

Being Well, Being Better

2018 DUBAI STUDENT WELLBEING CENSUS



2nd year Published Feb 2019



ABOUT THE CENSUS



Year 2 of a 5-year initiative



Second Census

for Grades 6 to 9
(Years 7 to 10)



First Census

for Grades 10 to 12
(Years 11 to 13)



Online questionnaire



Completed at school



Culturally adapted and validated



English, Arabic and French versions



Helps schools to monitor
and improve student
wellbeing



Supports Dubai's vision
to be among the five happiest
cities in the world by 2021

What we measured



Social and
emotional
wellbeing



Relationships,
engagement
and learning



Physical health,
lifestyle and
after-school
activities

Participation data



95,875 students
87% of eligible students



181 schools



170
nationalities



68% of students have
lived their life in UAE most
or all their lives



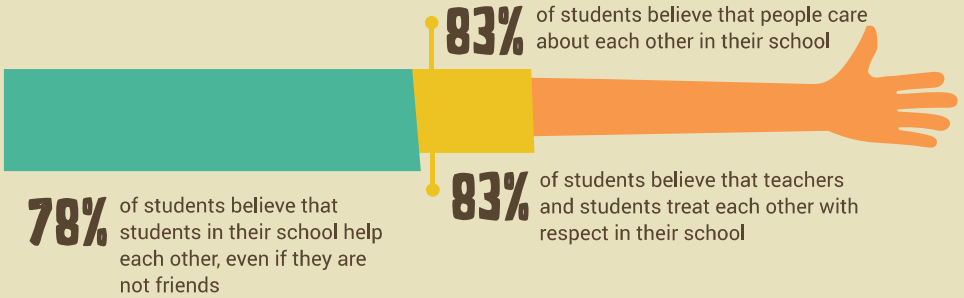
NOV-DEC 2018
Collection period



Thanks to
267
school staff coordinators

UAE YEAR OF TOLERANCE

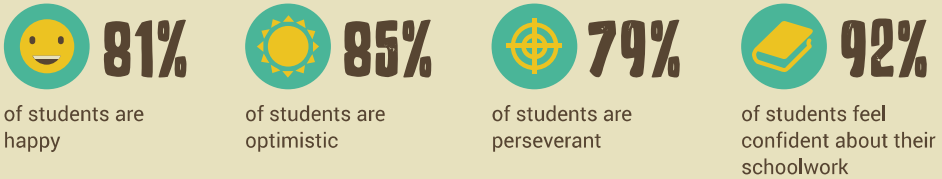
Students reporting High or Medium levels



STUDENT WELLBEING

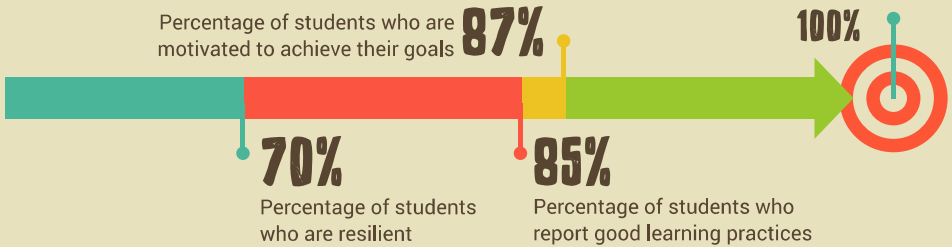
Students reporting High or Medium levels

Overall, how do kids feel about their life and future?



SENIOR STUDENTS (Grades 10-12)

Students reporting High or Medium levels



WHAT WE LEARNED

66% of senior students use an electronic device before bed everyday

10% of students live with at least one grandparent

25% of students have a pet

STUDENT WELLBEING



Overall, how satisfied with life are Dubai's kids?

81% OF STUDENTS ARE SATISFIED WITH LIFE

Students are more likely to be satisfied with life if they:



Eat breakfast

85%



Get a good night's sleep

89%

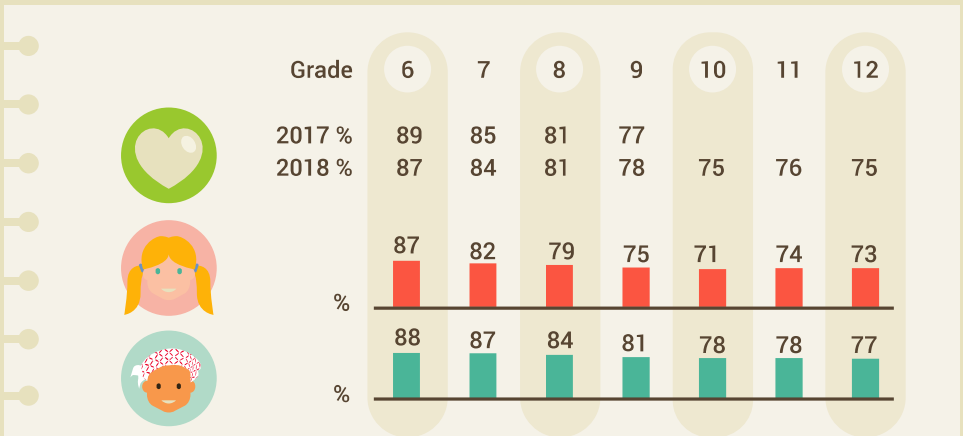


Eat fruit and vegetables

84%

OVERALL SATISFACTION WITH LIFE

Students reporting High or Medium levels



Most domains follow a similar pattern with declines in wellbeing from Grade 6 through to Grades 9/10 with many having a slight increase in Grades 11/12

Student nationality groups with the highest rates in these wellbeing domains



Perseverance
– Arab



Happiness
– Indian



Least Worries
– Western

RELATIONSHIPS

Students reporting High levels

Overall, how connected do kids feel to adults and peers?



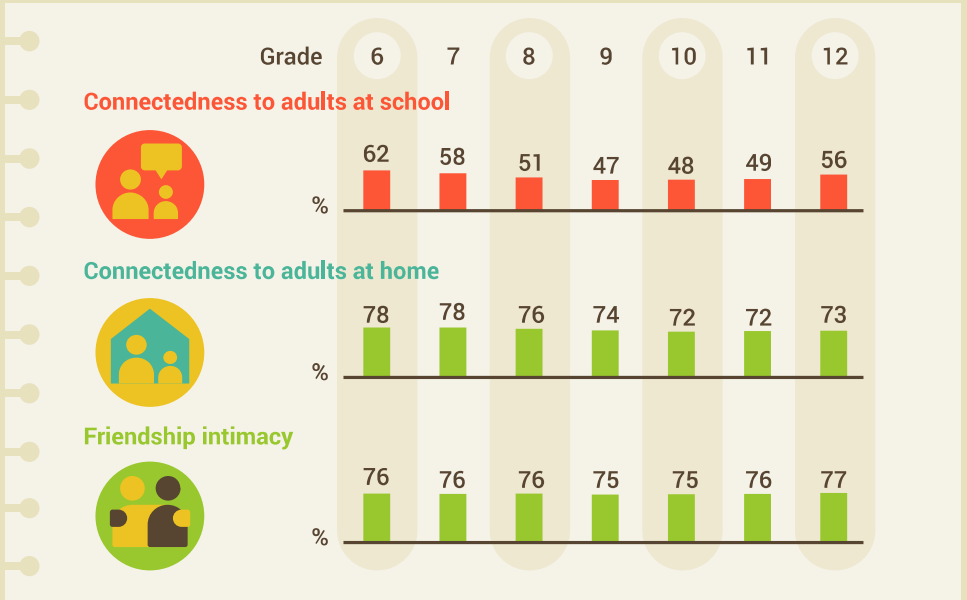
54%
of students feel highly connected to adults at school



75%
of students feel highly connected to adults at home

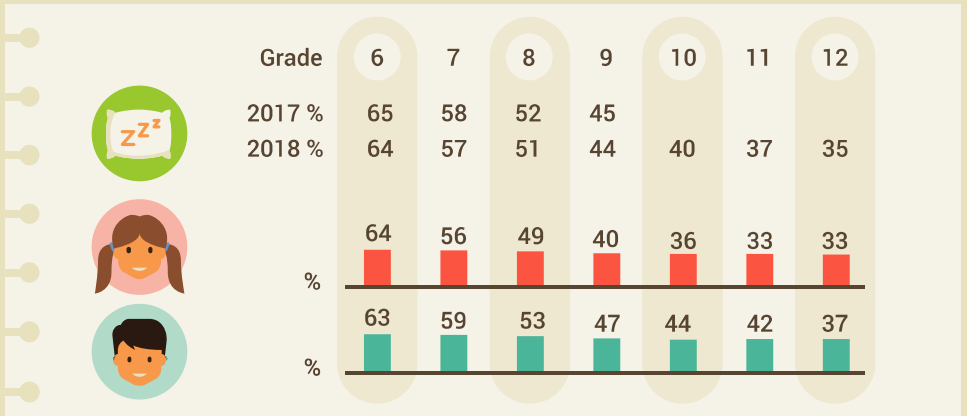


76%
of students feel highly connected to close friends



SLEEP

Proportion of students who say that they get a good night's sleep at least 5 times a week



Our journey to improve student wellbeing in Dubai's schools will continue in 2019 with workshops, a student summit and conducting the third Dubai Student Wellbeing Census