

# **Healthy Lifestyles Survey**

## **Combined Data Report**

### **Secondary Schools**

#### **2018 – 2019**

## Introduction

The Secondary Schools Healthy Lifestyle Survey 2018/19 took place during November-December 2018 with seven secondary schools in Darlington submitting survey responses. The breakdown of responses by school is documented in the following table:

School	Number of Pupils completing at least one question of the survey*	Percentage of responses per school
Carmel College	526	12.9%
Haughton Academy	545	13.4%
Hummersknott Academy	909 (no Y7 responses)	22.3%
Hurworth School	464	11.4%
Longfield	889	21.8%
Polam Hall Free School	177 (no Y9 responses)	4.4%
Wyvern Academy	562	13.8%
<b>TOTAL</b>	<b>4072</b>	<b>100%</b>

*\*please note not all pupils completed all sections of the survey, the numbers above reflect how many pupils by school answered at least one question*

The table above shows the number of pupils taking part in the survey this year. As some schools have a larger number of pupils or classes, they represent a larger percentage of the total answers. For example, Hummersknott had 909 responses, overall this equates to 22.3% of the total responses from all schools to the survey. This is important to bear in mind if schools wish to compare their individual school results against the overall findings of this report.

The number of pupils answering each question/section fluctuates for several reasons:

- Pupils tend to drop out as the survey progresses due to its size and as such not all pupils complete the full survey
- Some schools declined to take part in certain sections of the survey which has affected the numbers answering that section.
- The survey makes use of “skip logic”; that is, the questions pupils answer depends on their previous responses e.g if a pupil states they have never had an alcoholic drink then the survey automatically skips the pupil past the other alcohol questions and takes them to the perception part of the section.

*(Please note every effort was made to delete duplicate responses where pupils had to start the survey again, but some may remain.)*

## **Section One: Demographics**

**Q1. What school year are you in?**

<b>YEAR 7</b>	778 (19.1%)
<b>YEAR 8</b>	971 (23.8%)
<b>YEAR 9</b>	823 (20.2%)
<b>YEAR 10</b>	769 (18.9%)
<b>YEAR 11</b>	731 (18%)

**Q2. How old are you?**

<b>11 YEARS OLD</b>	562 (13.8%)
<b>12 YEARS OLD</b>	944 (23.2%)
<b>13 YEARS OLD</b>	822 (20.2%)
<b>14 YEARS OLD</b>	803 (19.7%)
<b>15 YEARS OLD</b>	738 (18.1%)
<b>16 YEARS OLD</b>	203 (5%)

**Q3. Are you...**

<b>FEMALE</b>	1946 (47.8%)
<b>MALE</b>	1961 (48.2%)
<b>PREFER NOT TO SAY</b>	165 (4.1%)

Analysis of the survey has been broken down into sections, and then by question. Please note the number of pupils answering each question fluctuates throughout the survey, effort has been made to give an indication of number of pupils answering each question.

**Where a percentage is given, the percentage has been calculated using the number of pupils answering that particular question as the denominator, unless otherwise stated.**

## **Section Two: Emotional Wellbeing**

**3989 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.**

**Q4. These questions ask you to decide whether you “strongly agree”, “agree”, “disagree” or “strongly disagree” with the following statements:**

<b>Statement</b>	<b>Strongly Agree or Agree</b>	<b>Disagree or Strongly Disagree</b>	<b>Total</b>
<i>"Generally, I feel happy about my life at the moment"</i>	3223 (80.8%)	766 (19.2%)	<b>3989</b>
<i>"If I'm worried about something, it's easy for me to find someone to talk to"</i>	2769 (69.4%)	1220 (30.6%)	<b>3989</b>
<i>"My family mostly know how to support and look out for me"</i>	3719 (93.2%)	270 (6.8%)	<b>3989</b>
<i>"I prefer to be on my own rather than be with friends"</i>	876 (22%)	3113 (78%)	<b>3989</b>
<i>"If my friends are doing something I don't like or want to join in with, it's easy for me to say 'no'"</i>	3077 (77.1%)	912 (22.9%)	<b>3989</b>

This question had 3,989 responses. From the data above it can be said that:

- 80.8% of pupils either strongly agree or agree that they generally feel happy about their life.
- 69.4% of pupils felt they would have someone they could tell their worries to.
- 93.2% agree or strongly agree that their family are supportive.
- 22% prefer to be on their own than with friends.
- 22.9% felt they would not find it easy to say 'no' to their friends.

**Q5. If you were worried about something, who would you talk to? (you can tick more than one option)**

Pupils were most likely to confide in a parent or a friend if they were worried about something. Examples from those who said “other” included pets, councillors/therapists or case workers, or named specific people.

Answer Choice	Number of Pupils	Percentage of Pupils
Teacher	1210	30.3%
Friend	2489	62.4%
Parent	2693	67.5%
Someone else in the family	1319	33.1%
Nobody	455	11.4%
Other (please specify)	364	9.1%
Total	3989	

**Q6.** *Do you ever feel stressed?*

3289 of 3989 pupils (82.5%) reported feeling stressed.

**Q7.** *If you feel stressed is it about the following (you can tick more than one option)*

Answer Choice	Number of Pupils	Percentage of Pupils
School work	1680	51.2%
Homework	2015	61.4%
Exams	1811	55.2%
None of these	869	26.5%
Total	3280	

Homework is the most common form of school-based stress.

**Q8.** *Why do you feel stressed about school work/homework/exams? (you can tick more than one option)*

Answer Choice	Number of Pupils	Percentage of Pupils
Difficult to concentrate	1430	59.7%
Lack of help at home	195	8.1%
Busy with other things/don't have time	1344	56.1%
Parent/carer doesn't understand	325	13.6%
Not interested/don't want to do it	641	26.7%
I do lots of out of school clubs	432	18%
I don't have a place or resources to do it	166	6.9%
Conflict at school/ I don't like being at school	581	24.2%
I feel pressure to do well	1358	56.7%
Other (please specify)	286	11.9%

Total	2397	
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**Q9.** *Do you feel stressed about any of these things (you can tick more than option)*

Body image, friends and family conflict were the most common causes of stress outside of school. Where pupils picked “other” they were asked to provide a written response; these tended to be details of specific events happening to them regarding friendships, family life, worrying about the future or their mental health. The table shows the sources of stress ranked in order from most to least and as a percentage of those who answered the question.

Answer Choice	Number of Pupils	Percentage of Pupils
Body image	1307	40.2%
Friends	1113	34.3%
Family conflict	876	27%
Brothers and sisters	833	25.6%
Bullying	804	24.8%
Money	708	21.8%
Parents	631	19.4%
None of these	611	18.8%
Sports	456	14%
Internet	439	13.5%
Mobile phone	426	13.1%
Gaming	402	12.4%
Other (please specify)	298	9.2%
Total	3248	

**Q10.** *Do you feel stressed when dealing with your emotions?*

2171 of 3248 pupils (66.8%) said they find dealing with emotions stressful.

**Q11.** *How/why does dealing with your emotions make you feel stressed?*

This was a free text response where pupils could write their thoughts. The word cloud below shows some of the most common words used in pupils’ responses. The more frequently a word was used by pupils, the bigger it appears in the word cloud.

Generally, pupils found it difficult to succinctly communicate what made it difficult to deal with emotions; common themes were finding it difficult to talk to people (which is why “talk” is one of the biggest words in the word cloud), listing causes of stress, not understanding why they felt stressed emotionally, or feeling frustrated at not being able to explain why they felt stressed.



Q12. How do you cope with stress? (you can tick more than one option)

Answer Choice	Number of Pupils	Percentage of Pupils
I do exercise	804	25.1%
I talk to/play with my friends	1459	45.5%
I go to my room/spend time alone	1700	53%
I talk to an adult	701	21.8%
I eat something nice	961	29.9%
I go to sleep	1131	35.2%
I struggle to cope with stress	839	26.1%
Other (please specify)	505	15.7%
Total	3209	

### **Comparison to 2017/18 results:**

In comparison to last year's results:

Generally emotional wellbeing results are similar to last year, with a small decrease in percentage of pupils feeling happy with their lives and having someone to talk to.

The percentage of pupils indicating they feel stressed has increased from 2017/18 (78.1%) to 2018/19 (82.5%). Homework remains the most common form of stress in school, with body image the most common cause of stress outside of school.

### **Section Three: Bullying**

***3896 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as "total".***

The following definition of bullying was provided to pupils "*Bullying is when someone does something to deliberately physically or emotionally upset or hurt you more than once, it is not a 'fall out' with your friend...*"

**Q13. *Have you been bullied in the last year?***

1291 of 3896 pupils (33.1% or a third) said that they have been bullied in the past year. Percentages of bullying in individual schools ranged from 27.9% to 41%.

