

A PARENT'S GUIDE TO THE GUERNSEY YOUNG PEOPLE'S SURVEY 2016



GUERNSEY YOUNG PEOPLE'S SURVEY 2016

A PARENT'S GUIDE

INTRODUCTION

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 but now are completed on line and cover a range of 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.



A PARENT'S GUIDE TO THE GUERNSEY YOUNG PEOPLE'S SURVEY 2016

CONTENTS

PAGE 1	A summary of the key points for parents		PAGE 11	Secondary School: Healthy Eating	
PAGE 2	The findings and the question headings		PAGE 12	Secondary School: Emotional Health and Well-being	
PAGE 3	The role of parents in children's lives		PAGE 13	Secondary School: Smoking	
PAGE 4	Primary School: Physical Activity		PAGE 14	Secondary School: Drugs	
PAGE 5	Primary School: Healthy Eating		PAGE 15	Secondary School: Alcohol	
PAGE 6	Primary School: Emotional Health and Well-being		PAGE 16	Young people and screen time	
PAGE 7	Primary School: Smoking		PAGE 17	Recommendations & Guidelines: Alcohol, Drugs & Emotional Health & Wellbeing	
PAGE 8	Primary School: Drugs		PAGE 18	Recommendations & Guidelines: Healthy Eating, Screen Time & Smoking	
PAGE 9	Primary School: Alcohol		PAGE 19	Physical Activity Recommendations	
PAGE 10	Secondary School: Physical Activity		PAGE 20	The HUB's Top Tips For Parents	

GUERNSEY YOUNG PEOPLE'S SURVEY 2016

A PARENT'S GUIDE

A SUMMARY OF THE KEY POINTS FOR PARENTS

Over seventy questions are asked in the survey so it is difficult to summarise key findings - but that was exactly what we asked our partners, the Schools Health Education Unit (SHEU) to do. SHEU are leaders in surveys of young people and have supported the Guernsey survey for 20+ years. Here are their observations about Guernsey young peoples' responses:

'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 behaviours 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'



GUERNSEY YOUNG PEOPLE'S SURVEY 2016

A PARENT'S GUIDE

THE FINDINGS AND THE QUESTION HEADINGS

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 first guide we have focused on findings associated with physical activity, healthy eating and emotional health and well-being.



States of Guernsey
Education Services

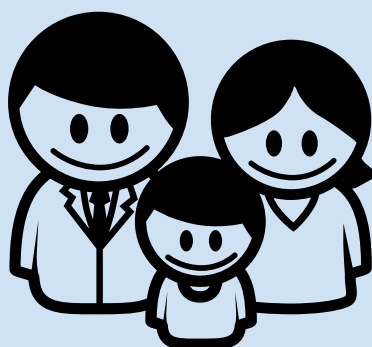
GUERNSEY YOUNG PEOPLE'S SURVEY 2016

A PARENT'S GUIDE

THE ROLE OF PARENTS IN CHILDREN'S LIVES

Although it doesn't always seem like it our survey reinforces what many other surveys have discovered – parents have huge significance and impact on children's lives. This is evident in our survey when we asked Secondary students 'who or what would be the first source of help or information that a young person would turn to'.

	School work / Homework problems	Exams and tests	Bullying	Health	Problems with friends	Wars and terrorism
Parents or carers	47%	44%	43%	53%	34%	47%
Brother or sister	4%	4%	4%	2%	7%	3%
Friend	10%	10%	14%	5%	25%	12%
Teacher	18%	20%	8%	1%	2%	2%
School nurse	0%	0%	0%	7%	0%	0%
Other adult	0%	1%	1%	2%	1%	2%
Keep it to myself	18%	18%	25%	27%	27%	30%



PARENTS GUIDE

PHYSICAL ACTIVITY & PRIMARY SCHOOL CHILDREN

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:

Sport Equipment
(e.g. basketball hoops)

38%

Activity Equipment
(e.g. climbing frames)

37%

Arts or Performance
Activity

33%

Team Sport
57%

Individual Sport
38%



States of Guernsey
Education Services

PARENTS GUIDE

HEALTHY EATING & PRIMARY SCHOOL CHILDREN

79%

of Primary School pupils regard 'Eating Healthily (e.g. plenty of fruit and vegetables)' as "very important" to being a healthy, active child

