



# Young People in East Sussex Schools

A report on the health behaviour of  
young people aged 14 - 15 in 2012

Prepared by the Schools Health Education Unit, Exeter  
for East Sussex County

The Schools Health Education Unit

[www.sheu.org.uk](http://www.sheu.org.uk)

# SHEU



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## Foreword

In East Sussex there is a long history of using the Health Related Behaviour Questionnaire (HRBQ) as a tool to give children and young people a voice. The data provided by the surveys provide a wealth of information to inform service planning and helps to measure outcomes for children and young people.

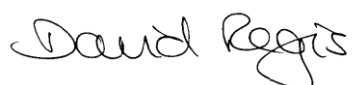
The NHS in East Sussex and East Sussex County Council worked together to commission the 2012 Health Related Behaviour Survey which took place during the spring term 2012. The survey has taken place on three previous occasions with 2007 being the most recent. It should be noted that this survey took place in the spring term, whereas the previous 2007 survey took place earlier in the school year, in the autumn term. This means that pupils were slightly younger in the 2007 survey and this should be taken into account when comparing the results across time.

A total of 4526 Year 10 students from all of the secondary schools and the Pupil Referral Unit took part in the survey. There were a total of 5303 Year 10 pupils according to the January School Census giving a participation rate of 85% of pupils on the school roll.

The Schools Health Education Unit (SHEU) is pleased to be able to present this report, which contains detailed information about the health beliefs and behaviour of young people in East Sussex.



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## Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

This report, on the implications of the East Sussex survey has been written by the Unit from its perspective in Exeter. We have given an account and preliminary interpretation of the survey data.

Key Findings are marked in **bold type** and listed on page 5.

The East Sussex survey was both comprehensive and prestigious, and we would like to acknowledge on our own behalf the co-operation of the staff and pupils of the schools involved.

Schools taking part in the 2012 survey were:

Beacon Community College
Bexhill High School
Chailey School
Claverham Community College
College Central
Hailsham Community College
Heathfield Community College
Helenswood Upper School
Peacehaven Community School
Priory School
Ratton School
Ringmer Community College
Robertsbridge CC
Rye College
Seaford Head Community College
St. Richard's Catholic College
Tideway School
The Bishop Bell CE School
The Causeway School
The Cavendish School
The Eastbourne Academy
The Hastings Academy
The St. Leonards Academy
Uckfield Community Technology College
Uplands Community College
William Parker School
Willingdon Community School

Clearly individual schools will currently be devising their own plans for action on the basis of their own survey data, while this report takes a district-wide brief. Schools are and have been supported in their own actions by the Primary Care Trusts, the Health Promotion services, the Education Authority and directly by our Unit.

## The sample and administration

This survey involved pupils from the following years. The numbers in each group are shown below.

	Yr 10
Boys	2227
Girls	2299
Total	4526

### Organisation of the survey in East Sussex

The survey was co-ordinated by the East Sussex PSHE Education Team and Healthy Schools Advisory Team.

It was clear from the quality of the data and the prompt execution of the work that the project was undertaken both professionally and efficiently by all personnel associated with the project.

### Sampling

In order to discover a reliable picture of the behaviour of the total year group in a school it is not necessary to include every individual in the sample, although in the 2012 sample, as in previous years, the decision was taken to do this so that no one feels excluded from the exercise. The survey was also extended to Year 10 pupils in the PRU so that a more complete a picture of Year 10 could be obtained.

### Importance to pupils

The manner in which the data are collected is also vital. Even with the best possible sample and the best-researched instrument, the value of the data is questionable if the respondent does not enter properly into the spirit of the enquiry. Numbers of unanswered questions or abused questionnaires would signal a doubtful procedure, but this very rarely happens in our experience. In every school, supervisors can be found who can generate an atmosphere of importance for the task, inspire trust in the confidentiality and anonymity of the exercise, and provide ideal support for the completion of the questionnaire. Such conditions offer the most favourable environment for the collection of valid data.

An important strength of the Health Related Behaviour Questionnaire is that it is not administered by or on behalf of an external agency, but by the school itself, highly motivated to derive a set of valid results on which to base curriculum improvements. If a school volunteers to fit the questionnaire administration into its already crowded timetable, then it is serious about the enquiry, and this commitment will be transmitted to the pupils.

### Confidentiality

If the pupils know that the questionnaires are completely anonymous, that the paper copies (if used) will immediately be sealed in envelopes to be sent away for processing, and that the results will be returned only as a summary in which no individuals can be identified, their motivation to be honest will be reinforced. If, in addition, they feel that what they are doing is important for themselves — that it will affect the work they do in school to their own benefit — they will answer the questions as conscientiously as possible.



Links between variables have been investigated using correlation coefficients (Spearman's  $\rho$  [rho]). This produces a figure between  $-1$  and  $+1$ , where  $0$  is no correlation at all, a positive number is a positive correlation (more of one, more of the other) and a negative number, a negative correlation (more of one, less of the other).

The correlation matrices for each sex are found in Appendix 1.

It might be helpful to see just what a 'large' correlation represents in terms of percentages. The correlation coefficients we find in 2012 with enjoyment of school lessons reach about  $\pm 0.2$  or so among Year 10 pupils. The negative association between enjoyment of school lessons and smoking is moderate in magnitude,  $-0.18$  for males and  $-0.29$  for females. Among Year 10 males, for those that enjoy at least half their lessons, 9% of them smoke, but for those who enjoy less than half their lessons, 16% of them smoke. Among Year 10 females, for those that enjoy at least half their lessons, 12% of them smoke, but for those that enjoy less than half their lessons, 27% of them smoke. So, the correlations are telling us about some rather striking differences in smoking prevalence.

## Summary of results and discussion points

85% of pupils responded that they are white English. ....	8
25% of pupils regard themselves as ‘a little’ or ‘very’ overweight. ....	9
26% of boys and 66% of girls responded that they would like to lose weight. ....	10
16% of pupils responded that they didn’t have any lunch on the day before the survey. ....	13
16% said they had at least 5 portions of fruit and vegetables to eat on the day before the survey. ....	20
48% of pupils responded that they go for walks at least ‘weekly’, while 33% said they go jogging and 24% ride a bicycle. ....	22
69% of pupils responded that they enjoy physical activities ‘quite a lot’ or ‘a lot’. ....	23
67% of pupils exercised enough to breathe harder and faster on at least three days last week. ....	24
12% reported that they smoke ‘regularly’. ....	25
17% of pupils responded that they have smoked at least one cigarette in the last week. ....	25
35% of pupils responded that they have had an alcoholic drink in the last 7 days. ....	27
19% of pupils said they have drunk alcohol at home in the last 7 days and 14% said they have at a friend’s or relation’s home. ....	29
55% of pupils responded that they are ‘fairly sure’ or ‘certain’ that they know someone personally who uses drugs listed in the questionnaire. ....	31
37% of pupils responded that they have been offered drugs listed in the questionnaire. ....	31
20% of pupils reported that they have taken at least one of the drugs listed in the questionnaire. ....	31
39% of pupils responded that they have had at least one accident or injury which was treated by a doctor or at a hospital in the last 12 months. ....	34
16% of pupils rated their safety when going out after dark as ‘poor’ or ‘very poor’. ....	35
10% of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months. ....	36
7% of pupils responded that they are ‘fairly sure’ or ‘certain’ that they or their friends carry weapons or other things for protection when going out. ....	36
52% of pupils responded that they use Internet chat rooms or social networking sites ‘very often / every day’. ....	37
31% of pupils responded that they have received a chat message that scared or upset them. ....	38
26% of pupils responded that they have met someone in real life who they first met online. ....	38
13% of pupils responded that they have texted or sent images of themselves which they have later regretted. ....	39
19% of pupils responded that they feel afraid of going to school because of bullying at least ‘sometimes’. ....	40
17% of pupils responded that they have been bullied at or near school in the last 12 months. ....	41
52% of pupils responded that they think their school takes bullying seriously. 27% said they ‘don’t know’ if it does. ....	42
16% of pupils responded that they are ‘quite’ or ‘very’ unhappy. ....	45
73% of pupils responded that they are in charge of their health, while 41% said that even if they look after themselves, they can still easily fall ill. ....	47
55% of pupils responded that they worry about exams and tests ‘quite a lot’ or ‘a lot’, while 40% said the same about the way they look and 29% worry about career problems. ....	48

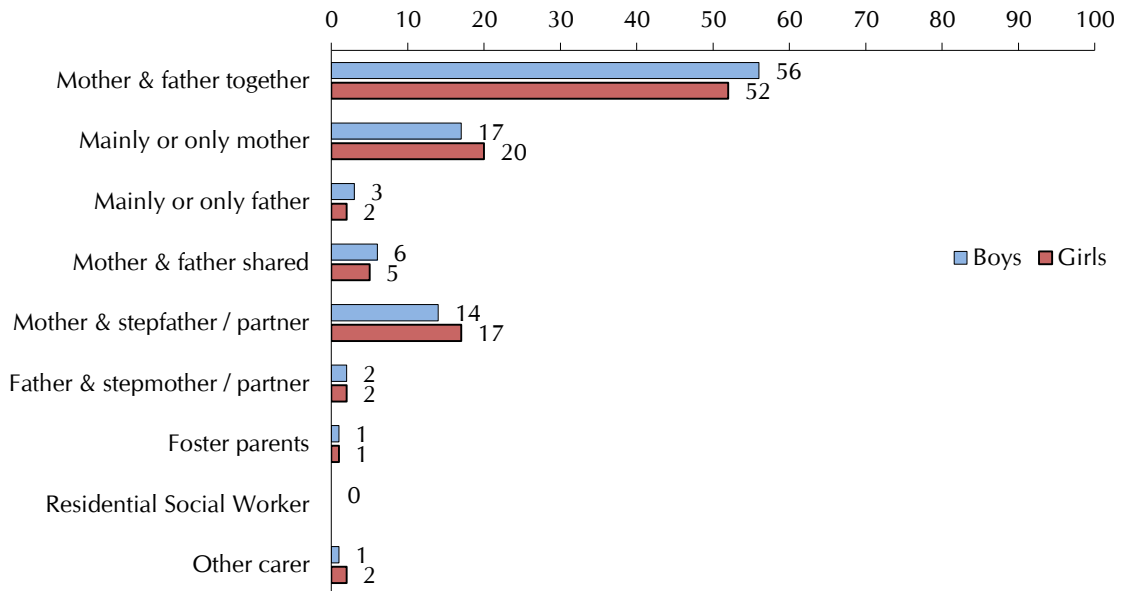
28% of pupils responded that their friends are their main source of information about relationships and sexual health, while 27% said that school lessons are and 18% said their parents are. ....	49
9% of pupils responded that their friends should be their main source of information about relationships and sexual health, while 34% said that school lessons should be and 34% said their parents should be. ....	49
58% of pupils responded that they want to continue in full-time education after the end of Year 11.	59
36% of pupils responded that they want to enter into employment after the end of Year 11. ....	59



# Background

## Home Life

Q2. Which adults do you live with?



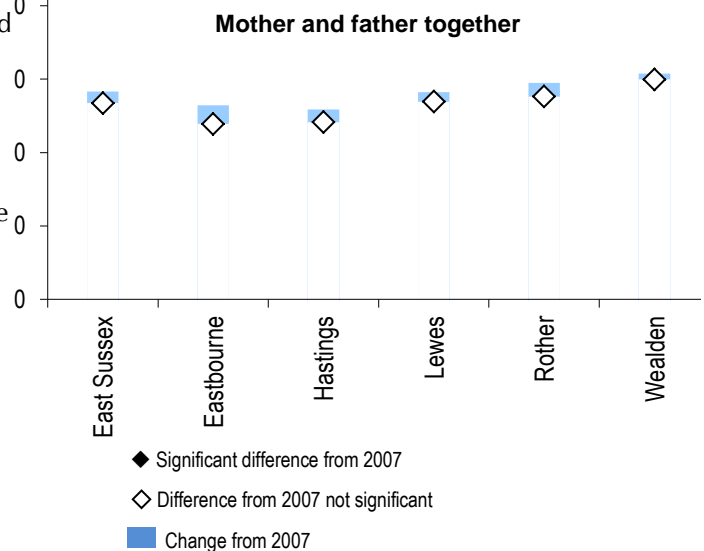
### Trends

There is a downward but not significant change overall in the proportions of pupils saying that they live with both parents together. 57% said this in 2007 compared with 54% in 2012. (The 2004 figure was 59%).

### Comparison with SHEU wider data

61% of pupils in the wider SHEU dataset said they live with both parents together.

2: Which adults do you live with?



## Ethnicity

**85% of pupils responded that they are white English.**

**Q5.** Percentage answering that they are white English.

East Sussex

Yr 10

Boys 84

Girls 87

## Cars

7% of pupils responded that their family doesn't own a car / van.

**Q7.** Percentage responding that their family doesn't own a car / van.

East Sussex

Yr 10

Boys 6

Girls 7

61% of pupils responded that their family owns at least two cars / vans.

**Q7.** Percentage responding that their family owns at least two cars / vans.

East Sussex

Yr 10

Boys 64

Girls 59

## Special needs

8% of pupils responded that they have a long-standing illness or disability, while 9% said they 'don't know' if they do.

**Q8.** Percentage responding that they have a long-standing illness or disability.

East Sussex

Yr 10

Boys 9

Girls 7

6% of pupils responded that they have special needs, while 5% said they 'don't know' if they do.

**Q9.** Percentage responding that they have special needs.

East Sussex

Yr 10

Boys 8

Girls 3

4% of pupils responded that they have special needs which are 'mostly' or 'always' catered for at school, while 2% said they have special needs which are not catered for at school.

**Q10.** Percentage responding that they have special needs which are 'mostly' or 'always' catered for at school.

East Sussex

Yr 10

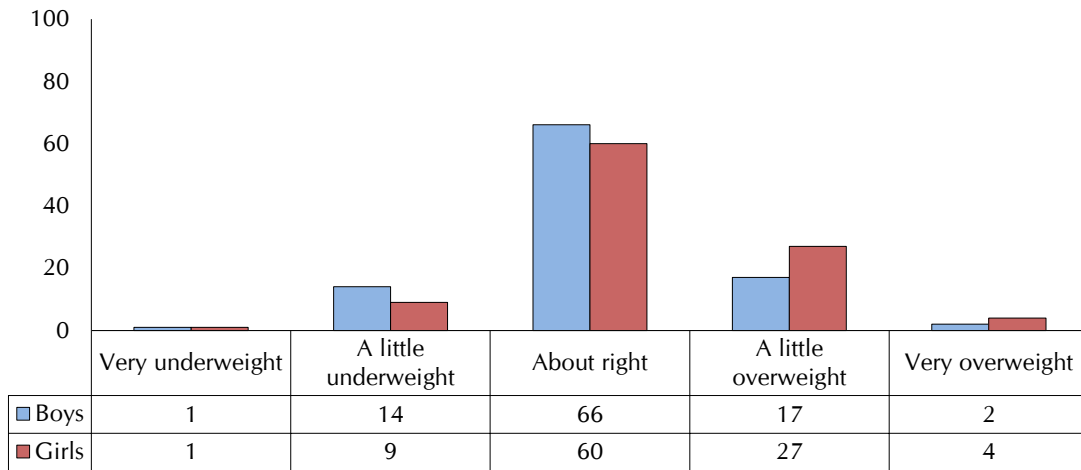
Boys 6

Girls 2

# Healthy Eating

## Weight and dieting

Q11. Do you regard yourself as...?

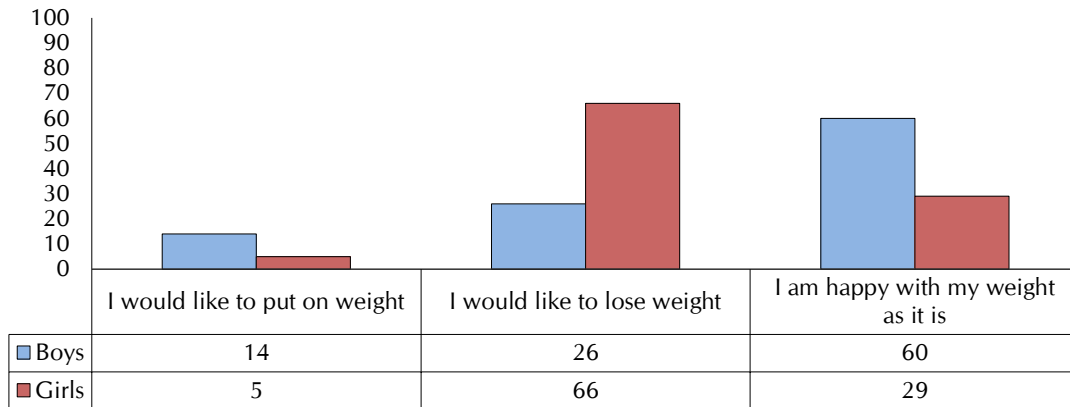


12% of pupils regard themselves as ‘a little’ or ‘very’ underweight.

63% of pupils regard their weight as ‘about right’.

**25% of pupils regard themselves as ‘a little’ or ‘very’ overweight.**

**Q12. Weight: Which statement describes you best?**



9% of pupils responded that they would like to put on weight.

**Q12. Percentage answering that they would like to put on weight.**

East Sussex  
Yr 10  
Boys 14  
Girls 5

**26% of boys and 66% of girls responded that they would like to lose weight.**

**Q12. Percentage answering that they would like to lose weight.**

East Sussex  
Yr 10  
Boys 26

**Trends**

There is no significant change overall in the proportions of pupils wanting to lose weight since 2007.

Just looking at the data for girls however, 58% said they wanted to lose weight in 2007. This appears to have risen to 66% of girls saying this in 2012. (59% of girls said the same in 2004).

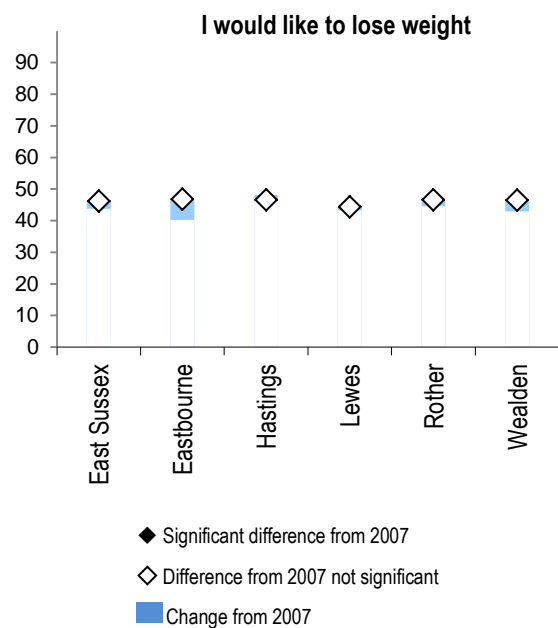
**Comparison with SHEU wider data**

28% of boys and 58% of girls in the wider SHEU dataset said they would like to lose weight.

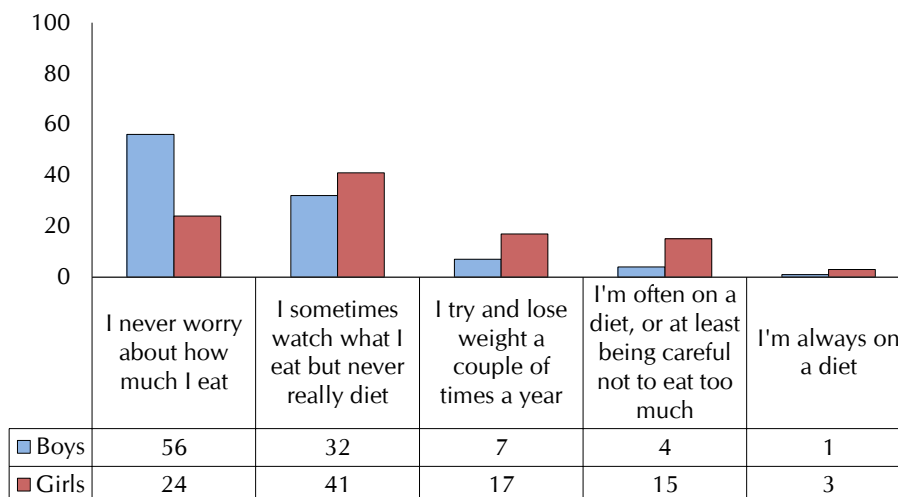


Wanting to lose weight is positively correlated with considering health when making food choices and smoking amongst girls. It is negatively correlated with self-esteem and happiness with life.

**12: Weight: Which statement describes you best?**



**Q13.** Which statement describes your eating habits best?



40% of pupils responded that they never worry about how much they eat.

**Q13.** Percentage answering that they never worry about how much they eat.

East Sussex

Yr 10

Boys 56

Girls 24

12% of pupils responded that they try to lose weight a couple of times a year.

**Q13.** Percentage answering that they try to lose weight a couple of times a year.

East Sussex

Yr 10

Boys 7

Girls 17

9% of pupils responded that they are 'often' on a diet, or at least being careful not to eat too much.

**Q13.** Percentage answering that they are 'often' on a diet, or at least trying not to eat too much.

East Sussex

Yr 10

Boys 4

Girls 15

2% of pupils responded that they are 'always' on a diet.

