

## **My Life, My View 2025 – Student Health and Wellbeing Survey**

Dear Parents and Carers,

I am writing to invite your child/children to take part in an important health and wellbeing survey of children and young people aged 12-16 which is taking place across Derbyshire over the next few months.

### **Why are we inviting your child/children to complete this survey?**

It is important for us to hear the voices of young people aged 12-16 who are educated in Derbyshire secondary schools as part of this survey.

Thousands of young people in Years 8, 9, 10 and 11 in secondary schools have taken part in the survey each year since 2015.

### **How will taking part in this survey help your child/children?**

The findings of the survey will be used to help shape how local services that support young people's health and wellbeing are planned and delivered so that they best meet the needs of local young people and their families. To ensure students can freely share their experiences, this survey is anonymous. This means we will not ask for names or any details that could identify your child. Responses will be collected and analysed in a way that protects confidentiality. Participation is voluntary, and students can choose to skip any question they're not comfortable answering.

### **How can your child/children can take part in this survey?**

Your child/children will complete the survey during school time over the next few weeks.

As part of the survey, it will be helpful if your son/daughter knows their **postcode** (this will be used only for drawing maps of results in the area; your house will not be identified).

I hope you will agree with us that this is an exercise in which we wish to co-operate fully to support the best interests of our pupils. I will assume you do approve of your child taking part unless I hear otherwise, and I look forward to working with you in planning improved health provision for our students.

Many thanks for your support of this key survey,

Yours sincerely,

Mr R Penford



Assistant Headteacher  
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# Privacy Notice – children and young people’s surveys



## 1. Who are you?

We are a research unit in South-West England. We have been asked by Derbyshire County Council to help collect information from young people. [www.sheu.org.uk](http://www.sheu.org.uk)

## 2. What will I be asked?

You will be asked about your habits and feelings, and other important things about you.

You will not be asked for your name or address, and please don't tell us!

You will be asked for your home **postcode**. This will be used for drawing maps of the County, and no-one know will see who you are or what answers you gave from the map.



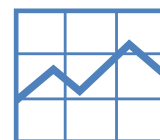
## 3. Why do you want to know this?

The Council wants to hear the views of children and young people in Derbyshire. The information will be used to help plan services for children and young people in the future.

## 4. How will you use my information?

We will send reports to the Council, showing them how many children and young people gave different answers. Some overall findings will also be shared with organisations working with the Council, and on social media. The reports might say things like:

- **70% of children in Derbyshire Dales can swim 25m, but in the whole County the figure was 60%**



## 5. How will you collect this information?

We are going to ask you questions in an online survey.

## 6. How do you keep this information?

Your answers will be kept safe on our computers. We keep records for many years, so that we can see how young people's lives are changing.



## 7. Are you allowed to do this? ('legal basis for processing')

The Council is allowed to collect information to help it plan and monitor things it does to support young people's education, health and wellbeing – the sorts of things it has to do ('legal functions' and 'public interest').

SHEU is allowed to use information to produce its reports as long as no-one can tell what answers you gave ('legitimate interests').

## 8. Who gets to see the information?

Only staff from SHEU and from the Council who need to see the information to do their job are allowed to see any answers. They won't show your answers to anyone else. As above, we publish only percentages.

The only time that we might look at individual answers is if a child responds in a way that might make staff at SHEU think a child is in danger – they would then tell relevant authorities. Other than in those extremely unusual circumstances, we never know about the individual answers of children and young people.



## 9. What's next?

If you agree with all this, please tick the box at the start of the survey. If not, don't take part. You can leave out any questions you don't want to answer, and you can stop at any time. Later, if you want to see what we know about you, you can ask us, and you can tell us to delete it. But remember, we might not be able to find your answers because we don't know your name.

## **Frequently asked questions**

### **Who can take part?**

All young people in your household **born after 01/09/2007** are invited to complete the survey; equivalent to Years 8, 9, 10 and 11 (aged 12-16 years old).

A different version of the survey is available for children and young people who have special educational needs and find it difficult to complete the online survey. **Please contact SHEU to request a copy.**

### **Why would my child want to take part?**

Young people's views and voices are very important in helping shape and plan health and wellbeing services offered to children and young people in Derbyshire. This is the largest survey of children and young people's health and wellbeing in Derbyshire and thousands of children and young people take part each year.

You can find report summaries from previous years online at <https://observatory.derbyshire.gov.uk/health/children-and-young-people> or by searching 'Derbyshire Observatory Children and Young People'.

We made a short video to share findings from the 2021 survey with young people – you can find this at <https://www.youtube.com/watch?v=ArgtpL3NgXo> or search 'My Life My View' on YouTube. It also has details of health and wellbeing support for young people in Derbyshire.

### **Who can I contact to ask questions regarding the survey?**

If you and your child/children have any questions regarding the survey please contact the research manager at SHEU, Dr David Regis ([david.regis@sheu.org.uk](mailto:david.regis@sheu.org.uk)). Derbyshire County Council Public Health Team are working with the Schools Health Education Unit (SHEU) to carry out the survey. **The survey is anonymous and confidential.** Children do not give their name, and their responses are held securely by SHEU. The findings are put together into a summary of children and young people's views that is sent to us in the Council.

### **How has the survey been developed and what does it cover?**

The survey method that we are using has been developed by the Schools Health Education Unit SHEU (based in Exeter) and has been in use now for over 30 years. The method has been used in over 3000 schools and has also already been tested in specific groups of children and young people.

All questions included in the survey are age-appropriate. The questions are about a wide range of health and wellbeing topics for example:

- Healthy eating
- Exercise
- Leisure
- Relationships, emotional health and wellbeing
- Tobacco, alcohol, and drugs
- Relationships, sex and health education

Please visit [www.SHEU.org.uk](http://www.SHEU.org.uk) for further information about them.

### **Who will see the responses given by my child?**

The survey is anonymous and confidential - it is important that children know that nobody that they know, or meet will be able to match their answers to them. Only staff at SHEU's office have access to survey responses. Your home postcode is only used for building up results in the area; your house will not be identified. SHEU analyse these responses and tell us the overall results. The Council does not find out who said what. The only time that this might happen is if a child responds in a way that might make staff at SHEU think they are in danger; SHEU would then tell relevant authorities to help keep the young person safe. Other than in those extremely unusual circumstances, we never know about the individual answers of children and young people.

Young people do not need to answer any questions they are not happy to answer. They should, as far as possible, be supported to complete the survey independently. There are no 'right' or 'wrong' answers. Young people can feel free to give whichever answers match their views and experiences.