



YORK SCHOOLS SURVEY

# A REPORT INTO HEALTH AND WELLBEING IN CHILDREN AND YOUNG PEOPLE IN YORK

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Key findings

# EXECUTIVE SUMMARY



# Introduction

- City of York Council public health team developed this survey to enhance our understanding of the health and wellbeing of children and young people growing up in York.
- The purpose of this work is to inform and support policy and decision making across the local authority, in schools, and among other key stakeholders in the York system. This project was delivered by an external provider, Insight Now.
- Five year groups across all York schools were invited to participate: years 4 and 6 in primary schools, years 8 and 10 in secondary schools, and year 12 in sixth forms. The survey ran from October 2021 to January 2022.
- In total, 4,267 children and young people took part from across 37 schools. This represents 63% of all children and young people in the selected year groups.

# Findings - Happiness



Happiness: just over half of pupils say they are happy or very happy with their life.

- Younger pupils much more likely to report happiness than older pupils (70% in year 4 vs 33% in year 12).
- Only 20% of non-binary pupils reported happiness with their life, students who are LGBT or have a long term health condition are also much less likely to report happiness.
- York's findings on happiness are similar to the 2019 'State of the Nation' report.
- On the Stirling Children's Wellbeing Scale (SCWBS), the overall York score was 39.2, compared with the Stirling baseline of 44, for children 8 - 15.



# Findings – Worry & Self-harm



Worry: nearly a third of pupils say that worry affects their life and stops them doing things.


- High levels of worry were most commonly reported by year 12 pupils (48%), non-binary pupils (60%), pupils with long term health conditions (52%), and LGBT pupils (60%).
- 17% of pupils say they do not have an adult they can speak to about these worries.
- All age groups reported family health as a top worry, it is possible this is linked to covid-19.
- In younger pupils worry about the environment/climate was common, in older pupils worry about school work or exams was common.



Self-harm: 28% of pupils reported self-harm at least once, this rises to over half in non-binary pupils, and LGBT pupils.


- 14% of all pupils report self-harm behaviour in the last month.

## Findings – Healthy Relationships



Healthy relationships: Most, but not all, young people in York think that ‘hitting’ or ‘sharing undressed or sexual photos of you with other people’ is always wrong in a boyfriend/girlfriend relationship, \*87%, 87% and 93% respectively

- Fewer than half of young people thought that ‘telling you what to wear’, ‘checking where you are all the time’, or ‘being jealous’ was always wrong in a boyfriend/girlfriend relationship.
- There were not gender differences for this question.
- 47% of young people had seen behaviours like this happen in their friends’ relationships, 30% said behaviours like these had happened in their own relationships. (These behaviours are part of a longer list of behaviours we asked about)



Sexual health: 68% of sexually active young people said that they always used a method of contraception.

- 8% of year 10’s and, 33% of year 12’s reported having had sex in their current or previous relationship.
- Around half of all secondary school age pupils know where to get emergency contraception or an STI test. There is little gender difference in these responses.



## Findings – Bullying

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Bullying: More than a fifth of all pupils (23%) reported being bullied at school in the last year.

- Young pupils, non-binary pupils, pupils with a long term condition, young carers and pupils with special educational needs were all more likely to report bullying at school in the last year.
- 27% reported bullying online, mostly this was by someone they know in person, but for 11% it was by someone they only know online.
- Just over half of pupils say their schools response to bullying is helpful.

## Findings – Activity & Screen time



Activity and screen time: 40% of all pupils spend at least 90 minutes a day doing active things

- This includes sports, playing outside, or walking and it roughly similar to the national sport England survey.
- There is a notable drop off in activity levels in year 12 compared with younger age groups.
- Girls and pupils receiving free school meals were less likely to achieve 90 minutes in a normal day.
- 77% of pupils spend more than 90 minutes using a screen each day
- Nearly a fifth of pupils say it is very hard to get to sleep with 13% saying they have difficulty getting to sleep every night.

## Findings – Diet & Smoking



Diet and dental health: 25% reported having a ‘high caffeine energy drink’ yesterday

- About half of pupils reporting having their ‘5 a day’ Pupils on free school meals were less likely to report having their 5 a day than their peers.
- 61% of pupils reported having a sugary drink yesterday, with 25% reporting several sugary drinks.
- 82% of pupils reported brushing their teeth twice yesterday, there was little variation between different groups.



Smoking: 19% of secondary and sixth form pupils have used an e-cigarette, 10% have used conventional cigarettes


- This rises significantly to 44% and 26% respectively in year 12.
- Among young people that smoke, most do not smoke regularly and most do not want to stop smoking

## Findings – Alcohol & Drugs



Alcohol: 17% of secondary and sixth form pupils have drunk alcohol in the week before the survey

- This rises to 40% in year 12
- Two thirds of the secondary and sixth form pupils who drink say that their family always know if they drink alcohol.
- Two thirds also say that the alcohol ‘was given to them’ to that ‘alcohol is freely available at home’.



Drugs: 19% of pupils have been offered illegal drugs at some point, rising to 46% in year 12 pupils. About half of this number report ever taking an illegal drug.

- Among those who have ever taken an illegal drug, 40% report doing this in the last month.
- A third of year 12 pupils report being worried about themselves or a friend because of drug use at some point, but less than half asked for help.

## Findings – Views

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Voice: Only 21% of children and young people thought that giving their views made a difference to the topics we asked about

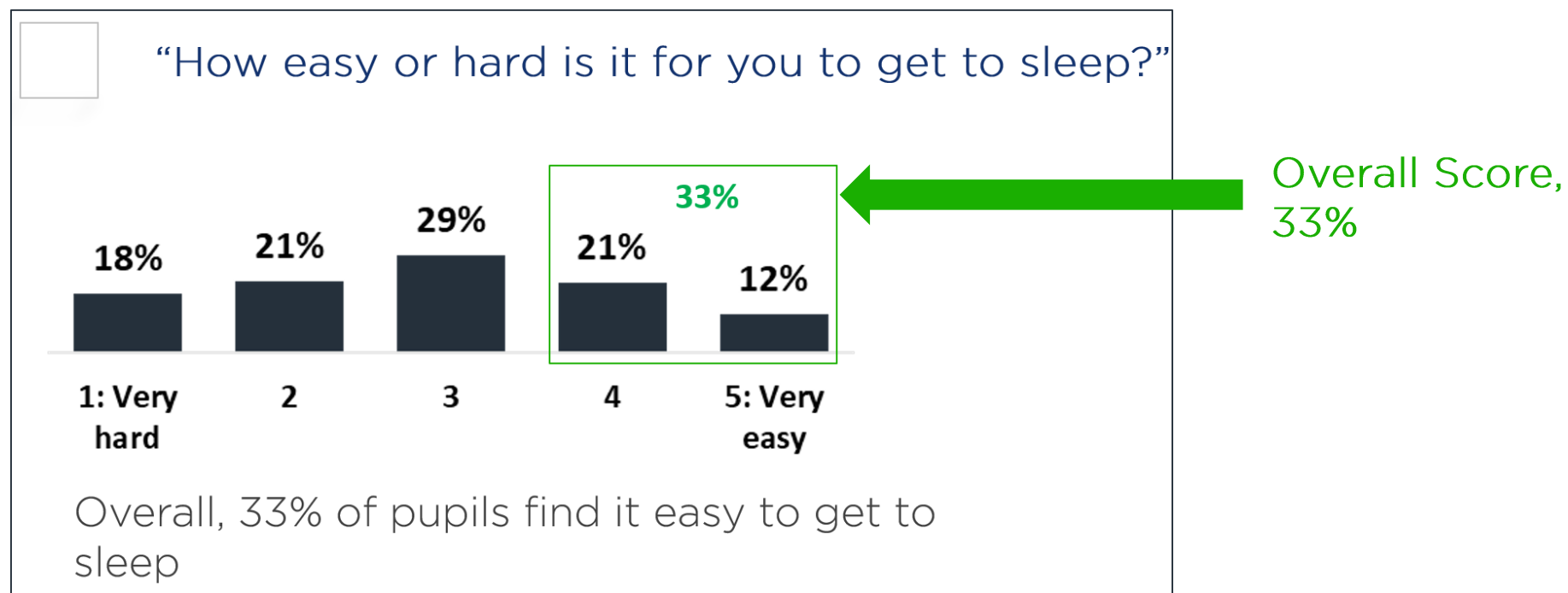
- Just over a quarter thought that their views made a difference to life in school and things to do at the weekend, but smaller numbers thought their views made a difference to the place where they live, or growing up in York, or the environment.
- Younger pupils were more likely to say their views made a difference compared with older pupils.

# Research Method

- Online questionnaire with age-appropriate topics, wording, and signposting
- School supervised questionnaire completion during lessons.
- Schools actively targeted to encourage participation, to achieve a demographic - representative sample having “fitness for use”.
- All questions optional / no id. captured / all responses anonymous.
- All pupils asked questions about wellbeing, worry, bullying, diet, sleep, and activity.
- Secondary / year 12 pupils asked additional questions about sexuality, relationships, making a difference, sex, smoking, drugs, self-harm, and alcohol.
- Results quantitatively analysed twice on alternative platforms, to ensure validity.
- Applicable comparisons with national studies made where possible.

# Scoring mechanism

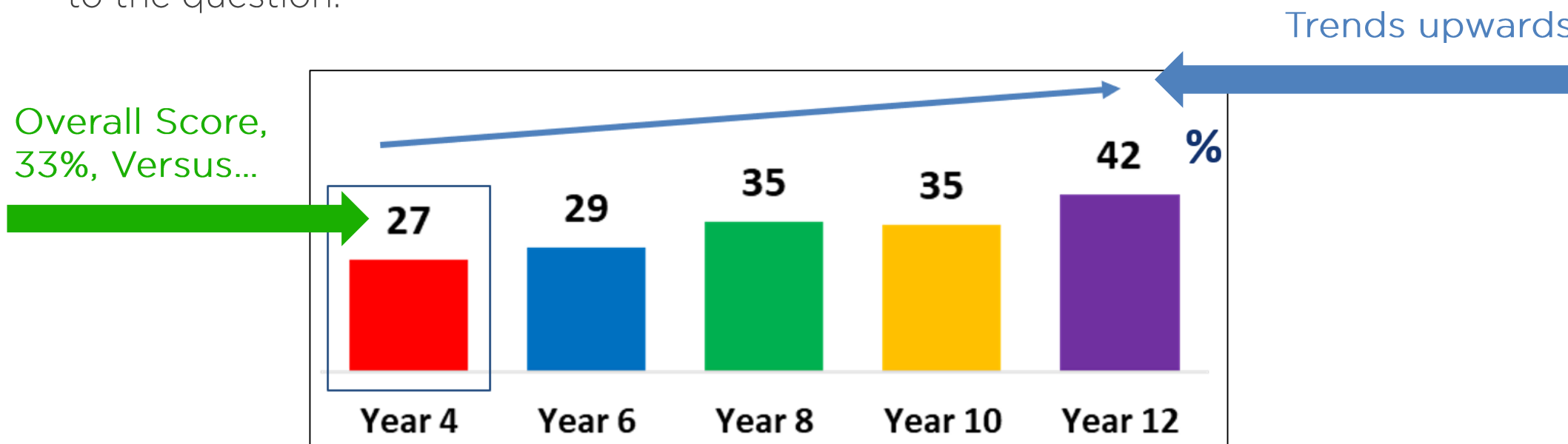
- In this pack, for each question, the overall distribution is presented as the % of pupils who selected each response option



- The box around one or more responses is used to show how the overall score is calculated, in this example 33% of pupils selected either 4 or 5.

# Scoring mechanism

- The % scores are shown in the charts that split the results by year group or gender.
- In this example, the scores, 27, 29, 35, 35, and 42 (%) can be directly compared with the overall score, 33%. For example, 27% of Year 4 selected either 4 or 5 in response to the question.



- Trends in the data are highlighted with an arrow.



Happiness

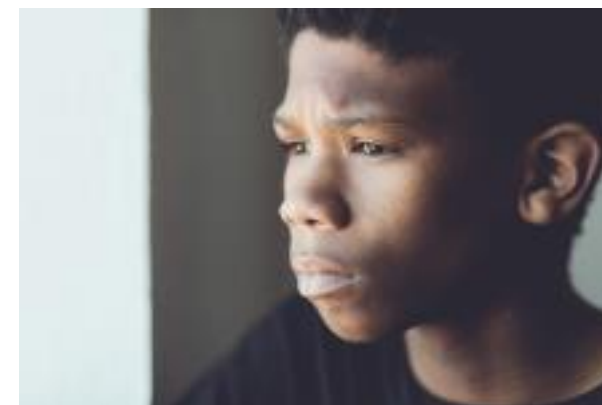
Stirling Children's Wellbeing Scale

Worry

Self-harm

Just over half of pupils say they are happy or very happy with their life.

## WELLBEING (& WORRY)

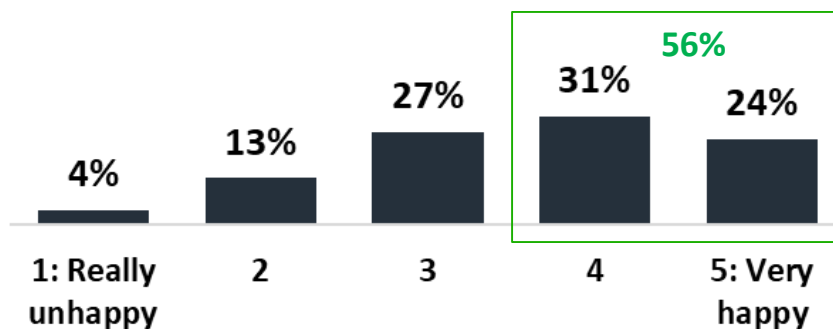


# Happiness

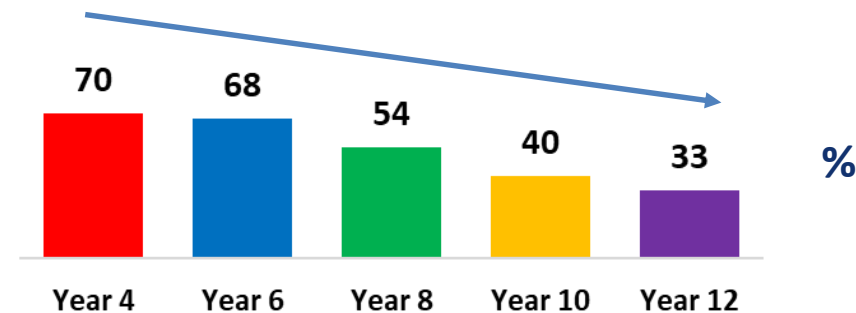


“How happy are you with your life at the moment?”

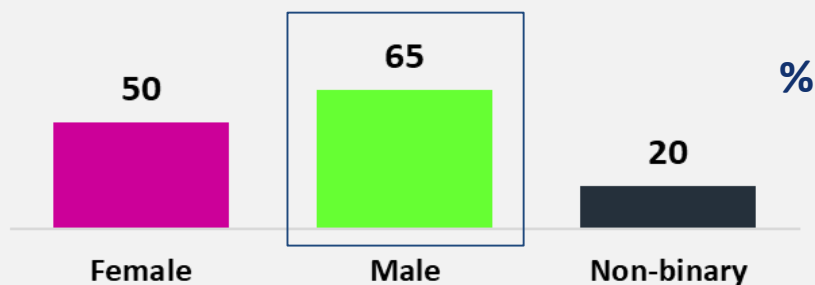
n = 3,322



Overall, 56% of pupils are happy or very happy with their life



70% of Year 4 pupils are happy with their life; % trends downwards as year group increases, to 33% of year 12



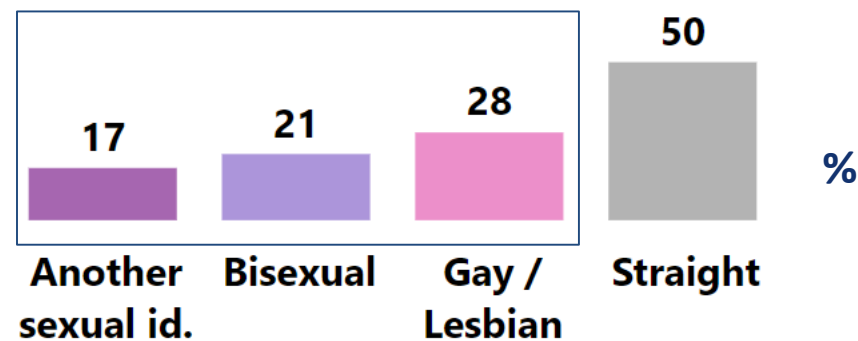
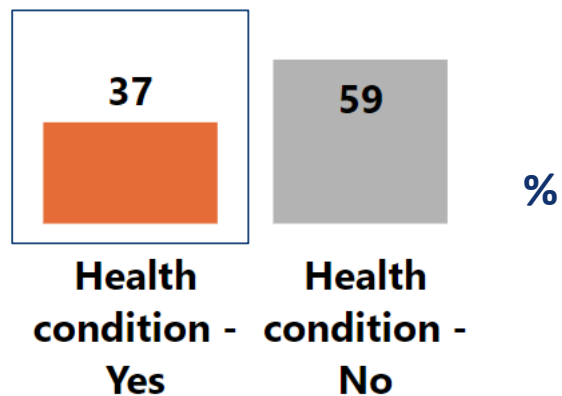
65% of male pupils are happy with their life – higher than female (50%), and non-binary (20%) pupils.

# Happiness - Demographics



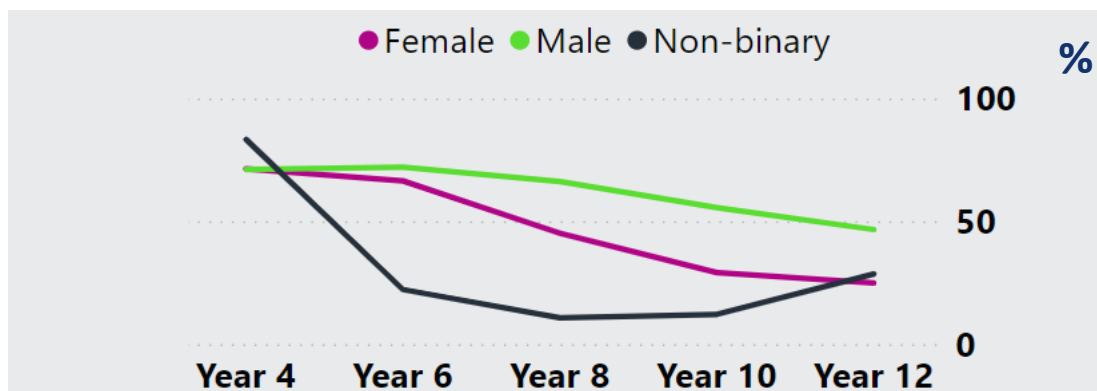
“How happy are you with your life at the moment?”

n = 3,322



Overall, 37% of pupils with a health condition are happy with their life

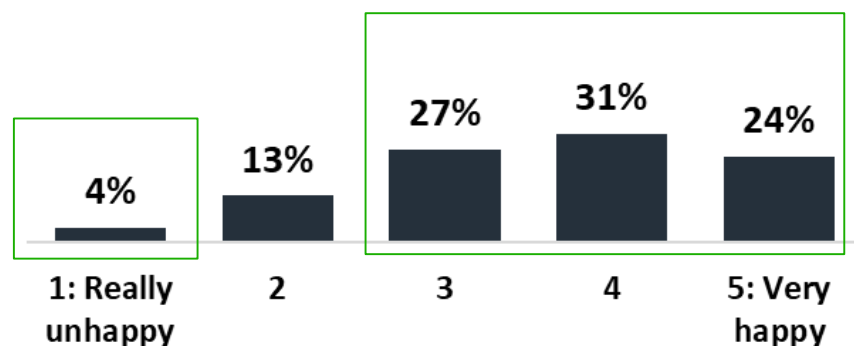
21% of bisexual pupils are happy with their life; low scores for LGBT



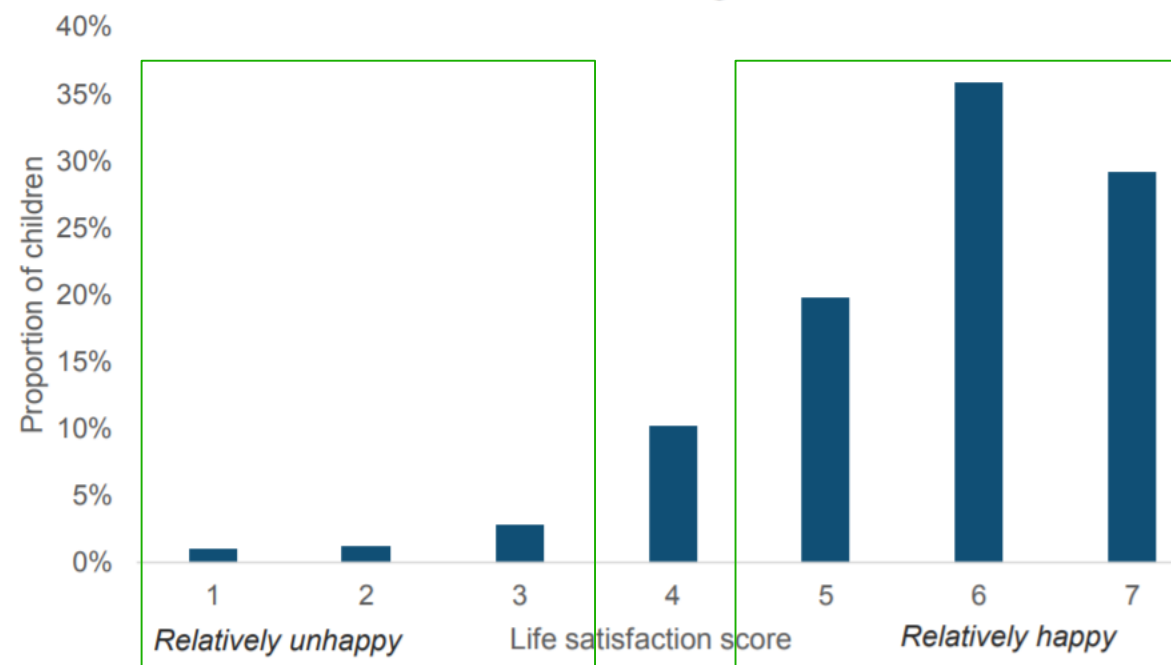
Genders start ~equal at Year 4; female & non-binary scores fall away from male by Year 6, before non-binary score recovers by Year 12.

# Happiness Benchmark (Vs. State of the Nation 2019)

- Differences in question scale and target age group means the national State of the Nation 2019 happiness metrics are not directly comparable.
- However, relative trends by demographic cohorts are comparable.



Distribution of wellbeing scores in children



[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/906693/State\\_of\\_the\\_Nation\\_2019\\_young\\_people\\_children\\_wellbeing.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906693/State_of_the_Nation_2019_young_people_children_wellbeing.pdf)

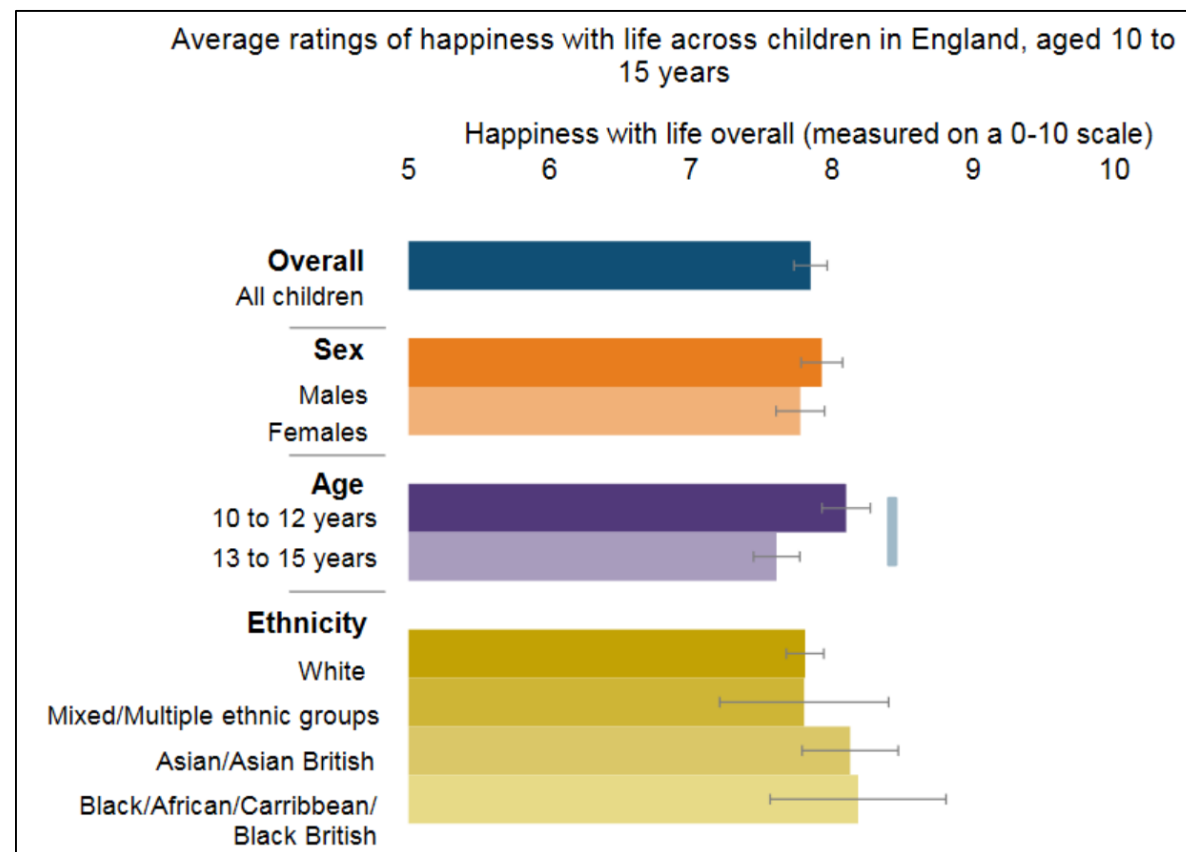
# Happiness Benchmark (Vs. State of the Nation 2019)

Benchmark Study headline aligns with York findings:

- Marked differences in happiness by age group
- Trend towards females reporting lower wellbeing than males

• **When looking at variation in wellbeing by children's characteristics, the most marked difference in wellbeing was by age, with older children reporting poorer wellbeing.** 13-15 year olds reported lower life satisfaction than younger children aged 10-12 years, and this difference was consistent over time.

• **There were small differences in children's wellbeing gender, with a trend towards girls reporting lower wellbeing than boys, but this varied over time.** There were no marked differences in wellbeing by ethnicity.



[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/906693/State\\_of\\_the\\_Nation\\_2019\\_young\\_people\\_children\\_wellbeing.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/906693/State_of_the_Nation_2019_young_people_children_wellbeing.pdf)

# Stirling Children's Wellbeing Scale (SCWBS)

4 indexes derived from the responses to 15 statements:

Stirling Wellbeing Scale (SCWBS),

consisting of:

- Positive Emotional State
- Positive Outlook

Social Desirability Sub-Scale

**SCWBS**  
Possible score range: 12 - 60

1	2	3	4	5
Never	Score			All the time
<ul style="list-style-type: none"> <li>• I have been feeling calm</li> <li>• I have been in a good mood</li> <li>• I enjoy what each new day brings</li> <li>• I've been getting on well with people</li> <li>• I have been cheerful about things</li> <li>• I have been feeling relaxed</li> </ul>				
<ul style="list-style-type: none"> <li>• I think good things will happen in my life</li> <li>• I have been able to make choices easily</li> <li>• I can find lots of fun things to do</li> <li>• I feel that I am good at some things</li> <li>• I think lots of people care about me</li> <li>• I think there are many things I can be proud of</li> </ul>				
<ul style="list-style-type: none"> <li>• I have always told the truth</li> <li>• I always share my sweets</li> <li>• I like everyone I have met</li> </ul>				

**Positive Emotional State**

Possible score range: 6 - 30

**Positive Outlook**

Possible score range: 6 - 30

**Social Desirability Sub-Scale**

Possible score range: 3 - 15

# SCWBS

## York Scores

SCWBS

**39.2**

Out of 60

Positive Emotional State

**19.2**

Out of 30

Positive Outlook

**20.1**

Out of 30

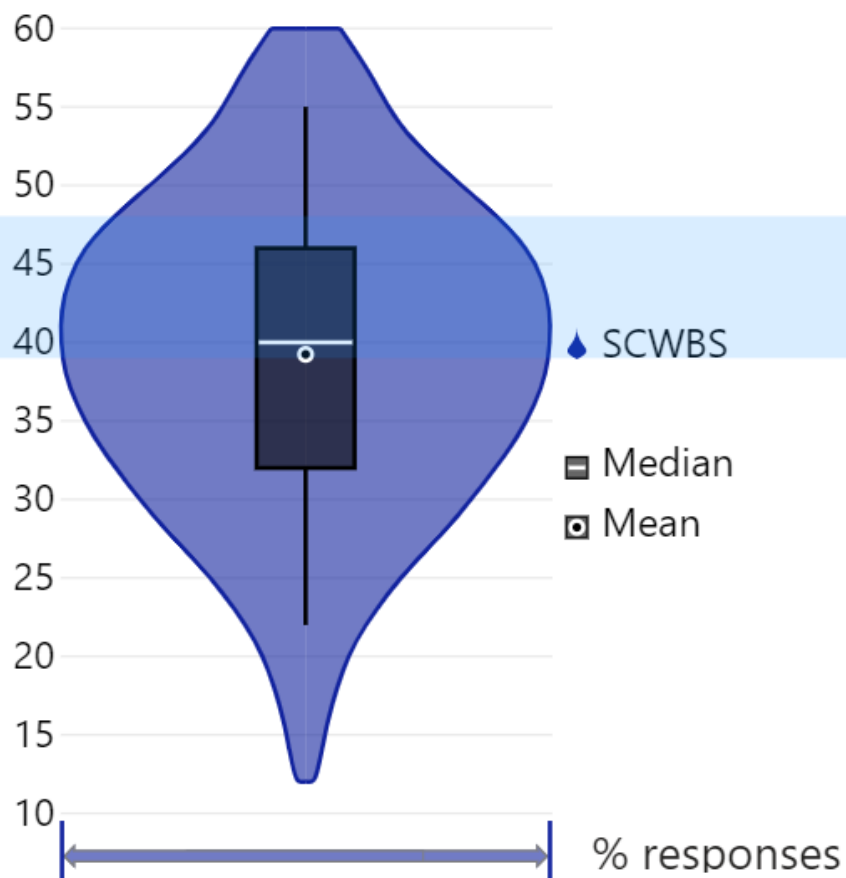
Social Desirability Sub-Scale

**9.2**

Out of 15

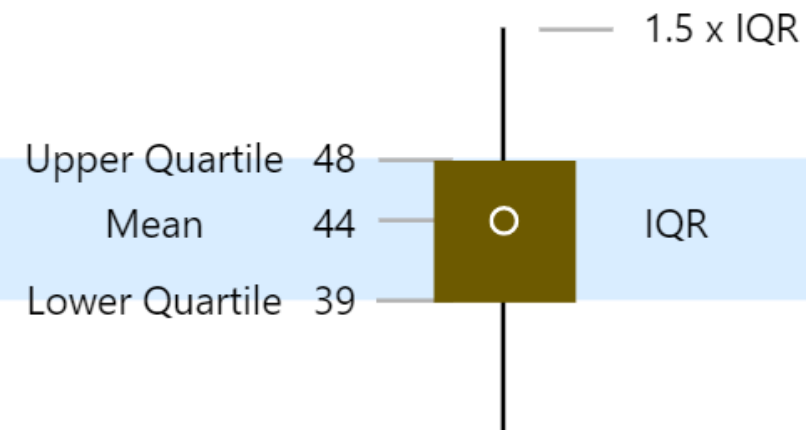
## York Score distribution

**39.2**

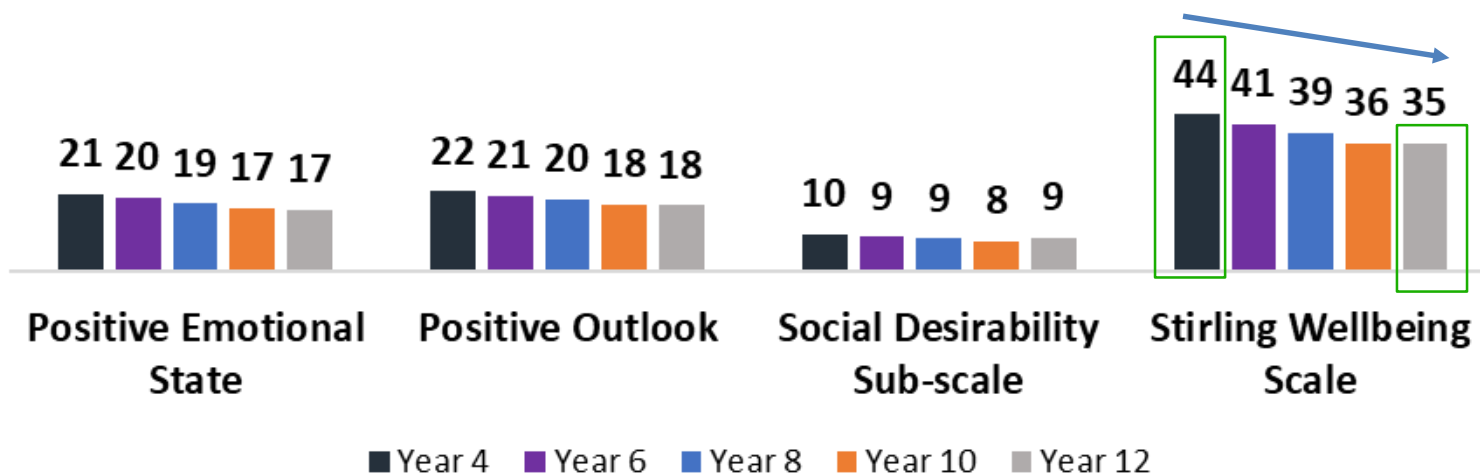


## Stirling Benchmark

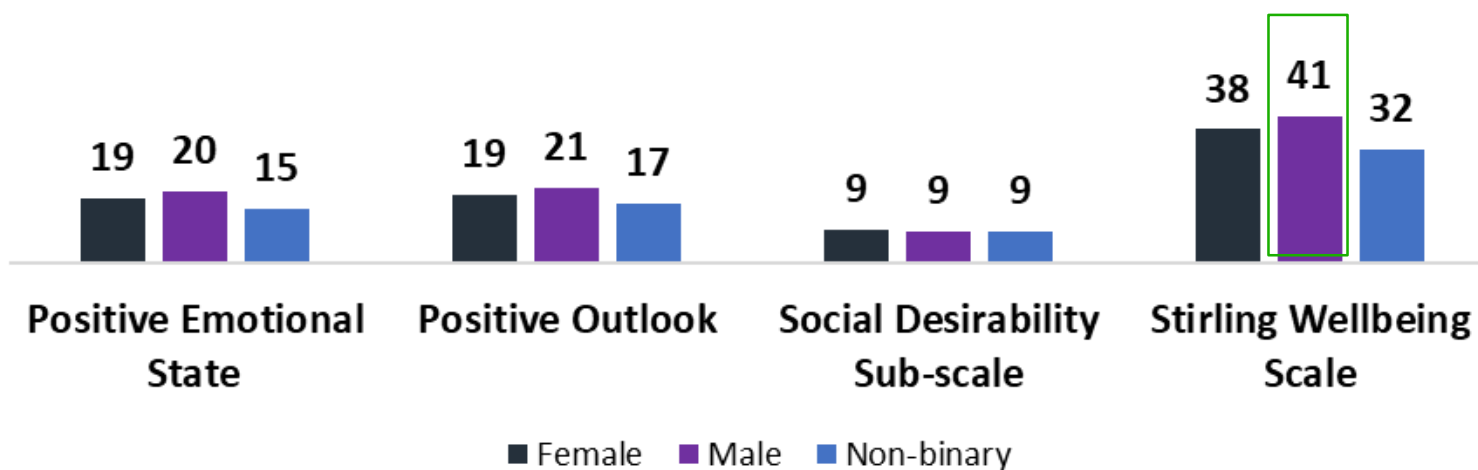
**44**



# SCWBS – Demographics



Year 4 scored 44 on the SCWBS; score trends downwards as year group increases, to a score of 35 for Year 12.



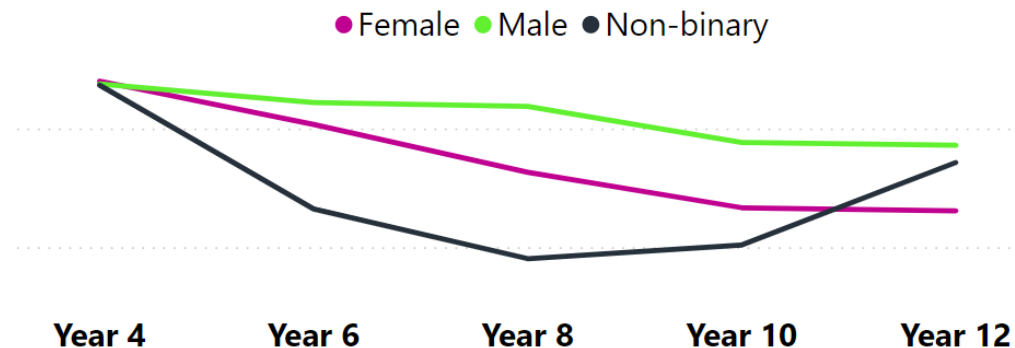
Male pupils scored 41 on the SCWBS, higher than both females (38) and non-binary pupils (32)

No major differences in SCWBS across other demographic types

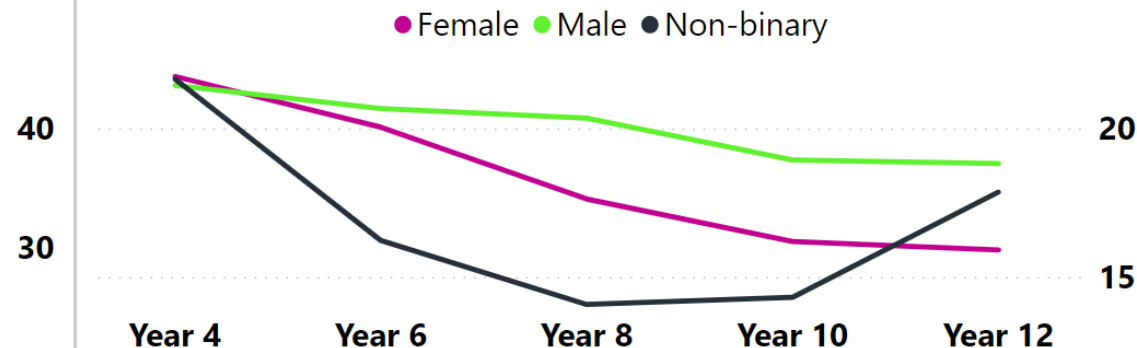


# SCWBS – Demographics 2

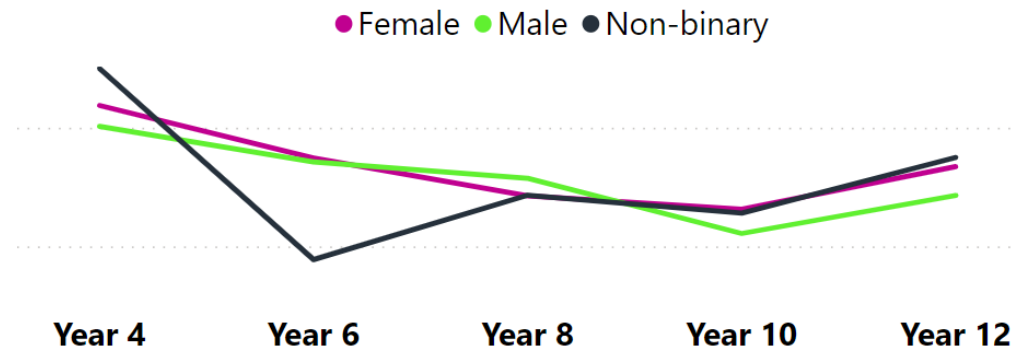
SCWBS (out of 60) by Gender by Year Group



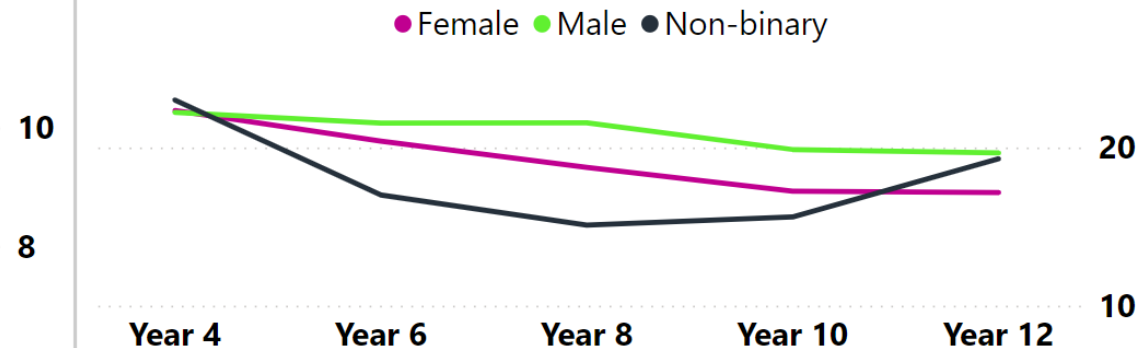
Positive Emotional State (out of 30) by Gender by Year Group



Social Desirability Sub-Scale (out of 15) by Gender by Year Group

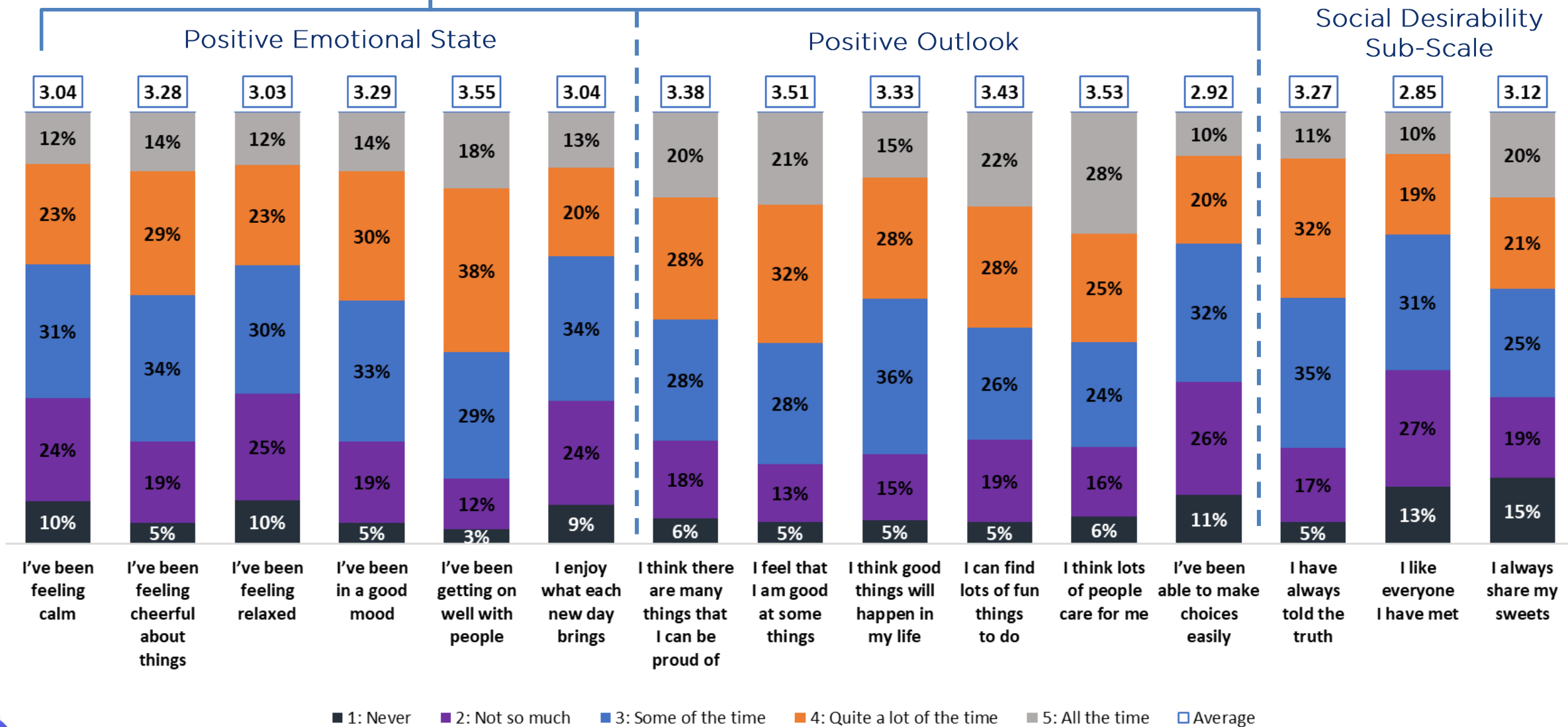


Positive Outlook (out of 30) by Gender by Year Group



Gender score gaps widen after Year 4. Non-binary scores recover in Year 10 / 12.

