

The BaNES Children and Young People's Health and Wellbeing Survey 2017

**A report for
BaNES Secondary**

The Schools Health Education Unit

www.sheu.org.uk

SHEU

School Survey Report 2017

Produced by the
Schools Health Education Unit

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The support service we offer benefits from the continuous use and development of our materials, and feedback from users. Therefore, if you wish to make any contribution based on your own use of the survey service, we would be delighted to hear from you.

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Foreword

The Schools Health Education Unit (SHEU) is pleased to be able to produce your Report, which contains detailed information about the health beliefs and behaviour of your pupils.

The report compares the data collected from your pupils with those from a larger, wider sample.

SHEU is sure that you, your colleagues, and your pupils will also find the information contained within this report to be of value in helping you to gauge some of the most important factors that affect the lives of our young people both now and in the future.

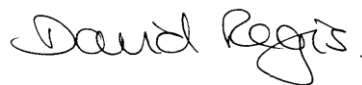
SHEU hope that your pupils found the experience of completing the questionnaire interesting and thought provoking.

Finally, SHEU would like to take this opportunity to thank you for your support and co-operation in agreeing to participate in this valuable research initiative.



Angela Balding

Survey Manager
Schools Health Education Unit



Dr. David Regis

Research Manager
Schools Health Education Unit

Introduction

The Health-Related Behaviour Survey, developed by the Schools Health Education Unit, is designed for young people of primary and secondary school age. The surveys have been developed over 30 years by health and education professionals, and over a million school children have taken part. In the last ten years, over four thousand schools and colleges have participated. Data arising from the survey can be used to inform planning decisions as well as being used in the classroom as the stimulus for discussion with young people.

This report should ideally be studied with reference to the original questionnaire and the survey results tables. The first is recommended because we may have paraphrased a question below for reasons of space, and the precise wording and position may be important for interpretation.

Preceding this report you should have received **The Survey Results Tables** (or online results), which contain more information than can be summarised here. You may want to refer to this if you want to look in more detail at the results of a particular question. The Survey Results Tables show the number of responses received for each question, which may be less than the total sample. Also in the Results Tables we show the results of each response for multiple-choice questions, whereas in this report answers may be selective or grouped.

A school's results are confidential and will not be shared with other organisations without the express permission of the school.

Additional services (graphs and discs) are available; please contact SHEU. In particular, we have designed a set of INSET workshops around different examples of using the questionnaire data. If you would like further details of these or have any comments on this report please contact us at the address on the front of the report.

If you would like further details about Government policy background, we have created an overview which can be downloaded from our website at: <http://sheu.org.uk/content/page/appendix>.

Administration

Staff in school will have been responsible for the classes selected for inclusion.

Anything special about the day of administration, or the pupils present and absent on that day, may affect the detail of the results.

The sample

This survey involved pupils from the following years. The numbers in each group are shown below.

	BaNES	
	Yr 8	Yr 10
Boys	857	683
Girls	842	767

Please note that 89 pupil(s) didn't specify whether they are a boy or a girl or were unsure/ preferred not to say/described themselves in some other way and 0 didn't specify what year group they are in. These pupils will not be included in any tables or charts which are split by sex or year respectively, however they will be included in any total figures.

If the sample you sent to Exeter for analysis was small, then it may have been aggregated by sex or year, or merged with a sample from another school or schools. This is done so that the figures are not too influenced by the behaviour of any one individual, and to ensure that the anonymity of the respondents is not compromised. If you would like to discuss this in more detail, please contact the Unit directly.

BaNES Secondary Headlines

	BaNES	
	Yr 8	Yr 10
Boys	857	683
Girls	842	767

Data from *Young People into 2017* in [square brackets].

Personal Background

ETHNICITY

- 85% [78%] of pupils described themselves as White British.

FAMILY

- 68% of pupils responded that they live with their Mum and Dad together.
- 12% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

LONG-STANDING ILLNESS & SPECIAL NEEDS

- 9% [9%] of pupils responded that they have a long-standing illness, disability or special needs, while 13% [10%] said they 'don't know' if they do.
- 3% of pupils responded that they have special needs, but their school does not support them, while 2% said they are only 'partly' supported.
- 3% of pupils responded that they have special needs and they are supported at school.

YOUNG CARERS

- 5% [6%] of pupils responded that they are a 'young carer', while 6% said they are 'not sure' if they are and 2% said they prefer not to say.

Being Healthy: Healthy Eating

LUNCH

- 35% [45%] of pupils responded that they ate a school lunch on the day before the survey, while 3% [4%] said they ate lunch from a takeaway or shop.
- 10% [13%] of pupils responded that they didn't eat any lunch on the day before the survey.

FREE SCHOOL MEALS

- 6% [10%] of pupils responded that they currently have free school meals, or vouchers for free meals, while 2% said they could have them if they wanted to and 10% don't have them now, but have done in the past 6 years.

BREAKFAST

- 16% [13%] of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 20% of pupils responded that they had low-sugar cereal to eat before lessons on the day of the survey, while 22% said they had toast, bread, croissant, bagel etc.
- 68% of pupils responded that they had something to eat or drink at home before lessons on the day of the survey, while 19% said they had something at school.

WATER

- 6% [8%] of pupils responded that they didn't drink any water on the day before the survey.
- 32% [33%] of pupils responded that they drank at least 'about 1 litre' of water on the day before the survey, while 9% said they 'don't know' how much water they drank.

WEIGHT

- 7% [11%] of pupils responded that they would like to put on weight.
- 41% [43%] of pupils responded that they would like to lose weight.
- 52% [46%] of pupils responded that they are happy with their weight as it is.

FOODS

- 18% of pupils responded that they drink fruit juice/smoothies 'on most days/every day'; 24% said the same of plain milk.
- 73% of pupils responded that they 'rarely or never' drink energy drinks (e.g. Red Bull or Monster).

5-A-DAY

- 6% [10%] of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 30% [21%] of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

Being Healthy: Physical Activity

ACTIVE TRAVEL

- 32% [26%] of pupils responded that they travelled to school by car or van on the day of the survey.
- 34% [46%] of pupils responded that they walked to school on the day of the survey.
- 38% of pupils responded that they would like to travel to school by car or van if they could choose.
- 34% of pupils responded that they would like to walk to school if they could choose.

HARD EXERCISE

- 3% of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.
- 83% of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.
- 6% [8%] of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.

- ❑ 66% [60%] of pupils responded that they exercised enough to breathe harder on at least three days in the week before the survey.

ENJOY EXERCISE

- ❑ 5% [6%] of pupils responded that they don't enjoy physical activities 'at all'.
- ❑ 74% [72%] of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

Smoking, Drinking & Drugs

SMOKING

- ❑ 18% [19%] of pupils responded that they have tried smoking in the past or smoke now.
- ❑ 3% of pupils responded that they usually smoke at least one cigarette a week.
- ❑ 15% of pupils responded that they have been offered cheap or foreign cigarettes or tobacco.
- ❑ 17% of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car), while 6% said they are 'not sure' if people do and 5% said they prefer not to say.
- ❑ 22% of pupils responded that they have used an electronic cigarette at least once; 11% said they have done so more than once.

DRINKING

- ❑ 44% of pupils responded that they have had a proper alcoholic drink (not just a sip and not low-alcohol).
- ❑ 20% of pupils responded that they usually have an alcoholic drink 'only a few times a year', while 3% said they have drunk alcohol, but 'never drink alcohol now'.
- ❑ 6% of pupils responded that they usually have an alcoholic drink at least 'about once a week'; 2% said they do so 'more than once a week'.
- ❑ 14% [11%] of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 1% of pupils drank over the advised weekly limit for adults of 14 units in the 7 days before the survey.
- ❑ 9% of pupils responded that they drank lager, beer or cider in the 7 days before the survey and 4% said they drank spirits or liqueurs.
- ❑ 8% of pupils responded that they got alcohol from a parent or carer in the 7 days before the survey; 4% said they got it from friends.
- ❑ 8% of pupils responded that they drank alcohol at home in the 7 days before the survey; 5% said they drank it at a friend's or relative's home.
- ❑ 9% of pupils responded that they drink alcohol, but do not drink alcohol at home.
- ❑ 23% [23%] of pupils responded that they drink alcohol at home and their parents/carers 'always' know, while 7% [6%] said they 'usually' know.
- ❑ Of the 1135 pupils who drink alcohol at home, 64% said that their parents/carers 'always' know.
- ❑ 6% [7%] of pupils responded that their parents/carers 'never' or only 'sometimes' know when they drink alcohol at home.
- ❑ 21% of pupils responded that they have been drunk before.

- ❑ 8% of pupils responded that they have been drunk in the last 4 weeks.

DRUGS

- ❑ 28% [30%] of pupils responded that they know someone who uses illegal drugs or new psychoactive substances, while 16% [16%] said they 'don't know' if they do.
- ❑ 18% [16%] of pupils responded that they have been offered cannabis.
- ❑ 13% [14%] of pupils responded that they have been offered other illegal drugs or new psychoactive substances.
- ❑ 8% of pupils responded that they have taken illegal drugs or new psychoactive substances, while 4% said they 'don't know' if they have.
- ❑ Of the 244 pupils who have taken illegal drugs or new psychoactive substances, they were on average 12 years old when they first tried them.
- ❑ 2% [2%] of pupils responded that they have taken more than one type of illegal drug or new psychoactive substance on the same occasion; 1% [1%] said they 'don't know' if they have.
- ❑ 4% [4%] of pupils responded that they have taken an illegal drug or new psychoactive substance and alcohol on the same occasion; 1% [1%] said they 'don't know' if they have.
- ❑ 4% [3%] of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 65% of pupils responded that they would talk to a parent/carer if they needed support about problems with alcohol or drugs; 41% said they would talk to their friends.

Emotional Health & Wellbeing

SATISFACTION

- ❑ 16% of pupils responded in the lower half of the scale for feeling satisfied (0 – 4), with 2% giving the lowest response (0 – 'not at all satisfied').
- ❑ 75% of pupils responded in the higher half of the scale for feeling satisfied (6 – 10), with 12% giving the highest response (10 – 'completely satisfied').

SELF-ESTEEM

- ❑ 22% [20%] of pupils had a med-low self-esteem score (9 or less).
- ❑ 40% [42%] of pupils had a high self-esteem score (15 or more).
- ❑ 78% of pupils responded that they feel happy talking to other pupils at school.

TRUST

- ❑ 90% of pupils responded that they have at least one adult they can trust, while 6% said they 'don't know' if they do.

WORRYING

- ❑ 88% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 64% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.
- ❑ 89% of pupils responded that they at least 'sometimes' get help from trusted adults (e.g. parents/carers, other relatives, teachers etc.) when

they are struggling/feel bad or stressed/have a problem that worries them; 89% said they get help from friends.

- ❑ 92% of pupils responded that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' deal with it by relaxing (e.g. listening to music, being active etc.), while 60% said they speak to/confront the person who is causing them worry.
- ❑ 83% of pupils responded that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' keep it to themselves, while 46% said they get into trouble (at home or school).

PEER PRESSURE

- ❑ 66% [49%] of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.
- ❑ 9% [8%] of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

Sexual Health

SEXUAL RELATIONSHIPS

- ❑ 83% [89%] of pupils responded that they are heterosexual.
- ❑ 1% [2%] of pupils responded that they are gay or lesbian.
- ❑ 17% of Year 10+ pupils responded that they have had sex.
- ❑ 15% of Year 10+ pupils responded that they first had sex aged 15 or younger.
- ❑ Of the 244 pupils who have had sex, 89% said they were 15 years old or younger when they first did so.

SEXUALLY TRANSMITTED INFECTIONS

- ❑ 52% of pupils responded that they know how to prevent HIV/AIDS; 37% said the same about chlamydia.

CONTRACEPTION

- ❑ 68% of pupils responded that they think the male condom prevents pregnancy and 44% think it prevents STIs.
- ❑ 49% [50%] of pupils responded that they know where they can get condoms free of charge.
- ❑ 45% of pupils responded that they go to their parents or carers for information about sexual health and contraception, while 31% said they go to the school nurse.

SCHOOL NURSE

- ❑ 58% of pupils responded that they know how to contact the school nurse, while 18% said they are 'not sure' if they do.
- ❑ 21% of pupils responded that they think they would go to the school nurse if they wanted support, information or advice, while 36% said they 'don't know' if they would.
- ❑ 13% of pupils responded that they would contact the school nurse if they wanted support, information or advice about emotional or mental health issues; 11% said they would about physical health issues.

- ❑ 13% of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so during school time, while 7% said they would prefer to do so after school.
- ❑ 18% of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so in person, while 4% said they would prefer to do so by email.

