

Supporting the Health of Young People in Somerset

A summary report of the Somerset Children and Young People Survey 2018

These results were collected from a sample of primary pupils aged 8 to 11 and secondary pupils aged 12 to 15 in the spring and summer terms 2018.

The survey was commissioned by Somerset's Public Health team 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 7302 pupils and students took part in 74 infant and primary and 26 middle and secondary schools 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 6 and 7 of this

document, so that behaviour can be seen across the age range.

Trend Results

Where space allows throughout the report 2016 figures are shown in brackets () for comparison. Some statistically significant differences between the 2018 and 2016 data sets are shown on page 8 alongside 2014 figures for trend comparison.

District data

A selection of statistically significant differences between district results for primary and secondary pupils are shown on page 9.

7302 young people aged 8 to 16+ are reported on here:

School Year	Year 4	Year 6	Year 8	Year 10	Total
Boys	851	892	939	882	3564
Girls	820	896	980	936	3632
Total	1672	1788	1960	1882	7302

Reference sample

Somerset data have been compared with a compilation of survey areas that have completed similar versions of the questionnaire. These areas include Bath & NE Somerset, Barking & Dagenham, Bedfordshire, Camden, Cornwall, Devon, Ealing, East Sussex, Essex, Greenwich, Islington, Kingston, Knowsley, Leicester City, Surrey, Sunderland, Newcastle, Northampton, Redcar 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

TOPICS INCLUDE:

Background

Drugs, Alcohol and Tobacco

Emotional Health and Wellbeing

Healthy Eating

Leisure

Physical Activity

Safety

School and Career

Relationships and Sexual Health

SHEU



WWW.SOMERSET.GOV.UK



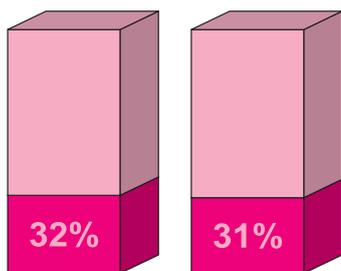
Somerset Primary school pupils in Years 4 - 6 (ages 8 - 11)

BACKGROUND

- 87% (89%) describe themselves as White British. 3% (4%) describe themselves as other white, 1% (1%) describe themselves as Irish and 1% (1%) describe themselves as Black British.

HEALTHY EATING

- 3% (3%) of pupils in the survey had nothing for breakfast; while another 6% (7%) had at most a drink for breakfast. 16% (18%) said they had fruit for breakfast on the day of the survey.
- 31% (33%) of pupils had cereal for breakfast, 8% (9%) had sugar-coated cereal and 29% (29%) had toast or bread on the morning of the survey. 3% (3%) had an energy drink.
- Pupils were asked to identify, from a list, the foods which they ate 'on most days'. 69% (68%) of pupils said they have fresh fruit and 59% (61%) said vegetables. 34% (29%) said crisps and 29% (25%) said sweets 'on most days'.

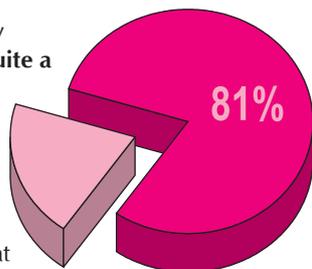


- 32% (34%) of boys and 31% (36%) of girls said they had five or more portions of fruit and vegetables on the day before the survey, 8% (7%) had eaten none.

- 45% (41%) of pupils said that they 'rarely or never' ate fish or fish fingers. 39% (35%) said they 'rarely or never' had salads.
- 8% (7%) said that they had no water to drink during the day yesterday. 35% (33%) said that they had at least a litre of water to drink yesterday.
- 28% (26%) of boys and 29% (31%) of girls said they would like to lose weight.
- 78% (79%) of boys and 84% (83%) of girls cleaned their teeth at least twice the day before the survey (the recommended frequency).

PHYSICAL ACTIVITY

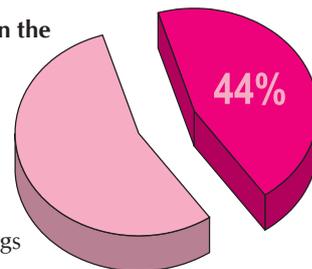
- 81% (84%) of pupils said they enjoyed physical activities 'quite a lot' or 'a lot'.
- 71% (74%) of boys and 64% (66%) of girls thought they were 'fit' or 'very fit'.
- 45% (42%) of boys and 35% (33%) of girls exercised hard at least 5 times the previous week.
- 57% (56%) of pupils walk at least once a week, 57% (53%) do 'keep fit' and 67% (67%) run (races or tag) at least once a week.
- 86% of pupils got at least 8 hours sleep the night before; 57% went to sleep soon after going to bed.



DRUGS, ALCOHOL AND TOBACCO

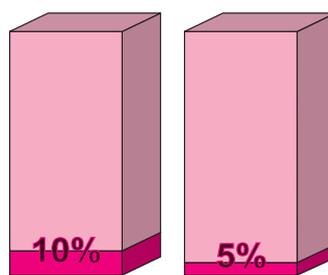
Drugs

- 44% (43%) of Year 6 pupils in the survey said they have talked with their parents about drugs.
- 14% (12%) of Year 6 pupils reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.
- 1% (2%) of Year 6 pupils said they have been offered cannabis. 1% (1%) have been offered other drugs.



Alcohol

- 10% (8%) of boys and 5% (2%) of girls in Year 6 reported drinking alcohol on at least one day in the week leading up to the survey.
- 3% (1%) of pupils reported drinking alcohol on more than one day in the week leading up to the survey.
- 2% (1%) of pupils drank beer or lager and 2% (2%) said they drank cider in the week before the survey.
- 14% (10%) of Year 6+ pupils responded that they drink alcohol and their parents 'always' know, while 1% (1%) said they 'usually' know.
- 1% (1%) of Year 6+ pupils responded that they drink alcohol and their parents 'never' or only 'sometimes' know.