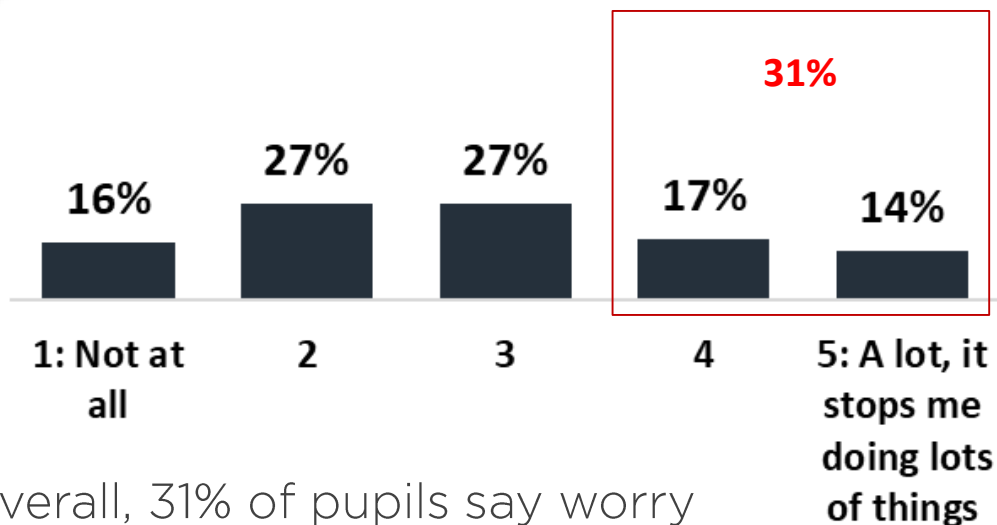
# SCWBS – By Statement



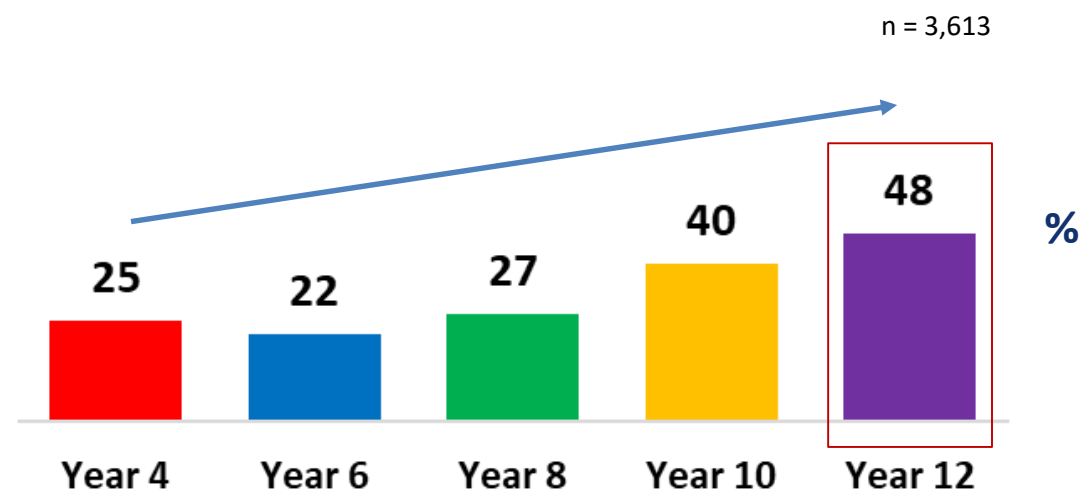
# Worry Affecting Life



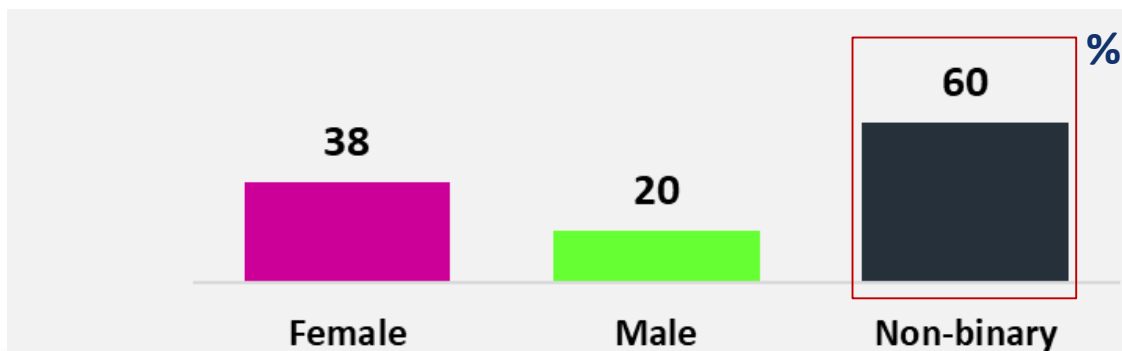
“How much does worry affect your life?”



Overall, 31% of pupils say worry stops them from doing things in their lives



25% of Year 4 pupils said worry affects their life; this increases with age with 48% of Year 12 saying the same.



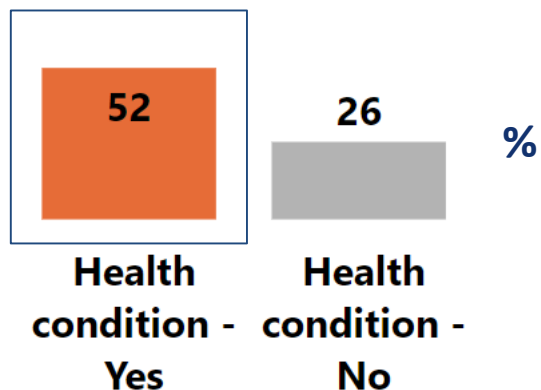
60% of non-binary pupils said worry affects their life.

# Worry Affecting Life - Demographics

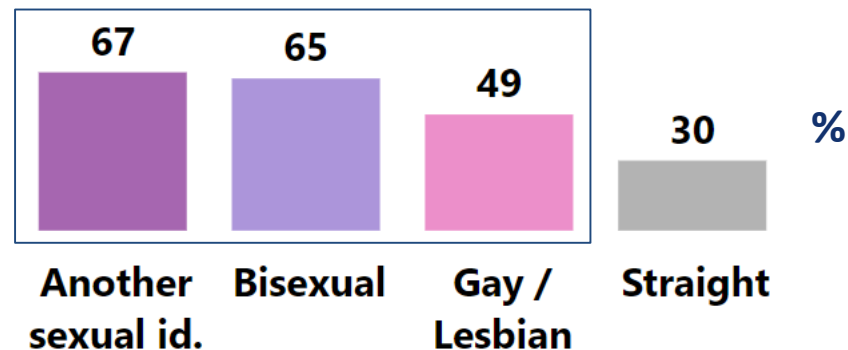
n = 3,613



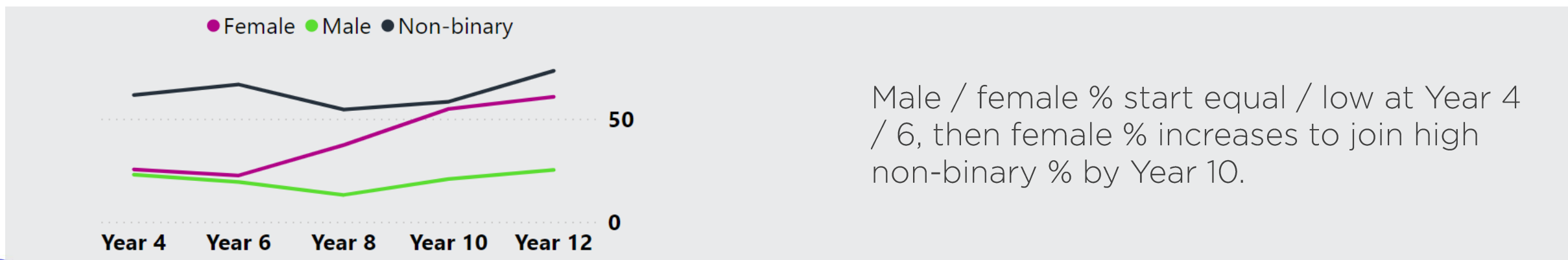
“How much does worry affect your life?”



Overall, 52% of pupils with a health condition have a life affected by worry



High levels of worry affecting life (49% - 67%) for LBGT

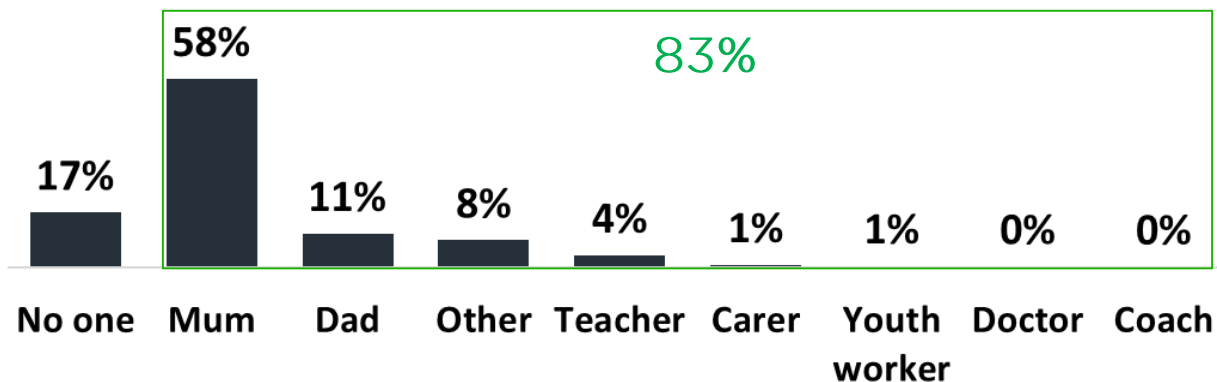


Male / female % start equal / low at Year 4 / 6, then female % increases to join high non-binary % by Year 10.

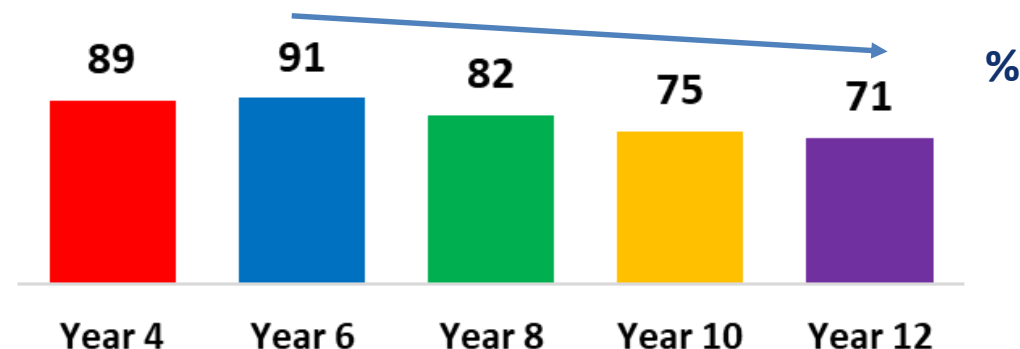
# Worry – Adult to Speak to

n = 3,647

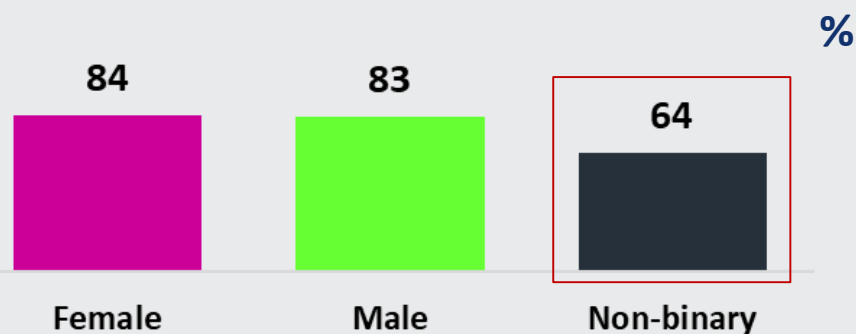
“If you were worried about something, do you have an adult you would usually prefer to speak to about it?”



83% have an adult to speak to; 58% prefer to speak to mum; 11% to dad

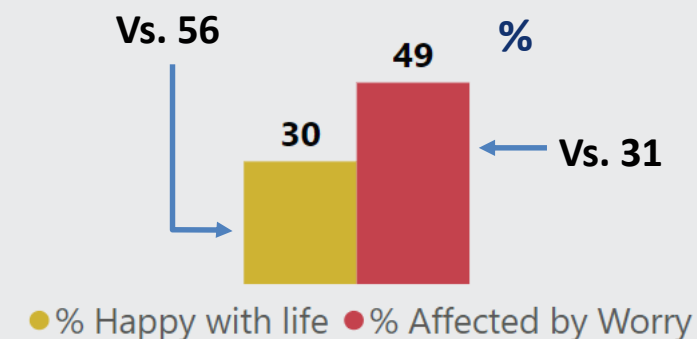


91% of Year 6 have an adult to speak to, versus 71% of Year 12



64% of non-binary pupils have an adult to speak to.

When adult to speak to is “No one”....\*

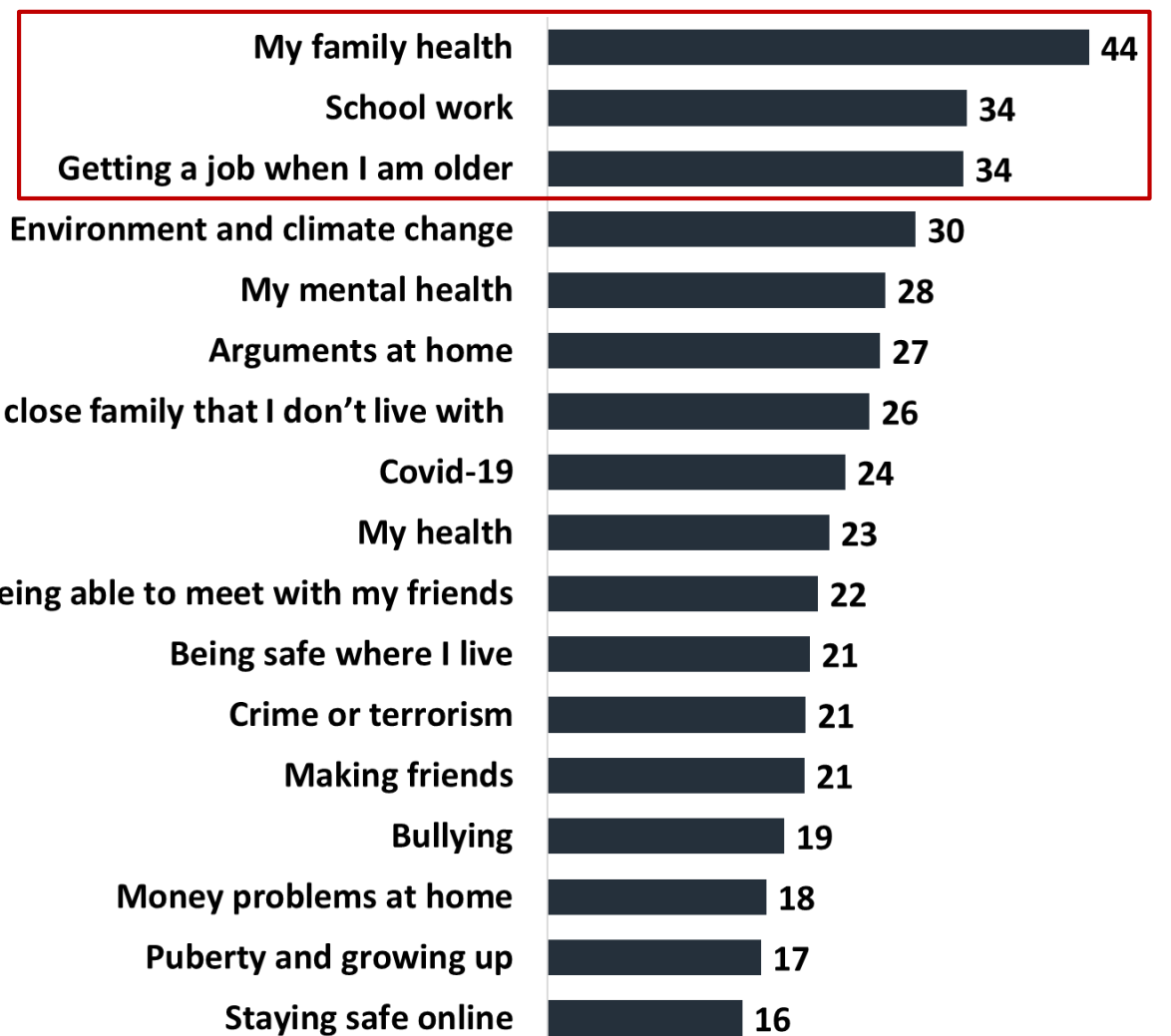


\* Overall, 56% pupils are Happy with their life, 31% Have life affected by worry

# Issues being worried about

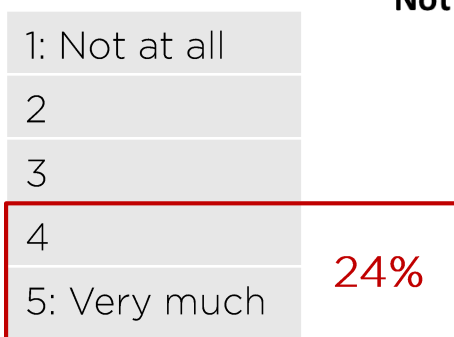
“How much do you worry about the issues listed below?”

n = 3,612



Key worries are family's health (44% pupils), school work (34%), and getting a job (34%).

Pets, death, relationships between parents, and the health of older relatives are common other worries cited by pupils.

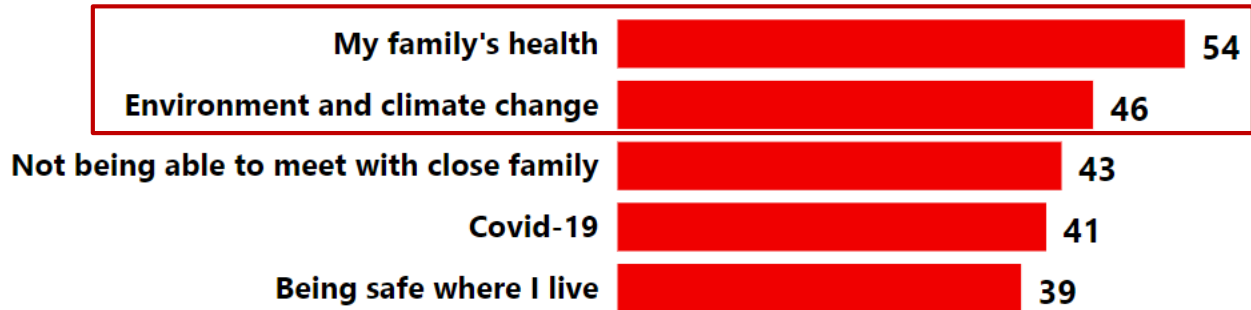


# Issues being worried about – Year Group 4 & 6

“How much do you worry about the issues listed below?”

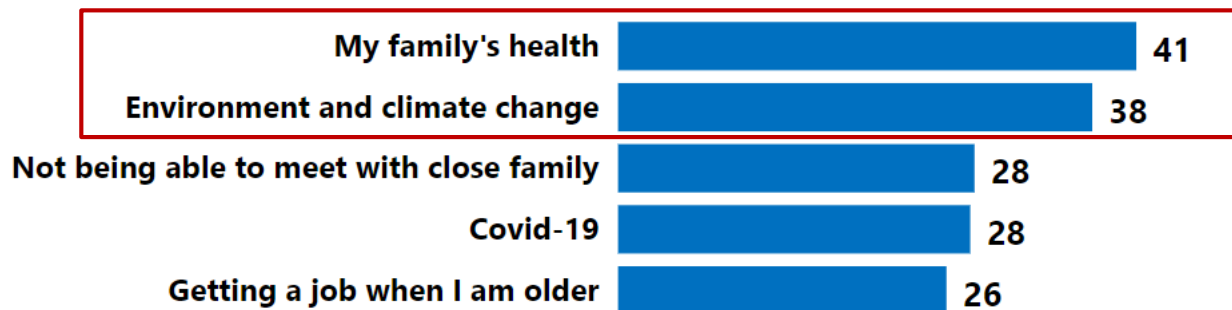
%

n = 3,612



Year 4  
Top 5

“My family’s health” is the issue that worries the most Year 4 pupils (54%), with “Environment and climate change” 2<sup>nd</sup> (46%)



Year 6  
Top 5

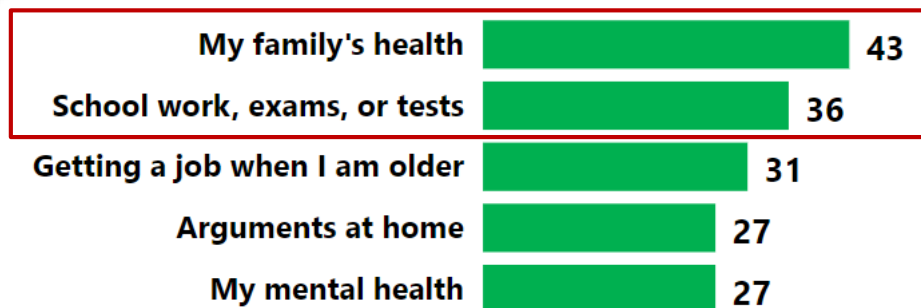
“My family’s health” is the issue that worries the most Year 6 pupils (41%), with “Environment and climate change” 2<sup>nd</sup> (38%)

# Issues being worried about – Year Group 8, 10, & 12

“How much do you worry about the issues listed below?”

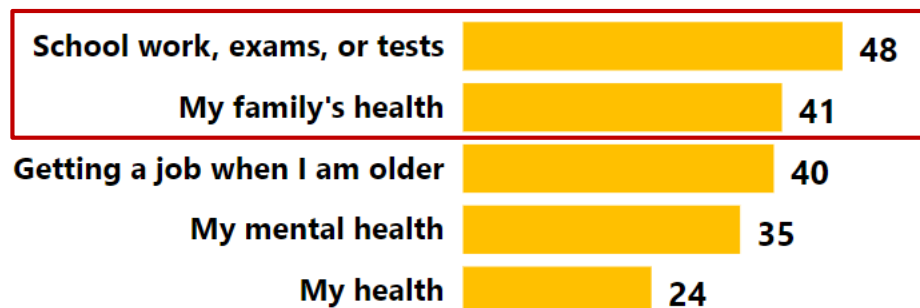
%

n = 3,612



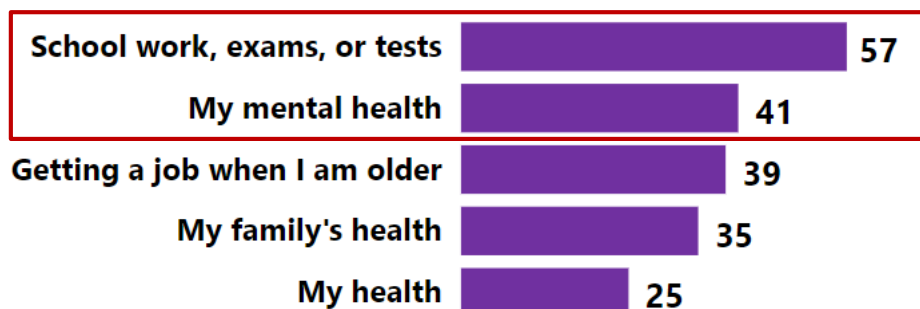
Year 8  
Top 5

“My family’s health” is the issue that worries the most Year 8 pupils (43%), with “School work & exams” 2<sup>nd</sup> (36%)



Year 10  
Top 5

“School work & exams” is the issue that worries the most Year 10 pupils (48%), with “My family’s health” 2<sup>nd</sup> (41%)



Year 12  
Top 5

“School work & exams” is the issue that worries the most Year 12 pupils (57%), with “My mental health” 2<sup>nd</sup> (41%)



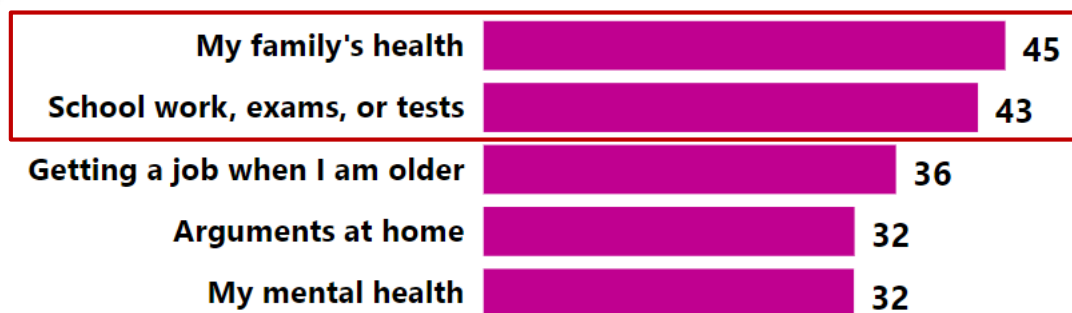
# Issues being worried about – By Gender



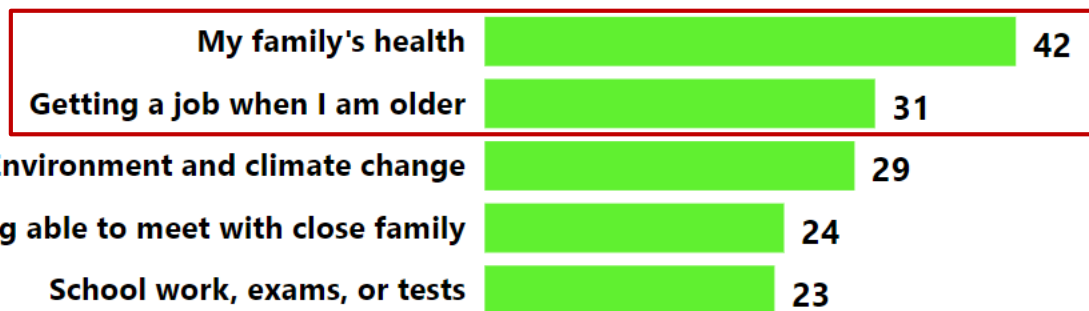
“How much do you worry about the issues listed below?”

%

n = 3,612



**Female Top 5** “My family’s health” is the issue that worries the most female pupils (45%), with “School work & exams” 2<sup>nd</sup> (43%)



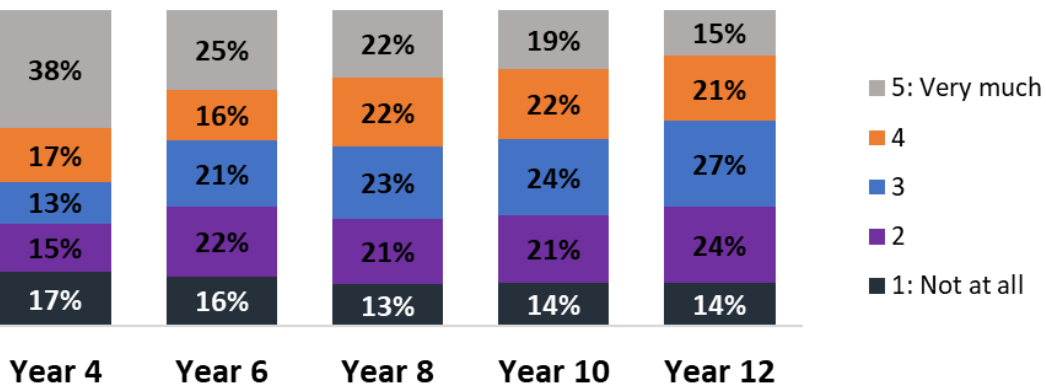
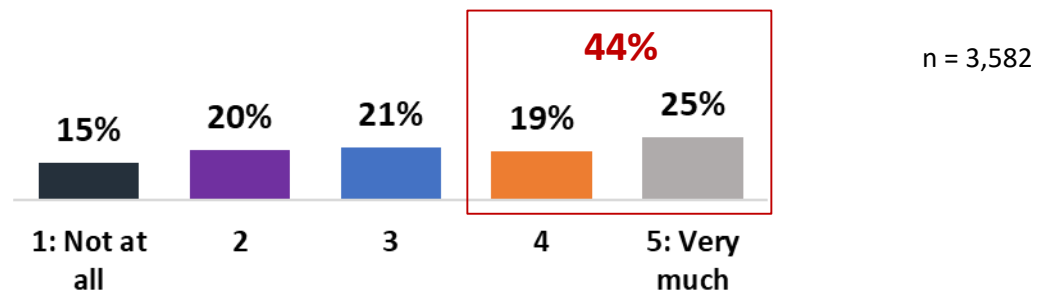
**Male Top 5** “My family’s health” is the issue that worries the most male pupils (42%), with “Getting a job...” 2<sup>nd</sup> (31%)



**Non-B Top 5** “School work & exams” is the issue that worries the most Year 12 pupils (57%), with “My mental health” 2<sup>nd</sup> (41%)

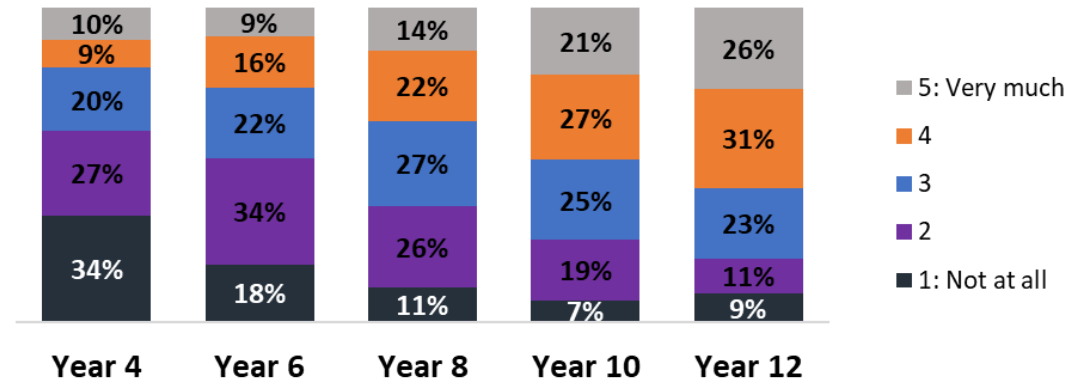
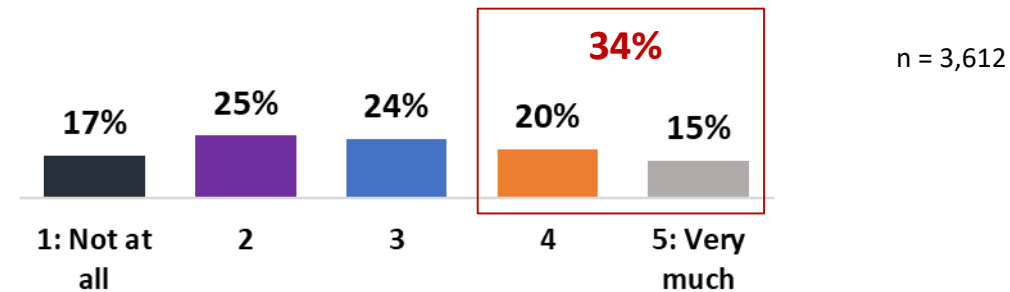
# Issues Pupils are most worried by

## My family's health



44% of pupils are worried about their family's health.

## School work



34% of pupils are worried by school work.

# Self-harm

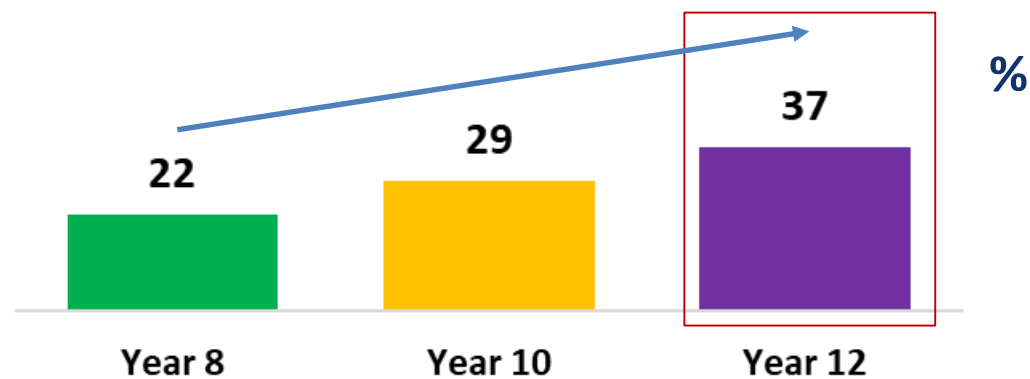


“Have you ever self-harmed?”

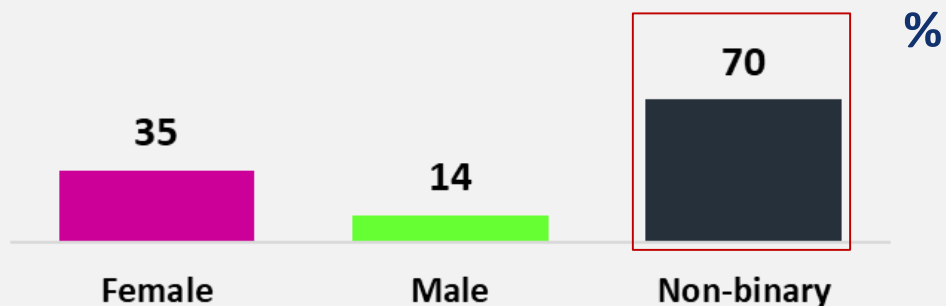
n = 1,666



Overall, 28% of pupils said they have self-harmed



22% of Year 8 pupils said they have self-harmed; 37% Year 12 pupils said they have.



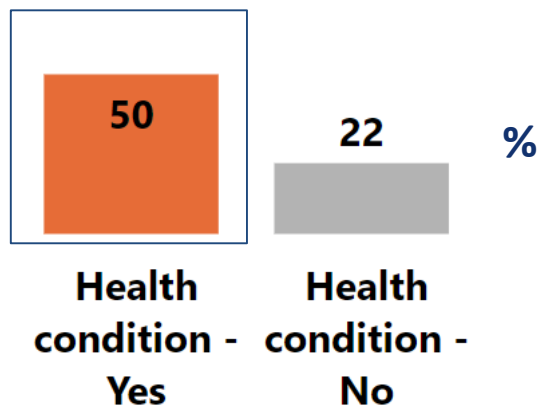
70% of non-binary pupils said they have self-harmed.

# Self-harm - Demographics

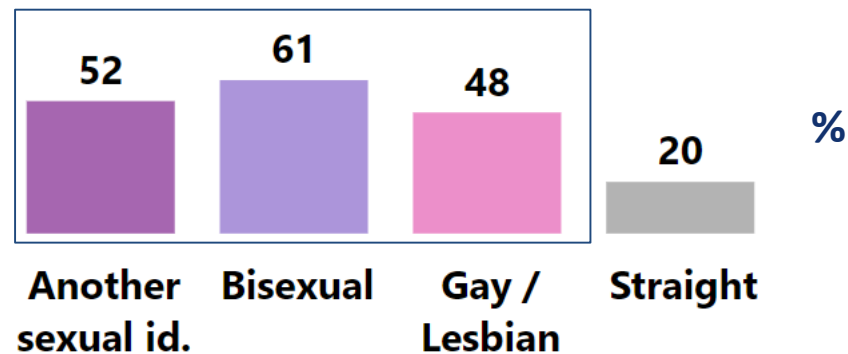
n = 1,666



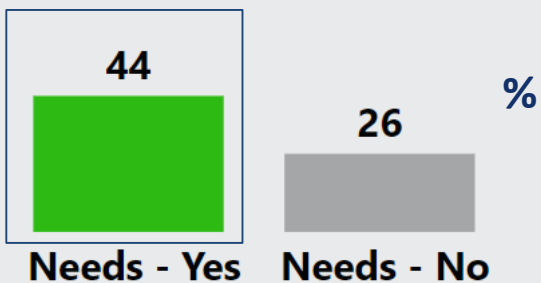
“Have you ever self-harmed?”



Overall, 50% of pupils with a health condition say they have self-harmed



High numbers of LGBT pupils say they have self-harmed (48% - 61%)

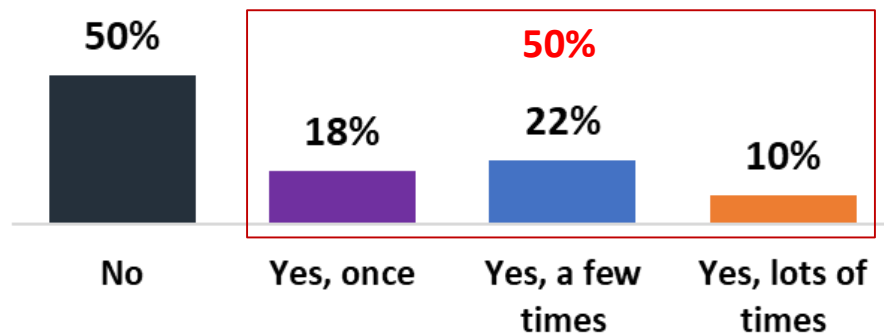


44% of SEND pupils say they have self-harmed

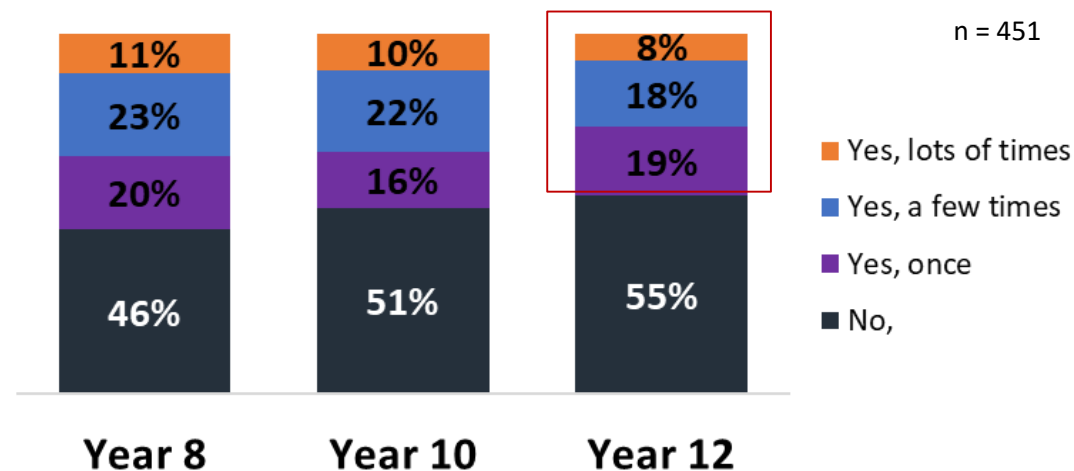
# Self-harm - Frequency



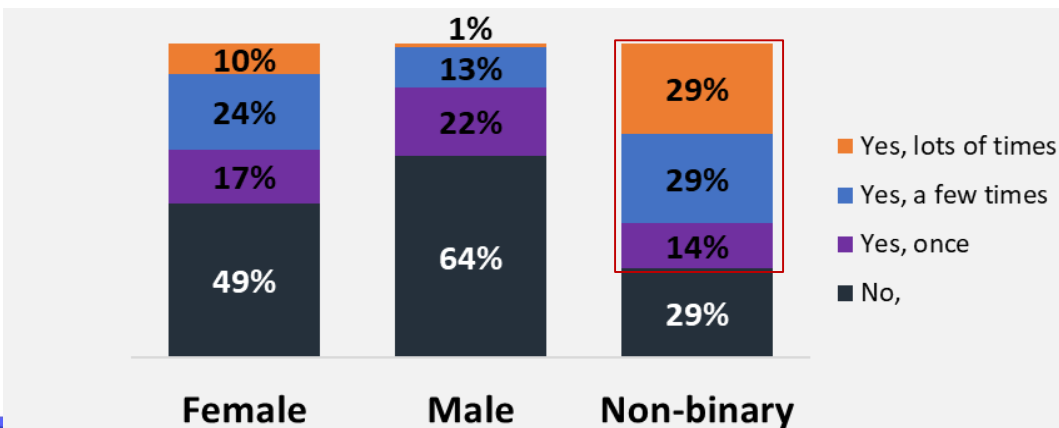
“Have you self-harmed in the last month?”



Of those who have self-harmed, 50% of pupils said that they done so at least once in the last month.



45% of Year 12 pupils who have ever self-harmed (37%) said they had self-harmed at least once in the last month.



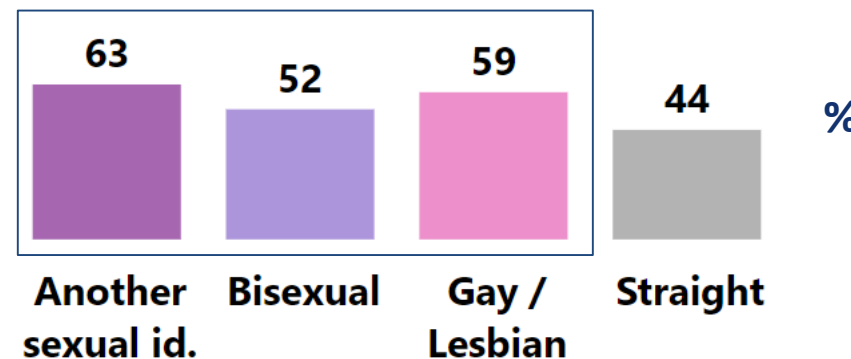
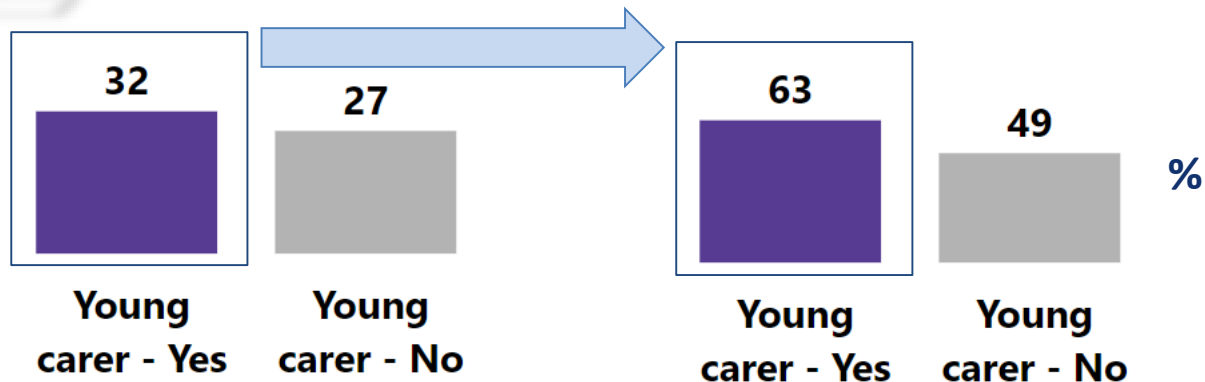
71% of non-binary pupils who have ever self-harmed (70%), have done so at least once in the last month.

