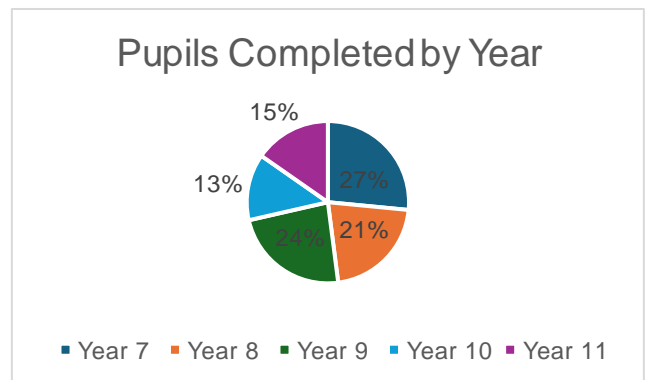
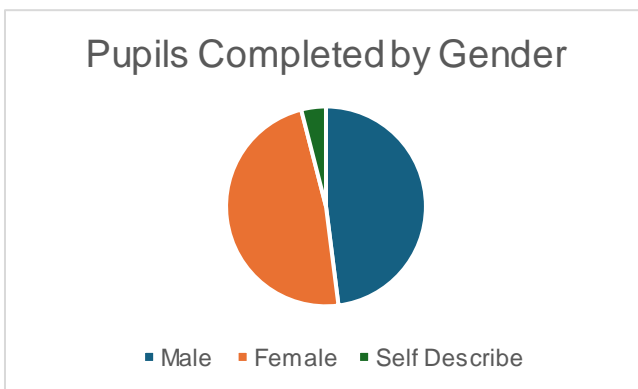
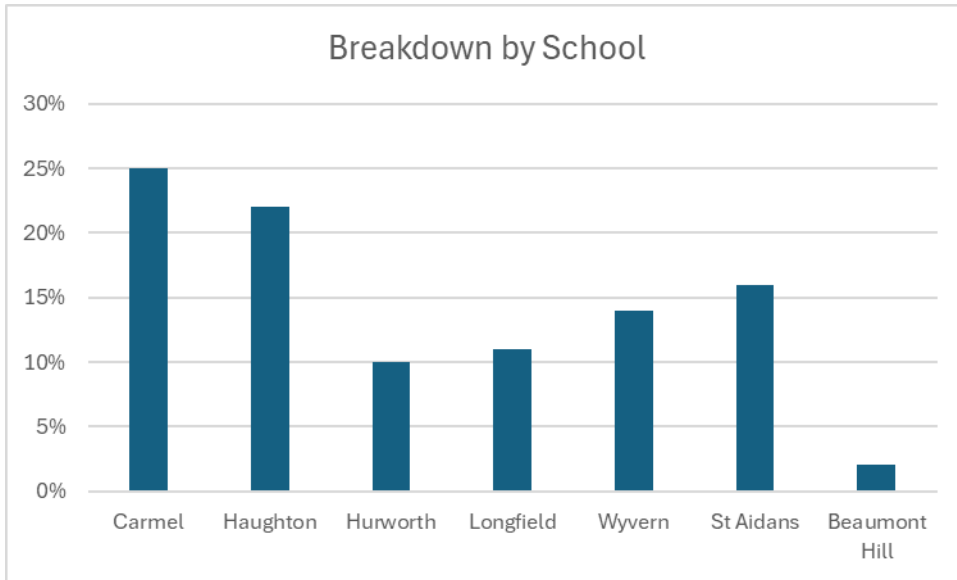


Secondary School Combined Report of the Healthy Lifestyle Survey 2024 – 25

Demographics

This academic year 3197 pupils from year 7 to year 11 completed the survey from 7 secondary schools.



The Internet and Modern Technology

Pupils access the internet using multiple devices including mobile phones, tablets, games consoles, TV and PC's.

10% of pupils surveyed said that their internet use is ALWAYS supervised, 24% have a shared social media account with a parent or carer.

Overall, less than 9% of the total respondents DO NOT game, therefore 91% do, most commonly using their mobile phone or tablet, then 62% use a console, 40% a PC or laptop and 24% a VR. When gaming, 69% play games rated age 12 and 52% pay games age rater 16 – 18 years.

26% of pupils do not talk to people while they are gaming, 26% also have a time limit while gaming.

