

The Guernsey Young People's Health and Wellbeing Survey 2017

**A report for
Guernsey FE**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

Survey Report 2017

Produced by the
Schools Health Education Unit

CONTENTS

FOREWORD	3
INTRODUCTION	4
ADMINISTRATION	4
THE SAMPLE.....	4
GUERNSEY FE HEADLINES	5
YOUR 2017 HRBS RESULTS.....	7
REPORT	7
GENERAL INFORMATION	7
SPECIAL NEEDS	8
FAMILY	9
SCHOOLS	10
CONTROL OVER HEALTH	11
TRAVEL	12
WEIGHT AND APPEARANCE	12
HEALTHY CHOICES	14
MEALS	15
BREAKFAST	15
SCHOOL FOOD	16
DRINKS.....	17
PHYSICAL ACTIVITY	19
VOLUNTEERING	24
DRINKING	25
SMOKING	28
ILLEGAL DRUGS	30
MENTAL & EMOTIONAL HEALTH	32
HAPPINESS	34
SCHOOL/COLLEGE	35
VIEWS AND OPINIONS.....	38
BULLYING	39
INTERNET SAFETY	40
SEXUAL HEALTH	42
SCREEN TIME	44
LEISURE TIME	44
LIST OF TABLES	45

N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original online survey. This has been done to keep items on similar topics closer together.

Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.


SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding
Survey Manager
Schools Health Education Unit



Dr. David Regis
Research Manager
Schools Health Education Unit

Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A college's results are confidential and will not be shared with other organisations without the express permission of the college.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

Administration

Staff in the college will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	Guernsey FE		
	Yr 1	Yr 2	Yr 3
Males	234	138	7
Females	277	146	5

Please note that 9 pupil(s) responded that they are either transgender or describe their gender in some other way, while 17 either preferred not to answer or skipped the question. These pupils will not be included in any tables or charts which are split by sex, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another college or colleges. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

Guernsey FE Headlines

	Guernsey FE		
	Yr 1	Yr 2	Yr 3
Males	234	138	7
Females	277	146	5

GENERAL INFORMATION

- 52% of the sample is female.
- 79% of students are 16-17 year olds.
- 84% of students described themselves as from Guernsey/Alderney, while 10% said they are English/Scottish/Welsh/Irish.
- 99% of students are on a full-time course.

SPECIAL NEEDS

- 10% of students responded that they have a special need, medical condition or disability, while 6% said they 'don't know' if they do.

FAMILY

- 64% of students responded that they live with their mother and father together.
- 14% of students responded that they live 'mainly or only' with their mother, while 2% said they live 'mainly or only' with their father.

CONTROL OVER HEALTH

- 93% agreed with at least one statement about being in control of their health (Q10a&c).
- 52% agreed with at least one statement saying that they weren't in control of their health (Q10b&d).
- 84% of students responded that they are in charge of their health, while 45% said that even if they look after themselves, they can still easily fall ill.

TRAVEL

- 16% of students responded that they walked to school/college on the day of the survey, while 69% said they travelled by car/van.

WEIGHT AND APPEARANCE

- 53% of students responded that they would like to lose weight, while 9% said they would like to put on weight and 38% are happy with their weight as it is.
- 8% of students responded that they 'never think about the way [they] look', while 5% said they 'love' the way they look and 8% 'hate' the way they look.

HEALTHY CHOICES

- 55% of students responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 19% of students responded that they 'very often' or 'always' consider their health when choosing what to eat.

MEALS

- 74% of students responded that they had breakfast on the day before the survey, while 88% said they had lunch and 95% had an evening meal.

SCHOOL FOOD

- 28% of students responded that they had a school/college lunch on the day before the survey.

FRUIT AND VEGETABLES

- 8% of students responded that they didn't eat any portions of fruit or vegetables on the day before the survey, while 18% said they ate at least five portions.

PHYSICAL ACTIVITY

- 7% of students responded that they weren't active for at least 30 minutes on any occasion in the week before the survey, while 62% said they were on at least three occasions.
- 21% of students responded that they weren't active for at least one hour on any occasion in the week before the survey, while 38% said they were on at least three occasions.
- 12% of students responded that they didn't do any physical activity in the 7 days before the survey, while 60% said they were active on at least three days.
- 27% of students responded that they didn't breathe faster and feel warmer while doing physical activity in the 7 days before the survey, while 37% said they did so on at least three days.
- 39% of students responded that they didn't breathe faster and feel warmer while doing physical activity for an hour or more in the 7 days before the survey, while 26% said they did so on at least three days.
- 34% of students responded that they exercise as much as they like (nothing stops them being more physically active), while 48% said they don't have enough time to be as active as they would like.
- 30% of students responded that they would like more team sport, while 23% said they would like more individual sport.

VOLUNTEERING

- 30% of students responded that they take part in volunteering or leadership work in school/college at least 'once a week'.

DRINKING

- 43% of students responded that they had an alcoholic drink in the 7 days before the survey; 5% said they drank alcohol on at least 3 days.

- ❑ 27% of students responded that they got drunk on at least one day in the 7 days before the survey; 7% said they got drunk on more than one day.

SMOKING

- ❑ 18% of students responded that they smoked in the 7 days before the survey.
- ❑ 11% of students responded that they smoke 'regularly'. Of these, 34% said they have started smoking since they started at college.
- ❑ 48% of students who currently smoke responded that they would like to give up smoking all together, with 14% responding that they would like help to give up smoking. 51% of smokers said they have already tried to give up.
- ❑ 7% of students responded that they at least 'sometimes' use electronic cigarettes.
- ❑ 22% of students responded that at least one of their parents/carers smokes.
- ❑ 6% of students responded that someone smokes indoors at home in rooms they use.
- ❑ 18% of students responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 58% of students responded that they are 'fairly sure' or 'certain' that they know someone who takes drugs (not cigarettes, alcohol or medicines).
- ❑ 25% of students responded that they have taken drugs listed in Q53.

MENTAL AND EMOTIONAL HEALTH

- ❑ 84% of students responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 27% of students responded that they have worried so much about at least one of the issues listed that it has affected their studies 'often' or on 'most days' in the last month.

SCHOOL/COLLEGE

- ❑ 81% of students responded that they are 'quite' or 'very' proud to be a member of their school/college, while 5% said they are 'not at all' proud.

- ❑ 35% of students responded that they 'enjoy' or 'really enjoy' PE lessons, while 6% said they don't enjoy them and 51% no longer have them.

VIEWS AND OPINIONS

- ❑ 34% of students responded that they feel their views and opinions are listened to in their school/college, while 41% said they 'don't know' if they are.

BULLYING

- ❑ 12% of students responded that they have been bullied at or near school/college in the last 12 months, while 11% said they 'don't know' if they have been.
- ❑ 13% of students responded that they at least 'sometimes' feel afraid of going to school/college because of bullying, while 1% said they do so 'often' or 'very often'.
- ❑ 50% of students responded that they think their school/college takes bullying seriously, while 40% said they 'don't know' if it does.

INTERNET SAFETY

- ❑ 32% of students responded that they have received a message in a chat room/social network site that scared them or made them upset.
- ❑ 27% of students responded that someone they don't know in person has asked to meet with them.

SEXUAL HEALTH

- ❑ 89% of students responded that they know where they can get condoms free of charge.
- ❑ 46% of students responded that they have either had a sexual relationship in the past or are currently in one.

SCREEN TIME

- ❑ 78% of students responded that they spent at least 'about three hours' looking at a device screen on the day before the survey.

Your 2017 HRBS Results

Report

General Information

The wider sample

Throughout the test below, overall percentages may be given for your college together with the comparable figure from the wider sample, which will follow in brackets. For example the proportion of your students who were aged 18 or over on the day of the survey 21%

	Guernsey FE		
	Yr 1	Yr 2	Yr 3
Males	234	138	7
Females	277	146	5

The Sample

52% of the sample is female.

79% of students are 16-17 year olds.

84% of students described themselves as from Guernsey/Alderney, while 10% said they are English/Scottish/Welsh/Irish.

99% of students are on a full-time course.

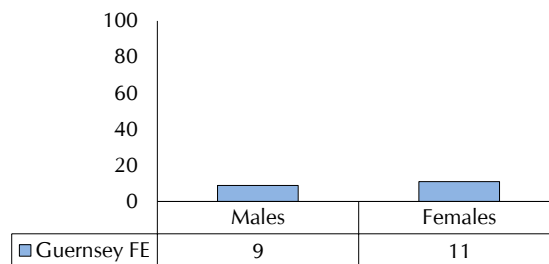
The spread of data for each year of study was as follows:

	Year 1	Year 2	Year 3 or higher
Percentage	63%	36%	2%

Special needs

10% of students responded that they have a special need, medical condition or disability, while 6% said they 'don't know' if they do.

Q6. Percentage answering that they have a special need, medical condition or disability.

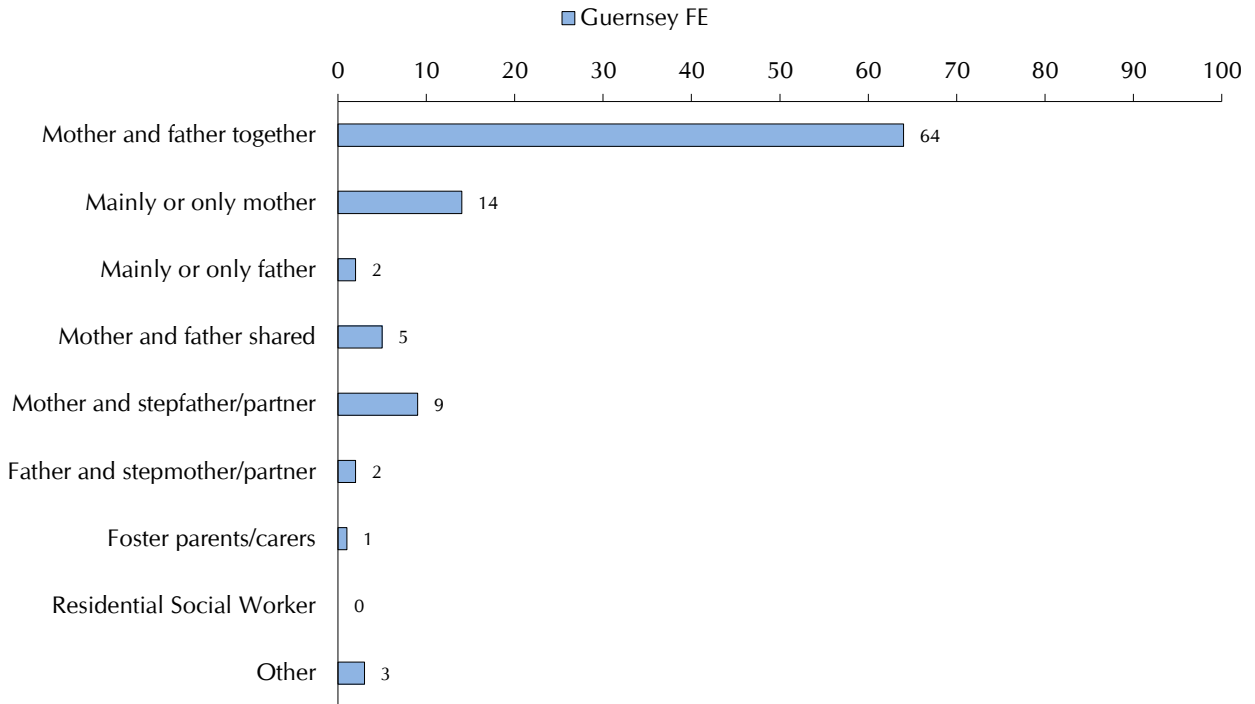


Q7. Percentage of students responding that they are affected by the following special needs or disabilities:

Males		Females	
1	Dyslexia, Dyspraxia or Dyscalculia	4	4
2	Autism/Asperger's	2	4
3	ADHD (Attention Deficit Hyperactivity Disorder)	2	1
4	Other	2	1
5	Learning disability or difficulty	1	1
6	Visual impairment or difficulty	1	1
7	Mental health disorder	1	7
8	Long-term illness	1	8

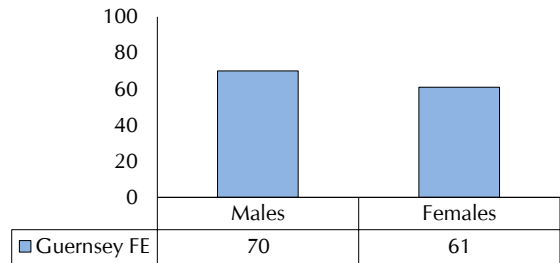
Family

Q8. Which adults do you live with?



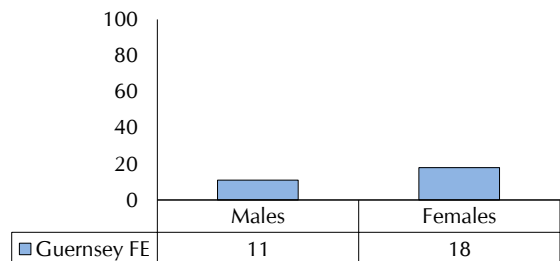
64% of students responded that they live with their mother and father together.

Q8. Percentage answering that they live with their mother and father together.



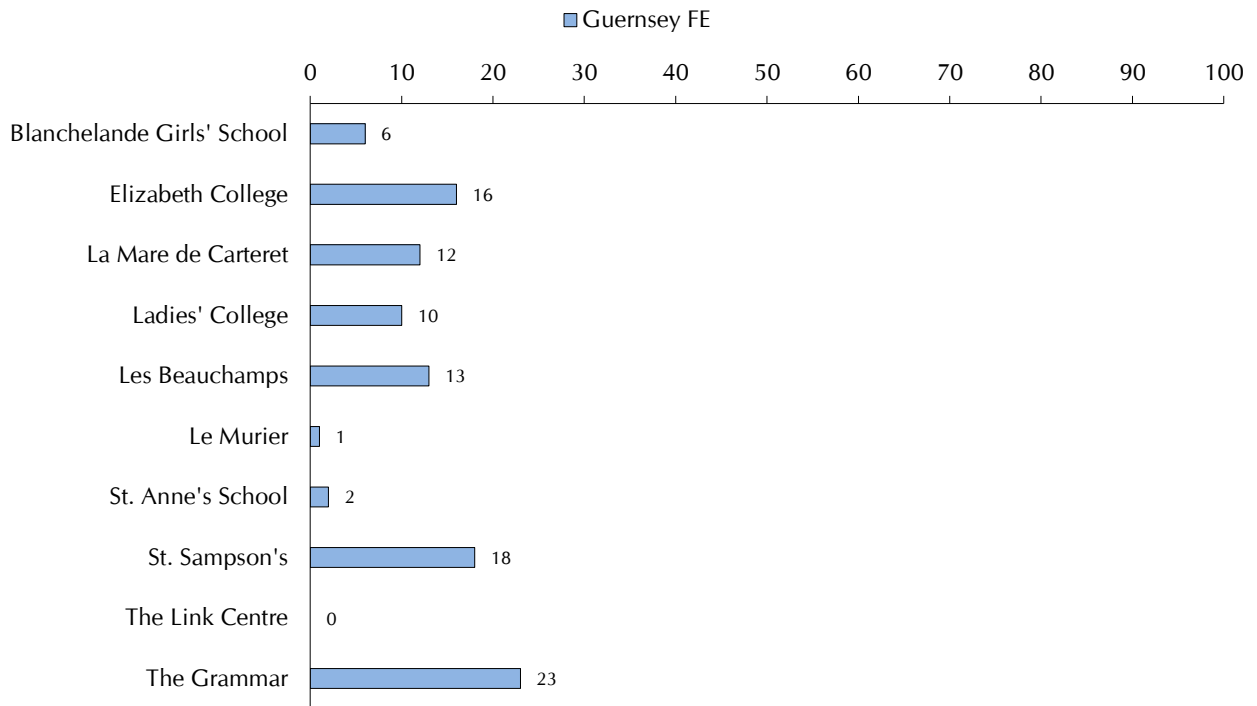
14% of students responded that they live 'mainly or only' with their mother, while 2% said they live 'mainly or only' with their father.

Q8. Percentage answering that they live 'mainly or only' with their mother.



Schools

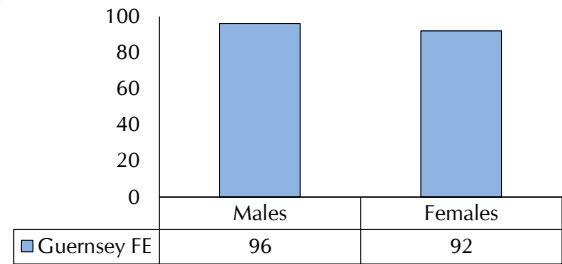
Q9. Which school did you attend from 11-16 years?



Control over health

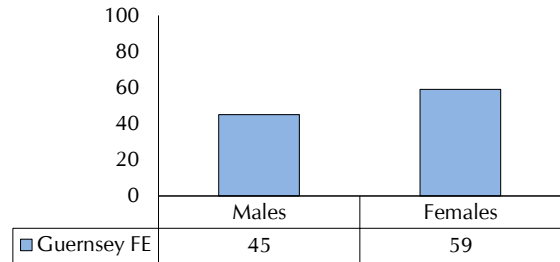
93% agreed with at least one statement about being in control of their health (Q10a&c).

Q10. Percentage agreeing with statements Q10a and/or Q10c.



