

Healthy Lifestyle Survey

Combined Report

Secondary

2017 – 2018

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Introduction

The Secondary Healthy Lifestyle Survey 2017/18 took place during November-December 2017 with eight secondary schools in Darlington submitting survey responses. The breakdown of responses by school is documented in the following table:

School	Number of Pupils completing at least one question of the survey*	Percentage of responses per school
Carmel College	550	11.3%
Haughton Academy	643	13.2%
Hummersknott Academy	1171	24%
Hurworth School	867	17.8%
Longfield	690	14.2%
Polam Hall Free School	142	2.9%
St Aidan's Academy	406	8.3%
Wyvern Academy	403	8.3%
TOTAL	4872	100%

**please note not all pupils completed all sections of the survey, the numbers above reflect how many pupils by school answered at least one question*

The table above shows the number of pupils taking part in the survey this year. As some schools have a larger number of pupils or classes, they represent a larger percentage of the total answers. For example, Hummersknott had 1171 responses, overall this equates to 24% of the total responses from all schools to the survey. This is important to bear in mind if schools wish to compare their individual school results against the overall findings of this report.

(Please note every effort was made to delete duplicate responses where pupils had to start the survey again, but some may remain.)

Executive Summary

Methodology

The Healthy Lifestyles Survey (HLS) is undertaken every year with children and young people who attend primary and secondary schools in Darlington. The process consists of an anonymous online survey which asks them about their experiences, attitudes and behaviours across a range of topics related to health and wellbeing. Schools are encouraged to schedule time for pupils to complete the surveys as part of normal lessons during the school day to ensure maximum participation and reduce chances of technical issues. However, for this year one school chose to disseminate the survey to pupils as their homework; this has had an impact on number of completed surveys for that school and therefore may skew some of the data.

The results of this survey are fed back to schools and teams of professionals via the Team Around the School (TAS) meetings. This enables these schools, and other professionals, to use the responses from the survey to help them build an understanding of the needs of young people in their year groups and respond with an action plan for the following academic year.

The results from all the schools are collated into a whole borough report providing an insight into the common themes and issues that are affecting children and young pe

The results of the survey paint a picture of the attitudes and beliefs of young people in Darlington. This can help workers and young people challenge preconceptions and make informed decisions about their own lifestyle choices and risk taking behaviour.

The Healthy Lifestyle Survey for secondary schools this year was undertaken by **4872** young people aged 11 – 16 years old attending 8 secondary schools in Darlington.

Summary of Results

Overall the responses to the survey indicate that young people attending secondary schools understand the information about health and lifestyles that they receive and are receptive to the health messages, particularly around risk taking behaviours such as smoking, consuming alcohol and engaging in sexual activity. They report negative attitudes towards certain risk taking behaviours that they perceive to be harmful to themselves or others in their peer group as well as negative attitudes towards those who engage in certain perceived risk behaviours. These attitudes do change between different year groups particularly in comparison to younger pupils surveyed. The survey indicates that young people of this age in Darlington often overestimate the prevalence of some risk taking behaviours in their peer group.

The results indicate that across the year groups (Y7 to Y11) young people report positive attitudes towards relationships and on the whole report that they are happy and supported in their lives at this time. A majority reported that they have experienced bullying in secondary school with a significant minority reporting on-going bullying. The majority of bullying is reported to occur in and around school however cyber bullying is the next most common area. As a group they report significantly negative attitudes towards those who may be bullying others and bullying behaviours.

Young people naturally use the internet and social media as part of their lives with (91%) of those responded reporting using the internet everyday using a range of devices. They report high levels of awareness of the risks and the majority report some protective behaviours online. However, nearly all of those who responded reported having been upset by something they had seen online.

The majority of this age group reported negative attitudes towards smoking, alcohol consumption and taking illegal drugs. Most young people had never or rarely smoked, consumed alcohol, taken drugs or had sex and their responses showed high levels of knowledge and awareness of the information and health messages related to these behaviours.

A minority of this age group reported that they are sexually active, there was evidence that they had low levels of understanding about safe sex and avoiding risk. From the behaviours reported in this group it is likely that they and their peers are greater risk of unintended pregnancy and avoidable sexually transmitted infections.

The large proportion of this age group demonstrated an understanding about a healthy diet and health benefits of physical activity with many reporting positive behaviours in relation to maintaining their own health and wellbeing such as eating a healthy diet and brushing their teeth regularly.

Smoking and Tobacco

The reported use of e-cigarettes and vaping is now greater than smoking cigarettes for those young people who report that they are smokers. The evidence base about the risk to health from using e-cigarettes and vaping is still developing although current guidance from Public Health England indicates that they are significantly less harmful than tobacco.

The majority (73%) of secondary aged pupils reported that they have never smoked. Of those who have reported smoking behaviours, those proportion using vaping and e-cigarettes (70%) is significantly greater than those reporting smoking cigarettes (32%) . The evidence of long term harm from vaping or e-cigarettes is still emerging however Public Health England supports the use of e-cigarettes as a less harmful alternative to smoking tobacco in adults. Of those who indicated they have smoked 49% reported that they had only tried it once. Of those surveyed the vast majority

(92%) agreed that smoking is “never a good idea” however nearly half (46%) of pupils reported that they are still exposed to second hand smoke with the most common location being in a house, either their own family home or the home of another person. Young people tend to over-estimate the level of smoking in their peer groups with those responding across all year groups (Y7-Y11) that around half (average 54%) of their peers smoke. This is in comparison to a minority (25%) of their peers actually reporting to have smoked and of those nearly half had tried it only once. This means that a very small minority (14%) across all year groups report smoking regularly.

Alcohol consumption

The consumption of alcohol was prevalent in this group with nearly half (49%) of all pupils reporting to have had an alcoholic drink at least once. The numbers who reported to have had alcohol recently increased with age, rising from 39 pupils in Y7 to 164 pupils in Y11. A minority (35%) of those who had reported drinking alcohol, reported to have been drunk at least once.

Three quarters (76%) of young people in this age group agreed that it was not okay for young people to get drunk. They also overestimated the proportion of their peers who were drinking alcohol. Just over 1 in 10 (13%) of all young people across all year groups reported that they had recently consumed alcohol compared with an estimate by young people that on average more than half (50%) of their peers would have been consuming alcohol .

Illegal Drug use

The questions related to taking illegal substances was only asked of those pupils in Years 9, 10 and 11. Their responses indicate that the majority (85%) could identify cannabis as an illegal drug. The large majority (87%) agreed with the view that “*it was not okay for young people to take illegal drugs*”. A minority (12%) of pupils in these specific year groups reported to have taken illegal drugs at least once.

Cannabis was the illegal drug that was reported to be used by all (100%) of those who had reported recently taking an illegal drug. The responses show that young people overestimate illegal drug use in their peers, estimating that 40% - 50% of their peer group use illegal drugs. Their own responses indicate that a minority (12%) have ever tried any illegal drugs and tiny minority (about 4%) have used illegal drugs recently.

Personal relationships, emotional health and bullying

Young people across all the year groups (Y7-Y11) reported positive attitudes towards relationships reporting that it was not okay to engage in verbal, physical, emotional abuse or coercion in any relationship, intimate or otherwise.

The majority (85%) of young people across all year groups reported that they felt generally happy about their lives, and the majority (70%) found it easy to find someone to talk to if they were worried about something. The vast majority (92%) have supportive families who look out for them although nearly 8 in 10 (78%) reported feeling stressed with about half (53%) of reported stressors relating to school work, homework and exams.

Nearly a third (32.6%) of the young people reported that they had been bullied in the last year. Of those bullied verbal abuse was the most prevalent form of bullying. Racist, religious, homophobic and gender based bullying represented a quarter (25%) of all bullying reported by the pupils in this survey. The majority (55%) of bullying took place in school although a significant minority (15%) took place on their way to and from school. Cyber bullying was identified as the third most common reported method of bullying in this age group. Those who reported bullying reported that they were most likely to tell an adult such as a parent or staff at school about the bullying. The attitudes to bullying were overwhelming negative across this age group, with 97% agreeing that *“it not okay for young people to bully other young people”*.

