

# Supporting the Health of Young People in North Yorkshire

## A summary report of the Health Related Behaviour Survey

These results are the compilation of data collected from a sample of primary and secondary pupils in North Yorkshire during Summer 2006. This survey work was commissioned by **North Yorkshire Children and Young People's Service** to collect reliable information about young people's lifestyles.

### Collecting the figures

Teachers were briefed on how to collect the most reliable data

and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing.

### ⬆ Comparisons ⬇

Comparisons have been made with samples of pupils and students from other areas: a large reference sample of

pupils from schools in local authorities that are considered comparable to North Yorkshire (Cambridgeshire and Hertfordshire).

These comparisons are shown on page 6. The survey was co-ordinated by the Healthy Schools Team.

### 8275 young people were involved in the 2006 survey:

	North Yorkshire				Reference Sample			
	Yr 5	Yr 6	Yr 8	Yr 10	Yr 5	Yr 6	Yr 8	Yr 10
Boys	629	1161	1215	1195	533	865	2223	2193
Girls	671	1082	1144	1178	572	775	2226	2286
All	1300	2243	2359	2373	1105	1640	4449	4479



**Schools Health Education Unit**  
**SHEU**  
**The Schools Health Education Unit**  
**Tel: 01392 66 72 72**  
**www.sheu.org.uk**

The Unit specialises in questionnaire surveys of children and young people for Local Authorities, PCTs, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

### Topics include

#### Being Healthy

*Diet, exercise, drugs, sexual health, mental health*

#### Staying Safe

*Accidents, bullying, experience of crime*

#### Making a Positive Contribution

*Leisure activities, volunteering, children's voice in school*

#### Economic Well-being

*Money, work, spending, plans after 16*

#### Enjoying and Achieving

*Satisfaction, GCSE expectations, enjoyment of lessons, useful lessons*

# Introduction from Cynthia Welbourn

## Corporate Director – Children & Young People’s Service

In our Children and Young People’s Plan 2006-2009 we made a fundamental commitment to work together to fulfil the potential of every child in changing times and from unequal starting points. This survey has played a crucial part in providing evidence about children and young people’s well being, using the five outcomes of the Children Act as our measures. We have identified emerging priorities and made recommendations in this report that now need to be built into all of our plans to ensure that we make progress to secure better outcomes for our children and young people. I would like to thank all the staff, children and young people in the 165 schools across the county who participated in this survey

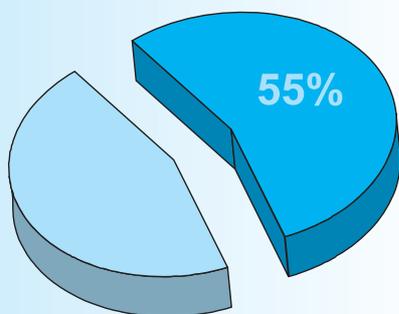
## Primary school pupils in Year 5 & Year 6 (ages 9-10 & 10-11)

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

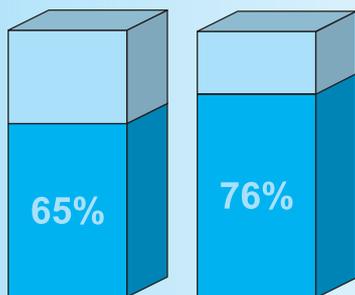
### Being Healthy

#### HEALTHY EATING

- 3% had nothing to eat or drink for breakfast on the day of the survey.
- 57% of pupils had cereal for breakfast and 27% toast on the morning of the survey. 2% said they had a chocolate bar or sweets.
- Pupils were asked to identify from a list the foods they ate ‘on most days’. 40% said dairy products, 62% said fresh fruit and **55% said vegetables**. 10% of pupils have chips, 26% crisps, 22% sweets and chocolates and 14% ‘non diet’ fizzy drinks ‘on most days’.



- 30% said they ‘rarely’ or ‘never’ ate any fish/fishfingers.



- 5% said they ‘rarely’ or ‘never’ ate vegetables and 3% said they ‘rarely’ or ‘never’ ate fresh fruit.

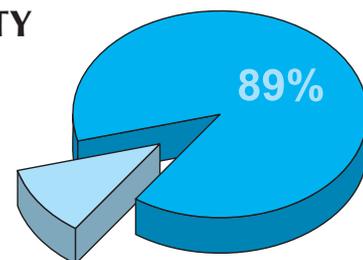
- 7% reported that they had no water to drink the day before the survey while 30% said they had drunk at least a litre of water.

#### The five items most commonly consumed ‘on most days’:

Boys		Girls	
Water	65	Water	73
Fresh fruit	53	Fresh fruit	64
Any bread	52	Any bread	61
Milk	52	Vegetables	57
Vegetables	47	Milk	46

#### PHYSICAL ACTIVITY

- 89% of pupils reported that they enjoyed physical activities ‘quite a lot’ or ‘a lot’.
- 45% reported that they had exercised five times or more, in the last week, which made them breathe harder. 3% said never and 6% said once.

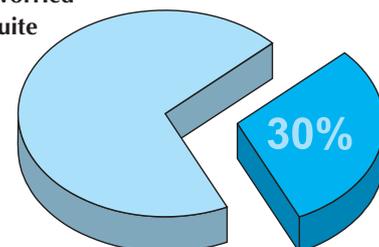


- The top four physical activities were:

Boys		Girls	
Football	68	Running for exercise	59
Running for exercise	64	Riding your bike	51
Riding your bike	59	Swimming	50
Keep-fit	48	Dancing / gymnastics	43

#### EMOTIONAL HEALTH & WELL-BEING

- 30% of pupils said they worried about family problems ‘quite a lot’ or ‘a lot’ and 14% said they worried about health problems ‘quite a lot’ or ‘a lot’.



