

NORTH YORKSHIRE CHILDREN AND YOUNG PEOPLES SERVICE

YOUNG PEOPLES' OVERVIEW and SCRUTINY COMMITTEE

BRIEFING PAPER

23 January 2009

EVERY CHILD MATTERS (ECM) IN NORTH YORKSHIRE - HEALTH RELATED BEHAVIOUR QUESTIONNAIRE (HRBQ) SURVEY 2008

1.0 PURPOSE OF REPORT

- 1.1 To update Members of the current position regarding the Every Child Matters (ECM) Health Related Behaviour Questionnaire (HRHQ) survey 2008 within North Yorkshire.

2.0 CONTEXT

- 2.1 The Local Authority (LA) commissioned the Schools Health Education Unit (SHEU) in 2008 to collect robust baseline data about children and young peoples' health related behaviour.
- 2.2 The resulting baseline data was collected from 4016 primary school pupils and 6527 secondary school students during the period May to July 2008 to identify and confirm priorities for education and health for planning provision and support to schools, children and young people.
- 2.3 A wider dataset to inform Children and Young Peoples Service (CYPS) of the impact of its service plan on outcomes for children and young people is provided by the HRBQ survey 2008.
- 2.4 Breaking the data down by area supports area planning by Integrated Service Managers, prompts curriculum review by schools, promotes stronger links between schools and wider partners and supports health promotion in the community.

3.0 BACKGROUND

- 3.1 The LA first commissioned a HRBQ survey in 2006 through which data was collected from 3543 primary school pupils and 4732 secondary school students. This baseline data provided benchmark data for the CYPP 2006-2009 Year 3 targets.
- 3.2 SHEU has an established reputation for its work in health related educational research and a secure and extensive database to support the work of LAs.
- 3.3 Data derived from the survey in 2006 provided the opportunity for the LA, schools and health services to investigate lifestyles and challenge perceptions of children and young people's behaviours.
- 3.4 Priorities and key recommendations to better support targeted training, advice and support for schools in their work towards children and young people achieving the five outcomes of Every Child Matters (ECM) were identified and shared with schools and other services during 2006-2007.

4.0 METHODOLOGY

- 4.1 Secondary and primary school HRBQ surveys were customised for North Yorkshire in 2006. Following consultation with Quality and Improve ECM HRBQ survey for 2008 was adjusted to provide relevant data to measure the impact of service plans and to support the identification and confirmation of new priorities for health and education planning to support children and young people and their schools.
- 4.2 All schools in North Yorkshire were invited to participate in the NYCC ECM HRBQ survey and countywide training seminars were held. In 2008 an increased number of schools participated in the survey.

	Number of schools participating in the NYCC ECM - HRBQ Survey		
	Primary	Secondary	Special
2006	131	28	0
2008	169	35	1

- 4.3 In total, 11,543 pupils in years five, six, eight and ten participated in the NYCC ECM HRBQ survey 2008, which was administered by school staff. Parents of these pupils were informed about the survey by schools.
- 4.4 Results of the survey sent to schools and LA are in summary to preserve confidentiality of individuals' responses. Seminars for schools to support the interpretation and use of school level data were held.
- 4.5 Data analysis and production of reports was undertaken by SHEU following liaison with LA staff. Dissemination of the data and reports is outlined in the table below:

Dissemination of NYCC ECM HRBQ Survey 2008 Reports		
To schools	Description of reports	Timescale
	Raw results data	October 2008
	School results benchmarked against county results	October 2008
	School 2008 results benchmarked against school 2006 results (only for schools who participated in 2006 and 2008 surveys)	December 2008
To LA	Raw results data	October 2008
	LA raw results 2008 benchmarked against national data 2007	October 2008
	LA raw results benchmarked against statistical neighbours	December 2008
	County Summary Report will include: <ul style="list-style-type: none"> ▪ A compilation of data collected from participating primary and secondary schools in North Yorkshire ▪ Significant changes between 2006 and 2008 (primary and secondary) ▪ Significant differences between rural and urban schools (primary and secondary) ▪ Significant differences between small and large primary schools ▪ Significant differences between county and statistical neighbours (primary and secondary) ▪ Key issues emerging from the report as actions to be further integrated into NYCC CYPS service plans 	January 2009
	County Area Summary Reports for White Horse, Coast, North, Harrogate, Craven and Central Vale areas which will include: <ul style="list-style-type: none"> ▪ A compilation of data collected from participating 	January 2009

	primary and secondary schools in each area <ul style="list-style-type: none"> ▪ Significant differences between each area and the rest of North Yorkshire 	
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4.6 Pupils' responses in relation to the social identities of age, gender, ethnicity, sexuality, disability, culture and religion have been correlated. Significant differences in pupils' responses are identified in school and county summary reports.

5.0 REASONS FOR HRBQ SURVEY 2008

5.1 Review of findings from HRBQ survey 2006 and audit of health related behaviours of children and young people in North Yorkshire in 2008.

5.2 Identification of emerging priorities for CYPS thus informing re-alignment of service plans related to ECM outcomes for children and young people.

5.3 Provision of benchmarking data for CYPS Plans 2006 – 2009 and 2008 – 2011.

6.0 DEVELOPMENTS

6.1 Dissemination of HRBQ summary reports to Elected Members, CYPS and strategic partners.

6.2 School level key indicators of schools' provision towards meeting ECM outcomes to be included in Quality and Improvement Service School Profiles and distributed to schools in Spring Term 2009.

6.3 HRBQ survey data to be accessible to wider partners through Performance and Outcomes Unit.

6.4 School level data to be available to Quality and Improvement Service and strategic partners to support school improvement and the health and well-being of children and young people.

6.5 Systematic monitoring and evaluation of impact of HRBQ on school performance to be implemented through use of School Profiles and interim school impact assessment.

6.6 Use of HRBQ survey data to support schools involved in 'Mitigating Mobility' project at Catterick Garrison.

7.0 EMERGING ISSUES and RECOMMENDATIONS

7.1 Primary schools emerging issues:

- Only 50% of pupils in year five feel they know enough about how their body changes as they get older.
- There is an increase in the number of pupils who would like their teachers to be talking to them about drugs and body changes.
- The % of pupils smoking more than 10 cigarettes a day is significantly higher than our statistical neighbours.
- 15% had at least one alcoholic drink (more than just a sip) in the week prior to completing the questionnaire.
- 13% of pupils reported receiving a chat message that was scary or upsetting.
- 32 % have not been told how to stay safe when chatting on line.
- 26% of pupils report that they have been bullied at school in the last twelve months; however 79% say that their school takes bullying seriously.

- 12% of pupils are young carers.
- There is a decrease in the number of pupils doing homework.
- There is a decrease in the number of pupils in year 6 who are eating fresh fruit.
- 13% of pupils said they had asthma, whilst 9% reported using medication in the seven days before the survey.
- 12% of pupils worry about their weight.
- 61% of pupils worry about some issues 'quite often' or 'very often'.
- 69% of pupils spent some of their own money in the week before the survey and the most common item was sweets.

