

# Young People in Northumberland

## A summary report of the Health-Related Behaviour Survey 2015

These results are the compilation of data collected from a sample of secondary pupils in Northumberland during the Autumn of 2015. This survey was commissioned from SHEU by **Northumberland County Council and Northumberland Public Health** to collect reliable information about young people's lifestyles. All maintained schools in Northumberland were invited to take part.

### Collecting the figures

Teachers were briefed on how to collect the most reliable data and then pupils anonymously completed the questionnaire online or on paper. The sample sizes are shown in the table below.

Questionnaires completed on paper were returned to SHEU in Exeter for processing. It is the intention to repeat the survey every two years to monitor trends.

This report presents statistical data with no additional narrative and is to be used for further analysis in conjunction with local demographical context data.

- ❑ **Bold text in the body of the report** indicates which result is being illustrated nearby.
- ❑ *Italic text* shows where the Northumberland data is significantly different to the SHEU wider data.

Over 3500 young people took part in the survey, including pupils from the following year groups:

	Secondary		
	Year 8	Year 10	All
<b>Ages</b>	<b>12-13y</b>	<b>14-15y</b>	
<b>Males</b>	795	894	1689
<b>Females</b>	883	946	1829
<b>Total</b>	1699*	1859*	3558*

\*40 pupils did not tell us their gender

### TOPICS INCLUDE:

#### Being Healthy

Diet, exercise, drugs, sexual health, support

#### Staying Safe

Accidents, bullying, Internet safety

#### Making a Positive Contribution

Leisure, volunteering, children's voice

#### Economic Well-being

Money, work, plans after 16

#### Enjoying and Achieving

Satisfaction, GCSE expectations, enjoyment

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**NORTHUMBERLAND**

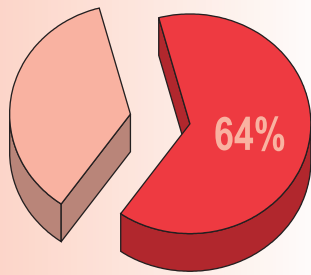
Northumberland County Council

  
**Healthier  
Together**

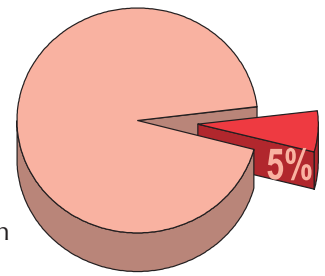
Working to improve health in Northumberland

## FAMILY BACKGROUND

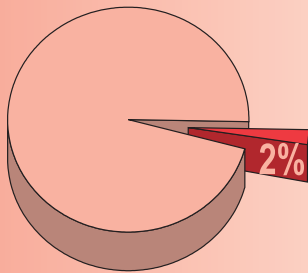
- 92% of pupils responded that they are White British.
- 64% of pupils responded that they live with their Mum and Dad together.
- 14% of pupils responded that they live 'mainly or only' with their mum.
- 10% of pupils responded that they are a practising member of a religion (i.e. attend a place of worship or worship at home).



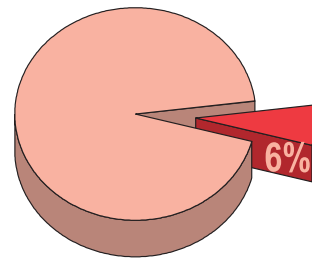
- 5% of pupils responded that they have a special educational need or learning difficulty.
- 4% of pupils responded that their additional needs are properly looked after in school.
- 20% of pupils responded that they are currently or were entitled to vouchers for free school meals in the last 6 years.



- 2% of pupils responded that they had help filling in the questionnaire.
- 1% of pupils responded that they have a disability.
- 4% of pupils responded that they have a long-standing illness.



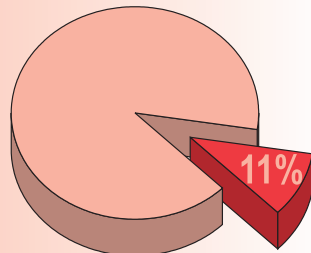
- 6% of pupils responded that they are a 'young carer'. 6% said they are 'not sure' if they are.
- 2% of pupils responded that being a 'young carer' takes up at least an hour of their time each day, while 1% said it takes up less than an hour.



