



# Healthy Lifestyles Survey 2016/17

## Key Findings-Primary and Secondary

This online survey has been conducted in schools, with a survey aimed at primary (aged 9-11) pupils, and another aimed at secondary (aged 11-16) pupils. Pupils were asked questions on similar topics



1,343\* primary pupils  
from 15 schools took part  
and 4,422\* secondary  
pupils from seven  
secondary schools.

\*please note not all pupils  
answered all questions



# The survey asks pupils for their habits and perceptions of topics such as...



- Emotional Wellbeing
- Relationships and the Media
- Internet and Technology
- Smoking
- Alcohol
- Energy Drinks and Dental Health
- Diet and Exercise
- Bullying
- Sex (Y9, 10, 11s only)
- Illegal Drugs (Y9, 10, 11s only)



The following slides give an idea of some of the key findings from both the primary and secondary surveys



# Internet use and social media are popular among primary pupils

74% of primary pupils who answered stated they are “always” or “sometimes” supervised on the internet...

With pupils having multiple social media accounts. The most popular social media sites among primary pupils were:

1. YouTube
2. Face Time
3. Snapchat



# Internet use is also high in secondary pupils...

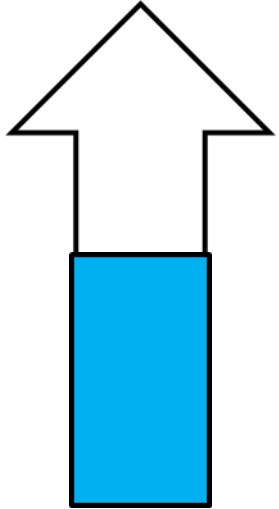
9 out of 10 of all secondary pupils access the internet daily. Over 1 in 3 pupils do not know all of their online friends in person.



They access the internet on multiple devices and have accounts for several social media sites, with Instagram, YouTube and Snapchat most popular



...But the majority of secondary pupils are aware of online risks



More than half of pupils have seen something online that upset them



But 8 in 10 pupils never intentionally access sites such as chat rooms. They indicated strangers, bullying and identity theft as the top risks online.

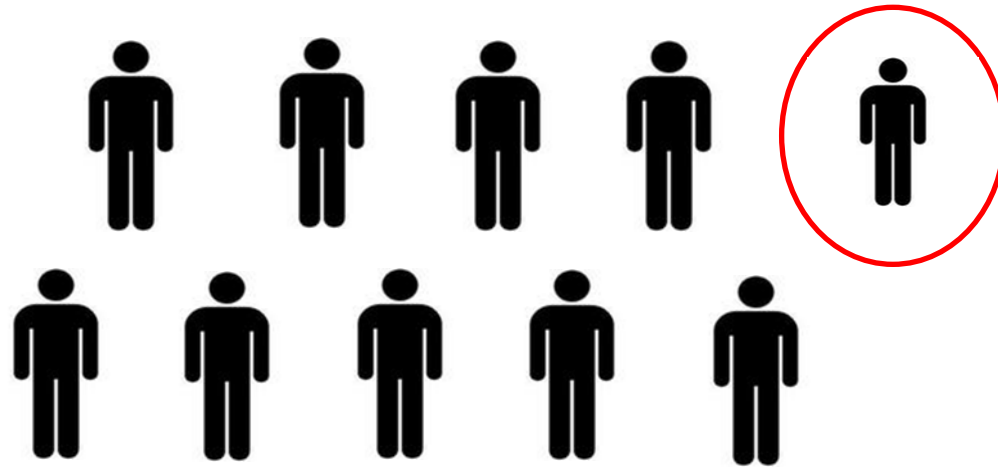




58% of secondary pupils reported that the media has an influence on the way they think and behave and the choices they make in relationships



9 in 10 pupils (Y9,10,11) have  
never had sex



...with 92% agreeing that sex should  
only be part of a meaningful relationship.



