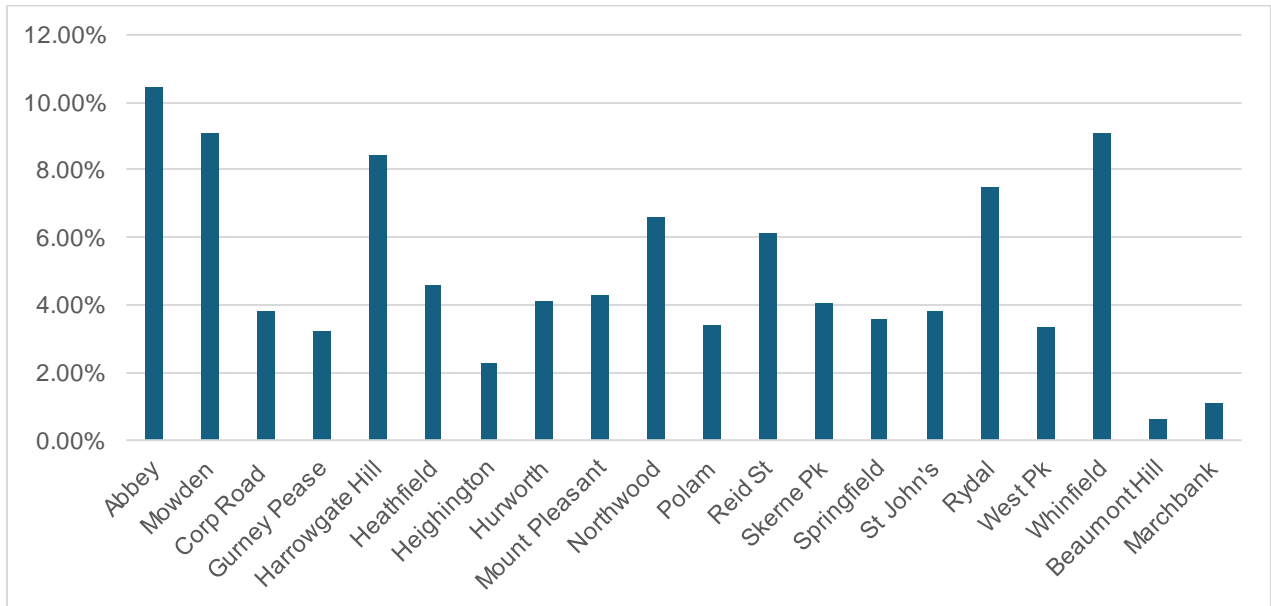


Primary School Combined Report of the Healthy Lifestyle Survey 2024 – 2025

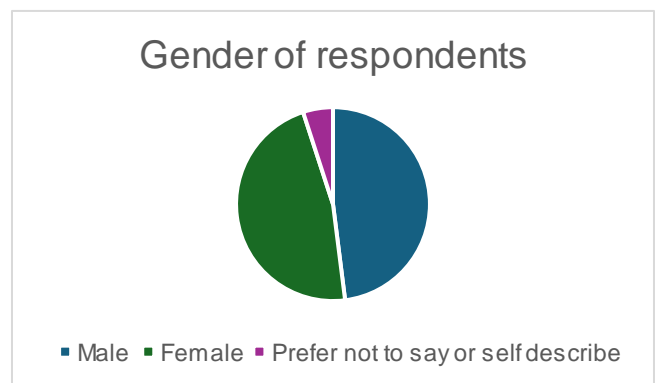
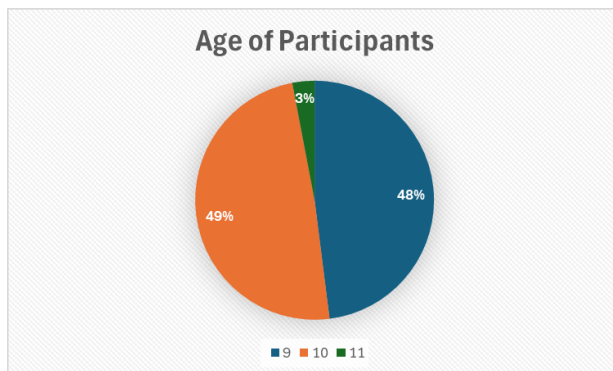
Demographics

This academic year there was a total of 1706 respondents to the survey, from 20 primary schools, in year 5 and 6.

