The Guernsey Young People's Survey 2016 was completed in May and June 2016. The 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 Guernsey.

The Surveys have changed over the years. The original versions were paper-based and focused on health issues.

1500 pupils in Years 6, 8 and 10 answered 80 questions on behaviour, views and attitudes to life in Guernsey. The Year 12 survey will be undertaken in January 2017.

The questions are self-reporting and we are always impressed by the honesty of all our responses. The survey is completed anonymously and confidentially.

Every school completed the survey which means that we hear the views of about 80-90% of young people.
The findings can be found on the following webpage:

www.gov.gg/youngpeoplesurvey

We have asked our questions under the four headings of the priority outcomes that have been set by the Children and Young People's plan for all young people. Those four priorities are that children should be:

Healthy and Active
Safe and Nurtured
Included and respected
Able to achieve individual and economic potential

In this booklet we look at responses associated with activity
59% of Primary School pupils regard 'Being physically active everyday (e.g. about an hour a day)' as "very important" to being a healthy, active child.

43% of Primary School pupils actively travel to school (walking/cycling/scooting).

55% of pupils are physically active 5 times a week or more, for at least 30 minutes at a time.

Primary School children would like more opportunities for physical activity. The most highly requested activities were:

<table>
<thead>
<tr>
<th>Category</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sport Equipment (e.g. basketball hoops)</td>
<td>38%</td>
</tr>
<tr>
<td>Team Sport</td>
<td>57%</td>
</tr>
<tr>
<td>Activity Equipment (e.g. climbing frames)</td>
<td>37%</td>
</tr>
<tr>
<td>Individual Sport</td>
<td>38%</td>
</tr>
<tr>
<td>Arts or Performance Activity</td>
<td>33%</td>
</tr>
</tbody>
</table>
of Secondary School students are actively travelling to school (walking/cycling/scooting)

of students are physically active 5 times a week or more, for at least 30 minutes at a time

Self-esteem issues are effecting Secondary students physical activity participation

"Does anything stop you from being as active as you would like to be?"

"I am shy in front of other people" 21%

"I'm not comfortable about how I look" 17%

Secondary School students would like more opportunities for physical activity. The most highly requested activities were:

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</tr>
</thead>
<tbody>
<tr>
<td>28%</td>
<td>27%</td>
<td>23%</td>
</tr>
</tbody>
</table>

Team Sport 45%

Individual Sport 30%
GUERNSEY YOUNG PEOPLE'S SURVEY 2016

PHYSICAL ACTIVITY RESPONSES

PHYSICAL ACTIVITY DURING THE LAST 4 WEEKS

Physical activities which young people had participated in, in the 4 weeks prior to the survey

"Which of these have you been to/taken part in during the last 4 weeks?"

- **Parks and open spaces**
  - Primary: 78%
  - Secondary: 60%

- **Sports club or class**
  - Primary: 66%
  - Secondary: 52%

- **Youth centre or club e.g. scouts, guides**
  - Primary: 35%
  - Secondary: 19%

- **Cinema/Theatres**
  - Primary: 34%
  - Secondary: 28%

- **Art, craft, drama, film/video making group**
  - Primary: 31%
  - Secondary: 23%

- **Music group or lessons**
  - Primary: 31%
  - Secondary: 26%

- **Libraries (not school library)**
  - Primary: 29%
  - Secondary: 12%

- **Museum/Art galleries**
  - Primary: 22%
  - Secondary: 7%

- **Given your time to help charity, volunteered**
  - Primary: 19%
  - Secondary: 23%

- **Religious, faith or community group**
  - Primary: 12%
  - Secondary: 10%
GUERNSEY YOUNG PEOPLE'S SURVEY
2016

PHYSICAL ACTIVITY RESPONSES

BARRIERS TO PHYSICAL ACTIVITY

There are several barriers to physical activity which are inhibiting young people from being as active as they would like to be, the lead responses were...

- **Nothing stops me**
  - Primary 47%
  - Secondary 52%

- **I don't have enough time**
  - Primary 16%
  - Secondary 27%

- **I'm not comfortable about how I look**
  - Secondary 21%

- **It costs a lot to get there or to take part/it's too expensive**
  - Primary 15%
  - Secondary 21%

- **I am shy in front of other people**
  - Primary 15%
  - Secondary 21%

- **My friends don't do it/go there**
  - Primary 13%

States of Guernsey Education Services
"How do you feel about PE lessons?"

- "I really enjoy them"
  - Primary: 51%
  - Secondary: 46%

- "I enjoy them"
  - Primary: 33%
  - Secondary: 30%

- "I am not sure"
  - Primary: 10%
  - Secondary: 12%

- "I do not enjoy them"
  - Primary: 5%
  - Secondary: 12%
80% of the Primary pupils who responded said that they were interested in doing an after school activity.

Those who said they would be interested in an after school activity chose the following locations:

- 30% At school at the end of the day
- 29% Playing field
- 41% Somewhere else e.g. club, sports centre

Those interested in doing an after school activity picked their preferred times:

- 44% Straight after school
- 38% A bit later
- 18% In the evening