Tobacco

- 1% of Year 6 in the survey said that they may smoke when they are older, 11% said they didn't know.
- 30% (29%) of pupils said that they had a parent/carer who smoked. 8% (8%) said someone smoked at home in rooms that they use.

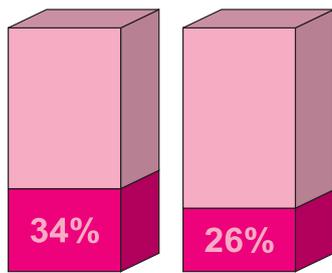
PUBERTY AND GROWING UP

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

Year 6	Boys	Girls
Parents	66%	80%
Teachers	59%	63%
Friends	16%	23%
Brothers or sisters	15%	17%
Other close relatives	11%	15%

- 16% (14%) of boys and 24% (24%) of girls reported that they worried 'quite a lot' or 'a lot' about the way they look.
- 14% (11%) of boys and 19% (19%) of girls said they worried 'quite a lot' or 'a lot' about growing up.
- 51% (54%) feel that they know enough, 38% (35%) are not sure and 11% (11%) said they don't know enough about how their body changes as they get older.

EMOTIONAL HEALTH & WELL-BEING

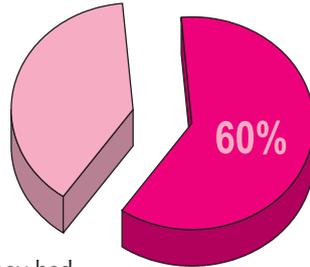


- 34% (32%) of boys and 26% (26%) of girls had a high self-esteem score.
- 7% (6%) of pupils had very low self-esteem scores.

- 77% (76%) of pupils said they worried 'quite a lot' or 'a lot' about at least one of the items listed in the questionnaire.

SAFETY

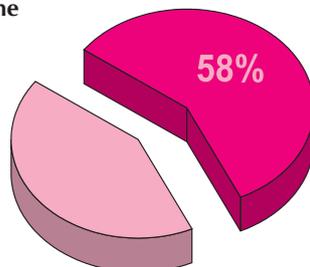
- 9% (11%) of pupils reported that they felt **afraid of going to school because of bullying** 'often' or 'very often'. 31% (33%) said 'sometimes' while **60% (56%) said 'never'**.



- 27% (31%) of boys and 27% (28%) of girls reported they had been bullied at or near school in the last 12 months.
- 65% (64%) of pupils said that their school takes bullying seriously, 12% (13%) said it didn't.
- 13% (15%) of pupils reported that they thought they were bullied because of the way they looked and 10% (11%) because of their size or weight.
- 2% (3%) thought they were bullied because of their race, colour or religion.
- 47% (43%) said when a friend wants them to do something they don't want to do, they can 'usually or always' say no; 20% (23%) said they could 'rarely' or 'never' say no.
- 32% (32%) said they have had an accident in the last 12 months that was treated at a hospital or by a doctor.

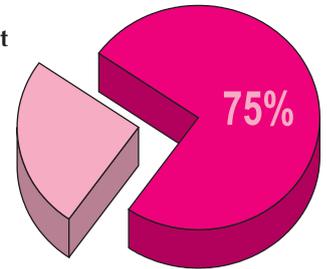
INTERNET

- 83% (81%) of pupils said that they have used the Internet at home in the last month; 49% (51%) had used it on a mobile device.
- 20% (24%) of boys and 25% (25%) of girls in Year 6 said they post messages on their social network page.
- 58% of pupils said they use the Internet for playing games (including chatting).**
- 38% of pupils use social networking sites 'often' or 'very often'.
- 28% (29%) of boys and 25% (23%) of girls have seen images or videos online that were for adults only.
- 31% (33%) of girls have seen images or videos online that had upset them.
- 20% (20%) of pupils said that they had received a chat message that has made them scared/upset. 17% (15%) said they had posted a comment that they wished they hadn't.
- 91% (93%) of pupils said they have been told how to stay safe while using the Internet, Facebook etc.



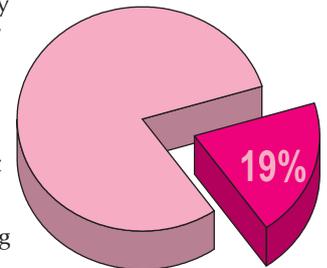
SCHOOL

- 58% (62%) of boys and 63% (63%) of girls said that their school cared whether they were happy or not.
- 90% (90%) said their work was marked so they could see how to improve it.
- 68% (69%) said their school helps them to work as part of a team.
- 75% (72%) of pupils said that their school encourages everyone to take part in decisions e.g. class discussion or school council.**
- 37% (42%) of pupils said they did homework after school yesterday.
- 56% (56%) of pupils would share a bullying problem with their parent(s) and 23% (23%) said a teacher first; 12% (10%) would keep the problem to themselves.



LEISURE

- 64% (61%) of boys and 28% (26%) of girls said they played computer games (including consoles) after school yesterday.
- 36% (41%) of pupils said they spent time reading a book for pleasure after school yesterday.
- 19% (20%) of pupils said they went to a club the night before.**
- 34% (41%) spent time playing sport and 39% (40%) played with friends after school yesterday.



DIFFERENCES BETWEEN THE SOMERSET 2018 SURVEY AND THE SHEU WIDER SAMPLE

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

- ✓ Primary pupils in Somerset are more likely to report being physically active on at least 5 days the previous week compared with the wider SHEU sample; 40% in Somerset vs. 26% of the SHEU sample.
- ✓ 90% of pupils in Somerset said their work is marked so they can see how to improve it compared with 84% of the wider sample.
- ✓ 74% of pupils in Somerset said they set their own targets and are helped to meet them compared with 68% of the wider sample.
- ✓ 46% of pupils in Somerset said they played computer games last night compared with 65% of the wider sample.
- ✗ 40% of Somerset pupils said they were afraid of going to school because of bullying at least 'sometimes' compared with 35% of the wider sample.
- ✗ 27% of pupils in Somerset said they had been bullied at or near school in the last 12 months compared with 21% of pupils in the wider sample.
- ✗ 30% of pupils in Somerset recorded levels of high self-esteem compared with 35% of the wider sample.
- ✗ 30% of pupils in Somerset said their parents/carers smoked compared with 22% of the wider sample.

