

The Guernsey Young People's Survey 2022

**A report for
Guernsey Secondary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

Survey Report 2022

Produced by the
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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N.B. The items in the questionnaire are reported below in a slightly different order, compared with the original survey booklet. 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.

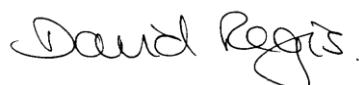
SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

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
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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.

In addition to this report you also have access to your 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 online results show the number of responses received for each question, which may be less than the total sample. Also in the online results we show the detail of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

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

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 school 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	
	Yr 8	Yr 10
Boys	187	251
Girls	143	205

Please note that, when asked about gender, 9 pupil(s) described themselves as non-binary, 22 said they describe themselves in some other way and 18 preferred not to say or didn't answer 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.

Please note that when a sample size is small it is less likely that a difference will be statistically significant, even if there is an apparently large difference in percentages. This is because each pupil in the sample represents several percentage points (for example, in a sample of 20 pupils, each pupil represents 5%) and therefore a big difference in percentages may only represent a small number of pupils. Contrast this to when there is a larger sample of, for example, 200 pupils and each pupil represents just 0.5%. In this case a relatively small change in percentages will represent a much larger number of pupils, and increases the chance of any differences being statistically significant. This does not mean that a difference is not important to your school, merely that there is not enough data available to accurately calculate statistical significance.

Guernsey Secondary Headlines

	Guernsey	
	Yr 8	Yr 10
Boys	187	251
Girls	143	205

Included and Respected

GENDER IDENTITY

- ❑ 8% of pupils said their gender is different to the sex they were assigned at birth.

RELIGION

- ❑ 12% of pupils said they or their family have a religion, faith or belief which is important to them, while 12% said they 'don't know' if they do and 3% didn't want to say.

SPECIAL NEEDS

- ❑ 21% of pupils responded that they have a special need, medical condition, disability or additional need.

FAMILY

- ❑ 66% of pupils responded that they live with their parents together.
- ❑ 13% of pupils responded that they live with their Mum, while 3% said they live with their Dad.

Healthy and Active

TRAVEL TO SCHOOL

- ❑ 34% of pupils responded that they usually either walk to school or travel by bicycle/scooter.
- ❑ 43% of pupils responded that they usually get to school by car/van.
- ❑ 83% of pupils said their parents/carers think it is 'quite' or 'very' safe for them to walk to cycle to school, while 5% said they think it is 'quite' or 'very' unsafe.
- ❑ 83% of pupils said they think it is 'quite' or 'very' safe for them to walk to cycle to school, while 5% said they think it is 'quite' or 'very' unsafe.
- ❑ 32% of pupils responded that, if they could choose, they would like to either walk to school or travel by bicycle/scooter.
- ❑ 25% of pupils responded that, if they could choose, they would like to travel to school by car/van.

BREAKFAST

- ❑ 27% of pupils responded that they didn't have any breakfast before lessons on the day of the survey.

LUNCH

- ❑ 30% of pupils responded that they bought their lunch at school on the day before the survey.

5-A-DAY

- ❑ 8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 25% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

PHYSICAL ACTIVITY

- ❑ 68% of boys and 51% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.
- ❑ 52% of boys and 33% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.
- ❑ 1% of boys and 2% of girls responded that they didn't do any physical activity in the week before the survey, while 60% of boys and 47% of girls said they did so on five days or more.
- ❑ 4% of boys and 5% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.
- ❑ 25% of boys and 12% of girls responded that they did at least 60 minutes of physical activity every day in the week before the survey.
- ❑ 12% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.
- ❑ 54% of pupils responded that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.
- ❑ 49% of pupils responded that they exercise as much as they like – nothing stops them. However, 21% of pupils responded that they don't have enough time to be as physically active as they would like.

LEISURE ACTIVITIES

- ❑ 51% of pupils said they play team sport at least once a week and 53% said they play individual sport.
- ❑ 38% of pupils responded that they would like to do more team sport, while 10% said they would like to do more arts or performance activities.
- ❑ 58% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 27% said they 'sometimes' do.
- ❑ 15% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 2% said they do so 'three or more times a week'.

COVID-19

- ❑ 32% of pupils said they don't feel how well they do in exams will be affected by the time missed at school because of COVID-19, while 3% feel they will do better.
- ❑ 39% of pupils said they feel they will do worse in their exams because of the time missed at school due to COVID-19.
- ❑ 28% of pupils said they have fallen behind at school since the COVID-19 pandemic, while 9% said they are ahead.

- ❑ 42% of pupils said they spend more time online since the COVID-19 pandemic, while 13% said they spend less time online now.
- ❑ 25% of pupils said they have become more anxious/worried since the COVID-19 pandemic, while 21% said they are less worried/anxious than before.
- ❑ 38% of pupils said they are more physically active than before the COVID-19 pandemic, while 15% said they are less physically active than before.

ALCOHOL

- ❑ 8% of Year 8 pupils and 32% of Year 10 pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 9% of pupils responded that they drank on more than one day in the 7 days before the survey; 4% said they did so on at least three days.
- ❑ 10% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 4% said they did so on more than one day.
- ❑ 13% of pupils responded that they drank alcohol at home in the 7 days before the survey; 6% said they drank outside in a public place.
- ❑ 11% of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.
- ❑ 26% of pupils responded that they drink at home and their parents/carers 'always' know.
- ❑ 9% of pupils responded that they drink at home and their parents/carers 'never' or only 'sometimes' know.
- ❑ 14% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% said they have done so 'once a week or more'.

SMOKING

- ❑ 7% of pupils responded that they smoked in the 7 days before the survey.
- ❑ 4% of boys and 6% of girls responded that they smoke 'occasionally' or 'regularly'.
- ❑ Of the 21 pupils who responded that they smoke 'regularly', 33% said they would like to give up smoking.
- ❑ 34% of boys and 45% of girls responded that they have at least tried vaping.
- ❑ 8% of boys and 13% of girls responded that they vape 'regularly' (once a week or more).
- ❑ 25% of pupils responded that their parents/carers smoke.
- ❑ 7% of pupils responded that someone smokes indoors at home in rooms that they use.
- ❑ 9% of pupils responded that someone smokes in a car when they are in it too.
- ❑ 19% of pupils responded that their parents/carers vape.
- ❑ 21% of pupils responded that someone vapes at home or in a car.

ILLEGAL DRUGS

- ❑ 29% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.
- ❑ 25% of pupils said they have been offered drugs.
- ❑ 20% of pupils responded that they have been offered cannabis.
- ❑ 13% of pupils responded that they have taken at least one of the drugs listed.
- ❑ 7% of pupils responded that they took at least one of the drugs listed in the month before the survey.
- ❑ 10% of pupils responded that they have used cannabis.

Emotional Health and Wellbeing

SELF-ESTEEM

- ❑ 36% of pupils appeared in the lower half of the self-esteem scale.
- ❑ 27% of pupils appeared in the highest bracket of the self-esteem scale.

HAPPINESS

- ❑ 40% of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 47% of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 41% of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 43% of pupils responded that they don't generally feel happy (responses 5 – 7).

CONTROLLING RELATIONSHIPS

- ❑ 9% of pupils responded that their boyfriend/girlfriend has threatened to spread rumours about them, either with their current partner or in the past; 7% said their boyfriend/girlfriend/significant other has used hurtful or threatening language towards them.
- ❑ 29% of pupils responded that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend/significant other.

RELATIONSHIPS AND SEX EDUCATION

- ❑ 69% of Year 8 pupils and 75% of Year 10 pupils responded that their RSE lessons have helped them understand consent 'quite a lot' or 'a lot'.
- ❑ 11% of Year 8 pupils and 8% of Year 10 pupils responded that their RSE lessons have NOT helped them understand healthy/unhealthy relationships 'at all'.

CONTRACEPTION AND LOCAL SERVICES

- ❑ 57% of pupils responded that they know where they can get condoms free of charge.
- ❑ 52% of pupils responded that there are specific clinics available locally for young people to access free sexual health advice and contraception, while 41% said they 'don't know' if there is.

SEXUAL ORIENTATION

- ❑ 81% of Year 10+ pupils responded that they are straight/heterosexual.

- ❑ 2% of Year 10+ pupils responded that they are gay/lesbian and 9% said they are bisexual.

Safe and Nurtured

DISCRIMINATION

- ❑ 25% of pupils responded that they have been discriminated against in the last year because of their age, sex/gender, race, religion, a disability or another reason.
- ❑ 10% of pupils said they have been discriminated against in the last year because of their gender.
- ❑ 19% of pupils said they have been discriminated against in the last year and were treated unfairly at school.
- ❑ 8% of pupils said they have talked to their parents/carers about being discriminated against.

BULLYING

- ❑ 33% of pupils responded that they have been bullied at or near school in the last 12 months.
- ❑ 20% of pupils responded that they were pushed or hit in the month before the survey.
- ❑ 23% of pupils responded that they experienced bullying behaviour outside at school during breaktimes in the month before the survey.
- ❑ 28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 29% of pupils responded that they think their school takes bullying seriously, while 36% think it doesn't take bullying seriously.

INTERNET SAFETY

- ❑ 94% of pupils responded that they use social media/video/gaming sites to connect to other people.
- ❑ 44% of pupils said they use social media/video/gaming sites and hide some of the things they do or say on the internet from their parents/carers.
- ❑ 25% of boys and 51% of girls said that someone they didn't know has asked to see pictures of them.
- ❑ 87% of pupils responded that they would know what to do if something happened online to upset them.
- ❑ 25% of pupils responded that they have told their parents/carers about something upsetting online, while 5% told or contacted adults at school and 45% said nothing upsetting has happened.

SCREEN TIME

- ❑ 5% of pupils responded that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.
- ❑ 67% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 29% said they did so for 'five hours or more'.
- ❑ 77% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 12% said it was less than usual.

- ❑ 9% of pupils responded that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.
- ❑ 68% of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey; 30% said they did so for 'five hours or more'.

Reaching Potential

SCHOOL LESSONS

- ❑ 31% of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 22% of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 16% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 32% said they are 'not very proud'.
- ❑ 52% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

SCHOOL EXPERIENCE

- ❑ 9% of pupils had a low pupil perception score.
- ❑ 37% of pupils had a high pupil perception score.
- ❑ 32% of pupils agreed that the school/college cares whether they are happy or not.
- ❑ 27% of pupils disagreed that the school/college cares whether they are happy or not.
- ❑ 52% of pupils agreed that people of different backgrounds are valued in their school/college.
- ❑ 16% of pupils disagreed that people of different backgrounds are valued in their school/college.

SCHOOL LESSONS

- ❑ 44% of pupils responded that they have found school/college lessons about Personal, Social and Health Education 'quite' or 'very' useful; 57% said the same of lessons about Sex and Relationships education.
- ❑ 30% of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful.

SCHOOL LIFE

- ❑ 6% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.
- ❑ 38% of pupils responded that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.
- ❑ 59% of boys and 41% of girls agreed that, on the whole, they like their teachers.

PE LESSONS

- ❑ 24% of pupils said they had at least three lessons of PE/sport in school time in the last five school days.
- ❑ 7% of pupils said they didn't have any lessons of PE/sport in school time in the last five school days.
- ❑ 13% of pupils responded that they 'do not enjoy' PE lessons.
- ❑ 74% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

EXTRA-CURRICULAR ACTIVITIES

- ❑ 39% of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% said they do so once a week.
- ❑ 26% of pupils responded that they attend an extra-curricular club at least 'three times' a week.

LEISURE TIME

- ❑ 66% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey, while

56% said they went to or took part in a sports club or class (not school lessons or just watching).

FUTURE PLANS/CAREER

- ❑ 6% of pupils responded that they would like to work in a medical role in the future; 10% want to work in an artistic, literary or media occupation (e.g. actor, writer, singer). 41% either didn't respond or were 'not sure'.

2022/2019 Comparisons

	2022		2019	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	187	251	195	179
Girls	143	205	273	209

2019 data in brackets; see notes on interpreting differences. Comparisons are made with 2019 rather than a more recent survey as the 2022 questionnaire was based very heavily on the 2019 questionnaire.

Included and Respected

GENDER IDENTITY

- ❑ 8% (4%) of pupils said their gender is different to the sex they were assigned at birth.

SPECIAL NEEDS

- ❑ 21% (20%) of pupils responded that they have a special need, medical condition, disability or additional need, while 15% (14%) said they 'don't know' if they do.

FAMILY

- ❑ 66% (68%) of pupils responded that they live with their parents together ('mum and dad together' in 2019).
- ❑ 13% (13%) of pupils responded that they live with their Mum, while 3% (2%) said they live with their Dad.
- ❑ 5% (4%) of pupils responded that they would describe themselves as 'in care' with children's social care services, while 6% (7%) said they 'don't know' if they would.

Healthy and Active

TRAVEL TO SCHOOL

- ❑ 20% (19%) of pupils responded that they usually walk to school.
- ❑ 17% (16%) of pupils responded that they usually get to school by bicycle/scooter.
- ❑ 43% (44%) of pupils responded that they usually get to school by car/van.
- ❑ 79% (83%) of pupils responded that they own their own bicycle.
- ❑ 12% (14%) of pupils responded that, if they could choose, they would like to walk to school (new category added for 2022: 'park & stride').
- ❑ 20% (22%) of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter (new category added for 2022: 'park & stride').
- ❑ 25% (24%) of pupils responded that, if they could choose, they would like to travel to school by car/van (new category added for 2022: 'park & stride').

BREAKFAST

- ❑ 27% (27%) of pupils responded that they didn't have any breakfast before lessons on the day of the survey.

LUNCH

- ❑ 30% (20%) of pupils responded that they bought their lunch at school on the day before the survey.
- ❑ 6% (10%) of pupils responded that they didn't buy their lunch at school on the day before the survey because

they don't like the food, while 48% (55%) said they had a packed lunch.

- ❑ 2% (4%) of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time and 12% (12%) said it's too expensive.

DRINKS

- ❑ 85% (84%) of pupils responded that they drink plain water 'on most days'; 15% (17%) said they drink fruit juice or smoothies.
- ❑ 70% (65%) of pupils responded that they 'rarely or never' drink coffee.

5-A-DAY

- ❑ 8% (9%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- ❑ 25% (30%) of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

PHYSICAL ACTIVITY

- ❑ 1% (4%) of boys and 2% (3%) of girls responded that they didn't do any physical activity in the week before the survey, while 60% (55%) of boys and 47% (44%) of girls said they did so on five days or more.
- ❑ 4% (4%) of boys and 5% (5%) of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.
- ❑ 68% (61%) of boys and 51% (53%) of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.
- ❑ 52% (46%) of boys and 33% (36%) of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.
- ❑ 25% (22%) of boys and 12% (11%) of girls responded that they did at least 60 minutes of physical activity every day in the week before the survey.
- ❑ 12% (17%) of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.
- ❑ 54% (50%) of pupils responded that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.
- ❑ 49% (44%) of pupils responded that they exercise as much as they like – nothing stops them. However, 21% (29%) of pupils responded that they don't have enough time to be as physically active as they would like, while 22% (23%) said they are shy in front of other people.

LEISURE ACTIVITIES

- ❑ 51% (51%) of pupils said they play team sport at least once a week and 53% (53%) said they play individual sport.
- ❑ 38% (44%) of pupils responded that they would like to do more team sport, while 10% (14%) said they would like to do more arts or performance activities.
- ❑ 58% (52%) of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 27% (29%) said they 'sometimes' do.
- ❑ 15% (18%) of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 2% (5%) said they do so 'three or more times a week'.

ALCOHOL

- ❑ 8% (6%) of Year 8 pupils and 32% (24%) of Year 10 pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 9% (5%) of pupils responded that they drank on more than one day in the 7 days before the survey; 4% (2%) said they did so on at least three days.
- ❑ 10% (5%) of pupils responded that they got drunk on at least one day in the 7 days before the survey; 4% (1%) said they did so on more than one day.
- ❑ 3% (1%) of pupils responded that they drank at least 15 units of alcohol in the 7 days before the survey.
- ❑ 4% (3%) of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 10% (4%) said they drank spirits.
- ❑ 13% (8%) of pupils responded that they drank alcohol at home in the 7 days before the survey; 6% (3%) said they drank outside in a public place.
- ❑ 11% (6%) of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.
- ❑ 2% (1%) of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.
- ❑ 26% (25%) of pupils responded that they drink at home and their parents/carers 'always' know.
- ❑ Of the 365 (320) pupils who drink alcohol at home, 59% (68%) said their parents 'always' know.
- ❑ 9% (6%) of pupils responded that they drink at home and their parents/carers 'never' or only 'sometimes' know.
- ❑ Of the 365 (320) pupils who drink alcohol at home, 19% (18%) said their parents 'never' or only 'sometimes' know.
- ❑ 14% (7%) of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% (1%) said they have done so 'once a week or more'.

SMOKING

- ❑ 17% (18%) of boys and 27% (18%) of girls responded that they have tried smoking in the past or smoke now.
- ❑ 4% (6%) of boys and 6% (6%) of girls responded that they smoke 'occasionally' or 'regularly'.

- ❑ Of the 21 (30) pupils who responded that they smoke 'regularly', 33% (47%) said they would like to give up smoking.
- ❑ 7% (6%) of pupils responded that they smoked in the 7 days before the survey.
- ❑ 1% (3%) of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
- ❑ 9% (9%) of pupils responded that someone smokes in a car when they are in it too.

ILLEGAL DRUGS

- ❑ 29% (35%) of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.
- ❑ 20% (18%) of pupils responded that they have been offered cannabis.
- ❑ 13% (11%) of pupils responded that they have taken at least one of the drugs listed.
- ❑ 7% (7%) of pupils responded that they took at least one of the drugs listed in the month before the survey.
- ❑ 10% (9%) of pupils responded that they have used cannabis.

Emotional Health and Wellbeing

SELF-ESTEEM

- ❑ 36% (35%) of pupils appeared in the lower half of the self-esteem scale.
- ❑ 27% (28%) of pupils appeared in the highest bracket of the self-esteem scale.
- ❑ 63% (67%) of pupils responded that they feel happy talking to other pupils.

HAPPINESS

- ❑ 40% (43%) of pupils responded that they are glad they are who they are (responses 1 – 3).
- ❑ 47% (42%) of pupils responded that they aren't glad they are who they are (responses 5 – 7).
- ❑ 41% (44%) of pupils responded that they generally feel happy (responses 1 – 3).
- ❑ 43% (41%) of pupils responded that they don't generally feel happy (responses 5 – 7).

CONTROLLING RELATIONSHIPS

- ❑ 9% (9%) of pupils responded that their boyfriend/girlfriend has threatened to spread rumours about them, either with their current partner or in the past; 7% (9%) said their boyfriend/girlfriend/significant other has used hurtful or threatening language towards them.
- ❑ 29% (29%) of pupils responded that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend/significant other.

SEX INFORMATION

- ❑ 69% (71%) of Year 8 pupils and 75% (81%) of Year 10 pupils responded that their RSE lessons have helped them understand consent 'quite a lot' or 'a lot'.
- ❑ 11% (9%) of Year 8 pupils and 8% (6%) of Year 10 pupils responded that their RSE lessons have NOT helped

them understand healthy/unhealthy relationships 'at all'.

CONTRACEPTION AND LOCAL SERVICES

- ❑ 57% (56%) of pupils responded that they know where they can get condoms free of charge.

SEXUAL ORIENTATION

- ❑ 81% (84%) of Year 10+ pupils responded that they are straight/heterosexual.
- ❑ 2% (3%) of Year 10+ pupils responded that they are gay/lesbian and 9% (7%) said they are bisexual.

Safe and Nurtured

BULLYING

- ❑ 20% (18%) of pupils responded that they were pushed or hit in the month before the survey and 6% (5%) said they were threatened (not for money).
- ❑ 23% (22%) of pupils responded that they experienced bullying behaviour outside at school during breaktimes in the month before the survey.
- ❑ 28% (26%) of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.
- ❑ 5% (5%) of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- ❑ 29% (30%) of pupils responded that they think their school takes bullying seriously, while 36% (35%) think it doesn't take bullying seriously.

INTERNET SAFETY

- ❑ 94% (92%) of pupils responded that they use social media/video/gaming sites to connect to other people ('use social media sites where they chat online' in 2019).
- ❑ 44% (42%) of pupils said they use social media/video/gaming sites and hide some of the things they do or say on the internet from their parents/carers.
- ❑ 25% (18%) of boys and 51% (31%) of girls said that someone they didn't know has asked to see pictures of them.
- ❑ 87% (87%) of pupils responded that they would know what to do if something happened online to upset them.
- ❑ 25% (24%) of pupils responded that they have told their parents/carers about something upsetting online, while 5% (4%) told or contacted adults at school and 45% (46%) said nothing upsetting has happened.

SCREEN TIME

- ❑ 5% (9%) of pupils responded that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.
- ❑ 67% (58%) of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 29% (22%) said they did so for 'five hours or more'.
- ❑ 77% (71%) of pupils responded that the amount of time they spent looking at a device screen is a usual

amount for them on a week day, while 12% (14%) said it was less than usual.

- ❑ 9% (11%) of pupils responded that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.
- ❑ 68% (57%) of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey; 30% (24%) said they did so for 'five hours or more'.
- ❑ 72% (68%) of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them at a weekend, while 19% (18%) said it was less than usual.