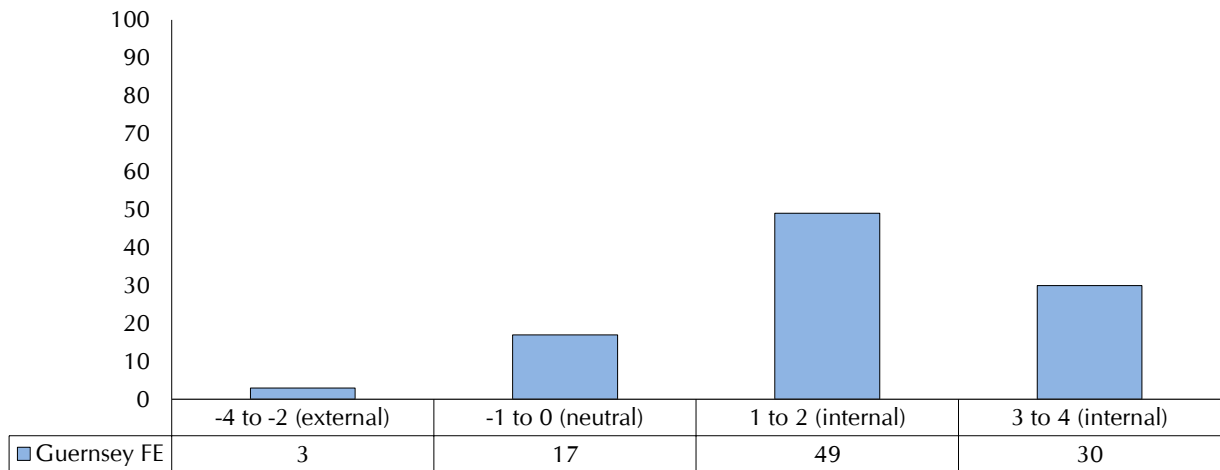
52% agreed with at least one statement saying that they weren't in control of their health (Q10b&d).

Q10. Percentage agreeing with statements Q10b and/or Q10d.



For an overall 'control' score SHEU add together the scores for the two 'controlling' items (a + c) and take away the score for the two 'chance' items (b + d). This gives a score, in the jargon, of 'health locus of control', whether a person sees themselves as being generally in control of their health or not. If not then this fatalism may make health warnings irrelevant.

Q10. Aggregate health locus of control score:



84% of students responded that they are in charge of their health, while 45% said that even if they look after themselves, they can still easily fall ill.

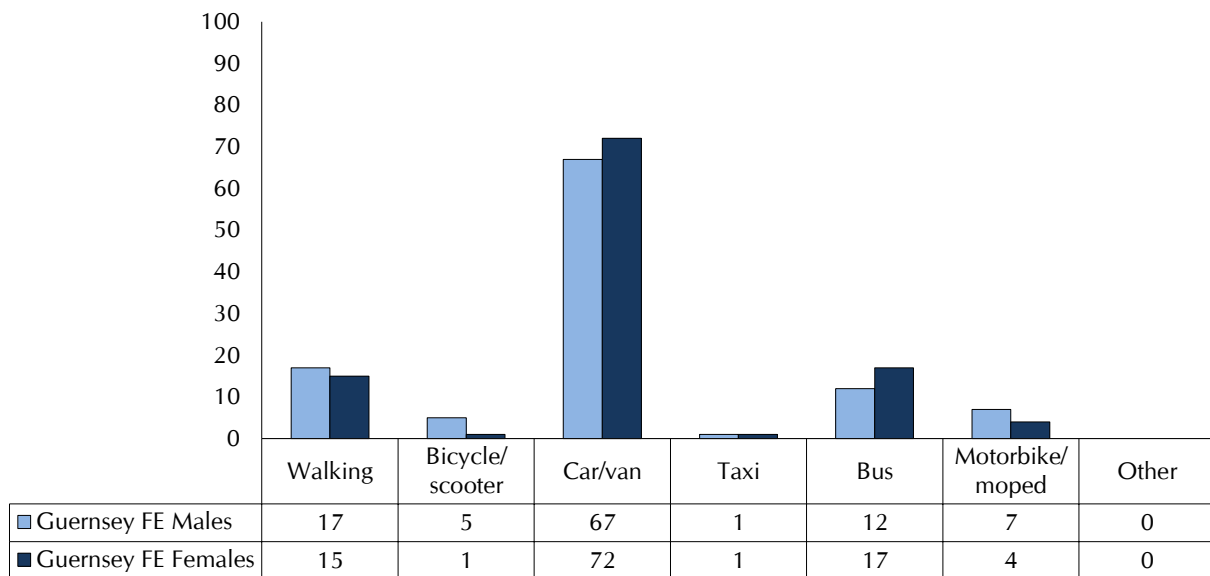
Q10. Percentage of students responding that they 'agree' with the following statements:

	All Years		
	Males	Females	Total
a. "I am in charge of my health"	89	80	84
b. "If I keep healthy, I've just been lucky"	13	18	16
c. "If I take care of myself I'll stay healthy"	87	75	80
d. "Even if I look after myself I can still easily fall ill"	39	52	45

Travel

16% of students responded that they walked to school/college on the day of the survey, while 69% said they travelled by car/van.

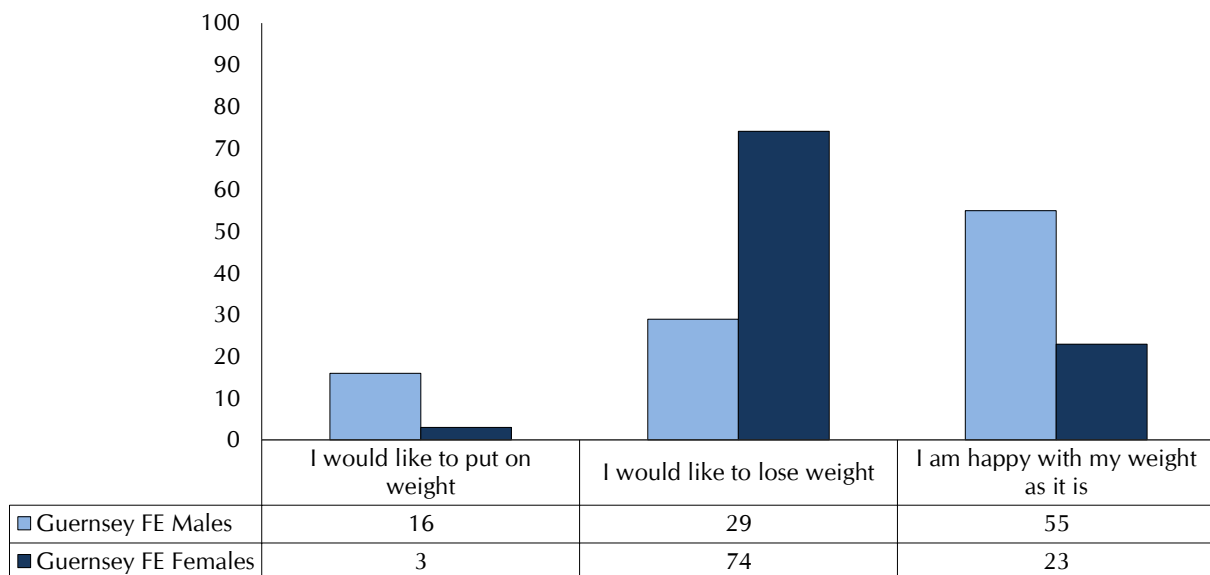
Q11. How did you travel to school/college today?



Weight and appearance

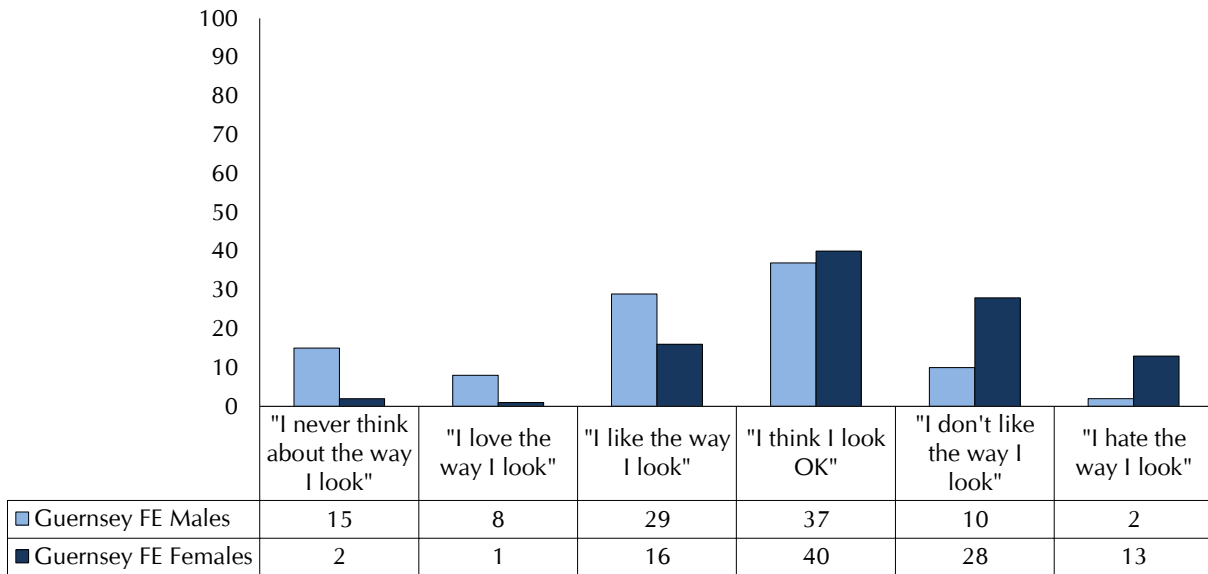
53% of students responded that they would like to lose weight, while 9% said they would like to put on weight and 38% are happy with their weight as it is.

Q12. Weight: Which statement describes you best?



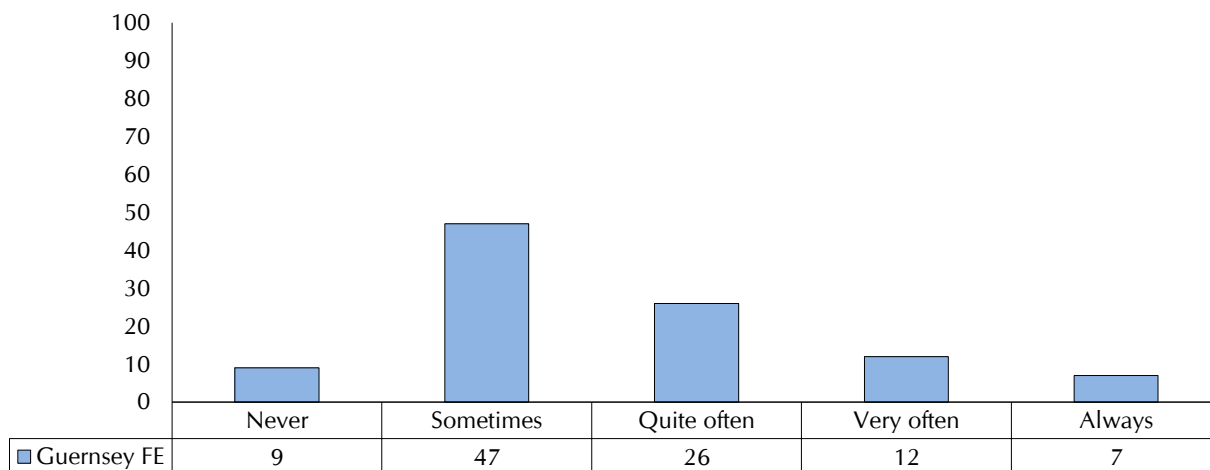
8% of students responded that they 'never think about the way [they] look', while 5% said they 'love' the way they look and 8% 'hate' the way they look.

Q13. Which statement best describes your feelings about the way you look?



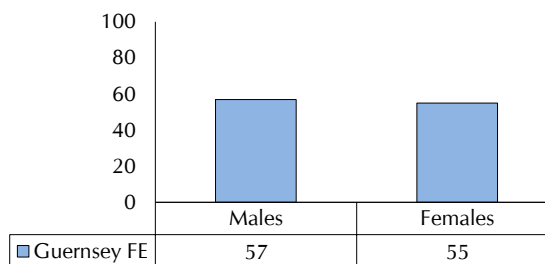
Healthy choices

Q14. When choosing what to eat, do you consider your health?



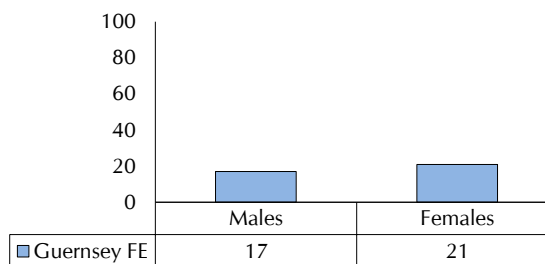
55% of students responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.

Q14. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.



19% of students responded that they 'very often' or 'always' consider their health when choosing what to eat.

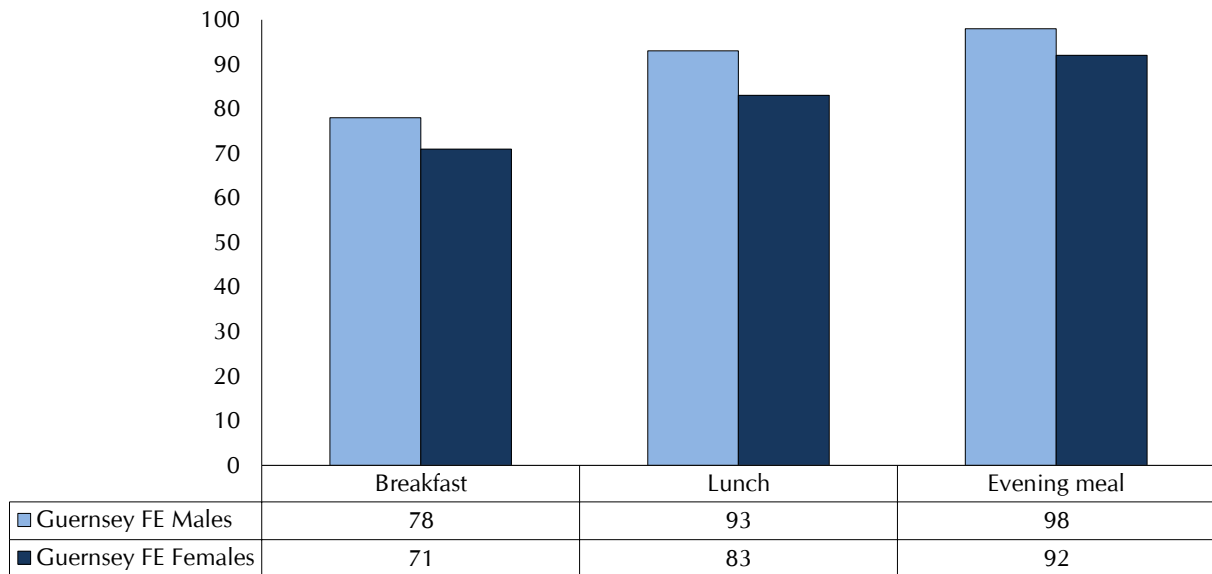
Q14. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.



Meals

74% of students responded that they had breakfast on the day before the survey, while 88% said they had lunch and 95% had an evening meal.

Q15. Which meals did you have yesterday?



Breakfast

Q16. Percentage of students responding that they ate breakfast at the following places on the day of the survey:

Males			Females		
1	At home	70	1	At home	56
2	At school/college	3	2	On the way to school/college	6
3	On the way to school/college	3	3	At school/college	5
4	Somewhere else	1	4		

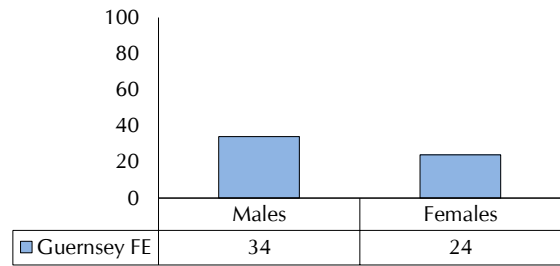
Q17. Percentage of students responding that they had the following for breakfast on the day of the survey (top 5):

Males			Females		
1	Cereal	40	1	Cereal	22
2	A drink	39	2	A drink	22
3	Toast, bread, bagels, croissants etc.	21	3	Toast, bread, bagels, croissants etc.	21
4	Fruit	7	4	Fruit	9
5	Cooked breakfast	7	5	Porridge/Ready brek	6

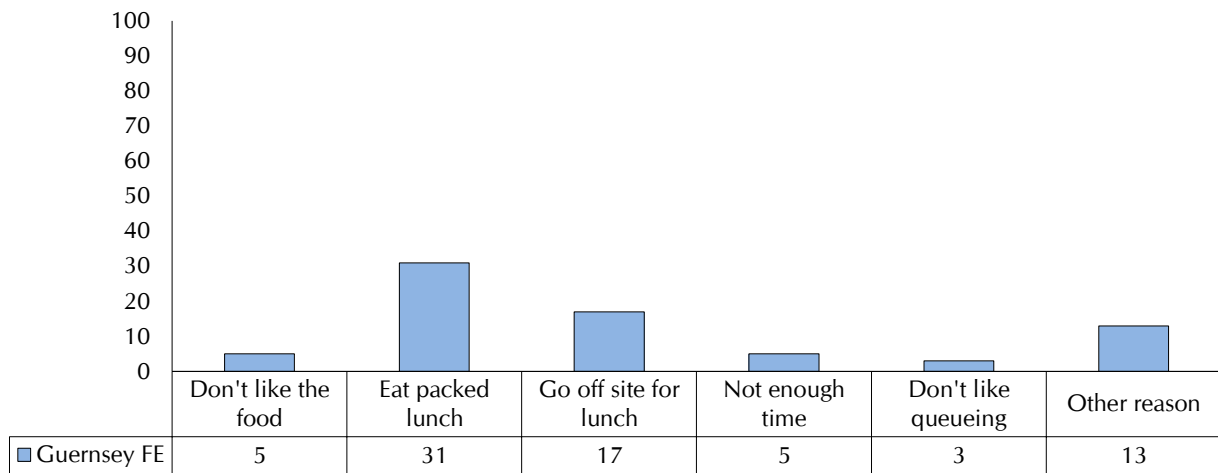
School food

28% of students responded that they had a school/college lunch on the day before the survey.

