

Supplementary Tables/Text

Young People in Cumbria 2012

A supplementary report
on the health behaviour of young people in Cumbria,
based on data from the 2012 survey



Cumbria Teaching Primary Care Trust

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The health and wellbeing of children and young people in Cumbria continues to be one of our key priorities. Young people growing up in Cumbria today face many pressures and challenges. It is essential that we understand these pressures and challenges in order to deliver effective services and interventions that improve the health and wellbeing of our children and young people throughout Cumbria.

Many factors influence the health-related behaviour of children and young people. These include family background and experience, the media, social and school environments, health education and promotion, availability of children's services and support, access to the internet and increasingly social networking. By understanding the health and health-related behaviour of young people we are more able to deliver appropriate services and design interventions, which will support and enable young people to take more care of their health and wellbeing.

This survey reveals young people's knowledge, attitudes and behaviours as well as sources of information and support. The evidence gathered will contribute greatly to our work in drugs, alcohol and tobacco education, sex and relationships education, physical activity and balanced eating, as well as PSHE (Personal, Social and Health Education) in schools.

This report was commissioned by Cumbria Children's Services and Public Health, NHS Cumbria and it is part of a wider contribution by various partner agencies working together to meet the present and future needs of our children and young people. The results of this survey will contribute to the assessment of need and the development of services in the future. It provides a wealth of data, which is easily accessible to schools, public health service providers, multiagency commissioning teams and various partner agencies via Cumbria Intelligence Observatory <http://www.cumbriaobservatory.org.uk/health/Reports.asp>

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Introduction

This report describes results from a large survey of secondary school pupils in Cumbria.

The Health-Related Behaviour Survey, developed by John Balding and colleagues of the Schools Health Education Unit, formerly of Exeter University, is designed for young people of primary and secondary school age. This survey has been developed over 20 years and has been used in over a thousand schools and has been completed by many hundreds of thousands of school children. The version used within this survey was designed for Cumbria, which contained the following seven sections: Personal Background; Food and Diet; Smoking, Drinking and Drugs; Health and Safety; Relationships and Mental Health; Leisure and Money; Exercise and Accidents.

Data from this survey will help inform the planning and decision making of Cumbria Children's Services, NHS Cumbria and the agencies who work in partnership with them, as well as the individual schools who took part.

Grateful thanks go to those school children, schools, staff and other workers who completed or supported the completion of this questionnaire. The Schools Health Education Unit (SHEU) have the clear impression that with the extra pressures currently on teachers, participation by schools in surveys and other research is less positive than it has been¹, and so we are very appreciative of the time and effort devoted to this project by schools.

Survey material was provided for all participating schools. Once completed, the questionnaires were sent to the SHEU in Exeter. SHEU collated and analysed the data, and produced the draft that formed the basis of this report.

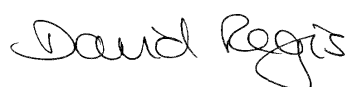
Each secondary school was asked to provide 100 pupils in Years 8 and 10 (about 4 classes) who are a representative cross-section of their school population. This means that the survey would be representative of secondary school-aged children across Cumbria.

This work was commissioned by Cumbria Children's Services and Public Health, NHS Cumbria. The results are shared with these supporting organisations and the schools who participated and many other agencies.

Our thanks go to the staff and pupils of the schools that took part.



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¹ For example, Goddard, E & Higgins, V (1999). *Smoking, drinking and drug use among young teenagers in 1998*. London: The Stationery Office. (page 12) and Moun AM (1999). Health-related research and evaluation in schools. *Health Education*, **99**(1), pp.20-25.

Guide to the report

Some questions were asked in both the primary and secondary surveys, although many questions were asked in only one or other survey. In the text below, the distribution is marked:

① **Primary only**

② **Secondary only**

③ **Both primary and secondary**

Where we have figures from both the primary and secondary surveys they will be presented together, with the secondary figure second and in brackets: 99% (99%).

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Primary	Yr 6	Secondary Yr 8	Yr 10
Boys		394	770	728
Girls		394	786	773

The schools taking part were:

SECONDARY:

Caldew School, Dalston
 Dallam School, Milnthorpe
 Dowdales School, Dalton-in-Furness
 Furness Academy, Barrow
 John Ruskin School, Coniston
 Keswick School
 Kirkbie Kendal School, Kendal
 Newman Catholic School, Carlisle
 Queen Elizabeth Grammar School, Penrith
 Samuel King's School, Alston
 Solway Community Technology College, Silloth
 St Benedict's Catholic High School, Whitehaven
 Trinity School, Carlisle
 Ullswater Community College, Penrith
 Ulverston Victoria High School
 Walney School, Barrow
 Whitehaven School
 William Howard School, Brampton

PRIMARY:

Alston Primary School
 Appleby Primary School
 Beaconside CE Primary School, Penrith
 Black Combe Junior School, Millom
 Ewanrigg Junior School, Maryport
 Ghyllside Primary Training School, Kendal
 Greengate Juniors, Barrow
 Haverigg School
 Heron Hill Primary School, Kendal
 Holme Cultram Abbey CE School, Abbeytown
 Kingmoor Junior, Carlisle
 Kirkby Stephen Primary
 Longtown Primary School
 Nenthead Primary school
 Penny Bridge CE School, Ulverston
 Shap Endowed CE School
 Silloth Primary School
 Sir John Barrow School, Ulverston
 South Walney Junior School, Barrow

St Begh's Catholic Junior School, Whitehaven
 St Catherine's Catholic Primary School, Penrith
 St James' Catholic Primary School, Millom
 St James' CE Junior School, Whitehaven
 St. Margaret Mary Catholic Primary, Carlisle
 St Michael's CE Primary, Dalston
 St Paul's Junior School, Barrow
 Thomlinson Junior School, Wigton
 Valley Primary School, Whitehaven

Administration

Efforts were made to secure a balanced profile of the schools across Cumbria. Staff in school were asked to provide a representative cross-section of their school population.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

Background

1 Ethnicity

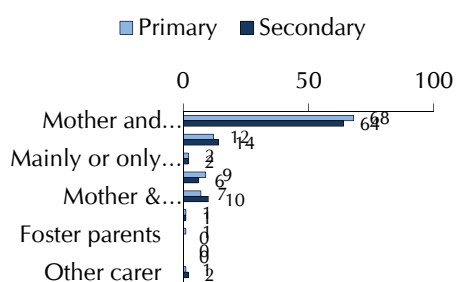
96% (96%) of pupils responded that they are white UK.

Percentage responding that they are white UK.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	96	96	96
Girls	96	96	95

1 Home Life

Which adults do you live with?



68% (64%) of pupils responded that they live with their mother and father together.

Percentage answering that they live with their mother and father together.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	69	66	65
Girls	67	64	60

12% (14%) of pupils responded that they live mainly or only with their mother.

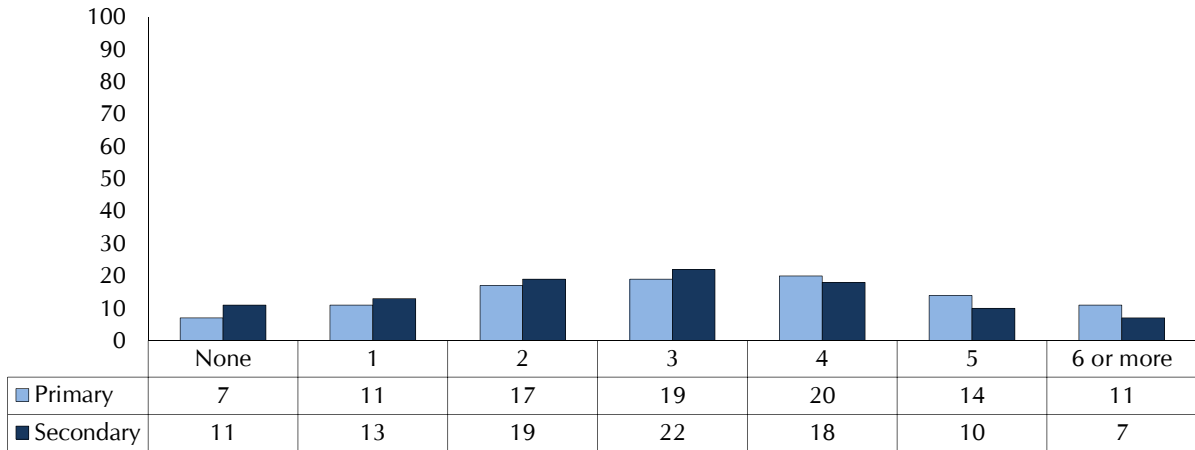
Percentage answering that they live mainly or only with their mother.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	10	11	14
Girls	14	16	16

Diet

Five-a-day

How many portions of fruit and vegetables did you eat yesterday?



8% (12%) of boys and 6% (10%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	8	9	15	
Girls	6	7	12	

25% (17%) of boys and 25% (18%) of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	25	19	14	
Girls	25	20	16	

1 Breakfast

Percentage of pupils responding that they had the following types of breakfast on the day of the survey:

	Con ve...	Only dri...	Only sn...	Noth ing
Primary	86	5	3	3
Secondary	77	9	4	8

The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; toast or bread; cooked breakfast; fruit; yoghurt or breakfast bar. Only snacks means: chocolate bar, sweets; crisp-type snack; cakes, muffins or biscuits but not conventional breakfast.

3% (8%) of pupils responded that they didn't have anything for breakfast. 5% (3%) had a cooked breakfast on the day of the survey.

In SHEU aggregate figures, by the age of 15-16 as many as 27% of Year 10 girls report having nothing at all at breakfast time and a further 11% report having only a drink.

5% (9%) had at most a drink for breakfast.

Percentage answering that they didn't have anything to eat or drink before lessons this morning.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	2	4	7
Girls	5	7	12

Percentage answering that they had only a drink for breakfast before lessons this morning.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	6	6	9
Girls	5	10	11

Percentage of pupils responding that they had the following to eat or drink for breakfast on the day of the survey:

	Boys	Pri	Sec		Girls	Pri	Sec
1	Something to drink	61	(77)	1	Something to drink	62	(71)
2	Cereal	45	(51)	2	Cereal	45	(36)
3	Toast or bread	34	(29)	3	Toast or bread	30	(26)
4	Fruit	8	(13)	4	Fruit	14	(14)
5	Yoghurt	7	(6)	5	Breakfast bar	8	(9)

1 Food

48% (38%) of pupils responded that they eat fresh fruit 'on most days'; 45% (52%) said the same of vegetables.

Percentage of pupils responding that they eat or drink the following 'on most days':

	Boys	Pri	Sec		Girls	Pri	Sec
1	Water	58	(52)	1	Water	59	(54)
2	Any dairy produce	50	(67)	2	Fresh fruit	54	(41)
3	Fresh fruit	42	(36)	3	Any dairy produce	50	(65)
4	Vegetables	40	(48)	4	Vegetables	50	(55)
5	Any meat	39	(50)	5	Any meat	37	(43)
6	Crisps	28	(21)	6	Wholemeal bread	23	(22)
7	Sweets, chocolate, choc bars	27	(27)	7	Crisps	23	(21)
8	Fizzy drinks (not low-calorie)	26	(25)	8	Sweets, chocolate, choc bars	22	(26)
9	Wholemeal bread	26	(20)	9	Chips or roast potatoes	19	(13)
10	Chips or roast potatoes	21	(16)	10	Salads	18	(21)

28% (30%) of pupils responded that they 'rarely or never' eat fish / fish fingers; 39% (44%) said the same of high-fibre cereals or muesli.

Percentage of pupils responding that they 'rarely or never' eat or drink the following:

	Boys	Pri	Sec		Girls	Pri	Sec
1	Vegetarian main meal	64	(68)	1	Vegetarian main meal	57	(62)
2	High-fibre cereals or muesli	38	(37)	2	High-fibre cereals or muesli	39	(50)
3	Sugar-coated cereals	34	(41)	3	Sugar-coated cereals	36	(52)
4	Salads	33	(30)	4	Any fish / fish fingers	31	(35)
5	Any fish / fish fingers	26	(23)	5	Wholemeal bread	24	(26)
6	Wholemeal bread	24	(22)	6	Salads	22	(19)
7	Low-calorie drinks (e.g. diet coke)	24	(21)	7	Fizzy drinks (not low-calorie)	21	(25)
8	Fizzy drinks (not low-calorie)	15	(15)	8	Low-calorie drinks (e.g. diet coke)	20	(21)
9	Rice or pasta	13	(57)	9	Rice or pasta	8	(57)
10	Crisps	8	(12)	10	Crisps	7	(12)

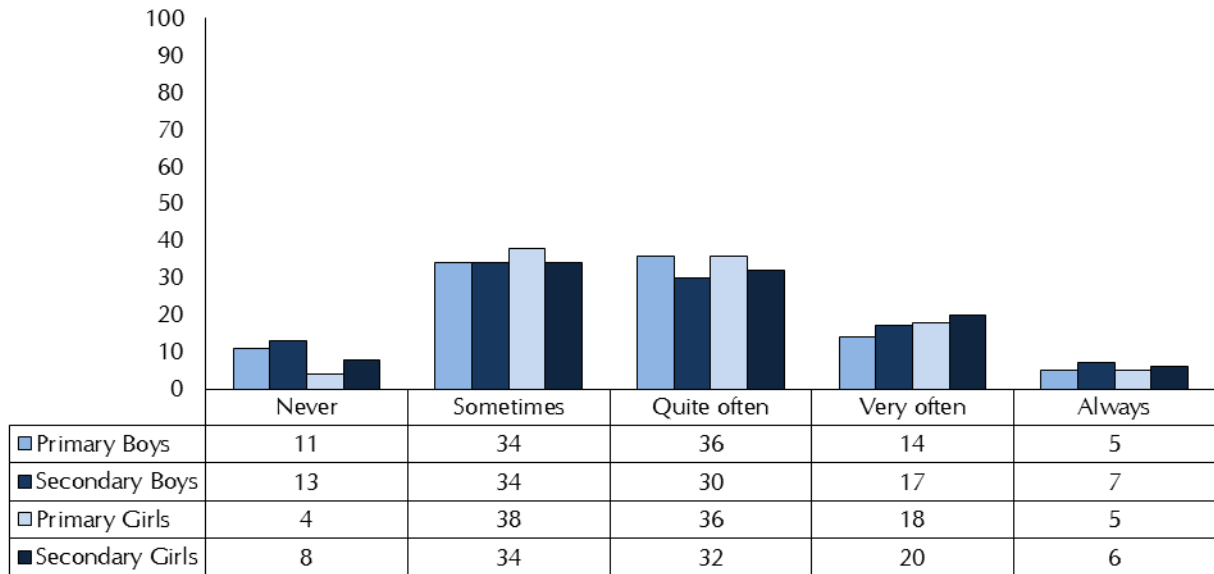
43% (35%) of pupils responded that they spent their own money on sweets or chocolate in the last 7 days.

Percentage answering that they spent their own money on sweets or chocolate in the last 7 days.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	41	31	39
Girls	44	37	35

Healthy choices

When choosing what to eat, do you consider your health?



7% (10%) of pupils responded that they 'never' consider their health when choosing what to eat, while 36% (34%) said they 'sometimes' do.

Percentage answering that they 'never' consider their health when choosing what to eat.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	11	10	16
Girls	4	6	9

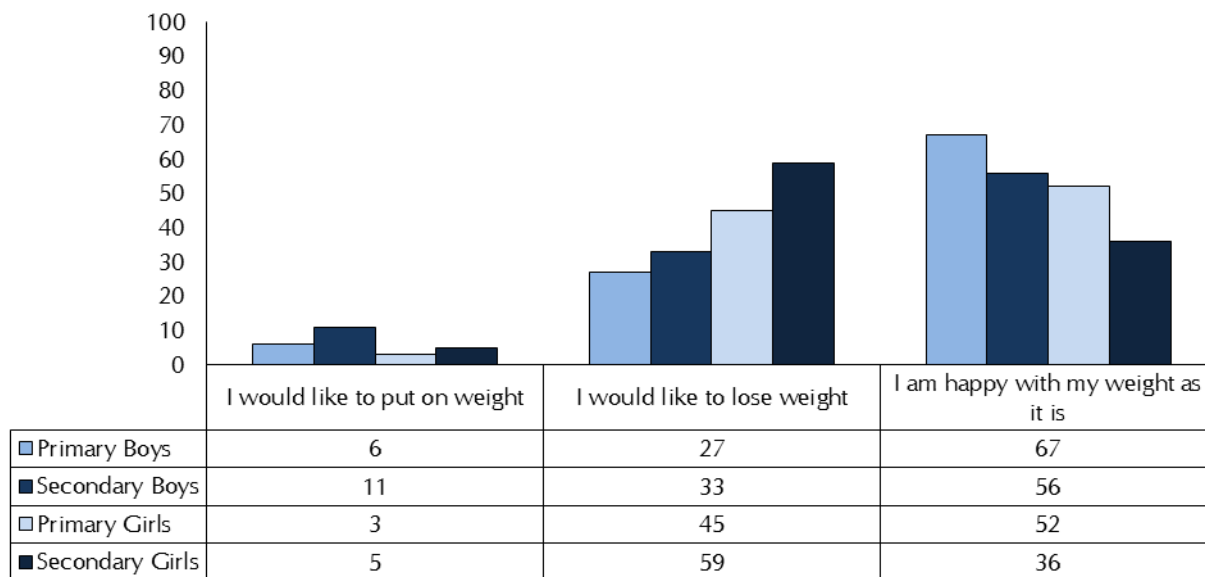
21% (25%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	19	24	23
Girls	23	25	26

Weight

What do you think about your weight?