Media

Young people reported that the media (*TV, film, Magazines, pornography and reality TV*) has a significant influence on their attitudes to relationships and behaviours with more than half (58%) reporting that the media has had an influence on the way they think and behave and the choices they make in their relationships. Young people report that they are more likely to get their information about relationships and sexual health from their family, although friends, internet and TV are also reported as ranking high in the sources of information for this age group.

Social media

The use of technology such as the internet and social media is a significant factor in the lives of young people with nearly all (91%) of those who responded reporting using the internet at least twice daily or more. The responses from the young people indicated that they accessed the internet using multiple devices including mobile phones and had multiple social media accounts. More than half (61%) reported that they accessed the internet while at school and the majority (88%) reported that they had little or no adult supervision when using the internet. The majority (63%) of pupils reported behaviour that indicated that they were aware of the risks in using social media such as knowing everyone they are “friends” with on social media. Just over a third (37%) reported they had friends on social media they did not know.

The number of pupils who reported as having friends on social media that they did not know increased steadily as they got older from a total of 235 pupils in Y7 to 330 pupils in Y11.

The responses from pupils indicated that they were aware of the risks to their safety with most identifying strangers and bullying as the top risks to young people using social media and the internet. In terms of their own risk taking behaviours when using the internet, the majority (80%) of young people reported that they never intentionally access high risk sites such as online chat rooms or online pornography. More than half of respondents reported seeing something online that had upset them in the last year.

Sex and Relationships

The questions related to taking sex and relationships was only asked of those pupils in Years 9, 10 and 11. The majority (86%) reported that they are not sexually active. Nearly all (92%) of young people in this age group agreed that sex should only be part of a meaningful relationship. Those who said they were sexually active (14%) reported low use of contraception and low perception of risk from contracting Sexually Transmitted Infections (STIs). This indicates that there is poor understanding of the risk to them and others from behaviours such as unprotected sex, amongst this small group of young people.

Physical Health

Physical health is important to this group of young people with nearly half (41%) reporting that they meet the recommended amount of at least 60 minutes of physical activity in 5 out of 7 days. The main reported source of this activity is school PE and travelling to and from school. Of those who report being physically active, the most common reasons given are for enjoyment and to keep fit.

The majority (68%) of pupils reported that they eat a balanced diet, using the 'Eat Well Plate' and more than half (59%) reported that they had breakfast. Young people in this age group reported that their parents had the most influence in what they ate, with friends and their own tastes being the next greatest influences. The perception of food being healthy was also reported as a significant influence on their choices.

The responses indicate that the consumption of energy drinks is prevalent in this age group. A majority of pupils (82%) drank energy drinks, although less than a third (28%) consumed a drink at least every week. The majority of responses (79%) agreed that energy drinks are bad for their health.

Nearly all (96%) of the young people who responded reported they cleaned their teeth at least once or twice a day although the responses from the same group report that nearly half (47%) have had a tooth filled and over a third (39%) have had a tooth extracted.

Feedback of results

The responses by young people to each of the questions in the survey will be different across age groups and between different schools. The responses for each year group in each individual school are analysed and reported to each school as part of the Team Around the School (TAS) meeting. This enables each school and the multi-agency team of professionals that attend the TAS understand the specific issues that are affecting their pupils, and develop their own action plan for the coming academic year. This enables staff and teams to plan their work plans in response to the needs of the school population. The individual reports also enable the school to engage with parents in addressing any specific issues or problems.

Key Messages

- Nearly 9 out of 10 of those surveyed are not sexually active (in Y9, Y10 and Y11), only 1 in 8 smoke regularly, only 1 in 10 have tried illegal drugs (in Y9, Y10 and Y11), and around half have ever had a drink of alcohol.
- Over 9 out of 10 of all pupils surveyed, access the internet at least daily, with over 1 in 3 reporting that they do not know all their online friends in person.
- Over a quarter of the young people reported that they had been bullied in the last year.
- More than half report that the media (TV, film, Magazines and reality TV) has had an influence on the choices they make in their relationships.
- Nearly 6 in 10 pupils reported being physically active for 60 minutes a day for four days or more in a week.

Section One: Demographics

Q1. What school year are you in?

YEAR 7	1292 (26.5%)
YEAR 8	1047 (21.5%)
YEAR 9	1060 (21.8%)
YEAR 10	791 (16.2%)
YEAR 11	682 (14%)

Q2. How old are you?

11 YEARS OLD	1023 (21%)
12 YEARS OLD	1050 (21.6%)
13 YEARS OLD	1061 (21.8%)
14 YEARS OLD	874 (17.9%)
15 YEARS OLD	671 (13.8%)
16 YEARS OLD	193 (4%)

Q3. Are you...

FEMALE	2276 (46.7%)
MALE	2350 (48.2%)
PREFER NOT TO SAY	246 (5%)

For the 2017/18 survey, "Prefer not to say" was added to Q3 on the survey, after feedback from pupils stating they wanted the option to not state their sex.

The breakdown above shows that results may be slightly skewed towards younger pupils, as they make up a large percentage of the responses. Where appropriate, results have been split by Year Group, but this is not possible for all questions.

Analysis of the survey has been broken down into sections, and then by question. Please note the number of pupils answering each question fluctuates throughout the survey, effort has been made to give an indication of number of pupils answering each question.

Section Two: Emotional Wellbeing

Q4. *These questions ask you to decide whether you “strongly agree”, “agree”, “disagree” or “strongly disagree” with the following statements:*

Statement	Strongly Agree or Agree	Disagree or Strongly Disagree	Total
<i>"Generally, I feel happy about my life at the moment"</i>	4074 (84.9%)	722 (15.1%)	4796
<i>"If I'm worried about something, it's easy for me to find someone to talk to"</i>	3425 (71.4%)	1371 (28.6%)	4796
<i>"My family mostly know how to support and look out for me"</i>	4395 (91.6%)	401 (8.4%)	4796
<i>"I prefer to be on my own rather than be with friends"</i>	1021 (21.3%)	3775 (78.7%)	4796
<i>"If my friends are doing something I don't like or want to join in with, it's easy for me to say 'no'"</i>	3688 (76.9%)	1108 (23.1%)	4796

This question had 4796 responses. From the data above it can be said that:

- 84.9% of pupils either strongly agree or agree that they generally feel happy about their life.
- 71.4% of pupils felt they would have someone they could tell their worries to.
- 91.6% agree or strongly agree that their family are supportive.
- 21.3% prefer to be on their own than with friends.
- 23.1% felt they would not find it easy to say 'no' to their friends.

Q5. *Do you ever feel stressed?*

3744 of 4796 pupils answered yes to this question, this equates to 78.1% of pupils who answered this question.

Q6. What do you feel stressed about the most? (You can pick up to 3 options)

For this question there were 9897 “ticks” from 3704 pupils. This shows that the majority if not all pupils will have multiple “stressors”. These have been ranked in the table below by number of “ticks”.

Stressor	Number of "ticks"
<i>Home work</i>	1974
<i>Exams</i>	1665
<i>School work</i>	1562
<i>Body image</i>	927
<i>Dealing with emotions</i>	917
<i>Family conflict</i>	590
<i>Friends</i>	555
<i>Other (please specify)</i>	533
<i>Brothers or Sisters</i>	430
<i>Gaming</i>	278
<i>Sport</i>	185
<i>Internet</i>	115
<i>Mobile phone</i>	97
<i>None of the above</i>	69
Total Pupils answering	3704

Section Three: Bullying

The following definition of bullying was provided to pupils “*Bullying is when someone does something to deliberately upset or hurt you more than one time.*”

