

SAFE WELL PROSPEROUS CONNECTED

North Lincolnshire Children and Young People's Lives: Secondary School Survey 2019/20

August 2020

Contents

	Page no.
Summary of Key Issues	2
1 Introduction	
1.1 Introduction	6
1.2 Characteristics of sample	8
2. Findings	
2.1 Physical wellbeing	9
2.2 Emotional Wellbeing	12
2.3 Seeking help on mental health issues	22
2.4 Internet Use	26
2.5 Feeling Safe	28
2.6 Being Safe	29
2.7 Staying healthy	34
2.8 Sexual Identity and Sexual Health	38
2.9 Gambling	42
2.10 Views on PSHE	43
2.11 Education and aspirations	45
2.12 Advice and guidance	46
2.13 Feedback	46
3 Background and methodology	47

Acknowledgements

We would like to express our thanks to all of those head-teachers, deputy heads, heads of year, and tutors who coordinated the completion of this survey. Particular thanks are due to Charlotte Shaw and Ben Lawrance of Frederick Gough School for their leadership and support throughout the process. The fact that so many secondary schools and academies continue to participate in the survey each year demonstrates head teachers' continuing commitment to improving the health and well-being of their pupils, and their engagement with the local and national public health and wellbeing agenda. Finally we would like to express our thanks to all of the pupils who took part in the survey.

Summary of Key Issues

Adolescence is a critical time of development as well as being a window of opportunity, a time when there is potential for the development of new skills. It is also a time of transition which can bring additional academic, social, and emotional pressures. Young people who are not resilient may respond to these pressures with stress, anxiety and depression. The more their coping skills are developed, the greater the chance of healthy development and transition to adulthood.

Adolescence is also a time when long term health behaviours are set in place and when many physical and mental health problems emerge for the first time. Half of all lifetime cases of psychiatric disorders start by age 14 and three quarters by age 24.

Vulnerable groups of young people may have poorer health outcomes than their peers, including looked after children, young carers, those from ethnic minorities, those with learning disabilities, young people who identify as LGBT and those who have experienced four or more adverse childhood experiences. Inequalities in access to help and support can make their health outcomes significantly worse as they move into adulthood, making early identification and prevention key.

Physical and Emotional Wellbeing

- Overall, the majority of young people surveyed are in good physical health and make decisions to reflect this. For example, the proportions of young people who report smoking, alcohol and drug misuse, and/or engaging in sexual activity remain low and have declined since these surveys began.
- On the other hand, levels of healthy weight, (as measured by the National Child Measurement Programme) and physical activity, have not improved, and, for some groups, have worsened¹, with lower levels of healthy weight and physical activity reported than nationally.
- Yet all the research evidence suggests that physical activity has a positive impact on both physical and emotional wellbeing, leading to overall improvements in educational attainment. Our survey results confirm the strong association between emotional wellbeing, physical activity and positive body image, especially amongst older teenage girls, who, overall, are less active than boys.
- The association between physical and mental wellbeing is also evidenced by lower emotional wellbeing amongst pupils with long term conditions. Other vulnerable groups at risk of poor emotional wellbeing and poor mental health include Young Carers, and Looked After Children.
- Heavy use of the internet, especially frequent late night use, was also associated with poor wellbeing and low energy levels.

Health Literacy

- All of the evidence suggests that young people are making positive choices about their health and that the vast majority of young people this age know how to stay healthy, value the lessons they receive at school about this and do not engage in behaviours that could put their long term health at risk.
- In spite of this evidence, many young people continue to believe that experimentation with smoking, drinking, drugs and sex is much more common amongst their peers than it actually is, suggesting the need for a continued focus on the normative approach to PSHE in our schools.
- The proportion of young people taking up smoking has fallen over the years, particularly in girls, a rise in boys saying they regularly smoked was seen this year compared to 2016.
- Our survey also shows that young people from more deprived backgrounds are both more likely to be exposed to smoking in the household and to take up the habit themselves, suggesting the need for a continued focus on those at highest risk, alongside population wide tobacco control measures.
- Young people's experimentation with cannabis has increased since the previous survey but remains below the national average for this age group. In contrast, alcohol in North Lincolnshire is slightly higher than the national figures, although there has been a decline in the proportion of older pupils who have been drunk in the last month.
- The proportion of young people who say they are sexually active has also declined sharply, especially amongst girls. And whilst most young people who are sexually active claim to use some form of contraception to prevent unwanted pregnancy, the use of barrier methods has declined, with over half of those who are sexually active continuing to expose themselves to STIs, suggesting the need for a renewed emphasis in SRE on the importance of condom use.
- The proportion of young people who say they have gambled within the last 7 days is similar to national survey results. Locally, gambling within gaming, for example, using loot boxes or betting with in-game items was the most common and significantly higher in boys than girls. This may be linked to boys being more likely to spend longer playing online games than girls. This is a topic that could benefit from further investigation.

Mental health literacy

- Whilst this survey provides evidence of rising physical health literacy amongst our young people, 11-15 year olds appear to be less aware of how to promote their own mental health, and the impact of staying physically well on mental wellbeing, nor where to get help should they or their peers need help with a serious mental health issue.
- Only a quarter of pupils said that they would approach school staff, the most commonly mentioned school point of contact being form tutors, as well as other staff, heads of year and headteachers.
- When asked how their school dealt with mental health issues young people (and girls in particular) were more critical, compared with how their school deals with other

issues, and were less likely to say they would approach adults in school for support with this.

- Girls were much more likely than boys to express lower emotional wellbeing and to ask for more coverage of this issue in PSHE. And yet we know from national and local research evidence that males are much more likely to develop serious and enduring mental illness, are less likely than women to express concerns about their mental wellbeing or to seek help with mental health issues, and are 3 times more likely to take their own lives in adulthood. This reinforces the need for more targeted work aimed at developing the mental health literacy of boys and young men, as well as equipping female pupils with the coping mechanisms to enable them to handle anxiety and stress.
- In our survey, looked after children, children with long term conditions and disabilities, and those caring for others with chronic conditions, were more likely to express poorer emotional wellbeing, highlighting the continuing vulnerabilities of these groups.
- Young people would benefit from more information on this topic, between a quarter and a third of all year groups said they wanted emotional wellbeing and mental health issues to be given greater coverage in their school's PSHE.

Trends in Feeling safe and being Safe

- Fear of bullying is relatively low in North Lincolnshire. In this most recent survey, the proportion of Year 7s who reported worrying a lot about being bullied was half that reported in 2007, at 15% compared with 30%.
- Although proportions are small, children eligible for FSM or with a long term condition (LTC) worried most about bullying and were more likely to say they had experienced a lot of bullying in their current school in the previous 4 weeks, (8% of Year 7s compared with 5% of those all Year 7s).
- Reassuringly, more than half of those affected had sought help from someone in school, and for the vast majority this had helped. Indeed, most of this age group thought their school dealt with bullying well. However, this assessment varied significantly between schools, suggesting opportunities for shared learning between colleges and academies.
- Although reports of cyberbullying were relatively uncommon, reported by 7% of pupils in Years 7-11, pupils were generally far less positive about their school's response to this, with more a fifth of pupils describing this as 'poor', although a significant proportion were not able to comment as they had no experience of this. Again this varied by school.
- Overall, around one in three pupils said they had felt pressured to do something they felt was wrong, with around half of those saying they regretted giving in to peer pressure. Girls more likely to say they regret it than boys.
- The majority of the young people surveyed have access to the internet at home and spend some time each day, either chatting with friends or gaming online. An increased proportion say they are frequently online after midnight since 2016.
- Awareness of how to deal with unwanted emails and texts, including 'sexts', ie 'exchange of sexual messages or images', has also risen, with girls being much more

likely than boys to both receive, and be asked to send a 'sext', and to take action to prevent this from happening again. Boys on the other hand were more likely to ignore them or do nothing in response.

- Boys were also more likely than girls to regard the viewing of online pornography as common amongst their peers, although the gender gap has reduced since the 2016 survey. By Year 11, three quarters of boys in our survey thought that most or all of their age group had viewed pornography online.
- Most young people this age say they feel safe online and have had lessons to help them understand how to stay safe online. Awareness of the CEOP button has dropped in the younger pupils since the last survey took place, and varies significantly between schools. Less than 2% across the year groups said they had ever used the CEOP button.

Healthy relationships

- In this survey 63% of pupils recalled having lessons on healthy relationships, the lowest proportion being amongst the recent Year 7 intake. Of those that had, three quarters said they found these lessons useful and less than a quarter of all pupils said they would like more information on this topic.

Aspirations for the future

- This year the proportion of young people aspiring to go on to higher education has fallen significantly compared to 2016 at 26%. As in previous years, girls and BME communities are more likely to aspire to continue their education. In contrast, the proportion who say they see themselves working in a job at 18 has risen to nearly a third.
- Worries about achieving their potential and exams continue to be higher amongst the older pupils, particularly those in their final year of secondary school.

1.1 Introduction

- This report presents the summary findings of the latest Children and Young Peoples' Lives Survey, 2019/20 (Previously known as Adolescent Lifestyle Survey).
- This is the 6th survey of secondary school children completed in North Lincolnshire. The previous surveys were carried out in the autumn terms of 2004, 2007, 2010, 2013 and 2016.
- All six surveys were commissioned by North Lincolnshire's local secondary schools, colleges and academies, and planned collaboratively with partners in the local authority, NHS and public health staff.
- This latest survey was completed between October 2019 and March 2020, and was again led by individual schools and colleges, with the support of public health intelligence staff from North Lincolnshire Council.
- Each secondary school has access to their own school level survey data. This report summarises the results of the *aggregated* authority wide data for North Lincolnshire.
- The survey generated responses from just over 6,000 pupils aged 11-15 years and overall, represents around two thirds (65%) of this age group in North Lincolnshire.
- All mainstream secondary schools were invited to take part in the survey via an anonymous on line survey tool. Two schools were unable to take part, whilst timetabling issues affected the participation of some year groups in a further school.
- St Hugh's Communication and Interaction Specialist College participates in the previous academic year using a moderated version of the questionnaire.
- A small number of pupils attending local alternative education provision also took part this year and are included in the overall results.
- Participation in the survey varied widely between schools and academies, with some schools achieving close to 100% coverage.
- All schools reached a participation rate of over 40% overall. However, there was considerable variation in participation rates between year groups within some schools.

Table 1: Survey responses by year group

	Year 7	Year 8	Year 9	Year 10	Year 11
No of participating schools/academies	11	11	10	11	10
No of other providers that took part	0	1	0	2	2
Total survey responses	1370	1586	1024	1287	1042
% all North Lincolnshire pupils	66%	77%	53%	68%	57%

Table 2: Trends in survey responses

Responses	Year 7	Year 8	Year 9	Year 10	Year 11	Total
2010	915	990	1007	907	1011	4830
2013	1165	1193	1070	1004	1257	5689
2016	1144	1118	994	986	795	5037
2019	1370	1586	1024	1287	1042	6309

- Overall, 65% of all pupils of mainstream secondary schools in North Lincolnshire took part. This was a higher participation rate than in 2016/17 even though less schools took part this time. However, we are confident that overall, the sample is representative of 11-15 year olds in North Lincolnshire when compared to the school roll.
- Steps were taken to ensure that the survey was accessible as possible to pupils with lower reading ability. The questionnaires remain a similar length to last time, nevertheless, it is possible that a significant number of young people with special educational needs may not have participated because of the potential need for additional teaching assistant support.
- Many of the questions employed have been used in national surveys to monitor trends in young people's health and wellbeing. Where possible we have retained the original format and wording of these questions over time to enable local trend analysis.
- The definition of 'long term health problem, disability or condition', was adopted for the previous survey from the 2015 national 'What Youth Survey' (<https://fingertips.phe.org.uk/profile-group/child-health/profile/child-health-young-people/>). This is a broader definition than the one previously used, and means we cannot compare robustly, the results about this group of pupils with those in surveys prior to 2016.
- Where possible, we have undertaken detailed analysis by age, sex, ethnic group, disability and free school meal status and compared with national data.
- Looked After Children (LAC) are represented in the sample. However, the numbers are too small to present any specific comparative analysis for this group of young people here.
- Parents were informed by schools ahead of the survey taking place and were given the opportunity to withdraw consent for their son or daughter to take part. To our knowledge, no parents took up this opportunity.
- The sections that follow summarise the key findings from the survey across a range of key health and wellbeing outcomes. As in the previous four surveys, a small number of questions related to sexual health were only asked of pupils aged 14+, ie pupils in Years 10-11.
- The report also identifies some opportunities for improvement and priorities to be taken forward by the LA, schools and partners.
- Individual school reports are also being used by local schools to help them gauge how well they are meeting their own health and wellbeing objectives and to develop local plans for improvement.

1.2 Sample characteristics

- The sample broadly matches the North Lincolnshire secondary school aged population in terms of sex, age, ethnicity, disability and free school meal status.
- 15% of pupils who took part in the survey said they claimed free school meals, (FSM). This compares with 19% across the secondary school population as a whole in North Lincolnshire. Higher than in 2016 where it was 13% and 12% respectively.

Table 3: Sample characteristics 2019

	Year 7	Year 8	Year 9	Year 10	Year 11
English as additional language (EAL)	9%	8%	6%	6%	6%
BME	18%	20%	16%	17%	16%
Live in lone or reconstituted families	37%	41%	41%	43%	45%
Grandparents live with them	7%	5%	5%	3%	4%
Long term chronic illness, condition or disability (self assessed)	20%	17%	17%	15%	16%
Claim Free School Meals	18%	15%	14%	14%	15%
'Looked After'	<1%	1%	2%	2%	2%
Provide care for a parent or sibling with a serious illness/disability	15%	13%	12%	12%	11%

- Most pupils (between 95% - 97%) said they lived with at least one birth parent and more than half said they lived with both.
- The proportion living in separated or reconstituted families remains similar to the last survey, with nearly half of older teenagers living apart from one natural parent.
- Of those living with just one birth parent, 9 out of 10 lived with their Mum, although many continue to have regular contact with both, with some spending time living in each parents' home.
- Less than 2% were living with foster carers or in children's homes.
- 5% of young people said that a grandparent lived with them, a figure similar to the previous survey.
- 82% of the sample identified as White British. More than 18% of the survey population in Years 7 and 8 identifying themselves as being from Black and Minority Ethnic groups. The largest BME group being young people of Bangladeshi or Polish heritage. This is consistent with previous surveys and the percentage has continued to rise over the years.
- For 7% of pupils, English was not their first language.
- Between 11-15% said they spent time caring for a sick or disabled relative at home. This continues to rise and was 7-14% in 2016.
- More than half (55%) of these young carers said they were caring for a parent, and more a quarter (31%) for a brother or sister.
- 30% of those who identified themselves as 'carers' were eligible for free school meals, confirming the strong association between family disability, ill health and low income seen in previous surveys.

