SEND Summary Report



Findings from the Health Related Behaviour Survey 2026

Supporting the health of children and young people in Wolverhampton

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CITY OF WOLVERHAMPTON COUNCIL

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FOREWORD

I would like to thank you for participating in the 2026 Health Related Behaviour Survey (HRBS). The commitment and support from schools has once again been superb and has enabled us to collect views from almost 13,000 children and young people, from Key Stage 1 to Key Stage 5, across 84 settings.

This individual report for your school contains valuable data on the health and wellbeing of your pupils across a range of themes. The information will enable you to better understand the attitudes, behaviours and lifestyle choices of your children and young people. In addition, it will help you identify priorities and plan your whole school approach in relation to pupil health and wellbeing and provide valuable information for Ofsted.

From a Public Health perspective, we will take the opportunity to use this survey data, along with our Public Health Vision and Annual Report, to work collaboratively with schools and our wider partners to impact on the key challenges we have in our City and make a positive difference to the lives of children and young people.

Thank you once again for participating in the survey. Your setting's contribution to this valuable consultation tool is greatly appreciated, as are the efforts of your staff and pupils. This is the eleventh time that the survey has run in Wolverhampton since it started in 2006, and its continued success and longevity is very much down to the strong partnerships that we have in our City.

Should you require any further support or assistance in addressing any priorities or challenges raised by the data in your report, please contact the Wolverhampton Public Health team.

Acknowledgments
The work was facilitated by the by the starting, developing and living well team within the Public Health department of City of Wolverhampton Council. SHEU are grateful to the children and young people, teachers and schools for their time and contributions to this survey. As a result of their work we have excellent data to be used by all organisations that support the health and wellbeing of young people in Wolverhampton.

The starting, developing and living well team team would like to thank all those colleagues and partners who spent many hours supporting and developing the survey in order to make it as valuable as possible. Finally, we would like to thank all the schools, teachers and most of all pupils who took the time to ensure that the survey continues to provide excellent data for discussion.



John Denley
Director of Public Health
City of Wolverhampton Council

INTRODUCTION

The Health Related Behaviour Survey (HRBS) has been running in Wolverhampton since 2006. The survey is carried out as a way of consulting children and young people and collecting robust information about young people's health and wellbeing. The HRBS is commissioned by the Public Health team within the City of Wolverhampton Council and carried out by the Schools Health Education Unit (SHEU) which has conducted the survey on behalf of the Council since its inception in 2006.

HRBS 2026 was completed by a total of 12942 pupils in 23 primary (KS1) settings, 57 primary (KS2) settings, 16 secondary (KS3-4) settings, 3 institutions completed the Year 12+ survey, and 9 institutions took part in the SEND survey.

The first six sections of this report provide a summary of the responses from the 404 students who took part in a bespoke special school survey. The final section of this report provides a summary of the inequalities identified from SEND students who completed the mainstream secondary school version of the survey. Further results for the mainstream survey are reported elsewhere and are available upon request.

The mainstream survey is conducted with pupils in primary and secondary phase settings across Wolverhampton, who are asked to complete an anonymous on-line version of the survey appropriate for their age group. Schools are supported to collect the most reliable data with pupils in Years 2 (Key Stage 1 survey), 4 & 6 (Key Stage 2 survey), and 8 & 10 (Secondary Key Stage 3-4 survey) with other year groups taking part where appropriate. In 2026 survey schools could also opt for a Year 7 version and a Year 12 version of the secondary survey.

Summary and topic reports
A summary report for the main survey and five topic reports: Emotional Health and Wellbeing; Relationships and Sexual Health; Smoking, Substances and Gambling; Healthy Lifestyles and and Safety (including bullying) have also been produced to disseminate the findings of the survey to as wide an audience as possible in a format that is useful to the needs of partner agencies.

