



## Growing up in North Yorkshire Survey 2016

18<sup>th</sup> January 2017

**Presented by:** Pete Dwyer Corporate Director Children and Young Peoples Service

### **Summary:**

Growing up in North Yorkshire (GuNY) is a biennial survey of local pupils that is undertaken on our behalf by the Schools Health Education Unit (SHEU) based at Exeter University. The survey seeks to obtain the views, experiences and opinions of pupils in national curriculum years 2, 6, 8 and 10, regarding a broad range of issues from health and education, to home life and activities including risk-taking behaviour.

In 2016 over 17,000 pupils responded to the survey making it one of the biggest and most comprehensive surveys of its type, and in turn providing a wealth of evidence that helps inform service planning and priorities as well as individual school improvement. Much of this evidence demonstrates the significant distance travelled regarding improvements to the lives of children in North Yorkshire over the last 10 years.

### **Which of the themes and/or enablers in the North Yorkshire Joint Health & Wellbeing Strategy are addressed in this paper?**

Themes	✓
Connected Communities	
Start Well	✓
Live Well	✓
Age Well	
Dying Well	
Enablers	
A new relationship with people using services	✓
Workforce	
Technology	
Economic Prosperity	

**How does this paper fit with other strategies and plans in place in North Yorkshire?**

- The survey helps inform Young and Yorkshire, the strategic plan for children and young people in North Yorkshire
  - Sub-reports based on either vulnerable groups or operational areas are used to inform service planning
  - Data is used on an individual school basis to aid improvement and provide evidence for Ofsted Inspections.
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**What do you want the Health & Wellbeing Board to do as a result of this paper?**

- Note distance travelled and wealth of information available
- Use the range of reports to identify on-going issues and inform strategic priorities and local plans



NORTH YORKSHIRE COUNTY COUNCIL  
CHILDREN AND YOUNG PEOPLE'S SERVICE

REPORT PREPARED FOR  
NORTH YORKSHIRE HEALTH AND WELLBEING BOARD  
18 JANUARY 2017

**THE GROWING UP IN NORTH YORKSHIRE SURVEY 2016**

**1.0 PURPOSE OF REPORT**

- 1.1 To provide the Health and Wellbeing Board with an update on the findings of the 2016 Growing Up in North Yorkshire Survey Report which is commissioned by the local authority from the Schools Health Education Unit (SHEU) at Exeter University.

**2.0 CONTEXT**

- 2.1 Every two years since 2010 the SHEU has undertaken a comprehensive survey of North Yorkshire pupils in national curriculum years 2, 6, 8 and 10, (and in 2016 a pilot of pupils in year 12), to gain information regarding their views and opinions, which is used to inform strategic and service planning as well as aid individual school improvement.
- 2.2 In 2016 over 17,000 pupils in the target year groups responded to a wide range of age appropriate questions giving us a rich insight into what it is like to grow up in North Yorkshire today.
- 2.3 Due to the information collected in the survey, it is possible for the SHEU to break down the data to provide a number of reports in addition to the County Summary report (Appendix A), including school, district and Prevention Service Area reports as well as bespoke reports for particular groups / cohorts such as the teaching alliances, closing the gap project school groups, service family pupils, looked after children, pupil premium, young carers, minority ethnic, LGB and Transgender pupils.

**3.0 PARTICIPATION**

- 3.1 All schools, including academies in North Yorkshire are invited to participate and in the 2016 survey 310 of the 369 schools (84%) participated; this was made up by 257 primary schools, 42 secondary schools, 8 special schools and 3 pupil referral units (PRU).
- 3.2 From the targeted year groups 17,239 of 24,471 pupils (70%) responded making this the largest survey to date. There was an additional 3,105 responses from pupils in other year groups that although not included in the county reports are used the individual schools with the responses being grouped by key stage, this helps ensure some of the smaller schools still have enough returns to make analysis possible.

## **4.0 EMERGING FINDINGS**

### **4.1 Key Stage One**

4.1.1 The Key Stage One results are very similar to the previous questionnaire in 2014 however the following emerging issues were identified:

- 23% (2014: 21%) of Y2 pupils responded that they are allowed to watch TV after they have gone to bed whilst 24% (2014: 26%) of pupils responded that someone usually reads them a bedtime story.
- 70% use a computer, tablet or mobile device to go online,
- 46% say an adult always knows what they are looking at online
- 17% have friends online that they don't know in real life
- Looking at items related to online safety, more boys than girls seem to be at risk.

### **4.2 Key Stage Two**

4.2.1 The Key Stage Two results show continued improvements in the percentage who don't drink energy drinks (up from 50% in 2012 to 69% in 2016), and the percentage who don't drink alcohol which has increased significantly from 48% in 2012 to 75% in 2016.

4.2.2 The SHEU calculate wellbeing and resilience scores based on the responses to a number of questions about how pupils feel about certain things and how they respond to certain situations. From these composite scores we can see that the percentage with a high measure of resilience has increased slightly (32% 2012 to 35% in 2016) and that Year 6 pupils are achieving higher wellbeing scores.

4.2.3 There are positive trends around internet safety, with 8% responding they communicate online with people they don't know (13% in 2014), 30% say they are never supervised when using the internet (33% in 2014) and 74% of pupils say they found school lessons on internet safety 'quite' or 'very' useful.

4.2.4 The emerging issues from Key Stage Two are:

- Year 6 pupils are more likely to report having an accident requiring medical attention in the last year: this has increased from 27% in 2014 to 35% on 2016
- Pupils feel they are less likely to be asked for their ideas and opinions about what happens in school (70% 2014, 62% 2016)
- Fewer pupils played sport on the day before the survey (52% 2014, 43% 2016) and fewer pupils do at least 5 hours of physical activity a week (58% 2014, 55% 2016)

### **4.3 Key Stage Four**

4.3.1 At Key Stage Four there has been a continued improvement in the situation regarding alcohol with a higher percentage reporting that they never drink alcohol (up from 31% in 2012 to 43% in 2014 and 46% in 2016), a decrease in the percentage who had been given alcohol by a friend in the week preceding the questionnaire (down from 10% in 2012 to 6% in 2014 to 4% in 2016), and a decrease in the percentage who had drunk alcohol in the week preceding the questionnaire (down from 31% in 2012 to 24% in 2014 to 20% in 2016).

4.3.2 There has also been an improvement in some of the questions around bullying and negative behaviour with pupils now less likely to say they have experienced negative behaviour during lesson time in the month before the survey (23% in 2014, 17% in 2016) and the percentage experiencing negative behaviour outside school decreasing from 26% to 20%. However, the percentage of pupils responding that they had been pushed or hit for no reason in the preceding month increasing from 18% in 2012 to 25% in 2014 to 27% in 2016.

4.3.3 There are some positive trends around internet safety, with secondary pupils now less likely to communicate with people they have met online and don't know in real life (22% in 2014, 18% in 2016).

4.3.4 The emerging issues at Key Stage 4 include:

- 8% of secondary pupils carry weapon or something else for protection when going out at least sometimes (higher for boys, and up from 5% in 2014).
- About 8% of secondary pupils say they have been the victim of violence or aggression (up from 6% in 2014).
- About 10% of pupils said lessons on various topics in PSHE were 'not at all useful': 13% for sex and relationships education, and 17% for Religious Education.
- Experimentation with e-cigarettes more likely in 2016 (27%) than in 2014 (22%).
- Watching TV/DVDs/online videos after school increased from 78% in 2014 to 85% on 2016.
- About a third of Y10 girls and a quarter of Y10 boys have received 'sexting' messages.
- The proportion of all secondary pupils with a low resilience score was 35% in 2016, compared to 31% in 2014. The proportion among Y10 girls was 46%.
- 57% of pupils responded that they are asked for their opinions about what they learn in school, but just 43% said their opinions make a difference.
- Among secondary pupils, 43% changed schools at least twice since their 5th birthday, 4% at least 5 times
- There has been an apparent increase in the reporting of bullying or aggressive behaviours within dating relationships among Y10 pupils. 4% said they were experiencing aggression in their current relationship, while 22% said they had with a previous boy-/girl-friend; the figures for 2014 were 3% and 20%.

#### 4.4 Longer Term Trends

4.4.1 Most analysis over time compares one year's results with those of the previous survey 2 years before however this masks some of the longer term significant improvements made during the 10 years the survey has been undertaken as demonstrated by the table below.

	2006	2008	2010	2012	2014	2016
Yr 2 like being at school most of the time	-	-	53%	61%	58%	59%
Yr 6 bullied someone at school	11%	8%	7%	5%	4%	3%
Yr 6 approached by an adult who upset / scared you	31%	31%	28%	27%	24%	24%
Yr 8 enjoy most lessons at school	35%	40%	38%	45%	48%	45%
Yr 8 never drink alcohol	29%	29%	36%	43%	58%	61%
Yr 8 never smoked	73%	74%	84%	85%	88%	89%
Yr 10 enjoy most lessons at school	37%	38%	40%	43%	40%	45%
Yr 10 never drink alcohol	12%	14%	16%	20%	28%	30%
Yr 10 never smoked	49%	52%	55%	61%	66%	70%

#### 5.0 EMERGING PRIORITIES

5.1 Although the figures vary significantly from one part of the county to another, and amongst certain groups of children and young people, the following are emerging as issues to be addressed on a countywide basis, with further priorities being identified in certain parts of the county or for particular groups.

- Developing resilience and emotional wellbeing
- Pupil voice influencing decisions
- Positive ethos and culture of the school
- Risky behaviours including those related to the use of modern technologies
- Careers guidance and post 16 transition
- Reducing inequalities caused by place or circumstances

## **6.0 RECOMMENDATIONS**

- 6.1 The Health and Wellbeing Board note the information in this paper, particularly the distance travelled in many aspects, and use the data in the associated reports to aid strategic planning and prioritisation.

**Peter Dwyer Corporate Director Children and Young Peoples Service  
County Hall, Northallerton**

Report compiled by:

Katharine Bruce – Lead Adviser, Vulnerable Learners, Education and Skills

Simon Moss - Strategic Analyst, Performance and Intelligence

Date: January 2017

**Appendix A** 2016 Growing Up in North Yorkshire County Summary Report

# Growing Up in North Yorkshire

## A summary of the Growing Up in North Yorkshire Survey 2016

These results are the compilation of data collected from children and young people in the vast majority of schools in North Yorkshire during Summer 2016. This survey was commissioned by the **North Yorkshire Children and Young People's Service (CYPS)** to collect reliable information about young people's learning and wellbeing. This is in fact the sixth such large survey completed in North Yorkshire, following studies in 2006, 2008, 2010, 2012 and 2014.

