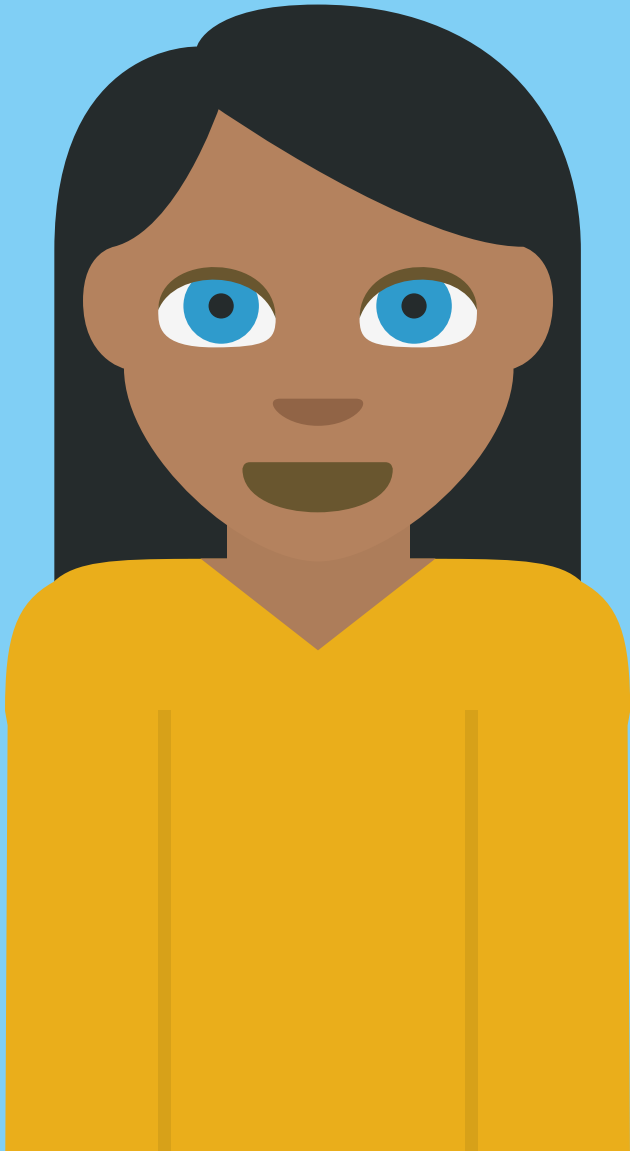


Healthy Lifestyle Report

Secondary 2021-2022



DARLINGTON
Borough Council



What school do you go to?

Health survey

ANSWER CHOICES	RESPONSES
Carmel College, A Catholic Academy	923
Haughton Academy	650
Hummersknott cademy	1,031
Hurworth School (Academy)	654
Longfield Academy	774
St Aidan's Church of England Academy	427
Polam Hall School Secondary	218
Wyvem Academy	328
TOTAL	5,005

Wellbeing & relationships survey

ANSWER CHOICES	RESPONSES
Carmel College, A Catholic Academy	807
Haughton Academy	522
Hummersknott cademy	577
Hurworth School (Academy)	397
Longfield Academy	597
St Aidan's Church of England Academy	312
Polam Hall School Secondary	1
Wyvem Academy	303
TOTAL	3,516