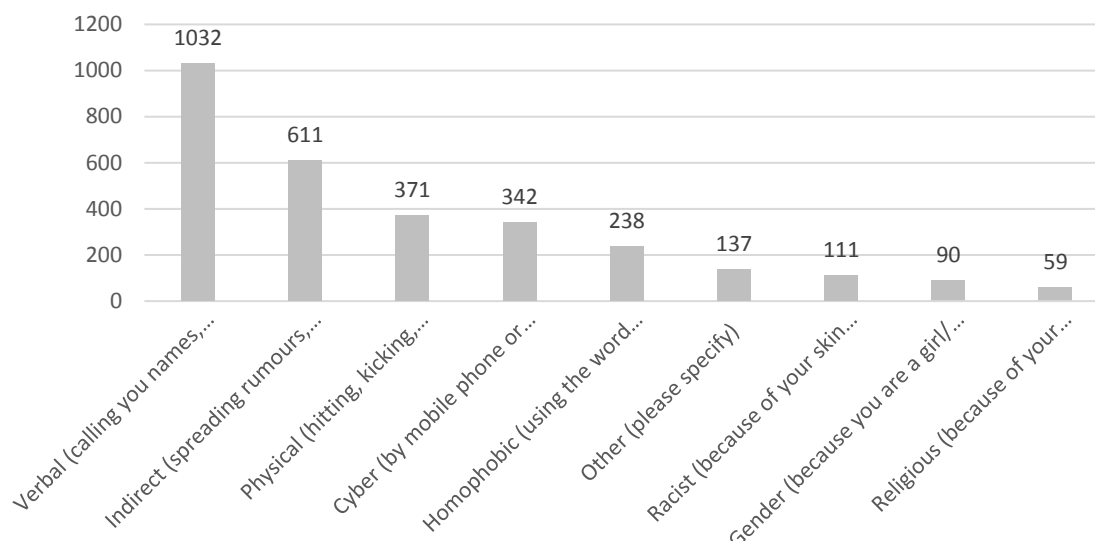
**Q14. *If you have been bullied, what kind of bullying was it?***

1284 pupils answered this question. Pupils could pick more than one option for this question. The options below are listed in the order of most to least "ticked";

1. Verbal (calling you names, making threats)
2. Indirect (spreading rumours, leaving you out, writing graffiti)
3. Physical (hitting, kicking, pushing, spitting)
4. Cyber (through a mobile phone or computer/tablet)
5. Homophobic (using derogatory language relating to LGBTQ)
6. Other (please specify)
7. Racist (someone bullies you because of your race/skin colour)
8. Gender based (someone bullies you because of your gender)
9. Religious (someone bullies you because of your religion)

The graph below shows the number of 'ticks' each category received.





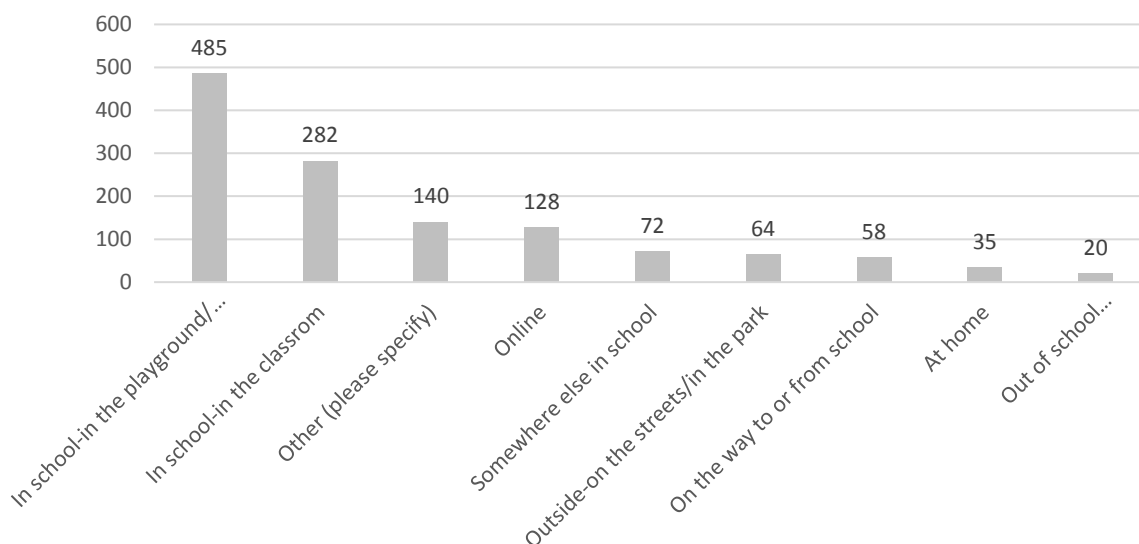
Where pupils chose “other” they were asked to specify further. Most pupils detailed specifics of the bullying they experienced or named people involved in the bullying.

**Q15. Where did the bullying mostly take place?**

1284 pupils answered this question. Pupils could pick more than one option for this question. The options below are listed in the order of most to least “ticked”;

1. In school- in the playground/ breaktimes (37.8%)
2. In school- in the classroom (22%)
3. Other (please specify) (10.9%)
4. Online (10%)
5. Somewhere else in school (5.6%)
6. Outside-on the streets/in the park (5%)
7. On the way to/from school (4.5%)
8. At home (2.7%)
9. Out of school club or group (1.6%)

The graph below shows the number of ‘ticks’ each category received.



Where pupils chose “other” they were asked to specify. Most pupils listed places that would be included in the “in school” categories or “outside on the streets”.

**Q16.** *If you are/were bullied at home, was this by:*

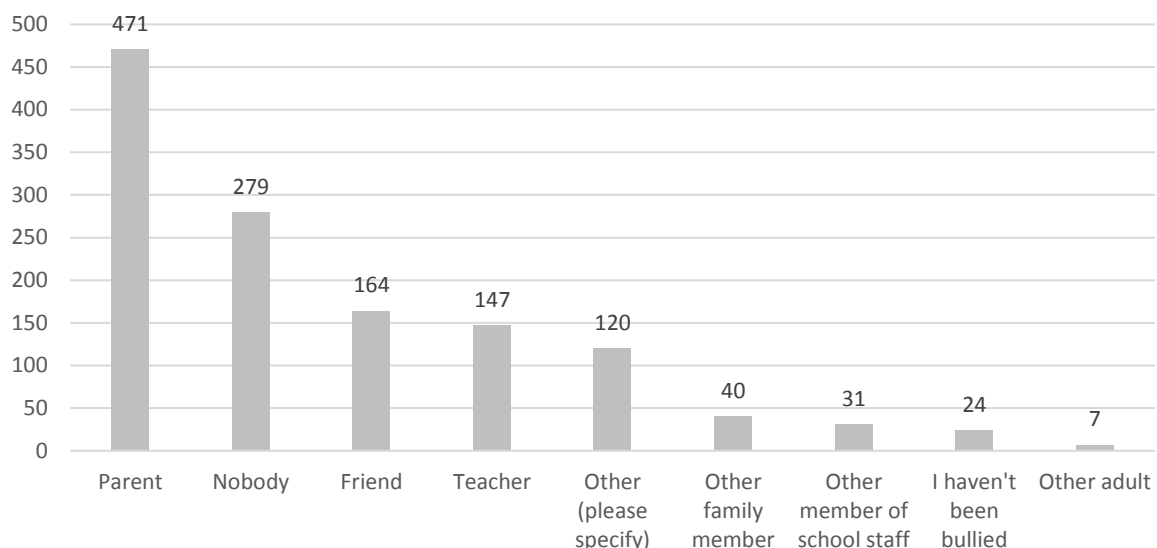
14 pupils said they were bullied by the people who live in the house with them, 10 were bullied at home online, three were bullied by visitors to the house and eight chose the “other” option.

**Q17.** *If you have ever been bullied who did you tell? (please tick all which apply)*

Pupils could pick more than one option for this question. The options below are listed in the order of most to least “ticked”;

1. Parent/carer (36.7%)
2. Nobody (21.7%)
3. Friend (12.8%)
4. Teacher (11.5%)
5. Other (please specify) (9.4%)
6. Other family member (3.1%)
7. Other member of school staff (2.4%)
8. I haven't been bullied (1.9%)
9. Other adult (0.5%)

The graph shows the number of “ticks” each category received.



**Q18.** *After telling someone outside of school about being bullied, was it sorted out?*

48.7% of those who told someone outside of school felt the issue was resolved.

**Q19.** *After telling someone inside of school about being bullied, was it sorted out?*

39.6% of those who told someone inside school about the bullying, felt the problem was then resolved.

**Q20.** *If it wasn't sorted out, why was this?*

This was a free text response where pupils could put their thoughts. Most pupils' responses said that they felt the bullying wasn't sorted as the bullying continued, they felt they weren't taken seriously by the adult they told, they didn't tell anyone about the bullying or the adult took the side of the bully in their opinion.

**All pupils (not just those who were bullied) are asked for their opinion on bullying:**

**Q21.** *Young people should never bully others, do you:*

3640 of 3865 pupils (94.2%) agree that it is not ok for young people to bully.

**Q22.** *Young people should never be bullied, do you...?*

3666 of 3865 pupils (96.9%) do not think it is ok for young people to be bullied.

### **Comparison to 2017/18 results:**

In comparison to last year's results:

- A third of pupils reported being bullied, the same as in 2017/18.
- Verbal bullying remains the most common form experienced, and bullying is still most frequently experienced in school.
- 94.2% agree that young people should never bully others in comparison to 94.3% last year, similarly 96.9% agree that young people should never be bullied in comparison to 96.4% last year.

### **Section Four: Exercise and Diet**

***3795 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as "total".***

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.

