

# Growing Up in North Yorkshire

## A summary of the Growing Up in North Yorkshire survey 2022

These results are the compilation of data collected from children and young people in the majority of schools in North Yorkshire during the Summer Term 2022. This survey was commissioned by the **North Yorkshire Children and Young People's Service (CYPS)**, **North Yorkshire Public Health** and **North Yorkshire Police Service** to collect reliable information about young people's learning and wellbeing. This is the ninth such large survey completed in North Yorkshire, following eight studies between 2006 and 2020.

### Introduction from Stuart Carlton

Corporate Director - Children & Young People's Service

As we adjust to life post-pandemic I am delighted that over 17,000 children and young people have once again participated and shared their perceptions and experiences through our biennial, 'Growing up in North Yorkshire' survey in 2022.

Our strategic vision as set out in 'Being Young in North Yorkshire' states, "*All children and young people are safe, happy, healthy and able to achieve in North Yorkshire*". The findings within the survey continue to provide all professionals who work with children and young people across North Yorkshire with key insights into their perceptions and experiences in order for us to achieve this strategic vision.

The data reinforces the need for us to continue to focus on supporting all our children and young people, including the most vulnerable, ensuring we all take collective responsibility for prioritising their health and wellbeing.

### Key issues

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

### Our priorities:

- Continue to prioritise children and young people's resilience and emotional wellbeing
- Continue to respond to the increasing online safety risks for pupils
- Supporting and encouraging a healthy lifestyle with a particular focus on healthy eating, oral health, sleep and gender imbalance in relation to physical activity
- Supporting young people to have a healthy weight and a positive body image
- Responding to the emerging data around young people vaping and continue support and advice around alcohol and other substances
- Reduce bullying and prejudice based incidents in schools and the wider community through developing effective inclusive practice
- Supporting identified groups of young people who continue to have more negative outcomes against a wide range of indicators. These include in particular: Young Carers, Pupils receiving Free School Meals, Lesbian, Gay, Bisexual pupils (LGB), Transgender pupils, Pupils with Special Educational Needs and /or Disabilities, Pupils from single-parent families

In this report:	Page
Key findings .....	2
Year 2 Primary results .....	5
Year 6 Primary results .....	6
Secondary results (Y8/Y10) .....	11
Emotional health and wellbeing Y2/Y6/Y8/Y10.....	16
School culture.....	17
Deprivation differences.....	18
Changes since 2020.....	19
Trends since 2006 .....	20
Sixth-form survey .....	21
Special school survey .....	21
Equalities monitoring .....	22
Consultation and dissemination.....	24
Contact information.....	24

## THE SURVEY

This report is based on the responses of over 17,000 pupils attending mainstream schools and pupil referral services in North Yorkshire. Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. Completed questionnaires were then returned to SHEU in Exeter for processing. Many of the schools conducted the survey online. All schools who took part have received their own individual school report.

The sample sizes are shown in the table (right). N.B. \* 450 pupils either didn't give us their

gender or describe themselves as something other than male or female.

Key findings from the Special School Survey and the Year 12 survey can be found on page 21.

### ↗ Trends ↘

This survey follows studies in 2020, 2018, 2016, 2014, 2012, 2010, 2008 and 2006. Where

changes can be seen, these are noted on pages 16 and 20.

### ⬆ Comparisons ⬇

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

15,460 pupils from the target year groups took part in the survey

	Year 2	Year 6	Year 8	Year 10	Year 12
<b>Males</b>	2017	2223	1679	1475	272
<b>Females</b>	1886	2058	1544	1490	366
<b>Total*</b>	3915	4505	3326	3060	654

### Comparisons with 2020

This biennial survey has consistently gathered the perceptions and experiences of children and young people in North Yorkshire since 2006. Due to school closures during the pandemic, the survey could not be completed in the summer term 2020 as in previous years. The survey was completed in the Autumn term and this did mean fewer schools participated and therefore fewer pupils; also, because of the different time of year, the pupils are younger in each of the target year groups. We therefore suggest an attitude of caution when making comparisons with the 2022 data. However, these are the responses from North Yorkshire children and young people, which collectively we need to listen and respond to.

### KEY FINDINGS: Growing up in North Yorkshire

#### Y2

- ❑ 19% of Y2 pupils responded that they are allowed to watch TV after they have gone to bed
- ❑ **60% of pupils who go online say they know how to keep themselves safe on the Internet.** Nonetheless, 21% say they have friends online that they don't know in real life

#### Y6

- ❑ 26% of boys and 25% of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey
- ❑ 21% of pupils responded that they had been bullied at or near school in the last 12 months

#### Y8&10

- ❑ 11% of males and 21% of females responded that they have experienced OR witnessed sexual harassment at school, while 19% said they are 'not sure' if they have
- ❑ 11% of pupils responded that they worry about feeling pressure from social media 'often' or 'all the time'
- ❑ 11% 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; 16% said their boyfriend/girlfriend has used hurtful or threatening language towards them

## KEY FINDINGS

### Positive findings for identified priorities

- ❑ Y2 pupils played with friends after school on the day before the survey (28% in 2020 vs. 49% in 2022)
- ❑ Y6 pupils have found school lessons about growing up and body changes 'quite' or 'very' useful (34% in 2020 vs. 54% in 2022) (several other topics show this rise)
- ❑ Y8 & Y10 pupils do five or more hours of physical activity in a typical week in school (9% in 2020 vs. 15% in 2022) or out of school (35% in 2020 vs. 45% in 2022)

## KEY FINDINGS

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

- ❑ There is little evidence that the gaps in outcome between the whole year group and the groups selected for monitoring have reduced. However, it is often the case that negative events hit vulnerable groups the hardest, and this has not been seen here; this negative evidence suggests that schools and other agencies have been successful in protecting the most vulnerable groups of pupils..
- ❑ Among Y6 pupils, there has been a drop between 2020 and 2022 from 90% to 88% in those agreeing that *The school encourages everyone to treat each other with respect*, but among ethnic minority pupils, the drop was from 97% to 81%.

## PERSISTING and EMERGING ISSUES and INEQUALITIES

- ❑ The set of key measures which show worse results for several potentially vulnerable groups (p.22-23) still show differences which are mostly not improving.
- ❑ Two sets of findings – from special schools and from the Y12+ sample – show an increase in smoking in cars.

### There were new questions in 2020 about **gaming**, **gambling** and **self-harm**

- ❑ 62% of students in Y8&10 reported taking part occasionally in at least one gambling-related activity in the last year.
  - ❑ 24% of pupils said they have done at least one of the gambling-related things in Q51 in the last year and their parents didn't know all of it; 4% said their parents didn't know any of it.
  - ❑ 28% of students in Y8&10 reported ever having 'deliberately harmed yourself'; 12% said they had done so in the current term (18% of Y10 females).
  - ❑ 18% of pupils who have experienced the issues related to self-harm or thoughts of self-harm in Q55 said they didn't tell anybody about it. 12% said they didn't need any support.
  - ❑ 3% got support online, 3% got support from school and 7% got support from somewhere else.
- |  |     |
|--|-----|
| Bought coins to move up a level or get some other upgrade on a computer game | 37% |
| Bought a 'loot box' on a computer game                                       | 26% |
| Placed a private bet with friends (for money or something else)              | 27% |
| Put a bet on a sporting event  | 23% |
| Used a fruit machine/slot machine/other gambling machines                    | 16% |
| Bought a lottery ticket or scratch card                                      | 12% |
| Skin betting   | 8%  |
- All these figures are higher than in 2020

## ONLINE SAFETY

Questions about online safety were asked of all year groups.  
A selection of results across the age range is shown below.

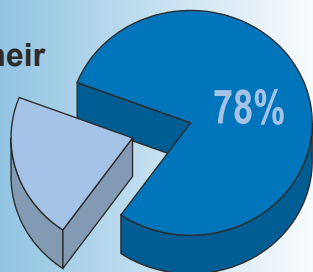
Question/Response	Y 2	Y 6	Y 8	Y 10	Y 12+
Do you always keep yourself safe online?/Yes	60%				
Do you know how to keep yourself safe online?/Yes	60%				
Never supervised using the Internet (nor parental controls reported)		33%			
Using the Internet on a computer, phone or other device after school yesterday/Up to 3 hours			15%	13%	17%
Lessons at school about keeping safe online/Quite or Very useful			66%	54%	57%
How do you communicate online?	Posting things that lots of people can see (e.g. Snapchat, Instagram, TikTok)	20%	35%	37%	48%
	Sending messages to one or a few people (e.g. WhatsApp, Private Snapchat, Instagram and iMessage)	68%	80%	88%	94%
	Someone writing or showing things to hurt or upset you (with text, pictures or video)	14%	20%	24%	22%
	You sent personal information to someone which then you wished you hadn't done or had thought more about	3%	7%	10%	11%
Have you experienced these things online?	Been bullied online or cyberbullying	9%	11%	11%	8%
	Seen 'fake news'/false information	15%	29%	39%	44%
	You sent undressed/sexual images of yourself ('nudes'/'semi-nudes')		3%	11%	18%
	Received 'nudes'/'semi-nudes' images		23%	41%	43%
Year 8+ only: If you received a nude/semi-nude image, what did you do?/Sent one back			1%	6%	10%
Bought coins to move up a level or get some other upgrade on a computer game last year		51%	41%	32%	21%
If you have done any gambling-related things in the last year, were your parents / carers aware of this?/% Of all pupils Yes		47%	52%	46%	38%

# Primary school pupils in Year 2

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

## BEING HEALTHY

- When asked about what they had before lessons on the morning of the survey, 78% responded that they had a drink, and 94% said that they had something to eat, while 3% said they had nothing before lessons.
- The foods and drinks most commonly consumed on 'most days' were: fresh fruit 57%; water 69%; milk 47%; vegetables 48%; sweets or chocolate 37%.
- The foods or drinks least commonly consumed were: milk shake (28% 'never' consumed); sugary cereals (18%); fizzy drinks (26%).
- 78% 'always' wash their hands after going to the toilet.**
- 78% cleaned their teeth at least twice on the day before the survey.  
53% have been to a dentist in the last year.

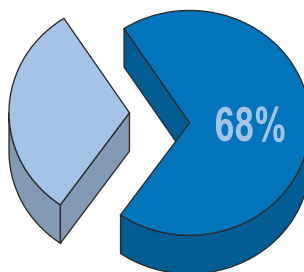
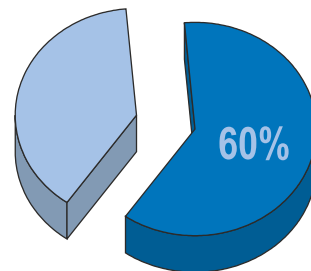


## PHYSICAL ACTIVITY

- 83% of pupils said they do one or more of the physical activities listed in the questionnaire at least 'twice a week' at school; 65% said they do so 'most days'.
- 61% of pupils said they do one or more of the physical activities listed in the questionnaire at least 'twice a week' out of school; 46% said they do so 'most days'.
- 70% of pupils responded that they have a set bedtime for nights when it's school the next day. 30% of pupils responded that someone usually reads them a bedtime story.
- 48% of pupils responded that they have a TV in their bedroom. 19% of these pupils responded that they are allowed to watch TV after they have gone to bed.
- 93% use a computer/tablet or mobile device at home. 62% use it to help with schoolwork. 81% said they use it to play games.

## SAFETY

- 60% of pupils who go online say they know how to keep themselves safe on the Internet.** Nonetheless, 21% say they have friends online that they don't know in real life.
- 95% have a bike or a scooter and 82% have a bike helmet; 47% 'always' wear a bike helmet when they use their bike or scooter.
- Overall, 68% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.**
- 11% of pupils responded that they feel scared to be at school because of other children 'most of the time', while 32% said they 'sometimes' do.
- 8% of pupils responded that they feel scared to travel to school because of other children 'most of the time', while 15% said they 'sometimes' do.



## COVID-19

- 60% of pupils said they are happy being at school 'most of the time' since COVID and lockdown, while 13% said they aren't happy.
- 65% of pupils said they have been getting on with their friends 'most of the time' since COVID and lockdown, while 8% said they haven't.



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

## EMOTIONAL HEALTH AND WELLBEING

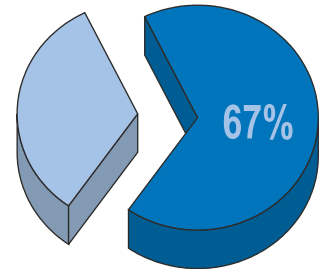
□ We asked a question about worries. The percentages of pupils who say they worry 'most days' about different issues were:

	Boys	Girls
Family	44%	40%
Friendships	33%	32%
Being ill	26%	27%
School-work	25%	19%
The way they look	23%	23%

□ 42% of pupils responded that they worry about their family 'most days'.

□ 67% of pupils responded that they worry about at least one issue 'most days'.

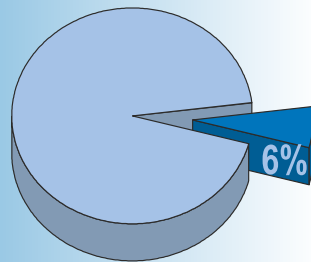
□ 51% of pupils responded that they 'always' feel happy at school and 68% 'always' feel happy at home.