4% (8%) of pupils responded that they would like to put on weight.

Percentage answering that they would like to put on weight.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	6	8	14
Girls	3	5	5

36% (47%) of pupils responded that they would like to lose weight.

Percentage answering that they would like to lose weight.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	27	37	29
Girls	45	53	66

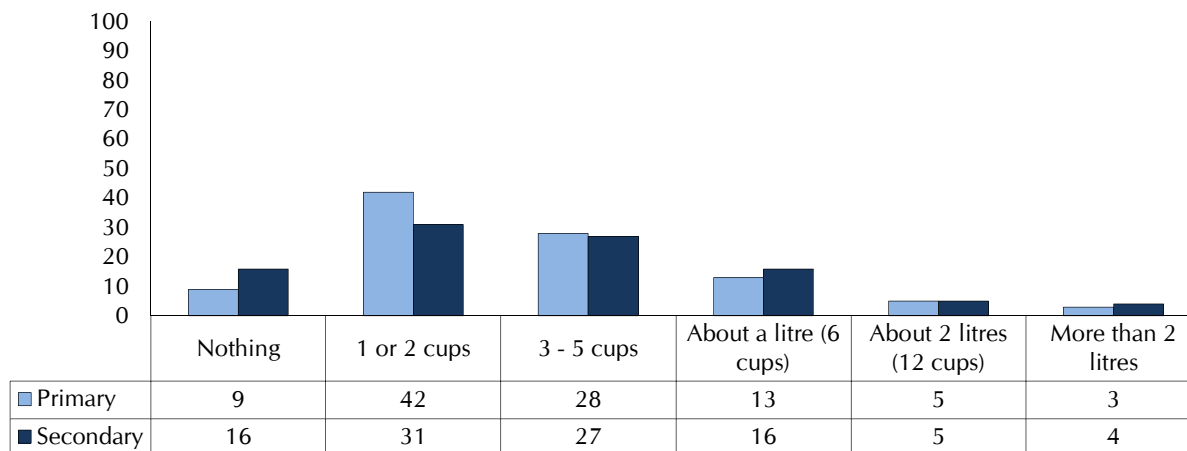
59% (46%) of pupils responded that they are happy with their weight as it is.

Percentage answering that they are happy with their weight as it is.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	67	55	57
Girls	52	43	29

① Water

How much water did you drink yesterday?



9% (16%) of pupils responded that they didn't drink any water on the day before the survey.

Percentage answering that they didn't drink any water on the day before the survey.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	9	16	15	
Girls	9	15	21	

20% (26%) of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

Percentage answering that they drank at least 'about a litre' of water on the day before the survey.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	23	32	34	
Girls	18	18	20	

① Water at School

94% of primary pupils responded that they can get water at school, while 5% said 'not easily'.

Percentage answering that they can easily get water at school.

	Primary
	Yr 6
Boys	96
Girls	93

57% of primary pupils responded that they can get water from a water fountain at school, while 43% said they can get it from a canteen / dinner room.

Percentage of pupils responding that they can get water from the following at school:

	Boys			Girls	
1	Water fountain	54	1	Water fountain	59
2	My own drinking bottle	50	2	My own drinking bottle	55
3	Canteen / dinner room	37	3	Canteen / dinner room	50
4	Tap in classroom	35	4	Tap in classroom	44
5	Water cooler	28	5	Water cooler	22

Physical Activity

Cycling

91% of primary pupils responded that they have a bike.

Percentage answering that they have a bike.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	91	-	-
Girls	90	-	-

36% (22%) of primary and secondary pupils said that they wear a safety helmet 'whenever possible' (primary) or at least 'most times' (secondary) when cycling.

Percentage answering that they wear a safety helmet 'whenever possible' when cycling.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	33	25	26
Girls	40	19	18

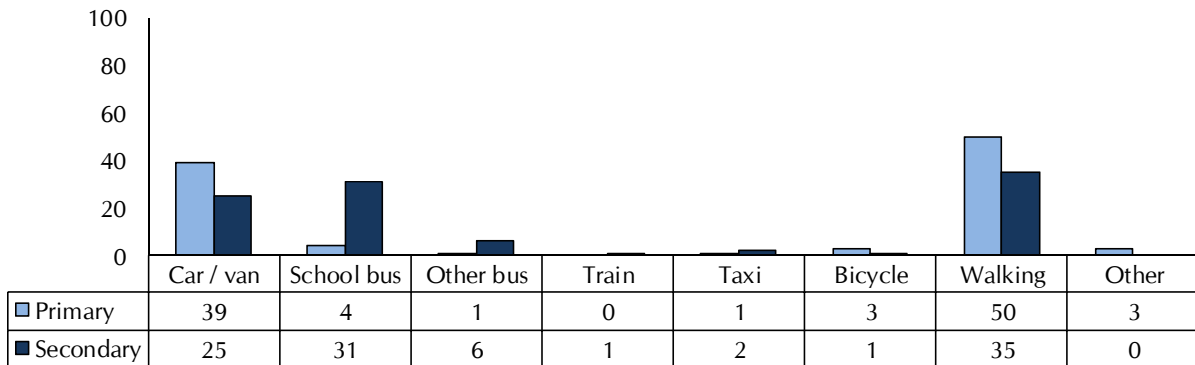
35% (25%) of pupils responded that they 'never or almost never' (primary) or 'hardly ever or never' (secondary) wear a safety helmet when cycling.

Percentage answering that they 'never or almost never' wear a safety helmet when cycling.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	40	16	20
Girls	31	25	39

Active travel

How do you usually travel to school?



39% (25%) of pupils responded that they usually travel to school by car / van.

Percentage answering that they usually go to school by car / van.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	39	25	20
Girls	39	28	29

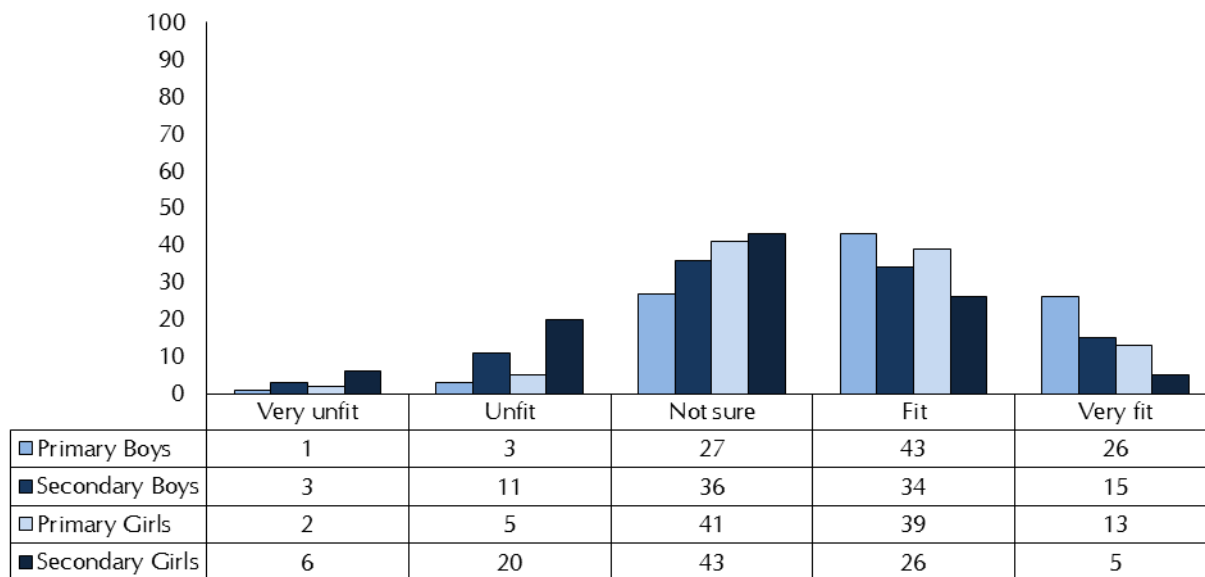
50% (35%) of pupils responded that they usually walk to school.

Percentage answering that they usually walk to school.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	46	34	38
Girls	55	36	31

Fitness

How fit do you think you are?



5% (20%) of pupils responded that they are 'unfit' or 'very unfit'.

Percentage answering that they are 'unfit' or 'very unfit'.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	5	14	14
Girls	6	19	33

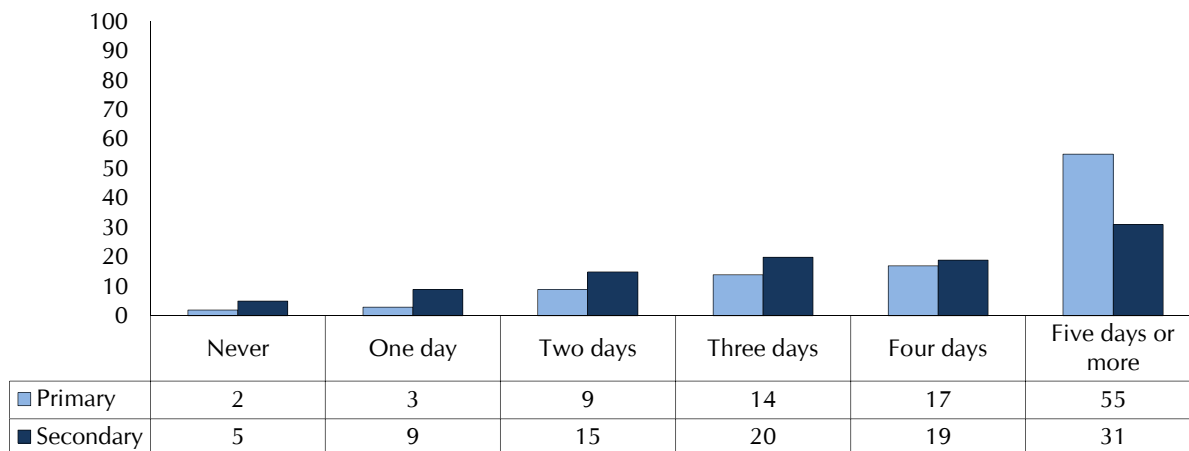
60% (40%) of pupils responded that they are 'fit' or 'very fit'.

Percentage answering that they are 'fit' or 'very fit'.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	68	52	47
Girls	53	40	23

Exercise

How many days last week did you exercise enough to make you breathe harder and faster?



2% (4%) of boys and 1% (7%) of girls said that they didn't exercise enough to breathe harder and faster at all last week.

Percentage answering that they didn't exercise enough to breathe harder and faster at all last week.

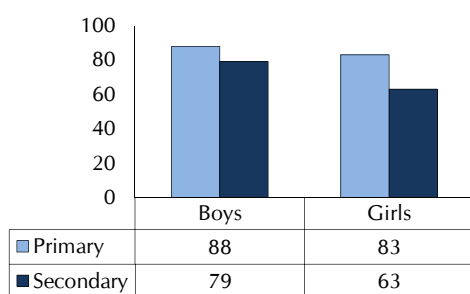
	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	2	3	5
Girls	1	4	10

88% (79%) of boys and 83% (63%) of girls exercised enough to breathe harder and faster on at least three days last week.

Percentage answering that they exercised enough to breathe harder and faster on at least three days last week.

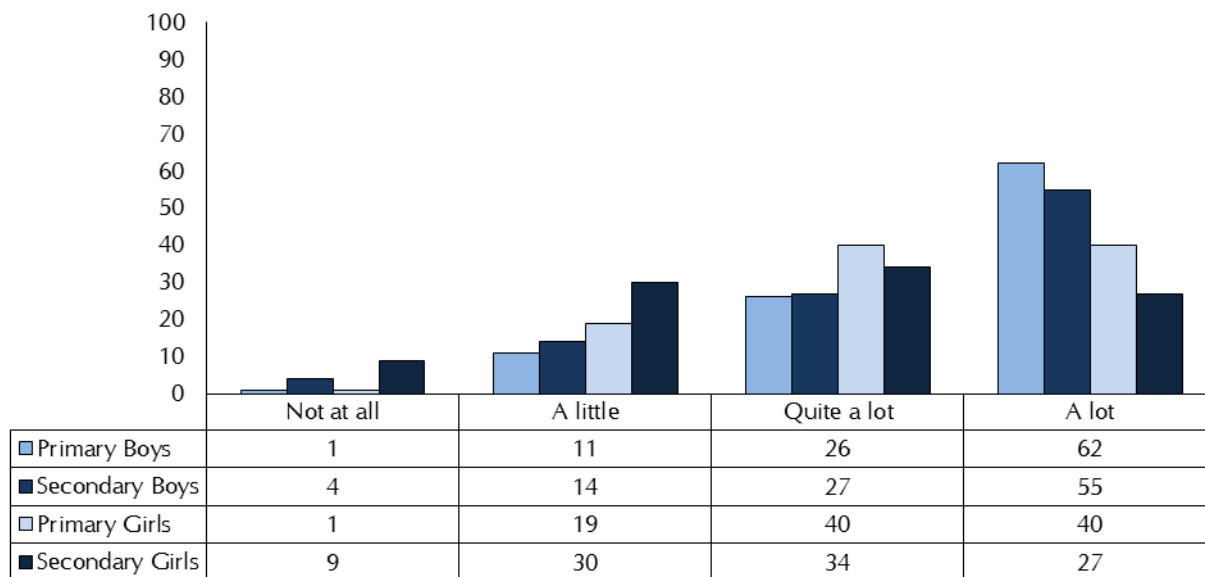
Percentage answering that they exercised enough to breathe harder and faster on at least three days last week.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	88	84	74
Girls	83	73	52



1 Enjoy physical activity

How much do you enjoy physical activity?



1% (7%) of pupils responded that they don't enjoy physical activity at all.

Percentage answering that they don't enjoy physical activity at all.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	1	3	5
Girls	1	7	11

84% (71%) of pupils responded that they enjoy physical activity 'quite a lot' or 'a lot'.

Percentage answering that they enjoy physical activity 'quite a lot' or 'a lot'.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	88	83	80
Girls	80	68	54

1 Sports

97% (87%) of pupils responded that they do at least one of the sports or activities listed at least 'once a week'.

Percentage answering that they do at least one of the sports or activities listed at least 'once a week'.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	96	86	88	
Girls	98	90	83	

76% (32%) of pupils responded that they run (races or tag games) at least 'once a week', while 57% (43%) said they ride their bike and 73% (46%) go for walks.

Percentage of pupils responding that they play or do the following in their own time at least 'once a week':

	Boys			Girls		
	Pri	Sec		Pri	Sec	
1	Football	75	49	1	Going for walks	81 (49)
2	Running (races or tag games)/jogging	75	33	2	Running (races or tag games)	76 31
3	Going for walks	65	(42)	3	Dancing / gymnastics / trampolining	62 (28)
4	Riding your bike	58	(41)	4	Riding your bike	56 (45)
5	Keep-fit	48	(-)	5	Keep-fit	49 14
6	Swimming	41	(38)	6	Swimming	48 (48)
7	Cricket / kwick cricket	37	(32)	7	Football	33 (-)
8	Other physical sporting activity	34	(-)	8	Rounders	28 (42)
9	Rounders	34	(23)	9	Roller skating	20 (-)
10	Rugby / mini rugby	32	(27)	10	Other physical sporting activity	20 (-)

1 Exercising with parents & carers

66% (40%) of pupils responded that they play games / sports or do other physical activities with their parents / carers 'once a week'.

Percentage answering that they play games / sports or do other physical activities with their parents / carers 'once a week'.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	65	54	34	
Girls	67	46	26	

1 Barriers to exercise

26% (31%) said they are shy in front of other people.

