

# Growing Up in Harrogate

## A summary of the Growing Up in North Yorkshire Survey 2016

These results are the compilation of data collected from children and young people in the vast majority of schools in North Yorkshire during Summer 2016. This survey was commissioned by the North Yorkshire Children's Trust to collect reliable information about young people's learning and well-being. This is the sixth such survey completed in North Yorkshire since 2006.

### Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. The sample sizes are shown in the table below.

Completed questionnaires were then returned to SHEU in Exeter for processing. Some of the schools conducted the survey online. Where figures are also given in a chart, they are shown in bold.

### Comparisons

Comparisons have been made between the figures from this district and from North Yorkshire as a whole. The North Yorkshire findings are given in brackets following the district figures, and a table summarising the most important significant findings is shown on page 14.

### Trends

This study follows similar studies in 2014, 2012, 2010, 2008 and 2006. Where changes can be seen in the figures from the district in 2014, these are noted on page 13.

This report should be read alongside the summary report for the whole North Yorkshire data set, which includes a number of important additional pieces of analysis, including **Equalities Monitoring**.

This report is based on the responses of over 17,000 pupils

	Harrogate				North Yorkshire			
	Year 2	Year 6	Year 8	Year 10	Year 2	Year 6	Year 8	Year 10
<b>Males</b>	649	598	624	557	2413	2121	2069	1925
<b>Females</b>	572	586	602	569	2279	2144	2040	1890
<b>Total*</b>	1221	1184	1226	1126	4692	4432	4195	3899

\*89 (357) pupils didn't give us their gender.

### This report is No. 3 of 7

1. Craven

2. Hambleton

**3. Harrogate**

4. Richmondshire

5. Ryedale

6. Scarborough

7. Selby



**SHEU Schools Health Education Unit**  
Tel. 01392 66 72 72  
www.sheu.org.uk admin@sheu.org.uk

The Unit specialises in questionnaire surveys of children and young people for Local Authorities, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

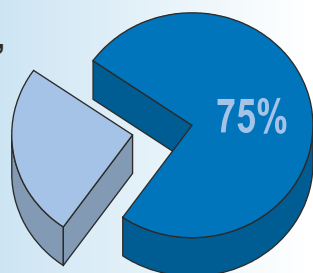


# Primary school pupils in Year 2

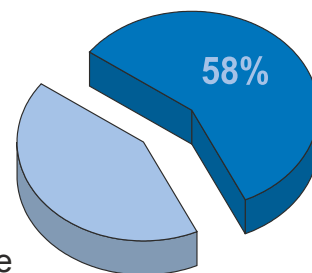
(aged 6 - 7 years) **Bold type indicates use of a table or chart.**

## BEING HEALTHY

- ❑ When asked about what they had before lessons on the morning of the survey, 2% (2%) said they had nothing before lessons. 82% (83%) responded that they had a drink, and 94% (93%) said that they had something to eat.
- ❑ 29% (26%) of pupils responded that they go to a breakfast club at least 'sometimes'.
- ❑ The foods and drinks most commonly consumed on 'most days' were: fresh fruit 64% (65%); water 67% (64%); milk 56% (54%); vegetables 53% (51%); sweets or chocolate 43% (45%).
- ❑ The foods or drinks most commonly consumed 'never' were: brown bread 42% (43%); High-fibre cereals 30% (29%); fizzy drinks 19% (19%).
- ❑ **75% (74%) 'always' wash their hands after going to the toilet.**
- ❑ 81% (78%) cleaned their teeth at least twice on the day before the survey. 61% (60%) have been to a dentist in the last year.



- ❑ After school on the day before the survey, the most common activities were: playing at home 64% (67%); watching TV 69% (71%); reading 45% (44%).
- ❑ 66% (68%) of pupils responded that they have a set bedtime for nights when it's school the next day. 27% (24%) of pupils responded that someone usually reads them a bedtime story.
- ❑ 41% (52%) of pupils responded that they have a TV in their bedroom. 19% (24%) of pupils responded that they are allowed to watch TV after they have gone to bed.
- ❑ 71% (69%) use a computer/tablet or mobile device to go online/use the Internet. 47% (46%) say an adult always knows what they are looking at online. 16% (17%) said they have any friends on-line that they don't know in real life.
- ❑ **58% (57%) say they know how to keep themselves safe on the Internet.**
- ❑ 94% (94%) have a bike, 92% (90%) have a scooter and 84% (81%) have a bike helmet; 45% (44%) 'always' wear a bike helmet when they use their bike or scooter.



## LEISURE

- ❑ **We asked about leisure time activities. The percentages of boys and girls who said they did any of the items at least 'sometimes' after school or at weekends were:**

	Boys	Girls
Bike riding, roller skating, scooter, skateboarding	87%	89%
Going for a walk	85%	88%
Running (races or tag)	84%	80%
Swimming	86%	90%
Team games, like football or netball	81%	52%
Tennis	55%	40%
After school sports club	46%	42%
Judo, Karate, Tae kwon do etc.	38%	19%
Horse riding	18%	43%
Dancing/gymnastics	29%	76%

## SAFETY

- ❑ **When asked about sun safety, the percentages of pupils responding that they do the following 'sometimes' or 'always' were:**

	Boys	Girls
Wear a hat	90%	89%
Wear long sleeves	60%	51%
Put on sun cream	87%	95%
Stay in the shade	72%	83%

- ❑ Overall, 67% (69%) of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.
- ❑ 73% (73%) 'always' feel safe at school. 60% (59%) like being at school most of the time.

# Primary school pupils in Year 2 (aged 6 - 7 years)

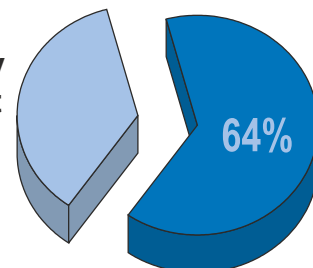
## EMOTIONAL HEALTH AND WELLBEING

- We asked a question about worries. The percentages of pupils who say they worry 'most days' about different issues were:

	Boys	Girls
School-work	22%	17%
Being ill	22%	30%
Friendships	26%	28%
Family	36%	34%
The way you look	19%	23%

- When asked who they would turn to for support when upset or worried about the issues listed above, **adults at home** were pupils main source of support. Pupils who were worried or upset about school were more likely to turn to teachers.

