

Briefing Paper: Growing Up In Bolton 2015

(Children and Young People's Health and Wellbeing Survey)

1. Background:

1.1 Bolton Council has identified a gap in knowledge around the health and wellbeing related lifestyles and behaviours of young people in Bolton. Whilst there is a regular adult health survey in Bolton we currently have very little data in terms of children and young people's health behaviours and perceptions across all age phases.

1.2 The Council has commissioned the Schools Health Education Unit from Exeter University to undertake a children and young people's health and wellbeing survey on our behalf. This survey is intended to fill this gap and complement the intelligence obtained from the local adult Health and Wellbeing Survey.

1.3 The information obtained from this survey will be used by schools to inform priority topics for further work; it will be used by Bolton Council to set and influence implementation of health and wellbeing related policy for young people and feed into Bolton's Joint Strategic Needs Assessment (JSNA) and it will support implementation of the Healthy Schools and Healthy Schools+ programmes

1.4 The overall aim of the Children and Young People's Health and Wellbeing Survey is to obtain information about the health and wellbeing related lifestyles and behaviours of children and young people studying in Bolton.

The outcomes from the survey will:

- Enable us to design and commission services in response to actual rather than perceived need, including the needs of vulnerable groups/children and young people at risk of poorer outcomes and attainment;
- Provide a baseline for the proposed 5-19 Children and Young People's Health and Wellbeing Service;
- Provide OFSTED with evidence for your school to support the SMSC/PSHE and healthy schools agendas;
- Highlight areas for continuous improvement both borough and locality wide.
- Identify priority topics for Bolton's children and young people on which to gather data
- Obtain intelligence on the differences and similarities in the health and wellbeing of young people from different demographic groups, schools and geographical areas within Bolton
- Survey pupils from at least 80% of the borough's schools, colleges and Pupil Referral Units, and to survey at least 90% of pupils from the selected year groups (years 4, 6, 8, 10, and 12) in the participating schools
- Use the information obtained, and comparison with relevant benchmarking data to highlight priority areas for improvement for individual schools and the borough as a whole, and to establish a baseline from which to measure improvement.

2. The Survey:

2.1 Growing Up In Bolton 2015 will be the biggest survey of its kind ever undertaken with Bolton's Children and Young People.

- The survey will be carried out online by children and young people in Years 4,6,8,10,&12 across the whole of the borough.
- The survey will be carried out between 23rd February and 27th March 2015
- The survey covers a wide range of topics including attitudes towards learning, emotional health and wellbeing including resilience and bullying, sexual health, substance misuse, and e- safety
- The survey is completely confidential and no child or young person can be identified
- The survey will take no more than an hour to undertake (average 35 minutes)
- The healthy schools team will be available to support if required
- Schools will receive their own report as well as the borough-wide report
- Is free of charge

3. Schools Health Education Unit (SHEU)

3.1 SHEU is a nationally recognised organisation which has been undertaking children and young people's Health and Wellbeing surveys since 1977 and consequently has a wealth of experience and comparator data. SHEU undertook a similar (though smaller) survey in Bolton in 2005

3.2 For more information about SHEU, examples of their surveys and feedback from other schools that have undertaken their surveys visit www.sheu.org.uk

4. Next Steps:

4.1 Please agree your school's participation by Friday 13th February 2015 by contacting one of the Healthy Schools team (see below)

4.2 Attend a briefing session.

- **Tuesday 3rd February 2015 from 4-5.30 pm @** the Science and Technology Centre, Minerva Road, Bolton BL4 0HA
- **Thursday 5th February from 4-5.30 @** Gilnow Primary School, Gilnow Gardens, Bolton BL1 4LG
- **Wednesday 11th February 4-5.30 @** Turton High School 6th Form, Chapeltown Rd., Bolton BL7 9LT
- **Thursday 12th February 4-5.30 @**USN Bolton Arena, Arena Approach, Horwich, BL6 6LB

4.3 Undertake the survey in your school within the timescale February 23rd to 27th March 2015

5. For More Information

If you have any questions or require any further information or to get your school involved please contact any of the Bolton Healthy Schools team on the numbers below

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Via the Healthy Schools Website www.boltonhealthyschools.co.uk

Via twitter @boltonHS