

# **Wakefield Children and Young People's Survey 2015**

## **District Summary Wakefield Year 12+ FE Students**

**Prepared by the Schools Health Education Unit, Exeter  
for Wakefield Council**



[www.sheu.org.uk](http://www.sheu.org.uk)

## Thanks

We are grateful to the teachers, schools and young people for their time and contributions to this survey. As a result we have excellent information to be used by schools, Wakefield Council and other relevant health, statutory and voluntary agencies. This work ensures local children and young people are listened to and their needs inform service provision, resource allocation and programme planning.

Schools and colleges taking part in the 2015 survey:

Ackton Pastures Primary School, Airedale Academy, Airedale Junior School, All Saints Featherstone CE (VA) Junior Infant and Nursery School, Alverthorpe St. Paul's CE (VA) School, Carleton Community High School, Castleford Academy, Castleford Redhill Junior School, Castleford Three Lane Ends Community Primary School, Crigglestone Dane Royd Junior and Infant School, Crofton Junior School, De Lacy Academy, Featherstone, North Featherstone Junior and Infant School, Featherstone Purston St. Thomas CE VC Junior School, Havercroft Academy, Hemsworth Arts and Community College, Hensall Primary School, Highfield School, Horbury Bridge CE Junior and Infant Academy, Horbury Primary School, Horbury St. Peter's and Clifton CE (VC) Primary School, Kettlethorpe High School, Minsthorpe Community College, A Specialist Science College, Moorthorpe Primary (J and I) School, Newton Hill Community School, Normanton Altofts Junior School, Normanton Common Primary School, Northfield Primary School, Ossett Flushdyke Junior and Infant School, Ossett Holy Trinity CE VA Primary School, Ossett South Parade Primary, Outwood Grange Academy, Outwood Primary Academy, Ledger Lane, Pontefract Carleton Park Junior and Infant School, Ryhill Junior, Infant and Nursery School, Sandal Castle VA Community Primary School, Sandal Magna Community Academy, Sharlston Community School, Simpson's Lane Academy, Sitlington Middlestown Junior and Infant School, South Elmsall Carlton Junior and Infant School, South Hiendley Junior Infant and Early Years School, St. John the Baptist Catholic Primary School, St. Joseph's Catholic Primary School, Moorthorpe, Stockingate Mill Junior School, Streethouse Primary School, St. Wilfrid's Catholic High School, & Sixth Form College, The King's School, Towngate Primary School, Wakefield City Academy, Wakefield College, Wakefield Flanshaw Junior and Infant School, Wakefield Heath View Academy, Wakefield Pinders Primary (JIN) School, Wakefield St. Johns CE VA Junior and Infant School, Wakefield the Mount Junior and Infant School and West Bretton Junior and Infant School.

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# Introduction

## Introduction

These results were collected from a sample of primary pupils aged 9 to 10 and secondary pupils aged 13 to 14 in the spring and summer terms 2015, together with a sample of sixth-form and college students.

This summary is an in depth analysis of the Year 12 + FE responses to the questionnaire, more information can be found in reports and tables held by Helen Laird and Paul Jaques at Wakefield Council's Public Health team. For more information email: [pauljaques@wakefield.gov.uk](mailto:pauljaques@wakefield.gov.uk)

The survey was commissioned by the Wakefield Council's Health Improvement team as a way of collecting robust information about young people's health and wellbeing.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 5 pupils completed the primary version of the questionnaire. Students in Years 9 and 12 completed the secondary/FE version of the questionnaire in their secondary schools and FE colleges.

All were undertaken anonymously and there was a mix of paper based and online questionnaires.

School Year	Year 5	Year 9	Year 12+	Total
Boys	735	899	514	2148
Girls	677	899	344	1920
(Unknown)		13	5	18
Total	1412	1811	863	4086

A total of 3223 pupils took part in 45 primary and 11 secondary school settings in Wakefield District.

863 students in school sixth-forms and in FE colleges completed the Year 12/FE version of the survey.

## Differences within Wakefield District

The young people in the survey were divided into the seven areas for comparison. Due to the smaller number of FE settings, only the primary and secondary datasets have been broken down into area groupings at this point. Statistically significant differences between the Areas are shown on page 12, i.e. those that are unlikely to be due to an accident of sampling, and can be thought of confidently as a real difference between groups.

## Vulnerable groups

We have also looked for differences between the main sample and groups of young people who may be vulnerable. The groups chosen of course overlap: for example, a child not living with both parents at home may also be a young carer. Similarly, 8% of all secondary pupils responded that they have a long-standing illness or disability, but the figure for young carers was higher, at 17%.

The differences given in the reports are seen on page 11, and are just a selection of all those found. The list of differences between those living with both parents at home and other pupils for example covers more than a page.

## Reference sample

Wakefield data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. Where possible, these are listed next to the Wakefield findings and are shown in italics. These areas include among others: Cambridgeshire, Croydon, Dudley, Essex, Greenwich, Hertfordshire, Lambeth, North Yorkshire, Plymouth, Somerset and Wolverhampton. Care must be taken when interpreting differences due to the slight different year groups surveyed in Wakefield compared with the SHEU sample.

For more details please contact the Schools Health Education Unit ([www.sheu.org.uk](http://www.sheu.org.uk)).

# Wakefield Year 12 FE Results

## ▪ **Headline data for 2015**

Comparisons have been made where possible with the wider SHEU data sample available for Year 12+ students. SHEU wider data shown in [brackets].

### **Background**

- ❑ 90% [87%] of students described themselves as White British.
- ❑ 54% of students responded that they live with their mum and dad together.
- ❑ 21% of students responded that they live 'mainly or only' with their mum, while 2% said they live 'mainly or only' with their dad.
- ❑ 8% of students responded that they care for someone within their home who has a serious illness or disability (including mental health or an alcohol/drug problem). 2% said that they 'don't know' if they do.
- ❑ 8% [13%] of students responded that they have a special need, long term illness or disability which limits their daily activities or what they can do.

### **Healthy Eating**

- ❑ 21% of students responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- ❑ 24% of students responded that they had 'just a drink' before lessons on the day of the survey.
- ❑ 27% of students responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.
- ❑ 22% of students responded that they had (at least) one of the unhealthy items listed before lessons on the day of the survey.
- ❑ 9% of students responded that they had school/college food for lunch on the day before the survey, while 24% said they ate a packed lunch.
- ❑ 16% of students responded that they didn't have any lunch on the day before the survey.
- ❑ 21% of students responded that they would like to spend less time queuing at school/college dinner time, while 13% said that the school/college food needs more healthy options.
- ❑ 10% of students responded that they think 'none or just a few' students in their year at school/college have a healthy diet.
- ❑ 19% of students responded that they think at least 'most of' the students in their year at school/college have a healthy diet. 1% of students responded that they think 'all or nearly all' students in their year at school/college have a healthy diet.
- ❑ 35% of students responded that they eat fruit and veg 'on most days', while 23% [27%] said the same of crisps.
- ❑ 33% of students responded that they 'rarely or never' have a takeaway meal, while 12% said the same of sweets/chocolate.

### **HEALTHY DIET**

- ❑ 56% [39%] of students responded that their diet is 'quite' or 'very' healthy. 6% of students responded that their diet is 'very' unhealthy.
- ❑ 65% [67%] of students responded that they would like to eat more healthily, while 13% said they 'don't know' if they would.
- ❑ 14% [12%] of students responded that they would like to put on weight. 47% [52%] of students responded that they would like to lose weight. 39% [36%] of students responded that they are happy with their weight as it is.

### **Physical Activity**

- ❑ 38% of students responded that they think at least 'most of' the students in their year at school/college do physical activity for more than 1 hour a day.
- ❑ 63% of students responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer.
- ❑ 67% (66%) of students responded that they would like to be more physically active. 12% (12%) 'don't know' if they would.
- ❑ 23% of students responded that they walked to school/college on the day of the survey. 2% of students responded that they cycled to school/college on the day of the survey. 30% of students responded that they travelled to school/college by car/van on the day of the survey.

### **Alcohol, Smoking & Drugs**

- ❑ 90% [83%] of students responded that they have drunk alcohol at least 'once or twice'. 3% (20%) of students responded that they drink alcohol 'regularly'.
- ❑ 22% [19%] of students responded that they smoke occasionally or regularly.
- ❑ 43% of students responded that they have smoked an e-cigarette in the past or smoke now.

- ❑ 44% of students responded that at least one of the adults that live in their house smoke. 18% of students responded that someone smokes indoors at home in rooms that they use.
- ❑ 43% of students responded that they have been offered cannabis. 26% of students responded that they have been offered other drugs (not cannabis, e.g. cocaine, Khat etc.).
- ❑ 24% [23%] of students responded that they have taken cannabis. 7% of students responded that they have taken other drugs (not cannabis, e.g. cocaine, Khat etc.).
- ❑ 54% of students responded that they have been offered New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs'). 17% of students responded that they have taken New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs').

## Relationships & Sexual Health

- ❑ 45% of students responded that they 'agree' or 'strongly agree' that young people should wait until they are 16 before they have sexual intercourse.
- ❑ 58% [66%] of students responded that they have had sexual intercourse, while 9% said that they 'prefer not to answer'.
- ❑ 17% of students responded that they have had sexual intercourse and used a condom 'every time', while 28% said that they did so only 'sometimes'. This equates to 30% of those who have had sex responded that they used a condom 'every time'.
- ❑ 13% (23%) of students responded that they or their partner has taken emergency contraception (the 'morning after pill').
- ❑ 82% [74%] of students responded that they know where to get condoms free of charge.

## Staying Safe

- ❑ 76% of students responded that they 'always' wear a seatbelt when travelling in a car.
- ❑ 65% of students responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.
- ❑ 8% of students responded that the speed of traffic outside school/college 'usually' or 'always' makes them feel unsafe.
- ❑ 62% of students responded that they 'usually' or 'always' use a mobile phone or listen to music whilst walking near a road.
- ❑ 17% of students responded that they 'usually' or only 'always' wear a safety helmet when cycling.

## BULLYING

- ❑ 16% of students responded that they feel afraid of going to school/college because of bullying at least 'sometimes'.
- ❑ 5% of students responded that they 'often' or 'very often' feel afraid of going to school/college because of bullying.
- ❑ 24% of students responded that they have been bullied at least 'once or more' at school/college in the last year, while 8% said they 'don't know' if they have been bullied.
- ❑ 30% of students feel that they are being 'picked on' or bullied because of the way they look; 27% feel they are because of their size or weight.
- ❑ 50% of students responded that they think their school/college takes bullying seriously, while 25% think their school/college does not take it seriously.

## INTERNET SAFETY

- ❑ 44% of students responded that they have seen images/pictures that made them uncomfortable whilst on the Internet.
- ❑ 60% of students responded that they received messages from people they don't know whilst on the Internet.
- ❑ 33% of students responded that they have experienced people lying about who they are whilst on the Internet.

## Well-being

- ❑ 65% of students responded that they feel 'quite' or 'very' happy with their life at the moment.

## SHORT WARWICK-EDINBURGH MENTAL WELL-BEING SCALE (SWEMWBS)

- ❑ 6% of students had a low score (7 – 13) on the SWEMWB Scale, while 22% had a med-low score (14 – 20). 26% of students had a high or maximum score (28 – 35) on the SWEMWB Scale. High scores relate to positive wellbeing so the lower the score the poorer the wellbeing.

## WORRIES

- ❑ 64% [70%] of students responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.
- ❑ 43% [55%] of students responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 29% worry about the way they look.

## PROBLEM SOLVING

- ❑ 58% of students responded that if they had a problem with school/college they would talk to someone they trust about it, while 58% said the same of a health problem.
- ❑ 42% said if they had a family problem they would keep it to themselves, 34% said this about bullying.

# Key findings

## Healthy Eating

- ❑ Students who had something to eat for breakfast on the day of the survey were more likely to say they have fruit and vegetables 'on most days', have been to the dentist in the last 6 months, feel happy with their life at the moment and think they have a healthy diet when compared with students who had nothing at all or just a drink for breakfast that day.
- ❑ Students who had a healthy breakfast that morning were more likely so say that they have a healthy diet compared with those students who had an unhealthy breakfast that day. They were also more likely to eat fruit and vegetables 'on most days' and brush their teeth the recommended frequency each day.
- ❑ Students who had lunch the day before have been compared with students who missed lunch the day before. Those who had lunch were less likely to say they worry about their looks or want to lose weight, when compared with students who missed lunch the day before. They were also more likely to say they were happy with life.
- ❑ Students who said that their diet was 'quite' or 'very healthy' were also more likely to say that they eat fruit and vegetables 'on most days', they were less likely to eat crisps or take-away meals and more likely to have had lunch the day before, when compared with students who said their diet was 'not very healthy' or 'very unhealthy'.
- ❑ 65% of pupils said that they would like to eat more healthily. When comparing these students with those who didn't say this, they were also more likely to say they would like to lose weight. They were also more likely to say they would like to be more physically active and they were more likely to say they have been picked on because of their size or weight compared with students who didn't want to eat more healthily.
- ❑ Students who said that they clean their teeth at least twice a day were also more likely to say that their diet is healthy, that they have been to the dentist in the last 6 months, were more likely to say that they eat fruit and vegetables 'on most days' and were less likely to have fizzy drinks 'on most days', when compared with students who said they cleaned their teeth once a day or less.
- ❑ Girls who said that they want to lose weight were also more likely to say that they wanted to eat more healthily, when compared with girls who didn't want to lose weight. They were also more likely to say that they have smoked cigarettes and that they drink alcohol, at least occasionally.
- ❑ Boys who said that they want to lose weight were less likely to say that they do the recommended amount of physical activity per day, more likely to say they have been bullied due to their size or weight and say they want to eat more healthily, when compared with boys who didn't want to lose weight.

## Physical activity

- ❑ Girls who said that they participate in at least an hour of physical activity a day were also more likely to say that the amount of physical activity they do is enough to keep them healthy, more likely to rate their fitness as 'fit/very fit' and were more likely to enjoy physical activities, when compared with girls who participated in less than an hour of physical activity a day.
- ❑ Boys who said that they participate in at least an hour of physical activity a day were also more likely to say that the amount of physical activity they do is enough to keep them healthy, less likely to say they want to lose weight and were more likely to enjoy physical activities, when compared with boys who participated in less than an hour of physical activity a day.

## Alcohol, smoking and other drugs

- ❑ Students who said that they drink alcohol 'occasionally' or 'regularly' were also more likely to say that they have smoked cigarettes and e-cigarettes in the past or smoke them now, were more likely to say it was OK for young people their age to get drunk and say that they have had sexual intercourse, when compared with students who said they never drank alcohol.
- ❑ Students who said that they have smoked cigarettes were also more likely to say that they have smoked e-cigarettes in the past or smoke them now, were more likely to say they have been offered cannabis and say that at least one adult in their house smokes, when compared with students who said they have never smoked cigarettes.
- ❑ Students who said that they have smoked e-cigarettes were also more likely to say that they have smoked cigarettes in the past or smoke them now, were more likely to say they have been drunk alcohol, been offered cannabis and say that it is OK for young people their age to get drunk, when compared with students who said they have never smoked e-cigarettes.
- ❑ Students who said that they have taken drugs were also more likely to say that they have smoked-cigarettes in the past or smoke them now. They were also more likely to say that most of the boys and girls in their year group at school have had sexual intercourse and were more likely to say they have had experienced someone lying to them online, when compared with students who said they have not taken drugs.

## Safety

- ❑ Students who said that they were 'often' or 'very often' afraid of going to school because of bullying were also more likely to say that they had been bullied at school and outside school in the last year. They were also more likely to say they were unhappy with their lives at the moment and say that their school doesn't take bullying seriously, when compared with students who said they were never afraid of going to school because of bullying.

## Wellbeing

- ❑ Students who had low/medium low scores on the SWEMWBS wellbeing scale, (high scores relate to positive wellbeing so the lower the score the poorer the wellbeing) were less likely to say that they were happy with their lives at the

moment. They were also less likely to say they would talk to someone they trust if they had a health problem and were less likely to say they do the recommend level of daily physical activity, when compared with students who had a high/max scores on the wellbeing scale. These students were more likely however, to report having smoked and drink alcohol.

### **Relationships & sexual health**

- ❑ Students who said that they have had sexual intercourse were also more likely to say that they have smoked cigarettes and e-cigarettes in the past or smoke them now. They were more likely to say that most boys and girls in their year group have had sex, when compared with students who said they have not had sex. They were more likely to say that they know where to get condoms free of charge.

### **Gender differences**

- ❑ There are some interesting differences between the responses of the girls compared with boys' responses to the questions in the questionnaire. Ones that might be expected include: more boys than girls play football and more say the amount of physical activity they do is enough to keep them healthy. More girls than boys worry about their looks and say they would like to lose weight.
- ❑ More girls than boys say they would like to eat more healthily and say they would like to be more physically active. More girls than boys thought that most boys in their year group have had sex.
- ❑ More girls than boys cleaned their teeth at least twice a day and say they had a packed lunch the day before the survey. More girls would also talk to someone they trust if they had a problem that worried them compared with the boys.

### **Vulnerable groups**

- ❑ Looking in more detail at the potential vulnerable groups in this age group, children in care were more likely to have tried smoking and taken drugs compared with the wider group of Year 12 students.
- ❑ Students who described themselves as 'young carers' were more likely to have taken drugs, been bullied at school and worry about money problems. These students were also less likely to say they were happy with life.
- ❑ Students who said that they had a special need, long term illness or disability were more likely to say they had been bullied at school in the last 12 months compared with the wider group of Year 12 +.



## Inequalities in Wakefield

This table brings together some of the separate instances of differences shown among vulnerable groups from the different sections of this report. Behaviours in groups of Year 12+ students with different circumstances, compared with the whole Year 12+ Wakefield sample:

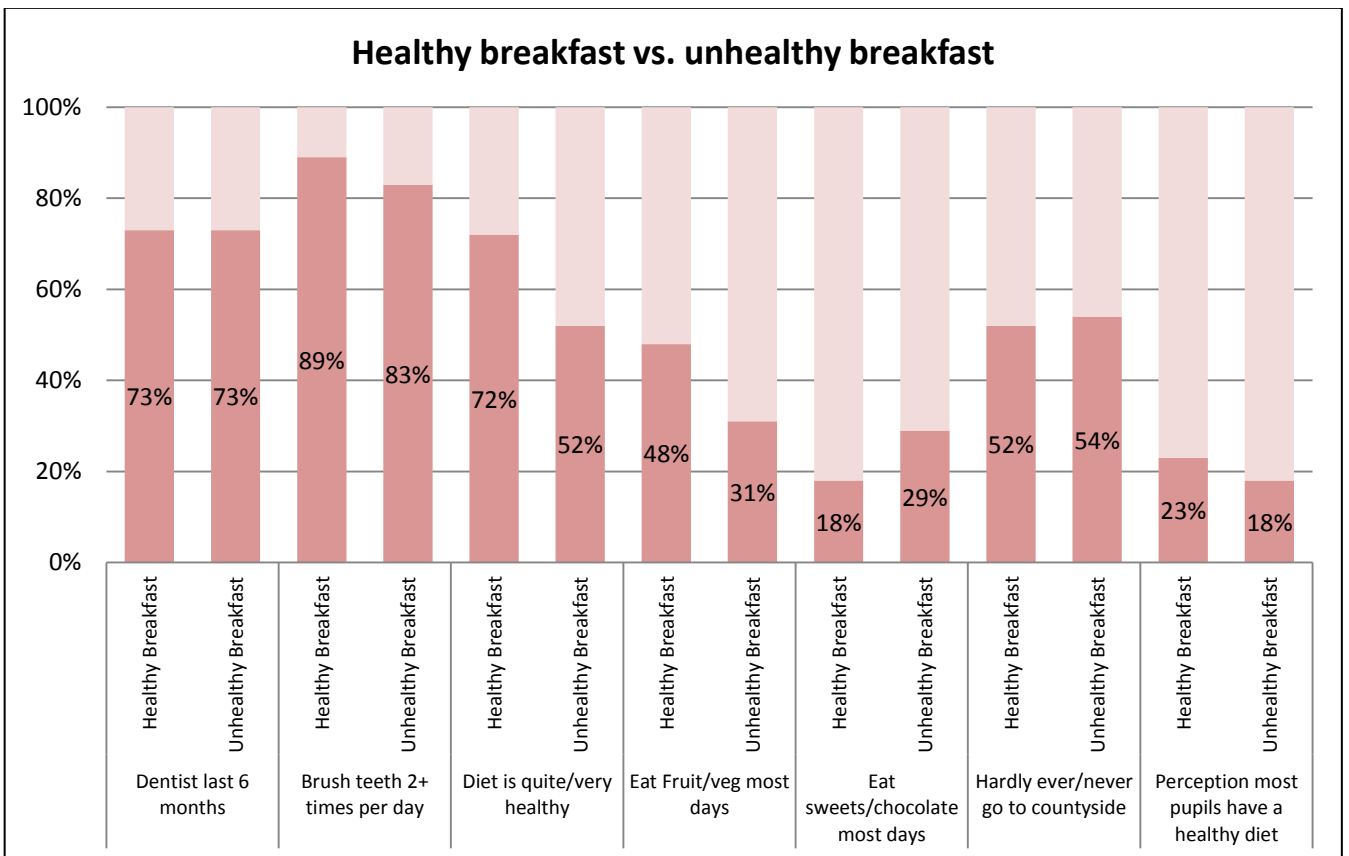
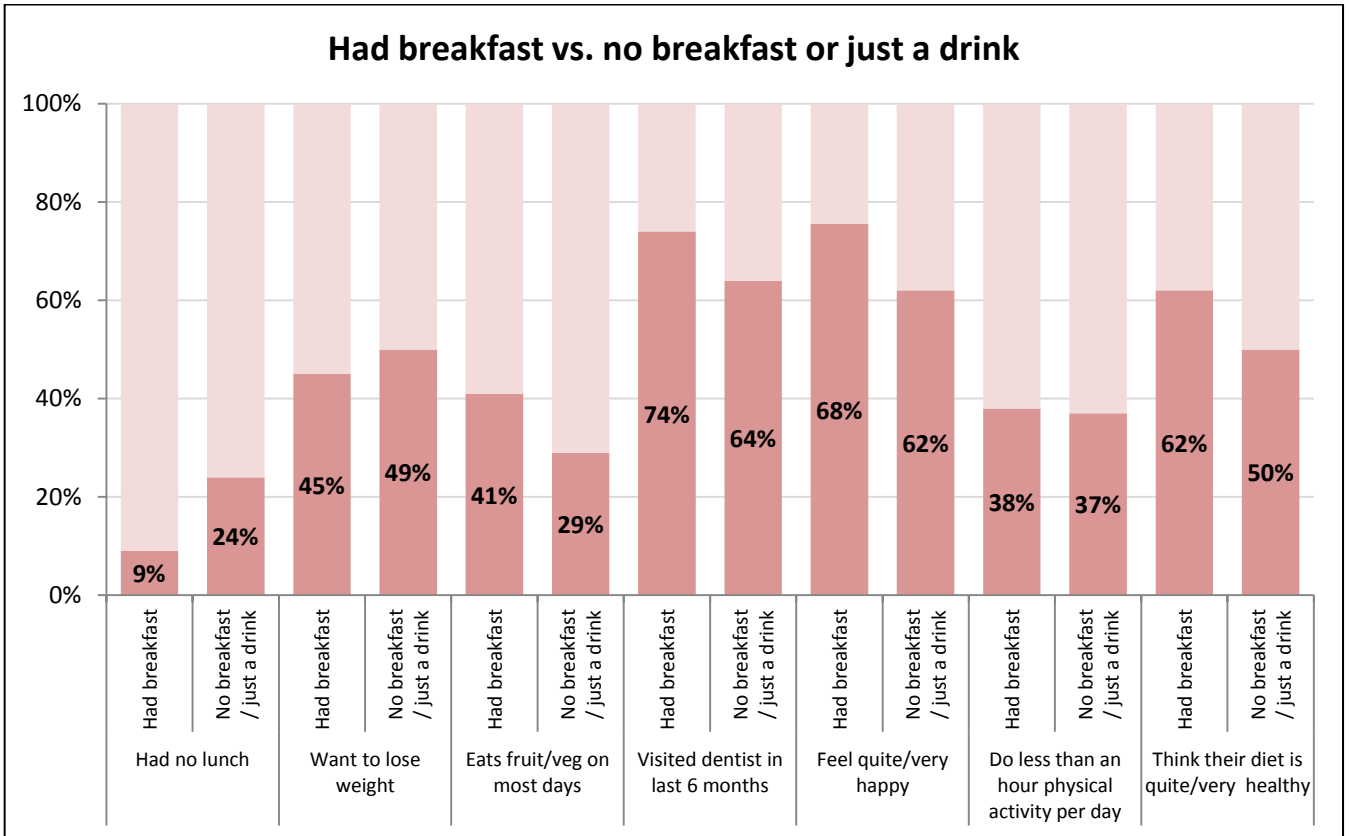
Percentages in each social identity group reporting different behaviours - FE	All Yr 12+	Ethnic minority	Young Carer	Children in care	Single-parent family	Special needs	Least deprived	Most deprived
No breakfast/just a drink	45%	38%	60%	58%	49%	41%	52%	45%
No lunch the previous day	16%	19%	25%	33%	16%	18%	12%	19%
Eat fruit/veg on most days	35%	36%	22%	23%	30%	36%	34%	32%
Eat chips/roast pots on most days	13%	17%	19%	13%	9%	17%	20%	9%
Normally brush teeth at least twice a day	83%	87%	82%	78%	83%	81%	80%	83%
Do less than an hour or no physical activity a day	37%	43%	35%	33%	38%	33%	37%	35%
1+ hours exercise/day	63%	57%	65%	67%	62%	67%	63%	65%
Would like to be more physically active	67%	72%	69%	48%	67%	63%	69%	76%
Drink alcohol 'regularly'	22%	6%	24%	36%	24%	21%	20%	16%
Think it is OK for young people to get drunk	53%	25%	56%	47%	62%	48%	54%	45%
Smoke 'occasionally'/'regularly'	22%	25%	33%	35%	25%	24%	13%	21%
Think it is OK for young people to smoke	26%	20%	34%	35%	28%	17%	29%	23%
Smoke e-cigarettes 'occasionally'/'regularly'	8%	5%	16%	10%	8%	10%	4%	5%
Ever offered drugs	45%	38%	53%	72%	46%	46%	41%	42%
Ever taken drugs	24%	23%	37%	54%	29%	30%	12%	21%
Offered New or NPS ('legal highs')	17%	14%	24%	21%	18%	21%	8%	15%
Taken New or NPS ('legal highs')	9%	8%	18%	10%	9%	11%	4%	6%
Sexually active	58%	46%	71%	82%	69%	67%	38%	61%
Can find free condoms	82%	68%	86%	89%	87%	80%	71%	87%
Active travel to school	25%	24%	31%	22%	29%	21%	20%	26%
Always wear a seatbelt when in a car	76%	59%	64%	73%	72%	78%	83%	80%
'Usually'/'always' feel unsafe due to the speed of traffic outside school	8%	8%	19%	13%	13%	13%	10%	14%
Always wear a safety helmet when cycling	9%	10%	3%	6%	8%	13%	13%	6%
'Often'/'very often' feel afraid of going to school because of bullying	5%	6%	19%	13%	8%	12%	6%	8%
Bullied at school last year	24%	18%	48%	30%	28%	37%	27%	27%
Think their school takes bullying seriously	50%	44%	31%	50%	50%	44%	67%	57%
'Quite'/'very' happy with life	65%	56%	36%	50%	60%	61%	69%	61%
High/max SWEMWBS score	26%	20%	18%	14%	25%	18%	35%	33%
Worry about schoolwork/exams	43%	45%	46%	38%	37%	44%	46%	43%
Worry about money problems	32%	34%	49%	33%	35%	32%	32%	41%
Keep at least one problem to myself	63%	59%	75%	78%	64%	62%	58%	67%
Agree with "My work is marked so I can see how to improve it"	70%	62%	58%	68%	67%	70%	84%	75%
Agree with "I know my targets and I am helped to meet them"	65%	63%	49%	65%	63%	62%	78%	76%
Agree with "My views are asked for in school"	40%	38%	30%	50%	40%	32%	40%	51%
<b>Sample size:</b>	<b>863</b>	86	67	40	199	66	50	114
Significance testing	KEY	42%	p<0.01	42%	p<0.05			

