



# Growing Up in North Yorkshire

## A summary of the Growing Up in North Yorkshire survey 2018

These results are the compilation of data collected from children and young people in the vast majority of schools in North Yorkshire during Summer 2018. This survey was commissioned by the **North Yorkshire Children and Young People's Service (CYPS)** to collect reliable information about young people's learning and wellbeing. This is the seventh such large survey completed in North Yorkshire, following six studies between 2006 and 2016.

### Introduction from Stuart Carlton

Corporate Director - Children & Young People's Service

In 2018, over 19000 children and young people have participated and shared their perceptions and experiences through 'Growing Up in North Yorkshire'. It is essential that we respond to the findings of the survey. The analysis is extensive and you will find changes which are positive and reflect the high quality of experience of many of our children and young people. However, we have to reflect on and respond to the continuing priorities and new challenges that have arisen through the data analysis. It cannot be right that the very best experience in our schools and communities is not shared by all, especially our most vulnerable. The correlation between wellbeing outcomes, school ethos and academic performance is powerful. Our Children and Young People's Plan sets out our ambition and clear agenda for improving the life chances and educational opportunities for all young people across North Yorkshire. The voice of our children and young people continues to be a vitally important influence on our priorities and targeted actions. At individual school level and through our collaborative working, it is affirming to share positive successes, but we must continue to address the challenges. My thanks to all those involved in this important work.

### Key issues

Among the findings from these young people in North Yorkshire, we see many welcome results and several positive trends. There are also some results and trends in young people's perceptions and behaviours that indicate there is still more work to do.

#### Continued priorities:

- Developing resilience and emotional wellbeing
- Positive ethos and culture of the school
- Pupil voice influencing decisions
- Risky behaviours, particularly related to the use of modern technology
- Reducing inequalities caused by deprivation

#### Additional priority issues:

- Healthy lifestyles
- Bullying

Identified **groups of young people** continue to have more negative outcomes against a wide range of indicators.

These include in particular:

- Young Carers
- Pupils receiving Free School Meals
- Lesbian, Gay, Bisexual pupils (LGB)
- Transgender pupils
- Pupils with Special Educational Needs and /or Disabilities
- Pupils from single-parent families

In this report:	Page
Key findings .....	2
Year 2 Primary results .....	5
Year 6 Primary results .....	7
Secondary results (Y8/Y10) .....	11
Growing up in North Yorkshire Y2/Y6/Y8/Y10/Y12.....	16
Deprivation differences.....	17
Changes since 2016.....	18
Trends since 2006 .....	19
Sixth-form survey .....	20
Special school survey .....	20
Gender differences .....	21
Comparison with other counties ...	21
Equalities monitoring .....	22
Consultation and dissemination ...	24
Contact information.....	24





## THE SURVEY

This report is based on the responses of over 19,000 pupils attending mainstream schools and pupil referral services in North Yorkshire.

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire. Completed questionnaires were then returned to SHEU in Exeter for processing. Many of the schools conducted the survey online.

The sample sizes are shown in the table (right). N.B. \* 385 pupils either didn't give us their gender or describe themselves

as something other than male or female.

Key findings from the Special School Survey and the Year 12 survey can be found on page 20.

### ↗ Trends ↘

This survey follows studies in 2016, 2014, 2012, 2010, 2008 and 2006. Where changes can be seen, these are noted on pages 18-19.

### ↕ Comparisons ↙

We have looked at comparisons between small and larger primary schools (page 20), gender differences (p21) and have compared North Yorkshire with samples from other large Shire counties (p21). A special analysis has been made of pupils with different social identities (pages 22-23).

16,153 pupils from the target year groups took part in the survey

	Year 2	Year 6	Year 8	Year 10	Year 12
<b>Males</b>	1974	1857	1907	1664	237
<b>Females</b>	1870	1828	2009	1851	435
<b>Total</b>	3861*	3792*	4025*	3667*	686*

## KEY FINDINGS

### Positive progress with identified priorities since 2016

- ❑ More Y2 pupils who have Internet-enabled devices have also had lessons about how to keep safe online (78% in 2016 vs 86% in 2018).
- ❑ Y2 pupils are more likely to get the help they want in lessons 'most of the time' (38% in 2016 vs 41% in 2018).
- ❑ Y6 pupils more likely to report lessons on emotional health and wellbeing (76% in 2016 vs 86% in 2018) and more likely to report them useful (46% vs 53%).
- ❑ Among secondary pupils, experimental and regular smoking have been in long-term decline, as has drinking alcohol.
- ❑ There is a general increase in all age groups reporting lessons about online safety.
- ❑ Pupils in special education settings are generally positive about their schools; most feel safe at school (74%), and say both that their views are asked for (74%) and that their views make a difference (62%).

### Closing the Gap (see p.22-23)

There are increases among Y8/Y10 pupils from the most deprived areas:

- ❑ Being encouraged to attempt difficult work (66% in 2016 vs 70% in 2018)
- ❑ 'In this school people with different backgrounds are valued' (54% in 2016 vs 63% 2018).

There are decreases in the most deprived areas Y8/Y10:

- ❑ Percentage of young carers (11% 2016 vs 7% in 2018)
- ❑ Being called nasty names in the last month (40% in 2016 vs 34% in 2018)
- ❑ Exposed to cigarette smoke at home (29% in 2016 vs 21% in 2018).

- ❑ LGB students in Y10 were less likely to report ever using drugs (30% in 2016 vs 18% in 2018) whereas overall Y10 students were only slightly less likely to use drugs in 2018 (17% in 2016 vs 16% in 2018).





Over the period of the survey 2006-18, on-going positive trends are (see also page 19):

<input type="checkbox"/> Y2 Drink fizzy drinks 'on most days'	<input type="checkbox"/> Y8 Never smoked at all
2006 2008 2010 2012 2014 2016 2018	2006 2008 2010 2012 2014 2016 2018
39% 38% 30% 31% 28%	73% 74% 84% 85% 88% 89% 89%
<input type="checkbox"/> Y2 Dancing / gym 'sometimes' in own time	<input type="checkbox"/> Y8 In this school people from different backgrounds are valued
2006 2008 2010 2012 2014 2016 2018	2006 2008 2010 2012 2014 2016 2018
41% 41% 45% 50% 51%	53% 57% 55% 59% 65% 65% 68%
<input type="checkbox"/> Y6 Bullied someone else in the last year	<input type="checkbox"/> Y10 Accident last year + medical attention
2006 2008 2010 2012 2014 2016 2018	2006 2008 2010 2012 2014 2016 2018
11% 8% 7% 5% 4% 4% 3%	35% 47% 45% 45% 45% 41% 38%
<input type="checkbox"/> Y6 Know enough about growing up/body changes	<input type="checkbox"/> Y10 Worry often about relationships
2006 2008 2010 2012 2014 2016 2018	2006 2008 2010 2012 2014 2016 2018
67% 67% 63% 69% 74% 80% 83%	44% 32% 32% 30% 29% 25% 23%

### School culture and academic achievement

The following indicators show the strongest statistically significant correlations with good attainment and progress **KS2** performance outcomes:

#### Positive

- The school encourages everyone to treat each other with respect
- The school prepares me for when I leave this school
- The school helps me work as part of a team
- In this school people with different backgrounds are valued
- I know my next steps in learning and what I need to do to improve
- School deals well with bullying

#### Negative

- Report being bullied at or near school in the last 12 months

The following indicators show strongest statistically significant correlations with good attainment and progress **KS4** performance outcomes:

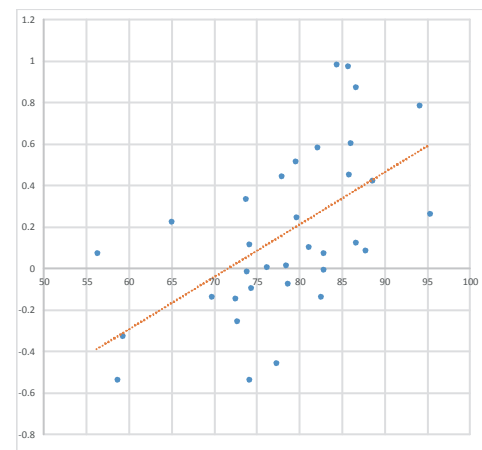
#### Positive

- The school encourages everyone to treat each other with respect
- In this school people with different backgrounds are valued
- Higher Wellbeing and Resilience scores
- I am prepared to try something I am not used to or not so good at
- The school encourages me to attempt difficult work
- I know my next steps in learning and what I need to do to improve
- I have the opportunity to use things I have learnt in different situations
- School deals well with bullying

#### Negative

- Report being bullied at or near school in the last 12 months

Chart showing for North Yorkshire secondary schools their Average Progress 8 score (vertical axis) against the proportion of pupils who agree *The school encourages everyone to treat each other with respect* (horizontal axis).



Although there is some scatter around the line of best fit (orange) the statistical relationship is significant, at 0.64 on a scale from 0 to 1.





## Some findings linking school culture with other outcomes

- ❑ Year 10 pupils who reported that the school encourages everyone to treat each other with respect had the highest resilience scores.
- ❑ Year 10 pupils who reported that they knew their next steps in learning and what they needed to do to improve were most likely to have the highest wellbeing scores.
- ❑ Year 10 pupils who were more likely to report being sexually active were least likely to report that they wanted to stay in full time education.

