



Young People's Survey Results 2016



States of Guernsey
Education Services

GUERNSEY YOUNG PEOPLE'S SURVEY 2016

www.gov.gg/youngpeoplesurvey



States of Guernsey
Education Services

CHANGES OVER TIME TO THE GUERNSEY YOUNG PEOPLE'S SURVEY

YOUNG PEOPLE'S VOICE AND THE INTERNET



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Young People's Survey

Over the past twenty years the States of Guernsey has worked with the School's Health Education Unit (SHEU) in Exeter to develop a profile of young people in Guernsey.

The Surveys have changed over the years. The original versions were paper-based and focused on health issues. These surveys have provided an important evidence base that has been used for a variety of purposes:

- To monitor trends amongst young people especially to measure developments over time.
- To benchmark the findings against other communities.
- To inform practice - the survey has been especially significant in shaping health-related activities such as the Drug and Alcohol Strategy, Participation of Young People In Sporting Activities,

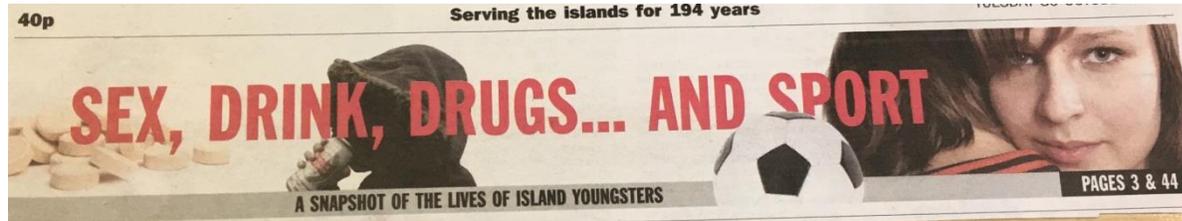
Downloads

- 2014 Young People's Survey Post 16
- 2014 Young People's Survey Post 16 Presentation
- 2013 Young People's Survey Findings For Primary Phase Schools



CHANGES OVER TIME TO THE GUERNSEY YOUNG PEOPLE'S SURVEY

MEDIA



'Worrying' levels of low self-esteem in secondary pupils

Guernsey youth is fitter than UK's

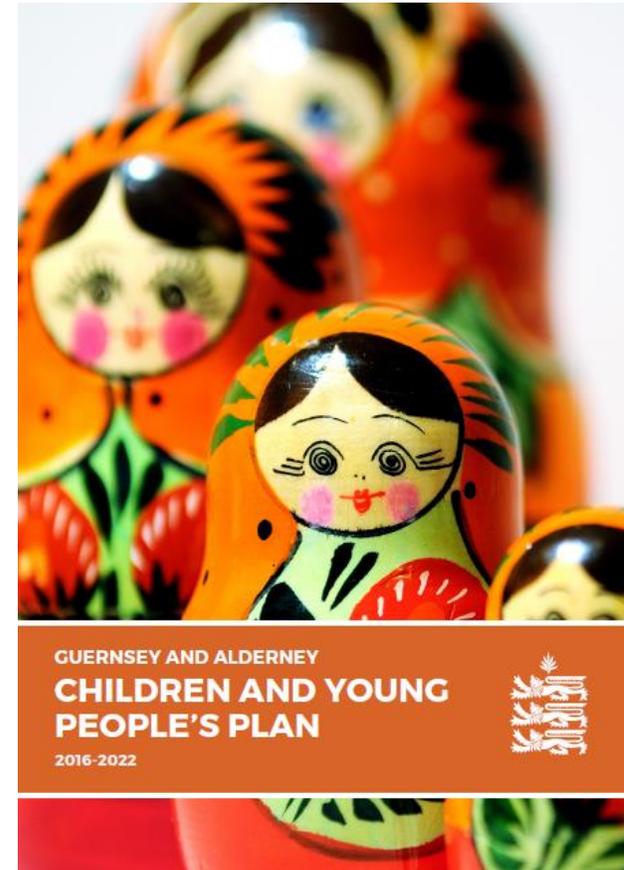


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CHANGES OVER TIME TO THE GUERNSEY YOUNG PEOPLE'S SURVEY

CHILDREN AND YOUNG PEOPLE'S PLAN AND KPIS

- Support the introduction of the Healthy Weight Strategy to tackle childhood obesity
- Work with young people to improve the access to and range of inclusive cultural, social and physical activities, particularly in the winter months
- Increase the percentages of boys and girls in Year 6 & 10 who meet the relevant physical activity guidelines
- Increase the percentages of boys and girls in Year 10 who meet the relevant physical activity guidelines