## BEING HEALTHY

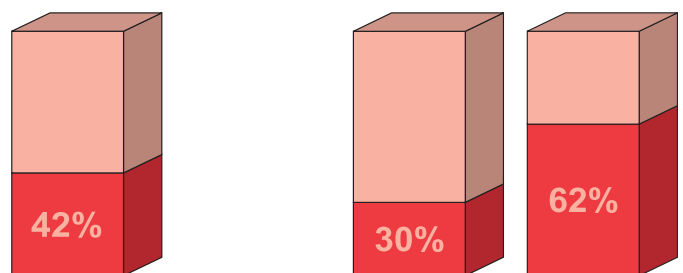
### Healthy Eating

- 39% of pupils responded that they had school food for lunch on the day before the survey. 47% of pupils in the SHEU wider data said this.



- 11% of pupils responded that they didn't have any lunch on the day before the survey.
- 12% in this survey had nothing to eat or drink for breakfast, while 5% had a cooked breakfast on the day of the survey.
- 7% of pupils reported only having a drink for breakfast.
- 28% of pupils responded that they had toast or bread for breakfast, while 7% had sugar-coated cereal.
- 51% of pupils responded that they eat vegetables 'on most days'; 52% said the same of fresh fruit. The SHEU comparison figures are 43% and 40%.
- 5% of pupils responded that they 'rarely or never' eat sweets/chocolate; 55% said the same of drinking energy drinks.
- 51% of pupils responded that they 'never' or only 'sometimes' consider their health when choosing what to eat.
- 21% of pupils responded that they 'very often' or 'always' consider their health when choosing what to eat.
- 52% of pupils responded that they have found school lessons about healthy eating 'quite' or 'very' useful, while 11% have found them 'not at all' useful and 9% couldn't remember any.

- 38% of pupils responded that the comments/attitudes of other people at school affect how they feel about their appearance, while 42% said that only they affect how they feel about their appearance.
- 5% of pupils responded that they would like to put on weight.
- 42% of pupils responded that they would like to lose weight (30% of Year 10 males and 62% of Year 10 females).



- 54% of pupils responded that they are happy with their weight as it is. 48% of pupils said this in the wider SHEU data.
- 18% of males and 51% of females responded that they worry 'quite a lot' or 'a lot' about the way they look.
- 9% of pupils responded that they didn't drink any water on the day before the survey.
- 32% of pupils responded that they drank at least 'about a litre' of water on the day before the survey.
- 76% of pupils responded that they can get water easily at school.
- 7% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

## BEING HEALTHY

### ALCOHOL

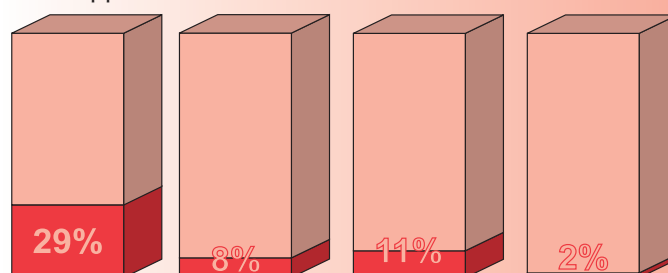
- ❑ 7% of pupils responded that they believe most/all or nearly all people their age drank alcohol in the last 7 days.
- ❑ 46% of pupils responded that they believe 'none or just a few' people their age drank alcohol in the last 7 days.
- ❑ 15% of pupils responded that they have had an alcoholic drink in the last 7 days.
- ❑ 4% of pupils responded that they believe most/all or nearly all people their age have been drunk at least once in the last 7 days.
- ❑ 60% of pupils responded that they believe 'none or just a few' people their age have been drunk at least once in the last 7 days.
- ❑ 4% of pupils responded that they have been drunk in the last 7 days.
- ❑ 0% of pupils responded that they drank over the advised weekly limit of alcohol for adult females of 14 units in the 7 days before the survey.
- ❑ 2% of pupils responded that they drank spirits in the 7 days before the survey, while 2% said that they drank wine.
- ❑ 5% of pupils responded that usually their parents/carers buy alcohol for them/give alcohol to them, while 1% said that friends/family under 18 bought it for them/gave it to them.
- ❑ 53% of pupils responded that they 'never' drink alcohol. *47% of pupils in the wider SHEU data said the same.*
- ❑ 27% of pupils responded that if they ever drink alcohol their parents/carers 'always' know, while 10% said their parents 'usually' know.
- ❑ 10% of pupils responded that if they ever drink alcohol their parents/carers 'never' or only 'sometimes' know.

