



## 2015/16 Primary School Lifestyle Survey

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## Background

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.

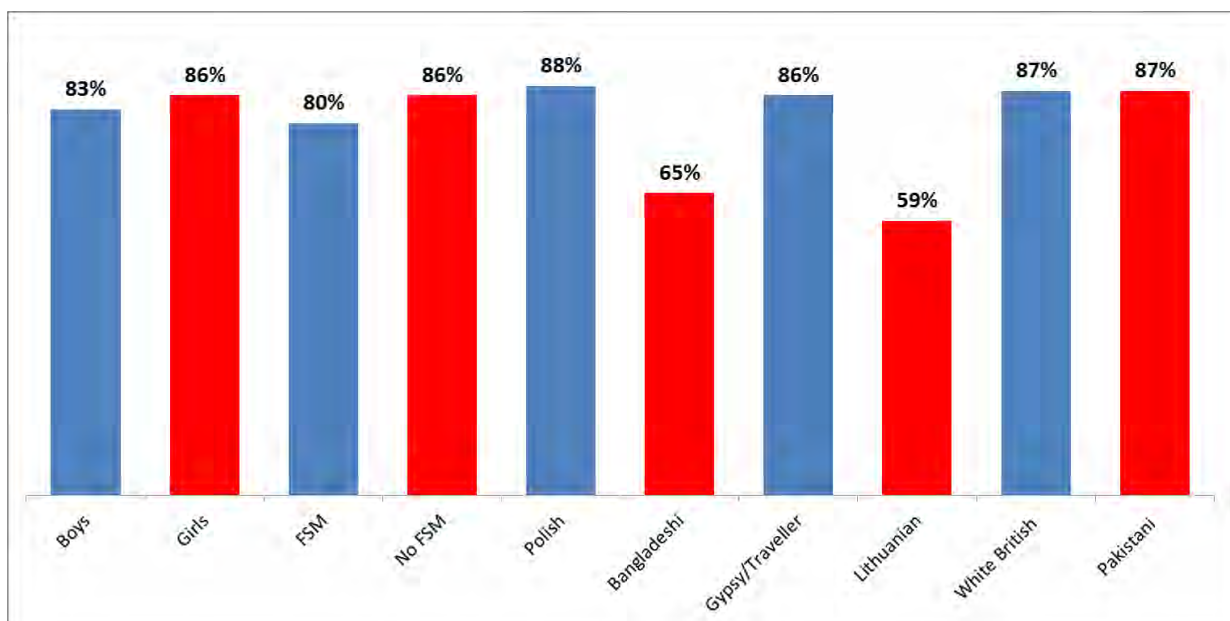
## Demographics

- The first primary school survey took place in 2013. This 2<sup>nd</sup> survey was launched in the 2<sup>nd</sup> week of November 2015 and ran until the end of January 2016.
- When the survey closed, 28 primary schools had participated, with a total of 1897 9-11 year olds taking part. This is 9 fewer schools than in 2013, but over 300 more children taking part.
- An equal mix of rural and urban schools took part. However, fewer Brigg and district locality schools took part this time, bringing the proportion of children participating from rural schools down to 40% in 2016, compared with 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 almost half of all 9-11 year olds in North Lincolnshire taking part.
- 10% of children in the survey were from BME groups, the largest being from the Bangladeshi community, 5%, followed by children from Poland, Lithuania and Portugal, (4%).
- For 10% children in the sample, English was an additional language, the most common other language spoken being Polish, Lithuanian, Bengali, Punjabi and Portuguese.
- Almost 1 in 5 of the sample, 19%, received free school meals (FSM). The same proportion as in 2013.
- 70% of this age group said they lived with both natural parents and 17% in reconstituted families, (ie with a step parent or partner). Overall, 9% said they lived in lone parent families, which is significantly lower than in 2013, (16%).
- Less than half, 47%, children on FSM reported living with both natural parents, compared with 72% of other children.
- Just under 2% of children in the sample said they were looked after by the local authority, which is higher than their representation in the population.
- 5% said that at least one grandparent lived at home with them and their parent(s), a figure similar to 2013.
- Each participating school has received a detailed report of their own school's results.