Emotional Health and Wellbeing

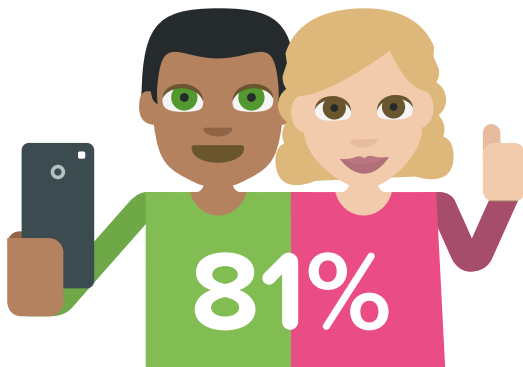
68%



73% can manage peer pressure and say



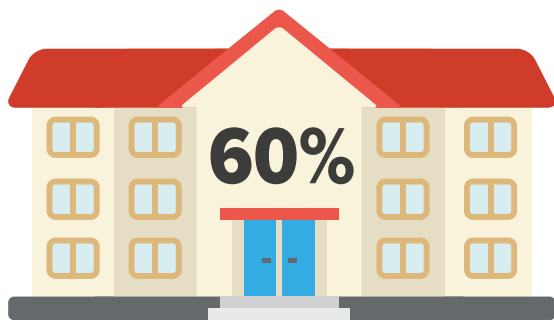
to their friends if they want to



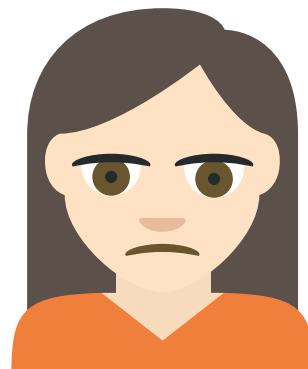
have good friendships

MOST

pupils would talk to a parent, carer or teacher if they needed support



report feeling stressed, mainly about school



Almost 80% identified a way they cope with feeling stressed

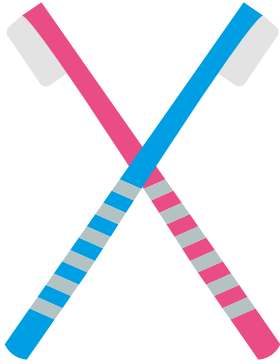


www.kooth.com



www.darlingtonmind.com

Dental Health



76%
said they
clean
their teeth
twice a day



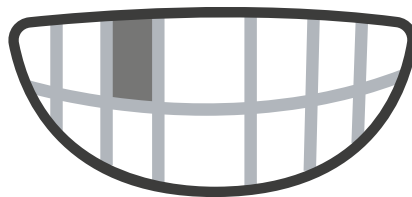
83%
said when they
clean, they
clean for
2 – 3 minutes



45%
rinse with
water after
brushing



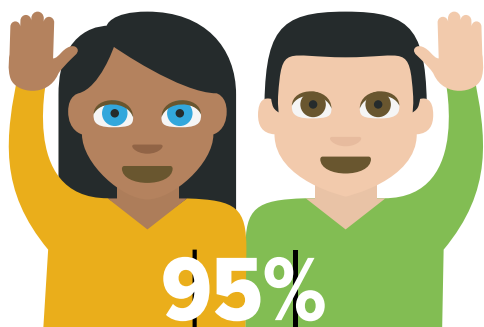
use
mouthwash



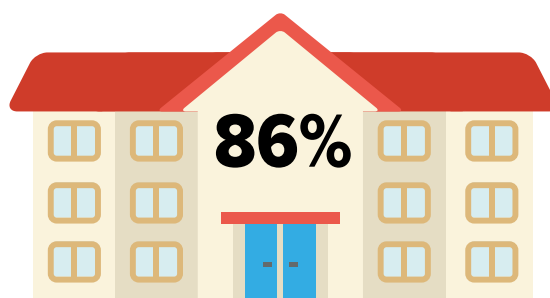
39% have had
a filling

<https://www.nhs.uk/livewell/healthy-teeth-and-gums/>

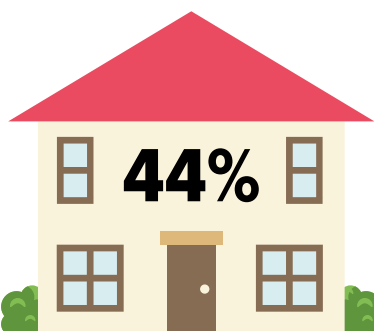
Puberty



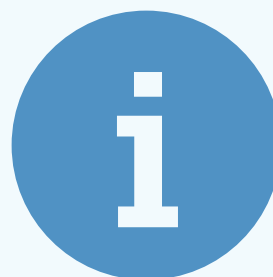
95%
know what changes they will
experience during puberty



86%
learnt about these changes
in school



44%
learnt about these changes
from someone at home



26%
would like more
information about
the changes as
they feel they need
to know more

www.nhs.uk/live-well/sexualhealth/stages-of-puberty-what-happens-to-boys-and-girls
www.always.co.uk/en-gb/about-us/campaigns-andinitiatives/puberty-education-programme

