CITY OF YORK COUNCIL

UNIVERSITY of York

YORSAY

York School Health & Wellbeing Survey

Headline Report 2026



Overview

Understanding the health and wellbeing of children and young people in York is central to City of York Council's (CYC) priorities. With as many as one in six young people now living with a probable mental health disorder in the UK and growing national concern about emotional resilience, physical health and widening health inequalities, there has never been a greater need for timely, local data to guide effective action.

In 2026, CYC partnered with the University of York to deliver the York School Health and Wellbeing Survey (YorSay), which aims to provide a snapshot understanding of youth health and wellbeing needs in York, at both the city and school level. This survey is underpinned by co-production work with young people to ensure that questions match their needs and priorities. It is the third time young people have completed the health and wellbeing survey, which has been offered biannually to all young people in school years 4, 6, 8, 10 and 12 in York since 2021.

What were young people asked?

There were two different versions of the survey completed; one for primary school pupils and one for secondary school pupils. Both surveys contained questions on physical health, mental health, risk behaviours, sexual health, online behaviours, bullying, social support, healthy relationships, school belonging and attendance and crime and safety. While both surveys covered these topics, questions varied slightly so that language and question formats were age appropriate. In addition, the secondary/sixth form school survey contained questions on drug exposure, healthy relationships, sexual health, period poverty, and neighbourhood safety and crime.

Who took part?

YorSay 2026 was offered to all schools in York and completed by 2731 young people across 20 schools in York*. The sample includes 1,099 primary school pupils and 1,575 secondary school pupils. Young people were aged 8 - 18 years. See **Tables 1 - 5** for a breakdown of demographic details of participants including; gender, year group, ethnicity, socioeconomic status, sexual orientation, Special Educational Needs and Disabilities (SEND) status and young carer status. Data collection took place from April - July 2026.

This report focuses on participating mainstream schools. Findings are first presented at city-level and, where relevant, broken down by school stage, gender and age to highlight differences. At the end of the report, the inequalities section highlights key differences between groups.

Ethical approval for this study was granted by the University of York Education Department Ethics Committee (ID: EE78afc6).

We would like to thank the schools and pupils who took part in the survey and helped to make the report possible.

We would also like to thank Laura Fox, Christopher Knowles, and Umar Toseeb for their contributions to survey development and project management.



Not all participating pupils data was included; those who completed less than 60% of the survey (57 pupils) were excluded

This report was authored By Beth Bell & Trish Chinzara, University of York, with thanks to the City of York Public Health team. V3.

How to read and use this report

This report shares the findings from YorSay 2026 and provides a starting point for discussions about the health and wellbeing of young people in York. We hope it will help schools and partners identify priorities, raise questions, guide discussion, and target support where it is most needed.

A few things to keep in mind when reading the findings:

York is not one place: Each school, neighbourhood and community across the city has different demographics, resources and needs. What is true at a city level may not reflect the picture in your school or area and findings should be interpreted in the local context.

Not everyone is represented in the data: Like all school-based surveys, YorSay will have missed some young people. This includes those who were absent on the day, those who are persistently not in school, those whose parents opted them out and some pupils with language, learning or attentional needs who may have found the survey difficult to complete. Schools that did not participate are also not represented. These groups may have different levels of need than those captured here, so their absence should be considered when interpreting findings.

Some questions were only shown to some pupils: YorSay used survey routing, meaning that some questions were only shown to pupils who reported relevant experiences. For example, pupils who reported that they did not have access to social media, either through their own account or someone else's, were not shown questions about social media use. As such, some percentages describe a specific group rather than all pupils surveyed. For example, a figure of 50% could mean that half of pupils who reported a particular experience gave a certain response, rather than half of all pupils surveyed.

Skipped questions are meaningful too: Some pupils chose not to answer particular questions or selected options such as 'unsure' or 'prefer not to say'. These responses may reflect discomfort, uncertainty, privacy concerns or simply that the question was not relevant to their experience. They are therefore important to consider when interpreting the findings.

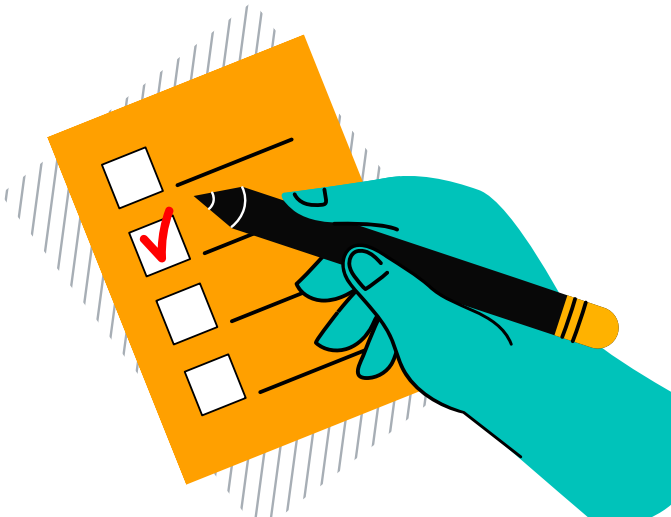
Please also note:

Percentages: The figures in this report show percentages of pupils who answered each question. For questions where pupils could select more than one response, percentages may add up to more than 100%..

Inequalities: Differences of 10 or more percentage points between demographic groups are highlighted in the inequalities section. These include differences by gender, year group, ethnicity, socioeconomic status, sexual orientation, SEND status and young carer status. This is intended to draw attention to where gaps in health and wellbeing outcomes are most pronounced.

Comparisons with other surveys/populations:
Throughout the report, footnotes are used to provide context by referring to comparable surveys and national statistics. These benchmarks may not be directly representative of York's population, as local populations and contexts differ. They are included to provide a broader frame of reference for interpreting York's data.

Social desirability bias:
Evidence suggests that respondents to surveys on health and health behavior may, even in anonymous surveys, feel pressured to report socially desirable outcomes such as healthy eating. This may lead to underestimation of risky health behaviours in the data presented in this report.



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Findings at a glance

Positive Findings



Dental Health

Primary pupils

82%

brush their teeth twice a day, an improvement from 73% in 2023, and nearly three quarters (72%) visit the dentist at least once a year

Secondary/sixth-form pupils

86%

brush their teeth twice a day, consistent with 2023 (84%). The majority (88%) report visiting the dentist at least once a year, up from 75% in 2023



Physical Activity

Primary pupils

48%

Less than half of primary pupils meet NHS physical activity guidelines, up from only 33% in 2023, though clear inequalities remain across pupil groups

Secondary/sixth-form pupils

42%

secondary/sixth-form pupils met NHS physical activity guidelines, up from around 20% in 2023, though more than half of pupils are still not reaching recommended levels



Diet

Primary pupils

Under 1%

Fewer primary pupils drink energy drinks everyday down from 10% in 2023

Secondary/sixth-form pupils

2.80%

Fewer secondary/sixth-form pupils drink energy drinks everyday down from 10% in 2023

Positive Findings

Smoking

Primary pupils

99%

Almost all primary pupils have never smoked a cigarette, up from 94% in 2023, indicating a continued positive reduction in smoking.

Secondary/sixth-form pupils

91%

The vast majority of secondary/sixth-form pupils have never smoked a cigarette, consistent with 2023.

Vaping

Primary pupils

99%

Almost all primary pupils have never vaped, up from 90% in 2023, a positive shift of 9 percentage points since the previous survey.

Secondary/sixth-form pupils

71%

Around 7 in 10 secondary/sixth-form pupils have never vaped, consistent with 2023 (71%). The proportion of pupils vaping every day (4%) remains low.

Bullying

Primary pupils

61%

report they have never experienced bullying in the past year: an increase from 30% in 2023. Cyberbullying remains the least common form of bullying.

Secondary/sixth-form pupils

70%

report they have never experienced bullying: an improvement from 66% in 2023. Cyberbullying remains the least common form of bullying.

Positive Findings

Sexual Health

Secondary/sixth-form pupils

87%

have not had sexual intercourse, consistent with 92% in 2023. More than two thirds (68%) know where to access sexual health services, up from around half in 2023

Happiness/Life Satisfaction

Primary pupils

7.62/10

Primary pupils report an overall life satisfaction score of 7.91 out of 10, with the highest scores for home (8.90) and family (8.67)

Secondary/sixth-form pupils

6.95/10

Secondary/sixth-form pupils report an overall life satisfaction score of 6.95 out of 10, notably higher than 2023 (4.5). Satisfaction with Home (8.26) and Family (7.63) are most positive.

Persisting Trends



Diet (5-a-day)

Primary pupils

23%

Just 1 in 4 primary pupils eat five or more portions of fruit and vegetables each day, a steady decline from 37% in 2023 and half of pupils in 2021

Secondary/sixth-form pupils

19%

Just 1 in 5 of secondary/sixth-form pupils eat five or more portions of fruit and vegetables daily, a decline from 34% in 2023 and around half of pupils in 2021



Breakfast

Primary pupils

79%

While most primary pupils eat breakfast every school day, 1 in 5 do not - with time and lack of hunger cited as the most common reasons

Secondary/sixth-form pupils

50%

Approx. half of secondary pupils report eating breakfast every school day and 1 in 5 report they never eat breakfast



Sleep

Primary pupils

23%

Nearly a quarter of primary pupils do not get enough sleep to feel awake in class, and 35% regularly use screens in bed - consistent with 2023

Secondary/sixth-form pupils

32%

Around one third report they do not get enough sleep to feel focused in school and 57% regularly use screens in bed

Persisting Trends

Online Safety

Primary pupils

40%

report having been exposed to upsetting online content and 17% have experienced uncomfortable contact online. Digital access has increased since 2023, and with it, online risks.

Secondary/sixth-form pupils

61%

report that they have been exposed to upsetting online content and 38% have experienced uncomfortable contact online, highlighting the continued need for digital wellbeing education

Social Support

Primary pupils

83%

report having someone to talk to if they are worried about something has declined since 2023 (93%). 1 in 6 report they would not seek help from anyone

Secondary/sixth-form pupils

32%

Nearly 1 in 3 secondary/sixth-form pupils report they would not seek help from anyone if they had a problem or were worried about something

Bullying

Primary pupils

19%

Around 1 in 5 experience bullying at least 2–3 times a month, with experiences not equally distributed across pupil groups

Secondary/sixth-form pupils

12%

report experiencing bullying, with verbal and indirect bullying most common

Persisting Trends

Gambling-like behaviour in games

Primary pupils

51%

half of primary pupils have spent money on in-game items or loot boxes, with spending on specific items most common (41.5%)

Secondary/sixth-form pupils

68%

Nearly two thirds spending money on in-game items, up from around half in 2023

Vaping

Primary pupils

Secondary/sixth-form pupils

22%

Around 1 in 5 secondary/sixth-form pupils have ever vaped - broadly similar to 2023 with 19% currently vaping and 5% doing so more than once a week

Alcohol

Primary pupils

12%

Around 1 in 8 primary pupils have ever tried alcohol.

Secondary/sixth-form pupils

49%

Nearly half of secondary/sixth-form pupils have tried alcohol and 9% currently drink more than once a week; 1 in 3 who drink report having been drunk in the past 30 days

Persisting Trends

Wellbeing

Primary pupils

26%

Nearly 3 in 10 primary pupils score below the wellbeing threshold on the Stirling Children's Wellbeing Scale, and 1 in 4 (25.50%) have elevated emotional difficulties

Secondary/sixth-form pupils

14%

fewer than 3 in 10 of secondary/sixth-form pupils scored below the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) wellbeing threshold and nearly 1 in 3 reporting elevated emotional difficulties, with clear inequalities across pupil groups.

Mental Health

Primary pupils

Secondary/sixth-form pupils

5.89/10

Body image is a particular concern. Secondary/sixth-form pupils rate their satisfaction with their appearance lowest across all areas of life satisfaction.

Healthy Relationships

Primary pupils

Secondary/sixth-form pupils

27%

Only 1 in 4 secondary/sixth-form pupils recognised all five abusive relationship behaviours as always wrong, consistent with 2023.

Persisting Trends

Sexual Health

Secondary/sixth-form pupils

32%

Nearly a third of pupils who are/have been sexually active report using no method of contraception at all. This is higher than the 19.80% reported in 2023.

Self-Harm

Secondary/sixth-form pupils

19%

Around 1 in 5 secondary/sixth-form pupils report having self-harmed in the past year, consistent with 23% in 2023. More than half (52.80%) of those who self-harmed sought help from no one

Period Poverty

Secondary/sixth-form pupils

3%

of secondary/sixth-form pupils who have periods report difficulty accessing period products, slightly lower than 5% in 2023.

Spotlight Findings

(new questions introduced in 2026)



Crime and Safety

Secondary/sixth-form pupils

Around 1 in 5 secondary/sixth-form pupils have experienced hate crime (19.40%) or sexual harassment (21.20%) in their local area



Weapons

Secondary/sixth-form pupils

94%

While the majority of secondary/sixth-form pupils report never having carried a weapon, 3% admit to having done so and a further 3% preferred not to say



Child to Parent Violence (CAPVA)

Secondary/sixth-form pupils

27%

More than 1 in 4 secondary/sixth-form pupils do not recognise pushing, hitting or kicking a parent as always wrong, 21.70% do not recognise taking money without permission as always wrong and 29.40% do not recognise using mean words or threats as always wrong.



Demographics: Who took part?

Participating Pupils (Demographics)

A total of 2731 of young people aged 8-17 years took part in the survey. As noted in the *'How to Read This Report'* section, not all schools took part, and so some groups may be under-represented. The tables provide a breakdown of who took part by age, gender, ethnicity and sexual orientation.

Table 1.
% of Pupils by year group

	Count	%	Mean age
Year 4	565	50.30	8.81
Year 6	534	47.50	10.8
Year 8	628	39.10	12.8
Year 10	696	43.30	14.8
Year 12	251	15.6	16.8

Table 2.
% of Pupils by gender

	York %	Primary %	Secondary/Sixth-form %
Boy/Man	48.70	48.70	48.70
Girl/Woman	47.00	47.10	46.80
Non-binary/Other way	2.05	1.65	2.33
Don't Know	0.72	1.01	0.52
Prefer not to say	1.59	1.56	1.62

Table 3.
Ethnicity*

	York %	Primary %	Secondary/Sixth-form %
White	81.20	77.20	83.90
Mixed/Multiple	4.34	3.86	4.67
Asian/Asian British	6.44	6.70	6.25
Black/Black British	1.80	1.47	2.02
Other ethnic group	1.76	1.84	1.71
Prefer not to say	4.49	8.91	1.45

Table 4.
Sexual Orientation (secondary/sixth-form pupils only)

	York %	Year 8 %	Year 10 %	Year 12 %
Heterosexual (straight)	79.60	78.00	80.40	81.10
Bisexual/Pansexual	6.91	6.20	7.50	6.70
Gay/Lesbian	2.97	2.30	3.10	4.20
Other ways	2.00	2.30	2.10	1.30
Not Sure	4.35	6.20	3.40	2.50

*Overall 15% of pupils described themselves as belonging to an ethnic minority (15.2% primary/14.87% Secondary/Sixth-form)

Free School Meals

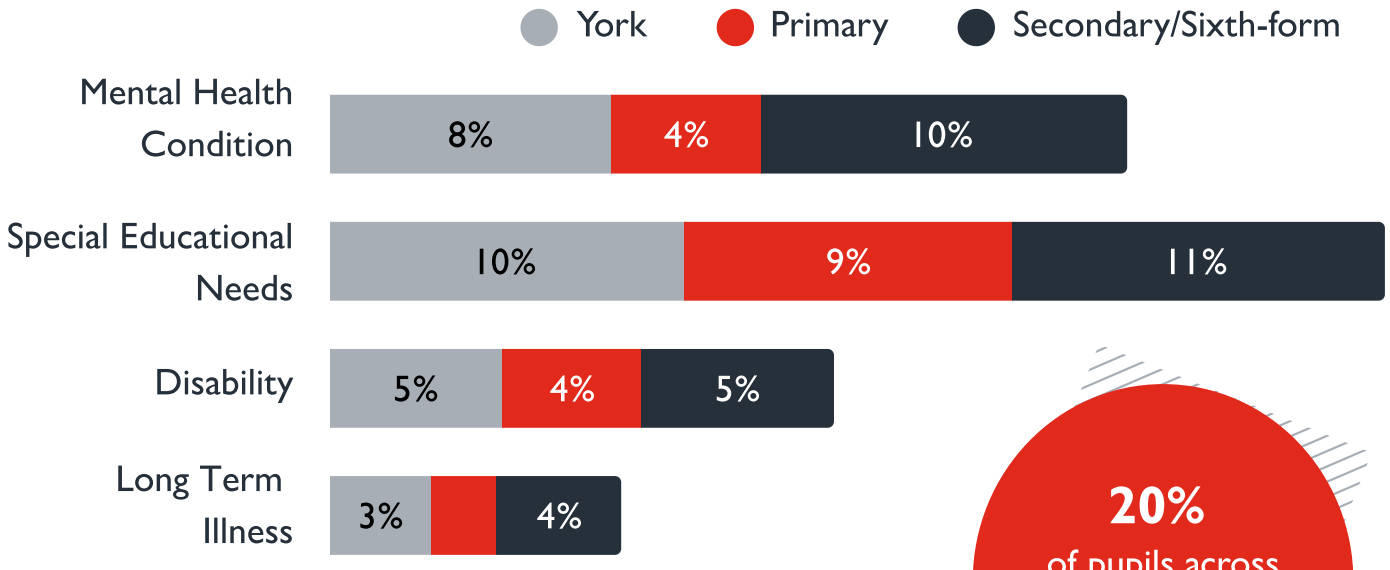
Eligibility for free school meals (FSM) is widely used as an indicator of socioeconomic disadvantage (See Table 5). 13.50% of young people reported being eligible for free school meals. FSM eligibility was more frequently reported among primary pupils (18.20%) than secondary/sixth-form pupils (10.20%). 13.10% of pupils were unsure.

