

SAFE WELL PROSPEROUS CONNECTED

2018/9 Primary School Lifestyle Survey Summary Report

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Acknowledgements

We would like to express our thanks to all of those principals, head-teachers, deputy heads and class teachers who coordinated the completion of this survey. Particular thanks to the members of the working group for their support throughout the planning process. The fact that schools continue to participate in the survey each year demonstrates their 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 those pupils who took part in the survey.

Version 1.1 (27 November 2019)

Executive Summary

The primary school lifestyle survey is designed to gather information on the perceptions, attitudes and lifestyle behaviours of a large representative sample of pupils in Years 5 and 6, attending our mainstream primary schools. The survey encompasses a range of health and wellbeing issues, including emotional wellbeing, healthy lifestyles, support with school work at home, healthy relationships, participation in physical activity, and aspirations for the future.

This is the 3rd primary school survey undertaken within North Lincolnshire (previous surveys took place in 2013 and 2015). The survey was launched in the October 2018 and ran until the end of March 2019. In total 1461 children age 9-11 took part from 24 junior/primary schools. Each participating school has received a detailed report of their own school's results.

Summary of Key Issues

School and Aspirations

The vast majority of children felt safe in school, felt like they are learning a lot at school and enjoyed working hard at school. They also report feeling supported by their parents.

85% said they thought their parents/carers wanted them to go on to college or university, although only 37% said they hoped to be studying at college or university at 18 years of age. This is lower than in 2015 when it was 44%. Higher aspirations are seen in girls than boys.

The 5 most popular careers mentioned remained largely the same as in 2015. In rank order; Footballer/sports personality, teacher, Vet/Animals (replacing Police), IT – designing games/you-tuber and medicine/nursing.

Emotional Wellbeing

The majority of children report positively on their general feelings of happiness and wellbeing, with over 8 in 10 feeling happy and proud. Around 1 in 4 also experience negative feelings of sadness, anger or worries.

The top three worries remain the same as in 2015, how they looked, being bullied and letting friends down. Girls and those entitled to free school meals were more likely to say they worry a lot.

The vast majority have someone to talk to about things that really bothered them, with 90% able to talk to their parents or carers and 85% felt they could talk to staff in school. Just under 4% of children said they could speak to neither a parent nor adult in school, of which 7 in 10 were boys.

Staying Safe and Healthy

Most of the children had not engaged in 'risky' behaviours in the last year, with boys more likely than girls to report engaging in these behaviours. The top 3 risky behaviours were: Playing an adult (18+) video game (26%), feeling pressured to do something you feel is wrong (24%) and watching an adult only (18+) movie (22%).

Most children had breakfast and fruit and vegetables in their diets most days. Energy drink consumption was 4% in this age group.

Slightly lower levels of smoking since 2015, more than a third of children in each year group said they lived with smokers (38%) (including e cigarettes), rising to 56% in children entitled to free school meals (FSM) and in Eastern Europeans.

16% of children this age report doing an hour or more exercise each day outside of school time and 6% report doing none. Less than two thirds of children (61%) said they participated in sport/team activities outside school, children on FSM were least likely to do any regular sport. A third of children said they did arts activities at least once a week, these include dancing, music lessons/groups, drama, theatre groups etc.

Children identified a range of activities they would like take part in but don't; the most popular activities including football training, gymnastics clubs, swimming clubs, art and craft clubs and dancing. The most common barrier being no time.

Use of Internet

85% of children this age said they use the internet at home, with only 1% saying they don't have access to the internet at home. Main uses were to play games, watch videos/ films and YouTube.

Even though the children surveyed are too young to 'officially' use most social media/apps only 5% said they did not use any, with the majority using several including Youtube, gaming apps, WhatsApp, SnapChat and Instagram.

Around two thirds of children this age say they spend some time each day chatting or gaming online; higher use is seen in boys than girls. Three quarters of children said they felt safe online. If they felt unsafe online the the majority of children said they would deal with it by telling an adult/parent/teacher, reporting, blocking or deleting specific apps.

Lessons and Relationships

Children were generally very positive about the usefulness of school lessons on healthy living, although some children still had lessons to come. Rates varied by year group, particularly for the smoking, alcohol and drugs lessons with Year 6 more likely to have had lessons on these topics.

The vast majority of children recognised the positive and healthy aspects of relationships. Physical aggression was most commonly associated with domestic abuse. A social gradient was evident in their perceptions of domestic abuse with those on FSM less likely to identify the signs.

1 Demographics

- When the survey closed, 24 primary schools had participated, with a total of 1461 9-11 year olds taking part. This is fewer schools and children than in 2015, when 1897 children took part from 28 schools.
- Fewer rural schools than urban schools took part in 2019, with fewer Isle and Scunthorpe North locality schools taking part this time. The proportion of children participating from rural schools has fallen to 36%, down from 40% in 2016 and 49% in 2013.
- In other respects the sample was generally representative of the current North Lincolnshire Year 5 and Year 6 primary school population, with just over a third of all 9-11 year olds in North Lincolnshire taking part.
- 16% of children in the survey were from BME groups, the largest being from the Polish community (4.5%) followed by Bangladeshi (2.1%) and Lithuanian (1.8%). This is a rise from 10% in 2015.
- For 9.5% children in the sample, English was an additional language, the most common other language spoken being Polish, Lithuanian and Bengali.
- Almost 1 in 7 of the sample, 15%, received free school meals (FSM). Less than in 2015, although 20% were unsure if they did or not.
- 63% of this age group said they lived with both natural parents and 15% in blended families, (ie with a step parent or partner). Overall, 18% said they lived in lone parent families, which is significantly higher than in 2016 at 9% but similar to 2013, (16%).
- Less than half, 47%, children on FSM reported living with both natural parents, compared with 65% of other children.
- Less than 0.5% of children in the sample said they were looked after by the local authority, 0.9% said they only lived with a grandparent and 0.75 % said they lived with a friend's family.
- 6% said that at least one grandparent lived at home with them and their parent(s), a figure similar to 2013 and 2016.