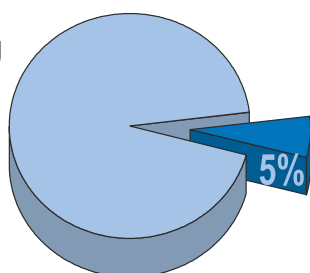
- **64% (66%) of pupils responded that they worry about at least one issue 'most days'.**



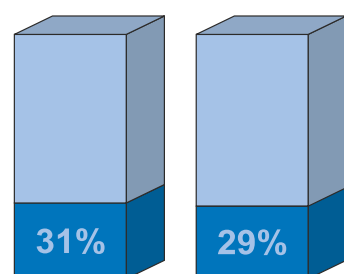
# Primary school pupils in Year 6 (aged 10 - 11 years)

## HEALTHY EATING

- **5% (5%) had nothing to eat or drink for breakfast on the day of the survey.**
- 80% (80%) of pupils responded that they had a drink before lessons on the morning of the survey.
- 89% (88%) said that they had something to eat before lessons on the morning of the survey.



## Five-a-day

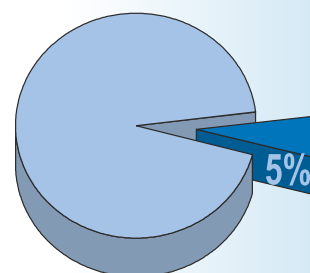
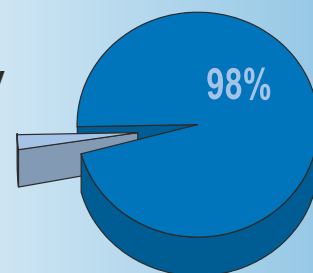


- **31% (29%) of boys and 29% (31%) of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.**

- 6% (8%) of boys and 1% (4%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

## Drinks

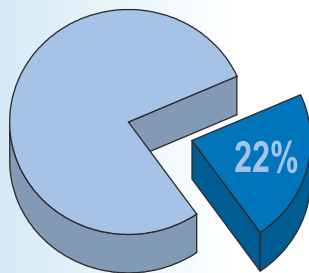
- **98% (98%) of pupils responded that they can get water at school, while 2% (2%) said 'not easily'.**
- 44% (44%) of pupils responded that they can get water from the canteen/dinner room at school; 67% (62%) said they can get it from their own drinking bottle.
- **5% (8%) of pupils responded that they drink water 'every day or most days'; 85% (81%) said the same of fizzy drinks (not low-calorie).**
- 20% (21%) of pupils responded that they 'rarely or never' drink milk; 68% (68%) said the same of energy drinks.
- 68% (70%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% (4%) have found them 'not at all' useful and 5% (6%) couldn't remember any.



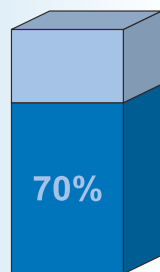
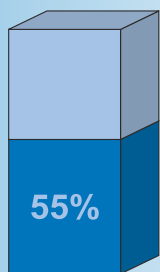
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

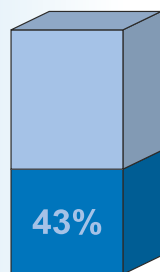
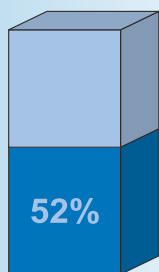
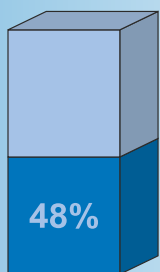
- 22% (23%) of pupils said they worried about family 'quite' or 'very' often and 17% (18%) said they worried about falling out with friends.



- 63% (64%) [55% (58%) of boys and 70% (70%) of girls] of pupils said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



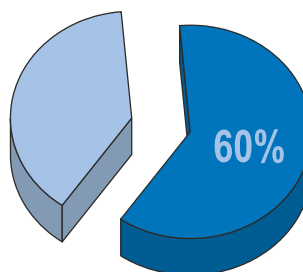
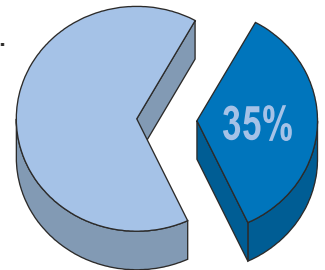
- 60% (57%) of pupils responded that they would talk to an adult at home if they were worried or upset about school, while 16% (19%) said they would talk to a teacher or other adult at school.
- 56% (53%) of pupils responded that they talk to someone about it when they have a problem or are feeling stressed.
- 48% (47%) [52% (50%) of boys and 43% (43%) of girls] of pupils scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 1% (1%) of pupils had a low score (12 - 23).



- 43% (46%) of pupils responded that they have found school lessons about emotional health and wellbeing (SEAL) 'quite' or 'very' useful, while 6% (7%) have found them 'not useful' and 24% (24%) couldn't remember any.

## Resilience

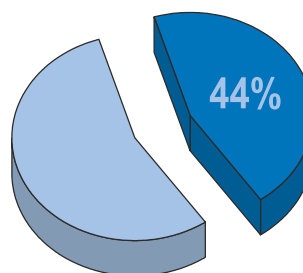
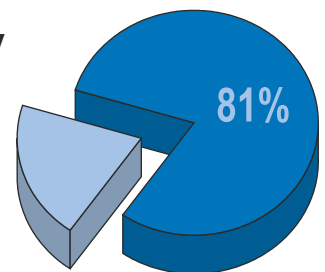
- 77% (74%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 48% (48%) said they ask for help.
- We calculated an overall measure of resilience from a group of related items. 14% (17%) of pupils had a low measure of resilience (0 - 19). 35% (35%) of pupils had a high measure of resilience (26+).



- 60% (59%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

## Puberty and growing up

- 81% (80%) of pupils responded that they feel they know enough about how their body changes as they get older, while 3% (4%) feel they don't know enough.
- 31% (34%) of pupils responded that they feel 'happy' about growing up and body changes, while 3% (3%) of pupils responded that they feel 'unhappy' about growing up and body changes.
- 14% (15%) of boys and 28% (28%) of girls reported that they worry at least 'quite often' about the way they look.



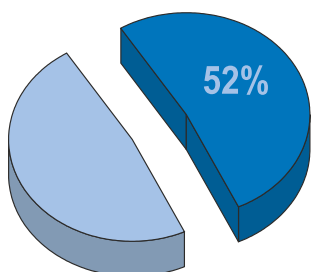
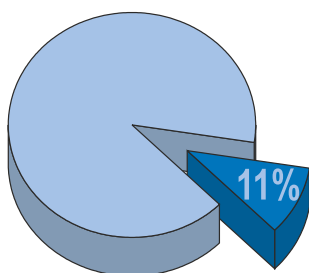
- 44% (49%) of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.