Table 5.
Free school meal eligibility

	Eligible	No	Unsure
Count	362	1,970	352
York %	13.50	73.40	13.10
Primary %	18.20	53.40	28.40
Secondary/ Sixth-form %	10.20	87.20	2.58

Additional Needs

Figure 1.
% of pupils who reported having additional needs
(of those who reported having additional needs)



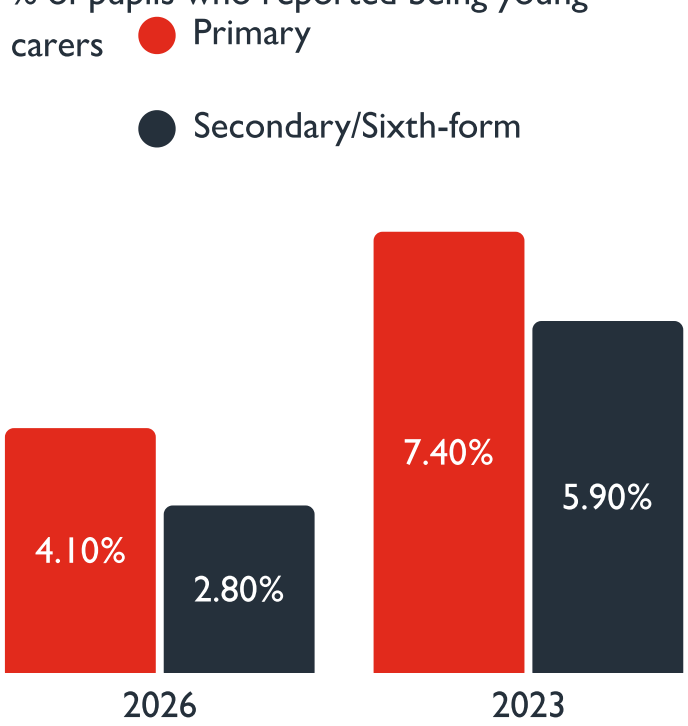
20%
of pupils across York have additional needs

Young Carers

3.40% of pupils reported that they are young carers (i.e., children and young people who provide unpaid care for a family member due to disability, illness, or other needs). This is lower than in 2023.

Figure 2.

% of pupils who reported being young carers



Service Children

A small but notable proportion of young people in York reported that they have a parent or carer currently serving in the UK armed forces.

6.40%
of pupils across York identified as service children (5.40% primary and 7% secondary/sixth-form).

1. Physical Health



Dental Health

Diet & Nutrition

Physical Activity

Sleep

Dental Health

NHS guidance[1] recommends that young people brush their teeth at least twice a day for two minutes using a fluoride toothpaste and visit the dentist at least once every 6 months or a frequency recommended by their dentist based on individual needs.

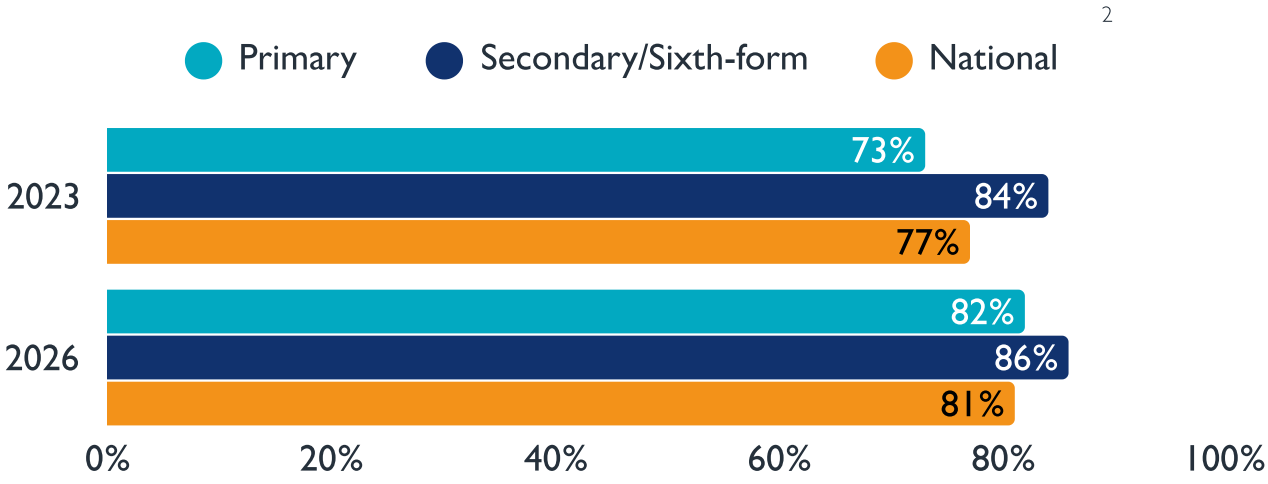
Most young people (84.20%) brush their teeth at least twice a day (81.90% of primary pupils and 85.80% of secondary/sixth-form pupils). This is an improvement for primary pupils since 2023 (73%), while secondary/sixth-form school rates remain consistent (84%).

84%
of pupils across York brush their teeth **twice daily** as recommended

1%
of pupils have **never** brushed their teeth

Less than 1% of pupils report never brushing their teeth. The most common reasons for skipping tooth brushing were feeling 'too tired' or 'not bothered'.

Figure 3.
Percentage of pupils who brush their teeth twice a day



[1] NHS England (2025). Delivering Better Oral Health: An Evidence-Based Toolkit for Prevention.
[2] The Children's Dental Health Survey (2013) found that around 80% of secondary school-aged pupils in England reported attending the dentist for a check-up.

Most young people 81% visit the dentist at least once a year (72% primary pupils and 88% of secondary/sixth-form pupils). This is up from 75% in 2023. A small percentage (1.65%) have never been to the dentist. This is consistent with rates reported in other UK cities[3].

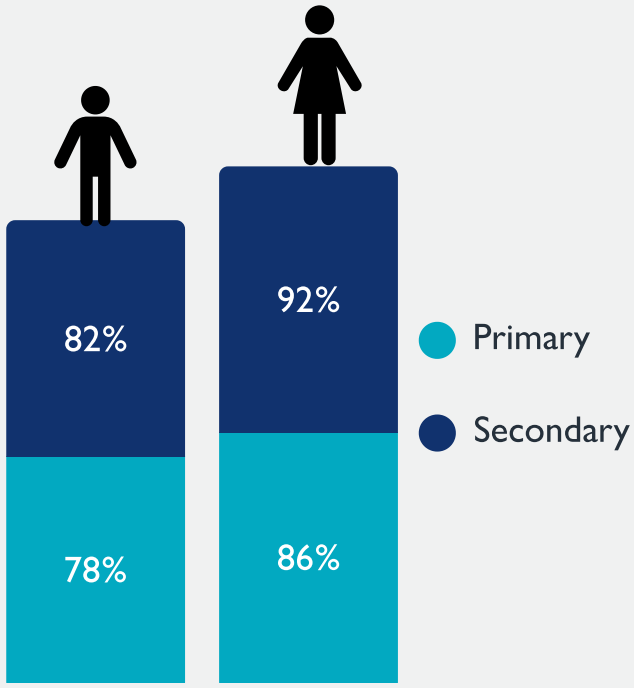
81%
of pupils across York visit the dentist at least once a year

2%
of pupils have **never** been to the dentist

Gender Differences

Girls were more likely to report brushing their teeth twice or more daily than boys, across both primary and secondary/sixth-form school (figure 4).

Figure 4.
Bar graph showing girls are more likely to brush at least twice a day than boys separated by school stage



**There were no differences by year group within primary or secondary/sixth-form schools.*

[3]BeeWell Hampshire, Isle of Wight, Portsmouth, and Southampton (HIPS; 2023) survey reported a comparable figure of 87.7%

Diet & Nutrition

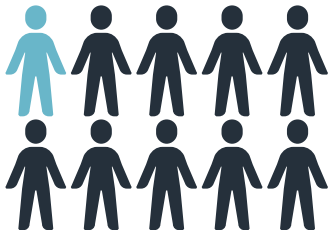
The NHS recommends young people eat five portions of fruit and vegetables a day[4], limit consumption of sugary drinks and fast food, and eat breakfast regularly to support concentration and energy throughout the school day.



1 in 5 young people eat 5+ portions of fruit and vegetables

Fruit and vegetable consumption is low; just 1 in 5 pupils (21%) eat five or more portions of fruit or vegetables on a typical day (23.30% primary; 19.40% secondary/sixth-form). This is a decline from half in 2021 and 37% in 2024.

Most primary pupils (78.60%) eat breakfast every school day, while only half of secondary/sixth-form pupils do (49.50%). Fewer than 1 in 5 primary pupils (3.02%) and 2 in 5 secondary/sixth-form pupils report never eating breakfast at all (19.50%). Time and not feeling hungry were the most common reasons for skipping breakfast. Sixth form pupils and girls were most likely to miss breakfast.

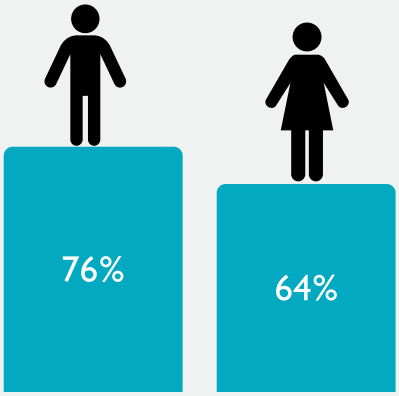


Just over 1 in 10 young people in York **never** eat breakfast

Young people were asked whether they have packed lunches or school dinners; 44.30% of pupils reporting that they eat school dinners and 44.10% reporting that they eat packed lunches. 5.91% of pupils reported not eating lunch and this was slightly higher in girls (7.60%) compared to boys (3.80%). Secondary/sixth-form pupils were more likely to report not eating lunch (9.67%) compared to primary school pupils (0.50%).

Gender Differences

Figure 5.
Bar graph showing girls are more likely to skip breakfast than boys



[4]NHS EatWell guide (2022)

Fast Food Consumption



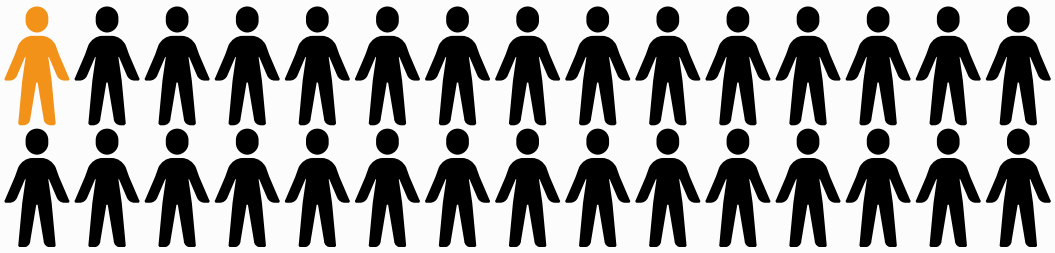
Fewer than 1 in 10 (3.20%) pupils eat fast food four or more days a week (3.60% primary pupils and 2.78% secondary/sixthform pupils), with the majority of pupils reporting eating fast food but 43.80% reporting they never have fast food (39.40% primary/46.9% secondary/sixth-form pupils)

Sugary Drink Consumption



Just under 2 in 10 pupils (17.30%) drink sugary drinks four or more days per week. However, 27.40% report never having sugary drinks.

Energy Drink Consumption



Only 1 in 30 pupils (3.30%) of pupils drink energy drinks four or more days per week (2% primary pupils and 4.10% secondary/sixth-form pupils). Daily energy drink consumption is low overall (1.90%; 0.70% of primary school pupils and 2.80% secondary/sixth-form pupils). This has decreased substantially since 2023.

Physical Activity

The NHS recommends young people aged 5 - 18 years should be active for at least 60 minutes of moderate or vigorous physical activity everyday[5].

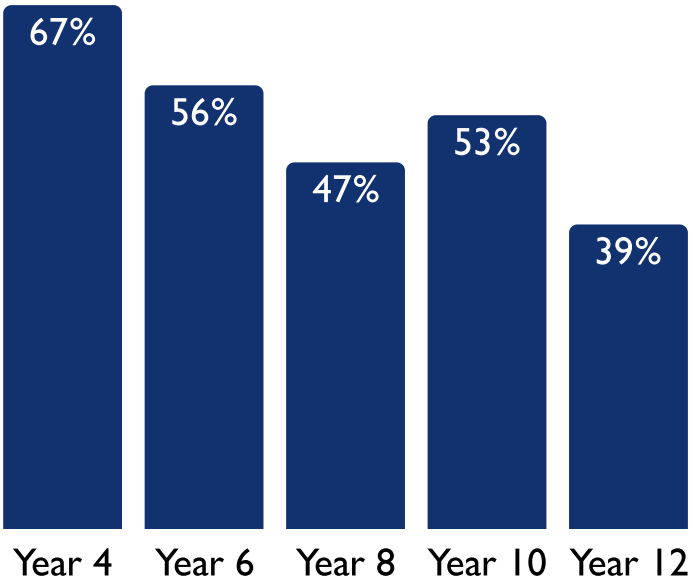
44%
Meeting Recommended Physical Activity Guidelines

55%
Not Meeting Recommended Physical Activity Guidelines

Physical activity levels among York's young people have increased since 2023. Overall, 44.30% meet NHS guidelines; just under half of primary pupils (48%) and two in five secondary/sixth-form pupils (41.60%), which is up from ~33% and ~20% respectively in 2023. However, more than half of all pupils are still not reaching recommended activity levels.

Year group differences are also evident. In primary school, Year 6 pupils are more active than Year 4 pupils (66.60% vs 56.40%). In secondary/sixth-form school, activity peaks in Year 10 (52.60%) and is lowest among Year 12 pupils (38.70%), this is a gap of 13.90 percentage points[6].

Figure 6.
% of pupils meeting physical activity guidelines by year group



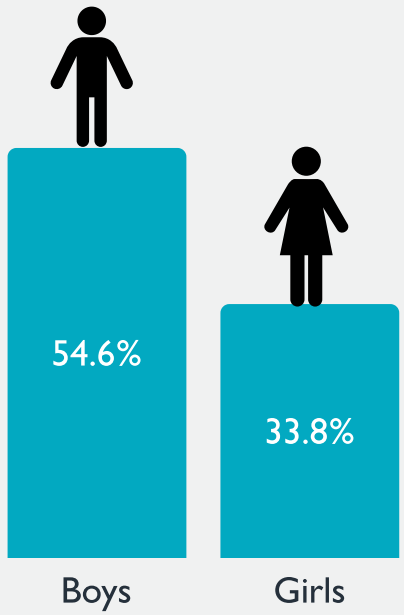
[5] NHS Live-Well

The Active Lives Children and Young People Survey shows that 49.1% of children nationally meet the recommendation for at least 60 minutes of activity per day, placing York's primary and secondary pupils slightly below this national benchmark (Sport England 2025).

Gender Differences

Boys (54.60%) are more likely to meet physical activity guidelines than girls (33.80%); a gap of nearly 21 percentage points. This gap is widest in secondary/sixth-form (53.30% boys vs. 30.30% girls). This is consistent with national data.

Figure 7.
Gender differences in pupils meeting physical activity guidelines (at least 1 hour per day across the week)



Young people were asked where they do most of their physical activity. Half (50.10%) reported being mostly physically active outside of school, while 35.10% were equally active at school and outside of school. The remaining 14.90% did most of their physical activity at school. Secondary/sixth-form pupils were more likely than primary pupils to do most of their physical activity outside of school (61% vs. 34%).

Active travel to school is common in York. Overall, 54.30% of young people walk, cycle or scooter to get to school (61.40% primary; 49.40% secondary/sixth-form). This is higher than national data (13.70%).[7]

We also asked what would make young people more active., The most common responses were having more free time and more encouragement from teachers, family and friends. Also, many reported a desire for access to more spaces that facilitate physical activity such as an option to go to the gym or sports facilities (e.g.,football/skateparks), sports clubs and more open spaces (field/astro-turf).

[7] Sport England 2025

Sleep

The NHS recommends that primary age children get 9-12 hours of sleep per night and young people in secondary/sixth form get 8–10 hours[8]. Poor sleep has been linked to reduced concentration, lower mood and poorer health and mental health outcomes.

80%
Meeting Recommended Sleep Guidelines

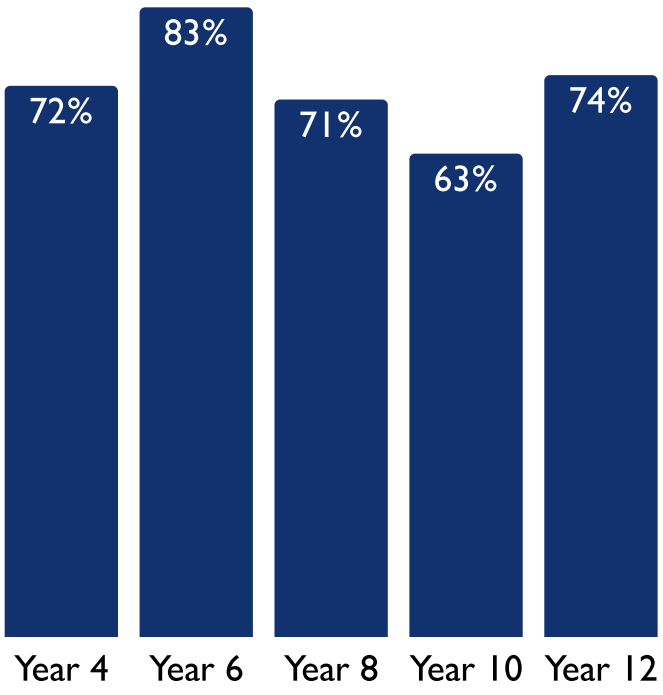
~20%
Not meeting recommended sleep guidelines

Overall, 79.8% of young people meet NHS sleep guidelines. Slightly more primary pupils meet the guidelines (85.40%) than secondary pupils (75.80%). Though positive, this means that a meaningful proportion of young people (around 20-25%) are not getting the recommended amount of sleep. Meeting NHS sleep guidelines also declines across secondary/sixth-form year groups, from 81.50% in Year 8 to 70.30% in Year 12, a gap of 11.2 percentage points.

Young people also reported on the quality of their sleep. Almost three quarters of young people in York (71.60%) report getting enough sleep to feel awake and focused in school.

This is consistent with levels reported in 2023 (35% were getting insufficient sleep). Sleep sufficiency improves with age in primary school as Year 6 pupils are more likely to report getting enough sleep to feel focused at school (82.60%) than Year 4 pupils (72.30%). In secondary/sixth-form school the pattern reverses, with Year 10 pupils the least likely to feel well-rested (63.30%) compared to Year 12 (73.60%).