2 Findings

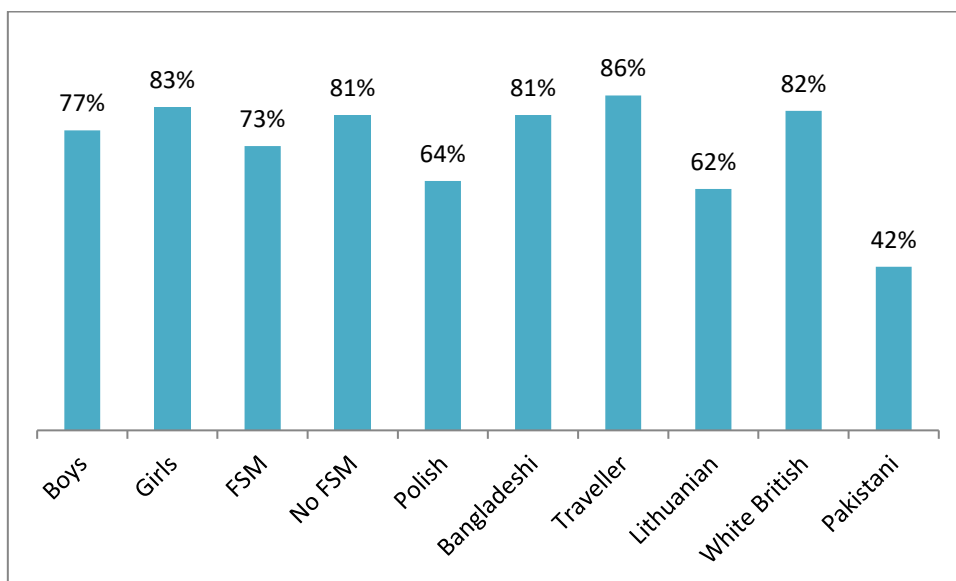
2.1 Support at home with school work

Almost all children, 98% said their parents were pleased if they did well at school.

- 88% said their parents usually attended parents' evenings
- Children claiming free school meals (FSM) were less likely to say their parents attended parents' evenings, 79%, and those from the traveller community 71%.
- Overall, nearly three quarters of children, (71%) said they had somewhere quiet at home to do their homework. This was similar amongst children on FSM (70%).
- 80% of children said their parents helped them with their homework.

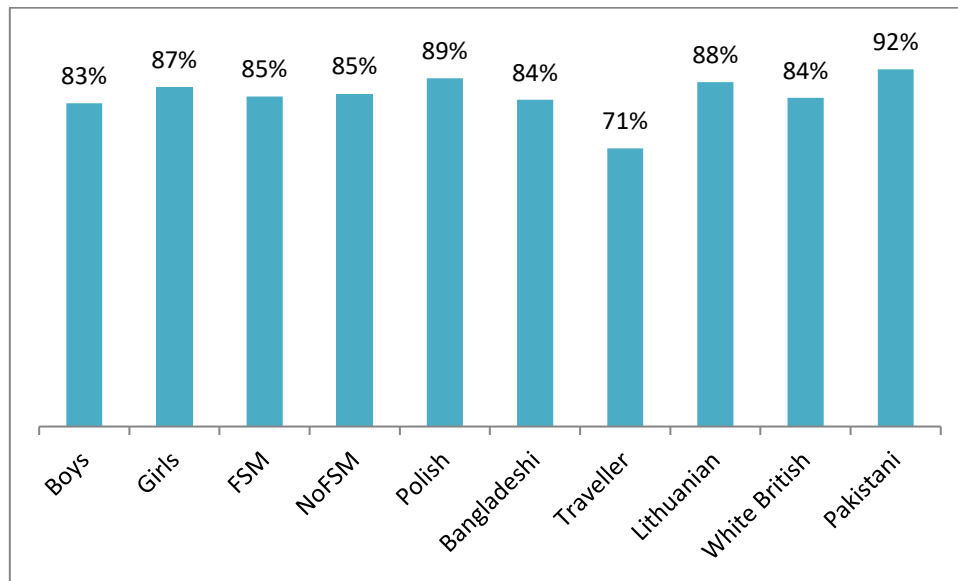
- Children on FSM were also less likely to say that parents helped them with their homework, (73%), compared with 80% not on FSM.
- Pakistani and Eastern European children were least likely to say they got parental help with schoolwork, at 42% and 63% respectively.
- In contrast, the percentage of children from the Bangladeshi community who say they get parental help has risen significantly since 2015 and is in line with the White British community at 81%, compared with 65% in 2015.

Figure 1: Get help from parents with homework



2.2 Feelings about school and aspirations

- Almost all children, 94% felt like they were learning a lot at school with 89% saying that they enjoyed working hard at school. Girls were more likely to say yes to both of these than boys.
- A similar proportion perceived that doing well at school was important to their parents/carers (96%).
- 85% said they thought their parents/carers wanted them to go on to college or university. Slightly higher in girls (87%) than boys (83%) in this respect.
- Traveller children were less likely than others to say this at 71%, this gap has widened since 2015, although this is based on small numbers.