## Cross Phase Differences

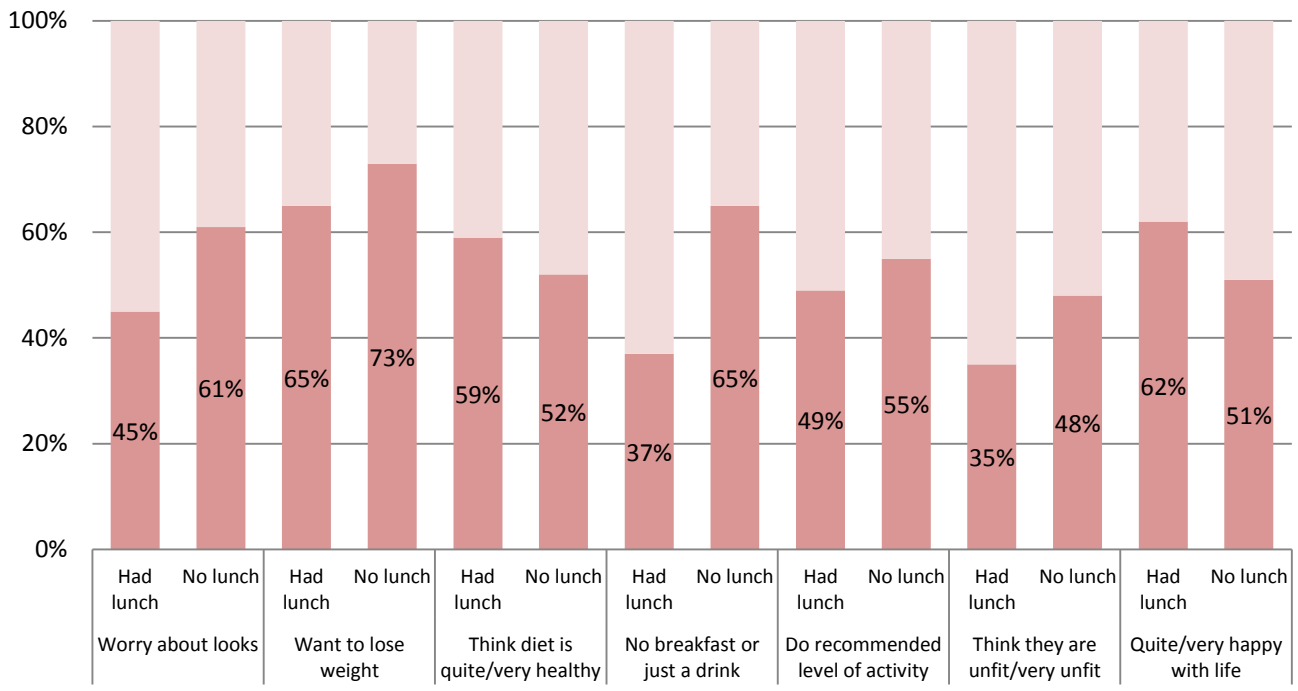
	Year 5	Year 9	Year 12
<b>Diet:</b>			
% having no breakfast or just a drink	13%	33%	45%
% having school/college lunch	52%	44%	9%
% having no lunch	1%	13%	16%
% perception of pupils your age having a healthy diet	48%	25%	19%
% who eat fruit/veg on most days	56%	49%	35%
% fizzy drinks most days	23%	33%	37%
% girls want to lose weight	31%	63%	67%
% who brush their teeth twice a day	81%	88%	83%
% visited the dentist in the last year	88%	93%	87%
<b>Physical Activity:</b>			
% doing less than 1 hour physical activity per day	25%	26%	37%
% girls doing less than 1 hour physical activity per day	29%	31%	49%
% who want to be more active	62%	65%	67%
% girls who want to be more active	60%	71%	79%
<b>Alcohol/Smoking:</b>			
% who smoke occasionally/regularly	0%	4%	22%
% who smoke e-cigarettes occasionally/regularly	0%	6%	9%
% who at least tried e-cigarettes	5%	30%	43%
% who drink alcohol occasionally/regularly	3%	20%	67%
% who drink alcohol regularly	1%	3%	22%
<b>Travel:</b>			
% who walk/cycle to school	55%	40%	25%
% who always wear a seatbelt	86%	77%	76%
% who always wear a cycle helmet	30%	10%	9%
% who always use phone or music walking near road	4%	17%	30%
% who feel unsafe because of traffic	16%	9%	8%
<b>Bullying:</b>			
% who often/very often feel afraid of going to school/college because of bullying	11%	8%	6%
% who never feel afraid of going to school/college because of bullying	62%	72%	84%
% who think school/college takes bullying seriously	72%	48%	50%
<b>Wellbeing:</b>			
% who are quite/very happy with their life	79%	69%	65%
% who are a little/very unhappy with their life	13%	19%	20%
% recording High/max score in the Warwick-Edinburgh wellbeing score	33%	28%	25%

## Secondary/FE only questions

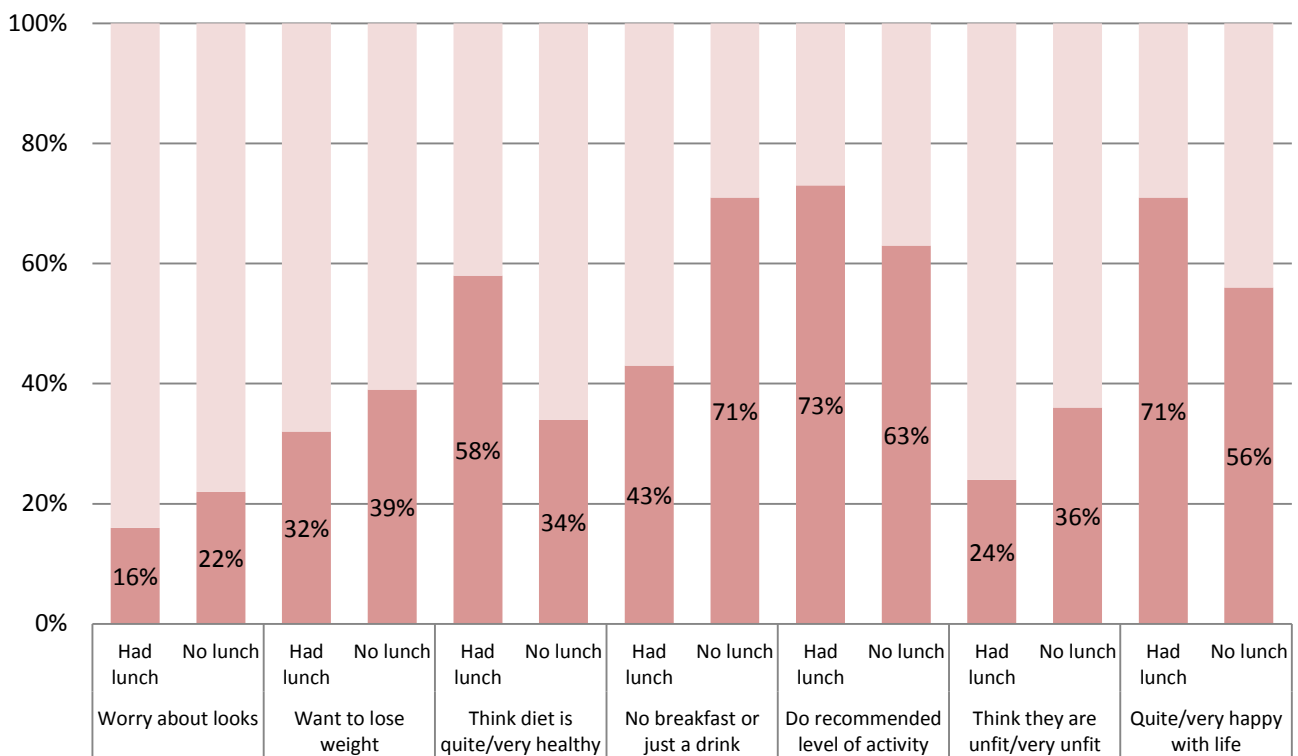
	Year 9	Year 12
<b>Drugs</b>		
% offered cannabis	12%	43%
% offered other drugs	6%	26%
% taken cannabis	5%	24%
% taken other form of drug	1%	7%
% offered legal highs	5%	17%
% taken legal highs	3%	9%
% that have had sex	7%	58%
% who know where to get condoms free of charge	57%	82%
% who think it's ok to get drunk at their age	13%	53%
% who think it's ok to smoke at their age	5%	26%



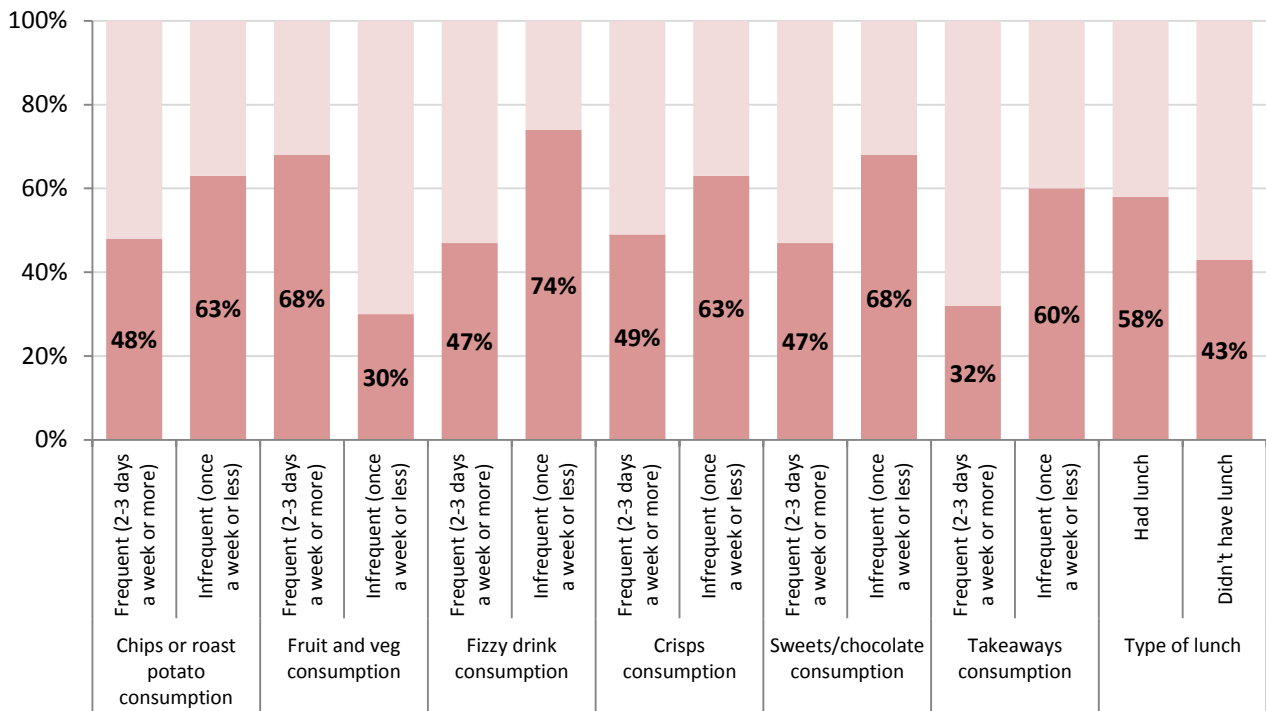
### Girls - had lunch vs. no lunch



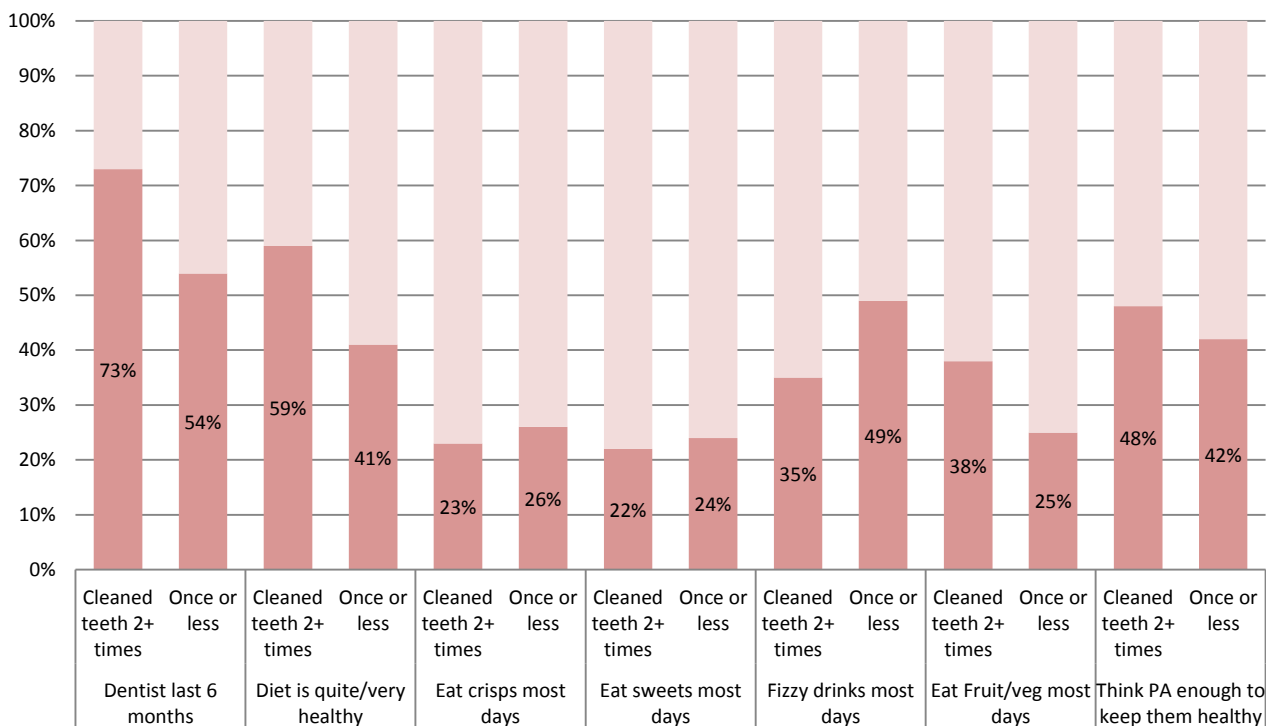
### Boys - had lunch vs. no lunch



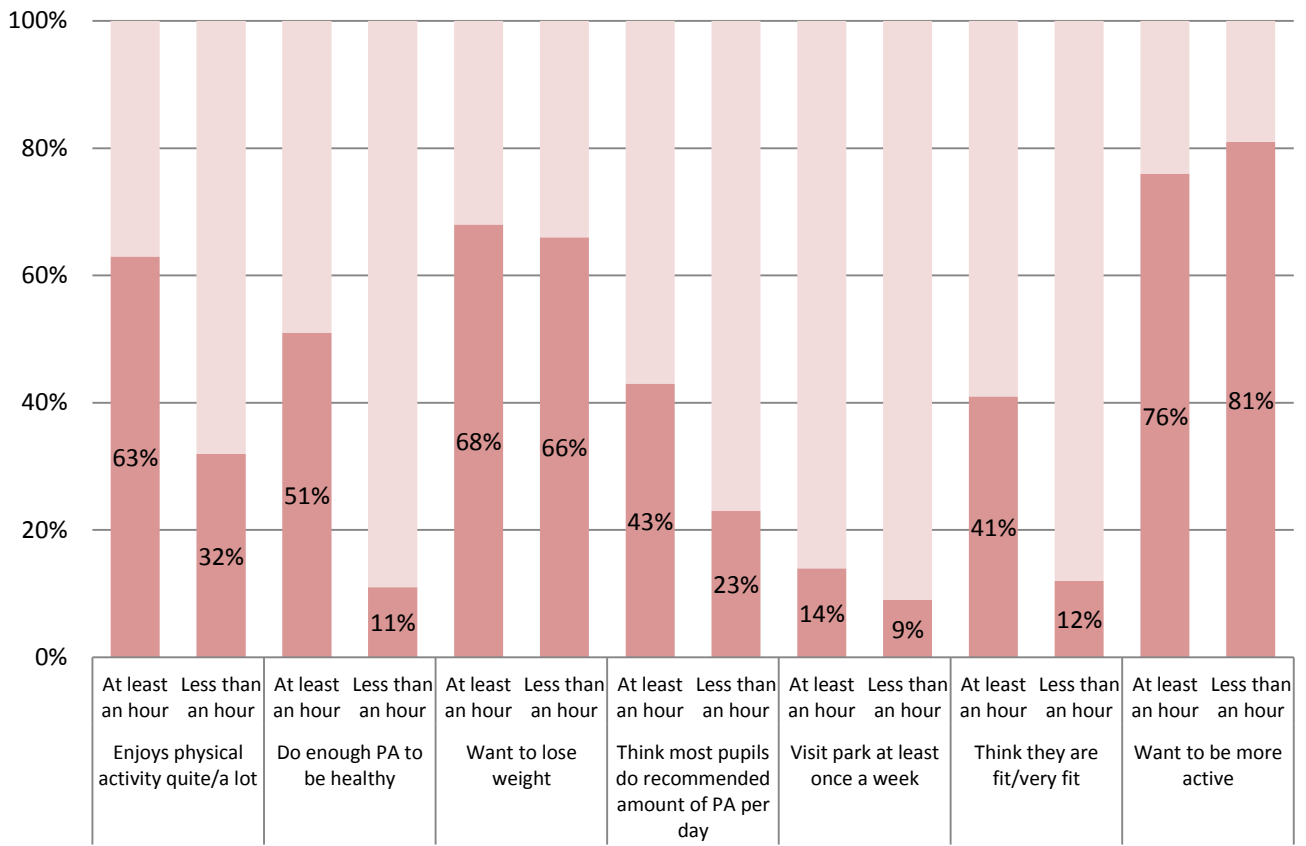
### % who think that their diet is quite or very healthy