**Q13.** Percentage answering that they are 'always' on a diet.

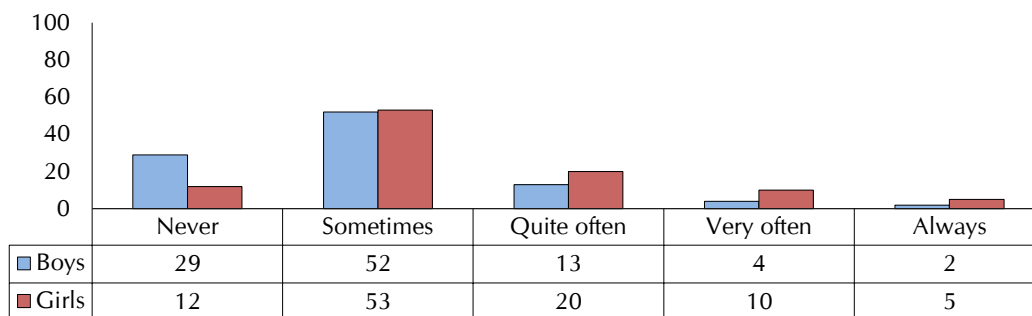
East Sussex

Yr 10

Boys 1

Girls 3

**Q18.** When choosing what to eat, do you consider your health?



73% of pupils responded that they ‘never’ or only ‘sometimes’ consider their health when choosing what to eat.

**Q18.** Percentage answering that they ‘never’ or only ‘sometimes’ consider their health when choosing what to eat.

East Sussex  
Yr 10  
Boys 81  
Girls 65

11% of pupils responded that they ‘very often’ or ‘always’ consider their health when choosing what to eat.

**Q18.** Percentage answering that they ‘very often’ or ‘always’ consider their health when choosing what to eat.

East Sussex  
Yr 10  
Boys 6  
Girls 15

**Trends**

There has been an increase in the proportion of pupils saying that ‘never’ consider their health when choosing what to eat since 2007.

12% overall said they ‘never’ consider their health when choosing what to eat in 2007, this has risen to 20% in 2012. (17% said this in 2004).

21% of pupils said they ‘very often’ or ‘always’ considered their health in 2007. This has fallen to 11% in 2012.

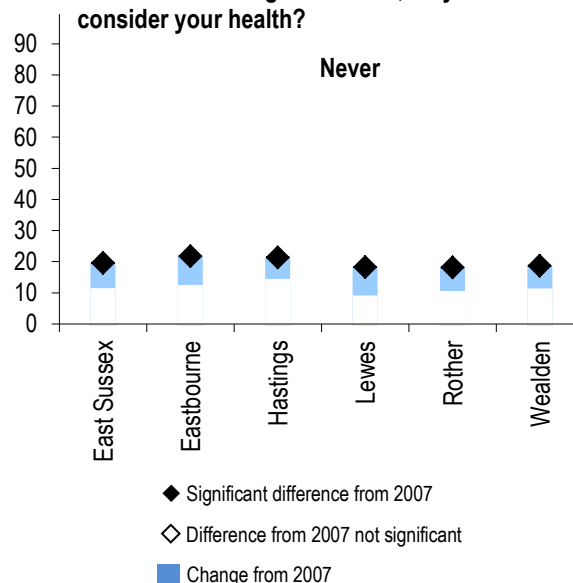
**Comparison with SHEU wider data**

18% of pupils in the wider SHEU dataset said they ‘never’ consider their health when choosing what to eat.



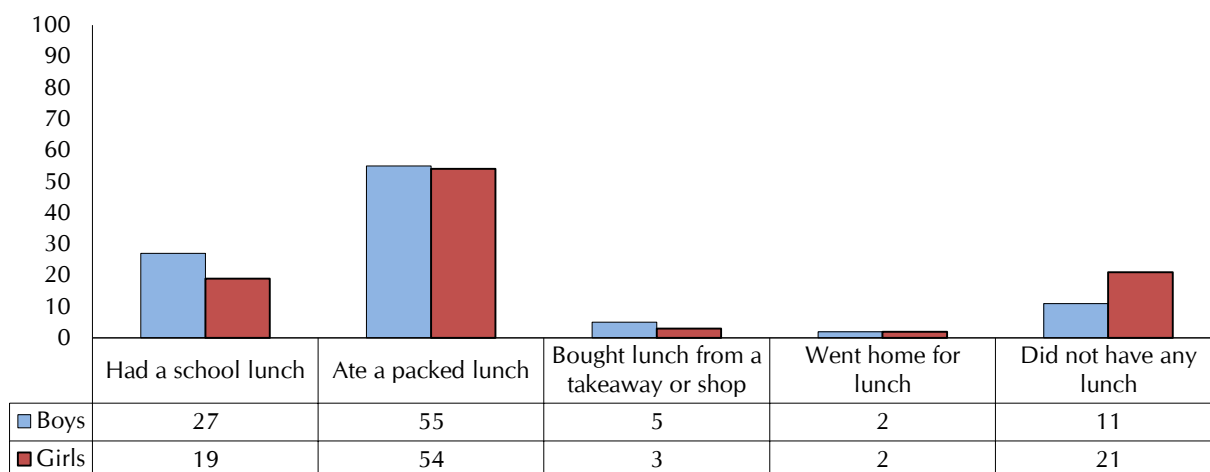
Considering your health ‘often’ or ‘always’ when making food choices is positively correlated with having 5 a day, taking exercise and enjoying schools lessons.

**18: When choosing what to eat, do you consider your health?**



**Lunch and snacks**

**Q14.** What did you do for lunch yesterday?



23% of pupils responded that they had a school lunch on the day before the survey.

**Q14.** Percentage answering that they had a school lunch on the day before the survey.

East Sussex

Yr 10

Boys 27

Girls 19

**16% of pupils responded that they didn't have any lunch on the day before the survey.**

**Q14.** Percentage answering that they didn't have any lunch on the day before the survey.

East Sussex

Yr 10

Boys 11

Girls 21

32% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 15% have found them 'not at all' useful and 17% couldn't remember any.

**Q54.** Percentage answering that they have found school lessons about healthy eating 'quite' or 'very' useful.

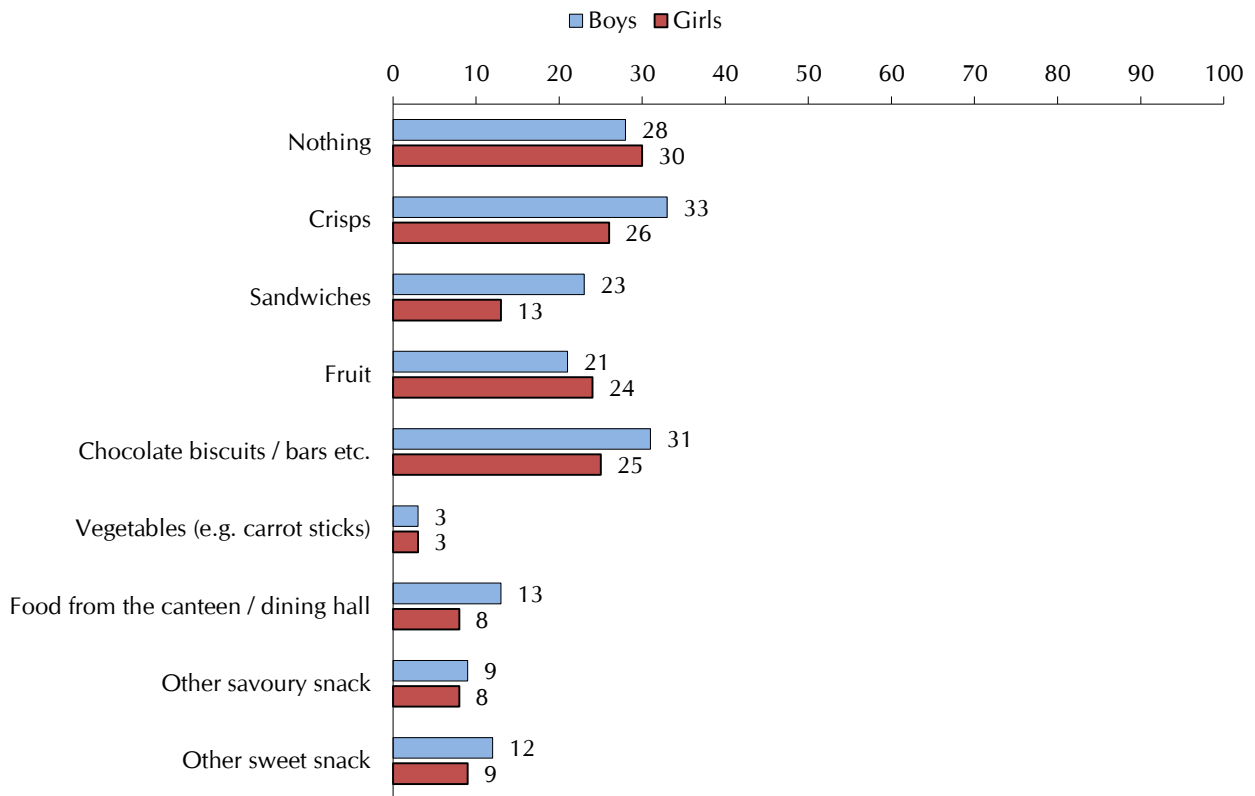
East Sussex

Yr 10

Boys 31

Girls 33

**Q15. What did you eat as a snack at school yesterday?**



29% of pupils responded that they snacked on crisps at school yesterday, while 28% had chocolate biscuits / bars etc., and 22% snacked on fruit.

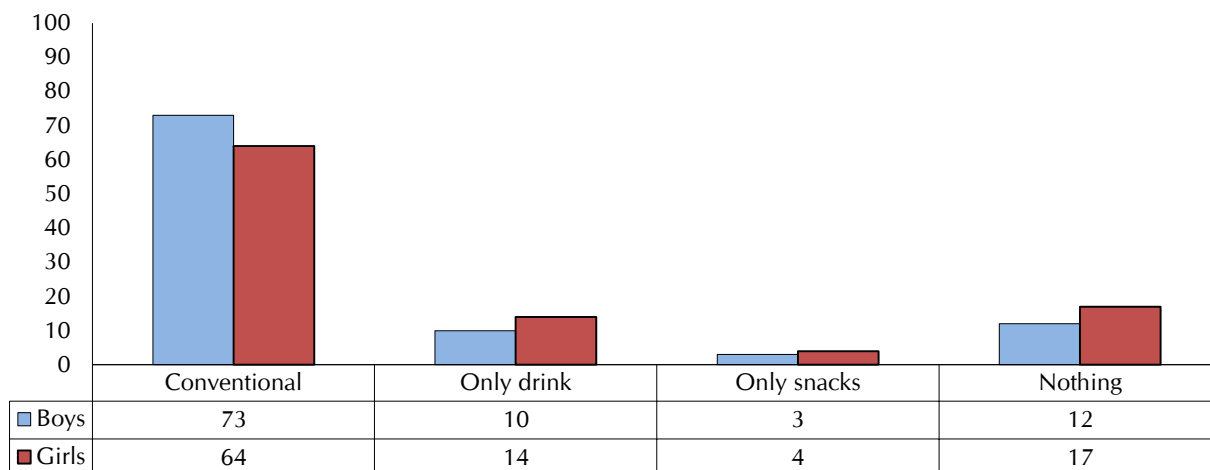
**Q15. Percentage of pupils responding that they had the following to eat as a snack at school on the day before the survey (top 5):**

Boys		Girls			
1	Crisps	33	1	Nothing	30
2	Chocolate biscuits / bars etc.	31	2	Crisps	26
3	Nothing	28	3	Chocolate biscuits / bars etc.	25
4	Sandwiches	23	4	Fruit	24
5	Fruit	21	5	Sandwiches	13



**Breakfast**

**Q17.** Percentage of pupils responding that they had the following types of breakfast on the day of the survey:



The chart shows the percentages having different types of breakfast. The category 'Conventional' means at least one of cereal; porridge; toast or bread; cooked breakfast; fruit; yoghurt or a breakfast bar. Only snacks means: chocolate bar or sweets; pop-tarts, cakes or muffins; sweets or crisp-type snack but not conventional breakfast.

15% in this survey had nothing for breakfast, while 3% had a cooked breakfast on the day of the survey.

**Q16.** Percentage answering they had nothing to eat or drink for breakfast.

East Sussex  
Yr 10  
Boys 12  
Girls 17

12% of pupils reported only having a drink for breakfast.

**Q17.** Percentage answering they only had a drink for breakfast.

East Sussex  
Yr 10  
Boys 10  
Girls 14

**Q17.** Top 5 breakfast items:

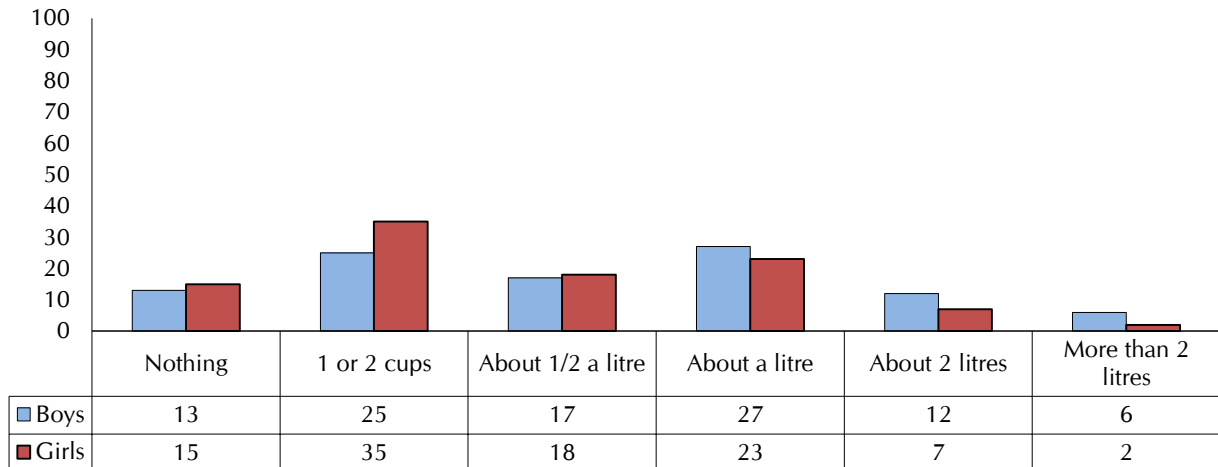
Boys		Girls	
1	A drink	58	53
2	Cereal	46	29
3	Toast or bread	25	24
4	Fruit	7	7
5	Cooked breakfast	5	4

**Q16.** Percentage of pupils responding that they had something to eat or drink for breakfast at the following on the morning of the survey:

Boys		Girls	
1	At home	78	68
2	At school	11	8
3	On the way to school	7	6

**Water**

**Q19.** How much water did you drink yesterday?



14% of pupils responded that they didn't drink any water on the day before the survey.

**Q19.** Percentage answering that they didn't drink any water on the day before the survey.

East Sussex

Yr 10

Boys 13

Girls 15

38% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.

**Q19.** Percentage answering that they drank at least 'about a litre' of water on the day before the survey.

East Sussex

Yr 10

Boys 45

Girls 32

56% of pupils responded that they accessed drinking water from their own drinking bottle on the day before the survey, while 15% drank water from the canteen / dining hall.

**Q20.** Percentage of pupils responding that they accessed drinking water at the following places at school on the day before the survey (top 5):

Boys		Girls	
1	My own drinking bottle	46	65
2	Water fountain	33	17
3	Canteen / dining hall	16	15
4	Other	10	8
5	Water cooler	7	6

**Food**

52% of pupils responded that they eat vegetables 'on most days'; 39% said the same of fresh fruit.

**Q21.** Percentage of pupils responding that they eat or drink the following 'on most days':

	Boys	Girls	Total
Any meat	47	40	44
Any fish / fish fingers	3	2	3
Any dairy produce	61	58	60
Vegetarian main meal	5	8	6
Wholemeal bread	29	27	28
Chips or roast potatoes	14	11	13
Rice or pasta	16	15	16
Sugar-coated cereals	15	7	11
High-fibre cereals or muesli	13	10	11
Fresh fruit	34	43	39
Salads	13	19	16
Vegetables	48	56	52
Low-calorie drinks (e.g. diet coke)	13	13	13
Fizzy drinks (not low-calorie)	21	12	17
Crisps	33	32	33
Sweets, chocolate, choc bars	35	32	34

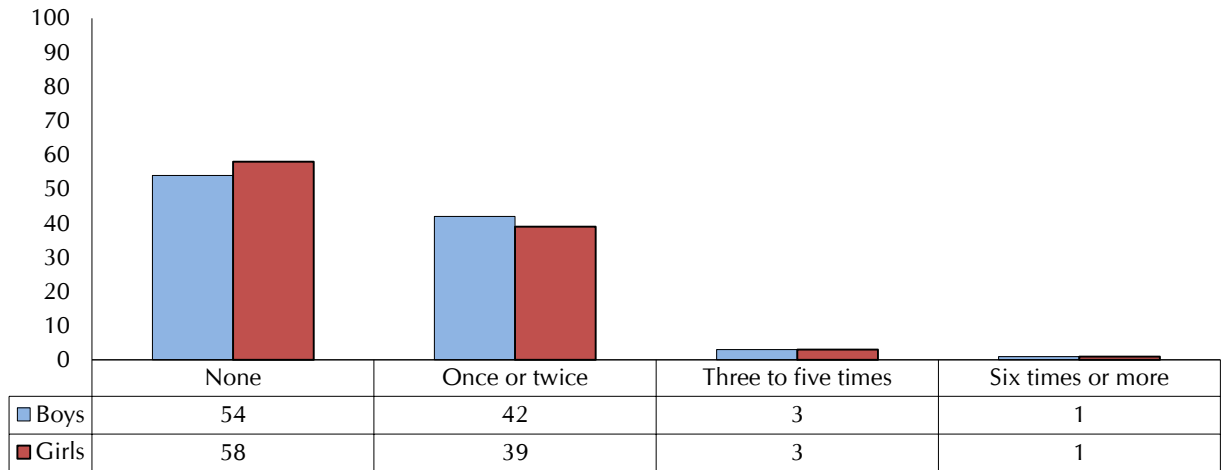
38% of pupils responded that they 'rarely or never' eat any fish / fish fingers.

**Q21.** Percentage of pupils responding that they 'rarely or never' eat or drink the following:

	Boys	Girls	Total
Any meat	4	7	6
Any fish / fish fingers	34	43	38
Any dairy produce	3	4	4
Vegetarian main meal	67	61	64
Wholemeal bread	20	23	22
Chips or roast potatoes	6	7	6
Rice or pasta	5	4	5
Sugar-coated cereals	43	60	52
High-fibre cereals or muesli	46	55	51
Fresh fruit	12	8	10
Salads	30	18	24
Vegetables	7	6	6
Low-calorie drinks (e.g. diet coke)	31	33	32
Fizzy drinks (not low-calorie)	19	35	27
Crisps	13	16	14
Sweets, chocolate, choc bars	5	7	6

**Fast food**

**Q22.** How many times in the last week have you eaten food from a fast food restaurant (e.g. McDonalds, Burger King)?



44% of pupils responded that they have eaten food from a fast food restaurant at least 'once or twice' in the last week.

**Q22.** Percentage answering that they have eaten food from a fast food restaurant at least 'once or twice' in the last week.

East Sussex  
Yr 10  
Boys 46  
Girls 42

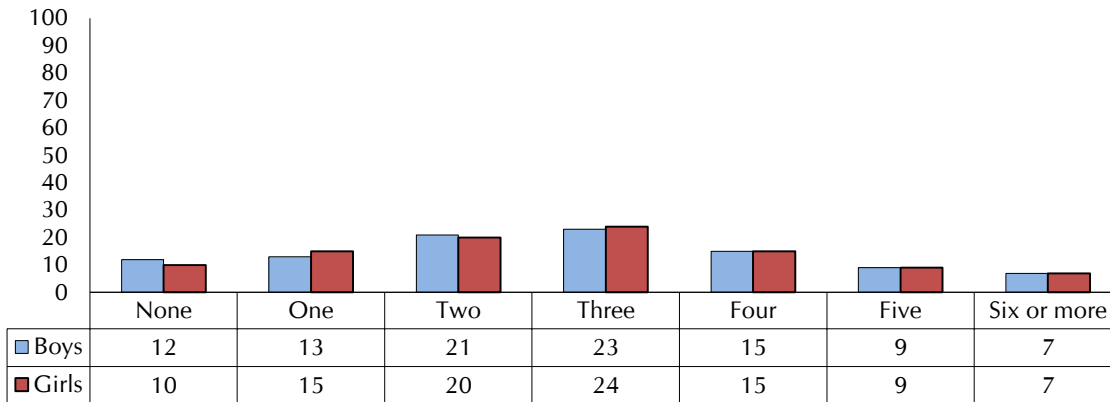
1% of pupils responded that they have eaten food from a fast food restaurant 'six times or more' in the last week.

