

Kirklees coronavirus experience survey (children and young people) Initial summary, August 2020

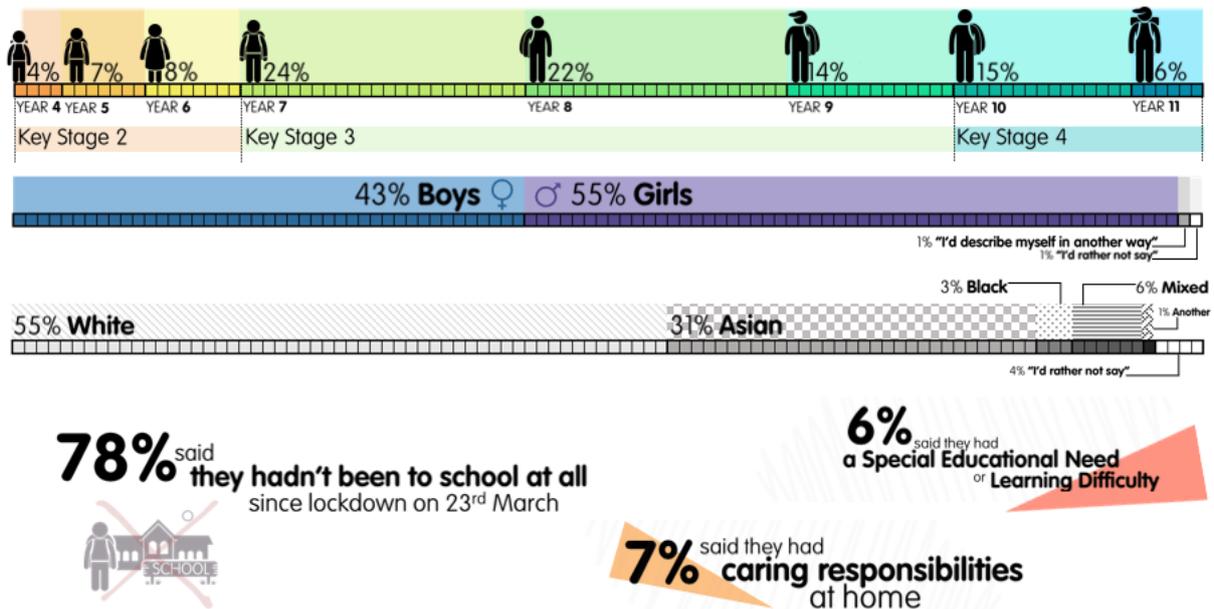
Between 20 and 31 July 2020, Kirklees Council's Public Health Intelligence team asked young people aged 9 to 16 across Kirklees to complete a wellbeing survey. The survey included questions to gauge emotional health at the beginning of lockdown (mid-March) and more recently, as well as asking how the things they do have changed, and what has helped them to feel better during this time. The survey also asks young people to think about returning to school in September, to identify those issues that are most important to them and those that are worrying them the most.

This initial summary gives some of the preliminary findings from the survey and was produced rapidly to assist schools preparing for the return of pupils in September. Further detailed analysis will be carried out, and additional findings will be published in due course:

<https://www.kirklees.gov.uk/involve/entry.aspx?id=1048>

Who took part in the survey?

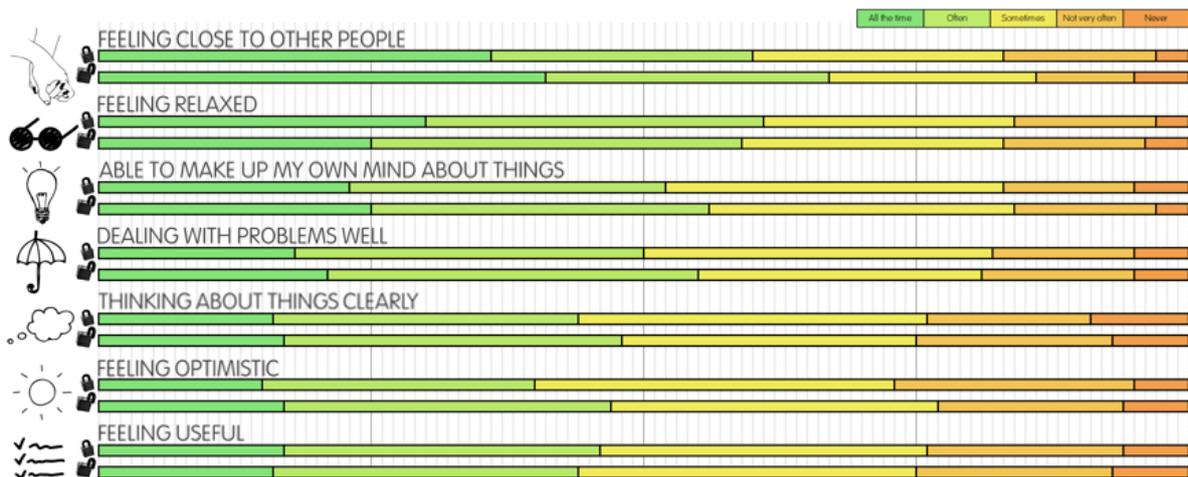
Over 450 children took part in the survey, split as follows:



Emotional wellbeing

Emotional wellbeing was measured using the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS). This is a set of seven positively worded questions which, when answered together, give a validated score which can be an overall indicator of wellbeing. The maximum possible score (highest level of wellbeing) for an individual is 35, and the minimum score is 7.

