

Quiz: A BaNES perspective on Mental Health

The following questions are based on the results of surveys completed in the last year in Bath and North East Somerset.

The first was the SHEU (School Health Education Unit) survey of year 8 and year 10 students. The second was a smaller survey of school students conducted by the BaNES Youth Forum.

Choose the letter which corresponds to the correct answer. Then link the box to the correct letter from those shown on the right. If all questions have been answered correctly all boxes should link with a letter.

In the SHEU survey what percentage of young people said they worry a lot or quite a lot about one or more issues from a list including; exams, the way they look, careers and family.

A: less than 10% B: 25% C: 50% D: More than 80%

B

Which issues showed the biggest difference between boys and girls, with girls worrying much more about the issue? (SHEU)

A: Exams/tests B: The way they look C: Friends D: Family

D

What proportion of young people reported that they have felt afraid of going to school because of bullying? (SHEU)

A: 5% B: 10% C: 15% D: 25%

A

What proportion of young people in BaNES had medium or low self esteem? (SHEU)

A: 9% B: 15% C: 22% D: 32%

D

According to the Youth Forum survey what proportion of young people thought they should be educated about depression, anxiety, exam stress and self harm?

A: 60 - 70% B: 40 - 50% C: 20 -30% D: 10%

C

How many young people had experienced stigma in the previous six months as a result of mental ill health? (Youth Forum)

A: more than 40% B: 24% C: 14% D: less than 10%

A

According to the Youth Forum and SHEU survey which local service/s do more than 50% young people know how to contact?

A: School Nurses B: Off the Record
C: CAMHS D: All of the above

B