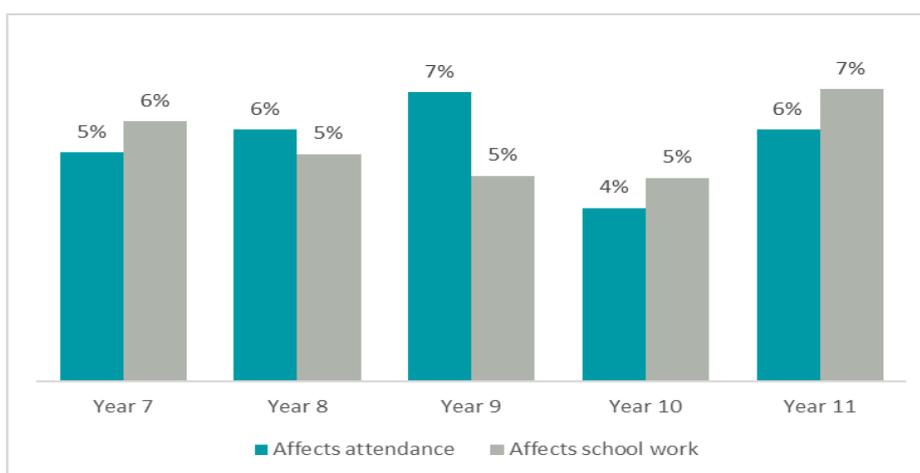
2. Summary of data

2.1 Health and wellbeing

Physical wellbeing

- The vast majority of young people, 92%, report being in good physical health. This declines with age, with 10% of 13-15 year olds reporting being in poor health, compared with 6% of 11-12 year olds
- 17% pupils self-reported with a long term health problem or disability, based on the definition employed in the national 'What About Youth' survey, an increase from 2016 in most age groups. Boys are slightly more likely to report a long term health problem than girls (18% v 16%).
- Children on free school meals, were more likely than others to report a disability or long term health problem, at 20%.
- No details were sought on the nature of their illness or disability, although the definition encompasses children with long term medical conditions such as asthma and diabetes, as well as children with significant and long term disabilities and/or special educational needs.
- When asked, nearly a third (32%) of these young people said their condition affected their school work or attendance. This result varies randomly across year groups between 26% and 40%, but is quite consistent between sexes.
- Applied across the survey sample, this suggests an average of 6% of 11-15 year olds self assess as having a diagnosed condition which, in their view, impacts on their education.

Figure 1: Pupils with self-reported LLI/disability which impacts on their school attendance/work

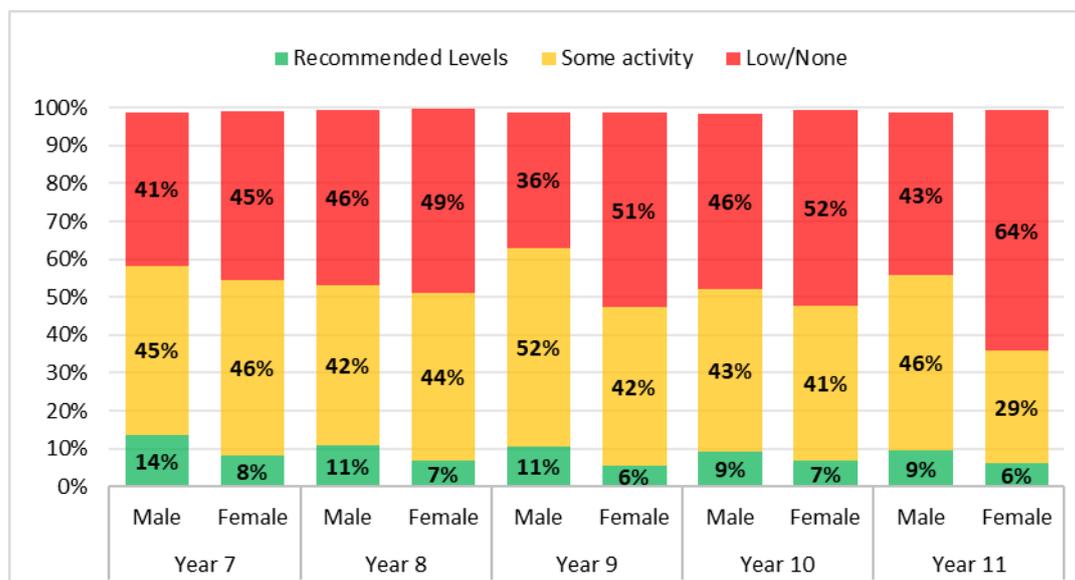


- Pupils were also asked if they had a learning disability or impairment which affects the way they learn new things. Overall, one in ten pupils said they had a learning disability, boys were more likely than girls to say they did (11% vs 8%). Pupils with a long term health condition were more likely to also say they have a learning disability.

Physical activity

- The recommended amount of physical activity for children for securing healthy development and to maintain a healthy weight is 60 minutes a day of aerobic, (moderate² to vigorous³ intensity) activity. However, we know that only 21% of five to 15 year olds meet this level. The percentage declines as they get older, from 28% in 5-7 year olds through to 13% in 13-15 year olds⁴.
- The Public Health England report ‘Everybody Active, Every Day’, emphasises the importance of the school setting in expanding children’s opportunities to be active.
- This is confirmed in national data on children’s physical activity levels, with less children achieving the recommended levels when excluding activity in school lessons, 17% of 11-12 year olds and 12% of 13-15 year olds⁵.
- In our survey, the proportion was even lower, ranging from 11% of Year 7s to less than 8% of Year 11s meeting national recommendations for physical activity outside school. Between 10% and 19% said they did no activity at all outside school.
- Girls continue to be less physically active than boys, with this gap widening as they get older. By the age of 15, 64% girls reported doing little or no physical activity outside school, compared with 43% boys. This gender gap is in line with national trends.

Figure 2: Self-reported physical activity (outside school) by year group, 2019/20



Low/none (0-2 days a week), Some (3-6 days a week), Recommended (7 days a week)

² Moderate activity would include walking to school, skateboarding, cycling or playground activities

³ Vigorous activity would include running, football, netball, martial arts, gymnastics, etc

⁴ ‘Health Survey for England 2015, Children’s Physical Activity’, NHS Digital, 2016

⁵ ‘Health Survey for England 2015, Children’s Physical Activity’, NHS Digital, 2016

Perceptions of body weight

- Younger students are more likely to have a school meal with more than half of 11-12 year olds (56%) saying they eat school dinners. Take up declines with age and 12% of 13-15 year olds said they did not eat anything for lunch. 79% of all students who are eligible for free school meals said they had a school meal for lunch, with 6% of this group saying they don't usually eat anything for lunch.
- Over half of students (59%) said they never drink energy drinks like 'RedBull' or 'Monster' with 6% saying they drink them every or most days, rising to 10% in those who claim free school meals. Girls are more likely to say they **never** consume these than boys (65% v 54%)
- Across all age groups, half of children and young people thought they were an ideal weight, in line with the national result⁶. About 1 in 4 (26%) thought they were overweight, including 4% who considered themselves to be very overweight. 15% thought they were underweight.
- There were few gender differences in these self assessments, with boys being slightly more likely to self-assess as underweight. This is a similar result to 2016.

Table 4: Do you consider yourself to be....

	Very thin/ underweight	A bit underweight	Ideal weight/just right	A bit overweight	Very overweight	Don't know
Boys 2007	3%	13%	56%	22%	1%	4%
Boys 2016	4%	12%	54%	20%	2%	9%
Boys 2019	4%	13%	51%	21%	3%	6%
Girls 2007	2%	11%	52%	24%	3%	8%
Girls 2016	1%	9%	54%	22%	3%	9%
Girls 2019	3%	10%	50%	23%	4%	10%

⁶ 'Health Survey for England, 2016'

Body image

- Although half of young people thought their weight was just right, a significant proportion of young people admit to worrying about their appearance/body image, especially as they get older. By the age of 14, 43% of girls and 13% boys say they worry a lot about this.
- The 4% of young people who self assessed as very overweight were much more likely to worry a lot about this (62%) or report that they rarely or never felt good about themselves (61%), with most of these responses coming from girls.

2.2 Emotional wellbeing

- The majority of children and young people have a positive outlook on life. Most 11-12 year olds are happy and confident and feel they have a lot to be proud of. These scores are lower than in 2016.

Table 5: Which of the following statements do you agree with? (Years 7-8)

Do you agree...	Year 7	Year 8
I am happy with my life	80%	72%
I like trying new things	75%	68%
I often feel sad or tearful	30%	35%
I like the way I am	74%	62%
I often get angry or bad tempered	35%	41%
I have a lot to be proud of	77%	65%

- Boys were slightly more likely to say they had a lot to be proud of (75%), compared with 66% girls aged 11-12 years. Girls this age were also more likely to report feelings of sadness, 41% compared with 25% boys.
- Children who reported they had a health condition or disability that affected their school work were less likely to express positive wellbeing.

Table 6: % pupils (Years 7-8) who say they often feel one of the following

	Happy with life	Often sad	I don't like the way I am	Angry/Bad tempered	A lot to be proud of
Boys	80%	25%	17%	38%	75%
Girls	72%	41%	35%	39%	66%
Disability/LLI	73%	35%	29%	43%	67%
<i>Disability that affects school work</i>	69%	43%	34%	53%	62%
No disability	77%	32%	25%	37%	72%

Emotional Wellbeing

- The Warwick Edinburgh Emotional Wellbeing Scale, (WEMWBS⁷) is a scale of positively worded items that has been validated for use with 13-15 year olds. It asks respondents to describe their feelings over the previous two weeks and is designed to measure positive mental wellbeing in a population, as opposed to mental illness and disorder.
- Its main use is to compare wellbeing scores between populations, or within populations over time. It is not designed for use as a screening tool to detect mental illness, although very low scores may indicate the need for clinical support. The minimum score possible is 14 and the maximum is 70. The higher the score, the better the emotional wellbeing.
- All participating pupils in year groups 9-11, (ie 13-15 year olds), were asked to complete this scale. Only pupils who completed all 14 elements of the scale were included in the following analysis which covers 85% of the 13-15 year old sample. On average, their wellbeing scores were below the national average, with a mean score across all 13-15 year olds of 45.0, compared with a national average of 51.4⁸ and lower than in the 2016 survey (46.9).
- 16% scored at least 1 standard deviation below this mean score, and a similar proportion at least 1 standard deviation above this score.
- Overall, girls scored lower than boys, and accounted for over two thirds (69%) of young people with a low wellbeing score, (ie scored <34). Conversely, boys accounted for over two thirds (73%) of all those with above average scores, (ie >57).
- There were no significant differences in mean scores between pupils claiming FSM (43.4) and others.

⁷ Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved

⁸ See Health Survey for England 2015 and What About Youth survey

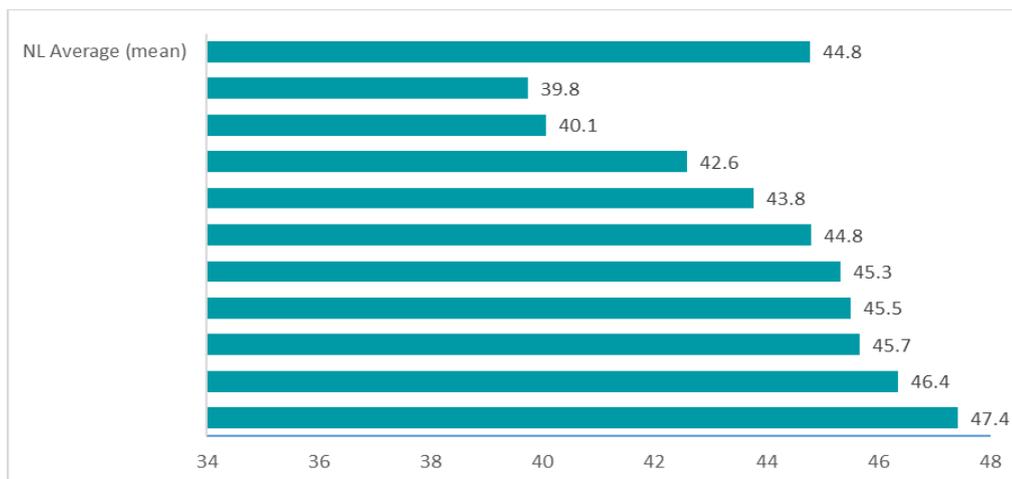
- The same applied to pupils with a disability/long term condition with a higher proportion scoring below the mean than for all 13-15 year olds.
- Of all pupils, those with caring responsibilities reported the lowest wellbeing, with an average score of 41.6 amongst 13-15 year olds, compared with an overall score 45.0 for this age group.
- Table 7 summarises the range of scores, with relatively low or relatively high scores referring to those scores which were more than one standard deviation above or below the overall mean for all 13-15 year olds. 'Very low' and 'very high' scores refer to the range of scores which are at least 2 standard deviations from the average, (mean).

Table 7: Distribution of wellbeing scores by group (% 13-15 year olds)

	Very low wellbeing score (14-21)	Relatively low wellbeing score (22-33)	Average wellbeing score (34-56)	Relatively 'high' wellbeing score (57- 68)	Very high wellbeing score (69-70)
All 13-15 year olds	3%	13%	68%	14%	2%
Boys	3%	7%	67%	20%	3%
Girls	3%	20%	68%	8%	1%
FSM	4%	18%	66%	11%	2%
Disability/LTC	5%	18%	64%	11%	2%
Young Carers	6%	19%	63%	10%	1%
LAC	11%	13%	60%	10%	6%

- There were differences between schools, with mean overall scores for 14 year olds ranging from 39.8 to 47.4. (Two schools/academies were not included in this analysis due to a lower than average response to this question).
- These differences were due largely to the way pupils responded to one or two items within the overall measure.