Q18. Percentage answering that they had a school/college lunch on the day before the survey.



Q19. If not, why was this?



Drinks

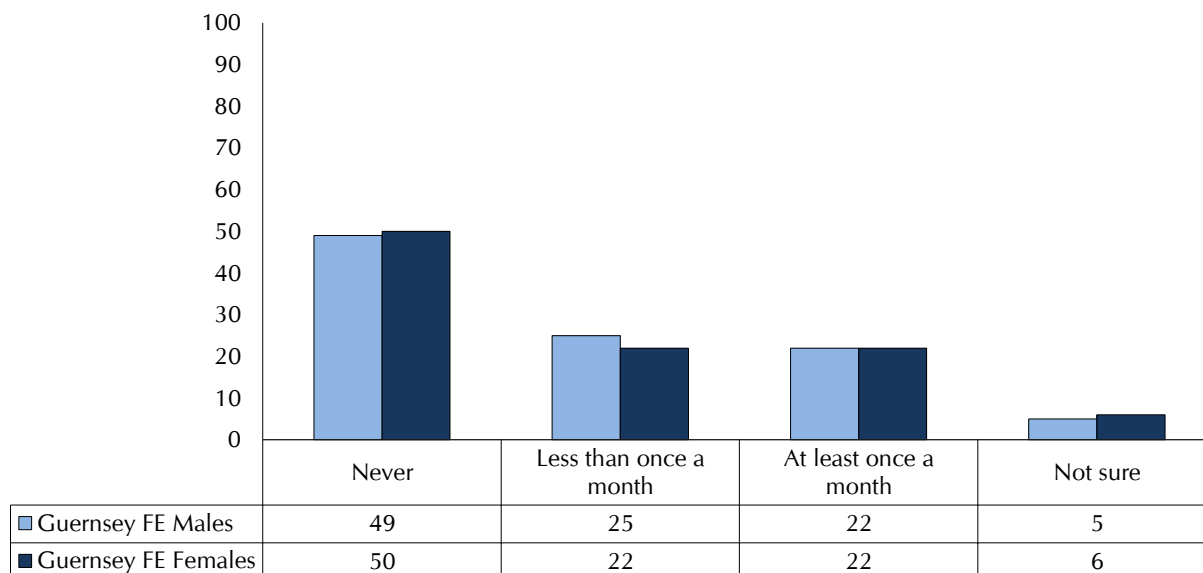
Q20. Percentage of students responding that they drink the following 'on most days' (top 10):

Males			Females		
1	Plain water	83	1	Plain water	80
2	Milk	47	2	Tea	45
3	Tea	29	3	Milk	25
4	Squash	26	4	Squash	21
5	Fruit juice	23	5	Coffee	15
6	Coffee	23	6	Fruit juice	12
7	Sugar-free squash	11	7	Sugar-free squash	10
8	Fizzy drinks	10	8	Fizzy drinks	9
9	Low-sugar fizzy drinks	6	9	Smoothie	4
10	Smoothie	5	10	Hot chocolate	4

Q20. Percentage of students responding that they 'rarely or never' drink the following (top 10):

Males			Females		
1	Sugar-free squash	71	1	Energy drinks	79
2	Energy drinks	71	2	Milkshakes	79
3	Milkshakes	69	3	Sports drinks	72
4	Smoothie	66	4	Sugar-free squash	68
5	Hot chocolate	64	5	Smoothie	63
6	Sports drinks	56	6	Coffee	63
7	Low-sugar fizzy drinks	52	7	Low-sugar fizzy drinks	60
8	Coffee	52	8	Hot chocolate	55
9	Squash	42	9	Squash	46
10	Tea	41	10	Fizzy drinks	42

Q21. Do you drink 'high energy' drinks?

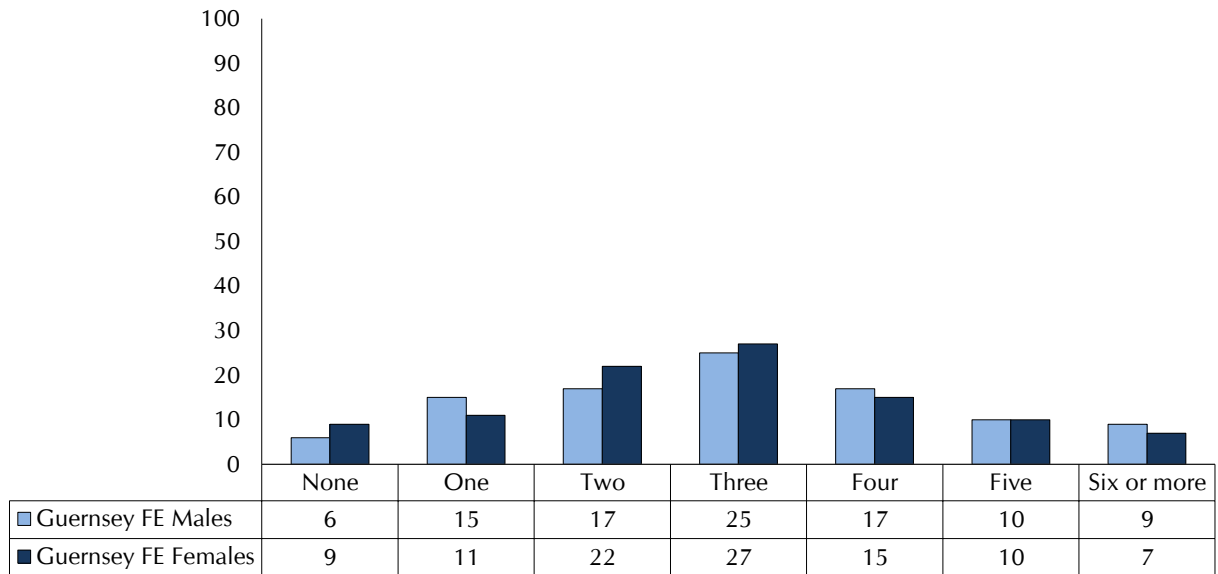


Q22. Percentage of students responding that they drink the following at least '2 – 3 times a week' (top 5):

Males			Females		
1	Mountain Dew	2	1	Mountain Dew	1
2	Boost	1	2	Monster	1
3	Monster	1	3	Red Bull	1
4	Powerade Energy (not Sport)	1	4	Other	1
5	Red Bull	1	5		

8% of students responded that they didn't eat any portions of fruit or vegetables on the day before the survey, while 18% said they ate at least five portions.

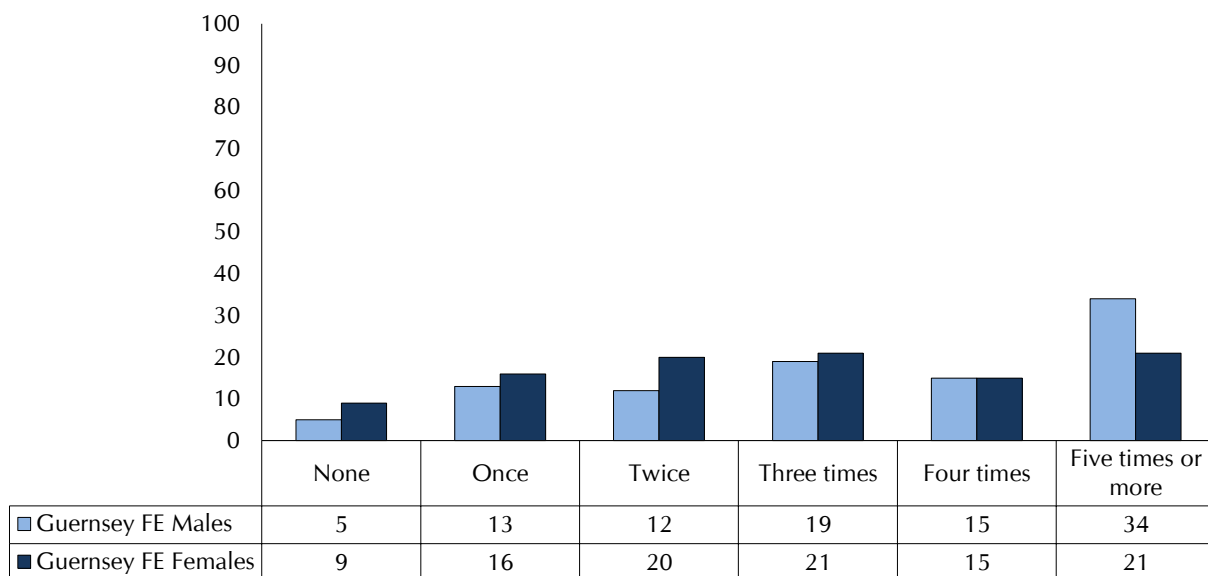
Q23. How many portions of fruit and vegetables did you eat yesterday?



Physical activity

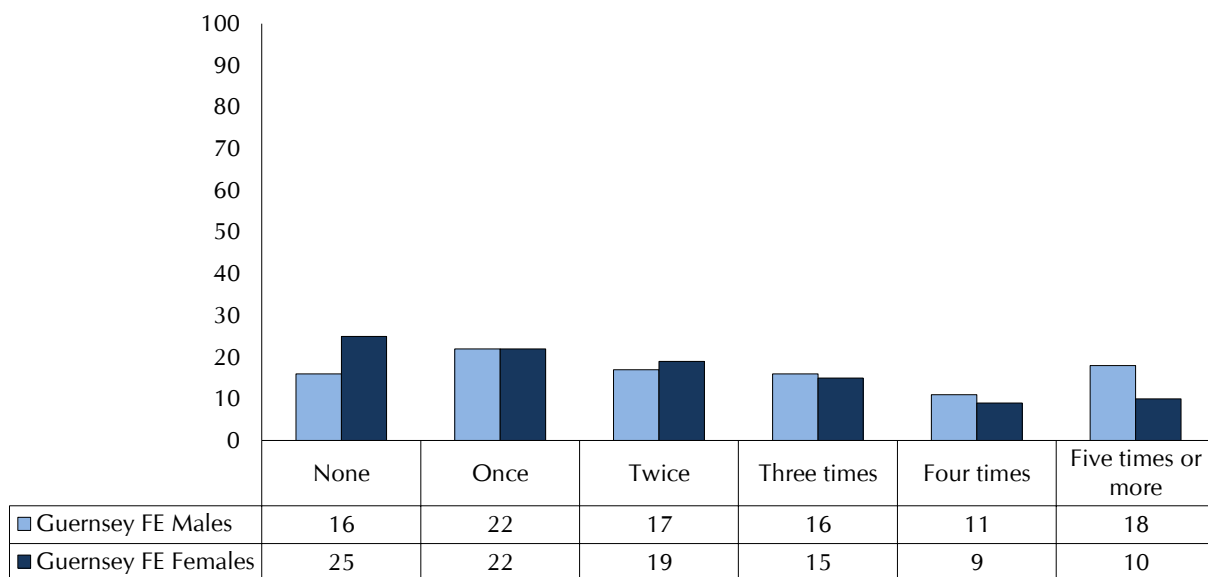
7% of students responded that they weren't active for at least 30 minutes on any occasion in the week before the survey, while 62% said they were on at least three occasions.

Q24. How many times last week were you physically active for at least 30 minutes each time?



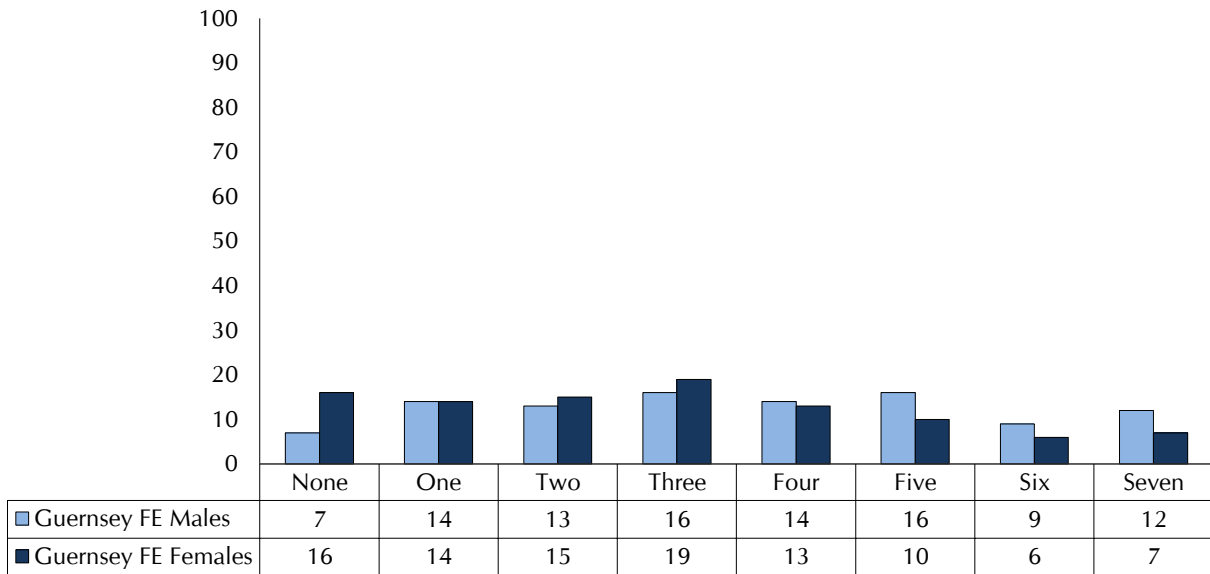
21% of students responded that they weren't active for at least one hour on any occasion in the week before the survey, while 38% said they were on at least three occasions.

Q25. How many times last week were you physically active for at least one hour at a time?

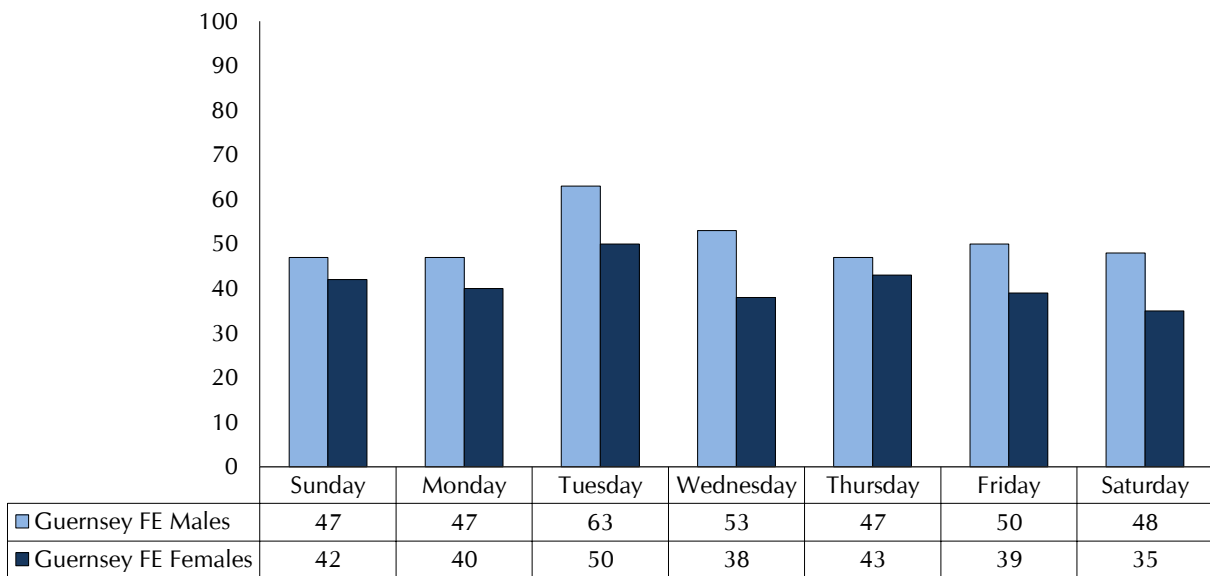


12% of students responded that they didn't do any physical activity in the 7 days before the survey, while 60% said they were active on at least three days.

Q26. On [how many] days did you do any physical activity in the last 7 days?

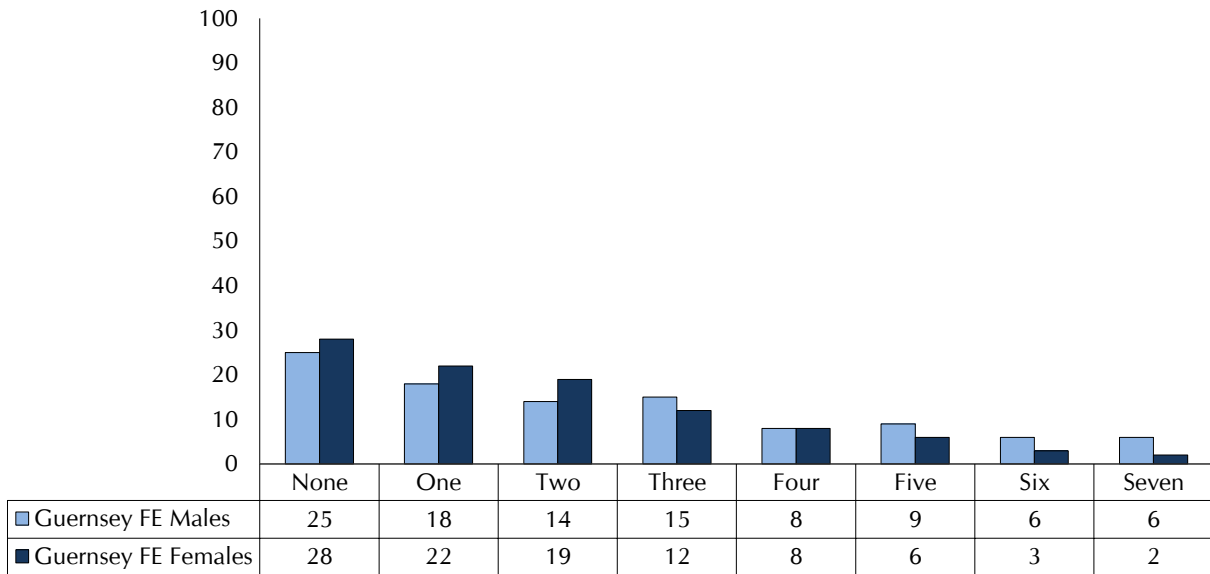


Q26. On which days did you do any physical activity in the last 7 days?

