



## **Healthy Lifestyles Survey 2015/16**

*All Secondary Schools report*

*Authors: The Healthy Lifestyles Survey Expert Group*  
*Contact: [public.health@darlington.gov.uk](mailto:public.health@darlington.gov.uk)*



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## Expert Group Membership

Kirstie Sutherland-Area Service Co-ordinator, Area 3

Catherine Shaw-Relationships, Education and Sexual Health Co-ordinator

Abbie Metcalfe-Public Health Business Manager

Andrew Hay-Therapeutic Social Worker

Kate Jeffels-Darlington Drug, Alcohol and Tobacco Team (DAAT) Commissioning Manager

Emma Reah – Healthy Darlington Manager

## Introduction

The survey is an anonymous internet based questionnaire that allows the pupils to choose from a set number of responses which they have to complete before moving on to the next section. Eight schools completed the Healthy Lifestyles Survey with a total of 4475 responses.

Note: not all respondents completed all sections or questions of the survey and therefore there will be variation in answer rates

## Key Findings

### Emotional Health, Wellbeing and Bullying (4475)

- Number of students bullied has barely changed since the last survey
- Verbal bullying was the most common type of bullying, with physical bullying second.
- The majority of bullying took place in school (46%)
- 91% told someone about being bullied
- Nearly all (97%) said it was not ok for young people to bully other young people

### Physical Activity and Eating Habits (4392)

- 20% reported achieving 60 minutes of exercise on 7 days, contrasting with 66% reporting in 2013 that they did at least 60 minutes of exercise every day. This may be due to the change in questions between years rather than an actual change in trend
- If they decided to do more sport or physical activity, the majority would choose to do it with their friends
- Almost 7 out of 10 thought they had a balanced diet
- The main reported influences on what people ate and drank was their parents / guardians and what tasted nice
- 76% had tried an energy drink
- The majority had bought energy drinks from the shop themselves
- 58% of those who responded agreed it was OK for people their age to drink energy drinks, and 8 out of 10 agreed energy drinks were bad for your health

### The internet and modern technology (4367)

- Nearly all had access to the internet, 92% at home
- 9 out of 10 accessed the internet at least once a day
- 9 out of 10 had at least some unsupervised access to the internet
- 24% accessed something on the internet that they thought their parents and carers would not be happy about
- The most popular social media platforms are Instagram, Snapchat, Facebook, Facetime, Messenger, Skype and Xbox live
- Just over a third did not know all of the friends they had on the internet in person
- 30% of respondents to the question had accessed online chat rooms, nearly two thirds of those on purpose
- A quarter had accessed online pornography, over half of those on purpose
- Half had seen something online that they found offensive, upsetting, nasty, worrying or inappropriate in the last year

- 16% of respondents who completed the section had sent an 'inappropriate' picture or message to someone, 18% of those responding had been asked to send one.

#### Relationships and Sexual Health (1577)

- The most common sources of information on relationships and sexual health were Friends, Family and Teachers
- 13% of years 9 – 11 reported they had ever had sex

#### Smoking (3670)

- 15% (539) had ever smoked tobacco in their lifetime
- 9 out of 10 agreed "Smoking tobacco is never a good thing for young people your age"
- 6 out of 10 often found themselves near people who were smoking, the majority of these were somewhere outside

#### Alcohol (3544)

- 4 out of 10 had ever had a drink of alcohol; with a slightly decreasing trend from previous years
- 34% of those who had ever drunk alcohol had done so in the last 7 days.
- Cider was the most popular type of alcohol
- Just over a third of those who had drunk alcohol at all had ever been drunk, with 12% reporting being drunk in the last 7 days
- Almost three quarters of respondents agreed "It's NOT OK for young people my age to get drunk"

#### Drugs (Years 9 – 11 only) (2103)

- 5% of years 9 – 11 had ever taken drugs, with the majority (79%) reporting cannabis use
- Nearly three quarters of respondents knew the cannabis was illegal
- 75% agreed "It's NOT OK to take drugs"

#### Trends

It is difficult to compare year on year trends as the respondents surveyed are an ever changing cohort in terms of numbers.

Some generic trends that can be seen are a steady decline in students self-reporting that they have ever drunk alcohol since the first survey in 2009. Those that have drunk alcohol in the last week have begun to plateau at around 15%.

Those that have ever taken drugs, and taken drugs in the last week has remained around the same since 2012. Those ever taking cannabis has seen a slight increase this year but that could be to higher numbers of students being surveyed than in previous years. The increase is statistically significant (4.8% 2013 to 6.7%)

## Demographics 2015/16

There were 5795 students on the school roll this year, 77% were surveyed. Breakdown of demographics is as follows:

By school:

Carmel College	891
Darlington School of Mathematics and Science (DSMS)	324
The Education Village	558
Hummersknott Academy	988
Hurworth School	614
Longfield Academy	411
Polam Hall Free School	252
St Aidan's CoE Academy	437
<b>Total</b>	<b>4475</b>

By school year:

Year	Number of Responses
7	967
8	1145
9	858
10	814
11	691

## Next steps for 2016/17

The Expert Group has considered and reviewed the questions to be included in the survey for 2016, following feedback from Schools.

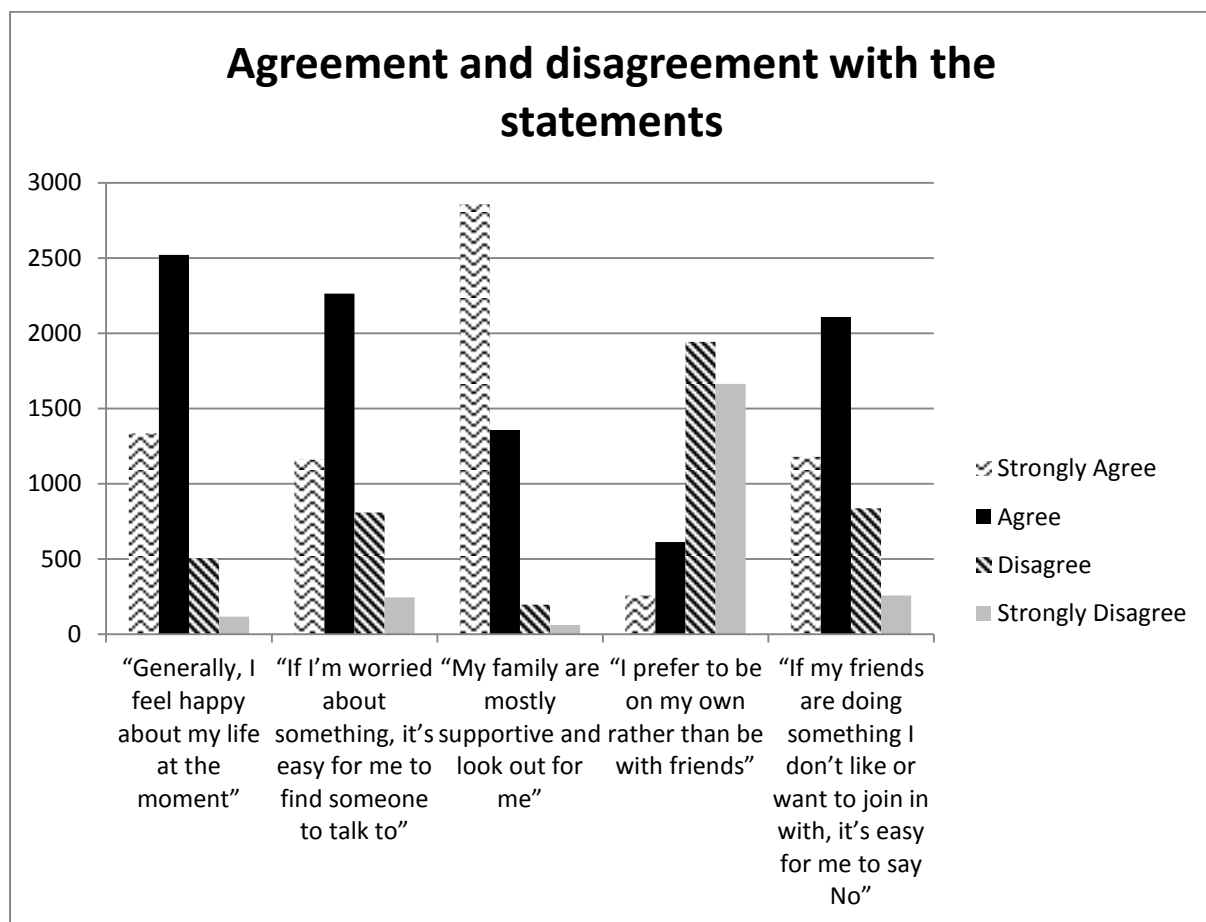
The 2016 survey has been offered to Schools for completion during the January/February term 2017.

