

First Look

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

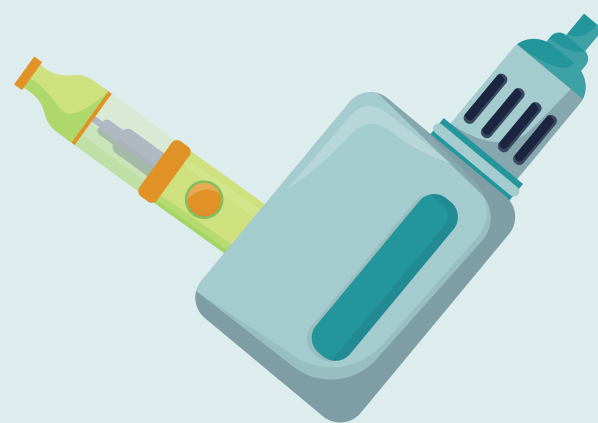


#7

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

OxWell
Student Survey

Young People's Health and Wellbeing



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