Figure 3: School scores on WEMWBS (14 year olds)



- There are 14 items on the WEMWB scale. Overall, the item where pupils scored highest was on 'feeling loved', and the lowest, was on 'feeling good about themselves'.

Table 8: How often in the last two weeks have you felt (Years 9-11)

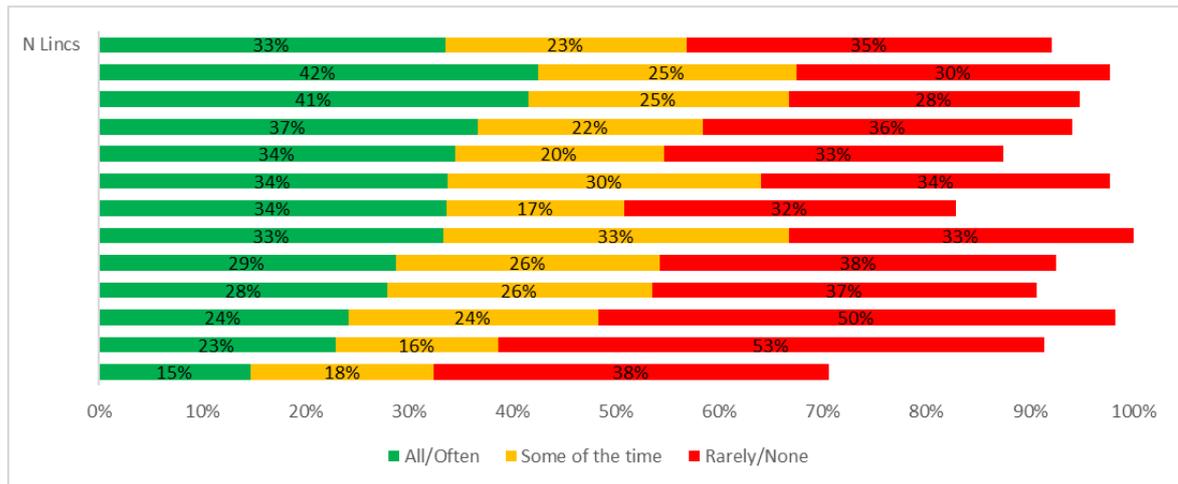
	All of the time/Often	Some of the time	Rarely/Never
I've been feeling optimistic about the future	37%	36%	27%
I've been feeling useful	34%	35%	31%
I've been feeling relaxed	38%	31%	32%
I've been feeling interested in other people	37%	28%	35%
I've had energy to spare	37%	28%	35%
I've been dealing with problems well	43%	27%	30%
I've been thinking clearly	43%	29%	28%
I've been feeling good about myself	38%	26%	36%
I've been feeling close to other people	51%	28%	22%
I've been feeling confident	39%	28%	33%
I've been able to make up my own mind about things	58%	25%	17%
I've been feeling loved	63%	20%	16%
I've been interested in new things	44%	29%	27%
I've been feeling cheerful	42%	32%	27%

Source: Warwick-Edinburgh Mental Well-being Scale (WEMWBS) © NHS Health Scotland, University of Warwick and University of Edinburgh, 2006, all rights reserved

Feeling good about themselves

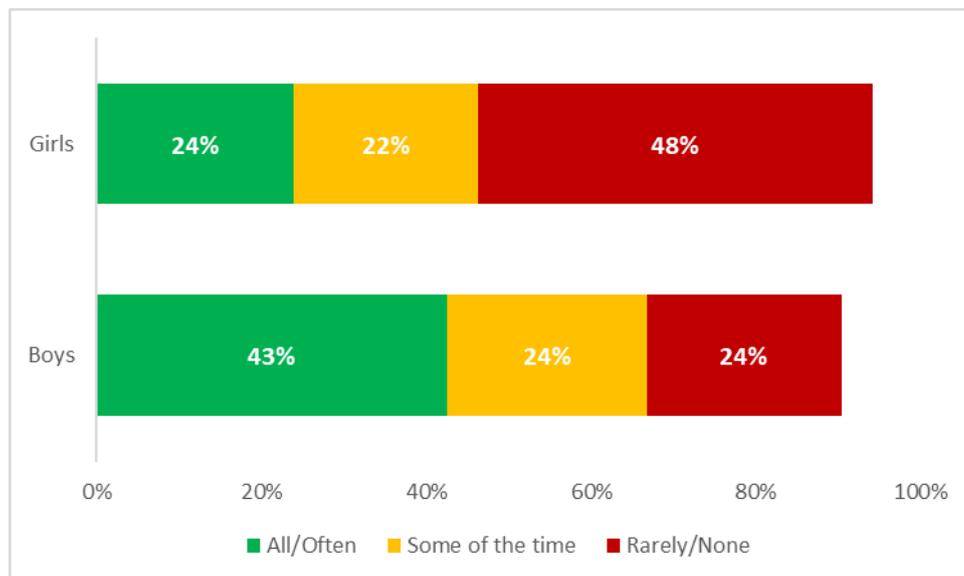
- On average, 33% of 14 year olds said they always or often felt good about themselves, with rates ranging between 42% and 15% in local schools although there was a much lower response rate in the school with the lowest percentage stating 'all/often' with 29% missing data.

Figure 4: % 14 year olds who report feeling good about themselves by school/academy (from total sample)



- Teenage boys consistently scored higher on this measure of self-esteem, a finding reflected in national surveys of wellbeing amongst teenagers. By the age of 14, 48% girls and 24% boys said they rarely or never feel good about themselves, a rise from 2016 where it was 35% and 18% respectively. This gender difference was evident in all schools and across most ethnic groups.

Figure 5: % 14 year olds who say they feel good about themselves by gender



- Research shows that the strongest links to wellbeing in children and young people are peer and family relationships, alongside wider school and neighbourhood environment⁹. Risk factors include:
 - Being bullied
 - Parent relationships
 - Feeling unsafe in their neighbourhood
 - Perceived economic inequality
- The recent national Good Childhood Survey (2019)¹⁰, also observed that girls generally expressed lower wellbeing than boys, but the gap has narrowed. Boys happiness with their appearance is now significantly lower than it was in 2009-10.
- Other groups of children reported to be more likely to have low wellbeing include children with special educational needs and those from more deprived backgrounds. Higher wellbeing was seen in those with positive peer relationships and school engagement¹¹
- In our survey, teenage pupils who self assessed as having a disability or long term illness, were more likely than others to report low self-esteem¹², 45%, compared with 35% other pupils this age.
- Looked After Children of this age were also less likely to say they felt good about themselves, with 45% of this group saying they rarely or never did.
- Worrying a lot about exams and achieving their potential was also associated with lower wellbeing scores, especially amongst girls.
- In our survey, a small number of pupils reported 'never seeing friends outside school'; 8% of 13-15 year olds. These young people were much more likely to say they rarely or never felt good about themselves, 46% compared with 35% of the rest of this age group.
- Young people who perceived they had been bullied a lot in the last 4 weeks were also more likely to report never or rarely feeling good about themselves at 54%.
- This association between bullying and low self esteem was stronger for girls than boys in this age group, in spite of similar self reports of being bullied. (Young people's perceptions of bullying are considered in more detail below).
- There was no association between emotional wellbeing scores and ethnic group in our survey.

⁹ 'The State of the Nation 2019: Children and Young People's Wellbeing

¹⁰ 'Good Childhood Report' Children's Society, (2019)

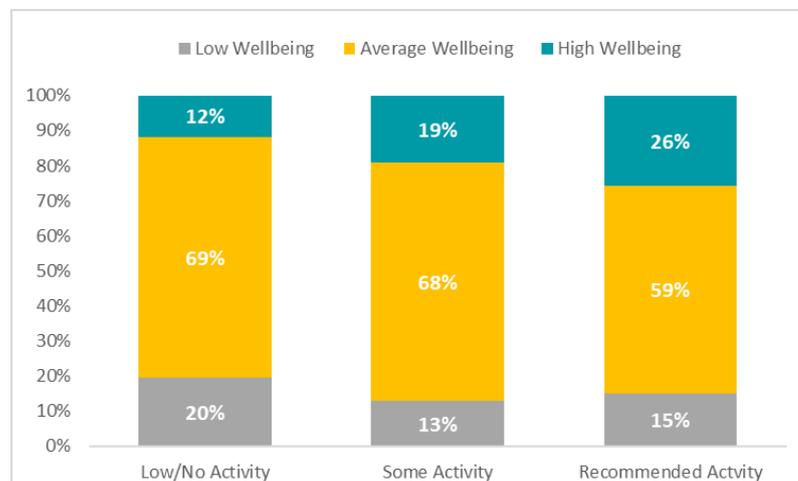
¹¹ 'The State of the Nation 2019: Children and Young People's Wellbeing

¹² Defined in this survey as reporting 'never or rarely feeling good about themselves'

Physical activity and emotional wellbeing

- The link between subjective wellbeing and physical activity is well known, and all the research evidence suggests that the ‘five ways to wellbeing’ are as relevant to children and young people as they are to adults¹³.
- A recent survey by Sport England¹⁴ found a positive association between activity levels and mental wellbeing, and that the more active a child is the happier they say they are.
- In our local secondary school survey engaging in physical activity outside school was positively associated with self-esteem, especially amongst teenage girls, who, overall, were less active than boys.

Figure 6: Wellbeing and physical activity (13-15 year olds)



- Young people who said they engaged in exercise at least 4 times a week were also more likely to report having energy to spare.

Young people’s worries

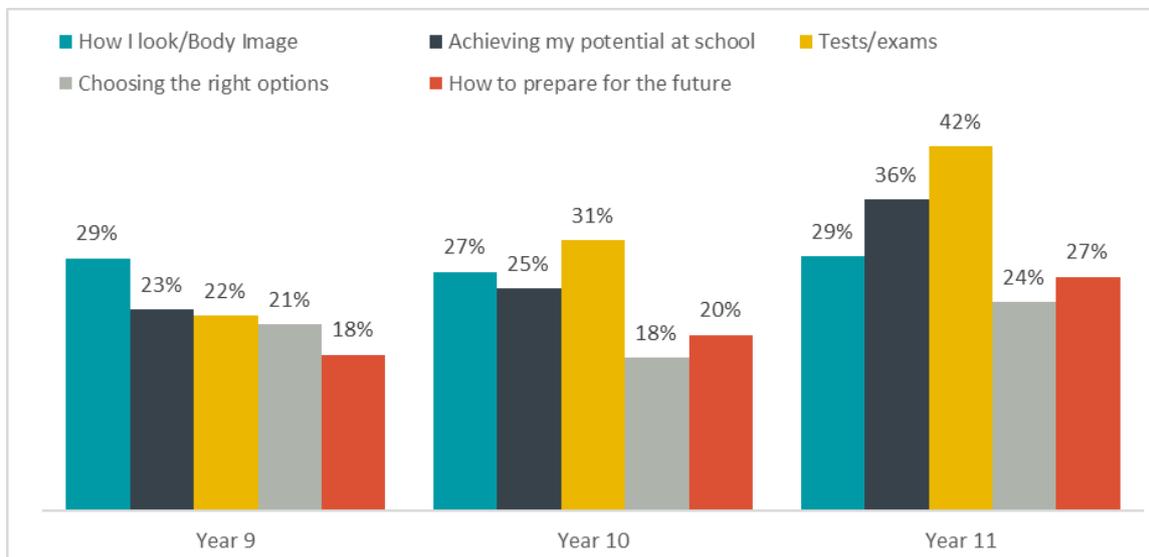
- Young people were asked how much they had worried about a range of issues in the last month. Most teenagers admitted to worrying a little about things from time to time, and on most issues. However, on most issues only a minority said they worried a lot.
- Across all age groups, chief amongst their concerns were achieving their potential at school, exams and tests, their appearance/body image, and for those in Years 9-11 making the right choices of subject options, and preparing for the future. These worries increased with age and were more commonly reported amongst girls.

¹³ ‘Longitudinal Study of Young People in England, Health and Wellbeing at Wave2. Research report’, July 2016. Department for Education

¹⁴ Active Lives Children and Young People Survey 2019

- By Year 11, 4 in 10 young people, (42%), said they had worried a lot about exams in the previous 4 weeks, including 60% of girls. This compares with 51% in 2016 and 49% in 2013/14.

Figure 7: What young people say they have worried about a lot in the last 4 weeks (% 13-15 year olds)



Worries about being bullied

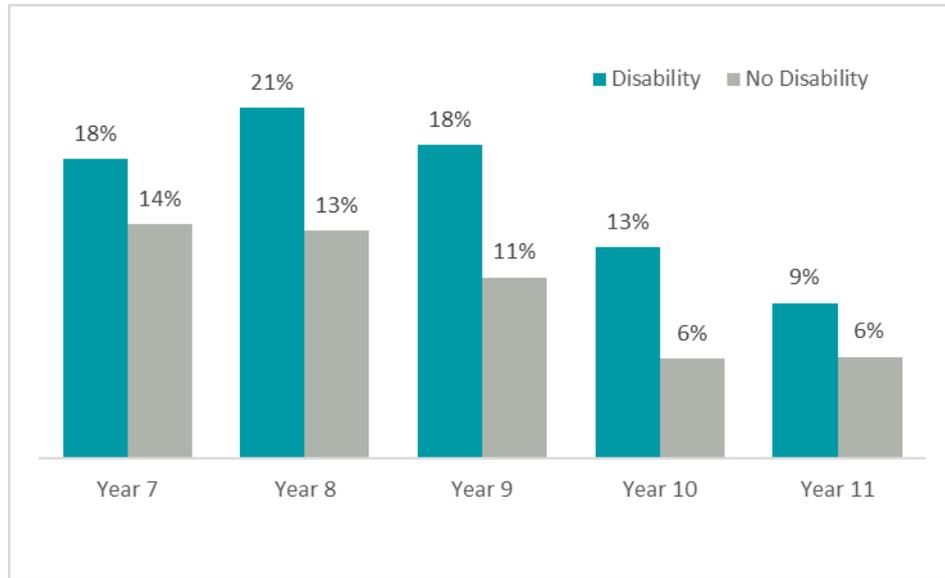
- In comparison with concerns about educational attainment, worries about bullying are relatively low and have fallen considerably in all age groups during the last decade.
- Overall, 11% 11-15 year olds reported worrying a lot about bullying in the last month. This compares with 8% in 2016, 13%, in 2010, 15% in 2007 and 18% in 2004.
- Falls have been greatest amongst Year 7s, although worries about bullying have fallen in all age groups since 2007, there has been a slight rise in all age groups since the 2016 survey. Girls were more likely to say they worry a lot about bullying than boys.

