

Health and Wellbeing Online Pupil Survey

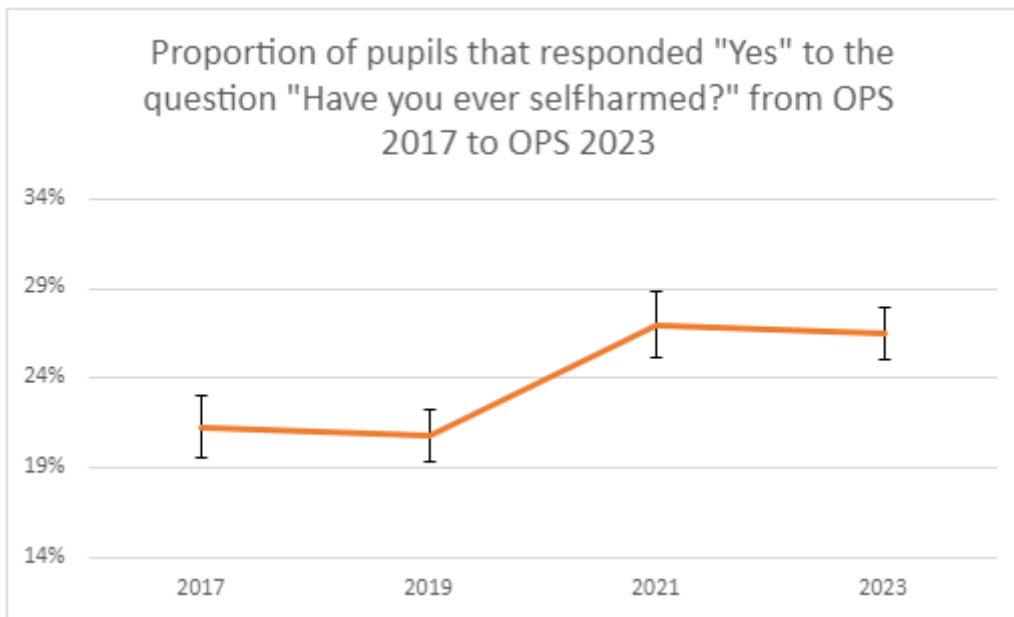
Self-Harm

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MHICE Team
June 2023



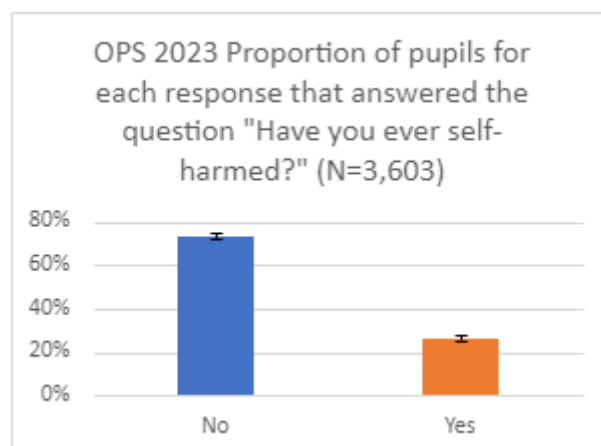
Prevalence of self-harm

There has been an increase in self-harm levels predominantly during the years of the COVID pandemic, however, levels have remained similar in 2023. Out of those pupils who answered the self-harm question just over 1 in 4 pupils, in years 8 to 11, are self-harming.

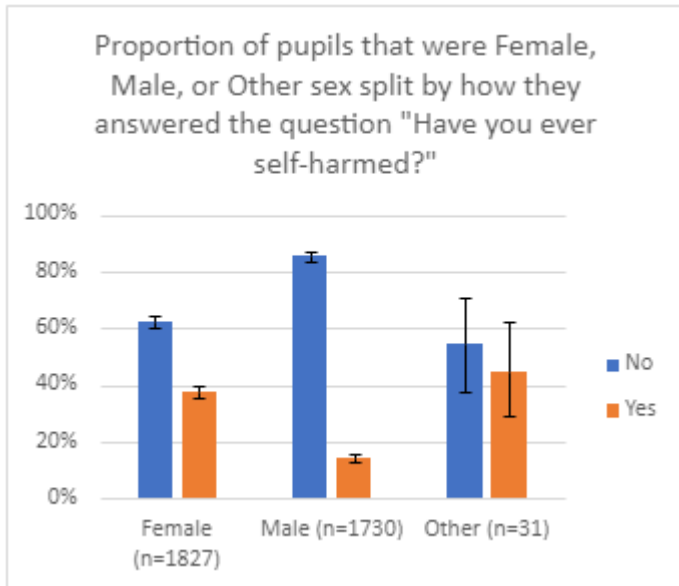


| Answer | Time series count | | | | % of year | | | |
|--------------|-------------------|-------------|-------------|-------------|-----------|-------|-------|-------|
| | 2017 | 2019 | 2021 | 2023 | 2017 | 2019 | 2021 | 2023 |
| No | 1678 | 2327 | 1625 | 2649 | 78.8% | 79.2% | 73.1% | 73.5% |
| Yes | 452 | 610 | 599 | 954 | 21.2% | 20.8% | 26.9% | 26.5% |
| Total | 2130 | 2937 | 2224 | 3603 | | | | |

Out of the 4,536 Year 8-11 pupils who took part in the 2023 Online Pupil Survey (OPS) 3,603 responded to the question 'Have you ever self-harmed?'. 954 responded 'yes' they had self-harmed (26.5%).



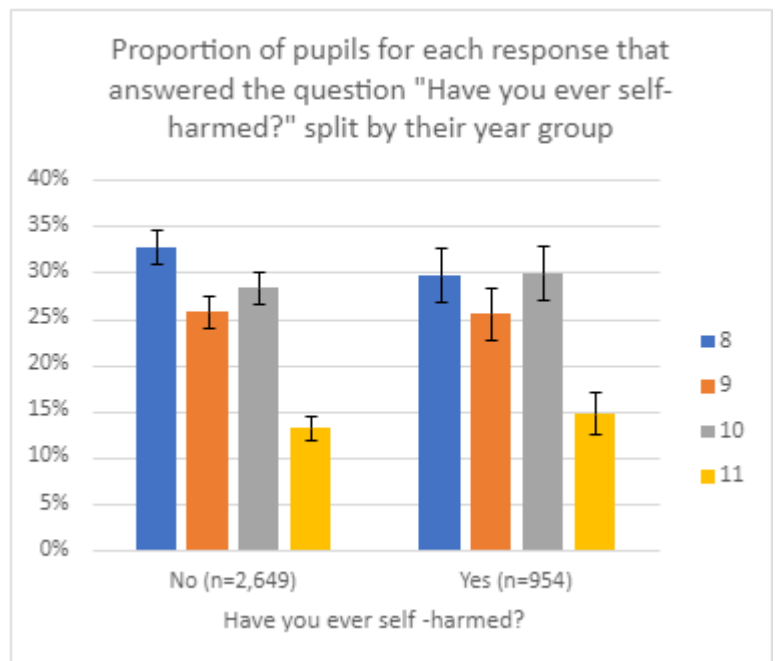
Out of those 3,603 pupils 3,588 specified their biological sex. Males were less likely to respond 'yes' to self-harming compared to females and other sex pupils.



