

Healthy Lifestyle Survey
Combined Report
Primary
2015 – 2016

Healthy Lifestyle Survey Combined Primary Report 2015 – 2016

Following the success of the pilot primary Healthy Lifestyle Project in the last academic year, the project was successfully delivered again this year. There is data available for last year (2014-2015) however the data collected this year is not wholly comparable, as more schools participated this year.

The additional schools were targeted to increase the number to 12 schools participating across all 3 areas of the Borough, this ensured a good geographical and socio economic representation.

Based on pupil numbers, Area 3 seems slightly under represented, however moving into 2016 – 2017 more schools within Area 3 would like to participate.

School	No. of Pupils (year 5 and 6)
Corporation Road	79
Heighington	85
Hurworth	45
Mount Pleasant	112
Mowden	130
Red Hall	54
Rydal	147
Skerne Park	48
Springfield	69
St John's	56
West Park	57
Whinfield	191
Total	1073 This is 43% of the current year 5 and 6 cohort

*Please note not all participants responded to every question

Key Findings

Our key findings for this year are; Primary (1073 responses)

- 97% have not tried smoking
- 40% are often near second hand smoke
- 66% overestimated how many children their age have tried smoking
- More than 50% have never had an alcoholic drink
- 92% agreed that it's not 'ok' for people to get drunk under 18
- 67% have had an energy drink
- 20% are drinking them weekly
- The majority of those questioned agree it's 'ok' for children to have energy drinks, yet 83% agree that these drinks are bad for their health
- 76% of children play online games
- 75% have one or more social network account on the internet
- 36% of children admitted that they have online friends they do not know in person
- 40% of children said that they had been bullied in the last year, mainly verbally

- 96% agreed that children should never be bullied
- 74% of children said that they do 60 minutes of physical activity a day
- 77% said they eat a balanced diet, yet 33% have fizzy drinks daily and 47% have sweets and chocolate daily
- 88% reported being 'generally' happy with their life at the moment

1) Which school year are you in?

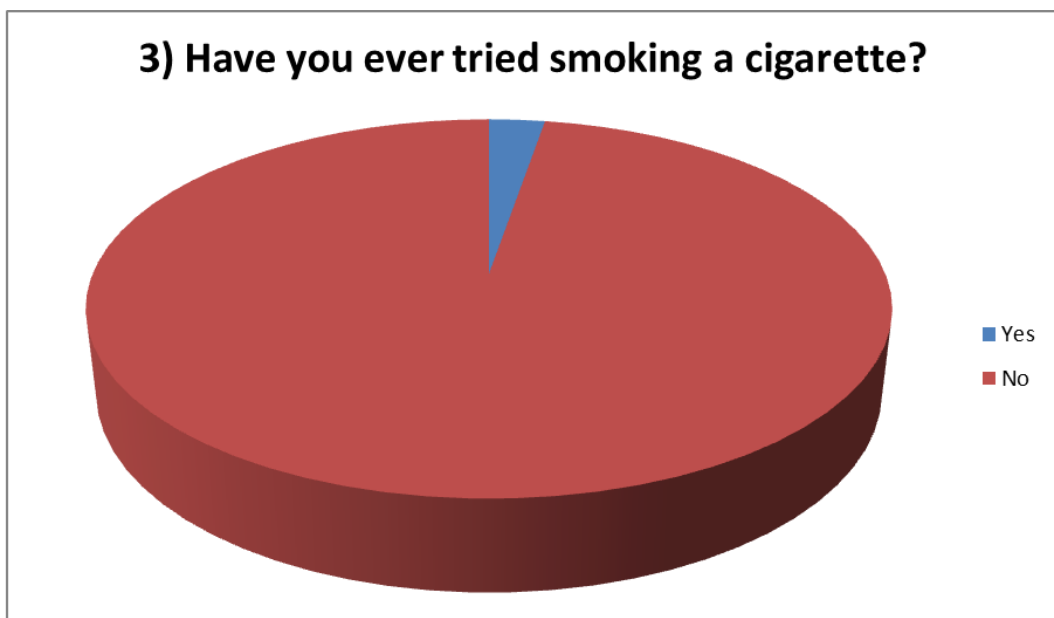
Year 5	Year 6
513	544

2) How old are you?

9	10	11
341	531	179

3) Have you ever tried smoking a cigarette?

Yes	28	2.68%
No	1018	97.32%



4) How old were you when you first tried a cigarette?

Under 5	3
Age 5	2
Age 6	1
Age 7	4
Age 8	4

Age 9	7
Age 10	4
Age 11	2

5) How often do you smoke?

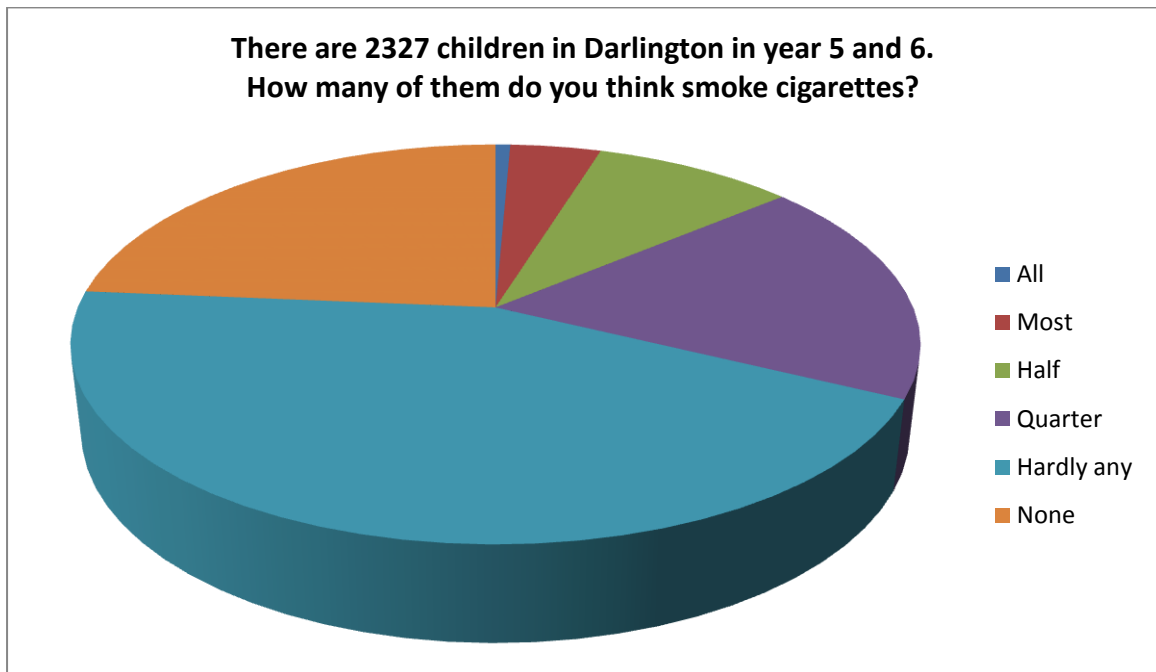
Every day	4
Every week	2
Every month	1
Other	20

7 children have reported smoking on a daily, weekly or monthly basis. 12 of those who have tried it have only tried smoking once.

6) There are 2327 children in Darlington in year 5 and 6. How many of them do you think smoke cigarettes?

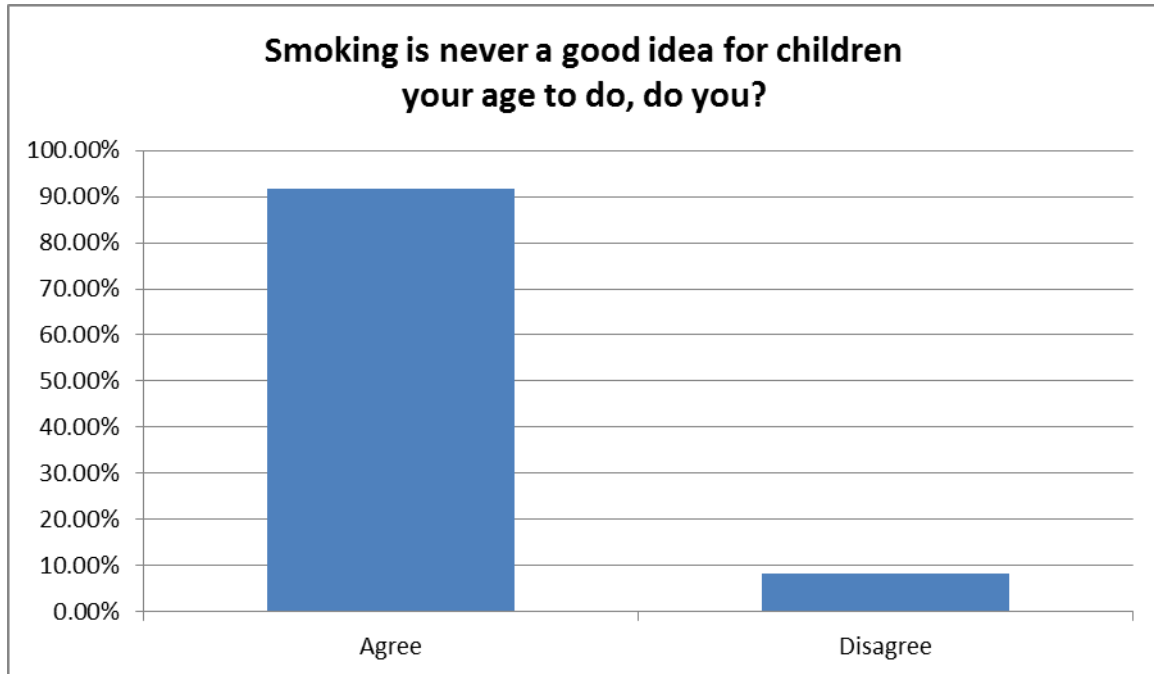
All	7	0.67%
Most	43	4.13%
Half	95	9.13%
Quarter	190	18.27%
Hardly any	459	44.13%
None	246	23.65%

The largest proportion, 44%, thought that hardly any of their peers had smoked, 32% of respondents overestimated how many of their peers had smoked.