## PERSISTING and EMERGING ISSUES and INEQUALITIES

- ❑ There are several indications of poor and even declining emotional wellbeing among secondary students, especially females – the proportion of Y8/Y10 students in the highest-scoring brackets of wellbeing scale is lower in 2018 (21%) than in 2016 (25%), and scores for Y10 females were lower still (17% in 2016 vs 12% in 2018).
- ❑ Fewer secondary pupils now think their school deals well with bullying (50% in 2016 vs 43% in 2018), while more now think they are being picked on or bullied because of the way they look (15% in 2016 vs 23% in 2018). Secondary LGB students especially report more bullying for their looks (29% in 2016 vs 40% in 2018).
- ❑ 40% of secondary-aged pupils in special schools were called nasty names at least sometimes in the month before the survey, and 41% said they were pushed or hit (mainstream pupils 32% and 27% respectively).
- ❑ 27% of Year 10+ pupils in special schools responded that they would at least 'sometimes' put up with a boyfriend or girlfriend who was nasty to them.
- ❑ When compared with the 2016 results, there are a large number of negative differences for pupils in mainstream schools with special educational needs and for looked-after children, including bullying, poor sleep, and lower levels of resilience.
- ❑ There is a decrease in Y8/10 pupils from most deprived areas who always feel safe going to and from school (68% in 2016 vs 63% in 2018).
- ❑ Secondary students in receipt of free school meals report in 2018 more drinking alcohol, worse sleep and worse resilience than in 2016.
- ❑ Young carers in secondary schools in 2018 report less exercise, more cannabis offers, more skipping breakfast and other non-recommended dieting practices and more absence from school than in 2016.
- ❑ Black and ethnic minority students in secondary schools in 2018 report more bullying for their looks and feeling less safe at school than in 2016.

## OTHER KEY FINDINGS

- ❑ Experimentation and use of e-cigarettes (vaping) is increasing: among Year 8 students, the percentages who have tried vaping was 13% in 2014, 18% in 2016 and 20% in 2018.
- ❑ In the Y2 group, screen and online time is quite prevalent. Only 67% of Y2 pupils who go online say that parents/carers always know what they are doing or looking at online, and 18% have friends online that they don't know in real life.
- ❑ After many years of decline, 2018 reports by Y10 students of offers of drugs are higher than in 2016.
- ❑ Bullying at school is associated in Y10 students with worries about being different and with poorer emotional wellbeing.
- ❑ There are a number of behaviours associated with dieting which are negative, including missing meals, and exercising excessively.
- ❑ 23% of secondary school pupils are exposed to cigarette smoke at home.
- ❑ 27% of secondary pupils have experienced a boyfriend/girlfriend being nasty to them.
- ❑ While there has been significant improvement in young people having enough information advice and guidance, there is still variation in the quality of careers education experienced by pupils.
- ❑ Eating 5 portions of fruit/veg a day is poor across the board – no better than 25% overall, and the trend is level at best.
- ❑ Fewer Y10 students 'sometimes' carry weapons than our county comparisons. However for LGB, disadvantaged, LAC, SEND, and ethnic minority pupils this is more likely (the small transgender group was highest of all.) The weapon is most likely to be a blade. The groups most likely to have been threatened with a weapon are looked-after children and transgender young people.



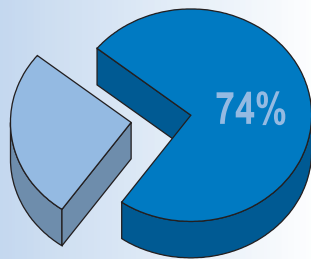




# Primary school pupils in Year 2 (aged 6 - 7 years) **Bold type indicates use of a table or chart.**

## BEING HEALTHY

- When asked about what they had before lessons on the morning of the survey, 83% responded that they had a drink, and 94% said that they had something to eat, while 3% said they had nothing before lessons.
- 31% 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 62%; water 62%; milk 51%; vegetables 47%; sweets or chocolate 43%.
- The foods or drinks most commonly consumed 'never' were: brown bread 46%; Weetabix, Porridge, Muesli 32%; fizzy drinks 21%.
- **74% 'always' wash their hands after going to the toilet.**
- 77% cleaned their teeth at least twice on the day before the survey.
- 60% have been to a dentist in the last year.

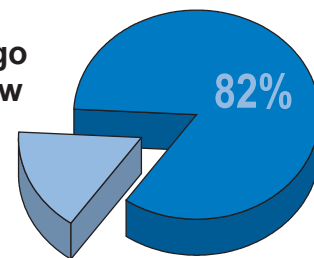


## LEISURE

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

	Boys	Girls
Riding your bike/ roller skating/ scooter/ skateboarding	86%	88%
Go for a walk	85%	90%
Swimming	83%	86%
Running (races or tag games)	83%	82%
Team games, like football or netball	78%	46%
Dancing/gymnastics	28%	75%
Tennis	43%	33%
Horse riding	20%	42%
Something else	27%	31%
Judo, Karate, Tae Kwon Do	35%	19%

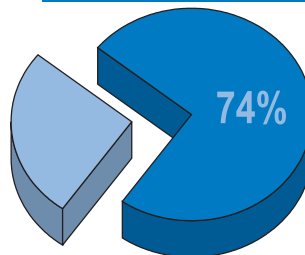
- 69% of pupils responded that they have a set bedtime for nights when it's school the next day. 28% of pupils responded that someone usually reads them a bedtime story.
- 51% of pupils responded that they have a TV in their bedroom. 22% of these pupils responded that they are allowed to watch TV after they have gone to bed.
- 98% use a computer/tablet or mobile device at home. 51% use it to help with schoolwork. 89% said they use it to play games.
- **82% of pupils who go online say they know how to keep themselves safe on the Internet**
- 96% have a bike or a scooter and 79% have a bike helmet; 46% 'always' wear a bike helmet when they use their bike or scooter.



## 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	86%	87%
Wear long sleeves	42%	38%
Put on sun cream	88%	96%
Stay in the shade	70%	83%



- **Overall, 74% of pupils responded that they use at least one of the prevention methods listed 'always' to avoid getting sunburnt.**

- 71% 'always' feel safe at school. 50% feel happy at school 'always'.
- 40% ever feel scared to be at school because of other children at least sometimes, while 22% feel scared to travel to school because of other children at least sometimes.





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

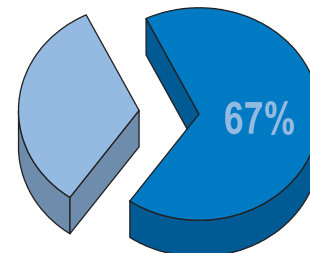
### EMOTIONAL HEALTH AND WELLBEING

- 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%	18%
Being ill	28%	30%
Friendships	26%	28%
Family	37%	38%
The way you look	21%	25%

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

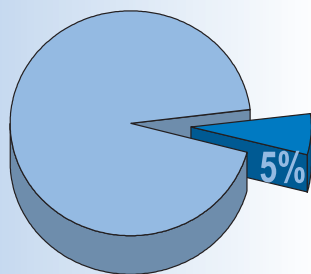
- **67% of pupils responded that they worry about at least one issue 'most days'.**



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

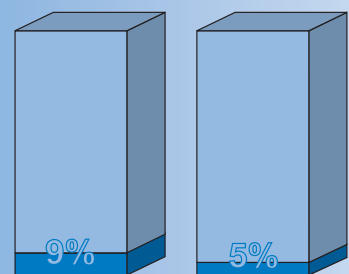
### HEALTHY EATING

- 5% had nothing to eat or drink for breakfast on the day of the survey.
- 80% of pupils responded that they had a drink before lessons on the morning of the survey.
- 87% said that they had something to eat before lessons on the morning of the survey.



### Five-a-day

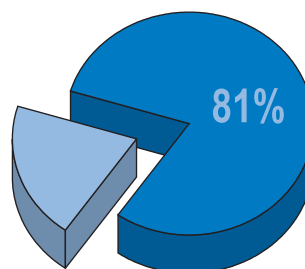
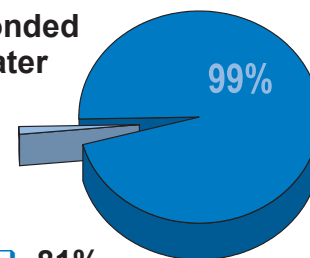
- 9% of boys and 5% of girls responded that they didn't eat any portions of fruit or vegetables on the day before the survey.



- 27% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

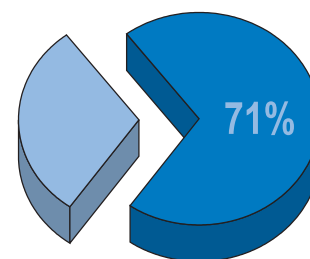
### Drinks

- 99% of pupils responded that they can get water at school, while 1% said 'no' or 'not sure'.
- 81% of pupils responded that they drink water 'every day or most days'; 6% said the same of fizzy drinks (not low-calorie).



- 22% of pupils responded that they 'rarely or never' drink milk; 72% said the same of energy drinks.

- 71% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 4% have found them 'not at all' useful and 5% couldn't remember having any.

