



HAY HARROW 2021

Findings from additional targeted analysis

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Background

Following the publication of the full [HAY Harrow data summary document](#) in the Autumn of 2021 and the subsequent published [HAY Harrow report](#), various discussions from professionals across the borough led to further questions relating to specific themes. This prompted us to return to the data to further interrogate the data and report back. This short report summarises the findings of that additional analysis, carried out during April and May of 2022.

1. Worries about schoolwork and exams

The original report noted that when young people were asked “*What, if anything, really worries you in life, that you find difficult to cope with?*”. This was an optional free text question.

General comments relating to school/college related to several different issues such as exam worries, school workload, travel to/from school, and friendship issues. The single largest theme related to worries about schoolwork and exams. We were interested in looking at these responses in more detail, especially because [The Good Childhood Report 2021](#) identified the pressure to adhere to high academic expectations and standards as having a significant negative effect on teenagers’ well-being.

Schoolwork and exam worries peak in Key Stages 4 and 5

- One-fifth (n=191) of replies to this question specifically mentioned worries relating to exams, tests, quantity of homework or schoolwork, and/or trying to meet grades or academic expectations
- When we break this down by Key Stage and year group, we find that young people in Key Stages 4 and 5 were the most likely to worry about schoolwork-related issues (39%)
- Our survey ran in April and May 2022. Findings revealed that those in Year 11 and Year 13 (GCSE and A-Level exam years) were **less** likely to mention schoolwork and exam worries than those in Years 10 and 12. We feel that this is because at that time, young people in exam years knew that they would not sit exams due to the pandemic, whereas those in the first year of GCSEs and A-Levels were still unsure how they would be graded. It will be interesting to see whether and how this changes in future survey years

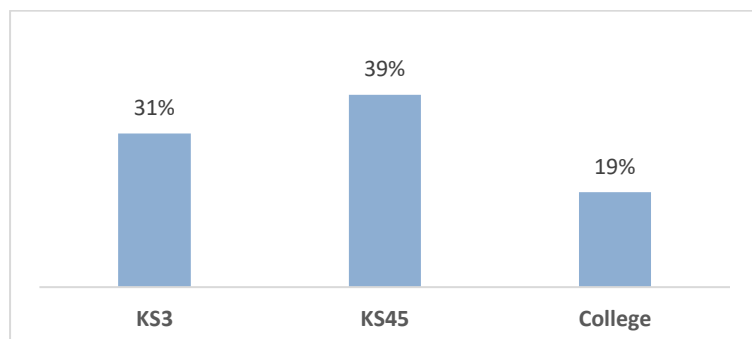


Figure 1. Percentage of responses that mention worries about school/college pressure and exams