## DRUGS, ALCOHOL AND TOBACCO

### Drugs

- 11% (10%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses drugs in the area where they live.

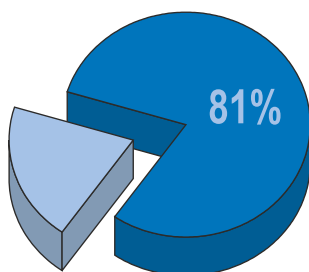


- 52% (55%) of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful',

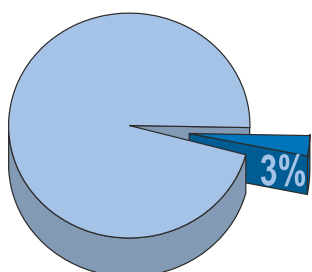
while 8% (8%) have found them 'not at all' useful and 21% (20%) couldn't remember any.

### Alcohol

- 81% (74%) of pupils reported that they never drink alcohol and 13% (20%) drink only with their parents' knowledge.



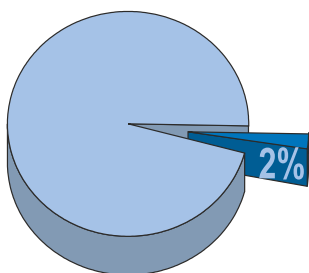
- 3% (4%) of boys and 1% (1%) of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.



- 46% (51%) of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

### Tobacco

- 2% (2%) say they have tried smoking in the past or smoke now.

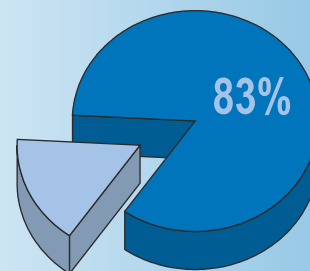


- 0% (0%) said they smoked at least one cigarette in the week before they survey.

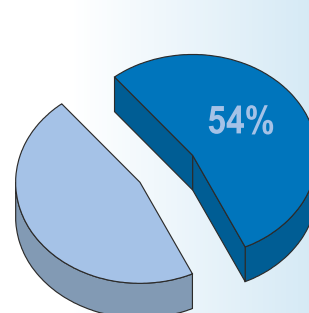
- 49% (52%) of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

## PHYSICAL ACTIVITY

- 83% (81%) of pupils [87% (86%) of boys and 80% (77%) of girls] reported that they enjoy physical activities 'quite a lot' or 'a lot'.



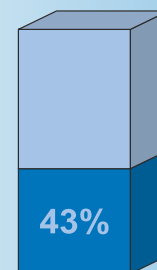
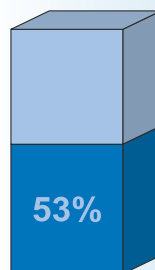
- 43% (43%) said that they exercised enough to breathe harder and faster five times or more in the last week. 4% (5%) said they didn't at all, while 5% (6%) said only once.



- 54% (55%) said they do 5 or more hours of physical activity in a typical week.

- 1% (2%) of pupils said that they don't do a single hour of physical activity in a typical week.

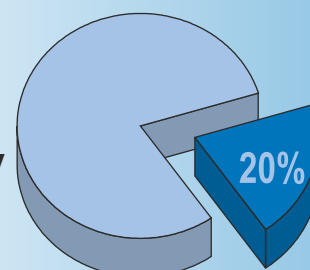
- 48% (45%) of pupils [53% (49%) of boys and 43% (41%) of girls] said that they played sports or did exercise after school on the day before the survey.



- 77% (78%) of pupils responded that they have found school lessons about physical education at least 'quite useful'.

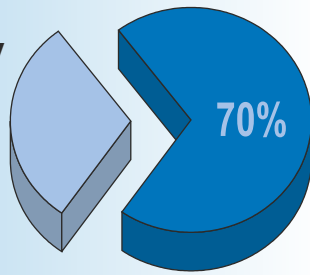
- 95% (95%) of pupils [93% (93%) of boys and 98% (97%) of girls] responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.

- 88% (87%) of pupils responded that they at least 'sometimes' play running/skipping games/tag during school outdoor breaktimes, while 78% (76%) said they play ball games like football or netball. 20% (23%) said they read quietly at playtime.



## PRIMARY HEALTH AND HYGIENE

- 70% (71%) of pupils responded that they washed their hands before lunch on the day before the survey. 11% (10%) said they are 'not sure' if they did.

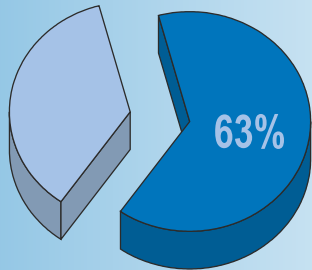


### Dental health

- 94% (92%) of pupils responded that they have been to the dentist in the last year, while 6% (7%) said they last went more than a year ago and 0% (1%) have never been.

### Sun safety

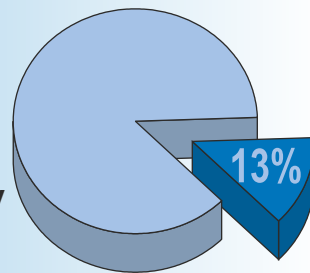
- 5% (8%) of pupils responded that they 'never' do anything to avoid sunburn.



- 63% (61%) of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

## STAYING SAFE

- 34% (35%) of pupils reported that they had an accident in the twelve months before the survey that was treated at a clinic or a hospital.
- 90% (91%) of pupils responded that they 'always' feel safe at home and 79% (79%) said they 'always' feel safe at school.
- 24% (24%) of pupils reported that they were approached by an adult who scared/upset them. 13% (13%) said they knew this adult (i.e. not a 'stranger').



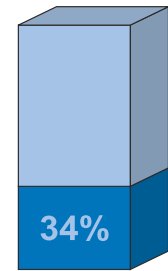
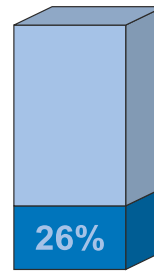
### Internet safety

- 8% (8%) of pupils responded that they communicate with people they have met online and don't know in real life.
- 15% (17%) of pupils responded that they communicate with people online by posting things that lots of people can see and 33% (33%) said they communicate with people using picture/video sharing sites/apps.