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

## HEALTHY EATING

□ 6% had nothing to eat or drink for breakfast on the day of the survey.

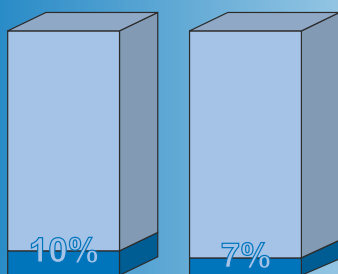


□ 62% of pupils responded that they had a drink before lessons on the morning of the survey.

□ 88% said that they had something to eat before lessons on the morning of the survey.

### Five-a-day

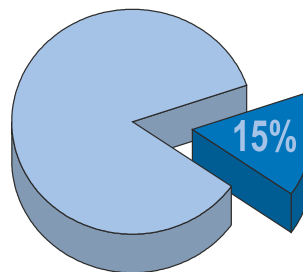
□ 25% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.



□ 10% of boys and 7% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

## Snacks and drinks

□ 6% of pupils responded that they didn't eat any snacks on the day before the survey.



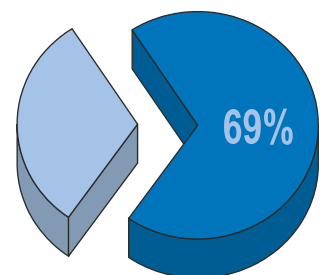
□ 45% of pupils responded that they ate one or two snacks on the day before the survey.

□ 15% of pupils responded that they ate at least 5 snacks on the day before the survey.

□ 33% of pupils responded that they didn't drink any sugary drinks on the day before the survey.

□ 31% of pupils responded that they drank at least 2 sugary drinks on the day before the survey.

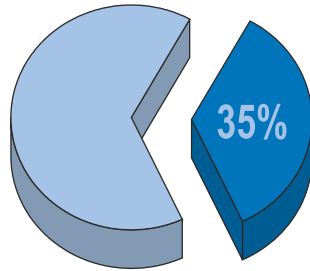
□ 69% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% have found them 'not at all' useful and 5% couldn't remember having any.



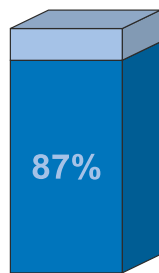
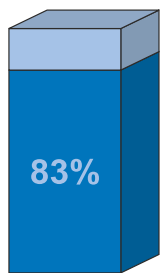
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

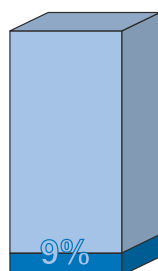
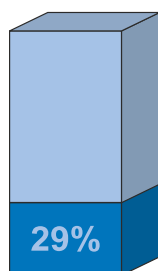
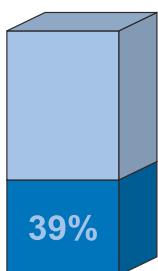
- 35% of pupils said they worried about family 'quite often' or 'very often' and 27% said they worried about falling out with friends.



- 86% of pupils [83% of boys and 87% of girls] said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.

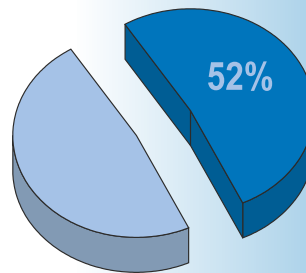


- 50% of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 64% of pupils responded that they have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful, while 8% have found them 'not at all useful' and 6% couldn't remember any.
- 76% of pupils responded that they know an adult they trust who they can talk to if they are worried about something, while 17% said they 'maybe' do.
- 33% of pupils (39% of boys and 29% of girls) scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 3% of pupils had a very low score (12 - 23) and 9% a score less than 30, which suggests poor mental health.



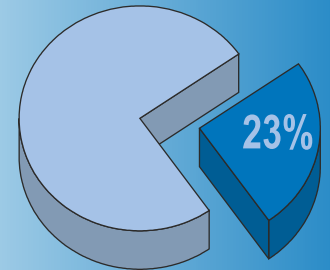
## Resilience

- 66% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 49% said they ask for help.



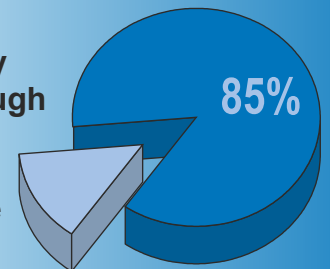
- 52% of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

- We calculated an overall measure of resilience from a group of related items. 22% of pupils had a low measure of resilience (0 - 19). 23% of pupils had a high measure of resilience (26+).

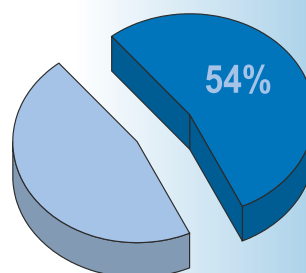


## Puberty and growing up

- 85% of pupils responded that they feel they know enough about how their body changes as they get older, while 2% feel they don't know enough.



- 26% of pupils responded that they feel 'happy' about growing up and body changes, while 5% of pupils responded that they feel 'unhappy' about growing up and body changes.
- 25% of boys and 44% of girls reported that they worry about the way they look.



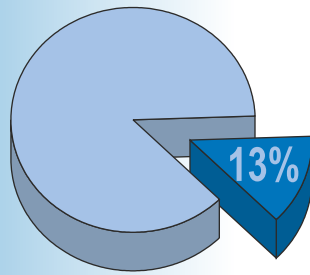
- 54% of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

## PRIMARY

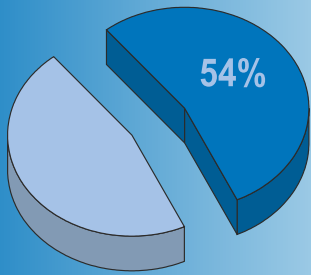
### DRUGS, ALCOHOL AND TOBACCO

#### Drugs

- 13% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs in their area.

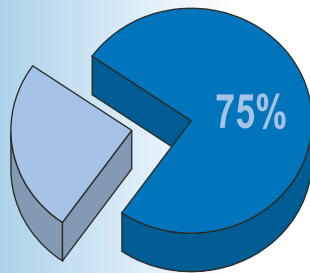


- 54% of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful', while 11% have found them 'not at all' useful and 16% couldn't remember any.



#### Alcohol

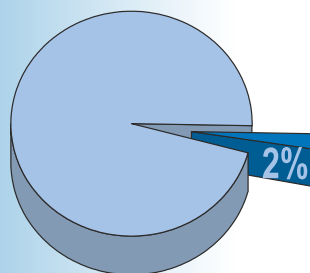
- 75% of pupils reported that they never drink alcohol while 18% of pupils drink at home only with their parents' knowledge.



- 50% of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

#### Nicotine

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

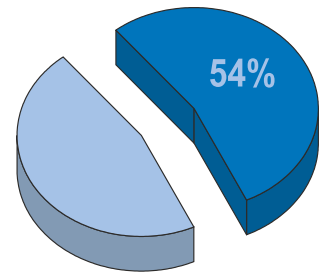


- <1% said they smoked at least one cigarette in the week before they survey.

- 5% of pupils responded that they have at least tried vaping (electronic cigarettes or 'e-cigarettes').

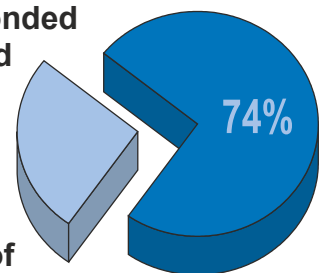
### PHYSICAL ACTIVITY

- 54% of pupils responded that they do five or more hours of physical activity in a typical week in school (1% none at all).

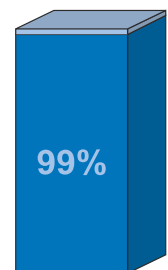
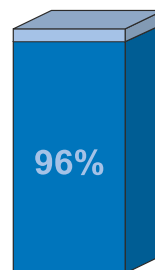


- 56% of pupils responded that they do five or more hours of physical activity in a typical week out of school (4% none at all).
- 66% of pupils agreed that they find physical activity and sports easy and 87% agreed that they know how to get involved in different types of physical activity and sports.

- 74% of pupils responded that they have found school lessons about physical education at least 'quite useful'.

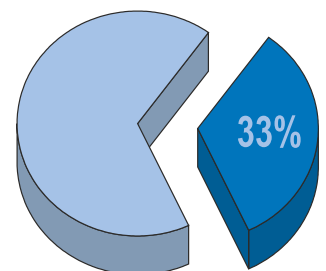


- 97% of pupils (96% of boys and 99% of girls) responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.



- 87% said they play running/skipping games/tag and 75% said they play ball games.

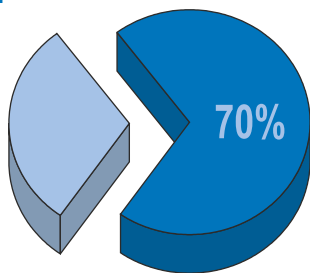
- 33% said they read quietly at playtime.





## HEALTH AND HYGIENE

- 70% 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.

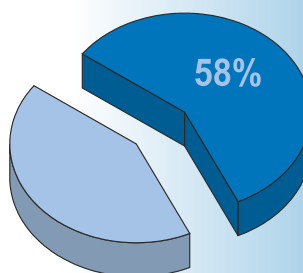


### Dental health

- 80% of pupils responded that they have been to the dentist in the last year, while 18% said they last went more than a year ago and 2% have never been.

### Sun safety

- 9% of pupils 'never' do anything to avoid sunburn (when it's sunny).



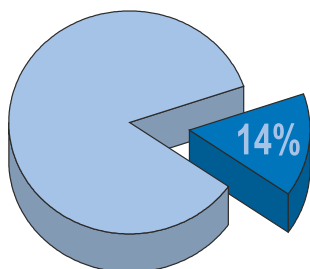
- 58% of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

## STAYING SAFE

- 94% of pupils responded that they 'mostly' or 'always' feel safe at home and 84% said they 'mostly' or 'always' feel safe at school.

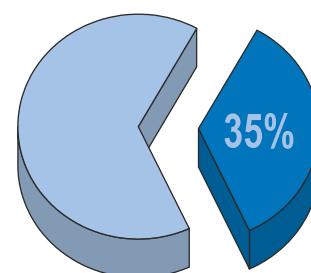
### Internet safety

- 14% of pupils responded that they communicate with people they have met online and don't know in real life.
- 20% of pupils responded that they communicate with people online by posting things that lots of people can see and 19% said they communicate with people using picture/video sharing sites/apps.
- 7% of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 33% of pupils responded that they are 'never' supervised and their device doesn't have a filter system when using the Internet at home.
- 42% of boys and 14% of girls said they have at least 'occasionally' bought a 'loot box' on a computer game in the last year and 23% of boys and 17% of girls said they have put a bet on a sporting event.
- 14% of pupils said they have done at least one of the gambling-related things in Q51 in the last year and their parents didn't know (or are not sure if their parents knew); 5% said their parents didn't know any of it.



### Bullying

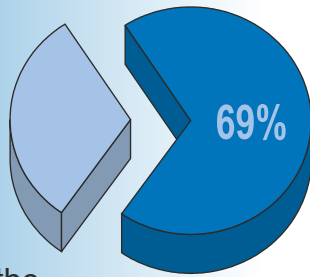
- 35% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.



- 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.
- 29% of pupils responded that they were teased/made fun of in the month before the survey, while 25% said they had been called nasty names and 16% said they had been called 'gay' (as an insult).
- 27% of pupils responded that they were pushed/hit in the month before the survey, while 10% said they had belongings taken/broken.
- 67% of pupils responded that they think their school takes bullying seriously, while just 10% think their school doesn't take it seriously.
- 69% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 7% said that bullying is not a problem in their school.
- 58% of pupils responded that they have found school lessons about bullying at least 'quite useful', while 16% have found them 'not at all' useful and 8% couldn't remember any.
- 55% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

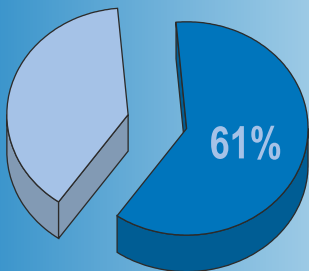
## PRIMARY LEISURE

- 69% watched some TV or similar on the evening before the survey.
- 53% played with friends or siblings on the evening before the survey. 68% of the boys played computer games.
- 14% of boys and 16% of girls spent time doing homework on the evening before the survey.



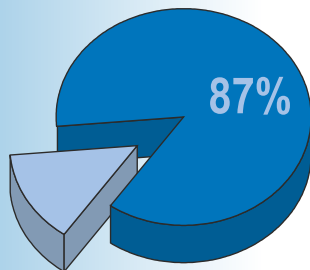
### Pupils' voice

- 61% of pupils are asked for their ideas and opinions about what happens in school.
- 63% of pupils responded that they think the opinions of young people make a difference to decisions about how they learn in school.