**Q23.** *Think back over the last seven days. Tick which days you think you did at least 60 minutes activity (remember this doesn't have to be 60 minutes all in one go!)*

3795 pupils answered this question. The table below outlines pupils' responses:

<b>Answer Choice</b>	<b>Number of Pupils</b>	<b>Percentage of Pupils</b>
Monday	2334	61.5%
Tuesday	2297	60.5%
Wednesday	2290	60.3%
Thursday	2120	55.9%
Friday	2061	54.3%
Saturday	2163	57%
Sunday	1770	46.6%
Total	3795	

**Q24.** *What exercise do you do? (you can tick more than option)*

The options below are listed in the order of most to least "ticked":

1. Walking or running around (60.6%)
2. School PE/Daily Mile (54%)
3. Playing sports or games (47.5%)

4. Out of school clubs or groups (29.2%)
5. Riding my bike/scooter (25.2%)
6. Other (please specify) (23.8%)
7. Playing in the park/playground (17.2%)

**Q25.** *Why do you exercise (you can tick more than one option)*

The options below are listed in the order of most to least “ticked”;

1. To keep fit and healthy (62.3%)
2. I enjoy it (51.6%)
3. To manage my weight/body shape (36.5%)
4. For something to do (36%)
5. To see/meet friends (34.4%)
6. To get around (29.4%)
7. Other (please specify) (10.1%)
8. Parents tell me to exercise/take me with them (7.7%)

**Q26.** *What time do you usually go to bed on a school-night/on a weekend or holiday?*

This was a free-text response and there were a wide variety of results. Generally, younger pupils were in bed by 10pm on school-nights, and later on weekends. Older pupils were more likely to go to bed by 10pm or later, with a small minority of pupils having no set or average bedtime.

**Q27.** *What time do you usually wake up on a school-day/on a weekend or holiday?*

As with question 26 this was a free-text response. The majority of pupils were awake by 7.30am on school-days, with lie-ins on weekends (9am or later) more common. Some pupils stated that their wake-up time was dependent on whether they were attending sports clubs at the weekend, or their parents working hours.

## The eatwell plate



Use the eatwell plate to help you get the balance right. It shows how much of what you eat should come from each food group.



**Q28.** Look at the Eatwell plate above. A balanced diet would mean eating a variety of food from every section of the plate each day. Do you think you have a balanced diet?

Pupils are shown an image of the Public Health England Eatwell plate, which provides a visual indication of what proportion of food groups should be eaten for a healthy diet. 69.6% of pupils think they have a balanced diet.

For the individual schools this result ranged from 62.3% to 79.6%.

**Q29.** What do you eat/drink every day? (you can tick more than one option)

Answer Choice	Number of Pupils	Percentage of Pupils
Carbohydrates (potatoes, rice, bread, pasta etc)	2971	79.8%
Protein (meat, fish, eggs etc)	2717	73%
Dairy (milk, cheese etc)	2650	71.2%
Fruit and vegetables (3 or more portions)	2562	68.8%
Sweets and chocolate	2039	54.8%
Fizzy drinks	1527	41%
Total	3722	

**Q30.** On a normal day, how many meals and how many snacks do you have on average?

On average pupils were stating they eat 2 to 3 meals a day, and 2 to 4 snacks.

**Q31.** When do you eat snacks? (you can tick more than option)

Answer Choice	Number of Pupils	Percentage of Pupils
On a weekend	2311	62.1%
During school	1656	44.5%
After meals	1474	39.6%
On the way to/home from school	1315	35.3%
After sports	1074	28.9%
Other (please specify)	744	20%
I don't eat snacks	181	4.9%
Total	3722	

**Q32.** What kind of snacks do you eat?

The more frequently a word was used by pupils, the bigger it appears in the word cloud.



**Q33. Do you eat breakfast every day?**

2064 of 3703 pupils (55.7%) eat breakfast every day. Between schools this ranges from 44.2% to 64% of pupils eating breakfast every day.

**Q34. If yes, where do you normally eat breakfast? (you can tick more than one option)**

96.7% of those who eat breakfast have it at home, 6.2% at another family member's/friend's house, 7% at school and 3.8% chose other.

**Q35. Pick one or two options which best describe who or what influences what you eat?**

Of 3678 pupils there were 6203 "ticks" showing there are multiple influences on pupils' diets. Younger pupils were more influenced by parents, whereas older pupils showed more autonomy and were more likely to choose "what tastes nice". The options below are listed in the order of most to least "ticked";

1. Parents/carers (53.7%)
2. What tastes nice (49.2%)
3. What I feel is healthy (22.6%)
4. My desired body shape (13.1%)
5. Friends (10.1%)
6. Other (8%)
7. Money (5.4%)
8. Television/ social media (2.7%)
9. Advertising (2.3%)
10. Celebrity culture (1.5%)

**Comparison to 2017/18 results:**

This section of the survey has been expanded since last year to include more questions around snacking and sleeping habits, as well as re-wording of existing questions therefore it is difficult to provide a detailed comparison to last year.

What can be said is that:

- Physical activity habits have remained similar.
- There has been a small increase in percentage of pupils who believe they eat a balanced diet (69.6%) in comparison to last year (65.9%).
- There has been a slight decrease in percentage of pupils eating breakfast every day (55.7% in comparison to 57.3% in 2017/18).



## **Section Five: Energy Drinks and Dental Health**

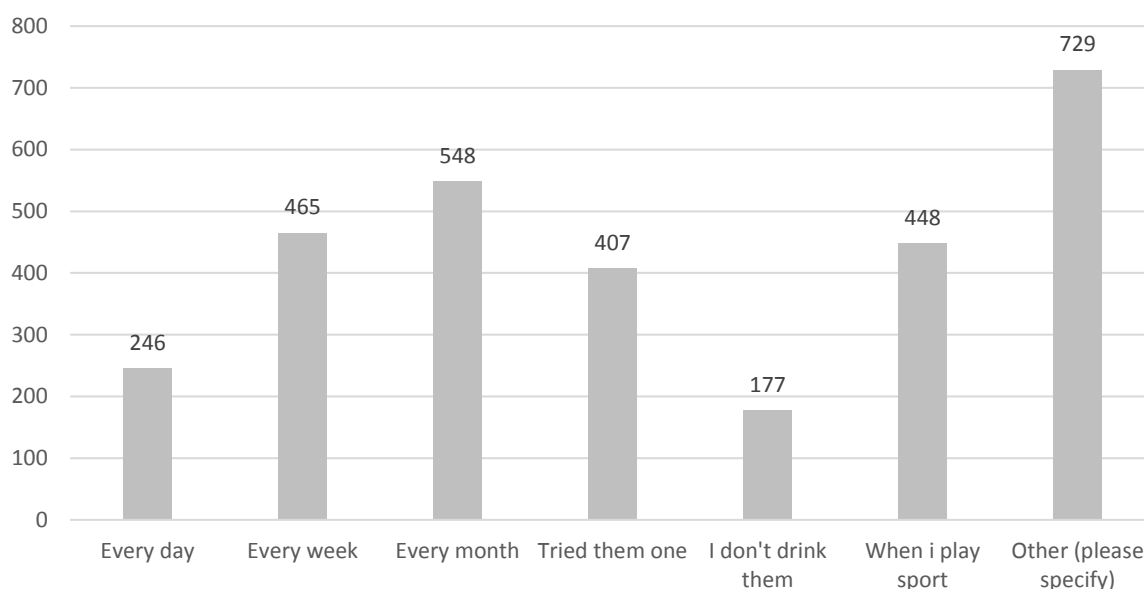
**3668 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.**

**Q36. Have you ever had an energy drink? (you can tick more than one option)**

This year pupils were asked to indicate whether they have ever tried an isotonic energy drink, a caffeinated energy drink or neither.

2779 pupils (75.8%) have tried an isotonic energy drink like Lucozade, 1317 pupils (35.9%) have tried a caffeinated energy drink like Red Bull, and 628 pupils (17.1%) have tried neither.

**Q37. How often do you drink energy drinks?**



<b>Answer Choices</b>	<b>Percentage (of 3020 pupils)</b>
Every day	8.1%
Every week	15.4%
Every month	18.1%
Tried them once	13.5%
I don't drink them	5.9%
When I play sport	14.8%
Other (please specify)	24.1%

The majority of pupils picked “other”. For this the free text responses mainly consisted of variations on “now and then”.

**Q38. Where do you get the energy drinks from?**

Pupils were most likely to buy the energy drink themselves.



It should be noted that the Government are looking to bring in legislation restricting the sale of energy drinks to “children” and whilst this has yet to be passed, some supermarkets and shops are already restricting sales to young people.

**Q39.** *It is ok for young people my age to drink energy drinks, do you...?*

2128 of 3590 pupils (59.3%) agree that it is ok for young people to drink energy drinks.

**Q40.** *Energy drinks are bad for your health, do you...?*

2999 of 3590 pupils (83.5%) agree that energy drinks are bad for your health.

**Q41.** *Do you have a toothbrush and toothpaste at home?*

3536 of 3590 pupils (98.5%) said they have a toothbrush and toothpaste at home.

**Q42.** *How often do you clean your teeth?*

Just over three quarters of pupils brush twice a day; 19.4% brush “daily”. The table below outlines pupils’ responses:

Answer Choices	Number of Pupils	Percentage of Pupils
Never	45	1.3%
Sometimes	88	2.5%
Weekly	25	0.7%
Daily	697	19.4%
Twice a day	2735	76.2%
Total	3590	

95.6% of pupils brush their teeth either twice a day or daily.

**Q43.** *Where do you get your teeth checked? (you can tick more than one option)*

Pupils were most likely to have their teeth checked at the dentist.

Answer Choice	Number of Pupils	Percentage of Pupils
At school	23	0.6%
At the dentist	3458	96.3%
At the hospital	80	2.2%
Somewhere else	35	1%
Other (please specify)	202	5.6%
Total	3590	

**Q44.** *How often do you get your teeth checked?*

Answer Choice	Number of Pupils	Percentage of Pupils
Never	91	2.5%
When I have got a toothache	168	4.7%
4 times a year	766	21.3%
Twice a year	1660	46.2%
Once a year	404	11.3%
More often than that	501	14%
Total	3590	

The majority of pupils get their teeth checked twice a year. 2.5% of pupils said they never get their teeth checked.

