

The Growing up in Nottingham Health & Wellbeing Survey 2025

A summary report

The questionnaire

The Nottingham City Children and Young People's Survey was developed by the Schools Health Education Unit (SHEU) in partnership with Nottingham City Council. The purpose of the survey was to obtain pupils' views on aspects of health and wellbeing including: healthy eating; safety; emotional wellbeing and leisure time.

Methodology

All primary and secondary schools were invited to participate in the survey during the autumn term 2025. All surveys were undertaken anonymously online or via a paper based version. Completed paper questionnaires were returned securely to SHEU for processing and were then combined with the online results.

Participation

A total of 3423 pupils took part from 25 primary schools and 5 secondary schools. There was a reasonable mixture of males (51%) and females (45%). Overall, 3% didn't select male or female. 34% of the pupils surveyed described themselves as White British. 12% of secondary pupils said that they had a disability and 8% of secondary pupils said they were a 'Young Carer'. 29% of pupils said they were non-religious and 67% of pupils said that they live with both parents together.

Cross-phase data

Many of the questions in each survey (primary and secondary) are identical or very similar. Some of the results of these questions are presented in the 'Cross-phase' section of this summary document on page 8, so that behaviour can be seen across the age range.

Inequalities

Pupils who belong to certain social groupings are recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in Nottingham City are different if they are to be found under one of these social identity headings. A selection of statistically significant findings are presented on pages 10 and 11 but a wider selection of topics and data are available.

Changes since 2024

Results from the 2025 survey have been compared with those from the previous survey in 2024. The figures from 2024 are presented in parentheses throughout the Primary and Secondary Results sections of this report (pages 2 to 7). A selection of results with significant differences between the 2025 and 2024 figures are presented on page 12.

3423 young people were involved in the survey:

School Year	Year 4	Year 5	Year 6	Year 7	Year 8	Year 9	Year 10	Year 11-13	Total
Age	8 to 9	9-10	10-11	11-12	12-13	13-14	14-15	15-18	
Males	120	279	523	86	139	151	270	186	1754
Females	128	247	452	102	140	137	219	111	1536
Total	254	536	1005	195	294	299	503	318	*3423

*133 pupils did not select male/female or secondary year group.

Reference sample (wider data)

The Nottingham City data have been compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire (page 9).

School Year	Year 6	Year 8	Year 10	Total
Age	10-11	12-13	14-15	
Males	15854	19860	15591	51305
Females	15878	19545	16375	51798

For more details please contact SHEU Phone 01392 667272 www.sheu.org.uk

Topics include:

- Background
- Healthy Eating
- Alcohol, Smoking, Vaping and Drugs
- Emotional Health and Wellbeing
- Growing Up
- Relationships
- Physical Activity
- Leisure Time
- Safety and Bullying



Nottingham
City Council

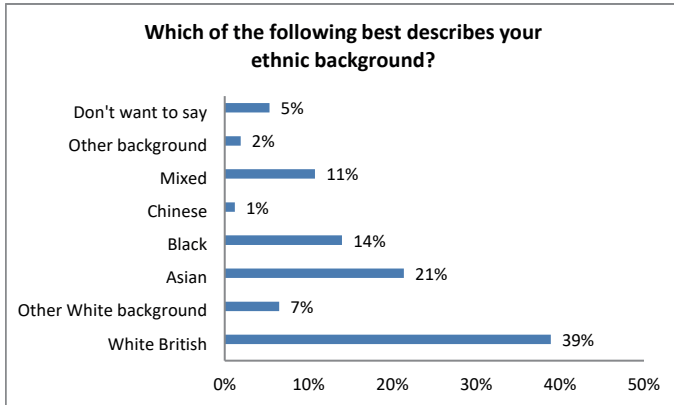
SHEU

Nottingham City pupils in Year 4 - Year 6 (ages 8 - 11)

PERSONAL BACKGROUND

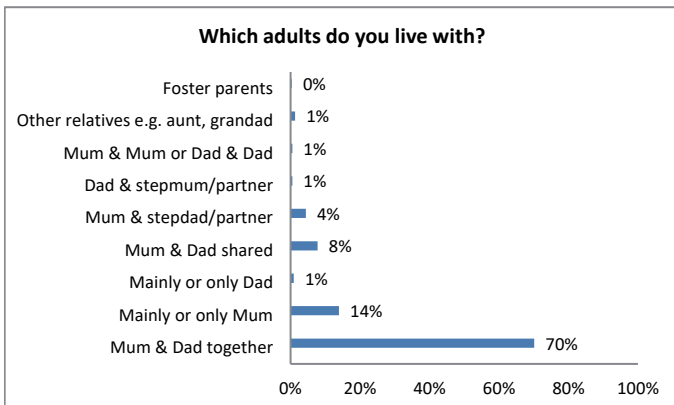
Ethnicity

- 39% (38%) of pupils described themselves as White British.



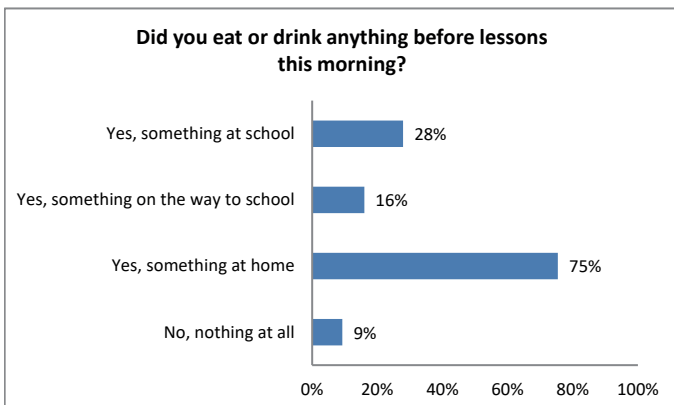
Family

- 70% (71%) of pupils said they live with their Mum and Dad together while 14% (15%) said they live mainly or only with Mum.



BEING HEALTHY

Breakfast

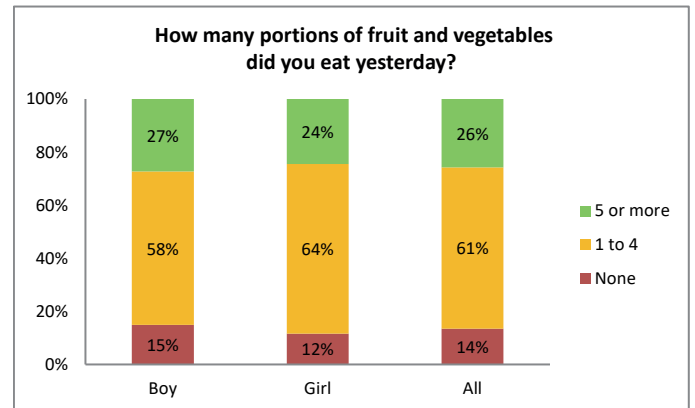


- 9% (11%) of pupils had nothing at all to eat or drink before lessons on the morning of the survey.



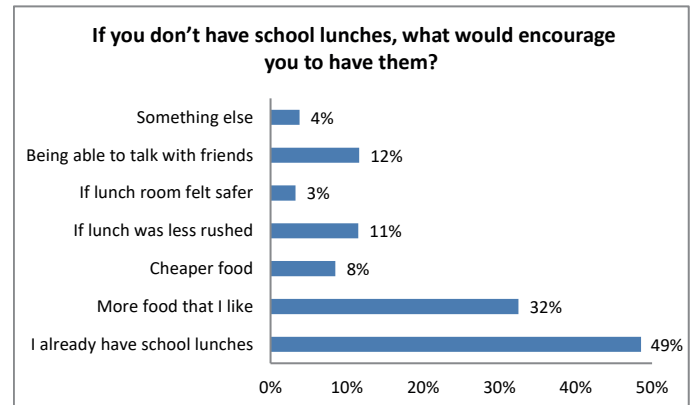
5-a-day

- 14% (13%) of pupils said they didn't have any portions of fruit and vegetables to eat on the day before the survey; 26% (28%) of pupils said they had at least 5.

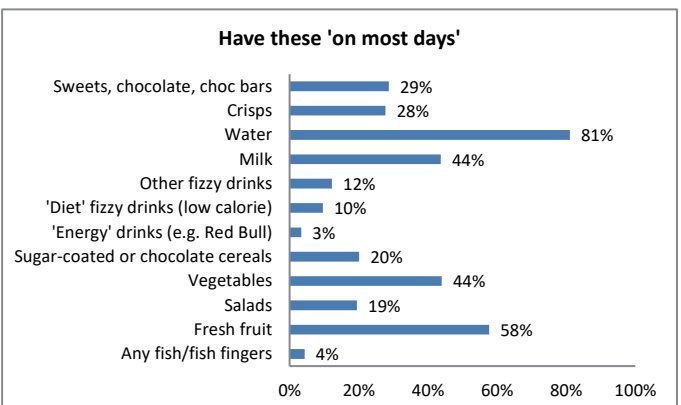


School lunch

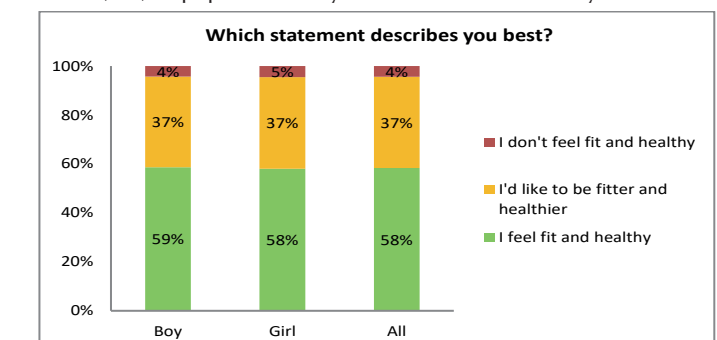
- 46% (42%) of pupils said they had school food for lunch on the day before the survey; 46% (46%) had a packed lunch from home.
- When asked what would encourage them if they don't currently have a school lunch, 32% (32%) said more food that I like.