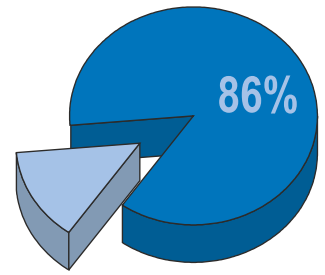
## BACKGROUND

- 87% of pupils responded that they are White British.
- 67% of the pupils in this survey live with both parents together.
- 13% of pupils get free school meals or vouchers for school meals. 17% said they were 'not sure'.
- 6% of pupils have a parent or carer in the armed forces.
- 2% say their parent or carer has been away on operations in the last 12 months.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.22.



## SCHOOL

- 86% of pupils think it is important to go to school regularly.
- 34% of boys and 50% of girls reported that they worried about moving on to secondary school.



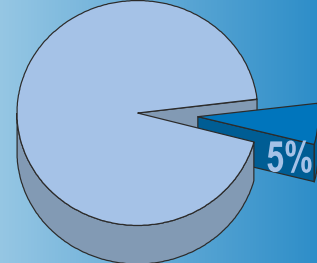
### Pupil Perceptions

A series of statements were offered to pupils about their school experience.

- The percentage of pupils responding 'yes' were:

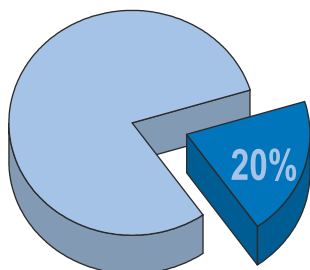
	Boys	Girls
The school cares whether I am happy or not	66%	67%
My work is marked so I can see how to improve it	84%	85%
Adults at school talk to me about how to improve my work	78%	75%
I know my next steps in learning and what I need to do to improve	73%	69%
My achievements in and out of school are recognised	58%	56%
The school teaches me to deal with my feelings positively	63%	62%
The school helps me work as part of a team	73%	71%
In this school people with different backgrounds are valued	73%	76%
The school encourages everyone to take part in decisions, e.g. class discussions or school council	74%	76%
The school encourages me to contribute to community events	54%	53%
The school prepares me for when I leave this school	81%	85%
The school encourages everyone to treat each other with respect	88%	90%
My teachers realise when I don't understand	60%	53%
The school encourages me to attempt difficult work	75%	74%
The school tells me it's OK to make mistakes	83%	86%
I have the opportunity to develop leadership skills at school	64%	65%

# Secondary school pupils in Years 8 & 10

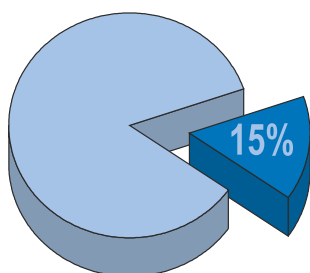


## HEALTHY EATING

- 20% had nothing to eat or drink before lessons on the day of the survey.
- 60% of pupils had a drink before lessons on the day of the survey, 64% responded that they had something to eat.

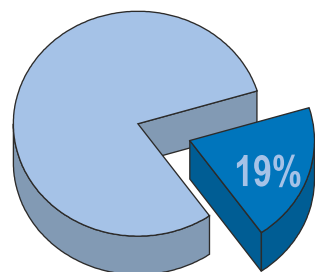


- 9% of pupils in the survey had no lunch on the day before the survey. 73% had a drink and 83% had something to eat.

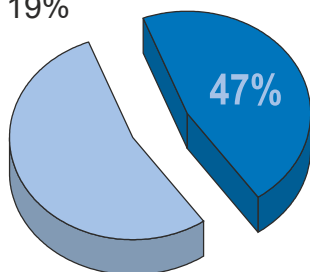


- 15% of pupils responded that they ate at least 5 snacks on the day before the survey.
- 33% of pupils responded that they drank at least two sugary drinks on the day before the survey.

- 19% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 12% had none at all.



- 79% of pupils responded that they can get water at school, while 19% said 'not easily'.
- 47% of pupils found school lessons about healthy eating 'quite' or 'very' useful.



## Diet

- 26% say they never worry about how much they eat; 12% say they are often or always careful with their diet.
- 42% of pupils report ever engaging in extreme dietary behaviour, like exercising a great deal or making themselves sick.

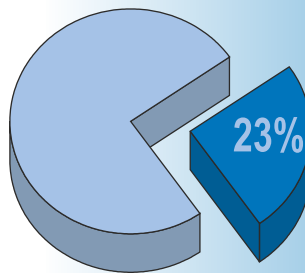
## DRUGS, ALCOHOL AND TOBACCO

### Drugs

- 5% of pupils said they took some form of illegal drug in the month before the survey.
- The most commonly taken drug was cannabis, with 10% of Year 10 pupils ever having taken it. The next most common drug type was nitrous oxide, with 2% of Year 10 pupils ever having taken it.

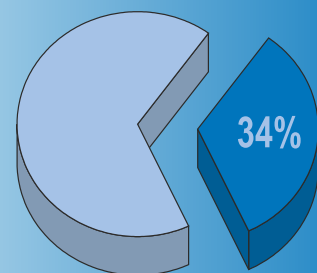
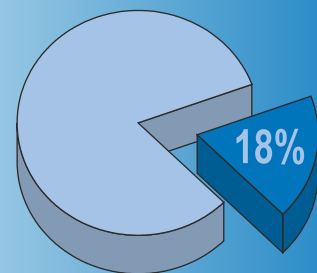
### Alcohol

- 23% had at least one alcoholic drink in the week before the survey.
- Most drinkers reported drinking at home in the company of their parents.



### Nicotine

- 18% say they have tried smoking in the past or smoke now.
- 4% of pupils smoked at least one cigarette in the week before the survey.
- 3% say they smoke 'regularly'.
- 30% of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 20% said they do so at least 'once or twice a week'.
- 34% of pupils responded that they have at least tried vaping with electronic cigarettes or 'e-cigarettes'.
- 9% said they use them 'regularly'.



## SECONDARY

### EMOTIONAL HEALTH AND WELL-BEING

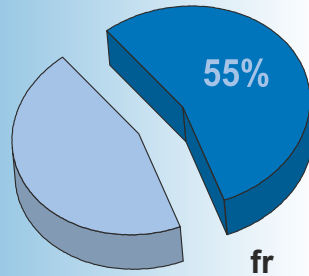
#### Worries

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

Boys		Girls	
Exams and tests	30%	Exams and tests	56%
School work	20%	The way you look	62%
The way you look	24%	School work	47%

- ❑ 71% of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

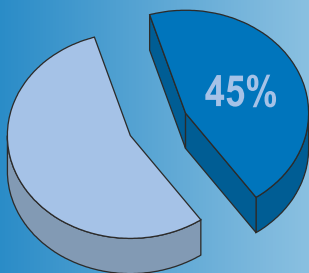
- ❑ 55% of pupils responded that if they would like more information about any of the issues listed, they would like to get it from their parents/carers,



while 22% said they would like the information from school lessons and 23% would like to find out on the Internet.

- ❑ When they have a problem or feel stressed 36% of pupils said they would talk to someone about it and 44% of pupils said they would think about it on their own. 17% of female pupils responded that they cut or hurt themselves.

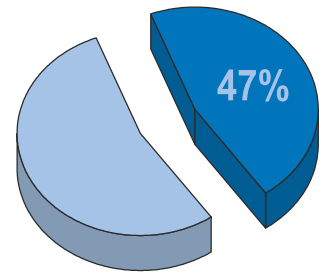
- ❑ 45% of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.



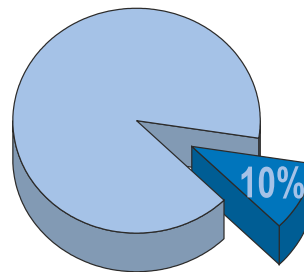
#### Resilience

- ❑ 43% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 37% said they get upset and feel bad for ages.

- ❑ 47% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 34% ask for help and 20% give up.

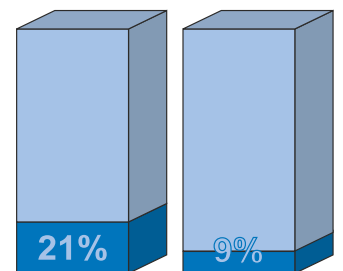


- ❑ We calculated an overall measure of resilience from this group of related items. 41% of pupils had a low measure of resilience (0 – 16).



- ❑ 10% of pupils had a high measure of resilience (24+).

- ❑ 15% of pupils (21% of boys and 9% of girls) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.



- ❑ 9% of pupils scored low (7 – 13) on the SWEMWB Scale.

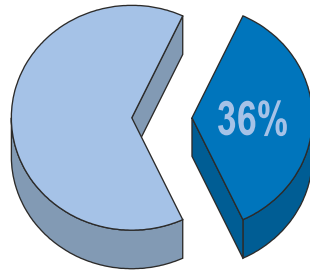
#### MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- ❑ 57% of pupils responded that they are asked for their opinions about what they learn in school; 41% said their opinions make a difference.
- ❑ 46% of pupils responded that they are asked for their opinions about how they learn in school; 44% said their opinions make a difference.
- ❑ 49% of pupils responded that they are asked for their opinions about the school environment; 47% said their opinions make a difference.
- ❑ 32% of pupils responded that they are asked for their opinions about their community; 39% said their opinions make a difference.
- ❑ 50% of pupils responded that they have had the chance to vote for School/College Council members and 16% said they have had the chance to take part in a mock general election.



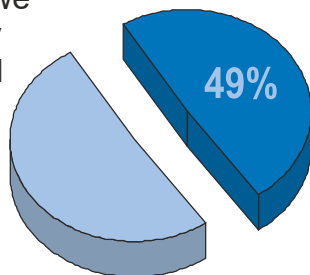
### SEXUAL HEALTH AND RELATIONSHIPS

- 57% believe there is a sexual health service for young people available locally. 24% of Y10 pupils said they know where they can get condoms free of charge.
- 36% of pupils found school lessons about relationships and sex 'quite' or 'very' useful.
- 47% responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 31% said the same about school lessons covering the topic of different relationships e.g. lesbian, gay, bisexual, trans.



#### Sexual relationships: Year 10 only

- These were questions asked only of Y10s.
- 9% 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 17% have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: **49% of those sexually active said 'yes'** and 11% were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend/partner:



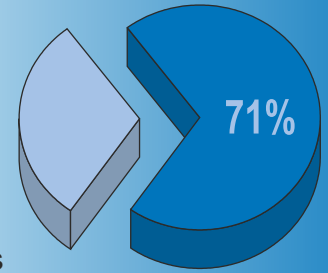
#### Year 10

Used hurtful or threatening language	16%
Was angry or jealous when I wanted to spend time with friends	25%
They kept checking my phone	14%
Threatened to tell people things about me	11%
Threatened to hit me	6%

- 51% of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 52% responded that they would know where to get help.

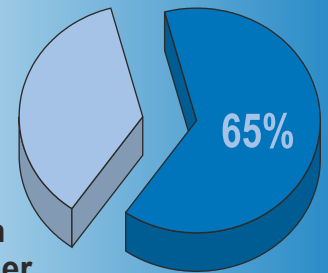
### PHYSICAL ACTIVITY

- 71% said they would like to be more physically active.
- 15% said that they do five or more hours of physical activity in school in a typical week, and 45% out of school.
- 4% of pupils responded that they don't do a single hour of physical activity in a typical week in school, and 9% out of school.

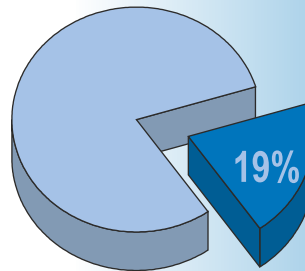


### BACKGROUND

- 86% of pupils describe themselves as White British.
- 65% of the pupils in this survey live with both parents together.
- 11% of pupils have free school meals.

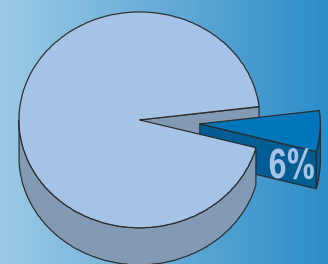


- 19% of pupils have a special educational need or learning difficulty, or they have a disability or long-standing illness.



### Service families

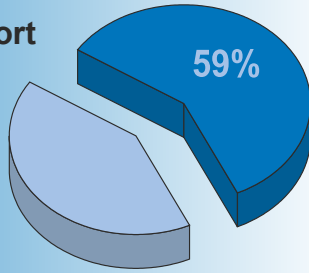
- 6% of pupils report they have a parent/carer who is in the armed forces.
- 27% of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away (2% of all pupils).
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.23.