This will enable schools to receive their feedback, via Team Around the School (TAS) and plan lessons in accordance with the Action Plan for the September term to implement teaching around the issues that have been highlighted.

## Emotional Health, Wellbeing and Bullying

1. These questions ask you to decide whether you Strongly Agree – Agree – Disagree – Strongly Disagree, with the following statements.

	Strongly Agree	Agree	Disagree	Strongly Disagree	Total
“Generally, I feel happy about my life at the moment”	1334	2520	504	116	4475
“If I’m worried about something, it’s easy for me to find someone to talk to”	1159	2263	808	244	4474
“My family are mostly supportive and look out for me”	2857	1357	196	62	4472
“I prefer to be on my own rather than be with friends”	257	612	1942	1663	3974
“If my friends are doing something I don’t like or want to join in with, it’s easy for me to say No”	1179	2109	836	258	4442

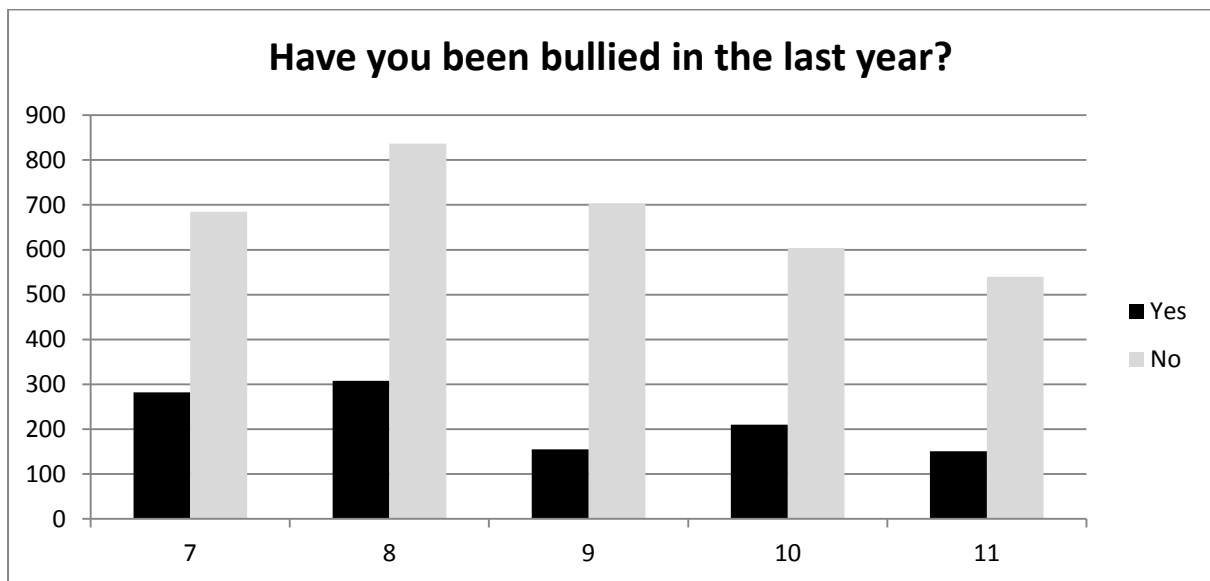


Most responses show that those surveyed seemed generally happy with their life and social situation.

## 2. Have you been bullied in the last year?

(Bullying is defined as behaviour that happens more than once and is intended to hurt someone either physically or emotionally on purpose.)

Year	Yes	No	% bullied (NWN)
7	282	685	29%
8	308	837	27%
9	155	703	18%
10	210	604	26%
11	151	540	22%

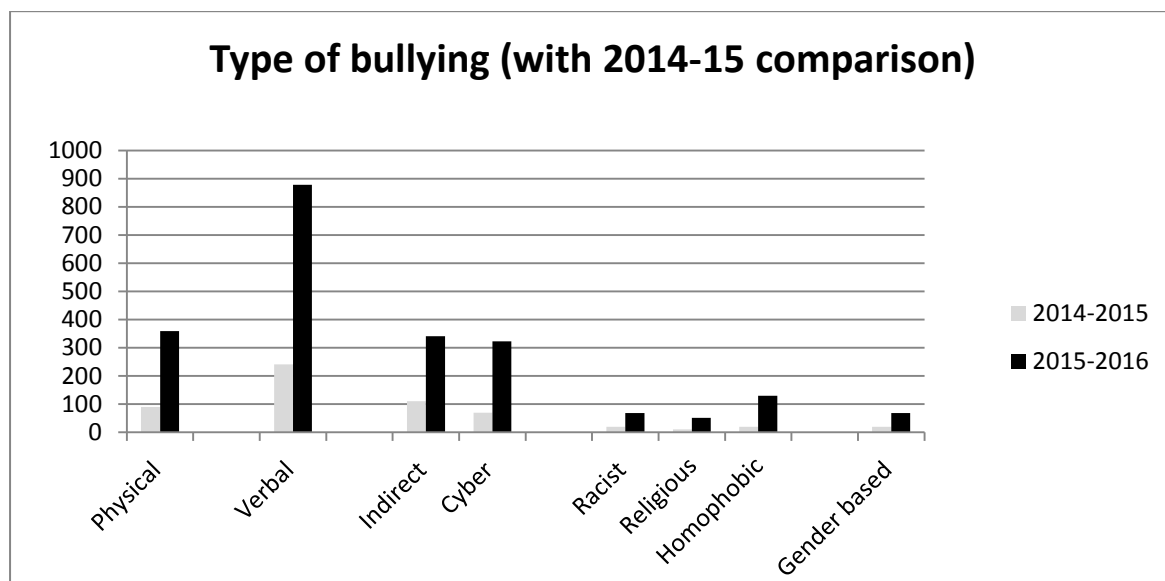


25% of students (1106) that responded to this question said they had experienced bullying in the past year. Comparing this result to the 2014/15 survey (1105 said yes), this shows little change since last year in terms of actual figures, however bear in mind a larger cohort will have answered the survey this year.

### 3. If you have, what kind of bullying was it? (please tick all which apply)

Some may have answered more than once.

Type of Bullying	2014-2015	2015-2016
Physical (Hitting, kicking, pushing or spitting)	90	359
Verbal (Calling you names, making threats)	241	878
Indirect (Spreading rumours, leaving you out, writing graffiti)	110	341
Cyber (Through a mobile phone or computer / tablet)	70	323
Racist (someone bullies you because of your race / skin colour)	20	69
Religious (someone bullies you because of your religion)	10	51
Homophobic (using derogatory language)	20	130
Gender based (someone bullies you because of your gender)	20	69



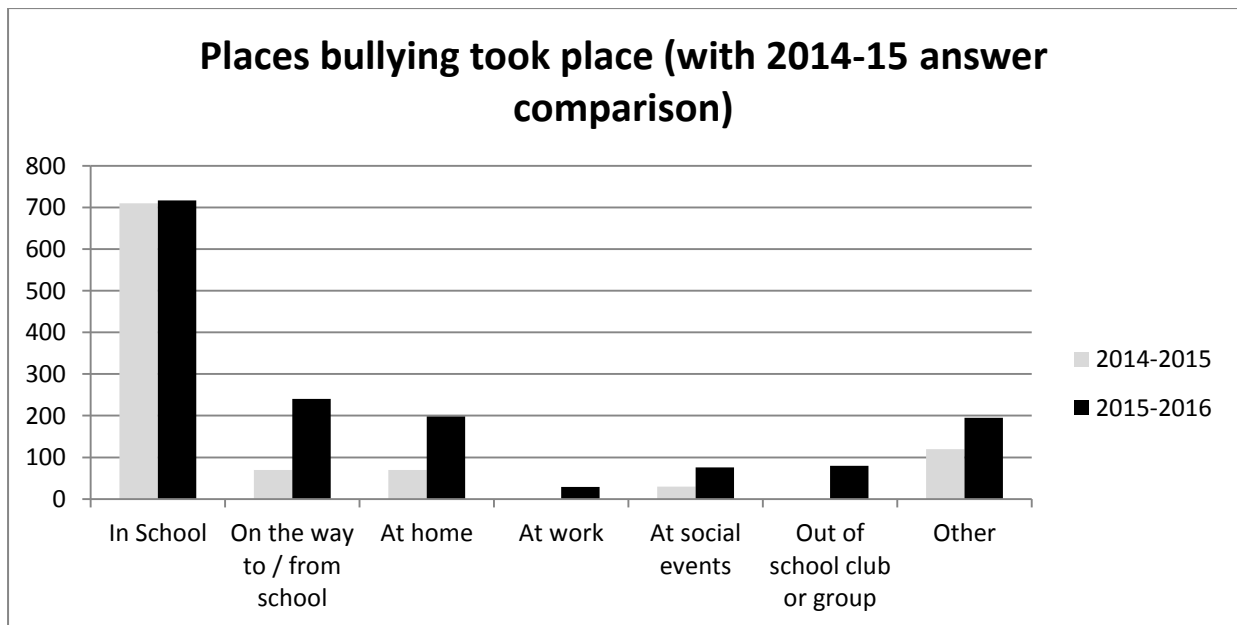
Note increase in responses from previous year which makes it difficult to show percentage change. However, actual numbers show that compared to the previous year, physical bullying has overtaken indirect as the second most common form of bullying. The data indicates that students who are bullied are generally reporting experiencing more than one form of bullying.



