

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

## **District Summary Wakefield Year 9 Secondary Pupils**

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

## 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 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, Hensal 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 9 secondary aged 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
<b>Total</b>	<b>1412</b>	<b>1811</b>	<b>863</b>	<b>4086</b>

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 Secondary Results

## ▪ **Headline data for 2015**

Comparisons have been made with the wider SHEU data from *Young People into 2015*. Care must be taken interpreting any differences however as the Wakefield sample is for Year 9 and the SHEU sample is for Years 8 and 10 [shown in brackets].

### **Background**

- ❑ 88% [80%] of pupils described themselves as White British.
- ❑ 58% [62%] of pupils responded that they live with their mum and dad together.
- ❑ 17% [17%] of pupils responded that they live 'mainly or only' with their mum, while 2% said they live 'mainly or only' with their dad.
- ❑ 9% of pupils responded that they care for someone within their home who has a serious illness or disability (including mental health or an alcohol/drug problem). 6% said that they 'don't know' if they do.
- ❑ 8% of pupils responded that they have a special need, long term illness or disability which limits their daily activities or what they can do.

### **Healthy Eating**

- ❑ 13% [11%] of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- ❑ 20% [10%] of pupils responded that they had 'just a drink' before lessons on the day of the survey.
- ❑ 35% of pupils responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.
- ❑ 29% of boys and 23% of girls responded that they had (at least) one of the unhealthy items listed before lessons on the day of the survey.
- ❑ 44% [48%] of pupils responded that they had school food for lunch on the day before the survey, while 38% said they ate a packed lunch.
- ❑ 13% [12%] of pupils responded that they didn't have any lunch on the day before the survey.
- ❑ 58% of pupils responded that they would like to spend less time queuing at school dinner time, while 15% said that the school food needs more healthy options.
- ❑ 4% of pupils responded that they think 'none or just a few' pupils in their year at school have a healthy diet.
- ❑ 25% of pupils responded that they think at least 'most of' the pupils in their year at school have a healthy diet.
- ❑ 1% of pupils responded that they think 'all or nearly all' pupils in their year at school have a healthy diet.
- ❑ 49% of pupils responded that they eat fruit and veg 'on most days', while 25% [27%] said the same of crisps.
- ❑ 43% of pupils responded that they 'rarely or never' have a takeaway meal, while 8% said the same of sweets/chocolate.

### **HEALTHY DIET**

- ❑ 68% of pupils responded that their diet is 'quite' or 'very' healthy.
- ❑ 2% of pupils responded that their diet is 'very' unhealthy.
- ❑ 66% of pupils responded that they would like to eat more healthily, while 17% said they 'don't know' if they would.
- ❑ 8% [8%] of pupils responded that they would like to put on weight. 48% [44%] of pupils responded that they would like to lose weight. 44% [48%] of pupils responded that they are happy with their weight as it is.

### **Physical Activity**

- ❑ 52% of pupils responded that they think at least 'most of' the pupils in their year at school do physical activity for more than 1 hour a day.
- ❑ 74% of pupils responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer.
- ❑ 65% of pupils responded that they would like to be more physically active. 19% 'don't know' if they would.
- ❑ 39% [44%] of pupils responded that they walked to school on the day of the survey. 1% [2%] of pupils responded that they cycled to school on the day of the survey. 34% [26%] of pupils responded that they travelled to school by car/van on the day of the survey.

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

- ❑ 71% of pupils responded that they have drunk alcohol at least 'once or twice'. 3% of pupils responded that they drink alcohol 'regularly'.
- ❑ 20% [22%] of pupils responded that they have smoked in the past or smoke now.
- ❑ 29% of pupils responded that they have smoked an e-cigarette in the past or smoke now.

- ❑ 38% [36%] of pupils responded that at least one of the adults that live in their house smoke. 13% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 12% [16%] of pupils responded that they have been offered cannabis. 6% [4%] of pupils responded that they have been offered other drugs (not cannabis, e.g. cocaine, Khat etc.).
- ❑ 5% [7%] of pupils responded that they have taken cannabis. 1% [2%] of pupils responded that they have taken other drugs (not cannabis, e.g. cocaine, Khat etc.).
- ❑ 5% of pupils responded that they have been offered New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs'). 3% of pupils responded that they have taken New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs').

## Relationships & Sexual Health

- ❑ 56% of pupils responded that they 'agree' or 'strongly agree' that young people should wait until they are 16 before they have sexual intercourse.
- ❑ 7% of pupils responded that they have had sexual intercourse, while 7% said that they 'prefer not to answer'.
- ❑ 3% of pupils responded that they have had sexual intercourse and used a condom 'every time', while 2% said that they did so only 'sometimes'. This equates to 44% of those who have had sex responded that they used a condom 'every time'.
- ❑ 1% of pupils responded that they or their partner has taken emergency contraception (the 'morning after pill').
- ❑ 57% [45%] of pupils responded that they know where to get condoms free of charge.

## Staying Safe

- ❑ 77% of pupils responded that they 'always' wear a seatbelt when travelling in a car.
- ❑ 68% of pupils responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.
- ❑ 9% of pupils responded that the speed of traffic outside school 'usually' or 'always' makes them feel unsafe.
- ❑ 44% of pupils responded that they 'usually' or 'always' use a mobile phone or listen to music whilst walking near a road.
- ❑ 20% [18%] of pupils responded that they 'usually' or only 'always' wear a safety helmet when cycling.

## BULLYING

- ❑ 28% [26%] of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 8% [6%] of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 36% [21%] of pupils responded that they have been bullied at least 'once or more' at school in the last year, while 8% said they 'don't know' if they have been bullied.
- ❑ 35% of pupils feel that they are being 'picked on' or bullied because of the way they look; 25% feel they are because of their size or weight.
- ❑ 48% [56%] of pupils responded that they think their school takes bullying seriously, while 31% [18%] think their school does not take it seriously.

## INTERNET SAFETY

- ❑ 32% of pupils responded that they have seen images/pictures that made them uncomfortable whilst on the Internet.
- ❑ 51% of pupils responded that they received messages from people they don't know whilst on the Internet.
- ❑ 22% of pupils responded that they have experienced people lying about who they are whilst on the Internet.

## Well-being

- ❑ 69% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment.

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

- ❑ 7% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 20% had a med-low score (14 – 20). 28% of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.

## WORRIES

- ❑ 58% of pupils responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.
- ❑ 39% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 32% [38%] worry about the way they look.

## PROBLEM SOLVING

- ❑ 57% of pupils responded that if they had a problem with school they would talk to someone they trust about it, while 57% said the same of a health problem.
- ❑ 43% of pupils responded that if they had a family problem they would keep it to themselves, while 30% said the same of a bullying problem.

## Key Findings

### Healthy Eating

- ❑ 66% 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 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 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'.
- ❑ Students who had lunch the day before have been compared with students who missed lunch the day before. Those who had lunch were also more likely to say they feel happy with life at the moment, say that their diet is 'quite' or 'very healthy and say that they 'always' wear a seatbelt when travelling in a car, when compared with students who missed lunch the day before.
- ❑ 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', thought they were 'fit' or 'very fit' and said that the amount of physical activity they do is enough to keep them healthy, when compared with students who said their diet was 'not very healthy' or 'very unhealthy'.
- ❑ Students who said that they eat fruit and vegetables at least 2-3 days a week were also more likely to say that their diet was 'quite' or 'very healthy', were more likely to say that they enjoy physical activities and were less likely to say that at least one adult in their house smokes, when compared with students who said they had fruit and vegetables 'once a week' or less.
- ❑ Students who said that they have fizzy drinks at least 2-3 days a week were also more likely to say that they have smoked an e-cigarette in the past or smoke now, were more likely to say that at least one adult in their house smokes and were less likely to say that they eat fruit and vegetables 'on most days', when compared with students who said they have fizzy drinks 'once a week' or less.
- ❑ 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 more likely to enjoy physical activities, when compared with students who said they cleaned their teeth once a day or less.

### Physical activity

- ❑ Students who said that they participate in at least an hour of physical activity a day were also more likely to say that their diet is healthy, that the amount of physical activity is enough to keep them healthy and were more likely to enjoy physical activities, when compared with students 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 someone at home who smokes indoors 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 bullied at school and outside school and are less likely to say that their diet is 'quite' or 'very healthy, when compared with students who said they don't have someone at home who smokes indoors.
- ❑ Students who said that they think it is OK for young people their age to get drunk 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 offered cannabis and think that at least 'most' of the pupils in their year group drink alcohol, when compared with students who said it wasn't OK for young people their age to get drunk..
- ❑ 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 know where to get free condoms, when compared with students who said they have not taken drugs.

### **Safety**

- ❑ Students who said that they usually or always use their mobiles or listen to music when they are walking near a road were also more likely to say that they listen to music when they have a problem or feel stressed. They were also more likely to say they have received messages from people they don't know whilst on the Internet and say that they never or hardly ever wear a safety helmet when cycling, when compared with students who said they don't use their mobiles or listen to music when walking near a road.
- ❑ Students who said that they 'usually' or 'always' wear a safety helmet when cycling were also more likely to say that they always wear a seatbelt when travelling in a car. They were also more likely to agree that young people should wait until they are 16 before having sexual intercourse and say that they would talk to someone if they had a problem or were feeling stressed, when compared with students who said they never wear a safety helmet when cycling.
- ❑ Students who said that they feel 'quite' or 'very safe' in the area where they live were also more likely to say that they were 'quite' or 'very happy' with their lives at the moment, were more likely to say their school takes bullying seriously and say that have been feeling useful 'often' or 'all of the time', when compared with students who said they feel 'a little' or 'very unsafe' in the area where they live.
- ❑ 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.
- ❑ Students who said that they have been picked on because of their size or weight were also more likely to say that they would like to lose weight. They were also more likely to say they worry about the way they look and say that they have experienced people lying about who they are whilst on the Internet, when compared with students who said they haven't been picked on because of their size or weight.
- ❑ Boys who said that they would like to lose weight were also more likely to say that they feel afraid of going to school because of bullying. They were also more likely to say are unfit and say that they would like to eat more healthily, when compared with students who said they were happy with their weight.

### **Wellbeing**

- ❑ Students who said that they were happy with their lives at the moment were also more likely to say that they have been feeling good about the future 'often' or 'all of the time'. They were more likely to say they were happy with their weight and less likely to say they had been bullied in the last 12 months, when compared with students who said they were 'a little' or 'very unhappy' with their lives at the moment.
- ❑ 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 problem or feel stressed and were less likely to say they feel safe in the area where they live, when compared with students who had a medium high/max scores on the wellbeing scale.

### **Relationships & sexual health**

- ❑ Students who said that they have had sexual intercourse were also more likely to say that they have smoked e-cigarettes in the past or smoke them now. They were also less likely to say they can describe the laws relating to the age of consent for sexual activity and were more likely to disagree that young people should wait until they are 16 before having sexual intercourse, when compared with students who said they have not had sex.
- ❑ Students who said that they know where to get free condoms were also more likely to say that they know where to get support and advice regarding sexual health. They were also more likely to say they it is OK for young people their age to get drunk and were more likely to disagree that young people should wait until they are 16 before having sexual intercourse, when compared with students didn't know where to get free condoms.
- ❑ Students who correctly identified that Chlamydia can be treated and cured were also more likely to say that they know where to get condoms free of charge. They were also more likely to say they have smoked in the past or smoke now and have been offered cannabis, when compared with students who had an incorrect knowledge of Chlamydia.

### **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 they enjoy physical activities. More boys than girls said that they cycle to school and more say that when they have a problem or feel stressed they watch more TV or play computer games.
- ❑ More girls than boys have seen images/pictures on the Internet that have made them feel uncomfortable. More say they would like to eat more healthily and say they have been bullied because of the way they look.
- ❑ Secondary aged were more likely to overestimate the proportion of girls in their year group who drink alcohol and smoke cigarettes compared with boys at this age.

### **Vulnerable groups**

- ❑ Looking in more detail at the potential vulnerable groups in this age group, children in care, those in single parent families and those who have to look after someone at home because they have a serious illness or disability, were more likely to have tried smoking and taken drugs compared with the wider group of Year 9 students. These groups were also more likely to say they have been sexually active.
- ❑ Students who said that they had a special need, long term illness or disability were more likely to have been offered and taken drugs, been bullied at school and worry about money problems compared with the wider group of Year 9 students.
- ❑ Compared with the SHEU wider dataset (Year 8 & 10 students), Wakefield students were more similar than different. Wakefield students were more likely to have come to school by car that day, 34% vs. 26%. They were also less likely to say that their school takes bullying seriously, 48% vs. 56% when compared with the wider dataset.

## Cross Phase Differences

	Year 5	Year 9	Year 12
<b>Diet:</b>			
% having no breakfast or just a drink	13%	33%	45%
% having school 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 because of bullying	11%	8%	6%
% who never feel afraid of going to school because of bullying	62%	72%	84%
% who think school 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 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%

## 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 9 pupils with different circumstances, compared with the whole Year 9 Wakefield sample:

Percentages in each social identity group reporting different behaviours - secondary	All Yr 9	Ethnic minority	Young Carer	Children in care	Single-parent family	Special needs	Least deprived	Most deprived
No breakfast/just a drink	33%	27%	42%	52%	41%	40%	21%	33%
No lunch the previous day	13%	14%	21%	29%	14%	13%	12%	12%
Eat fruit/veg on most days	49%	49%	47%	52%	41%	41%	61%	41%
Eat chips/roast pots on most days	11%	9%	15%	12%	12%	14%	9%	10%
Normally brush teeth at least twice a day	88%	88%	83%	83%	86%	83%	90%	87%
Do less than an hour or no physical activity a day	26%	28%	29%	28%	28%	30%	23%	30%
1+ hours exercise/day	74%	72%	71%	72%	72%	70%	77%	70%
Would like to be more physically active	65%	68%	61%	60%	65%	61%	65%	67%
Drink alcohol 'regularly'	3%	3%	5%	12%	4%	4%	1%	4%
Think it is OK for young people to get drunk	13%	10%	16%	22%	18%	23%	12%	9%
Smoke 'occasionally'/'regularly'	4%	2%	9%	17%	6%	8%	2%	3%
Think it is OK for young people to smoke	5%	4%	10%	4%	7%	12%	5%	5%
Smoke e-cigarettes 'occasionally'/'regularly'	5%	7%	12%	8%	6%	8%	4%	6%
Ever offered drugs	13%	17%	25%	26%	19%	21%	9%	12%
Ever taken drugs	5%	8%	17%	30%	8%	13%	3%	3%
Offered New or NPS 'Legal Highs'	5%	7%	11%	4%	7%	8%	3%	3%
Taken New or NPS 'Legal Highs'	3%	3%	4%	4%	3%	4%	2%	1%
Sexually active	7%	8%	12%	21%	11%	8%	4%	7%
Know where to get free condoms	57%	46%	63%	52%	56%	62%	67%	50%
Active travel to school	40%	35%	46%	54%	43%	38%	47%	38%
Always wear a seatbelt when in a car	77%	64%	68%	79%	69%	73%	82%	78%
'Usually'/'always' feel unsafe due to the speed of traffic outside school	9%	6%	20%	0%	8%	16%	5%	10%
Always wear a safety helmet when cycling	10%	9%	8%	8%	6%	13%	15%	8%
'Often'/'very often' feel afraid of going to school because of bullying	8%	7%	16%	21%	8%	16%	5%	5%
Bullied at school last year	36%	35%	53%	50%	42%	55%	31%	39%
Think their school takes bullying seriously	48%	44%	38%	35%	45%	45%	57%	50%
'Quite'/'very' happy with life	69%	69%	48%	46%	59%	66%	71%	70%
High/max SWEMWBS score	28%	29%	22%	29%	26%	23%	27%	29%
Worry about school-work/exams	39%	38%	40%	48%	38%	41%	47%	39%
Worry about money problems	13%	13%	19%	28%	18%	22%	10%	11%
Keep at least one problem to themselves	69%	67%	72%	84%	67%	66%	69%	65%
Agree with "My work is marked so I can see how to improve it"	68%	65%	64%	56%	68%	66%	69%	71%
Agree with "I know my targets and I am helped to meet them"	58%	58%	53%	52%	57%	54%	55%	65%
Agree with "My views are asked for in school"	34%	34%	28%	28%	32%	34%	32%	41%
<b>Sample size:</b>	1811	188	156	25	342	143	257	225
Significance testing	KEY	42%	p<0.01	42%	p<0.05			

Results for each District, compared with the whole Year 9 Wakefield sample:

Percentages in each Wakefield District reporting different behaviours - secondary	All Yr 9	Castleford	Normanton & Featherstone	Pontefract & Knottingley	South East	Wakefield Central	Wakefield North West	Wakefield Rural
No breakfast/just a drink	33%	35%	29%	33%	39%	33%	30%	20%
No lunch the previous day	13%	9%	10%	15%	13%	13%	11%	20%
Eat fruit/veg on most days	49%	50%	51%	46%	44%	50%	55%	57%
Eat chips/roast pots on most days	11%	16%	3%	8%	10%	11%	11%	14%
Normally brush teeth at least twice a day	88%	86%	90%	88%	90%	85%	87%	90%
Do less than an hour or no physical activity a day	26%	25%	24%	29%	28%	25%	19%	30%
1+ hours exercise/day	74%	75%	76%	71%	72%	75%	81%	70%
Would like to be more physically active	65%	64%	64%	66%	64%	68%	68%	65%
Drink alcohol 'regularly'	3%	3%	1%	3%	3%	1%	2%	7%
Think it is OK for young people to get drunk	13%	9%	7%	12%	17%	8%	16%	19%
Smoke 'occasionally'/'regularly'	4%	6%	3%	3%	2%	5%	3%	7%
Think it is OK for young people to smoke	5%	7%	4%	4%	3%	6%	5%	7%
Smoke e-cigarettes 'occasionally'/'regularly'	5%	6%	2%	4%	6%	3%	4%	9%
Ever offered drugs	13%	16%	8%	12%	15%	11%	12%	22%
Ever taken drugs	5%	8%	3%	4%	4%	5%	5%	8%
Offered New or Novel Psychoactive Substances ('Legal highs')	5%	8%	0%	2%	1%	3%	5%	20%
Taken New or Novel Psychoactive Substances ('Legal highs')	3%	6%	0%	1%	1%	0%	2%	14%
Sexually active	7%	8%	2%	5%	10%	7%	5%	7%
Can find free condoms	57%	62%	27%	59%	61%	43%	68%	47%
Active travel to school	40%	50%	16%	49%	30%	44%	46%	32%
Always wear a seatbelt when in a car	77%	78%	81%	81%	74%	65%	79%	82%
'Usually'/'always' feel unsafe due to the speed of traffic outside school	9%	12%	4%	8%	12%	6%	7%	5%
Always wear a safety helmet when cycling	10%	7%	16%	12%	6%	8%	11%	19%
'Often'/'very often' feel afraid of going to school because of bullying	8%	11%	4%	7%	9%	6%	7%	6%
Bullied at school last year	36%	38%	21%	37%	43%	36%	34%	33%
Think their school takes bullying seriously	48%	50%	61%	52%	36%	53%	52%	46%
'Quite'/'very' happy with life	69%	65%	77%	66%	69%	69%	77%	61%
High/max SWEMWBS score	28%	30%	37%	27%	28%	32%	28%	21%
Worry about school-work/exams	39%	43%	33%	39%	37%	34%	41%	43%
Worry about money problems	13%	13%	9%	14%	13%	7%	14%	19%
Keep at least one problem to themselves	69%	71%	54%	62%	72%	68%	75%	77%
Agree with "My work is marked so I can see how to improve it"	68%	74%	54%	64%	72%	69%	71%	65%
Agree with "I know my targets and I am helped to meet them"	58%	66%	48%	57%	61%	60%	55%	53%
Agree with "My views are asked for in school"	34%	38%	30%	34%	34%	33%	27%	41%
Sample size:	1811	282	136	411	397	166	280	139
						Significance testing	42%	p < 0.05
						KEY	42%	p < 0.01

## Area differences

All Area differences listed below are statistically significant. See also page 13 onwards.

### Castleford

- 44% of pupils responded that they had school food for lunch on the day before the survey. In **Castleford** this was higher at 59%.
- 58% of pupils responded that they would like to spend less time queuing at school dinner time. In **Castleford** this was lower at 46%.
- 38% of pupils responded that they had packed lunch on the day before the survey. In **Castleford** this was lower at 25%.
- 57% of pupils responded that if they had a problem with school they would talk to someone they trust about it. In **Castleford** this was higher at 66%.
- 8% of pupils responded that they are bullied at least 'about once a week' at school. In **Castleford** this was higher at 13%.

### Normanton & Featherstone

- 57% of pupils responded that they know where to get condoms free of charge. In **Normanton and Featherstone** this was lower at 27%.
- 39% of pupils responded that they think 'none or just a few' of the girls in their year at school have had sexual intercourse. In **Normanton and Featherstone** this was higher at 67%.
- 28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'. In **Normanton and Featherstone** this was lower at 13%.
- 36% of pupils responded that they have been bullied at least 'once or more' at school in the last year. In **Normanton and Featherstone** this was lower at 21%.
- 71% of pupils responded that they have drunk alcohol at least 'once or twice'. In **Normanton and Featherstone** this was lower at 58%.
- 20% of pupils responded that they have smoked in the past or smoke now. In **Normanton and Featherstone** this was lower at 10%.
- 29% of pupils responded that they have smoked an e-cigarette in the past or smoke now. In **Normanton and Featherstone** this was lower at 17%.
- 22% of pupils responded that they have experienced people lying about who they are whilst on the Internet. In **Normanton and Featherstone** this was lower at 11%.
- 48% of pupils responded that they think their school takes bullying seriously. In **Normanton and Featherstone** this was higher at 61%.

### Pontefract and Knottingley

- 88% of pupils described themselves as White British. In **Pontefract and Knottingley** this was higher at 95%.
- 25% of pupils responded that they think at least 'most of' the pupils in their year at school drink alcohol regularly. In **Pontefract and Knottingley** this was higher at 34%.
- 57% of pupils responded that if they had a problem with school they would talk to someone they trust about it. In **Pontefract and Knottingley** this was lower at 48%.
- 42% of pupils responded that they have heard of New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs'). In **Pontefract and Knottingley** this was lower at 33%.
- 58% of pupils responded that they would like to spend less time queuing at school dinner time. In **Pontefract and Knottingley** this was higher at 66%.
- 39% of pupils responded that they walked to school on the day of the survey. In **Pontefract and Knottingley** this was higher at 47%.
- 31% of pupils responded that they talk to someone if they have a problem or feel stressed. In **Pontefract and Knottingley** this was lower at 25%.

### South East Wakefield

- 42% of pupils responded that they have heard of New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs'). In **South East Wakefield** this was lower at 28%.
- 80% of pupils responded that they 'never' or only 'sometimes' wear a safety helmet when cycling. In **South East Wakefield** this was higher at 89%.
- 48% of pupils responded that they think their school takes bullying seriously. In **South East Wakefield** this was lower at 36%.

- 74% of pupils responded that they feel 'quite' or 'very' safe in the area where they live. In **South East Wakefield** this was lower at 66%.
- 29% of pupils responded that they have smoked an e-cigarette in the past or smoke now. In **South East Wakefield** this was higher at 36%.
- 44% of pupils responded that they had school food for lunch on the day before the survey. In **South East Wakefield** this was lower at 36%.
- 71% of pupils responded that they have drunk alcohol at least 'once or twice'. In **South East Wakefield** this was higher at 81%.
- 39% of pupils responded that they walked to school on the day of the survey. In **South East Wakefield** this was lower at 30%.

### Wakefield Central

- 88% of pupils described themselves as White British. In **Wakefield Central** this was lower at 58%.
- 71% of pupils responded that they have drunk alcohol at least 'once or twice'. In **Wakefield Central** this was lower at 53%.
- 15% of pupils responded that they think at least 'most of' the pupils in their year at school smoke cigarettes. In **Wakefield Central** this was higher at 29%.
- 94% of pupils responded that they have been to the dentist in the last year. In **Wakefield Central** this was lower at 84%.
- 34% of pupils responded that they go to parks around Wakefield District at least 'once a week'. In **Wakefield Central** this was higher at 49%.
- 77% of pupils responded that they 'always' wear a seatbelt when travelling in a car. In **Wakefield Central** this was lower at 65%.
- 57% of pupils responded that they know where to get condoms free of charge. In **Wakefield Central** this was lower at 43%.
- 25% of pupils responded that they think at least 'most of' the pupils in their year at school drink alcohol regularly. In **Wakefield Central** this was lower at 15%.

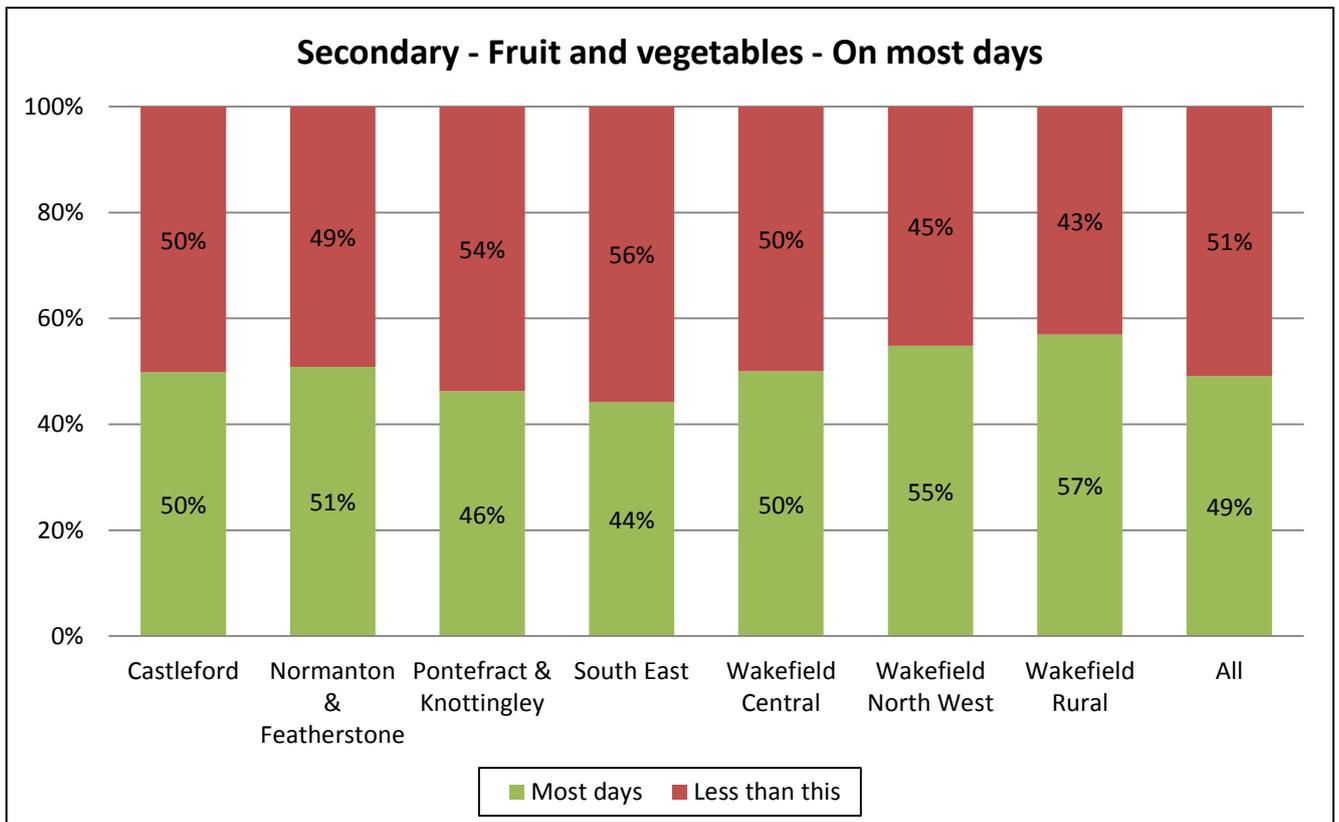
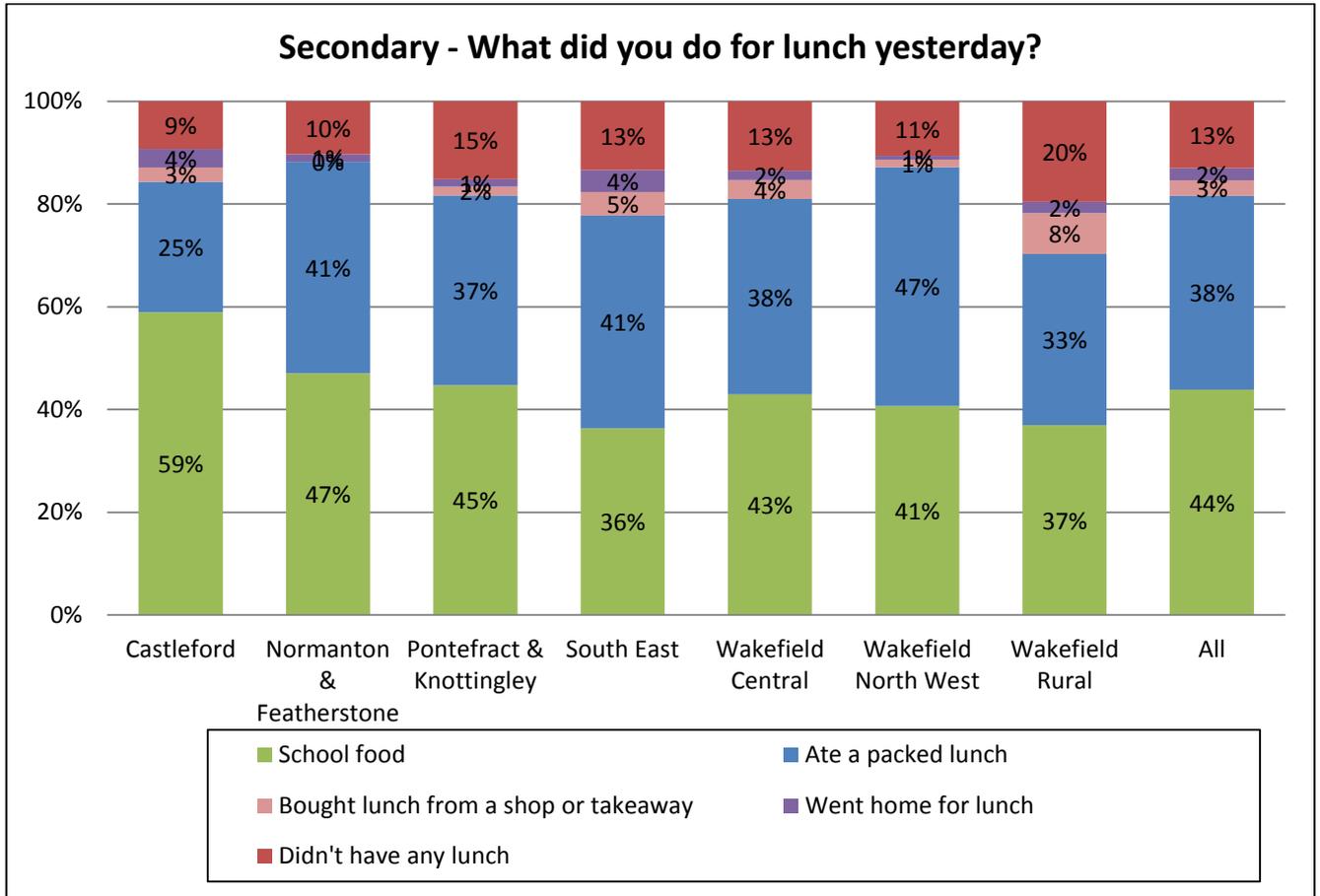
### Wakefield North West

- 74% of pupils responded that they feel 'quite' or 'very' safe in the area where they live. In **Wakefield North West** this was higher at 86%.
- 59% of pupils correctly identified that HIV/AIDS can be treated but not cured. In **Wakefield North West** this was higher at 71%.
- 58% of pupils responded that they would like to spend less time queuing at school dinner time. In **Wakefield North West** this was higher at 70%.
- 14% of pupils responded that they feel at least 'a little unsafe' in the area where they live. In **Wakefield North West** this was lower at 6%.
- 94% of pupils responded that they have been to the dentist in the last year. In **Wakefield North West** this was higher at 99%.
- 57% of pupils responded that they know where to get condoms free of charge. In **Wakefield North West** this was higher at 68%.
- 38% of pupils responded that at least one adult that lives in their house smokes. In **Wakefield North West** this was lower at 28%.
- 69% of pupils responded that they feel 'quite' or 'very' happy with their life at the moment. In **Wakefield North West** this was higher at 77%.