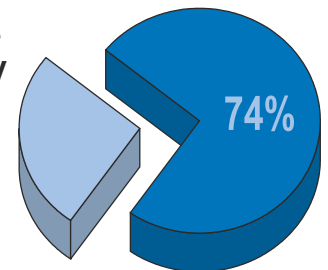
- 6% (6%) of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 27% (31%) of pupils responded that they are 'never' supervised when using the Internet at home, 25% (23%) of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.

### Bullying

- 26% (25%) of boys and 34% (31%) of girls reported that they felt afraid of going to school because they may be bullied at least 'sometimes'.

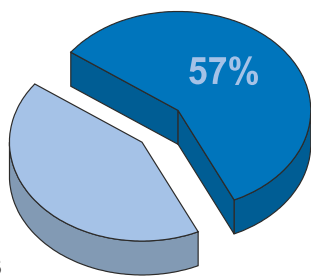


- 20% (21%) of pupils said that they were bullied at or near school in the 12 months before the survey, while 3% (4%) said that they bullied another pupil in the same period.
- 25% (23%) of pupils responded that they were teased/made fun of in the month before the survey, while 21% (22%) said they had been called nasty names and 11% (10%) said they had been called 'gay' as an insult.
- 20% (20%) of pupils responded that they were pushed/hit for no reason in the month before the survey, while 8% (7%) said they had belongings taken/broken.
- 74% (75%) of pupils responded that they think their school takes bullying seriously, while 9% (8%) think it doesn't take it seriously.
- 68% (70%) of pupils responded that their school deals with bullying 'quite' or 'very' well, while 9% (9%) said that bullying is not a problem in their school.
- 60% (61%) of pupils responded that they have found school lessons about bullying at least 'quite useful', while 9% (11%) have found them 'not at all' useful and 8% (9%) couldn't remember any.



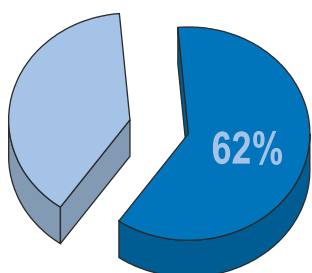
**LEISURE**

- 57% (57%) watched TV, DVDs or online videos on the evening before the survey.
- 57% (55%) played with friends or siblings on the evening before the survey. 57% (59%) of the boys played computer games.
- 16% (16%) of boys and 20% (18%) of girls spent time doing homework on the evening before the survey.



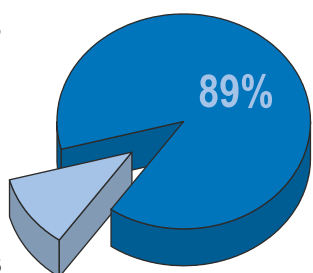
**Pupils' voice**

- 62% (62%) of pupils think their ideas and opinions are asked for in school.
- 32% (33%) said their views are asked for by talking to teachers and 43% (44%) said through the school/class council.
- 39% (39%) of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.



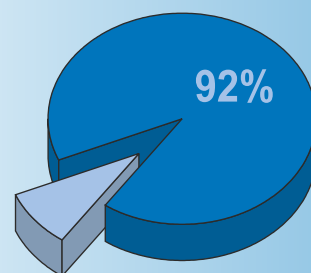
**BACKGROUND**

- 89% (89%) of pupils responded that they are White British.
- 72% (68%) of the pupils in this survey live with both parents together.
- 4% (6%) of pupils get free school meals or vouchers for school meals. 12% (11%) said they were 'not sure'.
- 2% (5%) of pupils have a parent or carer in the armed forces.
- 1% (2%) say their parent or carer has been away on operations in the last 12 months.



**SCHOOL**

- 92% (92%) of pupils think it is important to go to school regularly.
- 29% (31%) of pupils reported that they worried at least 'quite often' about moving on to secondary school.



**Pupil Perceptions**

A series of statements were offered to pupils about their school experience.

- The percentage of pupils responding 'yes' were:

	Boys	Girls
The school cares whether I'm happy or not	68%	73%
My work is marked so I can see how to improve it	90%	92%
Adults at school talk to me about how to improve my work	83%	82%
I know my next steps in learning and what I need to do to improve	79%	78%
My achievements in and out of school are recognised	62%	61%
The school teaches me how to deal with my feelings positively	61%	60%
The school helps me work as part of a team	78%	79%
In this school, people with different backgrounds are valued	72%	75%
The school encourages everyone to take part in decisions	76%	75%
The school encourages me to contribute to community events	62%	60%
The school prepares me for when I leave this school	87%	84%
The school encourages everyone to treat each other with respect	89%	92%
My teachers realise when I don't understand	65%	61%
The school encourages me to attempt difficult work	81%	78%
The school tells me it's OK to make mistakes	83%	83%

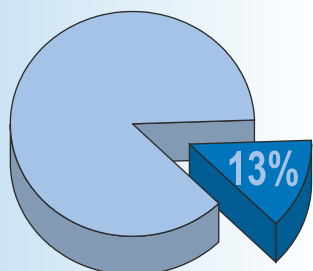


# Secondary school pupils in Years 8 & 10

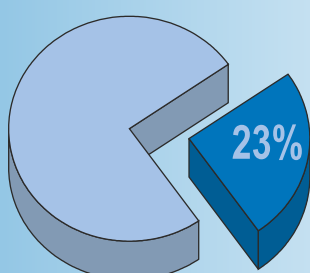
(aged 12 - 13 and 14 - 15 years)

## HEALTHY EATING

- 13% (14%) had nothing to eat or drink before lessons on the day of the survey.



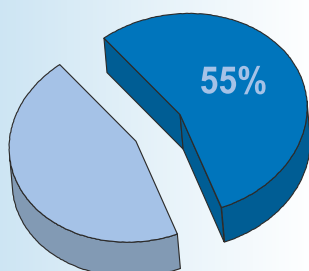
- 71% (71%) of pupils had a drink before lessons on the day of the survey, 77% (73%) responded that they had something to eat.
- 6% (6%) of pupils in the survey had no lunch on the day before the survey. 85% (85%) had a drink and 89% (89%) had something to eat.
- 8% (9%) of pupils responded that they ate at least 5 snacks on the day before the survey.
- 2% (2%) of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



- 23% (20%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 7% (8%) had none at all.

- 80% (78%) of pupils responded that they can get water at school, while 19% (20%) said 'not easily'.

- 55% (55%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.