CHANGES OVER TIME TO THE GUERNSEY YOUNG PEOPLE'S SURVEY

PARTNERS AND CHILDREN'S AND YOUNG PEOPLE'S PLAN



Guernsey Sports Commission



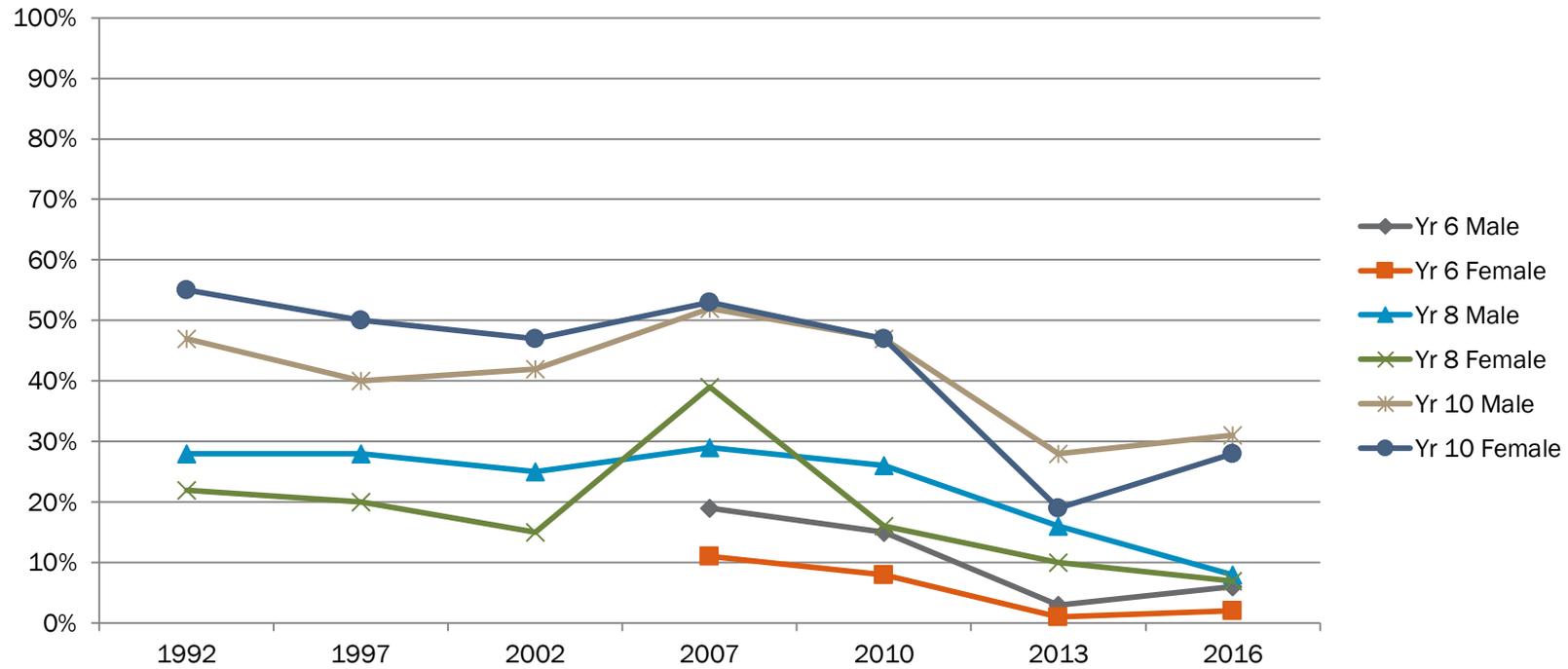
PERCEPTIONS OF YOUNG PEOPLE