Q7. *Have you been bullied in the last year?*

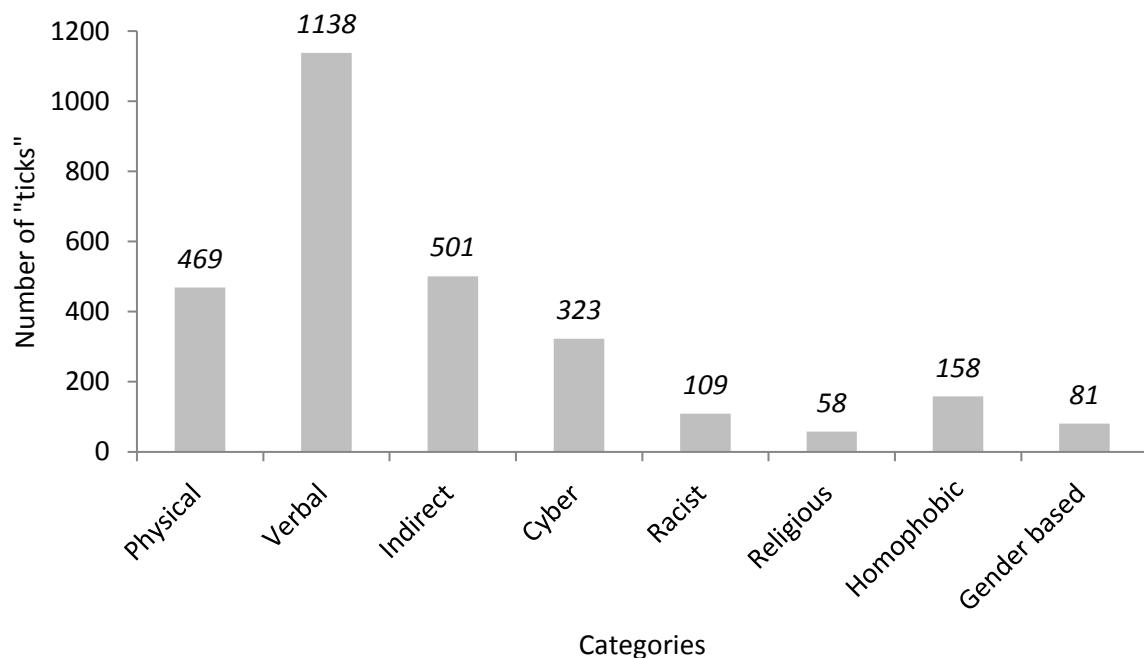
Of 4729 pupils who answered this question, nearly a third (1544 or 32.6%) have experienced bullying in the last year. Percentages bullied in the individual secondary schools who took part in the survey this year ranged from 26.1% to 46.4%.

Q8. *If you have, what kind of bullying was it?*

Pupils could pick more than one option for this question. The options are ranked below with one being the most common;

1. Verbal (calling you names, making threats)
2. Indirect (spreading rumours, leaving you out, writing graffiti)
3. Physical (hitting, kicking, pushing, spitting)
4. Cyber (through a mobile phone or computer/tablet)
5. Homophobic (using derogatory language relating to LGBT)
6. Racist (someone bullies you because of your race/skin colour)
7. Gender based (someone bullies you because of your gender)
8. Religious (someone bullies you because of your religion)

The graph below shows the number of ‘ticks’ each category received.

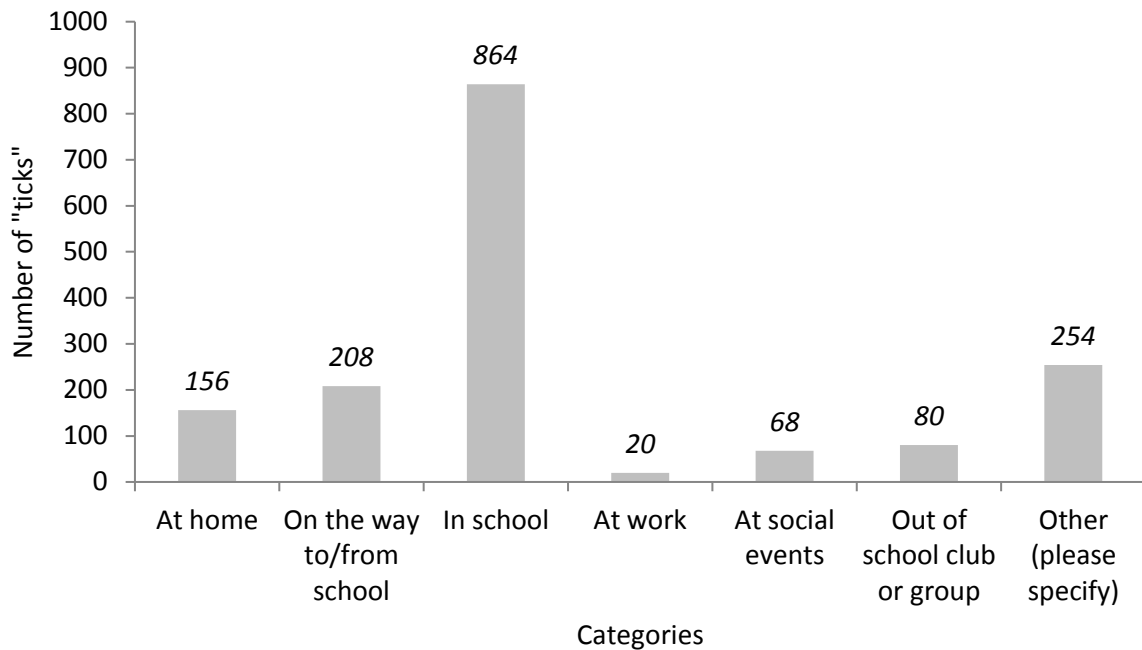


Q9. Where did the bullying take place?

Pupils could pick more than one option for this question. The options are ranked below with one being the most common;

1. In school
2. Other
3. On the way to/from school
4. At home
5. Out of school club or group
6. At social events
7. At work

The graph below shows the number of 'ticks' each category received.



Q10. If you are/were bullied at home, was this by:

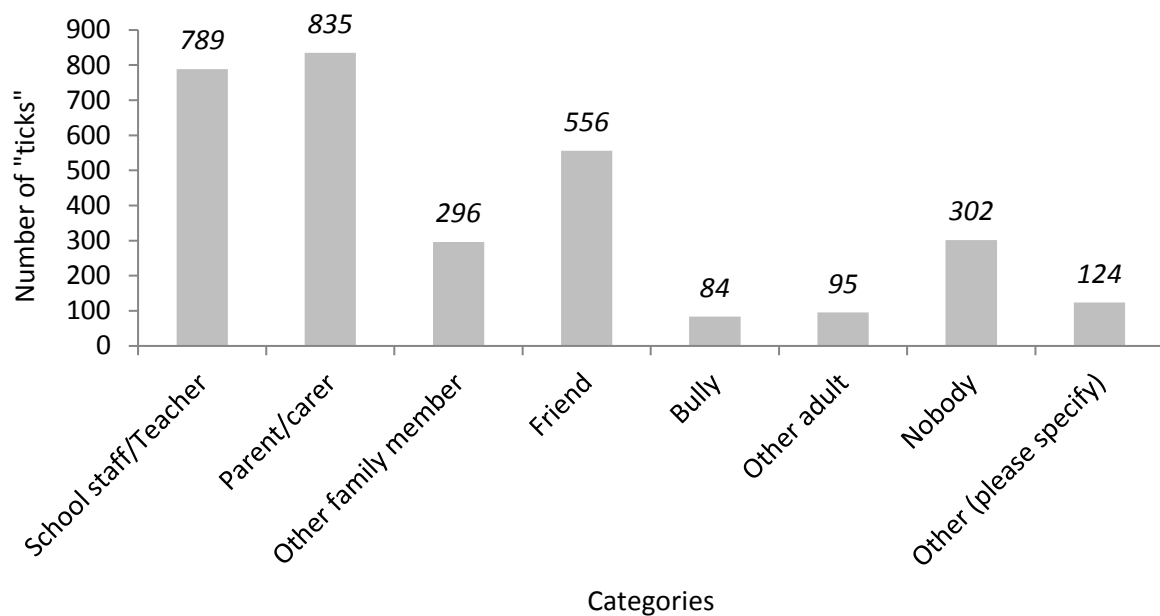
47 pupils said they were bullied by the people who live in the house with them, 132 were bullied at home online, and 36 pupils chose "other".