Table 9: % Year groups who say they worry a lot about being bullied

	Year 7	Year 8	Year 9	Year 10	Year 11
2007	30%	24%	18%	11%	9%
2010	21%	16%	14%	9%	8%
2013	11%	12%	10%	7%	7%
2016	13%	10%	7%	6%	6%
2019	15%	15%	12%	7%	7%

- Children eligible for free school meals and those with a disability/ long term illness are most likely to worry about bullying, although this varied considerably by year group.

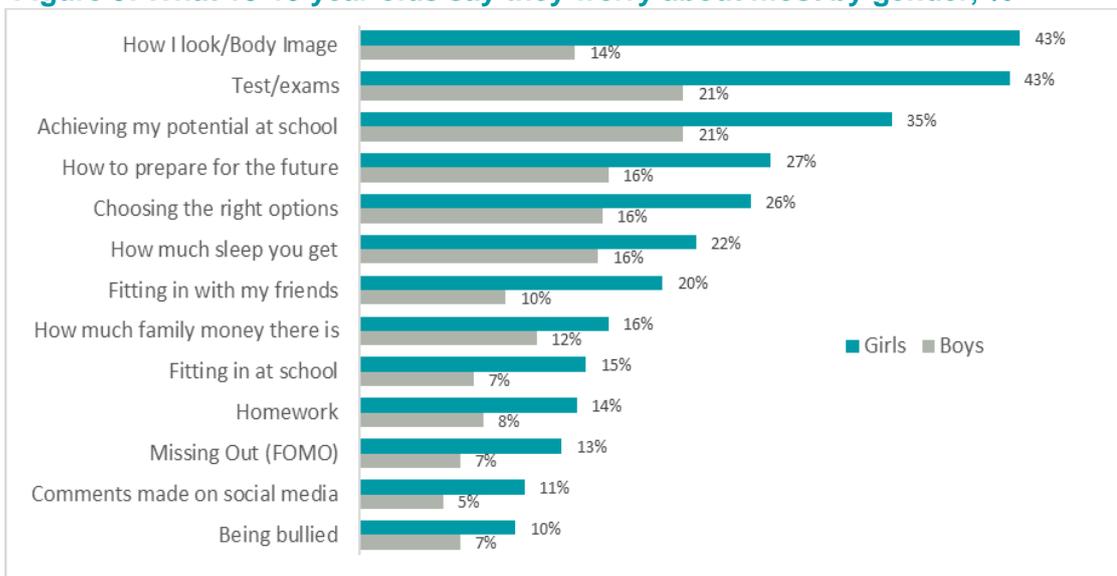
Figure 8: Worried a lot in the last month about being bullied by disability/LTHC



Gender differences

- Girls were more likely than boys to say they worried a lot about most things, with the focus of their anxieties being largely on school work, body image, sleep and fitting in with friends. This applied across all age groups.
- 1 in 10 teenage girls said they worried a lot about what people were saying about them on Facebook, and other social media.

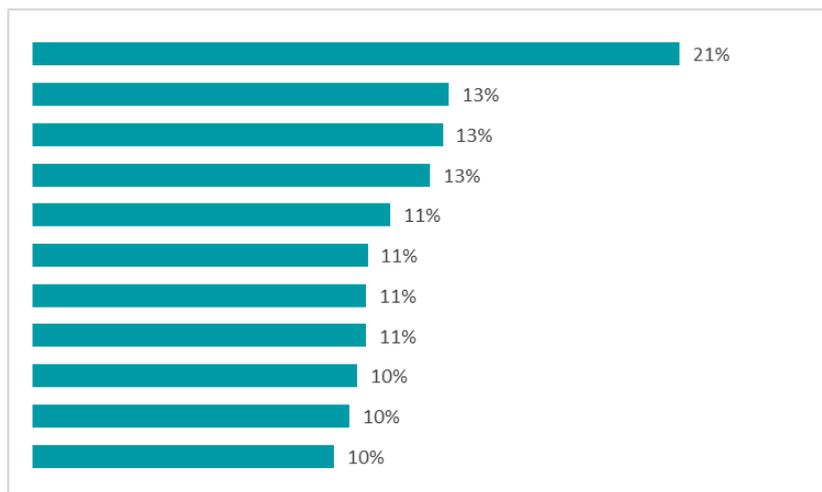
Figure 9: What 13-15 year olds say they worry about most by gender, %



Who young people talk to

- When asked what helped to relieve their worries, the most common response was talking to family and friends. 5% of 11-12 year olds said they would look online for help with a problem that was really worrying them.
- Reassuringly 78% of 11-12 year olds could share worries with a parent/carer at home and 63% of 13-15 year olds said they found it easy to talk to a parent about their worries and problems.
- Just over two thirds (69%) of 11-12 year olds said there was a trusted adult in school they could share their worries with. Less than a third of 13-15 year olds found it easy to talk about things that bother them with either a teacher (31%) or other members of staff in school (28%).
- Overall, 12% 13-15 year olds said they found it difficult to talk to *any adults* about their worries, whether parents, school staff or social workers. This response was more common amongst girls, and applied across schools.

Figure 10: % 13-15 year olds who find it difficult to talk to parents/teachers/ other adults about their worries (by school)



2.3 Seeking help on mental health issues

- Mental health is an important issue for children and young people which can affect many areas of their life including relationships, attainment in school and overall wellbeing. A review of Childline counselling sessions showed that in 2018/19, 45% were related to mental or emotional wellbeing¹⁵
- Children and young people may find it difficult to open up about how they are feeling or even try to hide their challenges. Research¹⁶ suggests this might be because they:
 - worry they won't be taken seriously
 - believe others won't understand
 - have had a negative experience talking about their thoughts and feelings in the past
 - feel that no one can help them
 - fear being dismissed or labelled an attention seeker or 'crazy'
- National research¹⁷ estimates of mental health, when applied to our survey of around 6000 pupils, suggests that at any one time, there will be an estimated:
 - 900 (15%) at risk of poor mental health and needing extra help
 - 420 (7%) with a common diagnosable condition, such as depression or anxiety
 - 102 (1.7%) with a serious condition
 - 6 (0.1%) with a serious condition requiring inpatient care
- Adolescence is also a time when most early symptoms of adult mental illness (including psychosis) emerge, and there is strong evidence that getting help early on could limit the length and recurrence of episodes of mental illness, and reduce the risk of problems extending into adult years. Yet, national reports show that only a minority of children and young people with early signs of a diagnosable mental illness get the timely help they need¹⁸.
- National research evidence also suggests that young people this age are not always aware that their mental health is deteriorating, and tend to favour informal sources of support for mental health difficulties, such as friends or family. Yet as we have seen, a significant minority of young people do not find it easy to talk to any adults about their anxieties and emotions.
- These findings illustrate the importance of raising awareness and mental health literacy among families, schools and young people themselves. As the authors of recent research review commented,

'If young people, families, teachers and other non-specialist professionals recognise mental health problems and have relevant knowledge about risks, causes and effects of treatment, young people are more likely to seek early appropriate help.' Centre for Mental Health, 'Missed Opportunities' (2016) p12

¹⁵ 'Childline annual review 2018/19'. London: NSPCC

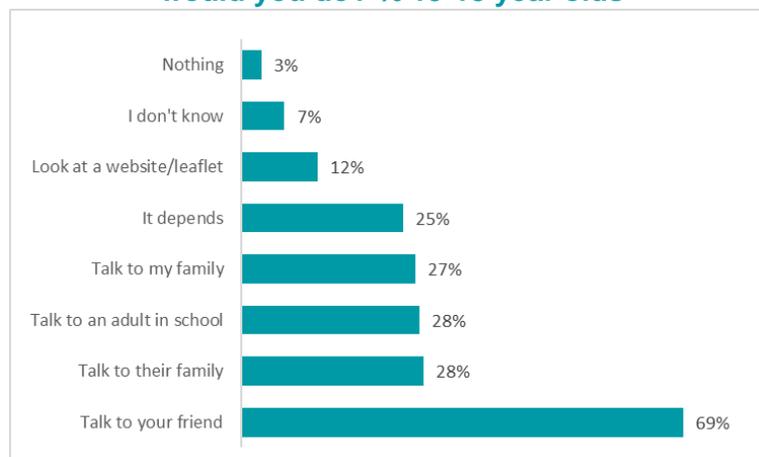
¹⁶ Theodosiou L. et al (2020) Children and young people's mental health: early intervention, ongoing support and flexible evidence-based care. Pavilion: West Sussex. Cited on NSPCC

¹⁷ 'Missed Opportunities. A Review of recent evidence into children's and young people's mental health'. Centre for Mental Health. 2016

¹⁸ 'Missed Opportunities' Centre for Mental Health 2016

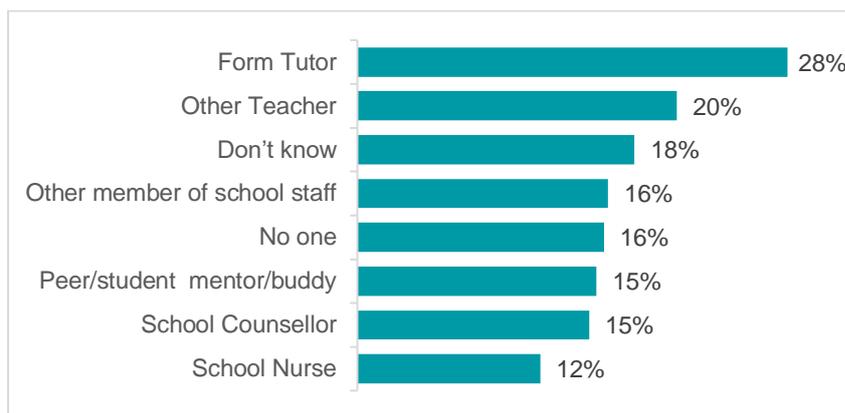
- In response to this and other evidence, the Department for Education has taken a number of steps to improve mental health support in schools, including guidance on mental health and behaviour, and school counselling services, and appointing a mental health champion for schools.
- North Lincolnshire has local instructors trained in youth mental health first aid (YMHFA) course so that in house training will be available every year to all educational settings. Mental health champions (we have 1 in every school/college and alternative provision) and all school nurses have been trained in YMHFA.
- In order to inform further development work locally, we asked 13-15 year olds for their views on how mental illness was dealt with in their school.
- Specifically, young people were asked what they would do, and who they would seek help from if they had concerns ‘that a friend had a serious mental health issue’.

Figure 11: If you were concerned a friend had a serious mental health problem what would you do? % 13-15 year olds



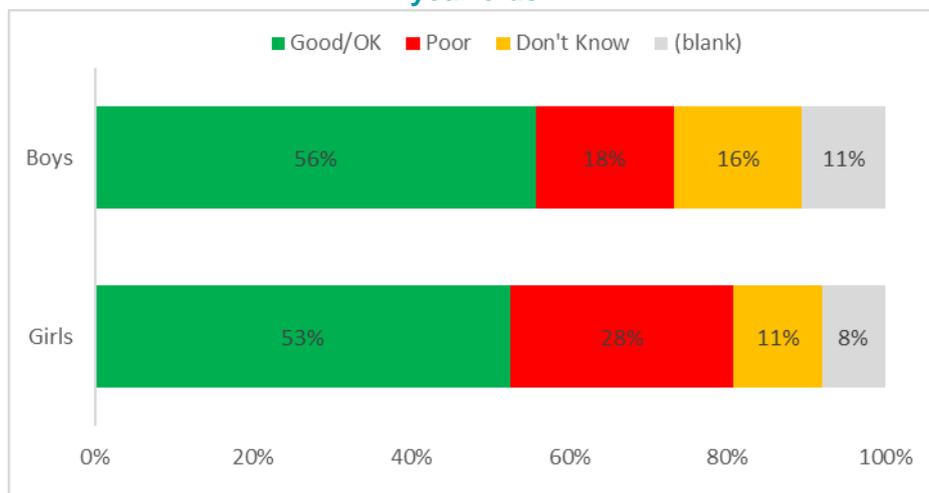
- The majority said they would approach their friend directly, and try and get them to seek help, with over a quarter saying they'd talk to their family or their friends family.
- About a quarter said they would approach an adult in school about this. Form tutors were the most frequently mentioned first point of contact within school, followed by other teachers.
- School counsellors and school nurses were the least mentioned.
- 15% mentioned peer mentors as a source of advice on mental health issues. 16% said no one, whilst 18% did not know.

Figure 12: Who would you talk to in school about this % 13-15 year olds?



- Students were also asked how they thought mental health issues were dealt with by their school. Just over half of 13-15 year olds thought this was good or OK, whilst a significant minority did not feel able to comment as they had no experience of this (14%).
- Girls were more likely than boys to say their school response to this issue was poor.

Figure 13: How do you think your school deals with mental health issues? % 13-15 year olds



- This gender difference was reflected in almost all schools, although pupils' ratings varied.
- When asked what they thought might help, responses ranged from raising more awareness about mental health issues amongst pupils and staff, (for example, in assemblies or PSHE lessons), to identifying a dedicated staff member whose role it is to look after young people's wellbeing and sign post young people to services, where required.

- Stigma about mental illness was generally regarded as a key barrier to seeking help from school staff, as well as lack of awareness about who they could talk to, both formally and informally.
- Young people said they wanted conversations about poor wellbeing and mental illness to be 'normalised' within school. They also valued confidentiality when approaching staff.

