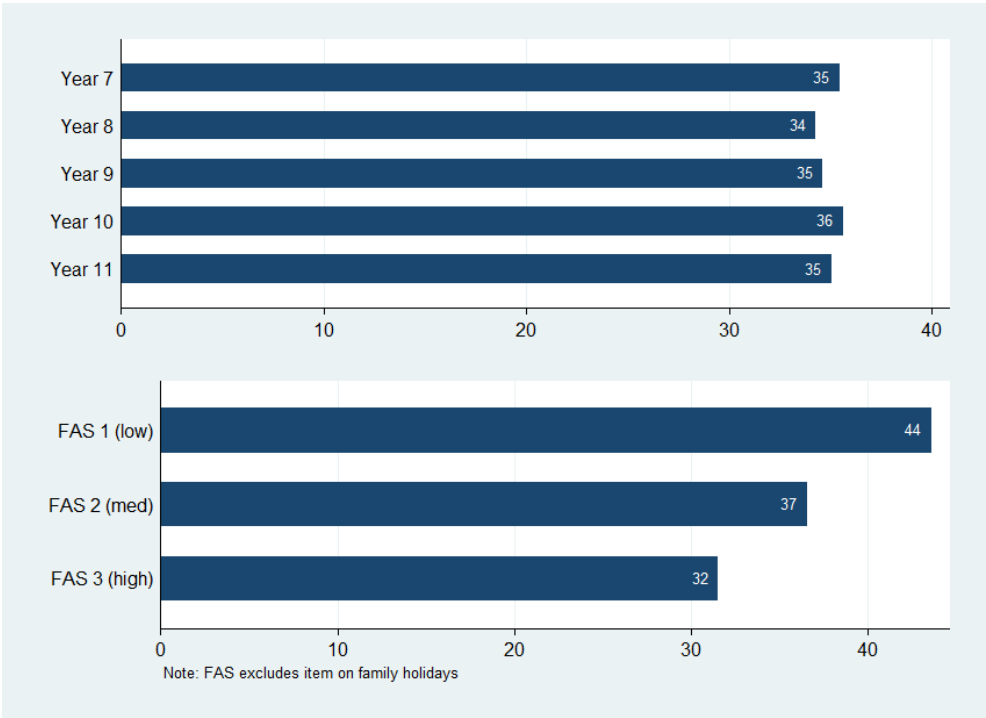
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=118,897)

Figure 5.6 Percentage who travel to school by walking or cycling, overall and by gender



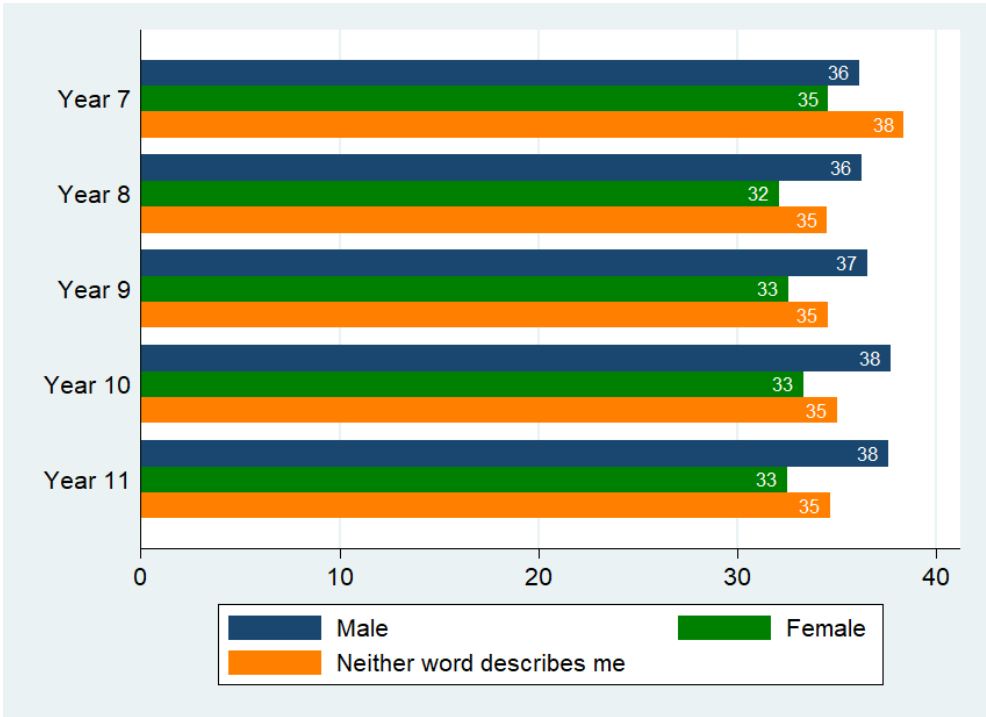
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=118,897; by gender, n=117,192 – excludes 1,705 gender non-response)

Figure 5.7 Percentage who travel to school by walking or cycling by year group and family affluence



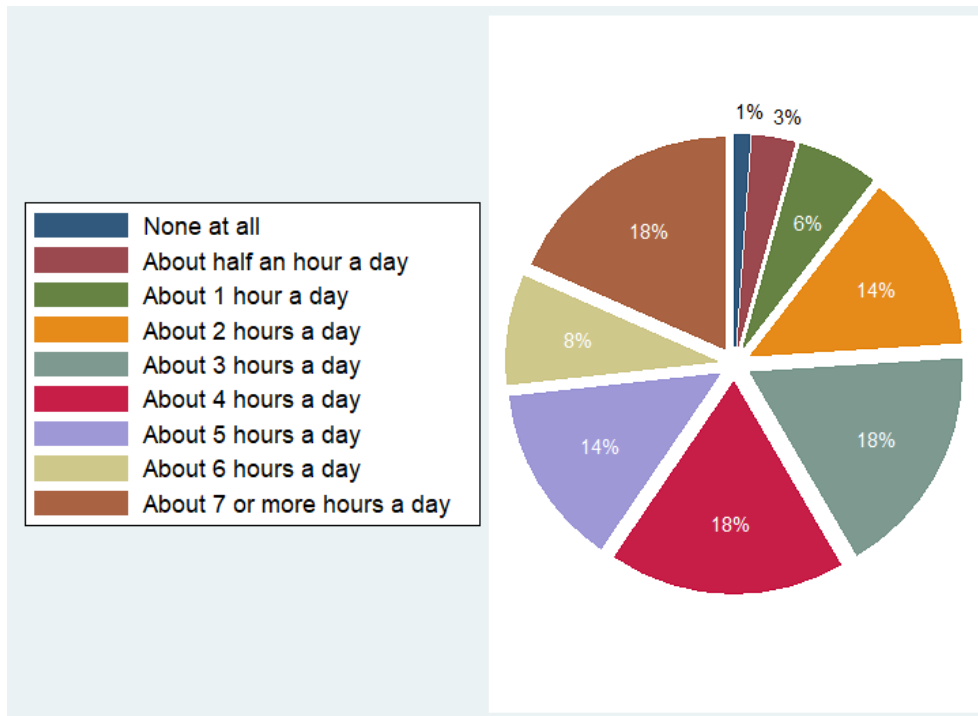
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=118,897; by FAS, n=114,078)

Figure 5.8 Percentage who travel to school by walking or cycling by year group and gender



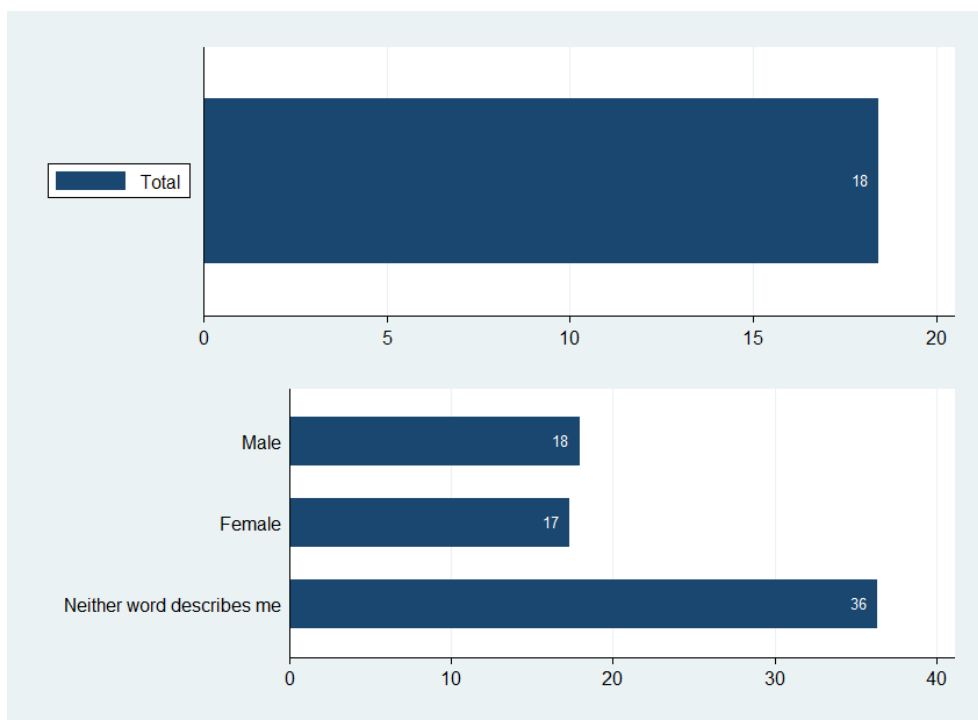
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,192). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.9 Time spent sitting in free time on weekdays (%)



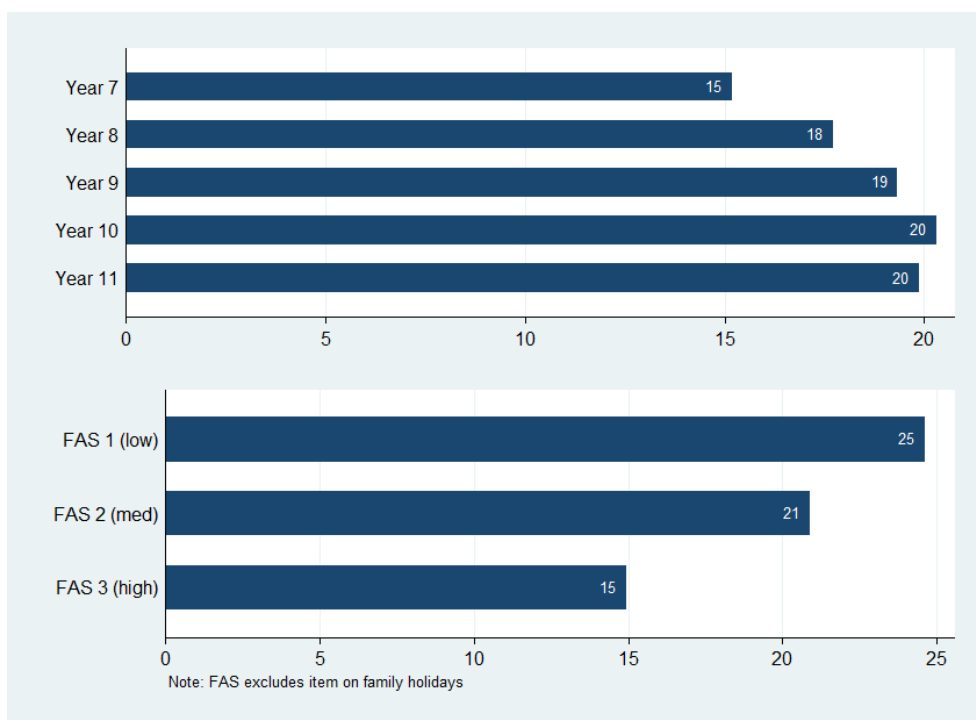
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=112,271)

Figure 5.10 Percentage who sit for 7 hours or more per day in their free time on weekdays, overall and by gender



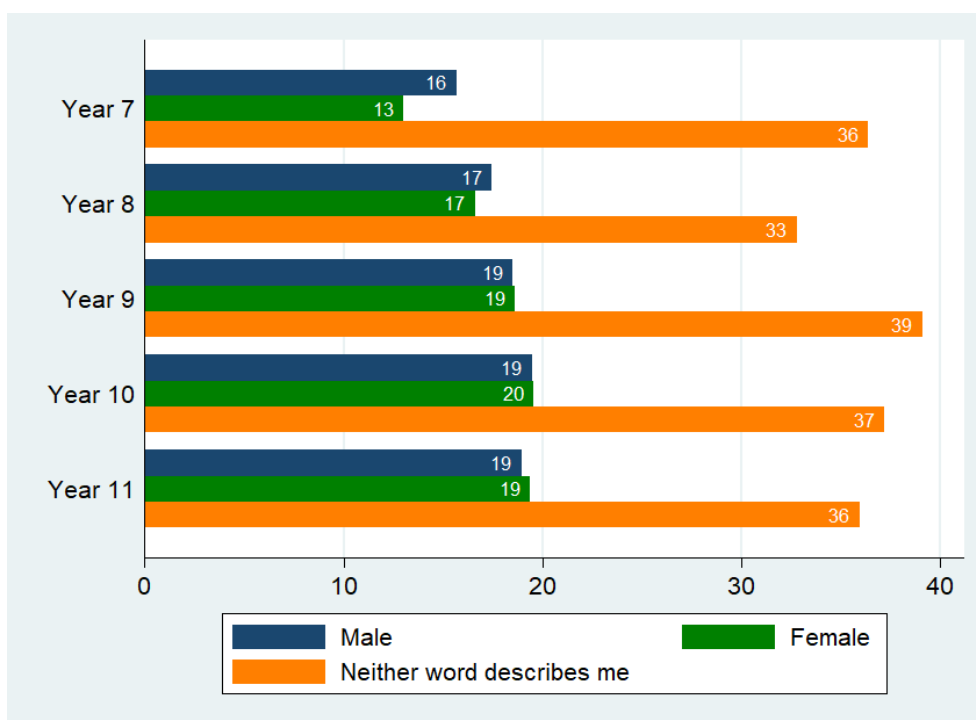
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=112,271; by gender, n=110,816 – excludes 1,455 gender non-response)

Figure 5.11 Percentage who sit for 7 hours or more per day in their free time on weekdays by year group and family affluence



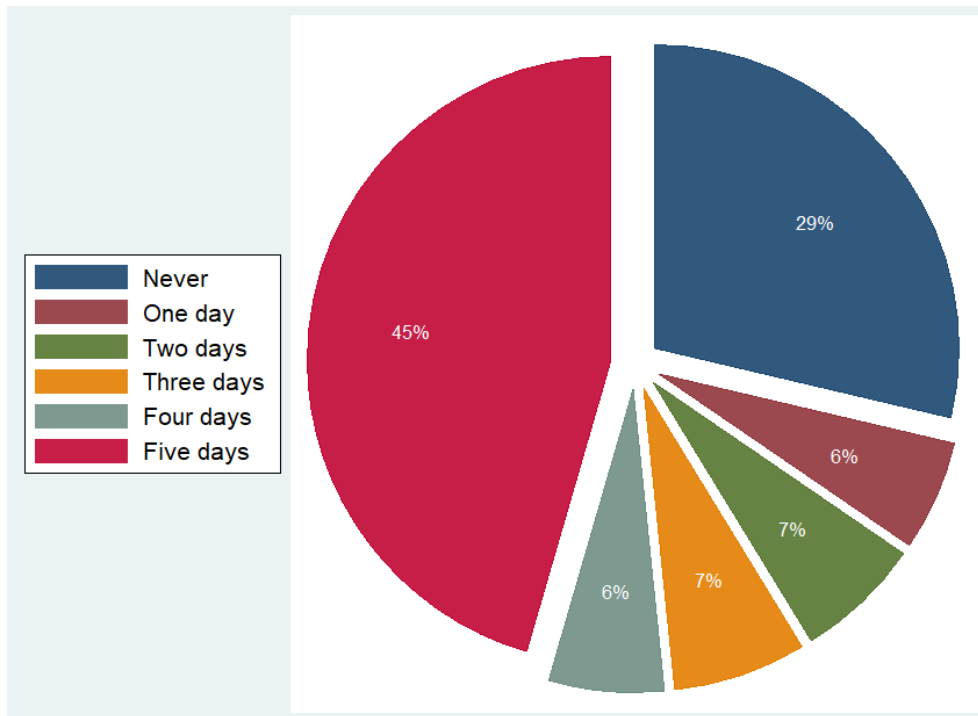
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=112,271; by FAS, n=108,406)

Figure 5.12 Percentage who sit for 7 hours or more per day in their free time on weekdays by year group and gender



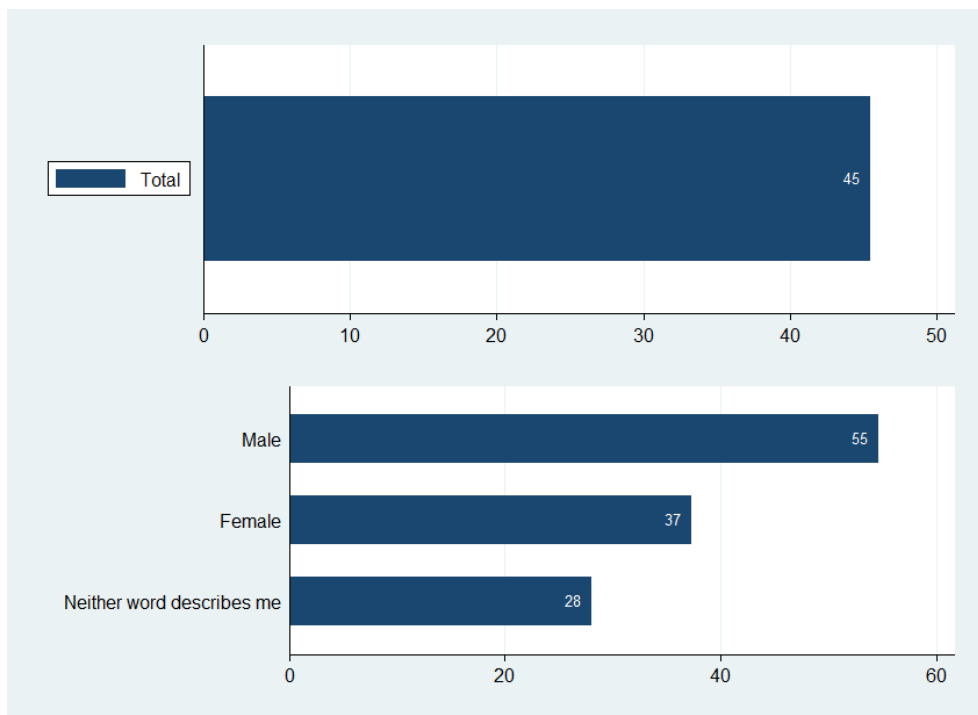
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=110,816). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.13 Breakfast consumption on weekdays (%)



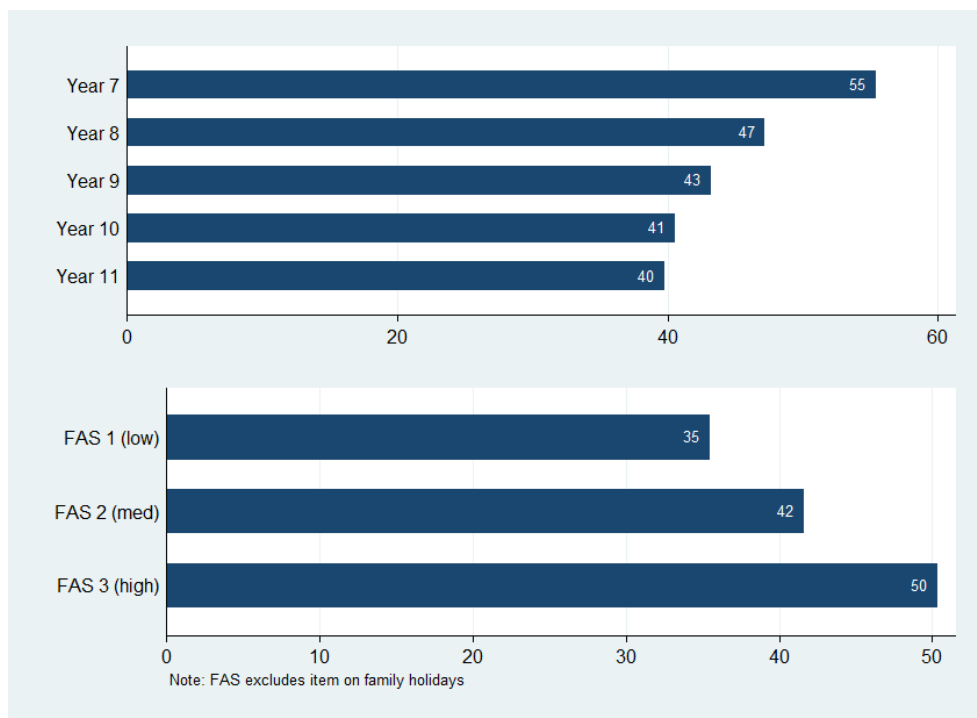
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,857)

Figure 5.14 Percentage who eat breakfast every weekday, overall and by gender



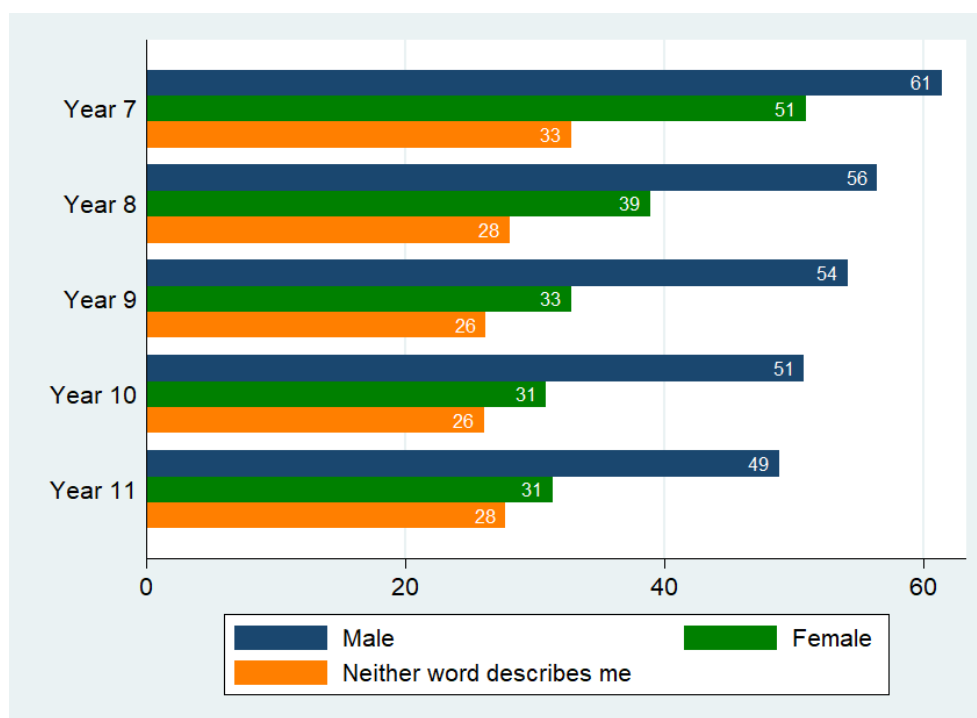
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=115,857; by gender, n=114,271 – excludes 1,586 gender non-response)

Figure 5.15 Percentage who eat breakfast every weekday by year group and family affluence



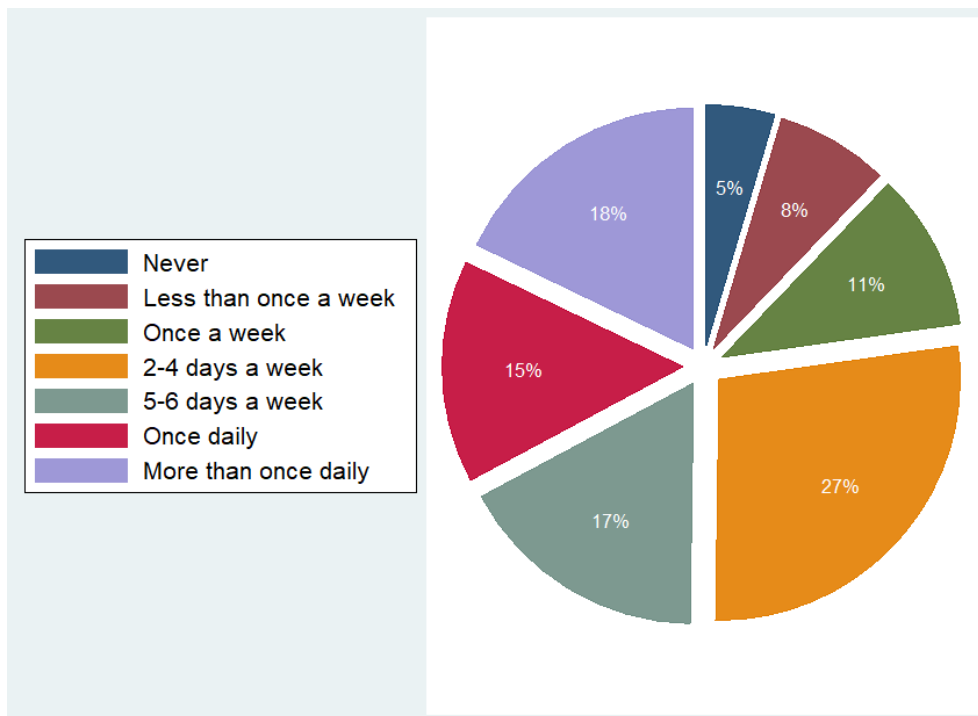
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=115,857; by FAS, n=111,552)

Figure 5.16 Percentage who eat breakfast every weekday by year group and gender



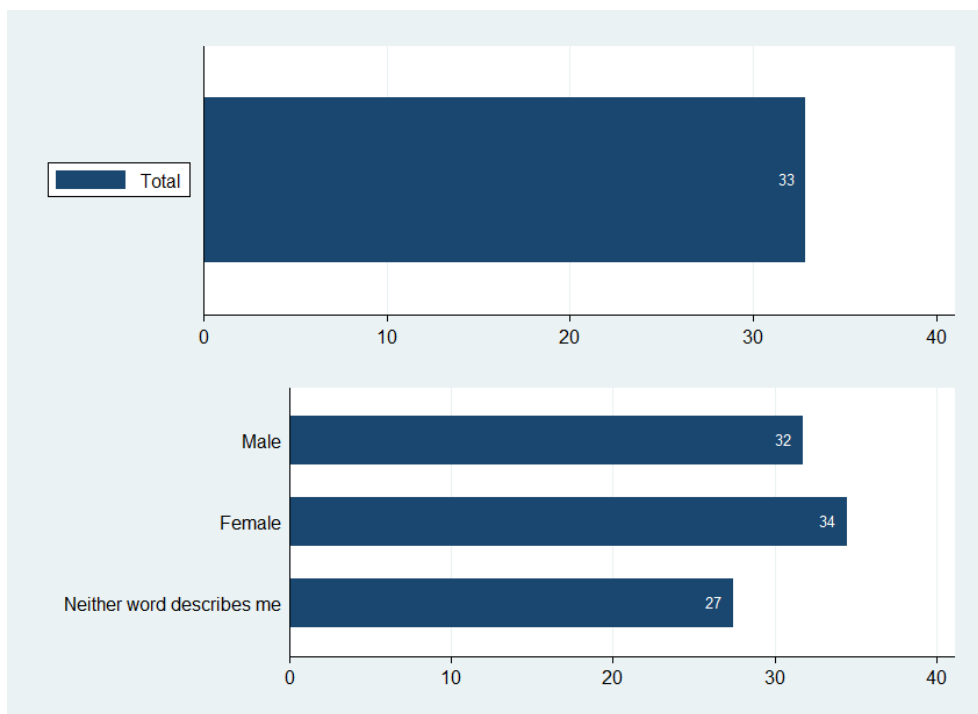
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=114,271). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.17 Frequency of fruit consumption (%)



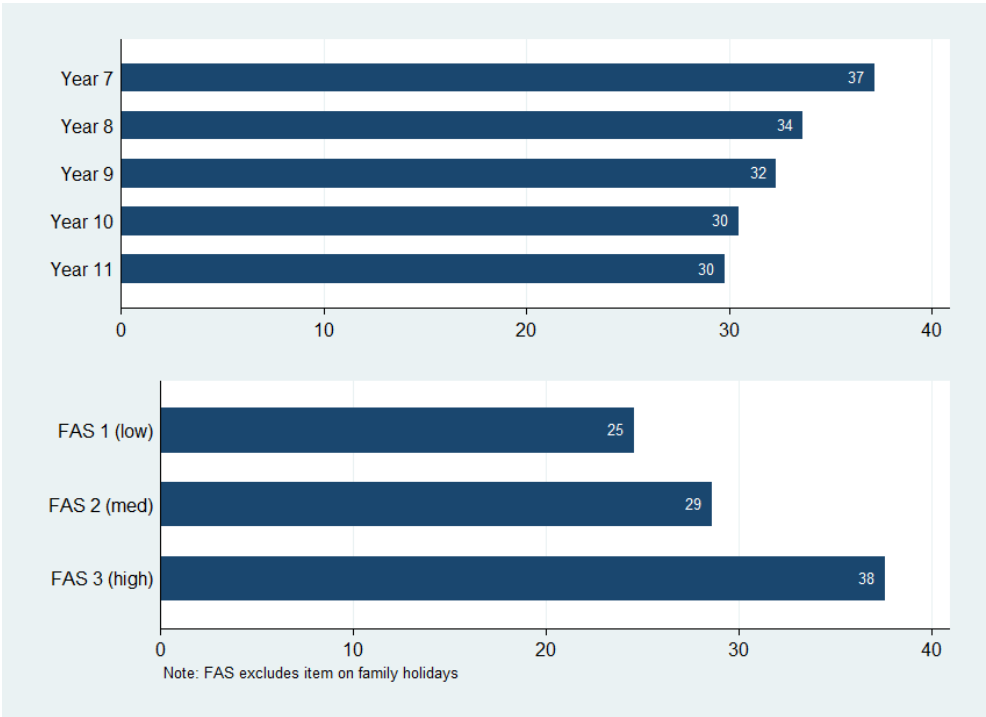
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,142)

Figure 5.18 Percentage who eat fruit at least daily, overall and by gender



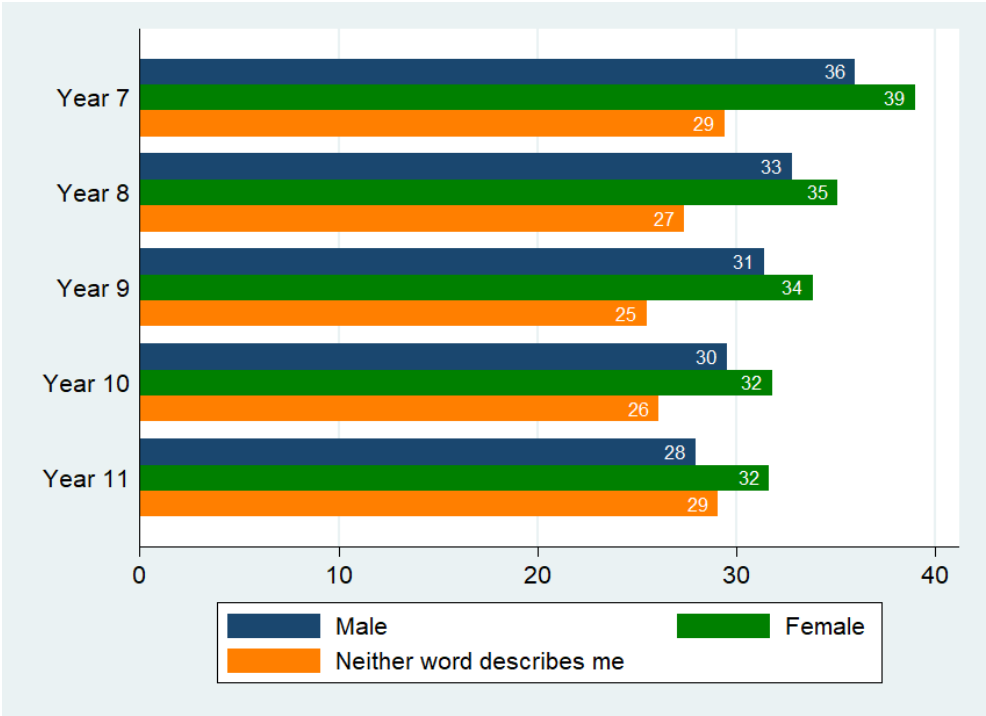
Base: All respondents in years 7 to 11 who gave an answer, surveyed between surveyed between Sep 2021 and Jan 2022 (total, n=117,142; by gender, n=115,490 – excludes 1,652 gender non-response)

Figure 5.19 Percentage who eat fruit at least daily by year group and family affluence



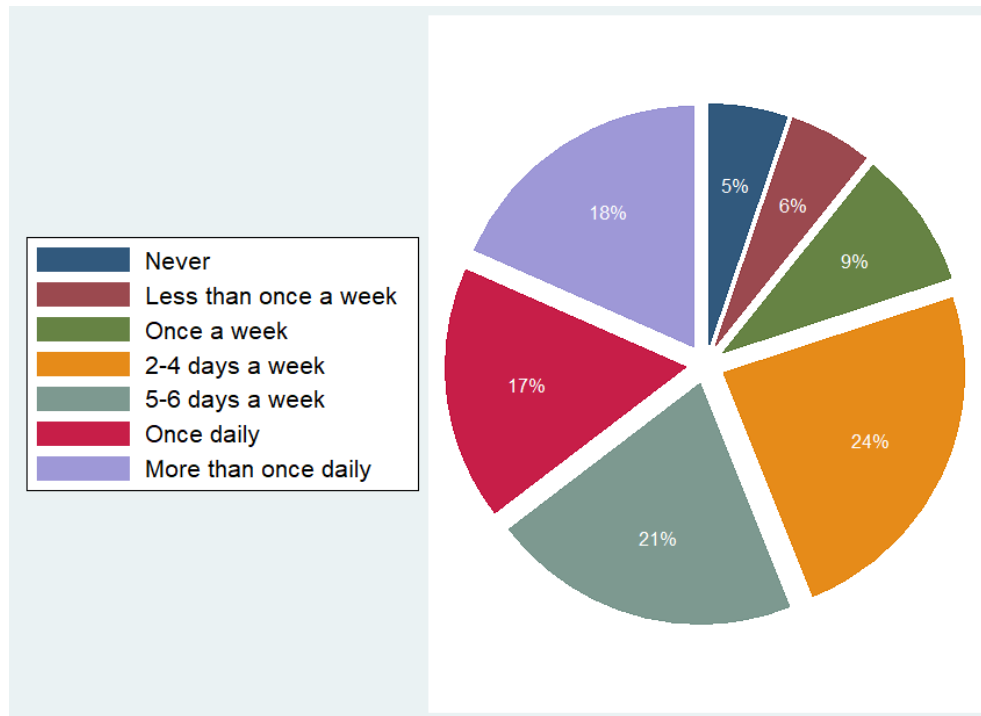
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=117,142; by FAS, n=112,502)

Figure 5.20 Percentage who eat fruit at least daily by year group and gender



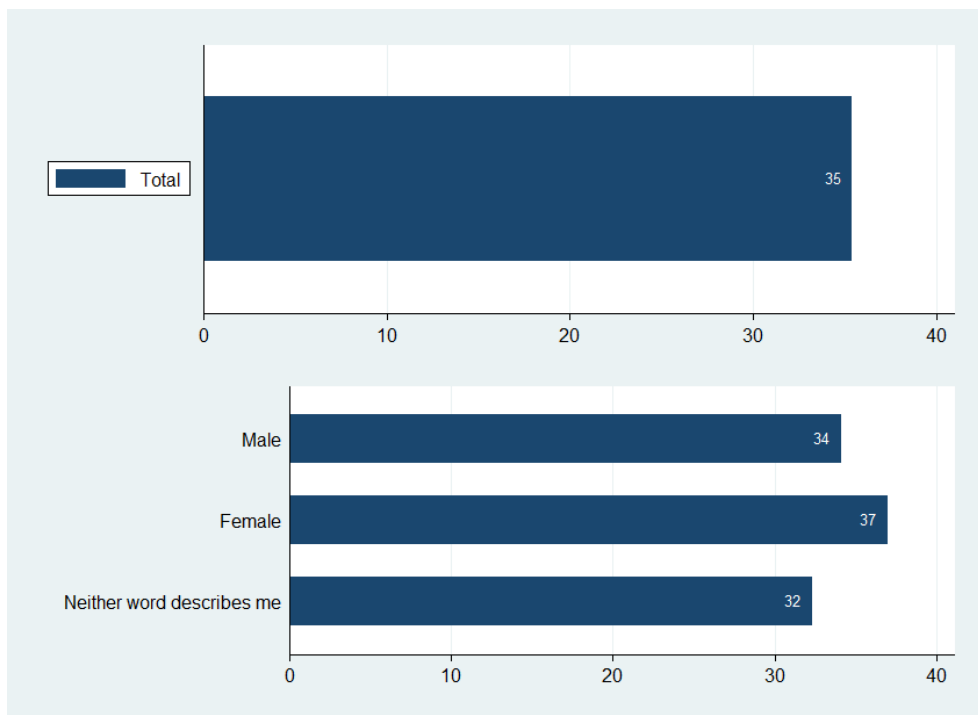
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,490). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.21 Frequency of vegetable consumption (%)



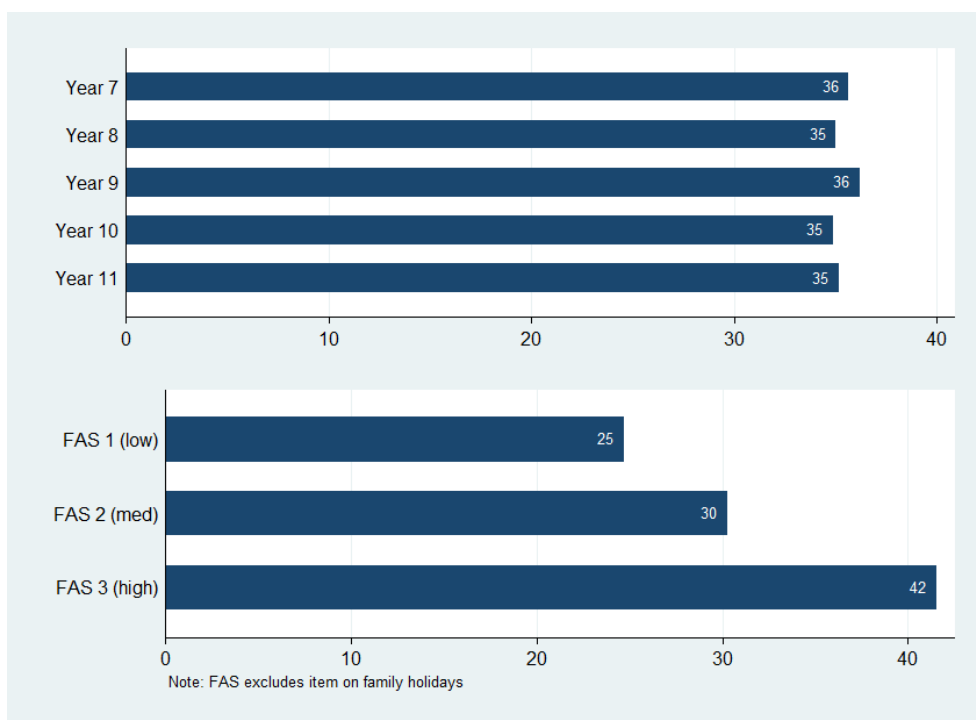
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,138)

Figure 5.22 Percentage who eat vegetables at least daily, overall and by gender



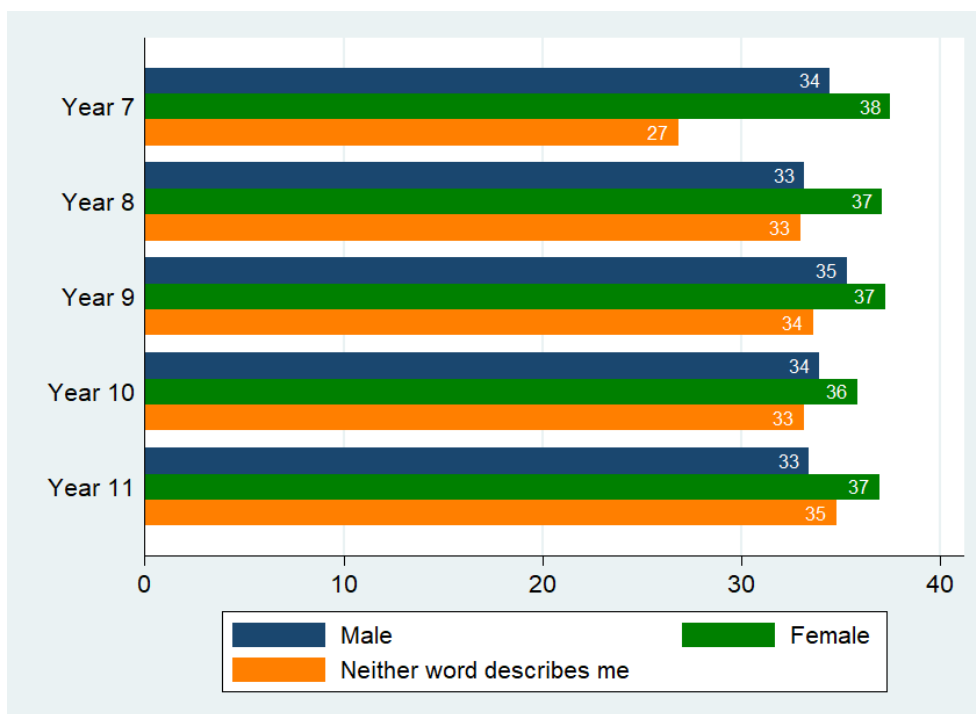
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=117,138; by gender, n=115,491 – excludes 1,647 gender non-response)

Figure 5.23 Percentage who eat vegetables at least daily by year group and family affluence



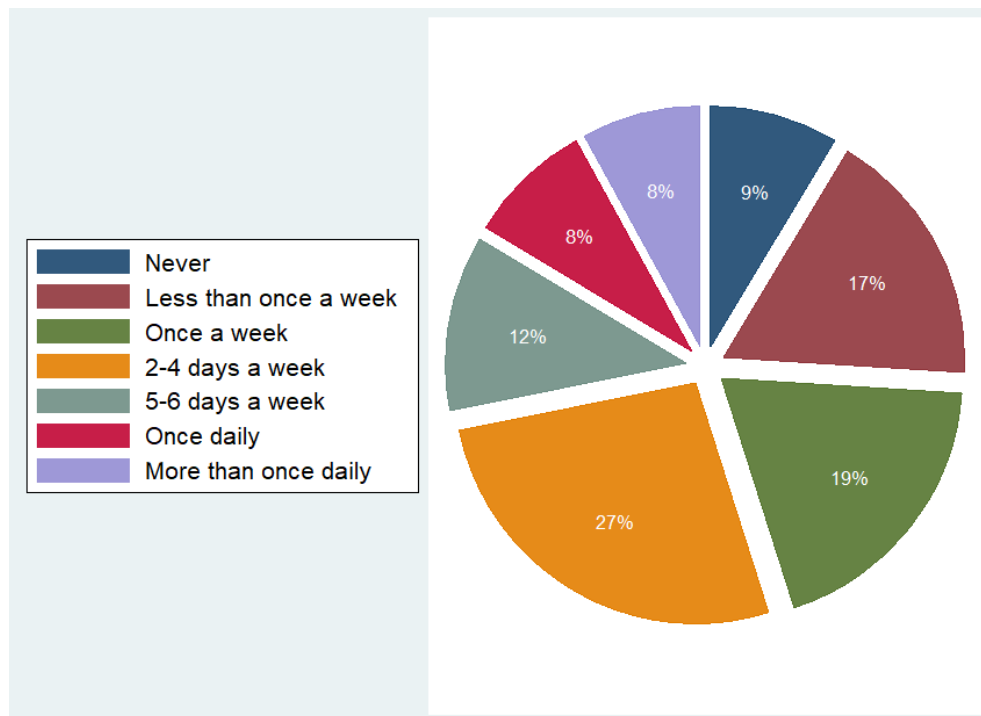
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=117,138; by FAS, n=112,519)

Figure 5.24 Percentage who eat vegetables at least daily by year group and gender



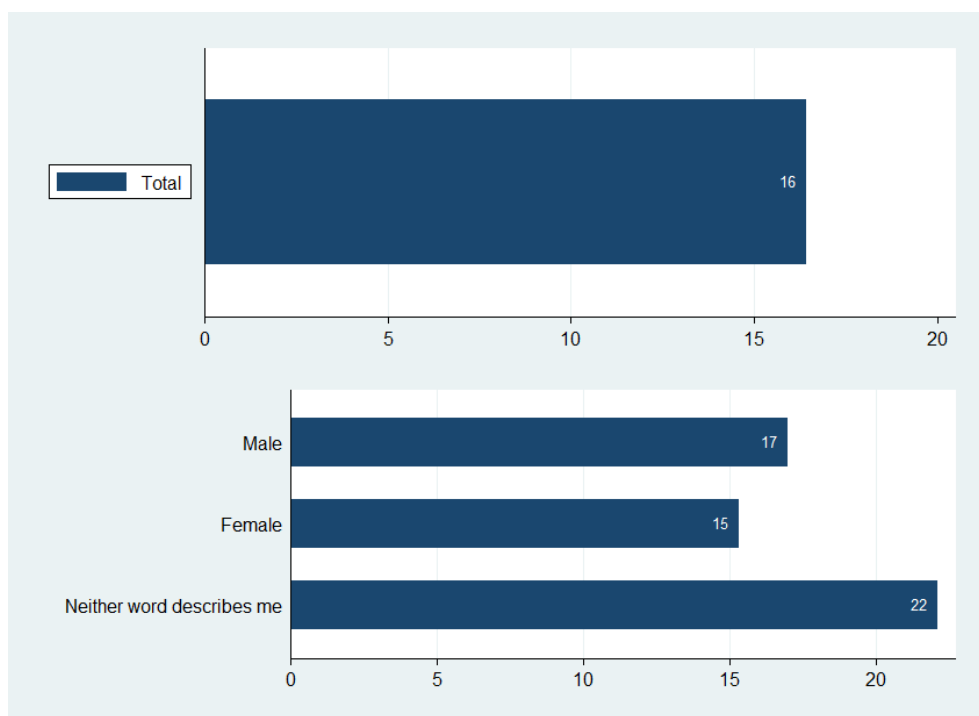
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,491). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.25 Frequency of sugary soft drinks consumption (%)



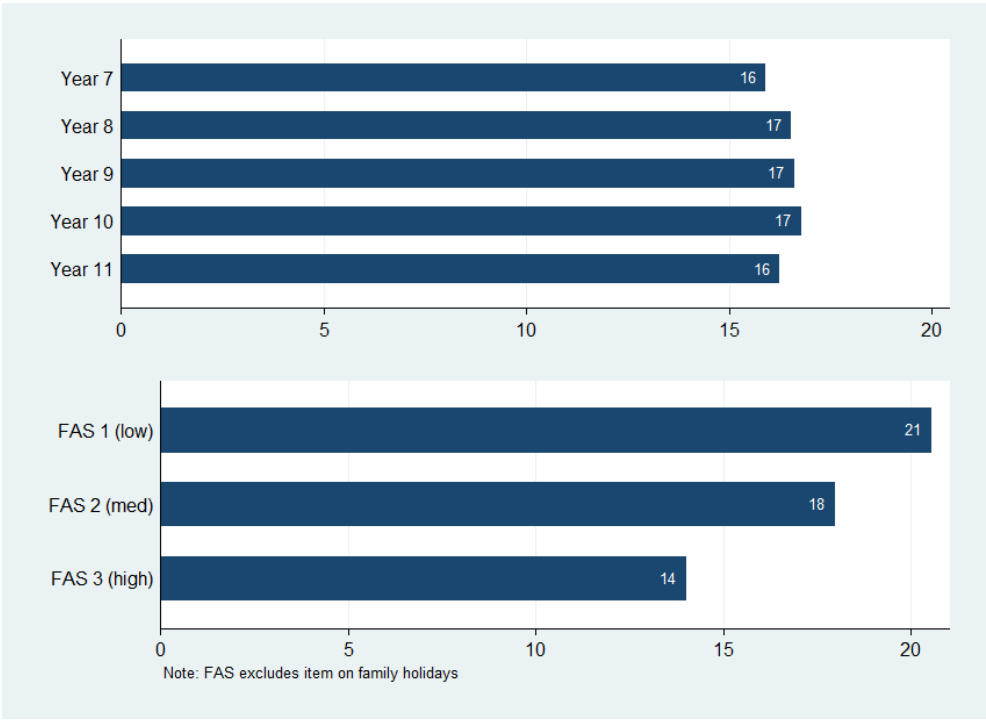
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,104)

Figure 5.26 Percentage who drink sugary soft drinks at least daily, overall and by gender



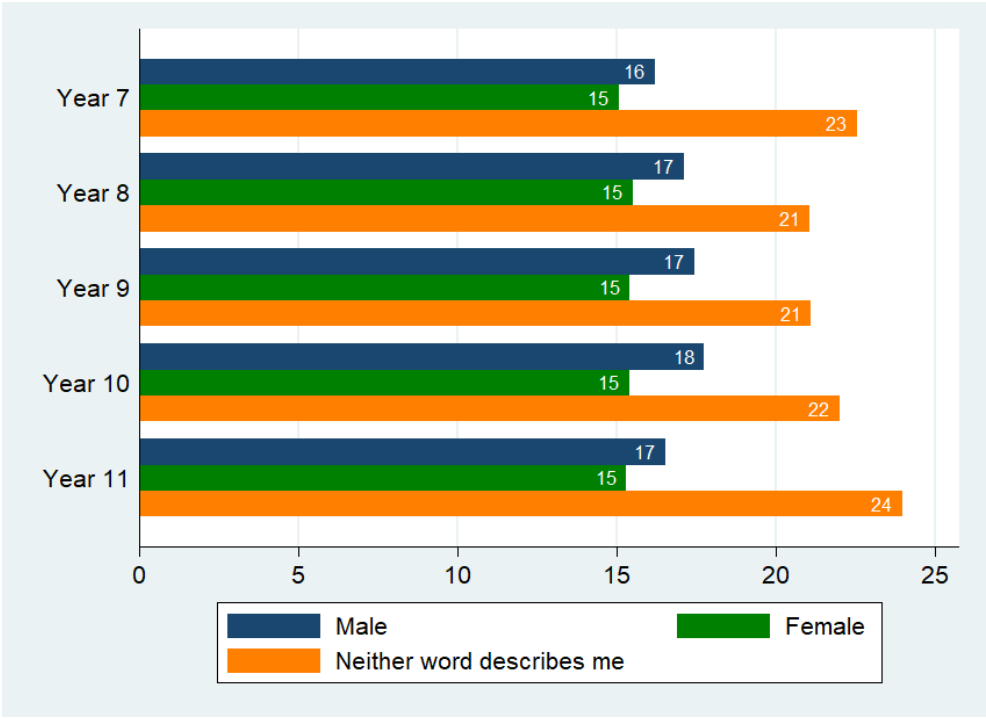
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=117,104; by gender, n=115,463 – excludes 1,641 gender non-response)

Figure 5.27 Percentage who drink sugary soft drinks at least daily by year group and family affluence



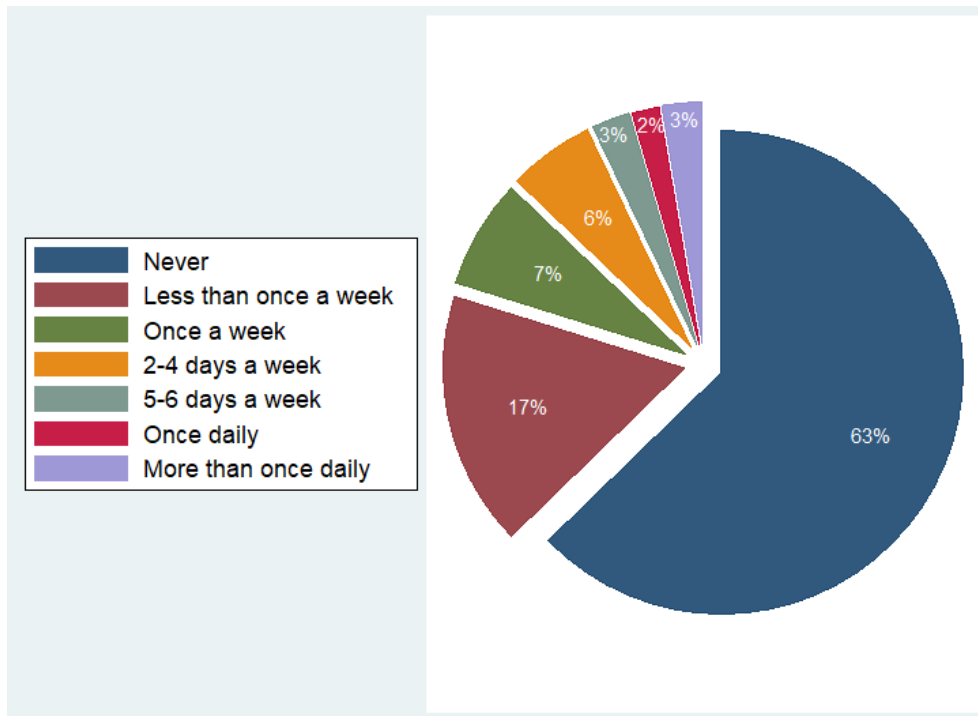
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=117,104; by FAS, n=112,506)

Figure 5.28 Percentage who drink sugary soft drinks at least daily by year group and gender



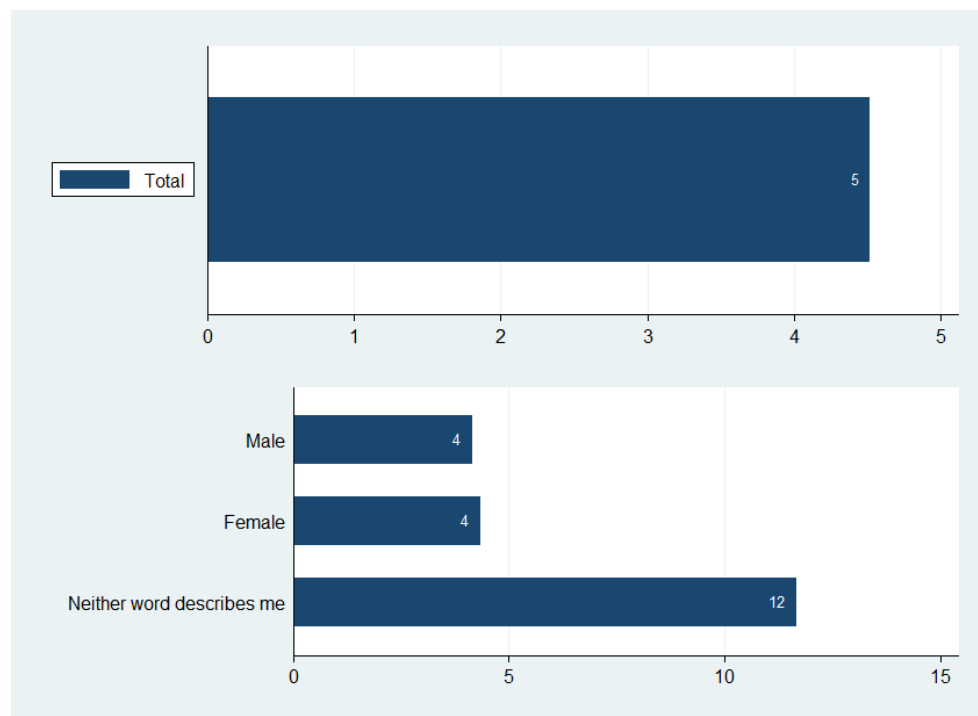
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,463). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.29 Frequency of energy drink consumption (%)



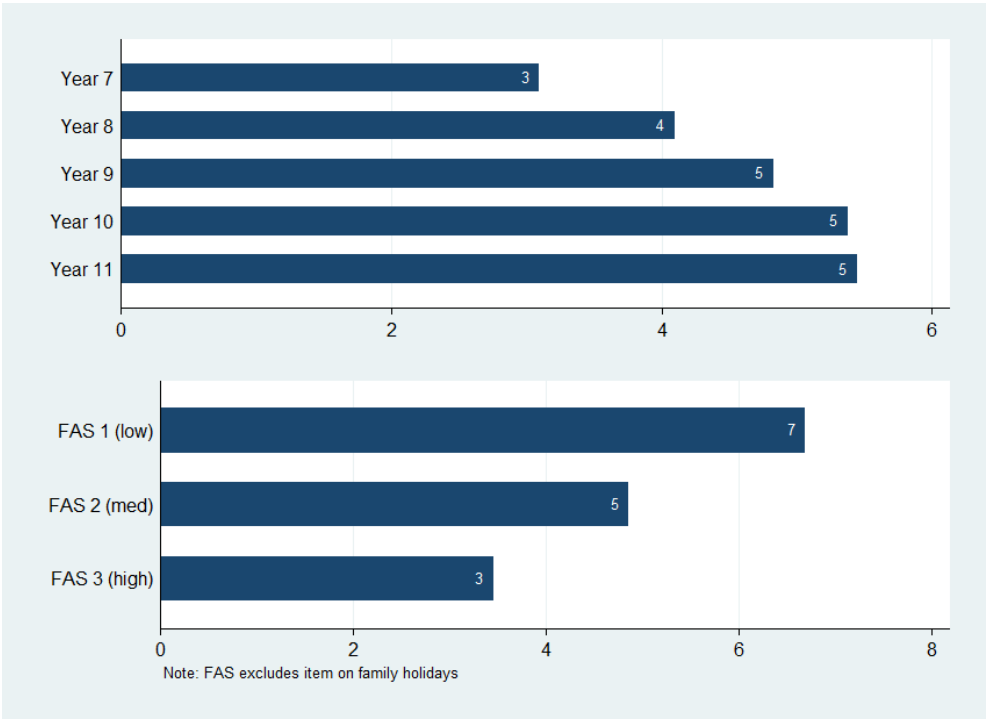
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=117,029)

Figure 5.30 Percentage who drink energy drinks at least daily, overall and by gender



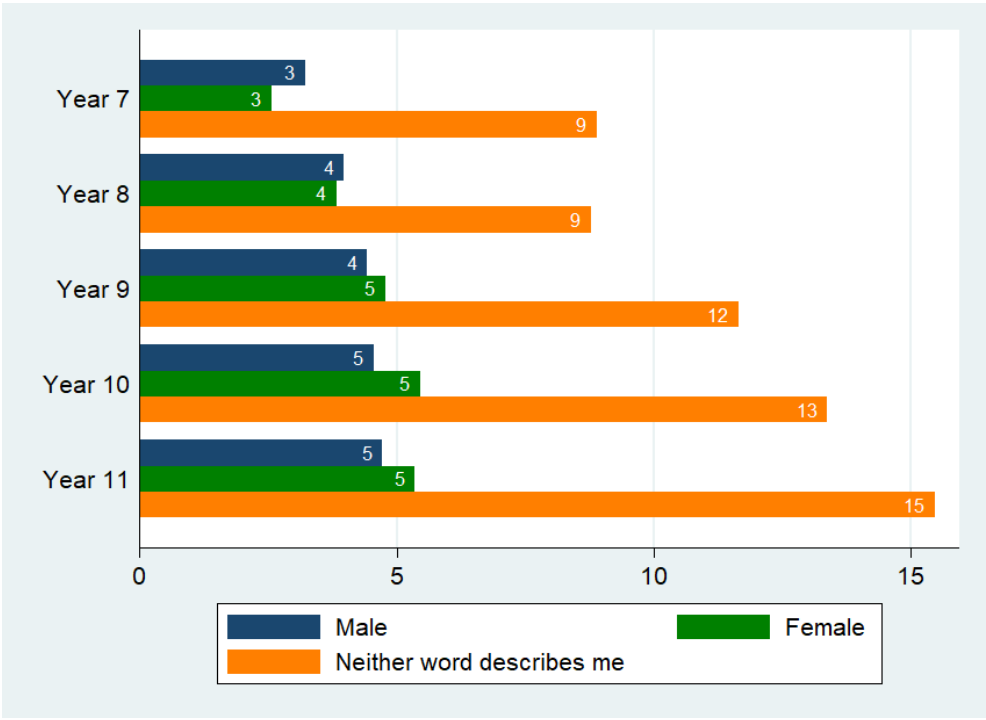
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=117,029; by gender, n=115,397 – excludes 1,632 gender non-response)

Figure 5.31 Percentage who drink energy drinks at least daily by year group and family affluence



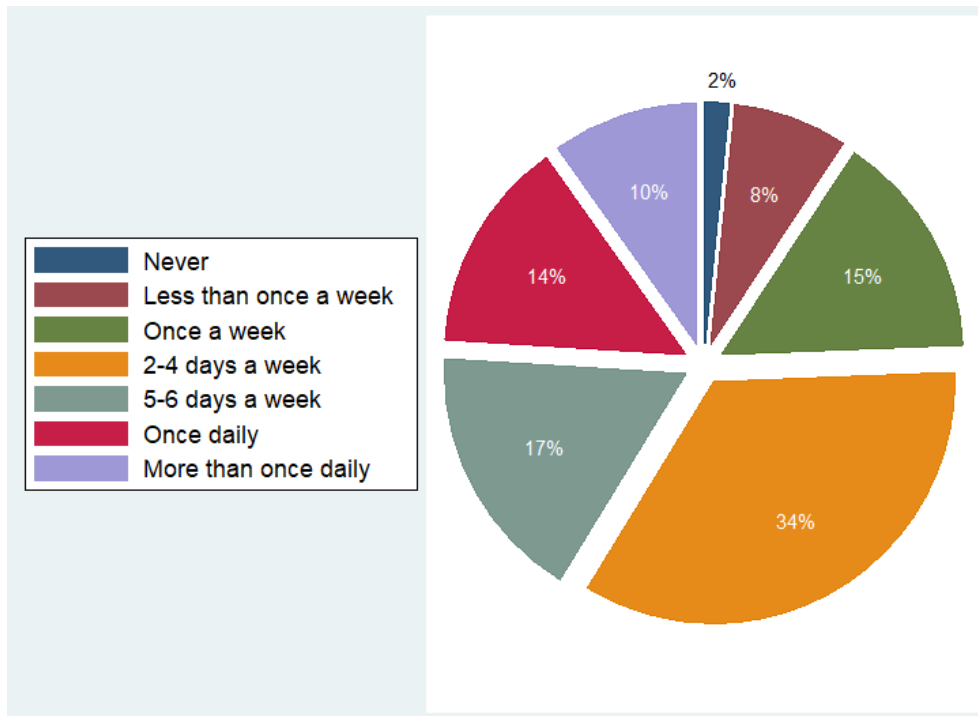
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=117,029; by FAS, n=112,386)

Figure 5.32 Percentage who drink energy drinks at least daily by year group and gender



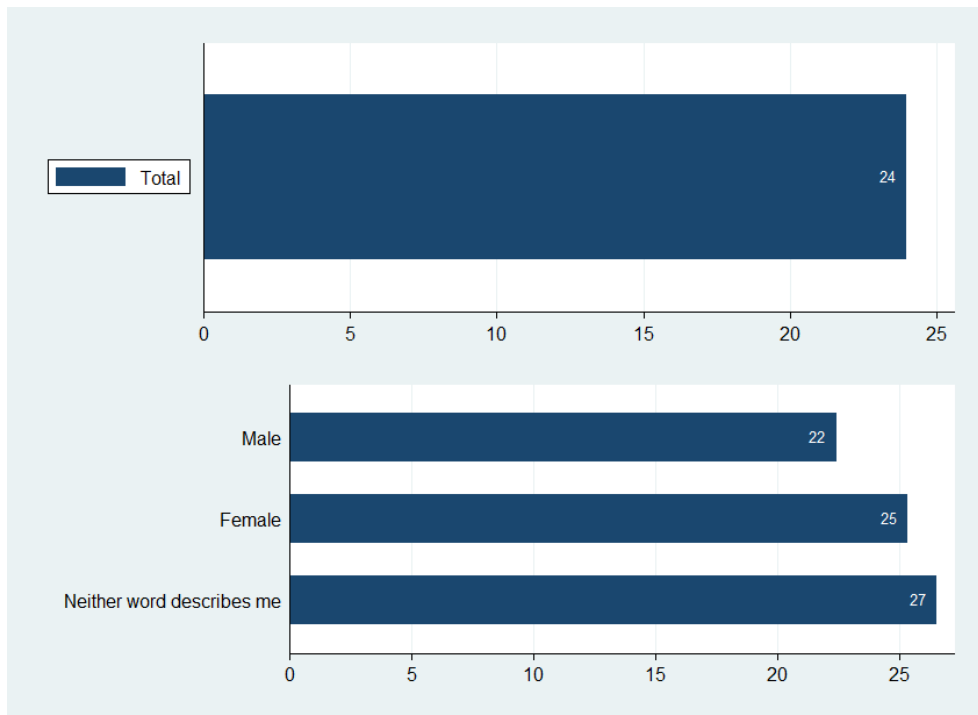
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,397). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.33 Frequency of sweet consumption



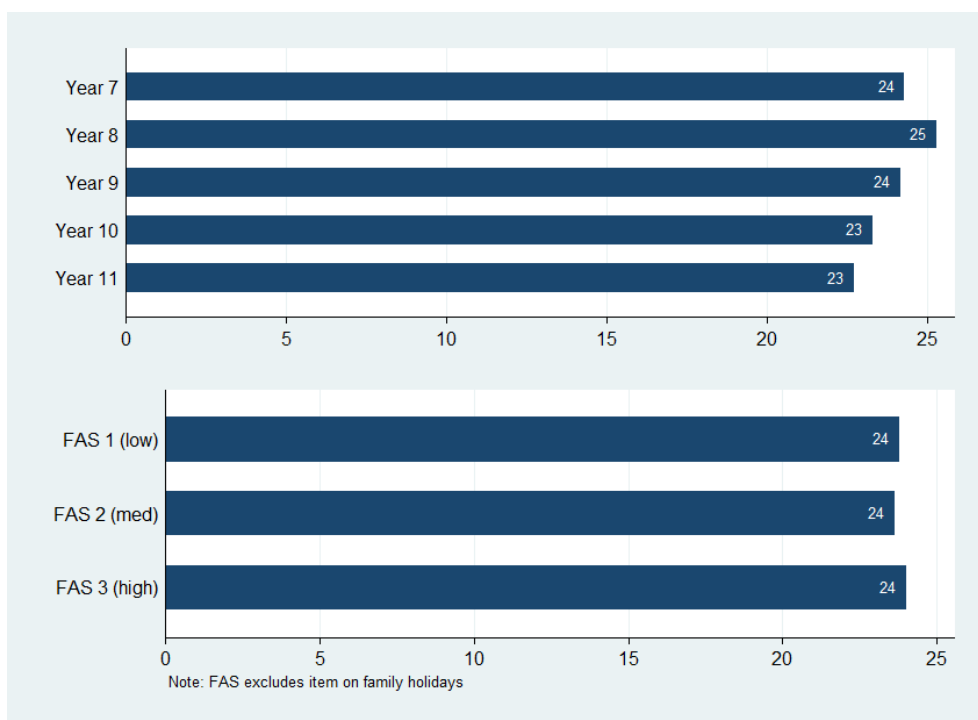
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=58,234)

Figure 5.34 Percentage who eat sweets at least daily, overall and by gender



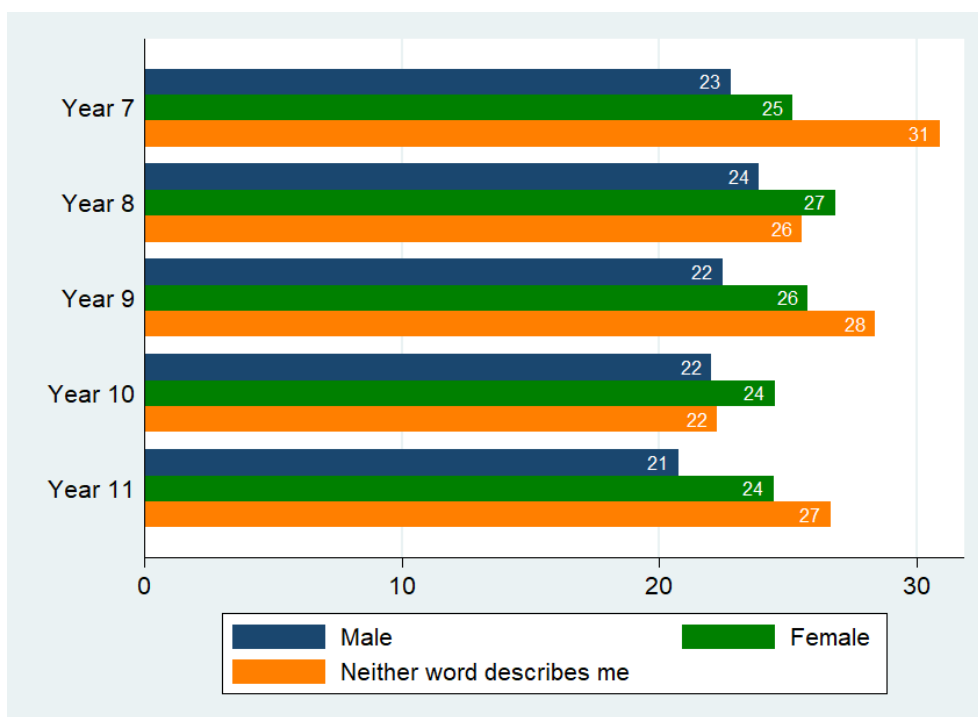
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=58,234; by gender, n=57,489 – excludes 745 gender non-response)