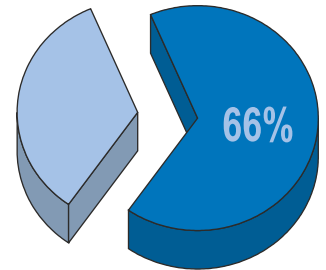
## SECONDARY ENJOYING AND ACHIEVING

- ❑ 59% of pupils report enjoying at least half of their school lessons.
- ❑ 33% of boys and 43% of girls said they want to continue in full-time education at the end of their course.
- ❑ 48% of boys and 39% of girls responded that they want to get training for a skilled job or get an apprenticeship at the end of their course.
- ❑ 25% of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships.
- ❑ 35% of pupils responded that they haven't had enough information and guidance about their options after Year 11, including apprenticeships.



## Homework

- ❑ 66% of pupils did homework on the evening before the survey. 20% reported they did more than an hour.
- ❑ The school lessons most often described 'quite' or 'very' useful (not mentioned elsewhere in this report) were those about drugs (55%), physical activity (61%) and consent (60%).



## LEISURE AND WORK

- ❑ 90% responded that they had spent some time the night before the survey using social media, 32% for over 3 hours.
- ❑ 96% watched some TV, films or streaming the previous night and 37% watched for over 3 hours.
- ❑ 28% of the pupils in this survey have a regular paid job.

### **Pupils' Perceptions**

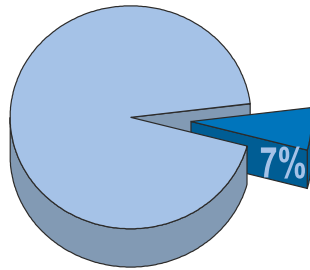
A series of statements were offered to pupils about their school experience.

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

	Male	Female
The school/college cares whether I am happy or not	45%	33%
My work is marked so I can see how to improve it	73%	67%
Adults at school/college talk to me about how to improve my work	65%	58%
I know my next steps in learning and what I need to do to improve	55%	46%
My achievements in and out of school/college are recognised	36%	30%
The school/college teaches me to deal with my feelings positively	34%	26%
The school/college helps me work as part of a team	46%	41%
In this school/college, people with different backgrounds are valued	69%	64%
The school/college encourages everyone to take part in decisions	60%	62%
There are opportunities to discuss sensitive issues in class, e.g. extremism	44%	44%
The school/college encourages me to contribute to community events	41%	34%
The school/college prepares me for when I leave this school/college	57%	53%
The school/college encourages everyone to treat each other with respect	81%	76%
My teachers realise when I don't understand	34%	22%
The school/college encourages me to attempt difficult work	70%	67%
The school/college tells me it's OK to make mistakes	67%	58%
I am prepared to try something I am not used to or not so good at	61%	44%
I have the opportunity to use things I have learnt in different situations	53%	43%
Sometimes I have a choice of different ways to learn about something	42%	36%
At school/college, I am encouraged to try different ways to do things	48%	43%
I have the opportunity to develop leadership skills at school/college	49%	46%
My school/college encourages me to take care of the planet and help prevent climate change	55%	51%

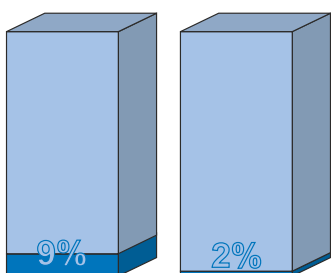
## STAYING SAFE

- 1-2% of pupils report they 'often' or 'very often' **carry weapons for protection when going out; this figure rises to 7% when including 'sometimes'**. The most common context was 'going out at night' (3%).
- 11% reported that they were a victim of violence or aggression in the area where they live, in the year before the survey.



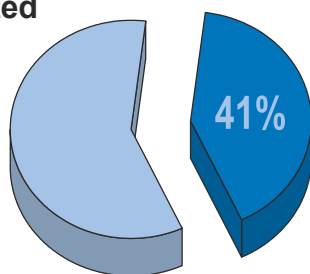
### Bullying

- 22% of pupils said that they had been bullied at or near school in the last 12 months.
- 29% of pupils responded that they have been pushed/hit in the last month. Other common negative behaviours were being teased/made fun of 44%, being called gay/dyke as an insult 22%, and being called nasty names 33%.
- 23% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 20% said they experienced it during lesson time.



- 9% of pupils said they are picked on because of their size or weight, while 2% say it's because of their colour, race or religion.

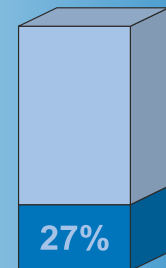
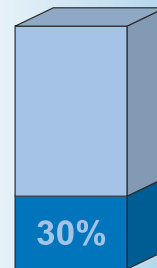
- 41% of pupils reported that they think their school deals with bullying well. 17% said 'Don't know' or 'Bullying is not problem in my school'



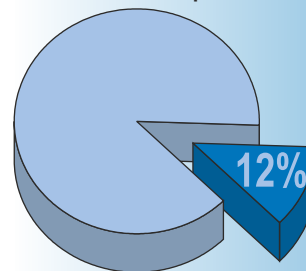
- 11% of boys and 21% of girls in Year 8+ responded that they have experienced OR witnessed sexual harassment at school/college, while 19% said they are 'not sure' if they have. 3% of boys and 8% of girls have reported it to an adult at school.

## Internet safety

- 93% of pupils responded that they communicate with friends and family they know in real life online.
- 30% of boys and 27% of girls responded that they communicate with people they have met online and don't know in real life.

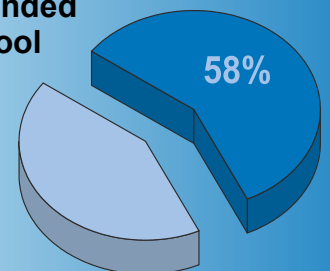


- 36% of pupils responded that they communicate with people online by posting things that lots of people can see and 43% said they communicate with people using picture/video sharing sites/apps.



- 12% of pupils responded that they have seen online pictures, videos or games with violence they found upsetting.

- 22% of pupils said that they have experienced online someone writing or showing things to hurt or upset them (with text, pictures or video).
- 9% 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.
- 58% of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.



# A decade of emotional health and wellbeing

□ These tables pull together some trends

Y2	2010	2012	2014	2016	2018	2020	2022
Worry about at least one issue most days	65%	67%	62%	65%	66%	73%	67%

Y6	2010	2012	2014	2016	2018	2020	2022
High self-esteem score (15+) *	46%	51%					
High/max wellbeing score (48+) **			34%	47%	45%	35%	33%
Low wellbeing score (up to 30: of concern) **			6%	5%	5%	10%	9%
High resilience score (26+ to 2020; 24+ 2022)		32%	38%	35%	37%	27%	23%
Low resilience score (up to 19 to 2020; <17 2022)		20%	15%	17%	18%	19%	22%
Worry about at least one issue at least quite often	79%	76%	76%	63%	60%	76%	86%

Y8	2010	2012	2014	2016	2018	2020	2022
High self-esteem score (15+) *	40%	40%					
High/max wellbeing score (28+) ***			24%	26%	24%	21%	15%
Low wellbeing score (up to 13: of concern) ***			4%	4%	4%	7%	8%
High resilience score (26+ to 2020; 24+ 2022)		53%	49%	45%	44%	39%	11%
Low resilience score (up to 19 to 2020; <17 2022)		24%	27%	32%	33%	30%	40%
Worry about at least one issue at least often	67%	70%	65%	57%	53%	45%	69%
Have an adult they trust who they can talk to					76%	78%	68%

Y10	2010	2012	2014	2016	2018	2020	2022
High self-esteem score (15+) *	42%	39%					
High/max wellbeing score (28+) ***			20%	24%	19%	17%	14%
Low wellbeing score (up to 13: of concern) ***			6%	5%	8%	8%	10%
High resilience score (26+ to 2020; 24+ 2022)		49%	40%	39%	33%	30%	9%
Low resilience score (up to 19 to 2020; <17 2022)		28%	35%	38%	34%	36%	43%
Worry about at least one issue at least often	77%	77%	74%	69%	66%	63%	74%
Have an adult they trust who they can talk to					71%	70%	66%

\* Lawrence Self-Esteem Questionnaire \*\* Stirling Children's Wellbeing Scale

\*\*\* Short Warwick and Edinburgh Mental Wellbeing Scale

## NOTES

- There has been a marked fall in wellbeing scores among Y6 pupils in 2020 and a further small drop in 2022. There is also a decline in wellbeing scores among Y8 and Y10 students between 2020 and 2022, which follows falls in 2018 and 2020.
- There has been a general decline in resilience scores among students across the age range which has changed sharply in 2022.
- There is a further rise between 2020 and 2022 in the percentage of young people in Y6 who worry about at least one issue at least 'quite often'; the Y2 figures have declined a little, however.
- There has been an increase in 2022 in the percentage of young people in Y8&10 who worry about at least one issue at least 'often'
- We can see on pp.22-23 that female pupils have worse outcomes for emotional health and wellbeing than do males.

## COMMENTS

- The likelihood is that some of the drop in wellbeing scores and the rise in worries happening in 2020 and 2022 is due to the effects of coronavirus and associated restrictions and disruption, but there is evidence of a decline in wellbeing and resilience which was happening before 2020.

## School culture and academic achievement

- In past years, we have been able to link school culture to pupil achievement. Pupils' views of school culture in 2022 and 2020 are shown below.
- Most perceptions are stable from 2020 to 2022 (bold); overall there is a slight downturn.

Key Stage Wave of study Sex	KS2				KS3/4			
	2020		2022		2020		2022	
	M	F	M	F	M	F	M	F
The school/college cares whether I am happy or not	68%	71%	<b>66%</b>	<b>67%</b>	47%	40%	<b>45%</b>	<b>33%</b>
My work is marked so I can see how to improve it	87%	88%	<b>84%</b>	<b>85%</b>	77%	71%	<b>73%</b>	<b>67%</b>
Adults at school/college talk to me about how to improve my work	80%	79%	<b>78%</b>	<b>75%</b>	66%	58%	<b>65%</b>	<b>58%</b>
I know my next steps in learning and what I need to do to improve	73%	73%	<b>73%</b>	<b>69%</b>	56%	47%	<b>55%</b>	<b>46%</b>
My achievements in and out of school/college are recognised	54%	54%	<b>58%</b>	<b>56%</b>	36%	31%	<b>36%</b>	<b>30%</b>
The school/college teaches me to deal with my feelings positively	63%	63%	<b>63%</b>	<b>62%</b>	35%	28%	<b>34%</b>	<b>26%</b>
The school/college helps me work as part of a team	73%	75%	<b>73%</b>	<b>71%</b>	48%	48%	<b>46%</b>	<b>41%</b>
In this school/college, people with different backgrounds are valued	70%	74%	<b>73%</b>	<b>76%</b>	68%	69%	<b>69%</b>	<b>64%</b>
The school/college encourages everyone to take part in decisions, e.g. class discussions or school/college council	72%	75%	<b>74%</b>	<b>76%</b>	62%	64%	<b>60%</b>	<b>62%</b>
The school/college encourages me to contribute to community events	54%	55%	<b>54%</b>	<b>53%</b>	40%	35%	<b>41%</b>	<b>34%</b>
The school/college prepares me for when I leave this school/college	77%	79%	<b>81%</b>	<b>85%</b>	56%	50%	<b>57%</b>	<b>53%</b>
The school/college encourages everyone to treat each other with respect	89%	91%	<b>88%</b>	<b>90%</b>	83%	82%	<b>81%</b>	<b>76%</b>
My teachers realise when I don't understand	62%	64%	<b>60%</b>	<b>53%</b>	37%	26%	<b>34%</b>	<b>22%</b>
The school/college encourages me to attempt difficult work	77%	75%	<b>75%</b>	<b>74%</b>	75%	70%	<b>70%</b>	<b>67%</b>
The school/college tells me it's OK to make mistakes	85%	88%	<b>83%</b>	<b>86%</b>	68%	62%	<b>67%</b>	<b>58%</b>

## Deprivation in North Yorkshire

- ❑ National Census information is used to create an index of multiple deprivation (IMD), composed of such items as income, education, crime, health and crowding. The average IMD score has been calculated for each of the 32,844 Lower-layer Super Output Areas (LSOAs) in England; once sorted, the list of LSOA scores was divided into fifths (quintiles). This list was updated in 2019.
- ❑ Each of the million or so postcodes in England can thus be matched with an LSOA, then assigned an IMD score and a deprivation quintile. The IMD quintile has been assigned to children providing a valid postcode; this was 73% of the Year 10 secondary school sample.
- ❑ The table below shows figures for Year 10 students.