### Introduction from Pete Dwyer

Corporate Director - Children & Young People's Service

I am delighted to be given the opportunity to introduce the Summary Report for Growing Up In North Yorkshire 2016. It is a truly remarkable piece of work and must as a result be actively used to inform our collective priorities and challenge current delivery arrangements. It is probably the largest such survey conducted in the country and gives incredibly rich insights into the changing lives of North Yorkshire's young people. It provides analysis which helps us understand where changes in their views have positively occurred and where more needs to be done. The findings will be debated at an individual school level and at a number of key strategic partnerships in the county. But we must go beyond debate and ensure we fully listen and respond to this rich collective expression of young people's voices. It will certainly influence what we prioritise in the next year's new children and young people's plan. My thanks to all the staff behind the work and the 17,000 young people who participated.

### Key issues

Among the findings from these young people in North Yorkshire, we see many welcome results and several positive trends. There are also some results and trends in young people's perceptions and behaviours that indicate there is still more work to do.

#### Identified priorities:

- Developing Resilience and Emotional Wellbeing
- Pupil Voice influencing decisions
- Positive Ethos and Culture of School
- Risky Behaviours including those related to use of modern technologies
- Careers Guidance and post-16 transition
- Reducing inequalities caused by deprivation

Identified **groups of young people** continue to have more negative outcomes against a wide range of indicators. These include in particular:

- Looked-after Children
- Young Carers
- Minority Ethnic pupils
- Pupils receiving Free School Meals
- Service Pupils
- Lesbian, Gay, Bisexual pupils (LGB)
- Transgender pupils
- Pupils with Special Educational Needs and /or Disabilities

#### In this report:

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Secondary results (Y8/Y10) ...	Pg 11
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Comparison with other counties .....	Pg 21
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## THE SURVEY

This report is based on the responses of over 17,000 pupils attending mainstream schools and pupil referral services in North Yorkshire.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. Completed questionnaires were then returned to SHEU in Exeter for processing. Some of the schools conducted the survey online.

The sample sizes are shown in the table (right). N.B. \* 357 pupils either didn't give us their gender or describe themselves

as something other than male or female. There was also a pilot Year 12+ survey with two schools and a college.

### 📊 Comparisons 📉

We have compared groups of schools within North Yorkshire: more rural and more urban schools, and we also looked at the smallest primary schools (page 20).

A special analysis has been made of pupils with different social identities (pages 22-23).

Comparisons have also been made with samples from other large Shire counties (page 21).

### ➔ Trends ➡

This survey follows studies in 2014, 2012, 2010, 2008 and 2006 and is the largest so far. Where changes can be seen in the figures, these are noted on page 18-19.

Where figures are also given in a chart, they are shown in **bold**.

	Year 2	Year 6	Year 8	Year 10
<b>Males</b>	2413	2121	2069	1925
<b>Females</b>	2279	2145	2040	1890
<b>Total*</b>	4714	4431	4195	3899

## KEY FINDINGS

### POSITIVE FINDINGS

- ❑ Year 2 pupils were more likely to eat **fruit and vegetables in 2016** (fruit 61% in 2014 vs 65% in 2016; veg 48% in 2014 vs 51% in 2016).
- ❑ 74% of Y6 pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, compared with 71% in 2014, while 48% said they ask for help. They are also less likely to worry about going to secondary school (38% in 2014 vs 31% in 2016).
- ❑ Year 6 pupils are achieving higher wellbeing scores in 2016: the proportion scoring at least 24 has risen from 37% in 2014 to 46% in 2016.
- ❑ Year 6 pupils are now more likely to say they know enough about how their body changes as they get older (74% in 2014 vs 80% in 2016).
- ❑ Secondary pupils are less likely now to say they have experienced negative behaviour during lesson time in the month before the survey (23% in 2014 vs 17% in 2016).
- ❑ Secondary pupils are less likely now to communicate with people they have met online and don't know in real life (22% in 2014 vs 18% in 2016).

### Closing the Gap (see p.22-23)

- ❑ The positive changes in wellbeing scores of Y6 are also seen among disadvantaged pupils.
- ❑ There was an overall decrease of Y6 pupils responded that they 'quite' or 'very' often worry about moving on to secondary school: from 47% in 2014 down to 35% in 2016. Among the **Achievement Unlocked** group of schools, the fall was from 50% to 31%.
- ❑ There was an overall decrease of disadvantaged pupils responded that they have been away from school due to illness or injury in the last month: from 42% in 2014 down to 34% in 2016, while in the **Achievement Unlocked** schools, the drop was from 42% to 26%.
- ❑ Among black and other ethnic minority pupils, 77% responded that adults at school talk to them about how to improve their work.
- ❑ Special educational needs pupils in mainstream schools are less likely to worry about exams and tests 'often' or 'all the time' (42% in 2016 vs 53% in 2014).
- ❑ Year 10 LGB students are still bullied more often than their peers, but the gap has decreased (now 32% vs 18% while in 2014 it was 41% compared with 17%).



**Over the period of the survey 2006-16, on-going positive trends are** (see page 19) :

<p><input type="checkbox"/> Y2 Never drink 'energy drinks'</p> <table border="0"> <tr> <td>2006</td> <td>2008</td> <td>2010</td> <td>2012</td> <td>2014</td> <td>2016</td> </tr> <tr> <td></td> <td></td> <td></td> <td>50%</td> <td>60%</td> <td>69%</td> </tr> </table>	2006	2008	2010	2012	2014	2016				50%	60%	69%	<p><input type="checkbox"/> Y10 'I never drink alcohol'</p> <table border="0"> <tr> <td>2006</td> <td>2008</td> <td>2010</td> <td>2012</td> <td>2014</td> <td>2016</td> </tr> <tr> <td>12%</td> <td>14%</td> <td>16%</td> <td>20%</td> <td>28%</td> <td>30%</td> </tr> </table>	2006	2008	2010	2012	2014	2016	12%	14%	16%	20%	28%	30%
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<p><input type="checkbox"/> Y6 Bullied someone else at school in the last 12 months</p> <table border="0"> <tr> <td>2006</td> <td>2008</td> <td>2010</td> <td>2012</td> <td>2014</td> <td>2016</td> </tr> <tr> <td>11%</td> <td>8%</td> <td>7%</td> <td>5%</td> <td>4%</td> <td>3%</td> </tr> </table>	2006	2008	2010	2012	2014	2016	11%	8%	7%	5%	4%	3%	<p><input type="checkbox"/> Y8 'I have never smoked a cigarette at all, not even a puff'</p> <table border="0"> <tr> <td>2006</td> <td>2008</td> <td>2010</td> <td>2012</td> <td>2014</td> <td>2016</td> </tr> <tr> <td>73%</td> <td>74%</td> <td>84%</td> <td>85%</td> <td>88%</td> <td>89%</td> </tr> </table>	2006	2008	2010	2012	2014	2016	73%	74%	84%	85%	88%	89%
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**Compared with other large Shire counties in 2016** (see page 21):

- North Yorkshire pupils in primary and secondary schools are more positive in their perceptions of school than pupils from these other local authorities.
- Year 6 pupils in North Yorkshire are less likely to say that they had been bullied at or near school in the last year.

**EMERGING ISSUES**

- |   |  |
|---|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> 24% of Y2 pupils responded that they are allowed to watch TV after they have gone to bed (22% in 2014).</li> <li><input type="checkbox"/> 24% of Y2 pupils respond that someone usually reads them a bedtime story (26% in 2014).</li> <li><input type="checkbox"/> 46% of Y2 pupils say an adult always knows what they are looking at online and 17% say they have friends online they have not met.</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Among Year 6 pupils:</b><br/>Pupils feel they are less likely to be asked for their ideas and opinions about what happens in school (70% 2014, 62% 2016)</li> <li><input type="checkbox"/> Fewer pupils played sport on the day before the survey (52% 2014, 43% 2016)</li> </ul> |
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| <ul style="list-style-type: none"> <li><input type="checkbox"/> About 8% of secondary pupils say they have been the victim of violence or aggression (up from 6%).</li> <li><input type="checkbox"/> 8% of secondary pupils carry weapon or something else for protection when going out at least sometimes (higher for boys, and up from 5% in 2014).</li> <li><input type="checkbox"/> About 10% of pupils said lessons on various topics in PSHE were 'not at all useful': 13% for sex and relationships education, and 17% for PSHE or Religious Education.</li> <li><input type="checkbox"/> The proportion of Y10 pupils reporting that careers education lessons have been quite/very useful has risen more steeply in North Yorkshire Careers Guidance project schools than others (4% vs 1% increase).</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Experimentation with e-cigarettes more likely in 2016 (27%) than in 2014 (22%).</li> <li><input type="checkbox"/> Watching TV/DVDs/online videos after school increased from 78% in 2014 to 85% on 2016.</li> <li><input type="checkbox"/> About a third of Y10 girls and a quarter of Y10 boys have received 'sexting' messages.</li> <li><input type="checkbox"/> 57% of pupils responded that they are asked for their opinions about what they learn in school, but just 43% of all pupils said their opinions make a difference.</li> <li><input type="checkbox"/> Among secondary pupils, 43% changed schools at least twice since their 5th birthday, 4% at least 5 times</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Resilience is the capacity to bounce back when things go wrong. Young people with low resilience may get upset and/or give up. The proportion of all secondary pupils with a low resilience score is 35% in 2016, compared with 31% in 2014. The proportion among Y10 girls was 46%.</li> <li><input type="checkbox"/> There has been an apparent increase in the reporting of negative behaviours within dating relationships among Y10 pupils. 4% said they had experienced threats or controlling behaviour in their current relationship, while 22% said they had with a previous boy-/girl-friend; the figures for 2014 were 3% and 20%.</li> </ul> |
|--|---|--|

## KEY THEMES

### Gender inequalities

- Among Year 2 pupils, boys are more likely to be allowed to watch TV after they have gone to bed, while girls are more likely to eat fresh fruit and veg on most days.
- Among Year 6 pupils, boys are most likely to achieve a high or maximum wellbeing score, while girls are more likely to think their views make a difference to what they learn at school.
- Among Year 10 pupils, boys are more likely to score in the high brackets of wellbeing and resilience scores. Girls are more likely to worry about their looks, to want to lose weight, to skip breakfast, and to report that they self-harm when worried or stressed.
- Significantly fewer girls than boys in secondary schools report that:
  - Adults at school talk to me about how to improve my work*
  - I know my next steps in learning and what I need to do to improve*
  - My teachers realise when I don't understand*