TRENDS OVER TIME

ALCOHOL

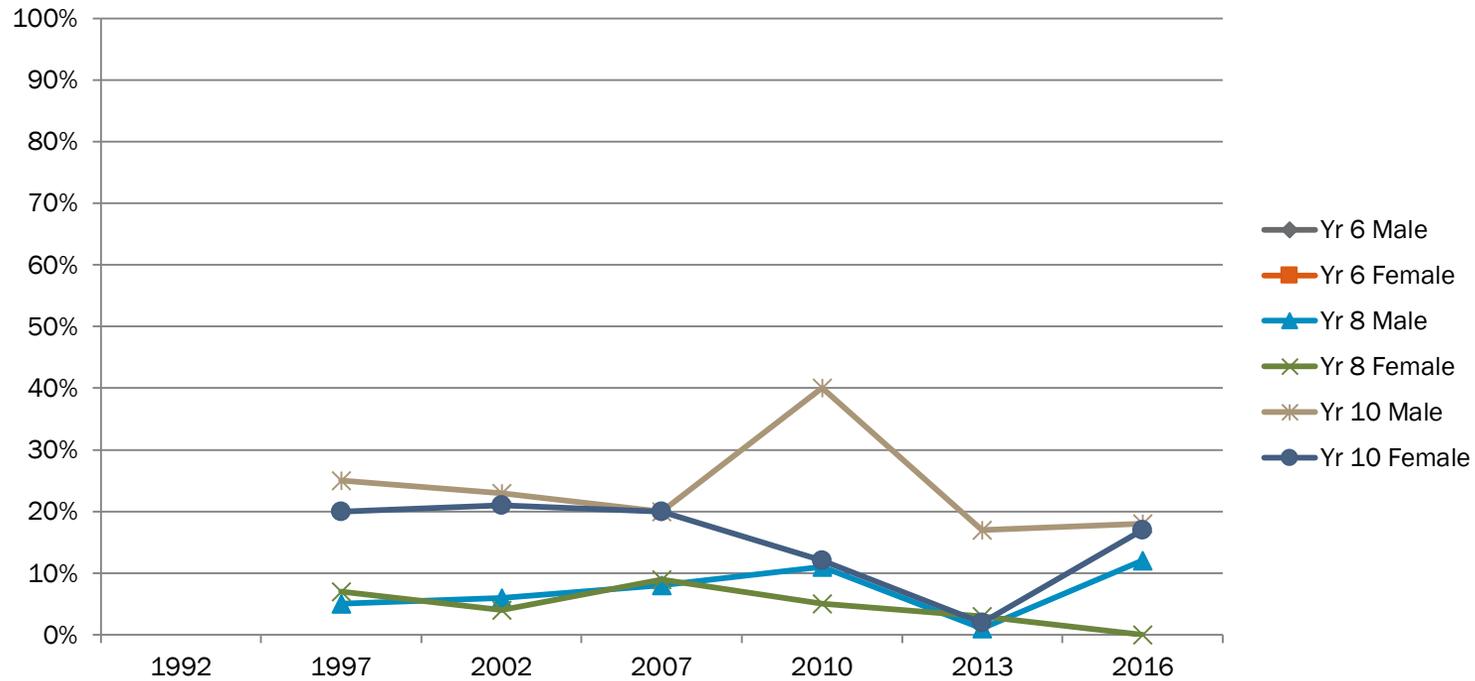
STUDENTS WHO HAVE HAD AN ALCOHOLIC DRINK IN THE LAST 7 DAYS



TRENDS OVER TIME

EVER USED DRUGS