- 38% of boys and 29% of girls had high self-esteem scores. 27% of pupils had low self-esteem scores.

## PUBERTY AND GROWING UP

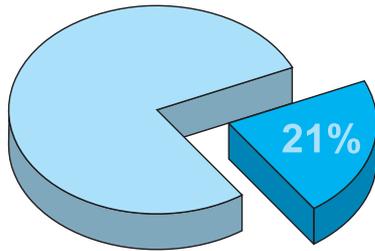
- 79% of pupils said their parents had talked to them about how their body changes as they grow up while 23% said their teachers had.
- 10% of boys and 19% of girls reported that they worried about the way they looked.
- 7% of boys and 13% of girls said they worried about how their body changes as they grow up.

- 10% reported using medication for asthma in the seven days before the survey.
- 31% of pupils reported that an adult stranger, who scared or made them upset, had approached them. 31% of these pupils said they told an adult straight away while 24% said they never told anyone.
- 72% of pupils reported 'usually' or 'whenever possible' to taking precautions against sunburn.

## DRUGS, ALCOHOL AND TOBACCO

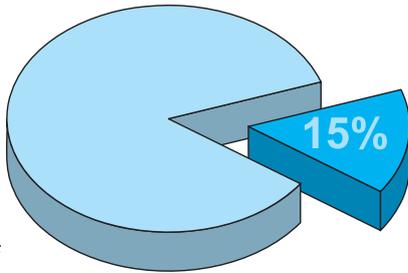
### Drugs

- 73% of pupils reported that their parents had talked to them about drugs while 36% said their teachers had.
- 21% say they are 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines).



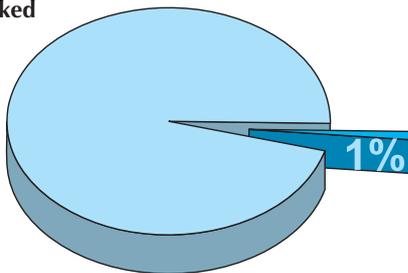
### Alcohol

- 15% had at least one alcoholic drink (more than just a sip) in the last week
- 52% of pupils reported that their parents always knew if they drank alcohol.



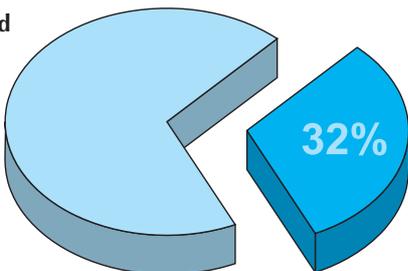
### Tobacco

- 7% of pupils said they had tried smoking once or twice.
- 1% said they had smoked at least one cigarette during the last seven days.



### Staying Safe

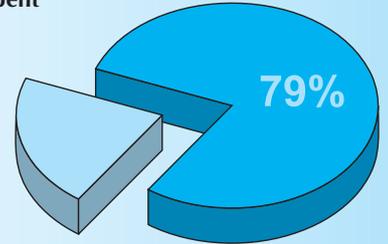
- 32% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.



- 81% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 16% had a filling the last time they visited the dentist.
- 13% of pupils said they had asthma.

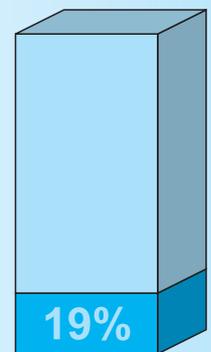
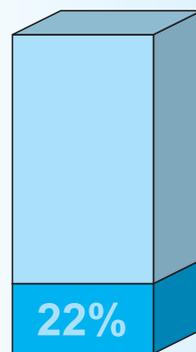
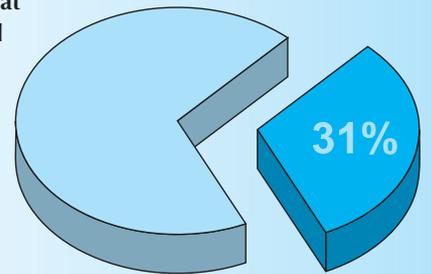
## Making a Positive Contribution

- 79% of pupils said they spent time watching television, after school, on the evening before the survey.
- 61% played with friends and 57% played sport, on the evening before the survey. 41% of the boys played computer games.



## BULLYING

- 31% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.
- 31% of pupils said that they had been bullied in the last 12 months while 10% said that they had bullied another pupil in the same period.
- 70% of pupils said they were bullied a 'few times', 'often' or 'everyday' in the month before the survey. 62% said it happened outside at breaktime and 33% said in a classroom at breaktime. 17% reported during a lesson.
- 22% of pupils reported that they thought they were bullied because of the way they looked and 19% because of their size or weight.



## PUPILS' VOICE

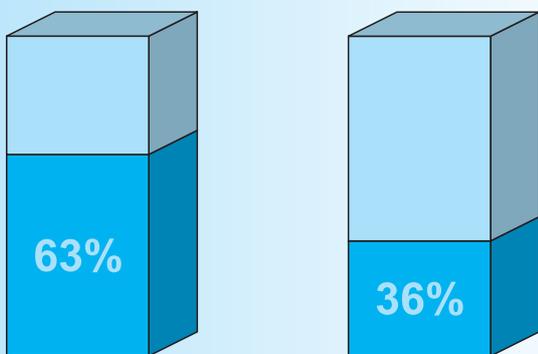
- 68% of pupils think their views and opinions are listened to in school.