Figure 5.35 Percentage who eat sweets at least daily by year group and family affluence



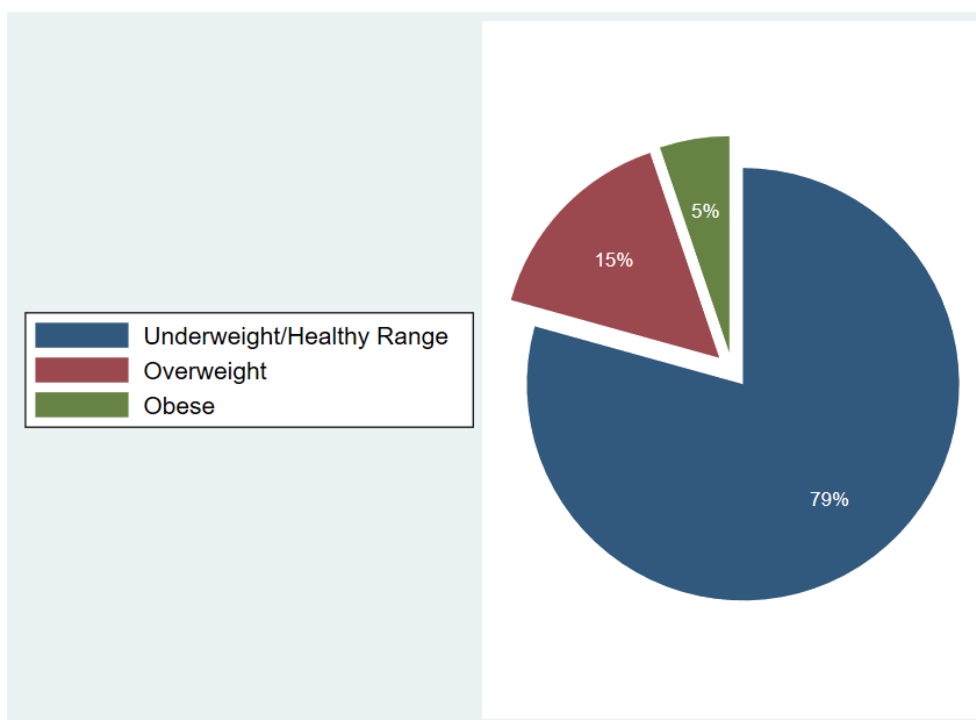
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=58,234; by FAS, n=55,900)

Figure 5.36 Percentage who eat sweets at least daily by year group and gender



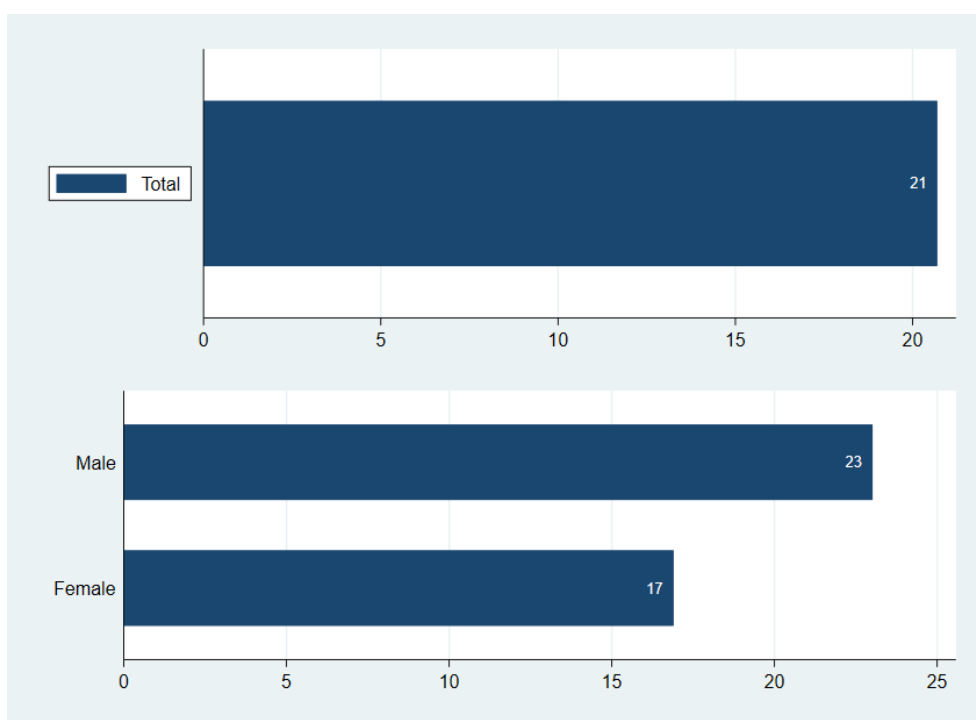
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,489). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 5.37 Body mass index (BMI) categories



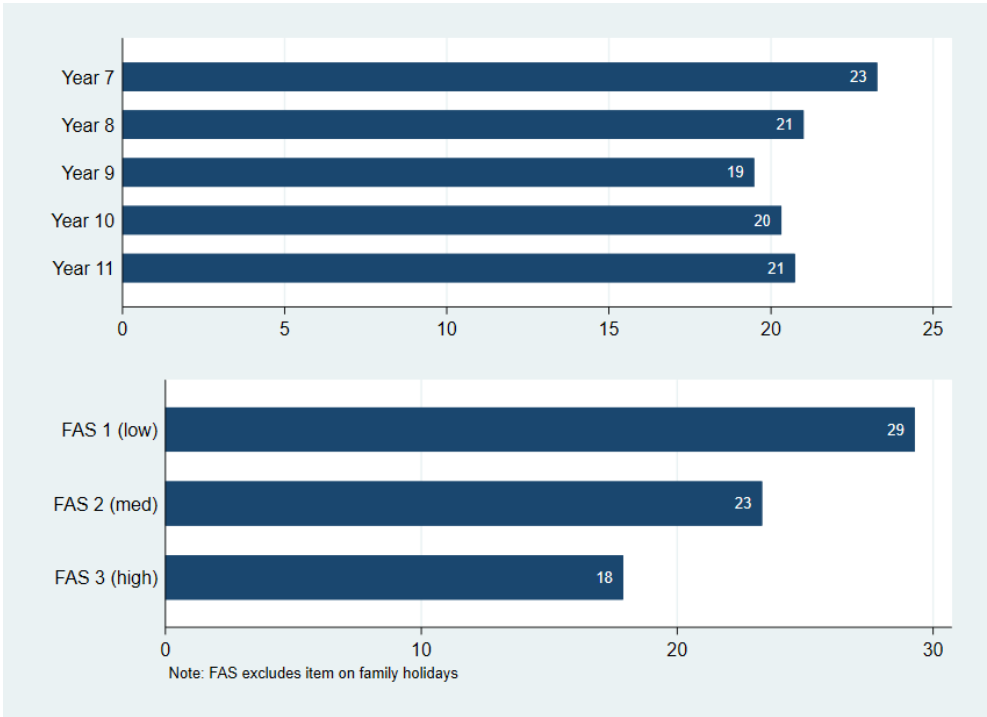
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=15,234). Please note that BMI data are calculated from self-reported height/weight figures and from a smaller sample size owing to high levels of non-response

Figure 5.38 Percentage who are overweight or obese, overall and by sex at birth



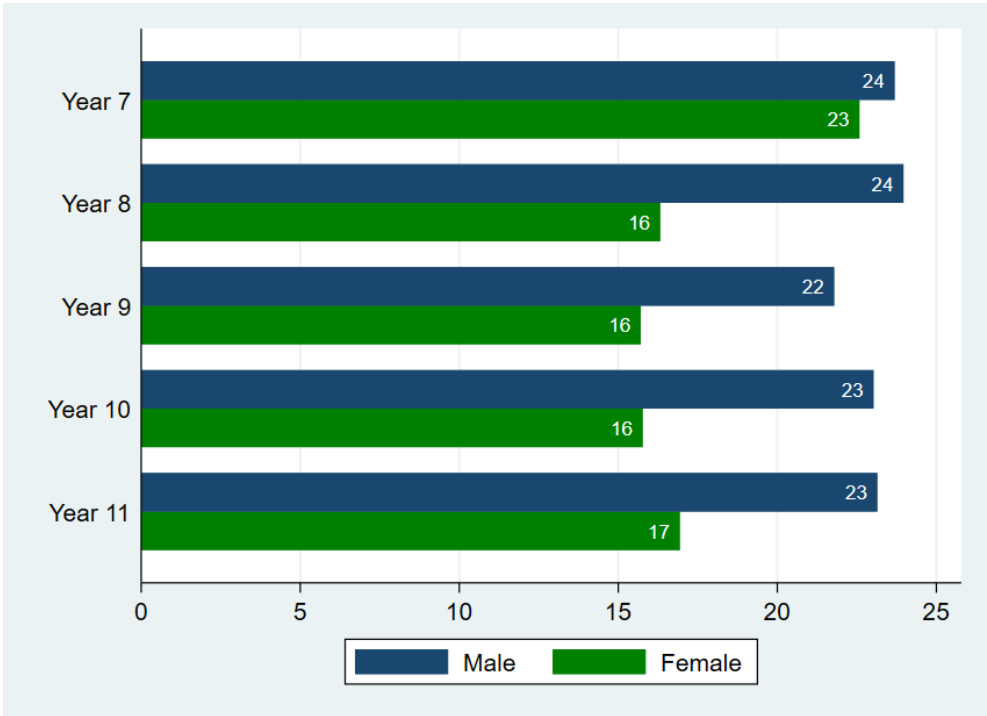
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=15,234)

Figure 5.39 Percentage who are overweight or obese by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=15,234; by FAS, n=14,976)

Figure 5.40 Percentage who are overweight or obese by year group and sex at birth



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=15,234). 95% confidence intervals provided for females in year 7 [19,26] and year 8 [14,19] due to <1,000 respondents

Table 5.1 Measures by ethnic group^{1,2}

	% who are physically active for at least 60 minutes per day	% who travel to school by walking or cycling	% who sit for 7 hours or more per day in their free time on weekdays	% who eat breakfast every weekday	% who eat fruit at least daily	% who eat vegetables at least daily	% who drink sugary soft drinks at least daily	% who drink energy drinks at least daily	% who eat sweets at least daily	% who are overweight or obese
White British	16	35	18	45	32	35	17	4	24	21
White Irish	22 [19,25]	37 [34,41]	24 [21,27]	42 [38,46]	32 [29,36]	38 [34,42]	18 [16,21]	10 [8,13]	26 [22,31]	22 [14,32]
White – Gypsy/traveller	25 [22,29]	36 [32,41]	24 [21,28]	36 [32,40]	30 [26,34]	29 [25,33]	36 [32,41]	25 [21,28]	32 [26,38]	26 [17,36]
White Roma	20 [13,30]	29 [21,39]	15 [9,24]	48 [39,58]	40 [31,50]	38 [28,48]	26 [18,36]	13 [7,21]	-	-
White Other	15	41	21	46	38	40	13	5	25	22 [19,26]
Mixed or multiple ethnic group	17	39	22	42	37	40	14	4	21	22 [19,26]
Pakistani	18	30	20	46	33	28	19	10	29 [25,33]	16 [10,23]
Indian	16 [14,19]	31 [28,35]	13 [11,16]	62 [58,65]	43 [40,47]	45 [41,48]	8 [6,10]	3 [2,4]	22 [18,27]	15 [8,23]
Bangladeshi	11 [9,14]	34 [31,37]	19 [17,22]	41 [38,44]	30 [27,32]	28 [25,31]	14 [12,16]	4 [3,6]	24 [20,28]	21 [14,30]
Chinese	12 [9,14]	40 [36,43]	19 [16,22]	68 [64,71]	41 [37,44]	55 [51,59]	8 [6,10]	4 [3,6]	17 [12,21]	16 [9,25]
African	19 [17,22]	40	22 [19,25]	43 [40,46]	33	33	15	5	22 [19,27]	20 [13,29]
Caribbean or Black	21 [18,25]	39 [35,43]	23 [19,27]	39 [35,43]	31 [27,36]	34 [29,38]	20 [16,24]	9 [7,12]	25 [20,31]	20 [10,33]
Arab	20 [18,23]	36 [33,39]	19 [16,22]	44 [40,47]	41 [38,44]	37 [34,40]	15 [13,17]	8 [6,10]	30 [26,35]	25 [18,33]
Other	16	36	21	50	37	37	15	5	21	23 [19,27]
Prefer not to say	19	36	24	47	35	34	20	7	25	18 [12,26]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-)

Table 5.2 Measures by local health board^{1,2,3}

	% who are physically active for at least 60 minutes per day	% who travel to school by walking or cycling	% who sit for 7 hours or more per day in their free time on weekdays	% who eat breakfast every weekday	% who eat fruit at least daily	% who eat vegetables at least daily	% who drink sugary soft drinks at least daily	% who drink energy drinks at least daily	% who eat sweets at least daily	% who are overweight or obese
Aneurin Bevan	15	37	20	44	30	32	18	5	25	22
Male	19	40	19	53	29	31	19	4	22	24
Female	11	35	19	36	32	33	17	5	27	19
Neither word describes me	12 [10,15]	38 [35,42]	37 [33,40]	28 [25,31]	25 [23,29]	28 [25,31]	23 [20,26]	11 [9,13]	28 [23,32]	N/A
Betsi Cadwaladr	17	36	19	45	32	35	17	5	25	20
Male	21	37	18	54	31	34	18	4	25	22
Female	12	34	18	37	33	37	16	5	26	18
Neither word describes me	8 [7,10]	38 [35,41]	38 [35,42]	27 [24,30]	29 [26,32]	33 [30,37]	22 [19,25]	12 [10,14]	27 [23,32]	N/A
Cardiff & Vale	18	46	17	49	39	41	13	4	23	18
Male	23	49	16	58	38	40	13	3	21	19
Female	13	44	16	41	40	43	12	3	25	15 [13,18]
Neither word describes me	11 [9,15]	45 [41,50]	32 [28,37]	28 [24,32]	30 [26,35]	40 [36,44]	18 [15,22]	9 [7,12]	26 [20,32]	N/A
Cwm Taf Morgannwg	16	32	21	44	29	30	21	6	25	24
Male	20	34	20	54	29	29	21	5	23	28
Female	11	30	20	35	30	31	19	6	27	17 [15,20]
Neither word describes me	12 [9,16]	30 [26,34]	38 [34,43]	27 [23,31]	24 [21,29]	25 [21,29]	27 [23,31]	14 [11,17]	27 [22,33]	N/A
Hywel Dda	16	24	16	47	34	39	12	4	20	19
Male	21	26	16	55	32	37	13	3	19	21
Female	12	22	14	39	36	41	11	3	21	15 [12,18]
Neither word describes me	9 [6,13]	23 [19,28]	37 [32,42]	32 [27,37]	28 [24,33]	38 [33,43]	20 [16,24]	10 [7,13]	22 [16,29]	N/A
Powys	18	31	15	49	39	44	12	4	22	17 [14,19]
Male	24	31	15	59	38	42	13	4	22	18 [14,22]
Female	13	30	12	41	40	46	11	3	22	15 [11,19]
Neither word describes me	14 [9,21]	33 [26,41]	35 [27,43]	32 [25,41]	27 [21,35]	35 [28,44]	23 [16,30]	14 [9,21]	28 [17,40]	N/A
Swansea Bay	16	31	18	44	32	33	16	4	24	23
Male	20	33	18	53	31	31	17	4	23	27
Female	12	28	17	36	34	35	16	4	26	16 [14,19]
Neither word describes me	13 [10,17]	30 [26,35]	34 [30,39]	27 [23,31]	27 [23,31]	31 [27,36]	24 [20,28]	13 [10,17]	26 [20,33]	N/A

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-); ³ % overweight or obese calculated using biological sex at birth

6. Family and social life

This section presents data on young people's family and social life in Wales based on the following measures: **help and emotional support from family**, **able to count on friends**, **cyberbullying perpetration**, **cyberbullying victimisation**, **bedtime (school night)**, **late night screen use**, **problematic social media use**, **fighting**, **caring for a family member**, **ease of talking to mother**, **ease of talking to father**, **time spent unsupervised with friends (after school)**, and **time spend unsupervised with friends (weekends)**. See Appendix for details on how the Social Media Disorder (SMD) Scale (used to assess problematic social media use) was calculated. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Family support: Young people were asked the extent to which they agreed that they get the help and emotional support they need from their family, based on a 7-point Likert scale. Overall, 65% of young people agreed with this statement (**Figure 6.1**). Boys (70%) were more likely than girls (63%) to agree that they get the help and emotional support they need from their family, and twice as likely as young people who identified as neither a boy nor a girl (34%) (**Figure 6.2**).

Peer relationships: Based on a 7-point Likert scale, 63% of young people agreed that they can count on their friends when things go wrong (**Figure 6.5**). While the same proportion of boys and girls agreed that they can count on their friends when things go wrong (both 64%), young people who identified as neither a boy nor a girl were less likely to agree with this statement (49%) (**Figure 6.6**).

Cyberbullying: 10% of young people reported having cyber-bullied others in the past couple of months: 7% once or twice, and 3% more frequently (**Figure 6.9**). Boys (12%) were more likely than girls (8%) to have cyber-bullied others but less likely than young people who identified as neither a boy nor a girl (16%) (**Figure 6.10**).

Compared with cyberbullying perpetration, a greater proportion of young people reported being a victim of cyberbullying, with 18% being cyberbullied at least once or twice in the past couple of months (**Figure 6.13**). Cyberbullying victimisation was markedly higher among young people who identified as neither a boy nor a girl (41%), relative to boys (15%) and girls (20%) (**Figure 6.14**).

Sleep behaviours: Most young people (64%) reported going to bed before 11pm on a school night, with the most common bedtime being 10.30pm (**Figure 6.17**). Of those going to bed after 11pm, breakdown by gender showed girls (36%) were more likely than boys (34%) to go to bed after 11pm on a school night, but less likely than young people who identified as neither a boy nor a girl (60%) (**Figure 6.18**).

When asked about electronic screen use before going to sleep on a school night, most (62%) young people reported not usually looking at a screen after 11pm (**Figure 6.21**). Of those who did look at a screen after 11pm, reported prevalence was marginally higher among girls (38%) compared to boys (36%). Prevalence of late-night screen use was

markedly higher among young people who identified as neither a boy nor a girl, with 60% usually looking at a screen after 11pm (Figure 6.22).

Social media disorder scale (SMDS): Problematic social media use was measured via the SMDS, where scores range from 0 to 9, with a score of 6 or higher indicative of problematic use. Scores on the SMDS were right skewed, with zero the most common score (Figure 6.25). Overall, 13% of young people were classified as a problematic user of social media, with higher prevalence of problem use among girls (17%) and young people who identified as neither a boy nor a girl (23%), relative to boys (9%) (Figure 6.26).

Fighting: Most (69%) young people reported having not been involved in a physical fight in the last 12 months, with 10% having been in a fight three or more times (Figure 6.30). Boys (13%) and young people who identified as neither a boy nor a girl (18%) were around two and three times more likely than girls (6%), respectively, to have been in a physical fight three or more times in the last 12 months (Figure 6.31).

Caring for a family member: 17% of young people reported caring for a family member: 13% reported caring for one person, and 4% caring for two or more people (Figure 6.33). A higher proportion of young people who identified as neither a boy nor a girl (29%) reported caring for a family member, compared to boys and girls (both 17%) (Figure 6.34).

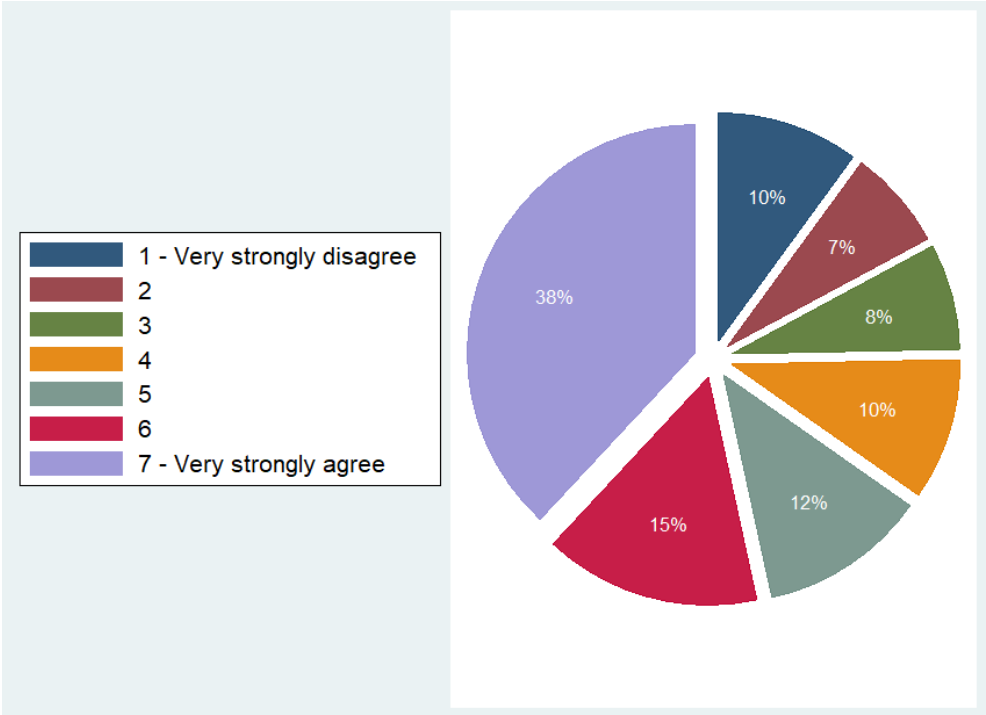
Communication with parents: Four out of five (80%) young people felt it was easy or very easy to talk to their mother about things that really bother them (Figure 6.37). Boys (85%) were more likely than girls (78%) and young people who identified as neither a boy nor a girl (49%) to find it easy to talk to their mother for this purpose (Figure 6.38).

In comparison, 70% of young people felt it was easy or very easy to talk to their father about things that really bother them (Figure 6.41). Again, boys (78%) were more likely than girls (64%) and young people who identified as neither a boy nor a girl (38%) to find it easy to talk to their father (Figure 6.42).

Unsupervised time with friends: Over half of young people reported spending time unsupervised with their friends after school at least once a week, with 30% doing so most days (Figure 6.45). Almost 4 out of 5 (78%) young people reported spending unsupervised time with friends at weekends at least once a month (Figure 6.49). Young people who identified as neither a boy nor a girl were least likely to spend time unsupervised with their friends - either after school (39%) or at weekends (64%) – compared to boys (58% and 78%) and girls (54% and 80%), respectively (Figure 6.46 and Figure 6.50).

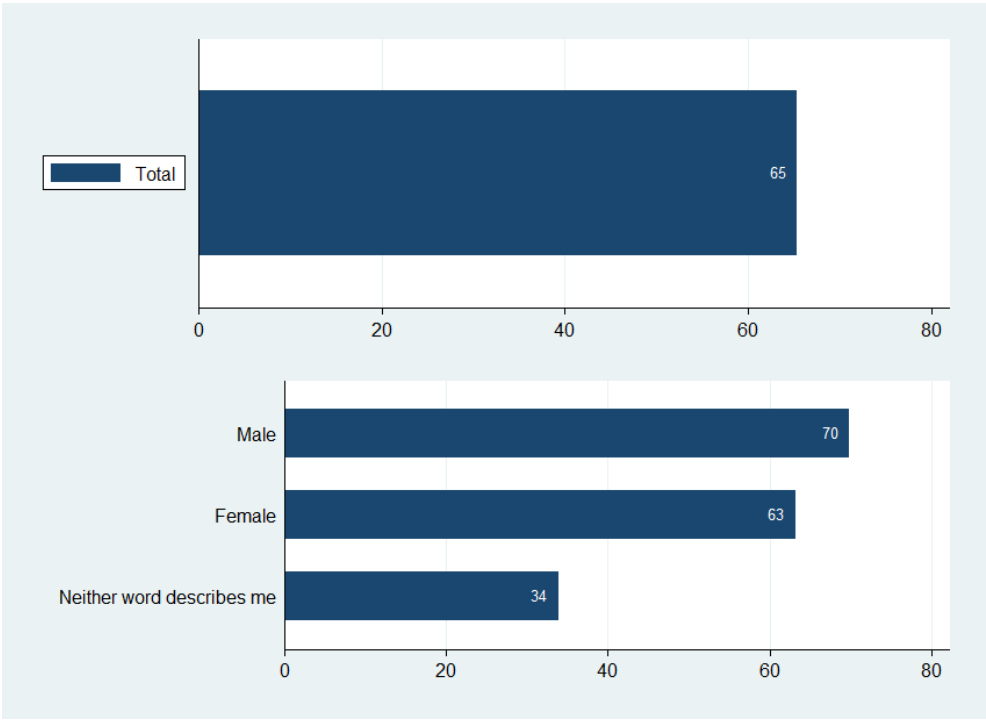
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 6.1-6.2.

Figure 6.1 Get the help and emotional support they need from family (%)



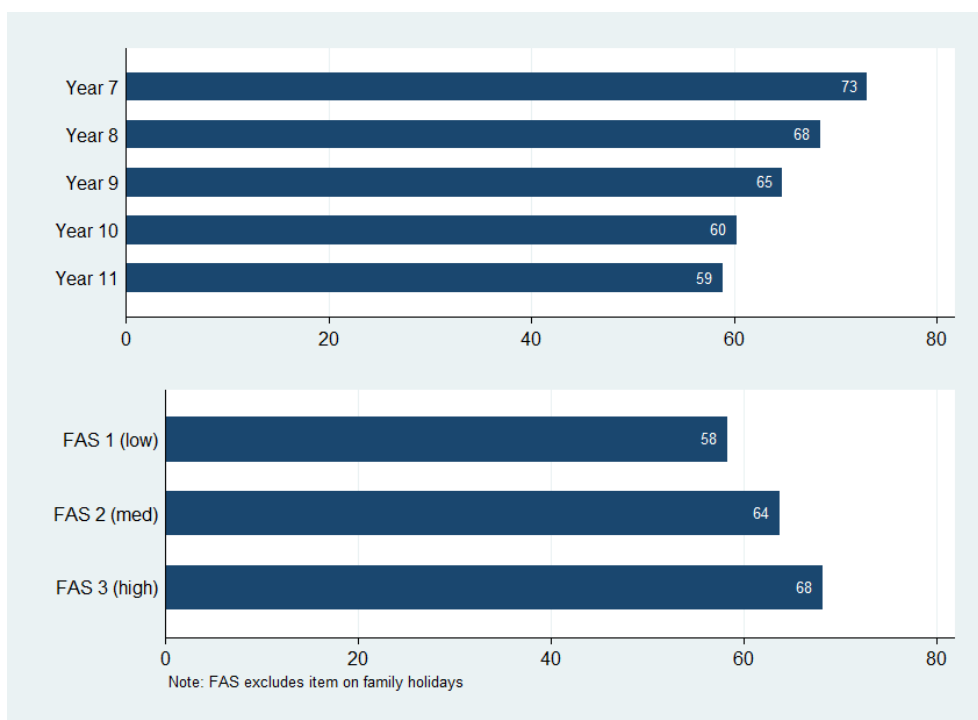
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=101,067)

Figure 6.2 Percentage who agree that they get the help and emotional support they need from their family, overall and by gender



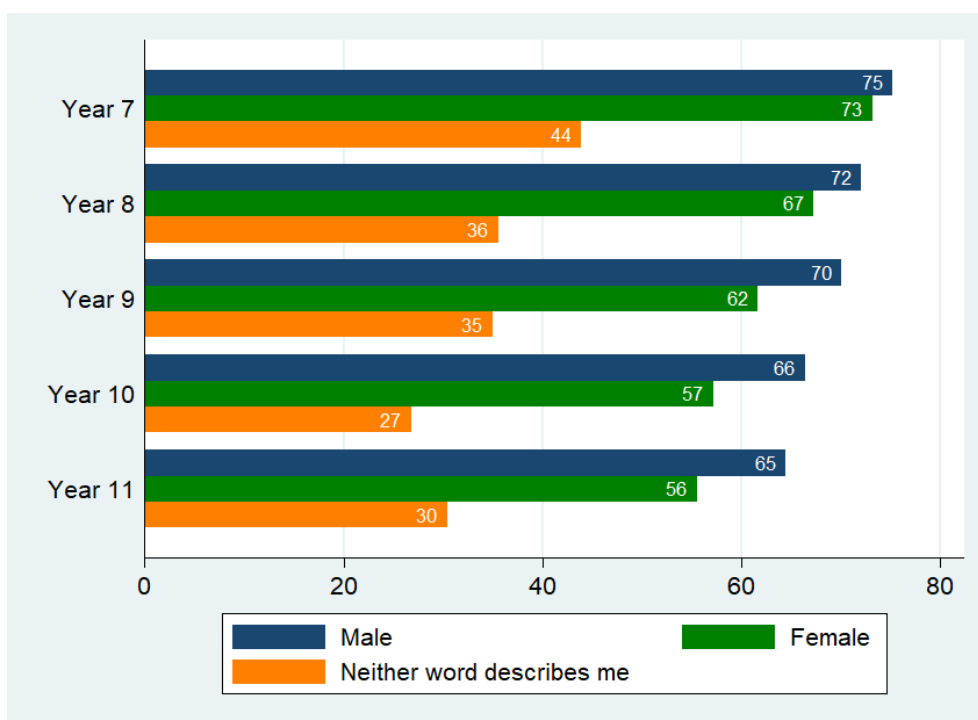
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=101,067; by gender, n=99,698 – excludes 1,369 gender non-response)

Figure 6.3 Percentage who agree that they get the help and emotional support they need from their family by year group and family affluence



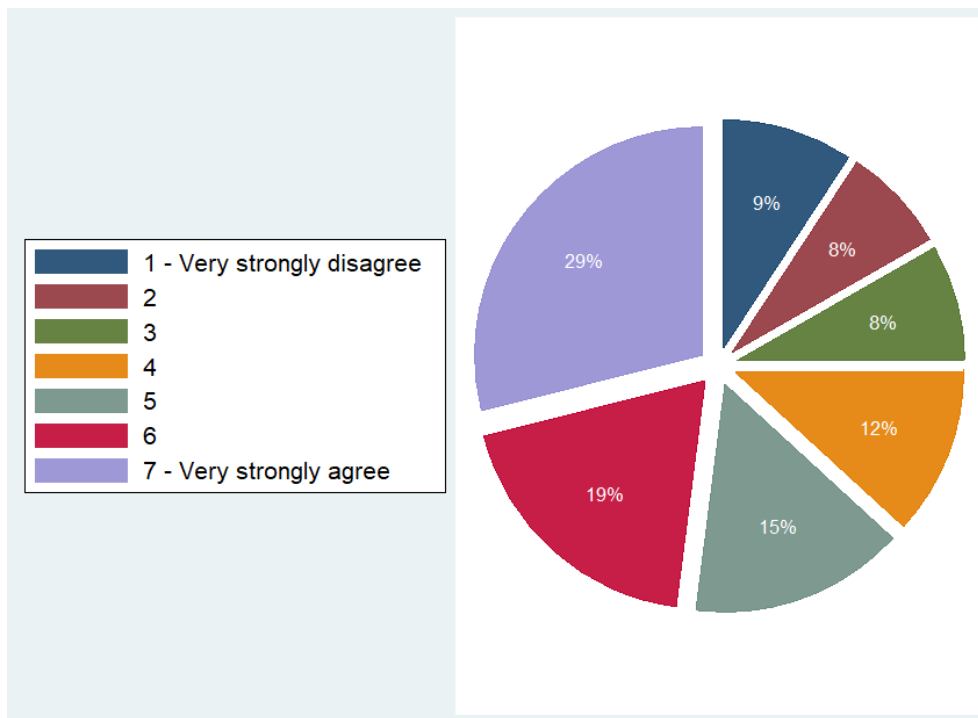
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 21 and Jan 22 (by year group, n=101,067; by FAS, n=97,595)

Figure 6.4 Percentage who agree that they get the help and emotional support they need from their family by year group and gender



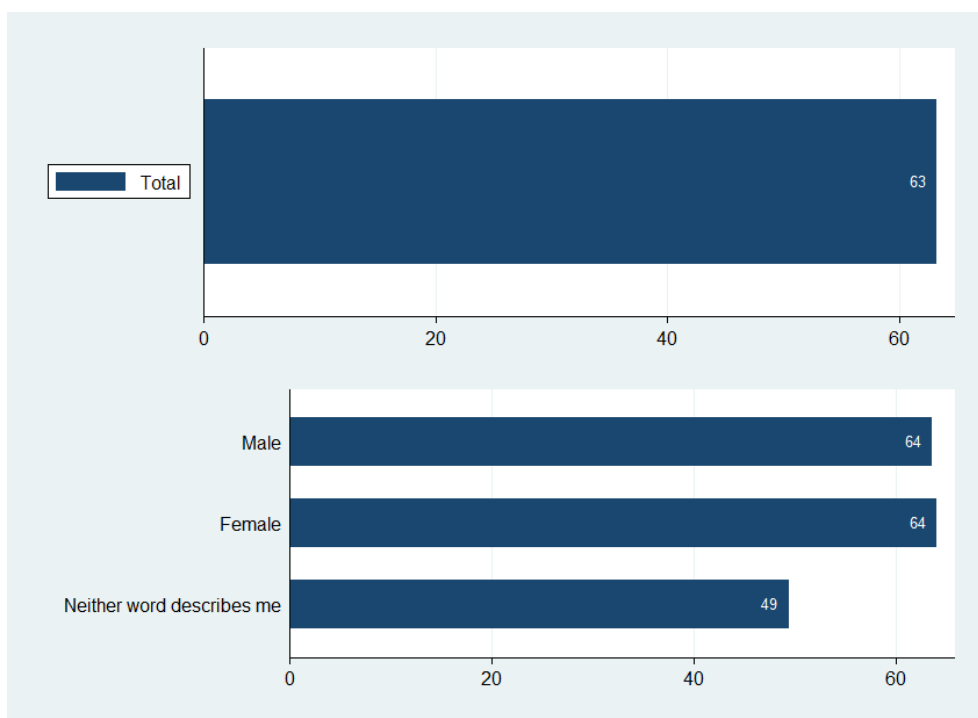
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 21 and Jan 22 (n=99,698). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.5 Can count on friends when things go wrong (%)



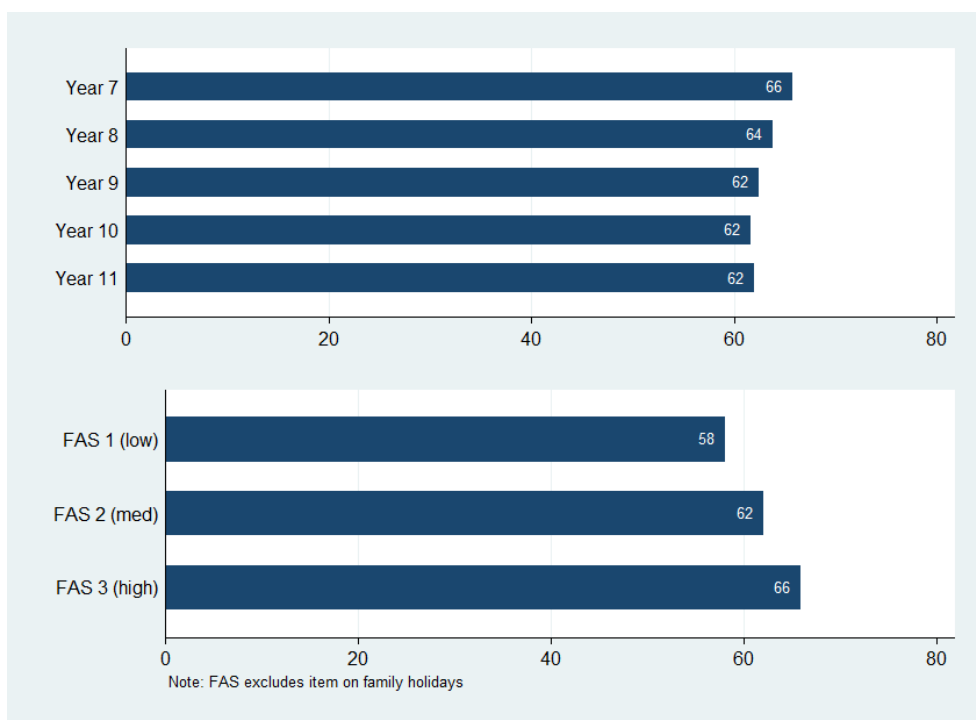
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=108,237)

Figure 6.6 Percentage who agree that they can count on their friends when things go wrong, overall and by gender



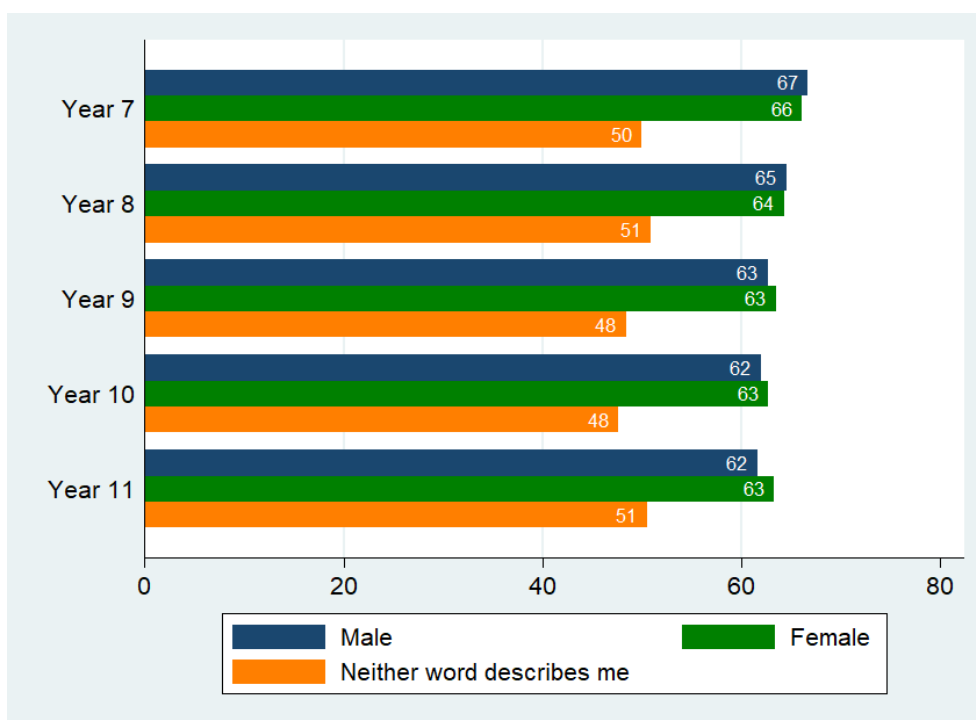
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=108,237; by gender, n=106,764 – excludes 1,473 gender non-response)

Figure 6.7 Percentage who agree that they can count on their friends when things go wrong by year group and family affluence



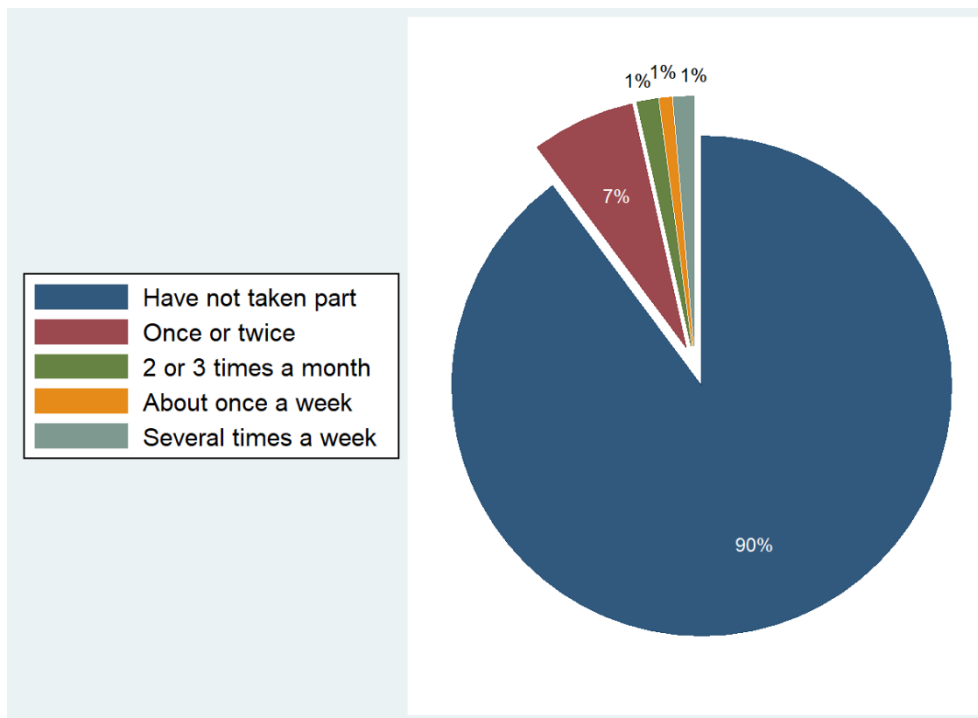
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=108,237; by FAS, n=104,308)

Figure 6.8 Percentage who agree that they can count on their friends when things go wrong by year group and gender



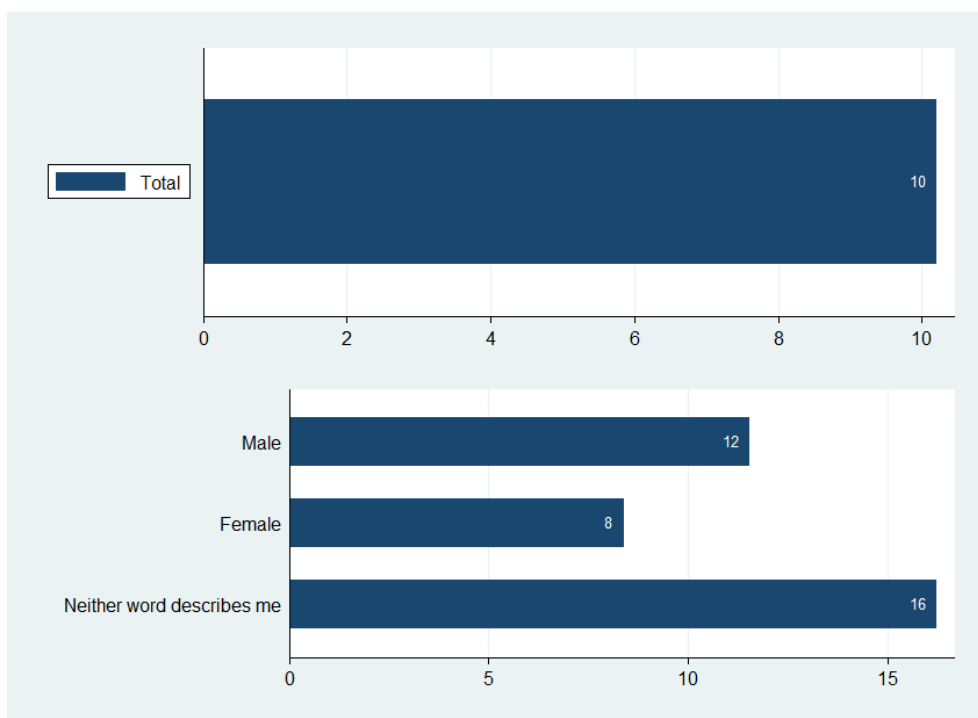
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,764). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.9 Cyber-bullied others in the past couple of months (%)



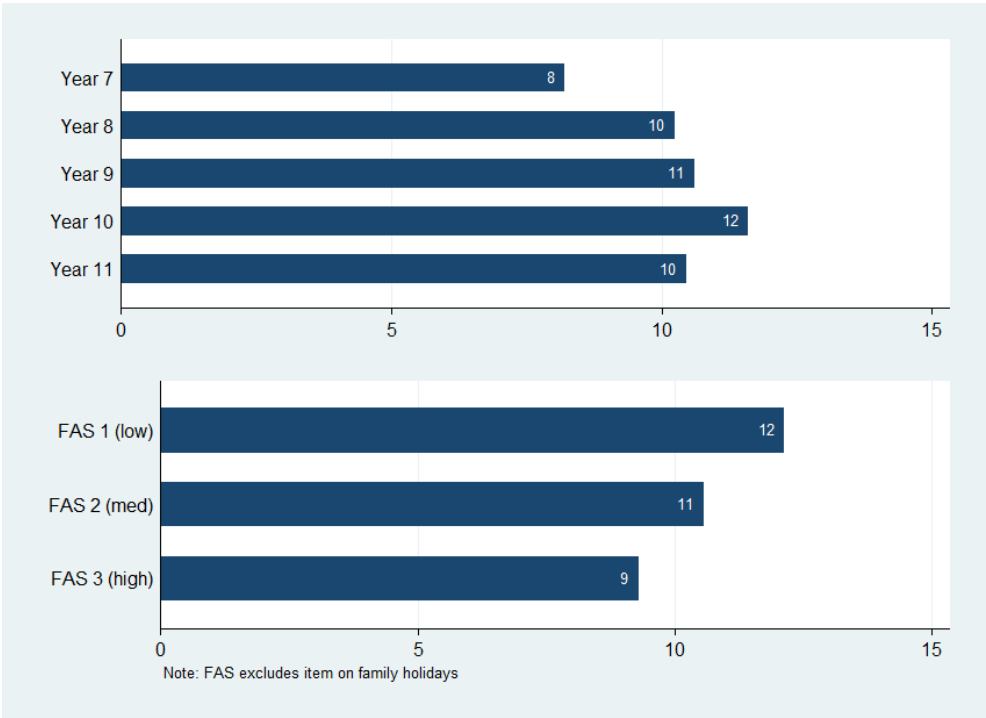
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,170)

Figure 6.10 Percentage who have cyber-bullied others in the past couple of months, overall and by gender



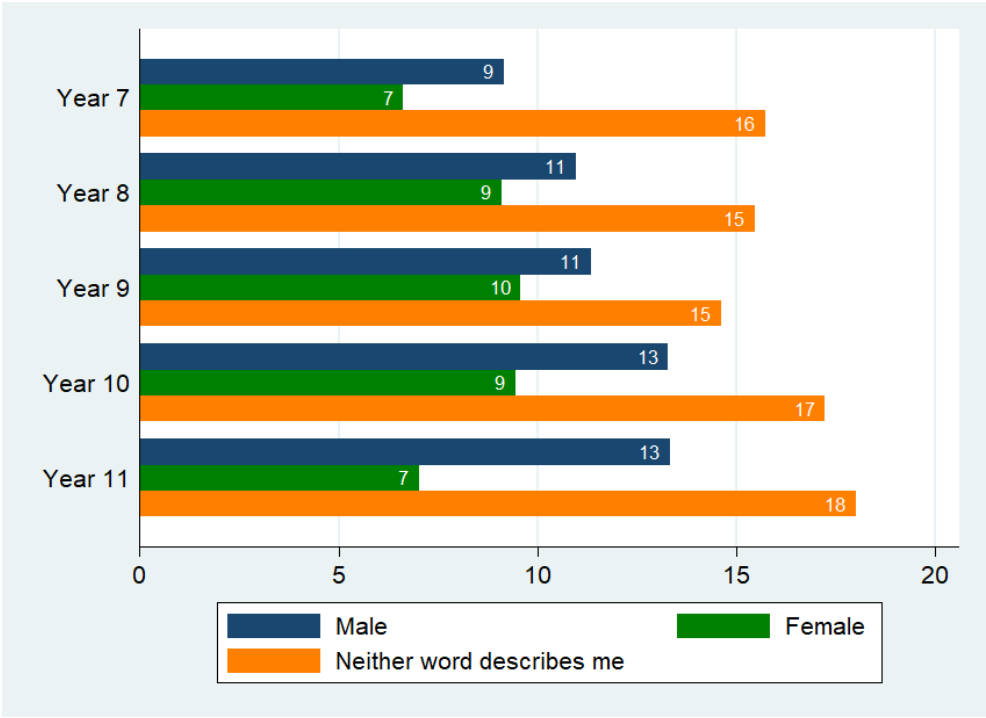
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=106,170; by gender, n=104,734 – excludes 1,436 gender non-response)

Figure 6.11 Percentage who have cyber-bullied others in the past couple of months by year group and family affluence



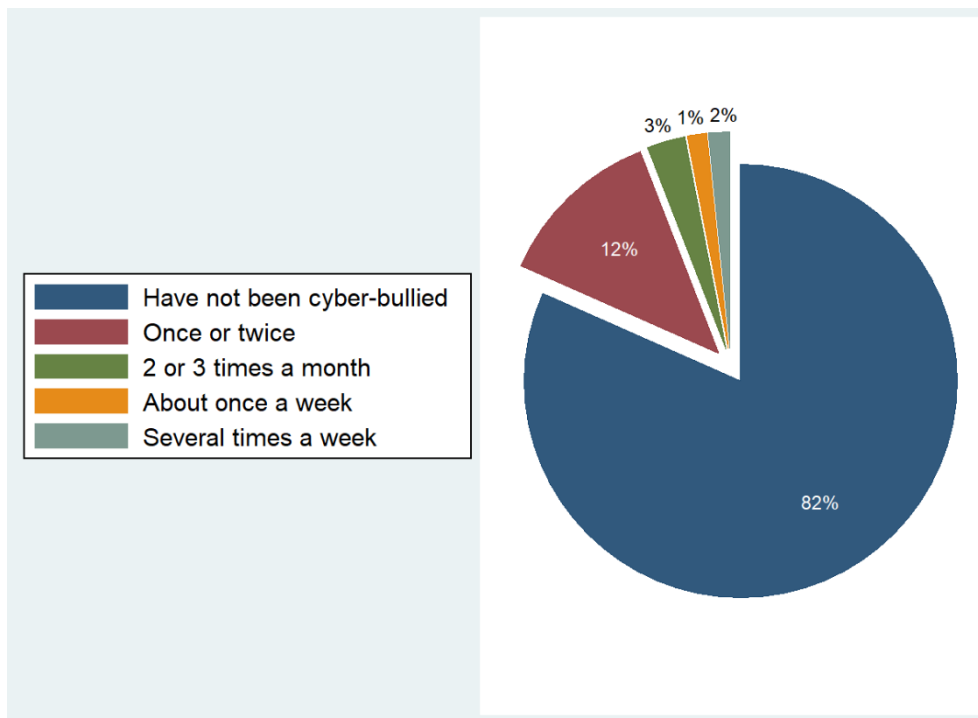
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=106,170; by FAS, n=102,503)

Figure 6.12 Percentage who have cyber-bullied others in the past couple of months by year group and gender



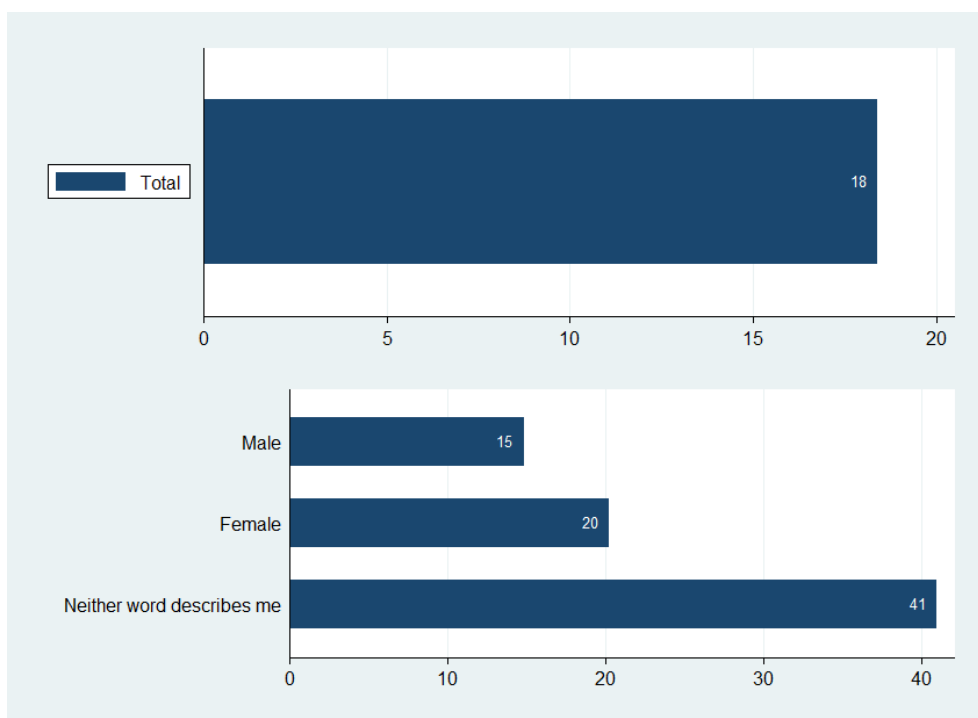
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,734). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.13 Cyber-bullied in the past couple of months (%)



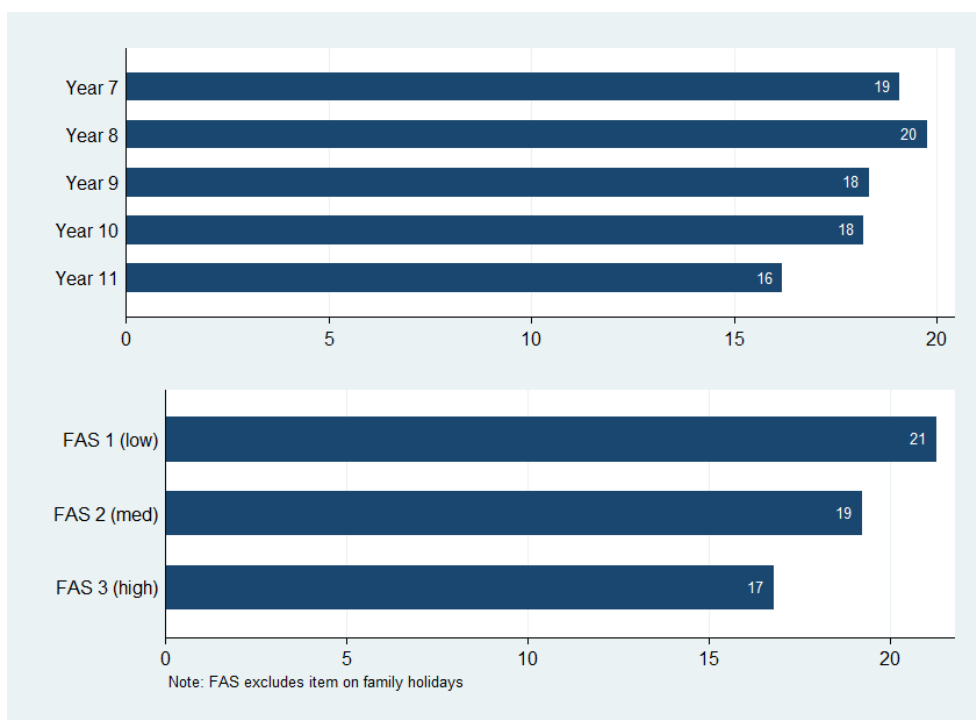
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,370)

Figure 6.14 Percentage who have been cyber-bullied in the past couple of months, overall and by gender



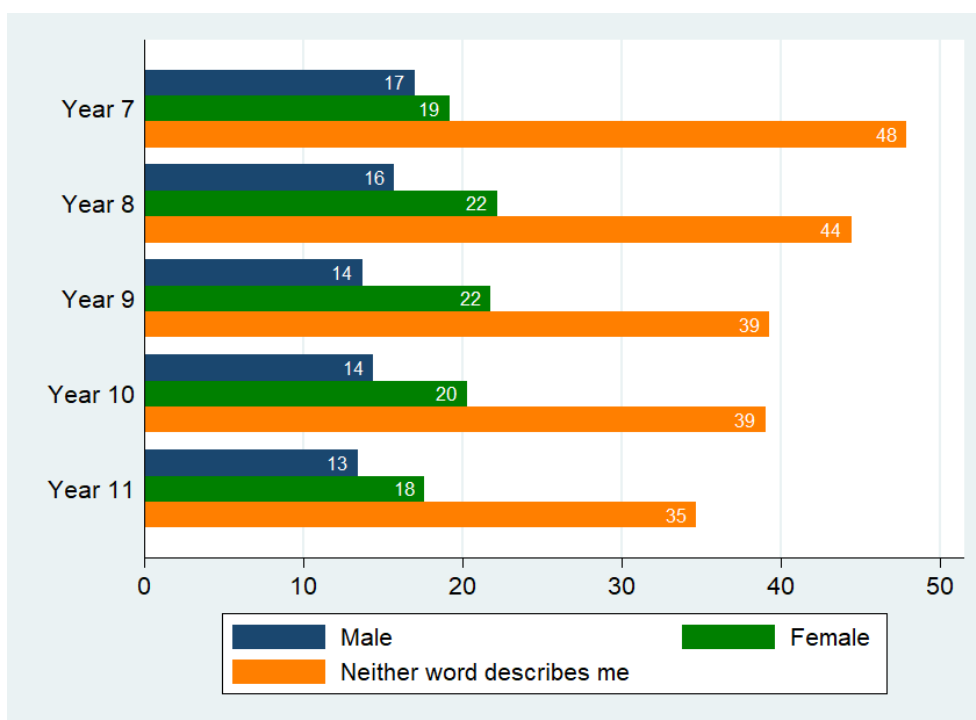
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=106,370; by gender, n=104,940 – excludes 1,430 gender non-response)

Figure 6.15 Percentage who have been cyber-bullied in the past couple of months by year group and family affluence



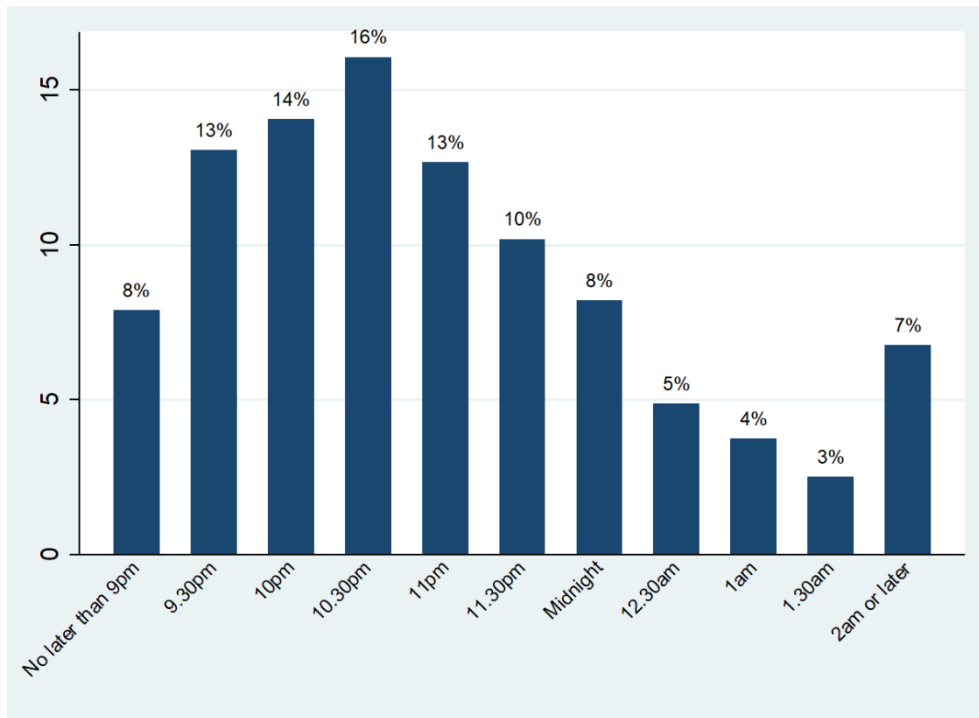
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=106,370; by FAS, n=102,674)

Figure 6.16 Percentage who have been cyber-bullied in the past couple of months by year group and gender



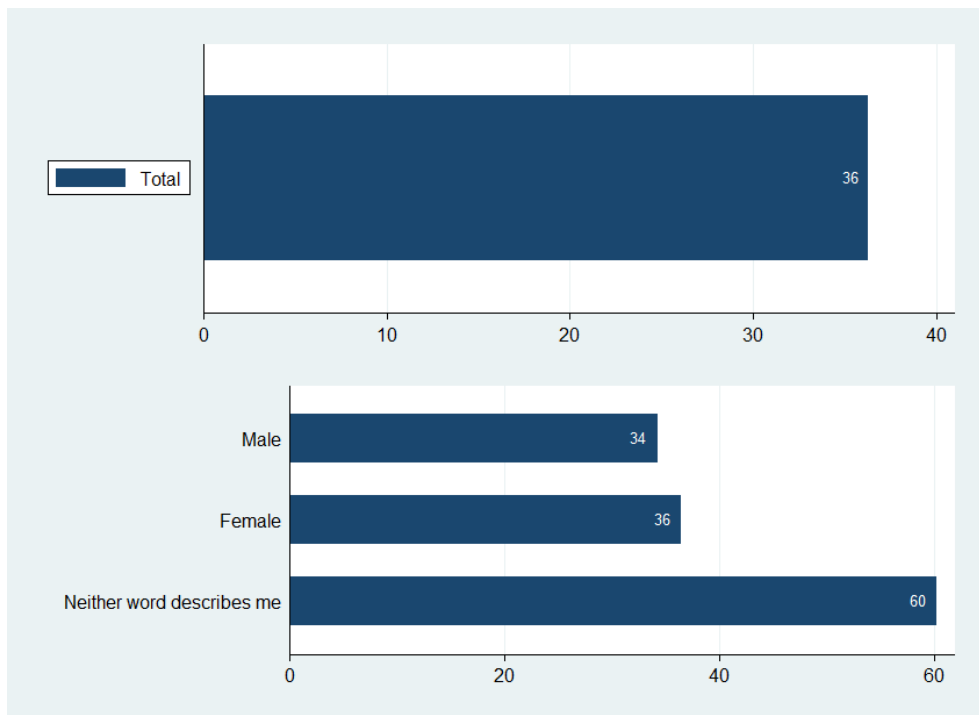
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=104,940). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.17 Usual bedtime on a school night (%)



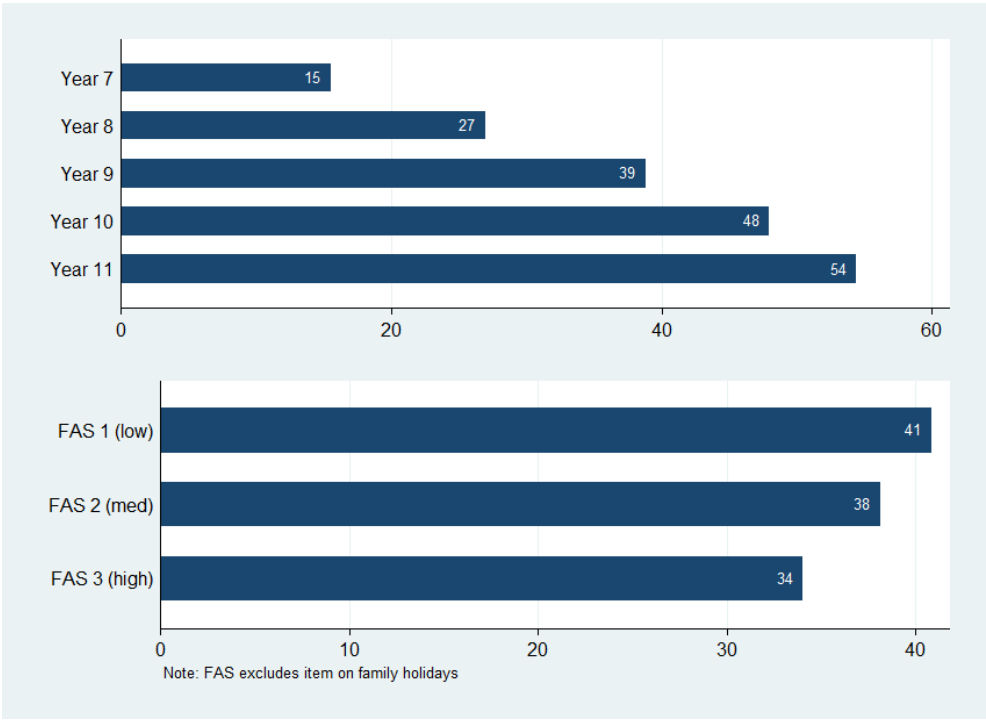
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=103,080)

Figure 6.18 Percentage who go to bed after 11pm on a school night, overall and by gender



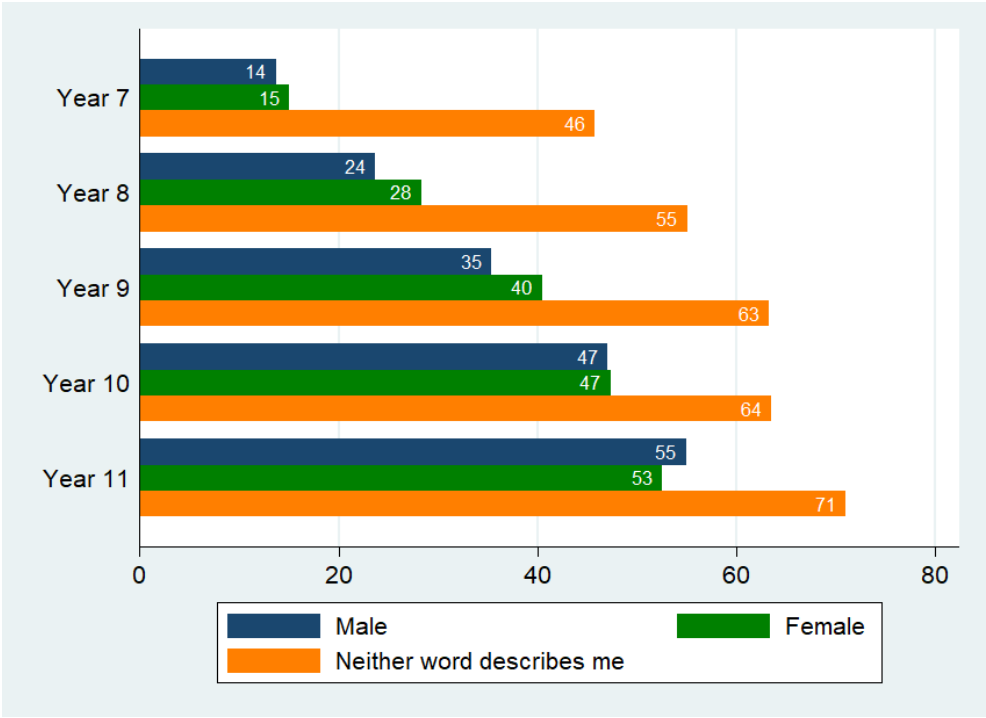
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=103,080; by gender, n=101,683 – excludes 1,397 gender non-response)

Figure 6.19 Percentage who go to bed after 11pm on a school night by year group and family affluence



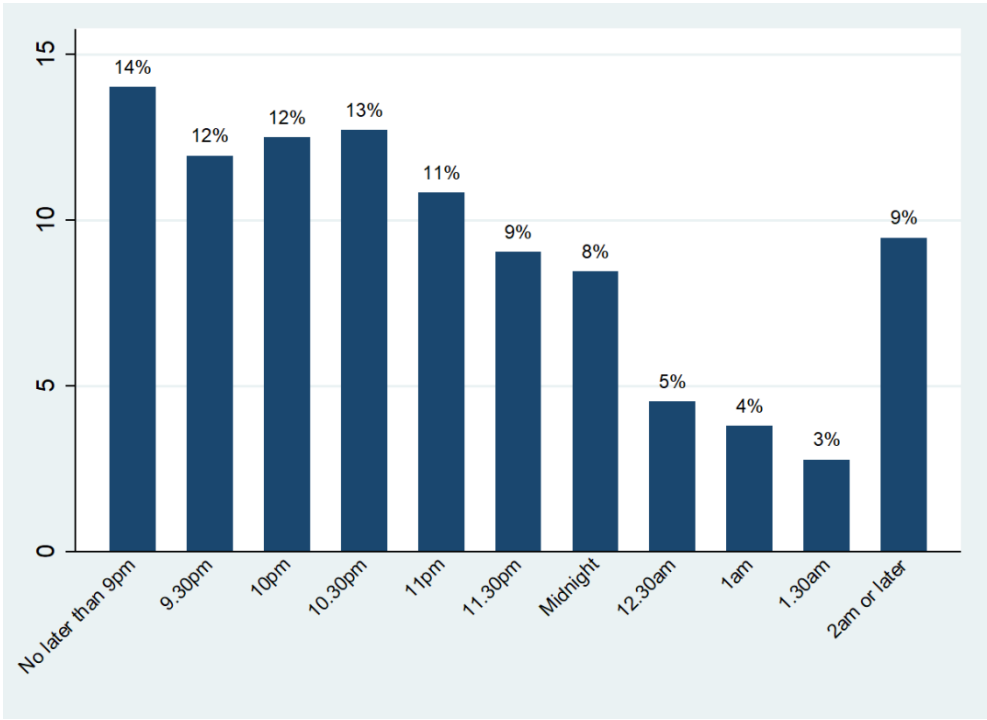
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=103,080; by FAS, n=95,419)

Figure 6.20 Percentage who go to bed after 11pm on a school night by year group and gender