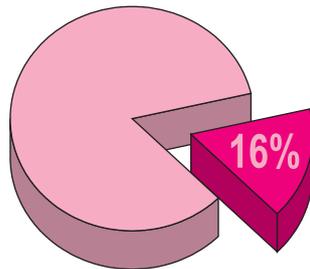
Somerset Secondary school pupils in Years 8 and 10 (ages 12-15)

BACKGROUND

- 62% (60%) of all pupils in the survey live with both parents. 14% (15%) said mainly or only mum.
- 86% (89%) of pupils described themselves as White British. 5% (5%) said other White and 2% (2%) described themselves as mixed.
- 10% (10%) of pupils said that they had a special educational need or learning difficulty.

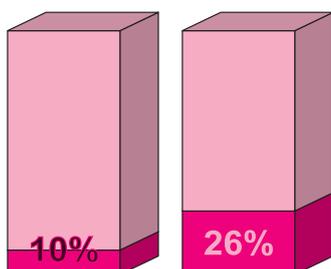
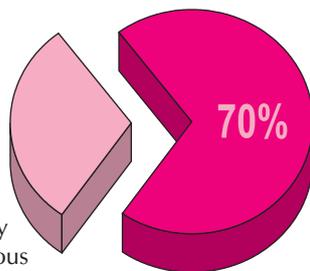
HEALTHY EATING

- 16% (15%) of pupils [14% (12%) of boys and 18% (18%) of girls] said they had nothing to eat or drink for breakfast.
- 13% (10%) of boys and 4% (4%) of girls in the survey would like to put on weight. 27% (28%) of boys and 50% (53%) of girls said they would like to lose weight.
- 14% (13%) of pupils in the survey had no lunch the day before. 28% (23%) had a school lunch and 3% (2%) bought lunch from a takeaway or shop. 52% (59%) said they had a packed lunch.
- 26% (26%) said that they had at least 5 portions of fruit or vegetables the day before, while 7% (7%) had none at all.
- 8% (9%) of boys and 4% (5%) of girls said they 'rarely or never' eat fresh fruit, 26% (24%) said this of salad.



PHYSICAL ACTIVITY

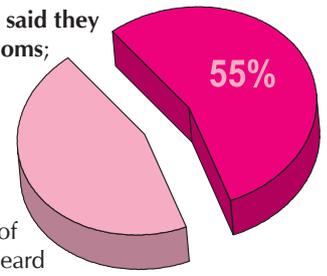
- 70% (70%) of pupils [77% (78%) of boys and 64% (62%) girls] said that they enjoy physical activities 'quite a lot' or 'a lot'.
- 40% (39%) of pupils said that they did some physical activity on at least 5 days in the previous week; 5% (6%) said they did none at all.
- 15% (14%) of pupils said that they exercised hard on at least 5 days in the previous week hard enough to get out of breath and sweaty; 25% (25%) said none at all.
- When asked about barriers to exercise, 32% (31%) of pupils said that they didn't have time. 9% (10%) of pupils said transport was a problem and 15% (15%) said they weren't comfortable about how they look.



- 10% (8%) of boys and 26% (26%) of girls said they feel shy in front of others.

RELATIONSHIPS AND SEXUAL HEALTH

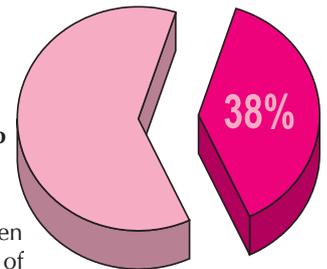
- 55% (67%) of Year 10 pupils said they know where to get free condoms; 22% (25%) of Year 8 said the same.
- 26% (38%) of Year 10 pupils know how to access the Somerset condom card scheme; another 33% (38%) of Year 10 pupils have at least heard of it but don't know much about it/where to access it. 41% (25%) of Year 10 pupils said they have never heard of the scheme.
- 85% of Year 10 pupils said that they have never heard of the Swish service; 2% of pupils said they have used the service.
- 83% (85%) of Year 10 and 47% (53%) of Year 8 pupils said they have learned about contraception from school lessons.
- 88% (90%) of Year 10 and 55% (62%) of Year 8 pupils said they have learned about sexually transmitted infections from school lessons.
- 50% (55%) of pupils thought that young people would like to access free condoms from the chemist; 20% (32%) said from a school health clinic.



DRUGS, ALCOHOL & TOBACCO

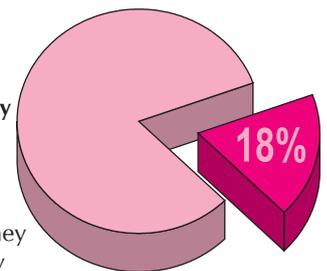
Drugs

- 38% (35%) reported they were 'fairly sure' or 'certain' that they knew someone who used drugs that were not medicines.
- 20% (16%) of pupils have been offered cannabis. 10% (12%) of pupils have been offered other illegal drugs.
- 3% (2%) of Year 8 and 14% (13%) of Year 10 pupils said they have taken some form of illegal drug themselves.
- 8% (7%) of Year 10 pupils said they have taken an illegal drug in the last month.



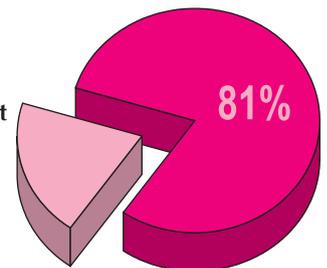
Alcohol

- 18% (16%) of pupils said they drank alcohol in the last 7 days. 5% (4%) had been drunk in the last 7 days.
- 9% (7%) of pupils said that they were bought/given alcohol by parents/carers in the last 7 days, 5% (5%) said friends/family over 18 had bought/given it to them.
- 3% (3%) of pupils said that their parents/carers never know if they drink alcohol.