'making it a normal thing to discuss and having more opportunities for people to talk about it'

'Having more people to talk to and knowing the support is there and confidential'

'having more things such as posters to let people struggling know that they will be okay and it will get better'

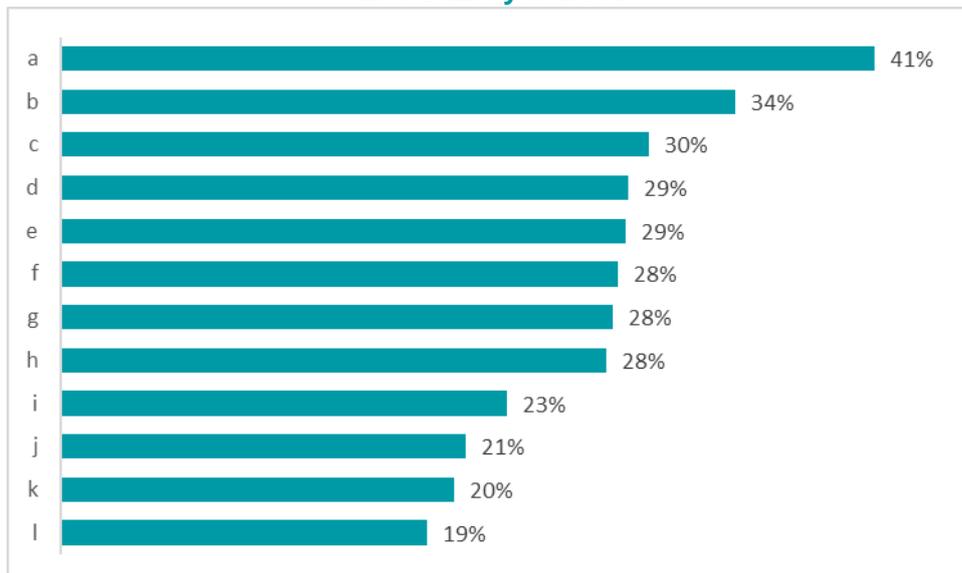
'talking about ways to manage problems'

'checking on students more often'

'if people didn't judge and listened'

- When asked later in the survey what PSHE topics they would like more information on, pupils were most likely to identify emotional wellbeing, suggested by over a quarter of all students, ranging from 28% of Year 7s, to a third of Year 11s. This was the most popular response amongst teenagers in North Lincolnshire but varied between schools. Almost two thirds of these responses coming from girls (63%).

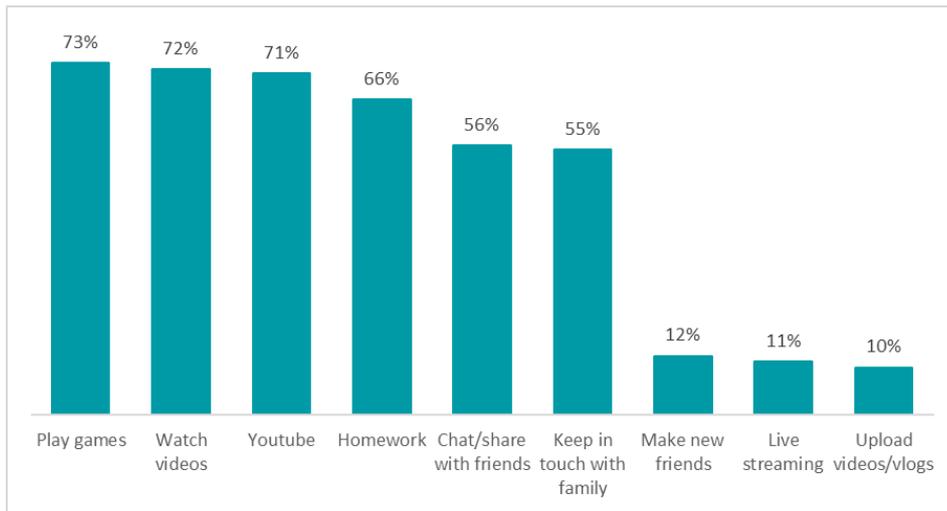
Figure 14: % Year 10s who said they would like more coverage of emotional wellbeing in PSHE by school



2.4 Internet use

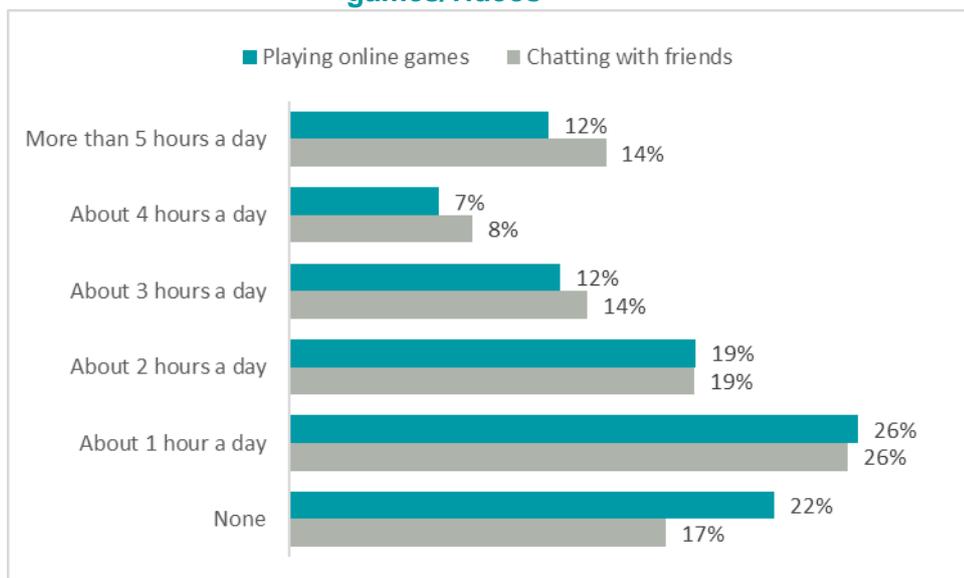
- Home access to the internet via a smartphone or other device was relatively universal amongst 11-15 year olds at more than 90%.
- Most 11-12 year olds say they use the internet at home for homework, and for watching videos or playing games. Over half say they use it to stay in touch with family (55%) and for staying in touch with friends (56%), whilst 12% said to make new friends.

Figure 15: What do 11-12 year olds use the internet for at home?



- Over half of 11-12 year olds said they spent at least 2 hours a day chatting with friends (55%) or playing online games (50%) with almost 1 in 3 saying they spent more than 3 hours a day. This rises to nearly three quarters of those in the older age groups (13-15 year olds) with 74% saying they spend at least 2 hours chatting to friends online.

Figure 16: No of hours a day 11-12 year olds say they spend online chatting or playing games/videos



- Over a third of 11-15 year olds said they chat online with people they have not met in person, rising from 25% in Year 7 to 51% in Year 11. Of those, nearly a quarter, 24%, said they worried that the person they were talking to was not who they said they were. Younger pupils worried more about this than the older pupils.
- National research on children's internet use suggests that moderate use of technology can have a significant positive impact on children's wellbeing, including increased social connectedness¹⁹.
- Although there is still a lack of good quality evidence on the causal impact of heavy internet use, some researchers have suggested a range of associated negative outcomes, including a heightened risk of sleeping disorders, obesity, stunted academic attainment, low self esteem, anxiety and depression, an increased risk of 'cyberbullying' and an inability to develop real-life relationships. A recent review of evidence by the Royal College of Paediatrics and Child Health concluded that more research is needed into the benefits and harms of social media use on young people's lives²⁰.
- Using the internet to make new friends has also been linked in national reports to lower levels of wellbeing. This may be because people who feel isolated in their everyday lives are attempting to use the internet to counteract this²¹.
- The Mental Health Foundation argue that, *'It is too early to say whether technology is changing our core ability to relate to others, but soon enough to conclude that while it facilitates relationships, real and virtual, technology is no substitute for the human interaction that is a buffer against loneliness'*²². In other words, social media use may boost the strength of existing relationships but it is less likely to help with those for whom those relationships are already lacking.
- We were not able to investigate these issues in any depth, and so cannot comment on the direction of causality, there was a relationship between heavier internet use, (ie more than 3 hours a day) and expressions of low self-esteem and sadness amongst 11-12 year olds, especially amongst girls.
- Similarly, those 11-12 year olds who said they spent most time on the internet chatting to friends were more likely than 'moderate users' (2 hours or less a day) to say they had experienced cyberbullying in the last 4 weeks, although for both groups this experience was relatively uncommon, 7% compared with 4% of 'moderate users'. There was no difference between the groups when looking at time spent gaming.
- Not surprisingly frequent late night use of the internet was associated with 'low energy levels'. Overall, over half of 11-12 year olds (56%) and around three quarters (72%) of 13-15 year olds said they had been online after midnight, with the frequency of late night use increasing with age. In 2019, 12% 11-12 year olds say they are online after midnight most nights of the week, a rise from 6% in 2016.

¹⁹ 'Social Media Use and Children's Wellbeing. (2016) McDool et al, Institute of Economic Affairs

²⁰ 'Impact of social media and screen use on young people's health RCPCH 2019

²¹ 'Social Media Use and Children's Wellbeing. (2016) McDool et al, Institute of Economic Affairs

²² 'Surviving or Thriving?' Mental Health Foundation 2017

2.5 Feeling Safe

Many of the questions in this section were first asked in 2007. New questions directed at older pupils perceptions of how common 'sexting' and viewing pornography was amongst their peers was added in 2010.

In school

- The vast majority of pupils said they felt safe in school. Although young people were not asked why they did not feel safe, of the small minority who said they did not, (9% of 11-12 year olds and 10% of 13-15 year olds), 36% said they had been bullied in the last 4 weeks. There were slightly more boys than girls in this cohort. A similar result was reported in the last two surveys although there has been an increase in those saying they don't feel safe since 2015/16 from 6% and 4% respectively.

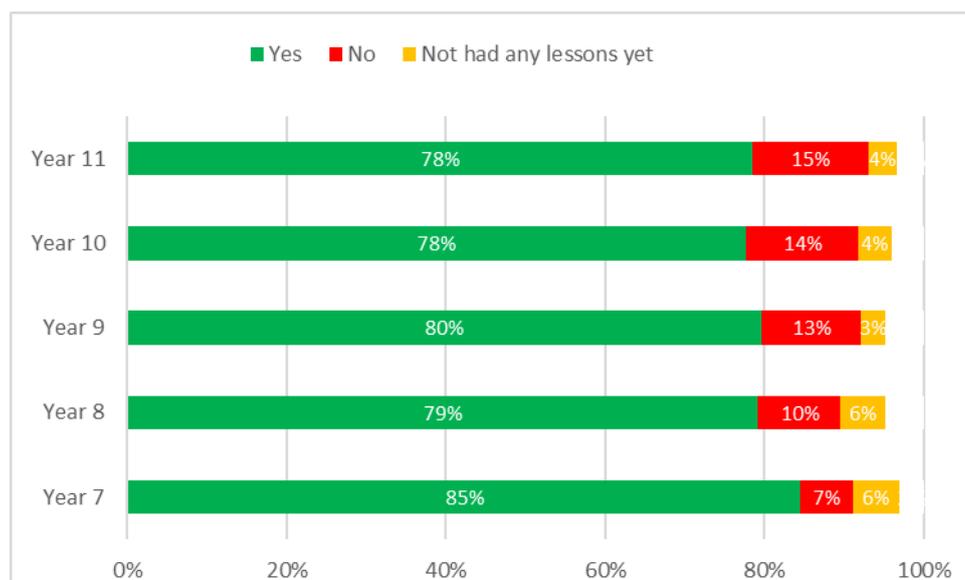
Travelling about

- Almost 8 out of 10 pupils said they felt safe out and about in their local area during the day.

Online safety

- About 90% 11-15 year olds say they feel safe online, the same as in 2016. There were no differences between year groups in this respect. Girls were slightly more likely than boys to say they felt unsafe.
- 90% of 11-12 year olds and 92% 13-15 year olds said they had had lessons on online safety. And of those that did recall having lessons, 90% and 85% in each age cohort respectively, said they found these lessons useful. This is slightly lower than in 2016.

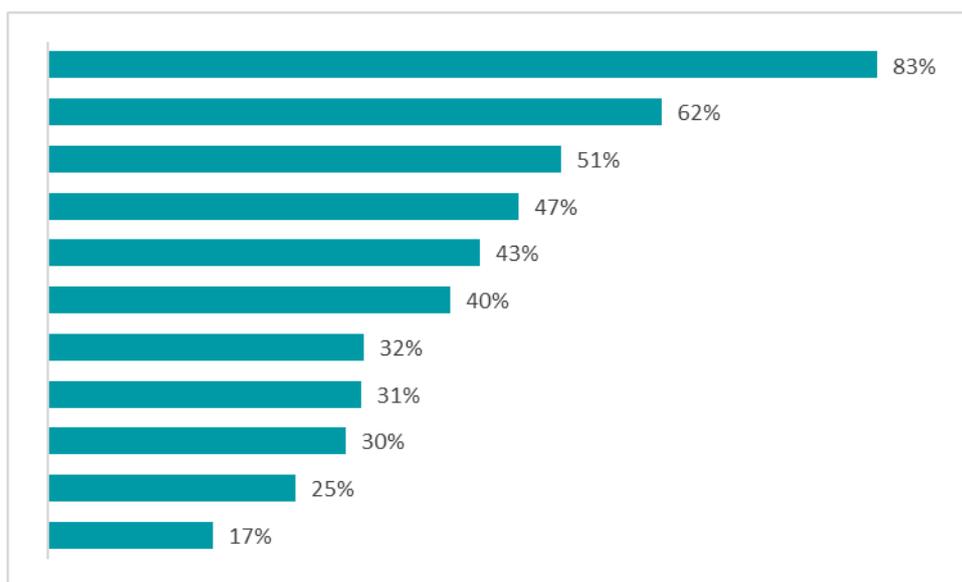
Figure 17: Have lessons helped you understand how to stay safe online?



- 8% of all pupils said they had participated in an online 'Facebook' challenge. Younger pupils were more likely to mention the 'ice bucket challenge' or the 'cinnamon challenge'. Amongst older pupils, 'drinking', or 'necking' challenges were also common. Boys are more likely to say they took part in a challenge than girls.

- Two thirds (66%) of 13-15 year olds said they were aware of the online safety button compared to 43% of 11-12 year olds, a significant drop for the younger age group from 2016 when the figure was 63%, although less than half of this number said they knew how to download it. Less than 2% across the year groups said they had ever used the CEOP button.
- Awareness varied between schools, ranging from 83% of 11-12 year olds in one school, to 17% in another.

Figure 18: Variation in the % of 11-12 year olds who say they know how to use the CEOP button by school



- Overall, more than 80% young people said they were confident about where to get help if they felt unsafe online.
- 14% said they would like more information on staying safe online.