**Q22.** Percentage answering that they have eaten food from a fast food restaurant 'six times or more' in the last week.

East Sussex  
Yr 10  
Boys 1  
Girls 1

**5-a-day**

**Q23.** How many portions of fruit and vegetables did you eat yesterday?



11% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

**Q23.** Percentage answering that they didn't eat any portions of fruit or vegetables yesterday.

East Sussex  
Yr 10  
Boys 12  
Girls 10

**16% said they had at least 5 portions of fruit and vegetables to eat on the day before the survey.**

**Q23.** Percentage answering that they had at least 5 portions of fruit and vegetables yesterday.

East Sussex  
Yr 10  
Boys 16  
Girls 16

**Trends**

There has been an decrease in the proportion of pupils saying that had 5 or more portions of fruit and vegetables the day before compared with 2007. 20% overall said they had 5 or more portions the day before in 2007, this has fallen to 16% in 2012.

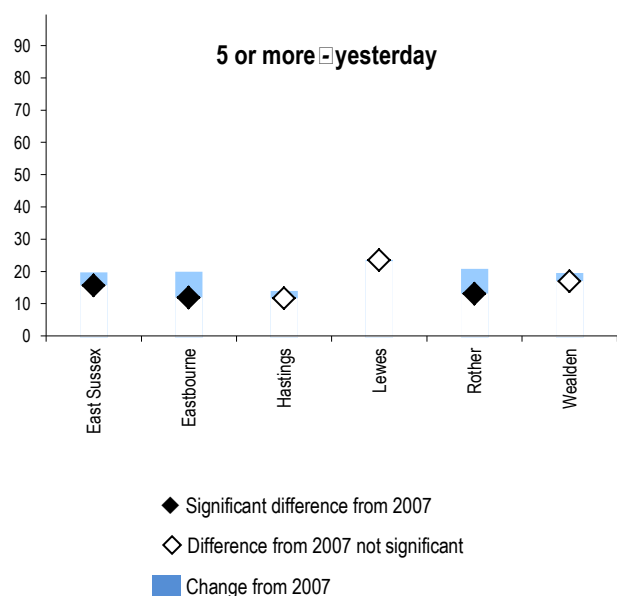
**Comparison with SHEU wider data**

16% of pupils in the wider SHEU dataset said they had 5 portions of fruit and vegetables the day before.



Having 5 a day is positively correlated with, considering your health when making food choices, taking exercise and enjoying schools lessons. It is negatively correlated with smoking.

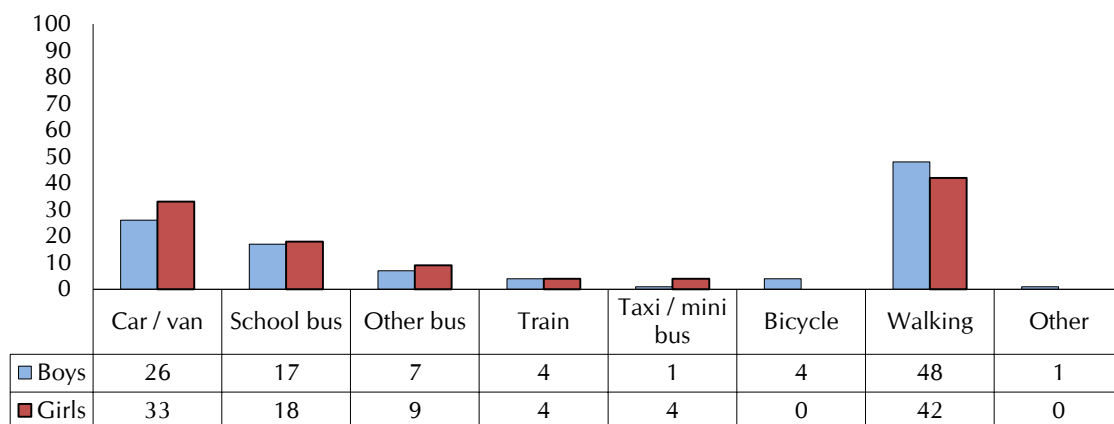
**23: How many portions of fruit and vegetables did you eat**



## Physical Activity

### Active Travel

Q6. How did you travel to school today?



29% of pupils said they travelled to school by car / van on the day of the survey.

Q6. Percentage answering that they travelled to school by car / van on the day of the survey.

East Sussex

Yr 10

Boys 26

Girls 33

45% of pupils said they walked to school on the day of the survey.

Q6. Percentage answering that they walked to school on the day of the survey.

East Sussex

Yr 10

Boys 48

Girls 42

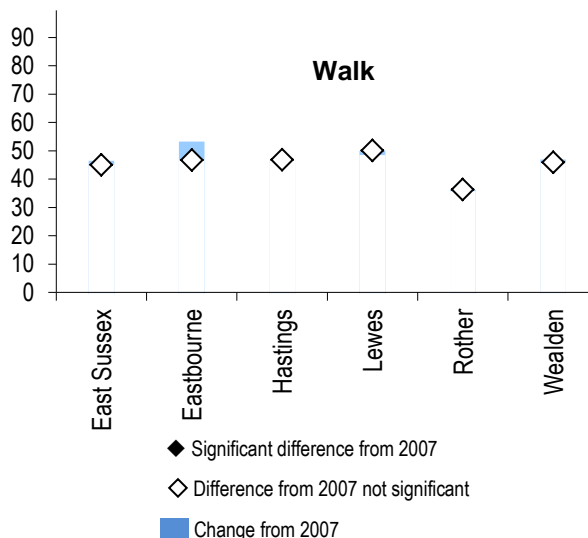
#### Trends

There has been no significant change in the proportion of pupils saying that walked to school on the day of the survey compared with 2007. 47% of pupils walked to school in 2007 compared with 45% in 2012 (42% said this in 2004).

#### Comparison with SHEU wider data

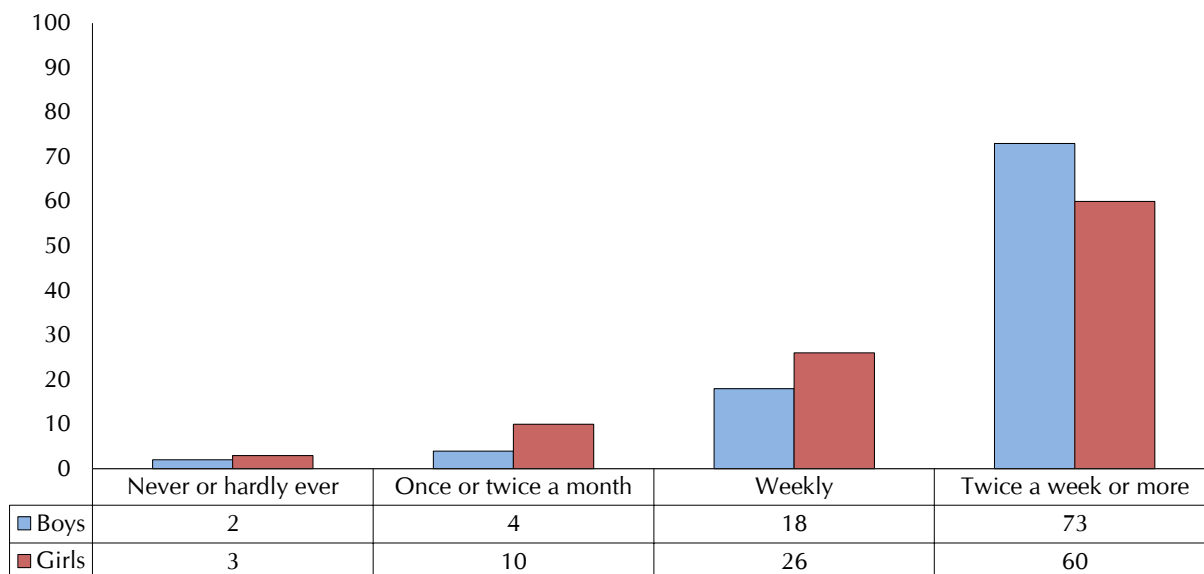
41% of pupils in the wider SHEU dataset walked to school on the day of the survey.

6: How did you travel to school today?



**Sports**

**Q24.** Sports summary: Percentage of pupils responding that they play or do at least one of the physical activities listed...:



89% of pupils responded that they play or do one or more of the physical activities listed at least 'weekly'.

**Q24.** Percentage answering that they play or do one or more of the physical activities listed at least 'weekly'.

East Sussex

Yr 10

Boys 91

Girls 86

**48% of pupils responded that they go for walks at least 'weekly', while 33% said they go jogging and 24% ride a bicycle.**

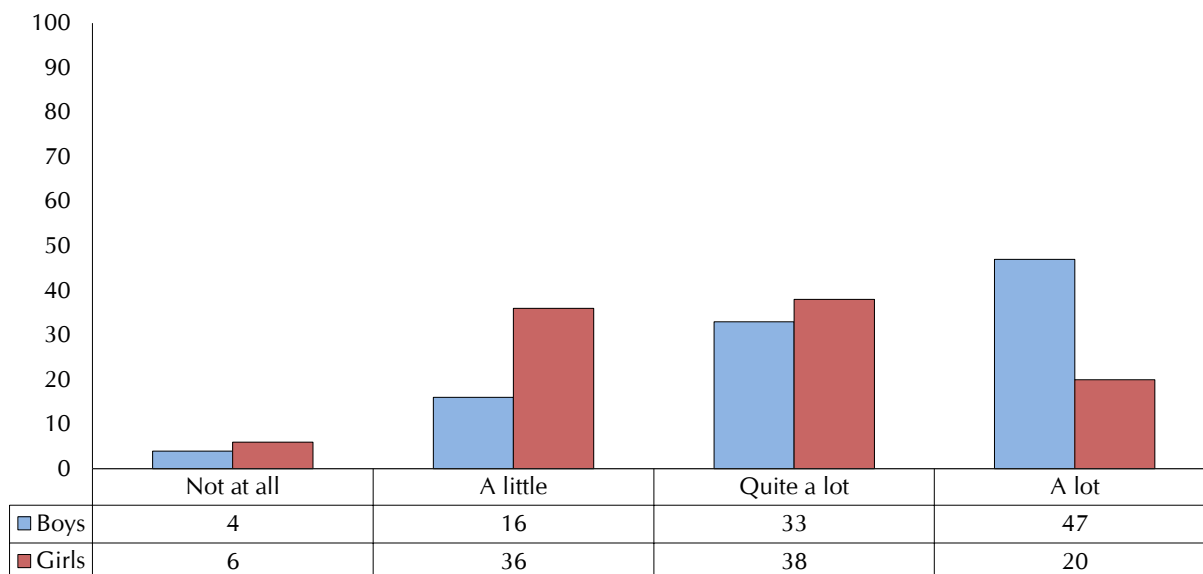
**Q24.** Percentage of pupils responding that they play or do the following physical activities at least 'weekly' (top 10):

Boys		Girls	
1	Football (soccer) 50	1	Going for walks 59
2	Jogging 37	2	Jogging 30
3	Going for walks 37	3	Dancing 29
4	Riding a bicycle 35	4	Fitness / aerobics / Zumba 23
5	5-a-side football 26	5	Trampolining 16
6	Weight training 25	6	Swimming 16
7	Basketball 18	7	Riding a bicycle 14
8	Rugby 15	8	Horse riding 13
9	Badminton 14	9	Netball 11
10	Swimming 14	10	Badminton 10



**Exercise**

**Q25.** How much do you enjoy physical activities?



5% of pupils responded that they don't enjoy physical activities at all.

**Q25.** Percentage answering that they don't enjoy physical activities at all.

East Sussex

Yr 10

Boys 4

Girls 6

**69% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.**

**Q25.** Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

East Sussex

Yr 10

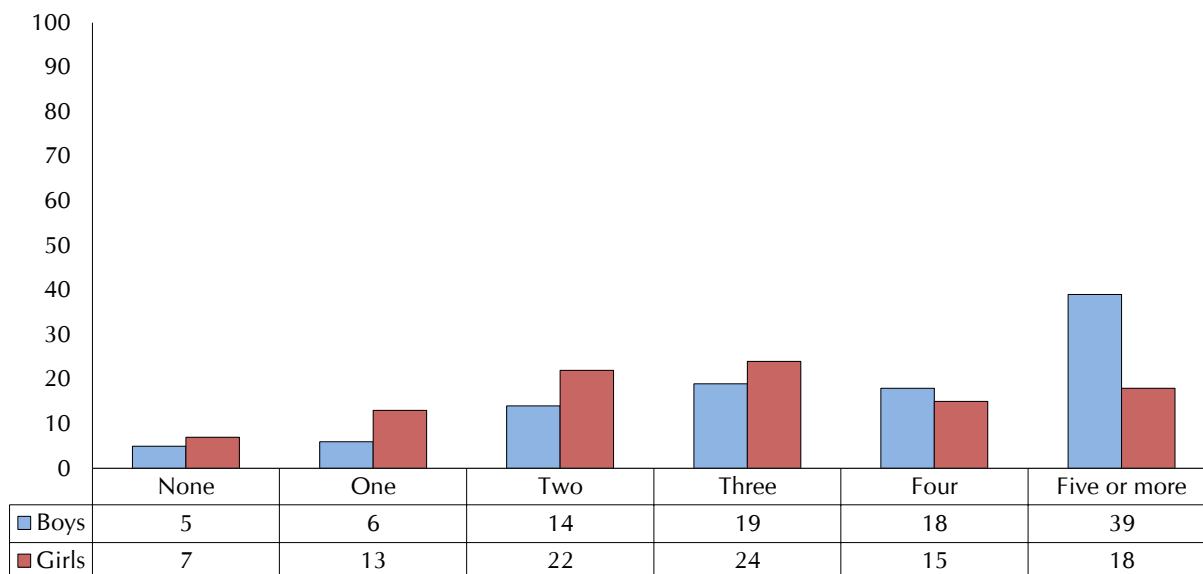
Boys 80

Girls 58

**Comparison with SHEU wider data**

82% of boys and 61% of girls in the wider SHEU dataset said enjoy physical activities 'quite a lot' or 'a lot'.

**Q26.** How many days last week did you exercise enough that you had to breathe harder and faster?



6% of pupils did not exercise enough to breathe harder and faster at all last week.

**67% of pupils exercised enough to breathe harder and faster on at least three days last week.**

**Q26.** Percentage answering that they did not exercise enough to make them breathe harder and faster last week.

East Sussex

Yr 10

Boys 5

Girls 7

**Q26.** Percentage answering that they exercised enough to have to breathe harder and faster on at least three days last week.

East Sussex

Yr 10

Boys 75

Girls 58

**Trends**

There has been no significant change in the proportions of pupils exercising hard on at least 5 days in the last week compared with 2007. 29% of pupils exercised hard on at least 5 days in the previous week in 2007 compared with 28% in 2012.

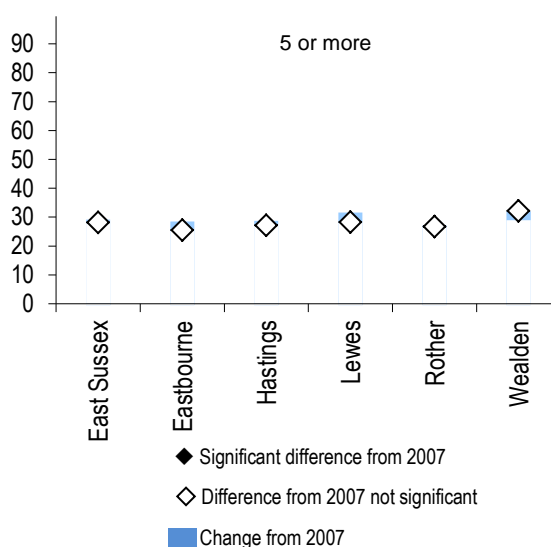
**Comparison with SHEU wider data**

17% of pupils in the wider SHEU dataset said they had exercised on at least 5 occasions the previous week.



Exercising hard last week is positively correlated with having 5 a day, high self-esteem and enjoying schools lessons.

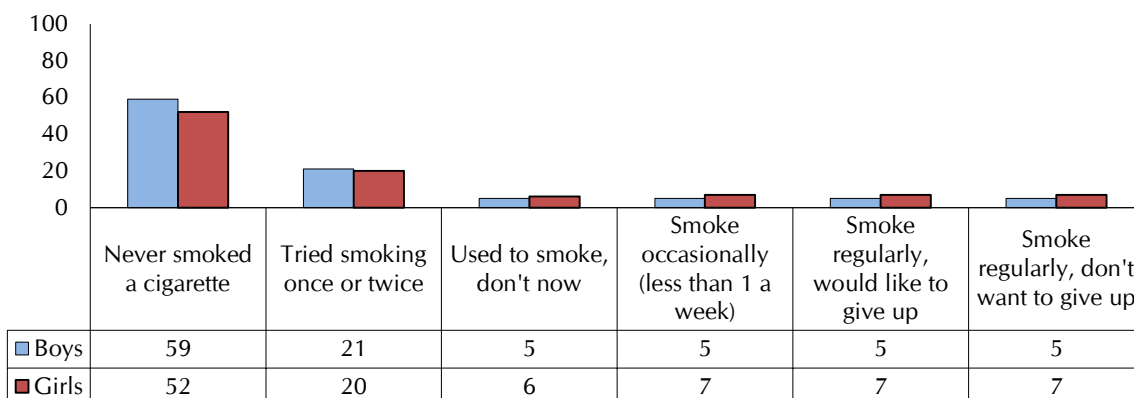
**26: How many days last week did you exercise enough that you had to breathe harder and faster?**



# Tobacco, Alcohol and Drugs

## Smoking

Q27. Smoking: Which statement describes you best?



**12% reported that they smoke 'regularly'.**

Of the 520 pupils who smoke regularly, 50% said they would like to give up.

**17% of pupils responded that they have smoked at least one cigarette in the last week.**

Q27. Percentage answering that they smoke 'regularly'

East Sussex  
Yr 10

Boys	9
Girls	14

Q28. Percentage answering that they have smoked at least one cigarette in the last week.

East Sussex  
Yr 10

Boys	12
Girls	21

### Trends

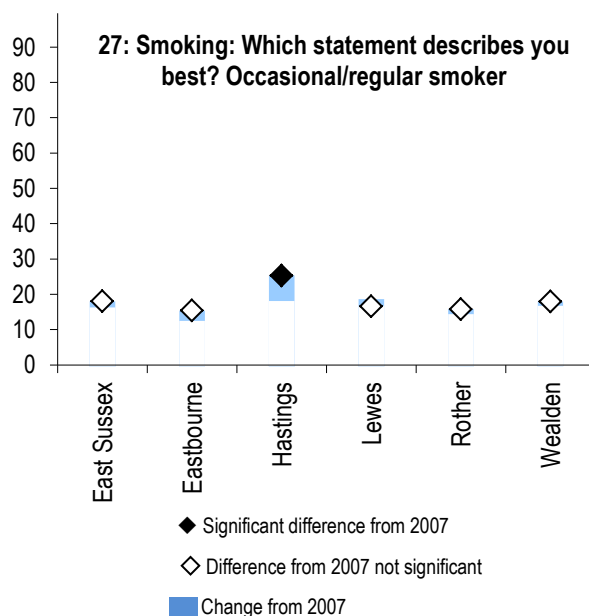
17% of pupils smoked last week in 2012 compared with 15% in 2007. The change is seen in girls rather than boys and in Hastings rather than other districts. There has been no significant change overall in the proportions of pupils describing themselves as occasional or regular smokers since 2007. There appears to be an increase in the proportions saying this in Hastings however. 17% of pupils in 2007 described themselves as 'occasional' or 'regular' smokers compared with 18% in 2012. (This is still a clear fall from the 26% who said this in 2004).

### Comparison with SHEU wider data

13% of pupils in the wider SHEU dataset describe themselves as occasional or regular smokers.



Smoking is positively correlated with drinking alcohol, drug taking, sexual experience and being a victim of crime. It is negatively correlated with enjoying lessons.

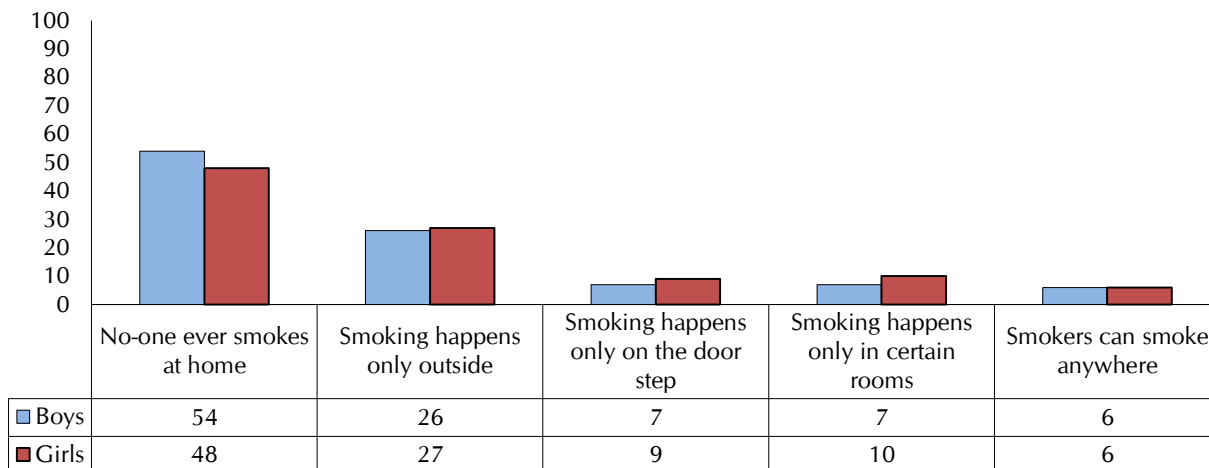


42% of pupils responded that at least one person smokes on most days indoors at home. 12% said at least three people do.

