



Growing up in North Yorkshire survey 2024

Scarborough and Whitby area report

Type of questions

School culture and academic achievement

e.g This school cares about me

The school prepares me for when I leave this school

Secondary school: careers advice and next stages of education, training , apprentices

Being Healthy

Questions on what they eat and when, healthy eating, amount of physical activity engaged in

Secondary school: asked about behaviours that may be linked to an eating disorder

Feeling safe

Questions on feeling safe at school, bullying, negative behaviours

Secondary school: also asked about sexual harassment

Emotional Health and Wellbeing

Questions on what they worry about, how they manage worry, who they talk to, scores on emotional wellbeing scales , resilience scores

Secondary school: asked about self harm and suicide and getting help

Internet safety

Questions on who they communicate with , how the communicate and what have they seen / engaged with online

Secondary school: been asked about sexual encounters, extremism, selling of drugs through social media, sexting

Risk Taking Behaviours

Drugs, alcohol and tobacco, gambling, asked questions about how useful find a range PSHE lessons

Secondary school: asked about sexual health and healthy / unhealthy relationships



Identified priorities for the County from 2022 survey

- **Resilience and emotional wellbeing**
- **Online safety** risks for pupils
- **Healthy lifestyle** with a particular focus on healthy eating, sleep and gender imbalance in relation to physical activity
- **Healthy weight** and positive body image
- Emerging **vaping, alcohol and other substances** trends
- Reduce **bullying**
- Supporting **identified groups** of young people who continue to have more negative outcomes against a wide range of indicators

Pupils from the target year group in Scarborough and Whitby

	Year 2	Year 6	Year 8	Year 10
Scarborough /Whitby 2024	495	605	568	527
Total in 2024	3,504	3,902	3,569	3,252
Scarborough /Whitby 2022	645	737	666	686

Data on the following slides

- 2024 Scarborough and Whitby survey results are given first
- The total NY survey results are in brackets



Emotional and Mental wellbeing

County Priority 2022:

Continue to prioritise children and young people's resilience and emotional wellbeing

Year 2: children now worry less than in 2022, but slightly more than NY whole

- 67% (64%) of pupils responded that they worry about at least one of the issues listed on 'most days'.
- 32% (27%) of boys worry about being ill
- 33% (27%) of girls worry about being ill
- 39% (35%) of girls worry about family
- NB 19% of boys and 23% of girls worry about how they look

- 95% have someone they can talk to

2022

- Pupils were worrying more (70%) and fewer (91%) had someone to talk to
- 26% boys and 23% girls worried about their looks
- 42% worried about family

Year 2: home and school

- 48% (49%) always feel happy at school
- 68% (70%) always feel happy at home

2022

- Same percentage always felt happy at school
- Only 61% always felt happy at home –

NB improvement since 2022

Year 6: worries/resilience – positive changes since 2022, but mixed picture re whole NY

- 79% (81%) of pupils responded that they worry about at least one of the issues listed 'quite' or 'very' often (74% boys vs 84% girls)
- 37% (39%) of pupils responded that they 'quite' or 'very' often worry about moving on to secondary school
- 25% boys (23%) and 44% girls (39%) said they worry about the way they look

- 23% (20%) have low measure of resilience
- 22% (26%) have high measure of resilience

2022

- Pupils were worrying more (90%)
- 26% had low resilience and 20% had high resilience - improved

Year 8 &10: worries – positive changes

- 67% (69%) of pupils responded that they worry about at least one of the issues listed on 'most days'

Boys		Girls	
Way you look	22%	Way you look	56% !
Exams and tests	20%	Exams and tests	47%
Health	16%	School/college work	42%

- 68% (69%) ! have someone to talk to (20% (19%) maybe do)

Results are better than in 2022, but still not good enough

2022

- 69% worried on most days
- Pupils worried more about how they look (25% boys, 61% girls)
- 65% had someone to talk to

Year 8 &10: wellbeing and resilience – mixed picture

Resilience

- 49% (44%) have low measure of resilience – deteriorated since 2022
- 7% (10%) have high measure of resilience

Wellbeing

- 16% (20%) have high/max wellbeing – improved since 2022
 - 23% (28%) boys
 - 10% (11%) girls
- 10% (8%) have low wellbeing – improved since 2022

2022:

- 45% had low resilience, 10% had high resilience
- 13% had high/max wellbeing (18% boys, 8% girls)
- 11% had low wellbeing

Resilience and Wellbeing – 2024

All county data

2024 Data	Boy Yr 6	Girl Yr 6	Boy Yr 8	Girl Yr 8	Boy Yr 10	Girl Yr 10
Low measure of resilience	17%	22%	32%	55%	31%	56%
High measure of resilience	29%	24%	14%	7%	13%	6%
Low wellbeing score*	2%	2%	5%	9%	4%	10%
High wellbeing score*	44%	33%	29%	13%	28%	9%

* Different wellbeing scales used at primary and secondary school level



Online safety

County Priority 2022:
Continue to respond to the
increasing online safety risks for
pupils

Year 2: Online safety

- 81% (80%) always know how to keep themselves safe online – **big improvement since 2022**
- NY-wide data – 24% “know” people online whom they don’t know in real life
- 57% have an adult always know when they are watching YouTube

2022

- Far fewer children (55%) always knew how to keep themselves safe online

Year 6: Online safety

- 86% (85%) always know how to keep themselves safe online
- 16% boys (15%) and 9% girls (8%) communicate with people online they don't know in real life
- 15% post things lots of people can see – fewer than in 2022
- 8% have seen pictures or videos they have found upsetting
- 31% (28%) are never supervised online – fewer than in 2022

