



#BeeWell Headline Findings 2023

Southampton Health & Wellbeing Board



#BeeWell – background



#BeeWell believes young people’s wellbeing is as important as academic attainment.

Starting with a co-created survey in secondary schools, #BeeWell seeks to understand what factors influence young people’s wellbeing and what makes them thrive.



The programme expanded into Hampshire, Isle of Wight, Portsmouth and Southampton (HIPS) in 2023.

- The first wave of the survey in HIPS was completed by Year 8 and Year 10 pupils in Autumn 2023.
- A total of 103 mainstream secondary schools, special schools, pupil referral units and independent schools delivered the survey across HIPS. 12 Southampton schools participated.
- 22,000 young people took part, which represents 53% of all young people in that age bracket in HIPS. 2,500 participants live in Southampton.
- Young people in non-mainstream schools were able to complete a short version of the survey.
- A symbol-based version of the survey was also created for young people with severe or profound and multiple learning disabilities.
- The survey is based on a range of wellbeing drivers: health & routines; hobbies & entertainment; school; environment & society; relationships; wellbeing support.

Hampshire
76 schools
17,000 young people

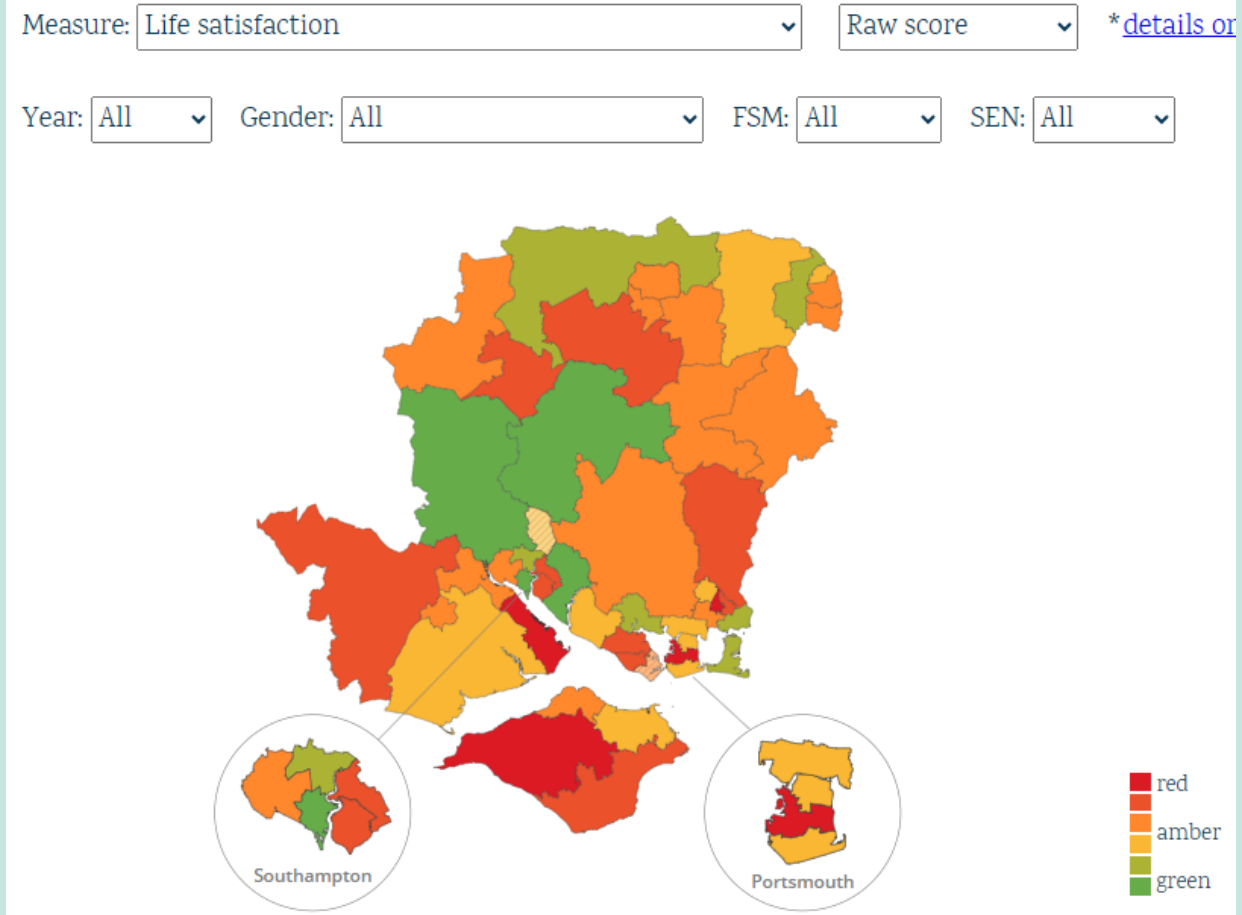
Portsmouth
6 schools
1,300 young people

IOW
9 schools
1,500 young people

Southampton
12 schools
2,500 young people

#BeeWell – Dashboard

- Schools receive a private, bespoke data dashboard, giving insights into their students' wellbeing.
- The anonymous results can be disaggregated by age, gender, free school meal eligibility and special educational needs.
- Schools are invited to webinars and 1:1 support sessions to interpret data and identify priorities for improvement.
- An interactive Neighbourhood-level dashboard has been published: [#BeeWell Neighbourhood Data Hive \(uomseed.com\)](#).
- The HIPS region has been split into 46 neighbourhoods. Data is mapped to participants' home postcodes; schools are not identifiable.