Physical Activity & Eating Habits



32%
weekdays

of respondents do 30 – 60 minutes of physical activity daily, mainly to keep fit and healthy, & because they enjoy it



22%
weekends

of respondents do 30 – 60 minutes of physical activity daily, mainly to keep fit and healthy, & because they enjoy it



think that they eat healthily most of the time



75%
would like to eat more healthier

www.nhs.uk/healthier-families

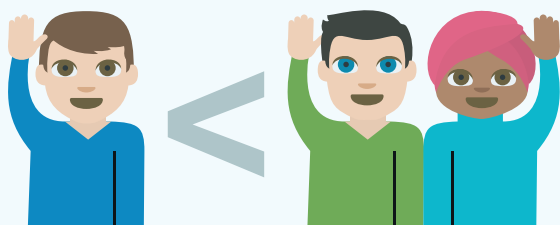
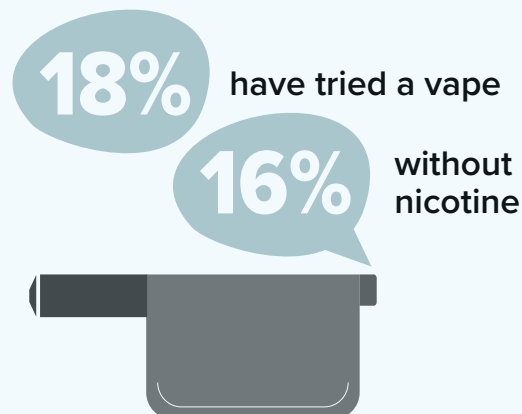
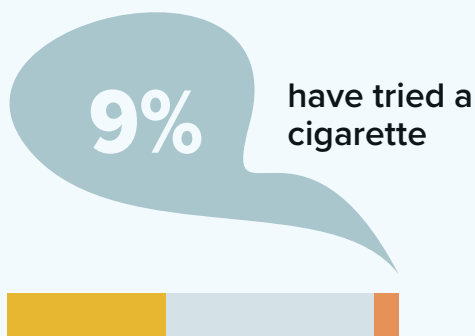
livingwell.darlington.gov.uk/Information/Nutrition

www.darlington.gov.uk/leisure-and-culture/healthydarlington/start-my-move-more-journey

cooktogether.betterhealth-healthierfamilies.co.uk

www.nhs.uk/healthier-families/activities

Smoking and Alcohol



However pupils perceive many more of their peers have tried than actually have

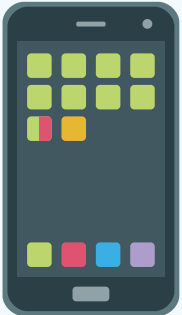


www.darlington.gov.uk/health-and-socialcare/public-health/stop-smoking-services

www.darlington.gov.uk/health-and-socialcare/public-health/children-and-young-people/drugs-and-alcohol-service-for-children-and-young-people

www.darlington.gov.uk/health-and-socialcare/public-health/drug-and-alcohol-services-stride

Internet and Modern Technology



85%
play games online,
on a console,
mobile phone or
tablet based device



68%
play games
that are
12 rated



61%
play games
that are
16-18 rated



The most popular apps used
are YouTube, Netflix, WhatsApp,
Tik Tok, Snapchat.



72% watch vloggers or YouTubers
27% of respondents said they
stream themselves online



33% have seen
something that worried
or upset them,

58% of these
respondents reported
this to a trusted adult

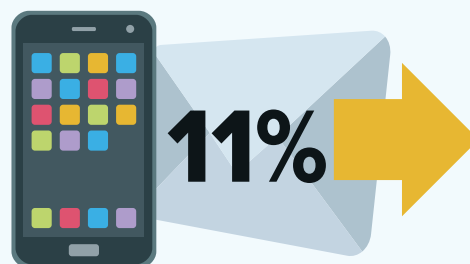


www.darlington.gov.uk/DISP
pegi.info/app
www.ceop.police.uk/Safety-Centre

Relationships



said adults in relationships should care for and respect each other



thought it was 'ok' to send a picture of each other or themselves with no clothes on in a relationship