Figure 8.
Pupils getting enough sleep to focus in school



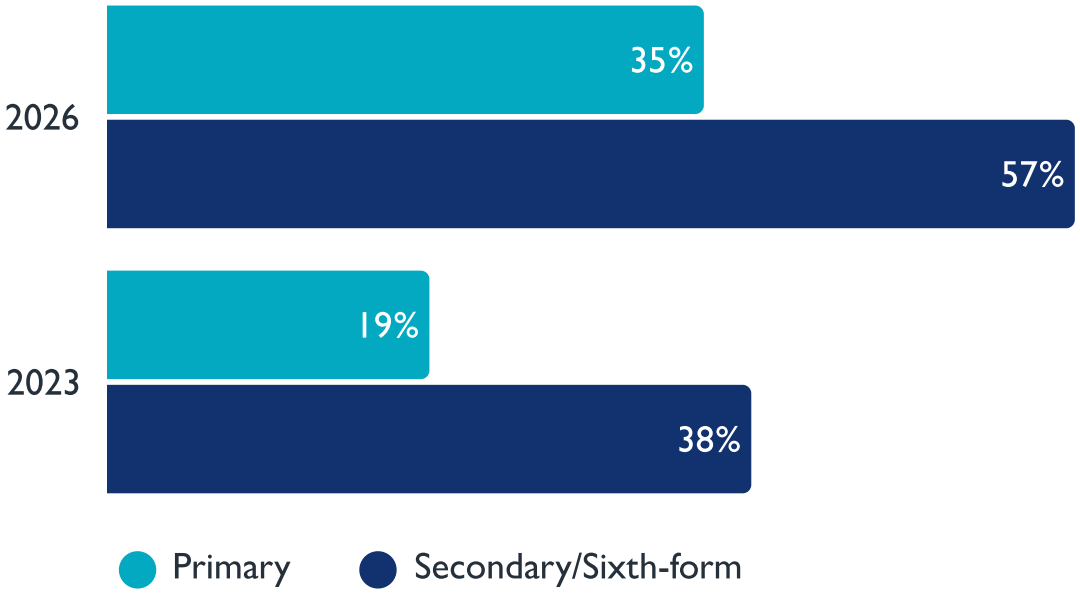
[8]NHS Healthy Living

Sleep Hygiene

Poor sleep hygiene - conceptualised in this survey as using screens in bed - is widespread, particularly among secondary/sixth-form pupils. Over half of secondary/sixth-form pupils (57.10%) report regularly doing things in bed that keep them awake, such as using their phone, watching TV or playing video games, compared to 35.20% of primary pupils.

80.48% of secondary/sixth-form school pupils report going to bed by 11pm which is an almost 10 percentage point improvement from 2023 where 71% of pupils reported sleeping by this time.

Figure 9.
% of pupils who report regularly doing thing in bed that keep them awake (e.g., using their phone/doing homework/watching tv/playing video games)



2. Mental Health



General Wellbeing

Emotional Difficulties

Life Satisfaction

Self-esteem
(Secondary/Sixth-form only)

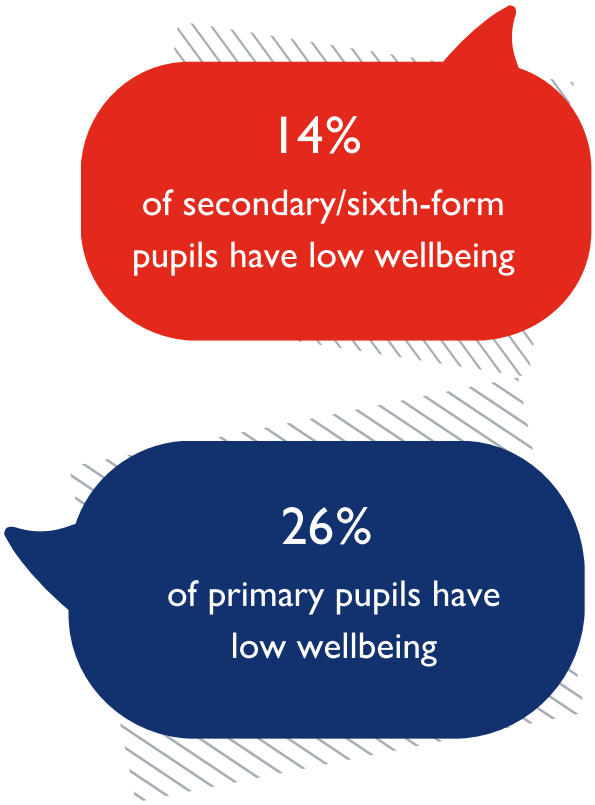
Self-harm
(Secondary/Sixth form only)

Wellbeing refers to how positively young people feel about themselves, their lives and how things are going for them. YorSay measured wellbeing in several ways. First, we measured general wellbeing using age-appropriate measures. The Stirling Children's Wellbeing Scale was used for primary pupils and the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) was used for secondary/sixth-form pupils. Second, we measured young people's emotional difficulties using the Me and My Feelings scale. Last, we used part of the Good Childhood Index to measure young people's satisfaction with life in general and across a range of domains.

General Wellbeing

The Stirling Children's Wellbeing Scale is scored out of 60. Higher scores indicate greater wellbeing and a score below 40 is considered low . Among primary pupils, the mean Stirling Children's Wellbeing Scale score was 42.9 (sitting just above the threshold of low wellbeing). However, fewer than 3 in 10 primary school pupils (26%) reported low wellbeing according to established benchmarks[9].

Scores on the Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS) range from 7 to 35, with higher scores indicating greater wellbeing[10]. Wellbeing was interpreted as low if it was below 1SD of the mean. Secondary/sixth-form pupils in York report a mean score of 21.4; an improvement from 2023. Mean wellbeing is consistent with that reported in other cities+. Boys report higher wellbeing than girls (22.2 vs. 20.7) with no difference between year groups, consistent with 2023.



[9]Liddle, I., & Carter, G. F. A. (2015)

[10]The BeeWell 2023 secondary survey reported a mean SWEMWBS score of 21.82 among secondary pupils across Greater Manchester, suggesting York's secondary pupils' wellbeing is broadly in line with young people in other cities.

Emotional Difficulties

Scores on the Me & My Feelings scale range from 0 to 20, where higher scores indicate more difficulties. A score above 10 on the Me and My Feelings scale is indicative of elevated emotional difficulties. The overall mean score for York was 6.86, indicating low levels of emotional difficulties on average, consistent with other cities[11]. Primary and secondary/sixth-form pupils reported similar levels of difficulties (6.89 and 6.84 respectively). Girls reported more emotional difficulties than boys (7.8 vs. 5.68). The range of scores between year groups was consistent between Years 6 (6.52), Year 8 (6.8), Year 10 (6.92) and Year 12 (6.52) but children in Year 4 scored slightly higher for difficulties (7.24).

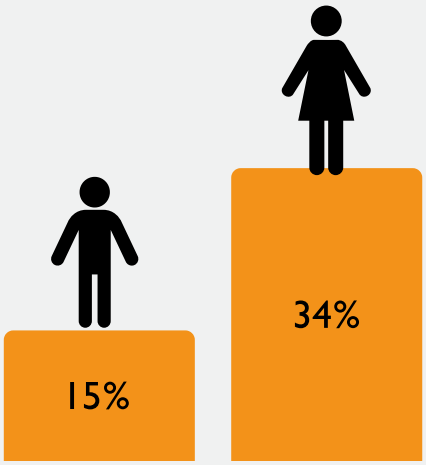
25%
of young people report emotional difficulties

Around one quarter of young people in York (25.50%) reported elevated emotional difficulties overall. Girls report elevated emotional difficulties at more than twice the rate of boys (33.50% vs 14.90%). Secondary/sixth-form pupils (27.70%) report slightly higher rates than primary pupils (22.50%).

Elevated emotional difficulties are not the same as clinical diagnosis. However young people with elevated emotional difficulties more at risk for developing depression, anxiety or other mental health difficulties[12] such that early support is important.

Gender Differences

Figure 10.
Girls are more likely to report elevated emotional difficulties than boys



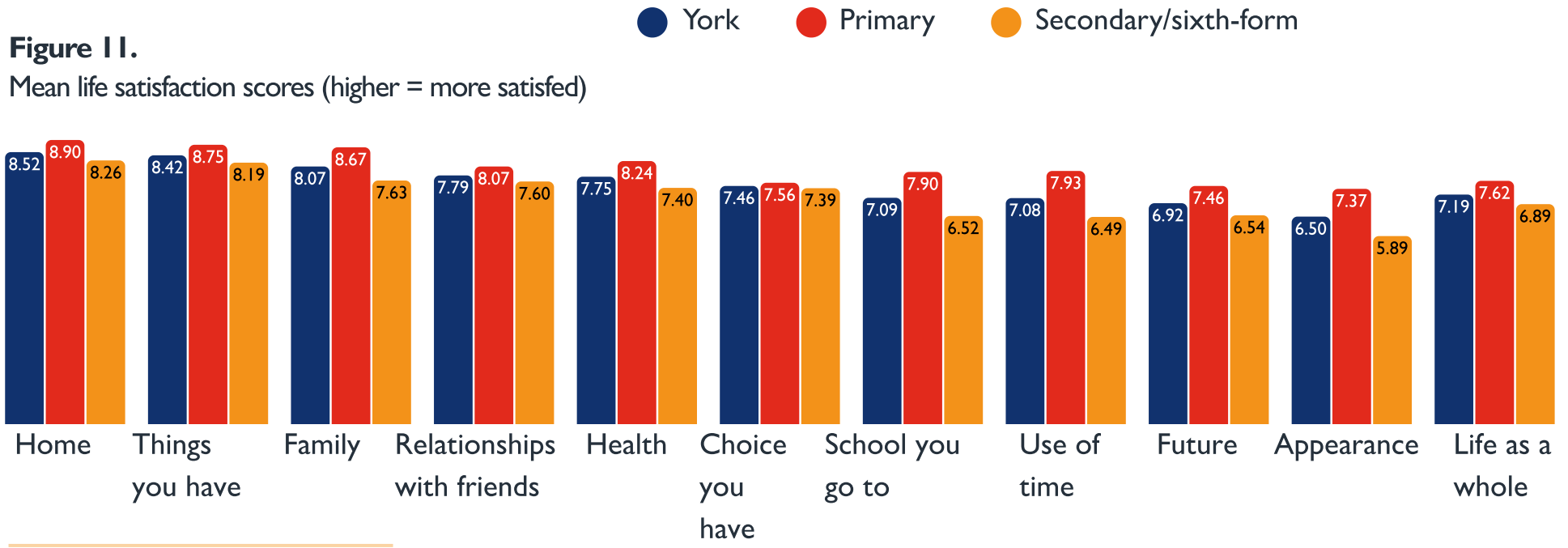
[11]BeeWell secondary survey reported a mean Me and My Feelings score of 6.14
[12]Yoon et al (2021). The role of mental health symptomology and quality of life in predicting referrals to special child and adolescent mental health services. *BMC Psychiatry* 21, 366. https://doi.org/10.1186/s12888-021-03364-2

Life Satisfaction

Life satisfaction was measured across 10 domains (see Figure 11) and rated on a scale of 0-10 where higher scores show higher satisfaction. York's young people report a mean overall life satisfaction score of 7.35 suggesting that on average, young people in York feel generally quite happy with their lives[13].

Life satisfaction is higher among primary pupils (7.91) than secondary/sixth-form school pupils (6.95). This is a substantial improvement for secondary pupils from 2023 (4.5). While this is a broadly positive picture on average, 12.20% of pupils reported low life satisfaction, scoring below 4 scale points, (7.80% of primary pupils and 15.20% of secondary/sixth-form pupils)[14].

Figure 11.
Mean life satisfaction scores (higher = more satisfied)



[13]The BeeWell 2023 survey reported a mean overall life satisfaction score of 6.64 among secondary pupils across Greater Manchester. York's secondary pupils' mean score of 6.95 in 2026 sits above this benchmark.

[14]This is consistent with national averages (Good Childhood Report 2025 figure of 9% of 10–17-year-olds with low wellbeing).

Across all domains, primary pupils consistently report higher satisfaction than secondary/sixth-form pupils. Young people reported being most satisfied with their home (8.52 overall; 8.90 primary; 8.26 secondary/sixth-form) and material possessions (8.42 Overall; 8.75 primary, 8.19 secondary/sixth-form). Pupils also reported being satisfied with their families third; this was higher in primary (8.67) than secondary/sixth-form (7.63)

Young people reported the lowest levels of satisfaction with their appearance (6.50 overall; 7.37 primary pupils; 5.89 among secondary/sixth-form)[15]. In secondary/sixth-form schools, young people also reported low levels of satisfaction with their feelings about the future and how they use their time (6.54 and 6.49 respectively)[16].





Self-Esteem (Secondary/sixth-form only)

Self-esteem refers to how an individual judges their own self-worth and attitudes towards themselves (e.g., 'I am a good person'). It was measured using the short Rosenberg Self-Esteem Scale (0–15), with higher scores indicating greater self-esteem. Secondary/sixth-form pupils in York had a mean score of 9.54 (SD = 3.15), above the midpoint of 7.5. However, 21.50% scored below 7.5, suggesting that more than 1 in 5 may have low self-esteem[17].

[15]This is considerably lower than national representative data from the Good Childhood Report (2025), where the average was 7.5.
[16]These are lower than national Good Childhood Report benchmarks of 7.1 and 7.8.
[17]No published norms are currently available for this brief version of the scale.

Self-Harm (Secondary/sixth-form only

Self-harm refers to deliberately hurting yourself, regardless of the reason or intention behind it. In YorSay, pupils were asked whether they had hurt themselves on purpose in the past year. Those who answered yes were then asked whether they had sought support, and who from.



1 in 5 secondary/sixth form pupils have reported having self-harmed in the past year



19.20% of secondary/sixth-form pupils reported having self-harmed in the past year, similar to 2023 (23%). Rates are consistent with, albeit marginally higher than those reported in other surveys[18]. 8.69% did not answer the question.

23.80% girls vs. 12.80% boys reported having self-harmed. These gender differences are similarly reported in other cities[19] and are consistent with 2023 survey findings (30% girls vs 14% boys).

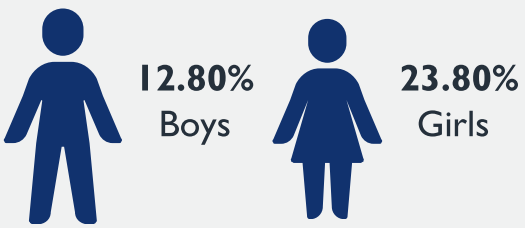
52.80%
of young people who self-harm **don't seek help.**

Among those who have self-harmed (n = 291), help-seeking is low. More than half (52.80%) do not seek help, which is higher than reporting rates in 2023 (44%).

Where support is sought, parents or carers are the most commonly approached source (25.90%), followed by friends (23.40%) and counsellors (13.10%). Teachers or other school adults are approached by only 8.51% of those who self-harm, and school nurses by just 2.48%. Online support (including internet advice sites, chat rooms and social media) is used by 6.74%.

Gender Differences

More girls than boys reported self-harming in the past year



[18]The OxWell 2023 survey reported a self-harm rate of 13% among secondary pupils, Millennium Cohort study reports a rate of 14%.

[19]Born in Bradford 2025 findings showed that 23% of girls reported self-harm compared to boys

3. Risk Behaviours



Gambling-like behaviours in games

Gambling *(Secondary/Sixth-form only)*

Smoking and Vaping

Alcohol

Drugs *(SecondarySixth form only)*

Gambling-like Behaviours in Games

A common feature of popular videogames such as Roblox or Fortnight is the ability to open loot boxes (virtual containers or crates with randomised items that can be used in-game e.g., outfits or special abilities) or to purchase in-game items using money or virtual currency. These features can blur the boundary between gaming and gambling, and research has found an association between loot-box purchasing and problem gambling among adolescents[20].

For all pupils who played video games with in-game purchase options (86% overall, 87.70% primary and 89% secondary/sixth-form), in-game spending was near-universal. Specifically, 94.50% of primary pupils and 95.70% of secondary/sixth-form pupils who played videogames that included in-game purchase options, reported doing this. This is higher than 2023, where 69% had never used these features, reflecting a considerable increase in just two years.



Over 5 in 10 pupils (55.01%) have purchased specific in-game items such as skins, clothes or weapons (41.53% primary; 64.34% secondary/sixth-form). The most common form.



Around 3 in 10 pupils (30.30%) have paid to open loot boxes or packs 21.28% primary; 36.57% secondary/sixth-form) which is higher than in 2023 figure (22%).



Fewer than 1 in 10 pupils (4.51%) report betting with in-game items on external websites outside the game itself (3.95% primary; 4.89% secondary/sixth-form)

[20]Zendle, D. (2020). Beyond loot boxes: A variety of gambling-like practices in video games are linked to both problem gambling and disordered gaming. PeerJ, 8, e9466.

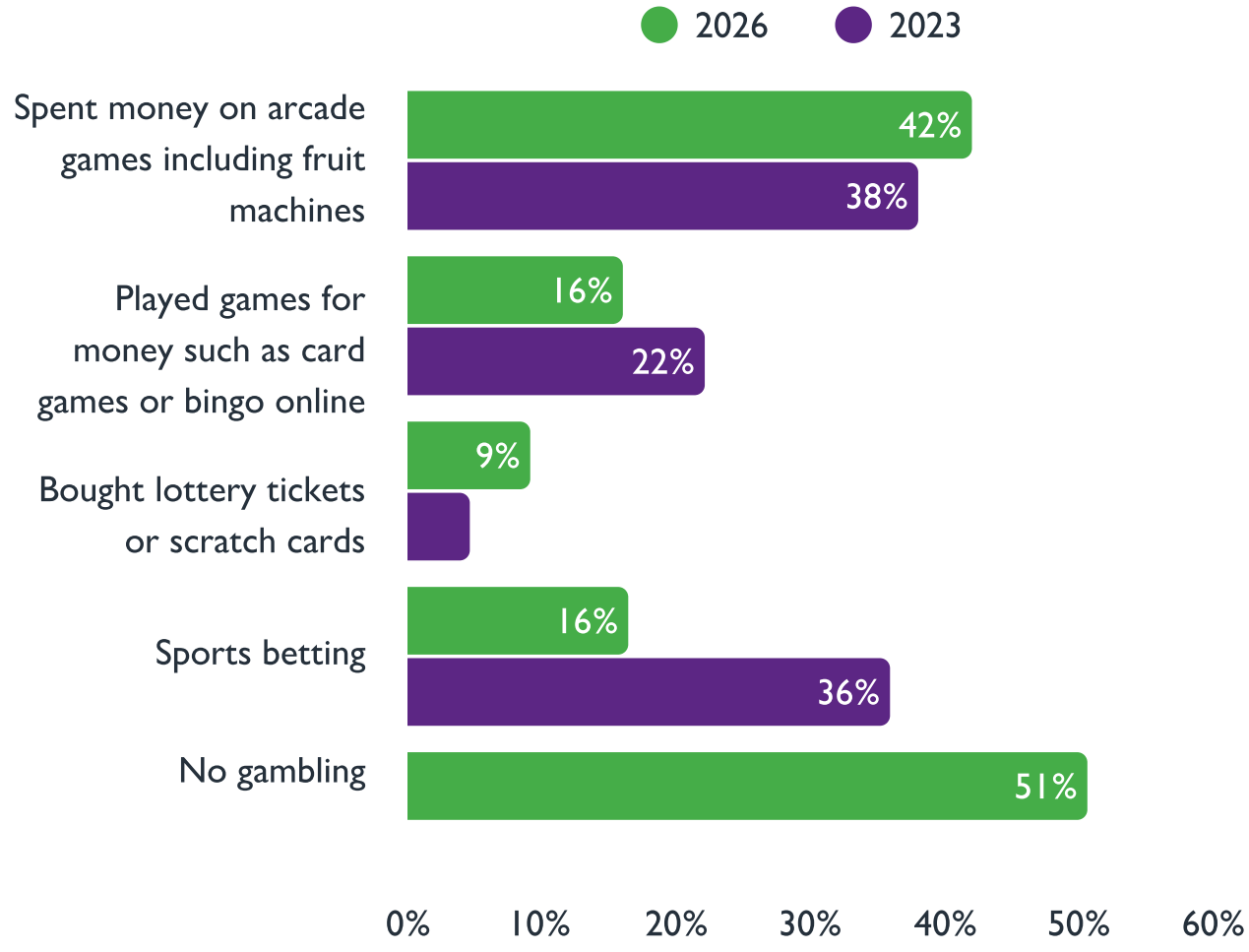
Gambling

(Secondary/Sixth-form only)

In addition, YorSay asked secondary/sixth-form pupils questions about their actual gambling activity, including whether they had ever engaged in gambling behaviours, why they had done this, and whether their gambling had negative impacts.

