

A Summary of the Secondary/Sixth-Form School Health and Wellbeing Survey in York 2023-24

INTRODUCTION

The School Health and Wellbeing Survey was commissioned by City of York Council Public Health team. This is the second large scale survey on the health and wellbeing of children and young people in the city carried out between 2021 - 2024. The aim of the survey is to inform and support policy and decision making across the local authority, in schools, and among other key stakeholders in the City.

Thank you, to all staff and pupils who took part!

THE SURVEY

The survey was carried out between November 2023 and January 2024. York University assisted with co-production and the development of the questionnaires to include validated measures and scales. The City of York Council Business Intelligence team carried out the data analysis. Five year groups across all publicly funded schools in York were invited to participate: years 4 and 6 in primary schools and years 8, 10 and 12 in secondary/sixth form schools.

New questions on internet use, gambling, hate crime, period poverty and school attendance were added to the secondary and sixth-form survey this year.

This report is based on the responses from 1,923 young people from 6 secondary/sixth-form schools in York.

TOPICS

ORAL HEALTH
DIET AND NUTRITION
PHYSICAL ACTIVITY
INTERNET USE
SLEEP
GAMBLING
EMOTIONAL HEALTH
AND WELLBEING
SELF-HARM
HATE CRIME AND
BULLYING
HEALTHY RELATIONSHIPS
SMOKING AND VAPING
ALCOHOL
DRUGS
SEXUAL HEALTH
PERIOD POVERTY
SCHOOL ATTENDANCE

1923 young people aged 11-17 years took part in the survey

School Year	Year 8	Year 10	Year 12
Male	48.4%	50.0%	39.7%
Female	49.5%	47.3%	56.4%
Other	2.1%	2.6%	3.9%
Total	100%	100%	100%

HEADLINE FINDINGS

Positive Findings	
Oral Health	Most (84%) secondary/sixth-form pupils said that they brush their teeth at least twice a day.
Emotional Health and Wellbeing	The majority (86%) of secondary/sixth-form pupils said that they have someone they can talk to if they have a problem or were worried about something.
Smoking Cigarettes	Most (90%) of secondary/sixth-form pupils have never smoked cigarettes.
Sexual Health	The majority (92%) of secondary/sixth-form pupils reported that they have not had sex.

Persisting Trends	
Diet	Around 34% of secondary/sixth-form pupils reported having their '5 a day'. This is a decrease from the 2021 survey when about half of pupils reported having their '5 a day'.
Diet	10% said that they drink energy drinks most or every day.
Physical Activity	Only 1 in 5 secondary/sixth-form pupils met the recommendation for physical activity, reporting that they were active for 1 hour every day in the week before the survey.
Sleep and Sleep Hygiene	29% of secondary and sixth-form pupils go to bed after 11pm on a school night and 35% said that the amount of sleep they get is not usually enough to make them feel awake and focus at school. 58% report that they do things which make them feel very awake a lot of the time or every day in the hour before they go to bed such as watching TV, playing video games, or talking on the phone. Not being

	able to wake up in time was one of the top 3 reasons reported for missing a full day of school.
Vaping	A quarter of secondary/sixth-form pupils said that they have used/use e-cigarettes. This is an increase from the 2021 survey (19%). 3% reported that they vape every day.
Smoking	Around a fifth said that an adult in their home smokes.
Alcohol	66% of secondary/sixth-form pupils said that they have tried or drink alcohol. 60% report that their parents or careers always know when they drink alcohol. This is similar to the 2021 survey. 60% said that they usually drink alcohol at home. 30% said that the alcohol was given to them and around 1 in 5 said that alcohol is freely available within their home. This is a slight reduction compared to the 2021 where 38% reported that alcohol was given to them and 29% stated that alcohol is freely available within their home.
Drugs	32% reported that they had been offered drugs, rising to 56% in year 12 pupils. This is an increase from the 2021 survey when 19% reported that they had been offered drugs. 13% said that they had taken drugs, rising to about a quarter of year 12 pupils. This is a slight increase compared to the 2021 survey.
Sexual Health	73% of sexually active young people said that they or their partner used a method of contraception when they had/have sex. This is similar to the 2021 survey (68%). 1 in 5 reported not using any method of contraception when they had/have sex.
Mental wellbeing	On the Short Warwick-Edinburgh Mental Wellbeing scale, the overall York score for secondary/sixth-form pupils was 14.9 out of 35.
Healthy Relationships	Most, but not all , think that hitting or kicking (84%) and sharing undressed or sexual photos of you with someone else (86%) is always wrong in a boyfriend/girlfriend/partner relationship. Fewer than half thought that telling you what to wear, checking where you are all the time and being jealous is always wrong. This is similar to the findings from the 2021 survey.
Self-harm	Around a quarter of secondary/sixth-form pupils reported that they had self-harmed in the past year and 46% of those said that they had never asked anyone for help or support.