74%

of Primary pupils DO NOT eat five or more portions of fruit and vegetables a day

64%

of pupils DO NOT consider their health when choosing what to eat

90%

of pupils
eat breakfast

97%

of pupils
eat lunch

98%

of pupils
eat an
evening meal



PARENTS GUIDE

EMOTIONAL HEALTH AND WELLBEING & PRIMARY SCHOOL CHILDREN

31%

of pupils agreed with the
statement
"I'm glad I am who I am"
and

38%

agreed with the statement
"I generally feel happy"

64%

of pupils report that they enjoy "all" or
"most" of their lessons

37%

of Primary School pupils are dissatisfied with
their weight

28%

of pupils reported that they have been bullied
"at" or "near school" in the last 12 months

11%

of Primary School pupils are dissatisfied with
their image

Concerns about technology,
just under

1/3

of students reported receiving a message
on their phone or online which scared or
upset them

Primary pupils greatest worries
and concerns

Family
27%

Wars and Terrorists
26%

Crime
18%

Moving on to secondary school
17%



States of Guernsey
Education Services

PARENTS GUIDE

SMOKING & PRIMARY SCHOOL CHILDREN

98%

of Primary pupils reported "I have never tried smoking, not even a puff"

2%

reported "I have tried smoking once or twice"

"Do you think you will smoke when you're older?"

NO!

86%

No

11%

Maybe

3%

27%

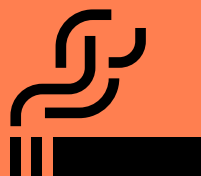
of Primary School pupils' parents smoke

7%

of pupils' parents or carers smoke at home in rooms they use

7%

of pupils' parents or carers smoke in the car when they are in it too



States of Guernsey
Education Services

PARENTS GUIDE

DRUGS & PRIMARY SCHOOL CHILDREN

"Do you know anyone personally who takes drugs? (Not cigarettes, alcohol or medicine)"

4%

of Primary School children are "certain" that they personally know someone who takes drugs

2%

of Primary pupils are "fairly sure" that they personally know a drug user

13%

of pupils are "not sure" if they know someone who takes drugs

1% of Primary School pupils report that they have been offered cannabis



PARENTS GUIDE

ALCOHOL & PRIMARY SCHOOL CHILDREN

96%

of Primary School pupils had not consumed an alcoholic drink during the last 7 days

4%

of Primary School pupils had consumed an alcoholic beverage during the last 7 days (more than just a sip)

The alcoholic drinks Primary pupils are consuming are beer or lager: 1%, cider: 1%, shandy: 1% and wine/champagne/sparkling wine: 1%



PARENTS GUIDE

PHYSICAL ACTIVITY & SECONDARY SCHOOL STUDENTS

25%

of Secondary School students are actively travelling to school (walking/cycling/scooting)

48%

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:

Sport Equipment
(e.g. basketball hoops)

28%

Activity Equipment
(e.g. climbing frames)

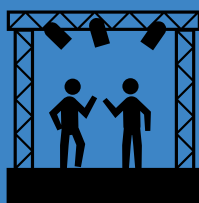
27%

Arts or Performance
Activity

23%

Team Sport
45%

Individual Sport
30%



States of Guernsey
Education Services

PARENTS GUIDE

HEALTHY EATING & SECONDARY SCHOOL STUDENTS

74%

of Secondary School students "sometimes" or "always" drink 'high energy' drinks

88%

of Secondary students DO NOT eat five or more portions of fruit and vegetables a day

88%

of students DO NOT consider their health when choosing what to eat

72%

of students
eat breakfast

85%

of students
eat lunch

96%

of students
eat an
evening meal



States of Guernsey
Education Services

PARENTS GUIDE

EMOTIONAL HEALTH & WELLBEING & SECONDARY SCHOOL STUDENTS

Parents

are the significant other who students would most often choose to turn to regarding their problems

Secondary students greatest worries and concerns:
Worry about "a lot" or "quite a lot"

Exams and tests
51%

Problems with friends
31%

The way they look
34%

Family problems
27%

26%

of Secondary students are dissatisfied with their image

53%

of students are dissatisfied with their weight

23%

of students report being bullied 'at' or 'near school' in the last 12 months

20%

of students strongly agree with the statements "I'm glad I am who I am" and "I generally feel happy"

11% of students strongly disagreed with the statement "I generally feel happy" and 14% reported being "not at all" or "not happy" with their life at the moment.