#### 4. Where did the bullying take place?

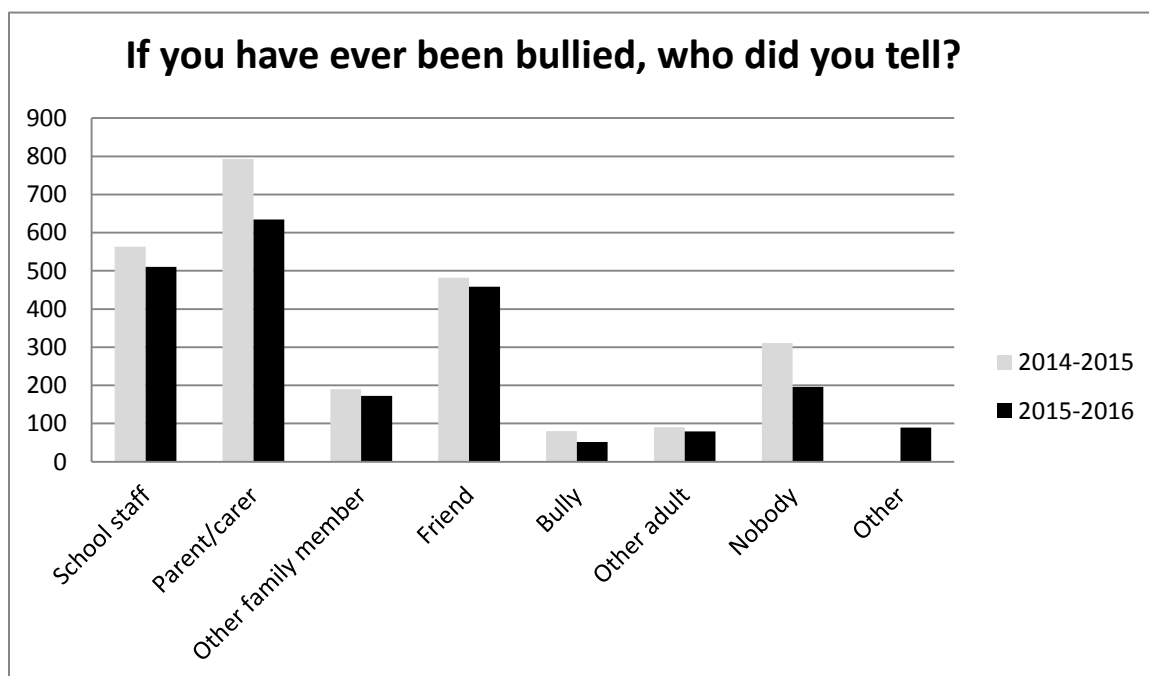
Only those bullied responded to this section, some chose more than one answer.

	2014-2015	2015-2016
In School	710	717
On the way to / from school	70	240
At home	70	198
At work	0	29
At social events	30	76
Out of school club or group	n/a	80
Other	120	195



5. If you have ever been bullied, who did you tell? (please tick all which apply)

	2014-2015	2015-2016
School staff	563	510
Parent/carer	793	634
Other family member	190	172
Friend	482	458
Bully	80	52
Other adult	90	79
Nobody	311	196
Other	n/a	89



**6. If you did tell someone, was the issue sorted out?**

This is the first year that this question has been asked of respondents.

	2015-2016
Yes	645
No	461

The following questions were asked of all respondents.

**“It’s NOT OK for young people to be bullied”.**

	2014-2015	2015-2016
Agree	95%	93%

**Is it ok for young people to bully other young people?**

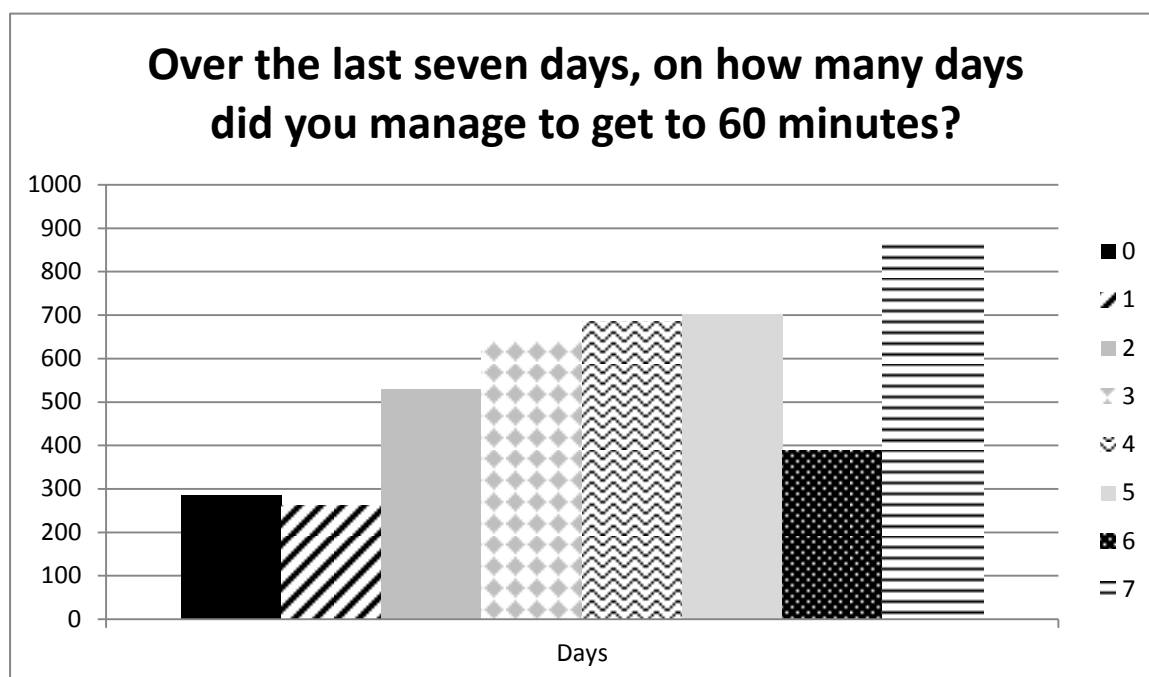
	2014-2015	2015-2016
Disagree	96%	97%

## Physical Activity and Eating Habits

Physical activity every day includes walking to school/shops, cycling, school PE, helping at home with gardening/housework, as well as sporting activities, in chunks of at least 10 minutes throughout the day.

7. Over the last seven days, on how many days did you manage to get to 60 minutes?  
(remember this doesn't have to be all in one go!)

	0	1	2	3	4	5	6	7
2015-2016	286	262	530	642	685	702	387	868

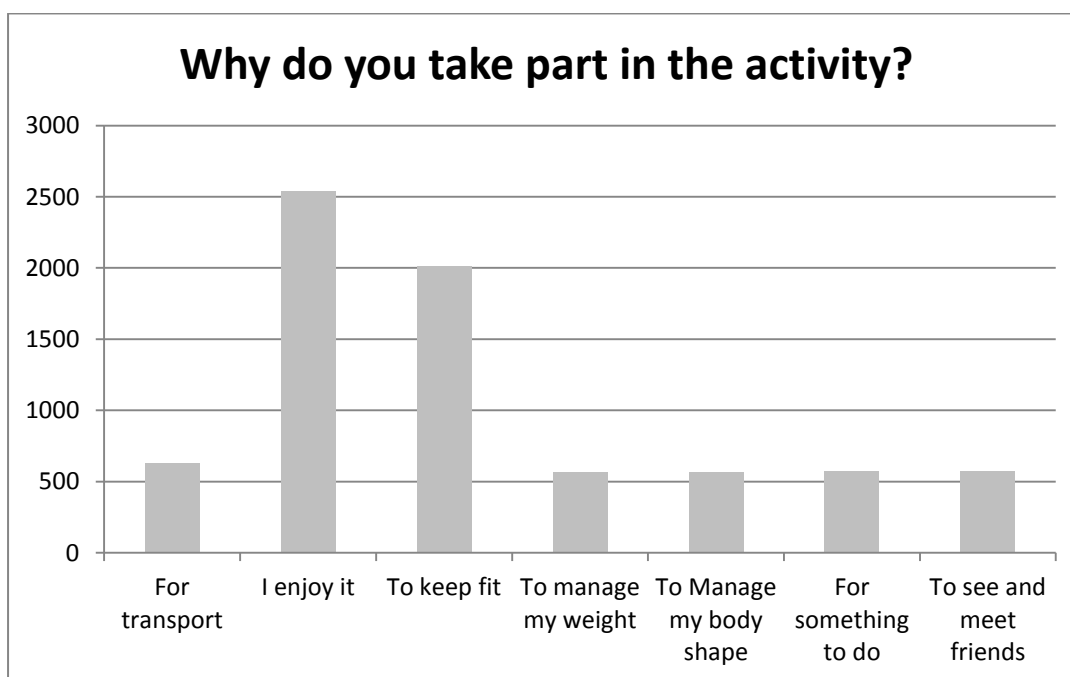


8. Pick one or two options which best describe how you do this physical activity.

	2015-2016
Travelling to school (walk/bike/scooter etc)	1469
At school in PE	2294
At school in after school clubs or at lunch time	349
Outside of school at a sports club or in a sports team)	1155
Exercise classes	112
Swimming	465
Individual activities (such as jogging, exercise DVDs, etc)	548
Using the gym	568
With my family	326