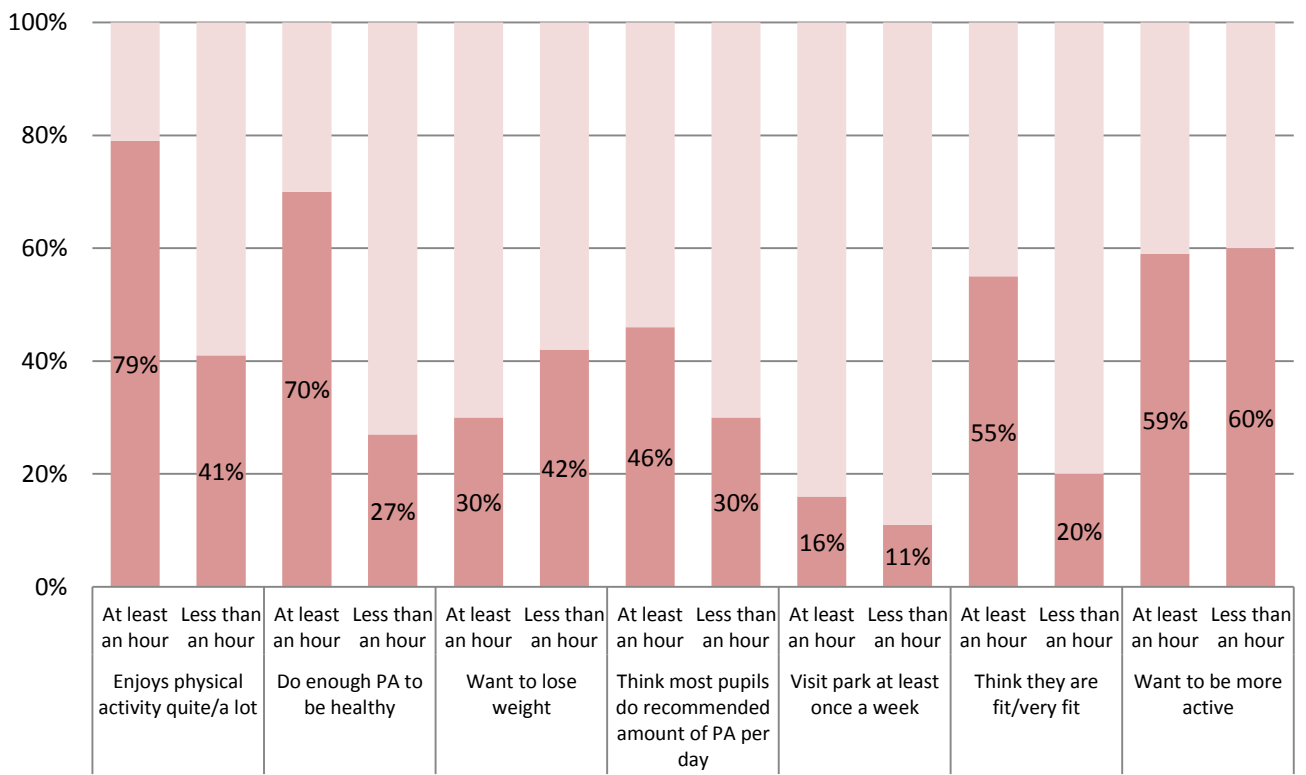
### Cleaned teeth 2+ times yesterday vs. once or less

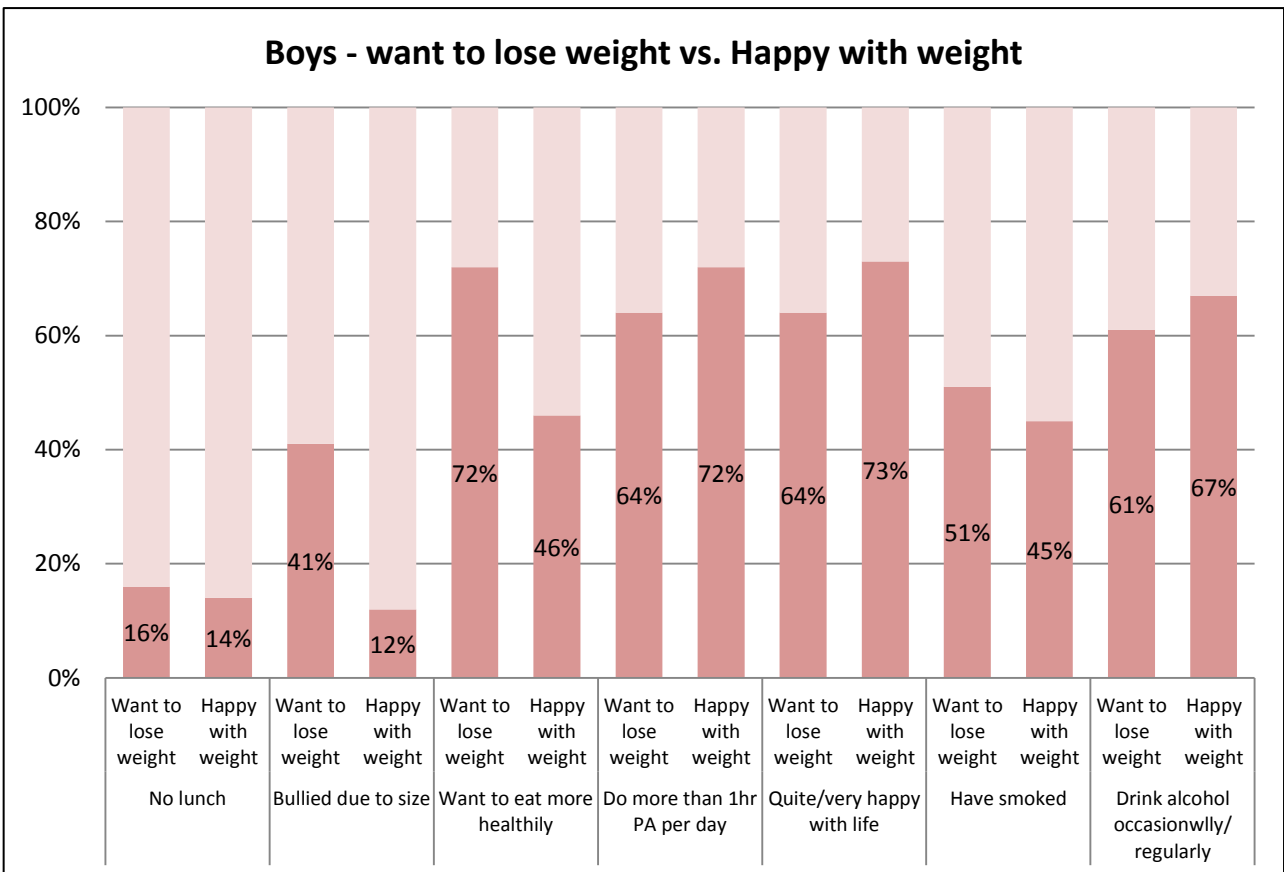
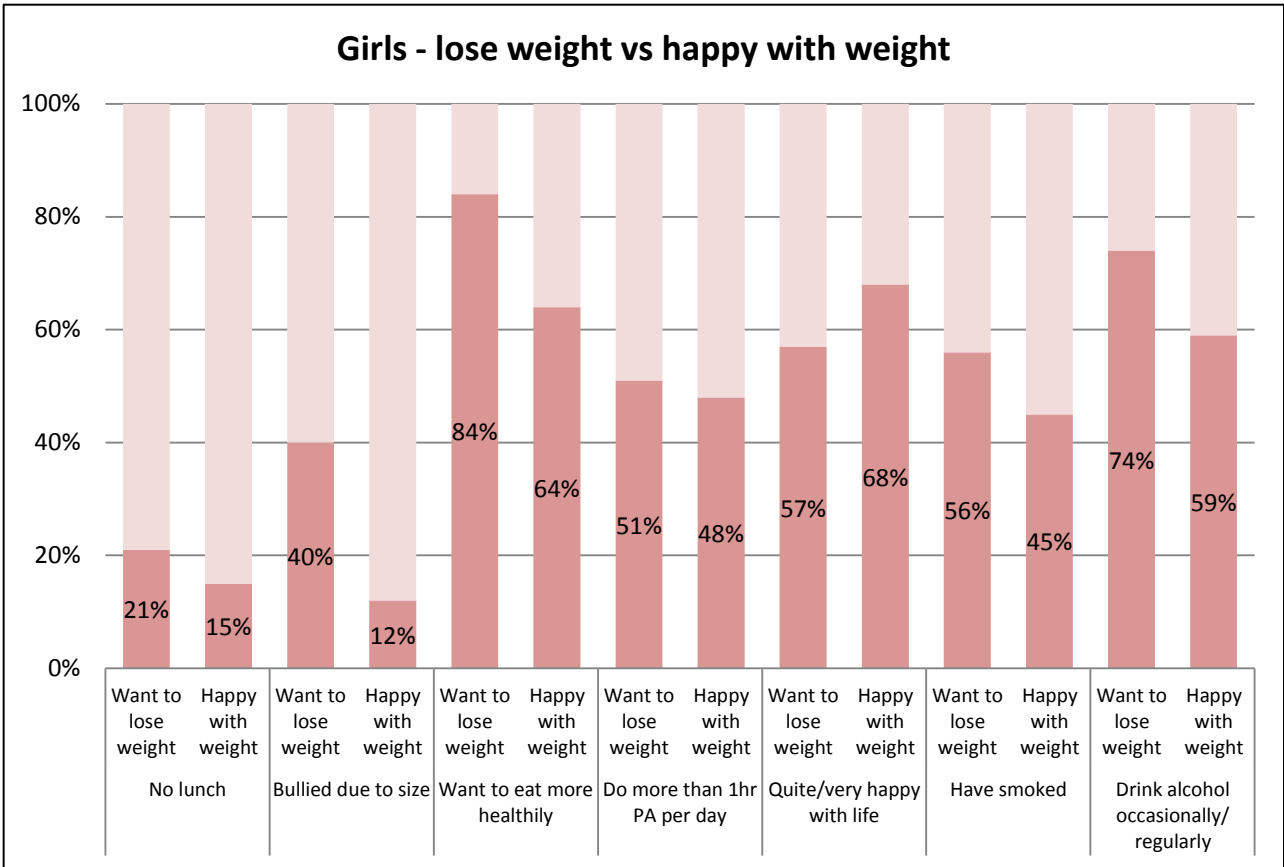


### Girls - levels of physical activity per day



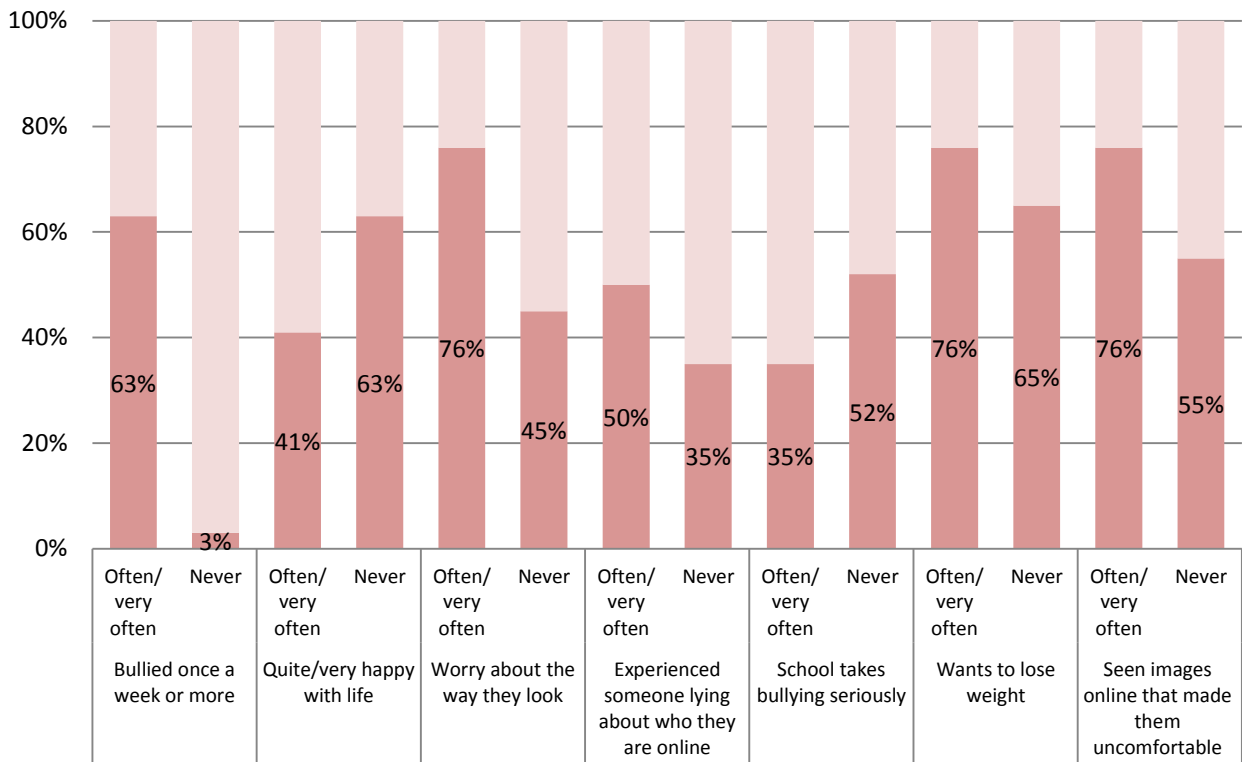
### Boys - levels of physical activity per day



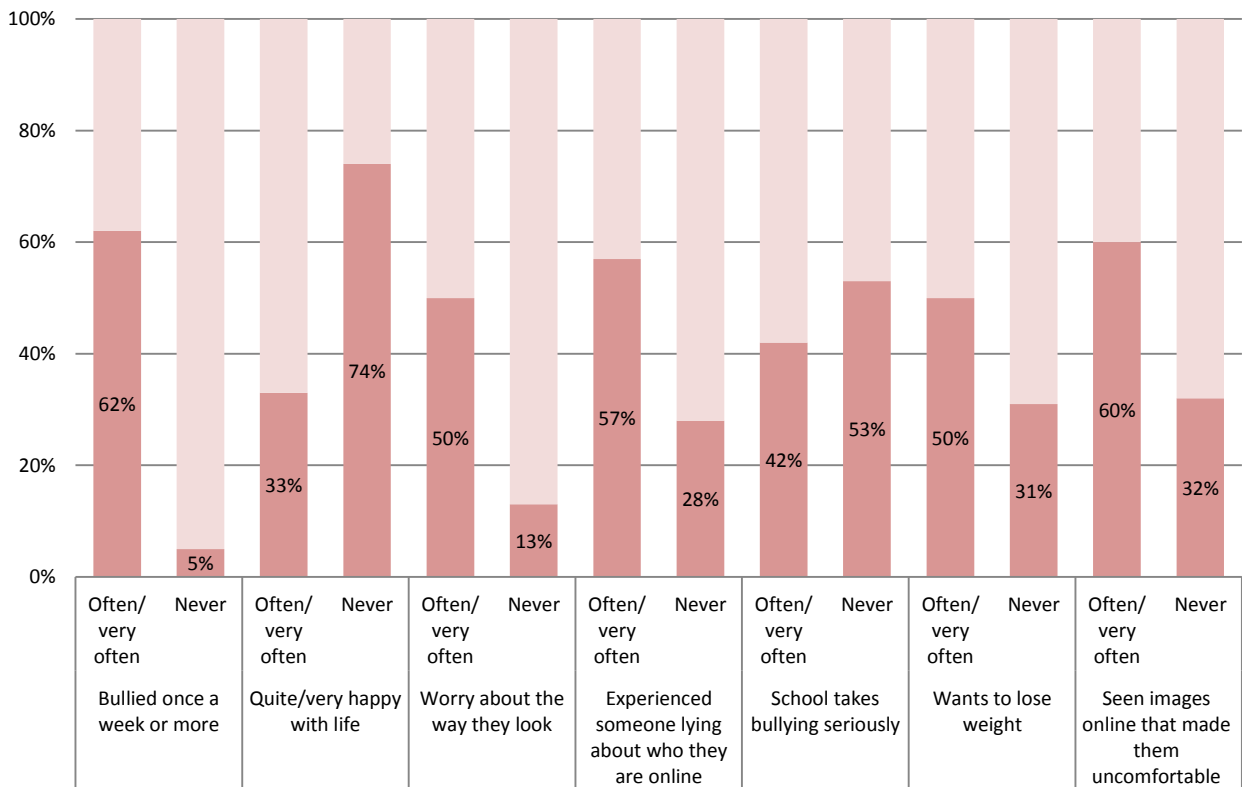


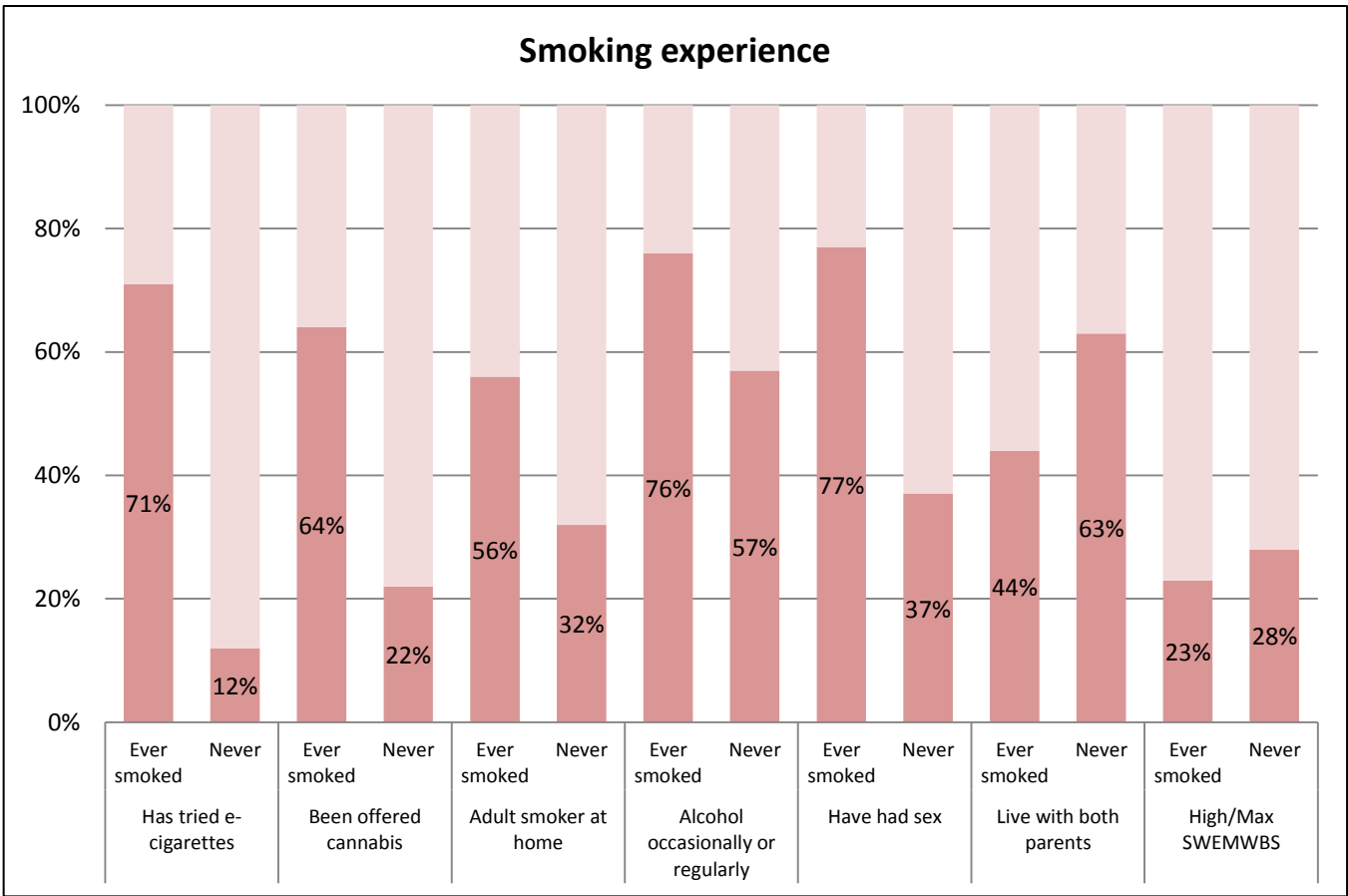
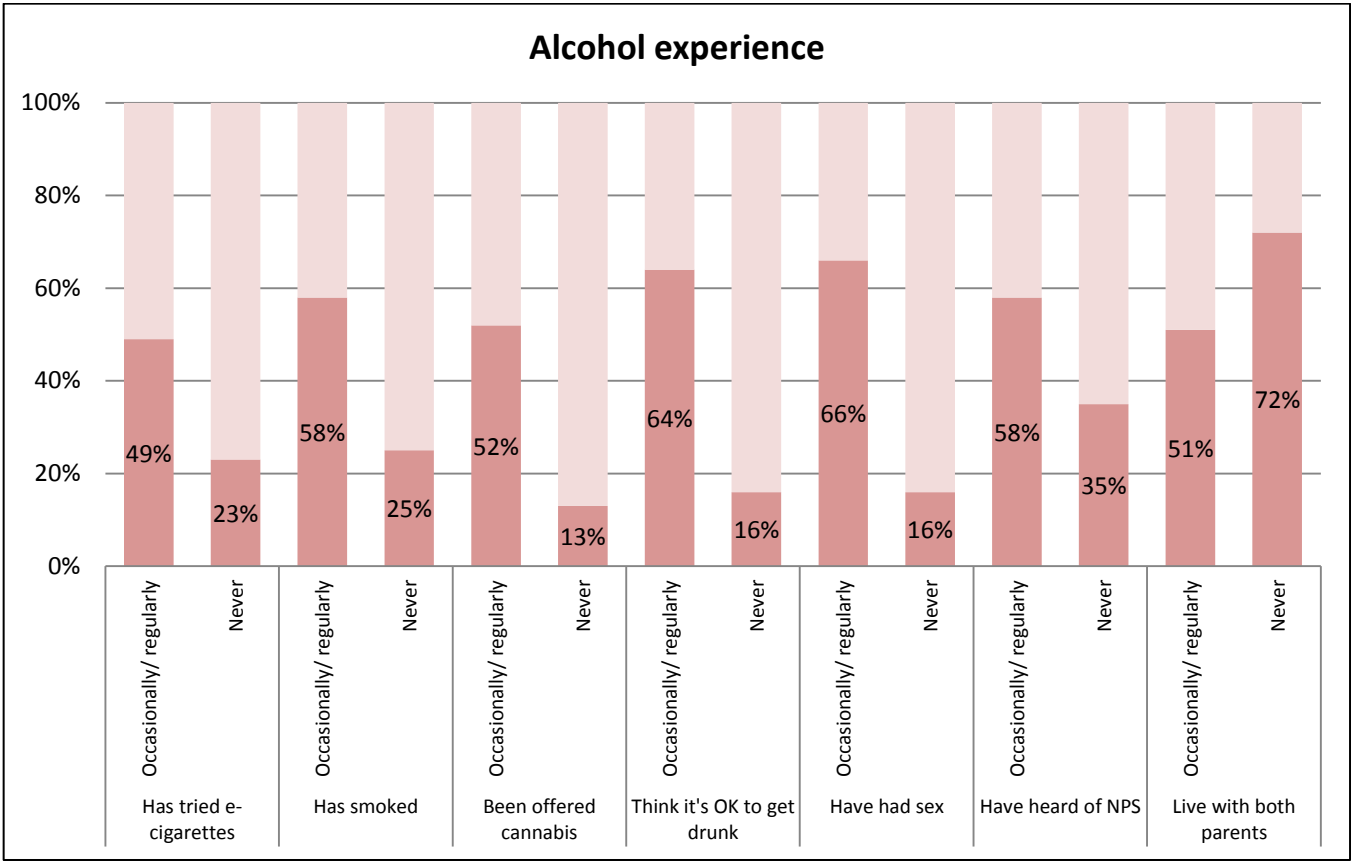


