Guernsey Young People's Survey 2016

What is it?
The Guernsey Young People's survey is an online questionnaire completed by all Bailiwick of Guernsey pupils in Years 6, 8 & 10. Students respond confidentially and anonymously to 70+ questions which gauge the views, attitudes and behaviour of Bailiwick young people today.

The Results
All the data is collected, analysed and presented in an informative, accessible manner.

What is this document for?
We have analysed the statistics for 2016 and presented them in a fun and informative manner.
Welcome to the Guernsey Young People’s Survey results booklet 2016

The Guernsey Young People’s Survey has been undertaken since the early 1990’s and is the key evidence base for the collation of the views, attitudes and health behaviours of young people in the Bailiwick of Guernsey. Just over 1500 pupils in Years 6, 8 & 10 answered 70+ questions on behaviour, views and attitudes to life in Guernsey. The Year 12 survey will be undertaken in January 2017.

Each school will receive their own results and there is a wealth of evidence and reports that have been produced and can be found on our Young People’s Survey website: www.gov.gg/youngpeoplessurvey

There has been input from many colleagues in drawing together the questions. These include colleagues from The Sports Commission; The Youth Commission; healthy weight team, Drug and Alcohol Strategy, health improvement/promotion teams; SHARE.

The Survey is all about young people, so this year we have ensured that young people were involved in analysing and producing the results. We had a research team of Guernsey undergraduates who have produced the findings. They considered it very important that we presented the findings in a way that was accessible to young people so we have produced some short booklets of infographics. These look at the results generally and consider changes since 2013.

If you have any enquiries, please contact Alun Williams on alun.williams@gov.gg or telephone tel: 07911 728059
ALCOHOL

28% of Year 10 students report drinking in the week before the survey.

31% of Year 10 students are male.

7% of Year 8 students are female.

8% of Year 8 students are male.

19% of Secondary school students report drinking in the week before the survey.

Females' choice of drink is either wine/champagne or spirits.

Males are mainly drinking cider.

11% of Year 8 & 10s reported alcohol caused a problem for them in the last year.

70% answered that they have never drunk more than intended.

This figure was 4% for Primary school pupils.
Cannabis has been offered to 1% of Primary school pupils

9% have tried Cannabis

34% of Secondary and 6% of Primary school pupils said they were 'fairly sure' they knew someone who takes drugs

10% of Secondary students have taken one of the listed drugs

90% of secondary students have never experienced drugs
EXPERIENCE WITH SMOKING

Prevalence of SMOKING in Year 6, 8 & 10 Pupils

How many are smoking

- Year 6: 0%
- Year 8: 5%
- Year 10: 13%

How many are using e-cigarettes

- Secondary: 2%

Parents or Guardians who smoke

- Primary: 27%
- Secondary: 30%

Passive smoking exposure

- Primary: 7%
- Secondary: 12%

Don’t think they will smoke in the future

- Primary: 93%
Year 8 & 10 pupils were asked about their knowledge of Island services that could provide sexual health information and free contraception. Additionally, Year 10 students were asked whether they had experienced a sexual relationship.

60% of students know there is a special contraception and advice service.

44% Year 8  49% Year 10

67% Year 8  79% Year 10

Across both year groups, it was reported that SEX AND RELATIONSHIPS EDUCATION LESSONS were their main source of information on this topic.

25% Year 8  90% Year 10

of students know where they can get free condoms.
REACHING POTENTIAL

Volunteered in the last month
22%

Enjoying "all" or "most" lessons
57%

Proud to belong to their educational establishment
80%

Desire to participate in extra-curricular activities
80%

83%
of Year 6 pupils reported going to Parks and Open spaces in the last 4 weeks, whereas,
64%
of Year 8 & 10 pupils attended these areas

63% of students regularly attend a Sports Club, 70% of Year 6 and 56% of Year 8 & 10 pupils

Barriers to participating in extra-curricular activities and physical activity

27% of Year 8 & 10 students
"I don't have enough time"

8% of Year 6 students
"Not good enough"

52% "Nothing stops me"
Self-esteem
Students were asked to respond to questions regarding inclusion and respect

"I'M GLAD I AM WHO I AM"

Year 6
- 80% of students feel proud of who they are.
- 34% of Primary school pupils responded that their school asks for their opinions on how to improve the school 'a lot' or 'quite a lot'.

Year 8 & 10
- 88% of students feel proud of who they are.
- 46% of students feel proud of who they are.

"I GENERALLY FEEL HAPPY"

Year 6
- 79% of students feel happy.
- 46% of Secondary school students feel their school enables the students to make decisions about the future of their school/college.

Year 8 & 10
- 82% of students feel happy.
- 47% of students feel happy.

73% of students report that they are happy with their life at the moment.

16% of students are not sure if they are happy with their life at the moment.

11% of students are NOT happy with their life at the moment.
PUPILS WERE ASKED TO IDENTIFY THEIR GREATEST WORRIES AND CONCERNS

Year 8 & 10 students reported EXAMS AND TESTS (53%) and SCHOOL / HOME WORK (33%) as their greatest worries and concerns.

