



# Dubai Student Wellbeing Census

St. Mary Catholic High School-Dubai

Grades 6 - 9 (Years 6 - 10)

2018

## 2. Student Participation

The tables show the number of students from all grade/year levels from your school who completed the Census in 2018. Alongside this is the number of students from all schools who completed the Census. The Census involved 181 schools across Dubai.

	Your School		Dubai	
	n	%	n	%
<b>Total</b>	984	100%	95875	100%
<b>Boys</b>	493	50%	48210	50%
<b>Girls</b>	491	50%	47165	49%
<b>Unknown*</b>	0	0%	500	1%

\* Unknown due to using a generic token.

<b>Total Emirati</b>	N/A	N/A	10168	100%
<b>Middle Years Emirati</b>	N/A	N/A	6704	66%
<b>Senior Years Emirati</b>	N/A	N/A	3464	34%

<b>Total Middle Years</b>	671	100%	64507	100%
<b>Year 6</b>	0	0%	2645	4%
<b>Grade 6 / Year 7</b>	171	25%	17291	27%
<b>Grade 7 / Year 8</b>	172	26%	16303	25%
<b>Grade 8 / Year 9</b>	164	24%	14798	23%
<b>Grade 9 / Year 10</b>	164	24%	13470	21%

<b>Total Senior Years</b>	313	100%	30439	100%
<b>Grade 10 / Year 11</b>	155	50%	12483	41%
<b>Grade 11 / Year 12</b>	81	26%	9630	32%
<b>Grade 12 / Year 13</b>	77	25%	8326	27%

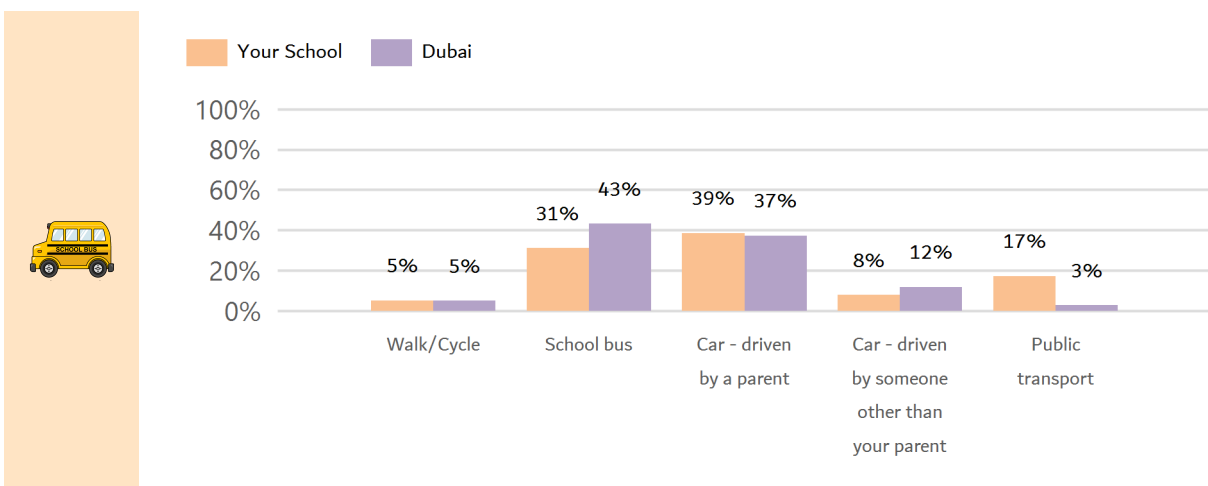
<b>Unknown*</b>	0	0%	929	1%
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Year 6 students from selected schools only.

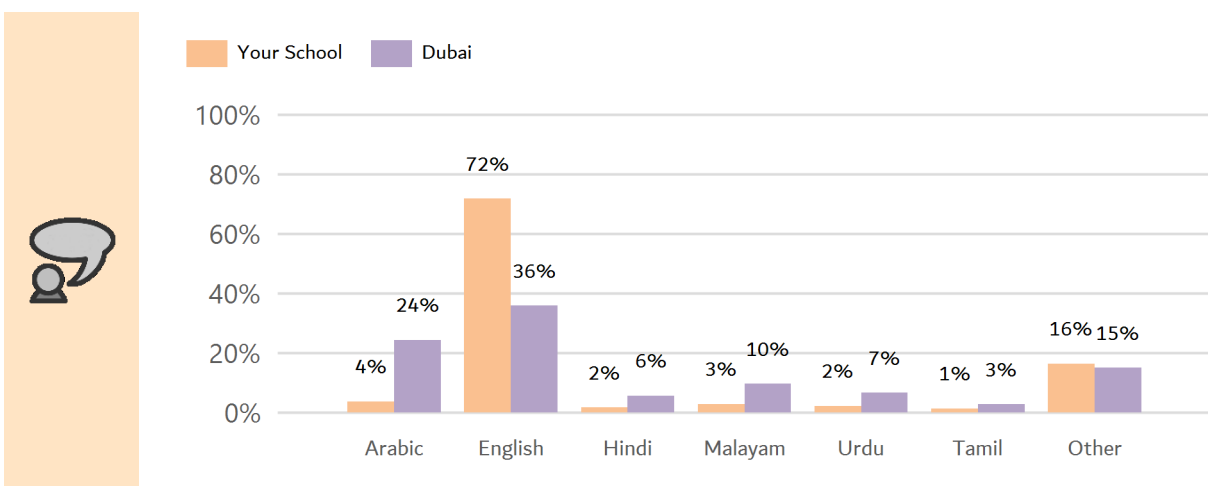
### 3. Student Demographics (Year 6 - Year 10)

The information presented in this section shows the percentage of students in Grade 6 - 9 at your school who completed the Census in 2018. Alongside this is the percentage of students from all schools who completed the Census across Dubai.

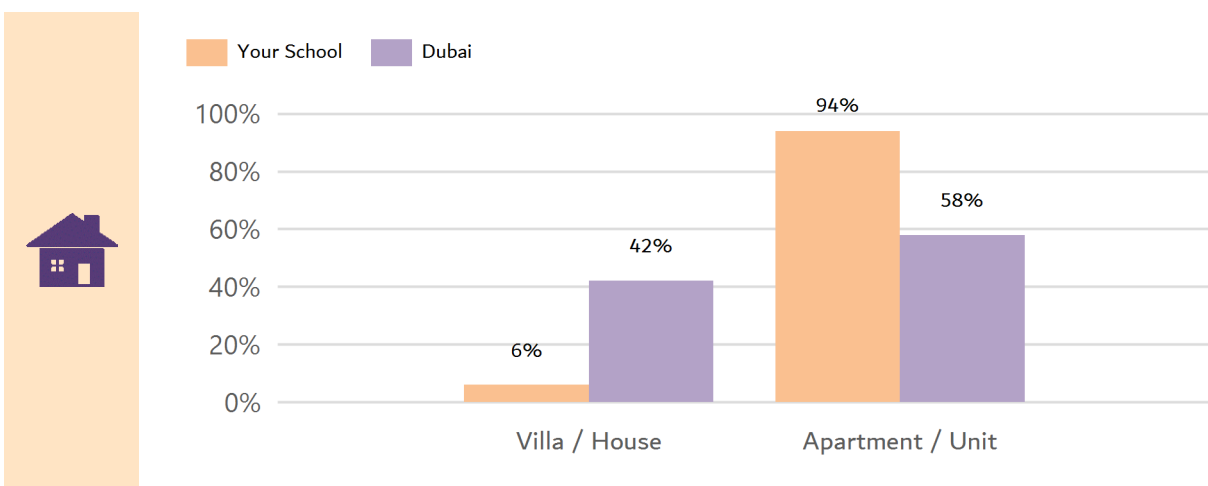
How do you normally travel to school?



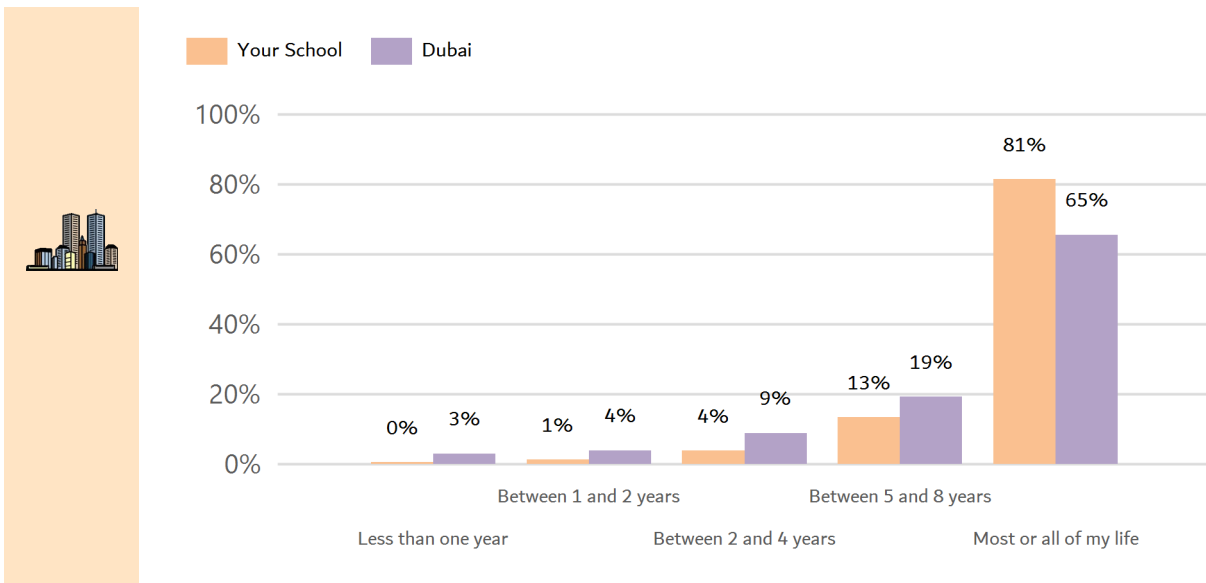
Which language do you speak most of the time in your home in the UAE?



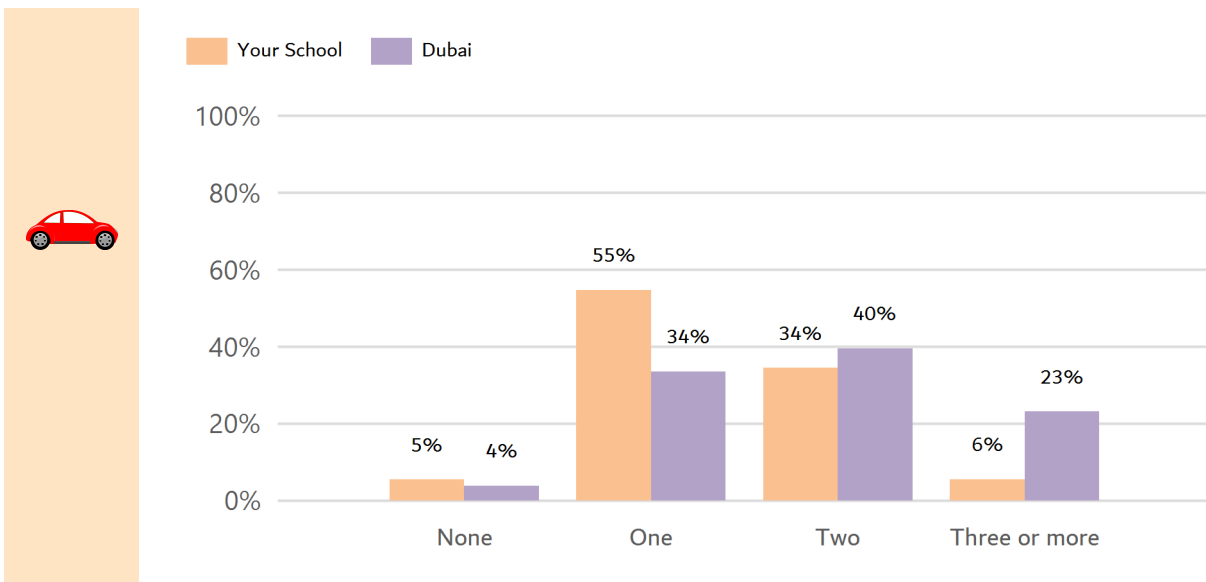
Do you live in a Villa/House or Apartment/Unit in the UAE?