7.2 Primary schools - recommendations:

- To continue supporting schools in developing anti-bullying strategies with a focus on the nature and cause of the bullying which are linked to equalities schemes and action plans and developing e-safety (Children & Young Peoples Plan (CYPP) 2.3).
- Work with schools to promote healthy weight and active lives (CYPP 1.2).
- To support the promotion of school meals and food nutrition standards through partnership working (CYPP 1.2)
- To support schools in identifying young carers and work with service partners to provide advice and support to these schools (CYPP 2.5).
- Support schools to develop high quality PSHE provision, including SRE and Tobacco, Drugs and Alcohol Education (CYPP 1.4, 1.5, 1.6, 3.3).
- To support schools in making explicit links between physical activity, nutrition, mental health and physical health to impact upon pupils' self-esteem and relationship building (CYPP 1.2, 4.3, 4.4).
- To support schools in using the National Healthy Schools Emotional Well-being Toolkit and embedding SEAL (CYPP 1.4).

7.3 Secondary schools: emerging issues:

- There is an increase in the number pupils who have been treated at a hospital or clinic for an accident in the last 12 months, including an increase in the % of pupils with minor injuries.
- Although more pupils are at least eating 5 portions of fruit and vegetables, fewer are eating vegetables every day.
- 37% of pupils have engaged in more extreme dietary behaviour with the highest % being girls in year 10.
- There has been a small % increase in the number of pupils who know where to access a specialist sexual health service for young people, however this is lower than our statistical neighbours.
- Compared to statistical neighbours, a higher % of pupils in year 10 who have had sex used contraception. However, when pupils had sex after drinking or drug use, 30% of them took risks with sex.
- There has been a notable rise in the proportion of young people who think they know a drug user without there being any sign of a change in the prevalence of drug use.
- 18% of pupils in year 10 report having taken cannabis; this percentage is above that of our statistical neighbours.
- There is an increased % of girls drinking over 14 units of alcohol in the week before the survey.
- Over half of all smokers say they would like to give up smoking. 12% in the survey smoked at least one cigarette in the seven days before the survey (20% of year 10 females).

- More pupils spent their own money on sweets than any other item listed in the questionnaire.
- 38% of pupils report that there are lots of things about themselves that they would like to change.
- The self-esteem scores of boys are higher than girls and overall only 41% of pupils had high self-esteem scores.
- 45% of pupils do not want to continue in full time education or get training after the end of year 11.
- 10 % of pupils report carrying a weapon when going out. 6% of year 10 pupils report carrying a weapon with a blade.
- In the month before completing the survey, against statistical neighbours, significant percentages of pupils reported being teased, called nasty names, being threatened, being pushed or hit for no reason and being asked for money. 26% report these happening inside school and 31% outside the school building. 7% report these incidents taking place in a bus or a taxi.
- 40 % of pupils worry quite a lot or a lot about exams and tests. Pupils also worry quite a lot or a lot about money, bullying, the environment, wars and terrorism, crime and family problems.
- Of the pupils who worry about bullying, at least half of them worry about being different because of their culture, religion or sexuality.
- 40% of pupils report spending no time at all doing homework on the day before the survey.
- In year 10, 61% of pupils enjoy about half or less of their lessons.
- 63% of pupils have missed school in the last twelve months due to medical or dental appointments and 38% missed school due to holidays in term time.
- 12% of pupils take medication for asthma.
- 47% of pupils in year 10 have a regular paid job and there is an increased % of pupils who work in a hotel, bar or café.

7.4 Secondary schools – recommendations:

- Support schools to address risk-taking through the NYCC Risk-taking Guidance, Healthy Schools programme and crime and accident prevention work (CYPP 4.6).
- Support schools to develop high quality PSHE provision, including SRE and Drugs and Alcohol Education (CYPP 1.4, 1.5, 1.6, 5.2).
- To continue supporting schools in developing anti-bullying strategies with a focus on the nature and cause of the bullying which are linked to equalities schemes and action plans and developing e-safety (CYPP 2.3).
- To increase the provision of school based sexual health services and sexual health services in the community which can be signposted to pupils (CYPP 1.5).
- To support schools in making explicit links between physical activity, nutrition, mental health and physical health to impact upon pupils' self-esteem and relationship building (CYPP 1.2, 4.3, 4.4).
- To support the promotion of school meals and food nutrition standards through partnership working (CYPP 1.2).
- Support schools in working towards the Healthy Eating, Healthy Lives strategy to address obesity and raise awareness of extreme dietary behaviours (CYPP 1.2).
- To support schools in using the National Healthy Schools Emotional Well-being Toolkit and in the implementation of SEAL (CYPP 1.4).

- To work with schools to raise the aspirations of all pupils to be in education, training or employment (CYPP 5.1, 5.2, 5.5).
- To work with schools to implement curriculum reforms to provide wider opportunities and personalised learning (CYPP 3.1, 3.3, 5.1, 5.2).

Prepared by Bridget Watt, Quality and Improvement Service, General Primary Adviser, Inclusion
January 2009

Background documents: None

Every Child Matters in North Yorkshire

A summary report of the Health Related Behaviour Survey 2008

These results are the compilation of data collected from a sample of primary and secondary pupils in North Yorkshire during Summer 2008. This survey work was commissioned by the **North Yorkshire Children and Young People's Service** to collect reliable information about young people's lifestyles. The survey was co-ordinated by the Healthy Schools Team.

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.

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

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.

Comparisons have also been made with samples of pupils and students from other areas: a large reference sample of pupils from schools in similar local authorities.

Trends

This study follows a similar exercise from 2006. Where changes can be seen in the figures, these are noted below.

8275 young people were involved in the 2008 survey:

	North Yorkshire				Reference Sample			
	Yr 5	Yr 6	Yr 8	Yr 10	Yr 5	Yr 6	Yr 8	Yr 10
Boys	885	1658	1549	1674	533	865	2223	2193
Girls	904	1569	1573	1731	572	775	2226	2286
All	1789	3227	3122	3405	1105	1640	4449	4479

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



Schools Health Education Unit
SHEU
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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.

Introduction from Cynthia Welbourn

Corporate Director – Children & Young People’s Service

In our Children and Young People’s Plan 2008-2011, 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 many schools across the county who participated in this survey.

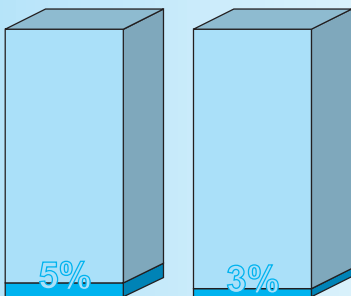
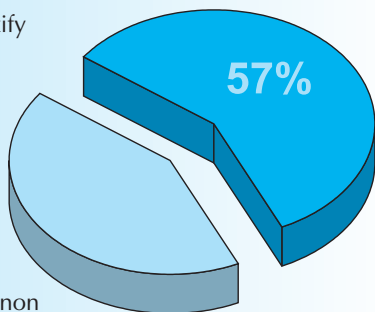
Primary school pupils in Year 5 & Year 6 (ages 9-10 & 10-11)

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

Being Healthy

HEALTHY EATING

- 2% had nothing to eat or drink for breakfast on the day of the survey.
- 61% of pupils had cereal for breakfast and 28% had bread or 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’. 38% said dairy products, 60% said fresh fruit and **57% said vegetables**.
- 6% of pupils have chips, 22% crisps, 21% sweets and chocolates and 13% ‘non diet’ fizzy drinks ‘on most days’.
- 28% 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.
- 36% of pupils had 5 or more portions of fruit or vegetables yesterday.