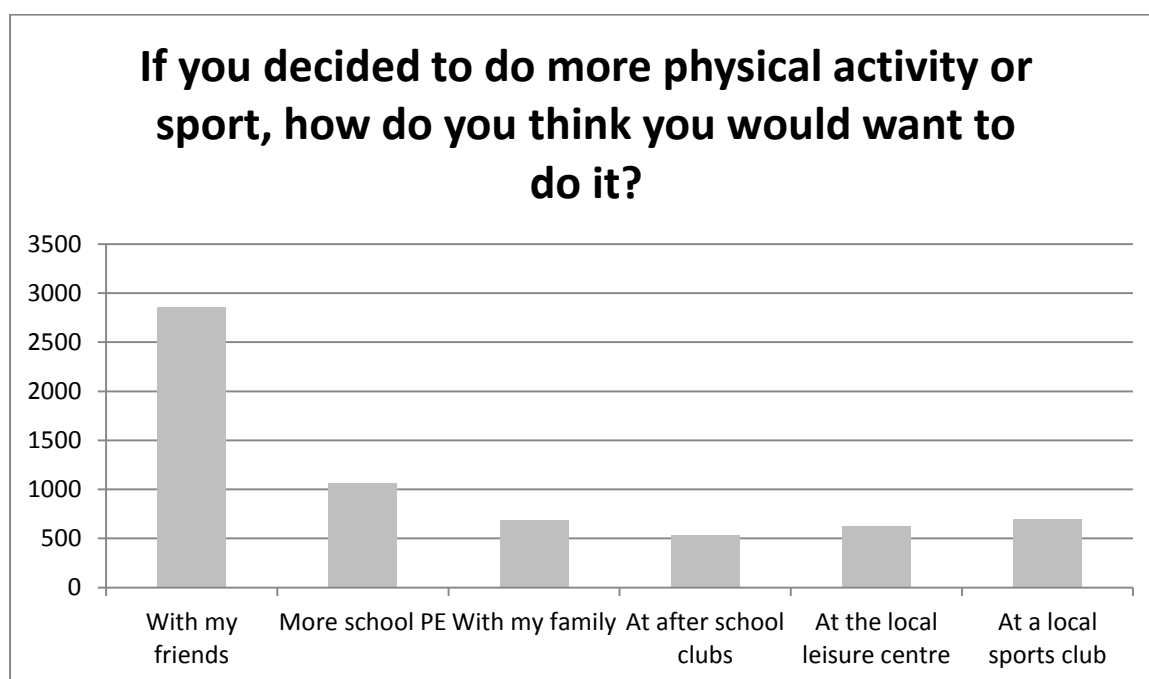
9. Pick one or two options which best describe why you take part in the activity(ies):

	2015-2016
For transport	630
I enjoy it	2536
To keep fit	2013
To manage my weight	569
To Manage my body shape	568
For something to do	572
To see and meet friends	570



**10. If you decided to do more physical activity or sport, how do you think you would want to do it? (some may have given more than 1 answer)**

	2015-2016
With my friends	2861
More school PE	1060
With my family	686
At after school clubs	534
At the local leisure centre	628
At a local sports club	700



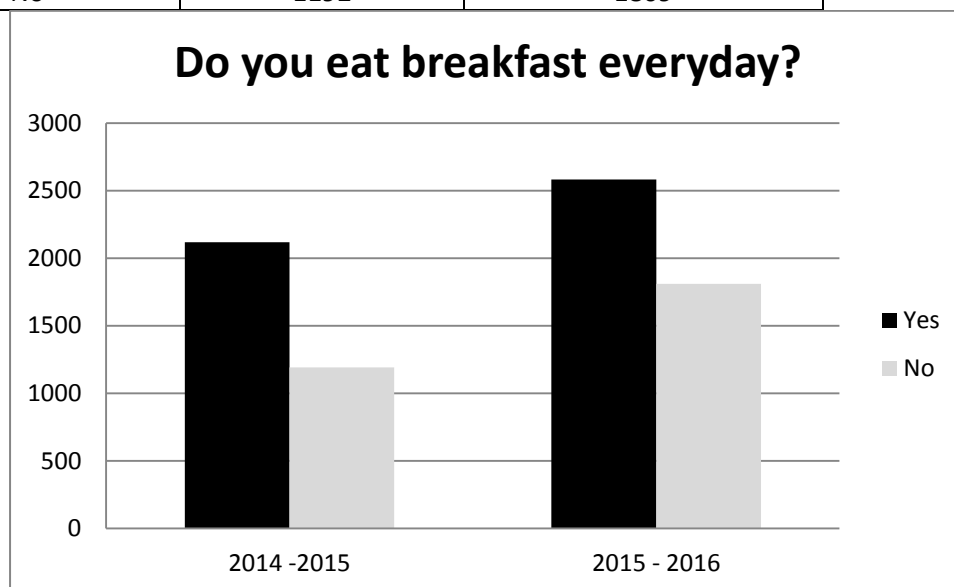
**11. Do you think you have a balanced diet?**

	2014-215	2015-2016
Yes	2317	2927
No	994	1465

**2015-2016 - 4392 completed this section**

**12. Do you eat breakfast every day?**

	2014-2015	2015-2016
Yes	2119	2583
No	1192	1809



**13. Pick one or two options which best describe who or what influences what you eat? (one or two options may have been chosen)**

	2015-2016
Parents/guardians	2507
Friends	653
Advertising	133
Television	167
Celebrity Culture	86
What tastes nice	1838
What I feel is healthy	835
My desired body shape	474

The following questions regarding energy drinks are new to the survey this year.

**14. Have you ever had an energy drink?**

2015-2016	Yes	No
Number	3343	1049

### 15. How often do you drink energy drinks?

From those who answered yes to having had energy drinks

	Number
Every day	282
Every week	642
Every month	707
I don't drink them	522
Other	1091

### 16. Where do you get your energy drinks from?

Someone at home	424
Stolen from home	41
Stolen from shop	83
Shop – bought by me	2475
Shop – bought by someone else	534
Friends	365

### 17. It is OK for young people my age to drink energy drinks

For the following responses the percentage is from all those who completed this section.

	Agree	Disagree
Number	2545	1847

### 18. Energy drinks are bad for your health

	Agree	Disagree
Number	3540	852

The majority of respondents agree that it is 'ok' for young people to drink energy drinks, yet the vast majority also agree that they are bad for your health. Therefore this suggests they are knowingly doing something that is bad for their health.



## The Internet and Modern Technology

This section was new this year therefore there is no previous information to compare.

4367 completed this section

### 19. Do you have access to the internet? (more than one answer may have been ticked which is why percentages will not equal 100%)

	2015-2016	Percentage (of 4367)
At home	3999	92%
At school	2996	69%
On my mobile phone	3505	80%
On a tablet	2796	64%
On someone else's mobile phone	1472	34%
I don't have access to the internet	50	1%

### 20. How often do you access the internet

	2015-2016	Percentage
Twice a day or more	2082	54%
Daily	1438	37%
Every 2 – 3 days	99	3%
Every 4 – 5 days	63	2%
Weekly	121	3%
Less	53	1%

91% are indicating that they access the internet at least once a day with the majority using the internet twice a day or more.

### 21. Is your access to the internet supervised by an adult?

2015-2016	Always	Sometimes	Never
	458	1717	1967

225 left this question blank, which suggests 45% are NEVER supervised when accessing the internet.

### 22. Is there anything that you access on the internet that you think your parents / carers would not be happy about?

	Yes	No
Number	1051	3316

### 23. Do you have a social media account on...?

	2015-2016
<i>Xbox Live</i>	1732
<i>What's App</i>	1707
<i>Viber</i>	343
<i>Twitter</i>	1572
<i>Snapchat</i>	2593
<i>Skype</i>	2133
<i>Oovoo</i>	1726
<i>Messenger</i>	2554
<i>Kik</i>	1876
<i>Instagram</i>	3203
<i>Facetime</i>	2569
<i>Facebook</i>	2218
<i>Chat on</i>	129
<i>BBM</i>	352

The most popular social media platforms are Instagram, Snapchat, Facebook, Facetime, Messenger, Skype and Xbox live.