# Both primary and secondary pupils were to what extent they “agree or disagree” with the following

% of primary pupils agree

statements

% of secondary pupils agree

88%

*“Generally I feel happy about my life at the moment”*

87%

82%

*“If I’m worried about something, it’s easy for me to find someone to talk to”*

75%

96%

*“My family mostly know how to support and look out for me”*

92%

66%

*“If my friends are doing something I don’t like or want to join in with, it’s easy for me to say ‘no’”*

76%



98% of primary pupils indicated that they have never tried smoking



For secondary pupils:



Nearly three quarters (73%) have never smoked)



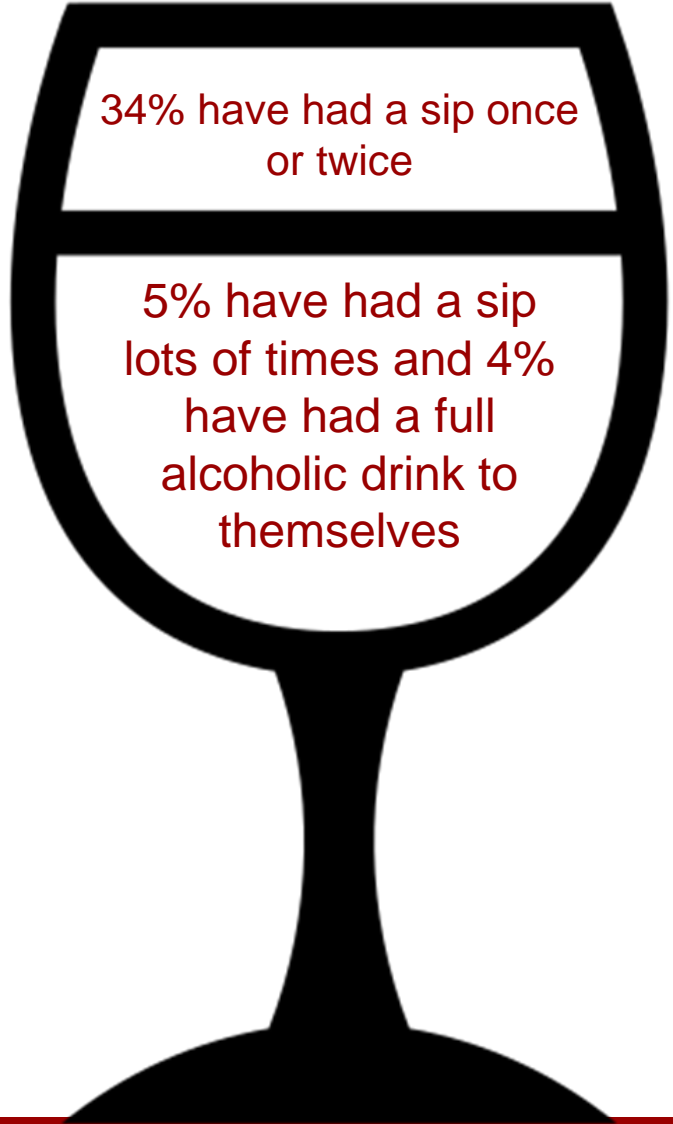
Of those that have smoked, just under half (49%) only tried it once



Vaping and e-cigs have overtaken cigarettes as the most common form of smoking.



From the primary school pupils who answered the question, 56% have never had an alcoholic drink