# Self-harm - Frequency - Demographics

n = 451

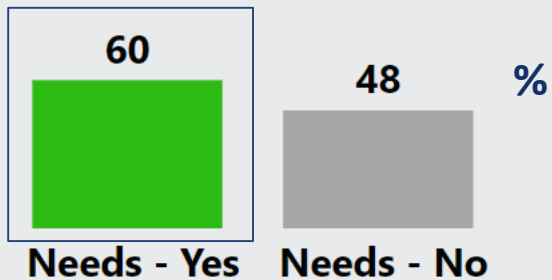


“Have you self-harmed in the last month?”

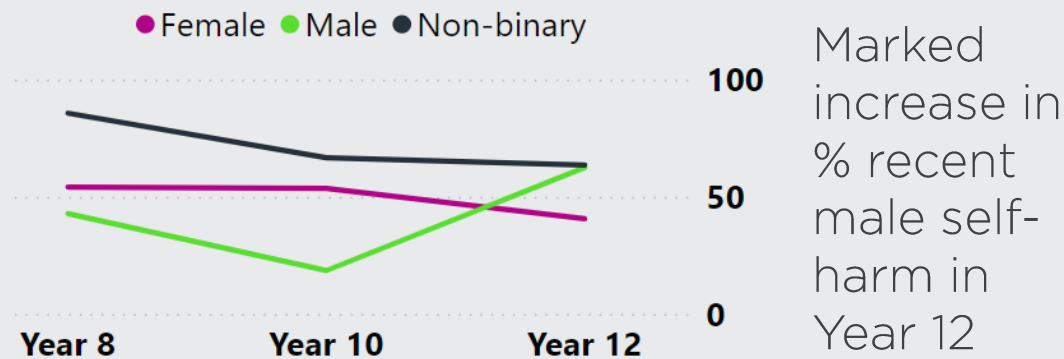


Overall, of 32% of young carers who said they have self-harmed, 63% say they have done so at least once in the last month

High rates of LGBT pupils who said they have self-harmed, say they have self-harmed in the last month (52% - 63%)



Of the 44% of SEND pupils who said they have self-harmed, 60% say they have done so in the last month



# Findings - Happiness



Happiness: just over half of pupils say they are happy or very happy with their life.

- Younger pupils much more likely to report happiness than older pupils (70% in year 4 vs 33% in year 12).
- Only 20% of non-binary pupils reported happiness with their life, students who are LGBT or have a long term health condition are also much less likely to report happiness.
- York's findings on happiness are similar to the 2019 'State of the Nation' report.
- On the Stirling Children's Wellbeing Scale (SCWBS), the overall York score was 39.2, compared with the Stirling baseline of 44, for children 8 - 15.



# Findings – Worry & Self-harm



Worry: nearly a third of pupils say that worry affects their life and stops them doing things.

- High levels of worry were most commonly reported by year 12 pupils (48%), non-binary pupils (60%), pupils with long term health conditions (52%), and LGBT pupils (60%).
- 17% of pupils say they do not have an adult they can speak to about these worries.
- All age groups reported family health as a top worry, it is possible this is linked to covid-19.
- In younger pupils worry about the environment/climate was common, in older pupils worry about school work or exams was common.



Self-harm: 28% of pupils reported self-harm at least once, this rises to over half in non-binary pupils, and LGBT pupils.

- 14% of all pupils report self-harm behaviour in the last month.



68% of sexually active young people said that they always used a method of contraception.

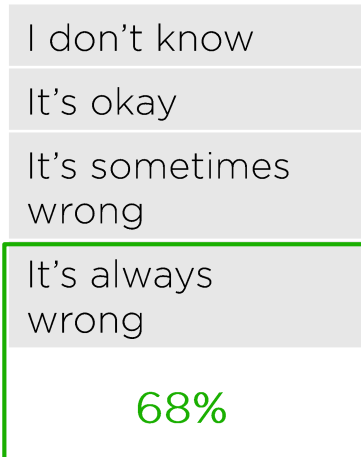
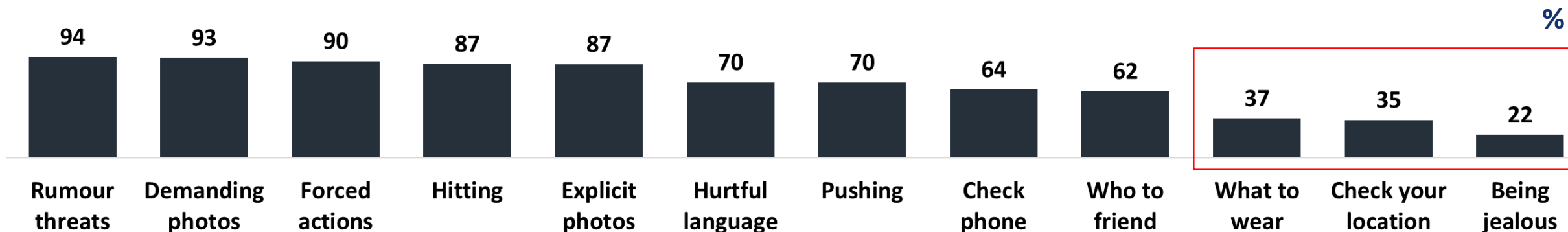
## RELATIONSHIPS (& SEXUAL HEALTH)



# Which are wrong in a relationship

“Which do you think are always wrong in a relationship with a boyfriend / girlfriend?”

n = 1,754



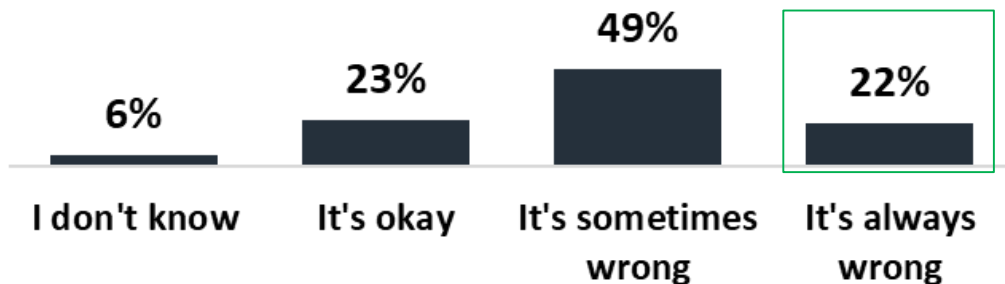
The three relationship behaviours “what to wear” (37% of pupils), “check your location” (35%) and “being jealous” (22%) scored the lowest % “is always wrong”.

See appendix for full statements.

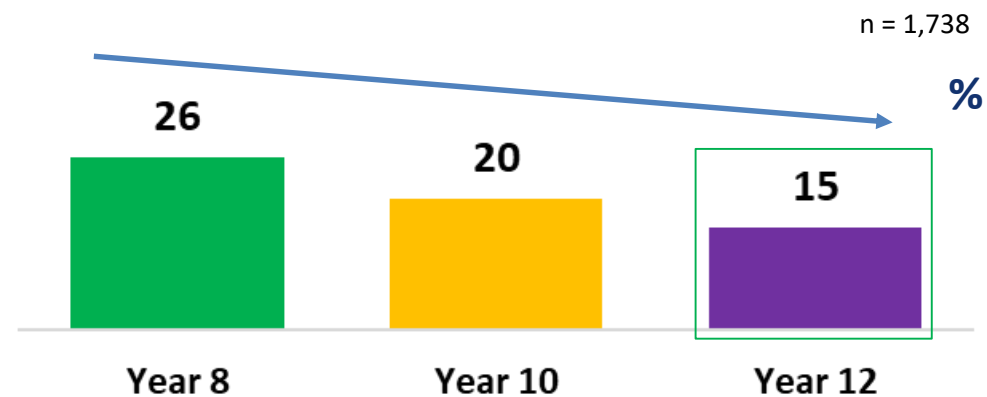
# Which are wrong in a relationship - Low score 1 (<50%)



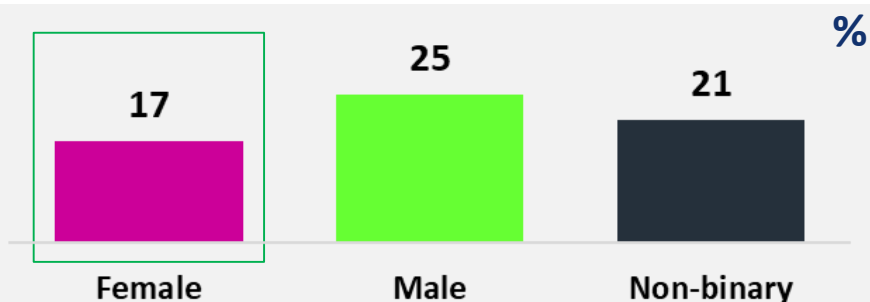
“Being jealous”



Overall, only 22% of pupils said being jealous is always wrong.



Only 15% of Year 12 pupils said being jealous is always wrong.

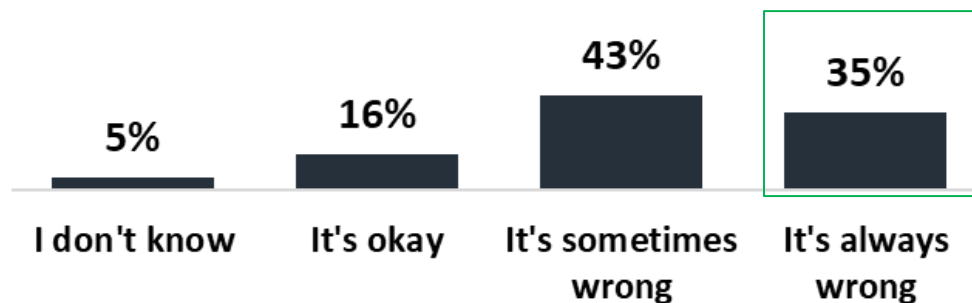


Only 17% of female pupils said it's always wrong.

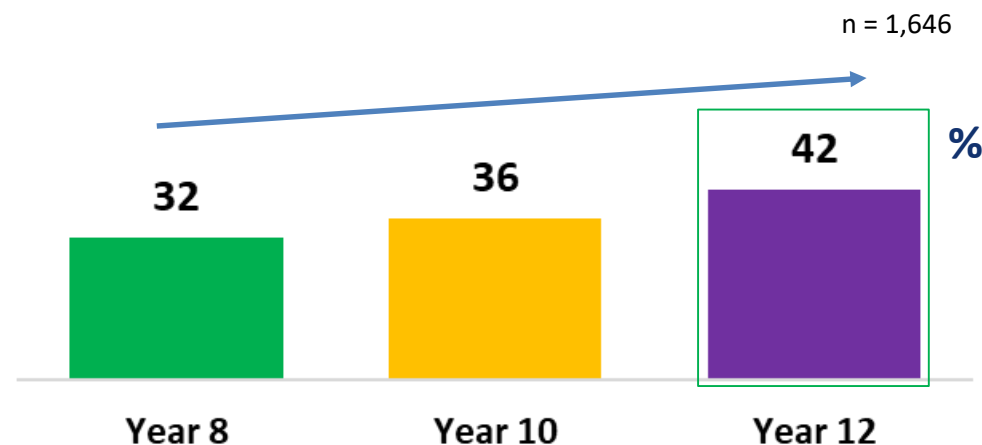
# Which are wrong in a relationship – Low score 2 (<50%)



“Checking where you are all the time”



Overall, 35% of pupils said “checking where they are all the time” is always wrong.



42% of Year 12 pupils said “checking where they are all the time” is always wrong.



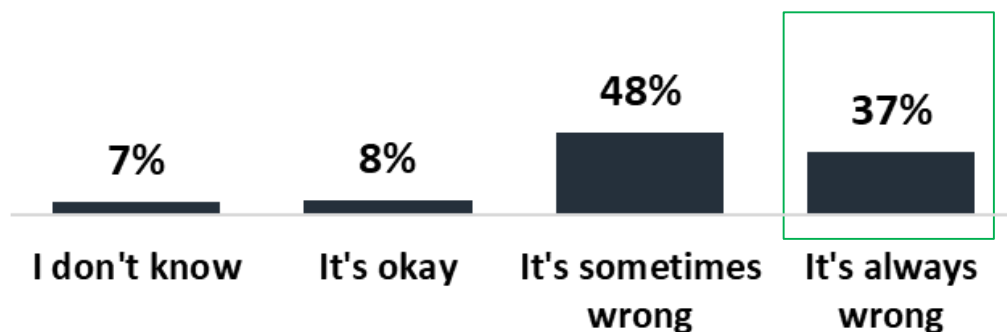
Little variation by gender..

# Which are wrong in a relationship – Low score 3 (<50%)

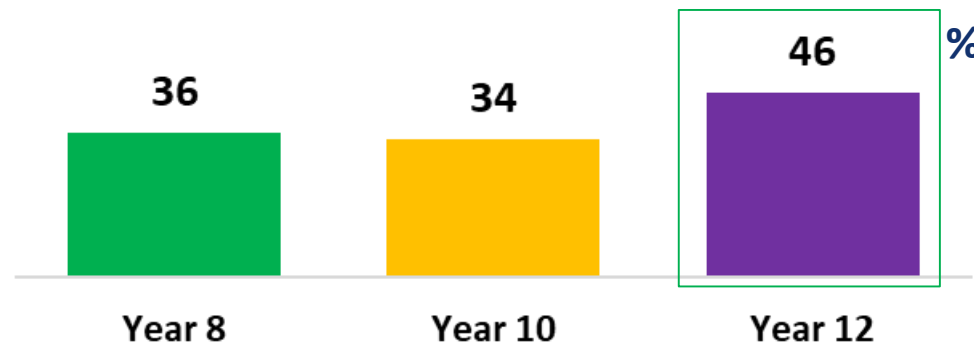
n = 1,754



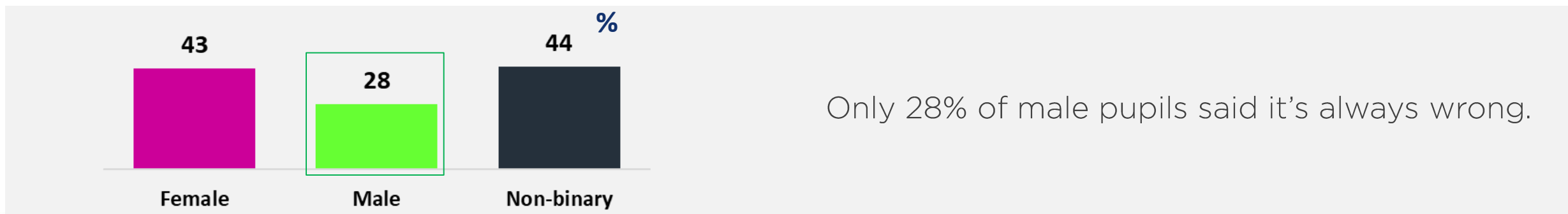
“Telling you what to wear ”



Overall, 37% of pupils said “telling what to wear” is always wrong.



46% of Year 12 pupils said “telling what to wear” is always wrong.



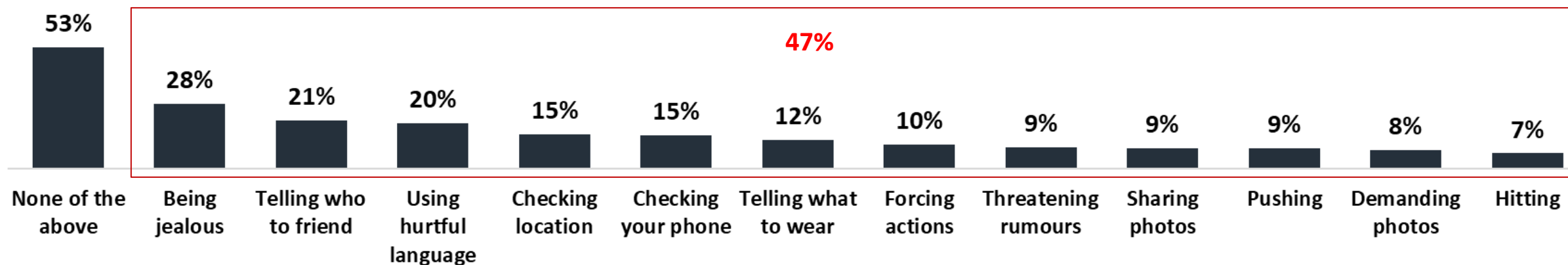
Only 28% of male pupils said it’s always wrong.

# Wrong things in a Friend's relationship

n = 1,757



“Have you seen any of these things happen to a friend in any of their relationships?”



- Overall, 47% of pupils said they have seen these things happen to a friend in their relationships.
- 29% of pupils have seen 2 or more of these things.
- “Being jealous” (28% of pupils), “telling who to friend” (21%) and using “hurtful language” (20%) scenarios seen most frequently.

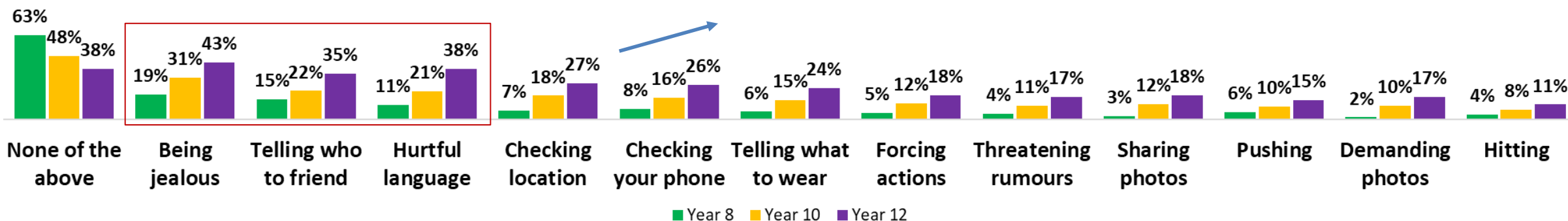
See appendix for full statements.

# Wrong things in a Friend's relationship - By Year Group and Gender

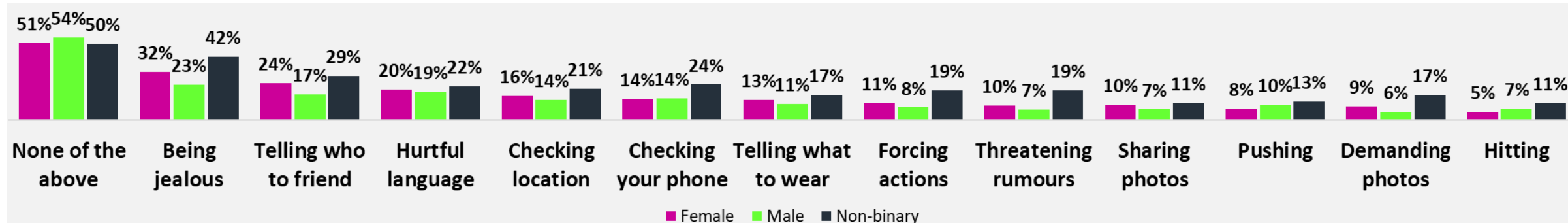
n = 1,757



“Have you seen any of these things happen to a friend in any of their relationships?”



Same top 3 scenarios identified by all year groups. All scenarios % trend upwards by year group.

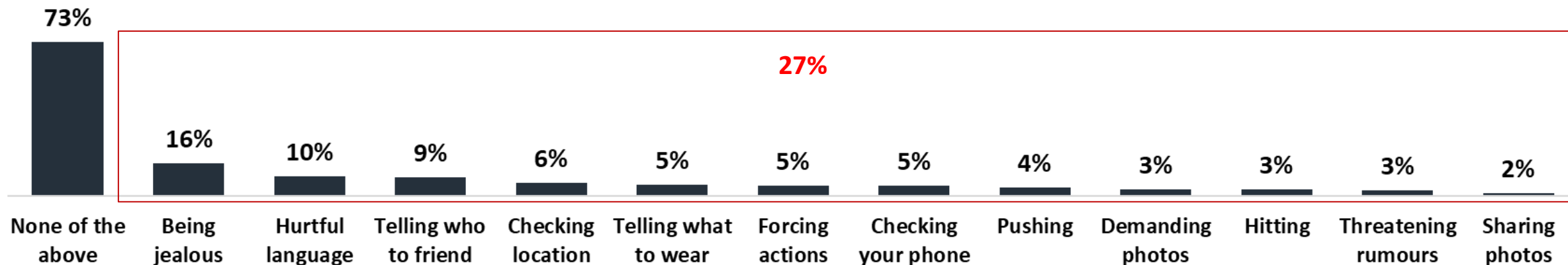


Highest % of non-binary pupils across all scenarios.

# Wrong things in Your own relationship – By Year Group and Gender

n = 1,757

“Have these things happened to you in your relationships?”



- Overall, 27% of pupils say these things have happened to them in their own relationships.
- 14% of pupils have experienced 2 or more of these things.
- “Being jealous” (16% of pupils), “hurtful language” (20%), and “telling who to friend” (9%) were experienced most frequently

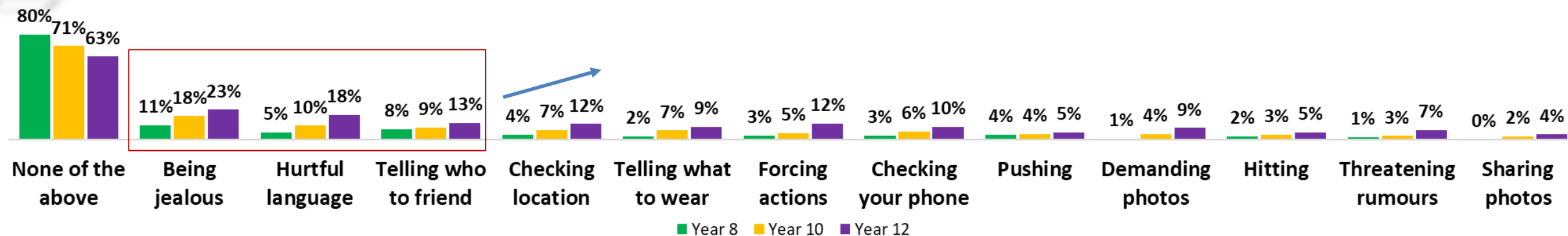
See appendix for full statements.



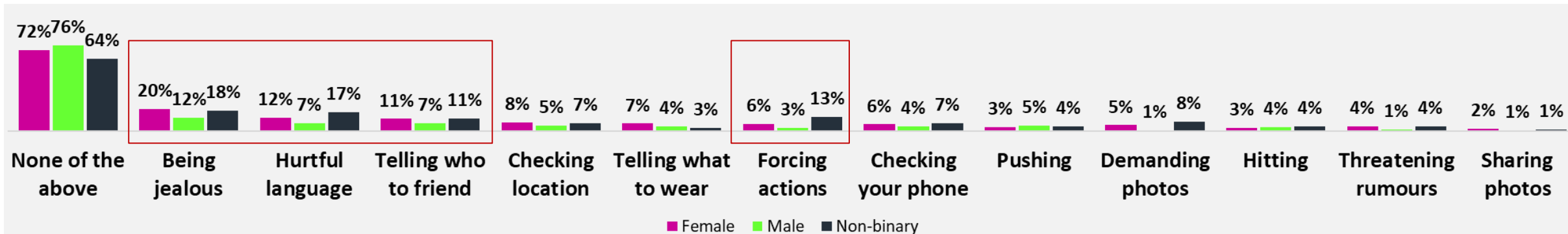
# Wrong things in Your own relationship – By Year Group and Gender

n = 1,757

“Have these things happened to you in your relationships?”



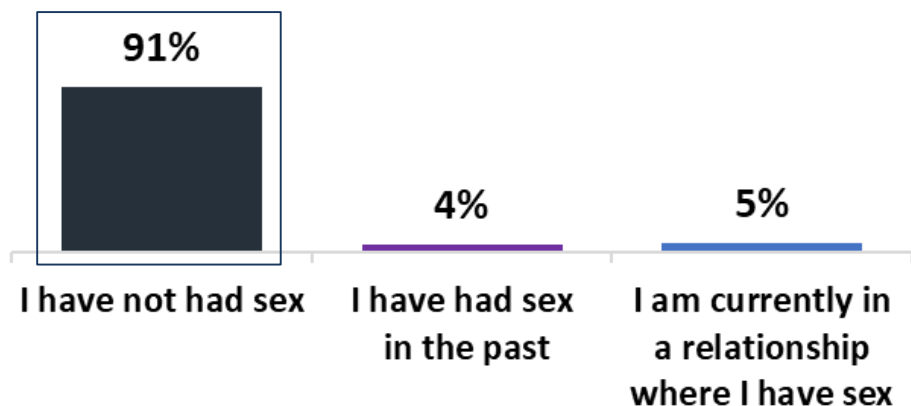
Same top 3 scenarios identified by all year groups. All scenarios % trend upwards by year group.



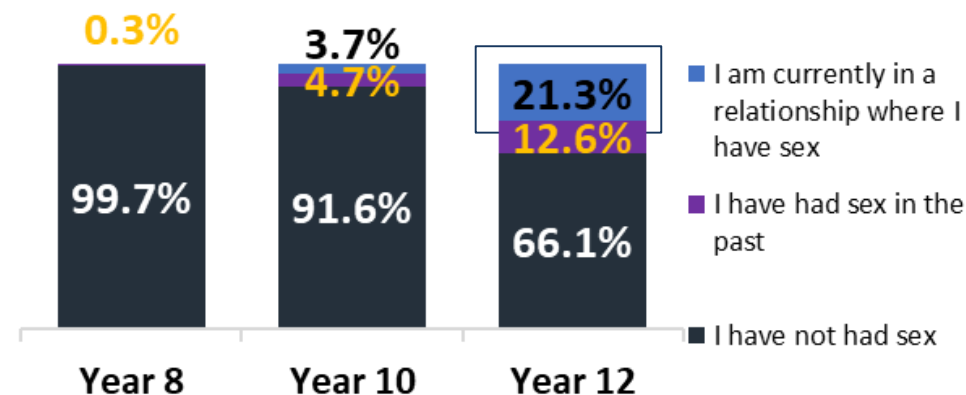
Top 3 scenarios experienced by non-binary pupils were “Being jealous” (18%), “Hurtful actions” (17%), and “Forcing actions” (13%).

# Sexual Health – Having Sex

“Which of the following best describes you?”

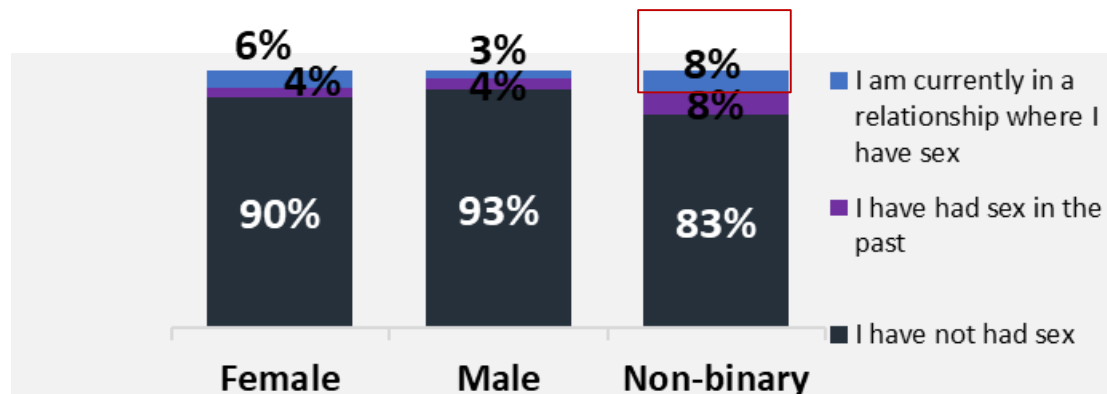


n = 1,701



91% of pupils (Year 8 – 12) have not had sex.

21% of Year 12 pupils are currently in a sexual relationship; 4% of Year 10 are. Just 2 x Year 8 pupils say they had sex in the past.



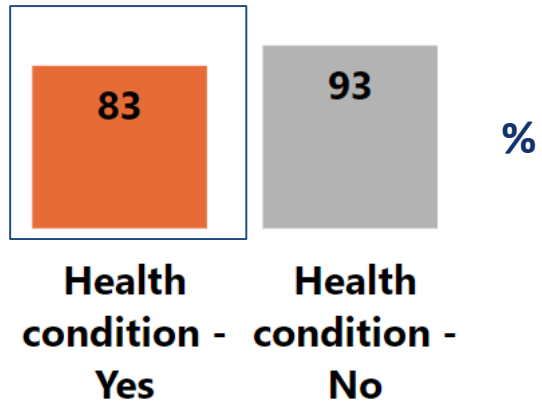
8% of non-binary pupils say they are currently in a sexual relationship.

# Sexual Health – Having Sex – Demographics

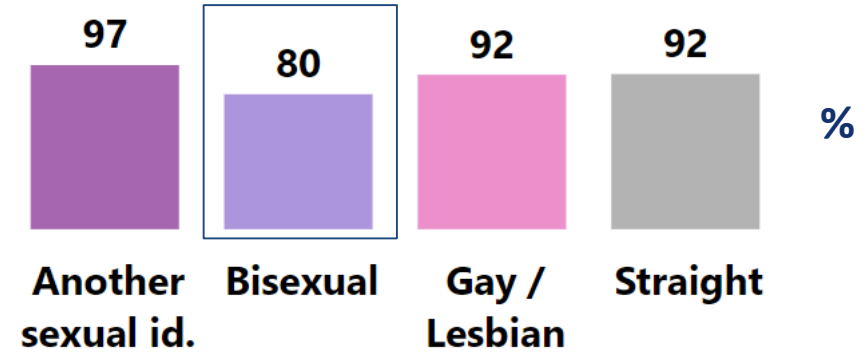
n = 1,666



“Which of the following best describes you?”



Overall, 83% of pupils with a health condition say they have not had sex



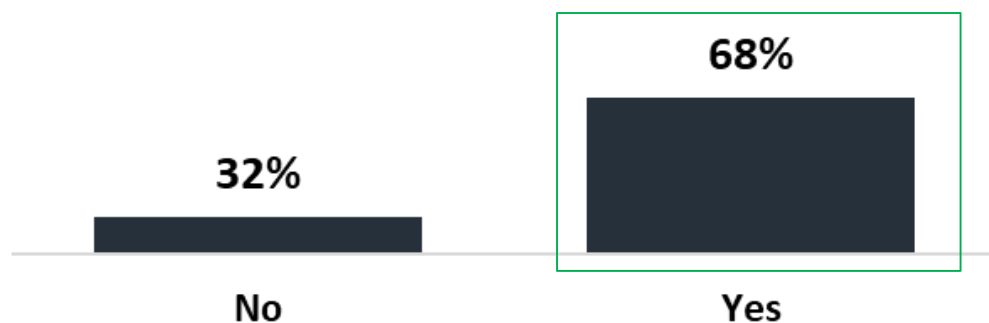
80% of bisexual pupils say they have not had sex

# Sexual Health - Contraception

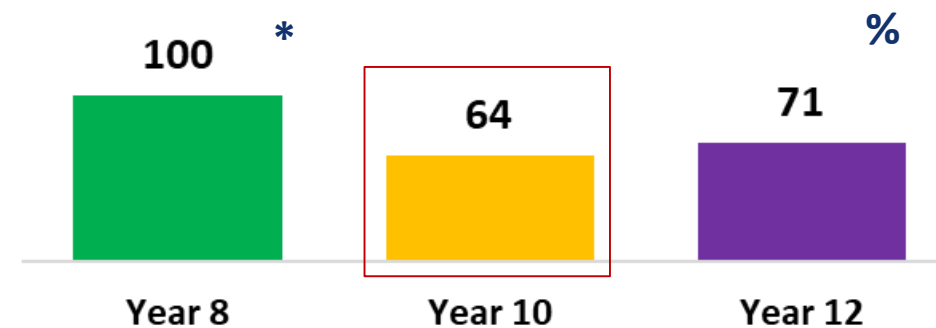
n = 146



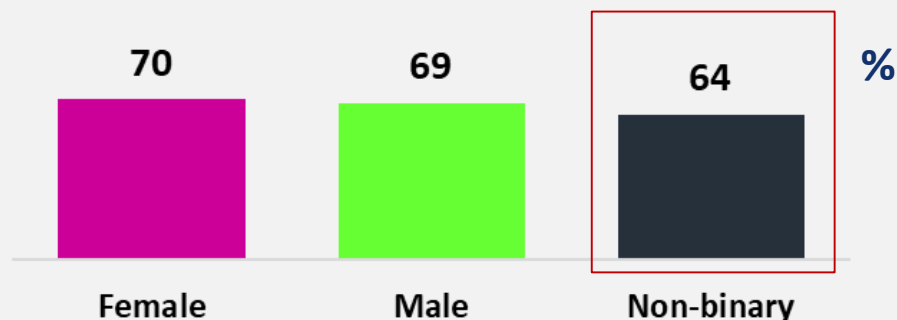
“If you have had sex, did you always use a method of contraception?”



68% of pupils said they always used a method of contraception.



64% of Year 10 pupils always used a method of contraception.



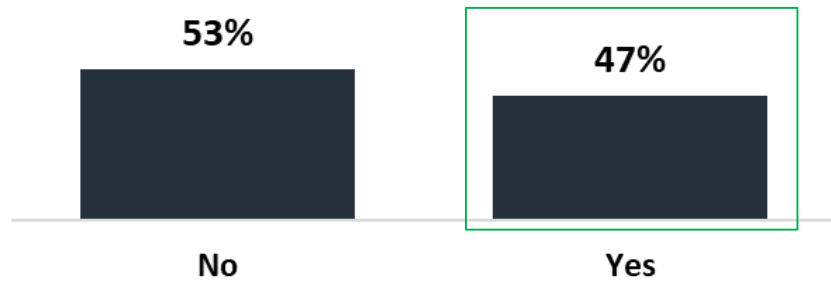
64% of non-binary pupils reported always using contraception

*Of the 2x Year 8 pupils who reported they had sex.\**

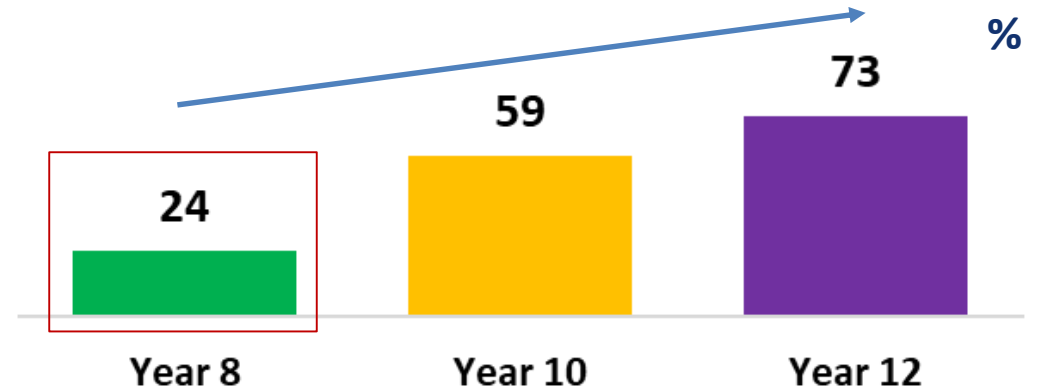
# Sexual Health – Emergency Contraception

n = 1,691

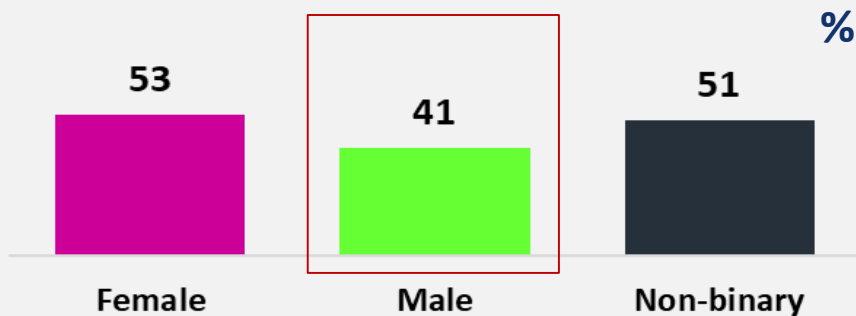
“Do you know where to get emergency contraception (the ‘morning after pill’) from?”



Overall, 47% of pupils know where to get emergency contraception.



24% of Year 8 pupils know where to get emergency contraception.



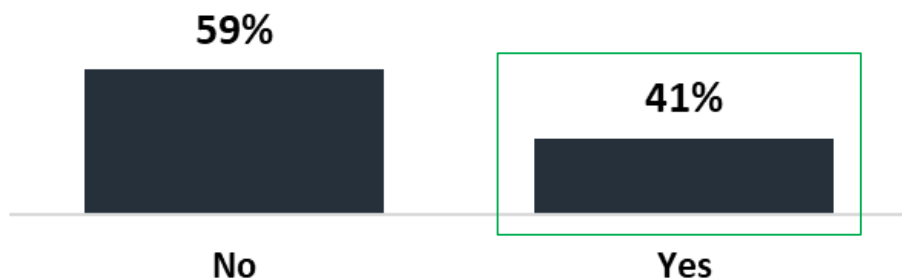
41% of male pupils know where to get it.

# Sexual Health - STIs

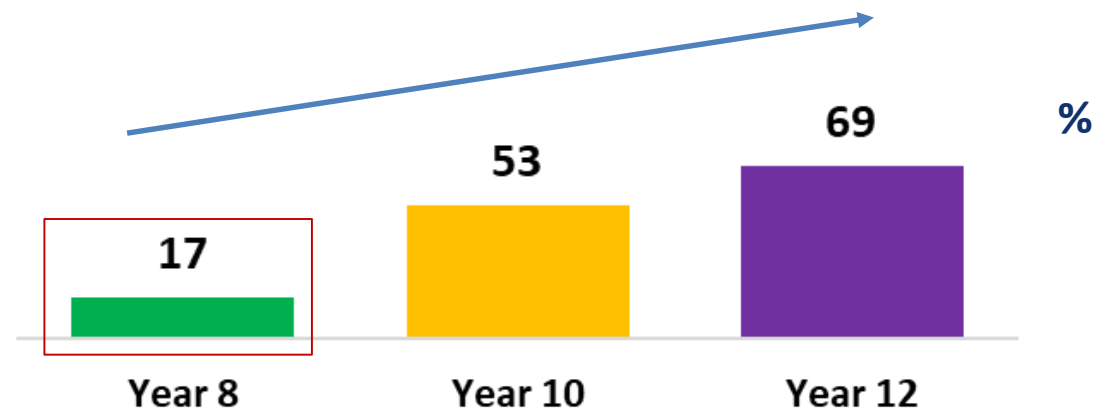


“Do you know where to get a sexually transmitted infection (STI) test from?”

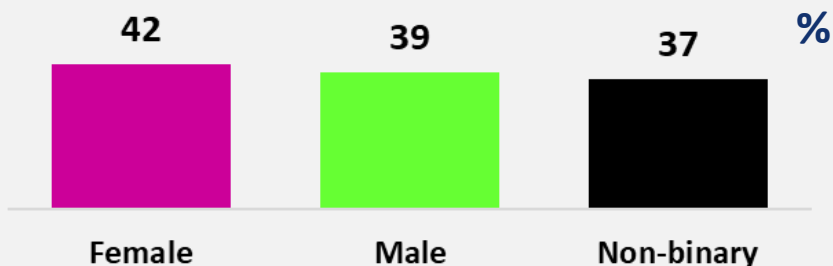
n = 1,663



Overall, 41% of pupils know where to get an STI test.




17% of Year 8 pupils know where to get an STI test, rising to 69% of Year 12.




Little difference between genders.

## Findings – Healthy Relationships



Healthy relationships: Most, but not all, young people in York think that ‘hitting’ or ‘sharing undressed or sexual photos of you with other people’ is always wrong in a boyfriend/girlfriend relationship, \*87%, 87% and 93% respectively

- Fewer than half of young people thought that ‘telling you what to wear’, ‘checking where you are all the time’, or ‘being jealous’ was always wrong in a boyfriend/girlfriend relationship.
- There were not gender differences for this question.
- 47% of young people had seen behaviours like this happen in their friends’ relationships, 30% said behaviours like these had happened in their own relationships. (These behaviours are part of a longer list of behaviours we asked about)



Sexual health: 68% of sexually active young people said that they always used a method of contraception.

- 8% of year 10’s and, 33% of year 12’s reported having had sex in their current or previous relationship.
- Around half of all secondary school age pupils know where to get emergency contraception or an STI test. There is little gender difference in these responses.

More than a fifth of all pupils reported being bullied at school in the last year.

## BULLYING



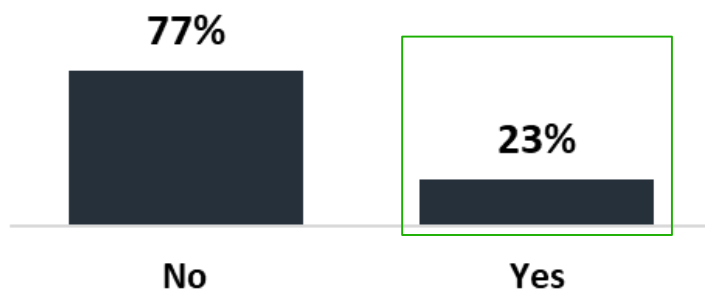


# Bullying - Prevalence

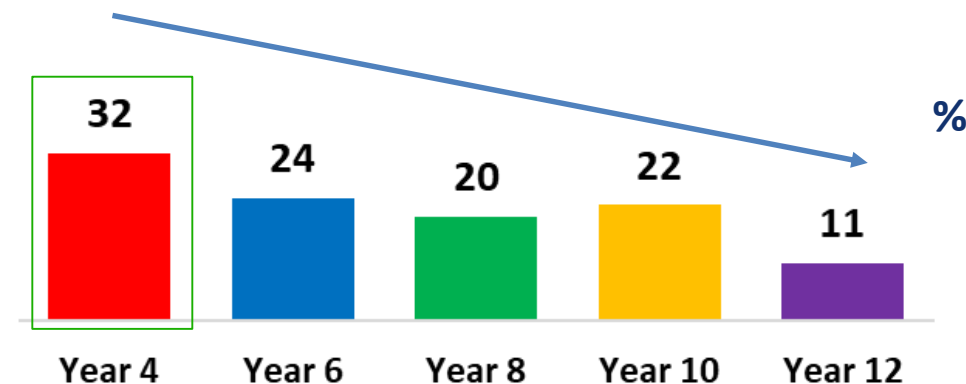


“Have you been bullied by someone who attends the same school as you in the past 12 months?”

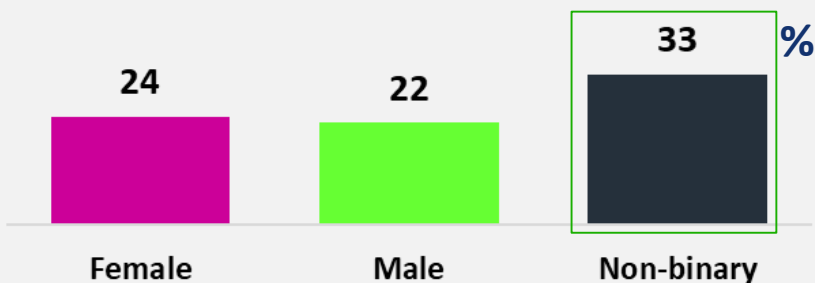
n = 3,493



Overall, 23% of pupils said they had been bullied by someone from their school.



32% of Year 4 said they had been bullied by someone from their school; 11% of Year 10 said same.