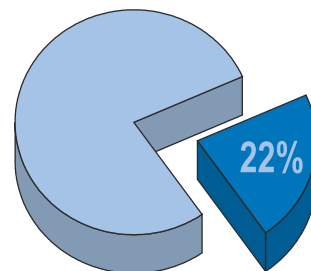
## Diet

- 25% (26%) say they never worry about how much they eat; 15% (16%) say they are often or always careful with their diet.
- 22% (22%) of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.

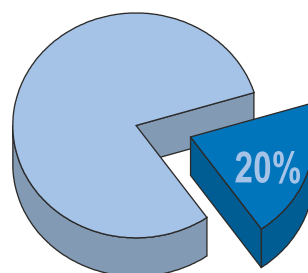
## DRUGS, ALCOHOL AND TOBACCO

### Drugs

- 22% (19%) of pupils have been offered cannabis.
- 9% (8%) of pupils responded that they have been offered other drugs (not cannabis).
- 5% (4%) of pupils said they took some form of illegal drug in the month before the survey. The most commonly taken drug was cannabis, with 15% (13%) of Year 10 pupils ever having taken it.



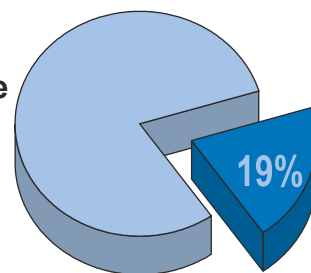
### Alcohol



- 20% (20%) had at least one alcoholic drink in the week before the survey.
- 48% (46%) of pupils said that they never drink alcohol.

### Tobacco

- 19% (20%) say they have tried smoking in the past or smoke now.



- 4% (4%) of pupils smoked at least one cigarette in the week before the survey.
- 6% (6%) say they smoke 'regularly' or 'occasionally'; 49% (45%) of those who smoke 'regularly' would like to give up smoking.
- 29% (32%) of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 17% (21%) said they do so at least 'once or twice a week'.
- 5% (5%) of pupils responded that they have 'never heard of' electronic cigarettes or 'e-cigarettes'. 24% (27%) of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'; 2% (3%) said they use one 'regularly'.



## EMOTIONAL HEALTH AND WELL-BEING

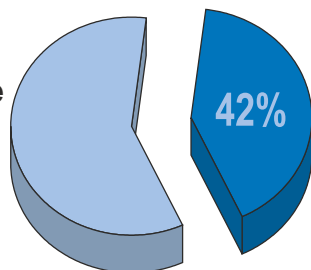
### Worries

- The most common worries were ('often' or 'all the time'):

Boys		Girls	
Exams and tests	31%	Exams and tests	59%
The way you look	18%	The way you look	54%
School work	18%	School work	43%

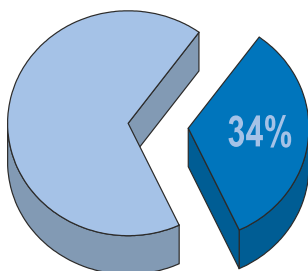
- 68% (67%) of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

- **42% (44%) of pupils responded that if they would like more information about any of the issues listed, they would like to get it from their parents/carers,**



while 4% (4%) said they would like the information from school lessons and 9% (8%) would like to find out on the Internet.

- When they have a problem or feel stressed 47% (47%) of pupils said they would talk to someone about it and 36% (35%) of pupils said they would think about it on their own. 8% (7%) of pupils responded that they cut or hurt themselves.

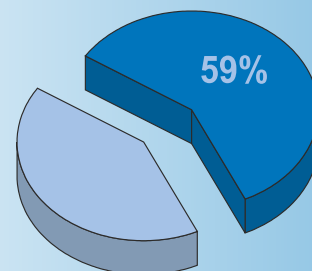


- **34% (35%) of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.**

### Resilience

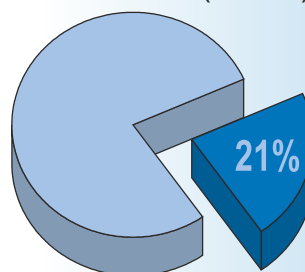
- 52% (51%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 30% (29%) said they get upset and feel bad for ages.

- **59% (57%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do,**



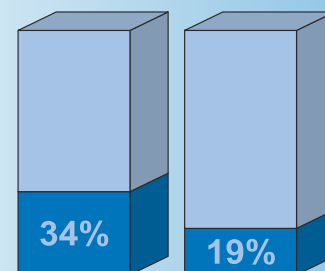
while 44% (43%) ask for help and 11% (12%) give up.

- We calculated an overall measure of resilience from a group of related items. 34% (35%) of pupils had a low measure of resilience (0 – 19).



- **21% (20%) of pupils had a high measure of resilience (26+).**

- **26% (25%) of pupils [34% (31%) of boys and 19% (19%) of girls] scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.**



- 5% (5%) of pupils scored low (7 – 13) on the SWEMWB Scale.

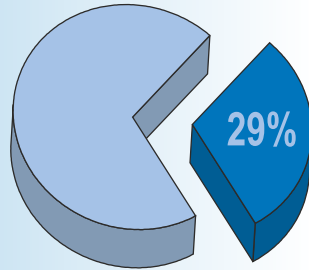
### MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- 57% (57%) of pupils responded that they are asked for their opinions about what they learn in school; 42% (43%) said their opinions make a difference.
- 50% (51%) of pupils responded that they are asked for their opinions about how they learn in school; 48% (48%) said their opinions make a difference.
- 52% (49%) of pupils responded that they are asked for their opinions about the school environment; 48% (48%) said their opinions make a difference.
- 32% (31%) of pupils responded that they are asked for their opinions about their community; 36% (36%) said their opinions make a difference.
- 52% (45%) of pupils have had the chance to vote for school/college council members. 39% (35%) of pupils have had the chance to be a member of a school council or local youth council.

## SEXUAL HEALTH AND RELATIONSHIPS

- 48% (52%) believe there is a sexual health service for young people available locally. 23% (31%) of pupils said they know where they can get condoms free of charge.

- 29% (33%) of pupils found school lessons about sex and relationships 'quite' or 'very' useful.**



- 31% (36%) responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 24% (24%) said the same about school lessons covering the topic of different relationships e.g. lesbian, gay, bisexual, trans.