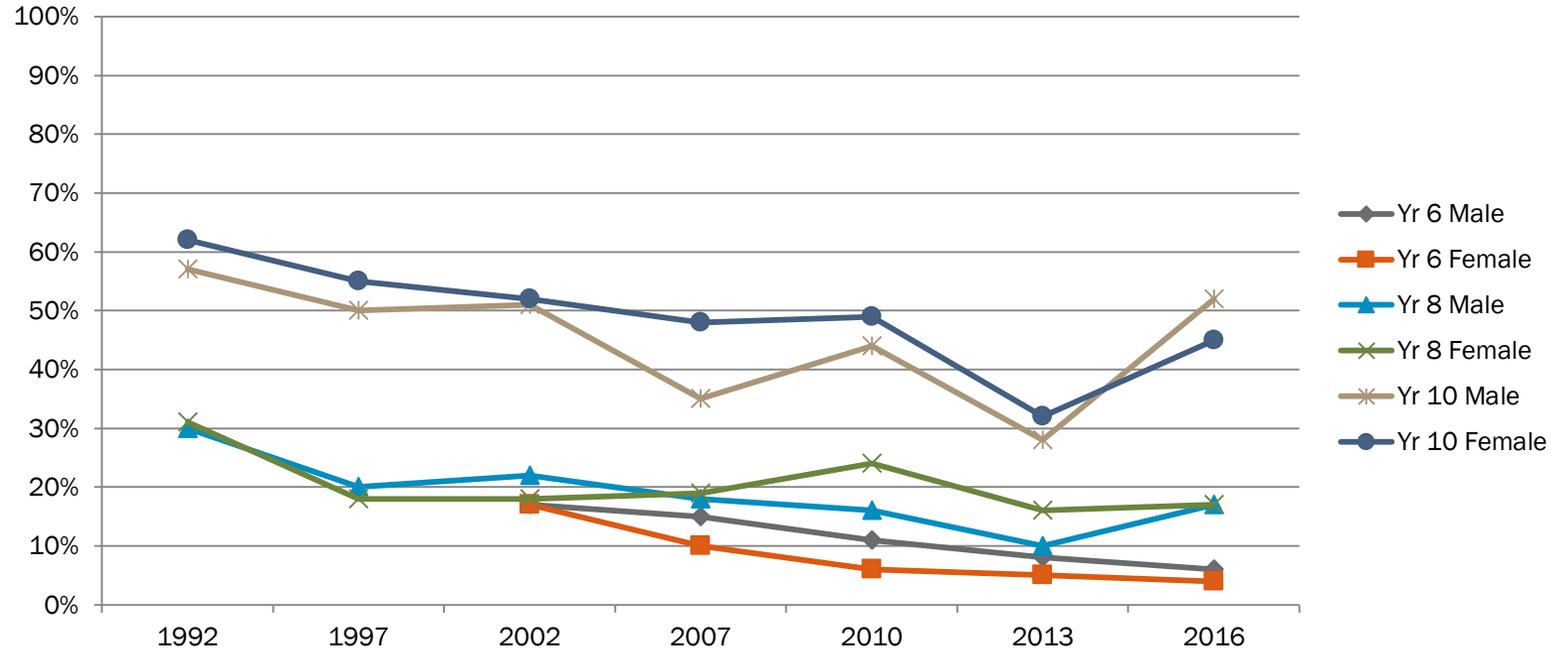
YOUNG PEOPLE WHO HAVE EVER TAKEN DRUGS



TRENDS OVER TIME

KNOW A DRUG USER

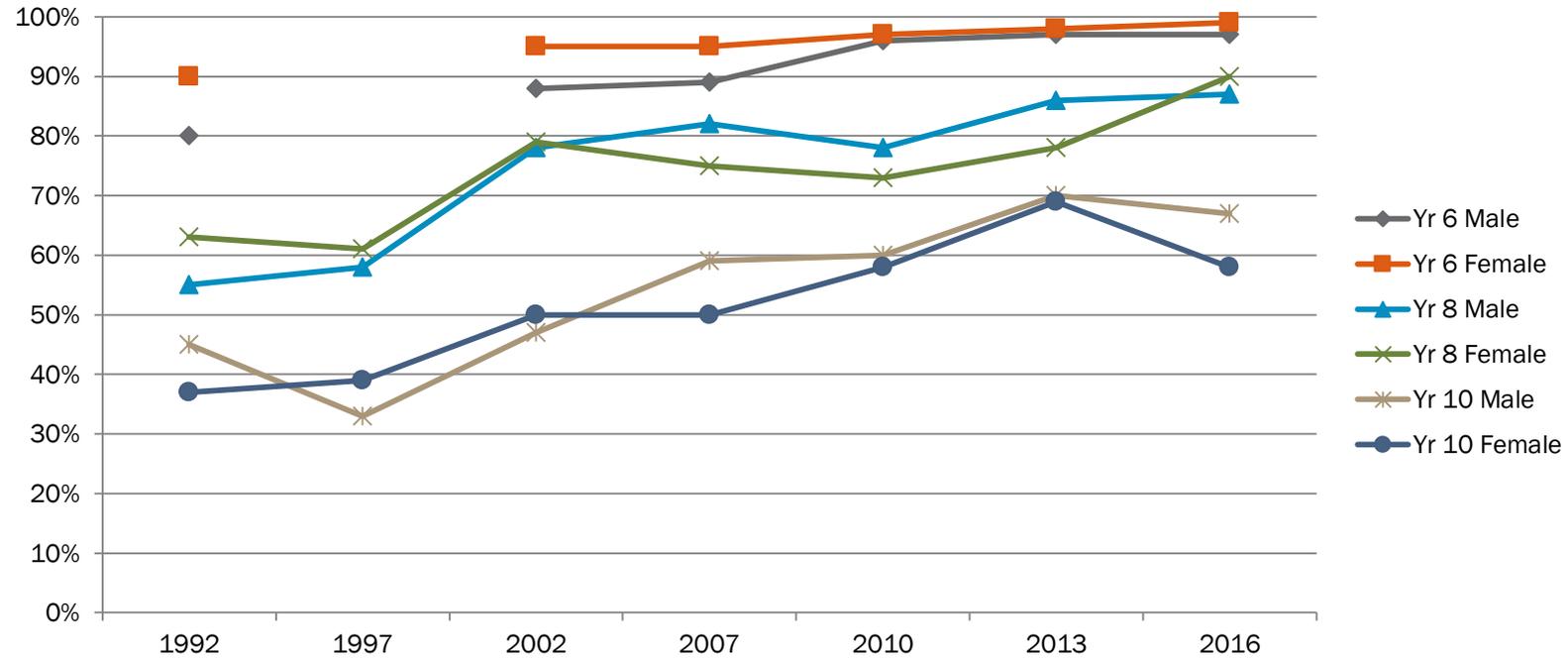
'FAIRLY SURE' OR 'CERTAIN' THEY KNOW A DRUG USER