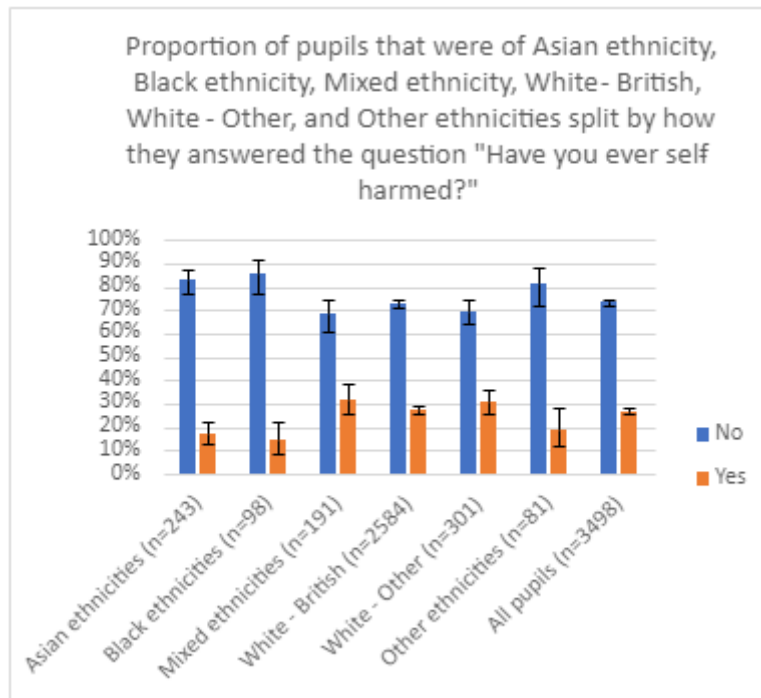
| Answer | % of biological sex | | |
|--------------|---------------------|---------------|--------------|
| | Female (n=1827) | Male (n=1730) | Other (n=31) |
| No | 62.5% | 85.5% | 54.8% |
| Yes | 37.5% | 14.5% | 45.2% |
| Total | | | |

When looking across the year groups a similar proportion of pupils in each year responded 'no' and 'yes'

| Answer | Year group count | | | | Total |
|--------------|------------------|------------|-------------|------------|-------------|
| | 8 | 9 | 10 | 11 | |
| No (n=2,649) | 867 | 681 | 752 | 349 | 2649 |
| Yes (n=954) | 284 | 243 | 286 | 141 | 954 |
| Total | 1151 | 924 | 1038 | 490 | 3603 |



3,498 out of the 3,603 provided their ethnicity. In all ethnic groups pupils were more likely to respond 'no' than 'yes'. Pupils of Asian and Black ethnicity were less likely to respond 'yes' compared to Mixed, White – British and White – Other ethnicity pupils.

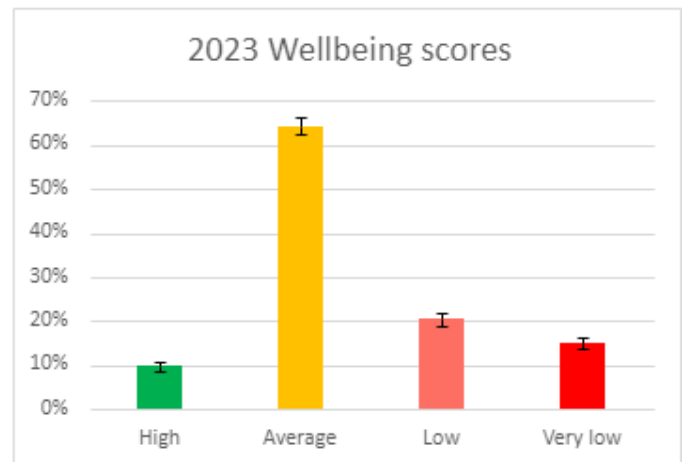


| Answer | Ethnicity count | | | | | | All pupils |
|--------------|-------------------|-------------------|-------------------|-----------------|---------------|-------------------|-------------|
| | Asian ethnicities | Black ethnicities | Mixed ethnicities | White - British | White - Other | Other ethnicities | |
| No (n=2,562) | 201 | 84 | 130 | 1872 | 209 | 66 | 2562 |
| Yes (n=936) | 42 | 14 | 61 | 712 | 92 | 15 | 936 |
| Total | 243 | 98 | 191 | 2584 | 301 | 81 | 3498 |

Comparison with wellbeing scores

Pupils completing the OPS are asked to complete the Warwick-Edinburgh Mental Wellbeing Scale (WEMBS), a series of 14 positively worded items which give a wellbeing score. For the 2023 survey a WEMWBS wellbeing score was given to 2,719 pupils.

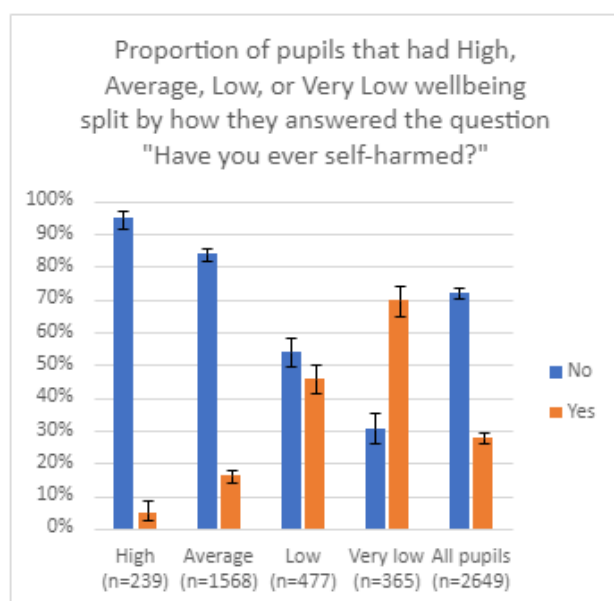
| Wellbeing score | Count | % | pos error | neg error |
|-----------------|-------------|-------|-----------|-----------|
| High | 242 | 9.8% | 1.1% | 1.0% |
| Average | 1594 | 64.4% | 1.8% | 1.9% |
| Low | 507 | 20.5% | 1.5% | 1.4% |
| Very low | 376 | 15.2% | 1.3% | 1.2% |
| Total | 2477 | | | |



| Wellbeing score | Count | % |
|------------------------------|-------------|-------|
| Possible / mild depression | 370 | 13.6% |
| Probable clinical depression | 883 | 32.5% |
| Unlikely to be depressed | 1466 | 53.9% |
| Total | 2719 | |

New WEMWBS research classifying scores into depression diagnosis for adults shows that 53.9% of pupils were unlikely to be depressed, 13.6% had possible mild depression and 32.5% were probably clinically depressed.

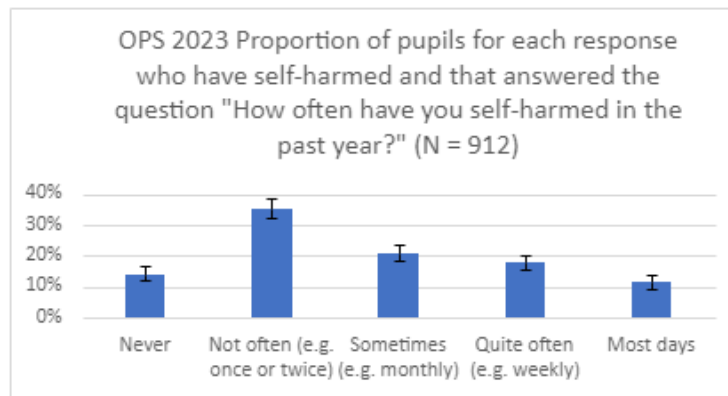
Out of the 3,603 pupils who answered the question 'Have you ever self-harmed?' 2,649 were also given a WEMWBS Wellbeing score. The graph below indicates that as Wellbeing goes from High to Very Low, the proportion of pupils that responded 'yes' to ever self-harming increases each time.