**Q45.** *Have you ever had a... (You can pick more than one option)*

1727 of 3590 pupils have had a tooth filling (48.1%), 970 have had a fluoride varnish (27%) and 1392 have had a tooth/teeth taken out (38.8%). 1041 pupils (29%) have had none of the above.

#### **Comparison to 2017/18 results:**

In comparison to last year's results:

The percentage of pupils who have never tried an energy drink is similar to last year (around 17%). Pupils continue to drink energy drinks sporadically, and buy energy drinks for themselves. There has been a small increase in percentage of pupils agreeing that energy drinks are bad for the health (79.9% in 2017/18, 83.5% in 2018/19).

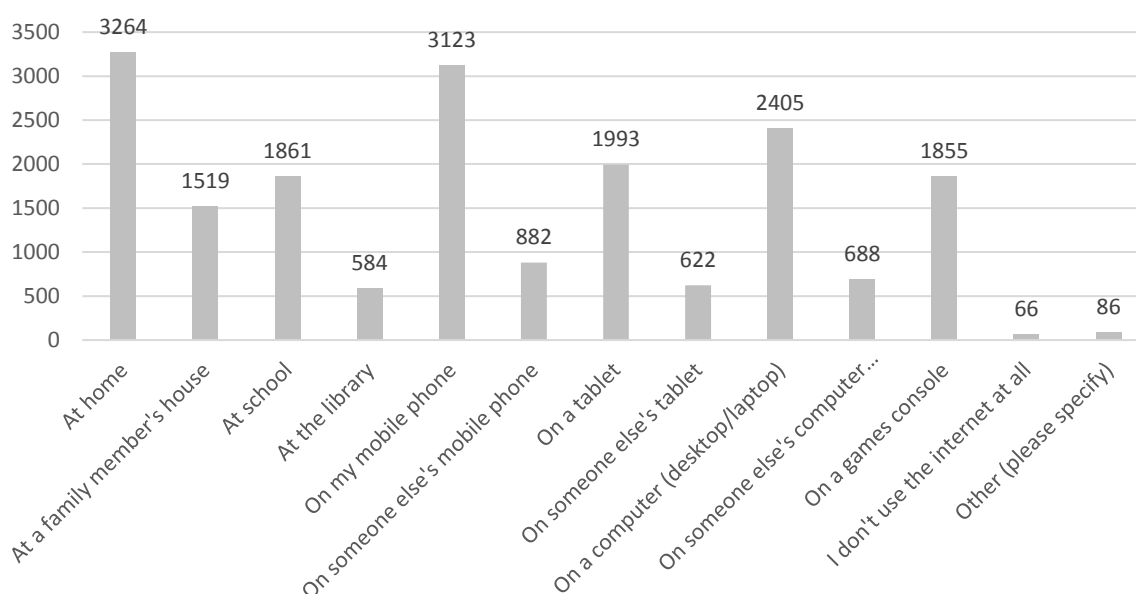
76.2% of pupils say they brush their teeth twice a day in comparison to 74.1% last year.

## **Section Six: The Internet and Technology**

**3549 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.**

**Q46. How do you access the internet? (you can tick more than one option)**

From 3549 pupil responses there were 18,882 “ticks” for this question. This indicates that the majority if not all of the pupils, who answered this question, access the internet on multiple platforms. The graph below shows the number of “ticks” for each option.



**Q47. When you are on the internet, how often is there an adult supervising what you do?**

Answer Choice	Number of Pupils	Percentage of Pupils
All of the time	303	8.8%
Most of the time	375	10.9%
Some of the time	1043	30.2%
Never	1733	50.2%
Total	3454	

Most pupils are never supervised when online (50.2%) or supervised some of the time (30.2%).

**Q48. How often do you access the internet alone?**

Answer Choice	Number of Pupils	Percentage of Pupils
Twice a day or more	1190	34.5%
Every day	1909	55.3%

A couple of times a week	230	6.7%
A couple of times a month	60	1.7%
Never	65	1.9%
Total	3454	

**Q49.** *Is there anything you access online that your parents/carers would not be happy with?*

A quarter of pupils surveyed (886 of 3454 pupils or 25.7%) have accessed something on the internet that they think their parents/carers would not be happy with.

**Q50.** *If yes, what did you access?*

This was a free-text question where pupils could input their answer. Most common answers were social media, online games, pornography or the pupil declined to be specific about what they had accessed. The more frequently a word was used by pupils, the bigger it appears in the word cloud.



**Q51.** *Why would your parents/carers not be happy about this?*

This was a free-text question. Most pupils were aware of why their parents would not be happy with what the pupil had accessed, with examples being the language used on the site/game, the risks or danger of accessing online and the inappropriate content.

**Q52.** *Which of these do you use? (you can tick more than one option).*

From the 3,385 pupils who answered this question, there were 26,200 “ticks” showing that pupils have multiple accounts for multiple social media sites. Where the dating sites were only asked to Y9, 10, 11 pupils, the percentage has been calculated as a percentage of Y9, 10, 11 pupils rather than all pupils.

Rank (1= most popular)	Answer Choices	Percentage of Pupils
1	YouTube	96.7%
2	Instagram	79.4%
3	SnapChat	75.1%
4	Face time	64.9%
5	WhatsApp	60.4%
6	Facebook	42.2%
7	Facebook Messenger	40.8%
8	X box live	40%
9	SnapMaps	31.6%
10	Twitter	30.1%
11	Musical.ly (Tick tok)	26.1%
12	Twitch	24.9%
13	Roblox game	24.2%
14	Playstation Network	24%
15	Skype	22.2%
16	Mixer	12%
17	Sahara	10.9%
18	Oovoo	10.2%
19	Bin Weevils	9.8%
20	Google Hangouts	7.8%
21	Other (please specify)	7.6%
22	Omegle	6.8%
23	Kik	5.9%
24	YUBO	4.9%
25	MessengerKids	3.5%
26	Tinder (Y9, 10, 11 only)	3.4%
27	Grindr (Y9, 10, 11 only)	3%
28	Bumble	2.7%
29	Other dating sites (Y9, 10, 11 only)	2.2%
30	None of these	0.8%

**Q53.** *How often do you access any of the above sites?*

Answer Choice	Number of Pupils	Percentage of Pupils
Twice a day or more	1229	36.7%
Every day	1647	49.2%
A couple of times a week	324	9.7%
Once a week	52	1.6%
Monthly	34	1%
Less often than that	63	1.9%
Total	3349	

**Q54.** *Do you watch vloggers and YouTubers?*

2840 of 3349 pupils (84.8%) watch vloggers and YouTubers.

**Q55.** *Do you have a YouTube channel?*

805 of 3349 pupils (24%) have a YouTube channel. The table below shows this broken down by year group (as a percentage of total number of pupils from each year group answering the question).

Y7	Y8	Y9	Y10	Y11
23.9%	22.3%	27.3%	22.8%	23.7%

**Q56.** *Do you make videos and put them on YouTube?*

388 of 3307 pupils (11.7%) make content for YouTube. The table below shows this broken down by year group (as a percentage of total number of pupils from each year group answering the question).

Y7	Y8	Y9	Y10	Y11
14.8%	13.4%	10.9%	11%	8.2%

**Q57.** *Do you know all the people you are friends with or who follow online, in person?*

1915 of 3307 (57.9%) of pupils know all their friends and followers online in real life.

**Q58.** *Have you ever made a friend or friends on the internet, with people you didn't know before?*

1572 pupils (47.5%) have made a friend online.

**Q59.** *Have you ever been asked to meet up with an internet friend you've never met in real life before?*

451 pupils (13.6%) have been asked online to meet up with someone they previously did not know.

**Q60.** *Did you meet up with them?*

Of those who had been asked to meet up (451 pupils), 216 did meet up with the person.

**Q61.** *What do you think is the biggest risk when using the internet? (Please pick only one option)*

The top three risks selected by pupils were; strangers, identity theft/fraud and uploading personal information.

Rank (1= most popular)	Answer Choices	Percentage of Pupils
1	Strangers	26.6%
2	Identity fraud or theft	23.9%
3	Uploading your personal information	11.6%
4	Cyber bullying	10.3%
5	Pornography	8.9%
6	You are asked for pictures from strangers	8.4%
7	You are sent messages from people you don't know	3.2%
8	Pop ups	3.1%
9	Spending money I shouldn't spend	2.6%
10	Parents/carers find out what you are up to	1.4%

**Q62.** *Have you ever accessed online chat rooms?*

Pupils could choose between “never”, “by accident” or “on purpose”.

Answer Choices	Number of Pupils	Percentage of Pupils
On purpose	635	19.9%
By accident	374	11.7%
Never	2181	68.4%

**Q63.** *Have you accessed online pornography?*

Pupils could choose between “never”, “by accident” or “on purpose”

Answer Choices	Number of Pupils	Percentage of Pupils
On purpose	513	16.1%
By accident	341	10.7%



Never	2336	73.2%
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The table below shows the percentage of pupils who have accessed online pornography on purpose, by year group. The table below shows this broken down by year group (as a percentage of total number of pupils from each year group answering the question).

Y7	Y8	Y9	Y10	Y11
3%	5.3%	19.2%	27.2%	28.2%

Further analysis also shows that male pupils made up the majority of pupils accessing online porn on purpose, across all schools and year groups.

**Q64.** *What information about yourself would you share on your profile that people who don't know you in person might be able to see? (you can tick more than one option).*

The options for this question are ranked below in order of most chosen by pupils with the percentage of pupils who chose this option in brackets. Pupils were likely to share more than one piece of information on their profile.