### Sexual relationships: Year 10 only

- There was a series of questions that were asked only of Year 10 pupils. Firstly, they were asked about their sexual experience: 4% (4%) of Year 10 respondents are in a relationship and thinking about having sex.
- 9% (10%) of Year 10 pupils have had a sexual relationship in the past and 5% (7%) report that they are currently in a sexual relationship (that is, overall 14% (17%) have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 48% (53%) said 'yes' and 11% (9%) were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend:**

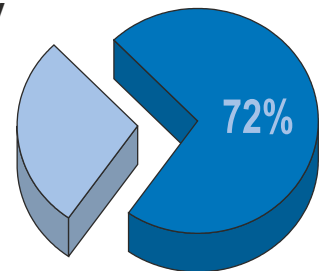
Year 10	Overall
Used hurtful or threatening language to me	10% (10%)
Was angry or jealous when I wanted to spend time with friends	19% (20%)
Kept checking my phone	11% (11%)
Threatened to tell people things about me	7% (7%)
Threatened to hit me	4% (3%)

- 49% (49%) of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 57% (60%) responded that they would know where to get help.

## PHYSICAL ACTIVITY

- 59% (58%) said they enjoy general physical activities 'quite a lot' or 'a lot', while 70% (68%) said the same about team sport and 58% (55%) about individual sport.

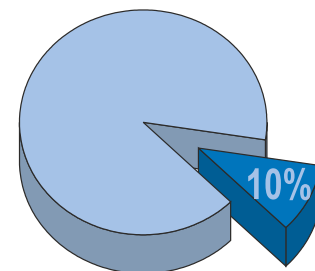
- 72% (69%) said they find it 'quite' or 'very' easy to be as physically active as they like.**



- 56% (53%) said that they do five or more hours of physical activity in a typical week.

## BACKGROUND

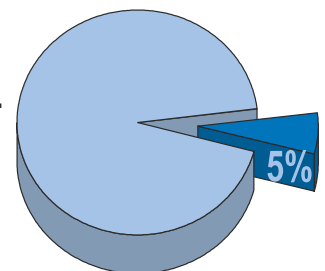
- 86% (89%) of pupils describe themselves as White British.
- 69% (65%) of the pupils in this survey live with both parents together.
- 4% (6%) of pupils have free school meals.



- 8% (7%) of pupils have a special educational need or learning difficulty.
- 10% (11%) of pupils have a disability or long-standing illness.**

### Service families

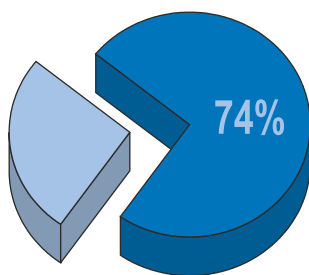
- 5% (5%) of pupils report they have a parent/carer who is in the armed forces.**



- 30% (35%) of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.
- 0% (1%) of pupils from service families would welcome access to a counsellor when they are worried, and would generally prefer to see such a counsellor in private at school.

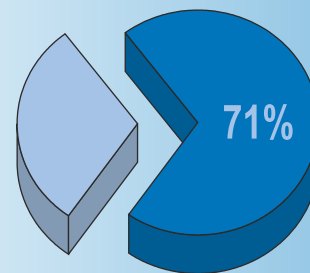
## ENJOYING AND ACHIEVING

- ❑ 74% (72%) of pupils report enjoying at least half of their school lessons.
- ❑ 46% (42%) of boys and 54% (49%) of girls said they want to continue in full time education at the end of their course.
- ❑ 44% (46%) of boys and 37% (42%) of girls said they wanted to find a job as soon as possible.
- ❑ 65% (58%) of pupils responded that they intend to apply for University in the future, while 26% (31%) said they are 'not sure' if they do.



## Homework

- ❑ 71% (68%) of pupils did homework on the evening before the survey. 32% (25%) reported they did more than an hour.
- ❑ The school lessons most often described 'quite' or 'very' useful (not already listed in the report) were those about drugs (58% (58%)), prejudice, discrimination and bullying (55% (55%)) and religious education (51% (49%)).



## LEISURE AND WORK

- ❑ 75% (75%) responded that they had spent some time the night before the survey talking/texting on the 'phone.
- ❑ 84% (85%) watched some TV, DVD or online videos the previous night and 12% (14%) watched for over 3 hours.

### Pupils' Perceptions

A series of statements were offered to pupils about their school experience.

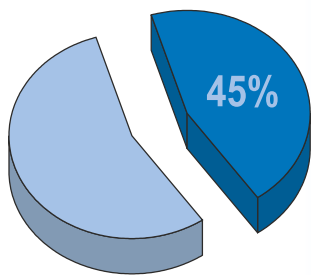
#### The percentage of pupils responding 'yes' were:

	Male	Female
The school cares whether I am happy or not	50%	51%
My work is marked so I can see how to improve it	80%	75%
Adults at school talk to me about how to improve my work	72%	64%
I know my next steps in learning and what I need to do to improve	65%	54%
My achievements in and out of school are recognised	44%	39%
The school teaches me to deal with my feelings positively	36%	34%
The school helps me work as part of a team	54%	59%
In this school people with different backgrounds are valued	65%	68%
The school encourages everyone to take part in decisions	64%	66%
I have chances to discuss sensitive issues in class e.g. extremism	42%	38%
The school encourages me to contribute to community events	45%	42%
The school prepares me for when I leave this school	60%	55%
The school encourages everyone to treat each other with respect	80%	83%
My teachers realise when I don't understand	45%	37%
The school encourages me to attempt difficult work	77%	77%
The school tells me it's OK to make mistakes	66%	65%
I am prepared to try something I am not used to or not so good at	69%	61%
I have the opportunity to use things I have learnt in different situations	58%	52%
Sometimes I have a choice of different ways to learn about something	48%	50%
At school, I am encouraged to try different ways to do things	56%	55%

- ❑ Young people who are from ethnic minorities and/or are worried about being different in culture or religion are over-represented among those who disagree that 'In this school people with different backgrounds are valued'.

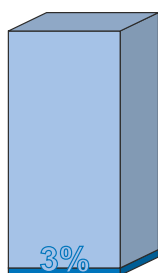
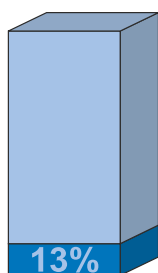
## STAYING SAFE

- 45% (42%) said they were treated for an accident at a clinic or hospital in the twelve months before the survey.
- 10% (8%) of pupils report they 'often' or 'very often' carry weapons for protection when going out.
- 8% (8%) reported that they were a victim of violence or aggression in the area where they live, in the twelve months before the survey.