Emerging Trends	
Diet	Nearly a quarter of secondary/sixth-form pupils reported that they don't usually eat breakfast on a school day and 10% said that they don't usually eat anything for lunch.
Internet Use	The majority (91%) of secondary/sixth form pupils said that they have a social media account. Around a fifth reported using the internet for more than 6 hours on a normal school day, rising to 37% on a normal weekend day. 71% said that they had received messages from people that they don't know online and about a quarter said that they had been asked to do something that they didn't want to do online.
Gambling	About a quarter of secondary/sixth-form pupils said that they have taken money without permission to spend on gambling. 14% said that their gambling had led to arguments with family or friends. 70% reported that when playing video games they had paid money or used in-game currency they had bought to buy in-game items (e.g. skins, clothes, weapons and players) or to open loot boxes, packs or chests. About half stated that they didn't know where to get help or advice from if they or someone they know is worried about their gambling.
Vaping and Cigarettes	100% of secondary/sixth-form pupils said that they don't know where to get help to stop vaping and smoking.
Bullying	A quarter of secondary and sixth-form pupils reported that they have been bullied because of how they look. Around a fifth of pupils said that no one helped them deal with being bullied.
School Attendance	15% of secondary/sixth-form pupils report that they are late to school once or twice a week and 3% said that they are late every day.

SECONDARY/ SIXTH-FORM SUMMARY

Oral Health

Children and young people should brush their teeth twice a day for about 2 minutes using a pea sized amount of fluoride toothpaste. Tooth decay is one of the top reasons for hospital admissions amongst children and young people. Dental caries can impact on health and social wellbeing including school attendance, sleep, speaking, eating and socialising.

84% of secondary/sixth-form pupils said that they ‘brush their teeth more than once a day’ and 75% remembered visiting a dentist in the last year.

- ‘I’m too tired/can’t be bothered’ was the top reason given for not brushing their teeth (32%). Girls (37%) were more likely to say that they are ‘too tired/can’t be bothered’ than boys (28%).
- 3% said that they ‘don’t have a toothbrush/toothpaste’.
- 4% said that they had ‘missed school in the last month because of tooth pain’.

Diet and Nutrition

Children and young people require lots of energy and nutrients to support their growth and development. It is therefore important that they don’t skip meals, especially breakfast. They should aim to eat a balanced diet which includes at least 5 portions of fruit and vegetables a day and not fill up on foods and drinks which are high in fat, salt and sugar as these contain higher calories and fewer nutrients.

Around a quarter of secondary/sixth-form pupils said that they ‘never usually eat breakfast on a normal school day’ and 10% said that they ‘don’t usually eat anything for lunch’.

- Girls (28%) were more likely to say that they ‘never usually eat breakfast during on a normal school day’ compared to boys (16%). There were no noticeable differences across the year groups.
- 38% of secondary/sixth-form pupils said that they ‘don’t have enough time to eat breakfast’. Boys (45%) were more likely to report that they ‘don’t have enough time to eat breakfast’ compared to girls (35%).
- 43% of secondary/sixth-form pupils stated that they ‘have a packed lunch’.