- 7% reported that they had no water to drink the day before the survey while 19% said they had drunk at least a litre of water (6 cups).

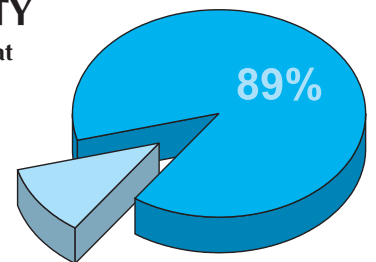
The five items most commonly consumed ‘on most days’:

Boys		Girls	
Water	70	Water	77
Any bread	58	Fresh fruit	68
Milk	55	Any bread	64
Fresh fruit	53	Vegetables	63
Vegetables	51	Milk	47

- 12% of pupils worry about their weight

PHYSICAL ACTIVITY

- 89% of pupils reported that they enjoyed physical activities ‘quite a lot’ or ‘a lot’.



- 47% reported that they had exercised five times or more, in the last week, which made them breathe harder. 3% said never and 7% said once.

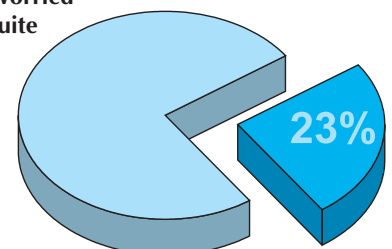
The top four physical activities were:

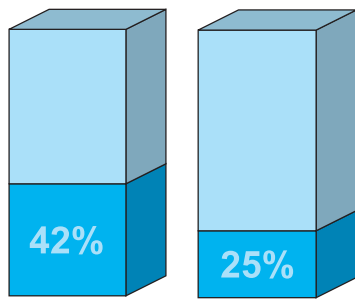
Boys		Girls	
Football	67	Running for exercise	57
Running for exercise	59	Riding the bike	53
Riding the bike	58	Swimming	48
Keep-fit	46	Dancing / gymnastics	47

- 87% of pupils play running games and 74% play ball games at least sometimes during playtime.

EMOTIONAL HEALTH & WELL-BEING

- 23% of pupils said they worried about family problems ‘quite a lot’ or ‘a lot’ and 13% said they worried about friends ‘quite a lot’ or ‘a lot’.

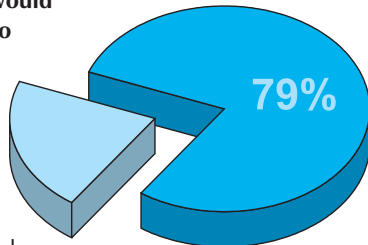




- 42% of boys and 29% of girls had high self-esteem scores. 25% of pupils had low self-esteem scores.

PUBERTY AND GROWING UP

- 79% of pupils said they would like their parents to talk to them about how their body changes as they grow up while 25% said they would like their teachers to do so.

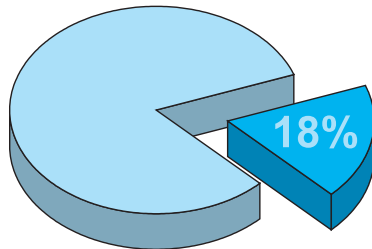


- 9% of boys and 18% of girls reported that they worried about the way they looked.

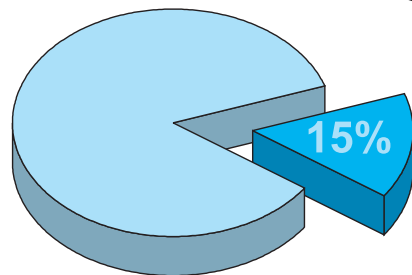
DRUGS, ALCOHOL AND TOBACCO

Drugs

- 71% of pupils said they would like their parents to talk to them about drugs while 38% said they would like their teachers to do so.
- 18% say they are 'fairly sure' or 'certain' they know someone who uses drugs (not as medicines).



Alcohol

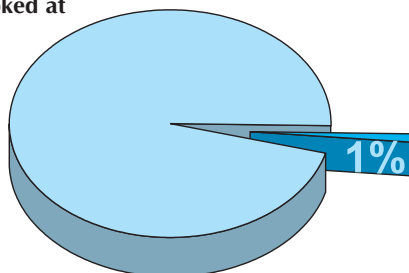


- 15% had at least one alcoholic drink (more than just a sip) in the last week

- 42% of pupils do not drink alcohol and 50% of pupils reported that their parents always knew if they drank alcohol.

Tobacco

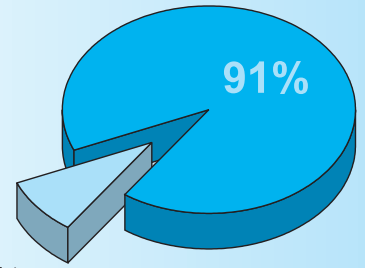
- 5% of pupils said they had tried smoking once or twice.
- 1% said they had smoked at least one cigarette during the last seven days.



Enjoying and Achieving

SCHOOL AND HOMEWORK

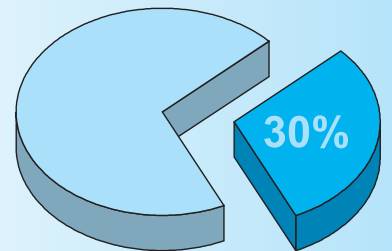
- 91% of pupils think it is important to go to school regularly.



- 20% of pupils spent time doing homework on the evening before the survey (about the same proportion of boys and girls).
- 8% of pupils said they worried about schoolwork/homework and 20% about SATs/tests; 24% of Year 6 pupils worry about moving to secondary school.
- 91% of pupils said they spent time chatting/talking during playtimes (including dinner times. 16% said they read quietly at playtimes.
- 47% have been absent from school in the last month; the most common reasons for absence were illness (37%), medical appointments (26%) or family trips/holidays in term time (16%).

Staying Safe

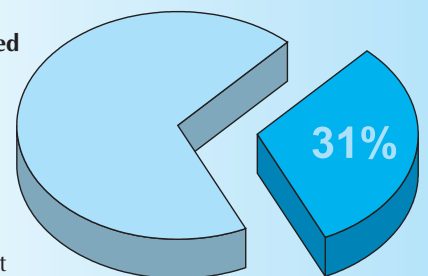
- 30% of pupils reported that they had an accident in the last twelve months that was treated by a doctor or at a hospital.



- 81% of pupils reported that they cleaned their teeth at least twice on the day before the survey (the recommended frequency). 17% had a filling the last time they visited the dentist.
- 13% of pupils said they had asthma.
- 9% reported using medication for asthma in the seven days before the survey.
- 70% of pupils reported 'usually' or 'whenever possible' taking precautions against sunburn.
- 31% of pupils reported that an adult had approached them and scared or made them upset; for 60% of these pupils they said they did not know the person.
- 49% have used an Internet chat room; 13% have ever received a chat message that was scary or upsetting.
- 10% worry about Internet safety. 69% have been told how to keep safe when chatting online.

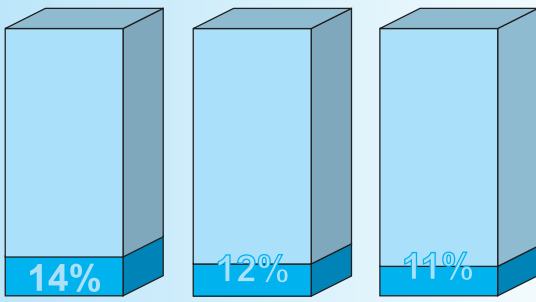
BULLYING

- 31% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.