Tobacco

- 81% (82%) of pupils said that they have never smoked at all.
- 5% of pupils said that they smoke at least once a week.
- 31% (33%) of pupils said their parents/carers smoked. 9% (10%) said that someone smokes at home in rooms that they use. 9% (9%) said that someone smokes in a car when they are in it.



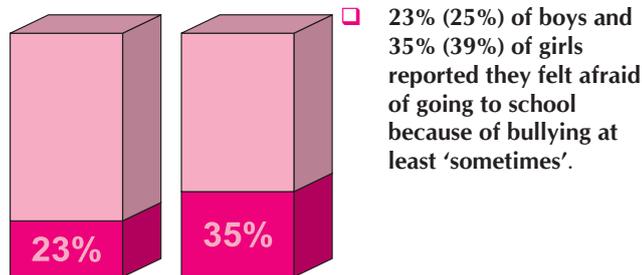
EMOTIONAL HEALTH & WELL-BEING

- 58% (62%) of pupils reported they are 'quite a lot' or 'very much' happy with their life at the moment.
- 44% (45%) of boys and 27% (25%) of girls had high self-esteem scores. 7% (6%) of pupils had very low self-esteem scores.
- 77% (78%) 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	36%	Exams and tests	58%
The future	29%	The way you look	50%
Family problems	22%	The future	47%

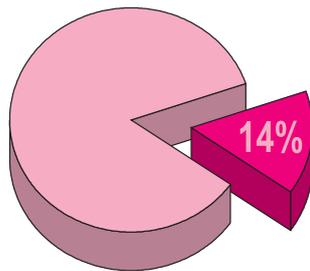
(The table shows the proportion of pupils worrying about listed problems 'quite a lot' or 'a lot')

SAFETY



- 23% (25%) of boys and 35% (39%) of girls reported they felt afraid of going to school because of bullying at least 'sometimes'.

- 25% (26%) of pupils, 25% (23%) of boys and 25% (28%) of girls, reported they had been bullied at or near school in the last 12 months.
- 15% (15%) of pupils said they had deliberately hurt or upset someone else at school in the last 12 months.
- 32% (39%) of pupils reported they think their school deals with bullying well, 23% (19%) said they didn't know and 4% (4%) said bullying wasn't a problem in their school. 41% (37%) said their school dealt with bullying 'badly' or 'not very well'.
- 51% (56%) of pupils said that their school takes bullying seriously.
- 14% (17%) of pupils rate the safety of their area when going out after dark as poor or very poor.** 7% (7%) of pupils said this about safety at school.
- 21% (20%) of pupils said that a boy/girlfriend had been angry or jealous when they wanted to spend time with friends; 16% (15%) said they kept checking their phone.
- 13% (12%) said a boy/girlfriend had used hurtful or threatening language towards them 7% (7%) [13% (8%) of Year 10 girls] said they had put pressure on them to have sex or do sexual things.



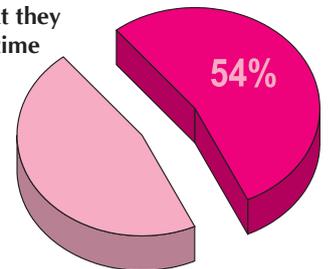
INTERNET SAFETY

- 92% (93%) of pupils said that they have been told how to stay safe online.
- 27% (28%) of pupils said that they chat online to people they don't know in real life.
- 23% (22%) of pupils [40% (40%) of Year 10 girls] said that someone they don't know has asked to see pictures of them online.

- 16% (22%) of Year 10 girls said they had sent sexual pictures of themselves to someone they know; 5% (4%) said they had sent them to someone they don't know.
- 19% (18%) of pupils said that someone they don't know has asked to meet with them. 6% (7%) said as far as they know this person was a lot older than them; 5% (5%) said they did meet them.
- 37% (37%) of boys said they have visited sites that promote pornography. 15% (17%) of girls said they had seen sites that promote extreme dieting

SCHOOL AND CAREER

- 40% (43%) of pupils enjoy 'all' or 'most' lessons at school; 15% (12%) said hardly any of them.
- 53% (55%) said their school encouraged everyone to take part in decisions. 41% (46%) said they set their own targets and were helped to meet them.
- 82% (85%) of pupils think it is important to go to school regularly; 8% (6%) didn't think it is important.
- 54% (62%) of pupils said that they would like to stay on in full-time education after they finish school.** 45% (43%) of pupils said that they would like to get a job as soon as they can.
- 49% (53%) said their school prepares them for when they leave school.
- 10% (10%) said they had missed school in the last 12 months because of worries about school.



DIFFERENCES BETWEEN THE SOMERSET 2018 SURVEY AND THE SHEU WIDER SAMPLE

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

- ✓ Secondary pupils in Somerset are more likely to report having 5+ portions of fruit and vegetables the day before compared with the wider SHEU sample; 26% of Somerset pupils said this compared with 22% of the SHEU sample.
- ✓ 39% of pupils in Somerset said they would like to lose weight compared with 44% of the wider sample.
- ✓ Secondary pupils in Somerset are more likely to report being physically active on at least 5 days the previous week compared with the wider SHEU sample; 41% in Somerset vs. 29% of the SHEU sample.
- ✓ 66% of pupils in Somerset had at least 8 hours sleep last night compared with 63% of the wider sample.
- ✓ 51% of pupils in Somerset said their school takes bullying seriously compared with 48% of the wider sample.
- ✓ 15% of pupils in Somerset said they had smoked (at least tried) compared with 18% of the wider sample.
- ✗ 18% of Somerset pupils said they drank alcohol last week. This is higher than the 12% seen in the wider sample.
- ✗ 25% of Somerset pupils said they had been bullied in the last 12 months. This is higher than the 19% seen in the wider sample.
- ✗ 35% of secondary pupils in Somerset recorded levels of high self-esteem compared with 41% seen in the wider sample.
- ✗ 27% of secondary pupils in Somerset had received a nasty online message compared with 20% in the wider sample.

