



OXWELL 2023 FINDINGS TOP 10 FACTS FROM YEARS 5 - 6

Support:

About 1 in 5 have asked a family member or friend for mental health support



Sleepiness:

About 1 in 5 have a problem with sleepiness

Exercise:

60% exercise 6 hours or more in a week

Internet Behaviour:

Around 40% are on social networking sites most/every day of the week

Friendship:



School Experience:

More than 1/2 find it easy to make and keep friends



Nearly 3 in 5 enjoy their school

Racism:

Nearly 70% think their school deals well with racism

Learning

Nearly 4 in 5 feel that they learn a lot at school --



Loneliness:

More than 1 in 10 often feel lonely



Mood:

Less than 1 in 5 often/ always feel sad or empty

Data is from the OxWell 2023 Student Survey where over 40,000 Year 5 – 13 students in England completed an online survey in Feb/March 2023. These results are from the year 5 & 6 students only (around 9000 responses). For more information, visit www.oxwell.org Disclaimer: These findings are preliminary and more analysis is underway.