

NORTH YORKSHIRE COUNTY COUNCIL**YOUNG PEOPLE OVERVIEW AND SCRUTINY COMMITTEE****30 JANUARY 2015****UPDATE FOR THE GROWING UP IN NORTH YORKSHIRE SURVEY 2014****1.0 PURPOSE OF REPORT**

- 1.1 To provide the Young People Overview and Scrutiny Committee with an update of the 2014 Growing Up in North Yorkshire Survey Report commissioned from the Schools Health Education Unit (SHEU) to produce and disseminate to schools the 2014 surveys and to undertake the analysis of pupils' responses to the survey at school, area (district) and county level, Childrens Centre Reach Areas, Bespoke group reports for example for the teaching alliances, Closing the gap project school groups and further bespoke analysis, e.g. analysis of the survey results for service family pupils, children looked after, pupil premium, young carers, minority ethnic pupils.

2.0 Purpose of the biennial questionnaire

- 2.1 For the local authority and schools to have robust pupil perception data related to health and well-being and learning to inform strategic planning to improve outcomes for children and young people in North Yorkshire, through:
- Informing local authority and school self-evaluation and development planning.
 - Informing the Joint Strategic Needs Assessment.
 - Providing evidence to inform inspection - Local Authority e.g. safeguarding, service family inspection, Children's Centres and school inspections.
 - Sharing data with wider Children's Trust partners e.g. health, police and district councils.
 - Supporting 'closing the gap' agenda for vulnerable children and young people. Data is used widely in training – for example equalities, anti-bullying, health and wellbeing, student voice
 - Targeting service provision, e.g. Local Authority Performance Reward Grant - Risk Taking Sexual Health Services Project - identification of schools and integrated into measurable outcomes on the school project action plans, drugs and alcohol education, high quality sex and relationships education, anti-bullying advice and support. Ministry of Defence school support fund successful bid.
 - Informing schools causing concern and locality strategy work.
 - Contributing to the evidence base for children's perception about aspects of provision e.g. bullying where there have been concerns raised about a school, for example parental concerns about bullying.
 - Informing work of safeguarding board e.g. E-safety, child sexual exploitation.
 - Informing identification of good practice across the county.

3.0 UPDATE

- 3.1 All schools in North Yorkshire were invited to participate in the 2014 survey and two training seminars were held in the centre and east of the county. It is particularly pleasing that in 2014 there was 100% participation rate of all local authority maintained secondary schools with the majority of secondary school academies. Recruitment of primary schools was

maintained since 2012; however 32 primary schools did not return data. Whilst we were disappointed with this and will follow up reasons for non completion, our return rate was well above similar survey completion rates nationally where a 20% non return is the norm.

3.2 Numbers of schools participating

	Primary/Infant	Secondary	Special/PRS
2006	131	28	0
2008	169	35	1
2010	282	42	15
2012	290	39	10
2012 Academies	1	5	
2014	255	35	4+4
2014 Academies	0	6	0

3.3 Numbers of pupils

The combined 'final' sample was 19,924 pupils: KS1 5,336; KS2 6,857; KS3/4 7,731. This excludes special school versions. This included numbers from the target year groups:

	Year 2	Year 6	Year 8	Year 10
Male	2,302	2,274	1,790	1,813
Female	2,243	2,219	1,791	1,707
All*	4,557	4,508	3,594	3,529

The total sample size was a slight increase from 2012 (19, 070 pupils)

3.4 Key Developments

The questionnaire has continued to evolve to ensure it is collecting pupil perception data on relevant issues related to learning and wellbeing and is closely aligned to the 'Young and Yorkshire' 2014-17 CYPs plan and performance score card.

- 3.5 In the 2014 survey there is an increased focus on risk taking behaviours, including additional questions on e-safety, use of e-cigarettes and healthy relationships. There is also an enhanced focus on secondary age pupil perceptions of the Careers Guidance they receive.
- 3.6 The questionnaire also includes the use of two new nationally recognised scales to measure pupils' emotional health and wellbeing: primary aged children the 'Stirling Children's well-being scale' and for secondary the 'short Warwick-Edinburgh Mental Wellbeing scale'.
- 3.7 There is also a specific focus on 'self-harm' in the secondary survey.
- 3.8 Reporting has been broadened to include a specific focus on outcomes for 'Disadvantaged pupils' in every report where sample size permits.
- 3.9 Consultation on the key emerging priorities and recommended actions to be identified has again included consultation with young people. This was carried out at the North Yorkshire Youth Summit in November 2014

4.0 REPORTS

- 4.1 All participating schools have received their school report with analysis and benchmarking against county data.
- 4.2 We have received the full reports for the social identity groups to inform equalities monitoring. This includes: SEND (mainstream), FSM, ethnic minorities, Lesbian, Gay, Bisexual, Looked after Children, Young Carers, Pupil Referral Services, and Armed Forces pupils
- 4.3 The summary county report includes the summary of key findings, equalities monitoring with significant differences reported for social identify groups, rural/urban comparison, smaller/larger primary school comparison, and large shire county comparisons
- 4.4 Districts reports have also been received.

5.0 EMERGING FINDINGS – Reference pages 2-3 County Summary Report

6.0 DISSEMINATION

- 6.1 The county summary report will be disseminated to:-

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

- 6.2 The County Summary report and District area reports will be available through CYPS info site, and therefore will be in the public domain
- 6.3 Bespoke data is available on request through the Performance and Outcomes Unit

7.0 RECOMMENDATIONS

- 7.1 The Young People Overview and Scrutiny Committee note the information in this report.

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

Report compiled by:

Katharine Bruce – Lead Adviser Wellbeing, Quality and Improvement Service
Simon Moss - Performance and Change Manager, Prevention & Commissioning

Appendix A: 2014 Growing Up in North Yorkshire County Summary Report

Date: January 2015

Growing Up in North Yorkshire

A summary of the Growing Up in North Yorkshire Survey 2014

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

Introduction from Pete Dwyer

Corporate Director - Children & Young People's Service

I am delighted to be given the opportunity to introduce the Summary Report for Growing Up In North Yorkshire 2014. It is a remarkable piece of work and must as a result be used to inform our collective priorities and challenge current delivery arrangements. It is one of the largest such surveys conducted in the country and gives incredibly rich insights into the lives of North Yorkshire's young people. It provides analysis which helps us understand where changes in their views have occurred and where more needs to be done. The findings will be debated at an individual school level and at key strategic partnerships in the county. But we must go beyond debate and ensure we fully listen and respond to this rich collective expression of young people's voices. My thanks to all the staff behind the work and the 16,000 young people who participated.

Key issues

For pupils in North Yorkshire schools participating in the survey, some key priorities have emerged. It is recognised that there is progress in many of these areas however the perceptions and behaviours of our pupils indicates there is still more work to do.

Identified priorities:

- Developing Resilience and Emotional Wellbeing
 - Pupil Voice influencing decisions
 - Positive Ethos and Culture of School
 - Risky Behaviours including those related to use of modern technologies
 - Transition
 - Careers Guidance
 - Identified **groups of young people** continue to have more negative outcomes and perceptions against a wide range of indicators
- This includes in particular:
- Looked After Children
 - Young Carers
 - Minority Ethnic pupils
 - Pupils receiving Free School Meals
 - Service Pupils
 - Lesbian, Gay, Bisexual pupils (LGB)
 - Pupils with Special Educational Needs and /or Disabilities

In this report:

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THE SURVEY

This report is based on the responses of over 16,000 pupils attending mainstream schools and PRUs in North Yorkshire:

Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. Completed questionnaires were then returned to SHEU in Exeter for processing. Some of the schools conducted the survey online. Where figures are also given in a chart, they are shown in bold.

The sample sizes are shown in the table

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.

A special analysis has been made of pupils with different social identities.

Comparisons have also been made with samples from other large Shire counties

Trends

This study follows similar studies in 2012, 2010, 2008 and 2006 and is the largest so far. Where changes can be seen in the figures, these are noted on page 16-17.

North Yorkshire				
	Year 2	Year 6	Year 8	Year 10
Males	2302	2274	1790	1813
Females	2243	2219	1791	1707
Total	4557*	4508*	3594*	3529*

* 49 pupils didn't give us their gender

KEY FINDINGS

POSITIVE FINDINGS

- Year 2 pupils know better how to keep themselves safe on the Internet (67% in 2012 vs 72% in 2014).
- Use of alcohol is in decline among all age groups, e.g. notable increase from 47% to 83% of Year 6 pupils who say they never drink alcohol between 2012 and 2014.
- Year 6 pupils recognise and decline the use of energy drinks: 50% rarely or never used them in 2012 compared with 60% in 2014.
- The percentage of secondary school pupils who agree that 'adults at school talk to them about how to improve their work' has risen from 57% in 2012 to 67% in 2014.
- Use of cigarettes is in decline among secondary school students, e.g. Year 8 never smoked 85% in 2012, 88% in 2014.
- Use of cannabis is as low in 2014 as it has ever been among Year 10 students (22% in 2006, 12% in 2014).

Compared with other large Shire counties in 2014:

- Primary and secondary pupils in North Yorkshire are less likely to report doing homework on the night before the survey than are pupils in the other counties.
- Primary and secondary pupils in North Yorkshire are less likely to report worried about their health 'quite a lot' or 'a lot' than are pupils in the other counties.
- Secondary pupils in North Yorkshire have more positive attitudes towards school than do pupils in the other counties
- Secondary pupils in North Yorkshire are more likely to feel safe and more likely to know of a sexual health service for young people than are pupils in the other counties.

