



Mental Health and Wellbeing in Schools

November 2025

During the academic year 2024-25, **BiB: Age of Wonder** surveyed nearly **9,000 young people** in **Years 8-10 at 25 secondary schools across Bradford**.

Below is a summary of statistics from headline measures of **mental health and wellbeing** aiming to **highlight current trends** in the Bradford district.

While we report **8,759 respondents** in total, not all respondents will have completed all questions. Note, **only Years 8 and 10** answered questions on **Anxiety and Depression**. The total responses per measure are reported as **“n”** in the figures below.

This is based on pre-release data for 2024-25.

- The prevalence of **anxiety, depression, and eating disorders** among Bradford teenagers **track at, or above, the most recently available comparison data**.
- Symptoms of depression are reported more among **Year 10 pupils, females**, and reported from those of **white ethnicity**.
- **Self-harm** was reported by a greater proportion of **females**. From those of **Asian ethnicities** reported the least self-harm.

		Age of Wonder (n = 8,759)
Sex , n (%)	Female	4,663 (52.4)
	Male	4,244 (47.6)
Academic Year , n (%)	Year 8	3,139 (35.2)
	Year 9	3,181 (35.7)
	Year 10	2,587 (29.0)
Ethnicity , n (%)	Asian/Asian British	4,297 (48.2)
	Other	1,022 (11.5)
	White	3,569 (40.1)
	Unknown	19(0.2)
FSM , n (%)	No	6,363 (71.4)
	Yes	2,544 (28.6)
SEND status , n (%)	E (EHC plan)	180 (2.1)
	K (support)	1,241 (14.2)
	N (none)	5,437 (62.1)
	Unknown	1,901 (21.7)

The **Age of Wonder survey** included clinical measures of Depression, Anxiety, and Eating Disorders. Where a “clinical” outcome is given, this is not a diagnosis, rather, a score at the level we would expect to see in a clinical population. The graphs (right) show the percentage of participants that meet the clinical threshold, compared to the most recent age-matched survey available that used the same measures. We also asked about self-harm.

Note: The ethnicity subgroups listed above are reported directly from the schools’ class lists.

Anxiety

Answers to questions about anxiety symptoms that are categorised at 3 levels

■ Normal ■ Borderline ■ Clinical



BiB: Age of Wonder, 2024-25

Depression

Answers to questions about depression symptoms are categorised at 3 levels

■ Normal ■ Borderline ■ Clinical



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Eating Disorder

Answers to questions about eating disorders are categorised at 2 levels

■ Normal ■ Possible disorder

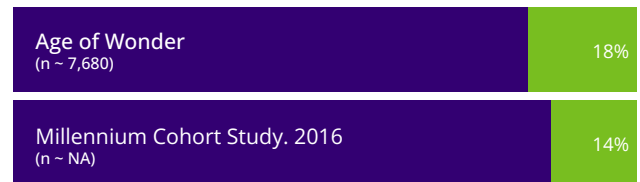


BiB: Age of Wonder, 2024-25

Self-harm

In the past year, have you hurt yourself on purpose in any way?

■ No ■ Yes



BiB: Age of Wonder, 2024-25



“We used the data in SLT meetings and will use the information to shape our contextual information for 2025-2026, our impact evidence and also our improvement planning for next year. We also use it to shape the PD [personal development] programme”

– Assistant headteacher

Spotlight on depression

Year group data show **more Year 10 participants** reported depression symptoms above the clinical threshold (17%) **compared to Year 8 participants** (12%).

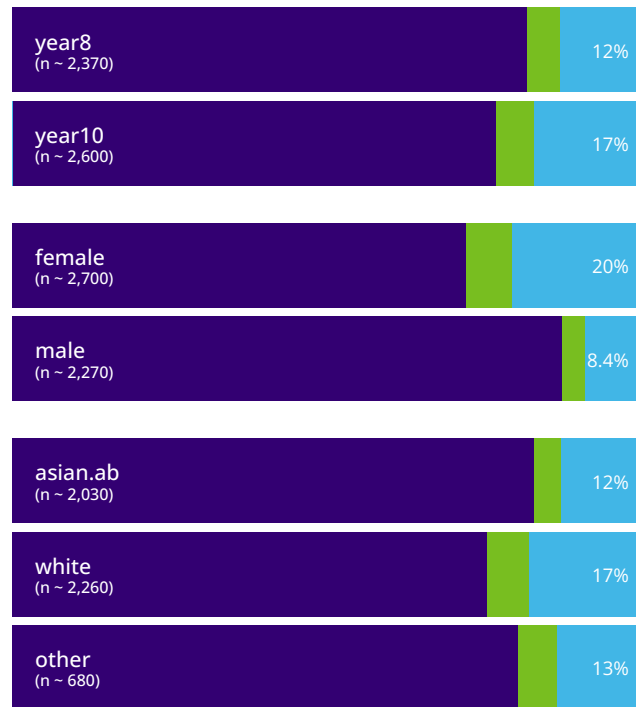
In **Gender** results shown below, **twice as many girls** were reporting clinical levels of depression symptoms **compared to boys**.

Ethnicity data shows that clinical levels of depression symptoms are more frequently reported by **White participants**.