Reaching Potential

SCHOOL LESSONS

- ❑ 31% (35%) of pupils responded that they enjoy 'most' or 'all' lessons at school.
- ❑ 22% (18%) of pupils responded that they enjoy 'hardly any' lessons at school.
- ❑ 16% (12%) of pupils responded that they are 'not at all' proud to be a member of their school/college, while 32% (26%) said they are 'not very proud'.
- ❑ 52% (62%) of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

EVERY CHILD MATTERS

- ❑ 9% (7%) of pupils had a low pupil perception score.
- ❑ 37% (40%) of pupils had a high pupil perception score.
- ❑ 32% (38%) of pupils agreed that the school/college cares whether they are happy or not.
- ❑ 52% (51%) of pupils agreed that people of different backgrounds are valued in their school/college.
- ❑ 27% (19%) of pupils disagreed that the school/college cares whether they are happy or not.
- ❑ 16% (15%) of pupils disagreed that people of different backgrounds are valued in their school/college.

SCHOOL LESSONS

- ❑ 44% (43%) of pupils responded that they have found school/college lessons about Personal, Social and Health Education 'quite' or 'very' useful; 25% (35%) said the same of lessons about citizenship.
- ❑ 30% (25%) of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful; 45% (34%) said the same of lessons about citizenship.

PE LESSONS

- ❑ 13% (14%) of pupils responded that they 'do not enjoy' PE lessons.
- ❑ 74% (75%) of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

EXTRA-CURRICULAR ACTIVITIES

- ❑ 39% (36%) of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% (20%) said they do so once a week.
- ❑ 26% (27%) of pupils responded that they attend an extra-curricular club at least 'three times' a week.

- ❑ 6% (8%) of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.
- ❑ 38% (42%) of pupils responded that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

- ❑ 59% (58%) of boys and 41% (55%) of girls agreed that, on the whole, they like their teachers.

LEISURE TIME

- ❑ 66% (65%) of pupils responded that they went to parks or open spaces in the 4 weeks before the survey, while 56% (54%) said they went to or took part in a sports club or class (not school lessons or just watching).

Significant differences between 2022 and 2019 data

Below we have listed some statistically significant differences between the data collected in the 2022 survey and that collected in 2019.

	2022		2019	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	187	251	195	179
Girls	143	205	273	209

Sig	2022	2019	Question
***	37%	26%	of pupils said that someone they didn't know has asked to see pictures of them.
***	14%	7%	of pupils responded that they have drunk more alcohol than they intended at least 'once or twice a month' in the last year.
***	68%	57%	of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey.
***	30%	20%	of pupils responded that they bought their lunch at school on the day before the survey.
***	22%	14%	responded that they had an alcoholic drink in the 7 days before the survey.
***	10%	5%	of pupils responded that they got drunk on at least one day in the 7 days before the survey.
***	52%	62%	of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.
***	8%	4%	of pupils said their gender is different to the sex they were assigned at birth.
***	13%	8%	of pupils responded that they drank alcohol at home in the 7 days before the survey.
***	27%	19%	of pupils disagreed that the school/college cares whether they are happy or not.
***	67%	58%	of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey.
***	11%	6%	of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.
***	3%	1%	of pupils responded that they drank at least 15 units of alcohol in the 7 days before the survey.
***	2%	4%	of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.
***	6%	10%	of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food.
**	38%	44%	of pupils responded that they would like to do more team sport.
*	29%	35%	of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.
*	70%	65%	of pupils responded that they 'rarely or never' drink coffee.
*	25%	30%	of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.
*	22%	18%	of pupils responded that they have tried smoking in the past or smoke now.
*	1%	3%	of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.
*	79%	83%	of pupils responded that they own their own bicycle.
*	30%	25%	of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful.
*	50%	56%	of pupils agreed that, on the whole, they like their teachers.
*	63%	67%	of pupils responded that they feel happy talking to other pupils.

Tests: Chi-squared (χ^2).

KEY: * = $p < 0.05$ (5%) ** = $p < 0.01$ (1%) *** = $p < 0.001$ (0.1%).

Included and Respected

Gender identity

8% of pupils said their gender is different to the sex they were assigned at birth.

Q2b. Percentage responding that their gender is different to the sex they were assigned at birth.

	Guernsey	
	Yr 8	Yr 10
Boys	5	7
Girls	9	8

Religion

12% of pupils said they or their family have a religion, faith or belief which is important to them, while 12% said they 'don't know' if they do and 3% didn't want to say.

Q5. Percentage responding that they or their family have a religion, faith or belief which is important to them.

	Guernsey	
	Yr 8	Yr 10
Boys	14	10
Girls	10	14

Q6. Percentage of pupils responding that the following described their faith or belief (top 5):

Boys			Girls		
1	Christian	10	1	Christian	10
2	Muslim	1	2	Other	1
3	Hindu	0	3	Hindu	1
4	None	0	4	Buddhist	1
5	Buddhist	0	5	None	0

Special needs

21% of pupils responded that they have a special need, medical condition, disability or additional need, while 15% said they 'don't know' if they do.

Q7a. Percentage responding that they have a special need, medical condition, disability or additional need.

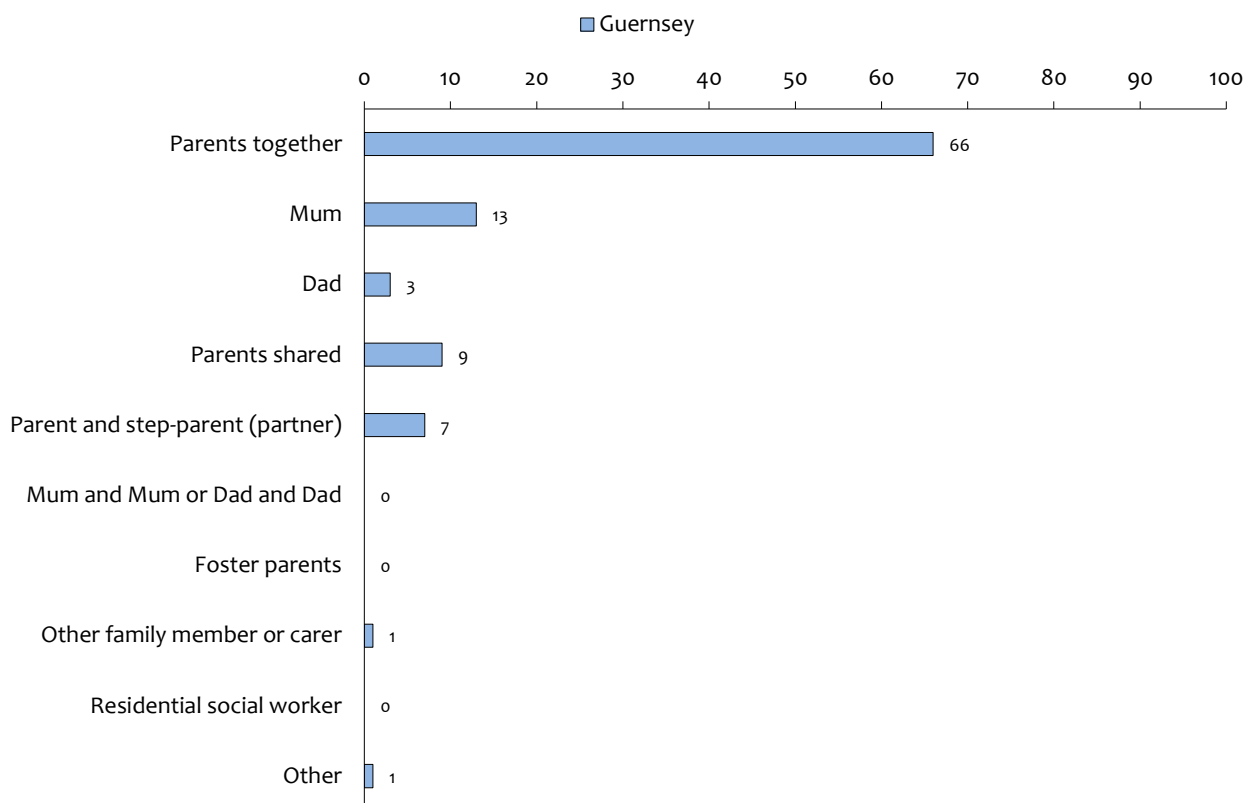
	Guernsey	
	Yr 8	Yr 10
Boys	26	21
Girls	17	17

Q7b. Percentage of pupils responding that they have the following special need, medical condition or disabilities (top 5):

Boys			Girls		
1	Dyslexia, Dyspraxia or Dyscalculia	7	1	Mental health disorder	5
2	ADHD (Attention Deficit Hyperactivity Disorder)	5	2	Dyslexia, Dyspraxia or Dyscalculia	4
3	Learning disability or difficulty	4	3	Learning disability or difficulty	4
4	Autism/Asperger's	3	4	Long-term illness	4
5	Long-term illness	3	5	ADHD (Attention Deficit Hyperactivity Disorder)	3

Family

Q8. Which adults do you live with or who do you live with most of the week?



66% of pupils responded that they live with their parents together.

Q8. Percentage answering that they live with their parents together.

	Guernsey	
	Yr 8	Yr 10
Boys	66	71
Girls	64	61

13% of pupils responded that they live with their Mum, while 3% said they live with their Dad.

Q8. Percentage answering that they live with their Mum.

	Guernsey	
	Yr 8	Yr 10
Boys	13	11
Girls	11	17

5% of pupils responded that they would describe themselves as 'in care' with children's social care services, while 6% said they 'don't know' if they would.

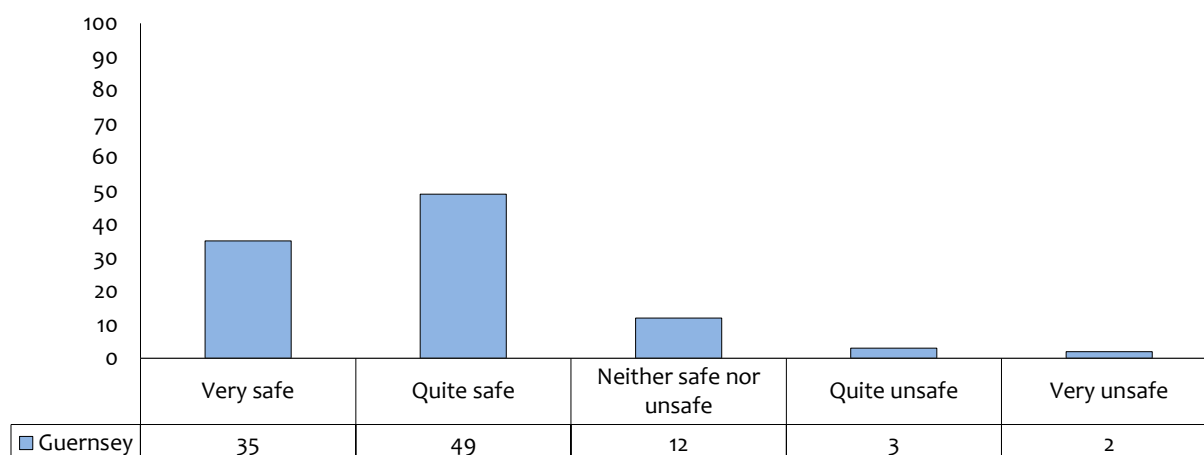
Q9. Percentage answering that they would describe themselves as 'in care' with children's social care services.

	Guernsey	
	Yr 8	Yr 10
Boys	8	3
Girls	6	3

Healthy and Active

Travel to school

Q10a. How safe is it for you to walk or cycle to school?
My parents/carers think it is...

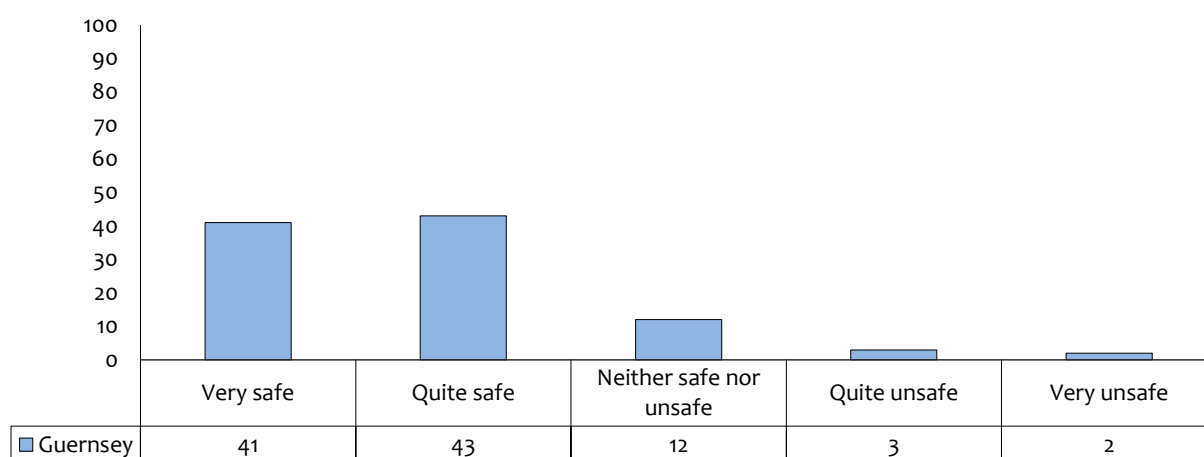


83% of pupils said their parents/carers think it is 'quite' or 'very' safe for them to walk to cycle to school, while 5% said they think it is 'quite' or 'very' unsafe.

Q10a. Percentage answering that their parents/carers think it is 'quite' or 'very' safe for them to walk or cycle to school.

	Guernsey	
	Yr 8	Yr 10
Boys	80	91
Girls	77	82

Q10b. How safe is it for you to walk or cycle to school?
I think it is...

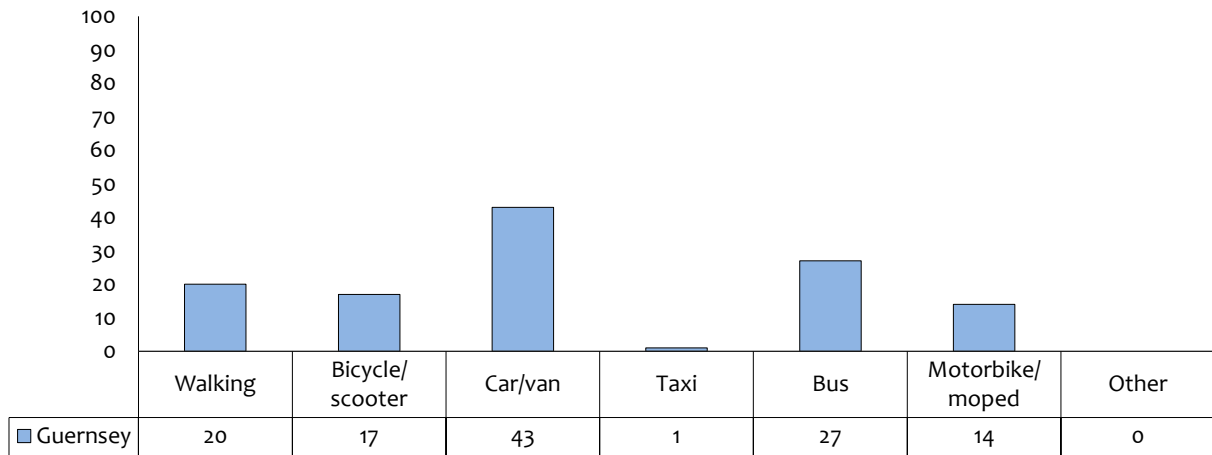


83% of pupils said they think it is 'quite' or 'very' safe for them to walk to cycle to school, while 5% said they think it is 'quite' or 'very' unsafe.

Q10b. Percentage answering that they think it is 'quite' or 'very' safe for them to walk or cycle to school.

	Guernsey	
	Yr 8	Yr 10
Boys	82	90
Girls	79	83

Q11. How do you usually get to school?



20% of pupils responded that they usually walk to school.

Q11. Percentage answering that they usually walk to school.

	Guernsey	
	Yr 8	Yr 10
Boys	22	17
Girls	25	18

17% of pupils responded that they usually get to school by bicycle/scooter.

Q11. Percentage answering that they usually get to school by bicycle/scooter.

	Guernsey	
	Yr 8	Yr 10
Boys	27	26
Girls	9	3

43% of pupils responded that they usually get to school by car/van.

Q11. Percentage answering that they usually get to school by car/van.

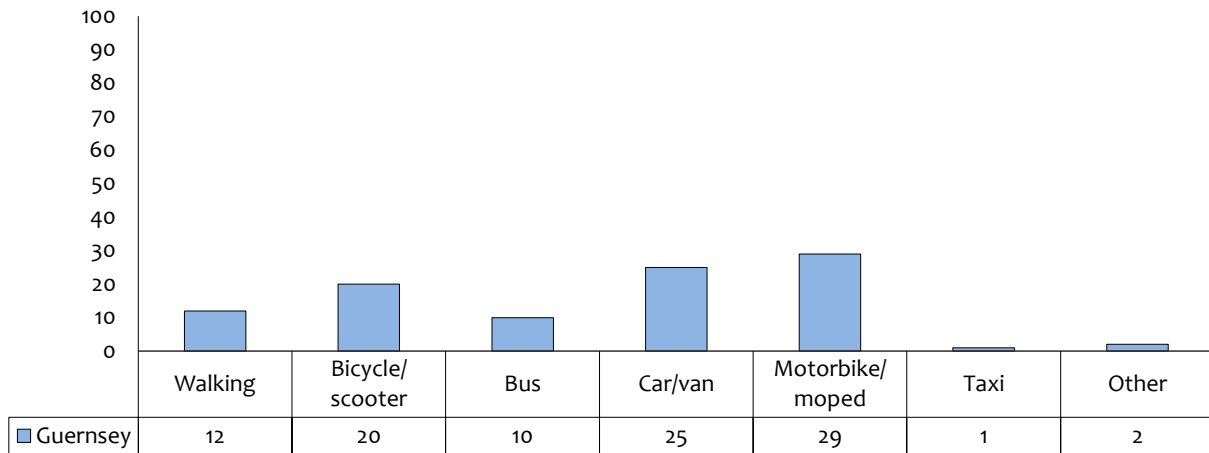
	Guernsey	
	Yr 8	Yr 10
Boys	42	35
Girls	52	49

79% of pupils responded that they own their own bicycle.

Q12. Percentage answering that they own their own bicycle.

	Guernsey	
	Yr 8	Yr 10
Boys	84	83
Girls	75	73

Q13. If you could choose, how would you like to travel to school?



12% of pupils responded that, if they could choose, they would like to walk to school.

Q13. Percentage answering that, if they could choose, they would like to walk to school.

	Guernsey	
	Yr 8	Yr 10
Boys	10	12
Girls	16	11

20% of pupils responded that, if they could choose, they would like to travel to school by bicycle/scooter.

Q13. Percentage answering that, if they could choose, they would like to travel to school by bicycle/scooter.

	Guernsey	
	Yr 8	Yr 10
Boys	33	23
Girls	15	9

25% of pupils responded that, if they could choose, they would like to travel to school by car/van.

Q13. Percentage answering that, if they could choose, they would like to travel to school by car/van.

	Guernsey	
	Yr 8	Yr 10
Boys	21	22
Girls	31	33

Breakfast

27% of pupils responded that they didn't have any breakfast before lessons on the day of the survey.

Q14a. Percentage answering that they didn't have any breakfast before lessons on the day of the survey.

Guernsey		
	Yr 8	Yr 10
Boys	17	25
Girls	28	38

Q14a. Percentage of pupils responding that they ate breakfast at the following places on the day of the survey:

Boys			Girls		
1	At home	70	1	At home	58
2	At school	11	2	At school	8
3	On the way to school	3	3	On the way to school	4
4	Somewhere else	0	4	Somewhere else	1

Q14b. Percentage of pupils responding that they didn't have anything to eat or drink before lessons for the following reasons:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Not hungry	12	18	12	17	15
Prefer to wait until break time for food	3	4	6	5	4
Running late	2	5	5	7	5
Not enough food at home	1	0	0	1	0
Didn't have any food that they like at home	1	1	1	3	1
Other reason	1	7	3	7	5

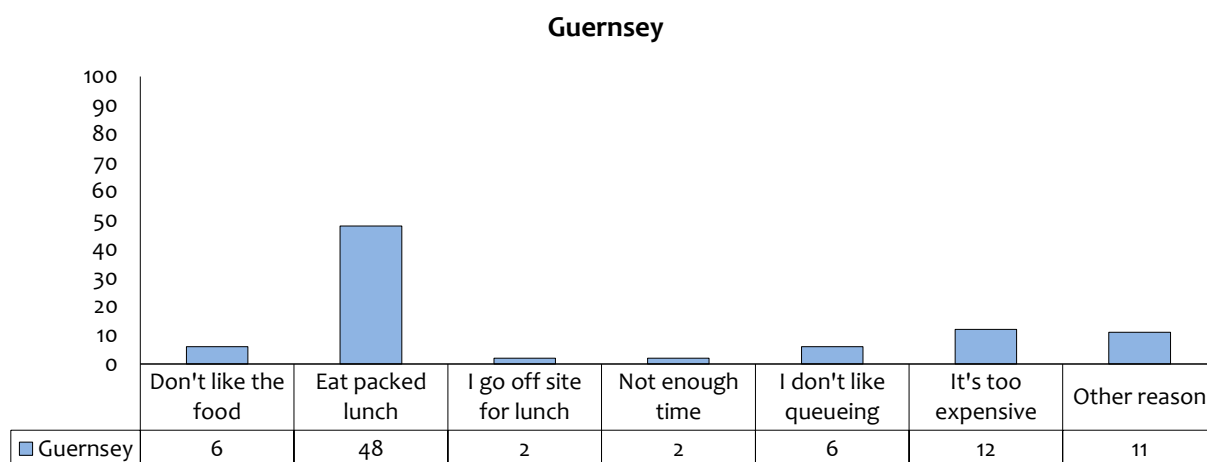
Lunch

30% of pupils responded that they bought their lunch at school on the day before the survey.