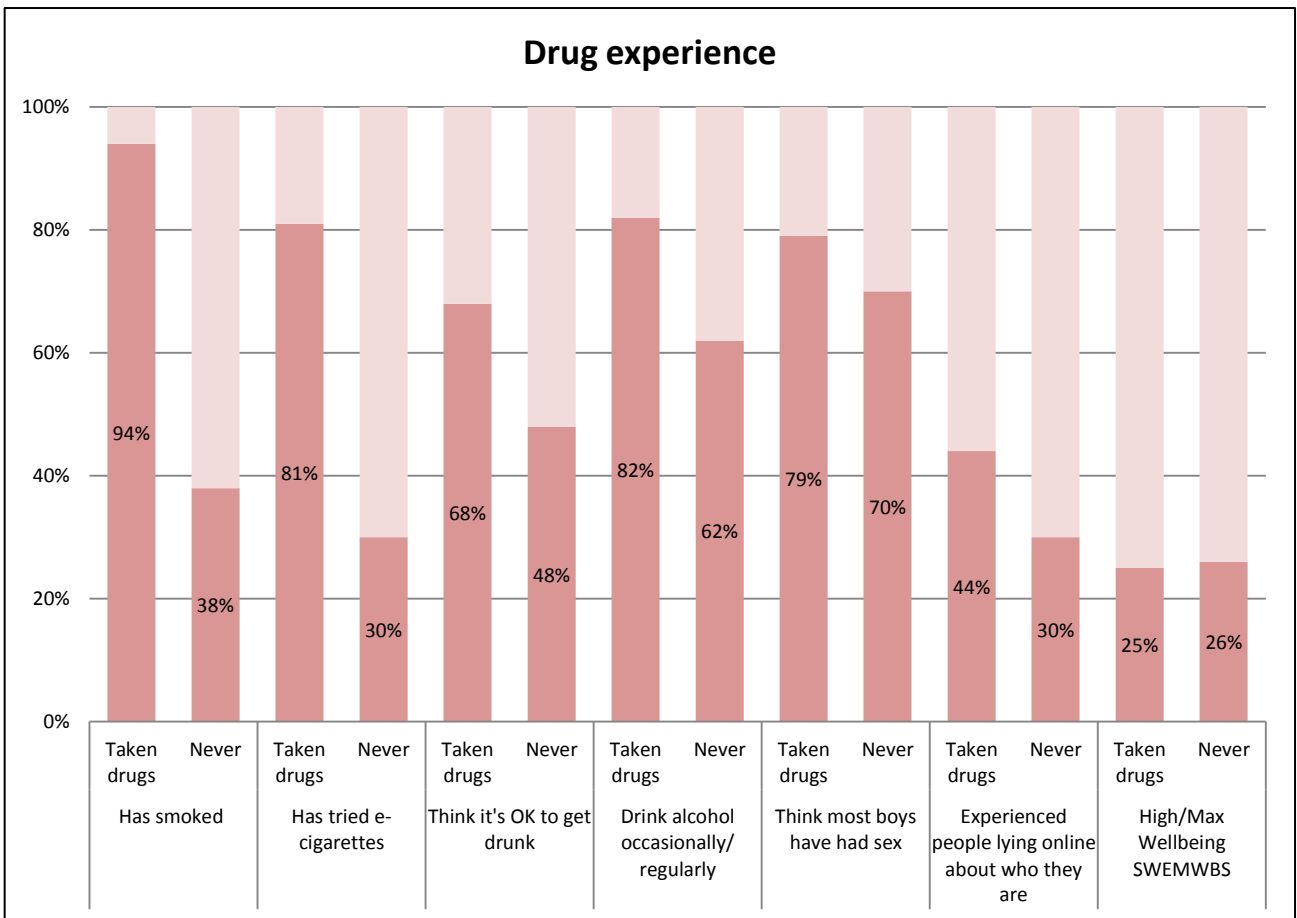
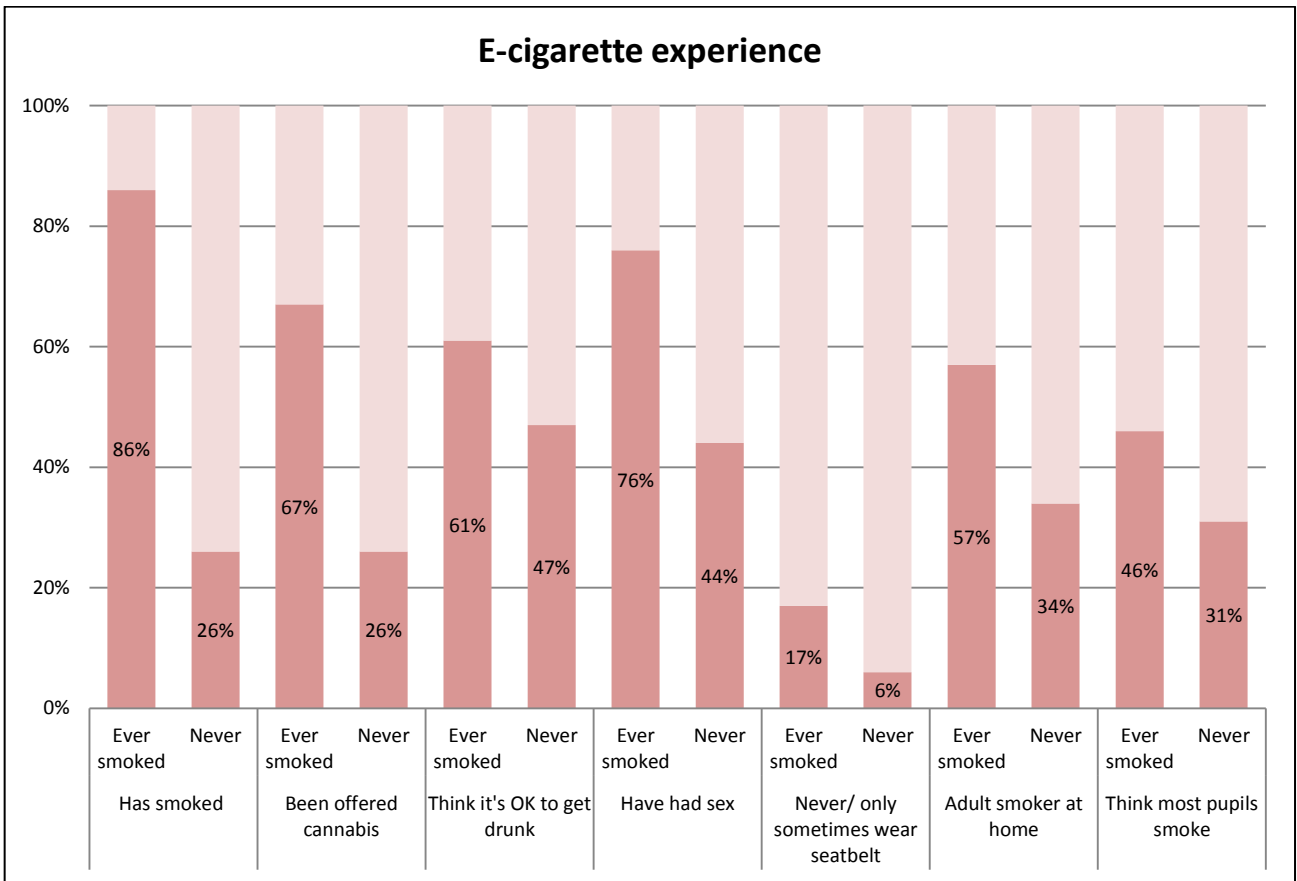
### Girls - afraid of going to school because of bullying

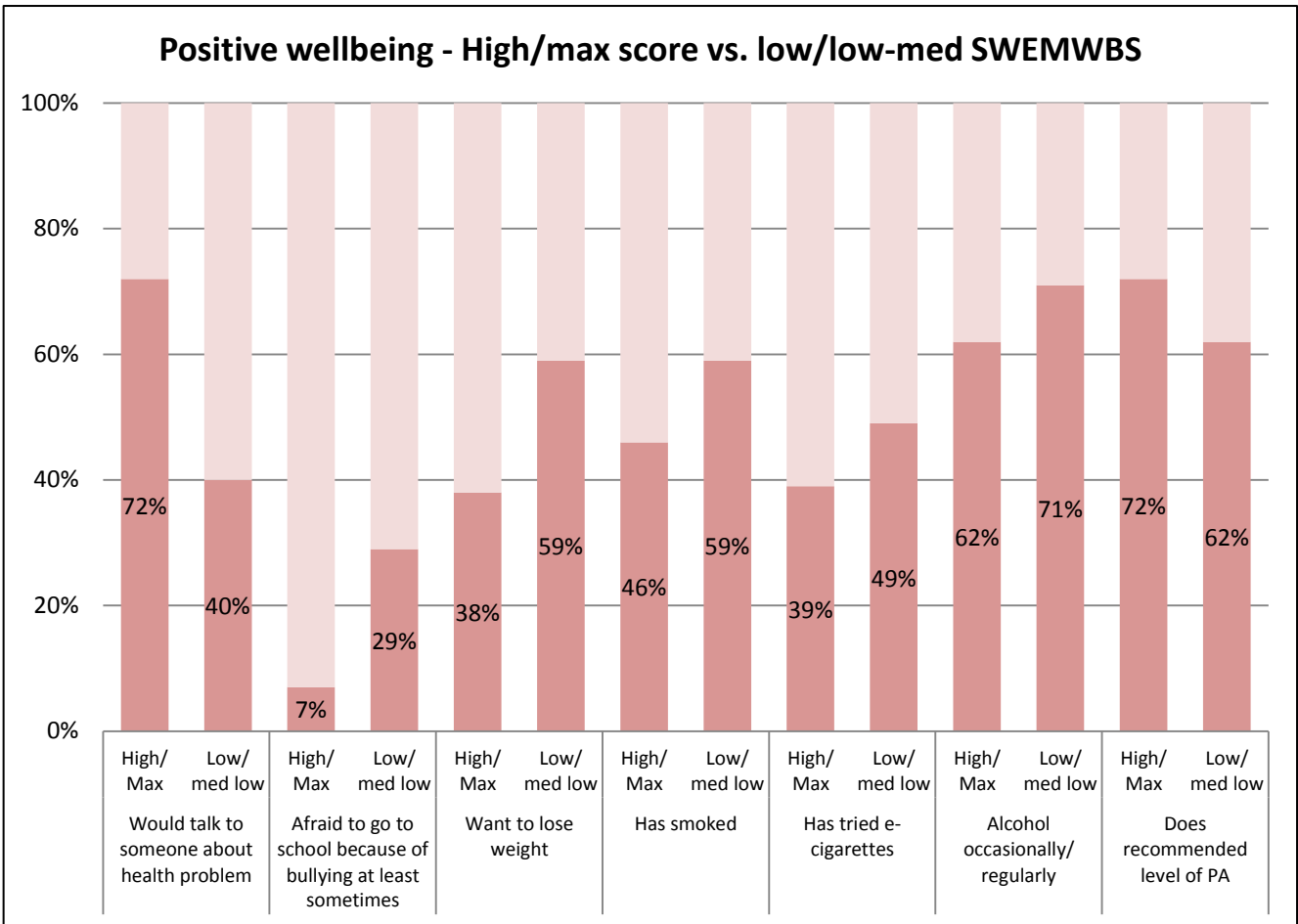
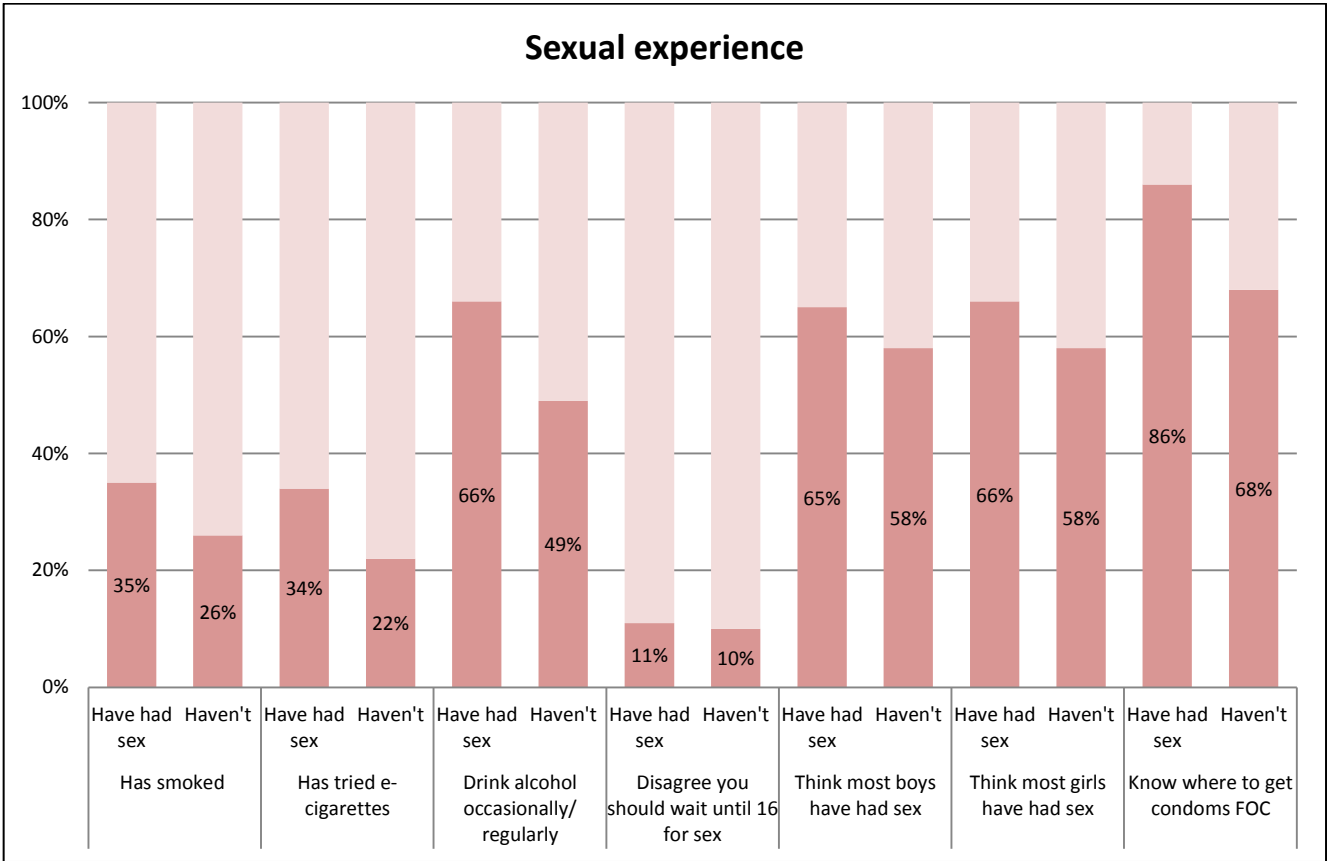


### Boys - afraid of going to school because of bullying







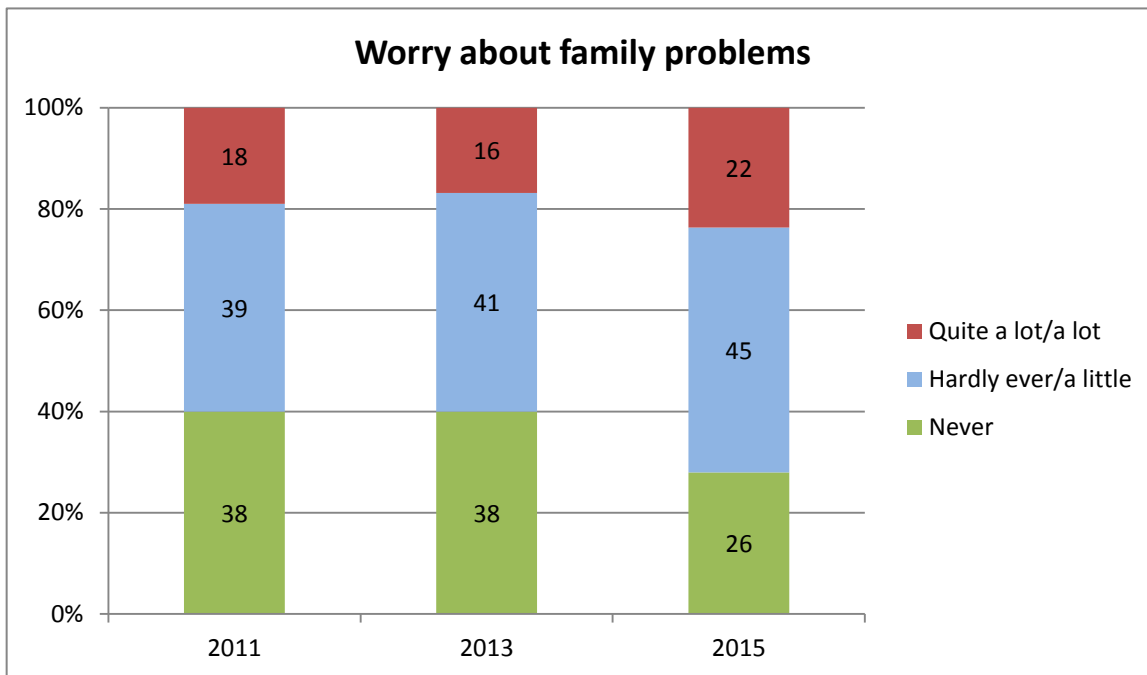


## Trends

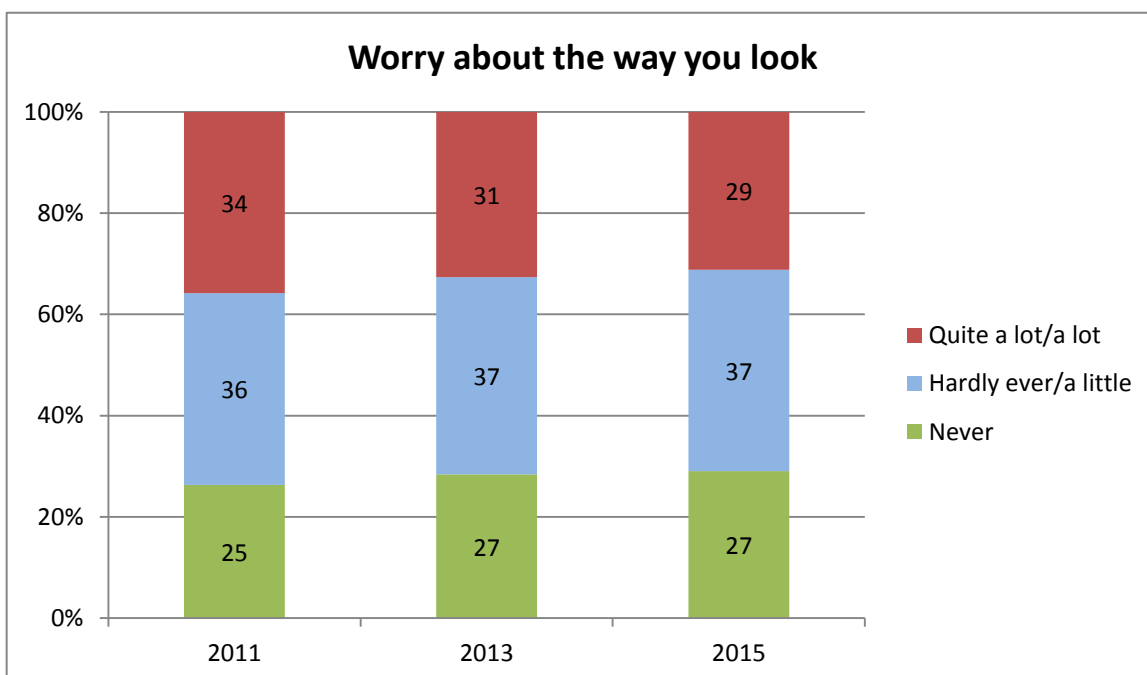
The questionnaires for the Year 12 survey have changed almost completely for the 2015 version compared with previous years as it is more in line with the Year 9 survey than a discrete FE survey, the following however, are available for analysis.

### Worries

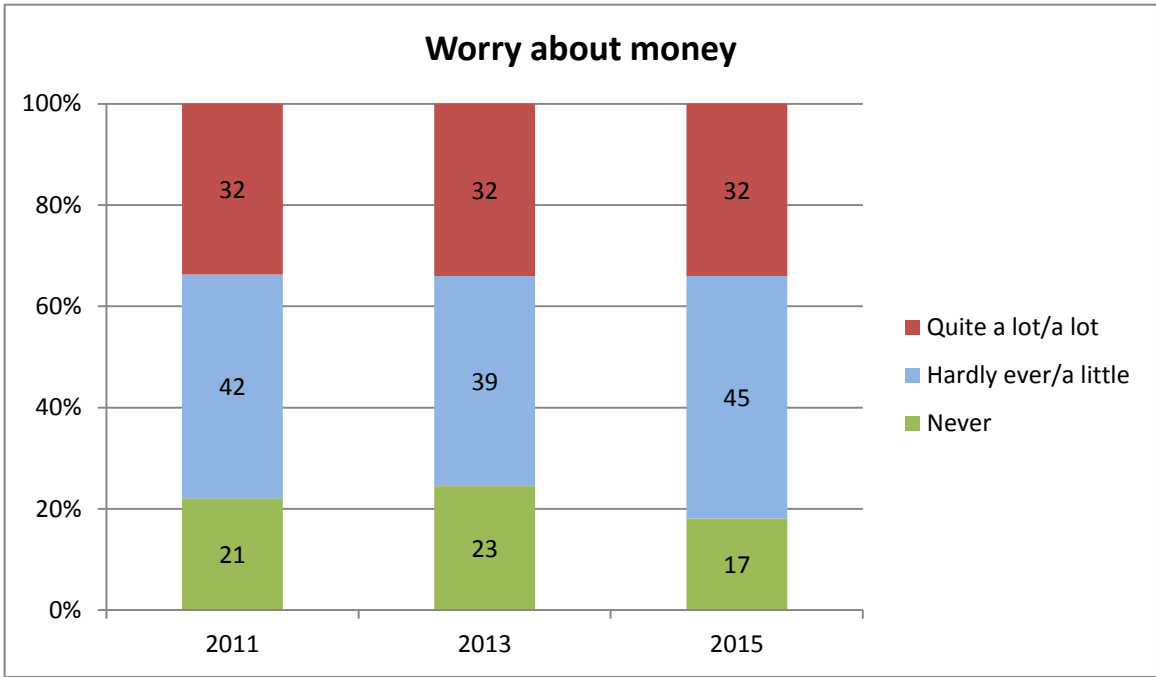
The worries question list is much shorter in the 2015 survey compared with the 2011 survey but the answer options are the same. It would appear that Wakefield Year 12 students are more likely to report worrying about family problems and less likely to worry about the way they look compared with students in 2011.