### Other inequalities (see pages 22-23)

- 45 KS3/4 pupils identify as **transgender** or use a related label. Like LGB pupils, they are more likely to report being bullied at school last year, to worry about being different, and to be sexually active.
- Just 5% of transgender students score high for resilience, compared with 20% of all students.
- There is a 'gradient' of differences with **deprivation** for very many questions (see p.17)

	Index of multiple deprivation					All
	Most deprived	2nd	3rd	4th	Least deprived	
Intend to apply for university in the future?	42%	50%	55%	60%	64%	<b>58%</b>
"My teachers encourage me to attempt difficult work" % Agree	66%	71%	76%	80%	80%	<b>76%</b>
Young carers	11%	8%	5%	4%	3%	<b>4%</b>
<b>Total Sample (Count)</b>	<b>230</b>	<b>566</b>	<b>904</b>	<b>1,804</b>	<b>1,452</b>	<b>8,094</b>

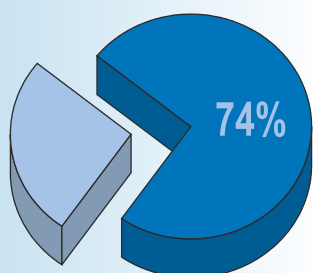
- We categorised pupils as "**disadvantaged**" if they indicated, in the background information section of the questionnaire, that they were either in care of foster carers or in a Residential School/Home, or if they were eligible for free school meals (FSM) or vouchers for free meals. This group includes some, but not all, of the pupils qualifying for pupil premium payments. (It does not include all of those pupils eligible for FSM in the last 6 years.) There were differences between this group and other pupils, for example, in KS2, have lower wellbeing scores, be bullied and to worry about school and less likely to do 7+ hours of exercise a week; and in KS3/4, less likely to intend to go to University and more likely to be bullied, skip breakfast, be absent from school, smoke and be a victim of crime/violence..
- Compared to the rest of Year 6:
  - Young Carers were **less** likely to have a high well-being score and **more** likely to be bullied in school, worry about their health, have tried smoking and have had an accident in the last year.
  - Pupils with special educational needs in mainstream schools and pupils with disabilities are more likely to be bullied at school and worry about their health.
- Compared to the rest of Year 10:
  - Young Carers were more likely to be bullied at school, worry about money and have had an accident in the last year.
  - Ethnic minority pupils were more likely to worry about being different, worry about money and have been offered drugs.
  - Pupils from armed forces families were more likely to have been offered drugs and to be sexually active.

# Primary school pupils in Year 2

(aged 6 - 7 years) **Bold type indicates use of a table or chart.**

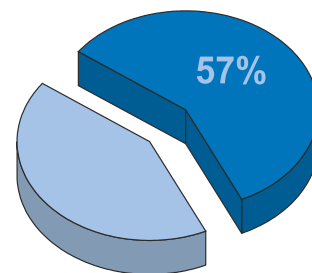
## BEING HEALTHY

- When asked about what they had before lessons on the morning of the survey, 83% responded that they had a drink, and 93% said that they had something to eat, while 2% said they had nothing before lessons.
- 26% of pupils responded that they go to a breakfast club at least 'sometimes'.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 65%; water 64%; milk 54%; vegetables 51%; sweets or chocolate 45%.
- The foods or drinks most commonly consumed 'never' were: brown bread 43%; Weetabix, Porridge, Muesli 29%; fizzy drinks 19%.
- 74% 'always' wash their hands after going to the toilet.**
- 78% cleaned their teeth at least twice on the day before the survey.  
60% have been to a dentist in the last year.



- After school on the day before the survey, the most common activities were: playing at home 67%; watching TV 71%; reading 44%.
- 68% of pupils responded that they have a set bedtime for nights when it's school the next day. 24% of pupils responded that someone usually reads them a bedtime story.
- 52% of pupils responded that they have a TV in their bedroom. 24% of pupils responded that they are allowed to watch TV after they have gone to bed.
- 97% use a computer/tablet or mobile device at home. 49% use it to help with schoolwork. 88% said they use it to play games.

- 57% say they know how to keep themselves safe on the Internet.**



- 94% have a bike, 90% have a scooter and 81% have a bike helmet; 44% 'always' wear a bike helmet when they use their bike or scooter.

## LEISURE

- We asked about leisure time activities. The percentages of boys and girls who said they did any of the items at least 'sometimes' after school or at weekends were:**

	Boys	Girls
Bike riding, roller skating, scooter, skateboarding	88%	90%
Going for a walk	85%	90%
Running (races or tag)	85%	84%
Swimming	84%	88%
Team games, like football or netball	80%	48%
Tennis	52%	41%
After school sports club	46%	40%
Judo, Karate, Tae kwon do etc.	36%	18%
Horse riding	20%	43%
Dancing/gymnastics	27%	75%

## SAFETY

- When asked about sun safety, the percentages of pupils responding that they do the following 'sometimes' or 'always' were:**

	Boys	Girls
Wear a hat	88%	86%
Wear long sleeves	56%	53%
Put on sun cream	87%	94%
Stay in the shade	69%	80%

- Overall, 69% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.
- 73% 'always' feel safe at school. 59% like being at school most of the time.
- 39% ever feel scared to be at school because of other children at least sometimes, while 22% feel scared to travel to school because of other children at least sometimes.

# Primary school pupils in Year 2 (aged 6 - 7 years)

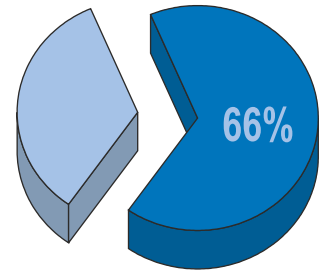
## EMOTIONAL HEALTH AND WELLBEING

- We asked a question about worries. The percentages of pupils who say they worry 'most days' about different issues were:

	Boys	Girls
School-work	23%	18%
Being ill	26%	29%
Friendships	28%	29%
Family	38%	37%
The way you look	21%	25%

- When asked who they would turn to for support when upset or worried about the issues listed above, **adults at home** were pupils main source of support. Pupils who were worried or upset about school were more likely to turn to teachers.

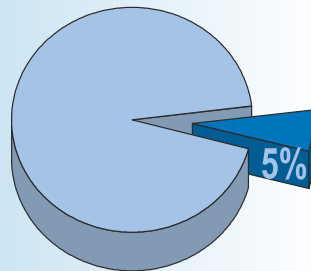
- **66% of pupils responded that they worry about at least one issue 'most days'.**



# Primary school pupils in Year 6 (aged 10 - 11 years)

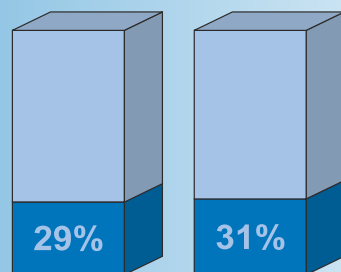
## HEALTHY EATING

- **5% had nothing to eat or drink for breakfast on the day of the survey.**



- 80% of pupils responded that they had a drink before lessons on the morning of the survey.
- 88% said that they had something to eat before lessons on the morning of the survey.

## Five-a-day

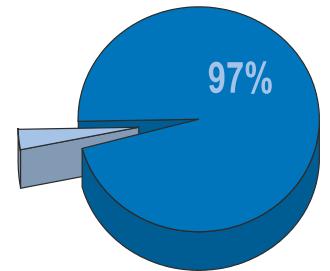


- **29% of boys and 31% of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.**

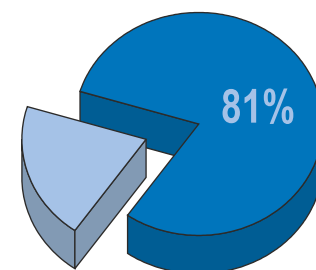
- 8% of boys and 4% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

## Drinks

- **97% of pupils responded that they can get water at school, while 2% said 'not easily'.**



- 44% of pupils responded that they can get water from the canteen/dinner room at school; 62% said they can get it from their own drinking bottle.



- **81% of pupils responded that they drink water 'every day or most days'; 8% said the same of fizzy drinks (not low-calorie).**

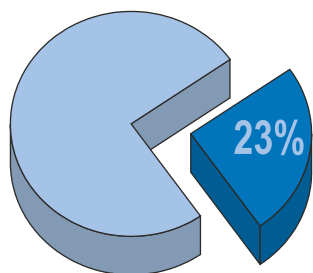
- 21% of pupils responded that they 'rarely or never' drink milk; 61% said the same of energy drinks.
- 68% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% have found them 'not at all' useful and 6% couldn't remember having any.



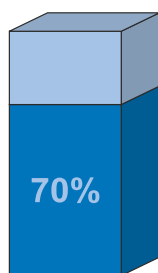
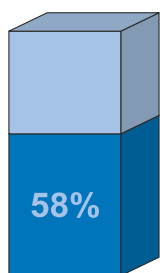
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

- 23% of pupils said they worried about family 'quite often' or 'very often' and 18% said they worried about falling out with friends.



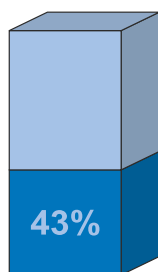
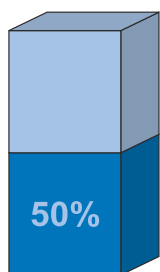
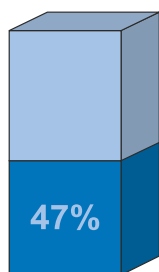
- 64% [58% of boys and 70% of girls] of pupils said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



- 57% of pupils responded that they would talk to an adult at home if they were worried or upset about school, while 19% said they would talk to a teacher or other adult at school.

- 53% of pupils responded that they talk to someone when they have a problem or are feeling stressed.

- 47% (50% of boys and 43% of girls) of pupils scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 1% of pupils had a low score (12 - 23).

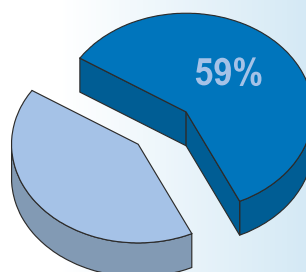
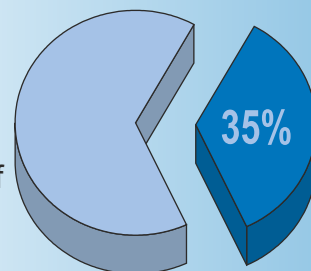


- 46% of pupils responded that they have found school lessons about emotional health and wellbeing (SEAL) 'quite' or 'very' useful, while 7% have found them 'not useful' and 24% couldn't remember any.