**Q30.** Percentage answering that at least one person smokes on most days indoors at home.

East Sussex  
Yr 10  
Boys 39  
Girls 44

**Q31.** Thinking about smoking at home, what best describes what happens in your home?



51% of pupils responded that no-one ever smokes at home.

**Q31.** Percentage answering that no-one ever smokes at home.

East Sussex  
Yr 10  
Boys 54  
Girls 48

35% of pupils responded that smoking happens only outside or on the door step at home.

**Q31.** Percentage answering that smoking happens only outside or on the door step at home.

East Sussex  
Yr 10  
Boys 33  
Girls 36

9% of pupils responded that smoking happens only in certain rooms at home.

**Q31.** Percentage answering that smoking happens only in certain rooms at home.

East Sussex  
Yr 10  
Boys 7  
Girls 10

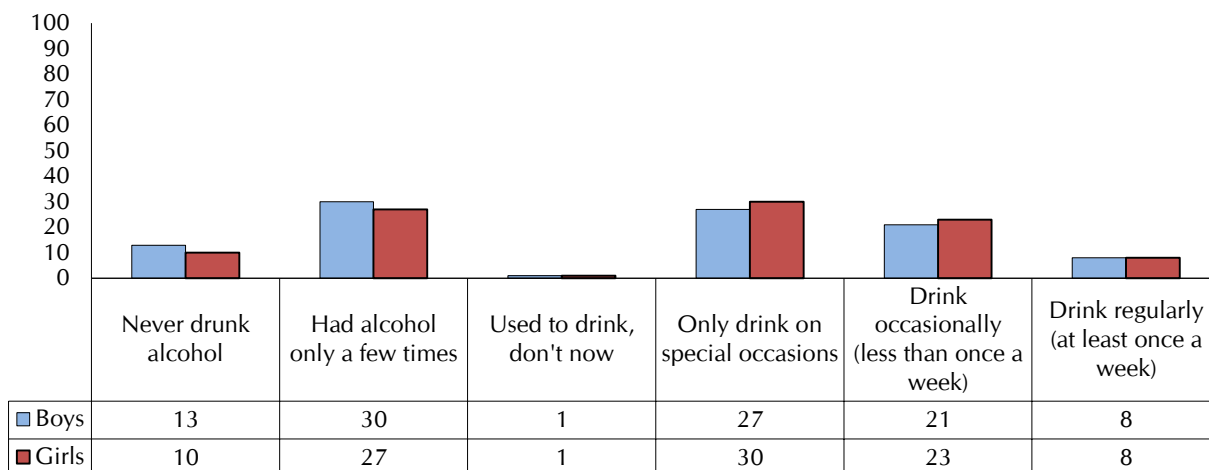
6% of pupils responded that smokers can smoke anywhere at home.

**Q31.** Percentage answering that smokers can smoke anywhere at home.

East Sussex  
Yr 10  
Boys 6  
Girls 6

### Alcohol

**Q32.** Alcohol: Which statement describes you best?



8% drink alcohol at least 'once a week', while 29% said they only drink on special occasions.

**Q32.** Percentage answering they drink alcohol at least 'once a week'.

East Sussex  
Yr 10  
Boys 8  
Girls 8

### 35% of pupils responded that they have had an alcoholic drink in the last 7 days.

45% of Year 10 pupils in our national data said that they drank alcohol in the last week.

**Q33.** Percentage answering that they have had an alcoholic drink in the last 7 days.

East Sussex  
Yr 10  
Boys 35  
Girls 35

### Trends

There has been an increase overall in the proportions of pupils saying that they didn't drink any alcohol on any day in the previous week compared with 2007. 61% said they drank alcohol on no days last week in 2007 compared with 65% in 2012. (52% said this in 2004).

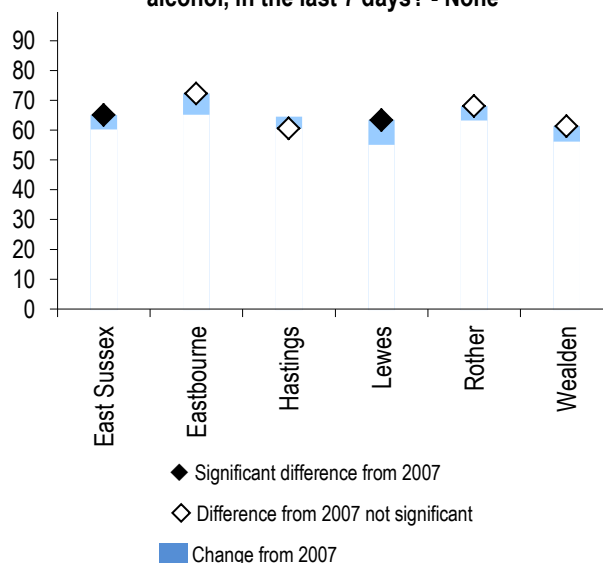
### Comparison with SHEU wider data

73% of pupils in the wider SHEU dataset didn't drink alcohol on any day in the previous week.

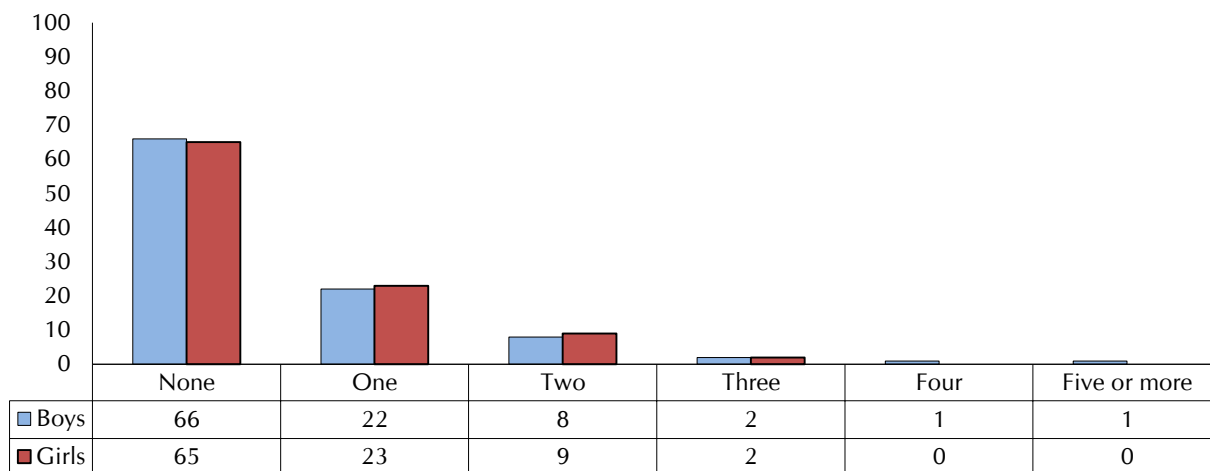


Alcohol last week is positively correlated with smoking, drug taking and sexual experience. It is negatively correlated with enjoying schools lessons.

**34: On how many days did you drink alcohol, in the last 7 days? - None**



**Q34.** On how many days did you drink alcohol, in the last 7 days?



12% of pupils responded that they drank alcohol on more than one day in the last 7 days. 3% said they drank on at least three days.

**Q34.** Percentage answering that they drank alcohol on more than one day in the last 7 days.

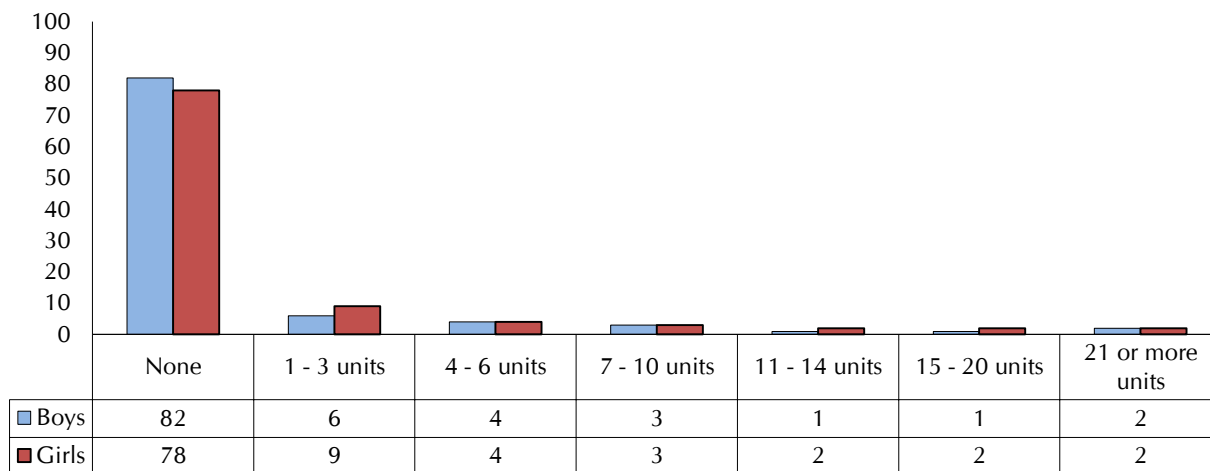
East Sussex

Yr 10

Boys 12

Girls 12

**Q36.** Total units of alcohol pupils reported drinking in the last 7 days:



3% of boys and 3% of girls drank over the advised weekly limit of alcohol for adult females of 14 units.

**Q36.** Percentage answering that they drank over 14 units of alcohol in the last 7 days.

East Sussex

Yr 10

Boys 3

Girls 3

13% of pupils responded that they drank spirits in the last 7 days, while 13% said they drank beer or lager and 8% drank pre-mixed drinks.

**Q36. Most popular alcoholic drinks from the last 7 days (top 10):**

Boys			Girls		
1	Beer or lager	18	1	Other spirits	16
2	Cider	12	2	Pre-mixed drinks	11
3	Other spirits	10	3	Wine	11
4	Pre-mixed drinks	5	4	Beer or lager	8
5	Wine	5	5	Cider	8

**19% of pupils said they have drunk alcohol at home in the last 7 days and 14% said they have at a friend's or relation's home.**

**Q37. Percentage of pupils responding that they have drunk alcoholic drink at the following places in the last 7 days:**

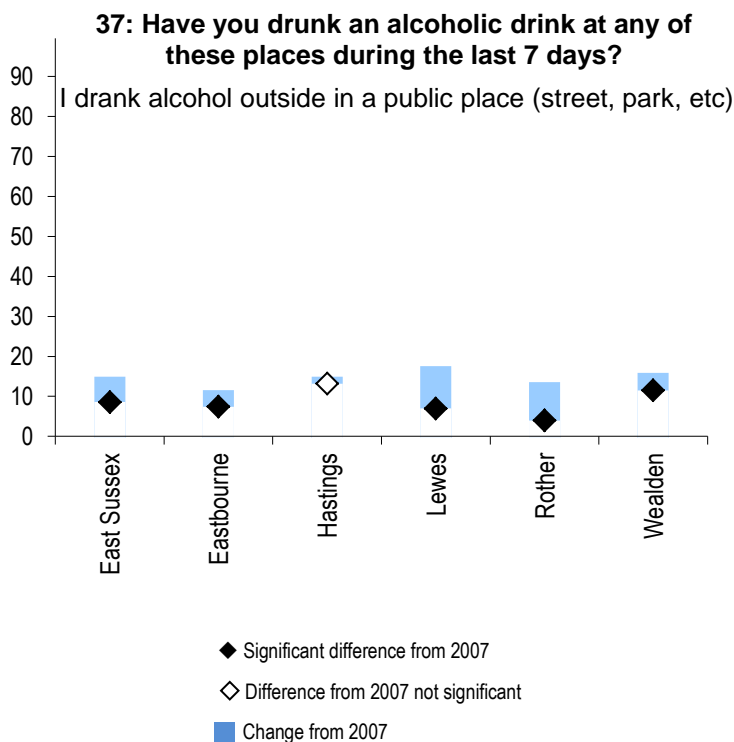
Boys			Girls		
1	At home	21	1	At home	17
2	At a friend's or relation's home	12	2	At a friend's or relation's home	16
3	Outside in a public place	8	3	Outside in a public place	10
4	At a party or nightclub	7	4	At a party or nightclub	8
5	In a pub or bar	2	5	In a pub or bar	3

**Trends**

There has been a decrease in the proportions of pupils saying that they drank alcohol outside in a public place in the previous week compared with 2007. 15% said this in 2007 compared with 9% in 2012. (15% said this in 2004).

**Comparison with SHEU wider data**

9% of pupils in the wider SHEU dataset said they drank alcohol outside in a public place during the previous week.

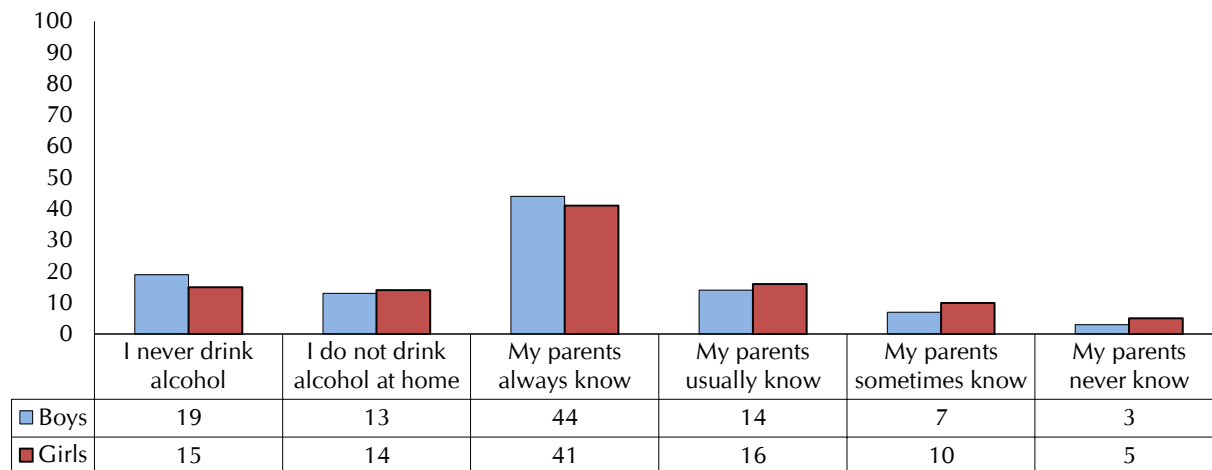


16% of pupils responded that they have been given alcohol by a family member in the last 7 days, while 10% said they have been given it by a friend and 9% got someone else to buy it for them.

**Q38.** Percentage of pupils responding that they have got alcoholic drink from the following in the last 7 days (top 5):

Boys			Girls		
1	Given it by a family member	17	1	Given it by a family member	15
2	Got someone else to buy it for me	8	2	Given it by a friend	12
3	Given it by a friend	8	3	Got someone else to buy it for me	10
4	Took it from home	4	4	Took it from home	3
5	Bought it in a supermarket	2	5	Bought it in an off-licence	2

**Q39.** If you ever drink alcohol at home, do your parents know?



17% of pupils responded that they 'never' drink alcohol, while 13% said they do not drink alcohol at home.

42% of pupils responded that they do drink alcohol at home and their parents 'always' know, while 15% said their parents 'usually' know.

12% of pupils responded that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

**Q39.** Percentage answering that they either never drink alcohol, or don't drink it at home.

East Sussex

Yr 10

Boys 31

Girls 29

**Q39.** Percentage answering that they drink alcohol at home and their parents 'always' know.

East Sussex

Yr 10

Boys 44

Girls 41

**Q39.** Percentage answering that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

East Sussex

Yr 10

Boys 10

Girls 15



### Drugs

**55% of pupils responded that they are ‘fairly sure’ or ‘certain’ that they know someone personally who uses drugs listed in the questionnaire.**

**Q41.** Percentage answering that they know someone who uses drugs listed in the questionnaire.

East Sussex

Yr 10

Boys 53

Girls 56

**37% of pupils responded that they have been offered drugs listed in the questionnaire.**

**Q42.** Percentage answering that they have been offered drugs listed in the questionnaire.

East Sussex

Yr 10

Boys 38

Girls 37

**20% of pupils reported that they have taken at least one of the drugs listed in the questionnaire.**

**Q43.** Percentage answering they have taken at least one of the drugs listed in the questionnaire.

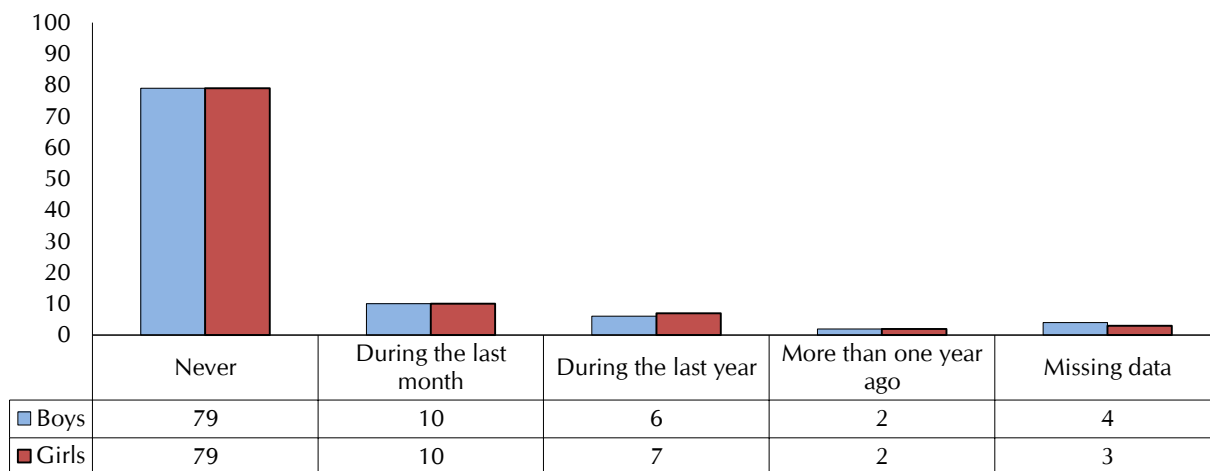
East Sussex

Yr 10

Boys 20

Girls 20

**Q44.** Drugs summary: Percentage of pupils responding that they have tried at least one of the recreational drugs listed:



10% of pupils responded that they have taken at least one of the drugs listed during the last month.

**Q44.** Percentage answering that they have taken one of the drugs listed during the last month.

East Sussex

Yr 10

Boys 10

Girls 10

16% of pupils responded that they have taken at least one of the drugs listed during the last year.

**Q44.** Percentage answering that they have taken one of the drugs listed during the last year.

East Sussex

Yr 10

Boys 16

Girls 17

Cannabis is typically the most commonly reported drug used and in your survey 17% of pupils said that they have ever taken cannabis.

**Q40 / 44.** Summary of some of the most common recreational drugs:

Boys

	Never heard of or know little about them	Believe safe if used properly	Have used in last month	Have used
Amphetamines	65	7	1	2
Cannabis	24	33	9	17
Ecstasy	41	8	1	3
Synthetic hallucinogens	47	7	1	2
Solvents	43	11	1	2
Emerging drugs of concern	64	7	1	1

Girls

	Never heard of or know little about them	Believe safe if used properly	Have used in last month	Have used
Amphetamines	75	6	0	2
Cannabis	28	32	9	18
Ecstasy	44	8	1	3
Synthetic hallucinogens	56	6	0	1
Solvents	47	15	1	2
Emerging drugs of concern	72	6	0	1

Of those pupils who responded that they have ever taken drugs, they were on average 14 years old when they first tried them.

**Q45.** Mean age of pupils when they first took drugs:

East Sussex	
Yr 10	
Boys	14
Girls	14

3% of pupils responded that they have taken more than one type of drug listed on the same occasion. 3% said they 'don't know' if they have.

**Q46.** Percentage answering that they have taken more than one type of drug listed on the same occasion.

East Sussex	
Yr 10	
Boys	3
Girls	3

12% of pupils responded that they have taken drugs and alcohol on the same occasion. 2% said they 'don't know' if they have.