NB columns don't include missing answers so may not add up to 100



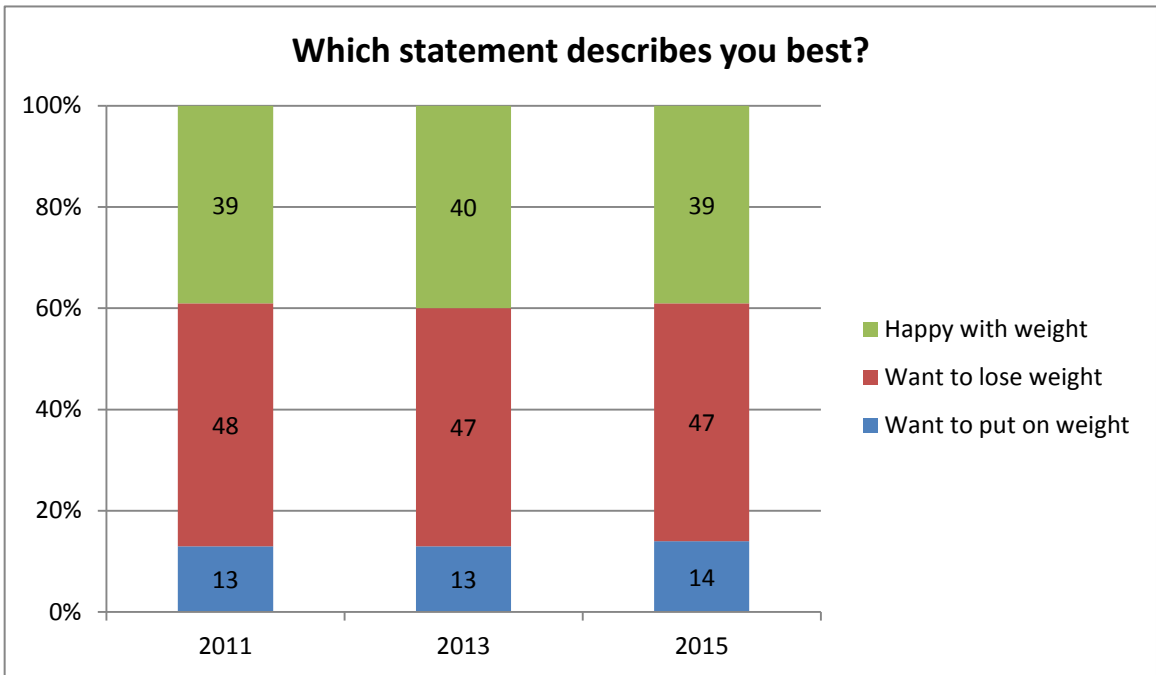
NB columns don't include missing answers so may not add up to 100



NB columns don't include missing answers so may not add up to 100

### Happy with weight

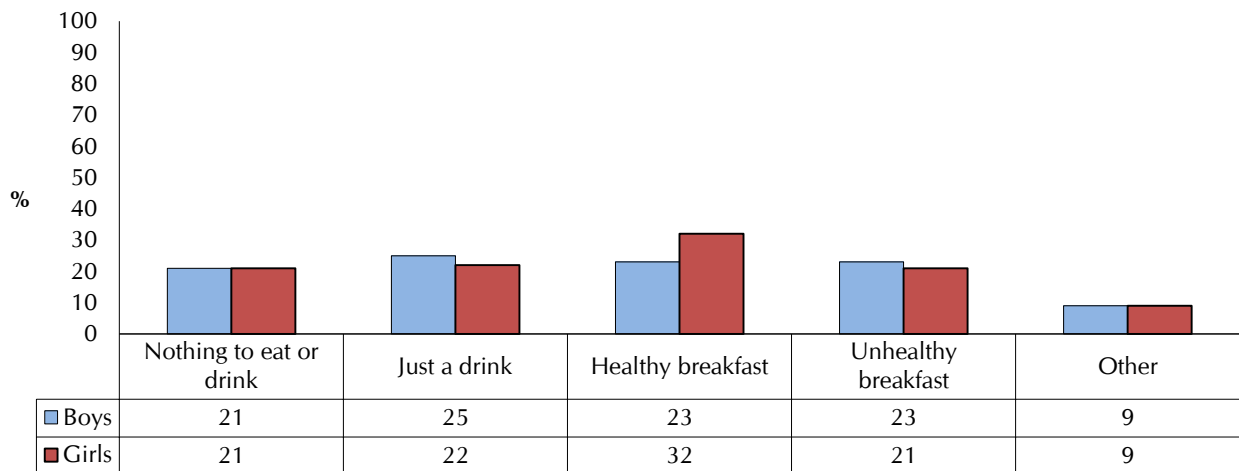
The results for this question are consistent across all three surveys.



# Healthy Eating

## Breakfast

Q4. What did you eat or drink before lessons this morning?



'Healthy breakfast' includes fruit; yoghurt; porridge/Readybrek; toast or bread; egg on toast; beans on toast. 'Unhealthy breakfast' includes sugar-coated cereals; breakfast bars; biscuits/cakes; pastries; crisp-type snack; fried breakfast.

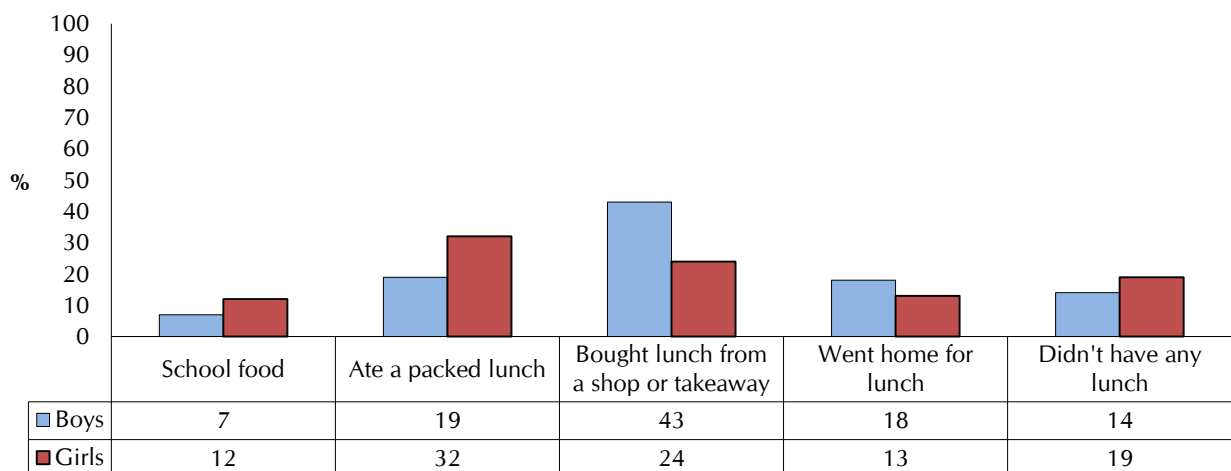
25% of boys and 22% of girls responded that they had 'just a drink' before lessons on the day of the survey.

23% of boys and 32% of girls responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.

23% of boys and 21% of girls responded that they had (at least) one of the unhealthy items listed before lessons on the day of the survey.

## Lunch

Q5a. What did you do for lunch yesterday?



9% of students responded that they had school/college food for lunch on the day before the survey, while 24% said they ate a packed lunch.

16% of students responded that they didn't have any lunch on the day before the survey

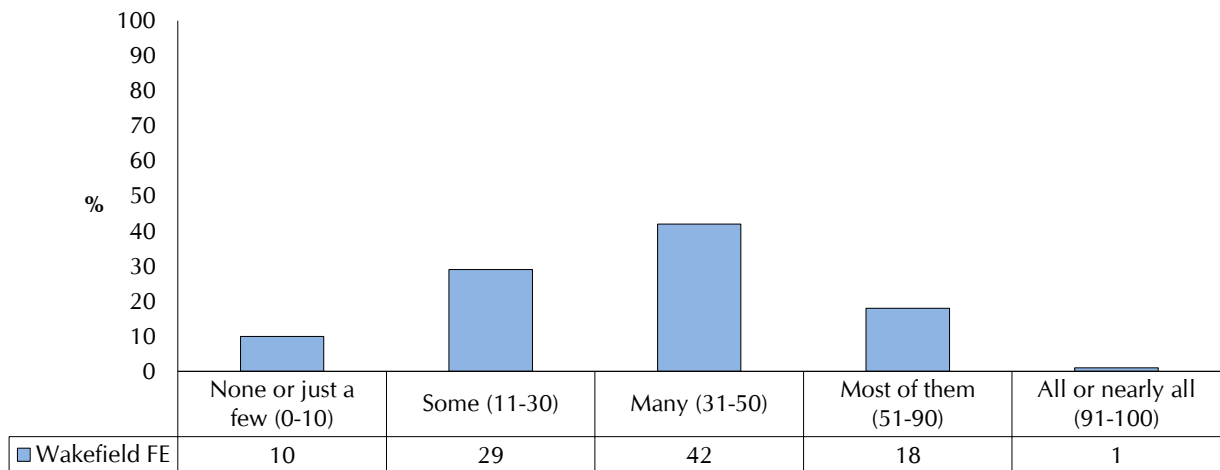
21% of students responded that they would like to spend less time queuing at school/college dinner time, while 13% said that the school/college food needs more healthy options.

**Q5b.** Percentage of students responding that the following aspects of school/college food/dinner time could be improved:

Boys			Girls		
1	The food is too expensive	49%	1	The food is too expensive	51%
2	Improve the quality of food	34%	2	Need more choice	47%
3	Need more choice	31%	3	Improve the quality of food	35%
4	Need more time to eat	20%	4	Need more time to eat	33%
5	There isn't enough room	18%	5	There isn't enough room	31%
6	Less time queuing	18%	6	Less time queuing	24%
7	Need more healthy options	10%	7	Need more healthy options	18%
8	Need less choice	2%	8	Need less choice	1%

## Peer perception: Healthy diet

**Q6.** What percentage of students in your year at school/college have a healthy diet?



## Foods

35% of students responded that they eat fruit and veg 'on most days', while 23% said the same of crisps.

**Q7.** Percentage of students responding that they eat or drink the following 'on most days':

Boys			Girls		
1	Fizzy drinks/energy drinks/sports drinks	43%	1	Fruit and veg	42%
2	Fruit and veg	31%	2	Fizzy drinks/energy drinks/sports drinks	30%
3	Sweets/chocolate	23%	3	Crisps	26%
4	Crisps	21%	4	Sweets/chocolate	22%
5	Chips or roast potatoes	12%	5	Chips or roast potatoes	13%
6	Takeaway meal	6%	6	Takeaway meal	3%



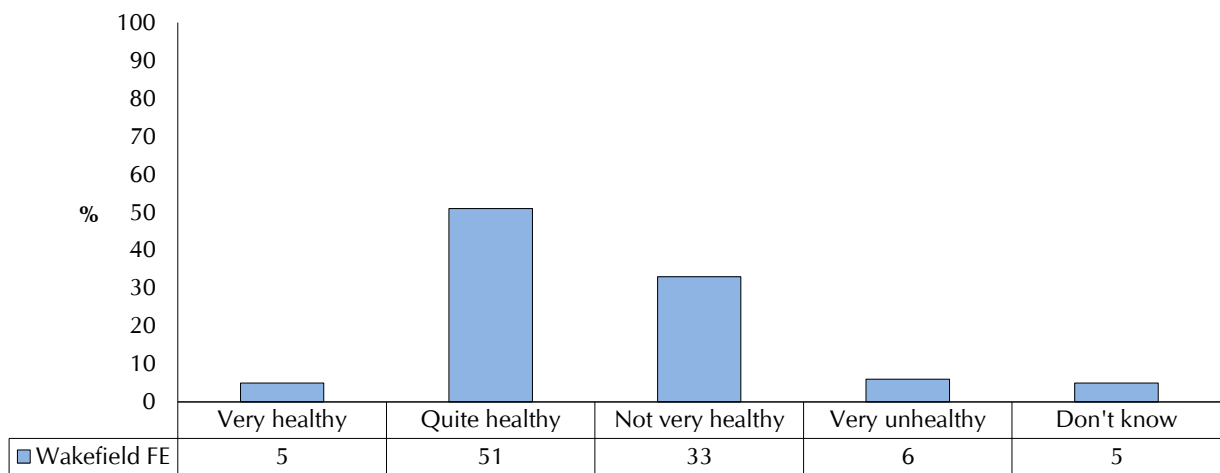
33% of students responded that they 'rarely or never' have a takeaway meal, while 12% said the same of sweets/chocolate.

**Q7.** Percentage of students responding that they 'rarely or never' eat or drink the following:

Boys			Girls		
1	Takeaway meal	30%	1	Takeaway meal	38%
2	Crisps	22%	2	Fizzy drinks/energy drinks/sports drinks	21%
3	Chips or roast potatoes	13%	3	Crisps	19%
4	Fizzy drinks/energy drinks/sports drinks	11%	4	Sweets/chocolate	13%
5	Sweets/chocolate	11%	5	Chips or roast potatoes	10%
6	Fruit and veg	10%	6	Fruit and veg	7%

## Healthy diet

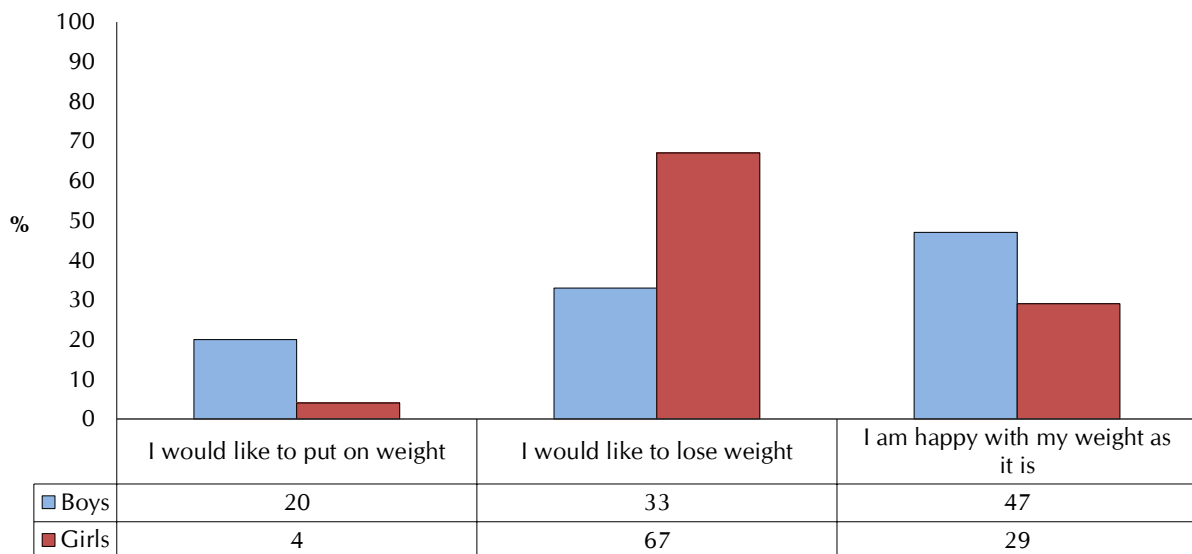
**Q8.** Is your diet (the food that you eat)...



56% of students responded that their diet is 'quite' or 'very' healthy. 65% of students responded that they would like to eat more healthily, while 13% said they 'don't know' if they would.

## Weight perception

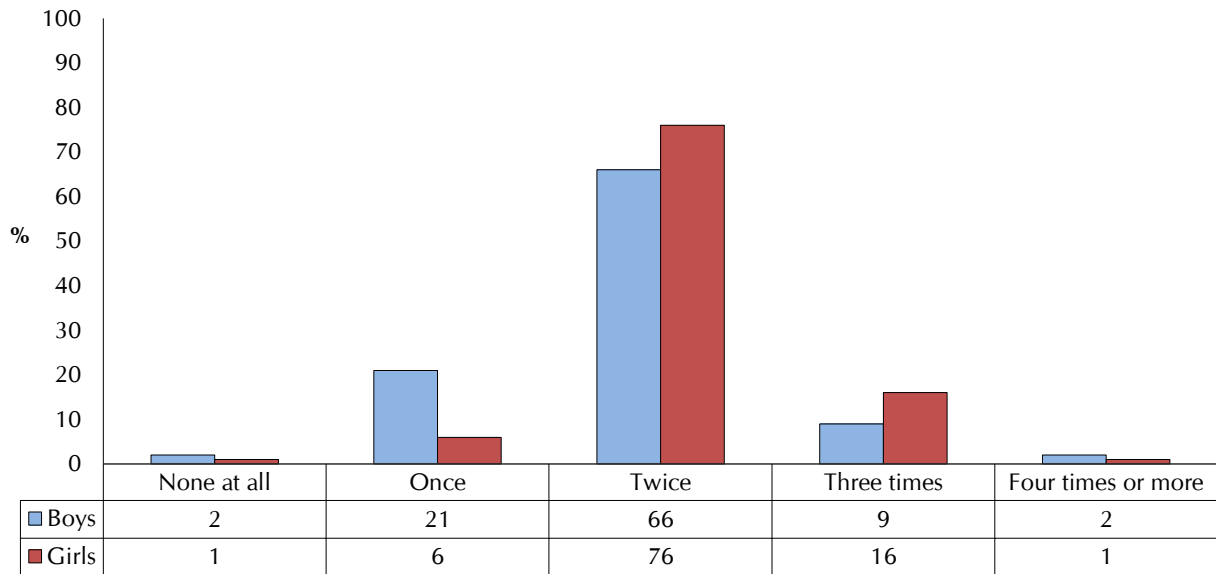
**Q10.** Which statement describes you best?



14% of students responded that they would like to put on weight. 47% of students responded that they would like to lose weight. 39% of students responded that they are happy with their weight as it is.

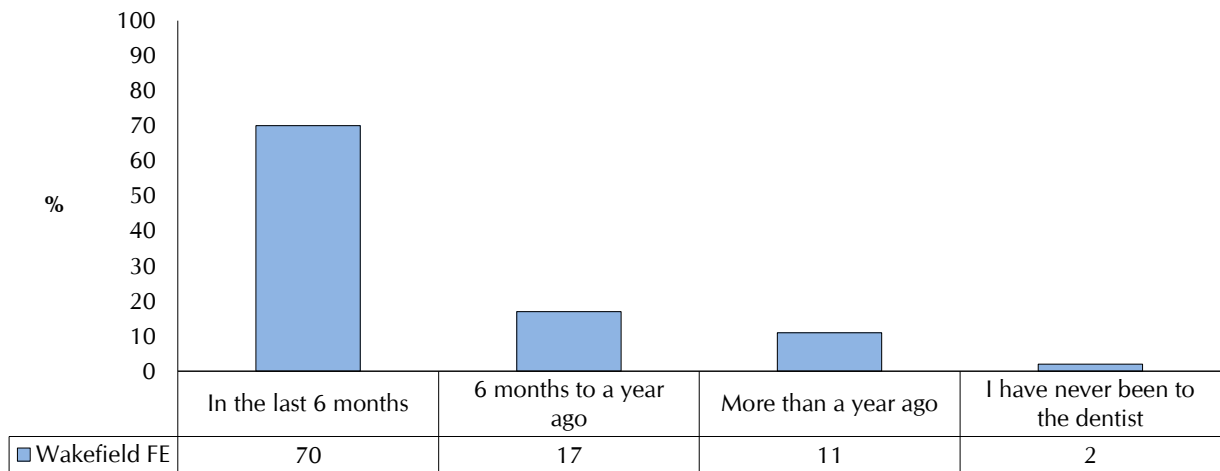
## Dental health

Q11. How many times a day do you normally brush your teeth?



83% of students responded that they normally brush their teeth at least twice a day (the recommended frequency).

Q12. How long ago did you last visit the dentist?



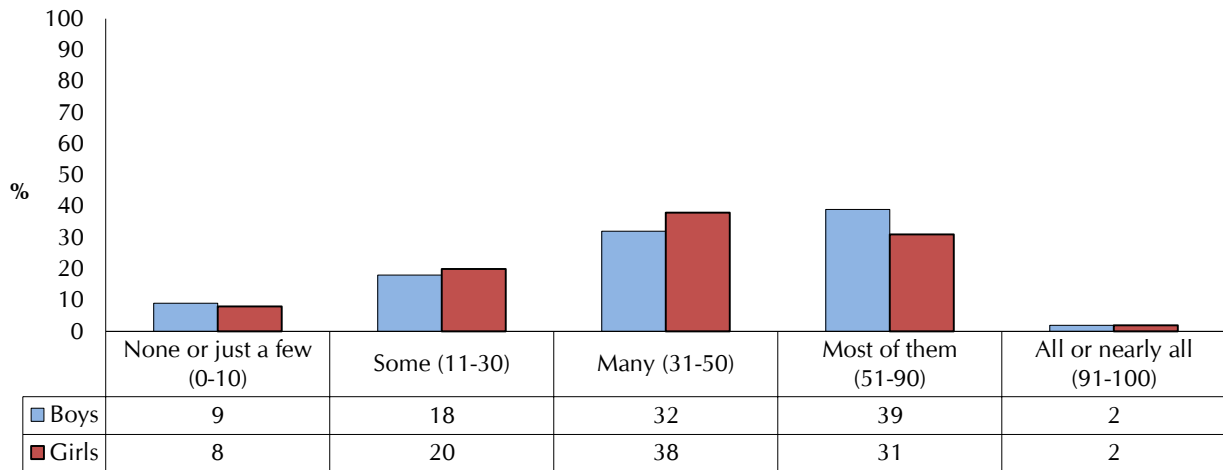
70% of students responded that they have been to the dentist in the last 6 months; 87% said they have been in the last year.

11% of students responded that they haven't been to the dentist for over a year and 2% said they have never been.

