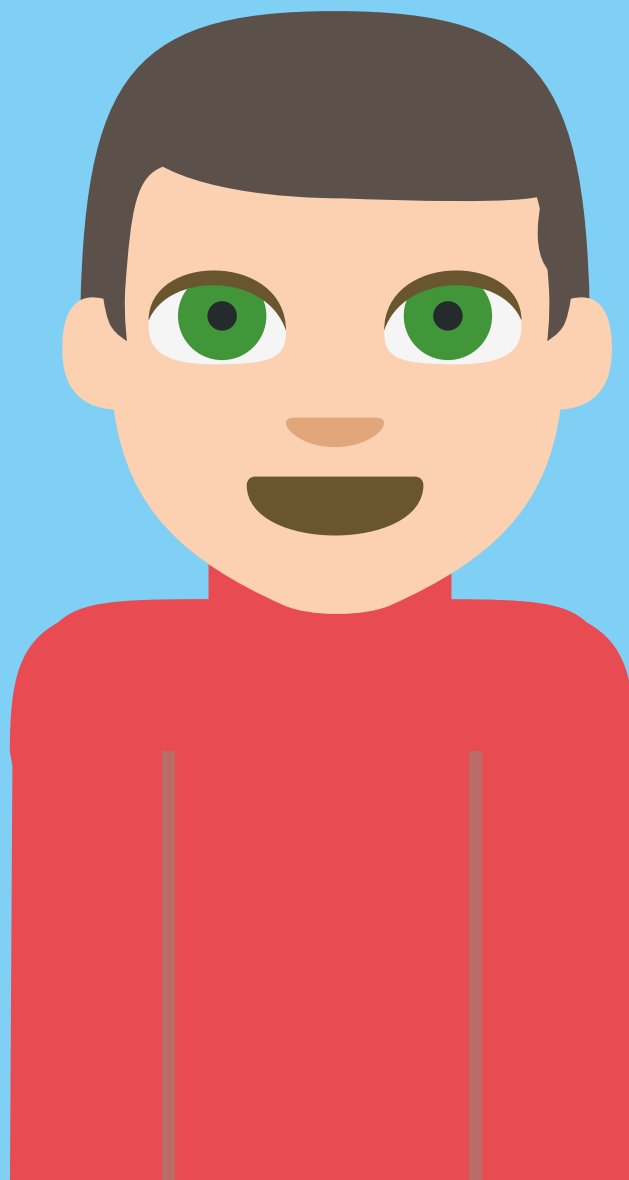


# Healthy Lifestyle Report

Primary 2021-2022



**DARLINGTON**  
Borough Council



# What school do you go to?

| ANSWER CHOICES                                  | RESPONSES |              |
|---|-----------|--------------|
| The Federation of Abbey Schools                 | 8.14%     | 184          |
| The Federation of Mowden Schools                | 8.05%     | 182          |
| Corporation Rd Community Primary School         | 2.57%     | 58           |
| Firthmoor Primary School (Academy)              | 3.23%     | 73           |
| Gurney Pease Academy                            | 2.35%     | 53           |
| Harrowgate Hill Primary School                  | 8.45%     | 191          |
| Heathfield Primary School (Academy)             | 4.65%     | 105          |
| Heighington CE Primary School                   | 2.48%     | 56           |
| High Coniscliffe CE Primary School              | 0.04%     | 1            |
| Holy Family RC Primary School                   | 3.14%     | 71           |
| Hurworth Primary School (Academy)               | 3.05%     | 69           |
| Mount Pleasant Primary School                   | 3.36%     | 76           |
| Northwood Primary School                        | 4.25%     | 96           |
| Polam Hall School                               | 4.34%     | 98           |
| Red Hall Primary School                         | 2.30%     | 52           |
| Reid Street Primary School (Academy)            | 5.09%     | 115          |
| Skerne Park Academy                             | 3.50%     | 79           |
| Springfield Academy                             | 2.65%     | 60           |
| St George's Church of England Academy           | 5.04%     | 114          |
| St John's Church of England Academy             | 2.88%     | 65           |
| St Mary's Cockerton CE Primary School (Academy) | 0.04%     | 1            |
| St Teresa's Catholic Primary School             | 0.27%     | 6            |
| The Rydal Academy                               | 6.19%     | 140          |
| West Park Academy                               | 6.50%     | 147          |
| Whinfield Primary School                        | 7.43%     | 168          |
| <b>TOTAL</b>                                    |           | <b>2,260</b> |