2.6 Being Safe

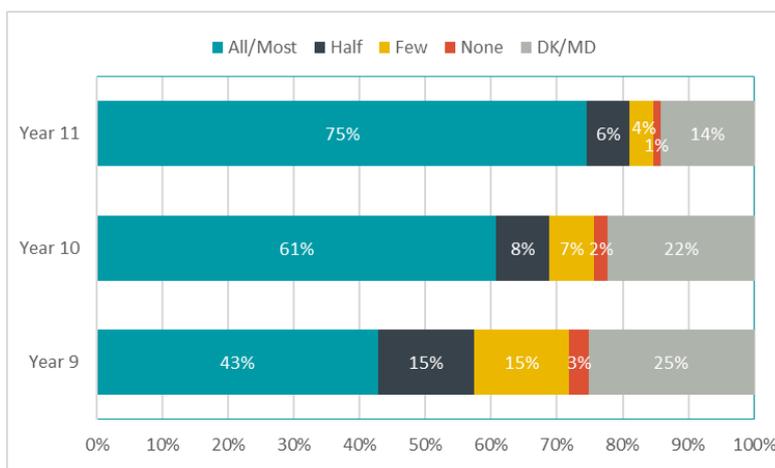
‘Sexting’

- The NSPCC defines sexting as the ‘exchange of sexual messages or self-generated sexual images or videos through a mobile phone network or the internet.
- A recent review of studies on sexting behaviour amongst youths aged 10-17 put rates of participation in ‘sexting’ by young people at 14.8% for sending a ‘sext’ and 27.4% for receiving a ‘sext’, this behaviour was shown to increase with age.²³ 1 in 8 youths also said they have forwarded sexts on to others.

²³ ‘Prevalence of Multiple Forms of Sexting Behavior Among Youth’ A Systematic Review and Meta-analysis 2018

- In our survey, 13-15 year olds were asked ‘Would you say that ‘sexting’ (that is sending or receiving of a sexual message/image/nude) happens amongst your age group?’. (This has changed slightly from the question asked in previous local surveys (the sending or receiving of a sexual message or image) to make the language more ‘current’.
- Just under two thirds, 60%, said yes, whilst a quarter did not know. This varied by age, rising to almost three quarters of Year 11s, with perceptions being higher amongst girls than boys. This is consistent with the results from 2015/16.
- When asked if they had *received* a sexual message or image on their phone/computer in the last 12 months, around half that number, 36% girls and 27% boys this age, said yes. A slight increase since 2015/16.
- When asked what they did in response, just over half said they had taken further action, most commonly by blocking further contact from that person, (47%), changing their privacy settings, (11%) and/or deleting the messages from that person, (27%). Seven per cent said they had reported this to an adult or to CEOP.
- There were significant gender differences, with girls being much more likely than boys to say they had responded by blocking further messages and/or changing their privacy settings, and boys more likely to say they did nothing.
- The number of young people who said they had been asked *to send* a sexual image of themselves in the last year was lower, at 22%, with higher rates amongst girls, 30%, compared with 14% boys.
- Similarly, when asked what they did in response, just over half said they had taken action to either block that person (49%), delete messages (22%) or change their privacy settings (12%). 7% said they had reported this to an adult or to CEOP, whilst just under half said they had done nothing in response.
- 63% of 13-15 year olds thought that most, if not all of their peer group had viewed pornography online, with this perception being higher amongst teenage boys, 69%, compared with 57% girls, although this gap has reduced since 2015/16. Less than 3% thought none had viewed any.

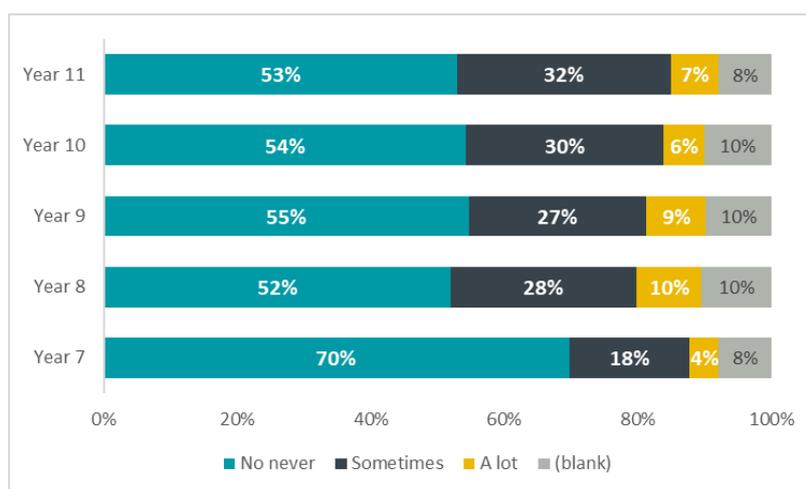
Figure 19: How many people your age do you think have viewed pornography online (boys)?



Experience of Bullying

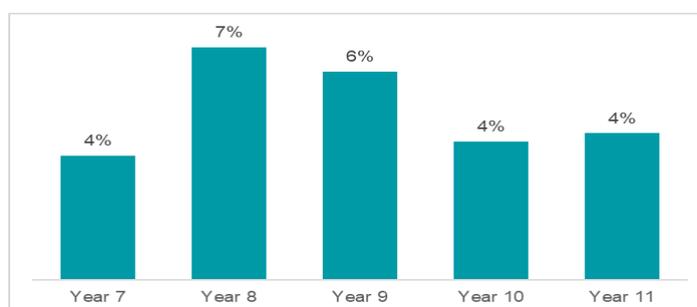
- Pupils were given the Ofsted definition of bullying²⁴ to read and then asked a number of questions about their own experience, whether they felt this had *ever happened to them* in *this school*, *never, sometimes, or a lot*, as well as whether this had happened in the *last 4 weeks*.
- Overall, just under a third, (31%), of pupils in Year 7 or 8 felt they had been bullied at some time in their current school, this rose as pupils got older from 22% in Year 7 to 39% of Year 11s. Overall, 7% of pupils felt they had been bullied a lot.

Figure 20: Ever bullied at this school by Year group



- When asked if this had happened in the last 4 weeks, about half of this number, 15% of 11-12 year olds (Year 7 and 8s), said yes, as did 9% of 15 year olds, (Year 11s).
- Perceptions of more recent bullying were highest amongst Year 7s claiming free school meals, (19%), and amongst those with a long term illness or disability, (18%), although these numbers were relatively small. These two pupil groups were also more likely to say they had been bullied a lot in the last month, 8% respectively, compared with 5% of all 11-12 year olds.

Figure 21: % 11-15 year olds who perceive they have been ‘bullied a lot’ in this school in the last 4 weeks



²⁴ ‘When we talk about bullying we mean when one or more people have intentionally caused you harm or picked on you regularly over a number of days, weeks, months or even a year or more. This could be physically hurting you, calling you names, being rude or using phone/social media against you.’ Ofsted

- Half of those Year 7s who said they had been ever been bullied at their current school had sought help from someone in school, and of those that had, 81% said it had helped. There was no difference between children with disabilities or children claiming free school meals and other children in this respect. Of those who had sought help as a result of being bullied in the last 4 weeks, 77% said it helped.
- The most common source of support was members of school staff, form tutors or other teachers. Of those Year 7s who had sought help, 17% had sought help from a peer mentor, although young people often reported that they had approached more than one person.
- Less than half, 42%, of those in Years 9-11, said they had sought help from someone in school as a result of being bullied, with most of them approaching an adult member of staff.
- Just over half thought their school dealt with bullying well, (58%), although this declined with age, from 70% of Year 7s to 50% of Year 11s. There was no difference between children with disabilities and other children in this respect.
- However, there were significant differences between schools, with positive responses ranging from 66% in one school to 45% in another.

Cyberbullying

- There is a strong link between 'face to face' bullying and cyberbullying, with most having experienced both forms and cyberbullying being a continuation of the original bullying. Whilst there is no evidence available to suggest that online bullying has greater impacts than offline bullying there is considerable concern about the impact of cyberbullying on young people.
- In our survey, 5% of 11-12 year olds and 8% 13-15 year olds said they had been bullied online by someone in their school, with girls being twice as likely to say they had been a victim of this. National research²⁵ reported 17.9% 11-15 year olds, had experienced some form of cyberbullying in the past two months, although this national survey was not confined to school peers.
- Compared with other forms of bullying, pupils were less positive about their school's response to cyberbullying, although a significant proportion were not able to comment as they had no experience of this.
- 52% of Year 7-8 pupils thought their school dealt with this well, or OK, whilst 14% thought this was poor. However, a large proportion of this age group, said they did not know 24% or did not answer 10%.
- Amongst older pupils in Years 9-11, the figures were 42% and 25% respectively.

²⁵ 'Cyberbullying: An analysis of data from the Health Behaviour in School-aged Children (HBSC) survey for England, 2014

Peer Pressure

- Pupils were asked about peer pressure, that is, feeling you have to do something just because your friends are. This is the first time this has been asked in the secondary school survey.
- Overall, around one in three pupils said they had felt pressured to do something they felt was wrong. This was similar across year groups and gender.
- Younger pupils are more likely to say they do things to fit in or keep their friends happy than the older pupils, 43% of Year 7-8 pupils compared to 34% of Y9-11 pupils.
- Of those who said they'd given in to peer pressure, around half said they regretted it, with girls more likely to say they regret it than boys.

Healthy relationships

- Around eight in ten of pupils of all ages could correctly identify characteristics of healthy and unhealthy relationships presented in this section of the survey, as well as signs of domestic abuse. Where some young people were less sure, was on the use of Facebook to 'check up' on someone, or 'constant texts to find out what they are doing', although there was no 'it depends' option, so their responses could have been context dependent.
- Over half said they were aware of numbers they could call to get advice if they needed help with this. Just under half said they were aware of adults in school they could approach for advice on domestic abuse, around 30% said they did not know if there were.
- 69% of pupils in Years 9-11 and 58% in Years 7-8 recalled having lessons on healthy relationships at school, the lowest proportion being amongst Year 7s. Of those that had, three quarters said they had found them useful.

Table 10: % pupils who would like more information in the classroom, 2019/20

Would like more information on	Year 7	Year 9	Year 11
Healthy relationships	26%	23%	20%
Domestic abuse	31%	24%	19%

- Overall, around a quarter of pupils said they would like more information about this in the classroom.

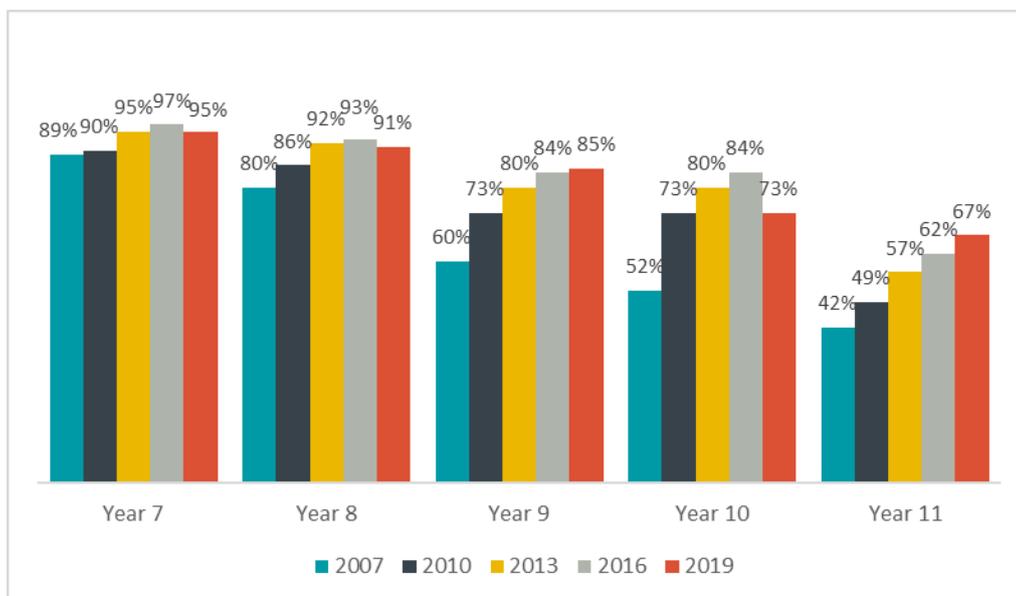
2.7 Staying healthy

- Self-reported levels of smoking, alcohol and drug use amongst 11-15 year olds in North Lincolnshire have risen slightly since the last survey, although not across all year groups. Even so, rates remain at lower levels than when these surveys began.
- The percentage of 14-15 year olds who say they are sexually active has also fallen significantly since 2004, particularly in girls.
- However, behaviours that could be regarded as ‘risky’ amongst young people tend to ‘cluster’ amongst the most vulnerable, with multiple risks leading to negative outcomes for some groups of young people²⁶.
- In this survey, only a very small minority of 14-15 year olds, (5%), claimed to have had sex, been drunk in the last 4 weeks and used drugs. Numbers were too small to draw any conclusions about trends, although they more prevalent in our more deprived populations.

Smoke free

- In 2019, the majority of pupils reported being ‘smoke free’, ie they had never tried smoking tobacco (83%). Of those that had, few (5%) were current smokers, ie they had tried it once or had since given up.
- Even amongst 15 year olds, 67% said they had never tried smoking, compared with 42% in 2007.