The overall score for all respondents was very similar at the beginning of lockdown and more recently (22.4 and 22.3, respectively), suggesting there has been no significant overall change to emotional wellbeing during this time. Although scores went up or down for individual demographic groups, none of the changes were statistically significant:

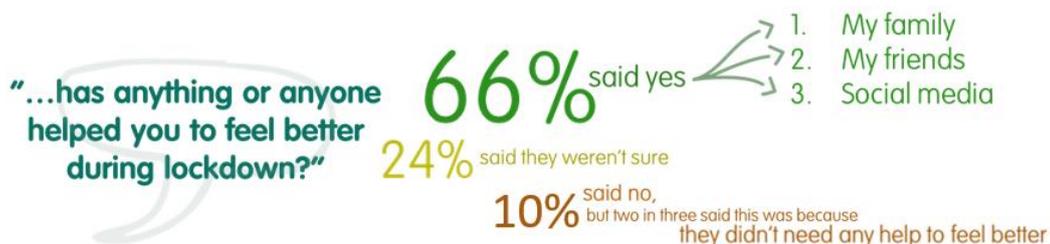


The overall wellbeing score for this survey was similar to the Kirklees Young People’s Survey in 2019 (average score 22.2, Year 9 pupils only).

Results from the survey showed that levels of negative emotion generally decreased over time. The only exceptions to this were feeling lonely, which was the same at the beginning of lockdown as more recently (22% felt this often/all the time), and feeling bored (increasing from 41% at the beginning of lockdown to 50% more recently).

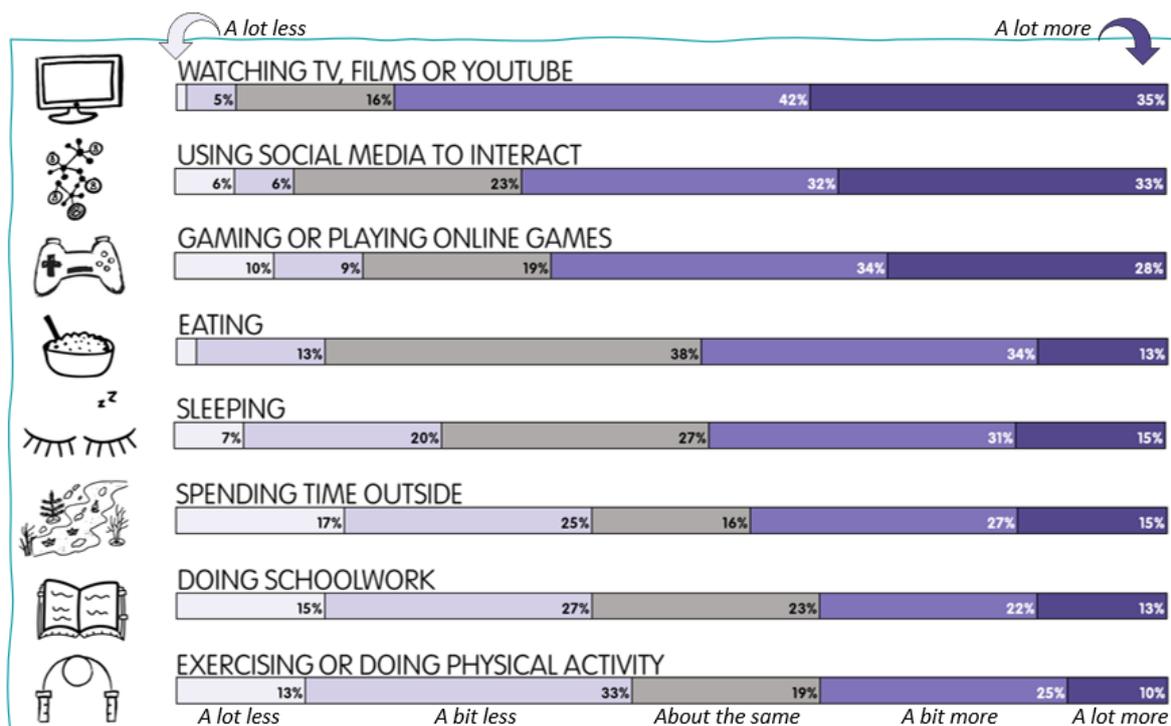
% often/all the time	Beginning of lockdown...	More recently...
Bored	41%	50% ▲
Frustrated	37%	34% ▼
Worried	32%	27% ▼
Confused	25%	16% ▼
Lonely	22%	22% ▶
Unhappy	18%	16% ▼