### TOBACCO

- ❑ 8% of pupils responded that they believe most/all or nearly all people their age have smoked a cigarette in the last 7 days.
- ❑ 46% of pupils responded that they believe 'none or just a few' people their age have smoked a cigarette in the last 7 days.
- ❑ 18% of pupils said they have smoked in the past or smoke now.
- ❑ 3% of pupils responded that they regularly smoke (at least one cigarette a week).
- ❑ 3% of pupils responded that they have smoked in the last 7 days.
- ❑ 2% of pupils responded that they have bought cigarettes with health warnings in a different language.
- ❑ 20% of pupils responded that they had tried an e-cigarette.

### Smoking at home

- ❑ **29% of pupils responded that their parents/carers smoke.** *34% of pupils said this in the wider SHEU data.*
- ❑ **8% of pupils responded that someone smokes indoors at home in rooms that they use.**
- ❑ **11% of pupils responded that someone smokes in a car when they are in it too.**
- ❑ **2% of pupils responded that smokers can smoke anywhere at their home,** while 4% said smoking only happens in certain rooms.



### DRUGS

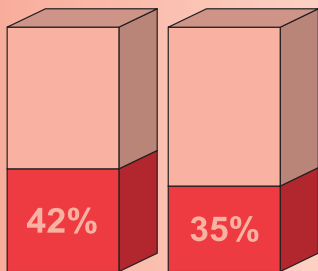
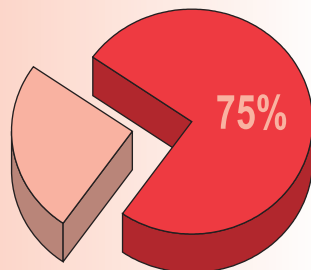
- ❑ 2% of pupils responded that they believe most or all/nearly all people their age have taken cannabis in the last 7 days.
- ❑ 76% of pupils responded that they believe 'none or just a few' people their age have taken cannabis in the last 7 days.
- ❑ 4% of pupils responded that they know of a special drug and alcohol service for young people in their area.
- ❑ 27% of pupils responded that they are 'fairly sure' or 'certain' that they know someone personally who takes drugs to get high. *34% of pupils in the wider SHEU data said this.*
- ❑ 12% of pupils responded that they have been offered cannabis.
- ❑ 4% of pupils responded that they have been offered other illegal drugs or legal highs.
- ❑ 4% of pupils responded that they have taken drugs to get high.
- ❑ 2% of pupils responded that they have taken at least one drug within the last month.
- ❑ 3% of pupils responded that they have taken drugs during the last year.
- ❑ 2% of pupils responded that they have taken drugs and alcohol on the same occasion.
- ❑ 46% of pupils responded that they have found school lessons about drug education (including alcohol and tobacco) 'quite' or 'very' useful, while 10% have found them 'not at all' useful and 14% couldn't remember any.

## BEING HEALTHY

### Emotional Health & Well-being

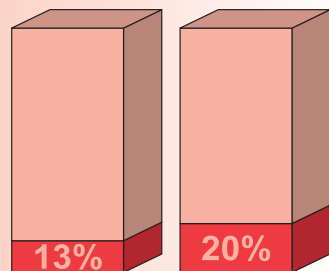
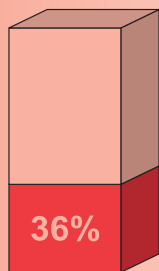
#### WORRYING

- 75% of pupils responded that they worry about at least one issue 'quite a lot' or 'a lot'.