The issues most worried about by Primary pupils are FAMILY (46%) and WARS AND TERRORISM (45%).

Parents are the highest rated people that students would turn to regarding their worries and concerns, such as, alcohol, bullying and school.
BULLYING

TEASING & NAME CALLING are the most common methods of bullying experienced.

26% of all young people reported being bullied "at or near school" in the last 12 months.

41% of students have been teased or made fun of in the past month.

6% of all students reported "OFTEN" being AFRAID of going to school because of bullying.

20% of Year 6 Pupils report being bullied due to size or weight.

13% of Year 6 students responded that they were called nasty names "OFTEN" or "EVERYDAY".

20% of Year 8 & 10 pupils reported being excluded / left out of friendship groups in the last month.
Internet Safety

22% of secondary students have been asked to meet someone they do not know via social media.

63% of secondary students are users.

Facebook, Instagram, Twitter are the most popular social media apps in secondary schools.

More than twice the number of females report concerns over internet safety compared with males.

18% Year 8/10 males

42% Year 8/10 female

Primary schools

21% had received upsetting or scary messages by phone or online

28% male

14% female

30% of secondary school students had experienced scary or upsetting messages online.
Primary/Secondary Students were asked to respond to questions about how they feel about and perceive their body and weight.

"I like the way I look" vs. "I don't like the way I look"

- **Primary**
  - Male: 41%
  - Female: 31%
- **Secondary**
  - Male: 23%
  - Female: 16%

"I am happy with my weight" vs. "I want to lose weight"

- **Primary**
  - Male: 63%
  - Female: 47%
- **Secondary**
  - Male: 33%
  - Female: 46%

"I am in charge of my health"

- 74%

56% of Year 8 & 59% of Year 10 females expressed that they would like to lose weight, whilst only 38% of Year 8 & 33% of Year 10 males did.

Generally more females answered 'I don't like the way I look' and 'I want to lose weight', whilst more males responded 'I like the way I look' and 'I am happy with my weight'.

74% of Secondary School Students felt that they were in charge of their health.
Primary/Secondary School Students thought the following were ‘very important’ for remaining healthy and active, when asked to respond to a set of statements.

- Eating Healthily: 79%/71%
- Drinking Water: 72%/85%
- Getting a good night's sleep: 69%/61%
- Staying Physically Active: 59%/59%
- Spending time with friends: 48%/49%
- Taking breaks from media devices: 49%/34%
- Being involved in the community: 18%/12%
- Strengthening activities e.g. Running, Jumping & Skipping: 47%/27%

Students in the Bailiwick of Guernsey have a good understanding of what factors are important to remain healthy and active.
PHYSICAL ACTIVITY

Physically active for at least 30 minutes, 5x or more a week

55% of primary pupils & 48% of secondary students

31% of primary pupils & 18% of secondary students walked to school today

39% of primary pupils & 36% of secondary students physically active for an hour or more in the past 7 days

63% of primary & 61% of secondary students had been physically active in the past 7 days

48% of primary pupils & 43% of secondary students reported breathing faster & feeling warmer whilst doing physical activity in the past 7 days
There is a significant rise in device usage from Primary to Secondary School.
HEALTHY HABITS

STUDENTS WERE ASKED ABOUT THEIR EATING HABITS AND INTAKE

EATING 5 FRUIT OR VEGETABLES A DAY

24% ATE 5 + PORTIONS A DAY

ENERGY DRINK CONSUMPTION

MALES 75%
PRIMARY SCHOOL PUPILS REPORTED 'RARELY' OR 'NEVER' HAVING ENERGY DRINKS

FEMALES 59%

61% OF SECONDARY PUPILS 'NEVER' HAVE HIGH ENERGY DRINKS OR ONLY HAVE THEM 'ONCE A MONTH'

BREAKFAST

PRIMARY 94%
78% SECONDARY

HAD BREAKFAST THE DAY OF THE SURVEY
HEALTHY EATING

PUPILS WERE ASKED ABOUT ASPECTS OF THEIR DIET TO DETERMINE VIEWS AND ATTITUDES TOWARDS HEALTHY EATING

IN CHARGE OF THEIR HEALTH

74% OF YR 8 & 10S FELT THEY WERE IN CHARGE OF THEIR OWN HEALTH

CONSIDERING HEALTH IN PRIMARY SCHOOLS

36% OF 'VERY OFTEN' OR 'ALWAYS' CONSIDER THEIR HEALTH WHEN CHOOSING WHAT TO EAT

'VERY OFTEN' OR 'ALWAYS' CONSIDER THEIR HEALTH WHEN CHOOSING WHAT TO EAT

23% OF SECONDARY SCHOOL STUDENTS ARE LESS CONSCIOUS OF THEIR HEALTH IN THEIR DIETS THAN PRIMARY SCHOOL PUPILS

10% ANSWERED THEY 'NEVER' CONSIDER THEIR HEALTH WHEN CHOOSING WHAT TO EAT