

Cyber Bullying

Somerset Schools Health & Wellbeing Survey
(SSHWS)

Public Health: Health Improvement Manager

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Somerset
Council

What is cyberbullying?

UNICEF describes cyberbullying as –

Cyberbullying is bullying with the use of digital technologies. It can take place on social media, messaging platforms, gaming platforms and mobile phones.

It is repeated behaviour, aimed at scaring, angering or shaming those who are targeted.

Examples include:

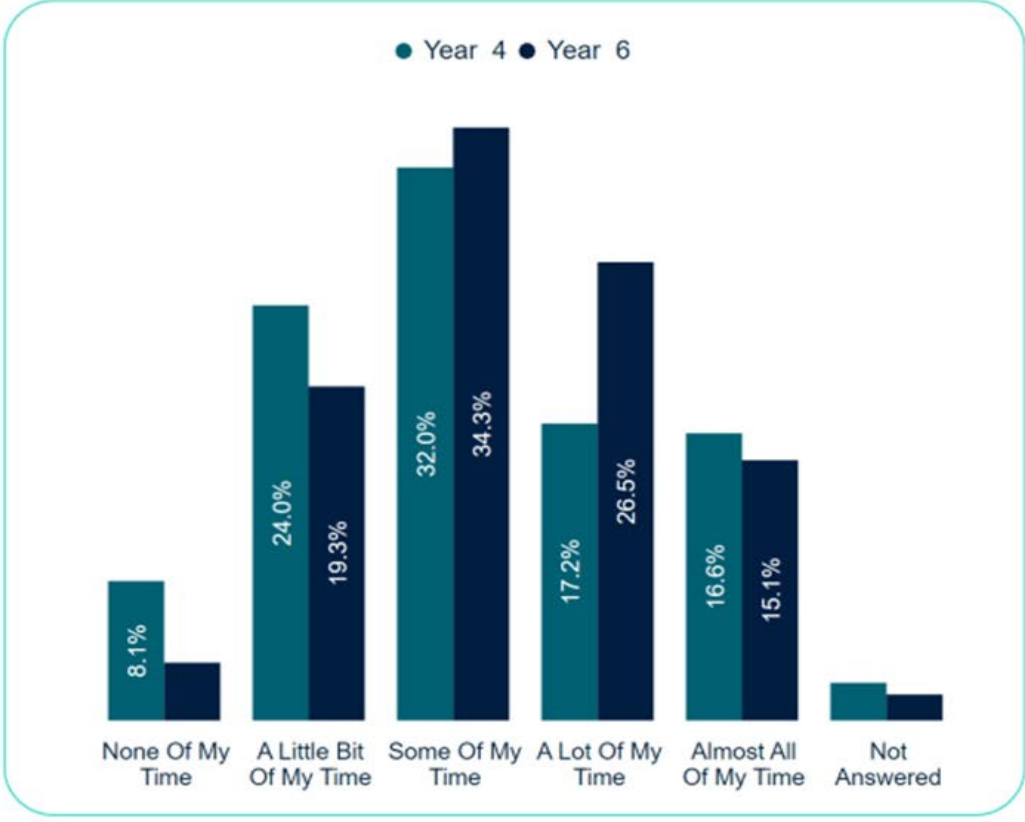
- spreading lies about or posting embarrassing photos or videos of someone on social media
- sending hurtful, abusive or threatening messages, images or videos via messaging platforms
- impersonating someone and sending mean messages to others on their behalf or through fake accounts.

Face-to-face bullying and cyberbullying can often happen alongside each other. But cyberbullying leaves a digital footprint – a record that can prove useful and provide evidence to help stop the abuse.