Q11. *If you have ever been bullied who did you tell? (please tick all which apply)*

Pupils could pick more than one option for this question. The options are ranked below with one being the most common;

1. Parent/carer
2. School staff/Teacher
3. Friend
4. Nobody
5. Other family member
6. Other
7. Other adult
8. Bully

The graph shows the number of “ticks” each category received.



Q12. *If you told someone in school was the issue sorted out?*

On average, 52% of those who told someone in school (764 of 1469 pupils) about the issue felt that the problem was resolved. Among the eight individual schools, this result ranged from 41.5% to 59.4%.

Q13. *If it wasn't sorted, why?*

This was a free text answer where pupils were able to input their own answer.

Answers generally were along the lines of the bully ignoring the warning, the teacher not believing the pupil/doing anything about the bullying, or that the bullying stopped without intervention.

Q14. *If you told someone else, was the issue sorted out?*

On average, 60.7% of those who told someone else (891 of 1469 pupils) about the issue felt that the problem was resolved. Among the eight individual schools, this result ranged from 49.1% to 65.7%.

Q15. *“It’s NOT OK for young people to be bullied”, do you:*

4375 of 4641 pupils (94.3%) agree that it is not ok for young people to be bullied.

Q16. *Is it ok for young people to bully other young people?*

4474 of 4641 pupils (96.4%) do not think it is ok for young people to bully other young people.

Section Four: Exercise and Diet

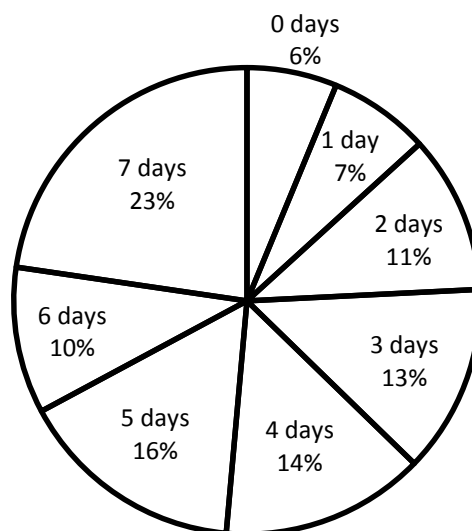
Physical activity every day includes walking to school/shops, cycling, school PE, helping at home with gardening/housework, as well as sporting activities, in chunks of at least 10 minutes throughout the day.

Q17. *Over the last seven days, on how many days did you do at least 60 minutes physical activity? (Remember this doesn't have to be all in one go!)*

4580 pupils answered this question. The table below outlines pupils' responses:

Answer Choices	Number of Pupils
0 days	286
1 day	321
2 days	502
3 days	598
4 days	648
5 days	721
6 days	465
7 days	1039

The pie chart represents this as percentages:



The chart above demonstrates that 63% of pupils surveyed are reporting being active for 60 minutes a day for 4 days or more in a week, with 23% of pupils being active all seven days. Number of pupils achieving 60 minutes physical activity every day across the eight individual schools ranged from 20.7% to 28.6%. Pupils reporting not undertaking 60 minutes of physical activity in the eight individual schools ranged from 3.7% to 15%.

Q18. *Pick one or two options which best describe how you do this physical activity:*

The options for this question are ranked below in order of most “ticks” from pupils:

1. At school in PE class
2. Travelling to/from school
3. Outside of school at a sports club or in a sports team
4. Other
5. Using the gym
6. With my family
7. Swimming
8. At school in after school clubs or at lunchtime
9. Individual activities
10. Exercise classes

Q19. *Pick one or two options which best describe why you take part in the activity/activities*

The options for this question are ranked below in order of the most “ticks” from pupils:

1. I enjoy it
2. To keep fit
3. For transport
4. To see and meet friends
5. For something to do
6. To manage my body shape
7. To manage my weight
8. Other

The eatwell plate

Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



Q20. *Using the plate above as a guide, do you think you have a balanced diet?*

For question 20, pupils are shown an image of the Public Health England Eatwell plate, which provides a visual indication of what proportion of food groups should be eaten for a healthy diet.

3001 of 4557 pupils (65.9%) believe they follow a balanced diet. For the individual schools this result ranged from 54.1% to 73.8%.

Q21. *Do you eat breakfast every day?*

2612 of 4557 pupils (57.3%) eat breakfast every day.

Q22. *Where do you eat breakfast (most often)?*

The majority (2470 pupils) ate breakfast at home.

Q23. *Pick one or two options which best describe who or what influences what you eat?*

Of 4192 pupils there were 6914 “ticks”. The options for this question are ranked below in order of the most “ticks” from pupils:

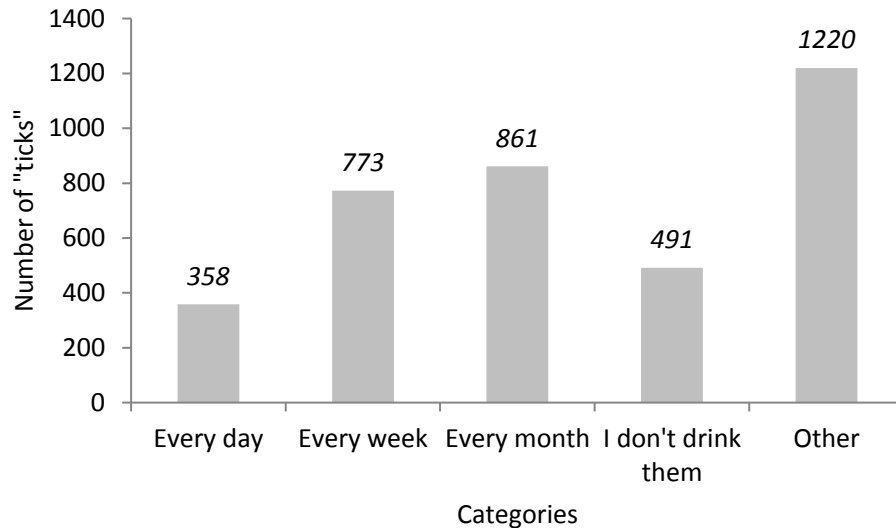
1. Parents/carers
2. What tastes nice
3. What I feel is healthy
4. Friends
5. My desired body shape
6. Other
7. Television
8. Advertising
9. Celebrity culture

Section Five: Energy Drinks and Dental Health

Q24. *Have you ever had an energy drink?*

3727 of 4525 pupils (82.4%) have ever had an energy drink.

Q25. *How often do you drink energy drinks?*

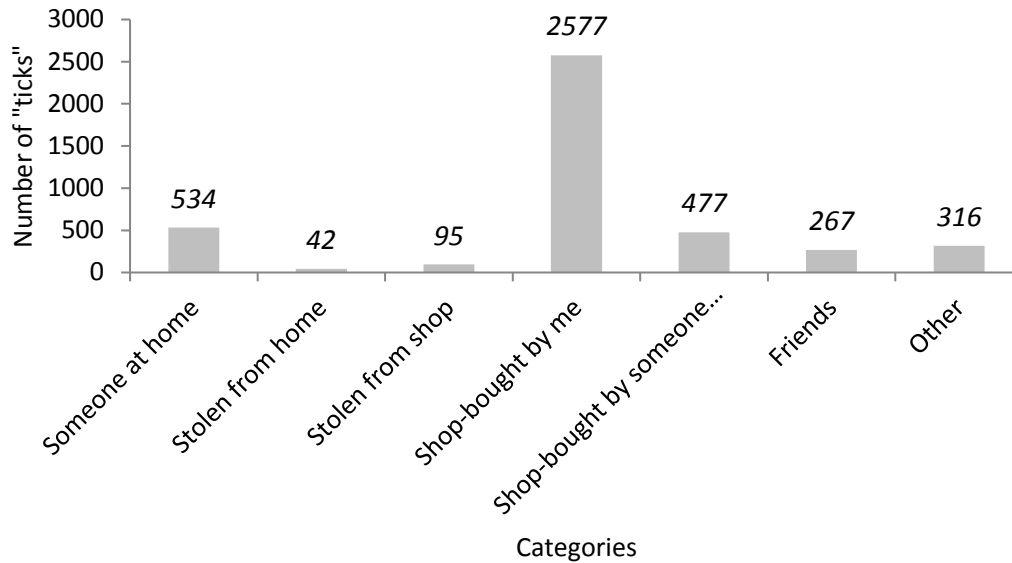


Answer Choices	Percentage (of 3703 pupils)
<i>Every day</i>	9.7%
<i>Every week</i>	20.9%
<i>Every month</i>	23.3%
<i>I don't drink them</i>	13.3%
<i>Other</i>	32.9%

The majority of pupils picked "other". For this the free text responses mainly consisted of variations on "now and then" or "when I play sport".