Figure 22: % pupils who report never having tried smoking (tobacco)

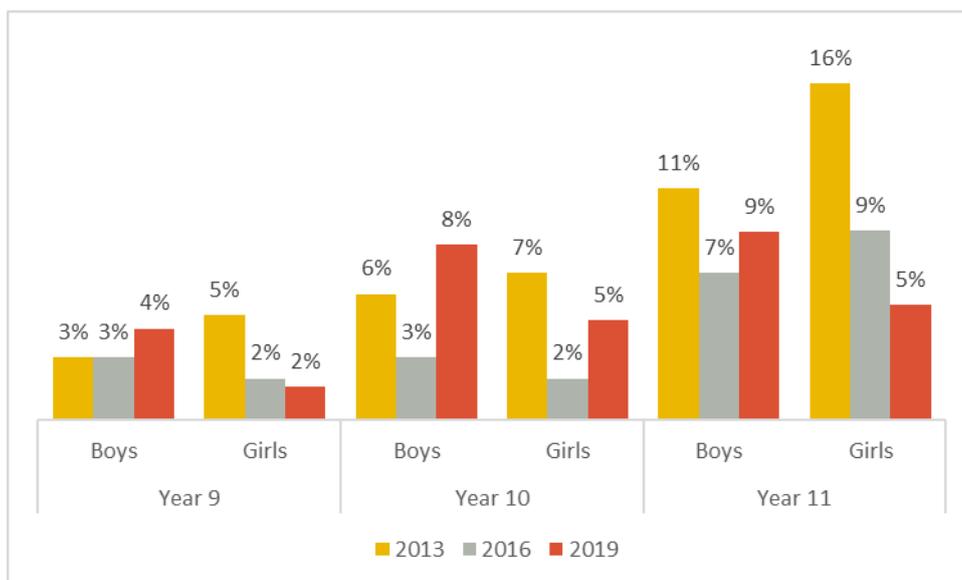


NB: Blanks (no response) are excluded from this calculation

²⁶ ‘Current trends in health, wellbeing, and risky behaviours amongst children and young people: a synthesis of recent evidence’. PSHE Association, 2015

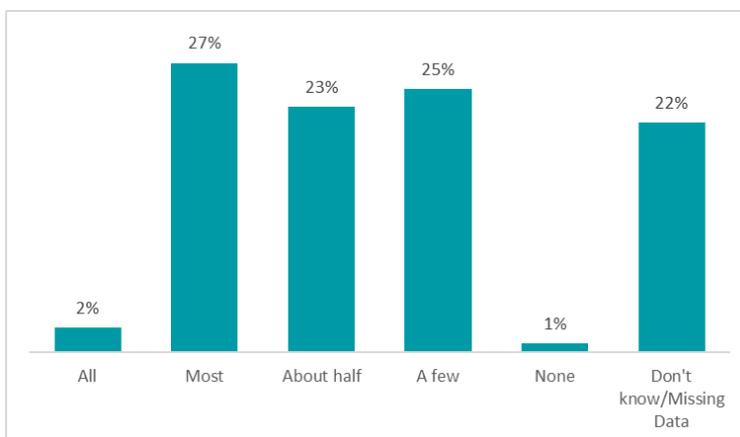
- As in previous years, experimentation tends to peak in the mid teen years, more than trebling between Year 7 and Year 9.
- Very few young people meet the national definition of ‘regular smoking’ ie 1 or more cigarettes a week, with rates ranging from less than 1% of Year 7s, 3% of Year 9s, to 7% of Year 11s. This is slightly higher than national figures although represents a decline on previous years. The percentage of 13-15 year old boys saying they smoke regularly has increased, particularly in Year 9 boys. The largest local falls in teen smoking since 2010 were amongst teenage girls.

Figure 23: % pupils who are regular smokers, 2013-2019 (% Years 9-11)



- Young people still perceive smoking to be more common amongst their peers than it actually is.

Figure 24: How many young people your age do you think have tried cigarettes? (% Years 9-11)



Living with smokers

- The proportion exposed to smoking of others in the home has not changed. In 2019, more than a third of young people aged 13-15 years, (35-36%) said they lived with someone who smokes, most commonly, their parents. This is similar to 2016 and 2013.
- Around 1 in 5 pupils said people (including visitors) smoke inside their homes, with nearly two thirds (64%) of these saying cigarettes were smoked.
- As in previous years, the association between teen and parental smoking is very strong. More than a third (34%) of those pupils aged 13-15 who said they lived with smokers had tried smoking or currently smoked themselves, compared with 18% of those who lived with non smokers. They were also more likely to be regular smokers, 10%, compared with 2% of young people who lived with non-smokers.
- There was also a strong association between smoking and low income, with 7% of 13-15 year olds on free school meals reporting regular smoking, 5% saying they smoked every day, compared with an average of 5% for this age group and 3% every day.
- White British teens were far more likely to smoke than Asian British pupils, as were Eastern European children.
- Seven in ten pupils said they had had lessons on smoking, and of those that did, 89% found them useful. Over a quarter (28%) of regular smokers say they want to quit.

E-cigarettes

- The current national advice is that e-cigarettes are significantly less harmful to health than tobacco and are the best available and less harmful alternative for those heavy smokers who find it hard to quit. However, it is an offence to sell e-cigarettes to children in this country or to purchase them on behalf of under-18s.
- As in our 2016 survey, the proportion of young people who had tried e-cigarettes exceeded those who had tried tobacco, although few of those who had tried vaping were regular users. Rates of use were similar to national trends.

Table 11: % pupils who have tried e-cigarettes or tobacco, 2019

	Year 7	Year 8	Year 9	Year 10	Year 11
E-cigs	8%	14%	22%	32%	43%
Cigarettes	5%	9%	15%	27%	33%
Other tobacco products (eg water pipe)	2%	3%	5%	10%	13%

- Some health experts (for example in other countries) have expressed concerns that e-cigarettes may be a gateway to tobacco use, especially in young people, who are more vulnerable to the addictive impact of nicotine. In this country the current national

evidence suggests that regular e-cigarette use by young people remains low and is almost exclusively confined to those who smoke²⁷.

- In our local survey, 79% of current vapers had tried tobacco, and a third (33%) were also regular cigarette smokers. This is lower than in 2016. Overall, just 1% of young people who have never tried tobacco were current users of e –cigarettes. This is in line with national research evidence²⁸.
- Use of other tobacco products by this age group in North Lincolnshire was highest amongst regular cigarette smokers.

Cannabis use

- In 2019, 21% of 15 year olds in North Lincolnshire said they tried cannabis, 9% in the last month. These rates have risen compared with the previous surveys which reported 17% and 7% in 2016 and 2013, and 21% and 10% in 2010, respectively. The local rate remains below the national average for 2018 of 22% and 11%.
- Rates were similar amongst those young people claiming free school meals, at 22% and 13%.
- Even so, this proportion is well below perceptions. In 2019, around three quarter of 15 year olds in North Lincolnshire thought that their peers had tried drugs.
- The proportion of young people who say they have been offered drugs has remained relatively consistent over the last 10 years, suggesting that young people are more resilient to exposure. Older teenage boys were most likely to say they had been offered drugs, 46% in Year 11 boys, compared with 36% Year 11 girls.
- Exposure to drugs was consistent across all areas of North Lincolnshire, and included pupils attending both urban and rural schools. Rates were no higher amongst those claiming free school meals, at 41% of Year 11s.
- 77% of 14- 15 year olds, said they had had lessons on the risks associated with taking drugs, and of those that had, 88% said they had found these lessons useful.

Alcohol

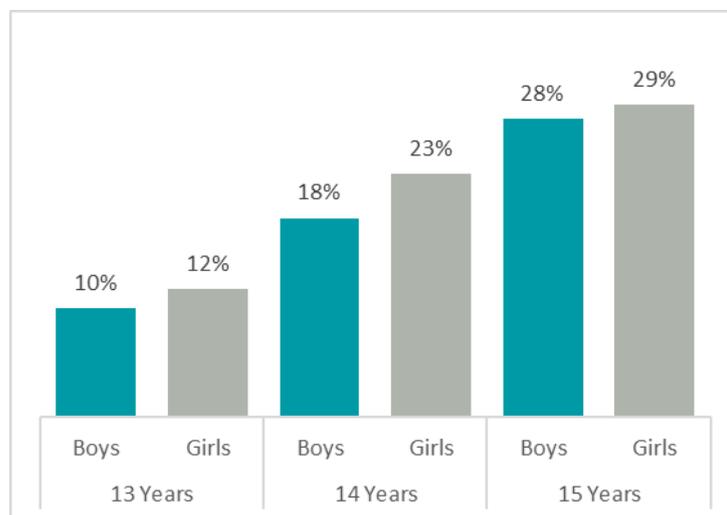
- Most young people this age say they have tried alcohol, and for many this tends to be on special occasions, and usually under parental supervision. Almost six in ten of 13-15 year olds in our survey, 59%, said they had had a whole alcoholic drink to themselves, compared with 71% in 2016 and 70% nationally (2018).
- Far fewer report drinking as much as weekly. By the age of 14, (Year 10) just 8% of young people report drinking alcohol every week, compared with 7% of this age group nationally.
- In 2019, 5% 11-12 year olds and 20% of 13-15 year olds said they had been drunk at least once in the previous 4 weeks. This rose 28% in 15 year olds, unlike previous years when girls outnumbered boys there is no difference between boys and girls this

²⁷ 2019 ASH Smokefree GB Youth Survey.

²⁸ Smoking Drinking, Drug Use amongst young people in England, 2018', NHS Digital 2019

year. For older pupils this represents a fall on previous years, but is above the national rate, which was reported as 22% amongst Year 11s.

**Figure 25: % who say they have been drunk at least once in the last 4 weeks
by age, 2019**



- Almost two thirds (63%), 11-12 year olds and 82% 13-15 year olds said they had already had PSHE lessons on the risks associated with drinking alcohol. Of those that had, 84% had found these lessons useful.

2.8 Sexual identity and sexual health

- The sexual health and behaviour of young people is a priority topic in adolescent public health, with implications for mental and physical wellbeing, as well as education and service provision.
- According to ONS statistics in 2017 about 2% of the UK population identify themselves as lesbian, gay or bisexual, with this rising to 4.2% amongst 16-24 year olds, although most this is likely to be a significant underestimate. The national campaign group, Stonewall, for example, suggests an estimate of 6% of the UK adult population, with higher figures in some of the larger urban areas in the south of England.²⁹
- In our survey, 6%, identified as gay, lesbian or bisexual, with a further 4% preferring not to disclose their identity. Of these, the largest group, 5%, identified as bisexual, with this being far more common amongst girls (7%) compared with boys (3%) and 2% identified as either gay or lesbian. Just under quarter of the sample were either not asked or didn't respond to this question.

²⁹ 'An Introduction to supporting LGBT young people. A guide for schools,' Stonewall, 2015.

Table 12: Which of the following best describes you (% 14-15 year olds)

	Female	Male	Total
Heterosexual or Straight	64%	65%	64%
LGBT	9%	4%	6%
Prefer not to say	4%	4%	4%
Other	2%	2%	2%
Not Asked/Missing Data	22%	25%	24%
Grand Total	100%	100%	100%

- Most young people are not sexually active before the age of 16, with the average age of sexual debut being between 16-19 years. According to the National Survey of Sexual Attitudes and Lifestyle (Natsal)³⁰ this trend has not changed significantly in a decade, although teen conception rates have fallen during this time, with rates currently at their lowest rate and half what they were in 1995/7.
- The NATSAL survey also asked young people about what sources of information about sex and relationships they used while growing up. The results suggest those who reported their main source of information as school were less likely to have an unplanned pregnancy and less likely to report having non-consensual sex as a young adult, (Wellings, 2013³¹). School was also identified in this survey as young people's preferred source of information about sex when growing up.
- In our survey, 50% of Year 7s, and 71% of Year 8s said they had received lessons on sexual health. This rose to 76% of 13-15 year olds.
- Of those that had lessons, more than 80% said they had found these lessons useful, and 61% said that these lessons had answered most of their questions.
- Overall, 31% 11-12 year olds and 25% of 13-15 year olds said they would like more information on sexual health in their PSHE lessons.

Sexually active

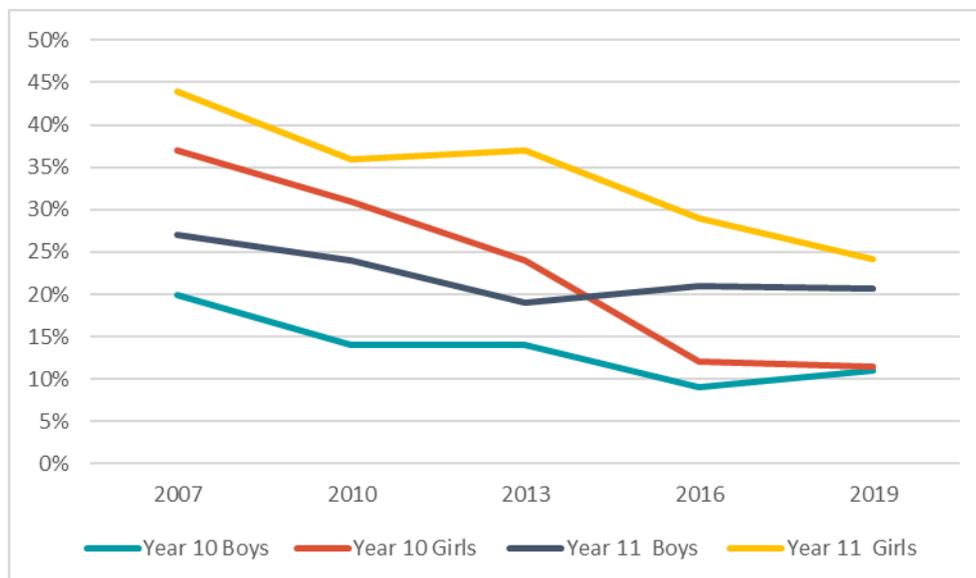
- In line with national trends, the majority of under 16s in North Lincolnshire are not sexually active, and the percentage of 14-15 year olds who say they are, has fallen significantly since 2007, the largest declines being amongst 14-15 year old girls.
- In our survey, the highest rates of sexual activity was reported amongst Year 11s, 22%, and, in line with previous years, were highest amongst older girls, at 24% although the gender gap is closing. These results are in line with national trends.

³⁰ The National Survey of Sexual Attitudes and Lifestyles is a population based sample of 15,000 men and women resident in Britain and is the largest survey of its kind in the world. The surveys began in 1992 and take place every 10 years.

³¹ 'Unplanned pregnancy in Britain: prevalence associated factors, and context, findings from NATSAL3'. (2013) Wellings et al., The Lancet, 2013, vol 382.

- Of those 14-15 year olds who said they were sexually active, over half (57%) said they were 14 years old the first time they had sex.

Figure 26: % pupils in Years 10-11 who claim to have had sex, 2007- 19



- Research shows that young people receiving good quality sex and relationships education at school are more likely to delay having sex, and are more likely to use condoms and other forms of contraception when they have their first experience.
- This is reflected both locally and nationally in teen conception rates, which have halved in North Lincolnshire since 1995/7 and are currently slightly above the national rate, but not significantly different.

Contraception

- Nationally, we know that the majority of young people use contraception during heterosexual sexual intercourse. However, use of contraception amongst sexually active teens is still not as high as it is amongst 16-24 year olds.
- In our survey, 75% of those 14-15 year olds who claimed to be sexually active said they or their partner had used some form of contraception the last time they had sex; the most common method being a condom, whilst 22% said they had not used anything. This distribution of responses is similar to that reported in 2015/16, although use of barrier methods and LARC have declined.