## Support at home with school work

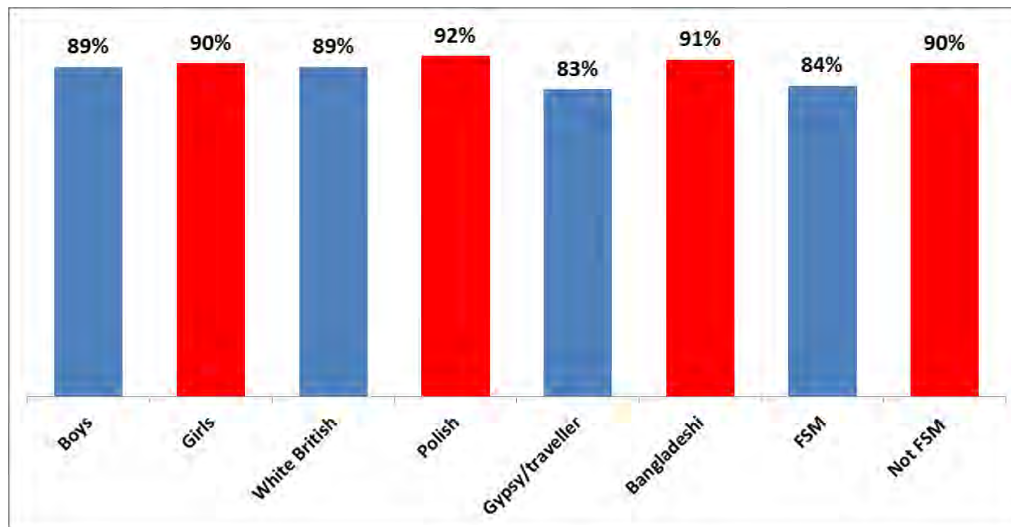
- Almost all children, 99% said their parents were pleased if they did well at school.
- 93% said their parents usually attended parents' evenings
- Children claiming free school meals (FSM) were less likely to say their parents attended parents' evenings, 86%, and those from the Lithuanian community, 74%.
- Overall, three quarters of children, (75%) said they had somewhere quiet at home to do their homework. This was lower amongst children on FSM (67%).
- Children on FSM were also less likely to say that parents helped them with their homework, (80%), compared with 86% not on FSM.
- Bangladeshi and Lithuanian children were least likely to say they got parental help with schoolwork, at 65% and 59% respectively.
- In contrast, the %age of children from the Polish and Gypsy/Traveller communities who say they get parental help has risen significantly since 2013 and is in line with the White British community at 88% and 86% respectively, compared with 79% and 56% in 2013.

**Figure 1: Get help from parents with homework**



## Feelings about school and aspirations

- Almost all children, (98%) agreed that if they worked hard at school they would succeed in life. There were no differences between groups in this respect.
- A similar proportion perceived that this was important to their parents too, (99%).
- 90% said they thought their parents wanted them to go on to college or university. There was no difference between boys and girls in this respect.
- Children on FSM and gypsy/traveller children were less likely than others to say this, although the gap has narrowed since 2013.

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

## 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).

- 91% children agreed that they usually felt happy about life.
- 90% felt they had a lot to be proud of
- 84% said they liked to try new things

There were no differences between girls and boys or between children claiming FSM and the rest in this respect.

Children were also asked about negative feelings.

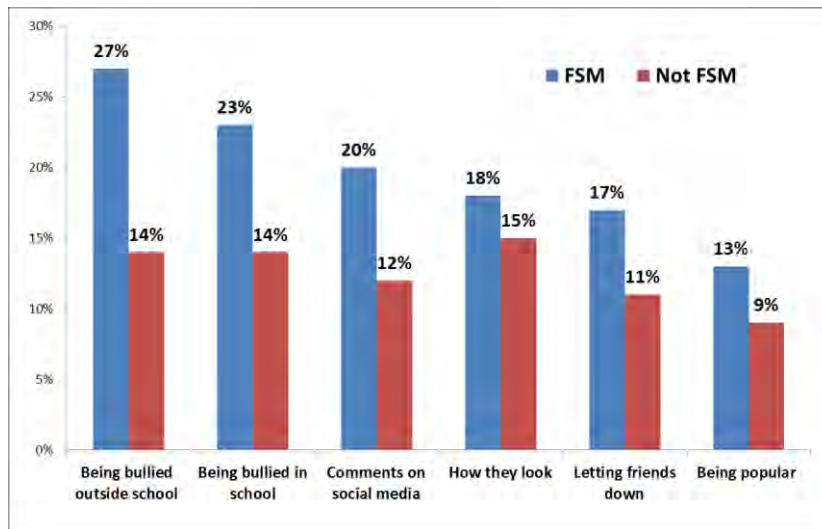
- 20% said they often felt sad or tearful – rising to 24% amongst girls.
- 23% said they often felt angry or bad tempered, rising to 28% amongst boys
- 31% said they seemed to worry a lot, rising to 35% amongst girls

Children were asked about things they worried about. Children said they worried a lot about (in rank order):

- How they looked – 16%
- Being bullied in school – 16%
- Being bullied outside school – 16%
- People making comments about them/their family on social media – 14%
- Letting their friends down – 12%
- Being popular – 10%

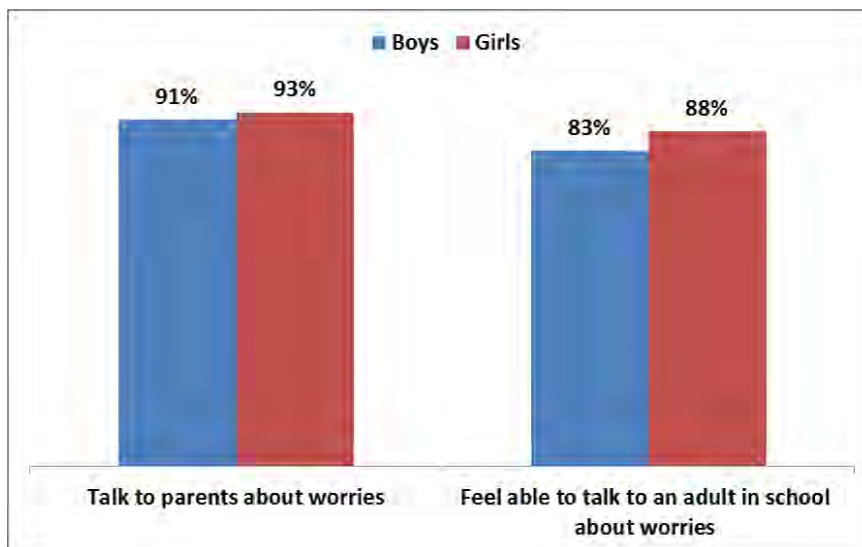
Children on FSM were more likely to say they worry a lot of the time 42% compared with 31% of the rest. They were also more likely to report worrying a lot about being bullied.