- 42% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot', while 35% said they worry about the way they look.

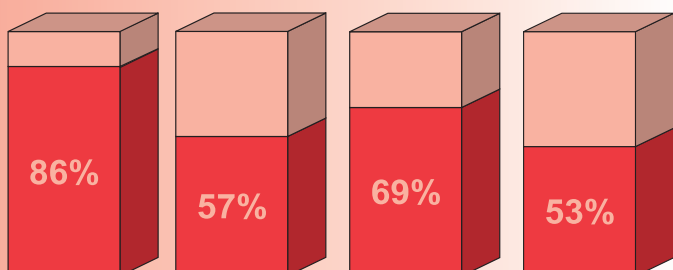
- 36% of pupils responded that they have found school lessons about emotional health and well-being 'quite' or 'very' useful, while 13% have found them 'not at all' useful and 20% couldn't remember any.



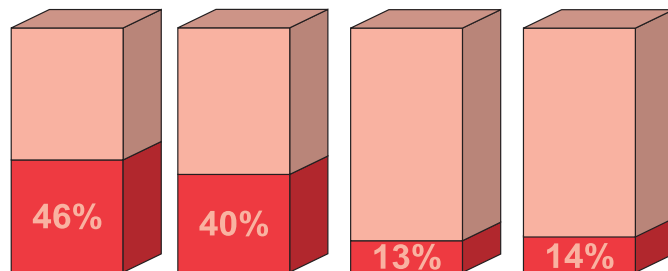
- 73% of pupils responded that if they are worried about something, they know an adult they trust that they can talk to about it.

#### CONTROL OVER HEALTH

- 89% of pupils agreed with at least one statement about being in control of their health.
- 57% of pupils agreed with at least one statement saying that they aren't in control of their health.
- 69% of pupils (compared with 75% of pupils in the wider SHEU data) responded that they are in charge of their health, while 53% said that even if they look after themselves, they can still easily fall ill.



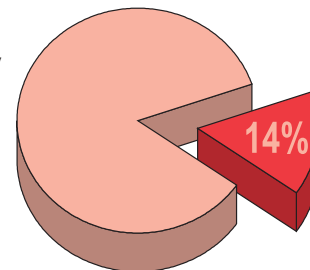
### Sexual Health



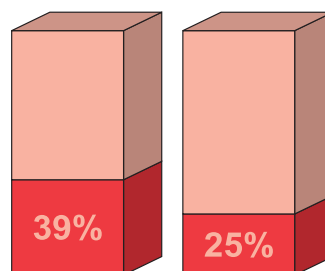
- 46% of boys and 40% of girls of pupils responded that they have found school lessons on sex and relationship education 'quite' or 'very' useful, while 13% have found them 'not at all' useful and 14% couldn't remember any.

- 38% of pupils (compared with 45% of pupils in the wider SHEU data) responded that they know where they can get condoms free of charge.

- Just 14% of pupils responded that they know of a special sexual health service for young people in their area; 72% said they 'don't know'.

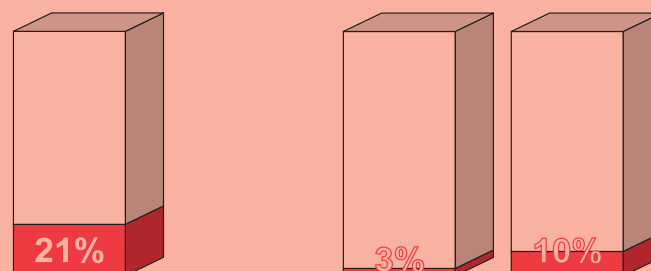


- 39% of pupils responded that they think young people would like to get condoms or emergency contraception from a young people's sexual health clinic; 25% said that they would like to get it from their G.P.