## Physical Activity

### Peer perception: Physical activity

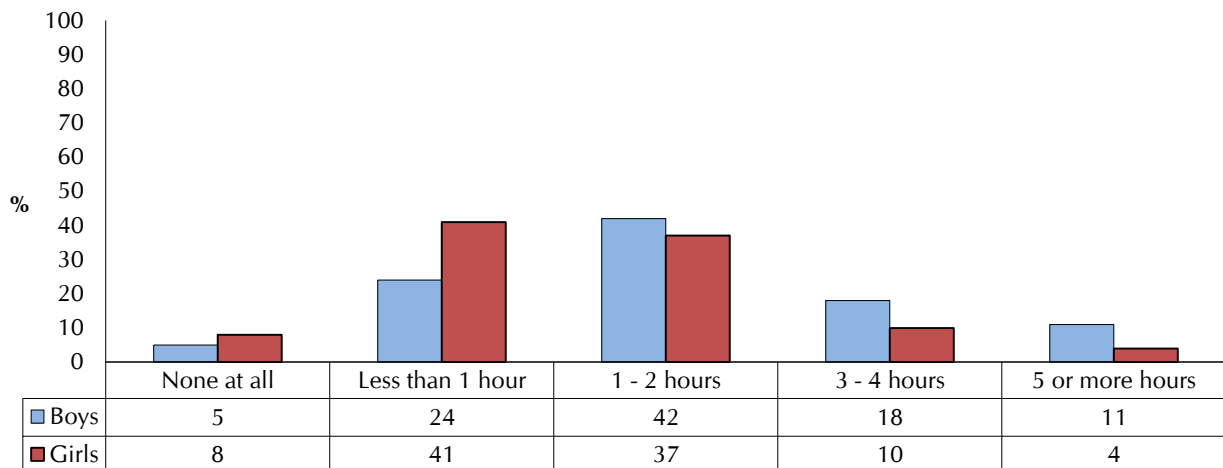
**Q13.** What percentage of students in your year at school/college do you think do physical activity for more than 1 hour a day?



8% of students responded that they think 'none or just a few' students in their year at school/college do physical activity for more than 1 hour a day. 38% of students responded that they think at least 'most of' the students in their year at school/college do physical activity for more than 1 hour a day.

### Exercise

**Q14.** How many hours of physical activity do you do a day which makes you breathe faster and feel warmer?



6% of students responded that they don't do any physical activity that makes them breathe faster and feel warmer.

63% of students responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer.

22% of students responded that they do at least '3 – 4 hours' of physical activity a day that makes them breathe faster and feel warmer.

47% of students responded that the amount of physical activity they do is enough to keep them healthy. 11% said that they 'don't know' if it is.

## Leisure time

4% of students responded that they go to playgrounds around Wakefield District at least 'once a week', while 13% said the same of parks.

**Q16.** Percentage of students responding that they go to the following places around Wakefield District at least 'once a week':

Boys			Girls		
1	Sports fields – to walk or play	34%	1	Sports fields – to walk or play	15%
2	Woodlands	15%	2	Woodlands	13%
3	Parks	15%	3	Parks	11%
4	Countryside or canal side	9%	4	Countryside or canal side	9%
5	Playgrounds	4%	5	Playgrounds	3%

52% of students responded that they 'hardly ever or never' go to woodlands around Wakefield District, while 56% said the same of the countryside or canal side.

**Q16.** Percentage of students responding that they 'hardly ever or never' go to the following places around Wakefield District:

Boys			Girls		
1	Playgrounds	80%	1	Playgrounds	83%
2	Countryside or canal side	58%	2	Sports fields – to walk or play	55%
3	Parks	54%	3	Parks	55%
4	Woodlands	53%	4	Countryside or canal side	51%
5	Sports fields – to walk or play	41%	5	Woodlands	50%

## Sports & activities

27% of students responded that they play football (not in school/college time), while 16% go swimming and 20% run on their own.

**Q17.** Percentage of students responding that they do the following activities (not in school/college time) (top 5):

Boys			Girls		
1	Football	41%	1	Fitness Gym	32%
2	Fitness Gym	35%	2	Running on own	22%
3	Rugby	20%	3	Swimming	22%
4	Running on own	19%	4	Dancing	21%
5	Other physical activities	16%	5	Fitness classes	16%

20% of students responded that they do the activities listed in Q17 at a park, while 23% do them at a sports club grounds.

**Q18.** Percentage of students responding that they do the activities listed in Q17 at the following places:

Boys			Girls		
1	Sports club grounds	31%	1	Leisure centre	35%
2	Leisure centre	30%	2	Somewhere else	21%
3	Park	25%	3	In the street	14%
4	In the street	22%	4	Sports club grounds	13%
5	Somewhere else	18%	5	Park	12%
6	Community centre	9%	6	Community centre	11%

13% of students responded that they would like to do more running with friends/athletics outside school, while 23% would like to do more swimming.

**Q19.** Percentage of students responding that they would like to do more of the following activities outside school/college (top 10):

Boys			Girls		
1	Fitness Gym	29%	1	Swimming	36%
2	Football	27%	2	Fitness Gym	36%
3	Rugby	18%	3	Fitness classes	26%
4	Swimming	14%	4	Running on own	19%
5	Running on own	12%	5	Dancing	18%
6	Running with friends/athletics	10%	6	Running with friends/athletics	18%
7	Martial Arts	9%	7	Rounders	15%
8	Basketball	8%	8	Badminton	15%
9	Other physical activities	6%	9	Gymnastics	11%
10	Tennis	6%	10	Martial Arts	8%

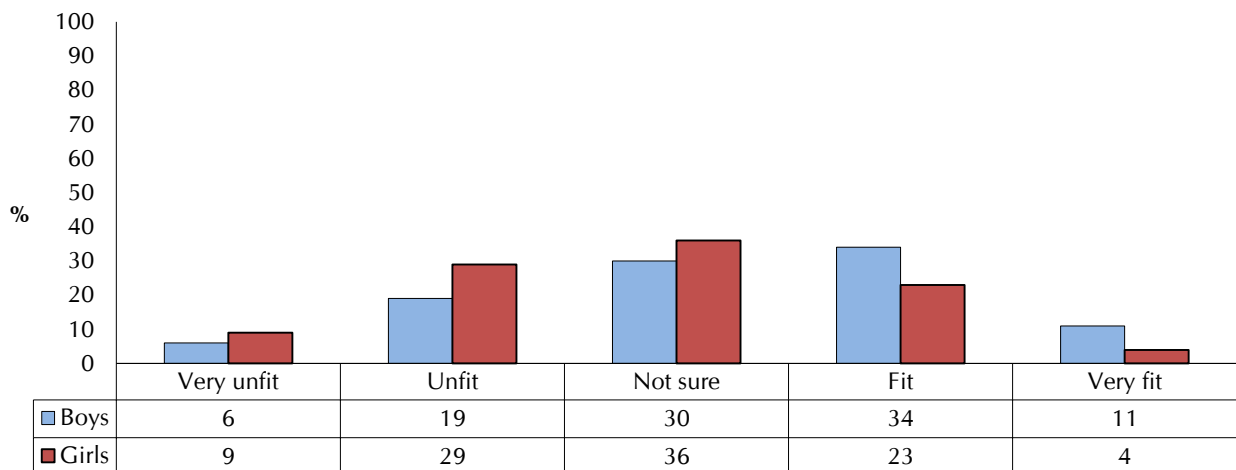
47% of students responded that they would like to do the activities listed in Q19 at a leisure centre.

**Q20.** Percentage of students responding that they would like to do the activities listed in Q19 at the following places:

Boys			Girls		
1	Leisure centre	40%	1	Leisure centre	59%
2	Sports club grounds	30%	2	Sports club grounds	25%
3	Park	21%	3	Community centre	15%
4	In the street	15%	4	Park	15%
5	Community centre	13%	5	In the street	10%
6	Somewhere else	7%	6	Somewhere else	6%

## Fitness

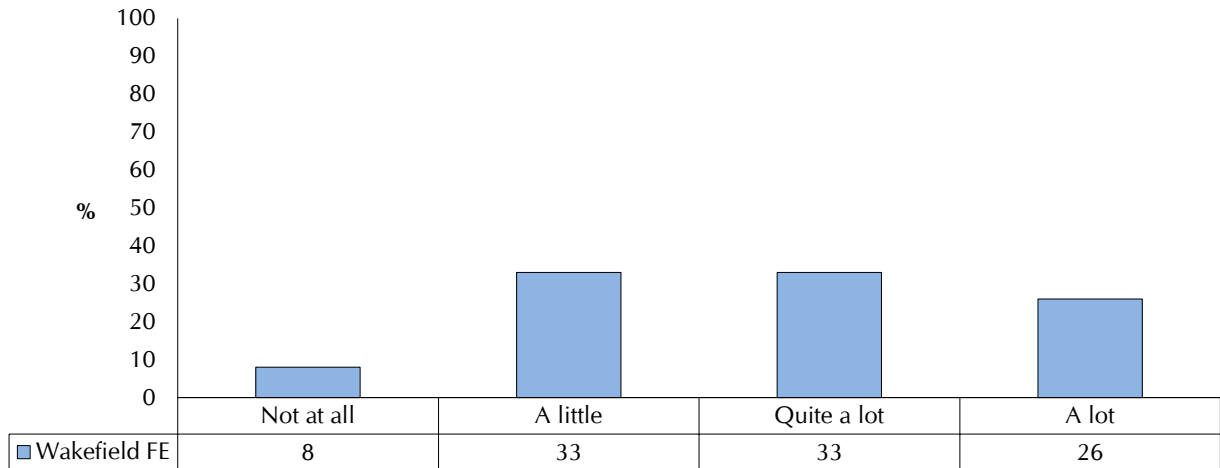
**Q21.** How fit do you think you are?



30% of students think they are 'unfit' or 'very unfit'. 38% of students think they are 'fit' or 'very fit'.

## Enjoy physical activities

**Q22.** How much do you enjoy physical activities?



8% of students responded that they do not enjoy physical activities 'at all'.

59% of students responded that they enjoy physical activities 'quite a lot' or 'a lot'.

67% of students responded that they would like to be more physically active. 12% 'don't know' if they would.

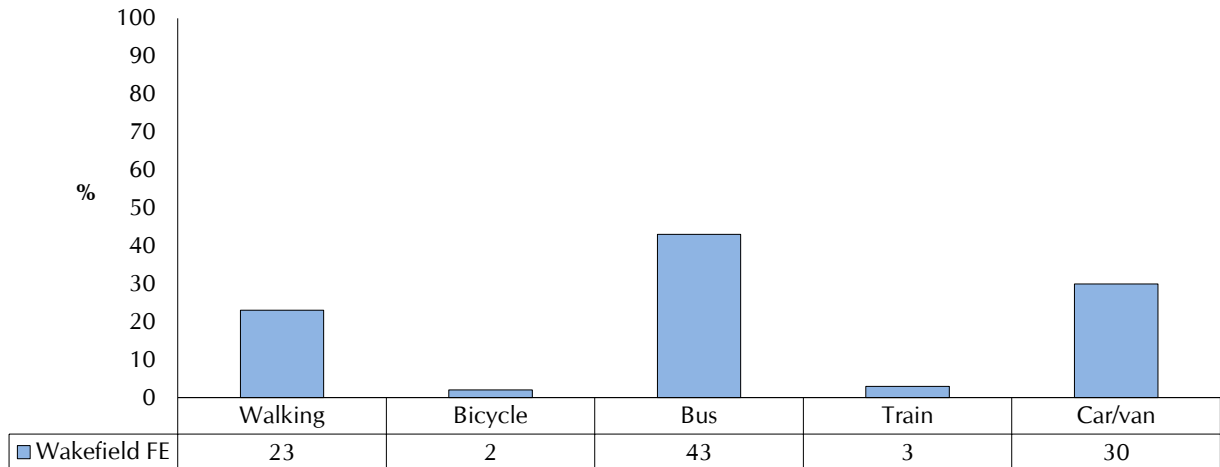
22% of students responded that new activities being available would make them want to do more activities, while 31% said that lower prices for activities would encourage them.

**Q25.** Percentage of students responding that the following would make them want to do more activities (top 5):

Boys			Girls		
1	If they had more time	39%	1	If they had more time	62%
2	If more of their friends went	38%	2	If there were lower prices for activities	45%
3	If they had more motivation	28%	3	If they had more motivation	45%
4	If there were lower prices for activities	22%	4	If more of their friends went	45%
5	If the activities were closer to where they live	20%	5	If the activities were closer to where they live	38%

## Active travel

**Q46.** How did you get to school/college today?

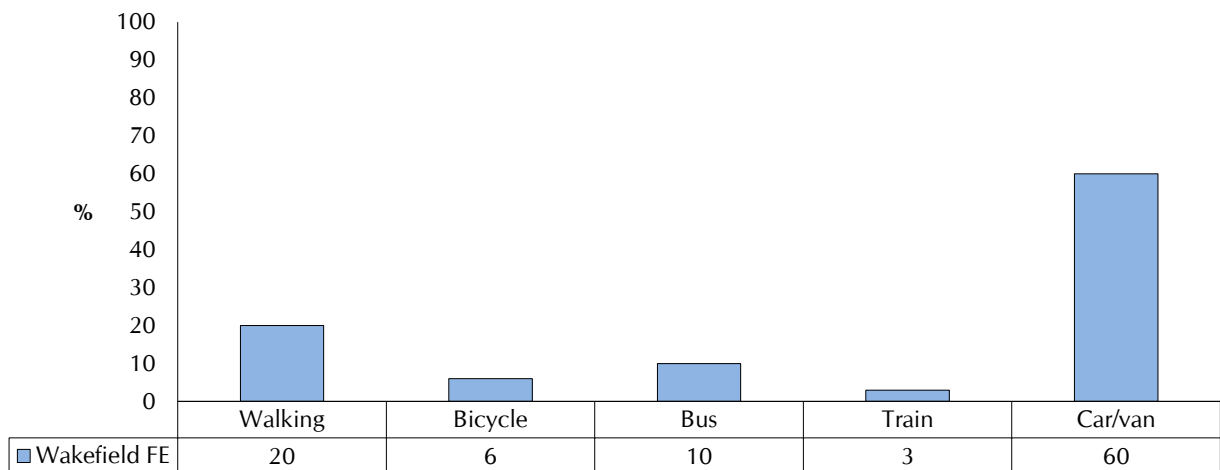


23% of students responded that they walked to school/college on the day of the survey.

2% of students responded that they cycled to school/college on the day of the survey.

30% of students responded that they travelled to school/college by car/van on the day of the survey.

**Q47.** If you had a choice, how would you like to travel to school?



20% of students responded that they would like to walk to school/college.

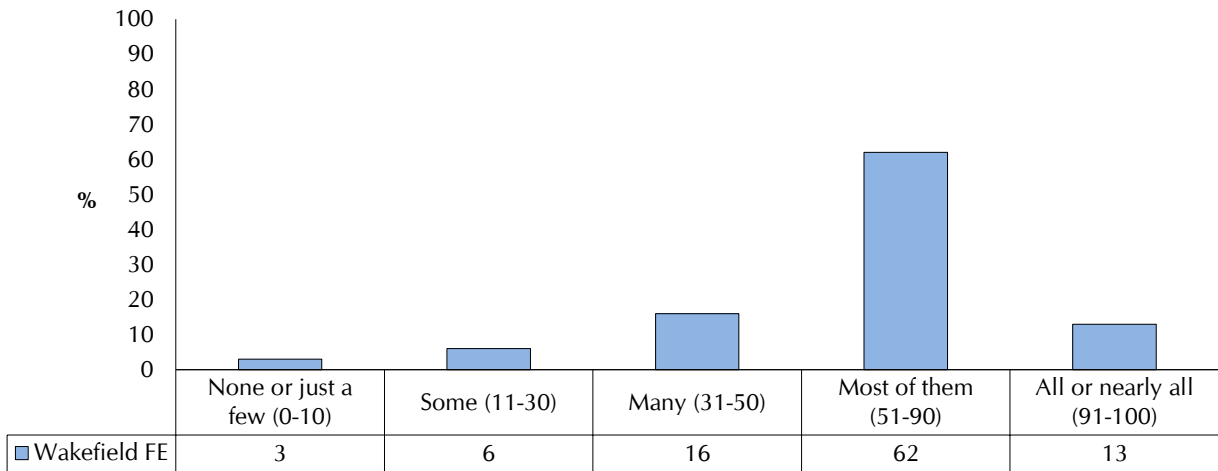
6% of students responded that they would like to cycle to school/college.

60% of students responded that they would like to travel to school/college by car/van.

# Alcohol, Smoking & Drugs

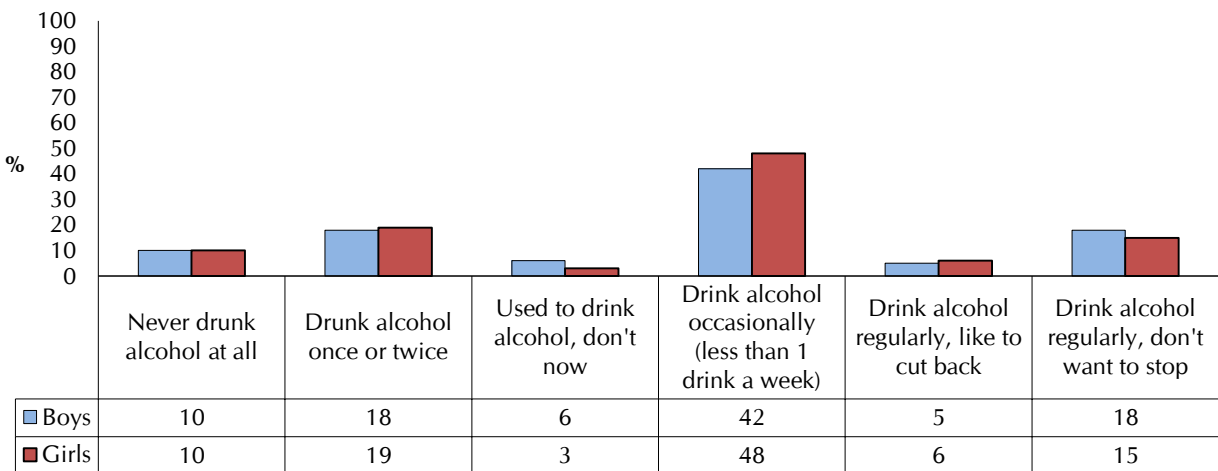
## Alcohol

**Q26.** What percentage of students in your year at school/college drink alcohol regularly?



3% of students responded that they think 'none or just a few' students in their year at school/college drink alcohol regularly. 75% of students responded that they think at least 'most of' the students in their year at school/college drink alcohol regularly.

**Q27.** Alcohol: Which statement describes you best?



90% of students responded that they have drunk alcohol at least 'once or twice'. 22% of students responded that they drink alcohol 'regularly'.

46% of students responded that one of the main reasons they drink alcohol is to socialise, while 28% said that they drink alcohol to get drunk.

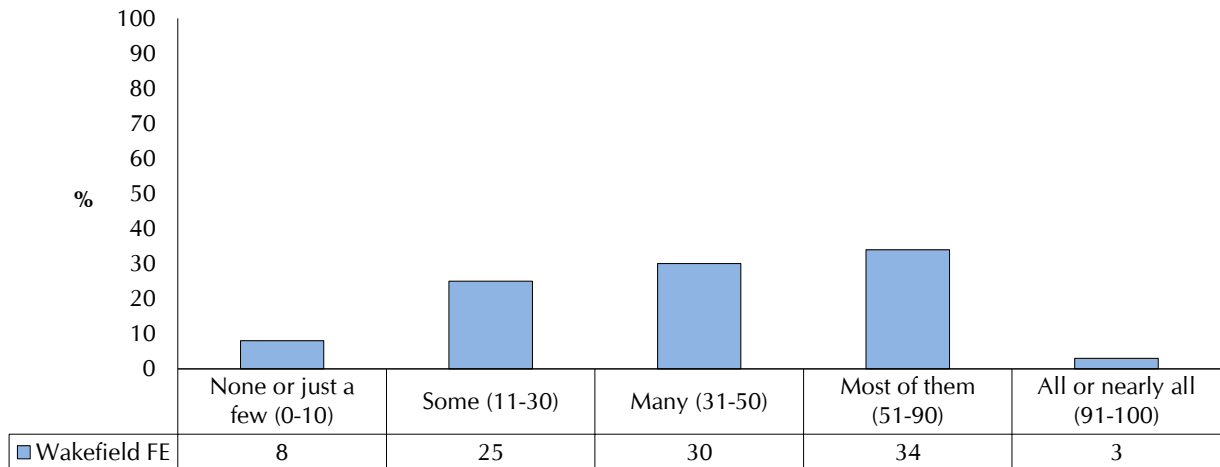
**Q28.** Percentage of students responding that the following are the main reasons they drink alcohol (top 5):

Boys			Girls		
1	To socialise	41%	1	To socialise	53%
2	To get drunk	27%	2	To get drunk	31%
3	To relieve stress/feel relaxed	17%	3	To relieve stress/feel relaxed	22%
4	None of these	14%	4	Because friends do	13%
5	To feel confident/feel good	11%	5	None of these	13%



## Smoking

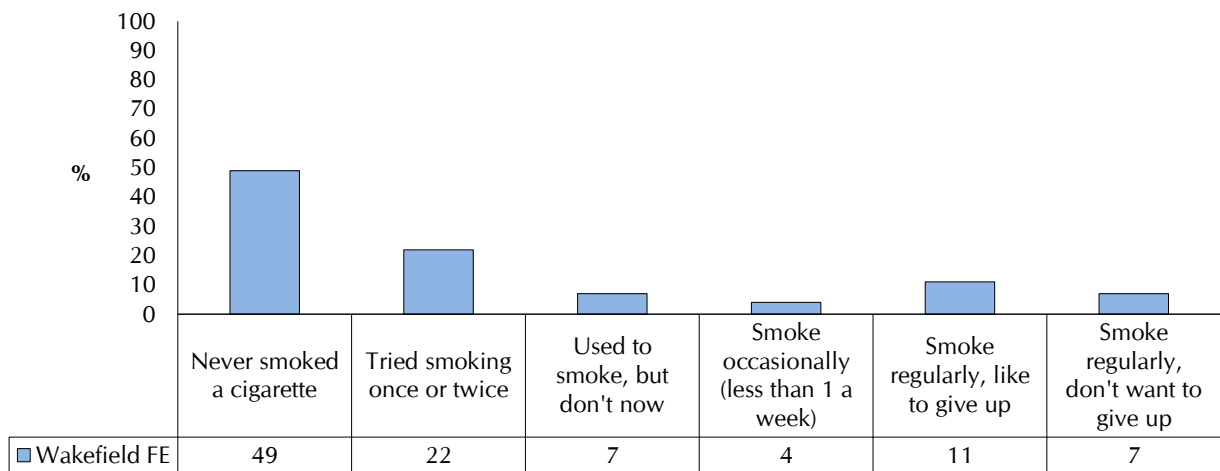
**Q31.** What percentage of students in your year at school/college smoke cigarettes (not including e-cigarettes)?



8% of students responded that they think 'none or just a few' students in their year at school/college smoke cigarettes.