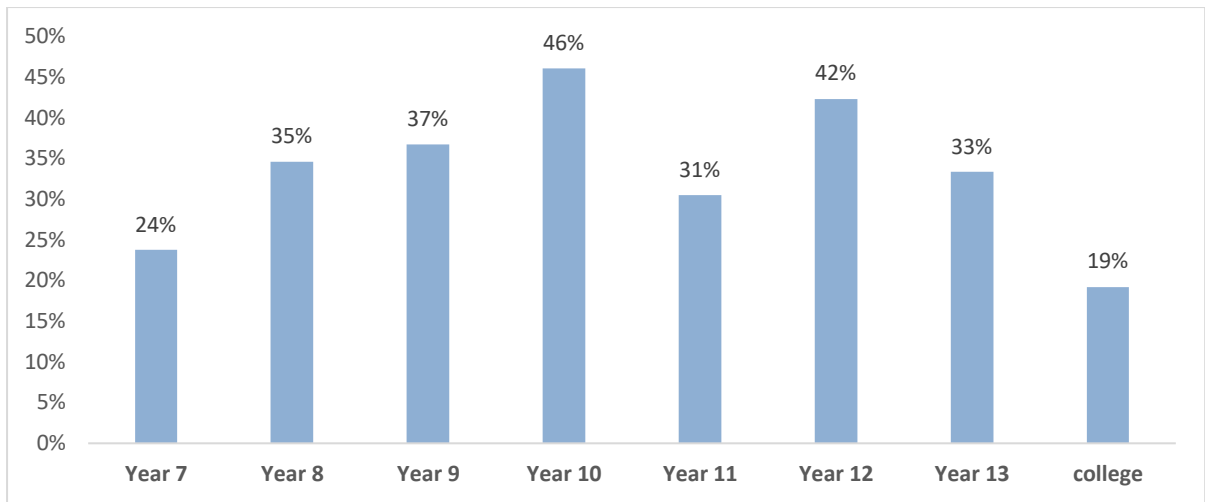


Figure 2. Percentage of responses that mention worries about school pressure and exams

2. Feeling unsafe at home

The original report reported that, *overall, 2% of young people said they never felt safe at home; a further 10% said they only felt safe some of the time.*

We wanted to investigate this further to see whether there were any variables that correlated with an increased incidence of feeling unsafe at home. We combined the data for those who feel unsafe some of the time with those who said they never feel safe, so creating a binary variable: 'I always feel safe at home' or 'I sometimes or never feel safe at home'. We then carried out a multivariate regression to see whether feeling unsafe at home was related in any way to key variables including ethnicity, gender, key stage, English as a second language, and worrying about a lack of food (as a proxy indicator of poverty).

Feeling unsafe at home is strongly related to food poverty

The analysis created a statistically significant model ($B=-2.1$; $df=1$; $p<0.001$) which identified that those who said they sometimes worried about the family having enough food (our proxy indicator for poverty) were **three times** (196%) more likely to feel unsafe at home than those who didn't worry about food – this was by far the most significant trend in this analysis ($p<0.001$).

3. Online safety and risky behaviours

The main data report summarised information about online safety on pages 61-64. Here we focus in more detail on risky online behaviours as identified by two questions in our data set:

- *“I have been asked to send nude pictures of myself, or join in with sexual conversations”*
- *“I have been sent images or messages that have made me uncomfortable or upset”*

It is important to remember that these kinds of interactions are likely to include communication and arguments with friends more than strangers. That said, we were interested to investigate whether results for these questions differed notably depending on gender, sexuality, ethnicity or (food) poverty. Additional analysis revealed the following outcomes:

Gender + online safety / risky behaviours

- Those identifying as non-binary were most likely to agree when asked if they had been sent upsetting images or messages (50% in comparison with an average of 12% overall); 14% of females and 9% of males agreed with this statement
- Those identifying as non-binary were the most likely to agree that they had been asked to send nude pictures of themselves or join in with sexual conversations (44% agreed in comparison with an overall average of 11%). 13% of females and 8% of males agreed with this statement

Sexuality + online safety / risky behaviours

- Those identifying as bisexual were most likely to agree that they had been sent upsetting images or messages (44% in comparison with an average of 16% overall). 36% of gay/lesbian and 14% of heterosexual young people agreed with this statement
- Those identifying as bisexual were the most likely to agree that they had been asked to send nude pictures of themselves or join in with sexual conversations (39% agreed in comparison with an average of 15%). 14% of gay/lesbian and 13% of heterosexual young people agreed with this statement

Ethnicity + online safety / risky behaviours

- Those identifying as Chinese or Black / Black British were most likely to agree that they had been sent upsetting images or messages (16.7% and 16.5% agreed, in comparison with an average of 12.1% overall); those identifying as Asian / British Asian were the least likely to agree with this statement (only 10.1% agreed)
- Those identifying as mixed/dual heritage were the most likely to agree that they had been asked to send nude pictures of themselves or join in with sexual conversations (16.7% agreed in comparison with an overall average of 11.2%); British Asians were the least likely to agree with this statement (only 6.9% agreed)

