

Norfolk Flourish Survey 2024 – Mental health: Infographic text description

Proportions average across Year 4 to Year 13 pupils (pupils aged 8 to 18) unless stated otherwise

Wellbeing

- Around 4 in 10 report low mental wellbeing
- Just over 1 in 10 report high mental wellbeing
- Over 4 in 10 report never liking to talk about their feelings
- Female pupils are more likely to report low mental wellbeing than male pupils
- Among Year 12/13 pupils...
 - Just under 3 in 10 report missing school due to their mental health in the 12 months before the survey
- Between 2017 and 2024 the proportion of pupils reporting low mental wellbeing increased in Year 6 and Year 8, but not Year 10 and Year 12/13
- Among pupils reporting low mental wellbeing...
 - Almost 6 in 10 report never liking to talk about their feelings

Worries

- Schoolwork problems, exams and tests and/or the way a pupil looks are the most common things pupils worry about quite a lot or a lot
- Among Year 11 pupils...
 - Almost 2 in 3 report worrying quite a lot or a lot about schoolwork problems, exams and tests
- Among Year 6 to Year 13 pupils...
 - Over half report that feeling worried, sad or upset does not or usually does not stop them doing or enjoy things
- Among Year 8 to Year 13 pupils...
 - Just over 2 in 10 report sometimes, usually or always cutting or hurting themselves when worried or stressed
- Among pupils identifying as having SEND...
 - Almost half report worrying quite a lot or a lot about their mental health

Sleep

- Almost 1 in 4 report that they never sleep well

- Using a phone or tablet is the most common reason for not immediately going to sleep at bedtime on the night before the survey
- Over 3 in 20 report that they normally do not get enough sleep to stay alert and concentrate on schoolwork

Issues

Statements relate to Year 8 to Year 13 pupils (pupils aged 12 to 18)...

Risk-taking behaviours...

- Pupils reporting low mental wellbeing are more likely to report (than pupils reporting average or high mental wellbeing):
 - Smoking at least once
 - Vaping at least once
 - Drinking alcohol at least once a month
 - Taking illegal drugs at least once

Home and social life...

- Pupils reporting low mental wellbeing are more likely to report (than pupils reporting average or high mental wellbeing):
 - Violence between adults in the home in the month before the survey
 - Not having a trusted adult to talk to when worried or upset
 - Never finding it easy to make friends
 - Being bullied a lot in the 12 months before the survey
 - Concern about a family member's alcohol and/or drug use at some point