

# Growing Up in Scarborough

## 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

|                | Scarborough |        |        |         | North Yorkshire |        |        |         |
|----------------|-------------|--------|--------|---------|-----------------|--------|--------|---------|
|                | Year 2      | Year 6 | Year 8 | Year 10 | Year 2          | Year 6 | Year 8 | Year 10 |
| <b>Males</b>   | 454         | 372    | 364    | 282     | 2413            | 2121   | 2069   | 1925    |
| <b>Females</b> | 441         | 366    | 393    | 266     | 2279            | 2144   | 2040   | 1890    |
| <b>Total*</b>  | 895         | 738    | 757    | 548     | 4692            | 4432   | 4195   | 3899    |

\*74 (357) pupils didn't give us their gender.

### This report is No. 6 of 7

1. Craven
2. Hambleton
3. Harrogate
4. Richmondshire
5. Ryedale
- 6. Scarborough**
7. Selby



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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.

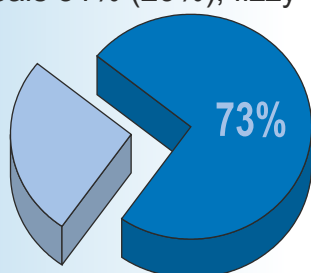


# Primary school pupils in Year 2

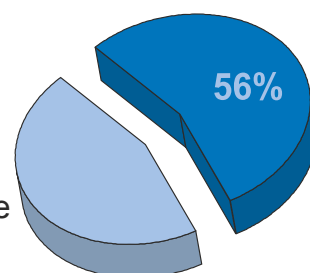
(aged 6 - 7 years) **Bold type indicates use of a table or chart.**

## BEING HEALTHY

- When asked about what they had before lessons on the morning of the survey, 3% (2%) said they had nothing before lessons. 81% (83%) responded that they had a drink, and 92% (93%) said that they had something to eat.
- 27% (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 67% (65%); water 59% (64%); milk 55% (54%); vegetables 47% (51%); sweets or chocolate 48% (45%).
- The foods or drinks most commonly consumed 'never' were: brown bread 48% (43%); High-fibre cereals 31% (29%); fizzy drinks 17% (19%).
- 73% (74%) 'always' wash their hands after going to the toilet.**
- 73% (78%) cleaned their teeth at least twice on the day before the survey. 55% (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 67% (67%); watching TV 73% (71%); reading 40% (44%).
- 69% (68%) of pupils responded that they have a set bedtime for nights when it's school the next day. 23% (24%) of pupils responded that someone usually reads them a bedtime story.
- 67% (52%) of pupils responded that they have a TV in their bedroom. 31% (24%) of pupils responded that they are allowed to watch TV after they have gone to bed.
- 67% (69%) use a computer/tablet or mobile device to go online/use the Internet. 45% (46%) say an adult always knows what they are looking at online. 19% (17%) said they have any friends on-line that they don't know in real life.
- 56% (57%) say they know how to keep themselves safe on the Internet.**
- 90% (94%) have a bike, 91% (90%) have a scooter and 72% (81%) have a bike helmet; 39% (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 | 86%  | 88%   |
| Going for a walk                                    | 83%  | 91%   |
| Running (races or tag)                              | 85%  | 86%   |
| Swimming  | 82%  | 88%   |
| Team games, like football or netball                | 78%  | 47%   |
| Tennis  | 49%  | 33%   |
| After school sports club                            | 44%  | 35%   |
| Judo, Karate, Tae kwon do etc.                      | 33%  | 20%   |
| Horse riding  | 24%  | 40%   |
| Dancing/gymnastics                                  | 28%  | 75%   |

## 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        | 85%  | 82%   |
| Wear long sleeves | 59%  | 60%   |
| Put on sun cream  | 85%  | 92%   |
| Stay in the shade | 60%  | 75%   |

- Overall, 67% (69%) of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.
- 74% (73%) 'always' feel safe at school. 62% (59%) like being at school most of the time.

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

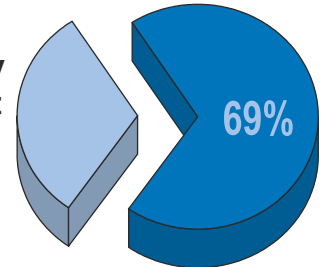
## EMOTIONAL HEALTH AND WELLBEING

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

|                  | Boys | Girls |
|------------------|------|-------|
| School-work      | 24%  | 18%   |
| Being ill        | 29%  | 27%   |
| Friendships      | 30%  | 33%   |
| Family           | 41%  | 41%   |
| The way you look | 23%  | 29%   |

- 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.

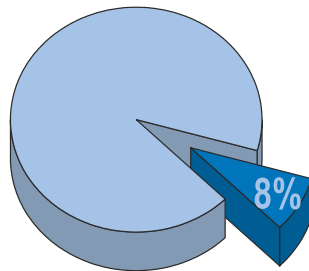
- **69% (66%) of pupils responded that they worry about at least one issue 'most days'.**



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

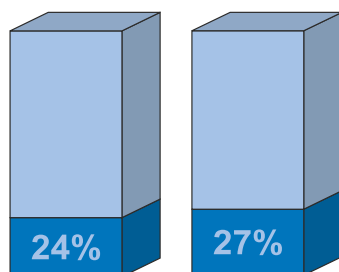
## HEALTHY EATING

- **8% (5%) had nothing to eat or drink for breakfast on the day of the survey.**



- 73% (80%) of pupils responded that they had a drink before lessons on the morning of the survey.
- 86% (88%) said that they had something to eat before lessons on the morning of the survey.