Staying Safe

ACCIDENTS

- ❑ 29% [31%] of pupils responded that they have had a serious injury in the last 12 months.

CYCLING

- ❑ 4% of pupils responded that they can't cycle.
- ❑ 25% of pupils responded that they are either not allowed to cycle on the road, or 'never' cycle on the road, while 35% said they 'rarely' do.
- ❑ 13% of pupils responded that they cycle on the road 'at least once a week' or 'every day'.
- ❑ 26% of pupils responded that they 'never' wear a safety helmet when they cycle, while 21% said they do so 'sometimes'.
- ❑ 48% of pupils responded that they wear a safety helmet 'most of the time' or 'every time' they cycle.

DENTAL CARE

- ❑ 1% of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 85% of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 87% of pupils responded that they have visited the dentist in the past 6 months; 55% of these said they have been in the past 3 months.
- ❑ 4% of pupils responded that they last visited the dentist more than a year ago, while 1% said they have never been to the dentist.

SLEEPING PATTERNS

- ❑ 16% of pupils responded that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.
- ❑ 36% of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

SUN CARE

- ❑ 19% [19%] of pupils responded that they 'never' do anything to avoid sunburn when it is sunny.
- ❑ 42% of pupils responded that they do something to avoid sunburn 'most of the time' or 'every time' when it is sunny.

LOCAL AREA

- ❑ 48% of pupils responded that they feel 'not safe at all' or 'not very safe' when out at night.

INTERNET SAFETY

- ❑ 98% of pupils responded that they usually go on the internet at least 'about once a week'.
- ❑ 90% of pupils responded that they usually go on the internet at least 'every day'; 50% said they do so 'regularly throughout the day'.

- ❑ 68% of pupils responded that they access the internet on a computer or laptop at home.
- ❑ 36% of pupils responded that they access the internet on a computer or laptop at school.
- ❑ 47% of pupils responded that they access the internet on a personal tablet.
- ❑ 91% of pupils responded that they access the internet on a mobile phone or smartphone.
- ❑ 85% of pupils responded that they use the internet for entertainment; 79% said they use it for chatting and 75% said they use it for school work.
- ❑ 47% of pupils responded that they have seen images, videos or content online that upset them.
- ❑ 59% of boys and 35% of girls responded that they have seen images, videos or content online that were intended for over-18s.
- ❑ 44% of boys and 7% of girls responded that they have looked online for pornographic images, films or games.
- ❑ 50% of boys and 14% of girls responded that they have looked online for very violent images, films or games.
- ❑ 4% of pupils responded that they 'never' use the internet to chat with others, or use online gaming or social networking sites, while 1% said they do so 'only a few times a year'.
- ❑ 92% of pupils responded that they use the internet to chat with others, or use online gaming or social networking sites at least 'about once a week'.
- ❑ 80% of pupils responded that they use the internet to chat with others, or use online gaming or social networking sites at least 'every day'; 41% said they do so 'regularly throughout the day'.
- ❑ 97% of pupils responded that they know how to stay safe online.
- ❑ 80% of pupils responded that they got e-safety information from school, while 57% said they got it from a parent or carer.
- ❑ 25% of pupils responded that they have received a message online or by text which scared them or made them upset.
- ❑ 25% of pupils responded that they have received one of the things in Q69a and deleted it.
- ❑ 19% of pupils responded that they have texted or sent images of themselves that they later regretted.

Enjoying & Achieving

SCHOOL LESSONS

- ❑ 85% of pupils responded that their school covers internet safety 'fairly' or 'very' well; 46% said the same of citizenship.
- ❑ 17% of pupils responded that their school covers managing money 'not at all well'; 14% said the same of gender identity.
- ❑ 21% of pupils responded that they enjoy 'none' or 'hardly any' of their lessons at school.
- ❑ 32% [38%] of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

GCSEs – YEARS 8, 9, 10 & 11

- ❑ 1% of pupils responded that they don't expect to take any GCSEs.
- ❑ 17% of pupils responded that they expect to take one to four GCSEs.
- ❑ 55% of pupils responded that they expect to take five or more GCSEs.
- ❑ 59% of pupils responded that they expect to get mostly good GCSE grades, while 8% said they don't expect to get good grades.

FUTURE PLANS

- ❑ 54% of pupils responded that they want to continue in full-time education when they leave school.
- ❑ 26% of pupils responded that they want to find a job as soon as they can when they leave school.
- ❑ 27% of pupils responded that they want to get training for a skilled job when they leave school.
- ❑ 16% of pupils responded that they want to have a gap year when they leave school.

VIEWS AND OPINIONS

- ❑ 36% [38%] of pupils responded that they feel their achievements are recognised at school, while 29% feel they are not recognised.
- ❑ 57% of pupils responded that they feel their achievements are recognised outside school, while 14% feel they are not recognised.
- ❑ 26% [14%] of pupils responded that they feel their views and opinions make a difference to decisions at school, while 37% feel they do not make a difference.
- ❑ 49% of pupils responded that they feel their views and opinions make a difference to decisions outside school, while 16% feel they do not make a difference.

BULLYING

- ❑ 32% [23%] of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.
- ❑ 4% of pupils responded that they have bullied someone at or near home in the last 12 months.
- ❑ 4% of pupils responded that they have bullied someone on their way to or from school in the last 12 months.
- ❑ 5% of pupils responded that they have bullied someone online in the last 12 months.
- ❑ 2% of pupils responded that they have bullied someone on school transport in the last 12 months.
- ❑ 10% of pupils responded that they bullied someone at one or more of the places listed in the last 12 months.
- ❑ 7% of pupils responded that they have been bullied at or near home in the last 12 months.
- ❑ 11% of pupils responded that they have been bullied on their way to or from school in the last 12 months.
- ❑ 12% of pupils responded that they have been bullied online in the last 12 months.
- ❑ 5% of pupils responded that they have been bullied on school transport in the last 12 months.

- ❑ 20% of pupils responded that they have been bullied at one or more of the places listed in the last 12 months.
- ❑ 41% of pupils responded that they were teased/made fun of in the month before the survey and 31% said they were called nasty names. 43% said none of the things listed happened to them.
- ❑ 32% of pupils responded that they think they are being picked on or bullied because of the way they look; 24% said they think they are because of their size or weight.
- ❑ 53% [49%] of pupils responded that they think their school takes bullying seriously, while 22% [21%] think it doesn't take bullying seriously and 26% [27%] said they 'don't know' if it does.

PROBLEM SOLVING

- ❑ 63% of pupils responded that they would turn to a parent or carer for support if they had problems with

school, while 28% would turn to a teacher and 40% would turn to friends.

AFTER-SCHOOL ACTIVITIES

- ❑ 76% [80%] of pupils responded that they watched TV programmes or films after school on the day before the survey; 16% [17%] said they did so for over 2 hours.
- ❑ 91% of pupils responded that they went on the internet/social media after school on the day before the survey; 40% said they did so for over 2 hours.
- ❑ 73% [77%] of pupils responded that they did homework after school on the day before the survey; 9% [10%] said they did so for over 2 hours.
- ❑ 71% [51%] of pupils responded that they did sport or other physical activity after school on the day before the survey, while 37% [31%] said they read a book.

2017/2015 Comparisons

	2017		2015	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	857	683	774	698
Girls	842	767	838	738

2015 data in brackets; see notes on interpreting differences.

Personal Background

ETHNICITY

- 85% (89%) of pupils described themselves as White British.

FAMILY

- 68% (65%) of pupils responded that they live with their Mum and Dad together.
- 12% (16%) of pupils responded that they live 'mainly or only' with their Mum, while 2% (2%) said they live 'mainly or only' with their Dad.

LONG-STANDING ILLNESS & SPECIAL NEEDS

- 9% (9%) of pupils responded that they have a long-standing illness, disability or special needs, while 13% (11%) said they 'don't know' if they do.
- 3% (2%) of pupils responded that they have special needs, but their school does not support them, while 2% (2%) said they are only 'partly' supported.
- 3% (3%) of pupils responded that they have special needs and they are supported at school.

YOUNG CARERS

- 5% (6%) of pupils responded that they are a 'young carer', while 6% (9%) said they are 'not sure' if they are and 2% (2%) said they prefer not to say.

Being Healthy: Healthy Eating

LUNCH

- 35% (33%) of pupils responded that they ate a school lunch on the day before the survey, while 3% (2%) said they ate lunch from a takeaway or shop.
- 10% (12%) of pupils responded that they didn't eat any lunch on the day before the survey.

FREE SCHOOL MEALS

- 6% (7%) of pupils responded that they currently have free school meals, or vouchers for free meals, while 2% (1%) said they could have them if they wanted to and 10% (10%) don't have them now, but have done in the past 6 years.

BREAKFAST

- 16% (17%) of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.
- 20% (19%) of pupils responded that they had low-sugar cereal to eat before lessons on the day of the survey, while 22% (24%) said they had toast, bread, croissant, bagel etc.
- 68% (69%) of pupils responded that they had something to eat or drink at home before lessons on

the day of the survey, while 19% (16%) said they had something at school.

WATER

- 6% (9%) of pupils responded that they didn't drink any water on the day before the survey.
- 32% (28%) of pupils responded that they drank at least 'about 1 litre' of water on the day before the survey, while 9% (8%) said they 'don't know' how much water they drank.

WEIGHT

- 7% (8%) of pupils responded that they would like to put on weight.
- 41% (47%) of pupils responded that they would like to lose weight.
- 52% (45%) of pupils responded that they are happy with their weight as it is.

5-A-DAY

- 6% (7%) of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.
- 30% (26%) of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

Being Healthy: Physical Activity

ACTIVE TRAVEL

- 32% (33%) of pupils responded that they travelled to school by car or van on the day of the survey.
- 34% (35%) of pupils responded that they walked to school on the day of the survey.

HARD EXERCISE

- 3% (3%) of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.
- 83% (79%) of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.
- 6% (6%) of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.
- 66% (64%) of pupils responded that they exercised enough to breathe harder on at least three days in the week before the survey.

ENJOY EXERCISE

- 5% (5%) of pupils responded that they don't enjoy physical activities 'at all'.
- 74% (72%) of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

Smoking, Drinking & Drugs

SMOKING

- ❑ 18% (19%) of pupils responded that they have tried smoking in the past or smoke now.
- ❑ 3% (4%) of pupils responded that they usually smoke at least one cigarette a week.
- ❑ 15% (13%) of pupils responded that they have been offered cheap or foreign cigarettes or tobacco.
- ❑ 17% (20%) of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car), while 6% (6%) said they are 'not sure' if people do and 5% (4%) said they prefer not to say.
- ❑ 22% (20%) of pupils responded that they have used an electronic cigarette at least once; 11% (9%) said they have done so more than once.

DRINKING

- ❑ 44% (45%) of pupils responded that they have had a proper alcoholic drink (not just a sip and not low-alcohol).
- ❑ 20% (20%) of pupils responded that they usually have an alcoholic drink 'only a few times a year', while 3% (3%) said they have drunk alcohol, but 'never drink alcohol now'.
- ❑ 6% (7%) of pupils responded that they usually have an alcoholic drink at least 'about once a week'; 2% (2%) said they do so 'more than once a week'.
- ❑ 14% (13%) of pupils responded that they had an alcoholic drink in the 7 days before the survey.
- ❑ 1% (0%) of pupils drank over the advised weekly limit for adults of 14 units in the 7 days before the survey.
- ❑ 9% (9%) of pupils responded that they drank lager, beer or cider in the 7 days before the survey and 4% (5%) said they drank spirits or liqueurs.
- ❑ 8% (7%) of pupils responded that they got alcohol from a parent or carer in the 7 days before the survey; 4% (3%) said they got it from friends.
- ❑ 8% (6%) of pupils responded that they drank alcohol at home in the 7 days before the survey; 5% (5%) said they drank it at a friend's or relative's home.
- ❑ 9% (2%) of pupils responded that they drink alcohol, but do not drink alcohol at home.
- ❑ 23% (10%) of pupils responded that they drink alcohol at home and their parents/carers 'always' know, while 7% (3%) said they 'usually' know.
- ❑ Of the 1135 (360) pupils who drink alcohol at home, 64% (60%) said that their parents/carers 'always' know.
- ❑ 6% (3%) of pupils responded that their parents/carers 'never' or only 'sometimes' know when they drink alcohol at home.
- ❑ 21% (23%) of pupils responded that they have been drunk before.
- ❑ 8% (9%) of pupils responded that they have been drunk in the last 4 weeks.