7) Smoking is never a good idea for children your age to do, do you?

Agree	948	91.59%
Disagree	87	8.41%



It is concerning that 8.4% (87) children do not agree that smoking is a bad idea, this means that a minimum of 60 children who have not tried a cigarette think that it is 'ok' for children their age to smoke.

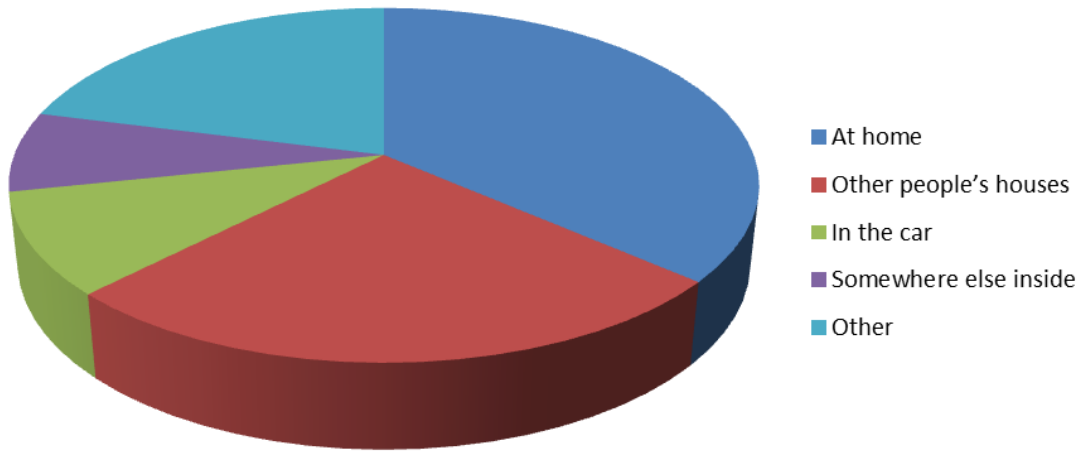
8) Are you often near people who smoke?

Yes	408	39.53%
No	624	60.47%

9) Where?(some children gave more than one answer)

At home	239	58.87%
Other people's houses	171	42.12%
In the car	61	15.02%
Somewhere else inside	48	11.82%
Other	138	33.99%

Where?
(some children gave more than one answer)



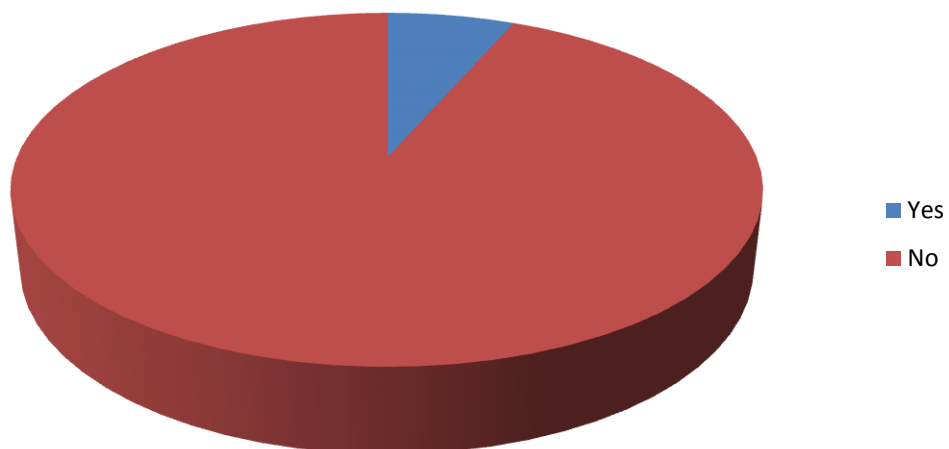
Overall 40% of pupils surveyed are exposed to second hand smoke, the majority of this at home or other people's homes. Worryingly, 15% of children are still being exposed to smoking in the car, even when there is now legislation to prevent this.

Of those who reported 'other' 93 of the 138 reported outside areas.

10) Have you ever tried an E-Cigarette or Vapour?

Yes	67	6.52%
No	960	93.48%

Have you ever tried an E-Cigarette or Vapour?

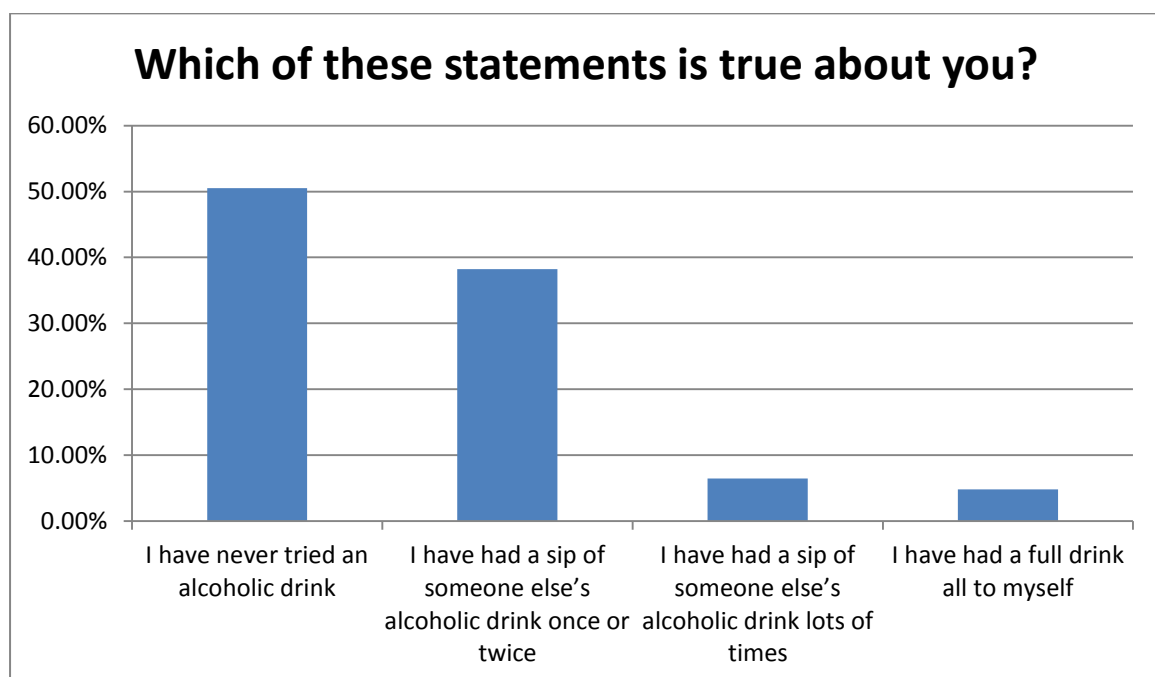


Drinks

11) Which of these statements is true about you?

I have never tried an alcoholic drink	515	50.49%
I have had a sip of someone else's alcoholic drink once or twice	390	38.24%
I have had a sip of someone else's alcoholic drink lots of times	66	6.47%
I have had a full drink all to myself	49	4.80%

More than 50% have never had an alcoholic drink, less than 5% reported having a full alcoholic drink to themselves.



12) How old were you when you had your first alcoholic drink?

Under 5	4
6 years	5
7 Years	3
8 Years	6
9 Years	17
10 Years	10
11 Years	3

It is unusual for children to have tried alcohol prior to age 9, of the 49 who reported having a full drink to themselves, 30 of them were 9 years old or above.

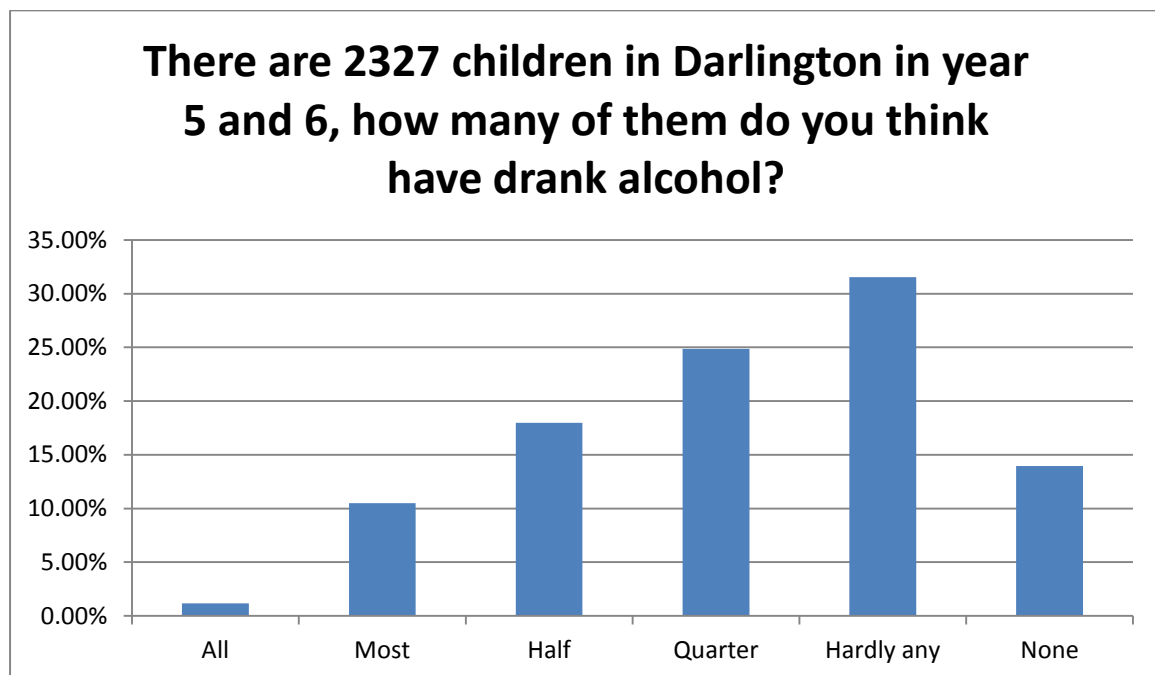
13) Where did you get the drink (some children gave more than one answer)

From someone at home	30	58.82%
Stolen or pinched from home	3	5.88%
Shop, bought by me	9	17.65%
Shop, bought by someone else	16	31.37%
Friends	5	9.80%
Other	9	17.65%

Almost 59% were given the alcoholic drink from someone at home, this is equal to 30 children, 16 children reported that a 3rd party had bought them alcohol.