1. Hobbies and interests (48.8%)
2. Photos (47.6%)
3. Age (42.8%)
4. Link to other social network accounts (17.5%)
5. Other (please specify) (15%)
6. School/college (12.3%)
7. Email (9.8%)
8. Phone number (7.7%)
9. Address (4.6%)

**Q65.** *Have you seen anything online in the past year that you have found offensive, upsetting, nasty, worrying or inappropriate?*

1564 of 3190 (49%) of pupils reported seeing something online that upset them in the past year.

**Q66.** *What was it you saw that upset you?*

This was a free-text response. The word cloud below shows the most common answers or key words used by pupils for this question. The more frequently a word was used by pupils, the bigger it appears in the word cloud. A large number of pupils mentioned comments and abuse witnessed while gaming online.



**Q67.** Did you tell anyone about it?

55% of those who saw something upsetting online told someone/reported it.

**Q68.** Have you sent an “inappropriate” picture of yourself or message to someone? (by “inappropriate” we mean have you shared any pictures of yourself that your parent/carer wouldn’t be happy with)

2758 of 3069 pupils (89.9%) have not sent an inappropriate picture or message to someone. 311 pupils (10.1%) reported that they had.

The following table breaks down the numbers and percentages of those who said they had sent an inappropriate message/ picture by Year Group. The percentage is calculated using the number of students overall in that Year Group (taken from the demographics data at the start of the survey).

Year Group	Number of Pupils	Percentage of total Year Group
Y7	23	3%
Y8	22	2.3%
Y9	58	7%
Y10	101	13.1%
Y11	107	14.6%

**Q69.** *Have you ever been asked to send an inappropriate message or picture of yourself?*

734 of 3069 pupils (23.9%) have been asked to send an inappropriate picture or message.

**Q70.** *Have you ever asked someone to send you an inappropriate picture of themselves or message?*

192 pupils (6.3%) said they have asked someone to send them an inappropriate picture of themselves.

**Q71.** *Is it a criminal offence for someone under 18 years old to send a picture that is sexually explicit?*

2483 of 3069 pupils (80.9%) say that it is a criminal offense.

**Q72.** *What percentage of young people your age in Darlington do you think have sent inappropriate images of themselves using social media?*

For this question pupils used a sliding scale to show what percent of pupils their age they thought had sent an inappropriate image. The table below shows the overall average percent picked by pupils, broken down by Year Group.

Year Group	Average Response
Y7	37.8%
Y8	39.3%
Y9	51.5%
Y10	59.3%
Y11	65.7%

**Q73.** *It is ok to send an inappropriate picture of yourself on social media or via mobile phone. Do you agree or disagree?*

475 of 3069 pupils (15.5%) agree that it is ok to send inappropriate pictures, 2594 pupils (84.5%) disagree.

**Q74.** *Once you click to upload an image or text to the internet, you have no control over it...*

2388 of 3069 pupils (77.8%) agree, 681 (22.2%) disagree.

**Q75. Do you play digital games?**

This year this question has been altered to ask pupils whether they play online games (on the phone/tablet/laptop etc), and/or play on games consoles or neither.

Of 3044 pupils, 1979 (65%) play online games, 1688 (55.5%) play on games consoles and 646 (21.2%) use neither.

**Q76. What games do you play?**

This was a free-text answer. The word cloud below shows the most popular answers. The more frequently a word was used by pupils, the bigger it appears in the word cloud.



**Q77. Do you play games that are rated?**

The percentages below don't add up as pupils could pick more than one option.

Answer Choice	Number of Pupils	Percentage of Pupils
Yes-games rated 12	1349	57.2%
Yes-Games rated 16 or 18	1449	61.5%
No	357	15.1%

Total	2358	
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The table below shows this answer broken down by year group.

	Y7	Y8	Y9	Y10	Y11
Yes-rated 12	64.2%	66.2%	56.3%	49.2%	44.9%
Yes-rated 16 or 18	37.5%	54.2%	66.7%	79.1%	75.7%
No	23.8%	10.5%	12.8%	11.4%	15.5%

**Q78. Do you talk to people online while gaming?**

1367 of 2358 pupils (58%) talk to people online while gaming.

**Q79. Do you know all the people you talk to online while gaming, in real life?**

1251 of 2319 pupils (53.9%) know all the people they talk to online gaming in real life.

**Q80. Think how much time you spend playing games in a typical week. How many hours do you think you spend playing games?**

Pupils self-estimated that they were playing on average 33 hours of gaming a week. The table shows the average number of hours by Year Groups.

Y7	Y8	Y9	Y10	Y11
31%	31.4%	35.3%	36.7%	32.3%

**Comparison to 2017/18 results:**

Use of social media sites remain similar to last year, with pupils still accessing on average seven sites each, with YouTube, Instagram and SnapChat still the most popular.

57.9% of pupils know all their online friends and followers in real life in comparison to 63.6% last year. This decrease may be due to a re-phrase of the question this year to include followers as well as friends.

Last year and this year just under a quarter of pupils have been asked to send an inappropriate image of themselves; the percentage of pupils sending an inappropriate image has decreased from 11.4% in 2017/18 to 10.1% in 2018/19.

Online games like Roblox are popular, similar to last year but Fortnite' popularity has increased significantly.

## **Section Seven: Relationships**

**2869 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.**

**Q81.** *People in relationships should care about and respect each other, do you...?*

2803 of 2869 pupils (97.7%) of pupils agree that people in relationships should care about and respect each other.

**Q82.** *In a relationship with a boy/girl, it is ok to: (you can pick more than one option).*

The table below ranks the statements in order of number of pupils saying “yes” to the statement. 2869 pupils answered the question.

<b>Statement</b>	<b>Number of Pupils saying “yes”</b>
None of these	2326 (81.1%)
Shout	316 (11%)
Send a picture with no clothes on	220 (7.7%)
Check their social media profile without their permission	202 (7%)
Check their mobile phone without their permission	172 (6%)
Shake	120 (4.2%)
Hit/slap	95 (3.3%)
Call them nasty names	88 (3.1%)
Kick	85 (3%)
Punch	82 (2.9%)
Stop them from seeing their friends	78 (2.7%)
Make them feel bad about themselves	71 (2.5%)
Threaten, intimidate or frighten them	66 (2.3%)
Pressuring them to do something they don’t want to do	64 (2.2%)

**Q83.** Does the media, including TV, film, Magazines, pornography and reality TV impact on:

Statement	Always	Sometimes	Never	Total
<i>The way you behave in relationships</i>	372 (13%)	1161 (40.5%)	1336 (46.6%)	2869
<i>The way you think about relationships</i>	477 (16.6%)	1344 (46.8%)	1048 (36.5%)	2869
<i>The way you might have sex in future (Y9, 10, 11 only)</i>	260 (17.5%)	552 (37.1%)	675 (45.4%)	1487
<i>The way you look</i>	621 (21.6%)	1097 (38.2%)	1151 (40.1%)	2869
<i>How you think relationships should be</i>	527 (18.4%)	1191 (41.5%)	1151 (40.1%)	2869

Pupils were likely to be “sometimes” or “never” influenced by the media.

**Q84.** Where do you get your information on relationships and sexual health? (you can pick more than one option).

The options below are listed in the order of most to least “ticked”;

1. Family (60.2%)
2. Friends (51.4%)
3. Teachers (32.3%)
4. Internet (25.1%)
5. TV (20.4%)
6. School nurse (12.3%)
7. Doctor/GP (10.4%)
8. Pornography (9.9%)
9. Other school staff (8%)
10. Other (7.8%)
11. Posters (6.6%)
12. Family planning or CASH service (6.6%)
13. Youth worker (3.6%)

Examples from pupils who picked “other” were “nowhere” or named a specific person.

### **Comparison to 2017/18 results:**

In comparison to last year's results:

- There have been decreases across all the unacceptable behaviour options for the relationships question; for example 17.8% said it was ok to shout in 2017/18 this has decreased to 11% in 2018/19. Checking a partners mobile dropped from 12% to 6%.
- Pupils this year were more likely to "always" be influenced by media.

### **Section Eight: Sex and Sexual Health (Y9, 10, 11s only)**

***1478 Y9, 10, 11 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as "total".***

***Please note one school chose to not participate in this section, so the numbers below reflect the responses of Year 9, 10, 11 pupils from six schools, not seven.***

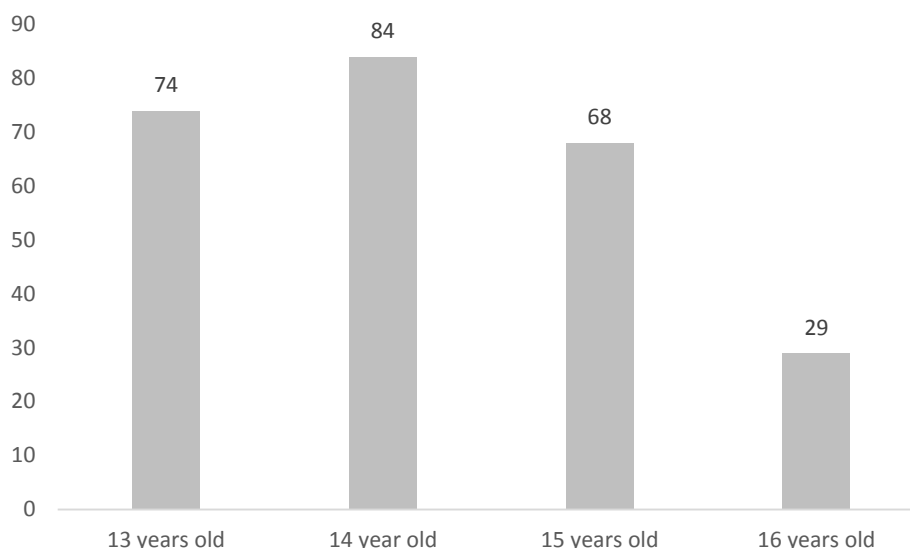
**Q85. *Have you ever had sex?***

1209 of 1478 pupils (81.8%) have not had sex, 269 pupils (18.2%) have said they are sexually active.