**Figure 3: What Year 5-6 pupils worry about a lot**



- The vast majority of pupils (92%) said they could talk to their parents or carers about things that really bothered them.
- 83% 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.
- Just under 3% of children said they could speak to neither a parent or adult in school, of which two thirds were boys.

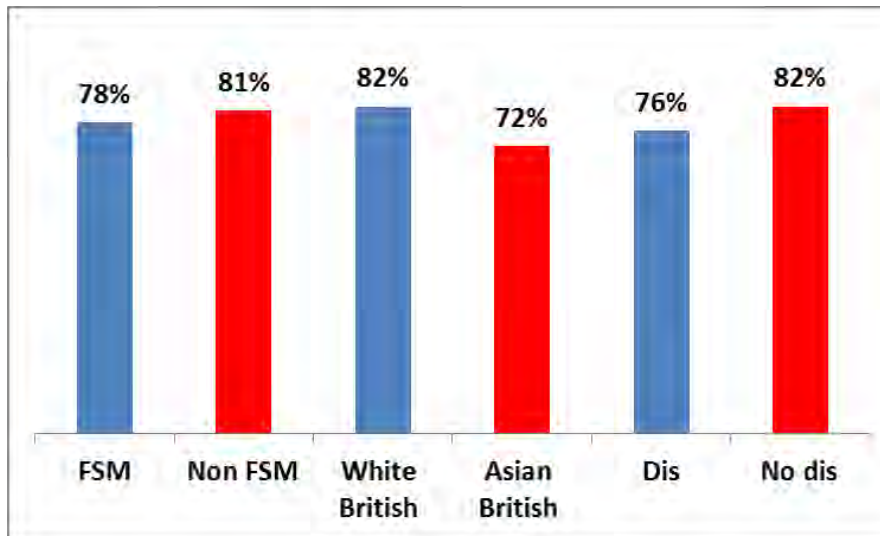
**Figure 4: % Feel able to talk to parent/an adult in school about worries**



## Staying Safe

- The vast majority of children who responded to the survey said they felt safe in their local area, (90%), walking home from school (90%) and playing out in their neighbourhood, (78%).
- Asian British children were least likely to report feeling safe playing in their neighbourhood during the day.

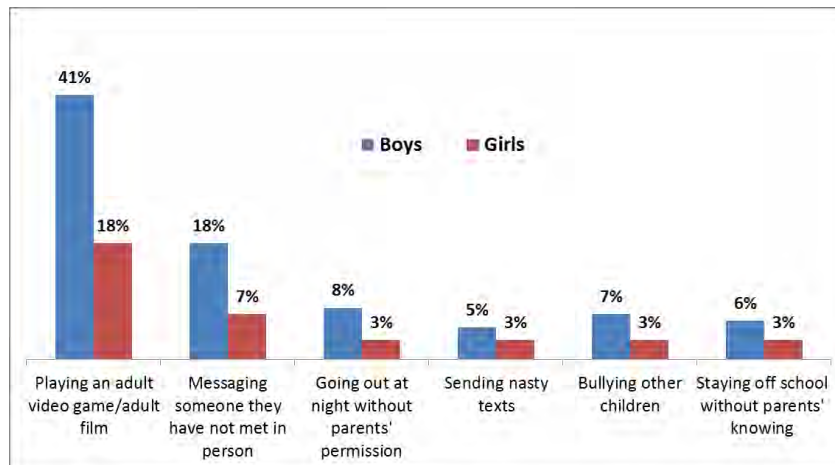
**Figure 5: Feel safe playing in their neighbourhood during the day**



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 video game/watching an adult film – 30%
- Messaging someone on line that they had never met in person – 13%
- Going out at night without their parents' permission – 6%
- Sending nasty texts – 4%
- Bullying other children – 5%
- Staying off school without parents knowing – 4%

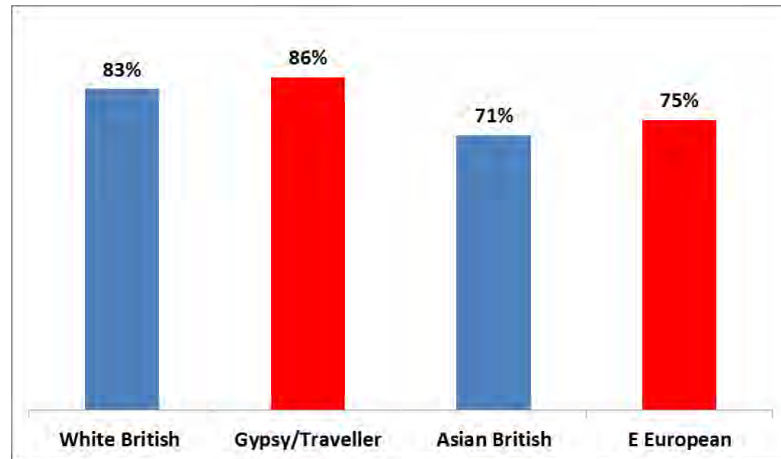
Boys were more likely than girls to report engaging in all of these behaviours.