- 41% (46%) of primary pupils said that they 'rarely or never' have fish/fish fingers. 12% (13%) said they 'rarely or never' have vegetables.



- 4% (6%) of pupils said they don't feel fit and healthy.

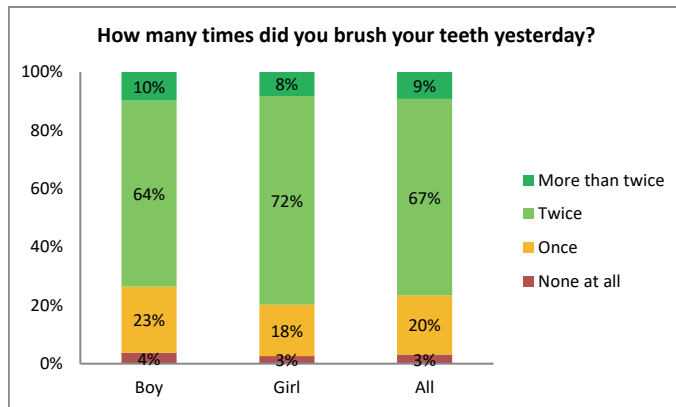


Sleeping Patterns

- 75% (72%) of Year 4 pupils and 77% (81%) of Year 6 pupils said that they had a set bedtime for nights when the next day was a school day.
- 27% (29%) of Year 6 pupils said that their set bedtime was 9:30 or later, 23% (23%) of Year 5 pupils said the same.

Dental Health

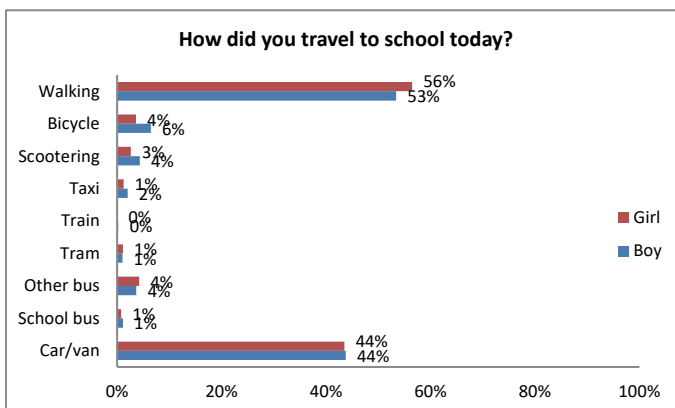
- 3% (2%) of pupils said they didn't clean their teeth at all on the day before the survey while 77% (76%) said they cleaned their teeth at least twice.



PHYSICAL ACTIVITY

Travel to school

- 44% (43%) of pupils travelled to school by car/van on the day of the survey, 55% (57%) walked. Pupils could tick more than one.



Sports

- Percentage of pupils responding that they play or do the following in their own time at least 'once a week' (top 5):

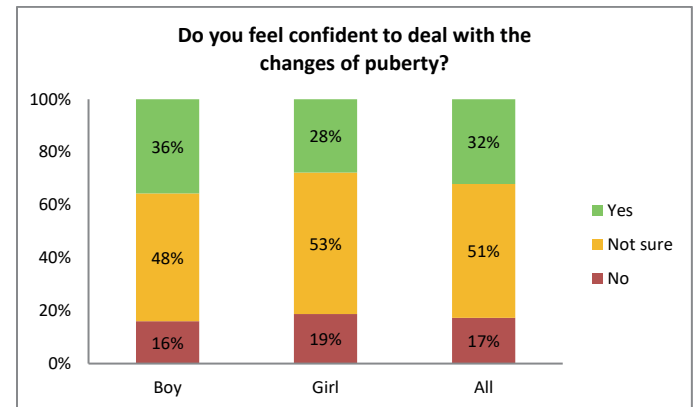
	Boys		Girls	
Running (races or tag games)	67%	Going for walks	68%	
Football	64%	Running (races or tag games)	67%	
Going for walks	59%	Dancing, Gymnastics or trampolining	63%	
Bike riding	39%	Swimming	44%	
Swimming	38%	Scootering	40%	

- 65% (62%) of pupils said they 'usually or always' do an average of an hour of moderate-to-vigorous activity each day during a week.



GROWING UP

- 36% (43%) of boys and 28% (30%) of girls said that they feel confident to deal with the changes at puberty.



- 76% (75%) of pupils said they have had useful lessons on puberty.

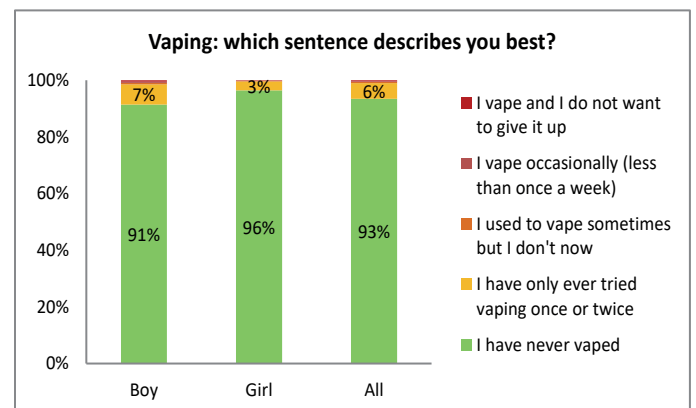
ALCOHOL, TOBACCO AND DRUGS

Year 5/6 only: Alcohol

- 2% (2%) of pupils said they have had an alcoholic drink in the last week (not just a sip); 3% (3%) weren't sure if they had.
- When asked what they had drunk, 1% (1%) said wine.

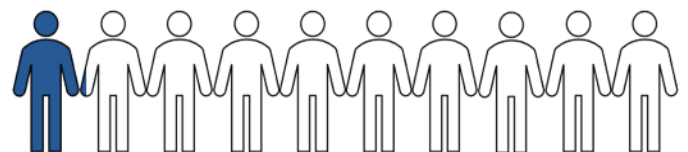
Year 5/6 only: Smoking & Vaping

- 13% (13%) of pupils said someone smokes indoors at home when they are in the room.
- 11% (10%) of pupils said that someone smokes in the car when they are in it too.
- 99% (98%) of pupils said they have never even tried smoking.
- 93% (94%) of pupils have never even tried vaping.



Year 5/6 only: Drugs

- 11% (10%) of pupils said they are 'fairly sure' or 'certain' that they know someone who uses drugs.

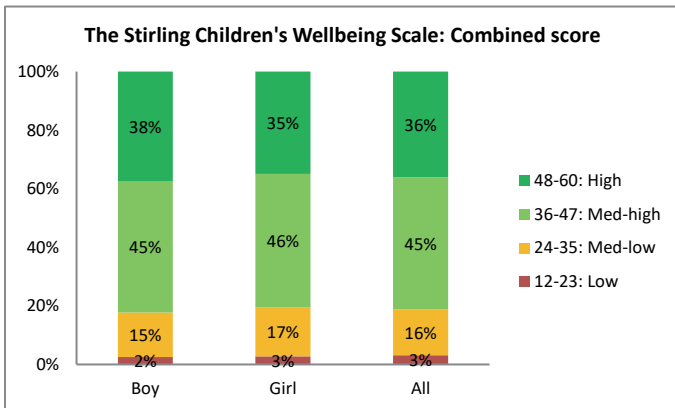


- 1% (1%) of pupils said they have been offered cannabis; 4% (4%) weren't sure if they had.
- 1% (1%) of pupils said they have been offered other drugs; 4% (3%) weren't sure.
- 55% (54%) of pupils said they have had useful lessons in school on drugs.

EMOTIONAL WELLBEING

The Stirling Children's Wellbeing Scale

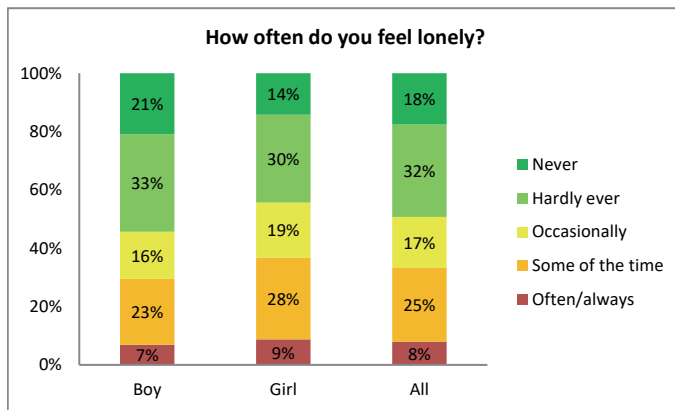
- 56% (58%) of pupils said they have been feeling or thinking that good things will happen in their life at least 'quite a lot of the time' over the past couple of weeks.



- 8% (9%) of pupils had a score of 12 – 30 on the Stirling Children's Wellbeing Scale; Liddle & Carter (2010) suggest that scores in this range may indicate poor mental health.

Loneliness

- 15% (15%) of pupils said they 'often' feel left out.



Worrying and problem solving

- Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 5):

	Boys	Girls
SATs Tests	42%	53%
Going to secondary school	38%	42%
The environment	32%	36%
Crime	31%	33%
Eating healthily	27%	30%

- 14% (13%) of pupils said they find it hard to concentrate on or enjoy anything because of worries.