DRUGS

- ❑ 28% (34%) of pupils responded that they know someone who uses illegal drugs or new psychoactive

substances, while 16% (12%) said they 'don't know' if they do.

- ❑ 18% (17%) of pupils responded that they have been offered cannabis.
- ❑ 13% (15%) of pupils responded that they have been offered other illegal drugs or new psychoactive substances.
- ❑ 8% (9%) of pupils responded that they have taken illegal drugs or new psychoactive substances, while 4% (3%) said they 'don't know' if they have.
- ❑ Of the 244 (270) pupils who have taken illegal drugs or new psychoactive substances, they were on average 12 (13) years old when they first tried them.
- ❑ 2% (3%) of pupils responded that they have taken more than one type of illegal drug or new psychoactive substance on the same occasion; 1% (1%) said they 'don't know' if they have.
- ❑ 4% (6%) of pupils responded that they have taken an illegal drug or new psychoactive substance and alcohol on the same occasion; 1% (0%) said they 'don't know' if they have.
- ❑ 4% (3%) of pupils responded that they have taken at least one of the drugs listed during the last month.
- ❑ 65% (64%) of pupils responded that they would talk to a parent/carer if they needed support about problems with alcohol or drugs; 41% (45%) said they would talk to their friends.

Emotional Health & Wellbeing

SATISFACTION

- ❑ 16% (14%) of pupils responded in the lower half of the scale for feeling satisfied (0 – 4), with 2% (2%) giving the lowest response (0 – 'not at all satisfied').
- ❑ 75% (78%) of pupils responded in the higher half of the scale for feeling satisfied (6 – 10), with 12% (13%) giving the highest response (10 – 'completely satisfied').

SELF-ESTEEM

- ❑ 22% (22%) of pupils had a med-low self-esteem score (9 or less).
- ❑ 40% (40%) of pupils had a high self-esteem score (15 or more).
- ❑ 78% (79%) of pupils responded that they feel happy talking to other pupils at school.

TRUST

- ❑ 90% (91%) of pupils responded that they have at least one adult they can trust, while 6% (6%) said they 'don't know' if they do.

WORRYING

- ❑ 88% (84%) of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
- ❑ 64% (62%) of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.

PEER PRESSURE

- ❑ 66% (66%) of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

- ❑ 9% (9%) of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

Sexual Health

SEXUAL RELATIONSHIPS

- ❑ 83% (83%) of pupils responded that they are heterosexual.
- ❑ 1% (1%) of pupils responded that they are gay or lesbian.
- ❑ 17% (18%) of Year 10+ pupils responded that they have had sex.
- ❑ 15% (17%) of Year 10+ pupils responded that they first had sex aged 15 or younger.
- ❑ Of the 244 (253) pupils who have had sex, 89% (98%) said they were 15 years old or younger when they first did so.

SEXUALLY TRANSMITTED INFECTIONS

- ❑ 52% (53%) of pupils responded that they know how to prevent HIV/AIDS; 37% (38%) said the same about chlamydia.

CONTRACEPTION

- ❑ 68% (63%) of pupils responded that they think the male condom prevents pregnancy and 44% (42%) think it prevents STIs.
- ❑ 49% (43%) of pupils responded that they know where they can get condoms free of charge.
- ❑ 45% (44%) of pupils responded that they go to their parents or carers for information about sexual health and contraception, while 31% (38%) said they go to the school nurse.

SCHOOL NURSE

- ❑ 58% (55%) of pupils responded that they know how to contact the school nurse, while 18% (23%) said they are 'not sure' if they do.
- ❑ 21% (26%) of pupils responded that they think they would go to the school nurse if they wanted support, information or advice, while 36% (42%) said they 'don't know' if they would.
- ❑ 13% (15%) of pupils responded that they would contact the school nurse if they wanted support, information or advice about emotional or mental health issues; 11% (14%) said they would about physical health issues.
- ❑ 13% (16%) of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so during school time, while 7% (9%) said they would prefer to do so after school.
- ❑ 18% (23%) of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so in person, while 4% (4%) said they would prefer to do so by email.

Staying Safe

ACCIDENTS

- ❑ 29% (29%) of pupils responded that they have had a serious injury in the last 12 months.

CYCLING

- ❑ 4% (4%) of pupils responded that they can't cycle.

- ❑ 25% (25%) of pupils responded that they are either not allowed to cycle on the road, or 'never' cycle on the road, while 35% (33%) said they 'rarely' do.

- ❑ 13% (13%) of pupils responded that they cycle on the road 'at least once a week' or 'every day'.

- ❑ 26% (32%) of pupils responded that they 'never' wear a safety helmet when they cycle, while 21% (23%) said they do so 'sometimes'.

- ❑ 48% (44%) of pupils responded that they wear a safety helmet 'most of the time' or 'every time' they cycle.

DENTAL CARE

- ❑ 1% (1%) of pupils responded that they did not clean their teeth at all on the day before the survey.
- ❑ 85% (85%) of pupils responded that they cleaned their teeth at least twice on the day before the survey.
- ❑ 87% (89%) of pupils responded that they have visited the dentist in the past 6 months; 55% (59%) of these said they have been in the past 3 months.
- ❑ 4% (4%) of pupils responded that they last visited the dentist more than a year ago, while 1% (0%) said they have never been to the dentist.

SLEEPING PATTERNS

- ❑ 16% (20%) of pupils responded that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.
- ❑ 36% (30%) of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

SUN CARE

- ❑ 19% (21%) of pupils responded that they 'never' do anything to avoid sunburn when it is sunny.
- ❑ 42% (39%) of pupils responded that they do something to avoid sunburn 'most of the time' or 'every time' when it is sunny.

LOCAL AREA

- ❑ 48% (47%) of pupils responded that they feel 'not safe at all' or 'not very safe' when out at night.

INTERNET SAFETY

- ❑ 98% (98%) of pupils responded that they usually go on the internet at least 'about once a week'.
- ❑ 90% (86%) of pupils responded that they usually go on the internet at least 'every day'; 50% (43%) said they do so 'regularly throughout the day'.
- ❑ 68% (66%) of pupils responded that they access the internet on a computer or laptop at home.
- ❑ 36% (34%) of pupils responded that they access the internet on a computer or laptop at school.
- ❑ 47% (53%) of pupils responded that they access the internet on a personal tablet.
- ❑ 91% (82%) of pupils responded that they access the internet on a mobile phone or smartphone.
- ❑ 85% (82%) of pupils responded that they use the internet for entertainment; 79% (76%) said they use it for chatting and 75% (70%) said they use it for school work.

- ❑ 44% (46%) of boys and 7% (6%) of girls responded that they have looked online for pornographic images, films or games.
- ❑ 50% (53%) of boys and 14% (12%) of girls responded that they have looked online for very violent images, films or games.
- ❑ 97% (96%) of pupils responded that they know how to stay safe online.
- ❑ 80% (82%) of pupils responded that they got e-safety information from school, while 57% (53%) said they got it from a parent or carer.
- ❑ 25% (22%) of pupils responded that they have received a message online or by text which scared them or made them upset.
- ❑ 19% (14%) of pupils responded that they have texted or sent images of themselves that they later regretted.

Enjoying & Achieving

SCHOOL LESSONS

- ❑ 85% (82%) of pupils responded that their school covers internet safety 'fairly' or 'very' well; 46% (51%) said the same of citizenship.
- ❑ 17% (23%) of pupils responded that their school covers managing money 'not at all well'; 14% (15%) said the same of gender identity.
- ❑ 21% (21%) of pupils responded that they enjoy 'none' or 'hardly any' of their lessons at school.
- ❑ 32% (32%) of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

GCSEs – YEARS 8, 9, 10 & 11

- ❑ 1% (1%) of pupils responded that they don't expect to take any GCSEs.
- ❑ 17% (16%) of pupils responded that they expect to take one to four GCSEs.
- ❑ 55% (55%) of pupils responded that they expect to take five or more GCSEs.
- ❑ 59% (67%) of pupils responded that they expect to get mostly good GCSE grades, while 8% (6%) said they don't expect to get good grades.

VIEWS AND OPINIONS

- ❑ 36% (40%) of pupils responded that they feel their achievements are recognised at school, while 29% (26%) feel they are not recognised.

- ❑ 57% (58%) of pupils responded that they feel their achievements are recognised outside school, while 14% (13%) feel they are not recognised.
- ❑ 26% (27%) of pupils responded that they feel their views and opinions make a difference to decisions at school, while 37% (34%) feel they do not make a difference.
- ❑ 49% (48%) of pupils responded that they feel their views and opinions make a difference to decisions outside school, while 16% (16%) feel they do not make a difference.

BULLYING

- ❑ 2% (2%) of pupils responded that they have bullied someone on school transport in the last 12 months.
- ❑ 5% (5%) of pupils responded that they have been bullied on school transport in the last 12 months.
- ❑ 32% (33%) of pupils responded that they think they are being picked on or bullied because of the way they look; 24% (24%) said they think they are because of their size or weight.
- ❑ 53% (55%) of pupils responded that they think their school takes bullying seriously, while 22% (22%) think it doesn't take bullying seriously and 26% (23%) said they 'don't know' if it does.

PROBLEM SOLVING

- ❑ 63% (59%) of pupils responded that they would turn to a parent or carer for support if they had problems with school, while 28% (30%) would turn to a teacher and 40% (38%) would turn to friends.

AFTER-SCHOOL ACTIVITIES

- ❑ 76% (80%) of pupils responded that they watched TV programmes or films after school on the day before the survey; 16% (18%) said they did so for over 2 hours.
- ❑ 91% (87%) of pupils responded that they went on the internet/social media after school on the day before the survey; 40% (32%) said they did so for over 2 hours.
- ❑ 73% (71%) of pupils responded that they did homework after school on the day before the survey; 9% (9%) said they did so for over 2 hours.
- ❑ 71% (66%) of pupils responded that they did sport or other physical activity after school on the day before the survey, while 37% (37%) said they read a book.

Significant differences between 2017 and 2015 data

Below we have listed some statistically significant differences between the data collected in the 2017 survey and that collected in 2015.

	2017		2015	
	Yr 8	Yr 10	Yr 8	Yr 10
Boys	857	683	774	698
Girls	842	767	838	738

Sig	2017	2015	Question
***	91%	82%	of pupils responded that they access the internet on a mobile phone or smartphone.
***	9%	2%	of pupils responded that they drink alcohol, but do not drink alcohol at home.
***	17%	23%	of pupils responded that their school covers managing money 'not at all well'.
***	59%	67%	of pupils responded that they expect to get mostly good GCSE grades.
***	31%	38%	of pupils responded that they go to the school nurse for information about sexual health and contraception.
***	26%	32%	of pupils responded that they 'never' wear a safety helmet when they cycle.
***	19%	14%	of pupils responded that they have texted or sent images of themselves that they later regretted.
***	47%	53%	of pupils responded that they access the internet on a personal tablet.
***	52%	45%	of pupils responded that they are happy with their weight as it is.
***	91%	87%	of pupils responded that they went on the internet/social media after school on the day before the survey.
***	36%	30%	of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.
***	28%	34%	of pupils responded that they know someone who uses illegal drugs or new psychoactive substances.
***	21%	26%	of pupils responded that they think they would go to the school nurse if they wanted support, information or advice.
***	6%	9%	of pupils responded that they didn't drink any water on the day before the survey.
***	18%	23%	of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so in person.
***	90%	86%	of pupils responded that they usually go on the internet at least 'every day'.
***	88%	84%	of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.
***	6%	3%	of pupils responded that their parents/carers 'never' or only 'sometimes' know when they drink alcohol at home.
***	85%	89%	of pupils described themselves as White British.
***	41%	47%	of pupils responded that they would like to lose weight.
***	75%	70%	of pupils responded that they use the internet for school work.
***	12%	16%	of pupils responded that they live 'mainly or only' with their Mum.
***	49%	43%	of pupils responded that they know where they can get condoms free of charge.
***	16%	20%	of pupils responded that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.
***	68%	63%	of pupils responded that they think the male condom prevents pregnancy.
***	71%	66%	of pupils responded that they did sport or other physical activity after school on the day before the survey.
***	4%	3%	of pupils responded that they have taken at least one of the drugs listed during the last month.
***	46%	51%	of pupils responded that their school covers citizenship 'fairly' or 'very' well.
***	76%	80%	of pupils responded that they watched TV programmes or films after school on the day before the survey.
***	13%	16%	of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so during school time.
***	30%	26%	of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