## Five-a-day

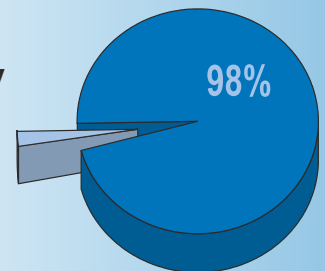


- **24% (29%) of boys and 27% (31%) of girls responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.**

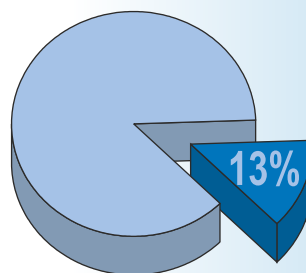
- 11% (8%) of boys and 7% (4%) of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

## Drinks

- **98% (98%) of pupils responded that they can get water at school, while 2% (2%) said 'not easily'.**



- 45% (44%) of pupils responded that they can get water from the canteen/dinner room at school; 57% (62%) said they can get it from their own drinking bottle.



- **13% (8%) of pupils responded that they drink water 'every day or most days'; 71% (81%) said the same of fizzy drinks (not low-calorie).**

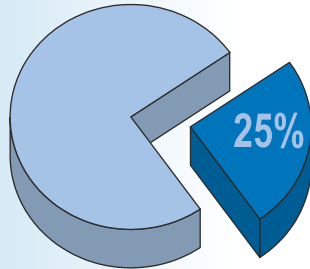
- 19% (21%) of pupils responded that they 'rarely or never' drink milk; 67% (68%) said the same of energy drinks.
- 69% (70%) of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 5% (4%) have found them 'not at all' useful and 6% (6%) couldn't remember any.

# Primary school pupils in Year 6

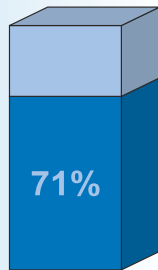
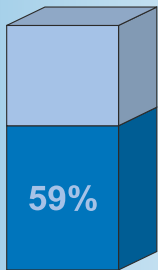
(aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

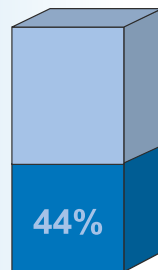
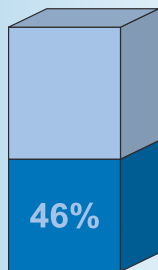
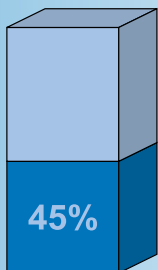
- 25% (23%) of pupils said they worried about family 'quite' or 'very' often and 18% (18%) said they worried about falling out with friends.



- 65% (64%) [59% (58%) of boys and 71% (70%) of girls] of pupils said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



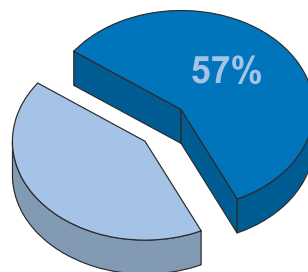
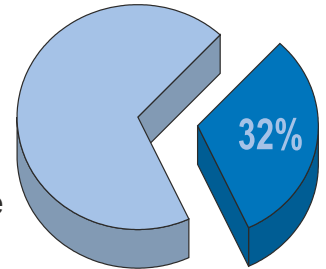
- 55% (57%) of pupils responded that they would talk to an adult at home if they were worried or upset about school, while 20% (19%) said they would talk to a teacher or other adult at school.
- 46% (53%) of pupils responded that they talk to someone about it when they have a problem or are feeling stressed.
- 45% (47%) [46% (50%) of boys and 44% (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).



- 48% (46%) of pupils responded that they have found school lessons about emotional health and wellbeing (SEAL) 'quite' or 'very' useful, while 8% (7%) have found them 'not useful' and 24% (24%) couldn't remember any.

## Resilience

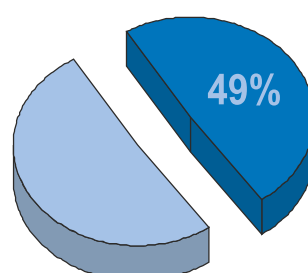
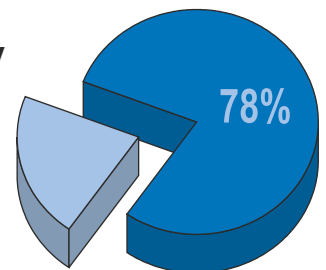
- 68% (74%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 49% (48%) said they ask for help.
- We calculated an overall measure of resilience from a group of related items. 19% (17%) of pupils had a low measure of resilience (0 - 19). 32% (35%) of pupils had a high measure of resilience (26+).



- 57% (59%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

## Puberty and growing up

- 78% (80%) of pupils responded that they feel they know enough about how their body changes as they get older, while 5% (4%) feel they don't know enough.
- 35% (34%) of pupils responded that they feel 'happy' about growing up and body changes, while 4% (3%) of pupils responded that they feel 'unhappy' about growing up and body changes.
- 16% (15%) of boys and 29% (28%) of girls reported that they at least 'quite often' worry about the way they look.



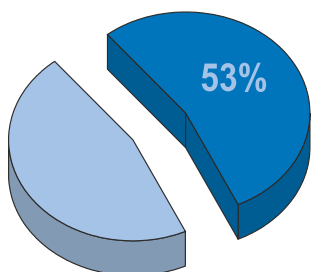
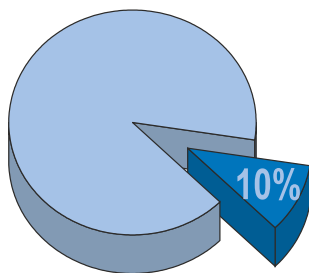
- 49% (49%) of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.