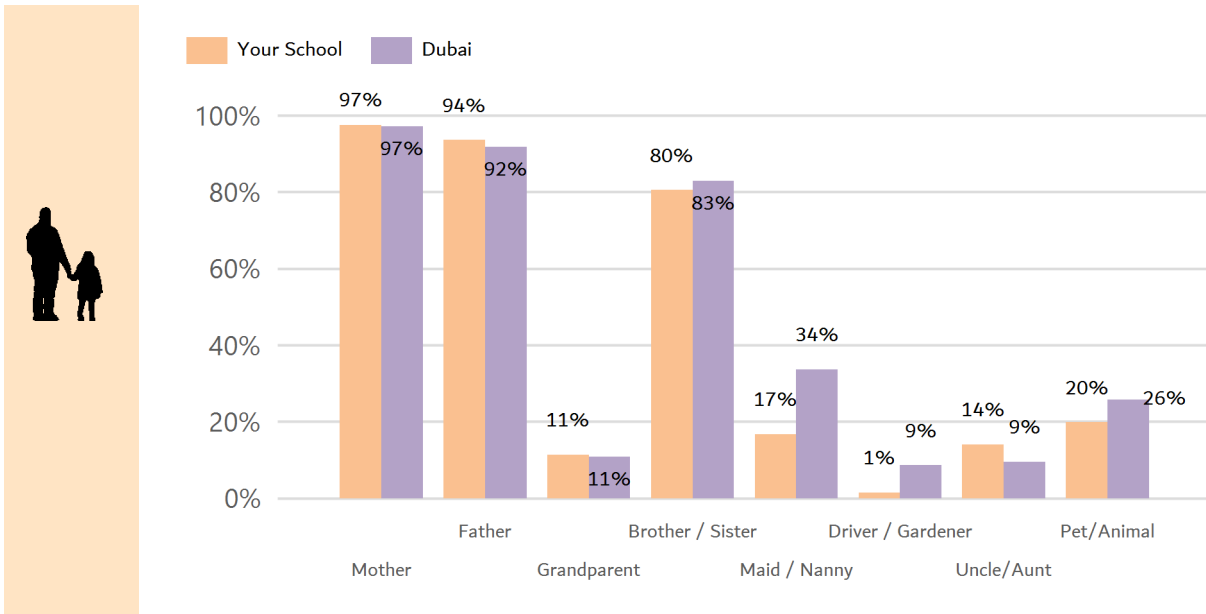
## How long have you lived in the UAE?



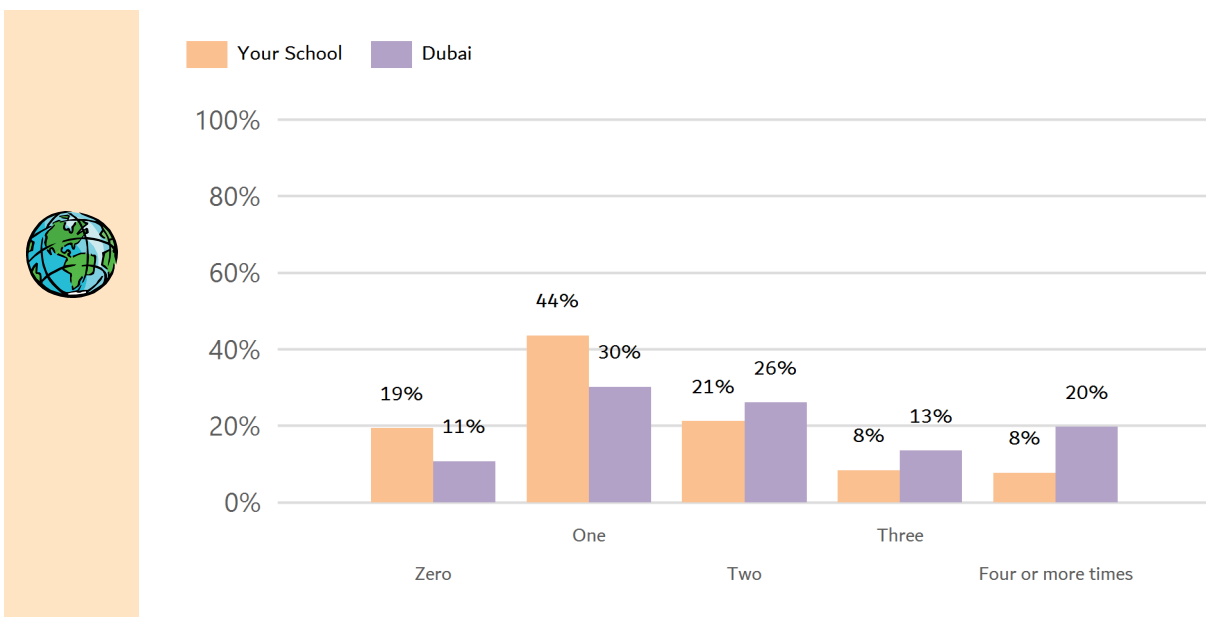
## How many cars are at your home in the UAE?



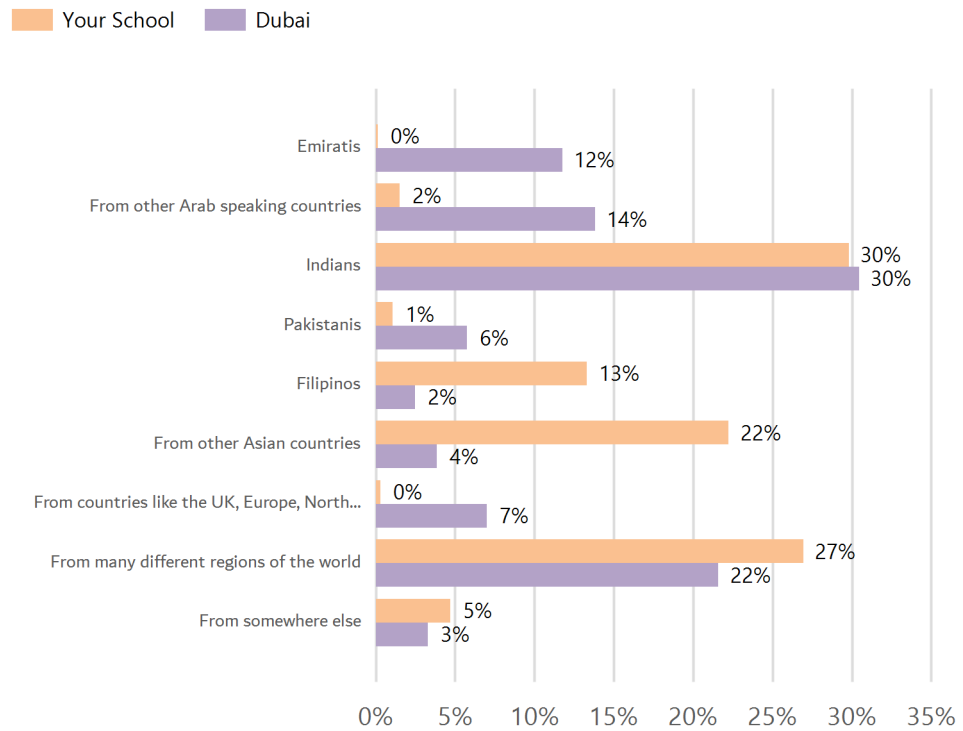
### Who lives with you at home in the UAE?



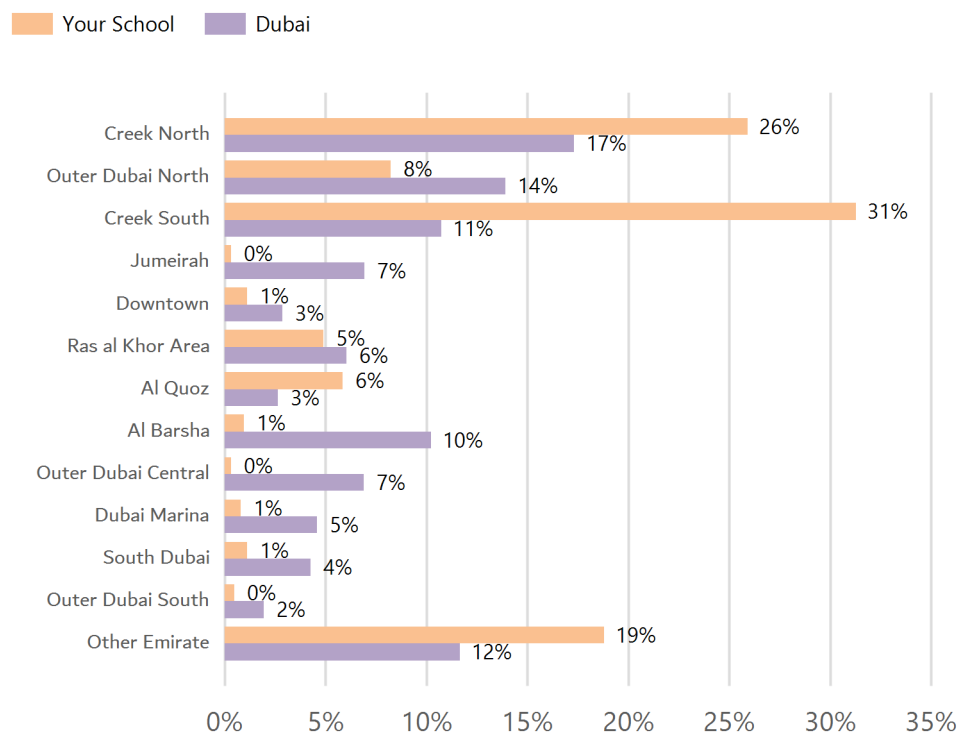
### How many times did you travel out of the UAE for holiday/vacation in the last 12 months?



## Most of my friends are...



## Where do you live?



## 4. Overview of wellbeing at your school (Year 6 - Year 10)

### Happiness - 2017



Low	151	students	(22%)
Medium	242	students	(35%)
High	299	students	(43%)
<b>Total</b>	<b>692</b>	<b>students</b>	

### Happiness - 2018



Low	186	students	(28%)
Medium	216	students	(32%)
High	264	students	(40%)
<b>Total</b>	<b>666</b>	<b>students</b>	

### Optimism - 2017



Low	127	students	(18%)
Medium	216	students	(31%)
High	349	students	(50%)
<b>Total</b>	<b>692</b>	<b>students</b>	

### Optimism - 2018



Low	127	students	(19%)
Medium	225	students	(34%)
High	318	students	(47%)
<b>Total</b>	<b>670</b>	<b>students</b>	

### Satisfaction with life - 2017



Low	166	students	(24%)
Medium	217	students	(31%)
High	309	students	(45%)
<b>Total</b>	<b>692</b>	<b>students</b>	

### Satisfaction with life - 2018



Low	159	students	(24%)
Medium	249	students	(37%)
High	260	students	(39%)
<b>Total</b>	<b>668</b>	<b>students</b>	

### Perseverance - 2017



Low	205	students	(30%)
Medium	300	students	(43%)
High	187	students	(27%)
<b>Total</b>	<b>692</b>	<b>students</b>	

### Perseverance - 2018



Low	249	students	(37%)
Medium	287	students	(43%)
High	133	students	(20%)
<b>Total</b>	<b>669</b>	<b>students</b>	

#### Emotion regulation - 2017



Low	109	students	(16%)
Medium	281	students	(41%)
High	302	students	(44%)
<b>Total</b>	<b>692</b>	<b>students</b>	

#### Emotion regulation - 2018



Low	110	students	(16%)
Medium	308	students	(46%)
High	250	students	(37%)
<b>Total</b>	<b>668</b>	<b>students</b>	