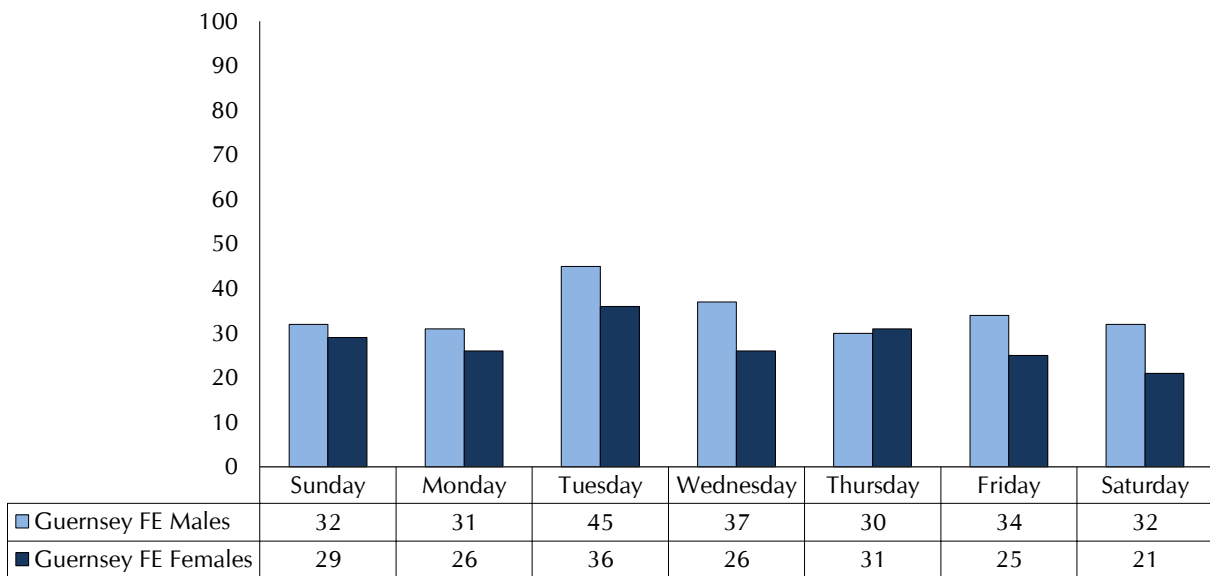


27% of students responded that they didn't breathe faster and feel warmer while doing physical activity in the 7 days before the survey, while 37% said they did so on at least three days.

Q27. On [how many] days did you breathe faster and feel warmer while doing physical activity in the last 7 days?

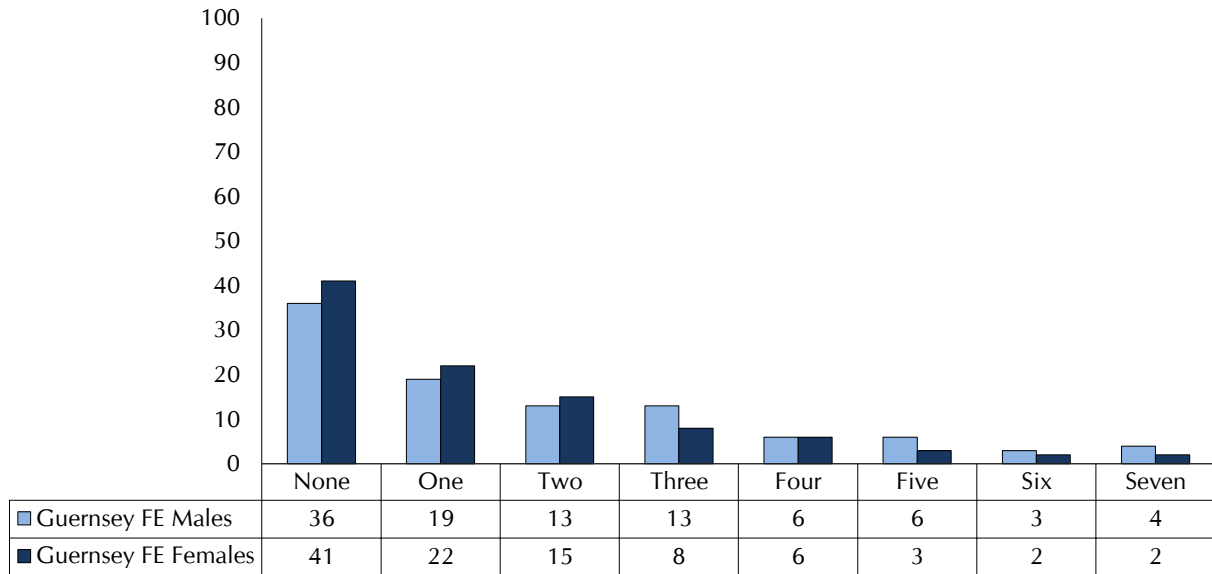


Q27. On which days did you breathe faster and feel warmer while doing physical activity in the last 7 days?

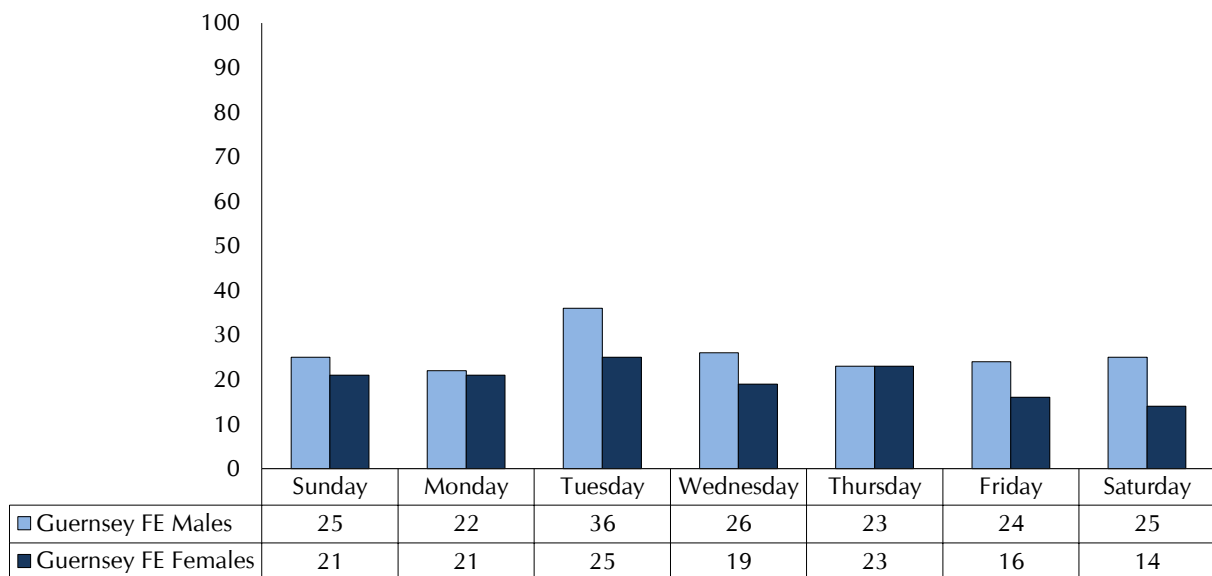


39% of students responded that they didn't breathe faster and feel warmer while doing physical activity for an hour or more in the 7 days before the survey, while 26% said they did so on at least three days.

Q28. On [how many] days did you breathe faster and feel warmer while doing physical activity for an hour or more in the last 7 days?



Q28. On which days did you breathe faster and feel warmer while doing physical activity for an hour or more in the last 7 days?



34% of students responded that they exercise as much as they like (nothing stops them being more physically active), while 48% said they don't have enough time to be as active as they would like.

Q29. Percentage of students responding that the following stops them being as physically active as they would like to be (top 10):

Males			Females		
1	Exercise as much as they like (nothing stops them)	47	1	Don't have enough time	56
2	Don't have enough time	39	2	It costs a lot to get there or take part	36
3	It costs a lot to get there or take part	14	3	They are shy in front of other people	35
4	They are shy in front of other people	10	4	Not comfortable with how they look	30
5	Transport to get there is a problem	10	5	Exercise as much as they like (nothing stops them)	23
6	Don't know what to do	9	6	Transport to get there is a problem	20
7	There is nothing they want to do around [where they are]	8	7	Don't know what to do	14
8	Not comfortable with how they look	7	8	There is nothing they want to do around [where they are]	12
9	Know what they want to do, but don't know where to go	5	9	Places to exercise are too far away	9
10	Don't like the places you go to	5	10	Don't like the places you go to	9

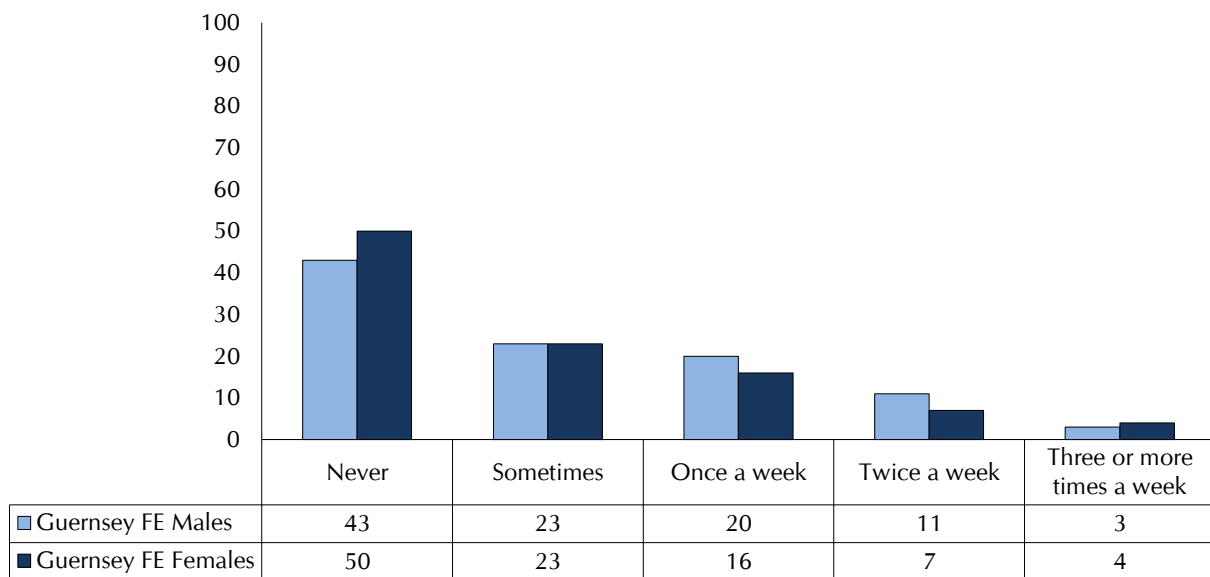
30% of students responded that they would like more team sport, while 23% said they would like more individual sport.

Q30. Percentage of students responding that they would like more of the following:

Males			Females		
1	Team sport	36	1	Don't want other opportunities like these	37
2	Don't want other opportunities like these	30	2	Team sport	24
3	Individual sport	27	3	Individual sport	20
4	Sports equipment	26	4	Activity equipment	20
5	Activity equipment	18	5	Arts or performance activity	14
6	Live music (taking part in)	14	6	Sports equipment	13
7	Arts or performance activity	8	7	Live music (taking part in)	12
8	Youth group or club	5	8	Community activity or volunteering	9
9	Community activity or volunteering	5	9	Youth group or club	4

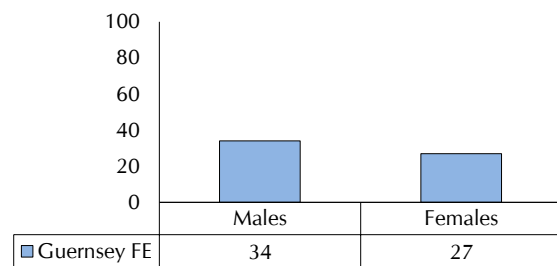
Volunteering

Q31. Do you take part in any volunteering or leadership work in school/college?



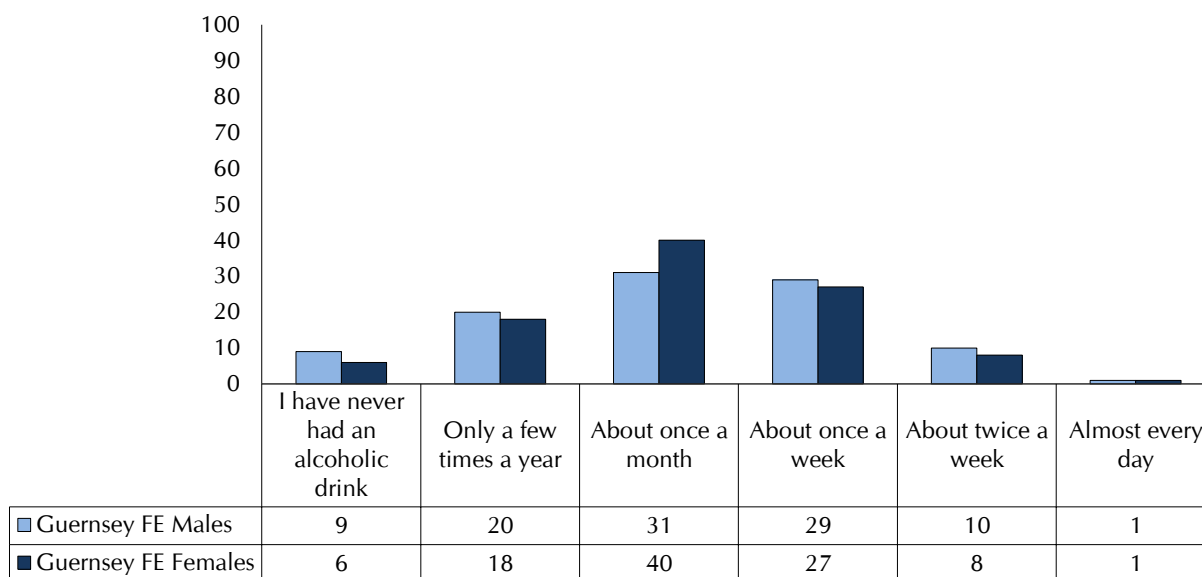
30% of students responded that they take part in volunteering or leadership work in school/college at least 'once a week'.

Q31. Percentage answering that they take part in volunteering or leadership work in school/college at least 'once a week'.



Drinking

Q32. How often do you usually drink alcohol?



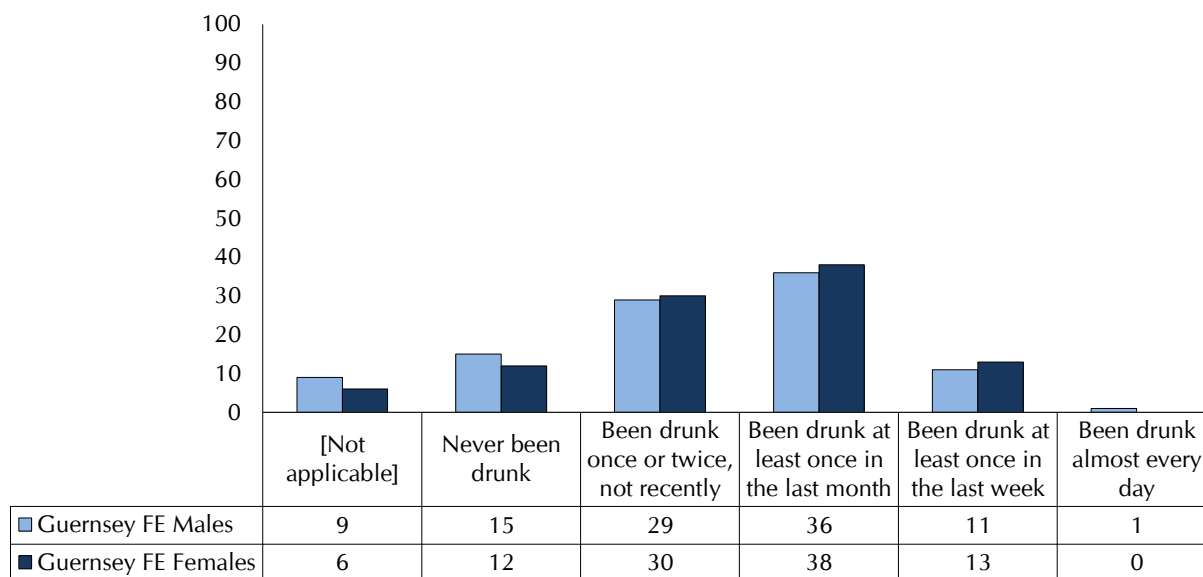
Q33. Percentage of students responding that they usually get their alcohol from the following (top 5):

Males			Females		
1	Family members/guardian	62	1	Family members/guardian	70
2	Friends	55	2	Friends	58
3	Supermarket	42	3	Supermarket	40
4	Pub/club	27	4	Pub/club	23
5	Off-licence	17	5	Off-licence	13

Q34. Percentage of students responding that they think people their age drink alcohol for the following reasons:

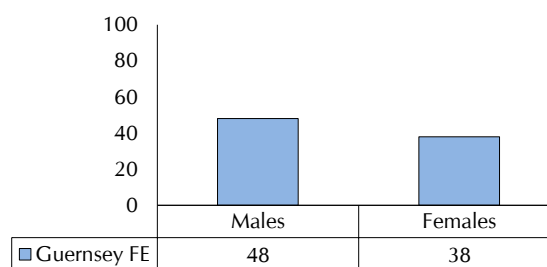
Males	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
To feel good	5	6	18	52	19
To feel confident	5	9	19	47	20
To relieve stress	7	11	18	44	21
To feel relaxed	6	10	19	48	18
To look cool	15	21	16	26	22
To get drunk	3	5	13	33	47
Because parents do	29	32	27	9	3
Because friends do	8	9	15	42	26
Females	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
To feel good	3	6	18	55	19
To feel confident	2	5	13	52	29
To relieve stress	3	9	17	44	27
To feel relaxed	2	10	17	51	20
To look cool	10	20	22	27	21
To get drunk	3	3	11	38	44
Because parents do	19	41	30	8	2
Because friends do	5	9	17	44	26

Q35. Getting drunk: Which statement describes you best?