## Every Child Matters

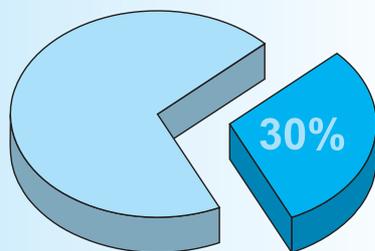
Boys	%	Girls	%
'My work is marked so I can see how to improve it'	85	'My work is marked so I can see how to improve it'	86
'The school prepares me for when I leave this survey'	75	'The school helps me work as part of a team'	78
'The school encourages everyone to take part in decisions, e.g. class discussions or school council'	74	'The school encourages everyone to take part in decisions, e.g. class discussions or school council'	78
'The school helps me work as part of a team'	73	'The school prepares me for when I leave this survey'	78
'I know my targets and I am helped to meet them'	71	'I know my targets and I am helped to meet them'	72
'The school cares whether I am happy or not'	67	'The school cares whether I am happy or not'	66
'My achievements in and out of school are recognised'	61	'In this survey, people with different backgrounds are valued'	62
'In this survey, people with different backgrounds are valued'	58	'The school encourages me to contribute to community events'	61
'The school encourages me to contribute to community events'	58	'My achievements in and out of school are recognised'	60
'The school teaches me how to deal with my feelings positively'	57	'The school teaches me how to deal with my feelings positively'	54

## Economic Well-being

- 90% of pupils describe themselves as White British.
- 63% report getting pocket money at least monthly. 36% of the pupils surveyed received more than four pounds the last time they had pocket money.



- 30% of pupils spent money on sweets last week



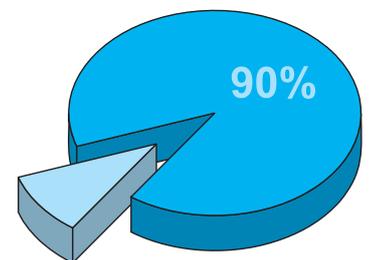
- The main items pupils spent money on were:

	Boys	Girls	
Sweets, Chocolate	30	Sweets, Chocolate	30
Toys	24	Comics, magazines	22
Comics, magazines	21	Mobile phones	20
CDs, tapes	21	Books	18

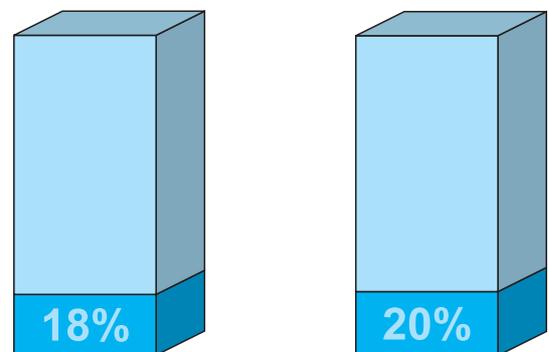
## Enjoying and Achieving

### SCHOOL AND HOMEWORK

- 90% of pupils think it is important to go to school regularly.



- 18% of boys and 20% of girls spent time doing homework on the evening before the survey.



- 67% of pupils said they worried about schoolwork/homework.
- 93% of pupils said they spent time chatting/talking during playtimes (including dinner times). 90% said they played running/skipping/games of tag and 79% said they played ball games. 20% said they read quietly at playtimes.

# Secondary school pupils in Year 8 & Year 10 (ages 12-13 and 14-15)

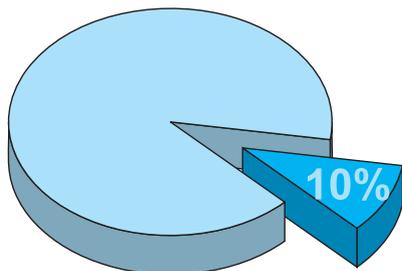
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## Being Healthy

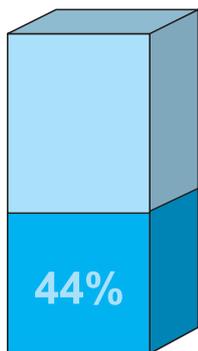
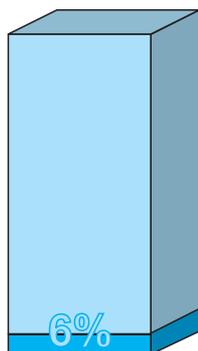
### HEALTHY EATING

- 9% of pupils reported having nothing to eat or drink for breakfast on the day of the survey. 75% reported having a drink and 8% had sweets or chocolate.

- 10% reported 'never' considering their health when choosing what to eat.**



- 6% of the pupils in your survey would like to put on weight while 44% would like to lose weight.



- 77% had a school lunch yesterday and 3% bought lunch from a takeaway or shop.

- The items most commonly reported consumed ON MOST DAYS were:

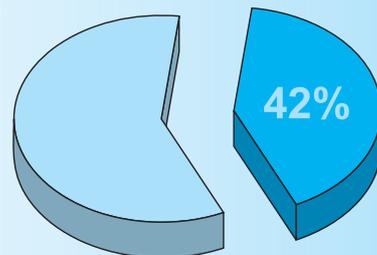
	Boys		Girls
Water	77	Water	82
Dairy produce	68	Dairy produce	66
Any bread	62	Any bread	65
Milk	57	Vegetables	60
Vegetables	51	Milk	41

- 12% reported that they had no water to drink and 29% said that they had at least a litre, the day before the survey.
- 23% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 7% had none at all.

