



The results are in - youth wellbeing programme empowers 22,000 young people to have their say

Young people from Hampshire, Isle of Wight, Portsmouth and Southampton have shared their views on the issues that matter to them as part of a pioneering youth-centred wellbeing programme. The #BeeWell programme seeks to drive action to improve young people's wellbeing in response to direct feedback from young people themselves. In autumn last year, the programme surveyed 22,400 Year 8 and 10 pupils in 103 local secondary schools, including 19 special schools. This represents just over half of young people in these year groups in the region.

James Robertson, #BeeWell National Director, said: "At #BeeWell we are thrilled that schools in Hampshire, Isle of Wight, Portsmouth and Southampton have so enthusiastically embraced our project. For over 100 secondary schools and 22,000 pupils across just two year groups to have taken part is a ringing endorsement of the desire to listen to young people and better their lives. Here at #BeeWell we look forward to working with schools, charities, young people and those working in local government and health to act on the results and celebrate the improvements in young people's wellbeing that we all want to see."

Anthony Harper, Deputy Director for Children's Care at the NHS Hampshire and Isle of Wight Integrated Care Board said "NHS Hampshire and Isle of Wight are excited to be working with the team from the #BeeWell programme. Coproduction with children and young people is at the heart of the NHS's service development and #BeeWell will form a central part of this work. The findings from this inaugural survey provide us with an invaluable insight into their needs and aspirations. It will support us in our drive to ensure early identification and support is available to children and young people where and when they most need it."

Overall wellbeing findings and inequalities

The key findings of the survey show that young people in the region feel generally satisfied with their life and have wellbeing scores in line with other large studies of young people's wellbeing in the UK. However, there are noteworthy inequalities in wellbeing across both gender and sexuality.

In their feedback, 25 per cent of girls reported substantial emotional difficulties compared with 7 per cent of boys. The greatest disparities in terms of gender were observed for those who identify as trans or gender diverse, with emotional difficulties reported by 36 per cent of this cohort.



There were similar trends in terms of sexuality. 44 per cent of young people who identify as lesbian or gay reported substantial emotional difficulties, rising to 46 per cent of those who identify as bisexual or pansexual. This is compared with 13 per cent of heterosexual young people.

These inequalities translate to other aspects of wellbeing, with girls and LGBTQ+ young people also reporting lower levels of daily physical activity compared with their peers.

Physical activity and health

Although 70 per cent said they take part in sports, exercise or other physical activities at least once a week outside of school, on average only four in ten young people in HIPS take part in at least one hour of physical activity per day. This is reduced to three in ten girls and is lower still for young people identifying as LGBTQ+.

However, the overall picture for physical health was generally positive. Over 80 per cent of respondents said they feel they have good, very good or excellent physical health.

Julie Amies, Chief Executive Officer at Energise Me, said "The results of the #BeeWell survey confirm what we know from the Active Lives survey, children across Hampshire and the Isle of Wight are not active enough to benefit their mental and physical wellbeing. We know that our early experiences of sport and physical activity stay with us and can shape our relationship with it into adulthood, impacting both current and future wellbeing. We will keep listening to what young people are telling us - that we need to create experiences with them, so they can be active in a way that suits them. Whatever they do to raise their heart rate and make them out of breath counts."

Elsewhere in physical health, the use of alcohol and e-cigarettes was found to be much more commonplace than other substances. 25 per cent of young people report currently or previously having used alcohol, and 10 per cent report currently or previously having used e-cigarettes. This is compared with just 3 per cent for cannabis, 3 per cent for tobacco, and 1 per cent for other illegal drugs. Peer pressure was seen to be an influence on patterns of substance use, with young people who have experienced higher levels of peer pressure more likely to be current or previous users of both e-cigarettes and alcohol, according to results.



Relationships with family and friends

Other noteworthy findings relate to young people's relationships. Young people are generally positive about relationships with their family and friends, with high scores seen specifically for the support young people received from adults at home. However, 10 per cent of young people share that they often or always feel lonely. Just under half (44 per cent) said they have experienced discrimination on account of their gender, sexuality, race, ethnicity, where they were born, disability, or faith.

Acting on the findings

The #BeeWell findings are already informing activity across the region, with schools, voluntary sector organisations, and children's services working closely with young people to interpret and act on the results. Participating schools have received a bespoke data dashboard providing insights into the strengths and needs of their pupils and will be supported to identify priorities for improvement based on their individual findings.

Young people themselves are leading the response to the data through the #BeeWell participation groups and the youth steering group, and twenty-six Year 10 pupils are participating in a Young Researchers Programme with the University of Manchester, helping to interpret the survey responses and identify future areas of research.

Following the release of the headline findings from the survey, an interactive public dashboard will show more detailed results and insights into young people's wellbeing across 46 different neighbourhoods in the region. This will be published online at the end of March 2024, with a view to inspiring action across local government and civil society.

Further information can be found in the #BeeWell Headline Report for 2023 which you can access [here](#).

Notes to Editors

For media enquiries please [contact: hiow.beewell@hants.gov.uk](mailto:hiow.beewell@hants.gov.uk)

About #BeeWell

#BeeWell is the youth-centred programme that exists to make young people's wellbeing everybody's business. We believe that young people's wellbeing is as important as their academic attainment. Every year we listen to tens of thousands of young people through our co-designed wellbeing survey, which has been completed by over 85,000 young people since we launched in 2021. We publish the



results privately to schools and publicly by neighbourhood and drive action across society to improve young people's wellbeing. #BeeWell's mission is to see our approach implemented nationally by 2030.