***	83%	79%	of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.
***	17%	20%	of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car).
***	36%	40%	of pupils responded that they feel their achievements are recognised at school.
***	32%	28%	of pupils responded that they drank at least 'about 1 litre' of water on the day before the survey.
***	7%	9%	of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so after school.
***	13%	15%	of pupils responded that they would contact the school nurse if they wanted support, information or advice about emotional or mental health issues.
***	68%	65%	of pupils responded that they live with their Mum and Dad together.
***	85%	82%	of pupils responded that they use the internet for entertainment.
***	57%	53%	of pupils responded that they got e-safety information from a parent or carer.
***	3%	4%	of pupils responded that they usually smoke at least one cigarette a week.
***	63%	59%	of pupils responded that they would turn to a parent or carer for support if they had problems with school.
***	79%	76%	of pupils responded that they use the internet for chatting.
***	13%	15%	of pupils responded that they have been offered other illegal drugs or new psychoactive substances.
***	48%	44%	of pupils responded that they wear a safety helmet 'most of the time' or 'every time' they cycle.
***	8%	6%	of pupils responded that they drank alcohol at home in the 7 days before the survey.
***	4%	6%	of pupils responded that they have taken an illegal drug or new psychoactive substance and alcohol on the same occasion.
***	75%	78%	of pupils responded in the higher half of the scale for feeling satisfied (6 – 10).
***	58%	55%	of pupils responded that they know how to contact the school nurse.
***	25%	22%	of pupils responded that they have received a message online or by text which scared them or made them upset.
***	10%	12%	of pupils responded that they didn't eat any lunch on the day before the survey.
**	21%	23%	of pupils responded that they have been drunk before.
*	5%	6%	of pupils responded that they are a 'young carer'.
*	22%	20%	of pupils responded that they have used an electronic cigarette at least once.
*	16%	14%	of pupils responded in the lower half of the scale for feeling satisfied (0 – 4).
*	80%	82%	of pupils responded that they got e-safety information from school.
*	85%	82%	of pupils responded that their school covers internet safety 'fairly' or 'very' well.
*	19%	21%	of pupils responded that they 'never' do anything to avoid sunburn when it is sunny.
*	42%	39%	of pupils responded that they do something to avoid sunburn 'most of the time' or 'every time' when it is sunny.
*	73%	71%	of pupils responded that they did homework after school on the day before the survey.
*	3%	2%	of pupils responded that they have special needs, but their school does not support them.
*	87%	89%	of pupils responded that they have visited the dentist in the past 6 months.
*	6%	7%	of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Tests: Chi-squared (χ^2).

KEY: * = $p < 0.05$ (5%)

** = $p < 0.01$ (1%)

*** = $p < 0.001$ (0.1%).

Personal Background

Ethnicity

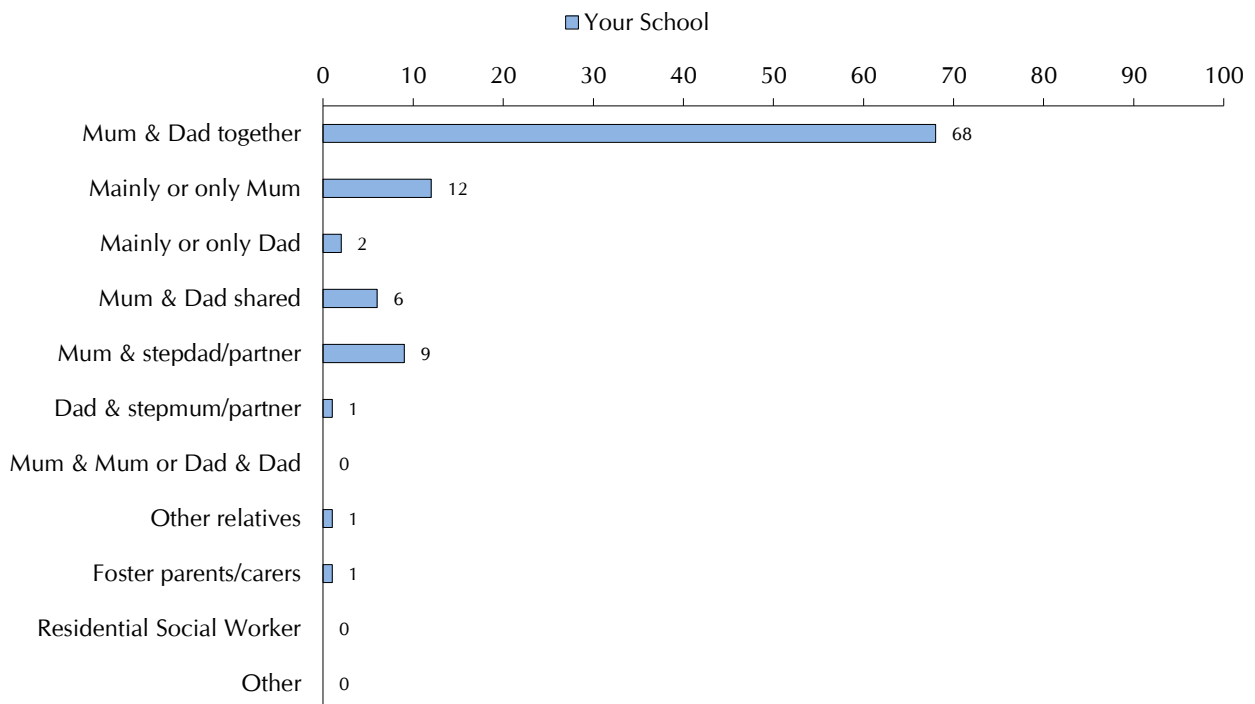
85% of pupils described themselves as White British.

QC. Percentage describing themselves as White British.

	BaNES	
	Yr 8	Yr 10
Boys	85	85
Girls	87	88

Family

Q1. Which adults do you live with?



68% of pupils responded that they live with their Mum and Dad together.

Q1. Percentage answering that they live with their Mum and Dad together.

	BaNES	
	Yr 8	Yr 10
Boys	70	69
Girls	69	67

12% of pupils responded that they live 'mainly or only' with their Mum, while 2% said they live 'mainly or only' with their Dad.

Q1. Percentage answering that they live 'mainly or only' with their Mum.

	BaNES	
	Yr 8	Yr 10
Boys	9	13
Girls	12	14

Long-standing illness & special needs

9% of pupils responded that they have a long-standing illness, disability or special needs, while 13% said they 'don't know' if they do.

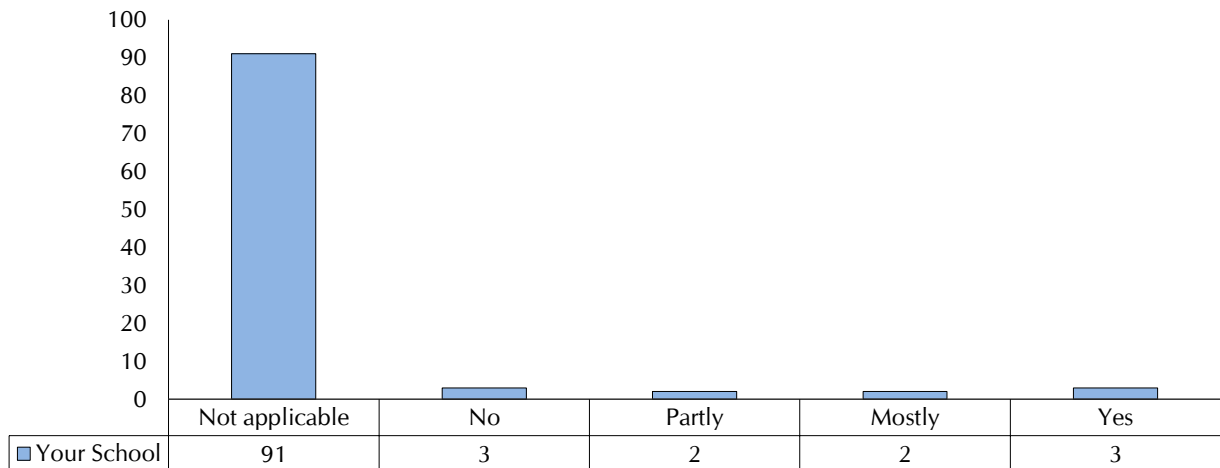
Q2a. Percentage answering that they have a long-standing illness, disability or special needs.

	BaNES	
	Yr 8	Yr 10
Boys	9	10
Girls	9	8

Q2b. Percentage of pupils responding that they have the following special need or disability:

Boys			Girls		
1	Dyslexia, Dyspraxia or Dyscalculia	3	1	Other	3
2	Other	2	2	Behaviour, social or emotional difficulties	2
3	Autism/Aspergers	2	3	Dyslexia, Dyspraxia or Dyscalculia	2
4	Behaviour, social or emotional difficulties	1	4	ADHD (Attention Deficit Hyperactivity Disorder)	1
5	Physical impairment or difficulty	1	5	Visual impairment or difficulty	1

Q2c. If yes, does your school support you with them?



3% of pupils responded that they have special needs, but their school does not support them, while 2% said they are only 'partly' supported.

Q2c. Percentage answering that they have special needs and they aren't supported at school.

	BaNES	
	Yr 8	Yr 10
Boys	2	3
Girls	3	2

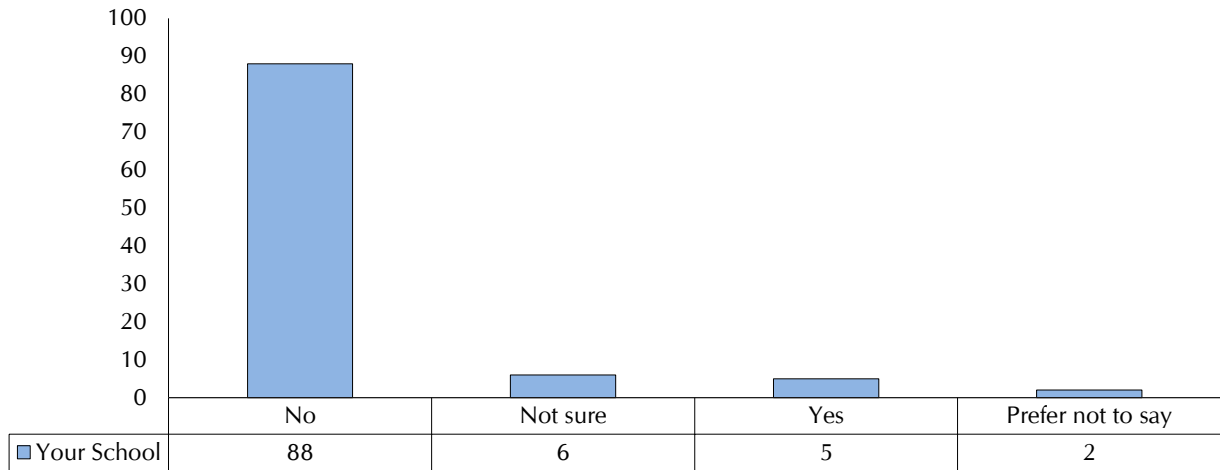
3% of pupils responded that they have special needs and they are supported at school.

Q2c. Percentage answering that they have special needs and they are supported at school.

	BaNES	
	Yr 8	Yr 10
Boys	3	2
Girls	3	1

Young carers

Q3. Are you a 'young carer'?



5% of pupils responded that they are a 'young carer', while 6% said they are 'not sure' if they are and 2% said they prefer not to say.

Q3. Percentage answering that they are a 'young carer'.

	BaNES	
	Yr 8	Yr 10
Boys	4	4
Girls	5	6

Being Healthy: Healthy Eating

Lunch

Q4. What did you do for lunch yesterday?



35% of pupils responded that they ate a school lunch on the day before the survey, while 3% said they ate lunch from a takeaway or shop.

Q4. Percentage answering that they ate a school lunch on the day before the survey.

BaNES

	Yr 8	Yr 10
Boys	43	34
Girls	33	29

10% of pupils responded that they didn't eat any lunch on the day before the survey.