Physical Activity

Percentage of pupils responding that the following stops them from doing as much exercise or sport as they want:

	Boys	Pri	Sec		Girls	Pri	Sec
1	I don't have enough time	31	34	1	I don't have enough time	40	57
2	I know what I want to do but I don't know where to go	28	26	2	I am shy in front of other people	39	44
3	Transport to get there is a problem	22	24	3	I know what I want to do but I don't know where to go	37	35
4	It costs a lot to get there or to take part	20	20	4	It costs a lot to get there or to take part	34	38
5	Places to exercise are too far away	20	18	5	I'm not comfortable about how I look	29	38
6	I don't know what to do	19	16	6	I don't know what to do	26	27
7	I don't like the people who go there	15	17	7	Transport to get there is a problem	21	30
8	I don't like the places you go to	14	15	8	Places to exercise are too far away	18	23
9	I'm not comfortable about how I look	14	13	9	I don't like the people who go there	17	22
10	I am shy in front of other people	13	18	10	My parents won't let me go	16	9

② Demand for activity in secondary school pupils

We also asked pupils, *Are there activities on the list above that you would like to start doing or do more often?*
The activities identified by at least 5% of at least one group of pupils were as follows:

	Year 8		Year 10		All
	Male	Female	Male	Female	
Swimming	5%	17%	8%	19%	12%
Ice skating	2%	16%	3%	16%	10%
Jogging	5%	8%	5%	14%	8%
Horse riding	1%	14%	1%	16%	8%
Tennis	8%	7%	6%	8%	7%
Judo, Karate, Boxing	8%	5%	8%	4%	6%
Dancing	0%	11%	1%	11%	6%
Riding a bike	4%	5%	4%	5%	5%
Gymnastics/trampolining	1%	10%	1%	9%	5%
Canoeing	4%	5%	4%	7%	5%
Weight training	7%	3%	9%	2%	5%
Rugby	6%	5%	5%	2%	4%
Soccer	6%	4%	5%	3%	4%
Table tennis	6%	3%	4%	2%	4%
Basketball	4%	3%	6%	2%	4%
Badminton	3%	4%	4%	5%	4%
Fitness / aerobics	3%	4%	2%	8%	4%
Rounders	2%	8%	2%	5%	4%
Fishing	7%	2%	4%	1%	4%
Netball	0%	8%	0%	5%	3%
Motorbike scrambling	5%	1%	5%	2%	3%
Going for walks	2%	3%	1%	5%	3%

N.B. Percentages are of total sample.

There seems to be some unmet demand for activities on the part of these young people.

Alcohol and Tobacco

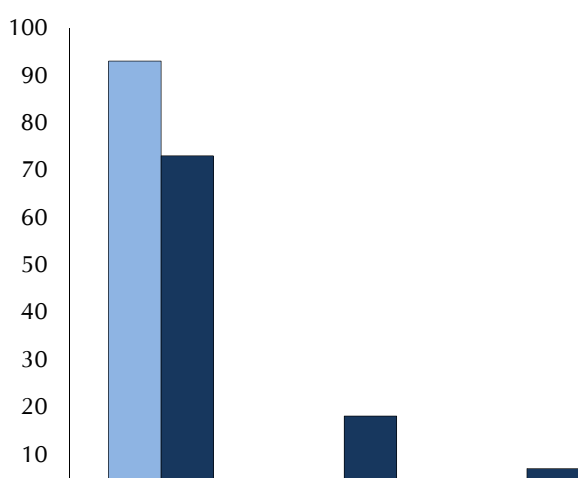
Alcohol

6% (37%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	7	20	37
Girls	5	17	37

On how many days did you drink alcohol, in the last 7 days?



Percentage of pupils responding that they drank the following in the 7 days before the survey:

	Boys	Pri	Sec	Girls	Pri	Sec
Beer		4	11	1		
Cider			9			
Wine		1	3	2		
Spirits		1	5	3		
Shandy (mixed)		1	(-)	4		
Pre-mixed drinks		1	5	5		
Pre-mixed drinks					2	11
Cider					1	7
Spirits					1	8
Beer					1	5
Wine					1	8

Alcohol and home

Do your parents know if you drink alcohol?

100

	I do n...	My p...	My p...	My p...	My p...
Primary	76	20	2	2	0
Secondary	33	7	40	10	7

76% (33%) of pupils responded that they never drink alcohol.

20% (7%) of pupils responded that they drink alcohol and their parents 'always' know.

2% (17%) of pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.

Percentage answering that they never drink alcohol.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	72	47	22
Girls	80	48	16

Percentage answering that they drink alcohol and their parents 'always' know.

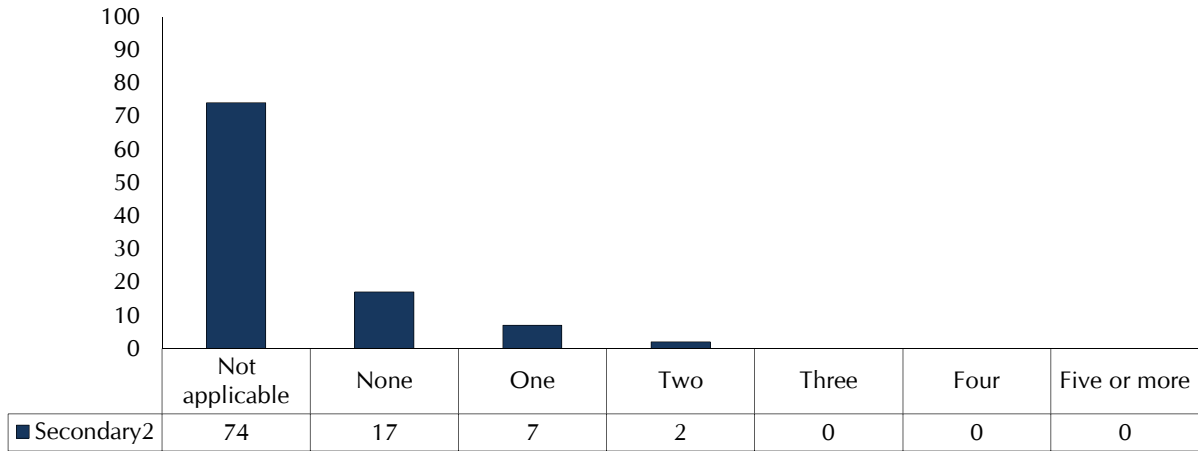
	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	23	5	8
Girls	17	6	11

Percentage answering that they drink alcohol and their parents 'never' or only 'sometimes' know.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	3	10	22
Girls	1	9	27

2 Drunkenness

On how many days did you get drunk, in the last 7 days?

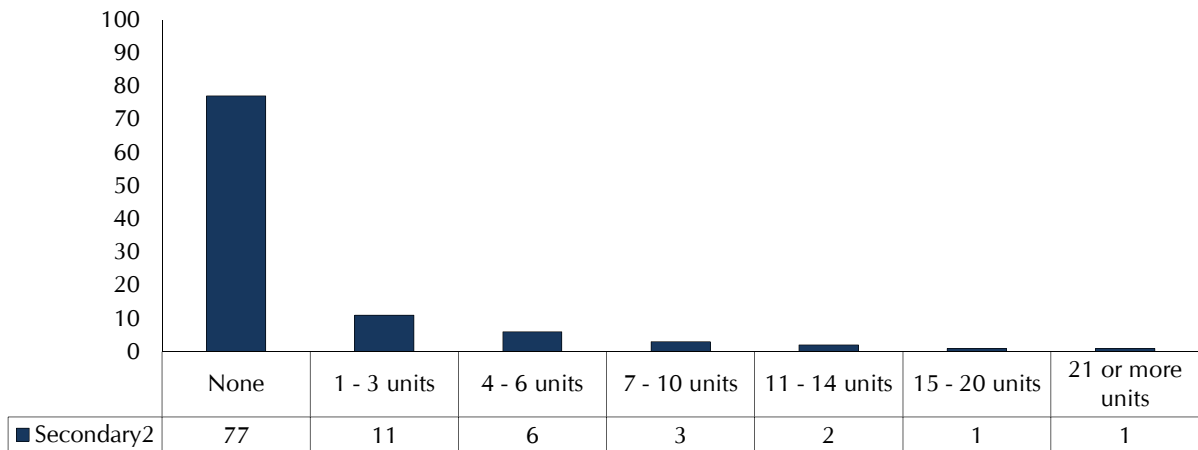


9% of secondary pupils responded that they got drunk on at least one day in the last 7 days. 2% said they did so on more than one day.

Percentage answering that they got drunk on at least one day in the last 7 days.

	Secondary		
	Yr 8	Yr 10	
Boys	4	13	-
Girls	3	15	-

Total units of alcohol pupils reported drinking in the last 7 days:



2% of secondary boys and 2% of secondary girls drank over the advised weekly limit of alcohol for adult females of 14 units.

Percentage answering that they drank over 14 units of alcohol in the last 7 days.

	Secondary	
	Yr 8	Yr 10
Boys	1	4
Girls	0	4

2 Locations

Percentage of secondary pupils responding that they have drunk alcoholic drink at the following places in the last 7 days:

Boys			Girls		
1	At home	18	1	At home	16
2	At a friend's or relation's home	10	2	At a friend's or relation's home	13
3	Outside in a public place	5	3	At a party or nightclub	7
4	At a party or nightclub	5	4	Outside in a public place	4
5	In a pub or bar	2	5	In a pub or bar	3

2 Sources

31% of secondary pupils responded that they usually get / buy alcohol from a friend or relative, while 31% said they usually get it from their parents / carers.

Percentage of secondary pupils responding that they usually buy / get alcohol from the following (top 5):

Boys			Girls		
1	My parents / carers gave it to me or bought it for me	28	1	From a friend or relative	35
2	From a friend or relative	26	2	My parents / carers gave it to me or bought it for me	34
3	I never get / buy alcohol	22	3	At parties	27
4	At parties	19	4	I never get / buy alcohol	26
5	From someone else	9	5	From someone else	16

6% of secondary pupils responded that they spent their own money on alcohol in the last 7 days.

Percentage answering that they spent their own money on alcohol in the last 7 days.

	Secondary	
	Yr 8	Yr 10
Boys	2	10
Girls	2	12

2 Consequences

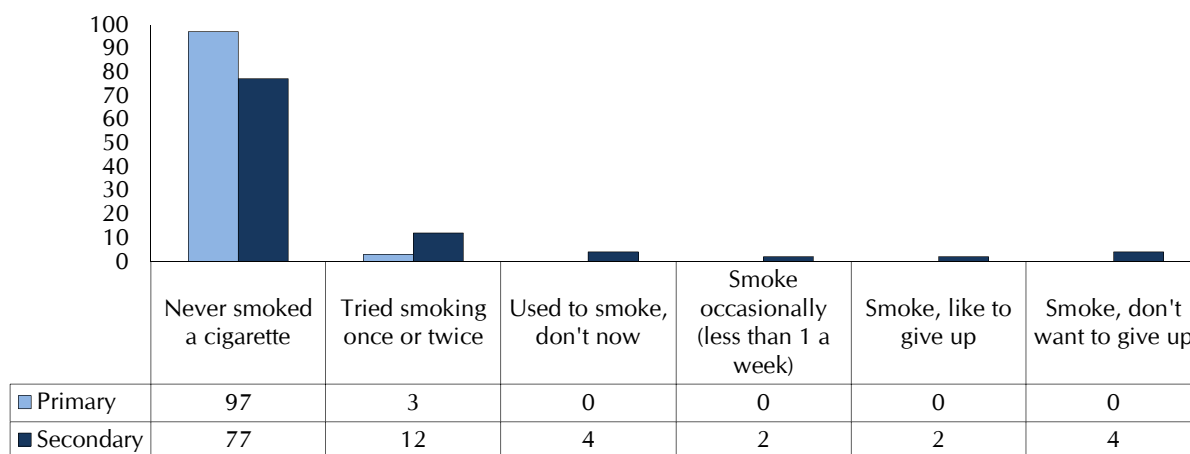
25% of secondary pupils responded that they have experienced sickness (hangover / headache, feeling or being sick) as a result of their drinking in the last 12 months, while 9% said they have damaged friendships or relationships.

Percentage of secondary pupils responding that they have experienced the following in the last 12 months as a result of their drinking:

		Boys		Girls		
1	Sickness (hangover / headache, feeling or being sick)	21		1	Sickness (hangover / headache, feeling or being sick)	28
2	Hurt yourself / been in an accident	8		2	Damaged friendships or relationships	11
3	Punching, hitting or kicking	8		3	Hurt yourself / been in an accident	9
4	Damaged friendships or relationships	7		4	Missed days at college / school	7
5	Missed days at college / school	5		5	Lost any of your personal belongings or had them stolen	6
6	Got in trouble with the police or other adults (not family)	4		6	Punching, hitting or kicking	6
7	Lost any of your personal belongings or had them stolen	4		7	Got in trouble with the police or other adults (not family)	5
8	Had to go to hospital	3		8	Had to go to hospital	2
9	Other	1		9	Other	1

Smoking

Smoking: Which sentence describes you best?



3% (23%) of pupils said they have smoked in the past or smoke now.

Percentage answering that they have smoked in the past or smoke now.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	5	15	28
Girls	1	15	36

0% (7%) of pupils responded that they smoked at least one cigarette in the 7 days before the survey.

Percentage answering that they smoked at least one cigarette in the 7 days before the survey.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	0	4	9
Girls	0	3	12

① **Smoking intentions**

88% of primary pupils responded that they think they will not smoke when they are older.

Percentage answering that they think they will not smoke when they are older.

	Primary Yr 6
Boys	84
Girls	93

1% of primary pupils responded that they think they will smoke when they are older, while 11% think they may smoke.

Percentage answering that they think they will smoke when they are older.

	Primary Yr 6
Boys	1
Girls	1

38% of primary pupils responded that their parents / carers smoke.

Percentage answering that their parents / carers smoke.

	Primary Yr 6
Boys	38
Girls	38

14% of primary pupils responded that someone smokes indoors at home in rooms that they use.

Percentage answering that someone smokes indoors at home in rooms that they use.

	Primary Yr 6
Boys	16
Girls	12

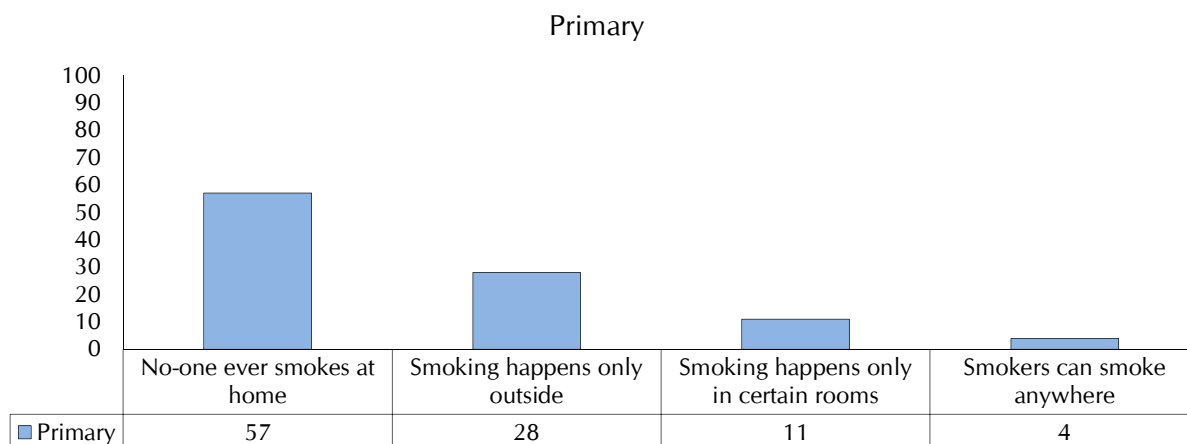
16% of primary pupils responded that someone smokes in a car when they are in it too.

Percentage answering that someone smokes in a car when they are in it too.

	Primary Yr 6
Boys	15
Girls	16

① Second-hand smoke

Thinking about smoking at home, what best describes what happens in your home?



57% of primary pupils responded that no-one ever smokes at home.

Percentage answering that no-one ever smokes at home.

	Primary
	Yr 6
Boys	58
Girls	55

28% of primary pupils responded that smoking happens only outside at home.

Percentage answering that smoking happens only outside at home.

	Primary
	Yr 6
Boys	24
Girls	31

11% of primary pupils responded that smoking happens only in certain rooms at home.

Percentage answering that smoking happens only in certain rooms at home.

	Primary
	Yr 6
Boys	12
Girls	11

4% of primary pupils responded that smokers can smoke anywhere at home.

Percentage answering that smokers can smoke anywhere at home.

	Primary
	Yr 6
Boys	6
Girls	3

① Drug discussions

64% of primary pupils responded that their teachers have talked with them in school lessons about illegal drugs, while 49% said their parents have talked with them and 44% have been talked to by visitors in school lessons.