(see p.13)

Over the period of the survey 2006-14, on-going positive trends are:

- Year 10
I never drink alcohol
2006 2008 2010 2012 2014
12% 14% 16% 20% 28%
- Year 6
Approached by an adult who scared/upset you
2006 2008 2010 2012 2014
31% 31% 28% 27% 24%
- Year 8
Enjoy all/most lessons at school
2006 2008 2010 2012 2014
35% 40% 38% 45% 48%
- Year 10
Agree "I know my own targets and I am helped to meet them"
2006 2008 2010 2012 2014
46% 45% 56% 54% 62%
- Year 6
Accidents in last 12 months
2006 2008 2010 2012 2014
33% 31% 31% 29% 27%
- Year 6
Did homework on the night before the survey
2006 2008 2010 2012 2014
15% 17% 19% 20% 22%

(see p.17)

Closing the Gap

- In 2012, LGB young people in Year 10 were significantly more likely to report using drugs than their peers (35% vs 14%). In 2014, the figure for the whole of Year 10 remained 14% while the figure for LGB students became 21% - still a significant difference, but a narrower gap.
- In 2012, young people from ethnic minorities in Year 10 were significantly more likely to report being bullied in the last year than their peers (24% vs 16%). In 2014, the figure for the whole of Year 10 was 17% and the figure for ethnic minority students was also 17%.
- (see p.18-19)

EMERGING ISSUES

- Reports of negative behaviours are higher in 2014 than in 2012, in both the primary and the secondary age groups (see p.16).
- In 2014, we looked at some entirely new issues, including e-cigarettes. 10% of secondary school pupils said they had 'never heard of' them, 22% said they had ever tried them and 2% said they were regular users.
- In 2014, we looked at self-harm for the first time as part of a question about reactions to stress. Overall, 13% of KS3&4 females said they ever did this.
- Use of bike helmets by primary-aged children seems in decline (Year 2 'always' 50% in 2012, 43% in 2014).
- Among Year 8 pupils, voting for School/College Council members is lower now than previously: 2010: 52%, 2012: 45%, 2014: 39%
- In 2014, we asked Year 2 pupils about bedtimes:
 - 68% of pupils responded that they have a set bedtime for nights when it's school the next day.
 - 52% of pupils responded that they have a TV in their bedroom.
 - 22% of pupils responded that they are allowed to watch TV after they have gone to bed.
 - 26% of pupils responded that someone usually reads them a bedtime story.
- We looked this year at homophobic name-calling: 28% of Year 6 pupils and 22% of KS3&4 pupils said they were called 'gay' in the last month.
- 31% of KS3&4 pupils responded that someone smokes in the same room or car that they are in at least 'once or twice a month'; 24% said they do so at least 'once or twice a week'.
- Just 20% of KS3&4 pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 38% said they haven't had enough information and guidance.
- LGB pupils in Year 10 reported being bullied at or near school more often than did their peers (41% vs 17%).
- 6% of Year 10 pupils responded that their boyfriend/girlfriend has threatened to tell people things about them (either with their current partner or in the past); 8% said their boyfriend/girlfriend has used hurtful or threatening language towards them. (see p.17)

Over the period of the survey 2006-2014:

- | <ul style="list-style-type: none"> □ Year 2
Like being at school most of the time <table border="1"> <thead> <tr> <th>Year</th> <th>2006</th> <th>2008</th> <th>2010</th> <th>2012</th> <th>2014</th> </tr> </thead> <tbody> <tr> <td>...</td> <td>...</td> <td>53%</td> <td>61%</td> <td>58%</td> <td></td> </tr> </tbody> </table> | Year | 2006 | 2008 | 2010 | 2012 | 2014 | ... | ... | 53% | 61% | 58% | | <ul style="list-style-type: none"> □ Year 6
'Diet' low-calorie drinks <table border="1"> <thead> <tr> <th>Year</th> <th>2006</th> <th>2008</th> <th>2010</th> <th>2012</th> <th>2014</th> </tr> </thead> <tbody> <tr> <td>...</td> <td>14%</td> <td>12%</td> <td>11%</td> <td>6%</td> <td>5%</td> </tr> </tbody> </table> | Year | 2006 | 2008 | 2010 | 2012 | 2014 | ... | 14% | 12% | 11% | 6% | 5% | <ul style="list-style-type: none"> □ Year 8
Lessons about SRE were 'Quite' or 'very useful' <table border="1"> <thead> <tr> <th>Year</th> <th>2006</th> <th>2008</th> <th>2010</th> <th>2012</th> <th>2014</th> </tr> </thead> <tbody> <tr> <td>...</td> <td>30%</td> <td>31%</td> <td>34%</td> <td>39%</td> <td>38%</td> </tr> </tbody> </table> | Year | 2006 | 2008 | 2010 | 2012 | 2014 | ... | 30% | 31% | 34% | 39% | 38% |
|---|------|------|------|------|------|------|-----|-----|-----|-----|-----|--|--|------|------|------|------|------|------|-----|-----|-----|-----|----|----|--|------|------|------|------|------|------|-----|-----|-----|-----|-----|-----|
| Year | 2006 | 2008 | 2010 | 2012 | 2014 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ... | ... | 53% | 61% | 58% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Year | 2006 | 2008 | 2010 | 2012 | 2014 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ... | 14% | 12% | 11% | 6% | 5% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| Year | 2006 | 2008 | 2010 | 2012 | 2014 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| ... | 30% | 31% | 34% | 39% | 38% | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |

Gender inequalities

- Girls in Year 2 were more likely to like being at school 'most of the time' than were boys (64% vs 51%).
- Boys in Year 6 were more likely to play computer games on the night before the survey than were girls (60% vs 23%).
- Girls in Years 8/10 were much more likely than were boys to worry about how they look and to report ever self-harming.
- The emotional wellbeing and resilience scores of boys in secondary schools were generally higher than those of the girls. (see p.13)

Other inequalities

Perceptions and behaviours of children and young people in mainstream schools and Pupil Referral Services identified within a range of social identity groups are still reporting more negatively on a range of key indicators within the survey. For example:

- Enjoyment of lessons reported by Year 6 pupils is lower if they are from a **single-parent family**. This was also found in 2012.
- Year 10 students who identify as **lesbian, gay or bisexual** continue to show a number of more negative findings, particularly around substance use and emotional wellbeing.
- Pupils in Year 10 from **single-parent families** once again are less likely to agree that "I know my own targets and I am helped to meet them" than are their peers. They also scored lower than other pupils on the measure of resilience in 2014. (see p.18)
- The small number of **looked-after children** in the Y10 sample were significantly more likely to have tried smoking. Other differences were not significant but often more negative.
- **Young carers** in Year 10 report more bullying, worrying about money, and experience of sex than their peers.
- We categorised pupils as "**disadvantaged**" if they indicated, in the background information section of the questionnaire, that they were either in care of foster carers or in a Residential School/Home, or if they were eligible for free school meals (FSM) or vouchers for free meals. This group includes some, but not all, of the pupils qualifying for pupil premium payments. (It does not include all of those pupils eligible for FSM in the last 6 years.) There were differences between this group and other pupils, for example, 41% of disadvantaged pupils said they wanted to continue in full-time education, compared with 56% of their peers.

Closing the Gap

- A new difference has appeared for Year 6 pupils with **disabilities** in mainstream schools, who in 2014 appear less likely to eat 5-a-day than their peers. In 2012, this difference was not apparent.

Additional comparisons within the 2012 survey indicate that:

- Pupils attending schools in **rural areas** are more likely to report positive diet and physical activity behaviours.
- Primary pupils attending **smaller primary schools** are more likely to say their views and opinions are listened to in school. (see p.20)

Following the survey, a consultation was carried out with young people at the 2014 Youth Voice Summit.

The three issues the secondary pupils were most often concerned about in the consultation following the survey were:

- Emotional Health and Wellbeing
- Substance use (including smoking)
- Sexual health

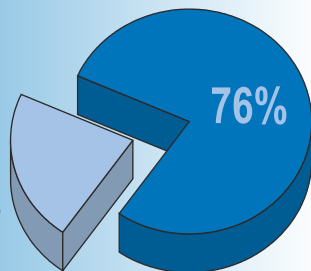
Primary school pupils in Year 2

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

BEING HEALTHY

- Nearly all pupils report having cereal or toast/bread (conventional breakfast) on the day of the survey (95%). 2% had just a drink, 1% had a snack or chocolate; 1% had nothing at all.
- 23% of pupils responded that they go to a breakfast club at least 'sometimes'.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 61%; water 59%; milk 51%; vegetables 48%; sweets or chocolate 41%.
- The foods or drinks most commonly consumed 'never' were: brown bread 45%; Weetabix, Porridge, Muesli 31%; fizzy drinks 20%.

- 76% 'always' wash their hands after going to the toilet.**
- 80% cleaned their teeth at least twice on the day before the survey. 62% have been to a dentist in the last year.



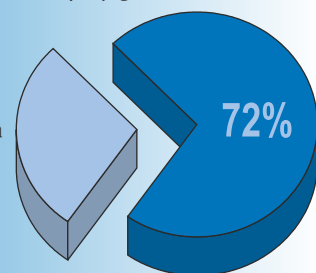
LEISURE

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

	Boys	Girls
Bike riding	83%	86%
Swimming	82%	87%
Going for a walk	79%	89%
Running (races or tag)	83%	82%
Roller skating, scooter, skateboarding	71%	78%
Football	84%	44%
After school club	52%	57%
Dancing/gymnastics	23%	69%

- After school on the day before the survey, the most common activities were: playing at home 64%; watching TV 63%; playing with friends 44%.
- 68% of pupils responded that they have a set bedtime for nights when it's school the next day. 26% of pupils responded that someone usually reads them a bedtime story.
- 52% of pupils responded that they have a TV in their bedroom. 22% of pupils responded that they are allowed to watch TV after they have gone to bed.
- 84% use a computer at home. 48% use it to help with schoolwork. 77% said they use it to play games.

- 72% say they know how to keep themselves safe on the Internet.**
- 95% have a bike, 90% have a scooter and 80% have a bike helmet; 43% 'always' wear a bike helmet when they use their bike or scooter.

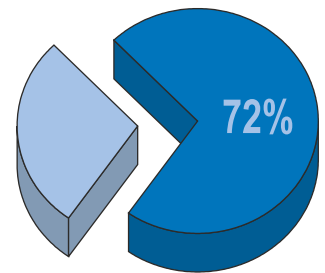


SAFETY

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

	Boys	Girls
Wear a hat	85%	87%
Wear long sleeves	52%	50%
Put on sun cream	87%	95%
Stay in the shade	71%	82%

- Overall, 70% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.
- 72% 'always' feel safe at school.** 58% like being at school most of the time.
- 12% ever feel scared to be at school because of other children, while 7% feel scared to travel to school because of other children.



EMOTIONAL HEALTH AND WELLBEING

- We asked a series of questions about social confidence related to self-esteem (percentage of pupils responding 'yes'):

Do you have lots of friends to play with?	76%
Do your parents like to listen to you?	50%
When a teacher asks you something do you feel shy?	12%
Do you worry?	20%
Do you fall out with your friends?	18%
Do you feel happy?	69%
Do you feel safe?	70%

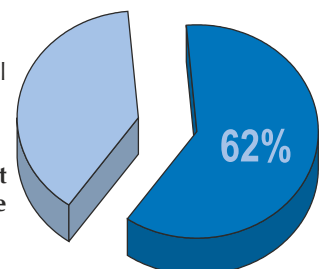
- A composite self-esteem score was derived. 33% scored in the highest bracket of scores and 17% in the low and medium-low brackets.