Questions included across different versions of the questionnaire

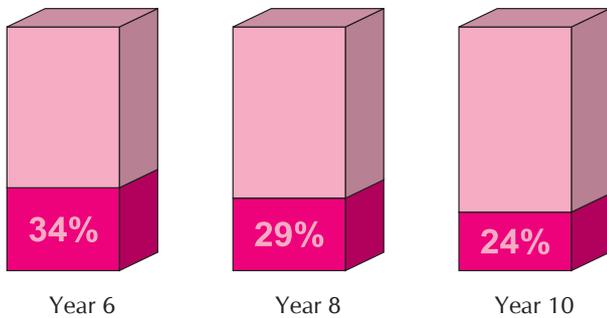
Cross-phase data

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?

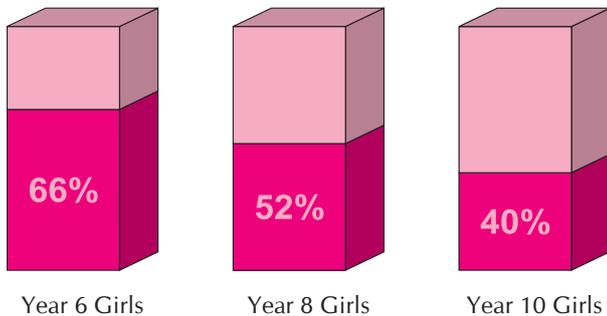
- Secondary school pupils are less likely to say that they had at least 5 portions of fruit and vegetables on the day before the survey, compared with primary aged pupils. 34% of Year 6 pupils compared with 29% of Year 8 and 24% of Year 10 pupils.



- Primary aged girls were less likely to report having nothing to eat or drink for breakfast: Year 6 girls 2%; Year 8 girls 16% and 20% Year 10 girls.
- There are similar proportions of pupils having non-diet fizzy drinks 'on most days'. 6% of Year 6 girls, 9% of Year 8 and 7% of Year 10 girls compared with 11% Year 6 boys, 12% Year 8 boys and a fall to 9% for Year 10 boys.

Happy with weight?

- Primary aged girls were more likely to report being happy with their weight as it is: Year 6 girls 66%; Year 8 girls 52% and Year 10 girls 40%.

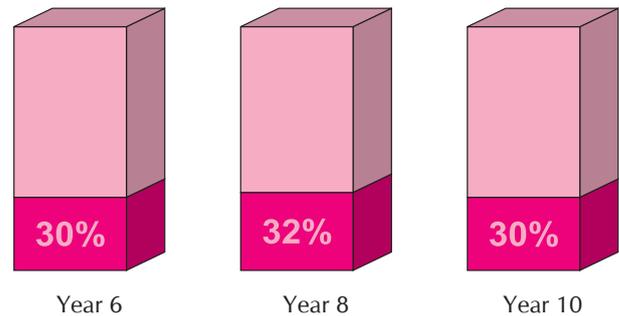


- 32% of Year 6 girls said they would like to lose weight compared with 45% of Year 8 and 55% of Year 10 girls.
- 28% of Year 6 boys said they would like to lose weight compared with 29% of Year 8 and 26% of Year 10 boys.

TOBACCO

Have a parent/carer who smokes

- 30% of primary pupils said that they have a parent or carer who smokes. 32% of Year 8 and 30% of Year 10 said the same.

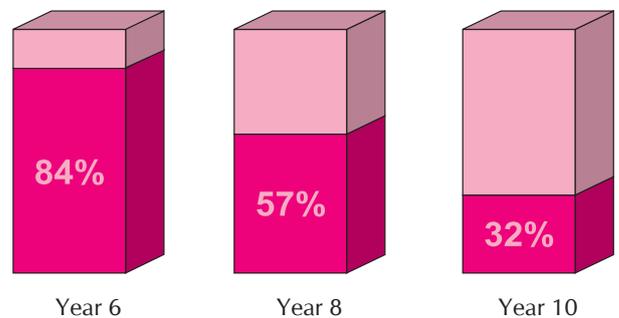


- 1% of Year 6 pupils said that they will smoke when they are older; 11% said they didn't know. 8% of Year 8 and 23% of Year 10 said they have smoked cigarettes.
- 8% of primary pupils said that someone smokes at home in rooms that they use. 8% of Year 8 and 10% of Year 10 pupils said the same.

ALCOHOL

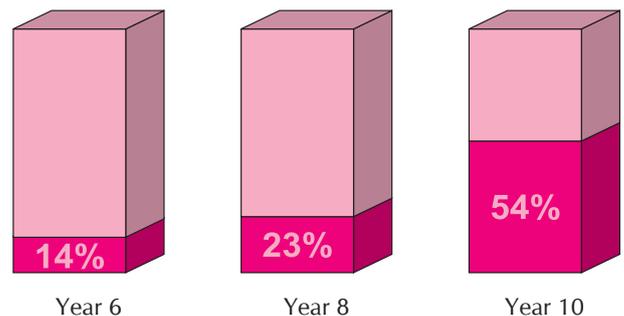
Have you had an alcoholic drink?

- 7% of the Year 6 pupils, 12% of Year 8 and 25% of Year 10 pupils said they drank alcohol last week.
- 84% of the Year 6 pupils said they don't drink alcohol. 57% of Year 8 and 32% of Year 10 pupils said they never drink alcohol.



ILLEGAL DRUGS

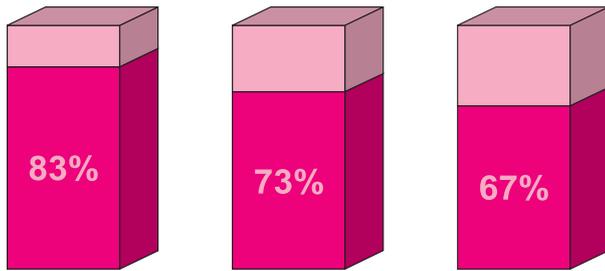
- 14% of Year 6 pupils said that they were 'fairly sure' or 'certain' that they knew someone personally who used drugs (not as medicines). 23% of Year 8 and 54% of Year 10 pupils said the same.



- 1% of Year 6 pupils said they have been offered cannabis. 10% of Year 8 and 31% of Year 10 pupils said the same.