Percentage of pupils responding that the following people have talked with them about illegal drugs:

Boys				Girls			
1	Teachers, in school lessons	63	(-)	1	Teachers, in school lessons	65	(-)
2	Parents	47	(-)	2	Parents	52	(-)
3	Visitors in school lessons	41	(-)	3	Visitors in school lessons	48	(-)
4	Friends	25	(-)	4	Other close relatives	23	(-)
5	Other close relatives	22	(-)	5	Friends	21	(-)
6	Brothers or sisters	17	(-)	6	Brothers or sisters	17	(-)

② Drug lessons

49% of secondary pupils responded that they have found school lessons about drug education (including alcohol and tobacco) 'quite' or 'very' useful, while 7% have found them 'not at all' useful and 8% couldn't remember any.

Percentage answering that they have found school lessons about drug education (including alcohol and tobacco) 'quite' or 'very' useful.

	Secondary	
	Yr 8	Yr 10
Boys	46	47
Girls	51	50

② Drug information

47% of secondary pupils responded that they have heard of the drug-related service 'Frank'.

Knowledge of different drug-related services:

Boys

	I have not heard of it	I have heard of it	I have used this service
DASH (Drugs, Alcohol, Sexual Health)	64	30	3
Connexions (INSPIRA)	52	40	6
Frank	48	46	3
Rising Sun Trust	79	17	1
CADAS	82	15	0

Girls

	I have not heard of it	I have heard of it	I have used this service
DASH (Drugs, Alcohol, Sexual Health)	59	37	2
Connexions (INSPIRA)	45	46	7
Frank	48	47	3
Rising Sun Trust	83	14	0
CADAS	85	13	0

1 Drug encounters

12% (37%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs.

Percentage answering that they know someone who uses drugs.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	14	22	53
Girls	10	19	55

1% (18%) of pupils responded that they have been offered cannabis.

Percentage answering that they have been offered cannabis.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	3	9	31
Girls	0	6	28

<1% (9%) of pupils responded that they have been offered other drugs (not cannabis).

Percentage answering that they have been offered other drugs (not cannabis).

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	0	5	15
Girls	1	4	13

2 Drug experiences

10% of secondary pupils reported that they have taken at least one of the drugs listed in the questionnaire.

Percentage answering they have taken at least one of the drugs listed in the questionnaire.

	Secondary	
	Yr 8	Yr 10
Boys	4	16
Girls	2	16

Summary of common recreational drugs:

Boys

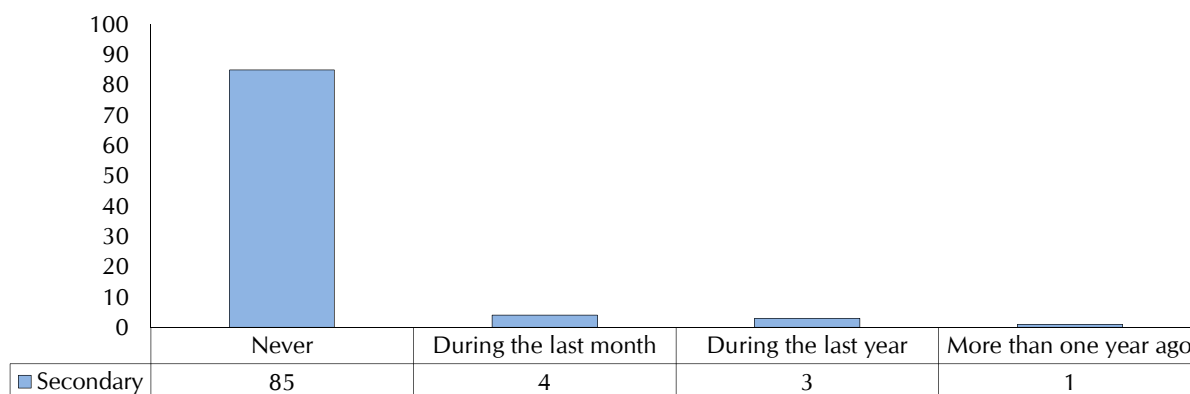
	Never heard of / know nothing about	Believe safe if used properly	Have used in last month	Have used
Amphetamines	64	7	0	0
Cannabis	25	26	4	8
Ecstasy	42	11	0	1
Synthetic hallucinogens	51	7	0	0
Solvents	41	15	0	1
Mephedrone	58	8	0	1

Girls

	Never heard of / know nothing about	Believe safe if used properly	Have used in last month	Have used
Amphetamines	75	4	0	1
Cannabis	32	18	4	7
Ecstasy	49	8	0	1
Synthetic hallucinogens	58	6	0	0
Solvents	44	17	0	1
Mephedrone	60	9	0	1

Drugs summary: Percentage of pupils responding that they have tried at least one of the recreational drugs listed:

Secondary



4% of secondary pupils responded that they have taken at least one of the drugs listed during the last month.

Percentage answering that they have taken one of the drugs listed during the last month.

	Secondary	
	Yr 8	Yr 10
Boys	1	8
Girls	1	7

7% of secondary pupils responded that they have taken at least one of the drugs listed during the last year.

Percentage answering that they have taken one of the drugs listed during the last year.

	Secondary	
	Yr 8	Yr 10
Boys	3	13
Girls	1	13

2% of secondary pupils responded that they have taken more than one type of drug listed on the same occasion. 1% said they 'don't know' if they have.

Percentage answering that they have taken more than one type of drug listed on the same occasion.

	Secondary	
	Yr 8	Yr 10
Boys	1	2
Girls	0	3

5% of secondary pupils responded that they have taken drugs and alcohol on the same occasion. 1% said they 'don't know' if they have.

Percentage answering that they have taken drugs and alcohol on the same occasion.

	Secondary	
	Yr 8	Yr 10
Boys	2	8
Girls	1	11

7% of secondary pupils responded that they have taken drugs at weekends and 6% said they have taken them during school holidays.

Percentage of pupils responding that they have taken drugs at the following times:

	Boys			Girls	
1	Weekends	7	1	Weekends	7
2	School holidays	6	2	School holidays	6
3	Weekday evenings	3	3	Weekday evenings	3
4	During school time while on school premises	1	4	During school time while on school premises	1

6% of secondary pupils responded that they have taken drugs outside in public places and 5% said they have taken them at a friend's or relation's home.

Percentage of pupils responding that they have taken drugs at the following places:

	Boys			Girls	
1	Outside in a public place	6	1	At a friend's or relation's home	5
2	At a friend's or relation's home	4	2	Outside in a public place	5
3	At a party or nightclub	2	3	At a party or nightclub	3
4	At school	1	4	At home	2
5	At home	1	5	At school	1

4% of secondary pupils responded that they have bought or been given drugs outside in a public place and 4% said they have got them from a friend's or relation's home.

Percentage of pupils responding that they have bought or been given drugs at the following places:

Boys			Girls		
1	Outside in a public place	5	1	From a friend's or relation's home	5
2	From a friend's or relation's home	4	2	Outside in a public place	4
3	From a party or nightclub	2	3	From a party or nightclub	2
4	At school	1	4	In a pub or bar	1
5	From home	1	5	At school	1

2 Drug concerns

1% of secondary pupils responded that they have been concerned about their own drug use.

Percentage answering that they have been concerned about their own drug use.

	Secondary	
	Yr 8	Yr 10
Boys	1	2
Girls	0	2

23% of secondary pupils responded that they have been concerned about the drug use of a friend.

Percentage of pupils responding that they have been concerned about the drug use of the following people:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Family member	8	9	7	13	9 (-)
Friend	12	12	29	40	23 (-)
Someone else	11	11	10	16	12 (-)

Sexual Health

① Growing up

56% of primary pupils responded that teachers have talked with them in school lessons about how their body changes as they grow up, while 73% said their parents have talked with them and 37% have been talked to by the school nurse.

Percentage of pupils responding that the following people have talked with them about how their body changes as they grow up:

Boys			Girls		
1	Parents	64	1	Parents	81
2	Teachers, in school lessons	60	2	Teachers, in school lessons	51
3	School nurse	30	3	School nurse	44
4	Friends	28	4	Friends	32
5	Visitors in school lessons	28	5	Other close relatives	25
6	Other close relatives	22	6	Visitors in school lessons	24

69% of primary pupils responded that they feel they know enough about how their body changes as they get older, while 9% feel they don't know enough.

Percentage answering that they feel they know enough about how their body changes as they get older.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	Yr 11
Boys	71	-	-	-
Girls	66	-	-	-

② Sexually transmitted infections

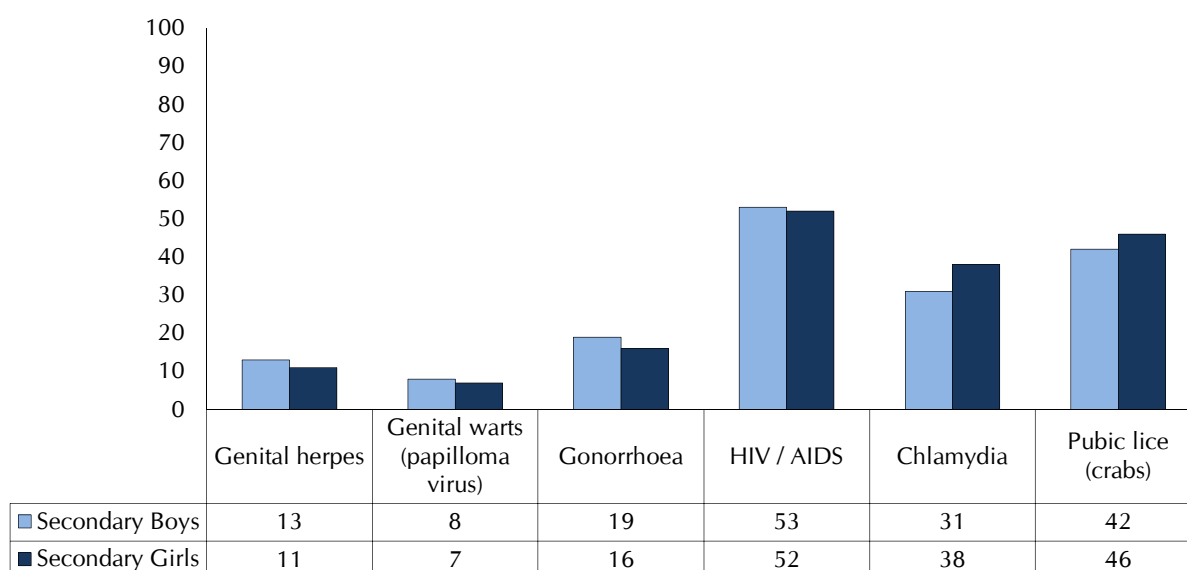
In Q53 the students were asked about their knowledge of sexually transmitted infections. They were offered four options for each: "Never heard of it"; "Know nothing about it"; "Can be treated but not cured"; "Can be treated and cured". The correct answers are that Genital herpes, Genital warts and HIV/AIDS can be treated but not cured whereas Gonorrhoea, Chlamydia and Pubic lice can be cured. The percentages in the table are for those correctly answering whether the condition could be cured or not.

53% of secondary pupils correctly identified that HIV / AIDS can be treated but not cured; 12% correctly identified that herpes can also be treated but not cured.

Knowledge of sexually transmitted diseases:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Genital herpes	8	4	20	19	12
Genital warts (papilloma virus)	5	3	11	12	8
Gonorrhoea	8	5	30	29	18
HIV / AIDS	42	34	64	71	53
Chlamydia	16	19	46	56	34
Pubic lice (crabs)	27	24	59	68	44

Knowledge of sexually transmitted diseases (correct responses):



2 Contraception

78% of secondary pupils responded that they think condoms are reliable at preventing pregnancy; 66% said the same of the pill and 53% consider condoms to be reliable at stopping STIs.

Knowledge of different contraceptive methods:

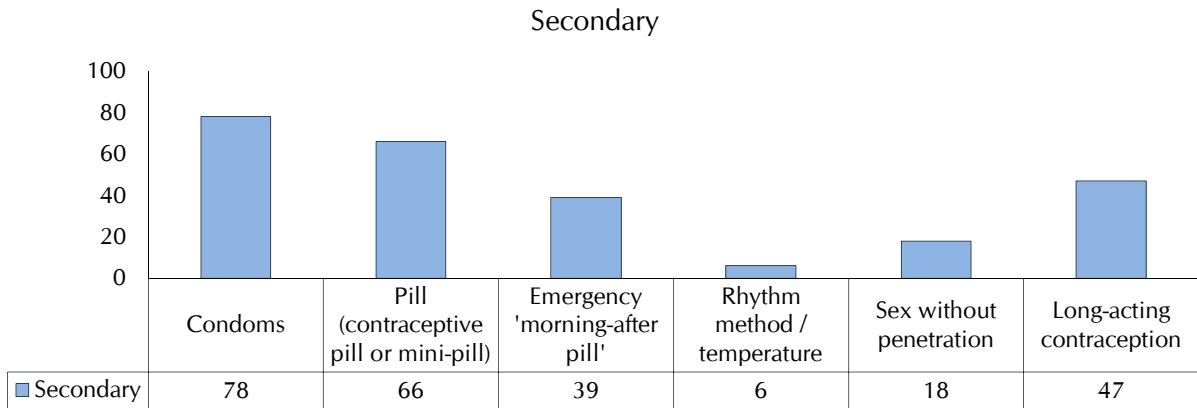
Boys

	Never heard of it / know nothing about it	Not reliable at preventing pregnancy	Reliable at preventing pregnancy	Reliable at stopping STIs
Condoms	4	8	82	50
Pill (contraceptive pill or mini-pill)	18	12	63	7
Emergency 'morning-after pill'	34	25	34	4
Rhythm method / temperature / natural family planning	60	27	6	3
Sex without penetration	38	31	24	12
Long-acting contraception (rod / implant / injection / patch)	43	8	41	5

Girls

	Never heard of it / know nothing about it	Not reliable at preventing pregnancy	Reliable at preventing pregnancy	Reliable at stopping STIs
Condoms	3	18	74	56
Pill (contraceptive pill or mini-pill)	12	14	70	10
Emergency 'morning-after pill'	25	26	44	4
Rhythm method / temperature / natural family planning	60	29	5	2
Sex without penetration	50	33	12	7
Long-acting contraception (rod / implant / injection / patch)	34	9	53	7

Percentage of pupils responding that they think the following methods of contraception are reliable at preventing pregnancy:



12% of secondary pupils responded that they think none of the contraceptive methods listed are reliable at stopping STIs.

Percentage answering that they think none of the contraceptive methods listed are reliable at stopping STIs.

	Secondary	
	Yr 8	Yr 10
Boys	13	5
Girls	18	10

51% of secondary pupils responded that they know where they can get condoms free of charge.

Percentage answering that they know where they can get condoms free of charge.

	Secondary	
	Yr 8	Yr 10
Boys	32	69
Girls	29	74

48% of secondary pupils responded that they know where to go to get information about sex or contraception locally.

Percentage answering that they know where to go to get information about sex or contraception locally.

	Secondary	
	Yr 8	Yr 10
Boys	36	59
Girls	34	65

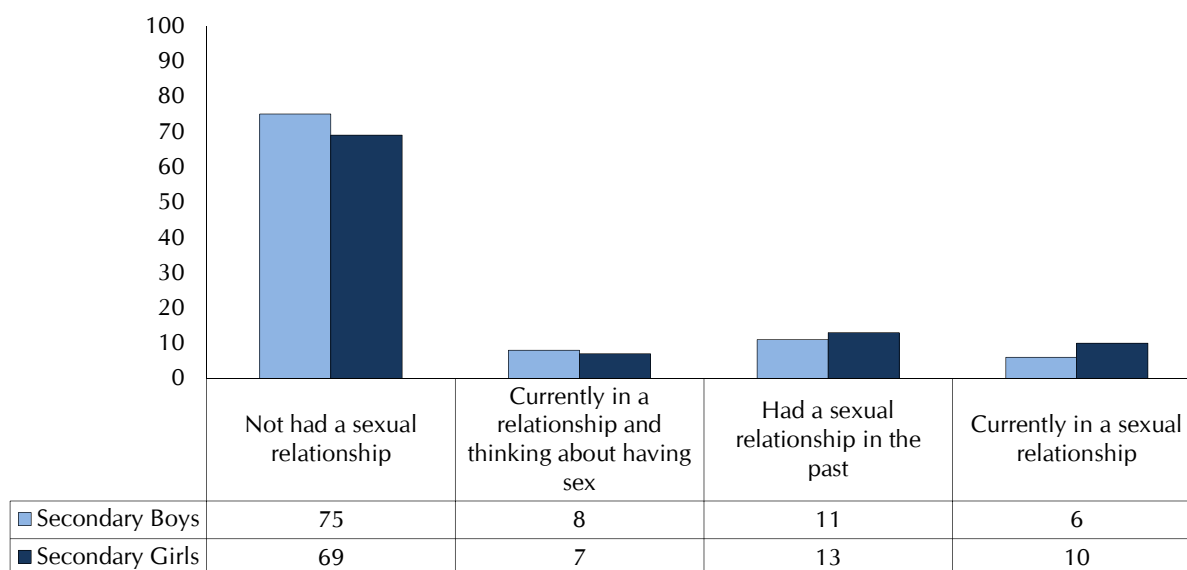
42% of secondary boys and 43% of secondary girls responded that they have found school lessons on sex and relationship education 'quite' or 'very' useful, while 11% have found them 'not at all' useful and 11% couldn't remember any.