**Q47.** Percentage answering that they have taken drugs and alcohol on the same occasion.

	East Sussex
	Yr 10
Boys	11
Girls	13

**Trends**

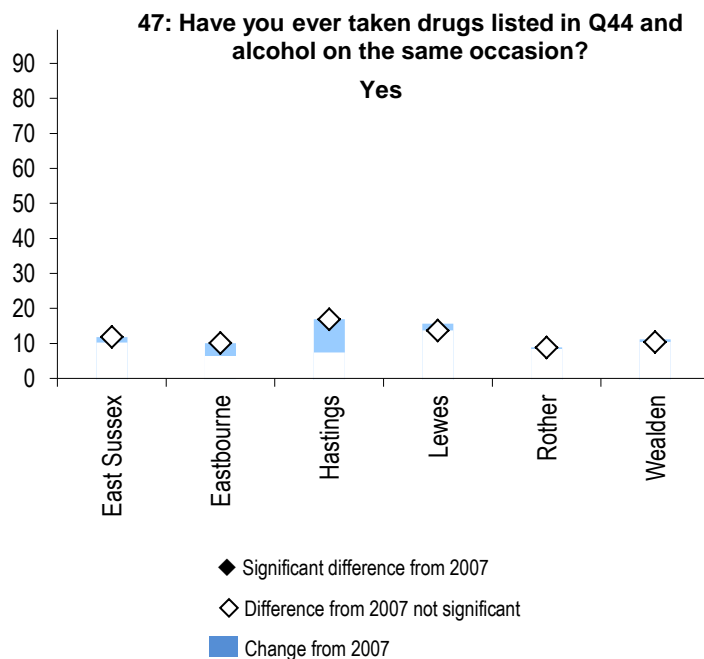
There has been no significant change in the proportions of pupils saying that they had ever used drugs and alcohol on the same occasion. 11% said this in 2007 compared with 12% in 2012. (It is a fall from the 19% who said this in 2004).

**Comparison with SHEU wider data**

11% of pupils in the wider SHEU dataset said they have ever taken drugs and alcohol on the same occasion.



Taking drugs is positively correlated with smoking, drinking alcohol, sexual experience, knowledge of sexual health services and being a victim of crime.



17% of pupils responded that there is a special drug and alcohol advice and support service for young people locally. 72% said they 'don't know' if there is.

**Q48.** Percentage answering that there is a drug and alcohol advice and support service for young people locally.

	East Sussex
	Yr 10
Boys	19
Girls	15

43% of pupils responded that they have found school lessons about drug education 'quite' or 'very' useful, while 12% have found them 'not at all' useful and 10% couldn't remember any.

**Q54.** Percentage answering that they have found school lessons about drug education 'quite' or 'very' useful.

	East Sussex
	Yr 10
Boys	42
Girls	45

## Safety

### Accidents

**39% of pupils responded that they have had at least one accident or injury which was treated by a doctor or at a hospital in the last 12 months.**

20% said they have had more than one accident or injury which needed treatment.

**Q64.** Percentage answering that they have had at least one accident or injury which needed treatment in the last 12 months.

	East Sussex	
	Yr 10	
Boys	44	
Girls	34	

9% of pupils responded that they have had a broken bone in the last 12 months which was treated by a doctor or at a hospital, while 10% said they have had a bruise, graze or sprain.

**Q65.** Most recent accident / injury: What sort of accident / injury was it? (top 5)

Boys		Girls			
1	A broken bone	13	1	A bruise, graze or sprain	10
2	A bruise, graze or sprain	10	2	A cut	6
3	A cut	8	3	A broken bone	6
4	Other	7	4	Other	6
5	A burn or scald	2	5	A burn or scald	3

**Q66.** Most recent accident / injury: How did it happen?

	Year 10		Total
	Boys	Girls	
Road traffic accident	2	1	2
Due to alcohol or drugs	1	2	2
Self-harm	3	4	4
Other	36	26	31

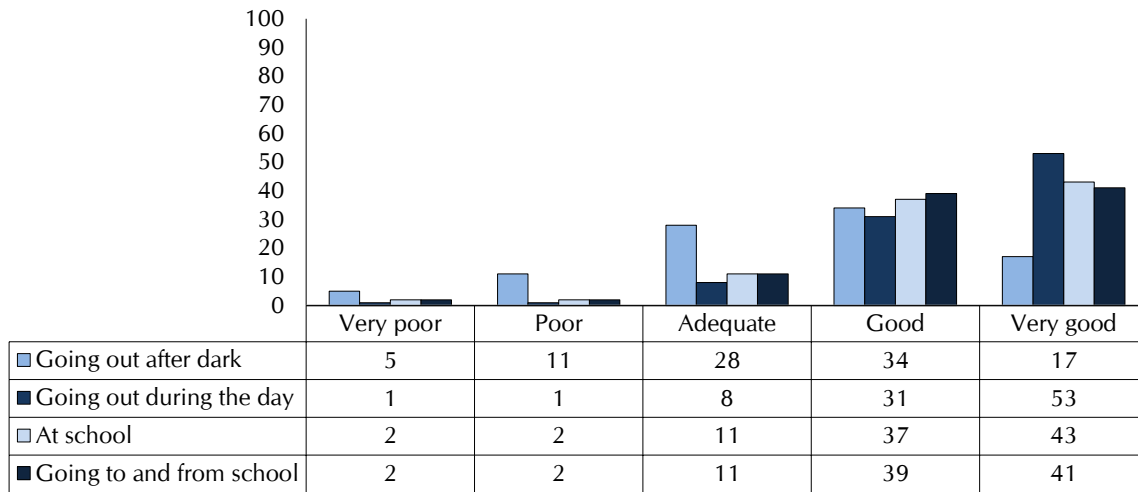
11% of pupils responded that they were at home when they experienced their most recently accident or injury, while 8% were at school.

**Q67.** Most recent accident / injury: Where were you?

Boys		Girls			
1	Other	21	1	At home	14
2	At school	9	2	Other	12
3	At home	8	3	At school	7
4	On a bike	5	4	In a car	1
5	In a car	1	5		

## Feeling Safe

**Q70.** Feeling safe summary: How do you rate your safety at the following times in the area where you live?



80% of pupils rated their safety at school as 'good' or 'very good', while 51% said the same of going out at dark.

**16% of pupils rated their safety when going out after dark as 'poor' or 'very poor'.**

**Q70.** Percentage of pupils rating their safety as 'poor' or 'very poor' in the following circumstances:

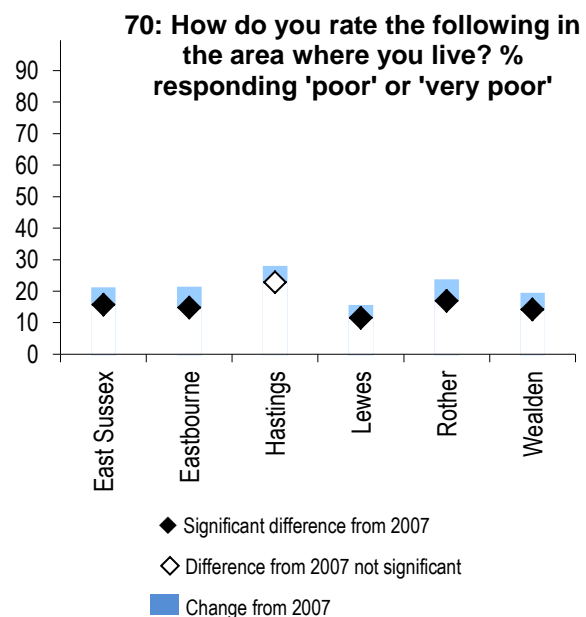
	Year 10		Total
	Boys	Girls	
Going out after dark	14	18	16
Going out during the day	3	2	3
At school	5	2	4
Going to and from school	5	3	4

### Trends

There has been a decrease overall in the proportions of pupils saying the safety in their local area after dark is 'poor' or 'very poor'. 23% said this in 2007 compared with 16% in 2012. (24% said this in 2004).

### Comparison with SHEU wider data

24% of pupils in the wider SHEU dataset said the safety in their local area after dark is 'poor' or 'very poor'.



### Violence and aggression

**10% of pupils responded that they have been the victim of violence or aggression in the area where they live in the last 12 months.**

9% said they are 'not sure' if they have been.

4% of pupils responded that the violence or aggression they experienced was from an adult. 3% said they are 'not sure' if it was.

This works out as 27% of those who have been the victim of violence or aggression, responding that it was from an adult.

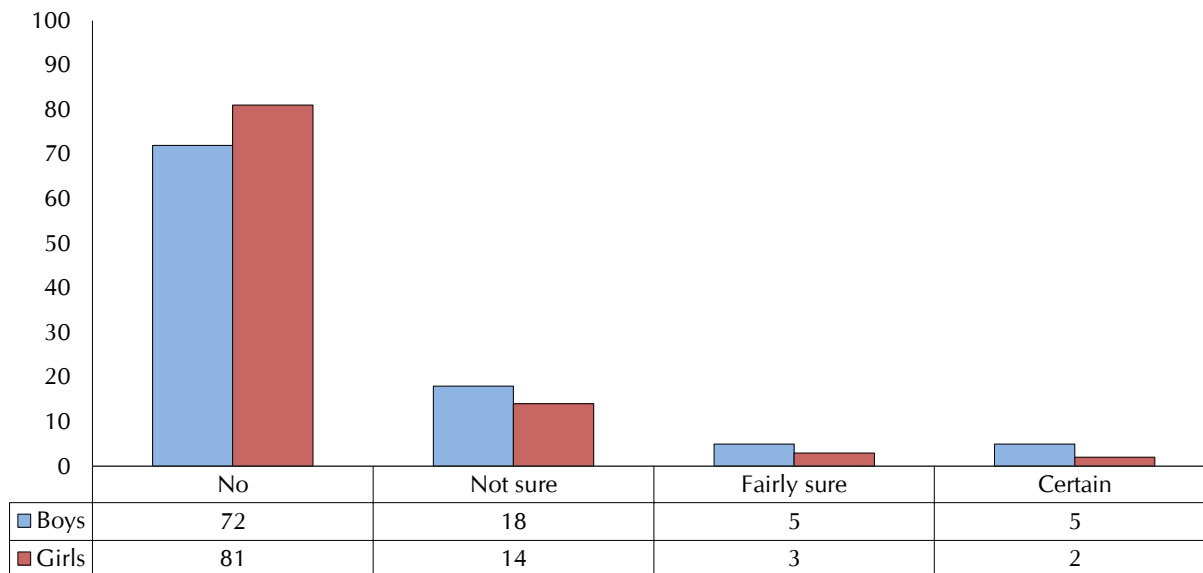
**Q71a.** Percentage answering that they have been the victim of violence or aggression in the area where they live in the last 12 months.

East Sussex  
Yr 10  
Boys 12  
Girls 8

**Q71b.** Percentage answering that they have been the victim of violence or aggression from an adult in the area where they live in the last 12 months.

East Sussex  
Yr 10  
Boys 4  
Girls 3

**Q72.** Do you or your friends carry weapons or other things for protection when going out?



**7% of pupils responded that they are 'fairly sure' or 'certain' that they or their friends carry weapons or other things for protection when going out.**

**Q72.** Percentage answering that they or their friends carry weapons or other things for protection when going out.

East Sussex  
Yr 10  
Boys 10  
Girls 5

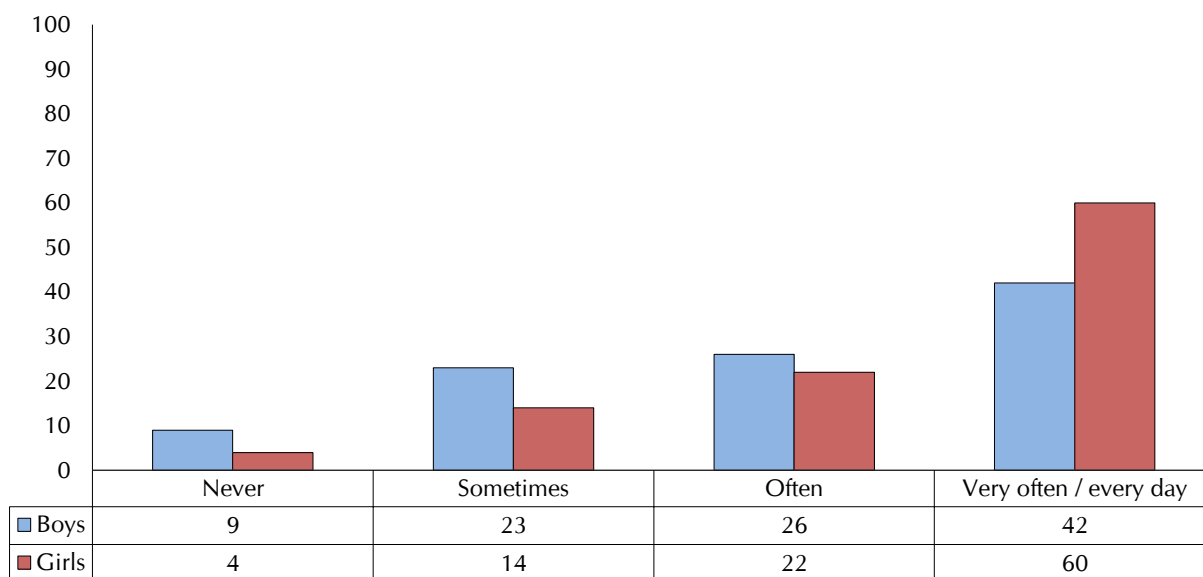
### Internet safety

78% of pupils responded that they use the Internet for posting messages on Facebook, Twitter etc., while 59% use it for chatting.

**Q73.** Percentage of pupils responding that they use the Internet for the following (top 5):

Boys		Girls	
1	Posting messages on Facebook, Twitter etc.	71	86
2	Looking at web pages about my hobbies and interests	60	72
3	School work	59	64
4	Playing games	54	45
5	Chatting	53	34

**Q74a.** How often do you use Internet chat rooms or social networking sites (e.g. Facebook)?



94% of pupils responded that they use Internet chat rooms or social networking sites at least 'sometimes'.

**Q74a.** Percentage answering that they use Internet chat rooms or social networking sites at least 'sometimes'.

East Sussex

Yr 10

Boys 91

Girls 96

52% of pupils responded that they use Internet chat rooms or social networking sites 'very often / every day'.

**Q74a.** Percentage answering that they use Internet chat rooms or social networking sites 'very often / every day'.

East Sussex

Yr 10

Boys 42

Girls 60

87% of pupils responded that they have been told how to stay safe while using the Internet. 8% said they 'don't know' if they have.

**Q74b.** Percentage answering that they have been told how to stay safe while using the Internet.

	East Sussex	
	Yr 10	
Boys	83	
Girls	91	

77% of pupils responded that they have got Internet safety information from school, while 47% said they have got it from parents.

**Q74c.** Percentage of pupils responding that they have got Internet safety information from the following:

	Year 10		Total
	Boys	Girls	
School	71	82	77
Parents	36	57	47
Friends	11	20	15
On-line advice	10	10	10

**31% of pupils responded that they have received a chat message that scared or upset them.**

**Q74d.** Percentage answering that they have received a chat message that scared or upset them.

	East Sussex	
	Yr 10	
Boys	16	
Girls	44	

**26% of pupils responded that they have met someone in real life who they first met online.**

**Q74e.** Percentage answering that they have met someone in real life who they first met online.

	East Sussex	
	Yr 10	
Boys	26	
Girls	26	

45% of pupils responded that they have looked online for pornographic or violent images, films or games.

**Q75a.** Percentage answering that they have looked online for pornographic or violent images, films or games.

	East Sussex	
	Yr 10	
Boys	76	
Girls	17	

12% of pupils responded that they have seen images online which upset them.

**Q75b.** Percentage answering that they have seen images online which upset them.

This works out as 26% of those who have looked online for pornographic or violent material responding that they have seen images which upset them.

	East Sussex	
	Yr 10	
Boys	17	
Girls	7	



**13% of pupils responded that they have texted or sent images of themselves which they have later regretted.**

**Q76a.** Percentage answering that they have texted or sent images of themselves which they have later regretted.

	East Sussex	
	Yr 10	
Boys	10	
Girls	16	

12% of pupils responded that someone they know has texted or sent images of them which they have been embarrassed or upset about.

**Q76b.** Percentage answering that someone they know has texted or sent images of them which they have been embarrassed or upset about.

	East Sussex	
	Yr 10	
Boys	10	
Girls	13	

19% of pupils responded that they have received images of someone which they felt were inappropriate.

**Q77a.** Percentage answering that they have received images of someone which they felt were inappropriate.

	East Sussex	
	Yr 10	
Boys	15	
Girls	21	

13% of pupils responded that they have received text messages which they felt were inappropriate and deleted them; 3% informed the person in the picture.

**Q77b.** Percentage of pupils responding that they did the following after receiving images of someone which they felt were inappropriate:

	Year 10		Total
	Boys	Girls	
Deleted them	9	17	13
Sent on to someone else	3	2	3
Showed a responsible adult	1	1	1
Informed the person in the picture	3	4	3

38% of pupils responded that they have found school lessons about safety 'quite' or 'very' useful, while 11% have found them 'not at all' useful and 14% couldn't remember any.

**Q54.** Percentage answering that they have found school lessons about safety 'quite' or 'very' useful.

	East Sussex	
	Yr 10	
Boys	36	
Girls	40	

## Bullying

31% of pupils responded that they have found school lessons about being bullied 'quite' or 'very' useful, while 18% have found them 'not at all' useful and 15% couldn't remember any.

**Q54.** Percentage answering that they have found school lessons about being bullied 'quite' or 'very' useful.

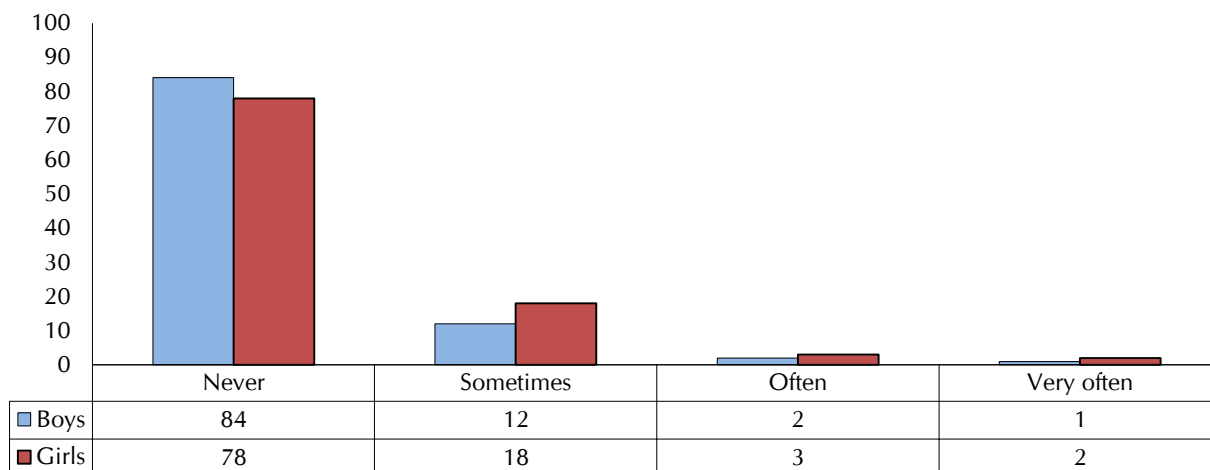
East Sussex

Yr 10

Boys 29

Girls 32

**Q87.** Do you ever feel afraid of going to school because of bullying?



**19% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.**

**Q87.** Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

East Sussex

Yr 10

Boys 16

Girls 22

4% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

**Q87.** Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

East Sussex

Yr 10

Boys 4

Girls 4

**17% of pupils responded that they have been bullied at or near school in the last 12 months.**

10% said they 'don't know' if they have been.

**Q88.** Percentage answering that they have been bullied at or near school in the last 12 months.

East Sussex  
Yr 10  
Boys 16  
Girls 18

**Trends**

There has been a decrease overall in the proportions of pupils saying they have been bullied at or near school in the last 12 months. 21% said this in 2007 compared with 17% in 2012. (Question not asked in 2004).

**Comparison with SHEU wider data**

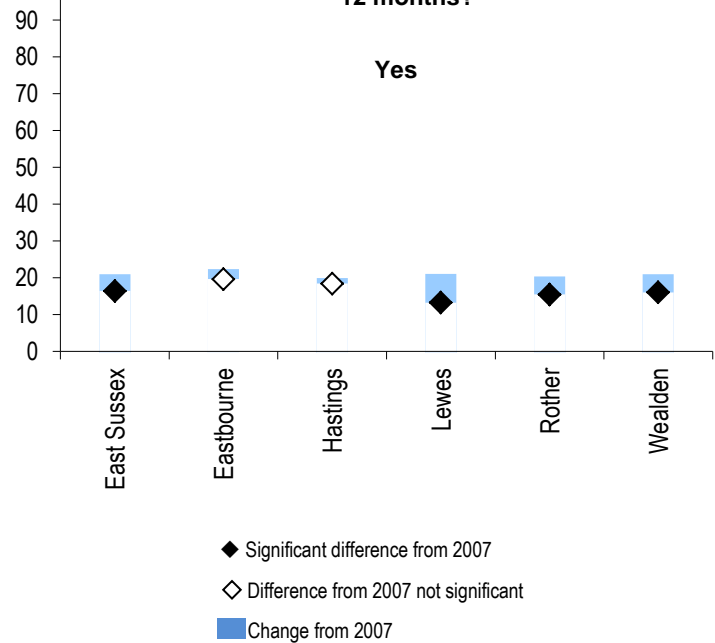
22% of pupils in the wider SHEU dataset said they had been bullied in the last 12 months.



