

Norfolk Special Educational Needs and Disability (SEND) Survey 2023

What children and young people (CYP) with SEND told us

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Introduction

Children and young people (CYP) with SEND gave us lots of ideas about which questions to ask them. They were also involved in testing the survey before it went live. This made sure the questions were easy to read and understand.

The survey was promoted to children and young people (CYP) with special educational needs and disabilities (SEND) through a variety of methods including:

- visiting places of learning
- email
- newsletters
- social media
- youth groups including the SEND Youth Forum and Social F.I.E.L.D. (friends interacting and enjoying life differently) Youth Club.

In this report, percentages (%) have been rounded up if 0.5 or over and rounded down if 0.4 or under.

It is important to note that CYP could tick multiple options for some questions and therefore the % will not always add up to 100%.

Quotes have been amended to clarify terminology and ensure anonymity.

Participation

 381 children and young people responded in 2023, an increase on 62 from 2022 – 614% increase.

Children and young people with SEND across all age ranges took part in the survey.

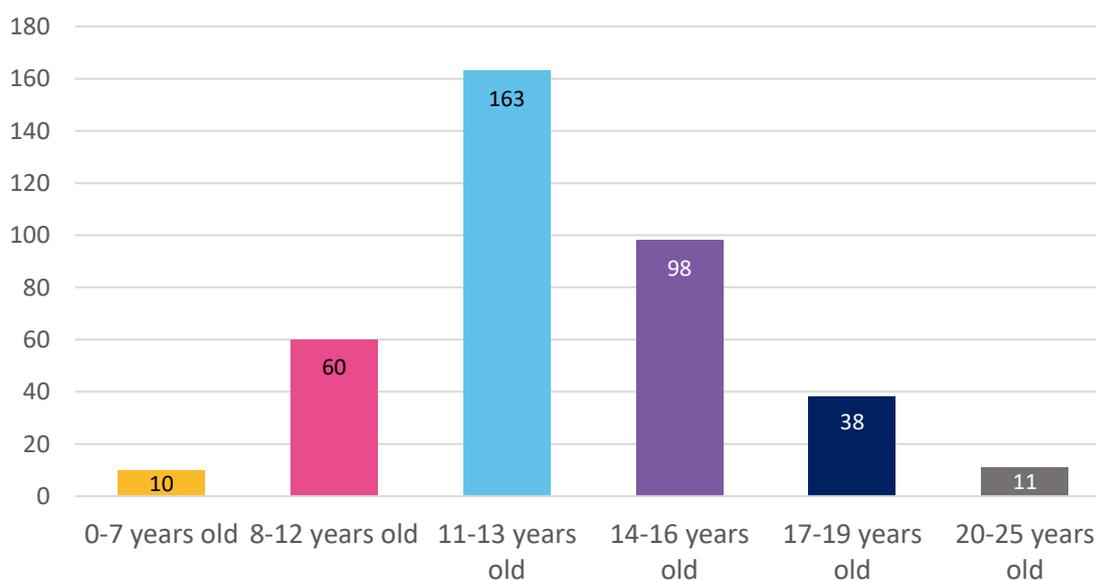


Figure 1. Children and Young People Survey - respondents by age range



90.5% of CYP who completed the survey attended a place of learning.

Learning

When asked **what helps me learn**, CYP said that people knowing me, regular breaks and things that interest me helped the most when learning. Some CYP gave examples of the things that help them learn:

“Like when the work isn’t too easy and isn’t too hard.”

“Dyslexic friendly fonts.”

“Given work in small chunks.”

“Less changes around me, so predictability/stability so I feel safe.”

91% of the CYP said they **get help to learn**, but 9% said they didn’t.

Making choices

71% of the CYP said they are **allowed to make choices about the support they get with learning**.

When asked **do CYP get to make choices** about different parts of their lives:



92% of CYP are given the choice about **how they use their free time**



87% of CYP are given the choice about **what they do at home**



86% of CYP are given the choice about **what they want to do in the future**

Giving views



Most CYP said they liked to **share their views** by talking (73%). A few CYP said they liked to use technology or a trusted person to give their views.



Just over 60% of CYP felt that **people listened** to them. However, 29% of CYP said they were listened to sometimes, but 11% of CYP felt no one listened to them.

My free time

What do I like?

The survey gave lots of choices for this question and CYP could tick as many as they liked. They could also share other things they liked.

The top 5 most popular activities that CYP **liked to do** in their free time were:



Watching films, television or programmes (73%)



Spending time with friends (72%)



Spending time with family (71%)



Playing video games (71%)



Listening to music (68%)

31% of CYP commented that they like going to clubs. However, 42% of CYP said they prefer being on their own. 37% said they liked meeting new people.