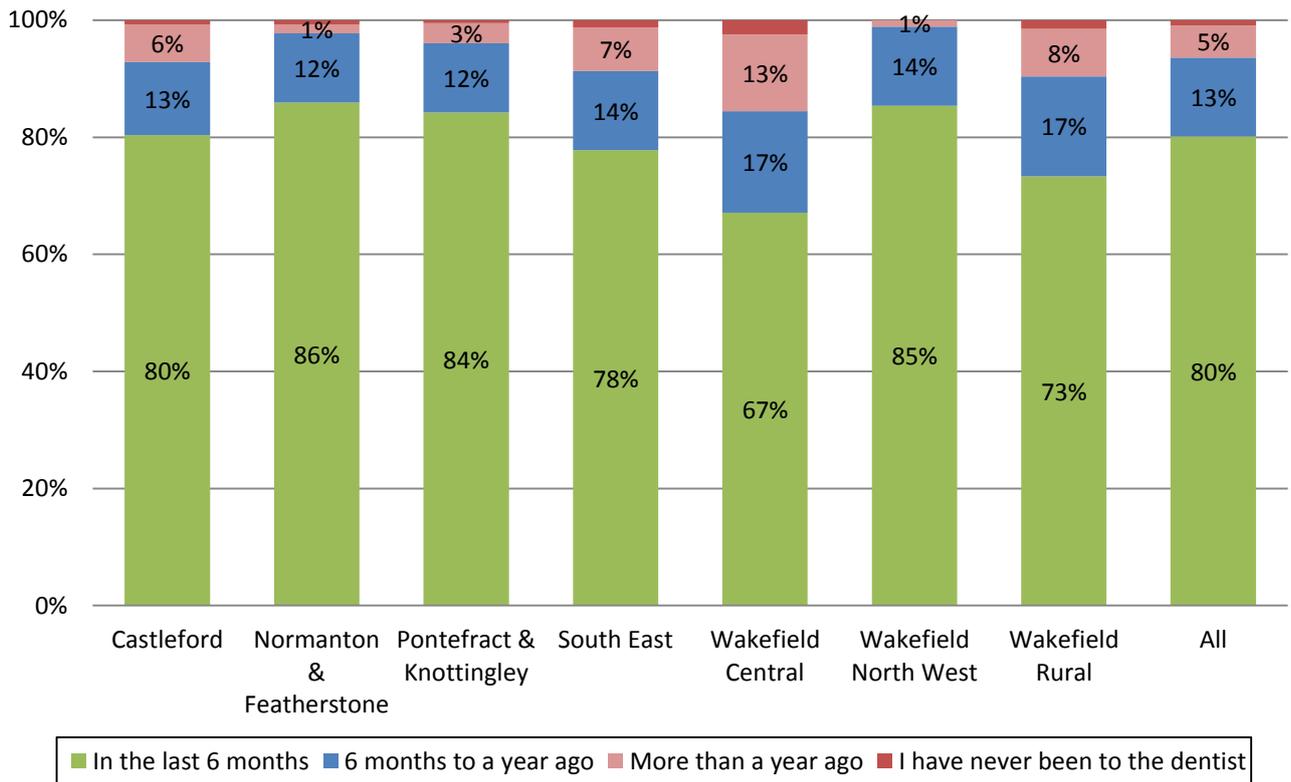
### Wakefield Rural

- 6% of pupils responded that they have been offered other drugs (not cannabis, e.g. cocaine, Khat etc.). In **Rural Wakefield** this was higher at 13%.
- 15% of pupils responded that they think at least 'most of' the pupils in their year at school smoke cigarettes. In **Rural Wakefield** this was higher at 26%.
- 10% of pupils responded that they 'always' wear a safety helmet when cycling. In **Rural Wakefield** this was higher at 19%.
- 34% of pupils responded that they 'hardly ever or never' go to woodlands around Wakefield District. In **Rural Wakefield** this was lower at 22%.
- 59% of pupils correctly identified that HIV/AIDS can be treated but not cured. In **Rural Wakefield** this was lower at 46%.
- 73% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'. In **Rural Wakefield** this was lower at 61%.

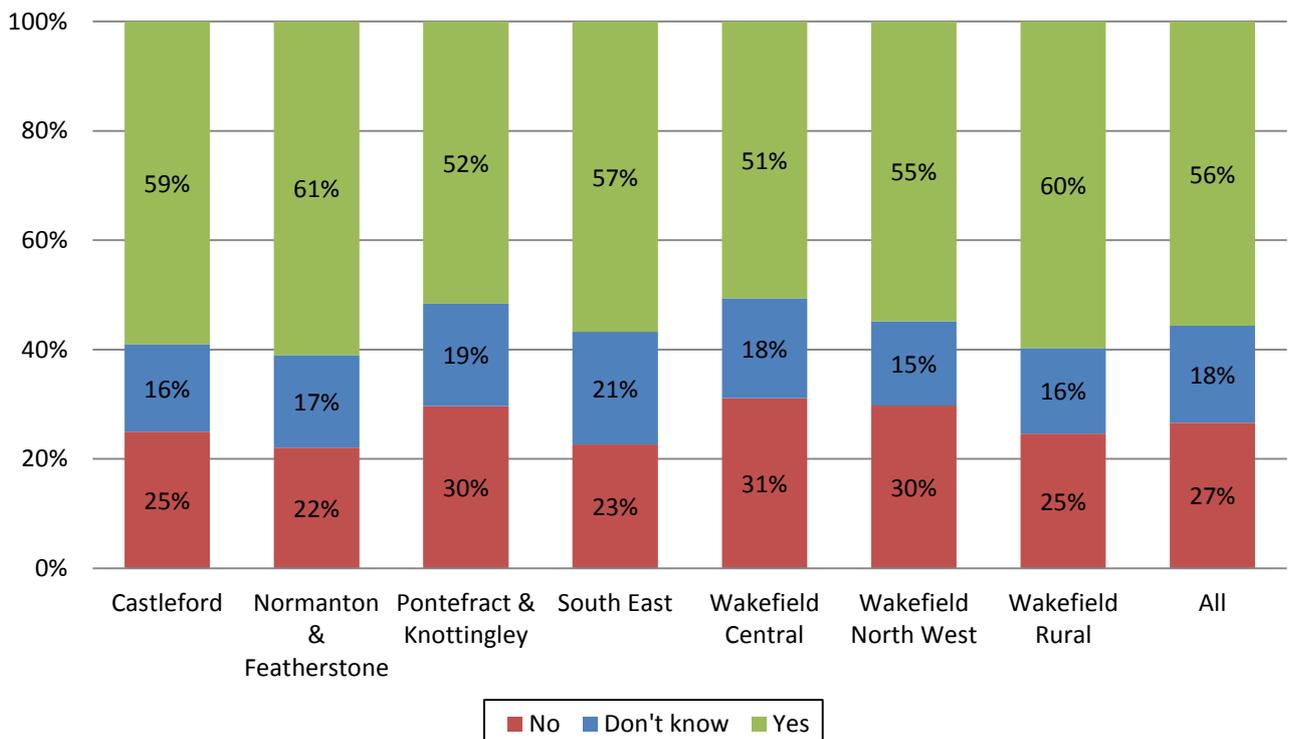
## Analysis by area



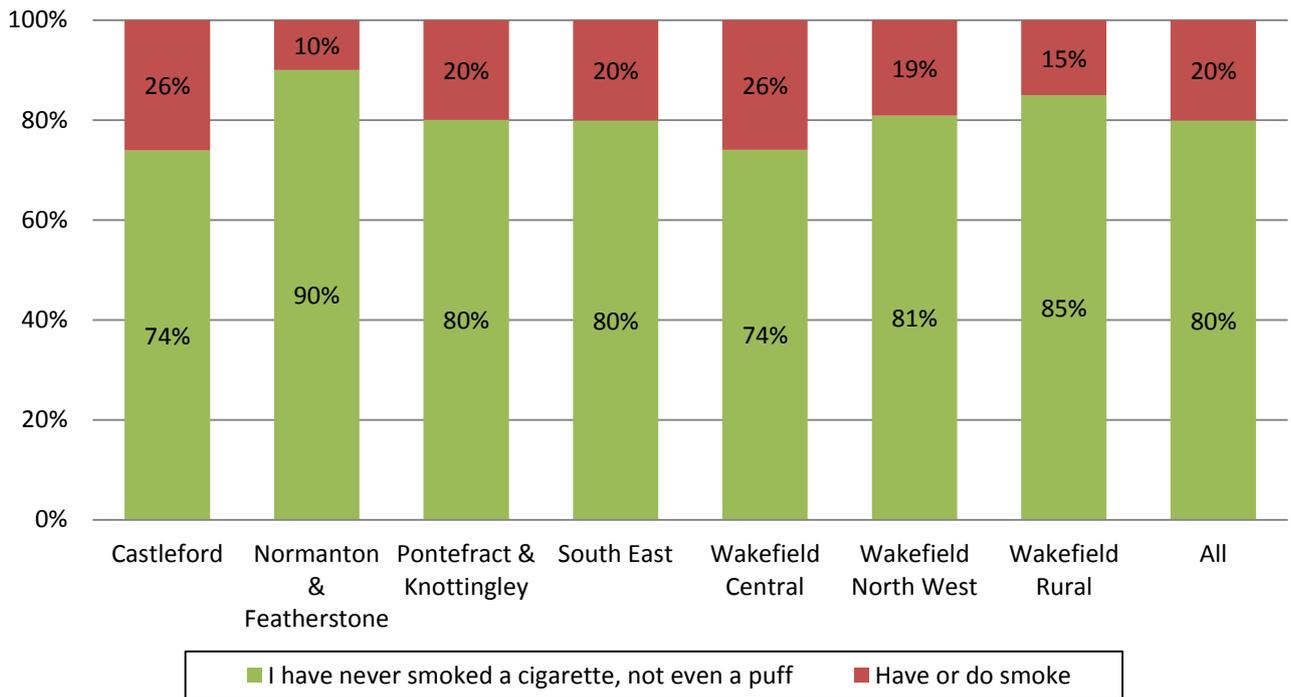
### Secondary - Visit to the dentist



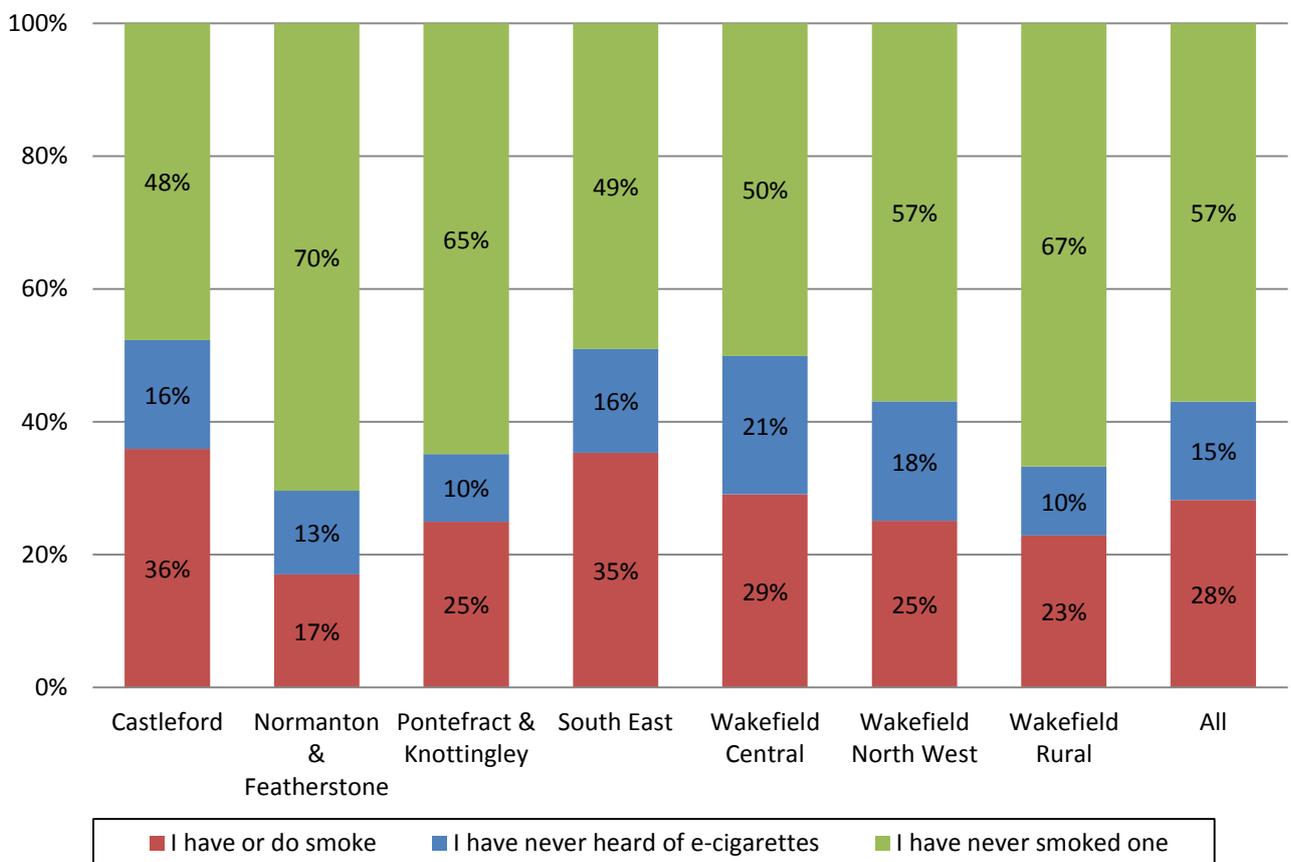
### Secondary - Do you think the amount of physical activity you do is enough to keep you healthy?



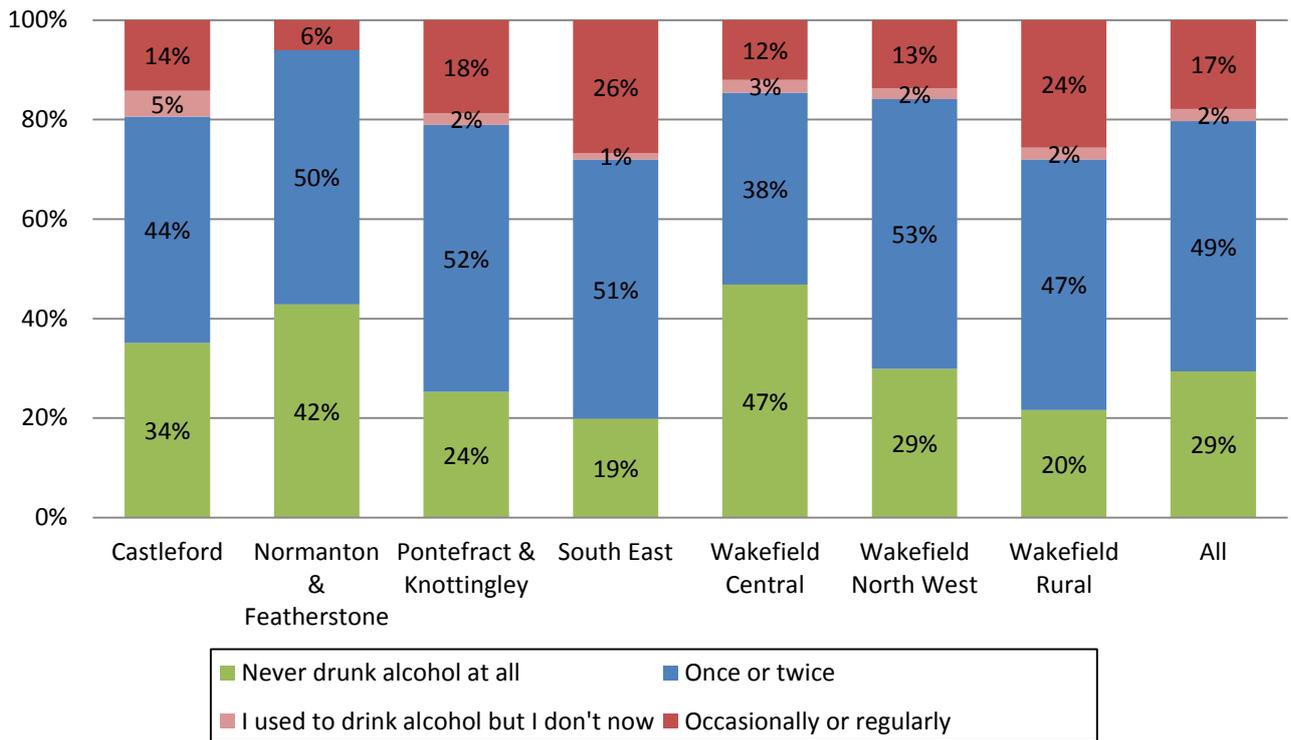
### Secondary - Smoking experience



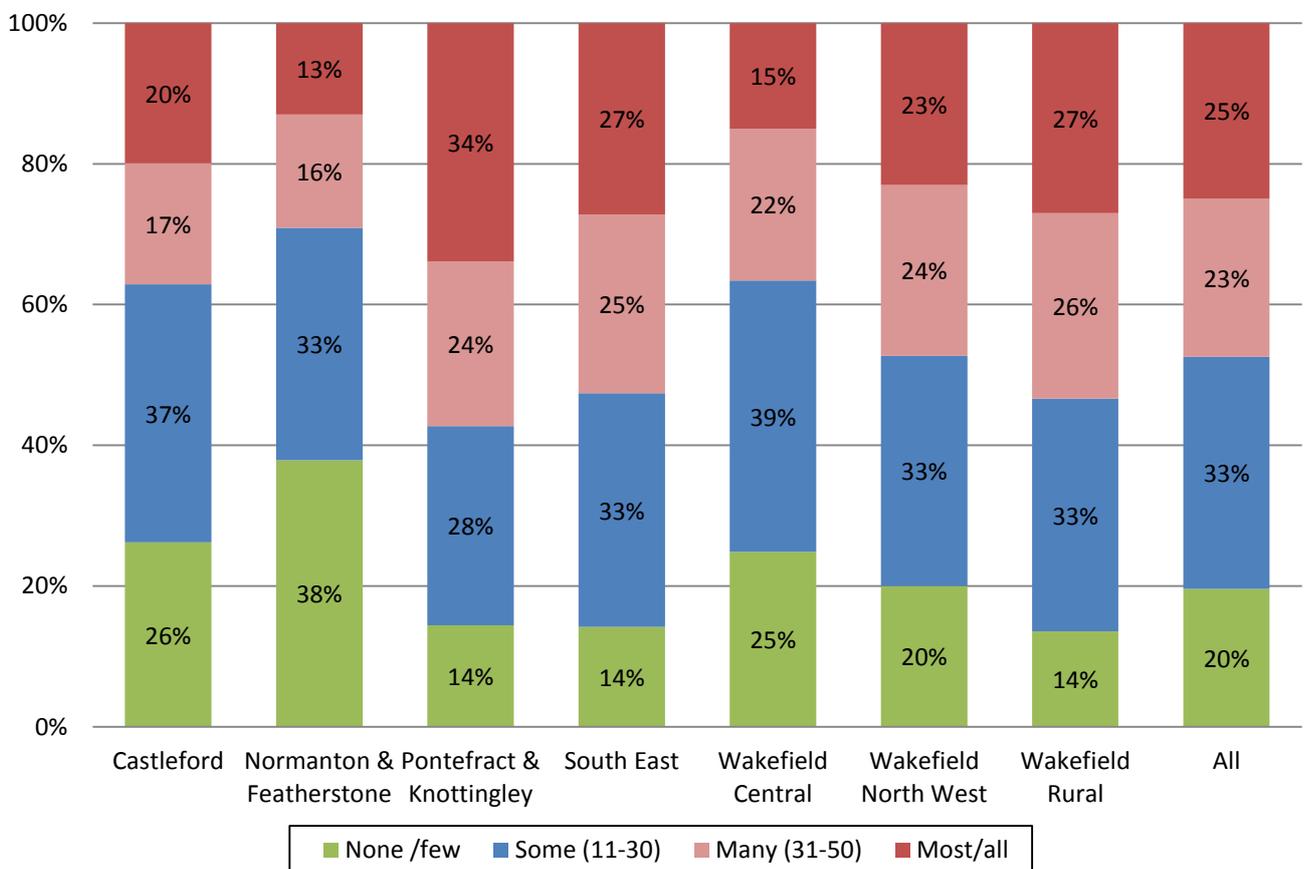
### Secondary - E-cigarette experience



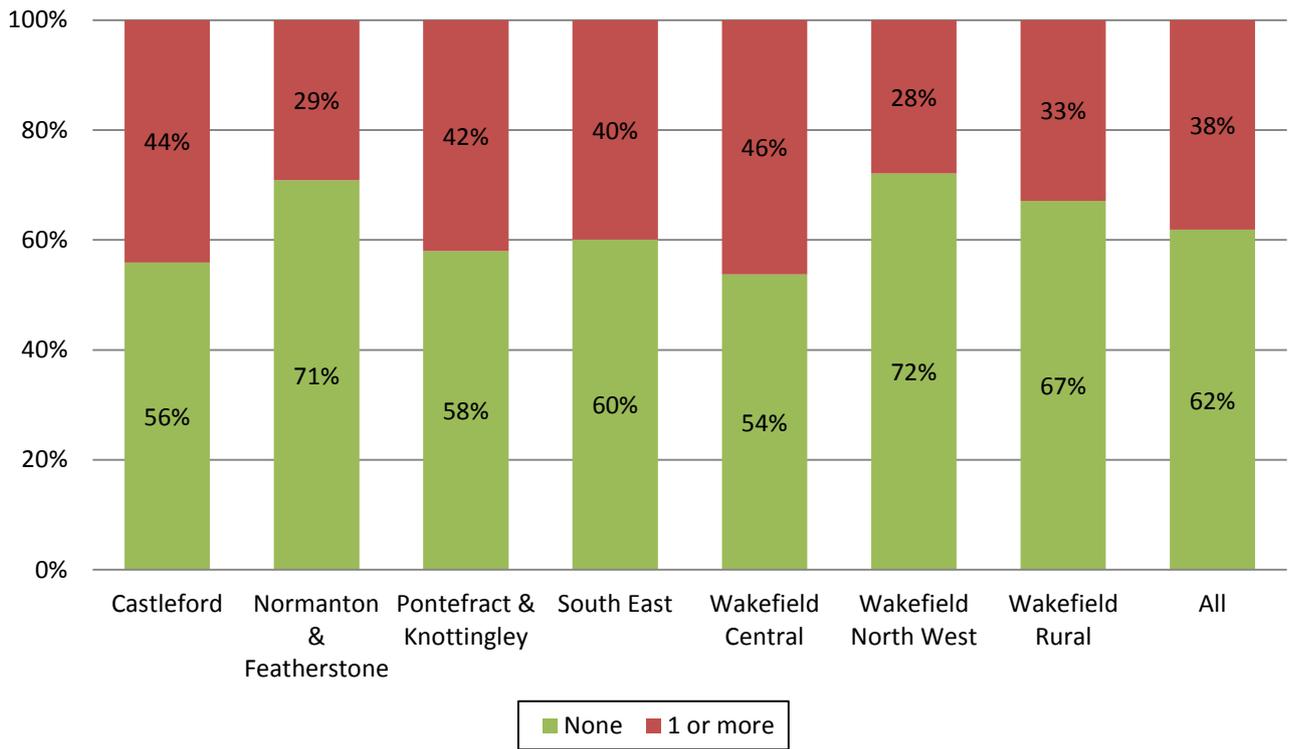
### Secondary - Alcohol experience



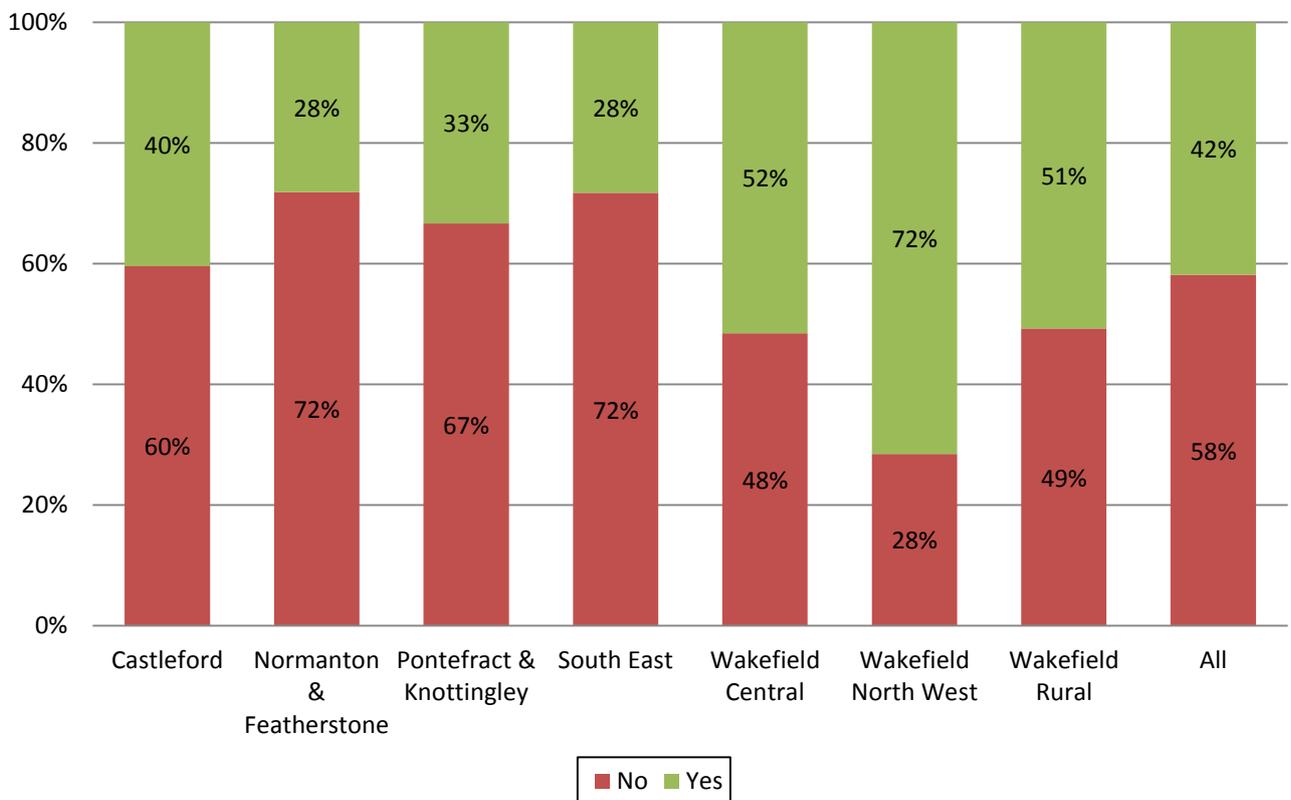
### Secondary - How many of your year group drink alcohol regularly?



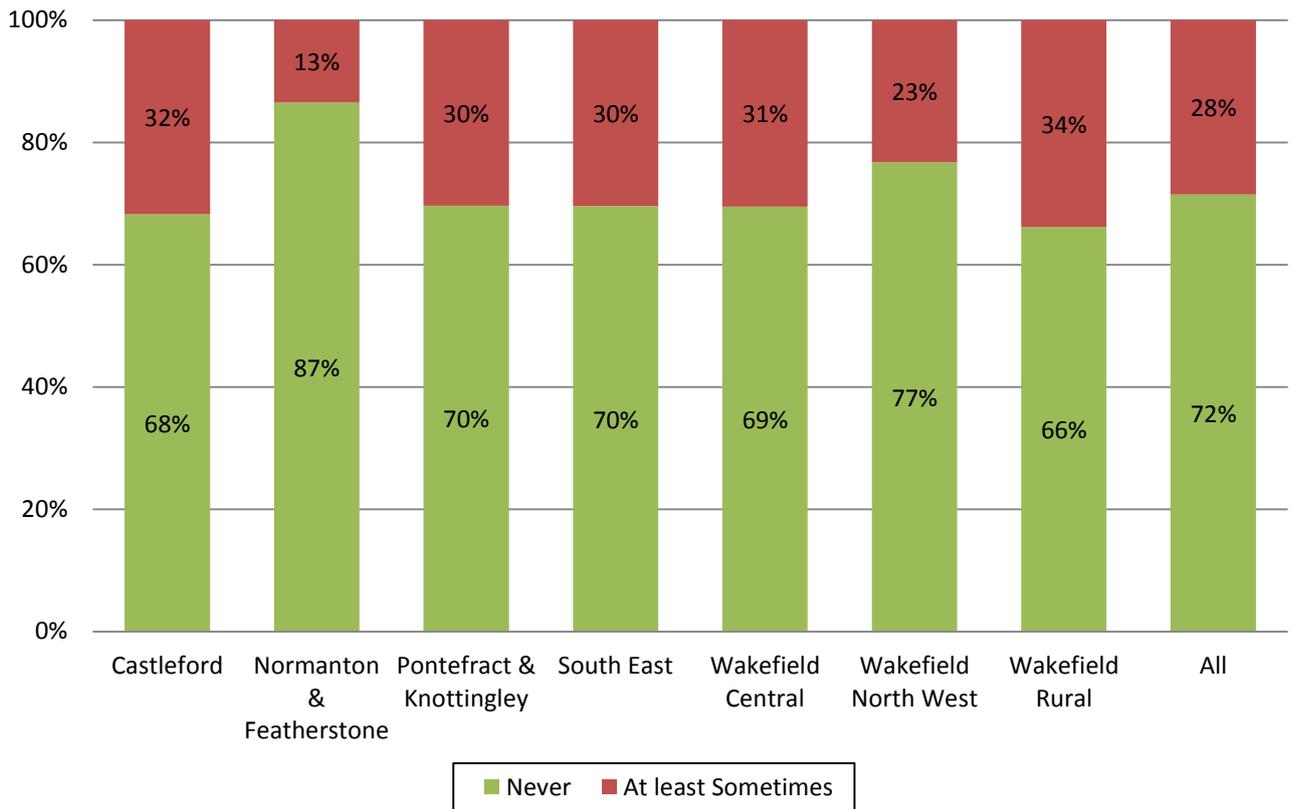
### Secondary - Adults smoke at home



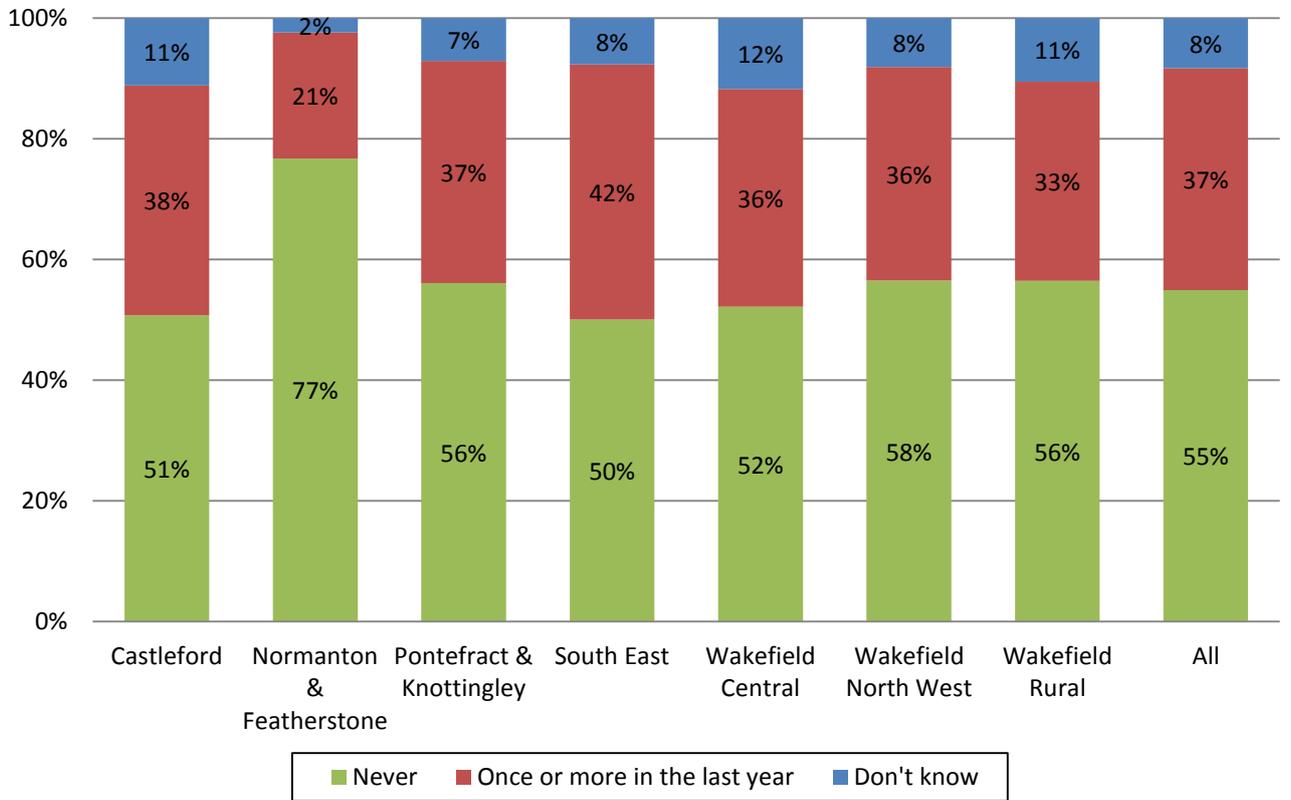
### Secondary - Have heard of Chemical/legal highs