#### Sadness - 2017



High	161	students	(23%)
Medium	232	students	(34%)
Low	299	students	(43%)
<b>Total</b>	<b>692</b>	<b>students</b>	

#### Sadness - 2018



High	174	students	(26%)
Medium	229	students	(34%)
Low	267	students	(40%)
<b>Total</b>	<b>670</b>	<b>students</b>	

#### Worries - 2017



High	315	students	(46%)
Medium	234	students	(34%)
Low	142	students	(21%)
<b>Total</b>	<b>691</b>	<b>students</b>	

#### Worries - 2018



High	345	students	(51%)
Medium	211	students	(31%)
Low	114	students	(17%)
<b>Total</b>	<b>670</b>	<b>students</b>	

#### Connectedness to adults at school - 2017



Low	103	students	(15%)
Medium	265	students	(38%)
High	323	students	(47%)
<b>Total</b>	<b>691</b>	<b>students</b>	

#### Connectedness to adults at school - 2018



Low	96	students	(14%)
Medium	280	students	(42%)
High	289	students	(43%)
<b>Total</b>	<b>665</b>	<b>students</b>	



#### Emotional engagement with teachers - 2017



Low	41	students	(6%)
Medium	314	students	(45%)
High	336	students	(49%)
<b>Total</b>	<b>691</b>	<b>students</b>	

#### Emotional engagement with teachers - 2018



Low	45	students	(7%)
Medium	312	students	(47%)
High	306	students	(46%)
<b>Total</b>	<b>663</b>	<b>students</b>	

#### School belonging - 2017



Low	121	students	(18%)
Medium	185	students	(27%)
High	377	students	(55%)
<b>Total</b>	<b>683</b>	<b>students</b>	

#### School belonging - 2018



Low	126	students	(19%)
Medium	196	students	(30%)
High	341	students	(51%)
<b>Total</b>	<b>663</b>	<b>students</b>	

#### Peer belonging - 2017



Low	102	students	(15%)
Medium	164	students	(24%)
High	426	students	(62%)
<b>Total</b>	<b>692</b>	<b>students</b>	

#### Peer belonging - 2018



Low	104	students	(16%)
Medium	152	students	(23%)
High	410	students	(62%)
<b>Total</b>	<b>666</b>	<b>students</b>	

#### Friendship intimacy - 2017



Low	86	students	(12%)
Medium	97	students	(14%)
High	509	students	(74%)
<b>Total</b>	<b>692</b>	<b>students</b>	

#### Friendship intimacy - 2018



Low	87	students	(13%)
Medium	99	students	(15%)
High	478	students	(72%)
<b>Total</b>	<b>664</b>	<b>students</b>	

### Cognitive engagement - 2017



Low	49	students	(7%)
Medium	290	students	(42%)
High	352	students	(51%)
<b>Total</b>	<b>691</b>	<b>students</b>	

### Cognitive engagement - 2018



Low	53	students	(8%)
Medium	315	students	(47%)
High	302	students	(45%)
<b>Total</b>	<b>670</b>	<b>students</b>	

### Academic self concept - 2017



Low	50	students	(7%)
Medium	173	students	(25%)
High	468	students	(68%)
<b>Total</b>	<b>691</b>	<b>students</b>	

### Academic self concept - 2018



Low	57	students	(9%)
Medium	177	students	(26%)
High	434	students	(65%)
<b>Total</b>	<b>668</b>	<b>students</b>	

### Engagement (flow) - 2017



Low	211	students	(31%)
Medium	227	students	(33%)
High	253	students	(37%)
<b>Total</b>	<b>691</b>	<b>students</b>	

### Engagement (flow) - 2018



Low	232	students	(35%)
Medium	226	students	(34%)
High	213	students	(32%)
<b>Total</b>	<b>671</b>	<b>students</b>	

### School work - 2017



Low	57	students	(8%)
Medium	297	students	(43%)
High	337	students	(49%)
<b>Total</b>	<b>691</b>	<b>students</b>	

### School work - 2018



Low	81	students	(12%)
Medium	258	students	(39%)
High	324	students	(49%)
<b>Total</b>	<b>663</b>	<b>students</b>	

#### Breakfast - 2017



Low	146	students	(21%)
Medium	48	students	(7%)
High	495	students	(72%)
<b>Total</b>	<b>689</b>	<b>students</b>	

#### Breakfast - 2018



Low	141	students	(21%)
Medium	36	students	(5%)
High	493	students	(74%)
<b>Total</b>	<b>670</b>	<b>students</b>	

#### Sleep - 2017



Low	256	students	(37%)
Medium	145	students	(21%)
High	288	students	(42%)
<b>Total</b>	<b>689</b>	<b>students</b>	

#### Sleep - 2018



Low	245	students	(37%)
Medium	161	students	(24%)
High	260	students	(39%)
<b>Total</b>	<b>666</b>	<b>students</b>	

## 5. Social and emotional wellbeing

### Why is this important?

A young person's social and emotional wellbeing is associated with greater motivation and success in school, as well as positive outcomes later in life (post-school education, employment, healthy lifestyles, physical and psychological wellbeing).

### What areas were measured?

Young people answered survey questions about their **happiness, optimism, satisfaction with life, perseverance, emotion regulation, sadness, and worries / anxiety.**

The following pages highlight the key findings in this area for your school. A full list of questions is available at Appendix B.

### What does the data show?

The graphs and tables show the number and percentage of students who completed the wellbeing Census in 2017 and 2018. This information shows whether, over time, students who reported high, medium or low levels of wellbeing changed or remained similar. In each graph, the results for your school are shown next to the results for all participating schools.

Where applicable, results for Emirati students at your school are shown next to all participating Emirati students. If there is at least one but less than five Emirati students, a dash ("-") is displayed to protect student confidentiality. If there are zero Emirati students, "N/A" is displayed.

**High:** Students who usually responded that they 'agree a little' or 'agree a lot', or 'very often' or almost always', or that it is 'mostly' or 'very much' like me.

**Medium:** Students who usually responded that they 'don't agree or disagree' or who reported a mix of positive or negative responses.

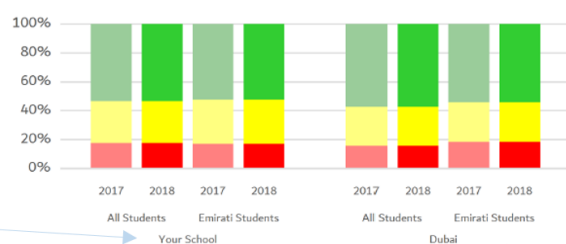
**Low:** Students who usually responded that they 'disagree a little' or 'disagree a lot' or 'almost never' or that it is 'not at all' like me.

### How to read your report

The information below explains how to read the graphs in this report. Each graph shows the results for your school on the left, and the results for all participating students in Dubai on the right (for 2017 and 2018). Within each set, results are shown separately for 'All students' and 'Emirati students'. Note that 'All students' covers all participating students, both Emirati and non-Emirati, while 'Emirati students' shows results for Emirati students only.

Data tables below each graph give the precise counts and percentages of students in the 'High', 'Medium' and 'Low' categories.

#### Happiness



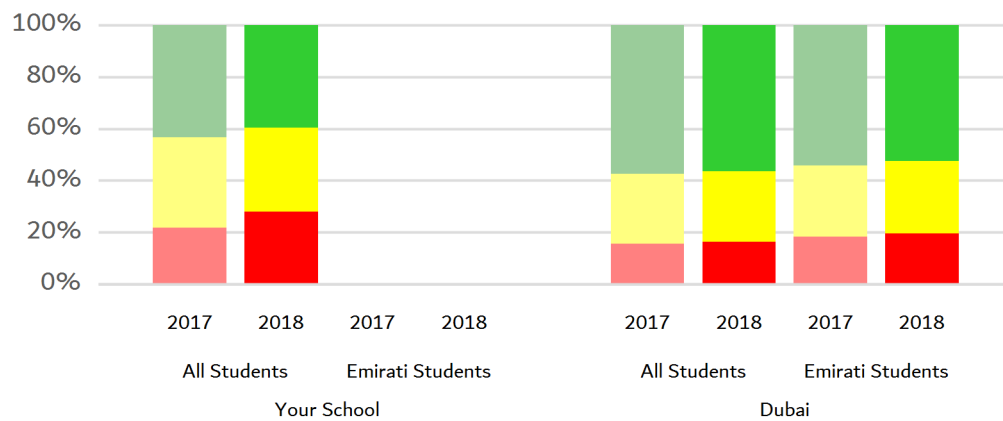
Results for Your School are shown in the top data table. The column titled 'n' gives the number of students in each category, while the % column displays the corresponding percentage of students. These percentages are plotted in the graph.

Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	357	54%	357	54%	92	53%	92	53%
Medium	193	29%	193	29%	53	30%	53	30%
Low	117	18%	117	18%	30	17%	30	17%

Results for all participating students in Dubai are shown in the bottom data table. The column titled 'n' gives the number of students in each category, while the % column displays the corresponding percentage of students. These percentages are plotted in the graph.

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	37005	57%	37005	57%	3745	54%	3745	54%
Medium	17334	27%	17334	27%	1888	27%	1888	27%
Low	10089	16%	10089	16%	1268	18%	1268	18%

## Happiness



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	299	43%	264	40%	N/A	N/A	N/A	N/A
Medium	242	35%	216	32%	N/A	N/A	N/A	N/A
Low	151	22%	186	28%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	36877	57%	36249	56%	3778	54%	3496	52%
Medium	17272	27%	17635	27%	1903	27%	1856	28%
Low	10048	16%	10480	16%	1280	18%	1308	20%

### Happiness

General feeling of happiness, cheer and contentment with life.

#### Questions:

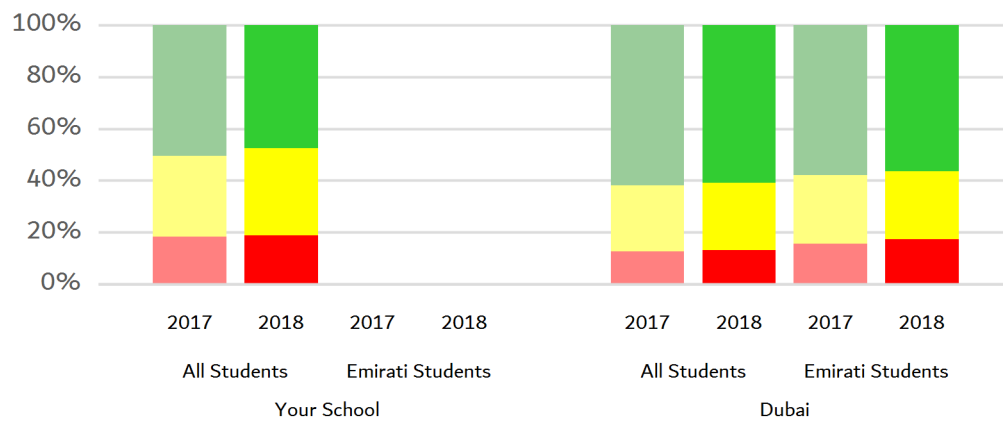
*I am a cheerful person.*

*I feel happy.*

*I have a lot of fun.*

*I love life.*

## Optimism



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	349	50%	318	47%	N/A	N/A	N/A	N/A
Medium	216	31%	225	34%	N/A	N/A	N/A	N/A
Low	127	18%	127	19%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	39705	62%	39117	61%	4014	58%	3751	56%
Medium	16352	25%	16702	26%	1847	27%	1759	26%
Low	8121	13%	8523	13%	1081	16%	1148	17%

### Optimism

Having a mindset of positive expectations about the future.