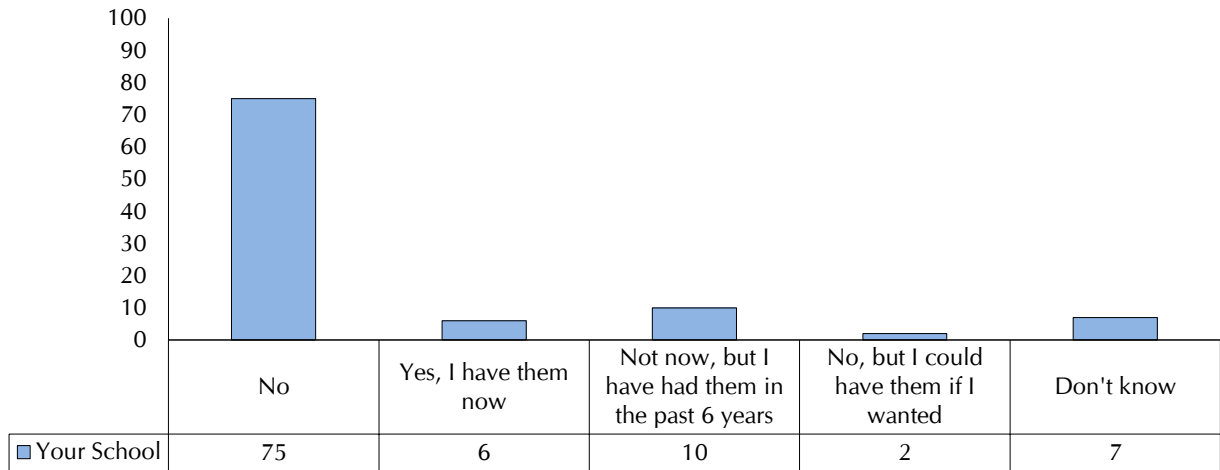
Q4. Percentage answering that they didn't eat any lunch on the day before the survey.

BaNES

	Yr 8	Yr 10
Boys	8	7
Girls	11	13

Free school meals

Q5. In the last 6 years have you ever had free school meals, or vouchers for free meals?



6% of pupils responded that they currently have free school meals, or vouchers for free meals, while 2% said they could have them if they wanted to and 10% don't have them now, but have done in the past 6 years.

Q5. Percentage answering that they either have free school meals or vouchers for free meals, could have them if they wanted, or have been eligible for them in the last 6 years.

	BaNES	
	Yr 8	Yr 10
Boys	21	16
Girls	19	14

Breakfast

16% of pupils responded that they didn't have anything to eat or drink before lessons on the day of the survey.

Q6. Percentage answering that they had nothing to eat or drink before lessons on the day of the survey.

	BaNES	
	Yr 8	Yr 10
Boys	11	14
Girls	17	20

20% of pupils responded that they had low-sugar cereal to eat before lessons on the day of the survey, while 22% said they had toast, bread, croissant, bagel etc.

Q7. Percentage of pupils responding that they had the following to eat or drink before lessons on the day of the survey:

Boys			Girls		
1	Low-sugar cereal	23	1	Toast, bread, croissant, bagel etc.	23
2	Toast, bread, croissant, bagel etc.	21	2	Low-sugar cereal	18
3	Cereal with sugar or cereals like Cheerios, Crunchy Nut Cornflakes etc.	20	3	Other	15
4	Other	15	4	Fruit juice	14
5	Fruit juice	14	5	Cereal with sugar or cereals like Cheerios, Crunchy Nut Cornflakes etc.	14

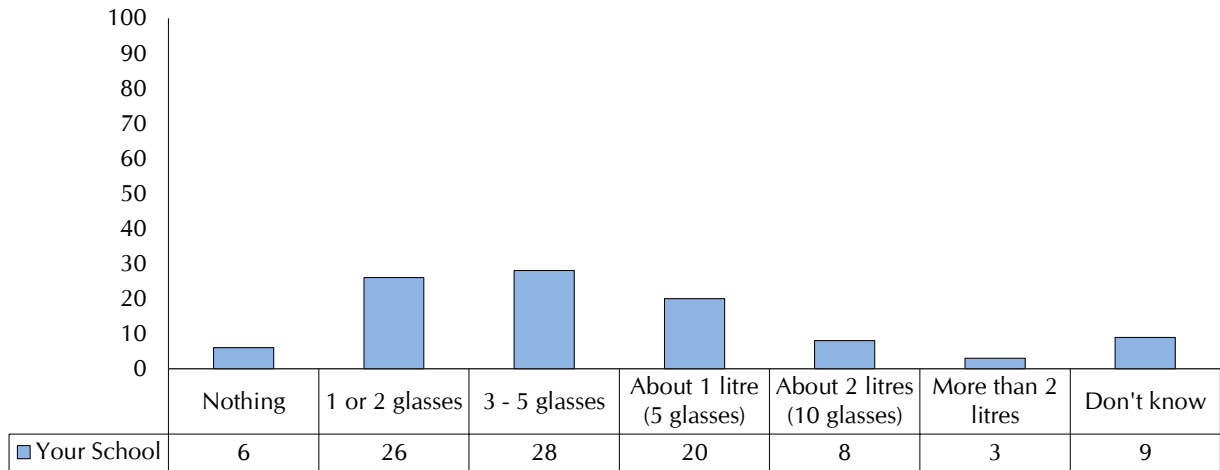
68% of pupils responded that they had something to eat or drink at home before lessons on the day of the survey, while 19% said they had something at school.

Q6. Percentage of pupils responding that they had something to eat or drink at the following before lessons on the day of the survey:

Boys			Girls		
1	At home	70	1	At home	67
2	At school	21	2	At school	17
3	On the way to school	9	3	On the way to school	8

Water

Q8. How much water did you drink yesterday?



6% of pupils responded that they didn't drink any water on the day before the survey.

Q8. Percentage answering that they didn't drink any water on the day before the survey.

BaNES

	Yr 8	Yr 10
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Boys	4	6
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Girls	5	7
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32% of pupils responded that they drank at least 'about 1 litre' of water on the day before the survey, while 9% said they 'don't know' how much water they drank.

Q8. Percentage answering that they drank at least 'about 1 litre' of water on the day before the survey.

BaNES

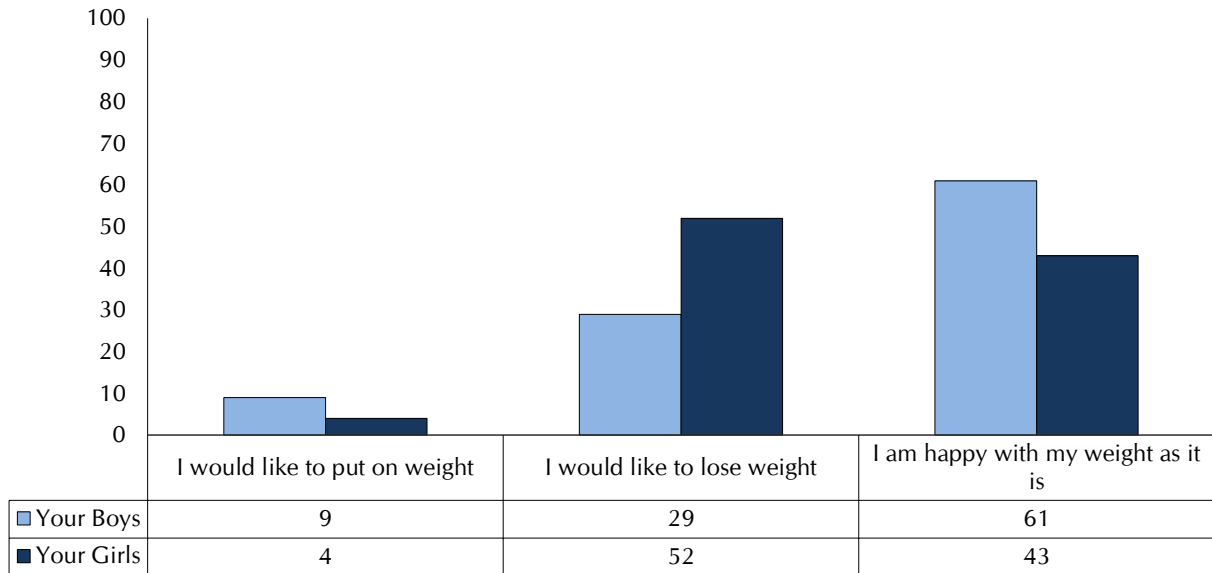
	Yr 8	Yr 10
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Boys	37	35
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Girls	27	28
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Weight

Q9. Weight: Which statement describes you best?



7% of pupils responded that they would like to put on weight.

Q9. Percentage answering that they would like to put on weight.

	BaNES	
	Yr 8	Yr 10
Boys	7	12
Girls	4	4

41% of pupils responded that they would like to lose weight.

Q9. Percentage answering that they would like to lose weight.

	BaNES	
	Yr 8	Yr 10
Boys	32	25
Girls	48	57

52% of pupils responded that they are happy with their weight as it is.

Q9. Percentage answering that they are happy with their weight as it is.

	BaNES	
	Yr 8	Yr 10
Boys	60	63
Girls	48	39

Foods

18% of pupils responded that they drink fruit juice/smoothies 'on most days/every day'; 24% said the same of plain milk.

Q10. Percentage of pupils responding that they drink the following 'on most days/every day':

Boys			Girls		
1	Water	83	1	Water	83
2	Plain milk	32	2	Flavoured drink (e.g. squashes, Juice Burst)	23
3	Flavoured drink (e.g. squashes, Juice Burst)	27	3	Tea/coffee	21
4	Tea/coffee	20	4	Plain milk	17
5	Fruit juice/smoothies	19	5	Fruit juice/smoothies	16
6	Other fizzy drinks (not diet)	8	6	Sugar-free or diet drinks	5
7	Sugar-free or diet drinks	6	7	Other fizzy drinks (not diet)	5
8	Milkshake drinks (e.g. Yazoo)	5	8	Energy drinks (e.g. Monster, Red Bull)	2
9	Energy drinks (e.g. Monster, Red Bull)	4	9	Milkshake drinks (e.g. Yazoo)	2

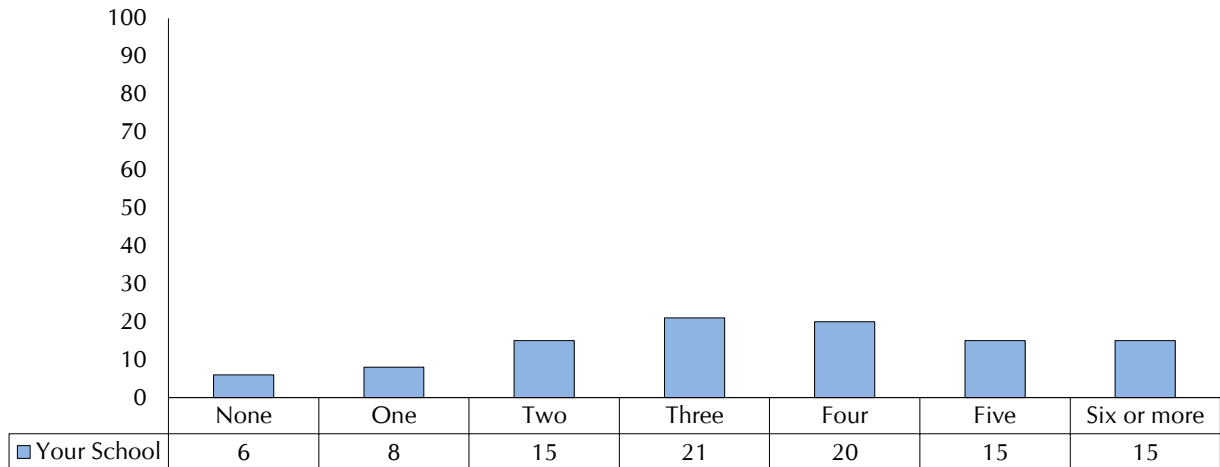
73% of pupils responded that they 'rarely or never' drink energy drinks (e.g. Red Bull or Monster).

Q10. Percentage of pupils responding that they 'rarely or never' drink the following:

Boys			Girls		
1	Energy drinks (e.g. Monster, Red Bull)	68	1	Energy drinks (e.g. Monster, Red Bull)	79
2	Milkshake drinks (e.g. Yazoo)	53	2	Milkshake drinks (e.g. Yazoo)	69
3	Tea/coffee	46	3	Sugar-free or diet drinks	50
4	Sugar-free or diet drinks	43	4	Other fizzy drinks (not diet)	49
5	Other fizzy drinks (not diet)	32	5	Plain milk	46
6	Plain milk	30	6	Tea/coffee	44
7	Fruit juice/smoothies	26	7	Flavoured drink (e.g. squashes, Juice Burst)	28
8	Flavoured drink (e.g. squashes, Juice Burst)	22	8	Fruit juice/smoothies	23
9	Water	4	9	Water	4

5-a-day

Q11. How many portions of fruit and vegetables (fresh, tinned, dried or frozen) did you eat yesterday?



6% of pupils responded that they didn't eat any portions of fruit or vegetables on the day before the survey.

Q11. Percentage answering that they didn't eat any portions of fruit or vegetables on the day before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	5	8
Girls	3	6

30% of pupils responded that they had at least 5 portions of fruit and vegetables to eat on the day before the survey.