Q15a. Percentage answering that they bought lunch at school on the day before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	34	35
Girls	22	25

Q15b. If not, why was this?



6% of pupils responded that they didn't buy their lunch at school on the day before the survey because they don't like the food, while 48% said they had a packed lunch.

Q15b. Percentage answering that they didn't buy their lunch at school on the day before the survey because they don't like the food.

	Guernsey	
	Yr 8	Yr 10
Boys	4	4
Girls	7	9

2% of pupils responded that they didn't buy their lunch at school on the day before the survey because there wasn't enough time and 12% said it's too expensive.

Q15b. Percentage answering that they didn't buy their lunch at school on the day before the survey because there wasn't enough time.

	Guernsey	
	Yr 8	Yr 10
Boys	2	0
Girls	1	3

Drinks

85% of pupils responded that they drink plain water 'on most days'; 15% said they drink fruit juice or smoothies.

Q17. Percentage of pupils responding that they drink the following 'on most days':

Boys			Girls		
1	Plain water	85	1	Plain water	87
2	Plain milk	38	2	Tea	23
3	Squash	19	3	Plain milk	19
4	Tea	17	4	Squash	13
5	Fruit juice or smoothie	16	5	Coffee	13
6	Low-calorie/sugar-free squash	13	6	Fruit juice or smoothie	12
7	Fizzy drinks	11	7	Low-calorie/sugar-free squash	10
8	Coffee	9	8	Sports drinks	10
9	Sports drinks	7	9	Fizzy drinks	5
10	Low-calorie/sugar-free fizzy drinks	7	10	Low-calorie/sugar-free fizzy drinks	5

70% of pupils responded that they 'rarely or never' drink coffee.

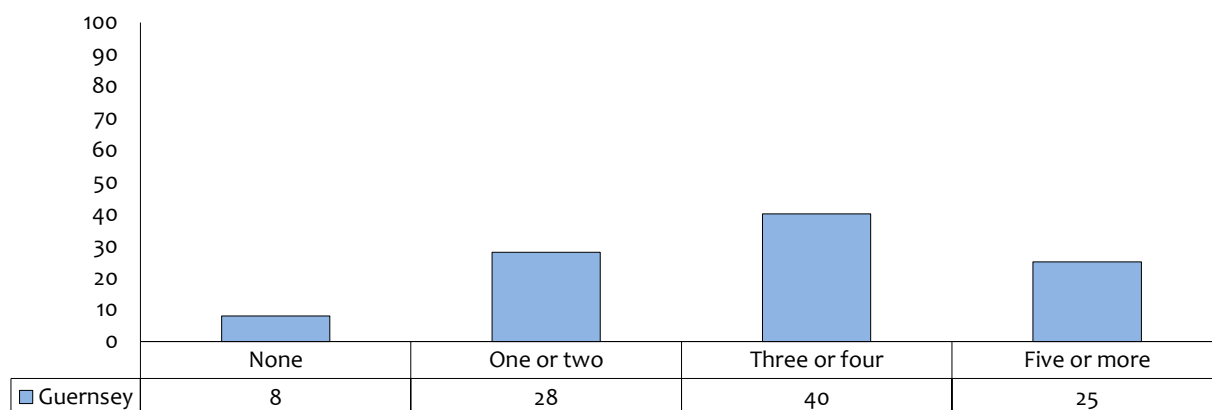
Q17. Percentage of pupils responding that they 'rarely or never' drink the following:

Boys			Girls		
1	Energy drinks	78	1	Energy drinks	77
2	Coffee	73	2	Coffee	68
3	Low-calorie/sugar-free squash	57	3	Low-calorie/sugar-free squash	61
4	Hot chocolate	56	4	Hot chocolate	59
5	Tea	55	5	Plain milk	56
6	Milkshakes/flavoured milk	51	6	Milkshakes/flavoured milk	56
7	Squash	43	7	Sports drinks	53
8	Low-calorie/sugar-free fizzy drinks	43	8	Squash	49
9	Sports drinks	41	9	Tea	47
10	Plain milk	32	10	Low-calorie/sugar-free fizzy drinks	47

5-a-day

Q18. How many portions of fruit and vegetables did you eat yesterday?

Guernsey



8% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q18. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

Guernsey

	Yr 8	Yr 10
Boys	11	6
Girls	7	6

25% of pupils responded that they ate at least 5 portions of fruit and vegetables on the day before the survey.

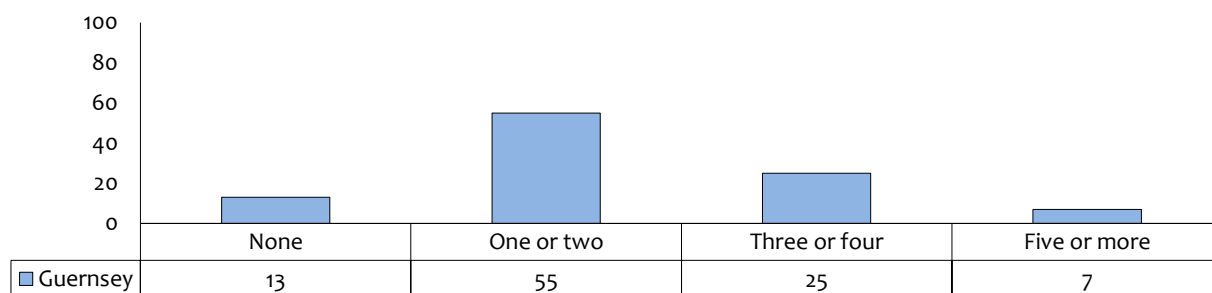
Q18. Percentage answering that they ate at least 5 portions of fruit and vegetables on the day before the survey.

Guernsey

	Yr 8	Yr 10
Boys	27	22
Girls	23	27

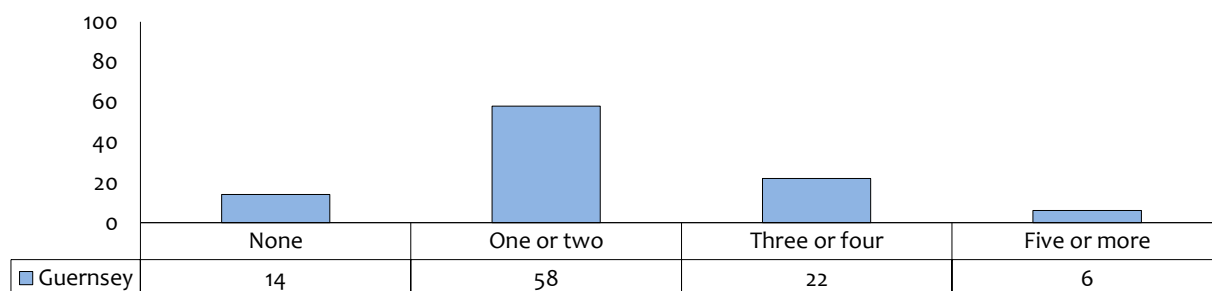
Q19. How many portions were fruit?

Guernsey



Q20. How many portions were vegetables?

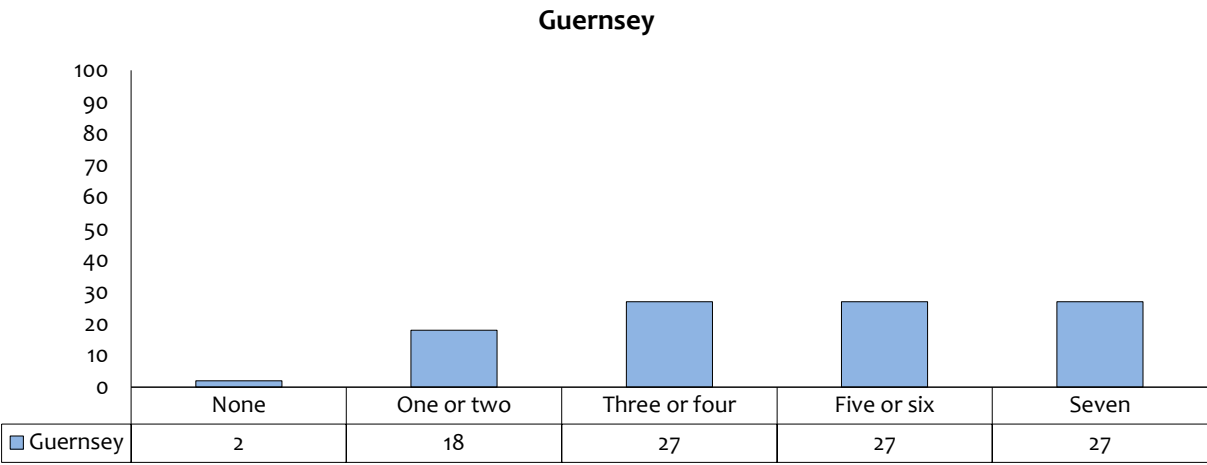
Guernsey



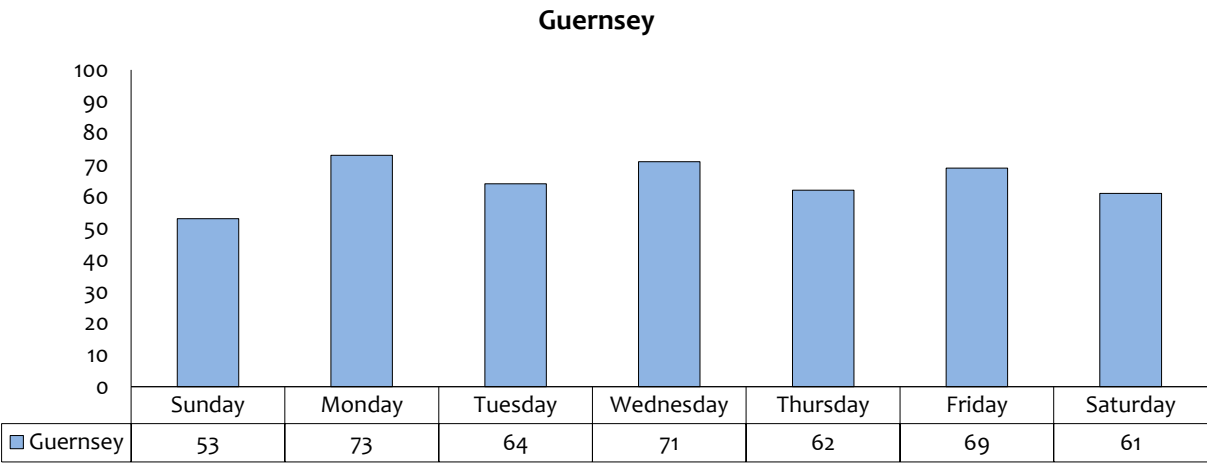
Physical activity

1% of boys and 2% of girls responded that they didn't do any physical activity in the week before the survey, while 60% of boys and 47% of girls said they did so on five days or more.

Q21. On how many days did you do any physical activity in the last 7 days?

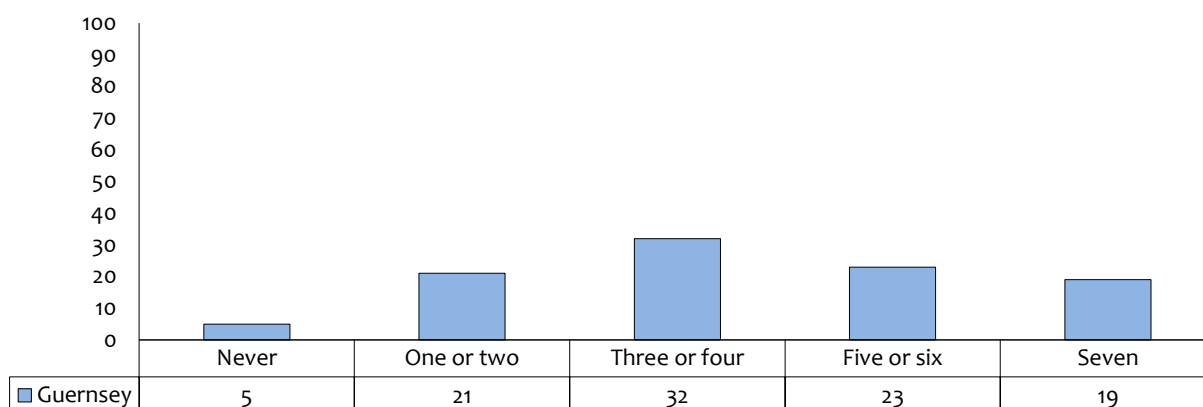


Q21. On how many days did you do any physical activity in the last 7 days?



Q22. Over the past 7 days, how many days were you physically active for a total of at least 60 minutes per day?

Guernsey



4% of boys and 5% of girls responded that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.

Q22. Percentage answering that they didn't do at least 60 minutes of physical activity on any day in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	5	3
Girls	6	5

68% of boys and 51% of girls responded that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.

Q22. Percentage answering that they did at least 60 minutes of physical activity on 4 or more days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	67	68
Girls	58	46

52% of boys and 33% of girls responded that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.

Q22. Percentage answering that they did at least 60 minutes of physical activity on 5 or more days in the week before the survey.

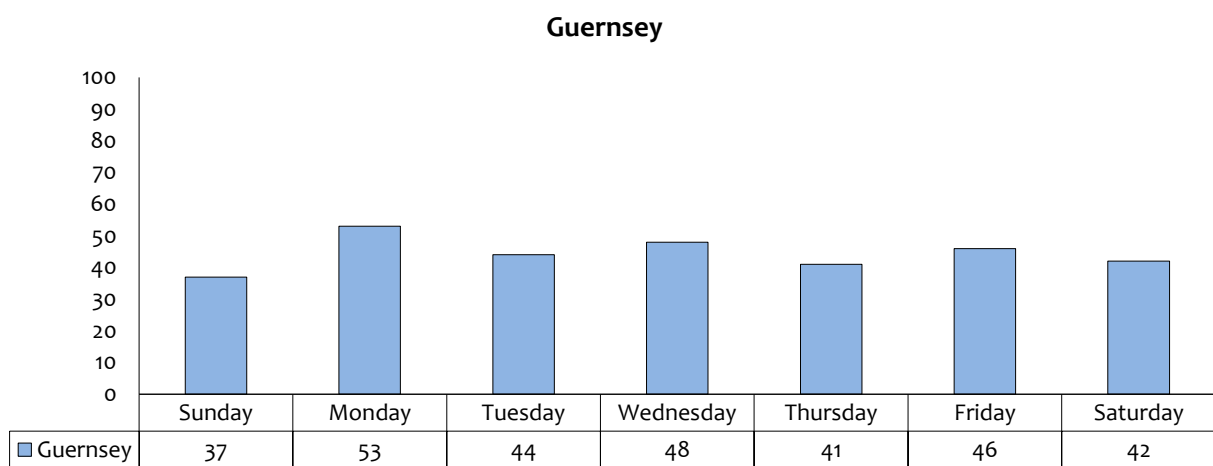
	Guernsey	
	Yr 8	Yr 10
Boys	49	54
Girls	42	26

25% of boys and 12% of girls responded that they did at least 60 minutes of physical activity every day in the week before the survey.

Q22. Percentage answering that they did at least 60 minutes of physical activity every day in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	25	25
Girls	15	10

Q23. Over the past 7 days, on which days were you physically active doing activity that strengthens muscles and bones (e.g. jumping, running, skipping, trampolining, dance and sports like netball and basketball etc.)?



Q23. Over the past 7 days, on [how many] days were you physically active doing activity that strengthens muscles and bones (e.g. jumping, running, skipping, trampolining, dance and sports like netball and basketball etc.)?



12% of pupils responded that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

Q23. Percentage answering that they didn't do any physical activity that strengthens muscles and bones in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	8	10
Girls	13	18

54% of pupils responded that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.

Q23. Percentage answering that they did physical activity that strengthens muscles and bones on at least 3 days in the week before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	60	61
Girls	54	46

49% of pupils responded that they exercise as much as they like – nothing stops them. However, 21% of pupils responded that they don't have enough time to be as physically active as they would like, while 22% said they are shy in front of other people.

Q24. Percentage of pupils responding that the following stop them from exercising as much as they would like (top 10):

Boys			Girls		
1	I prefer to sit and watch tv or be on a device such as my phone	17	1	I'm not comfortable about how I look	31
2	I don't have enough time	16	2	I am shy in front of other people	30
3	I am shy in front of other people	13	3	I don't have enough time	28
4	I don't know what to do	11	4	I don't like to do activity when I have my period	23
5	There is nothing I want to do around here	9	5	I prefer to sit and watch tv or be on a device such as my phone	21
6	I'm not comfortable about how I look	8	6	There is nothing I want to do around here	17
7	I know what I want to do but don't know where to go	8	7	I don't know what to do	15
8	It costs a lot to get there or to take part	7	8	I don't like the people who go there	15
9	Transport to get there is a problem	6	9	It costs a lot to get there or to take part	12
10	Places to be active are too far away	4	10	I know what I want to do but don't know where to go	11

Leisure activities

51% of pupils said they play team sport at least once a week and 53% said they play individual sport.

Q25. Percentage of pupils responding that they do the following activities at least once a week:

Boys			Girls		
1	Team sport	60	1	Individual sport	51
2	Individual sport	57	2	Team sport	42
3	Activity equipment (e.g. fitness trails in the parks, climbing frames)	24	3	Arts or performance activity	21
4	Youth group or club	15	4	Don't do any of these	17
5	Don't do any of these	11	5	Activity equipment (e.g. fitness trails in the parks, climbing frames)	16
6	Use the skate park	10	6	Youth group or club	13
7	Live music (taking part in)	8	7	Live music (taking part in)	11
8	Arts or performance activity	7	8	Community activity or volunteering	10
9	Community activity or volunteering	7	9	Use the skate park	4

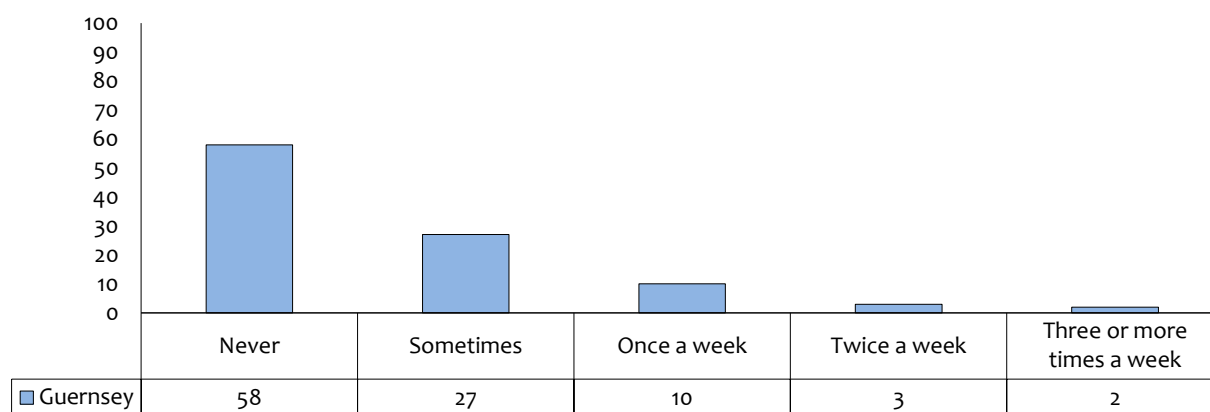
38% of pupils responded that they would like to do more team sport, while 10% said they would like to do more arts or performance activities.

Q26. Percentage of pupils responding that they would like to do more of the following:

Boys			Girls		
1	Team sport	40	1	Team sport	38
2	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	33	2	Don't want any more opportunities like these	27
3	Individual sport	30	3	Individual sport	26
4	Don't want any more opportunities like these	24	4	Sports equipment (e.g. basketball hoops, painted marking for goals etc.)	20
5	Activity equipment (e.g. fitness trails in the parks, climbing frames)	18	5	Activity equipment (e.g. fitness trails in the parks, climbing frames)	20
6	Arts or performance activity	7	6	Arts or performance activity	12
7	Live music (taking part in)	6	7	Live music (taking part in)	9
8	Youth group or club	5	8	Community activity or volunteering	8
9	Community activity or volunteering	4	9	Youth group or club	6
10	Other	3	10	Other	3

Q27. Do you take part in any volunteering or leadership work in school/college?

Guernsey



58% of pupils responded that they 'never' take part in any volunteering or leadership work in school/college, while 27% said they 'sometimes' do.

Q27. Percentage answering that they 'never' take part in any volunteering or leadership work in school/college.

Guernsey

	Yr 8	Yr 10
Boys	61	59
Girls	60	51

15% of pupils responded that they take part in volunteering or leadership work in school/college at least 'once a week'; 2% said they do so 'three or more times a week'.

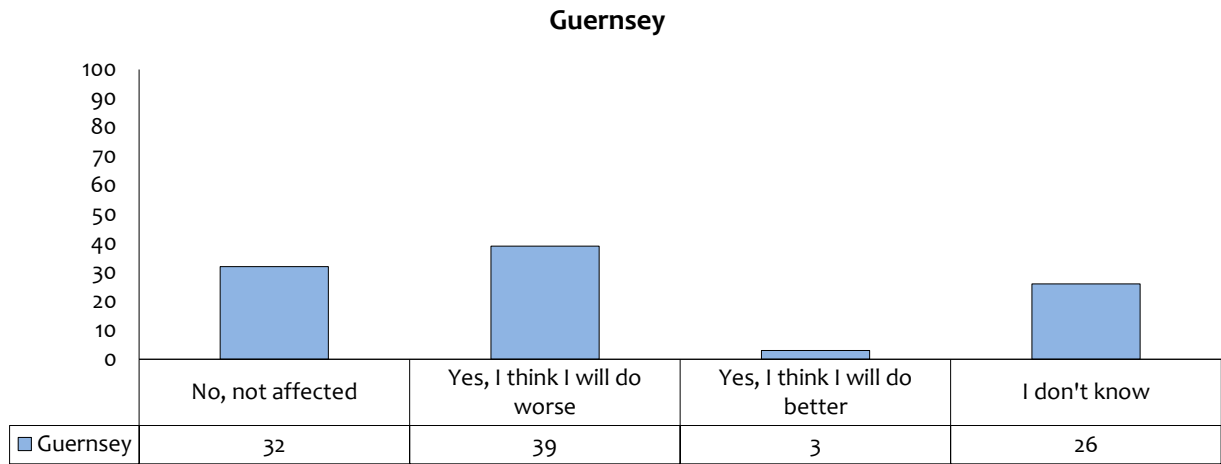
Q27. Percentage answering that they take part in any volunteering or leadership work in school/college at least 'once a week'.

