



Ref DPH2023-2
Ask for Alison Davies
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Date 01 March 2023

Dear Head Teacher

‘My Life My View’ Emotional Health and Wellbeing Survey

I am writing to you regarding the ‘My Life My View’ emotional health and wellbeing survey. ‘My Life My View’ is a confidential online survey of young people in years 8-11 designed to assess the emotional health and wellbeing of young people in Derbyshire, along with the risk-taking behaviours and protective factors associated with emotional health and wellbeing outcomes.

The survey collects data on how young people are feeling and the types of behaviour they are engaged in, including what young people are concerned about, who they speak to when they are worried, and what behaviours young people engage in to help them feel well and able to cope.

This year’s survey questions will be available in March 2023 so that the results can be reported back to schools to support planning for your PSHE programme for the 2023/2024 academic year.

Benefits for young people include:

- Opportunity to influence decisions and to express views which can benefit mental health and wellbeing by helping students feel part of the school and wider community
- Opportunity to contribute to the local understanding of young people’s emotional health and wellbeing issues, which supports partners in planning services and support offers
- Opportunity to access additional support where needed and discuss any responses triggered by the questions
- Giving young people a voice; action taken because of the survey results shows that their voice is taken seriously, as nobody knows better than young people themselves what their lives are really like.

Benefits for schools include:

- Receiving individual school reports with comparison to countywide data
- School staff will have a better understanding of issues affecting young people and of support services available
- Forms part of a whole school approach to emotional health and wellbeing, enabling any emerging issues to be identified and acted upon early

- Findings will help to inform school nurses of locally identified issues
- Findings can support RSE planning
- The report will offer schools an effective way to self-evaluate, reflect, and assess their performance on young people's mental health and wellbeing, as well as action planning for improvement.

Reports and infographics from previous year's surveys can be found on the Derbyshire Observatory at:

[My Life My View 2022n \(derbyshire.gov.uk\)](https://derbyshire.gov.uk)

The 'Schools Health Education Unit' (SHEU) will be contacting you soon with further details of this year's survey for young people in Derbyshire.

Please visit www.SHEU.org.uk for further information about them.

If you have taken part in the survey in previous years, thank you for your support and I hope it has provided you with valuable insight into the issues affecting young people in your school. I hope that you will support young people in your school to take part the survey and will be able to put the intelligence it will provide to good use. If you have any questions regarding the survey please contact the research manager at SHEU, Dr David Regis (david.regis@sheu.org.uk).

Yours sincerely



Ellie Houlston
Director of Public Health