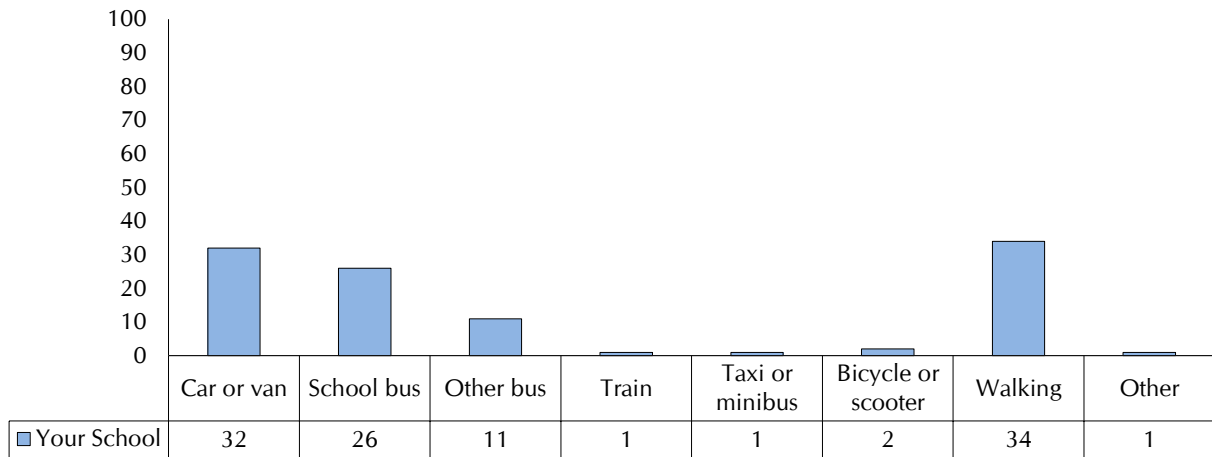
Q11. Percentage answering that they had at least 5 portions of fruit and vegetables on the day before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	33	25
Girls	35	25

Being Healthy: Physical Activity

Active travel

Q12. How did you travel to school today?



32% of pupils responded that they travelled to school by car or van on the day of the survey.

Q12. Percentage answering that they travelled to school by car or van on the day of the survey.

BaNES

	Yr 8	Yr 10
Boys	30	30
Girls	34	34

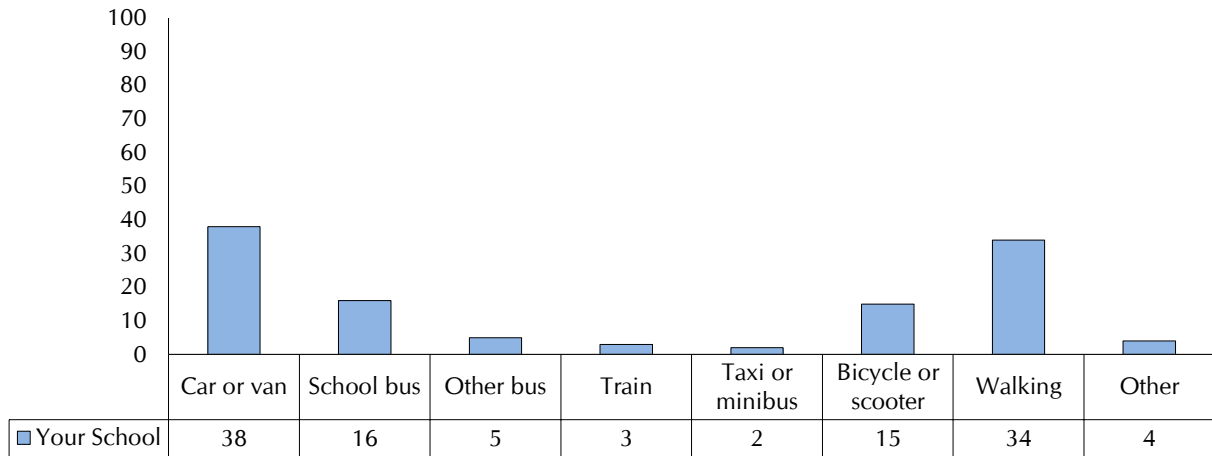
34% of pupils responded that they walked to school on the day of the survey.

Q12. Percentage answering that they walked to school on the day of the survey.

BaNES

	Yr 8	Yr 10
Boys	31	34
Girls	37	34

Q13. If you could choose, how would you like to travel to school?



38% of pupils responded that they would like to travel to school by car or van if they could choose.

Q13. Percentage answering that they would like to travel to school by car or van if they could choose.

BaNES

	Yr 8	Yr 10
Boys	31	39
Girls	39	47

34% of pupils responded that they would like to walk to school if they could choose.

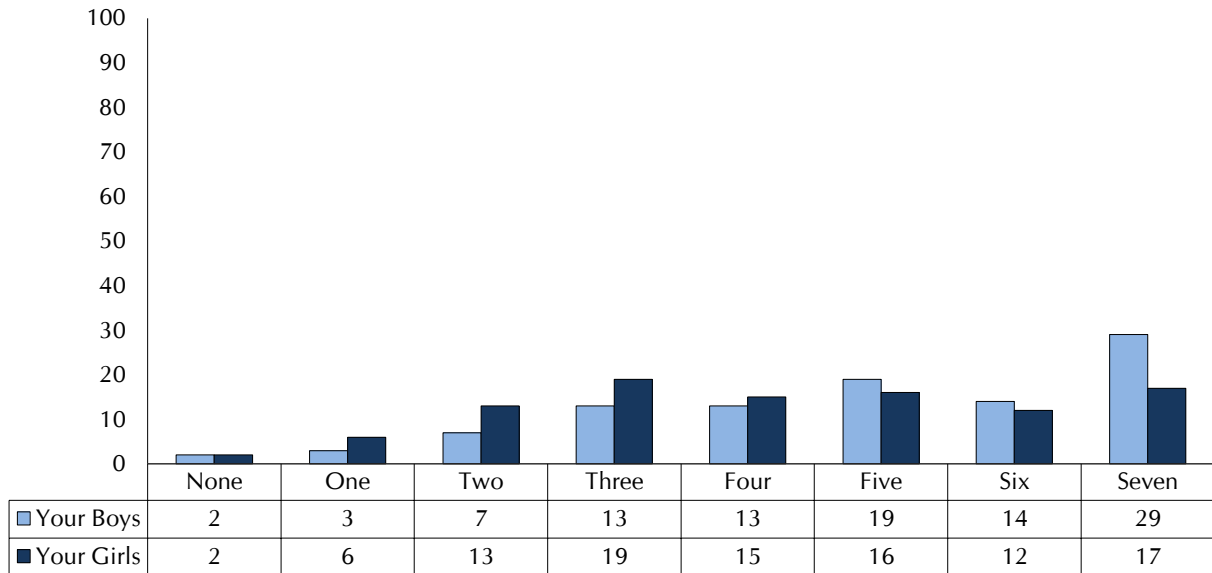
Q13. Percentage answering that they would like to walk to school if they could choose.

BaNES

	Yr 8	Yr 10
Boys	29	27
Girls	43	39

Hard exercise

Q14. How many days last week were you active for at least 60 minutes?



3% of pupils responded that they weren't active for at least 60 minutes on any day in the week before the survey.

Q14. Percentage answering that they weren't active for at least 60 minutes on any day in the week before the survey.

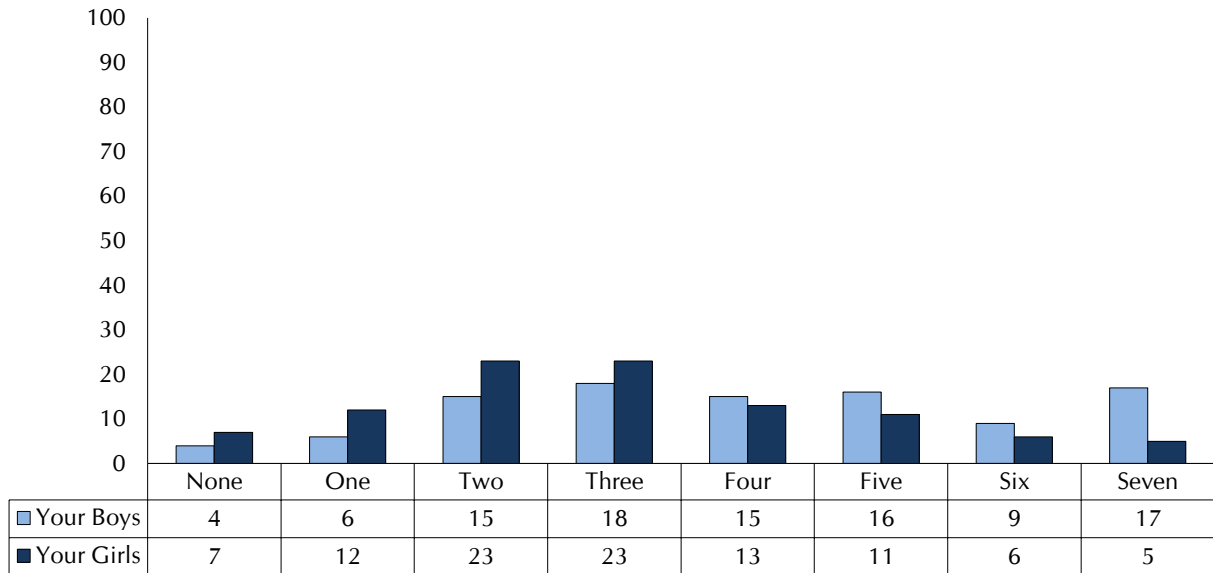
	BaNES	
	Yr 8	Yr 10
Boys	1	4
Girls	1	3

83% of pupils responded that they were active for at least 60 minutes on three or more days in the week before the survey.

Q14. Percentage answering that they were active for at least 60 minutes on three or more days in the week before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	90	84
Girls	85	72

Q15. How many days last week did you exercise and have to breathe harder and faster?



6% of pupils responded that they didn't exercise enough to breathe harder and faster at all in the week before the survey.

Q15. Percentage answering that they have not exercised enough to breathe harder and faster in the week before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	3	5
Girls	6	8

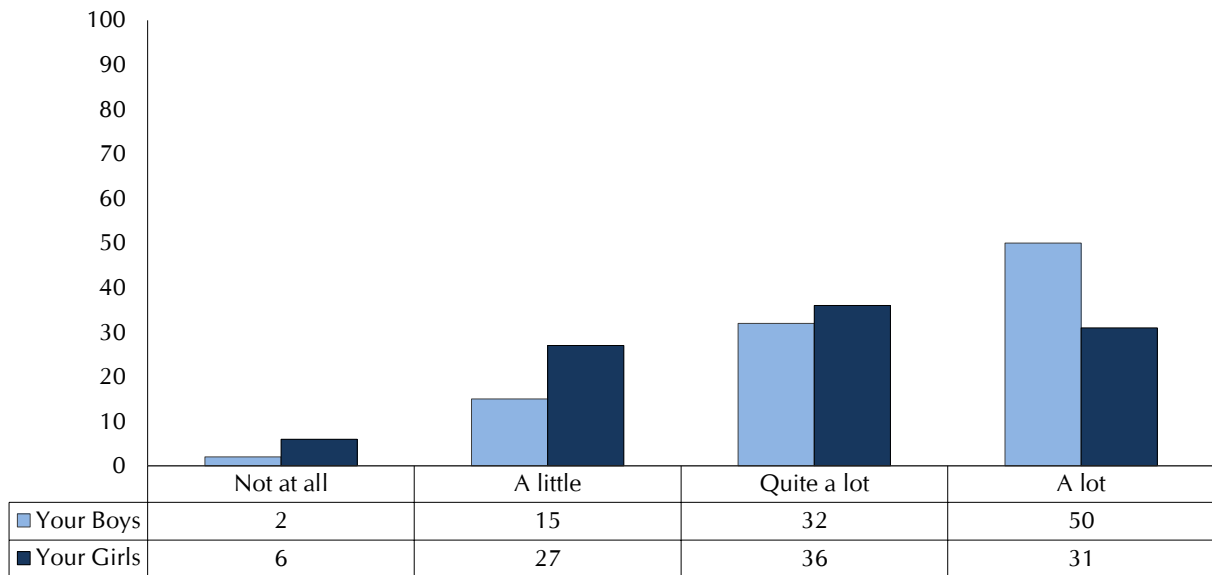
66% of pupils responded that they exercised enough to breathe harder on at least three days in the week before the survey.