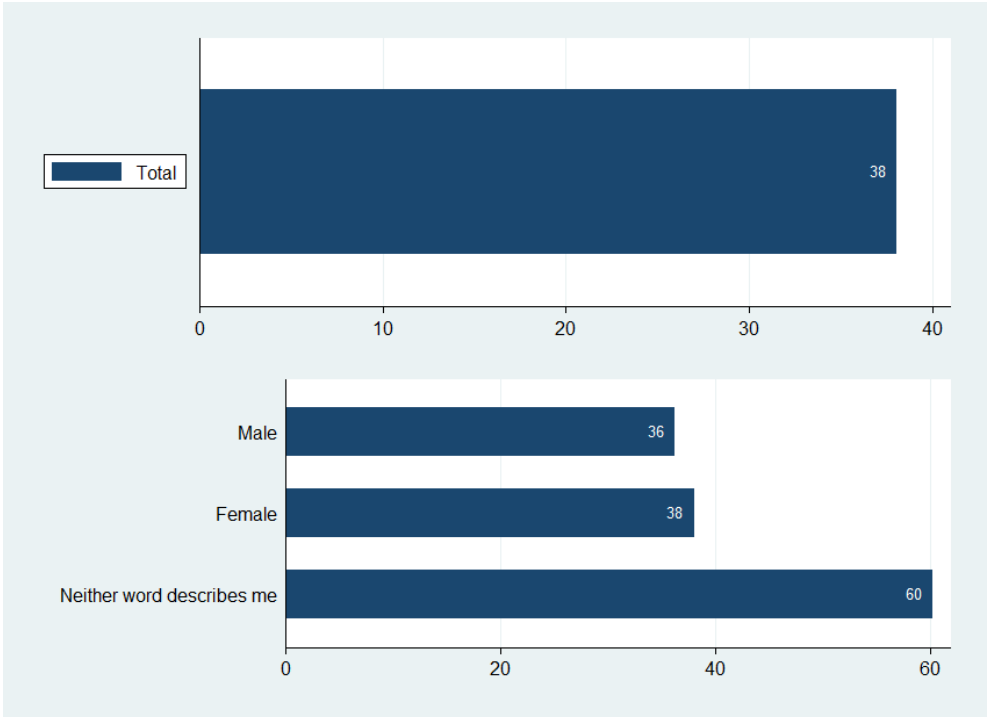
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=101,683). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.21 The latest time adolescents usually look at an electronic screen before going to sleep on a school night (%)



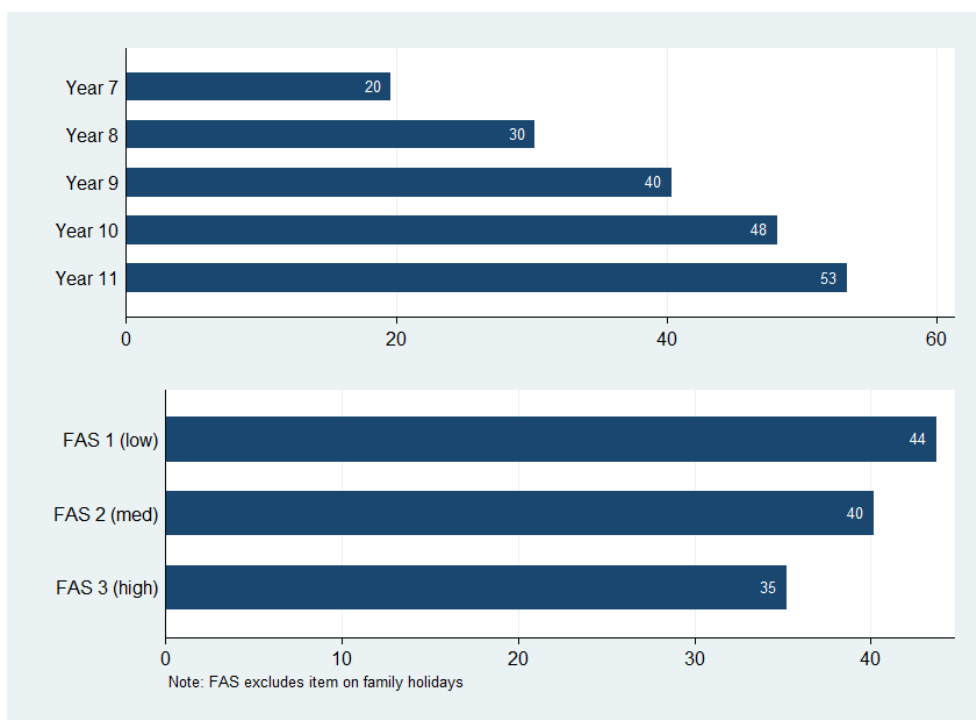
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=101,956)

Figure 6.22 Percentage who last look at an electronic screen after 11pm on a school night, overall and by gender



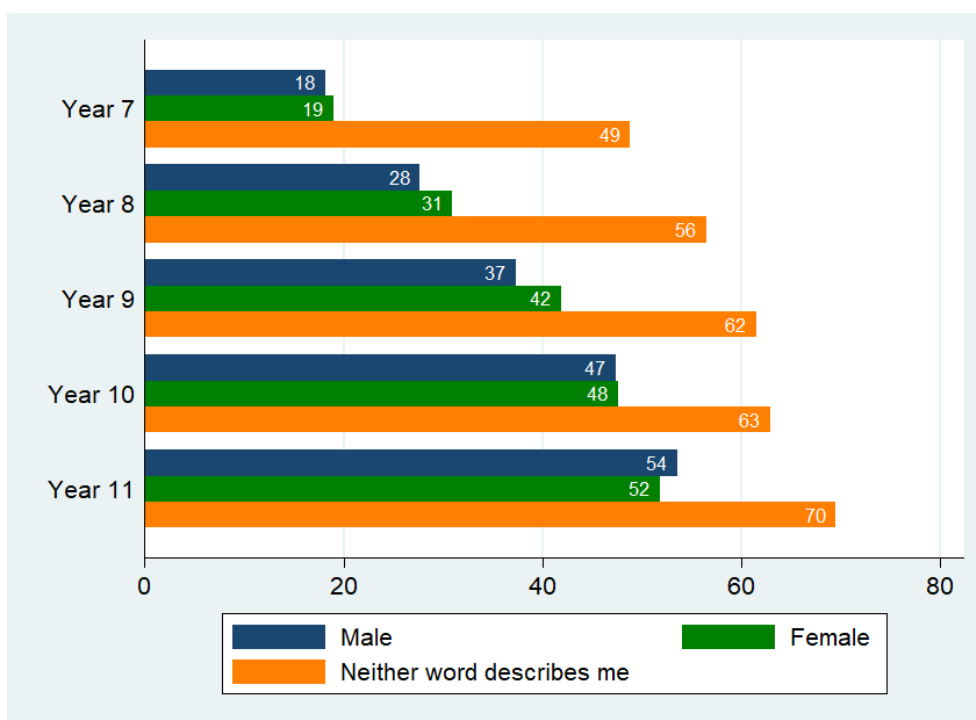
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=101,956; by gender, n=100,583 – excludes 1,373 gender non-response)

Figure 6.23 Percentage who last look at an electronic screen after 11pm on a school night by year group and family affluence



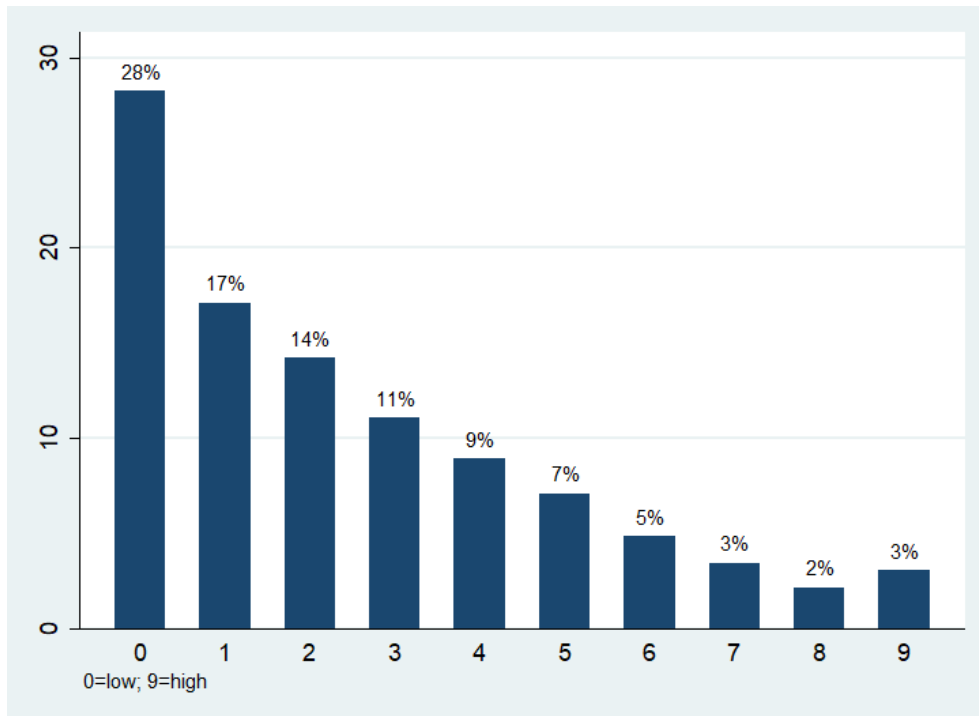
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=101,956; by FAS, n=98,363)

Figure 6.24 Percentage who last look at an electronic screen after 11pm on a school night by year group and gender



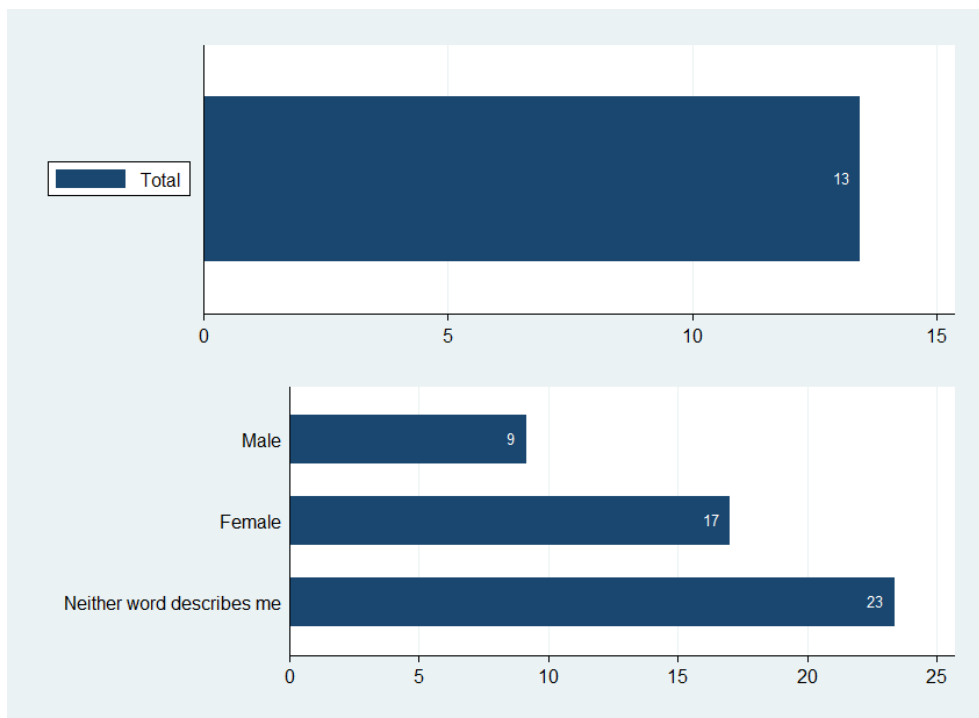
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=100,583). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.25 Social Media Disorder Scale scores (%)



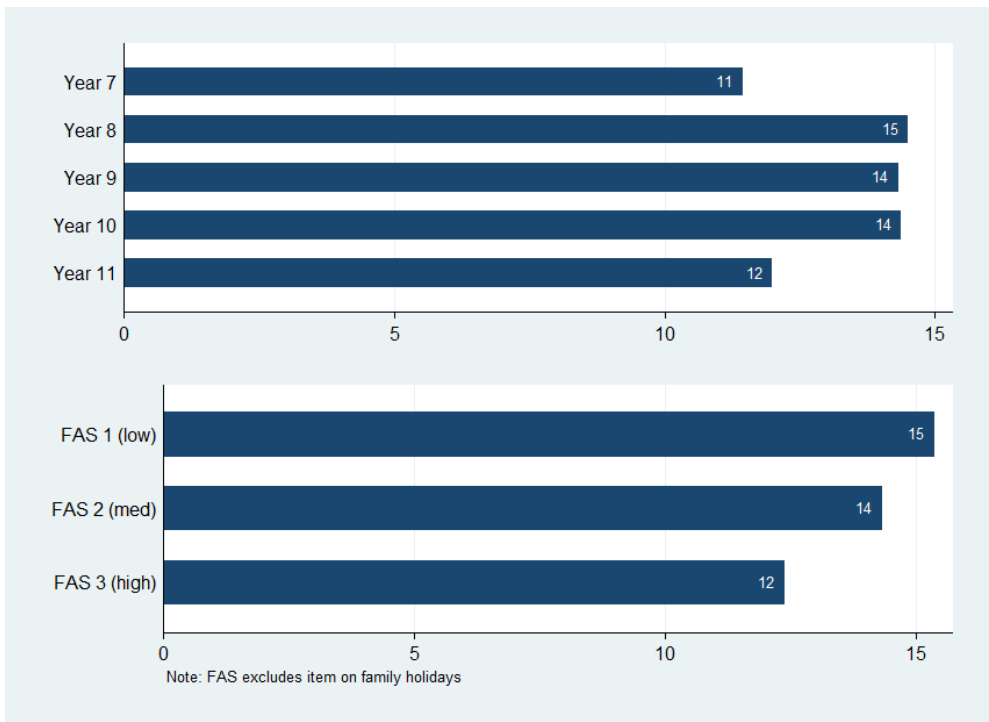
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=41,580)

Figure 6.26 Percentage who are classified as a problematic user of social media (scoring 6+), overall and by gender



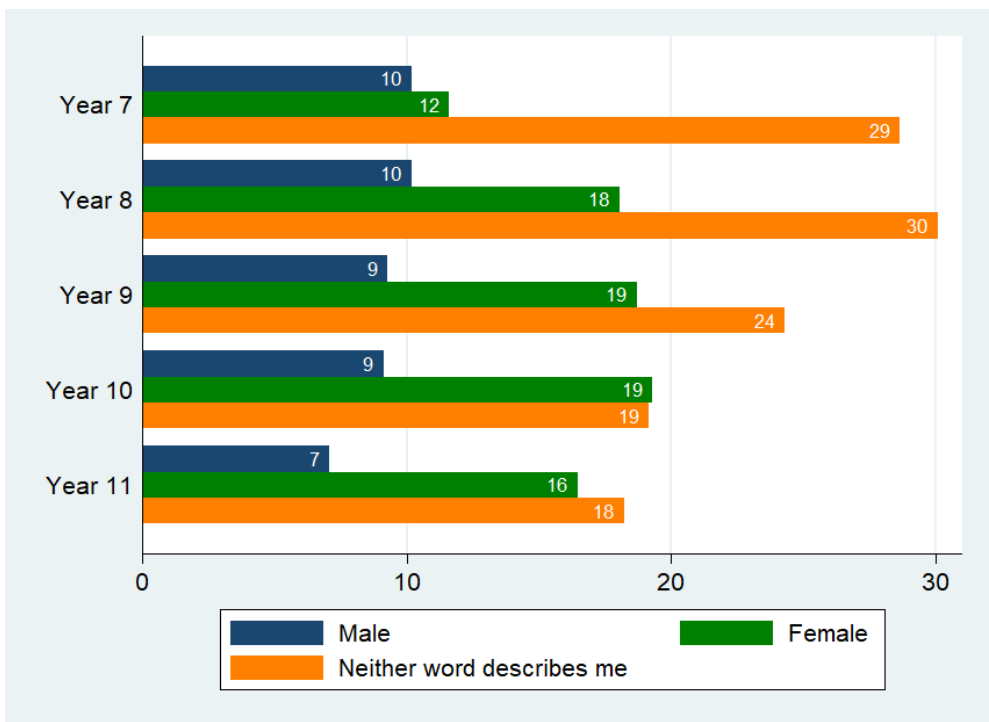
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=41,580; by gender, n=41,136 – excludes 444 gender non-response)

Figure 6.27 Percentage who are classified as a problematic user of social media (scoring 6+) by year group and family affluence



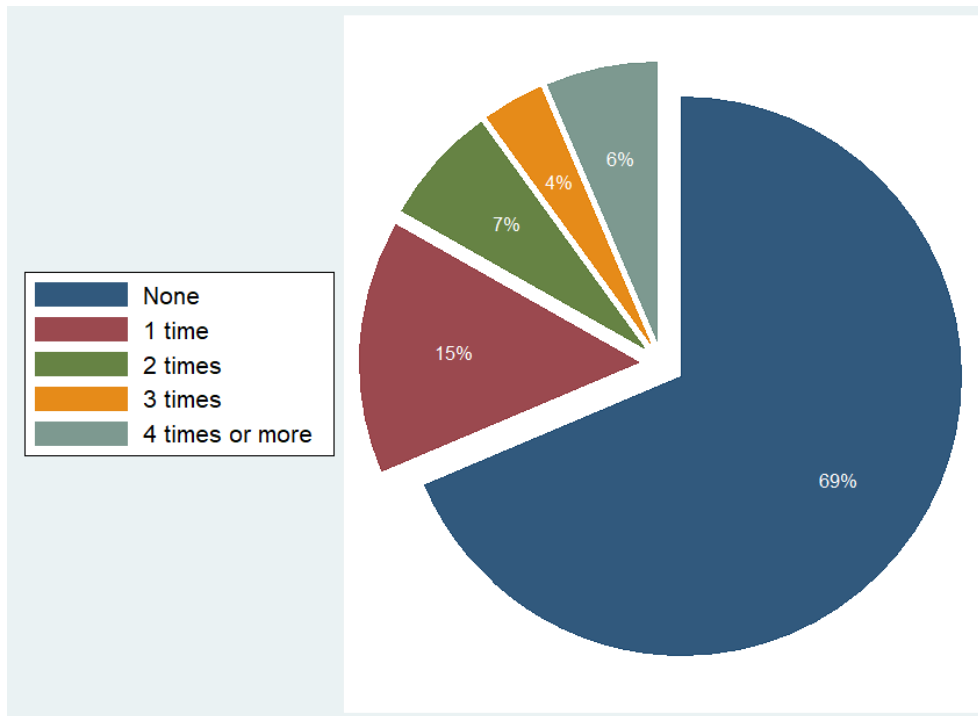
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=41,580; by FAS, n=40,607)

Figure 6.28 Percentage who are classified as a problematic user of social media (scoring 6+) by year group and gender



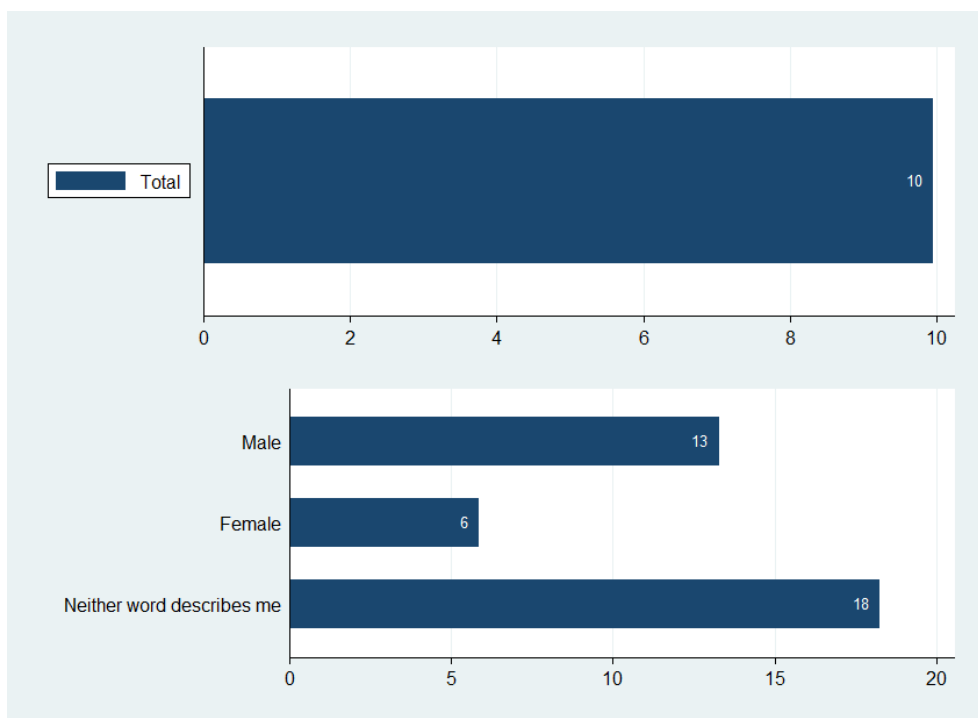
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=41,136). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.29 Times in a physical fight in the last 12 months (%)



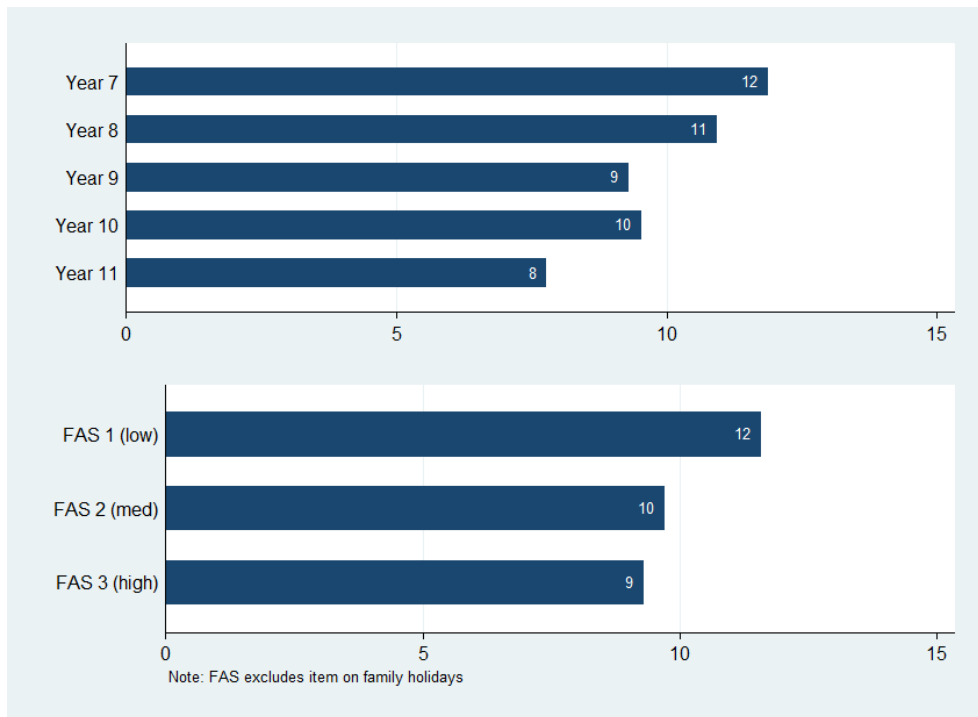
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,734)

Figure 6.30 Percentage who have been in a fight three or more times in the last 12 months, overall and by gender



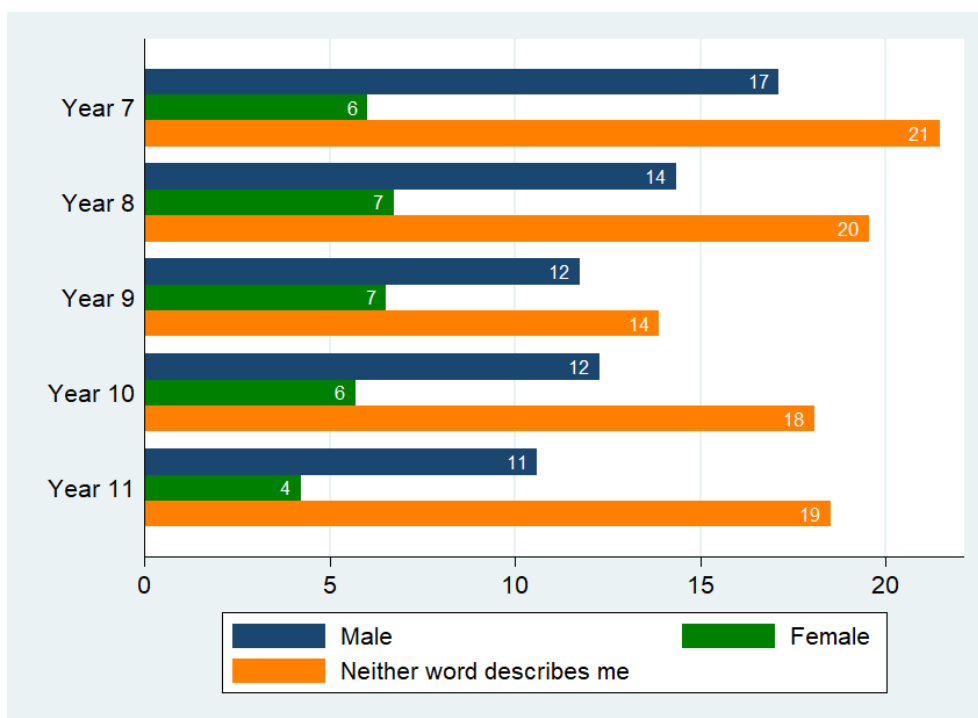
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=54,734; by gender, n=54,028 – excludes 706 gender non-response)

Figure 6.31 Percentage who have been in a fight three or more times in the last 12 months by year group and family affluence



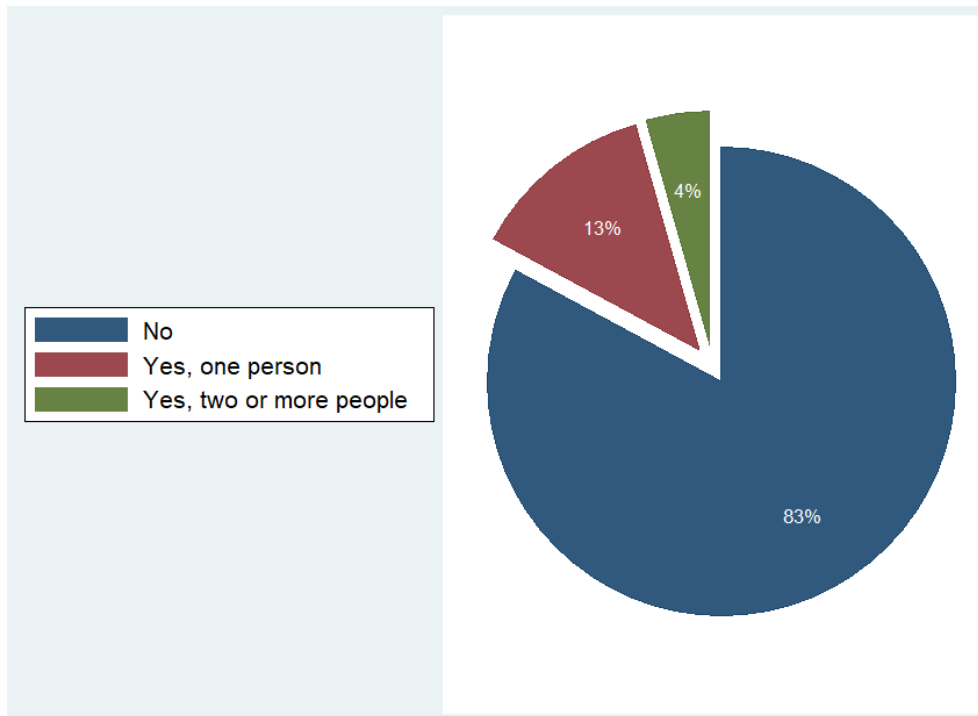
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, $n=54,734$; by FAS, $n=52,630$)

Figure 6.32 Percentage who have been in a fight three or more times in the last 12 months by year group and gender



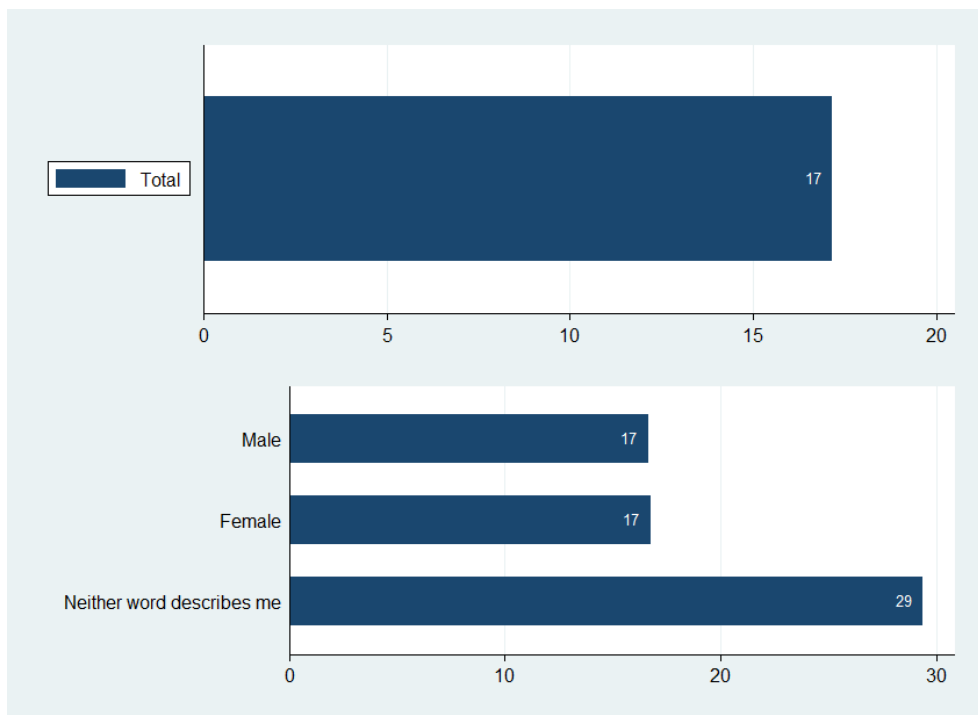
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 ($n=54,028$). 95% confidence intervals for categories with $<1,000$ respondents available in Appendix

Figure 6.33 Caring for a family member (%)



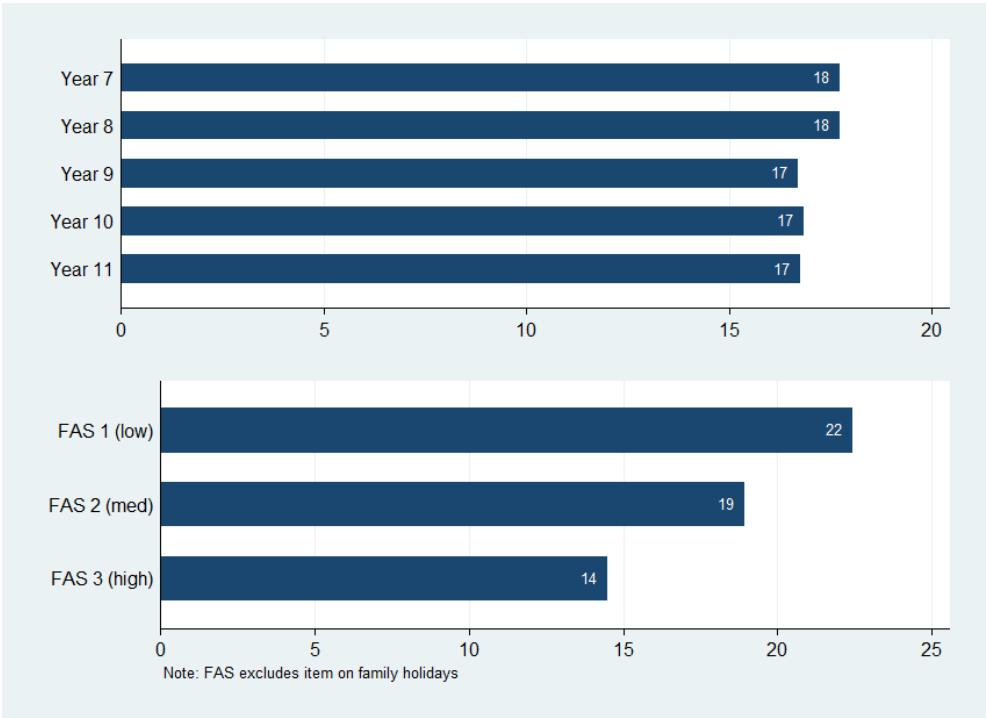
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=48,942)

Figure 6.34 Percentage who care for a family member, overall and by gender



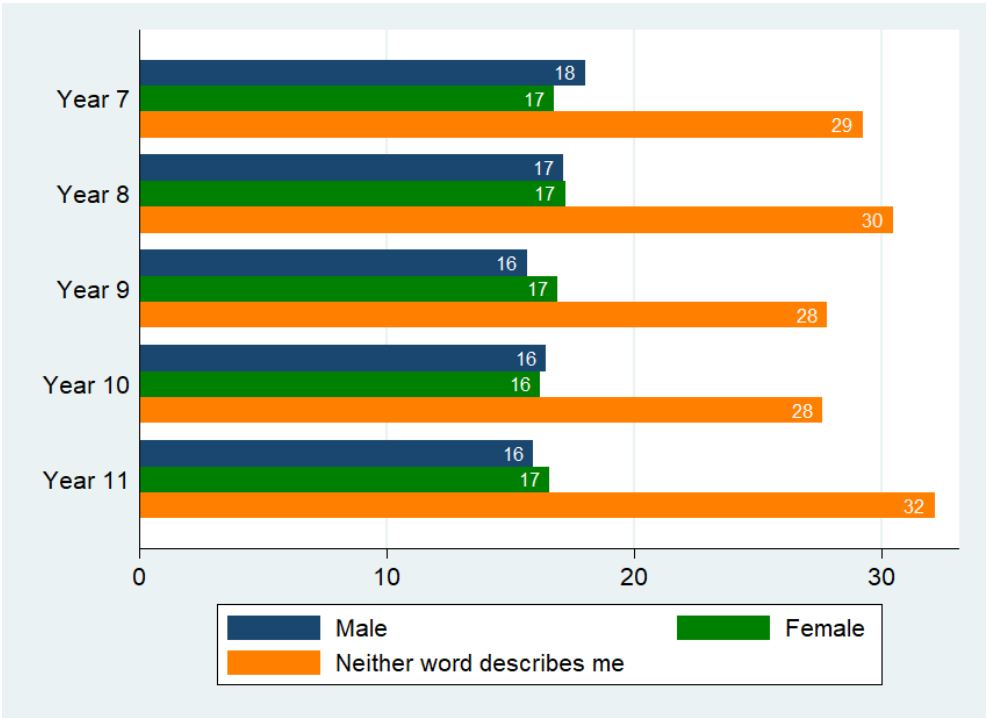
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=48,942; by gender, n=48,294 – excludes 648 gender non-response)

Figure 6.35 Percentage who care for a family member by gender, year group and family affluence



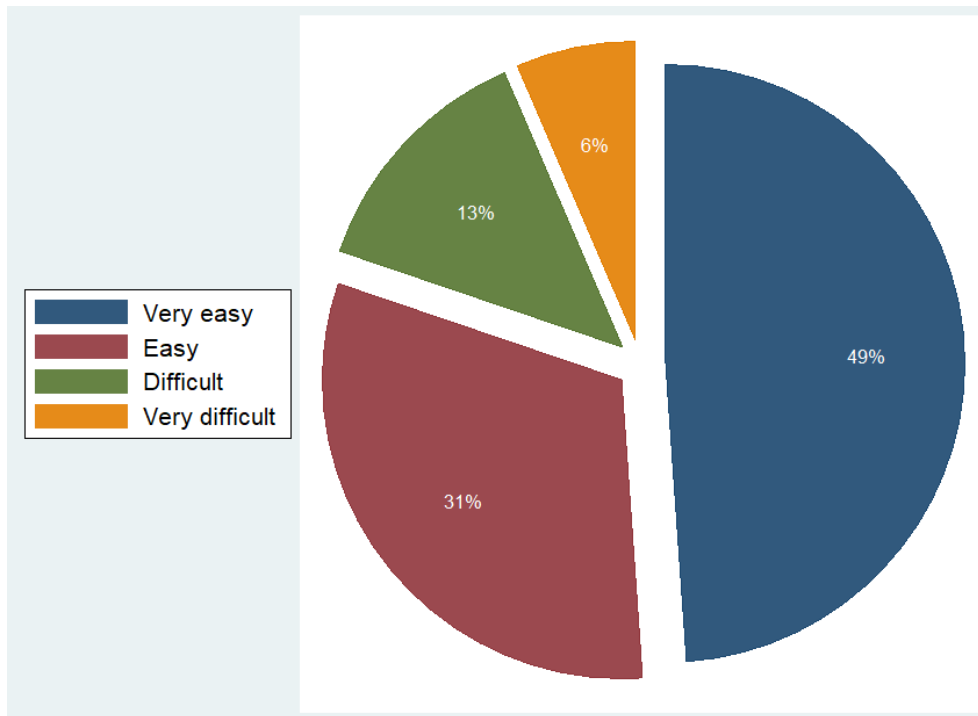
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=48,942; by FAS, n=47,476)

Figure 6.36 Percentage who care for a family member by year group and gender



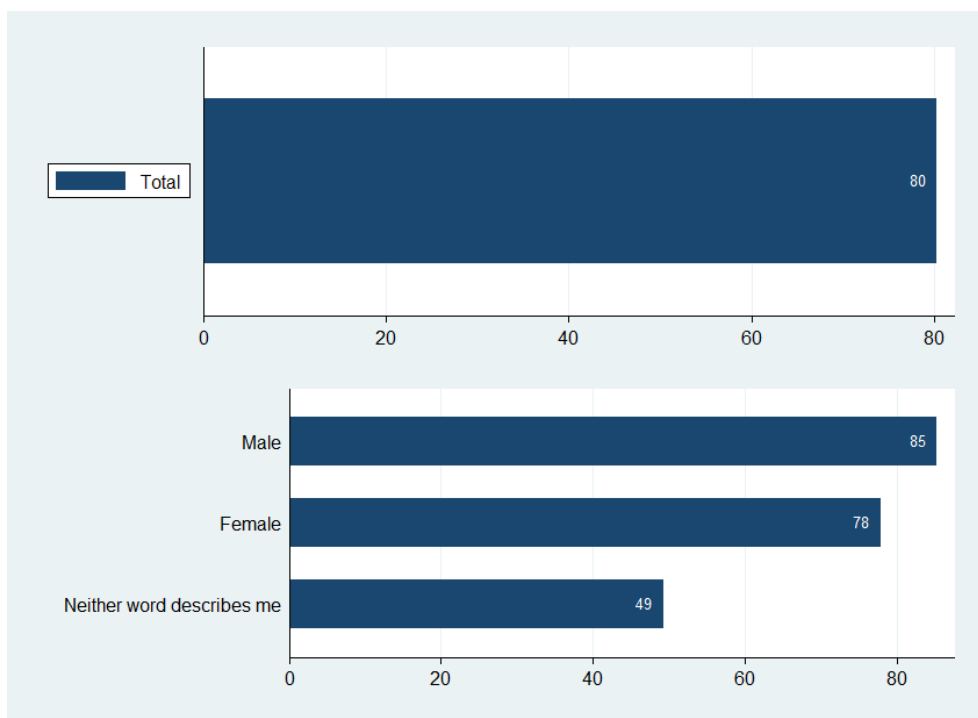
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=48,294). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.37 Ease of talking to mother (%)



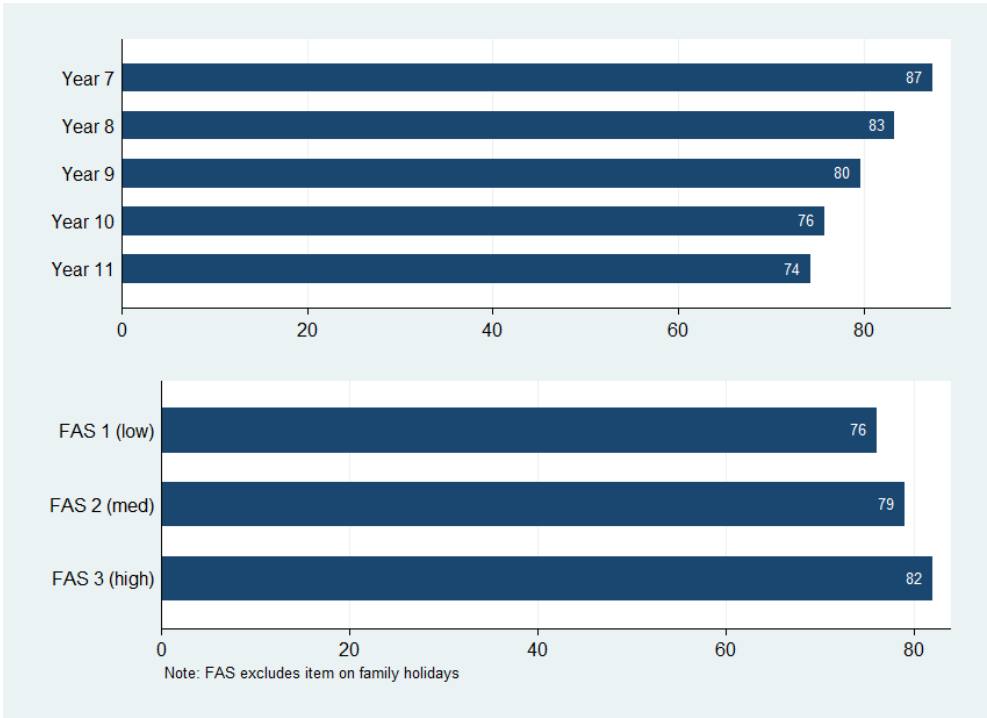
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=50,308)

Figure 6.38 Percentage who find it easy or very easy to talk to their mother about things that really bother them, overall and by gender



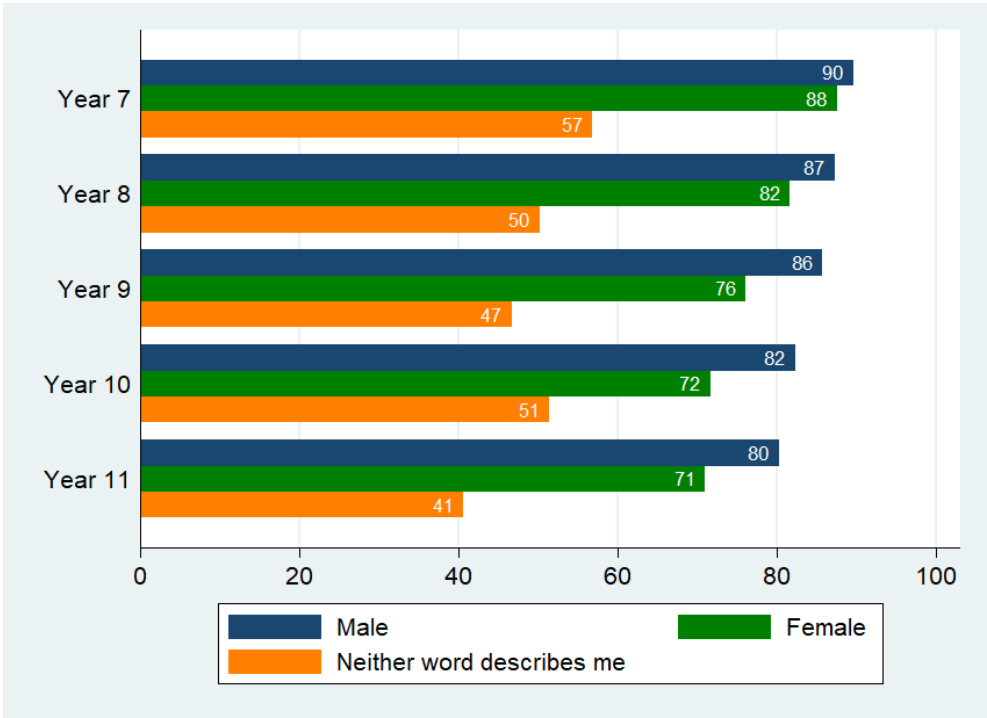
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=50,308; by gender, n=49,656 – excludes 652 gender non-response)

Figure 6.39 Percentage who find it easy or very easy to talk to their mother about things that really bother them by year group and family affluence



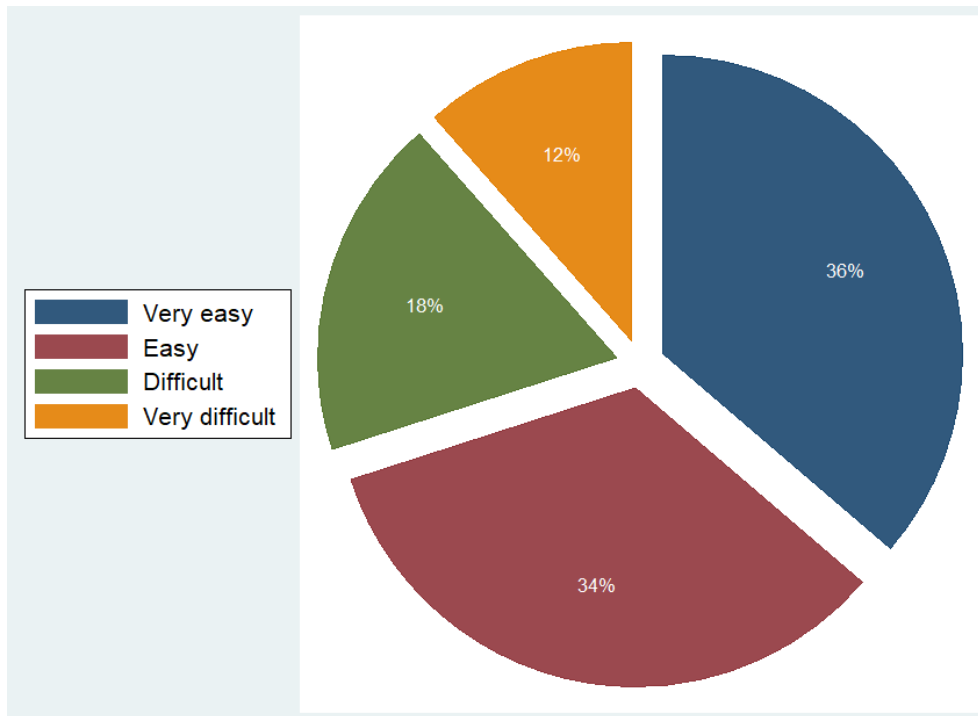
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=50,308; by FAS, n=48,469)

Figure 6.40 Percentage who find it easy or very easy to talk to their mother about things that really bother them by year group and gender



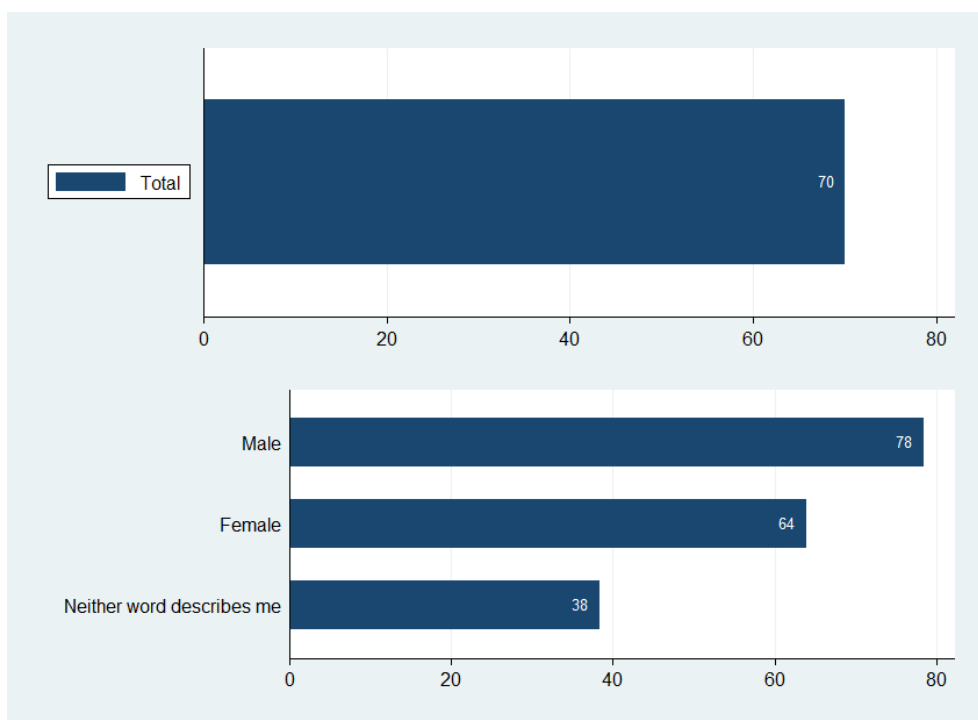
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=49,656). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.41 Ease of talking to father (%)



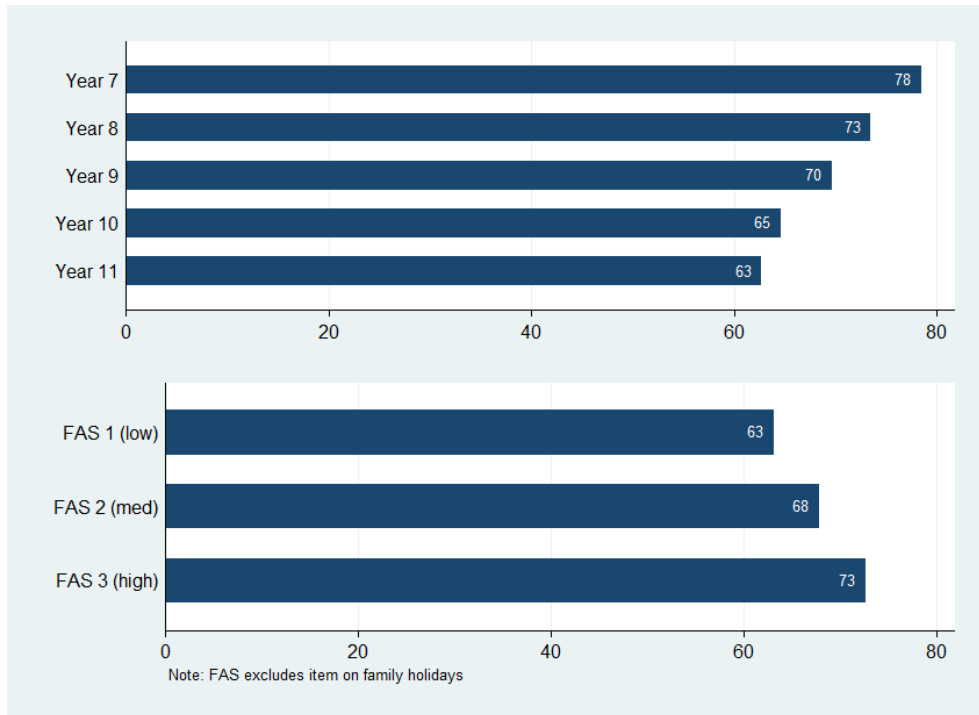
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=46,410)

Figure 6.42 Percentage who find it easy or very easy to talk to their father about things that really bother them, overall and by gender



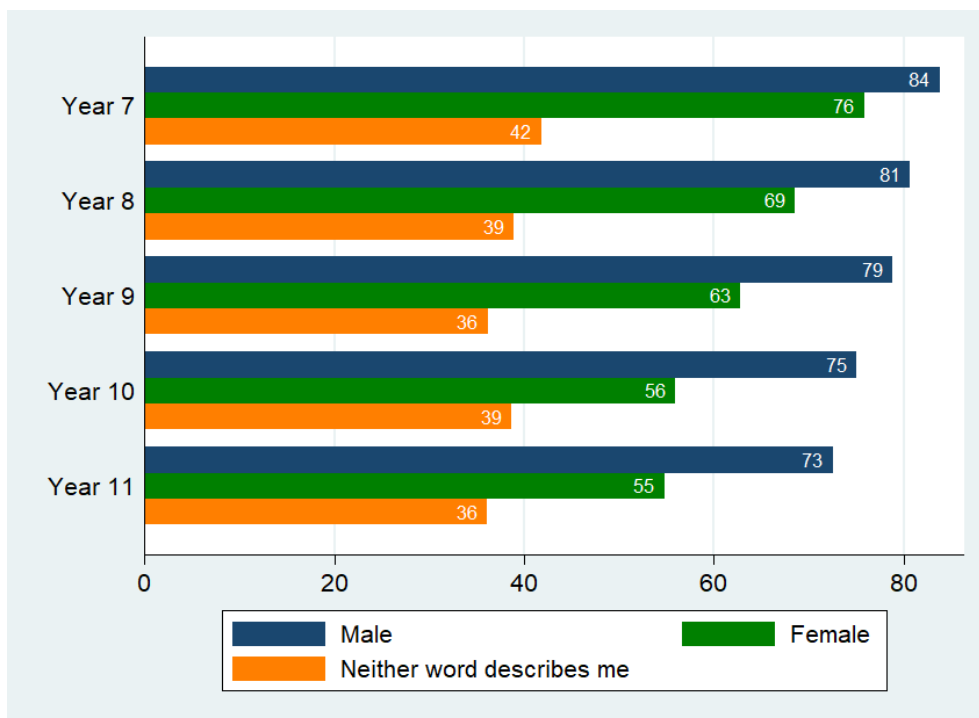
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=46,410; by gender, n=45,833 – excludes 577 gender non-response)

Figure 6.43 Percentage who find it easy or very easy to talk to their father about things that really bother them by year group and family affluence



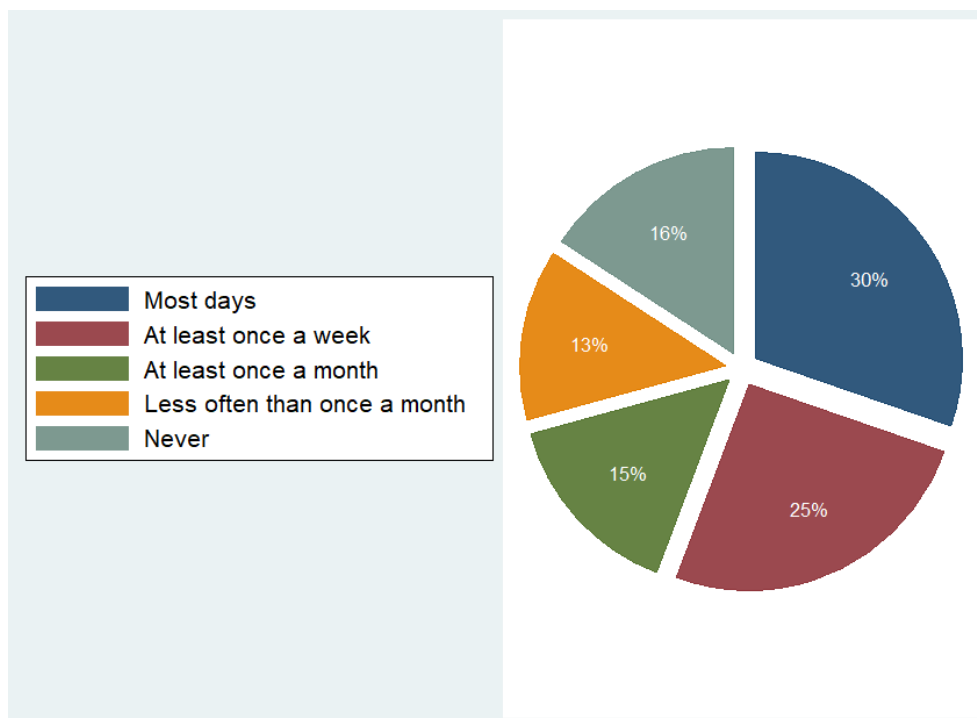
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=46,410; by FAS, n=44,785)

Figure 6.44 Percentage who find it easy or very easy to talk to their father about things that really bother them by year group and gender



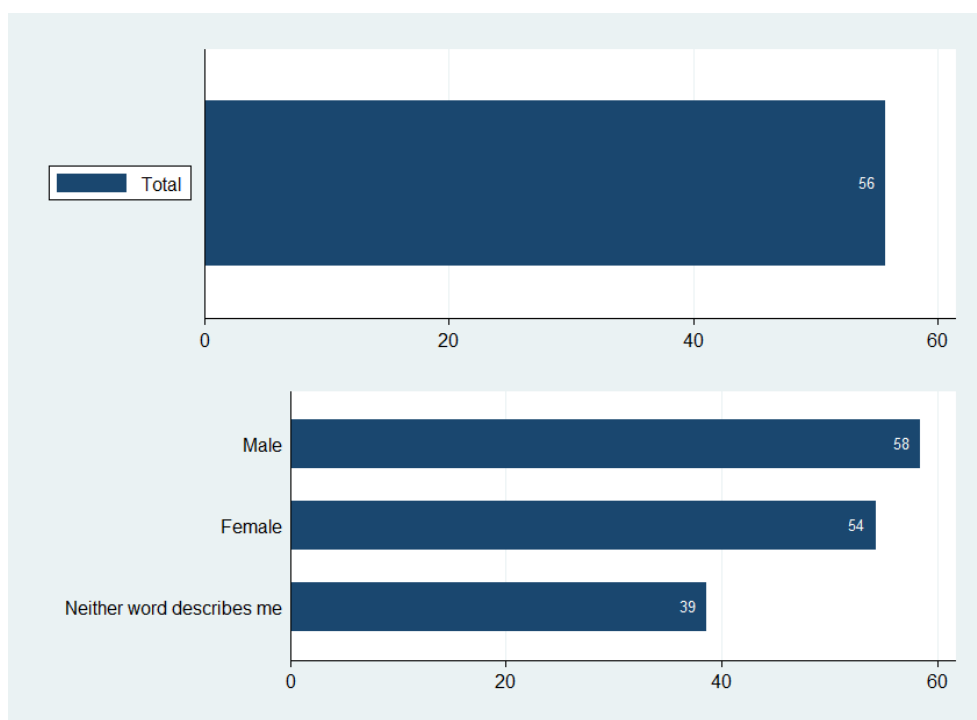
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=45,833). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.45 Frequency of unsupervised time with friends after school (%)



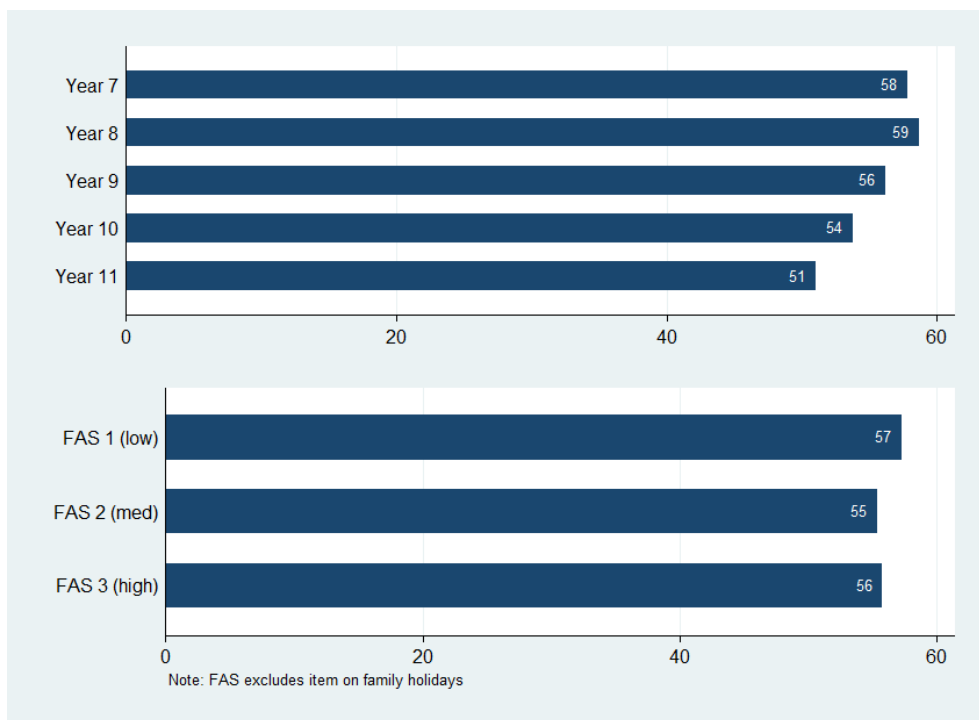
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,284 – excludes 'Don't have any friends' response option (n=482))

Figure 6.46 Percentage who spend unsupervised time with friends after school at least once a week, overall and by gender



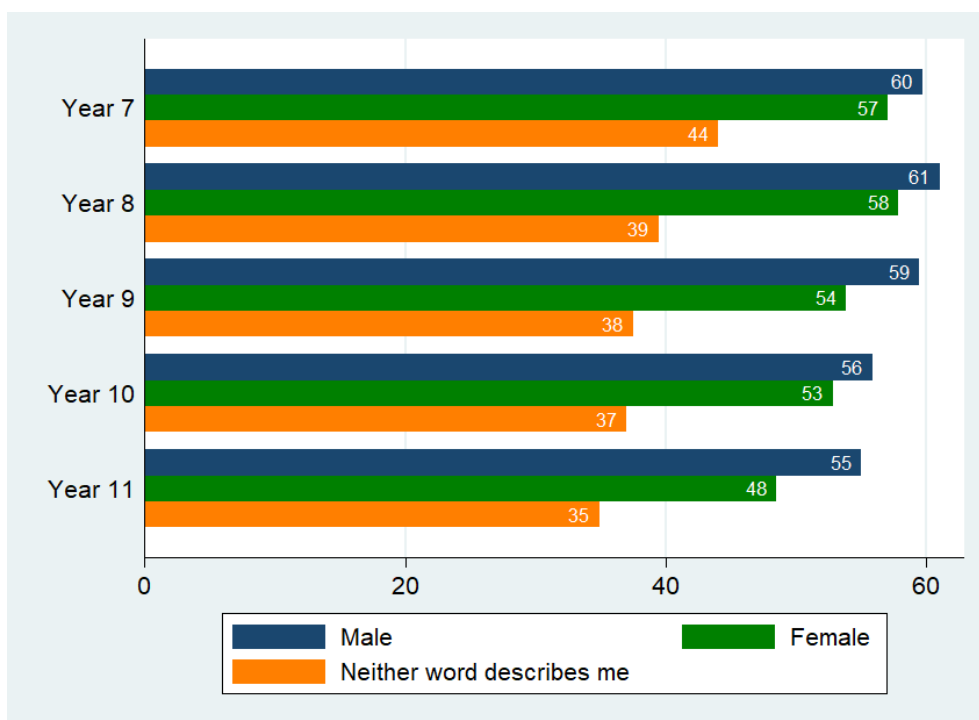
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,284; by gender, n=26,917 – excludes 367 gender non-response)

Figure 6.47 Percentage who spend unsupervised time with friends after school at least once a week by year group and family affluence



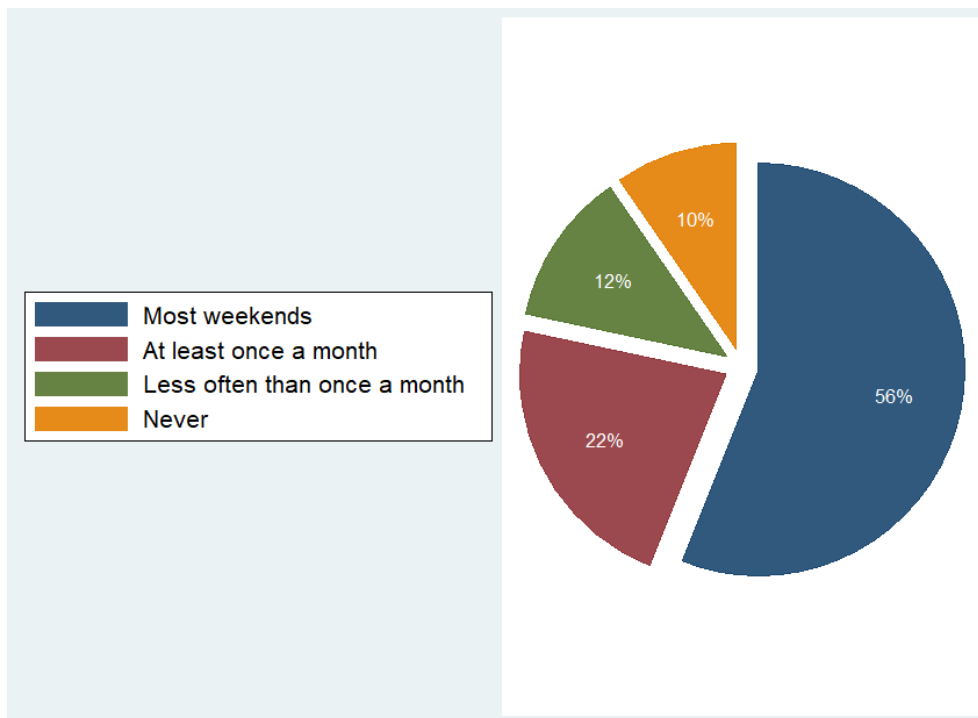
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,284; by FAS, n=26,349)

Figure 6.48 Percentage who spend unsupervised time with friends after school at least once a week by year group and gender



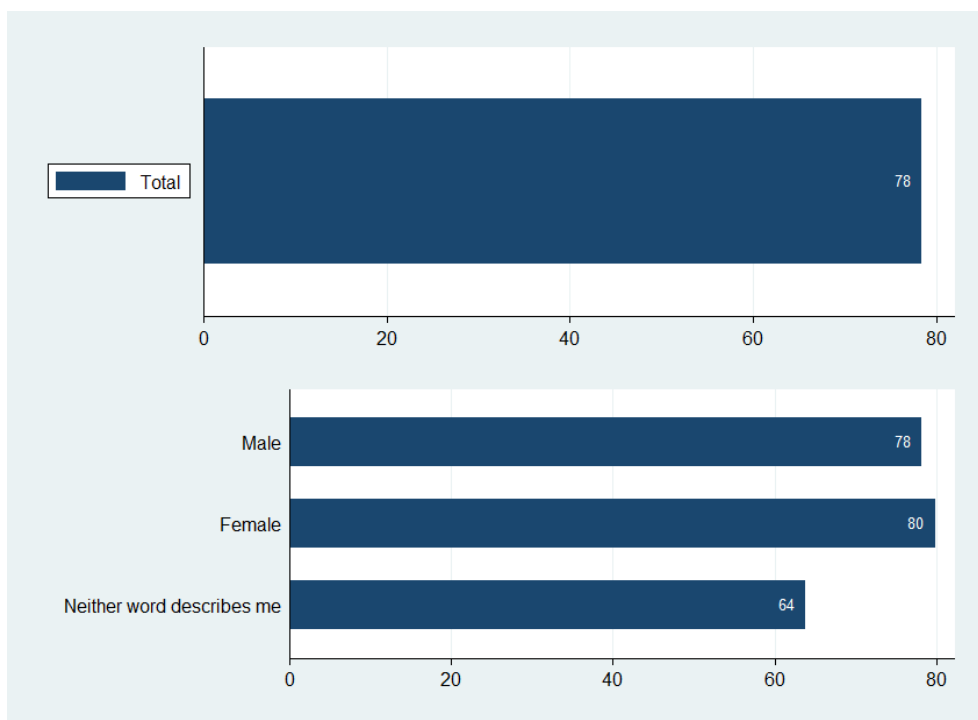
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=26,917). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 6.49 Frequency of unsupervised time with friends at weekends (%)



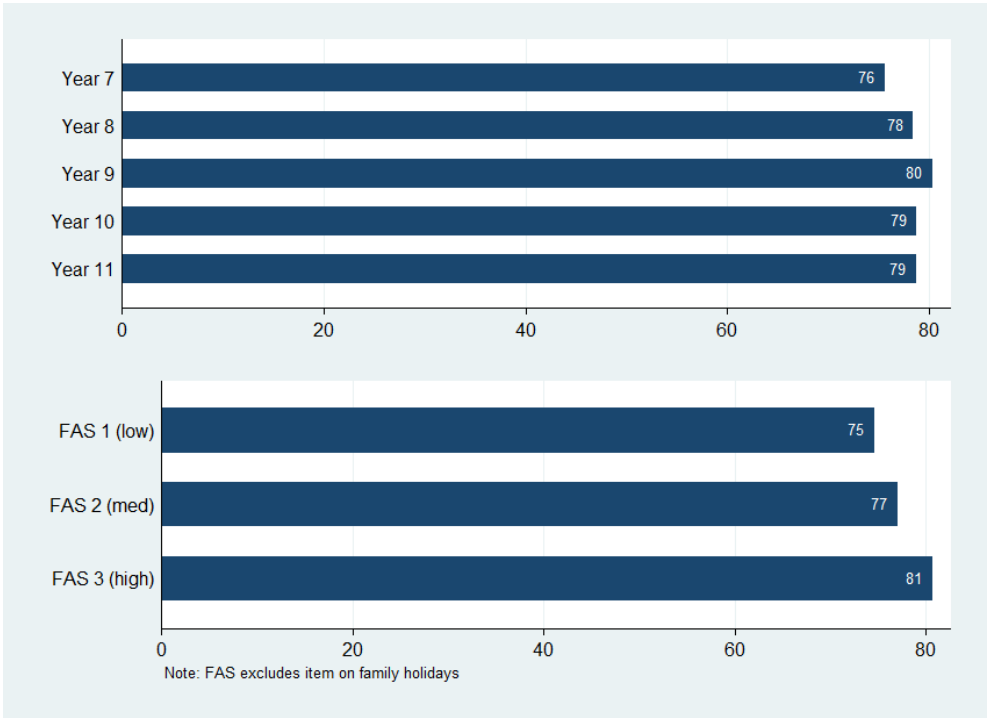
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,255 – excludes 'Don't have any friends' response option (n=551))

Figure 6.50 Percentage who spend unsupervised time with friends on weekends at least once a month, overall and by gender