Guernsey

	Yr 8	Yr 10
Boys	12	16
Girls	11	19

COVID-19

Q28. Do you feel the time missed at school because of the COVID-19 (coronavirus) lockdown will affect how well you do in your exams?



32% of pupils said they don't feel how well they do in exams will be affected by the time missed at school because of COVID-19, while 3% feel they will do better.

39% of pupils said they feel they will do worse in their exams because of the time missed at school due to COVID-19.

Q28. Percentage answering that they don't feel how well they do in exams will be affected by the time missed at school because of COVID-19.

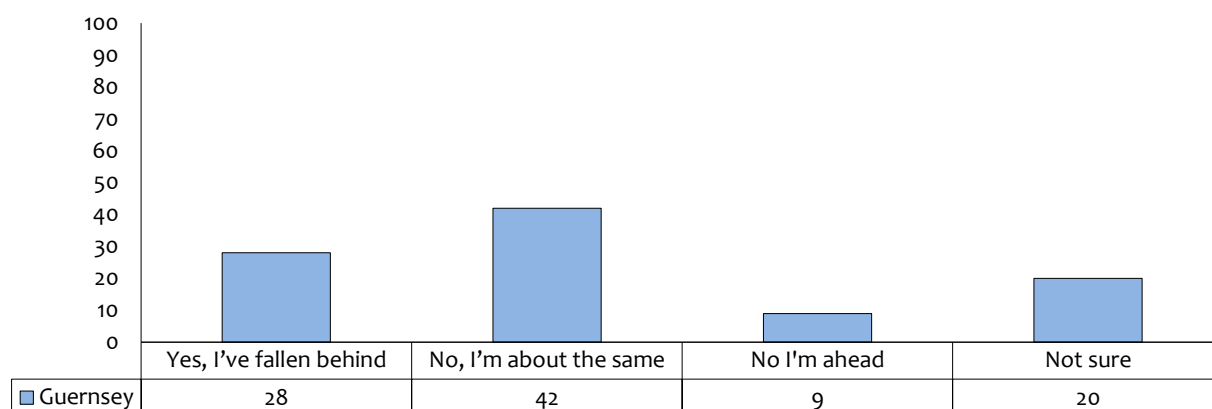
	Guernsey	
	Yr 8	Yr 10
Boys	52	30
Girls	33	15

Q28. Percentage answering that they feel they will do worse in exams because of the time missed at school due to COVID-19.

	Guernsey	
	Yr 8	Yr 10
Boys	21	42
Girls	30	58

Q29a. Since the COVID-19 pandemic have you fallen behind at school?

Guernsey



28% of pupils said they have fallen behind at school since the COVID-19 pandemic, while 9% said they are ahead.

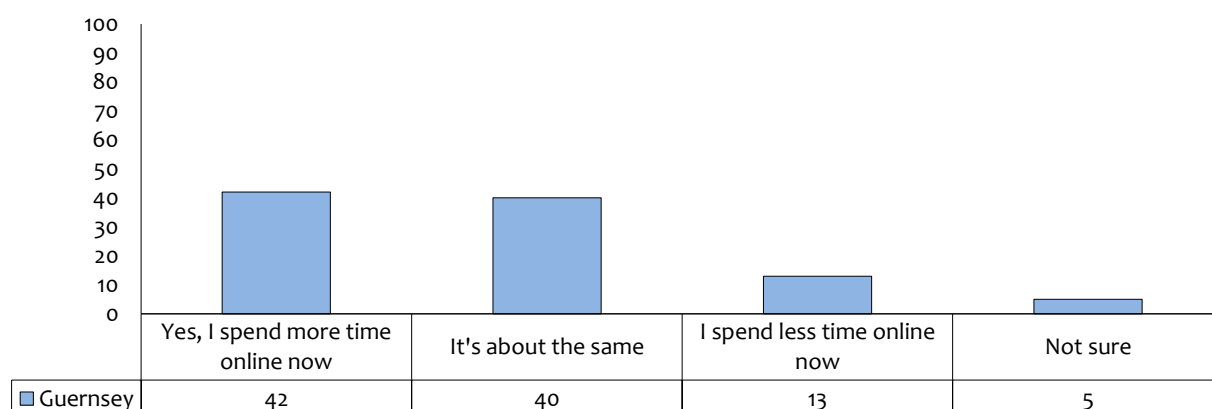
Q29a. Percentage answering that they have fallen behind at school since the COVID-19 pandemic.

Guernsey

	Yr 8	Yr 10
Boys	16	27
Girls	21	43

Q29b. Since the COVID-19 pandemic do you spend more time online now?

Guernsey



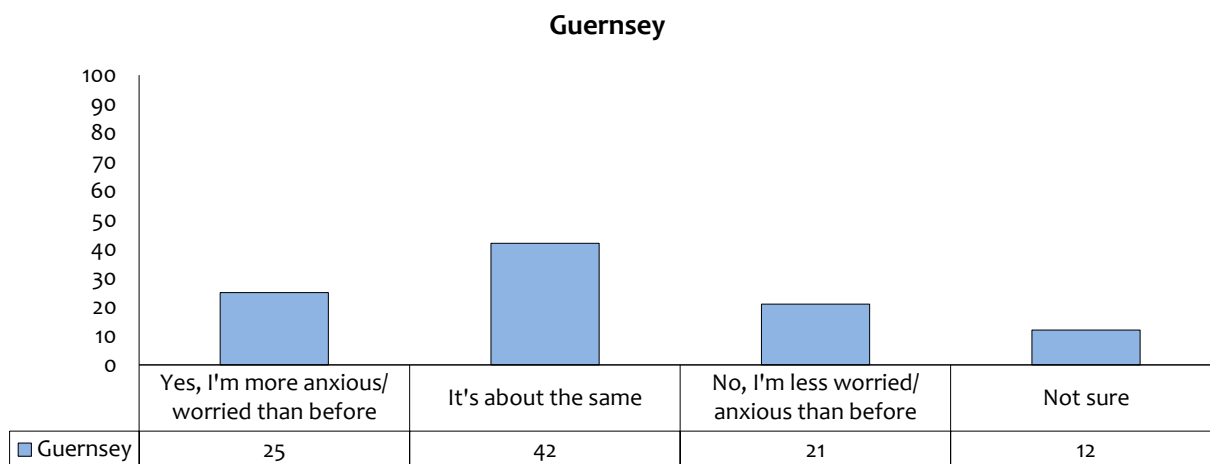
42% of pupils said they spend more time online since the COVID-19 pandemic, while 13% said they spend less time online now.

Q29b. Percentage answering that they spend more time online since the COVID-19 pandemic.

Guernsey

	Yr 8	Yr 10
Boys	38	37
Girls	47	50

Q29c. Have you become more anxious/worried since COVID-19?

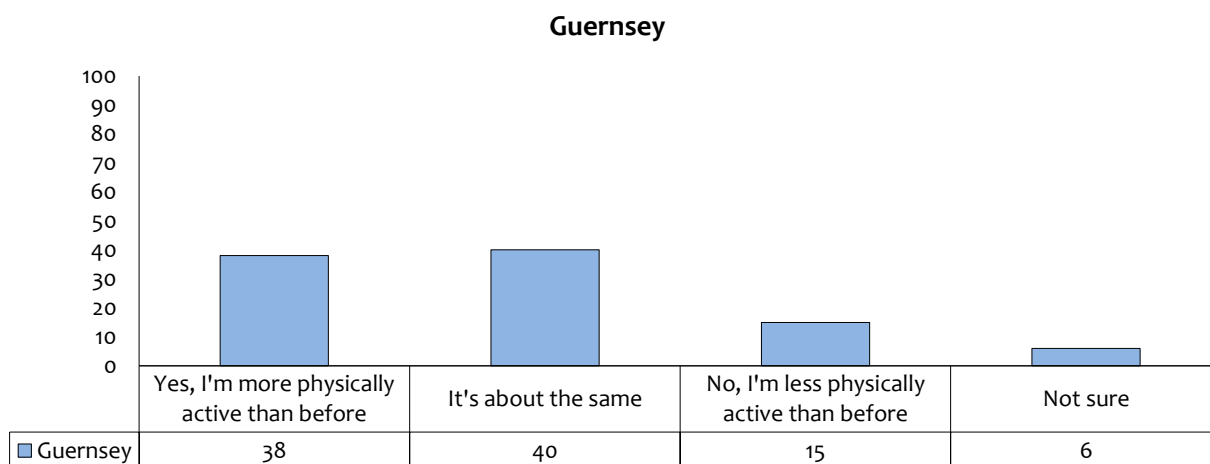


25% of pupils said they have become more anxious/worried since the COVID-19 pandemic, while 21% said they are less worried/anxious than before.

Q29c. Percentage answering that they have become more anxious/worried since the COVID-19 pandemic.

	Guernsey	
	Yr 8	Yr 10
Boys	14	15
Girls	33	40

Q29d. Are you more physically active than before COVID-19?



38% of pupils said they are more physically active than before the COVID-19 pandemic, while 15% said they are less physically active than before.

Q29d. Percentage answering that they are more physically active than before the COVID-19 pandemic.

	Guernsey	
	Yr 8	Yr 10
Boys	45	45
Girls	28	34

Alcohol

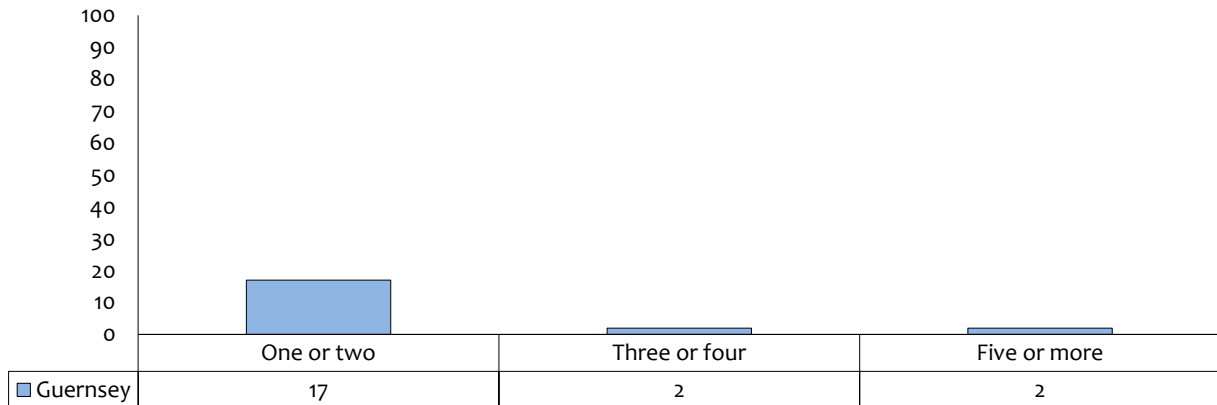
8% of Year 8 pupils and 32% of Year 10 pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q30. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	9	30
Girls	7	33

Q31a. On how many days did you drink alcohol, in the last 7 days?

Guernsey



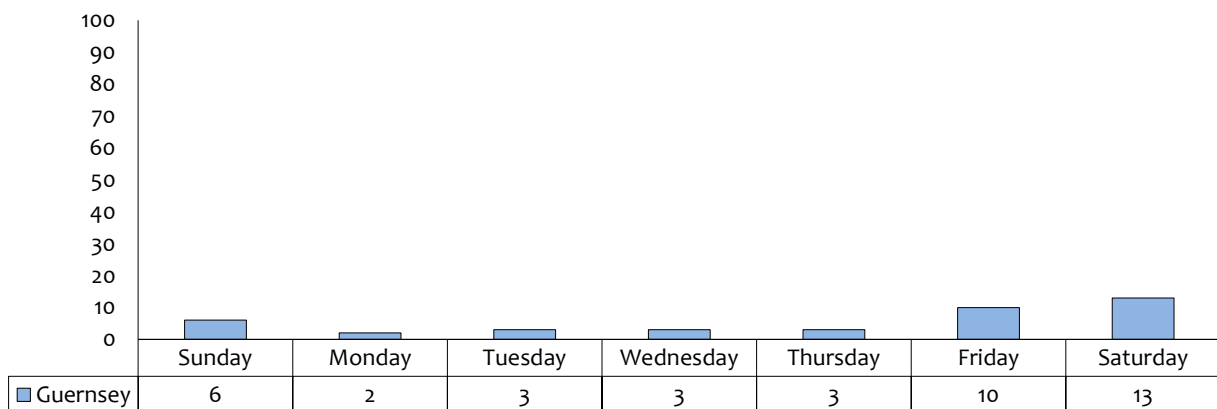
9% of pupils responded that they drank on more than one day in the 7 days before the survey; 4% said they did so on at least three days.

Q31a. Percentage answering that they drank alcohol on more than one day in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	2	11
Girls	1	17

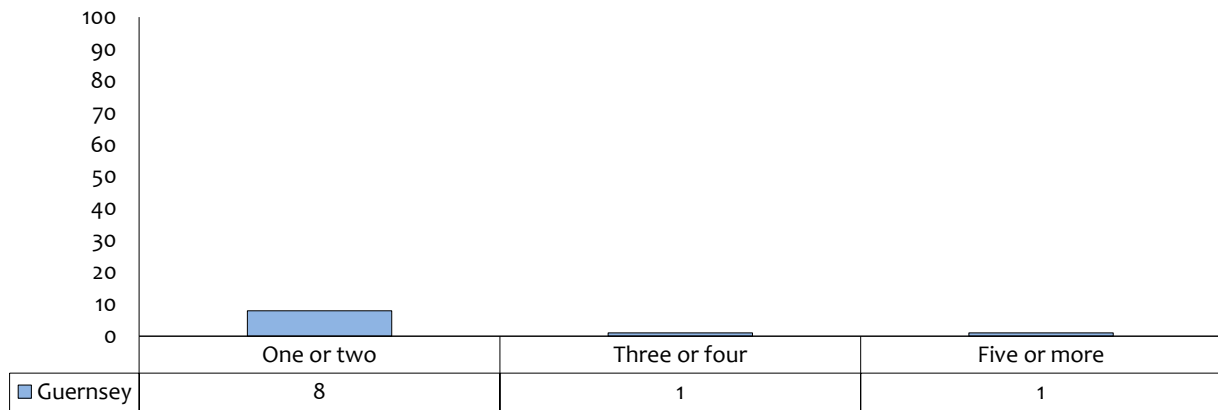
Q31a. On which days did you drink alcohol, in the last 7 days?

Guernsey



Q31b. On how many days did you get drunk, in the last 7 days?

Guernsey



10% of pupils responded that they got drunk on at least one day in the 7 days before the survey; 4% said they did so on more than one day.

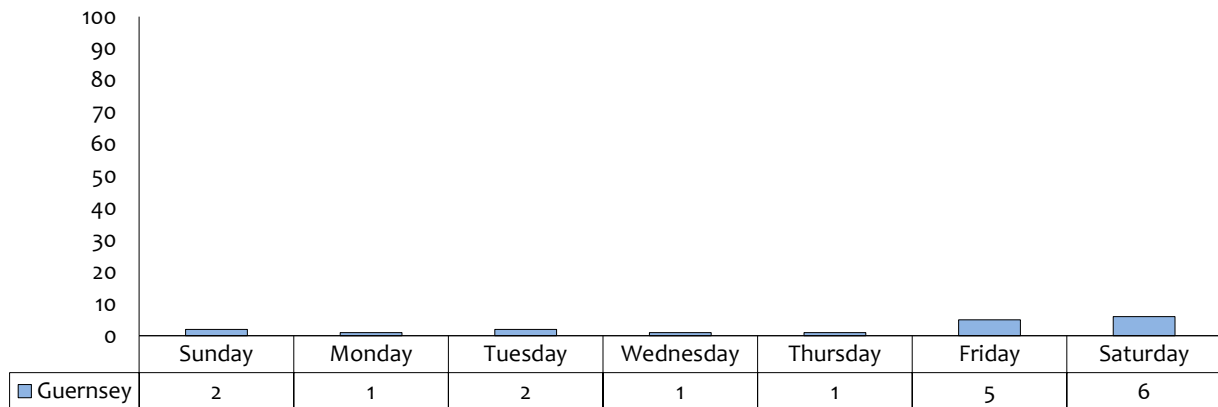
Q31b. Percentage answering that they got drunk on at least one day in the 7 days before the survey.

Guernsey

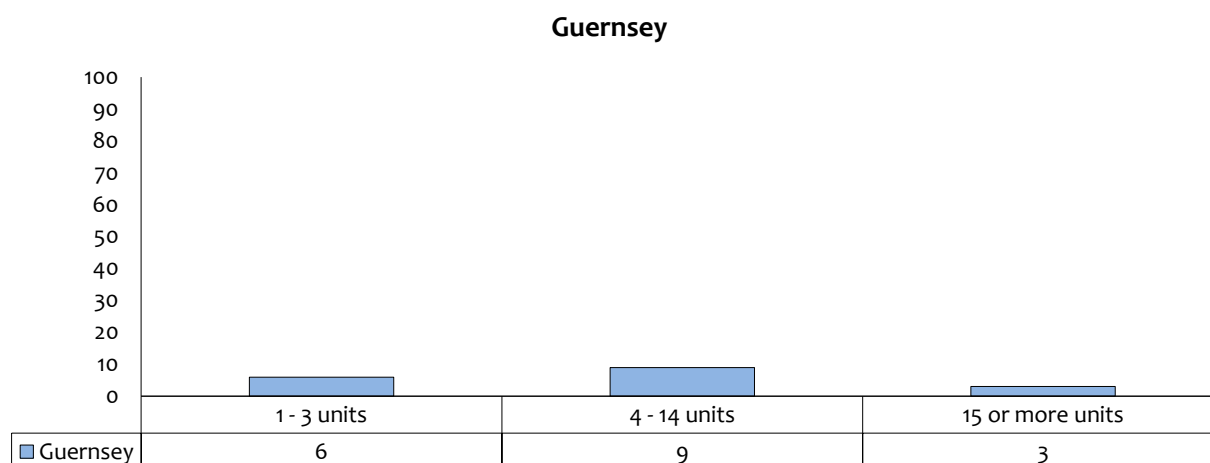
	Yr 8	Yr 10
Boys	1	11
Girls	3	22

Q31b. On which days did you get drunk, in the last 7 days?

Guernsey



Q32. Total units of alcohol pupils reported drinking in the last 7 days:



3% of pupils responded that they drank at least 15 units of alcohol in the 7 days before the survey.

Q32. Percentage answering that they drank at least 15 units of alcohol in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	0	5
Girls	0	5

4% of pupils responded that they drank pre-mixed drinks in the 7 days before the survey, while 10% said they drank spirits.

Q32. Percentage of pupils responding that they drank the following alcoholic drinks in the 7 days before the survey:

Boys			Girls		
1	Cider/fruit cider	12	1	Spirits	14
2	Beer or lager	7	2	Cider/fruit cider	12
3	Spirits	7	3	Pre-mixed drinks	7
4	Wine/champagne/prosecco	3	4	Wine/champagne/prosecco	5
5	Pre-mixed drinks	2	5	Beer or lager	3

13% of pupils responded that they drank alcohol at home in the 7 days before the survey; 6% said they drank outside in a public place.

Q33. Percentage of pupils responding that they have drunk alcohol at the following places in the 7 days before the survey:

Boys			Girls		
1	At home	14	1	At a friend's or relation's home	13
2	At a friend's or relation's home	11	2	At home	13
3	At a disco, club or party	6	3	At a disco, club or party	10
4	Outside in a public place	5	4	Outside in a public place	6
5	In a pub or bar	2	5	In a pub or bar	2

11% of pupils responded that they were given/bought alcohol by their parents/carers in the 7 days before the survey.

Q34. Percentage of pupils responding that they were given/bought alcohol by the following people in the 7 days before the survey:

Boys			Girls		
1	Parents/carers	9	1	Parents/carers	12
2	Friends	7	2	Friends	12
3	Other people	4	3	Other people	6
4	Other relatives	3	4	Brothers or sisters	5
5	Brothers or sisters	2	5	Other relatives	3

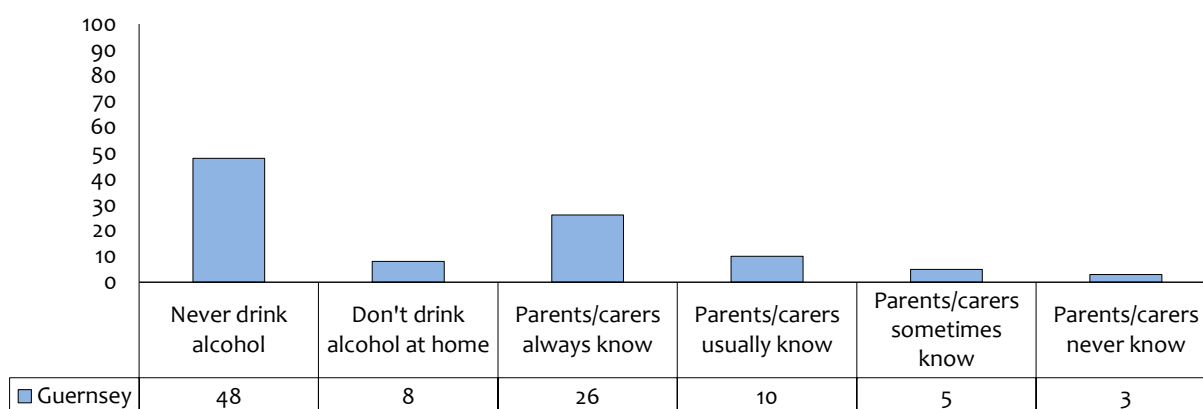
2% of pupils responded that they bought alcohol from a supermarket in the 7 days before the survey.