Figures in the main body of the table are percentages	Index of multiple deprivation (5=least)				
	Most	2nd	3rd	4th	Least
Sample N	211	268	486	595	469
Eat 5-a-day	10	11	20	21	18
Ever tried smoking	36	30	27	24	19
Ever tried vaping	53	48	43	41	39
Drank last week	27	31	34	34	31
Ever taken drugs	14	11	11	12	11
7+hours exercise/week	27	30	31	31	32
High wellbeing score	12	15	13	15	15
High resilience score	7	7	7	10	10
Low wellbeing score	16	12	9	8	7
Low resilience score	51	49	40	41	37
Bullied at or near school last year	24	23	20	22	16
Worry about money	21	19	21	19	18
Worry about being different	9	7	7	6	4
Sexually active	30	20	16	19	15
Know where to get free condoms	28	28	22	23	19
Enjoy at least half of school lessons	52	59	62	64	68
Intend FTE after Y11	38	42	45	51	52
Term-time job	41	43	44	39	33
The school encourages everyone to treat each other with respect	68	78	79	77	81
Adults at school talk to me about how to improve my work	69	60	67	67	70
I know my next steps in learning and what I need to do to improve	47	50	56	53	57
Pupils' views make a difference in school	53	56	57	57	56



## Changes in North Yorkshire since 2020 - Year 2

### Positive findings

- ❑ played with friends after school on the day before the survey (28% in 2020 vs. 49% in 2022)
- ❑ have been to a dentist in the last year (42% in 2020 vs. 53% in 2022)
- ❑ Worry about at least one of the listed issues on 'most days' (74% in 2020 vs. 67% in 2022)

All differences shown are statistically significant.  
The changing context of COVID must be borne in mind.

### Emerging issues

- ❑ 'always' wear a helmet when using a bike, scooter, skates or skateboard (59% in 2020 vs. 47% in 2022)
- ❑ said they find physical activity and sports easy (46% in 2020 vs. 40% in 2022)
- ❑ 'always' use at least one of the prevention methods listed to avoid getting sunburnt (85% in 2020 vs. 68% in 2022)
- ❑ 'always' wash their hands after visiting the toilet (85% in 2020 vs. 78% in 2022)

## Changes in North Yorkshire since 2020 - Year 6

### Positive findings

- ❑ think the opinions of young people make a difference to decisions about what they learn in school (39% in 2020 vs. 63% in 2022)
- ❑ have found school lessons about growing up and body changes 'quite' or 'very' useful (34% in 2020 vs. 54% in 2022) (several other topics show this rise)
- ❑ do five or more hours of physical activity in a typical week out of school (43% in 2020 vs. 56% in 2022)
- ❑ can 'usually or always' say no when a friend wants them to do something they don't want to do (49% in 2020 vs. 55% in 2022)

### Emerging issues

- ❑ washed their hands before lunch on the day before the survey (93% in 2020 vs. 70% in 2022)
- ❑ had a high measure of resilience (24+) (27% in 2020 vs. 23% in 2022)
- ❑ are 'never' supervised and their device doesn't have a filter system when using the Internet at home (28% in 2020 vs. 33% in 2022)
- ❑ 'usually' or 'whenever possible' do something to avoid sunburn when it's sunny (63% in 2020 vs. 58% in 2022)
- ❑ have been away from school due to illness or injury in the last month (26% in 2020 vs. 34% in 2022)

## Changes in North Yorkshire since 2020 - Years 8/10

### Positive findings





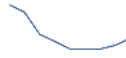

















- ❑ haven't had enough information and guidance about their options after Year 11, including apprenticeships (43% in 2020 vs. 35% in 2022)
- ❑ Year 10 pupils responded that they know where they can get condoms free of charge (17% in 2020 vs. 24% in 2022)
- ❑ do five or more hours of physical activity in a typical week in school (9% in 2020 vs. 15% in 2022) or out (35% in 2020 vs. 45% in 2022)
- ❑ have taken part in volunteering at some point out of school in the last six months (36% in 2020 vs. 45% in 2022)

### Emerging issues

- ❑ Year 10 pupils responded that they are either in a sexual relationship or have had one in the past (11% in 2020 vs. 17% in 2022)
- ❑ had an alcoholic drink in the 7 days before the survey (18% in 2020 vs. 23% in 2022)
- ❑ high measure of resilience (24+) (14% in 2020 vs. 10% in 2022)
- ❑ had a high or maximum score (28 - 35) on the wellbeing scale (19% in 2020 vs. 15% in 2022)
- ❑ have dieted to an extreme degree at some point (13% in 2020 vs. 17% in 2022)
- ❑ worry about money problems 'often' or 'all the time' (11% in 2020 vs. 17% in 2022)
- ❑ drank at least two sugary drinks on the day before the survey (25% in 2020 vs. 33% in 2022)

## Changes 2006-2022

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row.  
Asterisks (\*\*\*) indicate a question changed over the period of study.

Question	Response	2006	2008	2010	2012	2014	2016	2018	2020	2022	
<b>Year 2</b>											
Do something to stop sunburn	<i>Always</i>			83%	83%	70%	69%	74%	85%	68%	
Like being at school	<i>Most of the time</i>			53%	61%	58%	59%	56%	62%	62%	
<b>Year 6</b>											
Portions of fruit/veg yesterday	<i>5 or more</i>	38%	35%	31%	32%	30%	30%	27%	25%	25%	
I do not drink alcohol***		38%	40%	47%	47%	83%	74%	75%	81%	75%	
Know a drug user	<i>Fairly sure/certain</i>	22%	20%	14%	12%	10%	10%	10%	11%	13%	
Know enough about growing up/body changes		67%	67%	63%	69%	74%	80%	83%	74%	85%	
Bullied at or near school	<i>Last 12 months</i>	31%	26%	26%	24%	21%	21%	21%	21%	21%	
Bullied someone else at school	<i>Last 12 months</i>	11%	8%	7%	5%	4%	4%	3%	3%	4%	
Did homework after school yesterday		16%	17%	20%	20%	22%	17%	17%	30%	15%	
<b>Year 8</b>											
Enjoy all/most lessons at school		35%	40%	38%	45%	48%	45%	40%	38%	29%	
Lessons about RSE	<i>Quite/very useful</i>	31%	31%	35%	39%	39%	32%	32%	29%	36%	
Computer games last night		50%	55%	58%	51%	49%	49%	54%	64%	64%	
Voting for School/College Council members				53%	45%	41%	42%	40%	48%	51%	
Ever tried smoking		27%	26%	16%	15%	12%	11%	12%	7%	12%	
<b>Year 10</b>											
Enjoy all/most lessons at school		37%	38%	40%	43%	40%	45%	38%	38%	31%	
Regular paid term-time job		54%	47%	38%	34%	35%	35%	35%	20%	40%	
Voting for School/College Council members				55%	50%	46%	47%	49%	45%	48%	
Alcohol in last 7 days		12%	14%	16%	20%	28%	30%	28%	26%	33%	
Ever tried smoking		51%	48%	45%	39%	34%	30%	30%	22%	25%	
Ever taken cannabis		22%	18%	16%	12%	12%	13%	12%	8%	10%	
Know of a sexual health service for young people locally ***		20%	20%	34%	33%	32%	60%	57%	48%	61%	
Worry about Exams and tests***	<i>Often/all the time</i>	50%	48%	54%	59%	61%	52%	51%	48%	50%	

### Findings from a sixth-form/college survey

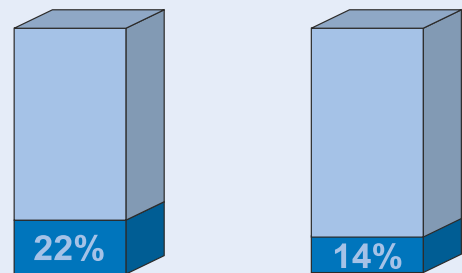
□ The secondary questionnaire was also used in sixth forms and in further education colleges. 654 students from 12 sixth forms completed the questionnaire. Key findings included:

#### Positive findings

- can get water at school (73% in 2020 vs. 87% in 2022)
- have taken part in volunteering at some point outside of school in the last six months (42% in 2020 vs. 55% in 2022)
- are asked for their opinions about how they learn in school (42% in 2020 vs. 52% in 2022)
- do five or more hours of physical activity in a typical week out of school (42% in 2020 vs. 51% in 2022)
- communicate with people they have met online and don't know in real life (32% in 2020 vs. 23% in 2022)
- have done at least one of the gambling-related things in Q51 in the last year and their parents didn't know all of it (32% in 2020 vs. 23% in 2022)
- know an adult they trust who they can talk to if they are worried about something (66% in 2020 vs. 74% in 2022)
- were pushed/hit in the month before the survey (16% in 2020 vs. 10% in 2022)
- have carried weapons when going out at least 'sometimes' (6% in 2020 vs. 2% in 2022)

#### Emerging issues

- worry about exams and tests 'often' or 'all the time' (54% in 2020 vs. 66% in 2022)
- someone smoked cigarettes/cigars in the same room that they were in at least 'once or twice a month' in the past year (22% in 2020 vs. 33% in 2022)
- enjoy 'most' or 'all' of their lessons at school/college (80% in 2020 vs. 70% in 2022)
- had an alcoholic drink in the 7 days before the survey (40% in 2020 vs. 49% in 2022)
- of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale (22% in 2020 vs. 14% in 2022)



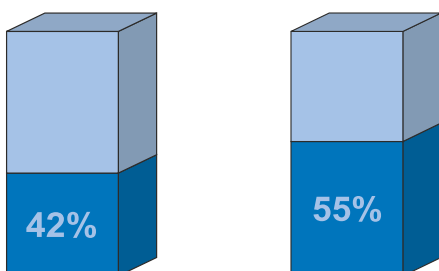
- someone smoked cigarettes/cigars in the same car that they were in at least 'once or twice a month' in the past year (5% in 2020 vs. 10% in 2022)

### Findings from the survey of pupils in special schools

□ A questionnaire was devised in consultation with staff in special schools for the 2016 survey. This survey was completed in 2022 by 297 pupils between Y3 and Y14.

#### Positive findings

- **More pupils in 2022 compared with 2020 reported thinking about health when choosing food** (42% in 2020 → 55% in 2022)



#### Emerging issues

- Fewer pupils in 2022 compared with 2020 reported exercising every day (56% in 2020 → 49% in 2022)
- More pupils in 2022 compared with 2020 reported that anyone smokes when they are in a car with them (8% in 2020 → 18% in 2022)
- More Y8+ pupils in 2022 compared with 2020 reported they are gay/lesbian (9% in 2020 → 15% in 2022)
- Fewer Y10+ pupils in 2022 compared with 2020 reported that they could get support in school for *problems and worries* (88% in 2020 → 78% in 2022)

# Equality Monitoring in North Yorkshire 2022

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 below. The following tables show the results for Year 6/10 pupils.

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

## Year 6 results

**\*99 Statistically significant difference.**

**Shaded** a significant difference was previously found for the equivalent result in 2020

Figures in main part of table are percentages

Full sample size=4505

	All	Male	Female	Ethnic minority	Minority religion	Young Carer	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family
	4505	2223	2058	427	89	180	23	661	503	476	597	276
<b>Eat 5-a-day</b>	<b>25</b>	26	25	26	33	<b>*29</b>	<b>*35</b>	<b>*19</b>	<b>*22</b>	26	<b>*19</b>	29
<b>Ever tried smoking</b>	<b>2</b>	2	2	3	3	<b>*7</b>	<b>*9</b>	<b>*4</b>	<b>*3</b>	3	<b>*6</b>	3
<b>Drank last week</b>	<b>4</b>	<b>*6</b>	3	5	8	<b>*7</b>	<b>*0</b>	5	<b>*7</b>	5	<b>*7</b>	6
<b>High wellbeing score</b>	<b>33</b>	<b>*39</b>	29	32	29	<b>*22</b>	<b>*25</b>	<b>*25</b>	32	33	<b>*27</b>	30
<b>High resilience score</b>	<b>23</b>	<b>*27</b>	20	22	31	21	<b>*18</b>	<b>*18</b>	22	21	<b>*18</b>	23
<b>Low wellbeing score</b>	<b>19</b>	<b>*13</b>	22	21	24	<b>*33</b>	19	<b>*29</b>	<b>*27</b>	19	<b>*28</b>	<b>*28</b>
<b>Low resilience score</b>	<b>22</b>	19	24	21	26	<b>*30</b>	<b>*32</b>	<b>*31</b>	<b>*34</b>	22	<b>*33</b>	<b>*28</b>
<b>Bullied at school last year</b>	<b>21</b>	21	20	21	29	<b>*39</b>	<b>*41</b>	<b>*24</b>	<b>*28</b>	24	<b>*29</b>	<b>*27</b>
<b>Worry about health</b>	<b>20</b>	<b>*17</b>	21	<b>*27</b>	31	<b>*33</b>	22	<b>*23</b>	<b>*27</b>	21	<b>*30</b>	<b>*28</b>
<b>Worry about moving on to secondary school</b>	<b>43</b>	<b>*34</b>	50	42	51	<b>*60</b>	<b>*35</b>	<b>*48</b>	<b>*47</b>	42	<b>*51</b>	<b>*49</b>
<b>The school encourages everyone to treat each other with respect</b>	<b>88</b>	88	90	86	81	<b>*83</b>	<b>*64</b>	86	<b>*82</b>	89	<b>*82</b>	85
<b>Adults at school talk to me about how to improve my work</b>	<b>76</b>	78	75	76	75	<b>*71</b>	<b>*50</b>	74	<b>*70</b>	77	74	75
<b>I know my next steps in learning and what I need to do to improve</b>	<b>70</b>	73	69	71	75	<b>*58</b>	<b>*64</b>	<b>*65</b>	<b>*60</b>	68	66	64
<b>Pupils' views and opinions asked for in school</b>	<b>61</b>	61	62	59	60	<b>*56</b>	62	<b>*54</b>	59	60	<b>*56</b>	55