Figure 2: Parents want me to go to college/university

2.3 Your Future

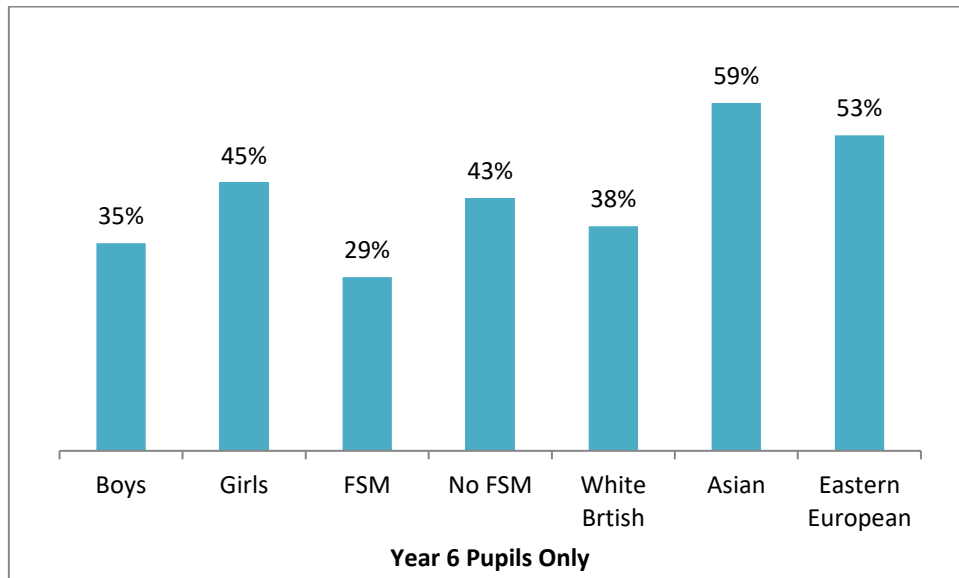
Children were asked to say what they would like to do when they grew up and left school/college. The most popular remained largely the same as in 2015 with the exception of police officer which is replaced by vet/animals.

The 5 most popular careers mentioned were:

- Footballer/sports personality
- Teacher
- Vet/Animals
- IT – designing games/you-tuber
- Medicine/nursing

Overall, 37% said they hoped to be studying at college or university at 18 years of age, lower than in 2015 where it was 44%. There were significant differences between boys and girls, and between ethnic groups in this respect.

- 4% said they wanted to be in an apprenticeship/training.
- 11% wanted to run their own business
- 27% hoped to be working in a job
- 19% did not know what they wanted to do.

Figure 3: % Yr 6 pupils who hope to be at university /college at the age of 18

2.4 Emotional Wellbeing

Children were asked to report on their general feelings of happiness and wellbeing, (these were based on a nationally validated set of questions).

- 88% children agreed that they usually felt happy about life, lower in those claiming FSM (84%)
- 83% felt they had a lot to be proud of, slightly lower in those claiming FSM at 81%
- 83% said they liked to try new things – girls were more likely to say yes (85%) than boys (80%)

Children were also asked about negative feelings.

- 23% said they often felt sad or tearful – rising to 25% amongst girls.
- 23% said they often felt angry or bad tempered, rising to 26% amongst boys
- 31% said they seemed to worry a lot, rising to 35% amongst girls

Negative feelings were also higher in those claiming free school meals.

Children were asked about things they worried about. The top three worries remain the same as in 2015.

Children said they worried a lot about (in rank order):

- How they looked – 15%
- Being bullied in school – 14%

- Being bullied outside school – 12%
- Letting their friends down – 11%
- People making comments about them/their family on social media – 10%
- Being popular – 7%

Children on FSM were more likely to say they worry a lot of the time and were also more likely to report worrying a lot about being bullied. In most instances girls are more likely to say they worry ‘a lot’ than boys, except about activities outside school and being popular.