For more information email:
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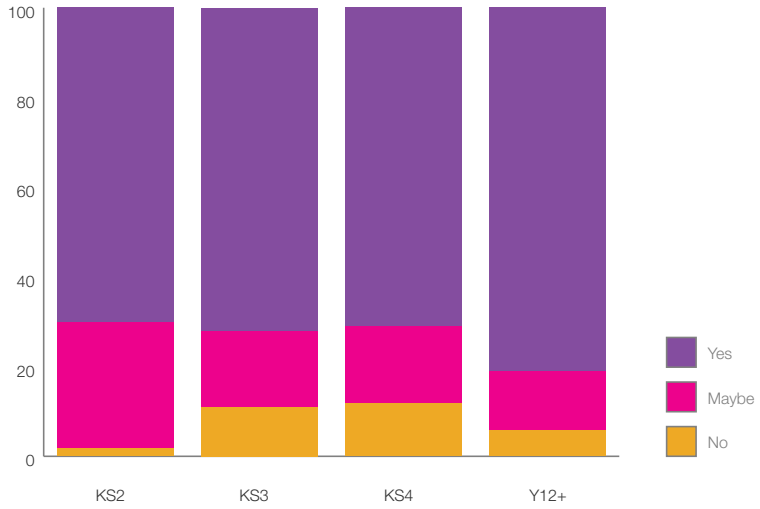
SECTION 1 - EMOTIONAL HEALTH AND WELLBEING

Headlines

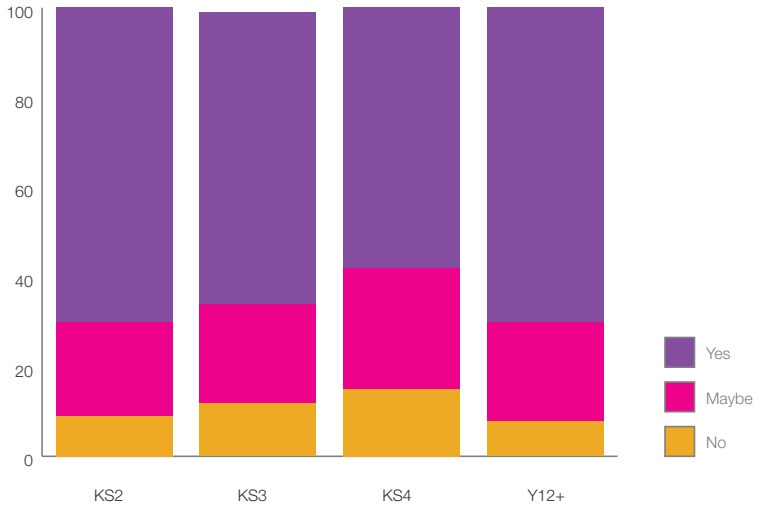
Emotional and Mental Health

- 74% of pupils said they have someone at home they could talk to if they are worried, 17% said maybe whilst 9% said they didn't.
- 65% of pupils said they someone at school they could talk to if they are worried, 23% were unsure whilst 11% said they didn't.

If you are worried is there someone you can talk to at home?

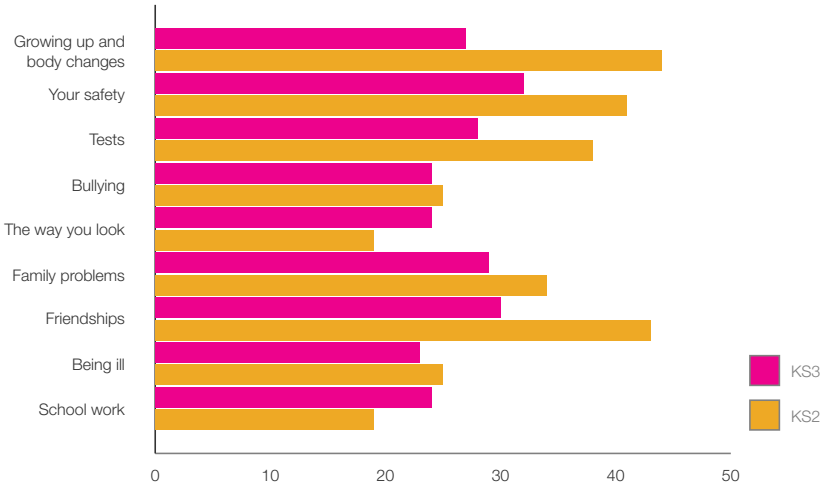


If you are worried is there someone you can talk to at school?