What the school survey shows us



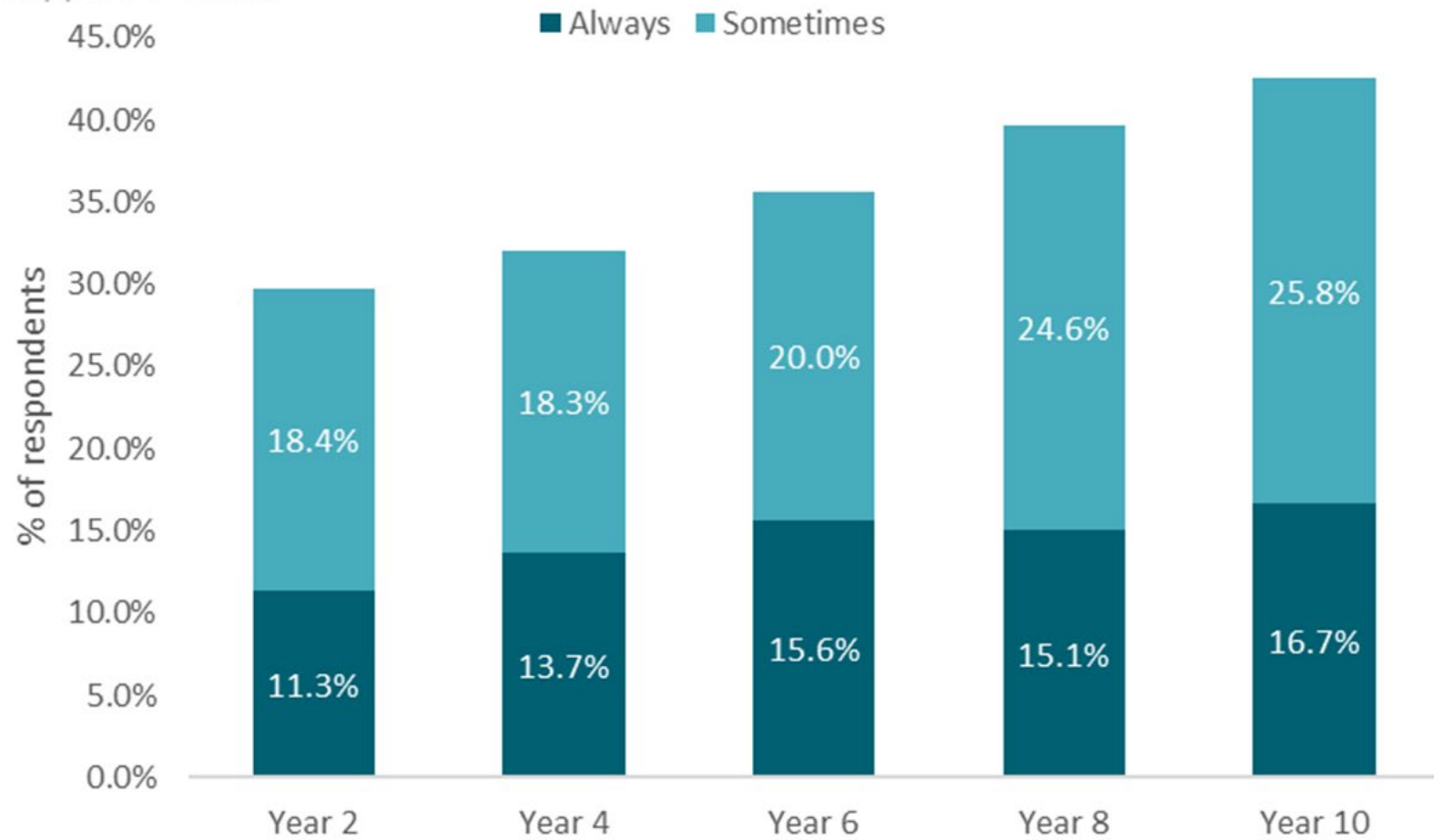
Yesterday, How Much Time Did You Spend Using Screen Devices Outside Of School?