Being bullied is positively

correlated with being a victim of crime. It is negatively correlated with self-esteem, being happy with life and having someone you can talk to about problems.

**88: Have you been bullied at or near school in the last 12 months?**



**Q89.** Do you think you are being picked on or bullied for any of the following?



8% of pupils responded that they have bullied someone else at school in the last 12 months, while 15% said they 'don't know' if they have.

**Q90.** Percentage answering that they have bullied someone else at school in the last 12 months.

	East Sussex
	Yr 10
Boys	10
Girls	6

**52% of pupils responded that they think their school takes bullying seriously. 27% said they 'don't know' if it does.**

**Q91.** Percentage answering that they think their school takes bullying seriously.

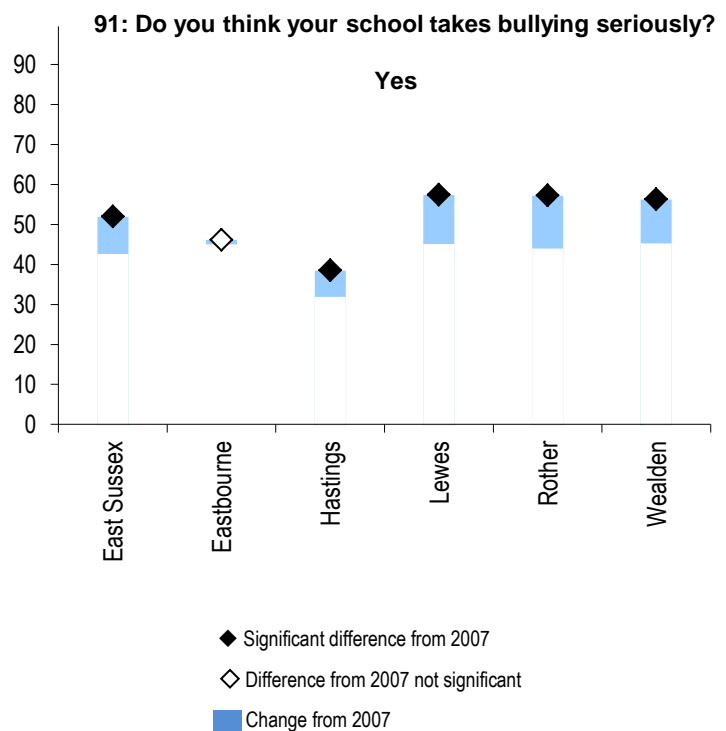
	East Sussex
	Yr 10
Boys	53
Girls	51

**Trends**

There has been an increase overall in the proportions of pupils saying they think their school takes bullying seriously. 43% said this in 2007 compared with 52% in 2012. (Question not asked in 2004).

**Comparison with SHEU wider data**

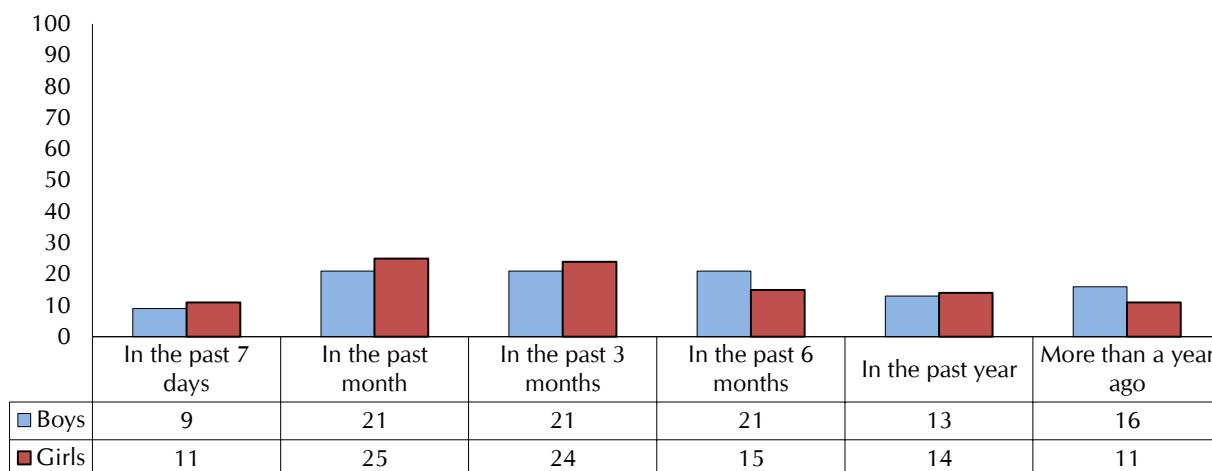
51% of pupils in the wider SHEU dataset said they think their school takes bullying seriously.



## Health & Hygiene

### Doctors

**Q68.** How long ago did you last visit the doctor?



73% of pupils responded that they have been to the doctor in the past 6 months; 33% said they have been in the past month.

**Q68.** Percentage answering that they have been to the doctor in the past 6 months.

East Sussex

Yr 10

Boys 71

Girls 76

13% of pupils responded that they haven't been to the doctor for over a year.

**Q68.** Percentage answering that they haven't been to the doctor for over a year.

East Sussex

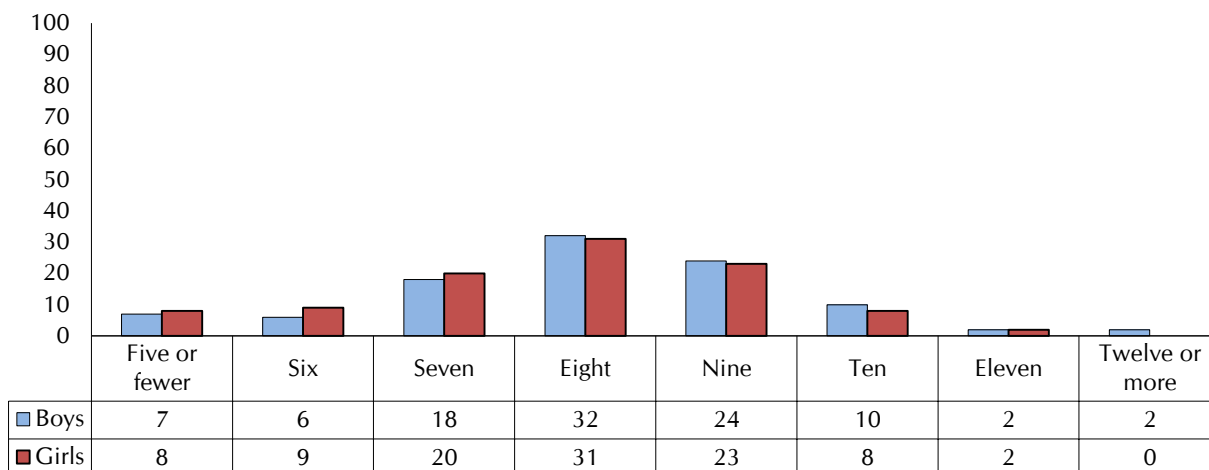
Yr 10

Boys 16

Girls 11

**Sleep**

**Q69a.** How many hours sleep did you get last night?



7% of pupils responded that they got five or fewer hours sleep the night before the survey.

**Q69a.** Percentage answering that they got five or fewer hours sleep the night before the survey.

East Sussex

Yr 10

Boys 7

Girls 8

66% of pupils responded that they got at least eight hours sleep the night before the survey.

**Q69a.** Percentage answering that they got at least eight hours sleep the night before the survey.

East Sussex

Yr 10

Boys 69

Girls 63

77% of pupils responded that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work. 23% said it isn't enough.

**Q69b.** Percentage answering that the amount of sleep they normally get is enough for them to stay alert and concentrate on their school work.

East Sussex

Yr 10

Boys 81

Girls 74

77% of pupils responded that the amount of sleep they normally get is enough for their health. 23% said it isn't enough.

**Q69b.** Percentage answering that the amount of sleep they normally get is enough for their health.

East Sussex

Yr 10

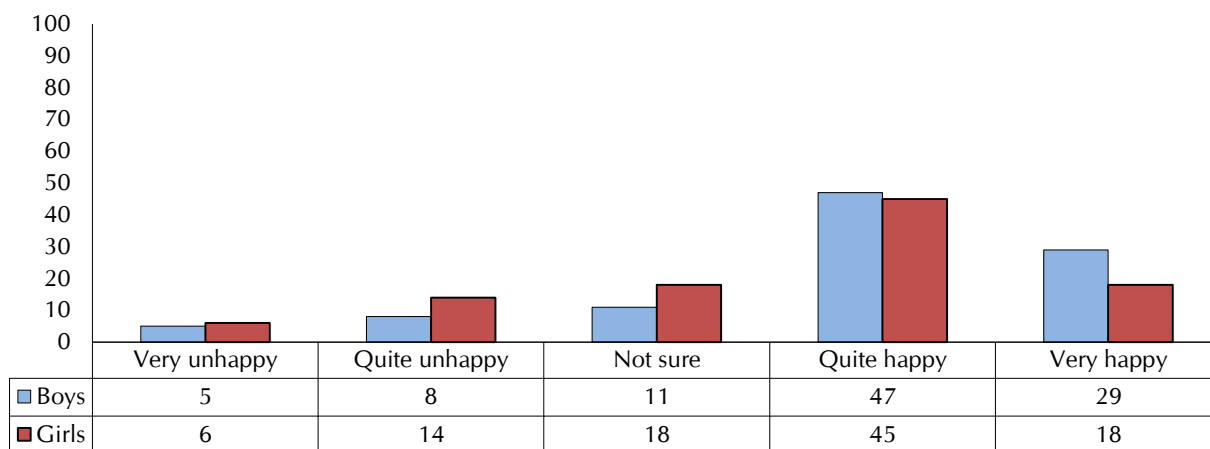
Boys 82

Girls 73

## Emotional Health and Well-being

### Happiness

**Q49.** In general, how happy do you feel with your life at the moment?



**16% of pupils responded that they are 'quite' or 'very' unhappy.**

**Q49.** Percentage answering that they are 'quite' or 'very' unhappy.

East Sussex

Yr 10

Boys 13

Girls 20

**69% of pupils responded that they are 'quite' or 'very' happy.**

**Q49.** Percentage answering that they are 'quite' or 'very' happy.

East Sussex

Yr 10

Boys 75

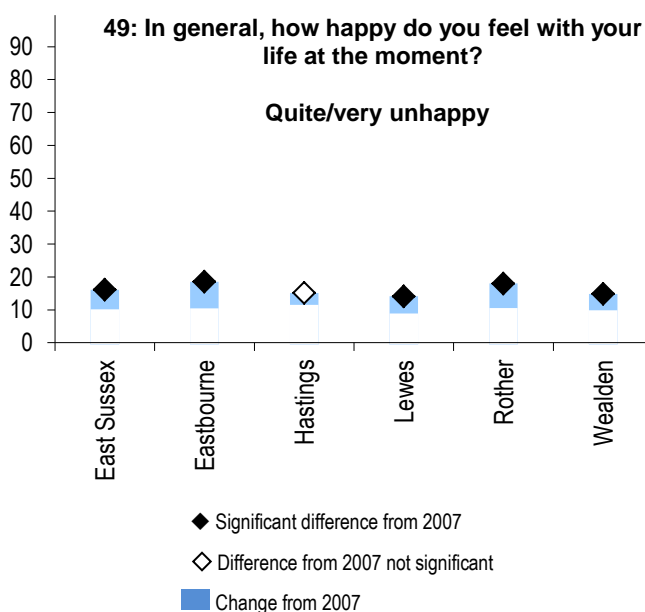
Girls 63

#### Trends

There has been an increase overall in the proportions of pupils saying they are 'quite' or 'very unhappy' with their lives at the moment. 10% said this in 2007 compared with 16% in 2012.

#### Comparison with SHEU wider data

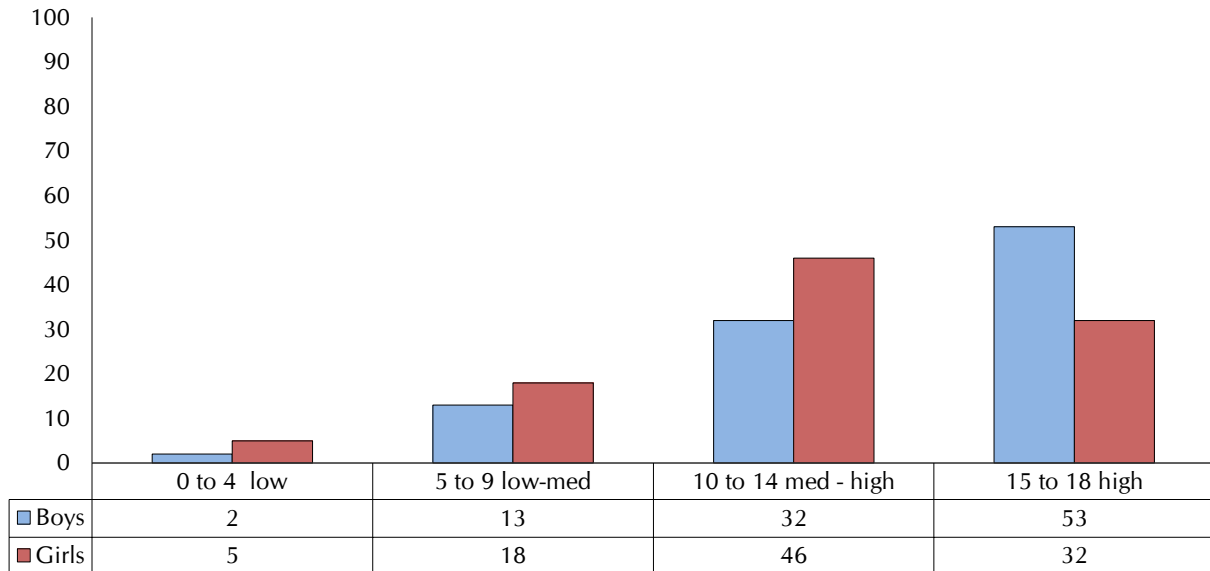
Pupils in the wider SHEU dataset were asked if they were satisfied with their lives. 13% said 'not at all' or 'not much'



### Self-esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends. Overall the levels of esteem compared with wider data are:

**Q50.** Composite self-esteem score:



Data from the ‘Young People into...’ series, reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

#### Trends

There has been a decrease overall in the proportions of pupils scoring levels of ‘high self-esteem’. 46% of pupils were found in the high self-esteem bracket in 2007 compared with 42% in 2012. (44% were in this group in 2004).

#### Comparison with SHEU wider data

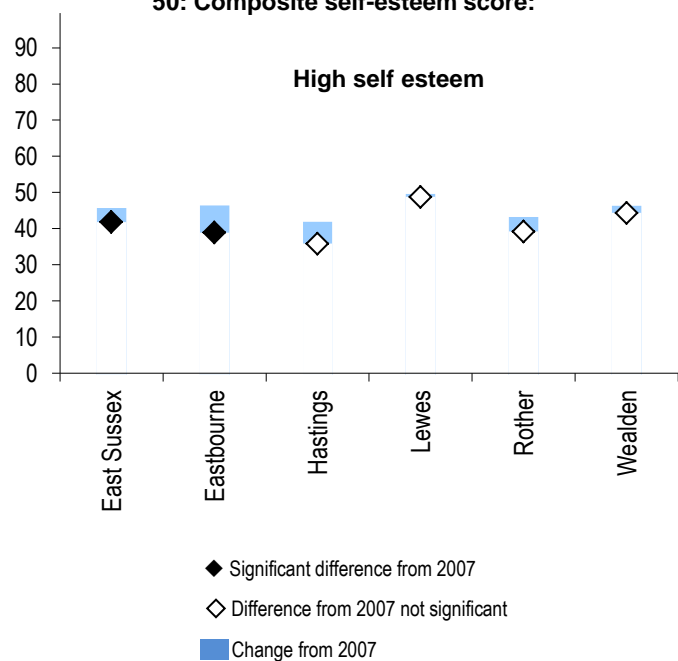
47% of pupils in the wider SHEU dataset had high levels of self-esteem.



High self-esteem is positively

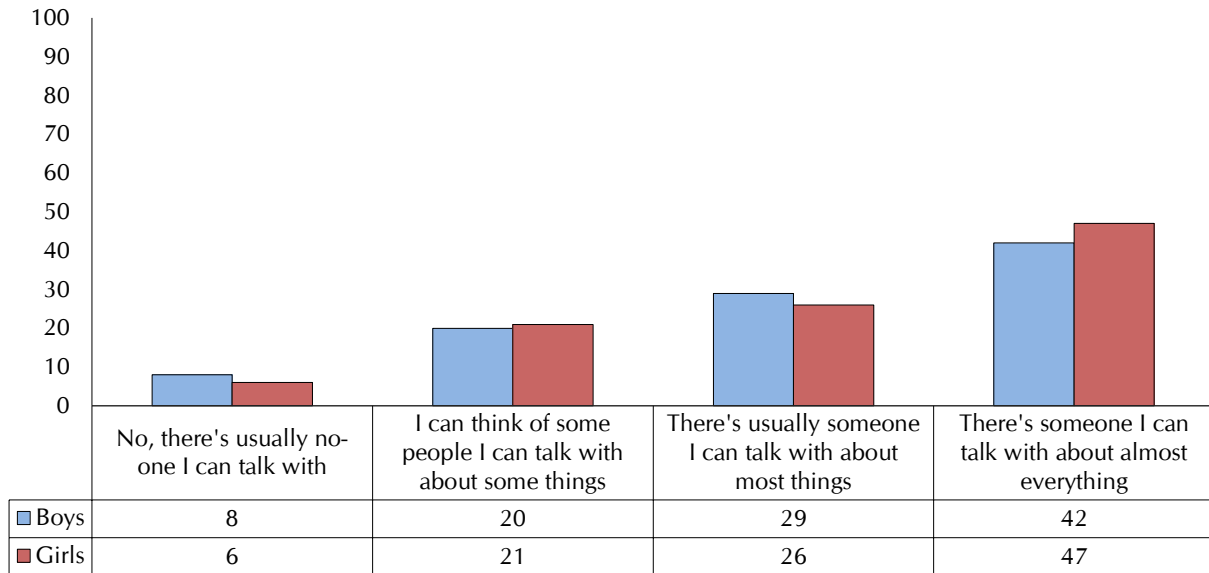
correlated with being happy with life, having someone you can talk to about problems and enjoying school lessons. It is negatively correlated with being bullied, wanting to lose weight and being the victim of crime.

**50: Composite self-esteem score:**





**Q51.** Is there someone you can talk with about anything that worries you?



7% of pupils responded that there is usually no-one they can talk with about things that worry them.

**Q51.** Percentage answering that there is usually no-one they can talk with about things that worry them.

East Sussex

Yr 10

Boys 8

Girls 6

45% of pupils responded that there is someone they can talk with about almost everything.