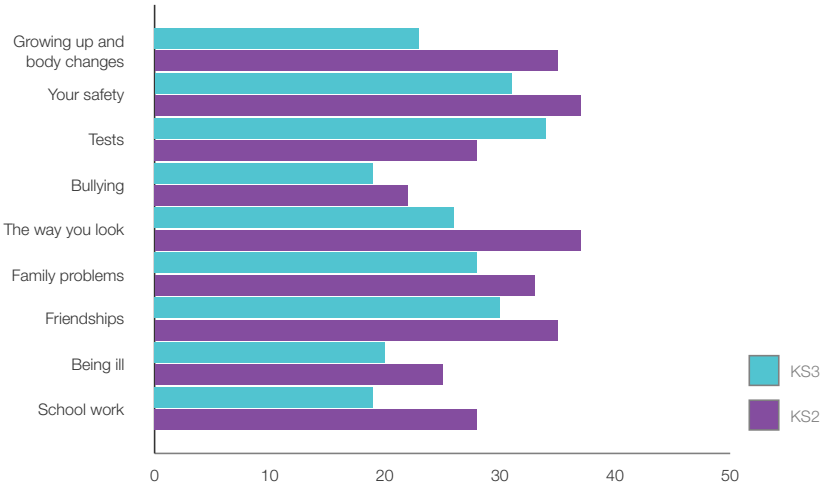
- The top 3 worries for KS2 pupils were growing up, friendships and your safety.
- The top 3 worries for KS3 pupils were your safety, friendships and family problems.

Percentage of children who responding 'a lot', when asked 'How often do you worry about...?



- The top 3 worries for KS4 pupils were your safety, the way you look and friendships.
- The top 3 worries for Year 12 pupils were tests, safety and friendships.

Percentage of children who responding 'a lot', when asked 'How often do you worry about...?



- **87% of pupils felt that RSE/PSHE lessons had helped them understand mental health and wellbeing.**