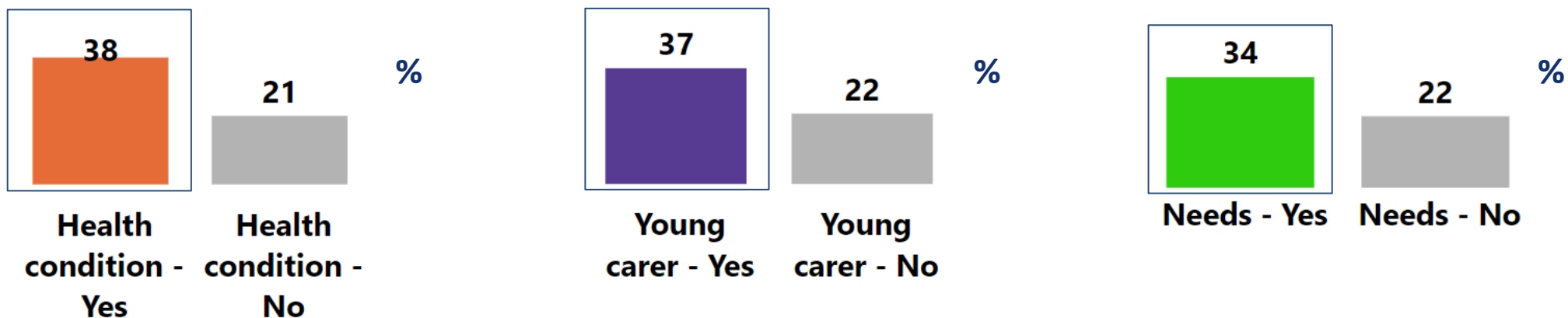
33% of non-binary pupils said they had been bullied.

# Bullying - Prevalence - Demographics



“Have you been bullied by someone who attends the same school as you in the past 12 months?”

n = 3,493

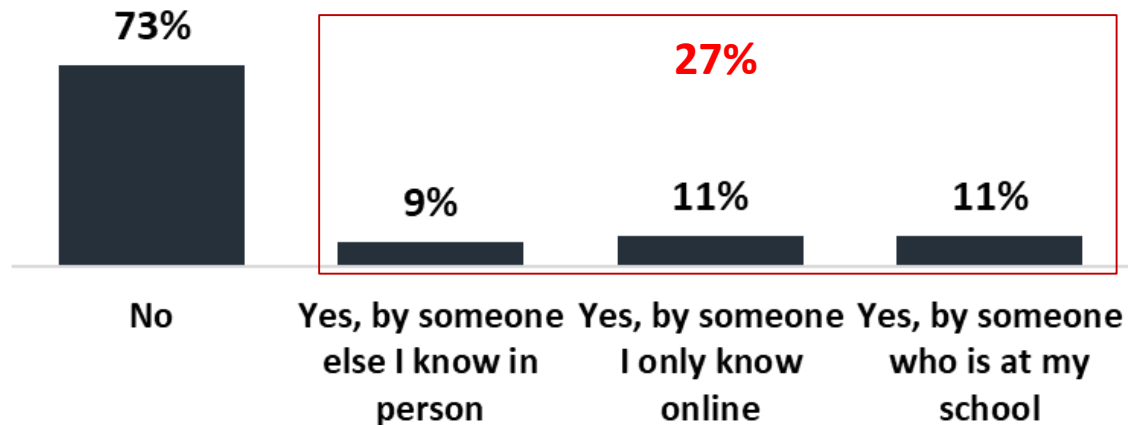


Overall, 38% of pupils with a health condition; 37% of young carers; and 34% of SEND pupils say they have been bullied at school.

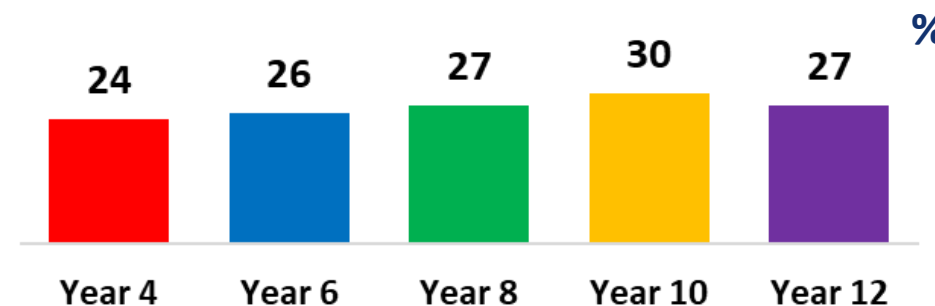
# Bullying - Online

“Have you ever experienced bullying online or on social media?” [Multiple response]

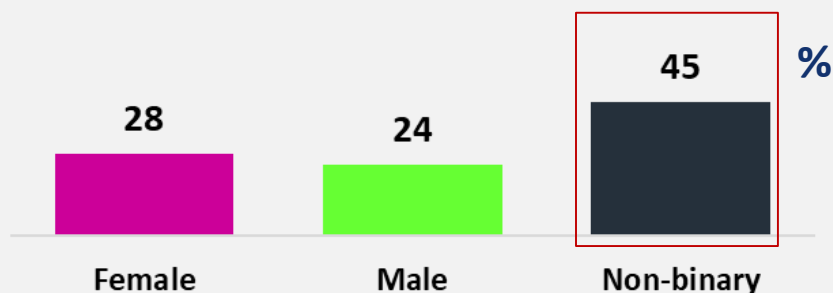
n = 3,455



27% of pupils have experienced bullying online or on social media.



24% of Year 4 have experienced bullying online or on social media, and similar % across year groups.



45% of non-binary pupils have experienced bullying online

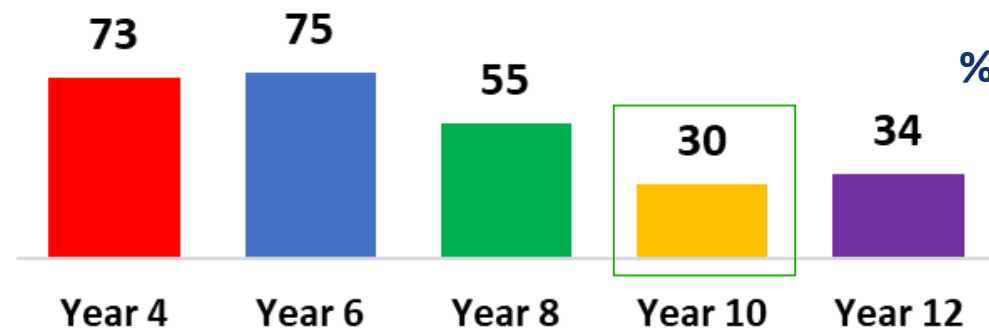
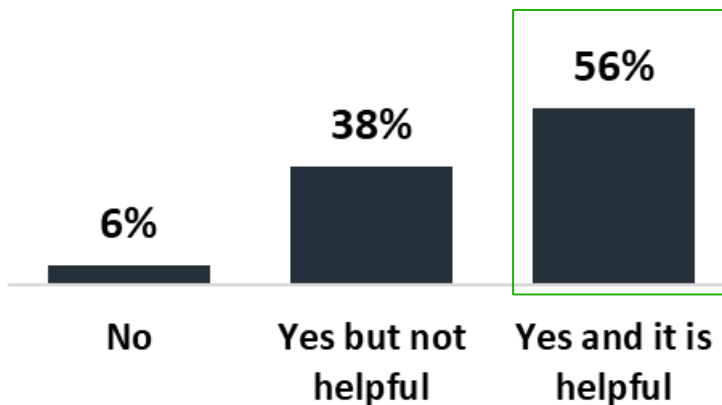
# School Approach to Bullying – Clear rules



Does your school...

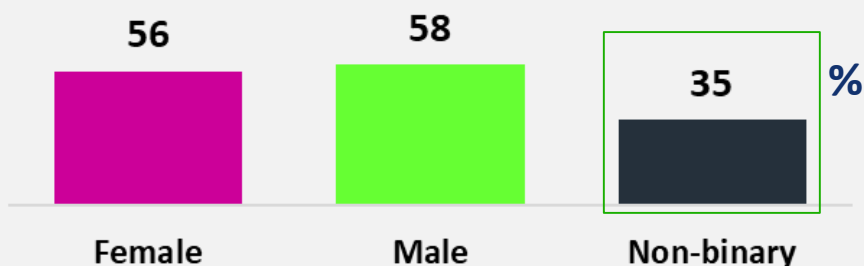
“Have clear rules about bullying?”

n = 3,543



Overall, 56% of pupils said their school has clear rules about bullying and they are helpful.

The lowest % (30%) of Year 10 pupils say their school has clear rules about bullying and they are helpful



Non-binary pupils reported lowest % that their school has clear rules about bullying and they are helpful - 35%

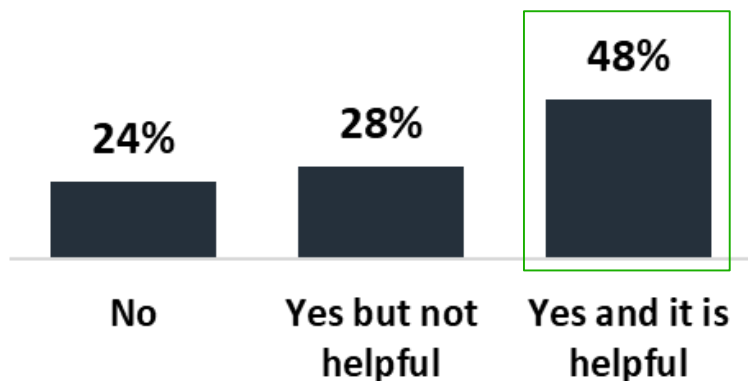
# School Approach to Bullying - Lessons



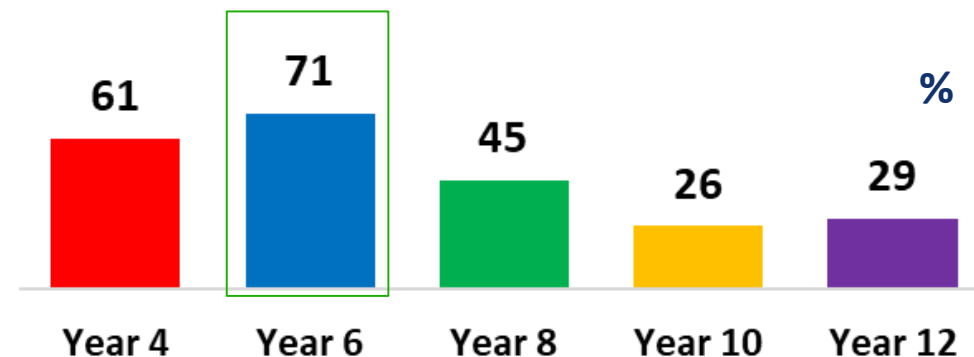
Does your school...

“Have lessons about dealing with bullying?”

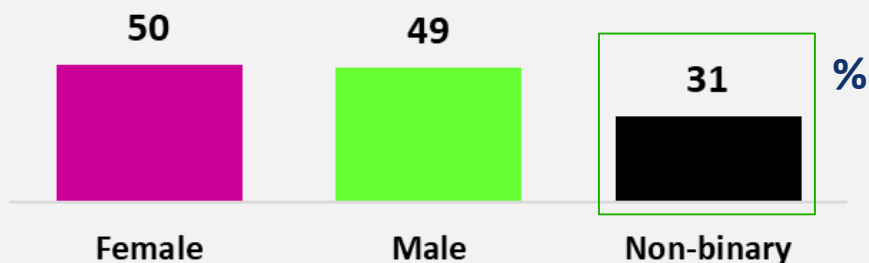
n = 3,487



48% of pupils said their school has lessons dealing with bullying & found helpful.



71% of Year 6 pupils said there are lessons dealing with bullying & found helpful; for Year 10 it's 26%.

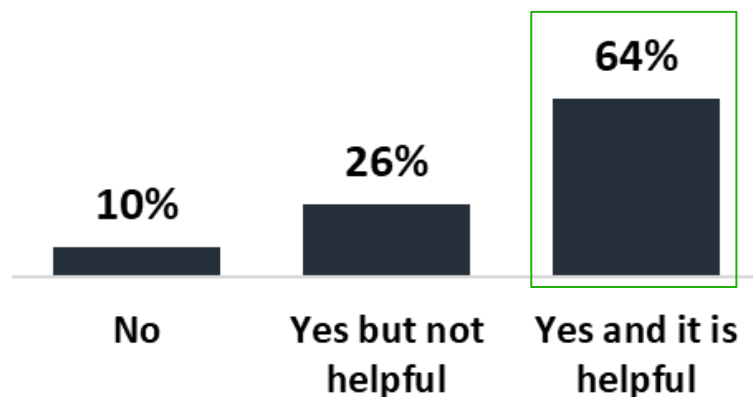


31% of non-binary pupils reported there are lessons dealing with bullying & found helpful

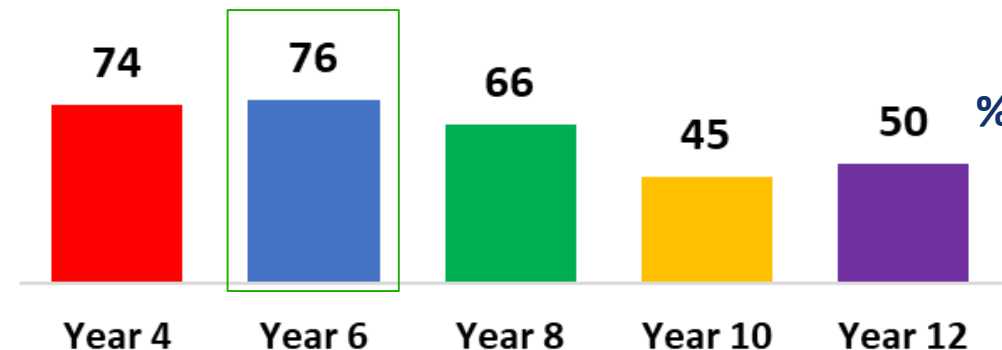
# School Approach to Bullying – People to talk to

n = 3,502

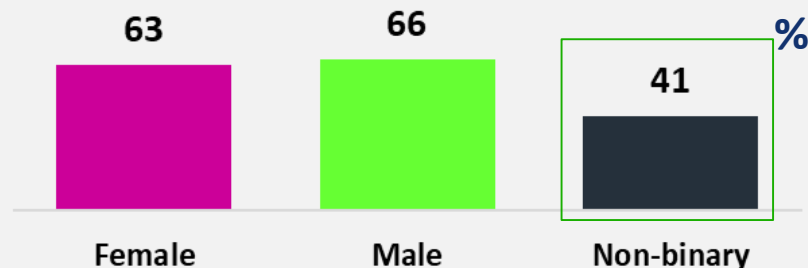
Does your school... “Have people you can talk to about bullying?”



64% of pupils say they have someone helpful at school they can talk to about bullying.



76% of Year 6 pupils say they have someone helpful at school they can talk to about bullying. Lower for all other year groups.

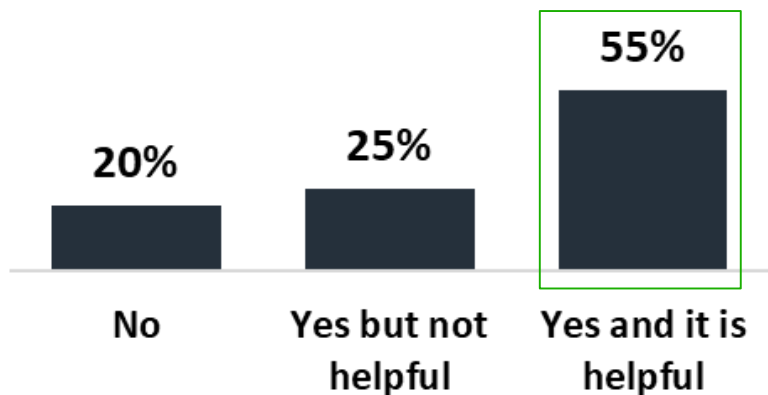


41% of non-binary pupils say they have someone helpful at school they can talk to about bullying.

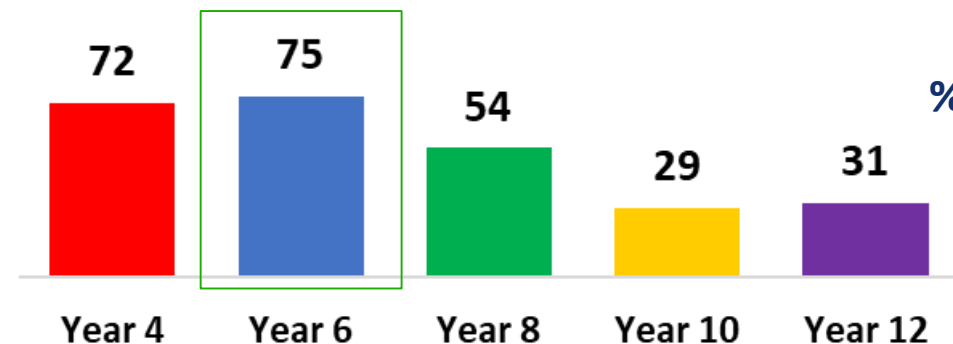
# School Approach to Bullying – Doing Something

n = 3,485

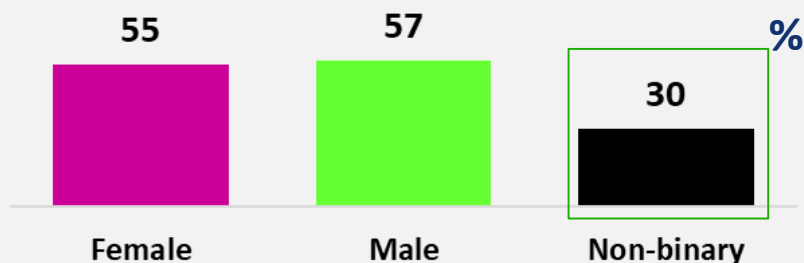
Does your school... “Always do something if bullying happens?”



55% say school always does something helpful if bullying happens.



75% of Year 6 say school always does something helpful if bullying happens; for Year 12 it's 31%.



30% of non-binary say school always does something helpful if bullying happens

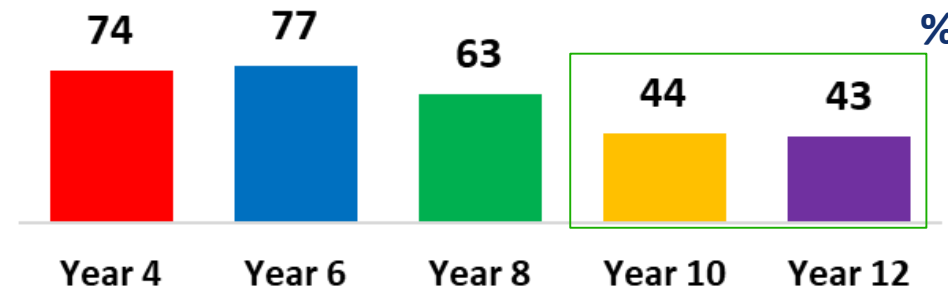
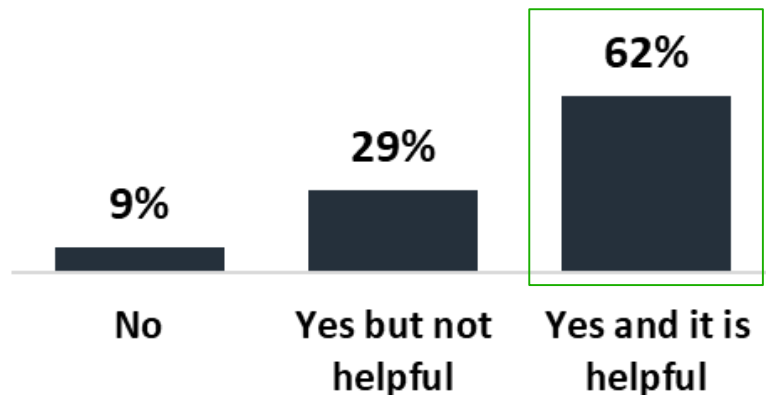
# School Approach to Bullying – Reporting it



Does your school...

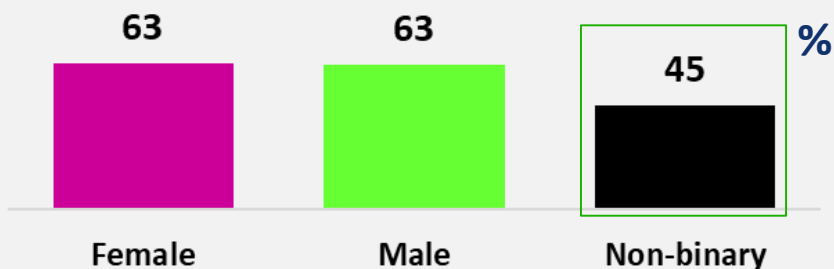
“Tell you to report when you see bullying?”

n = 3,464



62% of pupils said their school tells them to report it when they see bullying, while finding it helpful to do so.

Years 10 and 12 pupils indicated the lowest % rate for reporting and finding it helpful to do so – 44% and 43%, respectively.



45% of non-binary pupils have the lowest % rate for reporting bullying and finding it helpful.



## Findings – Bullying



Bullying: More than a fifth of all pupils (23%) reported being bullied at school in the last year.

- Young pupils, non-binary pupils, pupils with a long term condition, young carers and pupils with special educational needs were all more likely to report bullying at school in the last year.
- 27% reported bullying online, mostly this was by someone they know in person, but for 11% it was by someone they only know online.
- Just over half of pupils say their schools response to bullying is helpful.
- Between 48% and 64% of pupils agree school's different responses are present and helpful. However, these percentages decrease as pupils get older.

40% of all pupils spend at least 90 minutes a day doing active things

## HEALTHY HABITS



# Activity

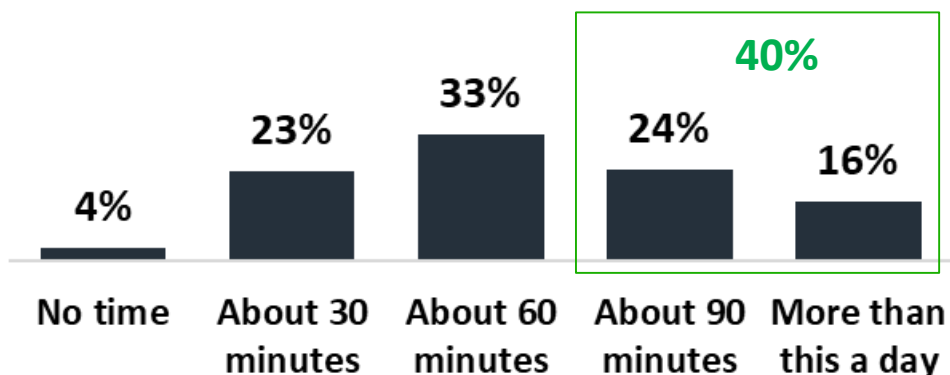
Children and young people in York participate in a wide range of activities to varying degrees



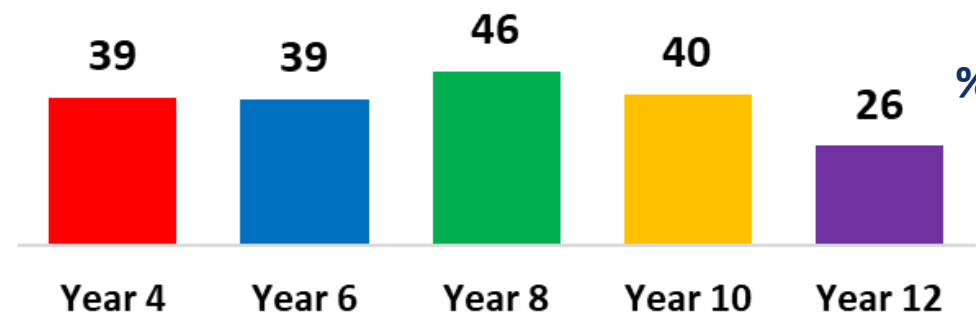
# Activity – Time Physical

n = 3,676

“In a normal day, how much time do you spend doing all these active things?”

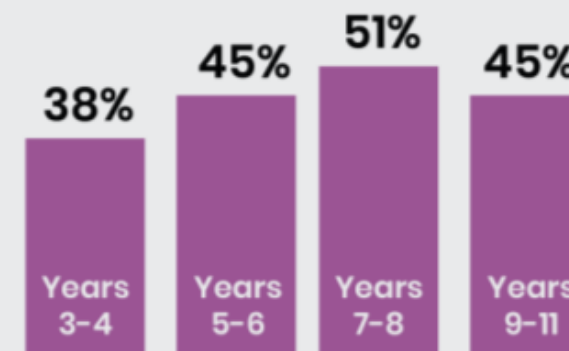


40% of pupils say they spend 90 minutes or more per day doing active things



26% of Year 12 spend 90 minutes or more doing active things, compared to 46% of Year 8

Sport England national survey\* shows similar profile of activity levels by year group

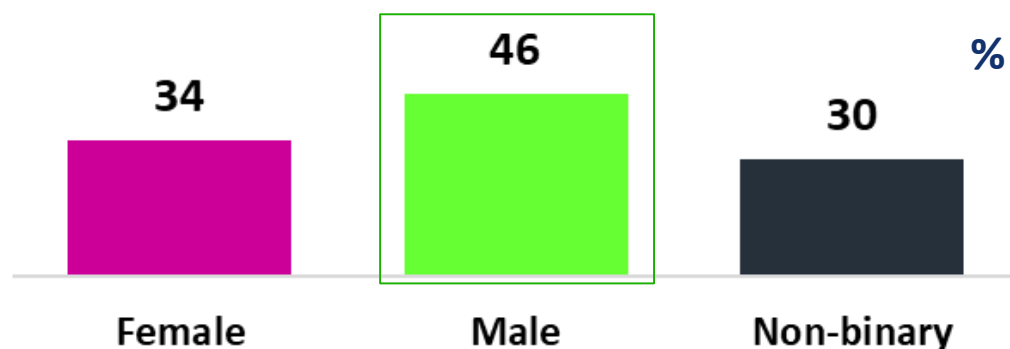


\*Sport England's Active Lives Children and Young People Survey Academic Year 2019/20

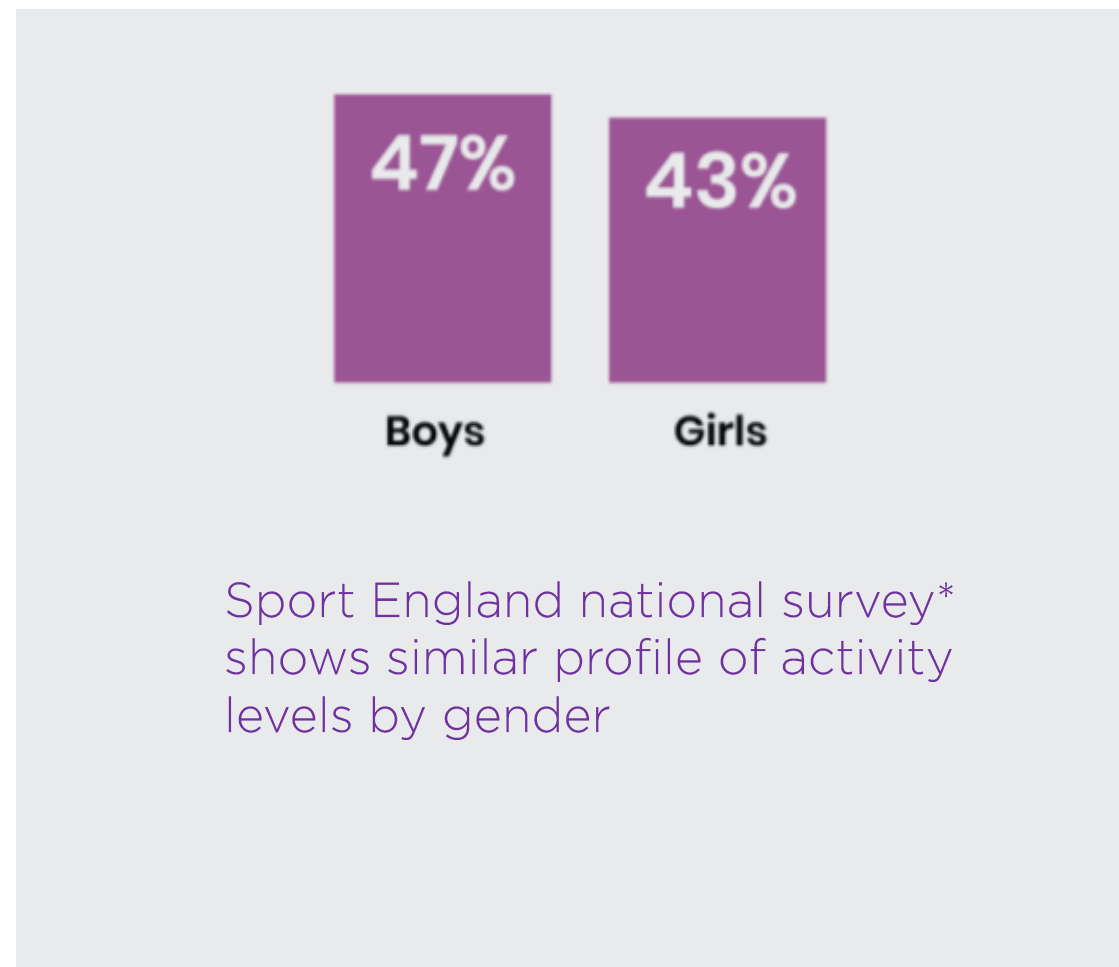
# Activity – Time Physical – By Gender



“In a normal day, how much time do you spend doing all these active things?”



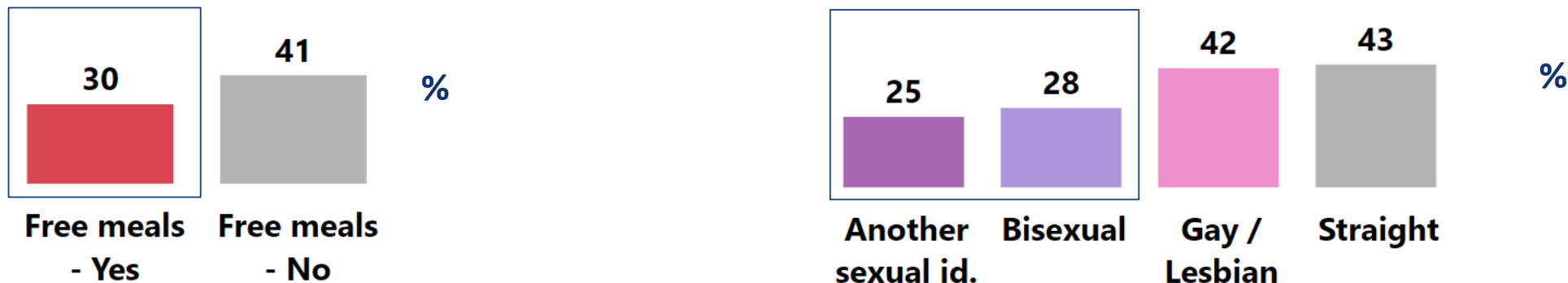
46% of male pupils do 90 minutes activity or more a day, compared with female (34%) and non-binary (30%) pupils.



# Activity – Time Physical - Demographics

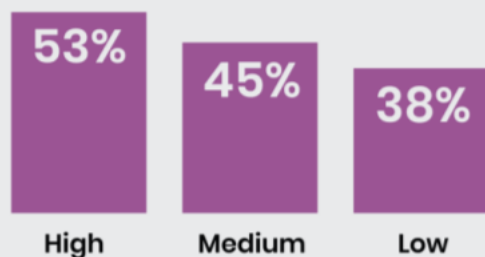
n = 3,676

“In a normal day, how much time do you spend doing all these active things?”



30% of pupils on free school meals do 90 minutes or more

25% of another sexual identity and 28% of bisexual pupils do 90 minutes or more

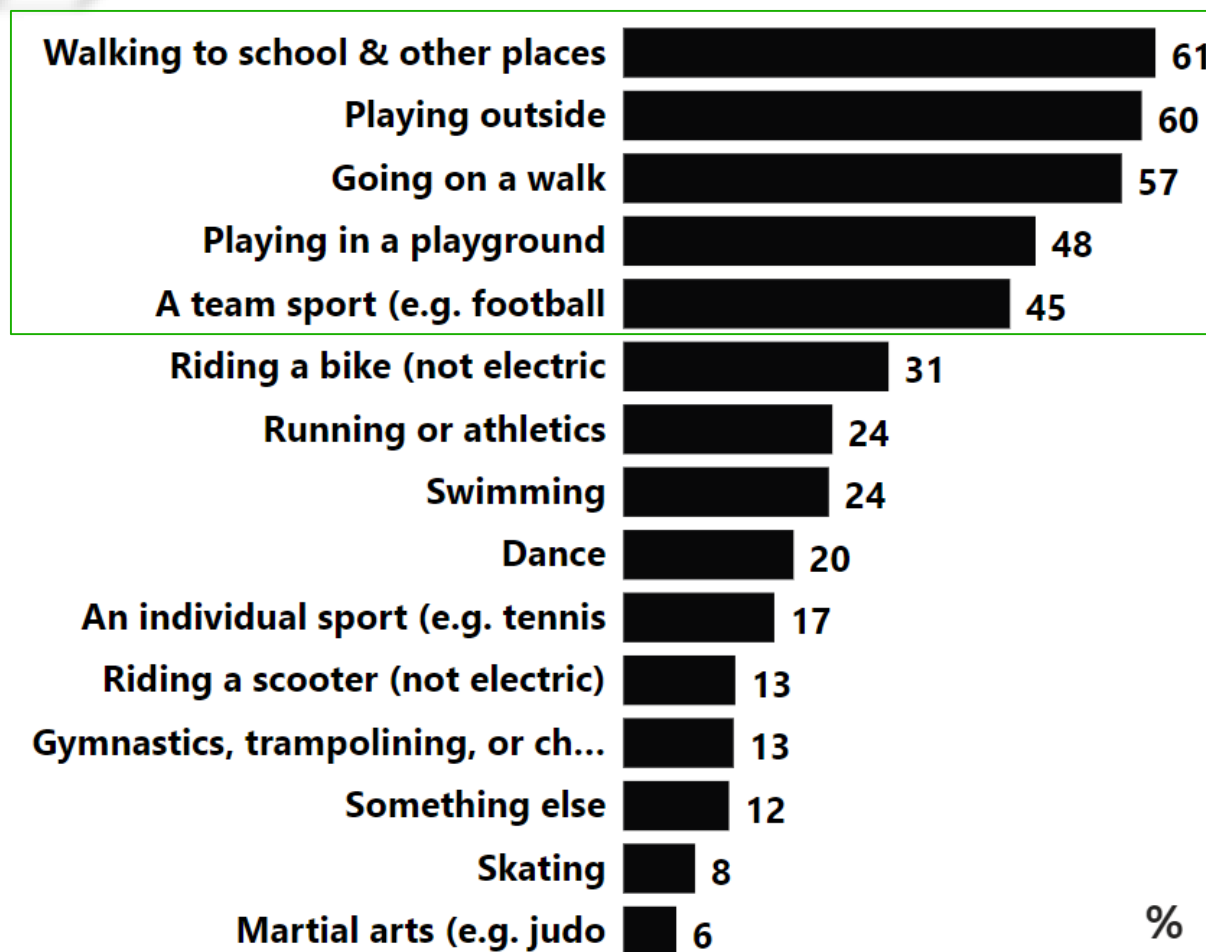


Sport England national survey\* shows similar profile of activity levels by family affluence

# Activity – Which things?

n = 3,734

“Which of these active things did you do in the last week?”

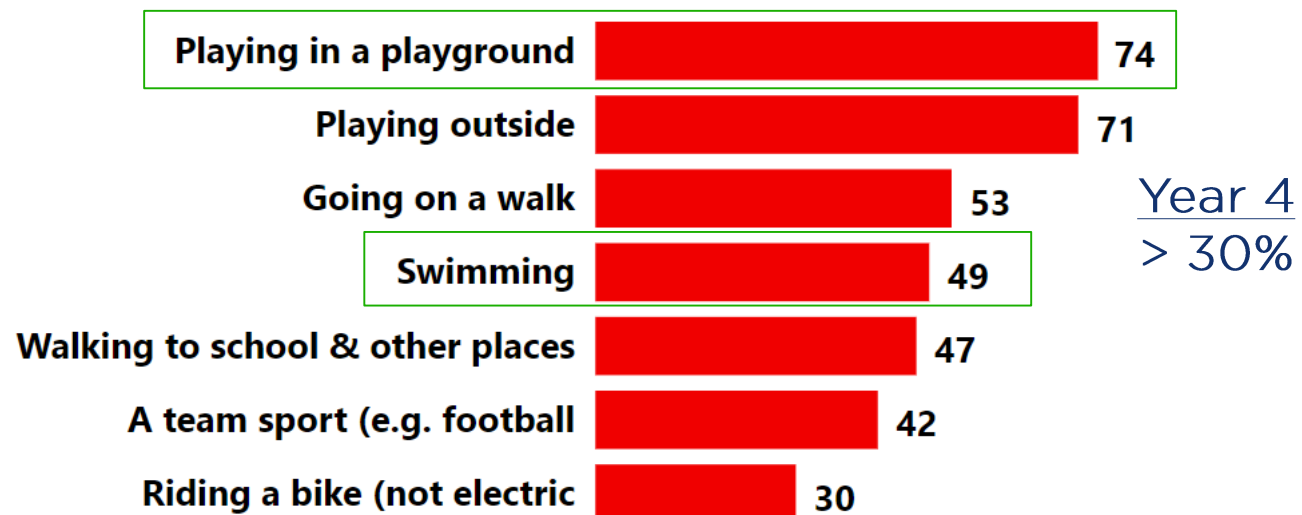


48 - 61% of pupils say they did informal activity such as walking and playing (61% reported by Sport England\*)

45% say they were involved in a team sport (53% reported by Sport England\*)

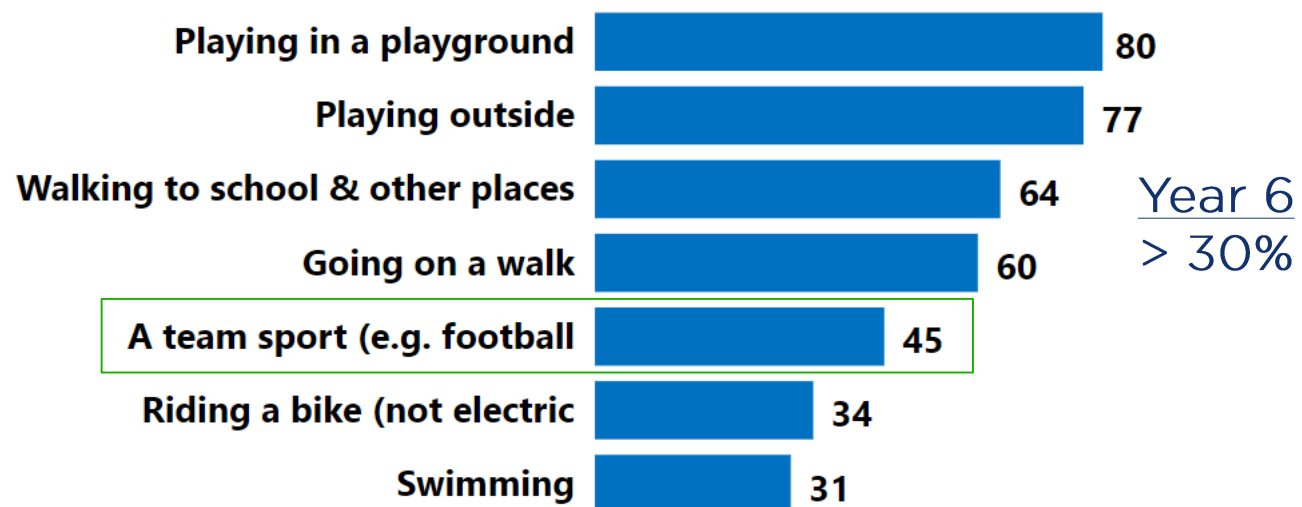
%

# Activity – By Year Group 4 – 6 (where over 30% did the activity)



Playing in a playground was the top activity for both Year 4 (74%) and Year 6 (80%) pupils.

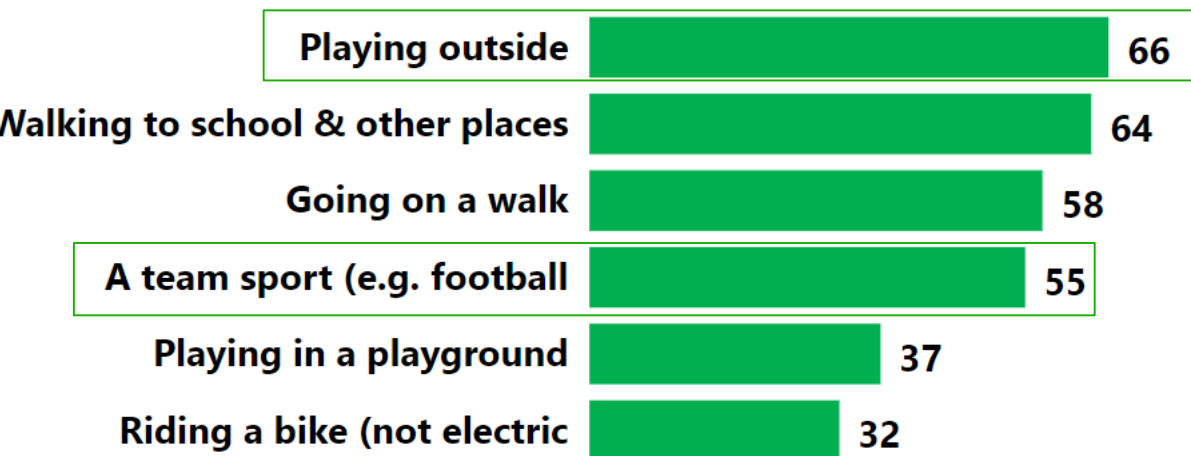
Swimming was in the top 4 for Year 4 (49%); this reduces to 4% for Year 12.



Apart from informal play and walking, team sports was in the top 6 for both Year 6 (45%) and Year 4 (42%).



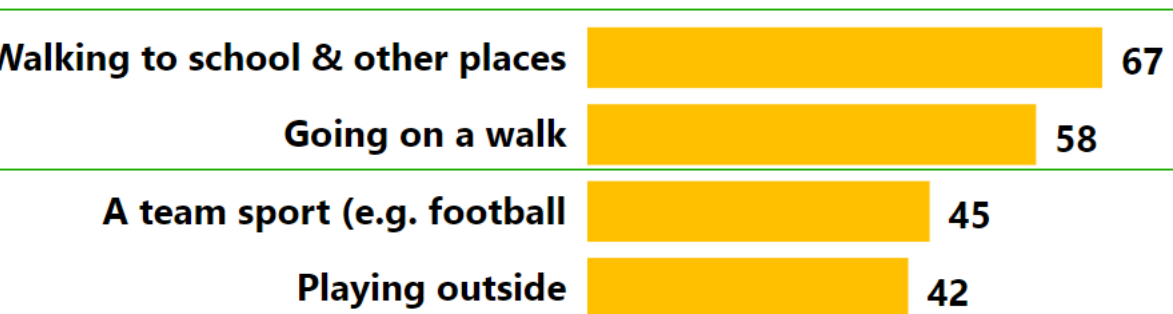
# Activity – By Year Group 8 – 12 (where over 30% did the activity)



Year 8  
> 30%

Playing outside was top response for Year 8 (66%). (Year 10 was 42%, and Year 12, 17%).

Team sport was highest of any year group for Year 8 (55%); it reduced to 24% for Year 12.



Year 10  
> 30%

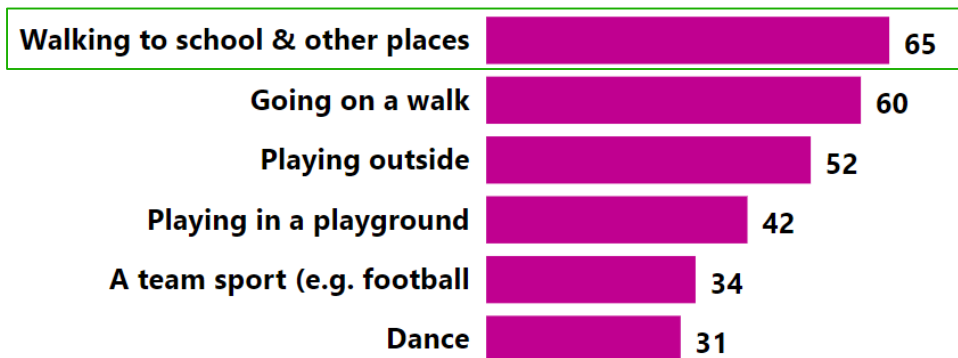
Walking to places top activity (67% pupils) for Year 10. Team sports done by 45% of pupils.