**Q86. *If yes, how old were you when you had sex?***

The graph shows the ages pupils stated they were when they had sex, the higher number of 13 and 14 year olds in comparison to 16 year olds may be due to the lower number of older (Y11) pupils taking part in the survey and those who did were likely to have been 15 at time of survey.





**Q87.** *How old was the person/people you had sex with? (it is ok to give more than one answer)*

This question was added in 2018/19 in an effort to detect risk of Harmful Sexual Behaviour (HSB) and Child Sexual Exploitation (CSE) in pupils in Darlington. The majority of pupils who answered this question stated that the partner was a similar age.<sup>1</sup>

**Q88.** *If you ever had sex, did you ever regret it afterwards?*

Of 255 pupils who responded to this question, 199 did not regret having sex (78%). 56 pupils (22%) did regret it.

**Q89.** *If you have regretted it, why was that? (you can pick more than one option)*

56 pupils answered this question. The options are below listed in order of most “ticked” to least:

1. I was too young (60.7%)
2. People found out afterwards (37.5%)
3. I am not in that relationship anymore (35.7%)
4. It was unplanned (33.9%)
5. I didn’t use contraception (33.9%)
6. I had been drinking alcohol (19.6%)
7. I didn’t want to do it at the time (19.6%)
8. I didn’t enjoy it (19.6%)
9. I got pregnant (12.5%)
10. I was bullied/pressured into it (12.5%)
11. I was bullied as a result (10.7%)
12. Other (7.1%)

<sup>1</sup> From the small number of pupils who stated an older partner, these have been followed up.

13. I had taken drugs (5.4%)

14. I got an STI (5.4%)

Four pupils chose “other” and their answers were not of concern.

*This year the questions regarding contraception have been re-written to aim to create a better understanding of pupils’ contraceptive use.*

**Q90.** *Do you use any of the following contraception? (you can pick more than one option)*

Pupils were given a list of contraceptive methods, it is likely that a large number of the pupils who chose “none of the above” from the list were male pupils. The list shows the methods from most to least popular.

1. None of the above (61.6%)
2. Contraceptive pill (31%)
3. Contraceptive implant (7.9%)
4. Contraceptive injection (7%)
5. Contraceptive patch (5.4%)
6. Contraceptive coil (IUD) (3.3%)

**Q91.** *When you have sex do you use...*

<b>Answer Choice</b>	<b>Always</b>	<b>Sometimes</b>	<b>Never</b>
A condom	113	59	67
EHC (morning after pill)	40	41	149

**Q92.** *Where do you get condoms from? (you can pick more than one option)*

Pupils could pick more than one option, the options have been ranked from most to least popular below.

1. C-card outlet (26%)
2. I don’t use condoms (26%)
3. A friend (22.3%)
4. Bought them in a shop (19.4%)
5. Pharmacy (19%)
6. GP (14.5%)
7. Other (14%)
8. School nurse/drop in (13.6%)
9. A relative (13.2%)
10. CASH clinic (6.2%)

Of pupils who chose “other” some examples included dispensers in toilets, their partner or could fit into the above categories.

**Q93. Have you ever taken a pregnancy test?**

Answer Choice	Number of Pupils	Percentage of Pupils
Yes- I took a test and it came back positive	41	16.9%
Yes- I took a test and it came back negative	50	20.7%
No- I have never taken a pregnancy test	55	22.7%
Not applicable-I am male	96	39.7%
Total	242	

**Q94. How would you define your sexuality?**

Answer Choice	Number of Pupils	Percentage of Pupils
Heterosexual (straight)	1083	75.3%
Gay man	30	2.1%
Gay woman (lesbian)	18	1.3%
Bisexual	77	5.4%
Asexual	13	0.9%
Prefer not to say	45	3.1%
I don't know/not sure	114	7.9%
Other (please specify)	59	4.1%
Total	1439	

Examples from pupils who chose "other" included pan-sexual, variations on "prefer not to say" and tongue in cheek answers.

**Q95. Are you worried about getting an STI e.g. Chlamydia, Gonorrhoea, HIV, Syphilis, or Genital Warts?**

Of 1439 pupils, 541 (37.6%) are worried about contracting an STI.

**Q96. If yes, why?**

Pupils could choose more than one option for this question, the options ranked from most "ticked" to least were:

1. It might impact my future (61.2%)
2. Some of them are permanent (58.4%)
3. I don't know enough about signs and symptoms (34.3%)
4. I don't know how to access treatment or support (21.7%)
5. Other (6.6%)

**Q97. If no, why?**

Pupils could choose more than one option for this question, the options ranked from most "ticked" to least were:

1. I am not having sex (64.5%)

2. I always use contraception that protects against STIs (22.5%)
3. You can get treatment for most of them (17.6%)
4. Other (8.4%)

**Q98.** Do you know where to go to get treatment and support for STIs/ sexual health?

986 of 1420 (69%) said they knew where to go to access support.

**Q99.** Sex should involve:

Total number of pupils answering this question was 1383. The list below shows the percentage of pupils who agree or strongly agree with the statement:

Statement	Percentage of Pupils who Strongly Agree or Agree
"A meaningful relationship"	81.8%
"Checking your partner wants you to continue what you are doing"	90%
"Listening to each other's wants and needs"	89.5%
"Discussing contraception/pregnancy"	85%
"Being prepared to stop if someone isn't happy"	90.6%
"Pleasure and enjoyment for both people"	88.8%

**Q100.** What percentage of students in your Year in your school do you think have had sex?

Overall, pupils estimated that 42% of their peers were sexually active in comparison to the reported 18.2% who said they are sexually active. The table below shows the average estimated percentage for each year group.

Y9	Y10	Y11
32.2%	40%	54.2%

### **Comparison to 2017/18 results:**

This section has been expanded since 2017/18. What can be compared from last year is:

- The percentage of pupils having sex has increased from 14.4% to 18.2% but the percentage of pupils regretting it has decreased from 24.8% to 22%.
- A similar percentage of pupils are worried about getting an STI (37.6%).
- Pupils continue to overestimate the percentage of their peers sexually active.

## **Section Nine: Smoking**

**2747 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.**

**Q101. Have you ever tried smoking a..( you can pick more than one option)**

<b>Answer Choice</b>	<b>Number of Pupils</b>	<b>Percentage of Pupils</b>
Cigarette	415	15.1%
E-cigarette	262	9.5%
Vaping (nicotine)	436	15.9%
Vaping (non-nicotine)	570	20.7%
I've never smoked	1931	70.3%
Other	93	3.4%
<b>Total</b>	<b>2747</b>	

**Q102. How old were you when you first tried smoking?**

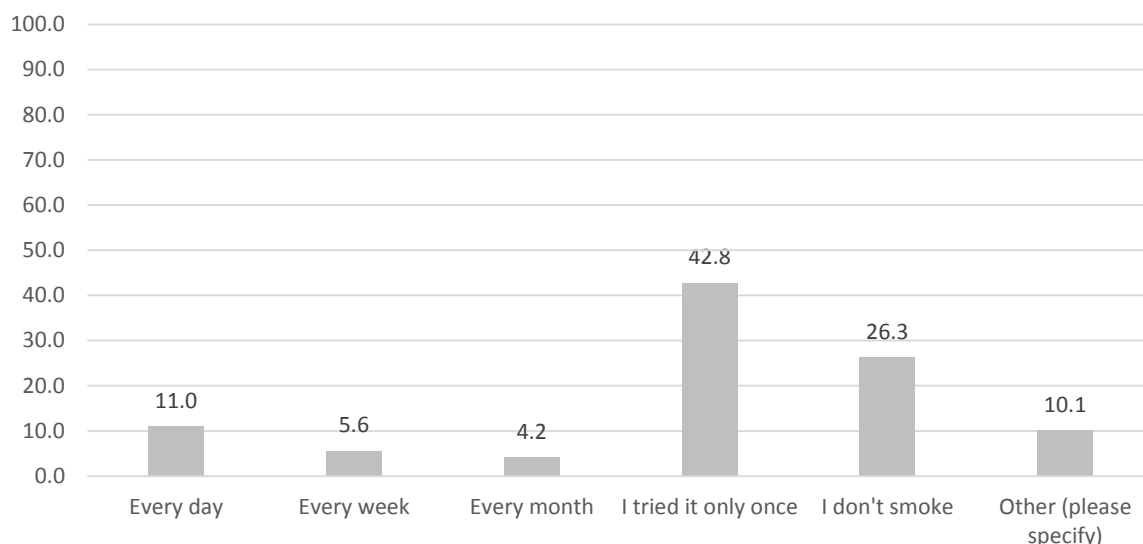
On average pupils were aged between 12-14 years old when they first tried smoking.

**Q103. How often do you smoke?**

Of the 790 pupils who answered this question, the majority either only tried smoking once or indicated that they don't smoke suggesting they don't smoke regularly. Of those who chose “other” it was variations on “now and then” or “I don't smoke”.

The table below outlines the totals for each option and the graph shows these as a percentage of all the answers.