# Equality Monitoring in North Yorkshire 2022

Year 10

	All 3060	Males 1468	Females 1470	Ethnic minority 367	Minority religion 114	Young Carer 140	Children in care 13	Single-parent family 508	Special educational needs 297	Disability or long-term illness 362	Free school meals 319	Armed forces family 150	LGB 484	Transgender 26
Eat 5-a-day	18	*20	*15	19	*10	17	22	*12	17	18	*11	*12	*15	*5
Ever tried smoking	25	*21	*29	28	23	*38	33	*36	*36	27	*40	26	*30	*48
Drank last week	33	32	33	*23	*21	*42	42	32	*41	32	33	*40	*29	38
Ever taken drugs	12	12	*13	*15	16	*17	17	*16	*19	*15	*16	*16	*14	12
High wellbeing score	14	*20	*8	13	14	*8	8	*10	14	12	*7	15	*8	12
High resilience score	9	*13	*5	*12	*15	7	0	*5	7	7	*5	6	*5	4
Low wellbeing score	10	*6	*12	12	*17	*20	*42	*13	*16	*14	*14	*17	*19	19
Low resilience score	43	*30	*53	*33	37	*54	*75	*50	*52	*48	*52	46	*61	56
Bullied at school last year	19	*15	*21	18	*26	*37	25	*24	*33	*26	*33	20	*34	46
Worry about money	19	*14	*22	19	23	*33	25	*28	*23	*23	*33	21	*29	38
Worry about being different	11	*7	11	*19	*25	*23	17	11	*16	*15	*17	12	*38	*71
Sexually active	17	*16	*18	19	14	*24	27	*21	19	19	*24	*26	19	25
Know where to get free condoms	24	*28	*21	*20	17	*30	10	*28	*32	26	*31	28	*20	24
Enjoy at least half of school lessons	60	*64	*57	63	64	*51	46	*51	*50	59	*49	*50	63	50
Intend FTE after Y11	46	*37	*54	*55	*64	*37	50	*41	*36	46	*40	43	*59	50
Term-time job	40	*36	*45	*30	*21	42	17	39	41	39	41	42	*31	*13
The school encourages everyone to treat each other with respect	76	*80	*73	*70	*60	*67	*46	77	*68	73	*70	75	*67	62
Adults at school talk to me about how to improve my work	63	*69	*59	64	60	*55	54	*55	*58	61	*57	59	*59	*38
I know my next steps in learning and what I need to do to improve	52	*57	*48	*56	58	*44	*77	*45	*40	51	*42	48	*46	*31
Pupils' views make a difference in school	55	54	56	56	56	55	45	*50	57	57	53	55	52	54

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

Shaded a significant difference was previously found for the equivalent result in 2020



### This report will be disseminated to:-

- Elected members
- North Yorkshire Health and Wellbeing Board
- Headteachers and Governors
- Children and Young People's Service Units
- NYCC Corporate Equality Group
- North Yorkshire Youth Voice Cabinet
- North Yorkshire Safeguarding Children Partnership
- North Yorkshire Community Safety Partnership
- Integrated Care Boards
- York, North Yorkshire and East Riding Local Enterprise Partnership
- North Yorkshire Police

## Support

The following section signposts to further supporting information for professionals, families and young people in North Yorkshire linked to the key areas identified within this report:

- North Yorkshire Safeguarding Children Partnership (NYSCP) [Website](#)  
The purpose of NYSCP is to support and enable local organisations and agencies to work together in a system where children are safeguarded and their welfare promoted. The website has a range of supporting information for professionals, parents&carers and children and young people.
- [Be Aware website](#). An online knowledge hub set up and run by NYSCP in collaboration with young people, parents and carers, and professionals across North Yorkshire to help prevent and tackle child exploitation
- [Being Young in North Yorkshire 2021-2024](#). The North Yorkshire Safeguarding Children Partnership Strategy for children and young people living in North Yorkshire
- The [North Yorkshire Partnerships website](#) brings together a range of information for partners across the county including information on [Prevent](#)
- [North Yorkshire Healthy Schools Programme](#). A free health and wellbeing award for all schools and Early Years settings in North Yorkshire. The website provides links to a range of [resources](#) to support the themes of PSHE, emotional health and wellbeing, active lives and healthy food and [supporting services](#) in North Yorkshire along with supporting information for [parents / carers on healthy eating](#).
- North Yorkshire Youth Voice team work across the county to facilitate groups for young people and further details can be found here: [NY Voice: Be The Change | North Yorkshire County Council](#)
- [Go-to-website for healthy minds](#) in North Yorkshire. Provides a range of information and signposting for professionals, parents&carers and young people on emotional and mental health
- North Yorkshire Police [website](#)
- North Yorkshire Sport [Website](#). Driving positive change through sport and physical activity. Find a range of CPD opportunities and support for children & young people and staff based in educational settings across the county.



### Key Contacts

#### Clare Barrowman

Senior Health and Wellbeing Adviser  
School Improvement  
[clare.barrowman@northyorks.gov.uk](mailto:clare.barrowman@northyorks.gov.uk)

#### Peter Commane

Senior Strategy and Performance Officer  
Strategy and Performance Management  
[peter.commane@northyorks.gov.uk](mailto:peter.commane@northyorks.gov.uk)

North Yorkshire County Council Children and Young People's Service  
County Hall, Northallerton, DL7 8AE

# Growing up in North Yorkshire 2022

## Priorities 2022



- Prioritising young people's **resilience and emotional wellbeing**
- Responding to the increasing and emerging **online safety risks**
- Supporting and encouraging a **healthy lifestyle: healthy eating, oral health, sleep and physical activity**
- Supporting young people to have a **healthy weight and a positive body image**
- Emerging data around young people **vaping and** continue support around **alcohol and substances**
- Reducing **bullying and prejudice based incidents**
- Supporting **identified groups** of young people who continue to have more **negative outcomes**

# Growing up in North Yorkshire County and District Reports 2022

<http://healthyschoolsnorthyorks.org/resources/growing-up-in-north-yorkshire-survey-2020/>

## Growing Up in North Yorkshire

A summary of the Growing Up in North Yorkshire survey 2022

## Growing Up in Craven

A summary of the Growing Up in North Yorkshire survey 2022

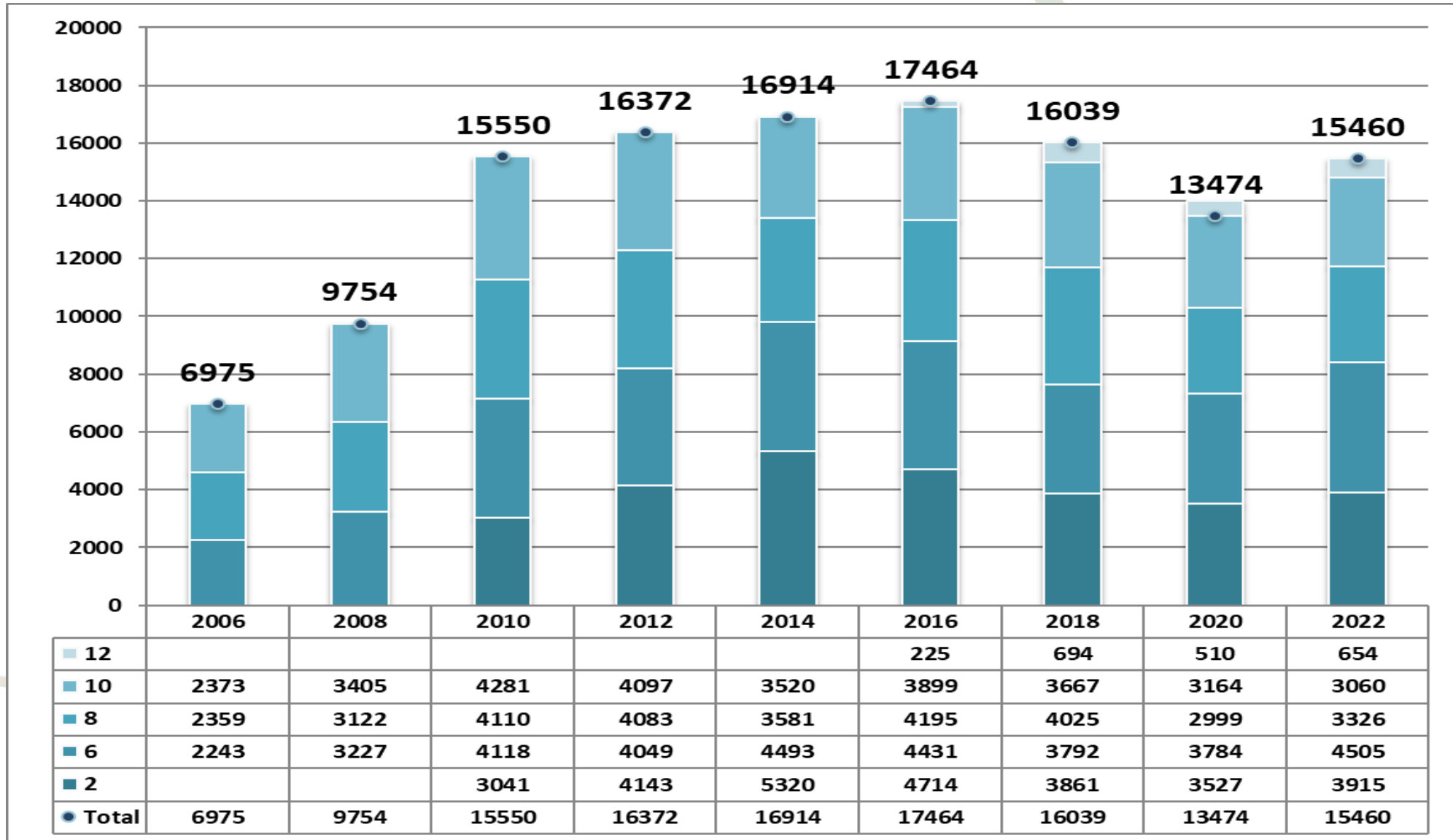
## Growing Up in Selby

A summary of the Growing Up in North Yorkshire survey 2022



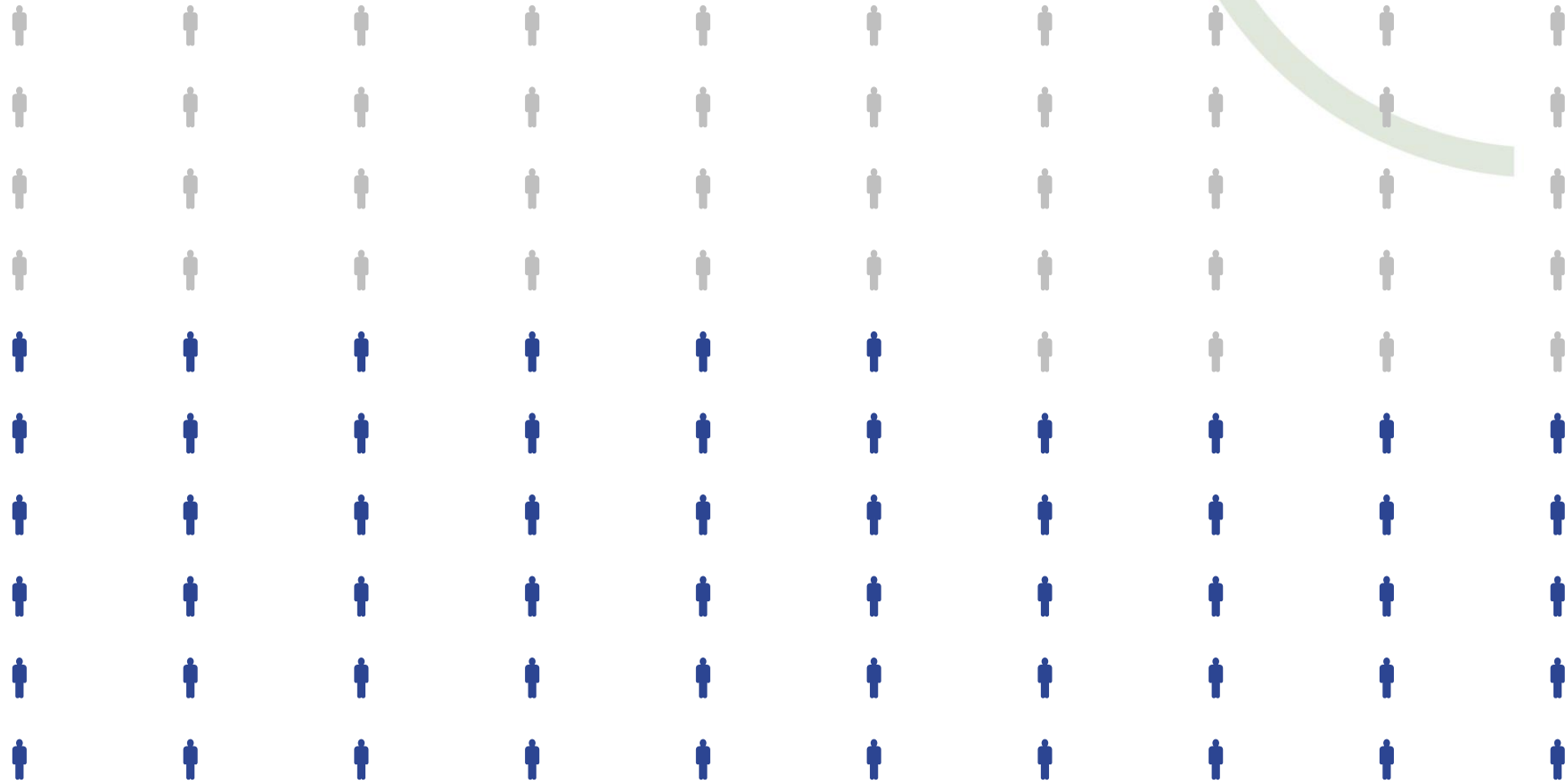
1 April 2023

# Survey Participation – Target Year Groups



| 2023

# Reach of the Questionnaire 2022





# Changes Over Time

1 April 2023

	2006	2008	2010	2012	2014	2016	2018	2020	2022
Yr 6 have been bullied at or near school in past 12 months	31%	26%	26%	24%	21%	21%	21%	21%	21%
Yr 6 had 5 or more portions of fruit/veg yesterday	38%	35%	31%	32%	30%	30%	27%	25%	25%
Yr 8 played computer games last night	50%	55%	58%	51%	49%	49%	54%	64%	64%
Yr 8 ever tried smoking	27%	26%	16%	15%	12%	11%	12%	7%	12%
Yr 10 ever tried smoking	51%	48%	45%	39%	34%	30%	30%	22%	25%
Yr 10 drank alcohol in last 7 days	12%	14%	16%	20%	28%	30%	28%	26%	33%