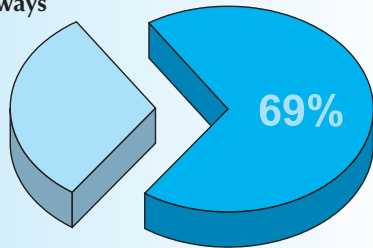


- 79% said they thought their school takes bullying seriously.
- In the last month, 26% have often or every day experienced bullying or other hostile behaviour:

- 14% have been called nasty names, 12% teased/made fun of, 11% pushed/hit for no reason).

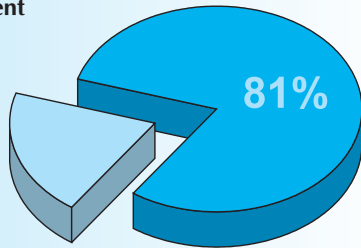


- 17% said these behaviours were experienced outside at school, and 12% in a classroom. 12% of pupils experienced these behaviours at or near home.
- 8% report that they have bullied other people in the last year.
- 69% of pupils say they always feel safe at playtimes.



Making a Positive Contribution

- 81% of pupils said they spent time watching television, after school, on the evening before the survey.
- 63% played with friends and 59% played sport, on the evening before the survey. 48% of the boys played computer games.

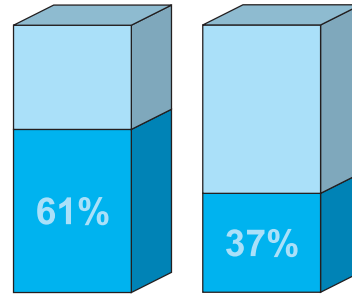


PUPILS' VOICE

- 68% of pupils think their views and opinions are listened to in school.
- 60% say they are listened to by teachers and 56% say they are listened to through the school council.

Economic Well-being

- 95% of pupils describe themselves as White British.

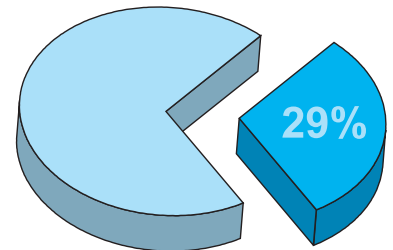


- 61% report getting pocket money at least monthly.
- 37% of the pupils surveyed received more than four pounds the last time they had pocket money.

- 45% put money into savings last week
- 69% of pupils spent some of their own money last week
- The main items pupils spent money on were:

	Boys		Girls
Sweets, Chocolate	29	Sweets, Chocolate	29
Toys	20	Comics, magazines	19
DVDs, CDs, etc.	18	Mobile phones	18
Comics, magazines	17	Books	16

- 29% of pupils spent money on sweets last week.



Every Child Matters

Boys	%	Girls	%
'My work is marked so I can see how to improve it'	89	'My work is marked so I can see how to improve it'	91
'The school prepares me for when I leave this school'.	81	'The school prepares me for when I leave this school'.	83
'The school helps me work as part of a team'	79	'The school helps me work as part of a team'	82
'The school encourages everyone to take part in decisions, e.g. class discussions or school council'	78	'The school encourages everyone to take part in decisions, e.g. class discussions or school council'	83
'I know my targets and I am helped to meet them'	75	'I know my targets and I am helped to meet them'	76
'The school cares whether I am happy or not'	71	'The school cares whether I am happy or not'	75
'My achievements in and out of school are recognised'	64	'My achievements in and out of school are recognised'	66
'In this survey, people with different backgrounds are valued'	63	'In this survey, people with different backgrounds are valued'	66
'The school encourages me to contribute to community events'	62	'The school encourages me to contribute to community events'	64
'The school teaches me how to deal with my feelings positively'	61	'The school teaches me how to deal with my feelings positively'	64

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

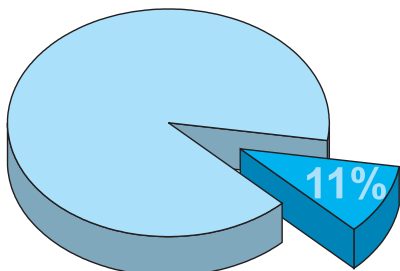
Where figures are also given in a chart, they are shown in **bold**.

Being Healthy

HEALTHY EATING

- 10% of pupils reported having nothing to eat or drink for breakfast on the day of the survey. 29% had cereal, 26% toast or bread and 9% had sweets or chocolate.

- 11% reported 'never' considering their health when choosing what to eat.**



- 27% said 'very often' or 'always'.

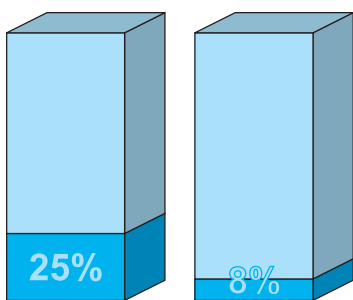
- 8% of the pupils in the survey would like to put on weight while 46% would like to lose weight.

- 40% had a school lunch yesterday and 8% bought lunch from a takeaway or shop.

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

	Boys	Girls
Water	72	81
Dairy produce	60	60
Any bread	52	58
Milk	52	54
Vegetables	48	39

- 73% of pupils say they can get water easily at school.



- 25% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 8% had none at all.**

- 25% say they never worry about what they eat; 18% say they are often or always careful with their diet.

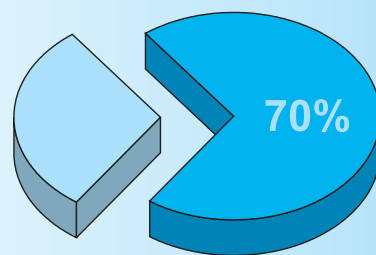
- 25% of pupils say they try to avoid or limit their intake of fatty foods, 21% try to avoid or limit salt. About a fifth of pupils limit or avoid red meat, caffeine, sugar and salt, while about 10% each limit or avoid high-carbohydrate foods and food not 'organically' produced (that is, with the use of chemicals like pesticides or fertilisers).

- 37% of pupils had ever engaged in more extreme dietary behaviour, like making themselves sick (42% of Year 10 females).

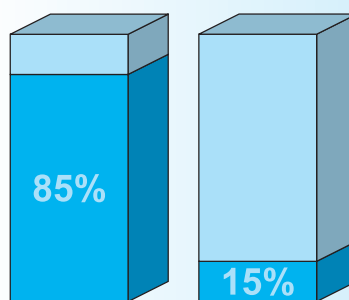
DRUGS, ALCOHOL & TOBACCO

Drugs

- 70% reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.**



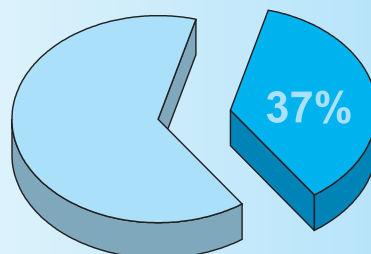
- 23% of pupils have been offered cannabis and 11% other illegal drugs.
- 13% say they have ever taken some form of illegal drug; 7% within the last month.
- The most commonly taken drug was cannabis, with 18% of Year 10 pupils ever having taken it. The next most common drug was poppers, with 8% of Year 10 pupils ever having taken it.
- 4% reported taking more than one type of illegal drug on the same occasion.