Food poverty + online safety / risky behaviours

- Those who said they worried about running out of food (our marker of poverty) were more likely to agree that they had been sent upsetting images or messages than those who didn't worry about food (22% agreed with this statement in comparison with 11% who didn't worry about food)
- Those in poverty (as identified by food worries) were more likely to agree that they had been asked to send nude pictures of themselves or join in with sexual conversations (19% agreed in comparison with 10% of young people who didn't have food worries)

4. Identifying as having special needs

When interpreting these results, the reader should consider the important difference between a young person being 'officially' recognised as having special educational needs (SEN) by a school or council, versus that young person **self-identifying** as having additional or special needs.

Those who answered the HAY Harrow survey were not asked whether they were officially diagnosed as having SEN, because we could not assume that children and young people would be aware of that. Instead, they were asked whether they identified as having additional or special needs, and could answer yes, no or unsure.

About 20% of young people said they were 'unsure' whether they had special needs; this was surprisingly high and suggests that discussions about special needs could be better integrated into conversations with young people (eg in primary school) so there can be better shared understanding by young people and adults.

The data report confirmed that there was no clear similarity in the proportion of SEN children on the school roll data versus those who self-identified as having additional or special needs (e.g. ADHD, autism, talented and gifted or Asperger's) in the survey – see the table on page 93 of the full data report for details. Caution should therefore be applied to the following results, in particular in relation to Key Stage 2 (primary) data, as these children may have been less able to fully understand the question asked.

With that important caveat in mind, we have compared those who said 'yes, they identify as having additional or special needs' against those who say they don't (mainly excluding those choosing 'unsure'), and cross-referenced this by ethnicity, mental health, risky behaviours, food poverty, bullying, gender identity, online behaviour and gang involvement. Results are summarised below.

Demographic attributes (ethnicity, gender) + identifying as having additional needs

- Overall, the highest proportion of people identifying as having additional or special needs also identified as Chinese and were in KS3 or college (but this sample is extremely small so it must be treated with significant caution), followed by those in College who identified as mixed/dual heritage

- Young people who said they had additional or special needs were more likely to identify as non-binary than those who said they didn't have additional or special needs

Mental health + identifying as having additional needs

- There was a trend for those identifying as having additional or special needs to feel down or depressed more frequently than those who said they do not have additional or special needs
- Those in KS4/5 who didn't think they have additional or special needs were more likely to say they **sometimes** feel down or depressed, whereas those who identify as having additional or special needs were more likely to say they **often** feel down or depressed
- Looking across all key stages, those most likely to often feel down or depressed said they had additional or special needs and were in KS4/5. A total of 57% of those young people in KS4/5 said they were often down or depressed; that's **over half** of young people with additional or special needs in KS4/5 - in comparison with only 17% of their peers who did not identify as having additional or special needs
- Only 25% of those who said they had additional or special needs also said they never felt down or depressed, in comparison with 42% of those who don't have SEN and 23% of those who felt unsure

Risky behaviour + identifying as having additional needs

- Young people who said they had additional or special needs were more likely to have been offered illegal drugs in the last 12 months than those who said they didn't have additional or special needs, or those who were unsure whether they had additional or special needs (20% versus 5% and 8% respectively)
- Looking across all key stages, young people with additional or special needs who were studying in KS4/5 were the most likely to say they had been offered illegal drugs in the past 12 months
- When we look at the proportion of young people who said they **used to** take illegal drugs, we see that this is similar regardless of additional or special needs status (between 1% and 3% of young people said they used to take illegal drugs)
- Young people who said they had additional or special needs were more likely to say they **currently take** illegal drugs than those who said they didn't have additional or special needs, or those who were unsure (17% versus 1% and 2% respectively)