Q26. *Where do you get the energy drinks from?*

Pupils were most likely to buy the energy drink themselves.



Q27. "Energy drinks are bad for your health", do you:

3593 of 4499 pupils (79.9%) agree that energy drinks are bad for the health. For the eight individual schools this ranged from 68.4% of pupils agreeing to 86.3%.

Q28. Do you have a toothbrush and toothpaste at home?

4401 of 4476 (98.3%) have a toothbrush and toothpaste at home.

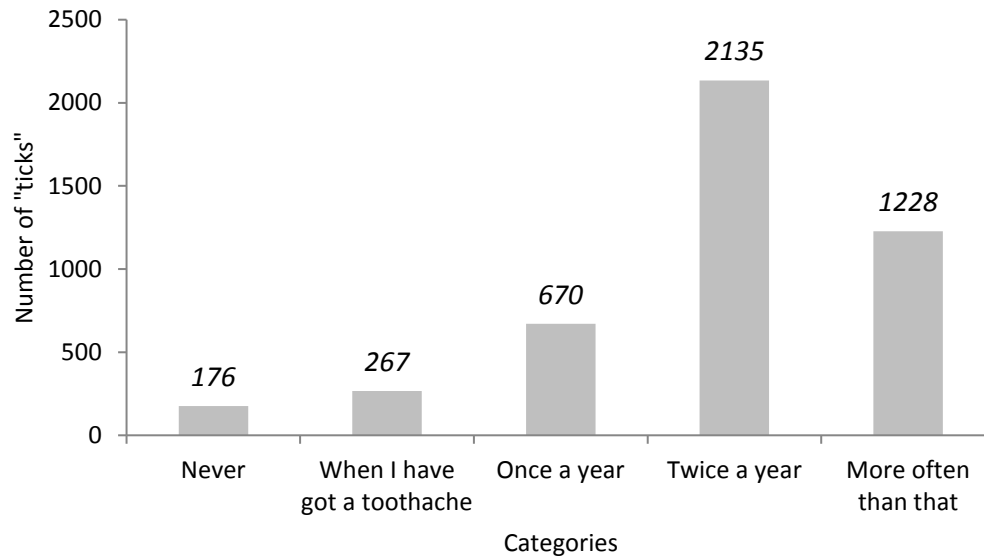
Q29. How often do you clean your teeth?

4476 pupils answered this question. The table below outlines pupils' responses:

Answer Choices	Number of Pupils	Percentage of Pupils
Never	65	1.5%
Sometimes	106	2.4%
Weekly	41	0.9%
Daily	949	21.2%
Twice a day	3315	74.1%

95.3% of pupils brush their teeth either twice a day or daily.

Q30. *How often do you go to the dentist?*



2135 of the 4476 pupils who answered this question (47.7%) go to the dentist twice a year. 176 pupils (3.9%) have never visited the dentist.

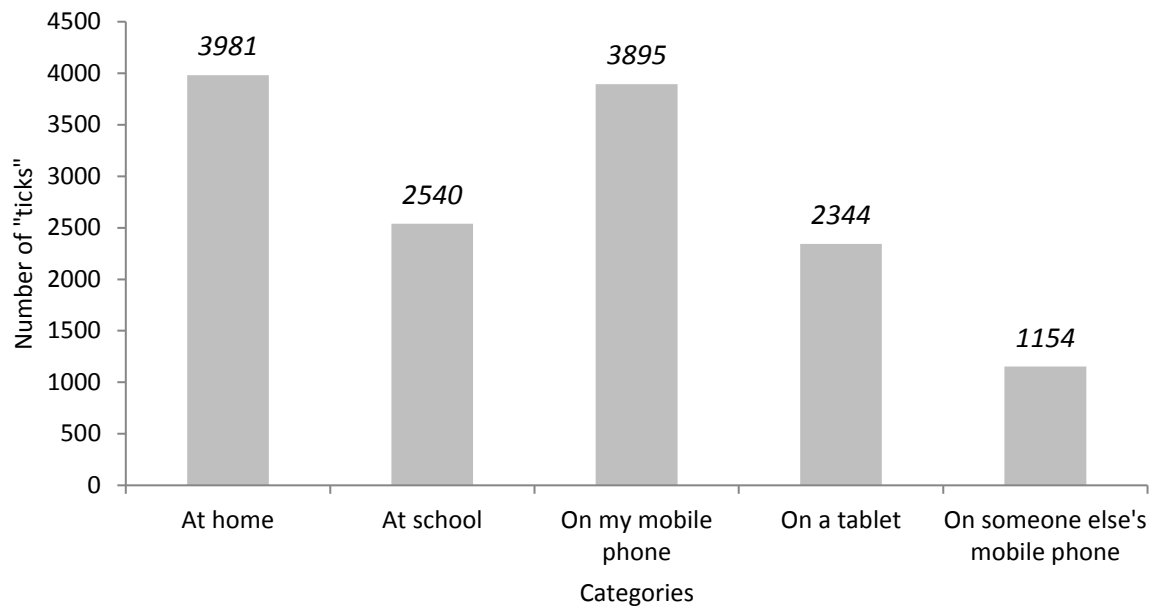
Q31. *Have you ever had a... (You can pick more than one option)*

2163 of 4476 pupils have had a tooth filling (48.3%), 1024 have had a fluoride varnish (22.9%) and 1704 have had a tooth/teeth taken out (38.1%). 1328 pupils (29.7%) have had none of these.

Section Six: The Internet and Technology

Q32. *How do you access the internet? (Tick as many as apply)*

From 4437 pupil responses there were 13,914 “ticks” for this question. This indicates that the majority if not all of the pupils, who answered this question, access the internet on multiple platforms. The graph below shows the number of “ticks” for each option.

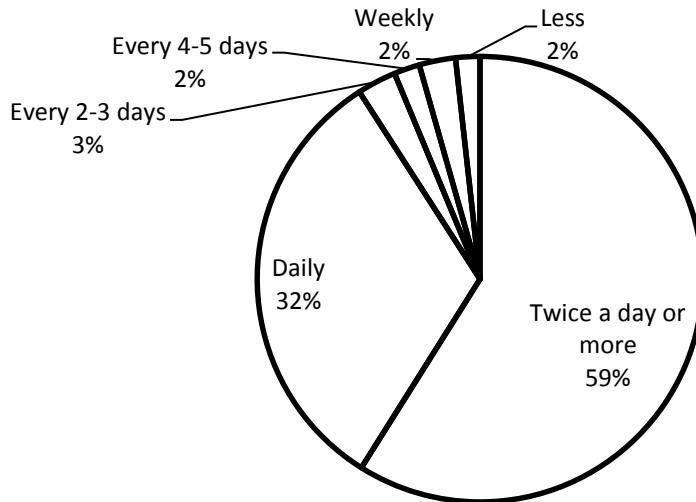


The below table shows this as a percentage (percentages will not equal 100% because pupils could pick more than one option).

Answer Choices	Percentage (of 4437 pupils)
<i>At home</i>	89.7%
<i>At school</i>	57.2%
<i>On my mobile phone</i>	87.8%
<i>On a tablet</i>	52.8%
<i>On someone else's mobile phone</i>	26%

Q33. *How often do you access the internet?*

The pie chart shows how frequently pupils surveyed access the internet, in terms of percentages.



The chart above shows that 91% of pupils use the internet daily or twice a day or more. This equates to 4033 of the 4437 pupils who answered this question.

Q34. *Is your access to the internet supervised by an adult?*

Pupils could choose between “*always*”, “*sometimes*” or “*never*” for this question. Pupils in Y7 and 8 were more likely to pick “*always*” or “*sometimes*” compared to older pupils (Y9, Y10, and Y11).