Year 12  
> 30%

Walking to places top activity (78% pupils - highest of any year group). Walking by far the most common activity.

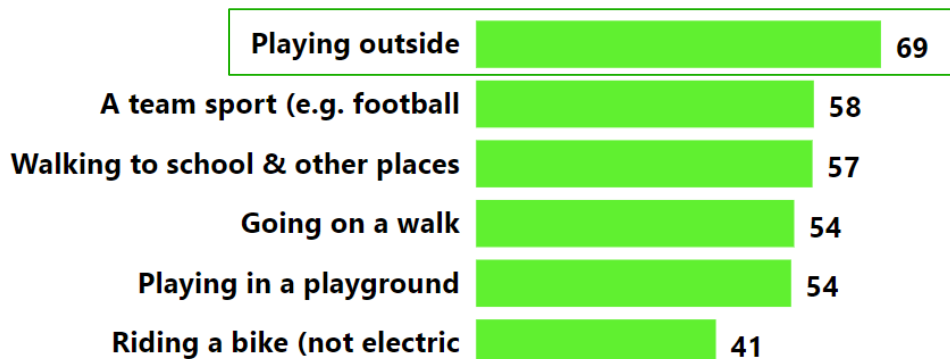
# Activity – By Gender (where over 30% did the activity)



Female  
> 30%

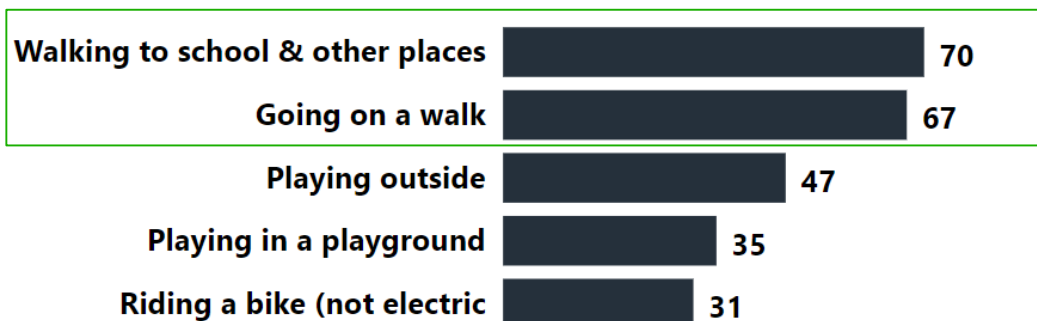
Walking was the top activity for both female (65%) and non-binary (70%) pupils.

Dance (31%) featured in the top 6 for female pupils. (It was 8% for male; 21% for non-binary)



Male  
> 30%

Playing outside (69%) was the top activity for male pupils. Team sports (58%) was 2nd (It was 34% for female pupils, and 28% non-binary).



Non-binary  
> 30%

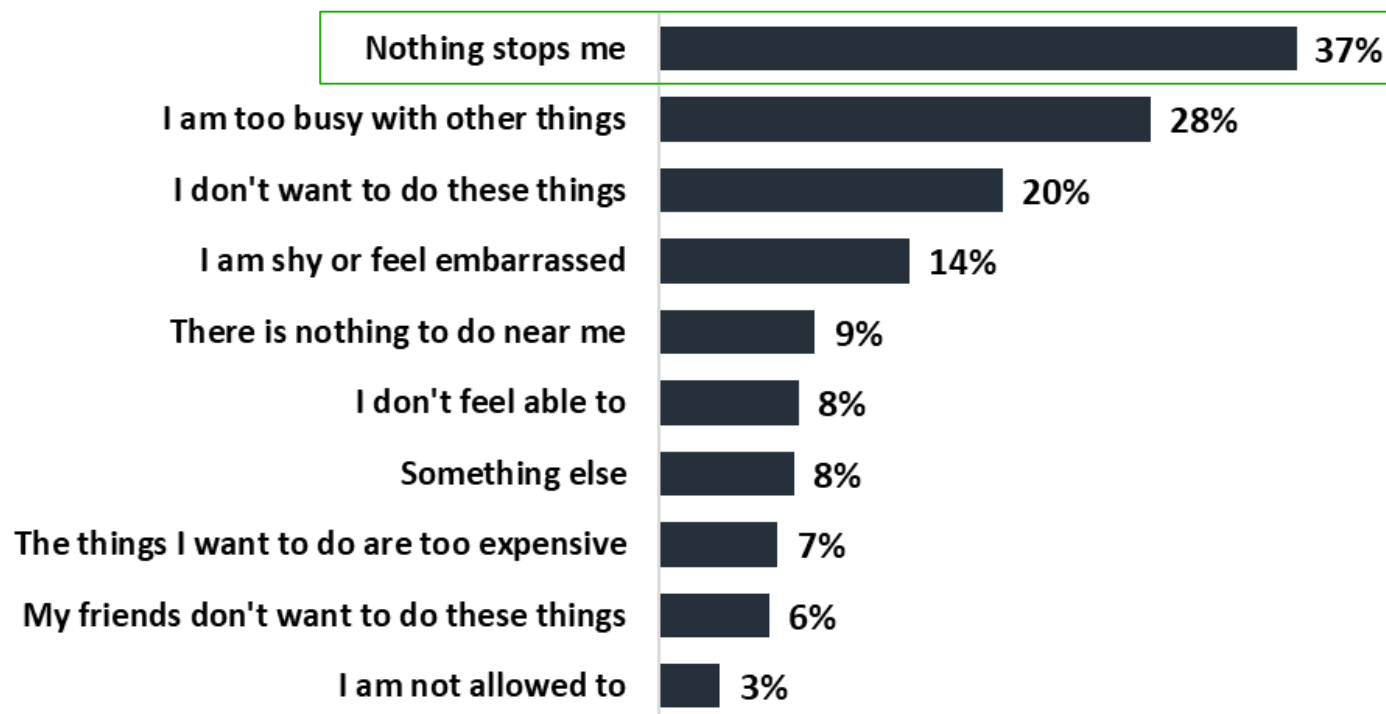
Walking activities were by far the most popular for non-binary pupils (70%, 67%)

# Activity Barriers



“What stops you from doing more active things?”

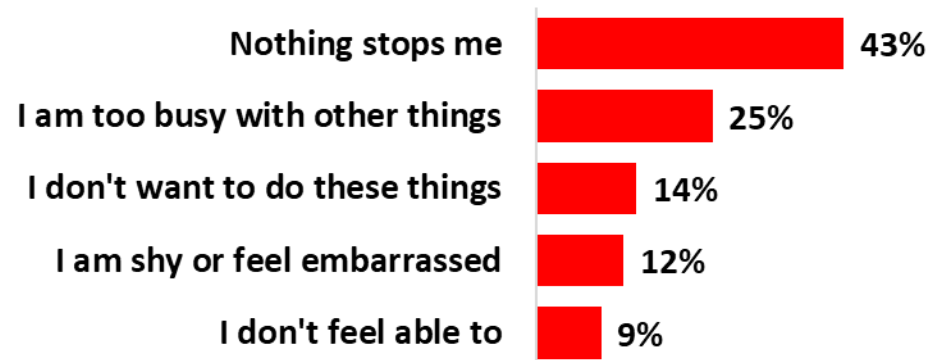
n = 3,642



37% of pupils say they have no barriers to engaging in more activities

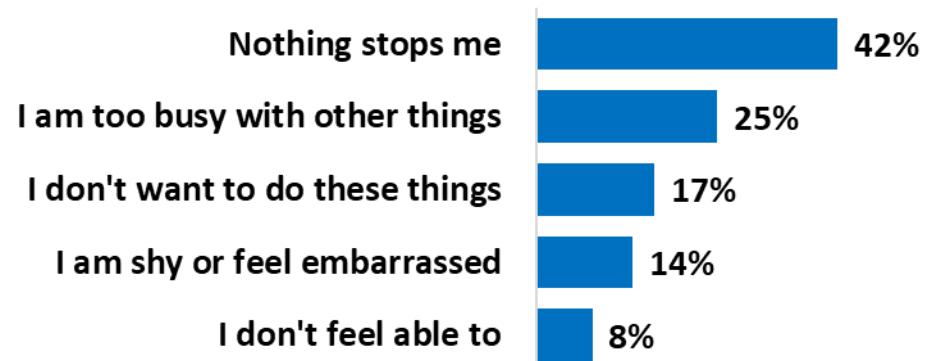
# Activity Barriers

## - By Year Group 4 - 6



Year 4  
Top 5

For all Top 3 blockers for all age groups are Too busy, Don't want to do, Shyness or embarrassment



Year 6  
Top 5

~10% of both Year 4 & 6 (9% & 8%) don't feel able to do more activities.

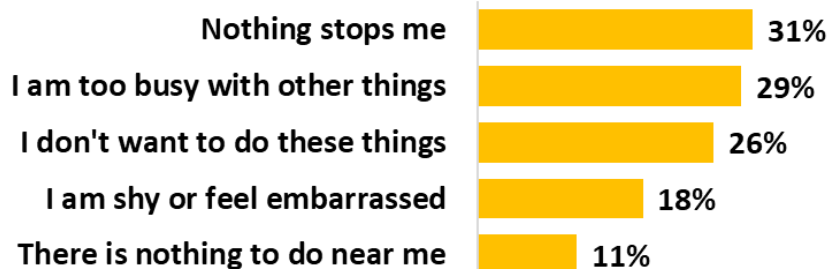
# Activity Barriers

## - By Year Group 8 - 12



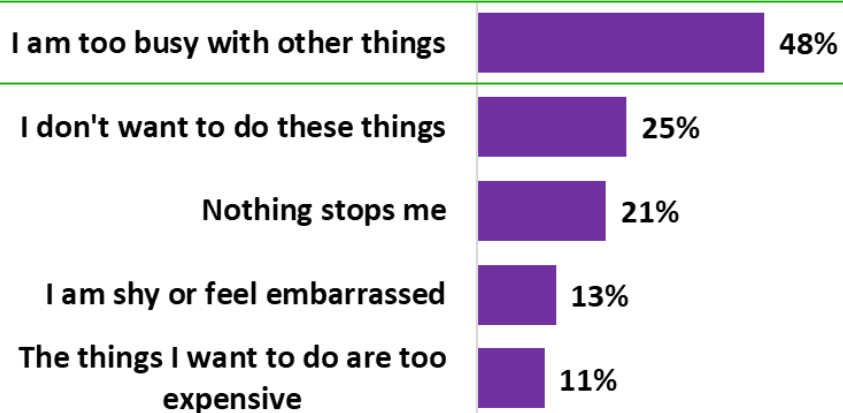
Year 8  
Top 5

Apart from the common themes, 10% of Year 8 say there is nothing to do near them.



Year 10  
Top 5

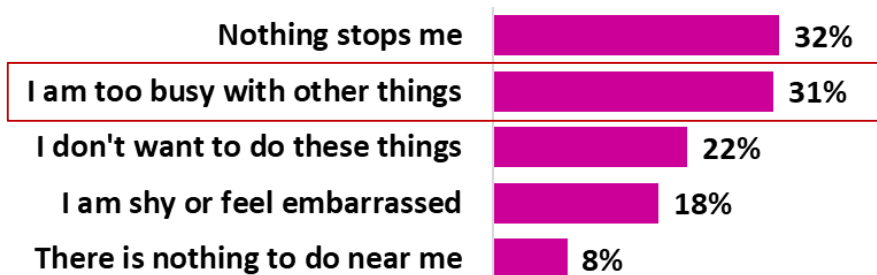
Apart from the common themes, 11% of Year 10 say there is nothing to do near them.



Year 12  
Top 5

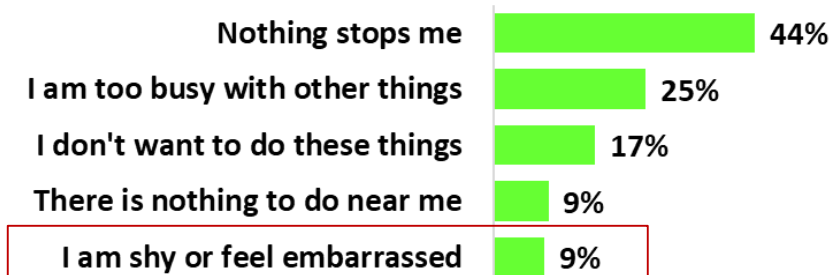
48% of Year 12 pupils are too busy (the highest %). 11% say the things they want to do are too expensive.

# Activity Barriers – By Gender



## Female Top 5

31% of female pupils are too busy, compared with 25% of male and 33% of non-binary pupils.



## Male Top 5

9% of male pupils are shy or embarrassed, compared with 18% of female and 26% of non-binary pupils.



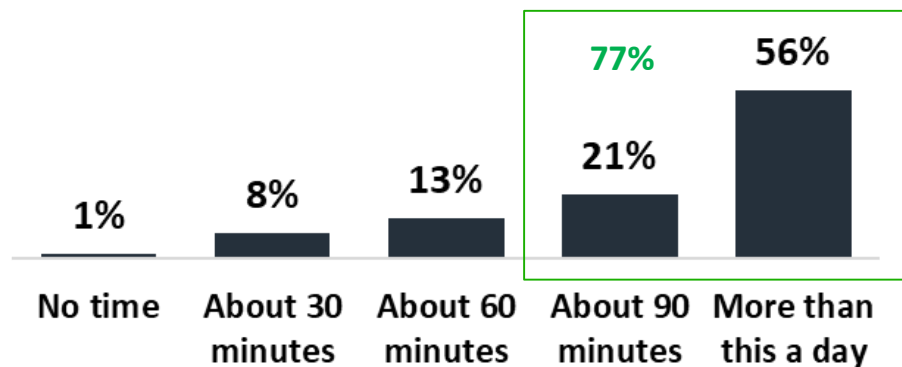
## Non-binary Top 5

30% of non-binary pupils do not want to do these things, compared with 22% of female and 17% of male pupils.

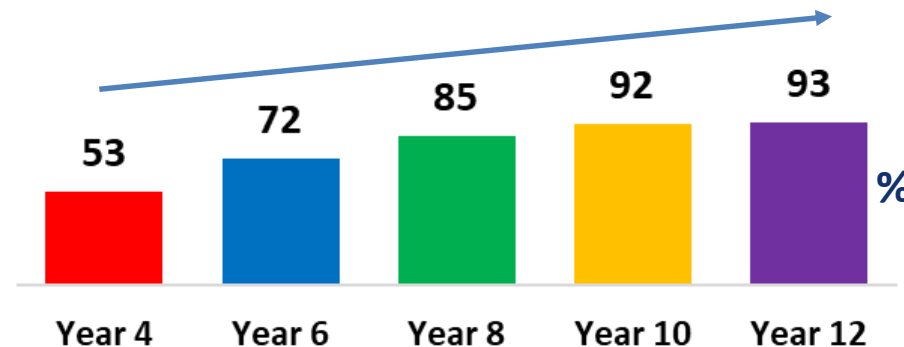
# Activity – Time E-Devices

n = 3,683

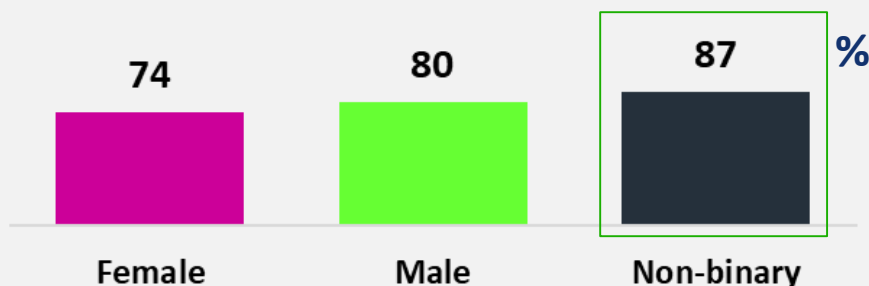
“In a normal day, how much time do you spend using electronic devices like computers, consoles, and phones, or watching TV?”



77% of pupils spend 90 minutes or more a day using electronic devices, including watching TV



Using electronic devices for 90 minutes or more per day increases significantly with age, from 53% in Year 4 to 93% in Year 12

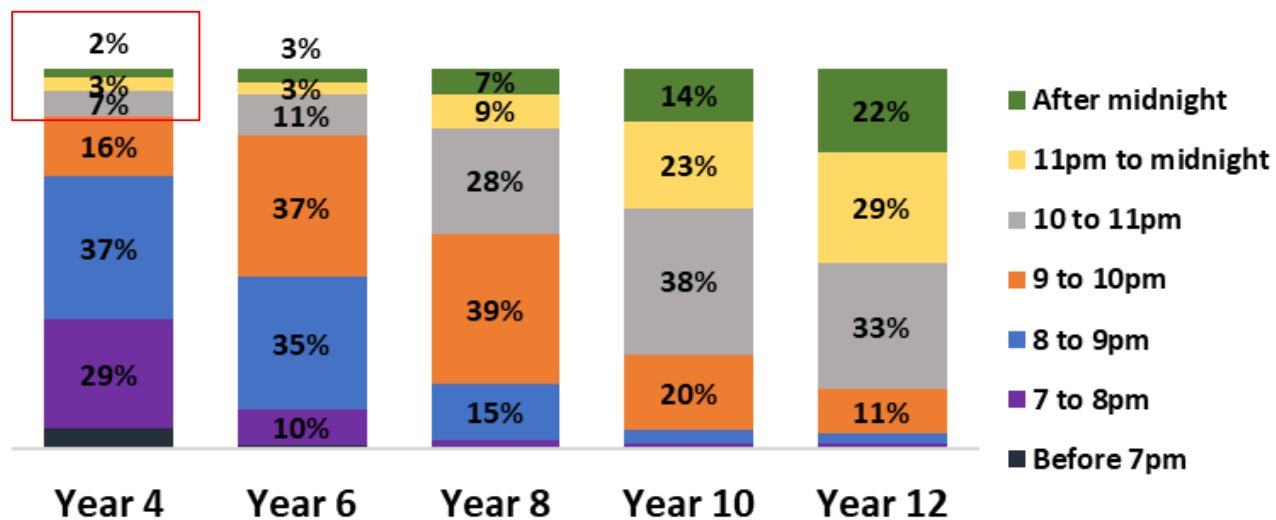


87% of non-binary pupils spend 90 minutes or more a day using electronic devices

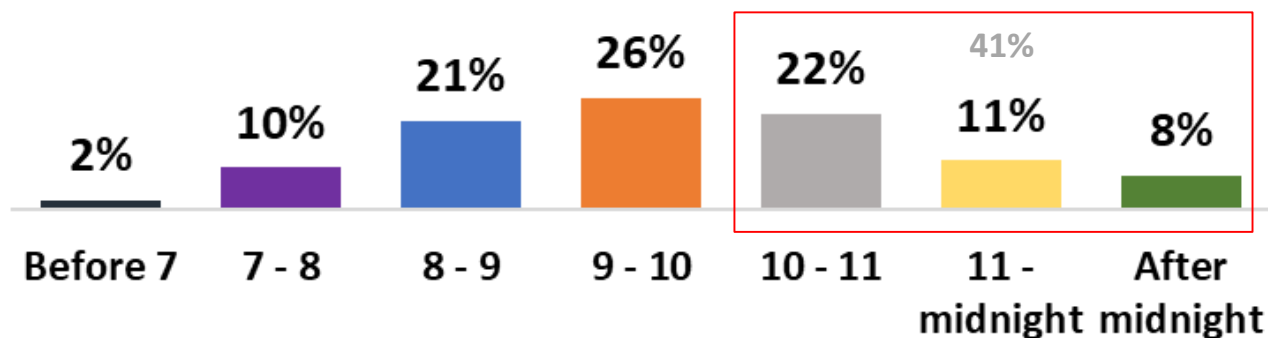
# Sleep - Bedtime

n = 3,372

“What time do you usually get into bed?”



12% of Year 4 pupils say they usually go to bed after 10pm



Overall, 41% of pupils say they go to bed after 10pm



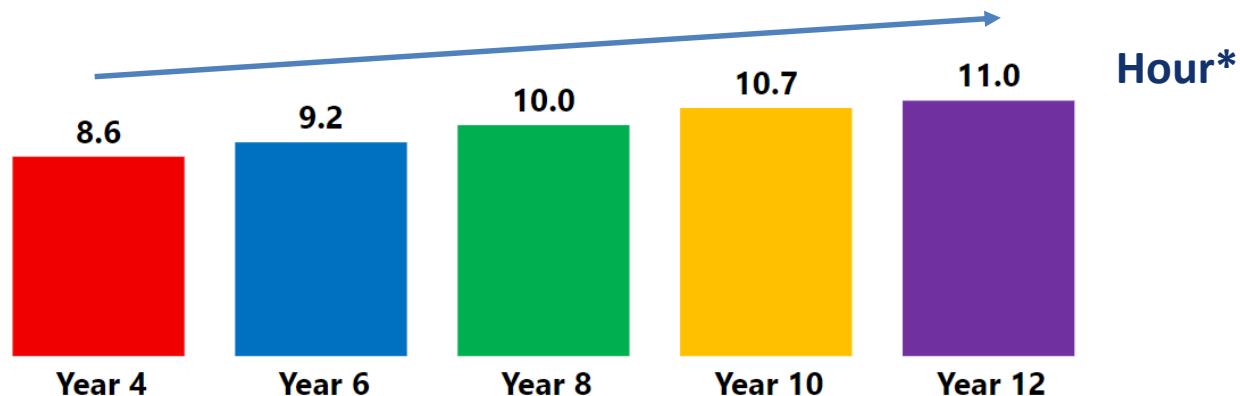
# Sleep – Average Bedtime



“What time do you usually get into bed?”

n = 3,372

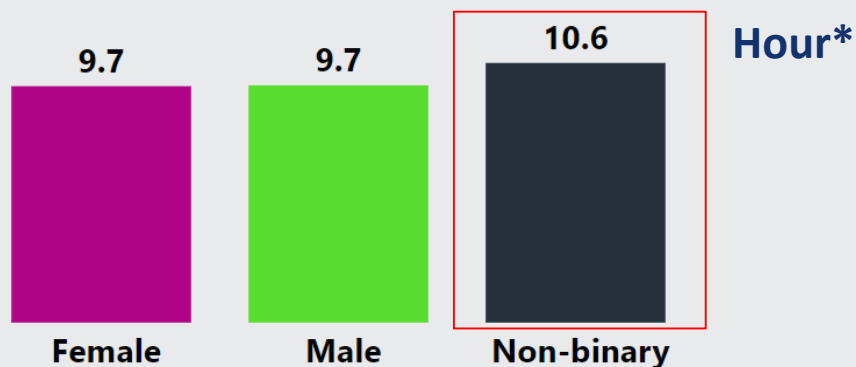
**09:44 pm**  
Bedtime



Overall average (9.7\*)

Bedtime range from 8.6\*, (Year 4), to 11\* (Year 12)

Response	Assumption
Before 7pm	6:30 pm
7 to 8pm	7:30 pm
8 to 9pm	8:30 pm
9 to 10pm	9:30 pm
10 to 11pm	10:30 pm
11pm to midnight	11:30 pm
After midnight	12:30 am



Bedtime 10.6 for non-binary (however, ~80% of non-binary are Year 8 – 12)

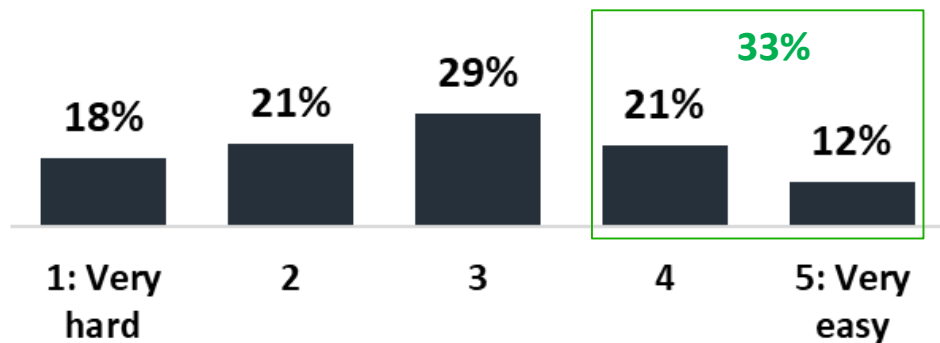
\*Hour to one decimal place

# Sleep - Ease

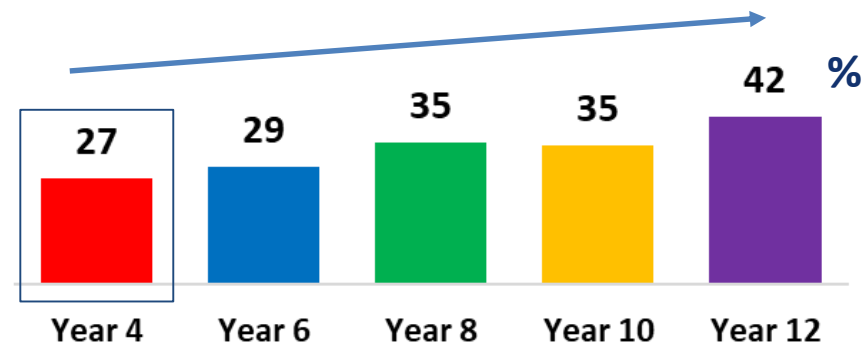


“How easy or hard is it for you to get to sleep?”

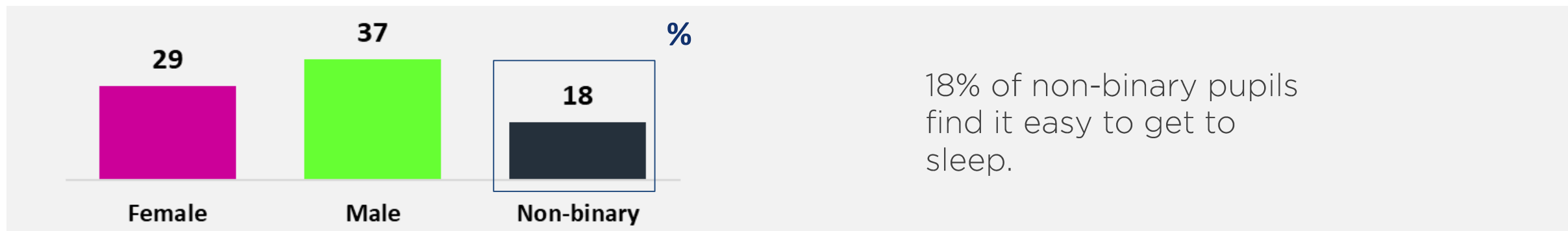
n = 3,350



Overall, 33% of pupils find it easy to get to sleep



27% of Year 4 find it easy to sleep; % trends upwards by year group, to 42% of Year 12



18% of non-binary pupils find it easy to get to sleep.

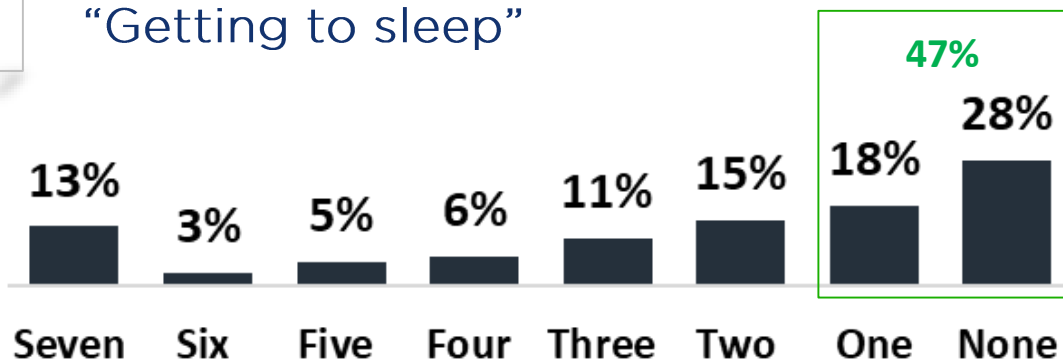
# Sleep Problems



“On how many nights in the past 7 days have you had any of the following problems with sleeping...?”



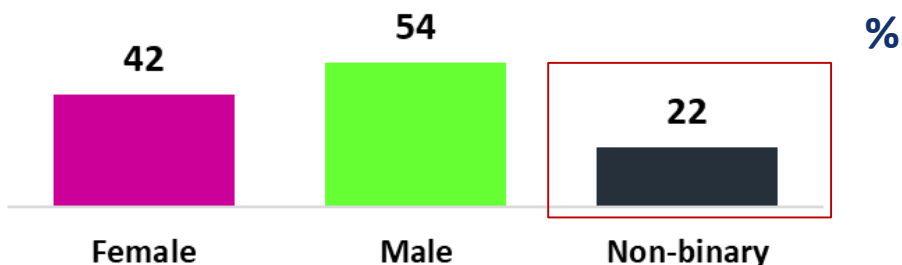
“Getting to sleep”



47% of pupils had problems less than 2 nights in a week



“Getting to sleep” By Gender



22% of non-binary pupils had problems less than 2 nights in a week

No significant variation by year group.

# Sleep Problems

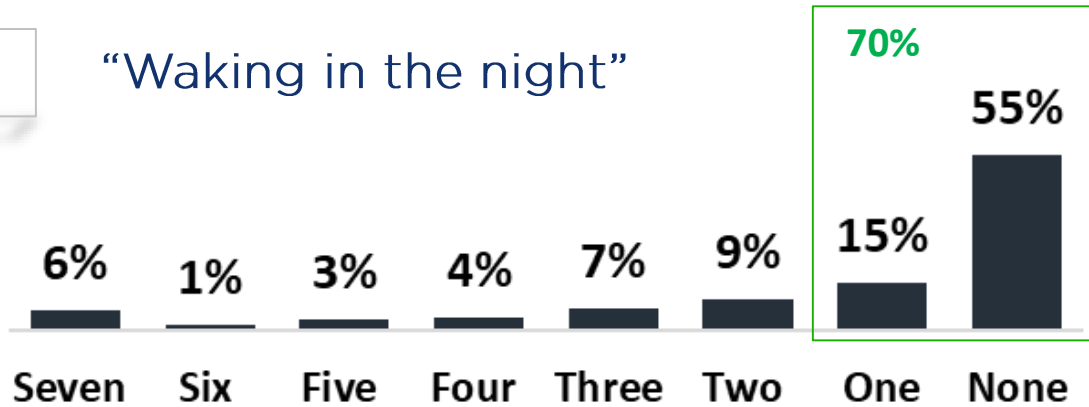
n = 3,345



“On how many nights in the past 7 days have you had any of the following problems with sleeping...?”



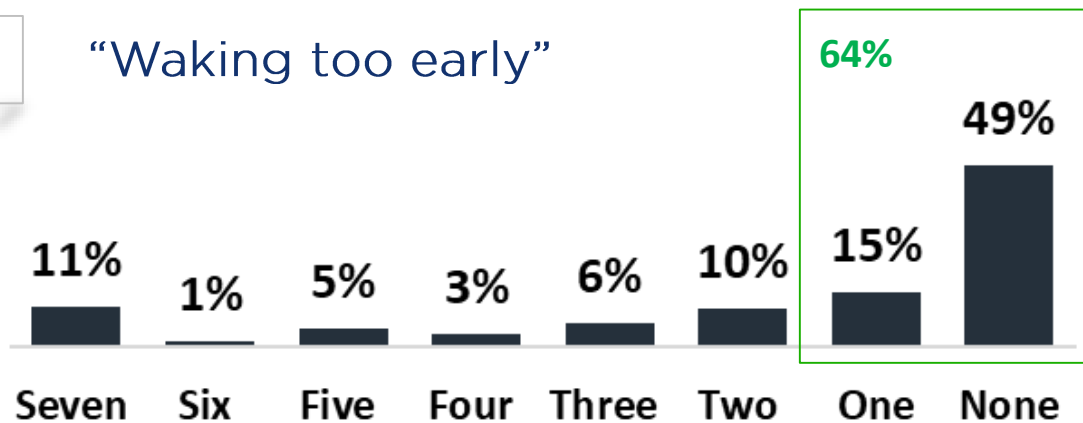
“Waking in the night”



70% of pupils had problems less than 2 nights in a week



“Waking too early”



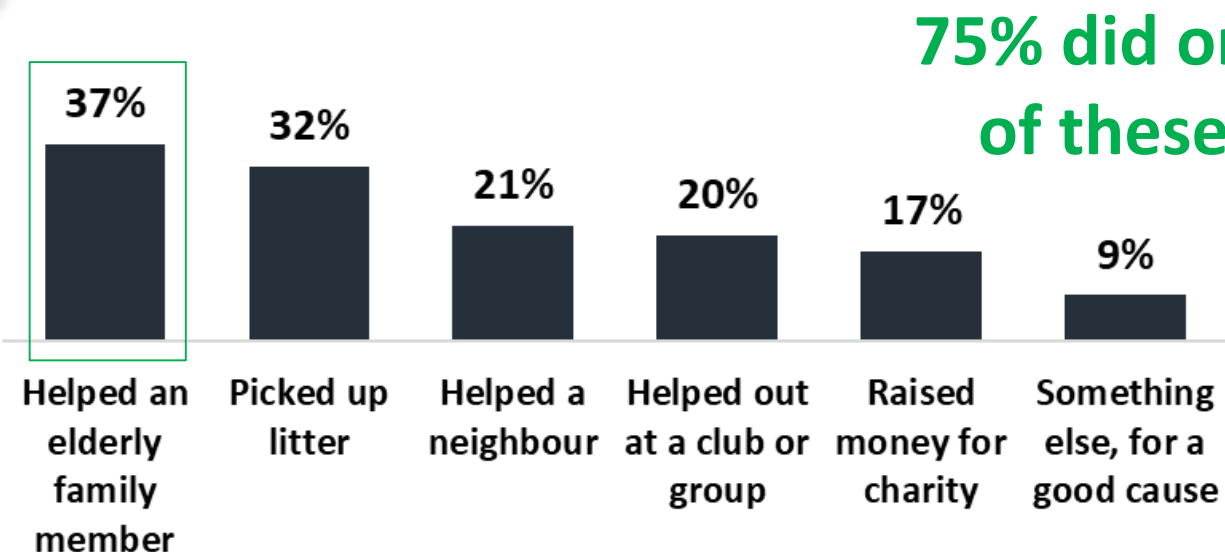
64% of pupils had problems less than 2 nights in a week

No significant variations by year group or gender.

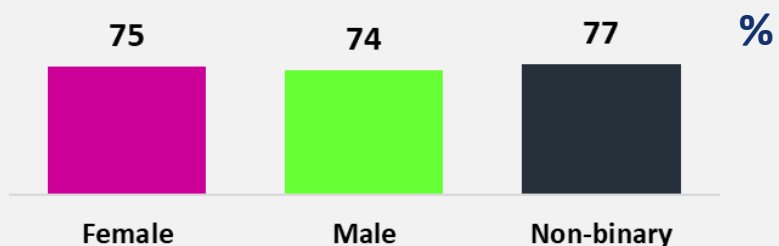
# Charitable activity

“Since the start of the summer holidays have you...” [Multiple response question]

n = 3,331



75% of pupils said they did something; 37% helped an elderly family member.

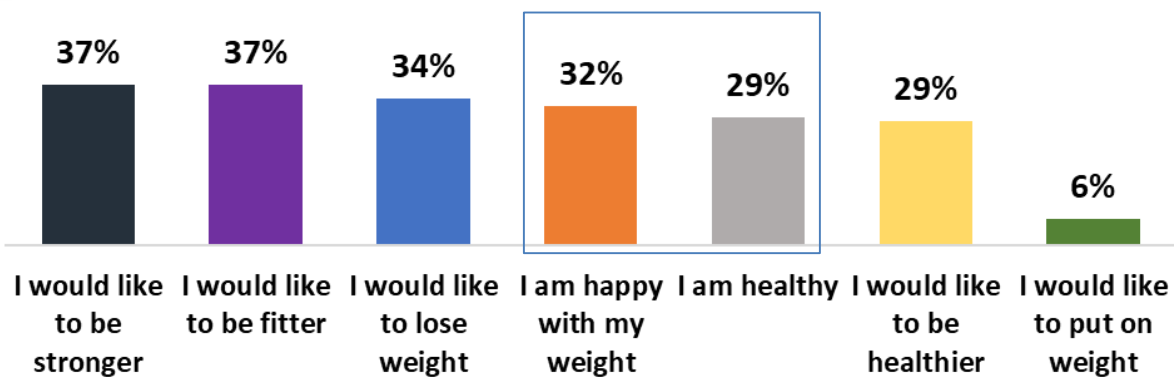


No significant differences between genders and year groups.

# Body Image

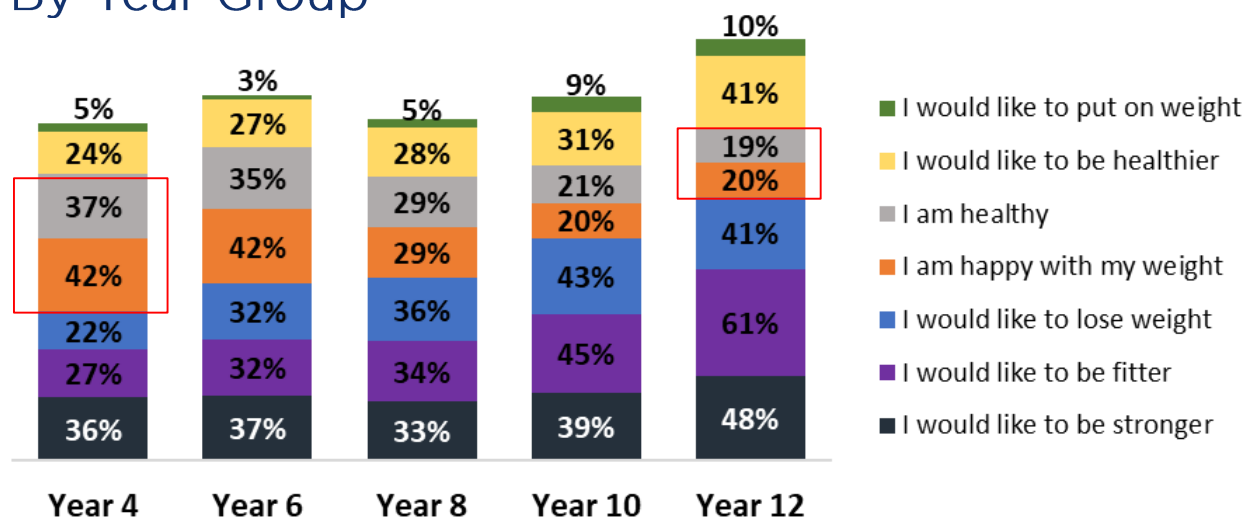
n = 3,366

“What do you think about your body?” *[multiple response question]*



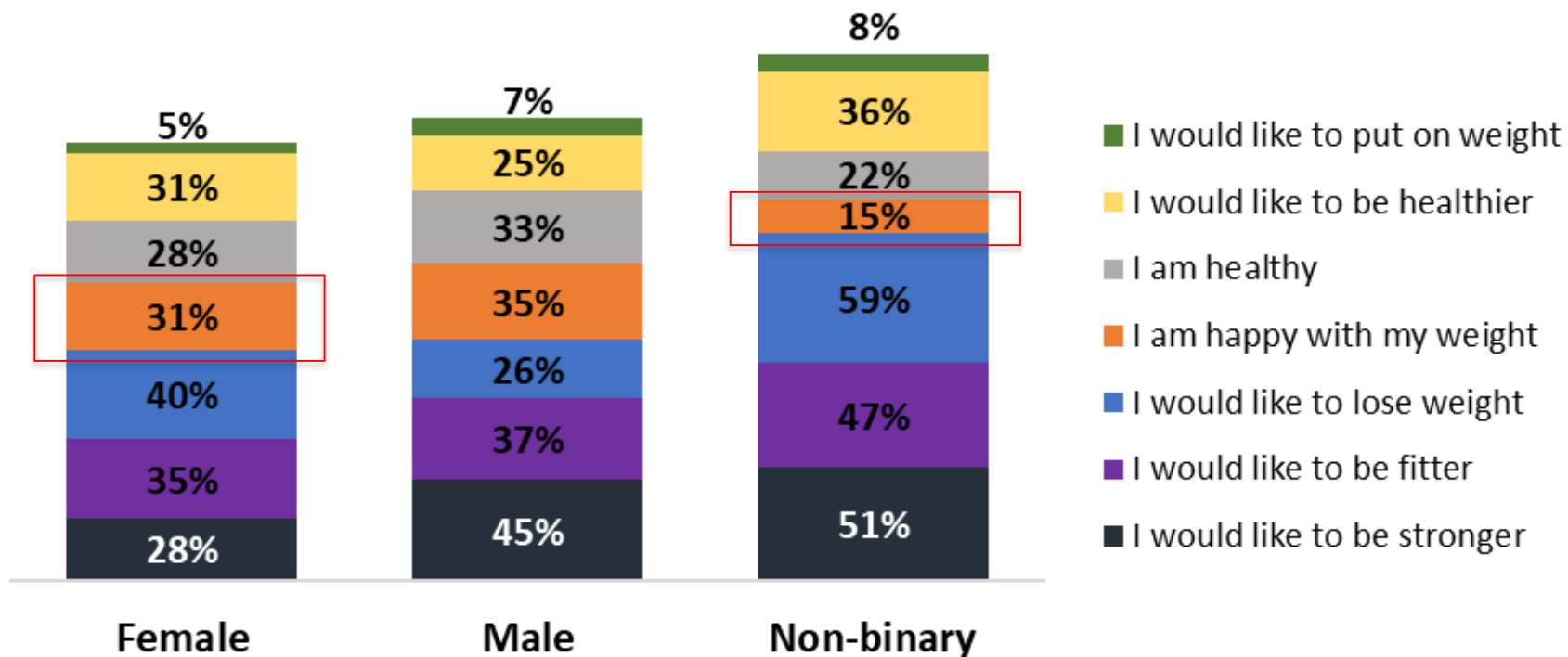
Overall, 32% of pupils are happy with their weight; 29% think they are healthy

## By Year Group



42% of Year 4 are happy with their weight; trends downwards as year group increases, to 20% of Year 12.

# Body Image – By Gender



31% of female and 15% of non-binary pupils say they are happy with their weight (this low % is not explained by the age profile of non-binary pupils).

## Findings – Activity & Screen time



Activity and screen time: 40% of all pupils spend at least 90 minutes a day doing active things

- This includes sports, playing outside, or walking and it roughly similar to the national sport England survey.
- There is a notable drop off in activity levels in year 12 compared with younger age groups.
- Girls and pupils receiving free school meals were less likely to achieve 90 minutes in a normal day.
- 77% of pupils spend more than 90 minutes using a screen each day
- Nearly a fifth of pupils say it is very hard to get to sleep with 13% saying they have difficulty getting to sleep every night.
- 41% of pupils go to bed at 10pm or later, with the average bedtime, 9:44pm.
- Around a third of pupils are happy with their weight, with a similar number wanting to be fitter or healthier.



