

Wiltshire Council

Health and Wellbeing Board

30 January 2025

Subject: Wiltshire Children and Young People's Emotional Wellbeing Survey (2024)

Executive Summary

[Wiltshire Children and Young People's \(8 to 18 years\) Emotional Wellbeing Survey Report](#) aims to develop a better understanding of children and young people's experiences of life, both inside and outside school and how that may be impacting on their emotional health.

All Wiltshire schools and colleges were invited to take part in the voluntary online survey in Spring 2024. A total of 9,140 young people completed the survey from a total of 92 settings. Whilst a random sampling method was not used, the large number of respondents and different schools involved means that we can have some confidence that the responses are representative of Wiltshire's children and young people.

The findings demonstrate variation in children and young people's emotional wellbeing in Wiltshire, particularly in relation to age, identifying with 'priority groups' (such as having a social worker, being eligible for free school meals, having a special educational need or disability, being a young carer), gender and recent trends.

The survey captures the experience of children and young people and provides:

- rich school-level data for participating schools/settings to help identify areas for improvement for their students; and
- evidence at scale to influence Wiltshire-wide strategic decision-making and service improvement to improve the health and wellbeing of all children and young people.

The report is being disseminated widely and senior leaders and key decision makers from commissioner and provider organisations across Wiltshire are invited to attend a Children and Young People's Emotional Wellbeing Summit in the Spring to discuss the findings and consider what actions to take forward in response.

Proposal(s)

It is recommended that the Board:

- i) notes the report
- ii) considers the implications of the findings for services and communities

across Wiltshire, and
iii) ensures senior lead representation at the Children and Young People's
Emotional Wellbeing Summit on 10th March 2025

Reason for Proposal

Emotional health is about how we think and feel. It is about our sense of wellbeing, our ability to cope with life events, and how we acknowledge our own emotions as well as those of others. It underpins our wellbeing.

Emotional wellbeing impacts on all aspects of a child's life, including their physical wellbeing, relationships, and educational attainment, which in turn impacts on their long-term physical, emotional and mental health and wellbeing.

Childhood is a critical time for learning to manage emotions and for building resilience, and brain science tells us that calm, responsive adults are central to this process. As such, we need always to consider the adults around the child.

Understanding the emotional wellbeing of children and young people and using this information to help create environments – at home, within services, in communities - that support children and young people to develop positive wellbeing which they can carry through to adulthood is in all our interests.

Sally Johnson
Public Health Strategist (0-24 years)
Wiltshire Council