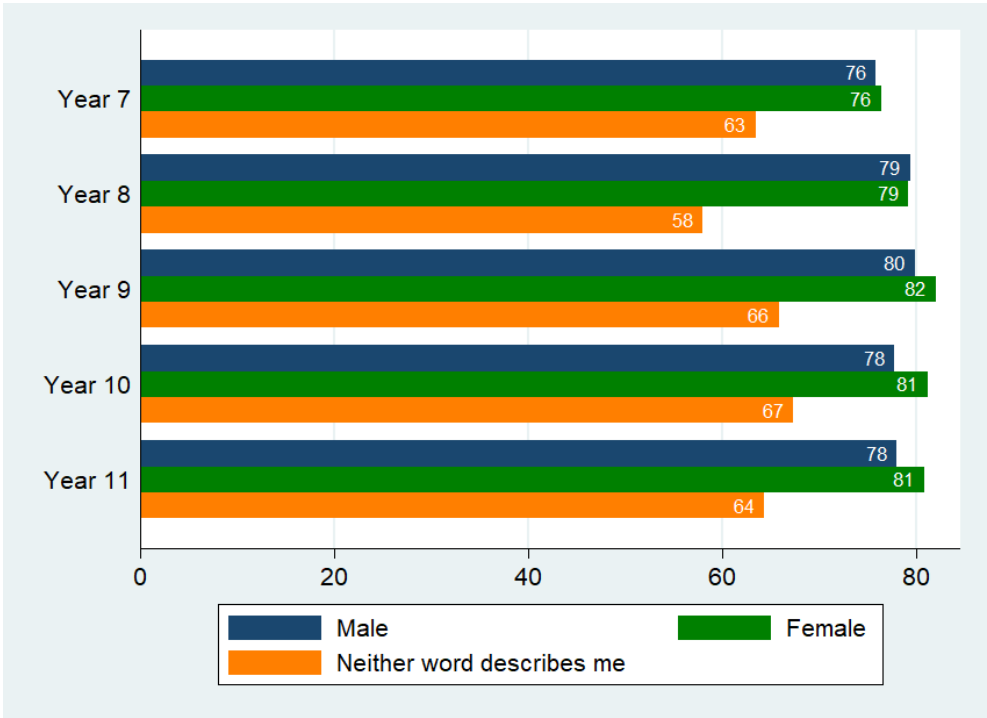
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,255; by gender, n=26,889 – excludes 366 gender non-response)

Figure 6.51 Percentage who spend unsupervised time with friends on weekends at least once a month by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,255; by FAS, n=26,310)

Figure 6.52 Percentage who spend unsupervised time with friends on weekends at least once a month by year group and gender



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=26,889). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 6.1 Measures by ethnic group^{1,2}

	% who agree that they get the help & emotional support they need from their family	% who can count on their friends when things go wrong	% who have cyber-bullied others in the past couple of months	% who have been cyber-bullied in the past couple of months	% who go to bed after 11pm on a school night	% who last look at an electronic screen after 11pm on a school night	% who are classified as a problematic user of social media (scoring 6+)
White British	66	64	10	18	36	38	13
White Irish	57 [52,61]	56 [52,59]	19 [16,22]	28 [24,32]	47 [43,51]	47 [43,51]	15 [11,21]
White Roma	61 [49,71]	53 [42,64]	20 [13,30]	28 [19,38]	44 [34,55]	48 [37,58]	14 [5,36]
White – Gypsy/traveller	48 [44,53]	51 [46,55]	33 [28,37]	33 [28,37]	63 [58,67]	64 [60,69]	24 [18,32]
White Other	60	60	13	23	41	41	14
Mixed or multiple ethnic group	59	60	12	20	41	42	14
Pakistani	61 [58,64]	59 [56,62]	18 [16,20]	18 [15,20]	36 [33,39]	39 [36,42]	19 [16,24]
Indian	63 [60,67]	64 [61,68]	09 [7,11]	14 [12,17]	24 [21,27]	29 [26,32]	12 [8,16]
Bangladeshi	55 [51,58]	59 [56,62]	14 [12,16]	16 [13,18]	39 [36,42]	39 [36,43]	15 [11,19]
Chinese	57 [53,61]	58 [54,62]	13 [10,16]	18 [15,22]	36 [32,40]	39 [35,43]	12 [8,17]
African	58 [55,62]	58 [55,61]	12 [10,14]	13 [11,15]	32 [29,36]	38 [35,42]	14 [10,18]
Caribbean or Black	60 [55,65]	62 [57,67]	19 [15,23]	21 [17,25]	46 [42,51]	47 [42,52]	23 [17,31]
Arab	62 [58,66]	54 [50,58]	16 [14,19]	20 [18,23]	36 [32,39]	42 [38,46]	16 [12,21]
Other	61	60	12	21	34	37	15
Prefer not to say	63	57	12	22	29	34	15

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates not provided for categories with fewer than 50 respondents (-)

Table 6.2 Measures by ethnic group (continued)^{1,2}

	% who have been in a fight three or more times in the last 12 months	% who care for a family member	% who find it easy or very easy to talk to their mother	% who find it easy or very easy to talk to their father	% who spend unsupervised time with friends after school at least once a week	% who spend unsupervised time with friends on weekends at least once a month
White British	9	17	81	70	57	80
White Irish	22 [17,27]	26 [21,32]	76 [71,81]	65 [59,71]	59 [51,67]	78 [71,85]
White Roma	-	-	-	-	-	-
White – Gypsy/traveller	41 [35,47]	39 [32,46]	78 [72,83]	70 [63,77]	73 [64,81]	89 [82,94]
White Other	11	18	75	66	50 [47,54]	73 [70,76]
Mixed or multiple ethnic group	12	18	75	61	49 [45,53]	73 [69,76]
Pakistani	18 [15,22]	18 [15,22]	80 [76,83]	72 [67,76]	47 [40,54]	64 [57,71]
Indian	9 [6,12]	11 [8,15]	82 [78,86]	72 [67,77]	28 [22,34]	56 [49,63]
Bangladeshi	12 [9,15]	14 [11,18]	78 [73,82]	67 [62,72]	32 [26,40]	50 [43,57]
Chinese	9 [5,13]	13 [9,17]	78 [72,83]	69 [63,75]	33 [25,42]	62 [53,71]
African	13 [9,16]	14 [11,17]	81 [76,85]	67 [61,72]	50 [44,57]	75 [69,81]
Caribbean or Black	19 [14,25]	24 [19,31]	75 [67,81]	60 [52,68]	69 [59,78]	85 [76,91]
Arab	20 [16,24]	19 [15,24]	81 [76,85]	69 [64,74]	50 [42,58]	68 [61,75]
Other	10	19	80	70	47 [43,51]	66 [63,69]
Prefer not to say	14	24	80	72	51 [47,55]	69 [65,72]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates not provided for categories with fewer than 50 respondents (-)

Table 6.3 Measures by local health board^{1,2}

	% who agree that they get the help & emotional support they need from their family	% who can count on their friends when things go wrong	% who have cyber-bullied others in the past couple of months	% who have been cyber-bullied in the past couple of months	% who go to bed after 11pm on a school night	% who last look at an electronic screen after 11pm on a school night	% who are classified as a problematic user of social media (scoring 6+)
Aneurin Bevan	64	62	10	19	36	38	13
Male	68	63	11	15	34	36	9
Female	62	63	8	21	36	38	17
Neither word describes me	34 [30,37]	50 [46,53]	17 [15,20]	40 [36,43]	59 [56,63]	59 [56,63]	23 [18,28]
Betsi Cadwaladr	65	63	10	19	39	40	15
Male	70	63	12	15	37	39	10
Female	63	64	9	21	39	40	19
Neither word describes me	35 [32,39]	47 [44,51]	17 [14,19]	39 [36,43]	64 [60,67]	62 [59,66]	25 [20,30]
Cardiff & Vale	66	64	10	17	31	33	12
Male	71	65	11	14	29	31	8
Female	63	64	8	19	32	34	15
Neither word describes me	34 [30,39]	50 [45,54]	14 [11,18]	36 [31,40]	55 [50,59]	57 [52,62]	26 [20,34]
Cwm Taf Morgannwg	66	62	11	19	38	40	15
Male	70	62	12	15	36	39	10
Female	64	63	10	21	37	40	19
Neither word describes me	35 [30,40]	51 [46,56]	18 [15,22]	47 [42,52]	62 [57,66]	61 [56,66]	23 [17,29]
Hywel Dda	66	64	10	18	35	37	12
Male	71	65	11	15	33	35	9
Female	64	64 [45,56]	7	19	35	37	15
Neither word describes me	36 [31,41]	50	14 [11,18]	41 [36,46]	57 [51,62]	58 [53,63]	24 [17,32]
Powys	64	63	9	18	33	36	11
Male	70	65	11	14	30	33	6 [5,8]
Female	60	63	8	20	34	36	15 [13,17]
Neither word describes me	28 [21,37]	54 [46,63]	10 [6,17]	42 [34,51]	62 [53,70]	64 [55,71]	-
Swansea Bay	66	65	11	19	38	40	13
Male	70	64	12	15	36	38	10
Female	64	66	8	20	38	40	16
Neither word describes me	30 [25,35]	49 [44,54]	18 [15,23]	46 [41,51]	62 [57,67]	61 [56,66]	21 [15,29]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-)

Table 6.4 Measures by local health board (continued)^{1,2}

	% who have been in a fight three or more times in the last 12 months	% who care for a family member	% who find it easy or very easy to talk to their mother	% who find it easy or very easy to talk to their father	% who spend unsupervised time with friends after school at least once a week	% who spend unsupervised time with friends on weekends at least once a month
Aneurin Bevan	10	19	80	70	58	79
Male	13	18	85	78	61	78
Female	6	18	78	64	57	81
Neither word describes me	18 [14,22]	32 [27,37]	51 [45,56]	42 [36,47]	40 [33,47]	67 [59,74]
Betsi Cadwaladr	11	17	80	70	56	77
Male	14	15	86	78	58	77
Female	7	17	78	63	54	78
Neither word describes me	20 [16,24]	32 [27,37]	44 [39,49]	32 [27,38]	39 [33,46]	62 [55,68]
Cardiff & Vale	9	15	81	70	54	78
Male	12	15	86	79	57	78
Female	6	15	77	63	51	79
Neither word describes me	17 [12,22]	20 [15,26]	53 [46,60]	41 [34,48]	39 [28,51]	62 [50,73]
Cwm Taf Morgannwg	10	18	81	71	62	83
Male	13	19	85	79	65	83
Female	5	17	78	65	61	34
Neither word describes me	19 [15,24]	28 [21,37]	56 [50,62]	41 [35,48]	43 [34,53]	65 [55,74]
Hywel Dda	10	17	80	70	49	76
Male	13	17	85	78	50	76
Female	6	16	78	64	49	78
Neither word describes me	18 [13,24]	29 [22,36]	51 [43,59]	44 [36,52]	35 [26,46]	62 [51,72]
Powys	9	17	78	69	46	73
Male	12	15	84	78	48 [44,53]	72 [67,876]
Female	4	18	75	61 [57,64]	45 [41,49]	75 [71,78]
Neither word describes me	13 [7,24]	27 [17,40]	41 [29,54]	25 [16,39]	-	-
Swansea Bay	10	17	80	70	56	80
Male	14	17	85	77	59	79
Female	6	17	79	66	54	81
Neither word describes me	18 [13,24]	31 [25,38]	44 [37,52]	37 [29,45]	37 [27,49]	70 [58,80]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ² Estimates are not provided for categories with fewer than 50 respondents (-)

7. Relationships

This section presents data on young people's sexual risk-taking behaviours in Wales based on the following measures: **sexting**, **sexual intercourse**, **age at first sexual intercourse**, and **condom use**. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

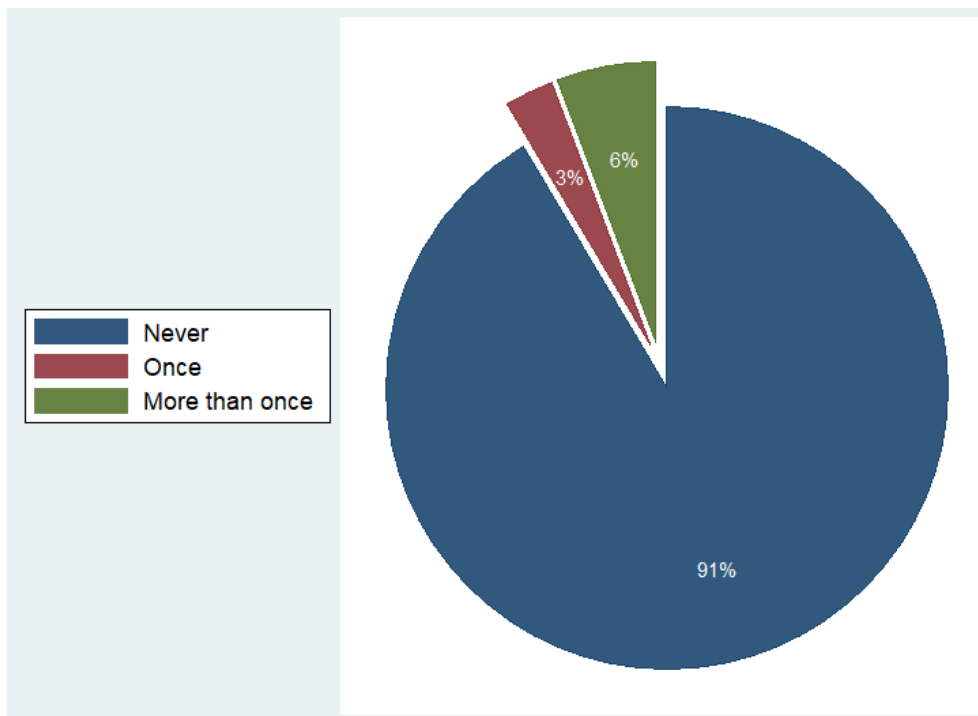
Sending a sexually explicit image (sexting): 9% of young people reported having sent someone a sexually explicit image of themselves (Figure 7.1). A higher proportion of girls (10%) reported having sexted compared to boys (7%). Among young people who identified as neither a boy nor a girl, the proportion who reported having sexted was almost twice the national average (17%) (Figure 7.2).

Sexual intercourse (year 11 only): Among year 11 students, 22% reported that they have had sexual intercourse (Figure 7.5). While there was little difference between boys (21%) and girls (22%), a larger proportion of young people who identified as neither a boy nor a girl reported having had sex (31%) (Figure 7.6). Among year 11 students who have had sexual intercourse, 6% reported first having sex at age 16 years, 47% at age 15 years, 27% at age 14 years, and 20% at age 13 years or younger (Figure 7.8).

Condom use (year 11 only): Among year 11 students who have had sex, 41% reported using a condom during their last sexual intercourse (Figure 7.11). Boys (45%) were more likely than girls (38%) and young people who identified as neither a boy nor a girl (39%) to report condom use (Figure 7.12).

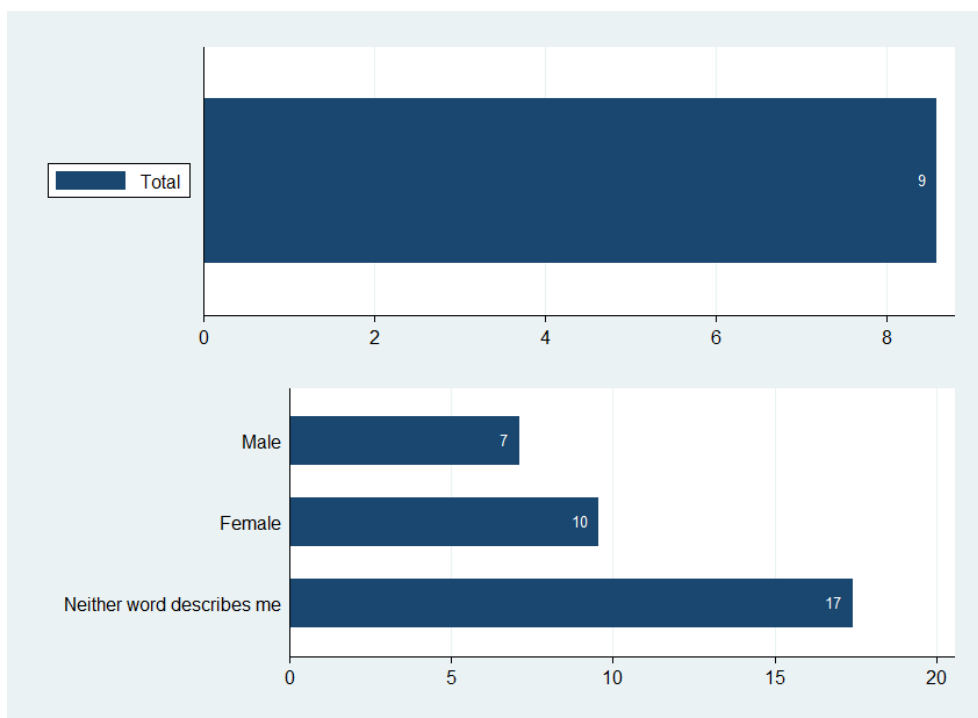
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 7.1-7.2.

Figure 7.1 Sent a sexually explicit image of themselves (%)



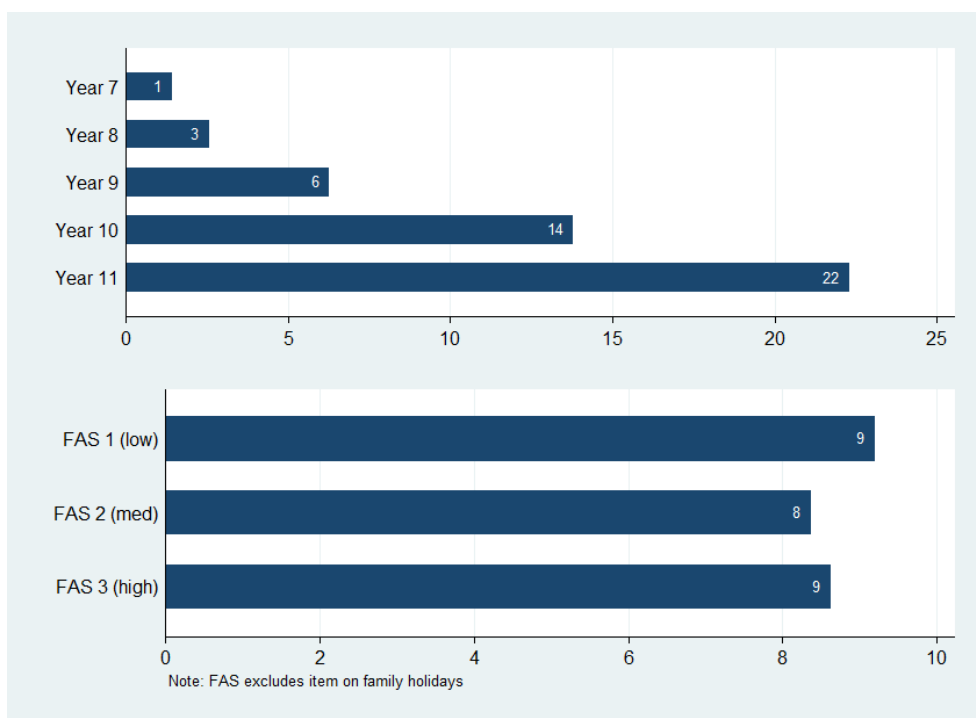
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=108,098)

Figure 7.2 Percentage who have ever sent a sexually explicit image of themselves, overall and by gender



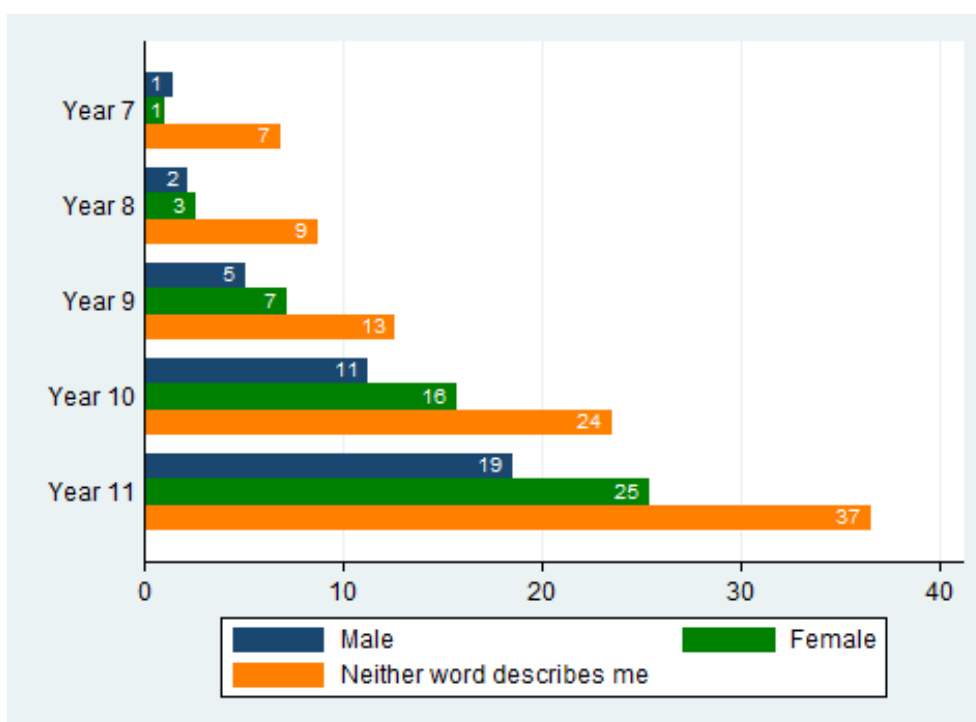
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=108,098; by gender, n= 106,570 – excludes 1,528 gender non-response)

Figure 7.3 Percentage who have ever sent a sexually explicit image of themselves by year group and family affluence



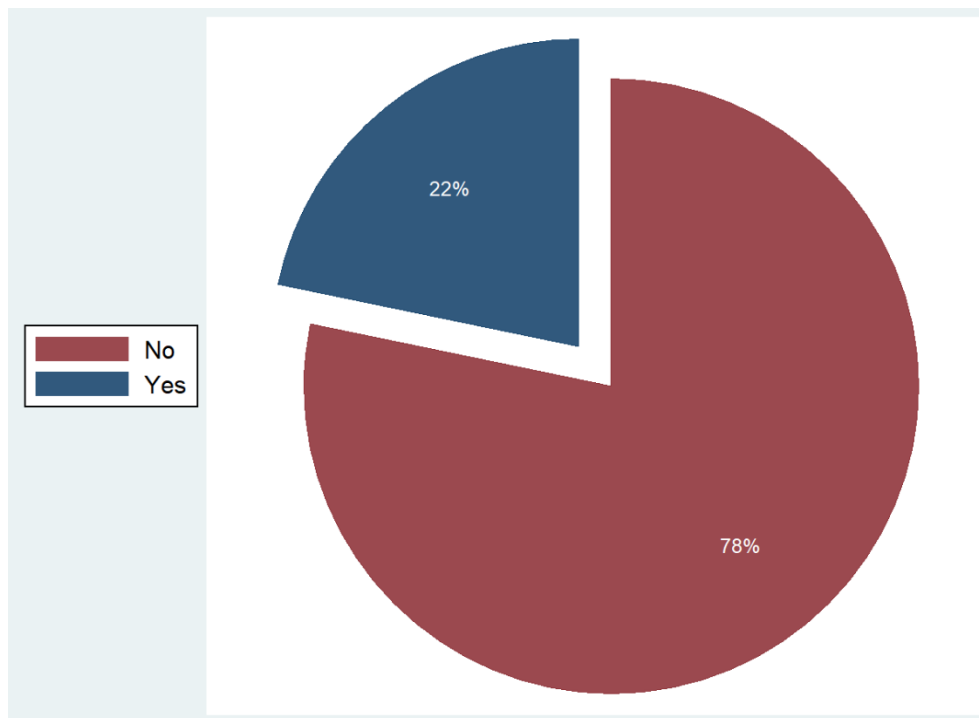
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=108,098; by FAS, n=103,883)

Figure 7.4 Percentage who have ever sent a sexually explicit image of themselves by year group and gender



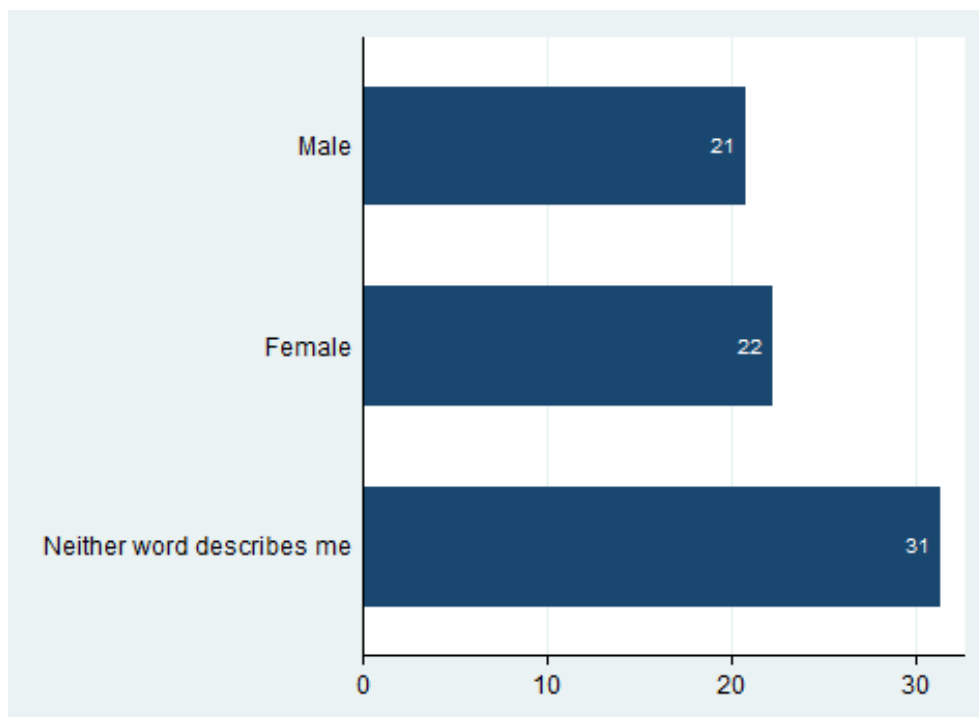
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=106,570). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 7.5 Percentage who have ever had sexual intercourse (year 11 only) (%)



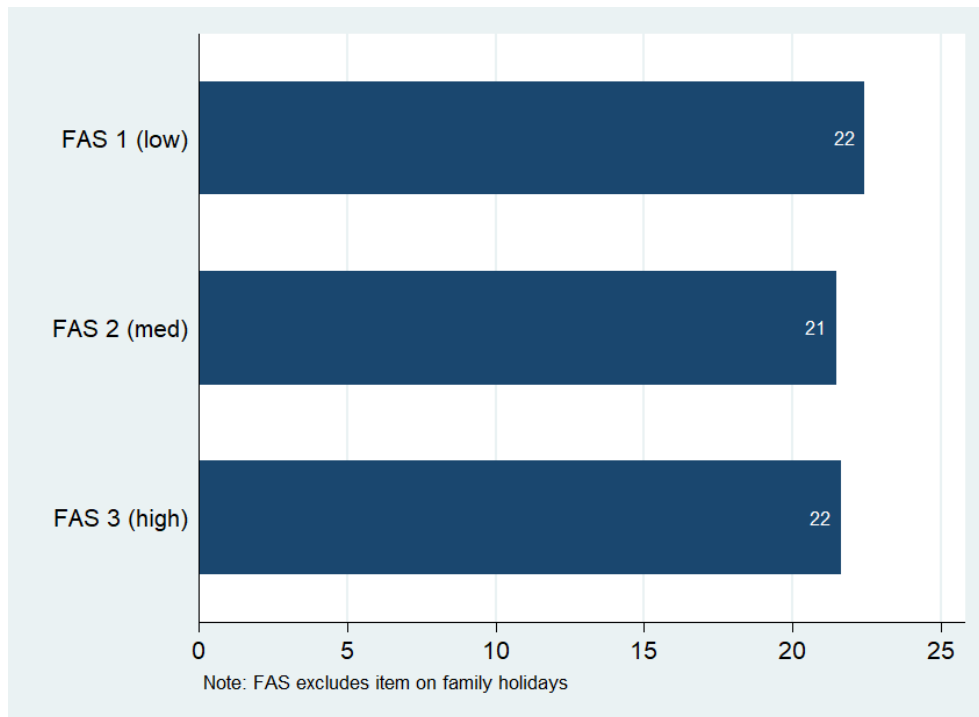
Base: All respondents in year 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=17,735)

Figure 7.6 Percentage who have ever had sexual intercourse by gender (year 11 only)



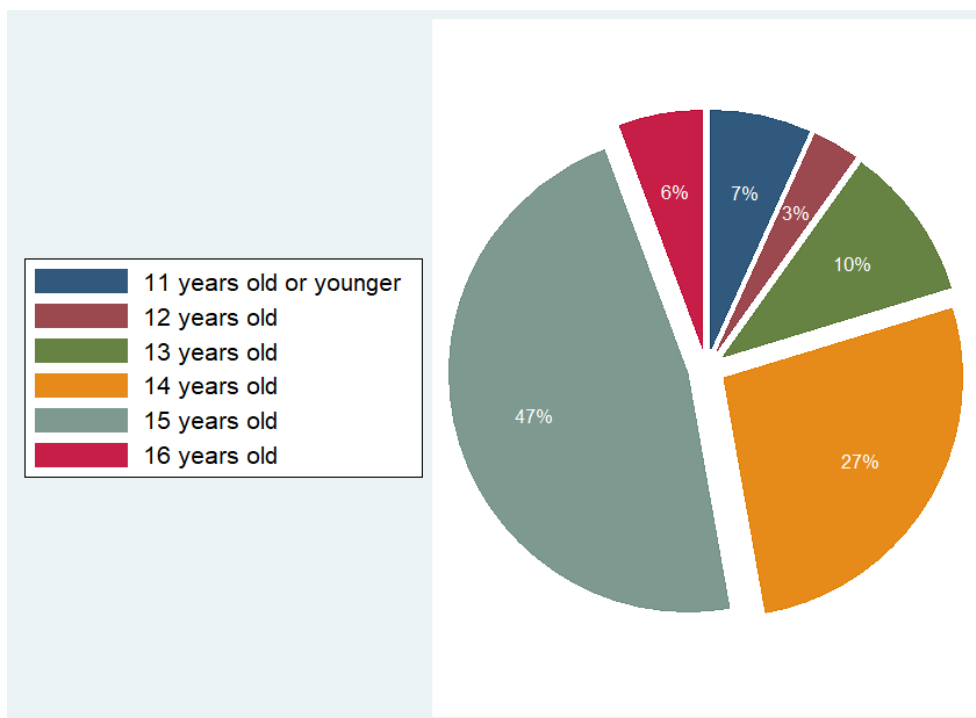
Base: All respondents in year 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=17,531 – excludes 204 gender non-response)

Figure 7.7 Percentage who have ever had sexual intercourse by family affluence (year 11 only)



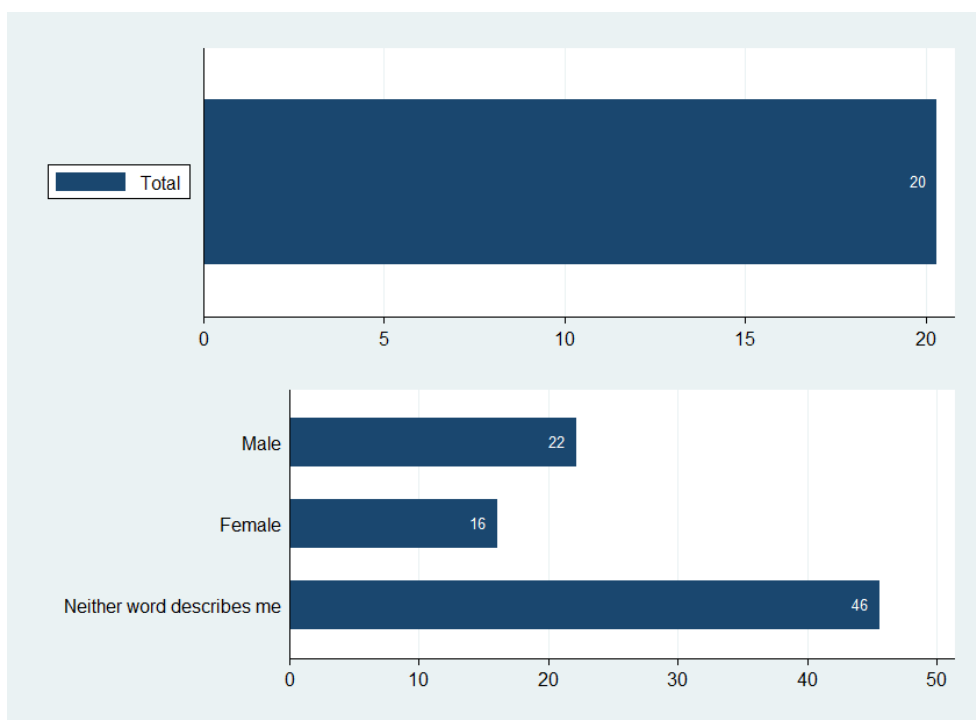
Base: All respondents in year 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=17,371)

Figure 7.8 Age at first sexual intercourse (year 11 only) (%)



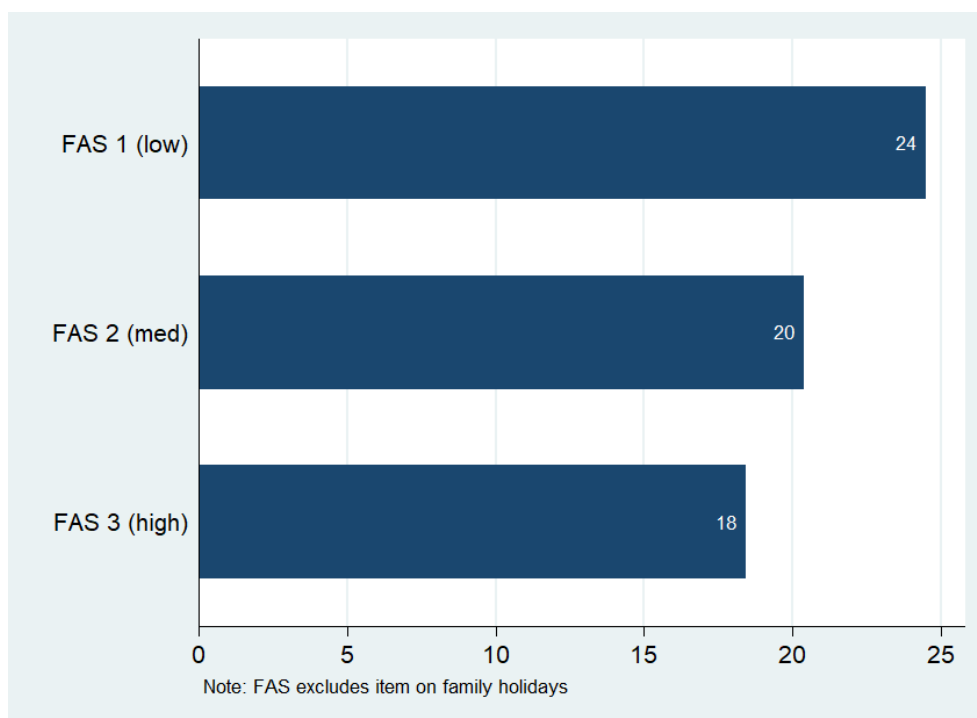
Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (n=3,601)

Figure 7.9 Percentage who had their first sexual intercourse at age 13 years or younger, overall and by gender (year 11 only)



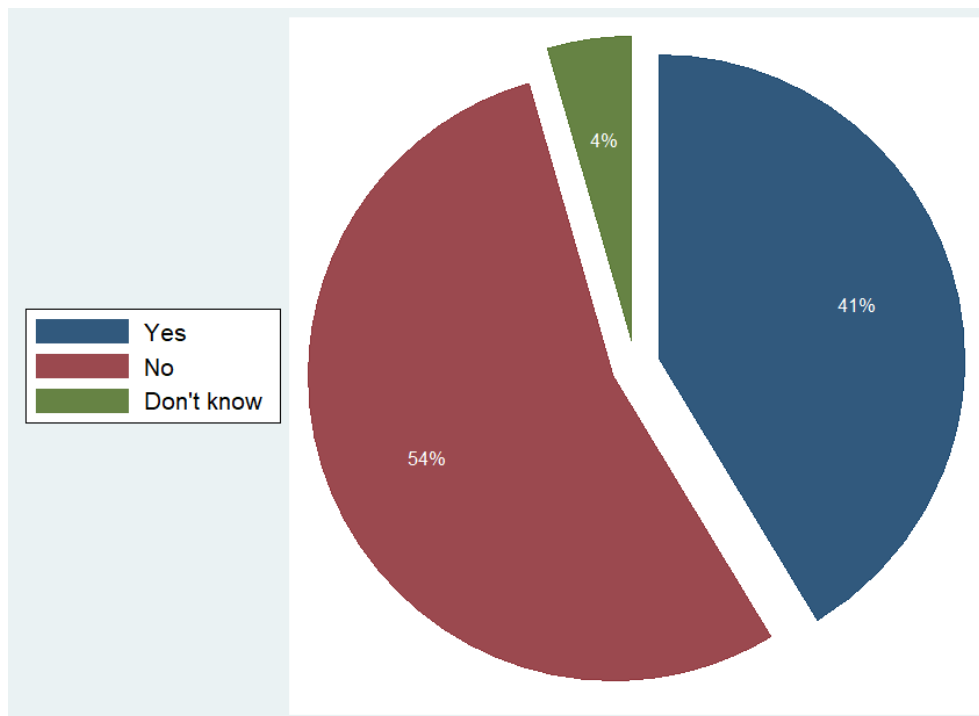
Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (total, n=3,601; by gender, n=3,570 – excludes 31 gender non-response)

Figure 7.10 Percentage who had their first sexual intercourse at age 13 years or younger by family affluence (year 11 only)



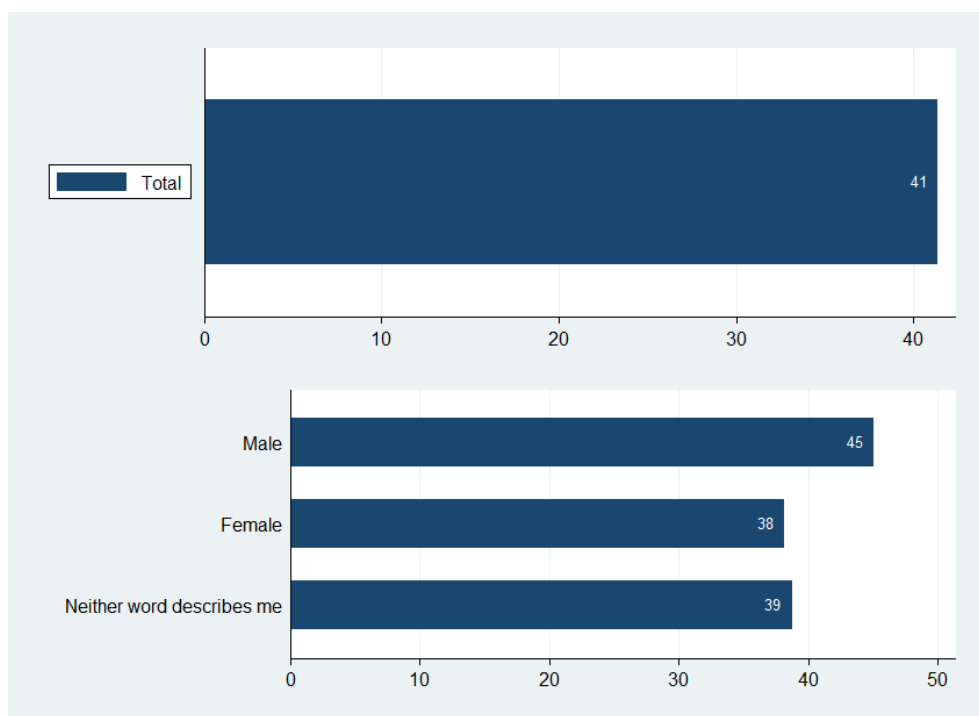
Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (n=3,524)

Figure 7.11 Condom use during last sexual intercourse (year 11 only) (%)



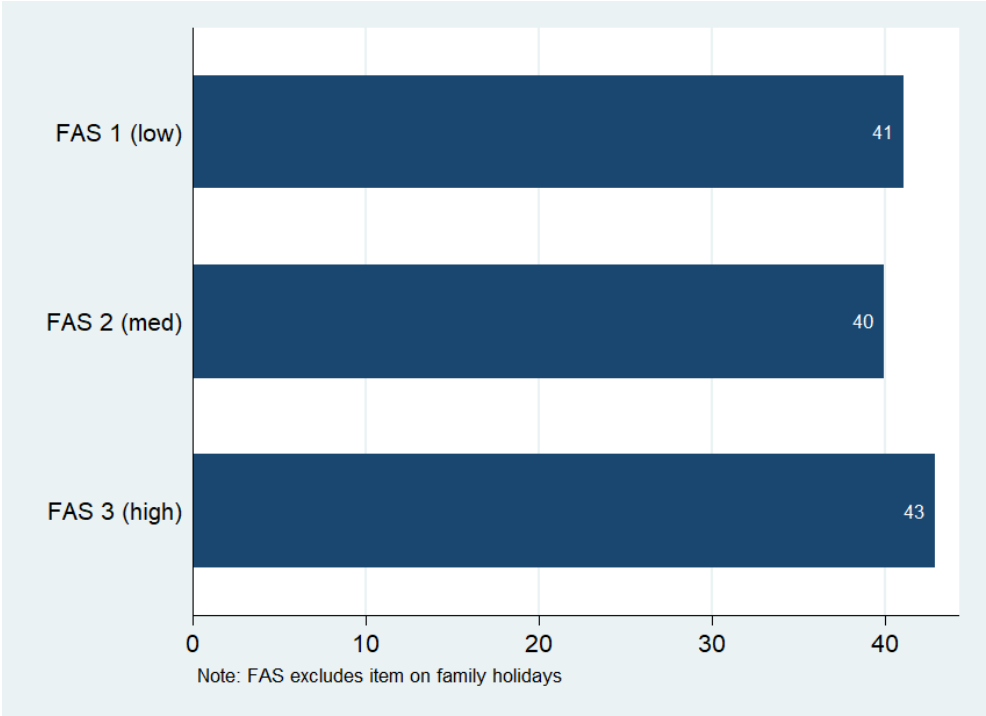
Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (n=3,645)

Figure 7.12 Percentage who used a condom during their last sexual intercourse, overall and by gender (year 11 only)



Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (total, n=3,645; by gender, n=3,611 – excludes 34 gender non-response)

Figure 7.13 Percentage who used a condom during their last sexual intercourse by family affluence (year 11 only)



Base: All respondents in year 11 who gave an answer and reported ever having had sexual intercourse, surveyed between Sep 2021 and Jan 2022 (n=3,563)

Table 7.1 Measures by ethnic group^{1,2,3}

	% who have ever sent a sexually explicit image of themselves	% who have ever had sexual intercourse (year 11 only)	% who had their first sexual intercourse at age 13 years or younger (year 11 only)	% who used a condom during last sexual intercourse (year 11 only)
White British	9	22	18	42
White Irish	14 [11,17]	37 [28,48]	-	-
White – Gypsy/traveller	29 [25,33]	59 [49,68]	50 [37,63]	30 [19,43]
White Roma	16 [10,26]	-	-	-
White Other	9	17 [14,21]	25 [17,36]	53 [42,64]
Mixed or multiple ethnic group	11	20 [17,24]	25 [18,35]	44 [35,54]
Pakistani	10 [8,12]	17 [12,23]	-	-
Indian	5 [4,7]	6 [3,12]	-	-
Bangladeshi	6 [5,8]	10 [6,16]	-	-
Chinese	6 [5,8]	19 [12,27]	-	-
African	8 [7,10]	17 [12,23]	-	-
Caribbean or Black	16 [13,20]	35 [26,45]	-	-
Arab	12 [10,14]	28 [21,36]	-	-
Other	5	15 [12,20]	-	-
Prefer not to say	5	22 [16,29]	-	-

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-);

³Age at first sexual intercourse and condom use during last sexual intercourse asked only to those who reported ever having had sex

Table 7.2 Measures by local health board^{1,2,3}

	% who have ever sent a sexually explicit image of themselves	% who have ever had sexual intercourse (year 11 only)	% who had their first sexual intercourse at age 13 years or younger (year 11 only)	% who used a condom during last sexual intercourse (year 11 only)
Aneurin Bevan	9	22	20 [17,23]	42 [39,46]
Male	7	21	21 [17,26]	46 [41,51]
Female	10	22	17 [14,21]	38 [33,43]
Neither word describes me	16 [13,18]	25 [18,34]	-	-
Betsi Cadwaladr	9	23	21 [18,24]	38 [34,41]
Male	7	21	21 [17,26]	41 [36,46]
Female	10	24	17 [13,20]	35 [31,40]
Neither word describes me	19 [16,22]	30 [23,38]	-	-
Cardiff & Vale	6	15	20 [16,25]	42 [37,48]
Male	5	15	21 [16,29]	51 [43,58]
Female	7	14	15 [10,21]	37 [30,44]
Neither word describes me	16 [13,20]	34 [22,48]	-	-
Cwm Taf Morgannwg	10	26	21 [18,25]	42 [38,46]
Male	8	24	27 [22,33]	44 [38,50]
Female	11	28	16 [12,20]	39 [34,45]
Neither word describes me	17 [14,21]	29 [20,40]	-	-
Hywel Dda	8	22	19 [15,23]	40 [36,45]
Male	7	21	19 [15,25]	45 [38,51]
Female	9	22 [20,25]	18 [13,24]	36 [29,42]
Neither word describes me	16 [13,21]	-	-	-
Powys	10	19 [16,21]	17 [12,24]	53 [45,61]
Male	8	19 [15,23]	18 [11,229]	57 [45,68]
Female	11	19 [15,23]	13 [7,23]	49 [38,60]
Neither word describes me	14 [9,21]	-	-	-
Swansea Bay	10	23	21 [18,25]	43 [38,47]
Male	7	21	24 [19,30]	45 [38,51]
Female	12	24	15 [11,19]	42 [36,49]
Neither word describes me	21 [17,26]	43 [33,54]	-	-

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-);

³Age at first sexual intercourse and condom use during last sexual intercourse asked only to those who reported ever having had sex

8. Substance use and gambling

This section presents data on young people's substance use and gambling in Wales based on the following measures: **current tobacco smoking**, **age at first cigarette**, **e-cigarette experimentation**, **current e-cigarette use**, **age at first e-cigarette**, **frequency of alcohol consumption**, **quantity of alcohol consumption**, **lifetime drunkenness**, **age first got drunk**, **cannabis acceptability**, **offered cannabis**, **lifetime cannabis use**, **age at first cannabis use**, **illicit drug use**, and **gambling in the past 7 days**. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Tobacco smoking: 3% of young people reported current (at least weekly) tobacco smoking (Figure 8.1). There was little difference in rates of current smoking between boys and girls (both 3%), but higher prevalence among young people who identified as neither a boy nor a girl (9%) (Figure 8.2).

Among year 11 students who have ever smoked a cigarette, 3% reported first smoking at age 16 years, 27% at age 15 years, 24% at age 14 years, and 46% at age 13 years or younger (Figure 8.5).

E-cigarette use: 20% of young people reported having ever tried an e-cigarette (Figure 8.8). A higher proportion of young people who identified as neither a boy nor a girl (28%) had tried an e-cigarette compared to girls (22%) and boys (19%) (Figure 8.9).

Overall, 5% of young people reported current (at least weekly) use of e-cigarettes (Figure 8.13). Fewer boys (4%) reported current use of e-cigarettes compared to girls (7%) and young people who identified as neither a boy nor a girl (8%).

Among year 11 students who have ever tried an e-cigarette, 4% reported first using an e-cigarette at age 16 years, 39% at age 15 years, 22% at age 14 years, and 35% at age 13 years or younger (Figure 8.16).

Alcohol consumption: Over half (58%) of young people reported that they never drink alcohol (Figure 8.19). Current (at least weekly) alcohol use was reported by 7% of young people with usage rates similar among boys and girls (both 7%), but higher among young people who identified as neither a boy nor a girl (12%) (Figure 8.20).

Of those young people who reported drinking alcohol, 51% typically consumed more than one alcoholic drink per drinking occasion, with 18% consuming 5 drinks or more (Figure 8.23). Girls (56%) were more likely than boys (47%) and young people who identified as neither a boy nor a girl (49%) to drink more than one alcoholic drink per drinking occasion (Figure 8.24).

The majority (81%) of young people reported never having been drunk within their lifetime, with 6% reporting drunkenness on at least 4 occasions (Figure 8.27). Drunkenness was more common among young people who identified as neither a boy nor a girl (11%), compared to girls (7%) and boys (5%).

Among year 11 students who have ever been drunk, 4% reported first getting drunk at age 16 years, 39% at age 15 years, 28% at age 14 years, and 28% at age 13 years or younger (Figure 8.31).

Cannabis use: 12% of young people felt it was okay for someone their age to try cannabis to see what it is like (Figure 8.34). Acceptability of cannabis use was almost twice as high among young people who identified as neither a boy nor a girl (20%) compared to boys (11%) and girls (12%) respectively (Figure 8.35).

16% of young people reported having been offered cannabis in the last 12 months (Figure 8.38). This is compared to 7% who have used cannabis in their lifetime (Figure 8.42). Prevalence for boys and girls was similar with regards to being offered cannabis (15% vs. 16%) and ever use of cannabis (6% vs. 7%) but higher among young people who identified as neither a boy nor a girl: 25% had been offered cannabis while 12% had used cannabis in their lifetime (Figures 8.39 and 8.43).

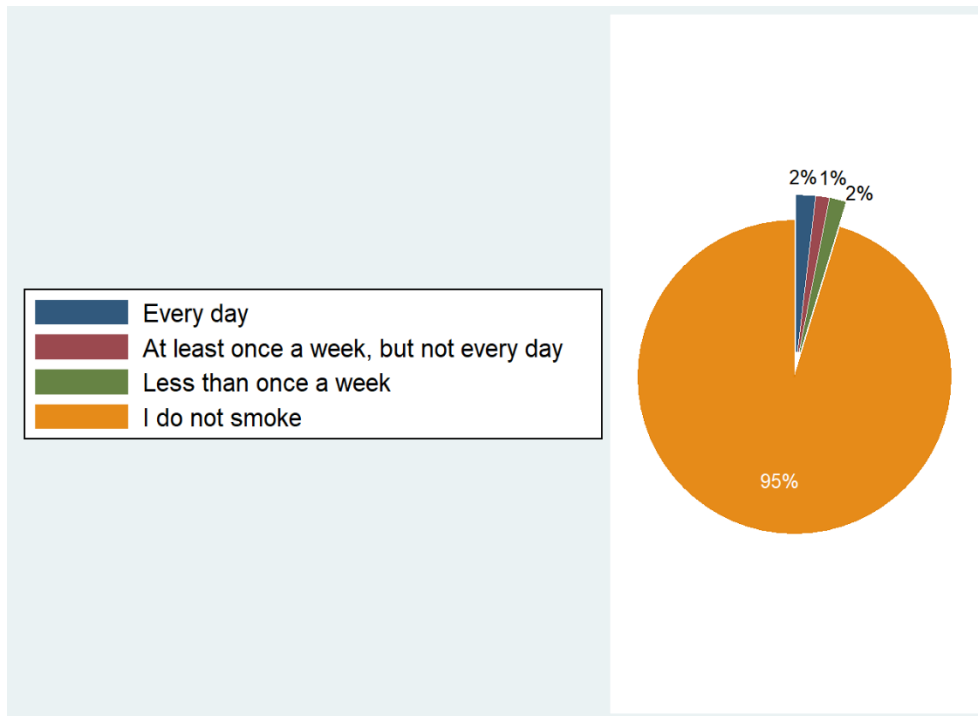
Among year 11 students who have ever used cannabis, 4% reported first using cannabis at age 16 years, 39% at age 15 years, 28% at age 14 years, and 29% at age 13 years or younger (Figure 8.46).

Other illicit drug use: 12% of young people reported having ever used drugs in their lifetime, with laughing gas and cannabis the most used drugs (Figures 8.49-8.50). Prevalence for boys and girls was similar with 13% of boys and 12% of girls reporting ever use of drugs respectively. Among young people who identified as neither a boy nor a girl, 18% reported ever use of drugs (Figure 8.50).

Gambling: 8% of young people reported spending their own money on gambling activities in the past 7 days, with fruit machines the most common gambling activity (Figures 8.53-8.54). Boys (11%) and young people who identified as neither a boy nor a girl (12%) were twice as likely than girls (6%) to have spent money on gambling activities in the past 7 days.

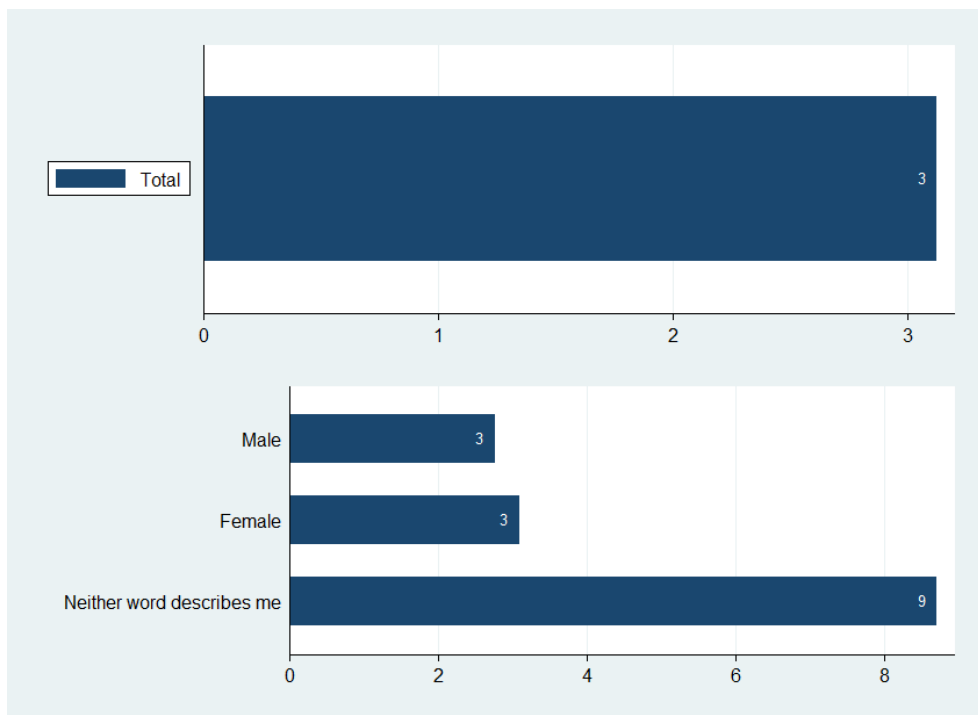
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 8.1-8.2.

Figure 8.1 Current tobacco smoking (%)



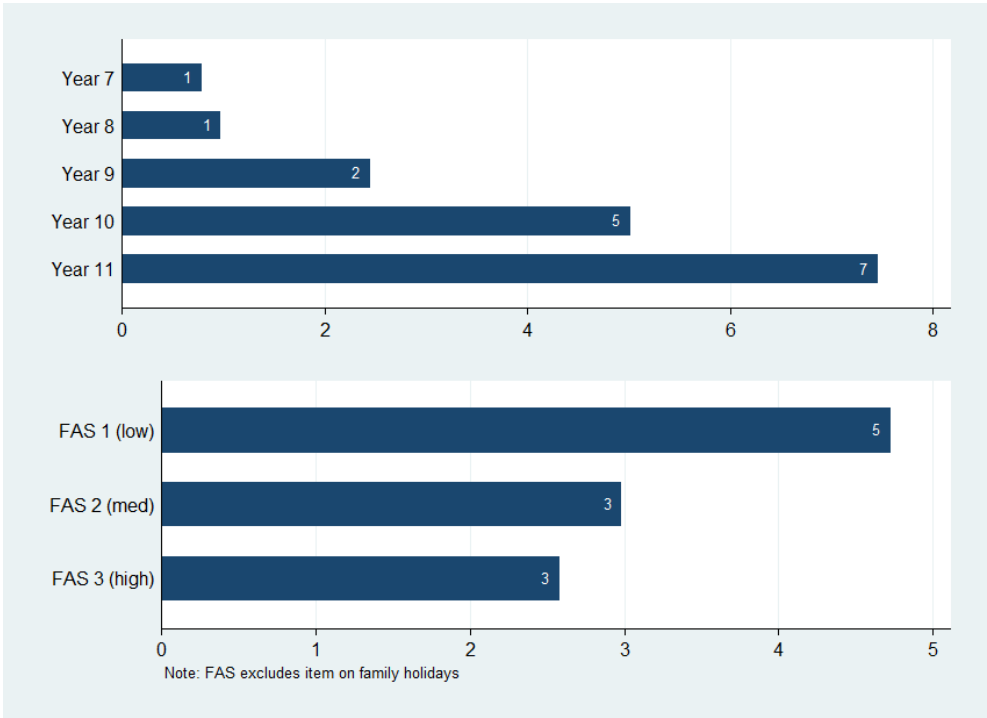
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=115,118)

Figure 8.2 Percentage who currently smoke tobacco at least weekly, overall and by gender



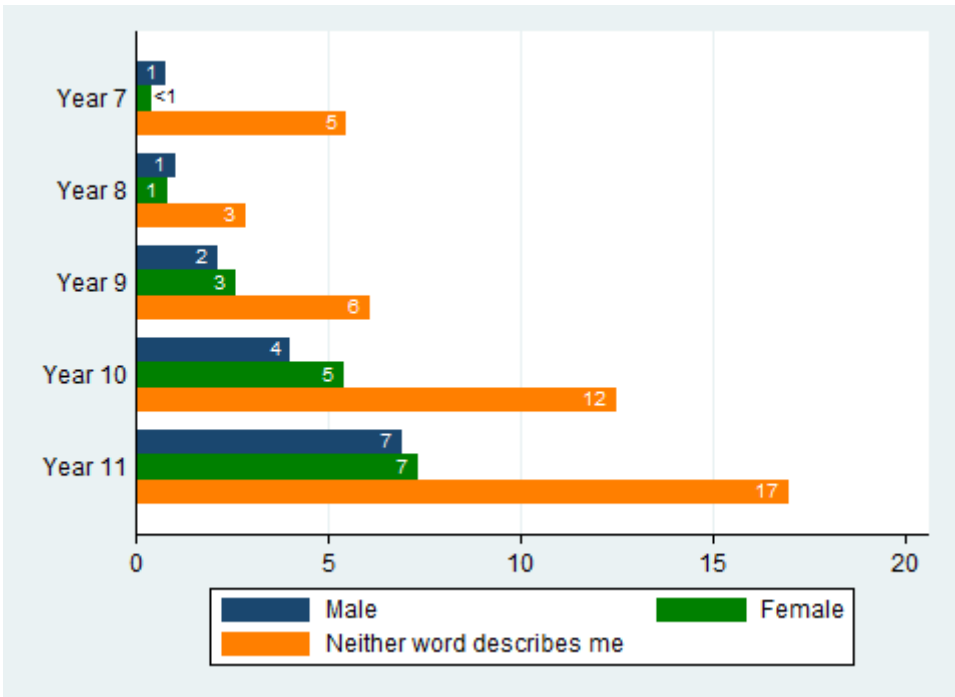
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=115,118; by gender, n=113,490 – excludes 1,628 gender non-response)

Figure 8.3 Percentage who currently smoke tobacco at least weekly by year group and family affluence



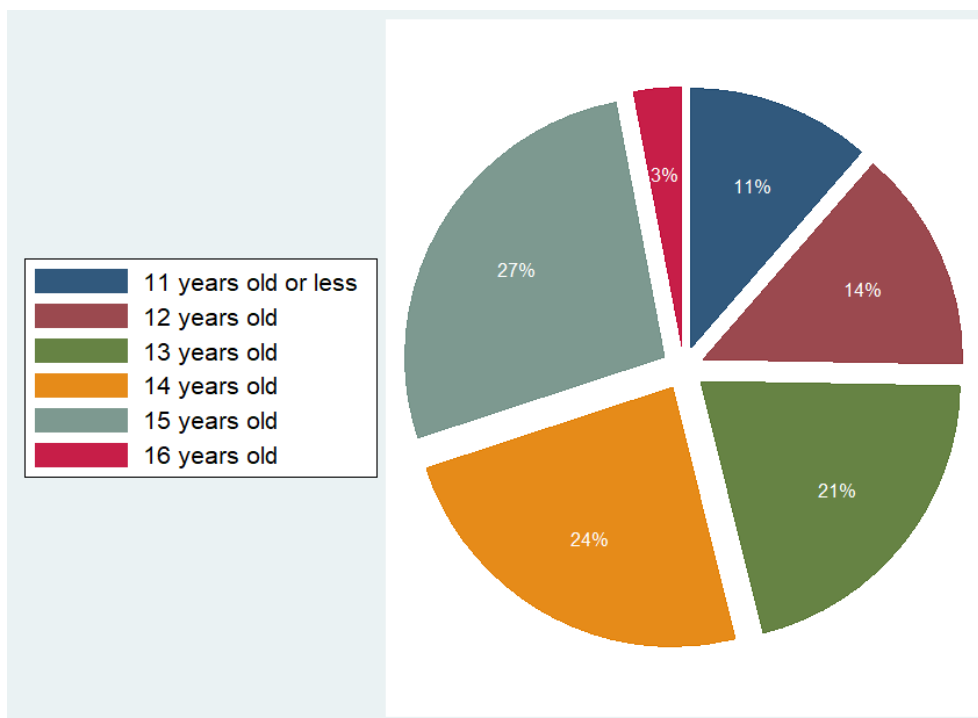
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=115,118; by FAS, n=110,397)

Figure 8.4 Percentage who currently smoke tobacco at least weekly by year group and gender



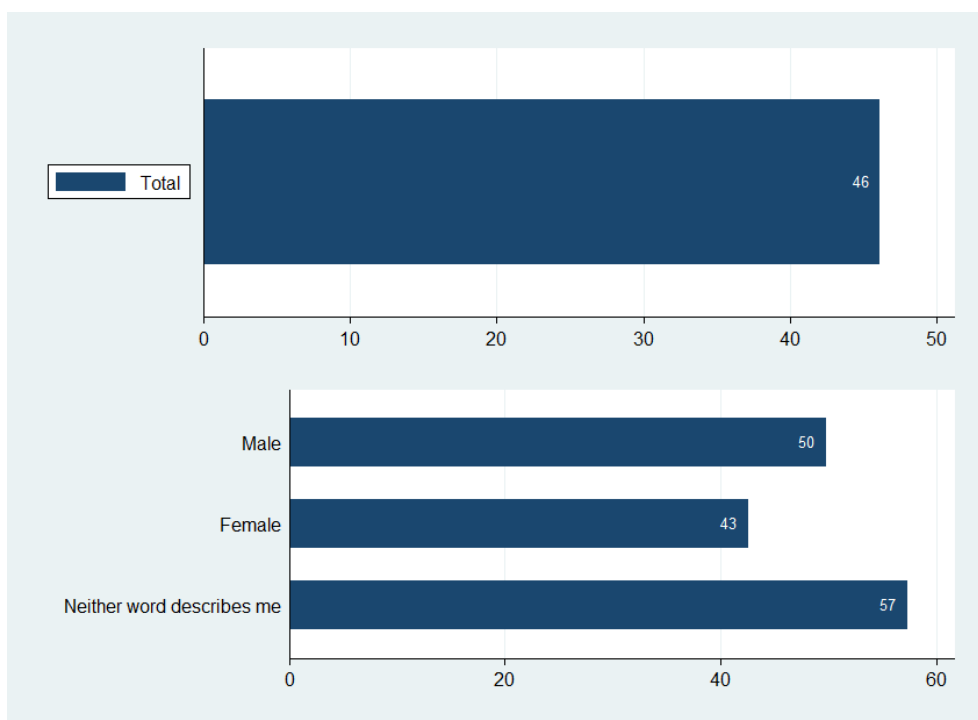
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=113,490). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.5 Age first smoked a cigarette (year 11 only) (%)



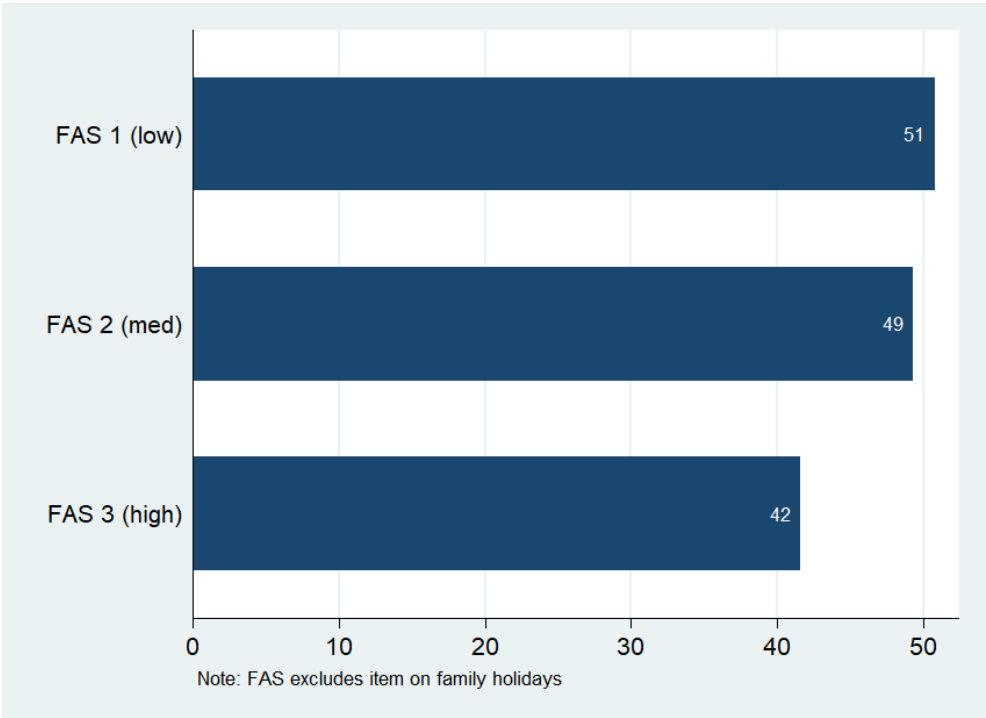
Base: All respondents in year 11 who reported having ever smoked and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=2,125)

Figure 8.6 Percentage who smoked their first cigarette at age 13 years or younger, overall and by gender (year 11 only)



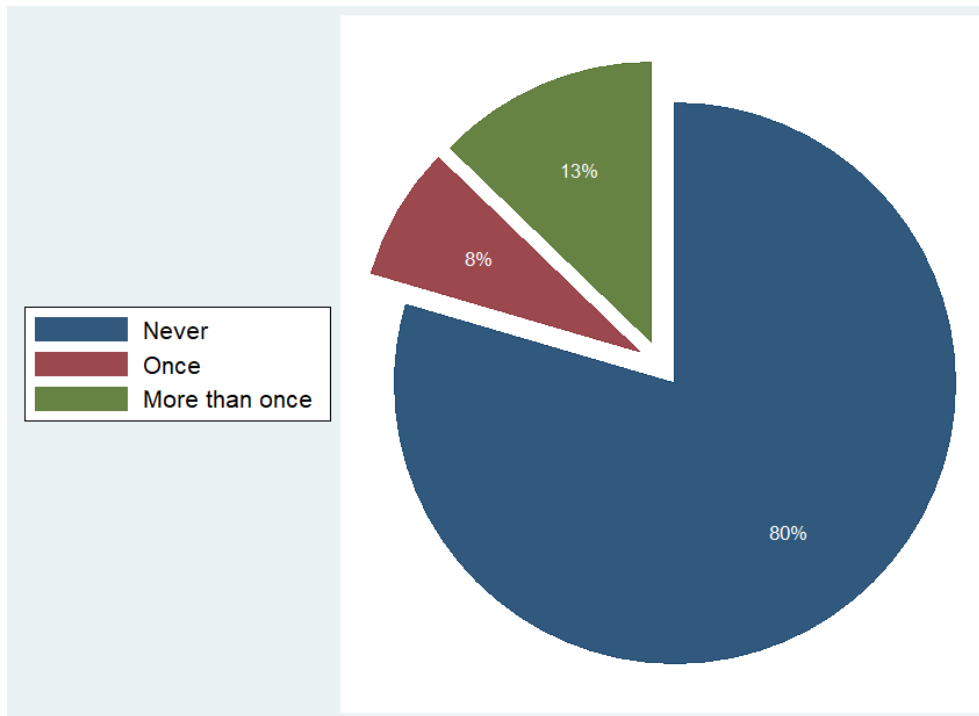
Base: All respondents in year 11 who reported having ever smoked and gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=2,125; by gender, n=2,105 – excludes 20 gender non-response)

Figure 8.7 Percentage who smoked their first cigarette at age 13 years or younger by family affluence (year 11 only)