- 85% have heard of the FRANK drug advice service although just 15% have ever used it.**

Alcohol

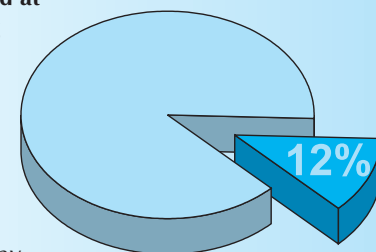
- 37% had at least one alcoholic drink in the week before the survey.**



- 23% of drinkers drank over the advised lower weekly limit for adult females of 14 units.
- 3% of pupils (5% of Year 10 pupils) bought alcohol from an off-licence that should only sell to over-eighteens.
- 46% of pupils think that their lessons about alcohol were at least 'quite useful'.

Tobacco

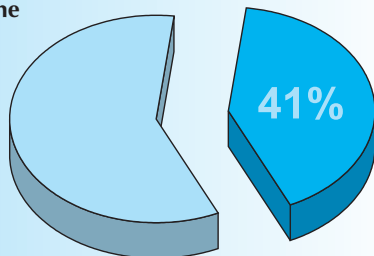
- 38% say they have tried smoking in the past or smoke now.
- 12% in the survey smoked at least one cigarette during the last 7 days** (20% of Y10 females).



- 13% say they smoke 'regularly' or 'occasionally';
- Over half of all smokers say they would like to give up smoking.

SEX AND RELATIONSHIPS

- 38% of pupils think that their lessons about STIs were at least 'quite useful'; the figure for contraception and pregnancy was 41%.
- 17% of pupils reported that their parents were their main source of information about sex; 36% said that school lessons were their main source.
- 14% believe there is a specialist sexual health service for young people available locally.
- 41% of young people in the survey say they know where they can get condoms free of charge** (60% of Y10 females).

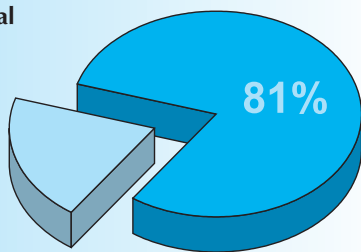


SEXUAL HEALTH: YEAR 10 ONLY

- There was a series of questions that were asked only of Year 10 pupils. Firstly, they were asked about their sexual experience: 66% said they had *Not had a sexual relationship*; 8% said they were *Currently in a relationship and thinking about having sex*; 15% reported they *Had a sexual relationship in the past*; and 10% were *Currently in a sexual relationship*.
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 65% said *yes* and 7% were *not sure*.
- They were then asked: Have you ever taken risks with sex (infection or pregnancy) after drinking alcohol or drug use? 30% said *yes*, and 13% were *not sure*.

PHYSICAL ACTIVITY

- 81% say they enjoy physical activities 'quite a lot' or 'a lot'.**



- 46% did some sort of sport outside school lessons yesterday
- 37% of pupils think that their lessons about physical activity were at least 'quite useful'
- The three most popular physical activities were:**

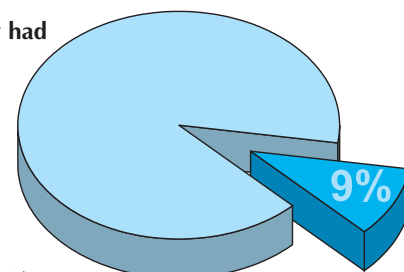
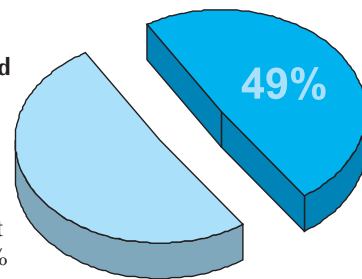
	Boys		Girls
Soccer	53	Going for walks	50
Riding a bike	53	Riding a bike	31
Jogging	30	Dancing	30

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

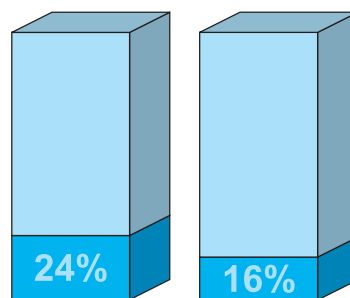
	Boys		Girls
Judo, Karate, Boxing	8	Roller/ice skating	17
Swimming	8	Swimming	17
Tennis	7	Dancing	16

Staying Safe

- 49% said they were treated for an accident by a doctor or at a hospital within the last year.**
- 16% of pupils reported that they had asthma while 12% reported that they had taken medicine for asthma in the last 7 days.
- 15% of pupils reported that they wheezed on exertion, a symptom associated with asthma. This is a good match for the 16% who have asthma, but there will be people with asthma who do not wheeze as well as undiagnosed wheezers.
- 69% have visited their doctor within the last six months, a figure that rises to 83% for the last year. 51% were 'at ease' with their doctor on this last visit; 19% said they were worried about confidentiality.
- 88% have visited their dentist within the last six months, a figure which rises to 93% for the last year..
- 15% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 2% said this about going out during the day.
- 9% reported that they had been a victim of violence or aggression in the area where they live, in the last twelve months.**
- 80% of pupils use the Internet for chatting; 49% have ever visited a chat room. 14% of all pupils have ever received a chat message that was scary or upsetting.
- 73% have been told how to stay safe online and 76% of these say they always follow this advice.

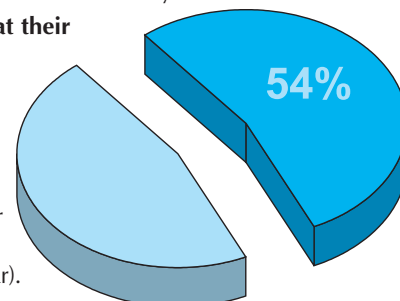


BULLYING



- 24% of pupils think they are picked on or bullied for the way they look and 16% for their size or weight.**
- 22% say they have been bullied at or near school in the last 12 months.

- 12% of pupils worry about bullying; of these, 7% worried about being different because of their culture and 8% their different religion while 6% worried about their sexuality.
- Of non-white British pupils, 24% report being bullied because of their colour, race or religion; 7% because of their sexuality and 5% because of a disability.
- 54% of pupils think that their school takes bullying seriously.**

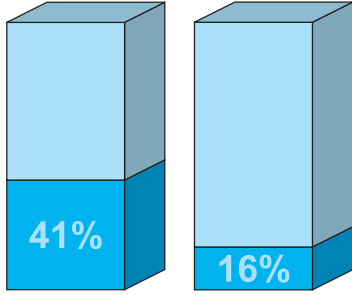
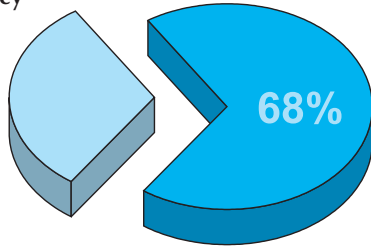


- 10% of pupils reported that they themselves ever carried weapons for protection when going out (5% a knife or similar).