## Resilience

- 74% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 48% said they ask for help.

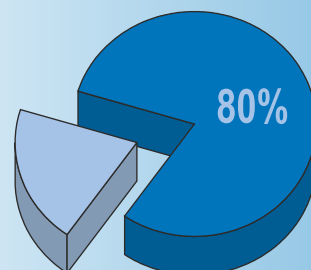
- We calculated an overall measure of resilience from a group of related items. 17% of pupils had a low measure of resilience (0 - 19). 35% of pupils had a high measure of resilience (26+).



- 59% of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

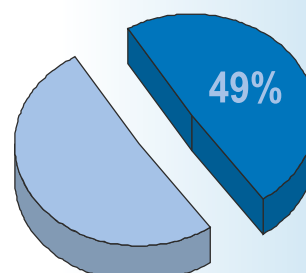
## Puberty and growing up

- 80% of pupils responded that they feel they know enough about how their body changes as they get older, while 4% feel they don't know enough.



- 34% of pupils responded that they feel 'happy' about growing up and body changes, while 3% of pupils responded that they feel 'unhappy' about growing up and body changes.

- 15% of boys and 28% of girls reported that they worry about the way they look.

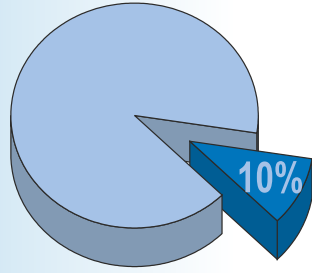


- 49% of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

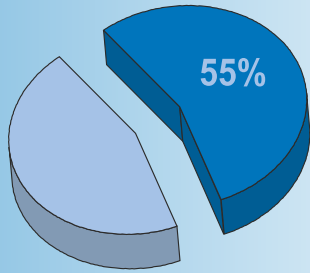
**PRIMARY  
DRUGS, ALCOHOL AND TOBACCO**

**Drugs**

- 10% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs.

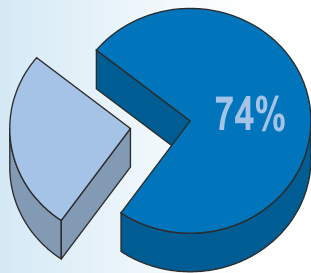


- 55% of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful', while 8% have found them 'not at all' useful and 20% couldn't remember any.

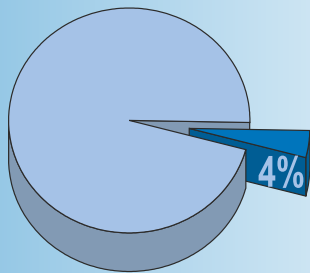


**Alcohol**

- 74% of pupils reported that they never drink alcohol and 20% of pupils drink only with their parents' knowledge.



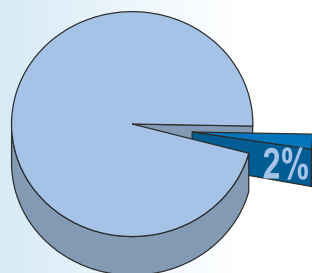
- 4% of boys and 1% of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.



- 51% of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

**Tobacco**

- 2% say they have tried smoking in the past or smoke now.

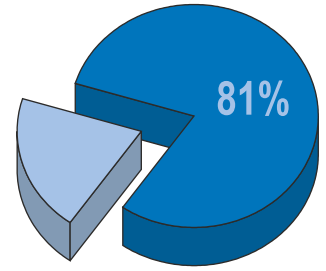


- <1% said they smoked at least one cigarette in the week before they survey.

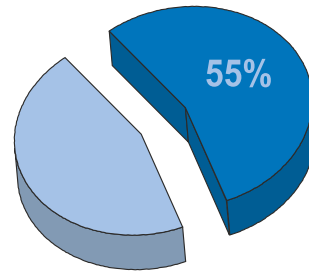
- 52% of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

**PHYSICAL ACTIVITY**

- 81% of pupils [86% of boys and 77% of girls] reported that they enjoy physical activities 'quite a lot' or 'a lot'.

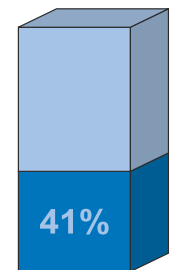
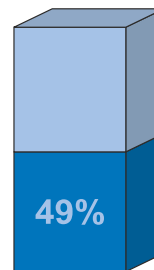


- 43% said that they exercised enough to breathe harder and faster five times or more in the last week. 5% said they didn't at all while 6% said only once.



- 55% said they do 5 or more hours of physical activity in a typical week.
- 2% of pupils said that they don't do a single hour of physical activity in a typical week.

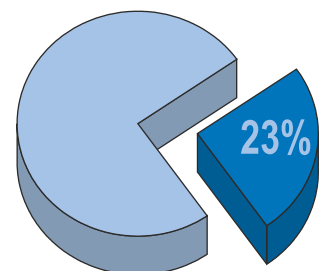
- 45% of pupils (49% of boys and 41% of girls) said that they played sports or did exercise after school on the day before the survey.



- 78% of pupils responded that they have found school lessons about physical education at least 'quite useful', while 4% found them 'not at all' useful and 3% couldn't remember any.

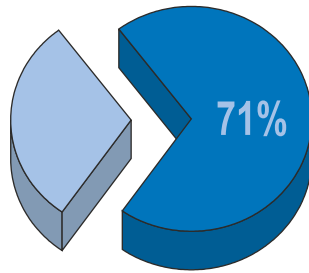
- 95% (93% of boys and 97% of girls) of pupils responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.

- 87% said they play running/skipping games/tag and 76% said they play ball games. 23% said they read quietly at playtime.



## HEALTH AND HYGIENE

- 71% of pupils responded that they washed their hands before lunch on the day before the survey. 10% said they are 'not sure' if they did.

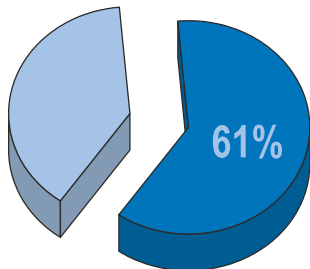


### Dental health

- 92% of pupils responded that they have been to the dentist in the last year, while 7% said they last went more than a year ago and 1% have never been.

### Sun safety

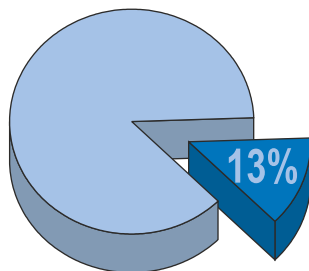
- 8% of pupils responded that they 'never' do anything to avoid sunburn.



- 61% of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

## STAYING SAFE

- 35% of pupils reported that they had an accident in the twelve months before the survey that was treated at a clinic or at a hospital.
- 91% of pupils responded that they 'always' feel safe at home and 79% said they 'always' feel safe at school.
- 24% of pupils reported that they were approached by an adult who scared/upset them. 13% said they knew this adult (i.e. not a 'stranger').



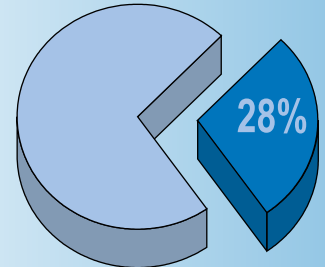
### Internet safety

- 8% of pupils responded that they communicate with people they have met online and don't know in real life.
- 17% of pupils responded that they communicate with people online by posting things that lots of people can see and 33% said they communicate with people using picture/video sharing sites/apps.

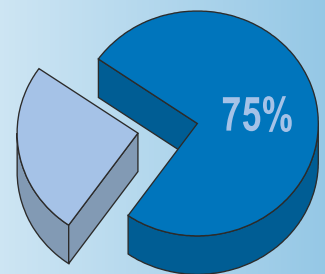
- 6% of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 30% of pupils responded that they are 'never' supervised when using the Internet at home, 23% of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.

### Bullying

- 28% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.



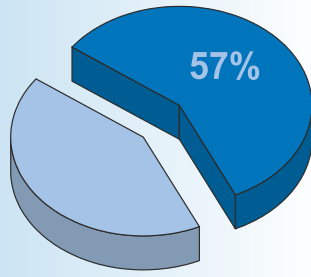
- 21% of pupils said that they were bullied at or near school in the 12 months before the survey, while 4% said that that they bullied another pupil in the same period.
- 23% of pupils responded that they were teased/made fun of at least a 'few times' in the month before the survey, while 22% said they had been called nasty names and 10% said they had been called 'gay'.
- 20% of pupils responded that they were pushed/hit for no reason in the month before the survey, while 7% said they had belongings taken/broken.
- 75% of pupils responded that they think their school takes bullying seriously, while 8% think it doesn't take it seriously.



- 70% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 9% said that bullying is not a problem in their school.
- 61% of pupils responded that they have found school lessons about bullying at least 'quite useful', while 11% have found them 'not at all' useful and 9% couldn't remember any.
- 62% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

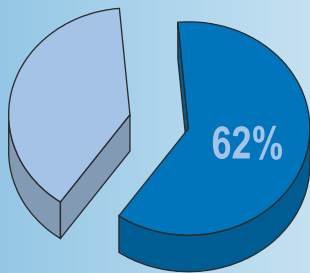
**PRIMARY  
LEISURE**

- 57% watched some TV on the evening before the survey.
- 55% played with friends or siblings on the evening before the survey. 59% of the boys played computer games.
- 16% of boys and 18% of girls spent time doing homework on the evening before the survey.



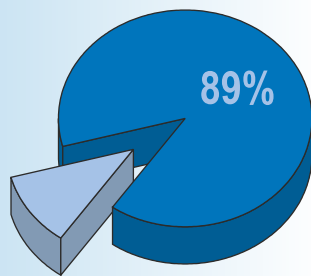
**Pupils' voice**

- 62% of pupils think their ideas and opinions are asked for in school.
- 33% said their views are asked for by talking to teachers and 44% said through the school/class council.
- 39% of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.



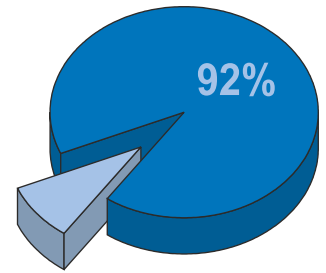
**BACKGROUND**

- 89% of pupils responded that they are White British.
- 68% of the pupils in this survey live with both parents together.
- 6% of pupils get free school meals or vouchers for school meals. 11% said they were 'not sure'.
- 5% of pupils have a parent or carer in the armed forces.
- 2% say their parent or carer has been away on operations in the last 12 months.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.22.