Breakdown by school:



Of the 1706 respondents 52% were year 5 and 48% year 6.



The Internet and Modern Technology

In our ever-changing modern world, we know now, that children and young people are accessing the internet on a range of multiple devices including mobile phones, tablets, games consoles, PC's and VR. Our responses to the survey tell us that less than 1% of the primary school children surveyed do not access the internet on these devices.

15% of the children said that when they do use the internet they are ALWAYS supervised. 33% have a shared account with a parent or carer.

94% of respondents play computer games, again this is on multiple devices including tablet, console, PC and VR. 59% play games age rated 12 and 26% (n413) play games age rated 16 and 18.

While playing, 30% said they DO NOT talk to people while gaming. 41% of children said that they have a time limit when they are gaming.

Children access 5 – 6 platforms or social media accounts each on a regular basis, the most common are You Tube, TikTok, What's App, SnapChat, Netflix and Roblox.

81% of respondents watch You Tubers or Content Creators. 32% of these respondents aspire to create their own content or become an influencer. 24% said that they copy what these creators do and are influenced by them. 28% are streaming on YouTube or TikTok and have their own channel.

8% of respondents have been asked to share an inappropriate photograph or video, 18% have received one from someone else. 62% of those who had received one, did report it.

25% of respondents overall have seen something offensive, upsetting or worrying online. 63% of these reported it.

Relationships

95% of respondents said relationships should be caring and respectful. 5% thought physical violence was acceptable. 10% thought it was acceptable to shout and 8% to check someone's mobile phone and social media without permission.

Safety and Anti-social behaviour

88% of respondents said that they felt safe in school. If they did not feel safe, 90% said they knew who to talk to in school.

16% overall have taken part in some form of anti-social behaviour, however the perception is that 42% have participated.

30% of children said that ASB from other people 'puts them off' going to certain places at certain times. When reasons for this were given the key issues were a fear of violence, crime or bullying.

97% of children said that they knew how to cross the road safely, although 10% said that they had deliberately stepped into traffic. 78% reported being able to ride a bike safely, yet 9% also said they had ridden their bike intentionally towards pedestrians. 52% of those with a bike, wear a helmet.

89% of respondents said they knew how to stay safe in water, yet 15% also said that they had been in water when it was not safe, or they had been told not to.

90% reported knowing how to stay safe on a railway line, yet 8% have played on a train line and 3% have thrown something at a moving train.

Bullying

Within the survey, we include a clear definition of what bullying is prior to the children answering these questions.

46% of respondents reported having experienced bullying in the last year. This was mainly verbal, physical and indirect. 67% of the 46% who said they had been bullied said that this mainly, takes place in the school playground or yard. Children reported issues to their parents or carers and teachers in school, although 15% said they did not report it to any-body.

Perception amongst the year 5 and 6 pupils is that 49% of their peers experience bullying.

Transition

46% of the children who responded said that they felt very positive about moving to secondary school. Some of the main reasons were that they were looking forward to making new friends, trying new activities and hobbies and having new teachers.

In terms of helping them to settle in at school, they said that knowing their way around, meeting new friends and knowing where to go for help would be the most beneficial. Their main worries about transition were getting lost, being late and bullying. Suggestions for what could help them prepare were transition visits and talking to older pupils already in secondary school.