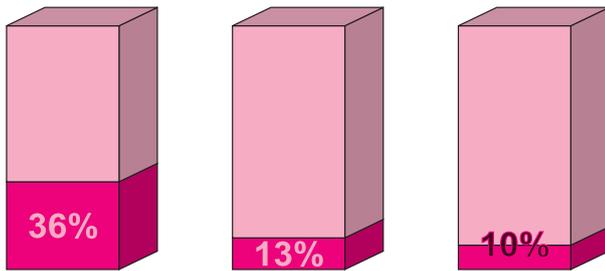
PHYSICAL ACTIVITY

- 83% of Year 6 pupils said they enjoy physical activities. 73% of Year 8 and 67% of Year 10 pupils said the same.



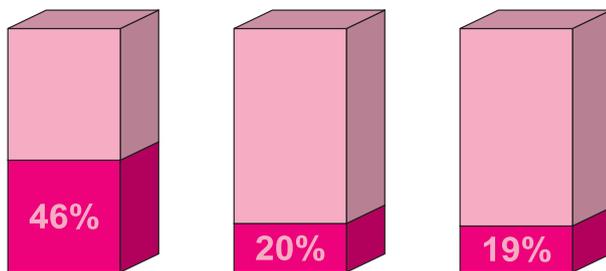
Year 6 Year 8 Year 10

- 36% of Year 6 girls exercised hard at least 5 times last week. 13% of Year 8 and 10% of Year 10 girls said this for at least 5 days last week.



Year 6 Girls Year 8 Girls Year 10 Girls

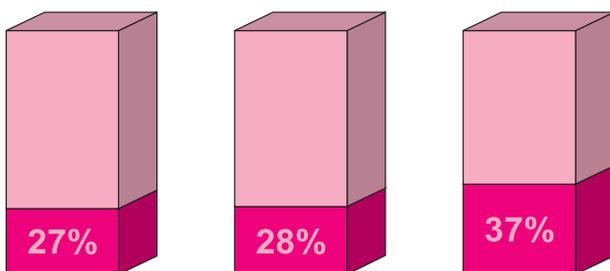
- 46% of Year 6 boys exercised hard at least 5 times last week, 20% of Year 8 and 19% of Year 10 boys said this for at least 5 days last week.



Year 6 Boys Year 8 Boys Year 10 Boys

INTERNET SAFETY

- 95% of pupils in Year 6 said they have been told how to stay safe online. 91% of Year 8 and 92% of Year 10 said the same.
- 16% of Year 6 boys had received a scary or nasty chat message which upset them. 19% of Year 8 boys and 25% of Year 10 boys said the same.
- 27% of Year 6 girls had received a scary or nasty chat message which upset them. 28% of Year 8 girls and 37% of Year 10 girls said the same.

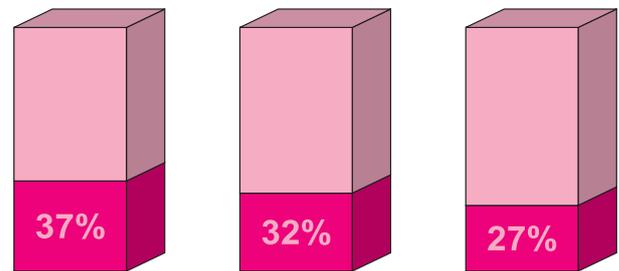


Year 6 Girls Year 8 Girls Year 10 Girls

EMOTIONAL HEALTH & WELL BEING

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

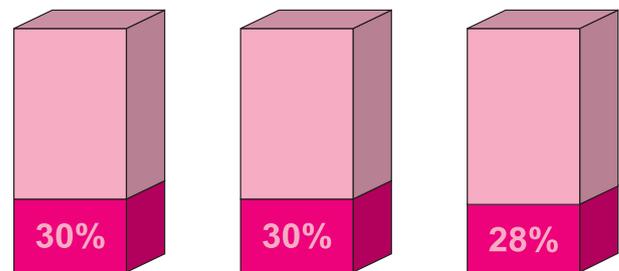
- 37% of Year 6 pupils said they felt afraid of going to school at least sometimes. This falls to 32% in Year 8 and again 27% in Year 10.



Year 6 Year 8 Year 10

How much do you worry about problems?

- 30% of Year 6 pupils said they worried about family problems 'quite a lot' or 'a lot', 30% of Year 8 and 28% of Year 10 pupils said the same.

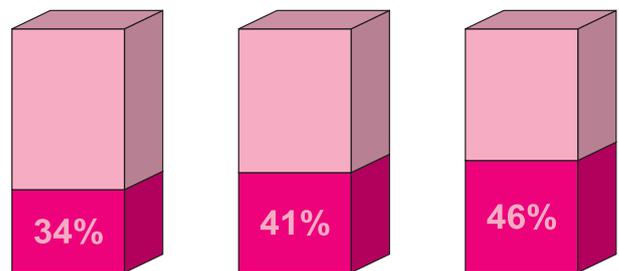


Year 6 Year 8 Year 10

- 39% of Year 6 pupils said they worried about school tests 'quite a lot' or 'a lot', this rises to 47% of secondary pupils. 36% of secondary pupils worried about the way they looked, only 20% said the same in the primary survey.

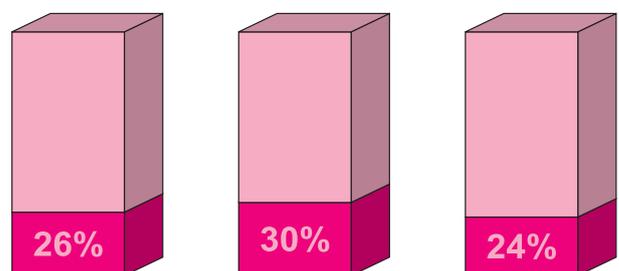
Self-esteem

- 34% of Year 6 boys recorded levels of high self-esteem, compared with 41% of Year 8 and 46% of Year 10.