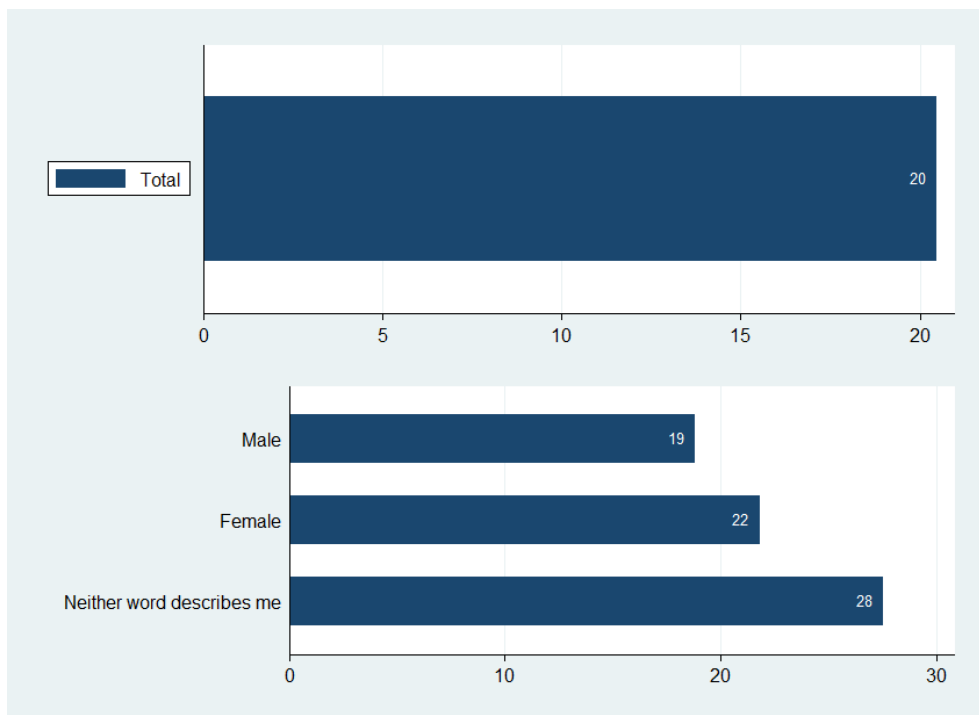
Base: All respondents in year 11 who reported having ever smoked and gave an answer, surveyed between Sep 2021 and Jan 2022 (by FAS, n=2,081)

Figure 8.8 Tried e-cigarettes (%)



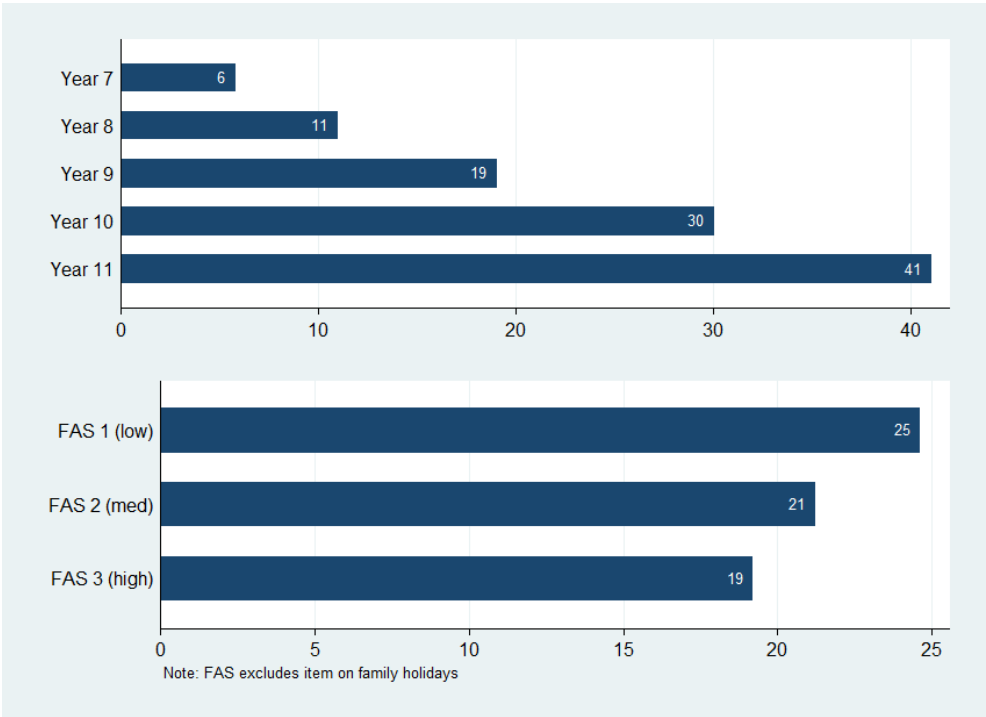
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=112,276)

Figure 8.9 Percentage who have ever tried e-cigarettes, overall and by gender



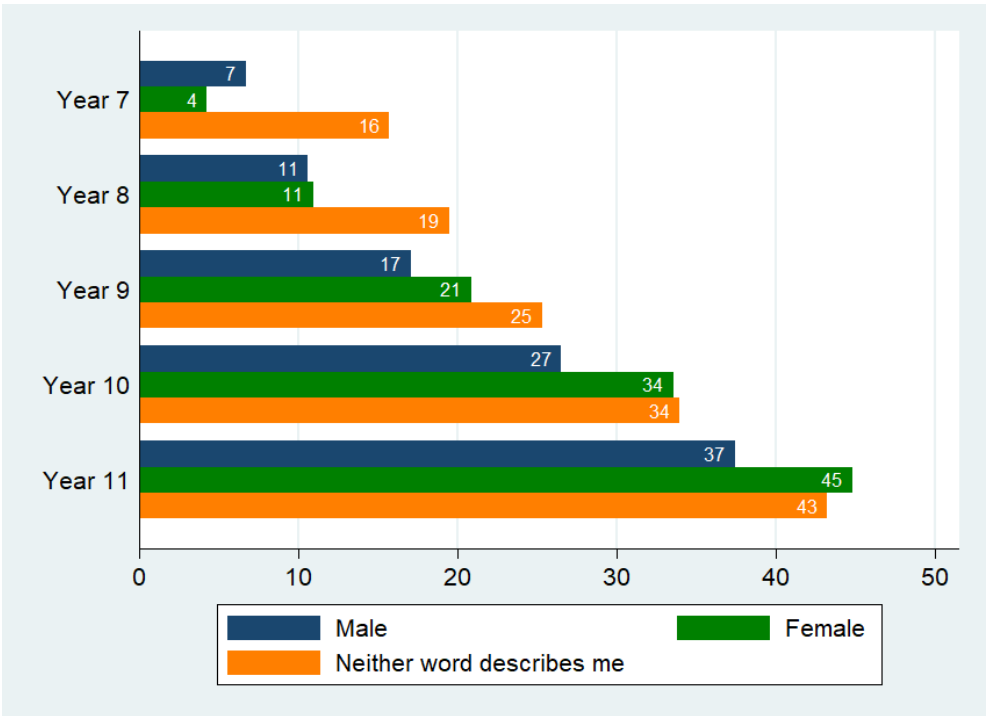
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=112,276; by gender, n=110,704 – excludes 1,572 gender non-response)

Figure 8.10 Percentage who have ever tried e-cigarettes by year group and family affluence



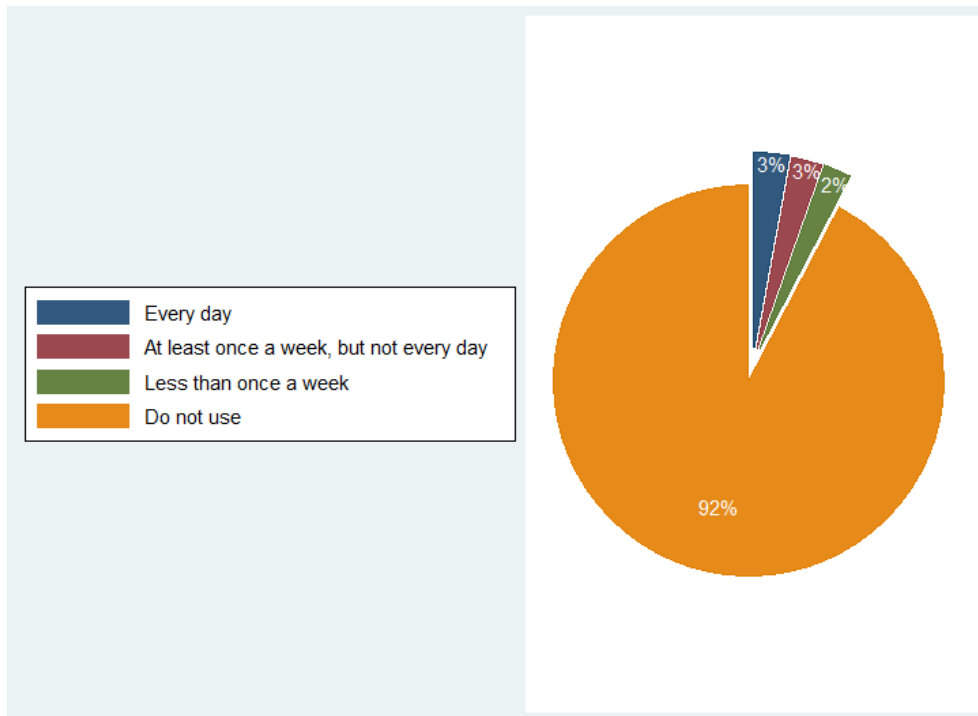
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=112,276; by FAS, n=107,920)

Figure 8.11 Percentage who have ever tried e-cigarettes by year group and gender



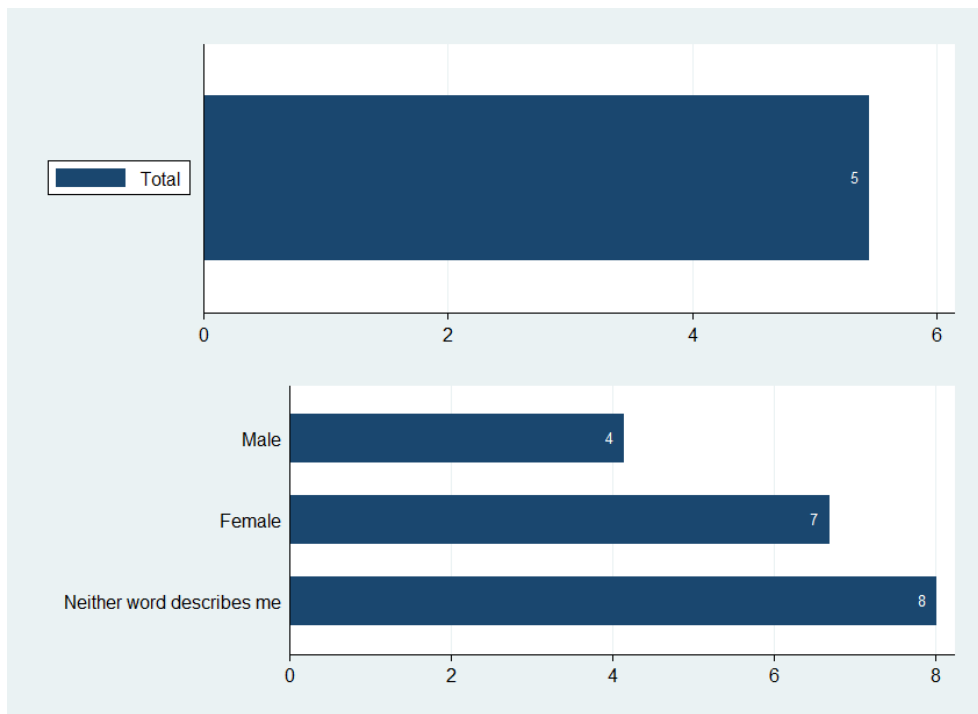
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=112,276). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.12 Current e-cigarette usage (%)



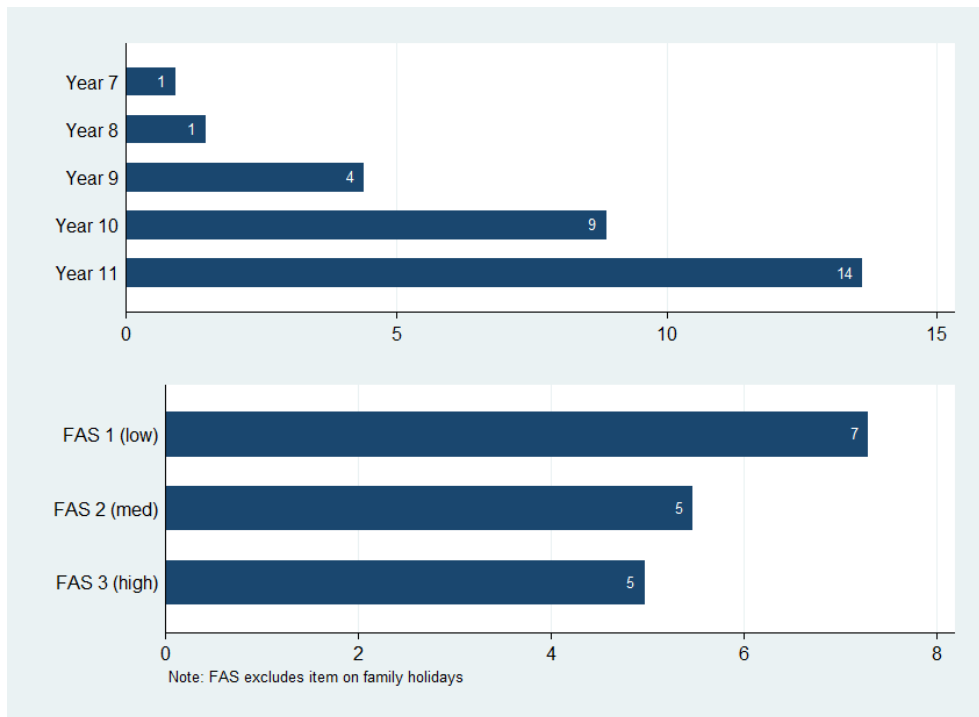
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=55,334)

Figure 8.13 Percentage who use e-cigarettes at least weekly, overall and by gender



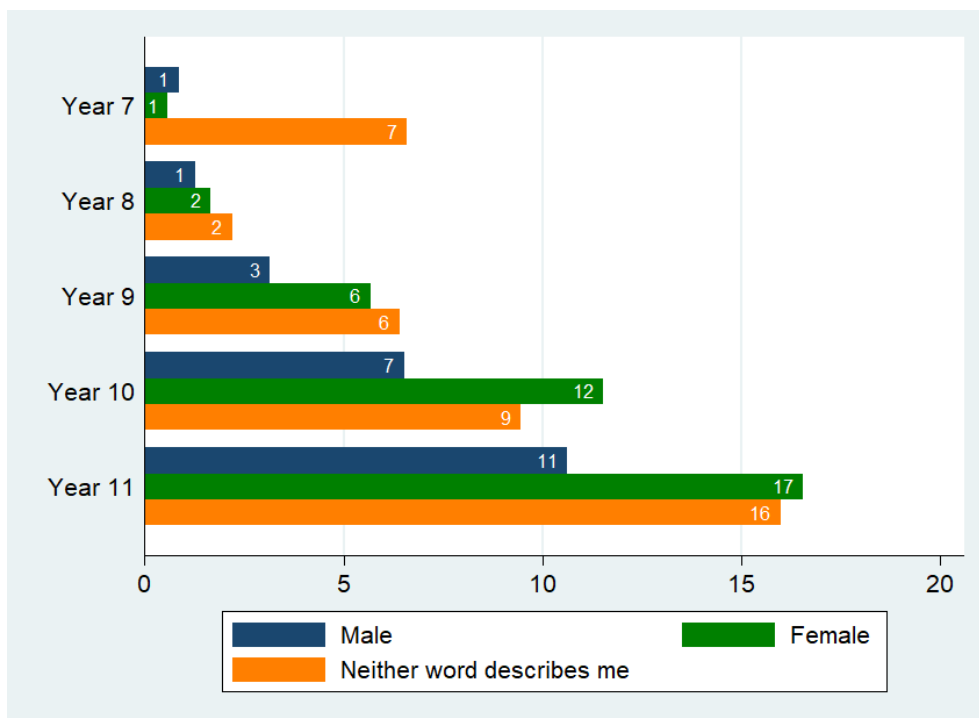
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=55,334; by gender, n=54,522 – excludes 812 gender non-response)

Figure 8.14 Percentage who use e-cigarettes at least weekly by year group and family affluence



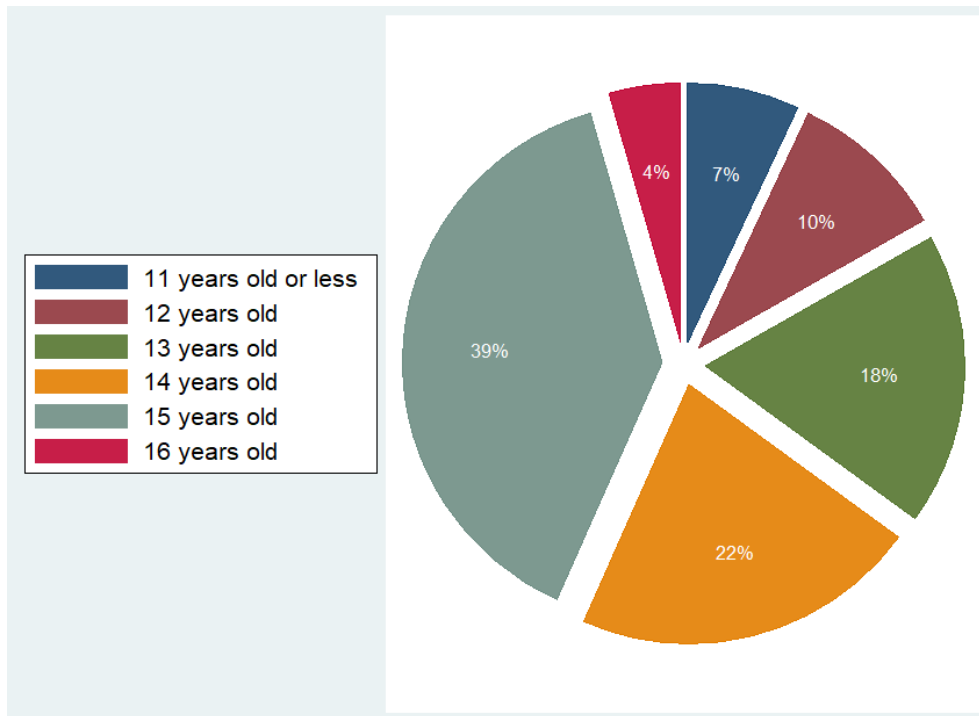
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=55,334; by FAS, n=53,295)

Figure 8.15 Percentage who use e-cigarettes at least weekly by year group and gender



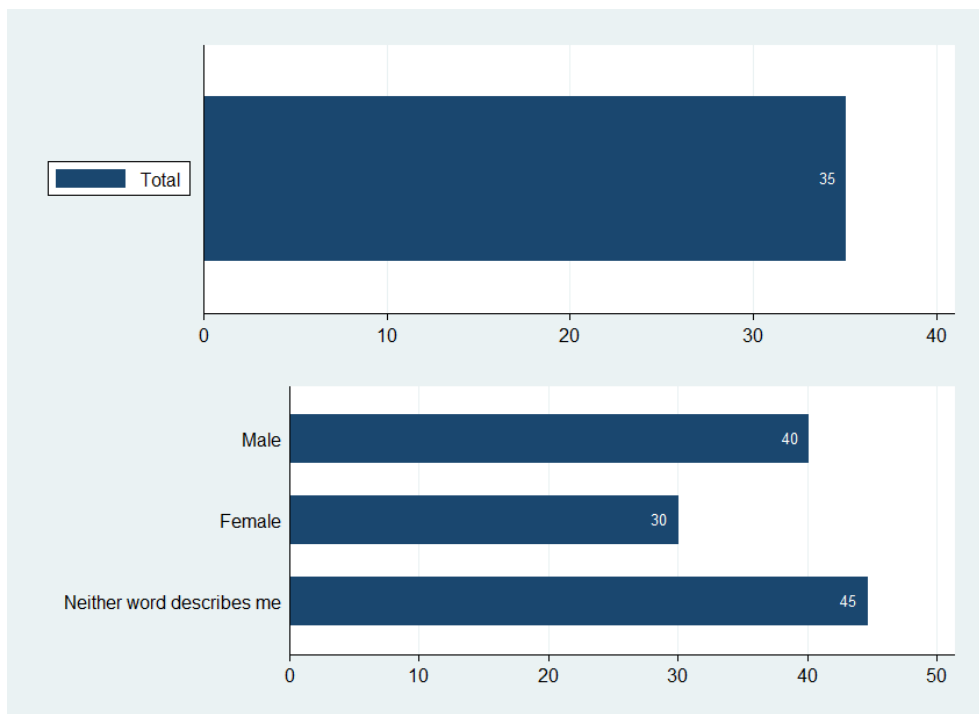
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,522). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.16 Age first used an e-cigarette (year 11 only) (%)



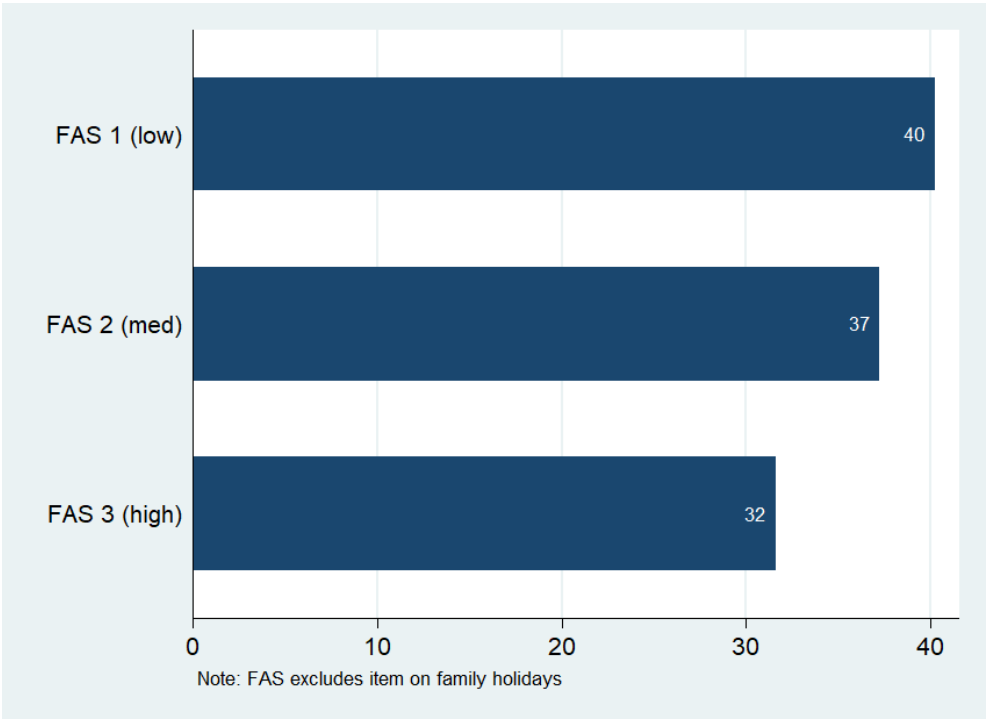
Base: All respondents in year 11 who reported having ever tried an e-cigarette and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=3,568)

Figure 8.17 Percentage who first used an e-cigarette at age 13 years or younger, overall and by gender (year 11 only)



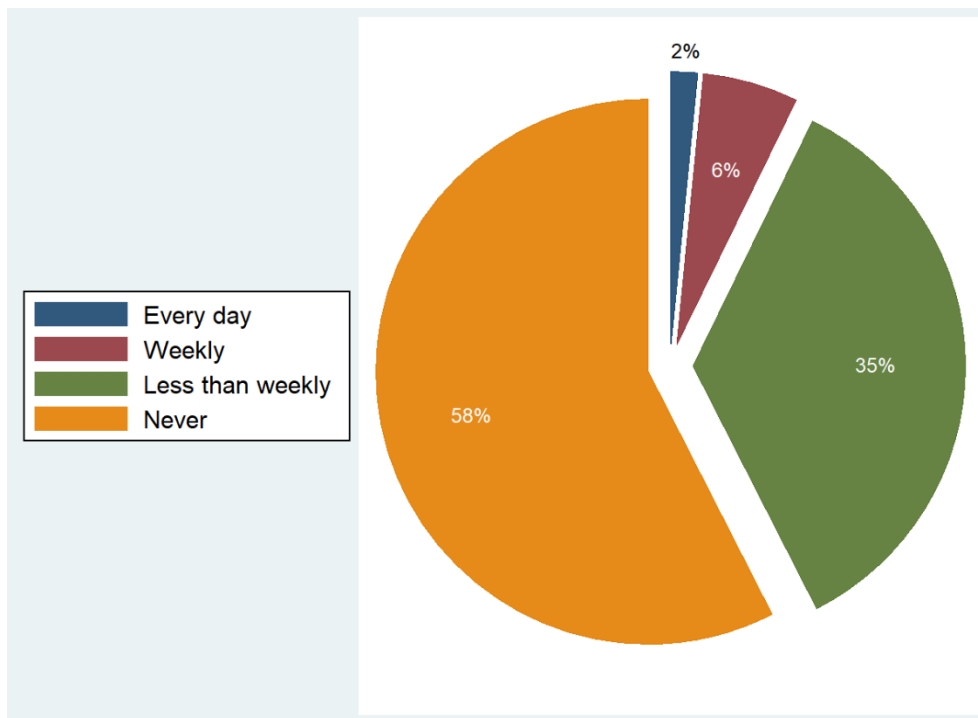
Base: All respondents in year 11 who reported having ever tried an e-cigarette and gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=3,568; by gender, n=3,535 – excludes 33 gender non-response)

Figure 8.18 Percentage who first used an e-cigarette at age 13 years or younger by family affluence (year 11 only)



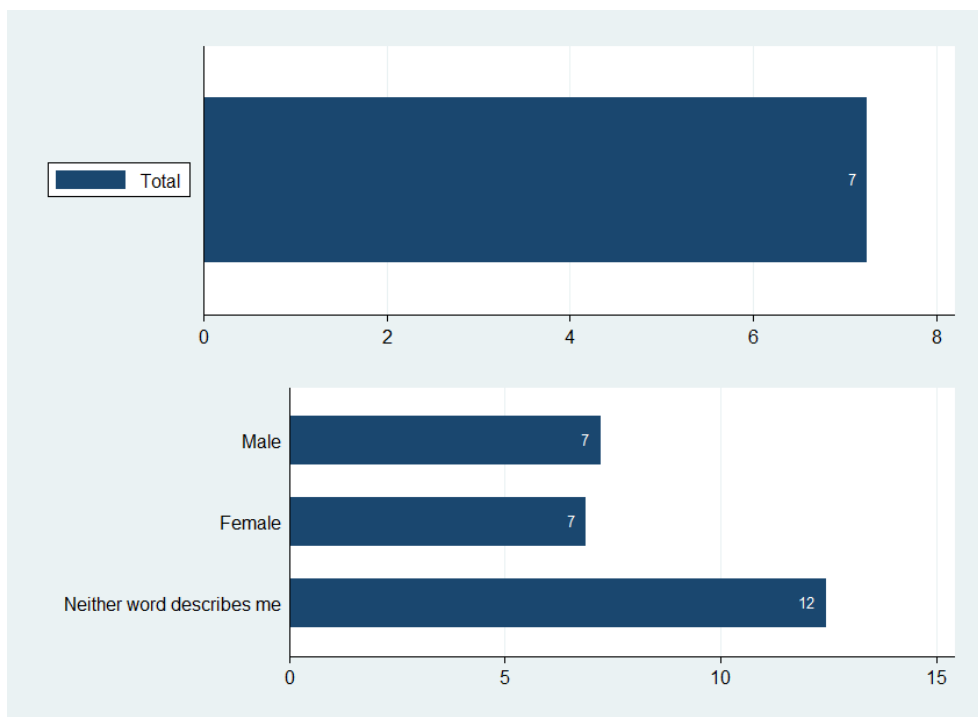
Base: All respondents in year 11 who reported having ever tried an e-cigarette and gave an answer, surveyed between Sep 2021 and Jan 2022 (by FAS, n=3,506)

Figure 8.19 Current frequency of drinking anything alcoholic (%)



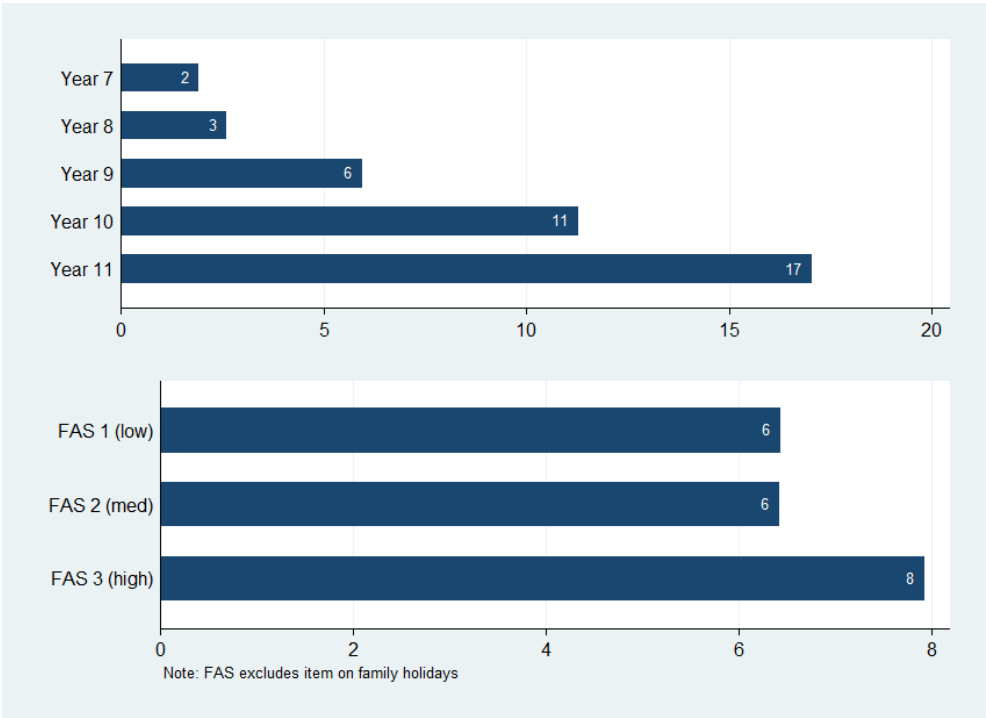
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=29,667)

Figure 8.20 Percentage who drink anything alcoholic at least weekly, overall and by gender



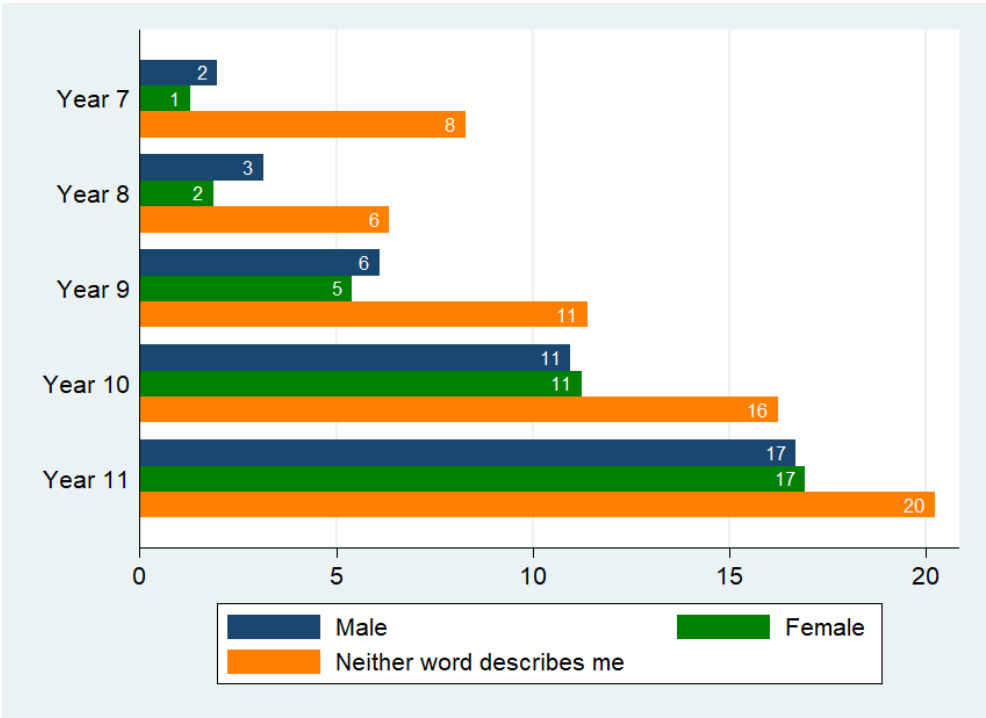
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=29,667; by gender, n=29,210 – excludes 457 gender non-response)

Figure 8.21 Percentage who drink anything alcoholic at least weekly by year group and family affluence



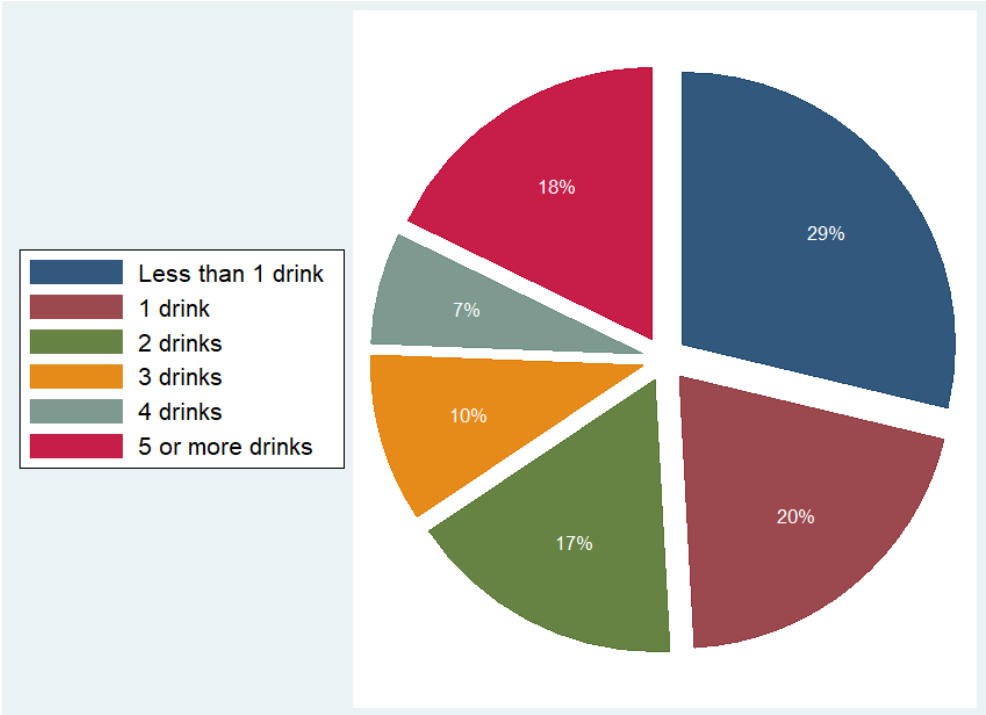
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=29,667; by FAS, n=28,517)

Figure 8.22 Percentage who drink anything alcoholic at least weekly by year group and gender



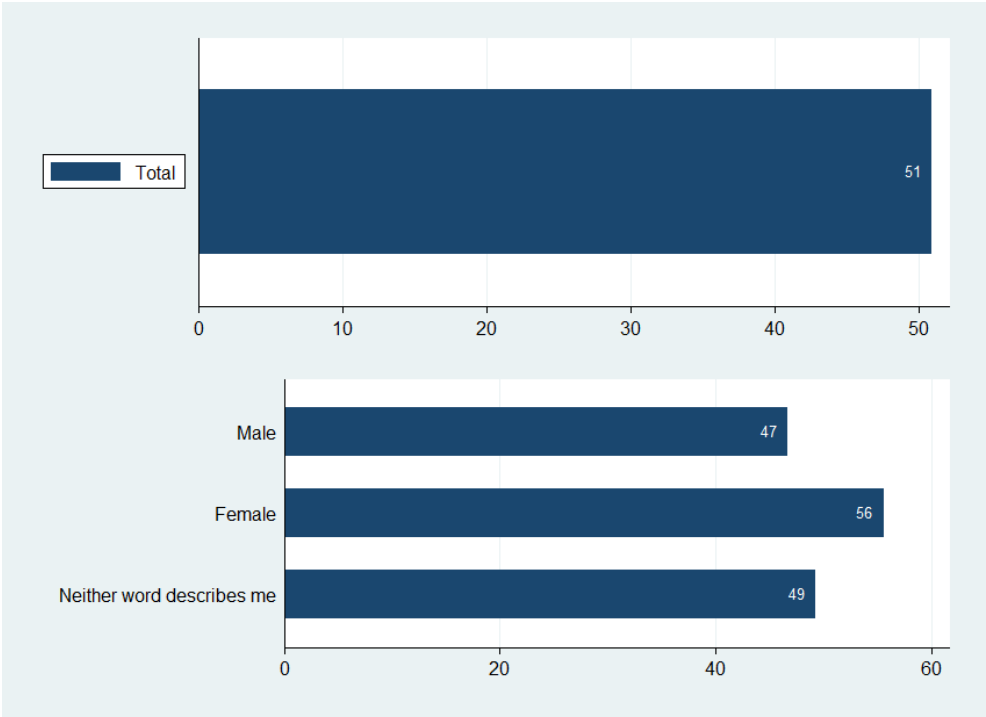
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=29,210). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.23 Number of alcoholic drinks consumed per drinking occasion (%)



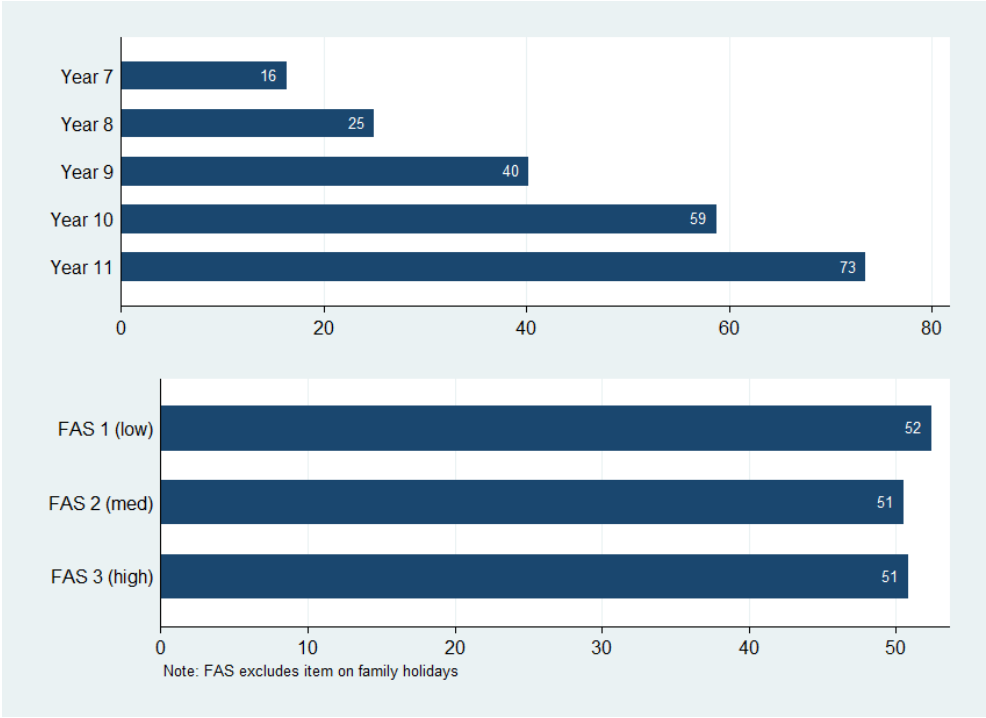
Base: All respondents in years 7 to 11 who reported drinking alcohol and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=45,535)

Figure 8.24 Percentage who typically consume more than one alcoholic drink per drinking occasion, overall and by gender



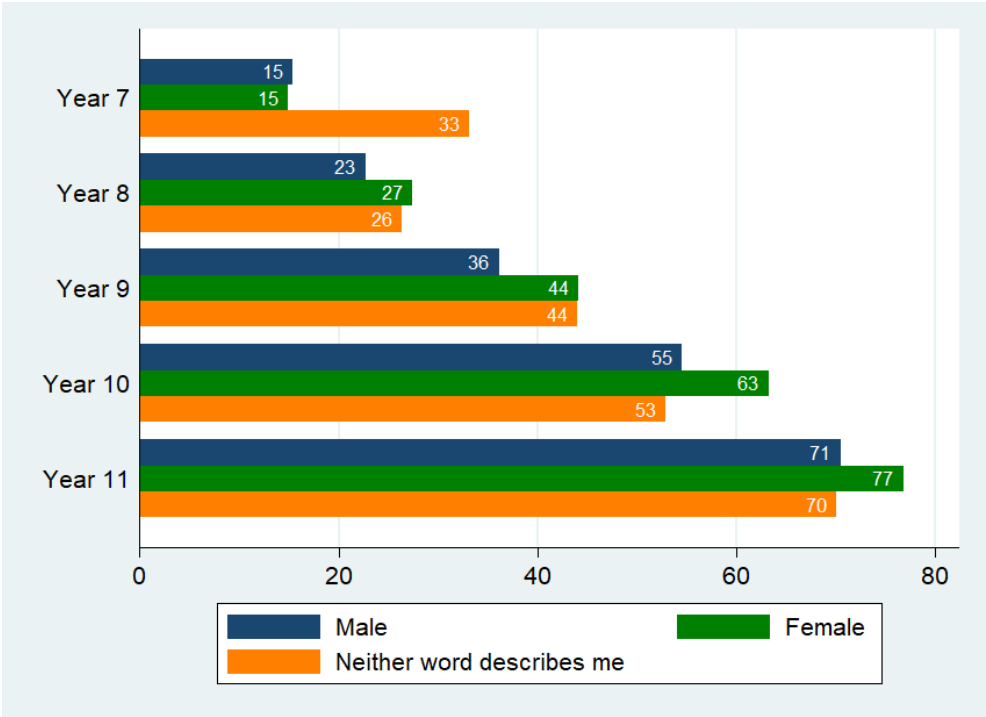
Base: All respondents in years 7 to 11 who reported drinking alcohol and gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=45,535; by gender, n=44,920 – excludes 615 gender non-response)

Figure 8.25 Percentage who typically consume more than one alcoholic drink per drinking occasion by year group and family affluence



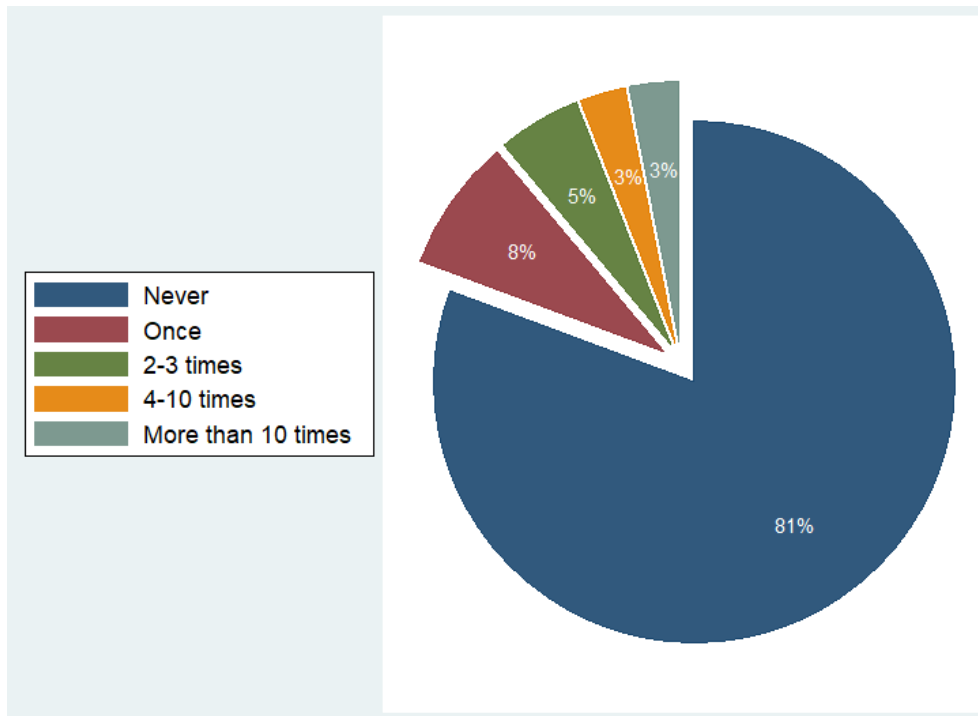
Base: All respondents in years 7 to 11 who reported drinking alcohol and gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=45,535; by FAS, n=44,218)

Figure 8.26 Percentage who typically consume more than one alcoholic drink per drinking occasion by year group and gender



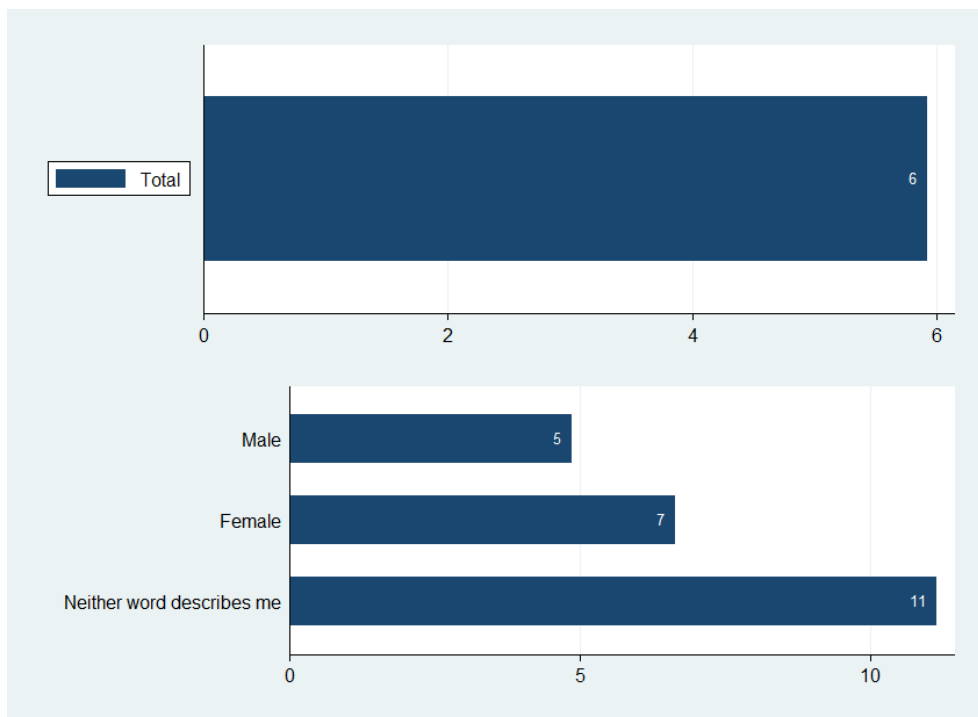
Base: All respondents in years 7 to 11 who reported drinking alcohol and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=44,920). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.27 Number of times drunk in lifetime (%)



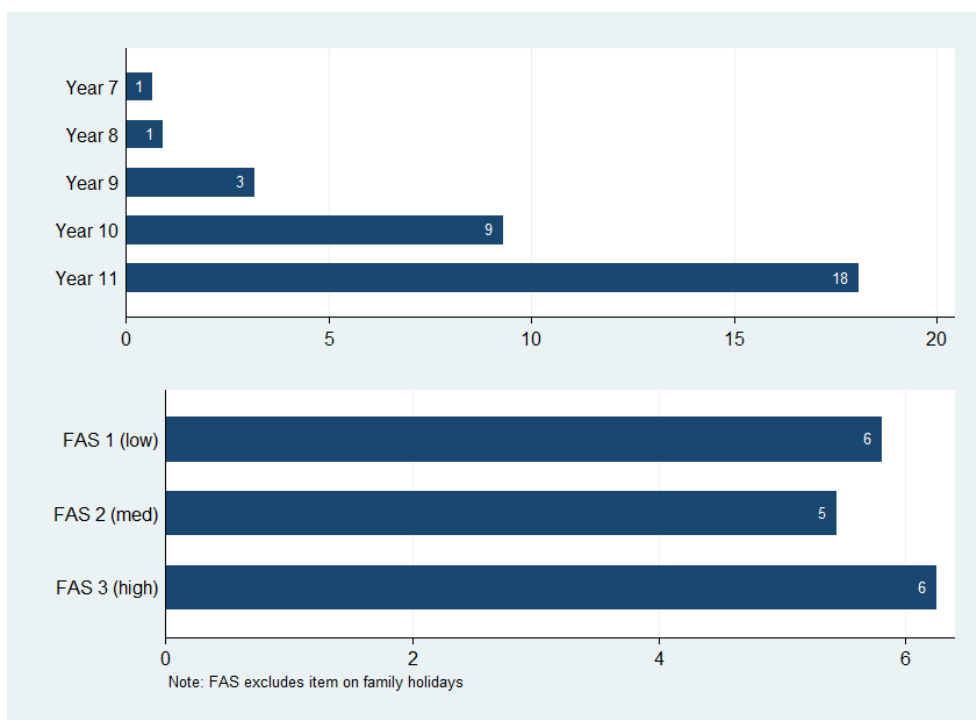
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,630). This question is not filtered by previous alcohol use, meaning 'never' will include those who have never drunk alcohol and those who have drunk alcohol but whom have never been drunk

Figure 8.28 Percentage who have been drunk at least four times in their life, overall and by gender



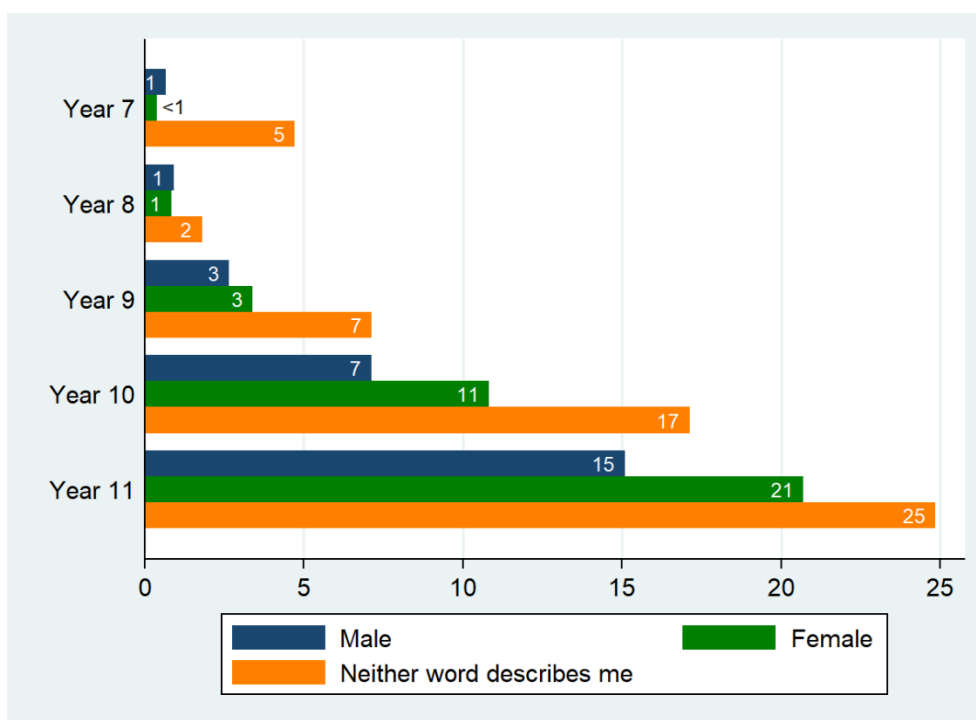
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=57,630; by gender, n=56,843 – excludes 787 gender non-response)

Figure 8.29 Percentage who have been drunk at least four times in their life by year group and family affluence



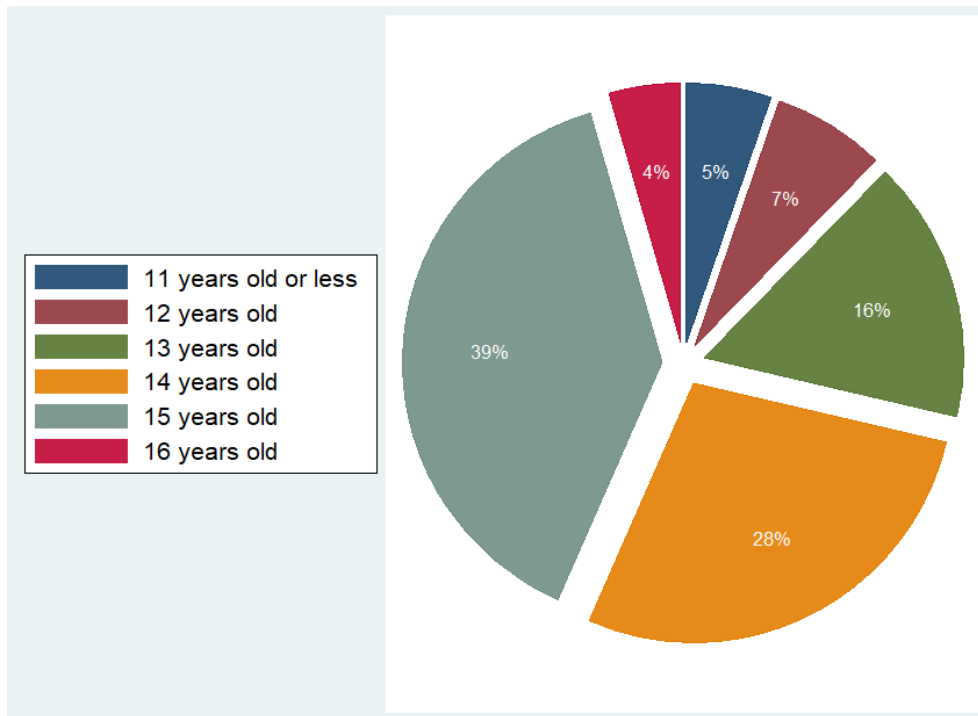
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=57,630; by FAS, n=55,163)

Figure 8.30 Percentage who have been drunk at least four times in their life by year group and gender



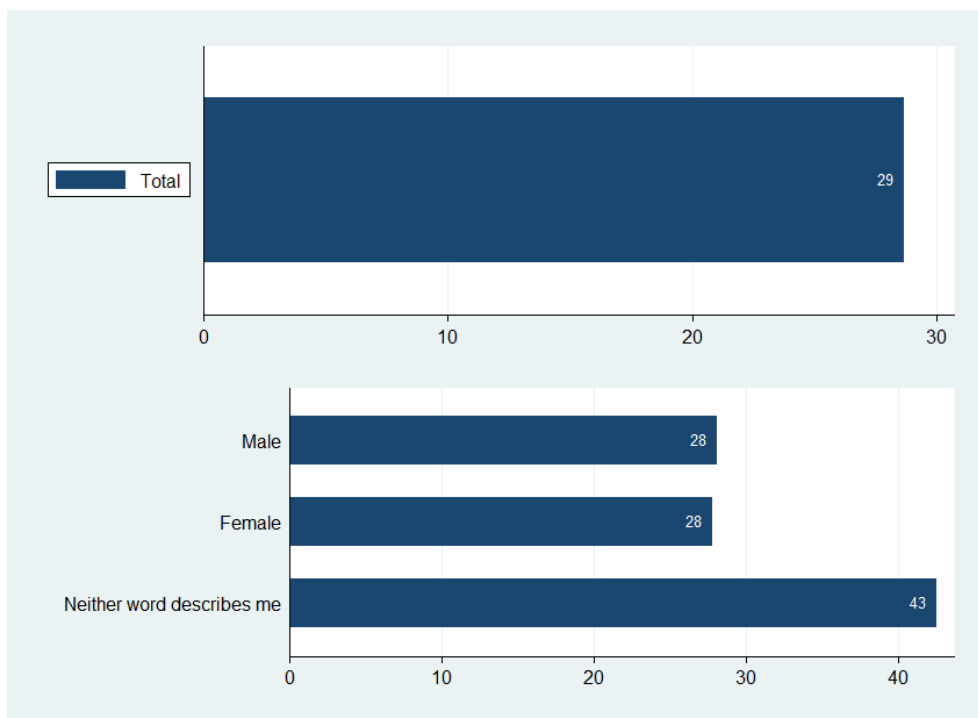
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=56,843). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.31 Age first got drunk (year 11 only) (%)



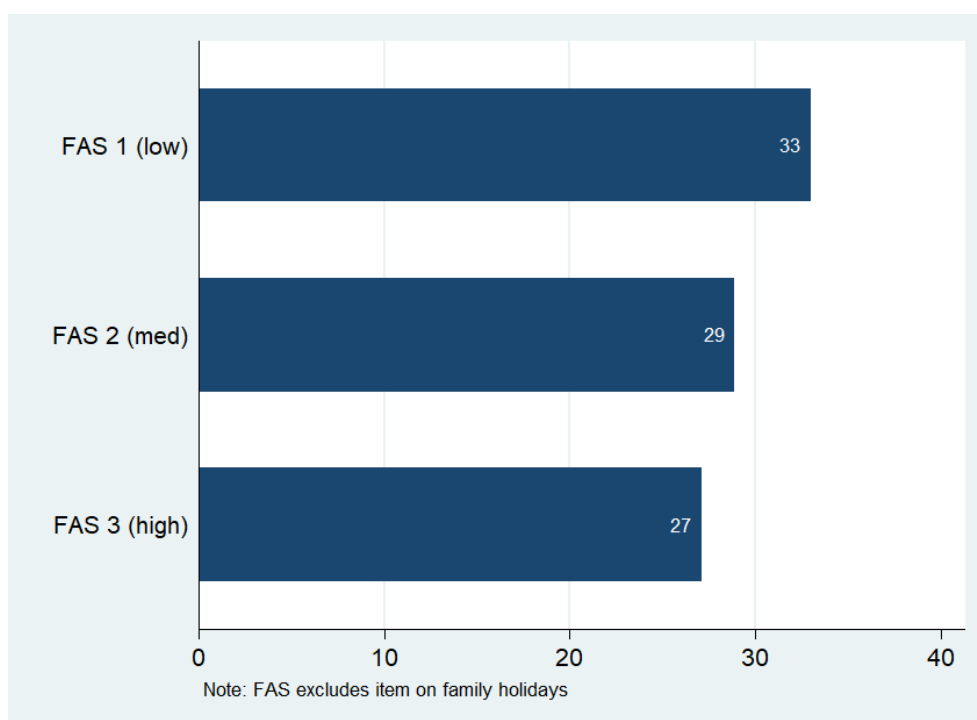
Base: All respondents in year 11 who reported having been drunk and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=4,573)

Figure 8.32 Percentage who first got drunk at age 13 years or younger, overall and by gender (year 11 only)



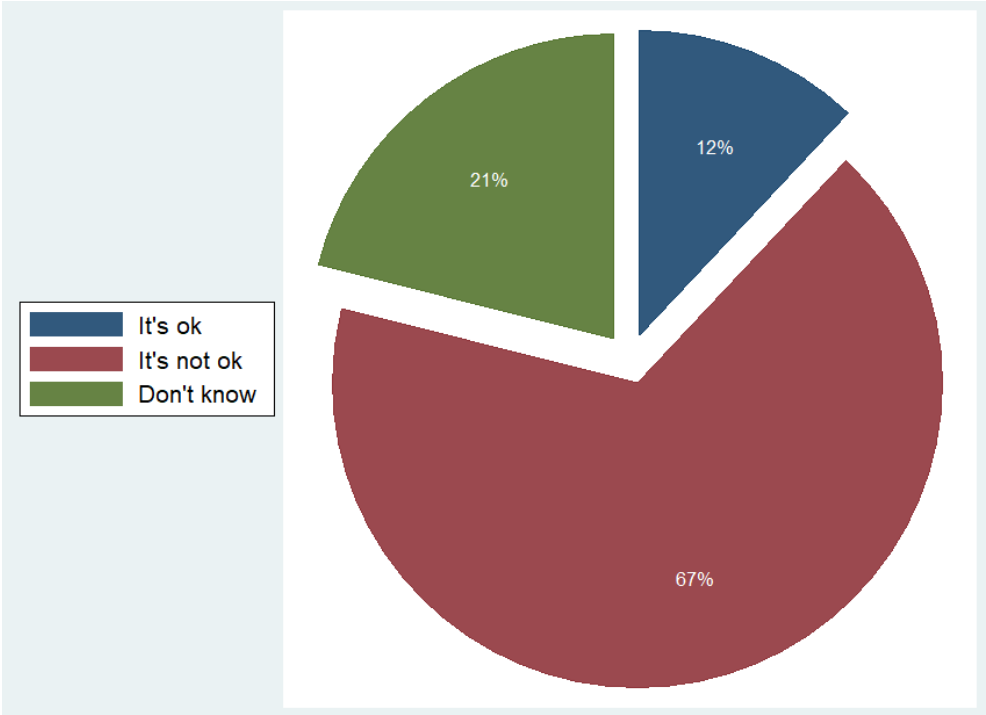
Base: All respondents in year 11 who reported having been drunk and gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=4,573; by gender, n=4,537 – excludes 36 gender non-response)

Figure 8.33 Percentage who first got drunk at age 13 years or younger by family affluence (year 11 only)



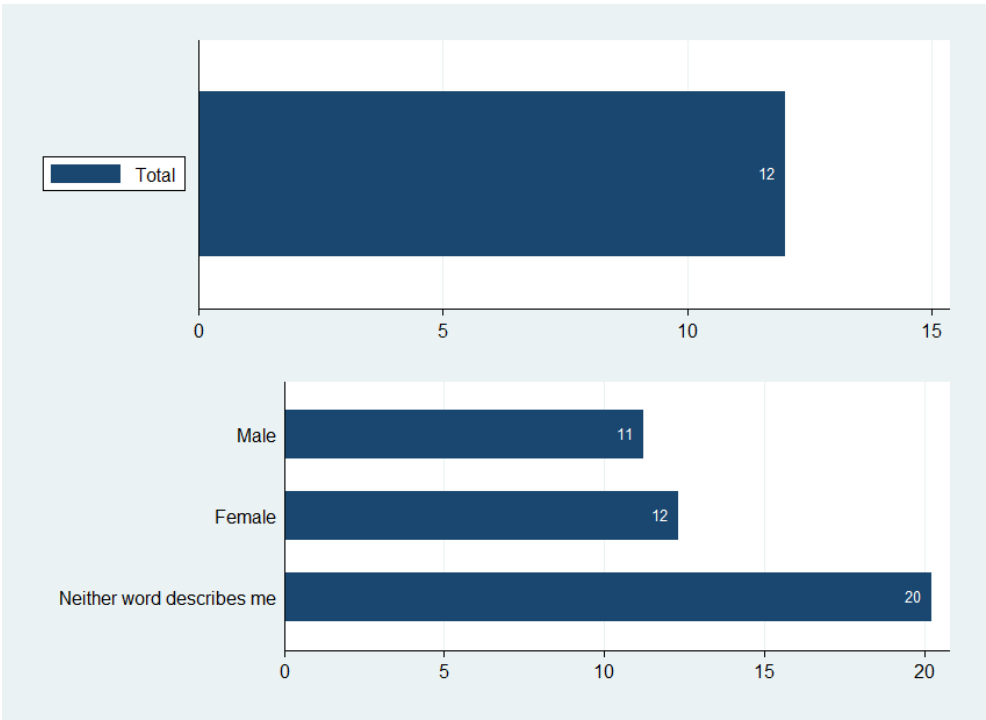
Base: All respondents in year 11 who reported having been drunk and gave an answer, surveyed between Sep 2021 and Jan 2022 (by FAS, n=4,493)

Figure 8.34 Acceptability of trying cannabis to see what it's like (%)



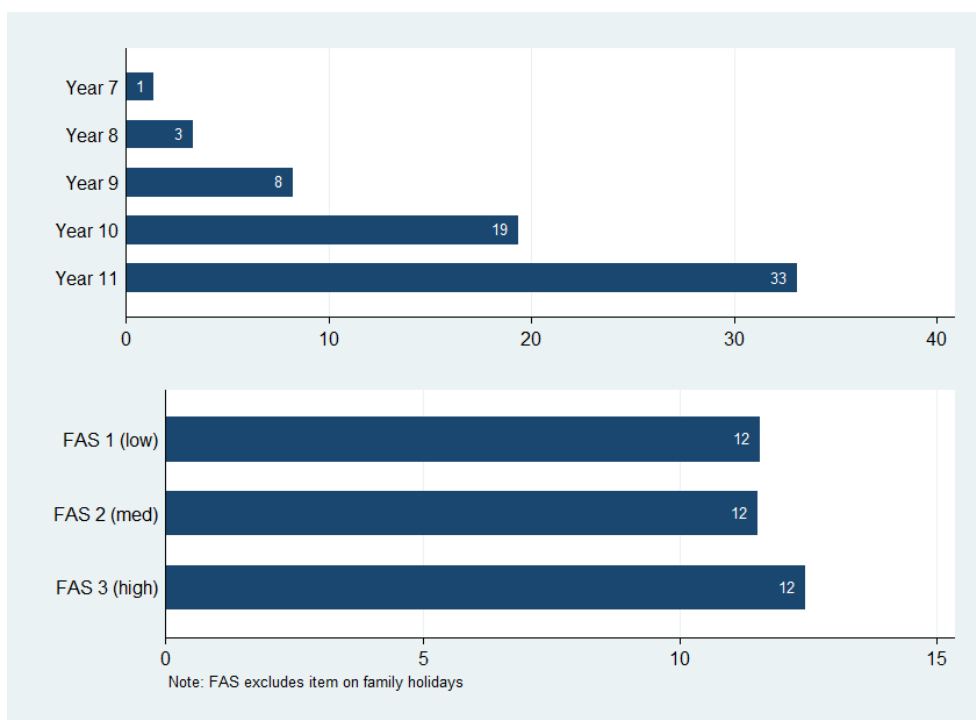
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,904)

Figure 8.35 Percentage who think it is OK for someone their age to try cannabis to see what it's like, overall and by gender



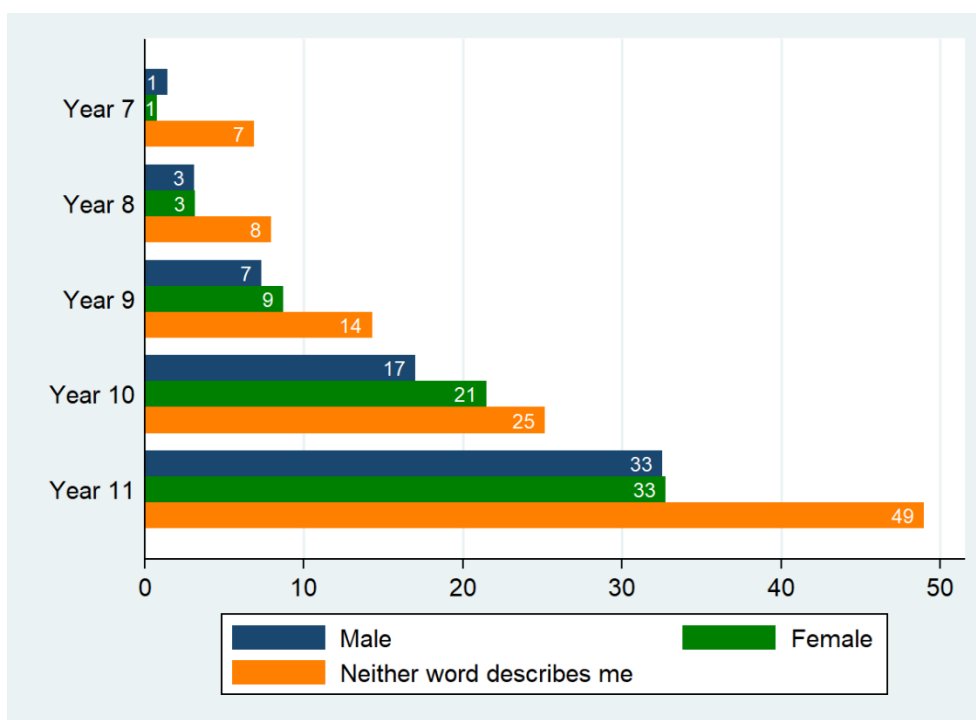
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,904; by gender, n=27,488 – excludes 416 gender non-response)

Figure 8.36 Percentage who think it is OK for someone their age to try cannabis to see what it's like by year group and family affluence



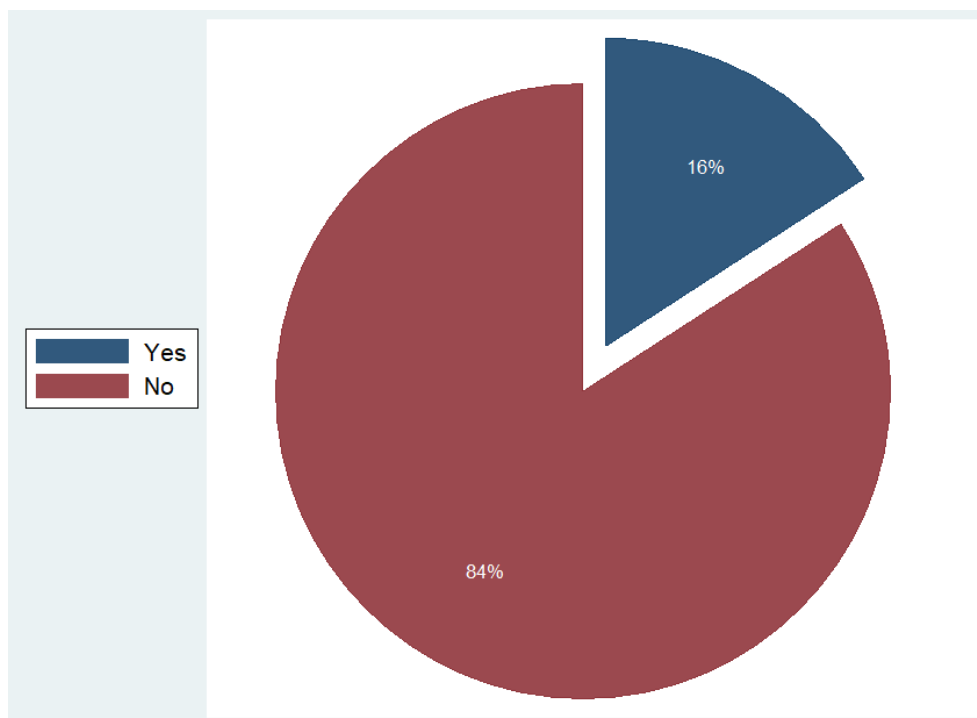
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,904; by FAS, n=26,788)