Q15. Percentage answering that they exercised enough to breathe harder and faster on at least three days in the week before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	77	73
Girls	63	52

Enjoy exercise

Q16. How much do you enjoy physical activities?



5% of pupils responded that they don't enjoy physical activities 'at all'.

Q16. Percentage answering that they don't enjoy physical activities 'at all'.

	BaNES	
	Yr 8	Yr 10
Boys	2	3
Girls	4	8

74% of pupils responded that they enjoy physical activities 'quite a lot' or 'a lot'.

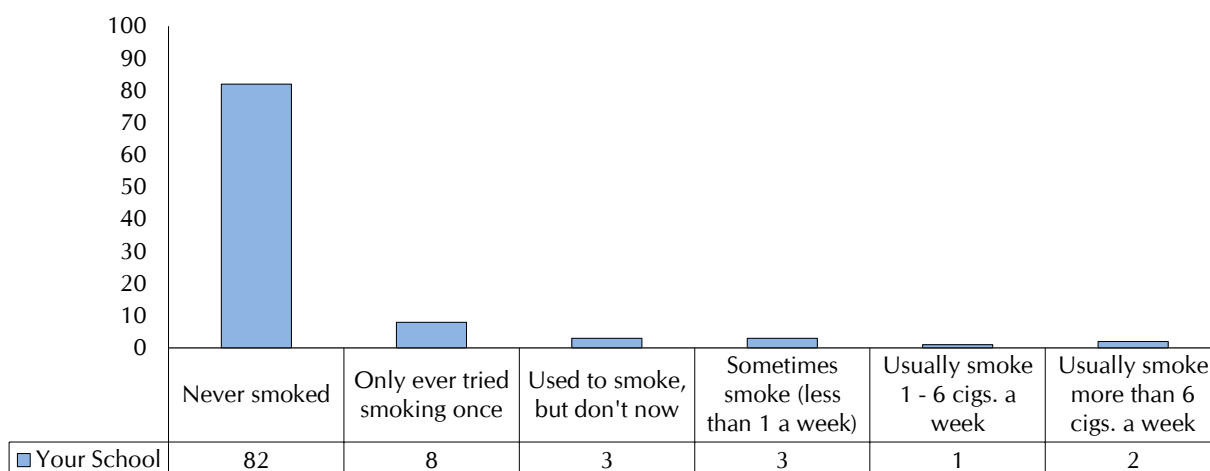
Q16. Percentage answering that they enjoy physical activities 'quite a lot' or 'a lot'.

	BaNES	
	Yr 8	Yr 10
Boys	85	80
Girls	73	61

Smoking, Drinking & Drugs

Smoking

Q17. Smoking: Which statement describes you best?



18% of pupils responded that they have tried smoking in the past or smoke now.

Q17. Percentage answering that they have smoked in the past or smoke now.

	BaNES	
	Yr 8	Yr 10
Boys	10	24
Girls	8	30

3% of pupils responded that they usually smoke at least one cigarette a week.

Q17. Percentage answering that they usually smoke at least one cigarette a week.

	BaNES	
	Yr 8	Yr 10
Boys	1	4
Girls	1	4

15% of pupils responded that they have been offered cheap or foreign cigarettes or tobacco.

Q19. Percentage answering that they have been offered cheap or foreign cigarettes or tobacco.

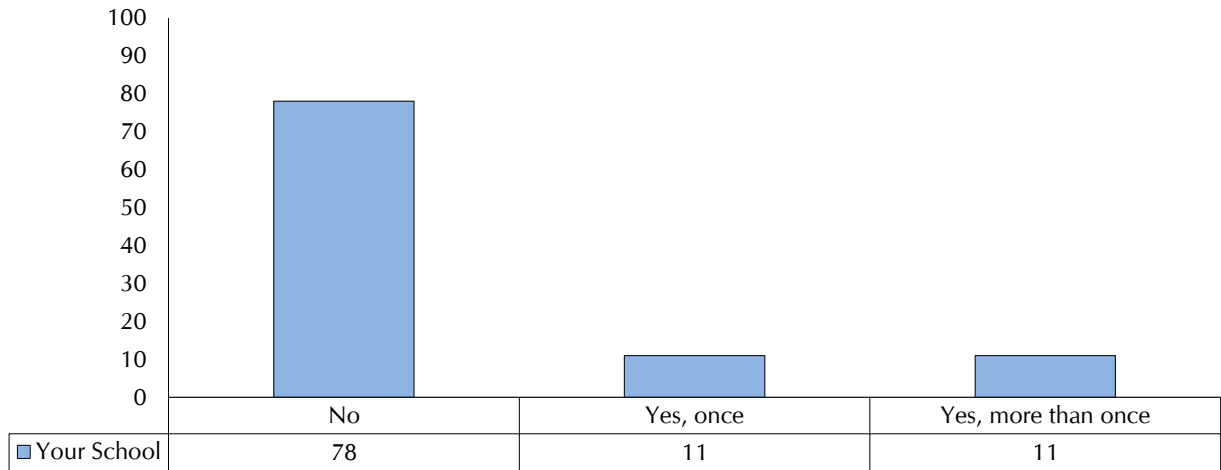
	BaNES	
	Yr 8	Yr 10
Boys	13	20
Girls	7	17

17% of pupils responded that people regularly smoke cigarettes around them (e.g. at home or in a car), while 6% said they are 'not sure' if people do and 5% said they prefer not to say.

Q20. Percentage answering that people regularly smoke cigarettes around them.

	BaNES	
	Yr 8	Yr 10
Boys	14	21
Girls	12	20

Q21. Have you ever used an electronic cigarette?



22% of pupils responded that they have used an electronic cigarette at least once; 11% said they have done so more than once.

Q21. Percentage answering that they have used an electronic cigarette at least once.

	BaNES	
	Yr 8	Yr 10
Boys	17	34
Girls	12	27

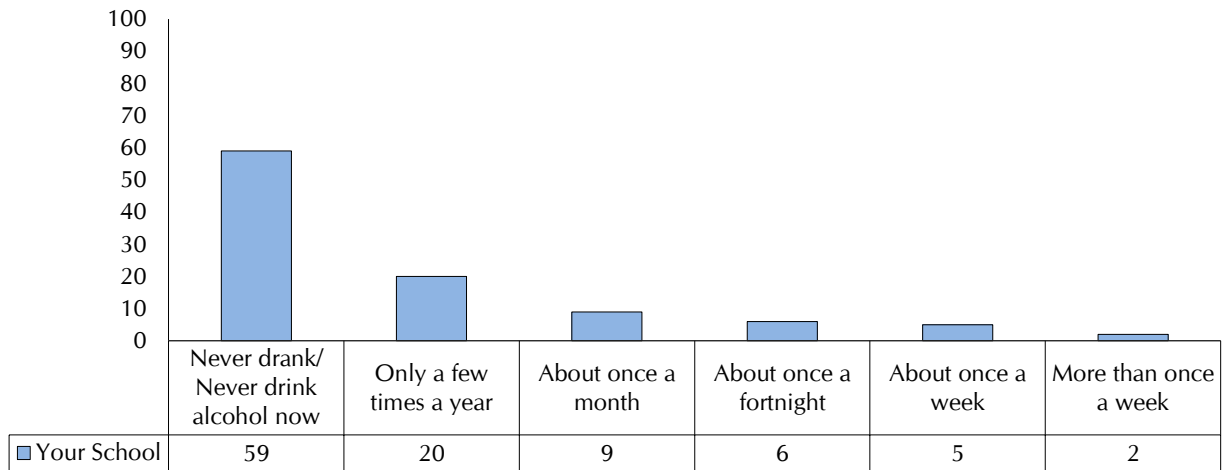
Drinking

44% of pupils responded that they have had a proper alcoholic drink (not just a sip and not low-alcohol).

Q22. Percentage answering that they have had an alcoholic drink (not just a sip and not low-alcohol).

	BaNES	
	Yr 8	Yr 10
Boys	29	63
Girls	23	66

Q23. How often do you usually have an alcoholic drink?



20% of pupils responded that they usually have an alcoholic drink 'only a few times a year', while 3% said they have drunk alcohol, but 'never drink alcohol now'.

Q23. Percentage answering that they usually have an alcoholic drink 'only a few times a year'.

	BaNES	
	Yr 8	Yr 10
Boys	16	24
Girls	13	29

6% of pupils responded that they usually have an alcoholic drink at least 'about once a week'; 2% said they do so 'more than once a week'.

Q23. Percentage answering that they usually have an alcoholic drink at least 'about once a week'.

	BaNES	
	Yr 8	Yr 10
Boys	3	13
Girls	1	8

14% of pupils responded that they had an alcoholic drink in the 7 days before the survey.

Q24. Percentage answering that they had an alcoholic drink in the 7 days before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	6	23
Girls	5	22

1% of pupils drank over the advised weekly limit for adults of 14 units in the 7 days before the survey.

Q25. Percentage answering that they drank over 14 units in the 7 days before the survey.

	BaNES	
	Yr 8	Yr 10
Boys	0	2
Girls	0	1

9% of pupils responded that they drank lager, beer or cider in the 7 days before the survey and 4% said they drank spirits or liqueurs.

Q25. Top 5 alcoholic drinks pupils report having in the 7 days before the survey:

Boys			Girls		
1	Lager, beer or cider	10	1	Lager, beer or cider	7
2	Spirit or liqueur	3	2	Spirit or liqueur	4
3	Wine	3	3	Other alcoholic drink	3
4	Shandy	3	4	Alcopops	3
5	Other alcoholic drink	2	5	Wine	3

8% of pupils responded that they got alcohol from a parent or carer in the 7 days before the survey; 4% said they got it from friends.

Q26. Percentage of pupils responding that they got or bought alcohol from the following in the 7 days before the survey:

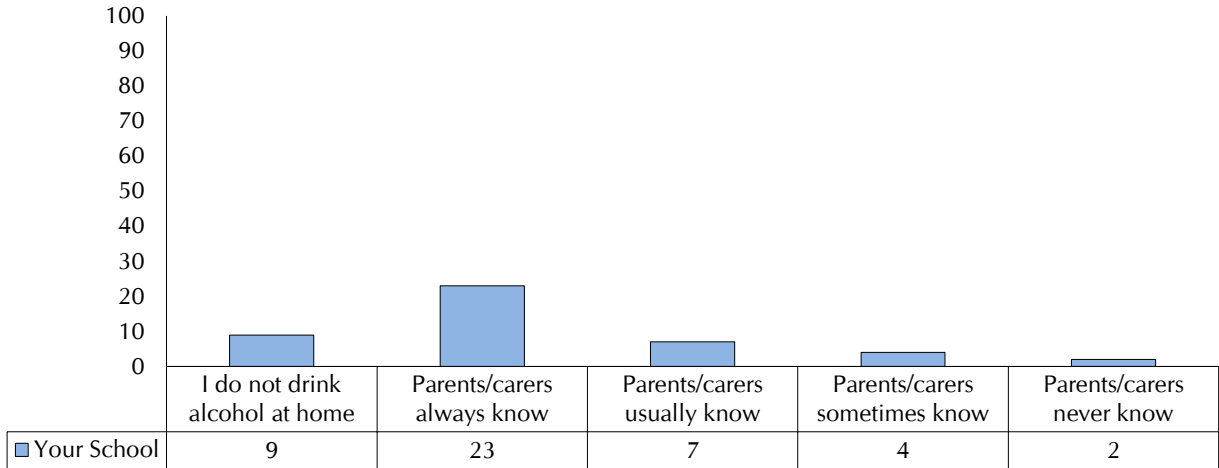
Boys			Girls		
1	From a parent or carer	7	1	From a parent or carer	7
2	Other	3	2	From friends	4
3	From friends	3	3	From another adult	2
4	A shop	2	4	Other	1
5	From another adult	1	5	A shop	1

8% of pupils responded that they drank alcohol at home in the 7 days before the survey; 5% said they drank it at a friend's or relative's home.

Q27. Percentage of pupils responding that they drank alcohol at the following places in the 7 days before the survey:

Boys			Girls		
1	Home	9	1	Home	7
2	Friend's or relative's home	4	2	Friend's or relative's home	6
3	Public place	2	3	Pub or bar	1
4	Other	2	4	Other	1
5	Pub or bar	1	5	Public place	1

Q28. If you ever drink alcohol at home, do your parents/carers know?



9% of pupils responded that they drink alcohol, but do not drink alcohol at home.

Q28. Percentage answering that they drink alcohol, but do not drink alcohol at home.

BaNES

	Yr 8	Yr 10
Boys	7	14
Girls	4	11

23% of pupils responded that they drink alcohol at home and their parents/carers 'always' know, while 7% said they 'usually' know.