Year 6 Boys Year 8 Boys Year 10 Boys

- 26% of Year 6 girls recorded levels of high self-esteem, compared with 30% of Year 8 and 24% of Year 10.



Year 6 Girls Year 8 Girls Year 10 Girls

Trends 2018 - (2016) - [2014]

The overall results for 2018 have been compared with the overall results for 2016 and 2014. Not all schools repeated in 2018 and some schools in the 2018 sample didn't survey in 2016 or in 2014. Where significant differences have been identified, this has been checked against just those repeat schools for 2016 to see if it is a real difference rather than just a difference in school sample. The following is a selection of the most statistically significant differences for the primary and secondary results, 2016 and 2014 figures shown in brackets (2016) [2014] where available:

PRIMARY Key: ■ Positive finding ■ Neutral finding ■ Negative finding

- 45% (63%) [63%] of pupils said that they use the internet for school work/homework.
- 38% (25%) [28%] of pupils said that they use internet chat rooms or social networking sites 'often' or 'very often'.
- 58% (68%) [76%] of pupils said that they use the internet for playing games.
- 82% (89%) [78%] of pupils said that they got e-safety information from school.
- 17% (14%) [14%] of pupils said that they have sent a chat message or comment which they later wished they had not written.
- 34% (41%) [41%] of pupils said that they spent time playing sport or doing other physical activity after school the day before.
- 81% (85%) [83%] of pupils said that they enjoy physical activities 'quite a lot' or 'a lot'.
- 27% (35%) of Year 6 pupils said that no one has talked with them about illegal drugs.
- 45% (37%) of Year 6 pupils said that their teachers have talked with them in school lessons about illegal drugs.
- 84% (88%) [83%] of Year 6 pupils said that they do not drink alcohol.
- 7% (5%) [6%] of Year 6 pupils said that they had an alcoholic drink (not just a sip) in the 7 days before the survey.
- 35% (40%) [35%] of pupils said that they worry about SATs/tests 'quite a lot' or 'a lot'.
- 31% (34%) [30%] of pupils said that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.
- 29% (25%) [29%] of pupils said that they eat sweets, chocolate, choc bars 'on most days'.
- 40% (44%) [44%] of pupils said that they feel afraid of going to school because of bullying at least 'sometimes'.
- 32% (28%) [32%] of pupils said that the place where they can get school lunch is friendly.
- 80% (83%) [85%] of pupils said that they feel happy talking to children at school.
- 43% (47%) [43%] of pupils said that their teachers have talked with them in school lessons about how their body changes as they grow up.

SECONDARY

- 38% (42%) [46%] of pupils said that they know where they can get condoms free of charge.
- 64% (54%) of pupils have learned about consent from school lessons.
- 38% (35%) [31%] of pupils said that they are 'fairly sure' or 'certain' they know someone who takes drugs to get high.
- 7% (5%) [4%] of pupils said that they have taken at least one of the drugs listed during the last year.
- 18% (16%) [17%] of pupils said that they had an alcoholic drink in the 7 days before the survey.
- 28% (23%) [22%] of pupils had a school lunch the day before the survey.
- 10% (6%) [12%] of pupils said that they have done things they later regret with alcohol or drugs, either in the past or 'sometimes'.
- 47% (52%) [47%] of pupils said that they would know where to go if they wanted information or support about alcohol or drugs.
- 20% (16%) [13%] of pupils said that they have been offered cannabis.
- 60% (55%) [51%] of pupils said that they eat fresh fruit 'on most days'.
- 43% (38%) [46%] of pupils said that they know who their School Nurse is.
- 60% (55%) [61%] of pupils said that they know how to get to see their School Nurse.
- 51% (56%) [58%] of pupils said that they think their school takes bullying seriously.
- 18% (21%) [26%] of pupils think they have been picked on or bullied because of their size or weight.
- 59% (62%) [65%] of pupils said that they are at least 'quite' happy with their life at the moment.
- 82% (85%) [88%] of pupils said that they think it is important to go to school regularly.
- 44% (48%) [54%] of pupils said that when something goes wrong they 'usually' or 'always' learn from it for next time.
- 66% (70%) [69%] of pupils said that they always follow the advice they have been given about how to stay safe online.
- 58% (54%) [52%] of pupils rated their safety when going out after dark as 'good' or 'very good'.
- 75% (72%) [75%] of pupils said that they spent time doing homework after school on the day before the survey.
- 40% (43%) [45%] of pupils said that they enjoy 'most' or 'all' of their lessons at school.

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

- ✓ More likely to cook in school lessons (36% vs. 24%)
- ✗ Teachers have talked with Year 6 about illegal drugs (33% vs. 45%)
- ✓ Happy with their weight as it is (75% vs. 68%)
- ✓ Go swimming at least 'once a week' in their own time (51% vs. 43%)
- ✓ Less likely to worry about family problems (25% vs. 31%)

Secondary

- ✓ Have exercised for an hour or more on at least 5 days in the 7 days before the survey (22% vs. 16%)
- ✓ Eat vegetables 'on more days' (72% vs. 66%)
- ✓ Know who their School Nurse is (52% vs. 43%)
- ✗ Have taken drugs to get high (16% vs. 8%)
- ✗ Less likely to say their parents 'always' know if they drink alcohol (52% vs. 63%)

Sedgemoor

Primary

- ✓ Teachers have talked with Year 6 about how their body changes as they grow up (54% vs. 43%)
- ✗ Exercised enough to breathe harder at least 5 times in the week before the survey (35% vs. 40%)
- ✗ Go swimming at least 'once a week' in their own time (51% vs. 43%)
- ✗ Less likely to cook in school lessons (20% vs. 24%)
- ✓ Feel they know about how their body changes as they get older (54% vs. 51%)

Secondary

- ✗ There is a health clinic in their school (24% vs. 41%)
- ✗ Know how to get to see their School Nurse (44% vs. 60%)
- ✗ Eat vegetables 'on most days' (56% vs. 66%)
- ✗ Got drunk in the 7 days before the survey (8% vs. 5%)
- ✗ More likely to chat to people who they don't know in real life on the internet (not friends of friends) (33% vs. 27%)
- ✓ Found school lessons about citizenship 'quite' or 'very' useful (25% vs. 19%)