<b>Answer Choice</b>	<b>Number of Pupils</b>	<b>Percentage of Pupils</b>
Every Day	87	11%
Every week	44	5.6%
Every month	33	4.2%
I don't smoke	208	26.3%
Tried it only once	338	42.8%
Other	80	10.1%



**Q104.** *Where do you mostly get them from?*

Answer Choice	Number of Pupils	Percentage of Pupils
From someone at home	47	5.9%
Stolen or pinched from home	46	5.8%
Shop or market stall, bought by me	59	7.5%
Shop or market stall, bought by someone else	62	7.8%
A friend	377	47.7%
A brother/sister	28	3.5%
Other	171	21.6%
Total	790	

**Q105.** *How many young people your age in Darlington do you think smoke?*

Answer Choice	Number of Pupils	Percentage of Pupils
All	103	3.8%
Most	701	26.1%
Half	567	21.1%
Quarter	948	35.3%
Hardly any	320	11.9%
None	50	1.9%
Total	2689	

**Q106.** *Smoking is NEVER a good idea for young people your age, do you?*

2492 of 2689 pupils (92.7%) agree, 197 (7.3%) disagree.

**Q107.** *Are you often near people who smoke cigarettes?*

1169 of 2689 pupils (43.5%) indicated that they are often near people who smoked.

**Q108. Where? (you can tick more than one option)**

The options for this answer are ranked in order of most “ticked” to least;

1. Outside (in the streets) (64.1%)
2. At home (47%)
3. Other peoples’ houses (33.6%)
4. Somewhere else inside (14%)
5. Other (12.5%)
6. In the car (12.2%)

The majority of pupils who chose “other” detailed locations that would fit in the above categories.

**Comparison to 2017/18 results:**

In comparison to last year’s results:

- Pupils are more likely to try a vape than smoke a cigarette; a pattern emerging over the last couple of surveys.
- 69% of those who had tried smoking said they either didn’t smoke or only tried it once, an increase from 66% in 2017/18.
- 43.5% reported being exposed to second hand smoke in comparison to 46.2% last year.

**Section Ten: Alcohol**

***2661 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question as “total”.***

**Q109. Which of these statements is true about you?**

Pupils are given a choice of statements to pick the one which matches their experience.

Just over a third of pupils have had a full alcoholic drink to themselves with older pupils (Y9, 10, 11s) were more likely to have had had a full alcoholic drink to themselves than younger pupils (Y7 and 8s). Around a quarter of pupils who answered this question have never tried an alcoholic drink.

2661 pupils answered this question, the table below shows their responses.

Answer Choice	Number of Pupils	Percentage of Pupils
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I have never tried an alcoholic drink	688	25.9%
I have had a sip of someone else's alcoholic drink once or twice	815	30.6%
I have had a sip of someone else's alcoholic drink lots of times	251	9.4%
I have had a full alcoholic drink to myself	907	34.1%
Total	2661	

**Q110.** *How old were you when you had your first full drink?*

Pupils answered over a wide age range to this question and on average, pupils were 13 years old.

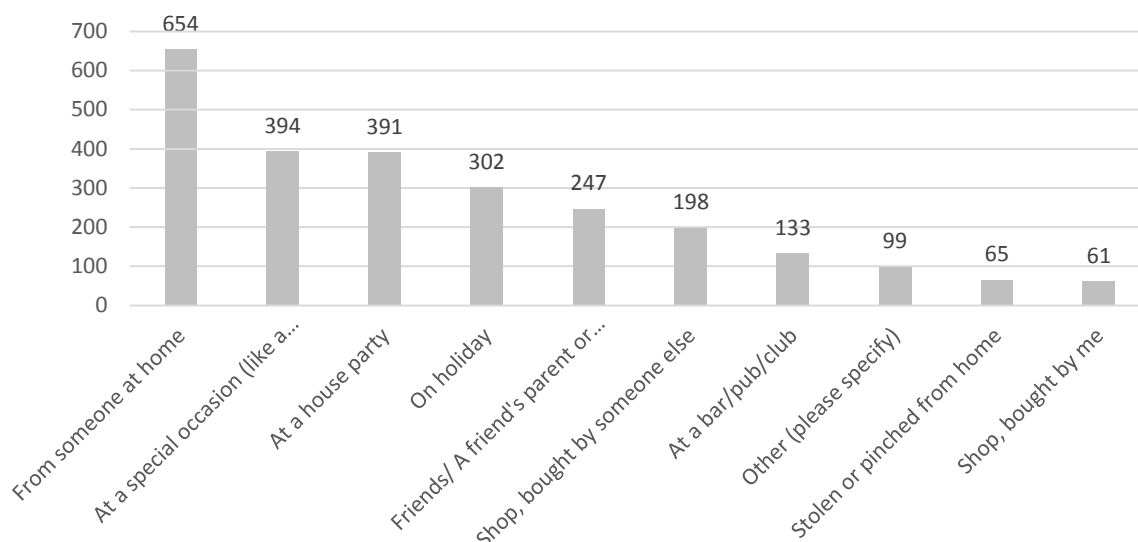
**Q111.** *Where did you get the drink from? (you can tick more than one option)*

Pupils were most likely to get the drink from someone at home, at a special occasion or at a house party. Those who picked "other" detailed a specific occasion, person or said they didn't want to say.

Answer Choice	Number of Pupils	Percentage of Pupils
From someone at home	654	58.5%
Stolen or pinched from home	65	5.8%
Shop, bought by me	61	5.5%
Shop, bought by someone else	198	17.7%
At a house party	391	35%
At a bar/pub/club	133	11.9%
Friends/A friends' parent or carer	247	22.1%
On holiday	302	27%
At a special occasion (like a party, wedding, christening)	394	35.2%
Other (please specify)	99	8.9%
Total	1118	

The graph shows the options ranked (remember pupils could pick more than one option).





**Q112. Where do you tend to drink alcohol the most?**

For this question pupils could only pick one option to find the most common place.

Pupils were most likely to drink at home or at a house party.

Answer Choice	Number of Pupils	Percentage of Pupils
In a bar/pub/club	46	4.1%
In the town centre (outside)	17	1.5%
In a park or other public space	64	5.7%
At home	452	40.4%
At someone else's home	80	7.2%
At a house party	291	26%
Only ever had one drink	64	5.7%
Other (please specify)	104	9.3%
Total	1118	

**Q113. Have you drunk alcohol in the last seven days?**

341 of 1118 pupils (30.5%) had drunk alcohol in the last seven days.

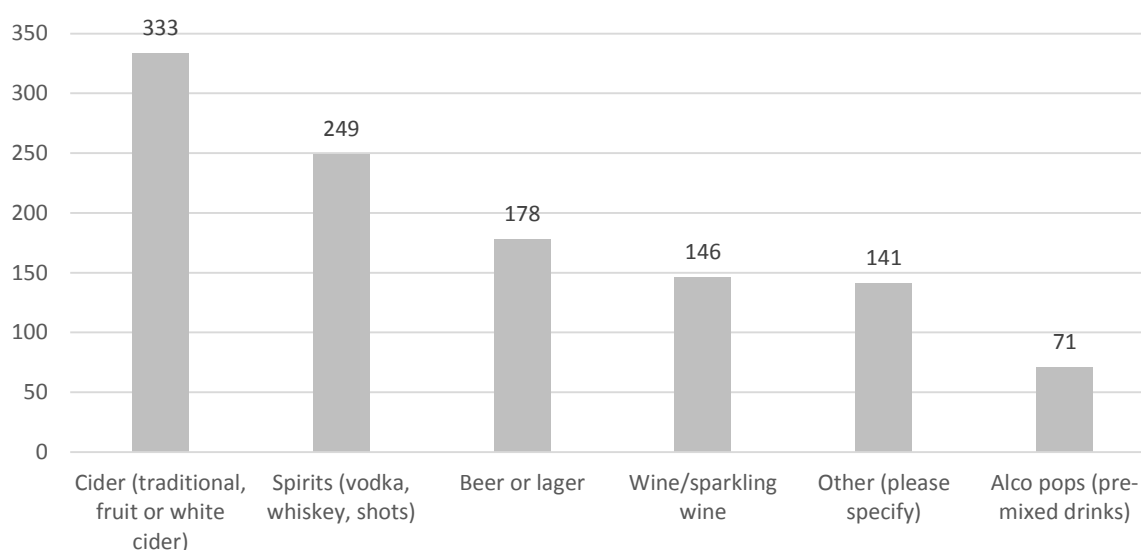
The table below shows the number of pupils by year group who indicated they had drunk alcohol in the last seven days.

Y7	Y8	Y9	Y10	Y11
18	43	73	84	122

**Q114. In the last year, what did you drink most often? (Please tick one option only)**

1118 pupils answered this question. Cider and spirits remain the most common drunk alcohol among young people in Darlington. The graph below shows the options ranked.

Answer Choices	Number of Pupils	Percentage of Pupils
Beer or Lager	178	15.9%
Cider	333	29.8%
Alco pops	71	6.4%
Wine/Sparkling wine	146	13.1%
Spirits	249	22.3%
Other	141	12.6%
Total	1118	



**Q115.** *Have you been drunk after drinking alcohol, for example staggered when walking, not being able to speak properly, throwing up or not being able to remember what happened?*

673 of 1118 pupils (60.2%) have never been drunk after drinking alcohol, 445 pupils (39.8%) have.

**Q116.** *Have you been drunk in the last seven days?*

996 of 1118 pupils (89.1%) have not been drunk in the last seven days, 122 pupils (10.9%) have.