Figure 8.37 Percentage who think it is OK for someone their age to try cannabis to see what it's like by year group and gender



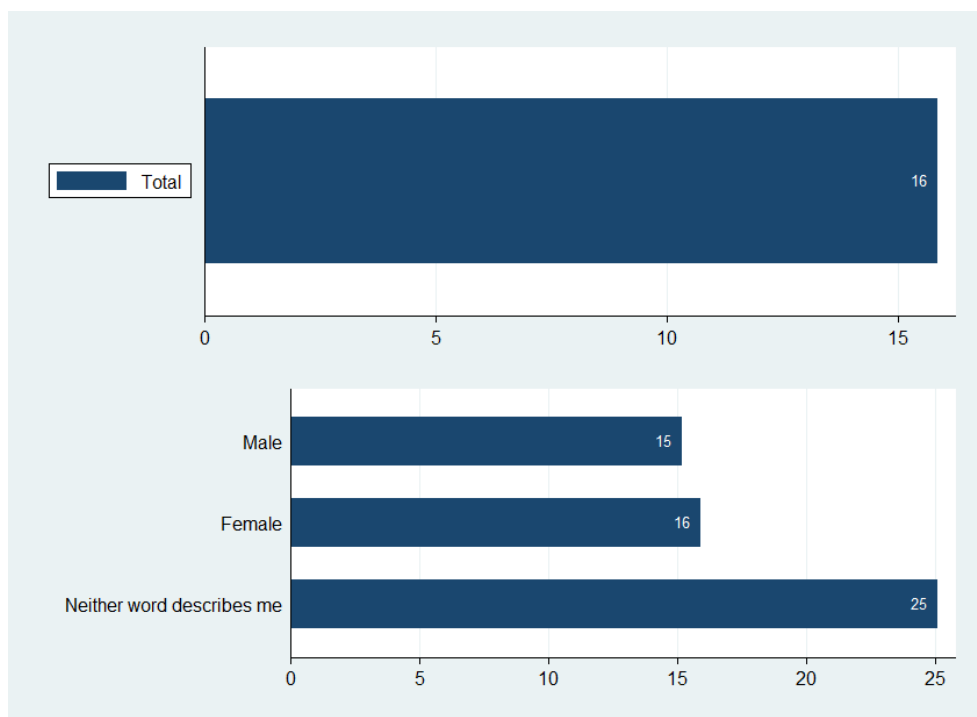
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,488). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.38 Percentage who have been offered cannabis in last 12 months (%)



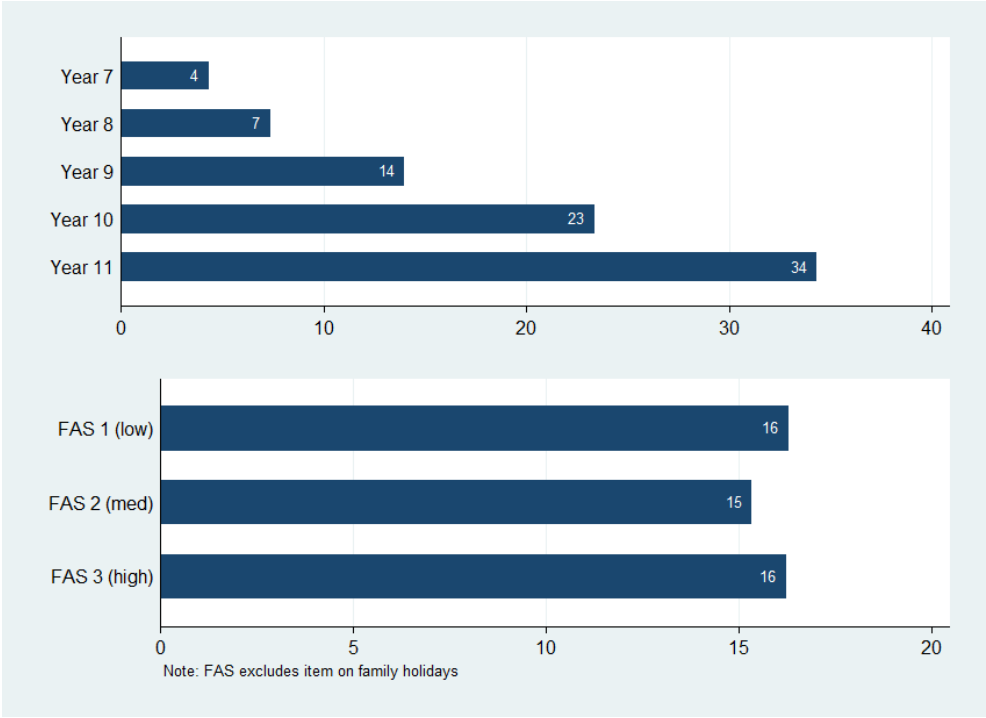
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=113,352)

Figure 8.39 Percentage who have been offered cannabis in the last 12 months by gender



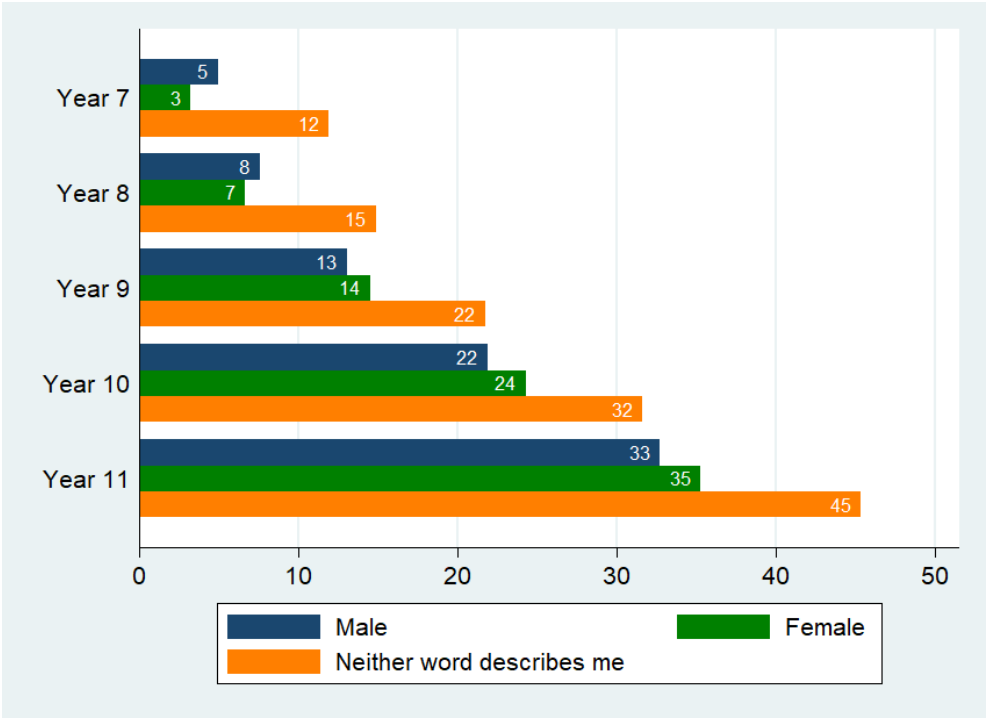
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=113,352; by gender, n=111,744 – excludes 1,608 gender non-response)

Figure 8.40 Percentage who have been offered cannabis in the last 12 months by year group and family affluence



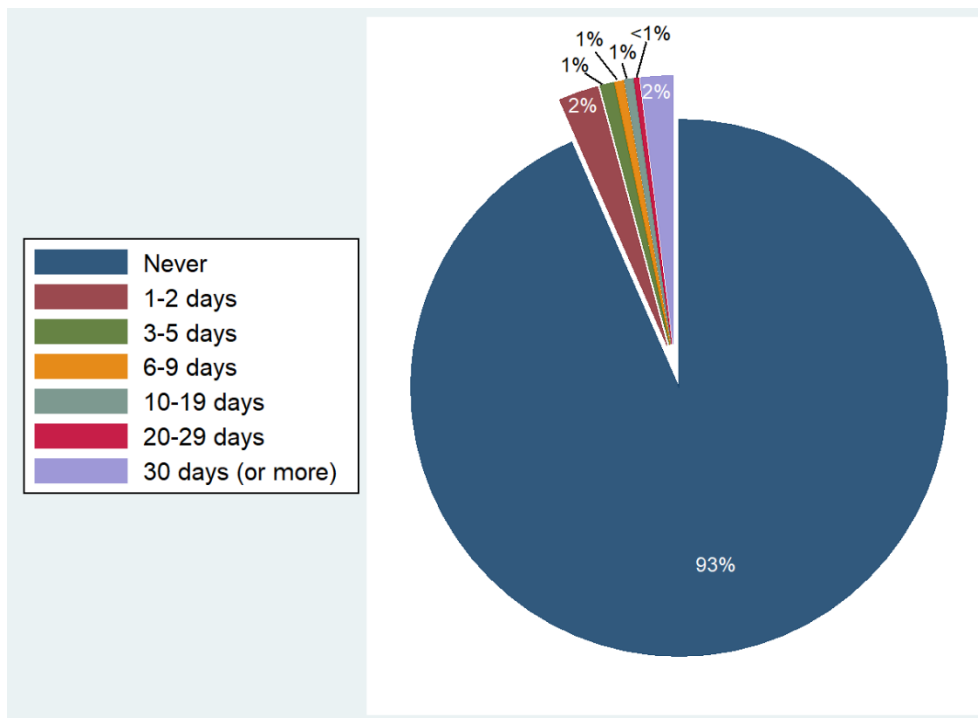
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=113,352; by FAS, n=108,890)

Figure 8.41 Percentage who have been offered cannabis in the last 12 months by year group and gender



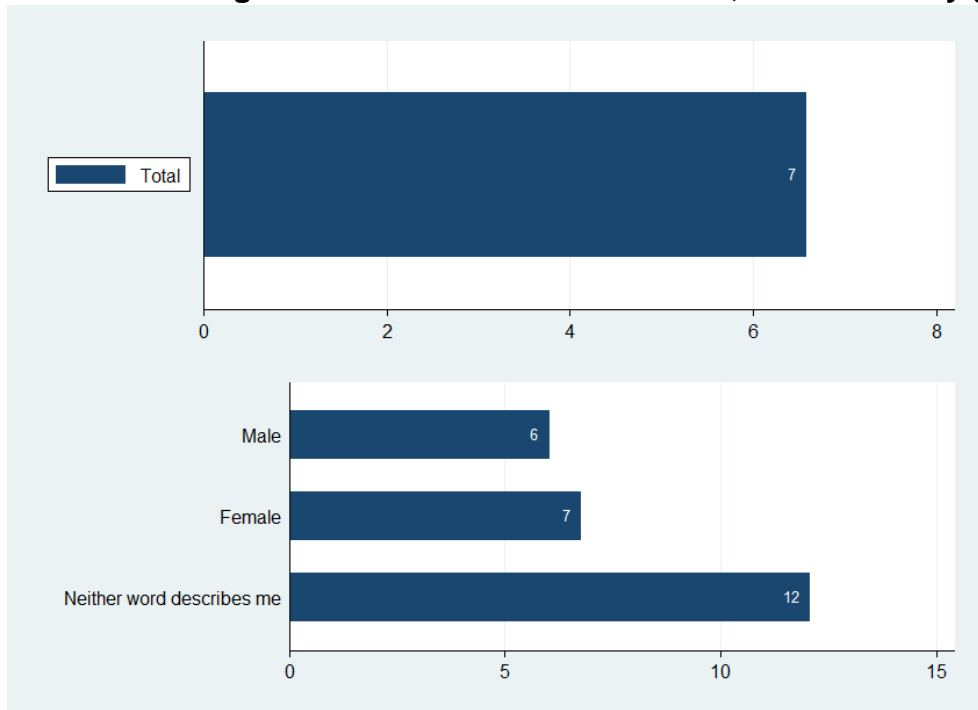
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=111,744). 95% confidence intervals for categories with <1,000 respondents available in Appendix 148

Figure 8.42 Number of days used cannabis in lifetime (%)



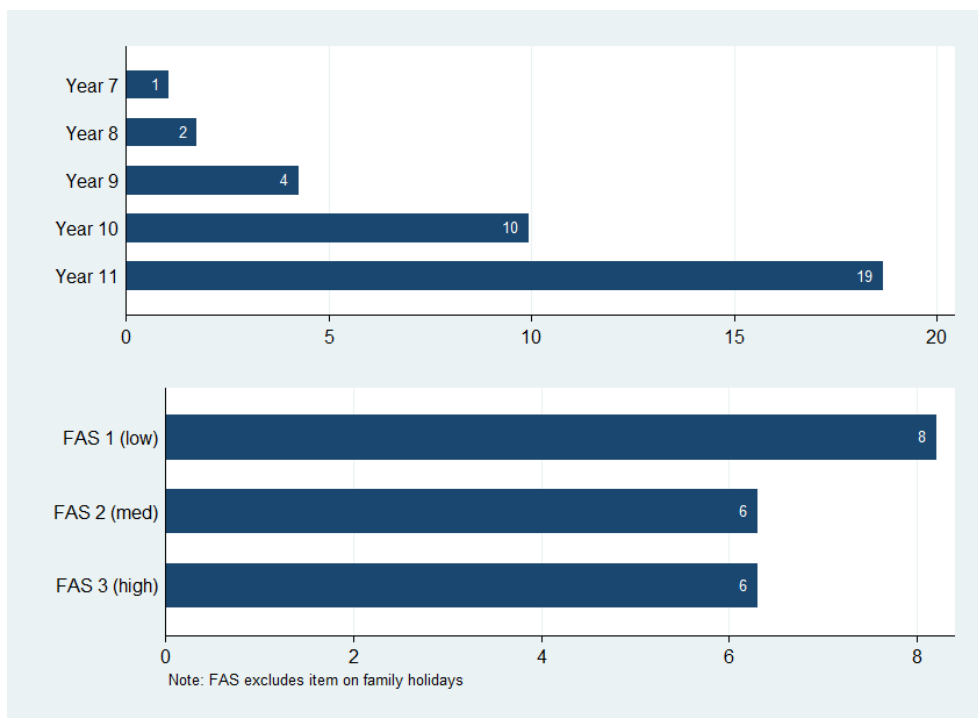
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=113,955)

Figure 8.43 Percentage who have ever used cannabis, overall and by gender



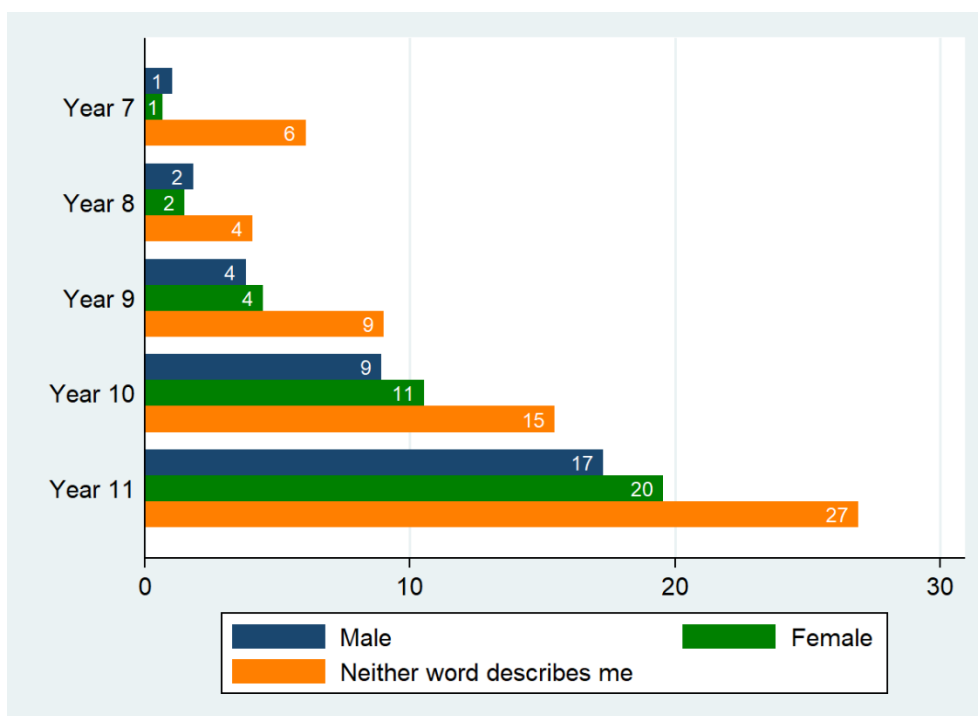
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=113,955; by gender, n=112,315 – excludes 1,640 gender non-response)

Figure 8.44 Percentage who have ever used cannabis by year group and family affluence



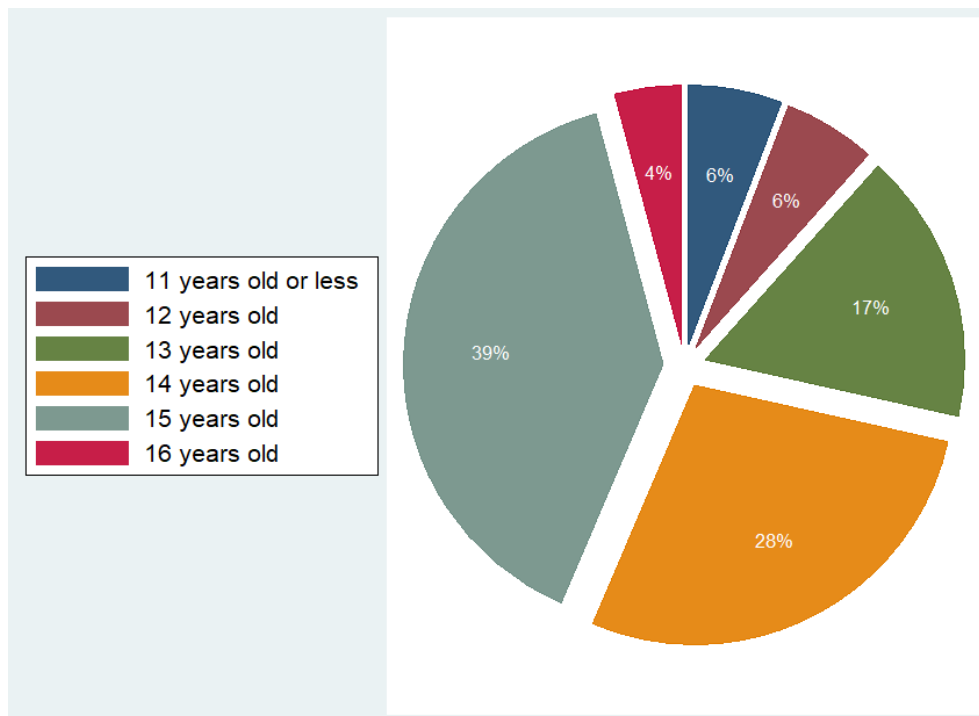
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=113,955; by FAS, n=109,327)

Figure 8.45 Percentage who have ever used cannabis by year group and gender



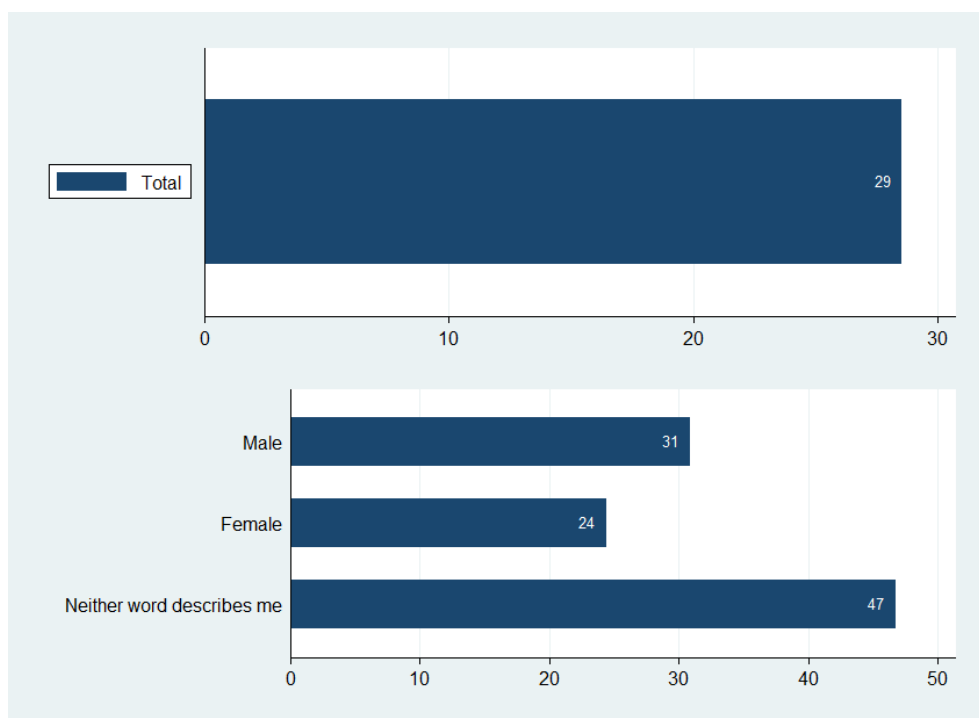
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=112,315). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.46 Age first used cannabis (year 11 only) (%)



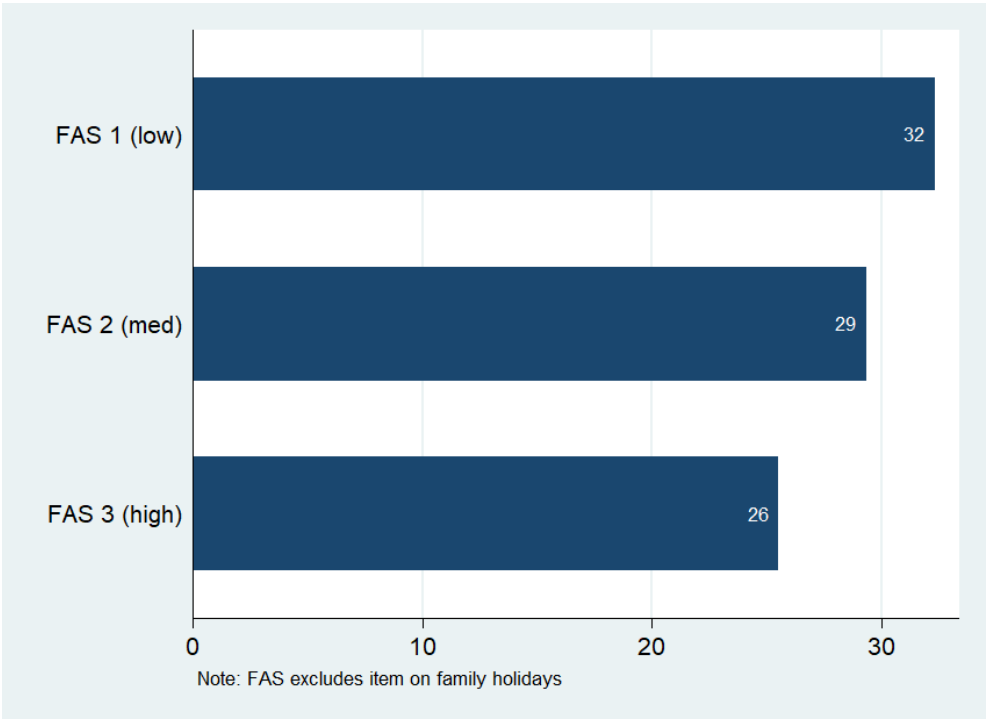
Base: All respondents in year 11 who reported having ever used cannabis and gave an answer, surveyed between Sep 2021 and Jan 2022 (n=1,851)

Figure 8.47 Percentage who first used cannabis at age 13 years or younger, overall and by gender (year 11 only)



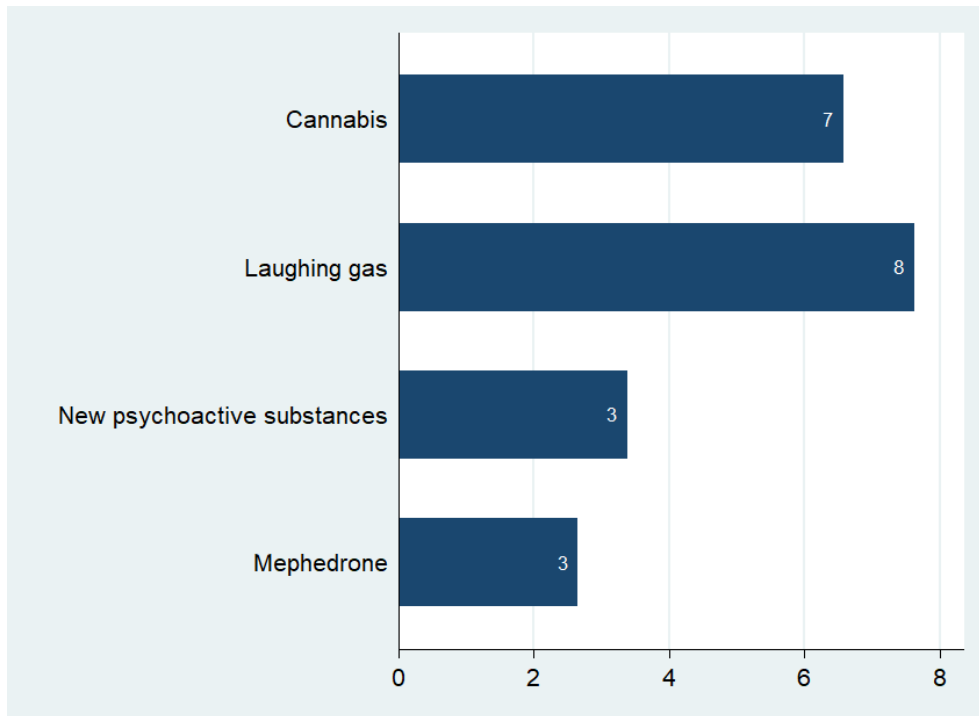
Base: All respondents in year 11 who reported having ever used cannabis and gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=1,851; by gender, n=1,829 – excludes 22 gender non-response)

Figure 8.48 Percentage who first used cannabis at age 13 years or younger by family affluence (year 11 only)



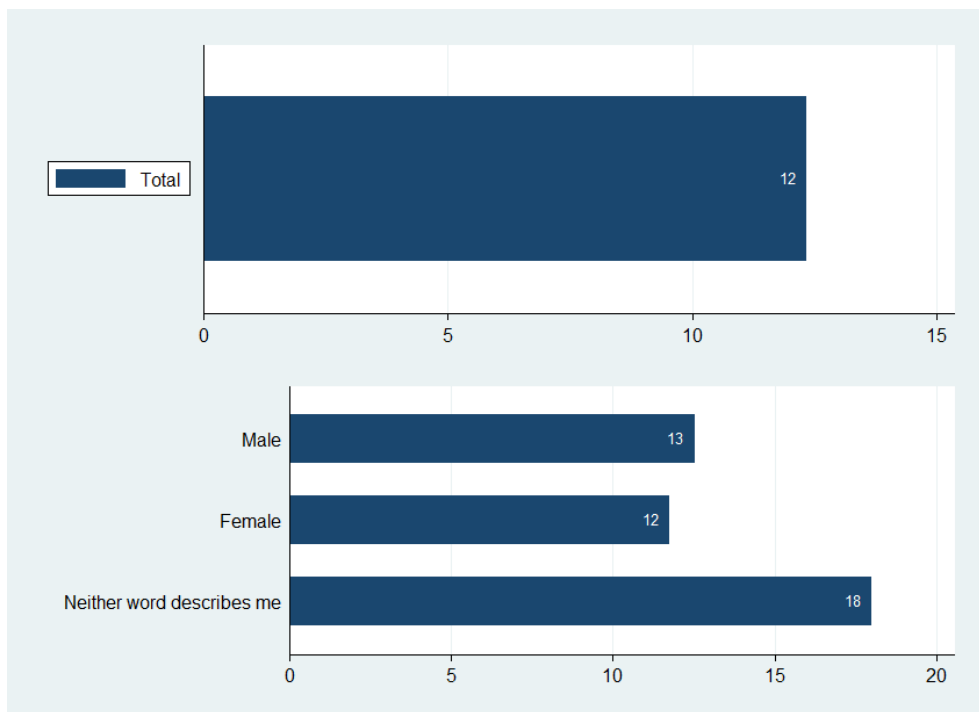
Base: All respondents in year 11 who reported having ever used cannabis and gave an answer, surveyed between Sep 2021 and Jan 2022 (by FAS, n=1,806)

Figure 8.49 Drug use in lifetime (%)



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (variable base sizes: cannabis, n=113,955; laughing gas, n=113,041; new psychoactive substances, n=112,559; mephedrone, n=112,667)

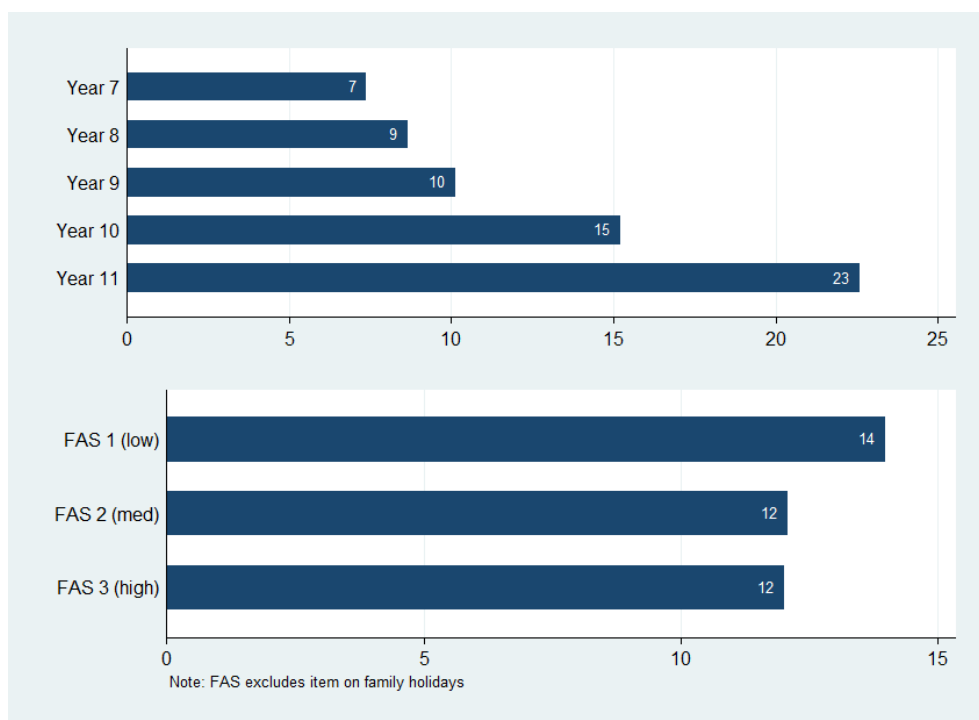
Figure 8.50 Percentage who have ever used drugs, overall and by gender¹⁰



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=115,752; by gender, n=114,072 – excludes 1,680 gender non-response)

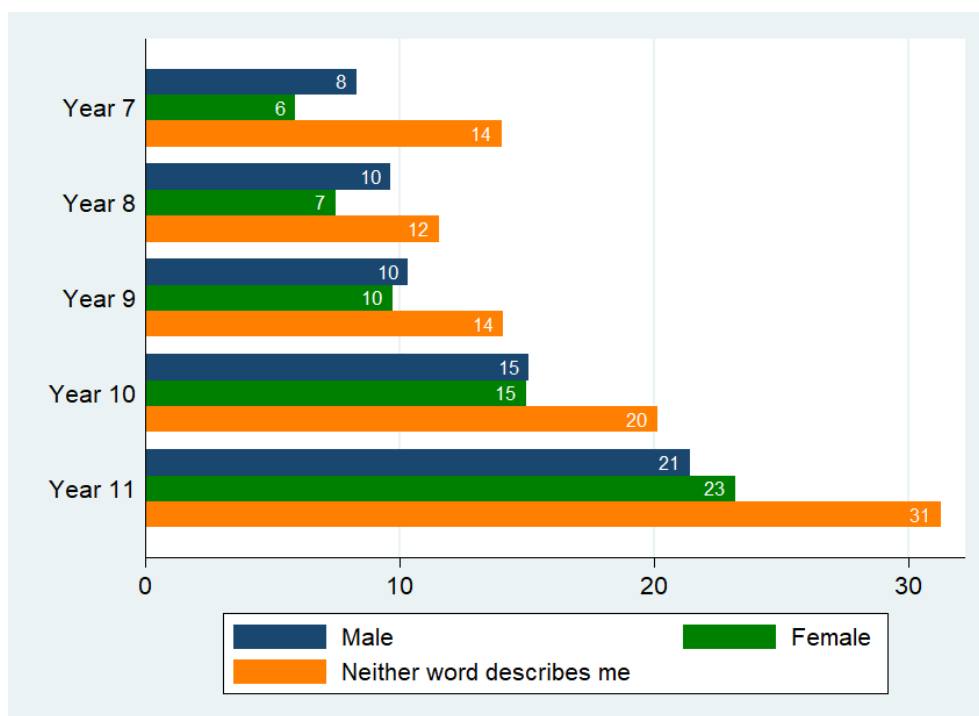
¹⁰ Includes use of cannabis, mephedrone, new psychoactive substances (previously called 'legal highs', such as pep stoned, BZP, black mamba spice) and/or laughing gas

Figure 8.51 Percentage who have ever used drugs by year group and family affluence



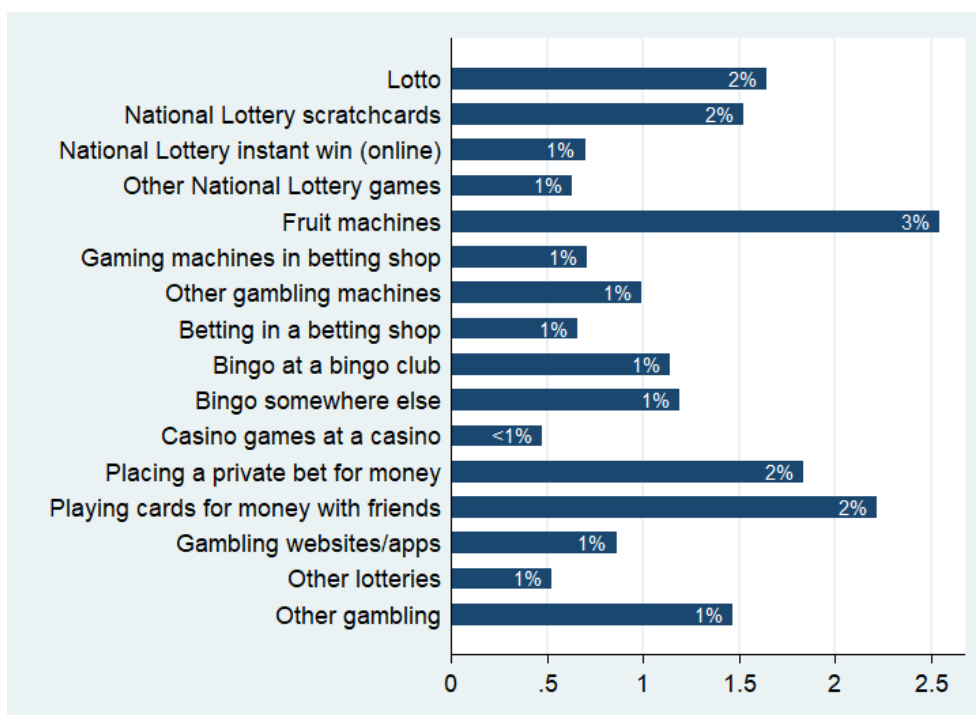
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=115,752; by FAS, n=110,980)

Figure 8.52 Percentage who have ever used drugs by year group and gender



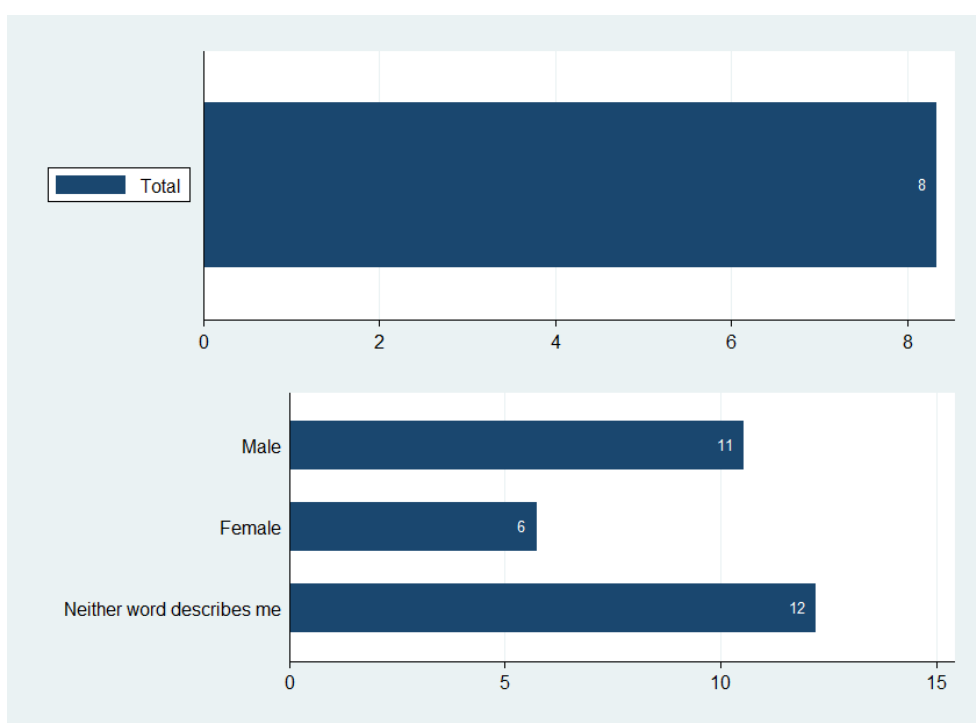
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=114,072). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 8.53 Percentage who spent their own money on gambling activities in the past 7 days (%)



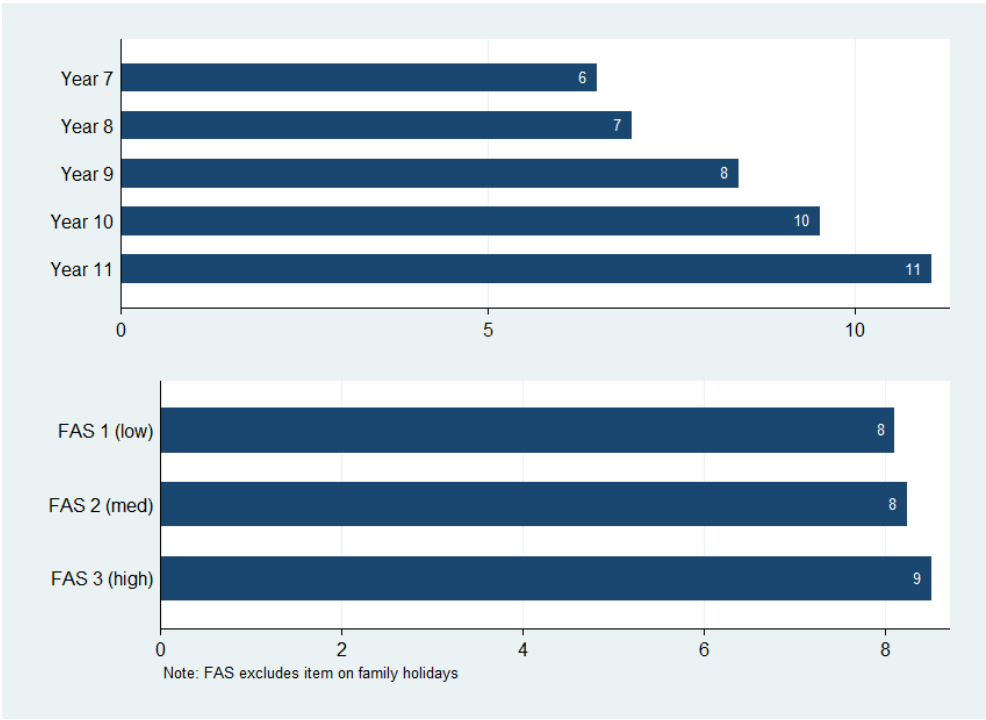
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=61,477)

Figure 8.54 Percentage who spent their own money on gambling activities in the past 7 days, overall and by gender



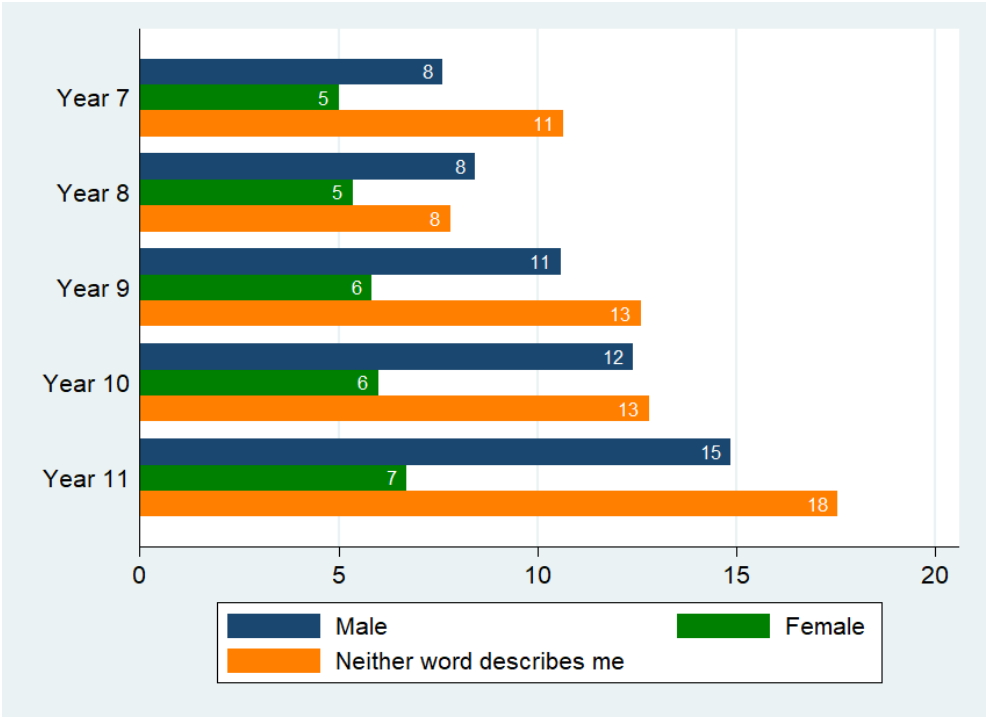
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=61,477; by gender, n=60,436 – excludes 1,041 gender non-response)

Figure 8.55 Percentage who spent their own money on gambling activities in the past 7 days by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=61,477; by FAS, n=58,711)

Figure 8.56 Percentage who spent their own money on gambling activities in the past 7 days by year group and gender



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=60,436). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 8.1 Measures by ethnic group^{1,2,3}

	% who currently smoke tobacco at least weekly	% who have ever tried e-cigarettes	% who use e-cigarettes at least weekly	% who drink anything alcoholic at least weekly	% who typically consume more than one alcoholic drink per drinking occasion	% who have been drunk at least four times in their life	% who think it is OK to try cannabis	% who have been offered cannabis in last 12 months	% who have ever used cannabis	% who have ever used drugs ²	% who have spent their own money on gambling activities in the past 7 days
White British	3	21	5	7	51	6	12	16	6	12	8
White Irish	7 [5,9]	28 [25,32]	11 [8,15]	12 [8,18]	53 [48,59]	11 [8,15]	21 [15,28]	30 [27,34]	14 [12,17]	22 [19,26]	18 [14,22]
White – Gypsy/traveller	29 [25,33]	52 [47,56]	27 [22,33]	32 [24,42]	76 [71,81]	26 [20,31]	42 [33,50]	44 [40,49]	33 [29,37]	40 [36,44]	26 [21,32]
White Roma	11 [6,19]	26 [18,37]	-	-	-	-	-	23 [16,33]	10 [5,18]	20 [13,30]	17 [9,28]
White Other	3	23	5	8 [6,10]	47	7	15 [12,18]	17	8	14	9
Mixed or multiple ethnic group	3	24	7	7 [5,9]	50	6	15 [13,18]	21	9	15	10
Pakistani	10	23	9 [7,12]	11 [8,16]	76 [69,81]	7 [5,10]	16 [11,21]	20	11	18	11 [9,14]
Indian	3 [2,5]	9 [7,11]	2 [1,4]	4 [2,8]	48 [40,56]	5 [3,8]	8 [5,12]	9 [7,12]	5 [4,6]	10 [8,12]	7 [5,10]
Bangladeshi	4 [3,6]	17 [15,20]	6 [4,8]	8 [5,12]	82 [72,89]	4 [2,6]	10 [6,15]	10 [9,12]	6 [4,7]	12 [10,14]	6 [4,8]
Chinese	3 [2,5]	10 [7,12]	4 [3,7]	5 [3,8]	36 [29,43]	4 [2,7]	11 [6,18]	10 [8,13]	5 [3,6]	8 [6,11]	6 [4,9]
African	4 [3,5]	14 [12,17]	4 [3,6]	6 [4,9]	53 [46,61]	5 [3,7]	9 [5,13]	14 [12,16]	7 [5,8]	13 [11,15]	8 [6,11]
Caribbean or Black	11 [9,14]	32 [28,37]	14 [10,19]	16 [11,23]	61 [53,67]	11 [7,16]	28 [20,37]	31 [27,35]	17 [13,20]	23 [19,27]	16 [13,21]
Arab	9 [7,11]	23 [21,26]	9 [7,13]	8 [5,12]	79 [72,85]	8 [6,11]	13 [8,19]	16 [14,18]	9 [8,11]	16 [14,19]	8 [6,11]
Other	2	14	3	4 [3,5]	41 [37,44]	3	7 [5,9]	11	4	11	8
Prefer not to say	3	12	3	5 [4,7]	39 [36,43]	3	8 [6,10]	9	4	10	6

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-); ³% who have ever used drugs includes use of cannabis, mephedrone, new psychoactive substances (previously called 'legal highs', such as pep stoned, BZP, black mamba spice) and/or laughing gas

Table 8.2 Measures by local health board (smoking and alcohol)^{1,2,3}

	% who currently smoke tobacco at least weekly	% who smoked their first cigarette at age 13 years or younger (year 11 only)	% who have ever tried e-cigarettes	% who use e-cigarettes at least weekly	% who first used an e-cigarette at age 13 years or younger (year 11 only)	% who drink anything alcoholic at least weekly	% who typically consume more than one alcoholic drink per drinking occasion	% who have been drunk at least four times in their life	% who first got drunk at age 13 years or younger (year 11 only)
Aneurin Bevan	3	49 [44,54]	21	6	37 [34,41]	7	51	6	28 [26,31]
Male	3	54 [46,62]	20	4	44 [38,49]	7	47	5	26 [22,31]
Female	3	44 [38,51]	23	7	30 [26,35]	7	55	7	30 [26,34]
Neither word describes me	9 [7,11]	-	25 [22,28]	7 [4,10]	-	11 [7,16]	50 [45,55]	11 [8,15]	-
Betsi Cadwaladr	4	48 [44,53]	22	6	41 [37,44]	7	51	6	30 [27,32]
Male	3	48 [41,55]	21	4	45 [39,50]	7	46	5	27 [23,31]
Female	4	48 [42,54]	23	7 [6,11]	36 [31,40]	7	56	7	29 [25,33]
Neither word describes me	9 [7,11]	-	30 [27,33]	8	-	11 [7,16]	49 [44,54]	11 [8,14]	-
Cardiff & Vale	2	33 [27,40]	17	4	26 [22,31]	5	47	4	27 [23,31]
Male	2	45 [33,57]	16	3	30 [22,38]	5	43	3	28 [22,35]
Female	2	24 [17,33]	18	5	23 [18,29]	6	51	5	24 [19,29]
Neither word describes me	9 [6,12]	-	27 [23,31]	6 [4,10]	-	10 [6,15]	47 [40,53]	11 [7,16]	-
Cwm Taf Morgannwg	3	48 [41,55]	22	7	35 [30,40]	7	55	7	30 [25,34]
Male	3	52 [40,63]	20	5	40 [32,49]	6 [5,8]	51	6	28 [21,35]
Female	3	45 [36,55]	24	8	29 [23,36]	7	59	8	29 [23,35]
Neither word describes me	10 [7,13]	-	32 [28,37]	7 [4,12]	-	15 [8,28]	52 [46,58]	15 [11,20]	-
Hywel Dda	3	48 [42,54]	17	4	30 [25,35]	7	50	6	27 [23,31]
Male	3	46 [36,57]	16	3	32 [25,40]	8	45	6	28 [22,34]
Female	3	48 [40,56]	18	6	27 [21,34]	6	55	7	26 [21,32]
Neither word describes me	7 [4,10]	-	25 [21,30]	10 [7,16]	-	17 [10,26]	46 [38,53]	6 [3,10]	-
Powys	3	35 [27,44]	20	5	27 [20,35]	12	48	7	29 [23,35]
Male	3	45 [32,58]	18	4	39 [27,51]	14 [12,17]	43	6	37 [28,47]
Female	3	24 [14,37]	21	6	15 [8,26]	10 [8,12]	55	8	19 [13,28]
Neither word describes me	11 [7,18]	-	24 [18,32]	11 [5,21]	-	19 [10,36]	41 [31,52]	10 [4,20]	-
Swansea Bay	3	48 [43,54]	21	6	35 [32,39]	6	53	6	29 [26,33]
Male	3	53 [45,62]	19	5	40 [34,46]	8	49	5	29 [24,34]
Female	3	43 [35,50]	23	7	32 [26,37]	7	57	8	29 [25,34]
Neither word describes me	9 [6,12]	-	26 [22,31]	11 [7,16]	-	16 [11,22]	55 [48,62]	12 [8,18]	-

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-); ³Estimates based on age at onset (i.e. % cigarette use, e-cigarette use, and drunkenness before age 14) asked only to those who reported having ever smoked, tried an e-cigarette, and been drunk in their lifetime

Table 8.3 Measures by local health board (drug use and gambling)^{1,2,3,4}

	% who think it is OK to try cannabis	% who have been offered cannabis in last 12 months	% who have ever used cannabis	% who first used cannabis at age 13 years or younger (year 11 only)	% who have ever used drugs	% who spent their own money on gambling activities in the past 7 days
Aneurin Bevan	13	17	7	29 [24,33]	12	9
Male	13	17	6	28 [21,34]	13	11
Female	13	17	7	29 [23,36]	11	6
Neither word describes me	20 [15,27]	25 [22,28]	12 [10,15]	-	18 [15,21]	11 [9,14]
Betsi Cadwaladr	12	16	7	29 [25,34]	13	9
Male	11	16	6	27 [21,34]	13	11
Female	12	16	7	28 [22,35]	12	6
Neither word describes me	21 [16,27]	23 [21,27]	12 [10,14]	-	18 [16,21]	14 [11,17]
Cardiff & Vale	13	14	6	23 [18,29]	11	7
Male	12	14	5	30 [21,39]	11	9
Female	13	14	6	17 [10,24]	10	5
Neither word describes me	16 [8,27]	24 [21,29]	11 [8,14]	-	15 [12,18]	9 [6,13]
Cwm Taf Morgannwg	10	16	6	29 [22,36]	13	9
Male	10	16	6	35 [24,48]	12	12
Female	11	16	7	20 [12,30]	12	6
Neither word describes me	19 [12,28]	27 [23,31]	13 [11,17]	-	20 [17,24]	15 [11,21]
Hywel Dda	12	15	6	31 [25,38]	13	8
Male	11	14	6	39 [29,50]	13	10
Female	12	15	7	25 [17,34]	12	5
Neither word describes me	18 [11,27]	24 [20,29]	11 [8,15]	-	17 [13,21]	13 [9,18]
Powys	13	15	6	19 [11,30]	13	9
Male	12	13	5	-	13	11
Female	13	15	6	-	12	6
Neither word describes me	-	31 [24,40]	13 [9,20]	-	22 [16,30]	10 [5,19]
Swansea Bay	12	15	7	32 [27,37]	13	9
Male	11	15	6	36 [29,44]	13	11
Female	13	17	8	24 [18,31]	13	6
Neither word describes me	21 [12,32]	26 [22,31]	12 [9,11]	-	18 [15,23]	14 [10,19]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-); ³Estimates based on age at onset (i.e. % used cannabis before age 14) asked only to those who reported having ever used cannabis in their lifetime; ⁴% who have ever used drugs includes use of cannabis, mephedrone, new psychoactive substances (previously called 'legal highs', such as pep stoned, BZP, black mamba spice) and/or laughing gas

9. General health

This section presents data on young people's general health in Wales based on the following measures: **current health**, **health complaints**, **long-term health problem or disability**, **injuries**, and **toothbrushing**. Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Current Health: When asked to rate their current health as either 'poor', 'fair', 'good', or 'excellent', 25% of young people self-rated their health as either fair or poor (Figure 9.1). Girls (27%) were more likely than boys (20%) to report fair or poor health but less likely than young people who identified as neither a boy nor a girl – of whom 56% self-rated their health as either fair or poor (Figure 9.2).

Health complaints (last 6 months): Sleep difficulties (39%), feeling nervous (38%), irritability (35%), and feeling low (32%), were the most reported health complaints occurring more than once a week in the 6 months prior to completing the survey (Figure 9.5). Overall, 45% of young people experienced at least two or more health complaints (out of a possible eight) on a regular basis in the previous 6 months (Figure 9.6). Girls (55%) and young people who identified as neither a boy nor a girl (83%) were more likely than boys (31%) to report having experienced two or more health complaints in the previous 6 months (Figure 9.7).

Long-term health problem or disability:¹¹ 18% of young people reported having a long-term health problem or disability that limits their day-to-day activities (Figure 9.10). The same proportion of boys and girls (both 17%) reported having a long-term health problem or disability but this increased to 37% for young people who identified as neither a boy nor a girl (Figure 9.11).

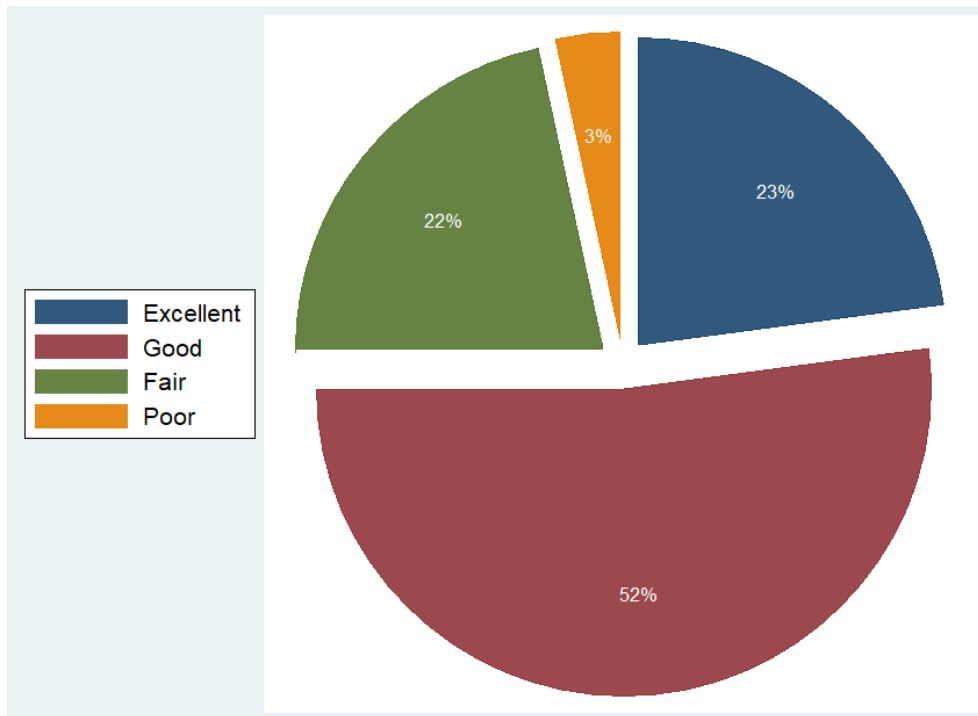
Injuries (last 12 months): 40% of young people reported having experienced an injury requiring treatment by a doctor or nurse in the last 12 months (Figure 9.14). Similar proportions of boys (45%) and young people who identified as neither a boy nor a girl (43%) reported an injury requiring medical treatment, but prevalence was lower among girls (35%) (Figure 9.15).

Toothbrushing: The majority (95%) of young people reported brushing their teeth at least daily (Figure 9.18). While there was only small variation between girls (97%) and boys (94%), at least daily toothbrushing was less prevalent among young people who identified as neither a boy nor a girl (80%) (Figure 9.19).

Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 9.1-9.2.

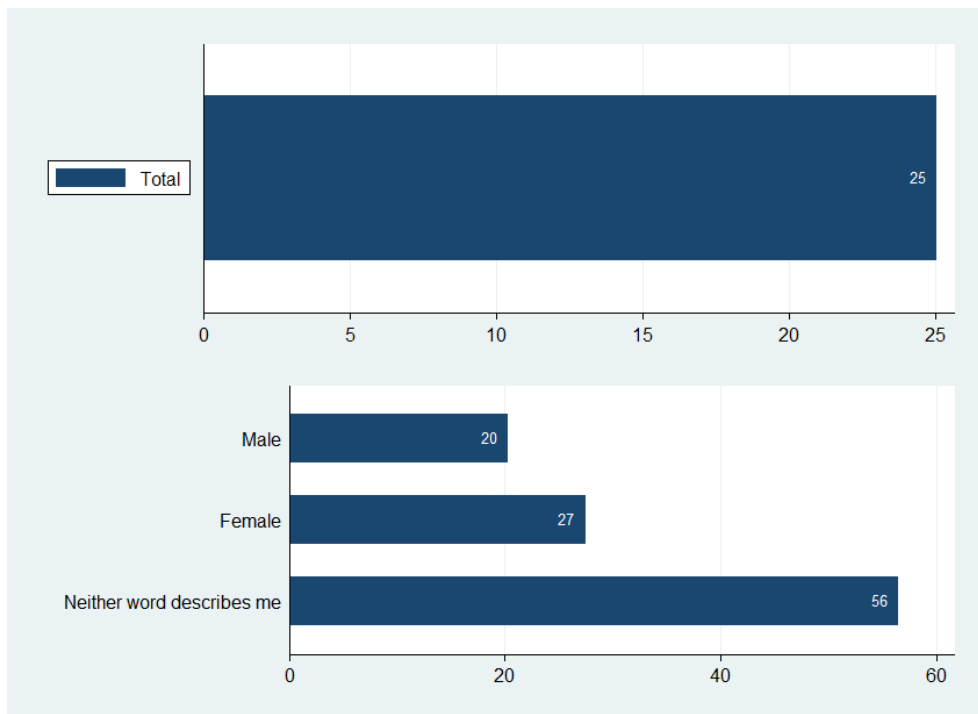
¹¹ The long-term health problem or disability question is different to that previously asked in 2017/18 and therefore direct comparisons should not be made.