- 26% (26%) of pupils said worry or anxiety doesn't affect their life at all and 33% (32%) said they can usually deal with any feelings of worry.

- Percentage of pupils responding that they do the following at least 'sometimes' when they have a problem that worries them (top 5):

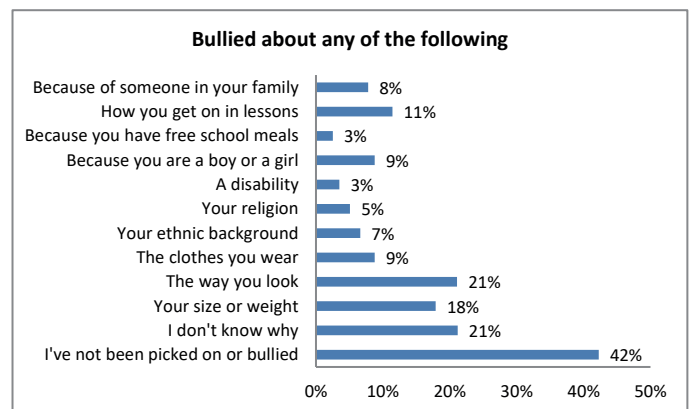
	Boys	Girls
Talk to Mum/Dad	88%	89%
Play computer games	81%	82%
Watch TV/DVD, online	76%	77%
Think carefully about the problem by yourself	73%	76%
Talk to a friend	74%	75%

- 60% (59%) of pupils said that their school helps them to deal with their feelings positively.

STAYING SAFE

Bullying

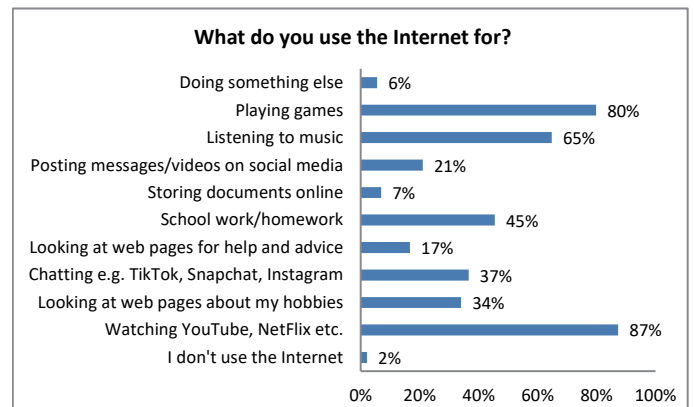
- 83% (83%) of pupils said they experienced one or more of the negative behaviours listed at least a 'few times' in the month before the survey, while 40% (40%) said they have 'often' or 'every day'.
- 49% (46%) of pupils said they were called nasty names at least a 'few times' in the month before the survey, while 51% (50%) said they were pushed/hit for no reason.
- When asked why they thought they had been picked on or bullied, 21% (23%) said they didn't know why.



- 74% (73%) of pupils said they have had useful lessons on bullying.

Internet safety

- 45% (44%) of pupils said they use the Internet for schoolwork/homework, while 80% (79%) said they use it for playing games. 2% (2%) said they don't use the Internet.



- 48% (42%) of Year 5/6 pupils said they have seen images or videos online that were not meant for children.
- 87% (86%) of pupils said they have had useful lessons in school about online safety.

Nottingham City pupils in Year 7 - Year 13 (ages 11 - 18)

N.B. 2024 figures are for Y7 to 11

PERSONAL BACKGROUND

Ethnicity

- 29% (18%) of pupils described themselves as White British.

Family

- 63% (74%) of pupils said they live with their Mum and Dad together while 20% (15%) said they live mainly or only with Mum.
- 8% (6%) of pupils said that they were a Young Carer, 12% (11%) weren't sure if they were.
- 12% (7%) of pupils said they have a disability.

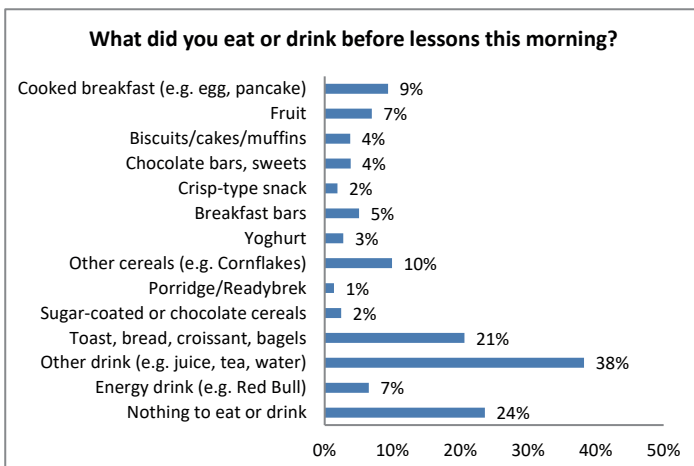
Religion

- 25% (20%) of pupils said they were non-religious, 30% (30%) said they were Christian and 31% (42%) said Muslim.

BEING HEALTHY

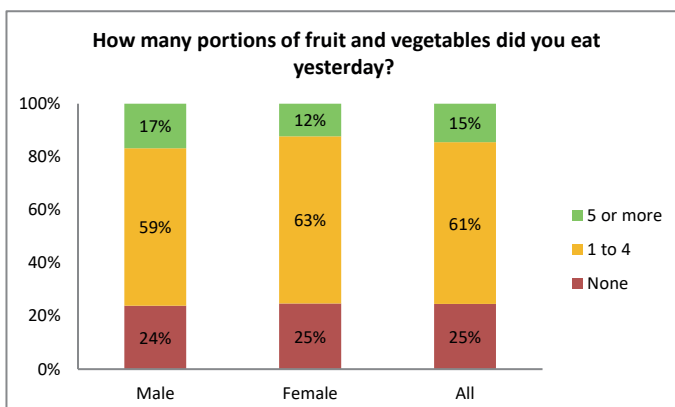
Breakfast

- 24% (17%) of pupils had nothing at all to eat or drink before lessons on the morning of the survey.

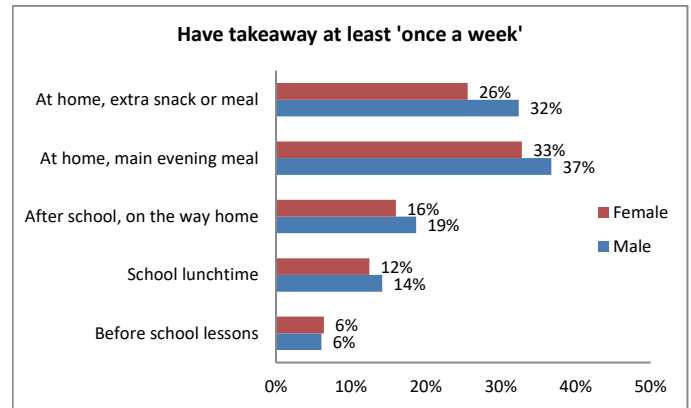


5-a-day

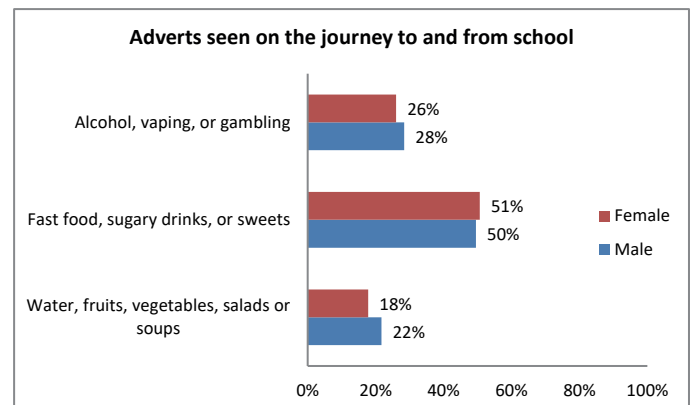
- 25% (16%) of pupils said they didn't have any portions of fruit and vegetables to eat on the day before the survey; 15% (16%) of pupils said they had at least 5.



Takeaways



- 50% (53%) of pupils said that on their journey to and from home they notice adverts for fast food, sugary drinks or sweets. 20% (23%) said the same about water, fruits, vegetables, salads or soups.



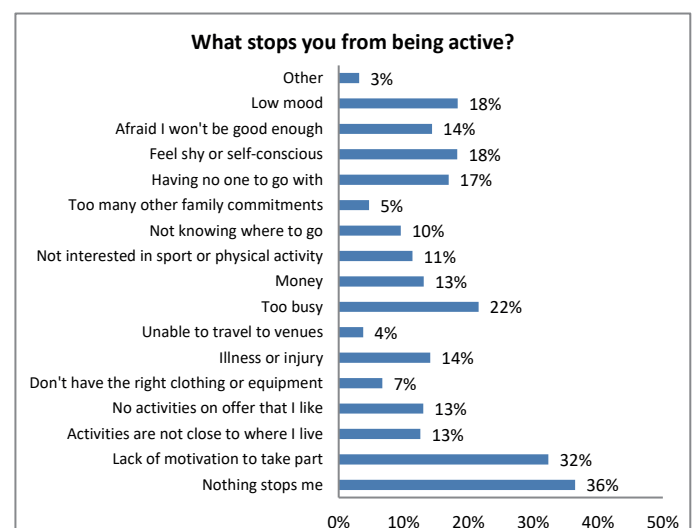
PHYSICAL ACTIVITY

- 13% (8%) of pupils said that they 'never' do an hour of moderate to vigorous physical activity each day during a week; 52% (60%) said they 'usually or always' do.