Figure 4: What Year 5-6 pupils worry about a lot by FSM status

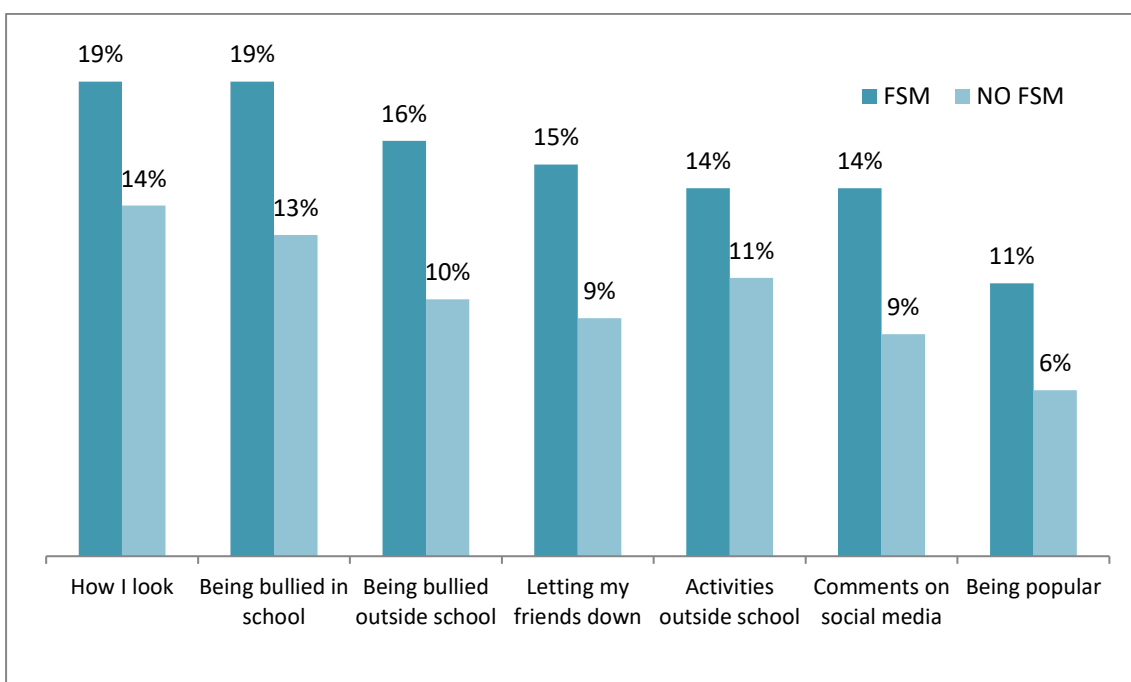
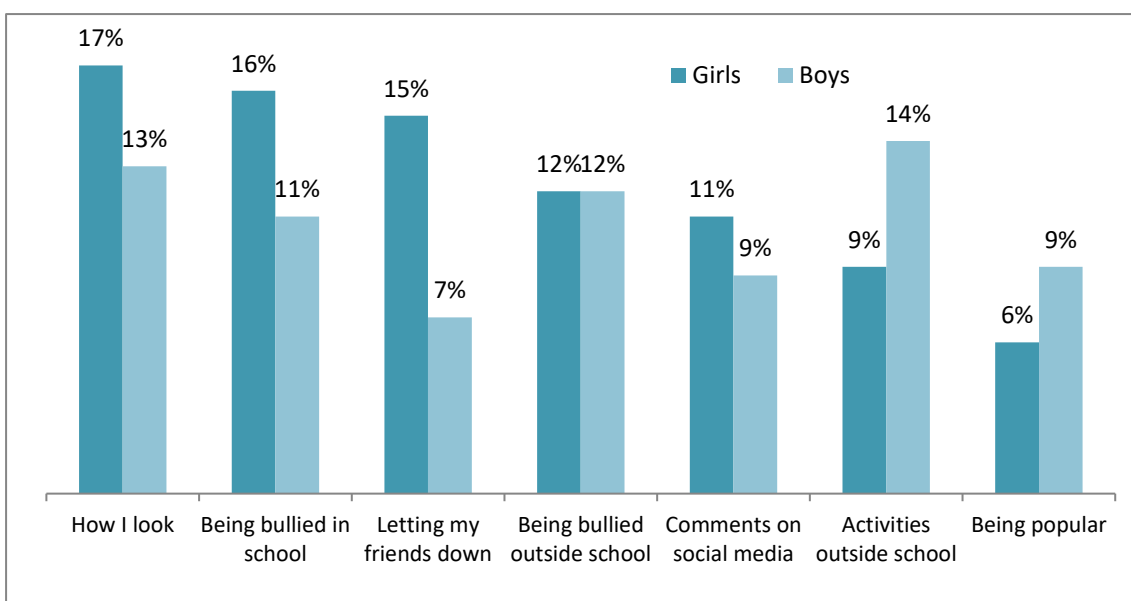


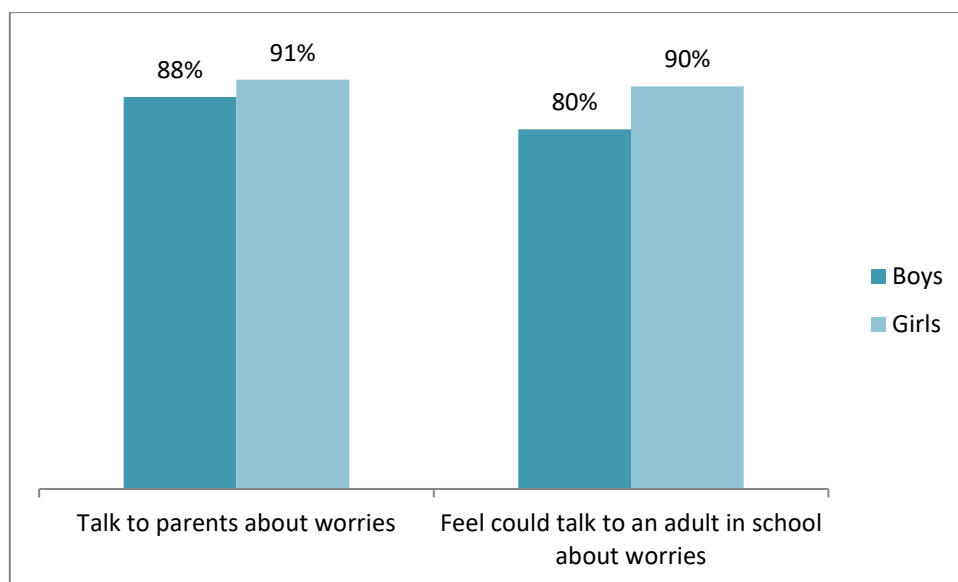
Figure 4b: What Year 5-6 pupils worry about a lot by gender



- The vast majority of pupils (90%) said they could talk to their parents or carers about things that really bothered them.
- 85% children also said they felt they could talk to staff in school about their worries.
- Girls were more likely than boys to say they could approach an adult in school. (90% v 80%)

Just under 4% of children said they could speak to neither a parent nor adult in school, of which 7 in 10 were boys.