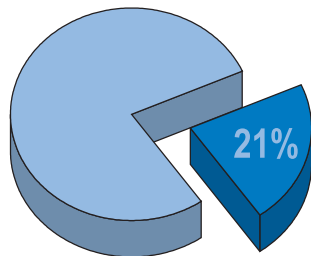




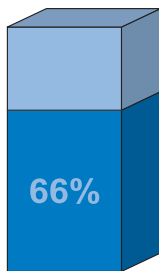
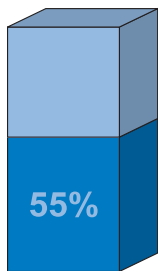
# Primary school pupils in Year 6 (aged 10 - 11 years)

## EMOTIONAL HEALTH AND WELLBEING

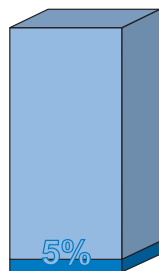
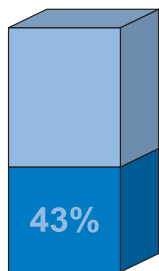
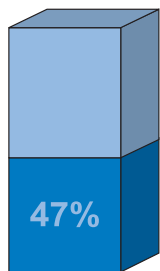
- 21% of pupils said they worried about family 'quite often' or 'very often' and 16% said they worried about falling out with friends.



- 61% [55% of boys and 66% of girls] of pupils said they worried about at least one of the problems listed in the questionnaire 'quite' or 'very' often.



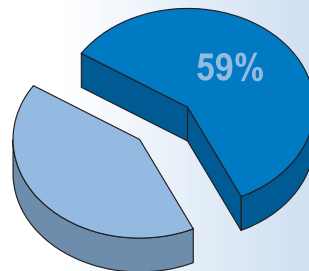
- 59% of pupils responded that they would talk to an adult at home if they were worried or upset about school, while 16% said they would talk to a teacher or other adult at school.
- 48% of pupils responded that they talk to someone when they have a problem or are feeling stressed.
- 45% of pupils (47% of boys and 43% of girls) of pupils scored a high or maximum score (48 - 60) on the Stirling Children's Well-being Scale. 1% of pupils had a very low score (12 - 23) and 5% less than 30, which suggests poor mental health.



- 53% of pupils responded that they have found school lessons about feelings (emotional health and wellbeing) 'quite' or 'very' useful, while 8% have found them 'not useful' and 14% couldn't remember any.

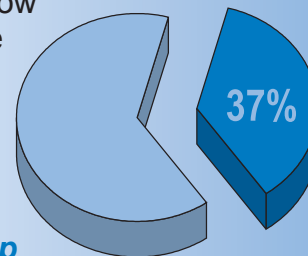
## Resilience

- 74% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 49% said they ask for help.



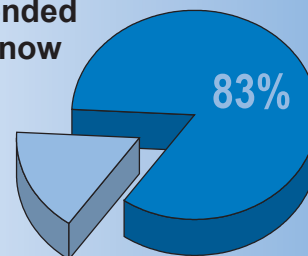
- 59% of pupils responded that when something goes wrong they 'usually' or 'always' learn from the experience for next time.

- We calculated an overall measure of resilience from a group of related items. 18% of pupils had a low measure of resilience (0 - 19). 37% of pupils had a high measure of resilience (26+).

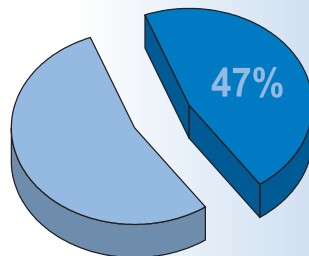


## Puberty and growing up

- 83% of pupils responded that they feel they know enough about how their body changes as they get older, while 3% feel they don't know enough.
- 31% of pupils responded that they feel 'happy' about growing up and body changes, while 4% of pupils responded that they feel 'unhappy' about growing up and body changes.
- 14% of boys and 27% of girls reported that they worry about the way they look.



- 47% of pupils responded that they have found school lessons about growing up and body changes 'quite' or 'very' useful.

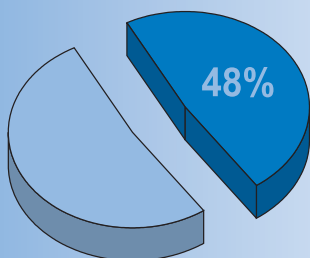
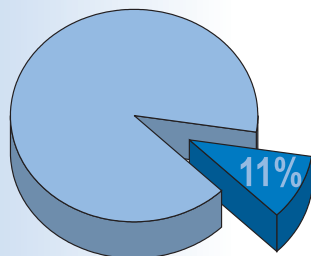




## PRIMARY DRUGS, ALCOHOL AND TOBACCO

### Drugs

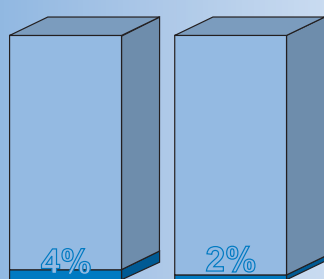
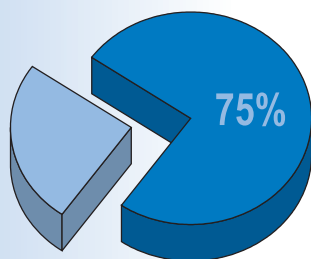
- 11% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who uses drugs.



- 48% of pupils responded that they have found school lessons about medicines and drugs at least 'quite useful', while 9% have found them 'not at all' useful and 25% couldn't remember any.

### Alcohol

- 75% of pupils reported that they never drink alcohol and 20% of pupils drink at home only with their parents' knowledge.

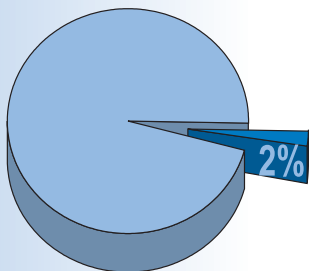


- 4% of boys and 2% of girls said they had at least one alcoholic drink (more than just a sip) in the week before the survey.

- 45% of pupils responded that they have found school lessons about alcohol 'quite' or 'very' useful.

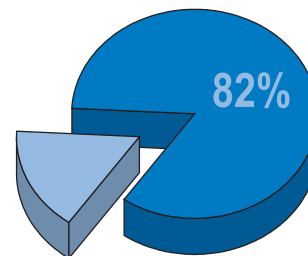
### Tobacco

- 2% say they have tried smoking in the past or smoke now.
- <1% said they smoked at least one cigarette in the week before they survey.
- 47% of pupils responded that they have found school lessons about smoking 'quite' or 'very' useful.

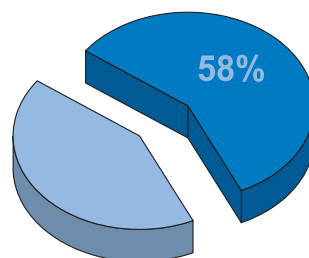


## PHYSICAL ACTIVITY

- 82% of pupils [85% of boys and 80% of girls] reported that they enjoy physical activities 'quite a lot' or 'a lot'.

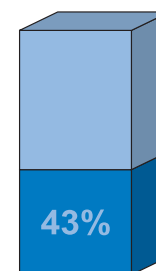
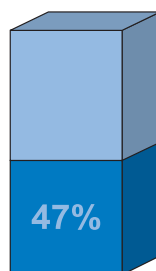


- 42% said that they exercised enough to breathe harder and faster five times or more in the last week. 5% said they didn't at all while 6% said only once.



- 58% said they do 5 or more hours of physical activity in a typical week.
- 3% of pupils said that they don't do a single hour of physical activity in a typical week.

- 44% of pupils (47% of boys and 43% of girls) said that they played sports or did exercise after school on the day before the survey.

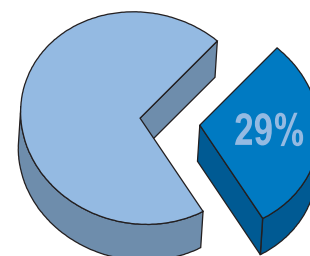


- 77% of pupils responded that they have found school lessons about physical education at least 'quite useful', while 4% found them 'not at all' useful and 3% couldn't remember any.

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

- 90% said they play running/skipping games/tag and 75% said they play ball games.

- 29% said they read quietly at playtime.



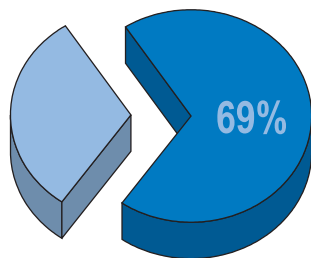




## PRIMARY

### HEALTH AND HYGIENE

- 69% of pupils responded that they washed their hands before lunch on the day before the survey. 10% said they are 'not sure' if they did.

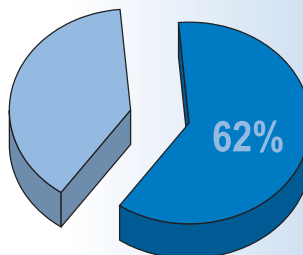


### Dental health

- 91% of pupils responded that they have been to the dentist in the last year, while 8% said they last went more than a year ago and 1% have never been.

### Sun safety

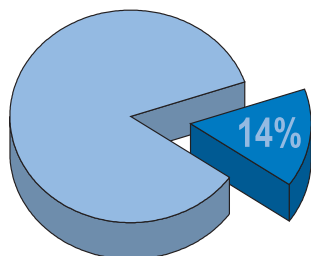
- 7% of pupils 'never' do anything to avoid sunburn (when it's sunny).