We asked some questions just of students in Year 10 or older:

- 21% of Year 10+ pupils responded that they think that most young people start having sex aged 17 or older.
- 3% of Year 10+ pupils responded that they are currently in a relationship and thinking about having sex.
- 10% of Year 10+ pupils responded that they are either in a sexual relationship or have had one in the

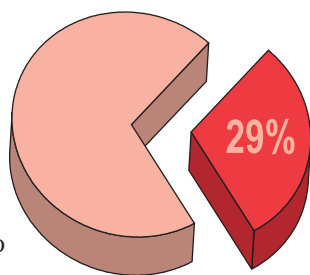




## STAYING SAFE

### Bullying

- 29% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- 6% of pupils responded that they 'often' or 'very often' feel afraid of going to school because of bullying.
- 24% of pupils responded that they have been bullied at or near school in the last 12 months. 12% said they 'don't know' if they have been.
- 4% of pupils responded that they have bullied someone else at school in the last 12 months, while 9% said they 'don't know' if they have.



- 46% of pupils responded that they think their school deals with bullying 'quite' or 'very' well. 8% of pupils responded that their school deals with bullying 'badly', while 6% of pupils said that bullying is not a problem in their school.

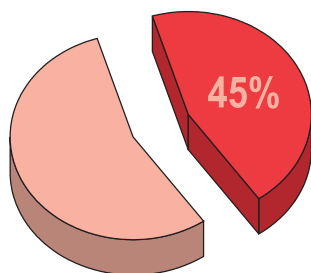
- 35% of pupils responded that they have been teased/made fun of at least 'once a month or so' in the past year and 17% said they have been pushed/hit for no reason.
- 15% of pupils responded that they have been bullied in a classroom (playtime/lunchtime) in the month before the survey, while 22% said that the bullying happened outside at school during playtime/lunchtime.

- 18% of pupils responded that when bullied recently they told their mum or dad/carer about it; 10% told a teacher or other staff member at school.

- 13% of pupils responded that after they told someone, the bullying stopped.
- 35% of pupils responded that they think they are being picked on or bullied because of the way they look, while 25% think they are being picked on because of their size or weight.

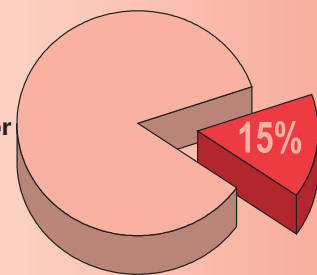
- 18% of pupils responded that they worry about bullying 'quite a lot' or 'a lot'.

- 45% of pupils responded that they have found school lessons about bullying 'quite' or 'very' useful, while 15% have found them 'not at all' useful and 10% couldn't remember any.

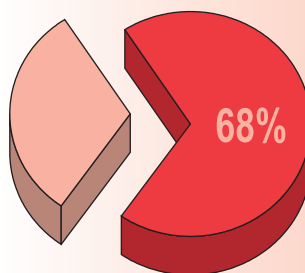


### Safety online

- 75% of pupils responded that they have chatted online and 15% said they have got a chat message or picture that scared or upset them.
- 24% of pupils responded that they have received a hurtful, unwanted or nasty message online and 4% said someone has used their identity/password to post false or hurtful things online.
- 90% of pupils responded that they have been told how to stay safe while chatting online; 72% said they always follow the advice they have been given.
- 24% of pupils responded that they have visited websites which promote illegal downloading, while 5% said that they have visited sites promoting racism/extreme views. 6% have visited a website about suicide, 7% said about self-harm and 12% a website advocating extreme dieting.



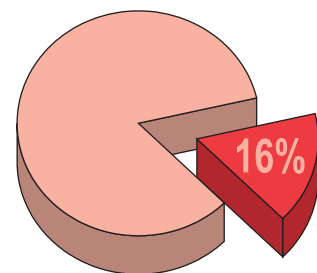
- 68% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- 9% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.