- 37% report that 'school food is too expensive'.
- 29% responded that they eat 'at least 2 portions of fruit every day'. 6% report eating 'none.'
- 38% of secondary/sixth-form pupils said that they eat 'at least 2 portions of vegetables every day'. 5% report eating 'none'.
- 43% stated that they consume sugary drinks 'most days or every day'.
- 11% of secondary/sixth-form pupils said that they drink energy drinks 'most days or every day' and 46% buy them from the 'corner shop'.

Physical Activity

It's recommended that children and young people aged 5-18 years should aim to be active for at least 1 hour a day across the week for their health and wellbeing.

A fifth of secondary/sixth-form pupils are meeting the recommendation for physical activity reporting that they were active for 1 hour every day in the week before the survey.

- 4% responded that they weren't active for 1 hour on any day in the week before the survey.
- Around a quarter of boys said that they were active for 1 hour every day in the week before the survey compared 15% of girls.
- Nearly half said that they do most of their activity or exercise 'outside of school', rising to 76% in year 12 pupils.
- 59% of secondary/sixth-form pupils actively travel to school (walk, bike or scooter). Boys (63%) were slightly more likely to report that they actively travel to school compared to girls (56%). The use of public transport increases with age.
- 37% said that 'nothing would help them be more active and 'things are fine the way they are.' 18% stated that having 'more time' would help.

Internet Use

Advice from the National Institute for Health and Care Excellence (NICE) suggest that children and young people should have a two-hour limit on the time spent in front of screens. Most social media platforms (e.g. TikTok, Snapchat, Instagram) have an age limit of 13+ years. The overuse of social media can impact on young people's mental health, self-esteem and wellbeing.

91% of secondary/sixth form pupils said that they have a social media account.

- Around a fifth report 'using the internet for more than 6 hours on a normal school day', rising to 37% on a normal weekend day. There were no noticeable differences between genders in relation to the amount of time spent using the internet.
- When asked what they use their social media account for the top three reasons given were 'messaging friends' (16%), 'listening to music' (14%) and 'browsing the internet' (12%).
- 34% of secondary/sixth-form pupils said that 'an adult normally checks what they are doing online'. This decreases with age and there were no noticeable differences between boys and girls.
- 71% responded that they had 'received messages online from people that they didn't know'.
- 43% reported that they have received 'unkind comments from people online'.
- Around a quarter of secondary/sixth-form pupils said that they have been 'asked to do something that they didn't want to do online'. Girls (29.6%) were more likely to report that they had been 'asked to do something that they didn't want to do online' compared to boys (17%). This also increased with age.

Sleep

A good night's sleep is important for physical and mental wellbeing. Young people should get between 8-10 hours' sleep each night. The NHS recommend that young people should not use screens in the hour before they go to bed.

71% of secondary and sixth-form pupils said that they usually go to bed by 11pm on a school night.

- 58% stated that in the hour before bedtime they 'do things which make them feel very awake a lot of the time or every day, such as watching TV, playing video games or talking on the telephone'. There were no noticeable differences between boys and girls.
- 38% report that when they go to bed they 'do things in their bed which keep them awake, such as watching TV, a lot of the time or every day'. Year 10 (29%) and Year 12 (27%) pupils were more likely to report poor sleep hygiene compared to Year 8 pupils (19.4%).

- 35% of secondary/sixth-form pupils said that ‘the amount of sleep they get is not usually enough to make them feel awake and focus on school’. Girls (43%) were more likely to say that the ‘amount of sleep they get is not usually enough to make them feel awake and focus on school’ compared to boys (26%).

Gambling

Problem gambling in childhood is likely to impact on mental and emotional wellbeing and increase the risk of acquiring other addictions. Since Covid-19 there has been growing concern about the number of children and young people playing online gambling-style games. Online gambling-style games look and play like normal gambling games – for example roulette, poker, slot machines, and bingo – but you cannot win real money (e.g. Zynga Poker, Slots Farm, Bingo Blitz).

16% of secondary/sixth form students said that they had gambled in the last 12 months.