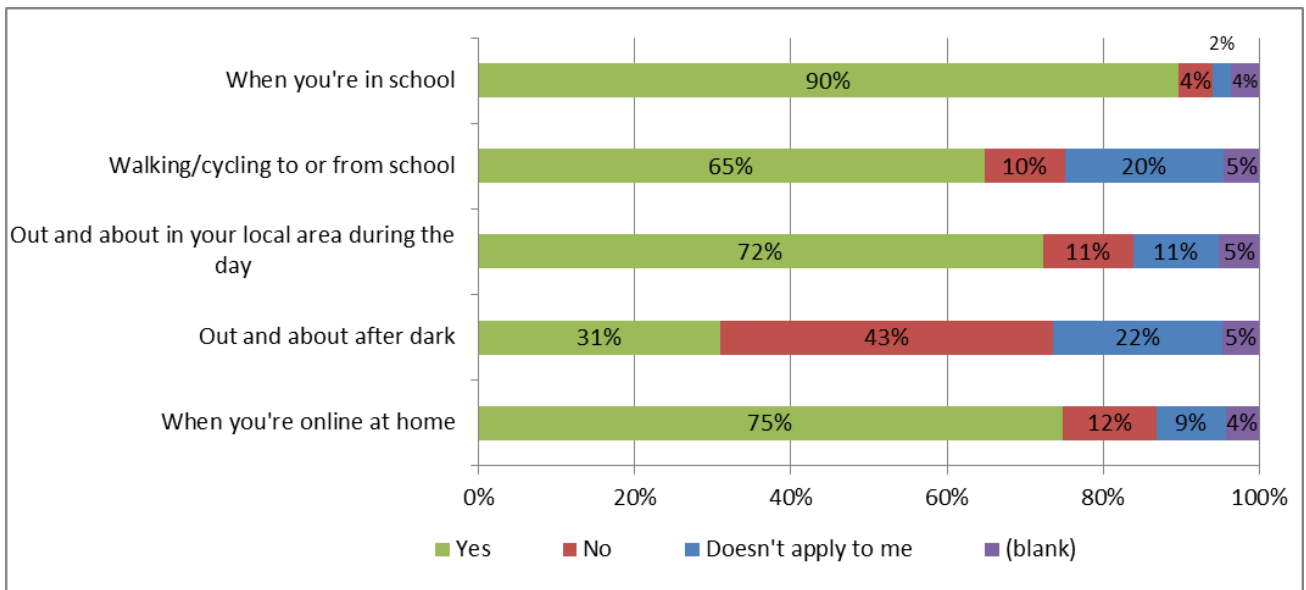
Figure 5: % Feel able to talk to parent/an adult in school about worries



2.5 Staying Safe

- The vast majority of children who responded to the survey said they felt safe in school (90%)
- 65% felt safe walking/cycling to or from school, although 20% said this did not apply to them.
- 72% felt safe in their local area during the day, dropping to 31% after dark although twice as many children said this did not apply to them. Girls were less likely to feel safe after dark than boys.

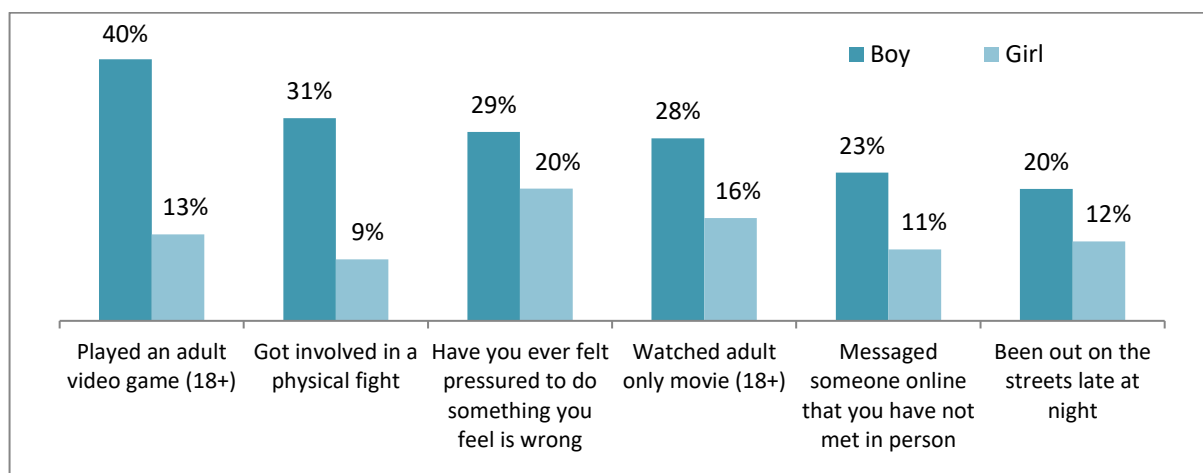
Figure 6: Do you feel safe.....



Children were asked to say whether they had engaged in any 'risky' behaviours in the last year. The vast majority of children had not engaged in these activities.

- Playing an adult (18+) video game – 26% (385 children)
- Felt pressured to do something you feel is wrong – 24% (356 children)
- Watched an adult only (18+) movie – 22% (316 children)
- Got involved in a physical fight – 20% (292 children)
- Messaging someone online that they had never met in person – 17% (243 children)
- Been out on the streets late at night – 16% (234 children)
- Played a physically dangerous game – 11% (159 children)
- Damaged property – 10% (141 children)
- Going out at night without their parents' permission – 8% (113 children)
- Send unkind email/texts/web messages about other children – 4% (62 children)
- Bullying other children – 4% (59 children)
- Staying off school without parents knowing – 4% (56 children)