# A Day in Their Shoes




## Morning: Starting the Day 2022

- Pupils in secondary are more likely than primary pupils to have nothing to eat or drink before school:
  - 6% of Primary pupils
  - 20% of secondary pupils
- No change in children happy at home
  - 86% of primary pupils
  - 82% of secondary pupils
- Majority of children feel safe at home
  - 94% of primary pupils
  - 95% of secondary pupils

## School 2022

- 
- 67% ( 73% in 2020) primary schools
  - 41% (43% in 202) secondary schools
  - 8% primary boys
  - 12% primary girls
  - 8% secondary boys
  - 13% secondary girls

- Fewer pupils feel bullying is taken seriously by school
  - Girls are more likely than boys to feel afraid of going to school
  - More pupils in secondary school feel that they have been bullied
  - More girls than boys feels they are picked on or bullied because of the way they look or their size or weight
- 



## Been bullied at or near school in the last 12 months (2020 data in brackets)

	All	Young carer	Children in care	Special educational needs	Free school meals	Armed forces	LGB	Trans
Primary Year 6	21% (21%)	39% (35%) ↑	41% (31%) ↑	28% (33%) ↓	29% (20%) ↑	27% (25%) ↑	-	-
Secondary Year 10	19% 16%	37% (35%) ↑	25% (13%) ↑	33% (33%)	33% (30%) ↑	20% (21%) ↓	34% (33%) ↑	46% (60%) ↓



# Guidelines for dealing with and reporting prejudice based incidents, hate incidents and hate crimes in schools and settings

**Updated September 2022**

<https://cyps.northyorks.gov.uk/equalities-and-diversity>



1 April 2023

# Sexual Harassment –was a new question for 2020

- **9%** (2020:5%) of pupils responded that they have **experienced sexual harassment** at school, while 11% (2020:7%) said they are 'not sure' if they have.
  - 6% year 8 and 11% year 10
- **13%** (2020:8%) of pupils responded that they have **witnessed sexual harassment** at school, while 19% (2020:14%) said they are 'not sure' if they have.
  - 10% year 8 and 16% year 10



No-one does anything/ won't be taken seriously/ staff won't do anything/school doesn't care/ no point

Didn't think it was serious enough/worth reporting/was not a big deal/was not extreme.

Scared/afraid/fear (e.g. of repercussions/don't want to be beaten up/bullied/ afraid to report)

Didn't want to be known as a snitch

# After School

Percentage of pupils responding that they spent time doing the following after school on the day before the survey:

Primary	Secondary
1. <b>Watch TV/Films/Streaming 69%</b>	1 <b>Watch TV/Films/Streaming 96%</b>
2. <b>Computer games 68% (boys)</b>	2. <b>Used the internet 95%</b>
3. <b>Spent time outside 56%</b>	3. <b>Social media/messaging 90%</b>
4. <b>Social media/messaging 48% (girls)</b>	4. <b>Doing homework 66%</b>
5. <b>Play with friends or siblings 46%</b>	5. <b>Computer games 58%</b>

# Risky Behaviour - online

	Year 6	Year 8	Year 10	Year 12
<b>Post things that lots of people can see (e.g. Instagram)</b>	20%	35%	37%	48%
<b>Communicate on line with people they don't know in real life</b>	14%	25%	34%	23%
<b>What they do and see online</b>				
<b>Someone wrote or showed things to hurt or upset you</b>	14%	20%	24%	22%
<b>Sent personal information and wished you hadn't</b>	3%	7%	10%	11%
<b>Been bullied online</b>	9%	11%	11%	8%
<b>Seen 'fake news'/false information</b>	15%	29%	39%	44%
<b>Received nude images</b>	4%	23%	41%	43%
<b>Approached online by an adult who wanted a sexual encounter or relationship</b>	4%	7%	14%	13%
<b>Seen sexually explicit images, videos or games</b>	6%	16%	32%	34%
<b>Seen Extremism online</b>		7%	14%	17%
<b>Gambling related activity online and parents aware</b>	47%	52%	46%	38%



# Secondary school Yr 8 and 10 pupils

Communicate with people they have met online and don't know in real life.

2018	2020	2022
19%	25%	29%

Someone asking to meet them who they have only ever met online

2018	2020	2022
7%	8%	9%

Approached by an adult online who wants a sexual encounter or relationship

2018	2020	2022
5%	9%	11%

- 2022: 8% year 8 and 15% year 10 and 4% male and 17% female

# Secondary school Yr 8 and 10 pupils

## Seen extremism online

2018	2020	2022
2%	7%	11%

- 2022: 7% year 8 and 15% year 10

## Seen information about buying drugs online

2018	2020	2022
NA	12%	14%

- 2022: 9% year 8 and 19% year 10

## They saw sexually explicit images, videos or games

2018	2020	2022
13%	17%	24%

- 2022: 16% year 8 and 33% year 10

# Primary school pupils – Worries

Percentage of pupils responding that they worry about the following 'often' or all of the time

Primary Worries Yr 2	
Boys	Girls
Family 44%	Family 40%
Friendships 33%	Friendships 32%
Being ill 26%	Being ill 27%
School work 25%	The way they look 23%
The way they look 23%	School work 19%
Primary Worries Yr 6	
Death of someone close to them 55%	Death of someone close to them 64%
War 37%	Moving on to secondary school 50%
Moving on to secondary school 34%	The way they look 44%
The problems of looking after our planet 31 %	War 40%
Family 30%	Family 37%
SATs/tests 25%	Falling out with friends 35%
The way they look 25%	SATs/tests 35%
Feeling lonely 22%	Feeling lonely 32%
Their weight 18%	The problems of looking after our planet 32%
Falling out with friends 18%	Their weight 32%

# Secondary school pupils – Worries

Percentage of pupils responding that they worry about the following 'often' or all of the time

Secondary Worries (Year 8)	
Boys	Girls
School/college-work problems 20%	School/college-work problems 47%
Exams and tests 30%	Exams and tests 56%
Money problems 13%	Money problems 20%
Health 19%	Health 30%
Problems with friends 17%	Problems with friends 37%
The way they look 24%	The way they look 62%

Secondary Worries (Year 10)	
School/college-work problems 31%	School/college-work problems 71%
Exams and tests 44%	Exams and tests 82%
Money problems 14%	Money problems 28%
Health 16%	Health 29%
Problems with friends 10%	Problems with friends 24%
The way they look 22%	The way they look 55%

# <https://thegoto.org.uk/> for Healthy Minds in North Yorkshire

**Are you a Young Person needing help with your mental health?**

**Do you need some more information?**  
Talk to family, friends or an adult you trust.

**The Go-To**  
For healthy minds in North Yorkshire

**recoverycollege**

**YOUNG MINDS**  
Lifting young people's mental health

**the sleep charity**

**Qwell**  
Adults aged 18+

**childline**  
Specialist CAMHS referral

**WELLBEING IN MIND**

**NHS Bradford District Care**  
NHS Foundation Trust

**Phoenix**

**childline**  
Specialist CAMHS referral

**NHS**

**Self-Care**  
Everyday life brings stresses and strains, therefore it's important to take time for self-care. There are lots of things you can do to look after your mental wellbeing. Click here for more tips on feeling good and advice for coping with common issues.

**Do you need urgent support or help?**

If there is immediate danger of serious risk or harm call 999

If you need someone to talk to and the problem isn't immediately life-threatening call 111

**NHS**

**childline**  
Call 0800 1111 24 hours, 7 days a week for free

**shout**  
Text SHOUT on 83298

**SAMARITANS**  
18+

**PAPYRUS**

**The Go-To**  
For healthy minds in North Yorkshire

**North Yorkshire County Council**

**NHS North Yorkshire Clinical Commissioning Group**

## Mini Marketplace

Social and Emotional Mental Health Support for Children and Young People in North Yorkshire

**I feel really sad**

[Download Easy Read Guide ↓](#)

**I feel really worried**

[Download Easy Read Guide ↓](#)

Just launched some easy read guides for young people



# Primary data – year 6 (brackets 2020 data)

- **RESILIENCE**

- **22%** (19%) of pupils had a **low measure of resilience**
- **23%** (27%) of pupils had a **high measure of resilience**

- **Stirling Children's Wellbeing Scale**

- **3%** (3%) of pupils had a **low score**
- **16%** (16%) had a **med-low score**
- **33%** (35%) of pupils had a **high or maximum score**
- **9%** (10%) of pupils had a score of 12 – 30; Liddle & Carter (2010) **suggest that scores in this range may indicate poor mental health**

# Secondary school data (Year 8 /10)

## Warwick-Edinburgh Mental Wellbeing Scale

### high or maximum score

2018	2020	2022
21%	19%	15%

### med-low score

2018	2020	2022
23%	28%	31%

### low score: 2022: 5% male and 12% female

2018	2020	2022
6%	8%	9%

# Secondary school data (Year 8 /10)

## Resilience

### High measure of resilience

2018	2020	2022
15%	14%	10%

### Low measure of resilience

2018	2020	2022
31%	33%	41%

2022: Male = 28% Female = 53%

# Well-being and resilience 2022

## Equality groups – Primary School

### Average Scores

	Key Stage 2				
	All	Male	Female	SEN	FSM
High wellbeing score	33	39	29	32	27
High resilience score	23	27	20	22	18

Key Stage 2 – High wellbeing score	2020	2022	Trend
	All	35	
Male	39	39	=
Female	32	29	▼
SEN	29	32	▲
FSM	29	27	▼

### Significant difference to average

Positive difference

Negative difference

# Well-being and resilience 2022

## Equality groups – Secondary School

### Average Scores

	Key Stage 4				
	All	Male	Female	SEN	FSM
High wellbeing score	14	20	8	14	7
High resilience score	9	13	5	7	5

	2020	2022	Trend
Key Stage 4 – High wellbeing score			
All	17	14	▼
Male	25	20	▼
Female	9	8	▼
SEN	13	14	▲
FSM	10	7	▼

Significant difference to average	
Positive difference	Negative difference



The following slides show data based on pupils responses from secondary pupils in relation to self harm, suicide and eating disorder.

We appreciate this may be upsetting data so if you would not like to see the slides or hear information please do blank out and silence the presentation for about 1 minute.