## DRUGS, ALCOHOL AND TOBACCO

### Drugs

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

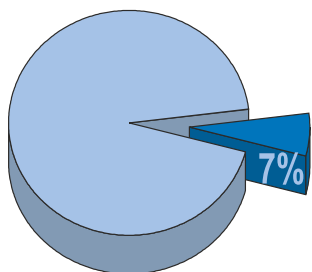
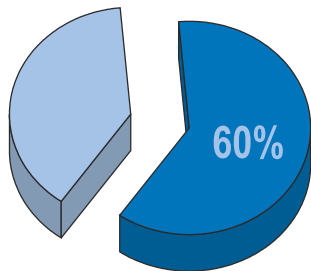


- 53% (55%) of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful',

while 10% (8%) have found them 'not at all' useful and 21% (20%) couldn't remember any.

### Alcohol

- 60% (74%) of pupils reported that they never drink alcohol and 30% (20%) drink only with their parents' knowledge.

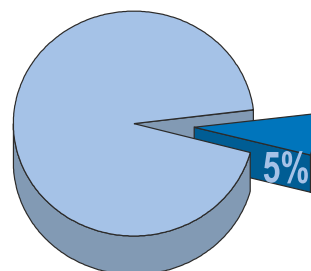


- 7% (4%) of boys and 2% (1%) of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.

- 49% (51%) of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

### Tobacco

- 5% (2%) say they have tried smoking in the past or smoke now.

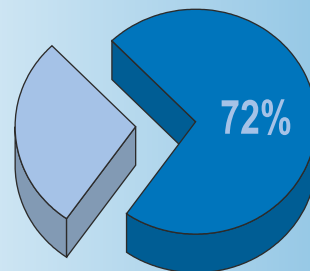


- 0% (0%) said they smoked at least one cigarette in the week before they survey.

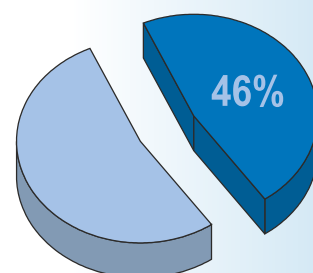
- 48% (52%) of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

## PHYSICAL ACTIVITY

- 72% (81%) of pupils [78% (86%) of boys and 68% (77%) of girls] reported that they enjoy physical activities 'quite a lot' or 'a lot'.



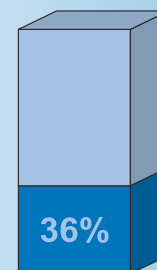
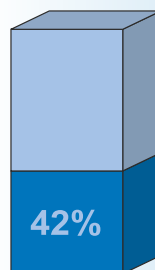
- 38% (43%) said that they exercised enough to breathe harder and faster five times or more in the last week. 8% (5%) said they didn't at all, while 7% (6%) said only once.



- 46% (55%) said they do 5 or more hours of physical activity in a typical week.

- 5% (2%) of pupils said that they don't do a single hour of physical activity in a typical week.

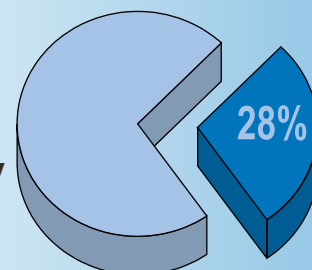
- 39% (45%) of pupils [42% (49%) of boys and 36% (41%) of girls] said that they played sports or did exercise after school on the day before the survey.



- 75% (78%) of pupils responded that they have found school lessons about physical education at least 'quite useful'.

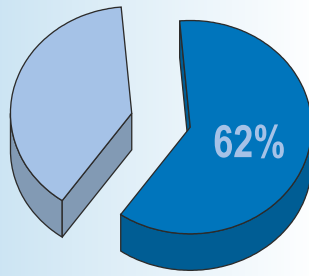
- 93% (95%) of pupils [90% (93%) of boys and 97% (97%) of girls] responded that they chat/talk during playtimes (including dinner times) at least 'sometimes'.

- 85% (87%) of pupils responded that they at least 'sometimes' play running/skipping games/tag during school outdoor breaktimes, while 70% (76%) said they play ball games like football or netball. 28% (23%) said they read quietly at playtime.



## PRIMARY HEALTH AND HYGIENE

- 62% (71%) of pupils responded that they washed their hands before lunch on the day before the survey. 12% (10%) said they are 'not sure' if they did.

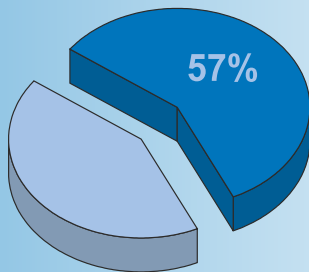


### Dental health

- 90% (92%) of pupils responded that they have been to the dentist in the last year, while 9% (7%) said they last went more than a year ago and 2% (1%) have never been.

### Sun safety

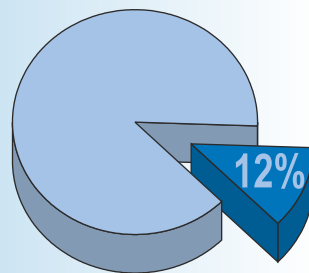
- 11% (8%) of pupils responded that they 'never' do anything to avoid sunburn.



- 57% (61%) of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

## STAYING SAFE

- 32% (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.
- 91% (91%) of pupils responded that they 'always' feel safe at home and 79% (79%) said they 'always' feel safe at school.
- 23% (24%) of pupils reported that they were approached by an adult who scared/upset them. 12% (13%) said they knew this adult (i.e. not a 'stranger').



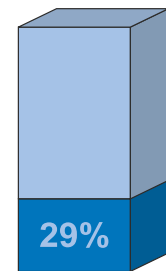
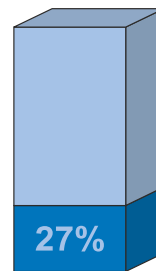
### Internet safety

- 9% (8%) of pupils responded that they communicate with people they have met online and don't know in real life.
- 19% (17%) of pupils responded that they communicate with people online by posting things that lots of people can see and 31% (33%) said they communicate with people using picture/video sharing sites/apps.