The most common reported reasons for gambling were excitement (51.90%) and winning money (43.10%), consistent with 2023 where 34% reported winning money as the main motivation. A small but notable proportion (3.20%) report gambling to feel better or cope with moods, albeit the proportion who do this, but lack conscious awareness of this motivation may be higher.

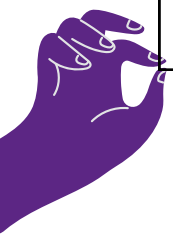
Figure 12.
% of Secondary/sixth form pupils who have ever gambled



For most young people in York, gambling has not led to significant negative consequences. The majority report that gambling has never led to arguments (87.40%), telling lies (88.40%) or missing school (94.90%). However, a small yet important proportion do report that gambling has had negative consequences



Around 1 in 10 of those who gamble report that gambling has had negative consequences



Taking money without permission for gambling remains uncommon but is still reported by some students who gamble. 2.80% have taken money from family, 2.10% have sold things to fund gambling and 2% use money they are given for dinner or fares. This is an improvement from 2023 when around 1 in 4 (4%) secondary/sixth-form pupils reported taking money without permission to spend on gambling.

66.50%

Two thirds of secondary/sixth-form pupils reported that they knew where to go for help if they or someone they knew was worried about their gambling.

Smoking & Vaping

We asked young people about their experiences of cigarettes and vaping/e-cigarettes, including frequency of use, and how they access them.

Cigarettes

Current cigarette use is also low; less than 3% of secondary/sixth-form pupils currently smoke (n=39) and just 1.17% report daily use[21].

We also asked among those who had tried a cigarette or currently smoke where they get cigarettes from.

Among secondary/sixth-form pupils who have tried a cigarette or currently smoke (n=153), friends or family are the most common source of cigarettes followed by taking them without permission. A quarter of secondary/sixth-form pupils who smoke (27.50%) preferred not to say where they get cigarettes.

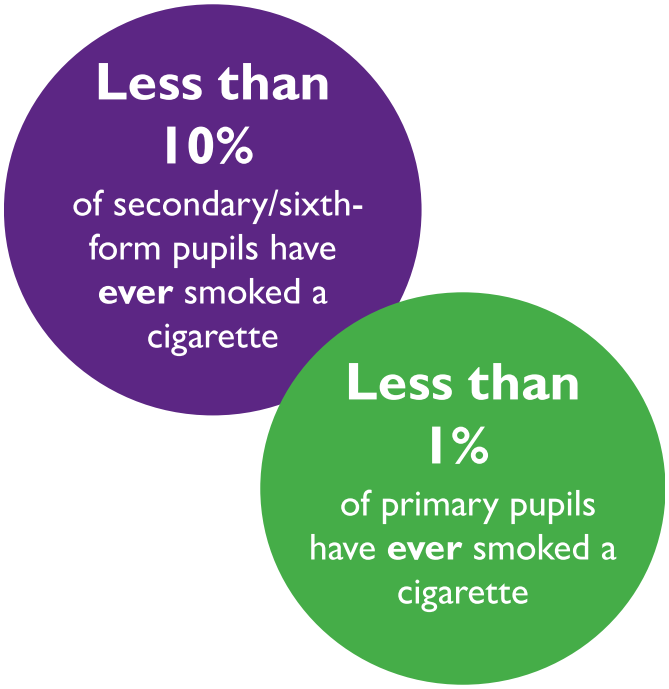
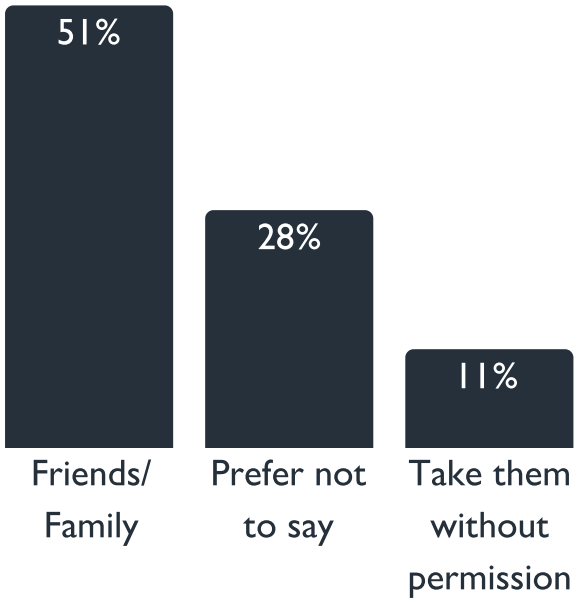


Figure 13. Where secondary/sixth-form pupils access cigarettes

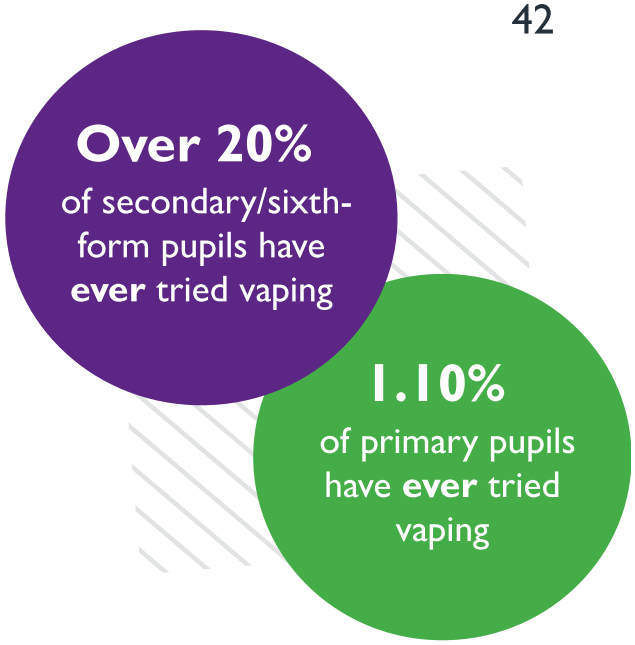


[21]Cigarette use among young people in York remains low and broadly positive compared to the national benchmark (11% of 11-15 y/olds, NHS Digital 2023 survey) and is also comparable to Manchester (BeeWell, 2026 secondary survey) where 3.74% had ever tried cigarettes and 1.90% currently smoke.

Vaping

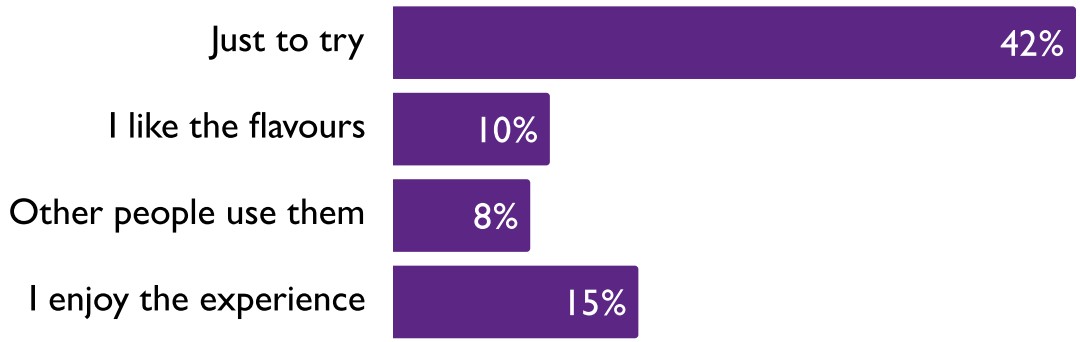
Vaping is more prevalent than cigarette smoking among young people in York. Just over 1% of primary pupils (1.10%) and just over 20% of secondary/sixth-form pupils (22.10%) have ever tried vaping. Nearly three quarters (70.70%) of secondary/sixth-form pupils report having never vaped, similar to findings in 2023 (71%).

York sits above national prevalence rates for young people who currently vape*. 19.4% of secondary/sixth-form pupils currently vape, with 4.22% vaping every day. This is an increase from 3% in 2023.



Among secondary/sixth-form pupils who have tried vaping, the most common reason is curiosity. 42.40% report vaping just to try it, up from 32% in 2023, this is followed by enjoying the experience (15.20%) and liking the flavours (9.70%). Friends or family remain the primary source of vapes (57.30%), with online purchasing (6.29%) and taking them without permission (7.34%) also reported.

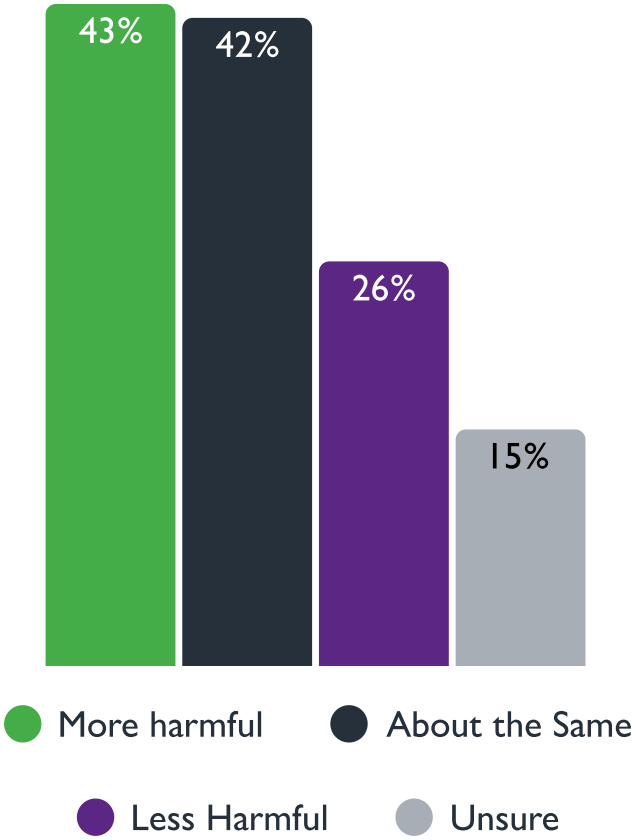
Figure 14.
Main reported reasons for vaping



[22]The national. Benchmark for pupils having ever tried vaping is 25% and currently vaping is 9% (NHS Digital 2023 survey). In Manchester (BeeWell, 2026), 6.58% pupils reported they currently vape.

Perceptions of vaping risk remain mixed. 42.90% of secondary/sixth-form pupils believe vaping is as harmful as smoking cigarettes, consistent with 2023. Around one quarter (26.20%) believe vaping is less harmful and 15.60% believe it is more harmful.15.30% said they were unsure.

Figure 15.
We asked pupils if they thought vaping was more or less harmful compared to cigarettes



22%
of secondary/sixth-form pupils report having an adult in their household who vapes

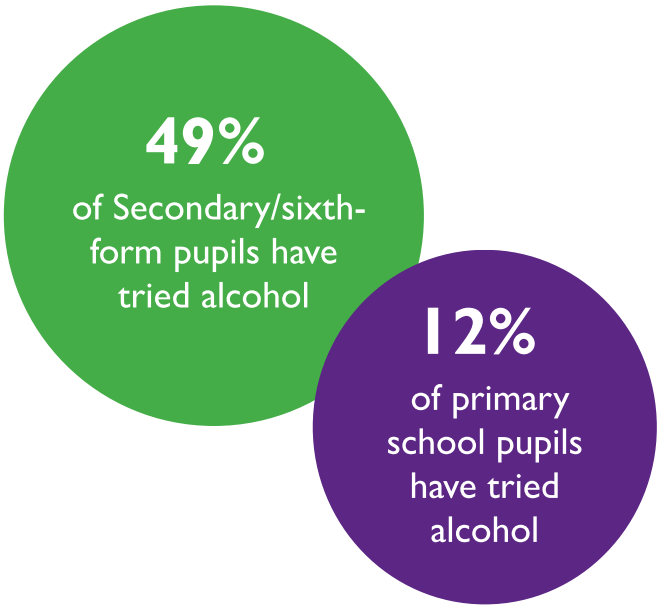
13%
of primary pupils report having an adult in their household who vapes

Household exposure to vaping is down from around one fifth in 2023.

Awareness of support for stopping smoking or vaping has improved since 2023, when 100% of young people reported not knowing where to get help. In 2026, 41.30% of all pupils now know where to go for help (37.20% of primary pupils and 44.30% of secondary/sixth-form pupils) though the majority (58.70%) still do not. Among those who would seek help, family, school and GPs or the NHS are the most commonly cited sources. Some pupils noted feeling too embarrassed to ask for help, highlighting the need for accessible and non-stigmatising support pathways.

Alcohol

We asked young people about their experiences of alcohol, including whether they had ever had a whole alcoholic drink and how often they usually drank. Those who reported drinking alcohol were also asked about where they drank, how they obtained alcohol and whether their parents or carers knew about their drinking. We also asked about experiences of binge drinking and whether anyone in their household drank alcohol.



11.80% of primary pupils and 48.70% of secondary/sixth-form pupils have tried alcohol[23]. For many young people who have tried alcohol, this was a limited experience; 37.90% describe having just tried it just once or twice. Trying once was more commonly reported among primary pupils (69.60% of the n = 125 who reported trying it) than secondary/sixth-form (33.50% of the n= 756 who reported trying it). Although pupils were asked specifically about a whole drink rather than a sip in the questionnaire, qualitative responses suggest that for many younger pupils in particular those in primary, they misinterpreted the question and so values for younger children may reflect those who have tried a sip of alcohol not a full drink.

[23]Overall, 33.2% of York's young people have tried alcohol which is comparable with national data (37%; NHS Digital 2023)

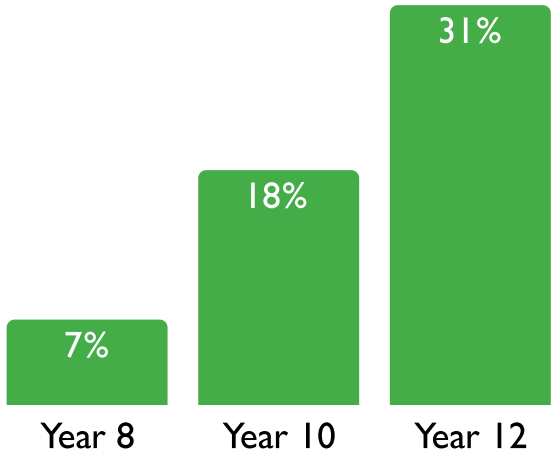
Just under half (49.30%) of those who reported drinking alcohol say they have a drink sometimes (less than once a week but more than just once or twice). 7.80% currently drink (1.60% of primary pupils and 8.90% of secondary/sixth-form pupils). While alcohol exposure is common, regular use in York remains lower than reported in other cities[24]. Year 8 pupils are considerably more likely to have never tried alcohol (45%) compared to Year 10 (31%) and Year 12 (16%), consistent with 2023 and national data[25].

Binge Drinking

Among those who have tried alcohol, 31.20% have been drunk in the last 30 days; 13% of primary pupils and 34.30% of secondary/sixth-form pupils.

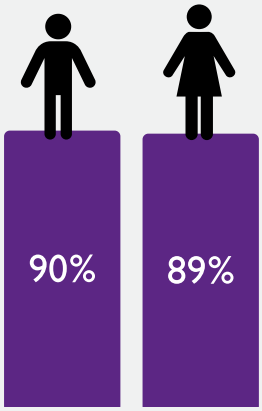
Drunkenness increases sharply with age in secondary/sixth-form school, with Year 12 pupils the most likely to have been drunk in the past month (30.70%) compared to Year 8 (6.50%) - a gap of 24.2 percentage points. In 2023, 5% of pupils reported being drunk three or more times in the last four weeks

Figure 16.
% of secondary/sixth form pupils who have been drunk in the last 30 days



Gender Differences

In 2023, boys were more likely than girls to report not having been drunk (84% boys vs 75% girls) but negligible differences were found in 2026 (boys 90.20% vs girls 89.20%)



[24]For example, in Manchester (BeeWell, 2026), 17.45% currently use alcohol.
[25]Prevalence increases from 15% for 11 year olds to 62% of 15 year olds (NHS Digital 2023)

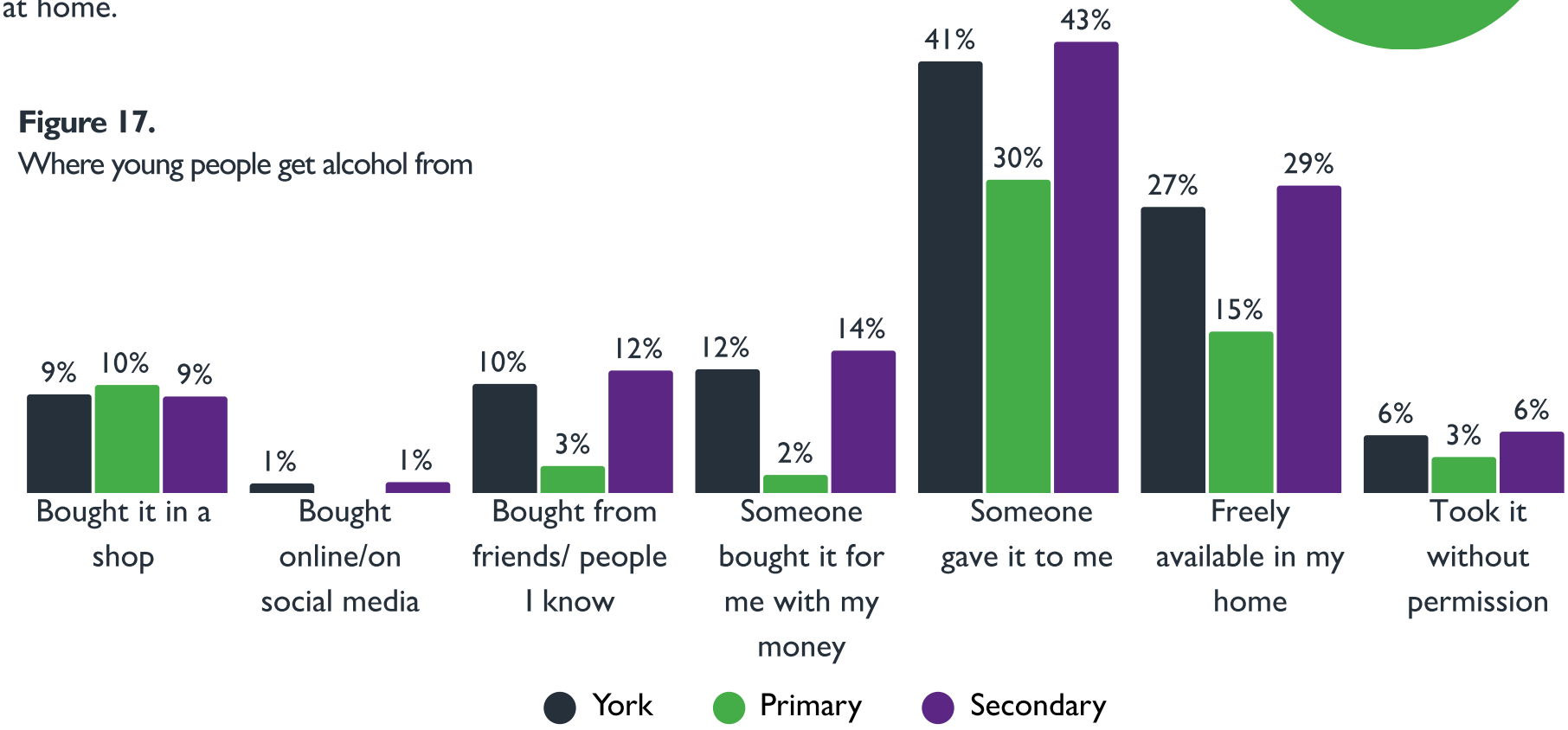
Access to Alcohol

YorSay asked pupils where they get their alcohol from. As **Fig 17** shows, young people were most likely to be given it by someone or to have it freely available at home. This is consistent with 2023 where 31% said someone gave it to them and 19% reported it being freely available at home.