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

School-work	18%
Being ill	23%
Friendships	24%
Family	37%
The way you look	20%

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

- 62% of pupils responded that they worry about at least one issue 'most days'.**

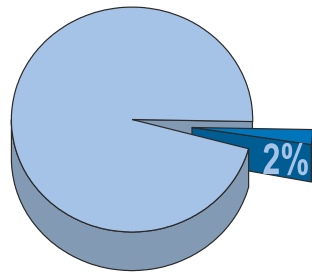


Primary school pupils in Year 6

(aged 10 - 11 years)

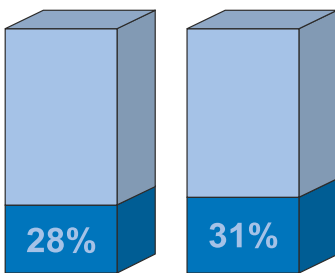
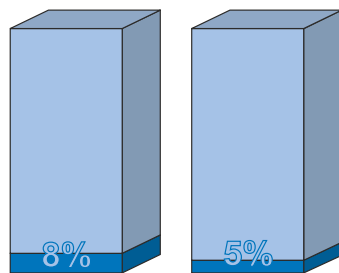
HEALTHY EATING

- 2% had nothing to eat or drink for breakfast on the day of the survey.
- 5% had just a drink for breakfast on the day of the survey.
- 48% of pupils had cereal and 31% toast on the morning of the survey. 1% said they had a chocolate bar or sweets.



Five-a-day

- 8% of boys and 5% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

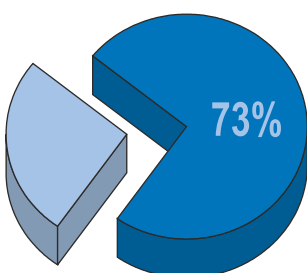
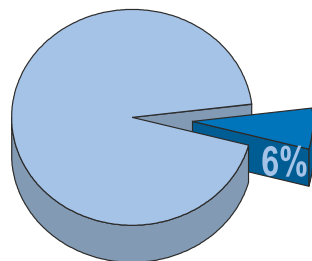


- 28% of boys and 31% of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

- 85% of pupils responded that they have found school lessons about healthy eating at least 'quite useful', while 7% found them 'not useful' and 5% couldn't remember any.

Drinks

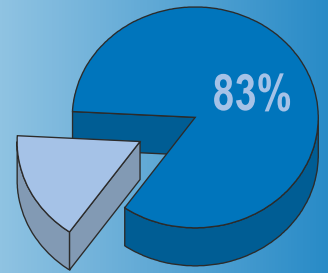
- 6% reported that they they drank no water on the day before the survey, while 25% said they drank at least a litre of water.
- 97% of pupils responded that they can get water at school.



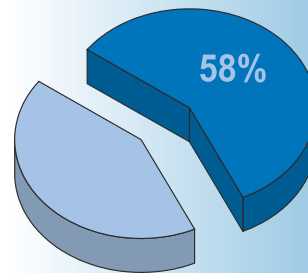
- 73% of pupils responded that they drink water 'every day or most days'; 9% said the same of fizzy drinks (not low-calorie).
- 19% of pupils responded that they 'rarely or never' drink milk; 60% said the same of energy drinks.

PHYSICAL ACTIVITY

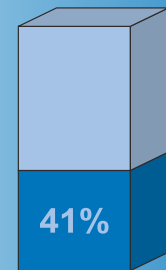
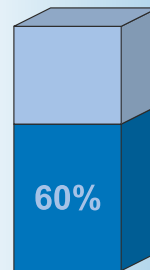
- 83% of pupils [86% of boys and 79% of girls] reported that they enjoy physical activities 'quite a lot' or 'a lot'.
- 40% said that they exercised enough to breathe harder and faster five times or more in the last week. 4% said they didn't at all while 6% said only once.



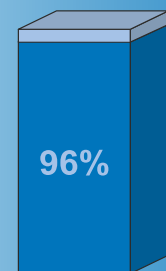
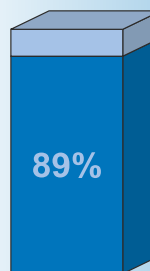
- 58% said they do 5 or more hours of physical activity in a typical week.
- 2% of pupils said that they don't do a single hour of physical activity in a typical week.



- 91% of pupils said they find it 'quite' or 'very easy' to be as physically active as they would like at playtimes.
- 51% (60% of boys and 41% of girls) of pupils said that they played sports after school on the day before the survey.



- 85% of pupils responded that they have found school lessons about physical education at least 'quite useful', while 7% found them 'not at all' useful and 4% couldn't remember any.
- 93% (89% of boys and 96% of girls) of pupils responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.

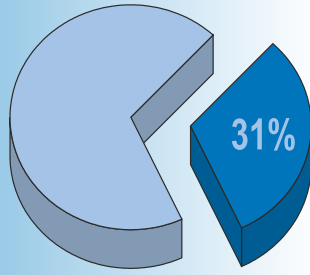


- 83% said they play running/skipping games/tag and 72% said they play ball games. 21% said they read quietly at playtime.

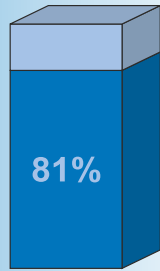
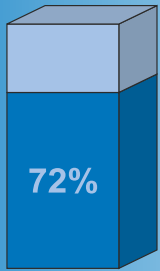
PRIMARY

EMOTIONAL HEALTH AND WELLBEING

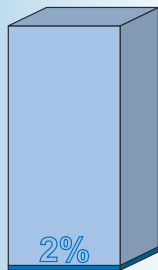
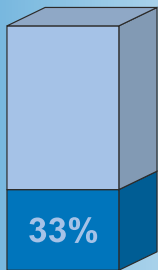
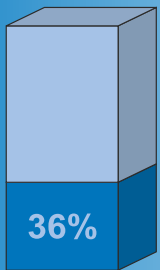
- 31% of pupils said they worried about family 'quite often' or 'very often' and 22% said they worried about falling out with friends.



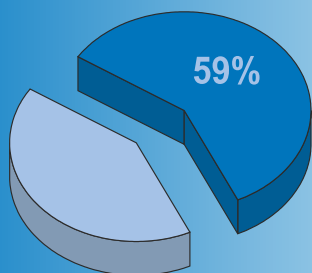
- 76% [72% of boys and 81% of girls] of pupils said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



- 60% of pupils responded that they have found school lessons about emotional health and wellbeing (SEAL) 'quite useful' or 'useful', while 12% have found them 'not useful' and 23% couldn't remember any.
- 34% (36% of boys and 33% of girls) of pupils scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 2% of pupils had a low score (12 - 23).



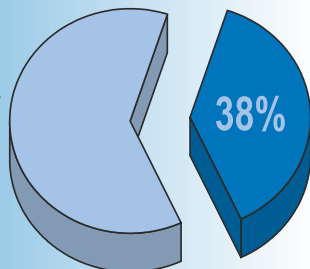
Resilience



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

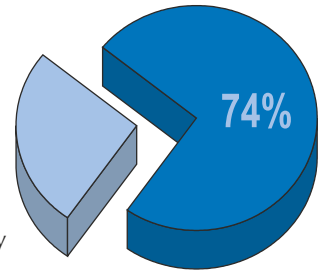
- 69% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 45% said they ask for help.

- We calculated an overall measure of resilience from a group of related items. 15% of pupils had a low measure of resilience (0 - 19). 38% of pupils had a high measure of resilience (26+).



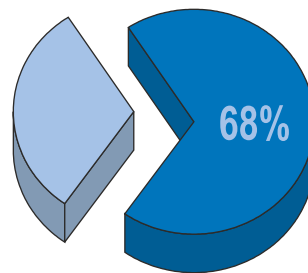
Puberty and growing up

- 85% of pupils said they would like to talk with their parents about how their body changes as they grow up, while 21% would like to talk with teachers.
- 74% of pupils responded that they feel they know enough about how their body changes as they get older, while 7% feel they don't know enough.
- 16% of boys and 33% of girls reported that they worry about the way they look.



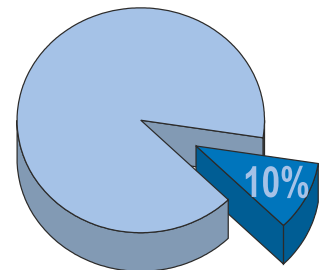
DRUGS, ALCOHOL AND TOBACCO

Drugs



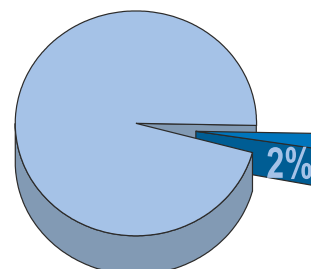
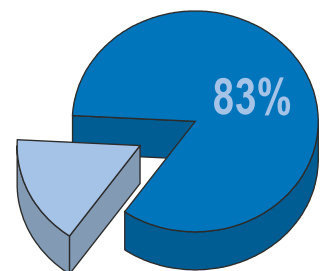
- 68% of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful', while 9% have found them 'not at all' useful and 18% couldn't remember any.

- 10% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs.
- 6% of pupils responded that they are 'fairly sure' or 'certain' they know somewhere near where they live where people can buy drugs.



Alcohol

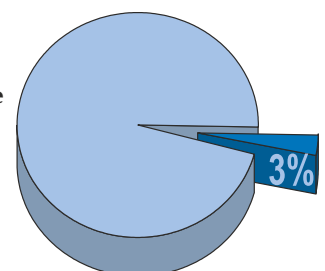
- 83% of pupils reported that they never drink alcohol and 15% drink only with their parents knowledge.



- 2% of boys and 1% of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.

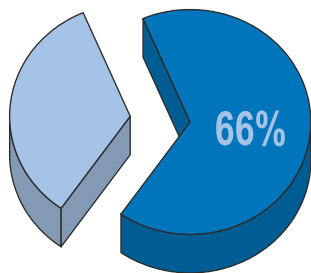
Tobacco

- 3% say they have tried smoking in the past or smoke now.
- < 1% said they smoked at least one cigarette in the week before they survey.