- 62% of pupils responded that they 'usually' or 'whenever possible' do something to avoid sunburn.

### STAYING SAFE

- 33% of pupils reported that they had an accident in the twelve months before the survey that was treated at a clinic or at a hospital.
- 91% of pupils responded that they 'always' feel safe at home and 79% said they 'always' feel safe at school.
- 22% of pupils reported that they have been approached by an adult who scared/upset them. 14% said they knew this adult (i.e. not a 'stranger').

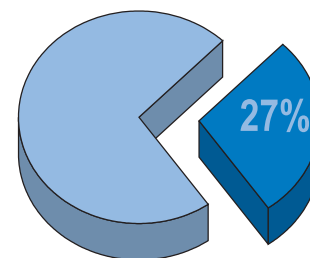


### Internet safety

- 10% of pupils responded that they communicate with people they have met online and don't know in real life.
- 12% of pupils responded that they communicate with people online by posting things that lots of people can see and 24% said they communicate with people using picture/video sharing sites/apps.
- 4% of pupils responded that they have seen pictures, videos or games they found upsetting online.
- 29% of pupils responded that they are 'never' supervised when using the Internet at home; 23% of pupils said they are never supervised, but they have a filter system (parental controls) set up on the device they use.

### Bullying

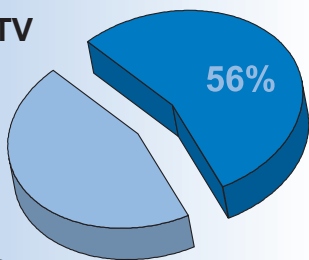
- 27% of pupils reported that they felt afraid of going to school because of bullying at least 'sometimes'.
- 21% of pupils said that they were bullied at or near school in the 12 months before the survey, while 3% said that they bullied another pupil in the same period.
- 23% of pupils responded that they were teased/made fun of at least a 'few times' in the month before the survey, while 21% said they had been called nasty names and 11% said they had been called 'gay'.
- 19% of pupils responded that they were pushed/hit in the month before the survey, while 6% said they had belongings taken/broken.
- 72% of pupils responded that they think their school takes bullying seriously, while just 8% think their school doesn't take it seriously.
- 70% of pupils responded that their school deals with bullying 'quite' or 'very' well, while 10% said that bullying is not a problem in their school.
- 59% of pupils responded that they have found school lessons about bullying at least 'quite useful', while 12% have found them 'not at all' useful and 10% couldn't remember any.
- 61% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.





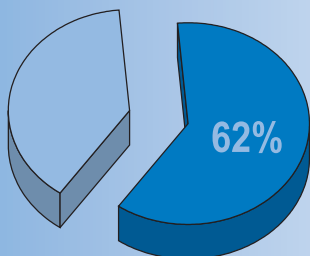
## PRIMARY LEISURE

- 56% watched some TV or similar on the evening before the survey.
- 52% played with friends or siblings on the evening before the survey. 66% of the boys played computer games.
- 15% of boys and 19% of girls spent time doing homework on the evening before the survey.



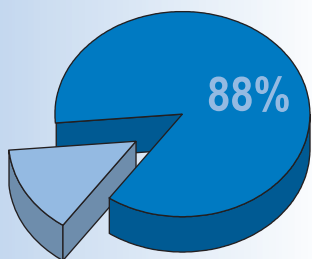
### Pupils' voice

- 62% of pupils are asked for their ideas and opinions about what happens in school.
- 30% said their views are asked for by talking to teachers and 40% said through the school/class council.
- 40% of pupils responded that they think the opinions of young people make a difference to decisions about how they learn in school.



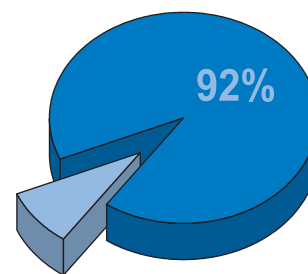
## BACKGROUND

- 88% of pupils responded that they are White British.
- 68% of the pupils in this survey live with both parents together.
- 8% of pupils get free school meals or vouchers for school meals. 12% said they were 'not sure'.
- 4% of pupils have a parent or carer in the armed forces.
- 2% say their parent or carer has been away on operations in the last 12 months.
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire primary sample on p.22.



## SCHOOL

- 92% of pupils think it is important to go to school regularly.
- 23% of boys and 37% of girls reported that they worried about moving on to secondary school.



### Pupil Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Young and Yorkshire outcome areas.

- The percentage of pupils responding 'yes' were:

	Boys	Girls
My work is marked so I can see how to improve it	90%	92%
The school encourages everyone to treat each other with respect	89%	92%
The school tells me it's OK to make mistakes	86%	88%
The school prepares me for when I leave this school	83%	87%
Adults at school talk to me about how to improve my work	85%	82%
I know my next steps in learning and what I need to do to improve	78%	80%
The school helps me work as part of a team	78%	80%
The school encourages me to attempt difficult work	80%	78%
The school encourages everyone to take part in decisions	74%	79%
In this school people with different backgrounds are valued	72%	77%
The school cares whether I am happy or not	71%	73%
The school teaches me to deal with my feelings positively	63%	64%
My teachers realise when I don't understand	65%	62%
The school encourages me to contribute to community events	61%	63%
My achievements in and out of school are recognised	62%	61%



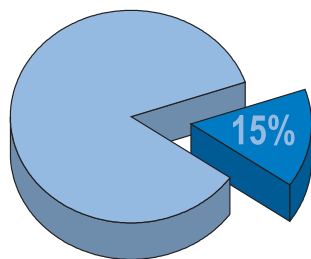


# Secondary school pupils in Years 8 & 10

(aged 12-13 and 14-15 years) **Bold type indicates use of a table or chart.**

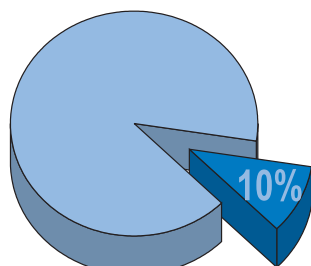
## HEALTHY EATING

- 15% had nothing to eat or drink before lessons on the day of the survey.



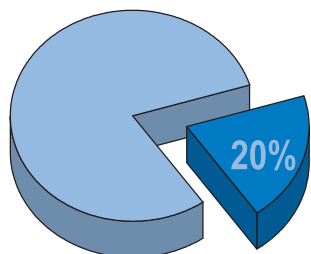
- 70% of pupils had a drink before lessons on the day of the survey, 72% responded that they had something to eat.
- 6% of pupils in the survey had no lunch on the day before the survey. 84% had a drink and 87% had something to eat.

- 10% of pupils responded that they ate at least 5 snacks on the day before the survey.



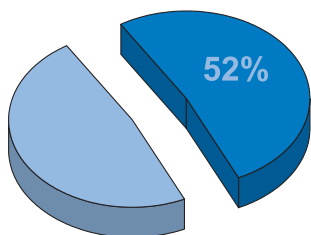
- 2% of pupils responded that they drank at least 5 fizzy drinks and/or energy drinks on the day before the survey.

- 20% of pupils had at least 5 portions of fruit or vegetables the day before the survey, while 9% had none at all.



- 77% of pupils responded that they can get water at school, while 21% said 'not easily'.

- 52% of pupils found school lessons about healthy eating 'quite' or 'very' useful.



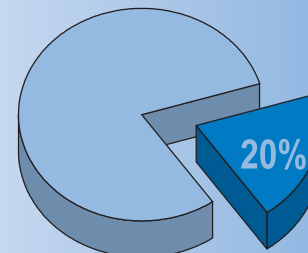
## Diet

- 26% say they never worry about how much they eat; 15% say they are often or always careful with their diet.
- 32% of pupils have engaged in extreme dietary behaviour, like exercising a great deal or making themselves sick.

## DRUGS, ALCOHOL AND TOBACCO

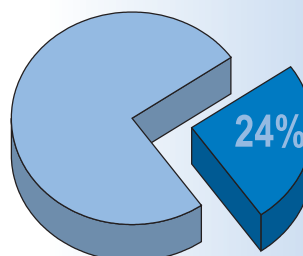
### Drugs

- 20% of pupils have been offered cannabis.
- 10% of pupils responded that they have been offered other drugs (not cannabis).
- 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 12% of Year 10 pupils ever having taken it. The next most common drug type was Ecstasy, with 4% of Year 10 pupils ever having taken it.



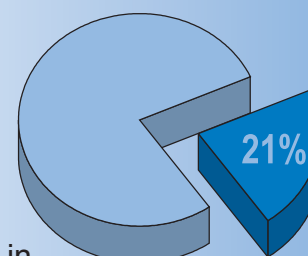
### Alcohol

- 24% had at least one alcoholic drink in the week before the survey.
- 44% of pupils said that they never drink alcohol.



### Tobacco

- 21% say they have tried smoking in the past or smoke now.
- 4% of pupils smoked at least one cigarette in the week before the survey.
- 6% say they smoke 'regularly' or 'occasionally'; 35% of those who smoke 'regularly' would like to give up smoking.
- 29% of pupils responded that someone smokes in the same room that they are in at least 'once or twice a month'; 19% said they do so at least 'once or twice a week'.
- 5% of pupils responded that they have 'never heard of' electronic cigarettes or 'e-cigarettes'. 31% of pupils responded that they have at least tried electronic cigarettes or 'e-cigarettes'; 4% said they use one 'regularly'.