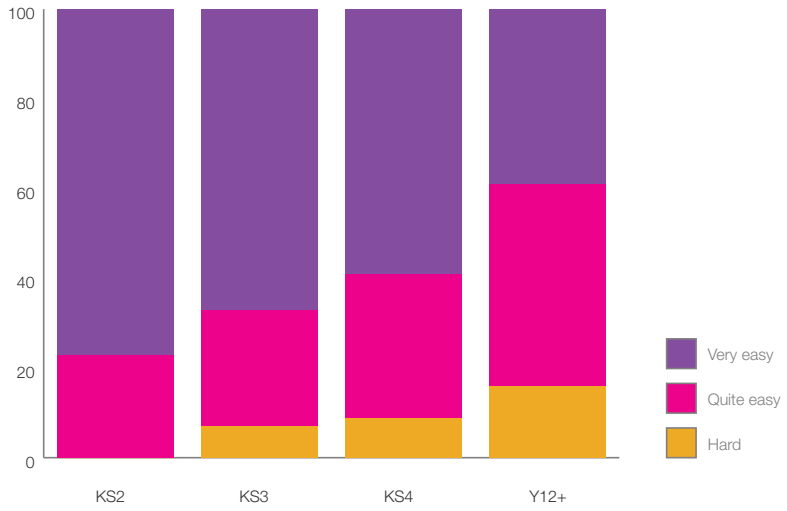
SECTION 2 - HEALTHY LIFESTYLES

Headlines

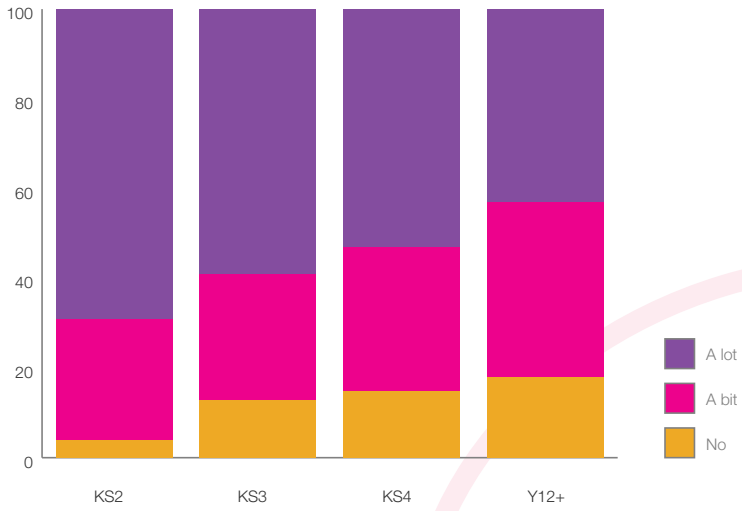
Active Travel and Physical Activity

- 38% of pupils travel to school by car, van or taxi. 46% travelled by train or bus.
- 58% of pupils found it very easy to be physically active at playtimes. 233% found it quite easy and 9% found it hard.
- 54% of pupils said they enjoyed physical activities at school ‘a lot’, 32% said ‘a bit’, whist 14% didn’t.

How easy is it to be active at playtimes/dinnertimes?



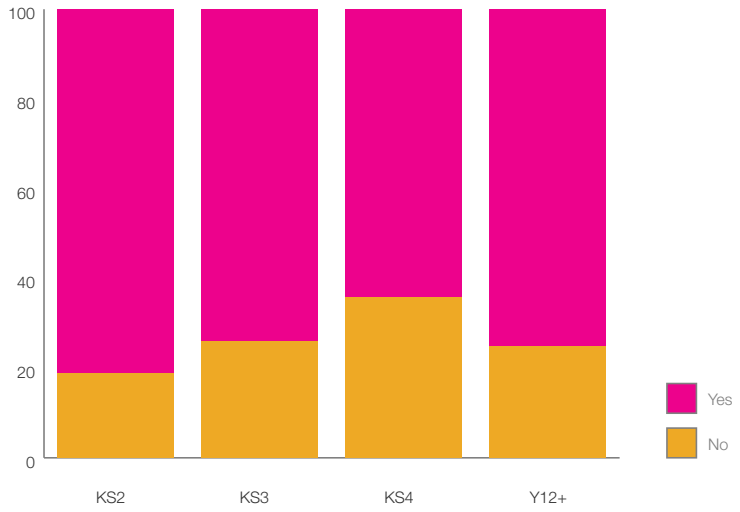
Do you enjoy physical activities at school e.g. PE lessons, active playtimes?



Healthy Eating and 5-a-day

- 28% of pupils did not have breakfast on the day of the survey.
- 60% of pupils ate a school dinner.
- 51% of pupils felt that there was something about school food or lunchtime that needs to be improved. The top reported areas were more choice of food and more time to eat.
- 15% of pupils ate 5 or more portions of fruit and vegetables on the day before the survey. 28% had eaten none.
- 71% of pupils said they felt safe at playtimes/dinnertimes, whilst 66% said they felt happy at playtimes/dinnertimes.
- 90% of pupils felt that RSE/PSHE lessons had helped them understand healthy eating.