Southampton Neighbourhood	Number of participants
North	208
East	684
South	500
Central	174
West	901
Total	2,467

Overall wellbeing



Across HIPS, key life satisfaction and mental wellbeing scores seem consistent with other large studies that have used one or more of the measures included in the #BeeWell Survey.

We see a positive picture for Southampton young people who score higher for mental wellbeing, self-esteem, stress and coping.

Southampton young people are in line with the HIPS average for Life Satisfaction measure, although the Central neighbourhood has the highest score across HIPS.

We do see a proportion of young people particularly in the South and East neighbourhoods with an unusually low score for three of these wellbeing measures.

Specific details for these wellbeing measures are included in slide 16 below.

Emotional Difficulties:

Across HIPS, 17% of young people reported a high level of emotional difficulties e.g. worrying a lot, feeling unhappy, having problems sleeping.

These thresholds do not represent a clinical diagnosis but indicate young people scoring in this range may require additional, preventative support. Large national studies use different measures so are not directly comparable, but do typically reveal similar estimates.

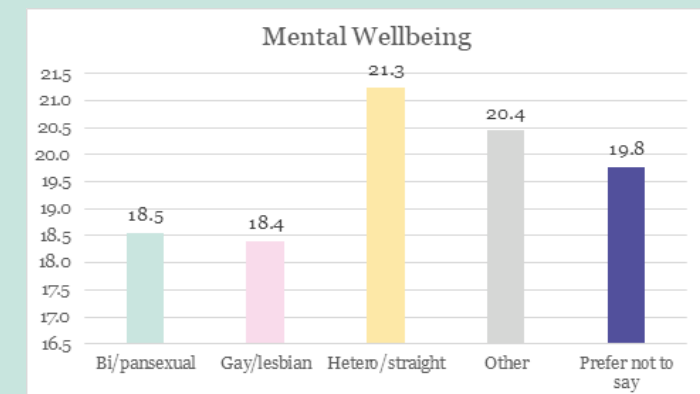
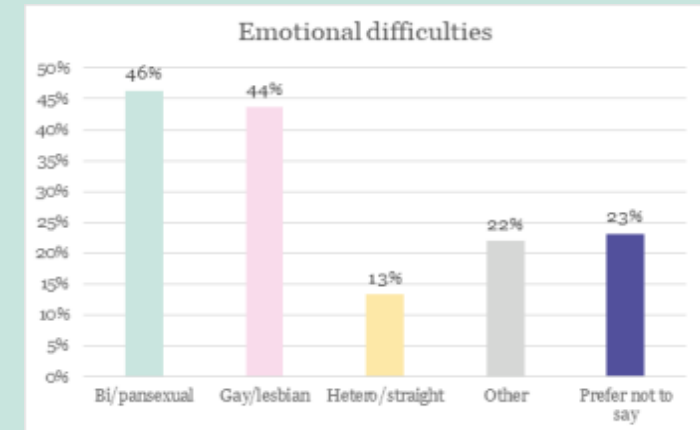
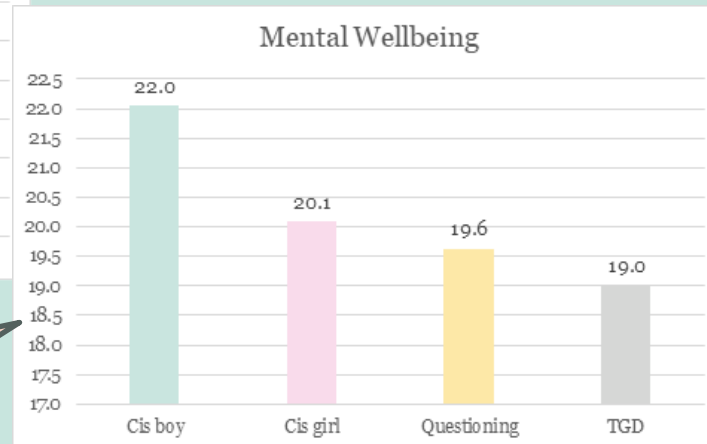
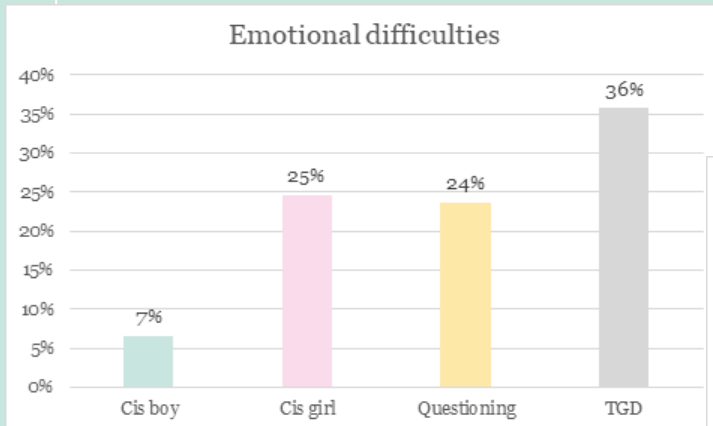
Wellbeing inequalities

Inequalities persist in wellbeing scores particularly across gender and sexual orientation.