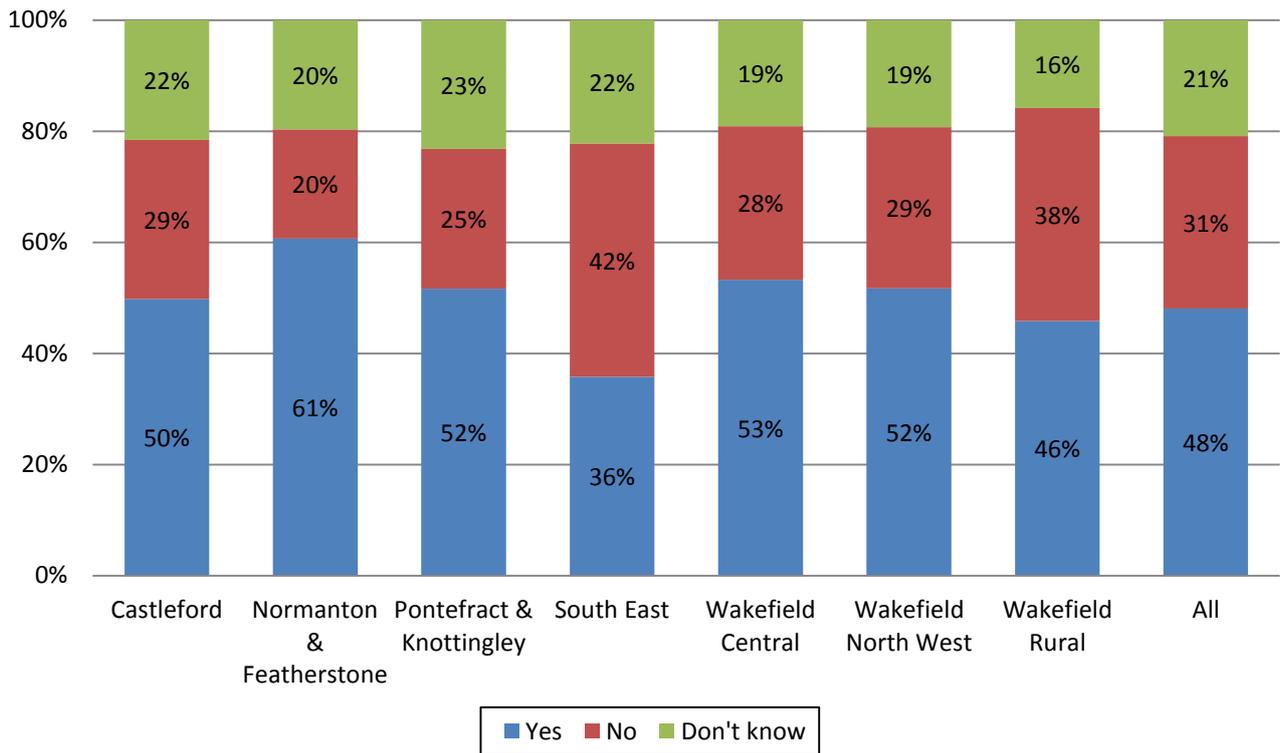
### Secondary - Ever afraid of going to school because of bullying



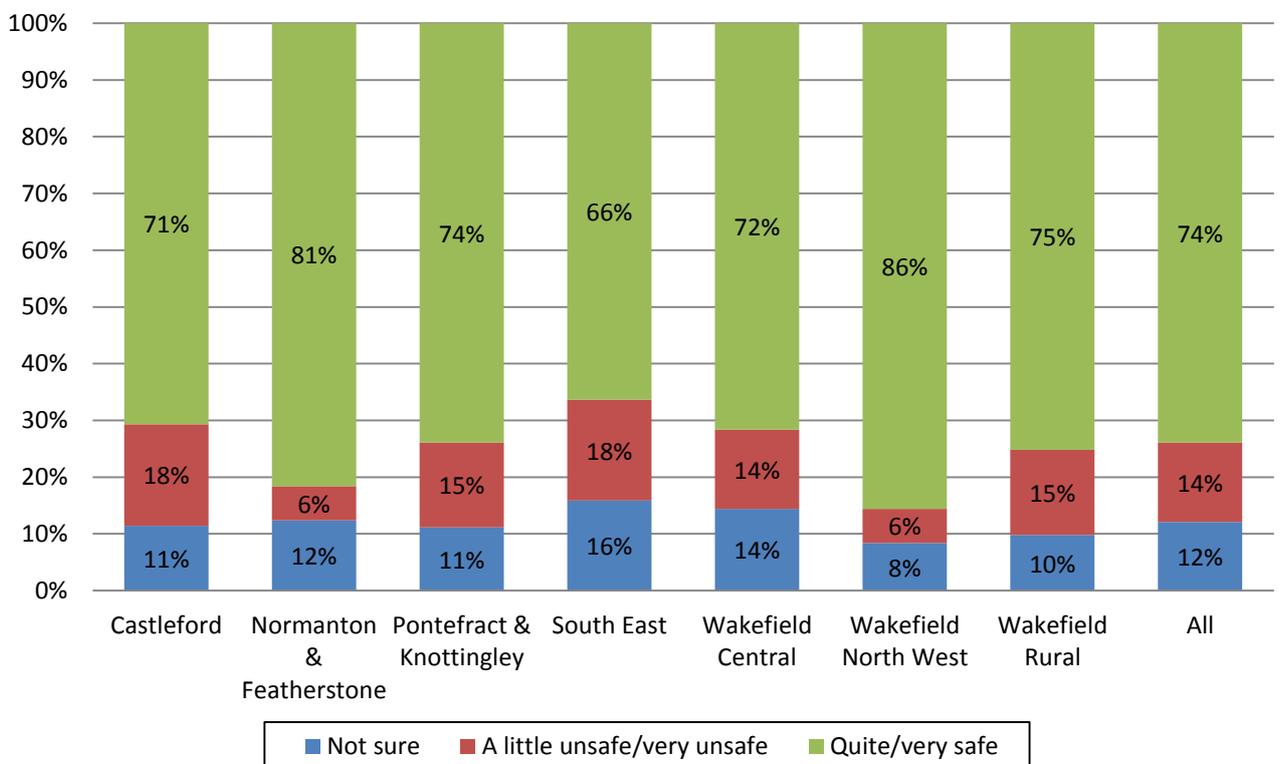
### Secondary - Bullied at school in the last year



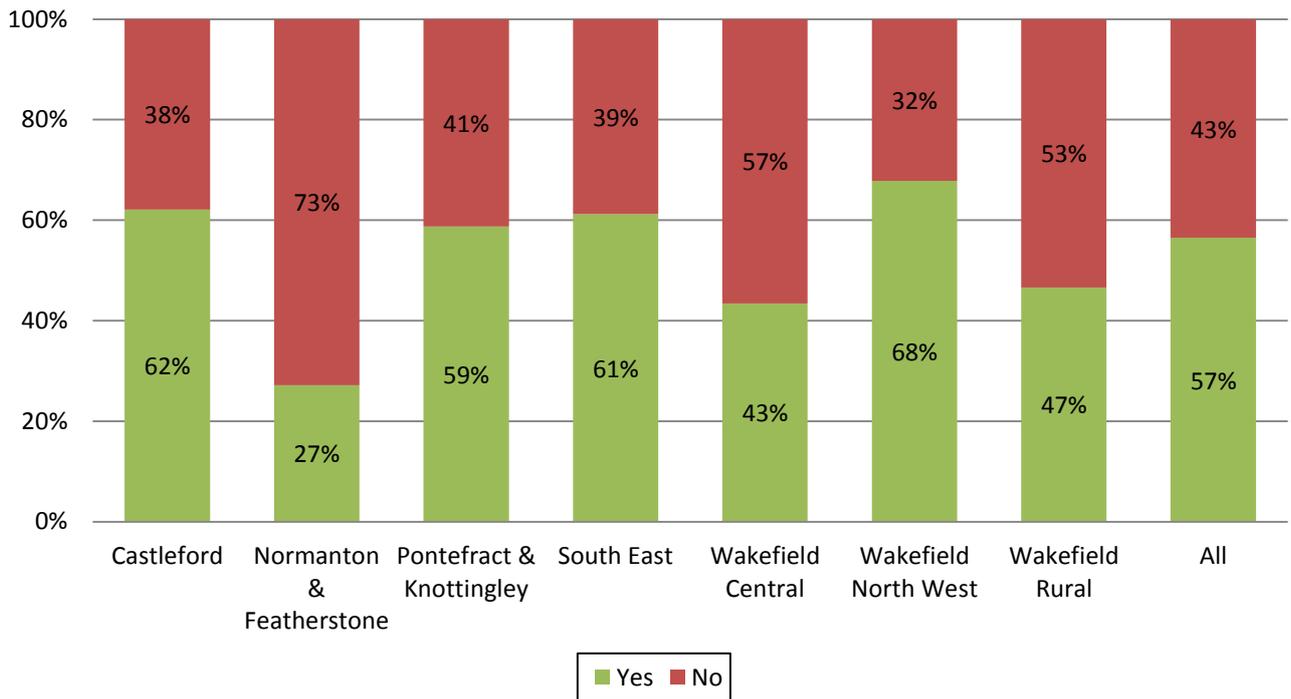
### Secondary - School takes bullying seriously



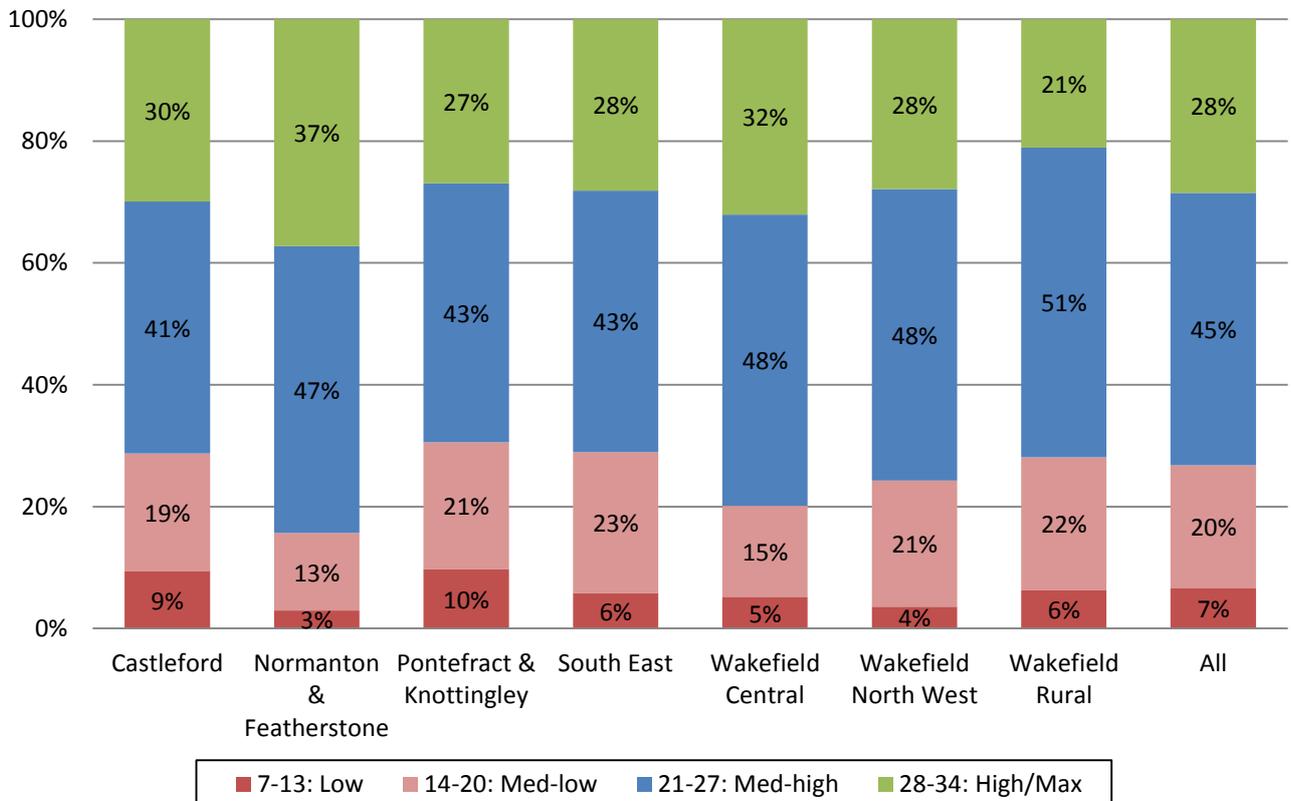
### Secondary - Feel safe in the area where they live

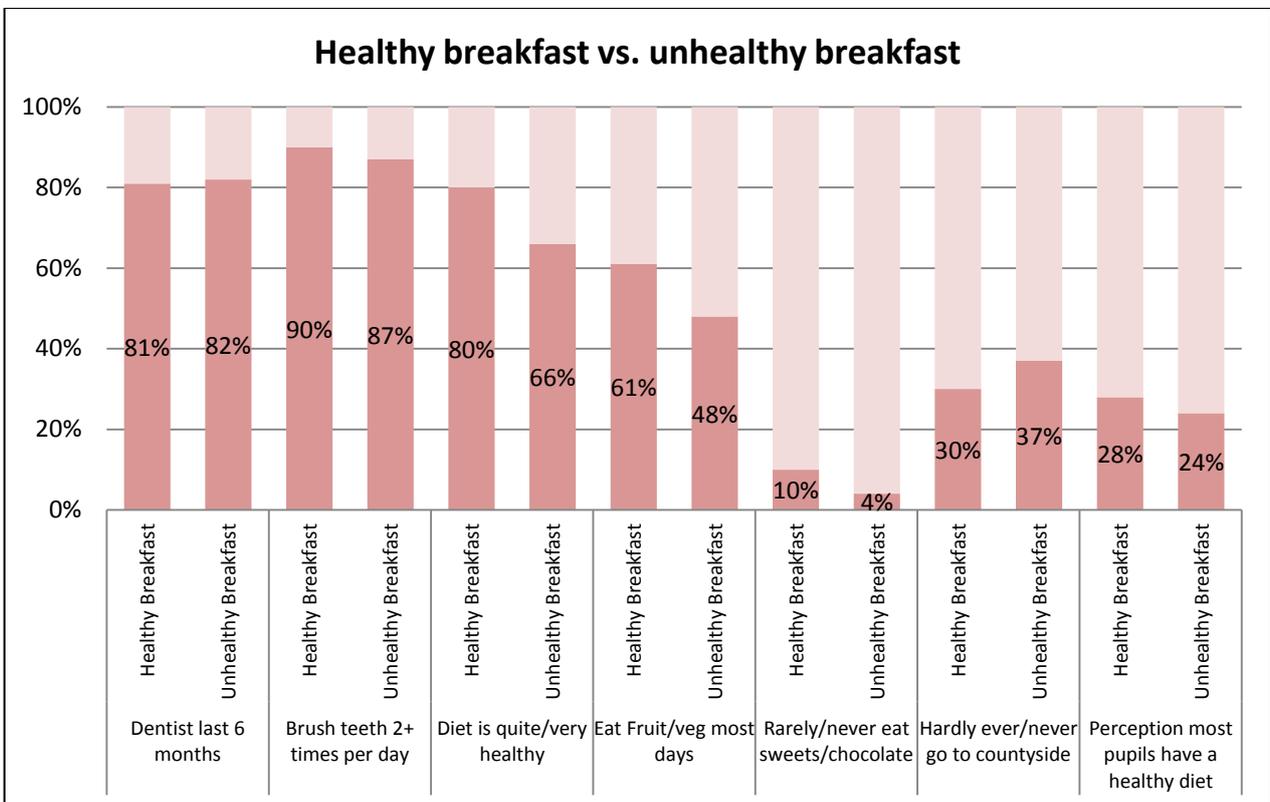
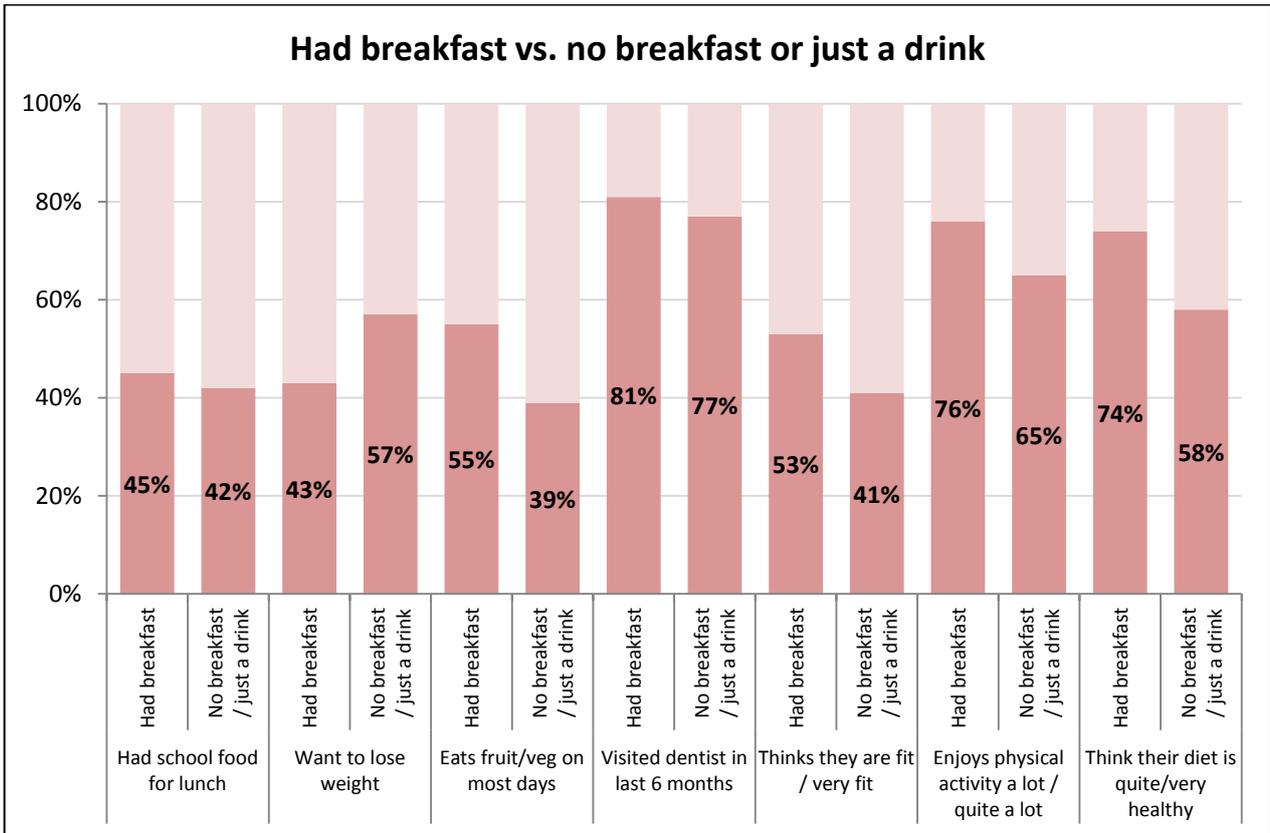


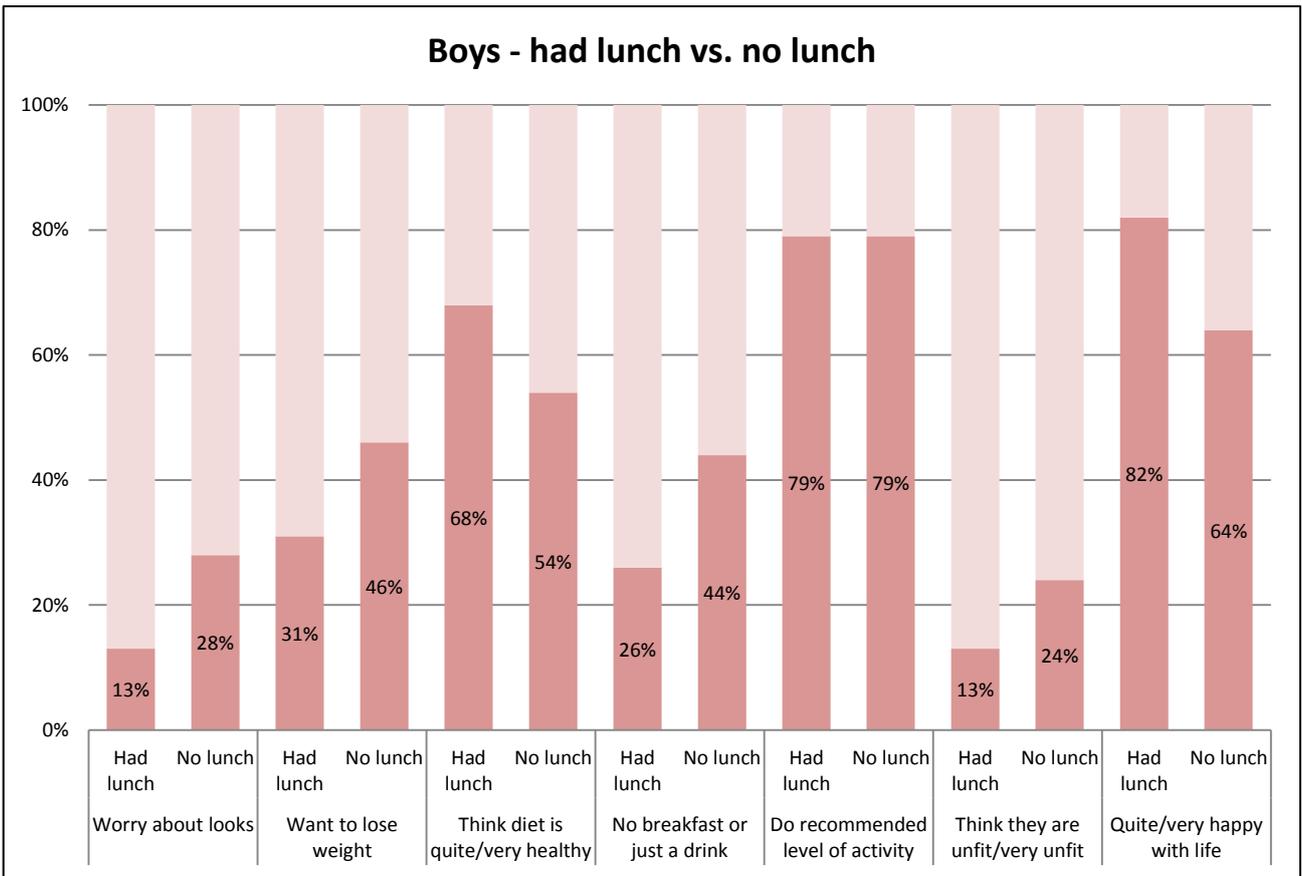
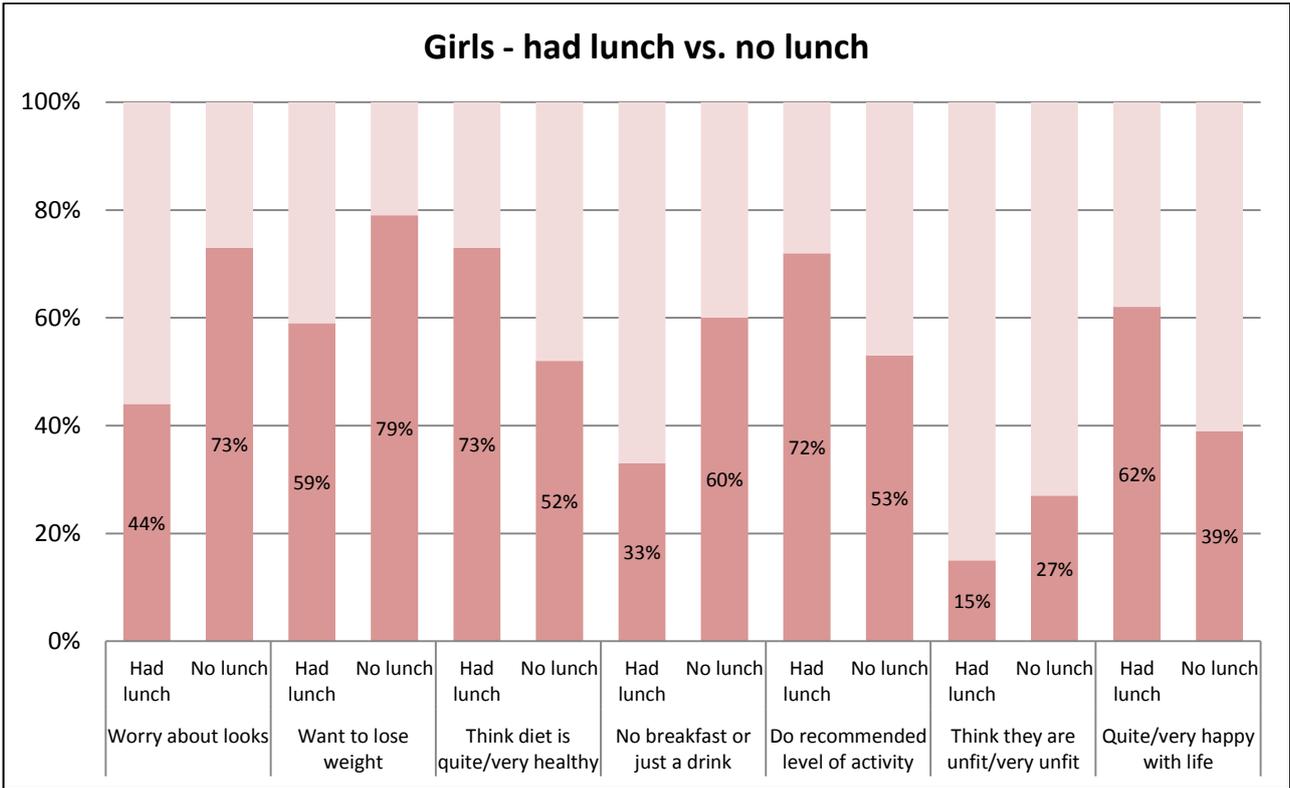
### Secondary - Know where to get condoms free of charge

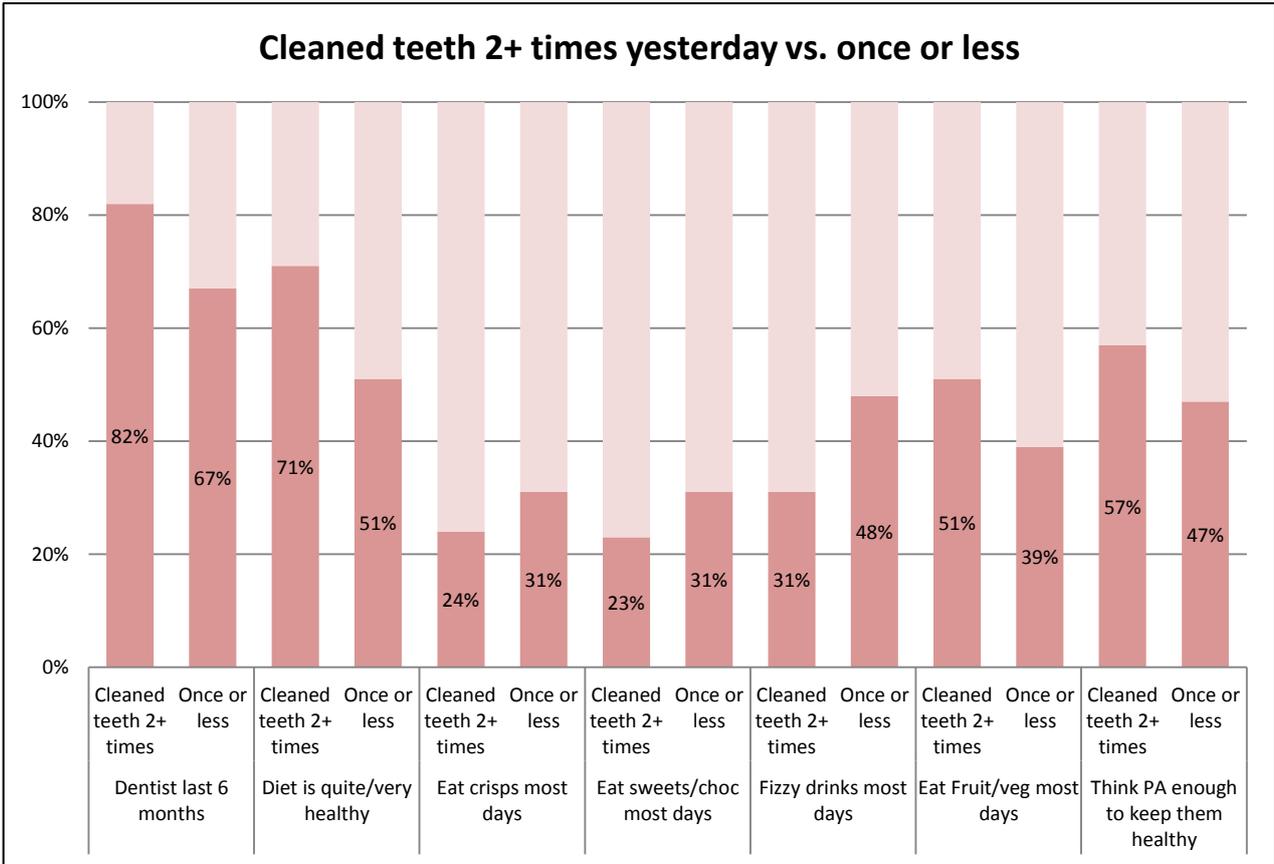
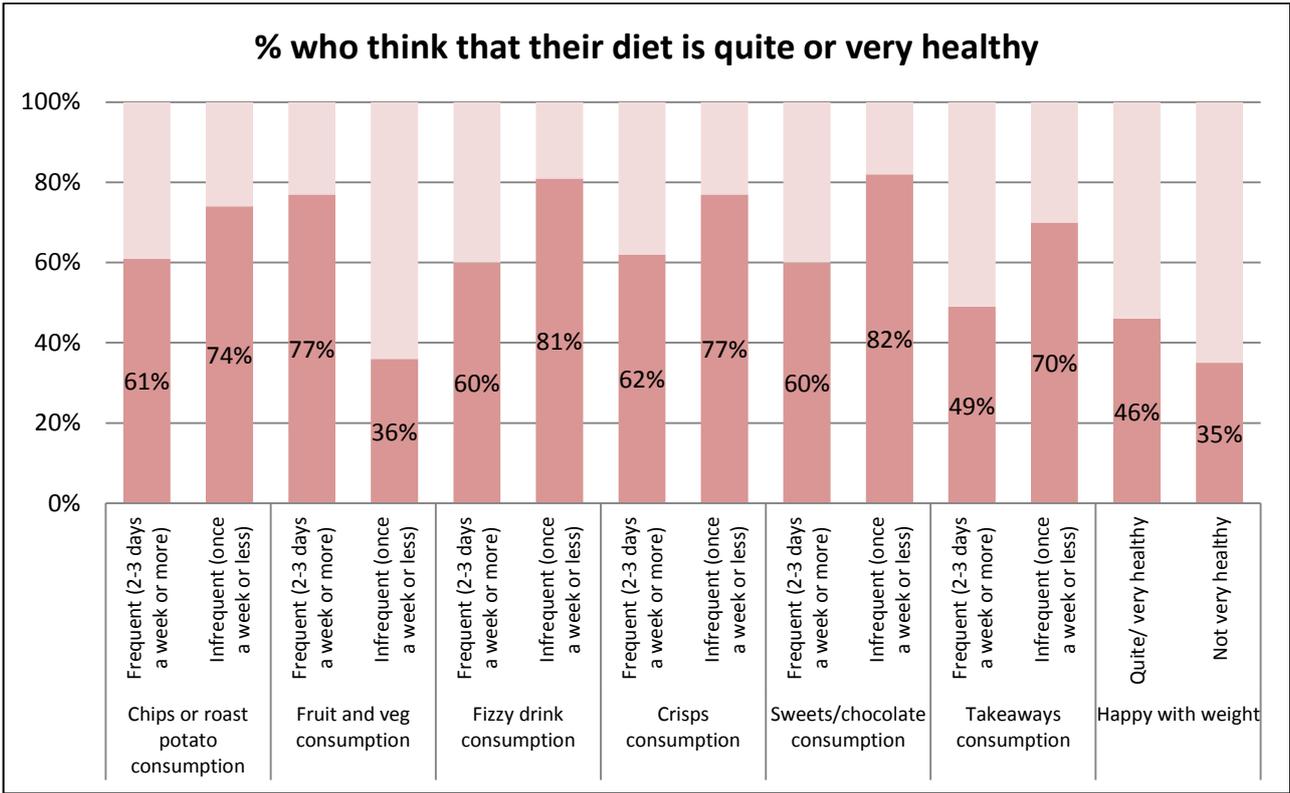