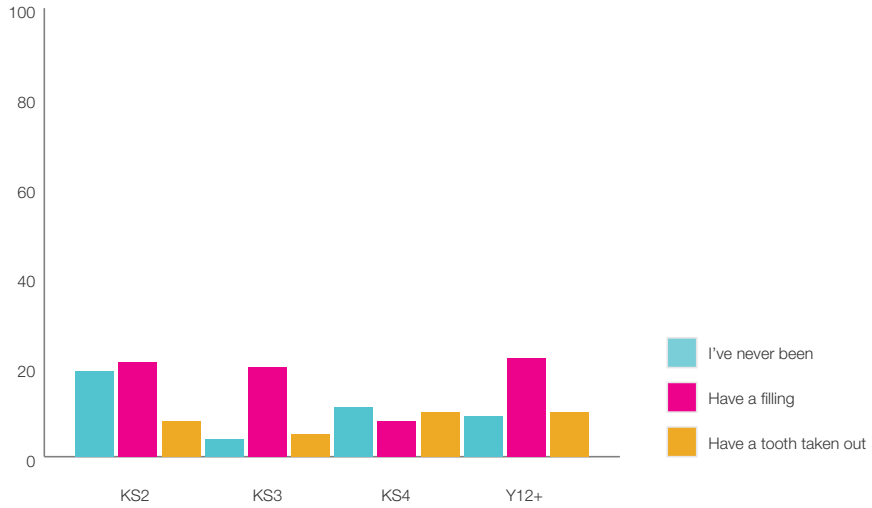
Did you eat breakfast today?



Oral Health

- 7% of pupils did not brush their teeth. 66% of pupils said that they brushed their teeth twice a day.
- 1% of pupils said that they don't have a toothbrush.
- 9% of pupils had never been to the dentist:.

When you last went to the dentist did you...?



SECTION 3 - RELATIONSHIPS AND SEXUAL HEALTH

Headlines

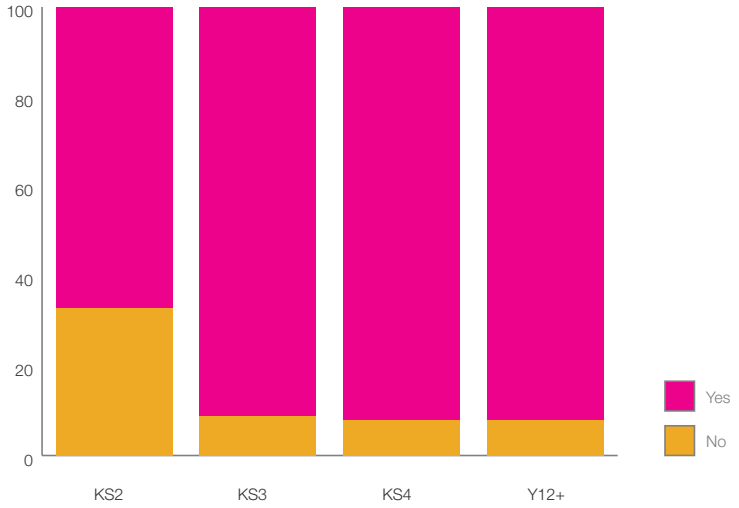
Growing up

- 89% of pupils had been taught about puberty, body changes and growing up in PSHE lessons. However, this was significantly lower in KS2 pupils at 67%.
- 77% of pupils felt happy about puberty.

Sexual Health

- The most commonly reported place KS3-5 pupils said they would like to go to for help and support with contraception was parents/carers (59%), teachers (32%) and brothers/sisters/friends (24%). 24% said Doctor and 18% said School Nurse.
- 35% of KS3-5 pupils knew where to get condoms free of charge.
- 54% of KS3-5 pupils have had a boyfriend/girlfriend. 76% of those that had a girlfriend/boyfriend said they ‘always’ felt safe with them; 4% said ‘No’.%.