Disparities in *emotional difficulties* is marked between boys and girls, with girls having considerably higher odds of experiencing emotional difficulties than boys. Girls also have lower wellbeing scores than boys.

The greatest disparities for both mental wellbeing and emotional difficulties were observed for those identifying as Trans- or Gender-Diverse (TGD).

Bi/pansexual and Gay/lesbian have considerably lower mental wellbeing scores and higher odds of experiencing emotional difficulties than their heterosexual peers.



HIPS young people feel that boys have a more positive result than girls because they don't like to talk about their feelings, and they won't show or admit they are struggling.

Health & routines – physical activity

Across HIPS, only 38.8% of young people in HIPS are reaching the recommended levels of physical activity set by the UK Government's Chief Medical Officer of an average of one hour per day. This is lower for girls, LGBTQ+ young people and some ethnic groups.

Southampton young people are in line with the HIPS average for physical activity, though girls and those with SEN score lower than their counterparts across HIPS.

In Southampton, young people eligible for Free School Meals report doing more physical activity than their counterparts across HIPS, and this is particularly high in Central and North neighbourhoods.

Specific data about physical activity provided in slide 17 below.

What young people say about physical activity

Where 'male stereotype' sports are offered to girls, the same level of effort is not provided by adults i.e. if schools offer football to girls, it's a small area of the field and they just kick a ball about themselves, whilst the boys get football pitch and coach.

People are put off exercise as they are conscious of their body; there are lots of comparisons on social media, especially for girls.

Young people would like to see what activities are available, to know the choices and also to have access to different choices.

Walking classrooms were suggested, with the opportunity to study outdoors.

Health & routines – physical health, sleep, social media

The percentage of Southampton young people reporting they have ‘good, very good or excellent’ **physical health** is in line with the HIPS average, although it is lower for girls, those eligible for Free School Meals and those with SEN.

Southampton young people are slightly more likely to get enough **sleep** to feel awake and concentrate on their school work: 59.8% compared to the HIPS average of 56%, though this is lower for girls than boys.

Central neighbourhood has the highest score in HIPS (71.3%).

Students were asked how many hours they spend using **social media**. Young people in three Southampton neighbourhoods have a higher than average score, meaning they spend more time on social media than other students. Girls report higher usage than boys.

Specific data about these measures is provided in slide 18 below.

Health and routines – substance use

Southampton young people report lower use than average of alcohol than the HIPS average

In line with trends seen across HIPS, girls are more likely to use e-cigarettes, cigarettes and alcohol than boys, whereas boys report higher usage of cannabis and other drugs than girls.

Those eligible for free school meals in Southampton are twice as likely to use e-cigarettes than their peers.

Further details about substance use is provided in slide 19 below.

The neighbourhood dashboard depicts current use of substances: Sometimes (between 1 and 9 days), and Often (10 or more days in the last month).

- Current use of **e-cigarettes** is higher than the HIPS average in West and South, and lower in Central.
- Use of **cigarettes** is higher than the HIPS average in Central and West (3.7 and 2.6% respectively of young people saying they smoke sometimes or often, compared to 1.8%)
- Use of **cannabis** is higher than average in North and West (2.9% and 2.8% compared to 1.9%.)
- Use of **other drugs** is lower in Central (0%) and higher in North (1.1%) compared to the HIPS av of 0.7%.
- The HIPS average for young people reporting they use **alcohol** sometimes or often use alcohol is 14.6%. All neighbourhoods in Southampton are lower, ranging from 5.2% in Central to 12.6% in South.

Young people feedback on e-cigarettes:

Surprised by the results and think that more than 1/10 young people use vapes regularly. Potential reasons for youth vaping: peer pressure; see it on Instagram, think it's cool; stress relieving effects; easy to get hold of (Tesco, Sainsbury's). Other young people say that adults think of vaping as smoking, but young people see it as a toy, and it smells nice.

Health and routines – Dental Hygiene

Southampton young people are slightly less likely to have visited the dentist in the last 12 months compared to the HIPS average, although this varies across neighbourhood and is especially low in Central.

Southampton young people are also slightly less likely to brush their teeth the recommended twice a day, and are more likely to report having pain in their teeth or mouth in the last three months.