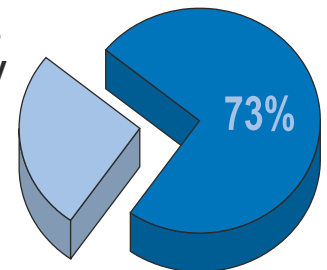
- 5% (6%) of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 31% (31%) of pupils responded that they are 'never' supervised when using the Internet at home, 17% (23%) of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.

### Bullying

- 27% (25%) of boys and 29% (31%) of girls reported that they felt afraid of going to school because they may be bullied at least 'sometimes'.

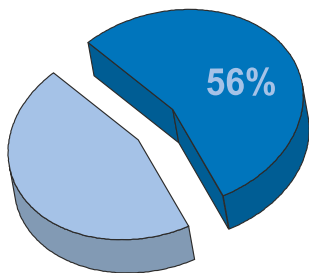


- 24% (21%) of pupils said that they were bullied at or near school in the 12 months before the survey, while 6% (4%) said that they bullied another pupil in the same period.
- 22% (23%) of pupils responded that they were teased/made fun of in the month before the survey, while 25% (22%) said they had been called nasty names and 12% (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 5% (7%) said they had belongings taken/broken.
- 73% (75%) of pupils responded that they think their school takes bullying seriously, while 8% (8%) think it doesn't take it seriously.
- 74% (70%) of pupils responded that their school deals with bullying 'quite' or 'very' well, while 6% (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 12% (11%) have found them 'not at all' useful and 11% (9%) couldn't remember any.



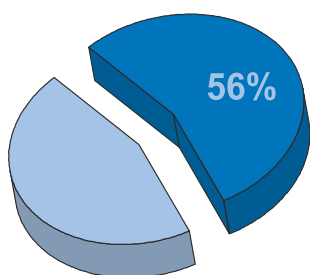
**LEISURE**

- 56% (57%) watched TV, DVDs or online videos on the evening before the survey.
- 51% (55%) played with friends or siblings on the evening before the survey. 63% (59%) of the boys played computer games.
- 12% (16%) of boys and 14% (18%) of girls spent time doing homework on the evening before the survey.



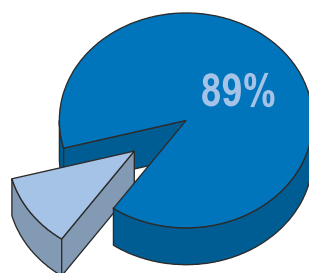
**Pupils' voice**

- 56% (62%) of pupils think their ideas and opinions are asked for in school.
- 30% (33%) said their views are asked for by talking to teachers and 36% (44%) said through the school/class council.
- 37% (39%) of pupils responded that they think the opinions of young people make a difference to decisions about what they learn in school.



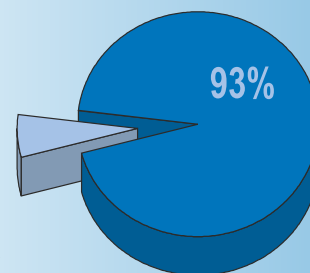
**BACKGROUND**

- 89% (89%) of pupils responded that they are White British.
- 60% (68%) of the pupils in this survey live with both parents together.
- 11% (6%) of pupils get free school meals or vouchers for school meals. 8% (11%) said they were 'not sure'.
- 4% (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**

- 93% (92%) of pupils think it is important to go to school regularly.
- 32% (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                         | 70%  | 66%   |
| My work is marked so I can see how to improve it                  | 87%  | 88%   |
| Adults at school talk to me about how to improve my work          | 82%  | 83%   |
| I know my next steps in learning and what I need to do to improve | 75%  | 79%   |
| My achievements in and out of school are recognised               | 61%  | 59%   |
| The school teaches me how to deal with my feelings positively     | 60%  | 56%   |
| The school helps me work as part of a team                        | 80%  | 77%   |
| In this school, people with different backgrounds are valued      | 67%  | 67%   |
| The school encourages everyone to take part in decisions          | 73%  | 79%   |
| The school encourages me to contribute to community events        | 58%  | 64%   |
| The school prepares me for when I leave this school               | 83%  | 86%   |
| The school encourages everyone to treat each other with respect   | 87%  | 89%   |
| My teachers realise when I don't understand                       | 63%  | 63%   |
| The school encourages me to attempt difficult work                | 78%  | 72%   |
| The school tells me it's OK to make mistakes                      | 84%  | 84%   |

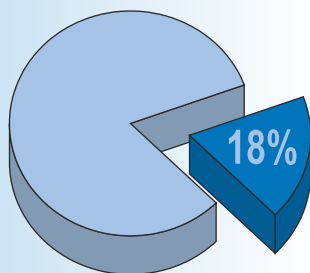


# Secondary school pupils in Years 8 & 10

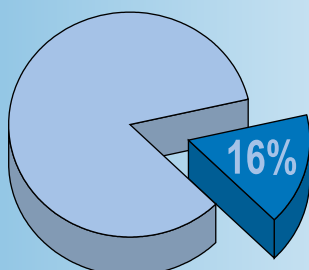
(aged 12 - 13 and 14 - 15 years)

## HEALTHY EATING

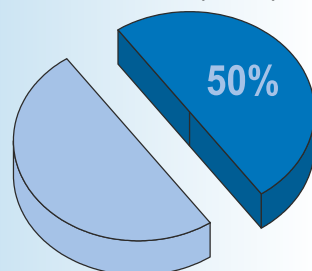
- 18% (14%) had nothing to eat or drink before lessons on the day of the survey.
- 69% (71%) of pupils had a drink before lessons on the day of the survey, 66% (73%) responded that they had something to eat.
- 7% (6%) of pupils in the survey had no lunch on the day before the survey. 85% (85%) had a drink and 87% (89%) had something to eat.
- 12% (9%) of pupils responded that they ate at least 5 snacks on the day before the survey.
- 5% (2%) of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.