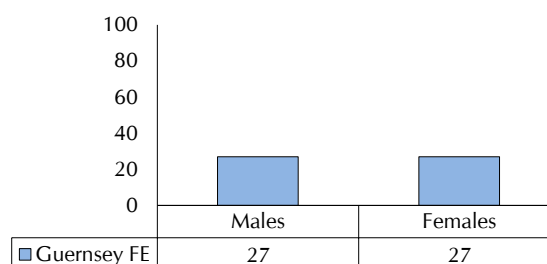
43% of students responded that they had an alcoholic drink in the 7 days before the survey; 5% said they drank alcohol on at least 3 days.

Q36. Percentage answering that they had an alcoholic drink in the 7 days before the survey.



27% of students responded that they got drunk on at least one day in the 7 days before the survey; 7% said they got drunk on more than one day.

Q37. Percentage answering that they got drunk on at least one day in the 7 days before the survey.



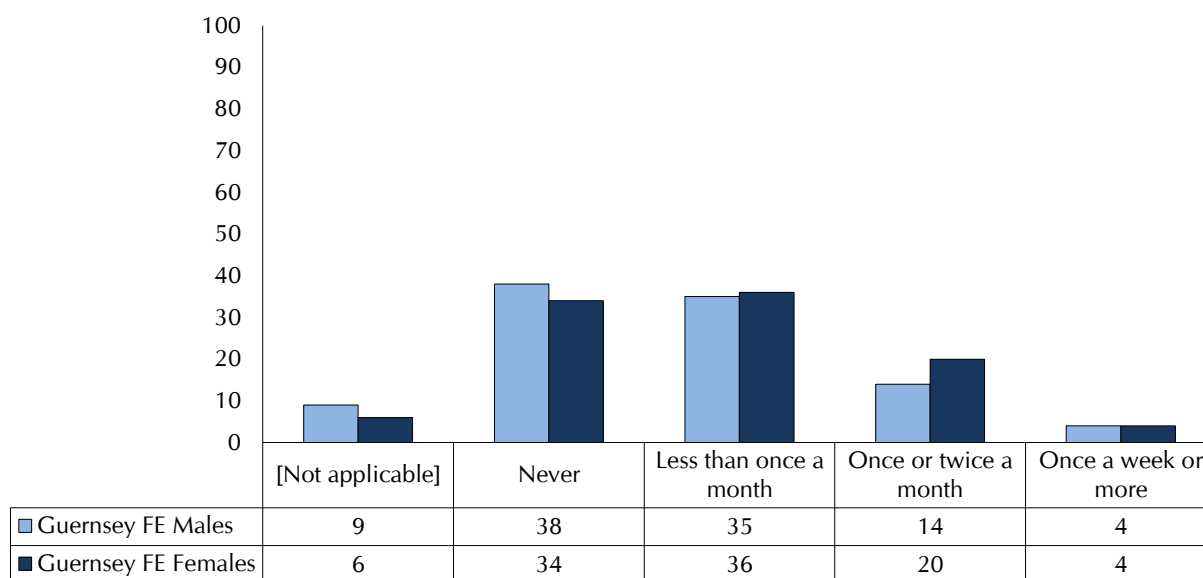
Q38. Percentage of students responding that they drank an alcoholic drink at the following places in the 7 days before the survey:

Males		Females	
1	At a friend's or relation's home	32	28
2	At home	22	18
3	At a disco, club or party	20	15
4	In a pub or bar	19	11
5	Outside in a public place	7	5

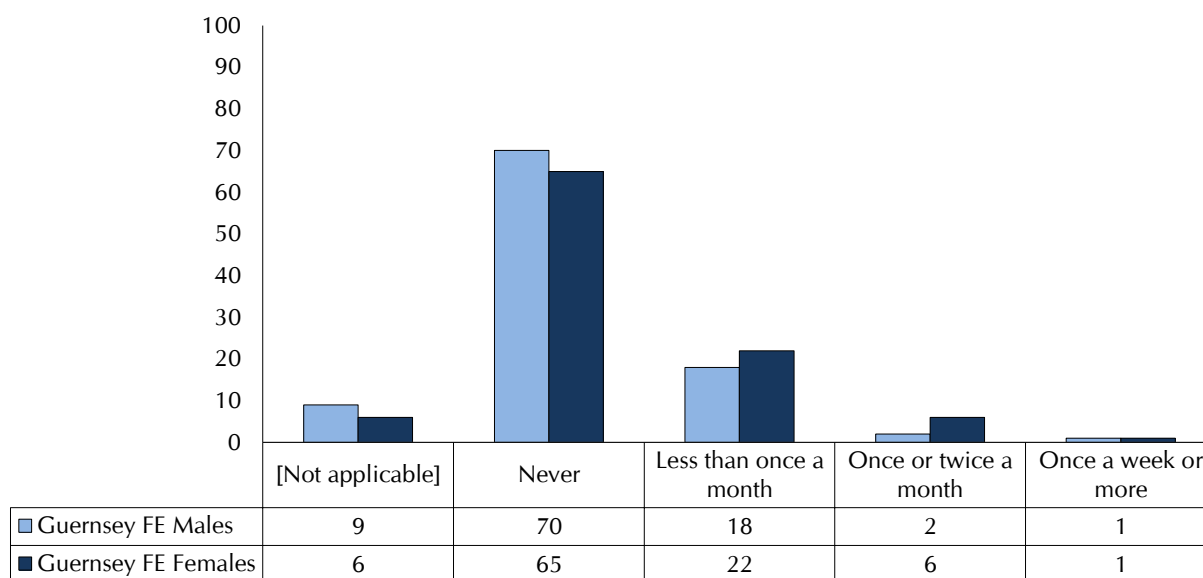
Q39/40. Percentage of students responding that they got/bought alcohol from the following places in the 7 days before the survey:

Males		Females		
1	Friends	25	1 Friends	21
2	Parents/carers	20	2 Parents/carers	19
3	Bought it in a pub or bar	16	3 Bought it in a pub or bar	10
4	Bought it in a disco or club	11	4 Bought it in a supermarket	8
5	Bought it in a supermarket	10	5 Bought it in a disco or club	7

Q41. During the last year, how regularly have you drunk more alcohol than you intended?



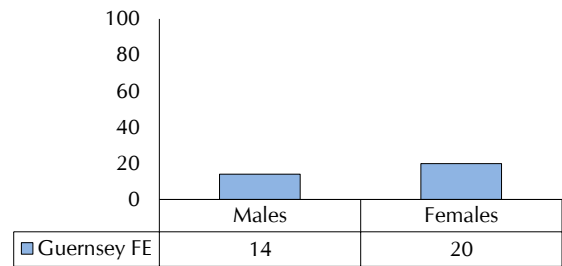
Q42. During the last year, how often had your use of alcohol caused a problem, for you or anyone else?



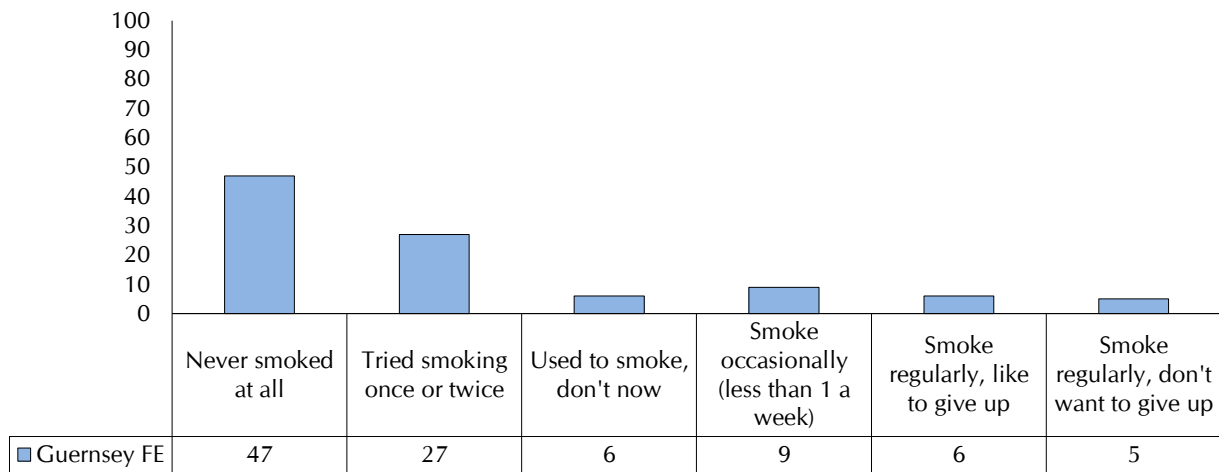
Smoking

18% of students responded that they smoked in the 7 days before the survey.

Q43. Percentage answering that they smoked in the 7 days before the survey.

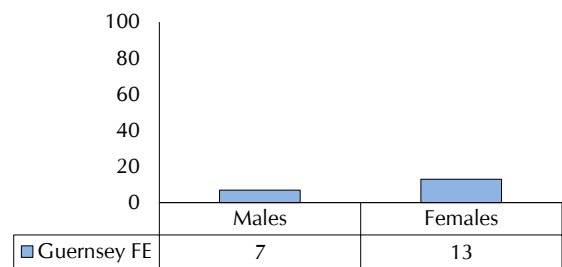


Q44. Smoking: Which statement describes you best?



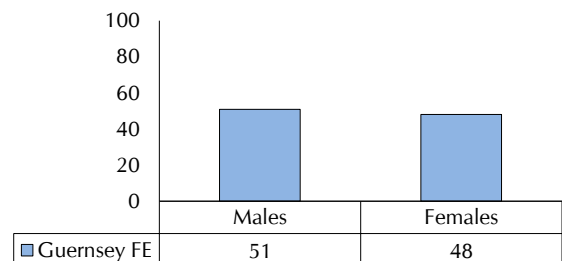
11% of students responded that they smoke 'regularly'. Of these, 34% said they have started smoking since they started at college.

Q44. Percentage answering that they smoke 'regularly'.

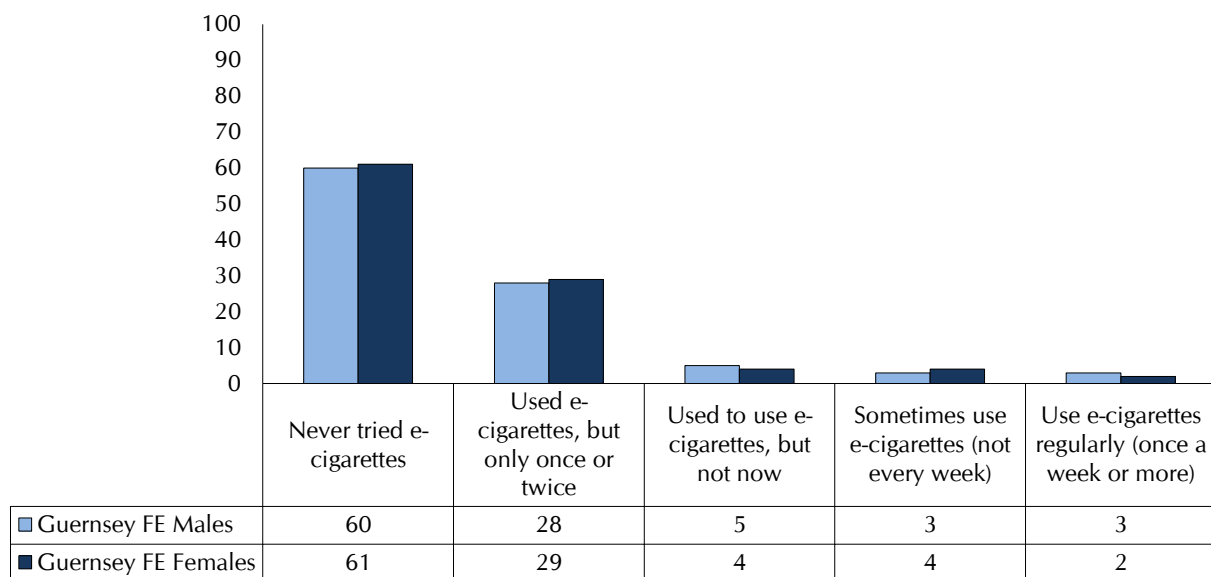


48% of students who currently smoke responded that they would like to give up smoking all together, with 14% responding that they would like help to give up smoking. 51% of smokers said they have already tried to give up.

Q47. Percentage of smokers answering that they would like to give up smoking altogether.

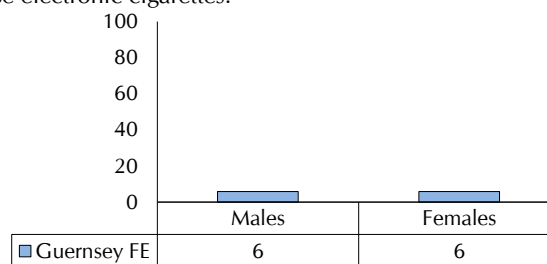


Q50. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?



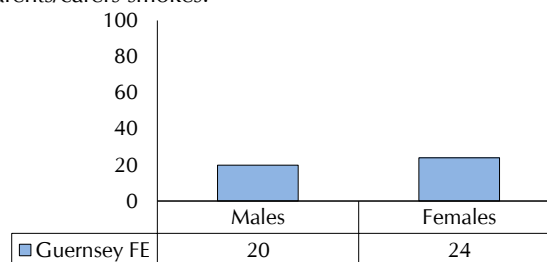
7% of students responded that they at least 'sometimes' use electronic cigarettes.

Q50. Percentage answering that they at least 'sometimes' use electronic cigarettes.



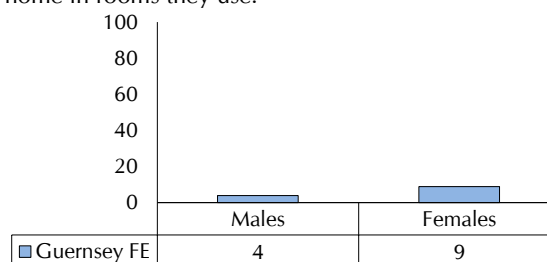
22% of students responded that at least one of their parents/carers smokes.

Q51a. Percentage answering that at least one of their parents/carers smokes.



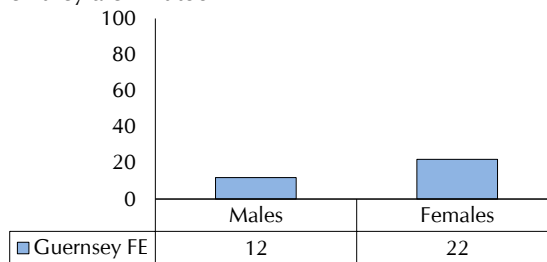
6% of students responded that someone smokes indoors at home in rooms they use.

Q51b. Percentage answering that someone smokes indoors at home in rooms they use.



18% of students responded that someone smokes in a car when they are in it too.

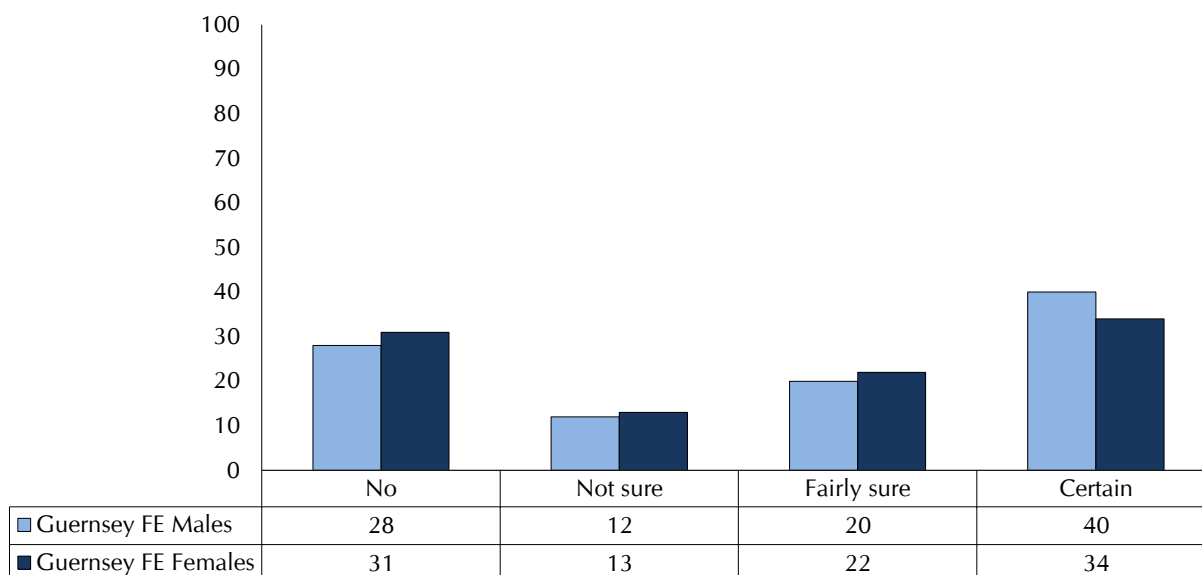
Q51c. Percentage answering that someone smokes in a car when they are in it too.