Answer Choices	Number of Pupils	Percentage of Pupils
<i>Always</i>	578	13%
<i>Sometimes</i>	1895	42.7%
<i>Never</i>	1964	44.3%
Total	4437	100%

Q35. *Is there anything you access on the internet that you think your parents/carers would not be happy with?*

A quarter of pupils surveyed (1109 of 4437 pupils or 25%) have accessed something on the internet that they think their parents/carers would not be happy with. 3328 (75%) have not.

Q36. *If yes, what did you access?*

This was a free-text question where pupils could input their answer. Most common answers were social media, online games, pornography or the pupil declined to be specific about what they had accessed.

Q37. *Why would your parents/carers not be happy about this?*

This was a free-text question. Most pupils were aware of why their parents would not be happy with what the pupil had accessed, with examples being the language used on the site/game, the risks or danger of accessing online and the inappropriate content.

Q38. *Do you have a social media account for any of the following... (Tick as many as apply)*

From the 4272 pupils who answered this question, there were 32,758 “ticks” showing that pupils have multiple accounts for multiple social media sites.

Rank (1= most popular)	Answer Choices	Number of “ticks” from pupils
1	<i>YouTube</i>	3369
2	<i>Instagram</i>	3359
3	<i>Snapchat</i>	3292
4	<i>Face time</i>	2784
5	<i>WhatsApp</i>	2474
6	<i>Messenger</i>	2459
7	<i>Facebook</i>	2132
8	<i>X Box live</i>	1750
9	<i>Skype</i>	1504
10	<i>Twitter</i>	1423
11	<i>Oovoo</i>	1290
12	<i>PlayStation network</i>	1076
13	<i>SnapMaps</i>	1041
14	<i>Pokemon Go</i>	832
15	<i>Musical.ly</i>	707
16	<i>Roblox</i>	691
17	<i>Kik</i>	590
18	<i>Moshi Monsters</i>	556
19	<i>Bin Weevils</i>	502
20	<i>Other</i>	500
21	<i>Google Hangouts</i>	164
22	<i>None of the above</i>	102
23	<i>Ask FM</i>	102
24	<i>Yellow</i>	59

Q39. *Do you know all the people you are friends with over the internet, in person?*

2716 of 3995 pupils (63.6%) know everyone they are friends with over the internet in person. 1556 pupils (36.4%) do not.

Q40. *What do you think is the biggest risk when using the internet? (Please pick only one option)*

The top three risks selected by pupils were; strangers, cyber bullying and identity theft/fraud.

Rank (1= most popular)	Answer Choices	Number of Pupils
1	<i>Strangers</i>	1070
2	<i>Cyber bullying</i>	763
3	<i>Identity theft or fraud</i>	637
4	<i>Uploading personal info</i>	625
5	<i>Pornography</i>	409
6	<i>You are asked for pictures from strangers</i>	376
7	<i>You are sent messages from people you don't know</i>	193
8	<i>Pop ups</i>	130
9	<i>Parents and carers finding out what you are up to</i>	69

Q41. *How often do you access social media accounts, on average?*

79.6% of pupils asked access social media accounts on average daily or more than once a day.

Answer Choices	Number of Pupils	Percentage of Pupils
<i>More than once a day</i>	2231	52.2%
<i>Daily</i>	1172	27.4%
<i>Couple of times a week</i>	467	10.9%
<i>Once a week</i>	105	2.5%
<i>Less often</i>	169	4.0%
<i>I don't access them at all</i>	128	3.0%

Q42. *Have you accessed online chat rooms?*

Pupils could choose between “never”, “by accident” or “on purpose”.

Answer Choices	Number of Pupils	Percentage of Pupils
<i>On purpose</i>	946	22.4%
<i>By accident</i>	435	10.3%
<i>Never</i>	2837	67.3%

Q43. *Have you accessed online pornography?*

Answer Choices	Number of Pupils	Percentage of Pupils
<i>On purpose</i>	568	13.5%
<i>By accident</i>	528	12.5%
<i>Never</i>	3122	74%

Q44. *What information would you share on your profile that people who don't know you in person might be able to see?*

The options for this question are ranked below in order of most chosen by pupils with the number of pupils who chose this option in brackets. Pupils were likely to share more than one piece of information on their profile.

1. Hobbies and interests (1745)
2. Photos (1626)
3. Age (1448)
4. None of the above (1162)
5. Links to other social media accounts (833)
6. School (587)
7. Phone number (435)
8. Email (421)
9. Other (385)
10. Address (287)

Q45. *Have you seen anything online that you have found offensive, upsetting, nasty, worrying or inappropriate in the last year?*

2054 of 4134 (49.7%) of pupils reported seeing something online that upset them in the past year.

Q46. *Have you sent an inappropriate picture or message to someone? (by inappropriate we mean have you sent any pictures of yourself that your parent/carer wouldn't be happy with)*

3662 of 4134 pupils (88.6%) have not sent an inappropriate picture or message to someone. 472 pupils (11.4%) reported that they had.

The following table breaks down the numbers and percentages of those who said they had sent an inappropriate message/ picture by Year Group. The percentage is calculated using the number of students overall in that Year Group (taken from the demographics data at the start of the survey).

Year Group	Number of Pupils	Percentage of total Year Group
Y7	45	3.5%
Y8	55	5.3%
Y9	90	8.5%
Y10	137	17.3%
Y11	144	21.1%

Q47. *Have you ever been asked to send an inappropriate message or picture via social media?*

973 of 4134 pupils (23.5%) have been asked to send an inappropriate picture or message.

For Q47 it is not possible to determine whether those who were asked to send a picture are the ones who said they sent a picture in Q46.

Q48. *Is it a criminal offence for someone under 18 years old to send a picture that is sexually explicit?*

3506 of 4134 pupils (84.8%) say that it is a criminal offense, 628 pupils (15.2%) do not think so.

Q49. *What percentage of young people your age in Darlington do you think have sent inappropriate images of themselves using social media?*

For this question pupils used a sliding scale to show what percent of pupils their age they thought had sent an inappropriate image. The table below shows the overall average percent picked by pupils, broken down by Year Group.

Year Group	Average Response
Y7	38.5%
Y8	44.8%
Y9	51.7%
Y10	59.8%
Y11	66%

Q50. *It is never ok to send an inappropriate picture of yourself on social media?*

3386 of 4134 pupils (81.9%) agree that it is never ok to send inappropriate pictures.

Q51. *Once you click to upload an image or text to the internet, you have no control over it...*

3312 of 4134 pupils (80.1%) agree, 822 (19.9%) disagree.

Q52. *Do you play games online?*

3019 of 4125 pupils (73.2%) play games online

Q53. *What games do you play online?*

This was a free-text answer. Most frequently mentioned online games were Fifa, Call of Duty, Grand Theft Auto, Roblox.

Q54. *Do you play games which are age rated 16 or 18?*

2023 of 2976 pupils (68%) play games age rated 16 or 18.

Section Seven: Relationships

Q55. *In a relationship it is ok to:*

The table below ranks the statements in order of number of pupils saying “yes” to the statement. 4004 pupils answered the question.

Statement	Number of Pupils saying “yes”
<i>Shout at your partner</i>	714 (17.8%)
<i>Check your partner’s mobile phone (without them knowing)</i>	490 (12.2%)
<i>Sending pictures with your mobile phone with no clothes on</i>	443 (11.1%)
<i>Check their social network messages or email (without them knowing)</i>	426 (10.6%)
<i>Shake your partner</i>	250 (6.2%)
<i>Call your partner nasty names</i>	205 (5.1%)
<i>Stop your partner from seeing friends or family</i>	158 (3.9%)
<i>Hit or slap your partner</i>	145 (3.6%)
<i>Blackmail your partner</i>	141 (3.5%)
<i>Persuade your partner to do something they feel uncomfortable with because you want to do it</i>	139 (3.5%)
<i>Kick or punch your partner</i>	134 (3.3%)
<i>Make your partner feel bad about themselves</i>	130 (3.2%)
<i>Intimidate your partner or make them feel threatened</i>	114 (2.8%)

Q56. Does the media, including TV, film, Magazines, pornography and reality TV impact on:

Statement	Always	Sometimes	Never	Total
<i>The way you behave in relationships</i>	342 (9%)	1727 (45%)	1766 (46%)	3835
<i>The way you think about relationships</i>	525 (13.5%)	1865 (48.1%)	1487 (38.4%)	3877
<i>The way you might have sex in future (Y9, 10, 11 only)</i>	312 (15.5%)	758(37.7%)	940 (46.8%)	2010
<i>The way you look</i>	711 (18.5%)	1605 (41.8%)	1521 (39.6%)	3837
<i>How you think relationships should be</i>	554 (14.5%)	1697 (44.1%)	1596 (41.4%)	3847

Pupils were likely to be “sometimes” or “never” influenced by the media.