14) There are 2327 children in Darlington in year 5 and 6, how many of them do you think have drunk alcohol?

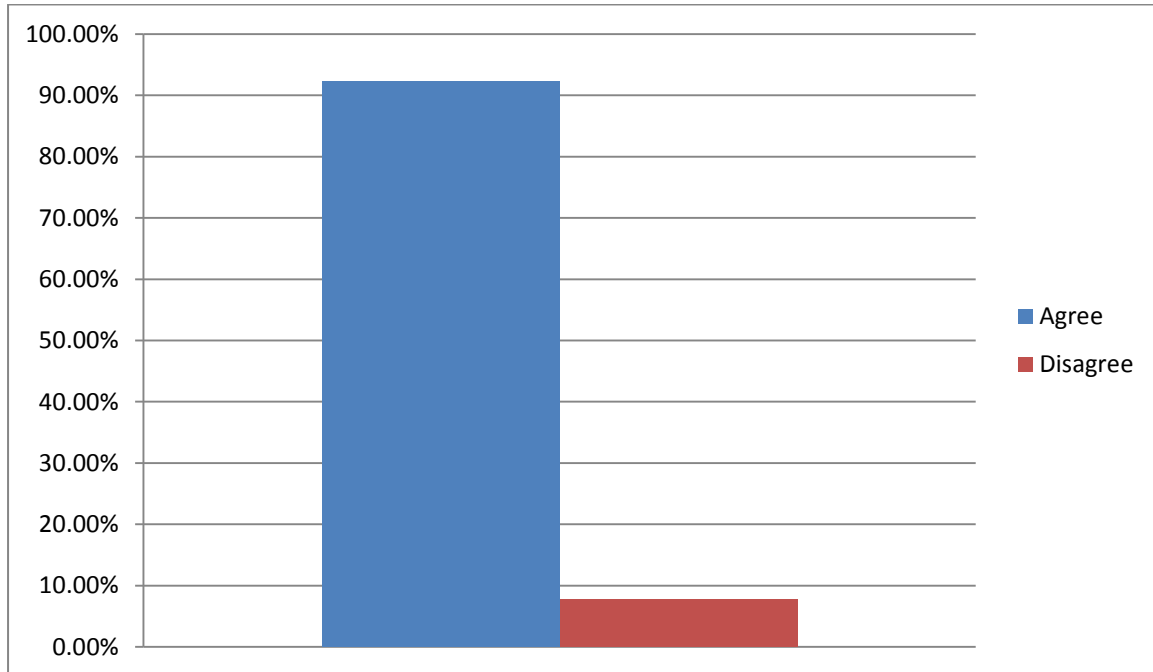
All	12	1.18%
Most	107	10.51%
Half	183	17.98%
Quarter	253	24.85%
Hardly any	321	31.53%
None	142	13.95%



Slightly less than half of the children surveyed have tried alcohol, however the respondents have overestimated how many of their peers have drunk alcohol. If children completing the survey have interpreted the question to mean having a full drink rather than 'ever having alcohol' then they are over estimating.

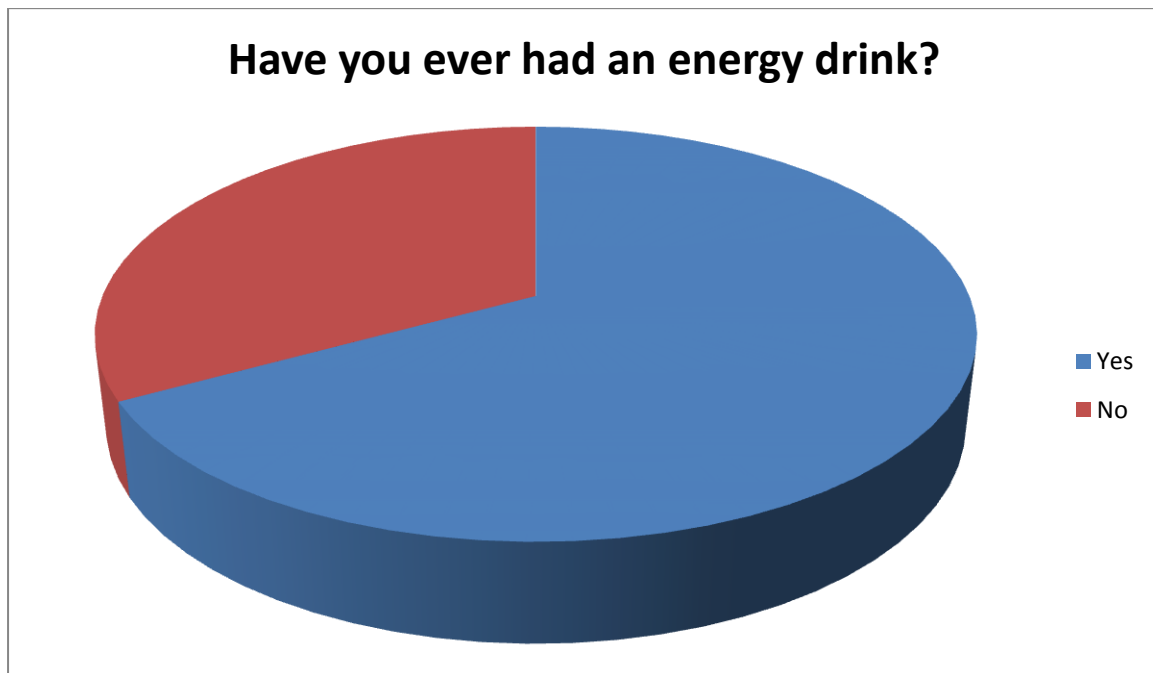
15) It is not ok for young people to get drunk before they are 18 years old, do you?

Agree	934	92.20%
Disagree	79	7.80%



16) Have you ever had an energy drink?

Yes	677	67.03%
No	333	32.97%

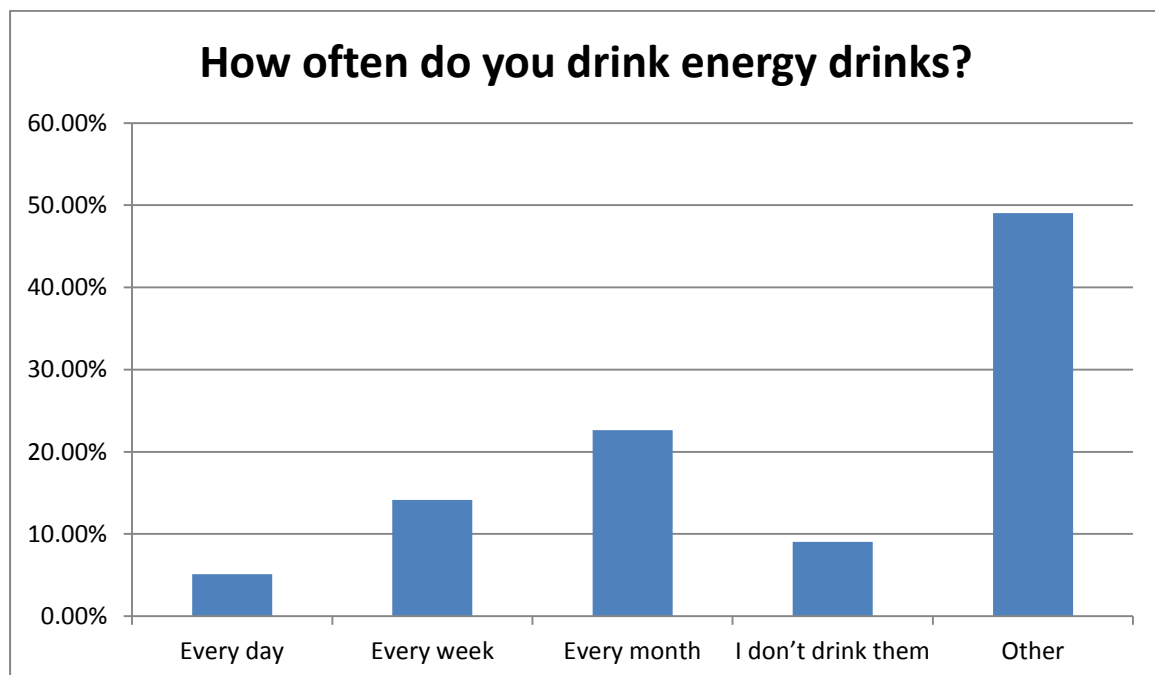


17) How often do you drink energy drinks?