HEALTH AND HYGIENE

- 66% of pupils responded that they washed their hands before lunch on the day before the survey. 10% said they are 'not sure' if they did.



Dental health

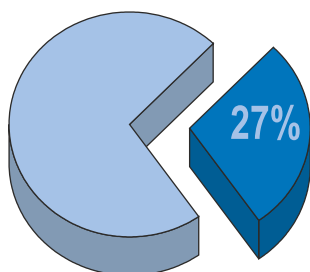
- 92% of pupils responded that they have been to the dentist in the last year, while 7% said they last went more than a year ago and 1% have never been.

Sun safety

- 8% of pupils responded that they 'never' do anything to avoid sunburn.
- 61% of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

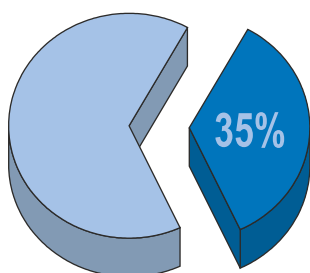
STAYING SAFE

- 27% of pupils reported that they had an accident in the twelve months before the survey that was treated by a doctor or at a hospital.
- 24% of pupils reported that they were approached by an adult who scared/upset them. 15% said they knew this adult (i.e. not a 'stranger').



Internet safety

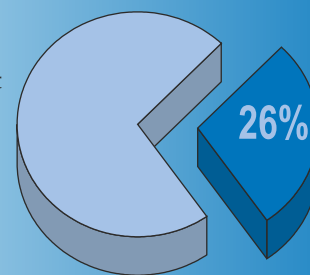
- 12% of pupils responded that they communicate with people they have met online and don't know in real life.
- 15% of pupils responded that they communicate with people online by posting things that lots of people can see and 36% said they communicate with people using picture/video sharing sites/apps.
- 15% of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 71% of pupils responded that they have been taught or given advice about sharing their personal information online; 47% said they have been taught about the Child Exploitation and Online Protection (CEOP) Centre's 'Report Abuse' buttons.
- 69% of pupils responded that they 'always' follow the advice they have been given.



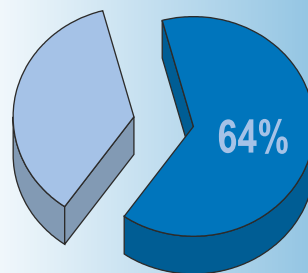
- 35% of pupils responded that they are 'never' supervised when using the Internet at home, 21% of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.

Bullying

- 26% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.
- 21% of pupils said that they were bullied at or near school in the 12 months before the survey, while 4% said that they bullied another pupil in the same period.
- 2% of pupils reported that they thought others might fear going to school because of them.

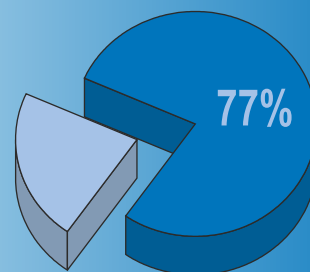


- 64% of pupils responded that they experienced at least one of the negative behaviours listed at least a 'few times' in the month before the survey, while 6% experienced such behaviour 'every day'.

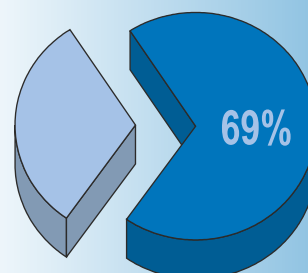


- 44% of pupils responded that they were teased/made fun of at least a 'few times' in the month before the survey, while 43% said they had been called nasty names and 28% said they had been called 'gay'.
- 35% of pupils responded that they were pushed/hit for no reason at least a 'few times' in the month before the survey, while 17% said they had belongings taken/broken.

- 77% of pupils responded that they think their school takes bullying seriously, while 10% think it doesn't take it seriously.

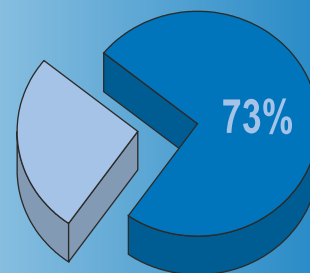


- 69% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 12% said that bullying is not a problem in their school.



- 78% of pupils responded that they have found school lessons about bullying at least 'quite useful', while 10% have found them 'not at all' useful and 8% couldn't remember any.

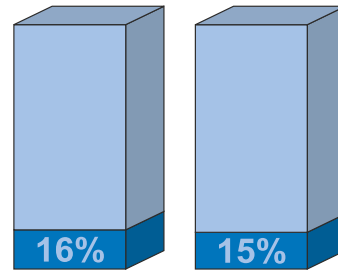
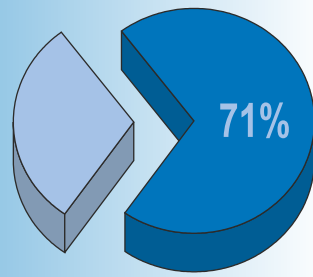
- 73% of pupils say they 'always' feel safe at playtimes.



PRIMARY

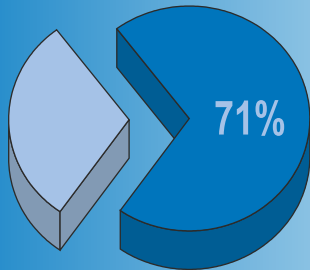
ENJOYING AND ACHIEVING

- 84% of pupils report enjoying at least half of their school lessons.
- 71% watched some TV on the evening before the survey.
- 54% played with friends on the evening before the survey. 60% of the boys played computer games.



- Worrying about school-work/homework: 16% for boys and 15% for girls.

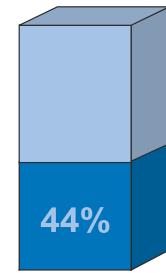
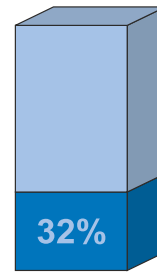
Pupils' voice



- 71% of pupils think their views and opinions are asked for in school.
- 51% say they are listened to by talking to teachers and 57% say they are listened to through the school/class council.

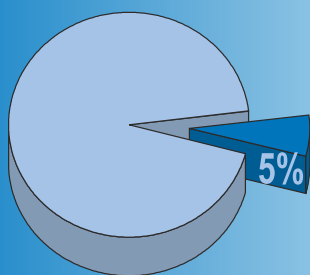
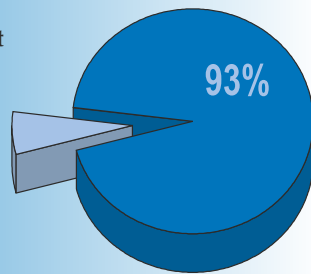
- 51% of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.

- 30% of boys and 39% of girls reported that they worried about SATs/tests.
- 32% of boys and 44% of girls reported that they worried about moving on to secondary school.



BACKGROUND

- 93% of pupils responded that they are White British.
- 68% of the pupils in this survey live with both parents together.

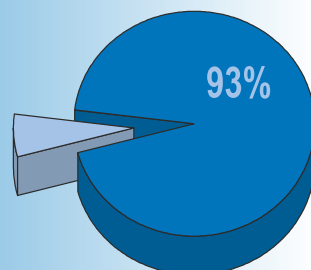


- 8% of pupils get free school meals or vouchers for school meals. 8% said they were 'not sure'.
- 5% of pupils have a parent or carer in the armed forces.
- 2% say their parent or carer has been away on operations in the last 12 months.

- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.16.

SCHOOL AND HOMEWORK

- 93% of pupils think it is important to go to school regularly.
- 96% of pupils said that their parents 'always' know if they are away from school.
- 21% of boys and 22% of girls spent time doing homework on the evening before the survey.



Pupil Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Every Child Matters outcome areas.

- The percentage of pupils responding 'yes' were:

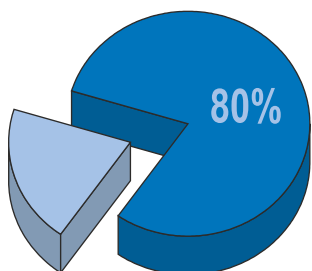
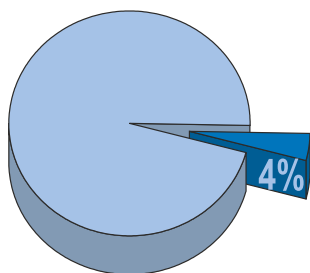
	Boys	Girls
My work is marked so I can see how to improve it	91%	92%
The school encourages everyone to treat each other with respect	88%	90%
The school prepares me for when I leave this school	85%	88%
The school encourages me to attempt difficult work	82%	84%
The school tells me it's OK to make mistakes	82%	84%
The school helps me work as part of a team	81%	84%
I know my targets and I am helped to meet them	83%	82%
The school cares whether I'm happy or not	73%	75%
In this school, people with different backgrounds are valued	69%	72%
My teachers realise when I don't understand	70%	69%
My achievements in and out of school are recognised	68%	68%
The community encourages me to contribute to community events	65%	64%
The school teaches me how to deal with my feelings positively	63%	64%

Secondary school pupils in Years 8 & 10

(aged 12 - 13 and 14 - 15 years)

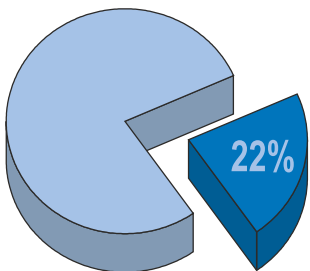
HEALTHY EATING

- 4% had nothing to eat or drink for breakfast on the day of the survey.
- 42% of pupils had cereal for breakfast and 27% toast or bread on the morning of the survey. 7% said they had a chocolate bar or sweets.

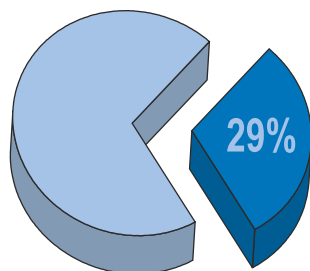


- 12% of pupils in the survey had no lunch on the day before the survey. 46% had a school lunch and 3% bought lunch from a takeaway or shop.
- 80% say that they can get water at school.

- 22% 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; 17% say they are often or always careful with their diet.