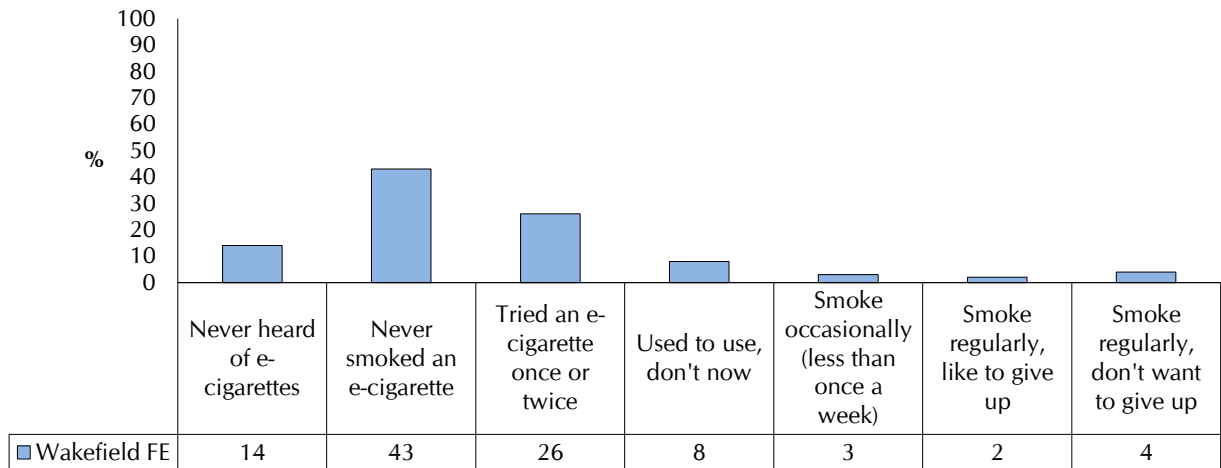
38% of students responded that they think at least 'most of' the students in their year at school/college smoke cigarettes.

**Q32.** Smoking: which describes you best?



51% of students responded that they have smoked in the past or smoke now.

**Q33. E-cigarettes: which describes you best?**

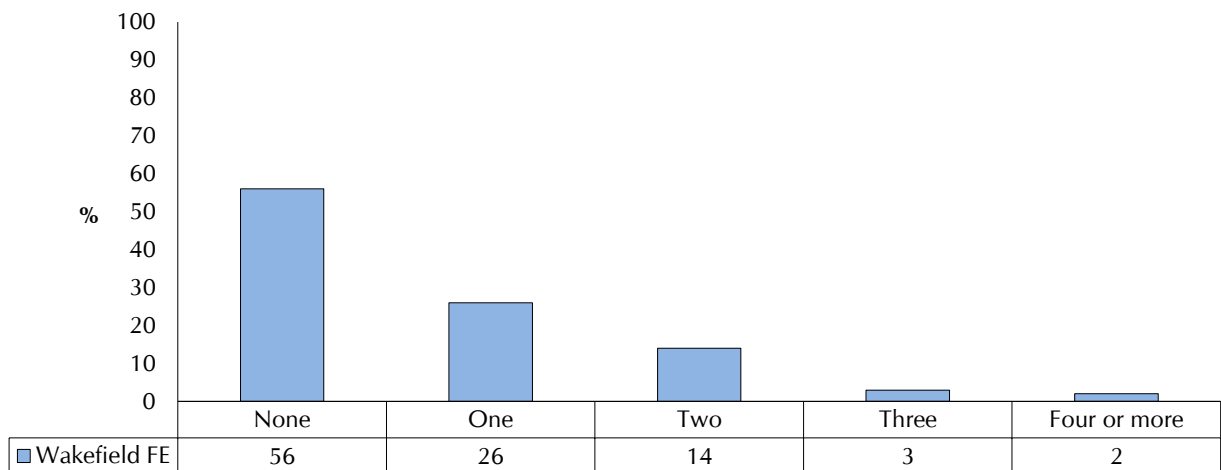


43% of students responded that they have smoked an e-cigarette in the past or smoke now.

26% of students responded that they think it is OK for young people their age to smoke cigarettes.

**Smoking at home**

**Q35b. How many adults (aged 18 and over) that live in your house smoke?**



44% of students responded that at least one adult that lives in their house smokes. 15% of students responded that all of the adults that live in their house smoke. 18% of students responded that someone smokes indoors at home in rooms that they use.

**Drugs**

43% of students responded that they have been offered cannabis. 26% of students responded that they have been offered other drugs (not cannabis, e.g. cocaine, Khat etc.).

24% of students responded that they have taken cannabis. 7% of students responded that they have taken other drugs (not cannabis, e.g. cocaine, Khat etc.).

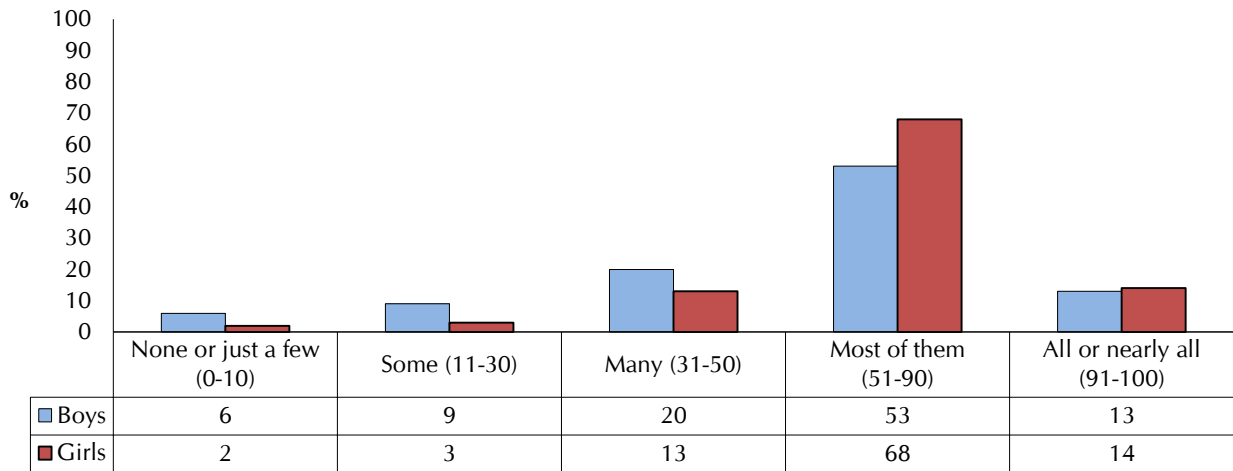
17% of students responded that they have been offered New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs').

9% of students responded that they have taken New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs').

## Relationships & Sexual Health

### Peer Perception: Sexual activity

**Q39a.** What percentage of boys in your year group do you think have had sexual intercourse?

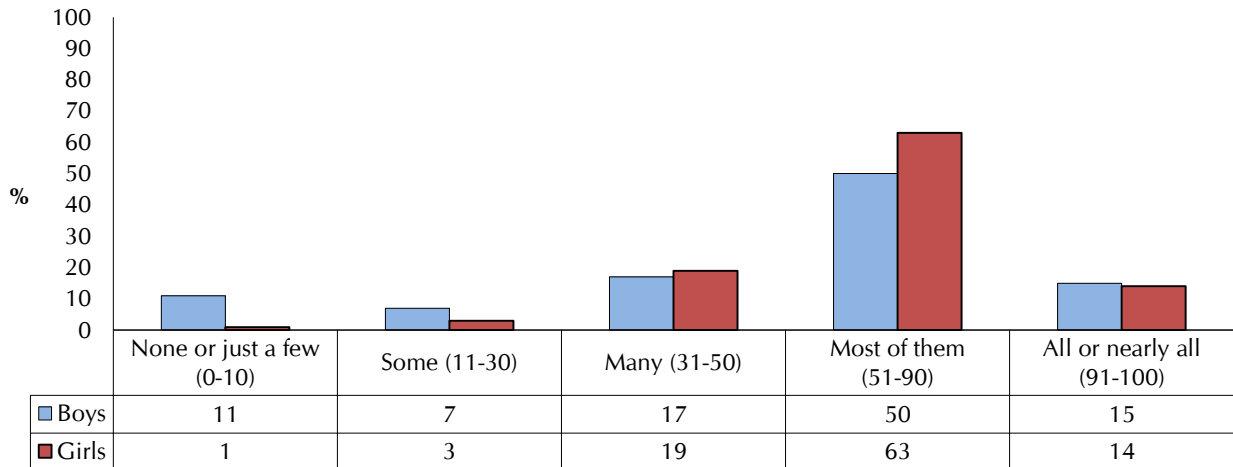


4% of students responded that they think 'none or just a few' of the boys in their year at school/college have had sexual intercourse.

72% of students responded that they think at least 'most of' the boys in their year at school/college have had sexual intercourse.

13% of students responded that they think 'all or nearly all' of the boys in their year at school/college have had sexual intercourse.

**Q39b.** What percentage of girls in your year group do you think have had sexual intercourse?

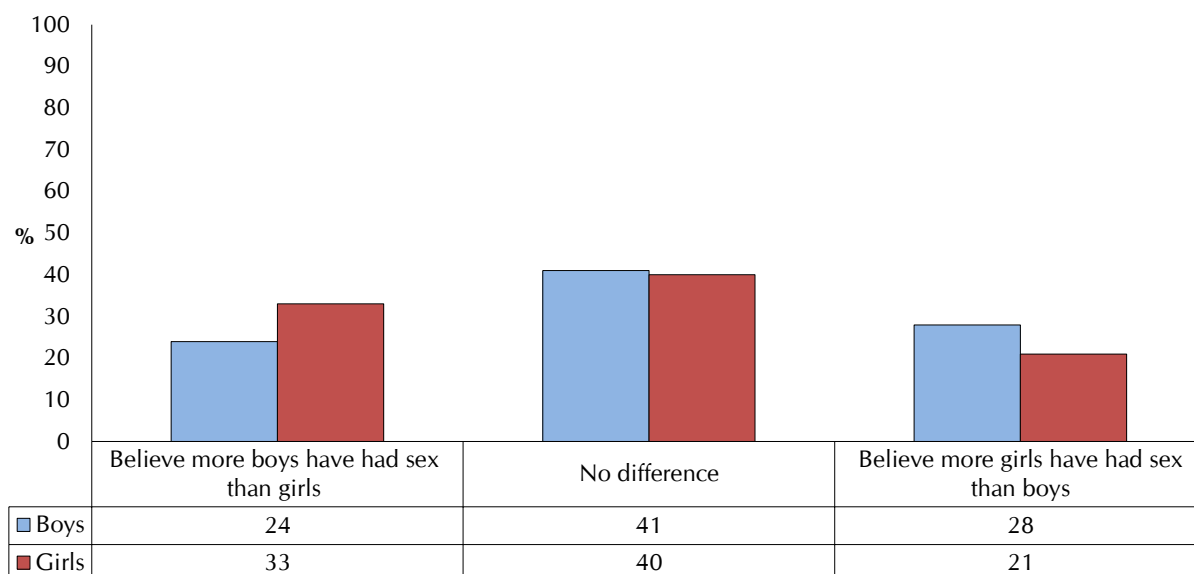


7% of students responded that they think 'none or just a few' of the girls in their year at school/college have had sexual intercourse.

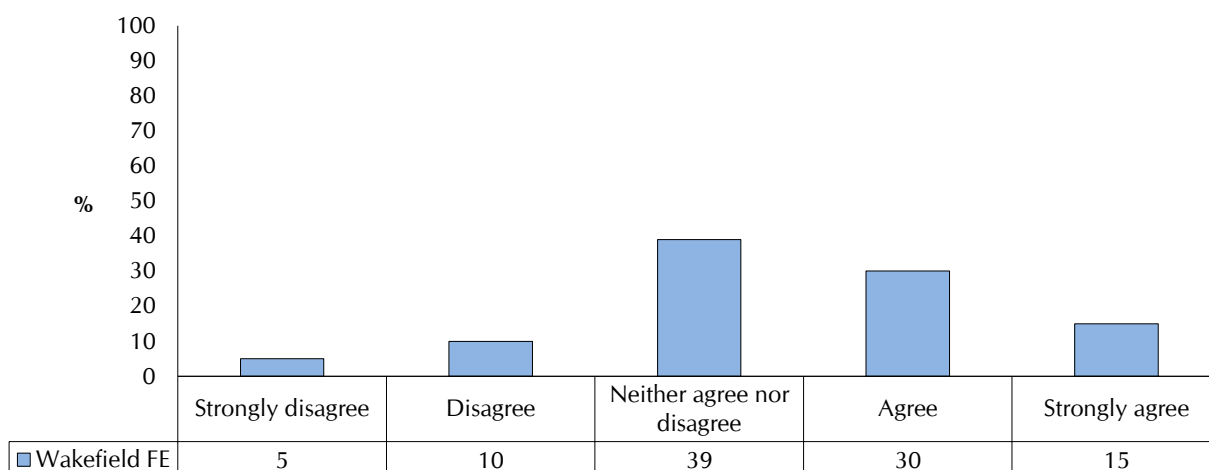
70% of students responded that they think at least 'most of' the girls in their year at school/college have had sexual intercourse.

15% said that they think 'all or nearly all' of the girls in their year at school/college have.

**Q39. Sexual activity perception summary:**



**Q41. "Young people should wait until they are 16 before they have sexual intercourse".**



15% of students responded that they 'disagree' or 'strongly disagree' that young people should wait until they are 16 before they have sexual intercourse.

45% of students responded that they 'agree' or 'strongly agree' that young people should wait until they are 16 before they have sexual intercourse.

58% of students responded that they have had sexual intercourse, while 9% said that they 'prefer not to answer'.

17% of students responded that they have had sexual intercourse and used a condom 'every time', while 28% said that they did so only 'sometimes'.

This equates to 30% of those who have had sex responded that they used a condom 'every time'.

13% of students responded that they or their partner has taken emergency contraception (the 'morning after pill').

82% of students responded that they know where to get condoms free of charge.

## Sexually transmitted infections

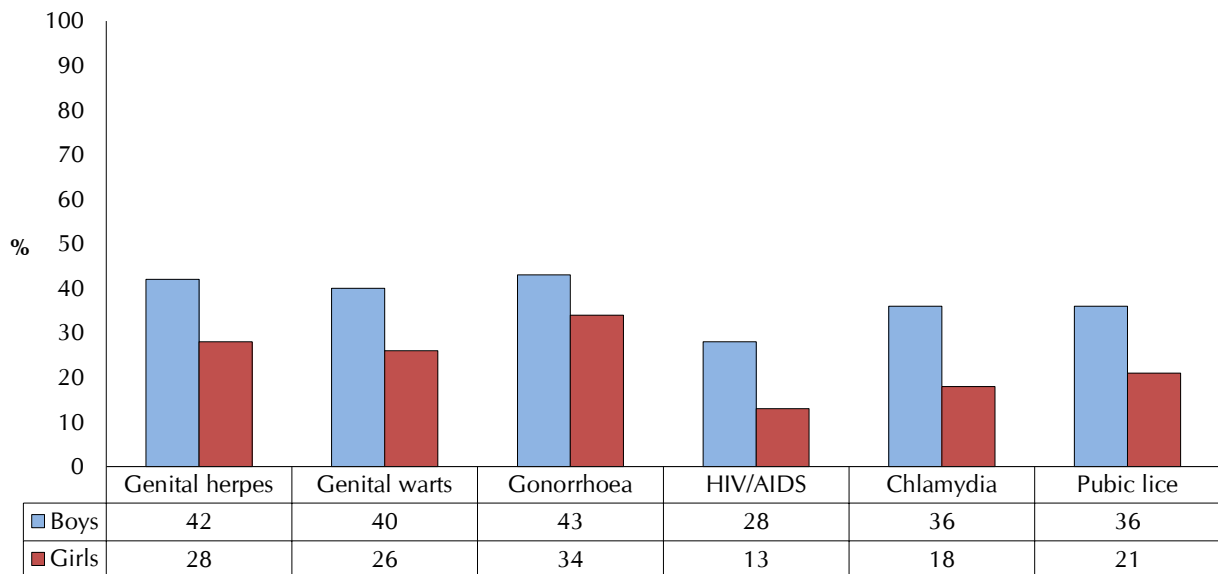
In Q44 the students were asked about their knowledge of sexually transmitted infections. They were offered four options for each: “Never heard of it”; “Know nothing about it”; “Can be treated but not cured”; “Can be treated and cured”. The correct answers are that Genital herpes, Genital warts and HIV/AIDS can be treated but not cured whereas Gonorrhoea, Chlamydia and Pubic lice can be cured. The percentages in the table are for those correctly answering whether the condition could be cured or not.

64% of students correctly identified that HIV/AIDS can be treated but not cured.

### Q44. Knowledge of sexually transmitted infections:

	Year 12		Total
	Boys	Girls	
Genital herpes	24%	34%	28%
Genital warts	20%	32%	25%
Gonorrhoea	34%	48%	40%
HIV/AIDS	57%	76%	64%
Chlamydia	41%	70%	52%
Pubic lice	49%	70%	57%

### Q44. Percentage of students responding that they have ‘never heard of’ or ‘know nothing about’ the following STIs:



## Support & advice

80% of students responded that they know where to get support and advice regarding sexual health.

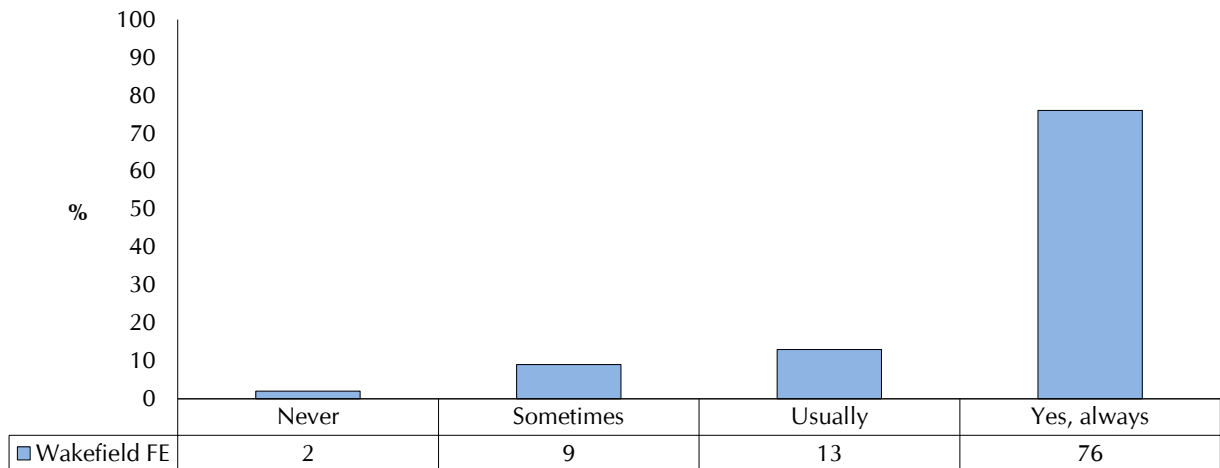
### Q45. Percentage of students responding that they know where to get support and advice for the following :

	Year 12		Total
	Boys	Girls	
Eating healthily	78%	77%	77%
Being more active	76%	76%	76%
Alcohol use	72%	78%	74%
Drug use	71%	77%	73%
Stopping smoking	75%	83%	78%
Sexual health	76%	86%	80%
Emotional health	68%	76%	71%
Physical abuse	69%	78%	72%

## Staying Safe

### Car safety

**Q48.** When travelling in a car do you wear a seatbelt?



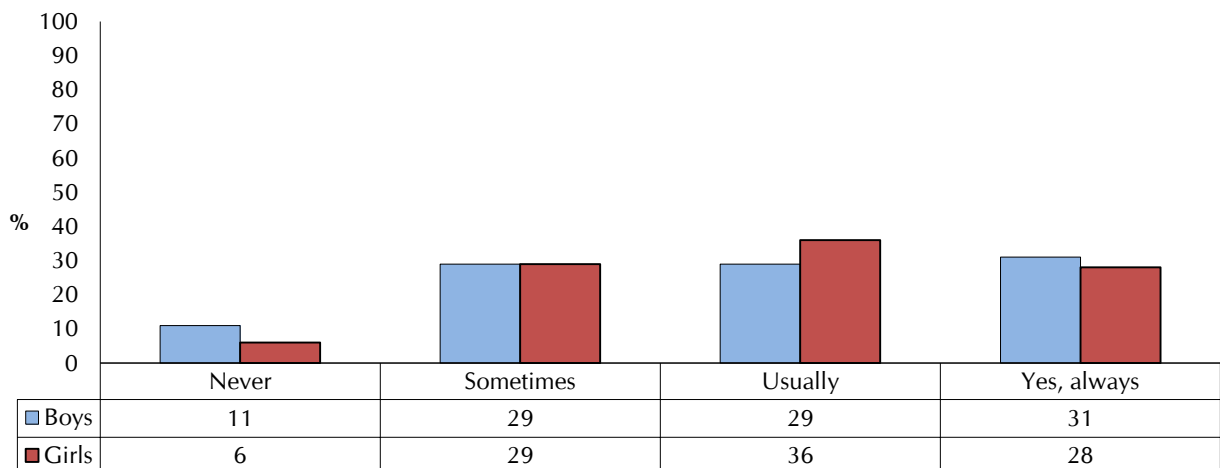
11% of students responded that they 'never' or only 'sometimes' wear a seatbelt when travelling in a car.

76% of students responded that they 'always' wear a seatbelt when travelling in a car.

65% of students responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.

5% of students responded that when travelling in a car the person driving 'usually' or 'always' holds their mobile phone in their hand.

**Q52.** Do you ever use mobile phones or listen to music whilst walking near a road?

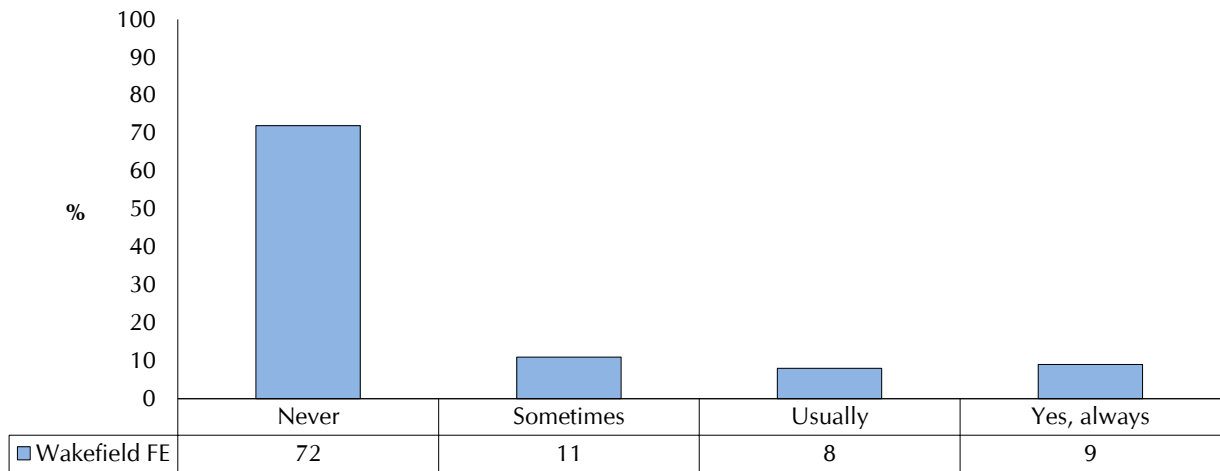


9% of students responded that they 'never' use a mobile phone or listen to music whilst walking near to a road.

62% of students responded that they 'usually' or 'always' use a mobile phone or listen to music whilst walking near a road.