- The most common form of gambling reported was playing arcade games. 38% responded that they had ‘spent their money to play arcade games in the last 12 months’. Year 8 (31%) pupils were more likely to say that they had played arcade games compared to year 12 pupils (22%).
- 34% of secondary/sixth-form pupils stated that they gamble to ‘try to win money’ and 15% said that they ‘don’t know why they gamble’.
- 14% reported that their gambling had ‘led to arguments with family and/or friends’.
- Around a quarter said that they have ‘taken money to spend on gambling without permission’. This decreases with age.
- 4% stated that in the last 12 months their gambling had ‘often led to them missing school’.
- 69% reported that they had ‘never used online gambling style games’.
- Nearly half reported that ‘when playing video games (e.g. Fortnite, FIFA, Roblox, Candy Crush), they had ‘paid money or used in-game currency they had bought to buy in-game items such as skins, clothes, weapons and players’.
- 22% responded that they had ‘paid money or used in-game currency they had bought to open loot boxes/packs/chests to get other in-game items such as skins, clothes, weapons and players’.

- Girls (44.3%) were more likely to state that they had never paid money or used in-game currency to buy in-game items or open loot boxes or bet with in-game items outside of the game they are playing compared to boys (13.7%).
- 52% of secondary/sixth-form pupils said that they ‘didn’t know where to go for help or advice if they were worried about their or someone they knows gambling’.

Vaping

There is growing concern about the number young people vaping. Vaping is a way for a adults to stop smoking and although it is less harmful than smoking it is not harmless and is therefore not something for non-smokers or children and young people to try. Vapes contain some toxins and we do not yet know the long-term effects of these on the body. They also contain nicotine. Children and young people’s developing brains and lungs are more sensitive to the effects of vaping. This is why it is illegal in the UK to sell nicotine based vaping products to anyone under the age of 18 years or for an adult to buy them on behalf of under 18s.

71% of secondary/sixth-form pupils said that they had never used an e-cigarette (vape) and 4% reported that they have never heard of e-cigarettes.

- Year 8 pupils (78%) were more likely to say that they have ‘never used an e-cigarette’ compared to year 12 pupils (64%). There were no noticeable differences between boys and girls.
- 3% of secondary/sixth-form pupils report that they ‘use e-cigarettes every day’.
- 17% said that they ‘get them from friends.’
- 32% said that they use/used an e-cigarette ‘just give it a try’, Around a quarter responded that they ‘don’t know why’ and 11% said that they ‘like the flavours’.
- 44% reported that they didn’t know what type of e-cigarette they use most often and 33% stated that they used a ‘disposable e-cigarette (non-rechargeable)’ most often.
- 42% thought that the harmful effects of e-cigarettes are ‘about the same as cigarettes.’

Cigarette smoking

Smoking during childhood causes serious risks to health in the long and short term. The earlier people become regular smokers the harder they find it to quit and are more likely to smoke as adults, increasing the risk of developing diseases, such as respiratory, cancer and heart disease.

Children and young people are more at risk to the effects of passive smoking and parental smoking is the main determinant of exposure in non-smoking children. Bronchitis, asthma and pneumonia are more common in children with one or two parents who smoke.

90% of secondary/sixth-form pupils said that they have never smoked cigarettes.

- 17% stated that ‘friends usually give them to me’ when asked where they get cigarettes from, rising to 35% in Year 12.
- A fifth of secondary/sixth-form pupil’s reported that ‘an adult in their home smokes cigarettes’.
- 100% said that they ‘don’t know where they can get help to stop vaping and smoking.’

Alcohol

The NHS states that children and young people are advised not to drink alcohol under the age of 18. In the UK it is against the law for anyone under the age of 18 to buy alcohol, for someone to sell them alcohol, for an adult to buy them alcohol on their behalf or to consume alcohol in a licenced premises, such as a pub or restaurant (a limited exception applies for 16-17 year olds). Alcohol use in young people is associated with a range of health and social problems. It can affect the normal growth and functioning of vital organs including the brain.

34% of secondary and sixth-form pupils report that they have ‘never tried alcohol’.