Every day	35	5.11%
Every week	97	14.16%
Every month	155	22.63%
I don't drink them	62	9.05%
Other	336	49.05%

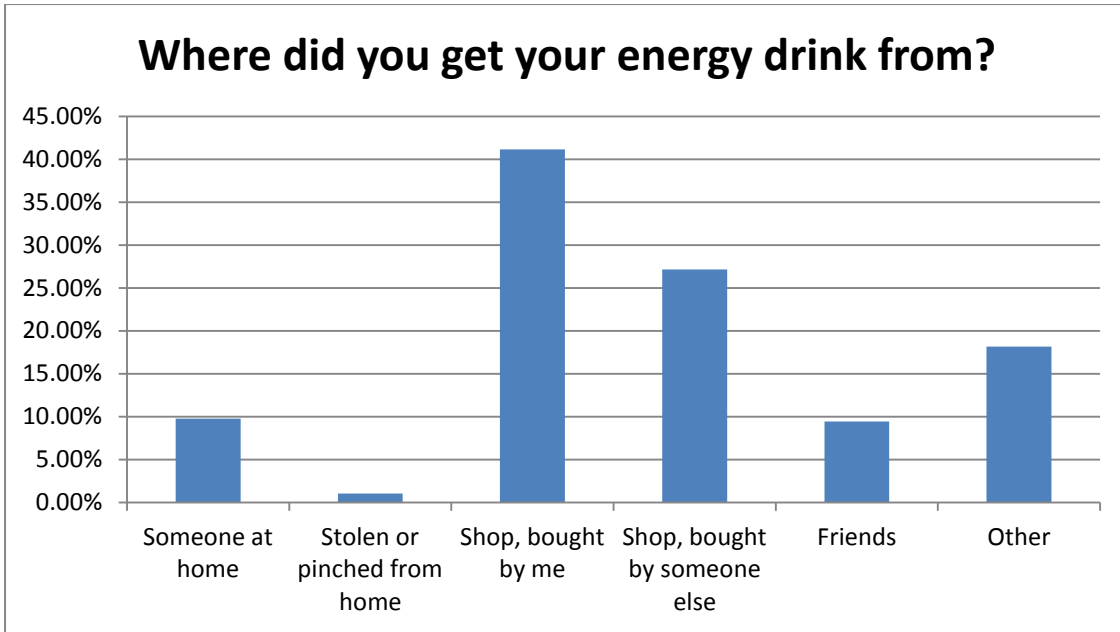
50 children who reported drinking an energy drink did not say how often, 35 children (5%) are drinking them daily, 97 children (14%) are drinking them weekly.

114 of children who responded to 'other' reported extremely infrequent use.



18) Where did you get your energy drink from?

Someone at home	134	9.76%
Stolen or pinched from home	7	1.03%
Shop, bought by me	278	41.15%
Shop, bought by someone else	184	27.14%
Friends	64	9.44%
Other	123	18.14%



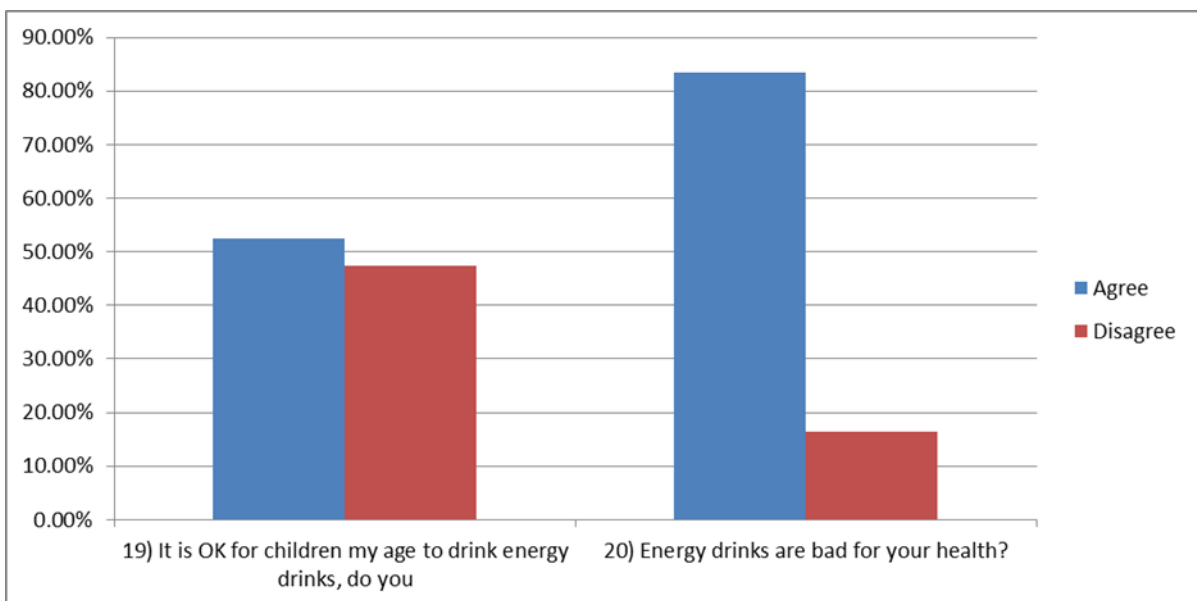
41% of children are buying these drinks themselves from the shop and 27% are bought them by a 3rd party. The majority of the 'other' responses, names a relative or shop.

19) It is OK for children my age to drink energy drinks, do you?

Agree	527	52.54%
Disagree	47	47.46%

20) Energy drinks are bad for your health?

Agree	835	83.50%
Disagree	165	16.50%



Potentially, somewhere in the region of 300 children who agreed that energy drinks were bad for your health, also agreed that it was OK for them to drink energy drinks. Therefore they are knowingly doing something that they understand to be bad for their health.

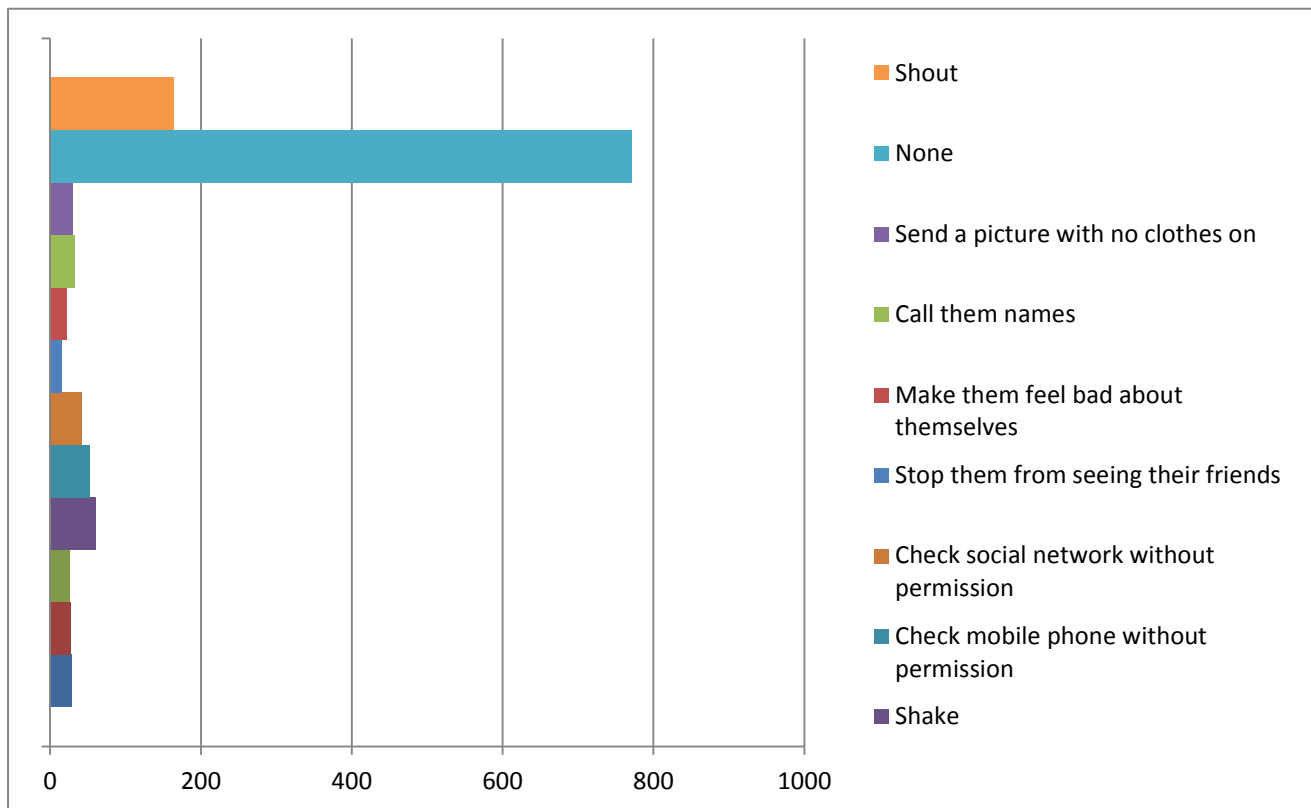
Relationships

21) People in relationships should care about and respect each other, do you?