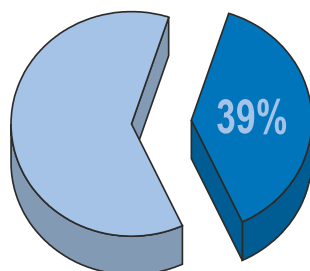
- 31% of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.
- 8% of the pupils in this survey would like to put on weight, while 48% would like to lose weight.
- 51% of boys and 39% of girls responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 29% reported 'very often' or 'always' considering their health when choosing what to eat.
- 50% of pupils found school lessons about healthy eating 'quite' or 'very' useful.



DRUGS, ALCOHOL AND TOBACCO

Drugs

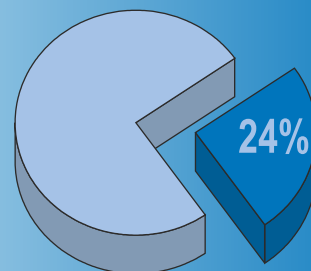
- 39% reported that they are 'fairly sure' or 'certain' that they know someone who uses drugs listed in the questionnaire.
- 17% of pupils have been offered cannabis.



- 4% of pupils said they took some form of illegal drug in the month before the survey. The most commonly taken drug was cannabis, with 12% of Year 10 pupils ever having taken it. The next most common drug was 'legal highs', with 2% of Year 10 pupils ever having taken them.
- 2% of pupils said that they have taken two or more drugs on the same occasion.
- 54% of pupils found school lessons about drugs 'quite' or 'very' useful.

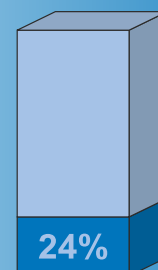
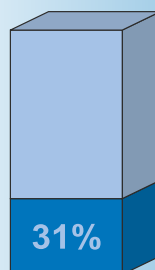
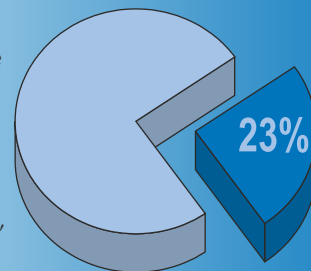
Alcohol

- 24% had at least one alcoholic drink in the week before the survey.
- 43% of pupils said that they never drink alcohol.
- 5% of pupils said that they have taken a drug and drunk alcohol on the same occasion.
- 48% of pupils found school lessons about alcohol 'quite' or 'very' useful.



Tobacco

- 23% say they have tried smoking in the past or smoke now.
- 5% of pupils smoked at least one cigarette in the week before the survey.
- 7% say they smoke 'regularly' or 'occasionally'.
- 49% of those who smoke 'regularly' would like to give up smoking.
- 31% of pupils responded that someone smokes in the same room or car that they are in at least 'once or twice a month'; 24% said they do so at least 'once or twice a week'.



- 10% of pupils responded that they have 'never heard of' electronic cigarettes or 'e-cigarettes'.
- 22% of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'; 2% said they use one 'regularly'.

SECONDARY

SEXUAL HEALTH

- 22% believe there is a sexual health service for young people available locally.
- 39% of pupils said they know where they can get condoms free of charge.
- 36% of pupils found school lessons about sex and relationships 'quite' or 'very' useful.
- The percentages in the table are for those correctly answering whether certain STIs could be cured or not.

Year 10	Boys	Girls
Genital herpes	15%	12%
Genital warts (papilloma virus)	10%	9%
Gonorrhoea	27%	28%
HIV/AIDS	59%	69%
Chlamydia and non-specific urethritis (NSU)	31%	39%
Pubic lice (crabs)	54%	60%

Sexual relationships: Year 10 only

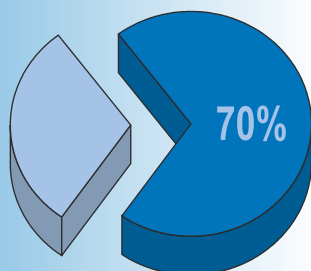
- There was a series of questions that were asked only of Year 10 pupils. Firstly, they were asked about their sexual experience: 5% of Year 10 respondents are in a relationship and thinking about having sex.
- 11% of Year 10 pupils have had a sexual relationship in the past and 8% report that they are currently in a sexual relationship (that is, overall 19% have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 63% said 'yes' and 6% were 'not sure'.
- They were then asked: Have you ever taken risks with sex (infection or pregnancy) after drinking alcohol or drug use? 19% said 'yes', and 13% were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend:

Year 10	Overall
Used hurtful or threatening language to me	8%
Was angry or jealous when I wanted to spend time with friends	18%
Kept checking my phone	12%
Threatened to tell people things about me	6%
Threatened to hit me	3%

- 62% (62%) of Year 10 pupils responded that if any of the things listed happened to them, they would know what to do for themselves. 63% (63%) responded that they could get some help.

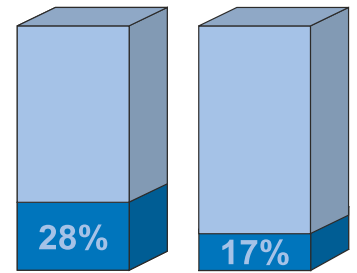
PHYSICAL ACTIVITY

- 58% said they enjoy general physical activities 'quite a lot' or 'a lot', while 68% said the same about team sport and 57% about individual sport.
- 70% said they find it 'quite' or 'very' easy to be as physically active as they like.
- 51% said that they do five or more hours of physical activity in a typical week.
- 68% of pupils found lessons about physical activity 'quite' or 'very' useful.

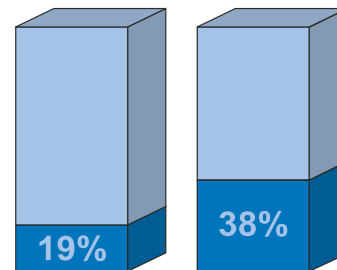


EMOTIONAL HEALTH AND WELL-BEING

- 22% (28% of boys and 17% of girls) of pupils scored a high or maximum score (28 – 35) on the Short Warwick/Edinburgh Mental WellBeing (SWEMWB) Scale.
- 5% of pupils scored low (7 – 13) on the SWEMWB Scale.



Worries

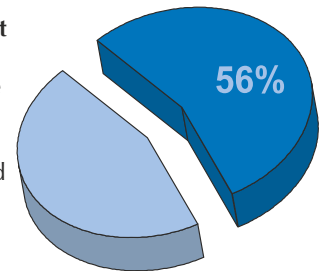


- 70% of pupils worry about at least one of the problems listed in the survey 'quite a lot' or 'a lot'.
- Worrying about school-work problems: 19% for boys and 38% for girls.

- The most common worries were ('quite a lot' or 'a lot'):

Boys	Girls
Exams and tests	37%
Family problems	24%
Health	20%
Exams and tests	58%
The way you look	52%
Family problems	38%

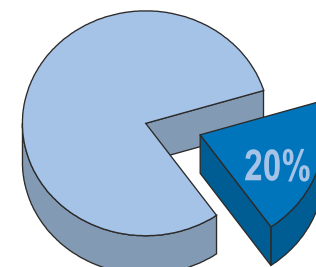
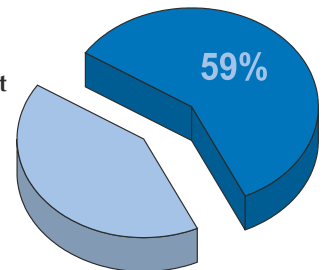
- 56% of pupils responded that if they would like more information about any of the issues listed, they would like to get it from their parents/carers, while 8% said they would like the information from school lessons and 12% would like to find out on the Internet.



- When they have a problem or feel stressed 49% of pupils said they would talk to someone about it and 40% of pupils said they would think about it on their own. 8% of pupils responded that they cut or hurt themselves.
- 33% of pupils found their lessons about emotional health and well-being 'quite' or 'very' useful.

Resilience

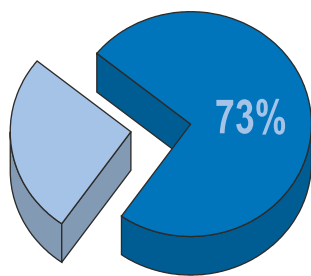
- 56% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time, while 22% said they get upset and feel bad for ages.
- 59% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 40% ask for help and 11% give up.



- We calculated an overall measure of resilience from a group of related items. 31% of pupils had a low measure of resilience (0 – 19). 20% of pupils had a high measure of resilience (26+).

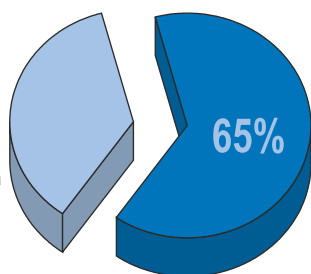
ENJOYING AND ACHIEVING

- 73% of pupils report enjoying at least half of their school lessons.
- 49% of boys and 61% of girls said they want to continue in full time education after leaving school.
- 43% of boys and 38% of girls said they wanted to find a job as soon as possible.
- 58% of pupils responded that they intend to apply for University in the future, while 30% said they 'don't know' if they do.
- 20% of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 38% said they haven't had enough information and guidance.



Homework

- 65% of pupils did homework on the evening before the survey.
- 25% reported they did more than an hour.
- The school lessons most often described 'quite' or 'very' useful were those about physical activity 68%; several other topics scored well including drugs (54%), alcohol and SRE.



Pupils Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Every Child Matters outcome areas.

- The percentage of pupils responding 'yes' were:

	Boys	Girls	All
The school cares whether I am happy or not	49%	47%	48%
My work is marked so I can see how to improve it	77%	69%	73%
Adults at school talk to me about how to improve my work	70%	63%	67%
I know my own targets and I am helped to meet them	65%	60%	63%
My achievements in and out of school are recognised	41%	34%	37%
The school teaches me to deal with my feelings positively	34%	28%	31%
The school helps me work as part of a team	56%	58%	57%
In this school people with different backgrounds are valued	62%	64%	63%
The school encourages everyone to take part in decisions	58%	57%	58%
The school encourages me to contribute to community events	39%	33%	36%
The school prepares me for when I leave this school	64%	58%	61%
The school encourages everyone to treat each other with respect	78%	78%	78%
My teachers realise when I don't understand	41%	33%	37%
The school encourages me to attempt difficult work	71%	70%	70%
The school tells me it's OK to make mistakes	61%	58%	60%
I am prepared to try something I am not used to or not so good at	66%	61%	63%
I have the opportunity to use things I have learnt in different situations	56%	50%	53%
Sometimes I have a choice of different ways to learn about something	50%	50%	50%
At school, I am encouraged to try different ways to do things	56%	54%	55%

- 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'.