Enjoying and Achieving

EMOTIONAL HEALTH & WELL-BEING

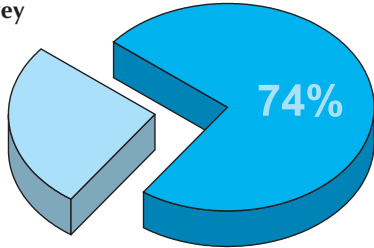
68% of pupils reported they are, in general, 'happy' or 'very happy' with their life.



41% of pupils had high self-esteem scores (48% of Y10B and 35% of Y10G).
16% had low self-esteem scores.

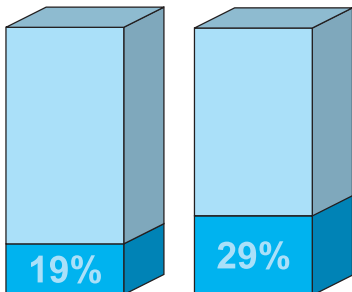
4% of pupils worried quite a lot about being different; 2% worried about their different culture or religion and 2% worried about their sexuality.

74% of pupils in the survey worry about at least one problem 'Quite a lot' or 'A lot'.



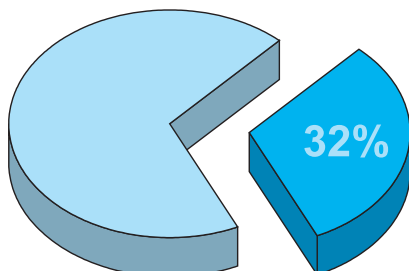
The five most common worries were:

	Boys		Girls
Exams and tests	32	Exams and tests	49
Health	23	The way you look	49
Family	22	Family	38
Relationships	21	Health	37
The way you look	19	Friends	36

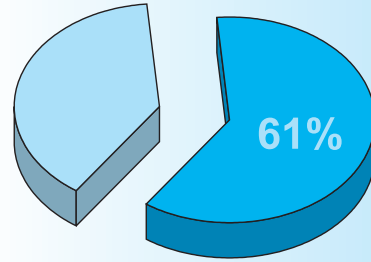


Worrying about schoolwork by boys and girls: 19% and 29%

32% of pupils found their lessons about emotional health and well-being at least 'quite useful'.

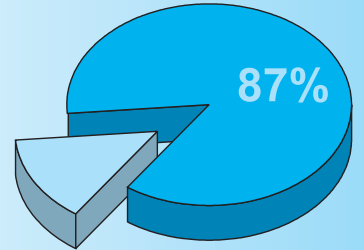


SCHOOL AND CAREER



61% of pupils report enjoying at least half of their school lessons.

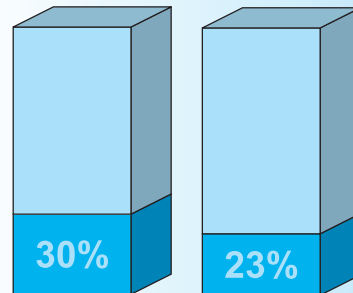
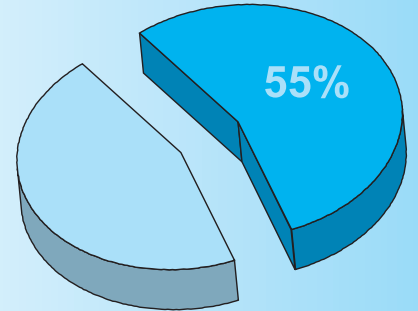
87% think it is important to go to school regularly.



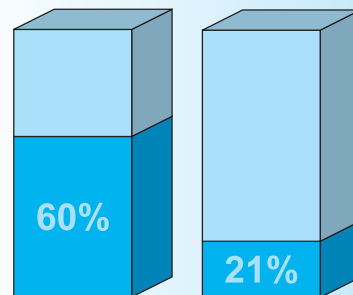
81% of pupils have been absent in the last 12 months.

Medical reasons were the most commonly given reason for absence but 38% reported day trips or holidays during term-time and 8% said their parents did not always know about their absences.

55% of pupils want to continue in full time education after leaving school; the same proportion say they would like to get training for a skilled job

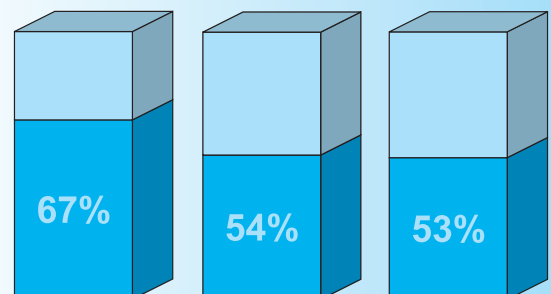


30% of boys and 23% of girls said they wanted to find a job as soon as possible.



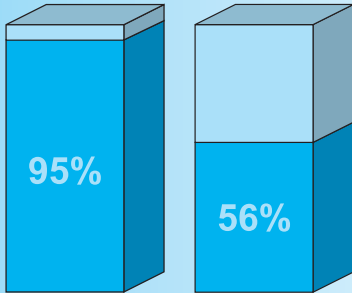
60% of pupils did homework on the previous evening. 21% reported they did more than an hour.

The school lessons most often described as at least 'quite useful' were those about physical activity 67%; PSHE 54%; drugs 53% and healthy eating 53%.



Making a Positive Contribution

LEISURE AND WORK

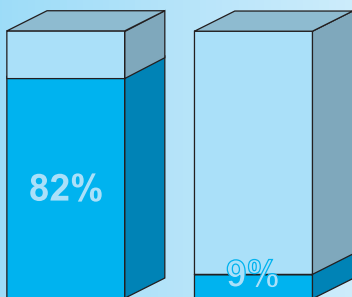
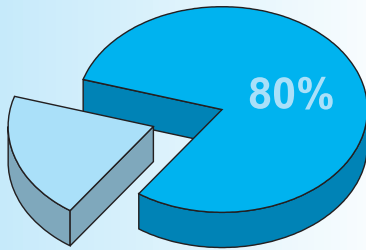


- 95% of pupils had used the Internet at home; 56% are never supervised in their use.

- 80% of pupils use the Internet for chatting; 49% have visited a chat room.

- 81% use the Internet for school work.

- 23% of pupils reported reading a book for pleasure for at least part of the evening before the survey.



- 82% watched some TV the previous night and 9% watched for over 3 hours.

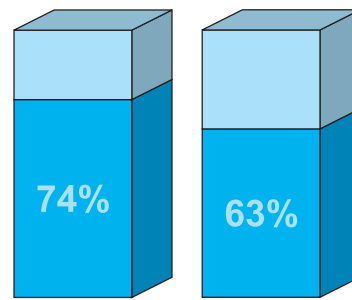
Every Child Matters

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

	Boys	Girls
'My work is marked so I can see how to improve it	71	71
The school prepares me for when I leave this school	62	65
The school encourages everyone to take part in decisions, e.g. class discussions or school council	56	64
The school helps me work as part of a team	52	56
In this school people with different backgrounds are valued	52	58
I set my own targets and I am helped to meet them	51	49
My achievements in and out of school are recognised	46	44
The school cares whether I am happy or not	42	44
The school encourages me to contribute to community events	34	30
The school teaches me how to manage my feelings	32	30

- Young people who are from ethnic minorities and/or are worried about being different in culture or religion are over-represented among those who disagree that 'In this school people with different backgrounds are valued'

PUPILS' VOICE



- 74% of pupils think their views and opinions are asked for in school and 63% thinks it makes a difference.