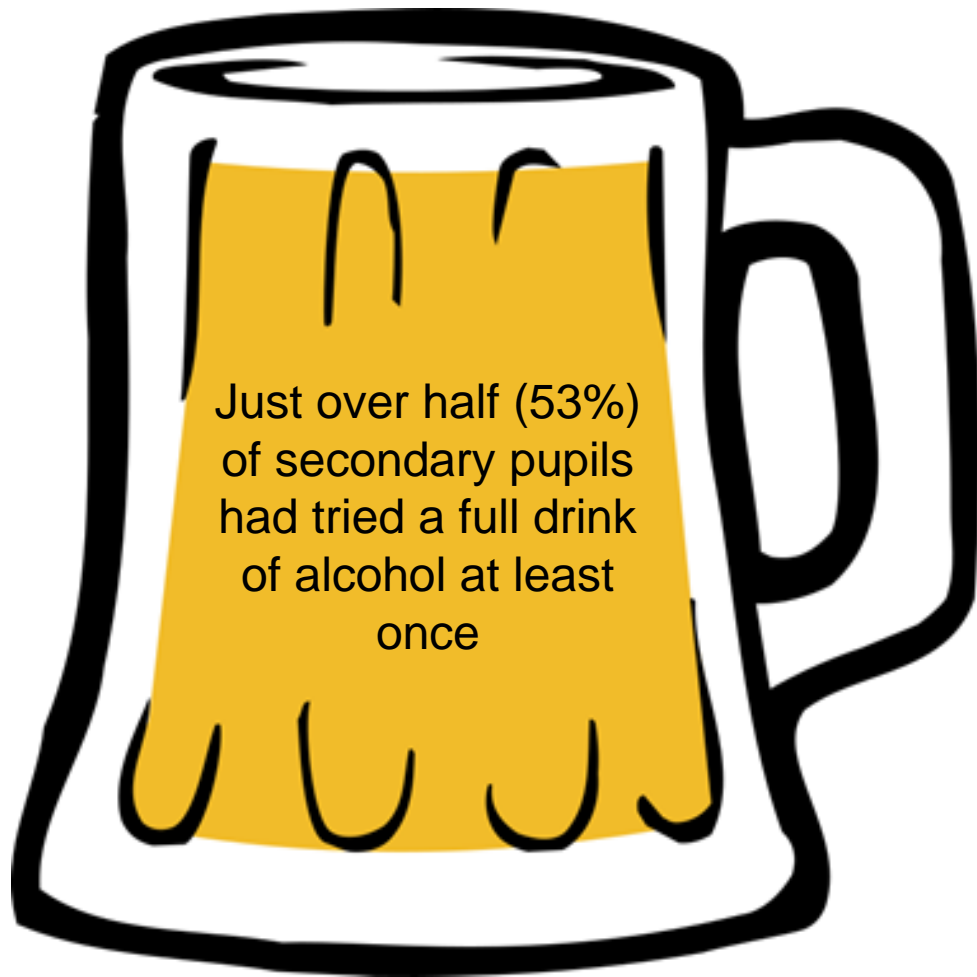


34% have had a sip once  
or twice

5% have had a sip  
lots of times and 4%  
have had a full  
alcoholic drink to  
themselves

92% agree its not  
ok for young people  
to get drunk before  
they are 18 years  
old





Just over half (53%)  
of secondary pupils  
had tried a full drink  
of alcohol at least  
once

And nearly three  
quarters (74%)  
agreed that it was  
not ok for young  
people their age to  
get drunk.



# 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.



Public Health England in association with the Welsh Government, the Scottish Government and the Food Standards Agency in Northern Ireland

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79% of primary pupils thought they ate a balanced diet, based on the “*Eatwell Plate*” above. 68% of secondary pupils thought so.



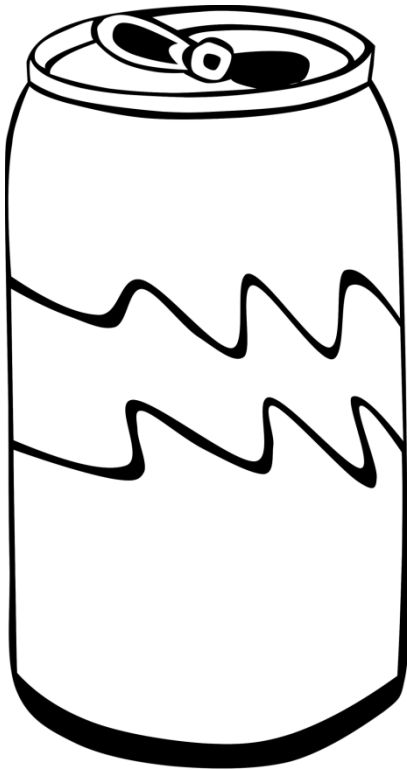
- 72% of primary pupils asked achieved at least 60 minutes physical activity every day
- For secondary pupils, 41% achieved at least 60 minutes physical activity five out of seven days.