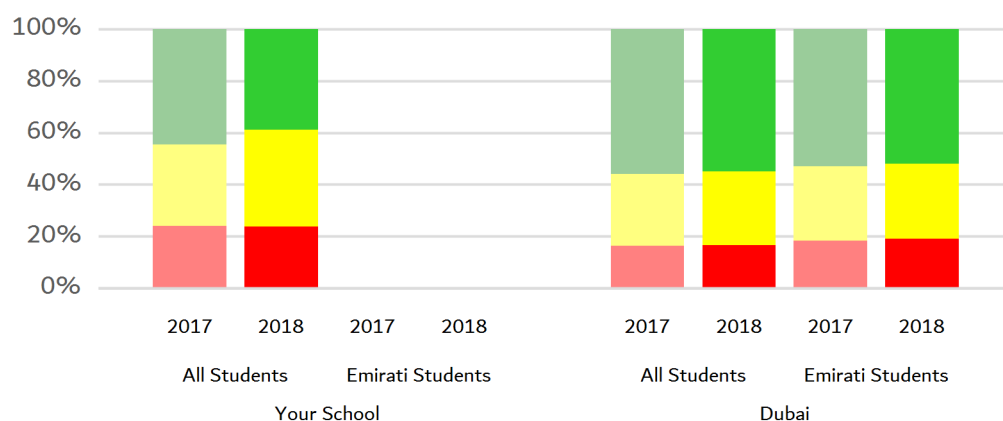
#### Questions:

*I believe more good things than bad things will happen to me.*

*I have more good times than bad times.*

*I start most days thinking I will have a good day.*

## Satisfaction with life



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	309	45%	260	39%	N/A	N/A	N/A	N/A
Medium	217	31%	249	37%	N/A	N/A	N/A	N/A
Low	166	24%	159	24%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	35839	56%	35374	55%	3689	53%	3460	52%
Medium	17832	28%	18240	28%	1988	29%	1940	29%
Low	10502	16%	10723	17%	1280	18%	1266	19%

### Satisfaction with life

How content or satisfied children are with their lives.

#### Questions:

*I am happy with my life.*

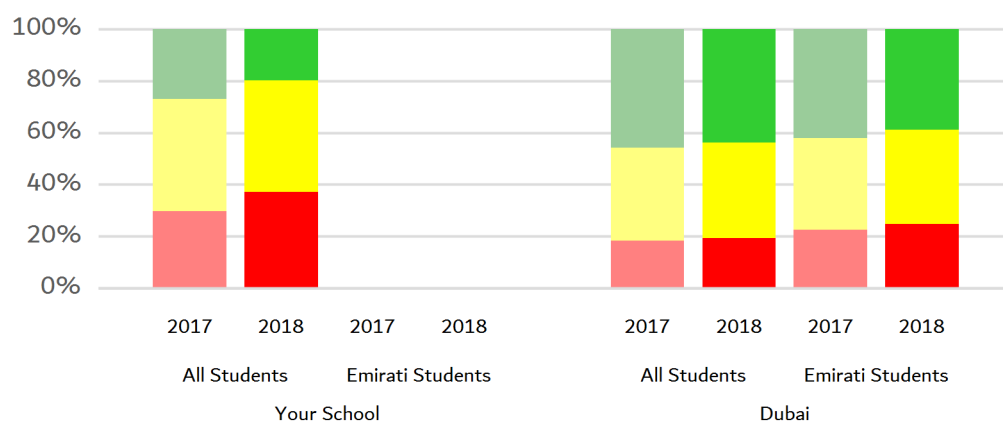
*If I could live my life over again, I would have it the same way.*

*In most ways my life is close to the way I would want it to be.*

*So far I have gotten the important things I want in life.*

*The things in my life are excellent.*

## Perseverance



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	187	27%	133	20%	N/A	N/A	N/A	N/A
Medium	300	43%	287	43%	N/A	N/A	N/A	N/A
Low	205	30%	249	37%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	29300	46%	28154	44%	2927	42%	2596	39%
Medium	23130	36%	23813	37%	2453	35%	2419	36%
Low	11707	18%	12393	19%	1561	22%	1648	25%

### Perseverance

Having the tenacity to stick with things and pursue goals, despite challenges that arise.

#### Questions:

*I am a hard worker.*

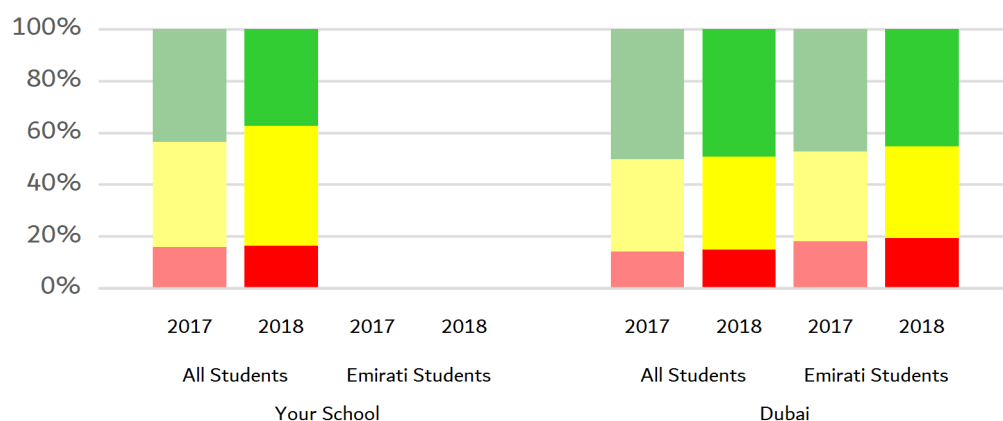
*I finish whatever I begin.*

*I keep at my schoolwork until I am done with it.*

*Once I make a plan to get something done, I stick to it.*



## Emotion regulation



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	302	44%	250	37%	N/A	N/A	N/A	N/A
Medium	281	41%	308	46%	N/A	N/A	N/A	N/A
Low	109	16%	110	16%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	32133	50%	31550	49%	3279	47%	3003	45%
Medium	22844	36%	23150	36%	2386	34%	2351	35%
Low	9083	14%	9498	15%	1257	18%	1280	19%

### Emotion regulation

Having the ability to manage the experience of positive and negative feelings.

#### Questions:

*I control my feelings about things by changing the way I think about them.*

*When I want to feel happier about something, I change the way I'm thinking about it.*

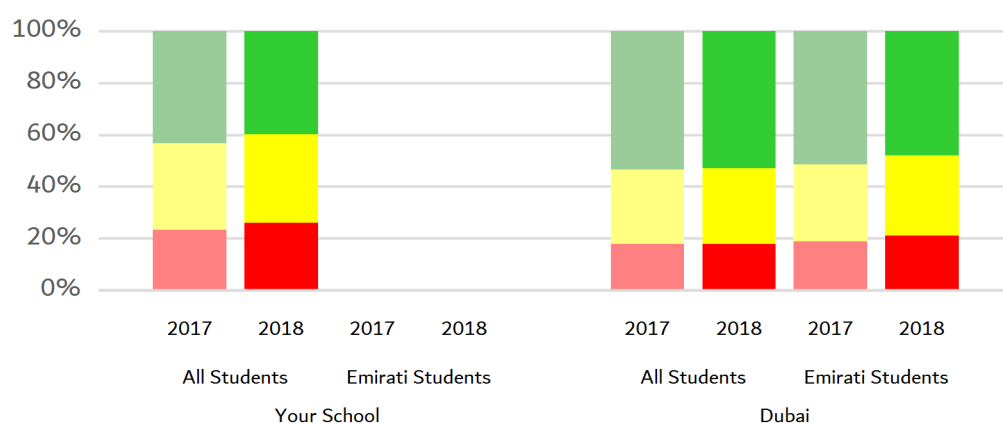
*When I want to feel happier, I think about something different.*

*When I want to feel less bad (e.g. sad, angry or worried), I change the way that I'm thinking about it.*

*When I want to feel less bad (e.g. sad, angry, or worried), I think about something different.*

*When I'm worried about something, I make myself think about it in a different way that helps me feel better.*

## Sadness



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Low	299	43%	267	40%	N/A	N/A	N/A	N/A
Medium	232	34%	229	34%	N/A	N/A	N/A	N/A
High	161	23%	174	26%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Low	34138	53%	34038	53%	3558	51%	3176	48%
Medium	18458	29%	18591	29%	2049	30%	2044	31%
High	11383	18%	11515	18%	1312	19%	1393	21%

### Sadness

How frequently young people feel unhappy or upset.

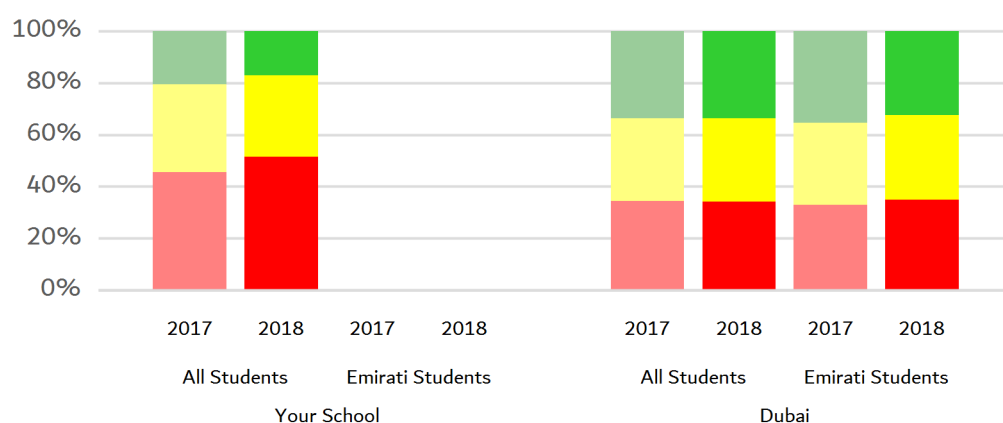
#### Questions:

*I feel that I do things wrong a lot.*

*I feel unhappy a lot of the time.*

*I feel upset about things.*

## Worries



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Low	142	21%	114	17%	N/A	N/A	N/A	N/A
Medium	234	34%	211	31%	N/A	N/A	N/A	N/A
High	315	46%	345	51%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Low	21514	34%	21644	34%	2440	35%	2143	32%
Medium	20362	32%	20565	32%	2183	32%	2152	33%
High	22050	34%	21886	34%	2283	33%	2308	35%

### Worries

How often young people worry about different aspects of life.

#### Questions:

*I worry a lot about mistakes that I make.*

*I worry a lot about things at home.*

*I worry a lot about things at school.*

*I worry about things.*

## 6. Relationships and learning in school and at home

### Why is this important?

Connectedness with educators and other young people is important for the development of social and emotional skills and for protecting young people from adverse stress and worries. Better social relationships and functioning is associated with positive education, workforce and social outcomes, along with greater life-satisfaction in adulthood. Teacher-student relationships are linked to students feeling safe and secure at school and academic achievement.

### What areas were measured?

Young people were asked to report on their **relationships with the adults in their schools, relationships with adults at home, school climate, school belonging, and safety at school**. They also reported on **relationships with their peers, emotional engagement with their teacher**, and their **engagement in learning**. A full list of questions is available at Appendix B.

### What does the data show?

The graphs and tables show the number and percentage of students who completed the wellbeing Census in 2017 and 2018. This information shows whether, over time, students who reported high, medium or low levels of wellbeing changed or remained similar. In each graph, the results for your school are shown next to the results for all participating schools.