## DRUGS, ALCOHOL & TOBACCO

### Drugs

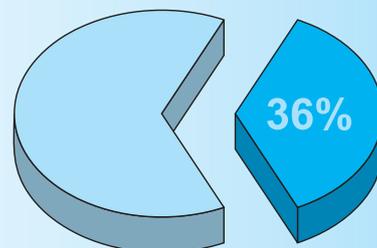
- 42% reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.**



- 23% of pupils have been offered cannabis.
- 7% say they have taken some form of illegal drug within the last month. The most commonly taken drug was cannabis, with 22% of Year 10 pupils ever having taken it. The next most common drug was poppers, with 7% of Year 10 pupils ever having taken it.
- 2% reported taking an illegal drug and alcohol on the same occasion.

### Alcohol

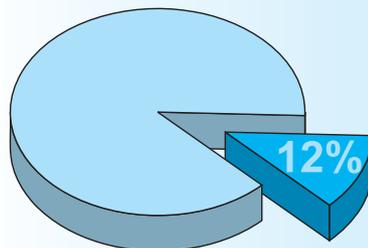
- 36% had at least one alcoholic drink in the week before the survey.**



- 16% of drinkers drank over the advised weekly limit for adult females of 14 units.
- 4% of pupils bought alcohol from an off-licence that should only sell to over-eighteens.

### Tobacco

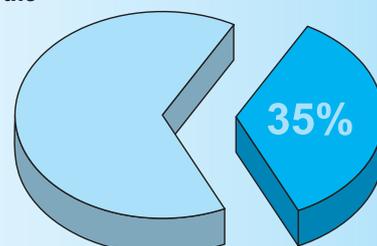
- 39% say they have tried smoking in the past or smoke now.



- 12% in the survey smoked at least one cigarette during the last 7 days.**

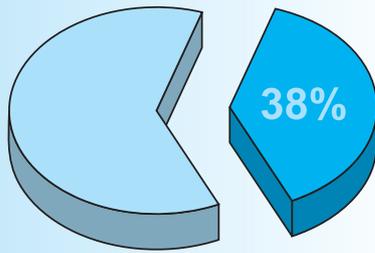
- 13% say they smoke 'regularly' or 'occasionally';
- 69% of all smokers would like to give up smoking.
- 39% of all pupils in your survey have a parent or sibling who smokes; 35% have a close friend who smokes.

- Research has shown that the best single predictor of young people's smoking is whether their best friend smokes: here 35% report that a close friend smokes.**



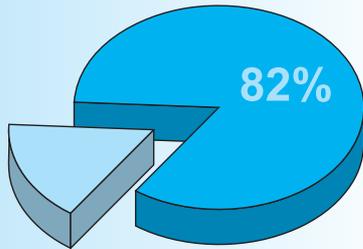
## SEX AND RELATIONSHIPS

- 23% of pupils reported that their parents were their main source of information about sex. 18% said that school lessons were.
- 13% believe there is a specialist service for young people available locally.
- 38% of young people in your survey say they know where they can get condoms free of charge**



## PHYSICAL ACTIVITY

- 82% say they enjoy physical activities 'quite a lot' or 'a lot'.**



- The three most popular physical activities were:

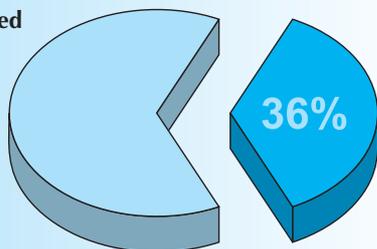
	Boys		Girls
Soccer	58	Going for walks	46
Riding a bike	52	Riding a bike	30
Cricket	29	Dancing	29

- The three physical activities that young people said they would like to start doing (or do more of) were:

	Boys		Girls
Judo, Karate, Boxing	8	Roller/ice skating	18
Swimming	8	Swimming	16
Scrambling	6	Dancing	16

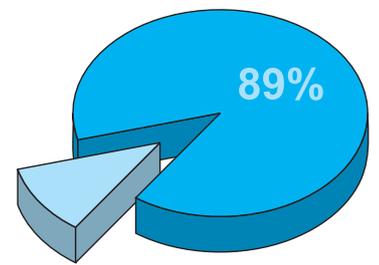
## Staying Safe

- 36% said they were treated for an accident by doctor or at a hospital within the last year.**

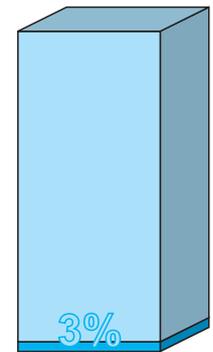
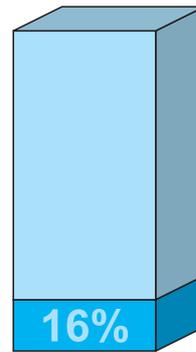


- 16% of pupils reported that they had asthma while 10% reported that they had taken medicine for asthma in the last 7 days.
- 9% of pupils reported that they wheezed on exertion, a symptom associated with asthma.
- 69% have visited their doctor within the last six months, a figure which rises to 85% for the last year. 45% were 'at ease' with their doctor on this last visit.