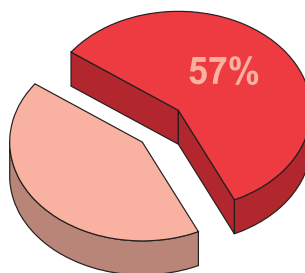
### Community safety

- 85% of pupils rated their safety at school as 'good' or 'very good', while 56% said the same of going out after dark.

- 16% of pupils rated their safety when going out after dark as 'poor' or 'very poor'.

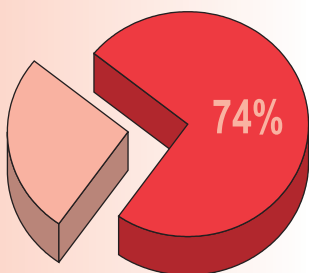


- 57% of pupils responded that they have found school lessons about safety 'quite' or 'very' useful, while 8% have found them 'not at all' useful and 8% couldn't remember any.

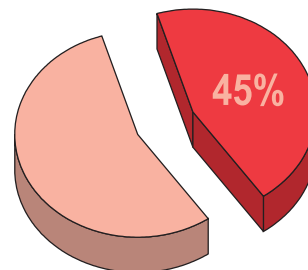
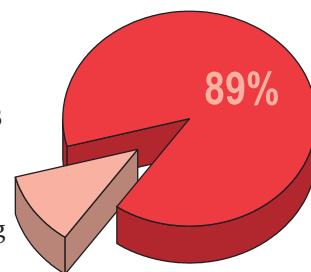


## Health and Hygiene

- 74% of pupils responded that they have been to the doctor in the last 6 months; 27% of these have been in the last month.
- On their last visit, 21% of pupils responded that the reception and waiting room environment made them feel at ease.
- 21% of pupils responded that they know who their school nurse is.
- 35% of pupils responded that they know how to get to see their school nurse.



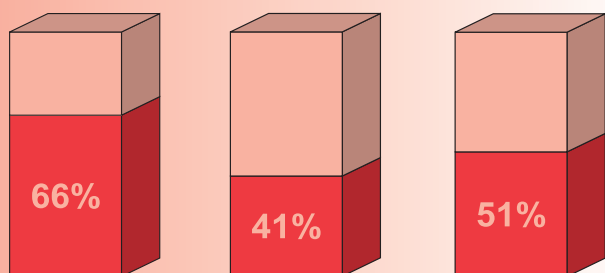
- 89% of pupils responded that they have been to the dentist in the last 6 months; 64% have been in the past 3 months.
- 19% of pupils responded that they 'never' try anything to avoid sunburn.



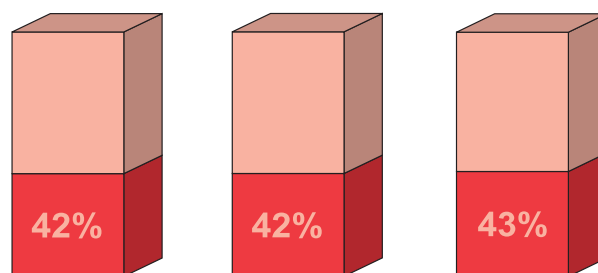
- 45% of pupils responded that they try something to avoid sunburn 'usually' or 'whenever possible'. This compared with 58% of pupils in the wider SHEU data.

## MAKING a POSITIVE CONTRIBUTION

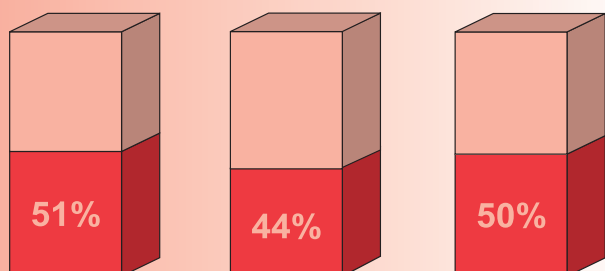
- 66% of pupils responded that they are asked for their opinions about what they learn in school; 41% said their opinions make a difference and 51% would like to be consulted more often.