Q57. Where do you get your information on relationships and sexual health?

Options ranked from most “ticked” to least were:

1. Family
2. Friends
3. Teachers
4. Internet
5. TV
6. School nurse
7. Doctor/GP
8. Other school staff
9. Other
10. Posters
11. Pornography
12. Youth worker
13. Family planning/CaSH service

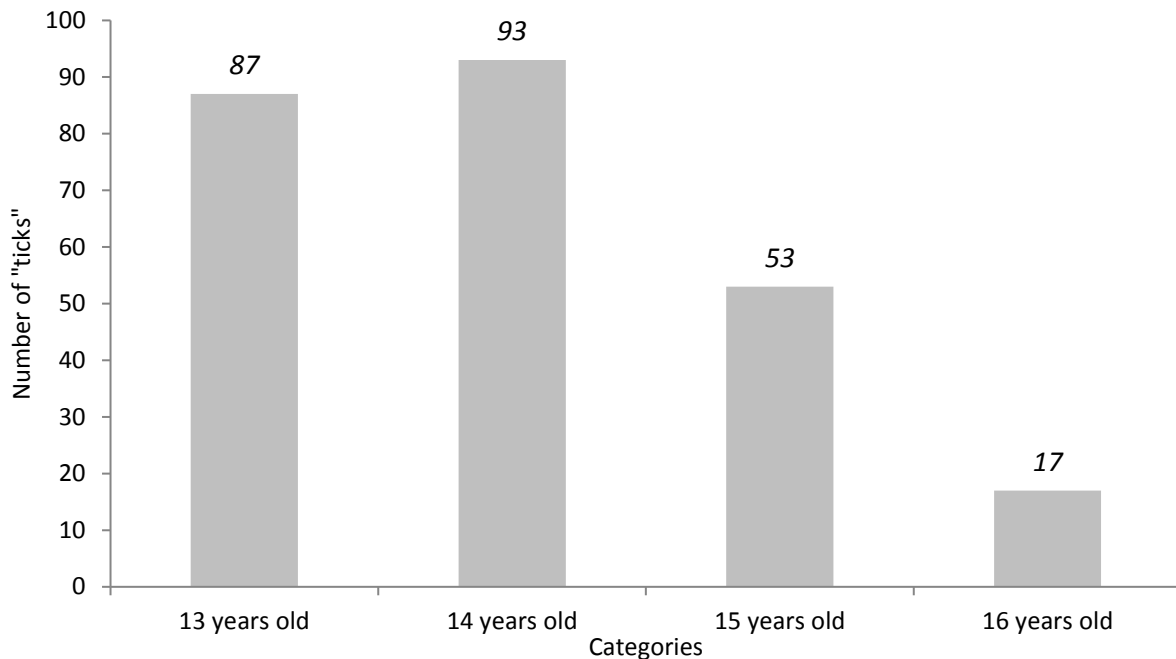
Section Eight: Sex (Y9, 10, 11s only)

Please note one school chose to not participate in this section, so the numbers below reflect the responses of Year 9, 10, 11 pupils from seven schools, not eight.

Q58. *Have you ever had sex?*

1528 of 1786 pupils (85.6%) have not had sex, 258 pupils (14.4%) have.

Q59. *If yes, how old were you when you had sex?*



Q60. *If you ever had sex, have you regretted it afterwards?*

Of 250 pupils who responded to this question, 188 did not regret having sex (75.2%). 62 pupils (24.8%) did regret it.

Q61. *If you have regretted it, why was that?*

Most pupils picked more than one answer for this question; the options are below listed in order of most "ticked" to least:

1. I was too young
2. I am not in that relationship anymore
3. It was unplanned
4. People found out afterwards
5. I didn't use contraception
6. I had been drinking alcohol
7. I got pregnant
8. I was bullied/pressured/didn't want to
9. I had taken drugs

- 10. I didn't enjoy it
- 11. I got an STI
- 12. Other
- 13. I was bullied as a result

Q62. *If you had sex, did you use:*

Of the contraceptive methods listed, pupils were more likely to use a condom or contraceptive pill. The table below shows the spread of answers.

Answer Choice	Always	Sometimes	Never
<i>Contraceptive Pill</i>	52	24	165
<i>Condom</i>	108	53	80
<i>EHC (morning after pill)</i>	32	30	179
<i>Contraceptive coil (IUD)</i>	26	14	201
<i>Contraceptive injection</i>	28	15	198
<i>Contraceptive implant</i>	32	16	193
<i>Other</i>	20		

Q63. *How did you access condoms?*

The rank of options from most "ticked" to least was:

- 1. I didn't
- 2. Given by a relative/friend
- 3. C-card outlet
- 4. Pharmacy
- 5. CaSH clinic
- 6. GP

Q64. *Are you worried about getting an STI e.g. Chlamydia, Gonorrhoea, HIV, Syphilis, or Genital Warts?*

Of 1766 pupils, 670 (37.9%) are worried about contracting an STI.

Q65. *If yes, why?*

Pupils could chose more than one option for this question, the options ranked from most "ticked" to least were:

- 1. Some of them are permanent (58%)
- 2. It might impact on my future (56.4%)
- 3. I don't know enough about signs and symptoms (27%)
- 4. I don't know how to access treatment or support (18.2%)

Q66. If no, why?

Pupils could chose more than one option for this question, the options ranked from most “ticked” to least were:

1. I am not having sex (62.2%)
2. I always use contraception (22.9%)
3. I know where to access advice and support (18.2%)
4. You can get treatment for most of them (15.8%)

Q67. Sex should involve:

Total number of pupils answering this question was 1727. The table below shows those who agreed or disagreed with the statements.

Answer Choice	Strongly Agree or Agree	Neither Agree nor Disagree	Disagree or Strongly Disagree
<i>A meaningful relationship</i>	1443	168	116
<i>Checking your partner wants to continue what you are doing</i>	1531	108	88
<i>Listening to each other's' wants and needs</i>	1549	106	72
<i>Discussing contraception and pregnancy</i>	1481	147	99
<i>Being prepared to stop if someone isn't happy</i>	1552	94	81
<i>Pleasure and enjoyment for both people</i>	1534	118	75

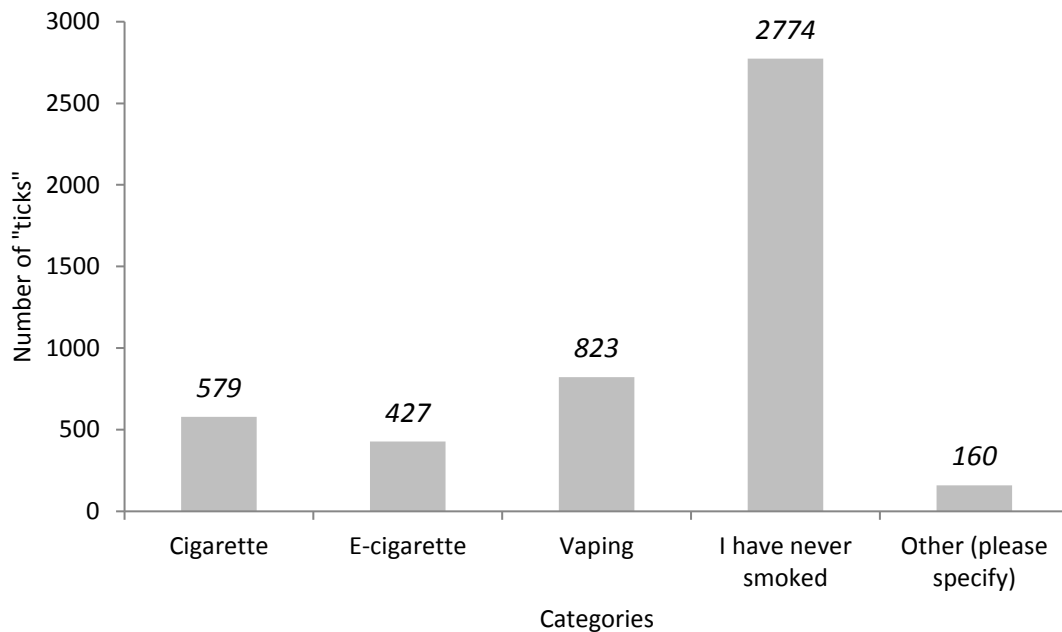
Q68. What percentage of students in your Year in your school do you think have had sex?