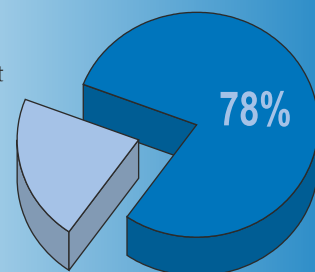
MAKING A POSITIVE CONTRIBUTION

Pupils' voice

- 54% of pupils responded that they are asked for their opinions about what they learn in school; 41% said their opinions make a difference.
- 48% of pupils responded that they are asked for their opinions about how they learn in school; 45% said their opinions make a difference.
- 43% of pupils responded that they are asked for their opinions about the school environment; 43% said their opinions make a difference.
- 27% of pupils responded that they are asked for their opinions about their community; 31% said their opinions make a difference.
- 36% of pupils responded that they have heard of a local Youth Council in their area and 43% said they have heard of North Yorkshire Youth Council.
- 42% of pupils responded that they have had the chance to vote for school/college council members.

LEISURE AND WORK

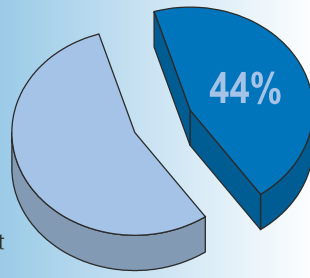
- 28% of pupils reported reading a book for enjoyment for at least part of the evening before the survey.
- 78% watched some TV the previous night and 8% watched for over 3 hours.
- 25% of the pupils in this survey have a regular paid job.



SECONDARY

STAYING SAFE

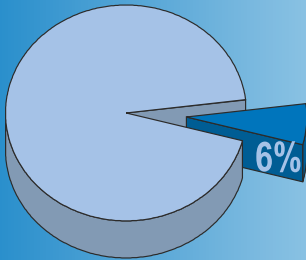
- 44% said they were treated for an accident at a clinic or hospital in the twelve months before the survey.



- 10% of pupils rate the safety of their area when going out after dark as 'poor' or 'very poor'. 2% said the same about going out during the day.

- 2% of pupils report they 'often' or 'very often' carry weapons for protection when going out.

- We asked what weapons if any that they carry; 3% of pupils doing the paper version of the survey said they carry a weapon with a blade.

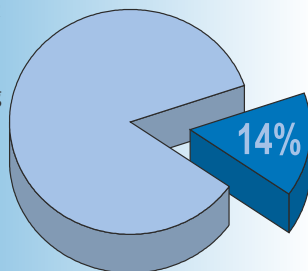


- 6% reported that they were a victim of violence or aggression in the area where they live, in the twelve months before the survey.

Internet safety

- 22% of pupils responded that they communicate with people they have met online and don't know in real life.
- 45% of pupils responded that they communicate with people online by posting things that lots of people can see and 58% said they communicate with people using picture/video sharing sites/apps.

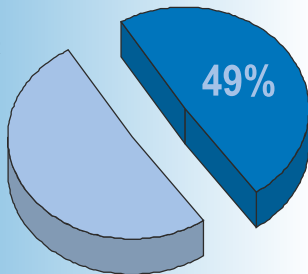
- 14% of pupils responded that they have seen pictures, videos or games with violence they found upsetting online.



- 20% of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).

- 81% of pupils responded that they have been taught or given advice about sharing their personal information online; 60% said they have been taught about the Child Exploitation and Online Protection (CEOP) Centre's "Report Abuse" buttons.

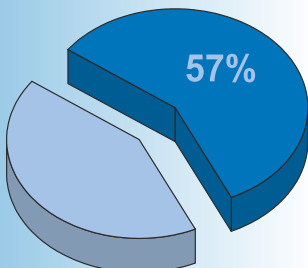
- 49% of pupils responded that they 'always' follow the advice they have been given.



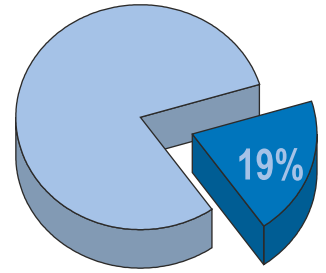
- 11% said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about doing so.

Bullying

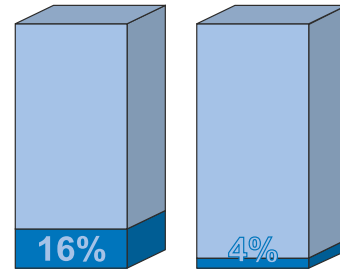
- 57% of pupils reported that they think their school takes bullying seriously.



- 19% of pupils said that they had been bullied at or near school in the last 12 months.



- 4% said that that they had bullied another pupil in the same period.

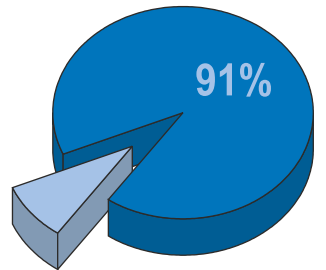


- 16% of pupils said they are picked on because of their size or weight, while 4% say it's because of their colour, race or religion.

- 25% of pupils responded that they have been pushed/hit for no reason in the last month. Other common negative behaviours were being teased/made fun of 41%, being called gay 22%, and being called nasty names 35%.

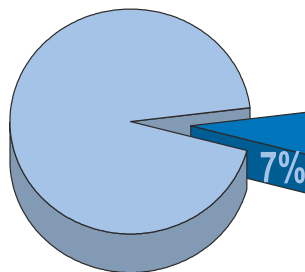
BACKGROUND

- 91% of pupils describe themselves as White British.



- 62% of the pupils in this survey live with both parents together.

Equality and identity

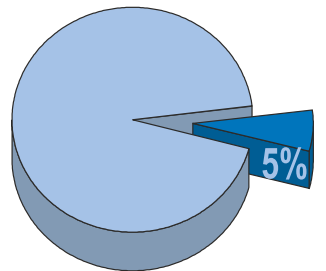


- 7% of pupils have free school meals.
- 7% of pupils have a special educational need or learning difficulty.
- 3% of pupils have a disability or long-standing illness.

This year we have been more focused on looking at inequalities between different groups and identities in schools.

Service families

- 5% of pupils report they have a parent/carer who is in the armed forces, of which 2% say their parent or carer has been away on operations in the last 12 months.



- 46% of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.

- < 1% of pupils from service families would welcome access to a counsellor when they are worried, and would generally prefer to see such a counsellor in private at school.

- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.16.

Differences between North Yorkshire and a reference sample

	North Yorkshire			Reference Sample		
	Year 6	Year 8	Year 10	Year 6	Year 8	Year 10
Males	2274	1790	1813	2149	3427	2863
Females	2219	1791	1707	2070	3260	2793
Total*	4508	3594	3529	4281	6728	5690

* some pupils did not give male/female

The reference samples were large samples of primary and secondary pupils from Cambridgeshire and Hertfordshire, large Shire counties which also carried out surveys in the summer of 2012.

Not all items could be compared, so if a behaviour is missing from this list it should not be taken as evidence of no difference existing.

Primary	Secondary
<p>Higher in North Yorkshire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cereal for breakfast * 	<p>Higher in North Yorkshire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cereal for breakfast * <input type="checkbox"/> Feel safe near where they live ** <input type="checkbox"/> Positive attitudes towards school ** <input type="checkbox"/> Know about a sexual health service available locally **
<p>Lower in North Yorkshire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Non-white UK * <input type="checkbox"/> <i>Homework</i> ** after school <input type="checkbox"/> Worry about health 	<p>Lower in North Yorkshire</p> <ul style="list-style-type: none"> <input type="checkbox"/> Non-white UK * <input type="checkbox"/> <i>Homework last night</i> ** <input type="checkbox"/> Worrying about most issues listed **
<p>KEY</p> <p>bold = positive result, <i>italic</i> = negative result</p> <p>* Repeats a finding seen in 2012</p> <p>** Repeats a finding seen in 2012 & 2010</p>	

All differences shown are statistically significant.

Gender differences in North Yorkshire

BOYS are more likely to...

GIRLS are more likely to...

Year 2

- Play computer games on the day before the survey
- Have special education needs or learning difficulties
- Are allowed to watch TV after they have gone to bed

All differences shown are statistically significant.

- Like being at school
- Wash their hands after going to the toilet whenever possible and clean their teeth at least twice the day before the survey
- Eat fresh fruit on 'most days'
- Feel shy when a teacher asks them something

Year 6

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

- Be supervised using the Internet and follow Internet safety advice
- Worry about moving to secondary school (and other issues)
- Feel their opinions make a difference at school
- Take care to avoid sunburn