- Year 8 pupils (45%) more likely to say that they have ‘never tried alcohol’ compared you year 10 (31%) and year 12 pupils (16%). There were no noticeable differences between boys and girls.
- 11% of year 12 pupils state that they ‘drink alcohol at the moment (more than once a week)’.

- 60% of secondary/sixth-form pupils said that their ‘parents or carers always know when they drink alcohol.’
- When asked how they get alcohol, 31% responded that ‘someone gave it to me’ and 19% report that ‘it is freely available in my home.’
- 60% said that they usually drink alcohol at home and around a quarter stated that they drink it ‘at their friend’s house.’ Boys (60%) were more likely to say that they ‘usually drink alcohol at home’ and girls were more likely to report that they ‘usually drink alcohol at their friends house’ (27%).
- 5% of secondary/sixth-form pupils reported that they had been ‘drunk three or more times in the last 4 weeks.’ Boys (84%) were more likely to say that they had not been drunk in the last 4 weeks compared to girls (75%).

Drugs

Using drugs can have short and long-term effects on young people’s physical and mental health and can lead to addiction. It can lead to young people taking risks and putting themselves in harmful situations. It is therefore important that young people have the knowledge and resilience to allow them to make informed decisions.

68% of secondary/sixth-form pupils said that they have ‘never been offered drugs’ and 87% report that they have ‘never taken drugs.’

- Year 8 pupils (91%) were more likely to say that they have ‘never been offered drugs’ compared to year 10 (63%) and year 12 pupils (44%).
- Year 12 pupils (75%) were less likely to say that they have ‘never taken drugs’ compared to year 10 (86%) and year 8 pupils (97%).
- Amongst those who had ever taken drugs, 44% reported that they had ‘not taken anything in the last year’ and 22% said that they had taken drugs ‘more than 10 times in the last year’.
- The most commonly used drug was cannabis followed by cocaine. 12% of secondary/sixth-form pupils reported that they have been offered cannabis and 5% stated that they have taken cannabis.
- 41% responded that they ‘get drugs from their friends’ and a quarter reported that they ‘get them from a dealer.’
- 40% of secondary/sixth-form pupils said that they ‘do not know where to go for help or advice if the were worried about their or someone else’s alcohol or drug use.’

Sexual Health

The legal age for young people to consent to have sex in the UK is 16 years. Ensuring that young people have a good understanding and emotional maturity to enable them to form healthy and safe relationships and make informed decisions about sex when the time is right is essential to ensure that they experience good sexual health.

Lack of knowledge and information about sex may mean that young people are more likely to engage in what can be considered 'high-risk' sexual activity which can lead to Sexually Transmitted Infections (STI's) and unplanned pregnancies.

92% of secondary and sixth-form pupils said that they have 'not had sex.'

- A fifth reported that they or their partner did not use a method of contraception when they have/had sex. There was no noticeable difference between boys and girls.
- 31% stated that they would not know where to go if they or their partner were pregnant, and they wanted advice or support.
- Just over half of secondary/sixth-form pupils said that they knew where to get sexual health advice from including a test for Sexually Transmitted Infections, free condoms, and emergency contraception, rising to 70% in Year 12.
- 5% reported that they had experienced period poverty in the last year.

Emotional Health and Wellbeing

Children and young people's emotional health and wellbeing has an impact on many factors in their life, such as educational attainment, relationships and friendships and quality of sleep. It can also impact healthy behaviours, such as eating a healthy balanced diet or being physically active. Poor emotional health and wellbeing can also affect opportunities in later life.

86% of secondary/sixth-form pupils said that they 'have someone to talk to if they had a problem or were worried about something.'

- The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWS) was used to measure the mental wellbeing of secondary/sixth-form pupils in York. The minimum score on the scale is 7 and the maximum score is 35. Higher positive mental wellbeing is associated with a higher score. York secondary/sixth-form pupils scored 14.9 out of 35. Boys reported a slightly higher mental wellbeing score (15.7) compared to girls (14.1). There were very little differences between the age groups.
- Year 10 pupils reported higher levels of worry compared to year 8 and year 12 pupils.
- Overall secondary/sixth-form pupils rate their life satisfaction at 4.5 on a scale of 0 (Extremely happy) -10 (Extremely unhappy).
- The things that secondary/sixth-form pupils report worrying about the most are 'what might happen to them in later life' and 'their appearance and how they look'.