TRENDS OVER TIME

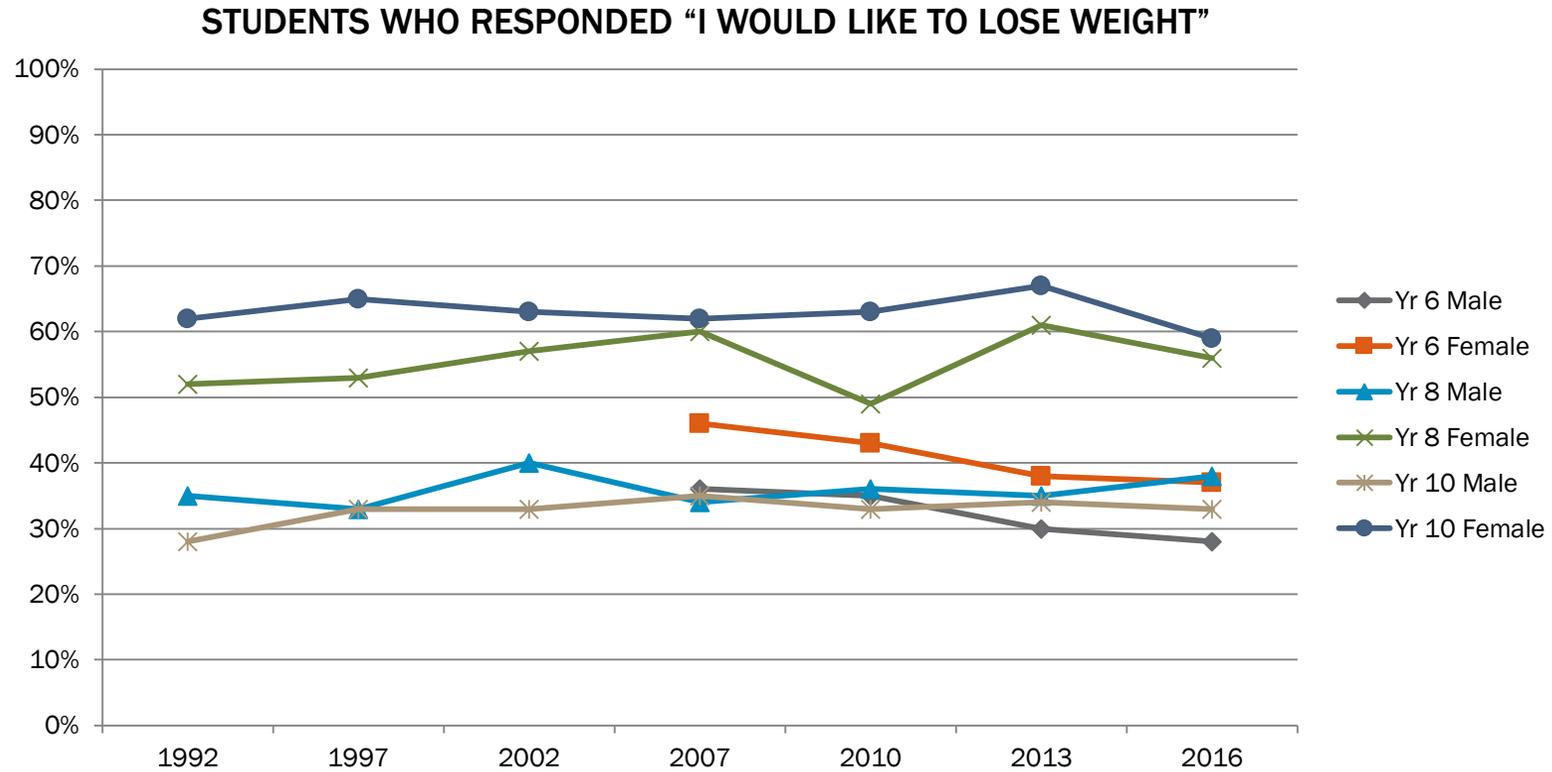
TOBACCO

STUDENTS WHO HAVE 'NEVER' SMOKED



TRENDS OVER TIME

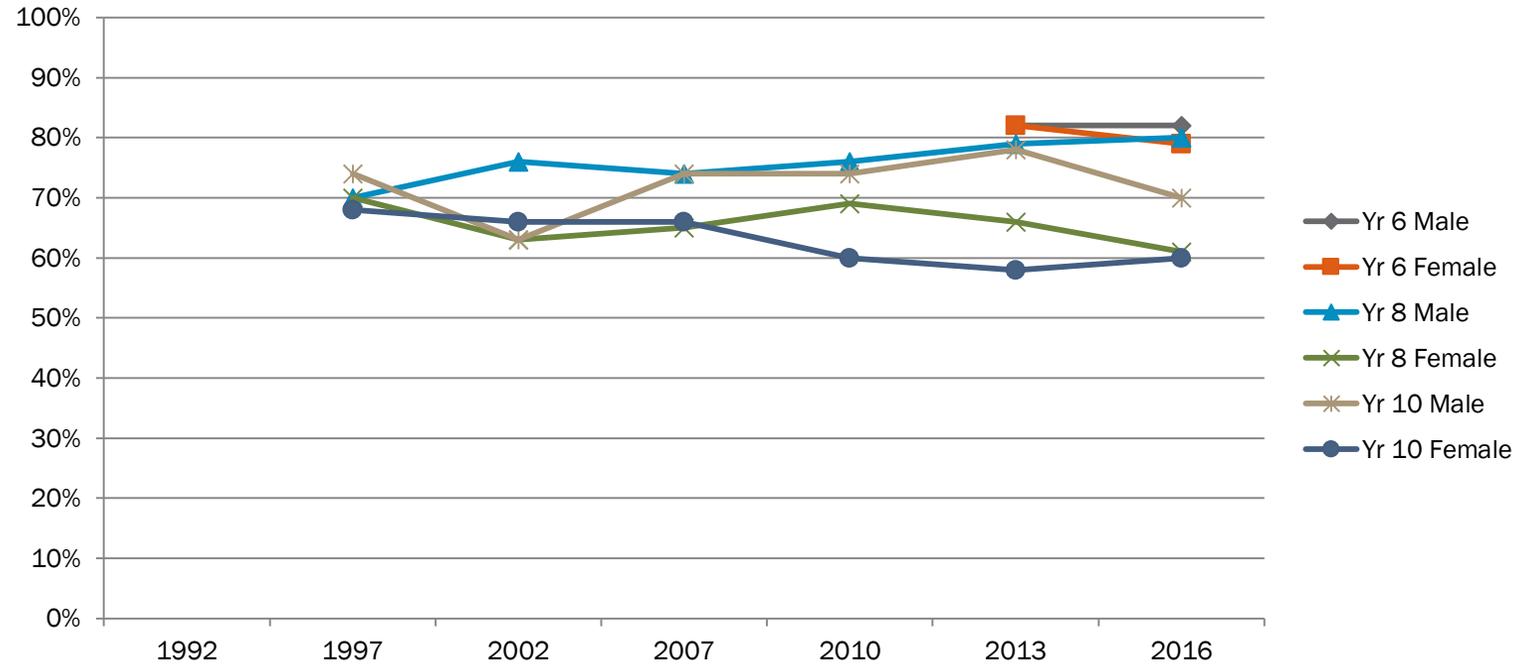
“I WOULD LIKE TO LOSE WEIGHT”