89%
Report that their parents or carers are aware when they have drunk alcohol.

5.90%
of young people across York report their parents are unaware.

Figure 17.
Where young people get alcohol from



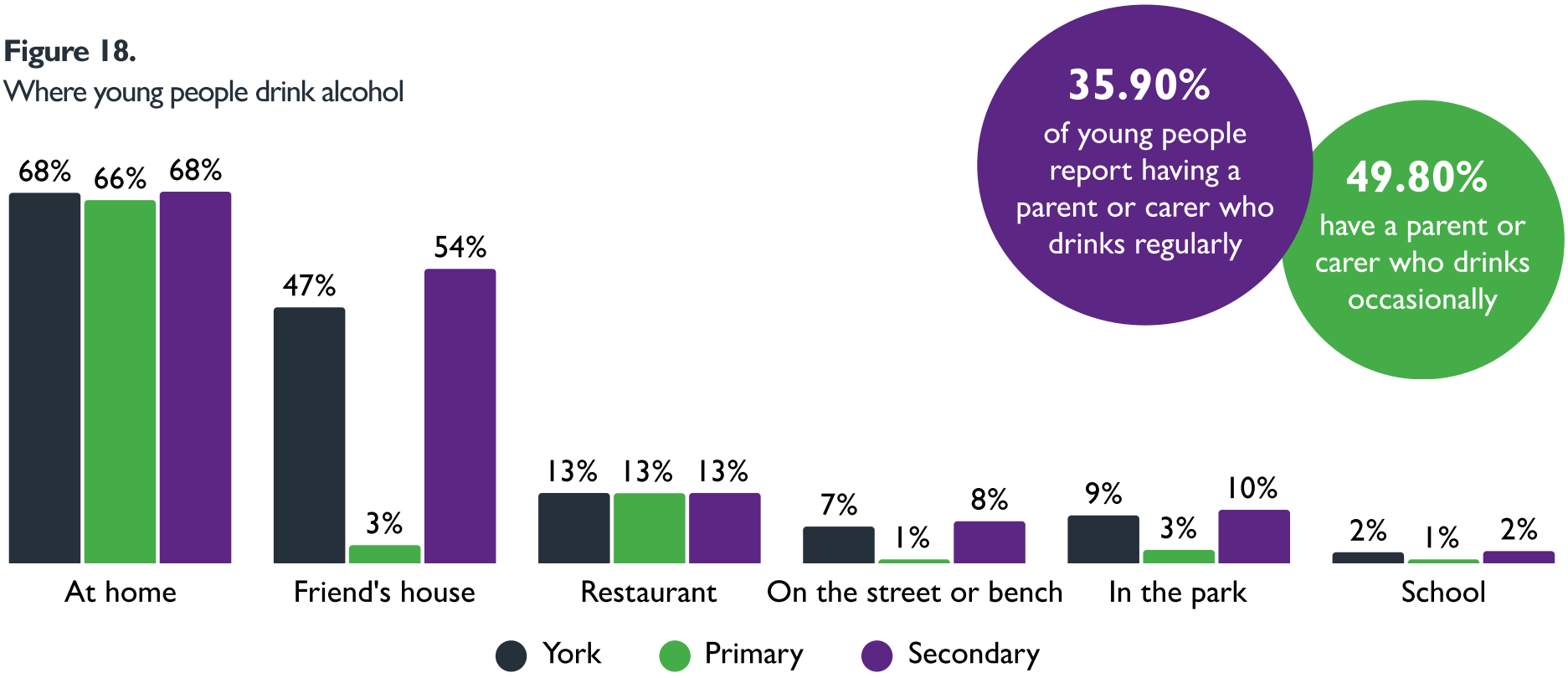
Alcohol Behaviour

Drinking alcohol most commonly takes place at home for both primary and secondary/sixth-form school pupils. This is followed by a friend's house. though this is driven largely by secondary/sixth-form pupils. A small but notable proportion drink in public spaces; 6.80% on the street or bench and 8.90% in the park. 2.20% report drinking at school.

Drinking alcohol at home has increased slightly from the 60% of young people who reported this in 2023, while drinking at a friend's house remains consistent (~25% in 2023).

The vast majority of York's young people (80.10% of primary and 90.20% of secondary/sixth-form) live in a household where alcohol is consumed.

Figure 18.
Where young people drink alcohol



Drugs *(Secondary/sixth-form Only)*

Secondary/sixth-form pupils only were asked whether they had been offered or had taken a range of substances, how frequently they had used them, and where they accessed them.

5.7% have tried cannabis, it is the most commonly tried substance, consistent with 2023 (5%).

Since 2023 while cannabis remains the most used substance, spice has risen to become the second most commonly reported drug, replacing cocaine.

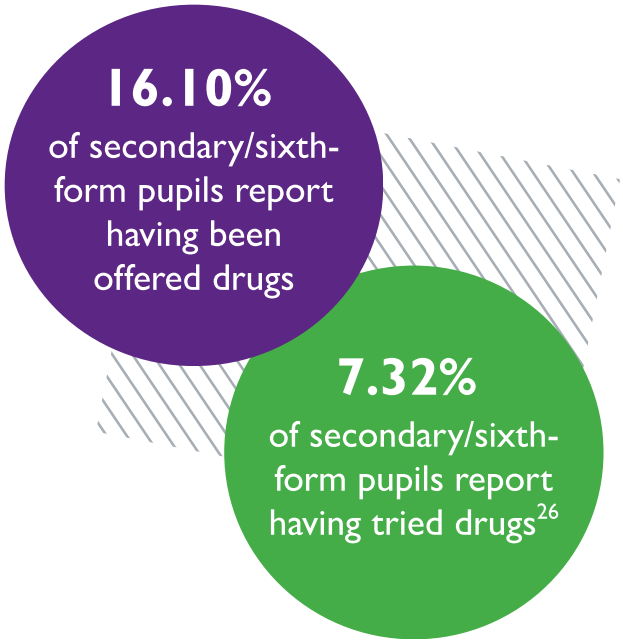


Table 6.
Number of pupils who have been offered and taken the 5 most common reported drugs.

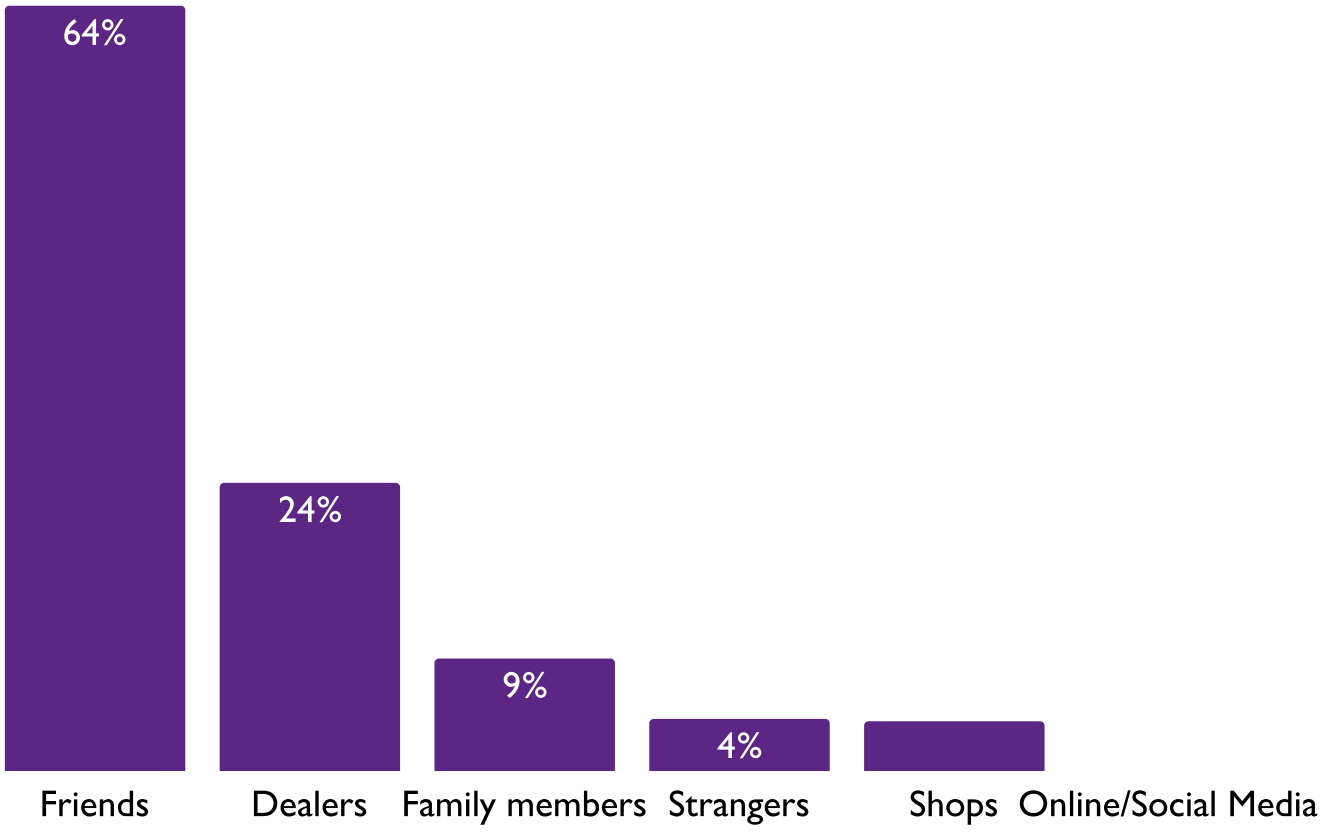
Drug	Offered		Taken	
	Count (n)	%	Count (n)	%
Cannabis	197	14	80	5.70
Spice	56	4	23	1.60
Cocaine	36	2.6	7	0.50
Magic mushrooms	27	1.9	8	0.60
Prescription drugs not prescribed to me	22	1.6	16	1.10

[26]For national context, the NHS Digital 2023 survey found that 13% of secondary/sixth-form pupils in England aged 11-15 had ever tried drugs. While the York average is lower than this, direct comparisons should be made cautiously given differences in age ranges and question framing.

Access to drugs

Friends are by far the most common source of drugs supply among secondary/sixth-form pupils in York (64.20%), followed by dealers (24.20%) and family members (9.47%). A small proportion report obtaining drugs from strangers (4.41%) or shops (4.21%). Notably, no pupils report accessing drugs online or via social media.

Figure 19. Sources from which pupils report obtaining drugs (%)



Frequency of use

Among those who have taken drugs, use is largely experimental rather than regular. Nearly a third (31%) report having taken drugs only once or twice, and 18.40% three or four times. **However, 32 pupils reported taking drugs more than 10 times in the past year, suggesting a smaller but meaningful group of more frequent users.** Around 28.20% of those who report having tried drugs say that they have not taken any drugs in the last year.

4. Sexual Health

(Secondary/Sixth-form only)

Sexual Experience

Contraception

Awareness of Sexual Health Services

Period Poverty

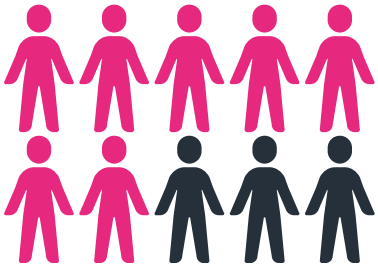


YorSay asked secondary/sixth-form pupils about their sexual experience, contraception use, and awareness of sexual health services, providing an indication of both behaviour and knowledge among York's young people.

87%
Secondary/sixth-form pupils report that they have **not** had sexual intercourse

Sexual Experience

The majority of secondary/sixth-form pupils (86.80%) report that they have not had sexual intercourse, a slight decrease from 2023 (92%). Of those who reporting having sex, 4.27% are currently in a relationship where they are sexually active, 0.92% are sexually active but not in a relationship, and 4.07% report that they have had sex in the past but are not currently active. A small proportion (3.94%) preferred not to answer.



Nearly **7 in 10** secondary/sixth-form pupils (67.90%) now report knowing where to go for sexual health services and support (up from 50% in 2023).

Contraception

Young people were also asked whether they knew where to access any kind of services or information on birth control, pregnancy, or Sexually Transmitted Infections (STIs) including information on abortion/termination. Awareness of where to access sexual health services and information has improved considerably since 2023.

Gender Differences

Girls are more likely than boys to know where to access services



63.40%
Boys



73.50%
Girls

Table 7.
Methods of contraception that secondary/sixth-form pupils use
(Shown as a % of those who are sexually active)

Contraception	% of pupils reporting use
No protection	31.40
Condoms (internal or external)	54.30
Birth control pills (the pill)	29.30
Emergency Contraception (morning after pill)	5.71
Contraceptive injection (Depo-Provera)	2.14
IUD/IUS (the coil)	2.14
Arm implant (the implant)	5.00
Other	8.57
Prefer not to say	8.57



31.40%

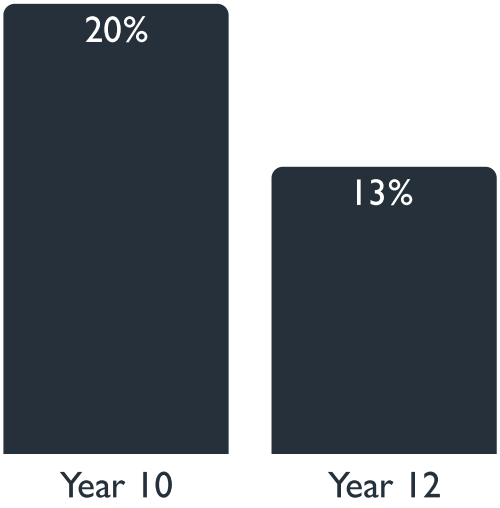
Secondary/sixth-form pupils report that they have **not** used protection. This is an increase from 2023 where ~20% reported no contraception use

Awareness of Sexual Health Services

Awareness increases with age, rising from 45.9% in Year 8 to 70% in Year 12 pupils, mirroring trends from the 2023 survey.

20.4% of Year 10 and 13% of Year 12 pupils still report not knowing where to access sexual health services.

Figure 20.
% of young people who don't know where to access sexual services

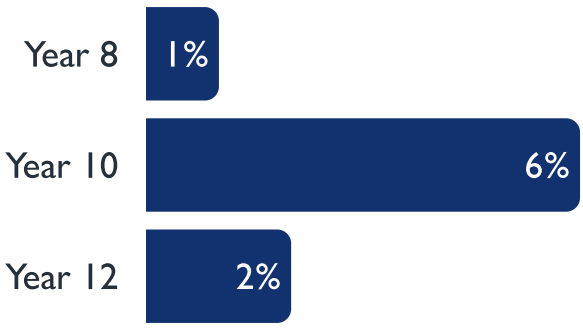


Period Poverty

Among secondary/sixth-form pupils who have periods (n=799), 3% report difficulty accessing period products, which is a slight improvement from 2023 (5%). While the overall figure is low, the impact for those affected is considerable as 45.3% of those experiencing period poverty do so every month, meaning period poverty is a persistent rather than occasional barrier for those who experience it. Rates are highest in Year 10 (6%) compared to Year 12 (2%) and Year 8 (1%).



Figure 21.
% of young people experiencing period poverty *(of those who have periods)*



5. Online Behaviours



Smartphone and Social Media Ownership and Access

Screen Time, Smartphone and Social Media Use

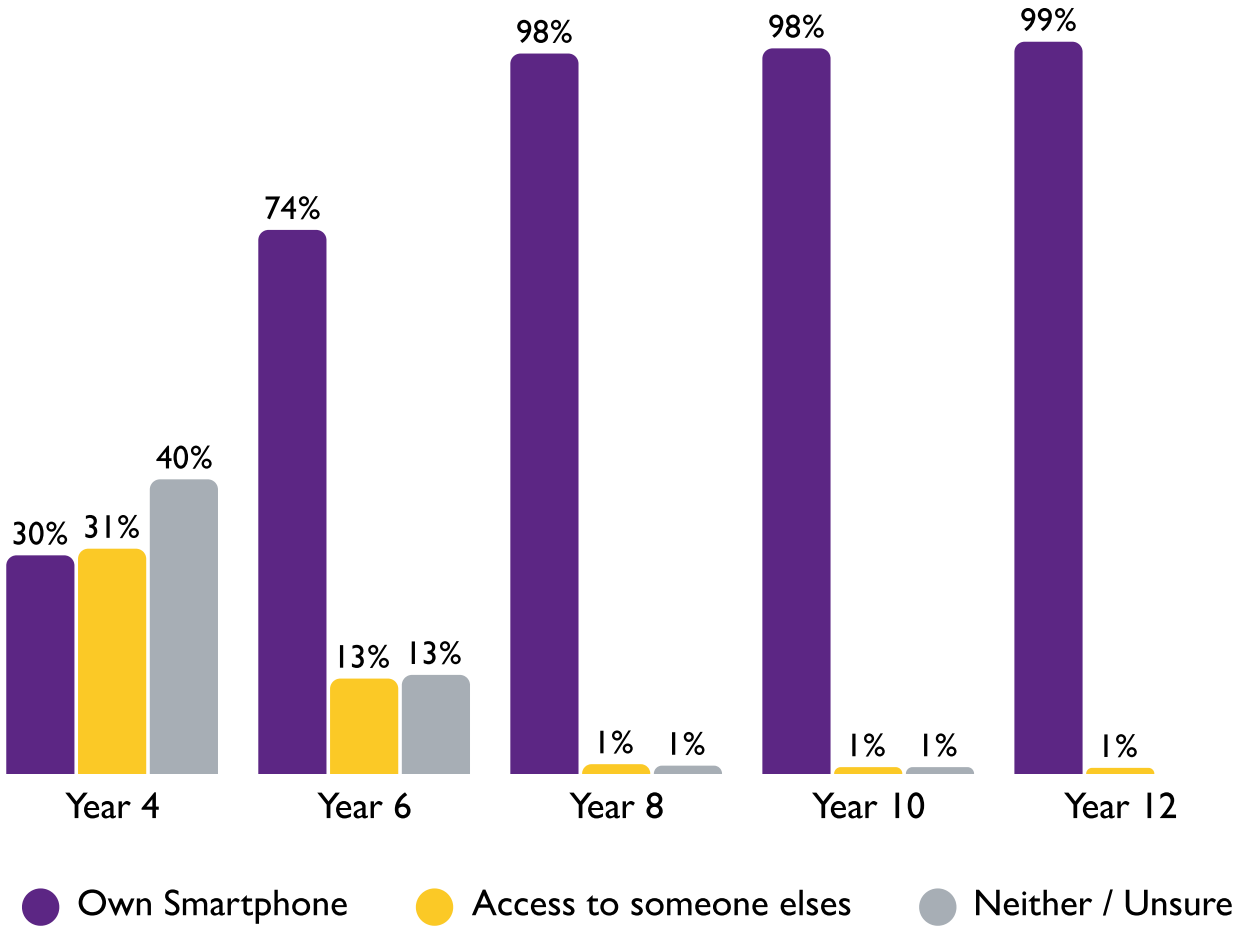
Online Risk and Safety

This section focuses on young people's 'screen-time', including their mobile phone and social media use. It also covers exposure to online risk across four domains: Content (accessing harmful content), Contact (unwanted or harmful contact from others), Conduct (engaging in inappropriate online behaviour such as cyber-bullying) and Contract (financial risks such as cyber-scams).

