OXWELL 2023 FINDINGS
TOP 10 FACTS FROM YEARS 7 – 13

Data is from the OxWell 2023 Student Survey where over 30,000 Year 7 – 13 students in England completed an online survey in Feb/March 2023. For more information, visit www.oxwell.org
Disclaimer: These findings are preliminary and more analysis is underway.

#1 About 1 in 4 regularly skip meals because of weight concerns

#2 About 1 in 3 have a problem with sleepiness

#3 Less than 10% of YR 12 students have taken drugs more than once in the past year

#4 38% spend more than 4+ hours daily on social networking sites

#5 Less than 10% drink alcohol regularly

#6 Nearly 1/2 enjoy their school

#7 Only 2 in 5 think their school deals well with racism

#8 Nearly 1 in 10 vape

#9, 10
18% often feel lonely
1 in 4 often/always feel sad or empty

Student Support Accessed
- 1 in 5 asked for support from a parent/carer, most found it helpful
- Most of those who turned to a friend (in person) found it helpful
- 1 in 10 asked a school counsellor/nurse for help, over half found it helpful