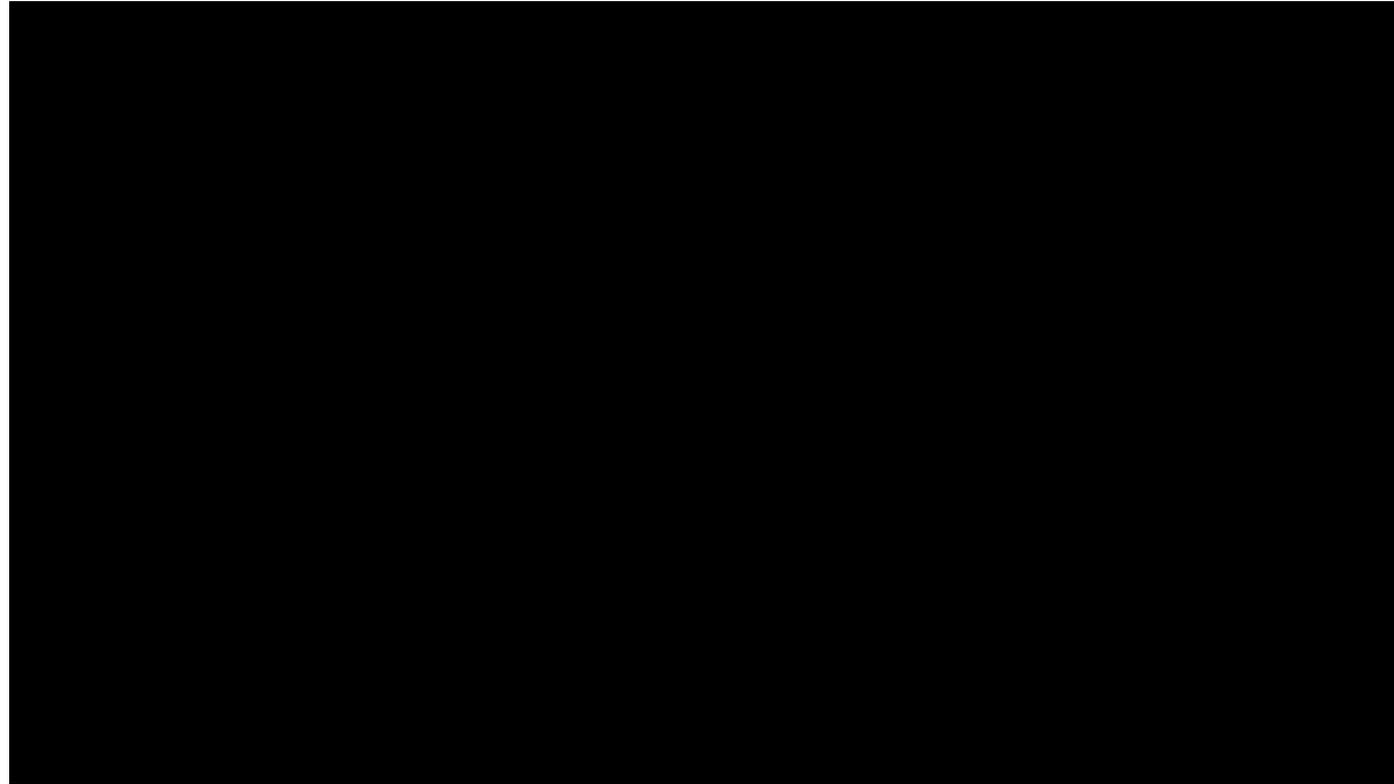
TRENDS OVER TIME

IN GENERAL, HOW HAPPY DO YOU FEEL WITH YOUR LIFE AT THE MOMENT?

STUDENTS WHO RESPONDED THAT THEY WERE “QUITE” / “VERY” HAPPY WITH THEIR LIFE AT THE MOMENT



THE VIDEO



SUMMARY COMMENT

'Young people in Guernsey are not immune to the pressures being faced by all 21st Century children and are, in many cases, demonstrating a resilience and positive attitude that is a credit to them, their schools and their families'

'A positive observation is that they seem to be heeding some of the messages that they can control their lives and are doing so by becoming more active and healthy showing increasingly responsible attitudes to alcohol, tobacco and sex and relationships – although there are some concerns about exposure to drugs'

'However Guernsey youngsters are struggling with issues associated with emotional health and wellbeing with a significant minority showing lower self-esteem and increased worries and anxiety'

'Generally, Guernsey's young people are coping with the challenges of 21st century life. There is however cause to be concerned for about 10% of our youngsters who are reporting views, attitudes and behaviors negatively'

'The Guernsey Young People's survey is well-established as an evidence-base that allows young people, their parents and the whole community to scrutinize how they can support each other to improve the quality of life of Guernsey's young people. The survey now presents the opportunity to translate this into responses which support all of Guernsey's young people'



SHEU COMMENT

The Guernsey Young People's survey research team are to be congratulated for the care and attention given to collecting the latest set of data for young people across the Bailiwick of Guernsey. The survey was shaped to reflect current local priorities, without losing sight of the issues that face all young people today in our rapidly-changing world. Every school that took part gave the survey proper time and support, and their young people worked hard to explain what is going on in their lives.