Agree	974	97.60%
Disagree	24	2.40%

22) In a grown up relationship with a boy / girl, it is 'ok' to:

Shout	164	16.45%
Hit/slap	28	2.81%
Punch	27	2.71%
Kick	26	2.61%
Shake	60	6.02%
Check mobile phone without permission	52	5.22%
Check social network without permission	42	4.21%
Stop them from seeing their friends	15	1.50%
Make them feel bad about themselves	22	2.21%
Call them names	32	3.21%
Send a picture with no clothes on	29	2.91%
None	771	77.33%

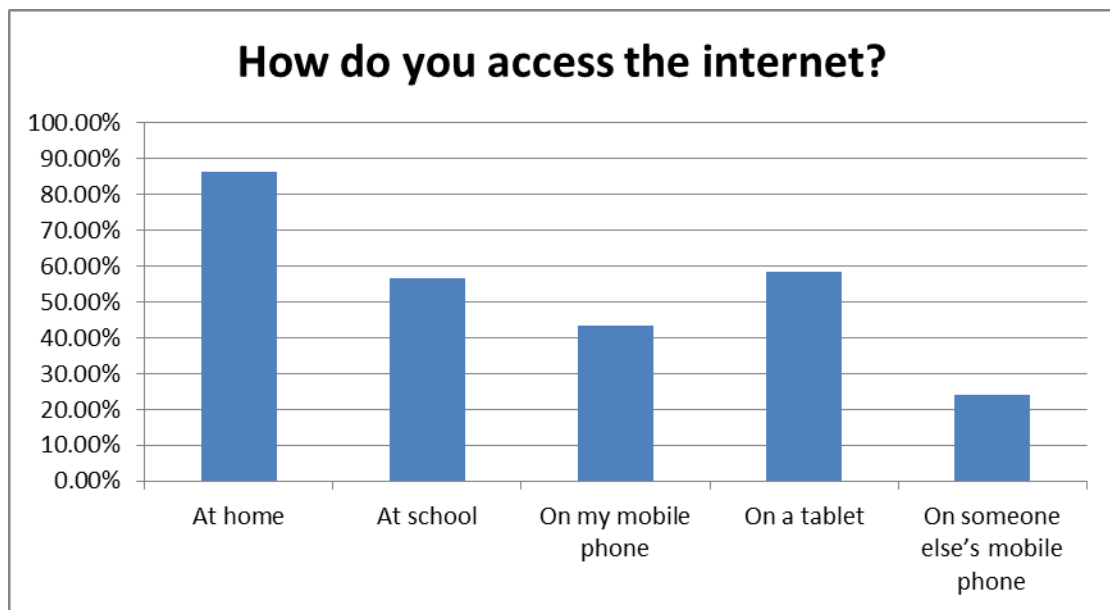


16% in 2016 believe that it is 'ok' to shout in a grown up relationship, this has dropped significantly from last year where 36% thought that this was 'ok'. worryingly almost 30 year 5 and 6 children believe is it 'ok' to send a picture with no clothes on.

The Internet and Modern Technology

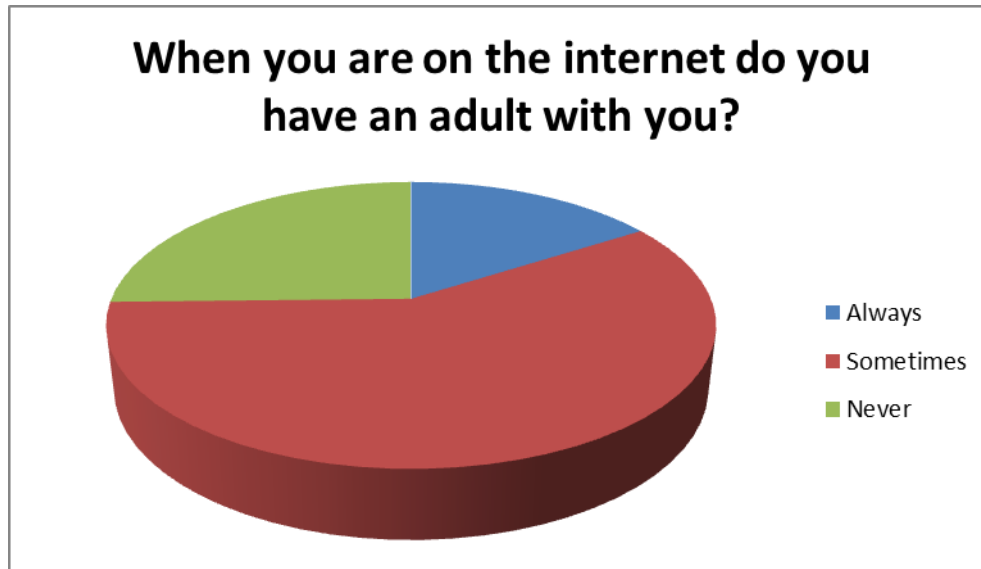
23) How do you access the internet?

At home	854	86.18%
At school	561	56.61%
On my mobile phone	429	43.29%
On a tablet	580	58.53%
On someone else's mobile phone	238	24.02%



24) When you are on the internet do you have an adult with you?

Always	158	15.96%
Sometimes	581	58.69%
Never	251	25.35%



25) How often do you access the internet at home?

Everyday	550	55.67%
A couple of times each week	302	30.57%
A couple of times a month	96	9.72%
Never	40	4.05%

56% of children are accessing the internet at home daily.

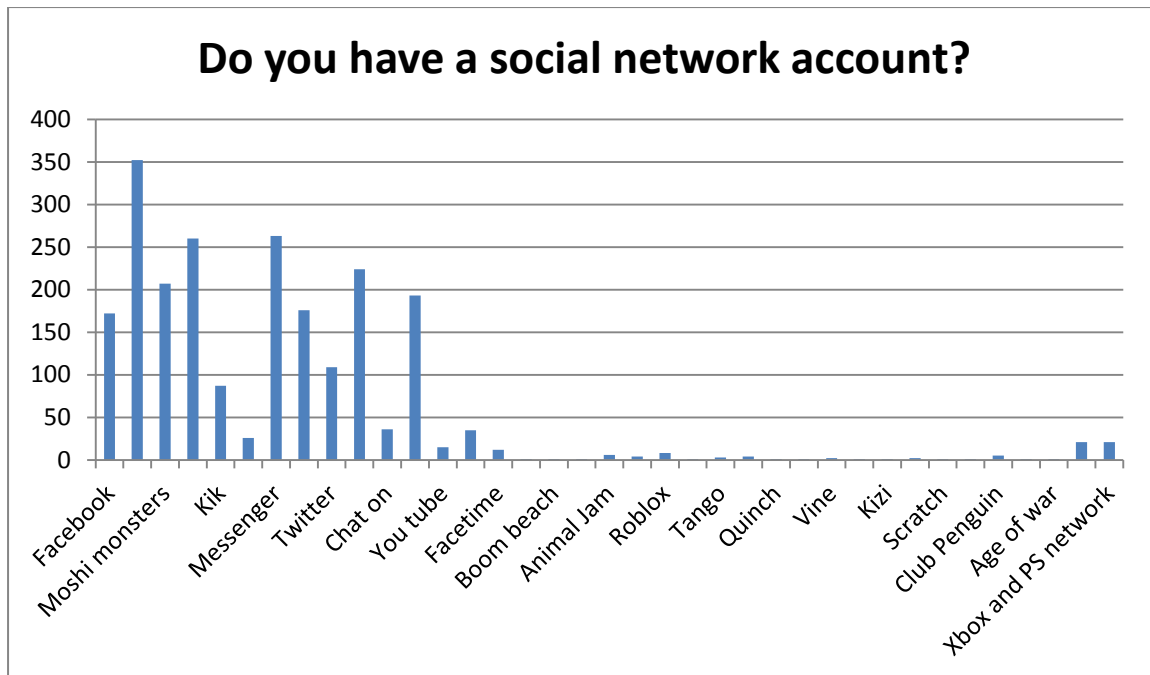
26) Do you play games online?

Yes	754	76.47%
No	232	23.53%

76% of children are playing online games

27) Do you have a social network account?

Facebook	172
Instagram	352
Moshi monsters	207
Snapchat	260
Kik	87
BBM	26
Messenger	263
Bin Weevils	176
Twitter	109
Whats App	224
Chat on	36
Oovoo	193
You tube	15
Skype	35
Facetime	12
Pop jam	1
Boom beach	1
Habbo Hotel	1
Animal Jam	6
Clash of Clans	4
Roblox	8
Pinterest	1
Tango	3
Viber	4
Quinch	1
Wishbone	1
Vine	2
Aggario	1
Kizi	1
Imessenger	2
Scratch	1
Wechat	1
Club Penguin	5
Tumblr	1
Age of war	1
Movie star planet	21
Xbox and PS network	21



75% of children surveyed have one or more social network accounts, although there was slight misinterpretation about what a social network is, for instance those reporting use of Skype and Facetime.

28) If you do have a social network account or play games online, do you know all of the people you are friends with in person?

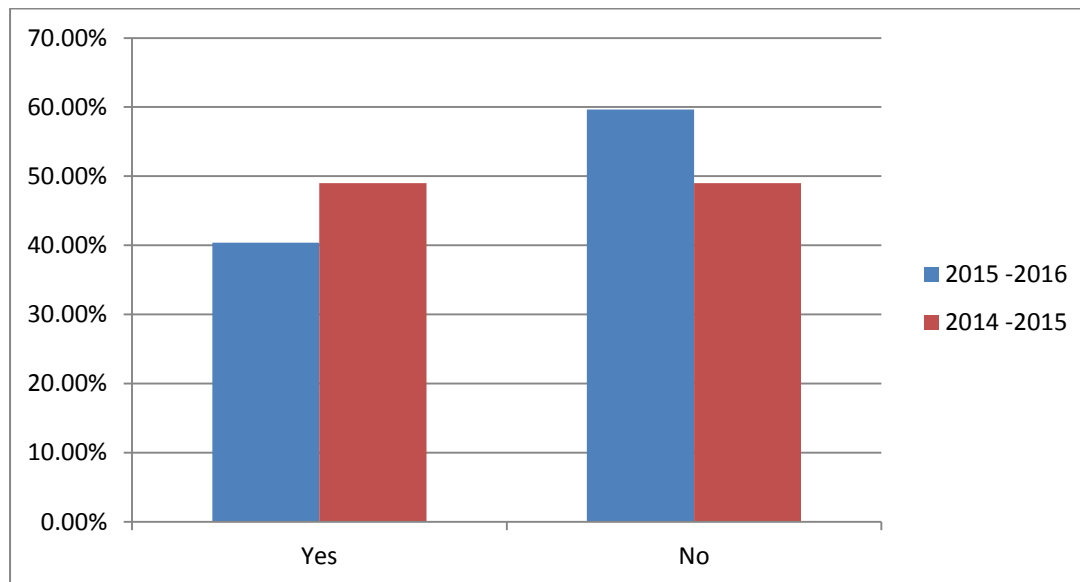
Yes	619	63.81%
No	351	36.19%

It is of concern that, despite increasing promotion of the dangers, more than a third of children had online friends that they did not know in person.