CYP were asked **what stops them doing activities** with other children and young people.

The top reason for not doing activities was **it is difficult to join in**, followed closely by **I like to do activities by myself**.

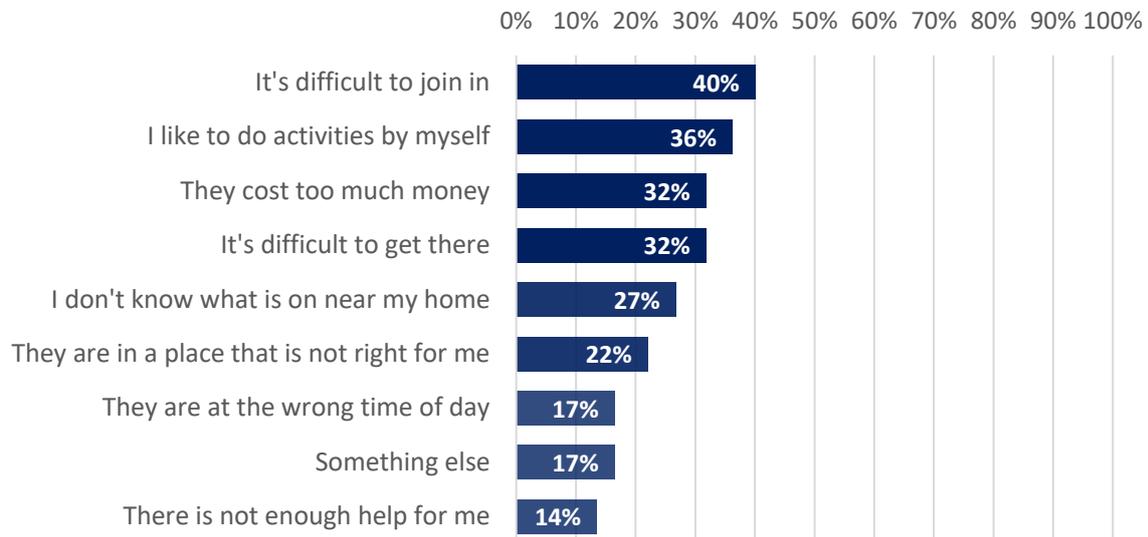


Figure 2. What stops me doing activities with other children and young people? You can select more than one option.

The most common other reasons for not doing activities with other children and young people were:

- there was nothing of interest that motivated them
- they were happy with their own company
- they find it is hard to join in and make friends
- they were worried about how they would be welcomed by other CYP

83% of CYP said they do **get to do activities with other children and young people in their free time**.

The activities mentioned were mostly outdoors.

 Many sports were mentioned, particularly football.

 Gaming and technology were also popular.

Some CYP said why they prefer not to do activities:

“Everyone is in groups talking rather than playing. It’s hard to join in and I like playing not walking and talking.”

“I am happy being me.”

“Because I’d be the odd one out.”

“There is not enough out there for me to join in.”

Getting help

CYP could tick more than one answer to the question about who helps them most. CYP told us that the **people who help them most** in their life are:

- Family or carers (90%)
- Teachers/tutors (76%)
- Friends (73%)
- Teaching assistants (67%)

A few CYP mentioned therapists, key workers or themselves in the comments.

CYP could tick as many options as they wanted for the question **where would I go for information to help me.**

- 78% said family and carers
- 68% said teachers/tutors
- 60% said friends
- 57% said teaching assistants
- 53% said websites
- 37% said social media platforms
- 31% said books
- 25% said library
- 21% said health worker
- 13% said leaflets
- 12% said care worker
- 9% said personal assistant



To the question **are you happy with the help you get.**

- 55% said yes
- 40% said sometimes
- 5% said no

Health and wellbeing



80% of CYP said they are **happy most of the time.**

54% of CYP said they **had been bullied.**

79% of CYP said they **can tell someone if they are being bullied.**

To the question **who you are most likely to tell if you are being bullied.**

- 81% said family or carers
- 70% said teacher/tutor
- 59% friends
- 57% teaching assistant

Most CYP said **I am healthy for me** (88%)

When unwell, do CYP get the help they need:

- 78% said yes
- 14% did not know
- 8% said no

When asked if CYP had help from a health service:

- 77% said yes
- 16% did not know
- 7% said no

Just over a quarter (28%) of CYP said they **had help from mental health services**.

Preparing for adult life

To the 'I know how to' questions, CYP were able to tick yes, no or yes but I still need help.