- 16% (20%) of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 12% (8%) had none at all.



- 73% (78%) of pupils responded that they can get water at school, while 24% (20%) said 'not easily'.
- 50% (55%) of pupils found school lessons about healthy eating 'quite' or 'very' useful.



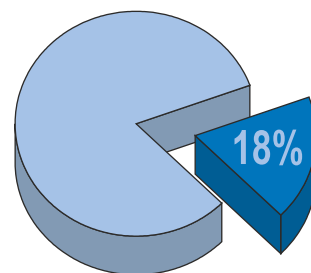
## Diet

- 29% (26%) say they never worry about how much they eat; 16% (16%) say they are often or always careful with their diet.
- 25% (22%) of pupils have ever engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.

## DRUGS, ALCOHOL AND TOBACCO

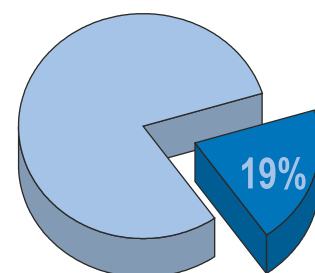
### Drugs

- 18% (19%) of pupils have been offered cannabis.
- 7% (8%) of pupils responded that they have been offered other drugs (not cannabis).
- 4% (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 14% (13%) of Year 10 pupils ever having taken it.



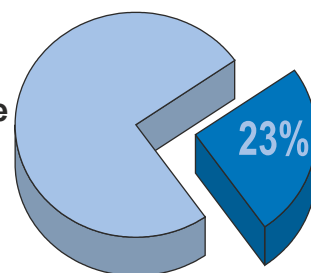
### Alcohol

- 19% (20%) had at least one alcoholic drink in the week before the survey.
- 46% (46%) of pupils said that they never drink alcohol.



### Tobacco

- 23% (20%) say they have tried smoking in the past or smoke now.
- 5% (4%) of pupils smoked at least one cigarette in the week before the survey.
- 7% (6%) say they smoke 'regularly' or 'occasionally'; 47% (45%) of those who smoke 'regularly' would like to give up smoking.
- 42% (32%) of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 31% (21%) said they do so at least 'once or twice a week'.
- 4% (5%) of pupils responded that they have 'never heard of' electronic cigarettes or 'e-cigarettes'. 34% (27%) of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'; 6% (3%) said they use one 'regularly'.





## EMOTIONAL HEALTH AND WELL-BEING

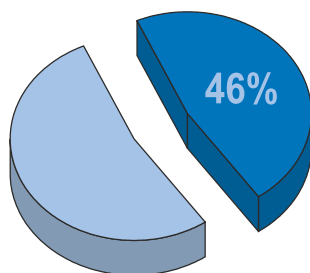
### Worries

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

| Boys            |     | Girls            |     |
|-----------------|-----|------------------|-----|
| Exams and tests | 31% | The way you look | 48% |
| School work     | 20% | Exams and tests  | 45% |
| Family          | 19% | School work      | 31% |

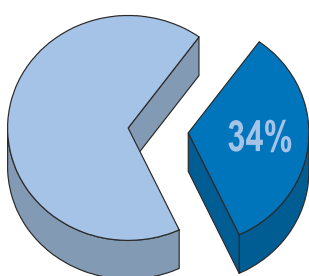
- 67% (67%) of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

- **46% (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/**



while 3% (4%) said they would like the information from school lessons and 7% (8%) would like to find out on the Internet.

- When they have a problem or feel stressed 48% (47%) of pupils said they would talk to someone about it and 32% (35%) of pupils said they would think about it on their own. 8% (7%) of pupils responded that they cut or hurt themselves.

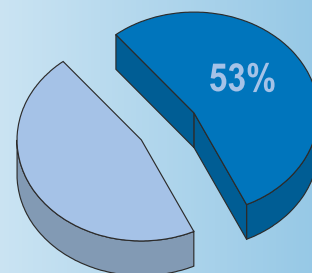


- **34% (35%) of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.**

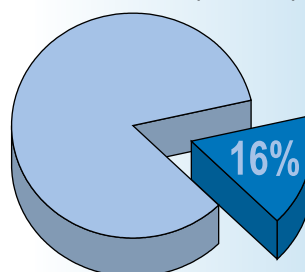
### Resilience

- 45% (51%) of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 31% (29%) said they get upset and feel bad for ages.

- **53% (57%) of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do,** while 43% (43%) ask for help and 15% (12%) give up.

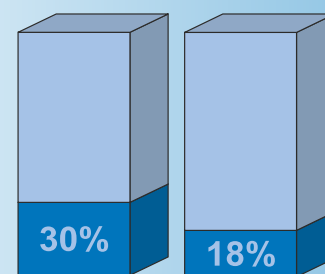


- We calculated an overall measure of resilience from a group of related items. 41% (35%) of pupils had a low measure of resilience (0 – 19).



- **16% (20%) of pupils had a high measure of resilience (26+).**

- **24% (25%) of pupils [30% (31%) of boys and 18% (19%) of girls] scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.**



- 8% (5%) of pupils scored low (7 – 13) on the SWEMWB Scale.

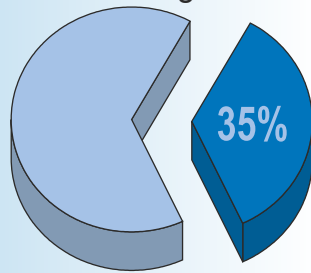
### MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- 56% (57%) of pupils responded that they are asked for their opinions about what they learn in school; 43% (43%) said their opinions make a difference.
- 49% (51%) of pupils responded that they are asked for their opinions about how they learn in school; 46% (48%) said their opinions make a difference.
- 46% (49%) of pupils responded that they are asked for their opinions about the school environment; 47% (48%) said their opinions make a difference.
- 31% (31%) of pupils responded that they are asked for their opinions about their community; 36% (36%) said their opinions make a difference.
- 37% (45%) of pupils have had the chance to vote for school/college council members. 27% (35%) of pupils have had the chance to be a member of a school council or local youth council.