Bullying

29) Have you been bullied in the last year?

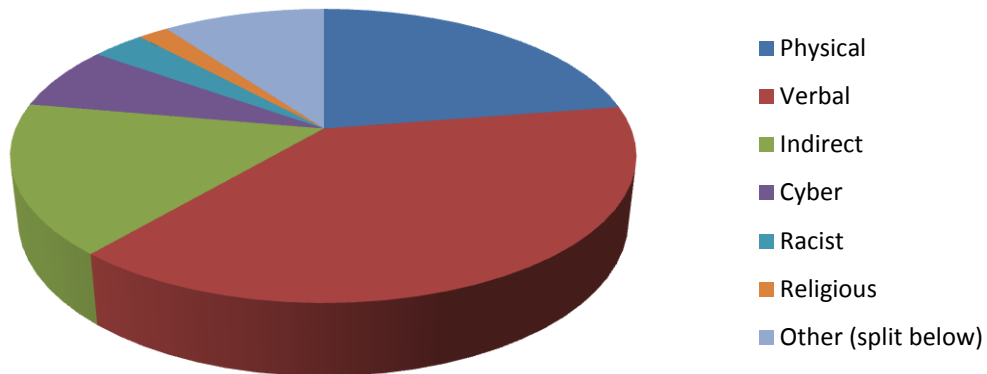
	2015 -2016	2014 -2015
Yes	40.37% (390)	49% (311)
No	59.63% (576)	49% (317)



30) If you have been bullied, what kind of bullying was it?

Physical	155	36.46%
Verbal	269	62.78%
Indirect	116	26.84%
Cyber	46	11.39%
Racist	21	5.32%
Religious	13	3.04%
Other (split below)	8	16.20%
Homophobic	1	
Disability	2	
Gender	1	
Family	4	
Everything	2	

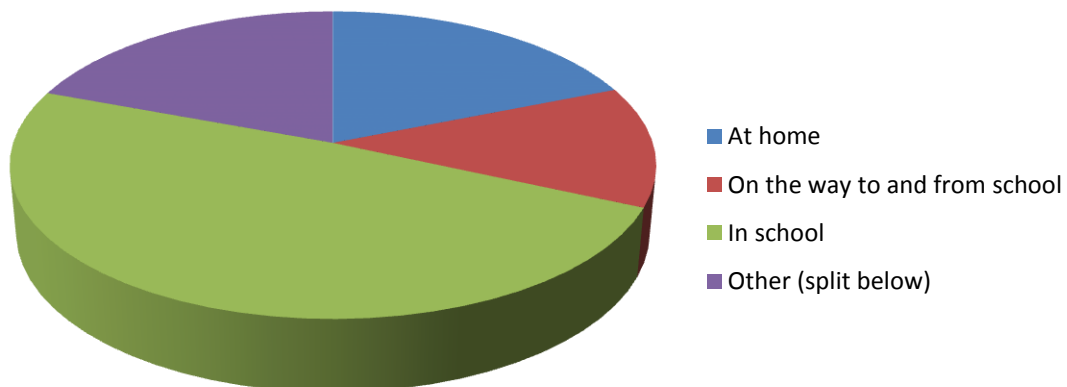
If you have been bullied, what kind of bullying was it?



31) Where did the bullying take place?

At home	94	24.10%
On the way to and from school	63	16.15%
In school	243	62.31%
Other (split below)	96	24.62%
Out of school club / sport	5	
Park / playing out	37	
Playground	18	
Cyber	3	

Where did the bullying take place?

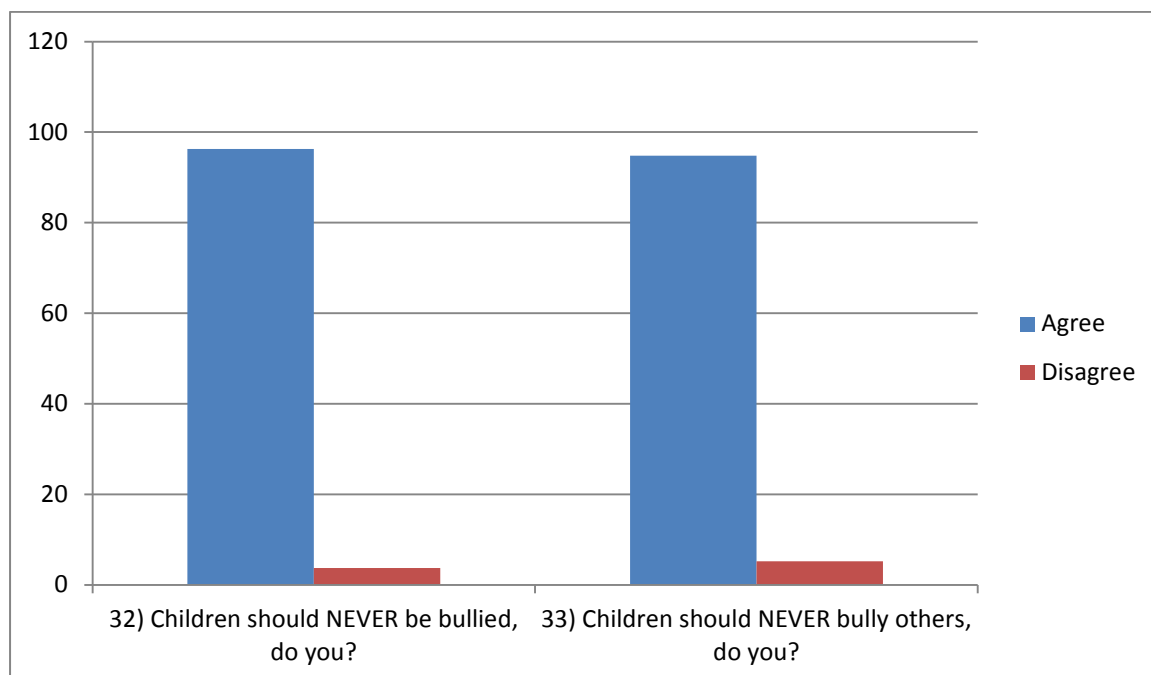


32) Children should NEVER be bullied, do you?

Agree	927	96.26%
Disagree	36	3.74%

33) Children should NEVER bully others, do you?

Agree	911	94.80%
Disagree	50	5.20%



34) If you have been bullied who did you tell:

Teacher	449	47.46%
Parent	550	57.19%
Other family member	256	26.22%
Friend	285	30.02%
Other adult	156	15.65%
Nobody	39	4.02%
I haven't been bullied	320	33.51%
Police	2	
Childline	2	

35) After telling someone about being bullied, was it sorted out?

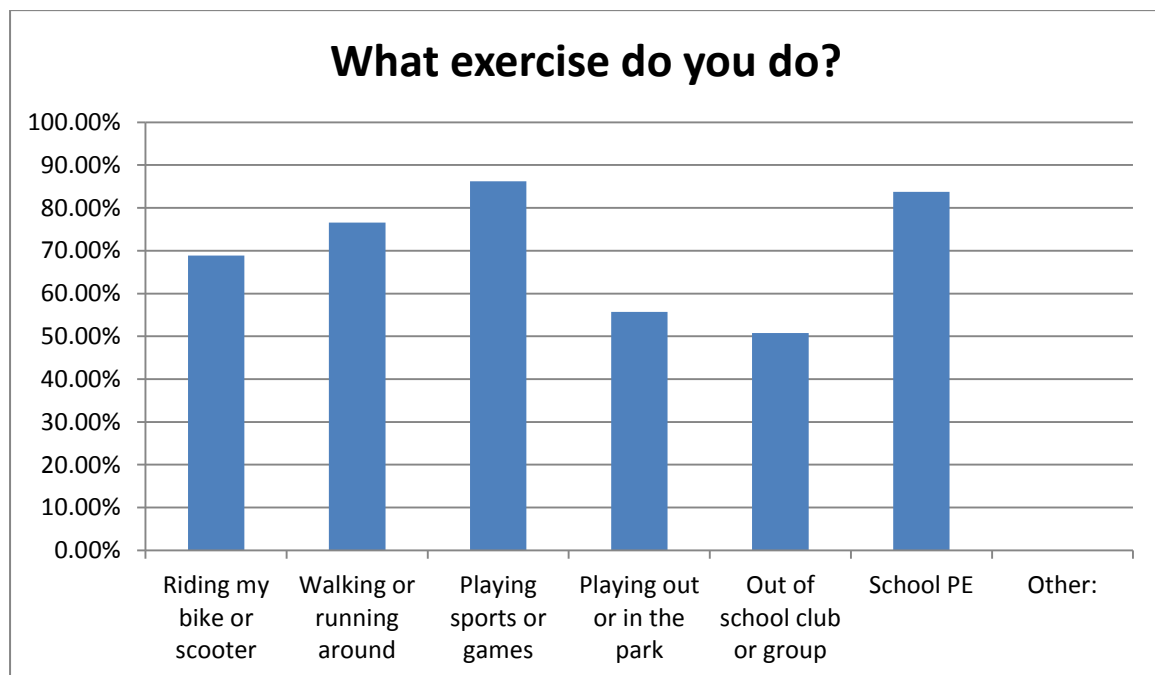
Yes	495	77.10%
No	147	22.90%

Although the vast majority of children reported that they would tell someone if they were being bullied, it appears that this has only had resolution for 77% of the cases. Leaving more than 1/5 of children who reported bullying without a positive outcome.