- Those most likely to **currently take** illegal drugs were young people who said they had additional or special needs who were studying in KS4/5
- Those who said they had additional or special needs were more likely to have been involved in a physical fight in the last 12 months (35% versus 16%)
- Those most likely to have been in a physical fight in the past 12 months were those who said they had additional or special needs and who were studying in KS3. Half of KS3 additional or special needs children (48%) had been in a fight in the last 12 months in comparison with only 15% of KS3 children who said they do not have additional or special needs

Food poverty + identifying as having additional needs

- Those identifying as having additional or special needs were more likely to say they worry about food than those who say they do not have additional or special needs (21% v 9%)
- Those most likely to worry were most likely to identify as having additional or special needs and be studying either in KS4/5 or at college

Being bullied and bullying others + identifying as having additional needs

- Those identifying as having additional or special needs were more likely to say they had been bullied in the past few months than those who say they did not have additional or special needs (23% v 9%)
- Those most likely to say they had been bullied were young people who identified as having additional or special needs and were studying in KS3 (29% said they had been bullied)
- Those identifying as having additional or special needs were more likely to say they had bullied others in the past few months than those who said they did not have additional or special needs (12% v 2%)
- Those most likely to say they had been bullied were young people who identified as having additional or special needs and were studying in KS3 (12% said they had bullied others)

Risky online behaviour + identifying as having additional needs

- Young people who said they had additional or special needs were more likely to have been involved in sending nudes and/or participating in sexual conversations using digital technologies (21% v 10%)
- Those most likely to have participated in these risky digital behaviours were in KS4/5 and either identified as having additional or special needs, or who said they were unsure
- A quarter of young people in KS4/5 who said they did have additional or special needs or were unsure, also said they had been asked to send nudes or participate in sexual conversations via digital technologies (24% and 26% respectively) in comparison with only 16% of those who said they didn't have additional or special needs

Gang involvement + identifying as having additional needs

- Young people who said that they had additional or special needs were more likely to also say they had been involved in gang activities in the past 12 months (14% v 1%)
- Those most likely to have been involved with gangs in the past 12 months said they had additional or special needs and were studying in KS3 (20% said yes). Their definition of gang activity might be different to older age groups, so there is need for caution here. That said, 13% of KS4/5 and 14% of college-attending young people with additional or special needs said yes, they had been involved in gang activity in comparison with just 1% of KS4/5 and college-attending young people who did not identify as having additional or special needs

5. Young carers

Our survey did not directly ask whether someone was a 'young carer' because this term is one which is used by adults, and in our experience young people are not likely to understand its meaning unless they have already been identified by adults, and so self-identify as a young carer. We felt that there were likely to be a lot of other young people who care for others and who are not known to the system, so for this reason we used questions we felt all young people could answer, and that we could then use to identify whether they were, in effect, acting as young carers.

Three HAY Harrow questions, asked to those in KS3 upwards, could potentially be used to identify young carers:

- A. *Do any of the following things stop you from doing the sports or exercise you want to do? ... Answer option: I need to look after others in our family (6.6% of those who answered this question asked chose this option)*
- B. *Do you live with someone who ... has a disability? (9.4% of those asked chose this option)*
- C. *Do you live with someone who ... has a health or mental health condition? (21% of those asked chose this option)*

When we sum across these questions, 0.7% of young people selected all three (32 individuals), 4.9% chose two of the three (235 individuals) and 13.7% (829 individuals) chose one of these options.

For the following analysis we used (A) above as our definition of 'young carer' status because we felt this was the most robust question text covering the issue. It was chosen by 71 young people in KS3 (4%), 31 young people in KS4/5 (6%) and 108 young people at college (10%).

We compared those who said they were '*stopped from doing sports or exercise because they had to look after others in the family*' against those who didn't choose that option, and cross-referenced this by gender, ethnicity, food poverty, drinking alcohol, and body image. We also considered whether there was any difference in access to sexual health services. Results are summarised below.