**SCHOOL**

- 92% of pupils think it is important to go to school regularly.
- 25% of boys and 36% of girls reported that they worried about moving on to secondary school.



**Pupil Perceptions**

A series of statements were offered to pupils about their school experience, in connection with the Young and Yorkshire outcome areas.

- The percentage of pupils responding 'yes' were:

	Boys	Girls
The school cares whether I'm happy or not	70%	72%
My work is marked so I can see how to improve it	90%	91%
Adults at school talk to me about how to improve my work	84%	84%
I know my next steps in learning and what I need to do to improve	78%	80%
My achievements in and out of school are recognised	62%	61%
The school teaches me how to deal with my feelings positively	62%	58%
The school helps me work as part of a team	78%	79%
In this school, people with different backgrounds are valued	71%	72%
The school encourages everyone to take part in decisions	76%	78%
The school encourages me to contribute to community events	64%	61%
The school prepares me for when I leave this school	84%	85%
The school encourages everyone to treat each other with respect	88%	91%
My teachers realise when I don't understand	64%	63%
The school encourages me to attempt difficult work	79%	77%
The school tells me it's OK to make mistakes	84%	84%

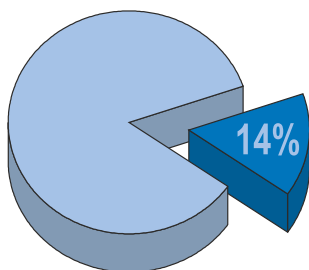


# Secondary school pupils in Years 8 & 10

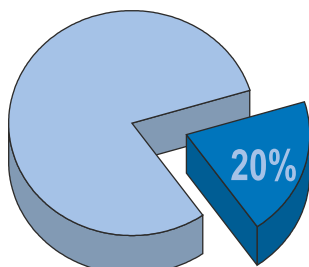
(aged 12 - 13 and 14 - 15 years)

## HEALTHY EATING

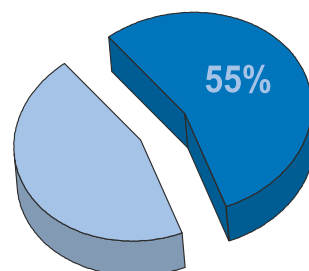
- 14% had nothing to eat or drink before lessons on the day of the survey.
- 71% of pupils had a drink before lessons on the day of the survey, 73% responded that they had something to eat.
- 6% of pupils in the survey had no lunch on the day before the survey. 85% had a drink and 89% had something to eat.
- 9% of pupils responded that they ate at least 5 snacks on the day before the survey.
- 2% of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



- 20% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 8% had none at all.



- 78% of pupils responded that they can get water at school, while 20% said 'not easily'.
- 55% of pupils found school lessons about healthy eating 'quite' or 'very' useful.



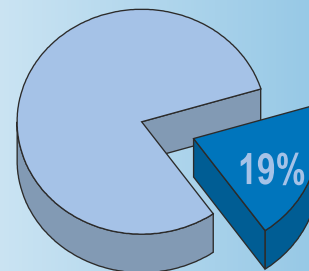
## Diet

- 26% say they never worry about how much they eat; 16% say they are often or always careful with their diet.
- 31% of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.

## DRUGS, ALCOHOL AND TOBACCO

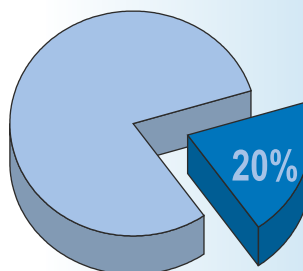
### Drugs

- 19% of pupils have been offered cannabis.
- 8% of pupils responded that they have been offered other drugs (not cannabis).
- 4% of pupils said they took some form of illegal drug in the month before the survey. The most commonly taken drug was cannabis, with 12% of Year 10 pupils ever having taken it. The next most common drug type was New Psychoactive Substances, with 2% of Year 10 pupils ever having taken it.



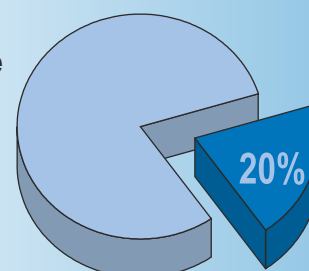
### Alcohol

- 20% had at least one alcoholic drink in the week before the survey.
- 46% of pupils said that they never drink alcohol.



### Tobacco

- 20% say they have tried smoking in the past or smoke now.
- 4% of pupils smoked at least one cigarette in the week before the survey.
- 5% say they smoke 'regularly' or 'occasionally'; 45% of those who smoke 'regularly' would like to give up smoking.
- 32% of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 21% said they do so at least 'once or twice a week'.
- 5% of pupils responded that they have 'never heard of' electronic cigarettes or 'e-cigarettes'. 27% of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'; 3% said they use one 'regularly'.



**SECONDARY**

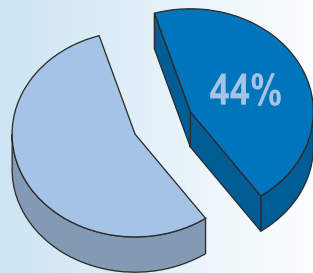
**EMOTIONAL HEALTH AND WELL-BEING**  
*Worries*

- ❑ The most common worries were ('often' or 'all the time'):

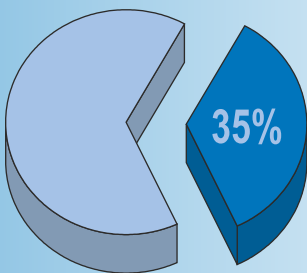
Boys		Girls	
Exams and tests	31%	Exams and tests	53%
School work	18%	The way you look	50%
The way you look	18%	Family problems	38%

- ❑ 66% of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

- ❑ **44% of pupils responded that if they would like more information about any of the issues listed, they would like to get it from their parents/carers,** while 4% said they would like the information from school lessons and 8% would like to find out on the Internet.



- ❑ When they have a problem or feel stressed 47% of pupils said they would talk to someone about it and 35% of pupils said they would think about it on their own. 7% of pupils responded that they cut or hurt themselves.

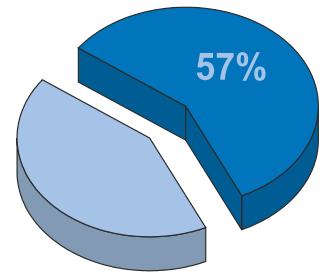


- ❑ **35% of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.**

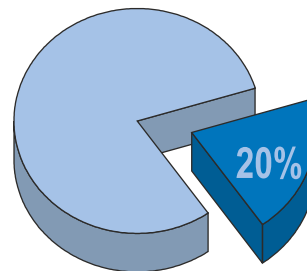
**Resilience**

- ❑ 51% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 29% said they get upset and feel bad for ages.

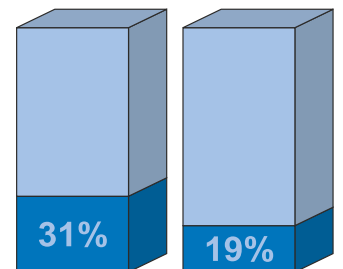
- ❑ **57% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do,** while 43% ask for help and 12% give up.



- ❑ We calculated an overall measure of resilience from a group of related items. 35% of pupils had a low measure of resilience (0 – 19).
- ❑ **20% of pupils had a high measure of resilience (26+).**



- ❑ **25% of pupils (31% of boys and 19% of girls) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.**



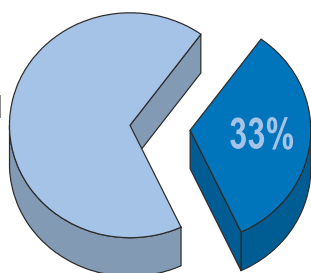
- ❑ 5% of pupils scored low (7 – 13) on the SWEMWB Scale.

**MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)**

- ❑ 57% of pupils responded that they are asked for their opinions about what they learn in school; 43% said their opinions make a difference.
- ❑ 51% of pupils responded that they are asked for their opinions about how they learn in school; 48% said their opinions make a difference.
- ❑ 49% of pupils responded that they are asked for their opinions about the school environment; 48% said their opinions make a difference.
- ❑ 31% of pupils responded that they are asked for their opinions about their community; 36% said their opinions make a difference.
- ❑ 45% of pupils have had the chance to vote for school/college council members. 35% of pupils have had the chance to be a member of a school council or local youth council.

## SEXUAL HEALTH AND RELATIONSHIPS

- 52% believe there is a sexual health service for young people available locally. 31% of pupils said they know where they can get condoms free of charge.



- 33% of pupils found school lessons about sex and relationships 'quite' or 'very' useful.

- 36% responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 24% said the same about school lessons covering the topic of different relationships e.g. lesbian, gay, bisexual, trans.

### Sexual relationships: Year 10 only

- There was a series of questions that were asked only of Year 10 pupils. Firstly, they were asked about their sexual experience: 4% of Year 10 respondents are in a relationship and thinking about having sex.
- 10% of Year 10 pupils have had a sexual relationship in the past and 7% report that they are currently in a sexual relationship (that is, overall 17% have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 53% said 'yes' and 9% were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend:**

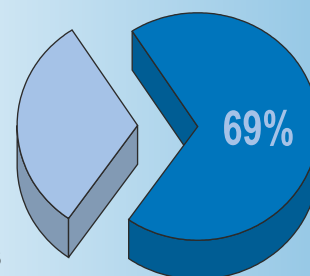
Year 10	Overall
Used hurtful or threatening language to me	10%
Was angry or jealous when I wanted to spend time with friends	20%
Kept checking my phone	12%
Threatened to tell people things about me	7%
Threatened to hit me	4%

- 49% of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 60% responded that they would know where to get help.

## PHYSICAL ACTIVITY

- 58% said they enjoy general physical activities 'quite a lot' or 'a lot', while 68% said the same about team sport and 55% about individual sport.

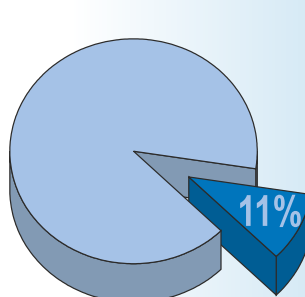
- 69% said they find it 'quite' or 'very' easy to be as physically active as they like.