Smartphone and Social Media Ownership and Access

Nearly 8 in 10 young people in York (78.70%) have their own smartphone. This varies considerably by school stage with just over half of primary pupils (50.90%) having their own device compared to almost all secondary/sixth-form pupils (98.10%). Among those without their own phone, around 1 in 10 (10%) can regularly access someone else's.

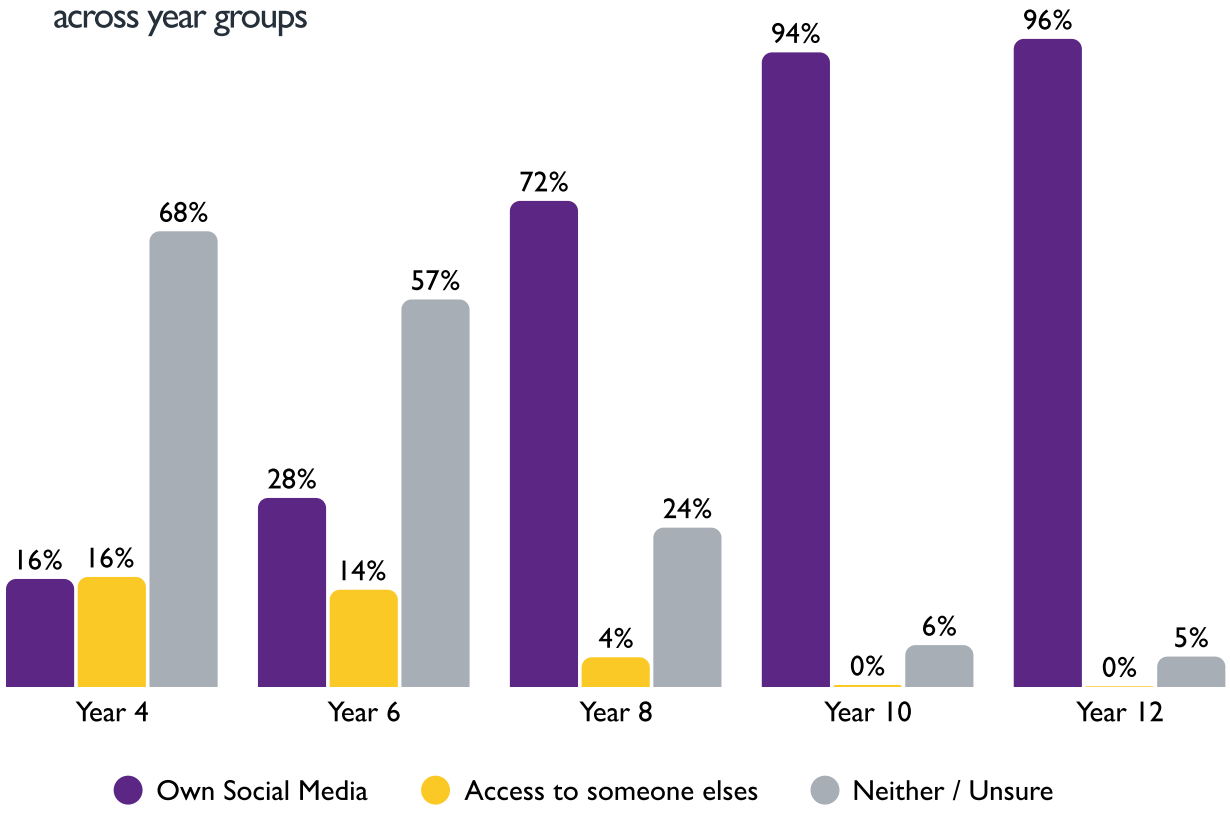
Figure 22.
Smartphone ownership across year groups



Social media account ownership follows a similar pattern. Overall, 59.50% of young people in York have their own social media account; this rises from 22.10% among primary pupils to 85.30% among secondary/sixth-form pupils. Interestingly, this is lower than rates reported in 2023 (91% among secondary/sixth-form pupils). Among those without their own account, 7.40% have access to someone else's social media account and this is more common among primary pupils (15.40%) than secondary/sixth-form pupils (1.80%).

59.50%
of young people in York have their own social media account

Figure 23.
Social media account ownership across year groups



Screen Time, Smartphone and Social Media Use

Young people in York spend significant amounts of time online on the average school day. Overall, 30.20% of all pupils spend 5+ hours on screens daily; 17% of primary pupils and 39.60% of secondary/sixth-form pupils. A further third (36.10%) spend 3-4 hours per day using screens. Only 3.40% of all pupils report no daily screentime.





3 in 10 young people in York report 5+ hours screentime on a school day

Smartphone use patterns mirror this, suggesting a high proportion of young people's screen-time is mediated by a smartphone. Overall, 25.60% of young people use their smartphone for 5+ hours daily (14.10% primary and 31.10% secondary/sixth-form). Just 9.30% report no daily use

Social media use is similarly high, with 22.90% of young people spending 5+ hours on social media on a typical school day, consistent with 2023 data(20% for 5+ hour use). Just 6.80% reporting no social media use.





2 in 10 young people in York use social media 5+ hours on a school day

Among young people who use social media, the most common uses are contacting friends (87.80%), listening to music (77.20%), and looking at photos or videos posted by others (67.60%). Primary pupils are more likely to use social media for playing games (71.10% vs. 59.40% secondary/sixth form) while secondary/sixth-form pupils are more likely to use it for contacting friends (93.20%) and listening to music (80.90%) than primary pupils (69.60% and 64.70%).

3.40%
of young people in York report no daily screentime

Online Risk and Safety

Exposure to online risks of harm are common among York's young people, with secondary/sixth-form pupils being more likely to experience online risk across all four subtypes reflecting their greater time spent online more broadly.



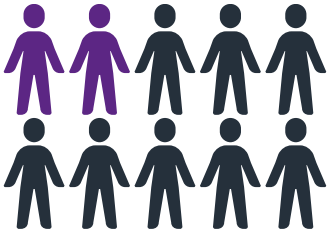
Around half of all pupils (52.40%) report they have seen upsetting or harmful online content (40% primary and 61.10% secondary/sixth-form).



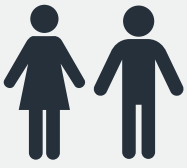
Nearly 3 in 10 (29.40%) young people report that they have been contacted online in a way that made them feel uncomfortable (17.10% primary and 38% secondary/sixth-form).



Around one quarter of young people (24%) report that they have done something online that could hurt someone else (14.40% primary and 30.70% secondary/sixth-form).



Nearly 2 in 10 (19.10%) young people report that they have been tricked into clicking something, sharing information or losing money online (13.40% primary and 23.10% secondary/sixth-form)



Gender Differences

Girls are more likely than boys to have had any negative online experience at least once (73.70% vs 59.20%). They are more likely to have been contacted online in a way that made them feel uncomfortable (44.40% vs 32%) or seen upsetting online content (58.10% vs 47.40%)

6. Bullying



Overall Bullying

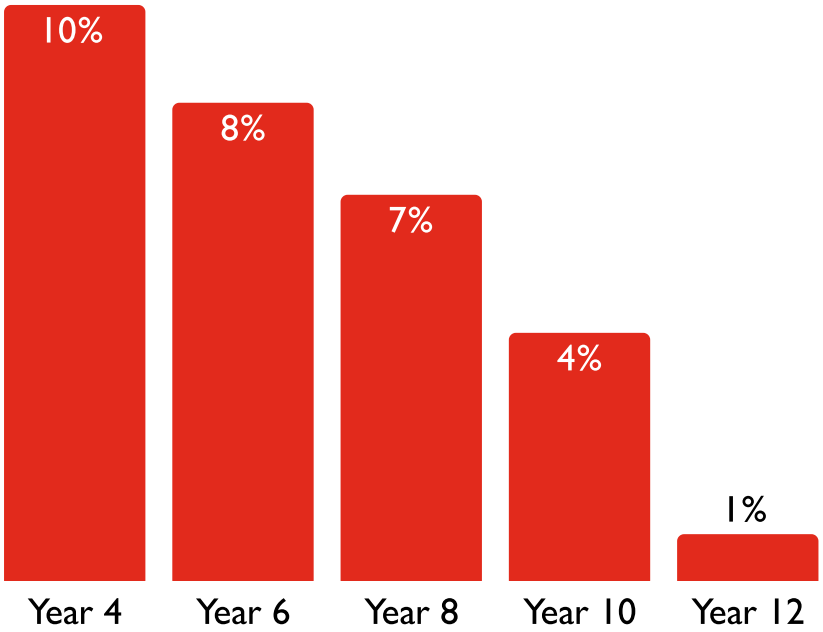
Bullying is repeated, intentional aggressive behaviour that causes harm to another person within a relationship characterised by a power imbalance. Overall, 6.5% of young people in York report having been bullied 2-3 times a month (9.10% primary pupils and 4.70% secondary/sixth-form pupils). Overall, 33.30% of pupils have reported ever having been bullied in the last couple of months. This is lower than 2023, where 42% of pupils reported being bullied and is also comparable to the other citywide surveys[27].

Consistent with studies showing that bullying peaks in mid-childhood, bullying prevalence declines consistently across year groups from Year 4 through to Year 12 across all types of bullying

61.30%
of young people report that they have **never** been bullied in the last couple months

6.5%
of young people report that they have been bullied 2-3 times a month

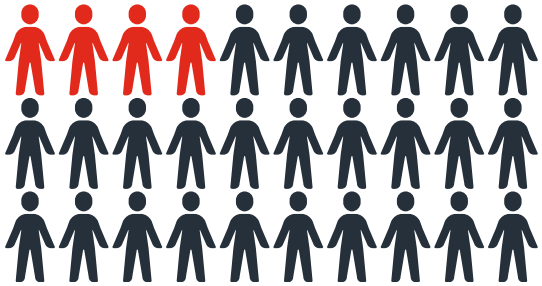
Figure 24.
% of pupils who report being bullied 2-3 times in the last couple of months seperated by year group



[27] OxWell 2025 reported10% primary pupils and13% secondary/sixth-form pupils have experienced bullying 2-3 times a month

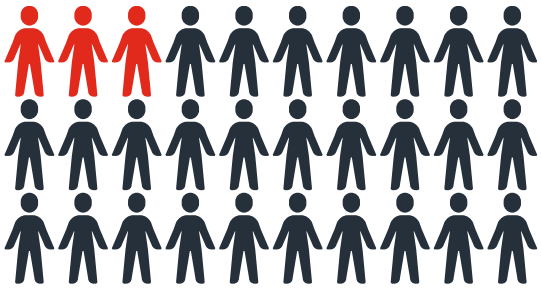
Bullying Types

Verbal bullying, such as name calling or hurtful comments, is the most common form experienced.



4 in 30 young people (12.40%) have experienced it 2-3 times a month or more (14.50% primary and 11% secondary/sixth-form).

Indirect bullying, including rumour spreading and social exclusion, is the second most common form.

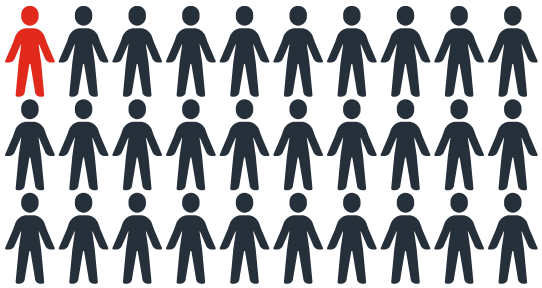


3 in 30 (11.40%) young people report experiencing it 2-3 times a month or more. It is slightly more common among primary pupils (13%) than secondary/sixth-form pupils (10.40%).



2 in 30 young people have experienced **physical bullying** (7.75%) 2-3 times a month or more. It is more common among primary pupils (11.40%) than secondary/sixth-form pupils (5.30%).

Cyberbullying is the least common form of bullying;



1 in 30 (3.92%) young people have experienced cyberbullying 2-3 times a month or more (4.60% primary pupils and 3.46% secondary/sixth-form). 77.3% of young people report that they have never experienced it, an improvement from 66% in 2023.

7. Social Support

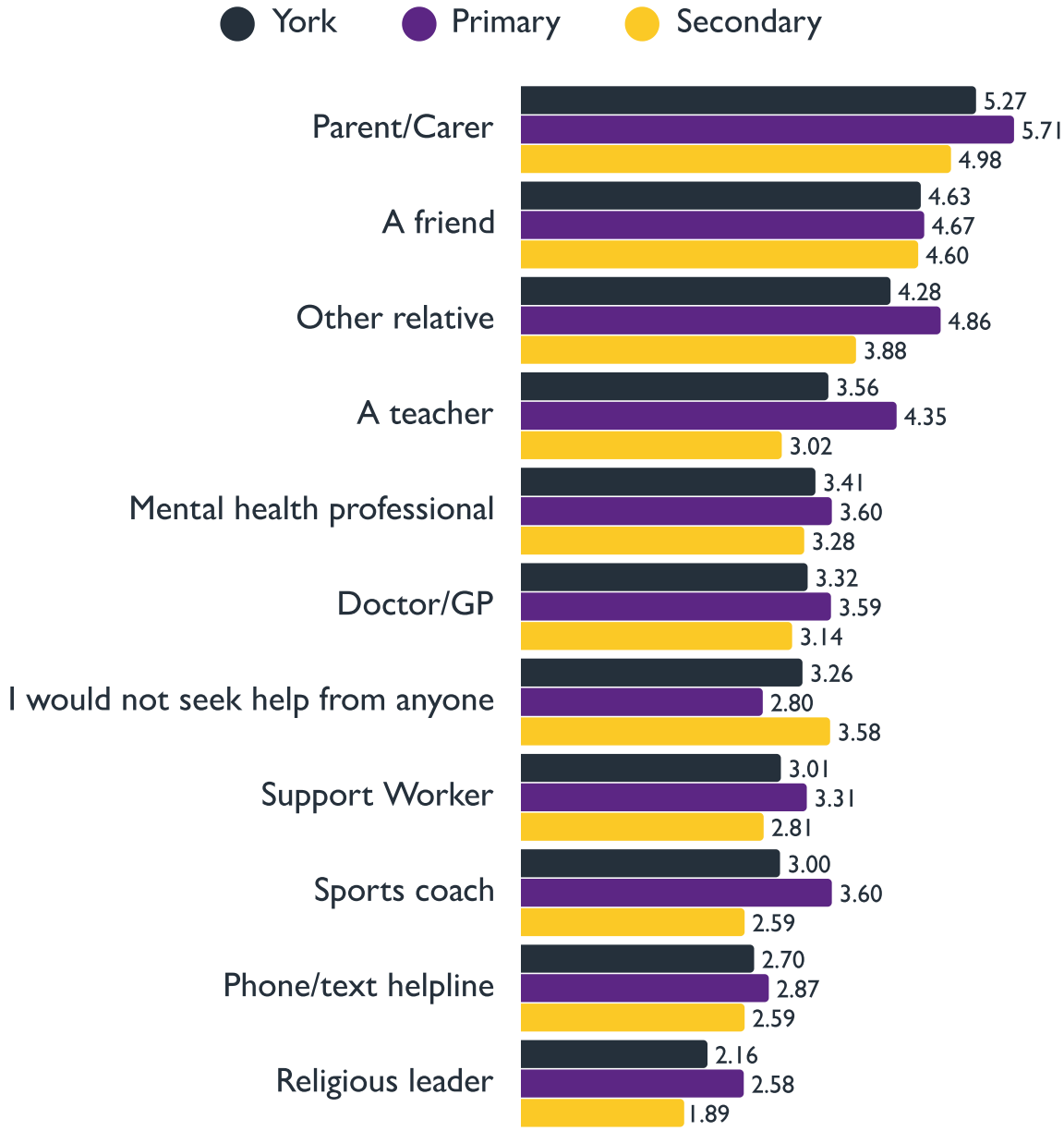


Social Support

Having trusted people to turn to in times of difficulty is a key protective factor for young people's health and wellbeing. YorSay asked young people how likely they would be to seek help from a range of sources if they had a problem, rated on a scale of 1 (extremely unlikely) to 7 (extremely likely) - lower scores indicate greater likelihood of seeking help.

Across York, young people reported that they would be most likely to turn to parents and carers for support with a mean likelihood score of 5.27 overall. This was higher among primary pupils (5.71) than secondary/sixth-form pupils (4.98), suggesting that young people become slightly less likely to turn to parents first as they get older (albeit they are more likely to turn to friends than any other sources). 63.40% of secondary/sixth-form pupils reported they would seek support from a romantic partner.

Figure 25.
Mean likelihood of turning to different types of social support.



Beyond parents, young people in York were most likely to seek help from friends (Mean = 4.63), with little difference between primary and secondary/sixth-form pupils (Mean =4.67 and 4.60, respectively). Other relatives were also a common source of support (Mean = 4.28), although primary pupils were more likely than secondary/sixth-form pupils to turn to them (Mean = 4.86, and Mean = 3.88 respectively). Among secondary/sixth-form pupils, romantic partners were also a notable source of support (Mean = 4.94), reflecting the role of these relationships during adolescence.