Q35. Percentage of pupils responding that they bought alcohol from the following places in the 7 days before the survey:

Boys			Girls		
1	Somewhere else	3	1	Somewhere else	4
2	Another shop (not supermarket)	2	2	Supermarket	3
3	Pub or bar	2	3	Another shop (not supermarket)	2
4	Disco or club	1	4	Disco or club	1
5	Supermarket	1	5	Pub or bar	1

Q36. If you ever drink alcohol at home, do your parents/carers know?

Guernsey



26% of pupils responded that they drink at home and their parents/carers 'always' know.

Of the 365 pupils who drink alcohol at home, 59% said their parents 'always' know.

9% of pupils responded that they drink at home and their parents/carers 'never' or only 'sometimes' know.

Of the 365 pupils who drink alcohol at home, 19% said their parents 'never' or only 'sometimes' know.

Q36. Percentage of those who drink alcohol at home answering that their parents/carers 'always' know.

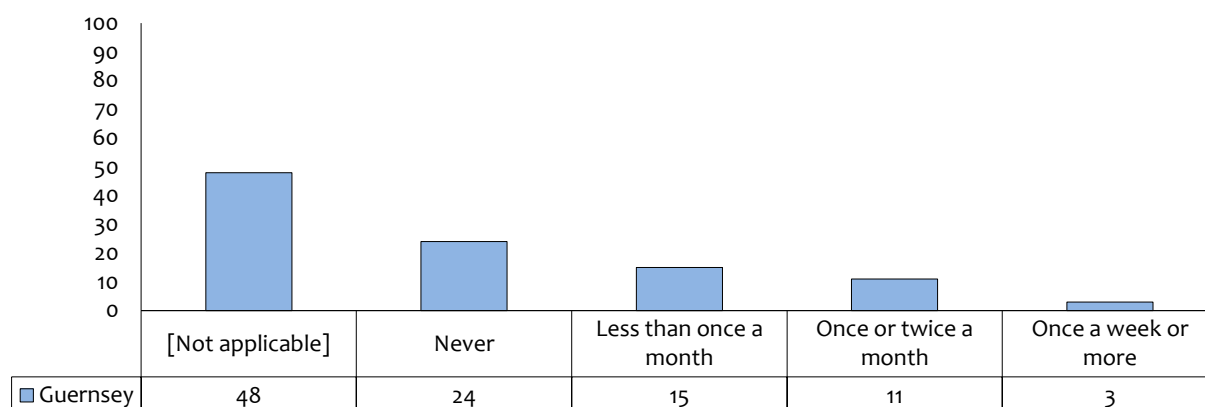
Guernsey		
	Yr 8	Yr 10
Boys	57	63
Girls	83	46

Q36. Percentage answering that they drink alcohol at home and their parents/carers 'never' or only 'sometimes' know.

Guernsey		
	Yr 8	Yr 10
Boys	5	7
Girls	4	15

Q37. During the last year, how regularly have you drunk more alcohol than you intended?*

Guernsey



* Please note that this question was only asked of pupils who didn't say they 'never drink' to Q36, which may exclude some pupils who have drunk more alcohol than they intended in the last year as we know from our other surveys that 'I never drink' doesn't mean 'I have never had any'.

14% of pupils responded that they have drunk more than they intended at least 'once or twice a month' in the last year, while 3% said they have done so 'once a week or more'.

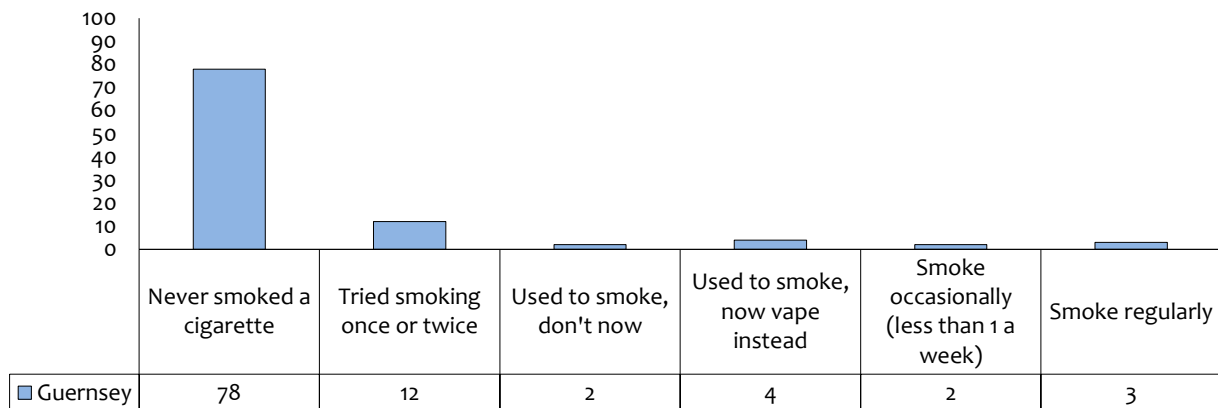
Q37. Percentage answering that they have drunk more than they intended at least 'once or twice a month' in the last year.

	Guernsey	
	Yr 8	Yr 10
Boys	3	17
Girls	6	25

Smoking

Q38. Smoking: Which statement describes you best?

Guernsey



17% of boys and 27% of girls responded that they have tried smoking in the past or smoke now.

Q38. Percentage answering that they have smoked in the past or smoke now.

Guernsey

	Yr 8	Yr 10
Boys	13	21
Girls	10	40

4% of boys and 6% of girls responded that they smoke 'occasionally' or 'regularly'.

Of the 21 pupils who responded that they smoke 'regularly', 33% said they would like to give up smoking.

Q38. Percentage answering that they smoke 'occasionally' or 'regularly'.

Guernsey

	Yr 8	Yr 10
Boys	1	6
Girls	1	8

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

Q39. Percentage answering that they smoked in the 7 days before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	2	8
Girls	3	13

1% of pupils responded that they smoked at least 10 cigarettes during the 7 days before the survey.

Q40a. Percentage answering that they smoked at least 10 cigarettes during the 7 days before the survey.

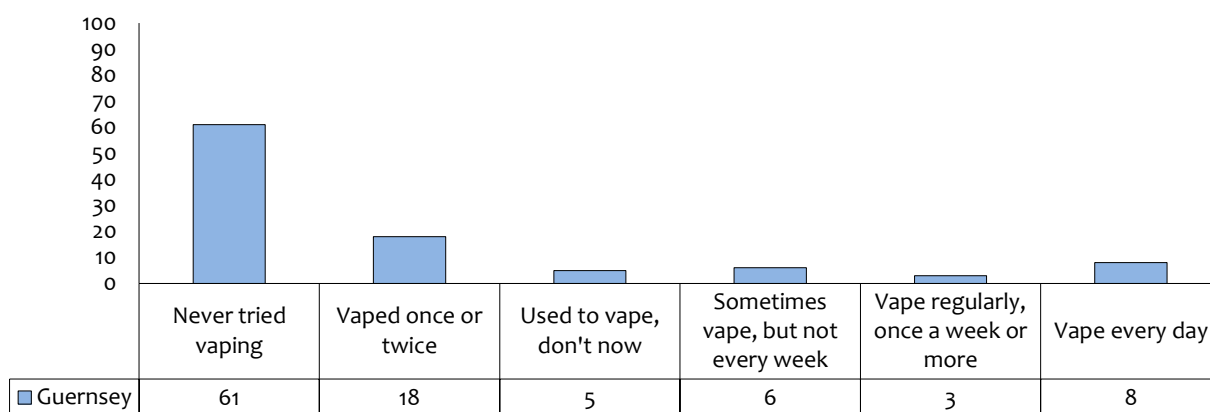
	Guernsey	
	Yr 8	Yr 10
Boys	1	2
Girls	1	1

Q40b. Top 3 sources of cigarettes:

Boys			Girls		
1	From friends	3	1	From friends	3
2	Somewhere else	1	2	Somewhere else	2
3	From shop	0	3	From shop	1

Q41. Have you ever used/tried electronic cigarettes (vaping/e-cigarettes/shisha pen/shisha stick)?

Guernsey



34% of boys and 45% of girls responded that they have at least tried vaping.

Q41. Percentage answering that they have at least tried vaping.

Guernsey		
	Yr 8	Yr 10
Boys	26	40
Girls	26	58

8% of boys and 13% of girls responded that they vape 'regularly' (once a week or more).

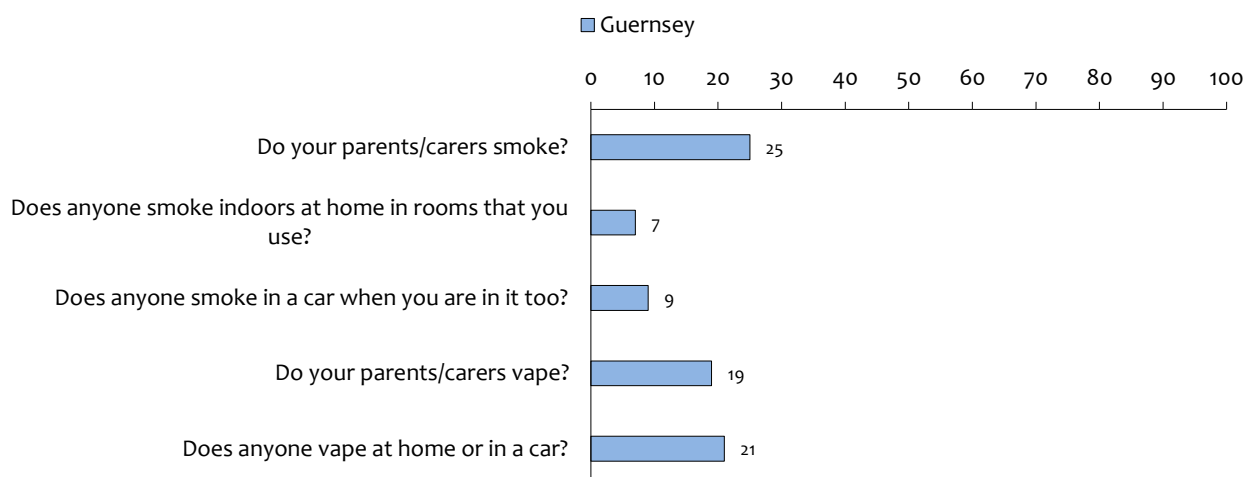
Q41. Percentage answering that they vape 'regularly' (once a week or more).

Guernsey		
	Yr 8	Yr 10
Boys	3	12
Girls	3	20

Q42. Top 3 sources of vapes:

Boys			Girls		
1	Bought/given by friends	6	1	Bought/given by friends	12
2	Online	3	2	Online	6
3	Other source	2	3	Other source	2

Q43. Percentage of pupils responding 'yes' to the following questions:



25% of pupils responded that their parents/carers smoke.

Q43a. Percentage answering that their parents/carers smoke.

	Guernsey	
	Yr 8	Yr 10
Boys	20	22
Girls	29	26

7% of pupils responded that someone smokes indoors at home in rooms that they use.

Q43b. Percentage answering that someone smokes indoors at home in rooms that they use.

	Guernsey	
	Yr 8	Yr 10
Boys	5	5
Girls	9	7

9% of pupils responded that someone smokes in a car when they are in it too.

Q43c. Percentage answering that someone smokes in a car when they are in it too.

	Guernsey	
	Yr 8	Yr 10
Boys	7	7
Girls	6	15

19% of pupils responded that their parents/carers vape.

Q43d. Percentage answering that their parents/carers vape.

	Guernsey	
	Yr 8	Yr 10
Boys	15	15
Girls	27	20

21% of pupils responded that someone vapes at home or in a car.

Q43e. Percentage answering that someone vapes at home or in a car.

	Guernsey	
	Yr 8	Yr 10
Boys	16	19
Girls	27	22

Illegal drugs

29% of pupils responded that they are 'fairly sure' or 'certain' that they know someone who uses illegal drugs that are not medicines.

Q44. Percentage answering that they are 'fairly sure' or 'certain' they know someone who uses illegal drugs.

Guernsey

	Yr 8	Yr 10
Boys	19	35
Girls	18	38

25% of pupils said they have been offered drugs.

Q45. Percentage answering that they have been offered drugs.

Guernsey

	Yr 8	Yr 10
Boys	17	28
Girls	11	35

20% of pupils responded that they have been offered cannabis.

Q45. Percentage of pupils responding that they have been offered the following drugs (top 5):

Boys

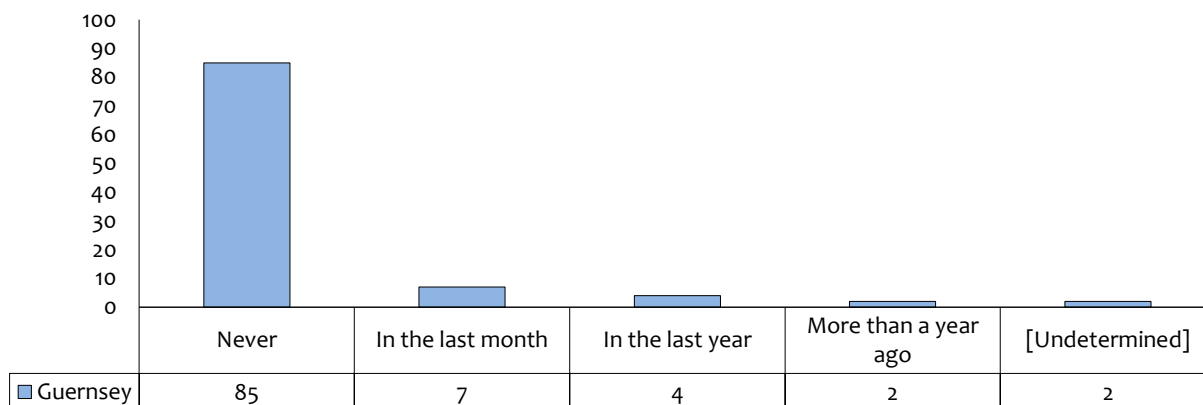
1	Cannabis	19
2	CBD Gummies	11
3	Solvents used as drugs	6
4	Cocaine/Crack	4
5	Hallucinogens: natural	4

Girls

1	Cannabis	21
2	CBD Gummies	14
3	Ecstasy	7
4	Hallucinogens: natural	5
5	Solvents used as drugs	4

Q46. Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...:

Guernsey



13% of pupils responded that they have taken at least one of the drugs listed.

Q46. Percentage answering that they have taken at least one of the drugs listed.

Guernsey

	Yr 8	Yr 10
Boys	5	14
Girls	5	23

7% of pupils responded that they took at least one of the drugs listed in the month before the survey.

Q46. Percentage answering that they took at least one of the drugs listed in the month before the survey.

Guernsey

	Yr 8	Yr 10
Boys	2	8
Girls	3	10

10% of pupils responded that they have used cannabis.

Q45/46. A summary of some common recreational drugs:

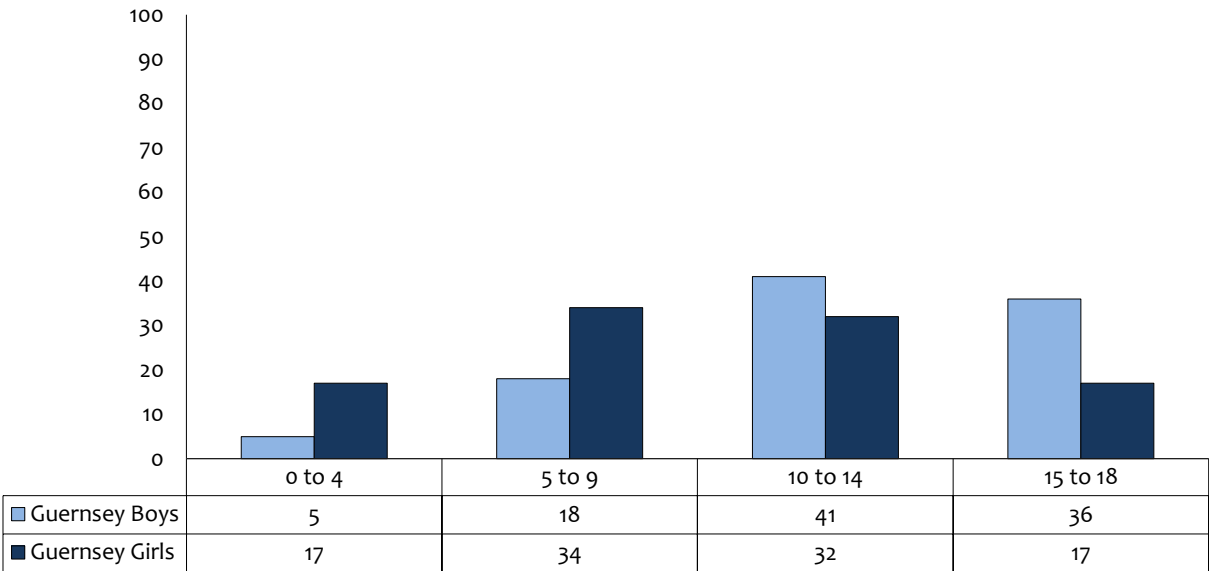
Year 8	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	1	0	0	0
Cannabis	9	1	3	3
Ecstasy	3	0	0	0
Synthetic hallucinogens	2	0	0	0
Solvents	4	1	2	2
New psychoactive substances	1	0	1	1
CBD Gummies	7	1	2	2
Year 10	Been offered	Have used in last month	Have used in last year	Have used
Amphetamines	3	0	0	1
Cannabis	29	7	12	15
Ecstasy	7	0	1	2
Synthetic hallucinogens	5	0	0	1
Solvents	6	0	2	3
New psychoactive substances	4	0	1	1
CBD Gummies	17	4	8	9

Emotional Health and Wellbeing

Self-esteem

This measurement is derived from the responses to a set of nine statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends.

Q47. Composite self-esteem score:



Data from the 'Young People in...' series reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

36% of pupils appeared in the lower half of the self-esteem scale.

Q47. Percentage with self-esteem score of 9 or less (medium-low).

Guernsey		
	Yr 8	Yr 10
Boys	26	21
Girls	54	48

27% of pupils appeared in the highest bracket of the self-esteem scale.

Q47. Percentage with self-esteem score of 15 or more (high).

Guernsey		
	Yr 8	Yr 10
Boys	30	41
Girls	18	16

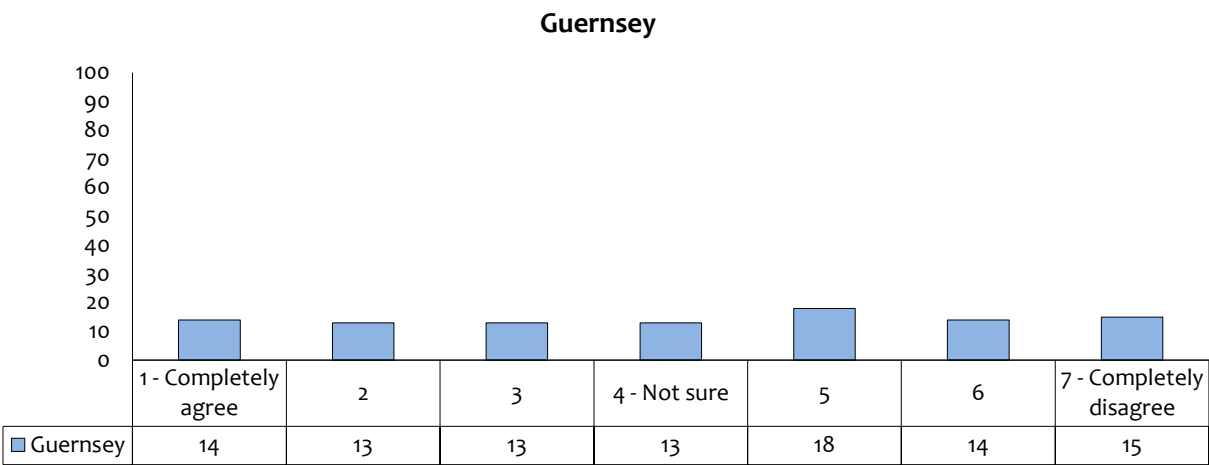
63% of pupils responded that they feel happy talking to other pupils.

Q47. (Individual self-esteem items) Percentage in each group giving high esteem response:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils	70	55	72	53	63
Pupils who do not want to change lots of things about themselves	31	11	28	8	20
Pupils who do not usually feel uneasy saying things in front of teachers in class	36	21	42	23	32
Pupils who do not often fall out with other pupils at school	52	41	63	56	54
Pupils who do not often feel lonely at school	70	51	72	52	61
Pupils who do not think that other pupils usually say nasty things about them	36	23	49	31	36
Pupils who do not usually feel shy when they want to tell a teacher something	47	32	61	33	44
Pupils who do not often have to find new friends because their old ones are with someone else	74	57	78	65	69
Pupils who do not usually feel foolish when they talk to their parents	70	51	71	45	59

Happiness

Q48a. How much do you agree with the following statements? I'm glad I am who I am:



40% of pupils responded that they are glad they are who they are (responses 1 – 3).