Figure 9.1 Current health (%)



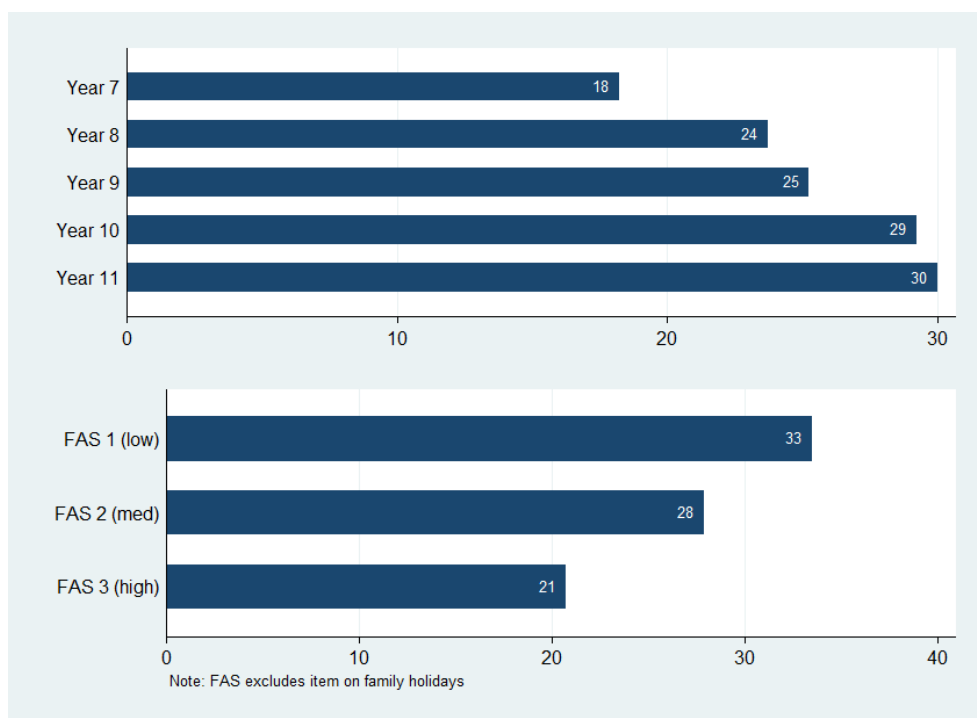
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=60,113)

Figure 9.2 Percentage who rate their health as fair or poor, overall and by gender



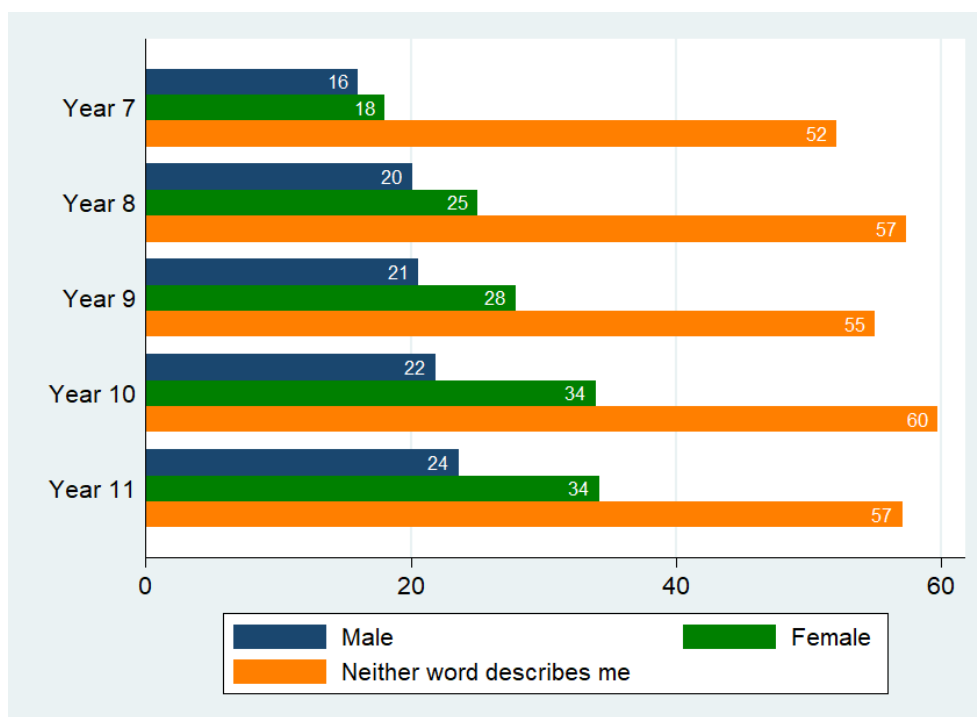
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=60,113; by gender, n=59,346 – excludes 767 gender non-response)

Figure 9.3 Percentage who rate their health as fair or poor by year group and family affluence



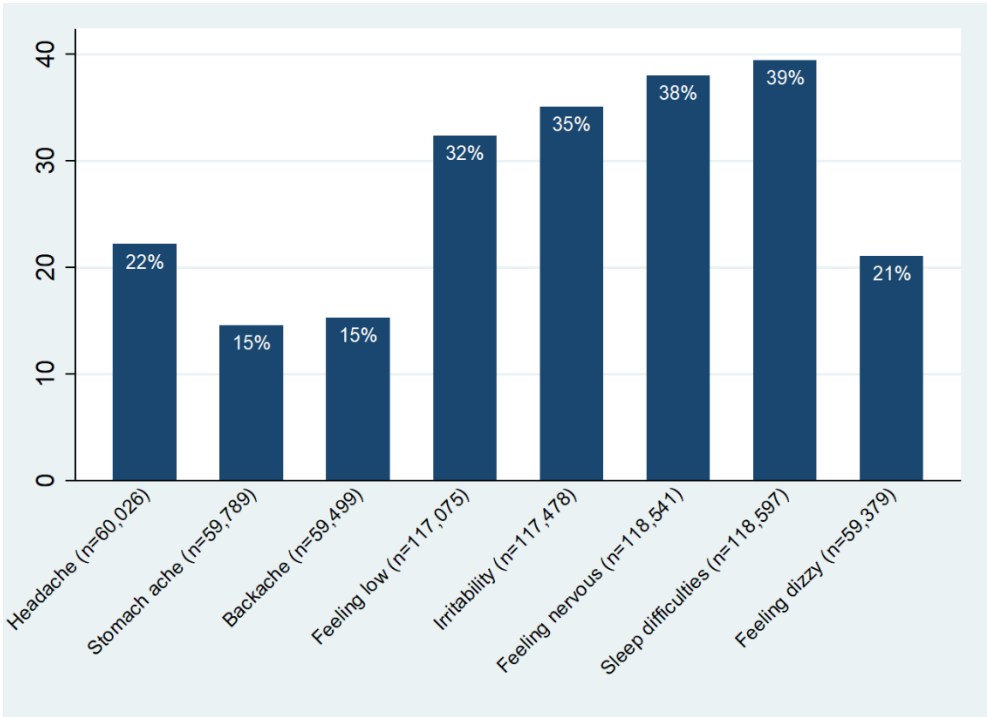
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=60,113; by FAS, n=57,640)

Figure 9.4 Percentage who rate their health as fair or poor by year group and gender



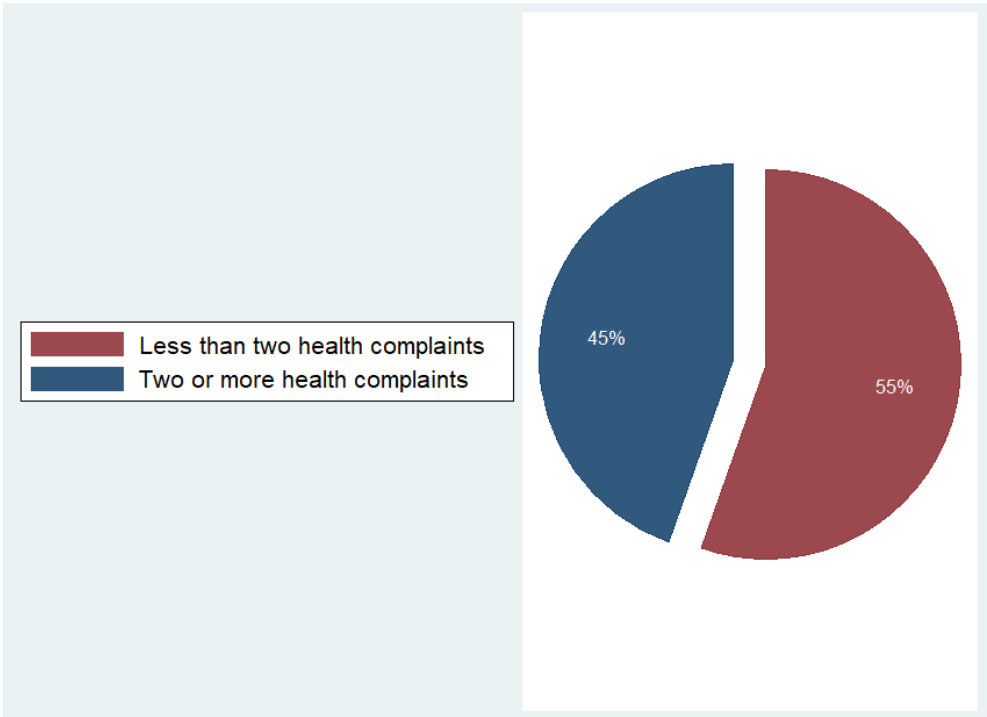
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=59,346). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 9.5 Health complaints occurring more than once a week in the last 6 months (%)



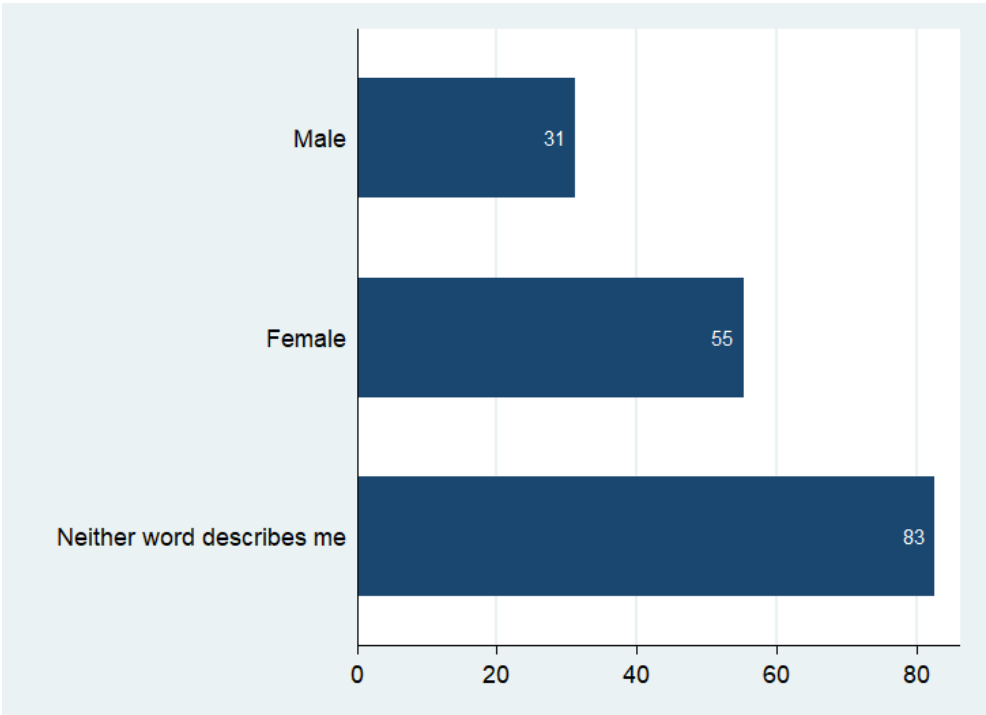
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (sample sizes vary due to survey routing)

Figure 9.6 Percentage with two or more health complaints occurring more than once a week in the last 6 months



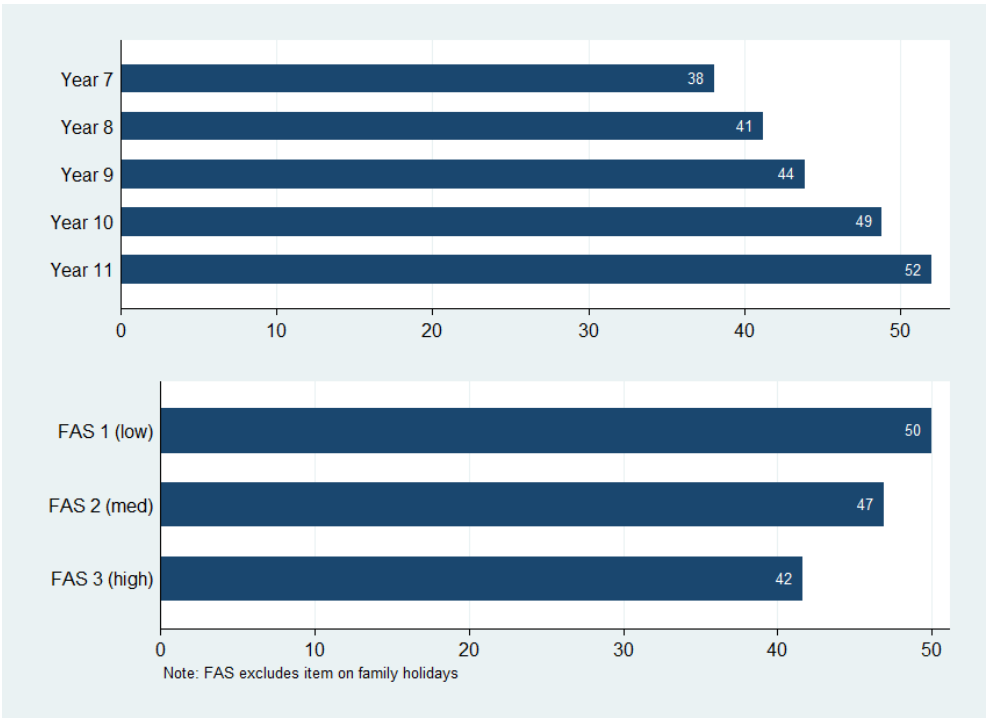
Base: All respondents in years 7 to 11 who gave an answer to all eight items, surveyed between Sep 2021 and Jan 2022 (n=56,407)

Figure 9.7 Percentage with two or more health complaints occurring more than once a week in the last 6 months by gender



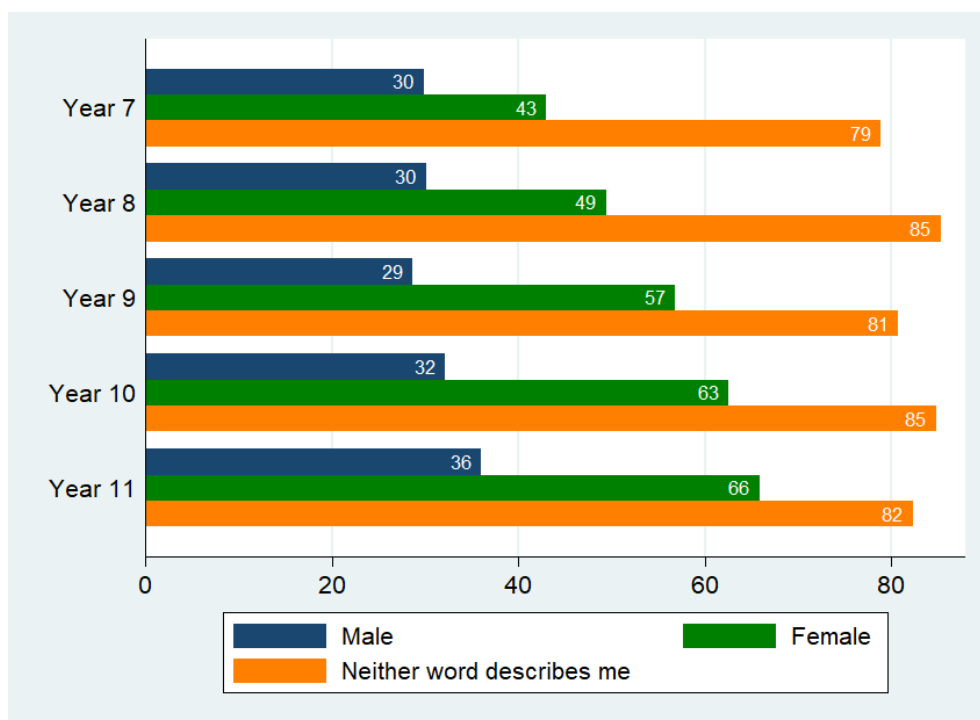
Base: All respondents in years 7 to 11 who gave an answer to all eight items, surveyed between Sep 2021 and Jan 2022 (by gender, n=55,682 – excludes 725 gender non-response)

Figure 9.8 Percentage with two or more health complaints occurring more than once a week in the last 6 months by year group and family affluence



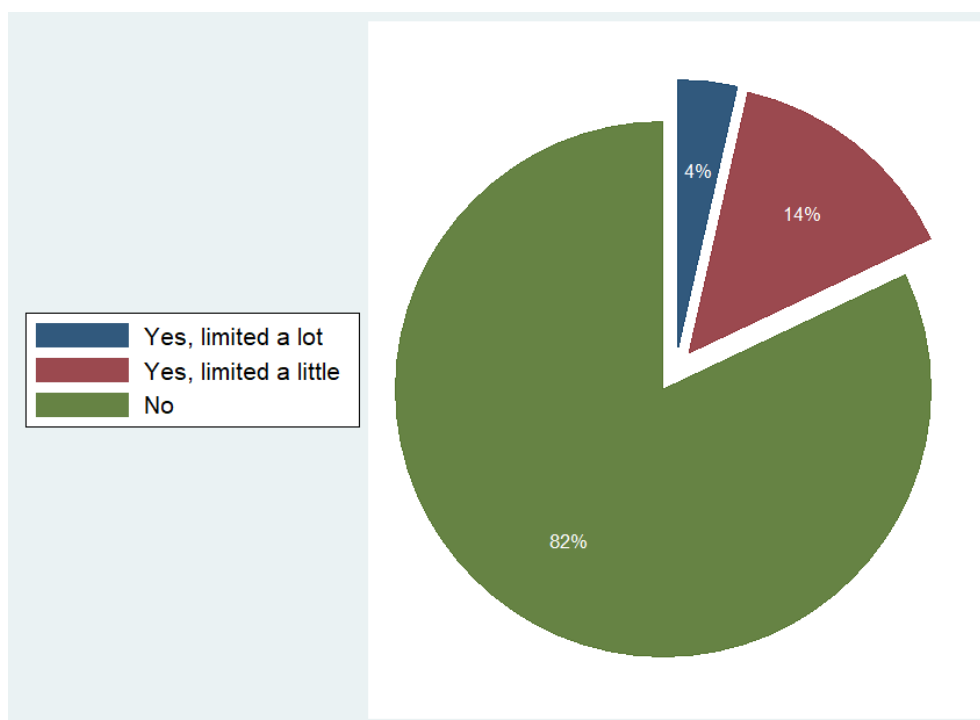
Base: All respondents in years 7 to 11 who gave an answer to all eight items, surveyed between Sep 2021 and Jan 2022 (by year group, n=56,407; by FAS, n=54,471)

Figure 9.9 Percentage with two or more health complaints occurring more than once a week in the last 6 months by year group and gender



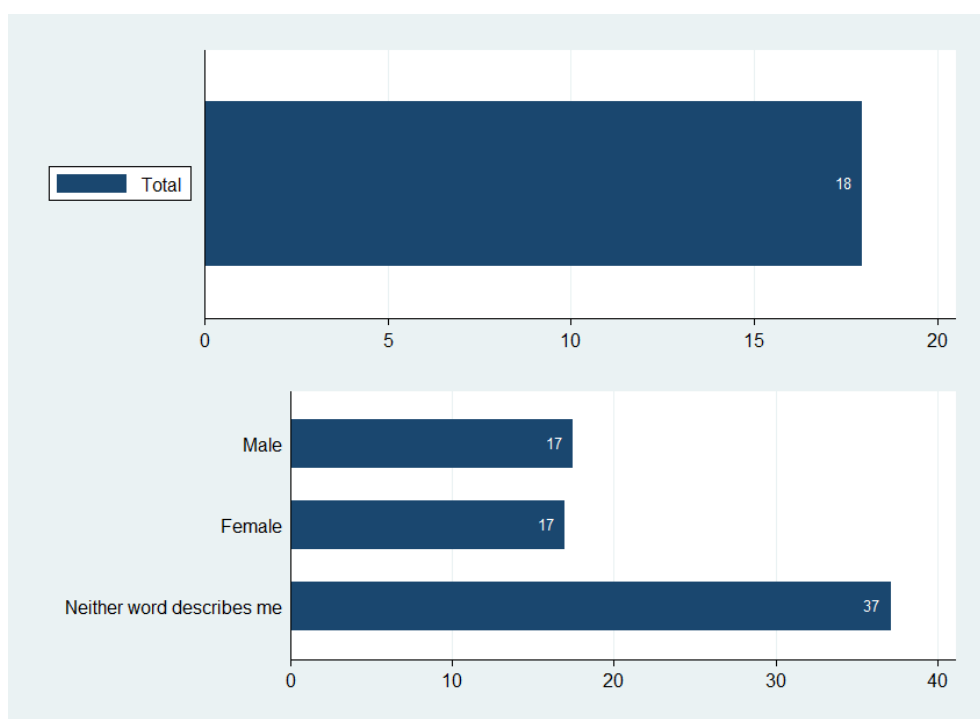
Base: All respondents in years 7 to 11 who gave an answer to all eight items, surveyed between Sep 2021 and Jan 2022 (n=55,682). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 9.10 Long-term health problem or disability that limits day-to-day activities (%)



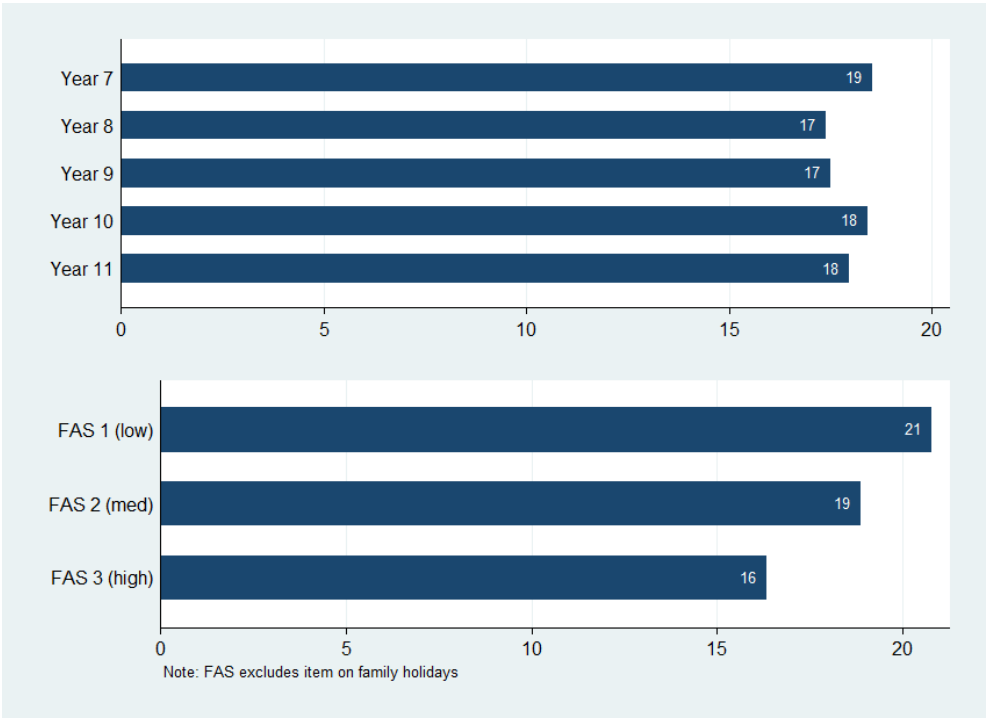
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,716)

Figure 9.11 Percentage who have a long-term health problem or disability that limits their day-to-day activities, overall and by gender



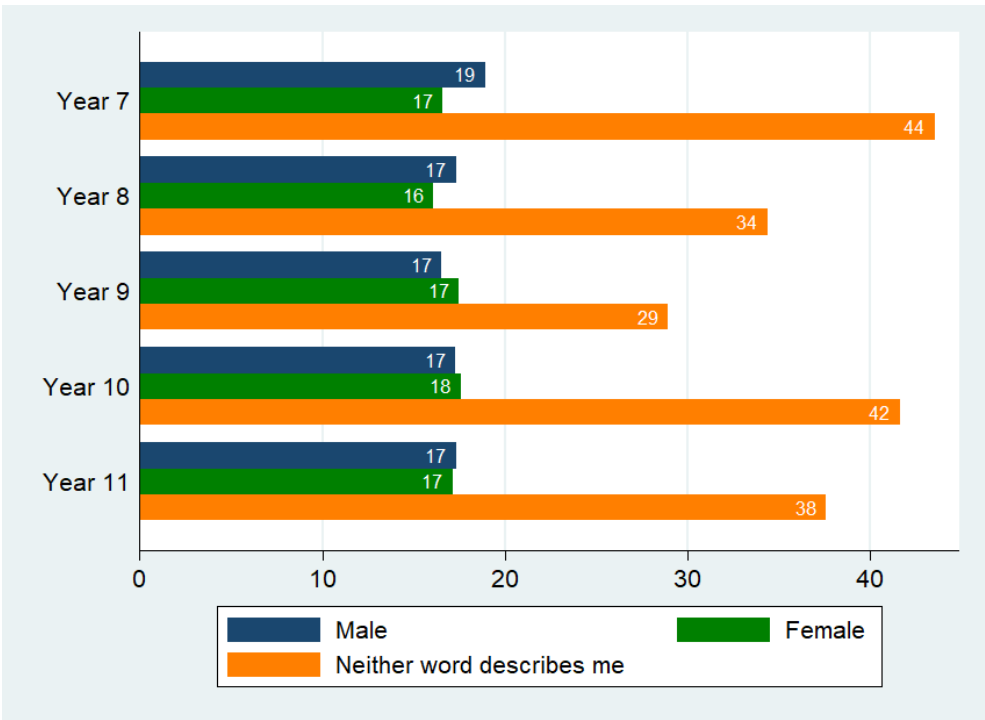
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,716; by gender, n=27,378 – excludes 338 gender non-response)

Figure 9.12 Percentage who have a long-term health problem or disability that limits their day-to-day activities by year group and family affluence



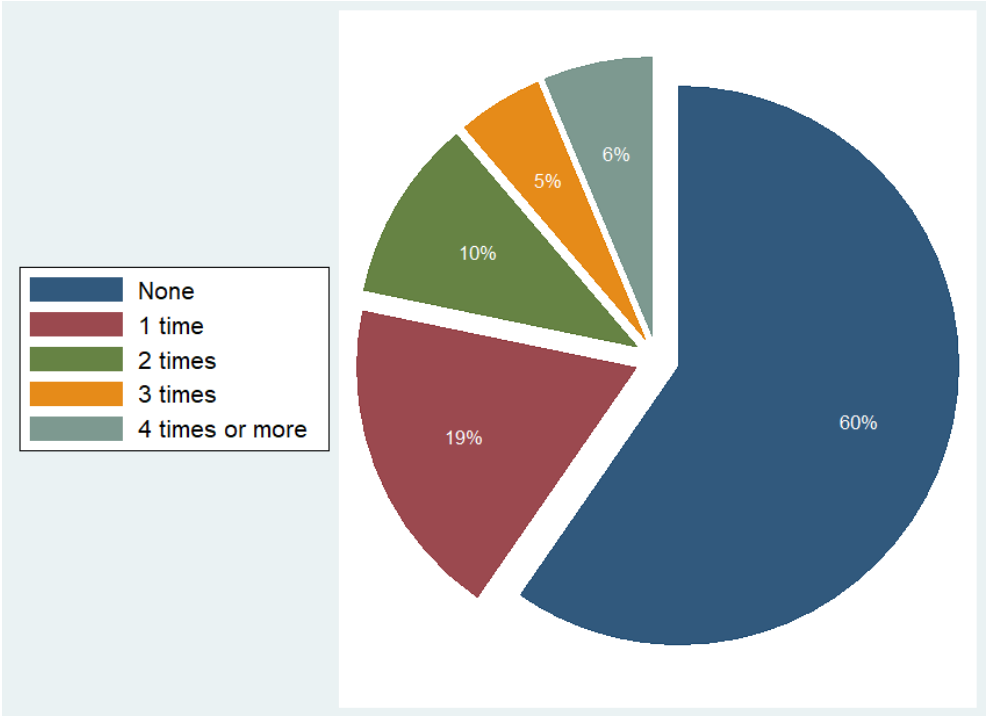
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,716; by FAS, n=26,880)

Figure 9.13 Percentage who have a long-term health problem or disability that limits their day-to-day activities by year group and gender



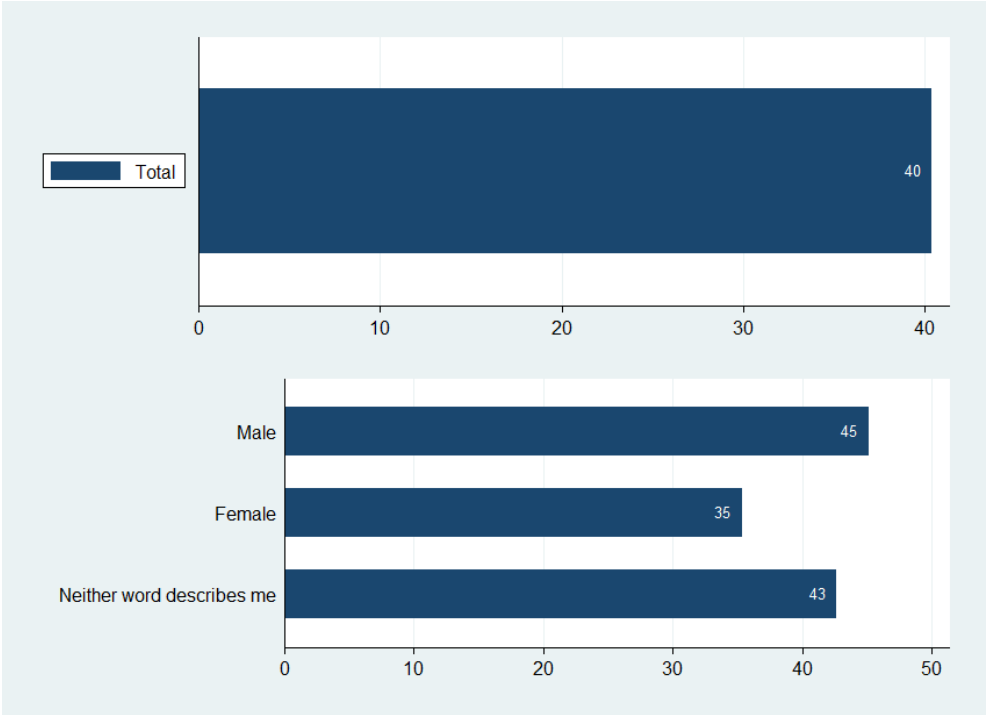
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,378). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 9.14 Number of times injured in the last 12 months and had to be treated by a doctor or nurse (%)



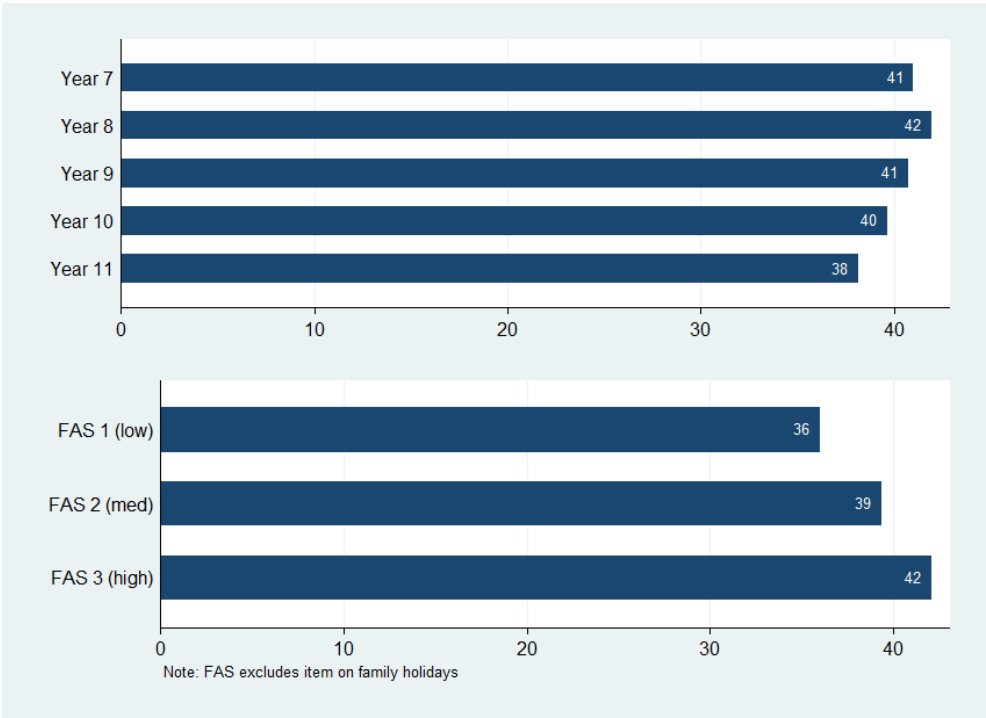
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=54,203)

Figure 9.15 Percentage who have been injured in the last 12 months and needed treatment by a doctor or nurse, overall and by gender



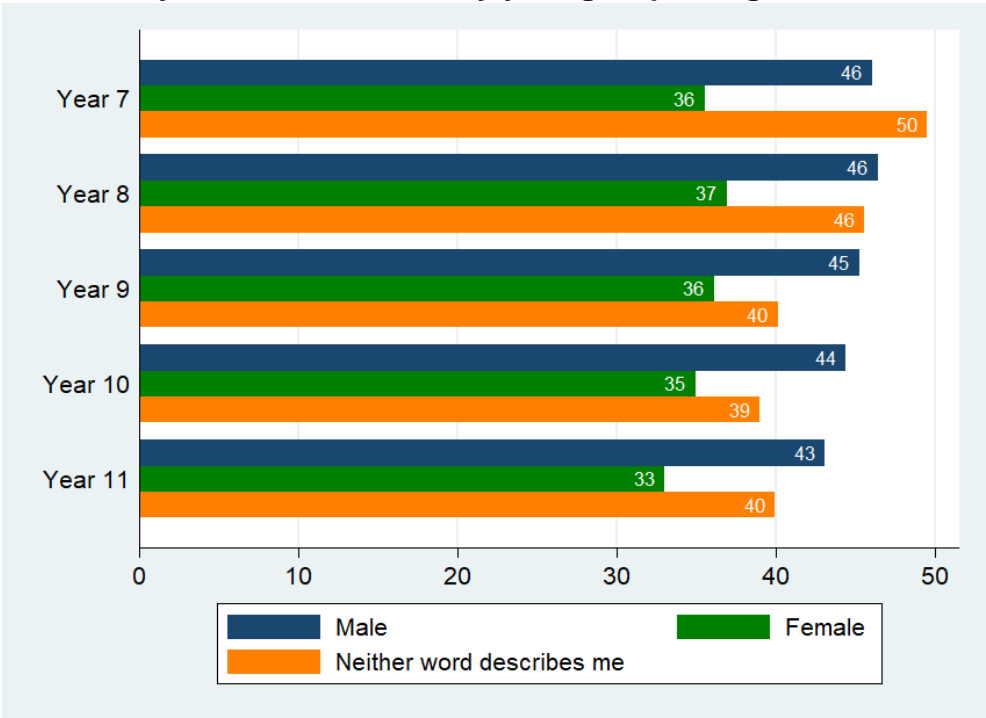
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=54,203; by gender, n=53,509 – excludes 694 gender non-response)

Figure 9.16 Percentage who have been injured in the last 12 months and needed treatment by a doctor or nurse by year group and family affluence



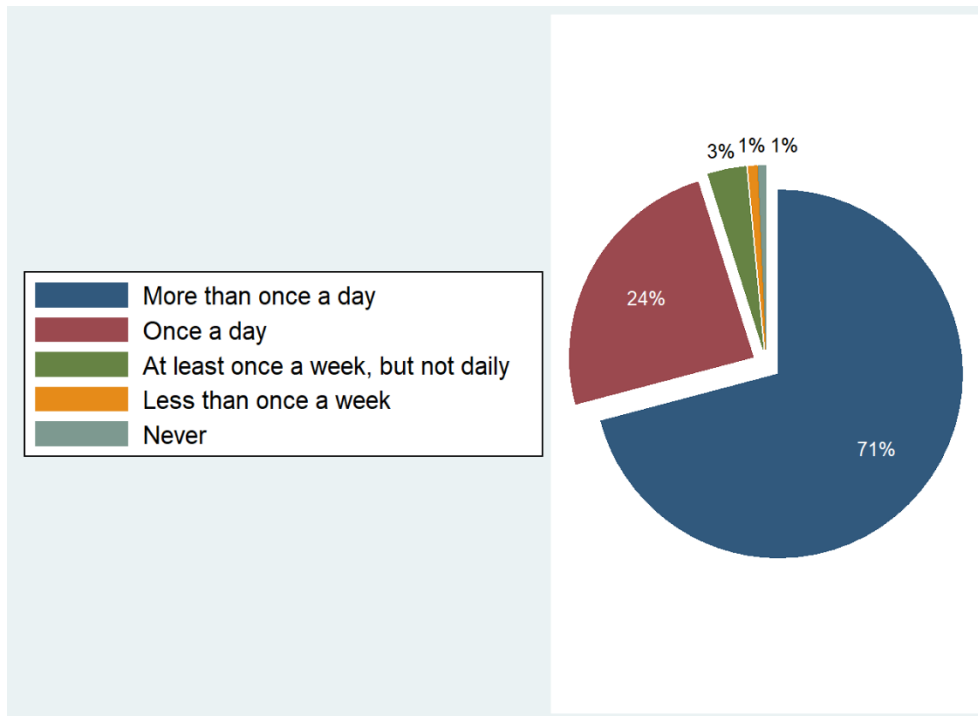
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=54,203; by FAS, n=52,209)

Figure 9.17 Percentage who have been injured in the last 12 months and needed treatment by a doctor or nurse by year group and gender



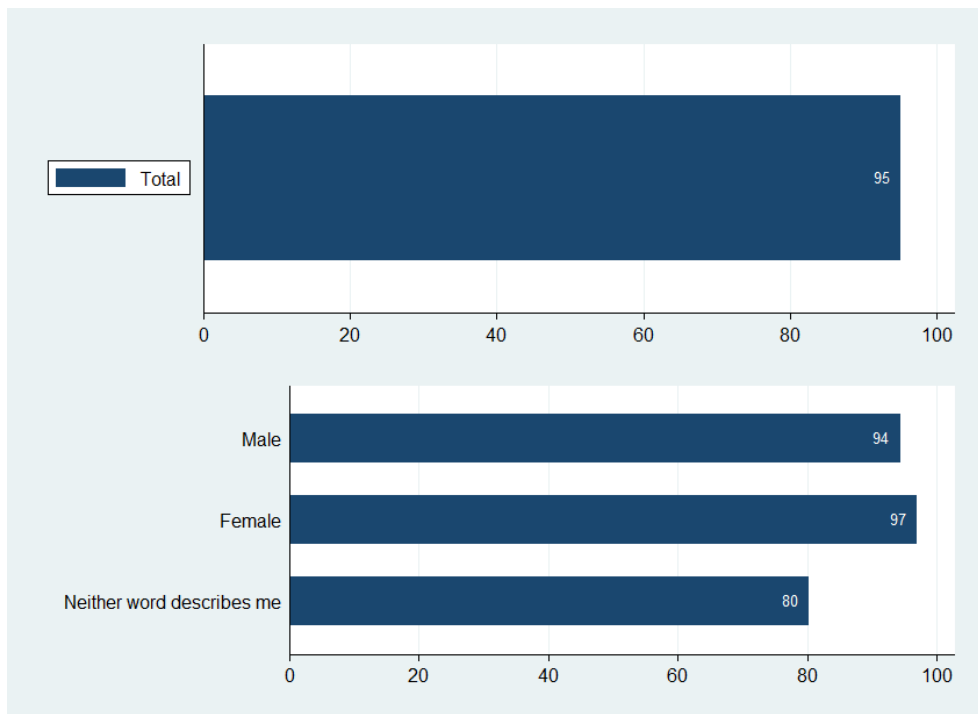
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=53,509). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 9.18 Frequency of tooth brushing (%)



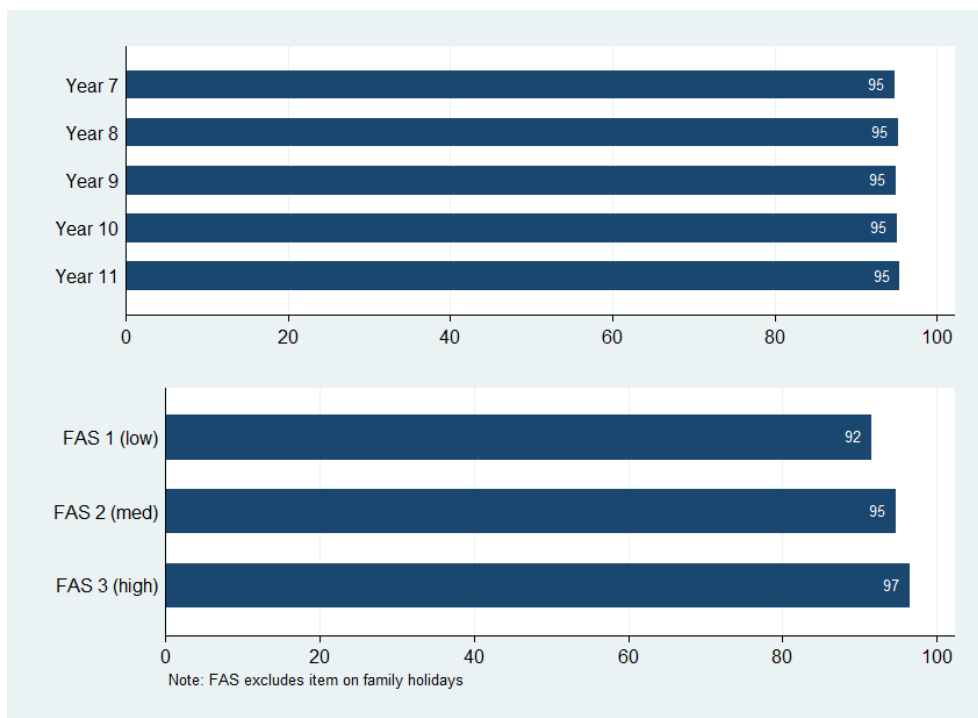
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=58,442)

Figure 9.19 Percentage who brush their teeth at least daily, overall and by gender



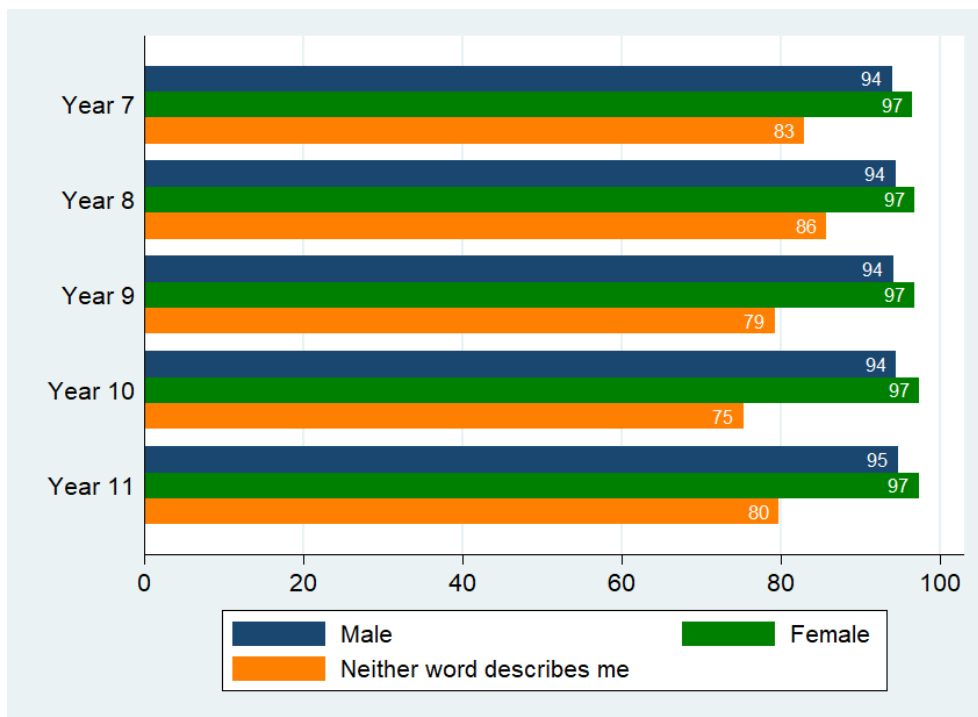
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=58,442; by gender, n=57,678 – excludes 764 gender non-response)

Figure 9.20 Percentage who brush their teeth at least daily by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=58,442; by FAS, n=56,047)

Figure 9.21 Percentage who brush their teeth at least daily by year group and gender



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=57,678). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 9.1 Measures by ethnic group^{1,2}

	% who rate their health as fair or poor	% with two or more health complaints occurring more than once a week in the last 6 months	% who have a long-term health problem or disability that limits their day-to-day activities	% who have been injured in the last 12 months and needed treatment by a doctor or nurse	% who brush their teeth at least daily
White British	24	45	17	40	95
White Irish	31 [26,36]	53 [47,59]	30 [24,38]	52 [47,58]	95 [91,97]
White – Gypsy/traveller	38 [33,44]	55 [49,61]	31 [22,40]	57 [51,64]	83 [78,87]
White Roma	-	-	-	-	-
White Other	31	49	21 [18,23]	43	93
Mixed or multiple ethnic group	29	48	20 [17,23]	42	95
Pakistani	30 [27,34]	38 [34,43]	22 [17,28]	41 [36,45]	93 [91,95]
Indian	22 [18,26]	32 [27,38]	17 [12,22]	34 [29,39]	98 [96,99]
Bangladeshi	35 [31,39]	39 [34,43]	18 [13,23]	30 [26,34]	95 [93,97]
Chinese	29 [24,34]	33 [27,39]	16 [11,21]	29 [24,35]	94 [91,97]
African	24 [20,28]	31 [27,36]	20 [15,24]	33 [28,38]	96 [93,97]
Caribbean or Black	31 [25,37]	44 [38,51]	22 [16,30]	46 [38,53]	92 [88,95]
Arab	25 [21,28]	40 [35,44]	23 [18,29]	42 [37,47]	91 [88,94]
Other	26	40	18 [15,21]	37	93
Prefer not to say	28	51	23 [20,26]	38	94

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-)

Table 9.2 Measures by local health board^{1,2}

	% who rate their health as fair or poor	% with two or more health complaints occurring more than once a week in the last 6 months	% who have a long-term health problem or disability that limits their day-to-day activities	% who have been injured in the last 12 months and needed treatment by a doctor or nurse	% who brush their teeth at least daily
Aneurin Bevan	26	44	18	41	95
Male	20	31	17	46	94
Female	29	54	17	35	97
Neither word describes me	57 [52,62]	81 [77,85]	40 [33,48]	47 [42,52]	80 [76,84]
Betsi Cadwaladr	25	46	19	40	95
Male	20	33	18	44	94
Female	28	57	17	36	97
Neither word describes me	57 [52,62]	82 [78,86]	41 [33,49]	47 [41,52]	82 [77,85]
Cardiff & Vale	25	43	18	40	96
Male	19	29	17	45	95
Female	28	54	17	35	97
Neither word describes me	54 [47,60]	80 [74,85]	32 [25,41]	34 [28,41]	80 [74,85]
Cwm Taf Morgannwg	26	47	17	40	95
Male	21	33	17	46	94
Female	28	57	15	34	97
Neither word describes me	54 [48,60]	86 [81,90]	-	42 [36,49]	77 [72,82]
Hywel Dda	23	42	18	40	95
Male	20	29	18	44	94
Female	23	53	18	36	97
Neither word describes me	58 [50,65]	83 [76,88]	37 [26,50]	43 [35,51]	86 [80,91]
Powys	23	41	16	42	95
Male	19	29	15	48	94
Female	26	52	17	36	98
Neither word describes me	62 [49,73]	84 [73,92]	-	35 [24,49]	87 [76,94]
Swansea Bay	26	45	18	41	95
Male	23	32	19	45	94
Female	28	55	16	36	97
Neither word describes me	57 [50,65]	84 [77,89]	35 [27,44]	38 [31,46]	76 [69,82]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-)

10. Special topic(s): Children's rights and Smoke-free environments

This section presents data on two supplementary topics: i) young people's knowledge of children's rights in Wales, and ii) young people's views around banning smoking in environments not currently covered by existing smoke-free laws. The following measures are included: **knowledge of children's rights; awareness of the United Nations Convention on the Rights of the Child (UNCRC); banning smoking inside homes when children are present; banning smoking outside pubs, cafes, and restaurants; banning smoking in public parks; and banning smoking outside school gates.** Please refer to Chapter 2 (Methods) for general guidance on interpreting estimates.

Summary of main findings

Knowledge of children's rights: While 7% reported that children in Wales do not have rights, half (50%) of young people reported moderate to high levels of knowledge about children's rights (responses: 'we have rights, and I could list a few' (40%) / 'we have rights, and I know a great deal about them' (10%)) (Figure 10.1). An equal proportion of boys and girls (both 50%) reported moderate to high levels of knowledge, compared to a slightly lower proportion of young people who identified as neither a boy nor a girl (45%) (Figure 10.2).

Awareness of UNCRC: While 36% of young people reported having heard of the UNCRC, most young people had not (45%) or were unsure (19%) (Figure 10.5). A lower proportion of girls (35%) reported having heard of the UNCRC compared to boys (37%) and young people who identified as neither a boy nor a girl (38%) (Figure 10.6).

Banning smoking inside homes when children are present: Over half (54%) of young people agreed that smoking should be prohibited inside homes when children are present, including two in five (42%) who strongly agreed (Figure 10.9). There was no difference between boys and girls (both 54%), while a slightly higher proportion of young people who identified as neither a boy nor a girl agreed that smoking should be prohibited in such settings (58%) (Figure 10.9).

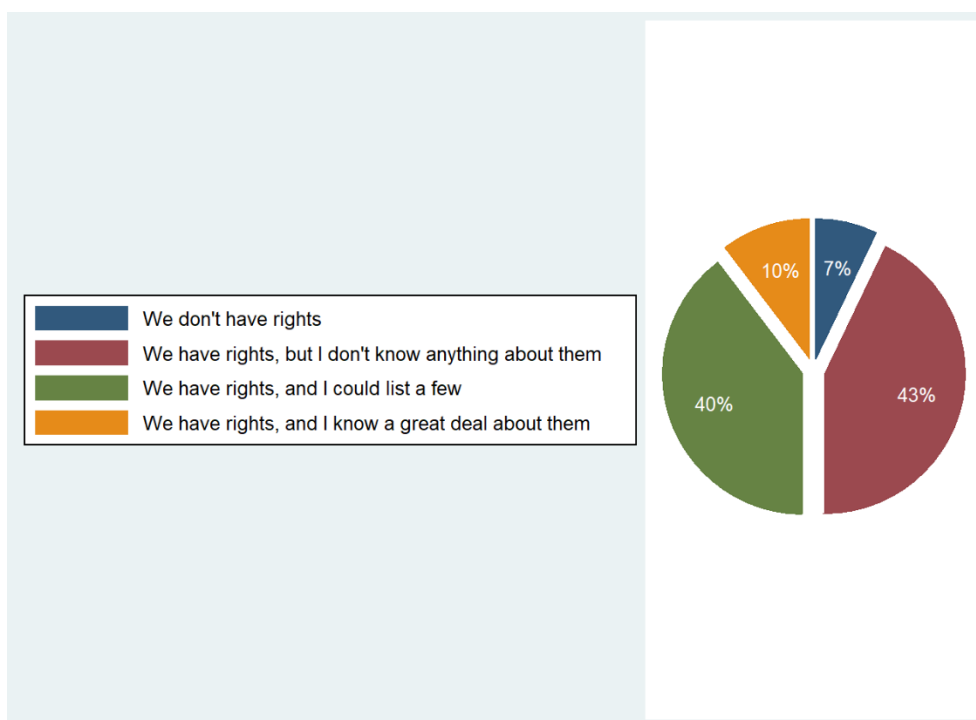
Banning smoking outside pubs, cafes, and restaurants: 37% of young people agreed that smoking should be prohibited outside pubs, cafes, and restaurants (Figure 10.13). A higher proportion of boys (39%) agreed that smoking should be prohibited in these settings, compared with girls (36%) and young people who identified as neither a boy nor a girl (35%) (Figure 10.14).

Banning smoking in public parks: 40% of young people agreed that smoking should be prohibited in public parks, including one in five (21%) who strongly agreed (Figure 10.17). An equal proportion of boys and young people who identified as neither a boy nor a girl (both 42%) agreed that smoking should be prohibited in public parks, compared to a slightly lower proportion of girls (38%) (Figure 10.18).

Banning smoking outside school gates: Almost half (49%) of young people agreed that smoking should be prohibited outside school gates. This included 36% who strongly agreed (Figure 10.21). Over half (53%) of young people who identified as neither a boy nor a girl agreed that smoking should be prohibited outside school gates, compared with 49% of boys and 48% of girls (Figure 10.22).

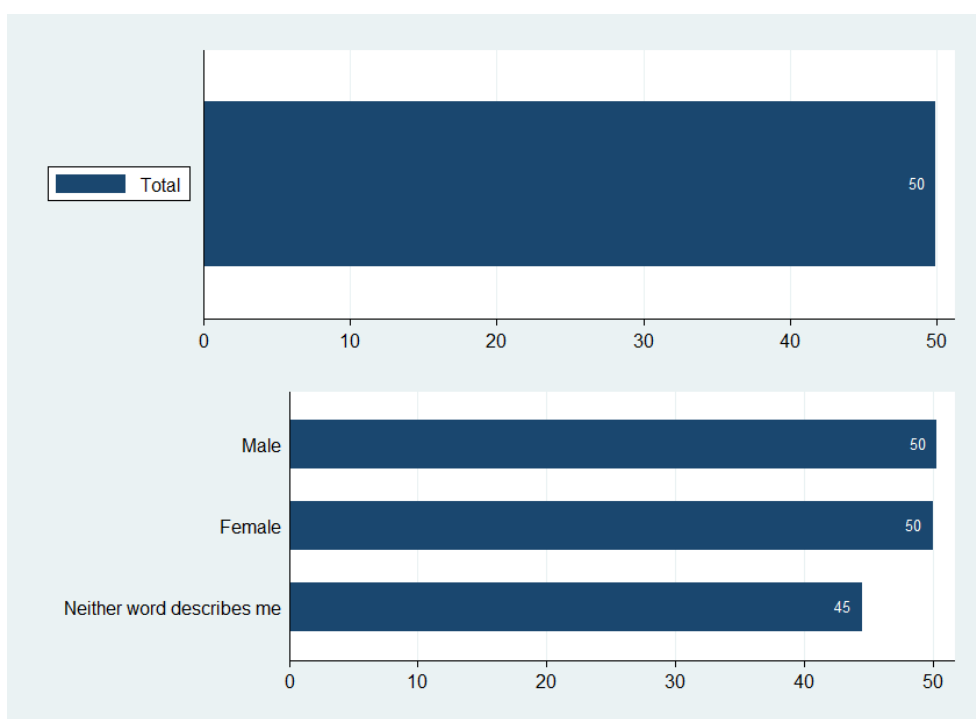
Figures by year group and family affluence are also provided for each measure. For breakdowns by ethnicity and local health board, see Tables 10.1-10.2.

Figure 10.1 Knowledge of children's rights in Wales (%)



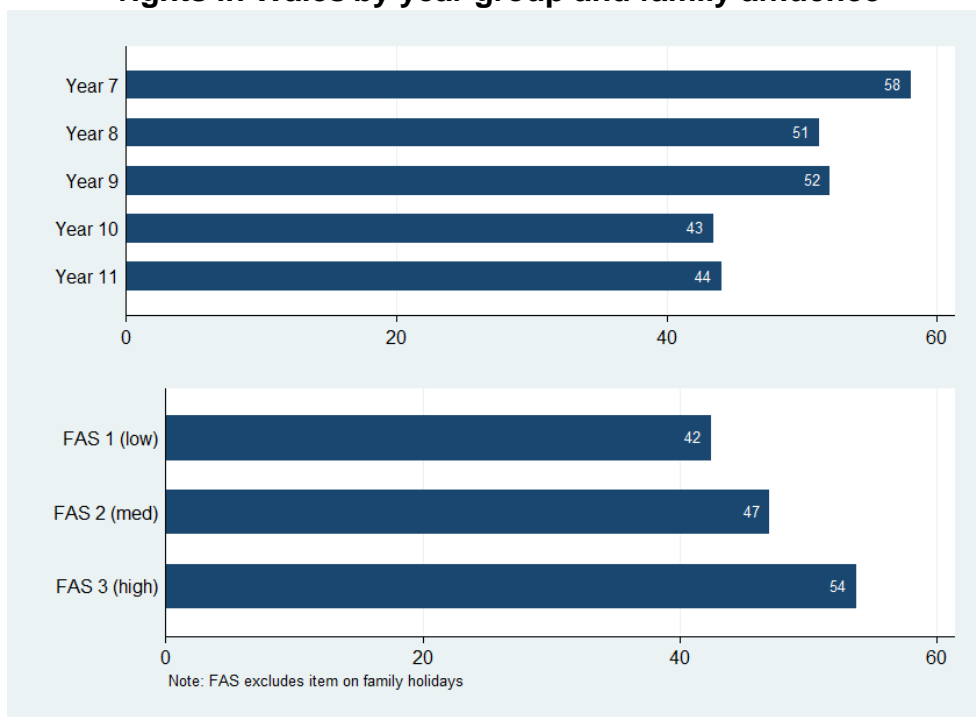
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=24,201)

Figure 10.2 Percentage who report moderate to high levels of knowledge about children's rights in Wales, overall and by gender



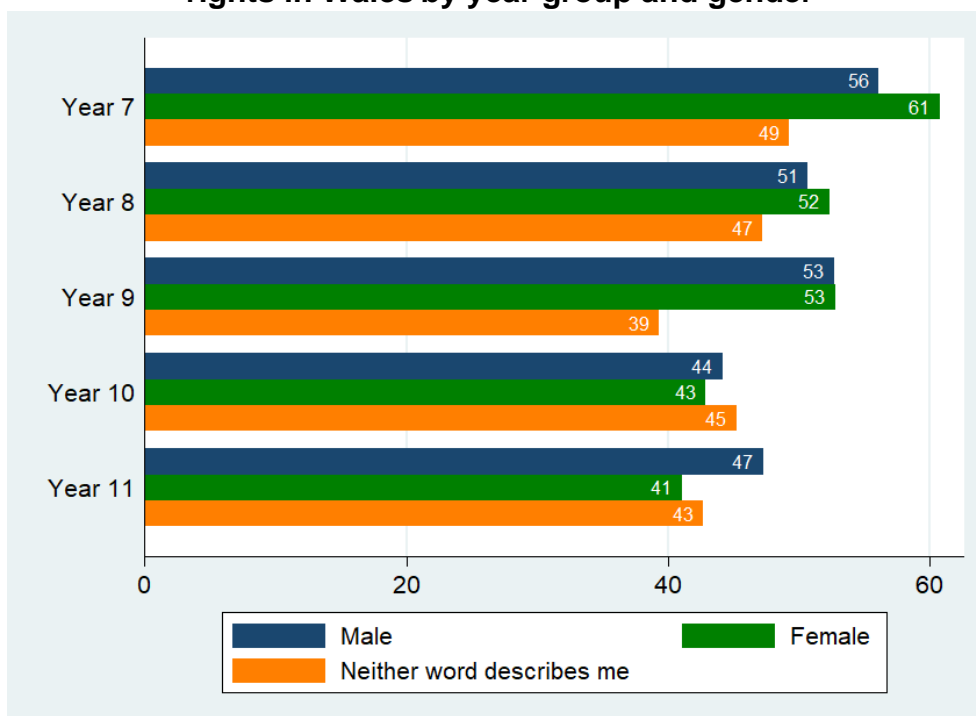
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=24,201; by gender, n=23,851 – excludes 350 gender non-response)

Figure 10.3 Percentage who report moderate to high levels of knowledge about children's rights in Wales by year group and family affluence



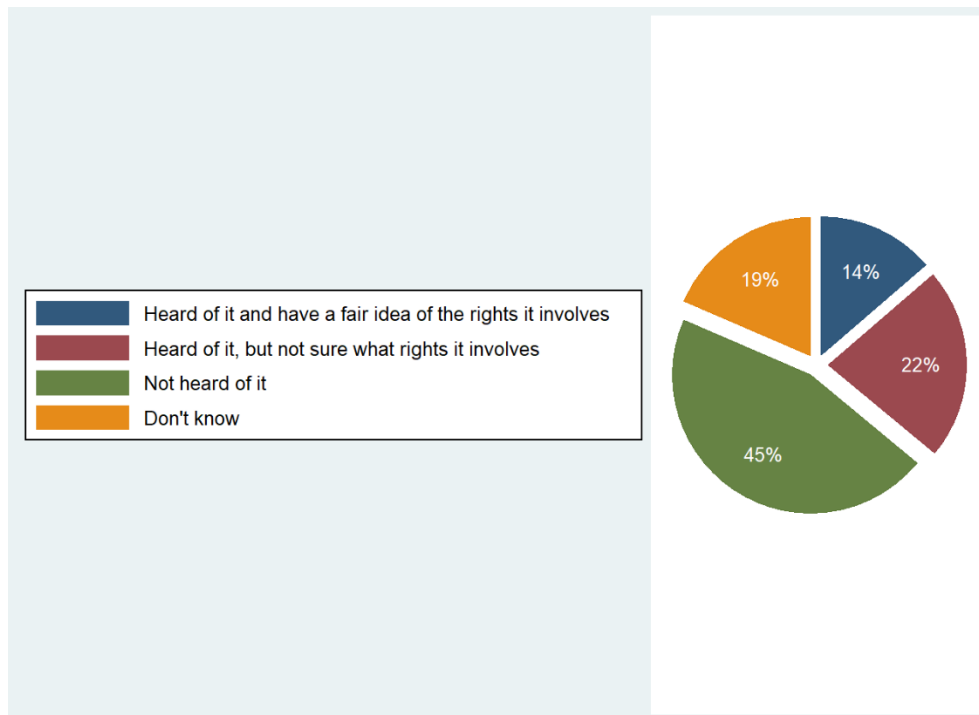
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=24,201; by FAS, n=23,515)

Figure 10.4 Percentage who report moderate to high levels of knowledge about children's rights in Wales by year group and gender



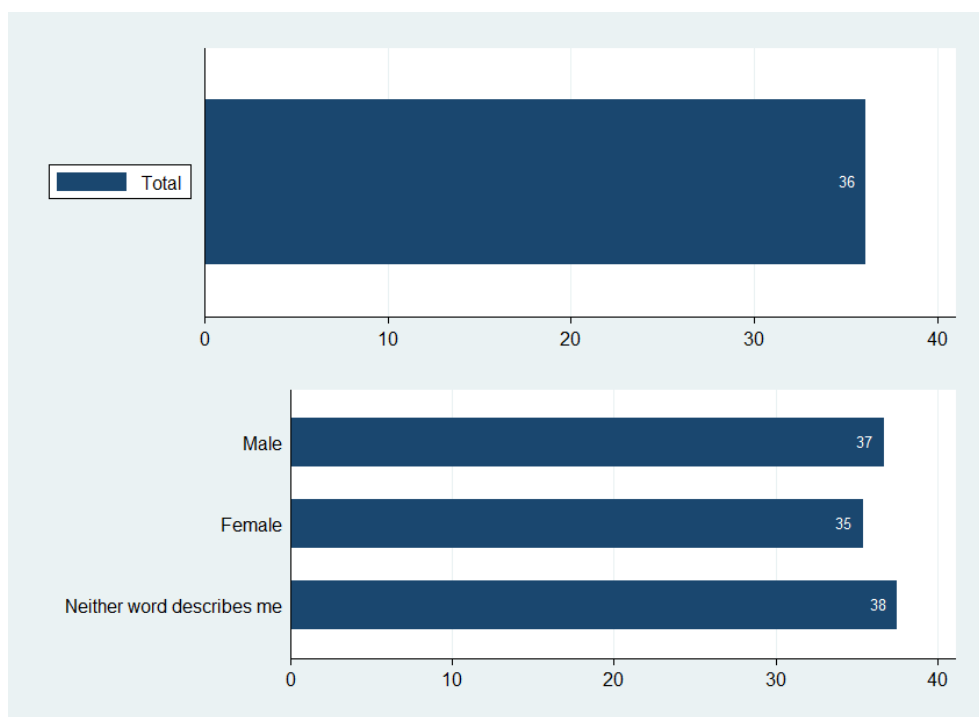
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=23,851). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 10.5 Awareness of the United Nations Convention on the Rights of the Child (UNCRC) (%)



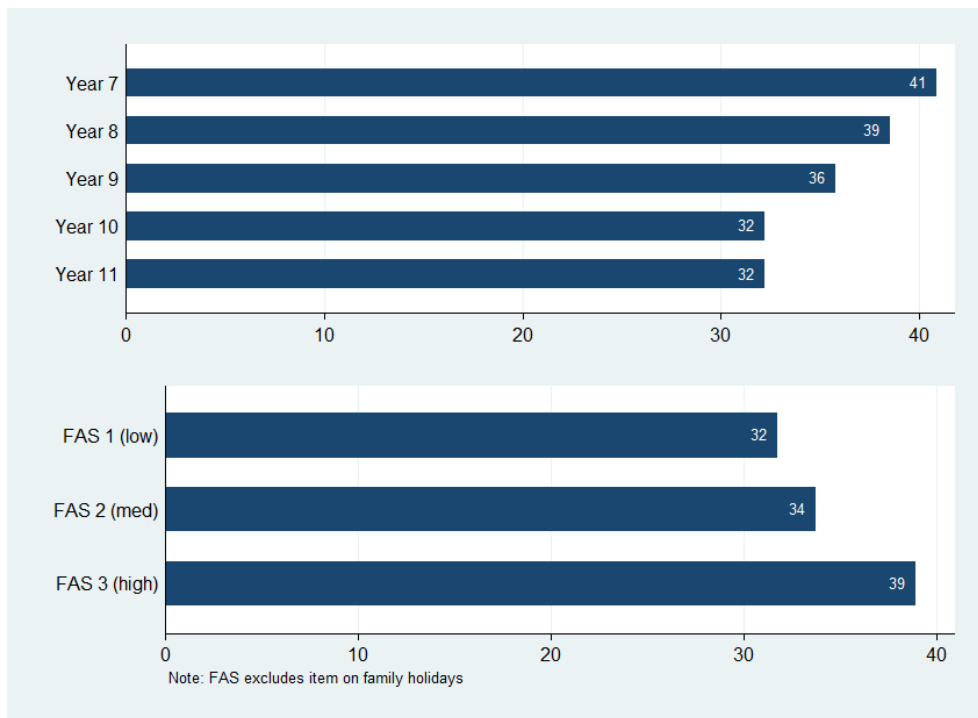
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=24,881)

Figure 10.6 Percentage who have heard of the UNCRC, overall and by gender



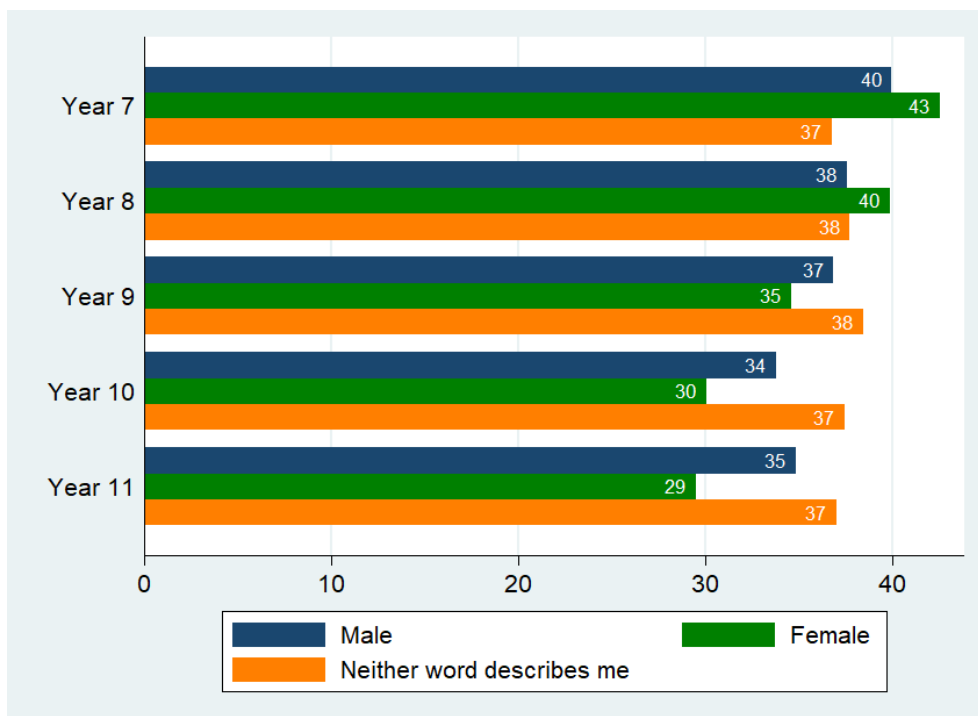
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=24,881; by gender, n=24,520 – excludes 361 gender non-response)

Figure 10.7 Percentage who have heard of the UNCRC by year group and family affluence



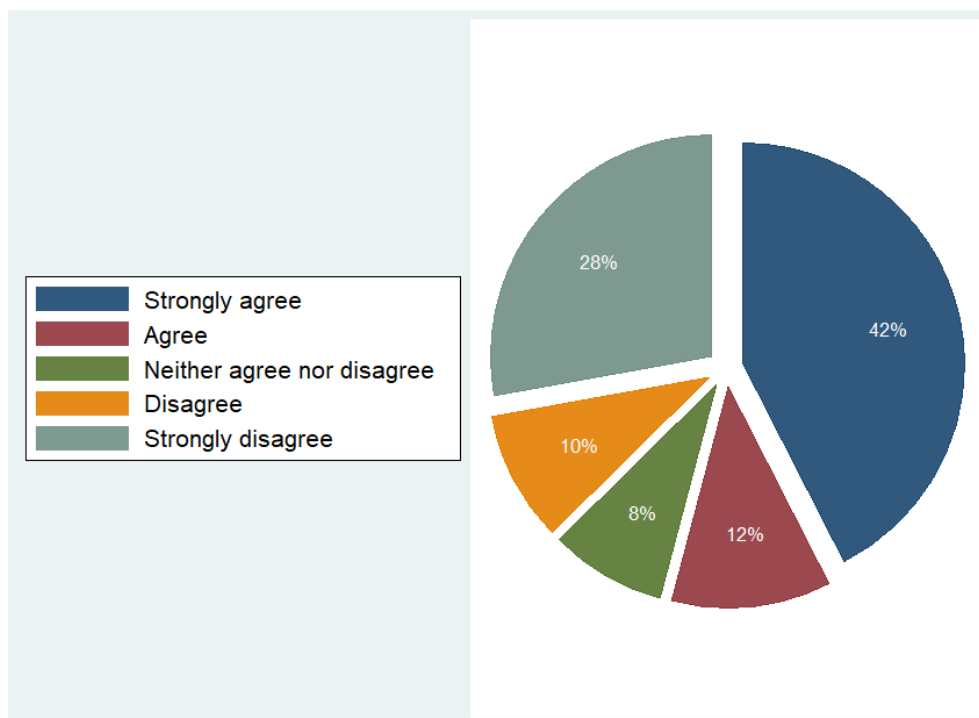
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=24,881; by FAS, n=24,109)

Figure 10.8 Percentage who have heard of the UNCRC by year group and gender



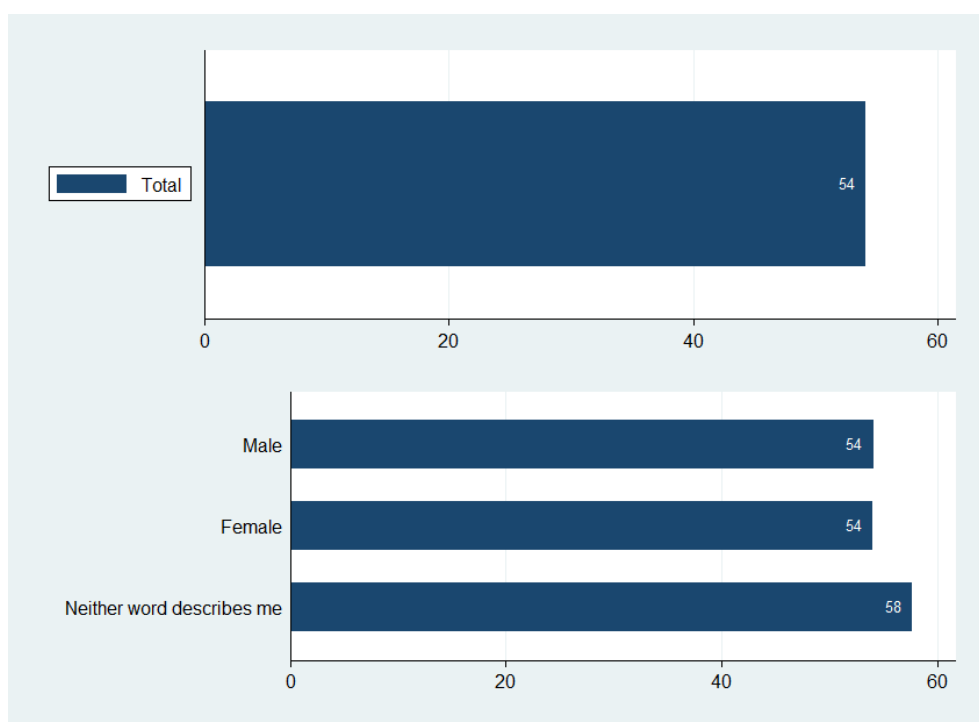
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=24,520). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 10.9 Smoking should be prohibited inside homes when children are present (%)



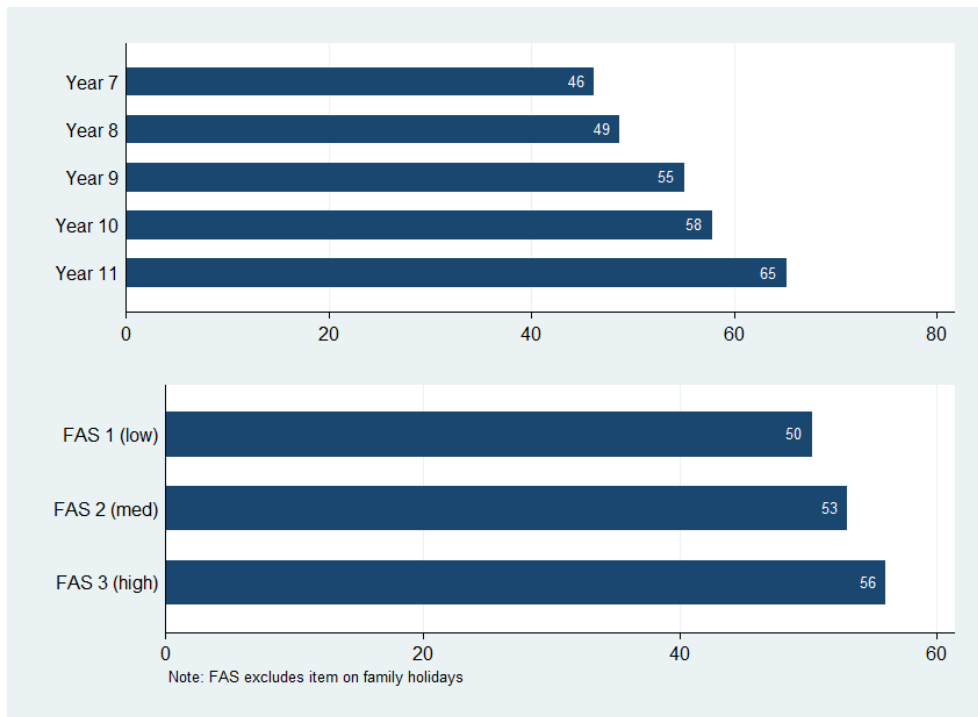
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,471)

Figure 10.10 Percentage who agree smoking should be prohibited inside homes when children are present, overall and by gender



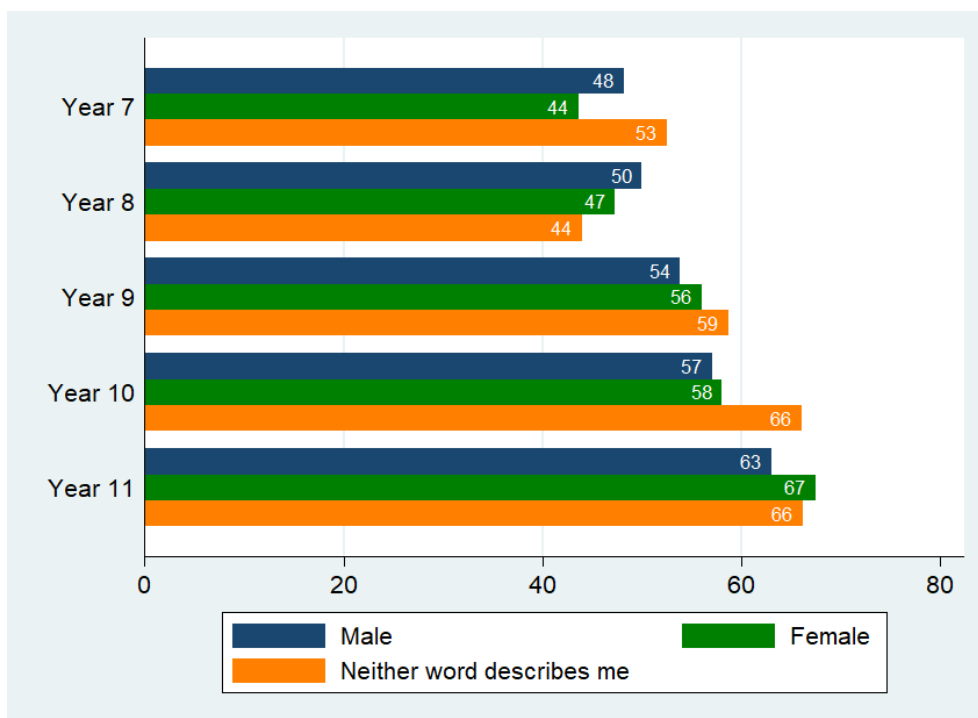
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,471; by gender, n=27,077 – excludes 394 gender non-response)

Figure 10.11 Percentage who agree smoking should be prohibited inside homes when children are present by year group and family affluence