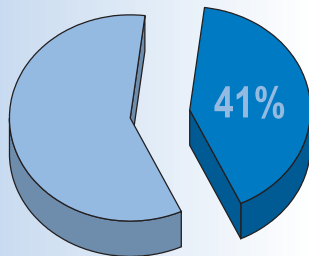
## SECONDARY EMOTIONAL HEALTH AND WELL-BEING Worries

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

Boys	Girls
Exams and tests 30%	Exams and tests 52%
School work 17%	The way you look 48%
The way you look 16%	School work 37%

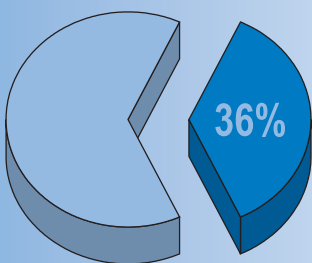
- 66% of pupils worry about at least one of the problems listed in the survey 'often' or 'all of the time'.

- 41% 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% said they would like the information from school lessons and 8% would like to find out on the Internet.

- When they have a problem or feel stressed 45% of pupils said they would talk to someone about it and 34% of pupils said they would think about it on their own. 11% of female pupils responded that they cut or hurt themselves.

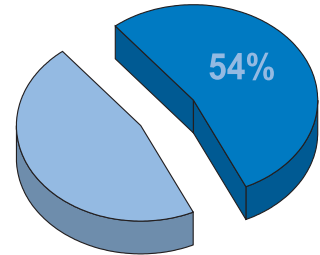


- 36% of pupils found their lessons about emotional health and wellbeing 'quite' or 'very' useful.

## Resilience

- 47% of pupils responded that when something goes wrong they 'usually' or 'always' learn from it for next time; 28% said they get upset and feel bad for ages.

- 54% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 43% ask for help and 13% give up.

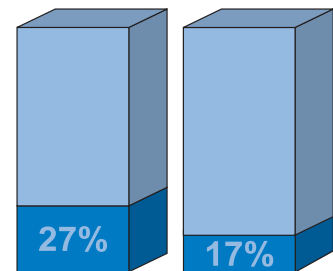
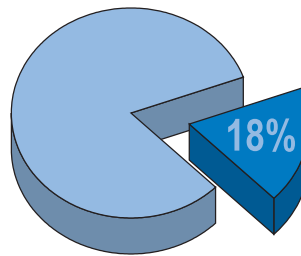


- We calculated an overall measure of resilience from a group of related items. 38% of pupils had a low measure of resilience (0 – 19).

- 18% of pupils had a high measure of resilience (26+).

- 21% of pupils (27% of boys and 17% of girls) scored a high or maximum score (28 – 35) on the Short Warwick-Edinburgh Mental Well-Being (SWEMWB) Scale.

- 6% of pupils scored low (7 – 13) on the SWEMWB Scale.



## MAKING A POSITIVE CONTRIBUTION (Pupils' Voice)

- 54% of pupils responded that they are asked for their opinions about what they learn in school; 39% said their opinions make a difference.
- 46% of pupils responded that they are asked for their opinions about how they learn in school; 43% said their opinions make a difference.
- 46% of pupils responded that they are asked for their opinions about the school environment; 46% said their opinions make a difference.
- 29% of pupils responded that they are asked for their opinions about their community; 35% said their opinions make a difference.
- 45% of pupils responded that they have had the chance to vote for School/College Council members and 35% said they have had the chance to take part in a mock general election.



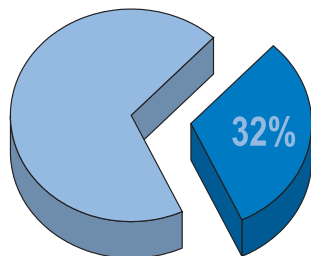




## SECONDARY

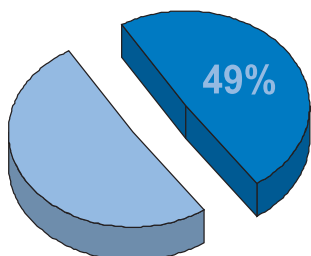
### SEXUAL HEALTH AND RELATIONSHIPS

- 49% believe there is a sexual health service for young people available locally. 27% of pupils said they know where they can get condoms free of charge.
- 32% of pupils found school lessons about sex and relationships 'quite' or 'very' useful.
- 36% responded that they found school lessons about healthy relationships 'quite' or 'very' useful, while 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.
- 11% of Year 10 pupils have had a sexual relationship in the past and 8% report that they are currently in a sexual relationship (that is, overall 19% have had sex).
- If they have had sex, we wanted to know if they always used a method of protection or contraception: **49% of those sexually active said 'yes'** and 9% were 'not sure'.
- The percentage of Year 10 pupils responding that they have experienced the following in a relationship with a boyfriend/girlfriend:

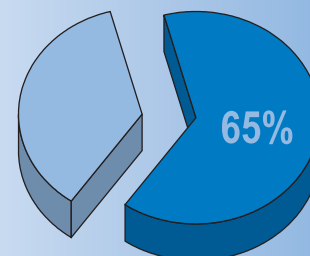


Year 10	Overall
Used hurtful or threatening language to me	12%
Was angry or jealous when I wanted to spend time with friends	21%
They kept checking my phone	11%
Threatened to tell people things about me	9%
Threatened to hit me	4%

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

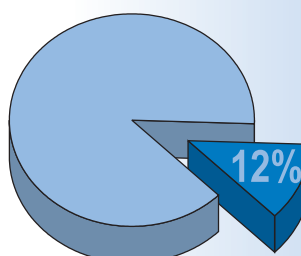
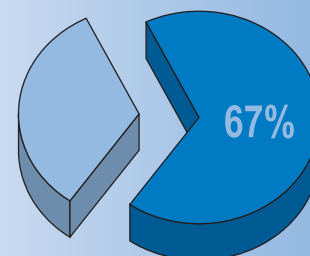
### PHYSICAL ACTIVITY

- 57% said they enjoy general physical activities 'quite a lot' or 'a lot', while 63% said the same about team sport and 52% about individual sport.
- 65% said they find it 'quite' or 'very' easy to be as physically active as they like.
- 49% said that they do five or more hours of physical activity in a typical week.



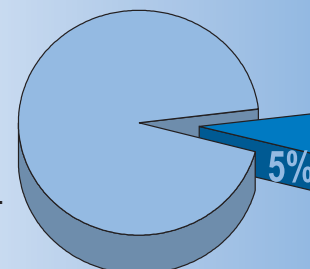
### BACKGROUND

- 88% of pupils describe themselves as White British.
- 67% of the pupils in this survey live with both parents together.
- 7% of pupils have free school meals.
- 7% of pupils have a special educational need or learning difficulty.
- 12% of pupils have a disability or long-standing illness.



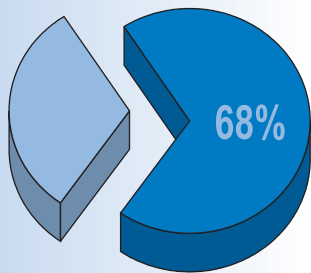
### Service families

- 5% of pupils report they have a parent/carer who is in the armed forces.
- 33% of pupils from service families say they worry 'quite a lot' or 'a lot' about their family member when they are away (2% of all pupils).
- 9% 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 (<1% of all pupils).
- The lifestyles of pupils from service families have been compared with those of the whole North Yorkshire secondary sample on p.23.



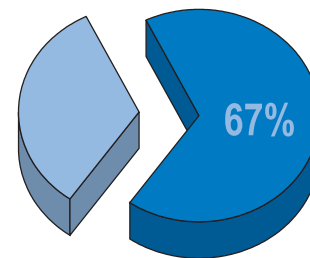
## SECONDARY ENJOYING AND ACHIEVING

- ❑ 68% of pupils report enjoying at least half of their school lessons.
- ❑ 39% of boys and 50% of girls said they want to continue in full-time education at the end of their course.
- ❑ 48% of boys and 45% of girls said they wanted to find a job as soon as possible.
- ❑ 52% of pupils responded that they intend to apply for University in the future, while 34% said they are 'not sure' if they do.
- ❑ 22% of pupils responded that they have had enough information and guidance about their options after Year 11, including apprenticeships, while 50% said they haven't had enough information and guidance.



## Homework

- ❑ 67% of pupils did homework on the evening before the survey. 25% reported they did more than an hour.
- ❑ The school lessons most often described 'quite' or 'very' useful (not mentioned elsewhere in this report) were those about drugs (51%), prejudice, discrimination and bullying (51%) and smoking (49%).



## LEISURE AND WORK

- ❑ 77% responded that they had spent some time the night before the survey talking/texting on the 'phone'.
- ❑ 87% watched some TV, DVD or online videos the previous night and 17% watched for over 3 hours.
- ❑ 24% of the pupils in this survey have a regular paid job.

### Pupils' Perceptions

A series of statements were offered to pupils about their school experience, in connection with the Young and Yorkshire outcome areas.