### 24. Do you know all of the friends you have over the internet in person?

	Yes	No
Number	2695	1672
%	62%	38%

### 25. What do you think the biggest risk is with using the internet?

Cyber bullying	851
Identity fraud or theft	644
Parents and carers find out what you are up to	67
Pop up's	113
Pornography	339
Strangers	979
Uploading your personal information	587
You are asked for pictures from strangers	358
You are sent messages from people you don't know	182

**26. Have you accessed online chat rooms?**

	Never	By accident	On purpose	Blank
2015-2016	2785	485	840	258

**27. Have you accessed online pornography?**

	Never	By accident	On purpose	Blank
Number	2985	472	648	263

**28. What information would you share on your profile that people who you don't know in person might be able to see?**

	2015-2016
School	566
Address	293
Age	1507
Phone number	398
Email	459
Hobbies and interests	1795
Photos	1624
Links to other social network accounts	616
None of the above	1103

**29. Have you seen anything online that you have found offensive, upsetting, nasty, worrying or inappropriate in the last year?**

	Yes	No	Not answered
Number	2209	1768	390

**30. Have you ever sent an 'inappropriate' picture or message to someone? (By inappropriate we mean have you sent any pictures of yourself that your parent / carer wouldn't be happy with?)**

	Yes	No	Not answered
Number	718	3397	252

**31. Have you ever been asked to send an inappropriate message or picture over the internet?**

	Yes	No	Not answered
Number	802	3272	293

16% of respondents had sent an 'inappropriate' picture or message to someone, 18% of those responding had been asked to send one. Of those respondents who did not answer the above three questions, we believe that a percentage of these will have been asked and have sent inappropriate images.

**32. Is it a criminal offence for someone under 18 years old to send a picture that is sexually explicit?**

	Yes	No	Not answered
Number	3290	832	245

**33. It is never ok to send an inappropriate picture of yourself on social media?**

	Agree	Disagree	Blank
Number	3039	1068	260

**34. Once you click to upload an image or text to the internet, you have no control of it...**

	Agree	Disagree	Blank
Number	3075	1026	266

**35. How many young people your age in Darlington do you think have sent inappropriate images of themselves using social media?**

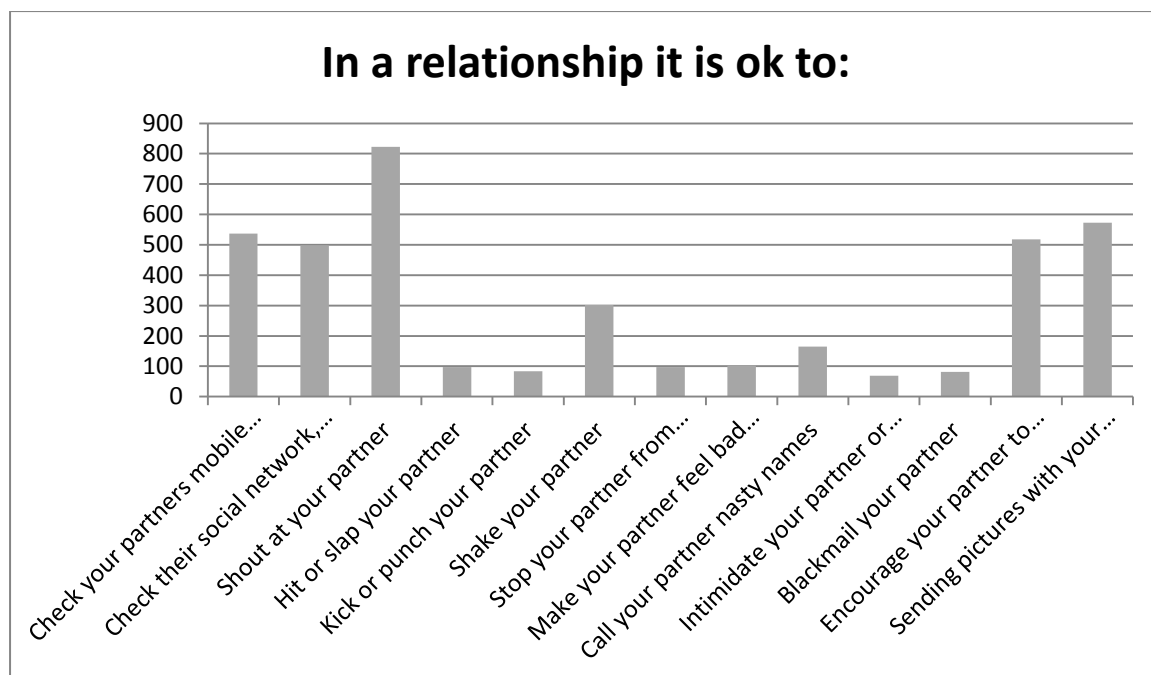
Actual percentage that have sent	The average estimate	Percentage overestimating
16%	49%	93%

The vast majority of young people overestimated how many of their peers had sent inappropriate images. The average estimate is 49%, yet the actual reported percentages that have sent an inappropriate image is 16%.

## Relationships and Sexual Health

### 36. In a relationship it is ok to:

	Number	Percentage
Check your partners mobile phone (without them knowing)	537	12%
Check their social network, messages or email (without them knowing)	497	11%
Shout at your partner	823	19%
Hit or slap your partner	97	2%
Kick or punch your partner	84	2%
Shake your partner	302	7%
Stop your partner from seeing friends or family	97	2%
Make your partner feel bad about themselves	103	2%
Call your partner nasty names	165	4%
Intimidate your partner or make them feel threatened	69	2%
Blackmail your partner	81	2%
Encourage your partner to join in with an activity , they don't want to	518	12%
Sending pictures with your mobile phone with no clothes on	573	13%

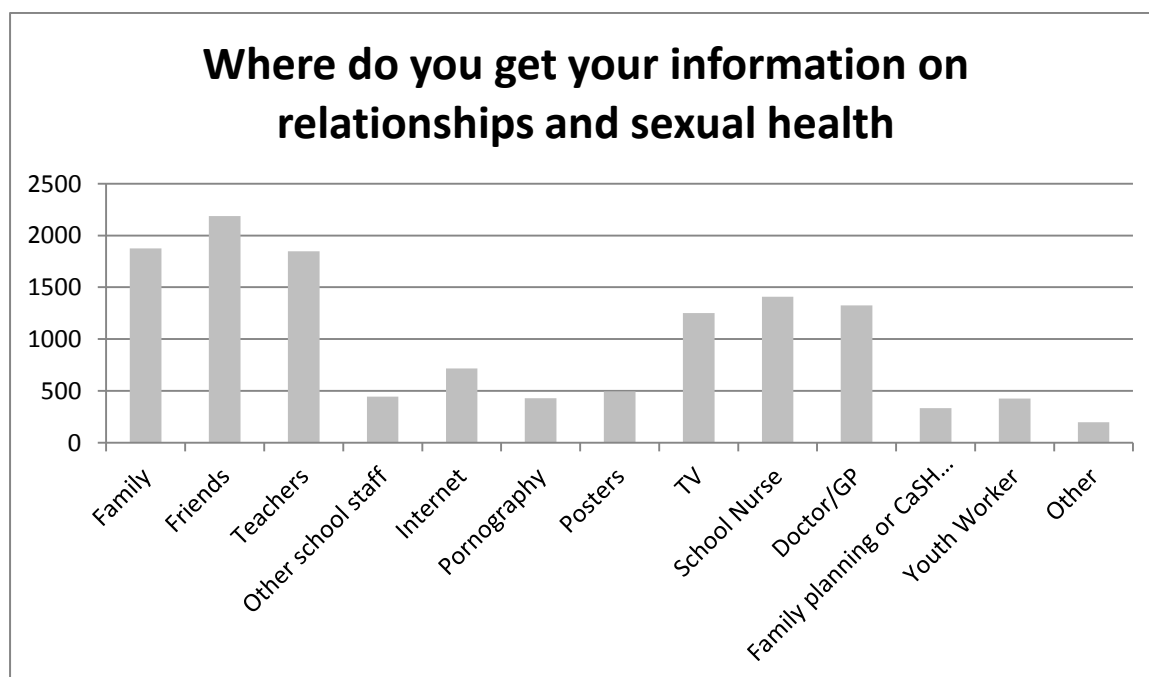


**37. Does the media, including TV, film, magazines, pornography and reality television impact on: (Years 7-11)**

	Always		Sometimes		Never		Blank	
	No.	%	No.	%	No.	%	No.	%
The way you behave in relationships	296	7	1687	39	1549	35	835	19
The way you think about relationships	408	3	1930	44	1504	34	525	12