## SEXUAL HEALTH AND RELATIONSHIPS

- 54% (52%) believe there is a sexual health service for young people available locally. 31% (31%) of pupils said they know where they can get condoms free of charge.

- 35% (33%) of pupils found school lessons about sex and relationships 'quite' or 'very' useful.**



- 39% (36%) responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 27% (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: 3% (4%) of Year 10 respondents are in a relationship and thinking about having sex.
- 11% (10%) of Year 10 pupils have had a sexual relationship in the past and 8% (7%) report that they are currently in a sexual relationship (that is, overall 19% (17%) have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: 55% (53%) said 'yes' and 7% (9%) were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend:**

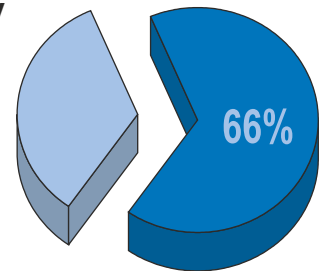
| Year 10   | Overall   |
|---|-----------|
| Used hurtful or threatening language to me                    | 13% (10%) |
| Was angry or jealous when I wanted to spend time with friends | 24% (20%) |
| Kept checking my phone  | 17% (11%) |
| Threatened to tell people things about me                     | 9% (7%)   |
| Threatened to hit me  | 6% (3%)   |

- 53% (49%) of Year 10 pupils responded that if any of the things listed happened to them, they would look after themselves without help. 65% (60%) responded that they would know where to get help.

## PHYSICAL ACTIVITY

- 56% (58%) said they enjoy general physical activities 'quite a lot' or 'a lot', while 63% (68%) said the same about team sport and 50% (55%) about individual sport.

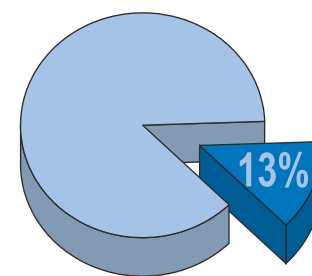
- 66% (69%) said they find it 'quite' or 'very' easy to be as physically active as they like.**



- 47% (53%) said that they do five or more hours of physical activity in a typical week.

## BACKGROUND

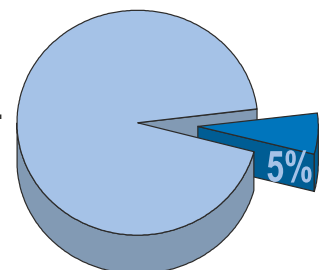
- 89% (89%) of pupils describe themselves as White British.
- 55% (65%) of the pupils in this survey live with both parents together.
- 12% (6%) of pupils have free school meals.



- 8% (7%) of pupils have a special educational need or learning difficulty.
- 13% (11%) of pupils have a disability or long-standing illness.**

### Service families

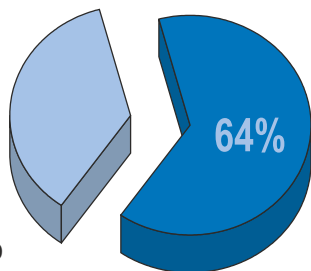
- 5% (5%) of pupils report they have a parent/carer who is in the armed forces.**



- 28% (35%) of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away.
- 1% (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.

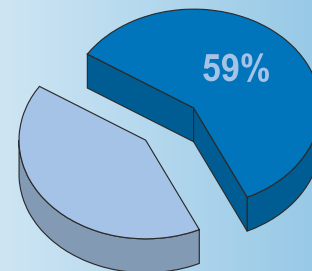
## ENJOYING AND ACHIEVING

- ❑ 64% (72%) of pupils report enjoying at least half of their school lessons.
- ❑ 36% (42%) of boys and 41% (49%) of girls said they want to continue in full time education at the end of their course.
- ❑ 48% (46%) of boys and 49% (42%) of girls said they wanted to find a job as soon as possible.
- ❑ 49% (58%) of pupils responded that they intend to apply for University in the future, while 37% (31%) said they are 'not sure' if they do. .



## Homework

- ❑ 59% (68%) of pupils did homework on the evening before the survey. 17% (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 (54% (58%)), prejudice, discrimination and bullying (56% (55%)) and religious education (46% (49%)).



## LEISURE AND WORK

- ❑ 80% (75%) responded that they had spent some time the night before the survey talking/texting on the 'phone.
- ❑ 85% (85%) watched some TV, DVD or online videos the previous night and 20% (14%) watched for over 3 hours.

### Pupils' Perceptions

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

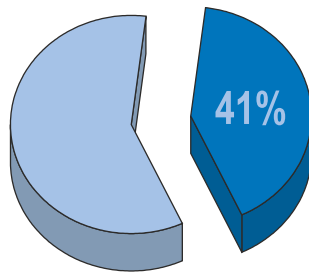
#### The percentage of pupils responding 'yes' were:

|  | Male | Female |
|--|------|--------|
| The school cares whether I am happy or not                                 | 44%  | 44%    |
| My work is marked so I can see how to improve it                           | 76%  | 72%    |
| Adults at school talk to me about how to improve my work                   | 68%  | 61%    |
| I know my next steps in learning and what I need to do to improve          | 56%  | 49%    |
| My achievements in and out of school are recognised                        | 34%  | 35%    |
| The school teaches me to deal with my feelings positively                  | 31%  | 35%    |
| The school helps me work as part of a team                                 | 50%  | 52%    |
| In this school people with different backgrounds are valued                | 54%  | 58%    |
| The school encourages everyone to take part in decisions                   | 54%  | 55%    |
| I have chances to discuss sensitive issues in class e.g. extremism         | 37%  | 36%    |
| The school encourages me to contribute to community events                 | 35%  | 35%    |
| The school prepares me for when I leave this school                        | 59%  | 56%    |
| The school encourages everyone to treat each other with respect            | 76%  | 74%    |
| My teachers realise when I don't understand                                | 36%  | 29%    |
| The school encourages me to attempt difficult work                         | 66%  | 68%    |
| The school tells me it's OK to make mistakes                               | 63%  | 60%    |
| I am prepared to try something I am not used to or not so good at          | 60%  | 58%    |
| I have the opportunity to use things I have learnt in different situations | 47%  | 43%    |
| Sometimes I have a choice of different ways to learn about something       | 44%  | 43%    |
| At school, I am encouraged to try different ways to do things              | 49%  | 51%    |

- ❑ 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'.

**SECONDARY**  
**STAYING SAFE**

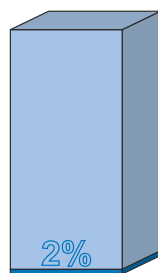
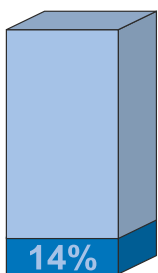
- 41% (42%) said they were treated for an accident at a clinic or hospital in the twelve months before the survey.



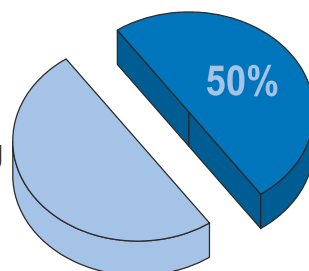
- 7% (8%) of pupils report they 'often' or 'very often' carry weapons for protection when going out.
- 10% (8%) reported that they were a victim of violence or aggression in the area where they live, in the twelve months before the survey.

**Bullying**

- 23% (20%) of pupils said that they had been bullied at or near school in the last 12 months.
- 25% (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 38% (41%), being called gay 17% (18%), and being called nasty names 34% (33%).
- 21% (22%) of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 17% (17%) said they experienced such behaviour during lesson time.
- 14% (12%) of pupils said they are picked on because of their size or weight, while 2% (3%) say it's because of their colour, race or religion.

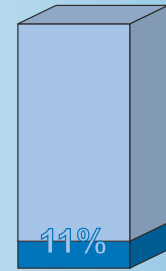
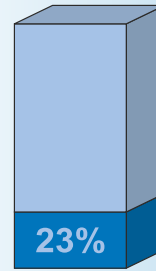


- 50% (52%) of pupils reported that they think their school deals with bullying well, or that bullying isn't a problem in their school.



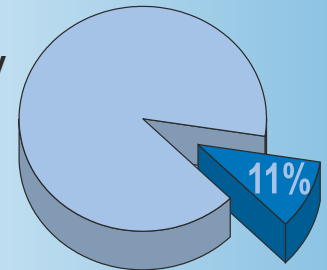
**Internet safety**

- 93% (93%) of pupils responded that they communicate with friends and family they know in real life online.
- 17% (18%) of pupils [23% (21%) of boys and 11% (14%) of girls] responded that they communicate with people they have met online and don't know in real life.

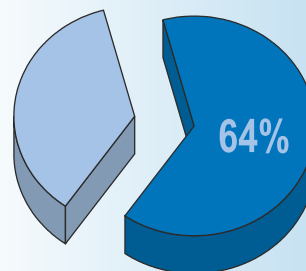


- 40% (35%) of pupils responded that they communicate with people through online games, while 47% (56%) said they do so through picture/videos sharing sites/apps.

- 11% (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).
- 5% (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.
- 14% (12%) of pupils responded that they worry about keeping safe on the Internet, email and using mobile phones 'often' or 'all the time'.



- 64% (63%) of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.



## Changes in Scarborough 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 (80% in 2014 vs. 87% in 2016)**
- To go to a breakfast club at least 'sometimes' (22% in 2014 vs. 27% in 2016)

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

### *LESS likely...*

- *To have cleaned their teeth at least twice on the day before the survey (78% in 2014 vs. 73% in 2016)*
- *To have played with friends after school on the day before the survey (47% in 2014 vs. 41% in 2016)*

## Changes in Scarborough since 2014 - Year 6

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

- **To say that they have been feeling or thinking that lots of people care about them over the past couple of weeks (60% in 2014 vs. 70% in 2016)**
- **To say they can 'usually or always' say no when a friend wants them to do something they don't want to do (52% in 2014 vs. 61% in 2016)**
- **To drink water 'every day or most days' (65% in 2014 vs. 71% in 2016)**
- **To 'rarely or never' drink energy drinks (60% in 2014 vs. 67% in 2016)**

### *LESS likely...*

- **To say that they 'quite' or 'very' often worry about SATs/tests (36% in 2014 vs. 23% in 2016).**
- **To have been away from school due to illness or injury in the last month (39% in 2014 vs. 27% in 2016).**
- *To have played sport after school on the day before the survey (49% in 2014 vs. 39% in 2016)*
- *To do at least five hours of physical activity in a typical week (57% in 2014 vs. 46% in 2016).*

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

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

- **To rate school lessons about alcohol education 'quite' or 'very' useful (41% in 2014 vs. 52% in 2016)**
- **To rate school lessons about smoking education 'quite' or 'very' useful (41% in 2014 vs. 50% in 2016)**
- **To have spent time doing homework after school on the day before the survey (52% in 2014 vs. 59% in 2016)**
- *To have been the victim of violence or aggression in the area where they live in the last 12 months (6% in 2014 vs. 10% in 2016)*
- *To enjoy 'hardly any' of their lessons at school (14% in 2014 vs. 18% in 2016)*
- **To rate school lessons about careers education 'quite' or 'very' useful (42% in 2014 vs. 48% in 2016).**