- 57% said they had taken part (or had a chance to take part) in voting for school/college council members, while 15% said they had taken part (or had a chance to take part) in a mock general election.

- 12% said they were sure they had ever heard of the UK Youth Parliament.

Economic Well-being

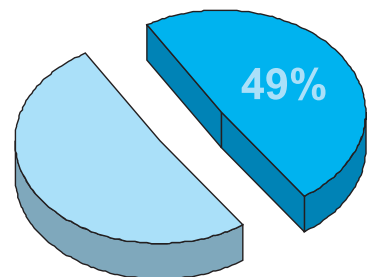
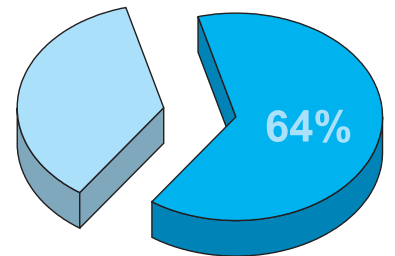
- 93% of pupils describe themselves as White British.

- 64% of all pupils in the survey live with both parents.

- 42% put any money into savings last week

- 77% spent some of their own money last week

- 49% of pupils spent over £10 in the week before the survey.



- The 5 most commonly bought items were:

	Boys	Girls
Sweets	43	42
Soft drinks	35	Clothes & footwear 38
Mobile phone	21	Soft drinks 32
Clothes & footwear	20	Mobile phone 27
Sports equipment	20	Comics, Magazines 21

- 39% of the pupils in the survey have a regular paid job.

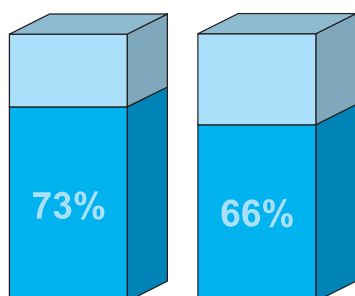
- The most common forms of work among Y10 pupils were:

	Boys	Girls
Hotel, bar or cafe	29	Hotel, bar or cafe 47
Paper/milk round	21	Babysitting 15
Other	13	Working in a shop 10

Changes in North Yorkshire since 2006 – Primary

MORE likely in 2008...

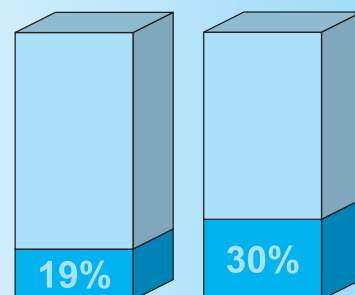
- ↗ Eat vegetables on most days (63% vs. 57%)
- ↗ played computer games last night (48% vs. 41%)



- ↗ Pupils are more likely to agree with a number positive statements about their school e.g. 'the school cares whether I am happy or not' (73% vs. 66%)

LESS likely...

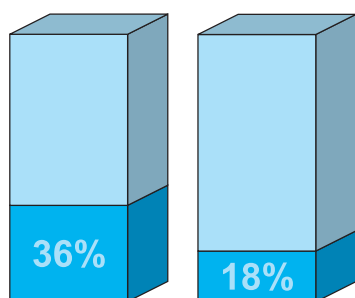
- ↘ to have drunk at least a litre of water yesterday (19% vs. 30%)



Changes in North Yorkshire since 2006 – Secondary

MORE likely in 2008...

- ↗ Eat vegetables on most days (65% vs. 58%)
- ↗ Think they know a drug user (70% vs. 26%)
- ↗ Drinkers who drink more than 14 units in the last week (23% vs. 16%)



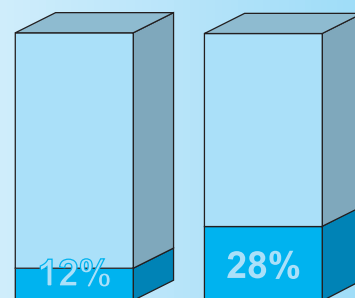
- ↗ School lessons are their main source of sex information (36% vs. 18%).

- ↗ Had an accident requiring medical attention last year (41% vs. 36%).

- ↗ More at ease with their doctor on their last visit (51% vs. 45%)
- ↗ Spent more than £10 last week (49% vs. 35%)
- ↗ Work in hotel/bar/café (47% vs. 40%)

LESS likely...

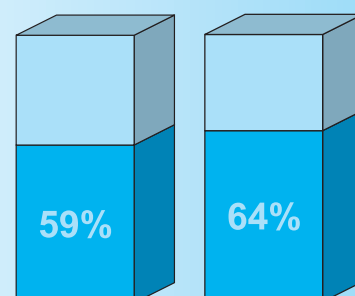
- ↘ Worry about bullying (12% vs. 28%)



- ↘ Running for exercise at least weekly (59% vs. 64%)

- ↘ Voting for school council members (42% vs. 57%)

- ↘ Did homework last night (60% vs. 67%)



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)
- ❑ Access and Inclusion
- ❑ Teenage Pregnancy Strategy Group
- ❑ Young People's Drugs and Alcohol Joint Commissioning Group
- ❑ North Yorkshire Police Community Safety and Enhanced Schools Partnership Team

Key Contacts

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Andy McCarthy Senior Adviser (Performance Studies) (CEO)
01609 532 816






Heather Newman General Adviser (Health & Well-being)
(CEO) 01609 533 259


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. 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









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

-  Wash their hands before lunch
-  Never drink alcohol
-  Never tried smoking
-  Want to talk with their parents about drugs and about growing up

-  Can say no to a friend
-  Positive about a variety of aspects of school life
-  Say they are listened to at school
-  Score in the highest bracket of self-esteem
-  Were driven to school today

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

-  Drink lots of water yesterday
-  Have asthma
-  Clean their teeth at least twice yesterday
-  Have seen the dentist recently
-  Often go for walks
-  Have drunk alcohol in the last week


-  Know a drugs user
-  Had an accident in the last year
-  Report bullying behaviour
-  Been scared by an adult
-  Use Internet chat rooms
-  Report leisure activities last night
-  Walked to school today
-  Get pocket money regularly




Rural and Urban Schools in North Yorkshire









Schools were assigned to either a rural or urban group, 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









-  Smoke in the last week
-  Experience bullying at school *
-  Get regular pocket money *


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









-  Get water from a machine at school *
-  Wash their hands before lunch
-  Try to avoid sunburn
-  Feel listened to at school *
-  Positive about a variety of aspects of school life *

Among Secondary school pupils...

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

-  Think that their school takes bullying seriously
-  Think that their views make a difference
-  Positive about a variety of aspects of school life *
-  Be working on a paper round *
-  Be driven to school
-  Get water easily at school
-  Know where to get free condoms
-  Year 10: if sexually experienced, have always used contraception

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

-  Report being bullied in the last year *
-  Enjoy school lessons
-  Take part in voting for school elections *
-  Be earning
-  Be working in a hotel, bar or café *
-  Walk to school
-  Drink alcohol in the last week *
-  Year 10: have had sex

*a similar finding was found in 2006

Differences between North Yorkshire and its statistical neighbours

The reference samples were large samples of primary pupils from Hertfordshire and secondary pupils from Cambridgeshire and Hertfordshire, counties which are 'statistical neighbours' to North Yorkshire.