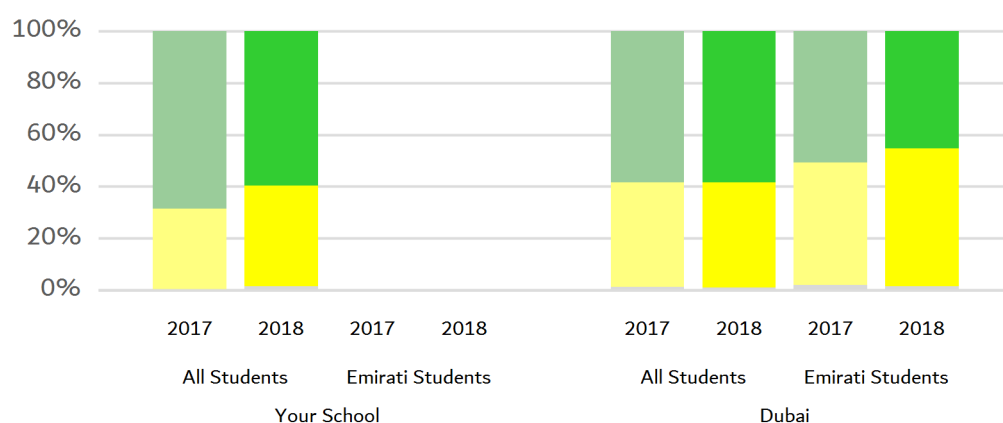
Where applicable, results for Emirati students at your school are shown next to all participating Emirati students. If there is at least one but less than five Emirati students, a dash ("-") is displayed to protect student confidentiality. If there are zero Emirati students, "N/A" is displayed.

**High:** Students who usually responded that they 'agree a little' or 'agree a lot', or 'pretty much' or 'very much true to statements.

**Medium:** Students who usually responded that they 'don't agree or disagree' or 'a little true' to statements or who reported a mix of positive and negative responses.

**Low:** Students who usually responded that they 'disagree' or 'strongly disagree', or 'not at all' to statements.

## Important adults at school



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Yes	475	69%	400	60%	N/A	N/A	N/A	N/A
No	217	31%	260	39%	N/A	N/A	N/A	N/A
Missing	0	0%	11	2%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Yes	37658	58%	37718	58%	3557	51%	3039	45%
No	25952	40%	26188	41%	3307	47%	3555	53%
Missing	848	1%	601	1%	142	2%	110	2%

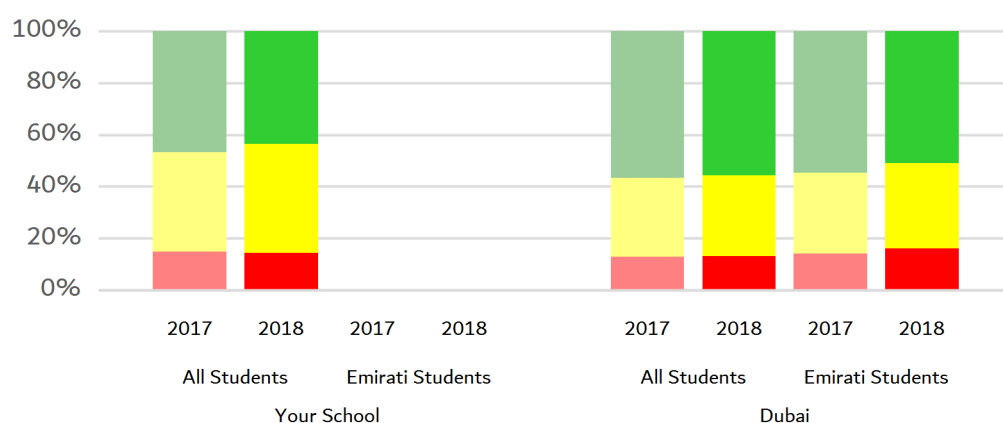
### Important adults at school

Identify whether there are adults at school they see as 'important'.

#### Questions:

*Are there any adults who are important to you at your school?*

## Connectedness to adults at school



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	323	47%	289	43%	N/A	N/A	N/A	N/A
Medium	265	38%	280	42%	N/A	N/A	N/A	N/A
Low	103	15%	96	14%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	36085	57%	35546	56%	3759	55%	3354	51%
Medium	19507	31%	19898	31%	2142	31%	2145	33%
Low	8155	13%	8396	13%	976	14%	1065	16%

### Connectedness to adults at school

Having at least one adult at school who provides support to a young person.

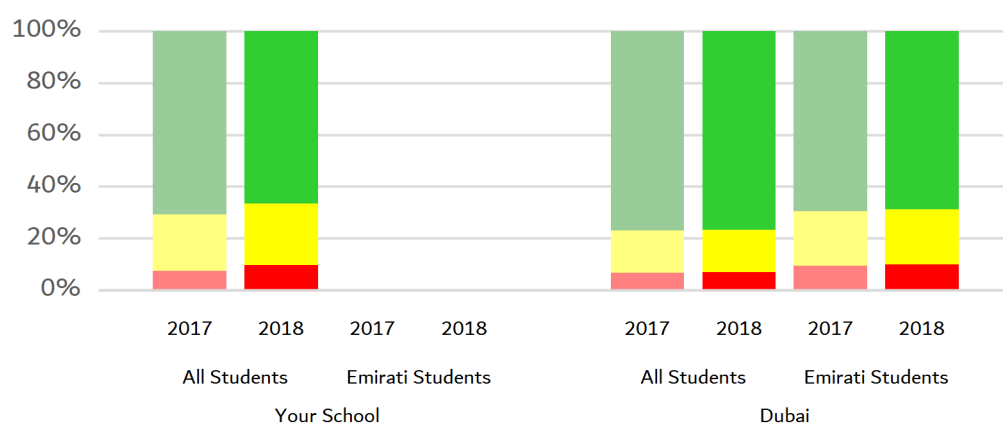
#### Questions:

*At my school, there is a teacher or adult who believes that I will be a success.*

*At my school, there is a teacher or adult who listens to me when I have something to say.*

*At my school, there is a teacher or adult who really cares about me.*

## Connectedness to adults at home



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	489	71%	438	66%	N/A	N/A	N/A	N/A
Medium	150	22%	157	24%	N/A	N/A	N/A	N/A
Low	52	8%	64	10%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	48638	77%	48554	77%	4731	69%	4467	69%
Medium	10300	16%	10405	16%	1444	21%	1380	21%
Low	4316	7%	4398	7%	638	9%	649	10%

### Connectedness to adults at home

Having at least one adult at home who provides support to a young person.

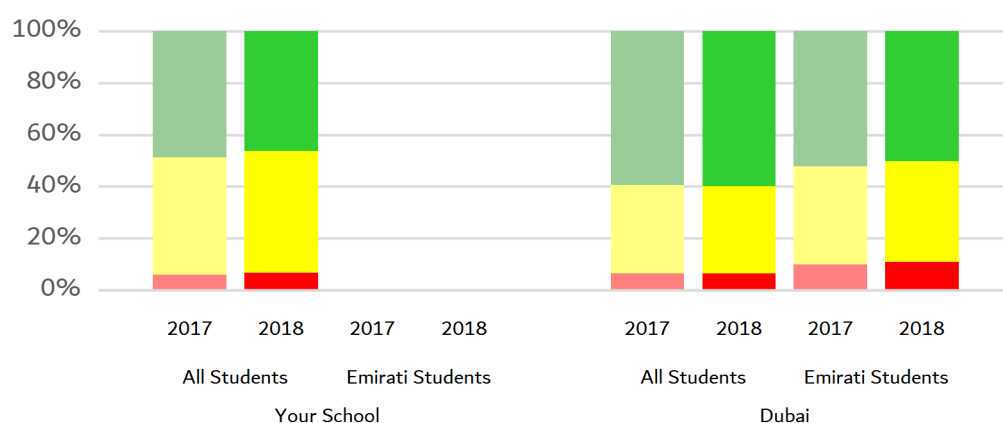
#### Questions:

*In my home, there is a parent or another adult who believes I will be a success.*

*In my home, there is a parent or another adult who I can talk to about my problems.*

*In my home, there is a parent or another adult who listens to me when I have something to say.*

## Emotional engagement with teachers



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	336	49%	306	46%	N/A	N/A	N/A	N/A
Medium	314	45%	312	47%	N/A	N/A	N/A	N/A
Low	41	6%	45	7%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	37892	59%	38238	60%	3583	52%	3306	50%
Medium	21698	34%	21523	34%	2604	38%	2551	39%
Low	4132	6%	4117	6%	690	10%	717	11%

### Emotional engagement with teachers

Support and relationships with teachers.

#### Questions:

*I get along well with most of my teachers.*

*If I need extra help, I will receive it from my teachers.*

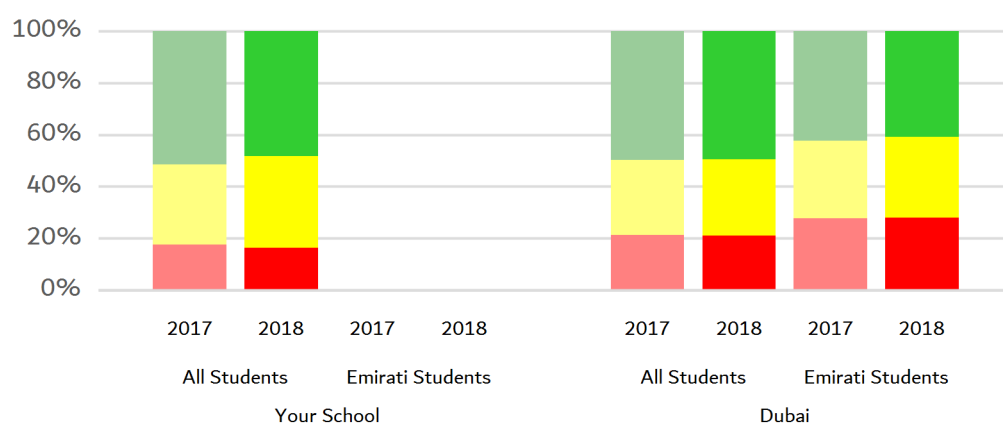
*Most of my teachers are interested in my happiness.*

*Most of my teachers really listen to what I have to say.*

*Most of my teachers treat me fairly.*



## School climate



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	355	51%	323	48%	N/A	N/A	N/A	N/A
Medium	215	31%	236	35%	N/A	N/A	N/A	N/A
Low	121	18%	109	16%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	31617	50%	31490	49%	2888	42%	2658	41%
Medium	18332	29%	18807	30%	2058	30%	2041	31%
Low	13596	21%	13412	21%	1889	28%	1826	28%

### School climate

Overall tone of the school environment, including the way teachers and students interact and how students treat each other.

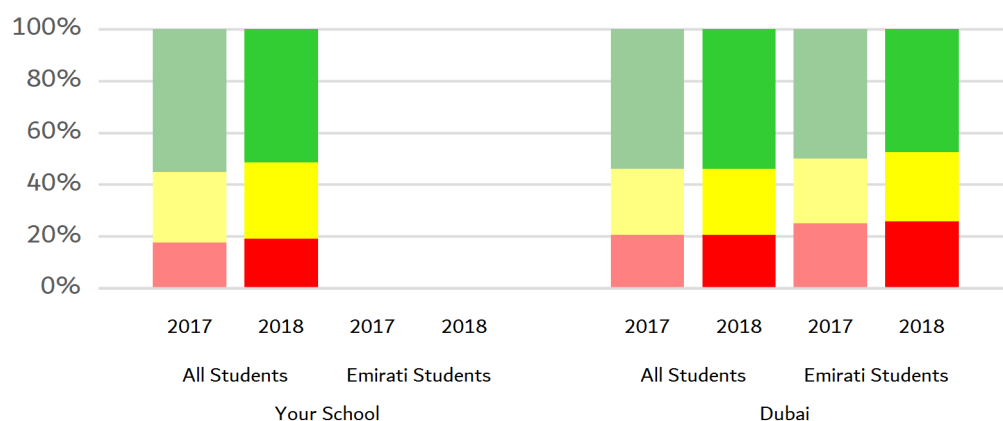
#### Questions:

*People care about each other in this school.*

*Students in this school help each other, even if they are not friends.*

*Teachers and students treat each other with respect in this school.*

## School belonging



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	377	55%	341	51%	N/A	N/A	N/A	N/A
Medium	185	27%	196	30%	N/A	N/A	N/A	N/A
Low	121	18%	126	19%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	33941	54%	34140	54%	3348	50%	3056	47%
Medium	15909	25%	16191	26%	1688	25%	1721	27%
Low	12974	21%	12989	21%	1678	25%	1663	26%

### School belonging

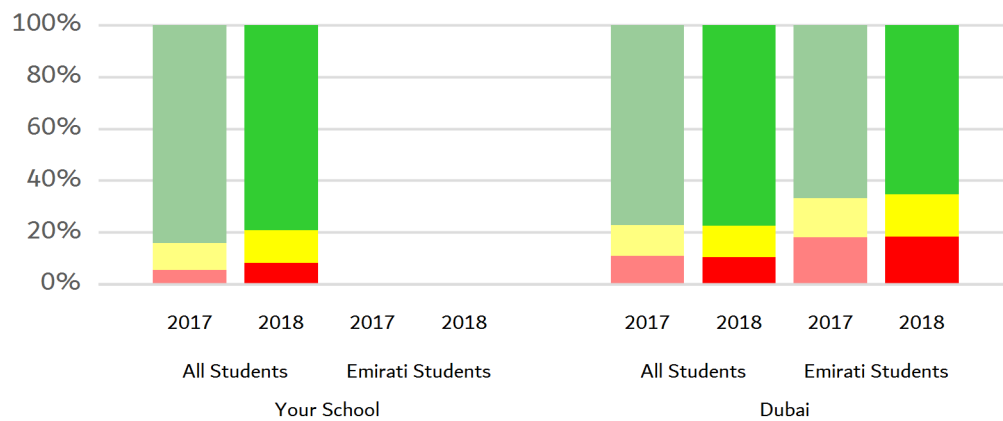
The degree to which young people feel connected and valued at their school.