- 53% said that they do five or more hours of physical activity in a typical week.

## BACKGROUND

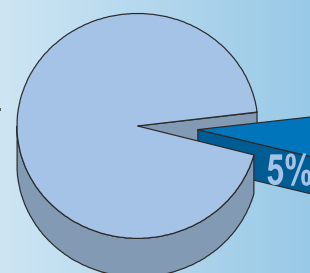
- 89% of pupils describe themselves as White British.
- 65% of the pupils in this survey live with both parents together.
- 6% of pupils have free school meals.



- 7% of pupils have a special educational need or learning difficulty.
- 11% of pupils have a disability or long-standing illness.

### Service families

- 5% of pupils report they have a parent/carer who is in the armed forces.
- 35% of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.

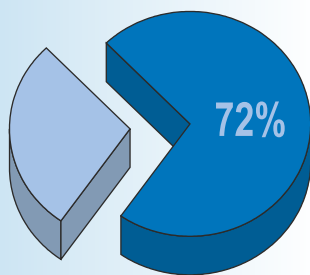


- 1% of pupils from service families would welcome access to a counsellor when they are worried, and would generally prefer to see such a counsellor in private at school.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.23.**

## SECONDARY

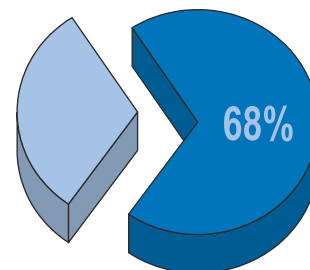
### ENJOYING AND ACHIEVING

- ❑ 72% of pupils report enjoying at least half of their school lessons.
- ❑ 42% of boys and 49% of girls said they want to continue in full time education at the end of their course.
- ❑ 46% of boys and 42% of girls said they wanted to find a job as soon as possible.
- ❑ 58% of pupils responded that they intend to apply for University in the future, while 31% said they are 'not sure' if they do.
- ❑ 18% of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 51% said they haven't had enough information and guidance.



### Homework

- ❑ 68% of pupils did homework on the evening before the survey. 26% reported they did more than an hour.
- ❑ The school lessons most often described 'quite' or 'very' useful (not already listed in the report) were those about drugs (58%), prejudice, discrimination and bullying (55%) and religious education (49%).



### LEISURE AND WORK

- ❑ 75% responded that they had spent some time the night before the survey talking/texting on the 'phone'.
- ❑ 85% watched some TV, DVD or online videos the previous night and 14% watched for over 3 hours.
- ❑ 25% of the pupils in this survey have a regular paid job.

### Pupils Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Young and Yorkshire outcome areas.

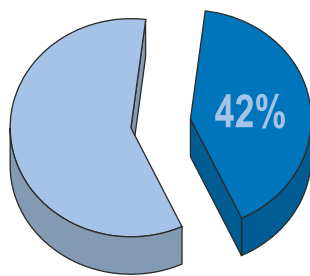
#### The percentage of pupils responding 'yes' were:

	Male	Female
The school cares whether I am happy or not	49	49
My work is marked so I can see how to improve it	81	78
Adults at school talk to me about how to improve my work	72	66
I know my next steps in learning and what I need to do to improve	64	55
My achievements in and out of school are recognised	42	37
The school teaches me to deal with my feelings positively	36	33
The school helps me work as part of a team	55	58
In this school people with different backgrounds are valued	63	66
The school encourages everyone to take part in decisions	63	63
I have chances to discuss sensitive issues in class e.g. extremism	41	37
The school encourages me to contribute to community events	42	37
The school prepares me for when I leave this school	62	57
The school encourages everyone to treat each other with respect	82	80
My teachers realise when I don't understand	42	35
The school encourages me to attempt difficult work	76	76
The school tells me it's OK to make mistakes	68	65
I am prepared to try something I am not used to or not so good at	69	60
I have the opportunity to use things I have learnt in different situations	58	50
Sometimes I have a choice of different ways to learn about something	49	48
At school, I am encouraged to try different ways to do things	55	54
❑ Young people who are from ethnic minorities and/or are worried about being different in culture or religion are more likely to <b>disagree</b> that 'In this school people with different backgrounds are valued'.		



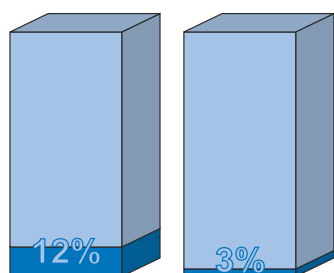
## STAYING SAFE

- 42% said they were treated for an accident at a clinic or hospital in the twelve months before the survey.
- 2% of pupils report they 'often' or 'very often' carry weapons for protection when going out. We asked what weapons if any that they carry; 4% of pupils doing the paper version of the survey said they carry a weapon with a blade.
- 8% reported that they were a victim of violence or aggression in the area where they live, in the twelve months before the survey.



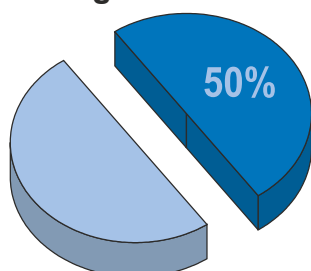
## Bullying

- 20% of pupils said that they had been bullied at or near school in the last 12 months.
- 27% of pupils responded that they have been pushed/hit for no reason in the last month. Other common negative behaviours were being teased/made fun of 41%, being called gay 18%, and being called nasty names 33%.
- 22% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 17% said they experienced such behaviour during lesson time.



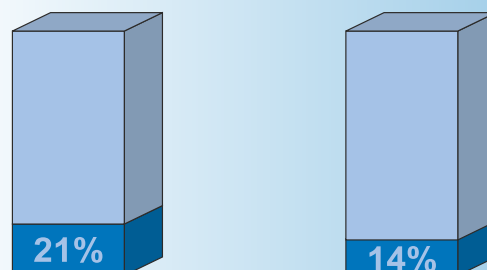
- 12% of pupils said they are picked on because of their size or weight, while 3% say it's because of their colour, race or religion.

- 50% of pupils reported that they think their school deals with bullying well.



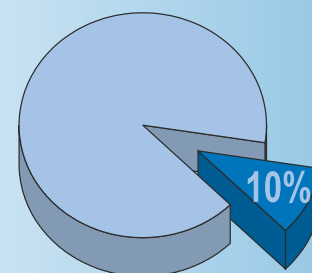
## Internet safety

- 93% of pupils responded that they communicate with friends and family they know in real life online.
- 18% of pupils (21% of boys and 14% of girls) responded that they communicate with people they have met online and don't know in real life.

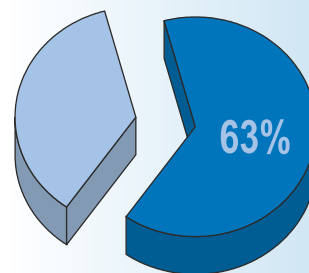


- 50% of pupils responded that they communicate with people online by posting things that lots of people can see and 56% said they communicate with people using picture/video sharing sites/apps.

- 10% of pupils responded that they have seen pictures, videos or games with violence they found upsetting online.



- 16% of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).
- 6% said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about doing so.
- 12% of pupils responded that they worry about keeping safe on the Internet, email and using mobile phones 'often' or 'all the time'.



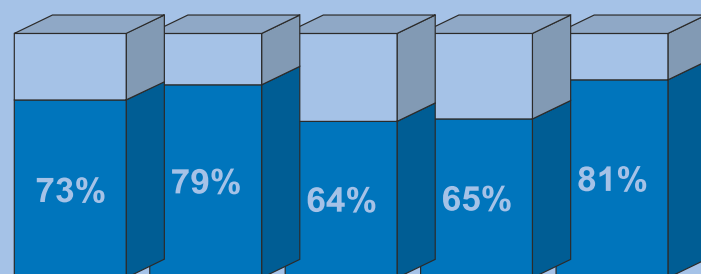
- 63% of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.

# Growing up in North Yorkshire

- These facing pages give some figures to show, side by side, selected figures from each year group in the study.
- The questions used in each version of the questionnaire (Y2, Y6 and Y8/10/12) may be worded differently, but we have tried hard to pick questions which have similar intent.

**All figures are percentages.**

	Year 2	Year 6	Year 8	Year 10	Year 12
Eat 5-a-day		30	20	19	15
Nothing to eat or drink for breakfast	2	5	13	16	25
Ever tried smoking		2	10	30	42
Drank alcohol last week		3	10	30	54
7+ hours exercise/ last week (Y12: 'typical' week)		34	30	32	20
Watched TV last night	71	57	86	85	



Always feel safe at school / college	73	79	64	65	81
Afraid to go to school because of other children/bullying	39	28			
Bullied at or near school/college in the last 12 months		21	23	17	10
Had accident last year		35	44	40	19
High resilience score		35	22	18	15
The school/college encourages everyone to treat each other with respect		89	84	78	85
I know my next steps in learning and what I need to do to improve		79	61	58	70
Pupils' views make a difference in the school environment		48	52	44	64
Wash hands (Y6: before lunch yesterday)	74	71			
At least 'usually' take precautions against sunburn	69	61			
Communicate with people who they have never met in real life online (Y2: 'have friends online')	17	8	14	20	38
Have sent personal information online to someone which they wished they hadn't or had thought more about.		2	4	9	11

# Deprivation in North Yorkshire

- National Census information is used to create an index of multiple deprivation (IMD), composed of such items as income, education, crime, health and crowding. The average IMD score has been calculated for each of the 32,844 Lower-layer Super Output Areas (LSOAs) in England; once sorted, the list of LSOA scores was divided into fifths (quintiles).
- Each of the million or so postcodes in England can thus be matched with an LSOA, then assigned an IMD score and a deprivation quintile. The IMD quintile has been assigned to children providing a valid postcode; this was 70% of the primary school sample and 60% of the secondary school sample.