- 89% of pupils reported having visited the dentist in the last 6 months, as recommended.**



- 16% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 3% said this about going out during the day.



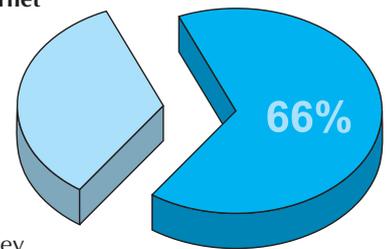
- 10% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.

## Making a Positive Contribution

### LEISURE AND WORK

- 87% of pupils had used the Internet at home in the last month and 87% at school.

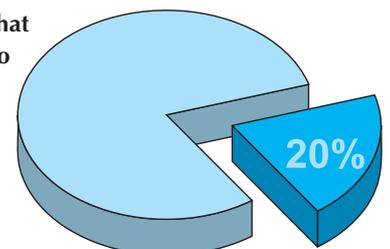
- 66% of pupils use the Internet for chatting.**



- 25% of pupils reported reading a book for pleasure for at least part of the evening before the survey while 83% watched some TV the previous night and 9% watched for over 3 hours.

### BULLYING

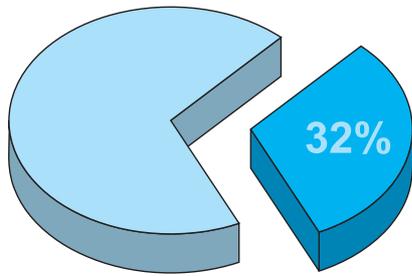
- 20% of pupils reported that they felt afraid of going to school because of bullying at least sometimes.**



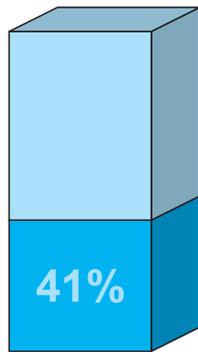
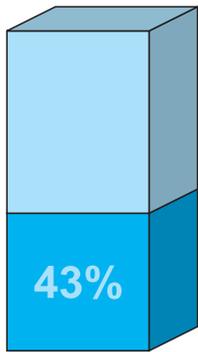
- 3% of pupils reported that they thought others might fear going to school because of them.
- 4% of pupils reported that they were 'fairly sure' or 'certain' they had friends or they themselves carried weapons for protection when going out.

## PUPILS' VOICES

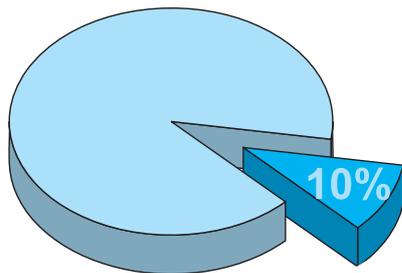
- 32% of pupils think their views and opinions are listened to in school.



- 42% said they had taken part (or had a chance to take part) in voting for school/college council members, while 21% said they had taken part (or had a chance to take part) in a mock general election.



- 10% said they were sure they had ever heard of the UK Youth Parliament.



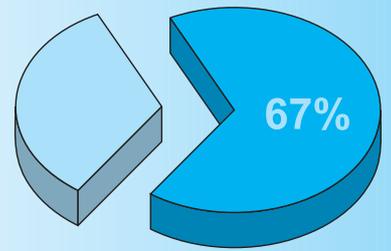
## Every Child Matters

- Some specific aspects of schools' contribution to *Every Child Matters* outcomes are explored in a block of items in Question 85: The percentages reporting 'yes' were:

	Boys	Girls
'My work is marked so I can see how to improve it'	66	66
'The school prepares me for when I leave this school'	56	56
'The school encourages everyone to take part in decisions'	49	51
'The school helps me work as part of a team'	46	45
'I know my targets and I am helped to meet them'	49	45
'The school cares whether I am happy or not'	36	37
'My achievements in and out of school are recognised'	42	38
'In this survey, people with different backgrounds are valued'	46	50
'The school encourages me to contribute to community events'	31	29
'The school teaches me how to deal with my feelings positively'	31	25

## Economic Well-being

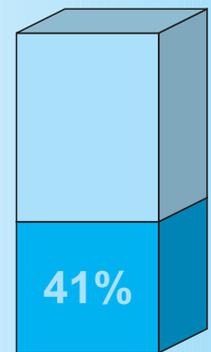
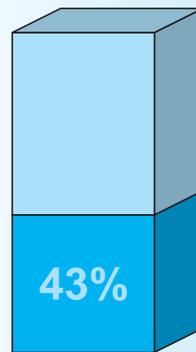
- 67% of all pupils in your survey live with both parents.



- 35% of pupils spent over £10 in the week before the survey.
- The 5 main items pupils spent money on were:

	Boys	Girls
Sweets	43	41
Soft drinks	31	38
Mobile phone	22	30
Clothes & footwear	21	28
Comics, Magazines	17	27

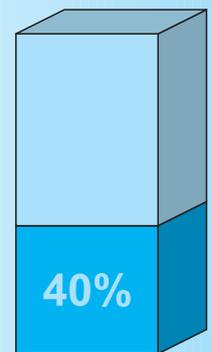
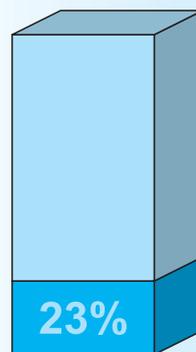
- Spending last week on sweets by boys and girls: 43% and 41%



- 42% of the pupils in your survey have a regular paid job.
- The most common forms of work were:

	Boys	Girls
Hotel, bar or cafe	23	40
Paper/milk round	22	17
Manual work	11	10

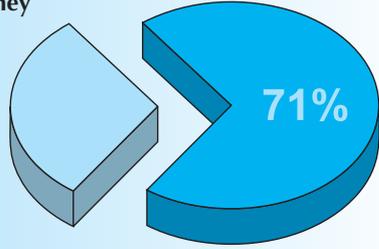
- Working in a Hotel bar or café by boys and girls: 23% and 40%



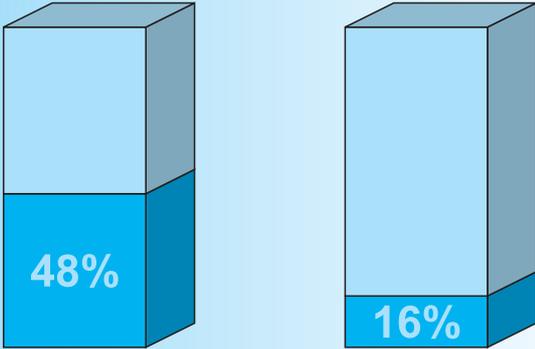
# Enjoying and Achieving

## EMOTIONAL HEALTH & WELL-BEING

- 71% of pupils reported they are, in general, 'quite a lot' or 'a lot' satisfied with their life.



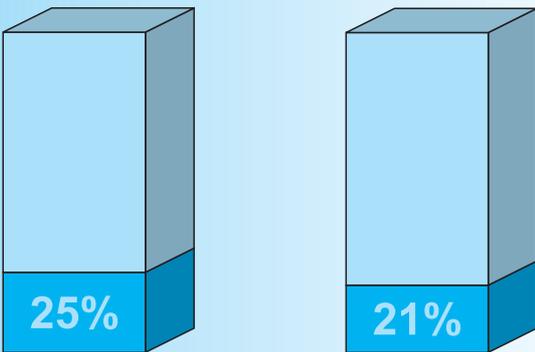
- 45% of pupils had high self-esteem scores. 18% had low self-esteem scores.



- 76% of pupils in the survey worry about at least one problem 'Quite a lot' or 'A lot'.
- The five most common worries were:

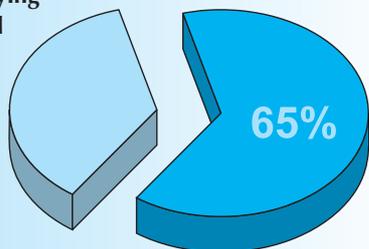
	Boys		Girls
Money	28	Bullying	29
Bullying	26	The environment	28
Crime	25	Crime	27
School-work problems	25	Money	27
The environment	23	School-work problems	21

- Worrying about school-work by boys and girls: 25% and 21%

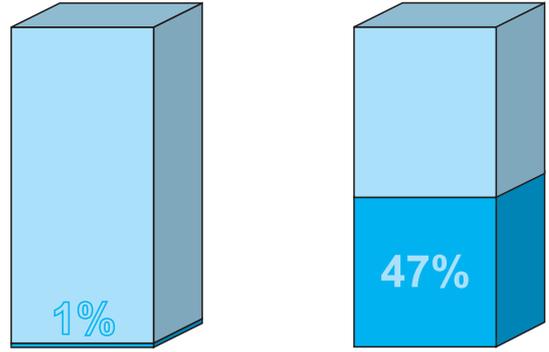


## SCHOOL AND CAREER

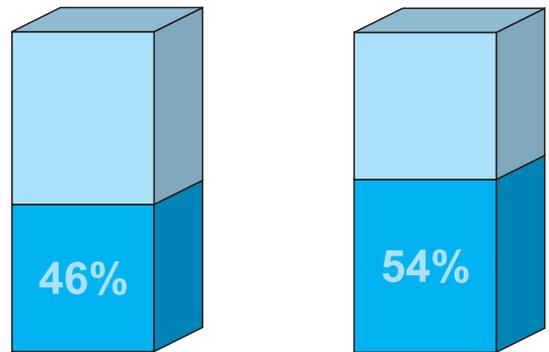
- 65% of pupils report enjoying at least half of their school lessons.



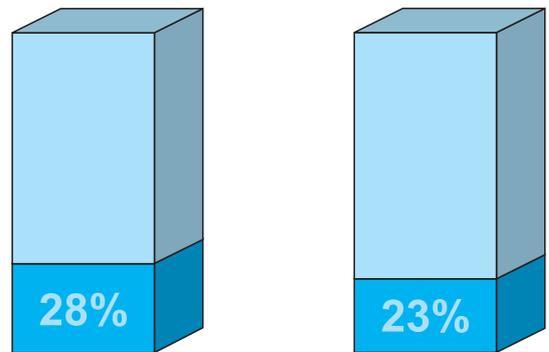
- 11% reported that they didn't know if they were going to take any GCSEs while 1% said they didn't expect to take any. 47% said they expect to take several GCSEs and achieve good grades.



- 46% of boys and 54% of girls said they want to continue in full time education after leaving school.

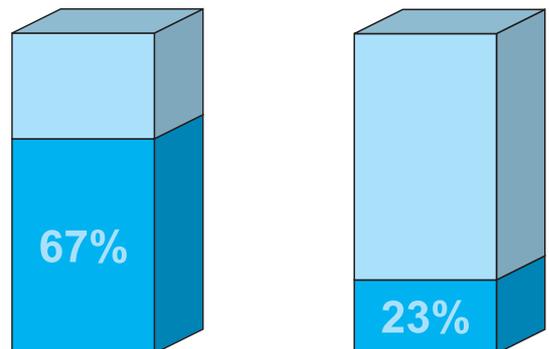


- 28% of boys and 23% of girls said they wanted to find a job as soon as possible.



