



# 2021 OxWell Survey

## Top 10 facts

### Mental Health:

Nearly 1 in 5 students are experiencing significant mental health difficulties.

### COVID:

Most sixth formers are willing to get the vaccine.



### Gaming:

Nearly half of all students spend 4 or more hours playing games on their computers or gaming devices.



### Concentration:

Half of the year 12 cohort find it more difficult to concentrate than before lockdown.

### Loneliness:

Around 1 in 5 students often feel lonely.

### Bullying:

1 in 12 year 9 students said that they have been bullied in the past year.



### Social Media:

A third of students are spending over X hours on social networking sites.



### Getting Help:

Nearly 1 in 3 students find it difficult to access mental health support.

### Sleep:

Over a third of year 12 students often feel too worried to sleep.

### Exercise:

More than half of respondents are exercising more now than before the first lockdown.



The data provided on this poster was compiled from the 2021 OxWell survey that 180 schools and over 30,000 students participated in.