Of the 3197 pupils surveyed, in total they access 26,194 online platforms. This is an average of 9 per pupil and includes most commonly You Tube, Tik Tok, SnapChat, What's App, FaceTime, Roblox and Netflix.

73% of respondents watch influencers and content creators, however 65% of these young people said that watching these DID NOT influence them. 21% of pupils said that they aspire to become a content creator or influencer. 22% already stream on You Tube or Tik Tok and have their own channel.

16% of pupils have been asked to share an inappropriate photograph, 26% have shared or sent one, however 26% (n704) have been sent or seen one. 40% of those who received one, reported this to a trusted adult. Of those who had received an image, 4% then sent that onto a friend.

2% of pupils said that they had asked someone for an inappropriate photograph.

When asked how many of their peers they thought had shared inappropriate photographs, the respondents over perceived, saying that they thought 38% of their peers had shared an image, when only 6% said they had.

8% understood that sending explicit images can be illegal. 33% have seen something online that they shouldn't have, half of these young people did report this to a trusted adult. The half who did not, said that they were worried about getting into trouble if they told someone.

Relationships

98% of the young people surveyed believe that relationships should be caring and respectful. 7% believe it is acceptable to shout in a relationship, 8% think it is acceptable to check a partner's phone or social media without their permission. Less than 3% believe any form of physical violence is acceptable.

55% believe that the media, including pornography always or sometimes impacts on how they behave in relationships, 60% said it influences how they believe relationships should be.

When we asked where they access information on relationships and sexual health, 62% said this came from school PSHE, 54% from family, 16% from social media, 10% from the GP, 5% from pornography and 3% from the school nurse.

22% of the young people questioned have accessed pornography, either intentionally or be accident, of those who had accessed, 25% did so daily.

Safety and Anti-Social Behaviour

84% of respondents said that they feel safe in school, 87% know who to talk to in school if they do not feel safe.

29% of the young people surveyed admitted that they had participated in some form of anti-social behaviour, although they perceive that 58% of their peers have done so.

Almost a third, 32% of young people said that they avoided going out in certain places due to the fear of ASB carried out by other people, overall the main reasons given were that they felt intimidated, scared, fear, unsafe and at risk of harm.

97% were confident that they can cross the road safely, yet 23% admitted stepping out into traffic intentionally. 84% can ride a bike safely, 12% also admitted riding a bike deliberately at pedestrians.

Of those who have a bike, only 30% wear a helmet when using it.

93% understand how to stay safe in water, yet 26% had played in open water when they knew it was unsafe or had been told not to do so. 71% were confident that they knew what to do if someone was drowning.

94% of pupils said they knew how to stay safe around trains and trainlines. Yet 13% said they had 'hung out' or played on trainlines and 5% had thrown something at a train.

Bullying

36% of pupils overall said that they had experienced bullying within the last year. This was mainly verbal, indirect, due to the way they look or physical. The main places these incidents had occurred was in school or online.

25% of pupils who had experienced bullying did not report this to anybody.

Again pupils over perceive how many of their peers are bullied, with a perception of 54%.

Transition to Secondary School (Yr 7 and 8)

Almost half of the year 7 and 8 pupils are very positive about moving to secondary school, their main worries when moving were getting lost and getting detention. The things that helped them most with the move were transition visits and open evenings.

Transition – Looking Forward (Year 9 – 11)

42% of pupils in key stage 4 agreed that they felt positive about progressing to 6th form, college or an apprenticeship. 34% feel like they are ready to move and 73% have a career aspiration.

PSHE (Personal, Social, Health and Economic Education)

77% of pupils thought that this topic taught in school was relevant to them as young people, 82% found it useful, 91% thought it was age appropriate and 84% said that they thought it was well taught by staff who knew the subject and could answer questions.

Emotional Health and Mental Wellbeing

Overall, 70% of respondents reported feeling 'generally happy' about their life. 60% felt that they were resilient and could bounce back from situations. 72% were able to manage peer pressure and say 'no' to their friends when they wanted to.

82% of pupils were happy with their family relationships and 80% felt that they had good friendships. 61% of pupils felt happy with their appearance.

A third of respondents reported often feeling alone and lonely. The vast majority of young people identified one or more sources if they needed someone to talk to, however 16% reported having 'no-one'.

57% of young people surveyed reported feeling stressed, this was mainly due to school (70%) struggling with homework, exams and feeling pressure to do well. The second main reason was 'growing up' (37%) mainly due to body image, friendships and money.

