# My Health, Our Future

## What did young people say about bullying and sexual harassment?



My Health, Our Future is a long-standing programme of research about the health and wellbeing of young people in Suffolk. This graphic shows the results of the 2023/24 MHoF survey regarding bullying and sexual harassment.

## Rates of self-reported bullying and harassment

It has been all too common for young people to say they have been bullied or seen or heard potential forms of abuse when responding to our survey.

**Bullying/Cyberbullying - in 2021/22:**

We asked if young people had experienced different types of abuse.



**16% (691)** had been bullied online (up 6% on the previous year).

**28% (1,239)** had been bullied in school (up 10% on the previous year).

**15% (662)** had been bullied outside of school.

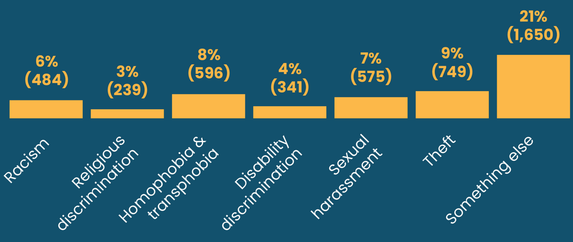
**30%** experienced bullying of any type.

**Bullying/Cyberbullying - in 2023/24:**

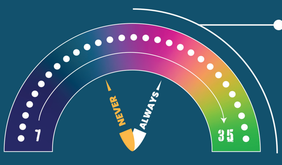
**20%**

**One fifth (1,584)** of young people told us they felt unsafe at school or college because of bullying or cyberbullying.

**What else made young people feel unsafe at school or college?**




Our data shows an association between feelings of safety at school or college and young people's wellbeing. We measure wellbeing using something called the Short Warwick-Edinburgh Mental Wellbeing Scale developed by the Universities of Warwick, Edinburgh and Leeds in conjunction with NHS Health Scotland (©University of Warwick, 2006, all rights reserved). Scores can range between 7 (lowest wellbeing) and 35 (highest wellbeing).




Young people who said they 'Never' felt safe at school or college had much lower average wellbeing scores **(17.6)** than those who 'Always' felt safe **(24.6)**.



**More than 2,000** young people said they had seen or heard various forms of potential sexual harassment. This represents a decline in the percentage of students witnessing potential sexual harassment compared to the 2022/23 MHoF results **(57% down to 35%)**.

## Rates of self-reported potential sexual harassment

Weprovided a definition of sexual harassment and asked young people in Year 9 and above to respond to a series of statements about forms of harassment they may have seen in school or college. This included students who had seen or heard 'the sharing of images or videos of other students of a sexual nature' **(1,022)**, 'sexual threats' **(567)** and 'other unwanted sexual behaviours' **(571)**.



**Young people who said they had seen or heard forms of sexual harassment (76%)** were much more likely to feel unsafe in all areas of their school, compared to those who had not **(31%)**.



**LGBT*Q+ young people (47%)** were amongst the most likely to say they had seen or heard potential forms of sexual harassment.



**Female (43%)** students were likelier than **male students (25%)** to say they had seen or heard potential forms of sexual harassment.



**70%** felt their school or college was doing enough to tackle sexual harassment.

**30%** felt their school or college was not doing enough to tackle sexual harassment.

## Learn more about My Health, Our Future

Our programme has recorded more than 64,000 responses from young people about their wellbeing. Visit our website to learn more, download our reports and explore the impact of the research.

**www.healthwatchsuffolk.co.uk/mhof/**

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