We can see a fantastic set of data going back to the 1990s and we know that this is much more than just a data collection exercise here, but has real impact at all levels. We know that the schools find their individual reports useful and that the Education Department and wider partners make good use of the island-wide figures.

We see that, when compared with young people from the UK mainland, your young people have similar issues to deal with, particularly with the rise of social media and Internet activity in general.

We are pleased to see that the reduction in levels of smoking and alcohol use across the UK is also mirrored in Guernsey. We are also happy to see that your young people still remain ahead of the rest of the UK in their levels of physical activity: perhaps this is one of the benefits of living in such a very agreeable place to be outside.



PRIMARY NEGATIVE RESPONSES

570 Primary pupils responded to all of the 7 statements, below are the % of negative responses;

- 5% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey
- 12% of pupils responded that they didn't do any physical activity that caused them to breathe faster and feel warmer in the week before the survey
- 11% of pupils responded that they don't like the way they look
- 8% of pupils responded that they are either 'not happy' or 'not at all happy' with their life at the moment
- 10% of pupils responded that they are 'not very proud' to belong to their school
- 26% of pupils had a med-low self-esteem score (9 or less)
- 7% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying



PRIMARY NEGATIVE RESPONSES

- 7% of Primary pupils responded negatively to 3 or more of the 7 statements
- Primary females responded more negatively than their male counterparts



SECONDARY NEGATIVE RESPONSES

921 Secondary students responded to all of the 8 statements, below are the % of negative responses;

- 26% of pupils responded that they either 'don't like' or 'hate' the way they look
- 10% of pupils responded that they 'never' consider their health when choosing what to eat
- 8% of pupils responded that they got drunk on at least one day in the 7 days before the survey
- 11% of pupils responded that their use of alcohol has caused a problem for them or someone else at some point during the last year
- 9% of pupils responded that they smoked in the 7 days before the survey
- 10% of pupils responded that they have taken at least one of the drugs listed
- 14% of pupils responded that they feel 'not at all happy' or 'not happy' with their life at the moment
- 5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying



SECONDARY NEGATIVE RESPONSES

- 11% of Secondary students responded negatively to 3 or more of the 8 statements
- Students provided more negative answers the older they were
- Secondary females answered more questions negatively than their male counterparts



HEALTHY AND ACTIVE

- 74% of Secondary school students agree with the statement “I am in charge of my health”
- 55% of Primary pupils and 48% of Secondary students report undertaking at least 30 minutes of physical activity 5 times a week or more
- 43% of Primary pupils and 25% of Secondary students actively travel to school
- 24% of young people report eating five or more portions of fruit and vegetables a day
- 61% of Secondary students look at screens for at least three hours a day
- 26% of Secondary students responded “I don’t like the way I look” or “I hate the way I look”



SAFE AND NURTURED

- 70% of Secondary school students have never drunk more alcohol than intended
- 98% of Year 6, 87% of Year 8 and 62% of Year 10 students have never smoked at all
- 73% of Year 10 students know where the sexual health service is located
- 34% of young people personally know a drug user



INCLUDED AND RESPECTED

- 79% of Primary pupils and 47% of Secondary students agreed with the statement “I generally feel happy”
- 6% of Primary pupils and 42% of Secondary students disagreed with the statement “I’m glad I am who I am”
- Exams and tests are the greatest worry and concern for Secondary students with 53% reporting they worry about this “Quite a lot” or “A lot”
- 28% of young people reported being bullied “at or near school” in the last 12 months



ABLE TO ACHIEVE INDIVIDUAL AND ECONOMIC POTENTIAL

- 90% of Primary pupils and 69% of Secondary students responded that they were “very proud” or “quite proud” to be a member of their school/college
- 63% of young people (70% Primary pupils and 56% Secondary students) regularly attend a sports club or class
- 64% of Primary pupils and 39% of Secondary students reported enjoying “all” or “most of” their lessons