Q48a. Percentage answering that they are glad they are who they are (responses 1 – 3).

Guernsey

	Yr 8	Yr 10
Boys	41	41
Girls	41	39

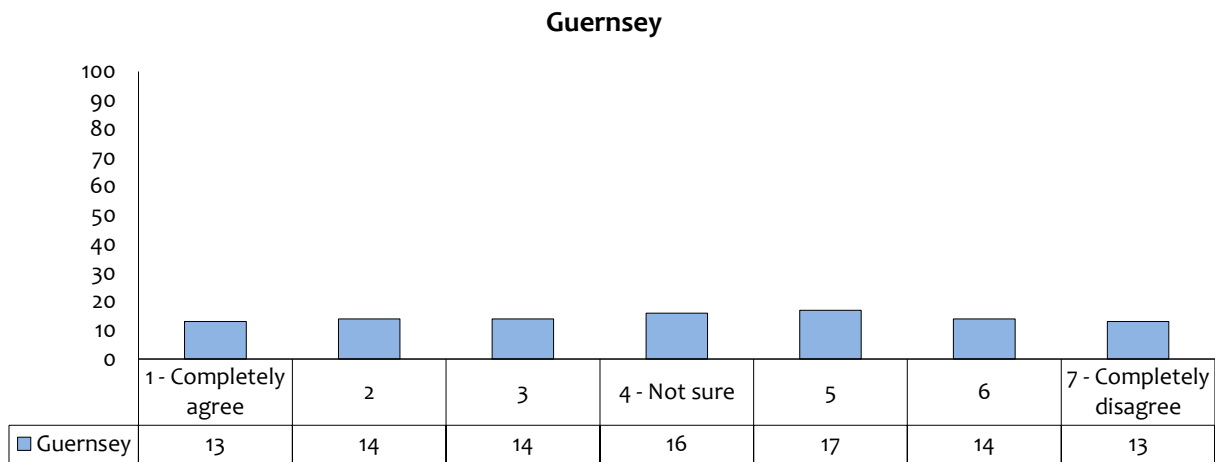
47% of pupils responded that they aren't glad they are who they are (responses 5 – 7).

Q48a. Percentage answering that they aren't glad they are who they are (responses 5 – 7).

Guernsey

	Yr 8	Yr 10
Boys	47	48
Girls	46	45

Q48b. How much do you agree with the following statements? I generally feel happy:



41% of pupils responded that they generally feel happy (responses 1 – 3).

Q48b. Percentage answering that they generally feel happy (responses 1 – 3).

	Guernsey	
	Yr 8	Yr 10
Boys	34	42
Girls	48	40

43% of pupils responded that they don't generally feel happy (responses 5 – 7).

Q48b. Percentage answering that they don't generally feel happy (responses 5 – 7).

	Guernsey	
	Yr 8	Yr 10
Boys	47	45
Girls	40	39

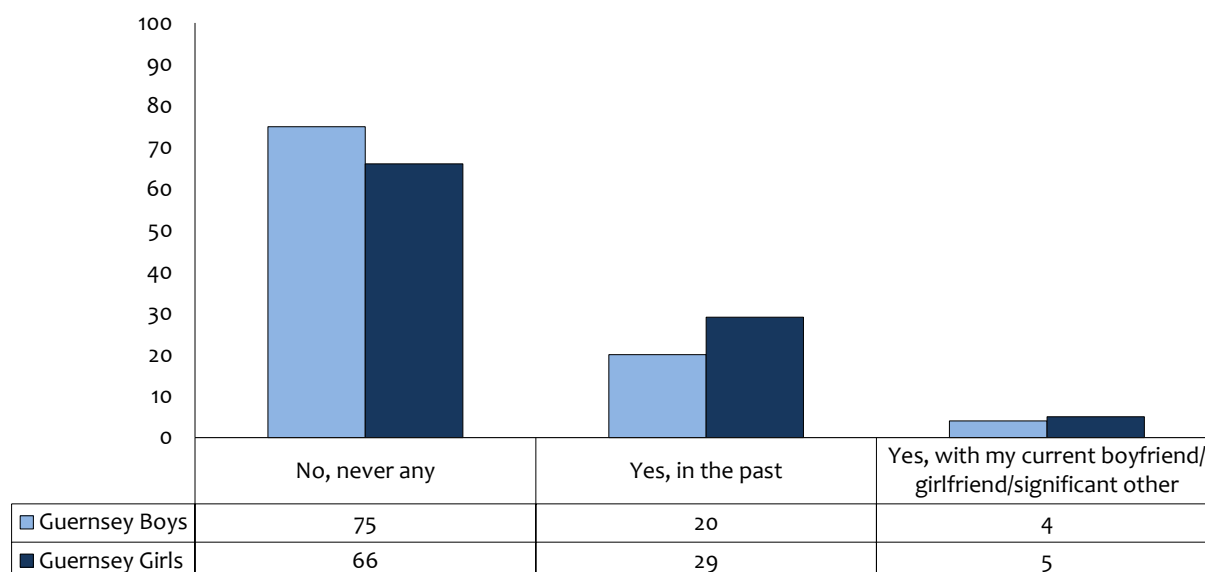
Controlling relationships

9% of pupils responded that their boyfriend/girlfriend has threatened to spread rumours about them, either with their current partner or in the past; 7% said their boyfriend/girlfriend/significant other has used hurtful or threatening language towards them.

Q49. Percentage of pupils responding that the following things have happened to them in a relationship with a boyfriend/girlfriend/significant other:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Telling you what to wear	2	6	7	18	9
Being jealous or possessive	15	21	15	27	20
Tell you who you can and can't see	7	9	11	15	11
They kept checking your phone	7	6	10	13	10
Checking where you are all the time	8	10	13	15	12
Using hurtful/threatening language	3	5	6	13	7
Threatened to spread rumours about you	4	9	8	13	9
Threatened to hit or hurt you	2	4	3	7	4
Pushing you	4	7	4	10	7
Hitting you	3	4	5	7	5
Demanding naked/sexual photos	2	7	2	12	6
Putting pressure on you to do what you don't want (e.g. having sex)	1	4	5	13	6

Q49. Percentage of pupils responding that they have experienced at least one of the controlling behaviours listed...:



29% of pupils responded that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend/significant other.

Q49. Percentage answering that they have experienced at least one of the controlling behaviours listed while in a relationship with a boyfriend/girlfriend/significant other.

	Guernsey	
	Yr 8	Yr 10
Boys	23	26
Girls	26	39

Sex information

69% of Year 8 pupils and 75% of Year 10 pupils responded that their RSE lessons have helped them understand consent 'quite a lot' or 'a lot'.

Q50. Percentage of pupils responding that their RSE (Relationships and Sex Education) lessons (incl. from SHARE and the Youth Commission) helped them understand the following 'quite a lot' or 'a lot':

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Puberty and growing up	66	72	66	67	66
Sexually transmitted infections (risks and how to avoid them)	34	34	73	76	56
Healthy/unhealthy relationships	72	75	70	76	71
Consent	71	69	77	76	72
Resisting pressure	44	51	54	52	49
Sex and the law	58	49	69	68	61
Sexuality: straight, lesbian, gay, bisexual and pansexual	45	52	47	49	47
Gender identity and transgender people	40	39	35	38	37
Sexual health services	45	44	61	64	53
Pornography/sexting	43	34	43	45	41
Contraception	37	34	70	78	57
Sexual exploitation/abuse	53	56	58	58	55
Unintended pregnancy	47	47	61	72	56

11% of Year 8 pupils and 8% of Year 10 pupils responded that their RSE lessons have NOT helped them understand healthy/unhealthy relationships 'at all'.

Q50. Percentage of pupils responding that their RSE (Relationships and Sex Education) lessons (incl. from SHARE and the Youth Commission) have NOT helped them understand the following 'at all':

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Puberty and growing up	9	5	8	4	8
Sexually transmitted infections (risks and how to avoid them)	28	30	8	5	17
Healthy/unhealthy relationships	12	8	8	6	9
Consent	11	9	8	8	9
Resisting pressure	22	17	14	14	17
Sex and the law	17	16	8	6	12
Sexuality: straight, lesbian, gay, bisexual and pansexual	19	21	17	13	18
Gender identity and transgender people	22	25	25	22	25
Sexual health services	17	21	10	7	14
Pornography/sexting	24	32	21	17	24
Contraception	29	31	9	6	18
Sexual exploitation/abuse	17	15	12	11	15
Unintended pregnancy	18	21	12	7	15

Contraception and local services

57% of pupils responded that they know where they can get condoms free of charge.

Q51. Percentage answering that they know where they can get condoms free of charge.

Guernsey		
	Yr 8	Yr 10
Boys	16	77
Girls	21	92

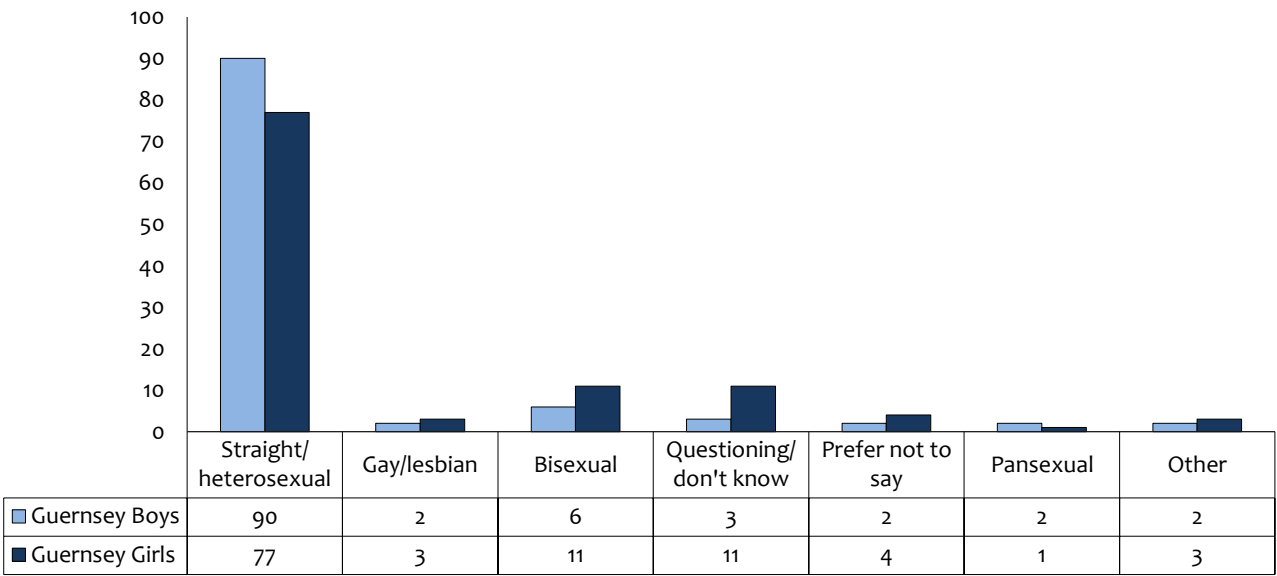
52% of pupils responded that there are specific clinics available locally for young people to access free sexual health advice and contraception, while 41% said they 'don't know' if there is.

Q52. Percentage answering that there are specific clinics available locally for young people to access free sexual health advice and contraception.

Guernsey		
	Yr 8	Yr 10
Boys	20	75
Girls	16	80

Sexual orientation

Q56. Year 10+: Sexual orientation: Which of the following best describes how you think about yourself?



81% of Year 10+ pupils responded that they are straight/heterosexual.

Q56. Percentage of Year 10+ pupils answering that they are straight/ heterosexual.

Guernsey	
Yr 10	
Boys	90
Girls	77

2% of Year 10+ pupils responded that they are gay/lesbian and 9% said they are bisexual.

Q56. Percentage of Year 10+ pupils answering that they are gay/lesbian.

Guernsey	
Yr 10	
Boys	2
Girls	3

Safe and Nurtured

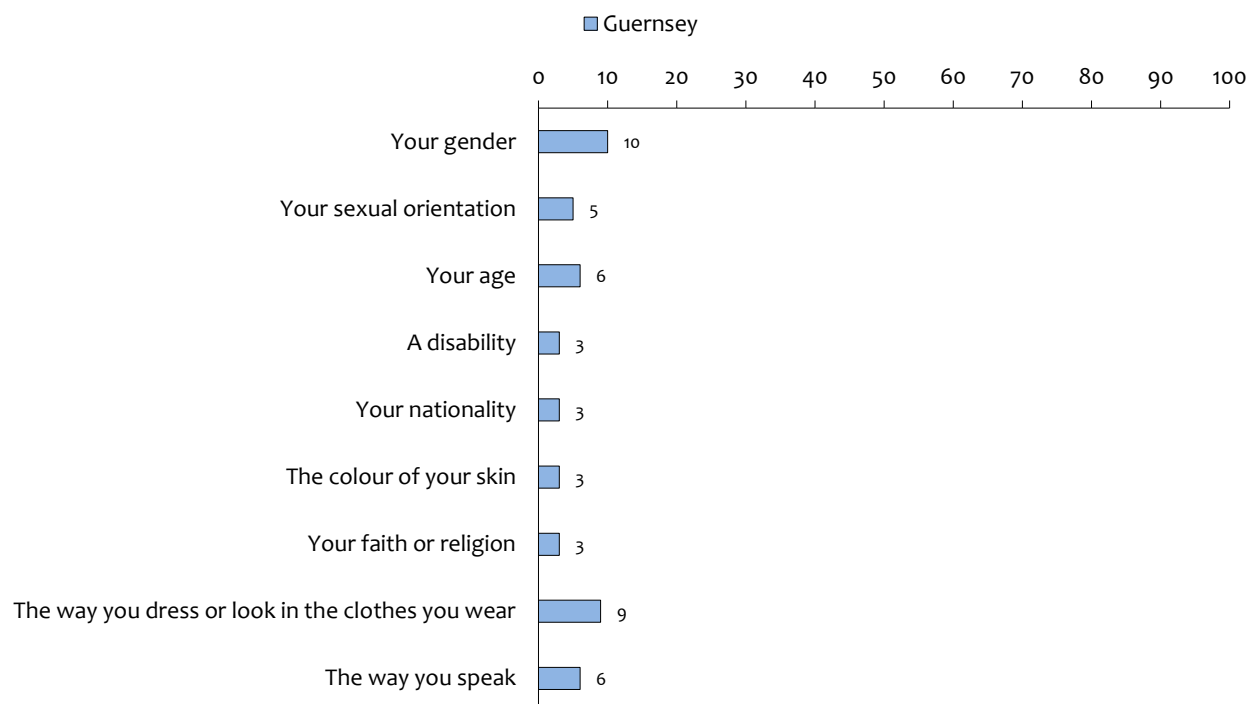
Discrimination

25% of pupils responded that they have been discriminated against in the last year because of their age, sex/gender, race, religion, a disability or another reason, while 25% said they 'don't know' if they have.

Q57a. Percentage answering that they have been discriminated against in the last year because of their age, sex/gender, race, religion, a disability or another reason.

	Guernsey	
	Yr 8	Yr 10
Boys	19	19
Girls	21	34

Q57b. Percentage of pupils responding that they think they have been discriminated against in the last year for the following reasons:

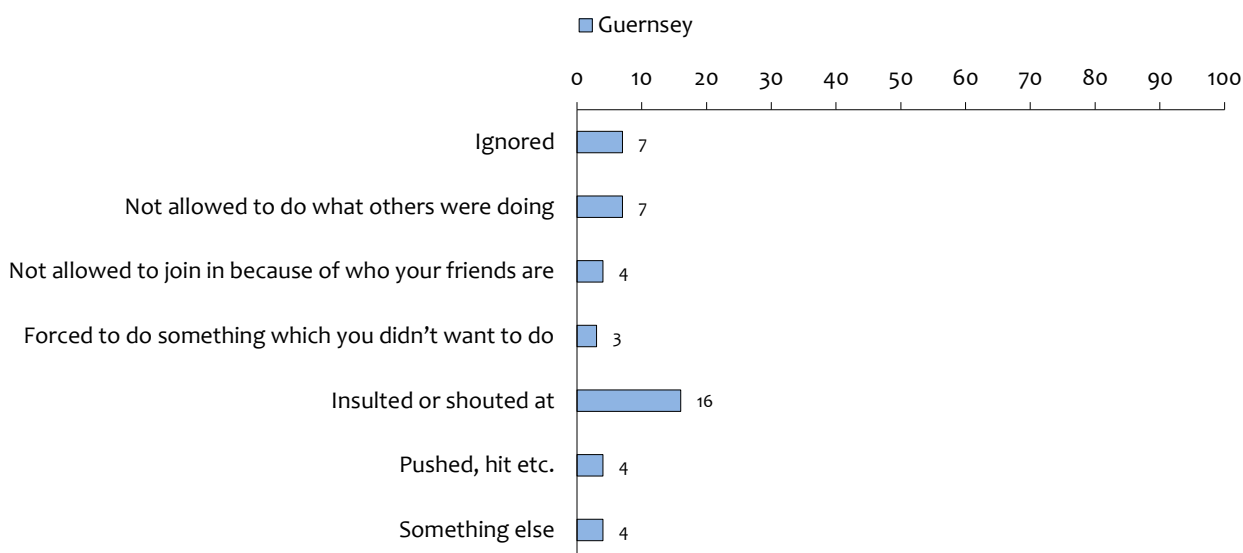


10% of pupils said they have been discriminated against in the last year because of their gender.

Q57b. Percentage of pupils responding that they think they have been discriminated against in the last year for the following reasons (top 5):

Boys			Girls		
1	The way you dress or look in the clothes you wear	5	1	Your gender	15
2	Your age	5	2	The way you dress or look in the clothes you wear	11
3	The way you speak	5	3	Your age	6
4	Your gender	4	4	Your sexual orientation	6
5	Your nationality	3	5	The way you speak	6

Q57c. Percentage of pupils responding that they think they have been discriminated against in the last year and were treated unfairly in the following ways:

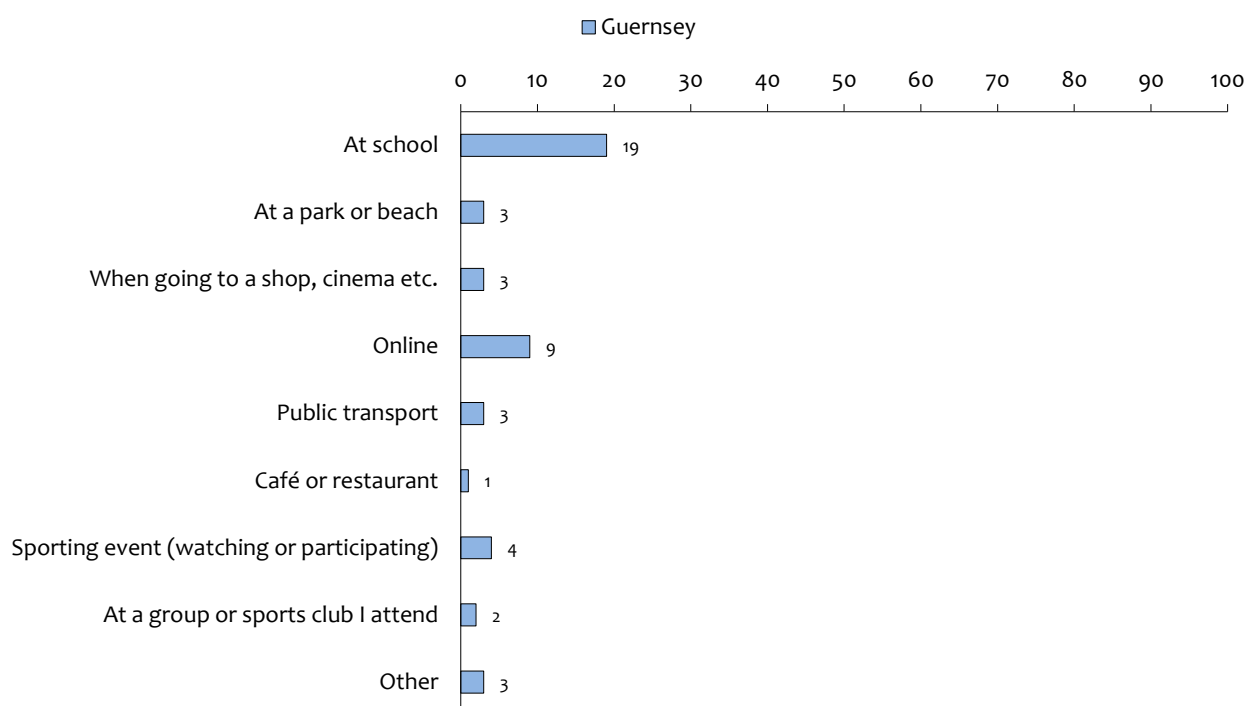


16% of pupils said they have been discriminated against in the last year and were treated unfairly by being insulted or shouted at and 7% were not allowed to do what others were doing.

Q57c. Percentage of pupils responding that they think they have been discriminated against in the last year and were treated unfairly in the following ways (top 5):

Boys			Girls		
1	Insulted or shouted at	13	1	Insulted or shouted at	16
2	Ignored	4	2	Ignored	9
3	Not allowed to do what others were doing	4	3	Not allowed to do what others were doing	7
4	Pushed, hit etc.	4	4	Something else	6
5	Not allowed to join in because of who your friends are	3	5	Not allowed to join in because of who your friends are	3

Q57d. Percentage of pupils responding that they think they have been discriminated against in the last year and were treated unfairly at the following places:



19% of pupils said they have been discriminated against in the last year and were treated unfairly at school.