**Q117.** *After drinking alcohol, have you experienced any of these problems? (you can pick more than one option)*

50.7% of pupils who answered this questions said they had not experienced any of the following. The list below show the other options ranked from most “ticked” to least:

1. Falling out with friends (14.5%)
2. An accident or injury (14.3%)
3. Anti-social behaviour (9.5%)
4. Falling out with parents (8.2%)
5. Falling out with boy/girlfriend (8%)
6. Trouble with the police (6.9%)
7. A physical fight (6.4%)
8. Posted something online that you regret (6%)
9. Performed poorly at school (6%)
10. Attended hospital/ A+E/ Walk in centre (3.2%)
11. Been a victim of crime (3.2%)

**Q118.** *If any, what percentage of young people your age in Darlington do you think drank alcohol in the last seven days?*

The averages by Year Group are shown in the table below.

Y7	Y8	Y9	Y10	Y11
34.2%	41.9%	48.2%	55.7%	65%

As with the other perception questions, the results above show that pupils are overestimating the habits of their peers.

**Q119.** *“It’s not ok for young people my age to get drunk”, do you:*

2035 of 2595 pupils (78.4%) agree, 560 pupils (21.6%) did not agree.

**Comparison to 2017/18 results:**

The question about alcohol consumption has changed this year so it is difficult to compare percentage of pupils who have had a drink of alcohol.

In summary:

- 30.5% of pupils this year had had a drink in the last seven days in comparison to 29.1% in 2017/18.
- The percentage of pupils saying they have experienced drunkenness has increased; 39.8% this year compared to 34.7% last year.
- A higher percentage of pupils agree that it is not ok for young people their age to get drunk; 78.4% this year compared to 76.2% last year.

## **Section Eleven: Drugs (Years 9, 10, 11 only)**

***1433 Y9, 10, 11 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question.***

**Q120.** *Have you ever been offered illegal drugs?*

366 of 1433 pupils (25.5%) said that they have been offered illegal drugs.

**Q121.** *Have you ever taken illegal drugs?*

159 pupils of 1433 (11.1%) have taken illegal drugs.

**Q122.** *In the last seven days, have you taken illegal drugs?*

Of the 154 pupils who answered this question, 51 (33%) answered “yes”.

**Q123.** *If you have ever taken illegal drugs, what have you had?*

89.6% of those answering this question reported taking cannabis. 47 pupils said “other” with a small range of drugs mentioned (most frequently cocaine and MDMA).

**Q124.** *Where did you get offered the illegal drugs? Where did you get the illegal drugs from? (you can pick more than one option).*

The options for this question are ranked below in order of most “ticked”:

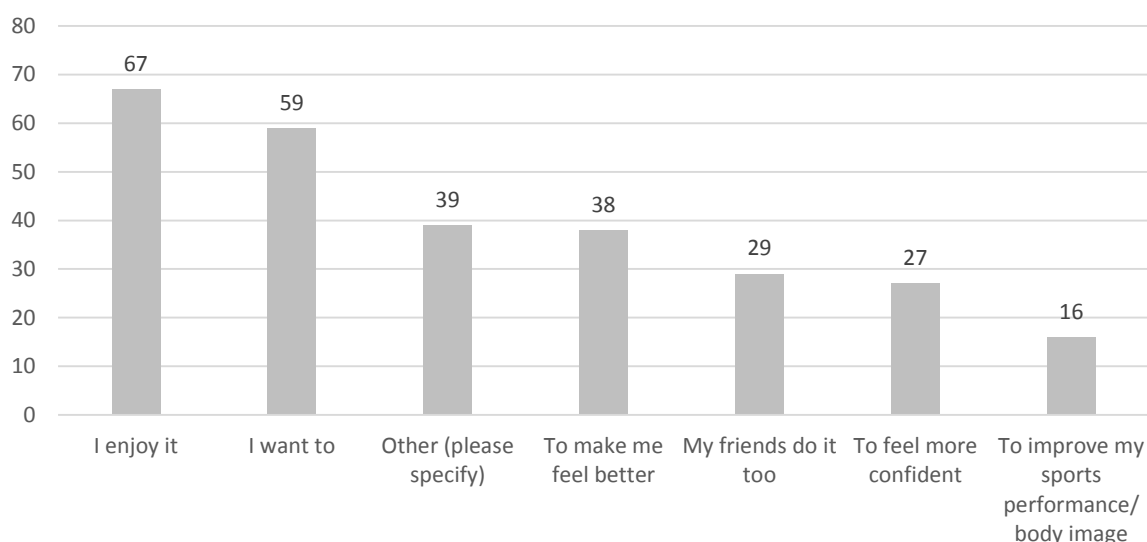
1. Friends (64.3%)
2. Dealer (50%)
3. Stranger (14.3%)
4. Family (13%)
5. Internet (13%)
6. Shop (12.3%)
7. Festivals (12.3%)
8. Other (11%)
9. Pubs/ clubs (8.4%)
10. Market stalls (7.8%)

Examples from pupils who chose “other” include, at a concert, school or variations on not wanting to say.

**Q125.** *Why do you take illegal drugs? (you can pick more than one option)*

This is a new question for 2018/19 survey and aims to document the attitudes of pupils towards drug use. Most pupils indicated they want to and enjoy taking drugs. The graph shows the options ranked (pupils could pick more than one option).

Answer Choice	Number of Pupils	Percentage of Pupils
To improve my sports performance/ body image	16	10.4%
I want to	59	38.3%
I enjoy it	67	43.5%
My friends do it too	29	18.8%
To make me feel better	38	24.7%
To feel more confident	27	17.5%
Other	39	25.3%
Total	154	



Of the pupils who said “other”, school, a concert, and not wanting to say were some of the free text comments.

**Q126. Is cannabis legal or illegal?**

1162 of 1414 pupils (82.2%) identified cannabis as illegal.

**Q127. What percentage of young people your age in Darlington do you think have taken drugs?**

The table below shows the average percentage estimation by Year Group. From this year’s survey 11.1% of pupils reported they had tried illegal drugs, therefore this table shows the high overestimation pupils’ have of their peers’ habits.

Y9	Y10	Y11
25.5%	30.3%	41.5%

**Q128. “It’s not ok for young people to take illegal drugs”, do you..?**

1260 of 1414 pupils (89.1%) agree that it is not ok for young people to take illegal drugs.

### **Comparison to 2017/18 results:**

In comparison to last year's results:

- Fewer pupils this year have taken illegal drugs; 11.1% in comparison to 12.3% last year.
- Cannabis remains the most commonly tried drug.
- As with last year pupils were still most likely to acquire the drugs from friends or a dealer.

### **Section Twelve: Safety in School and Anti-social Behaviour**

***2544 pupils started this section, however the number of pupils answering each section will vary due to skip logic. The number answering is included in each question.***

**Q129.** *Do you feel safe in school?*

1980 of 2544 pupils (77.8%) feel safe in school.

**Q130.** *Do you know who you should talk to if you don't feel safe in school?*

2071 of 2544 pupils (81.4%) know who they should talk to if they don't feel safe in school.

This year new questions relating to anti-social behaviour were asked of pupils. The following was the definition provided to pupils:

*Anti-Social behaviour is acting in a way that causes or is likely to cause harassment, alarm or distress to one or more people in the community.*

*Examples:*

- Climbing on things you shouldn't climb on*
- Swearing in public places where other are present*
- Unacceptable behaviour in shopping centres*
- Littering and dropping rubbish or vandalising things*
- Causing problems with buses or other public transport*

**Q131.** *Read the definition and examples of anti-social behaviour above. Have you ever taken part in anti-social behaviour?*

Just over a third of pupils (33.8%) said that they had taken part in anti-social behaviour. Within the seven school the percentage of pupils taking part in anti-social behaviour ranged from 27.1% to 38.1%.

**Q132.** *If any, how many young people your age do you think take part in anti-social behaviour?*

The table below shows that pupils perceive that a large number of their peers take part in anti-social behaviour.

Answer Choice	Number of Pupils	Percentage of Pupils
All	142	5.7%
Most	705	28.1%
Half	596	23.8%
Quarter	676	27%
Hardly any	261	10.4%
None	125	5%
Total	2505	

**Q133.** *If you saw anti-social behaviour happening, would you know who to tell about it/report it to?*

1717 of 2505 pupils (68.5%) know who to report anti-social behaviour to, 788 pupils (31.5%) said they did not know who to talk to.

**Q134.** *If you saw anti-social behaviour happening, would you report it?*

1500 of 2505 pupils (59.9%) would report an anti-social behaviour incident, 1005 pupils (40.1%) would not report it.

**Q135.** *Do you use any of the following public transport regularly? (you can pick more than one option)*

Answer Choice	Number of Pupils	Percentage of Pupils
Bus	1310	52.5%
Train	472	18.9%
Taxi/Uber	503	20.1%
None of these	873	35%
Other	360	14.4%
Total	2497	

**Q136.** *When using public transport to travel, do you buy a ticket:*

The majority of pupils “always” pay for transport/buy a ticket but there is a significant minority who do not.

Answer Choice	Number of Pupils	Percentage of Pupils
Always	1135	70.1%

Sometimes	185	11.4%
When the ticket collector asks to see my ticket	144	8.9%
Never	184	11.4%
Total	1618	

**Comparison to 2017/18 results:**

This section has been expanded this year to include anti-social behaviour.

77.8% of pupils feel safe in school in 2018/19 in comparison with 79.7% in 2017/18.

More pupils (81.4%) this year know who they should talk to if they feel unsafe in school in comparison to 80.2% in 2017/18.