Online Experiences

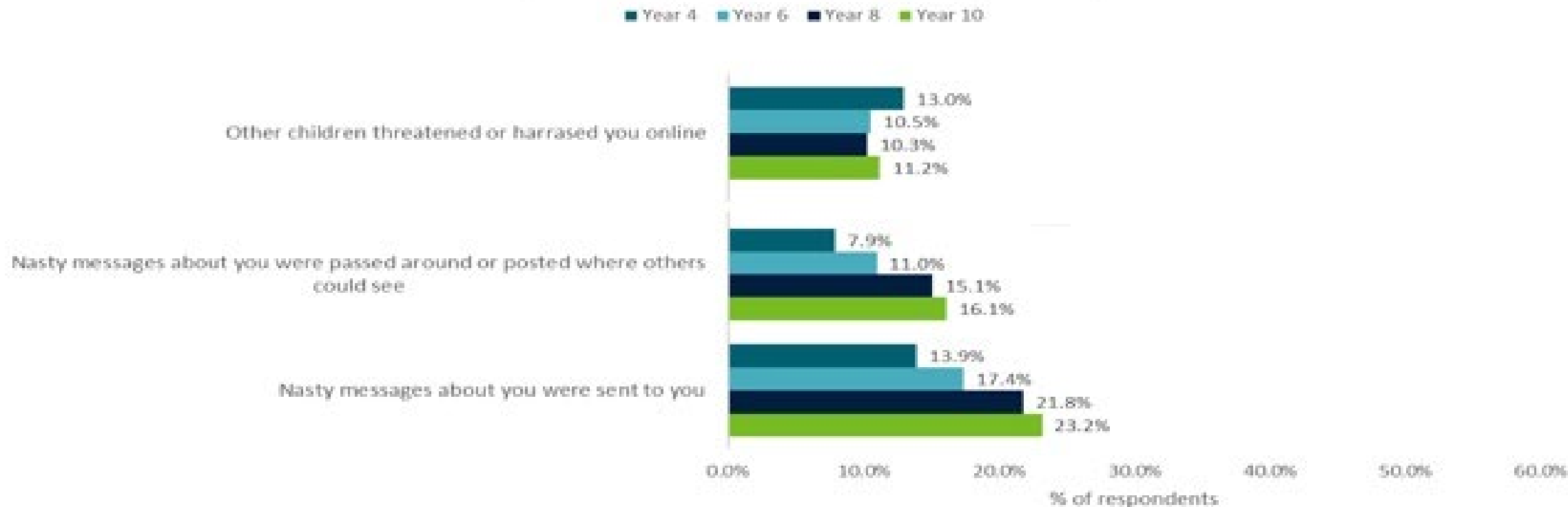
Older pupils are more likely to be upset by something they have seen online

How often have you been upset by something that you have seen or that has happened online?



Somerset experiences

During this school year have any of these happened to you?



Do you ever worry about....



Worries - Part B



Do You Ever Worry About Any Of The Following? (Select All That Apply)