#### Questions:

*I feel like I am important to this school.*

*I feel like I belong in this school.*

## Safe at school



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	578	84%	528	79%	N/A	N/A	N/A	N/A
Medium	72	10%	85	13%	N/A	N/A	N/A	N/A
Low	38	6%	54	8%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	48763	77%	49225	78%	4508	67%	4233	65%
Medium	7456	12%	7587	12%	1017	15%	1058	16%
Low	6877	11%	6702	11%	1230	18%	1193	18%

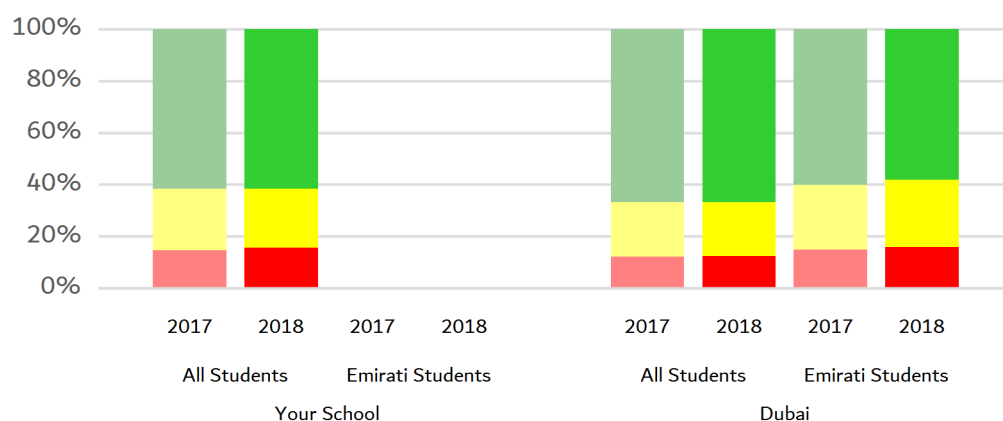
### Safe at school

How safe young people feel at school.

#### Questions:

*I feel safe at school.*

## Peer belonging



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	426	62%	410	62%	N/A	N/A	N/A	N/A
Medium	164	24%	152	23%	N/A	N/A	N/A	N/A
Low	102	15%	104	16%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	42287	67%	42385	67%	4096	60%	3768	58%
Medium	13406	21%	13253	21%	1694	25%	1686	26%
Low	7639	12%	7904	12%	1015	15%	1028	16%

### Peer belonging

Feeling that they belong to a social group.

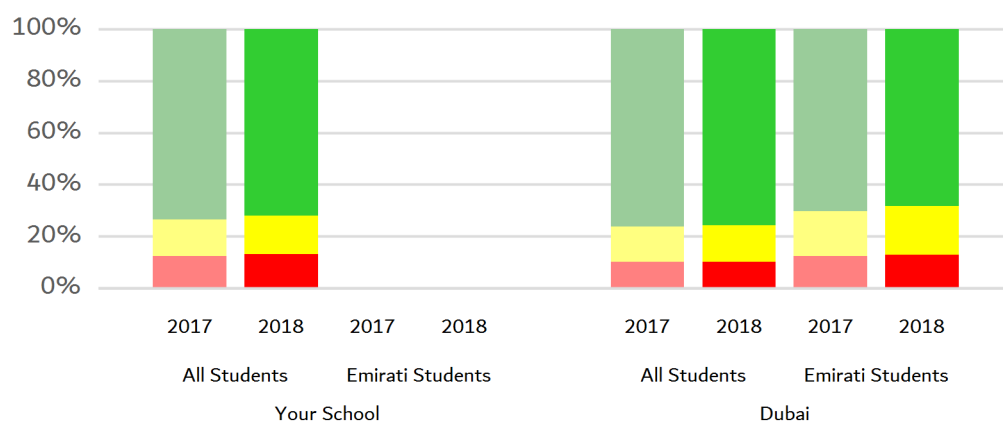
#### Questions:

*I feel part of a group of friends that do things together.*

*I feel that I usually fit in with other kids around me.*

*When I am with other kids my age, I feel I belong.*

## Friendship intimacy



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	509	74%	478	72%	N/A	N/A	N/A	N/A
Medium	97	14%	99	15%	N/A	N/A	N/A	N/A
Low	86	12%	87	13%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	48205	76%	48073	76%	4786	70%	4440	68%
Medium	8707	14%	9029	14%	1174	17%	1222	19%
Low	6398	10%	6453	10%	852	13%	831	13%

### Friendship intimacy

Quality of social support from peers.

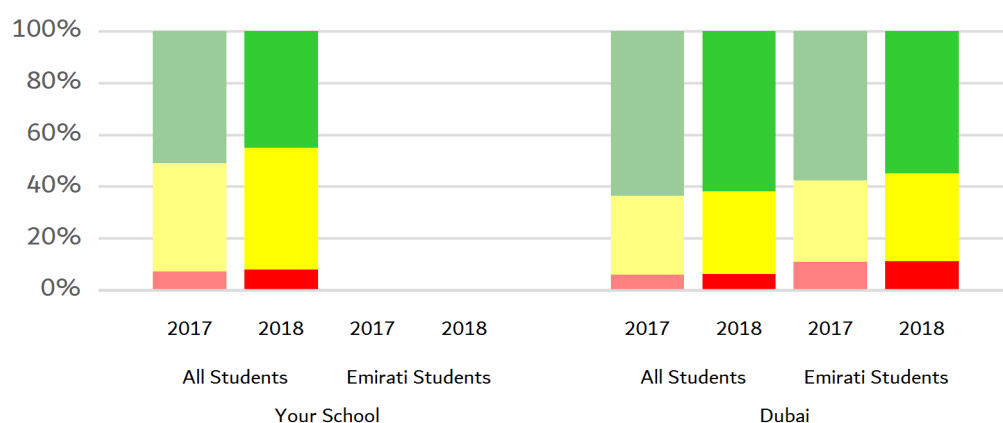
#### Questions:

*I have a friend I can tell everything to.*

*I have at least one really good friend I can talk to when something is bothering me.*

*There is somebody my age who really understands me.*

## Cognitive engagement



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	352	51%	302	45%	N/A	N/A	N/A	N/A
Medium	290	42%	315	47%	N/A	N/A	N/A	N/A
Low	49	7%	53	8%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	40143	64%	39188	62%	3897	58%	3534	55%
Medium	19157	30%	20138	32%	2141	32%	2185	34%
Low	3788	6%	3948	6%	734	11%	712	11%

### Cognitive engagement

Persistence with classroom tasks, generating ideas and attitudes related to holding a growth mindset.

#### Questions:

*I am excited to come up with new things.*

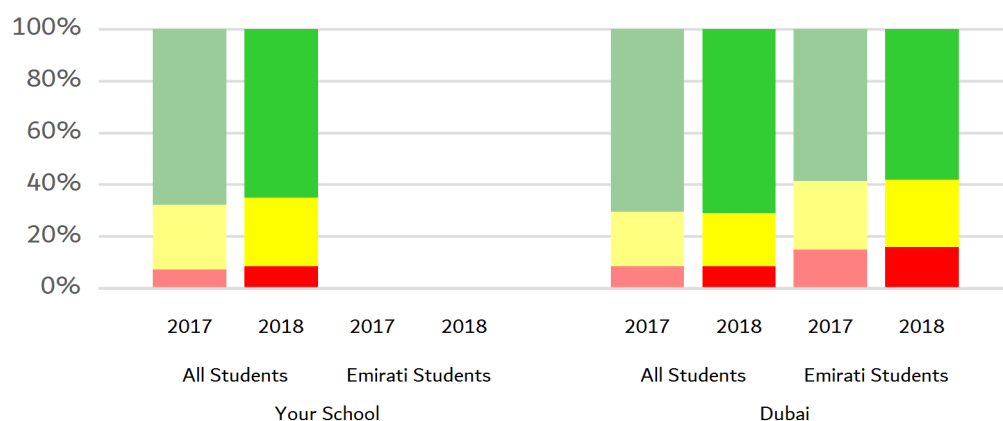
*I take a lot of care with what I do.*

*I work hard on learning.*

*No matter who you are, you can change your intelligence.*

*When I find something hard I try another way.*

## Academic self concept



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	468	68%	434	65%	N/A	N/A	N/A	N/A
Medium	173	25%	177	26%	N/A	N/A	N/A	N/A
Low	50	7%	57	9%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	44696	70%	45262	71%	3989	59%	3786	58%
Medium	13362	21%	13062	21%	1810	27%	1698	26%
Low	5365	8%	5351	8%	1017	15%	1038	16%

### Academic self concept

Perceptions of themselves as students and how interested and confident they feel at school.

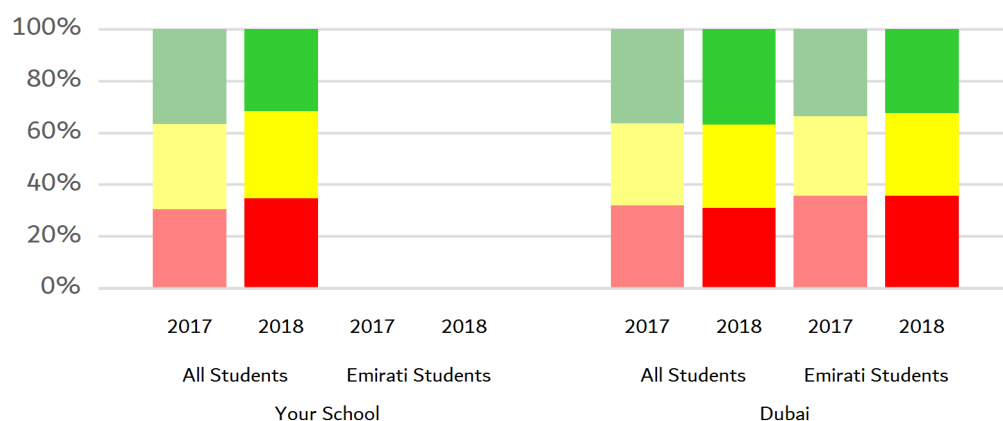
#### Questions:

*Even if the work in school is hard, I can learn it.*

*I am certain I can learn the skills taught in school this year.*

*If I have enough time, I can do a good job on all my school work.*

## Engagement (flow)



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	253	37%	213	32%	N/A	N/A	N/A	N/A
Medium	227	33%	226	34%	N/A	N/A	N/A	N/A
Low	211	31%	232	35%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	23019	36%	23378	37%	2291	34%	2094	32%
Medium	19909	32%	20444	32%	2082	31%	2063	32%
Low	20238	32%	19566	31%	2414	36%	2297	36%

### Engagement (flow)

Being absorbed, interested and involved in activity or the world.