Dental hygiene

- 85.5% of Southampton young people reported having visited the dentist in the last 12 months, compared to the HIPS average of 87.7%.
- The lowest percentage across HIPS is seen in the Southampton Central neighbourhood and this lowers the average for Southampton:
 - East – 88.7%
 - North – 87.3%
 - South – 86.5%
 - West – 84.4%
 - Central – 69.3%
- The vast majority (84%) of young people in HIPS brush their teeth the NHS-recommended twice per day, although this is slightly lower for Southampton young people (81.8%), with lower prevalence seen in the North neighbourhood at 77.6%
- 18.4% of young people in Southampton report having had pain in their teeth or mouth sometimes, often or very often in the last three months, compared to 17% for the HIPS average. Three of the Southampton neighbourhoods are in line with the HIPS average, whereas slightly higher percentages are seen in South and East, (19.5 and 20% respectively).

Health and routines – Nutrition

The percentage of young people eating fruit and vegetables 'often' is slightly lower in all five Southampton neighbourhoods compared to the HIPS average, and notably lower in Central.

Southampton young people are less likely to eat unhealthy snacks on a regular basis.

Nutrition

- Students were asked about how frequently they eat fruit and vegetables, and how frequently they eat unhealthy snacks and drinks (e.g. sweets, chocolates, crisps, fizzy drinks).
- Across HIPS 70% of young people say they often ate fruit and vegetables (5-6 days a week, once a day, every day more than once). The percentage of young people eating fruit and vegetables 'often' is slightly lower in all five Southampton neighbourhoods, more significantly in Central (58%):
 - West 69%
 - North 67%
 - South 63%
 - East 62%
 - Central 58%
- Across HIPS, 46% of young people report eating unhealthy snacks often; Overall this is lower in Southampton apart from in the South neighbourhood:
 - Central 34%
 - North 39%
 - West 41%
 - East 44%
 - South 50%

Relationships

- Overall, young people in Southampton report feeling less **lonely** than the HIPS average (8.44%) though this is still higher than the national average.
- One in ten young people in HIPS reported that they often or always feel lonely. This is nearly double the national average where 5.5% of 11-16 year-olds in England say they often or always feel lonely (NHS Digital, 2023).
- Overall, the Southampton the score for **bullying** is lower than the HIPS average.
- Young people in Southampton eligible for FSM and those with SEN feel less **supported by adults at home** than their peers.
- Young people in Southampton with SEN also report lower scores for **friendships and social support**.
- Experience of **peer pressure** is not discernably different to the average, but young people in the Central neighbourhood report the lowest levels of peer across HIPS.

Further details about relationships provided in slide 20 below.

Relationships – discrimination

Across HIPS, just under half (44%) of young people reported experiencing discrimination on account of either their gender, sexuality, race, ethnicity, where they were born, disability or faith.

Young people in Southampton report higher levels of discrimination due to race, skin colour of where they were born, and faith, than the HIPS average.

Discrimination due to gender and sexual orientation is in line with the HIPS average, and discrimination due to disability is slightly lower.

Discrimination – HIPS average:

- Discrimination on the grounds of race is most prevalent in Black (closely followed by Chinese) young people with seven in ten reporting they have experienced discrimination in the past.
- Of those with Special Educational Needs (SEN), one in three (33%) report having experienced discrimination because of their disability.
- Six in ten bi/pansexual young people report discrimination, which rises to over seven in ten for gay/lesbian young people. On the basis of their gender, half of trans and gender diverse young people report having experienced discrimination in the past.

Southampton neighbourhoods compared to HIPS average:

- Discrimination occasionally, some of the time, often or always because of **race, skin colour, or where they were born:**
 - HIPS average – 11.8%
 - Central – 23.6%
 - North 15.9%
 - South 14.5%
 - East 13.6%
 - West 13.3%
- Discrimination experienced occasionally, some of the time, often or always because of **faith/religion:**
 - HIPS average – 5.8%
 - East 18.4%
 - Central – 14.0%
 - North 6.9%
 - South 6.1%
 - West 5.3%

Local environment – feeling safe

Young people in Southampton feel slightly less safe within a 5-minute walk of their home than the average for HIPS; the East neighbourhood sees one of the lowest score across HIPS.

In line with trends, girls feel less safe than boys, as do those eligible for Free School Meals and those with SEN.

Feeling safe

Young people were asked to what extent they feel safe within a five minutes walk of their home. 84% of young people report that they feel fairly safe or very safe in their local area.

Overall, this is lower in Southampton with 80% of young people reporting that they feel fairly safe or very safe in their local area. This varies across neighbourhoods, with young people in the North neighbourhood reportedly feeling safer than the average at 84%, with the converse true of young people living in the East (75%):

- Both males and females feel less safe in Southampton than their counterparts in HIPS: 81.9% of Southampton males compared to 86.4% for the HIPS average, and 78% of females, compared to 82% for the HIPS average for females.
- 74.8% of young people eligible for free school meals (FSM) in Southampton report feeling fairly safe or very safe, compared to 82.4% of their peers not eligible for FSM. The HIPS average for FSM is 78.6%.
- 77.8% of young people in Southampton with SEN feel fairly or very safe, compared to 80.4% of their peers who do not have SEN.

Local environment – good places to go

Southampton boys and those young people eligible for Free School Meals are less likely to agree that there are good places to spend their free time, compared to their counterparts across HIPS.