Demographic attributes (ethnicity, gender) + young carers

- Proportionally more young people identifying as 'other ethnic group' said they were prevented from exercising due to caring for others and this trend was found across all key stages (KS3, KS4/5 and College students)
- There was a trend for proportionally more Chinese young people to say they cared for others (2% v 1%) but sample sizes here were very small, so caution should be employed in interpreting these data.
- There appears to be a slight gender bias such that proportionally more females and non-binary individuals and fewer males said '*they cannot exercise as they have to care for others in the family*' in comparison with those who said they didn't need to care for others. 59% of these 'young carers' were female in comparison with 52% of non-carers; 3% of non-binary individuals were 'young carers' in comparison with 1% of non-carers

Food poverty + young carers

- Those who said they were prevented from exercising as they had to look after others in the family were also more likely to worry that they or their family would run out of food because of lack of money or other resources (31% v 11%)
- This large difference can be seen across KS3, KS4/5 and college data and is statistically significant¹: those suffering from food poverty were much more likely to be the individuals also having to look after other family members.

Drinking alcohol + young carers

- Those who said they were prevented from exercising as they had to look after others in the family were also proportionally more likely to drink alcohol (14% v 6%)
- The largest proportional difference was in KS3, where only 2% of young people who were not 'young carers' said they drank alcohol in comparison with 16% of those who said they had to look after other family members
- Cross-referencing this against ethnicity we found that whilst 'young carers' across all ethnic groups were more likely to drink alcohol than non-carers in those ethnic groups, it

¹ (N=5777; df=1; Chi Square=74.2; p<0.001)

was young carers of White or mixed/dual heritage who were much more likely to drink alcohol than their non-carer peers or carers from other ethnicity groups

Body image + young carers

- Those who said they couldn't exercise as they had to look after others in the family were statistically more likely to have lower body image² (60% said their body was not the right size in comparison with 40% of young people who didn't identify as young carers)

Access to sexual health services + young carers

- The proportion of people who said they knew how to access local sexual health services didn't differ according to whether or not they said they had to care for others in their family

² N=5441; df=1; Chi Square=30.4; p<0.001

6. Additional observations

Mental health and ethnicity

In the HAY Harrow report we looked at predictors of higher life satisfaction ratings using a multivariate statistical method and found that the most significant factors were, in order: feeling happy and loved, liking the way you look, rarely feeling down or depressed, feeling physically healthy, being able to talk to your family about problems, feeling able to cope when life gets tough, liking school, not worrying about the family being unable to buy food (aka food poverty), feeling safe in the area that you live, and not identifying as non-binary. Ethnicity wasn't a significant factor within that model.

In this report we wanted to further investigate whether there were any trends in mental health that associated with ethnicity. Results showed that:

- There was a significant difference³ in **life satisfaction** across the five ethnic groups, largely driven by notably lower life satisfaction of Chinese young people in comparison with all other ethnic groups. In addition, mixed/dual heritage and Black/Black British young people had lower life satisfaction than White or Asian/British Asian young people

Data asking about frequency of **feeling down or depressed** mainly mirrors life satisfaction data, supporting the premise that both questions are measuring aspects of emotional wellbeing. When we compared between ethnic groups, we found that:

- Overall, 36% of young people said they **never** feel down or depressed
- This was higher for Asian/British Asian, Black/Black British and White young people (ie more young people in those ethnic groups said they never felt down or depressed)
- This was lower for mixed/dual heritage, other ethnic group and Chinese young people (ie more young people in those ethnic groups said they sometimes or often felt down or depressed, and fewer of them said they were never down or depressed)

Data relating to feeling down differs to the data about **feeling nervous or anxious**, where we found that:

³ N=5277; Kruskal-Wallis=26.0; df=5; p<0.001

- White young people were the most likely to report **often** feeling nervous or anxious (22% versus 18.5%)
- Black/Black British young people were the most likely to say they **never** feel nervous or anxious (33% v 27%)

This suggests that in terms of identifying aspects of mental health and wellbeing, the question about feeling anxious or nervous is asking about something notably different to the questions about life satisfaction and depression, and that feeling anxious or nervous doesn't always associate with lower emotional wellbeing. This supports previous research that describes well-being as having different 'dimensions'.