**Figure 6: Engaged in risky behaviours in last year**

## Staying Healthy

- Almost all children of this age, 93%, said they ate breakfast every day or most days.
- 3% said they never ate breakfast . There were no differences between social groups in this respect.
- 90% children say they eat their main meal of the day with their family at a table at least once a week, if not most days
- 11% say they ate take-away food most days – rising to 18% amongst children on FSM
- 6% said they drank energy drinks like ‘Red Bull’ or ‘Monster’ most days – rising to 11% amongst children on FSM
- Just over half of this age group, 56%, say they help cook meals at home at least once a week
- 1 in 5 (19%) children this age report doing less than the recommended level of physical activity each day, rising to 29% amongst children from Asian communities.
- There was no difference reported for children on FSM.

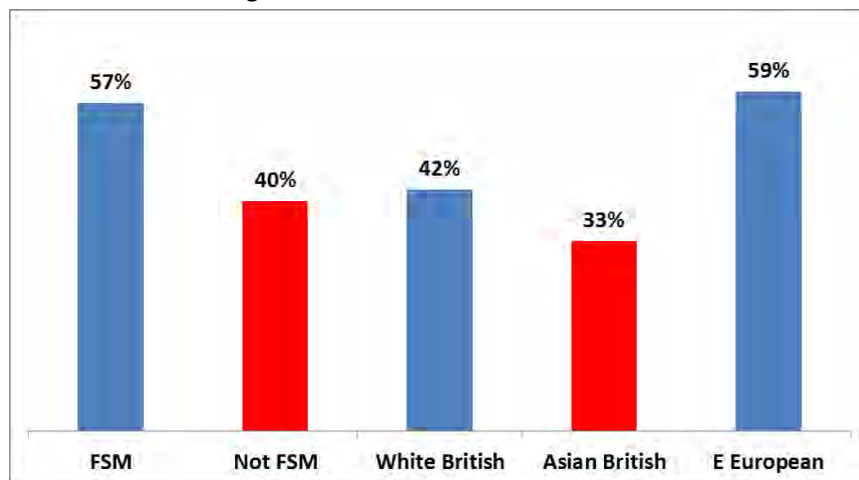
**Figure 7: % doing recommended daily levels of physical activity**



## Smoking

- More than a third of children in each year group said they lived with smokers, (40%), (including e cigarettes). This is slightly higher than in 2013.
- There is a steep social gradient, with 57% of children on FSM living with smokers.
- There were also ethnic group differences, the highest rates being amongst children from the Polish and Lithuanian community, although numbers are small.

**Figure 8: % Live with adult smokers**



- Maternal smoking was higher than paternal smoking in all ethnic groups, with the exception of the Bangladeshi community, where 5% mothers were reported to smoke, compared with 30% fathers. Equal numbers of parents smoked in the Lithuanian community.

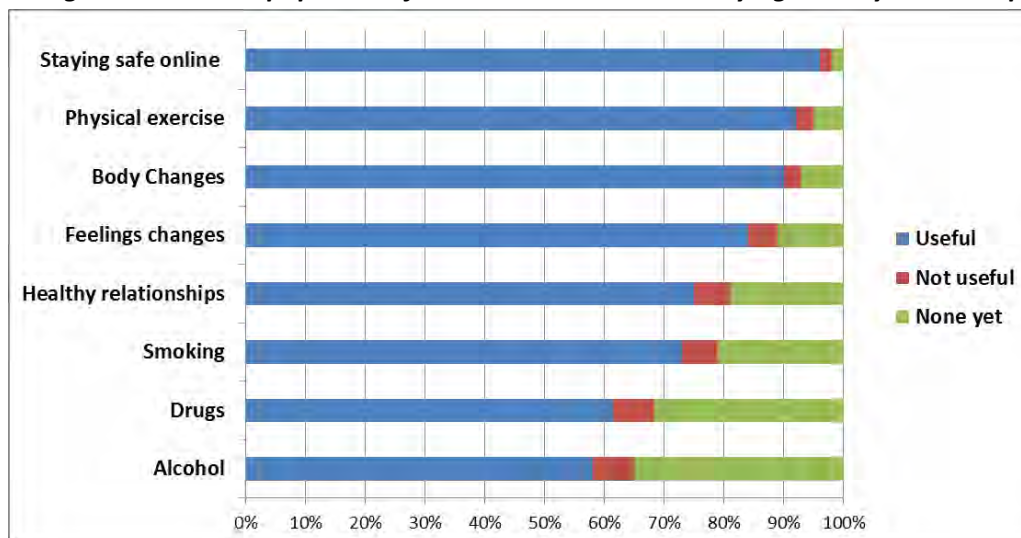


## Have school lessons about staying healthy been helpful?

Children were generally very positive about the usefulness of school lessons on healthy living, although some children still had lessons to come. In rank order of helpfulness they were:

- Staying safe online – 95% ( 3% said they had not had lessons on this yet)
- The importance of exercise and healthy eating – 90%
- Understanding how my body might change as I go through puberty – 80% (13% had not had lessons on this yet)
- Understanding more about how my feelings might change as I grow up – 80% (15% had not had lessons on it yet).
- Finding out more about appropriate/healthy relationships – 75% ( 17% had not had lessons on it at that time)
- Thinking about the dangers of smoking – 64% (28% had not had lessons on this yet). This is far lower than in 2013, when 91% children identified this as helpful.
- Understanding the dangers of drugs and alcohol – 54% (34% had not had lessons on this yet). Again this is far lower than in 2013, when 90% children said they found these lessons useful.
- Rates varied by year group.