- Percentage of pupils responding that they play or do the following in their own time at least 'once a week' (top 5):

	Boys	Girls
Football	62%	76%
Going for walks	62%	40%
Running (races or tag games)	51%	18%
Tennis, badminton etc. games)	27%	17%
Swimming	26%	15%

- 36% (35%) said nothing stops them from being active.



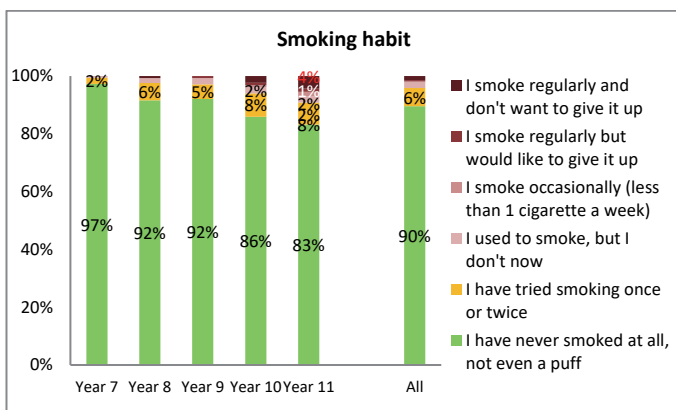
ALCOHOL, TOBACCO AND DRUGS

Alcohol

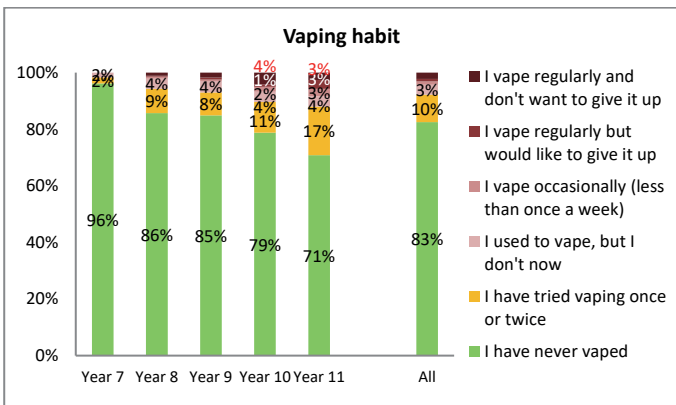
- 5% (3%) of pupils said they had alcohol on at least one day in the last 7 days; 1% (1%) said they did so on more than one day.
- 2% (5%) of boys and 5% (2%) of girls in Year 10 said they got drunk in the last 7 days.

Smoking (and vaping)

- 10% (7%) of pupils [12% (19%) of boys and 18% (9%) of girls in Year 10] said that they have tried smoking in the past or smoke now.



- 17% (13%) of pupils said someone smokes indoors at home when they are in the room.
- 13% (9%) of pupils said someone smokes in a car when they are in it too.
- 20% (16%) of pupils said someone smokes indoors at home when they are in the room or in a car when they are in it too.
- 17% (13%) of pupils said they have at least tried vaping.



Shisha

- 5% (4%) of pupils [6% (5%) in Year 10] said that they have used Shisha at least 'once or twice'.

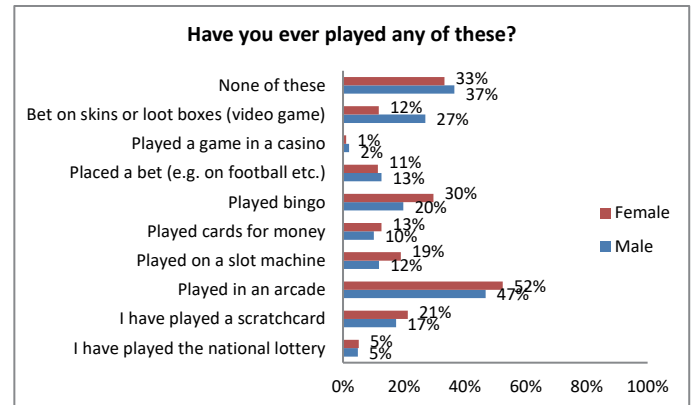
Other drugs

- 5% (3%) of pupils used drugs to chill or get high e.g. cannabis (not alcohol, tobacco or own medicines).
- 4% (7%) of pupils in Year 10 said that they have used cannabis at some point, 0.3% (1%) said they have used ecstasy and 0.4% (1%) said they have used Tranquillisers (e.g. Valium, Xanax, 'Lean').



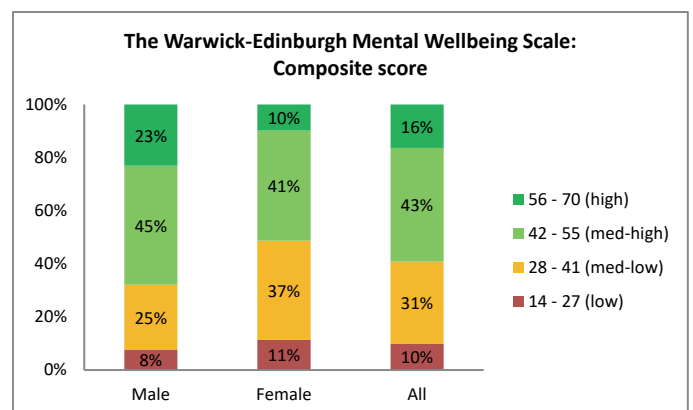
Gambling

- 31% (23%) of pupils said they have seen a family member gambling; 14% (15%) said they are 'not sure' if they have.
- 47% (47%) of boys and 52% (58%) of girls said they have played in an arcade, while 27% (28%) of boys and 12% (10%) of girls have bet on skins or loot boxes in a video game. 35% (33%) of pupils said they have never played any of the gambling-type games listed.

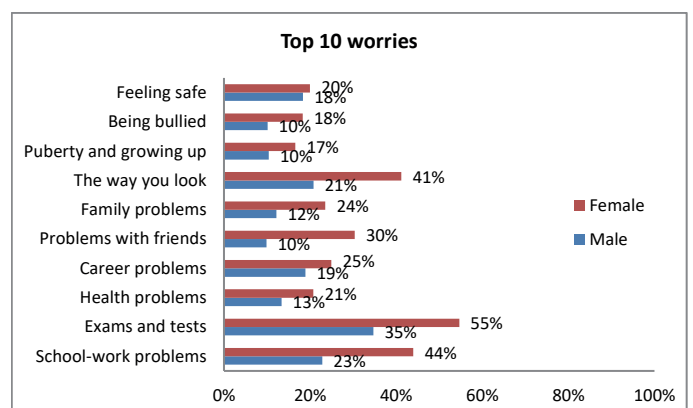


EMOTIONAL WELLBEING

- 59% (65%) of pupils said they have been feeling loved 'often' or 'all of the time' over the last two weeks, while 41% (38%) said they have been feeling optimistic about the future 'rarely' or 'none of the time'.
- 16% (18%) of pupils had a high score (56 – 70) on the Warwick-Edinburgh Mental Wellbeing Scale (WEMWBS).



- 44% (41%) of pupils said they worry about exams and tests 'quite a lot' or 'a lot'.
- Pupils reported worrying about the following 'quite a lot' or 'a lot':



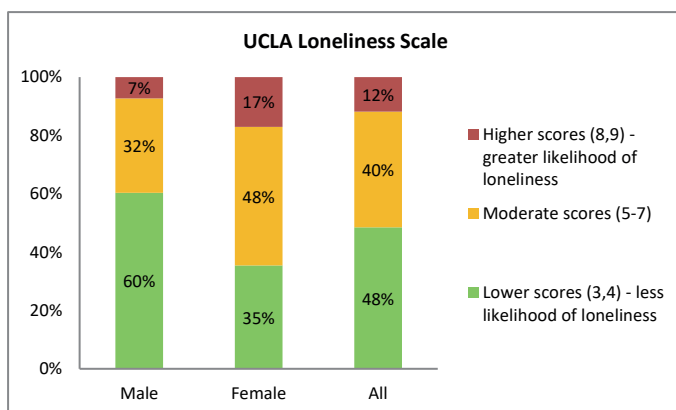
Problem solving

- 33% (37%) of pupils said they talk to someone when they have a problem or feel stressed, while 27% (33%) said they think carefully about it by themselves:

	Male	Female
Play computer games	49%	51%
Watch TV/DVD, online	35%	51%
Rest or sleep more	35%	38%
Listen to music	31%	37%
Talk to someone about it	30%	29%
	Keep busy with other things	

Loneliness

- 12% (11%) of pupils scored at the higher end of the loneliness scale (8 or 9), indicating a greater likelihood of loneliness, while 48% (53%) had a lower score (3 or 4), indicating a lower likelihood of loneliness.



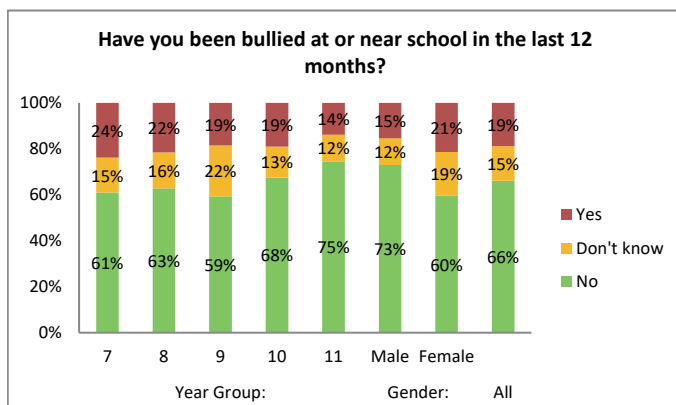
- 14% (13%) of pupils said they 'often' feel left out.
- 48% (57%) of pupils 'never' or 'hardly ever' feel lonely, while 19% (16%) said they 'occasionally' do.
- 34% (27%) of pupils feel lonely at least 'some of the time', while 10% (7%) said they 'often/always' do.