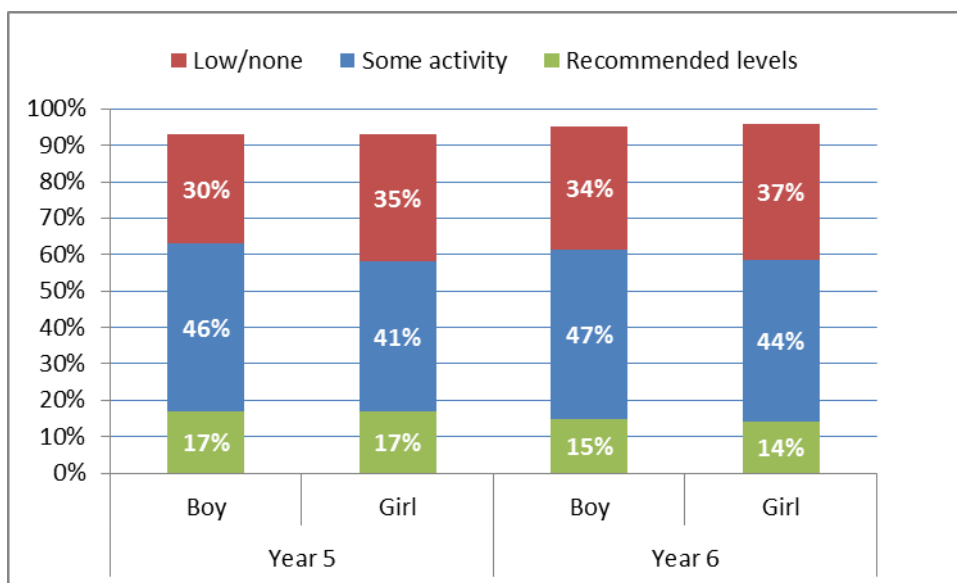
Boys were more likely than girls to report engaging in all of these behaviours.

Figure 7: Engaged in risky behaviours in last year

2.6 Staying Healthy

- Almost all children of this age, 86%, said they ate breakfast every day or most days.
- Overall 3% said they never ate breakfast, rising to 6% in those who received free school meals.
- 73% of children say they eat fruit and vegetables every day, or most days.
- 7% say they ate take-away food most days – rising to 13% amongst children on FSM
- 4% said they drank energy drinks like 'Red Bull' or 'Monster' most days – rising to 8% amongst children on FSM. Girls are more likely to say they **never** consume these than boys (81% v 67%)
- Just over half of this age group, 53%, say they help cook meals at home at least once a week
- 16% of children this age report doing an hour or more exercise each day outside of school time and 6% report doing none. (The physical activity question has changed since the previous survey so the data is not comparable)

Figure 8: Self-reported physical activity (outside school) by year group



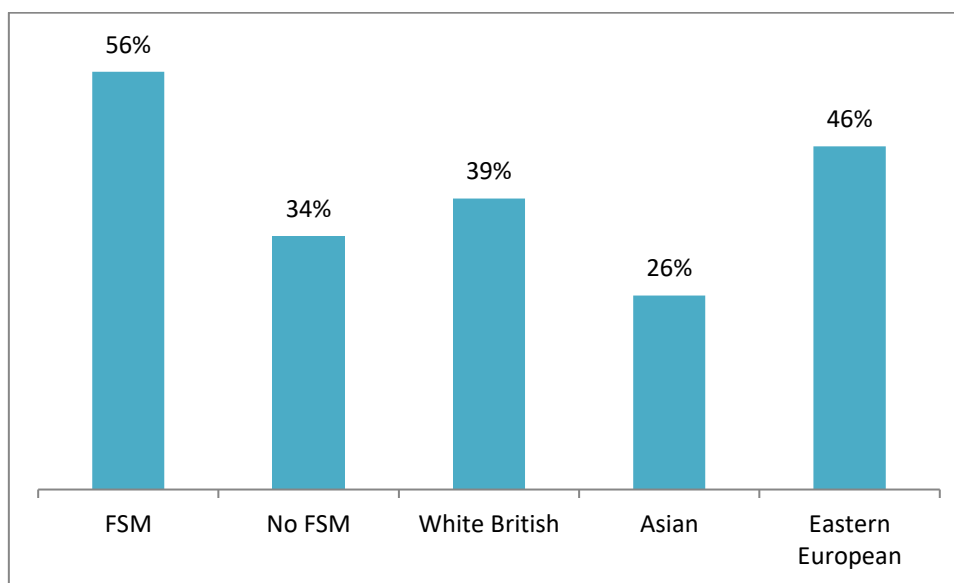
Low/none (0-2 days a week), Some (3-6 days a week), Recommended (7 days a week)

Sleep

- The majority of children this age go to bed before 9:30pm on a school night, with over half going to bed between 8 and 9pm.
- At a weekend, bedtime is generally later with the majority saying they go to bed after 9pm.

Smoking

- More than a third of children in each year group said they lived with smokers, (38%), (including e-cigarettes). This is slightly lower than in 2015.
- Of those that live with a smoker, 42% said they smoke inside the home.
- There is a steep social gradient, with 56% of children on FSM living with smokers.
- There were also ethnic group differences, the highest rates being amongst children from the Traveller, Latvian and Lithuanian community, although numbers are small.

Figure 9: Percentage who live with someone who smokes at home

- When asked about smoking within their home (including visitors) 22% said this happened, of this 67% were smoking cigarettes and 24% vapes/e-cigs

Dental Health

- 85% of children said they brush their teeth once or more a day.
- 71% of children go to the dentist for a routine check up, whereas 6% said they had never been.
- Boys and those on FSM were less likely to brush regularly or have routine check ups.