**Q51.** Percentage answering that there is someone they can talk with about almost everything.

East Sussex

Yr 10

Boys 42

Girls 47

**73% of pupils responded that they are in charge of their health, while 41% said that even if they look after themselves, they can still easily fall ill.**

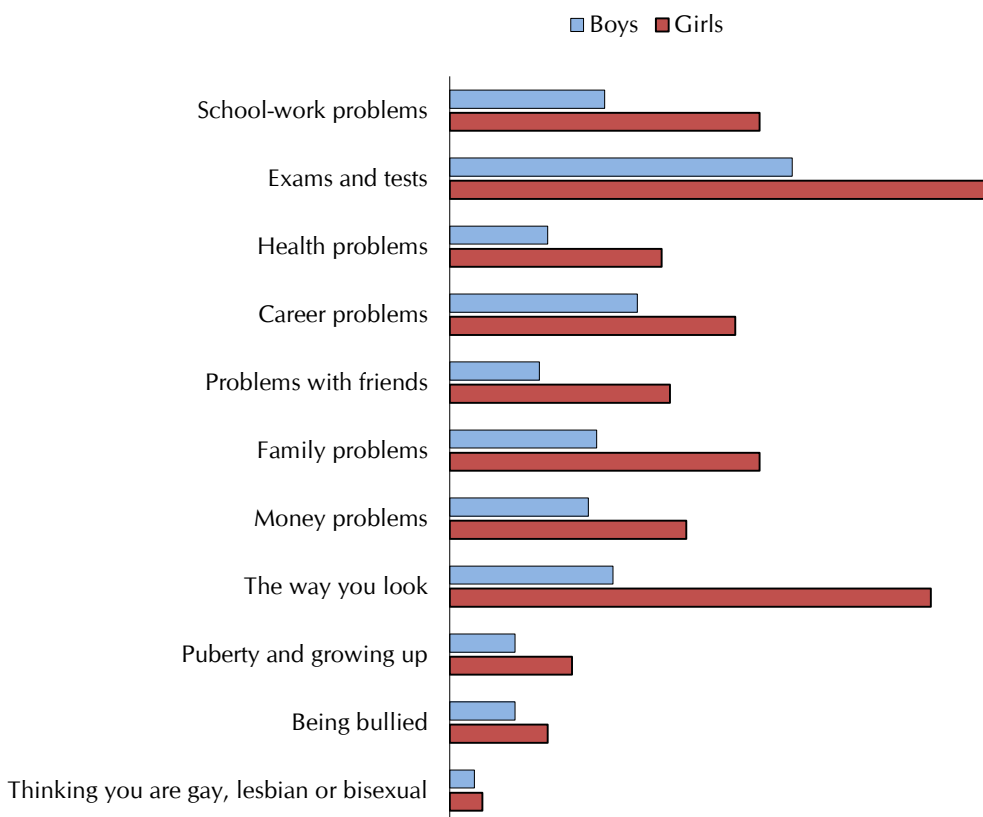
**Q52.** Percentage of pupils responding that they 'agree' with the following statements:

	Year 10		Total
	Boys	Girls	
a. "I am in charge of my health"	79	68	73
b. "If I keep healthy, I've just been lucky"	17	17	17
c. "If I take care of myself I'll stay healthy"	77	69	73
d. "Even if I look after myself I can still easily fall ill"	38	43	41

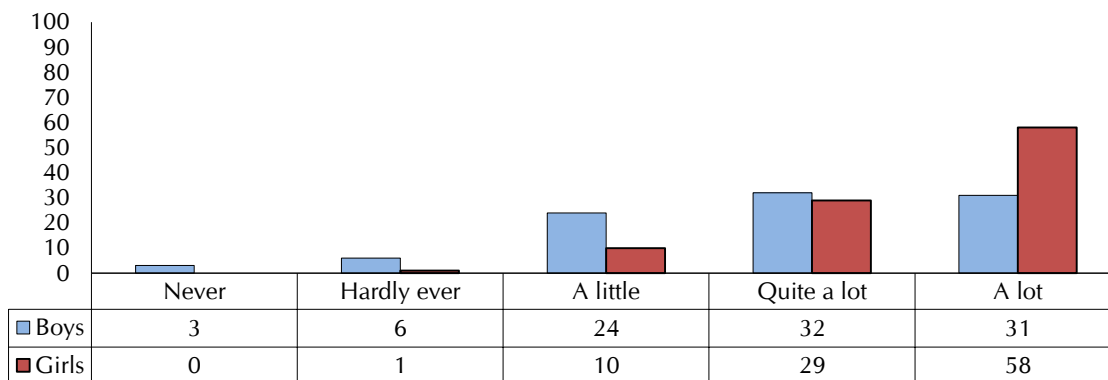
### Worrying

55% of pupils responded that they worry about exams and tests ‘quite a lot’ or ‘a lot’, while 40% said the same about the way they look and 29% worry about career problems.

Q53. Percentage of pupils responding that they worry about the following ‘quite a lot’ or ‘a lot’:



Q53. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...



75% of pupils responded that they worry about at least one of the issues listed ‘quite a lot’ or ‘a lot’.

Q53. Percentage answering that they worry about at least one of the issues listed ‘quite a lot’ or ‘a lot’.

East Sussex

Yr 10

Boys 63

Girls 87

## Sexual Health

**28% of pupils responded that their friends are their main source of information about relationships and sexual health, while 27% said that school lessons are and 18% said their parents are.**

**Q56.** Percentage of pupils responding that the following is their main source of information about relationships and sexual health (top 10):

Boys		Girls		
1	School lessons	31	1 Friends	33
2	Friends	23	2 School lessons	24
3	My parents	18	3 My parents	19
4	Internet	13	4 Brothers, sisters, other close relations	7
5	Other	6	5 Internet	6
6	Brothers, sisters, other close relations	5	6 Other	4
7	TV, films	3	7 TV, films	3
8	School Nurse	1	8 Advice centre (e.g. Family Planning Clinic)	2
9			9 School Nurse	1
10			10 Magazines	1

**9% of pupils responded that their friends should be their main source of information about relationships and sexual health, while 34% said that school lessons should be and 34% said their parents should be.**

**Q57.** Percentage of pupils responding that the following should be their main source of information about relationships and sexual health (top 10):

Boys		Girls		
1	School lessons	36	1 My parents	38
2	My parents	30	2 School lessons	32
3	Friends	9	3 Friends	9
4	Internet	7	4 Advice centre (e.g. Family Planning Clinic)	5
5	Other	5	5 Brothers, sisters, other close relations	4
6	Advice centre (e.g. Family Planning Clinic)	4	6 School Nurse	4
7	Brothers, sisters, other close relations	3	7 Other	3
8	School Nurse	3	8 Internet	2
9	TV, films	1	9 TV, films	1
10	Posters, leaflets, reference books	1	10 Posters, leaflets, reference books	1

46% of pupils responded that they have found school lessons about sex and relationship education 'quite' or 'very' useful, while 11% found the lessons 'not at all' useful and 11% couldn't remember any.

**Q54.** Percentage answering that they have found school lessons about sex and relationship education 'quite' or 'very' useful.

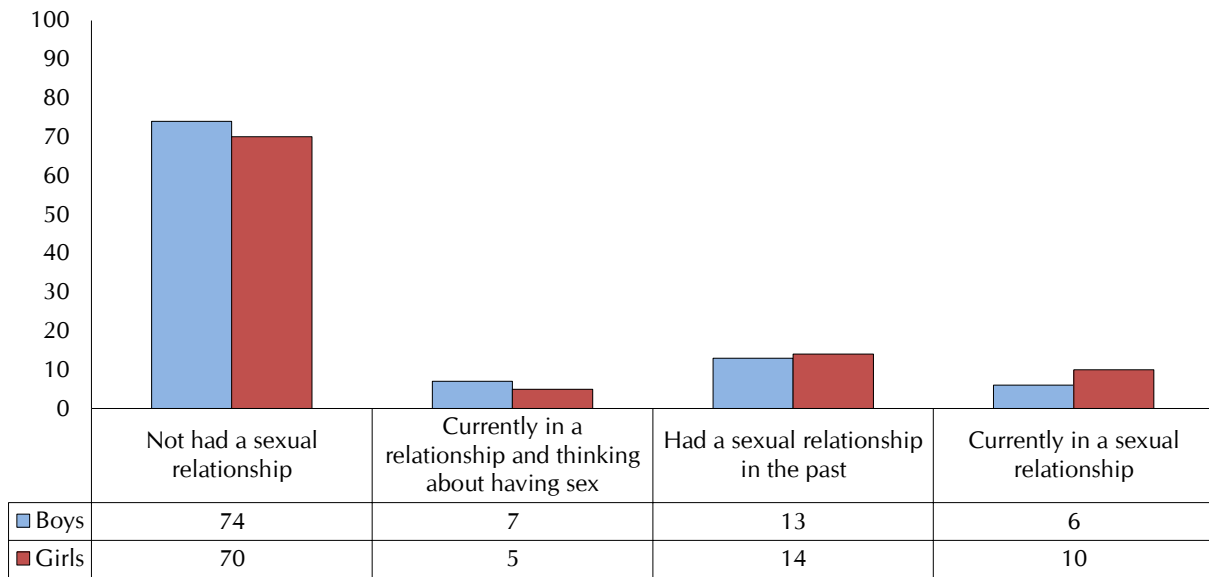
East Sussex

Yr 10

Boys 44

Girls 47

**Q59. Sexual relationships: Which of the following best describes you?**



37% of pupils responded that there is a special contraception and advice service for young people available locally. 58% said they 'don't know' if there is.

**Q61. Percentage answering that there is a special contraception and advice service for young people available locally.**

East Sussex  
Yr 10

Boys	33
Girls	40

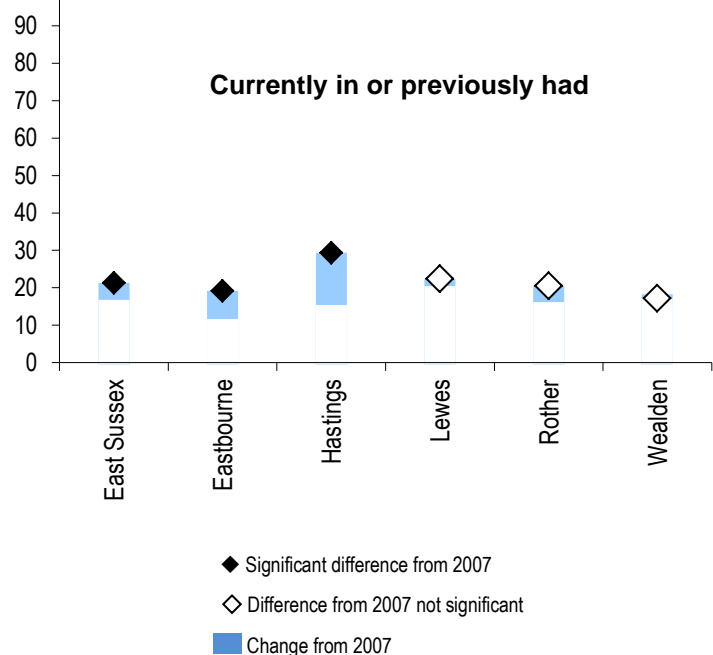
**Trends**

There has been an increase overall in the proportions of pupils saying that they are currently in a sexual relationship or they have had one in the past". 17% of pupils said this in 2007 compared with 22% in 2012.

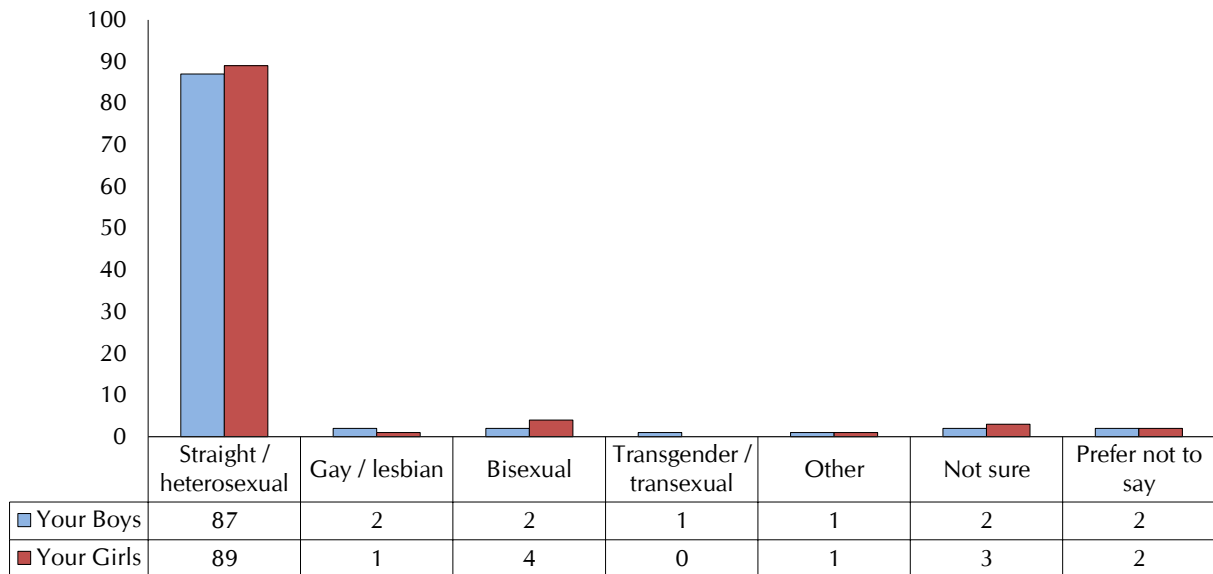


Sexual experience is positively correlated with smoking, drinking alcohol, drug taking and being the victim of crime. It is also positively correlated with knowledge of sexual health services.

**59: Sexual relationships: Which of the following best**



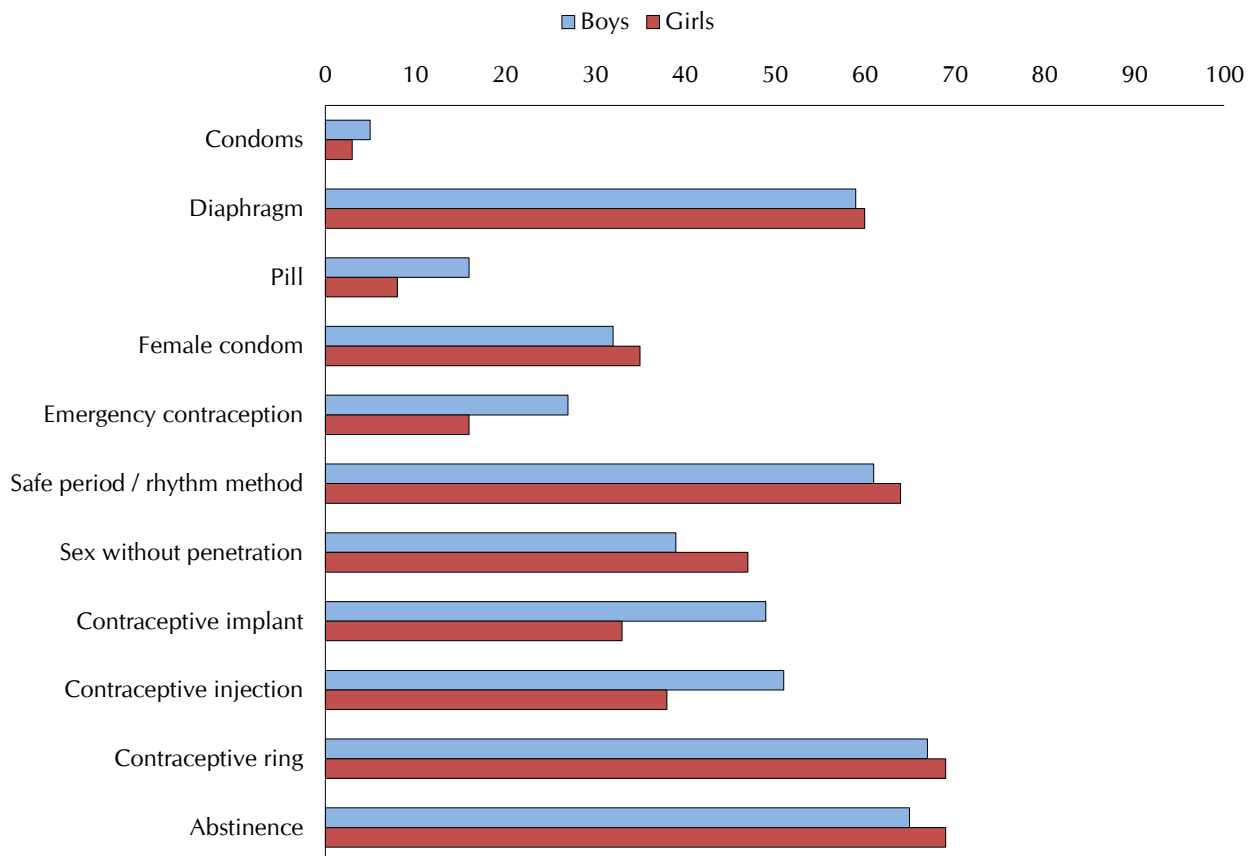
Q58. Sexual orientation: Which of the following best describes how you think about yourself?



71% of pupils responded that they think condoms are reliable at preventing pregnancy and STIs; 31% said the same of female condoms, as did 8% of emergency contraception.

**Q62. Knowledge of different contraceptive methods:**

Q62. Percentage of pupils responding that they have never heard of, know nothing or don't know very much about the following methods of contraception:



71% of pupils responded that they think condoms are reliable at preventing pregnancy and STIs; 31% said the same of female condoms, as did 8% of emergency contraception.

**Q62.** Knowledge of different contraceptive methods:

Boys

	Never heard of it / know nothing about it	Heard of it but don't know much about it	Not reliable at preventing pregnancy	Reliable at preventing pregnancy	Reliable at preventing pregnancy and stopping STIs
Condoms	2	3	3	17	69
Diaphragm (Cap)	35	24	5	20	9
Pill (contraceptive pill or mini-pill)	5	10	6	60	11
Female condom (Femidom)	10	22	6	24	31
Emergency contraception (morning-after pill)	9	18	13	44	9
Safe period / rhythm method	38	23	17	9	5
Sex without penetration	19	20	23	18	12
Contraceptive implant	25	24	5	32	7
Contraceptive injection	26	25	6	29	7
Contraceptive ring (Nuvaring)	41	26	5	16	5
Abstinence	46	19	4	7	17

Girls

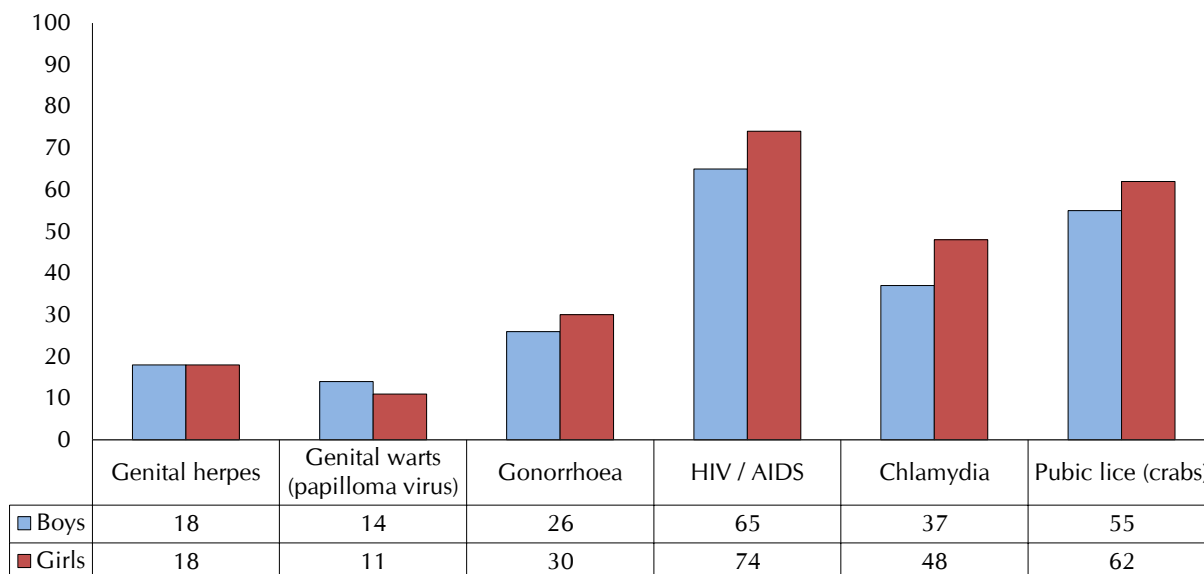
	Never heard of it / know nothing about it	Heard of it but don't know much about it	Not reliable at preventing pregnancy	Reliable at preventing pregnancy	Reliable at preventing pregnancy and stopping STIs
Condoms	1	2	5	16	72
Diaphragm (Cap)	28	32	3	23	10
Pill (contraceptive pill or mini-pill)	2	6	7	72	10
Female condom (Femidom)	7	28	6	24	31
Emergency contraception (morning-after pill)	3	13	14	58	7
Safe period / rhythm method	39	25	21	8	3
Sex without penetration	22	26	30	13	6
Contraceptive implant	12	21	4	51	8
Contraceptive injection	15	23	5	46	7
Contraceptive ring (Nuvaring)	40	29	4	20	3
Abstinence	50	19	3	5	19

### Sexually transmitted infections

In Q63 the students were asked about their knowledge of sexually transmitted infections. They were offered four options for each: “Never heard of it”; “Know nothing about it”; “Can be treated but not cured”; “Can be treated and cured”. The correct answers are that Genital herpes, Genital warts and HIV/AIDS can be treated but not cured whereas Gonorrhoea, Chlamydia and Pubic lice can be cured. The percentages in the table are for those correctly answering whether the condition could be cured or not.

70% of pupils correctly identified that HIV / AIDS can be treated but not cured; 18% correctly identified that herpes can also be treated but not cured.