Table 13: When you last had sex, what forms of contraception did you/your partner use?

(baseline - 16% of all Years 10-11 who claimed to be sexually active)

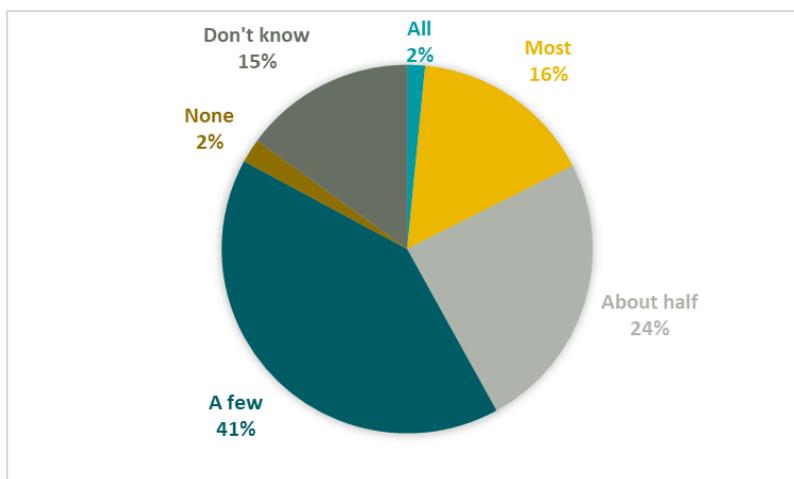
Condom	Condom & other contraception	Implant/ LARC	Injection	Pill	Nothing
36%	12%	5%	1%	13%	22%

- Overall, 48% of these young people said they had used some form of barrier method either in combination with other contraceptives, or alone, the last time they had sex, which means that a considerable amount are exposing themselves to STIs. This has declined since the last survey (58%).

Perceptions of others’ sexual activity

- Whilst young people are less likely to perceive sexual activity to be the norm amongst their age group than previously, almost half, (42%) of Year 10-11 pupils thought that at least half of their peers had already had sex, compared with an actual figure in this age group of 16%. Only 2% 14-15 year olds thought that no-one their age had had sex, compared with an actual figure of 81% (excluding missing data).

Figure 27: Year 10-11 pupils’ perceptions of how many young people their age are sexually active, 2019



N.B Excludes missing data

Sexual health services

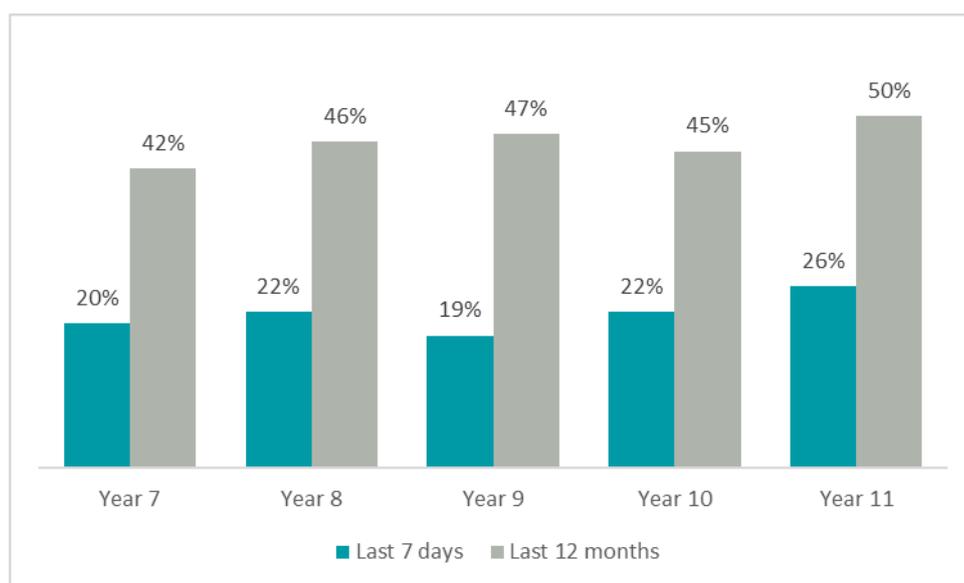
- Although most young people this age are not sexually active, it is important that young people know in advance where they can go should they need advice and help, so that they can access this in a timely way.
- When asked where they would go if they needed sexual health advice or treatment.
 - 36% Yrs 10-11 said they would access a sexual health clinic
 - 19% would consult their GP
 - 17% the school nurse

- 14% Pharmacy/Chemist
- 6% a school based clinic
- Asked whether they would access a clinic in school if one were available (of those who responded) 24% said yes, 29% said maybe and 47% said no.
- Teenage boys were more likely than girls to say they would make use of such a service, although girls were more likely to say they might.

2.9 Gambling

- This topic is a new addition in the 2019 survey so no prior local comparisons can be made. Pupils were asked about whether they spent money on various gambling activities in the last 7 days or in the last 12 months.
- In the 2018 Young People and Gambling survey of gambling in young people, 14% of 11-16 year olds had spent their own money on a gambling activity in the week prior to taking part in the study.
- An additional option was added in our survey to include gambling within gaming (loot boxes/in game items etc) as this was considered an area of interest locally.
- Overall, 22% of the 11-15 year olds said they had spent some money on gambling within the last 7 days and 46% within the last 12 months. Boys are more likely to say they spent money on gambling activities than girls across all age groups.

Figure 28: Percentage of 11-15 year old who have spent money on gambling activities in the last 7 days or 12 months by year group

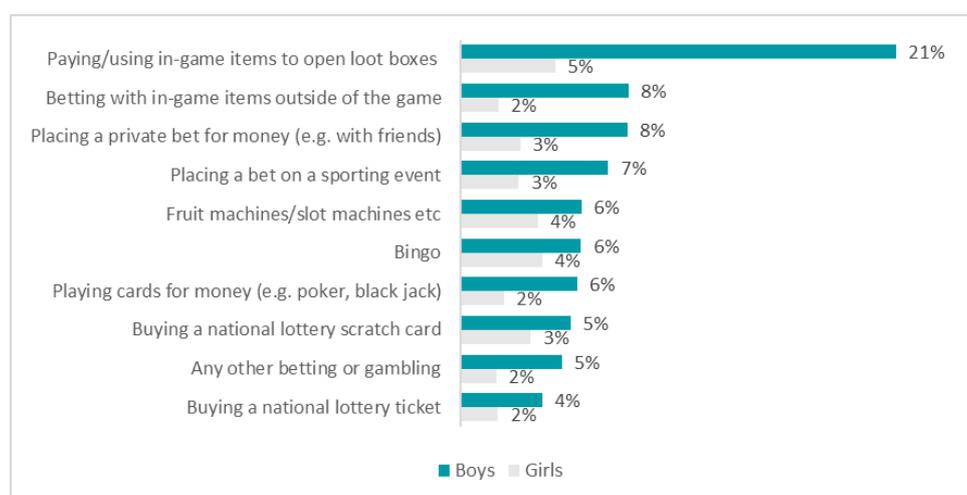


- National research showed the main forms of gambling by 11-16 year olds in the past week are placing a private bet for money with friends (6%), National Lottery

scratchcards (4%), fruit/slot machines (3%) and playing cards for money with friends (3%)³². Similar results were seen in our survey at 6%, 4%, 5% and 4% respectively.

- Gambling within gaming was most common form in our sample. ‘Paying money or using in-game items to open loot boxes/crates/packs to get other in game items within the game you are playing’ was the most common form of gambling within the last 7 days among pupils in our survey at 13%, with a significant difference between boys and girls, 21% compared to 5%. 5% also say they bet with in-game items on websites outside of the game or privately (e.g. with friends), again this is higher in boys than girls (8% v 2%). This may be linked to boys being more likely to spend longer playing online games than girls.

Figure 29: Percentage of 11-15 year old who have spent money on gambling activities in the last 7 days



- Of those that said they spent money on gambling activities, loot boxes was the most common in the last 7 days (60%) and fruit machines/slot machines in the last 12 months (59%).
- Loot boxes remained the most frequent method of gambling for boys across all age groups and both time frames.

2.10 Views on PSHE

- By the start of Year 11, the vast majority of young people have had several years’ worth of PSHE, although the detail in which some of the subjects are covered may vary by Year group.
- Most topics are covered from the end of Year 6 onwards, and whilst schools may vary in the timing, frequency and quality of PSHE, most young people value the information they receive and find it useful.

³² Young People and Gambling Survey 2018

- As the table below shows, virtually all young people in each year group had had lessons on online safety, whereas coverage of other topics is more variable. Even so, the majority of 15 year olds recalled having some lessons on all topics, and of those that did, more than three quarters found them useful.

**Table 14: PSHE topics covered and found them useful
(% useful is out of those who said they'd had lessons)**

	Year 7	Year 8	Year 9	Year 10	Year 11
Had lessons on drugs	57%	75%	76%	75%	79%
Found them useful	92%	93%	91%	89%	88%
Had lessons on smoking	57%	74%	76%	72%	74%
Found them useful	90%	91%	91%	87%	85%
Had lessons on alcohol	52%	73%	75%	73%	79%
Found them useful	87%	88%	83%	81%	81%
Had lessons on sexual health	50%	69%	70%	76%	81%
Found them useful	69%	67%	81%	76%	81%
Had lessons on healthy relationships	57%	59%	64%	67%	73%
Found them useful	77%	74%	75%	76%	78%
Had lessons on online safety	91%	90%	92%	92%	93%
Found them useful	93%	88%	86%	85%	84%

- There is considerable variation between schools in terms of when they begin PSHE and which topics are covered and when.
- When asked what areas of PSHE they would like more information on, healthy relationships, sexual health and emotional wellbeing ranked within the top three and for most year groups.

Table 15: Which PSHE topics would you like more information on:

Year 7	Drugs	Sexual health	Domestic abuse
Year 8	Sexual health	Drugs	Domestic abuse
Year 9	Emotional wellbeing	Sexual health	Healthy relationships
Year 10	Emotional wellbeing	Sexual health	Healthy relationships
Year 11	Emotional wellbeing	Sexual health	Healthy relationships

2.11 School work and aspirations for the future

- Almost all students, (93%), recognised the importance of getting good exam results, either to secure a good job or to pursue higher education, and 88% equated hard work with success.
- When asked what support was available at home, the majority said they enjoyed the emotional support of their parents, although practical support, for example with homework, was slightly lower.
- Finding somewhere quiet at home to do homework also presented difficulties for some. Children on low incomes were more disadvantaged in this respect, with 15% of those claiming FSM saying they never have a quiet place at home to do school work, compared with 8% of the rest.
- Pupils were asked what they thought they hoped to when they left school (at 16), just over half of all age groups, 54%, thought they would be studying at college or University, highest in year 11 at 66%.
- When asked what they thought they hoped to be doing at 18 years of age (ie when they had finished school and further education), just over a quarter of all age groups, 26%, thought they would be studying at University or college. This is a significant fall from 2016 when the figure was 46%.
- As in previous years, girls were more likely to aspire to higher education than boys, although this gender difference was not evident amongst BME pupils, with both boys and girls in BME communities being more aspirational than their white British peers.
- The most significant change is the percentage who hope to be in employment at 18, at just under a third (32%) compared to 17% in 2016. This was consistent across all age groups.

Table 16: What do you hope to be doing at 18?

	University/college	Apprenticeship	Employment
Year 7	25%	5%	34%
Year 8	23%	7%	32%
Year 9	27%	9%	32%
Year 10	27%	9%	30%
Year 11	31%	10%	32%
Boys Years 9-11	22%	11%	33%
Girls Years 9-11	34%	7%	29%
FSM status Years 9-11	24%	10%	36%
Non FSM Years 9-11	29%	9%	30%
BME Years 9-11	35%	8%	25%
White Years 9-11	27%	7%	33%

2.12 Advice and guidance

- Most pupils in Years 10 and 11 said they had received some information on careers and advice in school, and more than 53% felt this was really good or good enough. This is a similar rating to previous years.
- 23% felt they needed more advice, whilst just 9% said there was too much information.
- There was little difference between the year groups in this respect, although significant variation between schools.
- A slightly higher proportion, 61%, were confident that they would get the right guidance and advice about careers at school, although again this varied by school.
- Students were more confident they would get the right advice from parents, at 80%.

2.13 Survey feedback

- Finally, less than half of respondents in each year said they would like to see a copy of the local authority level report.

3. Methodology

3.1 Method

This was the sixth survey and the fourth to be completed electronically via a web based survey tool across all North Lincolnshire secondary schools. Schools organised this themselves, although they each used the same anonymous self-completion questionnaire, which was developed in consultation with local agencies. Schools were asked to complete the survey within a specific timeframe, so that the ages of pupils were consistent across schools and could be compared with previous survey cohorts. Schools were also asked to involve a representative sample of young people in their surveys (at least 33% of each year group depending on the size of their schools), and where possible to include a cross section of pupils, with a range of abilities.

3.2 Timescales

As in each previous survey, the plan was to gather data in the second half of the first term of the academic year. That is, between early November and mid-December, 2019. Most schools were able to complete this in good time. Two schools began their data collection in January/February 2020. This slight delay is unlikely to have any impact on the comparability of results.

3.3 Sample Size

Each school was invited to aim for at least half of each year group to participate in the survey from a broad range of abilities. The objective was to achieve a representative sample of pupils in each year group and from a range of abilities. The overall sample achieved was 65%, or almost two thirds of the secondary school population in North Lincolnshire, which is above that achieved in 2016. Two mainstream schools did not participate.

However there was variation between schools. Some schools achieving 100% in some year groups, whilst some schools were below the minimum quota in some year groups or had year groups missing.

At least four schools 'undersampled' in specific year groups and are highlighted in the table below. Their results for these year groups may need to be treated with caution. Where possible we have aggregated data across Year groups or focussed on results where representation was high, or example Years 7 and 8.

3.4 National and Local Comparisons

Where possible, the results are compared with the most recently available national data and with the results of previous local surveys (the 2016, 2013, 2010 and 2007 Adolescent Lifestyle Survey).

3.5 Missing data

For the most part, the questionnaire was completed well. However, towards the end of the survey there was obvious evidence of respondent fatigue, with missing data varying between year group and school, rising above 20% in some places. The results presented in this report include missing data unless otherwise stated.