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

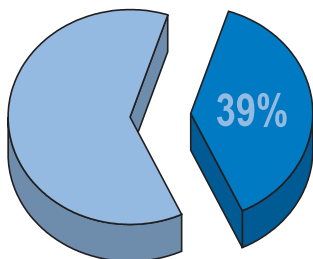
	Male	Female
The school cares whether I am happy or not	44%	44%
My work is marked so I can see how to improve it	78%	76%
Adults at school talk to me about how to improve my work	67%	63%
I know my next steps in learning and what I need to do to improve	59%	54%
My achievements in and out of school are recognised	39%	34%
The school teaches me to deal with my feelings positively	34%	31%
The school helps me work as part of a team	50%	54%
In this school people with different backgrounds are valued	64%	67%
The school encourages everyone to take part in decisions	59%	61%
I have chances to discuss sensitive issues in class e.g. extremism	41%	39%
The school encourages me to contribute to community events	37%	34%
The school prepares me for when I leave this school	60%	55%
The school encourages everyone to treat each other with respect	81%	79%
My teachers realise when I don't understand	38%	32%
The school encourages me to attempt difficult work	74%	72%
The school tells me it's OK to make mistakes	68%	66%
I am prepared to try something I am not used to or not so good at	65%	57%
I have the opportunity to use things I have learnt in different situations	55%	49%
Sometimes I have a choice of different ways to learn about something	46%	46%
At school, I am encouraged to try different ways to do things	52%	52%
❑ Young people who are from ethnic minorities and/or are worried about being different in culture or religion are more likely to <b>disagree</b> that 'In this school people with different backgrounds are valued'.		



## SECONDARY

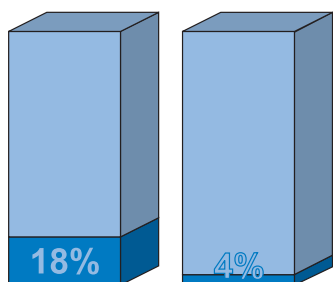
### STAYING SAFE

- 39% said they were treated for an accident at a clinic or hospital in the twelve months before the survey.
- 2% of pupils report they 'often' or 'very often' carry weapons for protection when going out; this figure rises to 8% when including 'sometimes'. We asked what weapons if any that they carry; 5% of pupils doing the paper version of the survey said they have carried a weapon with a blade.
- 8% reported that they were a victim of violence or aggression in the area where they live, in the year before the survey.



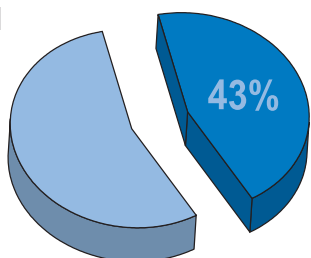
### Bullying

- 21% of pupils said that they had been bullied at or near school in the last 12 months.
- 27% of pupils responded that they have been pushed/hit in the last month. Other common negative behaviours were being teased/made fun of 42%, being called gay/dyke as an insult 19%, and being called nasty names 32%.
- 23% of pupils responded that they experienced negative behaviour outside at school during breaktimes in the month before the survey; 18% said they experienced such behaviour during lesson time.



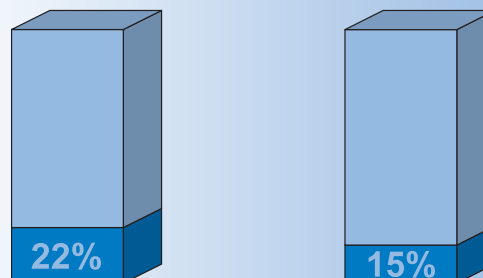
- 18% of pupils said they are picked on because of their size or weight, while 4% say it's because of their colour, race or religion.

- 43% of pupils reported that they think their school deals with bullying well. 18% said 'Don't know' or 'Bullying is not problem in my school'

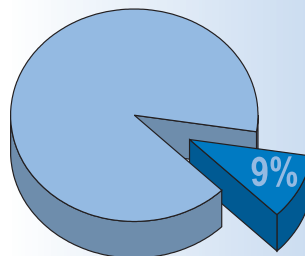


### Internet safety

- 92% of pupils responded that they communicate with friends and family they know in real life online.
- 19% of pupils (22% of boys and 15% of girls) responded that they communicate with people they have met online and don't know in real life.

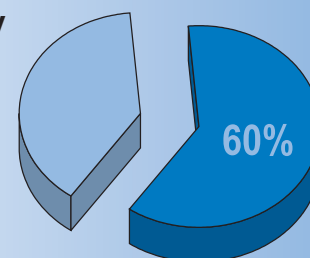


- 45% of pupils responded that they communicate with people online by posting things that lots of people can see and 56% said they communicate with people using picture/video sharing sites/apps.



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

- 15% of pupils said that they have experienced online someone writing or showing things to hurt or upset them (with text, pictures or video).
- 7% 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.
- 10% of pupils responded that they worry 'often' or 'all the time' about keeping safe on the Internet, email and using mobile phones.
- 60% of pupils responded that they found school lessons about keeping safe online 'quite' or 'very' useful.





## Growing up in North Yorkshire

- These facing pages give some figures to show, side by side, selected figures from each year group in the study.
- The questions used in each version of the questionnaire (Y2, Y6 and Y8/10/12) may be worded differently, but we have tried hard to pick questions which have similar intent.

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row. Asterisks (\*\*\*) indicate a question changed over the period of study.

	Year 2	Year 6	Year 8	Year 10	Year 12	
<b>Total Sample (Count)</b>	<b>3,861</b>	<b>3,792</b>	<b>4,025</b>	<b>3,667</b>	<b>686</b>	
Eat 5-a-day		27%	21%	18%	25%	
Nothing to eat or drink for breakfast	3%	5%	13%	17%	12%	
Ever tried smoking		2%	11%	30%	42%	
Drank alcohol last week		3%	13%	35%	48%	
7+ hours exercise in a 'typical' week		37%	29%	27%	22%	
Watched TV/DVD/online video last night	71%	56%	86%	87%	89%	
Always feel safe at school / college	72%	79%	57%	56%	82%	
Afraid to go to school because of other children/bullying	45%	27%				
Bullied at or near school/college in the last 12 months		21%	24%	19%	8%	
Had accident last year		33%	41%	38%	26%	
High resilience score		37%	22%	14%	22%	
The school/college encourages everyone to treat each other with respect		91%	83%	75%	85%	
I know my next steps in learning and what I need to do to improve		79%	59%	53%	79%	
Pupils' views make a difference in the school environment		46%	51%	40%	51%	
Wash hands (Y6: before lunch yesterday)	75%	69%				
At least 'usually' take precautions against sunburn	74%	62%				
Communicate with people who they have never met in real life online (Y2: 'have friends online')	27%	10%	13%	26%	18%	
Have sent personal information online to someone which they wished they hadn't or had thought more about.		2%	4%	10%	10%	







## Deprivation in North Yorkshire

- National Census information is used to create an index of multiple deprivation (IMD), composed of such items as income, education, crime, health and crowding. The average IMD score has been calculated for each of the 32,844 Lower-layer Super Output Areas (LSOAs) in England; once sorted, the list of LSOA scores was divided into fifths (quintiles).
- Each of the million or so postcodes in England can thus be matched with an LSOA, then assigned an IMD score and a deprivation quintile. The IMD quintile has been assigned to children providing a valid postcode; this was 76% of the primary school sample and 69% of the secondary school sample.

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row. Several of these results show undesirable contrasts between the most and least deprived quintiles, but school-related measures are quite 'flat', so that the differences between the two most contrasting groups are small. For example, schools are doing as well with the Careers Education of the most deprived pupils compared with that of the least deprived...

All figures are from the KS3/4 study.	Most deprived	2nd	3rd	4th	Least deprived	
Total Sample (Count)	339	487	1,182	1,675	1,655	
Intend to apply for university in the future? Yes	50%	46%	50%	55%	58%	
Careers Education at least 'quite useful'	48%	48%	48%	46%	46%	
Young carers	7%	5%	4%	4%	3%	
Adults at school talk to me about how to improve my work	66%	64%	68%	65%	68%	
In this school people with different backgrounds are valued	63%	68%	66%	68%	69%	
The school encourages everyone to take part in decisions	57%	60%	62%	61%	63%	
The school prepares me for when I leave this school	62%	56%	60%	58%	61%	
The school encourages everyone to treat each other with respect	78%	78%	81%	83%	82%	
The school encourages me to attempt difficult work	70%	72%	75%	75%	76%	
Always feel happy at school	22%	24%	30%	28%	32%	
Always feel safe at school?	52%	54%	59%	59%	61%	
Always feel safe going to and from school?	63%	68%	72%	74%	77%	
Always feel safe being outside where you live?	64%	67%	77%	80%	79%	
Always feel safe at home?	90%	87%	89%	88%	92%	
Victim of violence or aggression in the area where you live last year	14%	11%	7%	7%	6%	
Called nasty names last month	34%	39%	32%	33%	29%	
Ever tried smoking	29%	28%	19%	18%	17%	
Someone smoking in same room as them at home on most days	21%	12%	10%	8%	5%	
Have been offered cannabis	23%	22%	18%	18%	19%	
Ever taken cannabis	9%	6%	7%	6%	6%	





## Changes in North Yorkshire since 2016 - Years 2

### Positive findings

- pupils who use a device at home to go online have had lessons at school about how to keep safe online (78% in 2016 vs 86% in 2018).
- 'always' use at least one of the prevention methods listed to avoid getting sunburnt (69% in 2016 vs 74% in 2018).
- get the help they need in lessons 'most of the time' (36% in 2016 vs 41% in 2018).
- someone usually reads them a bedtime story (24% in 2016 vs 28% in 2018).