### Secondary - Wellbeing scale (SWEMWBS)

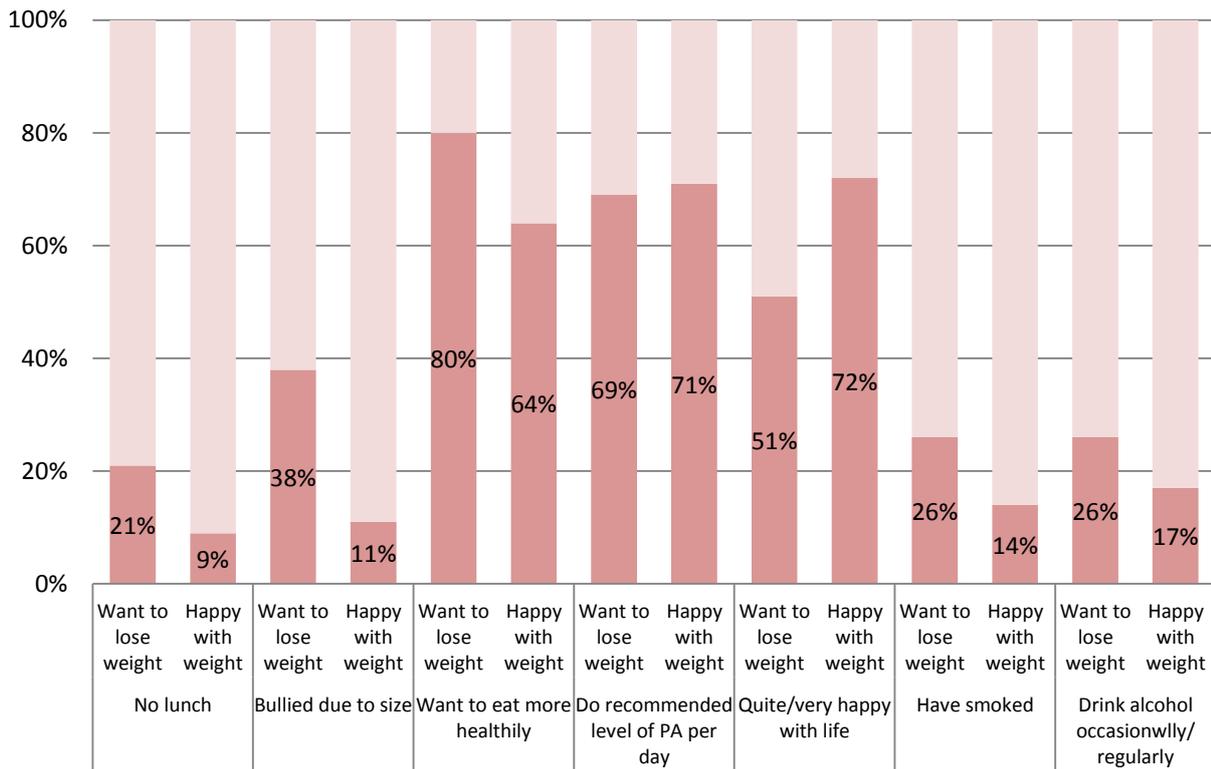




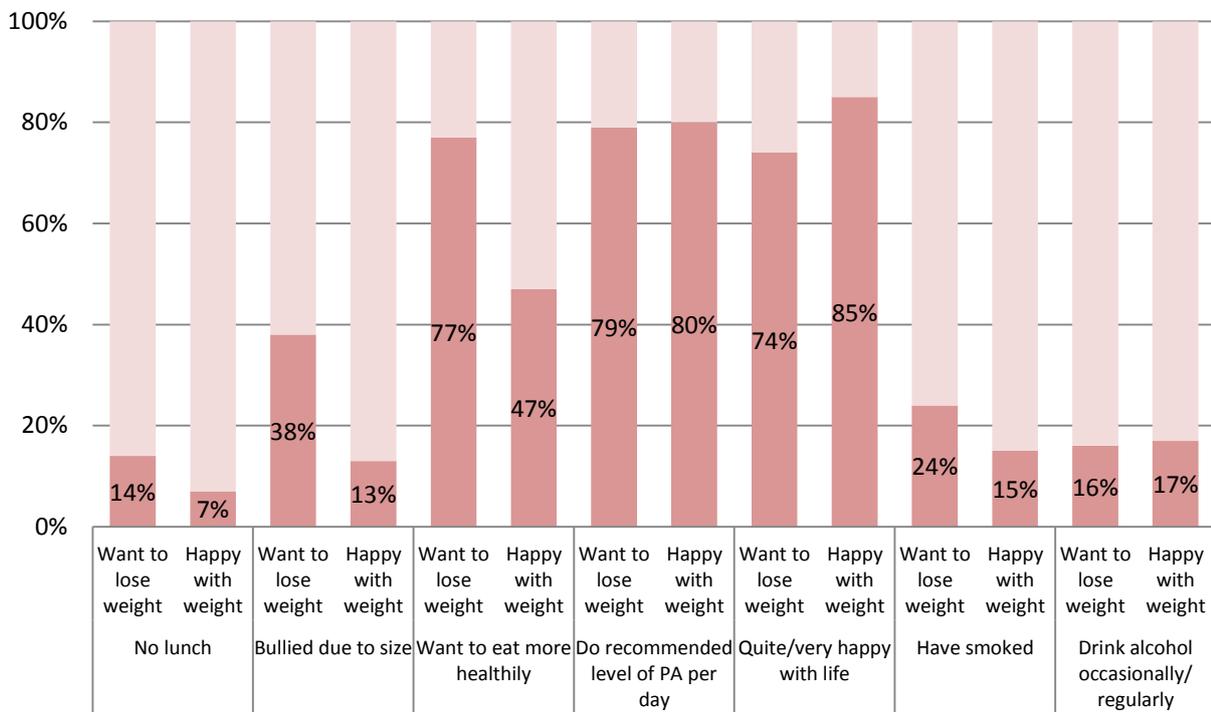




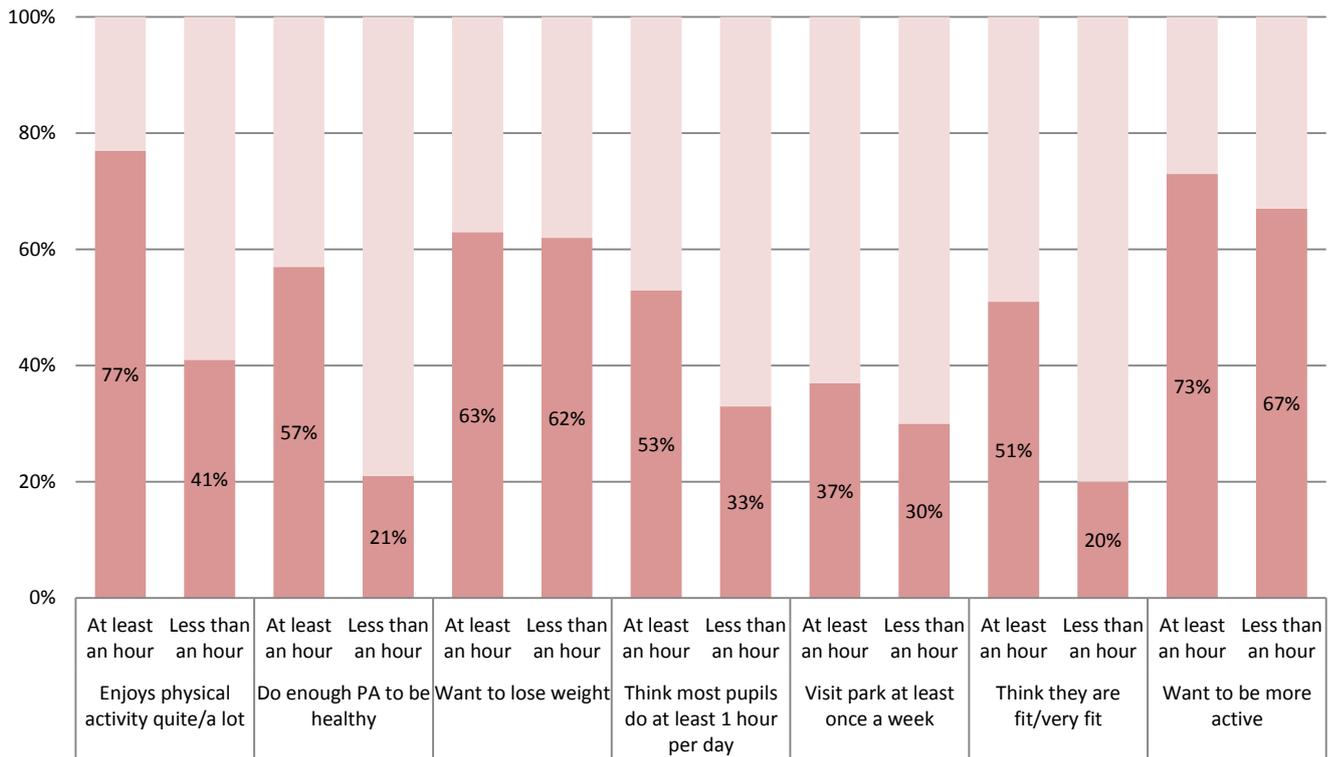
### Girls - want to lose weight vs. happy with weight



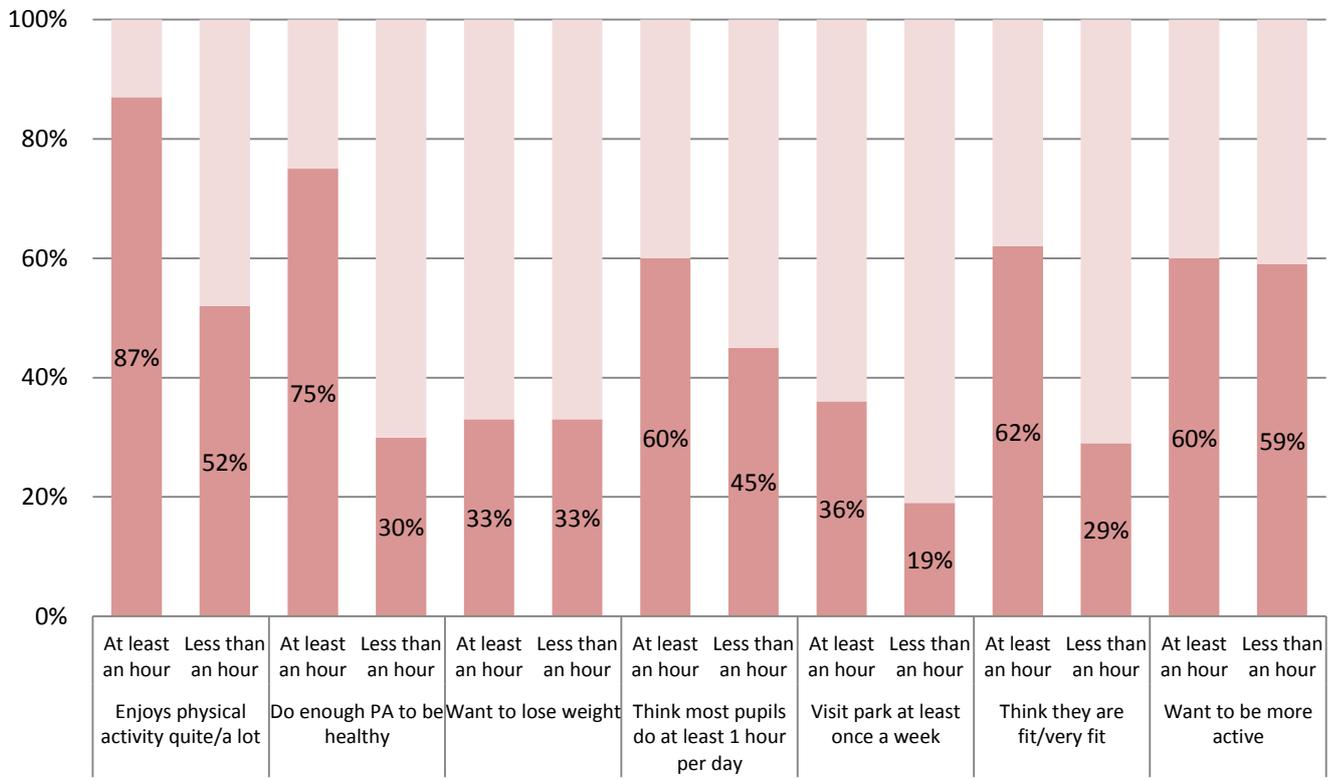
### Boys - want to lose weight vs. happy with weight



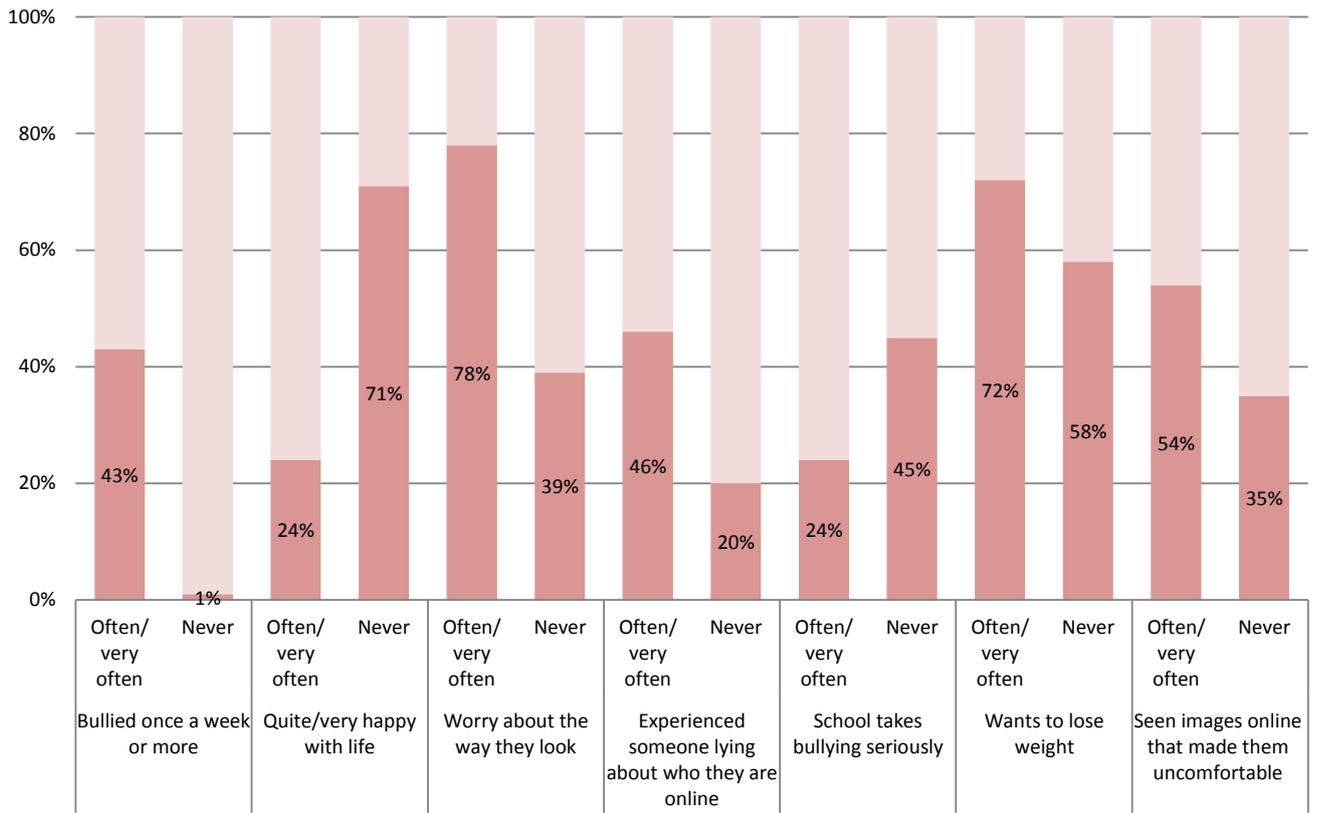
### Girls - levels of physical activity per day



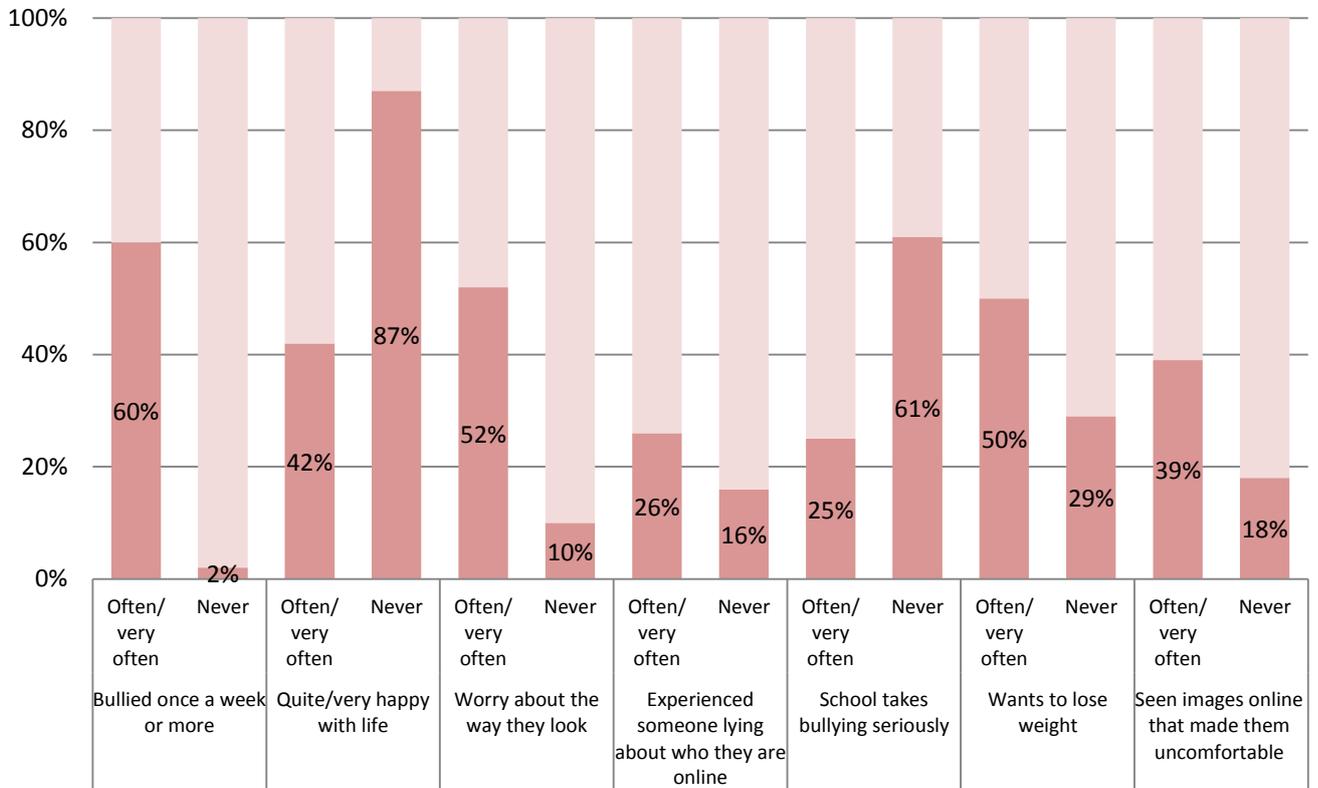
### Boys - levels of physical activity per day

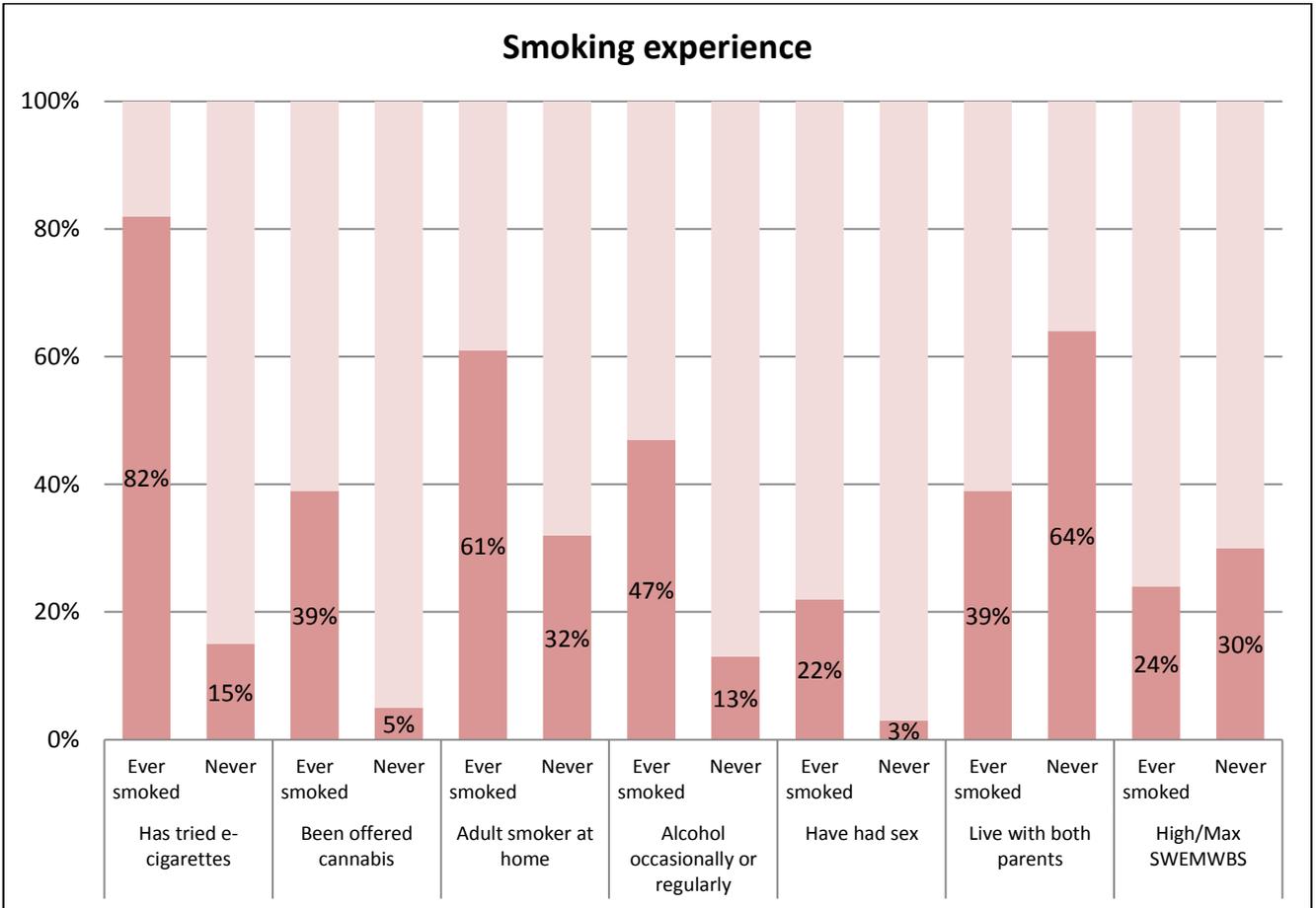
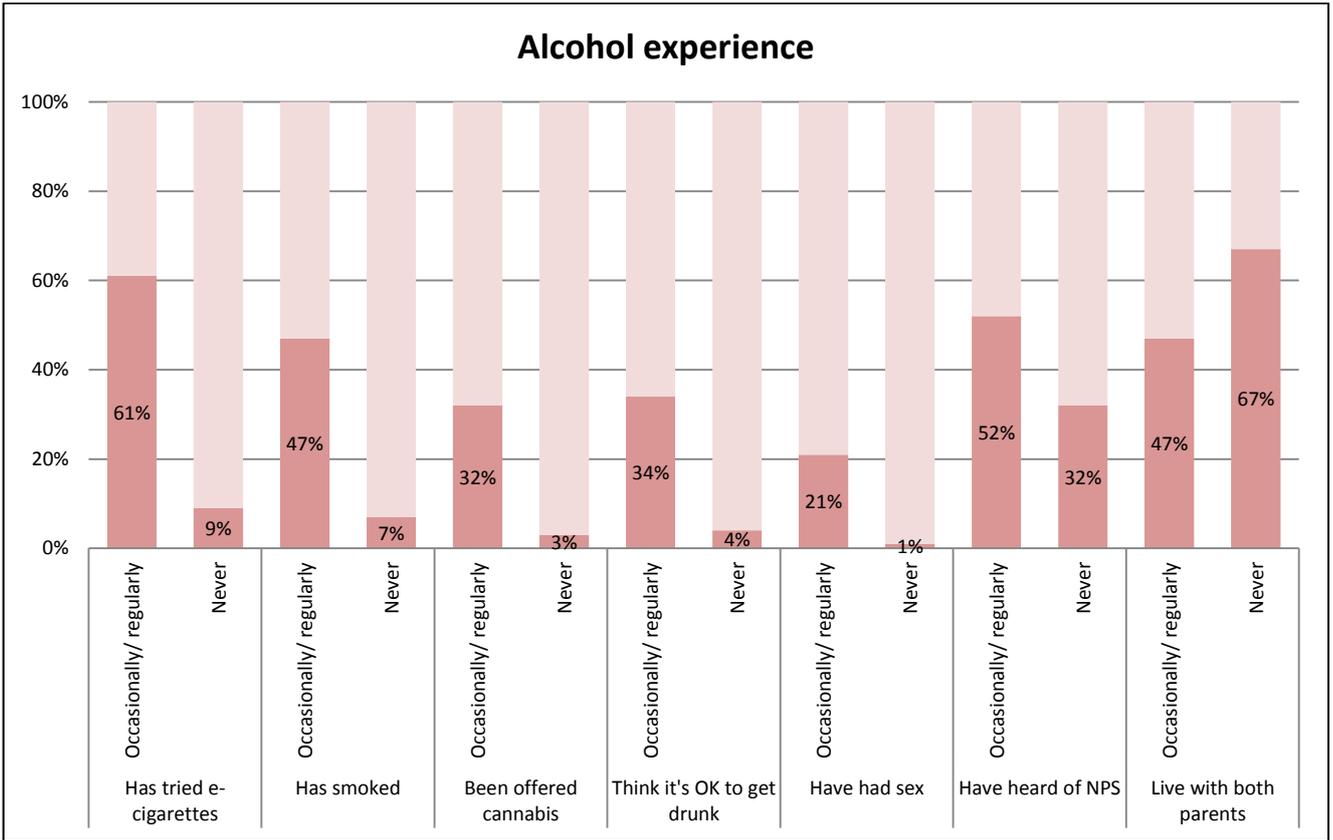


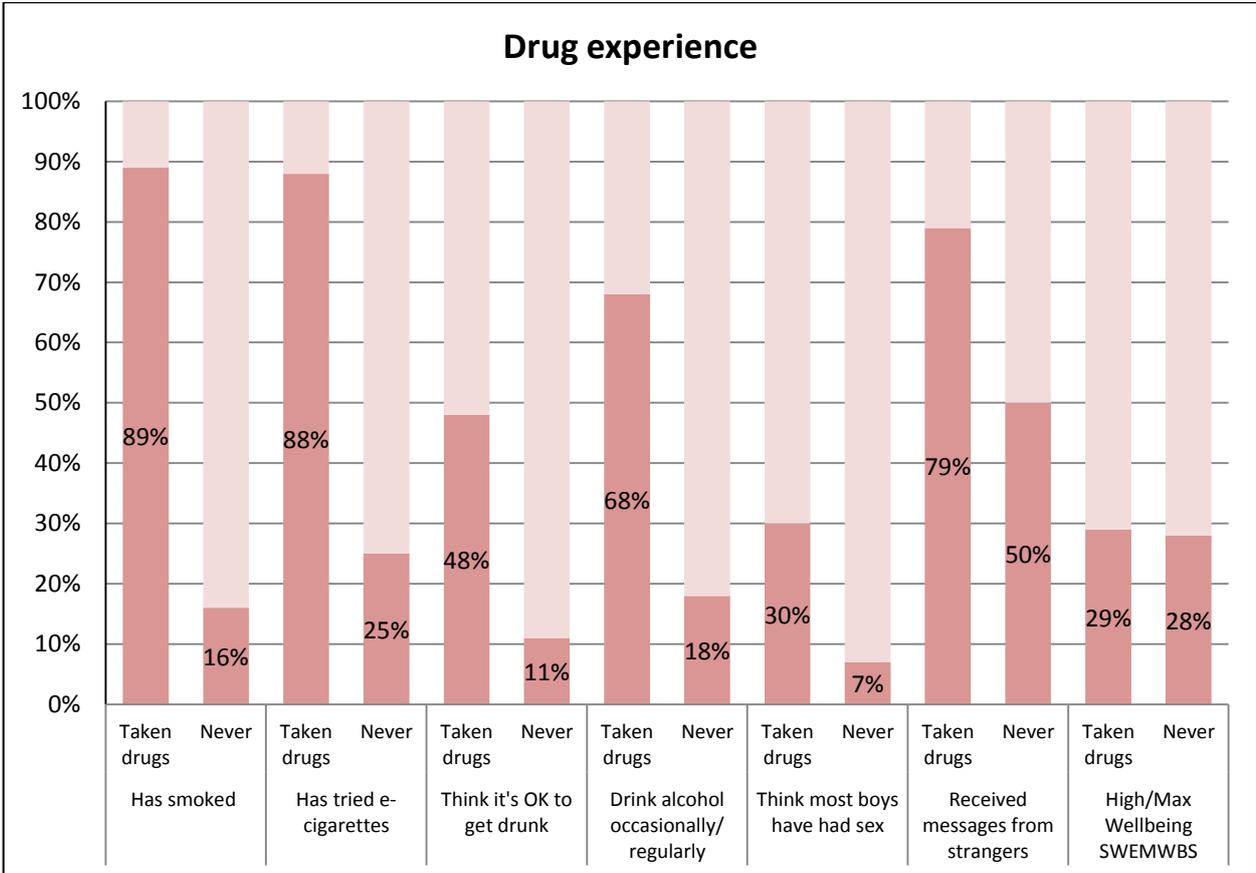
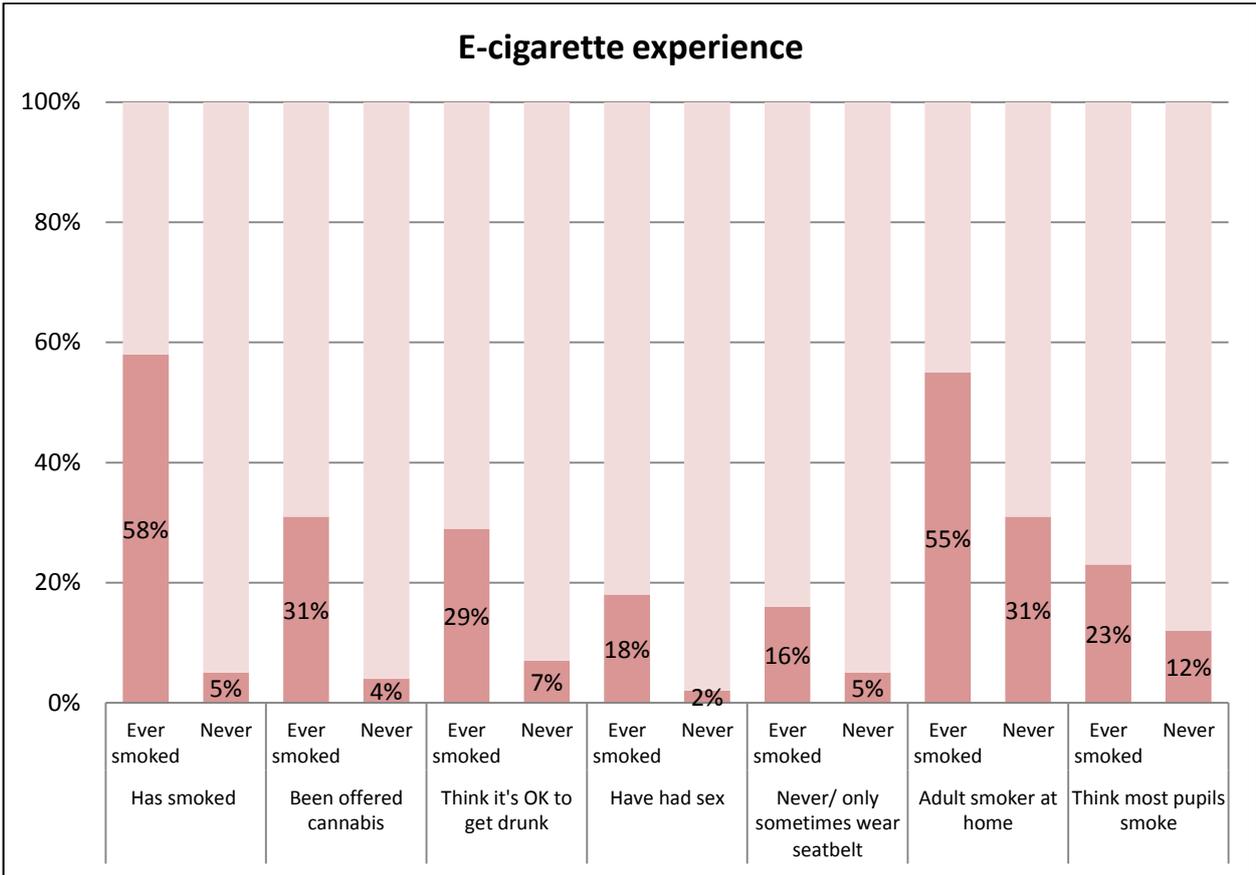
### Girls - afraid of going to school because of bullying