Physical Activity and Eating Habits

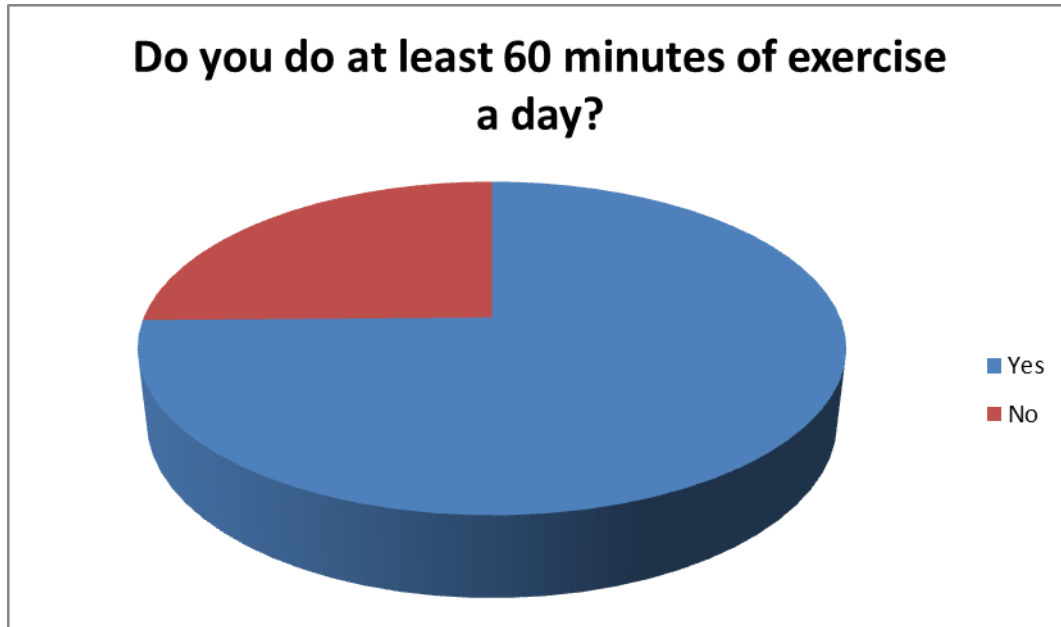
36) What exercise do you do?

Riding my bike or scooter	658	68.84%
Walking or running around	730	76.60%
Playing sports or games	823	86.25%
Playing out or in the park	538	55.72%
Out of school club or group	484	50.79%
School PE	798	83.74%
Other:	191	
Exercises	8	
Horse riding	5	
Wii Fit PS 3	3	
Running / treadmill	4	
Walking the dog	2	



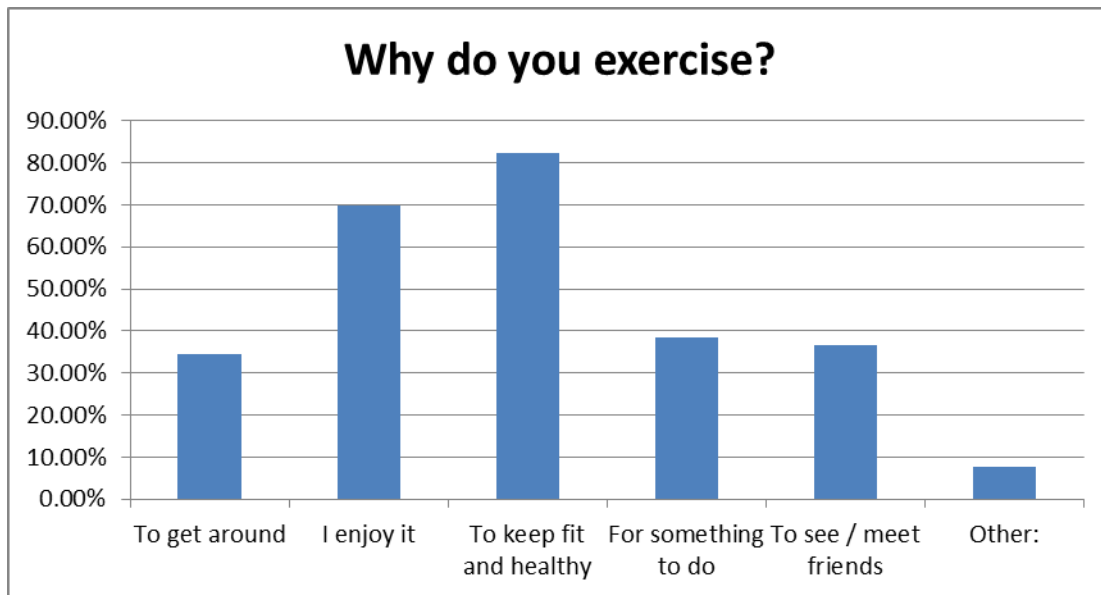
37) Do you do at least 60 minutes of exercise a day?

Yes	710	74.74%
No	240	25.26%



38) Why do you exercise?

To get around	327	34.57%
I enjoy it	659	69.66%
To keep fit and healthy	777	82.14%
For something to do	365	38.58%
To see / meet friends	347	36.68%
Other:	73	7.72%
Appearance / weight loss	12	
To improve performance (sport)	11	



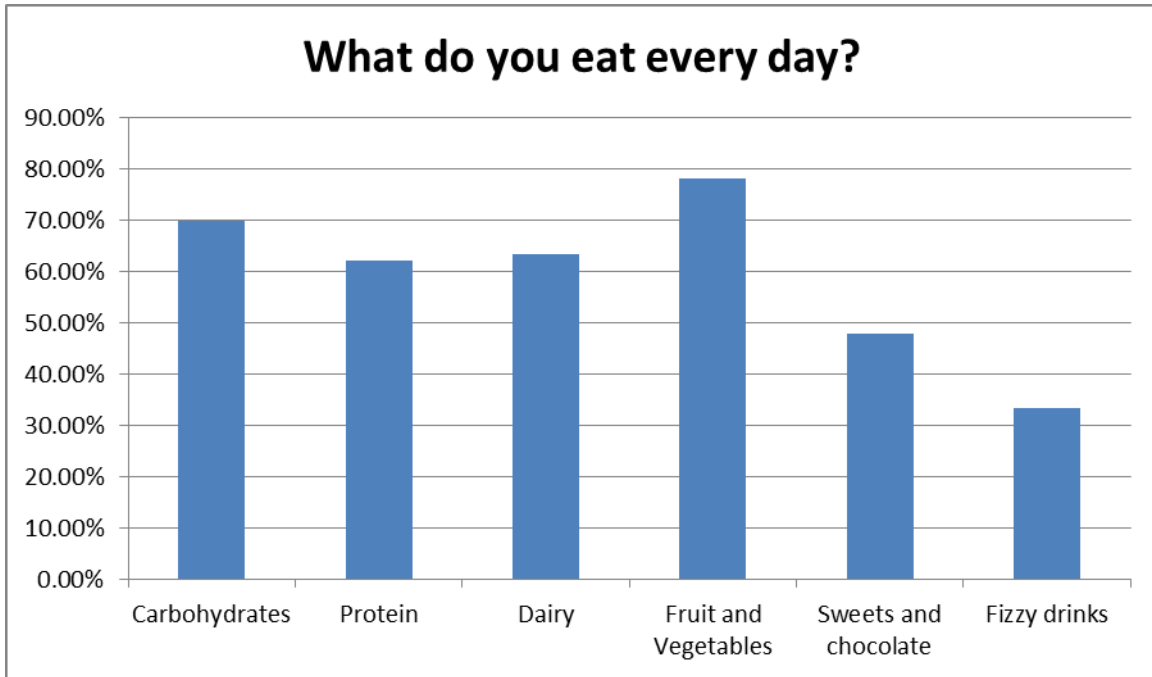
39) Look at the picture of a balanced diet. Do you think you have a balanced diet?

Yes	725	77.13%
No	215	22.87%

40) What do you eat every day?