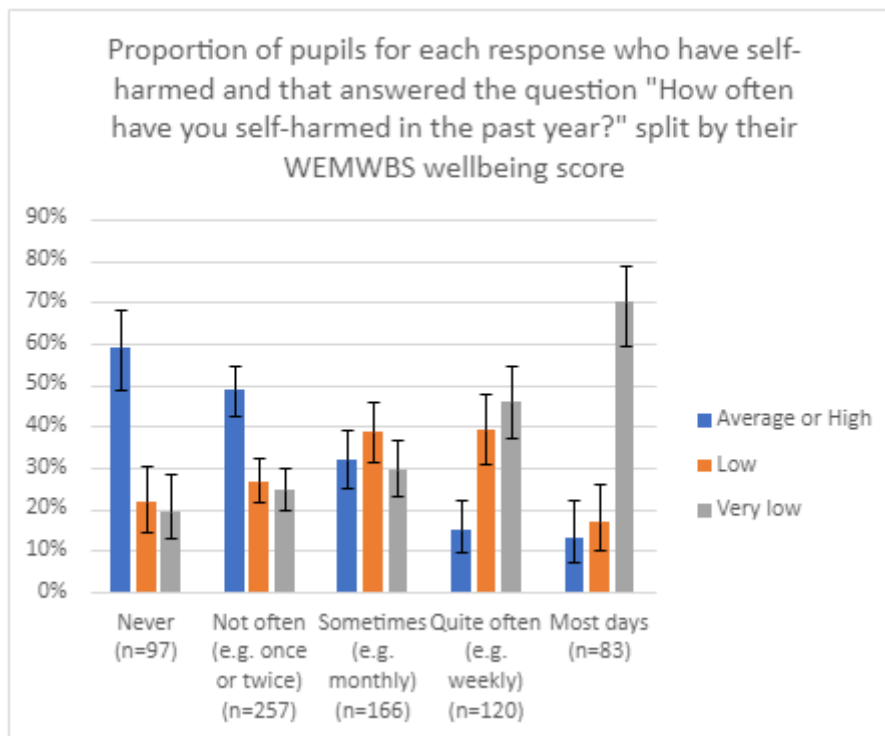
| Answer | Wellbeing score count | | | | All pupils |
|--------------|-----------------------|-------------|------------|------------|-------------|
| | High | Average | Low | Very low | |
| No (n=1,911) | 227 | 1315 | 258 | 111 | 1911 |
| Yes (n=738) | 12 | 253 | 219 | 254 | 738 |
| Total | 239 | 1568 | 477 | 365 | 2649 |

Frequency of self-harm

912 of the pupils who answered 'yes' to 'Have you ever self-harmed' also answered 'How often have you self-harmed in the past year?'. The greatest proportion of pupils responded Not Often (once or twice) 35.5% and the smallest proportion Most Days 11.4%



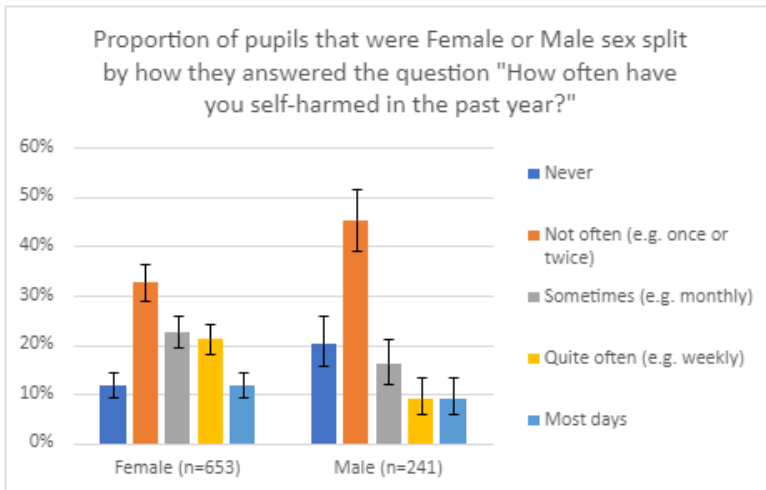
723 pupils also had a WEMWBS wellbeing score. When comparing across the wellbeing categories, those who responded 'Most Days' were more likely to have very low wellbeing. Of those who responded 'Quite Often' pupils were less likely to have average or high wellbeing compared to low and very low. Pupils responding 'Not Often' and 'Never' were more likely to have average or high wellbeing compared to low or very low.



Grouped Wellbeing score count

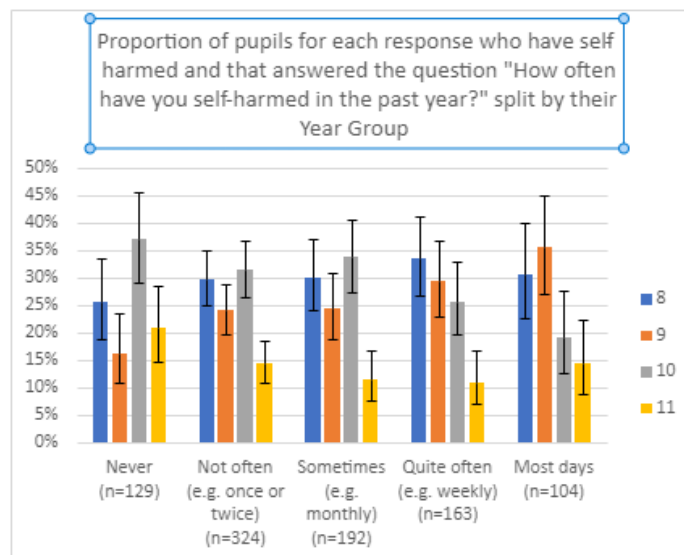
| Answer | Average or High | Low | Very low | All pupils |
|--|-----------------|------------|------------|------------|
| Never (n=97) | 57 | 21 | 19 | 97 |
| Not often (e.g. once or twice) (n=257) | 125 | 69 | 63 | 257 |
| Sometimes (e.g. monthly) (n=166) | 53 | 64 | 49 | 166 |
| Quite often (e.g. weekly) (n=120) | 18 | 47 | 55 | 120 |
| Most days (n=83) | 11 | 14 | 58 | 83 |
| Total | 264 | 215 | 244 | 723 |

Females are more likely to respond 'Quite Often' compared to males who are more likely to respond 'Never' or 'Not Often'. 894 pupils who answered the frequency question also provide their biological sex.



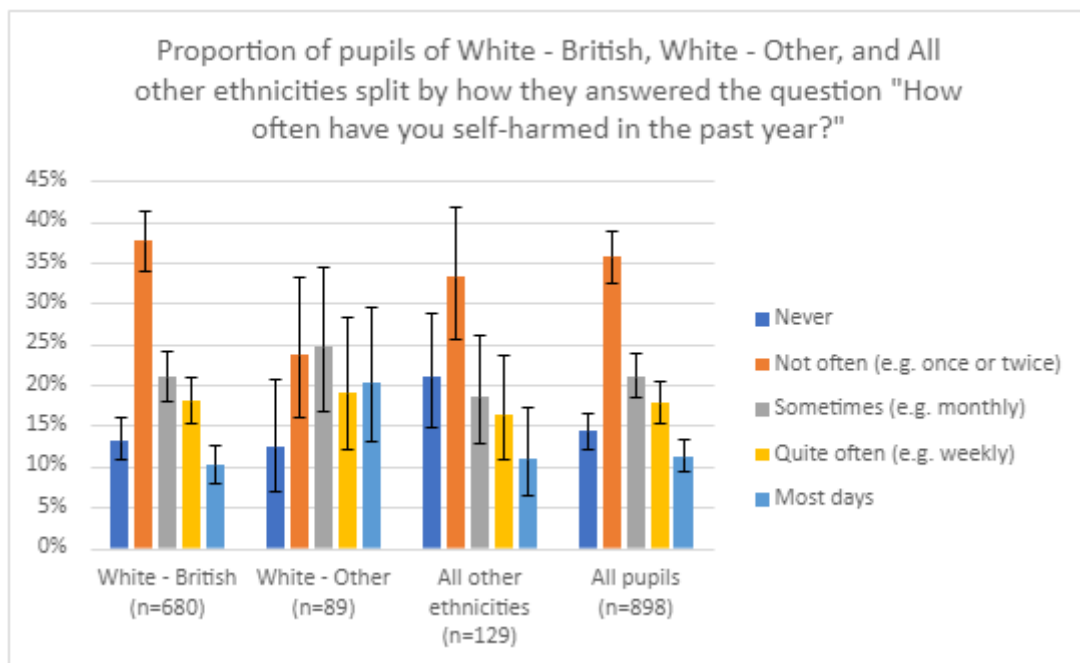
| Answer | % of biological sex | |
|--------------------------------|---------------------|--------------|
| | Female (n=653) | Male (n=241) |
| Never | 11.8% | 20.3% |
| Not often (e.g. once or twice) | 32.6% | 45.2% |
| Sometimes (e.g. monthly) | 22.7% | 16.2% |
| Quite often (e.g. weekly) | 21.1% | 9.1% |
| Most days | 11.8% | 9.1% |