PARENTS GUIDE

SMOKING & SECONDARY SCHOOL STUDENTS

The prevalence of smoking in Secondary School students

"I have never tried smoking, not
even a puff"

75%

"I used to smoke but I don't now"

3%

"I have tried smoking once or
twice"

12%

"I smoke occasionally (less than 1
cigarette a week)"

3%

"I smoke regularly but would like
to give it up"

3%

"I smoke regularly but don't want
to give it up"

2%

9%

of Secondary students had smoked in the
last 7 days

"If you smoked recently, where did you get your cigarettes
from?"

48%

"From
friends"

19%

"Someone
bought them
for me"

14%

"Given
them"

5%

"From a
relative"

4%

"Parent"

4%

"Somewhere
else"

3%

"Garage"

3%

"From a
shop"

30%
of students'
parents or
carers
smoke

11%
of students'
parents or carers
smoke indoors in
rooms that they
use

12%
of students'
parents or carers
smoke in the car
when they are in
it too



States of Guernsey
Education Services

PARENTS GUIDE

DRUGS & SECONDARY SCHOOL STUDENTS

90%

of Secondary School students have
never experienced drugs

10%

of Secondary School students have taken a drug
listed in the survey

3%

of students took a drug in the last month

22%

of Secondary students are "certain" that they personally
know someone who takes drugs

11%

of Secondary students are "fairly sure" that they personally
know someone who takes drugs

16%

of Secondary students are "not sure" that they personally
know someone who takes drugs

Students reported that they have
previously been offered drugs

Cannabis
17%

Natural
hallucinogens
5%

Synthetic
hallucinogens
3%



States of Guernsey
Education Services

PARENTS GUIDE

ALCOHOL & SECONDARY SCHOOL STUDENTS

81%

of Secondary School students had not consumed an alcoholic beverage during the last 7 days

19%

of students had consumed an alcoholic drink during the last 7 days

Those who responded that they had consumed alcohol in the past 7 days were then asked,

"Have you drunk an alcoholic drink at any of these places during the last 7 days?"

At home
11%

At a friend's or relation's home
8%

At a disco, club or party
4%

Outside in a public place (e.g. street, park etc.)
4%

4%

of students reported that they had acquired their alcohol from "Other people"

6%

of students reported that their parents had bought or given them alcohol

8%

of students reported that their friends provided them with alcohol

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

Never
70%

Less than once a month
19%

Once or twice a month
9%

Once a week or more
3%

PARENTS GUIDE

SCREEN TIME & YOUNG PEOPLE

23% of Primary pupils and 18% of Secondary students reported looking at a screen for an hour or less the day prior to the survey

27%

of Primary pupils look at screens for 3+ hours a day

61%

of Secondary students look at screens for 3+ hours a day

7%

of Primary pupils look at screens for 5+ hours a day

25%

of Secondary students look at screens for 5+ hours a day



PARENTS GUIDE

RECOMMENDATIONS AND GUIDELINES:

Alcohol, Drugs & Emotional Health & Wellbeing

ALCOHOL

UK chief medical officer recommendations; Children and their parents or carers are advised that an alcohol-free childhood is the healthiest and best option. However, if children drink alcohol underage, it should not be until at least the age of 15 years.

<https://www.drinkaware.co.uk>

DRUGS

Cannabis affects how the brain works. It can make young people feel very anxious and even paranoid, it can make it difficult for them to concentrate and learn, make their memory worse and make them feel less motivated. Tobacco and cannabis share some of the same chemicals and just like smoking tobacco, smoking cannabis has been linked to lung diseases like tuberculosis and lung cancer.

<http://www.talktofrank.com/drug/cannabis>

EMOTIONAL HEALTH & WELLBEING

1 in 4 of us will experience mental health problems in our lifetime. Tips for helping young people look after themselves include; encouraging them to talk, eating well, exercising, helping others, believing in themselves, taking time out to relax, spending time with family and friends and asking for help.