Year 8/10

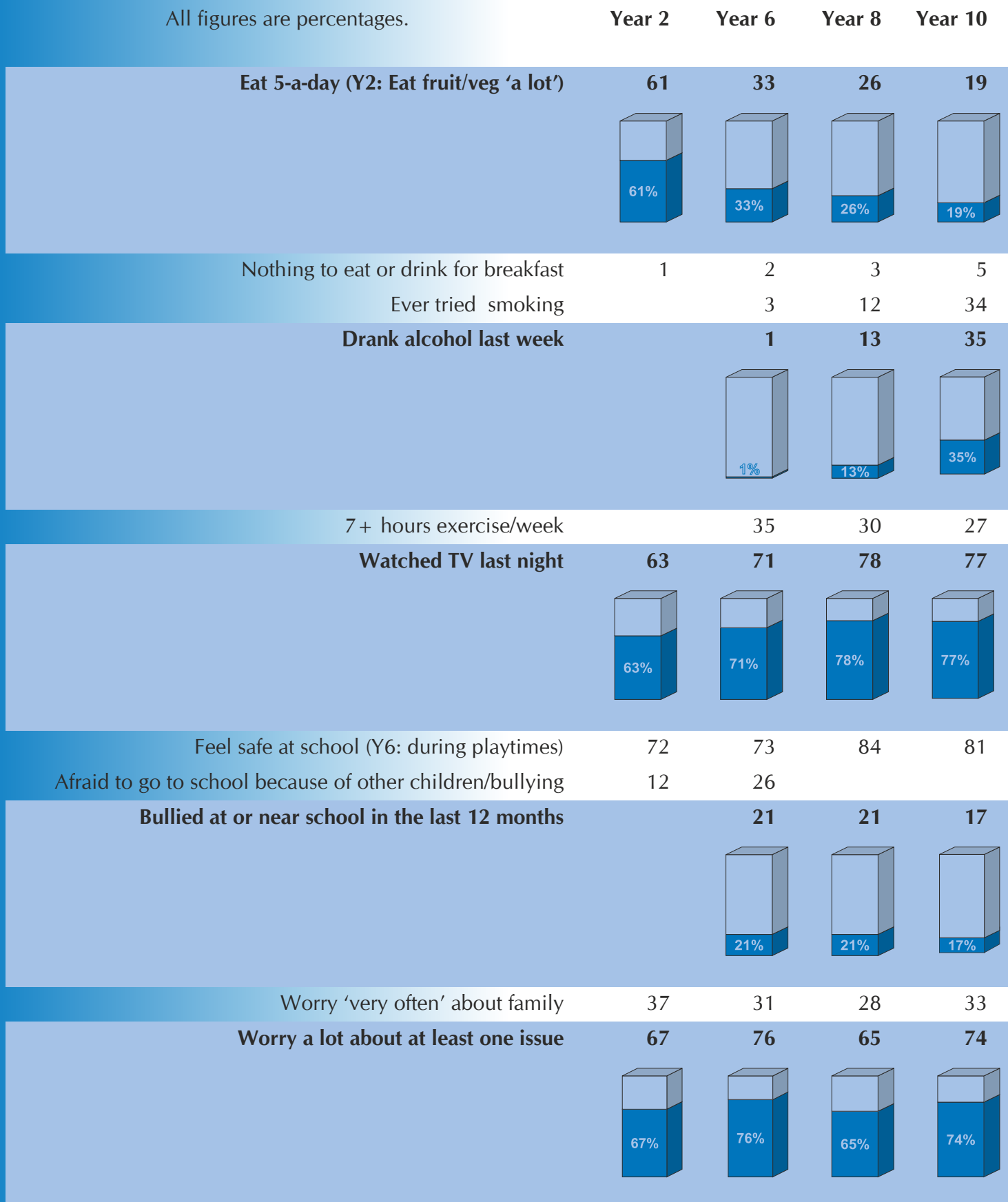
- Play computer games
- Enjoy and practise physical activities
- Attain high/maximum wellbeing scores
- Attain high/maximum resilience scores (24% vs 17%)
- Can always say no to a friend
- Agree 'teachers realise when I don't understand' (see p.11)

- Worry about how they look (and other issues)
- Want to lose weight
- Feel upset when something goes wrong
- Think about their health when choosing food
- Skip breakfast
- Report self-harm when stressed

Growing up in North Yorkshire

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

All figures are percentages.



Growing up in North Yorkshire (2)

Further figures for reflection..

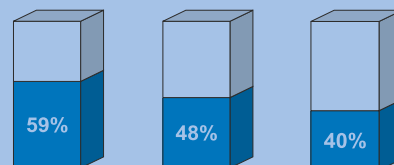
All figures are percentages.

Year 2 Year 6 Year 8 Year 10

High resilience score 38 24 17

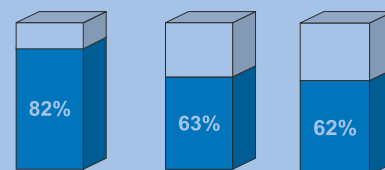
Had accident last year 27 45 43

Enjoy most/all school lessons 59 48 40

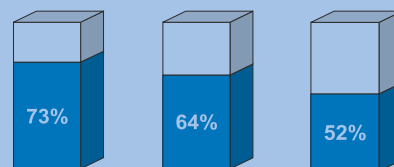


The school encourages everyone to treat each other with respect 89 81 75

I know my own targets and I am helped to meet them 82 63 62



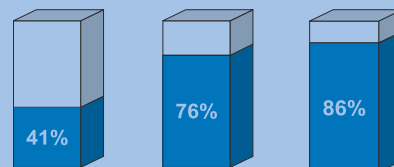
Pupils' views make a difference in school 73 64 52



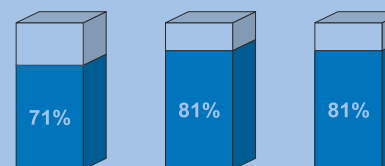
Wash hands (Y6: before lunch yesterday) 76 66

Always take precautions against sunburn 70 61

Use Internet for chatting (Y6: last night) 41 76 86



Have been told about sharing personal information online 71 81 81



Changes in North Yorkshire since 2012 - Year 2

- ❑ With a large sample and many questions, there are many significant differences to be seen. We have listed just the largest and most important of them here. For this analysis we have used only those schools which took part in the survey in 2012 and in 2014, so the figures on this page may be different to those used in the rest of the report.
- ❑ If a trend continues (or contradicts) earlier findings, this has been noted. Where trends have not been continued, there may be relief that negative developments have not continued, while positive gains have not slipped.

MORE likely in 2014...

- ❑ To 'never' eat brown bread (37% in 2012 vs. 45% in 2014)
- ❑ To say they go for a walk at least 'sometimes' after school or at weekends (80% in 2012 vs. 84% in 2014)
- ❑ To know how to keep themselves safe on the Internet (62% in 2012 vs. 72% in 2014)

LESS likely...

- ❑ To say they 'always' wear a bike helmet when they use their bike or scooter (51% in 2012 vs. 43% in 2014)
- ❑ To have a computer at home which helps them with their schoolwork (54% in 2012 vs. 48% in 2014)
- ❑ To worry about their family 'most days' (2012: 'A Lot') (40% in 2012 vs. 37% in 2014)

Changes in North Yorkshire since 2012 - Year 6

MORE likely in 2014...

- ❑ To say they do not drink alcohol (47% in 2012 vs. 87% in 2014)
- ❑ To have experienced negative behaviour at or near home in the last month (8% in 2012 vs. 20% in 2014)
- ❑ To 'rarely or never' drink energy drinks (50% in 2012 vs. 61% in 2014)
- ❑ To rate school lessons about growing up and body changes as 'quite useful' or 'useful' (65% in 2012 vs. 74% in 2014)
- ❑ To feel 'happy' about growing up and body changes (39% in 2012 vs. 46% in 2014)
- ❑ To say they feel enough about how their body changes as they get older (69% in 2012 vs. 74% in 2014)

LESS likely...

- ❑ To have had an alcoholic drink in the 7 days before the survey (8% in 2012 vs. 1% in 2014)
- ❑ To think the opinions of young people make a difference to decisions about what they learn in school (61% in 2012 vs. 52% in 2014)
- ❑ To say they 'usually' or 'whenever possible' do something to avoid sunburn (67% in 2012 vs. 61% in 2014)
- ❑ To do at least five hours of physical activity in a typical week (63% in 2012 vs. 58% in 2014)
- ❑ To think they are being 'picked on' or bullied because of their size or weight (17% in 2012 vs. 15% in 2014)
- ❑ To enjoy physical activity 'quite a lot' or 'a lot' (85% in 2012 vs. 83% in 2014)

Changes in North Yorkshire since 2012 Years 8/10

MORE likely in 2014...

- ❑ To 'never' drink alcohol (32% in 2012 vs. 43% in 2014)
- ❑ To say that adults at school talk to them about how to improve their work (57% in 2012 vs. 67% in 2014)
- ❑ To put money into savings in the week before the survey (41% in 2012 vs. 50% in 2014)
- ❑ To have experienced negative behaviour during lesson time in the last month (17% in 2012 vs. 23% in 2014)
- ❑ To rate school lessons about prejudice, discrimination and bullying as 'quite useful' or 'useful' (48% in 2012 vs. 54% in 2014)
- ❑ To say they think they will take care not to get infected with a sexually transmitted infection (81% in 2012 vs. 86% in 2014)
- ❑ To say they find it 'quite' or 'very' easy to be as physically active as they like (64% in 2012 vs. 70% in 2014)
- ❑ To spend time doing homework after school on the day before the survey (60% in 2012 vs. 65% in 2014)

LESS likely...

- ❑ To have been away from school due to doctor/dentist appointments in the last month (62% in 2012 vs. 53% in 2014)
- ❑ To have had an alcoholic drink in the 7 days before the survey (31% in 2012 vs. 24% in 2014)
- ❑ To know where they can get condoms free of charge (45% in 2012 vs. 39% in 2014)
- ❑ To have heard of a local Youth Council in their area (42% in 2012 vs. 37% in 2014)
- ❑ To say they want to get training for a skilled job or get an apprenticeship at the end of year 11 (50% in 2012 vs. 45% in 2014)
- ❑ To have smoked in the past or smoke now (27% in 2012 vs. 23% in 2014)
- ❑ To say their opinions make a difference to decisions about the school environment (47% in 2012 vs. 43% in 2014)
- ❑ To worry about at least one of the issues listed 'quite a lot' or 'a lot' (74% in 2012 vs. 70% in 2014)

All differences shown are statistically significant.