#### Questions:

*I get completely absorbed in what I am doing.*

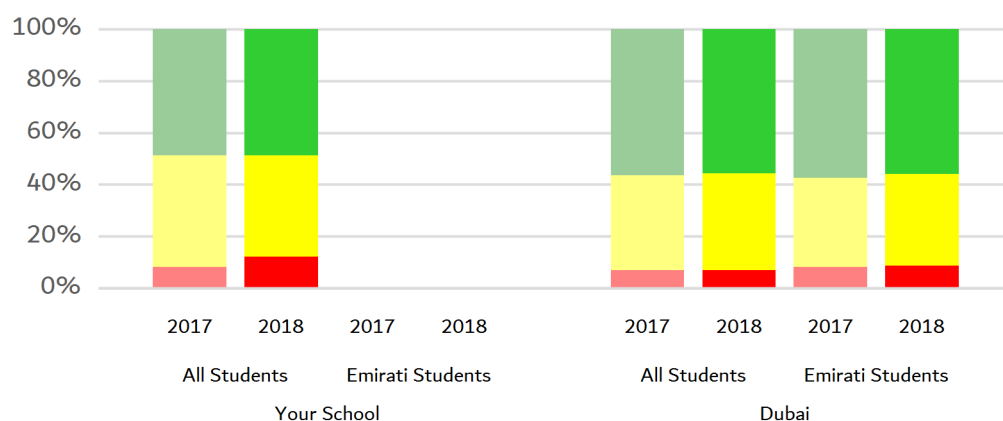
*I get so involved in activities that I forget about everything else.*

*When I am learning something new, I lose track of how much time has passed.*

*When I do an activity, I enjoy it so much that I lose track of time.*



## School work



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	337	49%	324	49%	N/A	N/A	N/A	N/A
Medium	297	43%	258	39%	N/A	N/A	N/A	N/A
Low	57	8%	81	12%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	35633	56%	35372	56%	3897	57%	3611	56%
Medium	23093	37%	23587	37%	2326	34%	2279	35%
Low	4479	7%	4468	7%	562	8%	567	9%

### School work

How well the young person believes they do in their school work.

#### Questions:

*How well do you do in your school work?*

## Victimisation at school

### Why is this important?

Whilst numerous definitions of bullying or victimisation exist, it is commonly defined as targeted repeated intimidation or humiliation which cannot be avoided or defended by the victim and may be physical, verbal, social or cyberbullying. Students' wellbeing and ability to learn requires that they feel safe and be free to attend school without being bullied. Children and young people who are bullied are more likely to report emotional and somatic problems, which in turn is associated with absences from school and lower academic achievement.

### What areas were measured?

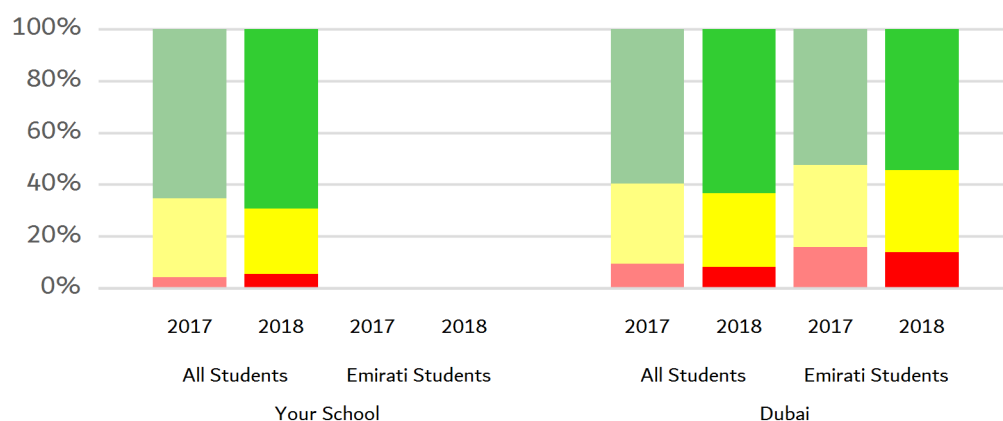
Students were asked how frequently they had been bullied during the school year, in each of the following ways – physical, verbal, social or online (cyberbullying).

None at all this year

Once a year / once a month

Once a week / many times a week

## Physical bullying



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	451	65%	464	69%	N/A	N/A	N/A	N/A
Monthly	210	30%	170	25%	N/A	N/A	N/A	N/A
Weekly	30	4%	36	5%	N/A	N/A	N/A	N/A

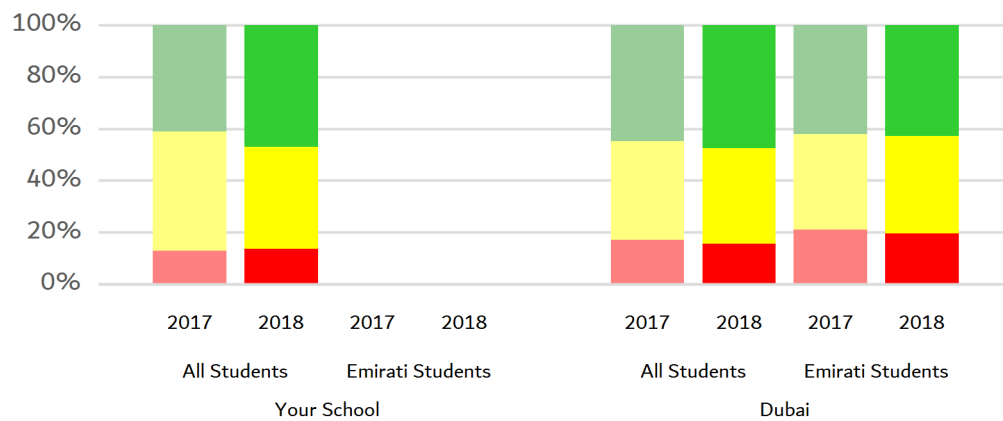
Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	37487	60%	40069	63%	3536	52%	3491	55%
Monthly	19556	31%	17871	28%	2150	32%	2022	32%
Weekly	5930	9%	5205	8%	1068	16%	887	14%

### Physical bullying

#### Questions:

*Physical bullying (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).*

## Verbal bullying



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	284	41%	315	47%	N/A	N/A	N/A	N/A
Monthly	317	46%	264	39%	N/A	N/A	N/A	N/A
Weekly	90	13%	91	14%	N/A	N/A	N/A	N/A

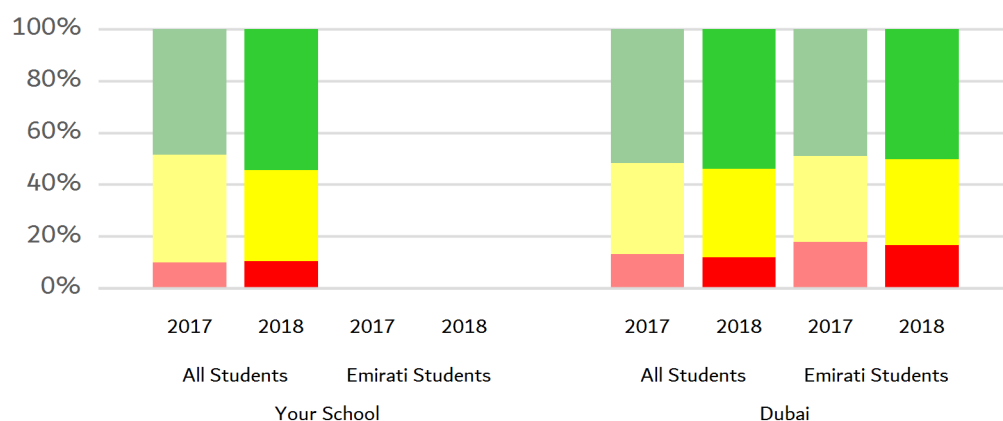
Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	28188	45%	29999	48%	2847	42%	2743	43%
Monthly	23987	38%	23322	37%	2480	37%	2412	38%
Weekly	10792	17%	9822	16%	1425	21%	1251	20%

### Verbal bullying

#### Questions:

Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).

## Social bullying



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	335	48%	365	54%	N/A	N/A	N/A	N/A
Monthly	287	42%	235	35%	N/A	N/A	N/A	N/A
Weekly	69	10%	70	10%	N/A	N/A	N/A	N/A

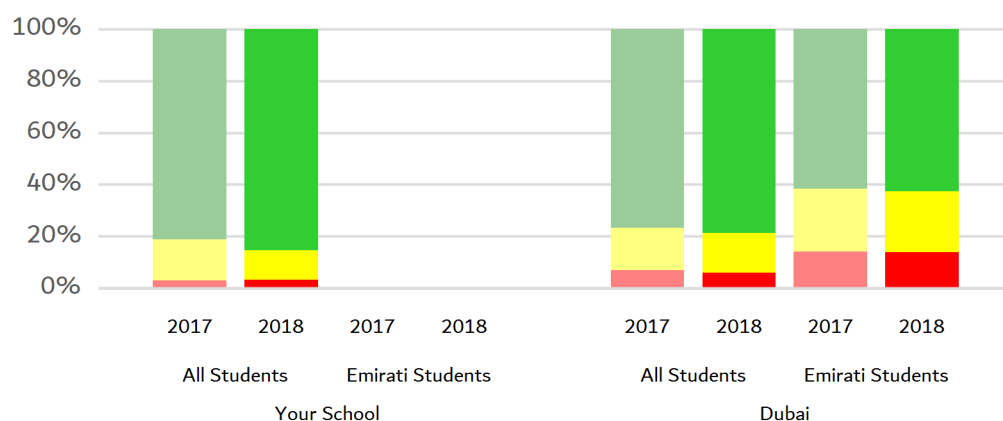
Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	32564	52%	34082	54%	3307	49%	3208	50%
Monthly	22023	35%	21488	34%	2227	33%	2108	33%
Weekly	8278	13%	7518	12%	1199	18%	1067	17%

### Social bullying

#### Questions:

*Social bullying (for example, someone left you out, excluded you, gossiped and spread rumours about you, or made you look foolish).*

## Cyberbullying



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	561	81%	572	85%	N/A	N/A	N/A	N/A
Monthly	110	16%	76	11%	N/A	N/A	N/A	N/A
Weekly	20	3%	22	3%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
None	48327	77%	49732	79%	4151	62%	4008	63%
Monthly	10156	16%	9574	15%	1632	24%	1508	24%
Weekly	4429	7%	3818	6%	962	14%	881	14%

### Cyberbullying

#### Questions:

*Cyberbullying (for example, someone used the computer or text messages to exclude, threaten, embarrass you, or to hurt your feelings).*

## 7. Physical health and lifestyle

### Why is this important?

The health of young people, including their overall health, body image, nutrition and sleeping habits is important for their general development and also for learning in the classroom. For example, it has been shown that eating breakfast and getting enough sleep each day promotes young people's memory and attention skills and impacts on their academic performance.

### What areas were measured?

Young people were asked to report on their perceptions of their **general health** and **body image**, as well as how frequently they **slept** well, used a **device before sleep**, and ate **breakfast** and **fruit and vegetables**.

A full list of questions is available at Appendix B.

### What does the data show?

The graphs and tables show the number and percentage of students who completed the wellbeing Census in 2017 and 2018. This information shows whether, over time, students who reported high, medium or low levels of wellbeing changed or remained similar. In each graph, the results for your school are shown next to the results for all participating schools.