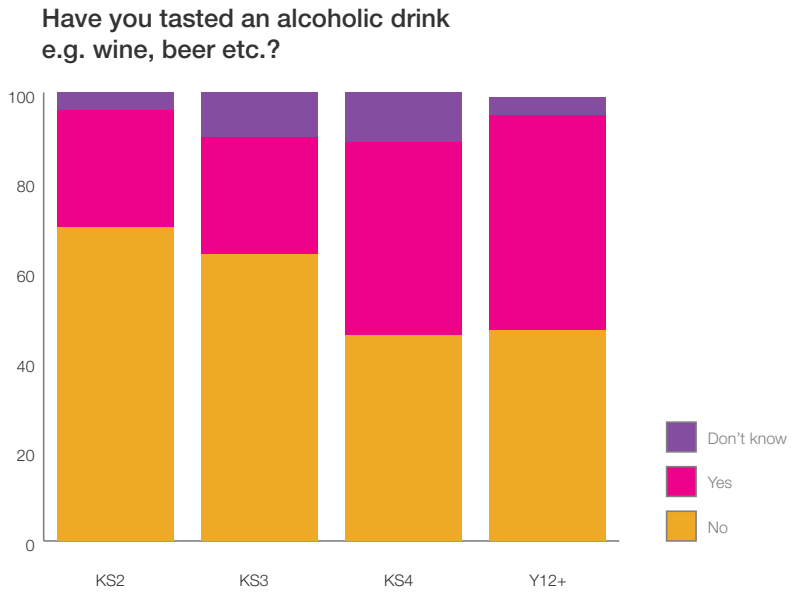
Have you been taught in your PSHE lessons about growing up, body changes and puberty?



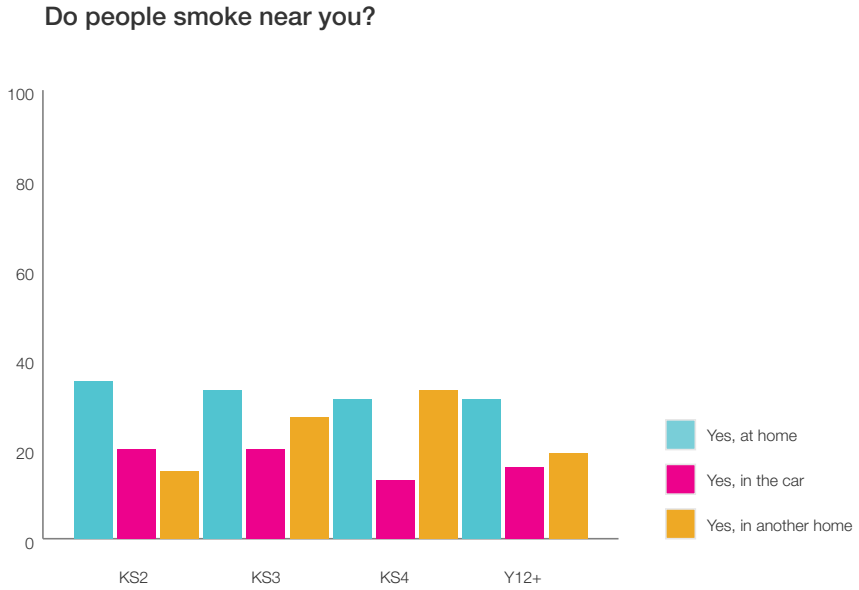
SECTION 4 - SMOKING, SUBSTANCES AND GAMBLING

Headlines

- 37% of pupils had tasted an alcoholic drink.



- 5% of pupils had smoked whilst 16% have used vapes. This was high for KS4 pupils at 31%.
- 35% of pupils reported that their parents/carers smoked. 29% of pupils reported that their parents/carers vaped.
- 32% of pupils reported that people smoke near them in the home.