Yr 8
15.8%

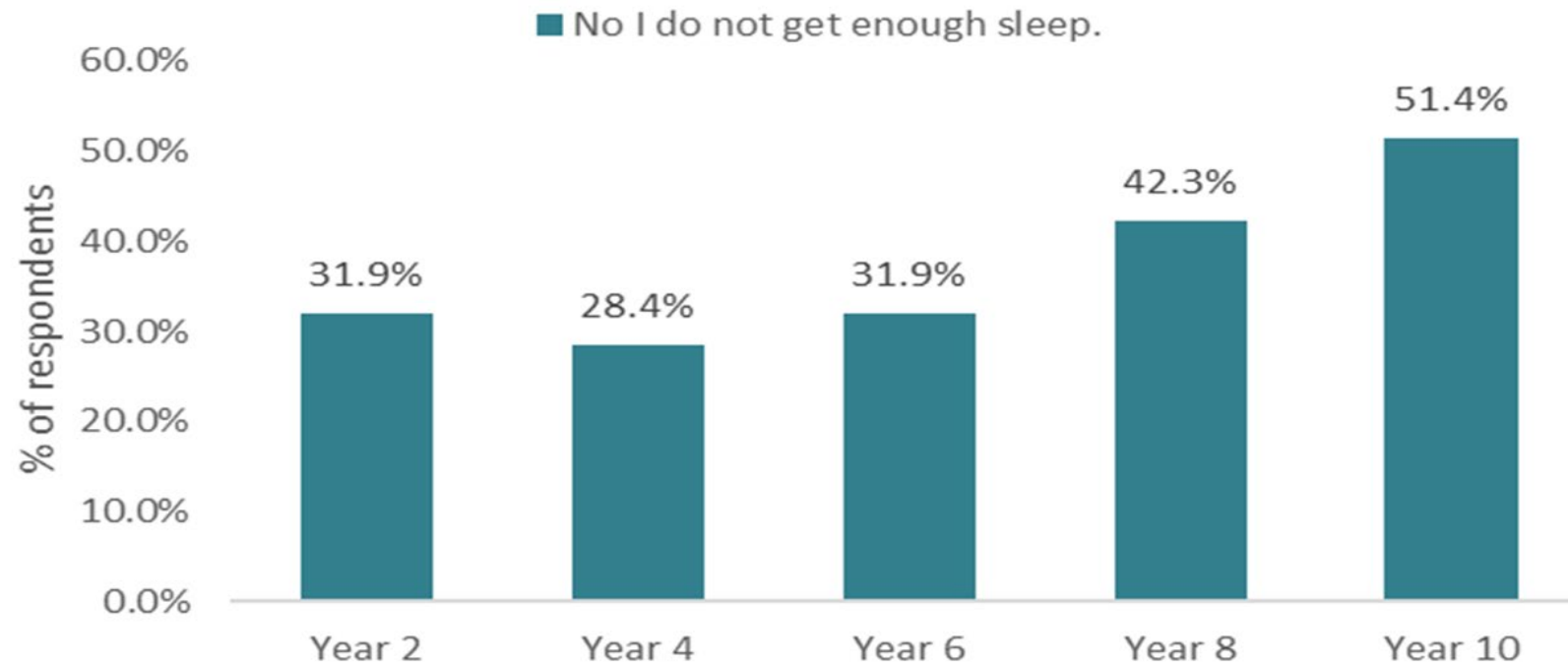
Worry	Year 8
School Work/Homework	61.9%
Exams/Tests	60.0%
The Way You Look	54.9%
Problems With Friends	49.4%
The Future	48.7%
Your Mental Health	38.8%
Family Problems	35.5%
Your Physical Health	33.9%
The Mental Health Of Someone In Your Family	32.8%
Relationships	28.4%
Money Problems/Family Finances	23.5%
Climate Change	19.7%
Wars And Terrorism	17.4%
Becoming Homeless	16.4%
Online Problems	15.8%
Crime	11.0%
Becoming A Parent Before You'Re Ready	9.1%
Drugs	7.6%
Your Sexual Orientation	7.2%
Floods	6.5%
Your Gender Identity	6.3%
Sexually Transmitted Infections	2.6%

Yr 10
12.2%

Worry	Year 10
Exams/Tests	66.3%
School Work/Homework	62.4%
The Way You Look	53.5%
The Future	52.2%
Your Mental Health	45.8%
Problems With Friends	40.1%
Your Physical Health	37.2%
Family Problems	34.7%
The Mental Health Of Someone In Your Family	32.6%
Relationships	31.0%
Money Problems/Family Finances	25.8%
Climate Change	19.4%
Wars And Terrorism	14.7%
Becoming Homeless	13.8%
Online Problems	12.2%
Crime	9.6%
Becoming A Parent Before You'Re Ready	8.5%
Your Sexual Orientation	7.4%
Drugs	7.3%
Floods	6.1%
Your Gender Identity	5.2%
Sexually Transmitted Infections	4.2%

3 in 10 primary pupils do not get enough sleep to feel awake and concentrate on school work. This increases to in 1 in 2 pupils in year 10.