Again, the vast majority of pupils identified at least one way to help them cope with their emotional wellbeing, however there was 18% who said they struggle to cope.

Oral Health

99% of pupils have a toothbrush and toothpaste at home, 75% clean their teeth twice daily. 83% of respondents understand that when cleaning they should clean for 2 – 3 minutes at a time.

44% rinse their mouth with water after brushing, 35% use mouthwash.

43% of young people questioned have had a dental filling and 35% have had a tooth or teeth removed.

Puberty (Year 7 and 8)

94% of pupils in year 7 and 8 understand the physical and emotional changes that will take place during puberty. 88% learnt about this at school, 44% at home.

29% said that they would like more information as they feel they need to know more.

HPV

Almost half of pupils know what HPV is (48%) and 60% report that they have had the vaccine.

Sex (Year 9 – 11)

In total, 9% of pupils from year 9, 10 and 11 who were surveyed said that they had EVER had sex. However, they perceive that 44% of their peers are sexually active. The most common age of first sex was 13, (35%).

28% of pupils who had, had sex regretted it afterwards, as they were no longer in that relationship, other people found out or they felt they were too young when they did it.

39% of those sexually active 'always' use contraception. Of those who do not, 45% do not like the feeling of a condom and 32% do not know where to access.

86% have NEVER used emergency contraception. Of the 14% who have, 6% used this more than once.

Of those young people who were sexually active, 45% of them or their partners had taken a pregnancy test.

Overall, 89% of the young people in year 9 – 11 believe it is the responsibility of both people to access and arrange contraception. Almost half of the pupils surveyed know where to access treatment for sexually transmitted infections. Up to 50% also have a good understanding of the signs, symptoms and treatments of common STIs.

85% of young people in year 9 – 11 have a good understanding of consent.

Physical Activity and Eating Habits

95% of young people surveyed participate in physical activity. Almost 70% complete 30 – 60 active minutes daily during the week, this is lower at the weekend.

10 – 15% do not do any or up to 30 active minutes daily during the week, increasing to 22% at the weekend.

The main reasons for exercise are listed as; to keep them fit and healthy, because it is fun and to stop them from being bored.

47% of pupils walk to school. 51% believe they eat healthily 'most of the time' yet 70% would like to eat more healthily.

67% of pupils have a school lunch. 44% eat breakfast 5 – 7 times a week. 35% have 1 – 2 takeaways weekly.

Overall pupils have a good understanding of nutrition and how it helps the body.

Smoking, Vaping and Alcohol

78% of pupils surveyed have NEVER smoked a cigarette or a vape. 4% have smoked a cigarette and 16% have had a vape.

30% of those who had smoked, said they had done it more than once (n193).

Perceptions again in relation to smoking cigarettes, vapes and alcohol far outweighed actual behaviour. Young people believe that 36% of their peers have smoked a cigarette, 63% of their peers have vaped and 57% have drunk alcohol.

When asked, 20% of pupils reported having a full alcoholic drink to themselves, if they have had alcohol, this was from someone at home, on a special occasion or a holiday.

60% of those who have had alcohol, have never been drunk, only 7% of young people who had drunk alcohol had been drunk in the last week. The main issues related to alcohol use were not being able to remember what had happened and suffering an accident or injury.

97% of all pupils surveyed agreed that any form of physical or emotional abuse was unacceptable, even when drunk.

Drugs (yr 9 – 11)

81% of all young people surveyed believe that cannabis is illegal in the UK, 72% believe it is more harmful than alcohol, 90% think it causes long term health problems and 89% think it creates mental health issues.

Overall, there is a good understanding of the consequences related to having a caution or conviction related to drugs in the UK.

17% of pupils in years 9 – 11 have been offered illegal drugs. 7% have taken them, this is most commonly cannabis. 31% of the pupils who have taken cannabis, did so in the last week. They use cannabis as they enjoy it, and it makes them feel better.

Perception again outweighs behaviour with pupils in years 9 – 11 believing that 33% of their peers have taken illegal drugs.

Gambling

64% of young people surveyed have participated in some form of gambling. 46% of these who have explained that they always try to win their money back and 20% said they found it difficult to stop.

72% of pupils had purchases microtransactions online, mainly within Roblox, FIFA, Minecraft and Fortnite.