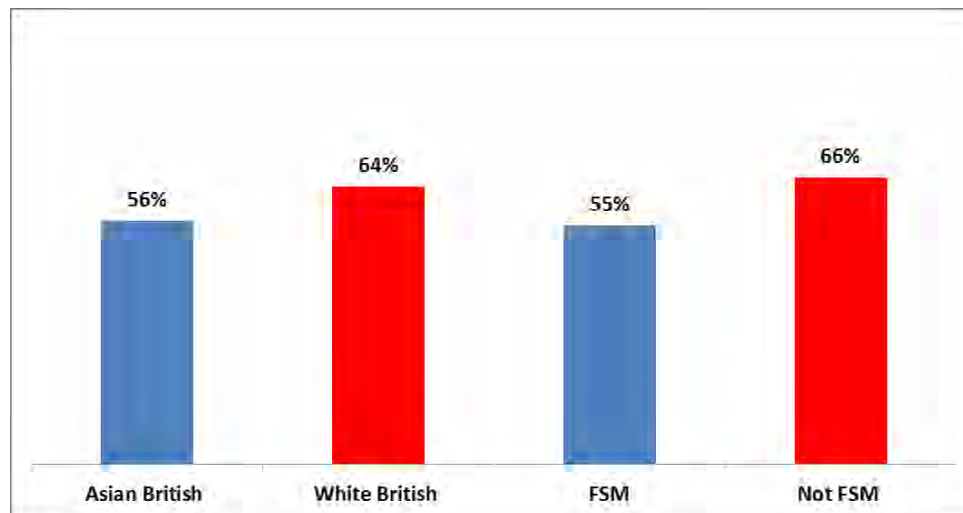
**Figure 9: % Year 6 pupils who found school lessons on staying healthy issues helpful**



## Participation in sport outside school

- Less than two thirds of children, (61%), said they participated in sport/team activities outside school, most at least weekly.
- Asian children and children on FSM were least likely to do any regular sport. 30% and 27% respectively said they did none at all, compared with 22% of other children.

**Figure 10: Participation in sport outside school**



Children identified a range of activities they would like to do, or do more of, including

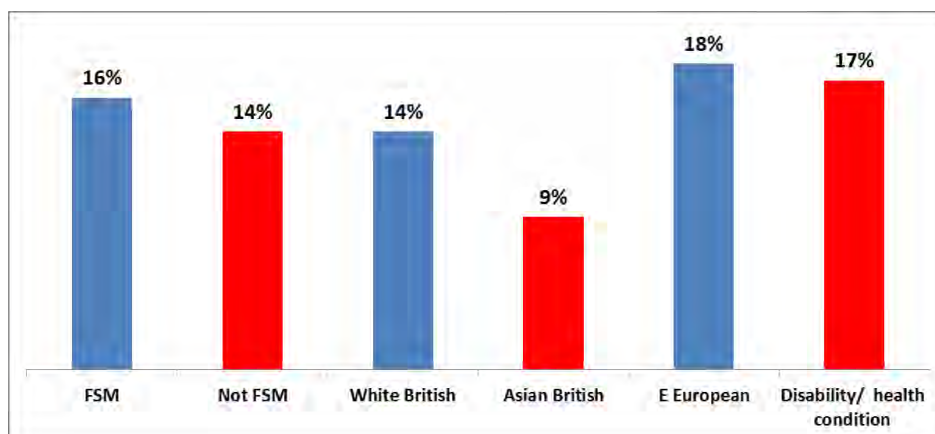
- Football training
- Gymnastics clubs
- Swimming clubs
- Boxing
- Dancing

When asked what stopped them from doing more, 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

14% said they had participated in Young Voice Activities in the previous 12 months – with children on FSM, children with special needs and children from E Europe, being more likely to engage than others. Children from Asian communities were least likely to say they engaged in Voice activities.

**Figure 11: % engaged in some Young Voice Activities in last year**



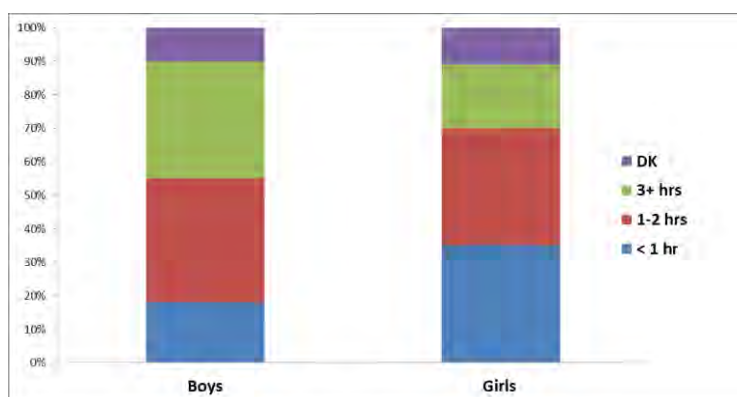
### Use of the internet

96% of children this age said they 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:

- 80% to play games
- 82% to watch videos/ films
- 54% to stay in touch with relatives
- 59% to stay in touch with friends
- 40% to chat/share pictures with friends
- 15% said to make new friends

**Figure 12: average daily use of internet outside school time**



- Almost half (47%) children this age said they were online for at least two hours a day outside school.
- 35% boys said they were online for at least 3 hours a day, compared with 19% girls
- Overall, 19% said they had been online after midnight rising to 24% amongst children on FSM, and to 25% amongst boys

- 67% said their parents checked what they were doing to keep them safe online
- 27% were not sure whether their parents checked on them or not
- 98% said they would know what to do and where to go for help if they felt unsafe online. There were no differences between social groups in this respect.