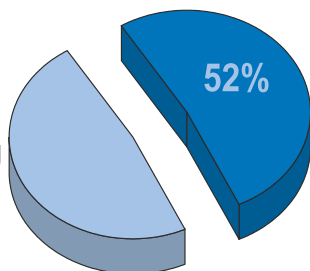


## Bullying

- 21% (20%) of pupils said that they had been bullied at or near school in the last 12 months.
- 28% (27%) of pupils responded that they have been pushed/hit for no reason in the last month. Other common negative behaviours were being teased/made fun of 44% (41%), being called gay 18% (18%), and being called nasty names 33% (33%).
- 21% (22%) of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 18% (17%) said they experienced such behaviour during lesson time.
- 13% (12%) of pupils said they are picked on because of their size or weight, while 3% (3%) say it's because of their colour, race or religion.

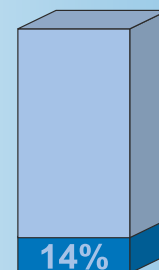
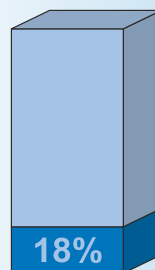


- 52% (52%) of pupils reported that they think their school deals with bullying well, or that bullying isn't a problem in their school.



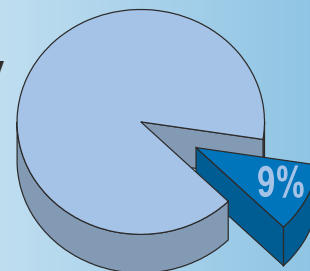
## Internet safety

- 93% (93%) of pupils responded that they communicate with friends and family they know in real life online.
- 16% (18%) of pupils [18% (21%) of boys and 14% (14%) of girls] responded that they communicate with people they have met online and don't know in real life.

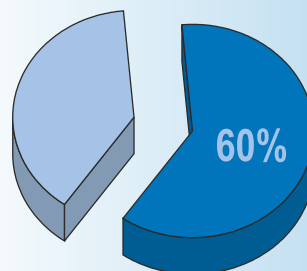


- 33% (35%) of pupils responded that they communicate with people through online games, while 60% (56%) said they do so through picture/videos sharing sites/apps.

- 9% (10%) of pupils responded that they have seen pictures, videos or games with violence they found upsetting online.



- 17% (16%) of pupils said that they have experienced someone writing or showing things to hurt or upset them online (with text, pictures or video).
- 7% (6%) said that they have sent personal information or images to someone and afterwards wished they hadn't done or had thought more about doing so.
- 11% (12%) of pupils responded that they worry about keeping safe on the Internet, email and using mobile phones 'often' or 'all the time'.



- 60% (63%) of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.



## Changes in Harrogate since 2014 - Year 2

- ❑ With a large sample and many questions, there are many significant differences to be seen. We have listed just the largest and most important of them here. For this analysis we have used only those schools which took part in the survey in 2014 and in 2016, so the figures on this page may be different to those used in the rest of the report.
- ❑ If a trend continues (or contradicts) earlier findings, this has been noted. Where trends have not been continued, there may be relief that negative developments have not continued, while positive gains have not slipped.

### *MORE likely in 2016...*

- ❑ **To ride their bike/roller skate/scooter at least 'sometimes' after school or at weekends (83% in 2014 vs. 88% in 2016)**
- ❑ *To watch TV after school on the day before the survey (62% in 2014 vs. 69% in 2016)*

**bold** = positive result, *italic* = negative result

### *LESS likely...*

- ❑ *To have a computer at home which helps them with their schoolwork (54% in 2014 vs. 48% in 2016)*
- ❑ *To say they get the help they want in lessons 'most of the time' (37% in 2014 vs. 32% in 2016)*

## Changes in Harrogate since 2014 - Year 6

### *MORE likely in 2016...*

- ❑ **To have washed their hands before lunch on the day before the survey (60% in 2014 vs. 70% in 2016)**
- ❑ *To say they at least 'sometimes' feel afraid of going to school because they may be bullied (21% in 2014 vs. 30% in 2016)*
- ❑ **To have a high or maximum score (48 – 60) on the Stirling Children's Wellbeing Scale (37% in 2014 vs. 48% in 2016)**
- ❑ **To say they drink water 'every day or most days' (78% in 2014 vs. 85% in 2016)**
- ❑ **To say that they can 'usually or always' say no when a friend wants them to do something they don't want to do (54% in 2014 vs. 60% in 2016)**

### *LESS likely...*

- ❑ **To say that they 'quite' or 'very' often worry about SATs/tests (33% in 2014 vs. 25% in 2016)**
- ❑ **To say that they 'quite' or 'very' often worry about moving on to secondary school (37% in 2014 vs. 29% in 2016)**
- ❑ *To think their school takes bullying seriously (80% in 2014 vs. 74% in 2016)*
- ❑ *To say that their school deals with bullying 'quite' or 'very' well, or that bullying is not a problem in their school (83% in 2014 vs. 78% in 2016)*
- ❑ *To do at least five hours of physical activity in a typical week (60% in 2014 vs. 54% in 2016)*

## Changes in Harrogate since 2014 - Years 8/10

### *MORE likely in 2016...*

- ❑ **To say that they are asked for their opinions about the school environment (44% in 2014 vs. 52% in 2016)**
- ❑ **To rate school lessons about smoking education 'quite' or 'very' useful (48% in 2014 vs. 54% in 2016)**
- ❑ *To say that when something goes wrong they 'usually' or 'always' get upset and feel bad for ages (24% in 2014 vs. 30% in 2016)*
- ❑ *To have at least tried electronic cigarettes (19% in 2014 vs. 24% in 2016)*

### *LESS likely...*

- ❑ *To say that their school deals with bullying 'quite' or 'very' well, or that bullying is not a problem in their school (61% in 2014 vs. 52% in 2016)*
- ❑ **To think they are being picked on or bullied because of the way they look (23% in 2014 vs. 15% in 2016)**
- ❑ *To know where they can get condoms free of charge (29% in 2014 vs. 23% in 2016)*
- ❑ **To have smoked in the past or smoke now (24% in 2014 vs. 19% in 2016)**

# Differences between Harrogate and the whole of North Yorkshire

This table lists the most significant differences between the pupils' responses in this district and those of pupils in North Yorkshire as a whole. There were more differences found than are listed here.

Harrogate	North Yorkshire	Year 2
19%	24%	of pupils responded that they are allowed to watch TV after they have gone to bed.
81%	78%	of pupils responded that they cleaned their teeth at least twice on the day before the survey.
32%	36%	of pupils responded that they get the help they want in lessons 'most of the time'.