<b>All figures are percentages, and from the KS3/4 study.</b>	<b>Most deprived</b>	<b>2nd</b>	<b>3rd</b>	<b>4th</b>	<b>Least deprived</b>	
<b>Total Sample (Count)</b>	<b>230</b>	<b>566</b>	<b>904</b>	<b>1,804</b>	<b>1,452</b>	
Intend to apply for university in the future? Yes	42%	50%	55%	60%	64%	
Careers Education at least 'quite useful'	54%	49%	43%	46%	46%	
Young carers	11%	8%	5%	4%	3%	
Adults at school talk to me about how to improve my work	69%	80%	82%	82%	84%	
In this school people with different backgrounds are valued	54%	60%	65%	69%	68%	
The school encourages everyone to take part in decisions	55%	60%	65%	68%	67%	
The school prepares me for when I leave this school	58%	59%	61%	64%	62%	
The school encourages everyone to treat each other with respect	73%	76%	81%	85%	85%	
The school encourages me to attempt difficult work	66%	71%	76%	80%	80%	
Always feel happy at school	23%	24%	34%	34%	35%	
Always feel safe at school?	54%	57%	67%	67%	69%	
Always feel safe going to and from school?	68%	69%	77%	76%	80%	
Always feel safe being outside where you live?	67%	65%	79%	79%	82%	
Always feel safe at home?	87%	88%	88%	91%	92%	
Victim of violence or aggression in the area where you live last year	13%	13%	9%	7%	6%	
Called nasty names last month	40%	40%	34%	32%	31%	
Ever tried smoking	70%	76%	82%	83%	84%	
Exposed to cigarette smoke at home	29%	17%	11%	8%	6%	
Have been offered cannabis	20%	20%	16%	16%	16%	
Ever taken cannabis	8%	7%	5%	6%	5%	

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row. Most of these results show undesirable contrasts between the most and least deprived quintiles. Schools do seem to be doing well with the Careers Education of the most deprived pupils.

## Changes in North Yorkshire since 2014 - Year 2

### MORE likely in 2016...

- To say they eat vegetables on 'most days' (48% in 2014 vs 51% in 2016)
- To have watched TV after school on the day before the survey (64% in 2014 vs 71% in 2016)
- To go for a walk at least 'sometimes' after school or at weekends (84% in 2014 vs 87% in 2016)

### LESS likely...

- To say they cleaned their teeth at least twice on the day before the survey (80% in 2014 vs 78% in 2016)
- To say they 'always' wash their hands after visiting the toilet (76% in 2014 vs 74% in 2016)

All differences shown are statistically significant.

## Changes in North Yorkshire since 2014 - Year 6

### MORE likely in 2016...

- To say they can 'usually or always' say no when a friend wants them to do something they don't want to do (52% in 2014 vs 62% in 2016)
- To have been feeling or thinking that lots of people care about them over the past couple of weeks (63% in 2014 vs 72% in 2016)
- To drink water 'every day or most days' (74% in 2014 vs 81% in 2016)
- To have had an accident in the last 12 months which was treated at a clinic or hospital (27% in 2014 vs 35% in 2016)
- To feel they know enough about how their body changes as they get older (74% in 2014 vs 80% in 2016)

### LESS likely...

- To feel 'happy' about growing up and body changes (47% in 2014 vs 34% in 2016)
- To worry 'quite' or 'very' often about SATs/tests (35% in 2014 vs 24% in 2016)
- To worry 'quite' or 'very' often about moving on to secondary school (38% in 2014 vs 31% in 2016)
- To communicate with people they have met online and don't know in real life (13% in 2014 vs 8% in 2016)
- To have played sport after school on the day before the survey (52% in 2014 vs 45% in 2016)
- To say they are 'never' supervised when using the Internet at home (35% in 2014 vs 30% in 2016)

## Changes in North Yorkshire since 2014 - Years 8/10

### MORE likely in 2016...

- To have had the chance to take part in a mock general election (10% in 2014 vs 35% in 2016)
- To rate school lessons about smoking education 'quite' or 'very' useful (48% in 2014 vs 55% in 2016)
- To rate school lessons about alcohol education 'quite' or 'very' useful (48% in 2014 vs 55% in 2016)
- To say when something goes wrong they 'usually' or 'always' get upset and feel bad for ages (23% in 2014 vs 29% in 2016)
- To have at least tried electronic cigarettes (22% in 2014 vs 27% in 2016)
- To live with their Mum and Dad together (62% in 2014 vs 65% in 2016)
- To have spent time doing homework after school on the day before the survey (65% in 2014 vs 68% in 2016)

### LESS likely...

- To worry about at least one of the issues listed 'often' or 'all of the time' (76% in 2014 vs 67% in 2016; wording changed)
- To say they have experienced negative behaviour during lesson time in the month before the survey (23% in 2014 vs 17% in 2016)
- To know where they can get condoms free of charge (39% in 2014 vs 31% in 2016)
- To say when something goes wrong they 'usually' or 'always' learn from it for next time (57% in 2014 vs 51% in 2016)
- To have smoked in the past or smoke now (23% in 2014 vs 20% in 2016)
- To communicate with people they have met online and don't know in real life (22% in 2014 vs 18% in 2016)



## Changes 2006-2016

Question	Response	2006	2008	2010	2012	2014	2016	
<b>Year 2</b>								
Fish/fish fingers	On most days			31%	24%	20%	23%	
Chips/roast potatoes	On most days			43%	37%	30%	35%	
Do something to stop sunburn	Always			82%	83%	70%	69%	
Like being at school	Most of the time			53%	61%	58%	59%	
<b>Year 6</b>								
Diet' Low-calorie drinks***	On most days	14%	12%	11%	6%	5%	6%	
I do not drink alcohol***		38%	40%	47%	47%	83%	74%	
Know a drug user	Fairly sure/certain	22%	20%	14%	12%	10%	10%	
Know enough about growing up		67%	67%	63%	69%	74%	80%	
Accidents in last 12 months		33%	31%	31%	29%	27%	35%	
Bullied someone else at school Last 12 months		11%	8%	7%	5%	4%	4%	
Approached by an adult who scared/upset you		31%	31%	28%	27%	24%	24%	
Did homework after school yesterday		15%	17%	19%	20%	22%	17%	
<b>Year 8</b>								
Enjoy all/most lessons at school		35%	40%	38%	45%	48%	45%	
Lessons about SRE	Quite/very useful	30%	31%	34%	39%	38%	32%	
Computer games last night		50%	55%	58%	51%	49%	49%	
Voting for School/College Council members				52%	45%	39%	42%	
I never drink alcohol		29%	29%	36%	43%	58%	61%	
I have never smoked a cigarette at all, not even a puff		73%	74%	84%	85%	88%	89%	
<b>Year 10</b>								
Enjoy all/most lessons at school		37%	38%	40%	43%	40%	45%	
Met with friends last night		50%	51%	54%	47%	41%		
Regular paid term-time job		54%	47%	38%	34%	35%	35%	
Voting for School/College Council members				54%	49%	45%	47%	
I never drink alcohol		12%	14%	16%	20%	28%	30%	
I have never smoked a cigarette at all, not even a puff		49%	52%	55%	61%	66%	70%	
Ever offered cannabis		37%	35%	31%	28%	27%	29%	
Ever taken cannabis		22%	18%	16%	12%	12%	12%	
Know of a sexual health service for young people locally ***		20%	20%	34%	33%	32%	59%	
Worry about Exams and tests***	Often/all the time	49%	46%	53%	56%	57%	52%	

\*\*\* Wording changed over time in this survey

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row.

## The smallest primary schools in North Yorkshire

Primary schools were assigned to either the group of smaller schools or the group of larger ones, and the groups compared, looking for significant differences. The main findings are listed below.

Pupils from **smaller** schools were MORE likely to:

- ❑ **wash their hands before lunch on the day before the survey.\***
- ❑ **at least 'sometimes' play ball games like football or netball during school outdoor breaktimes.\***
- ❑ **feel their views and opinions are asked for during circle time in school.\***
- ❑ **eat at least 5 portions of fruit and vegetables on the day before the survey.**
- ❑ **played sport/did exercise after school on the day before the survey.**

- ❑ **found school lessons 'quite' or 'very' useful about medicines and drugs, alcohol, smoking and emotional health and wellbeing (SEAL).**
- ❑ **do at least five hours of physical activity in a typical week.**

**bold** = positive result

\* a similar finding was found in 2014

## Findings from the pilot sixth-form/college survey

- ❑ A questionnaire was devised for use in sixth forms and in further education colleges. 247 students from 2 sixth forms and 1 college completed the pilot Y12 questionnaire. Key findings included:

### Positive findings

- ❑ 86% responded that adults at school/college talk to them about how to improve their work; 86% said their teachers offer support when they don't understand.
- ❑ 81% always feel safe in school/college.
- ❑ 85% have had the chance to vote for School/College Council members.

### Emerging issues

- ❑ 21% found lessons about emotional health and wellbeing quite or very useful and 27% said the same of lessons about citizenship.
- ❑ 7% have been the victim of violence or aggression in the area where they live in the last 12 months and 6% carry weapons or something for protection when going out 'at least sometimes'.
- ❑ 50% said their school/college deals with bullying 'well enough' or 'very well'.
- ❑ 38% communicate with people they have met online but not met face-to-face.
- ❑ 19% responded that they have experienced someone writing or showing them things online to hurt or upset them, while 11% said they sent personal information to someone, then wished they hadn't or had thought more about it.
- ❑ 34% of students had a low measure of resilience.
- ❑ 25% had nothing to eat or drink before lessons on the day of the survey.
- ❑ 44% worry about the way they look often or all the time.
- ❑ 54% of students had an alcoholic drink in the last 7 days and 42% of students have smoked in the past or smoke now. 32% have tried electronic cigarettes.
- ❑ 48% have been offered cannabis and 21% of students have taken at least one of the drugs listed in the questionnaire.
- ❑ 41% are in a sexual relationship or have been in the past.

## Findings from the survey of pupils in special schools

- ❑ A questionnaire was devised in consultation with staff in special schools for the 2016 survey. The survey was completed by pupils between Y2 and Y14.

### Positive findings

- ❑ 79% of pupils responded that their school cares whether they are happy or not.
- ❑ 71% know their next steps in learning and what they need to do to improve.
- ❑ 78% responded that their school prepares them for when they leave school.
- ❑ 74% of pupils rated the lessons they have about keeping themselves safe as good.
- ❑ 72% of pupils responded that their school deals with bullying well.
- ❑ 85% have been told how to keep themselves safe online.

### Emerging issues

- ❑ 50% of pupils said they were called nasty names at least sometimes in the month before the survey; 48% said they were pushed/hit.
- ❑ 22% sometimes communicate online with people that they have not met in real life.
- ❑ 24% of Year 10+ pupils responded that they would at least 'sometimes' put up with a boyfriend or girlfriend who was nasty to them.