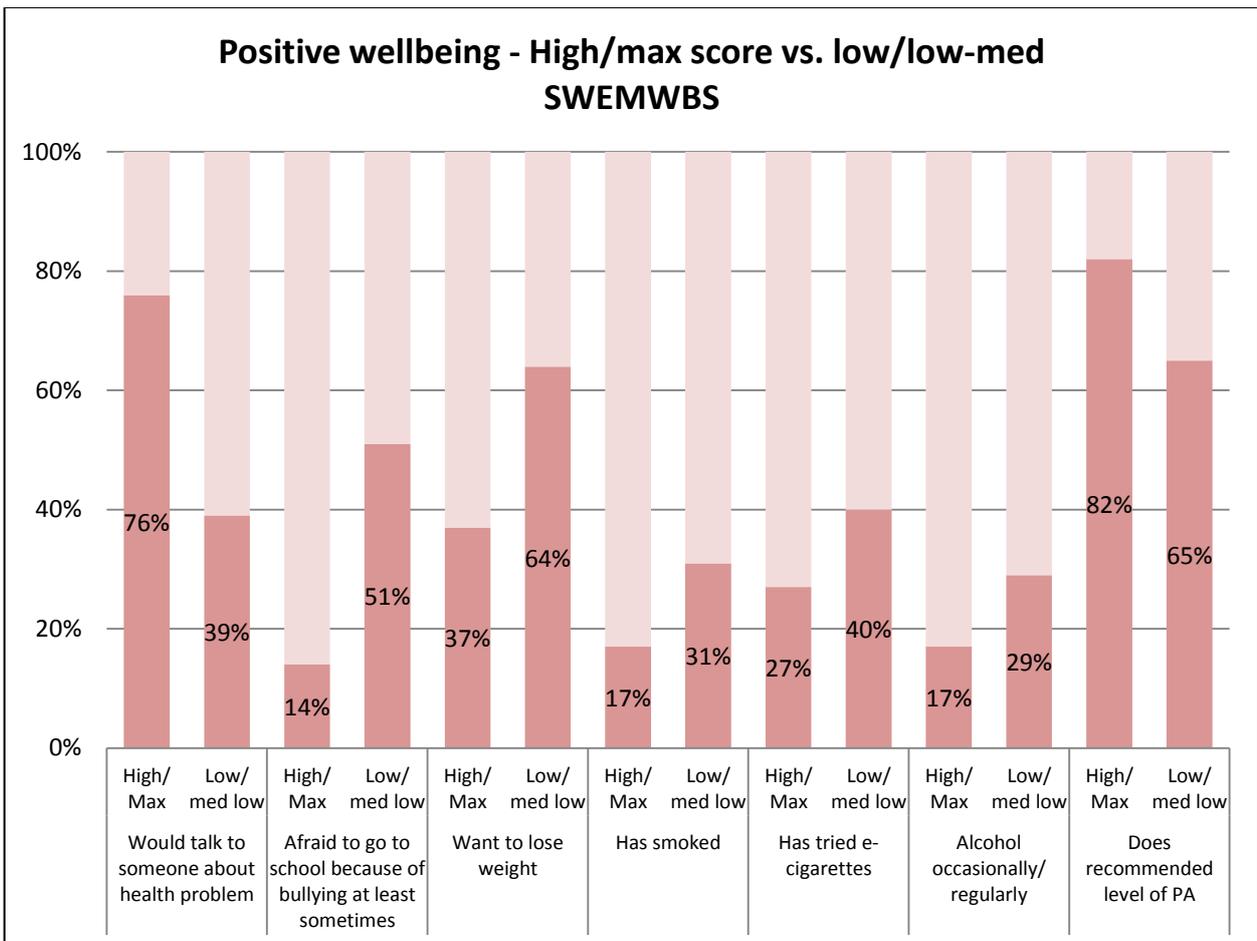
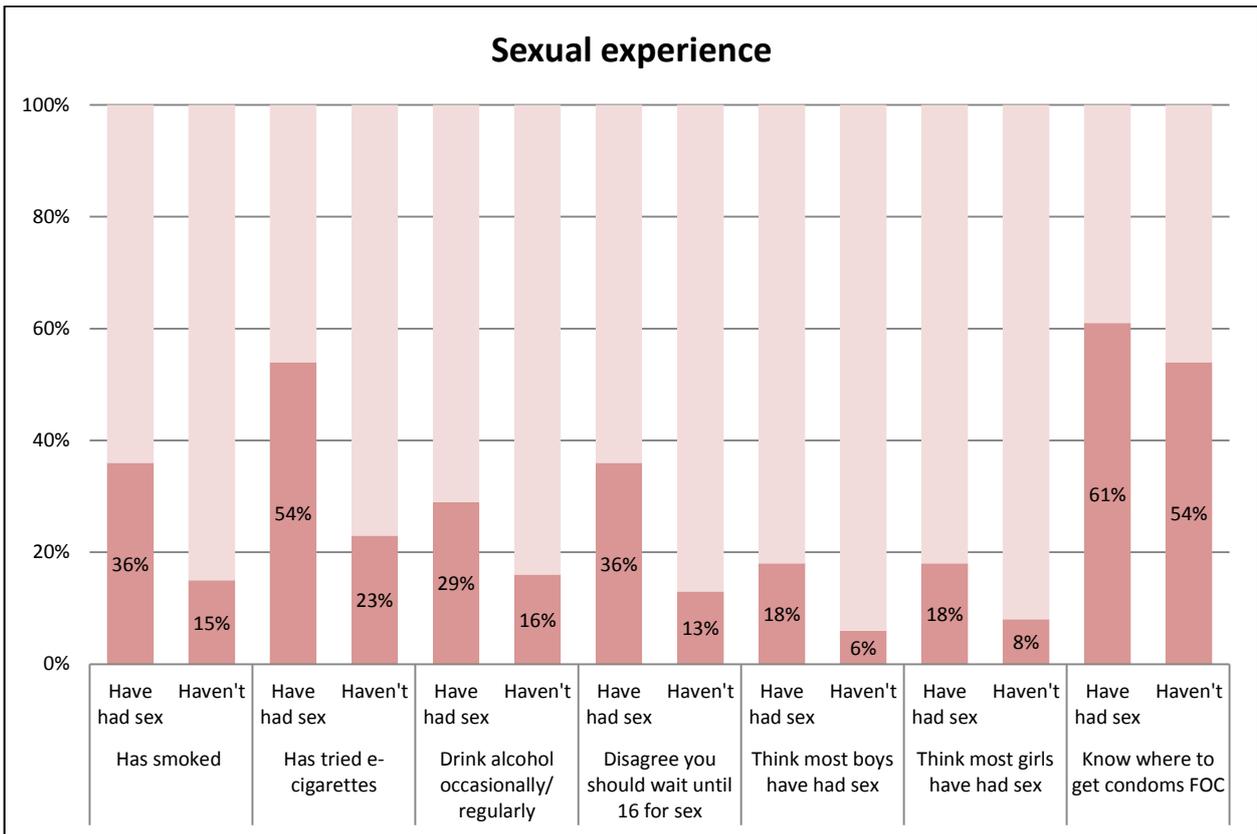


### Boys- afraid of going to school because of bullying







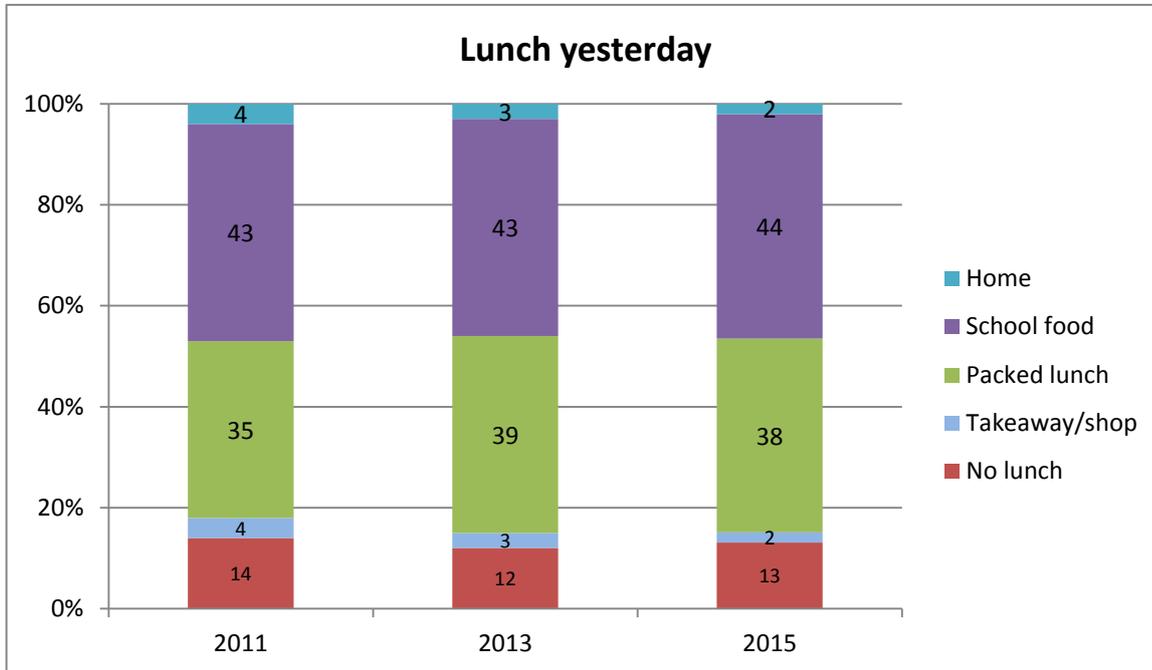


## Trends

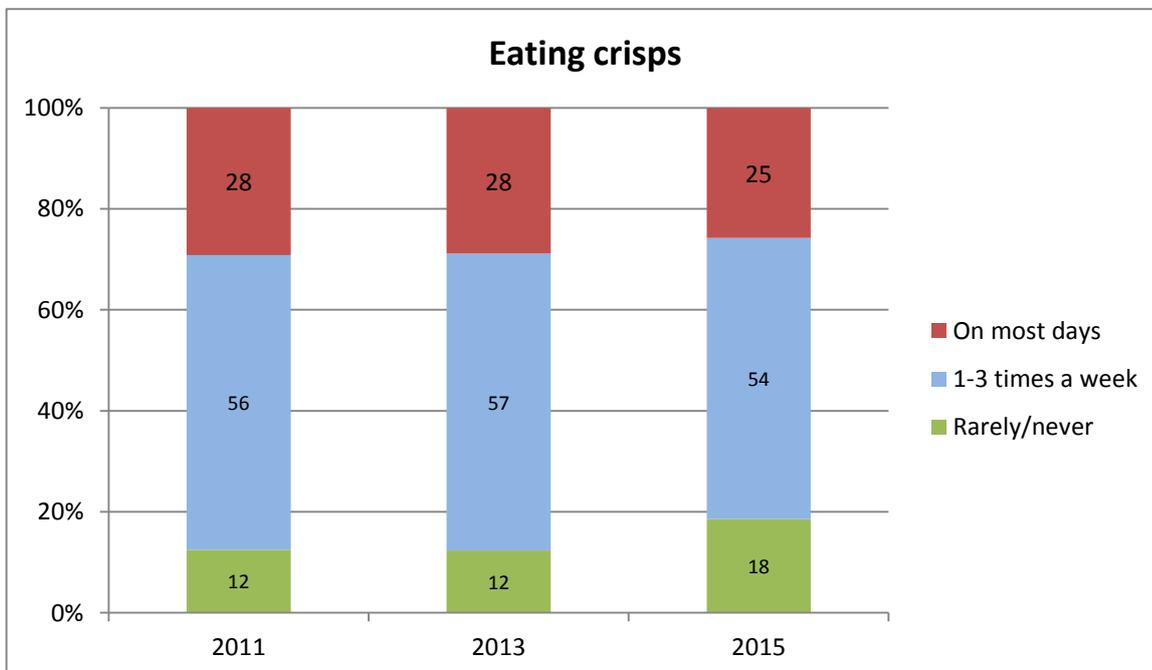
The questionnaires have changed somewhat for the 2015 version compared with previous years but the following are available for analysis.

### Healthy Eating

There appears to be no clear trend in lunchtime eating habits for Year 9 students in Wakefield.



Fewer Year 9 students are eating crisps 'on most days' in 2015 compared with 2011.



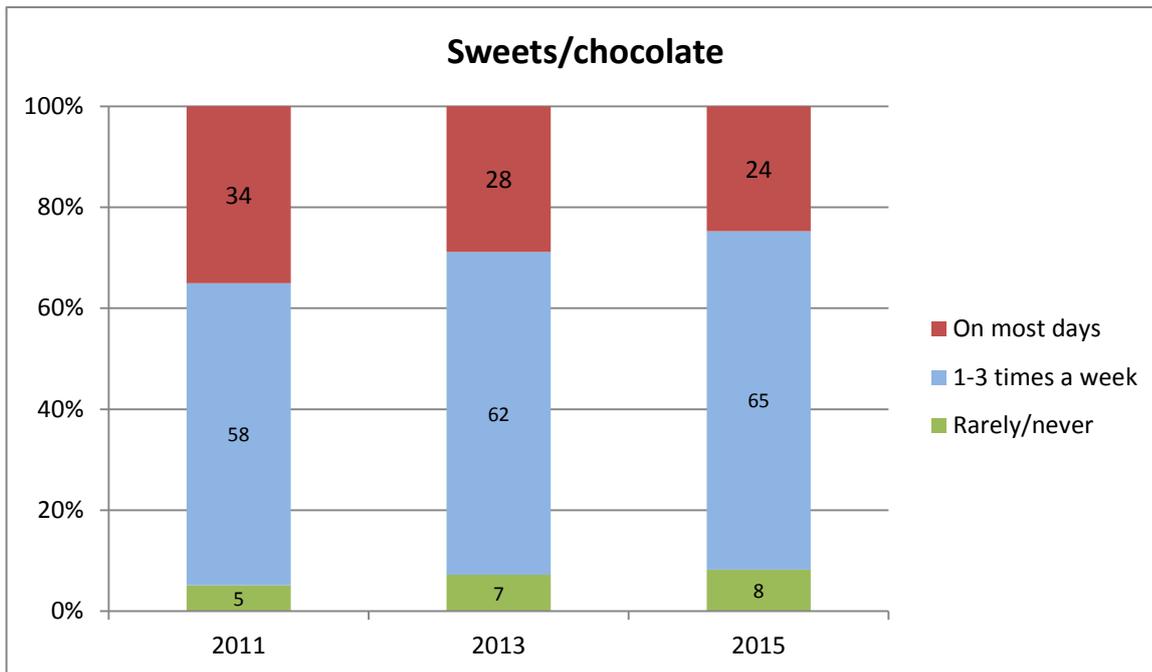
NB columns don't include missing answers so may not add up to 100

Fewer Year 9 students are eating takeaway meals one or more times a week in 2015 compared with 2011.



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

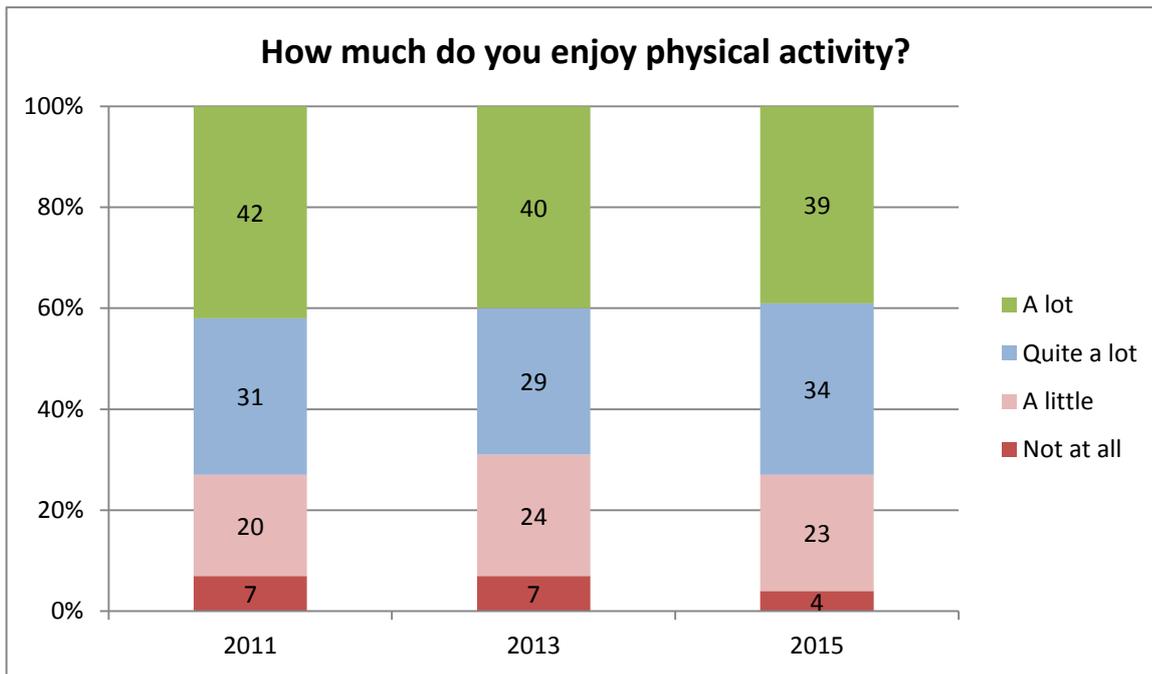
Fewer Year 9 students are eating sweets/chocolate 'on most days' in 2015 compared with 2011.



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

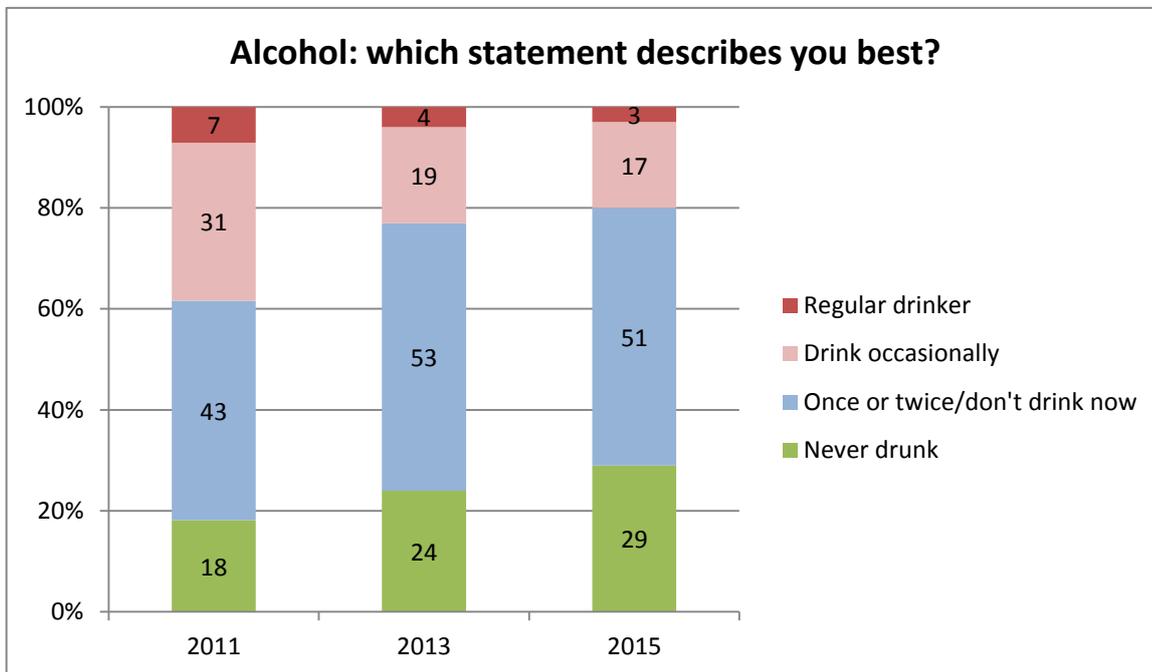
## Physical Activity

There appears to be a slight downward trend here for Year 9 pupils in their enjoyment of physical activity.



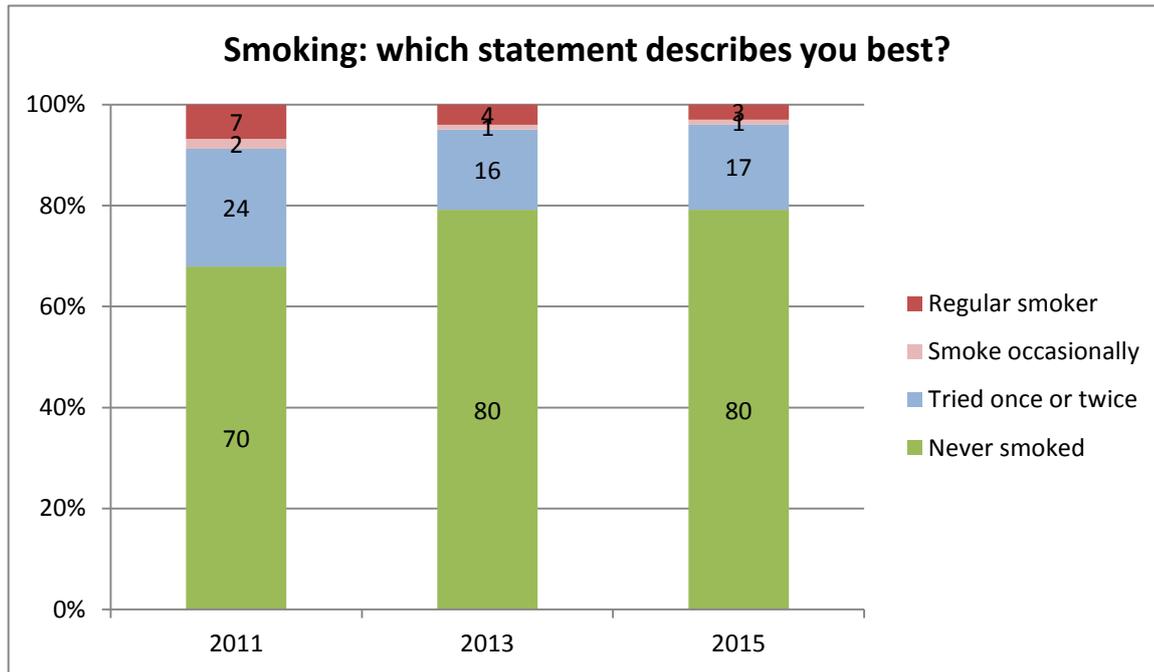
## Alcohol

There is a clear downward trend here for Year 9 pupils drinking alcohol across the 3 surveys.



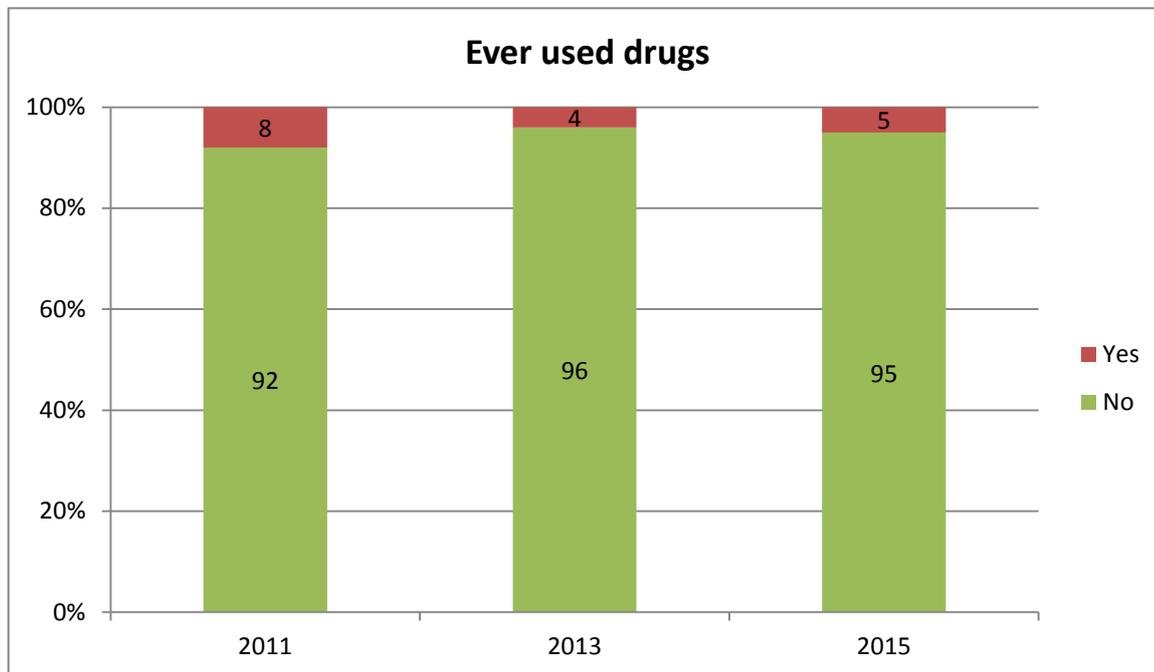
## Smoking

There is a clear downward trend here for Year 9 pupils smoking cigarettes across the 3 surveys.



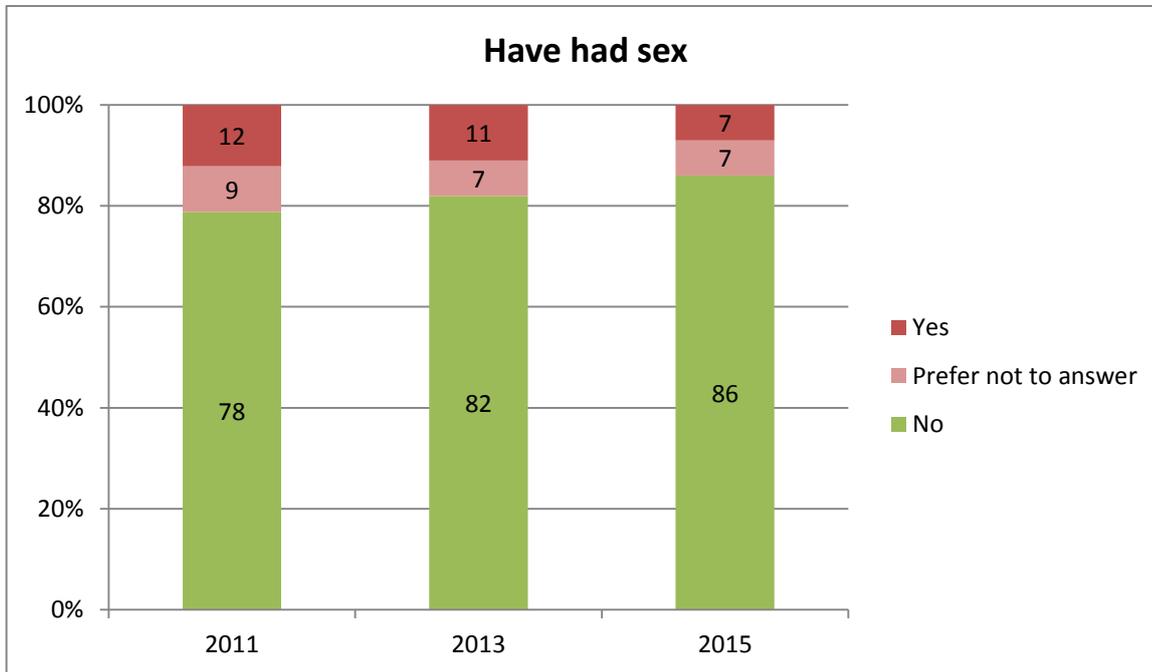
## Drugs

Drug use among Year 9 pupils remains low across the three surveys.

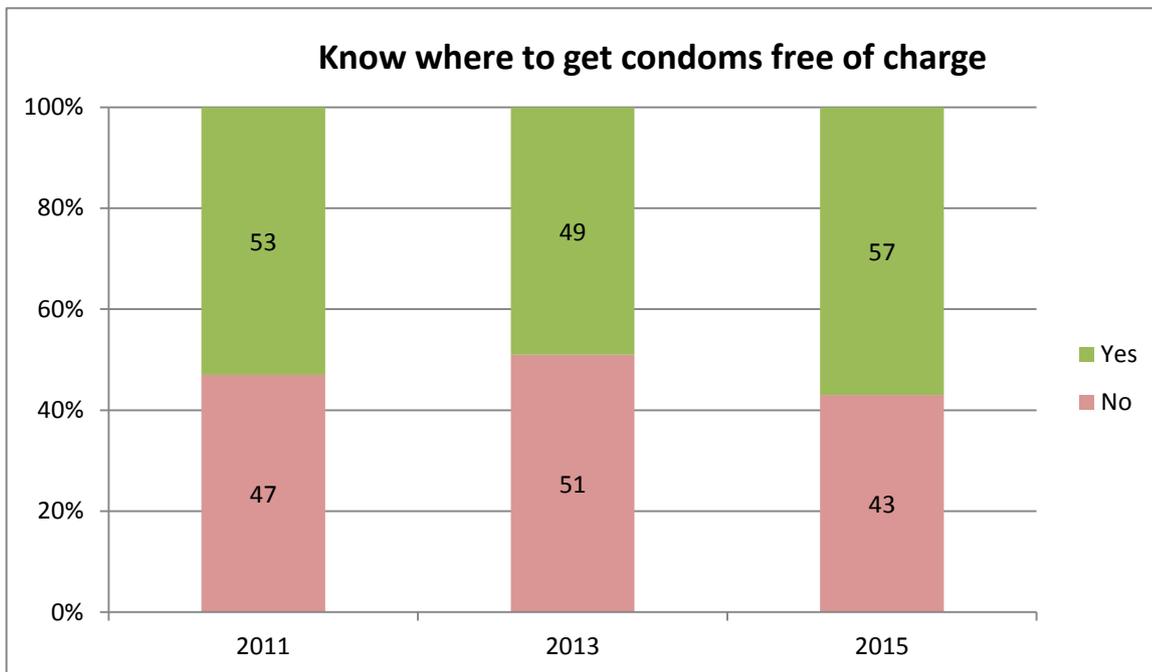


## Relationships and sexual health

There appears to be a downward trend among Year 9 pupils saying 'yes' across the three surveys.



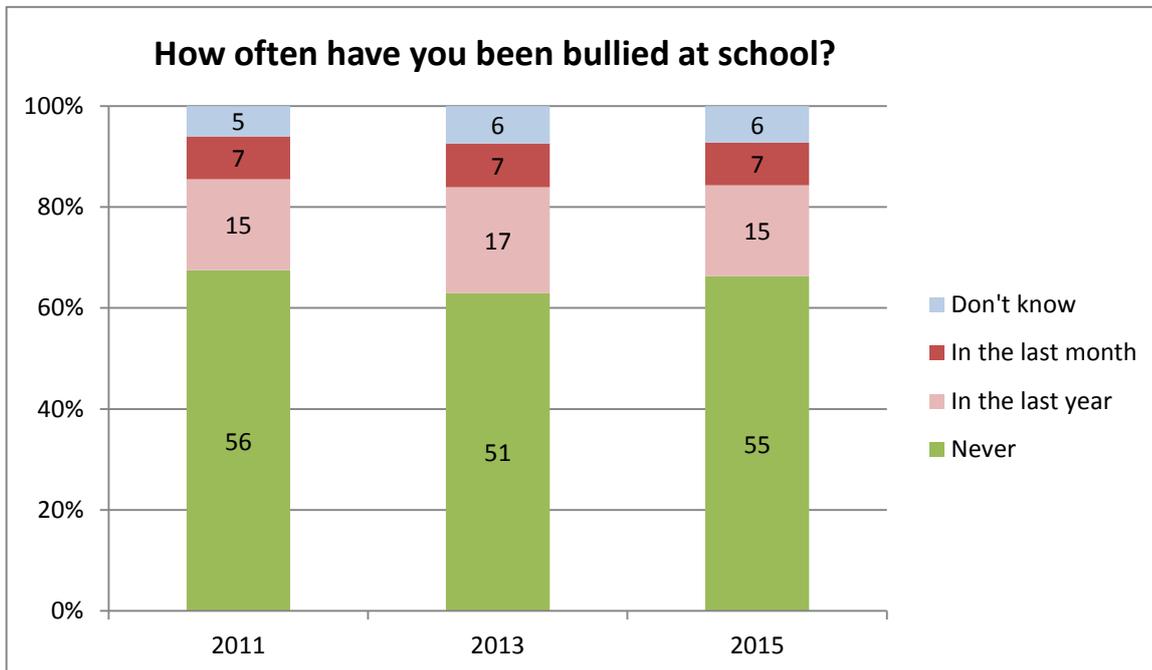
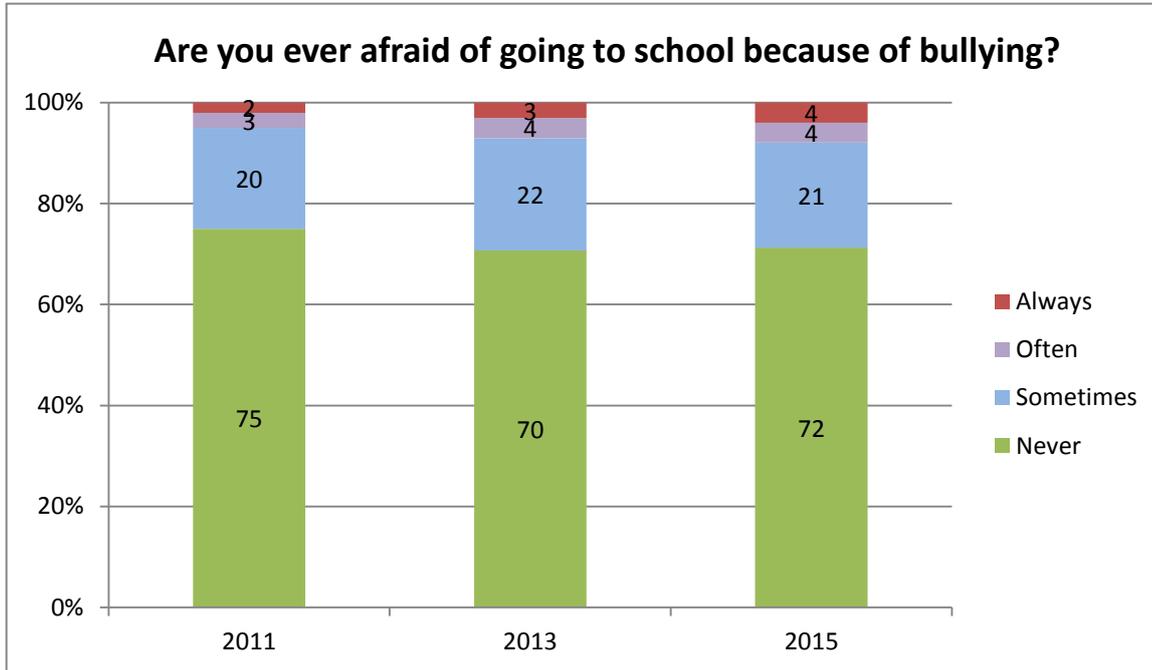
There is no clear trend for this question.