Harrogate	North Yorkshire	Year 6
81%	74%	of pupils responded that they never drink alcohol.
44%	49%	of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.
46%	51%	of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.
4%	6%	of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
80%	76%	of pupils responded that they exercised and had to breathe harder and faster three times or more in the week before the survey.

Harrogate	North Yorkshire	Year 8 & Year 10
23%	31%	of pupils responded that they know where they can get condoms free of charge.
65%	58%	of pupils responded that they intend to apply for University in the future.
40%	45%	of pupils responded that they spent time playing computer games after school on the day before the survey.
22%	19%	of pupils responded that they have been offered cannabis.
31%	26%	of pupils responded that they have taken part in volunteering at least 'once a month' outside of school in the last six months.
43%	39%	of pupils responded that they have at least 'often' been feeling optimistic about the future.
23%	20%	of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
72%	69%	of pupils responded that they find it 'quite' or 'very' easy to be as physically active as they like.
24%	27%	of pupils responded that they have at least tried electronic cigarettes.

# Equality Monitoring in North Yorkshire 2016

Information is collected about social identities among pupils in North Yorkshire. We have done some analysis to see if the behaviours we see among young people in our county are different if they are to be found under one of the social identity headings shown in the table to the right. We show the results for Year 6/10 pupils below.

Percentages in each year from social identity groups	Year 2	Year 6	Year 8	Year 10
Ethnic minority	9	9	10	10
Minority religion (non-Christian)	NA	1	3	3
Young carer	NA	4	5	3
Children in care	<1	<1	<1	1
Single-parent family	15	14	15	17
Special educational needs (SEN)	8	7	6	9
Disability or long-term illness	2	10	12	11
Free school meals	13	6	7	5
Armed forces family	4	5	6	5
Lesbian, gay or bisexual (LGB)	NA	NA	4	7
Transgender	NA	NA	<1	<1

Figures in tables on this page and next are percentages; they are percentages for the whole of North Yorkshire, not just this district

## Year 6 results

	All	Ethnic minority	Minority religion**	Young Carer**	Children in care**	Single-parent family	Special needs	Disability or long-term illness	Free school meals	Armed forces family
	Sample size = 4431	363	62	184	19	611	309	429	278	203
Eat 5-a-day	30	31	29	27	28	*25	27	30	28	28
Ever tried smoking	2	*5	2	*8	11	3	4	2	*6	3
Drank last week	3	3	2	*6	5	*5	3	*6	3	5
7+ hours exercise/week	33	28	40	30	22	29	28	31	*23	30
High wellbeing score	47	50	48	*32	43	*39	*39	42	40	45
High resilience score	35	34	39	27	17	31	*28	31	34	35
Bullied at school last year	21	23	13	*41	26	*28	*32	*27	*35	24
Worry about health	11	*16	18	*24	5	*15	*20	*19	*21	15
Worry about moving on to secondary school	31	32	34	38	26	32	36	33	36	33
Had accident last year	35	33	24	*45	22	38	38	*43	39	39
The school encourages everyone to treat each other with respect	89	86	87	86	95	87	81	89	89	86
I know my next steps in learning and what I need to do to improve**	83	83	81	80	84	83	79	84	83	81
Pupils' views make a difference in school	87	85	91	86	89	86	92	90	86	82

**99\* Statistically significant difference.** That is, the difference compared with the whole year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the year group as a whole. Large differences will not always reach statistical significance in small samples.

\*\* New for the 2016 equalities analysis.

\*\*\* Wording changed in 2016

**Shaded** a significant difference was previously found in 2014

# Equality Monitoring in North Yorkshire 2016

Year 10

	All	Ethnic minority	Minority religion**	Young Carer	Children in care	Single-parent family	Special educational needs	Disability or long-term illness	Free school meals	Armed forces family	LGB	Transgender**
	Sample size = 3899											
Eat 5-a-day	19	17	18	24	32	16	18	19	14	17	22	20
Ever tried smoking	30	*38	29	38	45	*39	*41	34	*44	37	*44	45
Drank last week	31	28	21	24	27	32	36	32	*21	39	36	41
Ever offered drugs	31	*40	41	38	*59	*38	36	*37	34	*41	*44	32
Ever taken drugs	17	23	21	23	32	*22	21	*22	*23	20	*30	23
7+hours exercise/week	32	29	29	28	38	28	32	30	28	36	*22	40
High wellbeing score	24	23	23	*15	19	*18	21	*17	20	23	*14	14
High resilience score	17	21	18	15	19	*14	21	*12	*8	20	*11	5
Bullied at school last year	18	21	24	*32	23	*22	*35	*26	*28	22	*32	*39
Worry about money***	18	*24	24	*31	27	*28	*24	*23	*25	22	*32	23
Worry about being different***	6	*18	*24	9	14	7	9	*9	*10	8	*36	*36
Sexually active	17	*22	10	24	*40	*21	21	*21	21	*27	*31	*36
Know where to get free condoms	45	40	43	55	64	50	49	46	46	46	50	45
Had accident last year	41	42	38	*53	53	39	*48	45	37	43	38	53
Enjoy at least half of school lessons	71	67	68	68	68	64	62	71	63	65	64	57
Intend full-time education after course finishes***	55	61	*71	49	36	51	*38	57	*44	51	60	45
Term-time job	36	*28	26	42	18	34	41	36	32	33	29	48
The school encourages everyone to treat each other with respect	77	71	71	69	59	71	68	74	71	66	68	52
Adults at school talk to me about how to improve my work	69	65	72	65	64	63	63	66	63	67	62	61
I know my next steps in learning and what I need to do to improve**	57	53	56	56	50	*49	52	55	52	53	52	48
Pupils' views make a difference in school	56	52	51	55	55	53	53	54	56	58	43	61

**99\* Statistically significant difference.** That is, the difference compared with the whole year group is more than the usual amount of variation that we would expect in a sample of this size just by chance, suggesting that this group probably is different from the year group as a whole. Large differences will not always reach statistical significance in small samples.

\*\* New for the 2016 equalities analysis.

\*\*\* Wording changed in 2016

**Shaded** a significant difference was previously found in 2014

## Key Contacts

**Katharine Bruce**

Lead Adviser, Vulnerable Learners  
[katharine.bruce@northyorks.gov.uk](mailto:katharine.bruce@northyorks.gov.uk)

**Simon Moss**

Strategic Analyst, Performance and Intelligence  
[simon.moss@northyorks.gov.uk](mailto:simon.moss@northyorks.gov.uk)

North Yorkshire County Council  
 Children and Young People's Service  
 County Hall, Northallerton, DL7 8AE