Year Group	Average Percentage Estimate
<i>Year 9</i>	26%
<i>Year 10</i>	40.3%
<i>Year 11</i>	54%

From pupils' answers to Q58, it can be said that 14.4% of Y9, 10, 11s have had sex. The results for Q68 show that pupils are overestimating this among their peers.

Section Nine: Smoking

Q69. Have you ever tried smoking a...(you can pick more than one answer)



Q70. How old were you when you first tried?

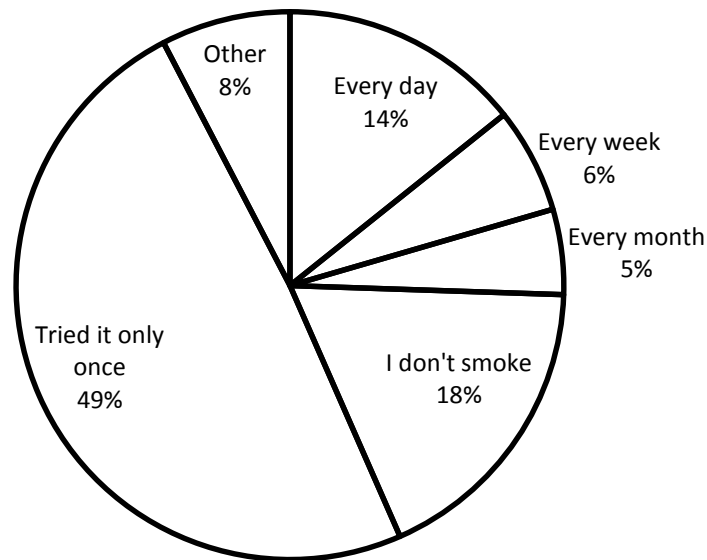
Overall, on average pupils were aged between 12-14 years old when they first tried smoking.

Q71. How often do you smoke?

Of the 995 pupils who answered this question, the majority either only tried smoking once or indicated that they don't smoke suggesting they don't smoke regularly. From the data it can be said that of those who have smoked before, just less than 49% only tried it once.

The table below outlines the totals for each option and the pie chart shows these as a percentage of all the answers.

Answer Choices	Number of Pupils	Percentage
<i>Every Day</i>	142	14.3%
<i>Every week</i>	62	6.2%
<i>Every month</i>	50	5%
<i>I don't smoke</i>	178	17.9%
<i>Tried it only once</i>	487	48.9%
<i>Other</i>	76	7.6%



Q72. *If any, what percentage of people your age in Darlington do you think smoke?*

For this question pupils used a sliding scale to show what percent of pupils their age they thought smoked. The table below shows the overall average percent picked by pupils, broken down by Year Group.

Year Group	Average Response
Y7	42.3%
Y8	52.5%
Y9	54.9%
Y10	57.6%
Y11	62.5%

Q73. *Smoking is NEVER a good idea for young people your age, do you?*

3451 of 3741 pupils (92.2%) agree, 290 (7.8%) disagree.

Q74. *Are you often near people who smoke cigarettes?*

1729 of 3741 pupils (46.2%) indicated that they are often near people who smoked.

Q75. *Where? (you can pick more than one answer)*

The options for this answer are ranked in order of most "ticked" to least;

1. At home (799)
2. Other peoples' houses (791)
3. Other (715)
4. Somewhere else inside (463)
5. In the car (246)

Section Ten: Alcohol

Q76. *Have you ever had a drink of alcohol? (not just a taste)*

1823 of 3719 pupils (49%) have had a drink of alcohol.

Q77. *How old were you when you had your first full drink?*

Pupils answered over a wide age range to this question and on average, pupils were 13 years old.

Q78. *Have you drunk alcohol in the last seven days?*

468 of 1607 pupils had drunk alcohol in the last seven days.

The table below shows the number of pupils by year group who indicated they had drunk alcohol in the last seven days.

Y7	Y8	Y9	Y10	Y11
39	67	100	149	164

Q79. *In the last year, what did you drink most often? (Please tick one option only)*

1753 pupils answered this question.

Answer Choices	Number of Pupils
<i>Beer or Lager</i>	281
<i>Cider</i>	493
<i>Alco pops</i>	122
<i>Wine/Sparkling wine</i>	197
<i>Spirits</i>	356
<i>Other</i>	304

The pie chart shows the options as a percentage of pupils who answered this question.



Q80. *Have you been drunk after drinking alcohol, for example staggered when walking, not being able to speak properly, throwing up or not being able to remember what happened?*

1144 of 1753 pupils (65.3%) have never been drunk after drinking alcohol, 609 pupils (34.7%) have.

Q81. *Have you been drunk in the last seven days?*

1571 of 1753 pupils have not been drunk in the last seven days, 182 pupils (10.4%) have.

Q82. *After drinking alcohol, have you experienced any of these problems?*

The list below show the options ranked from most “ticked” to least:

1. An accident or injury
2. Falling out with friends
3. Falling out with parents
4. Falling out with boy/girlfriends
5. A physical fight
6. Trouble with police
7. Performed poorly at school
8. Attended hospital/A+E/walk in centre
9. Victim of theft

Q83. *If any, what percentage of young people your age in Darlington do you think drank alcohol in the last seven days?*

The averages by Year Group are shown in the table below.

Y7	Y8	Y9	Y10	Y11
33.4%	45.6%	51.1%	61%	67.4%

As with the other perception questions, the results above show that pupils are overestimating the habits of their peers.

Q84. *“It’s not ok for young people my age to get drunk”, do you:*

2773 of 3637 pupils (76.2%) agree, 864 pupils (23.8%) did not agree.

Section Eleven: Drugs (Years 9, 10, 11 only)

Q85. *Have you ever taken illegal drugs?*

232 pupils of 1879 (12.3%) have taken illegal drugs.

Q86. *In the last seven days, have you taken illegal drugs?*

Of the 221 pupils who answered this question, 85 (38.5%) answered “yes”.

Q87. *If you have ever taken illegal drugs, what have you had?*

100% of those answering this question reported taking cannabis.

Q88. *Where did you get the illegal drugs from?*

The options for this question are ranked below in order of most “ticked”:

1. Friends
2. Dealer
3. Family
4. Internet
5. Shop
6. Market Stall
7. Other

Q89. *Is cannabis legal or illegal?*

1588 of 1851 pupils (85.8%) identified cannabis as illegal.

Q90. *What percentage of young people your age in Darlington do you think have taken drugs?*

The table below shows the average percentage estimation by Year Group. From this year’s survey we know of 12.1% pupils who have tried illegal drugs, this show the high overestimation pupils’ have of their peers’ habits.

Y9	Y10	Y11
32.3%	39.8%	51.5%

Q91. *“It’s not ok to take illegal drugs”, do you?*

1620 of 1851 pupils (87.5%) agree.

Section Twelve: Safety in School

Q92. *Do you feel safe in school?*

2863 of 3594 pupils (79.7%) feel safe in school.

Q93. *Do you know who you should talk to if you don't feel safe in school?*

2883 of 3594 pupils (80.2%) know who they should talk to.