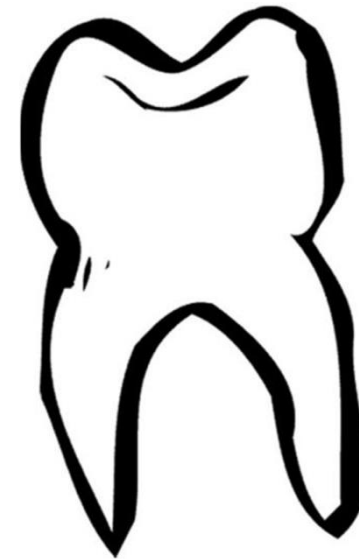
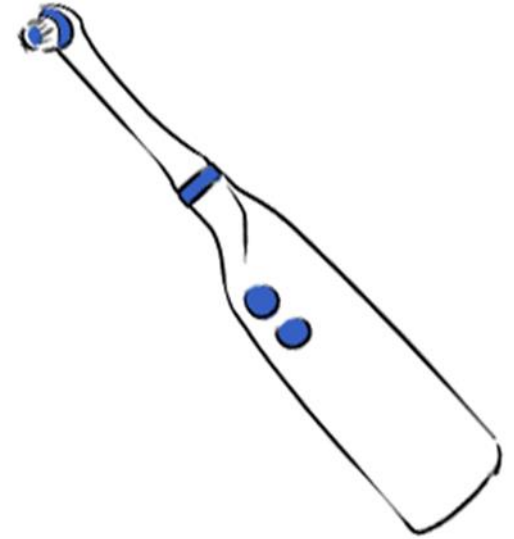
# Energy Drinks

- 64% of primary pupils reported that they have consumed energy drinks and 82% of secondary pupils have tried one.
- 79% of primary and secondary pupils agreed that energy drinks were bad for the health
- 53% of primary pupils think it is ok for children their age to drink energy drinks.



# Dental Health

- 93% of primary pupils clean their teeth either daily or twice a day
- 96% of secondary pupils clean their teeth daily or twice a day
- Nearly half of secondary pupils (47%) stated that they had had a tooth filled at the dentist



44% of primary pupils have experienced some form of bullying in the past year

Physical, verbal and indirect bullying were the most commonly experienced



Over a quarter (27%) of secondary pupils reported being bullied in the past year, with verbal bullying most common.

Cyber bullying was the third most common form of bullying and reports of cyber bullying have increased significantly over the last few years' results of this survey.



# Illegal Drugs

- 1 in 10 secondary pupils (Y9,10,11s only) who answered this question had tried illegal drugs.
- Cannabis was the most common drug taken, but 88% of those asked identified the substance as illegal.
- 87% of pupils asked agreed that it is not ok to take illegal drugs.



Secondary pupils'  
perceptions of their peers  
habits continue to be out of  
sync with the reality reported  
in this survey. For example...



## The Perception\*

*“50% of my peers smoke”*

*“50% of my peers have drunk alcohol in the last seven days”*

*“5 in 10 of my peers in Year 9 (age 13 or 14) have sent an inappropriate image of themselves over social media”*

## The Reality

Closer to 2 in 10 pupils, and even then half of these pupils reported only trying it once

27% reported drinking in the last seven days, with 10% reporting being drunk

1 in 10 Year 9 pupils reported sending an inappropriate image of themselves

\* “perception” percentage is calculated as an average



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





If you would like to read the Healthy Lifestyles Reports in full, they are freely available on the Darlington Borough Council website alongside previous years' reports.

Reports are available via this link:

<http://www.darlington.gov.uk/health-and-social-care/public-health/children-and-young-people/healthy-lifestyle-surveys/>