School staff were a moderately likely source of support overall (Mean = 3.56). Primary pupils were considerably more likely to seek help from school staff than secondary/sixth-form pupils (Mean = 4.35 and 3.02 respectively).

Formal sources of support, including GPs (Mean = 3.32), mental health professionals (Mean =3.41), support workers (Mean = 3.01) and helplines (Mean = 2.70), were generally less likely to be used for support, while religious leaders were the least likely source of support (Mean = 2.16).

30%

of secondary/sixth-form pupils reported they would not seek support from anyone.

Notably, secondary/sixth-form pupils were more likely than primary pupils to say they would not seek help from anyone (30% vs 16%) This suggests that some young people may face barriers to seeking support when they need it.

8. Healthy Relationships

Secondary/Sixth-form only



Recognition of Abusive Behaviours in Romantic Relationships

Child and Adolescent to Parent Violence and Abuse (CAPVA)

Recognition of Abusive Behaviours in Romantic Relationships

YorSay explored secondary/sixth-form pupils' recognition of coercive and abusive behaviours in romantic relationships, their personal experiences of such behaviours, and their understanding of Child and Adolescent to Parent Violence and Abuse (CAPVA).

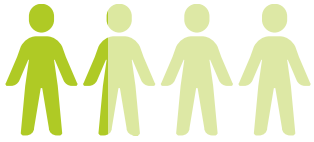
Young people were presented with five different types of abusive behaviours (see Table 8), in which they were asked whether they thought it was 'always wrong' / 'sometimes wrong'/ 'ok' for a romantic partner to behave in certain ways in relationships.

Table 8.
Recognition of abusive behaviours in romantic relationships

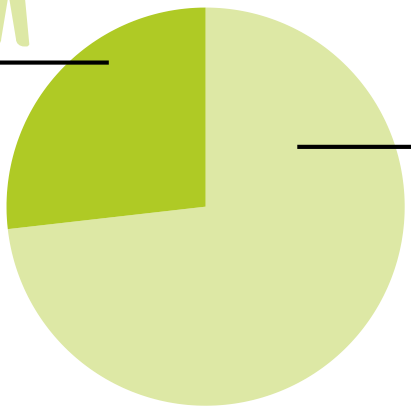
	Always Wrong	Sometimes Wrong	Okay	Don't know
Telling you what to wear, who to talk to or checking up on you/your phone	40.40%	44%	6.54%	9.07%
Demanding or sharing private pictures	85.80%	7.42%	0.87%	5.89%
Saying hurtful things	76%	17.80%	1.81%	4.36%
Pushing, hitting or kicking	81.90%	12.70%	1.41%	4.02%
Making you do something you don't want to do	69.90%	23.60%	2.01%	4.49%

Recognition varies considerably across the five behaviours. While the majority of young people recognise that demanding or sharing private pictures (85.80%) and pushing, hitting or kicking (81.90%) are always wrong, fewer recognise that making someone do something they don't want to do (69.90%) as always wrong and even fewer recognise that telling someone what to wear, who to talk to, or checking their phone is always wrong (40.40%). Further work is needed to understand young people's views on this and develop appropriate intervention.

Despite limited recognition of all abusive behaviours, 80.50% of secondary/sixth-form pupils say they would speak to a friend if they saw them experiencing these behaviours or acting this way (consistent with 78% in 2023) suggesting that peer support pathways remain strong even where recognition of harm is limited.



More than 1 in 4 young people have experienced at least one form of relationship abuse.



73.20%

of secondary/sixth-form pupils report never having experienced any form of relationship abuse from a partner.

Gender Differences

Girls are more likely to recognise **all 5 behaviours** as being **'always wrong'** than boys.

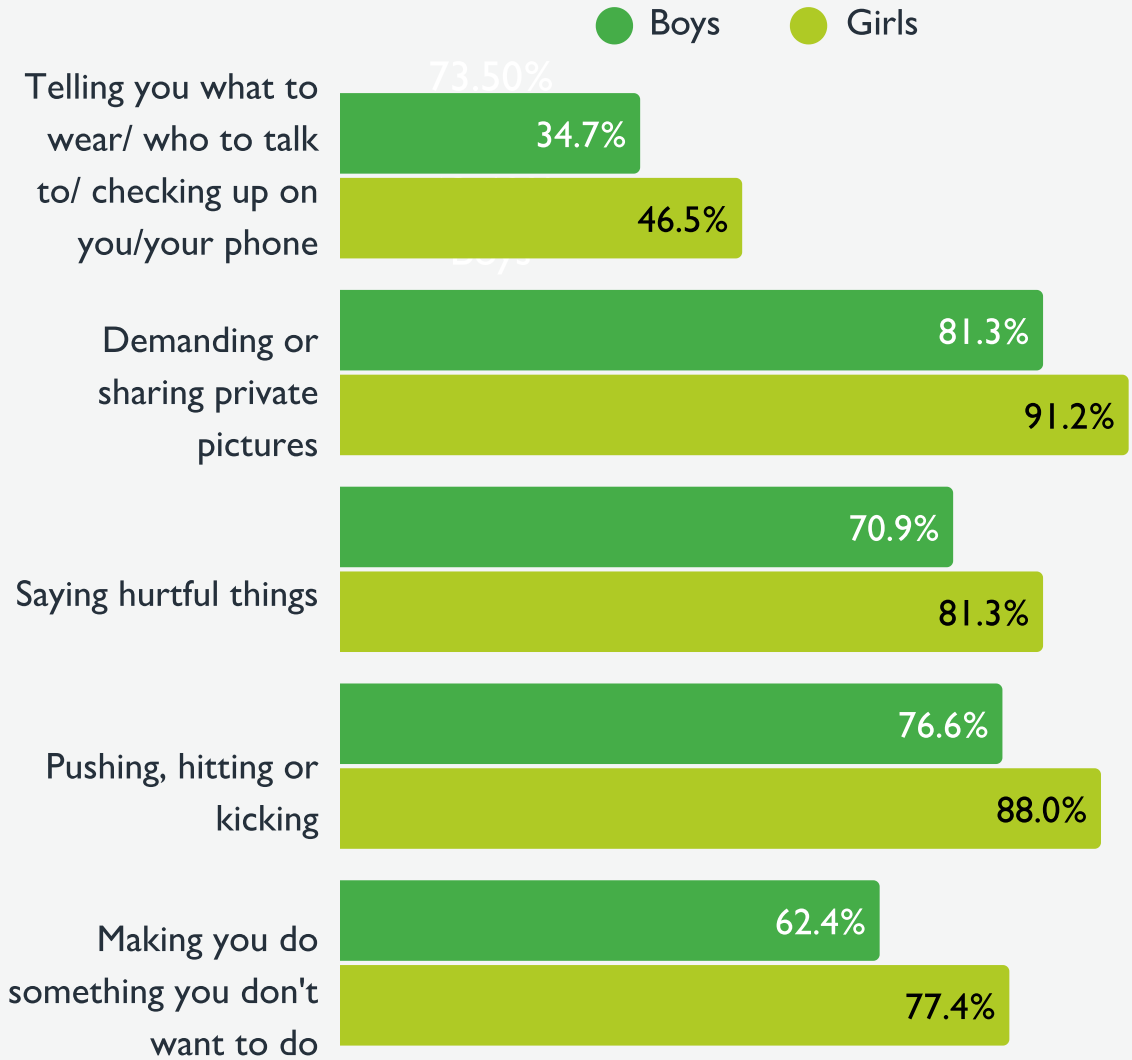


19.80%
Boys



33.70
Girls

Figure 26.
Gender differences in the recognition of abusive behaviours in romantic relationships
(% of those who recognised these behaviours as 'always wrong')



Child and Adolescent to Parent Violence and Abuse (CAPVA)

YorSay also asked secondary/sixth-form pupils about their views on children using violence or aggression towards parents or carers.

The majority of young people recognise these behaviours as always wrong, however, recognition is lowest for verbal aggression, using mean words or threats towards parents and taking money without permission.



Table 9.
Views on children using violence or aggression towards parents or carers

	Always Wrong	Sometimes Wrong	Okay	Don't know
Pushing, hitting or kicking	83.30%	12.80%	1.21%	2.69%
Using mean words or threats	70.60%	24.10%	3%	2.40%
Breaking or throwing things	85.50%	10.50%	1.28%	3%
Taking money without permission	78.30%	16.90%	2.28%	2.55%

8. School Belonging & Attendance

School Belonging

Lateness

Absence



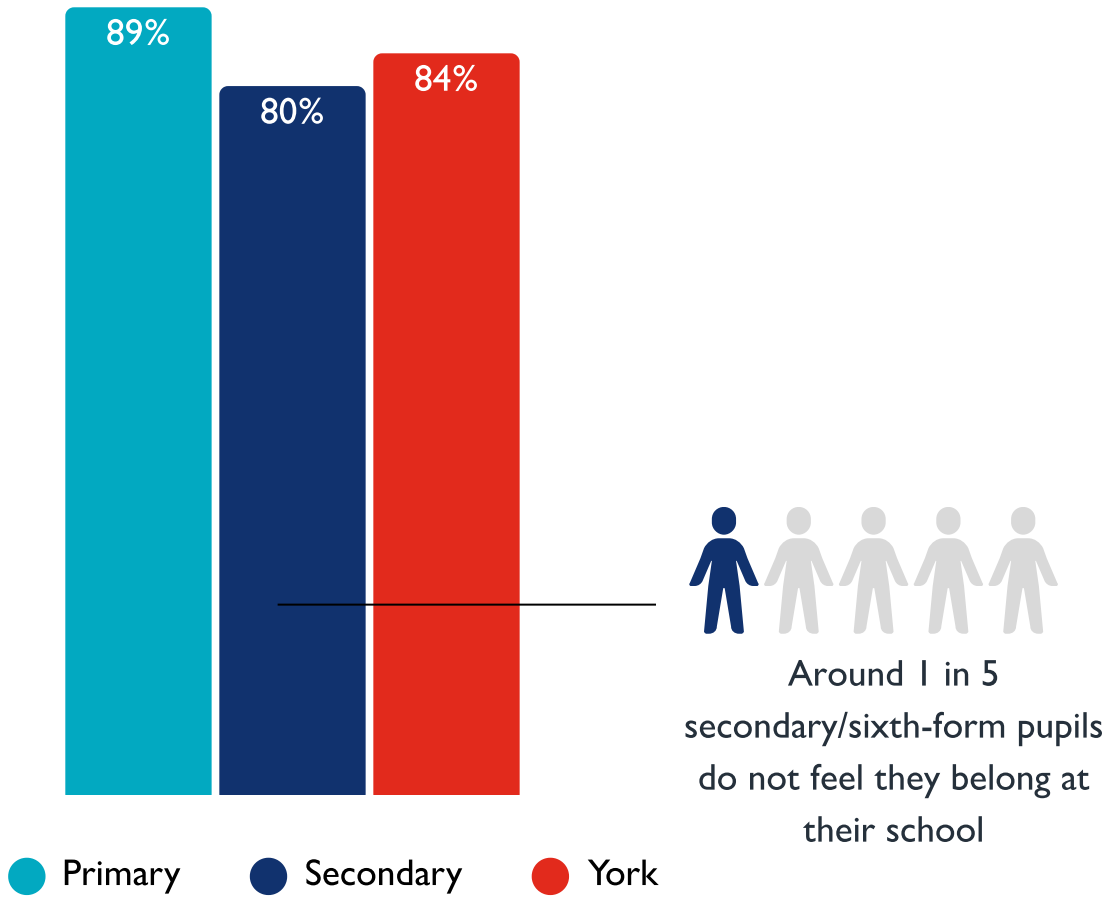
YorSay asked pupils about their sense of belonging at school, as well as how frequently they were late and absent from school.

School Belonging

Young people were asked if they feel they are part of their school.

The majority of York's young people report feeling a sense of belonging at school (83.70%). Higher rates of school belonging were found among primary pupils (88.90%) than secondary/sixth-form pupils (80%). While this is positive, it means that around 1 in 5 secondary/sixth-form pupils do not feel they belong at school.

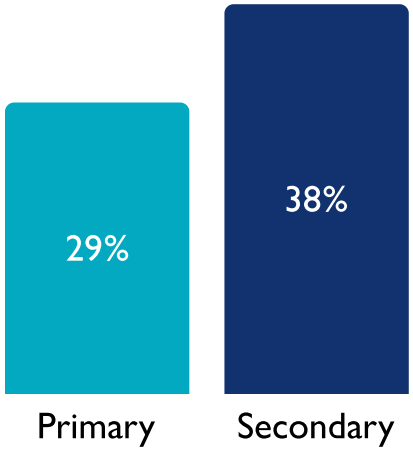
Figure 27.
% Pupils who feel they belong at school



Lateness

Just over a third of pupils (34.30%) report never being late to school; fewer primary pupils (28.70%) than secondary/sixth-form (38.40%). However, 26.90% report being sometimes, often or always late (28.10% primary, 26.20% secondary/sixth-form), representing an increase from 2023 when 18% of pupils reported being late once or twice a week or every day.

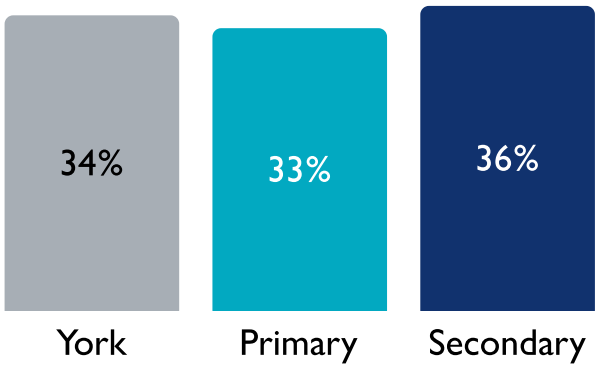
Figure 28.
% of pupils who report that they are never late for school



Absence

School absence follows a similar pattern. Around a third of pupils (34.40%) report never being absent, with similar levels being reported among primary pupils (32.90%) and secondary/sixth-form pupils (35.50%).

Figure 29.
% of pupils who report that they are never absent for school



21.10%
report being "sometimes, often or always" absent from school (18.50% of primary and 23% of secondary/sixth-form pupils)

10. Crime & Safety

Secondary/Sixth-form only



Neighbourhood Safety

Violent Experiences

Contact with Police

Help-Seeking

We asked secondary/sixth-form pupils about their experiences of safety, crime and contact with the police. Questions covered weapon-carrying, police stops or cautions, experiences of violence, hate crime, sexual harassment, theft and gang-related activity, and whether young people knew where to seek help if they felt unsafe or experienced violence.

Neighbourhood Safety

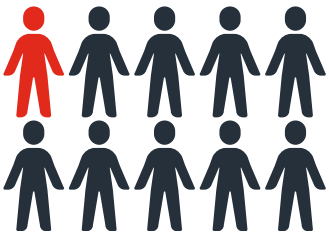
Secondary/sixth-form pupils rated neighbourhood safety on a 5-point scale from Very Poor to Very Good. Here, we group responses of Good/Very Good as "Feeling Safe" and responses of Poor/Very Poor as "Feeling Unsafe".



The majority of secondary/sixth-form pupils feel safe in their local area during the day (86%), with just 2.40% reporting feeling unsafe. Pupils felt less safe in their local area after dark: 62% reported feeling safe, while 10.90% felt unsafe. Most secondary/sixth-form pupils also felt safe travelling to school (83%), with just 2.10% feeling unsafe on their journey.



Around **1 in 13** secondary/sixth-form pupils (7.63%) report having been a victim of violence or aggression in their local area.



1 in 10 (10.70%) preferred not to say or were unsure.

Violent Experiences

Young people's self-reported exposure to violence in the local area was also reported across a range of categories. Specifically, young people were asked how frequently they had been exposed to knife/gun crime, sexual harassment, hate crime, theft, violence/fights and gang-related activities on a 5-point scale from Never-Everyday. See Table 9.

Sexual harassment is the most commonly experienced form of violence (21.2%), closely followed by hate crime (19.4%), violence and fights (17.9%) and theft (17.9%).



Around **1 in 5** (17.9%) young people reported experiencing violence



Table 9.
Exposure to violence and crime

Crime	Daily	Regularly (a few times a week)	Sometimes (a few times a month)	Rarely (a few times a year)	Never
Knife/gun crime	1%	0%	0.79%	6.84%	91.30%
Hate crime	1.39%	1.12%	4.75%	13.30%	79.4%
Sexual Harassment	0.99%	1.85%	6.39%	13.30%	77.5%
Theft	1.13%	0.66%	3.31%	13.50%	81.4%
Violence/ fights	0.99%	0.92%	3.83%	13.5%	80.7%
Gang-related activity	0.99%	0.33%	1.45%	5.55%	91.70%

Contact with Police

A notable proportion of secondary/sixth-form pupils report having some form of contact with the police. Around 1 in 7 (14.9%) have been stopped and questioned by the police



Around **1 in 7** (14.9%) have been stopped and questioned by the police

Help-Seeking

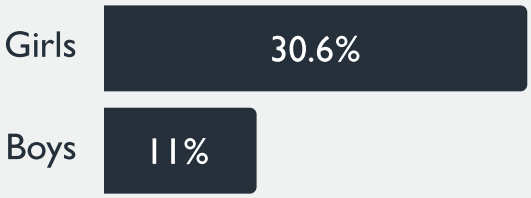


Nearly **8 in 10** secondary/sixth-form pupils (77.8%) report knowing where to get help if they feel unsafe or experience violent behaviour. **Of concern are the more than 1 in 5 who do not know where to turn.**

3%

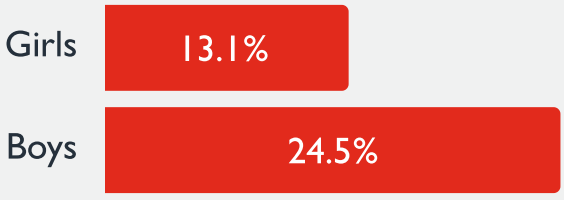
A small but meaningful proportion have carried a weapon for their own protection.

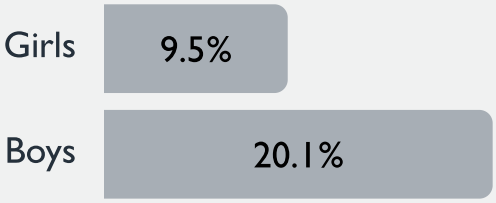
Gender Differences



Sexual harassment is most commonly experienced by girls (30.6%) compared to 11% of boys

Violence and fights are reported by 24.5% of boys being more likely to report exposure than girls (13.1%)





Boys are more likely to be **stopped and questioned by the police** (20.1% vs 9.5%)

11. Inequalities

Health and wellbeing outcomes are not equally distributed across York's young people. Some groups experience poorer outcomes across multiple areas. The findings below highlight differences by gender, ethnicity, sexual orientation, free school meal eligibility, mental health condition, special educational needs, disability and young carer status*.