6%
thought that any physical or emotional abuse was acceptable

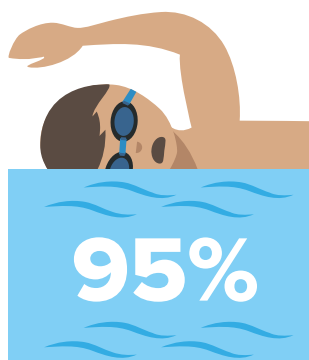
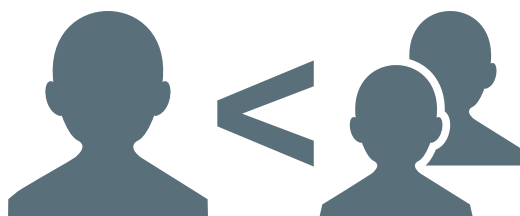
www.darlington.gov.uk/health-and-socialcare/domestic-abuse/domestic-and-sexual-abuse-directory

Behaviour and Safety

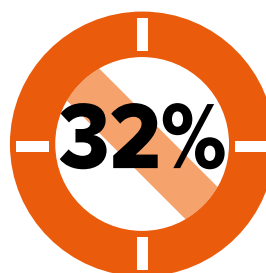


said that they had taken part in some form of anti social behaviour

HOWEVER they perceive that the amount of their peers who have taken part is much higher



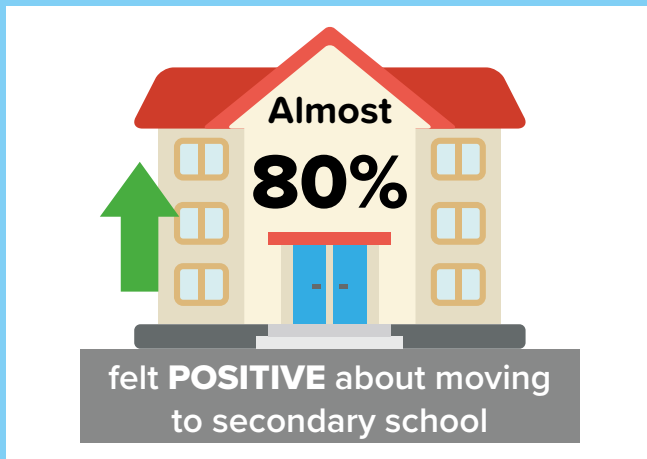
said they know how to stay safe in water.



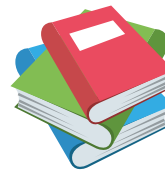
said they had played in open water knowing it wasn't safe

Transition

Year 7 & 8



Those who are worried about moving are concerned about...

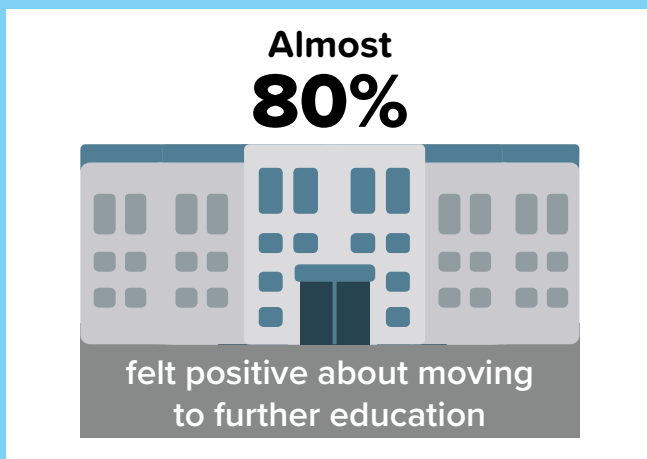


Homework



Getting Lost

Year 9, 10 & 11



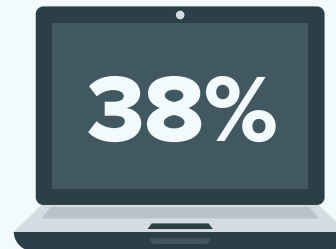
70%



have career aspirations

Bullying

33% of respondents said they had experiences bullying in the last year, mainly verbal, body image, indirect like spreading rumours & leaving you out..



of respondents said this had happened online



77% reported it to someone and sought help

www.childline.org.uk/
[/www.nspcc.org.uk/](http://www.nspcc.org.uk/)



DARLINGTON
Borough Council