25% reported having a 'high caffeine energy drink' yesterday

## DIET (& DENTAL HYGIENE)

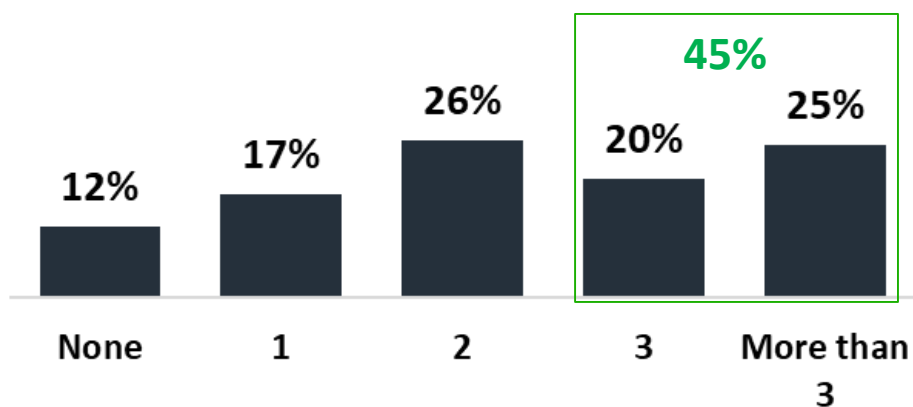


# Diet - Vegetables

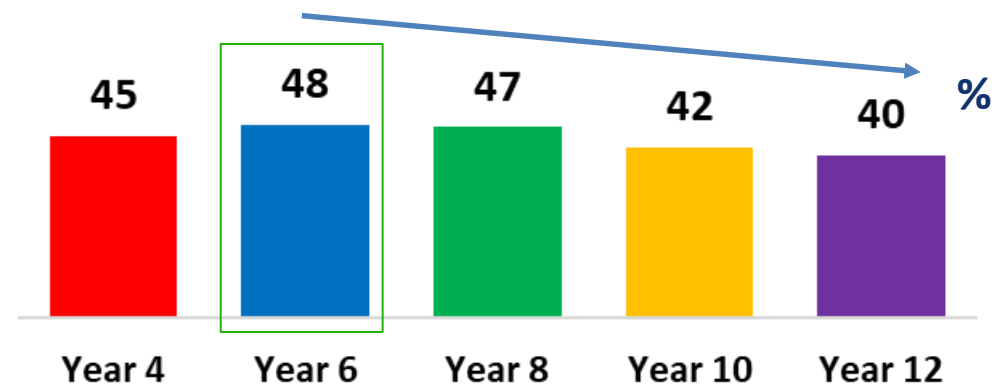


“How many portions of vegetables did you eat yesterday?”

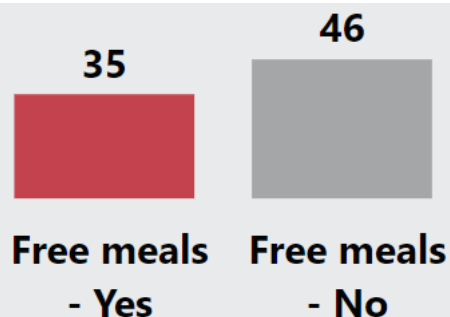
n = 3,675



Overall, 45% of pupils ate 3 or more portions of vegetables in the previous day.



48% of Year 6 pupils ate 3 or more portions of vegetables in the previous day; 40% of Year 12 did same.



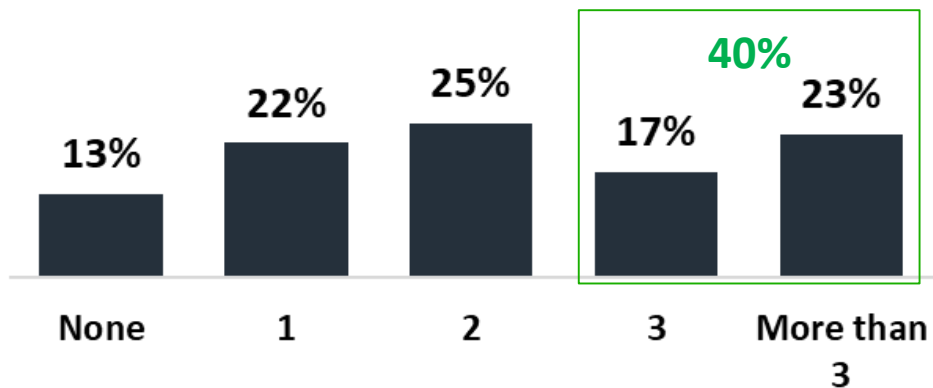
35% of free meals pupils ate 3 or more portions of veg in the previous day, compared with 46% of those who do not receive free meals.

# Diet - Fruit

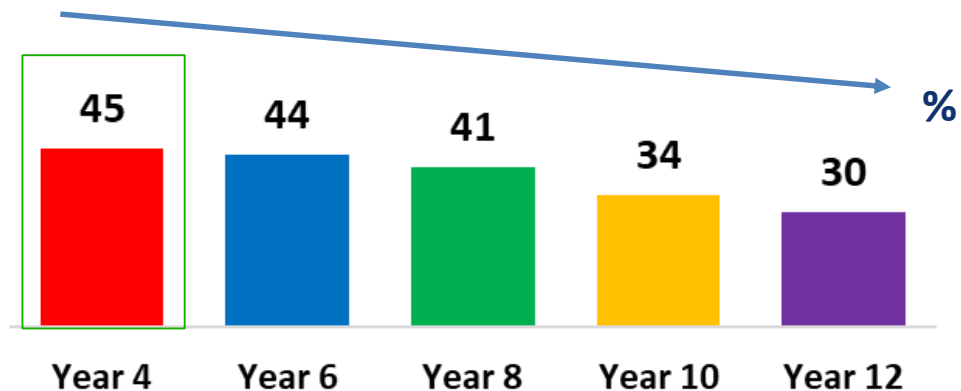


“How many portions of fruits did you eat yesterday?”

n = 3,645



Overall, 40% of pupils ate 3 or more portions of fruit in the previous day.



45% of Year 4 pupils ate 3 or more portions of fruit in the previous day. This % trends down with year group increase, to 30% for Year 12.



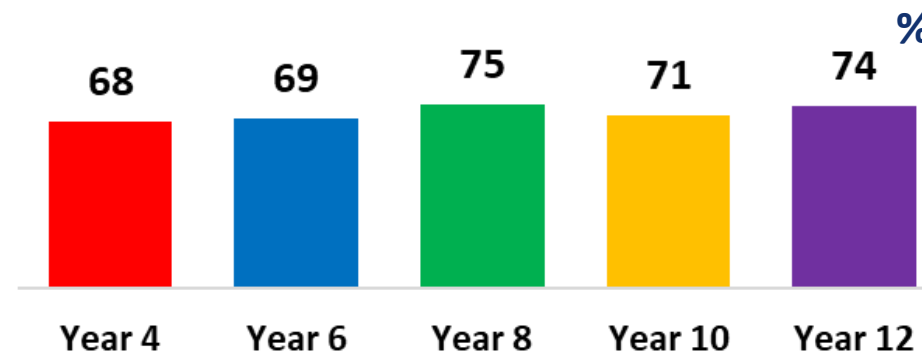
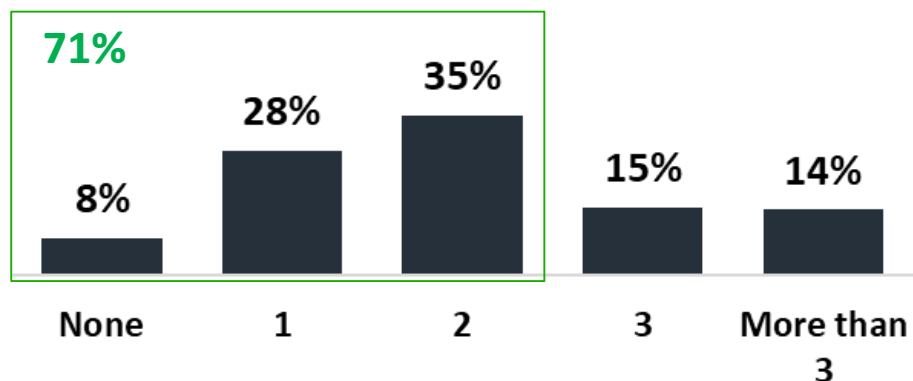
33% of free meals pupils ate 3 or more portions of fruit in the previous day, compared with 41% of those who do not receive free meals.

# Diet – Sweet Food



“How many times did you have sweet food yesterday?”

n = 3,628



Overall, 71% of pupils had 2 or less portions of sweet food in the previous day.

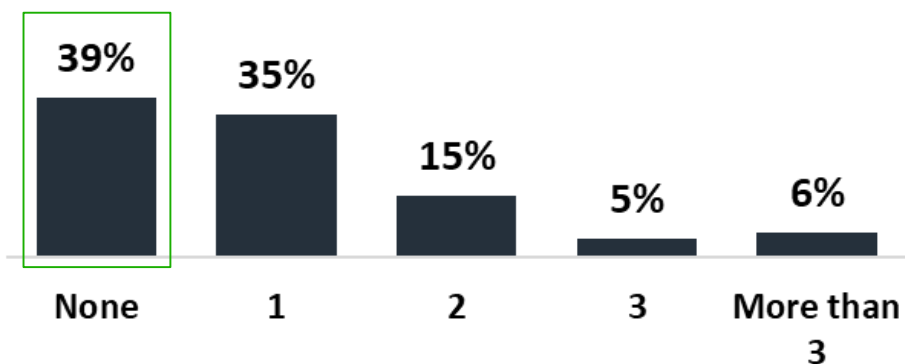
Little variation by year group or gender.

# Diet – Sugary Drinks

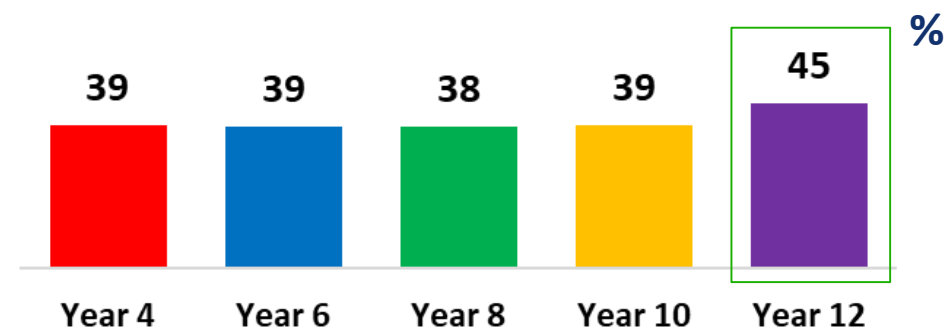


“How many times did you have sugary drinks yesterday?”

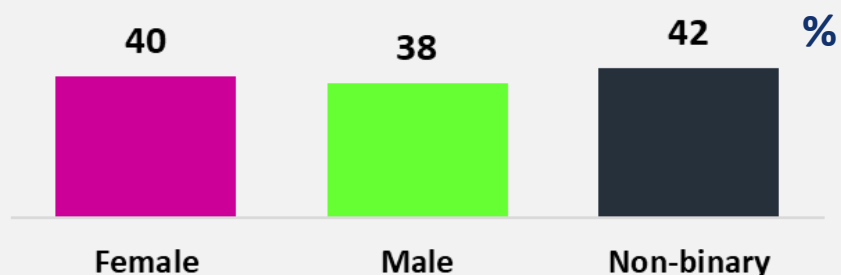
n = 3,615



Overall, 39% of pupils did not have a sugary drink in the previous day.



45% of Year 12 pupils did not have a sugary drink in the previous day.

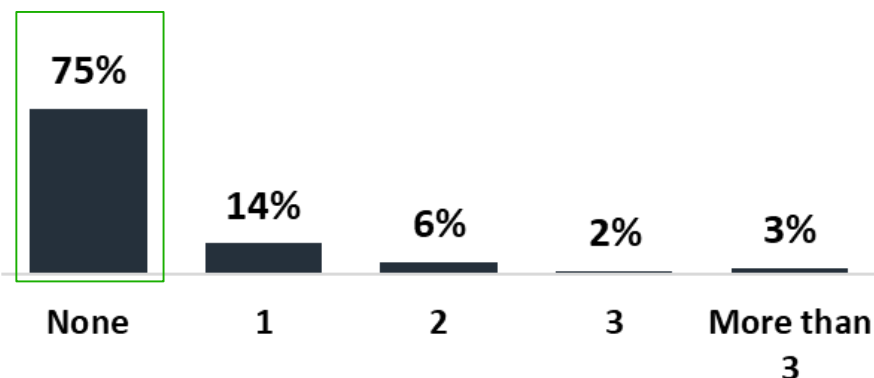


Little variation by gender or year group

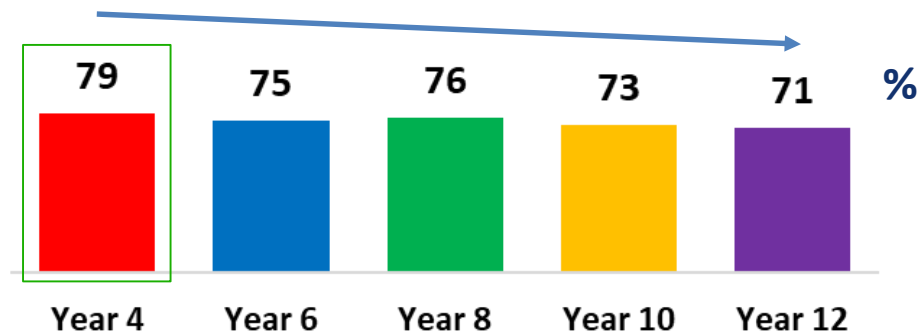
# Diet – Energy Drinks

“How many times did you have high caffeine energy drinks yesterday?”

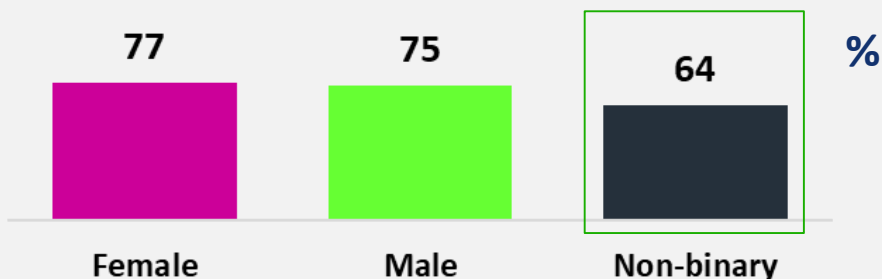
n = 3,521



Overall, 75% of pupils did not have a high caffeine energy drink in the previous day.



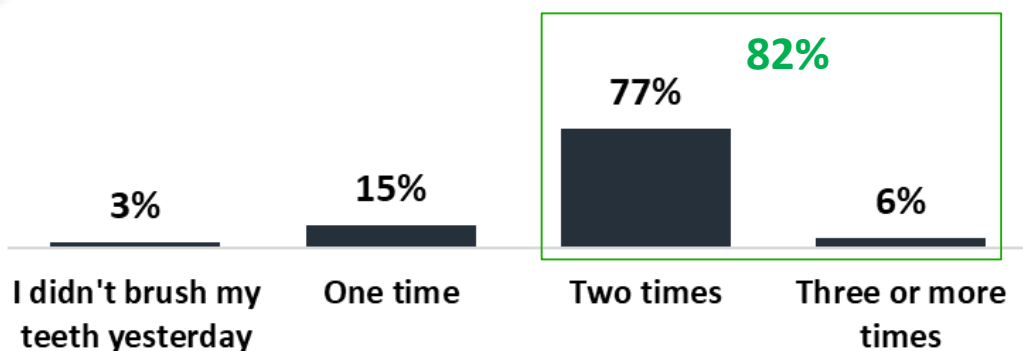
More Year 4 pupils reported not having high caffeine energy drinks in the previous day - 79%, trending down to 71% of Year 12.



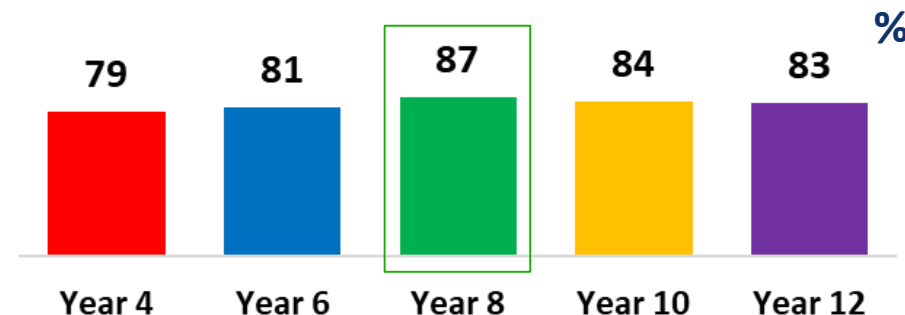
Lowest % (64%) for non-binary pupils

# Dental hygiene - Brushing

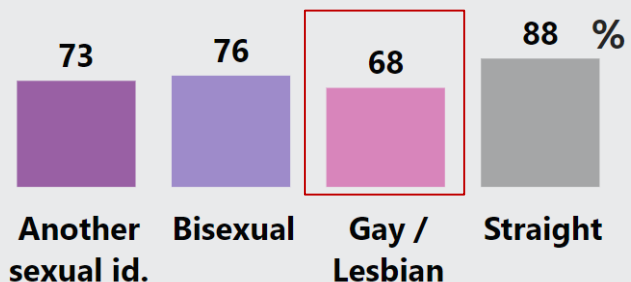
“How many times did you brush your teeth yesterday?”



Overall, 82% of pupils brushed their teeth two or more times the day before.



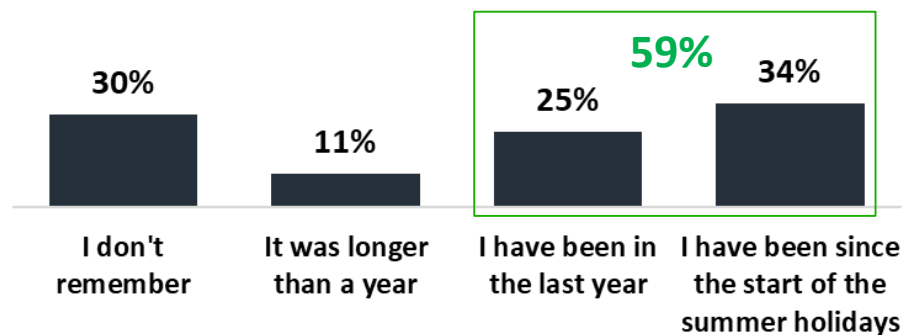
Year 8 pupils reported the highest % - 87%



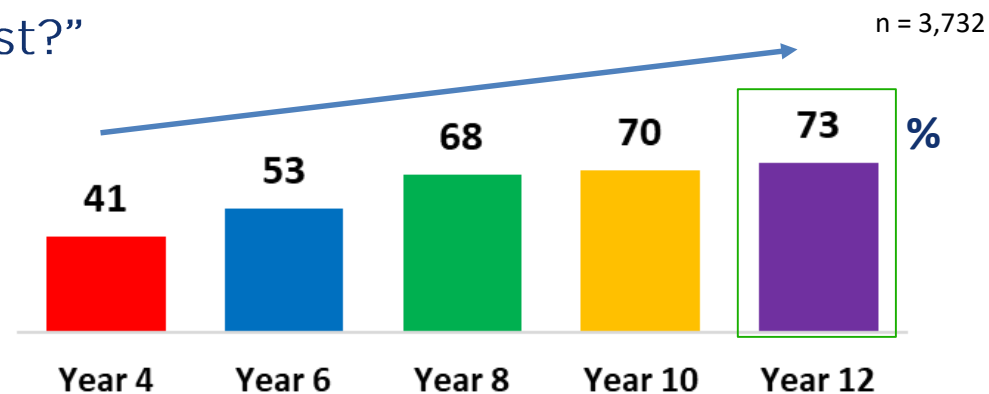
68% of gay / lesbian pupils brushed two or more times.

# Dental hygiene - Dentist

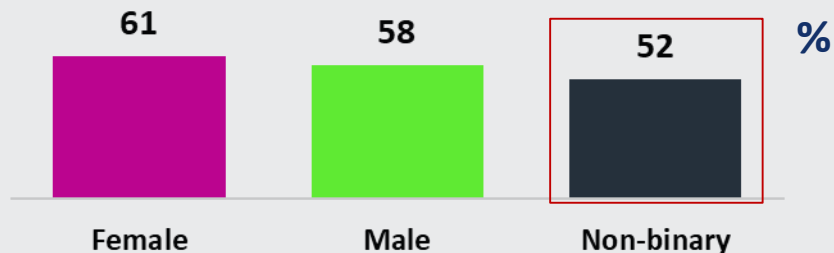
“When was the last time you went to the dentist?”



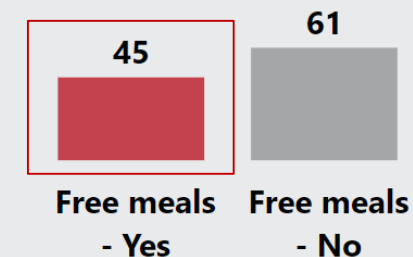
Overall, 59% of pupils remembered they went to the dentist in the last year.



73% of Year 12 pupils went to the dentist in the last year.



Fewer non-binary pupils (52%) and free meals pupils (45%) remembered they went to the dentist in the last year.





## Findings – Diet & Dental Health



Diet and dental health: 25% reported having a ‘high caffeine energy drink’ yesterday

- About half of pupils reporting having their ‘5 a day’ Pupils on free school meals were less likely to report having their 5 a day than their peers.
- 61% of pupils reported having a sugary drink yesterday, with 25% reporting several sugary drinks.
- 82% of pupils reported brushing their teeth twice yesterday, there was little variation between different groups.

17% of secondary and sixth form pupils have drunk alcohol in the week before the survey

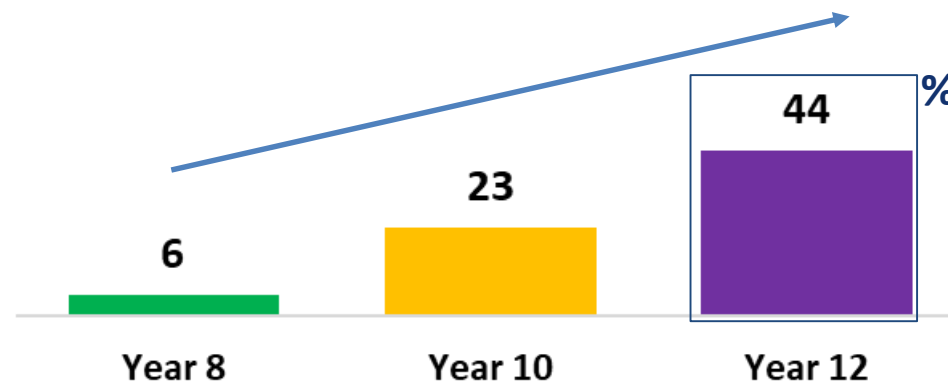
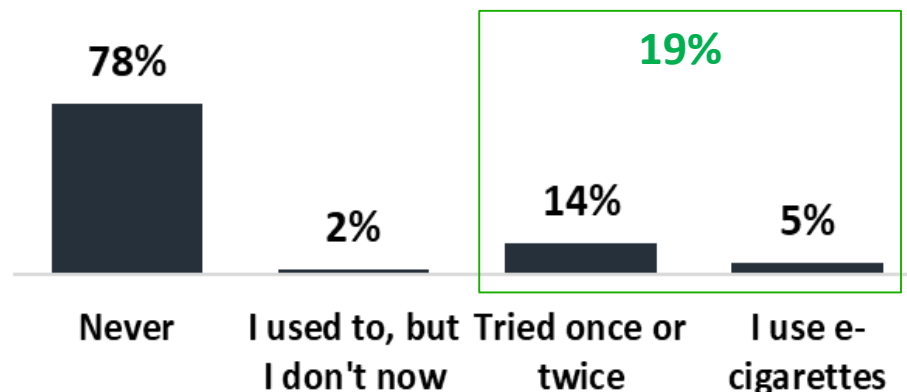
## SMOKING, ALCOHOL, DRUGS



# Smoking - e-Cigarettes

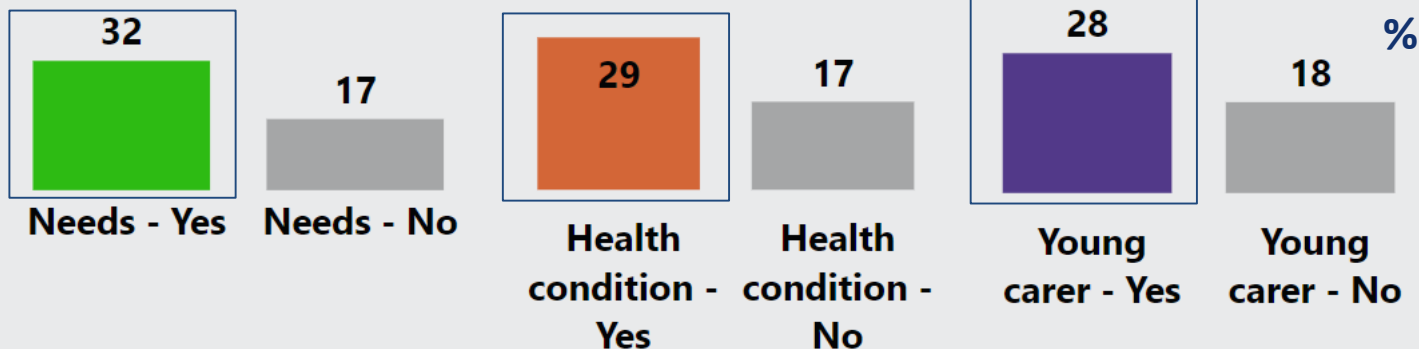
n = 1,815

“Do you smoke e-cigarettes?”



Overall, 19% of pupils have tried or use e-cigarettes.

44% of Year 12 pupils have tried or use e-cigarettes.

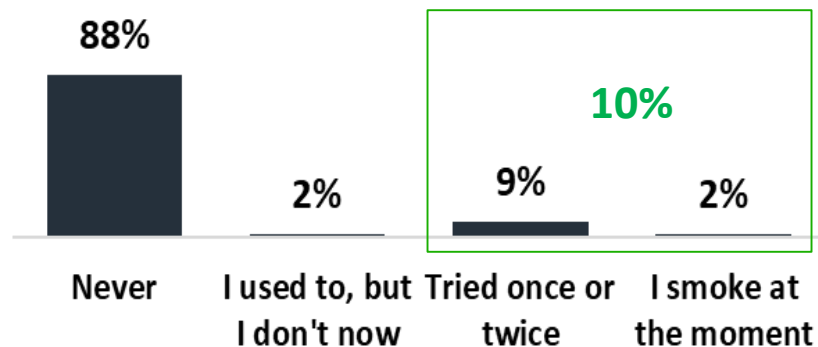


Females (23%), and bisexual, SEND, young carers, and those with a health condition (28 - 32%), were more likely to have tried or use e-cigarettes.

# Smoking – Cigarettes

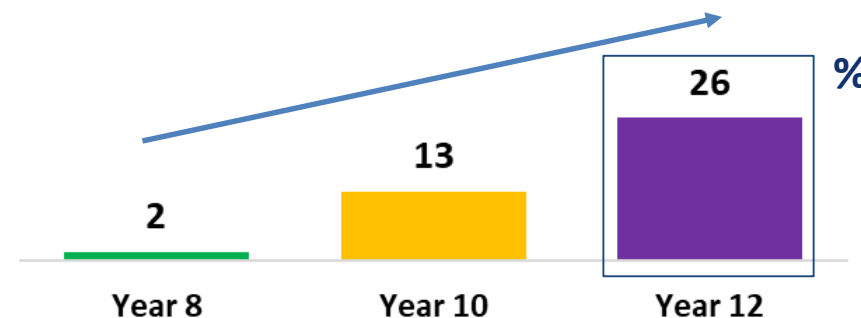


“Do you smoke cigarettes?”

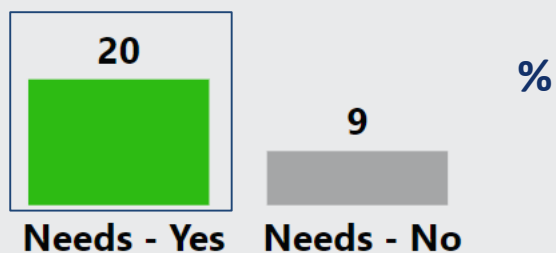


Overall, 10% of pupils have tried or use cigarettes. 2% smoke.

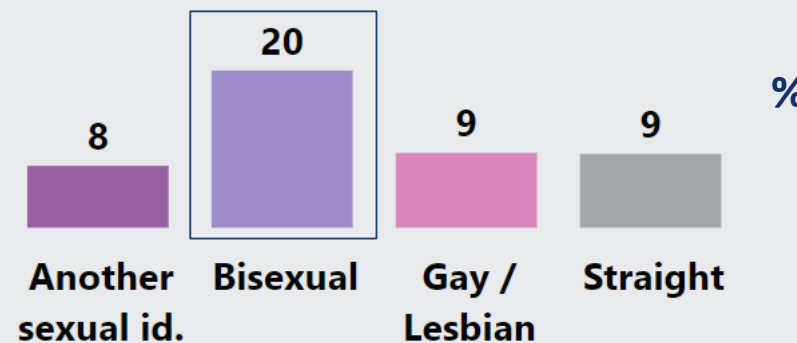
n = 1,814



26% of Year 12 pupils have tried or use cigarettes.



20% of pupils with a health condition say they tried or use cigarettes.

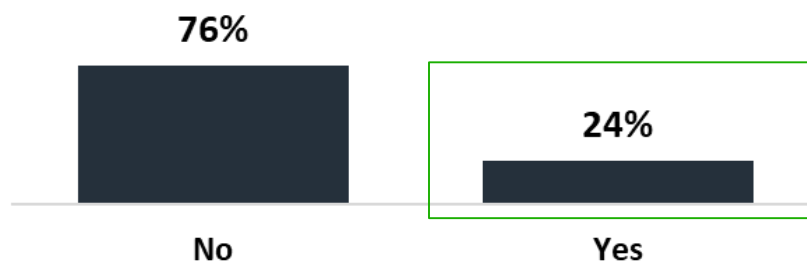


20% of bisexual pupils tried / use cigarettes.

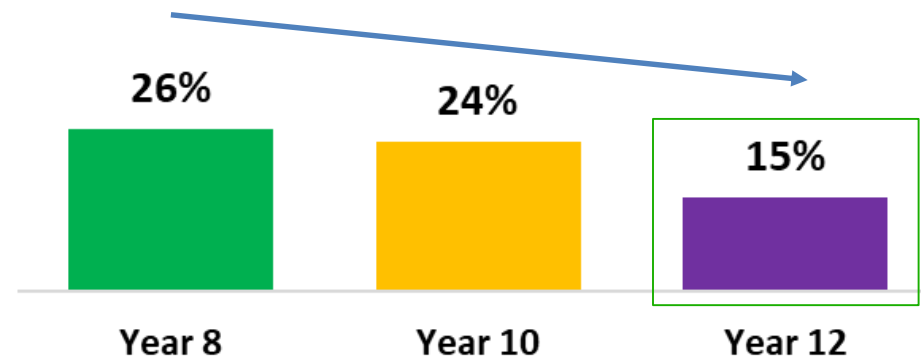
# Smoking – Living with adult smoker

n = 1,807

“Do any adults that you live with smoke?”



24% of pupils said that they live with adults who smoke



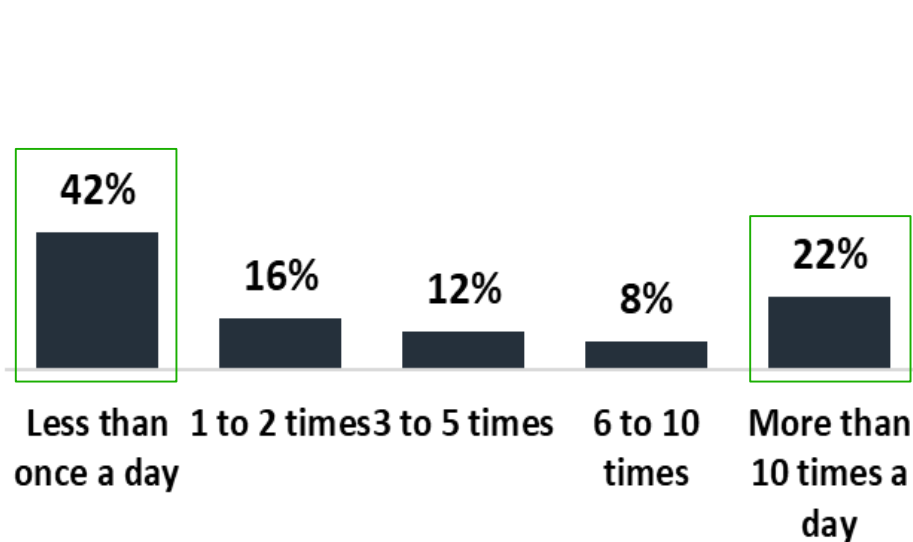
Year 12 pupils report significantly lower % (15%) than average.

No significant differences by pupil gender.

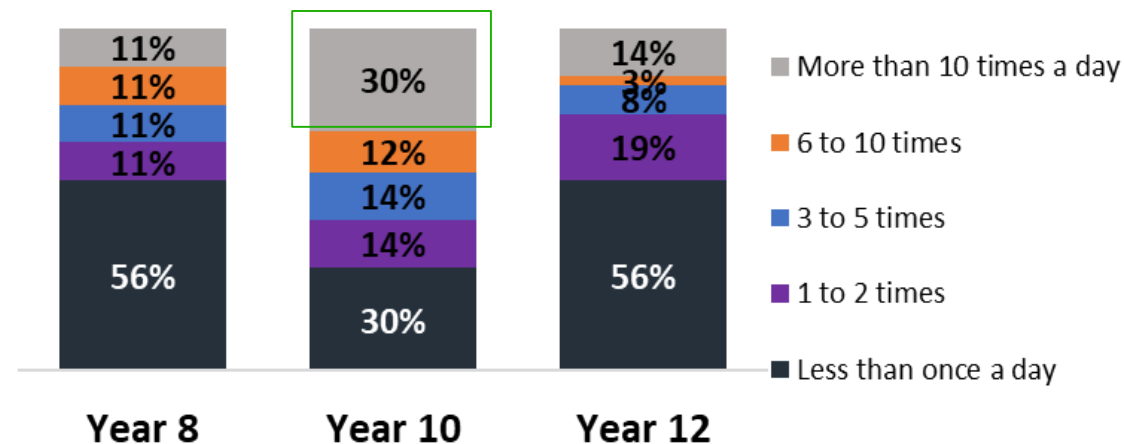
# Smoking - Frequency

n = 95

How many times do you smoke on an average day?



Of those pupils who do smoke (e-cigarettes or cigarettes), 42% smoke less than once a day; 22% smoke more than 10 times a day.



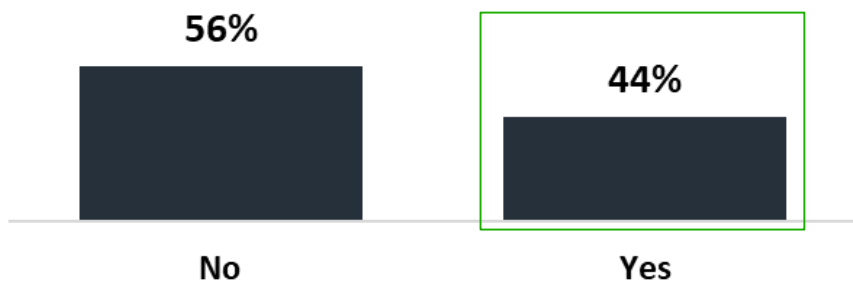
Of those Year 10 who do smoke (e-cigarettes or cigarettes), 30% smoke more than 10 times per day

# Smoking – Help to Stop

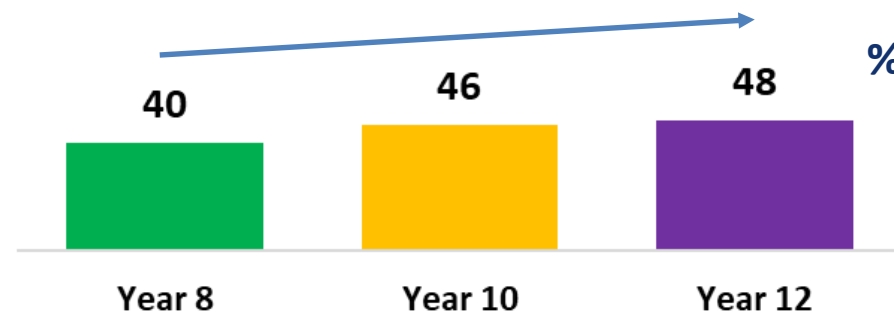
n = 1,805



Do you know where people can get help to stop smoking?



44% of pupils know where people can get help to stop smoking.



Knowledge of where to get help to stop smoking increases slightly with year group.

# Smoking – Want Help to Stop

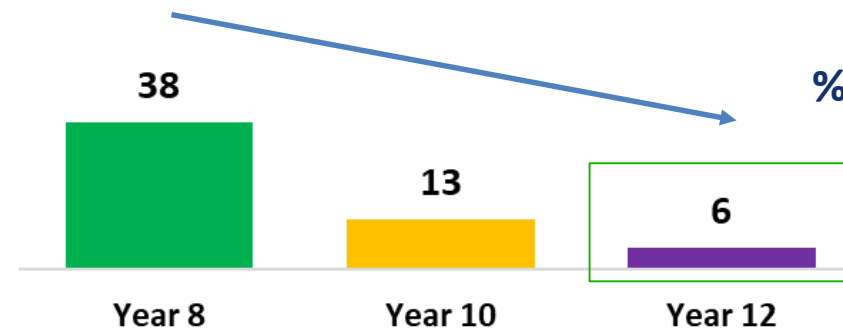


Do you want help to stop smoking?

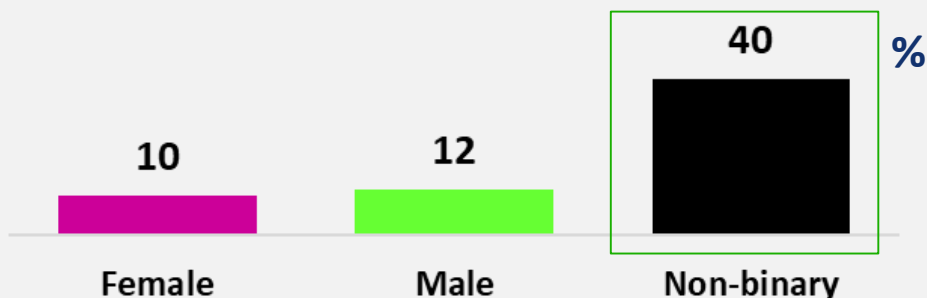
n = 91



Overall, 12% of pupils who smoke said they wanted help to stop smoking.



Low % (6%) of Year 12 pupils who smoke or vape want help to stop.



Non-binary smokers reported the highest % wanting help to stop smoking.



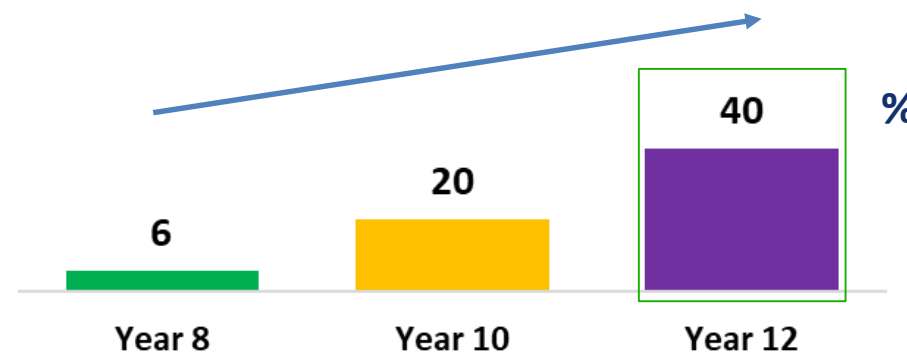
# Alcohol - Use

n = 1,807

“Have you drank any alcohol in the last 7 days?”

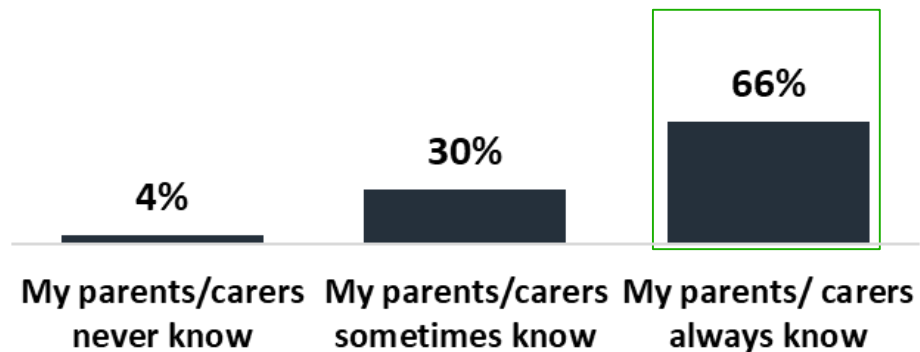


17% of pupils have drank alcohol in the last 7 days.



6% of Year 8 have drank alcohol; for Year 12, it's 40%

“Do your parents/carers know if you drink alcohol?”



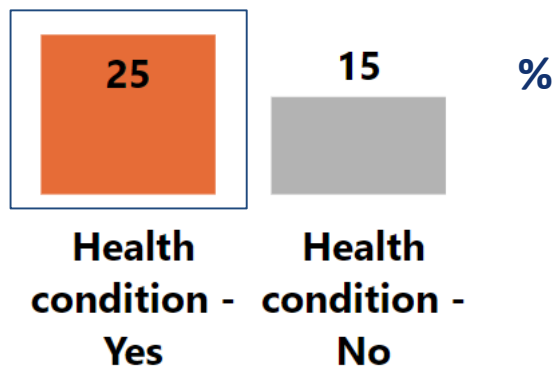
66% of pupils who drink said their parents/carers always know if they drink alcohol.

# Alcohol - Use - Demographics

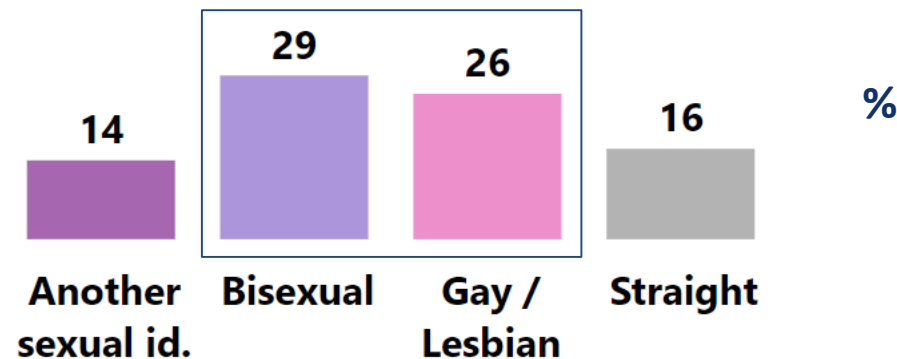
n = 1,807



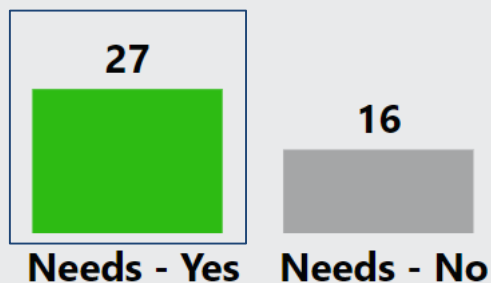
“Have you drank any alcohol in the last 7 days?”



25% of pupils with a health condition say they drank in last 7 days (average = 17%).



29% of bisexual and 26% of gay / lesbian pupils say they drank in last 7 days.

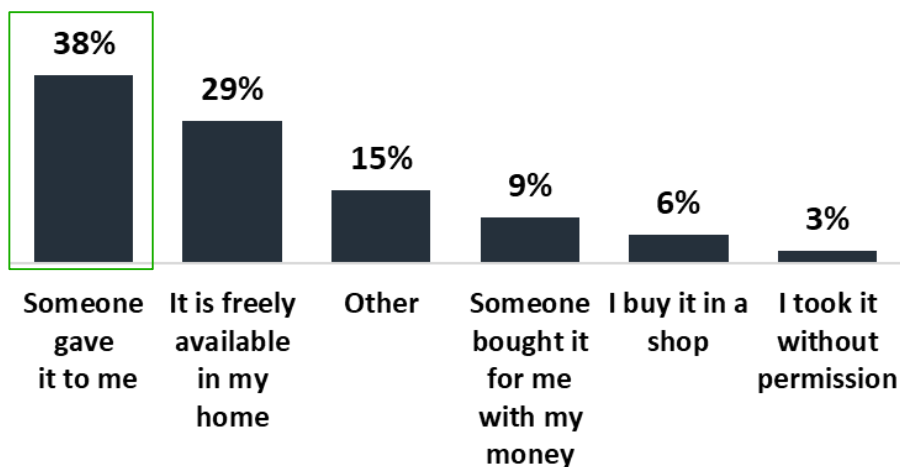


27% of SEND pupils say they drank in last 7 days.