## Gender differences in North Yorkshire

### BOYS are more likely to...

### GIRLS are more likely to...

#### Year 2

- Be allowed to watch TV after they have gone to bed* \*

- Like being at school
- Wash their hands after going to the toilet whenever possible\* and clean their teeth at least twice the day before the survey \*
- Eat fresh fruit and veg on 'most days' \*

#### Year 6

- Take exercise last week, play ball games at playtimes and do sport after school \*
- Feel happy about body changes \*
- Attain high/maximum wellbeing scores\*
- Had an accident last year \*
- Drink energy drinks \*

- Worry about moving to secondary school \* (and other issues)
- Feel their opinions make a difference at school \*
- Take care to avoid sunburn \*
- Never drink alcohol
- Find lessons about body changes 'useful'

#### Year 8/10

- Play computer games \*
- Enjoy and practise physical activities \*
- Attain high/maximum wellbeing scores \*
- Attain high/maximum resilience scores \*

- Worry about how they look \* (and other issues)
- Want to lose weight \*
- Skip breakfast \*
- Report self-harm when stressed \*

KEY: **bold** = positive result, *italic* = negative result \* Repeats a finding seen in 2014

## Differences between North Yorkshire and a reference sample

	North Yorkshire			Reference Sample		
	Year 6	Year 8	Year 10	Year 6	Year 8	Year 10
<b>Males</b>	2121	2069	1925	4731	4251	3436
<b>Females</b>	2144	2040	1890	4625	4062	3161
<b>Total*</b>	4431	4195	3899	9527	8814	7250

\* some pupils did not give male/female

The reference samples were large samples of primary and secondary pupils from Cambridgeshire, Hertfordshire and Somerset, large Shire counties which also carried out surveys in the summer of 2016. Not all items could be compared.

Primary Higher in North Yorkshire		Secondary Higher in North Yorkshire
<input type="checkbox"/> White British**	<input type="checkbox"/> <i>Accident last year</i>	<input type="checkbox"/> White British**
<input type="checkbox"/> Get water at school	<input type="checkbox"/> School takes bullying seriously	<input type="checkbox"/> More positive about school**
<input type="checkbox"/> Exercise at least 5x/week	<input type="checkbox"/> Asked for views at school	
<input type="checkbox"/> Ever drink alcohol	<input type="checkbox"/> More positive about school**	
<input type="checkbox"/> Know enough about puberty		

#### Lower in North Yorkshire

- Free School Meals
- 5-a-day
- Bullied at or near school last year

#### Lower in North Yorkshire

- Free School Meals

KEY: **bold** = positive result, *italic* = negative result

\* Repeats a finding seen in 2014

\*\* Repeats a finding seen in 2014 & 2012

# Equality Monitoring in North Yorkshire 2016

Information is collected about social identities among pupils in North Yorkshire. We have done some analysis to see if the behaviours we see among young people in our county are different if they are to be found under one of the social identity headings shown in the table to the right. We show the results for Year 6/10 pupils below.

Percentages in each year from social identity groups	Year 2	Year 6	Year 8	Year 10
Ethnic minority	9	9	10	10
Minority religion (non-Christian)	NA	1	3	3
Young carer	NA	4	5	3
Children in care	<1	<1	<1	1
Single-parent family	15	14	15	17
Special educational needs (SEN)	8	7	6	9
Disability or long-term illness	2	10	12	11
Free school meals	13	6	7	5
Armed forces family	4	5	6	5
Lesbian, gay or bisexual (LGB)	NA	NA	4	7
Transgender	NA	NA	<1	<1

Figures in tables on this page and opposite are percentages.

	Year 6 results									
	All	Ethnic minority	Minority religion**	Young Carer**	Children in care**	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family
	Sample size = 4431	363	62	184	19	611	309	429	278	203
Eat 5-a-day	30	31	29	27	28	<b>*25</b>	27	30	28	28
Ever tried smoking	2	<b>*5</b>	2	<b>*8</b>	11	3	4	2	<b>*6</b>	3
Drank last week	3	3	2	<b>*6</b>	5	<b>*5</b>	3	<b>*6</b>	3	5
7+ hours exercise/week	33	28	40	30	22	29	28	31	<b>*23</b>	30
High wellbeing score	47	50	48	<b>*32</b>	43	<b>*39</b>	<b>*39</b>	42	40	45
High resilience score	35	34	39	27	17	31	<b>*28</b>	31	34	35
Bullied at school last year	21	23	13	<b>*41</b>	26	<b>*28</b>	<b>*32</b>	<b>*27</b>	<b>*35</b>	24
Worry about health	11	<b>*16</b>	18	<b>*24</b>	5	<b>*15</b>	<b>*20</b>	<b>*19</b>	<b>*21</b>	15
Worry about moving on to secondary school	31	32	34	38	26	32	36	33	36	33
Had accident last year	35	33	24	<b>*45</b>	22	38	38	<b>*43</b>	39	39
The school encourages everyone to treat each other with respect	89	86	87	86	95	87	81	89	89	86
I know my next steps in learning and what I need to do to improve**	83	83	81	80	84	83	79	84	83	81
Pupils' views make a difference in school	87	85	91	86	89	86	92	90	86	82

# Equality Monitoring in North Yorkshire 2016

## Year 10

	All	Ethnic minority	Minority religion**	Young Carer	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family	LGB	Transgender**
	Sample size = 3899	383	105	129	22	665	334	424	193	187	271	23
Eat 5-a-day	19	17	18	24	32	16	18	19	14	17	22	20
Ever tried smoking	30	*38	29	38	45	*39	*41	34	*44	37	*44	45
Drank last week	31	28	21	24	27	32	36	32	*21	39	36	41
Ever offered drugs	31	*40	41	38	*59	*38	36	*37	34	*41	*44	32
Ever taken drugs	17	23	21	23	32	*22	21	*22	*23	20	*30	23
7+hours exercise/week	32	29	29	28	38	28	32	30	28	36	*22	40
High wellbeing score	24	23	23	*15	19	*18	21	*17	20	23	*14	14
High resilience score	17	21	18	15	19	*14	21	*12	*8	20	*11	5
Bullied at school last year	18	21	24	*32	23	*22	*35	*26	*28	22	*32	*39
Worry about money***	18	*24	24	*31	27	*28	*24	*23	*25	22	*32	23
Worry about being different***	6	*18	*24	9	14	7	9	*9	*10	8	*36	*36
Sexually active	17	*22	10	24	*40	*21	21	*21	21	*27	*31	*36
Know where to get free condoms	45	40	43	55	64	50	49	46	46	46	50	45
Had accident last year	41	42	38	*53	53	39	*48	45	37	43	38	53
Enjoy at least half of school lessons	71	67	68	68	68	64	62	71	63	65	64	57
Intend full-time education after course finishes***	55	61	*71	49	36	51	*38	57	*44	51	60	45
Term-time job	36	*28	26	42	18	34	41	36	32	33	29	48
The school encourages everyone to treat each other with respect	77	71	71	69	59	71	68	74	71	66	68	52
Adults at school talk to me about how to improve my work	69	65	72	65	64	63	63	66	63	67	62	61
I know my next steps in learning and what I need to do to improve**	57	53	56	56	50	*49	52	55	52	53	52	48
Pupils' views make a difference in school	56	52	51	55	55	53	53	54	56	58	43	61

**99\* Statistically significant difference.** That is, the difference compared with the whole year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the year group as a whole. Large differences will not always reach statistical significance in small samples.

\*\* New for the 2016 equalities analysis.

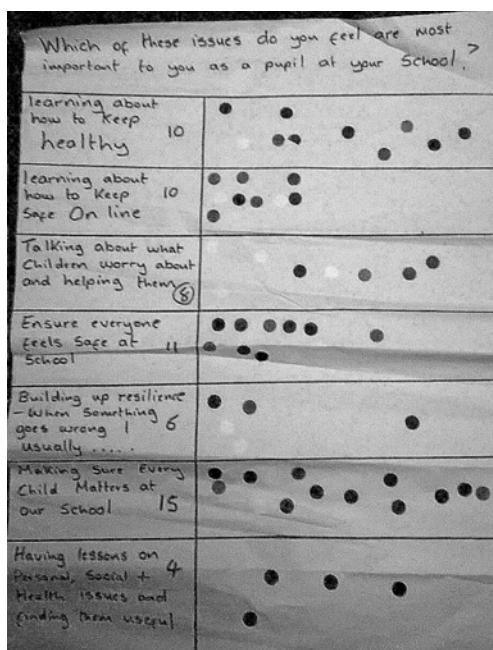
\*\*\* Wording changed in 2016

**Shaded** a significant difference was previously found in 2014



## Consultation with young people

Young people were asked for their views at Growing up in North Yorkshire Consultation Events from the **Children's Voice Conferences** in November 2016. They were asked: **Which of these issues do you feel are most important to you as a pupil at your school?** This was a 'dot-voting' activity when every child in the group was given three voting dots to make their own choice with. An explanation was given for each category. The top results from primary- (**Pri**) and secondary-aged (**Sec**) children are below. Pupils also gave **suggestions** on how schools can positively support young people's emotional health and wellbeing.



Topic	Pri
Making sure every child matters at our school (cared for, respected etc)	43
Ensure everyone feels safe at school	31
Learning about how to keep healthy	29
Topic	Sec
Positively support young people's emotional health and wellbeing	37
Focused work with the young people who belong to the different social groups as it would seem they do not all seem to have such a positive growing up experience	34
Listening to and responding to the views and opinions of young people	28

### This report will be disseminated to:-

- Elected members
- North Yorkshire Children's Trust
- North Yorkshire Health and Wellbeing Board
- Headteachers and Governors
- Children and Young People's Service Units
- NYCC Management Board
- NYCC Corporate Equality Group
- North Yorkshire Safeguarding Children Board
- North Yorkshire Safeguarding Adults Board
- North Yorkshire Community Safety Partnership
- North Yorkshire Young People's Executive Group
- NYCC Research and Consultation Group
- Clinical Commissioning Groups

Reports prepared by:



**SHEU Schools Health Education Unit**

Tel. 01392 66 72 72

[www.sheu.org.uk](http://www.sheu.org.uk) [admin@sheu.org.uk](mailto:admin@sheu.org.uk)

The Unit specialises in questionnaire surveys of children and young people for Children's Services, Public Health, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

### Key Contacts

**Katharine Bruce**

Lead Adviser, Vulnerable Learners

[katharine.bruce@northyorks.gov.uk](mailto:katharine.bruce@northyorks.gov.uk)

**Simon Moss**

Strategic Analyst, Performance and Intelligence

[simon.moss@northyorks.gov.uk](mailto:simon.moss@northyorks.gov.uk)

North Yorkshire County Council

Children and Young People's Service

County Hall, Northallerton, DL7 8AE