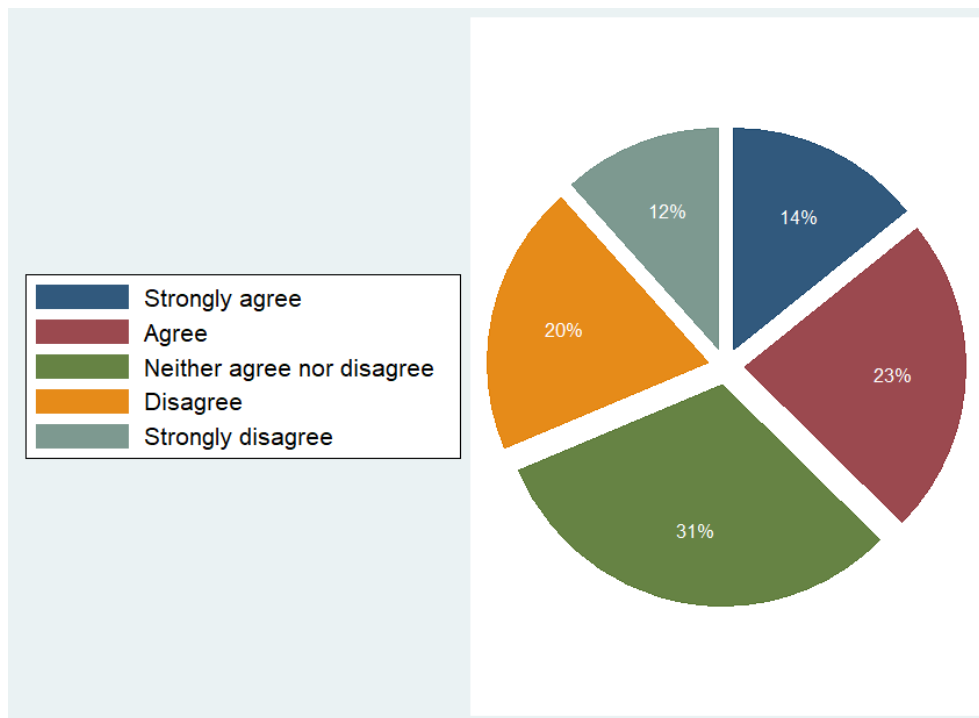
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,471; by FAS, n=26,477)

Figure 10.12 Percentage who agree smoking should be prohibited inside homes when children are present by year group and gender



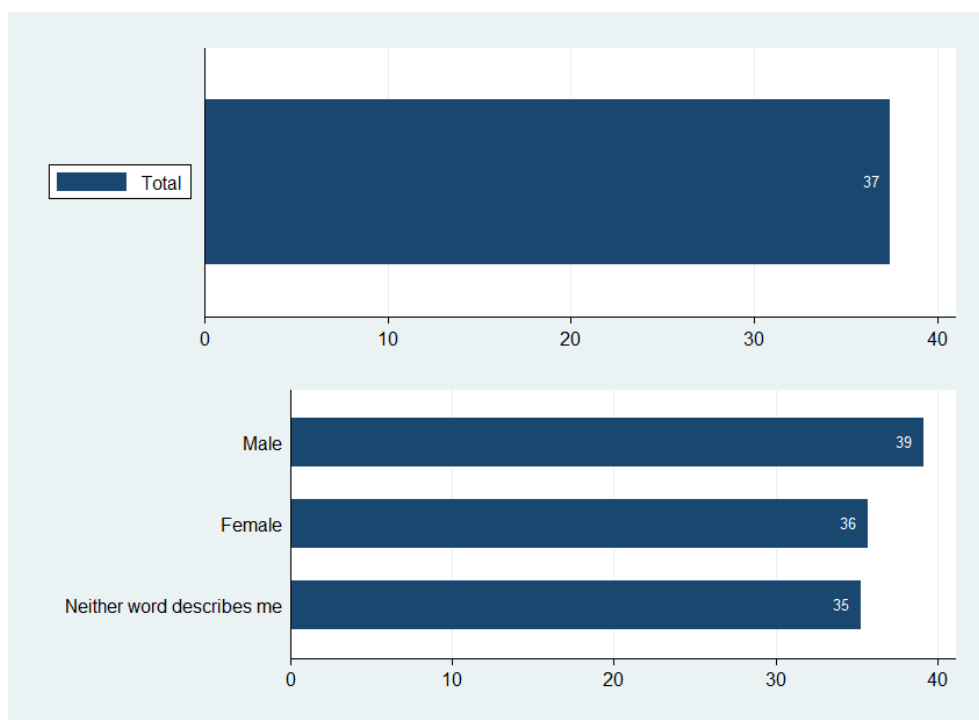
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,077). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 10.13 Smoking should be prohibited outside pubs, cafes, and restaurants (%)



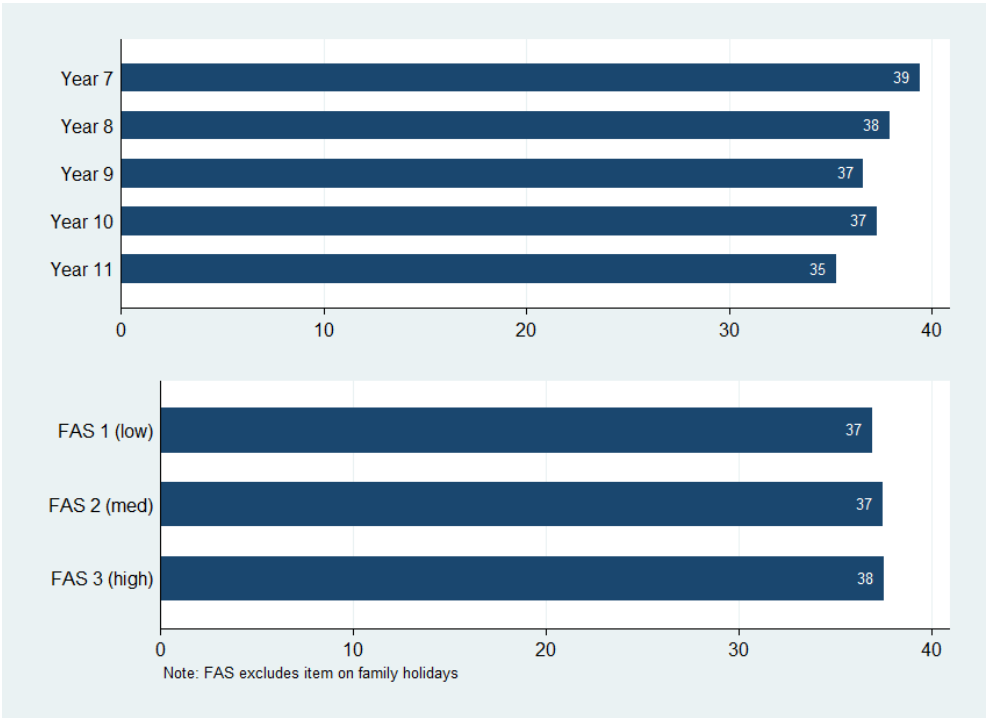
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,529)

Figure 10.14 Percentage who agree smoking should be prohibited outside pubs, cafes, and restaurants, overall and by gender



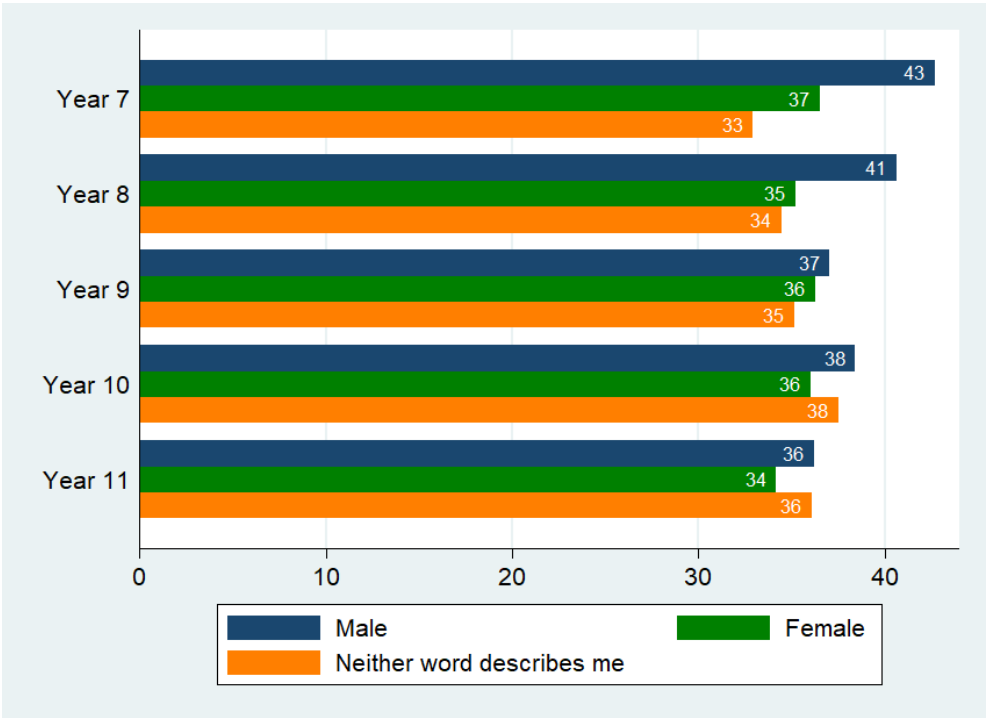
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,529; by gender, n=27,128 – excludes 401 gender non-response)

Figure 10.15 Percentage who agree smoking should be prohibited outside pubs, cafes, and restaurants by year group and family affluence



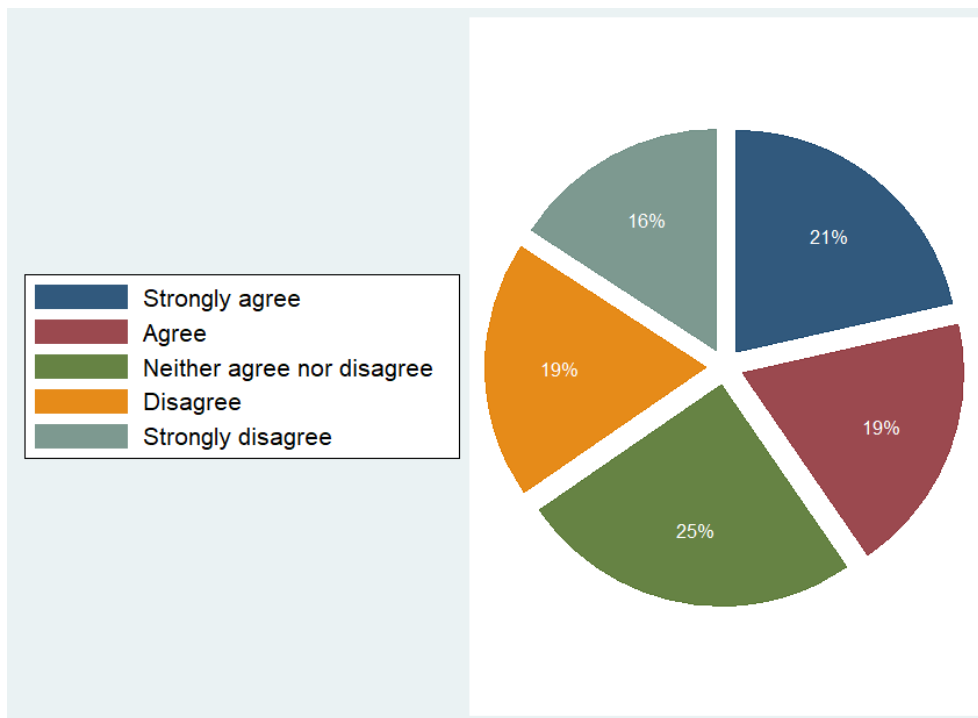
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,529; by FAS, n=26,530)

Figure 10.16 Percentage who agree smoking should be prohibited outside pubs, cafes, and restaurants by year group and gender



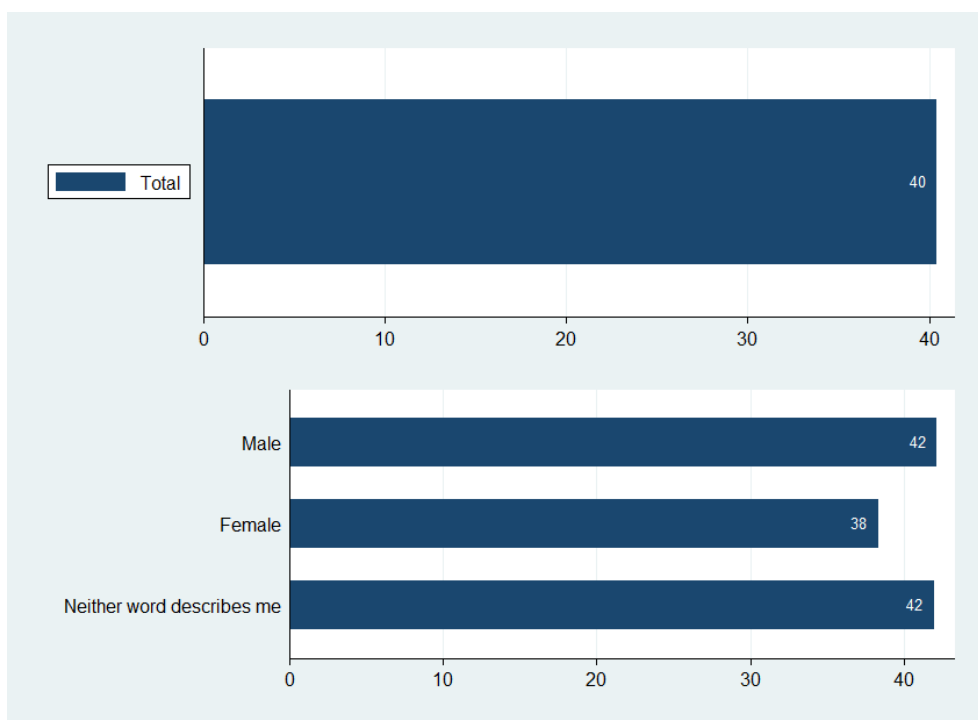
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,128). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 10.17 Smoking should be prohibited in public parks (%)



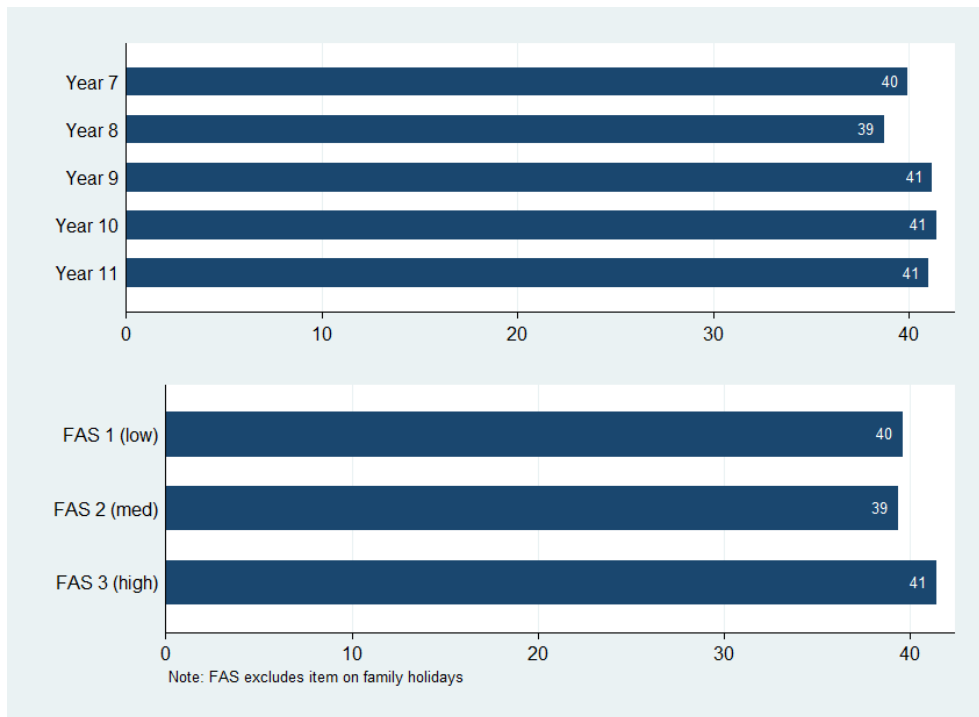
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,543)

Figure 10.18 Percentage who agree smoking should be prohibited in public parks, overall and by gender



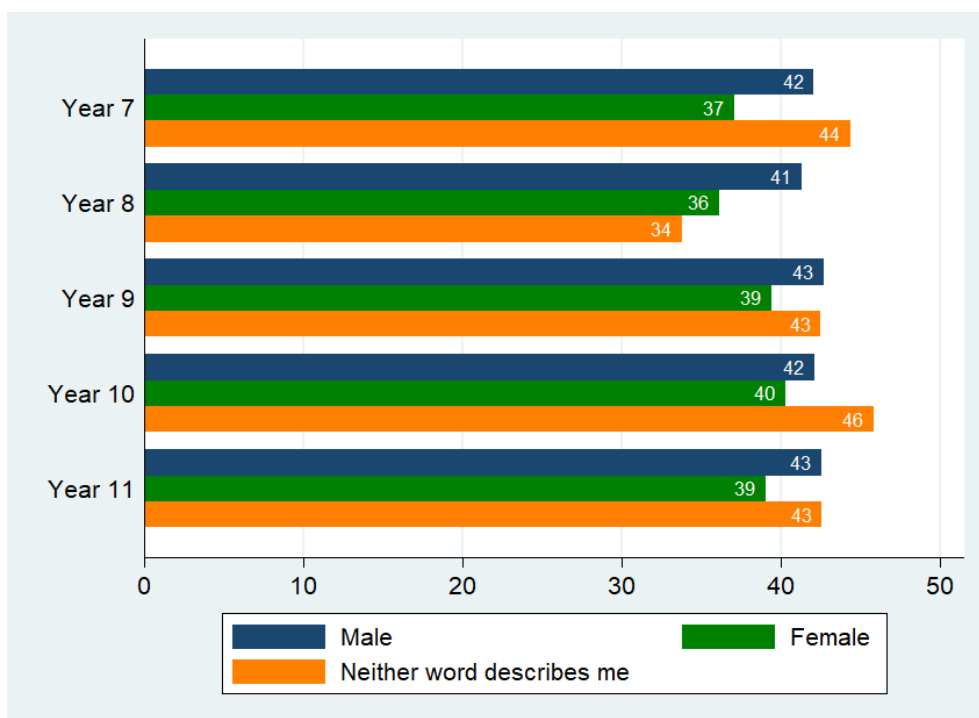
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,543; by gender, n=27,142 – excludes 401 gender non-response)

Figure 10.19 Percentage who agree smoking should be prohibited in public parks by year group and family affluence



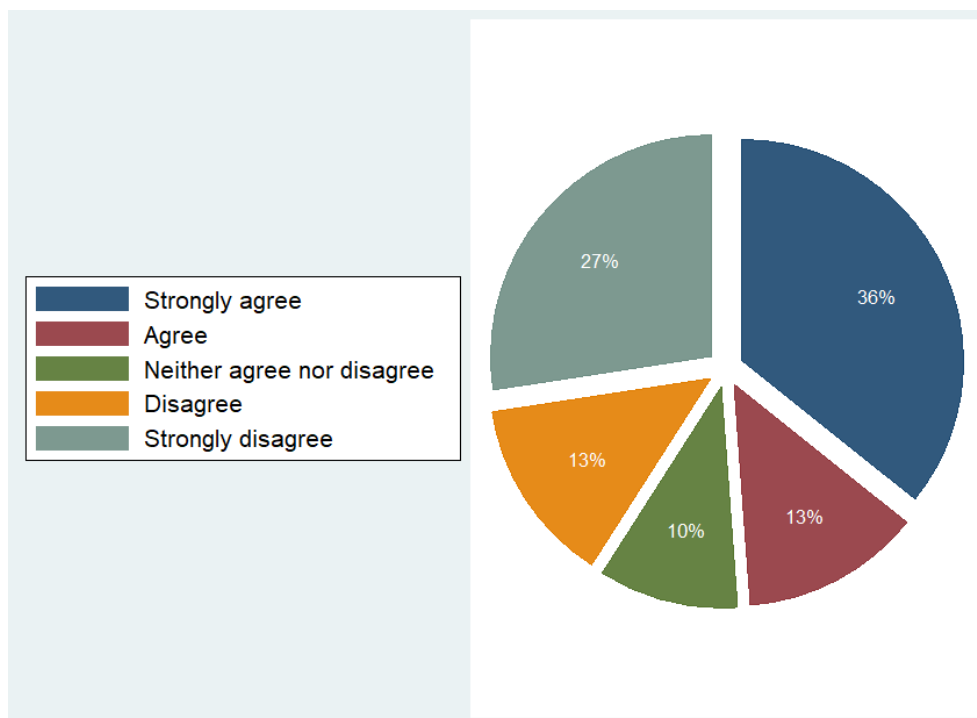
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,543; by FAS, n=26,536)

Figure 10.20 Percentage who agree smoking should be prohibited in public parks by year group and gender



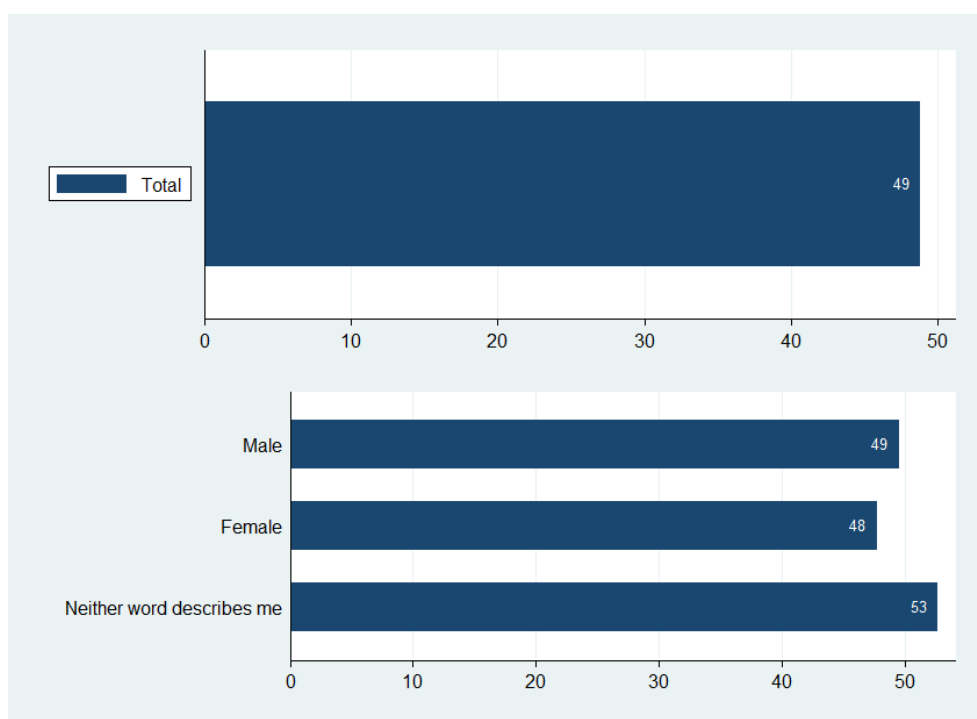
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,142). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Figure 10.21 Smoking should be prohibited outside school gates (%)



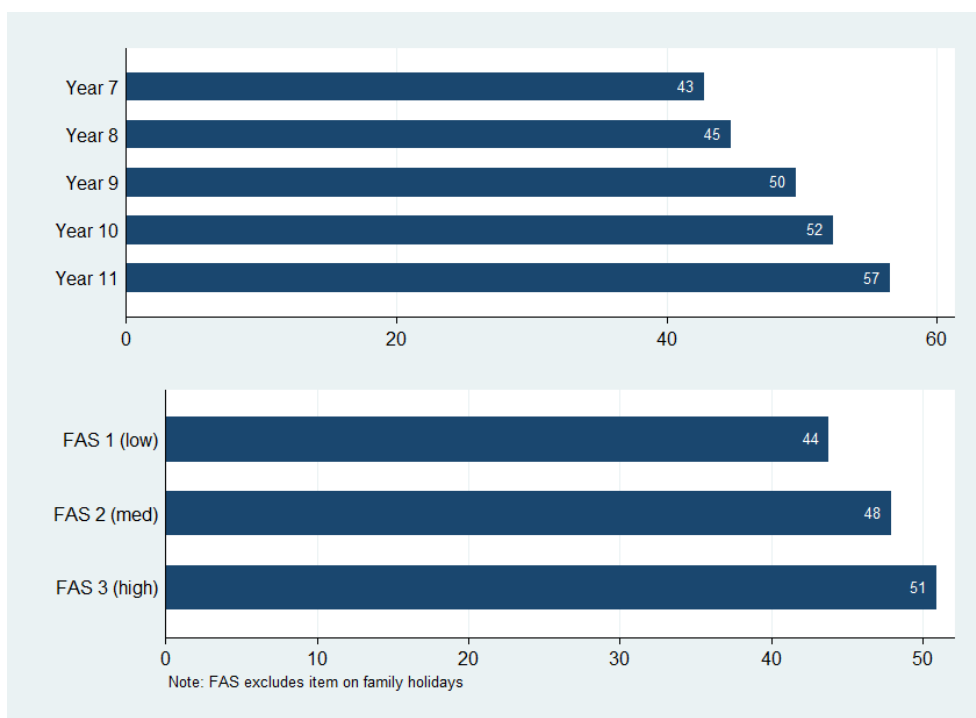
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,513)

Figure 10.22 Percentage who agree smoking should be prohibited outside school gates, overall and by gender



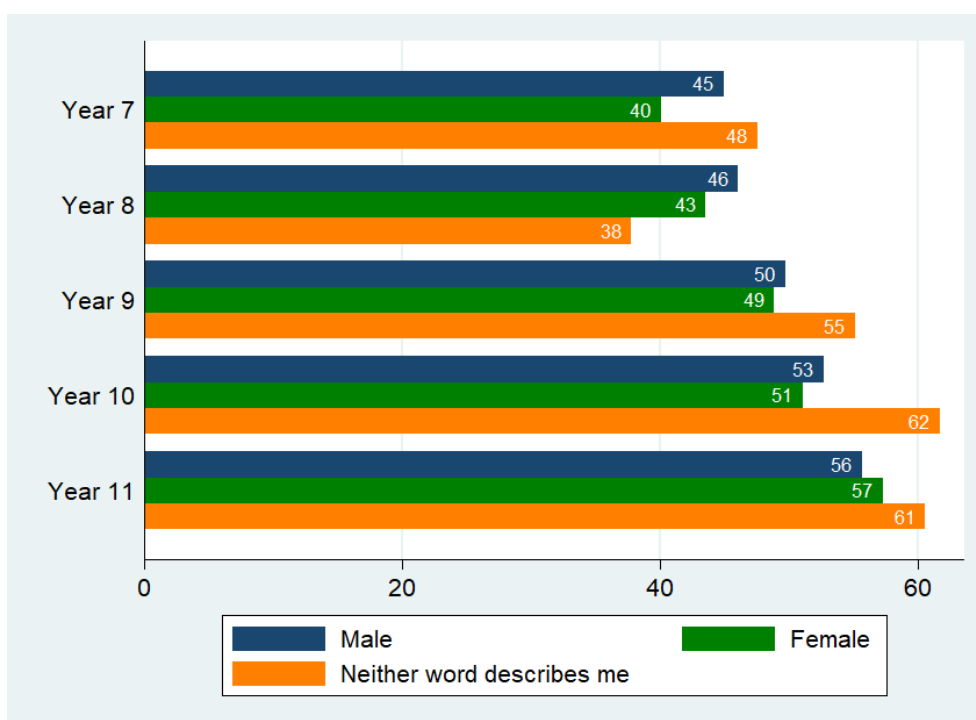
Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (total, n=27,513; by gender, n=27,114 – excludes 399 gender non-response)

Figure 10.23 Percentage who agree smoking should be prohibited outside school gates by year group and family affluence



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (by year group, n=27,513; by FAS, n=26,514)

Figure 10.24 Percentage who agree smoking should be prohibited outside school gates by year group and gender



Base: All respondents in years 7 to 11 who gave an answer, surveyed between Sep 2021 and Jan 2022 (n=27,513). 95% confidence intervals for categories with <1,000 respondents available in Appendix

Table 10.1 Measures by ethnic group^{1,2}

	% who report moderate to high levels of knowledge about children's rights in Wales	% who have heard of the UNCRC	% who agree smoking should be prohibited:			
			Inside homes when children are present	Outside pubs, cafes, and restaurants	In public parks	Outside school gates
White British	50	36	54	37	40	49
White Irish	50 [42,58]	44 [35,52]	53 [45,61]	43 [35,51]	35 [27,43]	45 [37,53]
White – Gypsy/traveller	25 [15,34]	41 [29,52]	40 [32,49]	39 [31,47]	40 [32,49]	42 [34,51]
White Roma	-	-	-	-	-	-
White Other	47 [44,51]	34 [30,37]	61 [58,65]	34 [30,37]	41 [37,45]	54 [50,58]
Mixed or multiple ethnic group	51 [47,55]	37 [34,41]	56 [53,60]	38 [35,42]	43 [39,46]	50 [46,54]
Pakistani	54 [48,61]	42 [36,49]	56 [49,63]	46 [39,53]	47 [40,54]	52 [45,59]
Indian	55 [48,62]	46 [39,53]	64 [58,71]	47 [41,54]	47 [40,54]	62 [55,68]
Bangladeshi	47 [40,53]	42 [35,49]	62 [55,69]	44 [37,51]	46 [39,53]	56 [49,63]
Chinese	56 [49,63]	41 [34,48]	58 [49,67]	42 [33,51]	42 [34,51]	53 [44,62]
African	47 [40,53]	37 [31,43]	58 [52,65]	43 [36,49]	51 [45,58]	56 [49,62]
Caribbean or Black	47 [37,57]	41 [31,51]	50 [40,59]	34 [25,44]	41 [31,50]	44 [35,54]
Arab	53 [46,61]	44 [37,51]	57 [49,65]	46 [38,54]	55 [47,63]	51 [43,59]
Other	48 [45,52]	35 [32,39]	56 [52,59]	42 [38,45]	42 [39,46]	47 [43,50]
Prefer not to say	42 [37,46]	29 [25,32]	48 [44,52]	40 [36,44]	39 [35,43]	41 [37,45]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-)

Table 10.2 Measures by local health board^{1,2}

	% who report moderate to high levels of knowledge about children's rights in Wales	% who have heard of the UNCRC	% who agree smoking should be prohibited:			
			Inside homes when children are present	Outside pubs, cafes, and restaurants	In public parks	Outside school gates
Aneurin Bevan	48	36	54	37	40	49
Male	49	38	53	39	41	48
Female	48	34	55	34	38	49
Neither word describes me	40 [32,47]	39 [32,46]	61 [54,68]	39 [32,46]	45 [38,52]	57 [49,64]
Betsi Cadwaladr	43	30	52	38	39	46
Male	46	31	52	39	40	47
Female	41	29	52	37	37	45
Neither word describes me	36 [29,44]	33 [26,40]	53 [46,60]	33 [27,40]	37 [30,43]	51 [44,58]
Cardiff & Vale	57	41	53	38	40	49
Male	57	42	56	39	42	52
Female	58	41	51	36	37	46
Neither word describes me	52 [44,60]	41 [33,49]	54 [41,65]	23 [13,34]	37 [25,49]	49 [37,61]
Cwm Taf Morgannwg	42	31	53	37	41	48
Male	44 [40,48]	32 [29,35]	53	37	43	49
Female	41 [38,45]	30 [27,34]	52	37	38	46
Neither word describes me	-	-	62 [52,71]	43 [33,53]	46 [36,56]	56 [46,66]
Hywel Dda	49	33	57	37	43	52
Male	47	32	57	39	45	52
Female	51	35	57	34	40	51
Neither word describes me	56 [44,68]	37 [26,49]	55 [45,65]	32 [23,42]	44 [34,55]	51 [40,61]
Powys	42	33	56	36	40	51
Male	44 [40,48]	36 [32,40]	53 [48,57]	38 [34,42]	39 [35,43]	51 [47,55]
Female	40 [36,44]	29 [26,33]	58 [54,63]	34 [30,39]	40 [36,45]	52 [47,56]
Neither word describes me	-	-	-	-	-	-
Swansea Bay	59	44	56	38	43	51
Male	57	44	57	41	46	53
Female	62	45	55	36	39	49
Neither word describes me	57 [48,65]	41 [33,50]	56 [44,68]	35 [24,47]	39 [28,52]	46 [34,59]

¹95% confidence interval provided (in parenthesis) for categories with fewer than 1,000 respondents; ²Estimates not provided for categories with fewer than 50 respondents (-)

Appendix

Longitudinal and data linkage consent questions

Longitudinal (shown to all schools)

Thank you for completing the main part of the survey. The next questions ask you for your name, date of birth and postcode.

If you answer these questions, researchers will be able to link your survey answers over time to ones you have done in the past or might do in future.

This helps them to understand how and why health and wellbeing change as young people grow up.

You do not have to answer these questions if you don't want to.

Click 'Next' to continue.

Please note once you click 'next' you will not be able to return to this section.

Use the boxes below to tell us your name, date of birth and postcode, so that we can link your survey answers over time.

Giving this information is optional

If you can't remember or are unsure why we are asking for this information, ask your teacher to explain further.

My name is
First name Surname

My date of birth is (DD/MM/YYYY) / /

My postcode is

If you live in more than one house, please tell us the postcode of the house where you live most of the time.

If you change your mind about giving your name, you can always contact Cardiff University researchers via the School Health Research Network website.

IF NAME, DATE OF BIRTH AND POSTCODE ARE BLANK DO NOT ASK DATA LINKAGE. IF AT LEAST ONE OF THE PERSONAL DETAILS ARE PROVIDED ASK DATA LINKAGE

Data linkage (data linkage schools only)

You will have seen a video recently which explains what data linkage research is and that we need your permission to use your survey answers for data linkage research.

- To do data linkage research, researchers use the information you gave on the last page (your name, date of birth and postcode) and your sex (boy or girl).
- They use this information to link your survey answers to other information about you, such as your GP records – linking up information about you is done anonymously so **you and your survey answers can never be identified.**
- To give your permission, **select 'Yes' below.**
- If you don't want to give your permission, click the 'No' button to finish the survey.

Remember, your information will always be kept safely and will only be used for research.

If you change your mind about giving your permission, you can always contact Cardiff University researchers via the School Health Research Network website.

I give my permission for researchers to use my survey answers for data linkage research:

Yes

No

Sample characteristics

Table A1. Sample characteristics

Characteristic	N	%	Characteristic	N	%
Gender			Ethnicity		
Male (boy)	60,315	49	White British	100,867	82
Female (girl)	57,219	46	White Irish	714	1
Neither word describes me	3,691	3	White Gypsy/Traveller	589	<0.5
Prefer not to say	1,979	2	White Roma	104	<0.5
Year group			White Other	3,320	3
Year 7	26,657	22	Mixed or multiple ethnic group	3,385	3
Year 8	25,895	21	Pakistani	1,190	1
Year 9	25,814	21	Indian	882	1
Year 10	23,588	19	Bangladeshi	1,035	1
Year 11	21,250	17	Chinese	692	1
Family Affluence Scale (FAS)			African	1,112	1
FAS 1 (low)	16,131	13	Caribbean or Black	525	<0.5
FAS 2 (medium)	38,779	31	Arab	1,014	1
FAS 3 (high)	62,562	51	Other	3,595	3
Incomplete responses	5,732	5	Prefer not to say	4,180	3
Local Health Board (LHB)					
Aneurin Bevan	24,582	20			
Betsi Cadwaladr	28,816	23			
Cardiff & Vale	18,674	15			
Cwm Taf Morgannwg	16,031	13			
Hywel Dda	14,415	12			
Powys	5,293	4			
Swansea Bay	15,393	12			

Note: Percentages may not sum due to rounding; FAS based on 5-items only (excludes family holidays)

Family Affluence Scale

A total FAS score was calculated for each student who answered the following questions on bedroom occupancy; car, computer, and dishwasher ownership; and number of household bathrooms:

Does your family own a car, van or truck?

(No (=0) / Yes, one (=1) / Yes, two or more (=2))

Do you have your own bedroom for yourself?

(No (=0) / Yes (=1))

How many computers does your family own (including PCs, Macs, laptops and tablets, not including game consoles and smartphones)?

(None (=0) / One (=1) / Two (=2) / More than two (=3))

How many bathrooms (room with a bath/shower or both) are in your home?

(None (=0) / One (=1) / Two (=2) / More than two (=3))

Does your family have a dishwasher at home?

(No (=0) / Yes (=1))

For each student who answered all five questions, a total FAS score between zero and ten was derived by summing individual item scores. Students who did not respond to these five questions (5% of the sample) were not included in figures showing breakdowns by FAS classification.

Compatibility with previous SHRN reports

A student's total FAS score is usually calculated based on responses to six questions. The question on family holidays (how many times did you and your family travel out of Wales for a holiday/vacation last year?) was excluded from calculations in 2021/22, however, due to compatibility concerns with previous years, likely owing to COVID-19 imposed travel restrictions. The percentage of students reporting having taken no holidays outside of Wales in the past 12 months increased from 14% in both 2017/18 and 2019/20 surveys to 37% in 2021/22 (see Table A2). Inclusion of the question on family holidays within the calculation of the 6-item FAS resulted in a sample mean score of 8.8 (range 0-13) in 2021/22, down from 9.3 in 2019/20, whereas the exclusion of family holidays within a 5-item FAS led to comparable sample mean scores of 7.5 (2021/22) and 7.4 (2019/20), respectively.

Table A2. FAS item on family holidays by survey year

	2017/18	2019/20	2021/22
Not at all	14,105 (14%)	15,999 (14%)	43,849 (37%)
Once	24,168 (23%)	27,259 (24%)	28,198 (24%)
Twice	22,178 (21%)	26,049 (23%)	17,209 (15%)
More than twice	40,402 (39%)	46,408 (40%)	29,065 (25%)

Percentages may not sum due to rounding

At the time of analysis, there was no agreed HBSC position on reporting breakdowns by FAS classification following concerns regarding the item on family holidays. Given this, a decision was made to assign students low, medium, or high FAS classification based on thresholds proposed by the HBSC Netherlands team at the Autumn 2022 HBSC Network meeting (described below). It should be noted, however, that at the time of writing, HBSC released updated guidance (recommending continued use of all 6-items), which will be used in future international comparisons.

- FAS 1 (low affluence): score 0-5
- FAS 2 (medium affluence): score 6-7
- FAS 3 (high affluence): score 8-10

A comparison of this revised FAS classification alongside the usual six-item thresholds for low (0-6), medium (7-9), and high (10-13) family affluence is presented below using SHRN Student Health and Wellbeing survey data from 2019/20 (Table A3). As shown here, most students fall within the same FAS classification, with the greatest variability evident within the medium FAS group. Proportionally, however, sample breakdown by FAS classification varied little in 2021/22 based on the revised 5-item FAS, compared to the 6-item version, with only a slight increase in the proportion of students classified as high FAS relative to previous years (Table A4).

Table A3. Comparison of 2019/20 6-item FAS categories with revised 5-item version

		Revised 5-item FAS (2019)		
		Low (0-5)	Medium (6-7)	High (8-10)
		Number (row %)	Number (row %)	Number (row %)
6-item FAS (2019)	Low (0-6)	11,169 (78%)	3,173 (22%)	0 (0%)
	Medium (7-9)	5,077 (12%)	27,017 (66%)	8,859 (22%)
	High (10-13)	0 (0%)	7,675 (14%)	48,975 (86%)

Source: 2019/20 SHRN Student Health and Wellbeing Survey

Table A4. FAS breakdown by survey year

	2017/18 (n=103,971)	2019/20 (n=119,388)	2021/22* (n=123,204)
FAS 1 (low)	12,091 (12%)	14,342 (12%)	16,131 (13%)
FAS 2 (medium)	36,367 (35%)	40,953 (34%)	38,779 (31%)
FAS 3 (high)	49,205 (47%)	56,650 (47%)	62,562 (51%)
Incomplete responses	6,308 (6%)	7,443 (6%)	5,732 (5%)

*Revised 5-item FAS; percentages may not sum due to rounding

Confidence intervals

Tables A5-A12. 95% confidence intervals for Figures in the report based on less than 1,000 respondents. Percentages based on base sizes of less than 50 respondents are not reported (-). A blank cell indicates that no confidence interval was needed (i.e. estimate based on at least 1,000 respondents).

Table A5. Chapter 3: Mental health and wellbeing

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% rated their life satisfaction as 6 or above	[45,52]	[40,48]	[40,46]	[37,44]	[38,46]	
Mean SWEMWBS score	[18,19]	[17,18]	[17,18]	[17,18]	[17,18]	
% never or rarely felt lonely during last summer holidays	[74,83]	[73,82]	[71,80]	[74,82]	[73,83]	
Mean loneliness score	[6,7]	[6,7]	[6,7]	[6,7]	[6,7]	
SDQ total: Close to average	[12,18]	[11,16]	[15,21]	[12,17]	[11,17]	
SDQ total: Slightly raised	[10,16]	[7,12]	[9,14]	[9,13]	[9,14]	
SDQ total: High	[6,11]	[8,14]	[7,12]	[8,12]	[6,11]	
SDQ total: Very high	[60,68]	[63,70]	[57,64]	[62,69]	[63,70]	
SDQ emotional problems: Close to average	[12,18]	[12,18]	[16,22]	[13,19]	[16,22]	
SDQ emotion problems: Slightly raised	[8,13]	[5,9]	[7,11]	[6,10]	[6,11]	
SDQ emotional problems: High	[10,16]	[10,15]	[11,16]	[9,14]	[6,10]	
SDQ emotional problems: Very high	[58,66]	[62,70]	[55,63]	[61,68]	[61,69]	
SDQ conduct problems: Close to average	[54,63]	[47,55]	[53,61]	[53,60]	[56,64]	
SDQ conduct problems: Slightly raised	[10,16]	[15,21]	[12,17]	[9,14]	[8,13]	
SDQ conduct problems: High	[10,16]	[11,17]	[9,14]	[10,14]	[8,13]	
SDQ conduct problems: Very high	[13,19]	[15,21]	[14,19]	[18,24]	[16,23]	
SDQ hyperactivity: Close to average	[24,32]	[17,24]	[24,31]	[19,26]	[19,26]	
SDQ hyperactivity: Slightly raised	[9,15]	[9,14]	[10,15]	[9,14]	[10,15]	
SDQ hyperactivity: High	[14,20]	[13,19]	[12,17]	[11,16]	[10,16]	
SDQ hyperactivity: Very high	[40,48]	[49,57]	[42,49]	[49,56]	[48,56]	
SDQ peer problems: Close to average	[23,30]	[23,30]	[23,30]	[26,33]	[22,30]	
SDQ peer problems: Slightly raised	[15,22]	[16,23]	[14,20]	[14,20]	[15,21]	
SDQ peer problems: High	[15,21]	[15,21]	[19,25]	[15,21]	[18,24]	
SDQ peer problems: Very high	[34,42]	[32,40]	[31,38]	[32,39]	[32,40]	
SDQ prosocial: Close to average	[62,70]	[57,65]	[49,57]	[47,54]	[48,57]	
SDQ prosocial: Slightly lowered	[9,15]	[10,15]	[11,17]	[11,16]	[10,16]	
SDQ prosocial: Low	[8,13]	[10,15]	[10,15]	[11,17]	[9,14]	
SDQ prosocial: Very low	[10,15]	[12,18]	[18,24]	[20,26]	[20,27]	

Table A6. Chapter 4: School life

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% like school a lot	[10,16]	[3,7]	[5,9]	[2,6]	[3,7]	
% feel a lot or some school pressure	[68,75]	[71,78]	[71,78]	[78,84]	[81,87]	
% feel their teachers accept them	[39,50]	[35,46]	[29,39]	[27,37]	[24,35]	
% agree their teachers care about them	[36,44]	[27,34]	[23,30]	[24,30]	[26,33]	
% agree there is a member of staff they can confide in	[51,62]	[51,62]	[47,58]	[47,58]	[48,59]	
% agree students have say planning & organising school activities & events	[40,48]	[26,34]	[22,29]	[19,25]	[20,27]	
% agree students have chance to decide & plan school projects	[41,49]	[26,34]	[22,29]	[19,25]	[16,22]	
% agree students' ideas treated seriously at school	[43,51]	[25,32]	[22,28]	[16,21]	[14,20]	
% agree their ideas are taken seriously at school	[28,40]	[14,23]	[13,21]	[9,17]	[9,17]	
% bullied another person at school in past couple of months	[15,21]	[16,22]	[15,21]	[18,25]	[17,24]	
% been bullied at school in past couple of months	[60,68]	[62,70]	[59,67]	[56,63]	[52,60]	
% agree there is school support for students feeling unhappy, worried or unable to cope	[53,61]	[42,50]	[31,39]	[31,38]	[25,33]	

Table A7. Chapter 5: Physical activity and diet

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% physically active for at least 60 mins p/wk	[10,16]	[7,12]	[8,13]	[8,13]	[9,14]	
% travelling to school by walking or cycling	[35,42]	[31,38]	[31,38]	[31,38]	[31,38]	
% sitting for 7 or more hrs p/day	[33,40]	[29,37]	[35,43]	[34,41]	[32,40]	
% eating breakfast every weekday	[29,37]	[25,32]	[23,30]	[23,29]	[24,31]	
% eating fruit at least daily	[26,33]	[24,31]	[22,29]	[23,29]	[26,33]	
% eating vegetables at least daily	[24,30]	[29,37]	[30,37]	[30,37]	[31,39]	
% drinking soft drinks at least daily	[19,26]	[18,24]	[18,24]	[19,25]	[21,27]	
% drinking energy drinks at least daily	[7,11]	[7,11]	[9,14]	[11,16]	[13,19]	
% eat sweets at least daily	[26,32]	[21,31]	[24,34]	[18,27]	[22,32]	

Table A8. Chapter 6: Family and social life

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% agree they got help & emotional support from family	[40,48]	[32,40]	[31,39]	[24,30]	[27,34]	
% can count on their friends	[46,54]	[47,55]	[45,52]	[44,51]	[46,55]	
% cyber-bullied others in past couple of months	[13,19]	[13,19]	[12,18]	[15,20]	[15,21]	
% been cyber-bullied in past couple of months	[44,52]	[40,48]	[36,43]	[35,43]	[31,39]	
% going to bed after 11pm on a school night	[42,50]	[51,59]	[59,67]	[60,67]	[67,75]	
% last looking at an electronic screen after 11pm on a school night	[44,53]	[52,60]	[58,65]	[59,66]	[66,73]	
% classified as a problematic user of social media	[22,36]	[24,37]	[19,30]	[15,24]	[14,24]	
% been in a fight three or more times in last 12 months	[17,26]	[15,24]	[10,18]	[14,22]	[14,23]	
% care for a family member	[24,35]	[25,36]	[23,33]	[23,33]	[27,38]	
% easy or very easy to talk to mother	[51,63]	[44,56]	[41,52]	[46,57]	[35,47]	
% easy or very easy to talk to father	[35,48]	[33,45]	[30,42]	[33,44]	[30,43]	
% unsupervised time with friends at least once a week (after school)	[36,53]	[32,48]	[30,46]	[29,45]	[27,44]	[35,42]
% unsupervised time with friends at least once a month (at weekends)	[55,71]	[49,66]	[58,73]	[59,75]	[55,73]	[60,67]

Table A9. Chapter 7: Relationships

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% ever sent sexually explicit image of themselves	[5,9]	[7,11]	[10,15]	[20,27]	[33,41]	

Table A10. Chapter 8: Substance use and gambling

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% currently smoke tobacco at least weekly	[4,8]	[2,4]	[4,8]	[10,15]	[14,20]	
% ever tried e-cigarettes	[13,19]	[16,23]	[22,29]	[31,37]	[39,47]	
% using e-cigarettes at least weekly	[4,10]	[1,4]	[4,10]	[7,13]	[12,21]	
% drinking anything alcoholic at least weekly	[5,14]	[3,11]	[7,17]	[11,22]	[14,27]	[10,15]
% typically drink > 1 alcoholic drink per drinking occasion	[27,40]	[21,32]	[39,49]	[48,58]	[66,74]	
% been drunk at least 4 times in life	[3,8]	[1,4]	[5,10]	[14,21]	[20,30]	
% think it's OK for someone their age to try cannabis	[3,12]	[4,13]	[9,21]	[19,32]	[41,57]	[17,23]
% offered cannabis in last 12 months	[9,15]	[12,18]	[19,25]	[28,35]	[41,49]	
% ever used cannabis	[4,8]	[3,6]	[7,11]	[13,18]	[23,31]	
% ever used drugs	[11,17]	[9,14]	[12,17]	[17,23]	[28,35]	
% gambling in the past 7 days	[8,14]	[5,11]	[9,16]	[10,17]	[14,22]	

Table A11. Chapter 9: General health

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% rate their health as fair or poor	[47,58]	[52,63]	[49,60]	[55,65]	[52,63]	
% two or more health complaints occurring more than once a week in the last 6 months	[74,83]	[81,89]	[76,85]	[81,88]	[78,86]	
% long-term health problem or disability that limits their day-to-day activities	[35,53]	[27,42]	[22,37]	[34,49]	[30,46]	[34,41]
% been injured in the last 12 months and needed treatment by a doctor or nurse	[44,55]	[40,51]	[35,46]	[34,44]	[34,46]	
% brush their teeth at least daily	[78,87]	[81,89]	[74,83]	[71,79]	[75,84]	

Table A12. Chapter 10: Children's rights and Smoke-free environments

	Gender = 'Neither word describes me'					
Variable	Year 7	Year 8	Year 9	Year 10	Year 11	Total
% moderate to high levels of knowledge about children's rights in Wales	[41,58]	[39,55]	[32,47]	[38,53]	[35,51]	[41,48]
% heard of the UNCRC	[29,45]	[30,46]	[31,46]	[30,45]	[29,45]	[34,41]
% agree smoking should be prohibited inside homes when children are present	[44,61]	[36,52]	[51,66]	[58,73]	[58,74]	[54,61]
% agree smoking should be prohibited outside pubs, cafes, and restaurants	[26,41]	[27,43]	[28,43]	[30,45]	[28,44]	[32,39]
% agree smoking should be prohibited in public parks	[37,52]	[26,42]	[35,50]	[38,54]	[34,51]	[38,45]
% agree smoking should be prohibited outside school gates	[40,56]	[30,46]	[47,63]	[54,69]	[52,68]	[49,56]

Composite scales

Several composite scales are used in this report. Details on how each of these scales have been derived are provided below.

Chapter 3: Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

SWEMWBS is comprised of seven items that ask about the following experiences over the last 2 weeks: i) I've been feeling optimistic about the future, ii) I've been feeling useful, iii) I've been feeling relaxed, iv) I've been dealing with problems well, v) I've been thinking clearly, vi) I've been feeling close to other people, vii) I've been able to make up my own mind about things (response options: 'none of the time', 'rarely', 'some of the time', 'often', 'all of the time'). Item responses are assigned a numerical score from 1 to 5, with an overall score derived based on the summation of these individual scores (range 7-35). A higher overall SWEMWBS score is indicative of more positive mental wellbeing.

Chapter 3: UCLA 3-item Loneliness Scale

The UCLA 3-item loneliness scale asks: i) how often do you feel that you have no one to talk to?, ii) how often do you feel left out?, iii) how often do you feel alone? (response options: 'hardly ever or never', 'some of the time', 'often'). Item responses are assigned a numerical score from 1 to 3, with an overall score derived by summing individual item scores. Scores on the UCLA loneliness scale therefore range between 3 and 9, with a higher score indicating more frequent loneliness. There is no standard accepted cut-off where a person scoring above/below a particular value would be considered lonely.

Chapter 3: Strengths and Difficulties Questionnaire (SDQ)

SDQ is a screening instrument for measuring psychological problems and strengths. It is comprised of 25 items that can be divided into five distinct scales: i) emotional problems, ii) conduct problems, iii) hyperactivity/inattention, iv) peer relationship problems, and v) prosocial behaviour. Items in each scale ask about experiences over the last 6 months, with response options 'not true', 'somewhat true' and 'certainly true'. Item responses are assigned a numerical score and both an overall and scale-specific score are derived based on the summation of individual item scores. A higher overall SDQ score indicates poorer mental health. For ease of interpretation, scores are commonly categorised into four classes: 'close to average', 'slightly raised', 'high', and 'very high'. Cut-points are based on a large UK community sample and selected so that these classes are populated by 80%, 10%, 5% and 5% of the population, respectively. The prosocial scale, which is not included in the overall SDQ score, is categorised as follows: 'close to average' (80%), 'slightly lowered' (10%), 'low' (10%), and 'very low' (5%). Further information about the questionnaire and its content can be viewed on the SDQ website: <https://www.sdqinfo.org/>.

Chapter 5: Body mass index (BMI)

BMI is calculated as weight in kilograms divided by height in meters squared and is a measure of whether a person is a healthy weight for their height. For children and young people, the calculation takes account of age and biological sex. The UK NHS categorizes people into four BMI categories: underweight, healthy range, overweight, and obese. This report classifies young people into three categories (underweight / healthy range, overweight, and obese) using the International Obesity Task Force (IOTF) cut-offs based on

Cole et al (2000).¹² These cut-offs were chosen to ensure compatibility of methods with the BMI estimates reported in the 2017/18 SHRN National Indicators Report.¹³

Chapter 6: Social Media Disorder Scale (SMDS)

The SMDS is comprised of nine items that ask about the following experiences over the past year: [During the past year have you...] i) regularly found that you can't think of anything else but the moment that you will be able to use social media again, ii) regularly felt dissatisfied because you wanted to spend more time on social media, iii) often felt bad when you could not use social media, iv) tried to spend less time on social media, but failed, v) regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media, vi) regularly had arguments with others because of your social media use, vii) regularly lied to your parents or friends about the amount of time you spend on social media, viii) often used social media to escape from negative feelings, ix) had serious conflict with your parents, brother(s) or sister(s) because of your social media use (response options: 'yes', 'no'). Item responses are assigned a numerical score (yes=1; no=0) and summed to derive an overall score. An overall scale score of 6 or higher is indicative of problematic social media use.

¹² Cole TJ, Bellizzi MC, Flegal KM, Dietz WH. Establishing a standard definition for child overweight and obesity: international survey. *BMJ* 2000; 320: 1240–1243.

¹³ Available at: <https://www.shrn.org.uk/national-data/>

Questionnaire items

Questions included in the report are listed below under their relevant chapter headings. All questions had an additional response option of 'I do not want to answer'.

Chapter 3: Mental health and wellbeing

LIFE SATISFACTION

Students were shown a picture of a ladder and given the following description and question: Here is a picture of a ladder – the top of the ladder '10' is the best possible life for you and the bottom '0' is the worst possible life. In general, where on the ladder do you feel you stand at the moment? In this adapted version of the Cantril Ladder, a score of six or more was defined as high life satisfaction.

MENTAL WELLBEING

(The Short Warwick-Edinburgh Mental Wellbeing Scale) Below are some statements about feelings and thoughts. Please select the option that best describes your experience of each over the last 2 weeks. I've been feeling optimistic about the future / I've been feeling useful / I've been feeling relaxed / I've been dealing with problems well / I've been thinking clearly / I've been feeling close to other people / I've been able to make up my own mind about things. (*None of the time / Rarely / Some of the time / Often / All of the time*)

LONELINESS

During the most recent summer holidays, how often did you feel lonely? (*None of the time / Rarely / Some of the time / Often / All of the time*)

(UCLA Loneliness Scale) The next questions are about relationships with others. For each one, please say how often you feel... You have no one to talk to / Left out / Alone. (*Hardly ever or never / Some of the time / Often*)

MENTAL HEALTH

The Strength and Difficulties Questionnaire asks respondents the degree to which they think 25 different traits apply to themselves. Information about the questionnaire and its content can be viewed on the SDQ website: <https://www.sdqinfo.org/>. The Student Health and Wellbeing Survey included the self-rated SDQ for 11 to 17 year olds.

Chapter 4: School life

FEELINGS ABOUT SCHOOL

How do you feel about school at present? (*I like it a lot / I like it a bit / I don't like it very much / I don't like it at all*)

How pressured do you feel by the schoolwork you have to do? (*Not at all / A little / Some / A lot*)

RELATIONSHIPS WITH SCHOOL STAFF

Here are some statements about your teachers. Please show how much you agree or disagree with each one. I feel that my teachers accept me as I am / I feel that my teachers care about me as a person / There is at least one teacher or other member of staff at this school who I can talk to about things that worry me. (*Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree*)

PARTICIPATION IN SCHOOL LIFE

Here are some statements about the pupils in your school. Please show how much you agree or disagree with each one. At our school, pupils have a say in planning and organising school activities and school events (project weeks or days, sport weeks or days, excursions, field trips etc.) / At our school, pupils have a lot of chances to help decide and plan school projects / At our school, pupils' ideas are treated seriously / At our school my ideas are taken seriously. (*Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree*)

BULLYING

Here are some questions about bullying. We say a person is BEING BULLIED when another person or a group of people repeatedly say or do unwanted nasty and unpleasant things to him or her. It is also bullying when a person is teased in a way he or she does not like or when he or she is left out of things on purpose. The person that bullies has more power than the person being bullied and wants to cause harm to him or her. It is NOT BULLYING when two people of about the same strength or power argue or fight. How often have you taken part in bullying another person(s) at school in the past couple of months? (*I have not bullied another person(s) at school in the past couple of months / It has happened once or twice / 2 or 3 times a month / About once a week / Several times a week*)

How often have you been bullied at school in the past couple of months? (*I have not been bullied at school in the past couple of months / It has happened once or twice / 2 or 3 times a month / About once a week / Several times a week*)

MENTAL HEALTH SUPPORT AT SCHOOL

How much do you agree with the following statement? There is support at my school for pupils who feel unhappy, worried or unable to cope. (*Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree*)

Chapter 5: Physical activity and diet

PHYSICAL ACTIVITY AND SEDENTARY BEHAVIOUR

Physical activity is any activity that increases your heart rate and makes you get out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, brisk walking, rollerblading, biking, dancing, skateboarding, swimming, netball, basketball, football, and rugby. For this next question add up all the time you spend doing physical activity each day. Over the past 7 days, on how many days were you physically active for a total of at least 60 minutes per day? (*0 days / 1 / 2 / 3 / 4 / 5 / 6 / 7 days*)

On a typical day, is the main part of your journey TO school made by.... ? (*Walking / Bicycle / Bus, train, tram, underground or boat / Car, motorcycle or moped / Other means*)

Outside school hours: How many hours a day do you usually spend time sitting in your free time (for example, watching TV, using a computer or mobile phone, travelling in a car or by bus, sitting and talking, eating, studying)? Please be aware that if activities take place at the same time, these only count once. Weekdays. (*None at all / About half an hour a day / About 1 hour a day / About 2 hours a day / About 3 hours a day / About 4 hours a day / About 5 hours a day / About 6 hours a day / About 7 or more hours a day*)

EATING AND DRINKING PATTERNS

How often do you usually have breakfast (more than a glass of milk or fruit juice)?

WEEKDAYS (*I never have breakfast during the week / One day / Two days / Three days / Four days / Five days*)

How many times a week do you usually eat or drink...? Fruits / Vegetables / Coke or other soft drinks that contain sugar / Sweets / Energy drinks (such as Red Bull, Monster, Rockstar). (*Never / Less than once a week / Once a week / 2-4 days a week / 5-6 days a week / Once a day, every day / Every day, more than once*)

WEIGHT

How much do you weigh without clothes? *Free response (metric or imperial)*

How tall are you without shoes? *Free response (metric or imperial)*

Chapter 6: Family and social life

FAMILY SUPPORT

We are interested in how you feel about the following statements. Please show how much you agree or disagree with each one. I get the emotional help and support I need from my family. (*1 Very strongly disagree / 2 / 3 / 4 / 5 / 6 / 7 Very strongly agree*)

PEER RELATIONSHIPS

We are interested in how you feel about the following statement(s). Please show how much you agree or disagree. I can count on my friends when things go wrong. (*1 Very strongly disagree / 2 / 3 / 4 / 5 / 6 / 7 Very strongly agree*)

CYBERBULLYING

In the past couple of months, how often have you taken part in cyberbullying (e.g. sent mean instant messages, email or text messages, wall postings, created a website making fun of someone, posted unflattering or inappropriate pictures online without permission or shared them with others)? (*I have not cyberbullied another person in the past couple of months / It has happened once or twice / 2 or 3 times a month / About once a week / Several times a week*)

In the past couple of months, how often have you been cyberbullied (e.g. someone sent mean instant messages, email or text messages about you, wall postings, created a website making fun of you, posted unflattering or inappropriate pictures of you online without permission and or shared them with others)? (*I have not been cyberbullied in the past couple of months / It has happened once or twice / 2 or 3 times a month / About once a week / Several times a week*)

SLEEP BEHAVIOURS

When do you usually go to bed if you have to go to school the next morning? (*No later than 9pm / 9.30pm / 10pm / 10.30pm / 11pm / 11.30pm / Midnight / 12.30 am / 1am / 1.30am / 2am or later*)

What is the latest time you usually look at an electronic screen (TV computer, tablet or phone) before you go to sleep on a school night? (*No later than 9pm / 9.30pm / 10pm / 10.30pm / 11pm / 11.30pm / Midnight / 12.30 am / 1am / 1.30am / 2am or later*)

SOCIAL MEDIA DISORDER SCALE

We are interested in your experiences of social media. The term social media refers to social network sites (e.g. Facebook) and instant messengers (e.g. WhatsApp, Snapchat, Facebook messenger). During the past year have you... Regularly found that you can't think of anything else but the moment that you will be able to use social media again / Regularly felt dissatisfied because you wanted to spend more time on social media / Often felt bad when you could not use social media / Tried to spend less time on social media, but failed / Regularly neglected other activities (e.g. hobbies, sport) because you wanted to use social media / Regularly had arguments with others because of your social media use / Regularly lied to your parents or friends about the amount of time you spend on social media / Often used social media to escape from negative feelings / Had serious conflict with your parents, brother(s) or sister(s) because of your social media use. (No / Yes)

FIGHTING

During the past 12 months, how many times were you in a physical fight? (*I have not been in a physical fight in the past 12 months / 1 time / 2 times / 3 times / 4 times or more*)

FAMILY COMMUNICATION

How easy is it for you to talk to the following people about things that really bother you? Mother / Father. (*Very easy / Easy / Difficult / Very difficult / Don't have or don't see this person*)

YOUNG CARERS

Some young people have to help look after other people in their family because they are disabled, physically or mentally unwell or have a problem with alcohol or drugs. Is there anyone in your family that you regularly look after or give special help to for these reasons? (*No / Yes, one person in my family / Yes, two or more people in my family*)

PLAY

In the afternoon after school how often do you spend time with your friends, but without adults or older children, doing things like playing in the park, going to the shops or just 'hanging out'? (*Most days / At least once a week / At least once a month / Less often than once a month / Never / Don't have any friends*)

At the weekend how often do you spend time with your friends, but without adults or older children, doing things like playing in the park, going to the shops or just 'hanging out'? (*Most weekends / At least once a month / Less often than once a month / Never / Don't have any friends*)

Chapter 7: Relationships

SENDING A SEXUALLY EXPLICIT IMAGE (SEXTING)

Have you ever sent someone a sexually explicit image of yourself? (*Never / Once / More than once*)

SEXUAL INTERCOURSE

Have you ever had sexual intercourse (sometimes this is called "making love," "having sex", or "going all the way"? (Yes / No)

How old were you when you had sexual intercourse for the first time? (*11 years old or younger / 12 years old / 13 years old / 14 years old / 15 years old / 16 years old*)

CONTRACEPTION

The last time you had sexual intercourse, did you or your partner use a condom? (Yes / No / Don't know)

Chapter 8: Substance use and gambling

TOBACCO SMOKING

How often do you smoke tobacco at present? (*Every day / At least once a week, but not every day / Less than once a week / I do not smoke*)

At what age did you first do the following things? If there is something that you have not done, choose the 'never' category. Smoke a cigarette (more than a puff). (*Never / 11 years old or less / 12 years old / 13 years old / 14 years old / 15 years old / 16 years old*)

E-CIGARETTE USE

The next question is about electronic cigarettes. An electronic cigarette is any device that a person uses to breath in a vapour. This is sometimes called 'vaping'. The vapour often contains nicotine or is flavoured. Electronic cigarettes can be called e-cigarettes, e-cigs, e-pens, e-fags, vapes, e-shisha or hookah pens. They may look like a conventional cigarette with a glowing tip or they may look like a pen or a small bottle (a 'tank'). Have you ever tried electronic cigarettes (sometimes called an 'e-cigarette')? (*I have never tried e-cigarettes / I have tried e-cigarettes once / I have tried e-cigarettes more than once*)

How often do you use e-cigarettes at present? (*Every day / at least once a week, but not every day / Less than once a week / I do not use e-cigarettes at present*)

At what age did you first do the following things? If there is something that you have not done, choose the 'never' category. Use an e-cigarette. (*Never / 11 years old or less / 12 years old / 13 years old / 14 years old / 15 years old / 16 years old*)

ALCOHOL CONSUMPTION

At present how often do you drink anything alcoholic such as beer, wine, cider, alcopops or spirits? Try to include even those times when you only drink a small amount. Beer (including lager) / Wine / Spirits (e.g. Whisky, Vodka etc.) / Alcopops (e.g. Bacardi Breezer, Red Square, Smirnoff Ice, WKD etc) / Cider / Any other drink that contains alcohol. (*Every day / Every week / Every month / Rarely / Never*)

On days when you drink alcohol, how many drinks (e.g. cans of cider, cups of wine) do you usually have? (*I never drink alcohol / Less than 1 drink / 1 drink / 2 drinks / 3 drinks / 4 drinks / 5 or more drinks*)

Have you ever had so much alcohol that you were really drunk? In your lifetime. (*No, never / Yes, once / Yes, 2-3 times / Yes, 4-10 times / Yes, more than 10 times*)

At what age did you first do the following things? If there is something that you have not done, choose the 'never' category. Get drunk. (*Never / 11 years old or less / 12 years old / 13 years old / 14 years old / 15 years old / 16 years old*)

CANNABIS USE

Do you think it is OK for someone your age to try taking cannabis to see what it's like? (*It's okay / It's not okay / Don't know*)

Have you been offered cannabis (Weed, marijuana, dope, pot, hash, grass, bud, skunk, spliff/joints) in the last 12 months? (*Yes / No*)

This question is asking about the drug Cannabis again. Please answer the question honestly: nobody you know will see your answers. Have you ever taken Cannabis (Weed, Marijuana, Dope, Pot, Hash, Grass, Bud, Skunk, Spliff/ Joints)? In your life. (*Never / 1 – 2 days / 3 – 5 days / 6 – 9 days / 10 – 19 days / 20 – 29 days / 30 days or more*)

At what age did you first do the following things? If there is something that you have not done, choose the 'never' category. Use cannabis. (*Never / 11 years old or less / 12 years old / 13 years old / 14 years old / 15 years old / 16 years old*)

OTHER ILLICIT DRUG USE

When was the last time you ever tried, used or took any of the following? Inhaling laughing gas (nitrous oxide, nos, whippits; DO NOT include breathing in helium from party balloons or nitrous oxide from your doctor or dentist) / Mephedrone (M-Cat, Meow, Bubble, Charge, Drone, 4MMC) / New psychoactive substances (previously called 'Legal highs', such as pep stoned, BZP, black mamba spice). (*In the last month / In the last 12 months / More than 12 months ago / Never*)

GAMBLING

Have you spent any of YOUR money on any of the following in the past 7 days? We want to know about games you played yourself. (*Lotto (the main National Lottery draw) / National Lottery Scratchcards which you bought in a shop (not free Scratchcards) / National Lottery instant win games on the internet (e.g. National Lottery Gamestore) / Any other National Lottery games (e.g. EuroMillions, Thunderball, Hotpicks) / Fruit machines (e.g. at an arcade, pub or club) / Personally visiting a betting shop to play gaming machines / Playing other gambling machines / Personally placing a bet at a betting shop (e.g. on football or horse racing) / Bingo at a bingo club / Bingo somewhere other than a bingo club (e.g. social club, holiday park, etc.) / Personally visiting a casino to play casino games / Placing a private bet for money (e.g. with friends) / Playing cards for money with friends / Gambling websites/apps where you can win real money (e.g. poker, casinos, bingo, betting on sport or racing) / Other Lotteries (e.g. The Health Lottery, People's Postcode Lottery or other smaller lotteries available in shops) / Any other gambling / No, none of the above*)

Chapter 9: General health

Would you say your health is.....? (*Excellent / Good / Fair / Poor*)

In the last 6 months: how often have you had the following....? Headache / Stomach ache / Backache / Feeling low / Irritability or bad temper / Feeling nervous / Difficulties in getting to sleep / Feeling dizzy. (*About every day / more than once a week / About every week / About every month / Rarely or never*)

Do you have a long-term health problem or disability that limits your day-to-day activities? By long-term we mean anything that has lasted, or is expected to last, at least 3 months (*Yes, limited a lot / Yes, limited a little / No*)

Many young people get hurt or injured from activities such as playing sports or fighting with others at different places such as the street or home. Injuries can include being poisoned or burned. Injuries do not include illnesses such as Measles or the Flu. The following question is about injuries you may have had during the past 12 months. During the past 12 months, how many times were you injured and had to be treated by a doctor or nurse? (*I was not injured in the past 12 months / 1 time / 2 times / 3 times / 4 times or more*)

How often do you brush your teeth? (*More than once a day / Once a day / At least once a week, but not daily / Less than once a week / Never*)

Chapter 10: Special topic(s): Children's rights and Smoke-free environments

CHILDREN'S RIGHTS

Which statement below best describes what you know about the rights of children and young people living in Wales? (*We don't have rights / We have rights, but I don't know anything about them / We have rights, and I could list a few / We have rights, and I know a great deal about them*)

We'd like to find out how informed people feel about the United Nations Convention on the Rights of the Child. There are no right or wrong answers. How much have you previously heard about the United Nations Convention on the Rights of the Child? (*Heard of it and have a fair idea of the rights it involves / Heard of it, but not sure what rights it involves / Not heard of it / Don't know*)

SMOKE-FREE ENVIRONMENTS

To what extent do you agree or disagree that smoking should be prohibited (not allowed) in the following locations: Inside homes when children are present / Outside pubs, cafes, and restaurants / In public parks / Outside school gates. (*Strongly agree / Agree / Neither agree nor disagree / Disagree / Strongly disagree*)