Resilience

- 43% (51%) of pupils said when something goes wrong they 'usually' or 'always' learn from the experience for next time.
- 28% (26%) of pupils said when something goes wrong they are 'never' calm and can carry on.

Safety including bullying

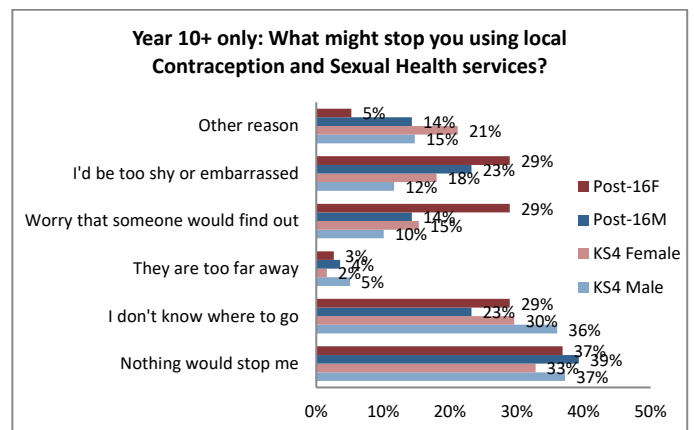
- 19% (19%) of pupils said they have been bullied at or near school in the last 12 months, while 15% (17%) said they 'don't know' if they have.



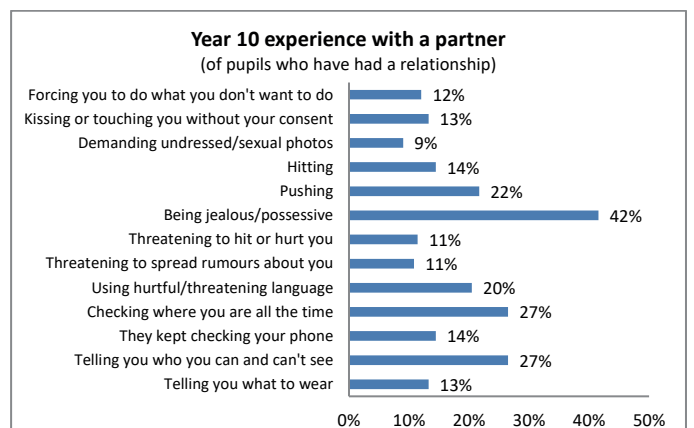
- 63% (66%) of pupils rated their safety as 'good' or 'very good' at school.
- 28% (22%) of pupils rated their safety as 'poor' or 'very poor' when going out after dark in the area where they live.
- 8% (7%) of pupils said they have sent personal information online to someone, then wished they hadn't done or had thought more about it.
- 12% (16%) of Year 10 girls saw pictures, videos or games with violence they found upsetting. 10% (7%) of Year 10 girls have received a nude picture or sexual image of someone they know.

RELATIONSHIPS AND SEXUAL HEALTH

- 45% (29%) of pupils said they have had a boyfriend/girlfriend/ partner.
- 14% (12%) of Year 10 pupils know where to get condoms free of charge.
- 9% (8%) of Year 10 pupils said that there was a local contraception and sexual health service that they could get to, 25% (35%) said there wasn't one.



- Of Year 10 pupils who have had a partner, 14% (31%) said their partner kept checking their phone. 13% (17%) said they told them what to wear:



- 5% (9%) of Year 10+ pupils said they have either had sex in the past or are currently in a relationship where they have sex.



- 2% of Year 10 pupils have had sex but 1% said they 'never' use a method of protection or contraception.

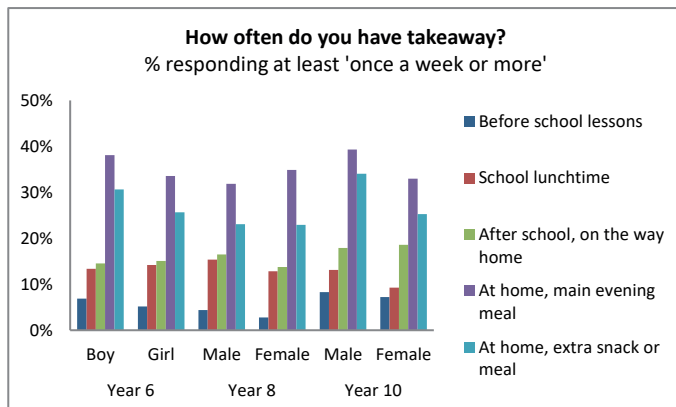
Questions included in both the primary and secondary versions of the 2025 questionnaire

Cross-phase data

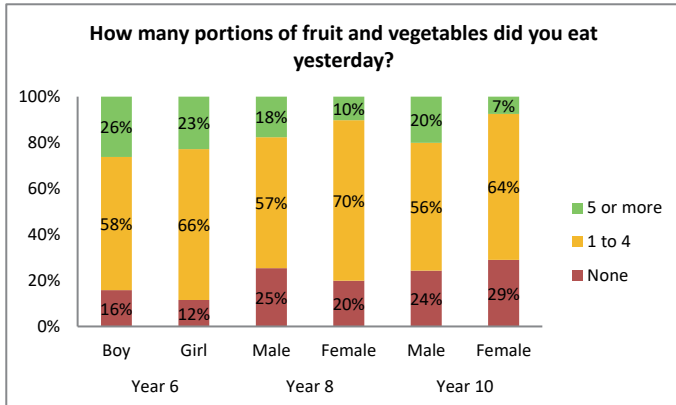
The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

HEALTHY EATING

- ☐ Pupils were asked how often and when they had takeaway e.g. chips, chicken, burger, pizza, Chinese, curry:

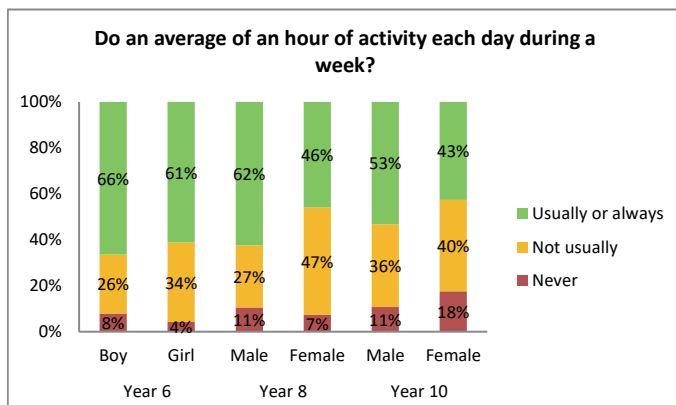


- ☐ Older pupils are less likely to report having 5 or more portions of fruit and vegetables the day before:



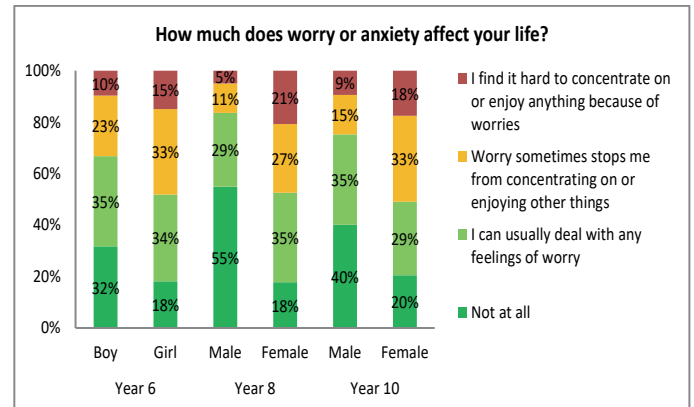
PHYSICAL ACTIVITY

- ☐ Boys are more likely to say they do an average of an hour a day of physical activity:

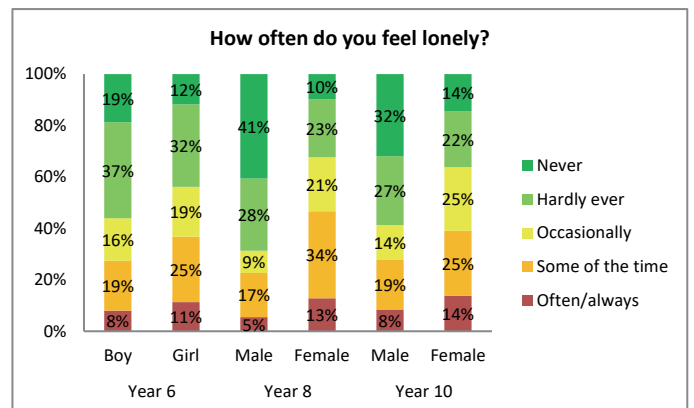


EMOTIONAL HEALTH AND WELLBEING

- ☐ Girls are more likely to report being affected by worries or anxiety:

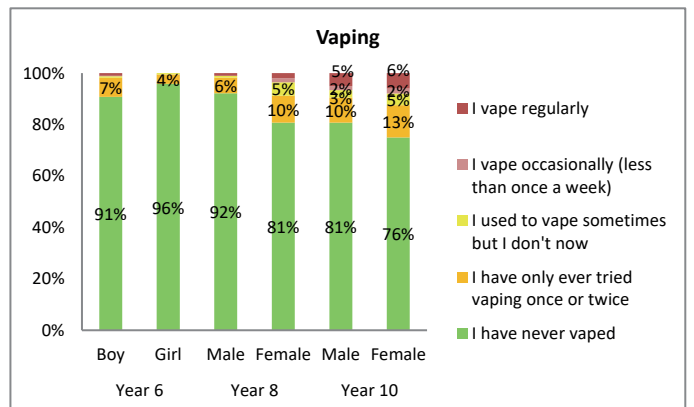


- ☐ Girls are also more likely to report feelings of loneliness:

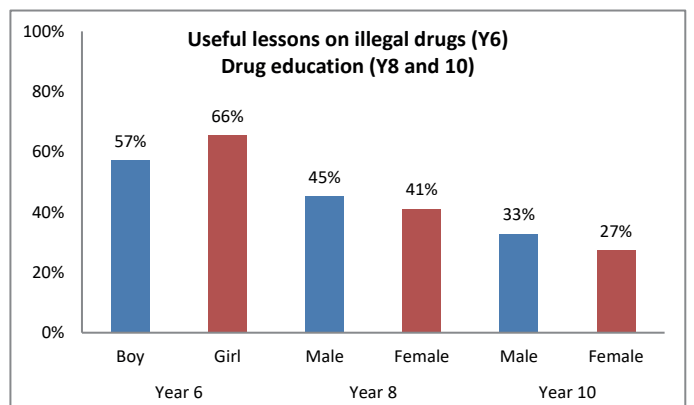


VAPING AND DRUGS

- ☐ Older pupils are more likely to have 'at least tried' e-cigarettes/vaping:



- ☐ Younger pupils are more likely to report useful lessons about drugs:



Comparison with Wider Data

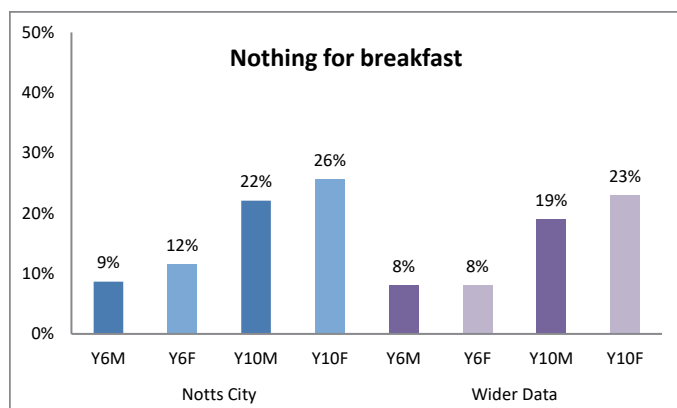
Reference sample (Wider Data)

The Nottingham City data have been compared with a compilation of data from other areas in the UK that have completed similar versions of the questionnaire. Further information about the reference sample is shown on page 1 of this report.

HEALTHY EATING

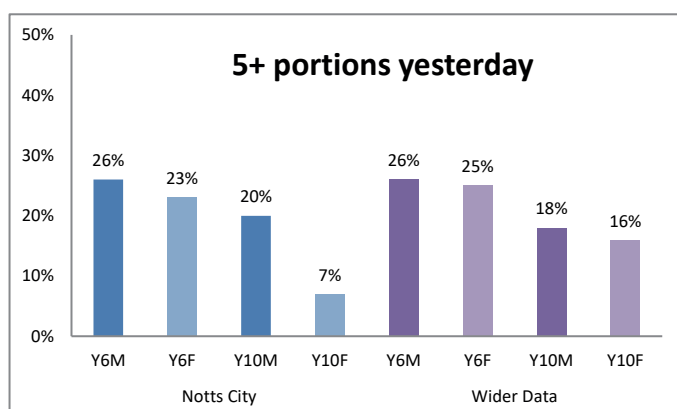
BREAKFAST

- Year 10 pupils in Nottingham City are more likely to say they had nothing for breakfast that morning than those in the wider reference sample:



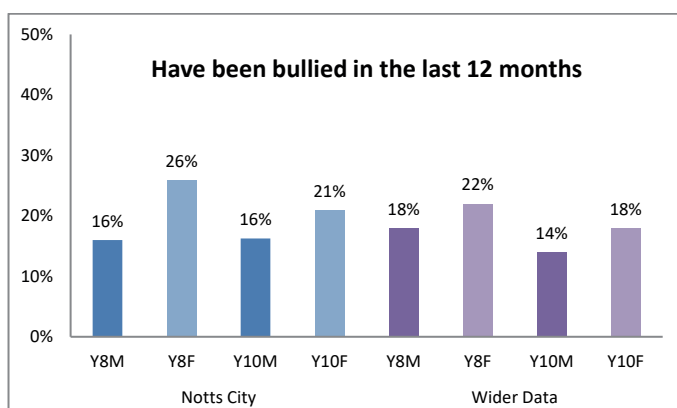
FIVE-A-DAY

- Year 10 girls in Nottingham City are less likely to say that they had 5 or more portions of fruit and vegetables the day before compared with the wider reference sample:



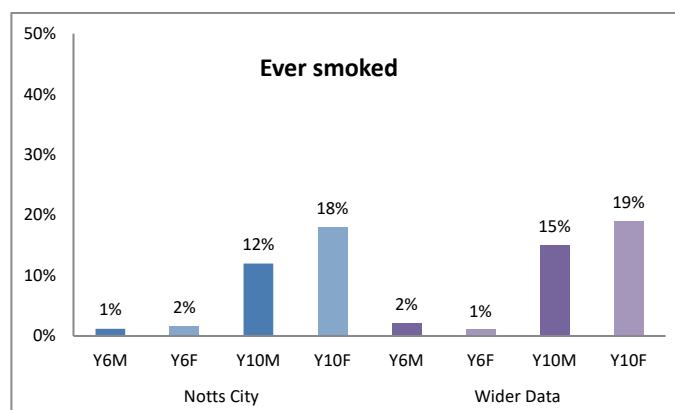
SAFETY

- Year 8 and 10 females in Nottingham City are more likely to report being bullied than those in the wider reference sample:



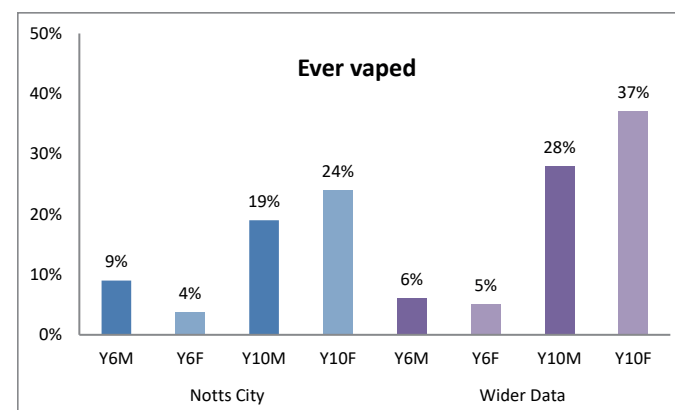
SMOKING

- Year 10 males in Nottingham City are less likely to have 'at least tried' smoking compared with those in the reference sample:



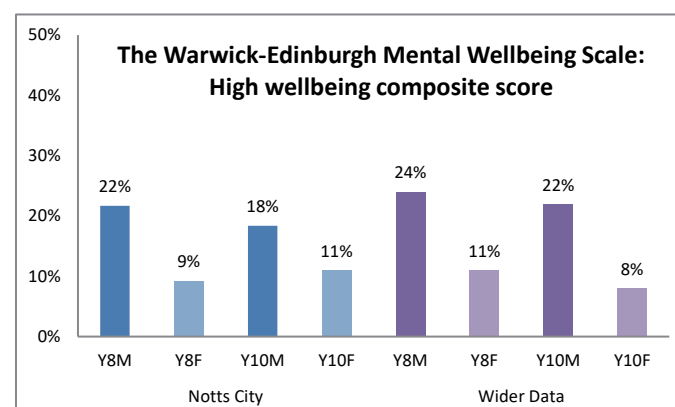
VAPING

- Year 10 pupils in Nottingham City are less likely to have 'at least tried' vaping compared with those in the wider reference sample:



WELLBEING

- Year 10 females in Nottingham City are more likely to have high wellbeing compared with those in the reference sample (the reverse is seen for Year 10 males):

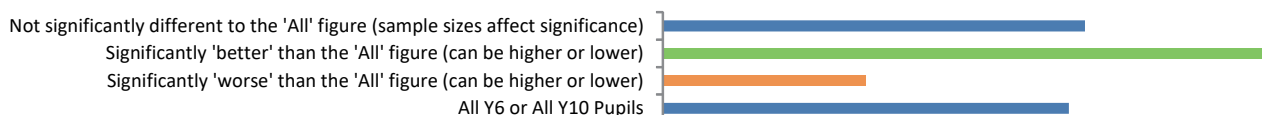


Equality Monitoring in Nottingham City

The survey data reveals the following pupils who belong to social groupings recognised as having more negative outcomes against a wide range of indicators. We have done some analysis to see if the behaviours we see among young people in the Nottingham City are different if they are to be found under one of the social identity headings shown in the table below. A selection of statistically significant findings are presented here but a wider selection of topics and data are also available.