KEY

bold = positive result, *italic* = negative result

Changes 2006-2014

Question	Response	2006	2008	2010	2012	2014
Year 2						
Fish/fish fingers	On most days			31%	24%	20%
Chips/roast potatoes	On most days			43%	37%	30%
Do something to stop sunburn	Always			82%	83%	70%
Like being at school	Most of the time			53%	61%	58%
Year 6						
'Diet' Low-calorie drinks	On most days	14%	12%	11%	6%	5%
I do not drink alcohol		38%	40%	47%	47%	83%
<i>Know a drug user</i>	<i>Fairly sure/certain</i>	22%	20%	14%	12%	10%
Like to talk to about growing up	Parents/carers	77%	78%	79%	79%	85%
Know enough about growing up		67%	67%	63%	69%	74%
<i>Accidents in last 12 months</i>		33%	31%	31%	29%	27%
<i>Bullied someone else at school</i>	<i>Last 12 months</i>	11%	8%	7%	5%	4%
<i>Approached by an adult who scared/upset you</i>		31%	31%	28%	27%	24%
Did homework after school yesterday		15%	17%	19%	20%	22%
Enjoy all/most lessons at school		51%	54%	55%	61%	59%
Year 8						
Enjoy all/most lessons at school		35%	40%	38%	45%	48%
Lessons about SRE	Quite/very useful	30%	31%	34%	39%	38%
Computer games last night		50%	55%	58%	51%	49%
Want to continue in full-time education after Year 11		42%	47%	46%	49%	49%
Find a job as soon as possible after Year 11		28%	33%	38%	42%	43%
Get training for a skilled job or get an apprenticeship		54%	66%	65%	59%	54%
Your safety when going out after dark	Good/very good	58%	58%	67%	71%	68%
Your safety when going out during the day	Good/very good	86%	89%	90%	92%	90%
Voting for School/College Council members				52%	45%	39%
I never drink alcohol		29%	29%	36%	43%	58%
I have never smoked a cigarette at all, not even a puff		73%	74%	84%	85%	88%
Year 10						
Enjoy all/most lessons at school		37%	38%	40%	43%	40%
I know my own targets and I am helped to meet them		46%	45%	56%	54%	62%
Met with friends last night		50%	51%	54%	47%	41%
Continue in full-time education after Year 11		58%	62%	63%	62%	61%
Find a job as soon as you can after Year 11		23%	26%	32%	36%	38%
Get training for a skilled job or get an apprenticeship		37%	46%	46%	41%	37%
Regular paid term-time job		54%	47%	38%	34%	35%
Your safety when going out after dark	Good/very good	55%	55%	66%	69%	67%
Your safety when going out during the day	Good/very good	86%	86%	90%	91%	90%
Voting for School/College Council members				54%	49%	45%
I am happy with my weight as it is		50%	45%	44%	41%	41%
I never drink alcohol		12%	14%	16%	20%	28%
I have never smoked a cigarette at all, not even a puff		49%	52%	55%	61%	66%
<i>Ever offered cannabis</i>		37%	35%	31%	28%	27%
<i>Ever taken cannabis</i>		22%	18%	16%	12%	12%
Know of a sexual health service for young people locally		20%	20%	34%	33%	32%
Worry about Exams and tests	Quite a lot/a lot	49%	46%	53%	56%	57%

Positive items shown in **bold** , negative items in *italic*

Equality Monitoring in North Yorkshire 2014

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

Not all differences show statistical significance; sample size is a factor.

In the tables below, bold figures with an asterisk are significantly different from the group average, thus: *99. Shading indicates a significant difference found in 2012.

Percentages in each year from social identity groups	Year 6	Year 8	Year 10
Ethnic minority	6	9	7
Young carer	NA	3	3
Children in care	<1	<1	1
Single-parent family	14	15	16
Not in own home	NA	2	2
Special educational needs (SEN)	7	7	7
Disability or long-term illness	6	3	3
Free school meals	9	9	7
Armed forces family	5	5	5
Sexual identity (lesbian, gay or bisexual (LGB))	NA	NA	6

Year 6 results

Percentages in each social identity group reporting different behaviours - primary	All Y6	Ethnic minority	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family
	***						****
Eat 5-a-day	30	34	*24	*20	26	*23	*22
Ever tried smoking	3	*5	*6	*6	5	*8	*6
Drank last week	1	0	2	*4	3	*4	2
7+ hours exercise/week	35	32	*28	32	38	*27	30
High wellbeing score**	34	31	*28	35	29	*26	37
High resilience score**	38	40	30	*29	*28	30	*30
Bullied at or near school last year	21	24	24	26	*31	*31	*31
Worry 'very often' about health	6	*9	8	*15	*10	*11	*10
Worry 'very often' about moving on to secondary school	16	16	18	*23	19	*24	19
Had accident last year	27	22	27	*35	*42	*34	31
Enjoy 'most'/'all' school lessons	59	61	*51	58	58	55	61
The school encourages everyone to treat each other with respect	89	89	86	*76	81	80	87
I know my own targets and I am helped to meet them	82	82	79	73	79	73	81
Pupils' views make a difference in school	73	74	71	70	71	73	73
Numbers of pupils	4508	278	590	311	259	372	228

Shaded = a significant difference was found in 2012. * = Difference from All Y6 is statistically significant (**BOLD**=more so).
 *** = Figures given as % of whole sample and may differ slightly from those given elsewhere in this or other reports.

** = New question for the 2012 equalities analysis.
 **** = Different criteria used in 2014 and 2012

Equality Monitoring in North Yorkshire 2014

Year 10 results

Percentages in each social identity group reporting different behaviours – secondary	All Y10 ***	Ethnic minority	Young carers	Children in care	One-parent family	Not in own home	SEN	Disability /long-term illness	Free school meals	Armed forces family ****	LGB
	Eat 5-a-day	19	19	17	24	15	18	*25	23	15	17
Ever tried smoking	34	38	*56	*61	*44	*60	39	30	*51	33	*49
Drank last week	35	31	34	28	36	41	30	36	29	44	42
Ever offered drugs	28	26	*42	33	*36	*43	32	30	34	34	*38
Ever taken drugs	14	15	*23	26	*19	*26	16	15	*22	17	*20
7+ hours exercise/week	27	24	21	10	*22	23	23	31	*16	29	*16
High wellbeing score**	20	19	12	0	*16	9	16	21	*10	15	*9
High resilience score**	17	21	15	14	*12	10	16	13	13	14	*7
Bullied at or near school last year	17	17	*31	15	*20	24	*29	*34	*30	*23	*41
Worry 'quite a lot'/'a lot' about money	22	*28	*40	17	*29	*37	23	25	*29	26	*33
Worry 'quite a lot'/'a lot' about being different	6	*17	*11	13	*9	*20	8	8	9	*11	*39
Sexually active	19	16	*40	38	*24	28	24	16	*28	*28	*30
Can find free condoms	55	*45	65	63	55	48	53	50	60	53	53
Had accident last year	43	48	*64	45	43	50	*55	*61	45	51	48
Enjoy 'most'/'all' school lessons	40	38	36	30	*32	*22	37	34	32	31	33
Intend FTE after Y11	61	69	52	52	59	43	*47	67	*46	55	58
Term-time job	35	*23	29	35	30	38	34	36	*23	32	27
The school encourages everyone to treat each other with respect	75	67	63	57	69	54	70	75	67	70	66
Adults at school talk to me about how to improve my work	66	62	67	65	61	51	62	55	57	58	56
I know my own targets and I am helped to meet them	62	61	55	65	*54	48	54	55	54	56	*48
Pupils' views make a difference in school	52	49	57	48	50	49	50	52	48	54	44
Numbers of pupils	3529	261	117	23	616	65	243	96	237	151	180

Shaded = a significant difference was found in 2012. * = Difference from All Y10 is statistically significant (BOLD=more so). ** = New question for the 2014 equalities analysis. *** = Figures given as % of whole sample and may differ slightly from those given elsewhere in this or other reports. **** = Different criteria used in 2014 and 2012

The Year 8 sample shows much the same pattern of highs and lows as we see here, although the percentages are different.

We will be working with this data set in more detail to explore connections like these which will help us plan services that best meet the needs of all young people in our schools.

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. Some of the principal findings are listed below.

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

- Wash their hands before lunch *
- Enjoy physical activities *
- Find it easy to be physically active at breaktimes *
- Play ball games at breaktimes *
- Ever drink alcohol*
- Feel listened to in school *
- Feel their opinions make a difference
- Lessons on health eating useful
- Have a high well-being score

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

- Be absent from school because of illness/injury*
- Use the Internet last night *

* a similar finding was found in 2012

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 the larger or more important differences. We have indicated where results echo findings seen in previous surveys, although the schools making up the rural and urban samples in each wave of the survey will be different. Schools and communities have also had a chance to react to earlier results.

Among Primary school pupils...

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

- Drink fizzy drinks on most days*
- Spent money on snacks & fizzy drinks *
- Worry about something
- Experienced negative behaviours last month *
- Have useful lessons about substance use*
- After school used Internet *

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

- Wash hands before lunch *
- Played ball games at playtime *
- Exercised 5+ times last week *
- After school: read a book for pleasure *, played sport
- Try to avoid sunburn *
- Feel listened to at school *
- Eat 5-a-day
- Have useful lessons about healthy eating
- Enjoy physical activity

Among Secondary school pupils...

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

- Want to continue in education after Year 11 *
- Walk to school *
- Have better knowledge about sexually transmitted infections
- Year 10 only: if they have had sex, are more likely to have always used contraception *
- Regular paid part time job
- Drink without parents knowledge

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

- Take part in voting in school elections *
- Put money into savings last week
- Take bus to school *
- Enjoy physical activities *
- Drank alcohol last week *
- Have heard of *YorSexualHealth*
- Year 10 only: have had sex *
- Know about school nurse drop in at school
- Think themselves safe in their area after dark
- Higher resilience score
- Eat 5-a-day
- Find it easy to be physically active

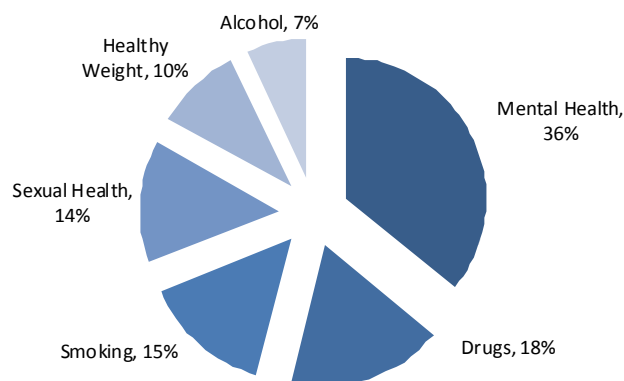
*a similar finding was found in 2012

Consultation with young people

Information was obtained from the Youth Voice Summit which we held at the end of November. The youth voice summit feedback was general feedback from all 78 young people at the conference. We provided the young people with some of the emerging issues that as adults we had started to identify from the Growing Up in North Yorkshire survey 2014, and they were then asked to prioritise them and add further comments.

Where would you spend money to help improve the health of the young people of North Yorkshire?

- Each young person was given 3 coins and asked to place them in the money pots. 168 coins were “spent” which equates to the views of 56 young people. The results are shown in the pie chart opposite:
- Young people were asked about the emerging issues; there was a very strong consensus among them about the importance of:
 - Emotional Health and Wellbeing
 - Being safe online
 - Listening to Young People



This report will be disseminated to:-

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

Reports prepared by:

SHEU

SHEU Schools Health Education Unit

Tel. 01392 66 72 72

www.sheu.org.uk admin@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.

Key Contacts:

Katharine Bruce Lead Adviser Wellbeing (CEO)
Education and Skills
Tel. (01609) 535 497
Katharine.Bruce@northyorks.gov.uk

Simon Moss Principal Officer, Performance and Outcomes
Tel. (01609) 53 25 33
simon.moss@northyorks.gov.uk