Year 8 and 9 pupils were more likely to respond 'Most Days' and the response 'Never' was most likely to come from Year 10 pupils.



| Row Labels | Year Group count | 8 | 9 | 10 | 11 | Total |
|--|------------------|------------|------------|------------|------------|------------|
| Never (n=129) | | 33 | 21 | 48 | 27 | 129 |
| Not often (e.g. once or twice) (n=324) | | 97 | 78 | 102 | 47 | 324 |
| Sometimes (e.g. monthly) (n=192) | | 58 | 47 | 65 | 22 | 192 |
| Quite often (e.g. weekly) (n=163) | | 55 | 48 | 42 | 18 | 163 |
| Most days (n=104) | | 32 | 37 | 20 | 15 | 104 |
| Grand Total | | 275 | 231 | 277 | 129 | 912 |

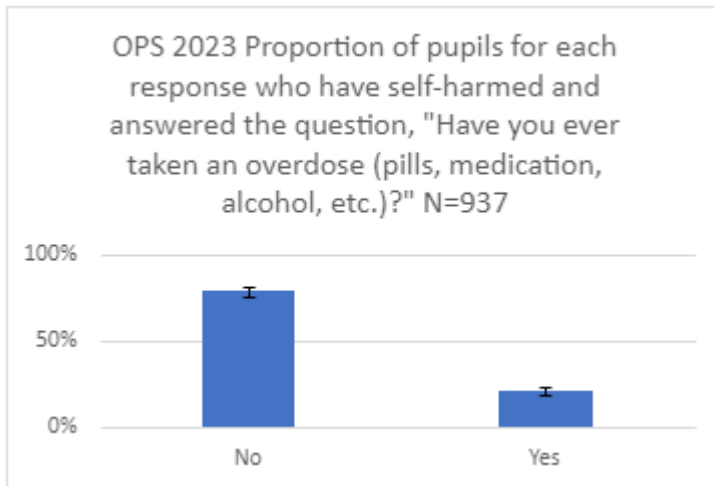
We have ethnicity data for 898 of the 912 pupils that answered the question 'How often have you self-harmed in the past year?' White – Other pupils were more likely to respond 'Most Days' compared to White – British pupils.



| Answer | % of grouped ethnicity | | | |
|--------------------------------|-------------------------|----------------------|-------------------------------|--------------------|
| | White - British (n=680) | White - Other (n=89) | All other ethnicities (n=129) | All pupils (n=898) |
| Never | 13.2% | 12.4% | 20.9% | 14.3% |
| Not often (e.g. once or twice) | 37.6% | 23.6% | 33.3% | 35.6% |
| Sometimes (e.g. monthly) | 21.0% | 24.7% | 18.6% | 21.0% |
| Quite often (e.g. weekly) | 17.9% | 19.1% | 16.3% | 17.8% |
| Most days | 10.1% | 20.2% | 10.9% | 11.2% |

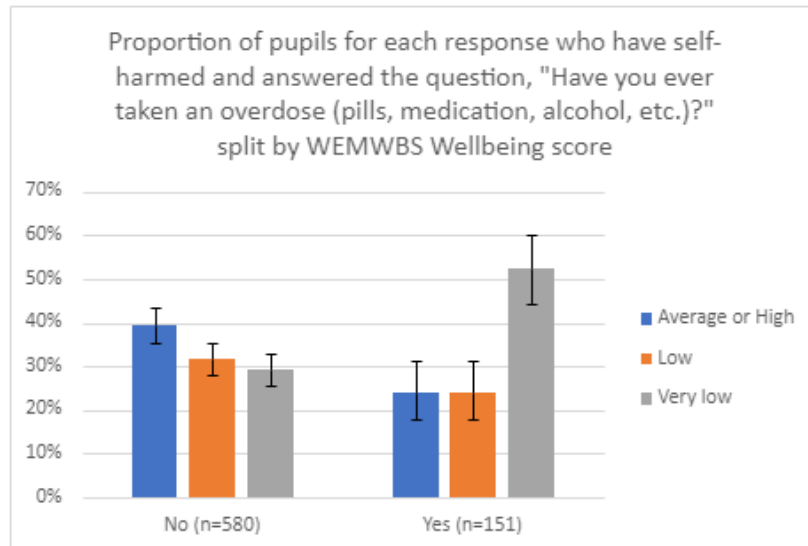
Overdose

For those pupils who respond 'yes' to self-harming a follow up question of 'Have you ever taken an overdose' is asked. Of the 954 who have self-harmed 937 responded to the overdose question of which 21% had also taken an overdose.



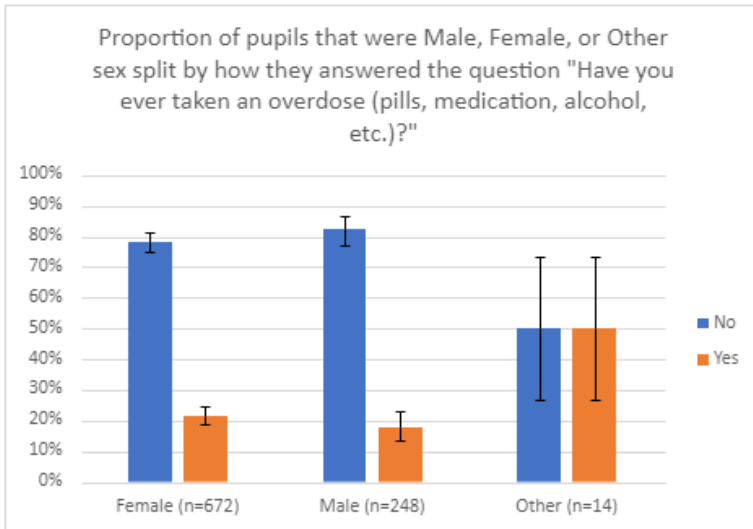
| Answer options | Count | % | pos error | neg error |
|----------------|------------|-------|-----------|-----------|
| No | 740 | 79.0% | 2.5% | 2.7% |
| Yes | 197 | 21.0% | 2.7% | 2.5% |
| Total | 937 | | | |

When looking at overdose in relation to WEMWBS wellbeing score we have scores for 731 of the 937 who responded to the overdose question. Those that answered 'yes' to 'Have you ever taken an overdose' were more likely to have Very Low wellbeing compared to pupils who responded 'no'.