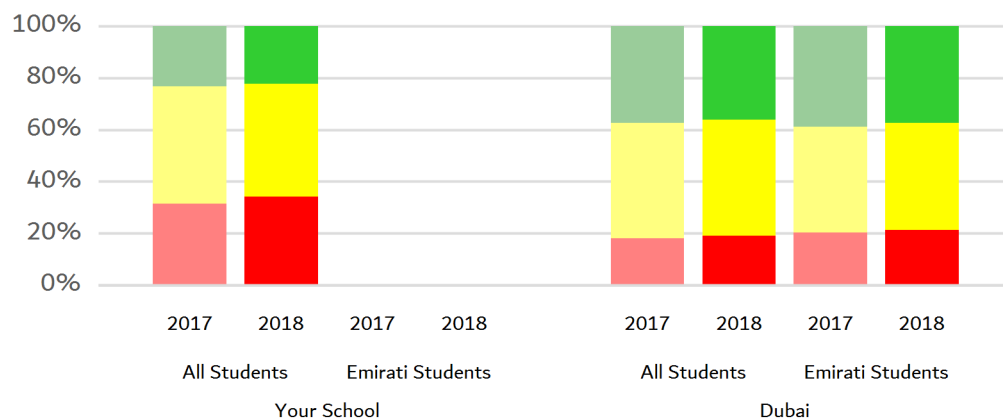
Where applicable, results for Emirati students at your school are shown next to all participating Emirati students. If there is at least one but less than five Emirati students, a dash ("-") is displayed to protect student confidentiality. If there are zero Emirati students, "N/A" is displayed.

**High:** Students who responded that their health was 'excellent'

**Medium:** Students who responded that their health was 'good'

**Low:** Students who responded that their health was 'fair' or 'poor'

## Overall health



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	161	23%	148	22%	N/A	N/A	N/A	N/A
Medium	311	45%	291	44%	N/A	N/A	N/A	N/A
Low	217	31%	228	34%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	23467	37%	22683	36%	2606	39%	2371	37%
Medium	27866	44%	28166	45%	2750	41%	2635	41%
Low	11427	18%	11994	19%	1365	20%	1354	21%

### Overall health

An overall assessment of a young person's health. This item maps closely to a range of other health outcomes.

#### Questions:

*In general, how would you describe your health?*

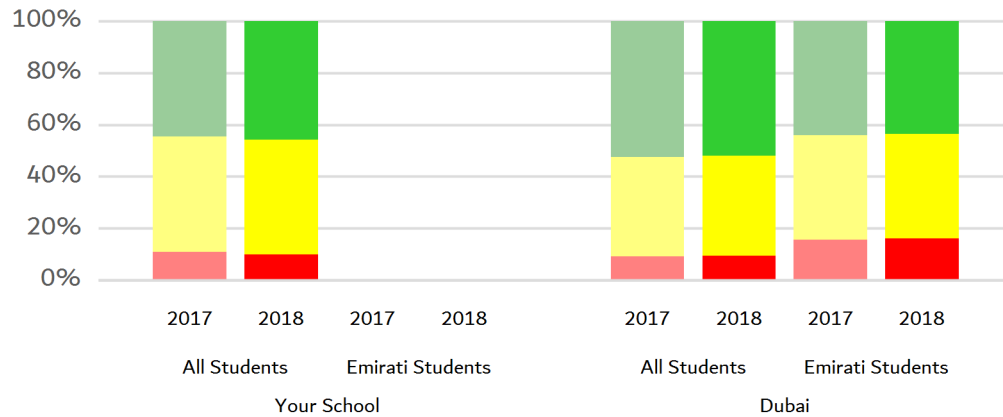


**High:** Students who reported that their body weight was 'about right'.

**Medium:** Students who reported that their body weight was 'slightly over / underweight'

**Low:** Students who reported that their bodyweight was 'very over / underweight'

## Body image



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	307	44%	300	46%	N/A	N/A	N/A	N/A
Medium	307	44%	291	44%	N/A	N/A	N/A	N/A
Low	76	11%	65	10%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	32833	52%	32678	52%	2958	44%	2766	43%
Medium	24070	38%	24257	39%	2691	40%	2567	40%
Low	5729	9%	5918	9%	1050	16%	1026	16%

### Body image

Describes perceptions young people have about their body shape.

#### Questions:

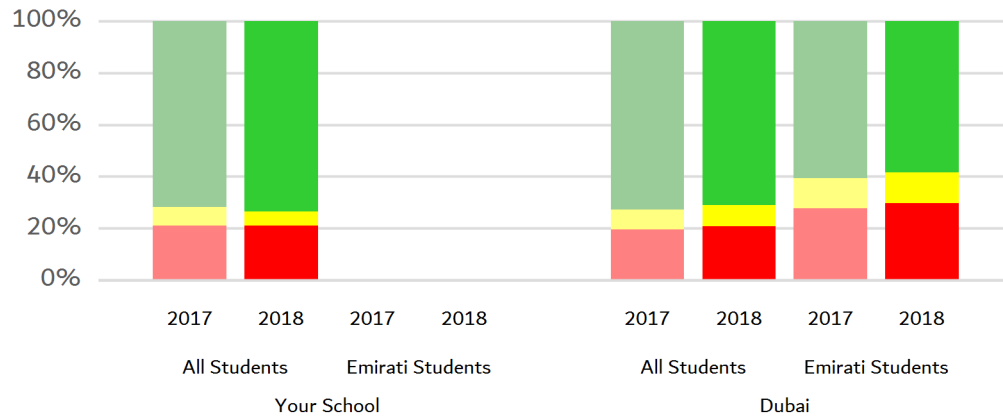
*How do you rate your body weight?*

**High:** Students who reported eating breakfast at least 5 times a week

**Medium:** Students who reported eating breakfast 3 to 4 times a week

**Low:** Students who reported eating breakfast less than 3 times a week

## Breakfast



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	495	72%	493	74%	N/A	N/A	N/A	N/A
Medium	48	7%	36	5%	N/A	N/A	N/A	N/A
Low	146	21%	141	21%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	45646	73%	44737	71%	4065	61%	3711	58%
Medium	4838	8%	5049	8%	794	12%	751	12%
Low	12239	20%	13146	21%	1859	28%	1897	30%

### Breakfast

How often the young person ate breakfast during a week.

#### Questions:

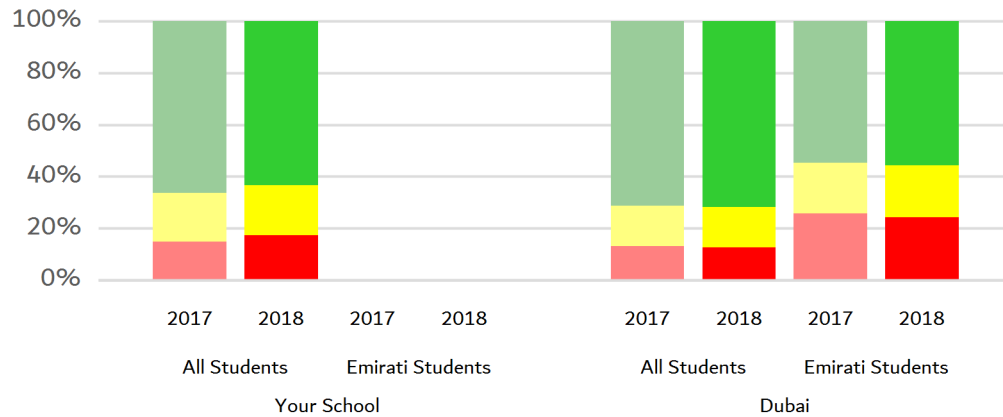
*How often do you eat breakfast?*

**High:** Students who reported eating fruit and vegetables at least 5 times a week

**Medium:** Students who reported eating fruit and vegetables 3 to 4 times a week

**Low:** Students who ate breakfast or fruit and vegetables less than 3 times a week

## Fruit and vegetables



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	457	66%	421	63%	N/A	N/A	N/A	N/A
Medium	129	19%	128	19%	N/A	N/A	N/A	N/A
Low	103	15%	115	17%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	44509	71%	44965	72%	3639	55%	3529	56%
Medium	9754	16%	9864	16%	1302	20%	1260	20%
Low	8208	13%	7905	13%	1715	26%	1542	24%

### Fruit and vegetables

How often the young person ate fruit or vegetables during the week.

#### Questions:

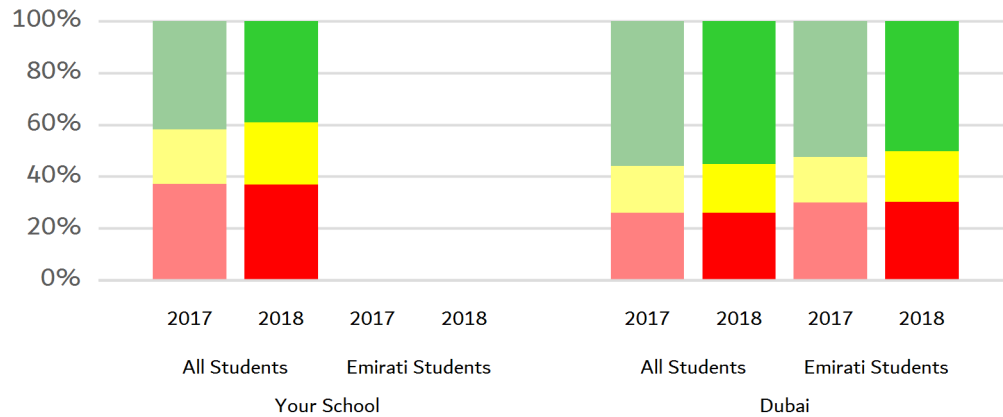
*How often do you eat fruit or vegetables?*

**High:** Students who got a good night's sleep at least 5 times a week.

**Medium:** Students who got a good night's sleep 3 to 4 times a week.

**Low:** Students who got a good night's sleep less than 3 nights a week.

## Sleep



Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	288	42%	260	39%	N/A	N/A	N/A	N/A
Medium	145	21%	161	24%	N/A	N/A	N/A	N/A
Low	256	37%	245	37%	N/A	N/A	N/A	N/A

Dubai	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
High	34947	56%	34624	55%	3487	52%	3189	50%
Medium	11311	18%	11922	19%	1177	18%	1241	20%
Low	16276	26%	16281	26%	1989	30%	1908	30%

### Sleep

How often the young person slept well.

#### Questions:

*How often do you get a good night's sleep?*

## Bedtime

Your School	All Students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Before 8pm	13	2%	14	2%	N/A	N/A	N/A	N/A
Between 8pm-9pm	98	14%	73	11%	N/A	N/A	N/A	N/A
Between 9pm-10pm	227	33%	215	32%	N/A	N/A	N/A	N/A
Between 10pm-11pm	194	28%	209	31%	N/A	N/A	N/A	N/A
Between 11pm-midnight	102	15%	103	15%	N/A	N/A	N/A	N/A
After midnight	57	8%	54	8%	N/A	N/A	N/A	N/A

Dubai	All students				Emirati Students			
	2017		2018		2017		2018	
	n	%	n	%	n	%	n	%
Before 8pm	1975	3%	2004	3%	271	4%	239	4%
Between 8pm-9pm	10448	17%	10846	17%	1081	16%	1002	16%
Between 9pm-10pm	20532	33%	20760	33%	1924	29%	1735	27%
Between 10pm-11pm	16863	27%	16815	27%	1607	24%	1475	23%
Between 11pm-midnight	8313	13%	8143	13%	1051	16%	1020	16%
After midnight	4595	7%	4379	7%	777	12%	895	14%

### Bedtime

*What time do you normally go to sleep on a school night?*

## Device use before sleep

Your School	Never		Once a week		2 times a week		3 times a week		4 times a week		5 times a week		6 times a week		Everyday	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
All Students	55	8%	38	6%	52	8%	52	8%	21	3%	44	7%	41	6%	362	54%
Emirati Students	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A

Dubai	Never		Once a week		2 times a week		3 times a week		4 times a week		5 times a week		6 times a week		Everyday	
	n	%	n	%	n	%	n	%	n	%	n	%	n	%	n	%
All students	6540	10%	4914	8%	6053	10%	4804	8%	3685	6%	4015	6%	3852	6%	29108	46%
Emirati Students	484	8%	316	5%	444	7%	457	7%	353	6%	349	5%	354	6%	3626	57%

### Device use before sleep

*How often, in the hour before you go to sleep, do you use an electronic device (for example, a mobile phone, iPad, tablet, PC, game console, TV, music player)?*