Primary

- ↑ Cereal for breakfast
- ↑ Drink for breakfast
- ↑ Washed hands before lunch
- ↑ Cleaned teeth at least twice
- ↑ Walking and biking
- ↑ Played with friends after school
- ↑ Positive attitudes towards school
- ↑ Smoking 10+ cigarettes daily

- ↓ Toast for breakfast
- ↓ Avoid fish
- ↓ Amount of water drunk yesterday
- ↓ Dancing
- ↓ Homework after school

Secondary

- ↑ Feel safe near where they live
- ↑ Positive attitudes towards school
- ↑ Spent money on sweets
- ↑ Regular term-time job
- ↑ Watched TV last night
- ↑ Met friends last night
- ↑ Cared for pets last night
- ↑ Did sport last night
- ↑ Took bus to school

- ↓ Used a chat room
- ↓ Non-white-UK
- ↓ Avoid fish
- ↓ Aware of local sexual health service for young people

- ↑ Had school lunch
- ↑ Drink for breakfast
- ↑ Think about healthy food choices
- ↑ Eats dairy produce most days
- ↑ Biking
- ↑ Being teased, called nasty names and threatened
- ↑ Year 10 pupils taking cannabis

Key issues and suggested actions *Primary*

Key issues

- Only 50% of pupils in year five feel they know enough about how their body changes as they get older.
- There is an increase in the number of pupils who would like their teachers to be talking to them about drugs and body changes.
- The % of pupils smoking more than 10 cigarettes a day is significantly higher than our statistical neighbours.
- 15% had at least one alcoholic drink (more than just a sip) in the week prior to completing the questionnaire.
- 13% of pupils reported receiving a chat message that was scary or upsetting.
- 32% have not been told how to stay safe when chatting on line.
- 26% of pupils report that they have been bullied at school in the last twelve months; however 79% say that their school takes bullying seriously.
- 12% of pupils are young carers.
- There is a decrease in the number of pupils doing homework.
- There is a decrease in the number of pupils in year 6 who are eating fresh fruit.
- 13% of pupils said they had asthma, while 9% reported using medication in the seven days before the survey.
- 12% of pupils worry about their weight.
- 61% of pupils worry about some issues 'quite often' or 'very often'.
- 69% of pupils spent some of their own money in the week before the survey and the most common item was sweets.

Recommendations:

- To continue supporting schools in developing anti-bullying strategies with a focus on the nature and cause of the bullying which are linked to equalities schemes and action plans and developing e-safety (CYPP 2.3).
- Work with schools to promote healthy weight and active lives (CYPP 1.2).
- To support the promotion of school meals and food nutrition standards through partnership working (CYPP 1.2)
- To support schools in identifying young carers and work with service partners to provide advice and support to these schools (CYPP 2.5).
- Support schools to develop high quality PSHE provision, including SRE and Tobacco, Drugs and Alcohol Education (CYPP 1.4 1.5 1.6 3.3).
- To support schools in making explicit links between physical activity, nutrition, mental health and physical health to impact upon pupils' self-esteem and relationship building (CYPP 1.2 4.3 4.4).
- To support schools in using the National Healthy Schools Emotional Well-being Toolkit and embedding SEAL (CYPP 1.4).

Key issues and suggested actions *Secondary*

Key issues

- ❑ There is an increase in the number of pupils who have been treated at a hospital or clinic for an accident in the last 12 months, including an increase in the % of pupils with minor injuries.
- ❑ Although more pupils are at least eating 5 portions of fruit and vegetables, fewer are eating vegetables every day.
- ❑ 37% of pupils have engaged in more extreme dietary behaviour with the highest % being girls in year 10.
- ❑ There has been a small % increase in the number of pupils who know where to access a specialist sexual health service for young people, however this is lower than our statistical neighbours.
- ❑ Compared to statistical neighbours, a higher % of pupils in year 10 who have had sex used contraception. However, when pupils had sex after drinking or drug use, 30% of them took risks with sex.
- ❑ There has been a notable rise in the proportion of young people who think they know a drug user without there being any sign of a change in the prevalence of drug use.
- ❑ 18% of pupils in year 10 report having taken cannabis; this percentage is above that of our statistical neighbours.
- ❑ There is an increased % of girls drinking over 14 units of alcohol in the week before the survey.
- ❑ Over half of all smokers say they would like to give up smoking. 12% in the survey smoked at least one cigarette in the seven days before the survey (20% of year 10 females).
- ❑ More pupils spent their own money on sweets than any other item listed in the questionnaire.
- ❑ 38% of pupils report that there are lots of things about themselves that they would like to change.
- ❑ The self-esteem scores of boys are higher than girls and overall only 41% of pupils had high self-esteem scores.
- ❑ 45% of pupils do not want to continue in full time education or get training after the end of year 11.
- ❑ 10% of pupils report carrying a weapon when going out. 6% of year 10 pupils report carrying a weapon with a blade.
- ❑ In the month before completing the survey, against statistical neighbours, significant percentages of pupils reported being teased, called nasty names, being threatened, being pushed or hit for no reason and being asked for money. 26% report these happening inside school and 31% outside the school building. 7% report these incidents taking place in a bus or a taxi.
- ❑ 40% of pupils worry quite a lot or a lot about exams and tests. Pupils also worry quite a lot or a lot about money, bullying, the environment, wars and terrorism, crime and family problems.
- ❑ Of the pupils who worry about bullying, at least half of them worry about being different because of their culture, religion or sexuality.
- ❑ 40% of pupils report spending no time at all doing homework on the day before the survey.
- ❑ In year 10, 61% of pupils enjoy about half or less of their lessons.
- ❑ 63% of pupils have missed school in the last twelve months due to medical or dental appointments and 38% missed school due to holidays in term time.
- ❑ 12% of pupils take medication for asthma.
- ❑ 47% of pupils in year 10 have a regular paid job and there is an increased % of pupils who work in a hotel, bar or café.

Recommendations:

- ❑ Support schools to address risk-taking through the NYCC Risk-taking Guidance, Healthy Schools programme and crime and accident prevention work (CYPP 4.6).
- ❑ Support schools to develop high quality PSHE provision, including SRE and Drugs and Alcohol Education (CYPP 1.4 1.5 1.6 5.2).
- ❑ To continue supporting schools in developing anti-bullying strategies with a focus on the nature and cause of the bullying which are linked to equalities schemes and action plans and developing e-safety (CYPP 2.3).
- ❑ To increase the provision of school based sexual health services and sexual health services in the community which can be signposted to pupils (CYPP 1.5).
- ❑ To support schools in making explicit links between physical activity, nutrition, mental health and physical health to impact upon pupils' self-esteem and relationship building (CYPP 1.2 4.3 4.4).
- ❑ To support the promotion of school meals and food nutrition standards through partnership working (CYPP 1.2).
- ❑ Support schools in working towards the Healthy Eating, Healthy Lives strategy to address obesity and raise awareness of extreme dietary behaviours (CYPP 1.2).
- ❑ To work with schools to raise the aspirations of all pupils to be in education, training or employment (CYPP 5.1 5.2 5.5).
- ❑ To support schools in using the National Healthy Schools Emotional Well-being Toolkit and in the implementation of SEAL (CYPP 1.4).
- ❑ To work with schools to implement curriculum reforms to provide wider opportunities and personalised learning (CYPP 3.1 3.3 5.1 5.2).