Illegal drugs

58% of students responded that they are 'fairly sure' or 'certain' that they know someone who takes drugs (not cigarettes, alcohol or medicines).

Q52. Do you know anyone personally who takes drugs (not cigarettes, alcohol or medicines)?

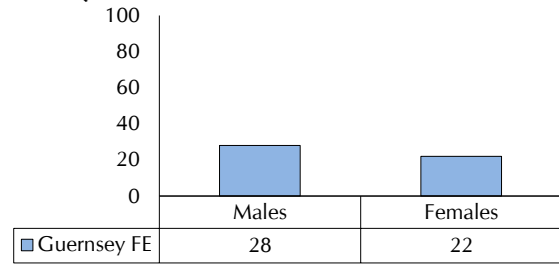


Q53. Percentage of students responding that they have been offered the following drugs at some point (top 10):

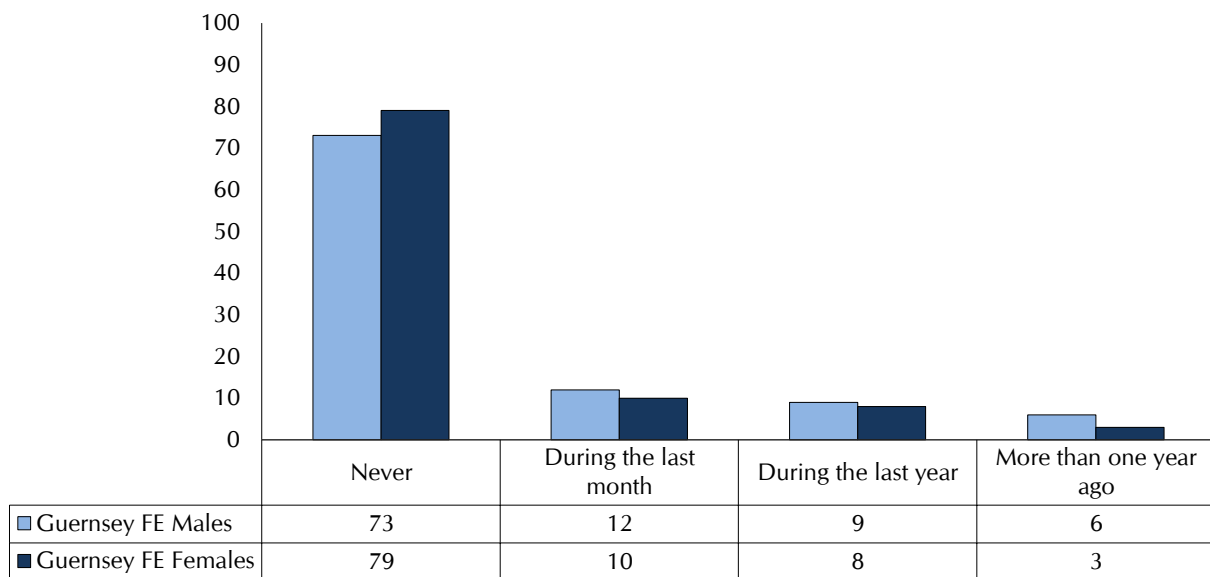
Males		Females	
1 Cannabis	47	1 Cannabis	40
2 Ecstasy	24	2 Ecstasy	21
3 Hallucinogens: natural	16	3 Hallucinogens: natural	13
4 Hallucinogens: synthetic	15	4 Hallucinogens: synthetic	13
5 Amphetamines	13	5 Amphetamines	10
6 Cocaine	11	6 Cocaine	9
7 Ketamine	7	7 Ketamine	6
8 Emerging drugs of concern	5	8 Solvents used as drugs	4
9 Solvents used as drugs	5	9 Barbiturates	4
10 Opiates	4	10 Khat	3

25% of students responded that they have taken drugs listed in Q53.

Q54. Percentage answering that they have taken drugs listed in Q53.



Q55. Drugs summary: Percentage of students responding that they have taken at least one of the drugs listed...:



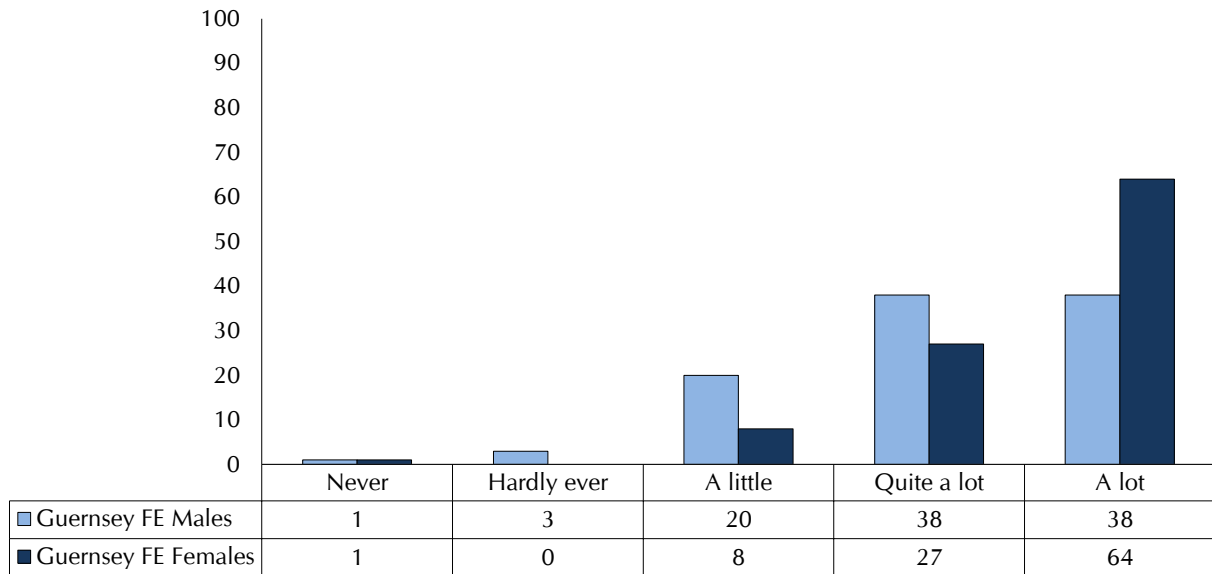
Q55. Percentage of students responding that they have used the following drugs at some point (top 10):

Males			Females		
1	Cannabis	26	1	Cannabis	21
2	Ecstasy	9	2	Ecstasy	8
3	Amphetamines	5	3	Amphetamines	4
4	Hallucinogens: synthetic	5	4	Hallucinogens: synthetic	3
5	Hallucinogens: natural	5	5	Hallucinogens: natural	3
6	Cocaine	4	6	Cocaine	2
7	Emerging drugs of concern	2	7	Barbiturates	2
8	Barbiturates	2	8	Ketamine	2
9	Ketamine	2	9	Tranquillisers	1
10	Opiates	2	10	Solvents used as drugs	1

Mental & emotional health

84% of students responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q56. Worrying summary: Percentage of students responding that they worry about at least one of the issues listed...



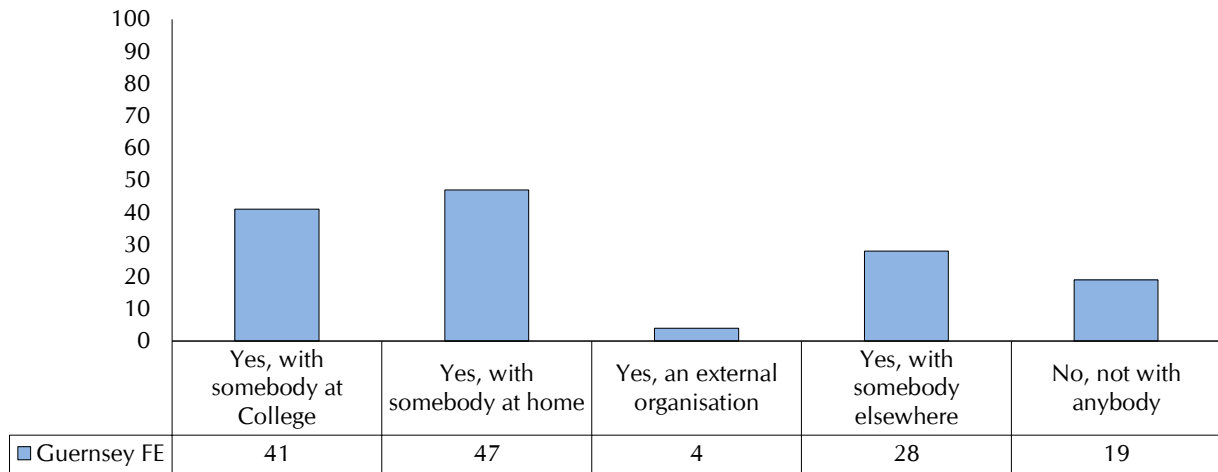
Q56. Percentage of students responding that they worry about the following 'quite a lot' or 'a lot':

Males		Females			
1	Exams and tests	47	1	Exams and tests	69
2	Study, work-load problems	45	2	Study, work-load problems	67
3	Health	24	3	The way they look	61
4	Money/family money problems	21	4	Money/family money problems	38
5	The environment	21	5	Health	37
6	The way they look	20	6	Family problems	34
7	Wars and terrorism	19	7	Problems with friends	28
8	Family problems	17	8	Wars and terrorism	25
9	Boyfriend/girlfriend problems	17	9	Boyfriend/girlfriend problems	23
10	Problems with friends	15	10	The environment	18

Q57. Percentage of students responding that they at least 'often' do the following when they have a problem that worries them:

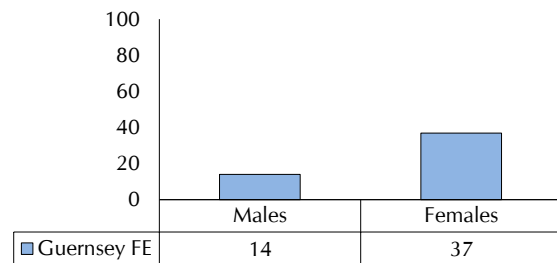
Males		Females			
1	Think carefully about the problem by themselves	60	1	Listen to music	63
2	Listen to music	54	2	Think carefully about the problem by themselves	51
3	Go out with friends/socialise	39	3	Rest or sleep more	43
4	Exercise	34	4	Go out with friends/socialise	42
5	Keep busy	33	5	Eat more	38
6	Do nothing	29	6	Keep busy	37
7	Rest or sleep more	27	7	Watch more TV	32
8	Talk to someone about the problem	26	8	Talk to someone about the problem	30
9	Watch more TV	16	9	Do nothing	30
10	Eat more	16	10	Exercise	24

Q58. Do you have a close confiding relationship with someone?



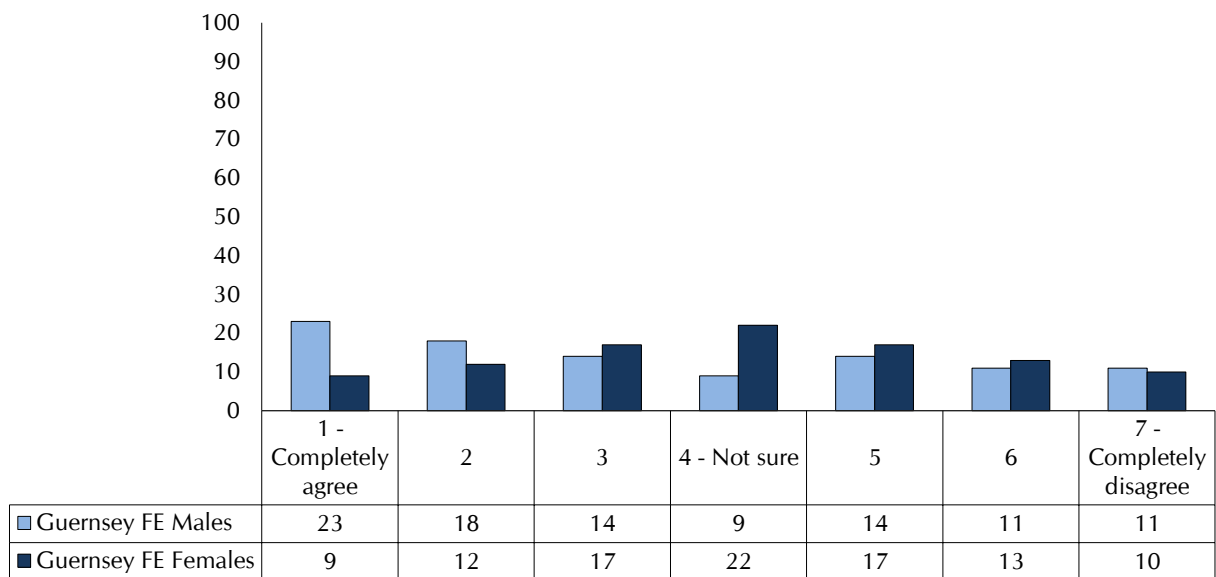
27% of students responded that they have worried so much about at least one of the issues listed that it has affected their studies 'often' or on 'most days' in the last month.

Q59. Percentage answering that they have worried so much about one of the issues it has affected their studies 'often' or on 'most days' in the last month.

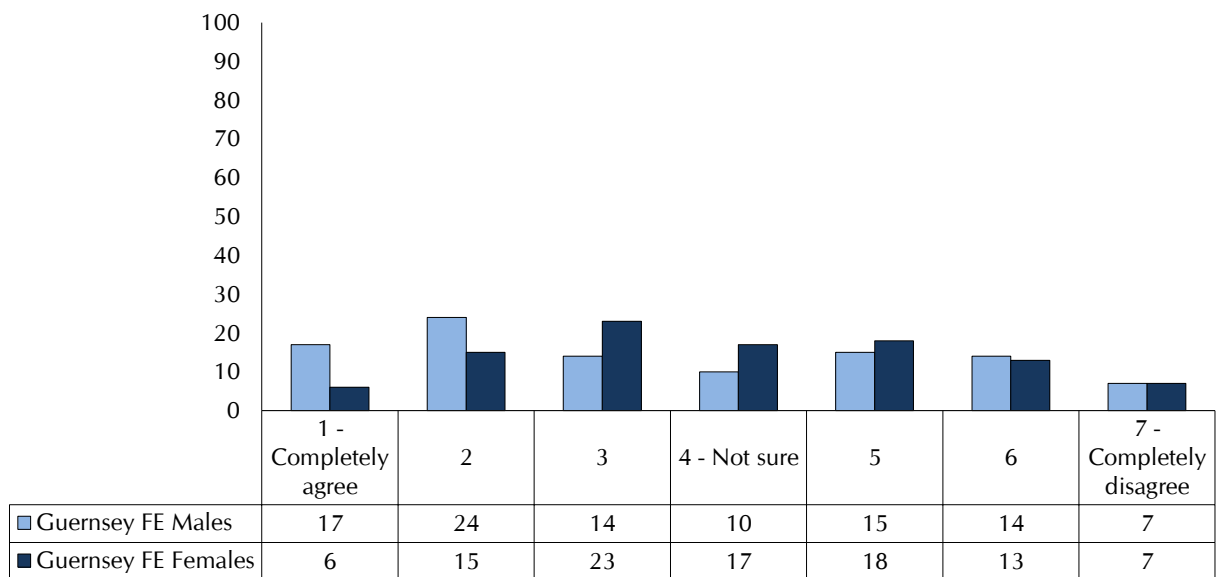


Happiness

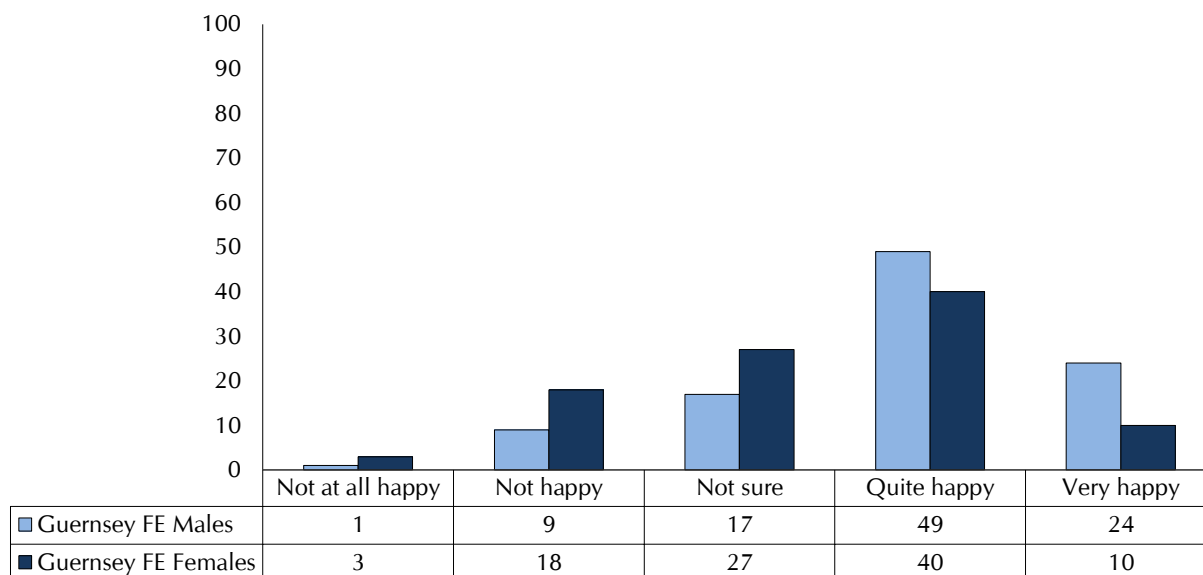
Q60a. How much do you agree with the following statements? I'm glad I am who I am:



Q60b. How much do you agree with the following statements? I generally feel happy:

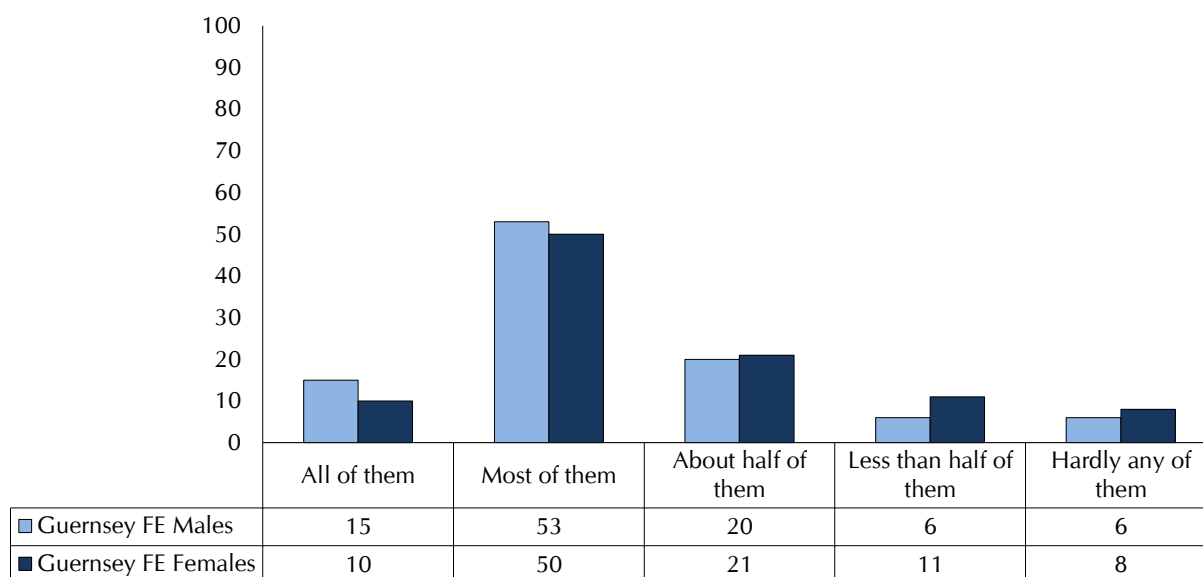


Q61. In general, how happy do you feel with your life at the moment?