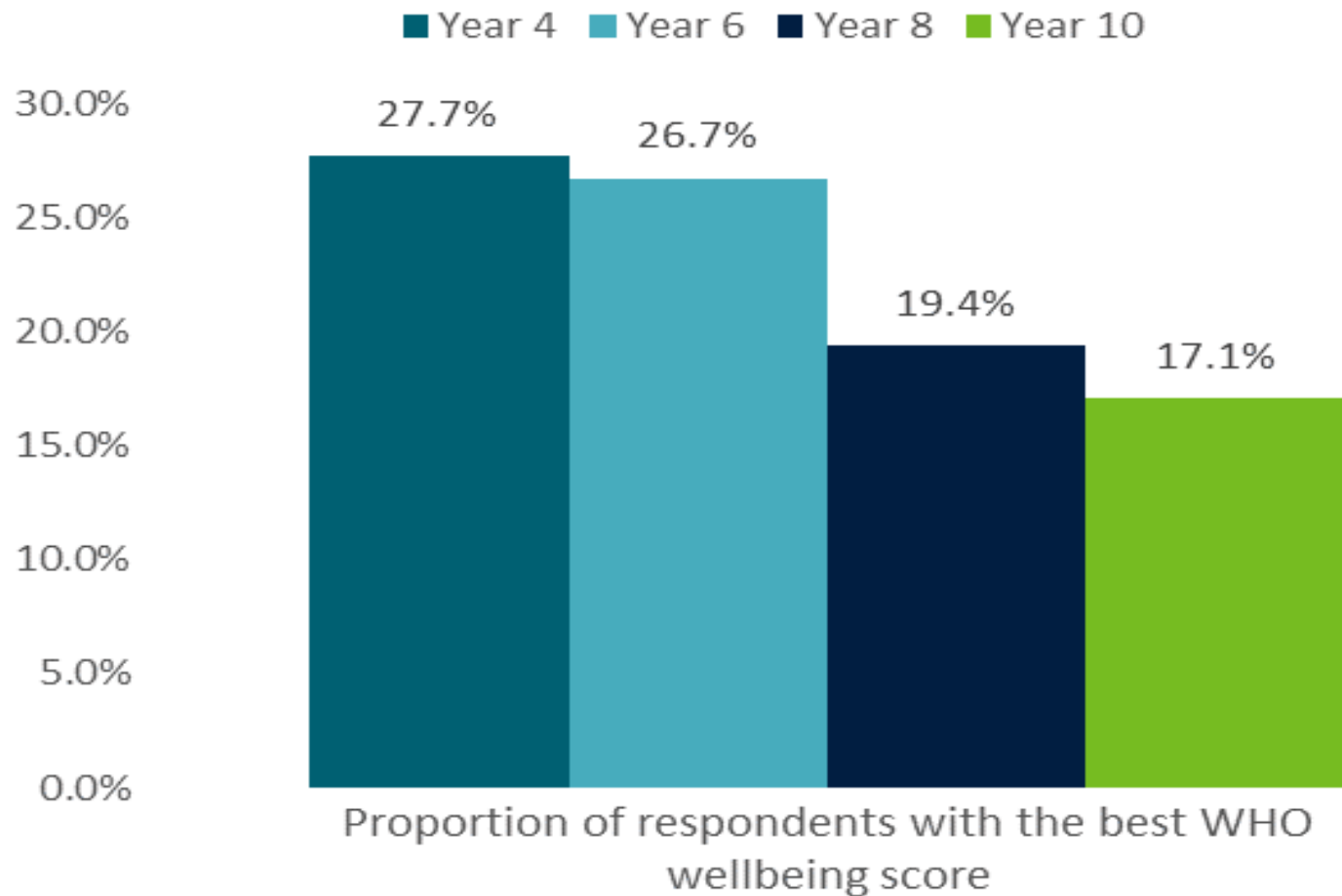
Is the amount of sleep you normally get enough for you to feel awake and concentrate on your school work?



Sense of Wellbeing

Pupils sense of well-being decreases with age

World Health Organisation well-being index (WHO-5) is a short and generic global rating scale measuring subjective well being.