## Healthy relationships

- Children were asked to identify from a list of behaviours which ones were consistent with a healthy relationship, or unhealthy relationship
- The vast majority of children recognised the positive and healthy aspects of relationships, such as treating each other with respect and feeling happy and comfortable in each other's company
- A small minority of children (<10%) identified some negative behaviours as consistent with a healthy relationship. This includes, checking up on their partner's Facebook account, and reading text messages without their permission. These responses were twice as common amongst boys.
- Boys were also less likely than girls to identify physical bullying and aggression between friends as 'unhealthy'.

## 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 was most commonly identified
- Calling each other names and saying things to make them feel bad – was the next most common
- Not giving their partner money, or not letting them go to work, came next
- Controlling what they say and can do, came last
- There was a clear social gradient in the perception of physical aggression or violence towards each other as a sign of domestic abuse.
- A similar social gradient was evident in their perceptions of 'controlling behaviour'
- This reflects the results of the last survey although fewer children responded to this question than in 2013.

## Your Future

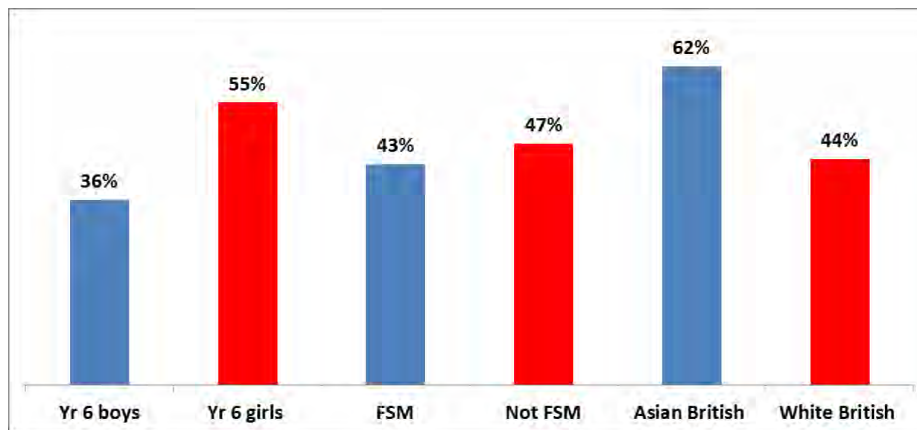
Children were asked to identify their top 3 jobs/careers they would like to do when they grew up & left school/college

The 5 most popular careers mentioned were :

- Footballer/sports personality
- Teacher
- Police officer
- Medicine/nursing

- IT – designing games
- 44% said they hoped to be studying at college or university at 18 years of age.
- There were significant differences between boys and girls, and between ethnic groups in this respect.
- 3% said they wanted to be in an apprenticeship/training.
- 10% wanted to run their own business
- 26% hoped to be working in a job
- 17% did not know what they wanted to do.

**Figure 13: % Yr 6 pupils who hope to be at university /college at the age of 18**



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**Date:** June 7<sup>th</sup> 2016

## Appendix 1: PRIMARY SCHOOL LIFESTYLE SURVEY (PLS) THEMES 2013 - 2016

	PLS HEADINGS	EMERGING THEMES 2013	EMERGING THEMES 2016	TRENDS
1	<b>General (background, sample size, demographic)</b>	Build on numbers of primary schools engaging with survey	More pupils participated in the 2016 survey, but in 12 fewer schools (Detailed cohort analyses eg age, gender, BME, can be made available to commissioners on request).	It would be useful to know why some schools were not able to participate this time.
		Appropriate distribution of data to make full use of the outcomes of the survey	Schools have each received a report on their results. It would be useful to know how schools have used this data internally.	Reports were widely disseminated in 2013, and an action plan developed by partners. This will be continued in 2016.
2	<b>Support at home with school work</b>	Parents in some groups continue to be less engaged in education and homework (ie. children on FSM and some BME communities), whilst for others engagement has improved significantly since 2013 (ie Polish and Gypsy/traveller communities)	Children from Lithuanian and Bangladeshi communities are the least likely to say they get parental support with homework or to regularly attend parents' evenings. A third of children on FSM say they have nowhere quiet at home to do their homework.	No significant change in perceptions of parental engagement or support for children on FSM since 2013.
3	<b>Feelings about school and aspirations</b>	Young people are aware of the need to work hard at school to succeed in life.	There were no differences between boys and girls or other social groups in this respect.	The gender and ethnic gap in aspirations begins early, the highest level being amongst girls and Asian pupils.
		There were perceived differences in parental aspirations for boys and girls, and between different ethnic groups in 2013. These were reflected in children's own aspirations.	There is limited awareness of apprenticeships amongst children this age.	
4	<b>Emotional wellbeing</b>	The vast majority of children were happy, felt they had a lot to be proud	Girls continue to report slightly lower wellbeing than boys. The lowest self-reports	There has been no change in self-reports of wellbeing in some

	PLS HEADINGS	EMERGING THEMES 2013	EMERGING THEMES 2016	TRENDS
		of and said they liked to try new things. The main differences between social groups were lower reported poorer wellbeing amongst children with disabilities, and between boys and girls.	of wellbeing were amongst children with disabilities, and children on FSM.	social groups since 2013.
		All children reported worrying to some degree. The most common worries were linked to their relationships with peers.	A significant minority of children say they worry a lot about bullying both inside and outside school, (16%). An emerging concern amongst this age group is negative comments on social media.	Children on FSM were more likely to report worrying a lot of the time, and to worry about being bullied.
		The vast majority of children say they can share their worries with a parent and would be willing to approach an adult in school.	Boys are slightly less likely than girls say they would approach an adult in school about their worries.	A very small minority of children (<3%), reported being unable to talk to either a parent/carer, or adult in school about their worries. Two thirds of these were boys.
5	<b>Staying safe</b>	Differences in perceptions of community safety (in lower income areas)	These differences were not apparent in the 2016 survey.	
		Community safety issues were heightened for young people with disabilities and BME.	Children from BME groups continue to be least likely to report feeling safe playing out in their neighbourhoods.	The gap in perceptions of safety between children with disabilities and others has narrowed.
6	<b>Staying Healthy</b>	Differences in perceptions of the importance of healthy eating are linked to family income.	Children on FSM and Asian children were less likely to engage in recommended levels of physical activity.	This has not changed since 2013.
7	<b>Smoking</b>	Although smoking at this age is	There has been no change in the % of children	The highest rates were amongst

	PLS HEADINGS	EMERGING THEMES 2013	EMERGING THEMES 2016	TRENDS
		relatively rare (<1%) children from low income households are more likely to live with adults who smoke – with a higher risk of normalisation.	who say they live with smokers since 2013.	children from the Lithuanian community.
8	<b>School lessons regarding staying healthy</b>	Importance of school lessons regarding staying healthy (linked to smoking, drinking, drugs, understanding how the body changes and how feelings change, the importance of exercise and healthy/appropriate relationships)	More children have had lessons on staying safe online and healthy relationships than in previous years, overtaking other healthy living issues.	PHSE is rated highly by pupils.
9	<b>Internet use</b>	Questions about internet use were not asked in the previous survey. Almost all children have access to the internet at home – with no apparent difference between social groups.	Almost all said they had had lessons on internet safety in school and would know what to do or where to go for help if they felt unsafe online.	Boys are much more likely to say they use the internet for online games and to make new friends. They are heavier internet users than girls and are more likely to say they have been online after midnight.
10	<b>Participating in sport</b>	Perceived and real barriers to engaging in sport and physical activity, particularly for girls	Participation of girls has increased but Asian children and those on FSM are still least likely to engage in sport or physical exercise.	No change in engagement of Asian children in sport, especially girls.
11	<b>Healthy relationships</b>	Some differences in perceptions of the parameters of healthy relationships, particularly boys and younger children (year 5s)	The same issues emerged in 2016 – with boys being more likely to perceive some negative behaviours as ‘healthy’.	Underlines the need to reinforce messages throughout secondary school.
12	<b>Young Voice</b>	No questions were asked about Young Voice activities in 2013.	1 in 7 children said they had engaged in Young Voice activities in the previous 12 months.	



	PLS HEADINGS	EMERGING THEMES 2013	EMERGING THEMES 2016	TRENDS
			Participation was highest amongst children on FSM and lowest amongst Asian British children and children attending schools in the Brigg and Wolds locality.	
13	<b>Domestic abuse</b>	Difference in perceptions of the parameters of healthy relationships (in the context of abuse), particularly amongst low income boys	The same issue came up in 2016 – with low income boys less likely to perceive physical and verbal aggression in partnerships as abuse.	Children are more likely to recognise domestic abuse than in previous years, there are some gender gaps in what constitute abuse.
14	<b>Your future</b>	Importance of clear information, pathways and support to build on and develop young people's aspirations (and address differences in aspirations)	The gender and ethnic gap in aspirations develops early and remains wide in 2016.	

## Appendix 2

### Locality Report

- This report compares presents the findings of the Primary School Lifestyle survey for each of the five localities:
  - Isle of Axholme
  - Scunthorpe North
  - Scunthorpe South
  - Barton and Winterton
  - Brigg and the Wolds
- The comparison is based on the locality of the school that the participating pupils attended, rather than the locality that pupils live in.

### Demographics

- 10% of Year 5 and 6 pupils are from BME communities in North Lincolnshire. This rises to 41% in Scunthorpe North.
- In Scunthorpe North schools 27% of Years 5 and 6 have English as an additional language, compared with 10% across North Lincolnshire as a whole.
- On average 18% of Year 5 and 6 pupils are in receipt of free school meals in North Lincolnshire. This rises to 22% of pupils attending schools in Scunthorpe North locality.

### Health, Worries and Safety

- Pupils attending schools in Scunthorpe South locality were least likely to say they felt safe playing in their neighbourhood during the day, (71%) compared with at least 80% in other localities.
- They were also more likely to say they had stayed off school without their parents' knowledge.
- Pupils in Scunthorpe North were more likely to say they lived with a smoker.
- Pupils in Scunthorpe South were least likely to say they felt able to approach a trusted adult in school if they had any worries.

### Participation in sport

- Pupils attending schools in Brigg locality were most likely to say they participated in sport outside school and those in Scunthorpe South were least likely.
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### **Participation in Voice activity**

- Pupils attending schools in the Barton and Winteron locality were most likely to say they participated in Voice activities, whilst those in the Brigg locality were least likely.

### **The future**

- Pupils attending schools in Scunthorpe North were more likely to aspire to higher education. Whilst those in Scunthorpe South were least likely.
  - There appears to be limited awareness of apprenticeships as an option at 18 amongst this age group.
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## Appendix 3

### Children with disabilities long term health needs

- This report compares and presents some key findings of the 2015 Primary School Lifestyle survey for children who self reported as having a 'disability, medical condition or long term health problem diagnosed by a doctor'.
- The question is identical to that used in the recent national '*What About Youth Survey*' published in December 2015.
- This question is worded slightly differently to that in the 2013 PLS, preventing robust local comparisons between the 2013 and 2016 results.
- In 2013 the wording was, 'Do you have a disability or long term health problem? 'In that year the proportion reporting a disability was 10%, a figure similar to the ALS.
- No questions were asked in either local survey about the nature of their disability or health condition.

### Demographics

- In this 2015/16 survey, just under 1 in 5 (19.5%) of young people who responded to the survey self reported as having a disability or health problem, with equal numbers of boys and girls.
- The figure was 23% in Scunthorpe North.
- This is a higher % than that reported in the national Youth Survey which was completed in 2014 with a national sample of 15 year olds (ie Year 11 pupils). In that survey the figure was 14%, or 1 in 7 of those Year 11s surveyed.
- These 370 pupils in North Lincolnshire were fairly evenly split between Years 5 and 6.
- There was a higher representation of Asian British children in this group. 1 in 3 (33%) of children who identified as Asian said they had a disability/long term health problem/medical condition, compared with 20% white British children and 14% E. European children.
- 11% of this group said they spoke EAL at home. This is similar to the general population of this age.
- More than a quarter of this group were claiming free school meals (29%), compared with 16% of the rest of the study population.

### Parental support and engagement

- Pupils with disabilities were equally likely as other children to say that their parents attended school parent's evenings: were pleased if they did well at school; and that they had a quiet place at home to do homework.
  - They were slightly less likely to say that they got support from parents with homework.
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### **Health and wellbeing**

- Pupils with disabilities were more likely than other children to say that
  - they worried a lot, especially about being bullied both in and outside school,
  - they often felt sad or tearful
- However, they were almost equally likely to say that they felt they had a lot to be proud of, and that they could talk to parents and other trusted adults in school about their worries.
- They were also more likely to say that they found lessons on healthy relationships useful.

### **Perceptions of Safety**

- Almost all children said they knew where to go if they felt safe online. There was no significant difference between children with disabilities and others.
- They were slightly less likely to say they felt safe attending out of school activities or playing in their local neighbourhood.

### **Internet use**

- Children with disabilities were equally likely to say they had access to the internet at home.
- However, they were heavier users of the internet, with a higher percentage saying they were online for 3 or more hours a day.
- They were more likely to say they used the internet to keep in contact with family and friends, and to

### **Participation in positive activities**

- Children with disabilities were as likely to say they participated in sport and other positive activities outside school.
- They were more likely to say that they had participated in Voice activities.

### **The future**

- Children with disabilities were less likely to say that they thought they would be attending college/university post 18 and more likely to say that they did not know what they would be doing.
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Total number of responses		370 (20%)	1527 (80%)	Total =1897
Total number of schools				Total =28
Themes		With disability/medical condition	No disability	North Lincolnshire Average
About You	Ethnic groups (BME)	18%	10%	10%
	EAL	11%	10%	10%
	FSM	29%	16%	19%
	Looked After	1%	2%	2%
	<i>Axholme locality</i>	18%	82%	20%
	<i>Barton &amp; Winterton locality</i>	16%	84%	20%
	<i>Brigg &amp; Wolds locality</i>	19%	81%	20%
	<i>Scunthorpe North locality</i>	23%	77%	20%
<i>Scunthorpe South locality</i>	19%	81%	20%	
Parental support with school	Parents/carers usually attend parents' evenings at school	93%	93%	93%
	Parent/carers usually help with homework	80%	86%	85%
	Parents aspire to pupils going to college/university	85%	90%	90%
Wellbeing & Worries	I usually feel happy about life	89%	93%	92%
	I often feel sad or tearful	28%	20%	20%
	I seem to worry a lot	37%	28%	31%
	I feel I have a lot to be proud of	88%	90%	90%
	I worry a lot about being bullied in school	20%	12%	16%

	I worry a lot about being bullied outside school	20%	13%	16%
	I worry a lot about people making comments about me on social media	16%	11%	14%
	Can talk to parents about worries	92%	92%	92%
	Know a trusted adult in school if worried	83%	82%	83%
<b>Staying Safe</b>	Feel safe playing in my neighbourhood during the day	76%	78%	78%
	Safe attending out of school activities	74%	75%	75%
	Are there activities you would like to do (more of)	44%	39%	40%
<b>Being Healthy</b>	Lives with adult smoker	40%	40%	40%
	Helped me find out more about healthy relationships	79%	74%	75%
	Help me understand how to stay safe online	92%	95%	95%
<b>Internet use</b>	If you felt unsafe online would you know where to go for help?	98%	98%	98%
	Spends 3 or more hours a day on the internet	32%	26%	29%

<b>Positive Activity</b>	Participates in sport outside school	60%	61%	61%
	Participates in Voice activities	17%	13%	14%
<b>Your Future</b>	Pupil aspirations college/university at 18	42%	45%	44%
	Apprenticeship	3%	4%	4%
	In a job	24%	26%	26%