Self – harm

Self-harm is when a person deliberately hurts or injures their body. It is more common in adolescence and usually occurs when a young person experiences negative feelings. They may self-harm to help them cope with these feelings, to punish themselves or to feel more in control. When a person self-harms the body releases natural pain relieving endorphins and this affect can become addictive. Evidence shows that most young people do not have suicidal thoughts whilst they are self-harming but that this behaviour can escalate into suicidal behaviours.

23% reported that they had 'self-harmed in the past year'.

- Girls (30%) were more likely to say that they had 'self-harmed in the past year' compared to boys (14%). There were no noticeable differences across the different age groups.
- 44% of those said that they had asked 'no one' for support for their self-harming, rising to 54% in Year 8 pupils.
- 16% stated that they had asked their 'parent or carer' for support for their self-harming.

Bullying can cause serious physical and mental health problems. Children and young people who are bullied are more likely to experience depression, anxiety, feelings of sadness and loneliness, changes in sleep and eating patterns, and loss of interest in activity they used to enjoy. Bullying can impact on learning and attainment and change how someone feels about themselves which can last well into adulthood.

42% of secondary/sixth-form pupils said that they had ‘never been bullied’ and 66% reported that they have ‘never been bullied online.’

- Around a quarter of secondary and sixth-form pupils said that they have been ‘bullied or picked on because of the way they look’ and 16% reported that it was because of their ‘size or weight’.
- Boys (47%) were more likely to say that they have ‘never been bullied’ compared to girls (37%).
- Around a fifth of those bullied online said that it was ‘by someone that they knew’. Boys (73%) were more likely to say that they have ‘never been bullied online’ compared to girls (62%). There were little differences across the age groups.
- A quarter of secondary/sixth-form pupils said that that a ‘parent or carer’ helped them deal with being bullied.
- 4% reported that a ‘teacher or other adult at their school’ helped them deal with being bullied.
- 18% stated that ‘no one’ helped them deal with being bullied.

Healthy relationships

Relationships can be confusing and unless young people know what a healthy relationship looks like it can be difficult for them to understand what is and isn’t normal behaviour. Evidence suggests that relationship abuse amongst young people is common. Abuse can be physical, emotional, psychological, financial or sexual. It is essential that young people are equipped with the knowledge and confidence to speak out when things aren’t right.

Most secondary/sixth-form pupils, but not all, think that ‘hitting or kicking’ (84%), ‘demanding undressed or sexual photos of you’ (89%), ‘sharing undressed or sexual photos of you with someone else’ (86%)

and ‘forcing you to do something you don’t want to do,’ is always wrong in a boyfriend/girlfriend/partner relationship.

- Fewer than half thought that ‘telling you what to wear’, ‘checking where you are all the time’ and ‘being jealous’ is always wrong in a boyfriend/girlfriend/partner relationship.
- 41% of secondary/sixth-form pupils said that they would be most likely to speak to a ‘parent or carer’ if they experienced any of these behaviours in their own relationship and 27% said that they would ‘speak to friends’. 12% reported that they would speak to ‘no one’. Year 12 pupils (18%) were more likely to state that they would speak to ‘no one’ compared to year 10 (12%) and year 8 pupils (10%).
- 78% said that they would speak to a friend if they saw them going through any of these behaviours.

Attendance

There are many risk factors associated with why children and young people miss school, including having a lack of routine, having a mental health condition, having family problems, having a negative attitude towards school and in some cases substance misuse. Children with mental health conditions are more likely to miss school and research has shown a clear link between school absence and attainment.

15% of secondary/sixth-form pupils said that they are late to school ‘once or twice a week’ and 3% reported that they are late ‘every day.’

