

HEALTHY LIFESTYLES SURVEY 2018/19 RESULTS

Thank you to the 30 schools and 6,560 pupils who took part this year. This survey help us to support and inform Darlington's young people as they grow. Below are some of this year's key findings.

EMOTIONAL WELLBEING: *The majority of young people have positive emotional attitudes, stating they feel happy in their lives and have strong social networks with friends and family.*

Just over three quarters of primary aged pupils feel stress, this increases to 82.5% of secondary pupils with body image a cause of stress for 4 in 10 secondary pupils.

SUBSTANCE USE: *94% of primary pupils and 70% of secondary pupils have never tried any form of smoking. Pupils were more likely to try a vape than a cigarette, and most only tried it once.*

Half of primary pupils and a quarter of secondary pupils have never tried an alcoholic drink.

ONLINE LIVES: *Pupils reported having very active online lives from a young age. Primary pupils were accessing on average five social media sites each, this increases to seven sites for secondary pupils. YouTube, Instagram and Snap Chat were the most popular sites among pupils.*

A third of primary pupils have seen something upsetting or offensive online, this increases to 49% of secondary pupils.

RELATIONSHIPS AND SEXUAL HEALTH: *98% of pupils agreed that relationships should be based on respect and affection and the majority could identify unacceptable behaviours in relationships.*

7 in 10 pupils aged 13 to 16 knew where to access sexual health advice, support and treatment.

EXERCISE AND DIET: *Most pupils had a positive view of physical activity, stating they exercised because they enjoy it and want to keep fit and healthy.*

Younger pupils' diets were most likely to be influenced by parents/carers, with older pupils saying "what tastes nice" was the bigger influence.

SAFETY AND ANTI-SOCIAL BEHAVIOUR:

This year pupils were asked for their behaviours and perceptions in relation to anti-social behaviour (ASB). Just over 2 in 10 primary aged pupils reported taking part in anti-social behaviour, this increases to over a third of secondary aged pupils. 86% of primary aged pupils and 60% of secondary aged pupils would report ASB if they saw an incident.

Healthy Lifestyles Survey 2018/19 Executive Summary

Methodology

The Healthy Lifestyles Survey (HLS) is undertaken every year with children and young people who attend primary and secondary schools in Darlington. The process consists of an anonymous online survey which asks them about their experiences, attitudes and behaviours across a range of topics related to health and wellbeing. Schools are encouraged to schedule time for pupils to complete the surveys as part of normal lessons during the school day to ensure maximum participation and reduce chances of technical issues.

The results of this survey are fed back to schools and teams of professionals via the Team Around the School (TAS) meetings. This enables these schools, and other professionals, to use the responses from the survey to build an understanding of the needs of young people in their year groups and respond with an action plan for the following academic year.

The results from all the schools are collated into two whole borough data reports (one for primary aged pupils and one for secondary aged pupils) providing an insight into the common themes and issues that are affecting children and young people living in Darlington.

The results of the survey paint a picture of the attitudes and beliefs of young people in Darlington. This can help young people and professionals challenge preconceptions and make informed decisions about their own lifestyle choices and risk taking behaviour.

The Healthy Lifestyle Survey for primary schools this year was undertaken by **2,488** young people aged between 9 – 11 years old who were pupils of 23 different primary schools in Darlington. The survey took place from September to October 2018.

The Healthy Lifestyles Survey for secondary school this year was undertaken by **4,072** pupils aged 11- 16 who were pupils of seven different secondary schools in Darlington. The survey took place from November to December 2018.

Summary of results

The results indicate that young people of this age in Darlington largely understand the health information and messages they receive and report that they act on this information and messages through exhibiting positive attitudes and health seeking behaviours. They report negative attitudes to behaviours that have a detrimental effect on their health or the health of others.

From the results of this year's surveys, key findings have emerged:

Key findings from the primary survey 2018/19

- Smoking and drinking behaviours, perceptions and attitudes have largely remained similar to previous year.
- Pupils understanding of acceptable behaviours in relationships have improved overall.
- The internet continues to be a large part of primary pupils' lives, especially the use of social media.
- A third of primary pupils have seen something upsetting online this year, in comparison to just over a quarter last year.
- A quarter of primary pupils play games rated 16 or 18.
- The percentage of pupils self-reporting having dental work has marginally decreased since last year, with the exception of tooth/teeth removal which has marginally increased.
- Levels of positive responses to the emotional wellbeing statements have remained similar to previous years.
- Just over three quarters of primary pupils report feeling stressed; homework is the most common reason for school-based stress, with siblings and bullying the most common forms of outside-school stress.

Key findings from the secondary survey 2018/19

- The majority of secondary pupils gave positive responses to the emotional wellbeing statements, although 3 in 10 pupils state they do not have someone to confide in/ talk about their worries to.
- 82.5% of secondary pupils reported feeling stressed; homework was the most common cause of school-based stress, and body image was the most common cause of outside-school stress (4 in 10 pupils).
- Parents/ guardians are the most common influence on diet in younger pupils (Y7 and 8) whereas what tastes nice was the more common influence in older pupils (Y9, 10, 11).
- Secondary pupils have very active online lives, and their online activity is mostly unsupervised by adults.
- Pupils have accounts/are accessing on average seven social media sites, with YouTube, Instagram and Snap Chat the most popular among Darlington pupils.
- 49% of secondary pupils have seen something upsetting online.
- The majority of secondary pupils have positive views on acceptable behaviours in relationships.
- Just over a third of pupils have taken part in anti-social behaviour (ASB); nearly 7 in 10 pupils stated they would know who to report ASB to, yet only 6 in 10 said they would actually report it.