<http://www.youngminds.org.uk>



PARENTS GUIDE

RECOMMENDATIONS AND GUIDELINES:

Healthy Eating, Screen Time & Smoking

HEALTHY EATING

As children grow, their bodies go through many physical changes – changes that need to be supported by a healthy, balanced diet. Most of us eat too much sugar. The maximum daily amounts for 4-6 year olds is 5 cubes (19 grams), for 7-11 year olds it's 6 cubes (24 grams) and for 11 years + it's 7 cubes (30 grams).

<http://www.parentinfo.org/article/healthy-eating-a-parents-guide>
<https://www.nhs.uk/change4life-beta/sugar>

SCREEN TIME

You should not automatically assume your child's digital media use is problematic. Rather than limiting screen time according to an arbitrary figure, it's recommended that you consider screen context, content and connections by asking yourself:

- a. Is my child physically healthy and sleeping enough?
 - b. Is my child connecting socially with family and friends?
 - c. Is my child engaged with and achieving in school?
 - d. Is my child pursuing interests and hobbies?
 - e. Is my child having fun and learning from their use of digital media?
- If the answer to the above questions is more or less 'yes', you probably don't need to restrict your child's screen time. If the answer to these questions is more or less 'no', then you may need to put in place regulations and restrictions in order to address problematic use.

<http://www.eprints.lse.ac.uk>

SMOKING

The younger the age of uptake of smoking, the greater the harm is likely to be because early uptake is associated with subsequent heavier smoking, higher levels of dependency, a lower chance of quitting, and higher mortality. Over 80% of adult smokers report starting smoking before the age of 20 so if we can keep young people smokefree during their teenage years, they are more likely to remain as non-smokers throughout their lives.

<https://www.ash.org.uk>

For further information on healthy lifestyles contact the Health Promotion Unit tel 707311, e.mail Yvonne.lepage@gov.gg or if you have concerns about your child's health speak to their School Nurse or GP



States of Guernsey
Education Services

GUERNSEY PHYSICAL ACTIVITY GUIDELINES

FOR CHILDREN & YOUNG PEOPLE: AGES 5 -17

PHYSICAL ACTIVITY RECOMMENDATIONS

Physical Activity Intensity

Moderate: Requires a medium amount of effort and noticeably increases heart rate

Vigorous: Requires a large amount of effort and causes rapid breathing and a substantial increase in heart rate

At least 60 minutes of moderate-to-vigorous physical activity a day



Examples of Physical Activity

Moderate:
Bike ride
Brisk walk
Skateboarding

Vigorous:
Running
Team Sports
Martial Arts

Aerobic Activity

Vigorous-intensity
3 days a week



Muscle Strengthening

3 days a week



Bone Strengthening

3 days a week



Findings from the Guernsey Young People's survey 2016 demonstrate that **55% of Primary pupils & 48% of Secondary students** are physically active 5x a week or more, for at least 30 minutes at a time

THE BENEFITS OF BEING PHYSICALLY ACTIVE

HEALTH, MENTAL AND SOCIAL AND ECONOMIC BENEFITS



IMPROVED OVERALL HEALTH

IMPROVED SELF-ESTEEM



IMPROVED BALANCE AND POSTURE

WEIGHT MANAGEMENT



STRONGER MUSCLES AND BONES

IMPROVES QUALITY OF LIFE



IMPROVED SLEEP QUALITY

DISEASE PREVENTION



PARENTS GUIDE

TOP TIPS FOR PARENTS

Taken from The HUB's Parenting Workshop held on Thursday 10th March

Have FUN as a family

It doesn't have to cost a lot but invest time and energy into making happy memories...those are the ones that will last.

Understand that communication can be difficult and young people can have rigid thoughts

Try to help them look at all the options available in order to make an informed decision that they can own.

Don't be too hard on yourselves

As parents, you just need to get it right about 60% of the time. We can't be perfect.

Research Growth Mindset

You can ask your school or Contact Education Department

For more information visit The HUB's website: www.thehub.gg



Other useful websites include:

<https://www.childline.org.uk>
<http://www.youthcommission.gg>



States of Guernsey
Education Services