Safety

Effects of Bullying



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Year 4

Effect of being bullied	Year 4
I Haven't Been Bullied/No One Has Been Nasty To Me	43.5%
I Don'T Want To Go To School	21.4%
I Feel Lonely	20.9%
I Feel Nervous	20.5%
I Feel Afraid To Go To School	17.0%
I Feel Low	15.0%
I Don'T Feel School Is Safe Anymore	11.1%
I Feel Sick	9.5%
My School Grades Have Got Worse	7.0%
I Don'T Go To School	2.4%

Year 6

Effect of being bullied	Year 6
I Haven't Been Bullied/No One Has Been Nasty To Me	39.0%
I Don'T Want To Go To School	27.6%
I Feel Low	24.7%
I Feel Nervous	22.2%
I Feel Lonely	20.4%
I Feel Afraid To Go To School	15.5%
I Don'T Feel School Is Safe Anymore	13.7%
I Feel Sick	13.2%
My School Grades Have Got Worse	9.6%
I Don'T Go To School	2.9%

Year 8

Effect of being bullied	Year 8
I Haven't Been Bullied/No One Has Been Nasty To Me	31.1%
I Don'T Want To Go To School	29.6%
I Feel Low	28.7%
I Feel Nervous	25.0%
I Feel Lonely	18.6%
I Feel Afraid To Go To School	15.8%
I Don'T Feel School Is Safe Anymore	15.4%
I Feel Sick	14.8%
My School Grades Have Got Worse	10.7%
I Don'T Go To School	4.0%

Year 10

Effect of being bullied	Year 10
I Haven't Been Bullied/No One Has Been Nasty To Me	35.0%
I Feel Low	29.6%
I Don'T Want To Go To School	26.9%
I Feel Nervous	22.6%
I Feel Lonely	17.7%
I Feel Sick	16.1%
I Don'T Feel School Is Safe Anymore	14.1%
I Feel Afraid To Go To School	12.3%
My School Grades Have Got Worse	11.2%
I Don'T Go To School	4.6%

Who are you most likely to talk to.....?



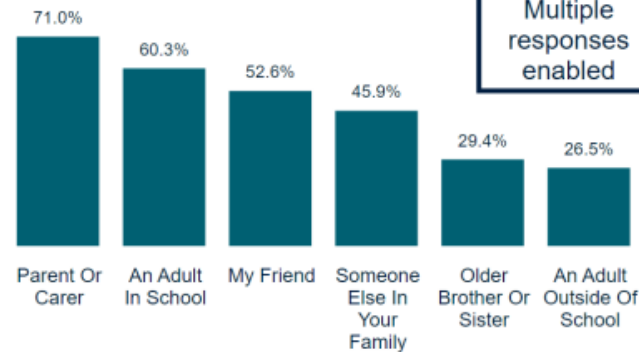
Emotional Health and Wellbeing

Getting Help - Part A

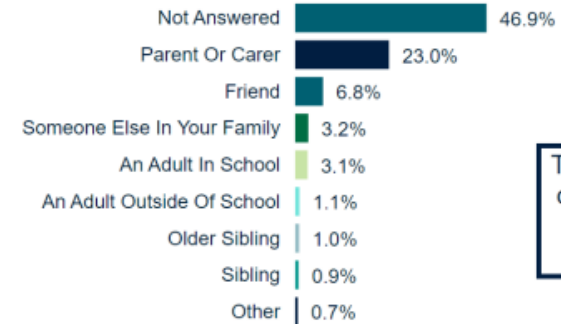


Who Are You Most Likely To Talk To About Feelings Or Worries?

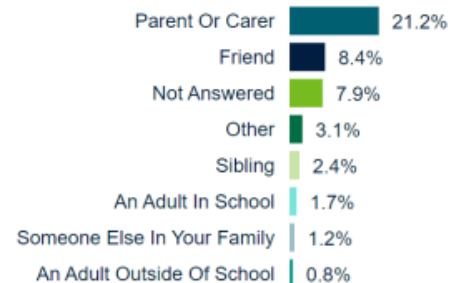
KS1



Primary



Secondary



Whole School Approach



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www.cypsomersehealth.org

Somerset Schools Health and Wellbeing Survey (SSHaWS)

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