2022

- Same proportion communicated online with “strangers”
- 22% posted things lots of people could see
- 9% had seen upsetting things online and 35% were never supervised online

Years 8 & 10: Online safety

- 21% (24%) communicate with people online they don't know in real life – **big improvement since 2022**
- 9% (10%) have seen upsetting pictures online
- 20% (20%) have been deliberately upset online
- 6% (6%) regretted sending personal information or images
- 8% (8%) feel social media pressure often or all of the time

2022

- 31% communicated with people online they didn't know in real life
- 13% saw upsetting pictures online, 22% had been deliberately upset and 8% regretted sending information – **all small improvements in 2024**





Bullying, negative behaviours, aggression in their local area

County Priority 2022

Reduce bullying and prejudice based incidents in schools and the wider community through developing effective inclusive practice

Year 2: bullying – improved over time

- 75% (77%) always feel safe at school – improved since 2022
- 86% (86%) always feel safe at home – improved since 2022
- 43% (42%) sometimes feel scared to be at school because of other children – improved since 2022

2022

- 72% always felt safe at school
- 80% always felt safe at home
- 49% sometimes felt scared to be at school because of other children

Year 6: Bullying

- 60% (59%) always feel safe at school
- 86% (85%) always feel safe at home
- 30% (26%) boys and 45% (39%) girls sometimes feel afraid of going to school as they may be bullied
- 26% (23%) bullied at or near school in previous 12 months
- 68% (67%) think school takes bullying seriously
- 60% (62%) found lesson on bullying useful
- 63% boys and 65% girls think school care if they are happy
- **80% (83%) think it is important to go to school regularly – lower than in 2022**

2022

- Similar proportions were afraid to go to school, were bullied at or near school, thought school takes bullying seriously, and cared if pupils were happy
- 83% thought it was important to go to school regularly

Years 8 & 10: Bullying

- 95% (95%) usually or always feel safe at home
- 62% (68%) usually or always feel safe at school/college
- 13% (12%) had been victim of violence in local area in previous 12 months
- 25% (24%) had been bullied at or near school in previous 12 months
- 37% (38%) think school deals with bullying quite or very well
- 32% (37%) think school cares if they are happy

(NB all pupil perception questions were at or lower than county-wide, which were almost all lower than 2022)

2022

- 95% usually or always felt safe at home – no change
- 66% usually or always felt safe at school/college – worse now
- Similar numbers had either been the victim of violence in the local area or were bullied at or near school in the previous year
- 44% thought school dealt with bullying quite or very well – worse now
- 44% boys and 28% girls thought school cared if they were happy

Year 10: Sexual relationships and harassment

- 16% had been in a sexual relationship
- Of those in a sexual relationship, half always used contraception
- 12% (10%) of boys and 21% (19%) of girls had been threatened or had hurtful language from a partner – improved since 2022
- 22% (17%) boys and 33% (29%) girls had a partner angry of jealous of time spent with friends
- Gender disparity continued for checking phone (11% vs 19%), threatening to tell people things about them (6% vs 16%) and threats of violence (3% vs 6%) – all improved since 2022

2022

- 43% always used contraception – improved
- 20% experienced hurtful or threatening language
- 30% had jealousy over time with friends
- 18% had phone checked, 14% secrets revealed, 7% threats of violence



Substances

County Priority 2022:

Responding to emerging data around young people vaping and continue support and advice around alcohol and other substances

Year 6: substance use

- 18% (16%) were fairly sure or certain they know someone who used drugs where they live
- 66% (68%) found school lessons on drugs quite or very useful – improved since 2022
- 75% (73%) never drink alcohol
- 2% (1%) have tried smoking – none had a cigarette in the week before – improved since 2022
- 6% (5%) have tried vapes – 4% think it is not harmful at all

2022

- 56% found schools lessons on drugs useful
- 73% had never had alcohol
- 3% had tried smoking, with 1% in the previous week

Years 8 & 10: substance use

- 2% (3%) of Year 8s and 9% (10%) Year 10s had taken illegal drugs – cannabis the most popular, then edibles
- 12% (13%) Year 8s and 26% (30%) Year 10s had taken alcohol in the week prior
- 10% (9%) Year 8s and 25% (21%) Year 10s have tried smoking – 3% (2%) regularly – **halved since 2022**
- 9% (8%) tried non-smoking tobacco e.g. snus
- **25% (25%) Year 8s and 49% (42%) Year 10s have tried vapes – 9% (7%) regularly**
- 9% tried CBD vapes

2022

- Commonest drugs were cannabis, then cocaine
- 22% had taken alcohol in the week prior
- 23% had tried smoking – 6% regularly
- 39% had tried vapes – 12% regularly – **also improved**

Key priorities for the County Report 2024

- Some improvements in **resilience and emotional wellbeing**
 - not consistent between genders, age groups and social identity groups
- Ensure all have **trusted adult or service** for support
- Continue to respond to **online safety risks**
 - NB primary-aged with unsupervised access to technology / and who communicate online with people they don't know
- Promote a **healthy bedtime routine**
 - NB technology-free bedrooms

- More focus on **hand washing, oral health, healthy eating** (especially for secondary school pupils)
- NB use of **vapes** and the emerging data re snus and cali pens
- Focus on secondary **PSHE curriculum** (and continue with primary)
- Continue to support schools and partners to reduce **bullying and prejudice-based incidents**