| Answer options | % wellbeing score | | | All pupils (n=731) |
|----------------|-------------------------|-------------|------------------|--------------------|
| | Average or High (n=264) | Low (n=219) | Very low (n=248) | |
| No | 86.4% | 83.6% | 68.1% | 79.3% |
| Yes | 13.6% | 16.4% | 31.9% | 20.7% |

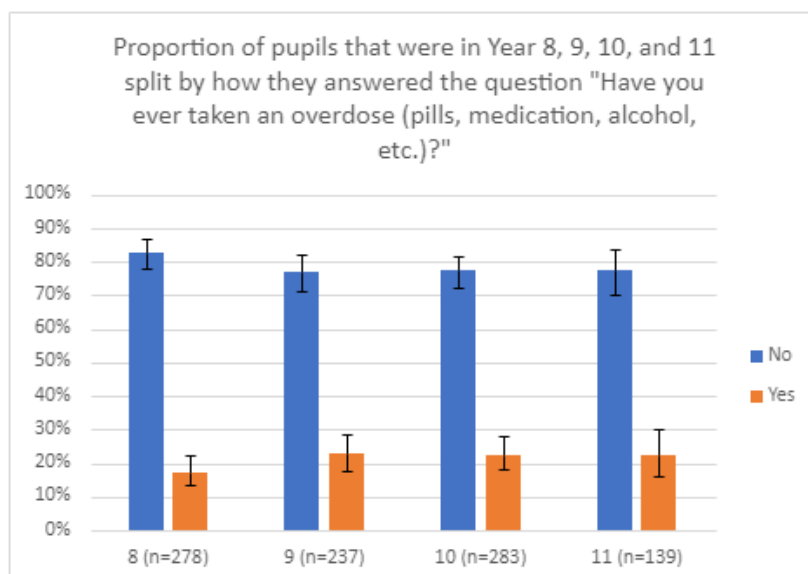
We have biological sex data for 934 pupils who answered the overdose question. Other sex pupils were more likely to answer 'yes' compared to males and females. Females and males were equally likely to respond 'yes'.



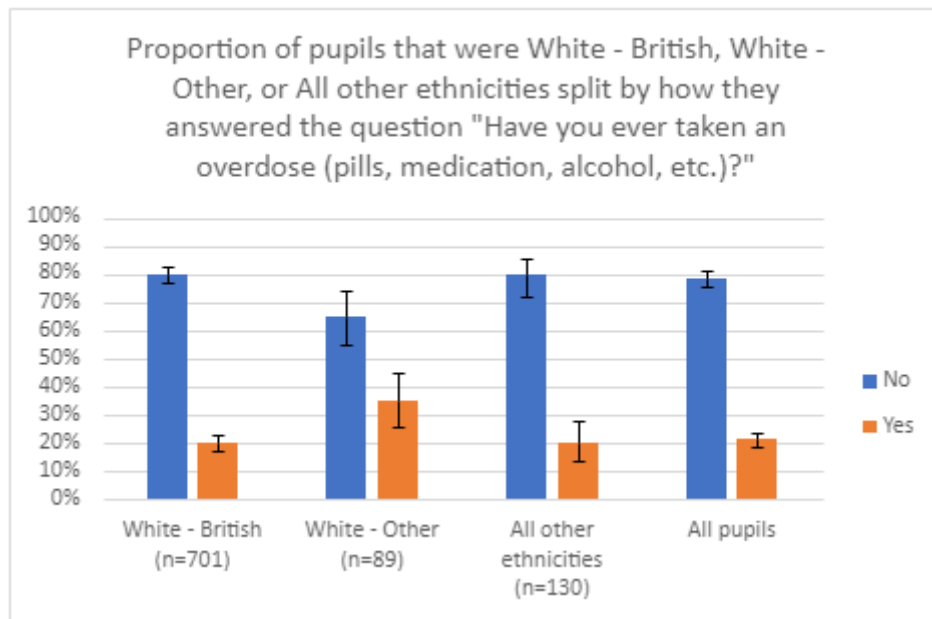
| Answer options | Biological sex count | | | Total |
|----------------|----------------------|------------|-----------|------------|
| | Female | Male | Other | |
| No (n=738) | 527 | 204 | 7 | 738 |
| Yes (n=196) | 145 | 44 | 7 | 196 |
| Total | 672 | 248 | 14 | 934 |

The proportion of pupils responding 'yes' to 'Have you ever taken an overdose' was similar across all of the year groups.

| Answer options | Year Group count | | | | Total |
|----------------|------------------|------------|------------|------------|------------|
| | 8 | 9 | 10 | 11 | |
| No (n=740) | 230 | 183 | 219 | 108 | 740 |
| Yes (n=197) | 48 | 54 | 64 | 31 | 197 |
| Total | 278 | 237 | 283 | 139 | 937 |



We have ethnicity information for 920 pupils, those of White – Other ethnicity were more likely to responded ‘yes’ compared to White – British. However, pupils in all three ethnicity groups were more likely to respond ‘no’ compared to ‘yes’.

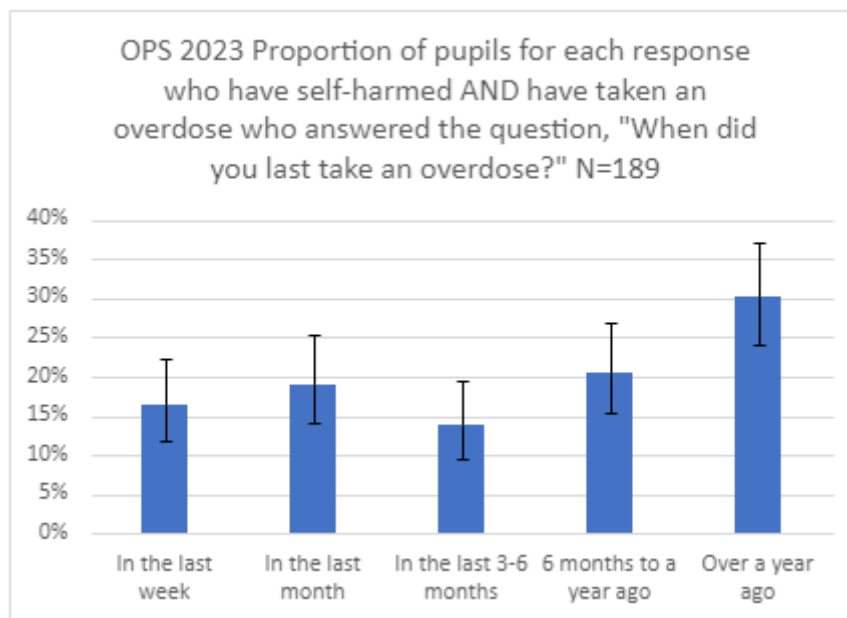


| Answer options | Ethnicity count | | | | | | Total |
|----------------|-------------------|-------------------|-------------------|-----------------|---------------|-------------------|------------|
| | Asian ethnicities | Black ethnicities | Mixed ethnicities | White - British | White - Other | Other ethnicities | |
| No (n=724) | 36 | | 46 | 562 | 58 | | 724 |
| Yes (n=196) | 5 | | 14 | 139 | 31 | | 196 |
| Total | 41 | | 60 | 701 | 89 | | 920 |