- Girls were more likely to be worried than boys (at the beginning of lockdown and more recently)
- Levels of frustration increased in girls over time, but fewer boys felt frustrated recently compared with the beginning of lockdown
- Although younger children (KS2) were more likely to be worried at the start of lockdown, they were the least likely to be worried more recently
- Older children (KS3, KS4) were more likely to have felt more frustrated and more lonely over time
- Younger children (KS2, KS3) were more likely to become increasingly bored over time
- Pupils of Asian/Asian British ethnicity were more likely to feel worried than pupils of White British ethnicity



Changing behaviours

The most commonly recorded change in behaviour was an increase in watching TV, films or YouTube (78% said they were doing this a bit more or a lot more), followed by using social media to interact with people (65% doing this more) and gaming/playing online games (61%). Young people were generally eating more, sleeping more and exercising less, but spending around the same amount of time outdoors as before lockdown. Pupils were also spending less time on schoolwork during lockdown than they would normally do.

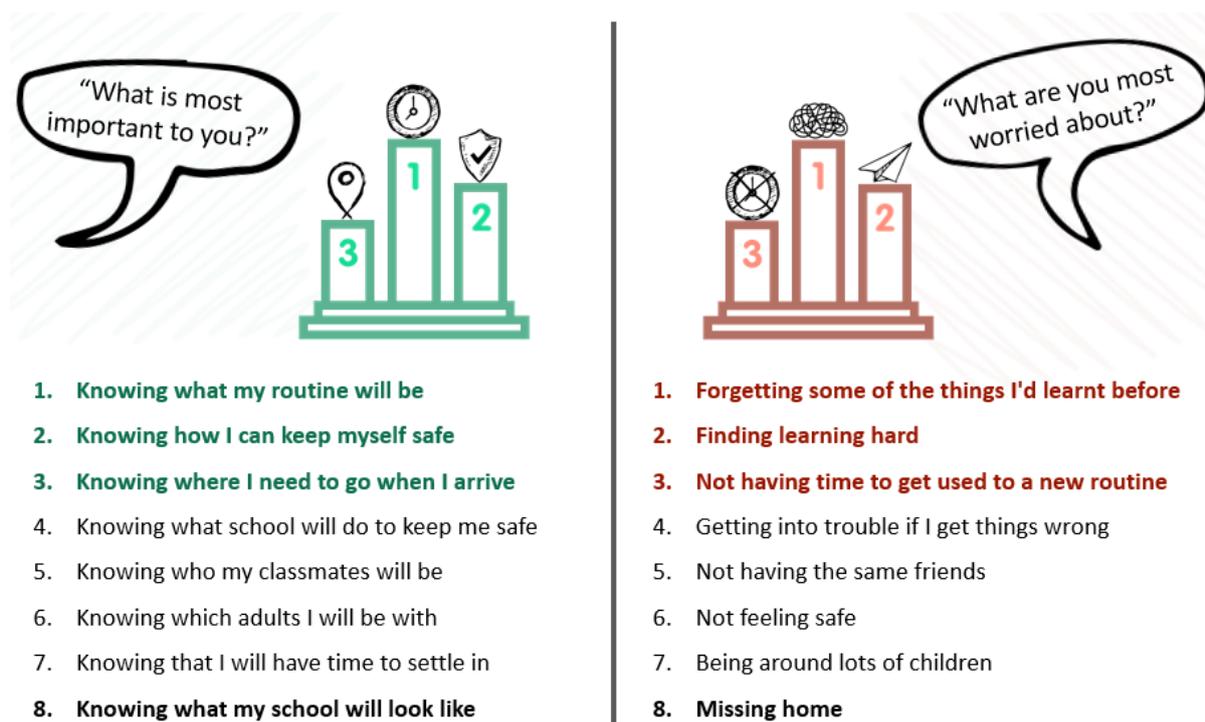


- Pupils in KS2 and girls were more likely to spend more time outside
- Pupils in KS3 and girls were more likely to be doing more schoolwork
- Younger pupils (KS2 and KS3) and boys were more likely to spend more time gaming
- KS4 pupils were more likely to spend more time sleeping
- Pupils in KS3 and KS4 were more likely to do less exercise
- Girls were more likely to spend more time using social media to interact

Returning to school

The most important factors for young people thinking about returning to school were knowing what their routine will be (63% said this was very important), knowing how to keep themselves safe (55%) and knowing where to go when they arrive (49%).

Pupils were most worried about forgetting some of the things they had learnt before (81% were really worried or a bit worried about this), finding learning hard (71%) and not having time to get used to a new routine (63%).



- Pupils about to transition to a new school placed higher importance on knowing they will have time to settle in (ranked 4th highest compared to a ranking of 7th for non-transitioning pupils); transitioning pupils were also more worried about not having the same friends (this was their top-ranked worry)
- Pupils in KS4 were more worried about being around lots of children (this worry ranked 3rd highest compared to a ranking of 7th for KS3 and 8th for KS2)