Percentage answering that they have found school lessons about sex and relationship education 'quite' or 'very' useful.

	Secondary	
	Yr 8	Yr 10
Boys	39	44
Girls	40	46

2 Sexual experience

Year 10+ pupils: Sexual relationships: Which of the following best describes you?



8% of Year 10+ pupils responded that they are currently in a relationship and thinking about having sex.

Percentage of Year 10+ pupils answering that they are currently in a relationship and thinking about having sex.

	Secondary
	Yr 10
Boys	8
Girls	7

20% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the past.

Percentage of Year 10+ pupils answering that they are either in a sexual relationship or have had one in the past.

	Secondary
	Yr 10
Boys	17
Girls	24

41% of Year 10+ pupils responded that they have not had sex, but have thought about what form of contraception they will use in the future.

Percentage of Year 10+ pupils answering that they have not had sex, but have thought about what contraception they will use in the future.

	Secondary
	Yr 10
Boys	47
Girls	36

12% of Year 10+ pupils responded that they have had sex and always used a method of protection or contraception.

Percentage of those Year 10+ pupils who have had sex answering that they always used a method of protection or contraception.

	Secondary
	Yr 10
Boys	49
Girls	61

Of the 249 pupils who have had sex, 56% said they always used a method of protection or contraception.

5% of Year 10+ pupils responded that they have had unprotected sex after drinking alcohol.

Percentage of Year 10+ pupils answering that they have had unprotected sex after drinking alcohol.

Secondary	
Yr 10	
Boys	3
Girls	6

2% of Year 10+ pupils responded that they have had unprotected sex after using drugs.

Percentage of Year 10+ pupils answering that they have had unprotected sex after using drugs.

Secondary	
Yr 10	
Boys	1
Girls	2

5% of Year 10+ pupils responded that they have had sex and regretted it after drinking alcohol.

Percentage of Year 10+ pupils answering that they have had sex and regretted it after drinking alcohol.

Secondary	
Yr 10	
Boys	3
Girls	6

1% of Year 10+ pupils responded that they have had sex and regretted it after using drugs.

Percentage of Year 10+ pupils answering that they have had sex and regretted it after using drugs.

Secondary	
Yr 10	
Boys	1
Girls	1

46% of Year 10+ pupils responded that they know where to get the morning-after pill.

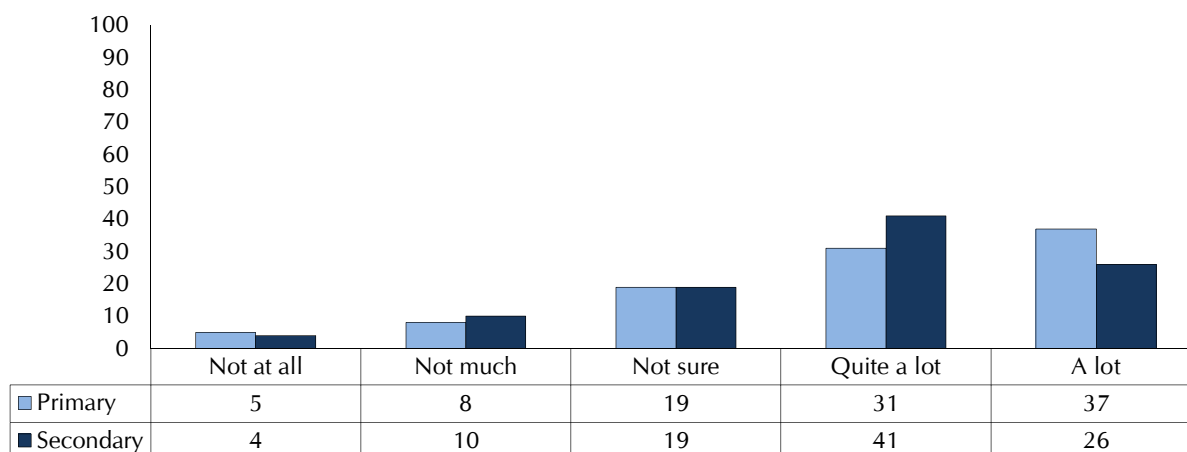
Percentage of Year 10+ pupils answering that they know where to get the morning-after pill.

Secondary	
Yr 10	
Boys	33
Girls	58

Emotional Health and Wellbeing

● Satisfaction

In general, how satisfied do you feel with your life at the moment?



5% (4%) of pupils responded that they are 'not at all' satisfied with their life at the moment.

Percentage answering that they are 'not at all' satisfied with their life at the moment.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	4	4	3
Girls	5	5	5

68% (67%) of pupils responded that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

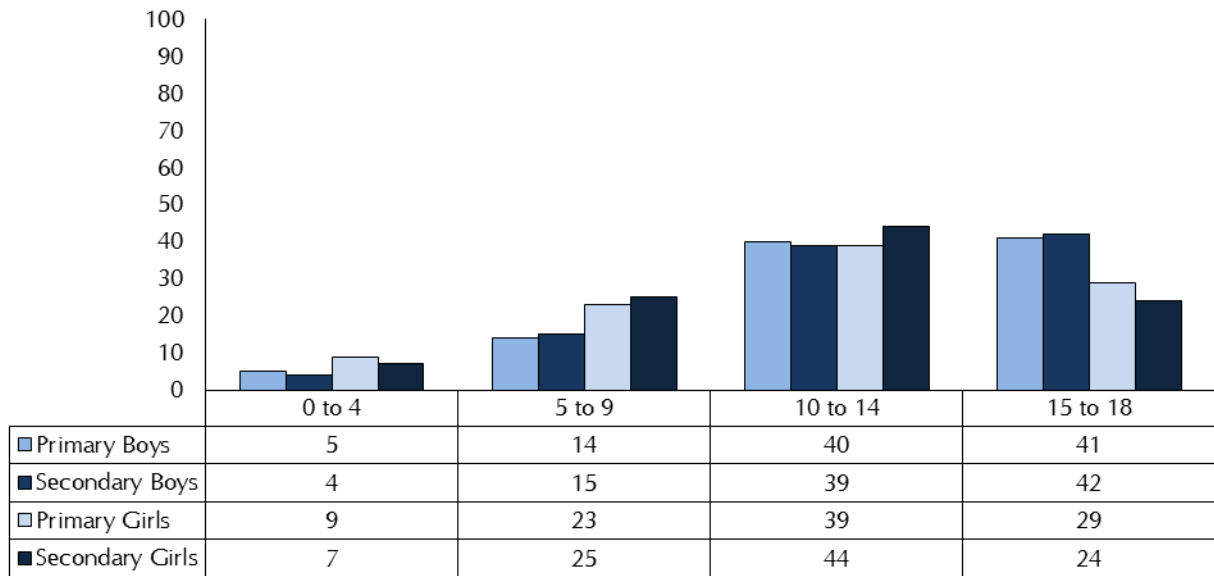
Percentage answering that they are 'quite a lot' or 'a lot' satisfied with their life at the moment.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	75	75	71
Girls	61	68	55

Self-esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends. Overall the levels of esteem compared with wider data are:

Composite self-esteem score:



Data from the 'Young People into...' series, reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end. In Young People into 2011 we report that 40% of Year 10 boys and 35% of Year 10 girls appear in the highest bracket.

26% (26%) of pupils had a med-low self-esteem score (9 or less).

Percentage with a med-low self-esteem score (9 or less).

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	19	21	18	18
Girls	32	31	33	33

35% (33%) of pupils had a high self-esteem score (15 or more).

Percentage with a high self-esteem score (15 or more).

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	41	41	42	42
Girls	29	25	23	23

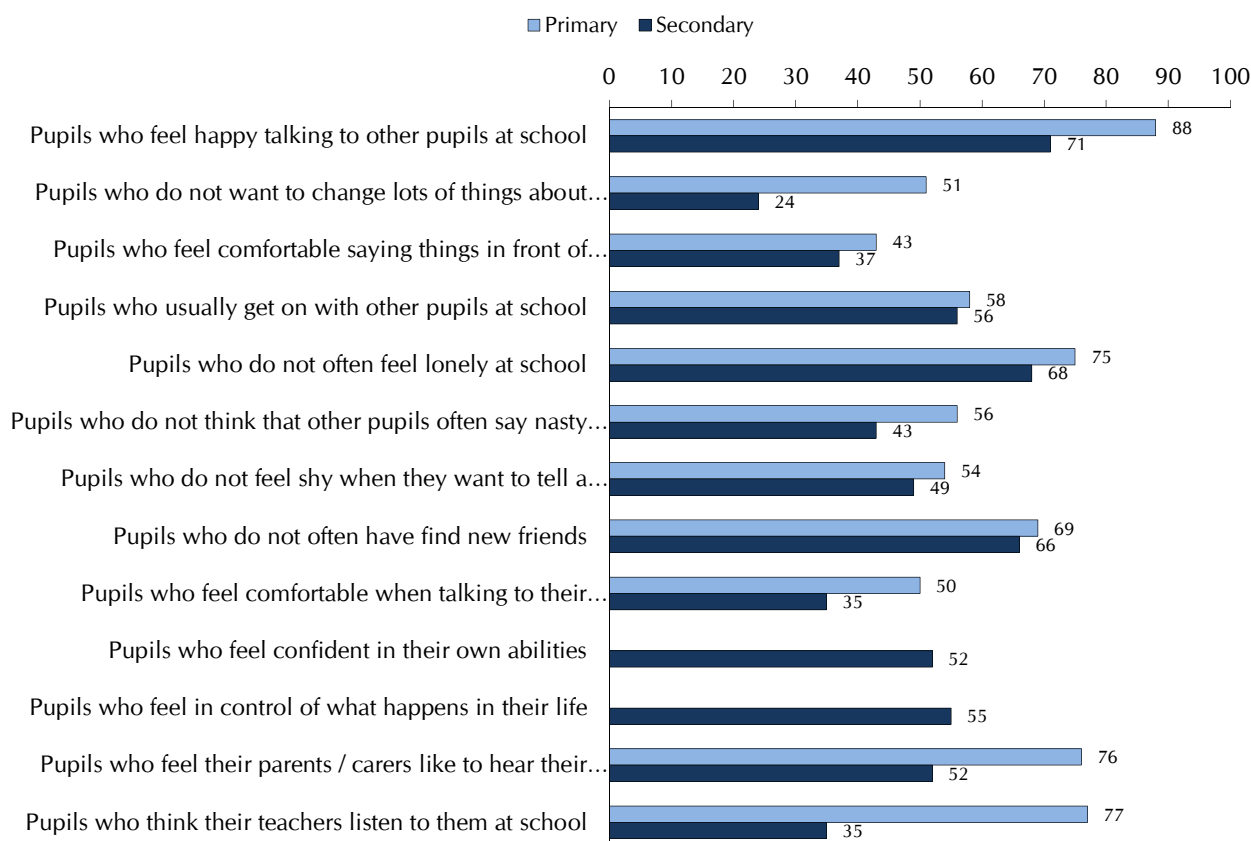
① Self-esteem in primary schools

82% of PRI SEC pupils responded that they feel they can do most things if they try and 59% said they feel they can change something in their life if they want to.

(Individual self-esteem items) Percentage in each group giving a high esteem response:

	Y6	Y6	Y8	Y8	Y10	Y10
	Boys	Girls	Boys	Girls	Boys	Girls
Pupils who feel happy talking to other pupils at school	91	84	72	70	75	67
Pupils who do not want to change lots of things about themselves	58	43	31	21	31	12
Pupils who feel comfortable saying things in front of teachers in class	51	36	41	30	45	31
Pupils who do not usually fall out with other pupils at school	63	52	51	52	58	64
Pupils who do not often feel lonely at school	80	70	65	69	73	67
Pupils who do not think that other pupils often say nasty things about them	63	48	46	37	49	40
Pupils who do not feel shy when they want to tell a teacher something	63	44	54	41	61	42
Pupils who do not often have find new friends	75	63	62	60	72	70
Pupils who do not feel uncomfortable when talking to their parents	54	46	37	32	38	34
Pupils who feel their parents / carers like to hear their ideas	78	74	58	48	62	42
Pupils who feel their teachers listen to them at school	80	75	58	50	63	49
Pupils who feel they can do most things if they try	85	79	53	54	50	50
Pupils who feel they can change something in their life if they want to	64	54	39	36	34	31

(Individual self-esteem items) Percentage in each group giving a high esteem response:



1 Worrying

Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:

	Never	Hardly	A little	Quite a lot	A lot
Primary	3	6	26	21	43
Secondary	2	4	17	29	48

64% (76%) of pupils responded that they worry 'quite a lot' or 'a lot' about at least one of the issues listed.

Percentage answering that they worry 'quite a lot' or 'a lot' about at least one of the issues listed.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	56	62	74	
Girls	73	77	92	

1 Worries

28% (50%) of pupils responded that they worry about SATs / tests 'quite a lot' or 'a lot', while 28% (32%) said they worry about family problems and 25% worry about crime.

Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot':

	Boys	Pri	Sec	Girls	Pri	Sec
1	Crime	24	(-)	1	SATs / tests	37 (60)
2	Family problems	24	(26)	2	Family problems	33 (38)
3	SATs / tests	18	(41)	3	Problems with friends	31 (-)
4	Health problems	14	(17)	4	The way you look	30 (58)
5	Money problems	12	(20)	5	Crime	27 (-)
6	The environment	11	(-)	6	Health problems	22 (26)
7	Problems with friends	10	(-)	7	The environment	18 (-)
8	The way you look	9	(24)	8	Body changes as you grow up	18 (19)
9	School-work / homework	9	(22)	9	School-work / homework	14 (33)
10	Body changes as you grow up	5	(11)	10	Money problems	14 (23)

① **Problem Solving**

In question 33 the young people in primary schools were asked to whom they would turn to share a range of problems including 'Keep it to myself'. Whom they talk to may depend on what the problem is. The top five sources of support for each problem are as follows:

Problem with school

	Boys			Girls		
1	Mum and/or dad	61	1	Mum and/or dad	51	
2	Teacher	19	2	Teacher	24	
3	Keep it to myself	9	3	Friend	12	
4	Friend	5	4	Keep it to myself	7	
5	Brother or sister	3	5	Brother or sister	3	

Family problem

	Boys			Girls		
1	Mum and/or dad	58	1	Mum and/or dad	46	
2	Keep it to myself	17	2	Friend	18	
3	Brother or sister	8	3	Keep it to myself	17	
4	Friend	6	4	Brother or sister	9	
5	Teacher	5	5	Teacher	4	

Health problem

	Boys			Girls		
1	Mum and/or dad	79	1	Mum and/or dad	74	
2	Keep it to myself	9	2	Keep it to myself	12	
3	Friend	3	3	Friend	6	
4	Brother or sister	3	4	Brother or sister	2	
5	Other adult	2	5	Teacher	1	

Problem with friends

	Boys			Girls		
1	Mum and/or dad	52	1	Mum and/or dad	45	
2	Keep it to myself	14	2	Friend	15	
3	Friend	14	3	Keep it to myself	14	
4	Teacher	10	4	Teacher	13	
5	Brother or sister	7	5	Brother or sister	8	

Bullying problem

	Boys			Girls		
1	Mum and/or dad	58	1	Mum and/or dad	55	
2	Teacher	19	2	Teacher	21	
3	Keep it to myself	11	3	Keep it to myself	12	
4	Brother or sister	4	4	Friend	4	
5	Friend	2	5	Other adult	2	

2 Problem Solving

Percentage of secondary pupils responding that they would go to the following people if they wanted to share any of the issues listed:

