

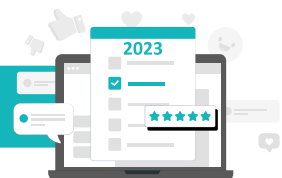
# OxWell Student Survey

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



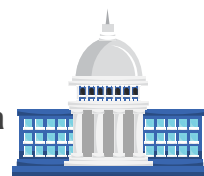
## Secondary Schools

**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



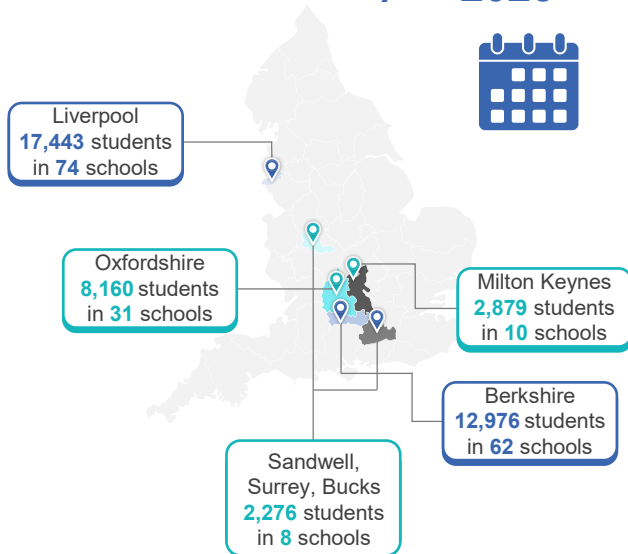
**73** Schools

### 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

15 papers published; 8 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

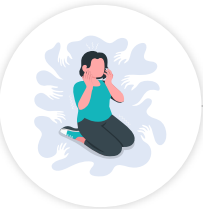
- › **Vaping**: used across local authorities to map likely vaping use in adolescents & then co-design a vaping prevention campaign
- › High numbers with **shape & weight** concerns informing public health services and education approaches in schools and lessons
- › Importance of **sleep** strategies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



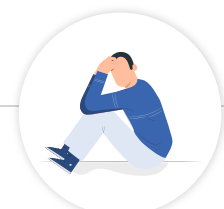
### Self-Harm

- › 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



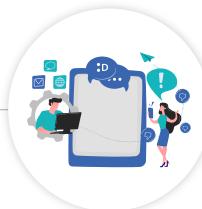
### Loneliness

- › **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



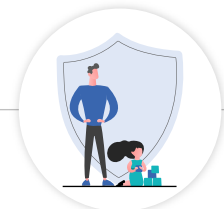
### Vaping

- › 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