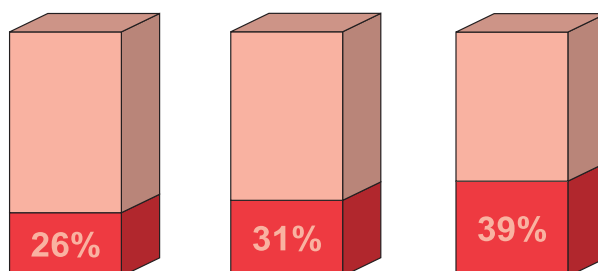
- 42% of pupils responded that they are asked for their opinions about the school environment; 42% said their opinions make a difference and 43% would like to be consulted more often.



- 51% of pupils responded that they are asked for their opinions about how they learn in school; 44% said their opinions make a difference and 50% would like to be consulted more often.



- 26% of pupils responded that they are asked for their opinions about their community; 31% said their opinions make a difference and 39% would like to be consulted more often.

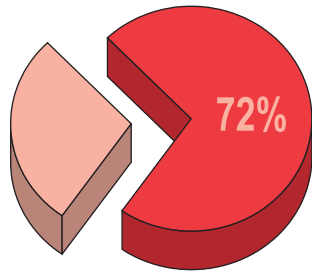


We found some notable sex differences in leisure time activities on the evening before the survey:

	Male	Female
Watching TV > 3h	8	6
Doing homework > 1h	76	83
Playing computer games (e.g. Playstation, PC, etc) > 3h	21	5
Talking/texting on the 'phone > 3h	11	21
Talking/messaging online e.g. Facebook, Twitter > 3h	11	18

## PHYSICAL ACTIVITY

72% of pupils responded that they enjoy physical activity 'quite a lot' or 'a lot'.

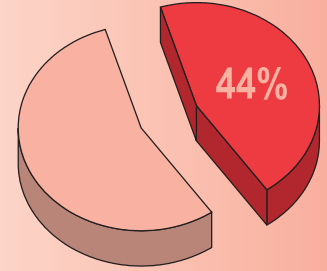


37% of pupils responded that they did some form of physical activity on 5 days or more in the 7 days before the survey.

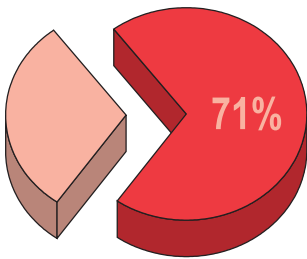
12% said that they did physical activity on 5 days or more for an hour or more in the last 7 days.

When asked most pupils said that nothing stops them from exercising as much as they would like. The next two most popular answers were; 'I don't have enough time' (26%) and 'I am shy in front of other people' (16%).

44% of pupils responded that they played sport after school on the day before the survey.



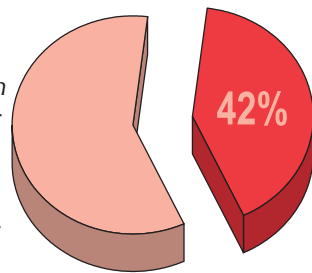
## ENJOYING and ACHIEVING



71% of pupils responded that they are 'quite a lot' or 'a lot' happy with their life at the moment.

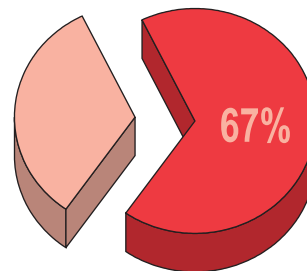
3% of pupils responded that they are 'not at all' happy with their life at the moment.

42% of pupils had a high self-esteem score (15 or more). This compared with 37% of pupils in the wider SHEU data.



21% of pupils had a medium self-esteem score (9 or less).

40% of pupils responded that if something goes wrong, they are 'usually' or 'always' calm and can carry on, while 58% learn from it for next time and 23% get upset and feel bad for ages.