- Overall, **61.8% of Southampton young people agree or strongly agree** there are good places to spend free time (e.g. parks) in their local area.
- This is only marginally lower than the HIPS average. 63% of young people in HIPS agree or strongly agree that there are good places to spend free time (e.g. parks) in their local area.
- The highest score was seen in the Southampton North neighbourhood (65%) with the other 4 neighbourhoods ranging from 59.3% in Central to 61.8% in the East.
- Females score in line with the HIPS average for girls at just over 60%. A lower percentage of males in Southampton agree or strongly agree there are good places to go, 62.7% compared to 66.5% for their male counterparts across HIPS.
- A lower percentage of young people in Southampton eligible for FSM agree there are good places to spend free time, 57.3% compared to 63.8% of their peers who are not eligible for FSM. The HIPS average for young people eligible for FSM is 60.6%.

Schools

Southampton young people are in line with the HIPS average for feeling they belong at their school. In line with trends, girls, young people eligible for FSM and those with SEN are less likely to feel they belong.

Southampton young people perceive marginally higher levels of support from adults in school, though this is lower for young people with SEN (the opposite is true across HIPS for SEN).

Happiness with attainment is in line with levels seen across HIPS.

Southampton young people are less likely to report feeling 'a lot' of pressure from schoolwork than the HIPS average.

Further information about these measures provided in slide 21 below.

Students were asked whether they had used any mental health support available at their school. Overall, in HIPS, 18% said yes. This varies across Southampton neighbourhoods with the highest score seen in East (20%) and the lowest in West neighbourhood (14%)

Students were asked about different aspects of the mental health support available in their school

- On average across HIPS, 29.5% of young people said they felt comfortable talking to adults in schools about their mental health. Southampton neighbourhoods are in line with this score, although a higher percentage in the North said they felt comfortable (40%).
- Young people were asked whether the available mental health support in schools is helpful. 35% of students agreed a little or a lot, and Southampton young people are in line with the HIPS average for this.
- Across HIPS, 45% of students said they could access mental health support in schools when they need it, three Southampton neighbourhoods are in line with this, with a lower percentage seen in two.

Overall wellbeing



The *average mental wellbeing score* for HIPS was 20.9 Possible scores range from 7-35, with higher scores indicating better mental wellbeing.

- **Southampton young people have a slightly higher average score for mental wellbeing of 21.2.**
- Higher than average levels of psychological wellbeing are seen in two neighbourhoods: Central (22.09) and North (21.39).
- Scores for young people living in the other three neighbourhoods are in line with the HIPS average:
 - West – 21.31
 - East – 20.84
 - South – 20.49 – significantly worse than the HIPS average based on 2 standard errors from the mean

Southampton young people also have a slightly higher score for self-esteem: 14.44 compared to the HIPS average of 14.27, (on a scale of 5-20, with higher scores indicating higher levels of self-esteem). Again, higher scores are seen in Central and North neighbourhoods. The average HIPS score for *stress and coping* is 7.23 on a scale of 0-16, with lower scores being more positive. **Southampton young people scored more positively for stress and coping: 7.04**

Young people responding to the *Life Satisfaction* item gave an average score of 7.6 out of 10, with higher scores representing higher levels of satisfaction with life. Overall, both the HIPS and the Southampton scores are in line with another large study undertaken by The Children's Society, where weighted average for 10-17 year-olds in 2023 was also 7.6.

- **The Central neighbourhood has the highest score for Life Satisfaction** across the whole of HIPS (8.28). The remaining neighbourhoods are within the average range, though South is towards the lower end for the region:
 - North – 7.8
 - West – 7.55
 - East 7.48
 - South 7.36

Elevated need: A proportion of young people in every neighbourhood in HIPS has elevated need, which means they have an unusually low or high score. **We see a higher percentage of young people living in the South and East neighbourhoods with elevated need for various wellbeing measures:**

- Nearly 21% of respondents living in both East and South show an unusually low score for the *Life Satisfaction* measure. Across HIPS on average, 19% of young people have elevated need for this measure.
- For psychological wellbeing, 16% (worse centile in HIPS) in South and 13% (2nd worse centile in HIPS) in East have unusually low score; the average for HIPS is 11% of young people having elevated need for this measure.
- In Southampton South, nearly 19% (worse centile in HIPS) of young people have an unusually low score for self-esteem, compared to 14% for the HIPS average.

Health & routines – physical activity

Overall, the average score for Southampton is not significantly different to the HIPS average score, at 37.52% compared to 38.8%.

This varies across the five neighbourhoods, with a higher than average score seen for Central (44.4%) and North (42.2%) and slightly lower for West (37.1%), South (35.1%) and East (34.1%).

48.4% of Southampton boys meet the recommended level of physical activity of an hour a day, whereas for girls it is much lower at 25%. The HIPS average for girls is 30%.

At 61.5%, Year 8 boys living in Central have the highest score in HIPS.

For Southampton young people with special educational needs, 30% meet the recommended level (compared to the HIPS average of 33.8% for young people with SEN).