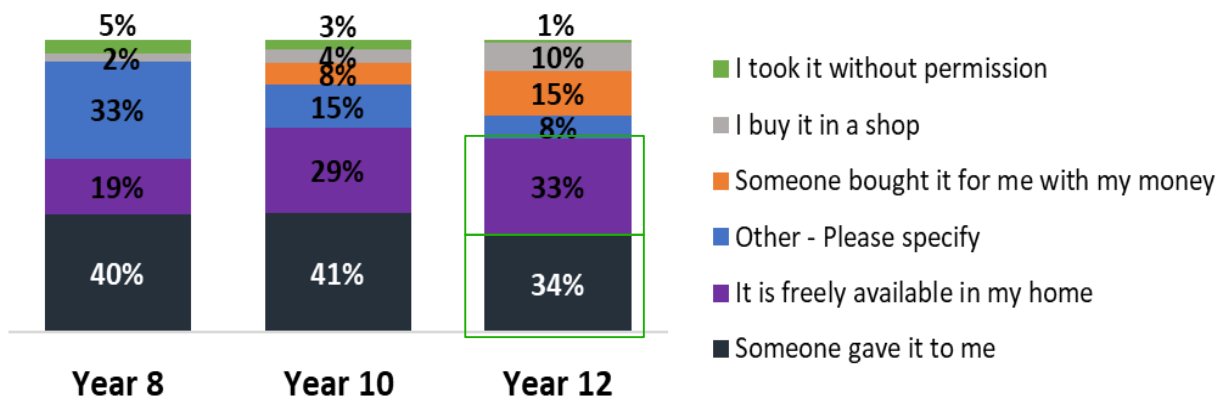
# Alcohol - Source

n = 303

“How did you get the alcohol?”



Of the 17% who said they had drunk in the last seven days, 38% said someone gave it to them.



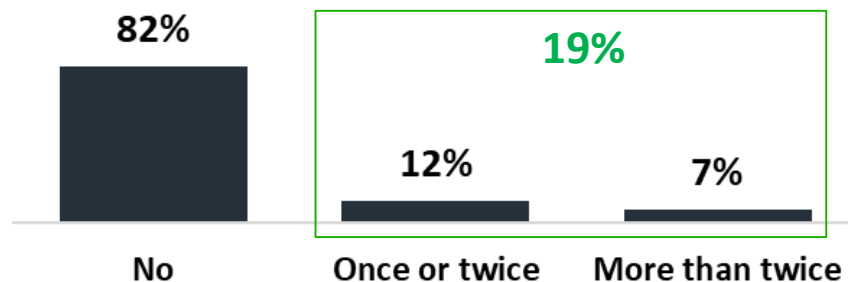
Of the 40% of Year 12 who said they had drunk alcohol in the last seven days, 34% said someone gave it to them and another 33% said it is freely available at home.

# Drugs - Offered

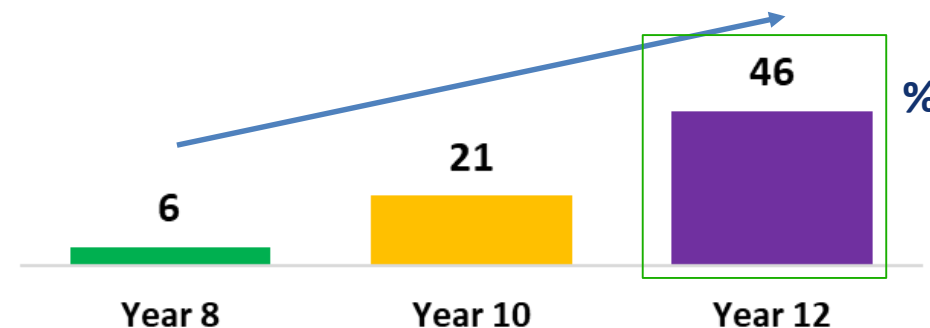
n = 1,797

“Have you ever been offered any kind of these drugs\*?”

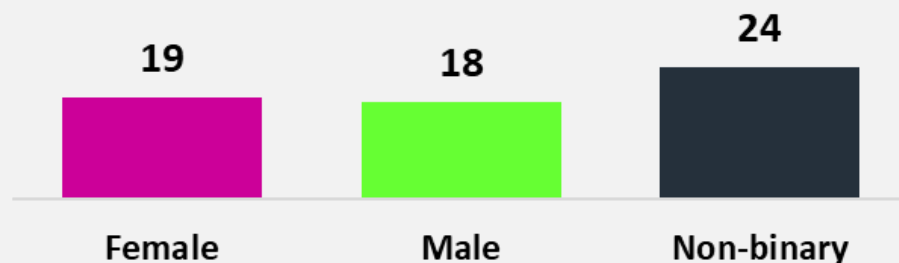
\*These questions are about drugs. This includes cannabis, nitrous oxide, MDMA, products previously known as 'legal highs', cocaine.



Overall, 19% of pupils have been offered drugs.



Highest % - 46% of Year 12 pupils have been offered drugs.



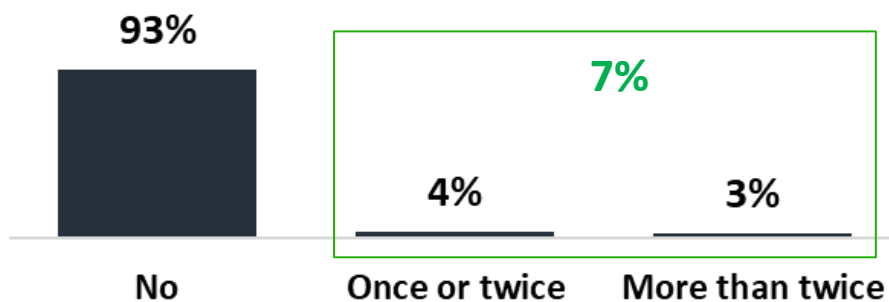
Highest % - 24% non-binary pupils have been offered drugs.

# Drugs - Taken

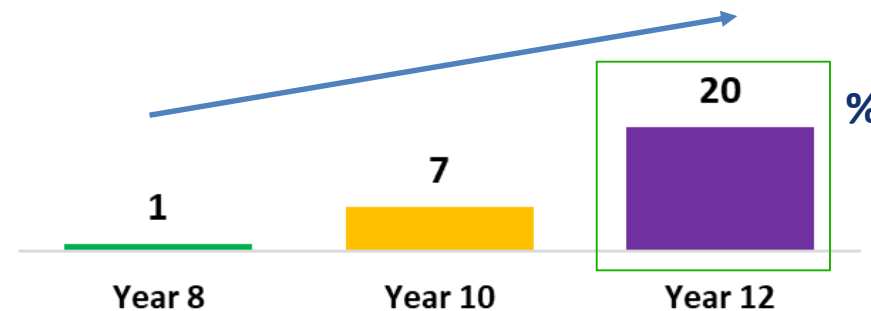


“Have you ever taken any kind of these drugs?”

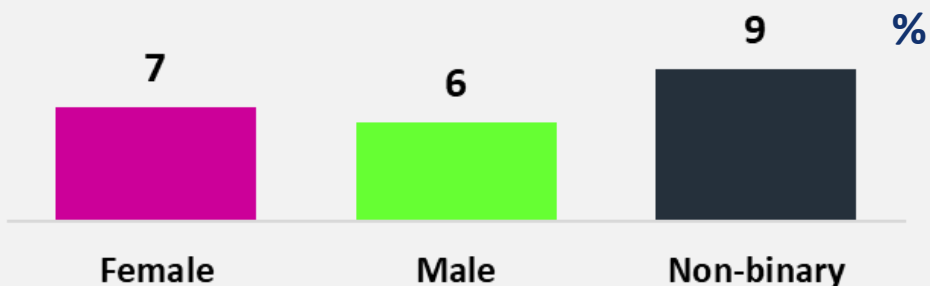
n = 1,791



Overall, 7% of pupils have taken these kinds of drugs.



1% of Year 8 have ever taken these kinds of drugs, rising to 20% of Year 12.



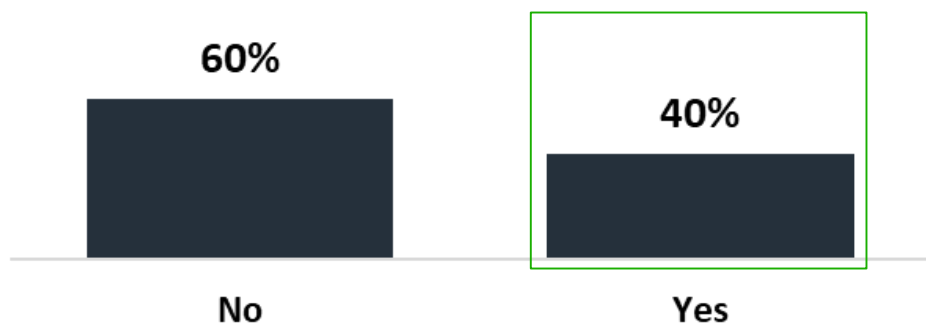
9% of non-binary pupils have taken these kinds of drugs.

# Drugs – Taken Recently

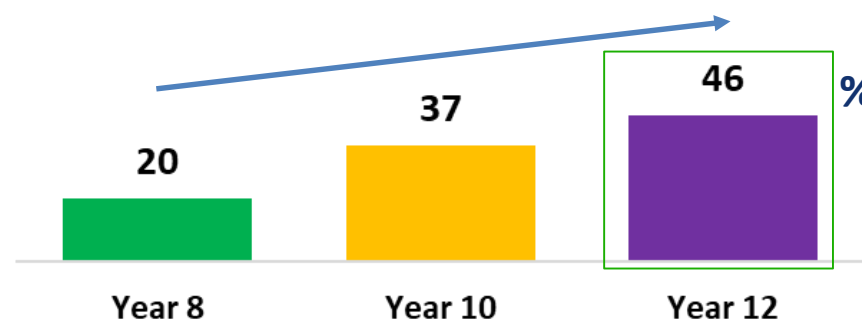


“Have you taken any of these drugs in the last month?”

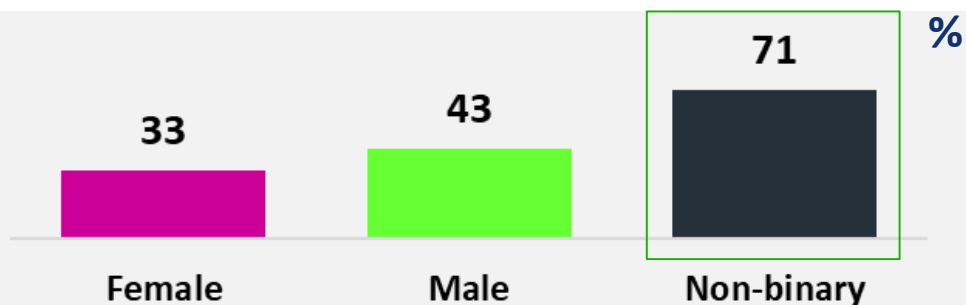
n = 121



Of pupils who have taken drugs (7%), 40% have done so in the last month.



Of Year 12 pupils who have taken drugs (20%), 46% have done so in the last month



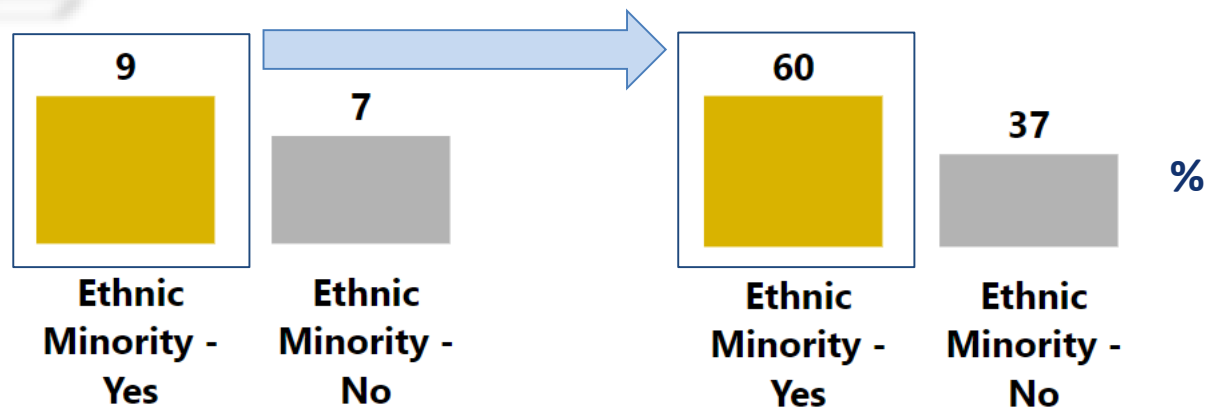
Of non-binary pupils who have taken drugs (9%), 71% have done so in the last month

# Drugs - Taken Recently - Demographics



n = 121

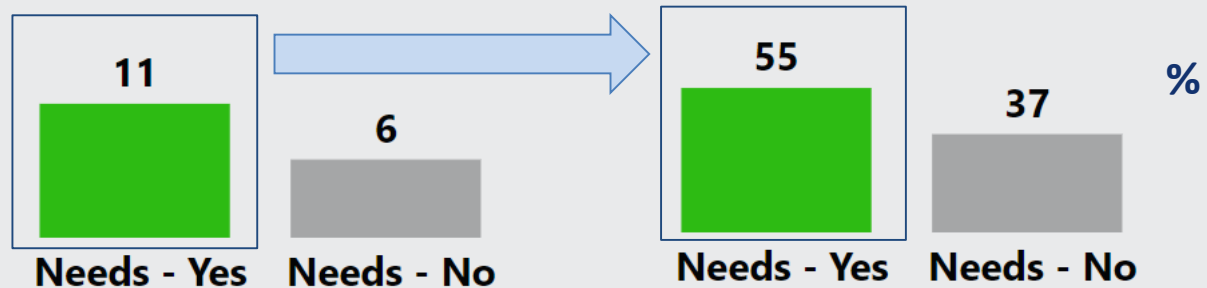
“Have you taken any of these drugs in the last month?”



Overall, of 9% of ethnic minority pupils who said they have taken drugs, 60% say they have done so in the last month



Overall, of 11% of free school meals pupils who said they have taken drugs, 50% say they have done so in the last month



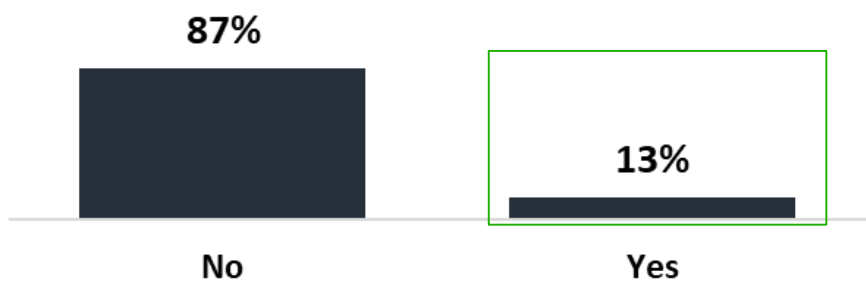
Of the 11% of SEND pupils who said they have taken drugs, 55% say they have done so in the last month

# Drugs - Worries

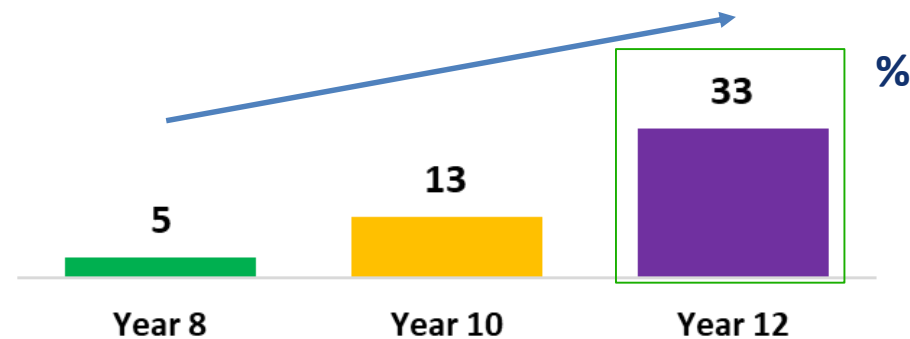


“Have you ever been worried about yourself or a friend because of drug use?”

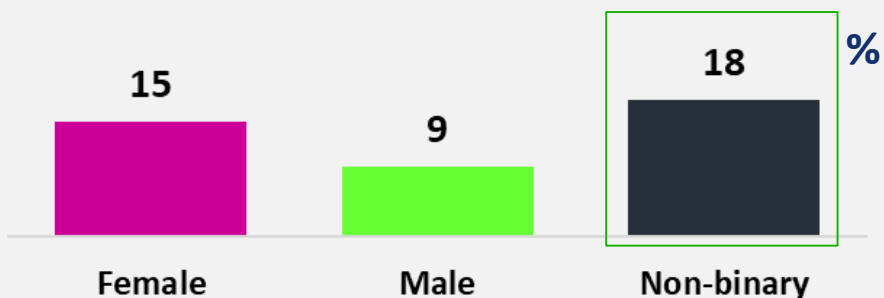
n = 1,788



13% of pupils said they have worried about themselves or a friend because of drug use.



33% of Year 12 pupils have been worried about themselves or a friend because of drug use.



18% of non-binary pupils have been worried about themselves or a friend because of drug use.

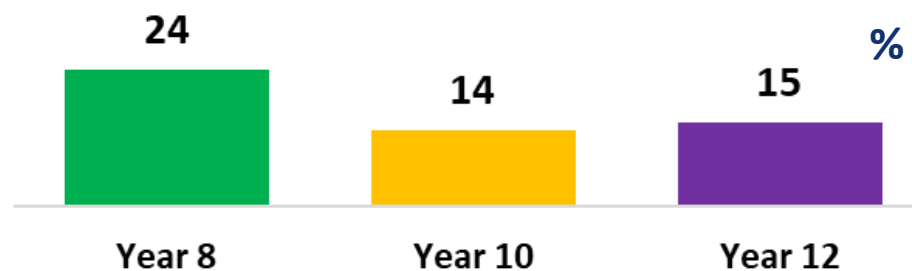
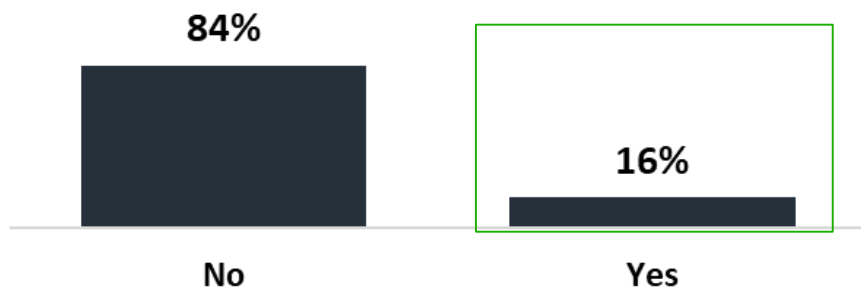


# Drugs - Help



“Did you ask for help from an adult?”

n = 224



Of those who said they had been worried, only 16% have asked for help from an adult.

## Findings – Smoking & Alcohol



Smoking: 19% of secondary and sixth form pupils have used an e-cigarette, 10% have used conventional cigarettes


- This rises significantly to 44% and 26% respectively in year 12.
- Among young people that smoke, most do not smoke regularly and most do not want to stop smoking
- A quarter of pupils (24%) live with adult smoker and fewer than half of pupils (44%) know where people can get help to stop smoking.



Alcohol: 17% of secondary and sixth form pupils have drunk alcohol in the week before the survey

- This rises to 40% in year 12
- Two thirds of the secondary and sixth form pupils who drink say that their family always know if they drink alcohol.
- Two thirds also say that the alcohol ‘was given to them’ to that ‘alcohol is freely available at home’.
- For pupils with a health condition, LGBT, and SEND pupils, the rates are between 25% and 29%.

## Findings –Drugs

A small, empty square box with a thin border, located to the left of the main text.

Drugs: 19% of pupils have been offered illegal drugs at some point, rising to 46% in year 12 pupils. About half of this number report ever taking an illegal drug.

- Among those who have ever taken an illegal drug, 40% report doing this in the last month.
- A third of year 12 pupils report being worried about themselves or a friend because of drug use at some point, but less than half asked for help.

Only 21% of children and young people thought that giving their views made a difference to the topics we asked about

## MAKING A DIFFERENCE

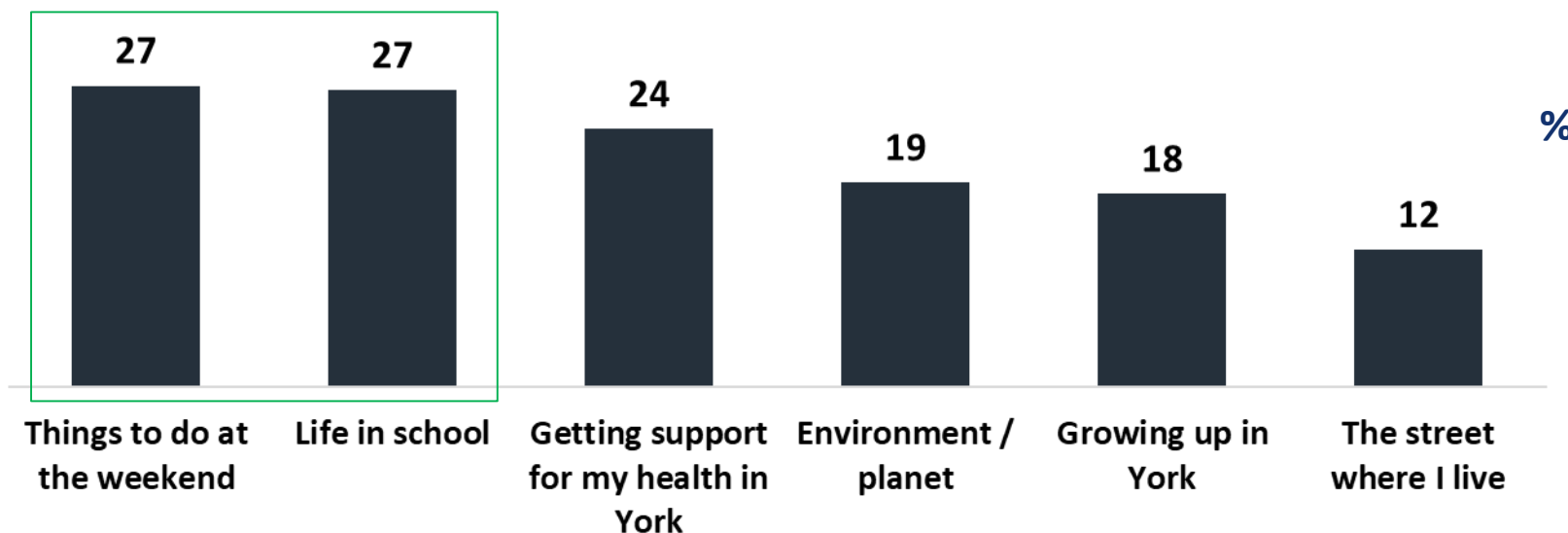
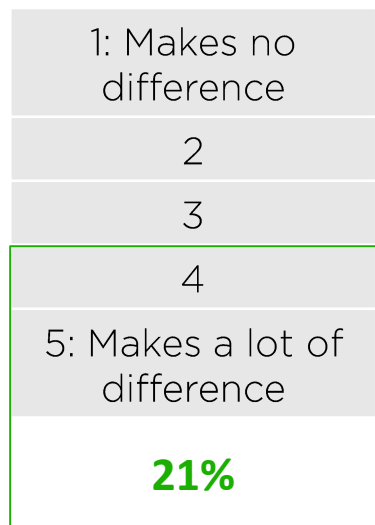


# Making a difference



“How much do you think giving your views about these things makes a difference?”

n = 1,662



Overall, 27% of pupils believe that giving their views about life in school or things to do at the weekend makes a difference.

Across all areas, averaged, 21% of pupils think their views make a difference.

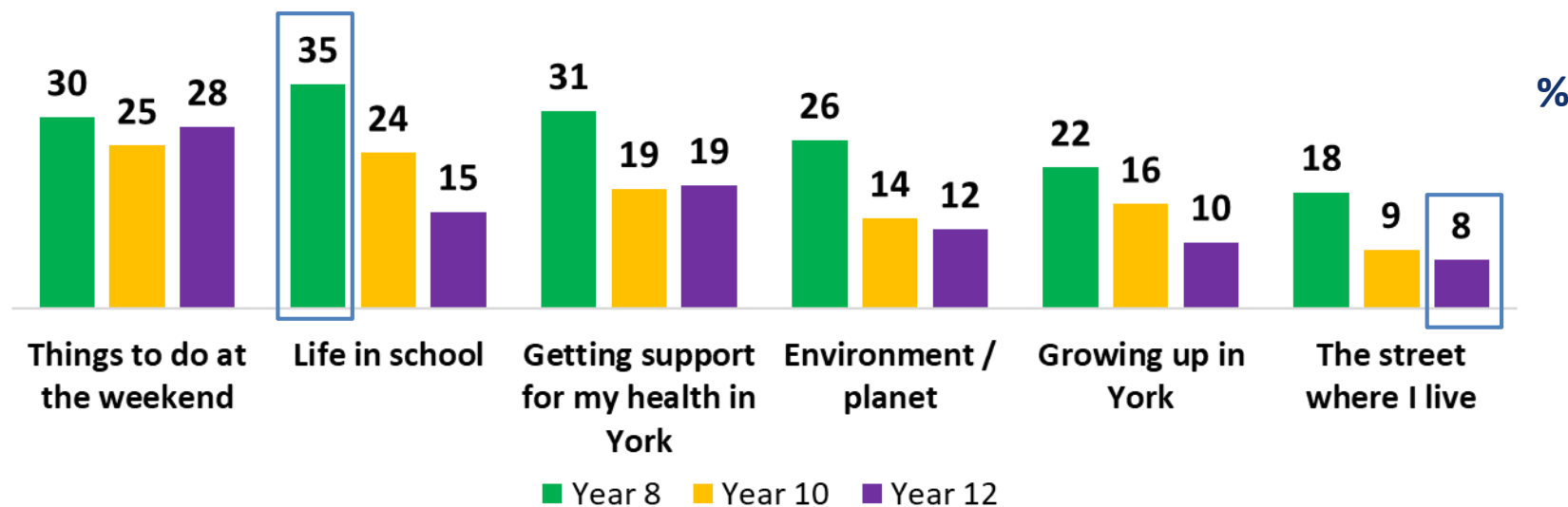
# Making a difference- by year group



“How much do you think giving your views about these things makes a difference?”

n = 1,662

1: Makes no difference
2
3
4
5: Makes a lot of difference
<b>21%</b>



35% of Year 8 pupils think their views make a difference to life in school.

Apart from Things to do at the weekend, all results trend down with increasing year group.

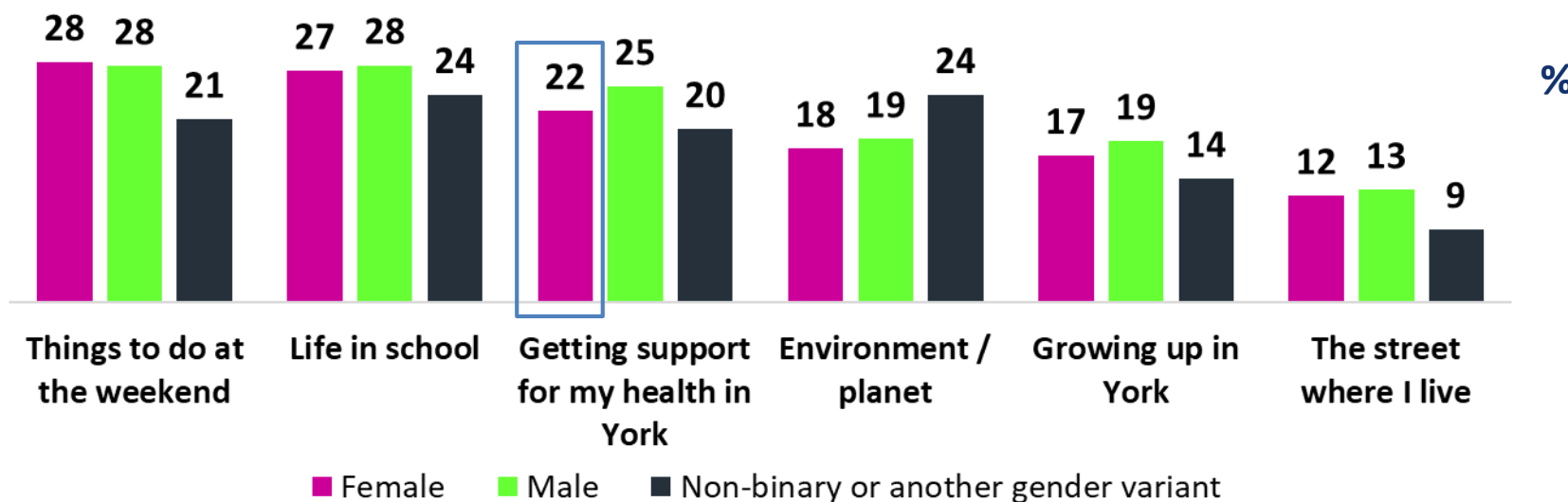
# Making a difference – by gender



“How much do you think giving your views about these things makes a difference?”

n = 1,662

1: Makes no difference
2
3
4
5: Makes a lot of difference
<b>21%</b>



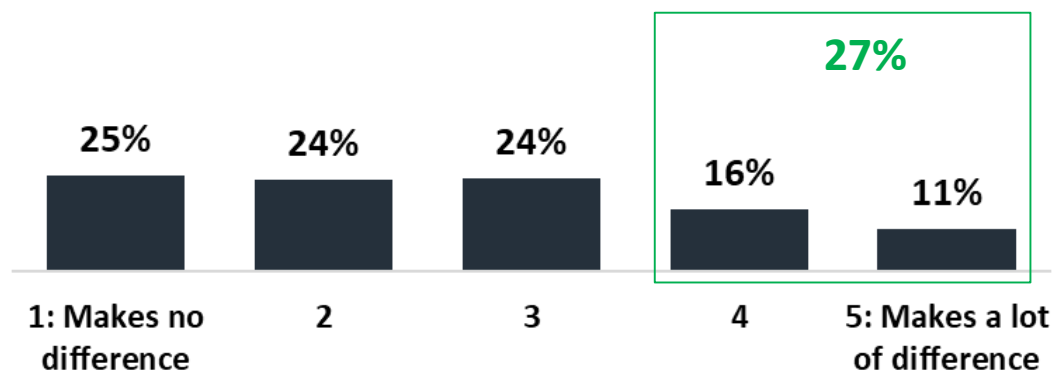
22% of female pupils think giving their views about Getting support for health in York will make a difference

# Making a difference

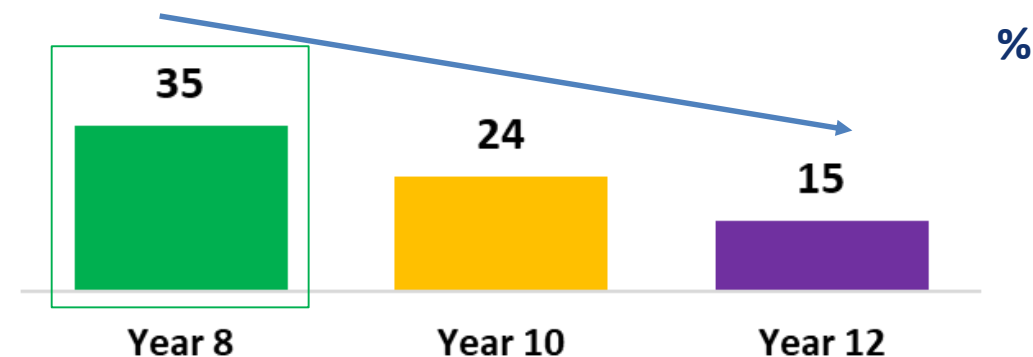
n = 1,662

“How much do you think giving your views about these things makes a difference?”

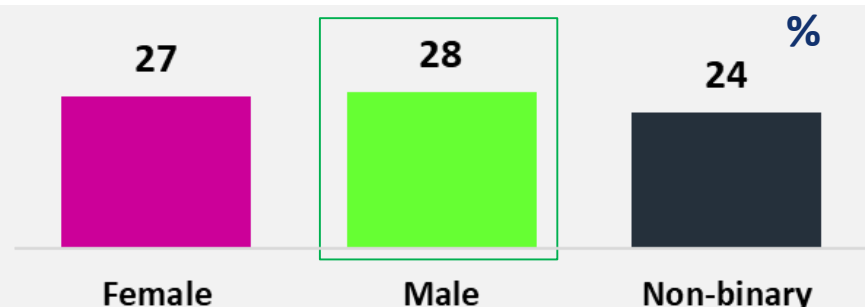
“Life in school”



Overall, 27% of pupils believe their views about life in school make a difference.



35% of year 8 pupils believe their views about life in school make a difference. This decreases with year group to 15% of Year 12.



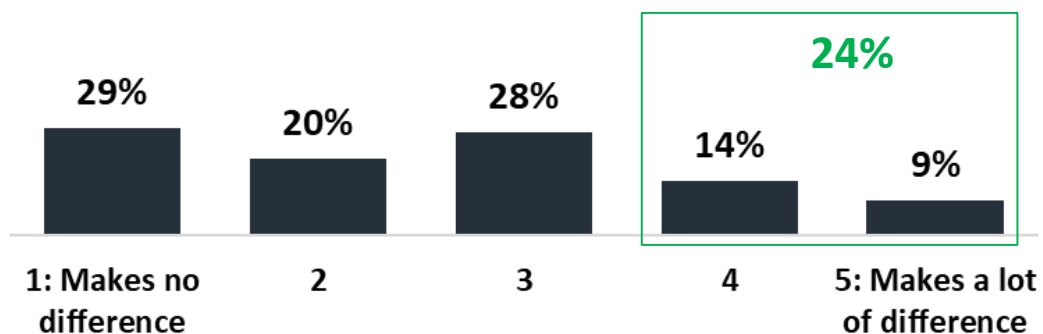
28% of male pupils believe their views about life in school make a difference.



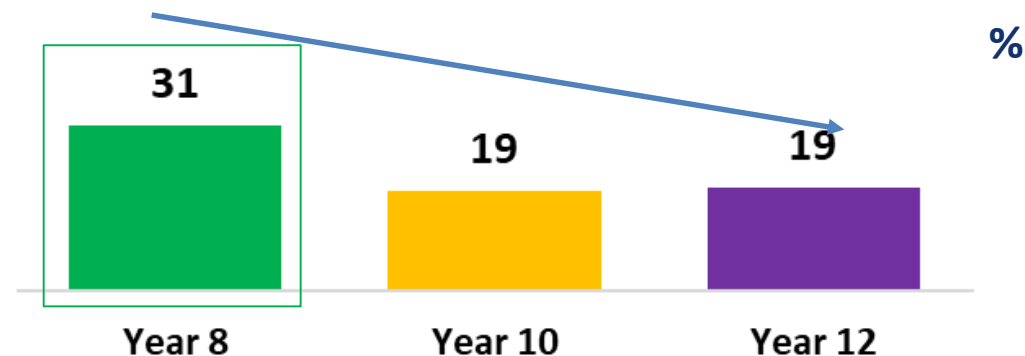
# Making a difference

n = 1,645

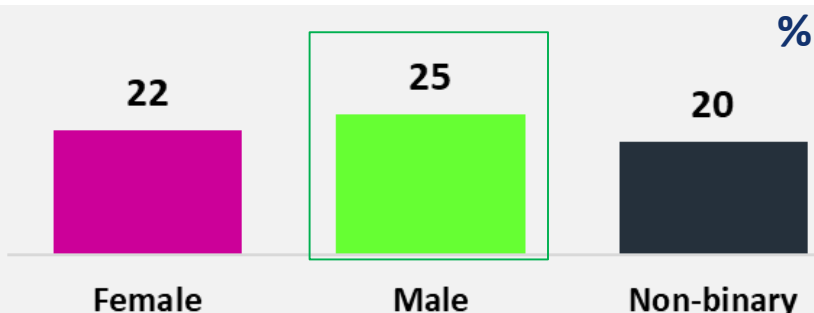
“How much do you think giving your views about these things makes a difference?”  
 “Getting support for my health in York”



Overall, 24% of pupils believe their views about getting support for their health in York make a difference.



31% of Year 8 pupils believe their views about getting support for their health in York make a difference. This decreases to 19% of Years 10 & 12.

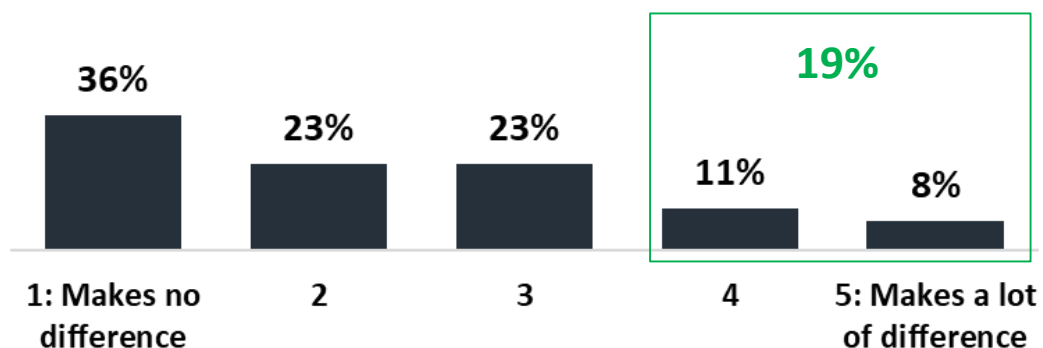


25% of male pupils believe their views about getting support for their health in York make a difference.

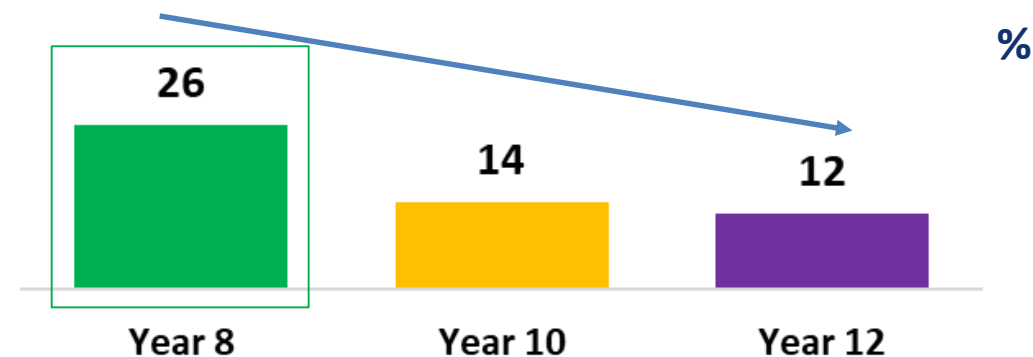
# Making a difference

n = 1,654

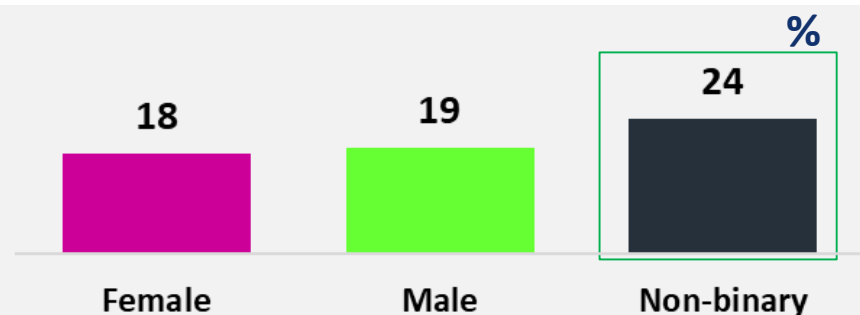
“How much do you think giving your views about these things makes a difference?”  
“The environment/the planet”



Overall, 19% of pupils believe their views about the environment/the planet make a difference.



26% of year 8 pupils believe their views about the environment/the planet make a difference. This decreases with age to 12% of Year 12.



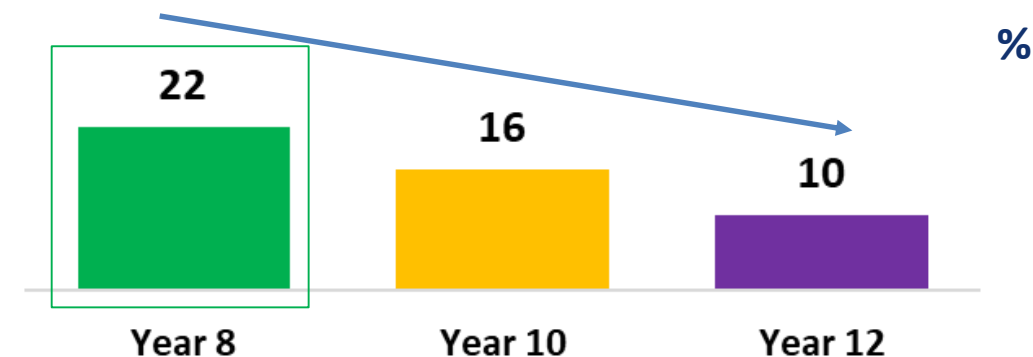
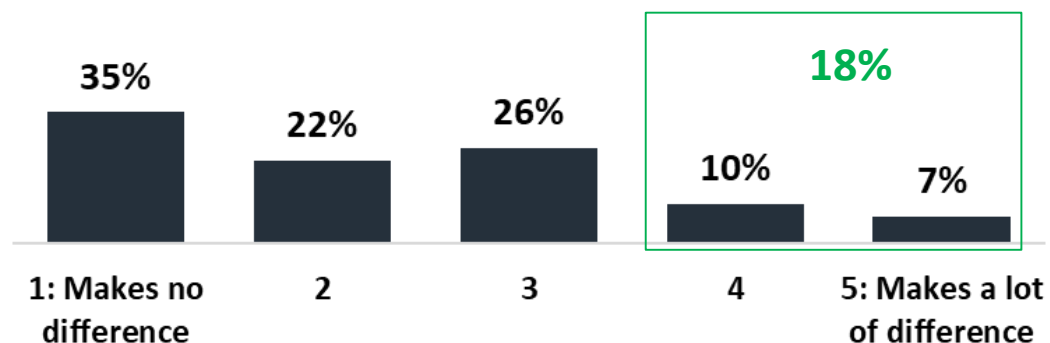
24% of non-binary pupils believe their views about the environment/the planet make a difference.

# Making a difference

n = 1,646

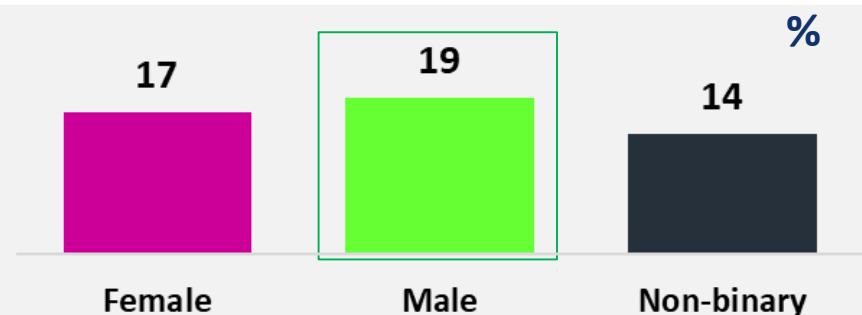
“How much do you think giving your views about these things makes a difference?”