Carbohydrates	656	69.94%
Protein	582	62.05%
Dairy	594	63.33%
Fruit and Vegetables	732	78.04%
Sweets and chocolate	448	47.76%
Fizzy drinks	313	33.37%

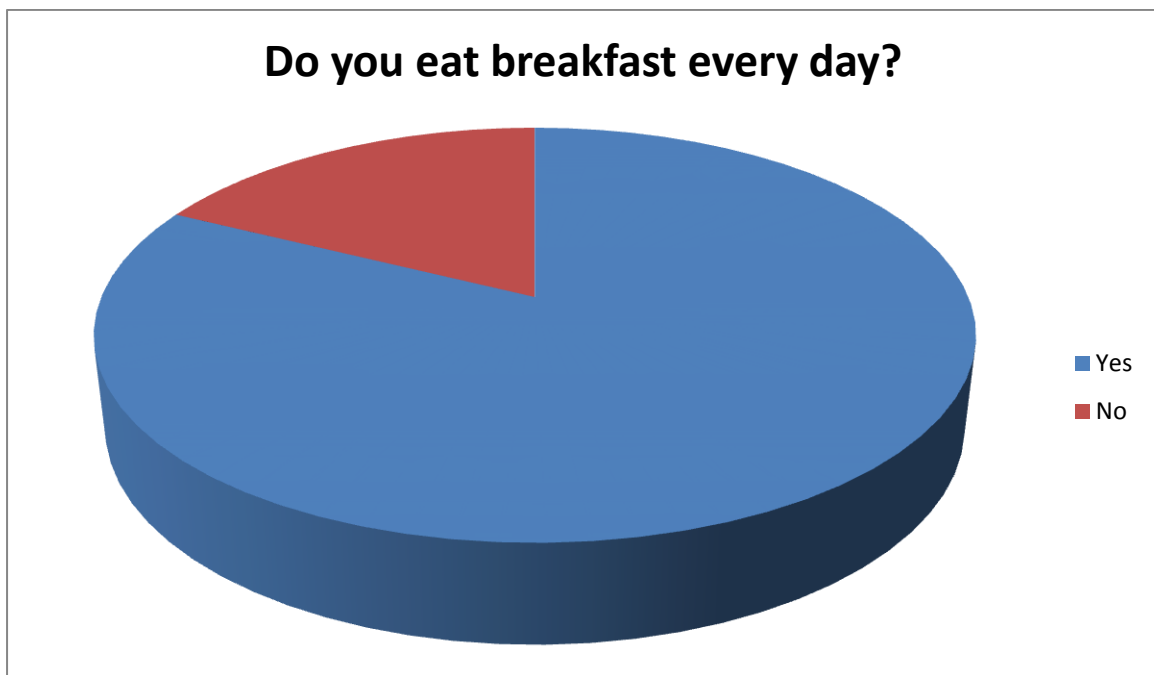
Despite 77% of the children surveyed believing they have a balanced diet, almost half of the children questioned reported eating sweets and / or chocolate on a daily basis, 1/3 reported daily consumption of fizzy drinks.



41) Do you eat breakfast every day?

Yes	768	82.32%
No	165	17.68%

Last year 83% of the 641 pupils surveyed said they ate breakfast daily, 933 responded to this year's question. It has been decided to investigate the breakfast club opportunities offered by the schools and the charging policy for these to encourage uptake of breakfast.



Emotional Health and Wellbeing

42) "Generally I feel happy with my life at the moment"

Agree	826	88.53%
Disagree	107	11.47%

43) "if I'm worried about something it's easy for me to find someone to talk too"

Agree	767	82.38%
Disagree	164	17.62%

44) "My family are mostly supportive and look out for me"

Agree	899	96.98%
Disagree	28	3.02%

45) "I prefer to be on my own rather than with friends"

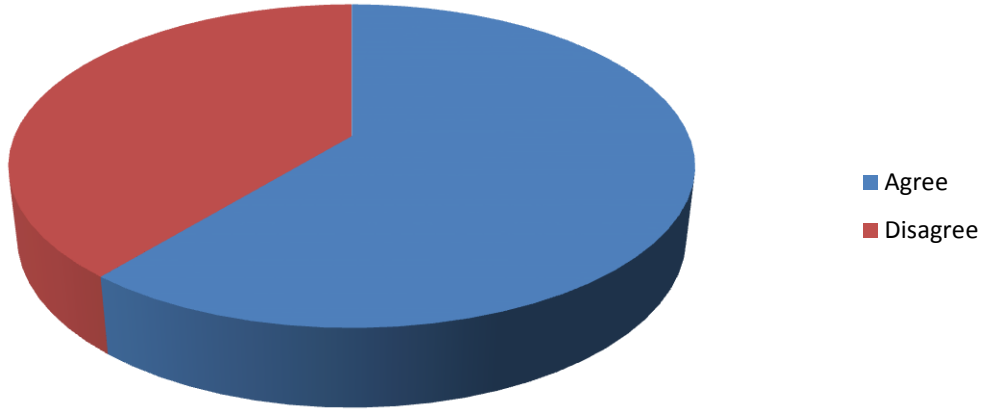
Agree	185	20.02%
Disagree	739	79.98%

46) "If my friends are doing something I don't like or want to join in with, it's easy for me to say No."

Agree	563	61.00%
Disagree	360	39.00%

The responses to the Emotional Health and Wellbeing section are encouraging, however 39% disagree with the statement above, given the age range of those surveyed here they are just beginning their adolescence and as such are starting to identify more with their peers than family. Most schools creating actions within the TAs have agreed to carry out more work on peer pressure within the curriculum.

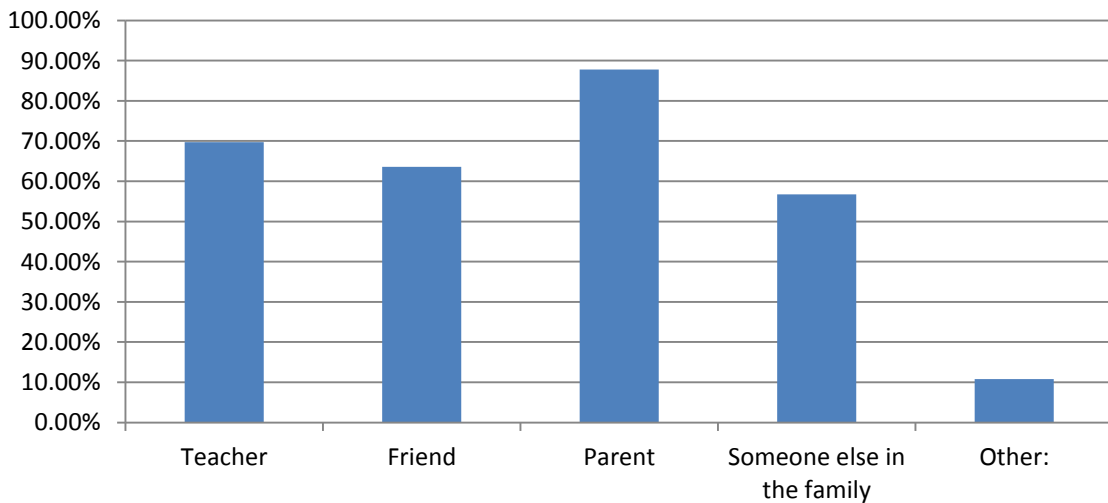
“If my friends are doing something I don’t like or want to join in with, it’s easy for me to say No.”



47) If you were worried about something, who would you talk to?

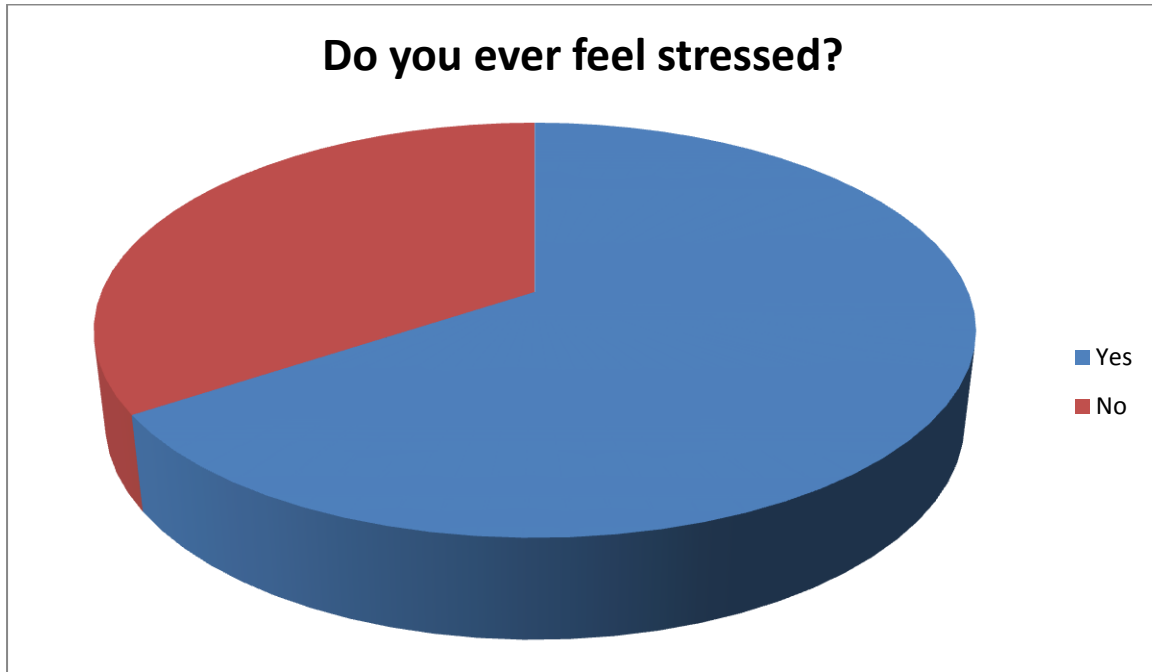
Teacher	640	69.72%
Friend	584	63.62%
Parent	806	87.80%
Someone else in the family	521	56.75%
Other:	99	10.78%
Pets	12	
Other trusted adult	12	
Myself / no one	23	

If you were worried about something, who would you talk to?



48) Do you ever feel stressed?

Yes	602	65.72%
No	314	34.28%



Why:

School / homework`	144
Siblings	100
Friends	60
Parents / family	48
Frustration / anger / annoyed	39
People being horrible / bullying	37
Everything	32
IT / Gaming and X box	29
Being told what to do / shouted at	24
Sport	21
time	11
Parents splitting up / arguing	9
Tired	7
Bereavement / death	6
Losing / forgetting something	5
Chores	5
Illness	4
Growing up	3
Sad	2

49) Do you know all of the changes you will experience in puberty?

Yes	619	68.32%
No	287	31.68%

50) Would you like more information about the changes that you may experience in puberty?

Yes	414	46.05%
No	485	53.95%

Would you like more information about the changes that you may experience in puberty?