<b>Self harm and suicide thoughts 2022 (2020 data in brackets)</b>	<b>Year 8 Yes in the last year</b>	<b>Year 10 Yes in the last year</b>	<b>Year 8 Yes this term</b>	<b>Year 10 Yes this term</b>
<b>Deliberately harmed yourself</b>	<b>15%</b> (13%)	<b>17%</b> (16%)	<b>11%</b> (8%)	<b>13%</b> (10%)
<b>Thought of taking your own life</b>	<b>18%</b> (16%)	<b>20%</b> (21%)	<b>10%</b> (10%)	<b>15%</b> (13%)
<b>Have you ever tried to take your own life</b>	<b>6%</b> (4%)	<b>8%</b> (6%)	<b>3%</b> (2%)	<b>4%</b> (3%)

If they responded yes to the question above 2022 data (2020 data in brackets)	Year 8 and year 10
<b>I didn't tell anybody</b>	<b>47% (49%)</b>
<b>I did not need any support</b>	<b>30% (31%)</b>
Yes I got support from somewhere (not school or online) (family and medical)	18% (18%)
No, I had no support from school or anywhere else	18% (14%)
Yes I got support online	8% (11%)
Yes I had enough support from my school	7% (7%)
Yes but I needed more support from my school	8% (7%)

# Eating Issues – secondary pupils

- 42% of pupils said they have regularly made themselves sick, dieted to an extreme degree or done an unusual amount of exercise to lose weight at some point

	No, never	Yes, in the past	Yes, this term
<b>Boys</b>			
Regularly made themselves sick	86%	<b>12%</b>	2%
Dieted to an extreme degree	92%	<b>6%</b>	1%
Done an unusual amount of exercise to lose weight	75%	<b>17%</b>	8%
<b>Girls</b>			
Regularly made themselves sick	73%	<b>22%</b>	5%
Dieted to an extreme degree	75%	<b>18%</b>	7%
Done an unusual amount of exercise to lose weight	62%	<b>27%</b>	11%

# CPD and support for schools

DFE Senior Mental Health Lead – roles and responsibilities and access to £1,200 grant funding  
<https://www.gov.uk/guidance/senior-mental-health-lead-training>

BEAT - SPOT – Free eating disorder training for all schools.

<https://www.beateatingdisorders.org.uk/training-events/find-training/spot-online-training-for-schools/>

ASSIST suicide support training  
Youth Mental Health First Aid  
<https://headfirst-northyorks.org/calendar/>

North Yorkshire  
Pathway of support for children and young people with self-harming behaviour or suicidal ideation

Compass Phoenix service is to improve outcomes for children and young people in relation to their emotional wellbeing and mental health by strengthening the range of mental health support available to children and young people



# Physical Activity



## Primary

48% (Year 2) 54% (Year 6)  
normally walk to school

56% do five or more hours per week (out of school)

**54% do five or more hours per week (in school)**

**4% don't do a single hour**

75% at least sometimes play ball games

## Secondary

44% normally walk to school

45% do five or more hours per week (out of school)

**15% do five or more hours per week (in school)**

**9% don't do a single hour**

71% would like to be more active

# Enjoyment and Confidence – Boys and Girls

	KS2 - Primary		KS3/4 - Secondary	
	Boys	Girls	Boys	Girls
<b>I enjoy taking part in physical activity and sports</b>	92	87	87	<b>72</b>
<b>I feel confident when I take part in physical activity and play sports</b>	85	71	77	<b>49</b>
<b>I find physical activity and sports easy</b>	71	62	69	<b>59</b>
<b>I would like to be more active than I presently am</b>	65	66	68	<b>73</b>
<b>I understand why physical activity and sports are good for me</b>	96	95	94	92
<b>I know how to get involved in different types of physical activity and sports</b>	89	86	84	<b>73</b>
<b>I know how to improve my skills in different types of physical activity and sports</b>	87	84	84	<b>69</b>

## Primary Data – Year 6

- **6% (5%)** of pupils responded that they **didn't have anything to eat or drink for breakfast** on the morning of the survey
- **26% (25%)** of boys and **25% (26%)** of girls responded that they ate at least **5 portions of fruit and vegetables** on the day before the survey
- **31% (30%)** of pupils responded that they **drank at least 2 sugary drinks** on the day before the survey
- **97% (95%)** of pupils responded that they **can get water** at school
- **72%** of pupils think **school food has healthy options**, while 4% think it doesn't
- **25%** don't have school lunches as they **don't like the food**

## Secondary Data – Year 8 / 10

- **20% (18%)** had **nothing to drink or eat for breakfast** the day before the survey
- **9% (6%)** had **nothing to drink or eat for lunch** the day before the survey
- **19% (18%)** of pupils responded that they ate at least **5 portions of fruit and vegetables** on the day before the survey.
- **33% (25%)** of pupils responded that they drank at least two sugary drinks on the day before the survey.
- **79% (64%)** of pupils responded that they can **get water at school**, while 19% (29%) said 'not easily'
- **40%** think **school food has healthy options**, while 18% think it doesn't.
- **4%** don't have school lunches as they **don't like the food**

# Healthy Lifestyles (I)

		Never	Tried	Less than once a week	At least once a week
<b>Use e-cigarettes/ vaping</b>	<b>Year 6</b>	95%	5%	0%	0%
	<b>Year 8 and 10</b>	66%	19%	6%	9%
	<b>Year 12</b>	49%	28%	11%	12%

		Never	Tried	Used to	Less than once a week	At least once a week
<b>Smoke cigarettes</b>	<b>Year 6</b>	98%	2%	0%	0%	0%
	<b>Year 8 and 10</b>	82%	11%	2%	2%	3%
	<b>Year 12</b>	67%	20%	4%	7%	2%

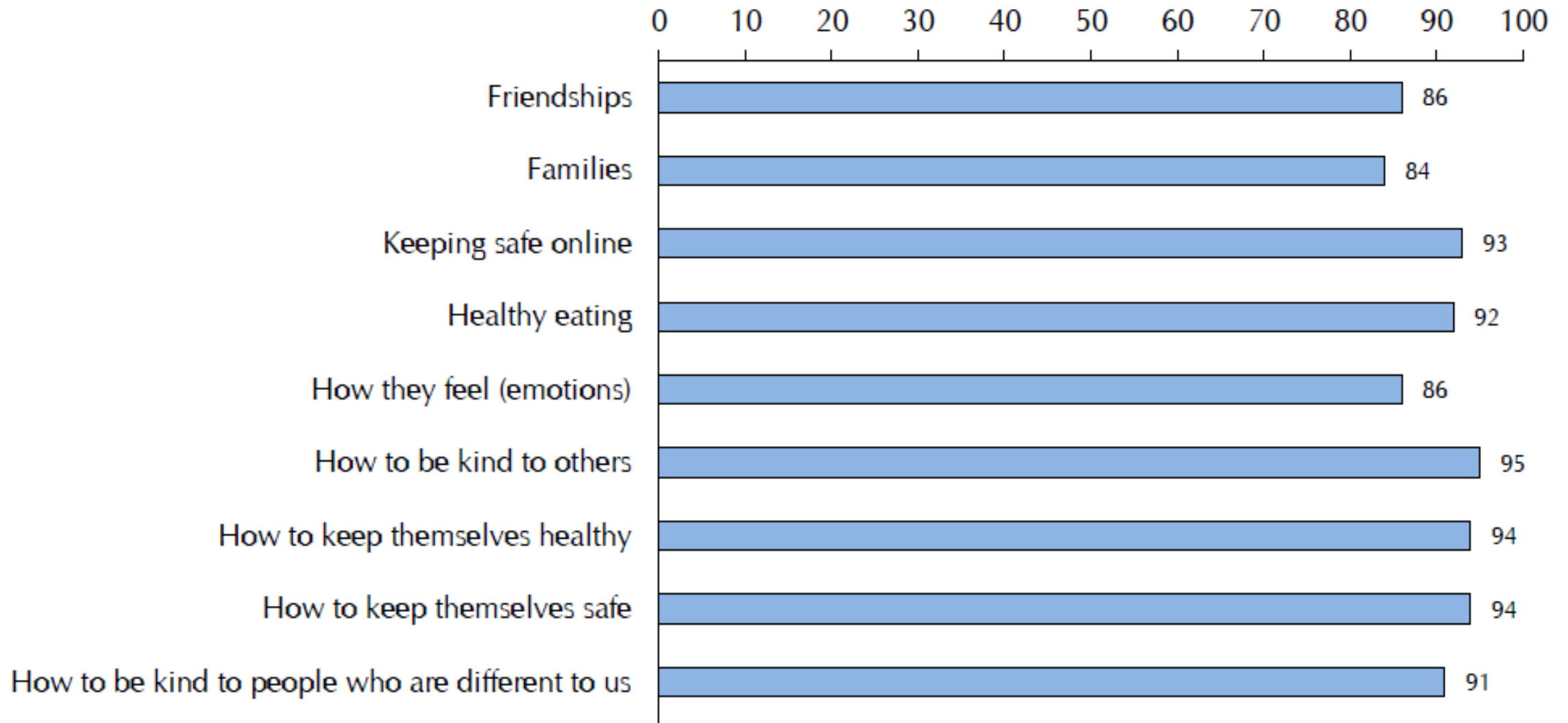
		Never	Offered, never taken	Taken drugs, no details	More than one year ago	During last year	In past month
<b>Used drugs (illegal) e.g. cannabis</b>	<b>Year 8 and 10</b>	92%	0%	1%	1%	2%	5%
	<b>Year 12</b>	79%	0%	2%	2%	8%	10%

# Vaping data over time

		Never Tried	Tried at least once	Occasionally - less than weekly	Regularly - at least weekly
2022	Primary	95	5	0	0
	Secondary	66	19	6	9
2020	Primary	96	3	0	1
	Secondary	77	17	3	3
2018	Primary	96	4	0	0
	Secondary	72	20	4	4
2016	Primary	98	2	0	0
	Secondary	73	20	4	3



## Year 2 pupils 2022 - They have had school lessons on the following areas



# Primary school – found lessons quite or very useful (2020 data)

Lesson quite or very useful (2020 data)	Year 6
Healthy friendships and relationships	51% (53%)
Different Families	40% (23%)
Growing up and body changes	54% (34%)
Education about consent	38%
Death and Loss	42%
Emotional Health and wellbeing	64% (61%)
Education about medicines and drugs	54% (39%)
Anti- bullying	54% (57%)
Risk taking and being safe in other ways	60% (55%)
Keeping safe online	70% (73%)

## Secondary school – found lessons quite or very useful

Lesson quite or very useful (2020 data)	Year 8	Year 10
Healthy relationships, including child sexual exploitation and grooming	<b>46%</b> (32%)	<b>50%</b> (35%)
Education about consent	<b>54%</b> (33%)	<b>66%</b> (44%)
Emotional Health and wellbeing	<b>50%</b> (53%)	<b>40%</b> (38%)
Education about drugs	<b>61%</b> (54%)	<b>49%</b> (49%)
Prejudice, discrimination and bullying	<b>58%</b> (61%)	<b>48%</b> (46%)
Radicalisation and extremism	<b>40%</b> (41%)	<b>35%</b> (32%)
Keeping safe online	<b>63%</b> (69%)	<b>54%</b> (53%)

# Responses linked to the Quintiles of deprivation- secondary data

	Most	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	Least
Eat 5-a-day	7%	12%	21%	24%	20%
Ever tried smoking	36%	32%	28%	21%	20%
Drank last week	27%	25%	33%	32%	32%
Ever taken drugs	13%	16%	12%	11%	12%
7+hours exercise/week	35%	32%	31%	34%	33%
High wellbeing score	16%	7%	10%	13%	12%
High resilience score	7%	8%	5%	9%	9%
Low wellbeing score	15%	19%	20%	11%	10%
Low resilience score	53%	52%	45%	40%	40%
Bullied at or near school last year	25%	22%	22%	20%	18%
Intend Full Time Education after Y11	44%	39%	44%	51%	52%
Term-time job	38%	42%	44%	33%	32%
Adults at school talk to me about how to improve my work	72%	62%	60%	69%	66%
I know my next steps in learning and what I need to do to improve	55%	39%	53%	58%	56%
Pupils' views make a difference in school	49%	56%	52%	51%	53%

- Partnership Delivery Group oversees the survey and supports the dissemination of the priorities into appropriate services and existing structures:
  - Public Health leading work on healthy lifestyles
  - LA Social, Emotional and Mental health strategy group focused on CYP emotional wellbeing
  - Partnership group responding to the emerging concerns about young people vaping
  - Police and partnership work around hate crime

## 2022 priorities:

- Prioritising young people's resilience and emotional wellbeing
- Responding to the increasing and emerging online safety risks
- Supporting and encouraging a healthy lifestyle: healthy eating, oral health, sleep and physical activity
- Supporting young people to have a healthy weight and a positive body image
- Emerging data around young people vaping and continue support around alcohol and substances
- Reducing bullying and prejudice based incidents
- Supporting identified groups of young people who continue to have more negative outcomes



NORTH  
YORKSHIRE  
COUNCIL

1 April 2023





**Healthy Schools**  
North Yorkshire

# North Yorkshire healthy Schools award

<https://healthyschoolsnorthyorks.org/>

Evidence based criteria for the following themes:

- Active Lives
- Emotional Health & Wellbeing
- Food in School
- Personal, Social, Health Education (including statutory RSHE)
- Staff wellbeing (for submission with silver and gold awards)



**Healthy Early Years**  
North Yorkshire

FREE for all North Yorkshire schools (this includes academies)

- 77% of North Yorkshire schools registered on the programme
- 106 schools have achieved an award

OFFI



# How have the results of the survey been used

Support North Yorkshire Healthy Schools submissions to showcase improvement in provision within schools e.g from one school submission in 2020 38% of pupils found lessons on emotional health and wellbeing as useful this had increased to 90% in 2022

Successful application to support reducing teenage pregnancies in the coastal area of the County

Targeted funded support for secondary schools around Hate Crime and Prevent

Funded training for schools to access training on suicide prevention work and eating disorders