

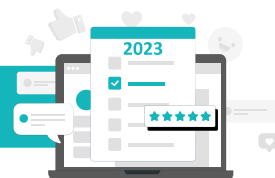
OxWell Student Survey

Young People's Health and Wellbeing



OxWell Student Survey 2023-2024 At a Glance

42,000 responses collected in 2023



Primary Schools

9,250 responses from students in years **5 & 6** from **105** primary schools



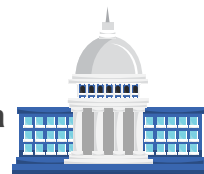
Secondary Schools

32,965 responses from students in school years **7-13** in **80** secondary schools & FECs



Local Authorities

5 actively engaged **Local Area partners**



Making the data available

Prioritised 180 detailed school reports and 15 local area and school trust reports

OxWell Data Platform

1844 Data Logins



214 Different Users

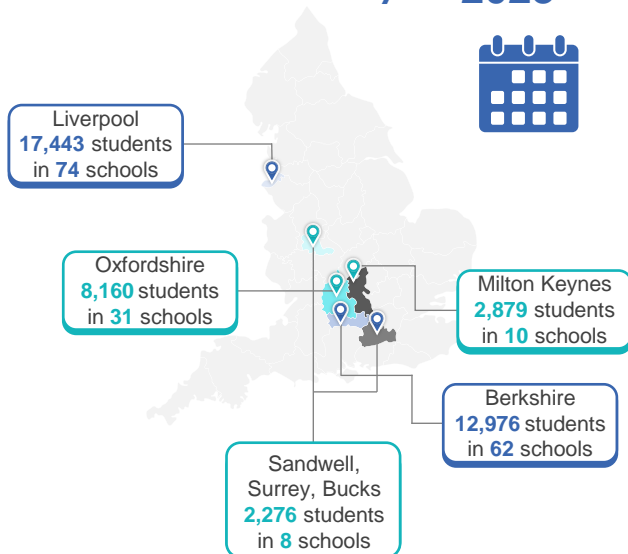


73 Schools

New website launched

Over **8,100** views since launching in October 2022, with over **1,800** users

Areas that took part in the survey in 2023



Community benefit



Student partnerships

Working across student conferences and workshops to focus outcomes. Over 200 participating.



School Resource Pack

Giving [detailed information](#) on how to address difficulties



Meeting with Commissioners

Over 40 meetings to discuss findings and service implications



Podcasts

OxWell featured in a [special podcast series](#) with over 6800 listens to date



Conferences

Over 30 regional, national and international presentations



Webinars

Over 500 watched our [early findings webinar](#) (one of many webinars over the year)



Research activity

22 senior and post-doctoral researchers analysing the data

with 24 PhD & other students

from 15 different universities

& collaborating with 6 other research studies

13 papers published; 9 currently under review; >10 in prep reporting on a wide range of topics, including self-harm, social media use, gender diversity, neurodiversity, substance misuse, poverty, school exclusion, shape and weight concerns, vaping, sleep habits, friendship patterns, & access to services
4 podcast episodes ([Self-harm Behaviours and Loneliness](#), [Online Behaviours and the Impact on Mental Health](#), [Friendships and Mental Health](#), [Networks of Care](#))

Examples of Impact



School

- › **Bullying** policies: schools have examined patterns of bullying and made small changes (such as monitoring at bus stops) to make big differences
- › **Friendship** patterns have been used to support enhancing extra-curricular offer
- › Schools worked with their local authority to develop 3-year action plans to improve a sense of **belonging** at the school
- › Informed PSHE curriculum on abuse in peer relationships



Local Authority

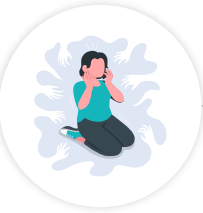
- › **Vaping**: used across local authorities to map likely vaping use in adolescents & then co-design a vaping prevention campaign
- › High numbers with **shape & weight** concerns informing public health services and education approaches in schools and lessons
- › Importance of **sleep** strategies reinforced
- › Examining barriers to doing more **physical activity**



National

- › Findings on how mental health **supports are accessed** are being used to inform national commissioners and mental health providers to target development of services. Able to highlight need to better support **parents** of secondary students and also how there is **low acceptability of online mental health support**
- › Alarming numbers exposed to self-harm content on **social media**

Some Key Findings



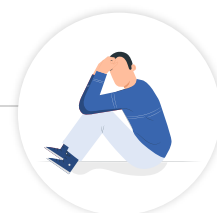
Self-Harm

- › Valuable information on **4000 students who have reported that they have self-harmed**, for example our results indicate that
 - › Behaviours are starting at earlier ages than previously documented (from age 10)
 - › Children and adolescents self-harming are more likely to have seen images of self-harm on social media, but these are often by accident



Access to Services

- › Half of students **did not know who** provided mental health support at school
- › Looked at **both accessibility and how helpful they find 18 different types of mental health care accessed** across informal, semi-formal and formal networks of care
- › Importance of informal networks of care
- › Can **tailor support** for groups of heightened concern to ensure services can help all



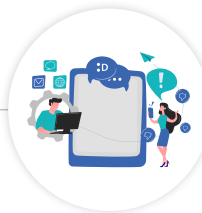
Loneliness

- › **Prominent** across all year groups
- › Associated with range of mental health problems and self-harm behaviours
- › Encouraging importance of belonging in school and community context
- › Role of **extra-curricular activities** to address this



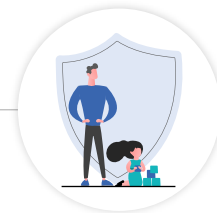
Vaping

- › Vaping follows patterns of **adversity** - those who have been excluded from school, have parents with mental health problems and who have higher indicators of poverty more likely to report vaping



Online Behaviour

- › Those spending longer than **3 hours** online each day have association with greater difficulties
- › High numbers **meeting adults** in person whom they first met online



Safety

- › Very high numbers report feeling **unsafe** either at home, in their communities or at school
- › Perceptions of **racism** highest in schools with most diverse populations