



How do you meet your **responsibilities** to children and young people?

- Do you know how they are **feeling**?
- Are they in danger of **harm from others**?
- Are they in danger of **harming themselves**?
- Where are the gaps **in provision**?
- Where do you focus **your efforts**?

Emotional Health Survey

The Emotional Health Survey is designed to find out what children and young people between the ages of 11 and 18 really think about a range of emotional issues, including:

- **school experience**
- **bullying and abuse**
- **vulnerable behaviour & sexual health**
- **substances**
- **self-harm and overdose**
- **mental health**
- **future aspirations**

The Emotional Health Survey is a subset of our more general Online Pupil Survey, concentrating much more on asking questions around self-harm and mental health. The survey takes about 20 minutes, is designed in an age- and subject-related way and is easy to understand and navigate through. There are several 'gateway' questions (e.g. Have you ever self-harmed or deliberately taken an overdose?) which ensures only those answering positively will see subsequent detailed questions. All questions are free to answer or not- no-one is forced to answer any question before moving on. Survey access is via school-level login which ensures individual pupil anonymity.

Questions included are those used in the Warwick-Edinburgh Emotional Health and Wellbeing Scale (WEMWBS) which has been validated to be used to measure mental wellbeing among people aged 13 to 74 in the UK.

Our online data reporting and visualisation tool, [Lodeseeker™](#), is used by individual schools to target areas of improvement and to demonstrate to OFSTED how they are actively monitoring the health and wellbeing of their pupils and is used at County level by the Local Authority and Public Health to address areas of need and to target resources more effectively.

For more details, contact Pauline at:

paule@fabresearch.com

01285 700759

fabresearch.com