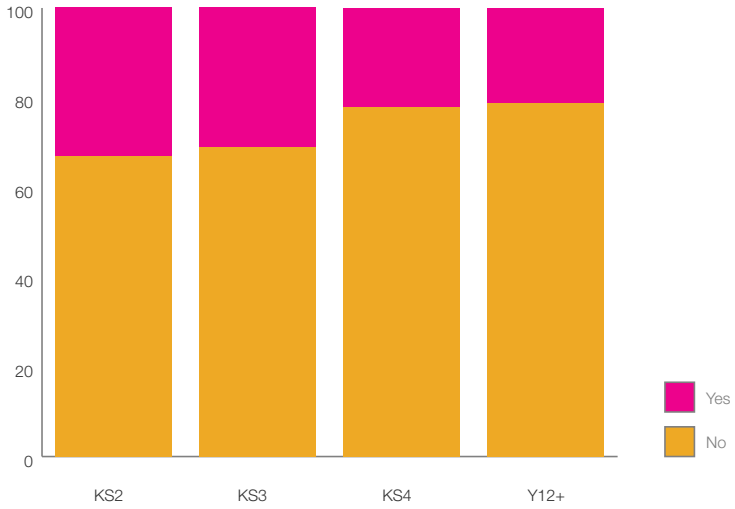


SECTION 5 - SAFETY (INCLUDING BULLYING)

Headlines

- 73% of pupils felt safe at school, 88% felt safe at home and 69% in the area where they live.
- 25% said they feel safe when they go out alone e.g. to play with friends or the local shops.
- 26% of pupils reported that they felt scared to go to school because of other children.

Do you ever feel scared to go to school because of other children?



- 28% of pupils reported that in the last week they had been teased or made fun of. 26% said they had been called names and 19% that they had been pushed or hit for no reason.
- 90% of pupils had been taught how to keep themselves safe online.
- The top 3 reasons for going online are watching videos (92%), playing games (91%) and looking at things they like (84%).
- 46% of pupils report going online when there parents/carers are not there but 54% report that parents/carers set rules about them being online.
- 28% of pupils had seen something online that made them feel worried or upset.
- 93% of pupils felt that RSE/PSHE lessons had helped them understand how to stay safe.

SECTION 6 - PREPARATION FOR ADULTHOOD

Headlines

- 83% of KS3-5 pupils felt school had helped them learn how to prepare food or meals.
- 80% of KS3-5 pupils felt school had helped them learn how to manage their money.
- 58% of pupils felt school had helped them learn how to travel on their own:

Percentage of children who said school helped them learn about travelling on their own



- 89% of KS3-5 pupils felt school had helped them learn how to take care of their health.
- 80% of KS3-5 pupils felt school had helped them learn about their choices after leaving school

Percentage of children who said school helped them learn about choices after leaving school



SEND INEQUALITIES FROM THE MAINSTREAM SURVEY (SECONDARY ONLY)

Emotional Health and Wellbeing

When compared to the Wolverhampton population secondary age pupils who identified with SEND were significantly more likely to:

- Have clinically significant emotional and behavioural difficulties.
- Not feel happy with their life.
- Feel worried about one or more topics.
- Have a low wellbeing score (SWEMWBS).

Healthy Lifestyles

When compared to the Wolverhampton population secondary age pupils who identified with SEND were significantly more likely to:

- Not brushed their teeth twice per day.
- Had less than 5 portions of fruit and vegetables the day before
- Not done exercise for 60 minutes or more on any day in the previous week.

Relationships and Sexual Health

When compared to the Wolverhampton population secondary age pupils who identified with SEND were significantly more likely to:

- Have experienced aggressive and coercive behaviour within a relationship.
- Have experienced violence between adults at home in the last month.
- Have experienced sexual harassment in the last 6 months.

Smoking, Substances and Gambling

When compared to the Wolverhampton population secondary age pupils who identified with SEND were significantly more likely to:

- Have been offered and have taken drugs.
- Have made a bet on sports.
- Have used scratch cards.

Safety (including bullying)

When compared to the Wolverhampton population secondary age pupils who identified with SEND were significantly more likely to:

- Worry about gangs ‘quite a lot’.
- Have experienced bullying online, at school and elsewhere.
- Have experienced violence at home.
- Have been the victim of crime or violence in the last 12 months.
- Have experienced sexual harassment in the last 6 months.



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