For Southampton young people eligible for free school meals, 36.4% meet the recommended level (compared to the HIPS average for this cohort of 34.9%).

A much higher percentage than average of young people eligible for FSM living in Central and North meet the recommended level of physical activity (58.3% and 47.3% respectively) although care should be taken when interpreting results as < 100. The average score for young people on FSM is 34.9%.

Health & routines - physical health, sleep, social media

Physical health:

- The percentage of young people reporting they have 'good, very good or excellent' physical health is in line with the HIPS average at 82.5%. This varies across Southampton neighbourhoods from 80% in the East to 85.8% in the North.
- In line with trends, boys are more likely to report positively on their excellent physical health (87.7% compared to 76.5% of girls.)
- Young people eligible for FSM are less likely to report having good, very good or excellent physical health (75.4% compared to 85.7% of their peers).
- Those who have SEN is also lower than those who do not have SEN (77.5% compared to 83.3%)

Sleep

- Students were asked whether the amount of sleep they get is enough for them to feel awake and concentrate on their schoolwork. Southampton young people are slightly more likely to report that they get enough sleep – 59.8% compared to the HIPS average of 56%. This varies across neighbourhoods, with Central seeing the highest score in HIPS (71.3%).
- Girls report getting less sleep than boys. Across HIPS there is a 12% gap, but in three neighbourhoods in Southampton there is a 20% gap* (*n.b small cohorts).
- Usually those on FSM get less sleep than their peers, but the converse is true of Central neighbourhood.

Social media

- Students were asked how many hours they spend using social media (e.g. TikTok, Instagram, Snapchat) on a normal weekday during term time. Possible scores for this measure range from 0 to 8, with higher scores indicating higher number of hours per day spent on social media use.
- Young people in Southampton South, East and West neighbourhoods have a significantly higher than average score (based on 2 standard errors from the mean), meaning they spend more time on social media than other students across HIPS. Girls report higher usage than boys.

Health and routines – substance use

The #BeeWell survey asks young people about their use of substances such as alcohol, cigarettes, e-cigarettes and drugs. Trends for HIPS:

- Current or previous users of **e-cigarettes** are significantly more likely to be older, eligible for free school meals, cisgender girls, trans and gender diverse, or questioning their gender identity.
- For **alcohol**, current or previous users are significantly more likely to be trans and gender diverse and older pupils.

On average, Southampton young people report very marginally lower use of most substances and lower use than average of alcohol (18.11% current or previous users compared to 24.60%).

In line with trends seen across HIPS, **girls are more likely to use e-cigarettes, cigarettes and alcohol** than boys, whereas **boys report higher usage of cannabis and other drugs** than girls.

14.46% of Southampton young people eligible for **FSM** are current or previous users of e-cigarettes compared to 7.19% of those not eligible for FSM. Those eligible for FSM also have a higher percentage for alcohol use (20.52% compared to 17.02%). This is in contrast to the HIPS average where young people eligible for FSM have a slightly lower use of alcohol than those not eligible for FSM.

In line with the trend seen elsewhere in the HIPS, **a higher percentage of young people with SEN are current or previous users of e-cigarettes, cigarettes and cannabis than their peers, and report lower use of alcohol**. For young people with SEN, use of other illegal drugs is 1.29% for HIPS whereas it is zero in Southampton.

Substance use for <u>current or previous</u> users	HIPS	Southampton
Electronic cigarettes	10.40%	9.46%
Cigarettes	3.26%	3.18%
Cannabis	3.22%	3.17%
Other drugs	1.05%	0.70%
Alcohol	24.60%	18.11%

As part of this section of the survey, a fake substance ('Semeron') was included. Data are provided for students who reported that they had never tried Semeron.

Relationships

Loneliness

- **In line with trends, females in Southampton report higher levels of loneliness than males (11.6% compared to 5.6%).**
- Young people on **FSM** report higher levels of loneliness than their peers not of FSM (9.8% compared to 7.8%).
- The percentage of young people with **SEN** in Southampton that often or always feel lonely is over 12%. This is over 4.5% greater than their peers who do not have SEN, whereas the gap between these two cohorts across HIPS is 2.8%.

The Neighbourhood dashboard shows greater detail at a neighbourhood level. Students were asked how often they feel lonely. Possible scores* for this measure range from 1 to 5, with higher scores indicating higher levels of loneliness.

- **Young people living in Southampton West, North and Central have some of the lowest scores in HIPS (2.62, 2.49 and 2.45 respectively, compared to the HIPS average of 2.75).**
- South and East neighbourhoods are in line with the HIPS average.
- In the South, whilst the avg is in line with HIPS, it is in the worse HIPS centile for elevated need and significantly worse compared to HIPS based on context adjusted need.

*Awaiting alteration to the dashboard for loneliness, from score to percentage.

Parent/carer relationships

- These questions are about the support young people receive from adults at home. e.g., 'At home, there is an adult who believes that I will be a success.' Possible scores for this measure range from 4 to 20, with higher scores indicating higher levels of perceived support from family.
- **Southampton at 16.76 is in line with the HIPS average for this measure.**
- Young people eligible for **FSM** feel less supported by adults at home than their peers and those with **SEN** feel less supported still, with a score of 15.38.