#BeeWell was co-founded by The University of Manchester, The Gregson Family Foundation and Anna Freud in 2019, and developed in partnership with the Greater Manchester Combined Authority. In 2023 we expanded into Hampshire, Isle of Wight, Portsmouth, and Southampton. Find out more about #BeeWell here: <https://beewellprogramme.org/>

Hampshire County Council

Hampshire County Council is the third largest shire council in the country, delivering the majority of Hampshire's public services to almost 1.4 million residents. Over 180,000 pupils are taught in Hampshire's 530 schools and academies. In 2022, Hampshire Children's Services launched their Children and Young People Plan for 2022-2025, which sets out key priorities to ensure that children and young people are supported to maintain good mental health, and able to access a range of services to meet their mental health needs. Information on mental health support in Hampshire, including for children and young people, is available on the County Council's [Mental Wellbeing Hampshire](#) website.

Southampton City Council

Southampton City Council is a unitary authority responsible for delivering public services to 250,000 residents, 16,300 tenants and 6,000 businesses in Southampton. Just over 32,000 pupils are educated across 75 schools and academies within Southampton. Southampton City Council is committed to ensuring all children enjoy good physical, social, emotional, and mental health. Southampton's [Children and Young People's Strategy 2022-2027](#) aims to ensure that every child and young person has a good start in life, that they can live safely, be happy and healthy, and learn and achieve so that they have the skills to be prepared for adulthood. Information on mental health support for children and young people in Southampton is available on the [Southampton City Council website](#).

Portsmouth City Council

Improving mental health for children and young people is one of Portsmouth City Council's key priorities. Recent initiatives include online guidance for parents, families, and young people, promotion of online services, Kooth, mental health support teams and emotional literacy support assistants in most schools, and the development of a campaign specifically targeted at 16–25-year-olds, entitled You Are Not Alone. Information on mental health support for young people in Portsmouth can be seen at: www.portsmouth.gov.uk/SEMHguidance.



Isle of Wight Council

The Isle of Wight Council is a unitary authority serving approximately 140,000 residents across 39 wards. Its Corporate Plan (2021-25) focuses on a number of priorities, all of which play a part in supporting the mental health of residents, families and children. The plan also aspires to support the restoration of mental health support services and treat mental health support as a priority across all areas of the council. For more information about the Isle of Wight Council, [visit the website](#).

The Hampshire and Isle of Wight Integrated Care System

Hampshire and Isle of Wight Integrated Care System (ICS) is a partnership of NHS and local government organisations working together to join up health and care services to improve the health and wellbeing of people in the communities we serve. Local health and care partners have a long history of working together and with our population and are united in our vision to enable people in our communities to live healthier, longer lives. We are committed to further building on our partnerships with local authorities, emergency services colleagues, voluntary organisations and local communities for the benefit of our populations. For more information on the Integrated Care System visit: [Our Integrated Care System :: Hampshire and Isle of Wight ICS \(hantsiowhealthandcare.org.uk\)](https://hantsiowhealthandcare.org.uk)

Energise Me

Energise Me is a charity that champions physical activity for all in Hampshire and the Isle of Wight. The charity is working hard to make it easier for everyone to move more, with a goal to create a happier, healthier and stronger future for local people. Physical activity transforms lives and Energise Me is helping people to reduce their risk of major illnesses and depression. It is one of 43 [Active Partnerships](#) working with partners to create an active nation. Energise Me is funded by Sport England and the National Lottery. www.energiseme.org

About The University of Manchester

The University of Manchester is a member of the prestigious Russell Group, and one of the UK's largest single-site universities. We have over 40,000 students, 12,000 staff and, with almost 480,000 former students from more than 190 countries, are home to the largest alumni community of any campus-based university in the UK. No fewer than 25 Nobel laureates have either worked or studied here.

We are the world's number one university in the Times Higher Education Impact



Rankings, recognising our actions taken towards the United Nations' Sustainable Development Goals (SDGs). We are also the top UK University for graduate employability according to The Times and Sunday Times Good University Guide. We are ranked 27th in the world in the QS World University Rankings (2020) and 6th in the UK, and we're also 8th in the Reuters Top 100: Europe's most innovative universities (2019).

Visit www.manchester.ac.uk for further information or www.manchester.ac.uk/discover/vision for our latest strategic vision.

About Anna Freud:

Anna Freud is a charity bringing together research, clinical expertise, and training to build the mental wellbeing of future generations. Building on 70 years' experience, we turn research into practice to give more children and young people the help they need, when they need it. At Anna Freud, neuroscientists and practitioners in mental health, social care and education work together with children and young people to transform mental health for children, young people and their families. Visit <https://www.annafreud.org/> for more information.

The Gregson Family Foundation

The Gregson Family Foundation was set up by David and Renee Gregson and their three children to support initiatives, largely in the UK, across three areas: young people, social justice and the environment. #BeeWell is the core programme that the Foundation is supporting at the current time. Visit [The Gregson Family Foundation](#) for more information.