Depression

Answers to questions about depression symptoms are categorised at 3 levels

■ Normal ■ Borderline ■ Clinical



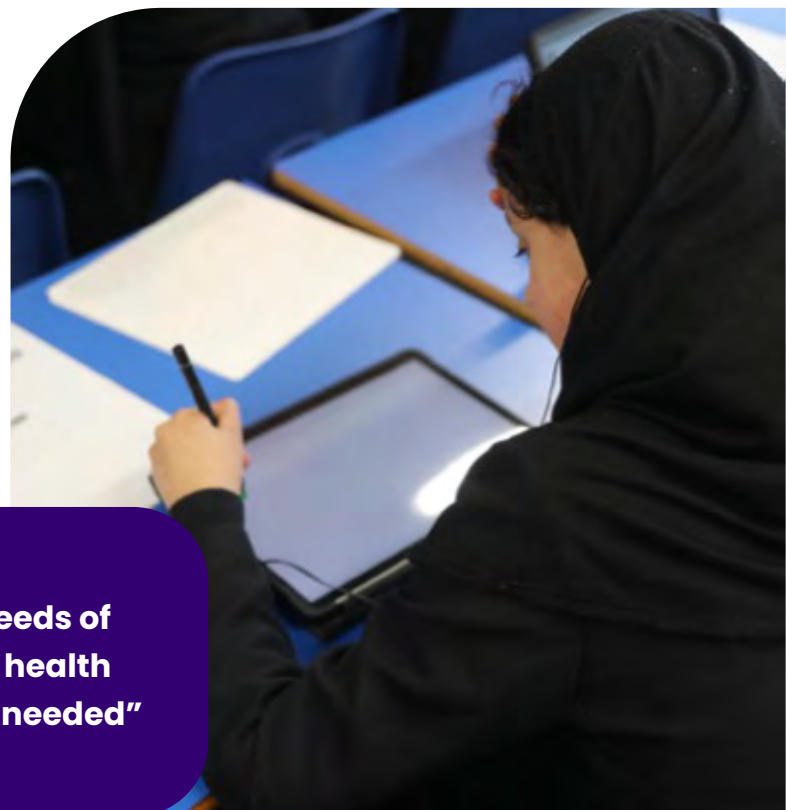
BiB: Age of Wonder, 2024-25

“The data dashboard is easy to navigate. They noticed that some of the mental health is poorer in their school compared to both the other AOW schools and the national average. They are now looking into ways to improve this now they know the extent of the issue”

– Assistant Principal from a BD2 school

“We used the data to help plan the assembly calendar based on the needs of our students. For example, mental health and social media assemblies were needed”

– Member of SLT



Spotlight on self-harm

Year group data shows a **similar percentage of self-harm** reported in the last 12 months across the Years 8, 9 and 10 (17% to 18%).

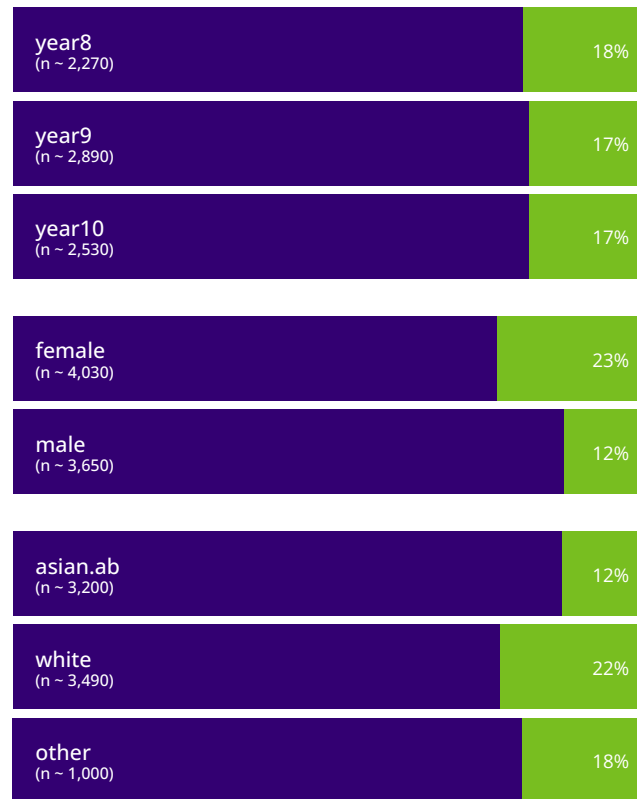
Gender results show almost **twice as many girls** reported self-harm (23%) **compared to boys** (12%).

In **ethnicity** data shown below, self-harm was **least frequently reported** by **Asian participants** (12%), then those in the **'other' ethnicity group (18%)** or **White participants (22%)**.

Self-harm

In the past year, have you hurt yourself on purpose in any way?

■ No ■ Yes



BiB: Age of Wonder, 2024-25

“We have compared data and looked at trends across the same year group as they move up the school [year]”

– Assistant headteacher

“We are only in the first year of engaging with BiB ... I can only see the functionality of this dashboard improving the more data we have”

– Member of SLT



Using the dashboard in addition to their own data to get a picture of what they need to focus on. One key finding is that their students enjoy school more than other Bradford schools and nationally. Therefore, they are confident that the strategies they have in place are working to provide a safe environment for the students. They have started developing new strategies for the areas that have been identified as needing more support such as promoting positive mental health, eating breakfast and reducing vaping”

- Principal from BD4 school

“I have used the data to compare the school averages against Bradford as a whole. This was helpful in a recent inspection where I used the data to show the impact of our PD [personal development] curriculum and behaviour curriculum”
- VP for Personal Development

“We analysed the results for our students and compared these to Bradford/ National statistics. This really helped us to interrogate where we are as a school, for example regarding rates of bullying. We contacted BIB to discuss bullying statistics in more depth and this conversation was really useful. We then used the data as part of a presentation to the leadership team, to governors and it was also referenced in our OFSTED inspection in Dec 2024”

- Deputy headteacher

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