2.7 Have school lessons about staying healthy been helpful?

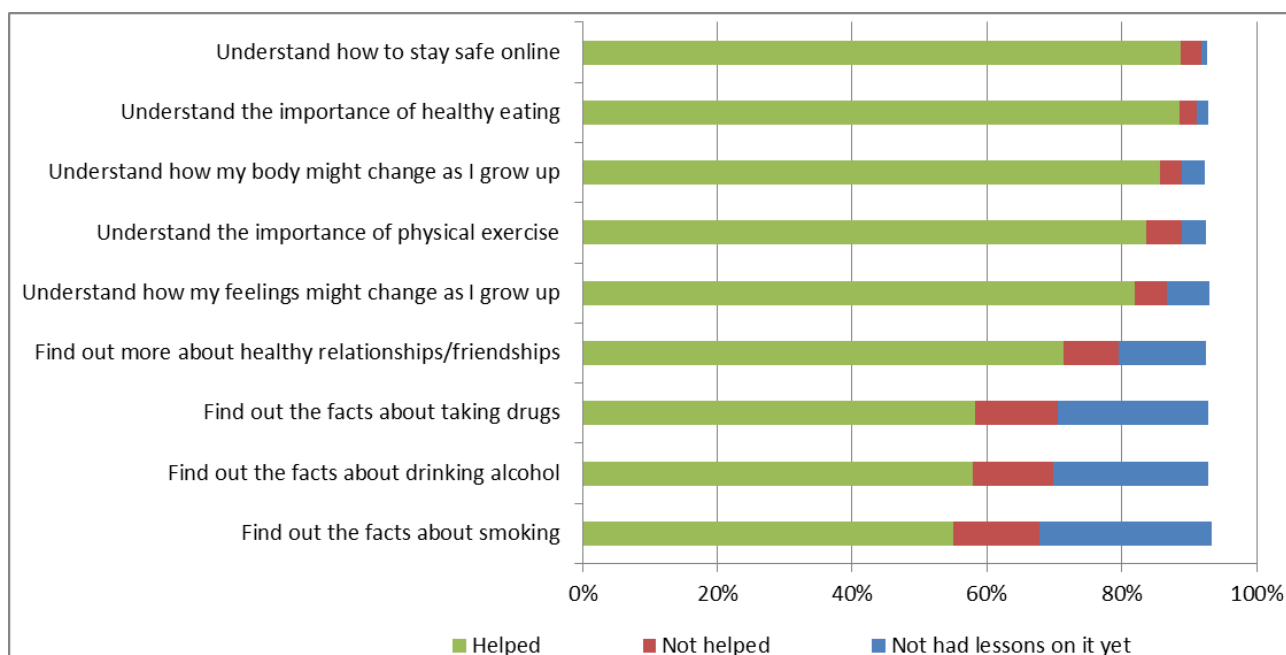
Children were generally very positive about the usefulness of school lessons on healthy living, although some children still had lessons to come. Between 9% and 10% of children did not answer these questions. In rank order of how lessons have helped were:

- Understand how to stay safe online – 87% (1% said they had not had lessons on this yet)
- Understand the importance healthy eating – 86% (2% had not had lessons on this yet)
- Understand the importance of physical exercise - 82% (4% had not had lessons on this yet)
- Understand how my body might change as I grow up – 83% (5% had not had lessons on this yet)

- Understand how my feelings might change as I grow up – 78% (8% had not had lessons on it yet).
- Find out more about healthy relationships/friendships – 71% (12% had not had lessons on it at that time)
- Find out the facts about smoking – 47% (31% had not had lessons on this yet).
- Find out the facts about drinking alcohol – 46% (31% had not had lessons on this yet).
- Find out the facts about taking drugs – 46% (32% had not had lessons on this yet)

Rates varied by year group, particularly for the smoking, alcohol and drugs lessons with Year 6 more likely to have had lessons on these topics. The graph below shows the Year 6 results.

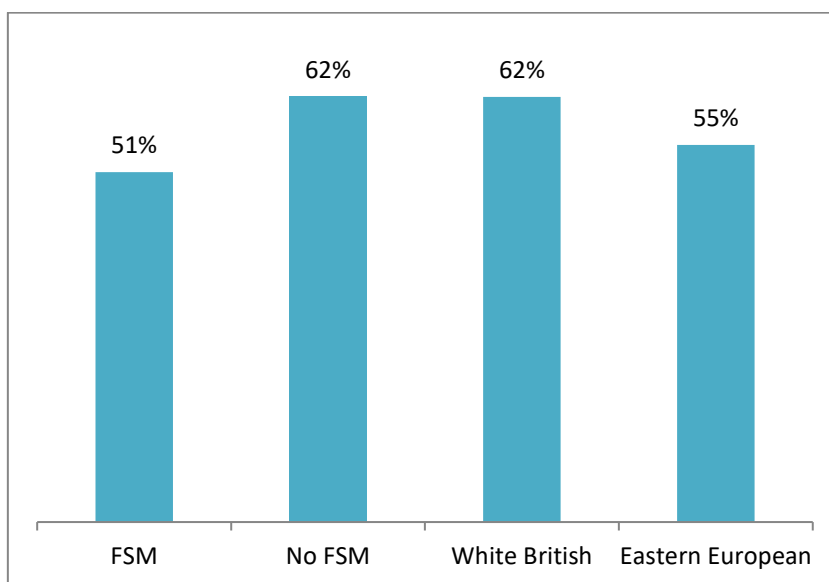
Figure 10: % Year 6 pupils who found school lessons on staying healthy issues helpful



2.8 Participation in activities outside school

- Less than two thirds of children, (61%), said they participated in sport/team activities outside school, most at least weekly (53%)
- Children on FSM were least likely to do any regular sport with 39% saying they did none at all, compared with 26% of other children.