Young people in Southampton with SEN also report lower scores for friendships and social support, 13.99 compared to their peers in Southampton without SEN (15.16) and young people with SEN across HIPS (14.28).

Bullying

- These questions are about the frequency with which young people experience different types of bullying e.g., 'How often do you get physically bullied at school? By this we mean getting hit, pushed around, threatened, or having belongings stolen.' Possible scores for this measure range from 3 to 12, with higher scores indicating higher levels of bullying.
- The HIPS average score is 4.30. Young people with SEN report more frequent bullying than their peers who do not have SEN (4.60 compared to 4.25).
- **Overall, the Southampton score is lower, 4.18. Young people in North and West neighbourhoods experience less bullying than other students; the other three neighbourhoods are within the average range.**

Schools

School connection - *'I feel that I belong at my school.'*

The percentage reporting they belong at school 'somewhat, quite a bit, a lot':

- HIPS average 74.6%. **Southampton average is 1% higher at 75.6%.**
- In line with trends, **girls** are less likely to feel they belong at schools, (69% compared to 80.5% of boys).
- Those eligible for **FSM** in Southampton are less likely to feel they belong – 68.8% compared to 78% of their peers who are not eligible for FSM, though this is in line with the trend across HIPS.
- 67.8% of young people with **SEN** report a sense of belonging, compared to 76.3% of their peers who do not have SEN, again in line with trend across HIPS.

Relationship with staff - These questions are about support received from adults at school. *e.g., 'At school there is an adult who listens to me when I have something to say.'* Possible scores for this measure range from 4 to 20, with higher scores indicating higher levels of perceived support from adults at school.

- The average HIPS score is 13.9.
- **The average for Southampton is very slightly higher at 14.03, meaning higher levels of perceived support from adults.**
- In line with trends seen across HIPS, Southampton girls score marginally lower than boys and those eligible for FSM score marginally lower than their peers.
- Across HIPS, young people with SEN score in line with their peers who do not have SEN, but in Southampton they score lower

Happiness with attainment - *'How happy are you with the marks you get in school?'* Possible scores for this item range from 0 to 10, with higher scores indicating higher levels of happiness with attainment.

- Overall Southampton young people are in line with the HIPS average of 6.06, although it is higher in Central neighbourhood (6.41).
- Across HIPS and in 4 out of the 5 neighbourhoods in Southampton, boys are happier than girls with their attainment. In Central neighbourhood, girls have one of the highest scores across HIPS (6.64) * **n.b small cohort of girls in this neighbourhood.**

School pressure - *'How pressured do you feel by the schoolwork you have to do?'* Percentage feeling 'a lot' of pressure:

- **Southampton young people are less likely to report feeling 'a lot' of pressure than the HIPS average – 23.65% compared to HIPS av of 28%. Considerably lower levels are seen in Central and North neighbourhoods.**
- In line with the trend across HIPS the percentage of **girls reporting that they felt "a lot" of pressure from schoolwork was 11% higher than boys.**
- Across HIPS, a slightly higher percentage of young people with SEN (29%) report feeling a lot of pressure compared to their peers (28%). **In Southampton this is reversed, with 21.7% of young people with SEN report feeling a lot of pressure**

Progress since publication of findings in March

Young People

- *Youth Matters*, the #BeeWell youth steering group, established and meet monthly.
- Shared headline findings with participation groups and Youth Matters to understand what is most important to young people. Hampshire Youth Parliament shared insight on headline findings and voted on topics for the press release.
- 40 young people attended a #BeeWell day at Avon Tyrrell, including 13 young people educated at home from IoW.
- Youth commissioning pot currently at £16k, with application submitted to Awards for All for match funding.
- Young researchers programme published report into [impact of stress](#).

Schools

- One-to-one follow up support sessions to interpret their data and identify actions to improve their students' wellbeing. Themes from these sessions collated, resources and good practice shared. Communities of practice will be established on top topics.
- Schools have co-created improvement plans and submitted to a competition to win £2,000 (money provided by central #BeeWell programme.)
- Presented localised findings to Headteacher forums.
- Following feedback from headteachers, streamlined process for smaller settings to maximise participation rates, e.g. special schools and education centers can now complete survey with any secondary age pupils.
- Re-engaging schools for Year 2 of the survey, due to be delivered October- November 2024 to years 9 and 10. Mapping of schools who disengaged or did not sign up for year one, with targeted engagement to drive participation for year two. Webinars to promote #BeeWell to Independent schools.
- #BeeWell team is working with UoM, EHE teams and networks to develop survey suitable for use by young people educated at home.

Coalition of partners

- [35 local coalition partners in HIPS](#), and a further 70 national organisations, signed up to committing to act on the results of the #BeeWell survey.
- Several organisations have used #BeeWell data for funding bids.
- Bespoke data cuts requested to support work, e.g. detailed findings provided by the University of Manchester for LGBTQ+ young people and Ukrainian refugees across several measures.