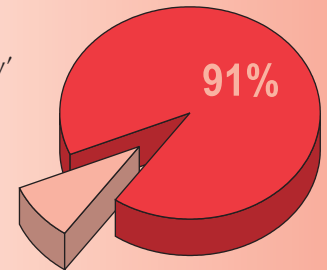


67% of pupils responded that if at first they don't succeed, they 'usually' or 'always' keep on trying until they do, while 40% ask for help and 8% give up.

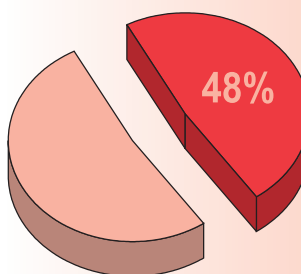
42% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

13% of pupils responded that they enjoy 'hardly any' of their lessons at school.

91% of pupils responded that they think it is important to go to school regularly.



4% of pupils responded that they have been absent from school because of caring for family members; 7% said their absence was due to worries about school.



48% of pupils responded that they want to continue in full-time education at the end of Year 11.

39% of pupils responded that they want to find a job as soon as they can at the end of Year 11.

56% of pupils responded that they want to get training for a skilled job at the end of Year 11.

We found some notable age differences in pupils' perceptions of school:

	Year 8	Year 10
The school cares whether I am happy or not	59	38
My work is marked so I can see how to improve it	84	76
I set my own targets and I am helped to meet them	55	44
My achievements in and out of school are recognised	56	37
The school teaches me to deal with my feelings positively	48	30
The school helps me work as part of a team	65	46
In this school people with different backgrounds are valued	59	53
The school encourages everyone to take part in decisions, e.g. school council	72	56
The school encourages me to contribute to community events	54	34
The school prepares me for when I leave this school	70	53

## Credits

Our thanks go to the staff and young people in schools for their time and contributions to this survey. Schools involved in this survey were:

Alnwick Lindisfarne Middle School, Alnwick the Dukes Middle School, Astley Community High School, Bedlingtonshire Community High School, Berwick Academy, Berwick Middle School, Collingwood School & Media Arts College, Corbridge Middle School, Cramlington Learning Village, Haltwhistle Community Campus Upper School, Haydon Bridge Community High School and Sports College, Hexham Middle School, Highfield Middle School, James Calvert Spence College - South Avenue, Meadowdale Middle School, Morpeth Chantry Middle School, Morpeth Newminster Middle School, Northumberland CE Academy, Ponteland Community High School, Ponteland Middle School, Prudhoe Community High School, Queen Elizabeth High School, Richard Coates CE Middle School, Seahouses Middle School, Seaton Sluice Middle School, St. Benet Biscop Catholic Academy, St. Joseph's RC VA Middle School, St. Paul's RC VA Middle School, The Duchess's Community High School, The Grove Special School, The King Edward VI Academy and Whytrig Community Middle School,

## Vision of the Families and Children's Trust

The vision of the Northumberland FACT is set out in the Children and Young People's Plan (CYPP) for 2015 to 2018 and is:

**To work together with children, young people, families and friends in order to secure happy and healthy lives for all.**



This vision corresponds with our desire to continuously improve our partnership working across all FACT member organisations for the benefit of the children, young people, and their families in Northumberland who need our support or expertise at any time in their lives.

## The Way Forward – and over to you

As a result of their work we have excellent data to be used by schools and the Local Authority, as well as other statutory and voluntary agencies that support the health of young people in Northumberland. This work will inform action plans for joint working between and within organisations involved in improving the health and well-being of pupils in schools.

We invite everyone reading this report who has contact with young people – whether as a parent, teacher, community leader, volunteer or in some other role – to think about what the findings mean for young people in the area, and think about what you might be able to do to make healthier choices easier for them.

# SHEU

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**Schools Health Education Unit**

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The data processing and analysis for this study were carried out by SHEU. The Unit specialises in questionnaire surveys of children and young people for Local Authorities, Public Health Teams, voluntary agencies, charities, schools and colleges and other partnerships. SHEU is also able to undertake consultation, monitoring and evaluation exercises, and bespoke research.

**NORTHUMBERLAND**  
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*Working to improve health in Northumberland*