	Parent / carer	Brother / sister	Friends	Someone at school	Connexions / INSPIRA personal adviser	Doctor, Nurse, School Nurse or other health worker	DASH worker	Books and magazines	Internet	Telephone helpline	Keep it to myself
School-work problems / exams / tests	52 (-)	5 (-)	9 (-)	23 (-)	0 (-)	0 (-)	0 (-)	0 (-)	1 (-)	0 (-)	5 (-)
Health	60 (-)	2 (-)	4 (-)	1 (-)	1 (-)	18 (-)	0 (-)	0 (-)	3 (-)	0 (-)	7 (-)
Career	62 (-)	3 (-)	5 (-)	7 (-)	4 (-)	0 (-)	0 (-)	0 (-)	3 (-)	0 (-)	8 (-)
Problems with friends	36 (-)	10 (-)	31 (-)	3 (-)	0 (-)	0 (-)	0 (-)	0 (-)	0 (-)	0 (-)	14 (-)
Parents / carers not getting on with each other / divorce	20 (-)	18 (-)	26 (-)	5 (-)	1 (-)	1 (-)	0 (-)	0 (-)	1 (-)	2 (-)	22 (-)
Problems between children and parents / carers in your family	26 (-)	8 (-)	27 (-)	6 (-)	1 (-)	1 (-)	0 (-)	0 (-)	0 (-)	2 (-)	24 (-)
Feeling sad or upset a lot of the time	43 (-)	4 (-)	23 (-)	1 (-)	0 (-)	1 (-)	0 (-)	0 (-)	1 (-)	1 (-)	21 (-)
Sex and relationships	28 (-)	5 (-)	31 (-)	0 (-)	2 (-)	2 (-)	1 (-)	0 (-)	2 (-)	0 (-)	21 (-)
Drugs / alcohol	42 (-)	5 (-)	21 (-)	1 (-)	2 (-)	4 (-)	2 (-)	0 (-)	2 (-)	1 (-)	14 (-)
Healthy eating	59 (-)	2 (-)	5 (-)	1 (-)	0 (-)	7 (-)	0 (-)	1 (-)	4 (-)	0 (-)	14 (-)
Helping and volunteering	52 (-)	2 (-)	6 (-)	11 (-)	2 (-)	0 (-)	0 (-)	1 (-)	6 (-)	0 (-)	12 (-)
Money problems	70 (-)	3 (-)	5 (-)	1 (-)	0 (-)	0 (-)	0 (-)	0 (-)	1 (-)	1 (-)	15 (-)
The way you look	28 (-)	6 (-)	27 (-)	0 (-)	0 (-)	1 (-)	0 (-)	1 (-)	2 (-)	0 (-)	30 (-)
Puberty and growing up	40 (-)	5 (-)	11 (-)	0 (-)	1 (-)	3 (-)	0 (-)	0 (-)	3 (-)	0 (-)	31 (-)
Being bullied	48 (-)	4 (-)	13 (-)	7 (-)	0 (-)	0 (-)	0 (-)	0 (-)	1 (-)	0 (-)	19 (-)
Thinking you are gay, lesbian or bisexual	36 (-)	2 (-)	8 (-)	1 (-)	1 (-)	1 (-)	0 (-)	0 (-)	2 (-)	1 (-)	37 (-)

2 School lessons about worries

34% of secondary pupils responded that they have found school lessons about emotional health and wellbeing 'quite' or 'very' useful, while 12% have found them 'not at all' useful and 15% couldn't remember any.

Percentage answering that they have found school lessons about emotional health and wellbeing 'quite' or 'very' useful.

	Secondary	
	Yr 8	Yr 10
Boys	37	29
Girls	39	32

Health and Hygiene

2 Control over health

89% of secondary pupils agreed with at least one statement about being in control of their health (Q1a&c).

Percentage agreeing with statements Q1a and/or Q1c.

	Secondary	
	Yr 8	Yr 10
Boys	88	93
Girls	86	91

52% of secondary pupils agreed with at least one statement saying that they aren't in control of their health.

Percentage agreeing with statements Q1b and/or Q1d.

	Secondary	
	Yr 8	Yr 10
Boys	51	51
Girls	47	58

For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a+c) and take away the score for the two 'chance' items (b+d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

78% of the secondary pupils in the survey had a net positive score for these questions.

Percentage having a positive health locus of control score.

	Secondary	
	Yr 8	Yr 10
Boys	79	83
Girls	76	76

SHEU know from other studies that such scores are related to higher levels of participation in health-promoting behaviour, and lower levels of health-risky behaviour.

70% of secondary pupils responded that they are in charge of their health, while 49% said that even if they look after themselves, they can still easily fall ill.

Percentage of pupils responding that they 'agree' with the following statements:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
a. "I am in charge of my health"	67	62	80	71	70
b. "If I keep healthy, I've just been lucky"	6	6	8	8	7
c. "If I take care of myself I'll stay healthy"	74	71	80	73	74
d. "Even if I look after myself I can still easily fall ill"	49	45	48	55	49

① **Washing hands**

55% of primary pupils responded that they washed their hands before lunch on the day before the survey, while 19% said they were 'not sure' if they did.

Percentage answering that they washed their hands before lunch on the day before the survey.

	Primary
	Yr 6
Boys	52
Girls	58

78% of primary pupils responded that they wash their hands 'whenever possible' after visiting the toilet, while 20% said they 'sometimes' do.

Percentage answering that they wash their hands 'whenever possible' after visiting the toilet.

	Primary
	Yr 6
Boys	75
Girls	82

1% of primary pupils responded that they 'never or almost never' wash their hands after visiting the toilet.

Percentage answering that they 'never or almost never' wash their hands after visiting the toilet.

	Primary
	Yr 6
Boys	2
Girls	0

① **Toothbrushing**

85% of primary pupils responded that they cleaned their teeth at least twice the day before the survey.

Percentage answering they cleaned their teeth at least twice on the day before the survey.

	Primary
	Yr 6
Boys	85
Girls	86

1% of primary pupils responded that they did not clean their teeth at all on the day before the survey.

Percentage answering they did not clean their teeth at all on the day before the survey.

	Primary
	Yr 6
Boys	2
Girls	0

Dentist

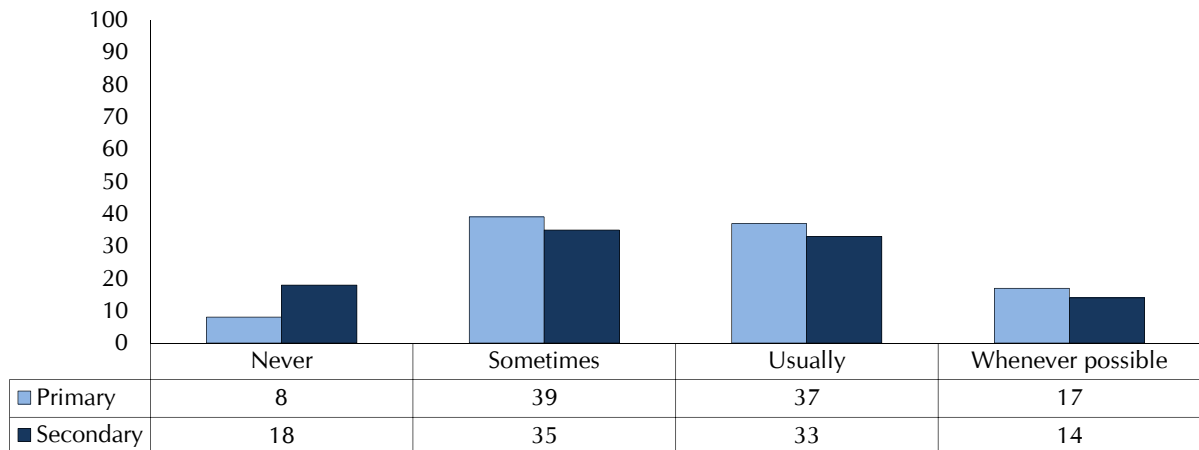
68% (84%) of pupils responded that they have been to the dentist in the last year, while 1% (1%) said they have never been.

Percentage of pupils responding to: When did you last visit the dentist?:

	Year 6		Total
	Boys	Girls	
Can't remember	30	26	28 (13)
Never been	1	2	1 (1)
In the past month	24	33	28 (25)
In the past 3 months	25	20	23 (34)
In the past 6 months	13	14	13 (21)
In the past year	5	3	4 (4)
More than a year ago	3	3	3 (3)

Sun care

Do you do anything to avoid sunburn?:



11% (22%) of boys and 5% (14%) of girls said they 'never' do anything to avoid sunburn.

Percentage answering that they 'never' do anything to avoid sunburn.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	11	18	26
Girls	5	13	15

48% (42%) of boys and 59% (52%) of girls said they do something 'usually' or 'whenever possible'.

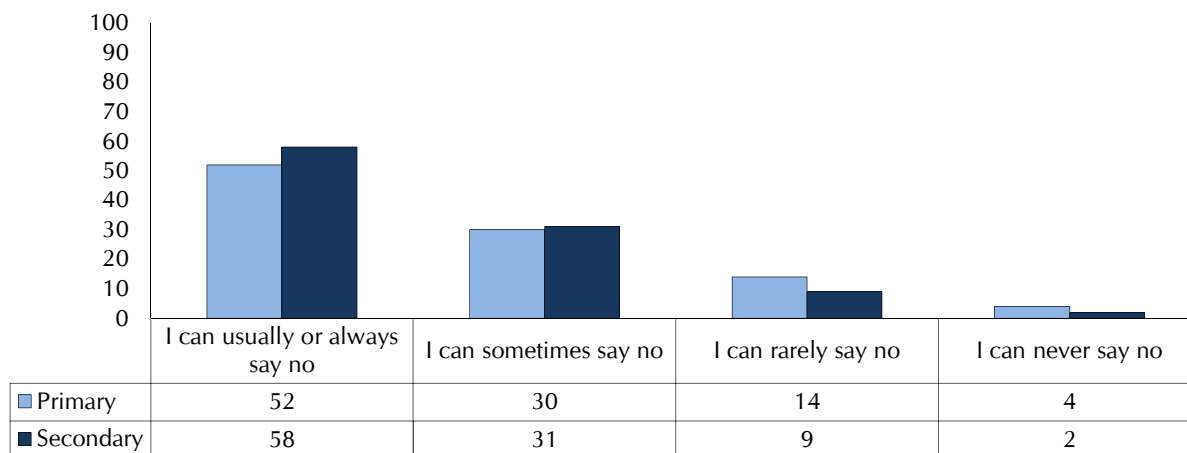
Percentage answering that they do something to avoid sunburn 'usually' or 'whenever possible'.

	Primary		Secondary
	Yr 6	Yr 8	Yr 10
Boys	48	49	36
Girls	59	58	46

Safety

Peer pressure

When another friend wants me to do something I don't want to do...



52% (58%) of PRI SEC pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

18% (11%) of PRI SEC pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

42% (44%) of PRI SEC pupils responded that they 'usually or always' know what to say when they want a friend to do something.

16% (10%) of PRI SEC pupils responded that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

Percentage answering that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	54	59		60
Girls	50	58		54

Percentage answering that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	16	11		10
Girls	20	12		11

Percentage answering that they 'usually or always' know what to say when they want a friend to do something.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	44	47		48
Girls	40	42		40

Percentage answering that they 'hardly ever' or 'never' know what to say when they want a friend to do something.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	15	9		8
Girls	17	13		11

Bullying

● Bullying and school

Do you ever feel afraid of going to school because of bullying?

198

	Never	Sometimes	Often	Very often
Primary	65	27	4	4
Secondary	76	19	3	3

25% (19%) of boys and 44% (29%) of girls responded that they feel afraid to be in school because of bullying at least 'sometimes'.

Percentage answering that they feel afraid to be in school because of bullying at least 'sometimes'.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	25	23	15	
Girls	44	33	25	

7% (5%) of pupils responded that they 'often' or 'very often' feel afraid to be in school because of bullying.

Percentage answering that they 'often' or 'very often' feel afraid to be in school because of bullying.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	5	4	4	
Girls	10	8	4	

31% (23%) of pupils responded that they have been bullied at or near school in the last 12 months. 13% (11%) said they 'don't know' if they have been.

Percentage answering that they have been bullied at or near school in the last 12 months.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	26	23	17	
Girls	36	27	23	

① Bullying in primary schools

69% of primary pupils responded that they have experienced at least one of the negative behaviours listed at least a 'few times' in the last month, while 7% experienced such behaviour 'every day'.

Percentage answering that they have experienced negative behaviour in the last month.

	Primary
	Yr 6
Boys	66
Girls	72

51% of primary pupils responded that they have been teased / made fun of at least a 'few times' in the last month, while 39% said they have been pushed or hit for no reason and 20% have had belongings taken or broken.

Percentage of primary pupils responding that they have experienced the following at least a 'few times' in the last month:

Boys			Girls		
1	Called nasty names	49	1	Teased / made fun of	56
2	Teased / made fun of	46	2	Called nasty names	55
3	Pushed / hit for no reason	41	3	Pushed / hit for no reason	37
4	Been ganged up on	21	4	Been ganged up on	26
5	Had belongings taken or broken	20	5	Had belongings taken or broken	20
6	Been threatened for no reason	20	6	Been threatened for no reason	19
7	Bullied by email / internet	5	7	Bullied through my mobile phone	10
8	Bullied through my mobile phone	3	8	Bullied by email / internet	10
9	Been threatened for money	3	9	Other	5
10	Other	2	10	Been threatened for money	3

34% of primary pupils responded that they have experienced negative behaviour outside at school during breaktimes recently, while 22% have experienced it at or near home and 15% have at lesson time.

Percentage of primary pupils responding that they have experienced negative behaviour at the following places recently (Secondary Schools data in brackets):

Boys			Girls		
1	Outside at school (breaktimes)	31	1	Outside at school (breaktimes)	36
2	In a classroom (breaktimes)	22	2	In a classroom (breaktimes)	33
3	At or near home	20	3	At or near home	24
4	Going out at other times during the day	15	4	During lesson time	21
5	During lesson time	10	5	Going out at other times during the day	21

17% of primary pupils responded that they think they are being ‘picked on’ or bullied because of their size or weight, while 22% think it is because of the way they look.

Percentage of primary pupils responding that they think they are being ‘picked on’ or bullied because of the following (Secondary Schools data in brackets):

Boys				Girls			
1	The way you look	16	(-)	1	The way you look	29	(-)
2	Your size or weight	12	(-)	2	Your size or weight	22	(-)
3	Other	4	(-)	3	The clothes you wear	11	(-)
4	The clothes you wear	4	(-)	4	Other	6	(-)
5	Your race, colour or religion	2	(-)	5	Your race, colour or religion	4	(-)

① School attitude

74% (51%) of pupils responded that they think their school takes bullying seriously, while 10% (22%) think it doesn’t take it seriously.

Percentage answering that they think their school takes bullying seriously.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 8	Yr 10
Boys	73	62		49
Girls	75	53		42

① Strangers

27% of primary pupils responded that they have been approached by an adult who scared or upset them. 9% said they are ‘not sure’ if they have been.

Percentage answering that they have been approached by an adult who scared or upset them.

	Primary
	Yr 6
Boys	26
Girls	28

13% of primary pupils responded that they knew the person who scared or upset them.

Percentage answering that they knew the person who scared or upset them.

	Primary
	Yr 6
Boys	9
Girls	17

12% of primary pupils responded that they told an adult straightaway after being scared or upset by an adult, while 6% kept it to themselves.

Percentage of pupils responding that they did the following after being scared or upset by an adult (Secondary Schools data in brackets):

Boys				Girls			
1	Ran or walked away	19		1	Ran or walked away	19	
2	Told a friend	12		2	Told a friend	16	
3	Told an adult afterwards	11		3	Told an adult afterwards	14	
4	Told an adult straightaway	10		4	Told an adult straightaway	13	
5	Kept it to myself	7		5	Kept it to myself	6	

Internet safety

1 Safety at home

58% (31%) of pupils responded that their parents / carers have rules about what internet sites they can use and 76% (74%) said they always do what they have been told to stay safe online.

Percentage of pupils responding 'yes' to the following questions about the internet (Secondary Schools data in brackets):

	Y6		Y8		Y10	
	Boys	Girls	Boys	Girls	Boys	Girls
Do you have a computer at home that you use?	92	96	87	91	91	93
Do you use the internet from home?	93	95	87	91	92	93
Do you have a computer in your bedroom?	34	38	49	54	62	65
Do your parents / carers have rules about what internet sites you can use?	51	66	35	43	21	26
Have you been told how to stay safe while using the internet?	83	92	70	80	69	78
Do you always do what you have been told to stay safe?	68	84	55	72	41	58

2 Internet activities

47% (80%) of pupils responded that they use the internet to access Facebook, Bebo, MySpace etc., while 46% (70%) use it for chatting.