**38. Where do you get your information on relationships and sexual health?**

	Number	Percentage
Family	1876	42%
Friends	2186	50%
Teachers	1847	42%
Other school staff	445	10%
Internet	717	16%
Pornography	431	10%
Posters	495	11%
TV	1251	29%
School Nurse	1409	32%
Doctor/GP	1325	30%
Family planning or CaSH service	335	8%
Youth Worker	428	10%
Other	198	5%



### Sex – only for years 9 – 11

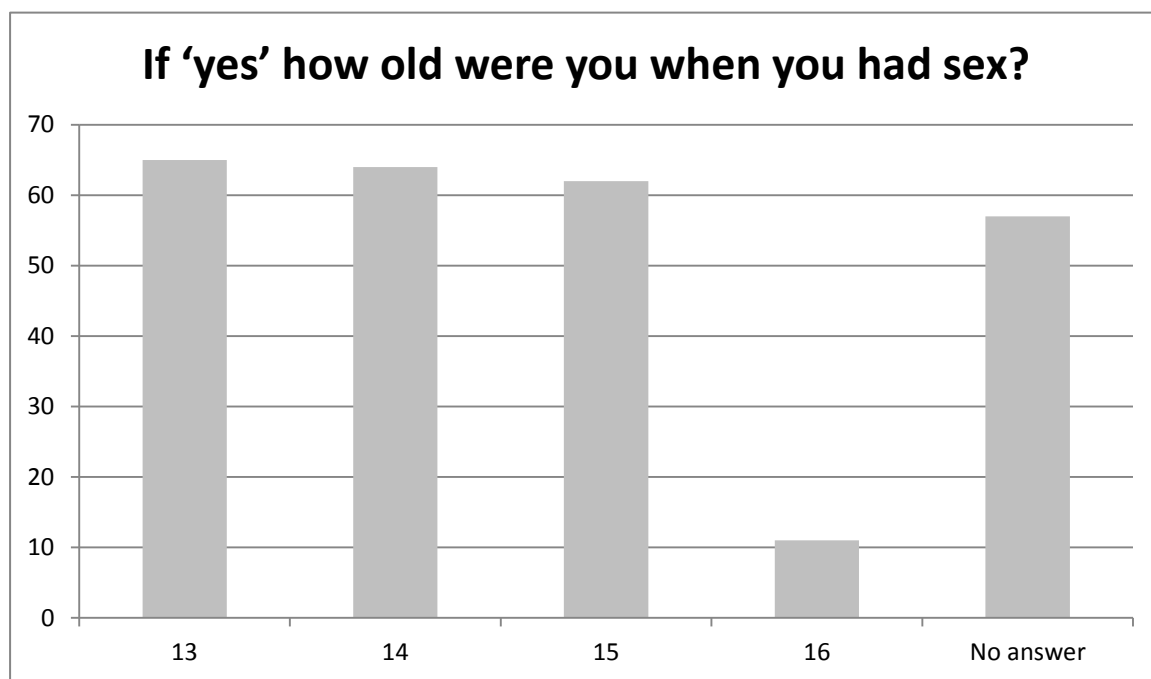
1577 completed this section, one school chose not to participate in this section.

#### 39. Have you ever had sex?

<b>2015/16</b>	Yes
Number	211
Percentage	13%

#### 40. If 'yes' how old were you when you had sex?

	13 yr old	14 yr old	15 yr old	16 yr old	No answer
Number	65	64	62	22	57
Percentage	30%	30%	29%	10%	27%



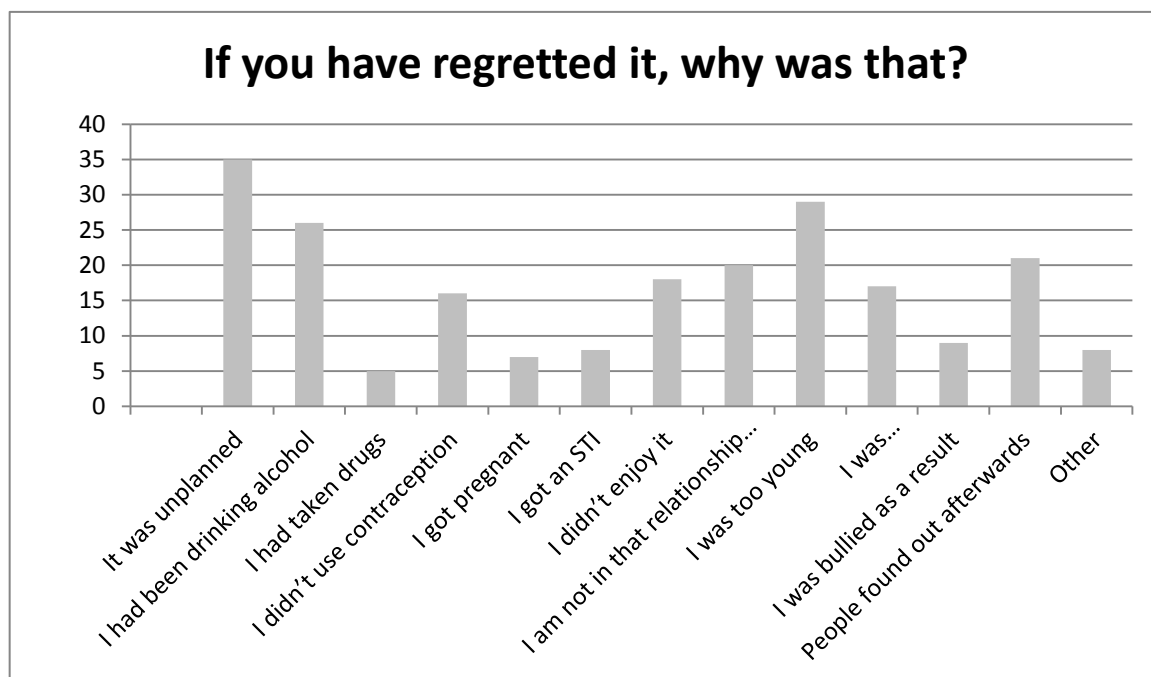
#### 41. If you have had sex, have you ever regretted it afterwards?

	Yes	No
Number	106	105
Percentage	50%	50%

#### 42. If you have regretted it, why was that?

Some gave more than one answer

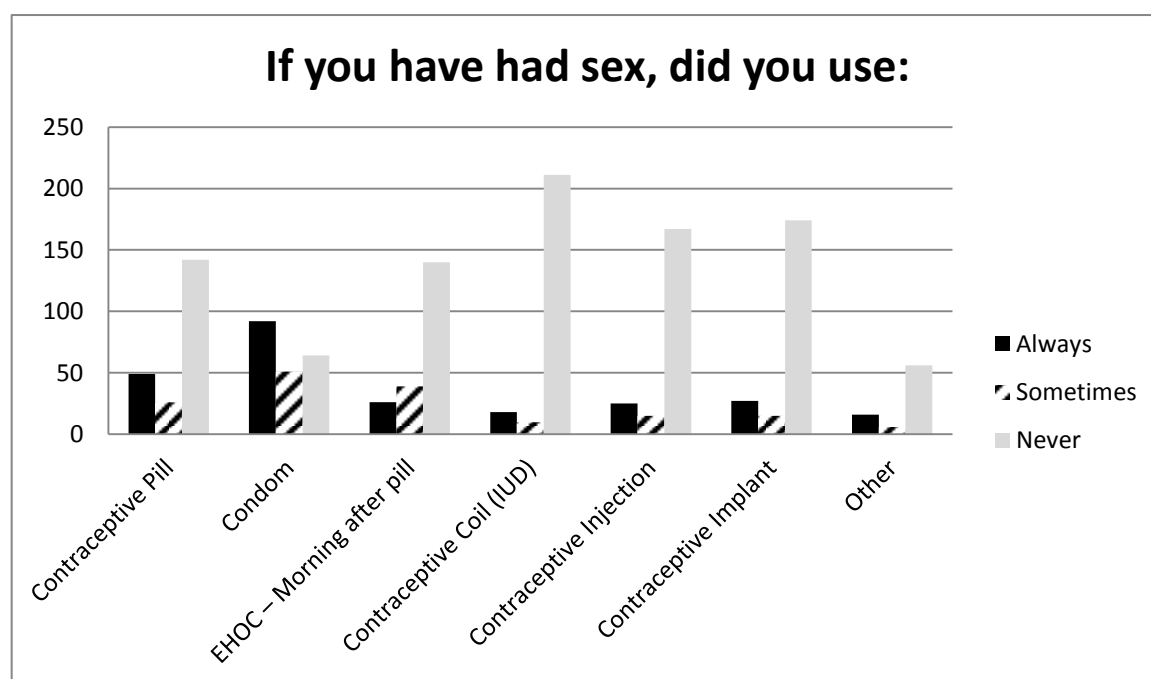
	Number
It was unplanned	35
I had been drinking alcohol	26
I had taken drugs	5
I didn't use contraception	16
I got pregnant	7
I got an STI	8
I didn't enjoy it	18
I am not in that relationship anymore	20
I was too young	29
I was bullied/pressured/didn't want to	17
I was bullied as a result	9
People found out afterwards	21
Other	8