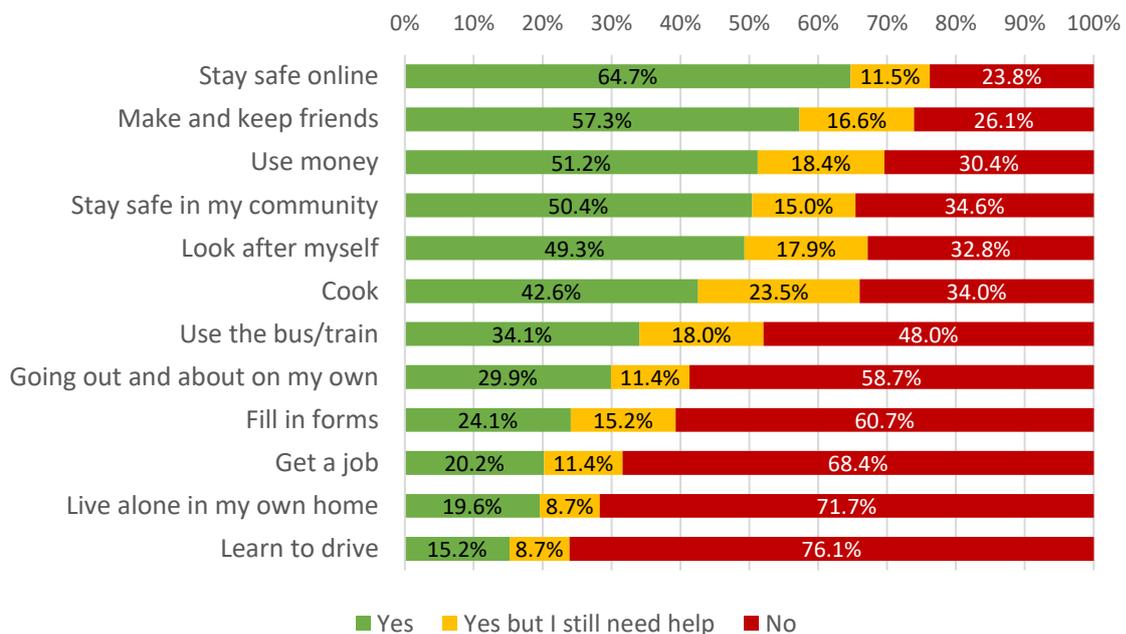
65% know how to stay safe online



57% know how to make and keep friends.



51% know how to use money



Who helps me to achieve my goals?

CYP told us about **who helps them achieve their goals**:

- 78% said family or carers
- 68% said teachers/tutors
- 65% said I help myself
- 63% said friends
- 57% said teaching assistants

What is the one thing that would make your life better?

Just over a quarter of CYP said relationships are important to improving their lives.

Making friends:

“Having friends to do things with and have fun.”

“Someone to be at high school that I already know and a friend to play with because it would be nice to know someone.”

Having someone who understands:

“The one thing that would make my life better would be for people to understand my perspective and more people to be on my wavelength and look at the world like me.”

The importance of people being kind:

“Kinder children at school.”

Others felt a **big responsibility for their family, wanting to help them:**

“A job to earn money to help my family.”

20% of CYP mentioned **activities, clubs** and that they **want more in their local area:**

“To be more social and make new friends at a club or an activity.”

“More things to do in my area.”

“No local clubs other than tabletop activities.”

Just under 20% mentioned that **if barriers or circumstances were different:**

“I’ve missed the window of education and everything that I’m capable of doing is designed and age locked to under 23’s.”

“Being supported and respected by adults and other people also slow down fast speaking to help me understand.”

One CYP clearly described the **barriers living in a rural community:**

“The inconsistency of bus services is stressful.”

CYP commenting on **how SEND impacts on their life:**

“Because I am housebound, I feel forgotten, and I can’t access the support and activities I want to do”

Some CYP said how **they wish their life was different:**

“Not having dyslexia.”

“Nothing just I wish that I could hear better.”

“Being able to walk.”



Other CYP mentioned **the need for specialist equipment:**

“New wheelchair.”

“A splint that would make me walk better.”

A few CYP said their **life does not need to be improved:**

“Nothing my life is perfect.”

“Nothing I like how it is.”

An idea was given by one CYP:

“Having a universal discrete disability card that is use by doctors, dentist, transport operators and libraries that has a barcode on it that enabled professionals to understand or explain my needs better to enable me to access services.”

A few CYP said chocolate and fast food make them happy. Money and pets were mentioned frequently.

Summary

The headlines that stand out from the information given by children and young people are:

- Family/carers, teachers/tutors, friends, and teaching assistants were identified as the most important people to children and young people in their answers to questions in the survey
- Over half the children and young people said they had been bullied
- 41% of children and young people did not always feel listened to
- The most common theme was that children and young people with SEND do not always feel included. This was most often linked to feeling understood, kindness, accessibility and having things to do in their local area.