Percentage of pupils responding that they use the internet for the following (Secondary Schools data in brackets):

	Boys			Girls			
	Pri	Sec		Pri	Sec		
1	Playing games	92	(73)	1	Playing games	91	(55)
2	School work	65	(74)	2	School work	84	(85)
3	Looking at web pages about my hobbies and interests	60	(72)	3	Chatting	57	(75)
4	Using Facebook, Bebo, MySpace etc.	42	(75)	4	Looking at web pages about my hobbies and interests	56	(63)
5	Chatting	34	(64)	5	Using Facebook, Bebo, MySpace etc.	52	(84)

2 School lessons about Internet

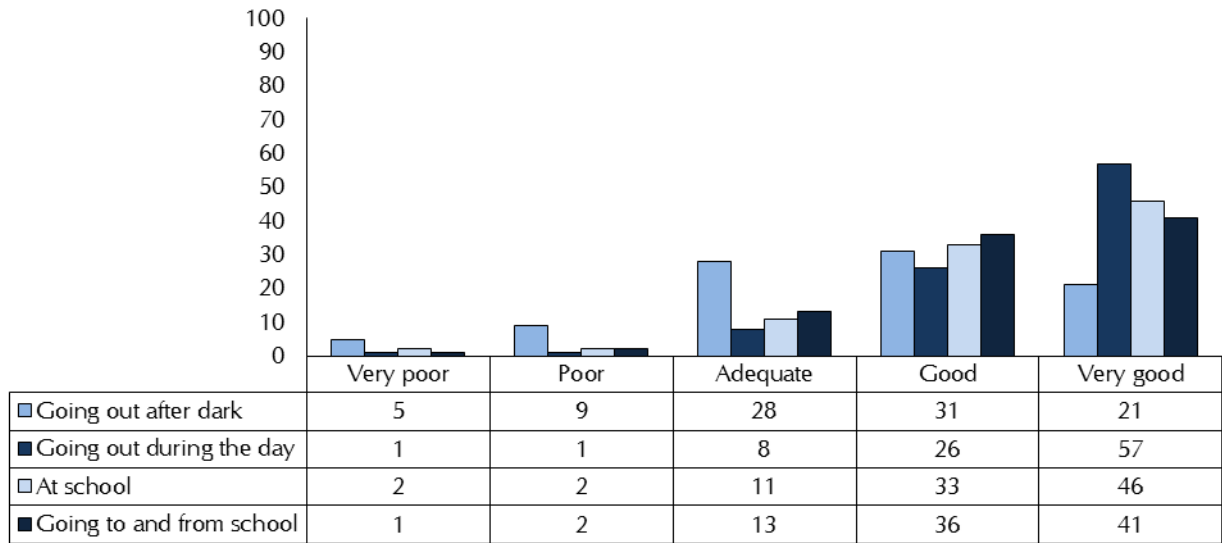
44% of secondary pupils responded that they have found school lessons about internet safety 'quite' or 'very' useful, while 10% have found them 'not at all' useful and 10% couldn't remember any.

Percentage answering that they have found school lessons about internet safety 'quite' or 'very' useful.

	Secondary	
	Yr 8	Yr 10
Boys	46	35
Girls	55	40

2 Feeling Safe

Feeling safe summary: How do you rate your safety at the following times in the area where you live?



79% of secondary pupils rated their safety at school as 'good' or 'very good', while 53% said the same of going out at dark.

Percentage of secondary pupils rating their safety as 'good' or 'very good' in the following circumstances (Primary Schools data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	56	52	55	49	53
Going out during the day	82	84	82	84	83
At school	79	82	77	78	79
Going to and from school	76	76	78	78	77

13% of secondary pupils rated their safety when going out after dark as 'poor' or 'very poor'.

Percentage of secondary pupils rating their safety as 'poor' or 'very poor' in the following circumstances (Primary Schools data in brackets):

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Going out after dark	13	13	13	14	13
Going out during the day	3	2	3	1	2
At school	4	2	6	3	3
Going to and from school	4	4	5	2	4

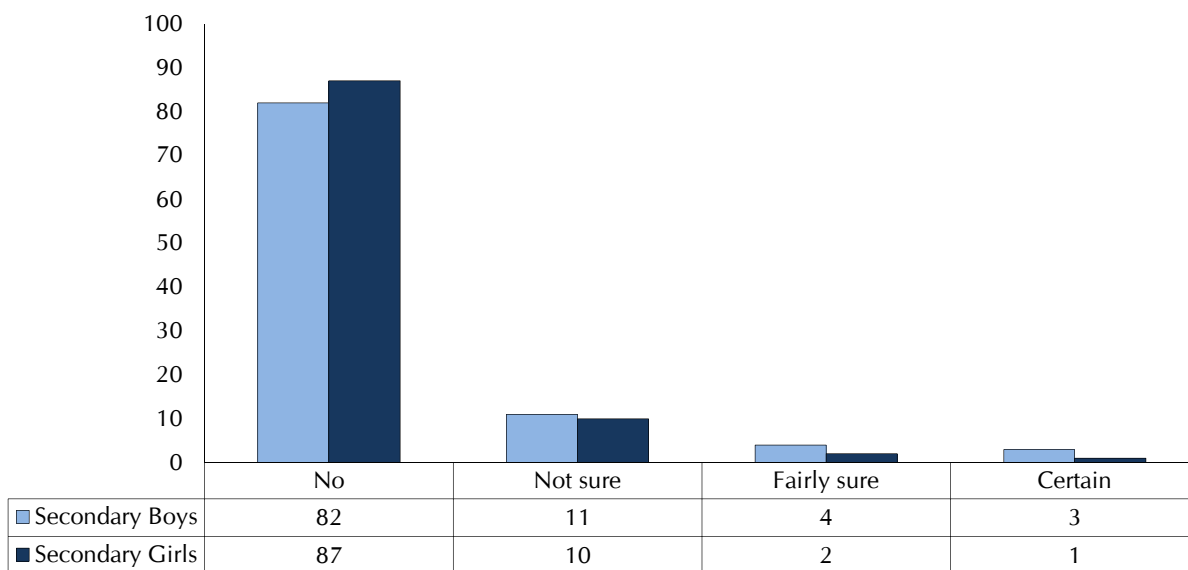
2 Violence and aggression

9% of secondary pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months. 9% said they are 'not sure' if they have been.

Percentage answering that they have been the victim of violence or aggression in the area where they live in the last 12 months.

	Secondary		Primary
	Yr 8	Yr 10	Yr 6
Boys	12	14	-
Girls	4	8	-

Do you or your friends carry weapons or other things for protection when going out?



5% of secondary pupils responded that they are 'fairly sure' or 'certain' they or their friends carry weapons or other things for protection when going out.

Percentage answering that they are 'fairly sure' or 'certain' they or their friends carry weapons or other things for protection when going out.

	Secondary	
	Yr 8	Yr 10
Boys	7	7
Girls	4	3

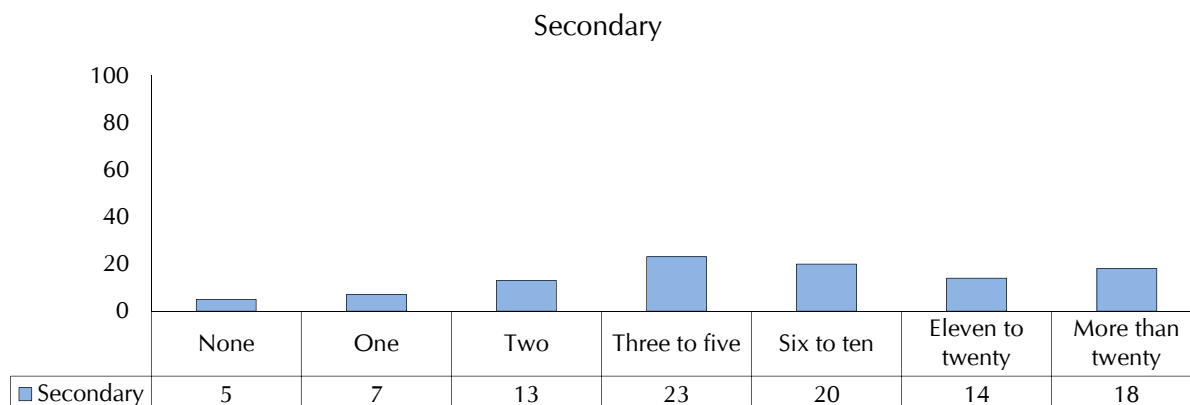
38% of secondary pupils responded that they have found school lessons about safety at home and outside 'quite' or 'very' useful, while 11% have found them 'not at all' useful and 14% couldn't remember any.

Percentage answering that they have found school lessons about safety at home and outside 'quite' or 'very' useful.

	Secondary	
	Yr 8	Yr 10
Boys	42	32
Girls	47	31

2 Trust and confidence

How many adults can you really trust?



5% of secondary pupils responded that there are no adults they can really trust.

Percentage answering that there are no adults they can really trust.

	Secondary	
	Yr 8	Yr 10
Boys	4	3
Girls	5	8

76% of secondary pupils responded that there are at least three adults they can really trust.

Percentage answering that there are at least three adults they can really trust.

	Secondary	
	Yr 8	Yr 10
Boys	82	79
Girls	76	67

27% of secondary pupils responded that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

Percentage answering that they usually feel 'quite' or 'very' uneasy when meeting people of their own age for the first time.

	Secondary	
	Yr 8	Yr 10
Boys	23	20
Girls	34	32

26% of secondary pupils responded that they usually feel 'at ease' when meeting people of their own age for the first time.

Percentage answering that they usually feel 'at ease' when meeting people of their own age for the first time.

	Secondary	
	Yr 8	Yr 10
Boys	32	32
Girls	18	21

Enjoying and Achieving

① Pupil perceptions

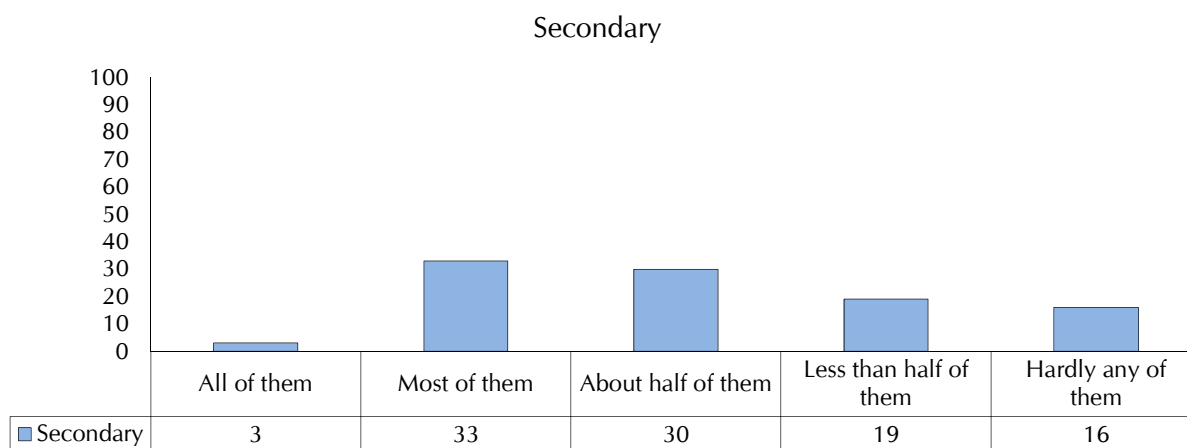
64% (31%) of PRI SEC pupils responded that their school encourages them to contribute to community events.

Percentage of pupils responding 'yes' to the following statements (Secondary Schools data in brackets):

	Pri Boys	Pri Girls	Sec Boys	Sec Girls
I can set goals and challenges for myself/ I set my own targets and I am helped to meet them	80	80	42	41
In this school, people with different backgrounds are valued	70	69	42	49
My achievements in and out of school are celebrated	60	60	39	36
My work is marked so I can see how to improve it	90	89	58	57
The school cares whether I am happy or not	73	76	35	31
The school encourages everyone to take part in decisions	85	86	46	51
The school encourages me to be physically active	82	81	54	54
The school encourages me to contribute to community events	68	60	34	29
The school prepares me for when I leave this school	88	92	41	42
The school teaches me how to deal with my feelings positively	63	59	20	14

② School lessons

How many lessons do you enjoy at school?



36% of secondary pupils responded that they enjoy 'most' or 'all' of their lessons at school.

Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

	Secondary	
	Yr 8	Yr 10
Boys	34	36
Girls	40	32

16% of secondary pupils responded that they enjoy 'hardly any' of their lessons at school.

Percentage answering that they enjoy 'hardly any' of their lessons at school.

	Secondary	
	Yr 8	Yr 10
Boys	17	17
Girls	13	17

2 Useful School lessons

Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

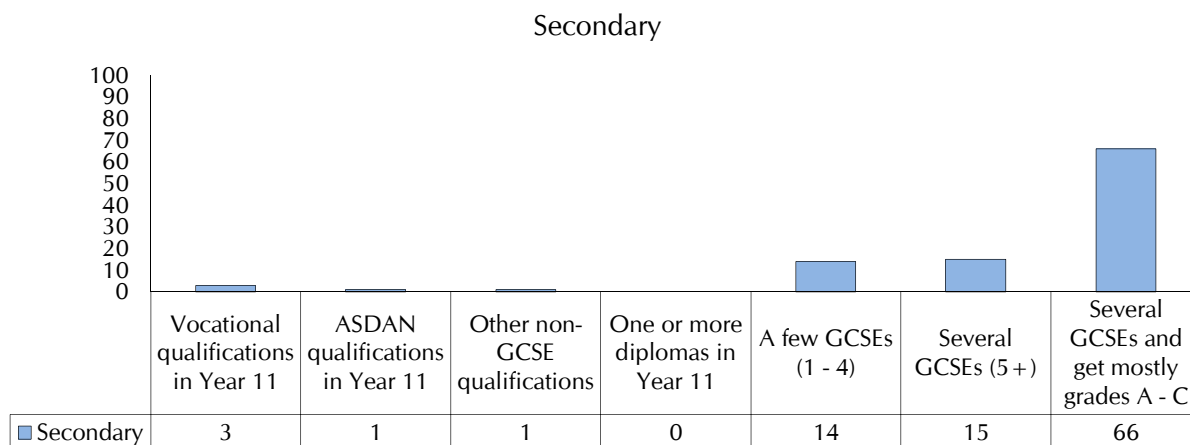
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	26	27	24	19	24
Citizenship	36	37	25	24	31
Drug education (including alcohol and tobacco)	46	51	47	50	49
Emotional health and wellbeing	37	39	29	32	34
Bullying	44	46	31	34	39
Healthy eating	49	49	36	38	43
Physical activity	55	54	51	41	50
Internet safety	46	55	35	40	44
Safety at home and outside	42	47	32	31	38
Sex and relationship education	39	40	44	46	42

Percentage of pupils responding that they have found school lessons about the following 'not at all' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	9	10	14	12	11
Citizenship	12	13	18	19	16
Drug education (including alcohol and tobacco)	7	5	11	6	7
Emotional health and wellbeing	11	8	16	15	12
Bullying	9	8	17	14	12
Healthy eating	8	8	13	10	10
Physical activity	7	6	8	13	9
Internet safety	9	6	13	11	10
Safety at home and outside	9	7	14	15	11
Sex and relationship education	12	9	11	10	11

2 Qualifications

Year 10+ pupils: GCSEs: Which of these statements best describes you?



5% of Year 10+ pupils responded that they expect to gain vocational, ASDAN or other non-GCSE qualifications in Year 11.

Percentage of Year 10+ pupils answering that they expect to gain vocational, ASDAN or other non-GCSE qualifications in Year 11.

Secondary	
Yr 10	
Boys	6
Girls	4

14% of Year 10+ pupils responded that they expect to gain 'a few' (1-4) GCSEs in Year 11.

Percentage of Year 10+ pupils answering that they expect to gain 'a few' (1-4) GCSEs in Year 11.

Secondary	
Yr 10	
Boys	15
Girls	13

15% of Year 10+ pupils responded that they expect to gain 5 or more GCSEs, while 66% said they expect to gain 5 or more and get mostly grades A – C.

Percentage of Year 10+ pupils answering that they expect to gain 5 or more GCSEs and get mostly grades A – C.