## Cycling safety

**Q51.** Do you wear a safety helmet when cycling?

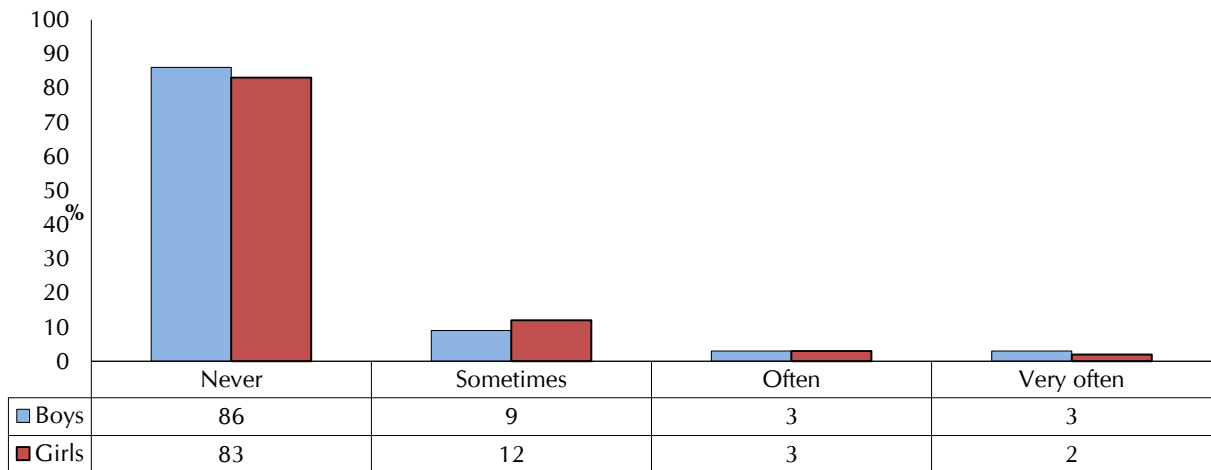


83% of students responded that they 'never' or only 'sometimes' wear a safety helmet when cycling.

9% of students responded that they 'always' wear a safety helmet when cycling.

## Bullying

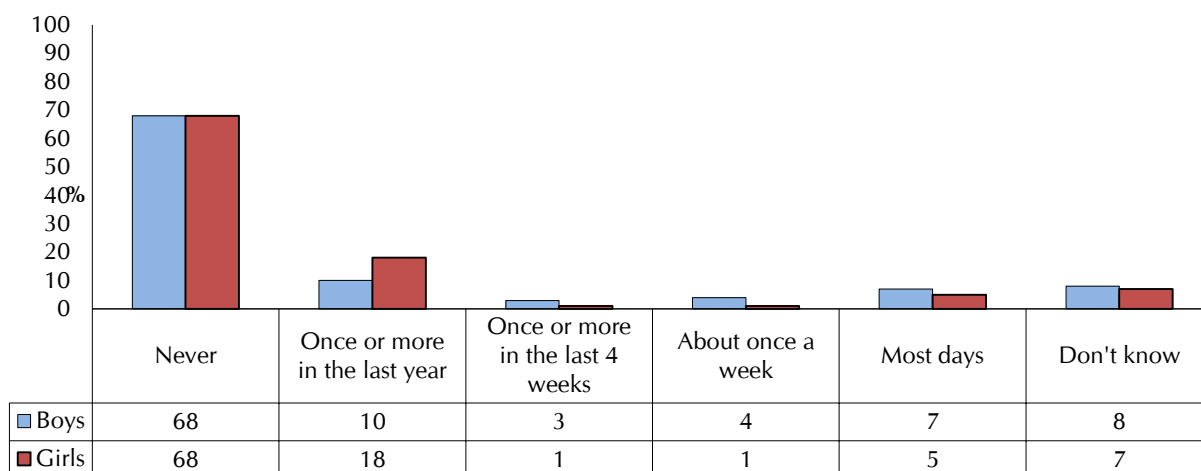
**Q53.** Do you ever feel afraid of going to school/college because of bullying?



16% of students responded that they feel afraid of going to school/college because of bullying at least 'sometimes'.

5% of students responded that they 'often' or 'very often' feel afraid of going to school/college because of bullying.

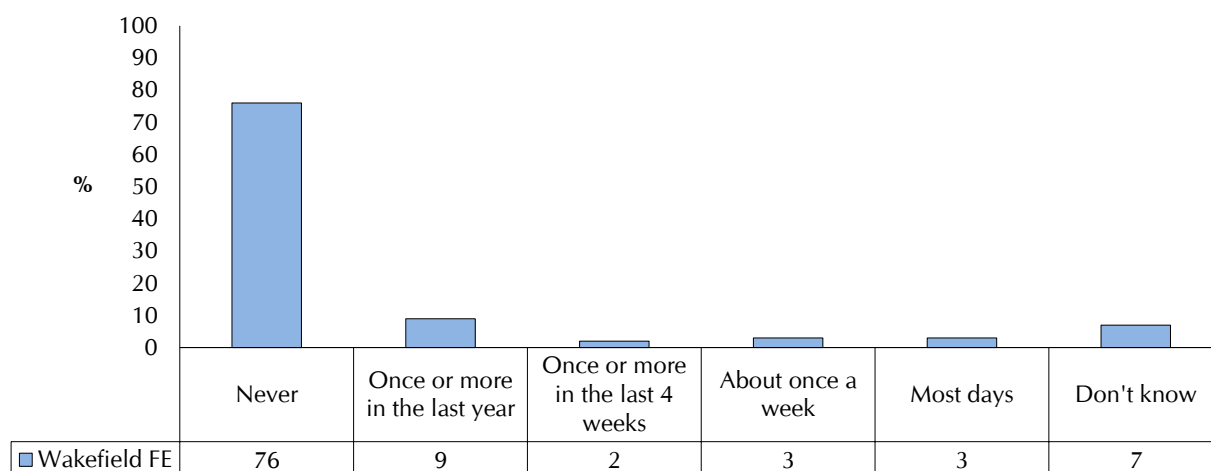
**Q54.** How often, if at all, have you been bullied at school/college?



24% of students responded that they have been bullied at least 'once or more' at school/college in the last year, while 8% said they 'don't know' if they have been bullied.

9% of students responded that they are bullied at least 'about once a week' at school/college.

**Q55.** How often, if at all, have you been bullied somewhere else (including on your journey to or from school/college)?



17% of students responded that they have been bullied at least 'once or more' outside school/college in the last year, while 7% said they 'don't know' if they have been bullied.

6% of students responded that they are bullied at least 'about once a week' outside school/college.



**Q56.** Percentage of students responding that they experienced the following negative behaviours at least '1 or 2 times' in the month before the survey:

Boys			Girls		
1	Been teased/made fun of/called nasty names	30%	1	Been teased/made fun of/called nasty names	32%
2	Pushed/hit	26%	2	Been threatened	19%
3	Been threatened	25%	3	Bullied through their mobile phone/e-mail or Internet	14%
4	Bullied through their mobile phone/e-mail or Internet	11%	4	Pushed/hit	11%

30% of students feel that they are being 'picked on' or bullied because of the way they look; 27% feel they are because of their size or weight.

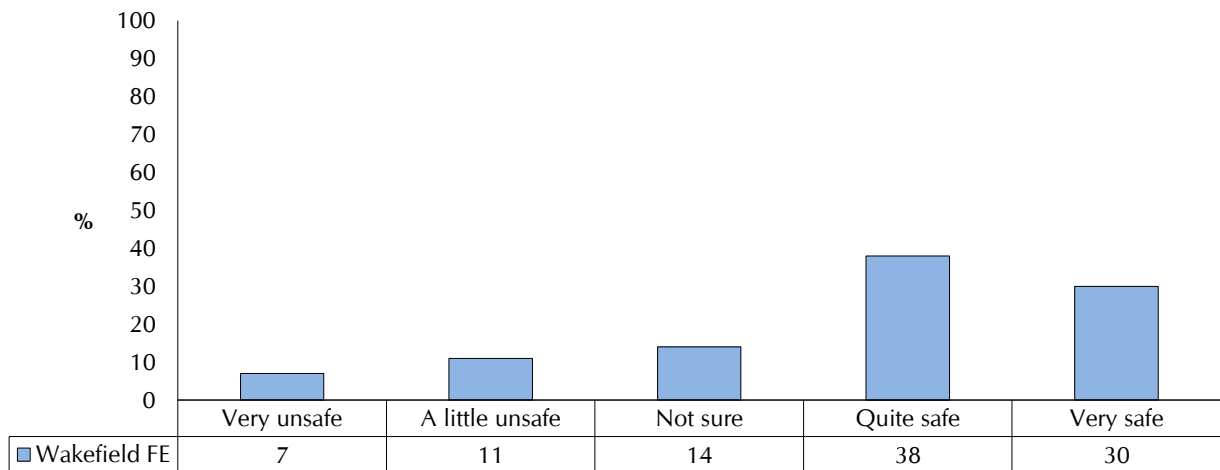
**Q57.** Percentage of students responding that they feel they are being 'picked on' or bullied for the following reasons (top 5):

Boys			Girls		
1	The way they look	26%	1	The way they look	38%
2	Their size or weight	24%	2	Their size or weight	32%
3	The clothes they wear	14%	3	The clothes they wear	18%
4	A disability or learning difficulty	7%	4	Their race or colour	5%
5	Their race or colour	6%	5	Their religion or faith	5%

50% of students responded that they think their school/college takes bullying seriously, while 25% think their school/college does not take it seriously.

## Local area

**Q59.** How safe do you feel in the area where you live?



18% of students responded that they feel at least 'a little unsafe' in the area where they live.

68% of students responded that they feel 'quite' or 'very' safe in the area where they live.

## Internet safety

44% of students responded that they have seen images/pictures that made them uncomfortable whilst on the Internet.

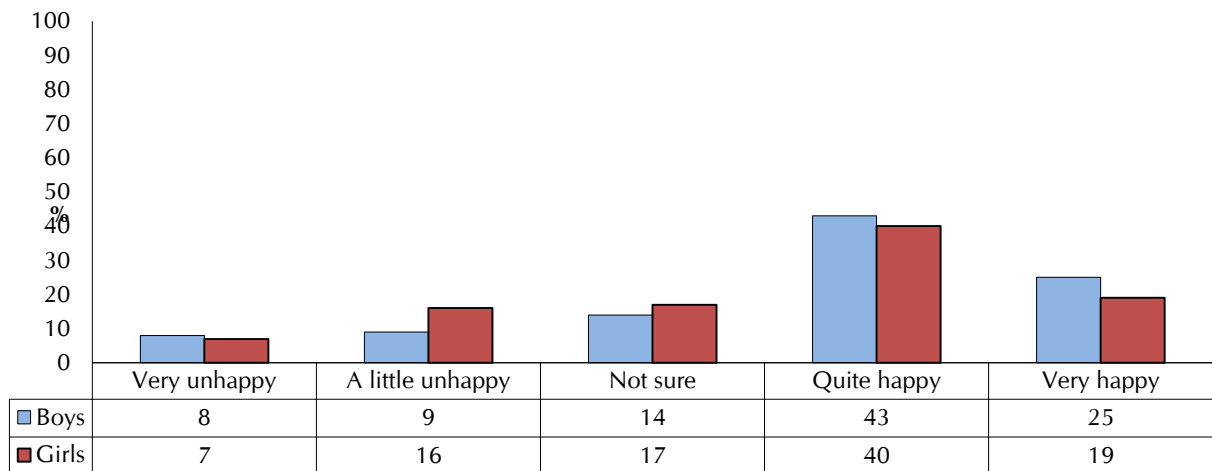
60% of students responded that they received messages from people they don't know whilst on the Internet.

33% of students responded that they have experienced people lying about who they are whilst on the Internet.

## Well-being

### Happiness

**Q61.** In general, how happy do you feel with your life at the moment?



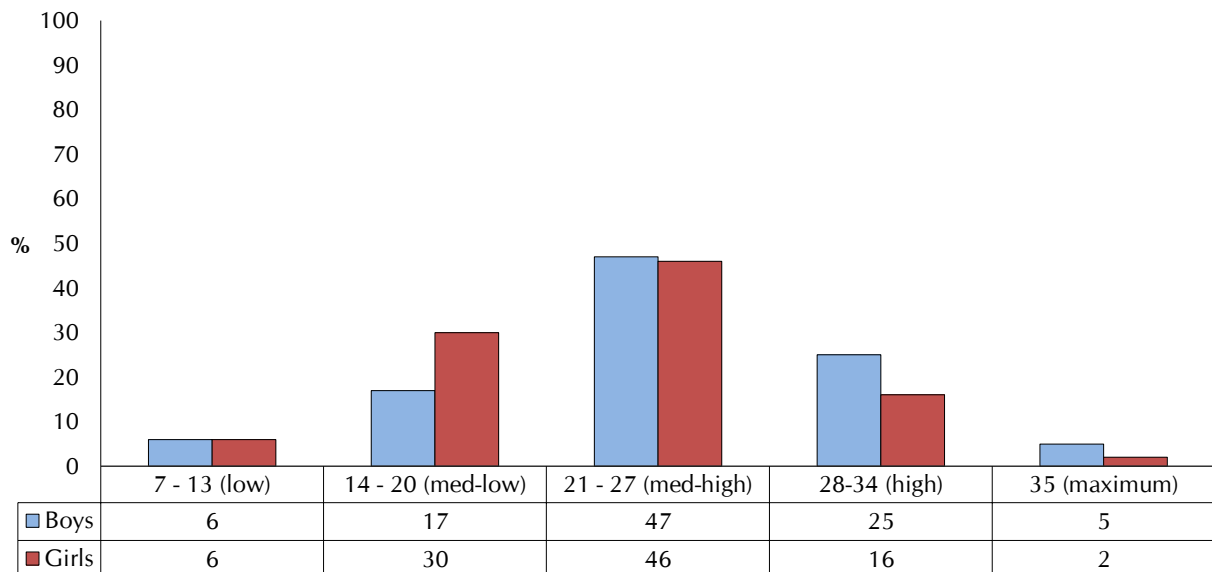
20% of students responded that they feel at least 'a little unhappy' with their life at the moment.

65% of students responded that they feel 'quite' or 'very' happy with their life at the moment.

### Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS)

The Warwick-Edinburgh Mental Well-being Scale was funded by the Scottish Executive National Programme for improving mental health and well-being, commissioned by NHS Health Scotland, developed by the University of Warwick and the University of Edinburgh, and is jointly owned by NHS Health Scotland, the University of Warwick and the University of Edinburgh. This short version of the scale comprises 7 positively-worded questions, which are used to make a combined score. High scores relate to positive wellbeing so the lower the score the poorer the wellbeing.

**Q62.** The Short Warwick-Edinburgh Mental Wellbeing Scale (SWEMWBS):



6% of students had a low score (7 – 13) on the SWEMWB Scale, while 22% had a med-low score (14 – 20).

26% of students had a high or maximum score (28 – 35) on the SWEMWB Scale.

42% of students responded that they have been feeling good about the future 'often' or 'all of the time' and 35% said they have been feeling useful.

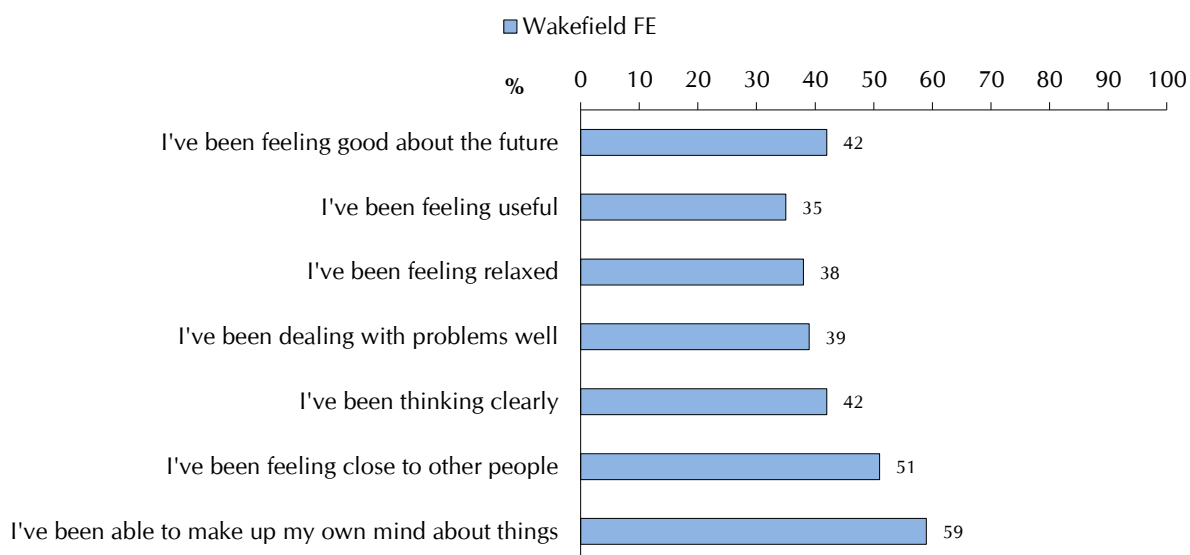
**Q62. The Short Warwick-Edinburgh Mental Wellbeing Scale:**

Boys	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling good about the future	9%	12%	27%	30%	13%
I've been feeling useful	10%	13%	30%	28%	11%
I've been feeling relaxed	8%	13%	25%	29%	18%
I've been dealing with problems well	8%	12%	27%	32%	12%
I've been thinking clearly	8%	12%	24%	33%	14%
I've been feeling close to other people	7%	10%	24%	33%	17%
I've been able to make up my own mind about things	6%	4%	19%	30%	31%

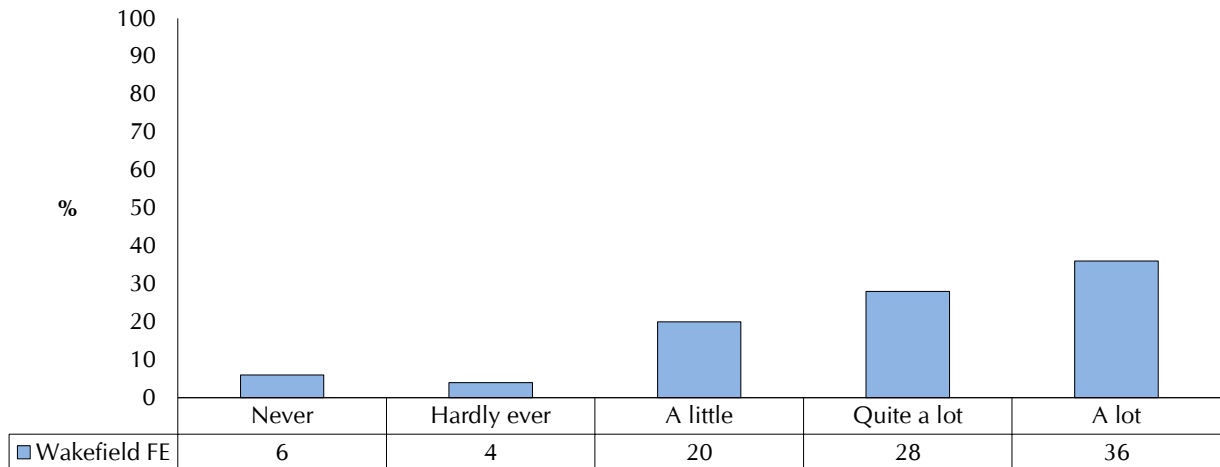
Girls	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling good about the future	7%	19%	32%	27%	13%
I've been feeling useful	6%	25%	35%	24%	6%
I've been feeling relaxed	9%	34%	26%	20%	7%
I've been dealing with problems well	8%	23%	35%	23%	10%
I've been thinking clearly	6%	23%	33%	26%	9%
I've been feeling close to other people	5%	14%	25%	36%	18%
I've been able to make up my own mind about things	3%	13%	24%	31%	26%

**Q62. Percentage of students responding 'often' or 'all of the time' to the following:**



## Worries

**Q63.** Percentage of students responding that they worry about at least one of the issues listed...



64% of students responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.

43% of students responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 29% worry about the way they look.

**Q63.** Percentage of students responding that they worry about the following 'quite a lot' or 'a lot':

Boys			Girls		
1	School-work/exams	29%	1	School-work/exams	65%
2	Money problems	24%	2	The way they look	48%
3	The way they look	17%	3	Money problems	44%
4	Family problems	16%	4	Family problems	31%
5	Problems with friends	11%	5	Problems with friends	20%

## Problem solving

58% of students responded that if they had a problem with school/college they would talk to someone they trust about it, while 58% said the same of a health problem.

**Q64.** Percentage of students responding that if they had a problem with the following, they would talk to someone they trust about it:

	Year 12		Total
	Boys	Girls	
Problem with school	52%	67%	58%
Family problem	45%	60%	51%
Health problem	55%	62%	58%
Body changes and growing up	37%	50%	42%
Problem with friends	46%	64%	53%
Bullying problem	52%	67%	58%

42% of students responded that if they had a family problem they would keep it to themselves, while 34% said the same of a bullying problem.

**Q64.** Percentage of students responding that if they had a problem with the following, they would keep it to themselves:

	Year 12		Total
	Boys	Girls	
Problem with school	39%	28%	35%
Family problem	46%	35%	42%
Health problem	36%	33%	35%
Body changes and growing up	53%	46%	50%
Problem with friends	45%	32%	40%
Bullying problem	38%	28%	34%

32% of students responded that they 'usually' or 'always' talk to someone if they have a problem or feel stressed, while 53% said they listen to music and 38% watch more TV/play computer games.

**Q65.** Percentage of students responding that they 'usually' or 'always' do the following when they have a problem or feel stressed (top 10):

Boys			Girls		
1	Listen to music	46%	1	Listen to music	64%
2	Think carefully about the problem by themselves	42%	2	Think carefully about the problem by themselves	46%
3	Watch more TV/play computer games	42%	3	Keep busy socialising	42%
4	Keep busy socialising	39%	4	Rest or sleep more	40%
5	Rest or sleep more	31%	5	Talk to someone about it	36%
6	Talk to someone about it	30%	6	Eating or drink more (e.g. sweets, chocolates)	35%
7	Do physical activity	30%	7	Watch more TV/play computer games	33%
8	Eating or drink more (e.g. sweets, chocolates)	17%	8	Do physical activity	20%
9	Smoke cigarettes	14%	9	Smoke cigarettes	17%
10	Have a drink of something alcoholic	13%	10	Have a drink of something alcoholic	13%

## Enjoying & Achieving

### Every Child Matters

65% of students agreed that they know their targets and they are helped to meet them, while 33% agreed that their views and opinions are listened to in school.

**Q66.** Percentage of students responding 'yes' to the following statements:

Boys			Girls		
1	My work is marked so I can see how to improve it	67%	1	My work is marked so I can see how to improve it	76%
2	I know my targets and I am helped to meet them	61%	2	I know my targets and I am helped to meet them	71%
3	The school/college prepares me for when I leave this school	47%	3	The school/college prepares me for when I leave this school	54%
4	My achievements in school/college are recognised	46%	4	My achievements in school/college are recognised	48%
5	My views and opinions are asked for in school	39%	5	My views and opinions are asked for in school	41%
6	My achievements out of school/college are recognised	37%	6	My achievements out of school/college are recognised	38%
7	The school/college cares whether I am happy or not	36%	7	The school/college cares whether I am happy or not	35%
8	My views and opinions are listened to in school	33%	8	My views and opinions are listened to in school	33%

**Q66.** Percentage of students responding 'yes' to the following statements:

