

# Supporting the Health of Young People in Somerset

## A summary report of the Somerset Children and Young People Survey 2014

These results were collected from a sample of primary pupils aged 8 to 11, secondary pupils aged 12 to 15 and FE students aged 16+ in the spring and summer terms 2014.

The survey was commissioned by the Somerset Health and Wellbeing in Learning Programme as a way of collecting robust information about young people's lifestyles.

Teachers were informed on how to collect the most reliable data and then pupils completed a version of the questionnaire appropriate for their age group. Year 4 and Year 6 pupils completed the primary

version of the questionnaire. Pupils in Years 8 and 10 completed the secondary version of the questionnaire and students in sixth forms and FE colleges were offered the FE version. All surveys were undertaken anonymously.

A total of 9774 pupils and students took part in 81 primary and 27 secondary schools and FE settings in Somerset.

### Cross-phase links

Many of the questions in each version of the questionnaire are identical or very similar. Some of the results of these questions are

presented on pages 8 and 9 of this document, so that behaviour can be seen across the age range.

### Inequalities

An analysis of Year 10 results broken down across different vulnerable groups is shown on page 10.

### District data

A selection of statistically significant differences between district results for primary and secondary pupils are shown on page 11.

### 9774 young people aged 8 to 16+ were involved in the survey

School Year	Year 4/5	Year 6	Year 8	Year 10	Year 12+	Total
Boys	1138	986	1122	1207	426	4879
Girls	1191	987	1118	1076	523	4895
Total	2329	1973	2240	2283	949	9774

### Reference sample

Somerset data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include Bristol, Camden, Cornwall, Ealing, Oldham, Rochdale and Wakefield.

A selection of some of the differences, where the level seen in the Somerset data is significantly different to that seen in the wider SHEU data, are listed on pages 3, 5 and 7 of this report.

For more details please contact The Schools Health Education Unit  
Tel. 01392 667272. [www.sheu.org.uk](http://www.sheu.org.uk)

### TOPICS INCLUDE:

Background

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure

Money

Physical Activity

Safety

School and Career

Relationships and Sexual Health

**SHEU**



[WWW.SOMERSET.GOV.UK](http://WWW.SOMERSET.GOV.UK)



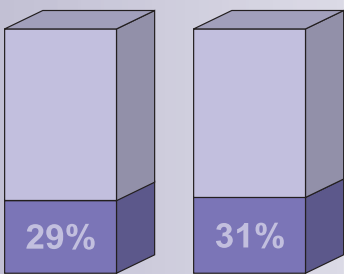
# Somerset Primary school pupils in Years 4 - 6 (ages 8 - 11)

## BACKGROUND

- 90% describe themselves as White British. 3% describe themselves as other white, 1% describe themselves as Irish and 1% describe themselves as Asian.

## HEALTHY EATING

- 9% of pupils in the survey had nothing for breakfast; while another 3% had at most a drink for breakfast. 11% said they had fruit for breakfast on the day of the survey.
- 40% of pupils had cereal for breakfast and 29% had toast or bread on the morning of the survey. 3% had an energy drink.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 62% of pupils said they have fresh fruit and 53% said vegetables. 30% said crisps and 28% said sweets 'on most days'.
- 36% of pupils said that they 'rarely or never' ate fish or fish fingers. 35% said they 'rarely or never' had salads.



- 29% of boys and 31% of girls said they had five or more portions of fruit and vegetables on the day before the survey, 7% had eaten none.

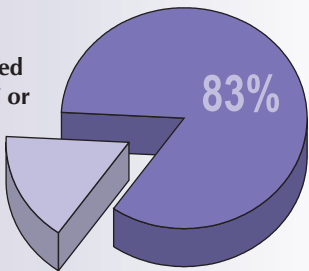
- 9% said that they had no water to drink during the day yesterday. 27% said that they had at least a litre of water to drink yesterday.
- 25% of boys and 30% of girls said they would like to lose weight.

## HYGIENE

- 25% of boys and 23% of girls didn't wash their hands before lunch on the day before the survey. 79% of pupils wash their hands 'whenever possible' after visiting the toilet.
- 77% of boys and 84% of girls cleaned their teeth at least twice the day before the survey (the recommended frequency).

## PHYSICAL ACTIVITY

- 83% of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'.
- 73% of boys and 66% of girls thought they were 'fit' or 'very fit'.
- 37% of boys and 38% of girls walked to school on the day of the survey, whereas 49% of pupils travelled by car at least part of the way; 6% travelled by bus.

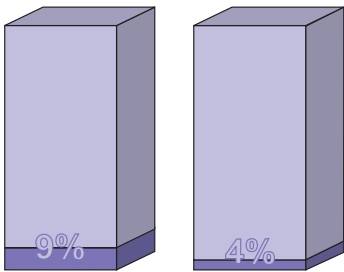


## DRUGS, ALCOHOL AND TOBACCO

### Drugs

- 54% of Year 6 pupils in the survey said they have talked with their parents about drugs.
- 11% of Year 6 pupils reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.
- 1% of Year 6 pupils said they have been offered cannabis. 1% have been offered other drugs.

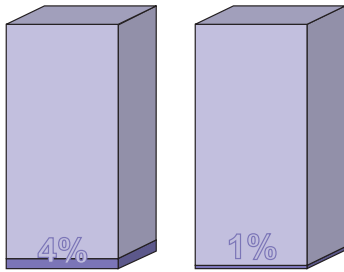
### Alcohol



- 9% of boys and 4% of girls in Year 6 reported drinking alcohol on at least one day in the week leading up to the survey.

- 3% of pupils reported drinking alcohol on more than one day in the week leading up to the survey.
- 3% of pupils drank beer or lager and 3% said they drank wine in the week before the survey.

### Tobacco



- 4% of boys and 1% of girls in Year 6 said they have tried smoking in the past or smoke now.

- 1% of Year 6 in the survey smoked at least one cigarette during the last 7 days.
- 33% of pupils said that they had a parent/carer who smoked. 11% said someone smoked at home in rooms that they use.

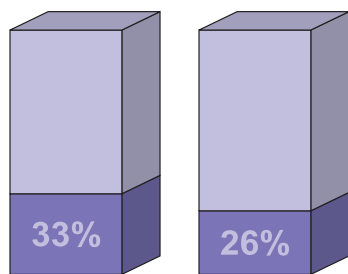
## PUBERTY AND GROWING UP

- When asked who had talked with them about growing up and body changes, the responses included:

Year 6	Boys	Girls
Parents	72%	81%
Teachers	51%	48%
Friends	16%	19%
Brothers or sisters	16%	16%
Other close relatives	12%	14%

- 14% of boys and 22% of girls reported that they worried 'quite a lot' or 'a lot' about the way they look.
- 12% of boys and 17% of girls said they worried 'quite a lot' or 'a lot' about growing up.
- 52% feel that they know enough, 37% are not sure and 11% said they don't know enough about how their body changes as they get older.

## EMOTIONAL HEALTH & WELL-BEING

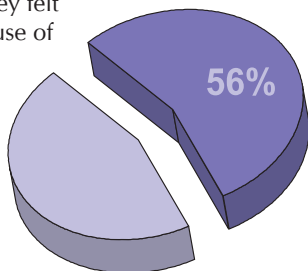


- 33% of boys and 26% of girls had a high self-esteem score.

- 7% of pupils had very low self-esteem scores.
- 72% of pupils said they worried 'quite a lot' or 'a lot' about at least one of the items listed in the questionnaire.

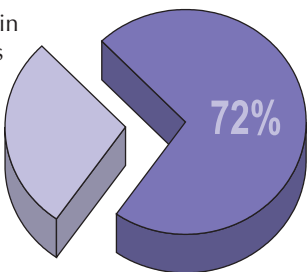
## SAFETY

- 10% of pupils reported that they felt afraid of going to school because of bullying 'often' or 'very often'. 34% said 'sometimes' while 56% said 'never'.
- 28% of boys and 29% of girls reported they had been bullied at or near school in the last 12 months.
- 62% of pupils said that their school takes bullying seriously, 14% said it didn't.
- 23% of pupils reported that they thought they were bullied because of the way they looked and 17% because of their size or weight.
- 4% thought they were bullied because of their race, colour or religion.
- 42% said when a friend wants them to do something they don't want to do, they can 'usually or always' say no; 25% said they could 'rarely' or 'never' say no.
- 32% said they have had an accident in the last 12 months that was treated at a hospital or by a doctor.



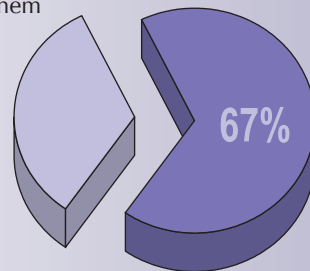
## INTERNET

- 81% of pupils said that they have used the Internet at home in the last month; 47% had used it on a mobile device.
- 27% of boys and 30% of girls in Year 6 said they post messages on their social network page.
- 72% of pupils said they use the Internet for playing games.
- 30% of boys and 25% of girls have seen images or videos online that were for adults only.
- 36% of girls have seen images or videos online that had upset them.
- 19% of pupils said that they had seen/received something online that has made them scared/upset. 14% said they had posted a comment that they wished they hadn't.
- 88% of pupils said they have been told how to stay safe while using the Internet, Facebook etc.



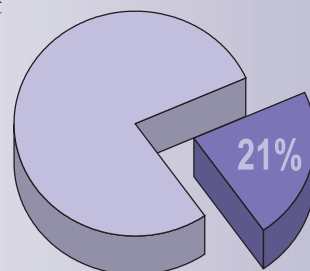
## SCHOOL

- 54% of boys and 57% of girls said that their school cared whether they were happy or not.
- 83% said their work was marked so they could see how to improve it.
- 68% said their school helps them to work as part of a team.
- 67% of pupils said that their school encourages everyone to take part in decisions e.g. class discussion or school council.
- 37% of pupils said they did homework after school yesterday.
- 53% of pupils would share a bullying problem with their parent(s) and 21% said a teacher first; 9% would keep the problem to themselves.



## LEISURE

- 60% of boys and 29% of girls said they played computer games (including consoles) after school yesterday.
- 36% of pupils said they spent time reading a book for pleasure after school yesterday.
- 21% of pupils said they went to a club the night before.
- 39% spent time playing sport and 39% played with friends after school yesterday.



## DIFFERENCES BETWEEN THE SOMERSET 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

For most of the questions in the questionnaire, Somerset primary pupils give similar responses to the wider SHEU data. Some significant differences include:

- ✓ 62% of Somerset pupils eat fresh fruit 'on most days'. This is higher than the 55% of pupils who said the same in the wider SHEU reference sample.
- ✓ 69% of pupils said they were happy with their weight compared with 64% of the wider sample.
- ✗ 62% of pupils said that their school takes bullying seriously compared with 76% of the reference sample.
- ✗ 44% of pupils said that they feel afraid of going to school because of bullying at least 'sometimes' compared with 30% of the reference sample.
- ✗ 29% of pupils recorded levels of high self-esteem compared with 38% of the reference sample.
- ✗ 42% said they can usually or always say no to a friend who is asking them to do something they don't want to do. This compared with 53% of the reference sample.
- ✗ 33% of pupils said that their views and opinions were asked for in school compared with 53% of the reference sample.
- ✗ 63% of pupils washed their hands before lunch the day before compared with 77% of the wider sample.
- 81% of pupils have used the Internet at home in the last month compared with 95% of the reference sample.

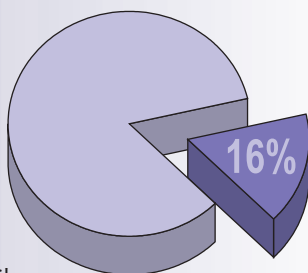
# Somerset Secondary school pupils in Years 8 and 10 (ages 12-15)

## BACKGROUND

- 61% of all pupils in the survey live with both parents. 15% said mainly or only mum.
- 91% of pupils described themselves as White British. 3% said other White and 1% described themselves as mixed.
- 9% of pupils said that they had a special educational need or learning difficulty.

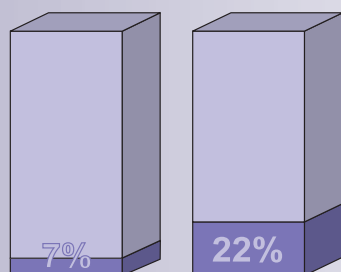
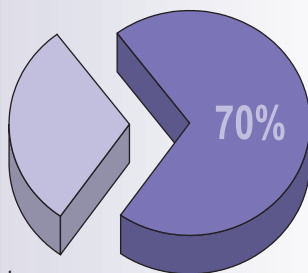
## HEALTHY EATING

- 16% of pupils (12% of boys and 19% of girls) said they had nothing to eat or drink for breakfast.
- 9% of boys and 3% of girls in the survey would like to put on weight. 28% of boys and 56% of girls said they would like to lose weight.
- 12% of pupils in the survey had no lunch the day before. 22% had a school lunch and 2% bought lunch from a takeaway or shop. 61% said they had a packed lunch.
- 70% of pupils described their lunchtime experience as crowded and 37% described it as rushed.
- 22% said that they had at least 5 portions of fruit or vegetables the day before, while 9% had none at all.
- 10% of boys and 5% of girls said they 'rarely or never' eat fresh fruit, 25% said this of salad.



## PHYSICAL ACTIVITY

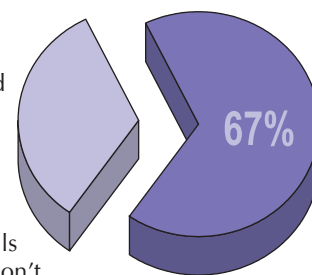
- 70% of pupils (79% of boys and 61% girls) said that they enjoy physical activities 'quite a lot' or 'a lot'.
- 36% of pupils said that they did some physical activity on at least 5 days in the previous week; 5% said they did none at all.
- 14% of pupils said that they exercised hard on at least 5 days in the previous week hard enough to get out of breath and sweaty; 24% said none at all.
- When asked about barriers to exercise, 29% of pupils said that they didn't have time. 10% of pupils said transport was a problem and 14% said they weren't comfortable about how they look.



- 7% of boys and 22% of girls said they feel shy in front of others.

## RELATIONSHIPS AND SEXUAL HEALTH

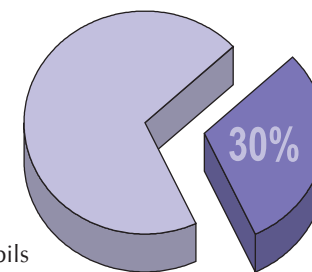
- 67% of Year 10 pupils said they know where to get free condoms; 27% of Year 8 said the same.
- 38% of Year 10 pupils know how to access the Somerset condom card scheme; another 38% of Year 10 pupils have at least heard of it but don't know much about it/where to access it. 25% of Year 10 pupils said they have never heard of the scheme.
- 60% of Year 10 pupils said that they have never heard of the Somerset C&SH service; 2% of pupils said they have used the service.
- 88% of Year 10 and 53% of Year 8 pupils said they have learned about contraception from school lessons.
- 90% of Year 10 and 61% of Year 8 pupils said they have learned about sexually transmitted infections from school lessons.
- 38% of pupils thought that young people would like to access free condoms from the chemist; 26% said from a school health clinic.



## DRUGS, ALCOHOL & TOBACCO

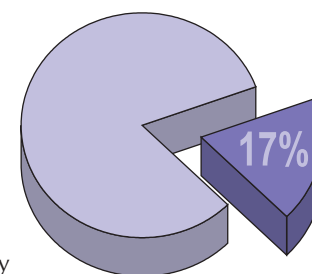
### Drugs

- 30% reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.
- 13% of pupils have been offered cannabis. 10% of pupils have been offered other illegal drugs.
- 2% of Year 8 and 10% of Year 10 pupils said they have taken some form of illegal drug themselves.
- 5% of Year 10 pupils said they have taken an illegal drug in the last month.



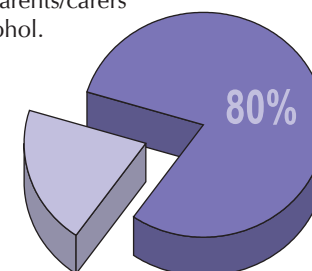
### Alcohol

- 17% of pupils said they drank alcohol in the last 7 days. 4% had been drunk in the last 7 days.
- 8% of pupils said that they were bought/given alcohol by parents/carers in the last 7 days, 5% said friends/family over 18 had bought/given it to them.
- 3% of pupils said that their parents/carers never know if they drink alcohol.



### Tobacco

- 80% of pupils said that they have never smoked at all.
- 5% of pupils said that they smoke occasionally or regularly.
- 38% of pupils said their parents/carers smoked. 13% said that someone smokes at home in rooms that they use. 20% said that someone smokes in a car when they are in it.





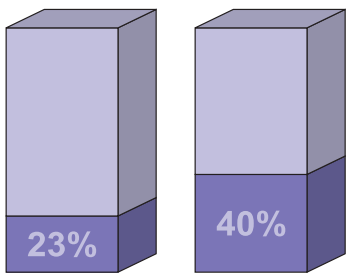
EMOTIONAL HEALTH & WELL-BEING

- 65% of pupils reported they are ‘quite a lot’ or ‘very much’ happy with their life at the moment.
- 46% of boys and 23% of girls had high self-esteem scores. 6% of pupils had very low self-esteem scores.
- 76% of pupils said they worried about at least one of the items listed in the questionnaire at least ‘quite a lot’.
- Responses to individual items were as follows:

	Boys		Girls
Exams and tests	34%	The way you look	56%
The future	29%	Exams and tests	55%
Family problems	22%	The future	46%

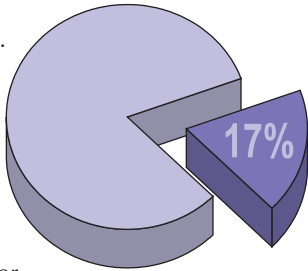
(The table shows the proportion of pupils worrying about listed problems ‘quite a lot’ or ‘a lot’)

SAFETY



- 23% of boys and 40% of girls reported they felt afraid of going to school because of bullying at least ‘sometimes’.

- 27% of pupils, 25% of boys and 29% of girls, reported they had been bullied at or near school in the last 12 months.
- 15% of pupils said they had deliberately hurt or upset someone else at school in the last 12 months.
- 41% of pupils reported they think their school deals with bullying well, 21% said they didn’t know and 4% said bullying wasn’t a problem in their school. 34% said their school dealt with bullying ‘badly’ or ‘not very well’.
- 58% of pupils said that their school takes bullying seriously.
- 17% of pupils rate the safety of their area when going out after dark as poor or very poor. 5% of pupils said this about safety at school.
- 21% of pupils said that a boy/girlfriend had been angry or jealous when they wanted to spend time with friends; 14% said they kept checking their phone.
- 10% said a boy/girlfriend had used hurtful or threatening language towards them 7% (15% of Year 10 girls) said they had put pressure on them to have sex or do sexual things.



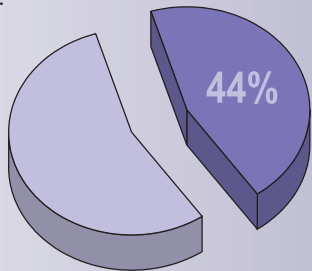
INTERNET SAFETY

- 91% of pupils said that they have been told how to stay safe online.
- 20% of pupils said that they chat online to people they don’t know in real life.
- 19% of pupils (37% of Year 10 girls) said that someone they don’t know has asked to see pictures of them online.

- 20% of Year 10 girls said they had sent sexual pictures of themselves to someone they know; 6% said they had sent them to someone they don’t know.
- 18% of pupils said that someone they don’t know has asked to meet with them. 8% said as far as they know this person was a lot older than them; 6% said they did meet them.
- 35% of boys said they have visited sites that promote pornography. 19% of girls said they had seen sites that promote extreme dieting

SCHOOL AND CAREER

- 45% of pupils enjoy ‘all’ or ‘most’ lessons at school; 11% said hardly any of them.
- 50% said their school encouraged everyone to take part in decisions. 47% said they set their own targets and were helped to meet them.
- 88% of pupils think it is important to go to school regularly; 4% didn’t think it is important.
- 44% of pupils said that they would like to stay on in full-time education after Year 11. 41% of pupils said that they would like to get a job as soon as they can.
- 52% said their school prepares them for when they leave school.
- 11% said they had missed school in the last 12 months because of worries about school.



**DIFFERENCES BETWEEN THE SOMERSET 2014 SURVEY AND THE SHEU REFERENCE SAMPLE**

For most of the questions in the questionnaire, Somerset secondary pupils give similar responses to the wider SHEU data. Some significant differences include:

- ✓ 79% of secondary pupils in Somerset said that they were in charge of their health. This is higher than the 72% saying the same in the wider SHEU reference sample.
- ✓ 51% of pupils said that they eat fresh fruit on most days compared with 40% of the wider sample.
- ✓ 30% of pupils said that they know someone personally who uses drugs compared with 35% of the wider sample.
- ✓ 10% of pupils said they had been offered illegal drugs (other than cannabis) compared with 17% of the wider sample.
- ✓ 20% of pupils said they had smoked in the past or smoke now compared with 25% of the wider sample.
- ✗ 16% of Somerset pupils said they had nothing for breakfast on the day of the survey. This is higher than the 11% seen in the wider sample.
- ✗ 56% of pupils said that no one ever smokes at home compared with 61% of the wider sample.
- ✗ 43% of pupils said that they never drink alcohol compared with 54% of the wider sample.
- ✗ 22% of pupils said that they had a school lunch the day before the survey. This is lower than the 55% reporting this in the wider sample.

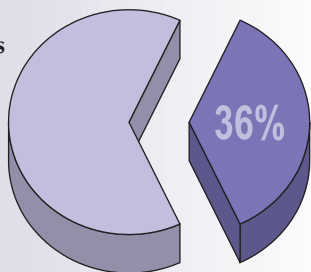
# Somerset students in 6th Forms and FE Colleges

## BACKGROUND

- 44% of students said they lived with both parents, 69% live with their mother; 47% said they live with their father.
- 93% of students described themselves as White British. 2% said other White and 1% didn't want to say.
- 3% of students said that they had a special educational need or learning difficulty.

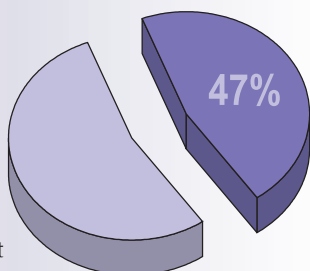
## HEALTHY EATING

- 36% of students (53% of boys and 22% of girls) said they never worry about how much they eat.**
- 26% of boys and 3% of girls in the survey would like to put on weight. 28% of boys and 71% of girls said they would like to lose weight.
- 61% of students in the survey said their usual main meal was one prepared at home, 18% said they couldn't say because it varies too much, 11% said it was a packed meal.
- 7% of boys said their usual main meal was a take-away, including supermarket meal.
- 21% said that they had at least 5 portions of fruit or vegetables the day before, while 10% had none at all.
- 15% of boys and 8% of girls said they 'rarely or never' eat fresh fruit, 20% said this of salad.



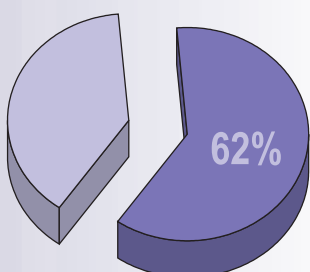
## PHYSICAL ACTIVITY

- 47% of students (59% of boys and 36% of girls) said they think they take enough exercise for someone their age in order to keep healthy.**
- 39% of students said that they did some physical activity on at least 5 occasions in the previous week; 10% said they did none at all.
- 20% of students said that they exercised at least 5 times in the previous week hard enough to get out of breath and sweaty; 21% said none at all.
- When asked about barriers to exercise, 63% of students said that they didn't have time. 37% of students said that they were shy in front of others and 36% said it was too expensive to take part in the things they like.

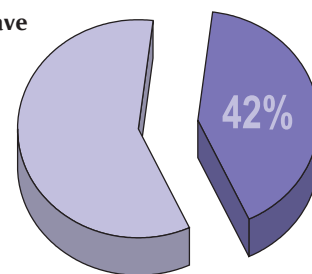


## RELATIONSHIPS AND SEXUAL HEALTH

- 62% of students said they know where to get free condoms.**
- 45% of students said that they could get free condoms from their 6th form/college, 46% didn't know if they could.



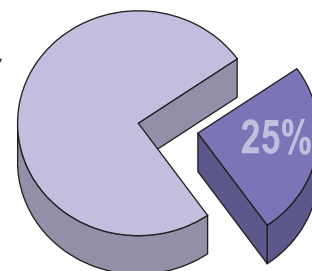
- 42% of students said they have not had sex.** Of those who had, 76% said they used contraception or other protection.
- 18% of students said they/their partner had used emergency contraception.
- 26% of students said that they had been in a relationship with someone (currently or in the past) who was angry or jealous when they wanted to spend time with friends.
- 17% girls and 6% of boys said that their partner had put pressure on them to have sex or do sexual things.
- 18% said that a partner had kept checking their phone and 7% of students said that a partner had hit them.
- When asked if any of these things were to happen to them 64% said they would know where to get help. 25% said they weren't sure and 11% said they didn't know where to get help.



## DRUGS, ALCOHOL & TOBACCO

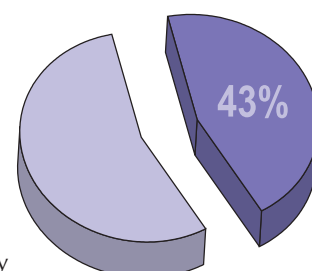
### Drugs

- 25% of students reported they had taken cannabis at some point.** 3% said they use cannabis weekly at least.
- 7% of students said they have used ecstasy and 6% said they had used legal highs at some point.
- 11% of students said they have taken alcohol and drugs at the same time.
- 5% of students said they have taken more than one illegal drug at the same time.



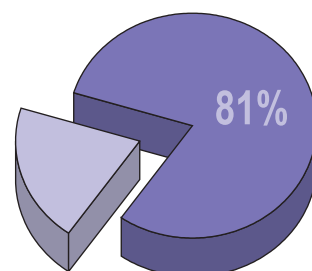
### Alcohol

- 43% of students said they drank alcohol in the last 7 days.** 37% said they drink alcohol occasionally, 14% said they drink regularly - at least once a week.
- 14% of students said that they bought alcohol in a pub or bar during the last week.
- 10% of students said that they bought alcohol from a supermarket last week.



### Tobacco

- 81% of students said that they don't smoke at all.**
- Of those who smoke, 44% of students said that they started smoking when they were in the 6th form/college.
- 5% of students said they use an e-cigarette occasionally or regularly. 17% said that they had tried an e-cigarette.



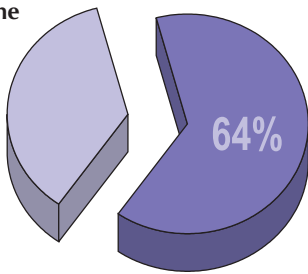
EMOTIONAL HEALTH & WELL-BEING

- 64% of students agreed with the statement 'I am glad I am who I am'; 18% disagreed.
- 43% of students said they had a close confiding relationship with someone at home. 37% said they had a close confiding relationship with someone at college; 13% said they didn't have this with anybody.
- 63% of students said they worried about at least one of the items listed in the questionnaire at least 'often'.
- Responses to individual items were as follows:

	Boys		Girls
Study/work-load	31%	Study/work-load	59%
Money problems	23%	The way you look	44%
The way you look	19%	Money problems	36%

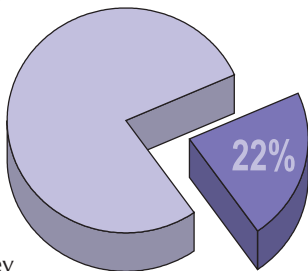
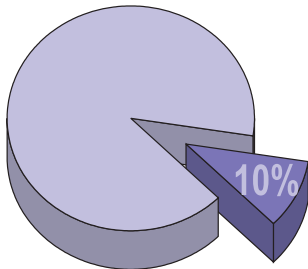
(The table shows the proportion of students worrying about listed problems 'often' or 'most days').

- 32% said that they had worried so much about something during the last month that had affected their studies.



SAFETY

- 7% of students reported they had been bullied at or near 6th form/college in the last 12 months.
- 5% of students said they had experienced bullying at home in the last 12 months.
- 31% of students said that they had been verbally abused in the last 12 months, 10% said they had been physically assaulted.
- 11% of girls said that they had been sexually harassed during the last 12 months; 5% of girls said they had been sexually assaulted.
- 58% of students said that when someone asks them to do something they don't want to do, they are 'usually or always able to refuse'; 12% said they were 'never' or 'rarely' able to refuse.
- 68% of students said that they had visited the doctor in the last 6 months. 19% of students said that there was something that they didn't talk to the doctor about that they had wanted to.
- 6% of students said that they had received discrimination because of their religious practices.
- 6% of students said that they had experienced tension between them and their parents due to cultural differences.
- 22% of students said that they go out of their way to avoid risky activity.
- 41% of students said that they don't worry too much about risk.
- 20% of boys and 24% of girls said that they are more inclined to do risky things when they have had a drink.

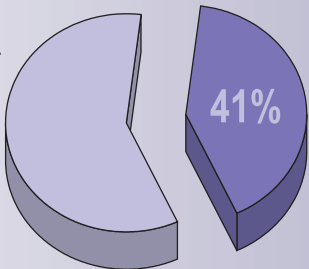


WORK AND CAREER

- 57% of students said they have had a regular paid job this term, 33% said they have had some irregular/casual paid work this term.
- The most common forms of employment included:

	Boys		Girls
Bar/restaurant work	20%	Bar/restaurant work	28%
Manual work/cleaning	17%	Retail work	19%
Retail work	13%	Manual work/cleaning	8%

- 55% of students said that they want to develop a worthwhile career after leaving 6th form/ college.
- 41% of students said that they would like to stay on in full-time education after leaving 6th form/college. 27% of students said that they would like to get a job as soon as they can.
- 9% said they would like to live in the neighbourhood where they live now and 12% said they would like to live in the town, place they live now when they leave 6th form/college.
- 12% of students said that they had used a careers service , 27% said they know how to access one but haven't done so yet.
- 20% said they hadn't heard of a careers service and 41% said they had at least heard of one but didn't know how to access it.



DIFFERENCES BETWEEN THE SOMERSET 2014 SURVEY AND THE SHEU REFERENCE SAMPLE

- For most of the questions in the questionnaire, Somerset FE Students give similar responses to the wider SHEU data. Some significant differences include:
- ✓ 32% of FE students in Somerset said that they walk to college. This is higher than the 16% saying the same in the wider SHEU reference sample.
  - ✓ 43% of students said they had an alcoholic drink in the last week compared with 57% of the wider sample.
  - ✓ 19% of students said they smoke cigarettes or roll-ups compared with 23% of the wider sample.
  - ✓ 76% of students who have had sex used a condom on the last occasion compared with 67% of the wider sample.
  - ✗ 32% of Somerset students said they had worried about something so much that it had affected their studies. This is higher than the 19% seen in the wider sample.
  - ✗ 45% of students said that they can get free condoms at college compared with 54% of the wider sample.
  - ✗ 66% of students said that they feel like a real part of their college compared with 69% of the wider sample.
  - 19% of students said that they or a partner had used emergency contraception. This is lower than the 24% reporting this in the wider sample.
  - 57% of the Somerset sample said that they had a regular paid job during term time compared with 37% of the wider sample.

# Questions included across different versions of the questionnaire

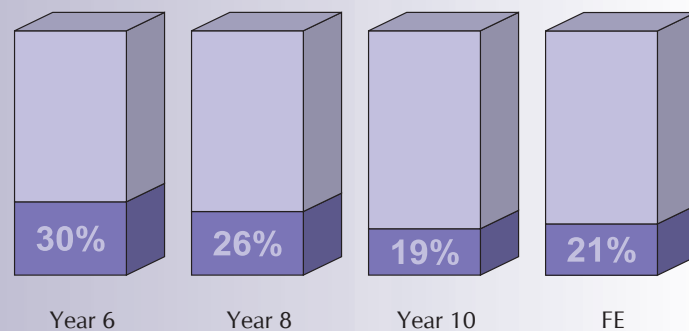
## Cross-phase data

The following is a selection of data relating to the set of questions found in the primary and secondary versions of the questionnaire. It is always interesting to see how young people change as they grow up.

## HEALTHY EATING

### Five a day?

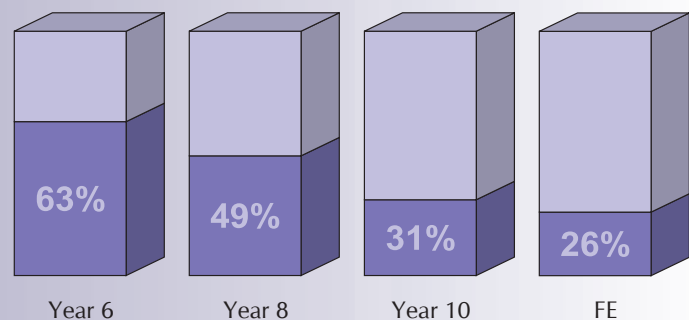
- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils. 30% of Year 6 pupils compared with 26% of Year 8 and 19% of Year 10 pupils. 21% of students in the FE sample said the same.



- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 8%; Year 8 girls 16% and 23% Year 10 girls.
- There is an increase with age for pupils having fizzy drinks 'on most days'. 12% of Year 6 boys, 17% of Year 8 and 19% of Year 10 boys. 20% of boys in the FE survey also reported this.

### Happy with weight?

- Primary aged girls were more likely to report being happy with their weight as it is: Year 6 girls 63%; Year 8 girls 49%; Year 10 girls 31% and 26% of girls in FE.

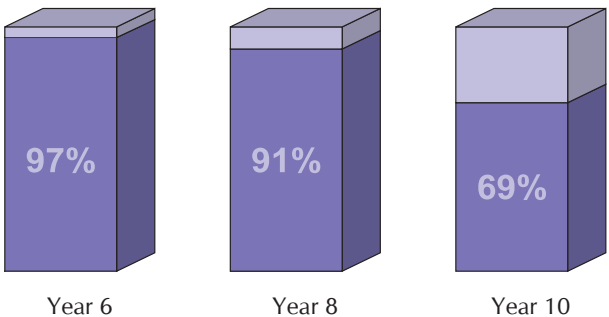


- 34% of Year 6 girls said they would like to lose weight compared with 48% of Year 8, 65% of Year 10 girls and 71% of girls in FE.
- 29% of Year 6 boys said they would like to lose weight compared with 30% of Year 8, 26% of Year 10 and 28% of boys in the FE sector.

## TOBACCO

### Have never smoked at all

- 97% of the Year 6 pupils said they have never smoked at all. 91% of Year 8 pupils and 69% of Year 10 pupils said the same.

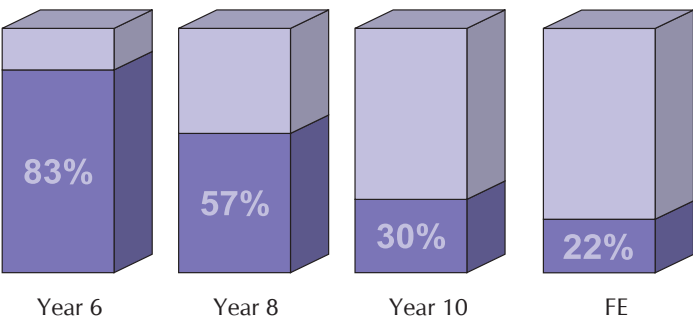


- 33% of primary pupils said that they have a parent or carer who smokes. 37% of Year 8 and 39% of Year 10 said the same.
- 19% of students in FE said that they currently smoke cigarettes or roll-ups. 59% of FE students said that no one ever smokes at home.

## ALCOHOL

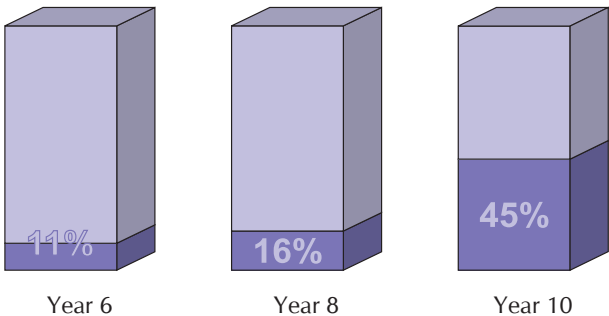
### Have you had an alcoholic drink?

- 83% of the Year 6 pupils said they don't drink alcohol. 57% of Year 8 and 30% of Year 10 pupils said they never drink alcohol. 22% of FE students said they don't drink alcohol.



## ILLEGAL DRUGS

- 11% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 16% of Year 8 and 45% of Year 10 pupils said the same.

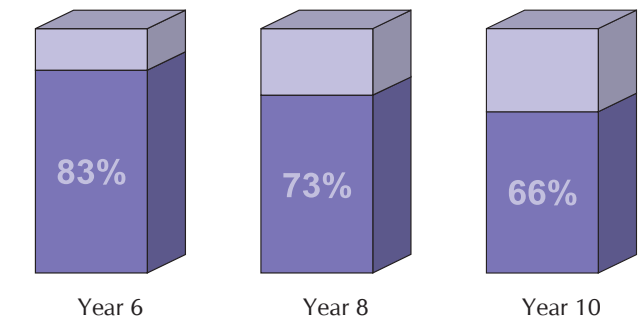


- 1% of Year 6 pupils said they have been offered cannabis. 4% of Year 8 and 22% of Year 10 pupils said the same.
- 25% of FE students said that they had taken cannabis.

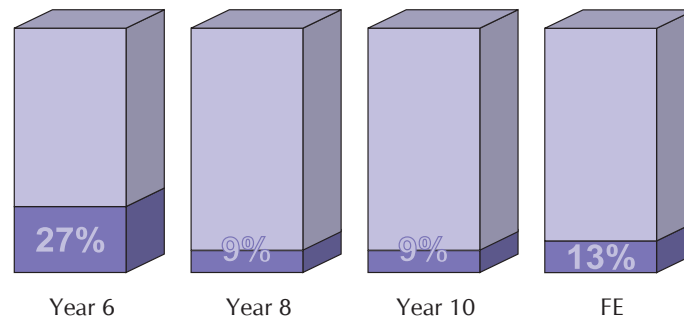


PHYSICAL ACTIVITY

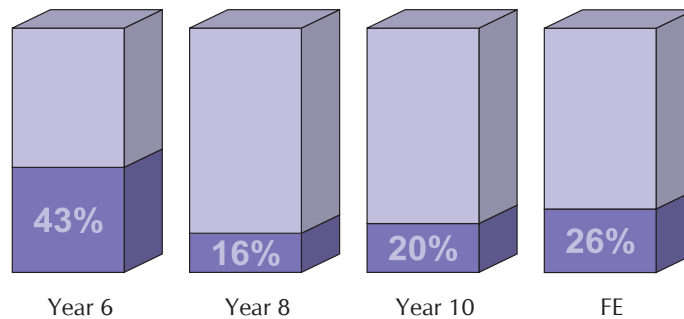
- 83% of Year 6 pupils said they enjoy physical activities. 73% of Year 8 and 66% of Year 10 pupils said the same.



- 27% of Year 6 girls exercised hard at least 5 times last week. 9% of Year 8 and 9% of Year 10 girls said this for at least 5 days last week. 13% of girls in the FE sector said they exercised at least 5 times last week.

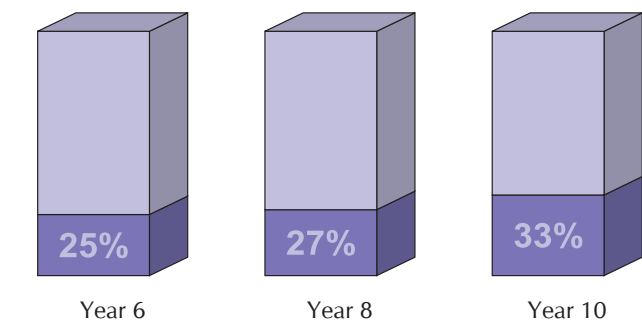


- 43% of Year 6 boys exercised hard at least 5 times last week, 16% of Year 8 and 20% of Year 10 boys said this for at least 5 days last week. 26% of boys in the FE sector said they exercised at least 5 times last week.



INTERNET SAFETY

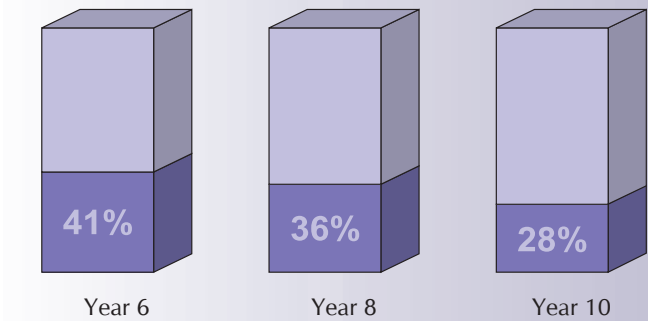
- 93% of pupils in Year 6 said they have been told how to stay safe online. 91% of Year 8 and 91% of Year 10 said the same.
- 14% of Year 6 boys had received a scary or nasty chat message which upset them. 14% of Year 8 boys and 16% of Year 10 boys said the same.
- 25% of Year 6 girls had received a scary or nasty chat message which upset them. 27% of Year 8 girls and 33% of Year 10 girls said the same.



EMOTIONAL HEALTH & WELL BEING

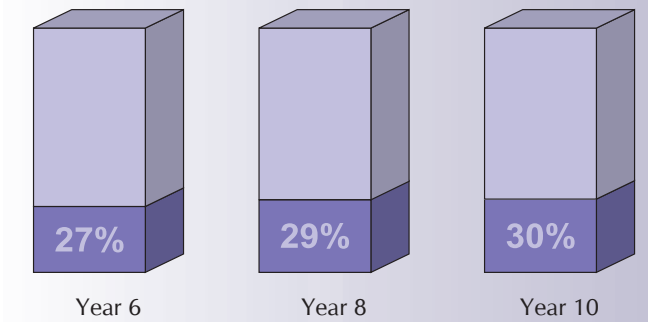
Are you ever afraid of going to school because of bullying?

- 41% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 36% in Year 8 and again 28% in Year 10.



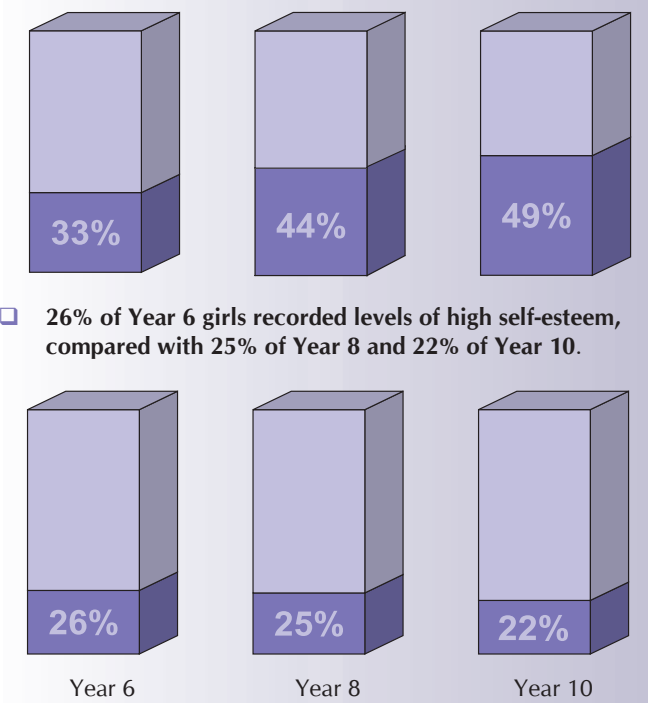
How much do you worry about problems?

- 40% of Year 6 pupils said they worried about school tests 'quite a lot' or 'a lot', this rises to 44% of secondary pupils. 38% of secondary pupils worried about the way they looked, only 19% said the same in the primary survey.
- 27% of Year 6 pupils said they worried about family problems 'quite a lot' or 'a lot', 29% of Year 8 and 30% of Year 10 pupils said the same.



Self-esteem

- 33% of Year 6 boys recorded levels of high self-esteem, compared with 44% of Year 8 and 49% of Year 10.
- 26% of Year 6 girls recorded levels of high self-esteem, compared with 25% of Year 8 and 22% of Year 10.



# Inequalities

Information is collected about social identities among pupils in Somerset. We have done some analysis to see if the behaviours we see among young people in the county are different if they are to be found under one of the social identity headings shown in the table below. We show the percentage results for Year 10 pupils.

Not all differences show statistical significance; sample size is a factor.

In the table below, highlighted figures are significantly different from the group average, key shown below.

## Inequalities in Somerset

Year 10 pupils with different circumstances, compared with the whole Year 10 Somerset sample

	All Year 10s in Somerset	Ethnic minority	Young Carer	Children in care	Single- parent family	Special educational needs	Long- term illness	Free school meals	Armed forces family
Eat 5-a-day	19	22	12	6	15	19	20	12	23
Eat sweets on most days	34	33	20	28	31	31	36	32	35
Ever tried smoking	31	44	35	50	39	34	34	42	34
Drank last week	24	24	27	28	26	26	31	23	35
Ever taken drugs	9	12	4	28	12	13	12	11	13
7+ hours exercise/week	4	3	6	6	3	4	5	5	6
High self-esteem	39	31	30	55	38	30	34	33	35
Bullied at school last year	25	23	45	22	30	42	35	33	26
Worry about money	21	23	39	11	32	27	29	27	21
Sexually active	20	22	29	55	25	26	25	25	25
Can find free condoms	66	64	71	82	71	67	67	68	67
Enjoy most school lessons	74	72	69	79	66	69	69	73	77
Listened to at school	56	56	56	47	49	66	53	56	58
Intend FTE after Y11	55	74	47	57	51	43	49	50	57
In this school people with different backgrounds are valued	44	44	48	20	37	39	46	38	36
I know my own targets and I am helped to meet them	61	60	68	45	57	58	59	59	53
The school cares whether I am happy or not	30	26	24	25	21	29	29	23	30
Pupils' views make a difference in school	51	56	42	40	43	57	48	55	52
Have an adult confidant	66	63	64	65	62	63	64	66	56
Sample size (N)	2283	199	50	20	424	184	306	253	81

Shaded figures are statistically significantly different from the whole Year 10 Somerset figure in the same row. This assessment depends on the size of the difference and the size of the sample in that column. The key shows the level of statistical significance, and the darker shading shows a higher level.

Significance testing	42	$p < 0.05$
KEY	42	$p < 0.01$

N.B. The small Armed Forces family sample was not different enough on any measure to be judged significantly different. If these results were seen in a larger sample, many of them would be shown as significant.

# Districts

For most questions in the survey, pupils across Somerset gave similar answers to each other. The following are a selection of interesting statistically significant differences for pupils in each district when compared with the overall Somerset County results.

## Mendip

### Primary

- ✓ Physical activities at least weekly (96% vs. 93%)
- ✓ More likely to cook in school lessons (27% vs. 22%)
- ✓ Will talk to an adult if they have problems (92% vs. 88%)
- ✗ Travelled to school by car (54% vs. 49%)
- ✓ Eat fresh fruit 'on most days' (66% vs. 62%)

### Secondary

- ✓ Watched TV last night (51% vs. 75%)
- ✗ Rated their safety at school as good/very good (48% vs. 71%)
- ✗ Did homework the day before (48% vs. 65%)
- ✗ Know someone who takes drugs to get high (47% vs. 31%)
- ✗ Have been offered cannabis (21% vs. 13%)
- ✓ Know who their school nurse is (59% vs. 47%)
- ✗ Feel happy talking to other pupils at school (67% vs. 74%)
- ✓ Played computer games the night before (35% vs. 51%)

## Sedgemoor

### Primary

- ✓ Teachers have talked with them about growing up (50% vs. 41%)
- ✓ Get their e-safety information from school (83% vs. 77%)
- ✗ Washed their hands before lunch yesterday (59% vs. 63%)
- ✓ Year 6 parents/carers have talked with them about drugs (29% vs. 25%)
- ✗ Don't wear a safety helmet when cycling (27% vs. 23%)

### Secondary

- ✗ Never heard of the Somerset Condom Card (51% vs. 44%)
- ✗ Parent/carer smokes (44% vs. 38%)
- ✗ Eat vegetables 'on most days' (53% vs. 59%)
- ✓ Had an alcoholic drink in last 7 days (13% vs. 17%)
- ✗ Enjoy physical activities 'quite a lot/a lot' (63% vs. 69%)
- ✗ Say their safety going out after dark is poor (21% vs. 17%)
- ✗ Eat fresh fruit 'on most days' (47% vs. 51%)
- ✗ Have learned about STIs from school lessons (70% vs. 75%)

## South Somerset

### Primary

- ✗ Had school food for lunch the day before (16% vs. 21%)
- ✓ Swim weekly in their own time (47% vs. 42%)
- ✓ Washed their hands before lunch yesterday (68% vs. 63%)
- ✗ Travelled to school by car (53% vs. 49%)
- ✗ Worried about crime (32% vs. 28%)
- ✓ Help with cooking at home (89% vs. 86%)

### Secondary

- ✓ Know someone who takes drugs to get high (25% vs. 31%)
- ✓ Have learned about contraception from school lessons (75% vs. 70%)
- ✓ Have a health clinic in their school (52% vs. 46%)
- ✓ Work is marked so they can see how to improve it (69% vs. 64%)
- ✓ Know where to get condoms free of charge (51% vs. 46%)
- ✗ Think school takes bullying seriously (54% vs. 58%)
- ✓ Took one of the drugs listed last month (1% vs. 3%)

## Taunton Deane

### Primary

- ✓ More likely to walk to school (43% vs. 37%)
- ✗ Less likely to cook in school lessons (14% vs. 22%)
- ✓ Teachers have talked with them about growing up (46% vs. 41%)
- ✓ Use the Internet for schoolwork (65% vs. 60%)
- ✗ Find playtimes boring (13% vs. 10%)

### Secondary

- ✓ Think school takes bullying seriously (68% vs. 58%)
- ✓ Parents smoke (30% vs. 38%)
- ✓ Want to stay on in full-time education after Year 11 (51% vs. 45%)
- ✗ Know how to get to see their school nurse (54% vs. 61%)
- ✗ Had high self-esteem (41% vs. 45%)
- ✓ Eat vegetables 'on most days' (65% vs. 59%)
- ✓ Feel afraid to go to school because of bullying (26% vs. 31%)
- ✓ Enjoy physical activities (74% vs. 69%)

## West Somerset

### Primary

- ✓ Less likely to travel to school by car (38% vs. 48%)
- ✓ More likely to cook in school lessons (33% vs. 22%)
- ✓ Year 6 Teachers have talked with them about drugs (29% vs. 21%)
- ✗ Didn't have any lunch the day before (3% vs. 1%)
- ✗ Place where they can get school lunch is friendly (24% vs. 31%)

### Secondary

- ✓ Have never heard of the Somerset C&SH (58% vs. 72%)
- ✗ Think school takes bullying seriously (49% vs. 58%)
- ✗ Want to stay on in full-time education after Year 11 (38% vs. 45%)
- ✓ Know who their school nurse is (54% vs. 46%)
- ✓ Have been offered cannabis (8% vs. 13%)
- ✗ Said they never drink alcohol (36% vs. 43%)
- ✓ Have learned about STIs from school lessons (80% vs. 75%)
- ✗ If they don't succeed they will ask for help (33% vs. 39%)

# The Way Forward - over to you

The survey was commissioned by Somerset Council's Public Health Team and coordinated by the Somerset Health and Wellbeing in Learning Programme as a way of collecting robust information about young people's lifestyles.

Thank you to all the Headteachers, staff and young people for their time and contributions to this survey. The Somerset Children and Young People Survey has been an integral piece of work in providing information that will assist schools and the local authority in managing the outcomes and impact of Somerset's Children and Young People's Plan. It will also act as a resource to help schools establish appropriate curriculum development particularly in PSHE and provide data to support the Somerset Health and Wellbeing in Learning Programme.

## ***Somerset Schools who took part in the survey:***

Ash CE Primary School, Ashill Community Primary School, Axbridge CE First School, Baltonsborough CE Voluntary (VC) Primary School, Bishops Hull Primary School, Blackbrook Primary School, Brookside Community Primary School, Cannington CE Primary School, Castle Cary Community Primary School, Castle Primary School, Catcott Primary School, Charlton Mackrell CE Primary School, Chilthorne Domer Church School, Combe St. Nicholas CE VA Primary School, Cotford St. Luke Primary School, Creech St. Michael CE Primary School, Croscombe CE Primary School, Crowcombe CE VA Primary School, Curry Mallet CE Primary School, Curry Rivel CE VC Primary School, Danesfield CE Voluntary (VC) Community Middle School, Dulverton Middle and Community School, Eastover Community Primary School, Elmhurst Junior School, Exford CE First School, Greenfylde CE First School, Hambridge Community Primary School, Haselbury Plucknett CE First School, Hemington Primary School, Hinton St. George CE School, Horrington Primary School, Horsington CE Primary School, Hugh Sexey CE Middle School, Huish Episcopi Primary School, Ilchester Community School, Kingsbury Episcopi Primary School, Kingsmoor Primary School, Langford Budville CE Primary School, Lydeard St. Lawrence Community Primary School, Lyngford Park Primary School, Maiden Beech Academy, Manor Court Community Primary School, Mark CE VC First School, Mells CE First School, Merriott First School, Milverton Community Primary School, Minehead First School, Minehead Middle School, Nether Stowey CE Primary School, North Cadbury CE Primary School, North Petherton Primary School, North Town Primary School, Norton Fitzwarren CE Voluntary (VC) Community School, Oake, Bradford and Nynehead VC Primary School, Oakfield School, Priorswood Primary School, Puriton Primary School, Somerset Bridge Primary School, St. Bartholomew's CE First School, St. Benedict's Catholic Primary School, St. Cuthbert's CE Junior School, St. Dubricius CE VA School, St. Gildas Catholic Primary School, St. James Church School, St. John's CE Primary School, St. John's CE VA First School, Frome, St. Joseph's Catholic Primary School, Bridgwater, St. Margaret's School, Tintinhull, St. Mary's Voluntary (VC) CE Primary School, St. Michael's CE First School, St. Paul's CE VC Junior School, Staplegrove CE Primary School, Stogumber CE Primary School, The Redstart Primary School, The Three Saints Federation Primary School, Thurlbear CE Primary School, Trinity CE First School, Vallis First School, Walton CE Voluntary (VC) Primary School, Westonzoyland Community Primary School, Westover Green Community School, Wookey Primary School,

Bishop Fox's School, Bridgwater Academy, Bucklers Mead Academy, Chilton Trinity, Court Fields Community School, Danesfield CE Voluntary (VC) Community Middle School, Dulverton Middle and Community School, Elmwood School, Frome Community College, Heathfield Community School, Holyrood Academy, Hugh Sexey CE Middle School, Kingsmead Academy, Maiden Beech Academy, Minehead Middle School, Oakfield School, Richard Huish College, Robert Blake Science College, St. Dunstan's School, Stanchester Academy, Strode College, The Castle School, The King Alfred School, The West Somerset Community College, Wadham School, Westfield Community School and Yeovil College.

## ***For further information about the survey contact:***

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