## HOMEWORK

- 67% of pupils did homework on the previous evening. 23% reported they did more than an hour.



## When compared with pupils from similar authorities

The reference sample with which the North Yorkshire figures are compared is drawn from schools in local authorities that are considered comparable to North Yorkshire (Cambridgeshire and Hertfordshire). If the difference in the percentages between the two groups is 5% or more, the figures are given below. [It must be noted that the N Yorks survey was conducted in the summer term, and this may have had an effect on the results.] N.B. Each local survey may include customised questions. So, this list of differences necessarily excludes questions for which no comparison could be meaningfully produced.

### Primary pupils in North Yorkshire are...

#### MORE likely...

- ↑ More likely to eat fruit and vegetables yesterday
- ↑ More likely to take part in a variety of sports
- ↑ More likely ever to drink alcohol
- ↑ Prefer to talk with parents about drugs
- ↑ More confident they can say no to a friend

#### LESS likely...

- ↓ Less likely to report water being available at school from various sources
- ↓ Less likely to have had an accident
- ↓ Less likely to admit bullying someone at school
- ↓ Less likely to have been scared by an adult stranger

### Secondary pupils in North Yorkshire are...

#### MORE likely...

- ↑ take precautions against sunburn
- ↑ consume vegetables on most days
- ↑ water or watery drinks
- ↑ worry more about a number of problems. .
- ↑ When asked what their main source of sex information, pupils in N Yorks were more likely to report friends (29%) than were those in the reference sample (22%), and less likely to report school lessons (18% vs. 28%)
- ↑ safety when going out during the day is good and also going out at night
- ↑ more satisfied with their lives;.
- ↑ enjoy all or most of their lessons
- ↑ used the Internet anywhere in the last month.
- ↑ regular paid term-time job
- ↑ done any homework last night and computer for school work

#### LESS likely...

- ↓ girls skipping lunch
- ↓ boys In N Yorks who think about their health when choosing food
- ↓ eat chips crisps and sweets
- ↓ say they enjoy physical activities 'a lot'
- ↓ have had an alcoholic drink
- ↓ ever tried smoking.
- ↓ certain they know someone who takes drugs.
- ↓ ever tried illegal drugs,.
- ↓ knew of a local young people's contraceptive service
- ↓ ever carry weapons for protection when going out
- ↓ Lessons in various PSHE topics generally appear not so often rated as useful by pupils in N Yorks than elsewhere, but this is certainly because they do not so often recall having any at all.
- ↓ afraid of going to school because of bullying
- ↓ spent any of their own money in the last week
- ↓ watched more than an hour of TV

# Rural and Urban Schools in N Yorks

Schools were assigned to either a rural or urban groups, and the groups compared, looking for significant differences. This list includes most of those differences which (a) exceeded 5 percentage points, (b) were found in both boys and girls, (c) were consistent with other trends in the results

## Among Primary school pupils...



Pupils from **urban** schools were **MORE** likely to

- ↑ Know a drug user
- ↑ Experience bullying at school
- ↑ Report being scared by an adult
- ↑ Get pocket money
- ↑ Spend money on music and leisure centres



Pupils from **rural** schools were **MORE** likely to

- ↑ Get water easily at school
- ↑ Look after their teeth well
- ↑ Score in the top bracket of self-esteem scores
- ↑ Be positive about their perceptions of the school when asked about a variety of *Every Child Matters* issues
- ↑ Use school bus to travel to school

## Among Secondary school pupils...



Pupils from **urban** schools were **MORE** likely to

- ↑ Be from non-English backgrounds
- ↑ Eat a lunch at home, or a packed lunch from home
- ↑ Have water available at school from fountain or own bottle
- ↑ Have heard of the FRANK drug information service
- ↑ Have friends as their main source of sex information
- ↑ Report 'bullying' behaviour (GIRLS)
- ↑ Report being scared by an adult
- ↑ Enjoy school lessons
- ↑ Have higher expectations about GCSEs
- ↑ Chatted on the Internet
- ↑ Have a paper round or do babysitting
- ↑ Watched TV (BOYS)



Pupils from **rural** schools were **MORE** likely to

- ↑ Eat a lunch from a takeaway or shop
- ↑ Drink alcohol during the week
- ↑ Have ever tried smoking
- ↑ Worry about money and relationships (BOYS)
- ↑ Had an accident in the last year
- ↑ Report 'bullying' behaviour (BOYS)
- ↑ Feel safe going out, at school and in other settings
- ↑ Feel listened to at school
- ↑ Taken part in a mock General Election
- ↑ Have a term-time job
- ↑ Do hotel or bar work
- ↑ Cared for pets last night
- ↑ Used school bus to travel to school

# Key issues emerging from this report as priorities – actions to be further integrated into North Yorkshire Children and Young People’s Service plans.