- The top reasons for missing a full day of school were ‘I am sick’ (53%), ‘I have a doctor’s appointment’ (19%) and ‘I cannot wake up in time’ (6%).
- 30% of secondary/sixth-form pupils reported that ‘there are classes which they miss more than others.’
- 33% said that their ‘parent or carer notices’, if they miss school and 29% stated that their ‘friends notice.’ 27% report that their ‘teacher notices’ and 2% said that ‘no one notices.’
- Around a quarter of secondary/sixth-form pupils responded that a ‘later start time to the school day’ would be most helpful to get to school on time and 22% said ‘having an alarm clock’ would help.

SUPPORT

Further supporting information and resources for professionals, families, children and young people in relation to the key areas covered in this survey.

Topic	Contact Info	Overview
York Healthy Schools Programme	Website: Healthy Schools Home - Healthy Schools North Yorkshire Email: healthyschools@northyorks.gov.uk	Free health and wellbeing award programme for all schools in York. Provides an evidence-based framework for health and wellbeing provision as well as termly training and events
0-19 Healthy Child Service	Website: https://www.raiseyork.co.uk/healthy-child-service Email: HCS-Secure@york.gov.uk	Information, advice and support for children and their families aged 0-19 years old. The service also delivers the National Child Measurement Programme (NCMP) and school vision and hearing screening
Oral Health Promotion Service	Website: Oral Health Promotion Team - Harrogate and District NHS Foundation Trust (hdft.nhs.uk) Email: hdft.oralhealth@nhs.net	Targeted evidence based supervised toothbrushing, oral health training and advice for schools
York Holiday Activities with Food (HAF) Programme	Website: Holiday activities with food – Raise York	Children and young people in receipt of benefit-related free school meals can receive up to four sessions of free activities and nutritious food during the Easter and winter holidays and up to 16 sessions during the summer holidays
Public Health Small Grant for Children's	Website: Children's healthy weight promotion – City of York Council	Funding available to support school-based initiatives which are aimed at maintaining a

Healthy Weight Promotion	Email: enquiries.publichealth@york.gov.uk	healthy weight and the prevention of unhealthy weight
North Yorkshire Sport	Website: Welcome to North Yorkshire Sport - North Yorkshire Sport Email: info@northyorkshiresport.co.uk	Provide information and support to primary and secondary schools to help children and young people be more active
CYC I-Travel Team	Website: Travel to school – iTravel York Email: itravel@york.gov.uk	Find out how to encourage active travel to school
Sleep and Sleep Hygiene	Website: Sleep advice for young people – City of York Council	Information and resources on sleep and sleep hygiene for children and young people
CYC Health Trainers Young Peoples Stop Smoking and Vaping Service	Website: CYC Health Trainers – City of York Council Email: cyhealthtrainers@york.gov.uk	Offer a stop smoking and vaping service for young people and a range of free teaching resources on vaping
School Wellbeing Service	Website: School Wellbeing Service – Raise York Email: laura.mcmurray@york.gov.uk	The School Wellbeing Service (SWS) is a school based early intervention mental health support service
NHS Wellbeing in Mind team	Website: Wellbeing in Mind school support service for children and young people in North Yorkshire (Information for parents and carers) - Tees Esk and Wear Valley NHS Foundation Trust (tevv.nhs.uk) Email: tevv.wellbeinginmind@nhs.net	NHS professionals providing support, advice and training to schools and support to students experiencing difficulties with their emotional and mental wellbeing
IDAS	Website: IDAS Email: info@idas.org.uk	Provide support, training and resources on domestic abuse and sexual assault
Drugs, alcohol, and addiction	Website: https://www.raiseyork.co.uk/young-people/drugs-alcohol-addiction	Useful information on drugs, alcohol, and addiction and where to find support
City of York Safeguarding Children	Website: Home – CYSCP (saferchildrenyork.org.uk)	CYSCP support and enable local organisations to work together to safeguard

Partnership (CYSCP)		children and young people
Public Health England School Zone	Website: PHE School Zone	Flexible teaching resources for schools that cover a range of topics including nutrition, physical activity and mental wellbeing

CONTACT

For more information about the survey contact:

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