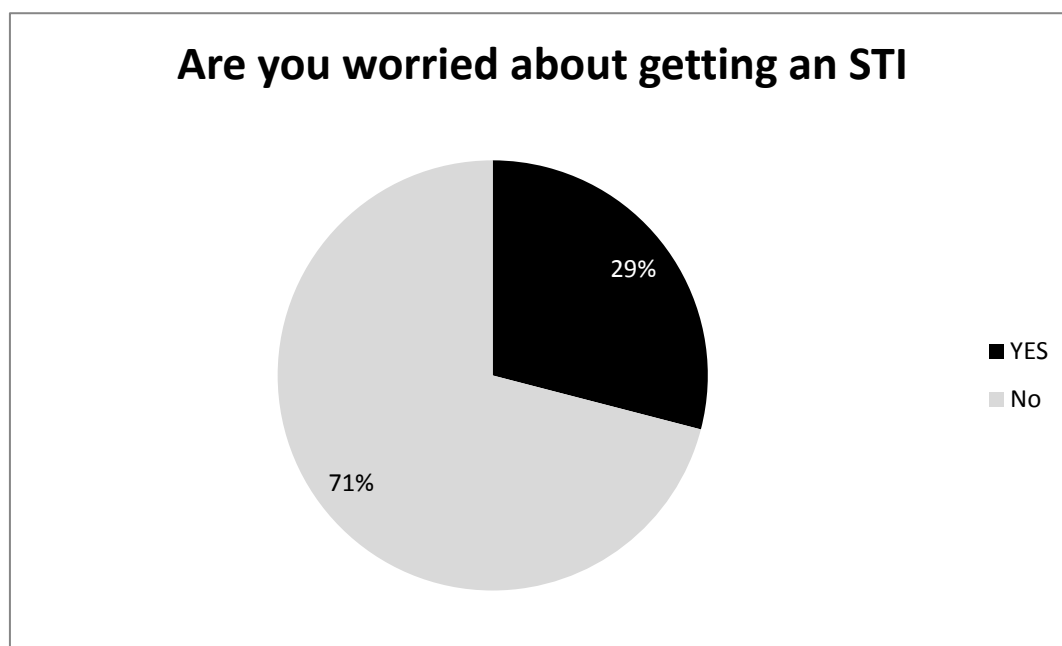
43. If you have had sex, did you use:

	Always		Sometimes		Never	
	No.	% (NWN)	No.	% (NWN)	No.	% (NWN)
Contraceptive Pill	49	24%	26	13%	130	63%
Condom	89	43%	52	25%	64	31%
EHOC – Morning after pill	27	13%	39	19%	139	68%
Contraceptive Coil (IUD)	18	9%	10	5%	177	86%
Contraceptive Injection	24	12%	15	7%	166	81%
Contraceptive Implant	27	13%	15	7%	164	80%
Other	16	8%	6	3%	181	89%



**44. Are you worried about getting an STI, eg. Chlamydia, gonorrhoea, HIV, syphilis and genital warts?**

	Yes	No	N/A
Number	543	1327	
Percentage	71%	29%	



**45. Why?**

**If yes... (out of 543 who said Yes)**

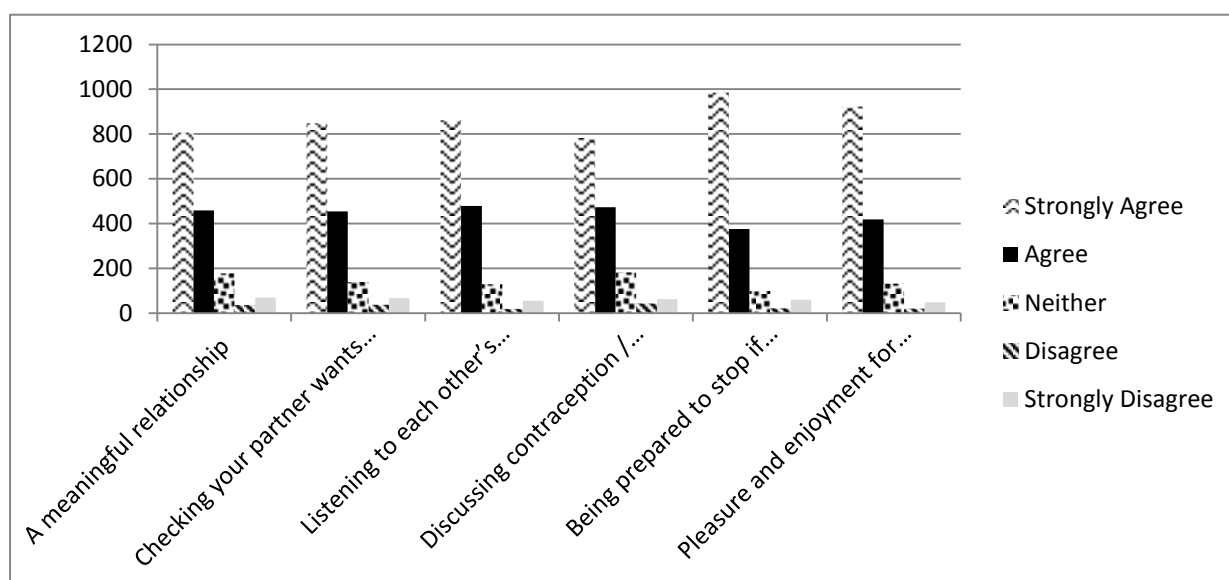
	Some of them are permanent	I don't know enough about signs and symptoms	I don't know how to access treatment or support	It might impact on my future
Number	297	195	123	378
Percentage	55%	36%	23%	70%

**If no... (out of 1327 who said No)**

	I am not having sex	I always use contraception that protects against STIs	You can get treatment for most of them	I know where to access advice and support
Number	748	168	123	166
Percentage	56%	13%	9%	13%

#### 46. Sex should involve:

	Strongly Agree		Agree		Neither		Disagree		Strongly Disagree		Total No.
	No.	%	No.	%	No.	%	No.	%	No.	%	
A meaningful relationship	806	52	459	30	177	11	36	2	70	5	<b>1548</b>
Checking your partner wants to continue what you are doing	848	55	454	29	138	9	37	2	67	4	<b>1548</b>
Listening to each other's wants and needs	861	56	479	31	128	8	18	1	55	4	<b>1541</b>
Discussing contraception / pregnancy	782	51	473	31	182	12	42	3	62	4	<b>1541</b>
Being prepared to stop if someone isn't happy	985	64	376	24	99	6	21	1	60	4	<b>1541</b>
Pleasure and enjoyment for both people	922	60	418	27	132	9	20	1	49	3	<b>1541</b>



#### 47. How many students in your year in your school do you think have had sex?

Actual percentage	Average estimate	Percentage overestimating
13%	42%	82%

The vast majority of young people over estimated how many of their peers had, had sex. The average estimate is 42%, yet the actual reported percentage who had sex was 13%.

## Smoking

3670 completed this section

### 48. Have you ever smoked tobacco in your lifetime?

	Yes	No	Not answered
Number	539	3089	42
Percentage	15%	84%	1%

The following percentages are from the those respondents who reported smoking (539)

### 49. If you have ever smoked tobacco how old were you when you first smoked?

	<9	10	11	12	13	14	15	Blank
Number	15	28	64	91	92	82	83	59
Percentage	3	5	12	16	16	15	15	11

### 50. How often do you smoke tobacco?

	Never	Less than Monthly	Monthly	Weekly	Daily or Almost Daily
Number	227	112	37	44	119
Percentage	42%	21%	7%	8%	22%

### 51. Have you smoked tobacco in the last 7 days?

	Yes	No
Number	184	355
percentage	34%	66%

### 52. If any, how many young people your age in Darlington do you think smoked tobacco in the last 7 days? You can answer any number between 0% and 100%

Actual percentage	Average estimate	Percentage overestimating
5%	47%	92%

Although the average percent of those who do smoke who have smoked in the last 7 days is 34%, the overall average out of all those who answered this section is actually 5%.

**53. "Smoking tobacco is never a good thing for young people your age"**

	Agree	Disagree	Blank
Number	3282	331	57
Percentage	89	10	1

**54. Do you often find you are near people who are smoking?**

	Yes	No	Not answered
Number	2165	1447	58
Percentage	60	39	1

**55. If you answered yes above, where did this happen most often?**

The majority reported being outside when they were near people who were smoking.

