

What did students in Cornwall tell us about their wellbeing in 2019



*Cornwall / Your School
for 7 focus areas*

Questions to think about when looking the results for Cornwall / your school:

When you look at the results think about the story they're telling you about your school.

Compare your school and Cornwall as a whole

- Are there things to celebrate in Cornwall? In your school?
- Are there any surprises in Cornwall? In your school?
- Are there any differences between the year groups? If yes, can you suggest why.
- Are there any differences between boys and girls? If yes, can you suggest why.
- Do you think the results are a good reflection of wellbeing in your school?
- Can you think why young people in Cornwall said these things about their wellbeing?
- What questions would **you** ask about the results of the wellbeing survey?

Get Involved

Look at the results for your school.

You could compare them with other ways your school asks you about your wellbeing (e.g. if the school carries out it's own survey of pupils or if you use the SHEU or other types of survey)

What could you do with your friends / classmates and school staff to share these results in school with other pupils to get them talking about wellbeing?

How could you work together with other students and staff to take action so that:

- Students score more greens / ambers than reds.
- understand more about why some scores are red and what can be done to improve things?

Check out some the ideas / material on the Start Now website:









www.startnowcornwall.org.uk



Start Now.

Mental health and wellbeing

Emotional Difficulties









Key	The ‘traffic light’ results for 2019 show the levels of <i>emotional difficulties such as anxiety or low mood</i> , for students in Cornwall compared to the results from all six Headstart areas nationally:	
	On average students in Cornwall feel less anxious or low in mood as others	
	On average students in Cornwall feel as anxious or low in mood as others	
	On average students in Cornwall feel more anxious or low in mood as others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		

Reflection

Why do girls generally have more emotional difficulties than boys?

Mental health and wellbeing

Behavioural Difficulties

Key	The 'traffic light' results for 2019 show the levels of <i>behavioural difficulties, such as aggression or acting out</i> , for students in Cornwall compared to the results from all six	
	On average students in Cornwall are less aggressive or 'act out' than others	
	On average students in Cornwall are as aggressive or 'act out' than others	
	On average students in Cornwall are more aggressive or 'act out' than others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		









Reflection

This is a good news story. Why do think there was a slight dip in the scores for Y9 compared to Y7?

Start Now.

Mental health and wellbeing

Positive wellbeing

Key	The 'traffic light' results for 2019 show the levels of <i>positive wellbeing</i> , for students in Cornwall compared to the results from all six Headstart areas nationally:	
	On average students in Cornwall feel more positive about their wellbeing as others	
	On average students in Cornwall feel as positive about their wellbeing as others	
	On average students in Cornwall feel less positive about their wellbeing as others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		

Reflection









The results for Cornwall look pretty grim. How does your school compare? What could be contributing to why students in Cornwall are feeling less positive about their wellbeing?

We have a lot of ideas & activities to help you understand more about wellbeing...

HEADSTART
KERNOW 

Emotional strengths and skills

Coping with stress

Key	The ‘traffic light’ results for 2019 show the levels of <i>feeling stressed</i> , for students in Cornwall compared to the results from all six Headstart areas nationally:	
	On average students in Cornwall are more able to cope with stress than others	
	On average students in Cornwall are as able to cope with stress than others	
	On average students in Cornwall are less able to cope with stress than others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		

Reflection

Why do think the scores are worse for Y9 compared to Y7?









What stress busting strategies do you use?

There are some really great ideas shared by young people on the Start Now website including how to create your own wellbeing action plan
www.startnowcornwall.org.uk

Start Now.

Emotional strengths and skills

Empathy

Key	The ‘traffic light’ results for 2019 show the levels of <i>empathy (ability to understand another’s feelings)</i> for students in Cornwall compared to the results from all six Headstart	
	On average students in Cornwall show levels of empathy higher than others	
	On average students in Cornwall show levels of empathy similar to others	
	On average students in Cornwall feel show levels of empathy lower than others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		




Reflection






Why do you think empathy is an important emotional strength / skill?

Activities and more information about empathy including a really good video can be found on the empathy page

Support networks

School Support

Key	The 'traffic light' results for 2019 show the levels of <i>emotional difficulties such as anxiety or low mood</i> , for students in Cornwall compared to the results from all six Headstart areas
	On average students in Cornwall feel more supported by adults at school than others
	On average students in Cornwall feel as supported by adults at school than others
	On average students in Cornwall feel less supported by adults at school than others

	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		

Reflection

Compare the results for your school and Cornwall

Are there any results for Cornwall and/or your school that are surprising?

What are the differences between the year groups? / boys and girls? Can you think why?

Whether your school results were green, amber or red—could you suggest ONE thing that could make support in your school better? Share your ideas with staff.









In most schools there is a lot of really good support available... and they still have results that are worse than average. Why do you think this might be?

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Have a look at the School Support activity to see how one school made a difference...

Support networks

Peer support

Key	The ‘traffic light’ results for 2019 show the levels of <i>of peer support (positive connections with peers)</i> , for students in Cornwall compared to the results from all six Headstart areas nationally:	
	On average students in Cornwall have more positive connections with peers than others	
	On average students in Cornwall have as positive connections with peers than others	
	On average students in Cornwall have fewer positive connections with peers than others	
	Cornwall	Your School
All (Y7 + Y9)		
Year 7 only		
Year 9 only		
Girls only		
Boys only		

Reflection

Why is the support of peers important to everyone's wellbeing?

Do you think '**school support**' and '**peer support**' go in hand in hand to help make schools emotionally supportive for everyone in the school community?

Have you got a peer support group in your school? If not perhaps you could work with staff to set one up?

Start Now.