# Emotional Health and Wellbeing

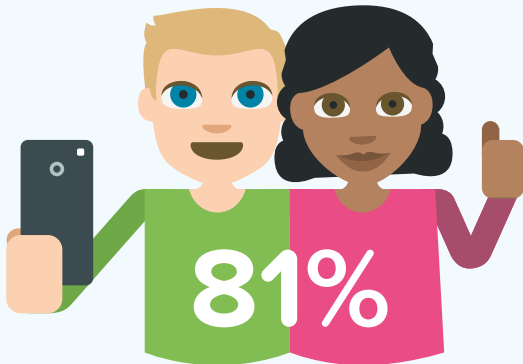
74%



62% can manage peer pressure and say



to their friends if they want to



have good friendships

**MOST**

pupils would talk to a parent, carer or teacher if they needed support



report feeling stressed, mainly about school and growing up



**Almost 90%** identified a way they cope with feeling stressed



# Dental Health



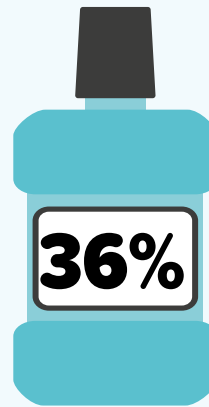
**69%**  
said they  
clean  
their teeth  
twice a day



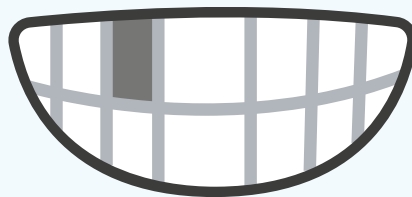
**78%**  
said when they  
clean, they  
clean for  
2 – 3 minutes



**41%**  
rinse with  
water after  
brushing



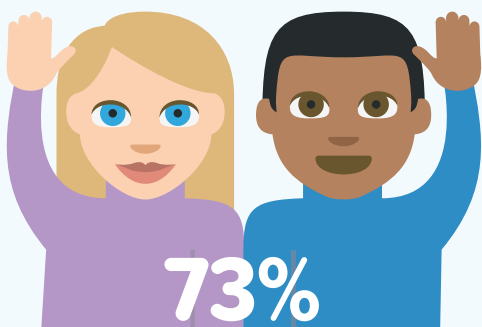
use  
mouthwash



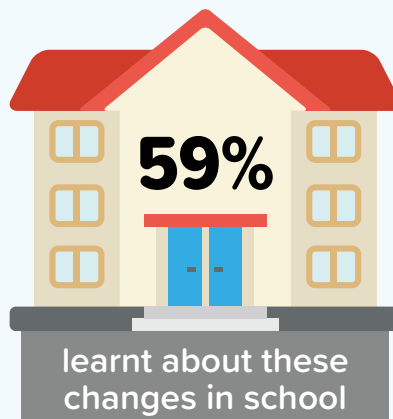
**35%** have had  
a filling

[Take care of your teeth and gums - NHS](#)

# Puberty



73%  
know what changes they will experience during puberty



59%  
learnt about these changes in school



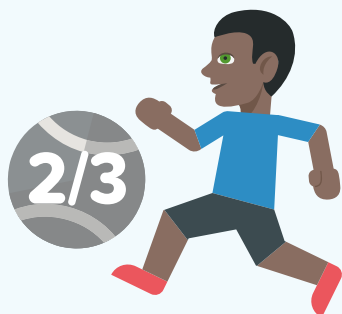
39%  
learnt about these changes from someone at home



41%  
would like more information about the changes as they feel they need to know more

[www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/](http://www.nhs.uk/live-well/sexual-health/stages-of-puberty-what-happens-to-boys-and-girls/)  
[www.always.co.uk/en-gb/about-us/campaigns-and-initiatives/puberty-education-programme/](http://www.always.co.uk/en-gb/about-us/campaigns-and-initiatives/puberty-education-programme/)

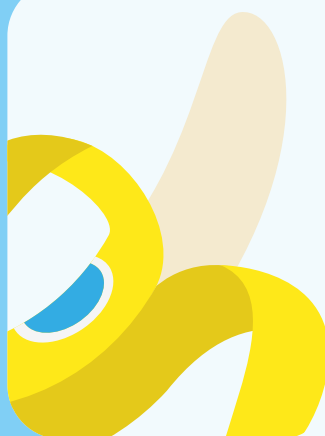
# Physical Activity & Eating Habits



of respondents do 30 – 60 minutes of physical activity daily, mainly because they enjoy it



think that they eat healthily most of the time

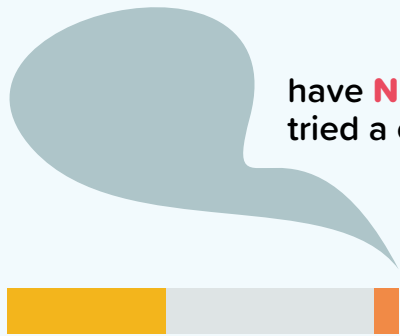


**79%**  
would like to eat more healthier

[Nutrition - Public Health – Darlington](#)  
[Healthy Darlington - Start my Move More journey](#)

[Change4Life - Cook Together](#)  
[Activities for Kids | Kids' Activities | Change4Life](#)  
[www.nhs.uk](http://www.nhs.uk)

