



# Summary Results

2022-2023



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# Who took the survey

The How Are You (HAY) Harrow Survey ran from Nov '22 to March '23.

HAY is a partnership between Harrow Council, Young Harrow Foundation and NHS NWL



**6,809**

Young people age 9-18 from 29 participating schools answered



**35%**

Identify as muslim faith, 25% Christian & 22% Hindu



**84%**

of KS4+ identify as straight, 5% bisexual and 2% gay/lesbian



**1%**

of KS3+ identify as non-binary



# SUMMARY THEMES

Overall our young people are doing well and have good support networks:

- 80% agree that their family helps and supports them, and that their parents or carers are interested in what happens to them at school or college
- 80% say they like school or college a bit or a lot
- 80% say they agree they have a really good friend or friends



## Poverty

This year's survey highlighted the increasing concerns children and young people are having around running out of food.



## Safety

Sexual harassment, as well as not feeling safe around Harrow including school and home, are some of the concerns highlighted in this year's results.



## Mental Health

Mental health continues to be something that a lot of young people are struggling with, and this year's survey highlighted self harm concerns.



## Physical Health

While young people continue to mostly self report as feeling well, there were some concerning results particularly around vaping.



# 1. Poverty

**17%**

worry about their family  
running out of food

- Overall **17%** of young people worry about their family running out food (\*this figure was **12%** in 2021)
- This concern saw the highest increase in KS2 (primary school age) as **19%** say they worry about food running out. This is a **10%** increase compared to 2021
- Young people who identify as Arab are most likely to worry (**22%**), as are those identifying as Chinese or Black (both **21%**)
- Around **23%** that have caring responsibilities at home, say they worry about food running out
- **6%** of young people live in temporary accommodation
- **4%** of those that have caring responsibilities say they don't have their own bedroom (overall 2%).





## 2.Safety

11%

across KS4&5 and college  
consider themselves to have  
been the victim of sexual  
harassment

- **38%** say there are areas of Harrow where they feel unsafe and **44%** do not feel safe in the area where they live some or all of the time
- **2%** do not feel safe at home and **10%** only feel safe at home some of the time.
- **20%** say they have been in a physical fight in the last 12 months and **33%** have watched someone get physically hurt by someone else in the last 12 months
- **19%** of children in KS2 (primary age 9-11yrs) answered they have daily online contact or contact several times a week with people they have never met in real life.
- **60%** feel safe at school or college 'all of the time', but this drops to **49%** for those answering in KS3 (age 12-14)
- **3%** of those that answered the survey in KS4&5&College said they have been involved in gang activities in the last 12 months.





### 3. Mental Health

**74%**

say they often or  
sometimes feel anxious  
or nervous.

- **74%** say they often or sometimes feel anxious or nervous. KS2 (primary age) reported the highest score of **76%**
- **5%** are currently self-harming, with a further **6%** saying they "used to self-harm"
- **11%** have recently been bullied. This was highest in KS2 (primary age 9-11yrs) at 13%.
- **23%** of children with SEN say they've been bullied in the last few months
- The most common worry for young people relates to school or college, and the workload including assignments and exams.
- **65%** say they often or sometimes feel depressed or down.





## 4. Physical Health

49%

Exercise for an hour a day  
for 4 days a week or  
fewer

- **21%** do not brush their teeth twice a day
- **8%** have a fizzy drink every day, **30%** have one at least several times a week
- **12%** have Asthma
- **6%** vape - this rises to **7%** in KS4/5 and **13%** for college age
- **59%** of KS4/5 & College students do not know where to access local sexual health services
- **14%** say cost prevents them from doing the sport / exercise they would like to do. **18%** say there are no suitable spaces near to their home.
- **Most popular sports activities in order**
  1. Football / Rugby / Cricket (49%)
  2. Basketball / Netball / Tennis (38%)
  - 3 jogging running (34%)
  - 4 Cycling (30%)



# Next Steps

## 01

Getting the full data set finalised and published on Young Harrow Foundation website

## 02

Working closely with North London ICB to embed and inform the data in the family hubs work in Harrow, and other Harrow Council strategies

## 03

Young Harrow Foundation work with members to drive funding into Harrow to address the four key areas identified in the HAY Harrow report

## 04

Task and finish group to make recommendations and respond to those YP reporting that they worry about their family having resources for food. More groups needed to look at some of the other issues.







# THANK YOU



[youngharrowfoundation.org/hayharrow](https://youngharrowfoundation.org/hayharrow)