Figure 11: Participation in sport outside school



- 34% of children said they did arts activities at least once a week, these include dancing, music lessons/groups, drama, theatre groups etc. Girls were more likely to participate in these activities than boys (47% compared to 21%)
- Less than a quarter of children said they participated in Library/craft/art groups (22%) or Youth clubs/scouts/cadets/brownies etc (23%).

Children identified a range of activities they would like take part in but don't, the most popular activities include:

- Football training
- Gymnastics clubs
- Swimming clubs
- Art and craft clubs
- Dancing

When asked what stopped them from taking part in activities, the results in rank order were:

- no time
- did not know where to go
- prefer to hang out with friends
- prefer to play on computer games
- can't afford to do more

- too tired
- no transport
- need special equipment
- not a nice place to go

2.9 Use of the internet

85% of children this age said they use the internet at home, with only 1% saying they don't have access to the internet at home. There was no difference between children by social group.

When asked what they used the internet for in their free time:

- 73% to play games
- 70% to watch videos/ films
- 64% YouTube
- 54% Homework/Research
- 53% to stay in touch with relatives
- 37% to chat/share pictures with friends
- 12% Live streaming
- 12% upload videos/vlogs
- 9% said to make new friends

Boys are more likely than girls to use the internet for gaming, making new friends, live streaming and uploading videos/vlogs.

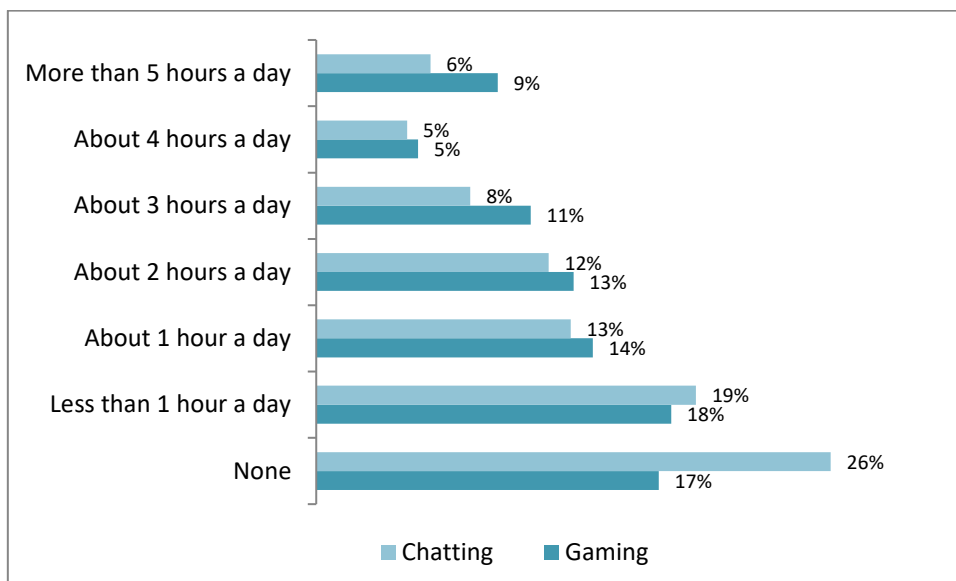
5% said they did not use any apps/social media, with the majority using several. The main apps/social media in rank order:

- Youtube
- Gaming
- WhatsApp
- SnapChat
- Instagram
- Facetime/Skype

Around two thirds of children this age say they spend some time each day chatting or gaming online.

- Overall 29% of 9-11 year olds said they spent 2 or more hours a day outside school time chatting online. This is higher in boys (37%) than girls (23%); this may be linked to boys use of online gaming.
- About a fifth (19%), said they chat online with people they had never met, and of those that had, over a third, 36%, said they sometimes worried that the person they were talking to, was not who they said they were.
- Another common use of the internet is for online gaming, this is more common amongst boys. In our survey, 50% of boys said they spent 2 or more hours a day after school gaming online, compared with 26% of girls.

Figure 12: No of hours a day children say they spend online chatting or playing game



- Overall, 34% said they had been online after midnight rising to 39% amongst children on FSM, and to 38% amongst boys. Only 3% said this was most nights.
- Nearly 1 in 5 (19%) said they talk to people online that they have not met in person. This is higher in boys (27%) than girls (10%). Of these, 36% worry that they are not who they say they are.
- 54% said their parents checked what they were doing to keep them safe online
- 17% were not sure whether their parents checked on them or not
- 24% said their internet had a filter which stops them getting on some websites, 34% were unsure if they did or not.
- If they felt unsafe online the majority of children would do something about it, including telling an adult/parent/teacher, reporting, blocking and deleting specific apps.

2.10 Healthy relationships

- Children were asked to identify from a list of behaviours which ones were consistent with a healthy friendship or relationship.
- The vast majority of children recognised the positive and healthy aspects of relationships, such as feeling happy, sorting out problems together and choosing own friends
- A small minority of children (<15%) identified some negative behaviours as consistent with a healthy relationship. This includes feeling afraid of the other's

temper and texting them constantly to find out where they are. These responses were slightly more common amongst boys.

2.11 Domestic abuse

Children were given a definition of domestic abuse and then asked to identify which behaviours they felt were signs of domestic abuse.

- Physical aggression/violence (pushes, kicks or hits) was most commonly identified (63%)
- Calling each other names and saying things to make them feel bad – was the next most common (55%)
- Not giving their partner money, or not letting them go to work, came next (50%)
- Controlling what they say and can do, came last (41%)
- A social gradient was evident in their perceptions of domestic abuse with those on FSM less likely to identify the signs.
- This reflects the results of the last survey.

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