South Somerset

Primary

- ✓ Where they can get school lunch is friendly (45% vs. 32%)
- ✓ Where they can get school lunch is crowded (40% vs. 47%)
- ✓ Playtimes and lunchtimes are friendly (64% vs. 56%)
- ✓ Year 6 think in their school, people with different backgrounds are valued (74% vs. 64%)
- ✗ Drink at least 'about a litre' of water on the day before the survey (30% vs. 35%)

Secondary

- ✗ There is a health clinic in their school (51% vs. 41%)
- ✓ Know how to get to see their School Nurse (68% vs. 60%)
- ✓ Have been offered cannabis (16% vs. 20%)
- ✗ At least 'sometimes' feel afraid of going to school because of bullying (34% vs. 30%)
- ✗ Have been bullied at or near school in the last 12 months (29% vs. 25%)
- ✓ If at first they don't succeed, they 'usually' or 'always' ask for help (43% vs. 39%)

Taunton Deane

Primary

- ✗ Less likely to cook in school lessons (16% vs. 24%)
- ✗ Teachers have talked with Year 6 about how their body changes as they grow up (37% vs. 43%)
- ✗ Think their school takes bullying seriously (60% vs. 65%)
- ✗ Where they can get school lunch is friendly (27% vs. 32%)
- ✗ Their parents/carers/family gave them e-safety information (56% vs. 60%)

Secondary

- ✓ Their work is marked so they can see how to improve it (70% vs. 65%)
- ✓ Someone smokes in a car when they are in it too (6% vs. 9%)
- ✓ Know what Swish services are, or have used them (5% vs. 3%)
- ✓ Rate their safety when going out after dark as 'good' or 'very good' (63% vs. 58%)
- ✗ Spent time doing homework after school on the day before the survey (72% vs. 75%)

West Somerset

Primary

- ✗ 'Fairly sure' or 'certain' that they know someone who uses drugs that are not medicines (24% vs. 14%)
- ✗ Parents/carers smoke (39% vs. 30%)
- ✗ Have been bullied at or near school in the last 12 months (35% vs. 27%)
- ✓ Go swimming at least 'once a week' in their own time (51% vs. 43%)
- ✓ More likely to cook in school lessons (31% vs. 24%)

Secondary

- ✓ Know what the Somerset Condom Card is, or have used it (23% vs. 14%)
- ✗ There is a health clinic in their school (29% vs. 41%)
- ✗ Enjoy 'most' or 'all' of their lessons at school (31% vs. 40%)
- ✓ Found school lessons about citizenship 'quite' or 'very' useful (26% vs. 19%)
- ✗ Feel supported by their teachers 'most of the time' or 'always' (38% vs. 45%)

The Way Forward - over to you

The survey was commissioned by Somerset Council's Public Health Team 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 C of E Primary School, Ashlands C of E First School, Avishayes Community Primary School, Beckington C of E First School, Berrow C of E Primary School, Bishops Hull Primary School, Bradford and Nynehead VC Primary, Bruton Primary School, Bruton School, for Girls, Burnham-on-Sea Infant School, Cambian Somerset School, Cannington C of E Primary School, Catcott Primary School, Chewton Mendip C of E VA Primary School, Chilthorne Domer Church School, Christ Church CofE First School, Combe St Nicholas C of E VA Primary School, Creech St Michael C of E Primary School, Cutcombe C of E First School, Danesfield C of E VC Community Middle School, Dulverton Junior School, Dunster First School, Exford C of E First School, Fairlands Middle School, Greenfylde C of E First School, Hamp Academy, Haselbury Plucknett C of E First School, Holway Park Community Primary School, Horrington Primary School, Hugh Sexey C of E Middle School, Huish Episcopi Primary School, Huish Primary School, Kingsmoor Primary School, Knights Templar C of E /Methodist Community School, Leigh-Upon-Mendip First School, Mells C of E First School, Milborne Port Primary School, Millfield Preparatory School, Millfield School, Milverton Community Primary School, Minehead First School, Minehead Middle School, North Curry CofE VC Primary School, North Petherton Primary School, North Town Academy, Oake, Oakfield Academy, Our Lady of Mount Carmel Catholic Primary School, Wincanton, Pawlett Primary School, Preston CofE Primary School, Puriton Primary School, Rockwell Green C of E Primary School, Ruishton C of E Primary School, Somerset Bridge Primary School, Spaxton CofE Primary School, St Andrew's Church School, St Dubricius' C of E VA School, St Gilda's Catholic Primary School, St John's C of E Primary School, St John's C of E VA First School, Frome, St Margaret's School, Tintinhull, St Mary's VC C of E Primary School, St Michael's C of E First School, St Nicholas' CofE Primary School, Henstridge, St Peter's C of E First School, Staplegrove Church School, Stogursey C of E Primary School, Stoke St Gregory C of E Primary School, Tatworth Primary School, The Mendip School, Trinity C of E First School, Upton Noble CofE VC Primary School, Vallis First School, Wellsprings Primary School, Wembdon St George's Church School, West Monkton C of E Primary School and Willowdown Primary Academy.

Ansford Academy, Bishop Fox's School, Bridgwater College Academy, Bruton School for Girls, Bucklers Mead Academy, Cambian Somerset School, Crispin School Academy, Danesfield C of E VC Community Middle School, Fairlands Middle School, Frome Community College, Hugh Sexey C of E Middle School, Huish Episcopi Academy, Kingsmead Academy, Millfield School, Minehead Middle School, Robert Blake Science College, Sexey's School, St Dunstan's School, The Blue School, The Castle School, The Kings of Wessex Academy, The Mendip School, Wadham School, Wellington School, West Somerset College and Westfield Academy.

For further information about the survey contact:

Jameelah Ingram
Health Promotion Manager -
Adolescents
Public Health
Somerset County Council
PP B3S 2
Taunton
TA1 4DY
Telephone: 01823 359625
Mobile: 07714189390
E: JXIngram@somerset.gov.uk