Interpret findings for smaller groups with caution, as sample sizes are sometimes small.



*Specifically, we highlight where differences between groups than 10% more than the comparator

Gender

Gender Diverse

Compared to other young people in York, pupils who describe themselves as gender diverse consistently report worse outcomes:

Physical Health

- Less likely to brush their teeth twice daily (63.50% vs. 84.20%),
- Less likely to visit the dentist regularly (66.70% vs. 81%)
- Less likely to eat breakfast regularly (55.80% vs. 49.50%)

Mental Health

- More likely to self-harm (60% vs 19.20%)
- Report elevated emotional difficulties (55.10% vs 25.50%
- Report lower self-esteem (43.30% vs 21.50%)

Victimation.

- More likely to report being bullied (69.60% vs 33.20% - nearly double the rate)
- Report being stopped by police (31% vs 14.90%)
- Report hate crime victimisation (50% vs 19.40%)
- Report experiencing sexual harassment (38.90% vs 21.20%)
- Experiencing relationship abuse (27.60% vs 6.90%)

2.05%
of pupils describe themselves as non-binary or in other ways

Ethnicity

Less than 20% of pupils identified as an ethnicity other than White. Differences by ethnicity are evident across physical health, diet, physical activity, alcohol use, sexual health, online experiences, and crime and safety.

Black and Black British Pupils. (1.80% - 48 pupils)

Compared with White pupils, Black and Black British pupils are more likely to:

Physical Health

- Report lower rates of regular dental attendance (60.40% vs. 84.10%)
- Brush their teeth less frequently (67.40% vs. 85.10% brush twice daily)
- Eat fewer than five portions of fruit and vegetables daily (6.50% vs. 20.70% eat five or more)
- Skip breakfast regularly (57.80% vs. 69.60%)
- Not meet recommended hours of sleep (64.40% vs 80.60%)
- Use non-active transport to get to school (37% vs 54.50%)

Sexual Health

- Have lower awareness of sexual health services (46.40% vs. 69%)

Victimisation

- Have been stopped by the police (30.80% vs. 15.50%)
- To report being affected by hate crime (40.60% vs. 15.10%)

Risk Behaviours

- Report lower levels of alcohol use (16.70% vs. 36%)

Asian and Asian British pupils (6.40%)

Compared with White pupils, Asian and Asian British pupils:

Physical Health

- Report lower rates of regular dental attendance (73.30% vs. 84.10%)
- Are less likely to meet NHS physical activity guidelines (32.90% vs. 45.10%)

Victimisation

- More likely to report being affected by hate crime (52.50% vs. 15.10%)
- Less likely to report ever being bullied (20.50% vs 33.30%)
- Less likely to report being stopped by the police (5.40% vs 15.50%)

Mental Health

- Report elevated emotional difficulties (33.50% vs 14.90%)

Risk Behaviours

- Less likely to report using alcohol (17.90% vs. 36% ever tried).

Mixed and Multiple ethnicity pupils (4.30%)

Compared with White pupils, Mixed and Multiple ethnicity pupils are more likely to:

Online Behaviour

- Report a negative online experience (70.70% vs. 57.80%)
- Have seen upsetting content online (67.20% vs. 52.80%)

Victimisation

- Report being affected by hate crime (29.70% vs. 15.10%)
- Report being affected by Sexual Harassment (31.10% vs 21%)

Mental Health

- Report lower self-esteem (34.30% vs 21%)
- Report seeing help from no one (36.10% vs 25.7%)

Hate crime.

Hate crime shows the largest differences according to ethnicity; high rates were reported among Asian and Asian British pupils (52.50%) and pupils describing their ethnic background as "other" (51.90%), compared with 15.10% of White pupils.



Sexual Orientation

LGBTQ+ pupils, particularly young people who identify as bisexual or pansexual and gay or lesbian, face inequalities across mental health, risky behaviours, relationships, crime and safety, and help-seeking. Here, we report on these differences compared to their heterosexual peers.

Bisexual and pansexual pupils (6.91%)

Young people who describe themselves as bisexual or pansexual report:

Physical Health

- Less likey to meet recommended hours of sleep (66.30% vs 76.30%)
- Lower rates of meeting NHS physical activity guidelines (21.90% vs 44.60%)

Victimisation

- Higher rates of reported bullying (52.50% vs 27%)

Mental Health

- Higher rates of elevated emotional difficulties (61.60% vs 23.50% of heterosexual pupils
- Lower life satisfaction (34.70% vs 12.80%)
- Lower self-esteem (44.30% vs 18.60%) in comparison to their heterosexual peers.
- Higher rates of reported self-harm (67.10% vs 16.70% - a gap of over 50 percentage points)

51.5%

Over half of bisexual and pansexual young people (51.5%) would **not** seek help from anyone if they had a problem, compared to 31.3% of heterosexual pupils.

Risk Behaviours

- More likely to vape (37% ever tried vs. 22.10%, 32% currently vs 11.40%).

Online Behaviour

- More likely to report having negative online experiences (84% vs 65.90%) including; being contacted in a way that makes them feel uncomfortable (55% vs 37.50%), doing something that could hurt someone else (43% vs 31.20%)

Healthy Relationships

- Experience every form of relationship abuse measured including being made to do something they don't want to do (26.30% vs 11.30%), demanding/sharing private pictures (15.80% vs 4.62%) and saying hurtful things (28.40% vs 13.50%).

Sexual Health

- More likely to know where to access sexual health services/support (79.20% vs 67.70%)

Gay and lesbian

Young people who describe themselves as gay and lesbian (2.87%) report:

Physical Health

- Brush their teeth less frequently (73.80% vs. 87.90% brush twice daily) and less likely to visit the dentist (79.10% vs 89.20%)
- More likely to skip breakfast (36.60% vs 58.60%)
- Lower rates of getting enough sleep to feel awake at school (43.90% vs 68.80% of heterosexual pupils)
- Higher energy (46.30% vs 32.50%) and sugary (26.80% vs 6.20%) drink consumption
- Less likely to meet recommended physical activity guidelines (22.50% vs 44.60%)

Mental Health

- Lower life satisfaction (37.20% vs 12.80%)
- Lower self-esteem (40.50% vs 18.60%)
- Elevated emotional difficulties (54.80% vs 23.50%)
- Engaging in self-harm (26.50% vs 13.60%)
- Less likely to feel a sense of belonging at school (64.10% vs 81.30%)

Online Behaviour

- More likely to report having negative online experiences (76.70% vs 65.90%) including; being contacted in a way that makes them feel uncomfortable (55% vs 37.50%), doing something that could hurt someone else (43% vs 31.20%)

Risk Behaviour

- To engage in alcohol use (62.80% vs 51.30% ever tried, 25.90% vs 9.20% currently drinking)

School Belonging

- Less likely to feel a sense of belonging at school (64.10% vs 81.30%)

Crime and safety

- Higher rates of exposure to hate crime (34.90% vs. 19.40%), sexual harassment (34.90% vs 18.20%)
- More likely to report being stopped by the police (26.30% vs 15..80%)

Sexual Health

- More likely to report having been sexually active (20.90% vs 8.90%)
- More likely to report knowing where to go for sexual health services/infromation (81% vs 67.70%)

Free School Meals (FSM)

Pupils who describe themselves as eligible for free school meals (n = 362; 13.50% of the sample) experience inequalities across a range of health behaviours. Pupils eligible for FSM report:

Physical Health

- Lower rates of brushing their teeth twice daily (74.40% vs 87.10% of those not eligible for FSM)
- Lower rates of visiting the dentist regularly (73.20% vs 85.60%)

Victimisation

- Higher rates of reported bullying (41.70% vs 30.80%).

Crime and Safety

- Higher rates of having been stopped by the police (25.70% vs 13.80%; a gap of 11.9 percentage points)

Mental Health

Young people who report having a mental health condition show consistently poorer outcomes across most domains surveyed. Compared to young people who do not report having a mental health condition they are:

Physical Health

- Less likely to brush their teeth twice daily (70.10% vs 85.50%)
- Less likely to eat breakfast regularly (45.30% vs 71.50% - a gap of 26.2 percentage points)
- Less likely to get enough sleep to feel focused at school (54% vs 73%), more likely to regularly use screens in bed (63.20% vs 46.50%) and less likly to meet recommended hours of sleep for age (54.70% vs 82.20%)
- More likely to drink energy drinks (42.30% vs 24%)

School Belonging

- Less likely to feel a sense of belonging at school (70.10% vs 84.60%)

Risk Behaviour

- More likely to vape (28.60 vs 12.60% ever tried and 23.80% vs 10.80% currently), smoke (15.50% ever), drink alcohol (52% vs 32.40% ever tried, 23.80% vs 9.40% been drunk in last 30 days)

Mental Health

Young people who report having a mental health condition show consistently poorer outcomes across most domains surveyed. Compared to young people who do not report having a mental health condition they are:

Mental Health

- Four times more likely to report self-harm (61.40% vs 16.30% - a gap of 45.10 percentage points)
- Three times as likely to report low self-esteem (53.90% vs 17.70%)
- More likely to report emotional difficulties (65.20% vs 21.90%)
- More likely to report low life satisfaction (40.30% vs 9.70%)

Sexual Health

- More likely to report having being sexual active (20.40% vs 7.50%)
- More likely to know where to access sexual health services/information (77.60% vs 66.70%)



Concerningly, over two in five young people with a mental health condition (43.10%) would not seek help from anyone if they had a problem compared to those without (31.30%)

Victimisation

- More likely to experience hate crime (38.90% vs 17.40%), sexual harassment (48.10% vs 18.20%), violence or fights (30.20% vs 16.40%), people stealing (30.20% vs 16%) and knife or gun crime (19.10% vs 6.80%)

Healthy Relationships

- More likely to have experienced relationship abuse, including; being made to do something they didn't want to do (31.10% vs 9%); demanding/sharing private pictures (18.20% vs 2.9%); pushing/hitting/kicking (18.2% vs 5.6%); saying hurtful things (34.50% vs 11.2%)

Online Behaviour

- More likely to have had a negative online experience (77.70% vs 56.80%) including; being contacted online in a way that makes them uncomfortable (53.40% vs 28.40%), done something online that could hurt someone else (36.4% vs 23%); and seen upsetting online content (70.90% vs 51.90%)

Safety and Crime

- More likely to have been stopped by the police compared to those without (29.1% vs 13.6%)
- More likey to be a victim of violence/aggression in their local area (18.50% vs 7.60%)

Special Educational Needs

Differences in health behaviours, wellbeing and school experiences are observed among pupils with special educational needs (SEN). Compared to young people without, young people with SEN are:

Physical Health

- Less likely to visit the dentist regularly (70.50% vs. 83.60%).

Mental Health

- More likely to report elevated emotional difficulties (42.20% vs 23.50%), low life satisfaction (22% vs 11%) and low self-esteem (32.90% vs 20.20%)

Victimisation

- More likely to have been bullied (49.40% vs 31.30%)

School Belonging

- Less likely to feel a sense of belonging at school (74.20%vs 84.50%)

Disability

Compared to young people without, young people who describe themselves as having a disability are:

Physical Health

- Less likely to get enough sleep to feel awake and focused (55.80% vs 66.10%)

Victimisation

- More likely to report being bullied (46.50% vs 32.40%)

Mental Health

- More likely to report that they have engaged in self-harm (33.80% vs 20%) and have low self-esteem (34.60% vs 20.80%)

Safety and Crime

- Less likely to report knowing where to get help if they feel unsafe in York (68.10% vs 78.20%)

37.80%

Young people who describe themselves as having a disability would **not** seek help from anyone if they had a problem, compared to those without (25.90%)

Young Carers

Young carers experience inequalities across several areas of health, wellbeing and safety. Compared to young people without caring responsibilities, young carers are:

Physical Health

- Less likely to brush their teeth twice daily (71.10% vs. 85.80%)
- Less likely to visit the dentist less regularly (71% vs. 83.10%)
- Less likely to eat breakfast regularly (58.10% vs. 70.30%)
- Less likely to meet NHS sleep guidelines (69.30% vs. 80.50%)
- More likely to drink energy drinks regularly (36.80% vs. 24.50%)

Mental Health

- More than twice as likely to report engaging in self-harm (45.50% vs. 19.20%)
- More than twice as likely to report low self-esteem (43.20% vs. 19.80%)
- More than twice as likely to report elevated emotional difficulties (48.90% vs. 23.10%)

Victimisation

- More likely to report being bullied (52.90%vs. 31.30%)

School Belonging

- Less likely to feel a sense of belonging at school(68.20%vs. 84.80%)

Healthy Relationships

- More likely to report experiencing being made to do something they did not want to do in a relationship (26.80% vs. 10.70%)
- More likely to report being pressured to share private pictures (17.10% vs. 3.90%)

Crime and Safety

- More likely to report having being stopped by the police (26.80% vs. 14.50%)

31.10%

Have experienced hate crime, compared to pupils who are not young carers (18.50%)

37.80%

Have experienced sexual harassment, compared to pupils who are not young carers (20.4%)

Help Seeking

- Despite experiencing greater challenges across multiple areas, young carers are more likely to say they would not seek help from anyone if they had a problem (36.20% vs. 25.30%).

Awareness of caring roles.

- Over a third of young carers report that no one at their school is aware of their caring role (37.10%).



Services availible to support young people

Further supporting information and resources for professionals, families, children and young people in relation to the key areas covered in this survey.

Topic	Service	Contact Info	Overview
Health and Wellbeing	**North Yorkshire and York Healthy Schools Programme**	Healthy Schools Home - Healthy Schools North Yorkshire Email: healthyschools@northyorks.gov.uk	Free health and wellbeing award programme for all schools in York. Provides an evidence-based framework for health and wellbeing provision as well as termly training and events and a PSHE Network.
Health and Wellbeing	**Raise York – Young Peoples Survival Guide Online**	Young people – Raise York	York's Young People Survival Guide provides information to any young person living in York up to age 25 years.
Health and Wellbeing	**0-19 Healthy Child Service**	https://www.raiseyork.co.uk/healthy-child-service Email: HCS-Secure@york.gov.uk	Information, advice and support for children and their families aged 0-19 years old. The service also delivers the National Child Measurement Programme (NCMP) and school vision and hearing screening.
Oral Health	**Community Dental Services**	North Yorkshire and City of York - Community Dental Services Email: OHP.NYY@cds-cic.co.uk	The team co-ordinates, facilitates, and supports a range of evidence-based interventions aimed at reducing oral health inequalities and improving oral health outcomes.

Topic	Service	Contact Info	Overview
Food	**York Holiday Activities with Food (HAF) Programme**	Holiday activities with food – Raise York	Children and young people in receipt of benefit-related free school meals can receive free activities and nutritious food during the holidays.
Healthy Lifestyles	**CYC Healthy Families Service**	www.york.gov.uk/HealthyFamilies Email: healthtrainers@york.gov.uk	Free services delivered by CYC Health Trainers to help local families improve their physical and emotional wellbeing through small, manageable lifestyle changes.
Physical Activity	**North Yorkshire Sport**	Welcome to North Yorkshire Sport - North Yorkshire Sport Email: info@northyorkshiresport.co.uk	Provide information and support to schools to help children and young people be more active.
Physical Activity	**CYC I-Travel Team**	Travel to school – iTravel York Email: itravel@york.gov.uk	Find out how to encourage active travel to school.
Physical Activity	**Modeshift STARS**	Modeshift STARS - Modeshift	Helps develop sustainable travel habits, promoting walking, cycling, and safe, eco-friendly journeys to school.

Topic	Service	Contact Info	Overview
Physical Activity	**Living Streets: WOW walk to school challenge**	Join WOW - the walk to school challenge Email: info@livingstreets.org.uk	A year-round, pupil-led initiative run by the UK charity Living Streets to encourage children to walk, wheel, cycle, scoot, or use "Park and Stride" to get to school.
Sleep	**Teen Sleep Hub**	Website: Home - Teen Sleep Hub	Information and resources on sleep and sleep hygiene for young people.
Smoking and Vaping	**CYC Health Trainers Young Peoples Stop Smoking and Vaping Service**	CYC Health Trainers – City of York Council Email: cychealthtrainers@york.gov.uk	Offer a stop smoking and vaping service for young people and a range of free teaching resources on vaping.
Mental Health	**Child and Adolescent Mental Health Service (CHAMS)**	York - Orca House - Tees Esk and Wear Valley NHS Foundation Trust Email: tewv.orcahouse@nhs.net	A specialist service for children and young people up to the age of 18 experiencing mental health issues that are significantly impacting their daily lives.
Mental Health	**School Wellbeing Service**	School Wellbeing Service – Raise York Email: laura.mcmurray@york.gov.uk	The School Wellbeing Service (SWS) is a school based early intervention mental health support service.

Topic	Service	Contact Info	Overview
Mental Health	**NHS Wellbeing in Mind team**	Wellbeing in Mind school support service for children and young people in North Yorkshire (Information for parents and carers) - Tees Esk and Wear Valley NHS Foundation Trust (tewv.nhs.uk) Email: tewv.wellbeinginmind@nhs.net	NHS professionals providing support, advice and training to schools and support to students experiencing difficulties with their emotional and mental wellbeing.
Mental Health	**York Mind Young Peoples Services**	York Mind - Young People's Services (11-25) Email: office@yorkmind.org.uk	Provides emotional and mental health support to young people aged 11-25 years.
Mental Health / LGBTQ+	**Pride in Mind**	Pride in Mind | Yormind Email: prideinmind@yorkmind.org.uk	Provides support to young people aged 12-18 years who identify as LGBTQ+ and are experiencing mental health challenges.
Healthy Relationships	**IDAS**	IDAS Email: info@idas.org.uk	Provide support, training and resources on domestic abuse and sexual assault.
Drugs and Alcohol	**The Gate**	The Gate - York | Change Grow Live Email: yorksms.info@cgl.org.uk	Free, confidential drug and alcohol service for young people and affected others.

Topic	Service	Contact Info	Overview
Safeguarding	**Multi Agency Safeguarding Hub (MASH)**	Child protection and safeguarding – City of York Council Email: mash@york.gov.uk	Single point of contact for all concerns about children and to make sure that children receive the right level of support.
Sexual Health	**YorSexual Health**	YorSexualHealth - Young People	Offers confidential advice, testing, and support for sexual health and relationships to young people in York.
SEND	**SEND Central**	Welcome to York SEND Local offer – York SEND Local Offer Email: yorklocaloffersend@york.gov.uk	York's Family Hub that specialises in Special Educational Needs and Disabilities.
Young Carers	**York Carers Centre**	Home - York Carers Centre Email: enquiries@yorkcarerscentre.co.uk	Providing information, advice and support to unpaid carers in York from the age of 5, including youth clubs for young carers.
PSHE	**PSHE Association**	PSHE Association | Charity and membership body for PSHE education	Supporting teachers and schools with lesson plans, training, guidance and advice covering statutory RSHE and more.



For more information about the survey contact:

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