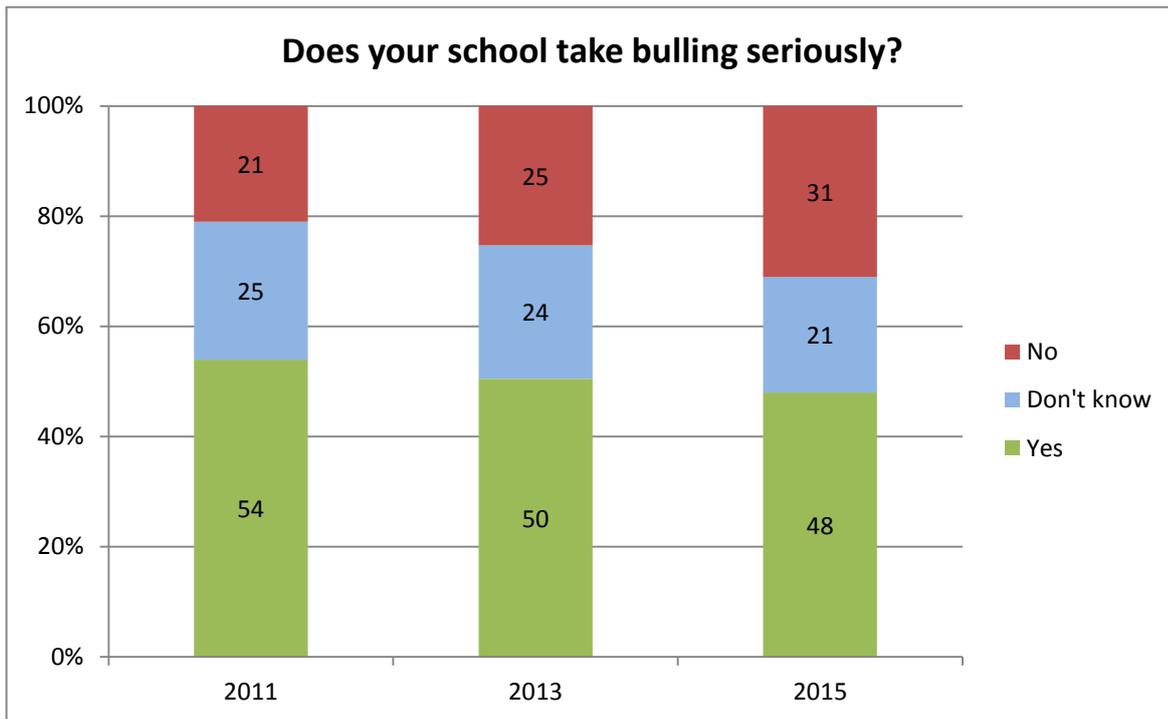
## SAFETY

### Bullying

There appear to be no clear trends for the bullying questions for Year 9 pupils.

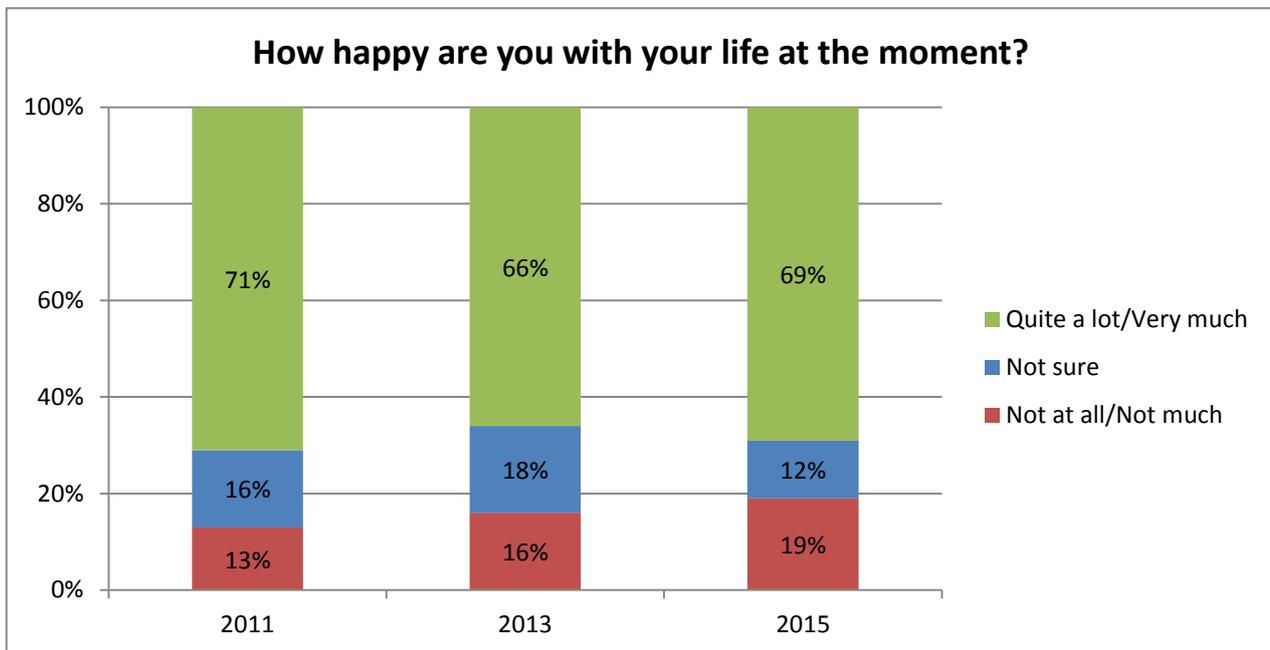


More Year 9 students in 2015 say their school doesn't take bullying seriously compared with 2011.



## Emotional Health & Wellbeing

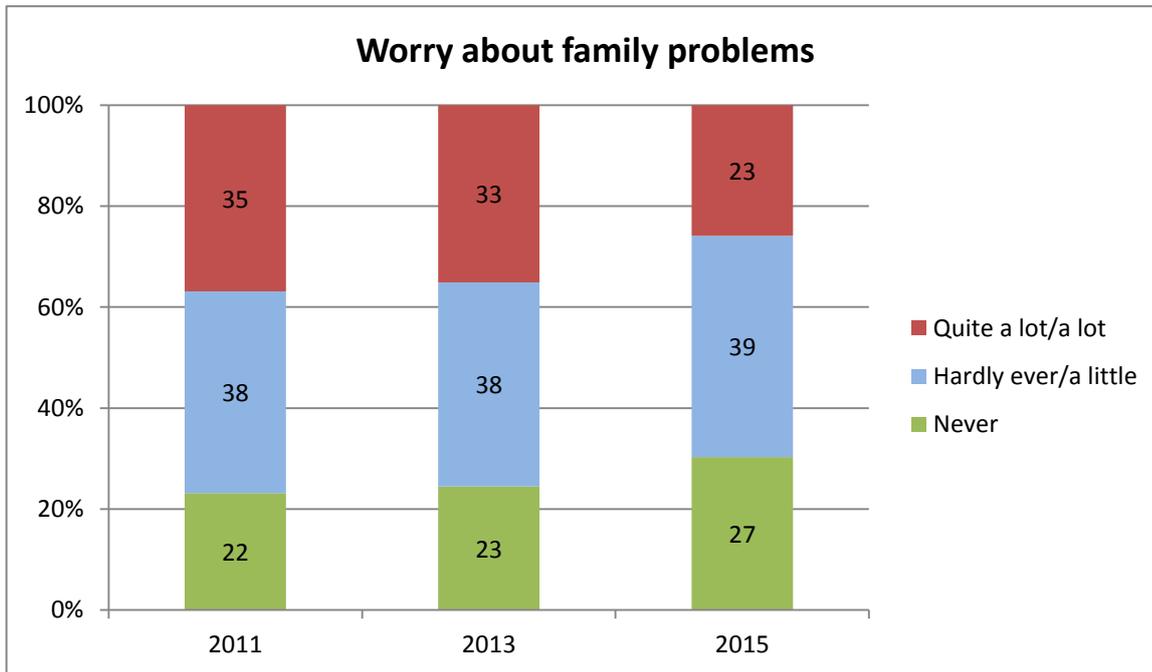
There appears to be a rising trend in Year 9 students being unhappy with life



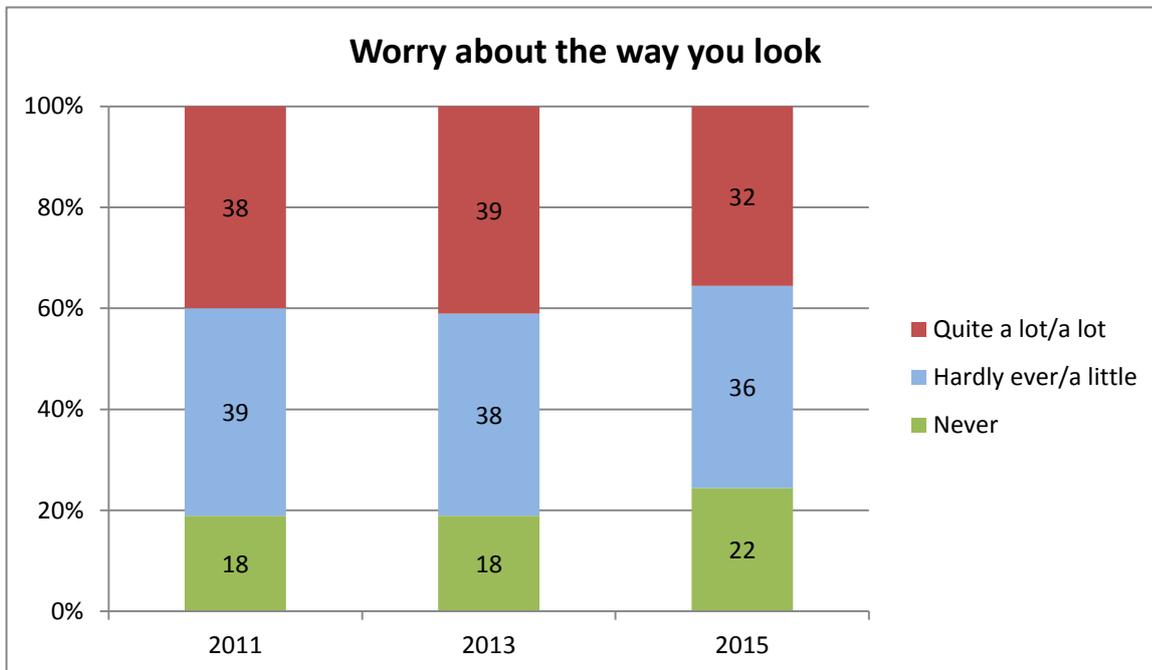
NB 2015 wording changed to very unhappy - very happy

## Worries

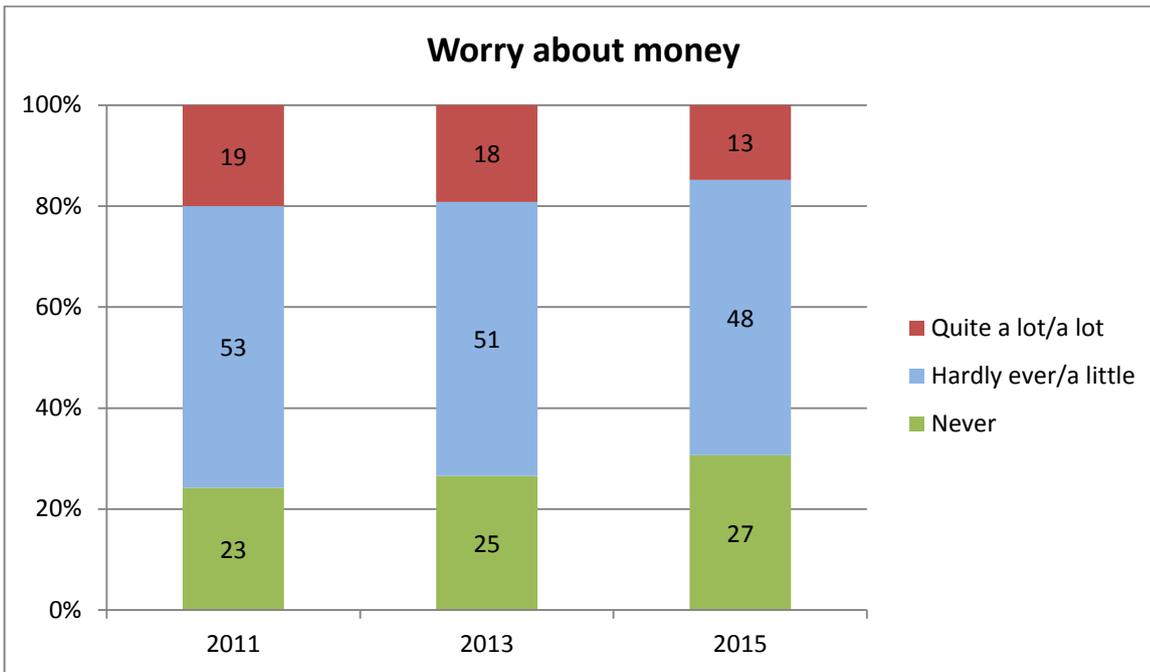
The worries question list is much shorter in the 2015 survey compared with the 2011 survey but the answer options are the same. It would appear that Wakefield Year 9 students are less likely to report worrying about family problems, the way they look or money compared with students in 2011.



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



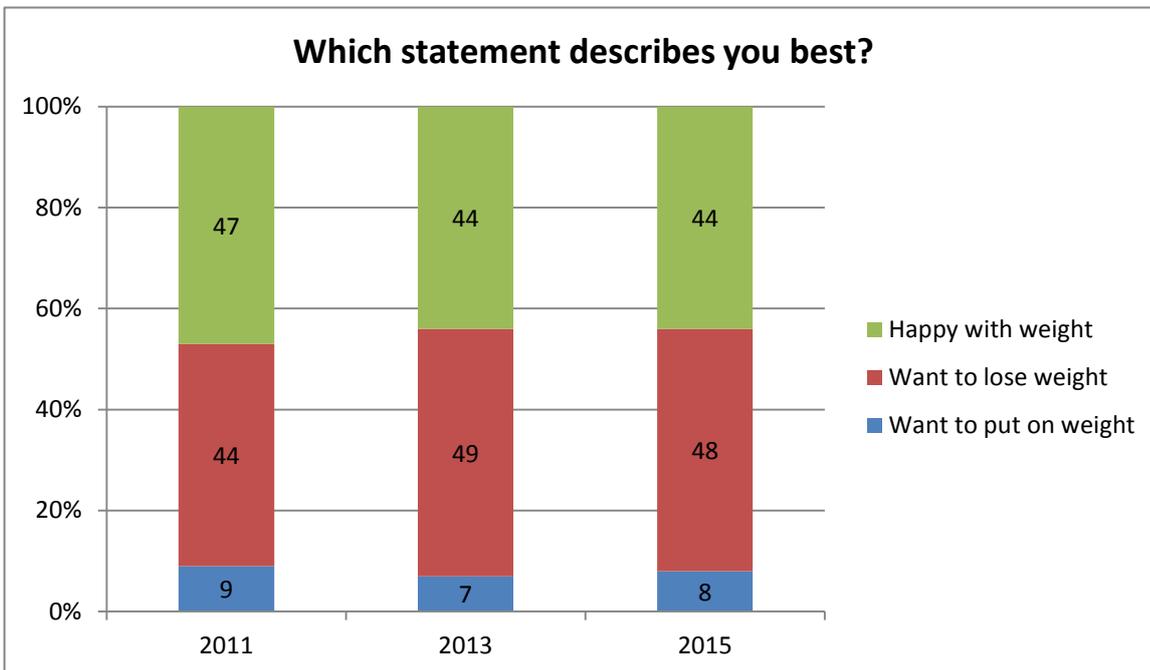
NB columns don't include missing answers so may not add up to 100



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

### Happy with weight

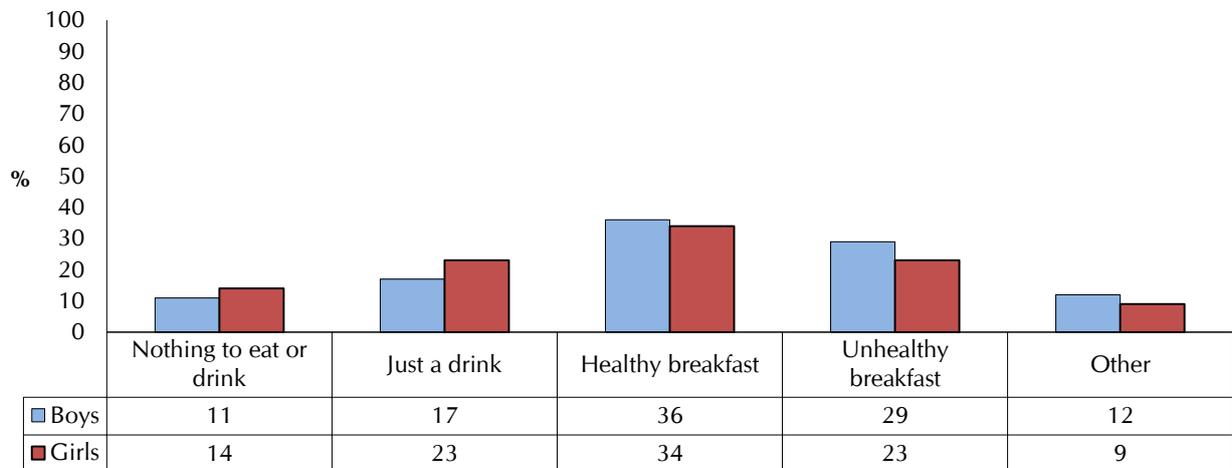
There was a decrease in the proportion of students being happy with their weight between 2011 and 2013 but this hasn't changed in the latest survey.



# Healthy Eating

## Breakfast

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



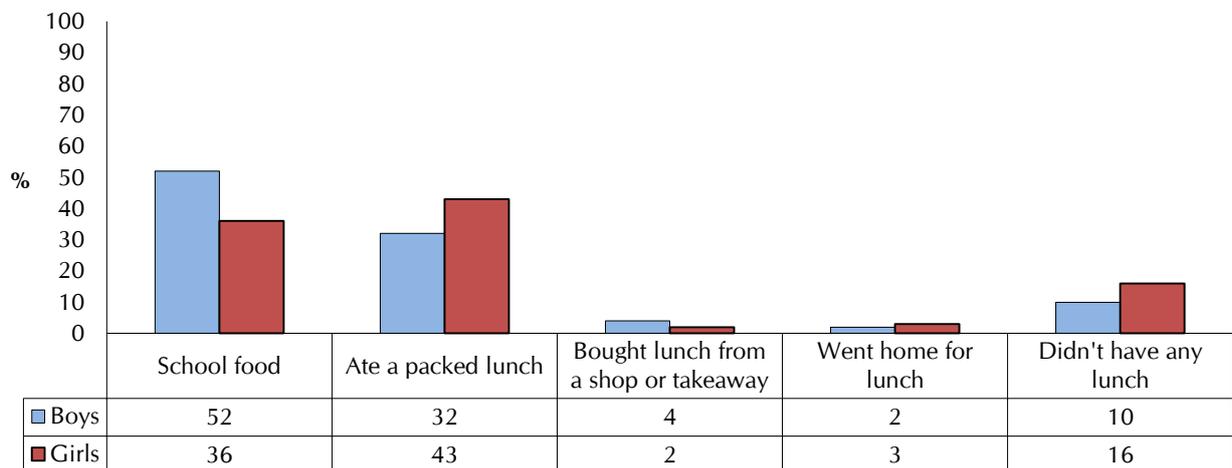
'Healthy breakfast' includes fruit; yoghurt; porridge/Readybrek; toast or bread; egg on toast; beans on toast. 'Unhealthy breakfast' includes sugar-coated cereals; breakfast bars; biscuits/cakes; pastries; crisp-type snack; fried breakfast.

36% of boys and 34% of girls responded that they had (at least) one of the healthy items listed before lessons on the day of the survey.

29% of boys and 23% 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?



44% of pupils responded that they had school food for lunch on the day before the survey, while 38% said they ate a packed lunch.

13% of pupils responded that they didn't have any lunch on the day before the survey.

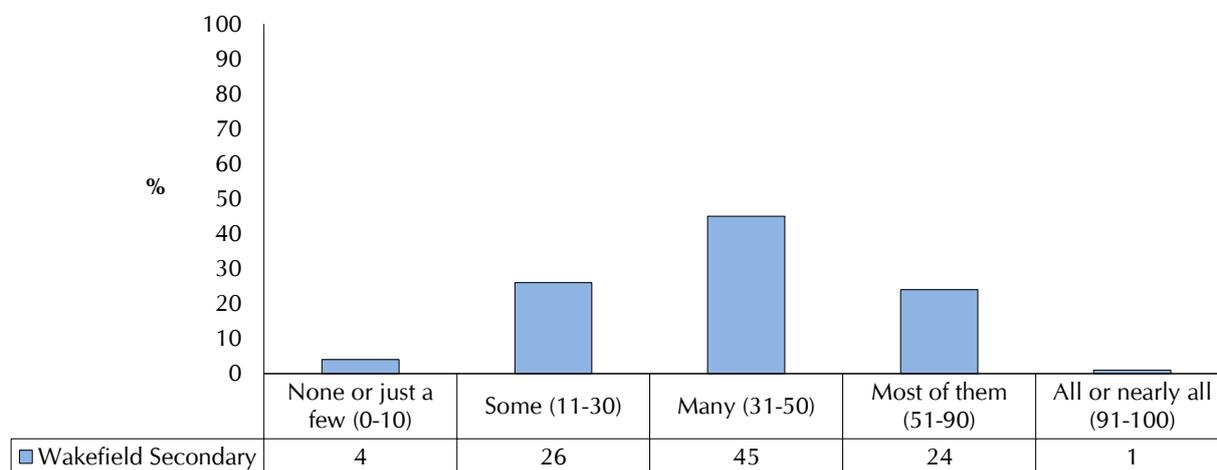
58% of pupils responded that they would like to spend less time queuing at school dinner time, while 15% said that the school food needs more healthy options.

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

Boys			Girls		
1	Less time queuing	55%	1	Less time queuing	63%
2	Need more choice	39%	2	Need more time to eat	45%
3	The food is too expensive	37%	3	Need more choice	40%
4	Need more time to eat	35%	4	There isn't enough room	37%
5	Improve the quality of food	32%	5	The food is too expensive	31%
6	There isn't enough room	27%	6	Improve the quality of food	27%
7	Need more healthy options	13%	7	Need more healthy options	17%
8	Need less choice	2%	8		

## Peer perception: Healthy diet

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



25% of pupils responded that they think at least 'most of' the pupils in their year at school have a healthy diet.

## Foods

49% of pupils responded that they eat fruit and veg 'on most days', while 25% said the same of crisps.

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

Boys			Girls		
1	Fruit and veg	46%	1	Fruit and veg	52%
2	Fizzy drinks/energy drinks/sports drinks	37%	2	Fizzy drinks/energy drinks/sports drinks	30%
3	Crisps	25%	3	Crisps	25%
4	Sweets/chocolate	24%	4	Sweets/chocolate	24%
5	Chips or roast potatoes	11%	5	Chips or roast potatoes	10%
6	Takeaway meal	3%	6	Takeaway meal	2%

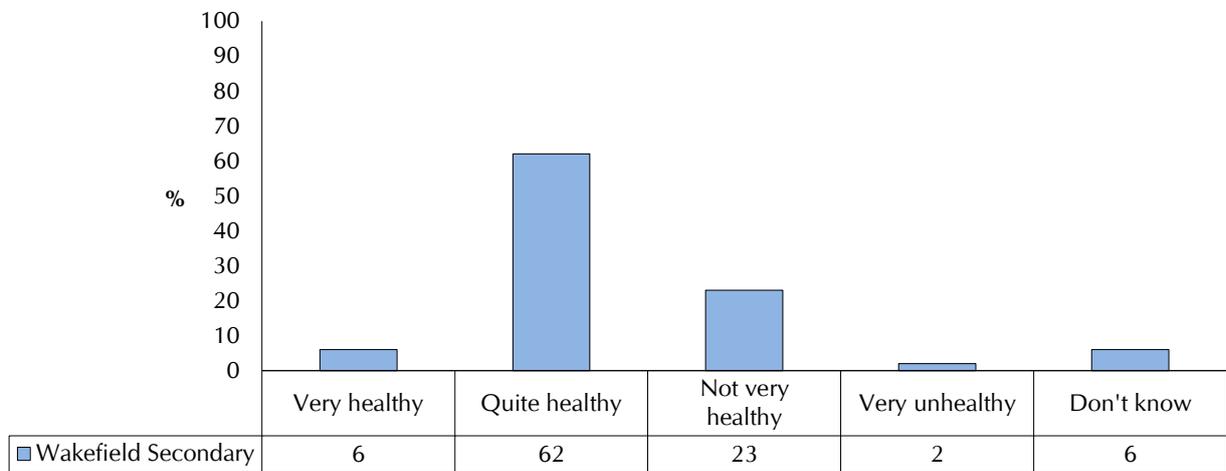
43% of pupils responded that they 'rarely or never' have a takeaway meal, while 8% said the same of sweets/chocolate.

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

Boys			Girls		
1	Takeaway meal	39%	1	Takeaway meal	46%
2	Crisps	18%	2	Fizzy drinks/energy drinks/sports drinks	21%
3	Chips or roast potatoes	14%	3	Crisps	17%
4	Fizzy drinks/energy drinks/sports drinks	10%	4	Chips or roast potatoes	10%
5	Fruit and veg	8%	5	Sweets/chocolate	7%
6	Sweets/chocolate	8%	6	Fruit and veg	5%

## Healthy diet

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

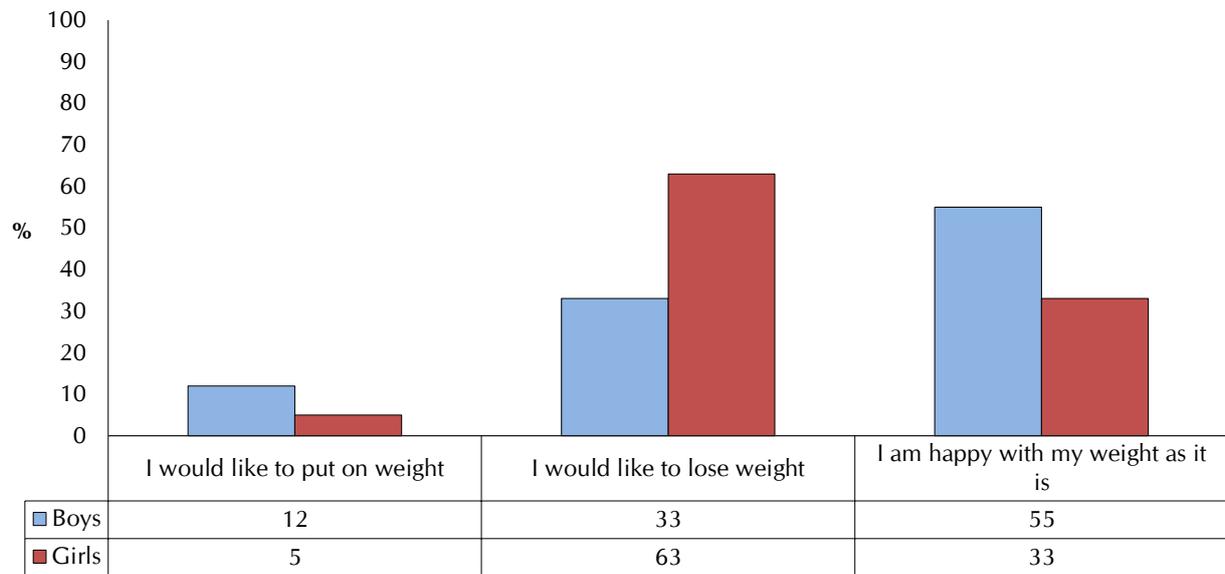


68% of pupils responded that their diet is 'quite' or 'very' healthy.

66% of pupils responded that they would like to eat more healthily, while 17% said they 'don't know' if they would.

## Weight perception

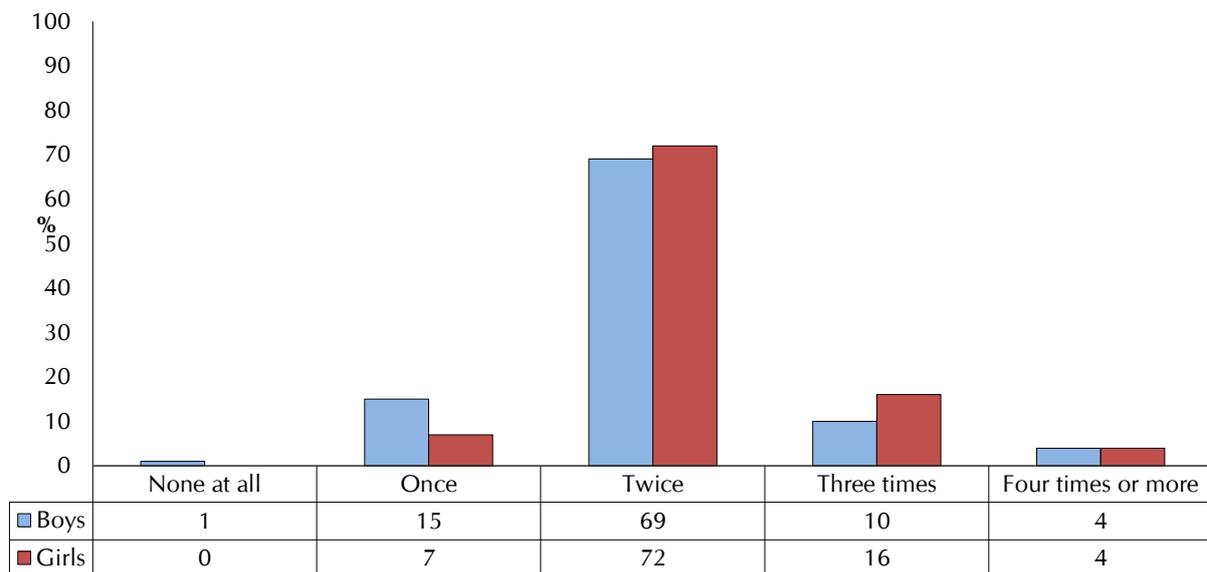
Q10. Which statement describes you best?



8% of pupils responded that they would like to put on weight. 48% of pupils responded that they would like to lose weight. 44% of pupils responded that they are happy with their weight as it is.