Q57d. Percentage of pupils responding that they think they have been discriminated against in the last year and were treated unfairly at the following places (top 5):

Boys			Girls		
1	At school	14	1	At school	21
2	Online	6	2	Online	9
3	Sporting event (watching or participating)	4	3	Other	4
4	At a park or beach	2	4	At a park or beach	3
5	Public transport	2	5	Sporting event (watching or participating)	3

Q57e. Percentage of pupils responding that they have talked to the following people about being discriminated against:



8% of pupils said they have talked to their parents/carers about being discriminated against.

Q57e. Percentage of pupils responding that they have talked to the following people about being discriminated against:

Boys			Girls		
1	Parents/carers	6	1	Parents/carers	10
2	Friends	6	2	Friends	10
3	Adults at school	2	3	Other	5
4	Other	2	4	Adults at school	4
5	Police/CEOP	1	5	Police/CEOP	0

Bullying

33% of pupils responded that they have been bullied at or near school in the last 12 months.

Q58. Percentage answering that they have been bullied at or near school in the last 12 months.

	Guernsey	
	Yr 8	Yr 10
Boys	40	21
Girls	40	32

20% of pupils responded that they were pushed or hit in the month before the survey and 6% said they were threatened (not for money).

Q59. Percentage of pupils responding that they experienced the following negative behaviours in the month before the survey (top 10):

Boys			Girls		
1	Been teased/made fun of	40	1	Been teased/made fun of	51
2	Pushed/hit	23	2	Been excluded/left out of friendship groups	31
3	Been verbally abused	22	3	Been verbally abused	21
4	Had belongings taken/broken	17	4	Pushed/hit	15
5	Been excluded/left out of friendship groups	16	5	Received nasty/threatening message on social media	14
6	Been ganged up on	8	6	Seen nasty things written about you on social media	14
7	Been threatened (not for money)	7	7	Had belongings taken/broken	13
8	Received nasty/threatening message on social media	6	8	Received nasty/threatening phone message	11
9	Received nasty/threatening phone message	6	9	Been ganged up on	9
10	Seen nasty things written about you on social media	5	10	Been threatened (not for money)	5

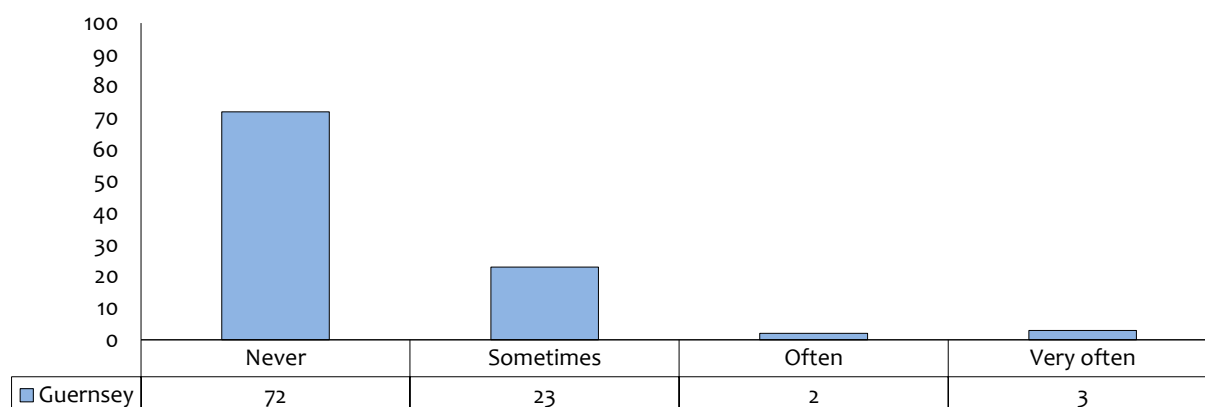
23% of pupils responded that they experienced bullying behaviour outside at school during breaktimes in the month before the survey.

Q60. Percentage of pupils responding that they experienced bullying behaviour at the following in the month before the survey (top 5):

Boys			Girls		
1	Outside at school (breaktimes)	25	1	In a classroom (breaktimes)	26
2	In a classroom (breaktimes)	18	2	Outside at school (breaktimes)	19
3	During lesson time	15	3	Via social media/instant message etc.	19
4	In the corridors	12	4	During lesson time	17
5	Via social media/instant message etc.	7	5	In the corridors	14

Q61. Do you ever feel afraid of going to school because of bullying?

Guernsey



28% of pupils responded that they feel afraid of going to school because of bullying at least 'sometimes'.

Q61. Percentage answering that they feel afraid of going to school because of bullying at least 'sometimes'.

Guernsey

	Yr 8	Yr 10
Boys	28	11
Girls	40	40

5% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.

Q61. Percentage answering that they 'often' or 'very often' feel afraid of going to school because of bullying.

Guernsey

	Yr 8	Yr 10
Boys	6	2
Girls	6	8

29% of pupils responded that they think their school takes bullying seriously, while 36% think it doesn't take bullying seriously.

Q62. Percentage answering that they think their school takes bullying seriously.

Guernsey

	Yr 8	Yr 10
Boys	43	31
Girls	30	14

Internet safety

94% of pupils responded that they use social media/video/gaming sites to connect to other people.

Q63a. Percentage answering that they use social media/video/gaming sites to connect to other people.

	Guernsey	
	Yr 8	Yr 10
Boys	94	96
Girls	91	94

44% of pupils said they use social media/video/gaming sites and hide some of the things they do or say on the internet from their parents/carers.

Q63b. Percentage of pupils responding that they use social media/video/gaming sites to connect to other people and responded 'yes' to the following questions:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Do you use social networking sites (e.g. Snapchat, Instagram, TikTok etc.) to communicate with others?	81	86	89	90	86
Do you chat to just your friends or family that you know in real life?	65	64	62	45	59
Do you chat to friends of friends?	58	58	67	72	64
Do you chat to other people who you don't know in real life?	35	31	48	50	43
Are all your online profiles set to friends-only and not public?	47	53	45	49	47
Do you hide some of the things you do or say on the internet from parents/carers?	38	32	51	48	44

25% of boys and 51% of girls said that someone they didn't know has asked to see pictures of them.

Q63c-i. Percentage of pupils responding 'yes' to the following questions about internet safety:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
c) Has anyone you didn't know asked to see pictures of you?	23	39	26	60	37
d) Has anyone (online or in person) threatened or pressured you to send a picture or video of yourself or show yourself on webcam?	3	9	5	25	11
e) Have you sent naked pictures of yourself to someone you don't know? (online or by phone message)	2	2	5	10	5
f) Have you sent naked pictures of yourself to someone you do know? (online or by phone message)	2	4	8	13	7
g) Has anyone you don't know in person asked to meet with you?	15	20	12	40	22
h/i) Have you ever met up with someone you first met online?	13	9	17	27	18
h/ii) If yes, was this person quite a bit older than you?	1	0	2	4	2
i/i) Have you ever been taught how to stay safe while online?	85	91	82	84	85
i/ii) If yes, do you always follow the advice you have been given?	53	68	51	51	54

87% of pupils responded that they would know what to do if something happened online to upset them.

Q63j. Percentage answering that they would know what to do if something happened online to upset them.

	Guernsey	
	Yr 8	Yr 10
Boys	89	91
Girls	86	80

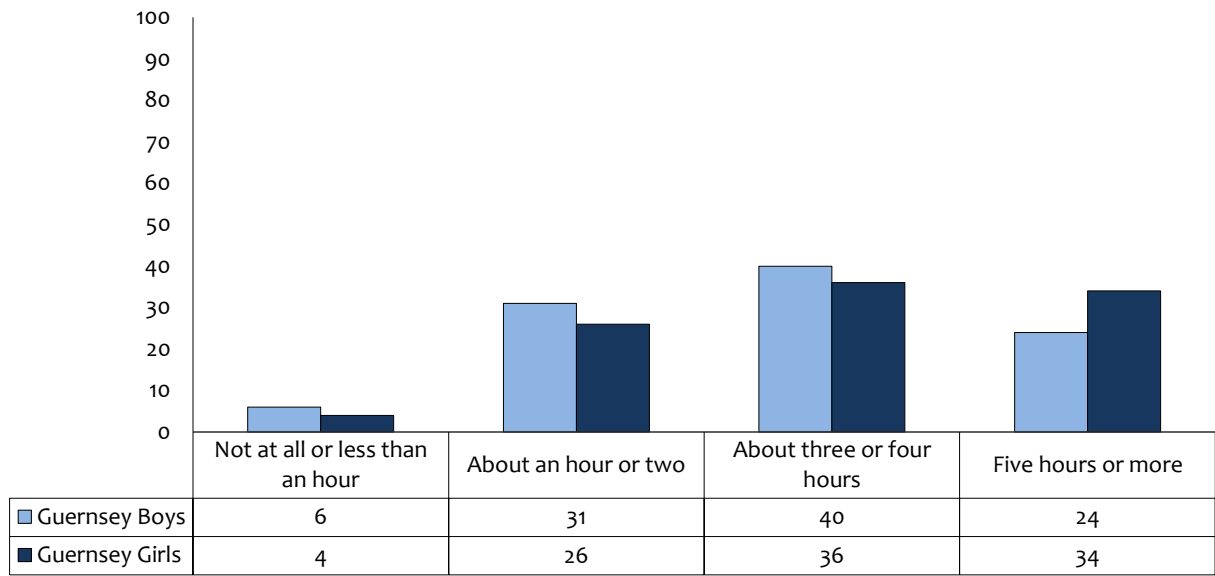
25% of pupils responded that they have told their parents/carers about something upsetting online, while 5% told or contacted adults at school and 45% said nothing upsetting has happened.

Q63k. Percentage of pupils responding that they have talked to or contacted the following about something upsetting online:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Nothing upsetting has happened	47	34	63	29	45
Parents/carers	27	40	14	31	25
Friends	19	41	15	31	25
Adults at school	5	10	2	7	5
Police/CEOP	4	1	1	2	2
Someone else	2	4	1	3	3
No-one	13	6	12	22	14

Screen time

Q73. How long did you spend looking at a device screen yesterday? (Including computer, iPad, TV, games console or other handheld devices)



5% of pupils responded that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.

Q73. Percentage answering that they either didn't look at a device screen at all on the day before the survey, or did so for less than an hour.

	Guernsey	
	Yr 8	Yr 10
Boys	7	5
Girls	4	3

67% of pupils responded that they looked at a device screen for at least 'about three hours' on the day before the survey; 29% said they did so for 'five hours or more'.

Q73. Percentage answering that they looked at a device screen for at least 'about three hours' on the day before the survey.

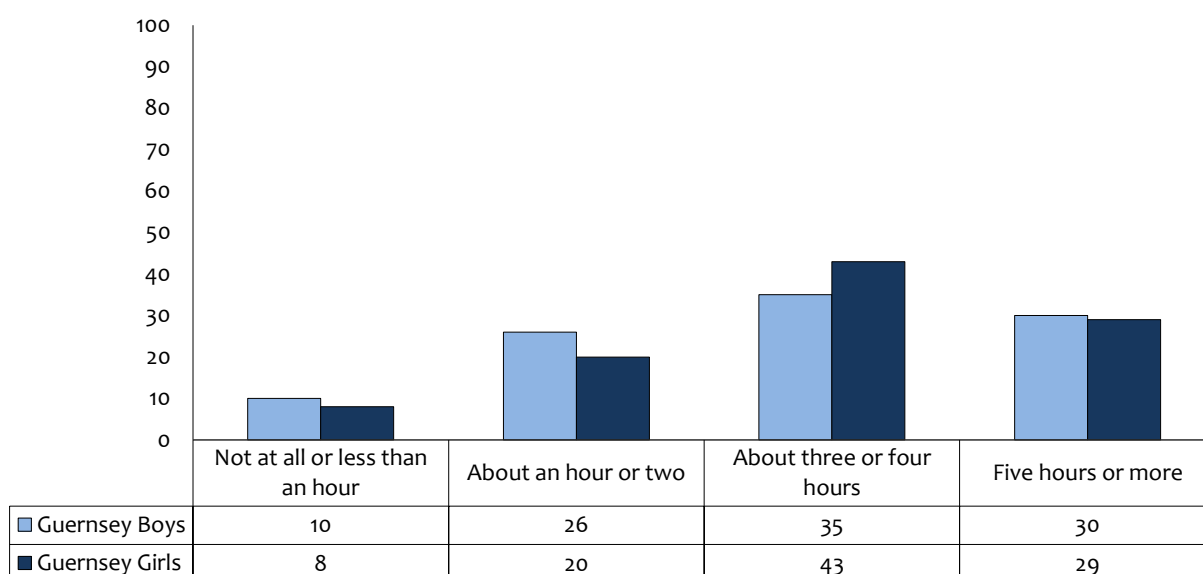
	Guernsey	
	Yr 8	Yr 10
Boys	53	71
Girls	66	73

77% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them on a week day, while 12% said it was less than usual.

Q74. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them on a week day.

	Guernsey	
	Yr 8	Yr 10
Boys	71	78
Girls	75	81

Q75. How long did you spend looking at a device screen last Sunday? (Including computer, iPad, TV, games console or other handheld devices)



9% of pupils responded that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.

Q75. Percentage answering that they either didn't look at a device screen at all on the Sunday before the survey, or did so for less than an hour.

	Guernsey	
	Yr 8	Yr 10
Boys	14	7
Girls	10	5

68% of pupils responded that they looked at a device screen for at least 'about three hours' on the Sunday before the survey; 30% said they did so for 'five hours or more'.

Q75. Percentage answering that they looked at a device screen for at least 'about three hours' on the Sunday before the survey.

	Guernsey	
	Yr 8	Yr 10
Boys	56	70
Girls	66	77

72% of pupils responded that the amount of time they spent looking at a device screen is a usual amount for them at a weekend, while 19% said it was less than usual.

Q76. Percentage answering that the amount of time they spent looking at a device screen is a usual amount for them at a weekend.

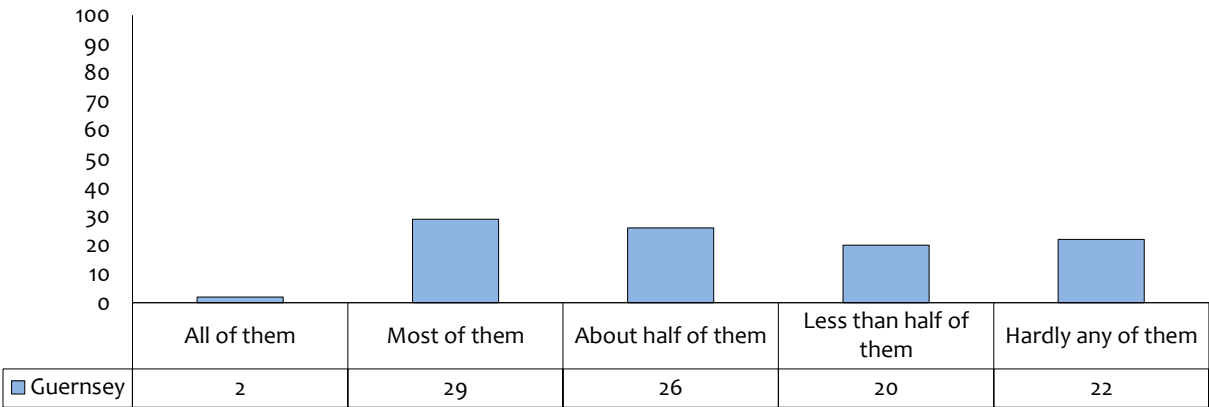
	Guernsey	
	Yr 8	Yr 10
Boys	70	72
Girls	75	71

Reaching Potential

School lessons

Q64. How many lessons do you enjoy at school?

Guernsey



31% of pupils responded that they enjoy 'most' or 'all' lessons at school.

Q64. Percentage answering that they enjoy 'most' or 'all' lessons at school.

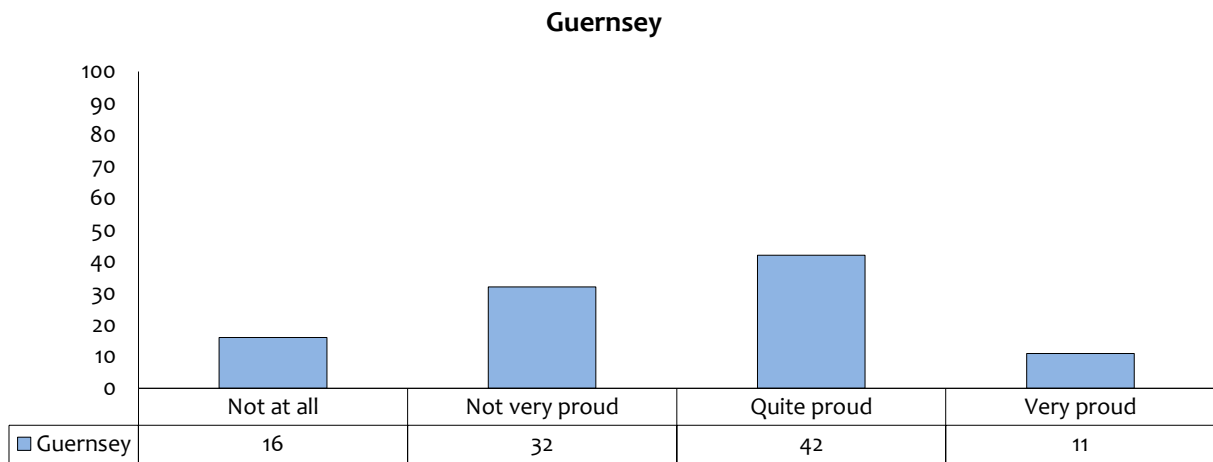
	Guernsey	
	Yr 8	Yr 10
Boys	36	40
Girls	28	21

22% of pupils responded that they enjoy 'hardly any' lessons at school.

Q64. Percentage answering that they enjoy 'hardly any' lessons at school.

	Guernsey	
	Yr 8	Yr 10
Boys	21	18
Girls	23	27

Q65. How proud are you to be a member of this school/college?



16% of pupils responded that they are 'not at all' proud to be a member of their school/college, while 32% said they are 'not very proud'.

Q65. Percentage answering that they are 'not at all' proud to be a member of their school/college.

	Guernsey	
	Yr 8	Yr 10
Boys	11	13
Girls	9	22

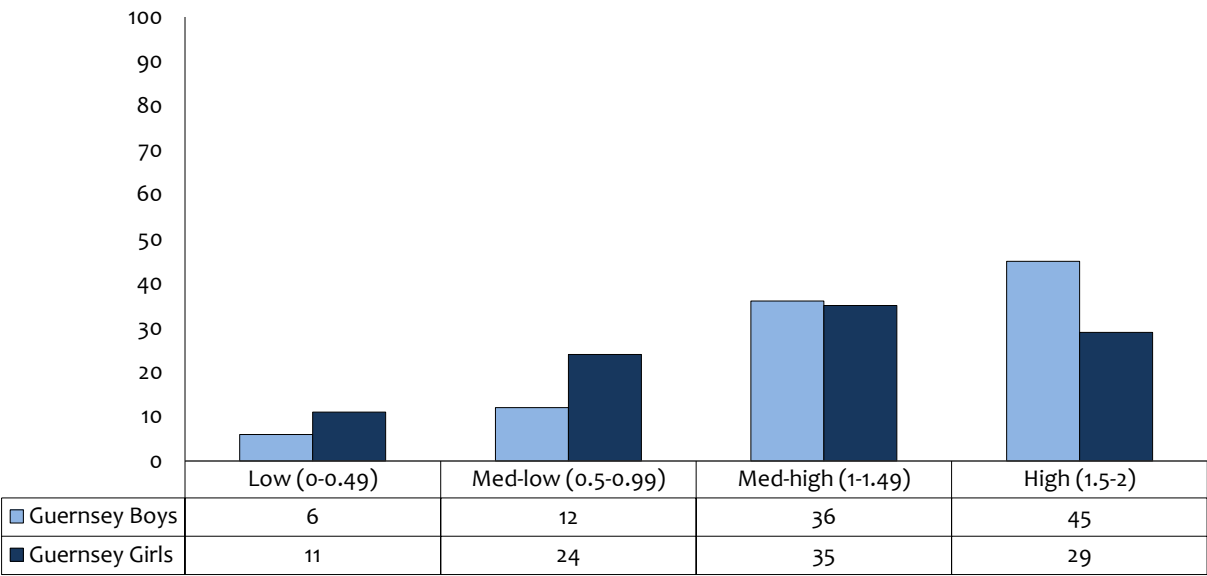
52% of pupils responded that they are 'quite' or 'very' proud to be a member of their school/college.

Q65. Percentage answering that they are 'quite' or 'very' proud to be a member of their school/college.

	Guernsey	
	Yr 8	Yr 10
Boys	64	56
Girls	56	39

Every Child Matters

Q66. Composite pupil perception score:



N.B. This score is derived from the levels of agreement to each of the positive statements about their experience in school (Q66).

9% of pupils had a low pupil perception score.

Q66. Percentage who had a low pupil perception score.

	Guernsey	
	Yr 8	Yr 10
Boys	7	6
Girls	7	15

37% of pupils had a high pupil perception score.

Q66. Percentage who had a high pupil perception score.

