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 online 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 2 The findings and the question headings

PAGE 3 The role of parents in children’s lives

PAGE 4 Primary School: Physical Activity

PAGE 5 Primary School: Healthy Eating

PAGE 6 Primary School: Emotional Health and Well-being

PAGE 7 Primary School: Smoking

PAGE 8 Primary School: Drugs

PAGE 9 Primary School: Alcohol

PAGE 10 Secondary School: Physical Activity

PAGE 11 Secondary School: Healthy Eating

PAGE 12 Secondary School: Emotional Health and Well-being

PAGE 13 Secondary School: Smoking

PAGE 14 Secondary School: Drugs

PAGE 15 Secondary School: Alcohol

PAGE 16 Young people and screen time

PAGE 17 Recommendations & Guidelines: Alcohol, Drugs & Emotional Health & Wellbeing

PAGE 18 Recommendations & Guidelines: Healthy Eating, Screen Time & Smoking

PAGE 19 Physical Activity Recommendations

PAGE 20 The HUB’s Top Tips For Parents
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’
THE FINDINGS AND THE QUESTION HEADINGS

The findings can be found on the following webpage:

www.gov.gg/youngpeoplessurvey

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.
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'.

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

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

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%
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.
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%
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
"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%
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%
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
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%
- of Secondary students are dissatisfied with their image
- of students are dissatisfied with their weight
- of students report being bullied 'at' or 'near school' in the last 12 months
- 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.
The prevalence of smoking in Secondary School students

"I have never tried smoking, not even a puff" 75%
"I have tried smoking once or twice" 12%
"I smoke regularly but would like to give it up" 3%

"I used to smoke but I don't now" 3%
"I smoke occasionally (less than 1 cigarette a week)" 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% "From a parent"
4% "Somewhere else"
3% "From a 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
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%
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 a disco, club or party: 4%
- At a friend's or relation's home: 8%
- Outside in a public place (e.g. street, park etc.): 4%
- At home: 11%

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%
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.
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 effects 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
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
GUERNSEY PHYSICAL ACTIVITY GUIDELINES

FOR CHILDREN & YOUNG PEOPLE: AGES 5 -17

PHYSICAL ACTIVITY RECOMMENDATIONS

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

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

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

States of Guernsey
Education Services

19
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