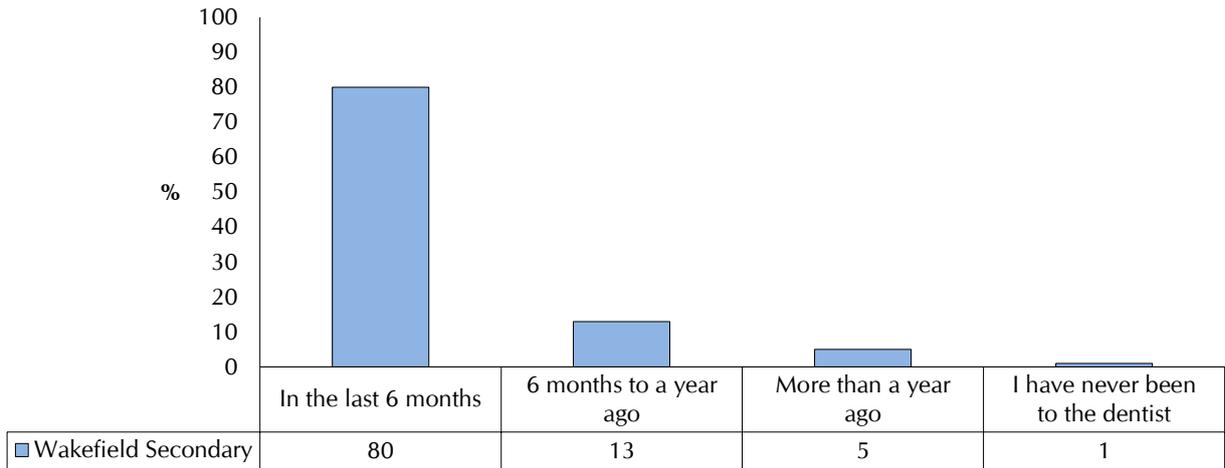
## Dental health

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



88% of pupils 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?



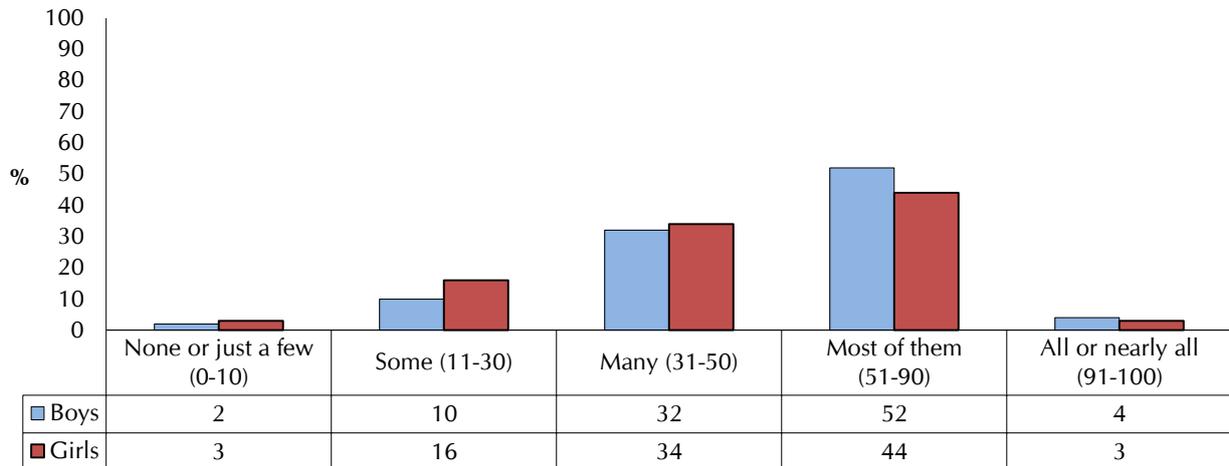
80% of pupils responded that they have been to the dentist in the last 6 months; 94% said they have been in the last year.

5% of pupils responded that they haven't been to the dentist for over a year and 1% said they have never been.

## Physical Activity

### Peer perception: Physical activity

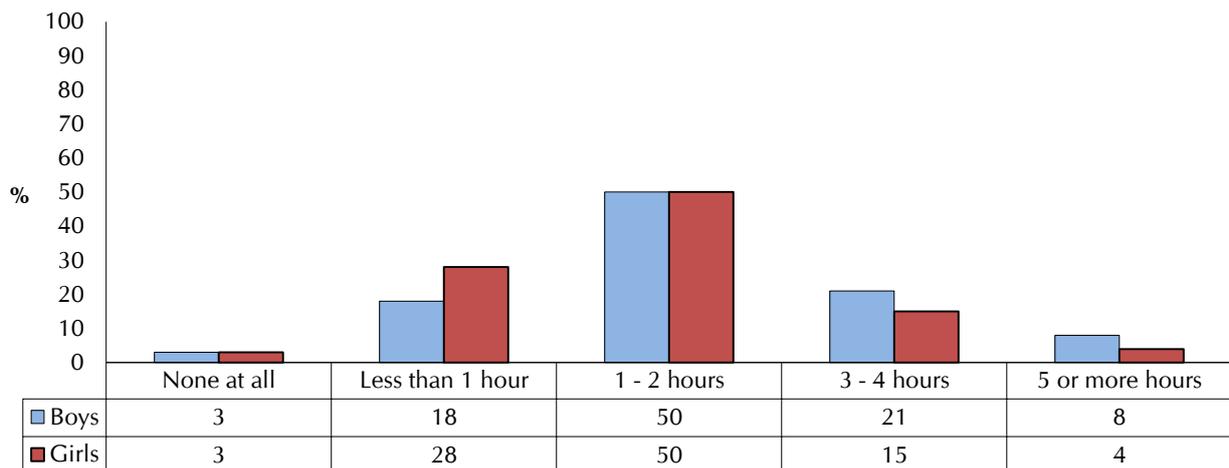
**Q13.** What percentage of pupils in your year at school do you think do physical activity for more than 1 hour a day?



2% of pupils responded that they think 'none or just a few' pupils in their year at school do physical activity for more than 1 hour a day. 52% of pupils responded that they think at least 'most of' the pupils in their year at school 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?



3% of pupils responded that they don't do any physical activity that makes them breathe faster and feel warmer.

74% of pupils responded that they do at least '1 – 2 hours' of physical activity a day that makes them breathe faster and feel warmer.

24% of pupils responded that they do at least '3 – 4 hours' of physical activity a day that makes them breathe faster and feel warmer.

56% of pupils responded that the amount of physical activity they do is enough to keep them healthy. 18% said that they 'don't know' if it is.

## Leisure time

15% of pupils responded that they go to playgrounds around Wakefield District at least 'once a week', while 34% said the same of parks.

**Q16.** Percentage of pupils 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	57%	1	Sports fields – to walk or play	40%
2	Parks	32%	2	Parks	35%
3	Woodlands	19%	3	Woodlands	17%
4	Playgrounds	16%	4	Playgrounds	14%
5	Countryside or canal side	12%	5	Countryside or canal side	13%

34% of pupils responded that they 'hardly ever or never' go to woodlands around Wakefield District, while 38% said the same of the countryside or canal side.

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

Boys			Girls		
1	Playgrounds	54%	1	Playgrounds	59%
2	Countryside or canal side	37%	2	Countryside or canal side	39%
3	Woodlands	33%	3	Woodlands	35%
4	Parks	26%	4	Sports fields – to walk or play	28%
5	Sports fields – to walk or play	17%	5	Parks	23%

## Sports & activities

35% of pupils responded that they play football (not in school time), while 24% go swimming and 31% run on their own.

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

Boys			Girls		
1	Football	55%	1	Running on own	34%
2	Running on own	27%	2	Swimming	28%
3	Rugby	27%	3	Dancing	27%
4	Fitness Gym	25%	4	Running with friends/athletics	26%
5	Swimming	19%	5	Fitness Gym	24%

32% of pupils responded that they do the activities listed in Q17 at a park, while 30% do them at a sports club grounds.

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

Boys			Girls		
1	Sports club grounds	41%	1	Somewhere else	30%
2	Park	36%	2	Leisure centre	28%
3	In the street	35%	3	Park	28%
4	Leisure centre	20%	4	In the street	26%
5	Somewhere else	20%	5	Sports club grounds	20%
6	Community centre	12%	6	Community centre	11%

19% of pupils responded that they would like to do more running with friends/athletics outside school, while 22% would like to do more swimming.

**Q19.** Percentage of pupils responding that they would like to do more of the following activities outside school (top 5):

Boys			Girls		
1	Football	35%	1	Fitness Gym	38%
2	Fitness Gym	28%	2	Swimming	28%
3	Rugby	23%	3	Running with friends/athletics	23%
4	Swimming	17%	4	Running on own	19%
5	Running on own	16%	5	Dancing	18%

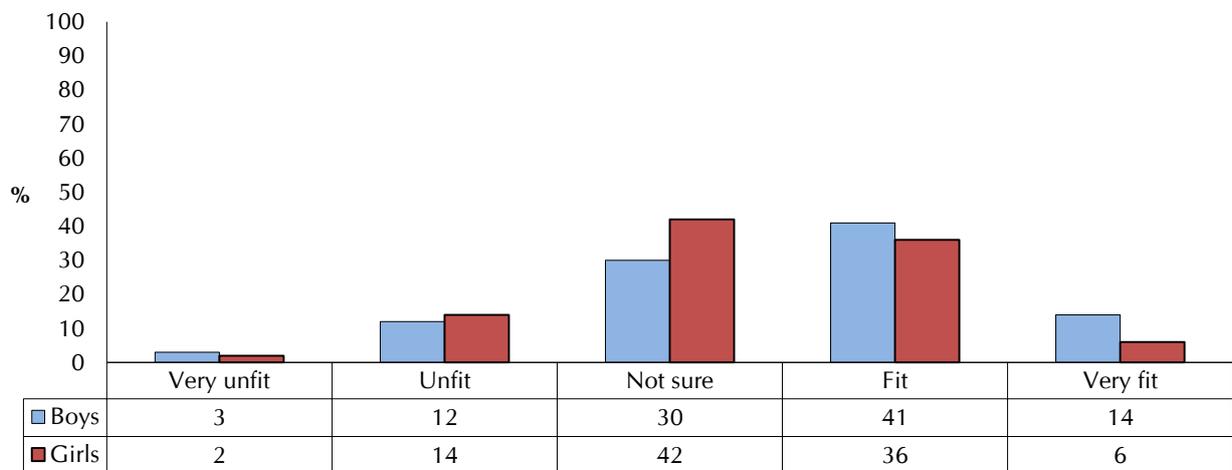
38% of pupils responded that they would like to do the activities listed in Q19 at a leisure centre.

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

Boys			Girls		
1	Sports club grounds	41%	1	Leisure centre	46%
2	Leisure centre	31%	2	Sports club grounds	30%
3	Park	30%	3	Park	26%
4	In the street	20%	4	Community centre	18%
5	Community centre	18%	5	In the street	13%
6	Somewhere else	9%	6	Somewhere else	10%

## Fitness

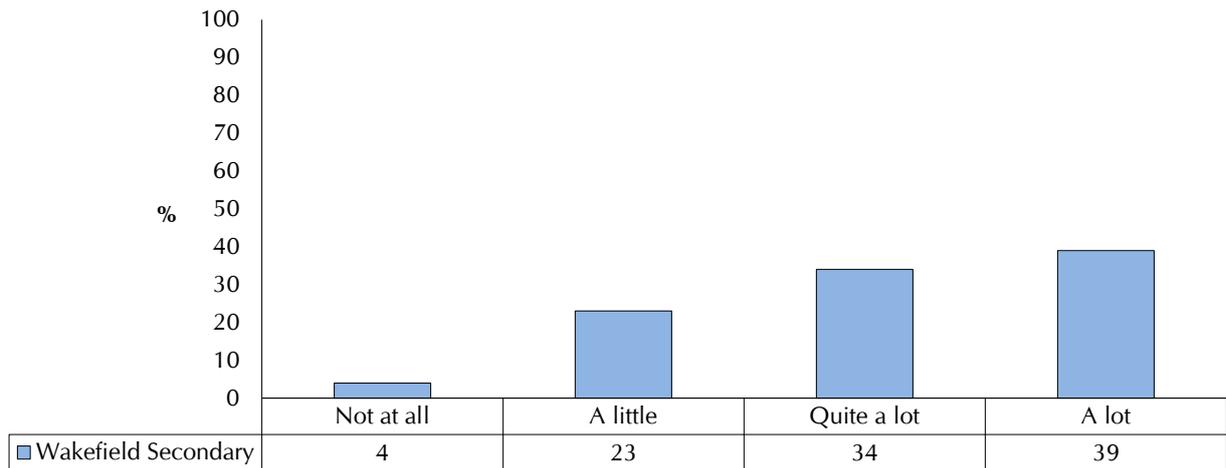
**Q21.** How fit do you think you are?



16% of pupils think they are 'unfit' or 'very unfit'. 49% of pupils think they are 'fit' or 'very fit'.

## Enjoy physical activities

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



4% of pupils responded that they do not enjoy physical activities 'at all'.

73% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

65% of pupils responded that they would like to be more physically active. 19% 'don't know' if they would.

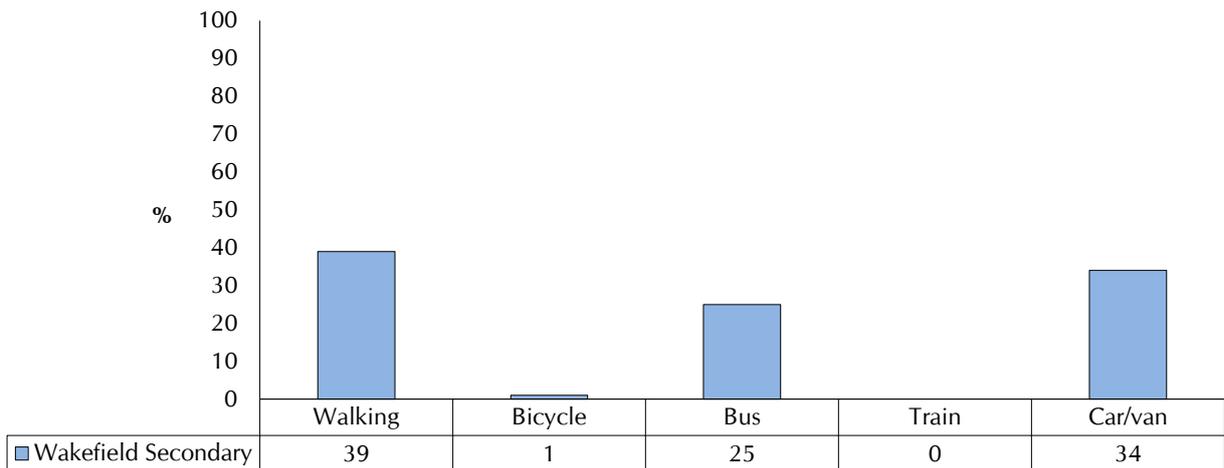
28% of pupils responded that new activities being available would make them want to do more activities, while 23% said that lower prices for activities would encourage them.

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

Boys			Girls		
1	If more of their friends went	49%	1	If more of their friends went	61%
2	If they had more time	35%	2	If they had more time	46%
3	New activities available	29%	3	If they had more motivation	35%
4	More space to play	27%	4	If the activities were closer to where they live	34%
5	If the activities were closer to where they live	26%	5	If there were lower prices for activities	29%

## Active travel

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

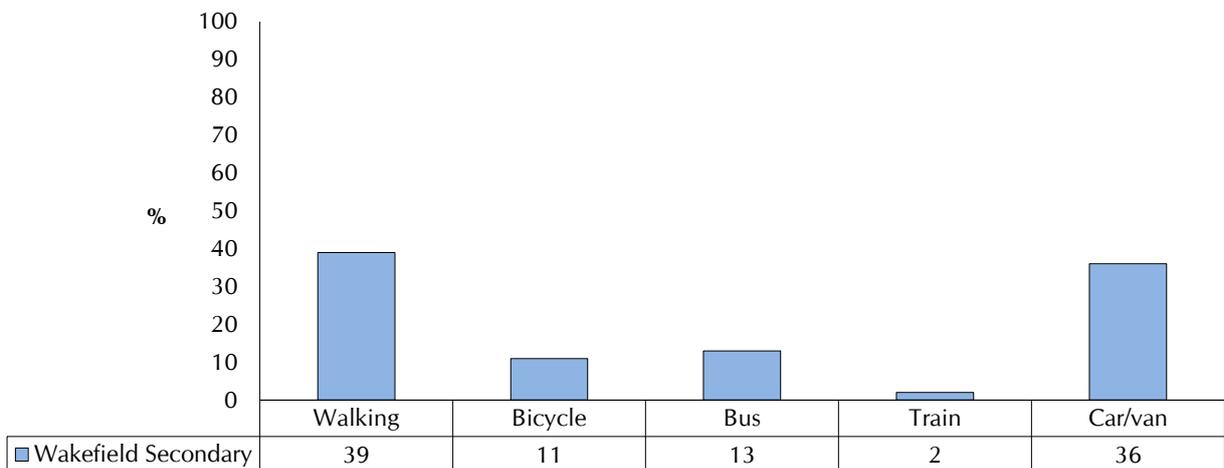


39% of pupils responded that they walked to school on the day of the survey.

1% of pupils responded that they cycled to school on the day of the survey.

34% of pupils responded that they travelled to school by car/van on the day of the survey.

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



39% of pupils responded that they would like to walk to school.

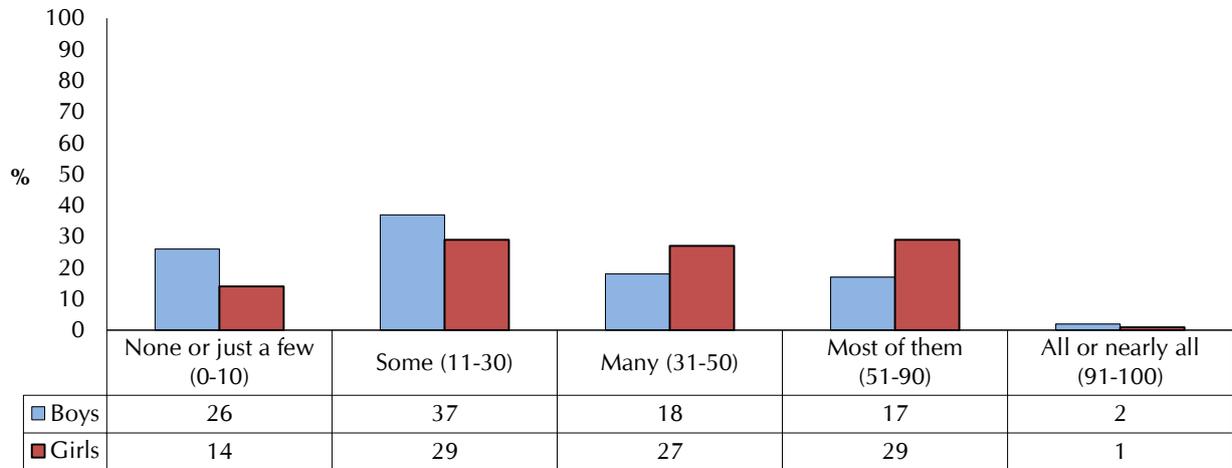
11% of pupils responded that they would like to cycle to school.

36% of pupils responded that they would like to travel to school by car/van.

# Alcohol, Smoking & Drugs

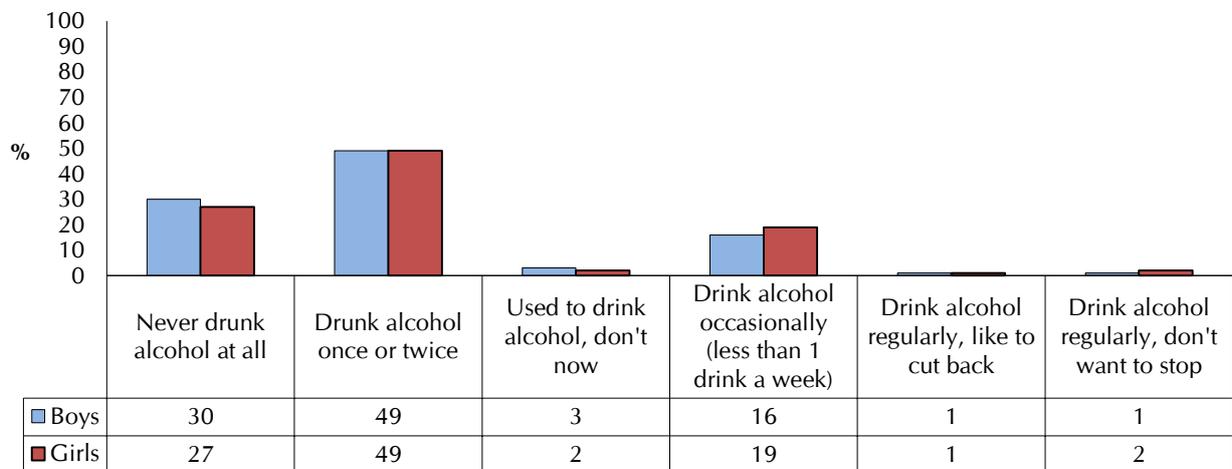
## Alcohol

**Q26.** What percentage of pupils in your year at school drink alcohol regularly?



20% of pupils responded that they think 'none or just a few' pupils in their year at school drink alcohol regularly. 25% of pupils responded that they think at least 'most of' the pupils in their year at school drink alcohol regularly.

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



71% of pupils responded that they have drunk alcohol at least 'once or twice'. 3% of pupils responded that they drink alcohol 'regularly'.

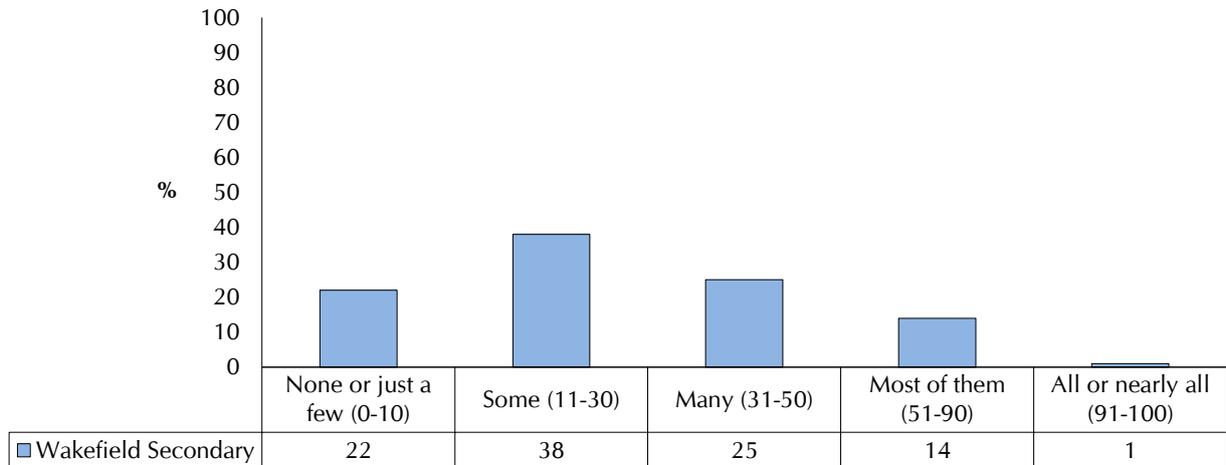
9% of pupils responded that one of the main reasons they drink alcohol is to socialise, while 5% said that they drink alcohol to get drunk.

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

Boys			Girls		
1	None of these	25%	1	None of these	21%
2	To socialise	7%	2	To socialise	11%
3	Because friends do	4%	3	To get drunk	7%
4	To feel confident/feel good	4%	4	To relieve stress/feel relaxed	6%
5	To relieve stress/feel relaxed	4%	5	Because friends do	6%

## Smoking

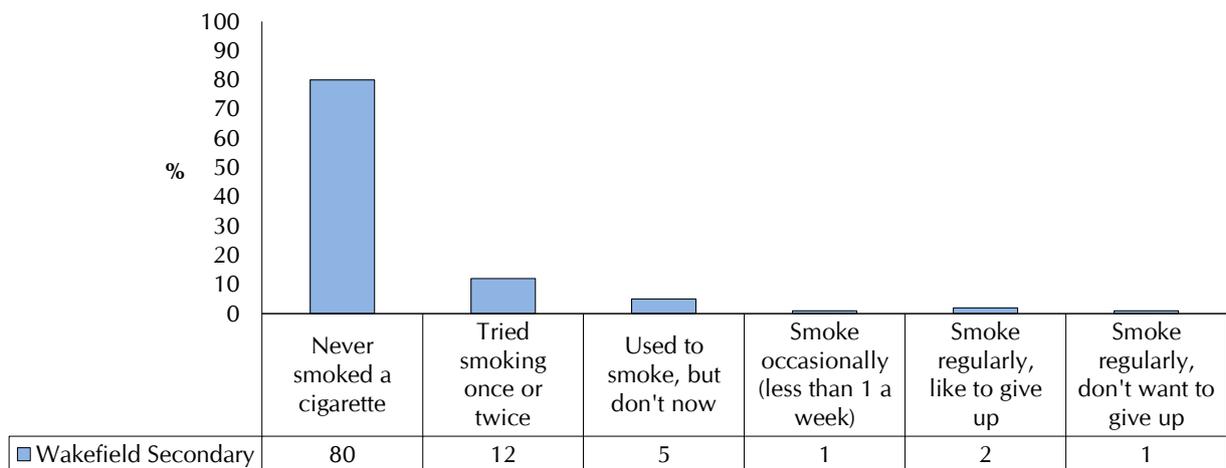
**Q31.** What percentage of pupils in your year at school smoke cigarettes (not including e-cigarettes)?



22% of pupils responded that they think 'none or just a few' pupils in their year at school smoke cigarettes.

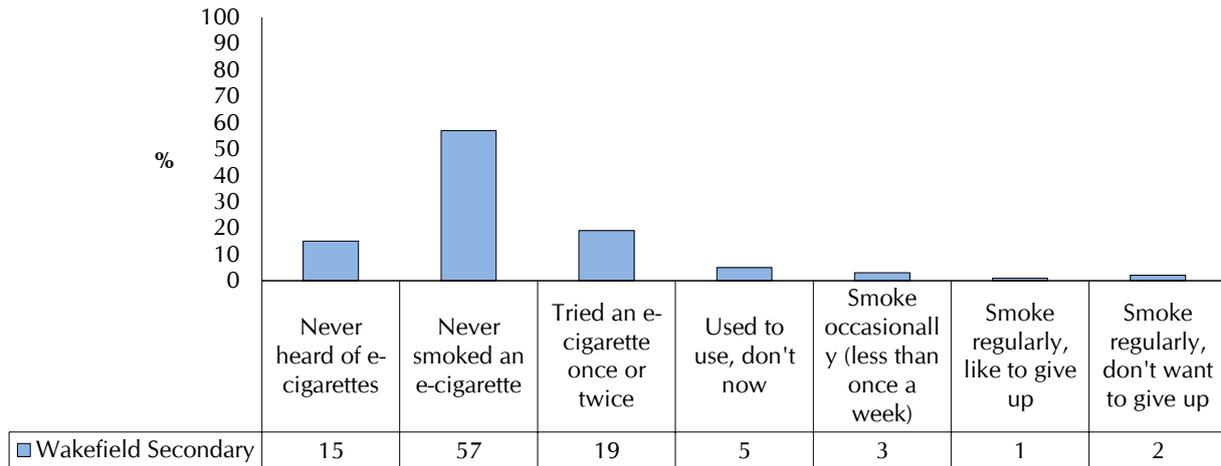
15% of pupils responded that they think at least 'most of' the pupils in their year at school smoke cigarettes.

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



20% of pupils responded that they have smoked in the past or smoke now.

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

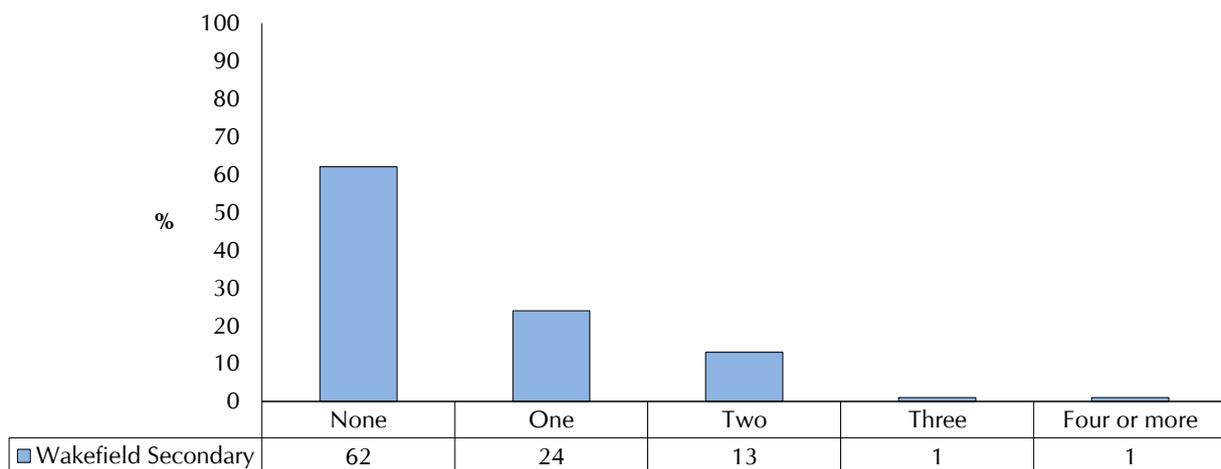


29% of pupils responded that they have smoked an e-cigarette in the past or smoke now.

5% of pupils 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?**



38% of pupils responded that at least one adult that lives in their house smokes. 16% of pupils responded that all of the adults that live in their house smoke. 13% of pupils responded that someone smokes indoors at home in rooms that they use.

**Drugs**

12% of pupils responded that they have been offered cannabis. 6% of pupils responded that they have been offered other drugs (not cannabis, e.g. cocaine, Khat etc.).

5% of pupils responded that they have taken cannabis. 1% of pupils responded that they have taken other drugs (not cannabis, e.g. cocaine, Khat etc.).

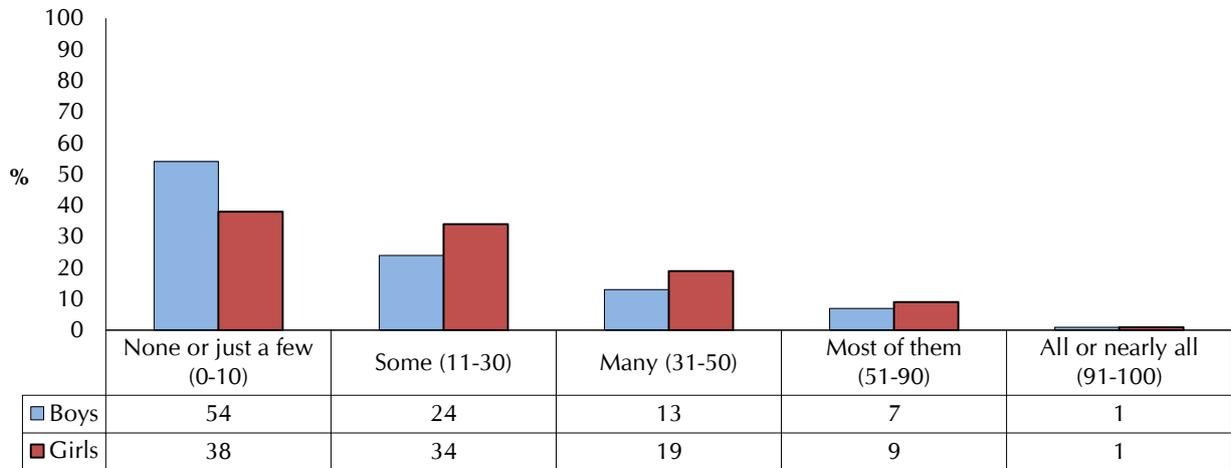
42% of pupils responded that they have heard of New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs').

5% of pupils responded that they have been offered New or Novel Psychoactive Substances (NPS, sometimes referred to as 'Chemical highs' or 'Legal highs'). 3% of pupils 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?

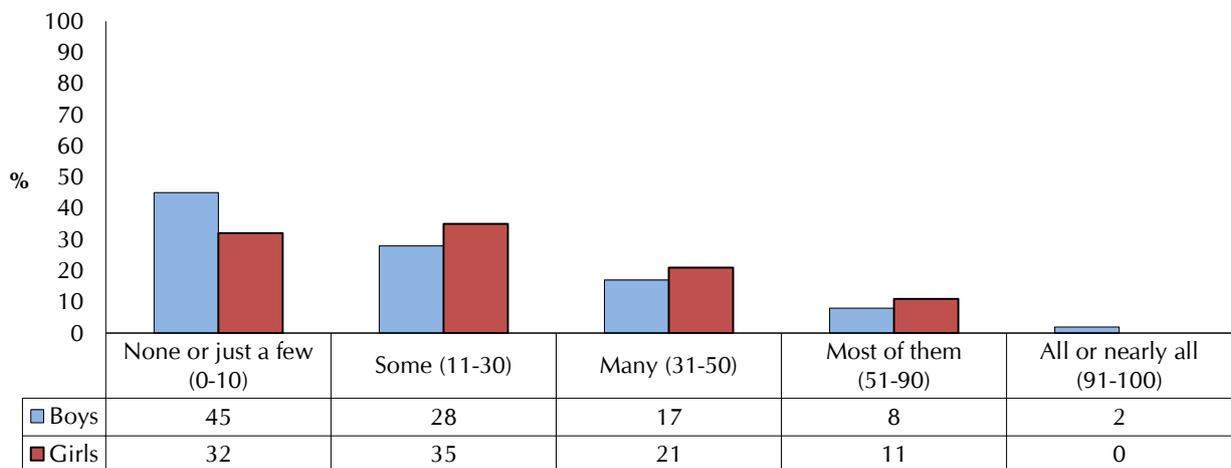


46% of pupils responded that they think 'none or just a few' of the boys in their year at school have had sexual intercourse.