	At home	Other people's home	In cars	Somewhere else inside	Somewhere outside
Number	581	445	266	256	1608
Percentage	27	20	12	12	74

**56. Have you ever tried e-cigarettes or vapours?**

	Yes
Number	757
Percentage	21%

**57. Where did you get them from?**

	Number
Family	179
Friends/mates/	244
The internet/Shops	121
Not telling you	90
Blank	123

## Alcohol

3544 completed this section (though some questions were not answered)

### 58. Have you ever had a drink of alcohol? (not just a taste)

	Yes	No
Number	1531	2013
Percentage	43%	57%

### 59. How old were you when you had your first full drink?

	5	6	7	8	9	10	11	12	13	14	15	16	Blank Under 5
Number	14	15	27	29	48	120	186	259	319	270	101	22	121
Percentage	1	1	2	2	3	8	12	17	20	17	6	1	8

### 60. Have you drunk alcohol in the last 7 days?

<b>2015/16</b>	Yes	No
Number	523	1008
Percentage	34%	66%

### 61. In the last year, what did you drink most often? (please tick all which apply)

	Number	Percentage*
Beer or Lager	548	35%
Cider (Traditional, fruit or white cider)	731	47%
Alco pops (Premixed drinks)	437	29%
Wine	342	22%
Spirits (Vodka, Whisky, Shots)	526	34%
Other	242	16%

\*percentages calculated based on those who answered "yes" for Q58 (1531). Respondents may have ticked more than one answer, which is why percentages do not equal 100.

### 62. Have you ever been drunk after drinking alcohol, for example, staggered when walking, not being able to speak properly, throwing up or not remembering what happened?

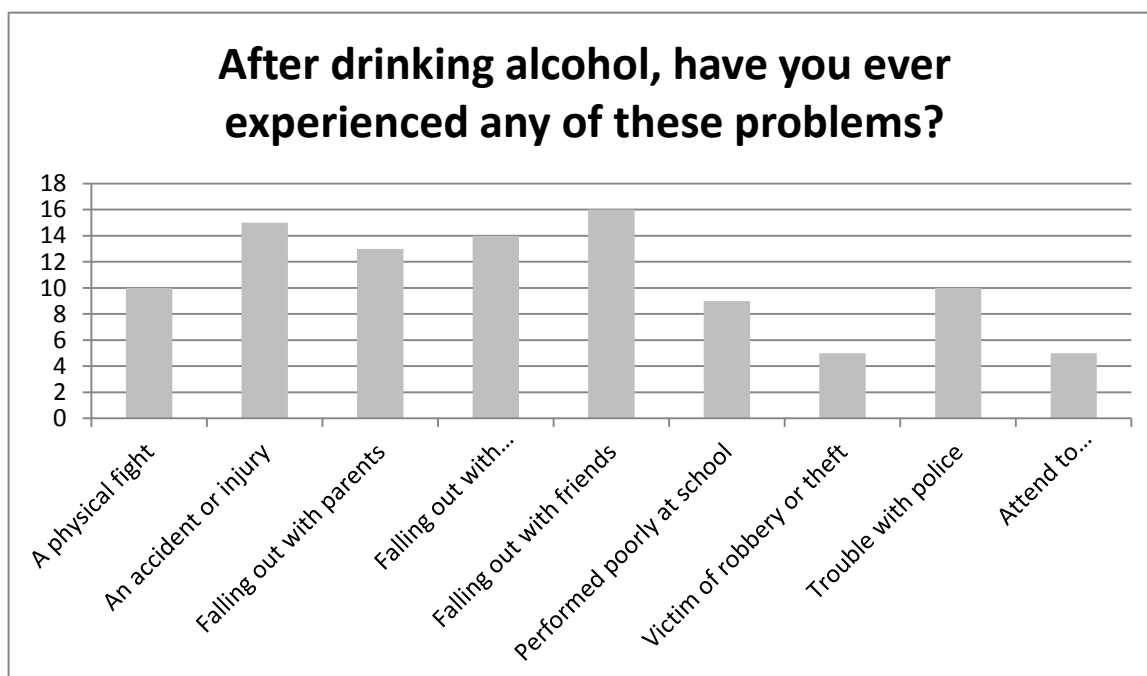
	Yes	No
Number	560	971
Percentage	37	63

**63. Have you been drunk in the last 7 days?**

	Yes	No
Number	181	1350
Percentage	12	88

**64. After drinking alcohol, have you ever experienced any of these problems?**

	Number	Percentage
A physical fight	156	10
An accident or injury	233	15
Falling out with parents	202	13
Falling out with boyfriends/girlfriends	215	14
Falling out with friends	250	16
Performed poorly at school	131	9
Victim of robbery or theft	72	5
Trouble with police	159	10
Attend to Hospital/A&E/Walk in	84	5



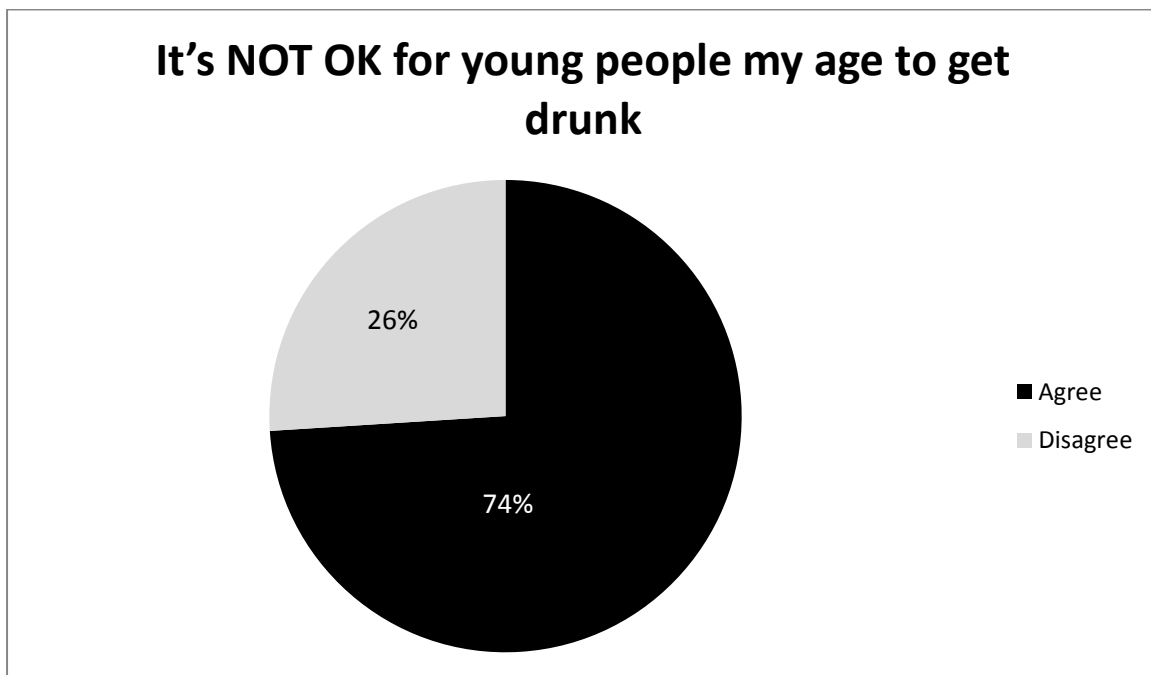
**65. If any, how many young people your age in Darlington do you think drank alcohol over the last 7 days?**

Actual percentage	Average estimate	Percentage overestimating
15%	49%	86%

The vast majority of young people over estimated how many of their peers had drunk alcohol over the last 7 days. The average estimate is 49%, yet the actual reported percentage who had drunk alcohol over the last 7 days was 15%.

**66. "It's NOT OK for young people my age to get drunk" Do you**

	Agree	Disagree
Number	2611	933
Percentage	74%	26%





## Drugs (Years 9 – 11 only)

2103 completed this section

This section was only completed by years 9-11 because prevalence of drug use in previous years 7-8, was very low.

### 67. Have you ever taken drugs?

	Yes	No
Number	180	1923
Percentage	5%	95%

### 68. In the last 7 days, have you ever taken drugs?

	Yes	No
Number	76	104
Percentage*	42%	58%

\*percentage calculated by those who answered "yes" to Q67 (180).

### 69. If you have ever taken drugs, what have you had?

#### Cannabis?

	Yes	No
Number	142	38
Percentage	79%	21%

### 70. Where did you get the drugs from?

	Friends	Family	Dealer	Internet	Shop	Market stall
Number	99	42	86	17	28	26
Percentage	55%	23%	48%	9%	16%	14%

### 71. Cannabis is legal or illegal?

	Illegal	Legal
Number	1552	551
Percentage	74%	26%

### 72. It's NOT OK to take drugs

	Agree	Disagree
Number	1574	529
Percentage	75%	25%

### 73. If any, how many young people your age in Darlington do you think have ever taken drugs?

Actual percentage	Average estimate	Percentage overestimating
5%	41%	88%