Next steps

Young People

- Continue to seek feedback on place-based data from young people to develop narratives and co-design localised responses via #BeeWell groups and established mechanisms.
- Youth commissioning projects via Youth Matters, the youth steering group.
- Young people's panel to judge school improvement plans.
- Work with LGBTQ# young people to contextualise the findings and develop recommendations.

Schools

- Communities of practice to be established on common themes.
- The #BeeWell Prize, for the best co-created improvement plans judged by young people's panel.
- Continue to re-engage schools for Year 2 of the survey, due to be delivered October- November 2024 to years 9 and 10.
- Develop survey suitable for use by young people educated at home and engage with families via teams and networks.
- Case studies of school action / achievements collected and shared.
- UoM and Anna Freud are seeking to undertake further research on school provision; this is being developed in collaboration with Public Health in Hampshire and IoW where a provision survey is already delivered.

Coalition of partners

- Steering Group and Advisory Board to identify priority areas for joined up working. Selection of theme for UoM research paper.
- Continue to support organisations to access the data.
- Collate funding bids and other activities using #BeeWell data to begin evidencing impact.



**Hampshire, Isle of Wight,
Portsmouth, and Southampton**

**#BeeWell Headline Findings
Survey 2023**

Published March 2024



[HIPS Headline Findings 2024 \(beewellprogramme.org\)](https://beewellprogramme.org)

Workshops were held to co-create the survey – 15 pathfinder schools & 200 young people

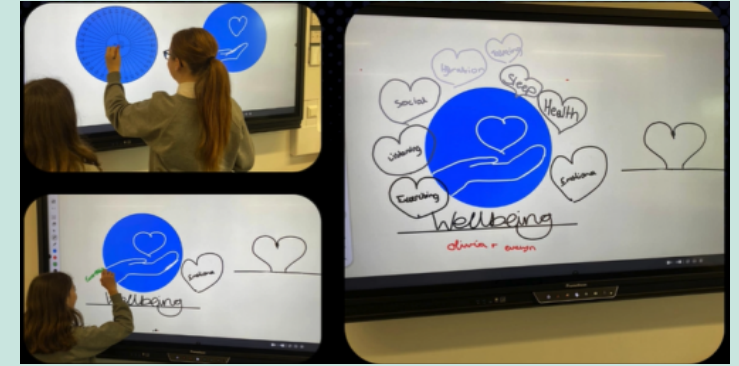


Young people are at the centre of the #BeeWell Programme

Animated video designed, scripted and voiced over to introduce #BeeWell



Nine VCSE participation groups shaping the programme



University of Manchester Young Researchers' Programme involving 26 young people from HIPS

Read their research briefing into the impact of stress



Coming next.. interpreting the data, youth commissioning, Young people's panel to judge the #BeeWell prize (£2,000 prize for 5 schools)



“We want to know we are making a change”

Young people are involved in the design and decision making of #BeeWell, through Youth Matters, the #BeeWell Youth Steering Group

Responding to the #BeeWell data

Young people are leading the response to the findings:

- 40 young people attended a #BeeWell day at Avon Tyrell, including 13 young people educated at home from the IoW
- Youth Steering Group established, called, Youth Matters, with a youth commissioning pot to direct spend to priorities
- VCSE led #BeeWell participation groups helped design next phase of the programme and providing context & insight into the findings
- Hampshire Youth Parliament analysed and provided context to the headline findings, voting on what should be included in the press release
- 26 young people joined the young researchers' programme at UoM, and report published
- Young people's panel to judge school co-created improvement plans

- Homes for Ukraine Team in HCC requested bespoke data cut to understand the need of young Ukrainian refugees
- Mapping the 'reading for enjoyment' findings with school library service to understand impact and drive improvements
- #BeeWell findings used to inform development of the Children and Young People's Plan - IoW Children's Trust
- Substance use findings shared with Trading Standards to target interventions in neighbourhoods
- Use of neighbourhood level findings to inform refreshed strategic plan in East Hampshire Borough Council



Young People

Coalition Partners

Local Government & Health system

Schools



#BeeWell has over 30 local and 100 national partners; several have already committed to acting on the findings, including...

- Premiership 'Inspire' competition in schools – Saints Foundation
- Breakout Youth and ICB requested LGBTQ+ specific research and analysis
- Supporting applications for additional funding to address need
- Energise Me collaboration with Hampshire and Southampton Public Health teams and #BeeWell to promote physical activity, aligning #BeeWell findings with setting surveys and the Active Life Strategy
- Energise Me learning from Get Moving in Greater Manchester
- The Girls Network exploring embedding comparable wellbeing measure in impact survey
- SEND specific findings shared with EIEF
- DoE, GirlGuiding & Scouts engaged

- Private, bespoke dashboards and one to one support to interpret dashboard and identify priorities
- Themes collated to inform communities of practice
- The #BeeWell Prize - 5 awards of £2,000 each for the best co-created improvement plan, one prize for each LA area and one special school
- Selected area based findings presented to Hants SE area Headteachers
- Presentation at Hampshire HT conference, and Southampton & Portsmouth Headteacher forums