Young people's wellbeing – #BeeWell survey

Bolton

About wellbeing

#BeeWell defines wellbeing as both[1]:

- **Understanding** yourself & your emotions
- Feeling like you have **meaning, purpose & control** in different areas of your life.

The peak age of **onset** of **mental health difficulties** is **14.5 years**[2]

Mental health & wellbeing in adolescence p**redicts adult health, labour market** & other important outcomes[4]

Over the last 20 years...[4, 5]

- Teens' wellbeing has reduced
- More teens are experiencing mental health difficulties

A recent international study ranked the **UK**'s young people **fourth from bottom** across nearly 80 countries in terms of **life satisfaction**.[6, 7]

About #BeeWell[8]

The #BeeWell programme aims to **measure** young people's wellbeing & **make positive changes** as a result.

Since 2021, over **184,000** students have completed the #BeeWell survey in GM

- It's completed in **Year 7 & Year 10**
- A group has been **tracked** through Year 7 (2024) to Year 9 (in 2026)

The survey covers:

Domains of wellbeing

- Meaning, purpose & control
- Understanding yourself
- Emotions

Drivers of wellbeing

- Health & routines
- Hobbies & entertainment
- Environment & society
- Future
- Relationships
- Wellbeing support

Domains of wellbeing[9]

Meaning, purpose & control

- Measured by life satisfaction
- **Low** in **East** neighbourhood
- **High** in **Central North** & **North**

Understanding yourself

- Measured by: wellbeing, self-esteem, emotion regulation, appearance, stress, coping
- **East** scored **low** on all elements
- **Central North** scored **high** on all elements
- **Wellbeing** was **South's best** area

Emotions

- Measured by emotional difficulties (e.g. "I worry a lot") & behavioural difficulties (e.g. "I hit out when I'm angry")
- **East** neighbourhood had more challenges with both elements
- **Central North & North** scored **well** with both elements

Drivers of wellbeing[9]

Wellbeing support

- **Over two-thirds** of young people from all neighborhoods felt they had a **place to seek support** for mental health concerns
- Contact about mental health was most likely with a **family member** or **close friend**

Hobbies & entertainment:

- **Over three-quarters** of young people from all neighbourhoods did **things they liked in their free time**
- **Social media** use was highest in **East** & **South**, at **4-5 hours a day** on average
- Listening to music; watching tv/ shows ; playing computer games; sport & physical activity were most popular **arts, culture & entertainment** activities
- **39%** of young people from **North volunteered** once a month or more – Bolton's highest

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Drivers of wellbeing[9]

Health & routines:



- **Over 80%** of all neighbourhoods rate their health as **at least good**
- Get **enough sleep** to feel awake & concentrate – lowest in **East** at **62%**
- Hour a day of **physical activity** - highest in **West** at **40%**
- **Over 20%** of all neighbourhoods eat 4+ portions of **fruit & veg** a day

Relationships



- **Support from parents**/ carers was highest in West & Central North
- Central North, North & West had high levels of **friendships & social support**
- **8%** of young people from South reported often/ always feeling **lonely** – Bolton's highest
- Young people could report their experience of **discrimination**
- No Bolton neighbourhoods were high for GM on **bullying**

Drivers of wellbeing[9]

Environment & society:



- Young people from **East** were **least happy** with their **home environment**
- **80%+** felt they lived in a **safe area**
- Young people from **West** were most likely to say they had **good places to spend free time** – an element of their local environment
- No Bolton neighbourhoods had low levels of young people **feeling heard**
- **Food security** & **material satisfaction** were lowest in **East**

Future



- **Over 80%** of young people from all neighbourhoods felt **hope & optimism** about their future – part of life readiness
- **Over two-thirds** of young people from all neighbourhoods felt their **careers education** was **useful**
- Most popular post Y11 options were to get a **job** or **further education**/ college

References

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[8] #BeeWell (2023). Background. #BeeWell Neighbourhood Data Hive
[9] Beewell neighbourhood data hive: Domains & drivers. #BeeWell Neighbourhood Data Hive 2025 data (latest year)

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