### Emerging issues

- eat vegetables on 'most days' (51% in 2016 vs 47% in 2018)
- eat fresh fruit on 'most days' (65% in 2016 vs 62% in 2018)
- eat brown bread or brown bread rolls ('never' 43% in 2016 vs 46% in 2018)
- like being at school 'most of the time' (59% in 2016 vs 56% in 2018)

All differences shown are statistically significant.

## Changes in North Yorkshire since 2016 - Year 6

### Positive findings

- have found school lessons about feelings, emotional health and wellbeing 'quite' or 'very' useful (46% in 2016 vs 53% in 2018)
- do at least five hours of physical activity in a typical week (55% in 2016 vs 58% in 2018)
- drink energy drinks ('rarely or never' 68% in 2016 vs 72% in 2018)
- been away from school in the last month ('haven't' = 52% in 2016 vs 56% in 2018)
- go to bed at 10pm or later on the day before the survey (26% in 2016 vs 21% in 2018) (but see first two points next column)

### Emerging issues

- felt tired at school on the day before the survey (40% in 2016 vs 43% in 2018)
- went to sleep soon after going to bed the night before the survey (61% in 2016 vs 57% in 2018)
- ate at least 5 portions of fruit and vegetables on the day before the survey (30% in 2016 vs 27% in 2018)
- remember any school lessons about medicines and drugs ('couldn't' = 20% in 2016 vs 25% in 2018)
- talk to someone when they have a problem or are feeling stressed (53% in 2016 vs 48% in 2018)

## Changes in North Yorkshire since 2016 - Years 8/10

### Positive findings

- have had enough information and guidance about their options after Year 11, including apprenticeships (18% in 2016 vs 22% in 2018)
- have had at least one accident or injury which was treated at a clinic or hospital in the last 12 months (42% in 2016 vs 39% in 2018)

### Emerging issues

- think their school deals well with bullying (50% in 2016 vs 43% in 2018)
- think they are being picked on or bullied because of the way they look (15% in 2016 vs 23% in 2018)
- had a low measure of resilience (0 - 19) (35% in 2016 vs 38% in 2018)
- had a high or maximum score (28 - 35) on the SWEMWB Scale (25% in 2016 vs 21% in 2018)

### Emerging issues

- have at least tried electronic cigarettes (27% in 2016 vs 31% in 2018)
- were given alcohol by their parents or relatives in the 7 days before the survey (14% in 2016 vs 17% in 2018)
- do five or more hours of physical activity in a typical week in and out of school (53% in 2016 vs 49% in 2018)
- enjoy team sport 'quite a lot' or 'a lot' (68% in 2016 vs 63% in 2018)
- find it 'quite' or 'very' easy to be as physically active as they like (68% in 2016 vs 65% in 2018)
- 'always' feel safe at school (64% in 2016 vs 57% in 2018)
- enjoy 'most' or 'all' of their lessons at school (44% in 2016 vs 39% in 2018)
- intend to apply for University in the future (58% in 2016 vs 52% in 2018)





## Changes 2006-2018

The mini-charts at the right are 'sparklines', to give a picture of the figures in each row.  
 Asterisks (\*\*\*) indicate a question changed over the period of study.

Question	Response	2006	2008	2010	2012	2014	2016	2018	
<b>Year 2</b>									
Fish/fish fingers	<i>On most days</i>			32%	24%	20%	23%	22%	
Chips/roast potatoes	<i>On most days</i>			43%	37%	31%	35%	33%	
Do something to stop sunburn	<i>Always</i>			83%	83%	70%	69%	74%	
Like being at school	<i>Most of the time</i>			53%	61%	58%	59%	56%	
<b>Year 6</b>									
'Diet' Low-calorie drinks***	<i>On most days</i>	15%	12%	11%	6%	5%	6%	6%	
I do not drink alcohol***		38%	40%	47%	47%	83%	74%	75%	
Know a drug user	<i>Fairly sure/certain</i>	22%	20%	14%	12%	10%	10%	11%	
Know enough about growing up/body changes		67%	67%	63%	69%	74%	80%	83%	
Accidents in last 12 months		33%	31%	31%	29%	27%	35%	33%	
Bullied someone else at school	<i>Last 12 months</i>	11%	8%	7%	5%	4%	4%	3%	
Approached by an adult who scared/upset you		31%	31%	28%	27%	24%	24%	22%	
Did homework after school yesterday		16%	17%	20%	20%	22%	17%	17%	
<b>Year 8</b>									
Enjoy all/most lessons at school		35%	40%	38%	45%	48%	45%	39%	
Lessons about SRE	<i>Quite/very useful</i>	31%	31%	35%	39%	39%	32%	32%	
Computer games last night		56%	55%	60%	53%	49%	49%	53%	
Voting for School/College Council members				53%	45%	41%	42%	41%	
I never drink alcohol***		29%	29%	36%	43%	58%	61%	58%	
Ever tried smoking		27%	26%	16%	15%	12%	11%	11%	
<b>Year 10</b>									
Enjoy all/most lessons at school		37%	38%	40%	43%	40%	44%	38%	
Regular paid term-time job		54%	47%	38%	34%	35%	35%	35%	
Voting for School/College Council members				55%	50%	46%	47%	49%	
I never drink alcohol		12%	14%	16%	20%	28%	30%	28%	
Ever tried smoking		51%	48%	45%	39%	34%	30%	30%	
Ever offered cannabis		37%	35%	31%	28%	27%	30%	31%	
Ever taken cannabis		22%	19%	16%	12%	12%	13%	12%	
Know of a sexual health service for young people locally ***		20%	20%	34%	33%	32%	60%	57%	
Worry about Exams and tests***	<i>Often/all the time</i>	50%	48%	54%	59%	61%	52%	51%	





## The smallest primary schools in North Yorkshire

Primary schools were assigned to either the group of smaller schools or the group of larger ones, and the groups compared, looking for significant differences. The main findings are listed below.

Pupils from smaller schools were MORE likely to:

- wash their hands before lunch on the day before the survey.\***
- feel their views and opinions are asked for during circle time in school.\***
- eat at least 5 portions of fruit and vegetables on the day before the survey.\***
- go to bed before 10pm on the night before the survey.**
- at least 'usually' try to avoid sunburn when it's sunny.**
- found school lessons 'quite' or 'very' useful about emotional health and wellbeing\* and about relationships.**
- responded that they would talk to a teacher or other adult at school if they were worried or upset about school.**

**bold = positive result**

\* a similar finding was found in 2016

## Findings from a sixth-form/college survey

A questionnaire was devised for use in sixth forms and in further education colleges. 694 students from 12 sixth forms completed the KS5 questionnaire. Key findings included:

### Positive findings

- 83% responded that adults at school/college talk to them about how to improve their work; 85% said their teachers offer support when they don't understand.
- 82% always feel safe in school/college.
- 67% have had the chance to vote for School/College Council members.

### Emerging issues

- 24% found lessons about emotional health and wellbeing quite or very useful and 22% said the same of lessons about citizenship.
- 5% have been the victim of violence or aggression in the area where they live in the last 12 months and 5% carry weapons or something for protection when going out 'at least sometimes'.
- 40% said their school/college deals with bullying 'quite well' or 'very well'.
- 18% communicate with people they have met online but not met face-to-face.
- 15% responded that they have experienced someone writing or showing them things online to hurt or upset them, while 10% said they sent personal information to someone, then wished they hadn't or had thought more about it.
- 29% of students had a low measure of resilience.
- 12% had nothing to eat or drink before lessons on the day of the survey.
- 45% worry about the way they look often or all the time (56% of females)
- 48% of students had an alcoholic drink in the last 7 days and 17% of students have smoked in the past or smoke now. 34% have tried electronic cigarettes.
- 50% have been offered cannabis and 28% of students have taken at least one of the drugs listed in the questionnaire.
- 41% are in a sexual relationship or have been in the past.

## Findings from the survey of pupils in special schools

A questionnaire was devised in consultation with staff in special schools for the 2016 survey. The 2018 survey was completed by 303 pupils between Y2 and Y14.

### Positive findings

- 84% of pupils responded that their school cares whether they are happy or not (higher than mainstream schools).
- 65% know their next steps in learning and what they need to do to improve.
- 76% responded that their school prepares them for when they leave school.
- 66% of pupils rated the lessons they have about keeping themselves safe as good.
- 69% of pupils responded that their school deals with bullying well (again, higher than mainstream schools).
- 93% have been told how to keep themselves safe online.

### Emerging issues

- 40% of pupils said they were called nasty names at least sometimes in the month before the survey; 41% said they were pushed/hit.
- 21% sometimes communicate online with people that they have not met in real life.
- 27% of Year 10+ pupils responded that they would at least 'sometimes' put up with a boyfriend or girlfriend who was nasty to them.