“Growing up in York”



Overall, 17% of pupils believe their views about growing up in York make a difference.

22% of year 8 pupils believe their views about growing up in York make a difference. This decreases with age to 10% of Year 12.

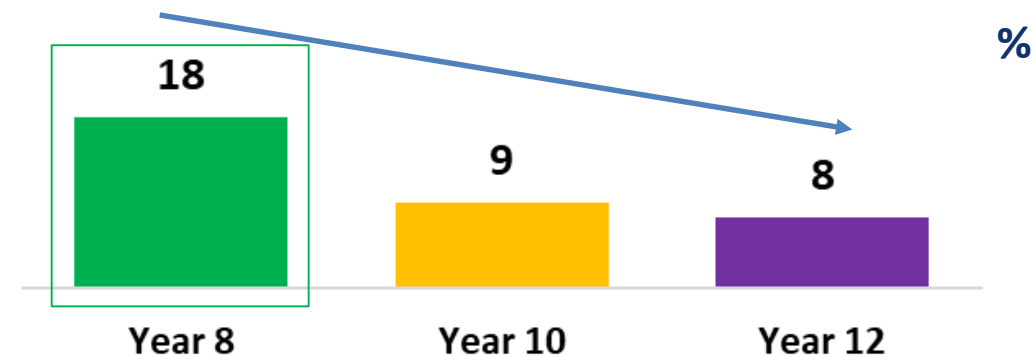
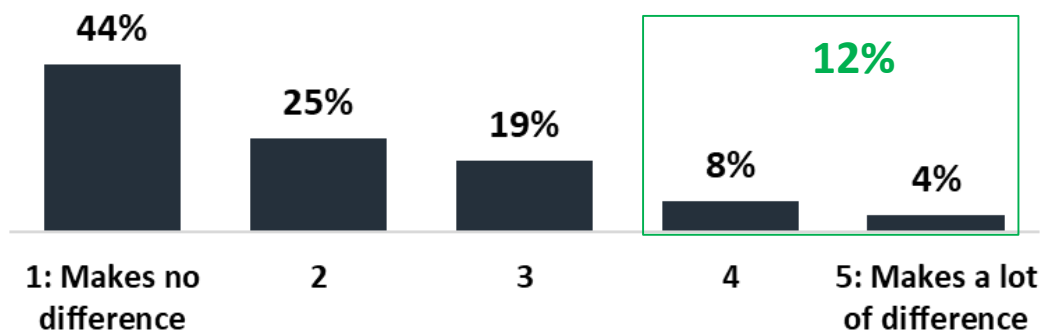


19% of male and male pupils believe their views about growing up in York make a difference.

# Making a difference

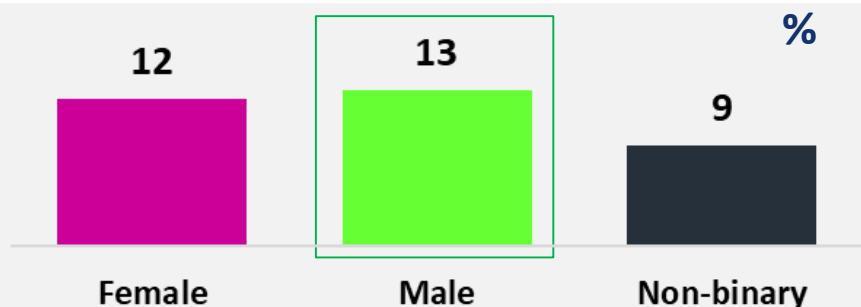
n = 1,649

“How much do you think giving your views about these things makes a difference?”  
“The street where I live”



Overall, 12% of pupils believe their views about the street where they live make a difference.

18% of Year 8 pupils believe their views about the street where they live make a difference. This decreases with age to 8% of Year 12.



13% of male pupils believe their views about the street where they live make a difference.

## Findings – Views

A small, empty square box with a thin border, likely a placeholder for an image or icon.

Voice: Only 21% of children and young people thought that giving their views made a difference to the topics we asked about

- Just over a quarter thought that their views made a difference to life in school and things to do at the weekend, but smaller numbers thought their views made a difference to the place where they live, or growing up in York, or the environment.
- Younger pupils were more likely to say their views made a difference compared with older pupils.

# Participant Demographics - 1 / 2

## York Demographics

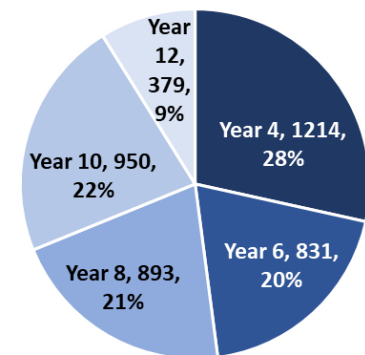
2021		
Year	Pop.	%
4	1978	22
6	1984	23
8	2012	23
10	1973	22
12	845	10

Src: [https://data.yorkopendata.org/dataset/York\\_schools\\_Population\\_By\\_Year.xlsx](https://data.yorkopendata.org/dataset/York_schools_Population_By_Year.xlsx)

- Young carers: 5.5% (national)

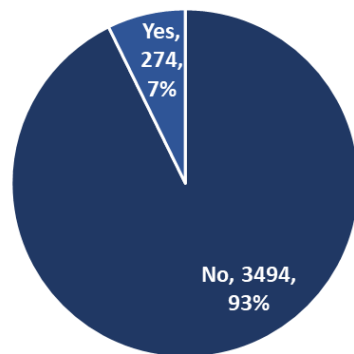
Src: 'action for carers'

## Year group



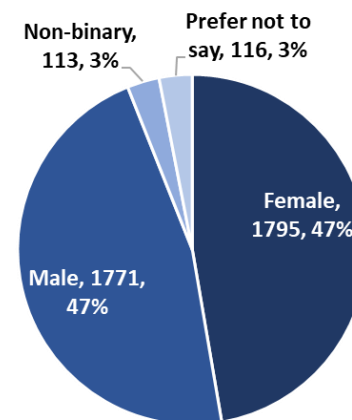
n = 4,269

## Young carer



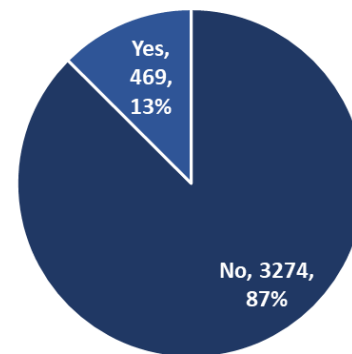
n = 3,768

## Gender



n = 3,795

## SEND



n = 3,743

## York Demographics

- York's male population for 2011 was 96,300 which is 10.4% more than 2001.
- York's female population for 2011 was 101,800 which was 8.2% more than 2001

Src: <https://data.yorkopendata.org/dataset/census-2011/resource/edf191e2-c43e-44ab-a1f6-1e6ff30317f3> via 2011 Census

- Children with Learning disability / Autism, known to schools (York 2020): 527 + 406 (~11%)

Src: Public Health, YCC

# Participant Demographics - 2 / 2

## York Demographics

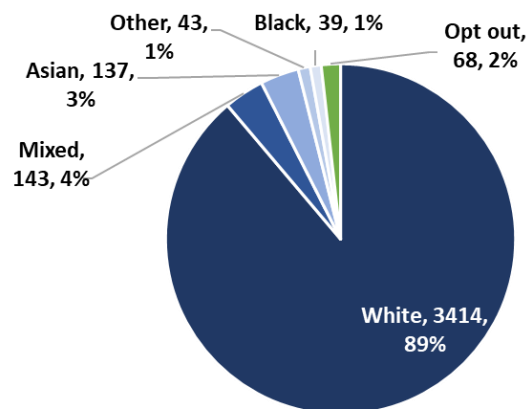
- “York has 211,012 residents with 5.7% from a black and minority ethnic community group.”
  - 90.2% are White British
  - 3.4% are Asian
  - 0.6% are Black.
  - 1.2% are Mixed

Src: York Profile 2021-11-09, York Business Intelligence Hub via 2011 Census

- In York, across all ages
  - 11% are disabled

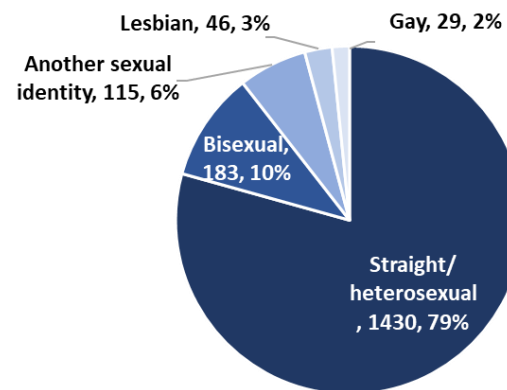
Src: York Profile 2021-11-09, York Business Intelligence Hub via Talkabout Survey

### Ethnicity



n = 3,844

### Sexuality



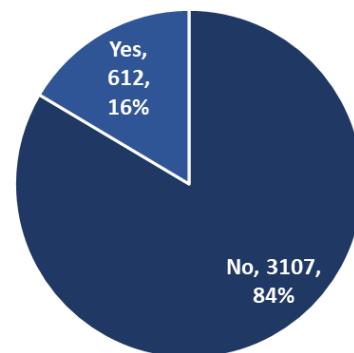
n = 1,803

## York Demographics

- Identify as LGB: 6.6% (national 16-24 years)

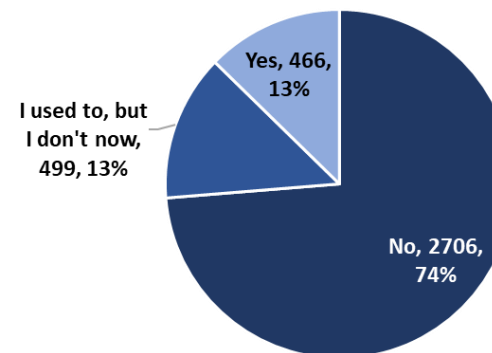
Src:  
<https://www.ons.gov.uk/peoplepopulationandcommunity/culturalidentity/sexuality/bulletins/sexualidentityuk/2019>

### Physical disability, mental / long term health condition



n = 3,719

### Free School meals



n = 3,671

- 13.6% of primary school and 12.1% of secondary school pupils receive free school meals

Src: York Profile 2021-11-09, York Business Intelligence Hub via HM Revenue & Customs & School Census - October

# APPENDIX



# WELLBEING (& WORRY)

# Charity / Happiness

Demographic	Demographic	Value	Charitable activity	Happiness with life
Overall	Overall	Score	74	56
		n	3331	3322
Year group	Year 4	Score	75	70
		n	820	798
	Year 6	Score	82	68
		n	687	686
	Year 8	Score	75	54
	n	750	759	
Year 10	Year 10	Score	68	40
		n	795	801
Year 12	Year 12	Score	72	33
		n	279	278
Gender	Female	Score	75	50
		n	1560	1560
	Male	Score	74	65
	n	1556	1554	
Non-binary	Non-binary	Score	77	20
		n	92	90
Ethnicity group	White	Score	75	56
		n	2975	2969
	Mixed	Score	70	50
		n	113	113
	Asian	Score	68	53
	n	105	102	
Other ethnic group	Other ethnic group	Score	75	76
		n	31	32
Black	Black	Score	65	56
		n	36	34

Demographic	Demographic	Value	Charitable activity	Happiness with life
Young carer	Not young carer	Score	74	56
		n	3050	3047
Young carer	Young carer	Score	80	53
		n	236	232
Special education needs	No SEND	Score	75	57
		n	2893	2886
SEND	SEND	Score	70	47
		n	389	387
Physical disability or mental / health condition	No physical disability or mental / health condition	Score	75	59
		n	2727	2733
	Physical disability or mental / health condition	Score	69	37
	n	544	532	
Free school meals	No	Score	74	54
		n	2391	2396
	I used to, but I don't now	Score	78	64
	n	432	422	
Yes	Yes	Score	71	54
		n	411	407
Sexuality	Heterosexual	Score	71	50
		n	1396	1412
	Bisexual	Score	70	21
		n	181	180
	Another sexual identity	Score	75	17
		n	114	114
Lesbian	Lesbian	Score	67	33
		n	46	46
Gay	Gay	Score	59	21
		n	29	29

# Sleep

Demographic	Demographic	Value	Problems - Easy to sleep	Problems - Getting to sleep	Problems - Waking in the night	Problems - Waking too early
Overall	Overall	Score n	32 3350	47 3345	70 3307	64 3296
Year group	Year 4	Score n	27 811	45 825	67 814	56 807
	Year 6	Score n	29 694	45 692	69 685	60 688
	Year 8	Score n	35 766	49 753	74 744	68 740
	Year 10	Score n	35 802	47 798	70 788	69 786
	Year 12	Score n	42 277	49 277	69 276	68 275
Gender	Female	Score n	29 1565	42 1564	66 1554	62 1548
	Male	Score n	37 1572	54 1567	75 1540	67 1533
	Non-binary	Score n	18 89	22 90	47 90	58 90
Ethnicity group	White	Score n	32 2990	46 2984	69 2956	64 2944
	Mixed	Score n	30 114	49 114	75 111	62 109
	Asian	Score n	39 101	58 103	76 100	68 102
	Other ethnic group	Score n	32 37	43 37	70 37	72 36
	Black	Score n	27 33	41 32	73 30	58 31

Demographic	Demographic	Value	Problems - Easy to sleep	Problems - Getting to sleep	Problems - Waking in the night	Problems - Waking too early
Young carer	Not young carer	Score n	32 3069	47 3062	70 3029	64 3021
	Young carer	Score n	31 233	41 235	64 231	58 228
Special education needs	No SEND	Score n	34 2908	48 2906	70 2875	64 2863
	SEND	Score n	24 392	37 388	65 382	60 382
Physical disability or mental / health condition	No physical disability or mental / health condition	Score n	35 2742	49 2742	72 2707	65 2701
	Physical disability or mental / health condition	Score n	22 546	32 542	58 541	57 536
Free school meals	No	Score n	34 2410	48 2405	71 2378	66 2372
	I used to, but I don't now	Score n	31 434	41 437	70 433	58 427
	Yes	Score n	25 407	40 409	63 404	58 405
Sexuality	Heterosexual	Score n	38 1425	52 1418	75 1402	71 1397
	Bisexual	Score n	28 181	29 181	57 181	54 180
	Another sexual identity	Score n	24 115	27 114	55 114	68 114
	Lesbian	Score n	22 46	30 46	59 46	70 46
	Gay	Score n	36 28	55 29	79 29	68 28

# Stirling Children's Wellbeing

Demographic	Demographic	Value	Think good things	Told the truth	Make choices	Fun things	Good at things	Care about me	Like everyone	Proud of	Feeling calm	Good mood	New day	Getting on well	Share sweets	Cheerful	Relaxed
Overall	Overall	Score n	3.3 3388	3.3 3389	2.9 3375	3.4 3368	3.5 3361	3.5 3360	2.8 3360	3.4 3345	3.0 3352	3.3 3352	3.0 3335	3.6 3331	3.1 3324	3.3 3327	3.0 3327
Year group	Year 4	Score n	3.7 842	3.6 841	3.2 837	3.8 834	3.8 827	3.9 829	3.5 833	3.8 828	3.4 831	3.7 834	3.6 825	3.8 821	3.0 822	3.6 820	3.4 824
	Year 6	Score n	3.4 710	3.4 708	3.0 707	3.5 700	3.6 702	3.7 700	3.0 703	3.6 696	3.3 700	3.4 701	3.3 697	3.6 696	3.0 698	3.5 698	3.2 695
	Year 8	Score n	3.3 787	3.2 789	2.9 786	3.4 787	3.5 787	3.5 788	2.7 780	3.3 780	3.0 780	3.2 780	2.9 776	3.5 777	3.1 771	3.2 774	3.0 772
	Year 10	Score n	3.1 816	3.0 817	2.7 812	3.1 813	3.3 814	3.1 812	2.3 812	3.0 812	2.7 811	3.0 808	2.6 806	3.3 809	3.2 805	3.0 809	2.7 809
	Year 12	Score n	3.1 291	3.3 291	2.7 291	3.1 289	3.4 288	3.0 288	2.4 288	2.9 285	2.6 286	2.9 285	2.7 286	3.5 284	3.4 283	2.9 282	2.5 281
Gender	Female	Score n	3.2 1611	3.3 1605	2.8 1598	3.3 1596	3.3 1600	3.5 1597	2.8 1599	3.2 1588	2.9 1593	3.2 1594	3.0 1584	3.5 1584	3.2 1581	3.2 1581	2.8 1577
	Male	Score n	3.5 1608	3.3 1613	3.1 1607	3.6 1600	3.8 1596	3.6 1595	2.9 1595	3.6 1593	3.3 1597	3.5 1595	3.2 1588	3.6 1584	3.0 1581	3.4 1588	3.3 1589
	Non-binary	Score n	2.7 96	3.1 96	2.6 95	2.9 95	2.9 94	2.9 94	2.5 93	2.8 93	2.3 91	2.7 93	2.4 92	3.1 92	3.4 91	2.6 91	2.3 91
Ethnicity group	White	Score n	3.3 3064	3.3 3063	2.9 3058	3.4 3049	3.5 3046	3.5 3046	2.8 3047	3.4 3030	3.0 3036	3.3 3036	3.0 3019	3.6 3019	3.1 3013	3.3 3017	3.0 3015
	Mixed	Score n	3.2 118	3.2 118	2.7 118	3.2 117	3.5 117	3.3 117	2.8 117	3.3 116	2.9 116	3.3 117	3.0 117	3.2 115	3.0 115	3.1 114	2.9 114
	Asian	Score n	3.4 112	3.4 113	3.1 108	3.3 110	3.6 107	3.4 108	3.2 107	3.4 107	3.0 109	3.4 106	3.0 106	3.4 106	3.4 107	3.2 107	3.2 106
	Other ethnic group	Score n	3.9 38	3.6 38	3.4 36	3.8 36	3.9 38	3.9 36	3.0 37	3.9 38	3.7 39	3.7 39	3.6 39	3.6 39	3.4 38	3.5 39	3.4 39
	Black	Score n	3.6 33	3.2 33	3.0 33	3.6 33	4.1 32	3.2 33	3.3 32	3.8 33	3.2 31	3.5 33	3.5 33	3.8 32	2.9 32	3.4 31	3.3 31

# Stirling Children's Wellbeing

Demographic	Demographic	Value	Think good things	Told the truth	Make choices	Fun things	Good at things	Care about me	Like everyone	Proud of	Feeling calm	Good mood	New day	Getting on well	Share sweets	Cheerful	Relaxed
Young carer	Not young carer	Score n	3.3 3156	3.3 3159	2.9 3146	3.4 3138	3.5 3135	3.5 3130	2.8 3132	3.4 3120	3.0 3126	3.3 3122	3.0 3112	3.6 3107	3.1 3096	3.3 3101	3.0 3098
	Young carer	Score n	3.3 239	3.4 239	3.0 238	3.3 236	3.4 234	3.3 238	3.0 236	3.3 233	3.0 235	3.3 238	3.1 232	3.5 233	3.3 236	3.3 236	3.0 237
Special education needs	No SEND	Score n	3.3 2989	3.3 2993	2.9 2979	3.4 2972	3.5 2966	3.5 2964	2.8 2964	3.4 2950	3.1 2959	3.3 2956	3.1 2941	3.6 2938	3.1 2934	3.3 2932	3.1 2933
	SEND	Score n	3.1 399	3.1 396	2.8 396	3.3 396	3.3 395	3.4 396	2.8 396	3.3 395	2.8 393	3.1 396	2.9 394	3.4 393	3.0 390	3.1 395	2.9 394
Physical disability or mental / health condition	No physical disability or mental / health condition	Score n	3.4 2825	3.3 2826	3.0 2813	3.5 2807	3.6 2805	3.6 2803	2.9 2800	3.4 2788	3.1 2792	3.4 2795	3.1 2779	3.6 2775	3.1 2773	3.3 2771	3.1 2774
	Physical disability or mental / health condition	Score n	3.0 556	3.2 556	2.7 555	3.1 550	3.2 549	3.2 549	2.6 552	3.0 549	2.6 552	2.9 550	2.7 547	3.2 548	3.1 543	2.9 548	2.6 544
Free school meals	No	Score n	3.3 2477	3.2 2477	2.9 2465	3.4 2459	3.5 2458	3.5 2459	2.8 2457	3.3 2447	3.0 2453	3.3 2447	3.0 2439	3.5 2439	3.1 2429	3.2 2432	3.0 2434
	I used to, but I don't now	Score n	3.4 446	3.5 446	3.0 447	3.6 444	3.7 441	3.8 439	3.1 440	3.6 436	3.2 438	3.5 440	3.2 434	3.6 433	3.1 433	3.5 435	3.2 434
	Yes	Score n	3.3 417	3.3 417	2.9 418	3.4 416	3.4 416	3.5 416	3.1 415	3.4 415	3.1 414	3.3 418	3.1 414	3.5 415	3.1 417	3.3 414	3.1 414
Sexuality	Heterosexual	Score n	3.2 1419	3.1 1424	2.9 1417	3.3 1420	3.5 1423	3.4 1423	2.5 1421	3.2 1420	2.9 1420	3.2 1419	2.8 1417	3.5 1420	3.2 1411	3.2 1421	2.9 1417
	Bisexual	Score n	2.8 182	3.0 182	2.5 182	2.9 182	3.0 182	2.9 182	2.2 181	2.7 181	2.3 182	2.7 182	2.4 181	3.2 181	3.3 182	2.6 181	2.3 182
	Another sexual identity	Score n	2.8 114	3.0 114	2.2 114	2.8 114	2.9 114	2.8 114	2.4 114	2.6 114	2.3 113	2.6 114	2.3 114	3.1 114	3.3 113	2.6 114	2.2 114
	Lesbian	Score n	2.9 46	3.0 46	2.6 46	3.1 46	3.2 46	3.1 46	2.2 46	2.8 46	2.5 46	2.8 45	2.5 45	3.1 46	2.9 46	2.8 45	2.4 45
	Gay	Score n	3.2 29	2.7 29	3.0 29	3.0 29	3.5 28	3.4 29	2.1 29	2.8 29	2.8 29	3.0 28	2.3 29	3.0 28	2.9 29	2.9 29	2.7 27

# Issues being worried about

Demographic	Demographic	Value	School work	My health	My mental health	My family health	Getting a job	Meet with friends	Meet with family	Arguments at home	Money problems	Covid	Environment	Being safe	Puberty	Bullying	Crime or terrorism	Staying safe online	Making friends	Something else
Overall	Overall	Score n	42 3612	55 3594	54 3583	35 3582	45 3583	61 3569	55 3577	56 3569	70 3561	59 3570	49 3563	66 3564	66 3546	67 3553	63 3549	70 3556	62 3549	87 2999
Year group	Year 4	Score n	89 917	61 911	53 906	60 901	32 898	47 891	52 895	40 889	47 887	61 893	45 884	35 884	48 876	56 878	54 880	54 882	50 882	56 788
	Year 6	Score n	52 725	64 718	66 714	38 717	51 720	62 713	52 716	57 714	71 716	53 714	36 715	64 716	62 713	62 716	59 713	65 716	59 712	85 600
	Year 8	Score n	37 810	56 808	55 810	34 808	48 811	64 810	59 813	58 810	73 808	66 810	59 808	72 807	74 805	69 808	66 806	75 809	66 805	91 658
	Year 10	Score n	26 848	52 848	45 845	35 847	36 844	66 845	66 844	62 847	74 842	68 844	61 846	78 847	71 844	76 843	69 843	82 841	68 842	90 705
	Year 12	Score n	20 312	49 309	35 308	38 309	39 310	64 310	70 309	61 309	74 308	68 309	57 310	80 310	71 308	85 308	75 307	91 308	63 308	91 248
Gender	Female	Score n	34 1691	54 1680	48 1677	32 1673	44 1676	58 1674	54 1678	49 1671	68 1662	54 1669	49 1664	65 1675	62 1659	63 1666	60 1661	67 1665	57 1659	85 1371
	Male	Score n	52 1664	58 1658	63 1651	38 1657	48 1655	64 1645	58 1649	65 1649	74 1650	64 1651	51 1651	70 1640	74 1641	72 1643	68 1641	73 1645	69 1644	90 1413
	Non-binary	Score n	21 104	43 105	26 105	29 105	29 105	52 104	57 102	35 103	55 103	52 103	44 102	51 103	44 102	48 101	49 102	62 101	43 102	76 88
Ethnicity group	White	Score n	42 3196	56 3182	54 3175	35 3178	46 3183	62 3170	57 3182	57 3177	71 3165	58 3175	49 3169	67 3166	67 3151	67 3159	63 3155	71 3162	63 3157	87 2656
	Mixed	Score n	41 129	50 129	55 128	36 129	39 127	65 127	51 127	48 123	68 126	65 126	59 123	72 127	65 126	78 125	65 125	72 125	60 126	81 111
	Asian	Score n	48 123	52 122	50 123	32 120	37 118	56 118	49 118	57 115	58 116	53 116	45 117	55 119	64 117	64 116	65 117	63 118	58 113	91 102
	Other ethnic group	Score n	60 40	40 40	55 38	23 39	49 37	57 37	28 36	67 39	67 39	61 38	51 39	58 38	66 38	68 38	65 37	62 37	70 37	94 35
	Black	Score n	43 35	49 35	51 35	32 34	41 34	47 34	44 34	59 34	65 34	76 34	47 34	67 33	65 34	68 34	71 34	73 33	56 34	85 26

# Issues being worried about

Demographic	Demographic	Value	School work	My health	My mental health	My family health	Getting a job	Meet with friends	Meet with family	Arguments at home	Money problems	Covid	Environment	Being safe	Puberty	Bullying	Crime or terrorism	Staying safe online	Making friends	Something else
Young carer	Not young carer	Score n	42 3299	56 3282	55 3272	36 3273	45 3270	62 3258	56 3266	57 3258	71 3251	60 3261	49 3257	68 3256	67 3237	68 3248	63 3245	71 3248	63 3243	87 2736
	Young carer	Score n	33 254	46 254	45 254	22 254	34 258	52 256	43 256	48 257	57 257	48 255	47 253	53 254	55 255	56 252	59 252	58 255	52 254	80 215
Special education needs	No SEND	Score n	42 3110	55 3099	55 3088	35 3090	45 3089	62 3077	56 3085	57 3078	71 3077	59 3080	49 3072	67 3072	67 3059	68 3066	63 3061	70 3069	63 3062	88 2596
	SEND	Score n	38 432	53 428	47 429	34 429	40 431	56 428	53 429	51 428	63 422	59 427	51 428	60 429	61 424	57 425	62 426	69 425	53 425	80 352
Physical disability or mental / health condition	No physical disability or mental / health condition	Score n	44 2945	58 2932	57 2924	36 2921	46 2926	62 2916	56 2919	58 2911	72 2907	60 2916	48 2910	68 2910	67 2895	69 2899	64 2897	70 2904	64 2898	88 2459
	Physical disability or mental / health condition	Score n	31 588	42 587	39 586	29 588	37 584	54 580	50 585	46 586	61 583	52 584	52 581	60 581	61 580	57 583	60 582	70 582	54 580	81 478
Free school meals	No	Score n	40 2583	56 2573	54 2566	37 2564	45 2561	63 2554	59 2558	59 2553	74 2545	61 2553	50 2550	70 2552	68 2536	70 2544	64 2541	73 2542	64 2539	88 2124
	I used to, but I don't now	Score n	51 480	54 477	55 476	30 477	43 477	56 469	45 474	50 472	62 475	51 474	37 474	57 471	58 471	59 471	62 473	60 474	56 470	83 411
	Yes	Score n	45 432	52 433	53 432	31 431	42 432	56 432	45 434	44 433	55 433	57 435	54 431	57 432	62 431	56 429	62 426	61 431	57 429	87 370
Sexuality	Heterosexual	Score n	32 1425	56 1423	54 1420	36 1421	45 1419	67 1420	64 1423	63 1424	77 1420	72 1425	65 1425	78 1423	77 1419	77 1423	71 1421	82 1421	69 1422	93 1174
	Bisexual	Score n	14 179	40 181	23 182	24 182	26 182	54 181	65 181	42 182	62 181	55 182	41 180	66 182	56 181	62 181	60 182	78 182	50 181	85 149
	Another sexual identity	Score n	17 114	46 114	18 114	26 113	27 114	57 114	57 114	42 114	54 113	53 113	33 114	60 114	52 113	66 114	58 114	65 113	51 114	77 90
	Lesbian	Score n	24 46	56 45	26 46	36 44	43 46	65 46	73 45	65 46	76 46	57 46	39 46	85 46	65 46	72 46	60 45	76 45	57 46	78 40
	Gay	Score n	28 29	48 29	34 29	41 29	28 29	69 29	69 29	66 29	62 29	76 29	59 29	66 29	69 29	69 29	72 29	83 29	76 29	85 27

# Self-harm

Demographic	Demographic	Value	Self-harm - Times done month	
			Done it	Score
Overall	Overall	Score	72	50
		n	1666	451
Year group	Year 4	Score	N/A	N/A
		n	N/A	N/A
	Year 6	Score	N/A	N/A
		n	N/A	N/A
	Year 8	Score	78	46
		n	677	144
Year 10	Score	71	51	
	n	739	214	
Year 12	Score	63	55	
	n	250	93	
Gender	Female	Score	65	49
		n	795	278
	Male	Score	86	64
n		741	101	
Non-binary	Score	30	29	
n	n	71	49	
Ethnicity group	White	Score	72	50
		n	1510	414
	Mixed	Score	60	62
		n	58	21
	Asian	Score	77	40
n		47	10	
Other ethnic group	Score	93	100	
n	n	14	1	
Black	Score	92	100	
	n	12	1	

Demographic	Demographic	Value	Self-harm - Times done month	
			Done it	Score
Young carer	Not young carer	Score	73	51
		n	1554	417
Young carer	Young carer	Score	68	37
		n	98	30
Special education needs	No SEND	Score	74	52
		n	1460	368
SEND	SEND	Score	56	40
		n	189	82
Physical disability or mental / health condition	No physical disability or mental / health condition	Score	78	54
		n	1315	286
Physical disability or mental / health condition	Physical disability or mental / health condition	Score	50	44
		n	336	163
Free school meals	No	Score	73	52
		n	1423	375
	I used to, but I don't now	Score	56	30
n		68	30	
Yes	Yes	Score	71	51
		n	138	39
Sexuality	Heterosexual	Score	80	56
		n	1290	258
	Bisexual	Score	39	48
		n	170	101
	Another sexual identity	Score	48	38
		n	107	56
Lesbian	Score	51	45	
	n	43	20	
Gay	Score	54	33	
	n	26	12	



# Worry overall

Demographic	Demographic	Value	Worry affect	
			life	Worry adult
Overall	Overall	Score n	43 3613	83 3647
Year group	Year 4	Score n	51 911	51 933
	Year 6	Score n	49 719	91 728
	Year 8	Score n	43 812	82 817
	Year 10	Score n	34 854	75 854
	Year 12	Score n	27 317	71 315
Gender	Female	Score n	33 1691	84 1710
	Male	Score n	55 1665	83 1677
	Non-binary	Score n	20 106	64 106
Ethnicity group	White	Score n	42 3197	83 3225
	Mixed	Score n	38 131	81 134
	Asian	Score n	50 126	82 125
	Other ethnic group	Score n	54 39	90 40
	Black	Score n	41 34	74 34

Demographic	Demographic	Value	Worry affect	
			life	Worry adult
Young carer	Not young carer	Score n	43 3297	83 3322
	Young carer	Score n	38 258	85 262
Special education needs	No SEND	Score n	43 3117	83 3137
	SEND	Score n	38 429	82 439
Physical disability or mental / health condition	No physical disability or mental / health condition	Score n	46 2948	83 2970
	Physical disability or mental / health condition	Score n	25 587	82 597
Free school meals	No	Score n	42 2594	82 2602
	I used to, but I don't now	Score n	44 477	87 484
	Yes	Score n	41 435	86 444
Sexuality	Heterosexual	Score n	41 1422	80 1427
	Bisexual	Score n	15 181	68 182
	Another sexual identity	Score n	16 113	62 114
	Lesbian	Score n	13 46	65 46
	Gay	Score n	38 29	71 28

# RELATIONSHIPS (& SEX)

# Which are wrong in a relationship

Demographic	Demographic	Value	What to wear	Who to friend	Check phone	Check your location	Explicit photos	Rumour threats	Hurtful language	Being jealous	Pushing	Hitting	Demanding photos	Forced actions	Wrong seen friends	Wrong yourself
Overall	Overall	Score	37	62	64	35	87	94	70	22	70	87	93	90	53	73
		n	1754	1749	1746	1740	1740	1737	1737	1738	1739	1735	1734	1728	1757	1757
Year group	Year 8	Score	36	63	62	32	86	92	76	26	71	87	93	89	63	80
		n	711	708	705	706	705	703	703	704	704	702	703	699	713	713
	Year 10	Score	34	61	63	36	87	95	65	20	67	86	93	90	48	71
		n	778	776	776	770	771	769	770	769	770	768	769	765	778	778
	Year 12	Score	46	62	70	42	91	96	71	15	77	92	93	93	38	63
		n	265	265	265	264	264	265	264	265	265	265	262	264	266	266
Gender	Female	Score	43	65	66	34	93	96	74	17	75	92	96	94	51	72
		n	854	854	850	851	848	845	844	845	846	842	843	842	855	855
	Male	Score	28	57	59	35	80	91	65	25	64	82	89	85	54	76
		n	765	761	762	755	759	760	759	758	760	760	757	752	767	767
	Non-binary	Score	28	57	59	35	80	91	65	25	64	82	89	85	54	76
		n	72	71	72	72	72	71	72	72	72	72	72	72	72	72
Ethnicity group	White	Score	37	63	64	35	87	94	70	21	71	88	94	90	53	73
		n	1583	1582	1577	1572	1574	1570	1571	1571	1573	1568	1568	1562	1586	1586
	Mixed	Score	36	61	69	39	91	94	68	20	72	89	91	91	45	73
		n	64	62	64	64	64	64	63	64	64	64	64	64	64	64
	Asian	Score	32	43	55	33	79	90	69	29	60	83	90	83	62	86
		n	50	49	49	49	48	48	48	48	48	48	48	48	50	50
	Other ethnic group	Score	21	36	50	36	77	86	71	21	57	86	71	79	36	57
		n	14	14	14	14	13	14	14	14	14	14	14	14	14	14
	Black	Score	7	50	57	50	86	93	64	21	43	57	93	86	43	71
		n	14	14	14	14	14	14	14	14	14	14	14	14	14	14

# Which are wrong in a relationship

Demographic	Demographic	Value	What to wear	Who to friend	Check phone	Check your location	Explicit photos	Rumour threats	Hurtful language	Being jealous	Pushing	Hitting	Demanding photos	Forced actions	Wrong seen friends	Wrong yourself
Young carer	Not young carer	Score n	37 1633	62 1628	64 1625	36 1619	87 1621	94 1616	70 1617	21 1618	71 1619	87 1616	93 1615	90 1611	53 1636	74 1636
	Young carer	Score n	39 103	58 103	58 103	31 103	84 101	90 103	64 102	23 102	61 102	88 101	88 102	87 100	42 103	58 103
Special education needs	No SEND	Score n	37 1530	63 1524	64 1522	36 1516	88 1517	95 1519	72 1516	22 1517	71 1517	88 1514	94 1516	91 1510	53 1531	75 1531
	SEND	Score n	35 202	54 203	56 203	30 202	78 202	84 197	61 200	22 199	63 201	79 200	82 198	79 198	50 204	61 204
Physical disability or mental / health condition	No physical disability or mental / health condition	Score n	36 1384	62 1380	65 1378	36 1373	87 1376	94 1375	71 1373	22 1373	71 1373	88 1372	93 1370	89 1367	55 1387	76 1387
	Physical disability or mental / health condition	Score n	41 351	61 350	59 349	34 348	88 345	95 343	66 345	20 346	65 347	86 344	92 346	91 344	44 351	64 351
Free school meals	No	Score n	37 1500	62 1494	65 1491	36 1486	87 1487	94 1486	71 1486	22 1486	72 1489	88 1485	93 1484	90 1479	54 1502	75 1502
	I used to, but I don't now	Score n	38 72	55 73	55 73	28 72	83 72	90 71	54 71	21 71	61 71	89 70	91 70	89 70	38 73	62 73
	Yes	Score n	34 141	62 141	55 141	32 141	83 140	93 139	69 139	16 140	58 139	81 139	92 140	86 140	41 141	58 141
Sexuality	Heterosexual	Score n	34 1350	59 1346	61 1345	33 1337	86 1339	93 1338	69 1337	21 1336	69 1338	87 1338	93 1334	89 1331	54 1353	74 1353
	Bisexual	Score n	41 180	63 180	64 179	40 180	91 180	98 180	69 179	17 180	74 180	90 179	94 180	94 180	33 180	61 180
	Another sexual identity	Score n	56 115	82 114	80 115	46 115	94 114	96 112	82 114	27 113	79 113	93 114	96 113	92 113	65 115	82 115
	Lesbian	Score n	52 46	70 46	72 46	46 46	87 45	89 45	76 45	26 46	67 46	84 45	87 46	87 45	48 46	80 46
	Gay	Score n	31 26	77 26	65 26	35 26	88 26	92 26	46 26	23 26	73 26	80 25	84 25	92 24	35 26	69 26

# Stirling Children's Wellbeing Scale (SCWBS)

SCWBS Key Src: <https://czone.eastsussex.gov.uk/media/4891/the-stirling-childrens-wellbeing-scale.pdf>

- SCWBS was initiated by the Stirling Educational Psychology Service with the objective of creating a holistic, positively worded scale measuring emotional and psychological wellbeing in children aged 8 to 15 years.
- SCWBS is recommended in the Public Health England's 8 Principles of Promoting Children and young peoples' mental health and emotional wellbeing
- The scale measures the responses to 15 statements or descriptions about how a child / young person might have been feeling or thinking about things over the past couple of weeks. See, right.
- There are 4 indexes derived from the responses:
  - Stirling Wellbeing Scale (SCWBS), consisting of
    - Positive Emotional State
    - Positive Outlook
  - Social Desirability Sub-Scale

## Wellbeing Sub-components and Related Items

Wellbeing Sub-Component	Item	Related Item on the SCWBS
Positive Emotional State	9	I've been feeling calm
	14	I've been feeling cheerful about things
	15	I've been feeling relaxed
	10	I've been in a good mood
	12	I've been getting on well with people
	11	I enjoy what each new day brings
Positive Outlook	8	I think there are many things that I can be proud of.
	5	I feel that I am good at some things
	1	I think good things will happen in my life
	4	I can find lots of fun things to do
	6	I think lots of people care for me
	3	I've been able to make choices easily

SCWBS

Each item is scored 1 to 5.  
 The minimum for the scale is 12 and the maximum 60.  
 Currently the mean average score is 44 with 50% of all scores within the range of 39 and 48.

## Social Desirability Sub-Scale

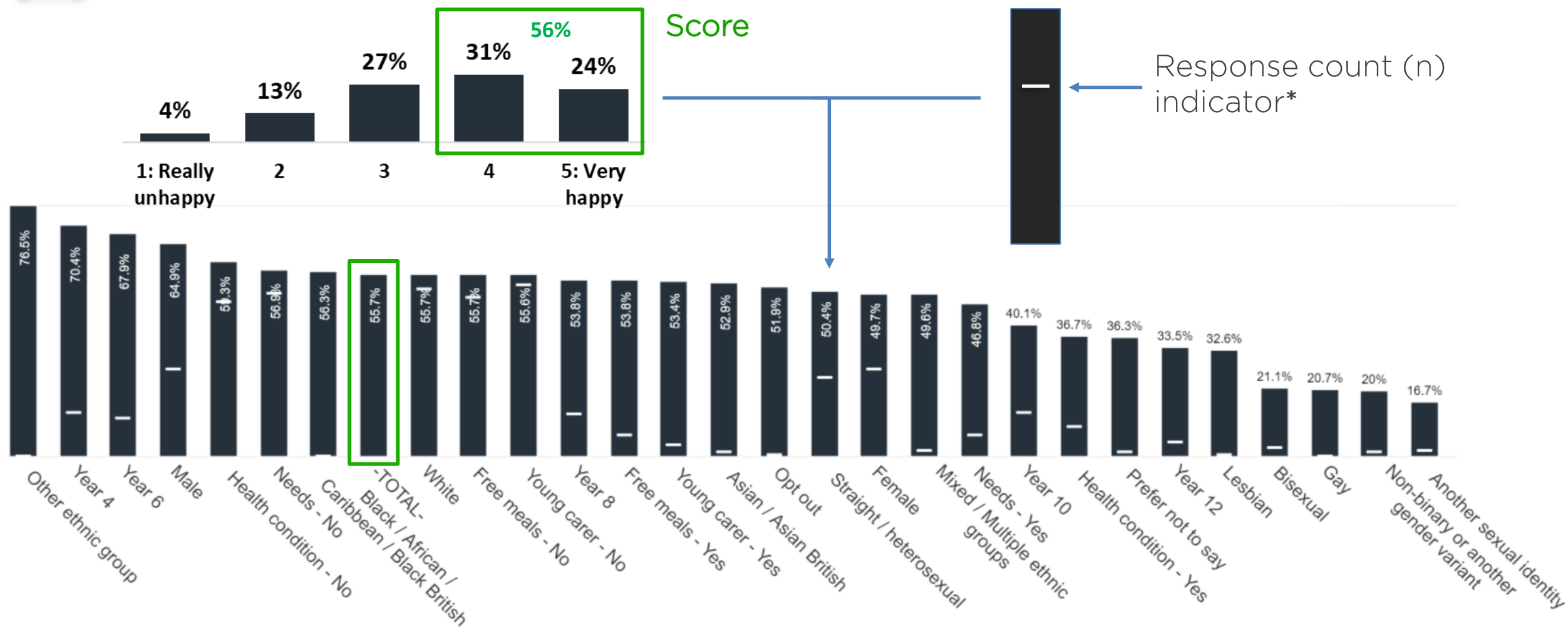
Item	Related Item on the SCWBS
2	I have always told the truth
7	I like everyone I have met
13	I always share my sweets

Each Item is scored 1 to 5.  
 Overall scores of 3 or 14/15 on this sub-scale would indicate that the participant's wellbeing scores should be treated with caution.

# Guide to happiness

n = 3,322

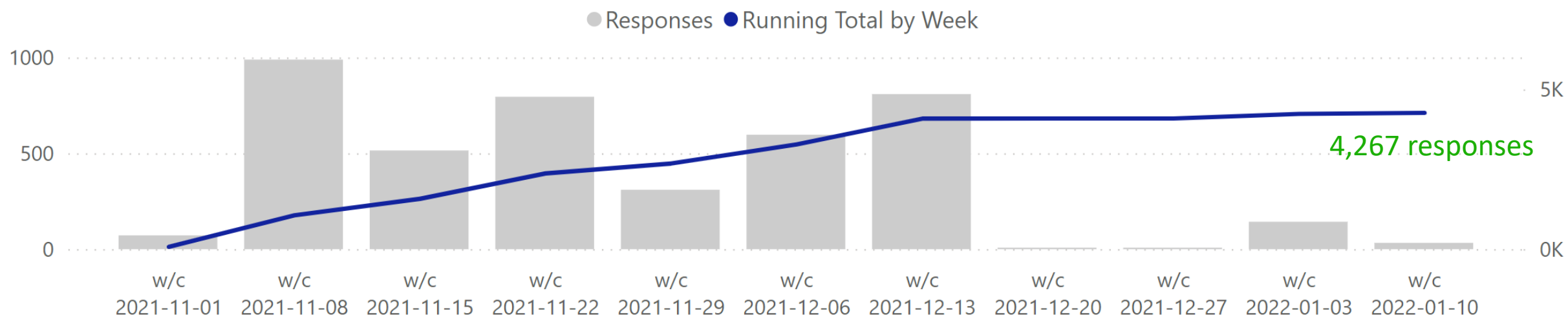
“How happy are you with your life at the moment?”



\* Absolute vertical position indicates count (not relative position within bar).

# Response window

- The average time taken per pupil to complete the survey was 31 minutes.



4,267 responses