9% of pupils responded that they think at least 'most of' the boys in their year at school have had sexual intercourse.

1% of pupils responded that they think 'all or nearly all' of the boys in their year at school have had sexual intercourse.

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

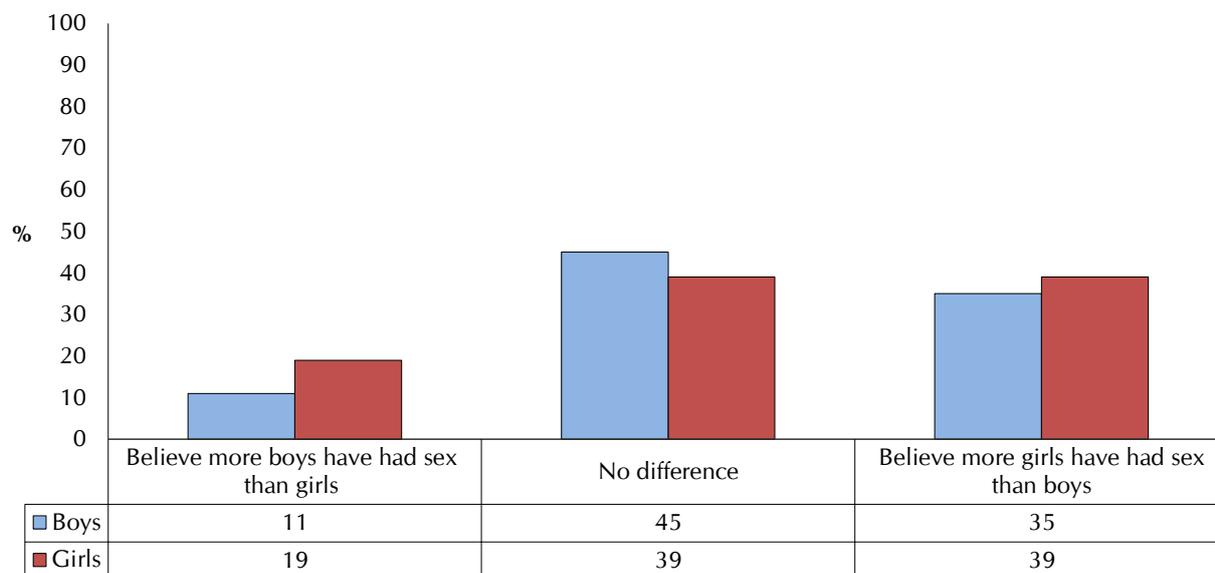


39% of pupils responded that they think 'none or just a few' of the girls in their year at school have had sexual intercourse.

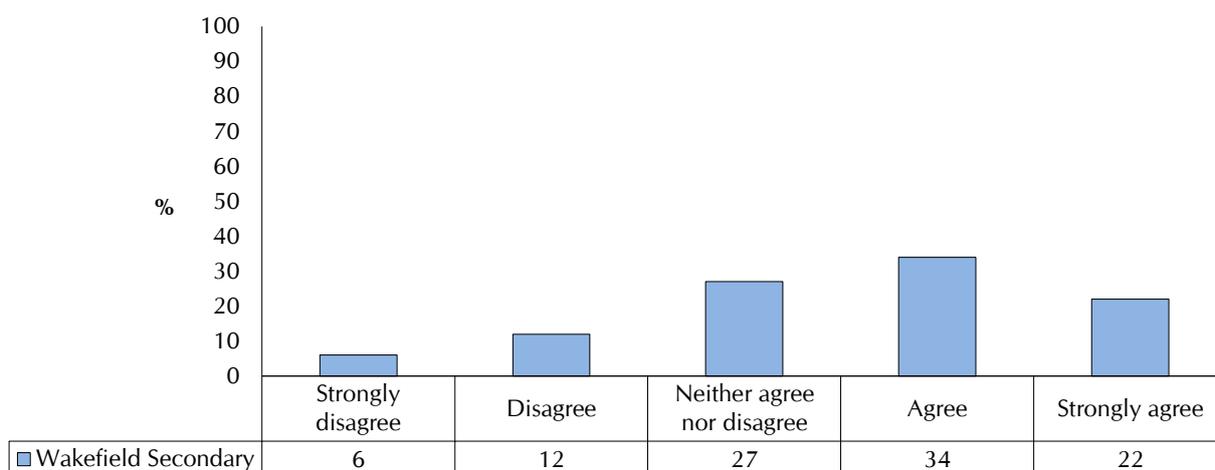
10% of pupils responded that they think at least 'most of' the girls in their year at school have had sexual intercourse.

1% said that they think 'all or nearly all' of the girls in their year at school have.

**Q39. Sexual activity perception summary:**



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



17% of pupils responded that they 'disagree' or 'strongly disagree' that young people should wait until they are 16 before they have sexual intercourse.

56% of pupils responded that they 'agree' or 'strongly agree' that young people should wait until they are 16 before they have sexual intercourse.

7% of pupils responded that they have had sexual intercourse, while 7% said that they 'prefer not to answer'.

3% of pupils responded that they have had sexual intercourse and used a condom 'every time', while 2% said that they did so only 'sometimes'.

This equates to 44% of those who have had sex responded that they used a condom 'every time'.

57% of pupils responded that they know where to get condoms free of charge.

## Support & advice

68% of pupils responded that they know where to get support and advice regarding sexual health.

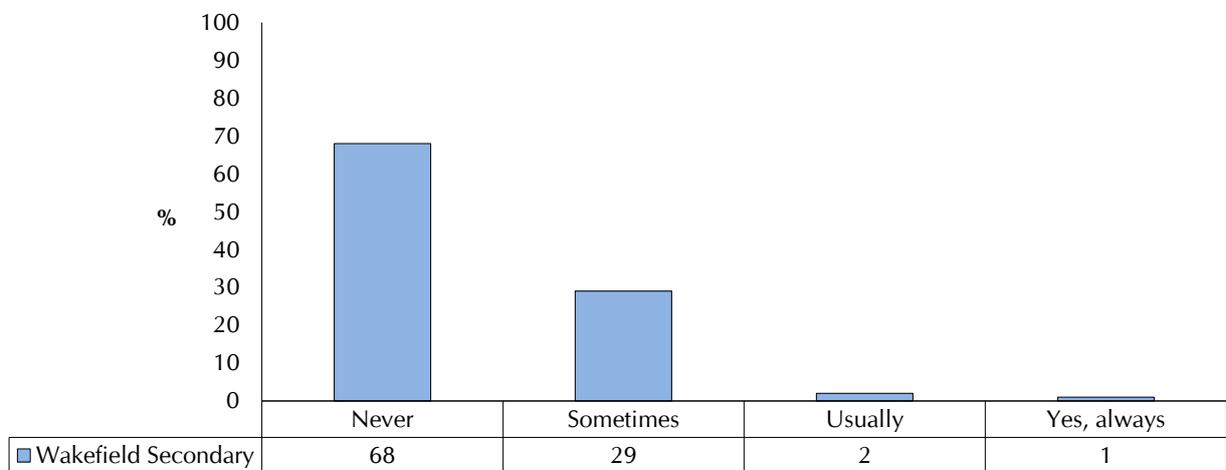
**Q45.** Percentage of pupils responding that they know where to get support and advice for the following :

	Year 9		Total
	Boys	Girls	
Eating healthily	77%	80%	78%
Being more active	79%	77%	78%
Alcohol use	63%	68%	65%
Drug use	59%	65%	62%
Stopping smoking	66%	73%	69%
Sexual health	64%	71%	68%
Emotional health	60%	66%	63%
Physical abuse	65%	70%	67%

## Staying Safe

77% of pupils responded that they 'always' wear a seatbelt when travelling in a car.

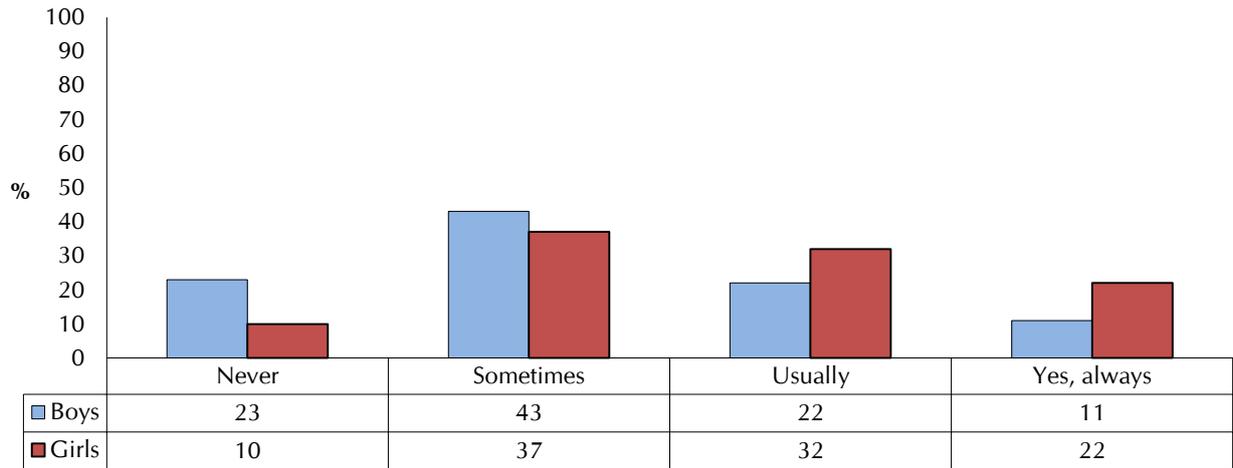
**Q49.** When travelling in a car does the person driving ever hold their mobile phone in their hand whilst driving?



68% of pupils responded that when travelling in a car the person driving 'never' holds their mobile phone in their hand.

3% of pupils responded that when travelling in a car the person driving 'usually' or 'always' holds their mobile phone in their hand.

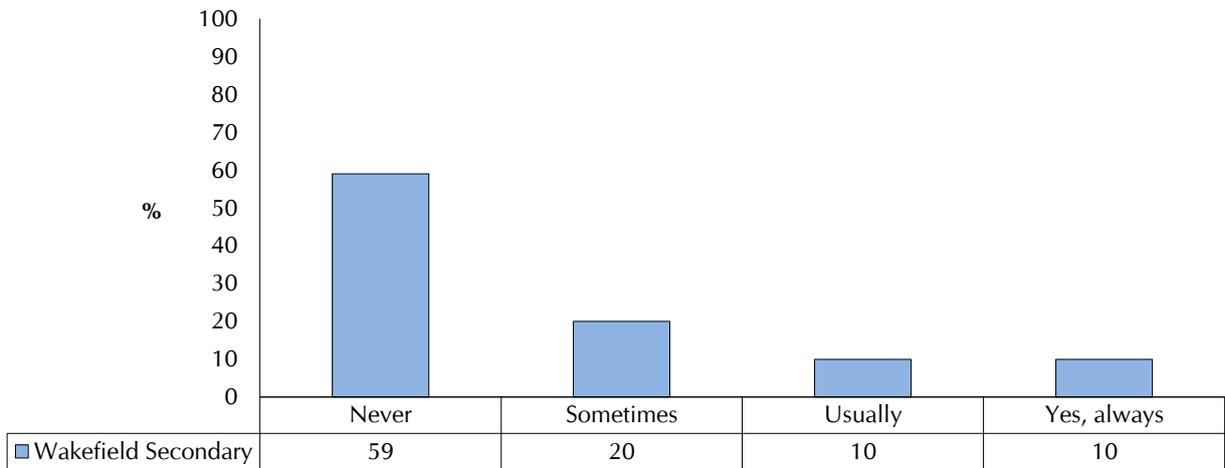
**Q52.** Do you ever use mobile phones or listen to music whilst walking near a road?



17% of pupils responded that they ‘never’ use a mobile phone or listen to music whilst walking near to a road.  
 44% of pupils responded that they ‘usually’ or ‘always’ use a mobile phone or listen to music whilst walking near a road.

**Cycling safety**

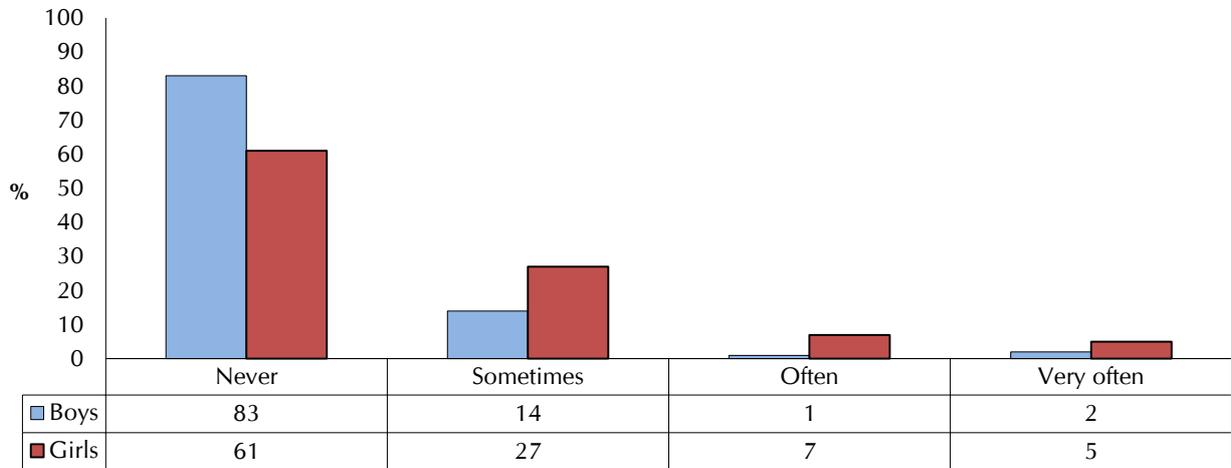
**Q51.** Do you wear a safety helmet when cycling?



80% of pupils responded that they ‘never’ or only ‘sometimes’ wear a safety helmet when cycling.  
 10% of pupils responded that they ‘always’ wear a safety helmet when cycling.

## Bullying

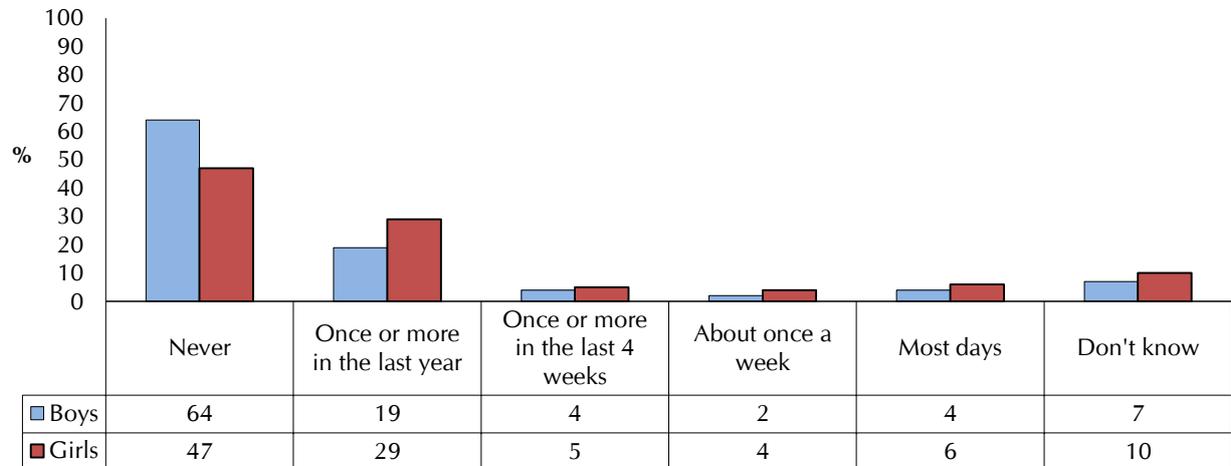
**Q53.** Do you ever feel afraid of going to school because of bullying?



28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

8% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

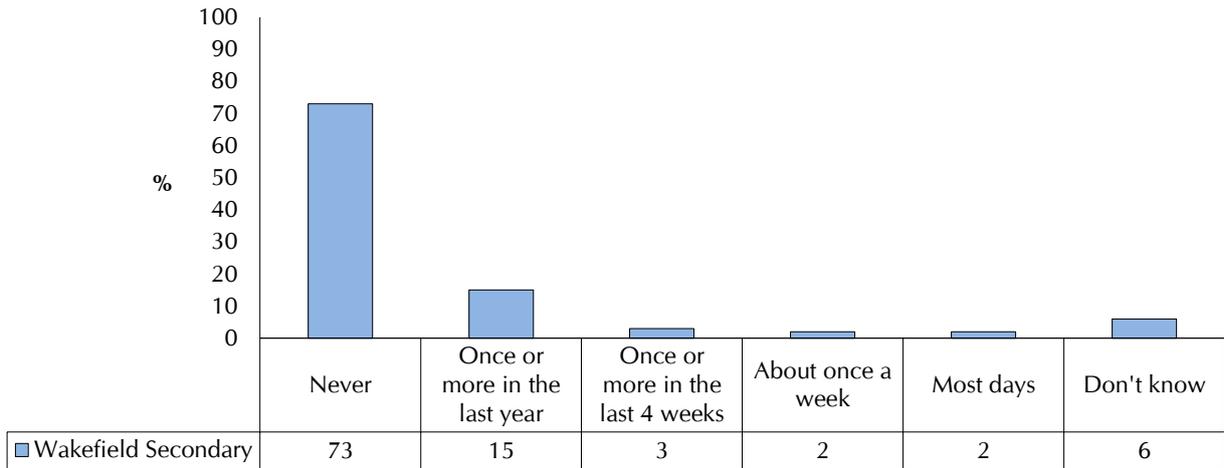
**Q54.** How often, if at all, have you been bullied at school?



36% of pupils responded that they have been bullied at least 'once or more' at school in the last year, while 8% said they 'don't know' if they have been bullied.

8% of pupils responded that they are bullied at least 'about once a week' at school.

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



21% of pupils responded that they have been bullied at least ‘once or more’ outside school in the last year, while 6% said they ‘don’t know’ if they have been bullied.

4% of pupils responded that they are bullied at least ‘about once a week’ outside school.

35% of pupils feel that they are being ‘picked on’ or bullied because of the way they look; 25% feel they are because of their size or weight.

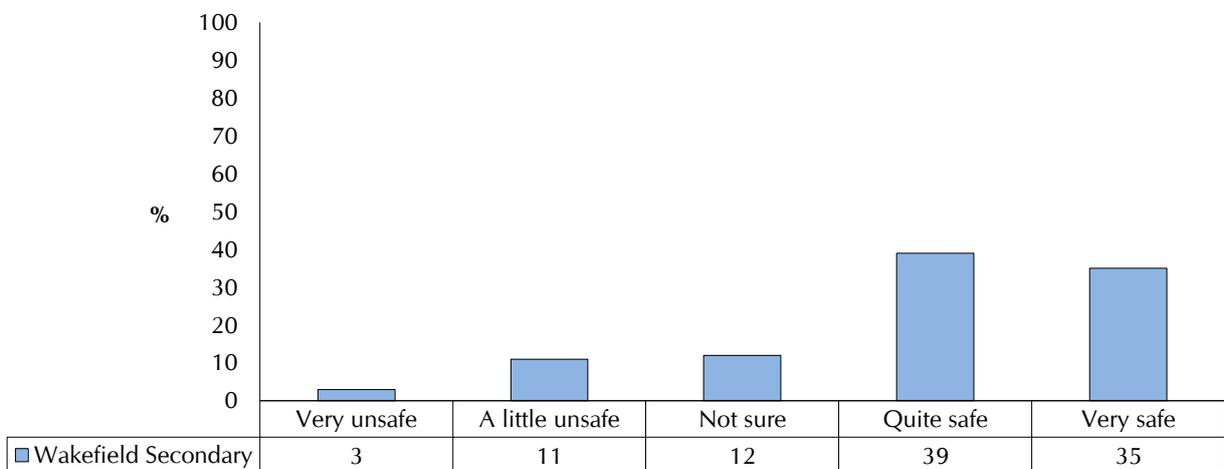
**Q57.** Percentage of pupils responding that they feel they are being ‘picked on’ or bullied for the following reasons (top 5):

Boys			Girls		
1	The way they look	24%	1	The way they look	46%
2	Their size or weight	21%	2	Their size or weight	29%
3	The clothes they wear	7%	3	The clothes they wear	16%
4	Other	6%	4	Other	11%
5	Their race or colour	6%	5	A disability or learning difficulty	4%

48% of pupils responded that they think their school takes bullying seriously, while 31% think their school does not take it seriously.

## Local area

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

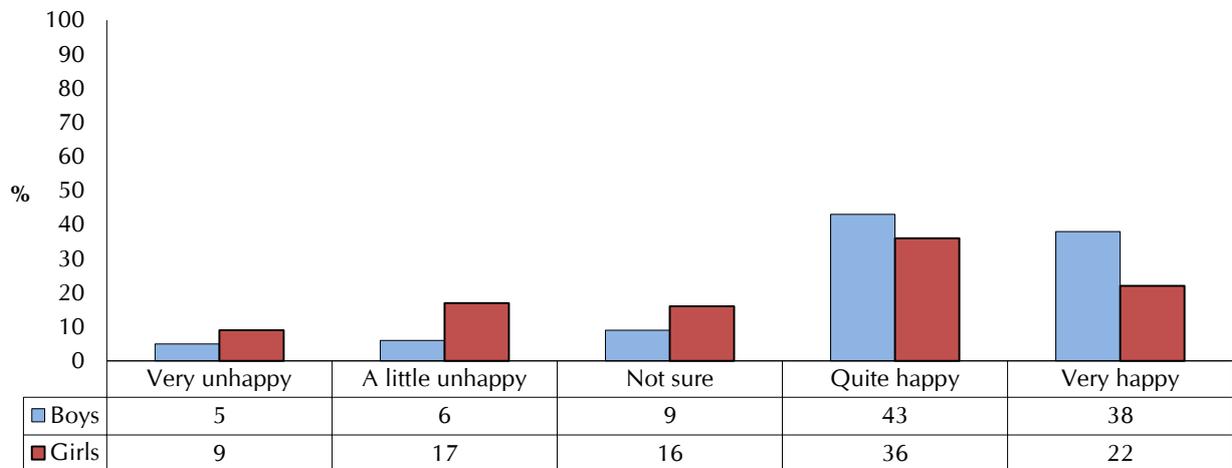


74% of pupils responded that they feel ‘quite’ or ‘very’ safe in the area where they live.

## Well-being

### Happiness

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



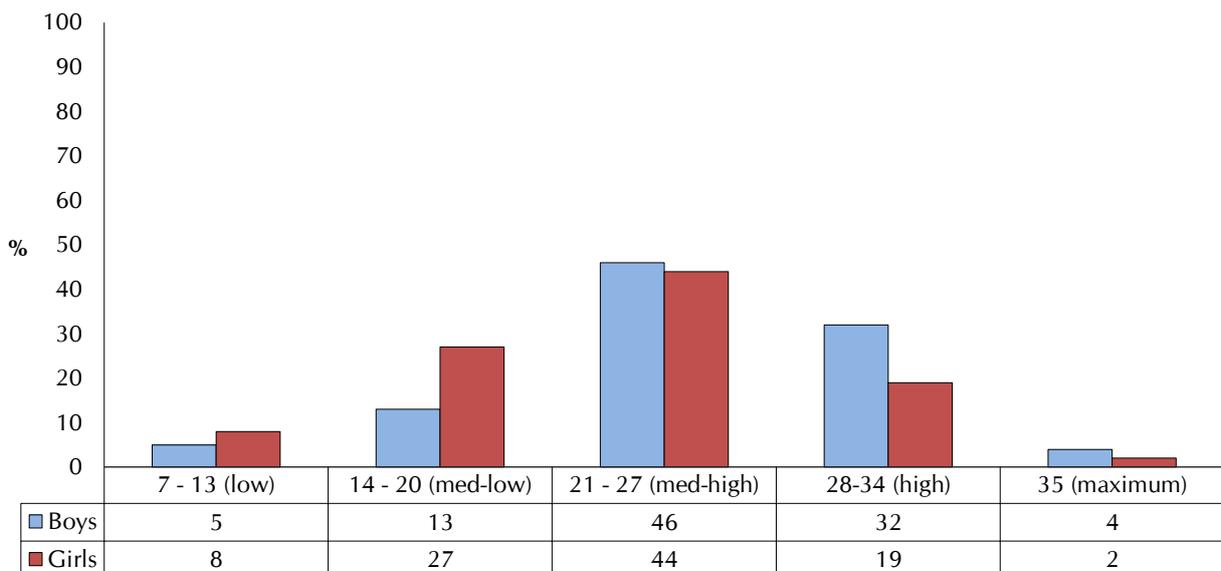
19% of pupils responded that they feel at least 'a little unhappy' with their life at the moment.

69% of pupils 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):



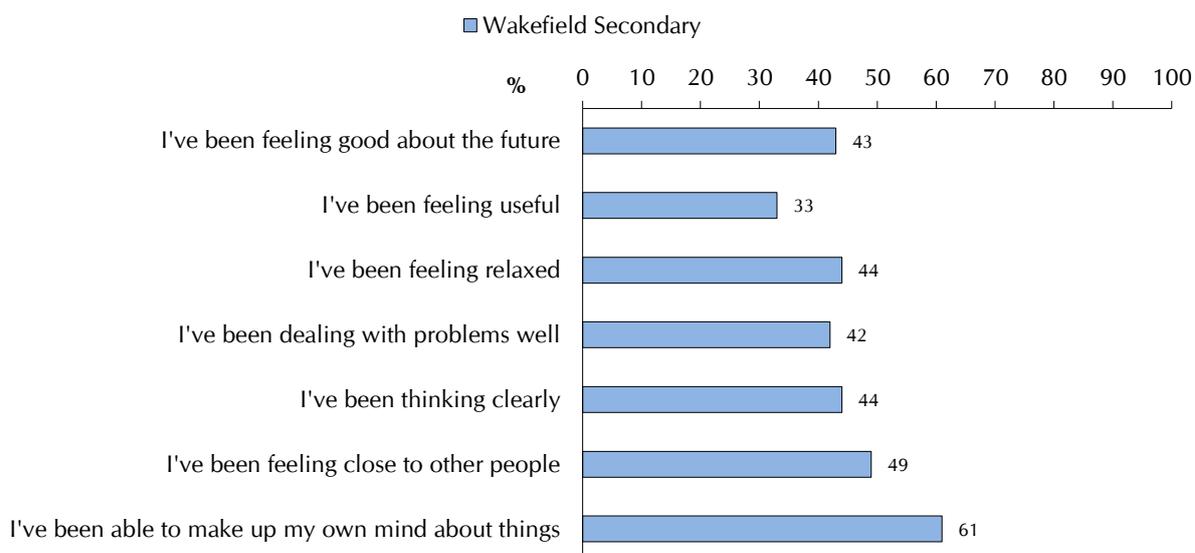
7% of pupils had a low score (7 – 13) on the SWEMWB Scale, while 20% had a med-low score (14 – 20). 28% of pupils had a high or maximum score (28 – 35) on the SWEMWB Scale.

43% of pupils responded that they have been feeling good about the future 'often' or 'all of the time' and 33% said they have been feeling useful.

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

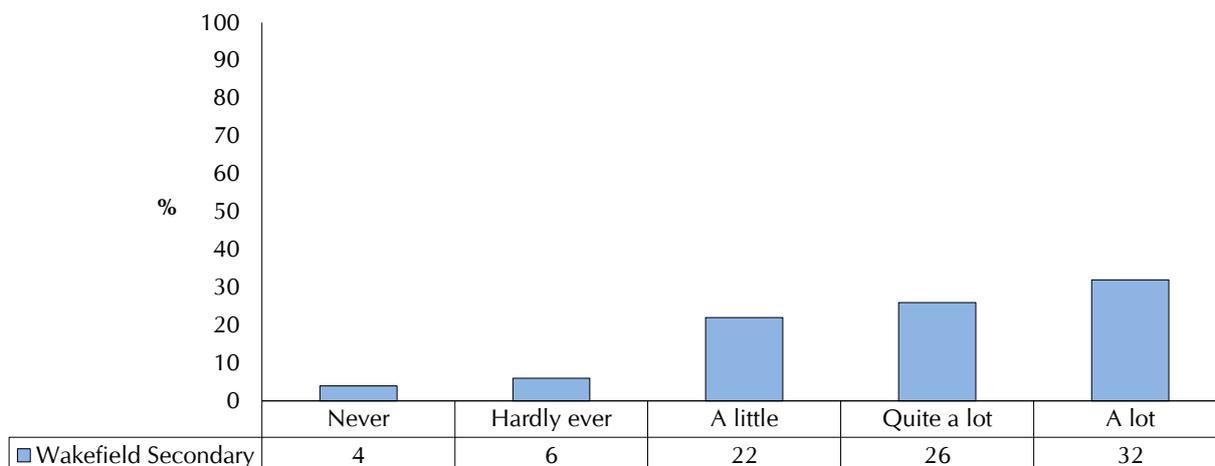
	None of the time	Rarely	Some of the time	Often	All of the time
<b>Boys</b>					
I've been feeling good about the future	7%	9%	22%	36%	13%
I've been feeling useful	6%	13%	28%	31%	8%
I've been feeling relaxed	4%	9%	20%	37%	16%
I've been dealing with problems well	8%	9%	20%	33%	16%
I've been thinking clearly	5%	8%	21%	35%	17%
I've been feeling close to other people	5%	9%	22%	31%	18%
I've been able to make up my own mind about things	3%	3%	13%	34%	33%
<b>Girls</b>					
I've been feeling good about the future	7%	18%	31%	27%	10%
I've been feeling useful	11%	23%	32%	20%	6%
I've been feeling relaxed	8%	23%	27%	27%	7%
I've been dealing with problems well	11%	20%	25%	26%	10%
I've been thinking clearly	10%	19%	26%	24%	12%
I've been feeling close to other people	7%	12%	23%	31%	18%
I've been able to make up my own mind about things	5%	11%	20%	31%	25%

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



## Worries

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



58% of pupils responded that they worry about at least one of the issues 'quite a lot' or 'a lot'.

39% of pupils responded that they worry 'quite a lot' or 'a lot' about school-work/exams, while 32% worry about the way they look.

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

Boys			Girls		
1	School-work/exams	28%	1	School-work/exams	51%
2	Family problems	17%	2	The way they look	49%
3	The way they look	14%	3	Problems with friends	33%
4	Problems with friends	12%	4	Family problems	29%
5	Money problems	10%	5	Money problems	16%

## Problem solving

57% of pupils responded that if they had a problem with school they would talk to someone they trust about it, while 57% said the same of a health problem.

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

	Year 9		Total
	Boys	Girls	
Problem with school	58%	56%	57%
Family problem	48%	45%	46%
Health problem	59%	54%	57%
Body changes and growing up	35%	37%	36%
Problem with friends	49%	53%	51%
Bullying problem	60%	57%	58%

43% of pupils responded that if they had a family problem they would keep it to themselves, while 30% said the same of a bullying problem.

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

	Year 9		Total
	Boys	Girls	
Problem with school	29%	35%	32%
Family problem	39%	47%	43%
Health problem	27%	37%	32%
Body changes and growing up	51%	54%	52%
Problem with friends	38%	38%	38%
Bullying problem	26%	35%	30%

31% of pupils responded that they 'usually' or 'always' talk to someone if they have a problem or feel stressed, while 50% said they listen to music and 38% watch more TV/play computer games.

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

Boys			Girls		
1	Watch more TV/play computer games	48%	1	Listen to music	63%
2	Keep busy socialising	39%	2	Think carefully about the problem by themselves	41%
3	Think carefully about the problem by themselves	38%	3	Keep busy socialising	40%
4	Listen to music	38%	4	Rest or sleep more	34%
5	Do physical activity	33%	5	Talk to someone about it	32%
6	Talk to someone about it	31%	6	Watch more TV/play computer games	28%
7	Rest or sleep more	29%	7	Eating or drink more (e.g. sweets, chocolates)	27%
8	Eating or drink more (e.g. sweets, chocolates)	16%	8	Do physical activity	21%
9	Seek help with the problem online	7%	9	Cut or hurt themselves	8%
10	Other	3%	10	Seek help with the problem online	8%

## Enjoying & Achieving

### Every Child Matters

58% of pupils agreed that they know their targets and they are helped to meet them, while 28% agreed that their views and opinions are listened to in school.

**Q66.** Percentage of pupils 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	69%
2	I know my targets and I am helped to meet them	60%	2	I know my targets and I am helped to meet them	56%
3	The school prepares me for when I leave this school	52%	3	The school prepares me for when I leave this school	49%
4	My achievements in school are recognised	44%	4	My achievements in school are recognised	40%
5	My views and opinions are asked for in school	38%	5	My achievements out of school are recognised	30%
6	My achievements out of school are recognised	37%	6	My views and opinions are asked for in school	29%
7	The school cares whether I am happy or not	34%	7	The school cares whether I am happy or not	27%
8	My views and opinions are listened to in school	34%	8	My views and opinions are listened to in school	22%

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