When last overdosed

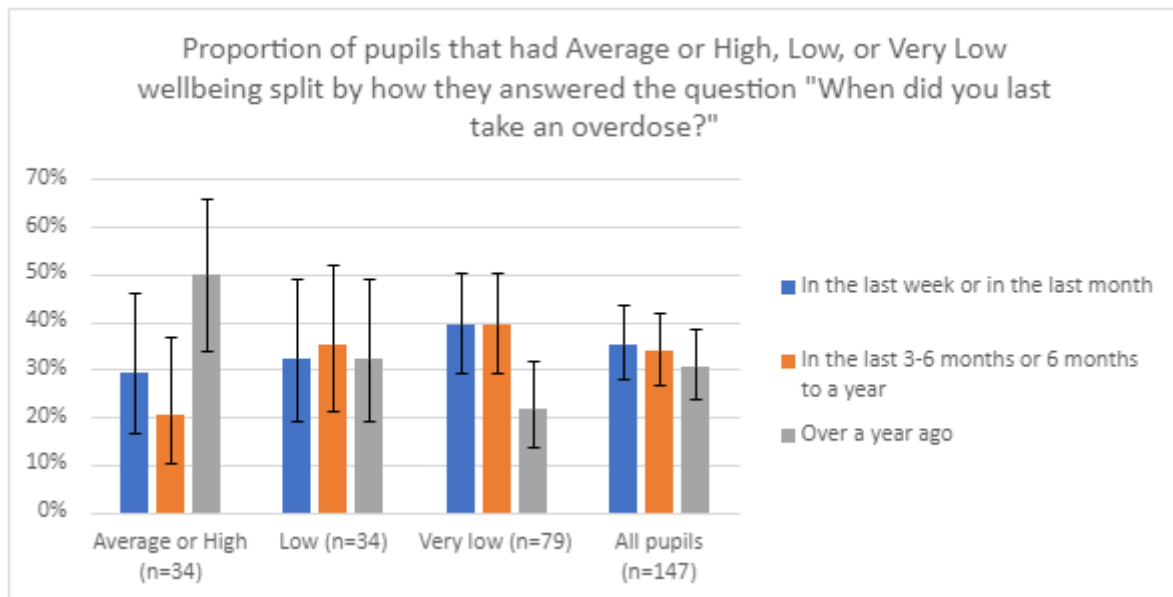
Of the 197 pupils who had self-harmed and taken an overdose, 189 of them answered the follow up question 'When did you last take an overdose?' Analysis shows that a statistically greater proportion of pupils took an overdose 'Over a year ago' compared to those who responded 'In the last week' and 'in the last 3-6 months'.

| Answer options | Count | % | pos error | neg error |
|------------------------|------------|-------|-----------|-----------|
| In the last week | 31 | 16.4% | 5.9% | 4.6% |
| In the last month | 36 | 19.0% | 6.2% | 5.0% |
| In the last 3-6 months | 26 | 13.8% | 5.6% | 4.2% |
| 6 months to a year ago | 39 | 20.6% | 6.3% | 5.2% |
| Over a year ago | 57 | 30.2% | 6.9% | 6.1% |
| Grand Total | 189 | | | |

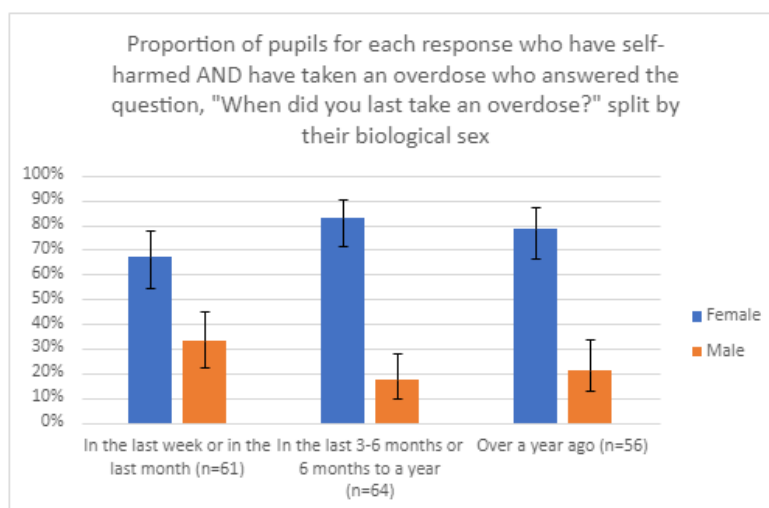


We have a WEMEBS wellbeing score for 147 of the 189 pupils who answered this question. Pupils with Average or High wellbeing were more likely to respond 'Over a year ago' compared to pupils with Very Low wellbeing scores.

| Grouped answer options | Grouped wellbeing score | | |
|---|-------------------------|-----------|-----------|
| | Average or High | Low | Very low |
| In the last week or in the last month (n=) | 10 | 11 | 31 |
| In the last 3-6 months or 6 months to a year (n=) | 7 | 12 | 31 |
| Over a year ago (n=) | 17 | 11 | 17 |
| Total | 34 | 34 | 79 |

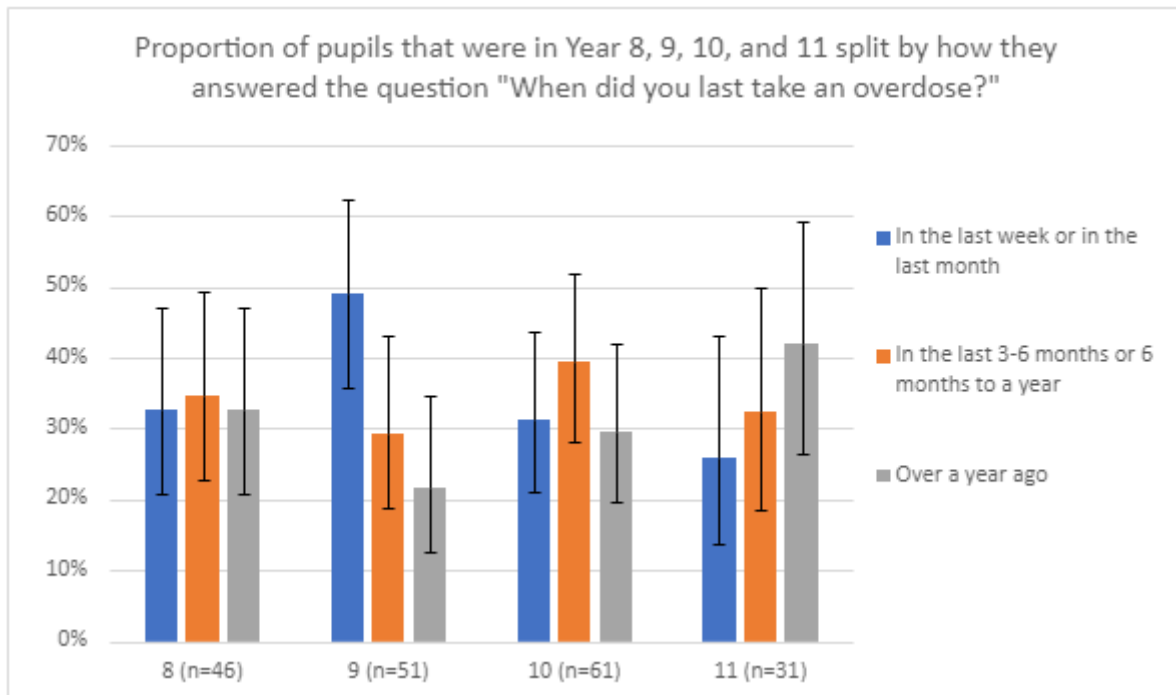


When comparing biological sex, for all three responses pupils were more likely to be female. There is a similar proportion of females and similar proportion of males responded in each category. We had biological sex data for 181 of the 189 pupils.



| Grouped answer options | % biological sex | |
|--|------------------|-------------|
| | Female (n=138) | Male (n=43) |
| In the last week or in the last month | 29.7% | 46.5% |
| In the last 3-6 months or 6 months to a year | 38.4% | 25.6% |
| Over a year ago | 31.9% | 27.9% |

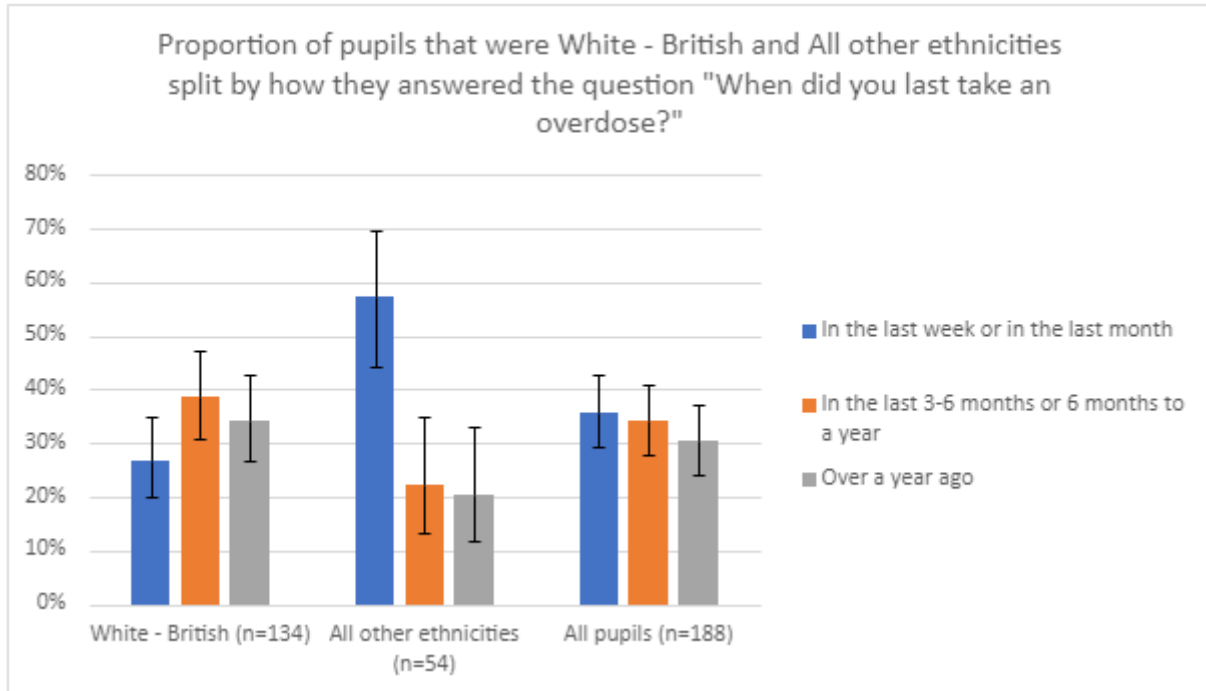
Across the year groups, year 9 pupils were more likely to respond ‘In the last week or in the last month’ compared to ‘Over a year ago’. For the other year groups a similar proportion of pupils responded for each category.



| Grouped answer options | Year Group count | | | | Total |
|---|------------------|-----------|-----------|-----------|------------|
| | 8 | 9 | 10 | 11 | |
| In the last week or in the last month (n=67) | 15 | 25 | 19 | 8 | 67 |
| In the last 3-6 months or 6 months to a year (n=65) | 16 | 15 | 24 | 10 | 65 |
| Over a year ago (n=57) | 15 | 11 | 18 | 13 | 57 |
| Total | 46 | 51 | 61 | 31 | 189 |

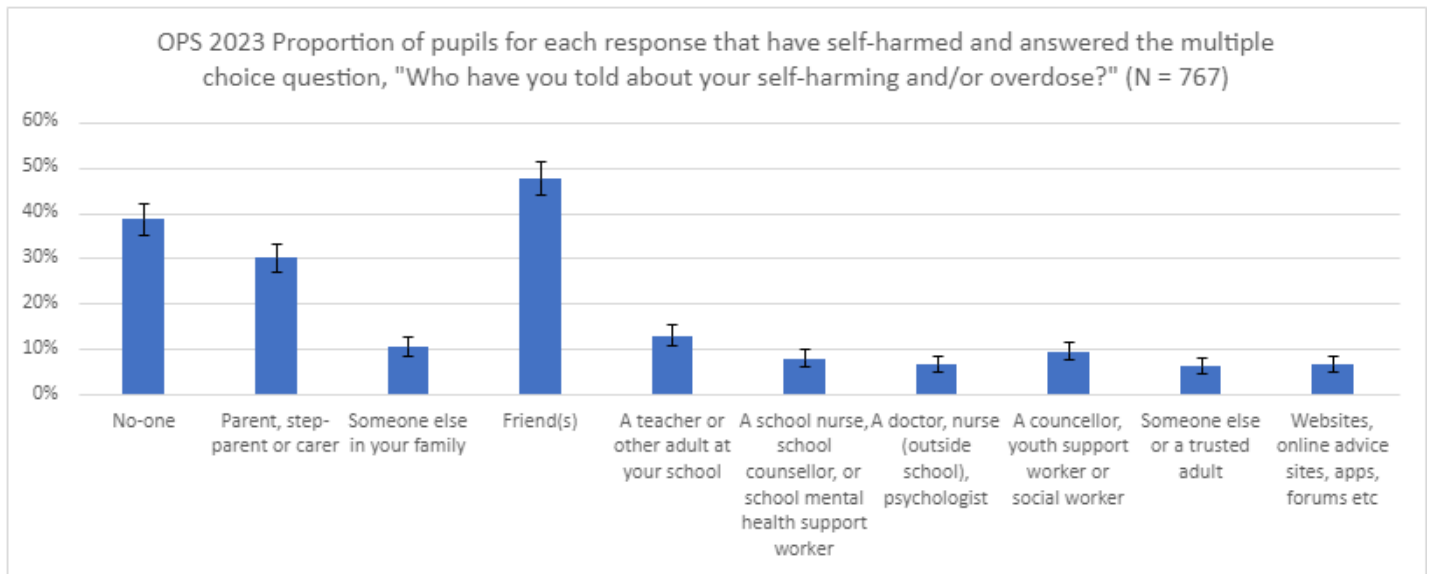
188 pupils had specified their ethnicity. Pupils of All other ethnicities are more likely to respond ‘In the last week or in the last month’ compared to White – British pupils.

| Grouped answer options | Grouped ethnicity | |
|---|-------------------|-----------------------|
| | White - British | All other ethnicities |
| In the last week or in the last month (n=) | 36 | 31 |
| In the last 3-6 months or 6 months to a year (n=) | 52 | 12 |
| Over a year ago (n=) | 46 | 11 |
| Total | 134 | 54 |



Who are YP talking too?

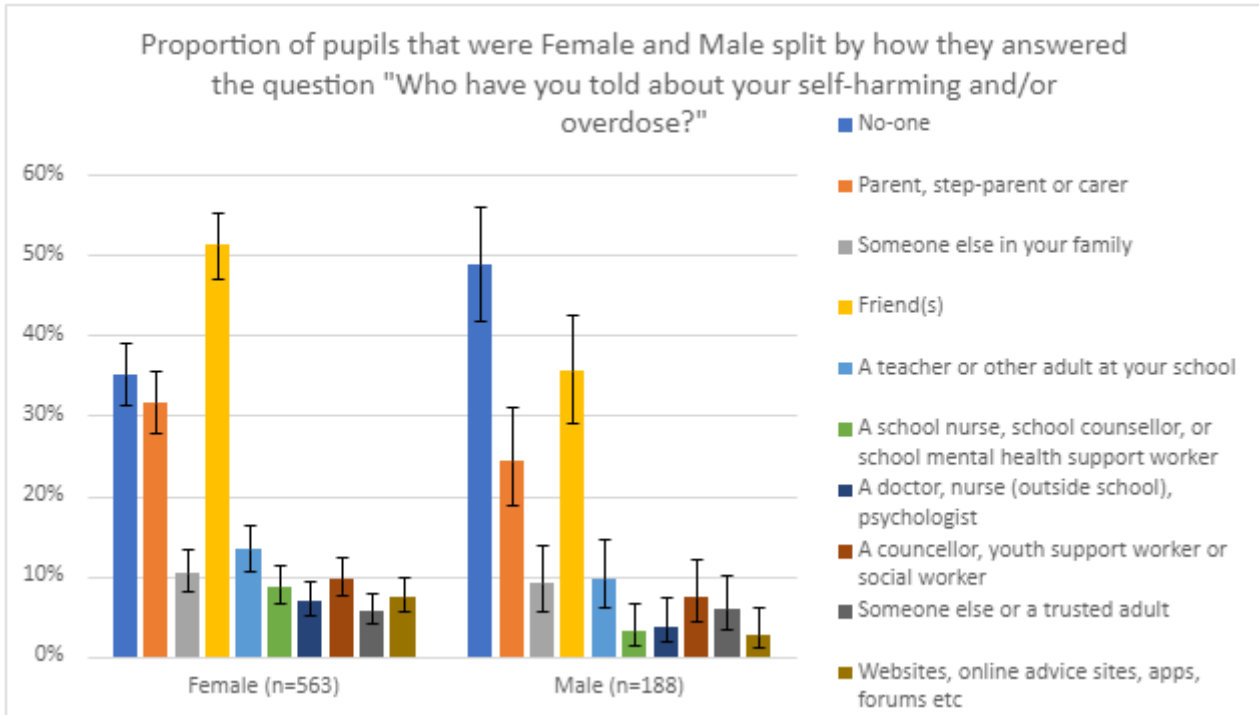
As part of this data collection we were interested to find out who young people (YP) are talking to about self-harm and overdose. Of the 954 pupils who responded that they had self-harmed, 767 also gave at least one response to the multiple choice question 'Who have you told about your self-harming and/or overdose?'



Friend(s) was the most popular response (47.7%) followed by 'No-one' (38.6%) and then 'Parent, step-parent or carer' (30.1%)

| Answer options | Count | % |
|---|------------|-------|
| No-one | 296 | 38.6% |
| Parent, step-parent or carer | 231 | 30.1% |
| Someone else in your family | 80 | 10.4% |
| Friend(s) | 366 | 47.7% |
| A teacher or other adult at your school | 99 | 12.9% |
| A school nurse, school counsellor, or school mental health support worker | 61 | 8.0% |
| A doctor, nurse (outside school), psychologist | 50 | 6.5% |
| A counsellor, youth support worker or social worker | 73 | 9.5% |
| Someone else or a trusted adult | 47 | 6.1% |
| Websites, online advice sites, apps, forums etc | 51 | 6.6% |
| Total respondents | 767 | |

We had biological sex data for 751 of the responders. Males were more likely to respond 'No-one' compared to females. Females were more likely to respond 'Friend(s)' compared to males.



| Answer options | Biological sex count | | | Total | Total female and male |
|--|----------------------|------------|-------|-------|-----------------------|
| | Female | Male | Other | | |
| No-one (n=290) | 198 | 92 | | 290 | 290 |
| Parent, step-parent or carer (n=224) | 178 | 46 | | 224 | 224 |
| Someone else in your family (n=76) | 59 | 17 | | 76 | 76 |
| Friend(s) (n=356) | 289 | 67 | | 356 | 356 |
| A teacher or other adult at your school (n=93) | 75 | 18 | | 93 | 93 |
| A school nurse, school counsellor, or school mental health support worker (n=55) | 49 | 6 | | 55 | 55 |
| A doctor, nurse (outside school), psychologist (n=46) | 39 | 7 | | 46 | 46 |
| A councillor, youth support worker or social worker (n=69) | 55 | 14 | | 69 | 69 |
| Someone else or a trusted adult (n=43) | 32 | 11 | | 43 | 43 |
| Websites, online advice sites, apps, forums etc (n=47) | 42 | 5 | | 47 | 47 |
| Total respondents | 563 | 188 | | | 751 |

Possible next steps

This data highlights that although self-harm levels haven't increased since 2021, they have remained high, even though COVID-19 restrictions are no longer in place. As we do not ask self-harm related questions to primary school age pupils there is the possibility that the levels are even higher. It is clear that something needs to be put into place to start to decrease these figures.

Possible next steps

Training

- Ensuring we continue to run self-harm awareness training so that professionals and volunteers working with children and young people (CYP) are aware of what signs to look out for, are equipped to talk to CYP about self-harm and know where to signpost them too for additional help. [Search for Learning and Development Services and Pathways | South Gloucestershire CPD Online \(southglos.gov.uk\)](#).
- Extend training offer to include parents/carers sessions as YP are turning to them to talk about their self-harm.
- Ensure that self-harm is covered as part of the mental health champion training being delivered within secondary schools by Off the Record.

Support for Schools/Organisations Working with CYP

- Review the 2021 Self-Harm Guidance documents, update if needed and recirculate. [Mental Health and Inequalities - Self Harm Guidance for Schools.pdf - All Documents \(sharepoint.com\)](#) and [Mental Health and Inequalities - Self Harm Guidance for Working with Children & Young People.pdf - All Documents \(sharepoint.com\)](#)
- Working with partners to design a menu of support and resources around self-harm potentially aimed key groups identified through the data, eg Off the Record, Kooth, CAMHS, school nurses. Make this available within school and community.
- Working with secondary schools to see what can be implemented within the school around awareness and support for self-harm. Use OPS data to highlight the schools most at need.
- Ensure there is information and resources around self-harm on PSHE/RSHE Resource and Information Site [PSHE / RSHE Resource and Information Site - Home \(sharepoint.com\)](#) for schools to access as and when they need.
- Work with schools to develop resources and training to educate young people around self-harm and how to help a friend if they disclose they are self-harming

Prevention

- Develop a pack of resources to help CYP with self-care, equipping them with the tools they need to help and support themselves with their mental wellbeing.
- Develop a range of comms assets which can be used to highlight the importance of talking about mental health and self-harm, including real life stories which YP can relate too. Have a range of mediums being covered – videos, blogs, posters, web-based info, social media content etc.
- Working with primary schools to ensure conversations around mental health and self-harm are being addressed either as whole school activities, in group settings or 1:1.

Data sharing T&Cs

Data sharing terms and conditions for the use of the Lodeseeker database and OPS data.

The data used within this report has been generated by the results of the OPS through a system called Lodeseeker. Use of this data is in accordance with the following conditions:

Publication of the data – If any users wish to publish the survey results/data, this must first be approved in writing by the OPS Commissioner, South Gloucestershire Council, Department for Children, Adults and Health, Public Health and Wellbeing Division.

Requests should be emailed to: Sarah Godsell sarah.godsell@southglos.gov.uk. Once approved, the publication must acknowledge the 'South Gloucestershire Online Pupil Survey as the source of the data.

Non-Commercial – Material must not be used for commercial purposes. (A commercial use is one primarily intended for commercial advantage or monetary compensation).

Promote positive social norms – You undertake to carefully consider the messages young people and their communities will receive from the information shared and take steps to ensure that any information from the OPS reinforces and promotes healthy behaviour. For example, data should be displayed to demonstrate the number and % of young people that don't smoke rather than promoting the numbers that do smoke.

Media releases – Any media and press releases using OPS data must be agreed by South Gloucestershire Council.

For the full document please follow this link [2021LodeseekerUse&DataSharingTermsConditionsV1.docx \(sharepoint.com\)](#) or contact Sarah Godsell sarah.godsell@southglos.gov.uk