## Gender differences in North Yorkshire

### BOYS are more likely to...

### GIRLS are more likely to...

#### Year 2

- Be allowed to watch TV after they have gone to bed* \*
- Play computer games after school on the day before the survey
- Have friends online that they have not met*

- Like being at school
- Wash their hands after going to the toilet whenever possible\* and clean their teeth at least twice the day before the survey \*
- Eat fresh fruit and veg on 'most days' \*

#### Year 6

- Take more exercise last week, play ball games at playtimes and do sport after school \*
- Feel happy about body changes \*
- Attain high/maximum wellbeing scores\*
- Had an accident last year \*
- Drink energy drinks \*

- Worry about moving to secondary school\* (and related issues\*) and about the way they look\*
- Feel their opinions make a difference at school \*
- Take care to avoid sunburn \*
- Never drink alcohol \*
- Find lessons about body changes 'useful' \*

#### Year 8/10

- Play computer games \*
- Enjoy and practise physical activities \*
- Attain high/maximum wellbeing scores \*
- Attain high/maximum resilience scores \*

- Worry about how they look\* (and other issues)
- Try to lose weight \*
- Skip breakfast \*
- Report self-harm when stressed \*

KEY: **bold** = positive result, *italic* = negative result \* Repeats a finding seen in 2016

## Differences between North Yorkshire and a reference sample

	North Yorkshire			Reference Sample		
	Year 6	Year 8	Year 10	Year 6	Year 8	Year 10
<b>Males</b>	1857	1907	1664	2083	3356	2962
<b>Females</b>	1828	2009	1851	2089	3368	2937
<b>Total*</b>	3792*	4025*	3667*	4180*	7342*	6472*

\* some pupils did not give male/female

The reference samples were large samples of primary and secondary pupils from Cambridgeshire, Hertfordshire and Somerset, large Shire counties which also carried out surveys in the first half of 2018. Not all items could be compared.

Primary	
Higher in North Yorkshire	
<input type="checkbox"/> White British **	<input type="checkbox"/> School takes bullying seriously *
<input type="checkbox"/> Ever drink alcohol *	<input type="checkbox"/> Asked for ideas at school *
<input type="checkbox"/> Talk to someone if they have a problem	<input type="checkbox"/> Know enough about puberty *
	<input type="checkbox"/> More positive about school *
Lower in North Yorkshire	
<input type="checkbox"/> Drink milk on most days	<input type="checkbox"/> Free school meals *
<input type="checkbox"/> Eat 5-a-day *	
<input type="checkbox"/> Bullied at or near school in last 12 months *	
KEY: <b>bold</b> = positive result, <i>italic</i> = negative result	
* Repeats a finding seen in 2016	
** Repeats a finding seen in 2014 & 2016	

Secondary	
Higher in North Yorkshire	
<input type="checkbox"/> White British **	
<input type="checkbox"/> More positive about school *	
<input type="checkbox"/> Tried e-cigarettes	
Lower in North Yorkshire	
<input type="checkbox"/> Free school meals *	
<input type="checkbox"/> Carried weapon	
<input type="checkbox"/> High resilience score	
<input type="checkbox"/> Eat 5-a-day	
<input type="checkbox"/> Know where to get free condoms	





## Equality Monitoring in North Yorkshire 2018

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	8	9	13	11
Minority religion (non-Christian)	NA	2	8	10
Young carer	NA	5	4	4
Children in care	<1	<1	1	1
Single-parent family	15	15	13	15
Special educational needs (SEN)	11	8	7	7
Disability or long-term illness	2	11	11	13
Free school meals	14	8	7	6
Armed forces family	7	4	4	5
Lesbian, gay or bisexual (LGB)	NA	NA	6	10
Transgender	NA	NA	<1	1

Figures in tables on this page and opposite are percentages.

### Year 6 results

	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
	Sample size = 3792	341	77	171	16	571	285	394	297	149
Eat 5-a-day	27	27	31	27	20	25	24	27	*19	30
Ever tried smoking	2	3	4	4	*25	*4	3	1	*5	3
Drank last week	3	1	3	4	0	3	1	4	2	3
7+ hours exercise/week	37	32	25	*25	27	*31	*25	36	*28	38
High wellbeing score	45	40	40	37	18	*35	40	44	*33	40
High resilience score	37	36	48	31	17	33	*30	36	*29	37
Low wellbeing score	5	7	9	*11	18	6	*10	*8	8	8
Low resilience score	18	21	14	23	25	*23	*27	21	*29	23
Bullied at or near school last year	21	18	16	*32	*50	*27	*28	24	*29	26
Worry about health	10	*16	*21	*16	19	*13	*17	*15	12	17
Worry about moving on to secondary school	30	32	34	*42	38	*35	*38	33	*38	37
Had accident last year	33	29	33	*43	47	36	38	*41	39	38
The school encourages everyone to treat each other with respect	91	89	88	84	77	88	87	89	90	89
I know my next steps in learning and what I need to do to improve	84	84	83	78	69	83	80	84	85	84
Pupils' views make a difference in school	83	84	89	86	82	86	82	81	84	87





## Equality Monitoring in North Yorkshire 2018

	Year 10 results											
	All 3667	Ethnic minority 394	Minority religion 102	Young Carer 155	Children in care 20	Single-parent family 561	Special educational needs 273	Disability or long-term illness 483	Free school meals 231	Armed forces family 182	LGB 330	Transgender 31
Eat 5-a-day	18	*24	19	16	18	14	20	20	*9	18	15	24
Ever tried smoking	30	30	28	*44	*61	*39	34	30	*40	36	*37	*57
Drank last week	35	31	*22	36	47	33	38	38	32	38	40	*66
Ever offered drugs	33	37	30	*43	50	35	30	33	33	*44	*40	46
Ever taken drugs	16	19	20	18	*73	18	18	15	20	*29	18	*37
7+hours exercise/week	27	28	26	*14	29	*22	26	26	*18	26	*20	21
High wellbeing score	19	20	15	*8	22	*13	14	16	*13	22	*7	10
High resilience score	14	17	16	8	14	*10	13	11	10	14	*7	10
Low wellbeing score	8	7	12	*16	*39	*11	*17	*12	*15	13	*21	*28
Low resilience score	44	42	42	*60	50	*52	*55	*51	*56	49	*64	66
Bullied at or near school last year	19	22	20	*35	16	20	*34	*26	*28	*28	*36	*41
Worry about money	18	*23	26	*27	35	*27	22	*23	*28	22	*30	31
Worry about being different	7	*21	*30	*15	12	*10	9	*10	*15	11	*35	*38
Sexually active	19	21	21	*28	*53	22	20	22	22	*32	*27	*46
Know where to get free condoms	39	38	36	46	56	42	40	*45	46	46	40	59
Had accident last year	38	37	35	*52	47	36	*48	*46	45	*54	43	*64
Enjoy at least half of school lessons	66	68	61	64	50	62	*55	62	*55	60	59	43
Intend FTE after Y11	51	*58	64	47	47	49	*38	54	44	*40	52	40
Term-time job	35	*28	*22	41	32	33	35	34	32	34	35	47
The school encourages everyone to treat each other with respect	75	74	69	64	70	72	65	73	69	*60	*64	57
Adults at school talk to me about how to improve my work	63	61	54	56	55	61	58	58	58	54	58	42
I know my next steps in learning and what I need to do to improve	53	53	45	45	35	50	*42	49	53	48	*41	35
Pupils' views make a difference in school	51	52	51	42	53	50	47	47	52	52	46	52

\*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.

Shaded a significant difference was previously found in 2016





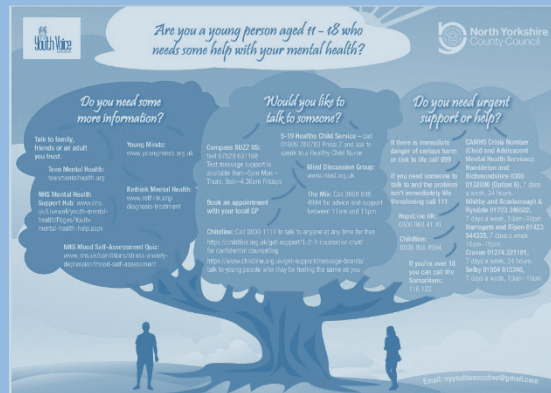
## Consultation with young people

The views of children and young people are also sought via the North Yorkshire Youth Voice Executive, a group of children and young people who represent a number of groups within North Yorkshire such as Looked after Children, LGBT, Young Carers and SEND.

The Executive as part of its work will use the GUNY survey results to shape some of the work it undertakes.

In 2018, the Executive focussed on the issues around mental health and created a flowchart for young people which has been shared with partners in North Yorkshire.

In addition to the GUNY survey, young people between the ages of 11 and 18 years old also took part in the annual *Make your Mark* vote run by the British Youth Council. Equal Pay for Equal Work and Mental Health came out as the top two issues for young people in North Yorkshire.



### This report will be disseminated to:-

- Elected members
- North Yorkshire Children's Trust
- North Yorkshire Health and Wellbeing Board
- Headteachers and Governors
- Children and Young People's Service Units
- NYCC Management Board
- NYCC Corporate Equality Group
- North Yorkshire Youth Voice Executive
- North Yorkshire Safeguarding Children Board
- North Yorkshire Safeguarding Adults Board
- North Yorkshire Community Safety Partnership
- Clinical Commissioning Groups
- York, North Yorkshire and East Riding Local Enterprise Partnership

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

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