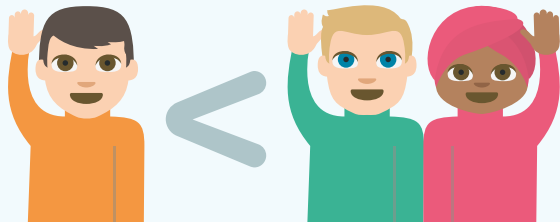
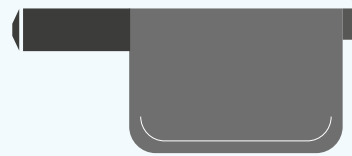
# Smoking and Alcohol



have **NEVER** tried a cigarette

97%

have **NEVER** tried a vape



However pupils perceive many more of their peers have tried than actually have



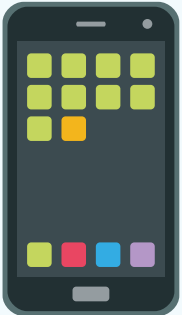
55%

have **NEVER** tried alcohol, of those who have it was mainly a sip given from someone at home

[stop smoking service – switch and stride service get links](#)



# Internet and Modern Technology



**95%**  
play games online,  
on a console,  
mobile phone or  
tablet based device



**60%**  
play games  
that are  
12 rated



**26%**  
play games  
that are  
16-18 rated



The most popular apps used are  
FaceTime, Instagram, Snapchat,  
Whats App and Tik Tok.

The average number of apps used  
regularly per child is 5



**78%** watch vloggers or YouTubers  
**34%** of respondents said they  
stream themselves online



**21%** have seen  
something that worried  
or upset them,

**70%** of these  
respondents reported  
this to a trusted adult



[www.darlington.gov.uk/DISP](http://www.darlington.gov.uk/DISP)  
[The PEGI App](#) | [Pegi Public Site](#)

[www.ceop.police.uk/Safety-Centre/](http://www.ceop.police.uk/Safety-Centre/)

# Relationships



said adults in relationships should care for and respect each other



thought it was 'OK' to shout at one another in a relationship



Less than **5%** thought that any physical or emotional abuse was acceptable

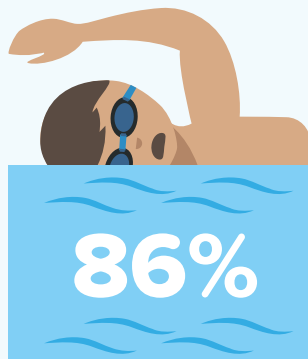
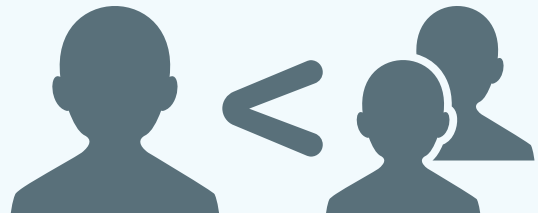
DV and SV sources of support

# Behaviour and Safety

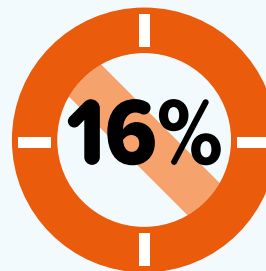


said that they had taken part in some form of anti social behaviour

**HOWEVER** they perceive that the amount of their peers who have taken part is much higher

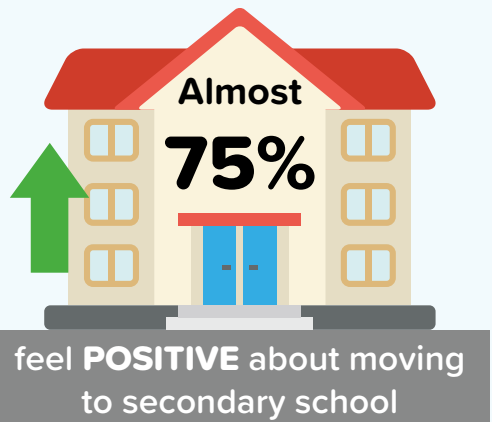


said they know how to stay safe in water.



said they had played in open water knowing it wasn't safe

# Transition



Pupils are looking forward to making new friends, new teachers, more activities and more independence.



Those who are worried about moving are concerned about...

being



late

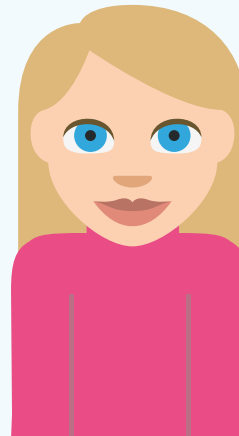
getting



lost

**40%**

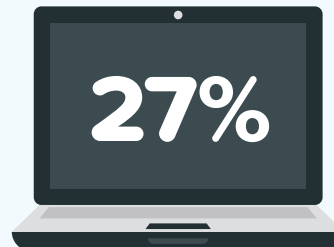
believe that talking to older pupils already at secondary schools would help them with transition.



# Bullying

**40%**

of respondents said they had experienced bullying in the last year, mainly verbal, physical, indirect and because of how they look.



of respondents said this had happened online



**88%** reported it to someone and sought help

Childline  
NSPCC

flag school support safeguarding leads







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