**Q63.** Knowledge of sexually transmitted diseases (correct responses):



**Problem Solving**

**Q92.** Percentage of pupils responding that they would go to the following people if they wanted to share any of the issues listed:

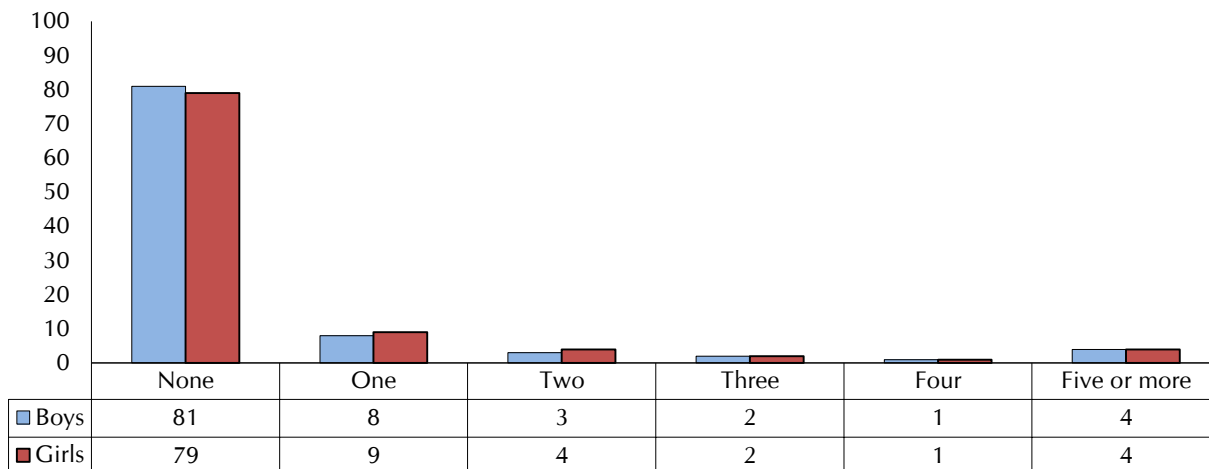
	Family	Friends	Someone at school (teacher or other adult)	Doctor, Nurse or other health worker	Local advice centre	Books and magazines	Internet	Telephone helpline	No-one / nowhere
School-work problems	41	14	26	0	0	0	3	0	5
Exams and tests	36	12	34	0	0	0	2	0	5
Money problems	70	5	1	0	1	0	1	0	11
Bullying	40	21	13	0	1	0	1	0	12
Health	49	7	2	19	1	0	4	0	8
The way you look	29	33	1	2	1	2	4	0	19
Parents / carers not getting on with each other	19	38	7	1	3	0	2	1	18
Parents / carers not getting on with children at home	19	35	8	1	3	0	1	2	19
Shouting and arguing at home	18	39	7	1	3	0	1	1	19
Physical aggression at home	17	31	11	2	4	0	1	5	18
Problems with friends	51	17	6	0	1	0	1	0	13
Relationship with boy- / girl-friend	23	50	1	1	1	0	1	0	12
Sexually transmitted diseases / infections	24	15	3	30	2	0	3	0	11
Alcohol	32	30	3	6	4	0	2	1	11
Drugs	30	28	3	7	4	0	3	1	12
Crime	37	24	5	1	4	0	3	2	13
If an adult was asking you to do something you did not want to or felt wasn't right	38	23	8	1	2	0	1	4	9



## Young Carers

### Young Carers

**Q55.** In the past week, how many days have you looked after someone in your family with an illness or disability?



20% of pupils responded that they have looked after someone in their family with an illness or disability on at least one day in the past week.

**Q55.** Percentage responding that they have looked after someone in their family with an illness or disability on at least one day in the past week.

East Sussex

Yr 10

Boys 19

Girls 21

8% of pupils responded that they have looked after someone in their family with an illness or disability on at least three days in the past week.

**Q55.** Percentage responding that they have looked after someone in their family with an illness or disability on at least three days in the past week.

East Sussex

Yr 10

Boys 7

Girls 8

## School

### School lessons

18% of pupils responded that they have found school lessons about citizenship 'quite' or 'very' useful; 10% said the same regarding lessons about financial capability.

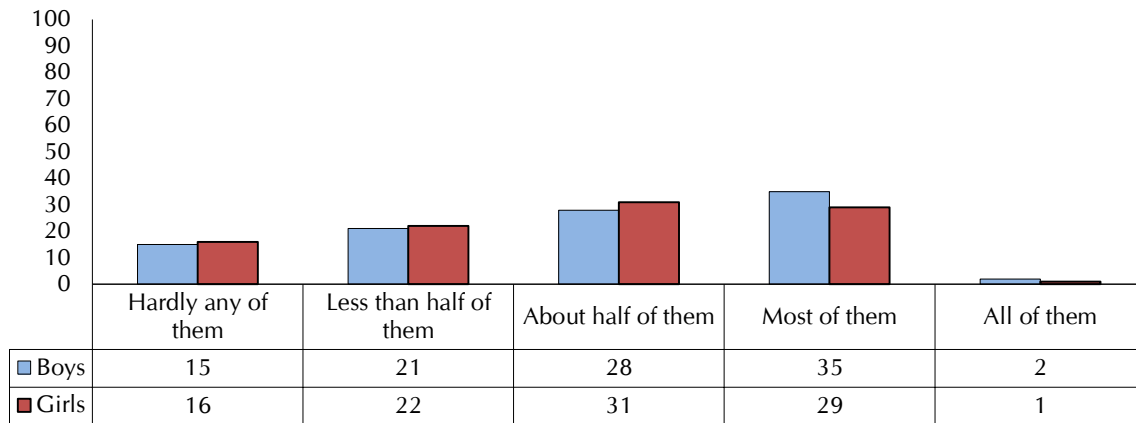
**Q54.** Percentage of pupils responding that they have found school lessons about the following 'quite' or 'very' useful:

	Year 10		Total
	Boys	Girls	
Financial capability	12	8	10
Careers	29	26	27
Citizenship	19	16	18
Drug education (including alcohol and tobacco)	42	45	43
Emotional health and well-being	26	29	27
Bullying	29	32	31
Healthy eating	31	33	32
Physical activity	45	36	41
Safety	36	40	38
Sex and relationship education	44	47	46

**Q54.** Percentage of pupils responding that they have found school lessons about the following 'not at all' useful:

	Year 10		Total
	Boys	Girls	
Financial capability	13	12	12
Careers	13	14	13
Citizenship	19	18	18
Drug education (including alcohol and tobacco)	12	11	12
Emotional health and well-being	18	14	16
Bullying	19	17	18
Healthy eating	16	14	15
Physical activity	10	13	12
Safety	12	11	11
Sex and relationship education	12	10	11

**Q78.** How many lessons do you enjoy at school?

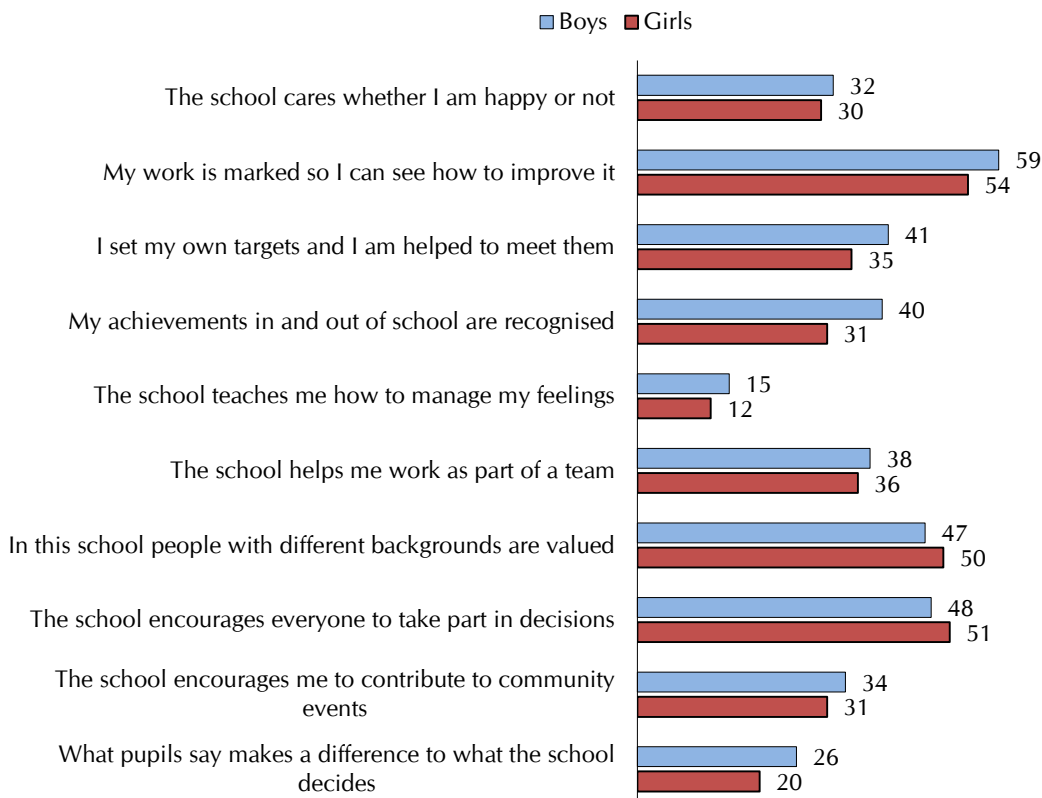


49% of pupils responded that their school encourages everyone to take part in decisions, while 57% said their work is marked so they can see how to improve it.

**Q79.** Percentage of pupils responding that they 'agree' with the following statements:

Boys			Girls		
1	My work is marked so I can see how to improve it	59	1	My work is marked so I can see how to improve it	54
2	The school encourages everyone to take part in decisions	48	2	The school encourages everyone to take part in decisions	51
3	In this school people with different backgrounds are valued	47	3	In this school people with different backgrounds are valued	50
4	I set my own targets and I am helped to meet them	41	4	The school helps me work as part of a team	36
5	My achievements in and out of school are recognised	40	5	I set my own targets and I am helped to meet them	35
6	The school helps me work as part of a team	38	6	My achievements in and out of school are recognised	31
7	The school encourages me to contribute to community events	34	7	The school encourages me to contribute to community events	31
8	The school cares whether I am happy or not	32	8	The school cares whether I am happy or not	30
9	What pupils say makes a difference to what the school decides	26	9	What pupils say makes a difference to what the school decides	20
10	The school teaches me how to manage my feelings	15	10	The school teaches me how to manage my feelings	12

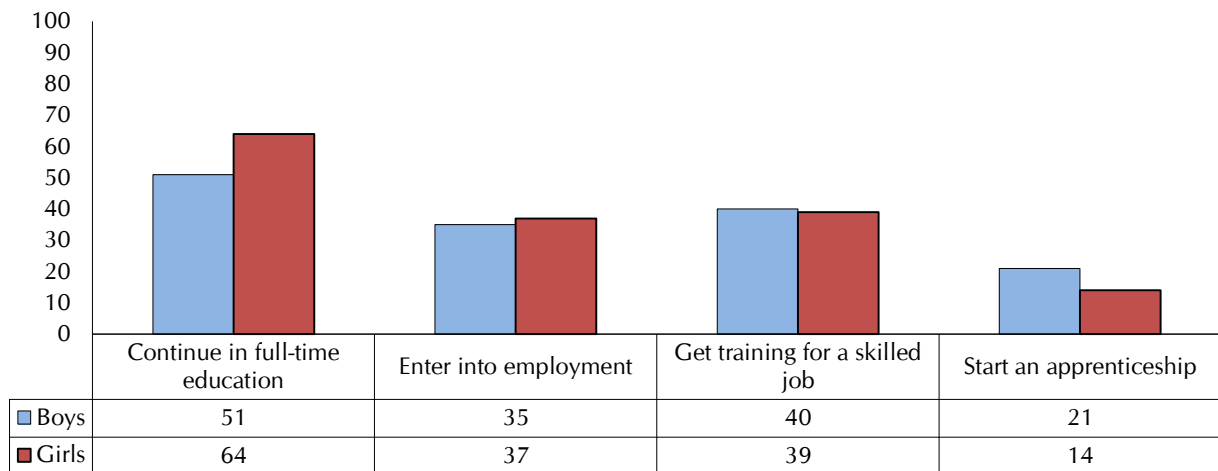
**Q79.** Percentage of pupils responding that they 'agree' with the following statements:



**Q79.** Percentage of pupils responding that they ‘agree’ with the following statements:

**Future plans**

**Q80.** After the end of Year 11, do you want to...?



**58% of pupils responded that they want to continue in full-time education after the end of Year 11.**

**Q80.** Percentage answering that they want to continue in full-time education after the end of Year 11.

East Sussex

Yr 10

Boys 51

Girls 64

**36% of pupils responded that they want to enter into employment after the end of Year 11.**

**Q80.** Percentage answering that they want to enter into employment after the end of Year 11.

East Sussex

Yr 10

Boys 35

Girls 37

**39% of pupils responded that they want to get training for a skilled job after the end of Year 11.**

**Q80.** Percentage answering that they want to get training for a skilled job after the end of Year 11.

East Sussex

Yr 10

Boys 40

Girls 39

**18% of pupils responded that they want to start an apprenticeship after the end of Year 11.**

**Q80.** Percentage answering that they want to start and apprenticeship after the end of Year 11.

East Sussex

Yr 10

Boys 21

Girls 14

27% of pupils responded that they have found school lessons about careers ‘quite’ or ‘very’ useful, while 13% have found them ‘not at all’ useful and 22% couldn’t remember any.

**Q54.** Percentage answering that they have found school lessons about careers 'quite' or 'very' useful.

	East Sussex
	Yr 10
Boys	29
Girls	26

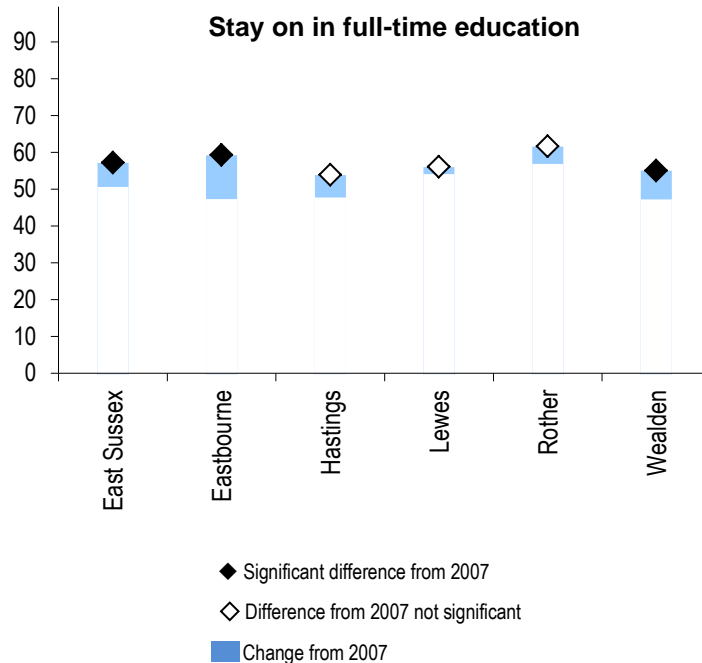
**Trends**

There has been an increase overall in the proportions of pupils saying that they want to stay on in full-time education after Year 11. 51% of pupils said this in 2007 compared with 58% in 2012. (51% of pupils said this in 2004).

**Comparison with SHEU wider data**

62% of pupils in the wider SHEU dataset said that they want to stay on in full-time education after Year 11.

**80: At the end of Year 11, do you want to: % responding**



### Appendix 1. Correlation coefficients for different variables across the survey, Year 10 males only.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
A Consider health choosing food		0.26	0.08					0.14	0.06	0.18	-0.10	-0.04	-0.08	-0.08			0.05
B Portions of fruit&veg yesterday	0.26		0.24	0.07	0.12	0.10		0.19	0.04		-0.12		-0.06		-0.05		
C Hard exercise	0.08	0.24		0.12	0.18	0.17	0.10	0.07		-0.09	0.08	0.13	0.10	0.14	0.05	0.10	-0.07
D Happy with life		0.07	0.12		0.37	0.33	0.06	0.22	0.11	-0.15	-0.05				-0.14		-0.18
E Self-esteem score		0.12	0.18	0.37		0.32	0.13	0.23	0.08	-0.20	-0.06				-0.21		-0.40
F Confidant for problems		0.10	0.17	0.33	0.32		0.18	0.24	0.13	-0.11		0.05	0.04	0.07	-0.10	0.08	-0.13
G Sexual health service			0.10	0.06	0.13	0.18		0.11	0.08		0.14	0.08	0.18	0.15		0.09	-0.05
H Enjoy school lessons	0.14	0.19	0.07	0.22	0.23	0.24	0.11		0.23		-0.18	-0.08	-0.15	-0.12	-0.17		-0.07
I Opinions make a difference at school	0.06	0.04		0.11	0.08	0.13	0.08	0.23			-0.09	-0.07	-0.09				
J Want to lose weight	0.18		-0.09	-0.15	-0.20	-0.11				0.07					0.07		0.11
K Smoking habit	-0.10	-0.12	0.08	-0.05	-0.06		0.14	-0.18	-0.09	0.07		0.35	0.62	0.43	0.21	0.19	
L Drank alcohol last week	-0.04		0.13			0.05	0.08	-0.08	-0.07		0.35		0.28	0.27	0.13	0.16	
M Ever taken drugs	-0.08	-0.06	0.10			0.04	0.18	-0.15	-0.09		0.62	0.28		0.36	0.21	0.15	
N Sexual experience	-0.08		0.14			0.07	0.15	-0.12			0.43	0.27	0.36		0.23	0.18	
O Victim of crime		-0.05	0.05	-0.14	-0.21	-0.10		-0.17		0.07	0.21	0.13	0.21	0.23			0.20
P Internet social networking			0.10			0.08	0.09				0.19	0.16	0.15	0.18			
Q Bullied at school	0.05		-0.07	-0.18	-0.40	-0.13	-0.05	-0.07		0.11					0.20		

This rather crowded table shows associations between of different aspects of lifestyle. We have picked a few variables from each area of the survey: the health-positive behaviours are A-J; the less desirable behaviours are K-Q. We then calculated correlation coefficients for each pair of variables. A correlation coefficient is a number between +1.0 and -1.0, where 0 indicates no association at all, and a positive number indicates a positive association (more or one, more of the other), and a negative number indicates a negative association (more or one, less of the other).

If the correlation was statistically significant, it is shown in green if it was positive association and in amber if it was a negative association. On the chart, we can see that health-positive behaviours are generally positively correlated with each other (top left quarter of the chart is all green) and negatively correlated with risky behaviours (top right/bottom left are mostly amber); risky behaviours are often positively correlated with each other (bottom right is mostly green) – see page 4 for additional explanation.

N.B. Statistical significance does not indicate the strength of the correlation. It simply means that you can be sure that there is less than a 5% chance that the strength of the correlation found happened by chance when one does not really exist.

### Correlation coefficients for different variables across the survey, Year 10 females only.

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q
A Consider health choosing food		0.29	0.20					0.14	0.05	0.21	-0.09		-0.07	-0.06	-0.05		0.05
B Portions of fruit&veg yesterday	0.29		0.32	0.14	0.14	0.09		0.24	0.09		-0.23	-0.06	-0.13	-0.14	-0.06	-0.07	-0.05
C Hard exercise	0.20	0.32		0.09	0.09	0.06		0.18	0.07		-0.08						
D Happy with life		0.14	0.09		0.41	0.30	0.05	0.31	0.12	-0.16	-0.21	-0.07	-0.10	-0.09	-0.21		-0.21
E Self-esteem score		0.14	0.09	0.41		0.34	0.06	0.30	0.16	-0.21	-0.12			-0.07	-0.18	-0.05	-0.40
F Confidant for problems		0.09	0.06	0.30	0.34		0.13	0.22	0.13	-0.08	-0.05				-0.12		-0.16
G Sexual health service				0.05	0.06	0.13					0.19	0.11	0.17	0.20		0.05	
H Enjoy school lessons	0.14	0.24	0.18	0.31	0.30	0.22			0.24	-0.09	-0.29	-0.12	-0.16	-0.17	-0.17	-0.06	-0.09
I Opinions make a difference at school	0.05	0.09	0.07	0.12	0.16	0.13		0.24		-0.10	-0.10		-0.07	-0.07	-0.05	-0.06	-0.06
J Want to lose weight	0.21			-0.16	-0.21	-0.08		-0.09	-0.10		0.17	0.11	0.08	0.11	0.07	0.12	0.08
K Smoking habit	-0.09	-0.23	-0.08	-0.21	-0.12	-0.05	0.19	-0.29	-0.10	0.17		0.39	0.59	0.50	0.25	0.15	
L Drank alcohol last week		-0.06		-0.07			0.11	-0.12		0.11	0.39		0.30	0.26	0.14	0.13	
M Ever taken drugs	-0.07	-0.13		-0.10			0.17	-0.16	-0.07	0.08	0.59	0.30		0.42	0.22	0.10	
N Sexual experience	-0.06	-0.14		-0.09	-0.07		0.20	-0.17	-0.07	0.11	0.50	0.26	0.42		0.20	0.11	
O Victim of crime	-0.05	-0.06		-0.21	-0.18	-0.12		-0.17	-0.05	0.07	0.25	0.14	0.22	0.20			0.19
P Internet social networking		-0.07			-0.05		0.05	-0.06	-0.06	0.12	0.15	0.13	0.10	0.11			
Q Bullied at school	0.05	-0.05		-0.21	-0.40	-0.16		-0.09	-0.06	0.08					0.19		

This rather crowded table shows associations between of different aspects of lifestyle. We have picked a few variables from each area of the survey: the health-positive behaviours are A-J; the less desirable behaviours are K-Q. We then calculated correlation coefficients for each pair of variables. A correlation coefficient is a number between +1.0 and -1.0, where 0 indicates no association at all, and a positive number indicates a positive association (more or one, more of the other), and a negative number indicates a negative association (more or one, less of the other).

If the correlation was statistically significant, it is shown in green if it was positive association and in amber if it was a negative association. On the chart, we can see that health-positive behaviours are generally positively correlated with each other (top left quarter of the chart is all green) and negatively correlated with risky behaviours (top right/bottom left are mostly amber); risky behaviours are often positively correlated with each other (bottom right is mostly green) – see page 4 for additional explanation.

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