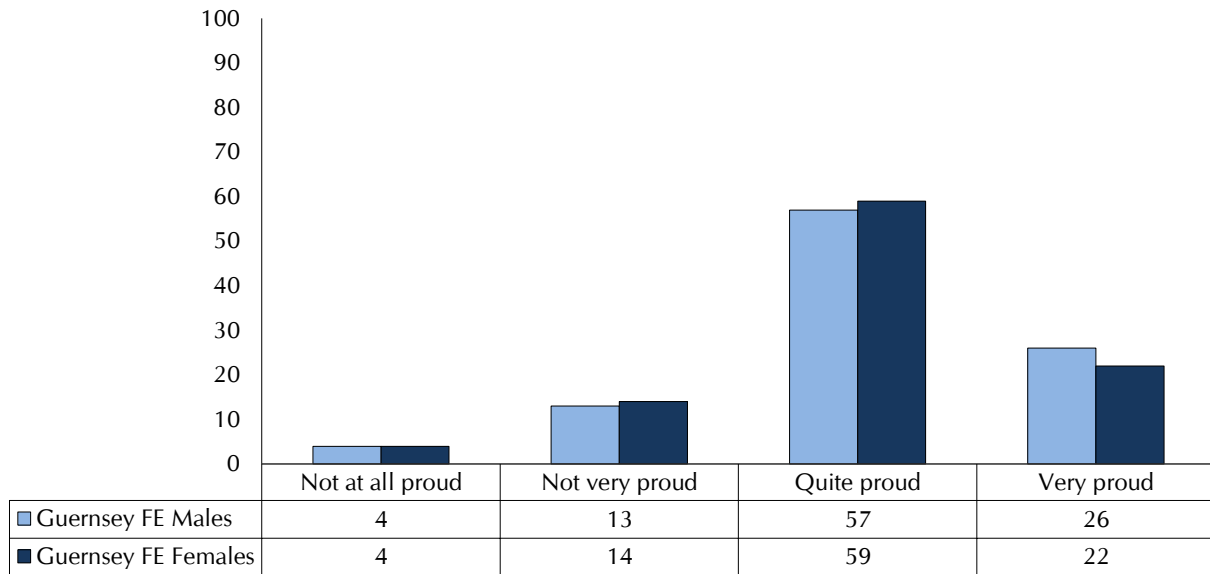
School/college

Q62. How many lessons do you enjoy at school/college?



81% of students responded that they are 'quite' or 'very' proud to be a member of their school/college, while 5% said they are 'not at all' proud.

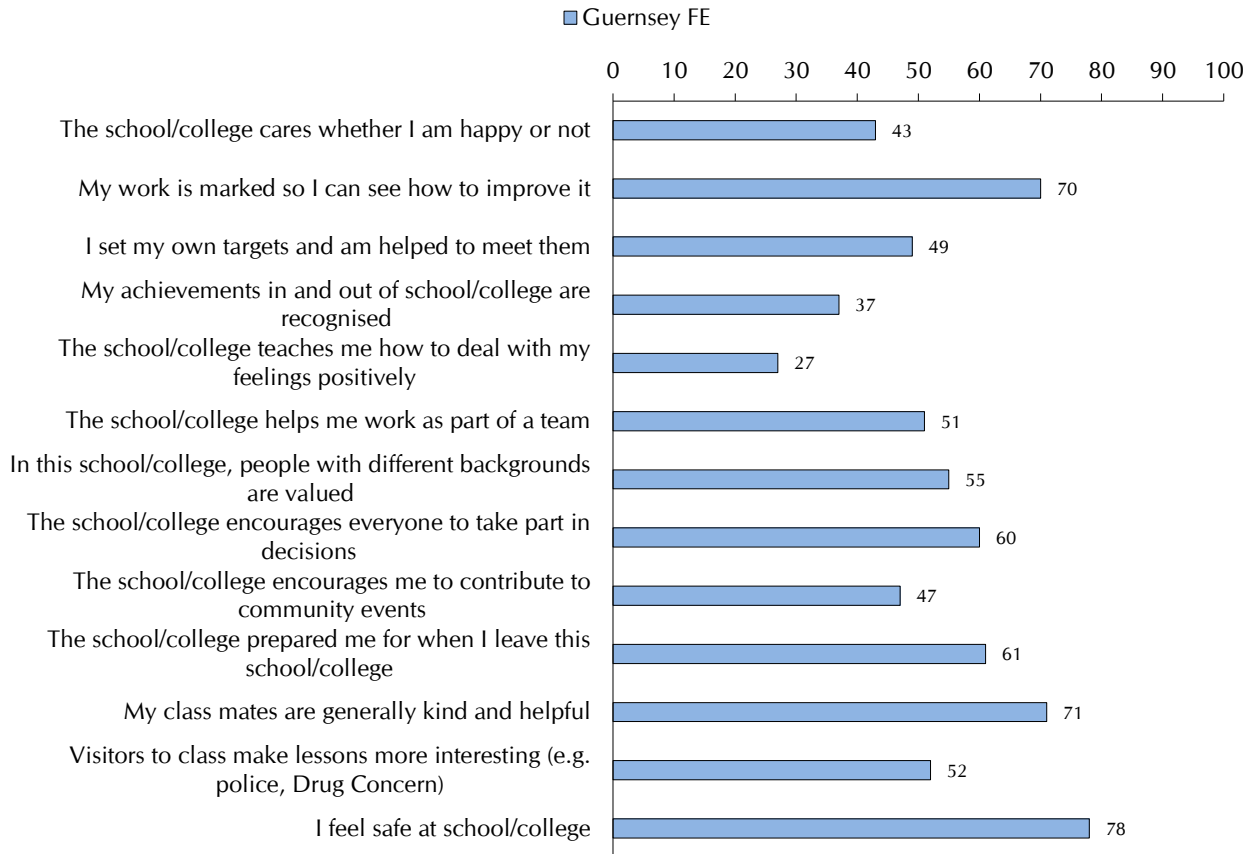
Q63. How proud are you to be a member of this school/college?



Q64. Percentage of students responding that they 'agree' with the following statements:

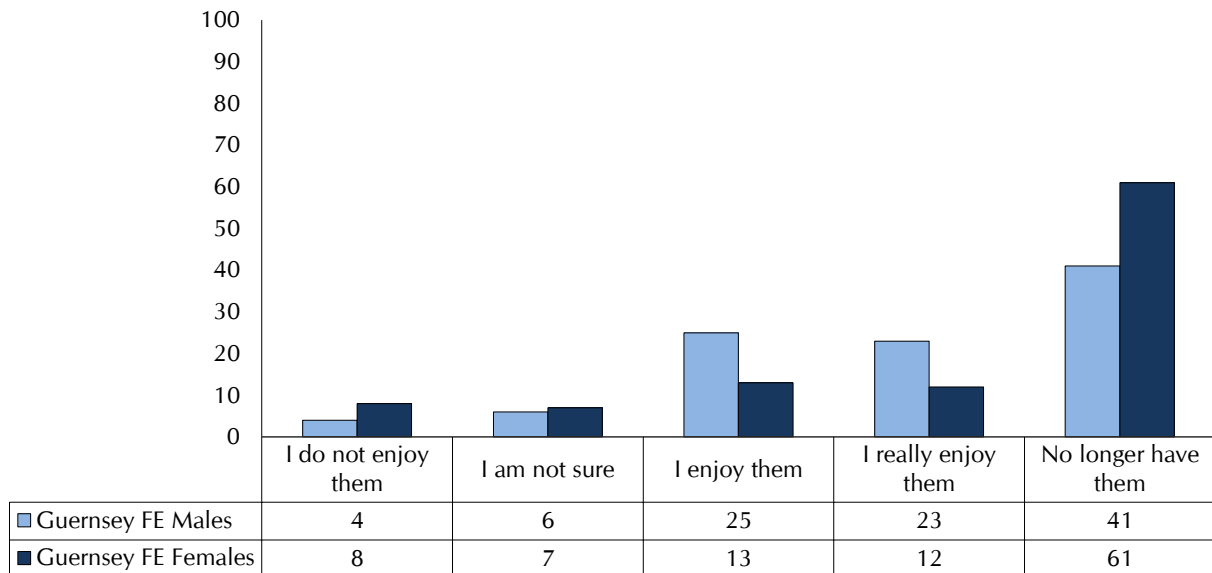
	Males	Females	Total
The school/college cares whether I am happy or not	46	40	43
My work is marked so I can see how to improve it	74	67	70
I set my own targets and am helped to meet them	52	47	49
My achievements in and out of school/college are recognised	45	30	37
The school/college teaches me how to deal with my feelings positively	29	25	27
The school/college helps me work as part of a team	51	50	51
In this school/college, people with different backgrounds are valued	56	56	55
The school/college encourages everyone to take part in decisions	59	60	60
The school/college encourages me to contribute to community events	51	43	47
The school/college prepared me for when I leave this school/college	60	62	61
My class mates are generally kind and helpful	68	74	71
Visitors to class make lessons more interesting (e.g. police, Drug Concern)	50	55	52
I feel safe at school/college	79	78	78

Q64. Percentage of students responding that they 'agree' with the following statements:



35% of students responded that they 'enjoy' or 'really enjoy' PE lessons, while 6% said they don't enjoy them and 51% no longer have them.

Q65. How do you feel about PE lessons?



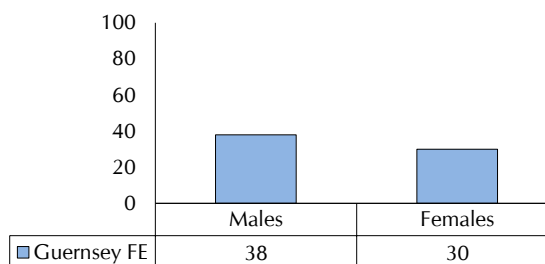
Q66. Here are some statements about school/college:

	Strongly disagree	Disagree	Not sure	Agree	Strongly agree
Males					
On the whole I like my teachers	1	3	8	60	28
I want to do well at school/college	1	1	4	31	62
The best part of my life is the time I spend in school/college	12	30	29	23	6
School/college has prepared me for the world of work	7	14	30	35	13
Females					
On the whole I like my teachers	2	4	9	56	28
I want to do well at school/college	1	1	3	23	72
The best part of my life is the time I spend in school/college	14	29	37	15	5
School/college has prepared me for the world of work	4	12	35	35	14

Views and opinions

34% of students responded that they feel their views and opinions are listened to in their school/college, while 41% said they 'don't know' if they are.

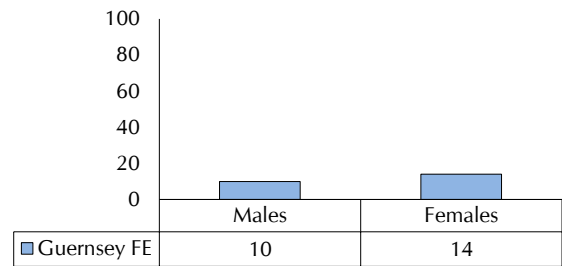
Q67. Percentage answering that they feel their views and opinions are listened to in their school/college.



Bullying

12% of students responded that they have been bullied at or near school/college in the last 12 months, while 11% said they 'don't know' if they have been.

Q68. Percentage answering that they have been bullied at or near school/college in the last 12 months.

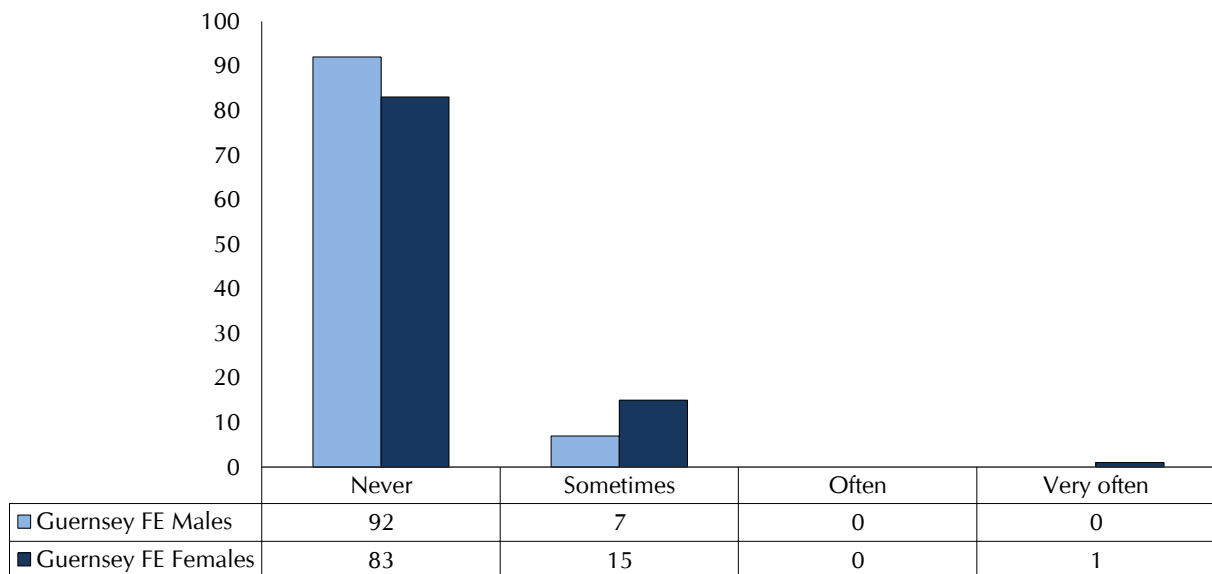


Q69. Percentage of students responding that they have been bullied at the following places in the last 12 months:

Males		Females	
1	During lesson time	5	1
2	In a classroom (breaktimes)	5	2
3	Outside at school/college (breaktimes)	4	3
4	In the corridors	2	4
5	Via the internet/instant message etc.	2	5
			1
			8
			6
			5
			5
			5

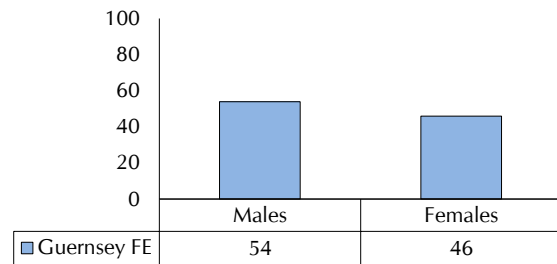
13% of students responded that they at least 'sometimes' feel afraid of going to school/college because of bullying, while 1% said they do so 'often' or 'very often'.

Q70. Do you ever feel afraid of going to school/college because of bullying?



50% of students responded that they think their school/college takes bullying seriously, while 40% said they 'don't know' if it does.

Q54. Percentage answering that they think their school/college takes bullying seriously.