	Guernsey	
	Yr 8	Yr 10
Boys	47	44
Girls	35	25

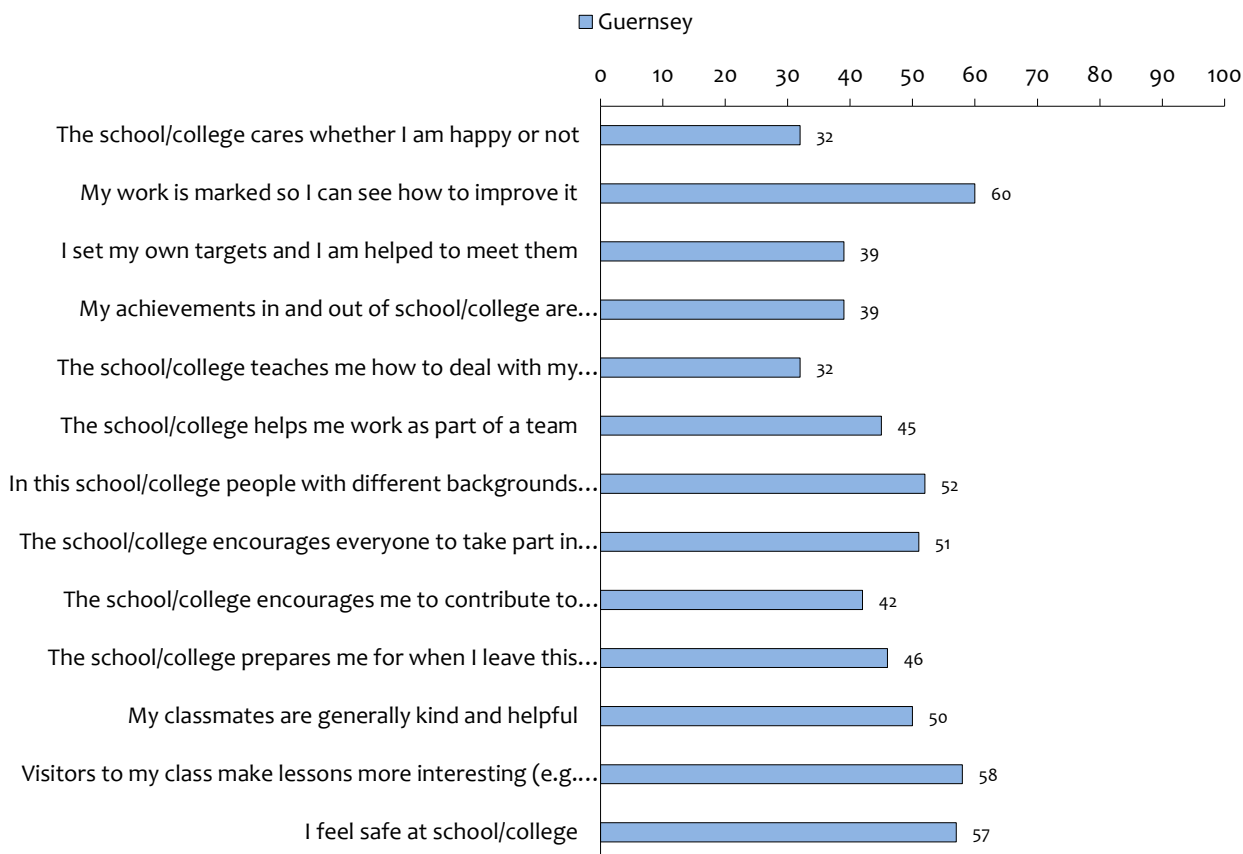
32% of pupils agreed that the school/college cares whether they are happy or not.

Q66. Percentage of pupils responding that they 'agree' with the following statements (top 10):

Boys			Girls		
1	My work is marked so I can see how to improve it	69	1	Visitors to my class make lessons more interesting (e.g. police)	55
2	I feel safe at school/college	67	2	My work is marked so I can see how to improve it	51
3	Visitors to my class make lessons more interesting (e.g. police)	62	3	I feel safe at school/college	47
4	In this school/college people with different backgrounds are valued	59	4	In this school/college people with different backgrounds are valued	46
5	The school/college encourages everyone to take part in decisions	56	5	The school/college encourages everyone to take part in decisions	45
6	My classmates are generally kind and helpful	55	6	The school/college prepares me for when I leave this school/ college	44
7	The school/college helps me work as part of a team	50	7	My classmates are generally kind and helpful	44
8	The school/college prepares me for when I leave this school/ college	48	8	The school/college helps me work as part of a team	41
9	The school/college encourages me to contribute to community events	46	9	The school/college encourages me to contribute to community events	37
10	I set my own targets and I am helped to meet them	45	10	My achievements in and out of school/college are recognised	34

52% of pupils agreed that people of different backgrounds are valued in their school/college.

Q66. Percentage of pupils responding that they 'agree' with the following statements:



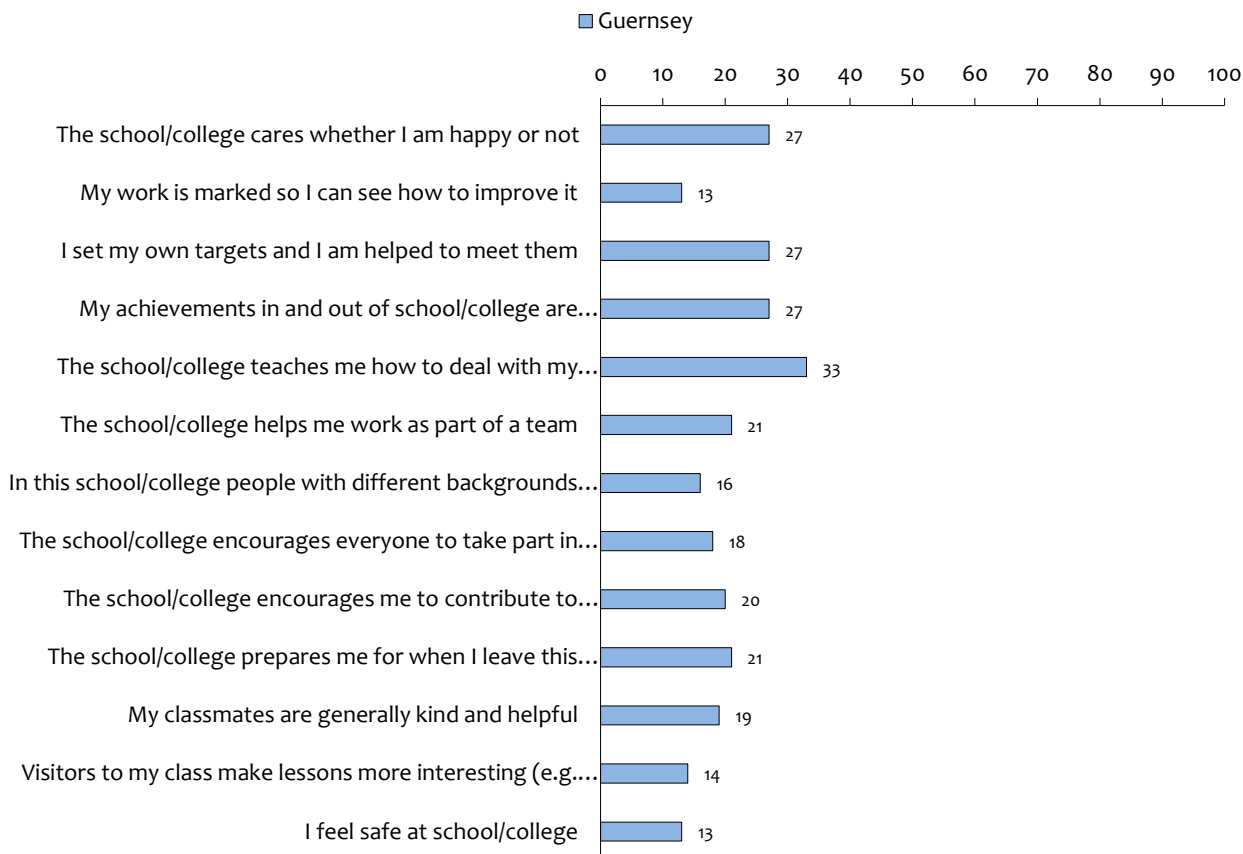
27% of pupils disagreed that the school/college cares whether they are happy or not.

Q66. Percentage of pupils responding that they 'disagree' with the following statements (top 10):

Boys			Girls		
1	The school/college teaches me how to deal with my feelings positively	29	1	The school/college teaches me how to deal with my feelings positively	37
2	The school/college cares whether I am happy or not	23	2	I set my own targets and I am helped to meet them	33
3	My achievements in and out of school/college are recognised	23	3	The school/college cares whether I am happy or not	30
4	I set my own targets and I am helped to meet them	22	4	My achievements in and out of school/college are recognised	30
5	The school/college helps me work as part of a team	19	5	The school/college helps me work as part of a team	22
6	The school/college prepares me for when I leave this school/ college	19	6	The school/college encourages me to contribute to community events	22
7	The school/college encourages me to contribute to community events	19	7	My classmates are generally kind and helpful	21
8	The school/college encourages everyone to take part in decisions	16	8	The school/college prepares me for when I leave this school/ college	21
9	My classmates are generally kind and helpful	16	9	The school/college encourages everyone to take part in decisions	20
10	Visitors to my class make lessons more interesting (e.g. police)	12	10	In this school/college people with different backgrounds are valued	19

16% of pupils disagreed that people of different backgrounds are valued in their school/college.

Q66. Percentage of pupils responding that they 'disagree' with the following statements:



School lessons

44% of pupils responded that they have found school/college lessons about Personal, Social and Health Education 'quite' or 'very' useful; 25% said the same of lessons about citizenship.

Q67. Percentage of pupils responding that they have found school/college lessons about the following 'quite' or 'very' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Personal, Social and Health Education	43	51	42	46	44
Citizenship	28	29	27	21	25
Drug education (incl. alcohol and tobacco)	56	58	55	45	53
Emotional health and wellbeing	51	51	42	37	44
Bullying	48	50	38	29	40
Healthy eating	50	52	42	31	42
Physical activity	56	57	55	39	51
Online safety	59	64	47	47	53
Sex and Relationship education	58	55	62	56	57
Domestic abuse education	50	53	50	51	50
LGBTQ+ inclusion lessons	32	45	32	32	34

30% of pupils responded that they either couldn't remember any school/college lessons about bullying, or found them 'not at all' useful; 45% said the same of lessons about citizenship.

Q67. Percentage of pupils responding that they either couldn't remember any school/college lessons about the following, or found them 'not at all' useful:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Personal, Social and Health Education	16	15	20	20	19
Citizenship	38	42	42	53	45
Drug education (incl. alcohol and tobacco)	16	16	20	17	18
Emotional health and wellbeing	17	21	27	30	25
Bullying	22	26	32	35	30
Healthy eating	18	28	30	38	30
Physical activity	14	24	19	25	21
Online safety	15	16	22	20	19
Sex and Relationship education	16	20	17	12	16
Domestic abuse education	18	25	22	18	20
LGBTQ+ inclusion lessons	40	31	41	37	39

PE lessons

Q68. How many lessons of PE/sport in school time did you have in the last five school days?



7% of pupils said they didn’t have any lessons of PE/sport in school time in the last five school days.

Q68. Percentage answering that they didn’t have any lessons of PE/sport in school time in the last five school days.

	Guernsey	
	Yr 8	Yr 10
Boys	5	10
Girls	4	8

12% of pupils said they had at least four lessons of PE/sport in school time in the last five school days.

Q68. Percentage answering that they had at least four lessons of PE/sport in school time in the last five school days.

	Guernsey	
	Yr 8	Yr 10
Boys	11	14
Girls	3	15

Q69. How do you feel about PE lessons?



13% of pupils responded that they 'do not enjoy' PE lessons.

Q69. Percentage answering that they 'do not enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	9	9
Girls	13	19

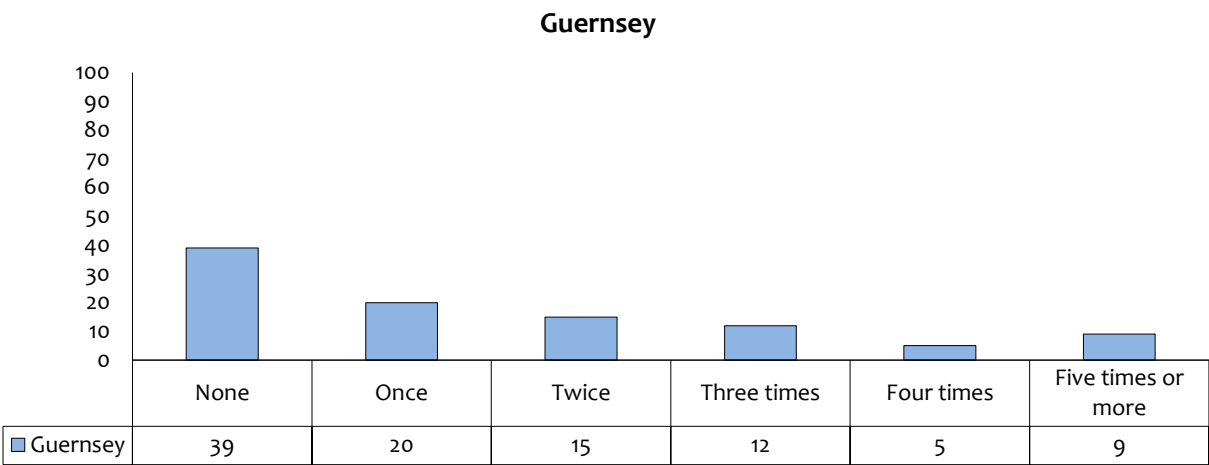
74% of pupils responded that they 'enjoy' or 'really enjoy' PE lessons.

Q69. Percentage answering that they 'enjoy' or 'really enjoy' PE lessons.

	Guernsey	
	Yr 8	Yr 10
Boys	85	82
Girls	64	64

Extra-curricular activities

Q70. How many times per week do you attend an extra-curricular club?



39% of pupils responded that they don't attend any weekly extra-curricular clubs, while 20% said they do so once a week.

Q70. Percentage answering that they don't attend any weekly extra-curricular clubs.

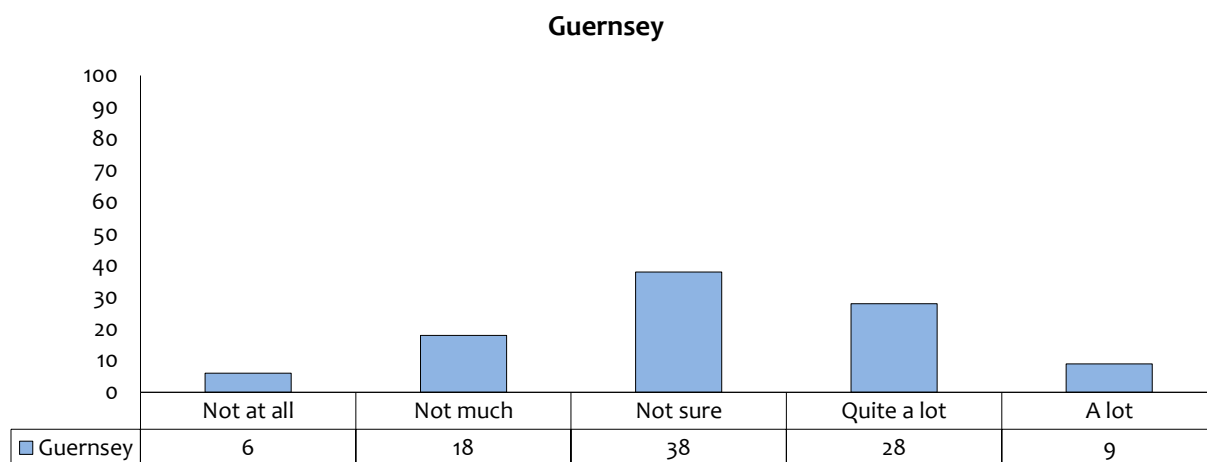
	Guernsey	
	Yr 8	Yr 10
Boys	30	42
Girls	37	40

26% of pupils responded that they attend an extra-curricular club at least 'three times' a week.

Q70. Percentage answering that they attend an extra-curricular club at least 'three times' a week.

	Guernsey	
	Yr 8	Yr 10
Boys	34	24
Girls	24	28

Q71. How much does your school/college enable young people to make decisions about the future of the school/college?



6% of pupils responded that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.

Q71. Percentage answering that their school/college doesn't enable young people to make decisions about the future of the school/college 'at all'.

Guernsey

	Yr 8	Yr 10
Boys	6	6
Girls	2	10

38% of pupils responded that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

Q71. Percentage answering that their school/college enables young people to make decisions about the future of the school/college 'quite a lot' or 'a lot'.

Guernsey

	Yr 8	Yr 10
Boys	39	41
Girls	36	34

59% of boys and 41% of girls agreed that, on the whole, they like their teachers.

Q72. Percentage of pupils responding 'agree' or 'strongly agree' to the following statements about school:

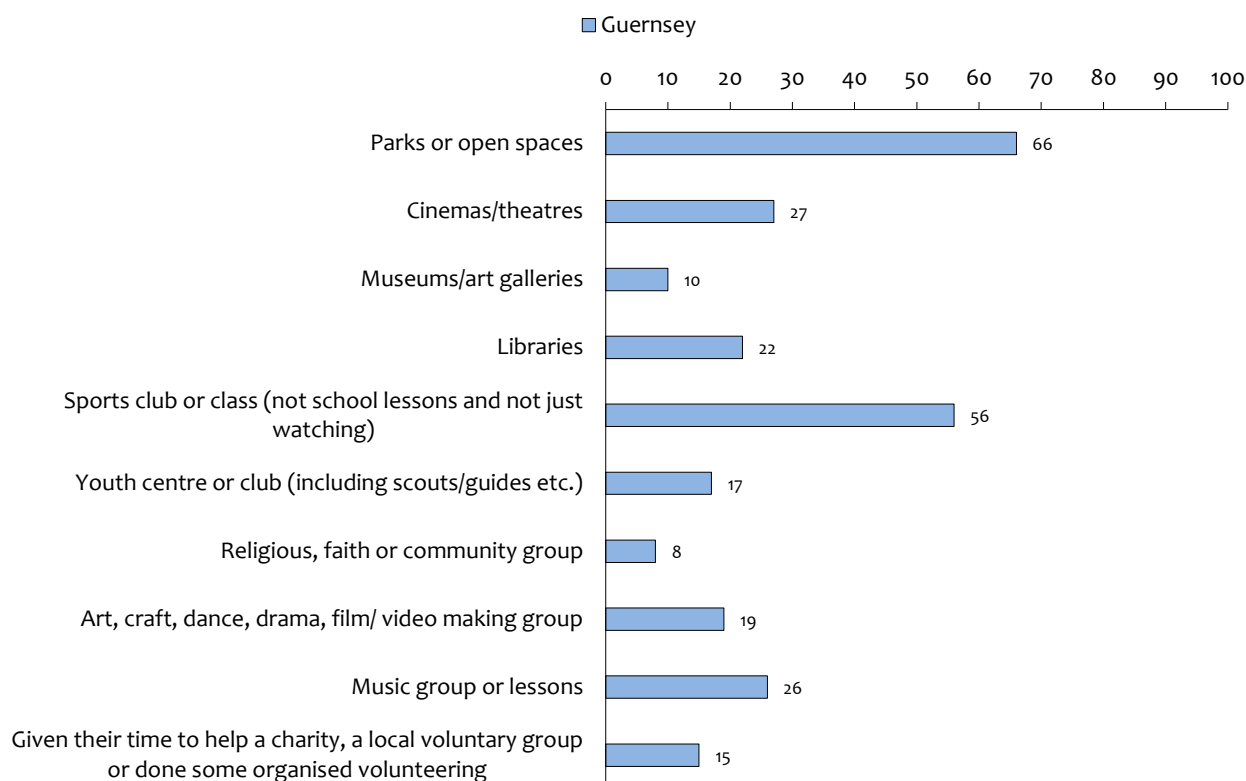
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
On the whole I like my teachers	52	46	64	38	50
I want to do well at school/college	88	89	89	84	87
The best part of my life is the time I spend in school/college	11	14	20	12	15
School/college is preparing me for the world of work	58	52	47	40	47

Q72. Percentage of pupils responding 'disagree' or 'strongly disagree' to the following statements about school:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
On the whole I like my teachers	25	22	17	39	26
I want to do well at school/college	4	1	6	6	5
The best part of my life is the time I spend in school/college	58	54	58	66	60
School/college is preparing me for the world of work	21	13	25	27	24

Leisure time

Q77. Percentage of pupils responding that they went to or took part in the following in the 4 weeks before the survey:



66% of pupils responded that they went to parks or open spaces in the 4 weeks before the survey, while 56% said they went to or took part in a sports club or class (not school lessons or just watching).

Q77. Percentage of pupils responding that they went to or took part in the following in the 4 weeks before the survey:

Boys		Girls	
1	Parks or open spaces 66	1	Parks or open spaces 65
2	Sports club or class (not school lessons and not just watching) 62	2	Sports club or class (not school lessons and not just watching) 50
3	Cinemas/theatres 31	3	Music group or lessons 29
4	Music group or lessons 25	4	Libraries 26
5	Youth centre or club (including scouts/guides etc.) 20	5	Art, craft, dance, drama, film/ video making group 25
6	Libraries 19	6	Cinemas/theatres 22
7	Given their time to help a charity, a local voluntary group or done some organised volunteering 15	7	Given their time to help a charity, a local voluntary group or done some organised volunteering 18
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9	Museums/art galleries 11	9	Religious, faith or community group 8
10	Religious, faith or community group 8	10	Museums/art galleries 8

Future plans/career

6% of pupils responded that they would like to work in a medical role in the future; 10% want to work in an artistic, literary or media occupation (e.g. actor, writer, singer). 41% either didn't respond or were 'not sure'.

Q78. Percentage of pupils responding that they would like to do the following job/career in the future (top 5):

Boys			Girls		
1	Sports and Fitness Occupations	10	1	Artistic, Literary and Media Occupations	12
2	Artistic, Literary and Media Occupations	7	2	Any medical/health role	9
3	Business, finance and administration	7	3	Solicitor/lawyer	6
4	Engineering	5	4	Design occupations	5
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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***