Secondary	
Yr 10	
Boys	63
Girls	69

1 Worries

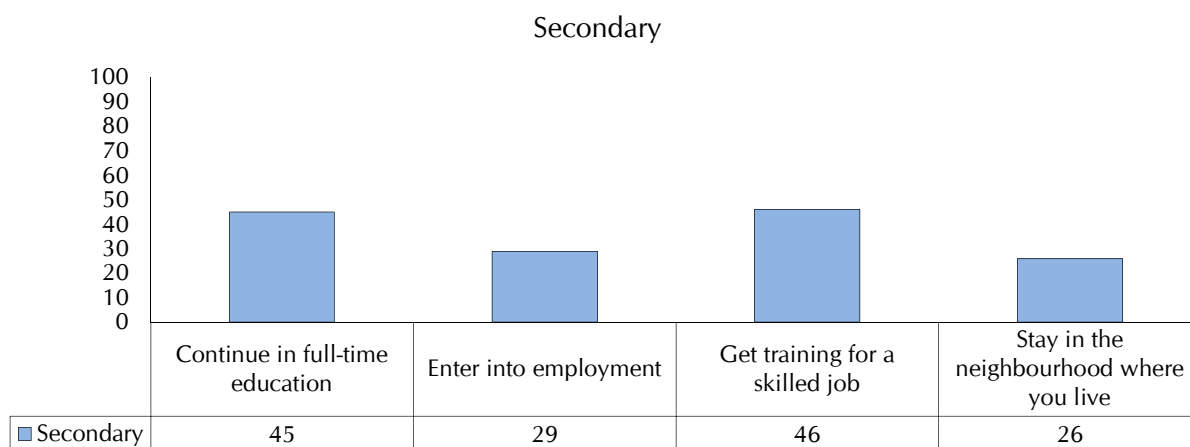
41% (18%) of boys and 60% (37%) of girls responded that they worry about exams and tests 'quite a lot' or 'a lot'.

Percentage answering that they worry about exams and tests 'quite a lot' or 'a lot'.

	Primary	Secondary	
	Yr 6	Yr 8	Yr 10
Boys	18	31	51
Girls	37	43	77

2 Future plans

After the end of Year 11, do you want to...?



45% of PRI SEC pupils responded that they want to continue in full-time education after the end of Year 11.

Percentage answering that they want to continue in full-time education after the end of Year 11.

	Secondary	
	Yr 8	Yr 10
Boys	32	43
Girls	44	59

29% of PRI SEC pupils responded that they want to enter into employment after the end of Year 11.

Percentage answering that they want to enter into employment after the end of Year 11.

	Secondary	
	Yr 8	Yr 10
Boys	31	28
Girls	30	27

46% of PRI SEC pupils responded that they want to get training for a skilled job after the end of Year 11.

Percentage answering that they want to get training for a skilled job after the end of Year 11.

	Secondary	
	Yr 8	Yr 10
Boys	51	42
Girls	54	38

26% of PRI SEC pupils responded that they worry about career problems 'quite a lot' or 'a lot'.

Percentage answering that they worry about career problems 'quite a lot' or 'a lot'.

	Secondary	
	Yr 8	Yr 10
Boys	20	29
Girls	17	36

① After-school activities

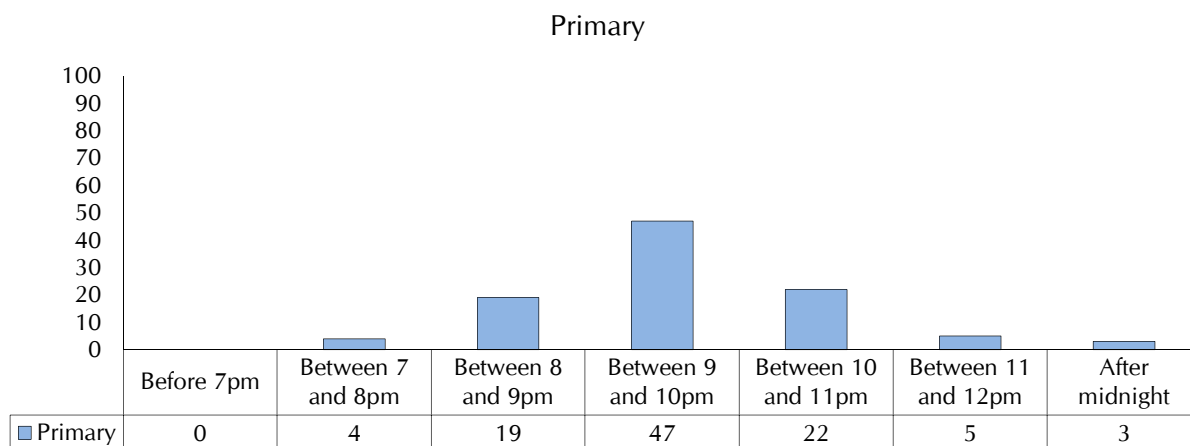
59% of pupils responded that they played with friends after school on the day before the survey, while 74% (29%) watched TV and 38% read a book for pleasure.

Percentage of pupils responding that they did the following after school on the day before the survey (Secondary Schools data in brackets):

	Boys	Pri	Sec		Girls	Pri	Sec
1	Watching TV	74	(29)	1	Watching TV	74	(30)
2	Playing with your friends	64	(-)	2	Listening to CDs or other music	57	(-)
3	Playing sport	62	(-)	3	Playing with your friends	55	(-)
4	Playing any computer games	58	(35)	4	Reading a book for pleasure	47	(-)
5	Listening to CDs or other music	47	(-)	5	Playing sport	44	(-)
6	Watching videos or DVDs	32	(-)	6	Using the internet for chat / Facebook / Bebo / Twitter	36	(-)
7	Reading a book for pleasure	29	(-)	7	Playing any computer games	33	(42)
8	Using the internet for chat / Facebook / Bebo / Twitter	21	(-)	8	Doing homework	27	(32)
9	Going to a club	20	(13)	9	Watching videos or DVDs	22	(-)
10	Doing homework	19	(31)	10	Going to a club	19	(10)

① Sleeping patterns

What time did you go to bed last night?



30% of primary pupils responded that they went to bed after 10pm the night before the survey.

Percentage answering that they went to bed after 10pm the night before the survey.

	Primary
	Yr 6
Boys	36
Girls	25

Making a Positive Contribution

① Views and opinions

54% of primary pupils said that they feel their views and opinions are asked for in their school. 14% feel they are not asked for.

Percentage answering that their views and opinions are asked for in school

	Primary
	Yr 6
Boys	53
Girls	54

66% of primary pupils said that they feel their views and opinions are listened to in their school. 9% feel they are not listened to.

Percentage answering that their views and opinions are listened to in school

	Primary
	Yr 6
Boys	66
Girls	66

35% of primary pupils feel that their views and opinions are listened to during circle time in school, while 58% feel they are listened to through a school / class council.

Top 5 ways pupils feel their views and opinions are listened to in school (Secondary Schools data in brackets):

Boys			Girls		
1	Talking to teachers	61	1	Talking to teachers	62
2	School / class council	56	2	School / class council	59
3	Talking to other adults in school	49	3	Talking to other adults in school	51
4	Circle time	36	4	Circle time	35
5	Suggestion box	27	5	Talking to trained pupils	30

33% of primary pupils said that they feel their views and opinions make a difference to how their school is run. 28% feel they do not make a difference.

Percentage answering that their views and opinions make a difference to how their school is run.

	Primary
	Yr 6
Boys	35
Girls	32

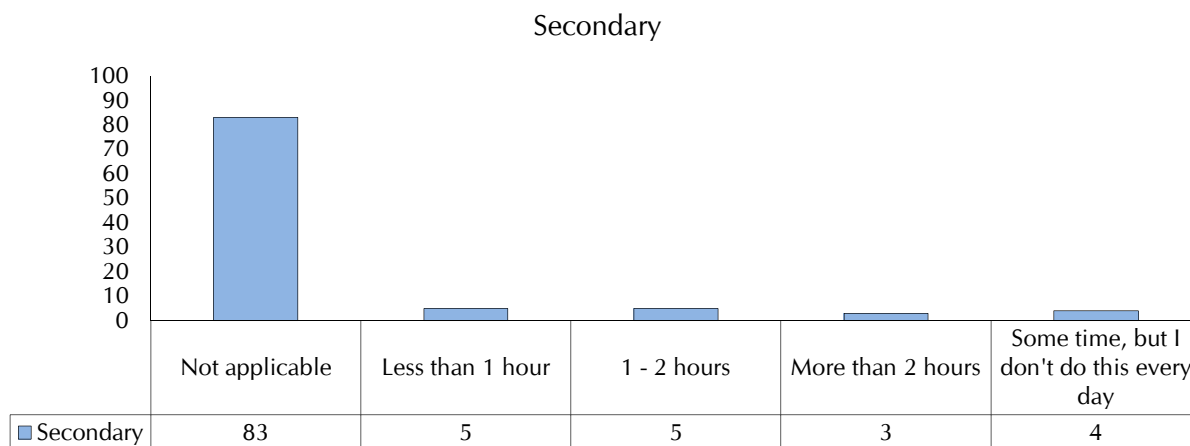
2 Young carers

7% of PRI SEC pupils responded that they are a 'young carer'.

Percentage answering that they are a 'young carer'.

	Secondary	
	Yr 8	Yr 10
Boys	8	5
Girls	7	6

If you are a 'young carer', how much of your time does it take up each day?



8% of secondary pupils responded that being a young carer takes up at least an hour of their time each day.

Percentage answering that being a young carer takes up at least an hour of their time each day.

	Secondary	
	Yr 8	Yr 10
Boys	12	6
Girls	9	5

Money Matters

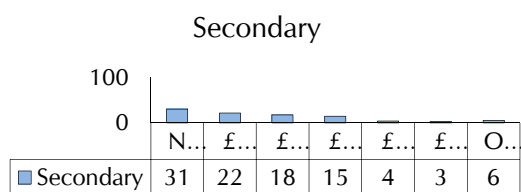
● Spending

18% (20%) of pupils responded that they spent their own money on CDs or other music in the last 7 days, while 16% (11%) said they spent money on computers and 19% (18%) spent money on mobile phones.

Percentage of pupils responding that they have spent their own money on the following in the last 7 days (Secondary Schools data in brackets):

Boys				Girls			
1	Sweets, chocolate etc.	41	(35)	1	Sweets, chocolate etc.	44	(36)
2	Fizzy drinks (not diet / low calorie)	31	(-)	2	Fizzy drinks (not diet / low calorie)	27	(-)
3	Snacks	26	(-)	3	Snacks	23	(-)
4	Computers (games, equipment)	25	(20)	4	Mobile phones	23	(19)
5	Leisure or sporting activities	20	(12)	5	Leisure or sporting activities	19	(5)
6	CDs or other music	18	(21)	6	CDs or other music	18	(19)
7	Arcade games	16	(7)	7	Books	18	(6)
8	Toys	15	(-)	8	Comics, magazines	16	(11)
9	Mobile phones	15	(18)	9	School equipment	13	(10)
10	Comics, magazines	11	(7)	10	Toys	12	(-)

How much of your own money have you spent during the last 7 days?



28% of PRI SEC pupils responded that they spent more than £10 of their own money in the last 7 days.

Percentage answering that they spent more than £10 of their own money in the last 7 days.

	Secondary	
	Yr 8	Yr 10
Boys	23	31
Girls	20	36

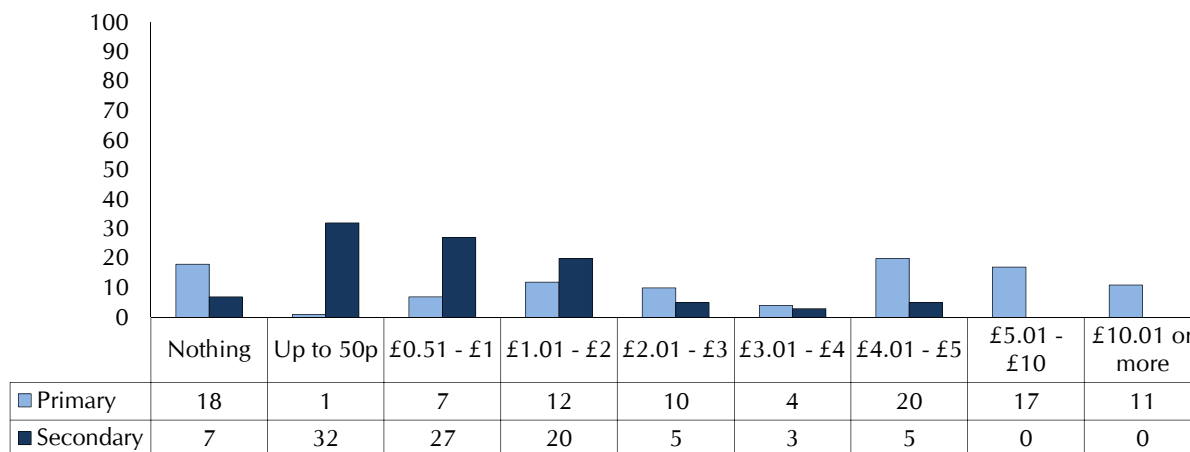
① Pocket money

46% (59%) of pupils responded that they get pocket money daily or weekly, while 12% (18%) said they get money once a month. 25% (19%) said they don't usually get any.

Percentage of pupils who get pocket money daily or weekly.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	44	59	55	
Girls	47	60	59	

How much pocket money did you get last time?



① Pocket money

11% (0%) of pupils responded that they got over £10 pocket money last time.

Percentage answering that they got over £10 pocket money last time.

	Primary		Secondary	
	Yr 6	Yr 8	Yr 10	
Boys	11	0	0	
Girls	10	0	0	

2 Working

Percentage of secondary pupils responding that they do the following as a job during term-time (Primary Schools data in brackets):

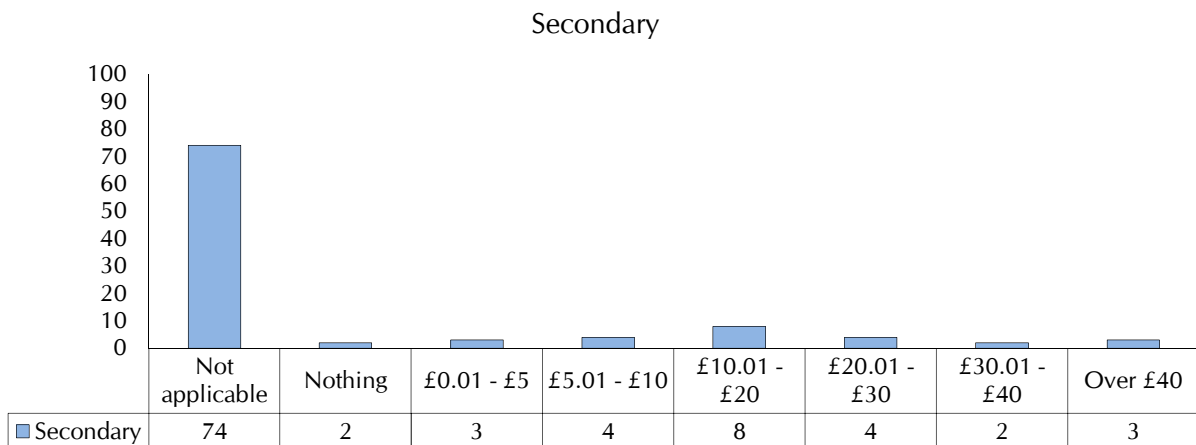
Boys			Girls		
1	Paper / milk round	7	1	In a hotel, bar or café	8
2	In a hotel, bar or café	4	2	Working in a shop	4
3	Farm work or gardening	4	3	Babysitting	4
4	Other work	3	4	Paper / milk round	4
5	Manual work	3	5	Paid housework	3

Of the 626 secondary pupils who have a regular paid job, they spent an average of 5 hours working in the week before the survey.

Mean number of hours pupils with a job worked for in the week before the survey:

	Secondary	
	Yr 8	Yr 10
Boys	4	7
Girls	4	6

How much money did you receive last week from your regular paid work?



18% of secondary pupils responded that they got paid more than £10 last week from their regular paid work.

Percentage answering that they got paid more than £10 last week from their regular paid work.

	Secondary	
	Yr 8	Yr 10
Boys	10	22
Girls	10	27

Acknowledgements

Grateful thanks go to all the pupils in Cumbria for their willingness and enthusiasm to take part in this survey. The help, and the time and effort spent, by staff of the schools is also acknowledged.

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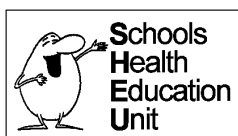
For further information about the survey, including the full results and tables, contact:

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The Schools Health Education Unit (SHEU), Exeter, is an independent unit, founded in 1977 by John Balding. It originated and developed within the University of Exeter, where it was based until 1998.

The core of their work is the *Health-Related Behaviour Questionnaire* (HRBQ) survey method, which has been used by secondary schools for over 30 years. The primary version of the HRBQ was introduced in 1989.

SHEU does not just carry out HRBQ surveys, although these are the most important dimension of their work. SHEU also designs and processes questionnaires for other researchers; evaluates educational projects; produces resources for primary and secondary health education, and publishes the annual 'Young People' reports as well as the journal *Education and Health*.

SHEU personnel involved with the Cumbria survey include:

Research Manager: Dr David Regis

Survey Manager: Angela Balding

Data Preparation Manager: Jim Podbery

