

The National Study of Health and Wellbeing: Children and Young People 2023

Information for children



NatCen
Social Research

 Office for
National Statistics

NHS
England



What is the study about?

This study is about the health and wellbeing of children and young people in England. We are asking you to complete an online questionnaire. This will ask you some questions about your health and everyday life. This should only take around 10 minutes of your time to complete. If you can't complete online then one of our interviewers may call your household to see if you would like to take part over the phone.



Why do you want me to take part?

You have been asked to take part because your household completed this study in 2017, and possibly the previous follow-up studies in 2020, 2021 or 2022, and we would love to hear from you again.

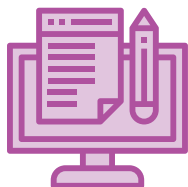
Everyone is different, so we want to include as many people as possible. You don't need to learn anything or have previous experience to take part.



Do I have to take part?

No. It's up to you if you take part or not. Your parent/carer can still take part even if you don't.

If you decide to take part, you can choose to answer some questions but not others. You can also change your mind and decide to stop if you want to.



What is the questionnaire about?

It's about lots of things including your health, how you feel about your body and eating, whether your family can afford certain things, things you are good at, and things you might find difficult. We'll also ask you questions about your contact with family and friends and what the past year has been like for you.

Your parent/carer will also answer their own questionnaire. If you are 16 years old at the 31st August 2023 please discuss the study with your parent/carer and that you are happy for them to take part.





Why should I take part?

By taking part you will help the NHS, the government and scientists to improve services for children and young people. They can also use the results to help people to be healthier and happier.



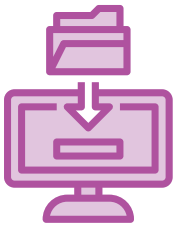
How long will it take?

It should take no more than 10 minutes to complete the questions.



Who will see my answers?

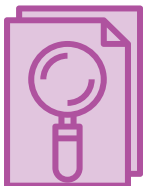
The answers to your questions are private. We will not share them with anyone you know, like your parents, guardian or school. Your answers will be seen by the Researchers working on this study and by anyone who applies to access the data. However, any information that could directly identify you is removed from the dataset so they won't know who answered what.



What will happen to my answers?

Your answers will be put together with those from all the other people who take part. This will help build a picture of the health and happiness of children and young people across England in 2023. We also plan to compare your answers to the answers given by your household in the previous studies if you took part. This will allow us to build a picture of changes over time.

No-one will ever know how you answer the questions. All answers will be mixed together, and your name will not be included in the results.



Follow-up research

In the questionnaire, if your parent or carer has agreed, you may be asked whether you are happy to complete the second stage of the study. The second stage of the study includes questions about your eating behaviours and any concerns you may have. Your responses to the second stage will be added



together with your responses to the first questionnaire. Taking part in the second stage is voluntary, and you will be free to refuse if you do not want to take part.

If you are 16 years old at the 31st August 2023, in the future, NatCen, ONS or NHS England may also want to contact you about follow-up research about your health and wellbeing. We will only invite you to take part in follow-up research if you agree to this in the online questionnaire. Taking part in any follow-up research is voluntary, and you will be free to refuse if you do not want to take part.



Linking study answers to other information

If you are 16 years old at 31st August 2023, we will ask for your and your parent/carer's permission to link some of your NHS health information and education information with your and your parent/carer's survey answers. If you agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This will let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.

We will only link your NHS health information and education information with both your survey answers and your parent/carer's survey answers if you both agree. If you agree but your parent doesn't, we will only link your NHS health information and education information with your survey answers. You can cancel this permission at any time by contacting NHS England; either by emailing enquiries@nhsdigital.nhs.uk, or by telephoning **0300 303 5678**.

If you are aged between 11 and 15 at the 31st August 2023, we will ask your parent/carer for their consent to link your NHS health information and education information with their answers. If they agree, your name, address and date of birth, but no other information, will be passed to authorised individuals at NHS England, the Office for National Statistics and the Department for Education. This would let us add information from health and education to look at how a person's lifestyle and experiences can have an impact on their future health and education.





Do I get anything for taking part?

As a thank you for completing the study, each household will receive a £10 shopping voucher that can be used in a wide range of high-street and online shops.

An additional £10 shopping voucher will be given to each household who completes the second stage of the study.



How can I find out more?

If you have any questions, just ask your parent or the person who looks after you. You can also have a look at our website: natcen.ac.uk/NSHW.

To read more about the health and care information NHS England collects, our legal basis for collecting this information and what choices and rights you have, see how we look after your health and care information, see the mental health of children and young people survey transparency notice, our general transparency notice and UK GDPR information, visit this website: digital.nhs.uk/mhcyp-gdpr.



Useful contacts

If you are affected by anything in the questionnaire, here are contact details for organisations that you might find helpful.

Your GP

They will be able to provide help and advice. Your GP can also provide access to appropriate specialist services and local organisations.

NHS 111

You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones. Also available online at 111.nhs.uk.

Beat

Supports people who have or are worried they have an eating disorder, as well as others affected, such as friends and family members.

0808 801 0677

beateatingdisorders.org.uk

Childline

Free 24-hour counselling service for children and young people up to their 19th birthday.

0800 1111

childline.org.uk

Cruse

Provides help and support for dealing with bereavement.

0808 808 1677

www.cruse.org.uk

Every Mind Matters

Every Mind Matters provides simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. You'll also learn about what you can do to help others.

nhs.uk/every-mind-matters

GambleAware

Offers help and support to anyone who is worried about their – or someone else's – gambling.

0808 8020 133

begambleaware.org

Mental Health Foundation

This website offers a wide range of information about mental health issues.

mentalhealth.org.uk

Mind

Offers advice and support to service users; has a network of local associations in England and Wales to which people can turn for help and assistance.

0300 123 3393

mind.org.uk

NSPCC

Provides helplines and information on child abuse, child protection and safeguarding children.

0808 800 5000

nspcc.org.uk

The Samaritans

The Samaritans provide a confidential service for people in despair and who feel suicidal.

116 123

samaritans.org

Shout Crisis Textline

If you need immediate support, you can **text SHOUT** to **85258** and chat by text.

The service is free on most networks and available 24/7.

YoungMinds

A wide range of support is available, including advice and support on issues relating to money.

youngminds.org.uk

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