Pupil numbers in each year from social identity groups	Year 6	Year 10
All	1005	503
Boys	523	270
Girls	452	219
Does not live with both parents together (NBP)	322	185
Single parent family (SPF)	154	102
White British	376	117
Asian	227	164
Non-religious (NR)	326	109
Minority religion (MR)	290	199

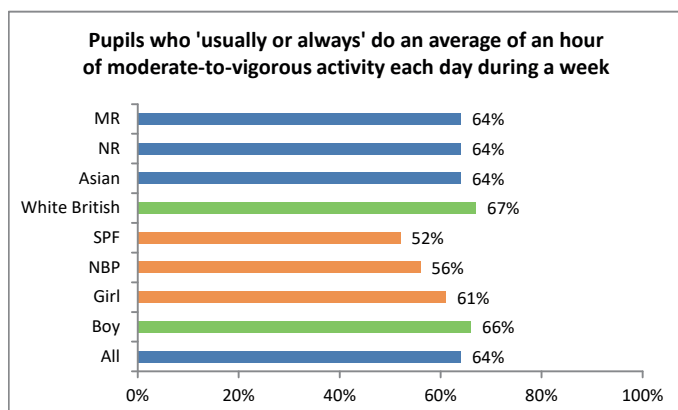
Key



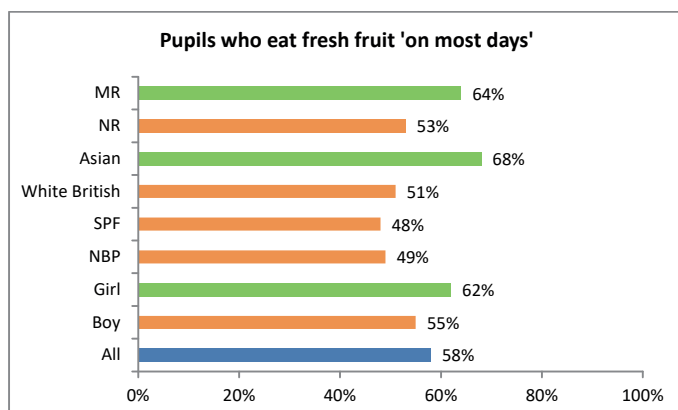
YEAR 6

HEALTHY LIVING

- Pupils from single-parent families pupils were least likely to say they 'usually or always' do an average of an hour of moderate-to-vigorous activity each day during the week:

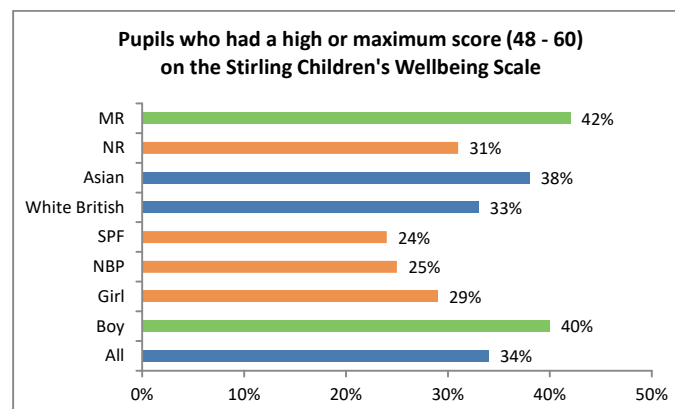


- Asian pupils were most likely to say they eat fresh fruit 'on most days'; pupils from single parent families were least likely to say this.



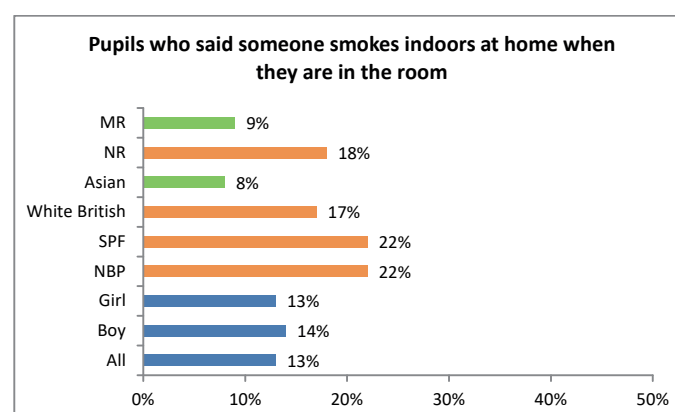
EMOTIONAL HEALTH AND WELLBEING

- Boys and pupils with a minority religion were most likely to record a high or maximum score on the Stirling Children's Wellbeing Scale:



SMOKERS AT HOME

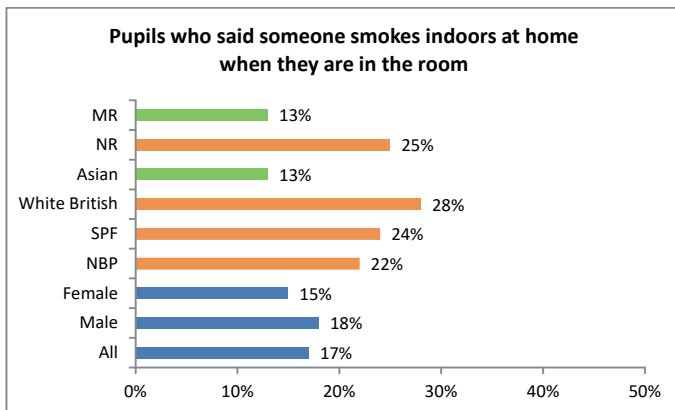
- Pupils from single parent families or those who do not live with both parents together were most likely to say someone smokes indoors at home when they are in the room:



YEAR 10

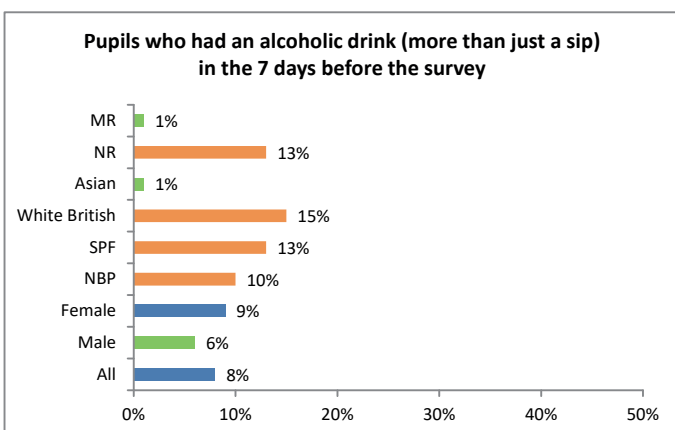
SMOKERS AT HOME

- Asian pupils and those who follow a minority religions were least likely to say someone smokes indoors at home when they are in the room; those who were White British were most likely to say this:



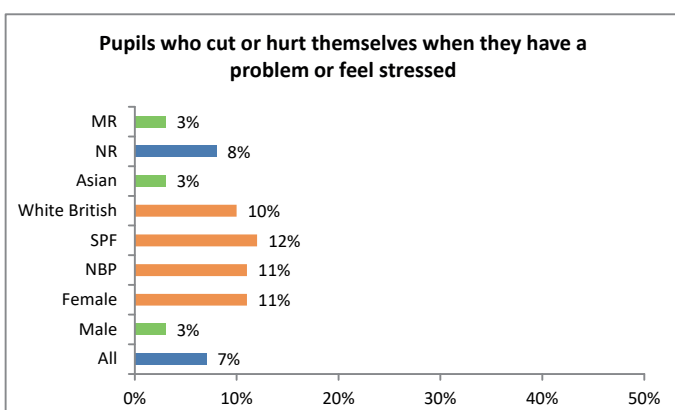
ALCOHOL

- Asian pupils and those who follow a minority religion were least likely to have had an alcoholic drink in the week before the survey. Those who were non-religious, White British, from single-parent families and those not living with both parents together were most likely:



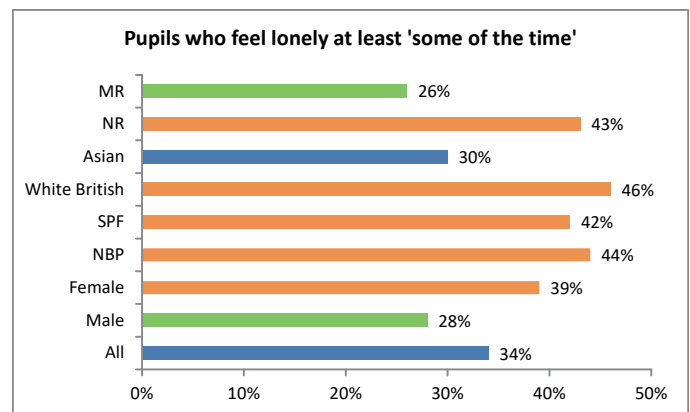
SELF HARM

- Females, pupils from single-parent families or not living with both parents together and those who were White British were more likely to say they cut or hurt themselves when they have a problem or feel stressed:



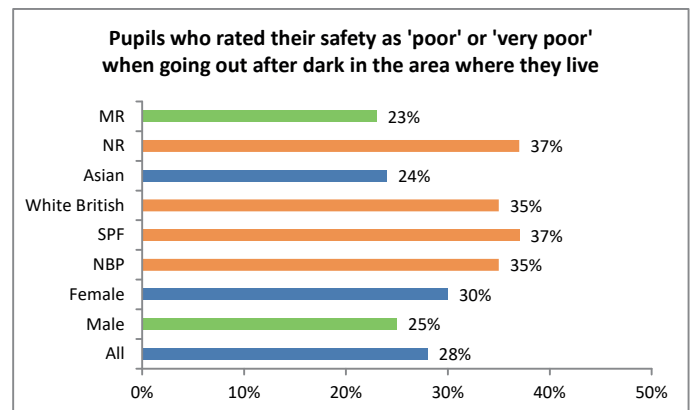
LONELINESS

- Pupils who follow a minority religion were least likely to feel lonely. Those who were White British or not living with both parents together were most likely:



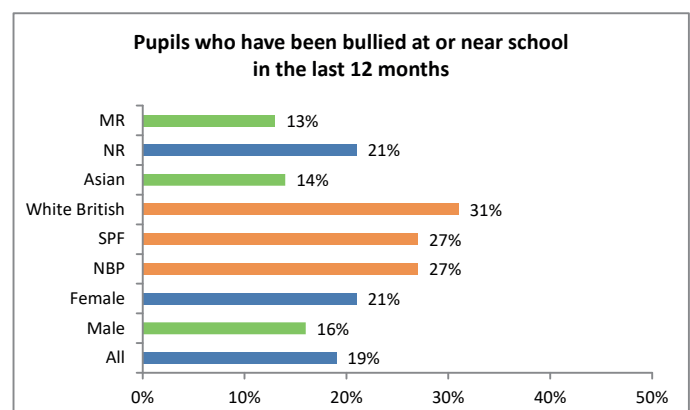
SAFETY

- Pupils who follow a minority religion and males were least likely to rate their safety as 'poor' or 'very poor' when going out after dark in the area where they live. Pupils who were non-religious and those who were from single-parent families were most likely:



BULLYING

- Pupils who were from single-parent families, those not living with both parents together and those who were White British were most likely to have been bullied at or near school in the last 12 months. Pupils who follow minority religions were least likely:



Changes in Nottingham City since 2024

List of significant differences between the 2025 and 2024 survey data

Primary

	2025	2024	Question	
***	33%	39%	of pupils said they have hot fast food (takeaway) at least 'once a week or more' at home for their main evening meal.	↓
***	13%	16%	of pupils said they have hot fast food (takeaway) at least 'once a week or more' during school lunchtimes.	↓
***	46%	42%	of pupils said they had school food for lunch on the day before the survey.	↑
**	32%	36%	of pupils said they feel confident to deal with the changes of puberty.	↓
*	35%	39%	of pupils had a high or maximum score (24 – 30) on the Stirling Positive Emotional State Sub-Scale.	↓
***	48%	42%	of Year 5+ pupils said they have seen images or videos online that were not meant for children.	↑

Year 10

	2025	2024	Question	
***	45%	59%	of pupils responded that they had a school lunch on the day before the	↓
*	44%	54%	of pupils said they notice adverts for fast food, sugary drinks, or sweets on their journey to and from school.	↓
**	74%	86%	of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.	↓
**	40%	53%	of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.	↓
***	1%	6%	of Year 10+ pupils responded that they have had sex and they 'never' or only 'sometimes' use a method of protection or contraception.	↓
***	13%	26%	of Year 10+ pupils responded that they might be too shy or embarrassed to use a local Contraception and Sexual Health Service.	↓

Key
 ↑↓ Positive change
 ↑↓ Negative change
 ↑↓ Neither positive or negative

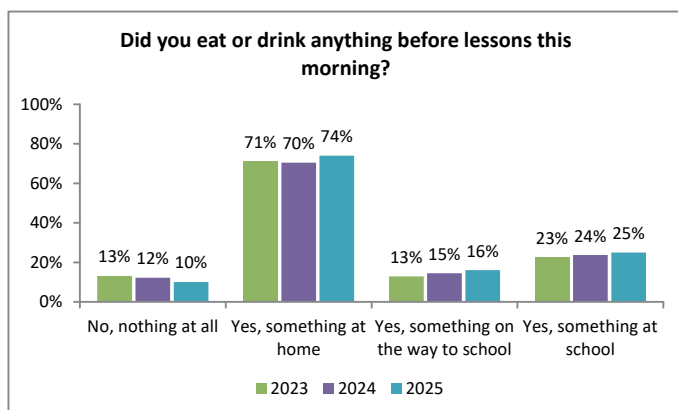
Year 6 Trends: 2023 to 2025

Survey data from 2023, 2024 and 2025

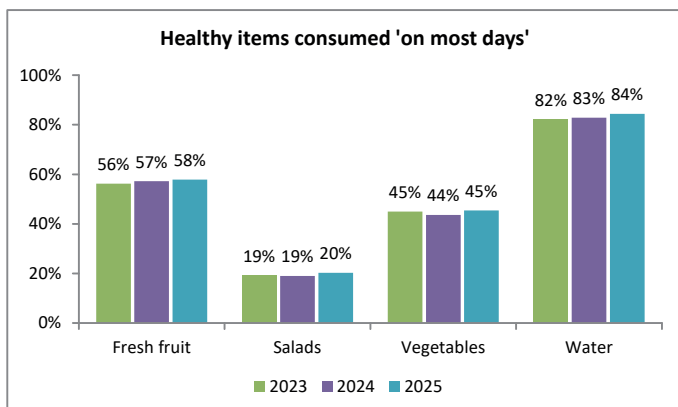
Selected Nottingham City data from the last three waves of the survey are presented below to show recent trends in the health-related behaviour of Year 6 pupils in Nottingham City; data for further survey topics are available.

HEALTHY EATING

- There is a slight downward trend for Year 6 pupils saying they had nothing for breakfast on the morning of the survey and this is accompanied by an upward trend in having something for breakfast at home, on the way to school or at school:

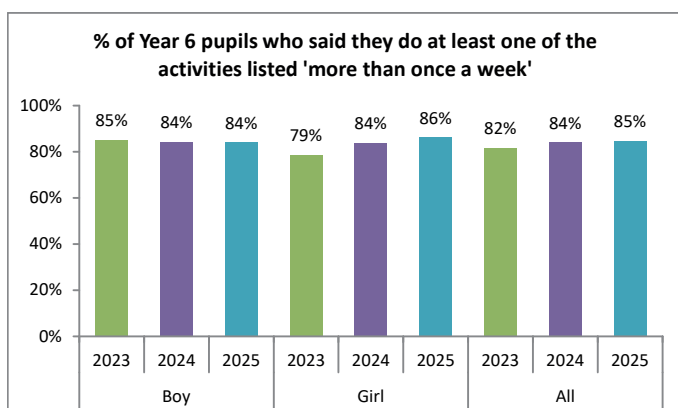


- There is a slight upward trend for Year 6 pupils saying they eat fresh fruit and salads 'on most days' and for drinking water 'on most days':



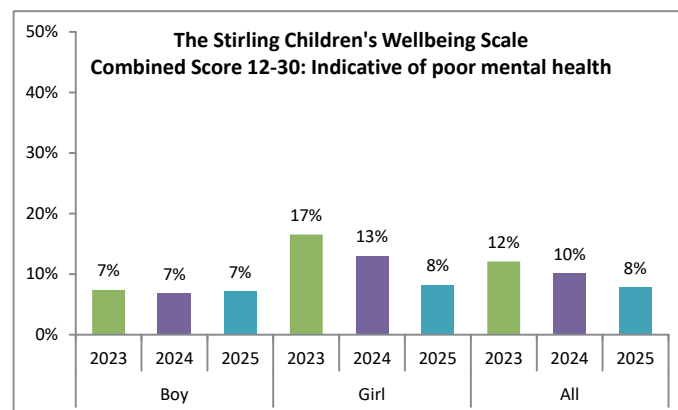
PHYSICAL ACTIVITY

- There is an upward trend for Year 6 girls who say they do at least one of the physical activities listed 'more than once a week':



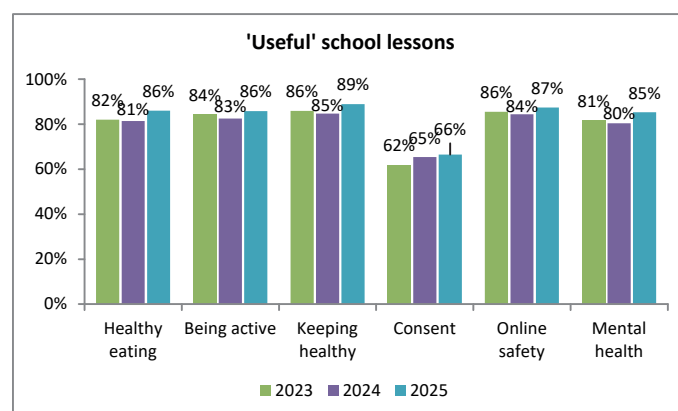
WELLBEING

- There is a downward trend for Year 6 girls recording a combined wellbeing score on the Stirling Wellbeing Scale of 12-30, indicative of poor mental health:



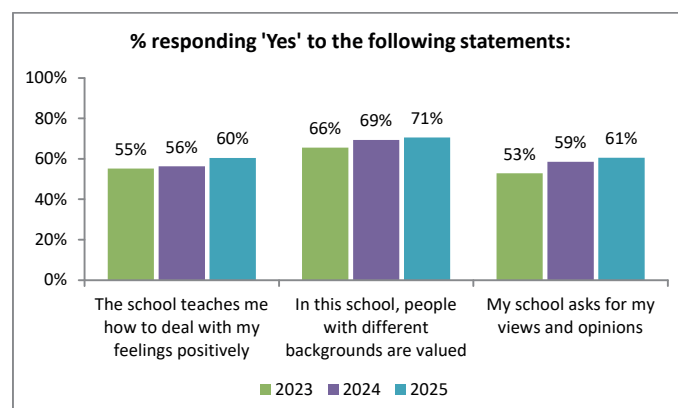
SCHOOL LESSONS

- The most recent survey data for 2025 reveal a small 'uptick' in Year 6 pupils rating their school lessons (for 11 out of 15 topics listed) as 'useful'. Six examples are illustrated below:



PUPIL PERCEPTION

- There is an upward trend for Year 6 pupils responding positively to the following aspects of their school ethos:



Acknowledgements

Grateful thanks go to all the pupils in Nottingham City for their willingness and enthusiasm to take part in this survey. The help, and the time and effort spent, by staff of the schools is also acknowledged.



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