### *LESS likely...*

- *To know where they can get condoms free of charge (43% in 2014 vs. 31% in 2016)*
- *To say that when something goes wrong they 'usually' or 'always' learn from it for next time (55% in 2014 vs. 45% in 2016)*
- **To have smoked in the past or smoke now (32% in 2014 vs. 23% in 2016)**
- **To think they are being picked on or bullied because of the way they look (25% in 2014 vs. 17% in 2016)**
- **To communicate with people they have met online and don't know in real life (25% in 2014 vs. 17% in 2016)**

# Differences between Scarborough 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.

| Scarborough | North Yorkshire | Year 2   |
|-------------|-----------------|--|
| 67%         | 52%             | of pupils responded that they have a TV in their bedroom                                       |
| 31%         | 24%             | of pupils responded that they are allowed to watch TV after they have gone to bed.             |
| 90%         | 94%             | of pupils responded that they have a bike.   |
| 73%         | 78%             | of pupils responded that they cleaned their teeth at least twice on the day before the survey. |

| Scarborough | North Yorkshire | Year 6  |
|-------------|-----------------|---|
| 60%         | 74%             | of pupils responded that they never drink alcohol.  |
| 71%         | 81%             | of pupils responded that they drink water 'every day or most days'.   |
| 62%         | 71%             | of pupils responded that they washed their hands before lunch on the day before the survey.                                     |
| 68%         | 76%             | of pupils responded that they exercised and had to breathe harder and faster three times or more in the week before the survey. |
| 10%         | 6%              | of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.                      |
| 68%         | 74%             | of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do.               |

| Scarborough | North Yorkshire | Year 8 & Year 10   |
|-------------|-----------------|--|
| 44%         | 55%             | of pupils responded that they didn't drink any fizzy drinks or energy drinks on the day before the survey.                           |
| 34%         | 44%             | of pupils responded that they enjoy 'most' or 'all' of their lessons at school.  |
| 26%         | 18%             | of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships. |
| 49%         | 58%             | of pupils responded that they intend to apply for University in the future.  |
| 44%         | 53%             | of pupils responded that they have taken part in volunteering at some point outside of school in the last six months.                |
| 34%         | 27%             | of pupils responded that they have at least tried electronic cigarettes.   |
| 73%         | 78%             | of pupils responded that they can get water at school.   |
| 12%         | 8%              | of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.                           |
| 47%         | 53%             | of pupils responded that they do five or more hours of physical activity in a typical week in and out of school.                     |

# 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 | 383             | 105                 | 129         | 22               | 665                  | 334                       | 424                             | 193               | 187                 | 271        | 23            |
| Eat 5-a-day   | 19                 | 17              | 18                  | 24          | 32               | 16                   | 18                        | 19                              | 14                | 17                  | 22         | 20            |
| Ever tried smoking  | 30                 | <b>*38</b>      | 29                  | 38          | 45               | <b>*39</b>           | <b>*41</b>                | 34                              | <b>*44</b>        | 37                  | <b>*44</b> | 45            |
| Drank last week   | 31                 | 28              | 21                  | 24          | 27               | 32                   | 36                        | 32                              | <b>*21</b>        | 39                  | 36         | 41            |
| Ever offered drugs  | 31                 | <b>*40</b>      | 41                  | 38          | <b>*59</b>       | <b>*38</b>           | 36                        | <b>*37</b>                      | 34                | <b>*41</b>          | <b>*44</b> | 32            |
| Ever taken drugs  | 17                 | 23              | 21                  | 23          | 32               | <b>*22</b>           | 21                        | <b>*22</b>                      | <b>*23</b>        | 20                  | <b>*30</b> | 23            |
| 7+hours exercise/week   | 32                 | 29              | 29                  | 28          | 38               | 28                   | 32                        | 30                              | 28                | 36                  | <b>*22</b> | 40            |
| High wellbeing score  | 24                 | 23              | 23                  | <b>*15</b>  | 19               | <b>*18</b>           | 21                        | <b>*17</b>                      | 20                | 23                  | <b>*14</b> | 14            |
| High resilience score   | 17                 | 21              | 18                  | 15          | 19               | <b>*14</b>           | 21                        | <b>*12</b>                      | <b>*8</b>         | 20                  | <b>*11</b> | 5             |
| Bullied at school last year   | 18                 | 21              | 24                  | <b>*32</b>  | 23               | <b>*22</b>           | <b>*35</b>                | <b>*26</b>                      | <b>*28</b>        | 22                  | <b>*32</b> | <b>*39</b>    |
| Worry about money***  | 18                 | <b>*24</b>      | 24                  | <b>*31</b>  | 27               | <b>*28</b>           | <b>*24</b>                | <b>*23</b>                      | <b>*25</b>        | 22                  | <b>*32</b> | 23            |
| Worry about being different***                                      | 6                  | <b>*18</b>      | <b>*24</b>          | 9           | 14               | 7                    | 9                         | <b>*9</b>                       | <b>*10</b>        | 8                   | <b>*36</b> | <b>*36</b>    |
| Sexually active   | 17                 | <b>*22</b>      | 10                  | 24          | <b>*40</b>       | <b>*21</b>           | 21                        | <b>*21</b>                      | 21                | <b>*27</b>          | <b>*31</b> | <b>*36</b>    |
| 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                  | <b>*53</b>  | 53               | 39                   | <b>*48</b>                | 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              | <b>*71</b>          | 49          | 36               | 51                   | <b>*38</b>                | 57                              | <b>*44</b>        | 51                  | 60         | 45            |
| Term-time job   | 36                 | <b>*28</b>      | 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               | <b>*49</b>           | 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.

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## Key Contacts

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