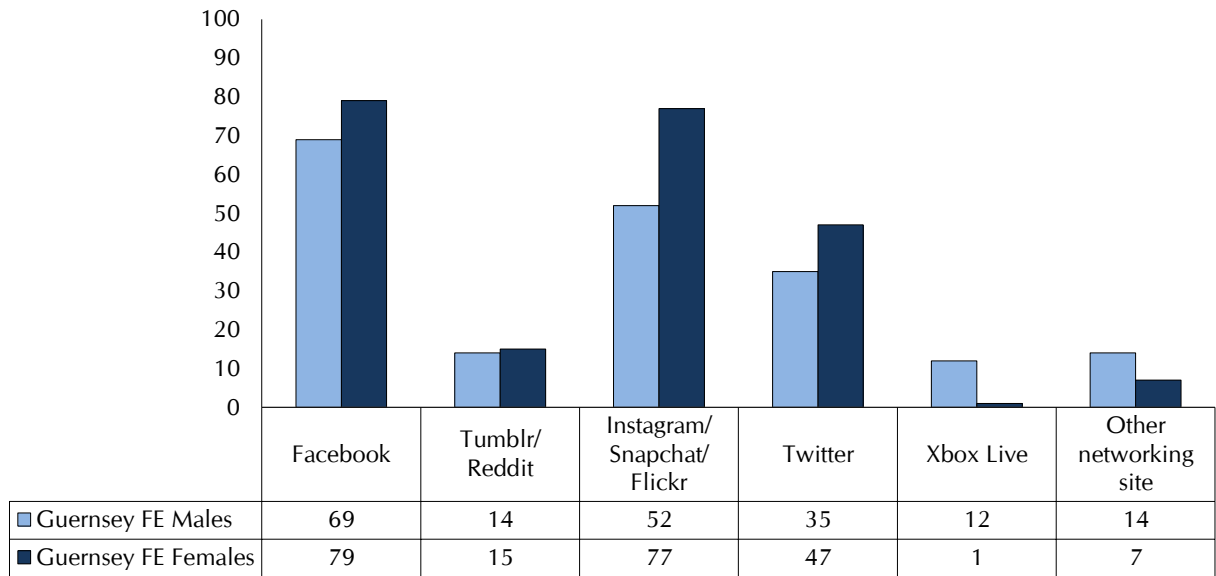
Internet safety

Q72. Percentage of students responding that they use the following internet chat rooms/social networking sites:

Males	Never	Sometimes	Often	Every day
Facebook	5	11	16	69
Tumblr/Reddit	60	19	7	14
Instagram/Snapchat/Flickr	23	11	14	52
Twitter	38	15	13	35
Xbox Live	66	13	9	12
Other networking site	70	5	9	14

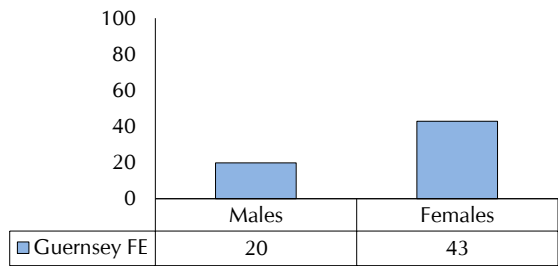
Females	Never	Sometimes	Often	Every day
Facebook	4	7	10	79
Tumblr/Reddit	58	17	11	15
Instagram/Snapchat/Flickr	6	6	11	77
Twitter	29	13	11	47
Xbox Live	88	9	2	1
Other networking site	89	1	2	7

Q72. Percentage of students responding that they use the following internet chat rooms/social networking sites 'every day':



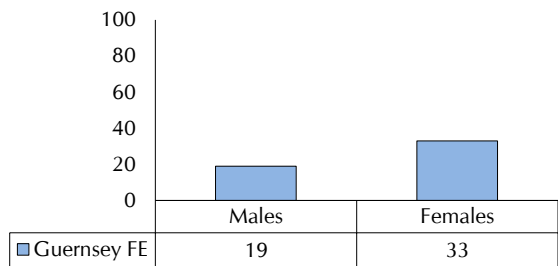
32% of students responded that they have received a message in a chat room/social network site that scared them or made them upset.

Q73. Percentage answering that they have received a message in a chat room/social network site that scared them or made them upset.



27% of students responded that someone they don't know in person has asked to meet with them.

Q74. Percentage answering that someone they don't know in person has asked to meet with them.



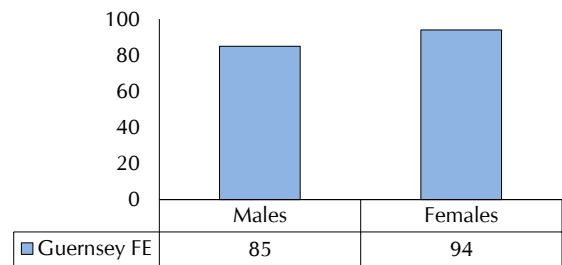
Sexual health

Q75. Percentage of students responding that the following is their main source of information about sex (top 5):

Males		Females			
1	Sex education lessons	42	1	Sex education lessons	35
2	Friends	18	2	Friends	30
3	Pornography	12	3	My parents/carers	10
4	Internet (information websites)	11	4	Internet (information websites)	7
5	My parents/carers	4	5	Brothers, sisters, other close relations	4

89% of students responded that they know where they can get condoms free of charge.

Q76. Percentage answering that they know where they can get condoms free of charge.



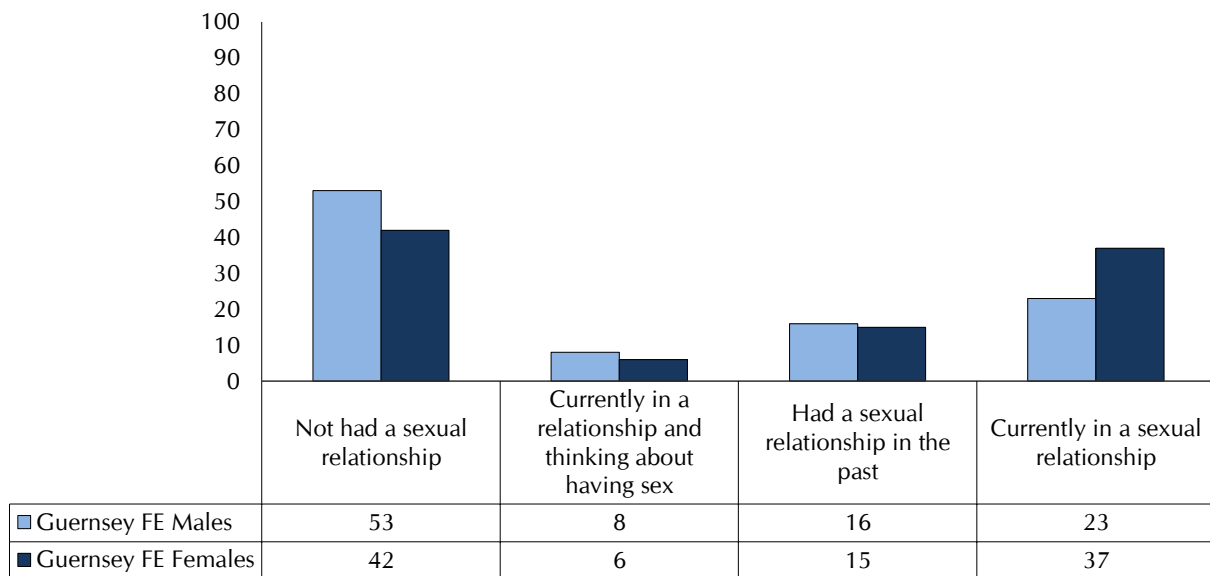
Q77. Knowledge of different methods of contraception:

Males	Never heard of it	Know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy
Condoms	1	0	3	96
Diaphragm	34	35	15	17
Pill (Contraceptive Pill or mini-pill)	1	3	5	91
Contraceptive injection	10	19	4	67
Contraceptive implant	8	18	4	70
Female condom (Femidom)	4	16	18	61
Morning-after pill	2	5	27	65
Safe period/rhythm method	12	16	63	10
Sex without penetration	13	14	39	34

Females	Never heard of it	Know nothing about it	Not reliable to stop pregnancy	Reliable to stop pregnancy
Condoms	0	0	15	84
Diaphragm	33	33	10	23
Pill (Contraceptive Pill or mini-pill)	0	0	9	90
Contraceptive injection	3	5	5	86
Contraceptive implant	3	4	5	87
Female condom (Femidom)	2	14	19	65
Morning-after pill	1	2	23	74
Safe period/rhythm method	9	11	70	10
Sex without penetration	6	14	50	30

46% of students responded that they have either had a sexual relationship in the past or are currently in one.

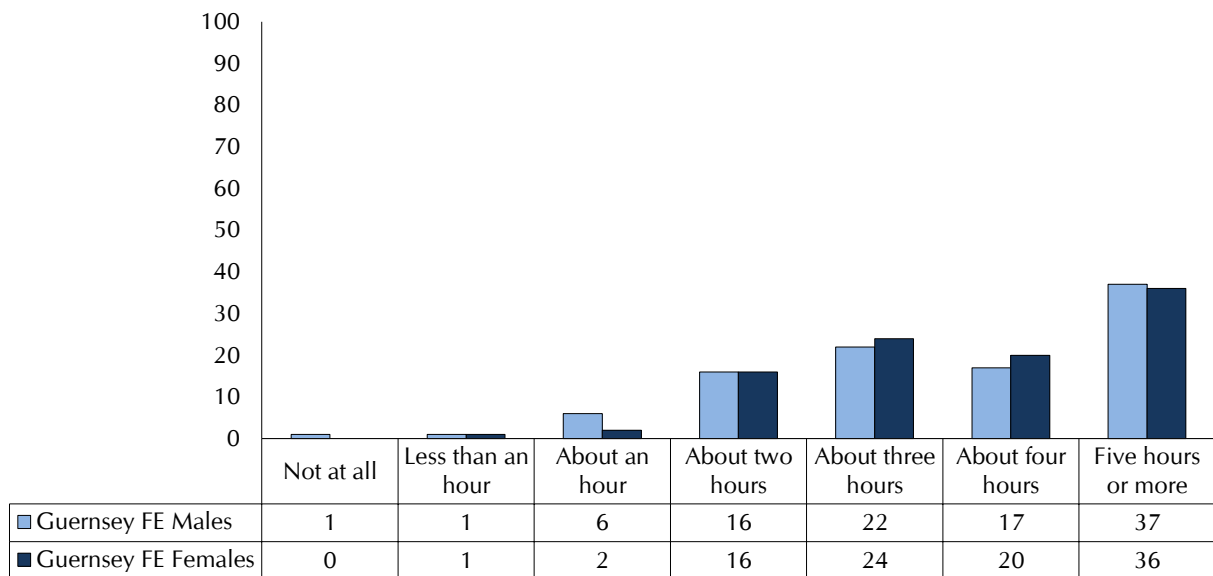
Q78. Sexual relationships: Which of the following best describes you?



Screen time

78% of students responded that they spent at least 'about three hours' looking at a device screen on the day before the survey.

Q79. How long did you spend looking at a device screen yesterday?



Leisure time

Q81. Percentage of students responding that they went to/took part in the following during the 4 weeks before the survey (top 5):

Males		Females		
1	Sports club or class (not school lessons and not just watching)	51	1 Parks or open spaces	45
2	Parks or open spaces	50	2 Sports club or class (not school lessons and not just watching)	38
3	Cinemas/theatres	29	3 Cinemas/theatres	33
4	Libraries (not school/college library)	21	4 Libraries (not school/college library)	25
5	Given their time to help a charity, a local voluntary group or done some organised volunteering	20	5 Given their time to help a charity, a local voluntary group or done some organised volunteering	23

List of Tables

Q6. Percentage answering that they have a special need, medical condition or disability.....	8
Q7. Percentage of students responding that they are affected by the following special needs or disabilities:	8
Q8. Which adults do you live with?	9
Q8. Percentage answering that they live with their mother and father together.	9
Q8. Percentage answering that they live 'mainly or only' with their mother	9
Q9. Which school did you attend from 11-16 years?	10
Q10. Percentage agreeing with statements Q10a and/or Q10c.	11
Q10. Percentage agreeing with statements Q10b and/or Q10d.....	11
Q10. Aggregate health locus of control score:	11
Q10. Percentage of students responding that they 'agree' with the following statements:	11
Q11. How did you travel to school/college today?	12
Q12. Weight: Which statement describes you best?	12
Q13. Which statement best describes your feelings about the way you look?	13
Q14. When choosing what to eat, do you consider your health?	14
Q14. Percentage answering that they 'never' or only 'sometimes' consider their health when choosing what to eat.	14
Q14. Percentage answering that they 'very often' or 'always' consider their health when choosing what to eat.	14
Q15. Which meals did you have yesterday?.....	15
Q16. Percentage of students responding that they ate breakfast at the following places on the day of the survey:	15
Q17. Percentage of students responding that they had the following for breakfast on the day of the survey (top 5):	15
Q18. Percentage answering that they had a school/college lunch on the day before the survey.	16
Q19. If not, why was this?	16
Q20. Percentage of students responding that they drink the following 'on most days' (top 10):	17
Q20. Percentage of students responding that they 'rarely or never' drink the following (top 10):	17
Q21. Do you drink 'high energy' drinks?	17
Q22. Percentage of students responding that they drink the following at least '2 – 3 times a week' (top 5):	18
Q23. How many portions of fruit and vegetables did you eat yesterday?.....	18
Q24. How many times last week were you physically active for at least 30 minutes each time?	19
Q25. How many times last week were you physically active for at least one hour at a time?	19
Q26. On [how many] days did you do any physical activity in the last 7 days?	20
Q26. On which days did you do any physical activity in the last 7 days?	20
Q27. On [how many] days did you breathe faster and feel warmer while doing physical activity in the last 7 days?	21
Q27. On which days did you breathe faster and feel warmer while doing physical activity in the last 7 days?	21
Q28. On [how many] days did you breathe faster and feel warmer while doing physical activity for an hour or more in the last 7 days?	22
Q28. On which days did you breathe faster and feel warmer while doing physical activity for an hour or more in the last 7 days?	22
Q29. Percentage of students responding that the following stops them being as physically active as they would like to be (top 10):	23
Q30. Percentage of students responding that they would like more of the following:	23
Q31. Do you take part in any volunteering or leadership work in school/college?	24
Q31. Percentage answering that they take part in volunteering or leadership work in school/college at least 'once a week'	24
Q32. How often do you usually drink alcohol?	25
Q33. Percentage of students responding that they usually get their alcohol from the following (top 5):.....	25
Q34. Percentage of students responding that they think people their age drink alcohol for the following reasons:	25
Q35. Getting drunk: Which statement describes you best?	26
Q36. Percentage answering that they had an alcoholic drink in the 7 days before the survey.	26
Q37. Percentage answering that they got drunk on at least one day in the 7 days before the survey.	26
Q38. Percentage of students responding that they drank an alcoholic drink at the following places in the 7 days before the survey:	26
Q39/40. Percentage of students responding that they got/bought alcohol from the following places in the 7 days before the survey:	27

Q41. During the last year, how regularly have you drunk more alcohol than you intended?	27
Q42. During the last year, how often had your use of alcohol caused a problem, for you or anyone else?.....	27
Q43. Percentage answering that they smoked in the 7 days before the survey.....	28
Q44. Smoking: Which statement describes you best?	28
Q44. Percentage answering that they smoke 'regularly'.....	28
Q47. Percentage of smokers answering that they would like to give up smoking altogether.	28
Q50. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?.....	29
Q50. Percentage answering that they at least 'sometimes' use electronic cigarettes.	29
Q51a. Percentage answering that at least one of their parents/carers smokes.....	29
Q51b. Percentage answering that someone smokes indoors at home in rooms they use.....	29
Q51c. Percentage answering that someone smokes in a car when they are in it too.	30
Q52. Do you know anyone personally who takes drugs (not cigarettes, alcohol or medicines)?	30
Q53. Percentage of students responding that they have been offered the following drugs at some point (top 10):	30
Q54. Percentage answering that they have taken drugs listed in Q53.	31
Q55. Drugs summary: Percentage of students responding that they have taken at least one of the drugs listed...:	31
Q55. Percentage of students responding that they have used the following drugs at some point (top 10):	31
Q56. Worrying summary: Percentage of students responding that they worry about at least one of the issues listed...:	32
Q56. Percentage of students responding that they worry about the following 'quite a lot' or 'a lot':.....	32
Q57. Percentage of students responding that they at least 'often' do the following when they have a problem that worries them:	32
Q58. Do you have a close confiding relationship with someone?	33
Q59. Percentage answering that they have worried so much about one of the issues it has affected their studies 'often' or on 'most days' in the last month.....	33
Q60a. How much do you agree with the following statements? I'm glad I am who I am:	34
Q60b. How much do you agree with the following statements? I generally feel happy:	34
Q61. In general, how happy do you feel with your life at the moment?	35
Q62. How many lessons do you enjoy at school/college?	35
Q63. How proud are you to be a member of this school/college?.....	36
Q64. Percentage of students responding that they 'agree' with the following statements:	36
Q64. Percentage of students responding that they 'agree' with the following statements:	37
Q65. How do you feel about PE lessons?	37
Q66. Here are some statements about school/college:.....	38
Q67. Percentage answering that they feel their views and opinions are listened to in their school/college.	38
Q68. Percentage answering that they have been bullied at or near school/college in the last 12 months.	39
Q69. Percentage of students responding that they have been bullied at the following places in the last 12 months:.....	39
Q70. Do you ever feel afraid of going to school/college because of bullying?	39
Q54. Percentage answering that they think their school/ college takes bullying seriously.	40
Q72. Percentage of students responding that they use the following internet chat rooms/social networking sites:	40
Q72. Percentage of students responding that they use the following internet chat rooms/social networking sites 'every day': ...	41
Q73. Percentage answering that they have received a message in a chat room/social network site that scared them or made them upset.....	41
Q74. Percentage answering that someone they don't know in person has asked to meet with them.	41
Q75. Percentage of students responding that the following is their main source of information about sex (top 5):.....	42
Q76. Percentage answering that they know where they can get condoms free of charge.	42
Q77. Knowledge of different methods of contraception:.....	43
Q78. Sexual relationships: Which of the following best describes you?	43
Q79. How long did you spend looking at a device screen yesterday?	44
Q81. Percentage of students responding that they went to/took part in the following during the 4 weeks before the survey (top 5):	44



**This is not the end of your
Health Related Behaviour Survey!**

Ask us about...

- ... Getting your data into your computers**
- ... Turning your data into graphs and pie charts**
- ... Your data and Healthy Schools**
- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

***We may also be able to introduce you to health and education
contacts, with money and resources, within your local
community***