Sexual harassment

We looked in more depth at those who said they considered themselves to have been the victims of sexual harassment. This question was only asked to young people in KS4 and 5 (in school and at college). Results showed that 172 (13%) of those asked said they had been victims of sexual harassment.

We ran an analysis to investigate the influence of year group, gender, ethnicity, and English as a second language on the incidences of sexual harassment. The multivariate analysis was statistically significant⁴, and showed that:

- Those identifying as female were three times (248%) more likely to say they had been the victims of sexual harassment than males ($p < 0.001$)
- Those identifying as non-binary were five times (436%) more likely to say they had been the victims of sexual harassment than males ($p < 0.003$)
- Those identifying as mixed/dual heritage were twice as likely (101%) to say they had been the victims of sexual harassment than those identifying as Asian/British Asian
- Those identifying as Black or Black British were 64% more likely to say they had been the victims of sexual harassment than those identifying as Asian/British Asian

It is important to note that the root of this additional analysis comes from a desire to best support young people in future. However, we should be wary of focusing only on traits associated with victims, given that it is perhaps more important to consider the wider system in terms of e.g. empowering all young people to call out inappropriate behaviour, and

⁴ The Binary Logistic Regression model was significant ($B = -1.9$; $df = 1$; $p < 0.001$)

educating young people about what is and is not acceptable regardless of gender, ethnicity or other attributes.

Being in gangs

Young people in KS3-5 were asked whether they had been involved in any gang activity in the past 12 months. There were 75 (2.6%) young people who said they had been involved in gang activity in the last 12 months and 2,763 (97.4%) said they had not.

We ran an analysis to investigate the influence of year group, gender, ethnicity, and English as a second language on the incidences of sexual harassment. The multivariate analysis was statistically significant⁵, and showed that:

- There was no significant influence associated with ethnic group or whether English was the first language
- Those identifying as male were **two and a half times** (155%) more likely to be involved in gangs than those identifying as female ($p < 0.002$)
- Those in College were **two times** (112%) as likely to be involved in gangs than those in KS3 or KS4/5 in secondary school

Feeling unsafe in the area they live

Young people in KS2-5 were asked whether they felt safe in the area that they live and could answer no, yes some of the time, or yes all of the time. We reduced this to a binary variable: those who always felt safe in the area they live versus those who never or only sometimes felt safe. There were 2,152 (42%) young people who said they sometimes or never felt safe in the area that they lived, and 2,998 (58%) who said they always felt safe in the area that they lived.

We ran an analysis to investigate the influence of key stage, gender, ethnicity, and English as a second language on the incidences of sexual harassment. The multivariate analysis was statistically significant⁶, and showed that:

⁵ The Binary Logistic Regression model was significant ($B = -3.9$; $df = 1$; $p < 0.001$)

⁶ The Binary Logistic Regression model was significant ($B = -0.35$; $df = 1$; $p < 0.001$)

- Those identifying as non-binary were **two and a half times** (174%) more likely to say they felt unsafe in the area that they lived than those identifying as male ($p < 0.003$)

Identifying as non-binary

The 'unsafe at home' and 'gangs' results summarised earlier in this document match the trend across all HAY Harrow data for the life experiences of non-binary young people to be and/or feel particularly extreme. This needs further investigation to better understand what is happening to these young people. The HAY Harrow data suggest that those identifying as non-binary are experiencing significant turbulence; certainly, non-binary individuals shared very extreme feelings across many of the questions asked in this survey. What are they experiencing from their environment at home, in school, in digital spaces and elsewhere? How are they perceiving their world? What are they looking for to support them? How can schools and youth provision better support them?

The End.