COMMENTS FROM THE EXPERTS

Amy.Taylor@gov.gg – Health Promotion Unit

Christine.Jewell@gov.gg – Weight management nurse

Yvonne.LePage@gov.gg – Health Promotion Unit

Lucy.Whitman@gov.gg - Health Promotion Unit

emma.cusack@barnardos.org.uk – The Hub

Oliver.Dowding@guernseysports.com – Guernsey Sports Commission

Colin.LePage@gov.gg – Traffic and Highway Services

Tim.Prout@gov.gg – Traffic and Highway services

Andrea.Nightingale@gov.gg - Drug and Alcohol Strategy

Thomas.Cheshire@gov.gg – Healthy Lifestyle worker

Julie.Duquemin@gov.gg - SHARE

Amanda.Evans@gov.gg - PSCHE adviser

Karen.Hazzan@gov.gg - Education Psychology Service

Nick.Hynes@gov.gg - Education Services

AaronD@gcfe.net - Youth Commission

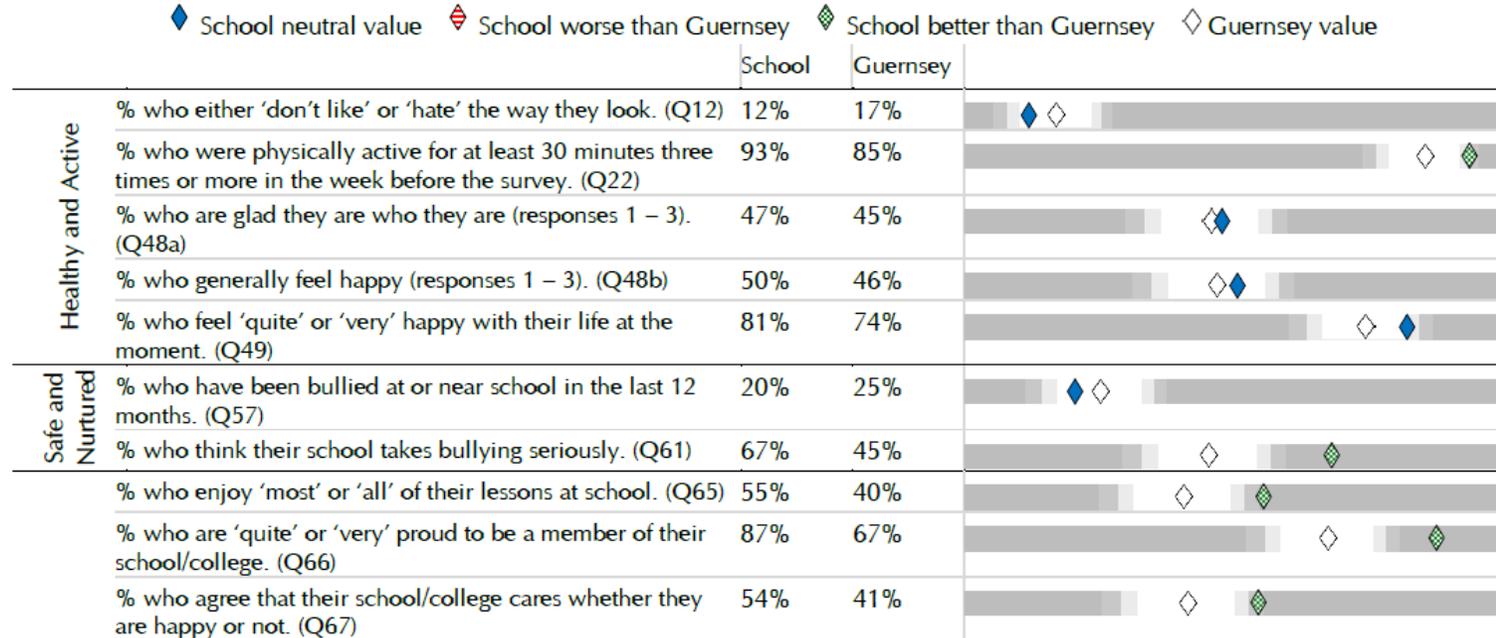


WHAT HAPPENS NEXT?

INDIVIDUAL SCHOOL REPORTS - RANGES ACROSS GUERNSEY

Key Findings

In the chart below a coloured diamond represents a school's result, while the hollow diamond represents the figure for Guernsey Secondary. The distance between the diamonds indicates the size of the difference between the percentages – the greater the gap, the larger the difference. The colour of the diamond reflects whether a difference is statistically significant and if the difference is positive (green/white spots), negative (red/white stripes) or if it is not statistically significant (blue). The white space is an indication of how spread out the scores are for Guernsey Secondary pupils (\pm one Standard Deviation, the paler grey is the next SD).



WHAT HAPPENS NEXT?

INDIVIDUAL SCHOOL REPORTS - SIGNIFICANT DIFFERENCES BETWEEN 2013 AND 2016

Guernsey Secondary data in brackets; see notes on interpreting differences.

Included and Respected

ETHNICITY

- 77% (79%) of pupils responded that they are from Guernsey/Alderney, while 16% (13%) said they are English/Scottish/Welsh/Irish.

SPECIAL NEEDS

- 10% (13%) of pupils responded that they have a special need or disability, while 12% (15%) said they 'don't know' if they do.

HOME LIFE

- 81% (61%) of pupils responded that they live with their mother and father together.
- 7% (17%) of pupils responded that they live 'mainly or only' with their mother, while 0% (2%) said they live 'mainly or only' with their father.
- 4% (4%) of pupils responded that they would describe themselves as 'in care' with children's social care services, while 3% (6%) said they 'don't know' if they would.

- 12% (17%) of pupils responded that they either 'don't like' or 'hate' the way they look.

HEALTH

- 4% (14%) of pupils responded that they 'never' consider their health when choosing what to eat.
- 23% (17%) of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.

MEALS

- 88% (77%) of pupils responded that they had breakfast on the day before the survey.
- 95% (87%) of pupils responded that they had lunch on the day before the survey.
- 99% (97%) of pupils responded that they had an evening meal on the day before the survey.

BREAKFAST

- 9% (19%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.



WHAT HAPPENS NEXT?

- Each school will receive a summary of the results for their own school which can be compared to the results across the wider cohort
- It can act as an evidence base for the formulation and development of strategies including the Children and Young People's plan, the Drug and Alcohol Strategy and the Tobacco Control Strategy
- Following the 2013 survey over 50 presentations were made to organizations that work with young people
- It can inform practice – In the past the survey has been especially significant in shaping health-related activities such as the Drug and Alcohol Strategy, participation of Young People in sporting activities, developments in Personal Social and Health Education

