

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:

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



School Experience:

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