## Primary

- ❑ Pupil voice – although 68% of pupils reported that their views and opinions are listened to in school, where schools questioned younger pupils the response rate was lower
- ❑ Pupils would like parents/carers to talk to them about drugs (73%) and about puberty and growing up (77%).
- ❑ The main issues pupils worried about ‘quite a lot’ or ‘a lot’ are family problems (29%), war and terrorists (25%), moving onto secondary school (22%) and SATs/tests (19%)
- ❑ Pupils have an awareness of a range of PSHE issues and some pupils did state that they do want their teachers to talk to them about issues like drugs (34%) and growing up (22%), Need to improve the quality of PSHE
- ❑ A high percentage of pupils felt worried (29%), embarrassed (24%) and unhappy (12%) about growing up and body changes
- ❑ Only 18% of primary school pupils stated they had five portions of fruit or vegetables the day before.
- ❑ 42% of primary school pupils state it is ‘quite easy’ down to ‘not at all easy’ to be active at playtime.
- ❑ Only 45% exercised five or more times (enough to make them breathless) in the previous week. There was a gender difference with more boys (50% in Year 6) participating in physical activity than girls (38% in Year 6).
- ❑ 31% of pupils sometimes feel scared about going to school because of bullying. Only 25% of pupils will share a bullying problem with a teacher and between 8-10% will keep a bullying problem to themselves.

## Recommendations

- ❑ Interactive sessions with parents so they feel confident and skilled in talking to their children about a range of health issues including sex and relationships and substances.
- ❑ Quality of PSHE to improve by ensuring teachers are confident, knowledgeable and using effective teaching and learning methods to discuss a range of issues with pupils and young people to improve the quality of PSHE in schools.
- ❑ Support schools to effectively implement the Social, Emotional, Aspects of Learning (SEAL) into their personal development provision.
- ❑ Support schools to provide planned curriculum opportunities for pupils to discuss issues of concern to them and ensure there is high quality pastoral support.
- ❑ Support schools to encourage the whole school community to eat five fruit and vegetables a day through a variety of activities and campaigns.
- ❑ Support primary schools to develop a range of playground activities with high participation rates.
- ❑ Continue supporting schools to effectively consult with all pupils to ensure they develop their range of physical activities to encourage higher participation for all pupils but with a focus on girls.
- ❑ Continue supporting schools in developing a range of anti-bullying strategies to support all pupils at the school.

## Secondary

- Only 32% of young people think their views and opinions are listened to in school. Student voice is stronger in Key Stage 3 than 4 but still only 49% males and 51% females state their schools encourage everyone to take part in decisions e.g. class discussions or school council.
- Pupils are unaware of local Drug and alcohol services locally (77%), and sexual health services (87%).
- High percentage of regular smokers would like to give up smoking (69%)
- There is an increase in risk-taking behaviour between Year 8 and Year 10 -e.g. 5% year 8 pupils have ever taken a drug, 24% of Year 10
- Lessons in various PSHE topics generally appear not so often rated as useful by pupils in North Yorkshire than in statistical neighbours
- Compared to primary schools an increasing number of pupils in secondary school are experiencing been called nasty names (34% males, 40% of females) and being teased (39% of males and 44% of females) outside and/ or in the classroom at break time/dinnertime
- A percentage of pupils are not eating breakfast (9%) or report having chocolate and crisps for breakfast (8%) and only 23% of pupils state they had five portions of fruit and vegetables the day before.
- Males state they like physical activity a lot (65%) but females are lower (39%) and 50% of males state it is easy to be as active as you like whilst only 28% of females state this.
- 66% of pupils state that their work is marked so they can see how to improve it and only 49% of males and 45% of females state they know their targets and are helped to meet them
- 56% of pupils state their school prepares them for when they leave the school

## This report will be disseminated to

- Elected members
- Headteachers and governors
- Quality and Improvement Service
- Pupil and Parent Service
- Strategic Services
- Director of Public Health
- Northern Sport (including North Yorkshire Sport)
- Teenage Pregnancy Strategy group
- Young People's Drugs and Alcohol Joint Commissioning group

## Recommendations

- Improve the quality and opportunities for Student Voice within schools through a variety of methods and activities.
- Ensure schools have smoking education as part of the curriculum. Pilot and evaluate some smoking cessation services for young people.
- Improve young people's awareness of local drug and alcohol services and sexual health services and support easy access to these services.
- To support schools in effective evaluation of their PSHE programme with students to ensure better quality of programmes based on students needs and to identify how they are exploring risk-taking.
- Improve the quality of PSHE by ensuring teachers are confident, knowledgeable and using effective teaching and learning methods to discuss a range of issues with students and young people to improve the quality of PSHE in schools.
- Support schools in developing specialised PSHE teaching teams particularly in Key Stage 3.
- Continue supporting schools in developing a range of anti-bullying strategies with a particular focus on break time and lunchtime.
- Ensure schools are providing students with consistent messages about healthy food and providing opportunities throughout the whole school day to purchase healthy food.
- Continue to support schools to effectively consult with all students to ensure they develop their range of physical activities to encourage higher participation for all students but with a focus on girls.
- Continue to embed Assessment for learning
- Support schools to develop effective methods of preparing students for transition into Post 16

### Key Contacts

#### Quality and Improvement Service

01609 780780

**John Bell**, Principal Adviser Inclusion (CEO)

01609 533076

**Katharine Bruce**, General Adviser Inclusion (Skipton Ed Office)

01756 792427

**Clare Barrowman**, Healthy Schools Consultant (Selby Ed Office)

01757 213366

**David Uffindall**, Drugs Consultant

01765 605774

**Andy McCarthy**, Senior Adviser (Performance Studies) (CEO)

01609 780780

**Heather Newman**, General Adviser (Health&Well-being) (CEO)

01609 780780