PSHE

89% of all children surveyed said that they thought their PSHE in school was suitable for their age, 88% reported that it was taught by staff who understood the topic and could answer questions. 85% of children identified that the subject helps them.

Overall, 55% of respondents said that they felt PSHE could be improved, however when asked why the main reasons given were that they wanted to do more of it as they enjoyed it, and it was useful.

Emotional Wellbeing and Mental Health

73% of children surveyed said that they 'feel happy about their life', 58% reported being resilient and 'bouncing back' from difficult or challenging situations. 64% said that they could manage peer pressure and say 'no' to their friends when they wanted to.

85% said that they are happy with their relationships with their family and 8% are happy with their home. 78% have good friendships. When asked about how they feel about their appearance and the way they look, 68% said that they were happy

with this. When asked how often they feel alone or are lonely, 35% said that this happens often.

Most of the children questioned identified one or more sources of support of they needed it, parents, and carers (81%) and teachers (71%) were the top sources. However almost 10% (133n) said that they felt that had no-one to help them if they were worried or had a problem.

When asked about stress, with a definition included, 54% reported feeling stressed at some point, the main reasons for this were school (56%) and growing up (42%). When broken down the reasons for this were that with school children felt stressed about their work, SATS and felt pressure to do well. When we looked at causes of stress with growing up, the children reported moving schools, friendships and puberty were the main causes.

Given the number of children who play computer games as identified in the previous section, 45% of children who completed the survey said they found gaming stressful. What is also a concern is that 47% of children found the news and things happening in the world causes them to feel stressed.

When we asked about managing their emotional wellbeing, most children identified ways to help them to manage it, although 18% admitted that sometimes they struggle to cope.

Oral Health

99% of all respondents said that they have a toothbrush and toothpaste at home. This is an increase from previous years. However, only 69% clean their teeth twice daily. Amongst the other responses to this only 7% clean 'sometimes'.

There is a good understanding when cleaning, 74% know that teeth should be cleaned for 2-3 minutes, however 44% are rinsing their mouths with water after cleaning. 32% are using mouthwash.

When asked about visiting the dentist, 39% of the children asked said they had a tooth filling and 28% had, had a tooth or teeth removed.

Puberty

76% of the respondents to the survey knew and understood the changes that take place during puberty, with 71% of these learning about it at school and 34% from parents and carers.

45% of children when asked said they would like more information, this is as they feel they need to know more.

Physical Activity and Eating Habits

98% of children who answered participated in an impressive range of physical activities. 11% said that they do not achieve 60 active minutes daily. When asked

about reasons for participating in physical activities, 84% said they do it because it is fun, 72% because it keeps them fit and health and 71% said it stops them from being bored.

36% of children who responded said that someone else has told them to be more active. When asked about travel to school, 47% walk and 38% go by car.

Half of children surveyed believe they eat healthily most of the time, however 73% said they would like to eat more healthily. 52% of children have a school lunch and 45% have a packed lunch, the remaining children have a mix of both.

The children have a good understanding on how a balanced diet is good for you. 41% of children surveyed said that they have 1 or 2 takeaways a week, 51% eat breakfast daily.

Smoking, Vaping and Alcohol

3% of children questioned said that they had 'EVER' tried smoking a cigarette, 4% had tried a vape. Therefore, over 90% have never tried either, however, their perception of their peers was high, when asked they believe 26% of children their age in Darlington have smoked a cigarette, that 33% had vaped.

60% have 'NEVER' drank alcohol, 28% have had sips once or twice, mainly given by someone at home on a special occasion or holiday. Children's perception was that 27% had drank alcohol.

Gambling and Gaming

This was a new section, added this year. 72% of pupils have played arcade games for fun. 23% to win. 24% of respondents reported making bets with their friends and 19% buy loot boxes online when playing computer games.

36% who play games for money, reported 'ALWAYS' trying to win it back.

74% of children had purchased microtransactions, in Roblox, FIFA, Minecraft and Fortnite.