Q28. Percentage of those who drink at home answering that their parents/carers 'always' know.

BaNES

	Yr 8	Yr 10
Boys	69	64
Girls	67	63

Of the 1135 pupils who drink alcohol at home, 64% said that their parents/carers 'always' know.

6% of pupils responded that their parents/carers 'never' or only 'sometimes' know when they drink alcohol at home.

Q28. Percentage answering that they drink alcohol at home and their parents 'never' or only 'sometimes' know.

BaNES

	Yr 8	Yr 10
Boys	4	7
Girls	3	9

21% of pupils responded that they have been drunk before.

Q29a. Percentage answering that they have been drunk before.

BaNES

	Yr 8	Yr 10
Boys	8	33
Girls	8	36

8% of pupils responded that they have been drunk in the last 4 weeks.

Q29b. Percentage answering that they have been drunk in the last 4 weeks.

BaNES

	Yr 8	Yr 10
Boys	2	14
Girls	2	16

Drugs

28% of pupils responded that they know someone who uses illegal drugs or new psychoactive substances, while 16% said they 'don't know' if they do.

18% of pupils responded that they have been offered cannabis.

13% of pupils responded that they have been offered other illegal drugs or new psychoactive substances.

8% of pupils responded that they have taken illegal drugs or new psychoactive substances, while 4% said they 'don't know' if they have.

Of the 244 pupils who have taken illegal drugs or new psychoactive substances, they were on average 12 years old when they first tried them.

Q30. Percentage answering that they know someone who uses illegal drugs or new psychoactive substances.

	BaNES	
	Yr 8	Yr 10
Boys	19	43
Girls	13	39

Q31a. Percentage answering that they have been offered cannabis.

	BaNES	
	Yr 8	Yr 10
Boys	10	33
Girls	4	27

Q31b. Percentage answering that they have been offered other illegal drugs or new psychoactive substances.

	BaNES	
	Yr 8	Yr 10
Boys	7	24
Girls	3	18

Q32a. Percentage answering that they have taken illegal drugs or new psychoactive substances.

	BaNES	
	Yr 8	Yr 10
Boys	2	13
Girls	1	13

Q32b. The mean age when first used drugs:

	BaNES	
	Yr 8	Yr 10
Boys	11	13
Girls	11	13

2% of pupils responded that they have taken more than one type of illegal drug or new psychoactive substance on the same occasion; 1% said they 'don't know' if they have.

Q33. Percentage answering that they have taken more than one type of illegal drug or new psychoactive substance on the same occasion.

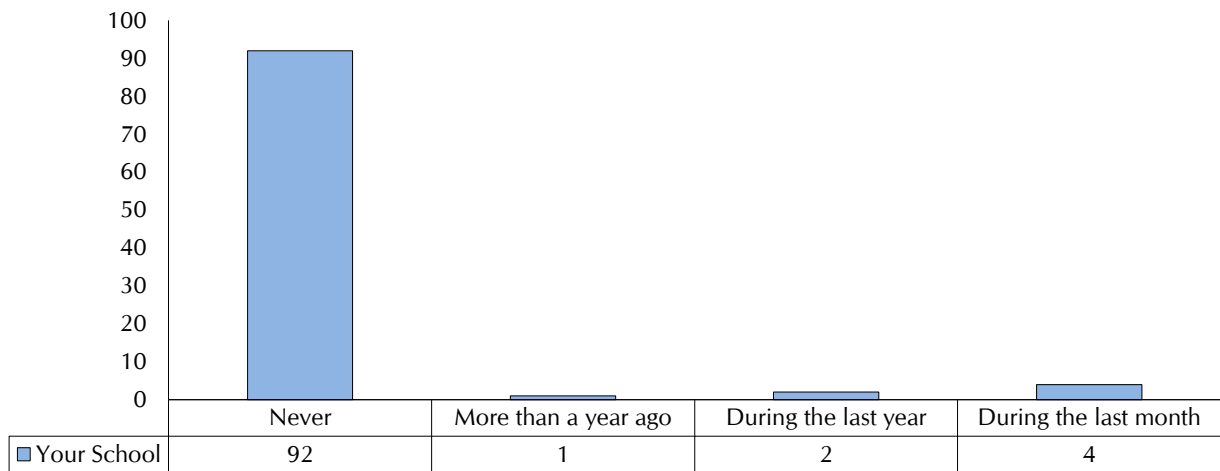
BaNES		
	Yr 8	Yr 10
Boys	1	4
Girls	0	3

4% of pupils responded that they have taken an illegal drug or new psychoactive substance and alcohol on the same occasion; 1% said they 'don't know' if they have.

Q34. Percentage answering that they have taken an illegal drug or new psychoactive substance and alcohol on the same occasion.

BaNES		
	Yr 8	Yr 10
Boys	1	7
Girls	1	8

Q35. Drugs summary: Percentage of pupils responding that they have taken at least one of the drugs listed...:



4% of pupils responded that they have taken at least one of the drugs listed during the last month.

Q35. Percentage answering that they have taken at least one of the drugs listed during the last month.

BaNES		
	Yr 8	Yr 10
Boys	1	9
Girls	1	7

Q35. Percentage of pupils responding that they have taken the following drugs:

Year 8	Taken during the last month	Taken during the last year	Ever taken
Cannabis	1	2	2
Cocaine	0	0	0
Ecstasy/MDMA	0	0	1
Ketamine	0	0	0
NOS/laughing gas (nitrous oxide)	0	1	1
New psychoactive substances	0	0	0
Other illegal drugs	0	0	1

Year 10	Taken during the last month	Taken during the last year	Ever taken
Cannabis	7	11	12
Cocaine	1	1	2
Ecstasy/MDMA	1	3	3
Ketamine	1	1	1
NOS/laughing gas (nitrous oxide)	4	6	7
New psychoactive substances	1	1	2
Other illegal drugs	1	3	4

65% of pupils responded that they would talk to a parent/carer if they needed support about problems with alcohol or drugs; 41% said they would talk to their friends.

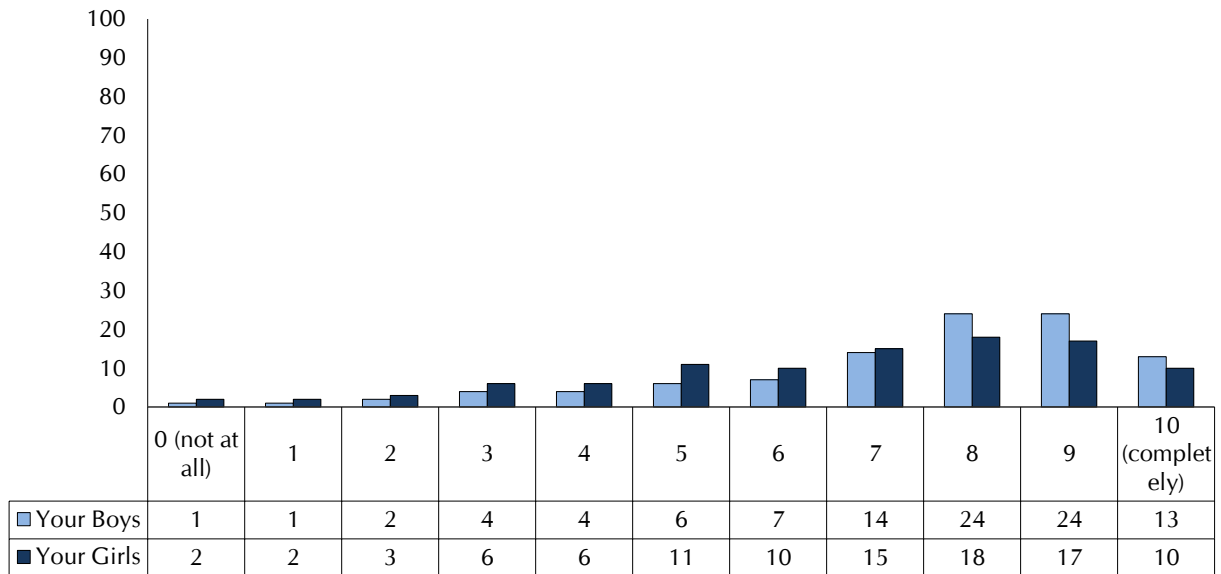
Q36. Percentage of pupils responding that they would talk to the following if they needed support about problems with alcohol or drugs:

Boys			Girls		
1	Parent or carer	70	1	Parent or carer	62
2	Friends	33	2	Friends	50
3	Another adult they trust	25	3	Brother or sister	28
4	Brother or sister	24	4	Another adult they trust	27
5	Doctor	23	5	School nurse	22
6	School nurse	23	6	Doctor	17
7	Teacher	21	7	Teacher	14
8	The internet/social media	8	8	The internet/social media	9
9	Other	8	9	Other	5
10	Project 28	5	10	Project 28	2

Emotional Health & Wellbeing

Satisfaction

Q37. On a scale of 0 – 10, where 0 is not at all satisfied and 10 is completely satisfied, overall, how satisfied are you with your life nowadays?



16% of pupils responded in the lower half of the scale for feeling satisfied (0 – 4), with 2% giving the lowest response (0 – ‘not at all satisfied’).

Q37. Percentage answering in the lower half of the scale for feeling satisfied (0 – 4).

	BaNES	
	Yr 8	Yr 10
Boys	9	14
Girls	17	22

75% of pupils responded in the higher half of the scale for feeling satisfied (6 – 10), with 12% giving the highest response (10 – ‘completely satisfied’).

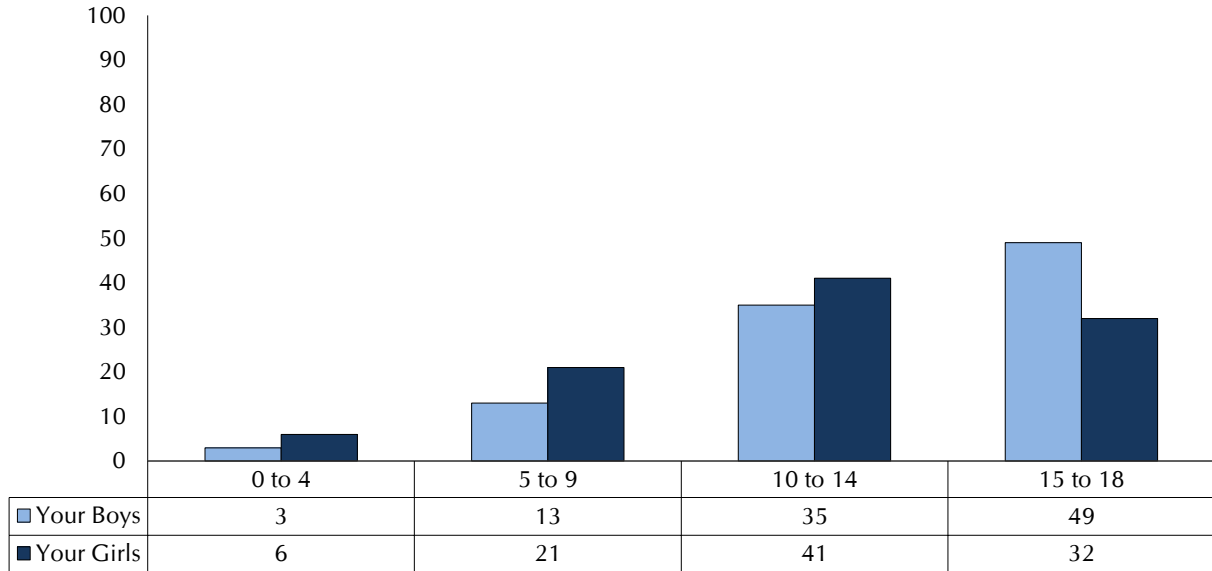
Q37. Percentage answering in the higher half of the scale for feeling satisfied (6 – 10).

	BaNES	
	Yr 8	Yr 10
Boys	85	79
Girls	73	66

Self-esteem

This measurement is derived from the responses to a set of ten statements taken from a standard self-esteem enquiry method developed by Denis Lawrence (Lawrence, 1981). The scale is based on social confidence and relationships with friends.

Q38. Composite self-esteem score:



Data from the 'Young People into...' series reveal more girls than boys found at the lower end of the scale and more boys than girls at the higher end.

22% of pupils had a med-low self-esteem score (9 or less).

Q38. Percentage with a med-low self-esteem score (9 or less).

	BaNES	
	Yr 8	Yr 10
Boys	18	15
Girls	25	28

40% of pupils had a high self-esteem score (15 or more).

Q38. Percentage with a high self-esteem score (15 or more).

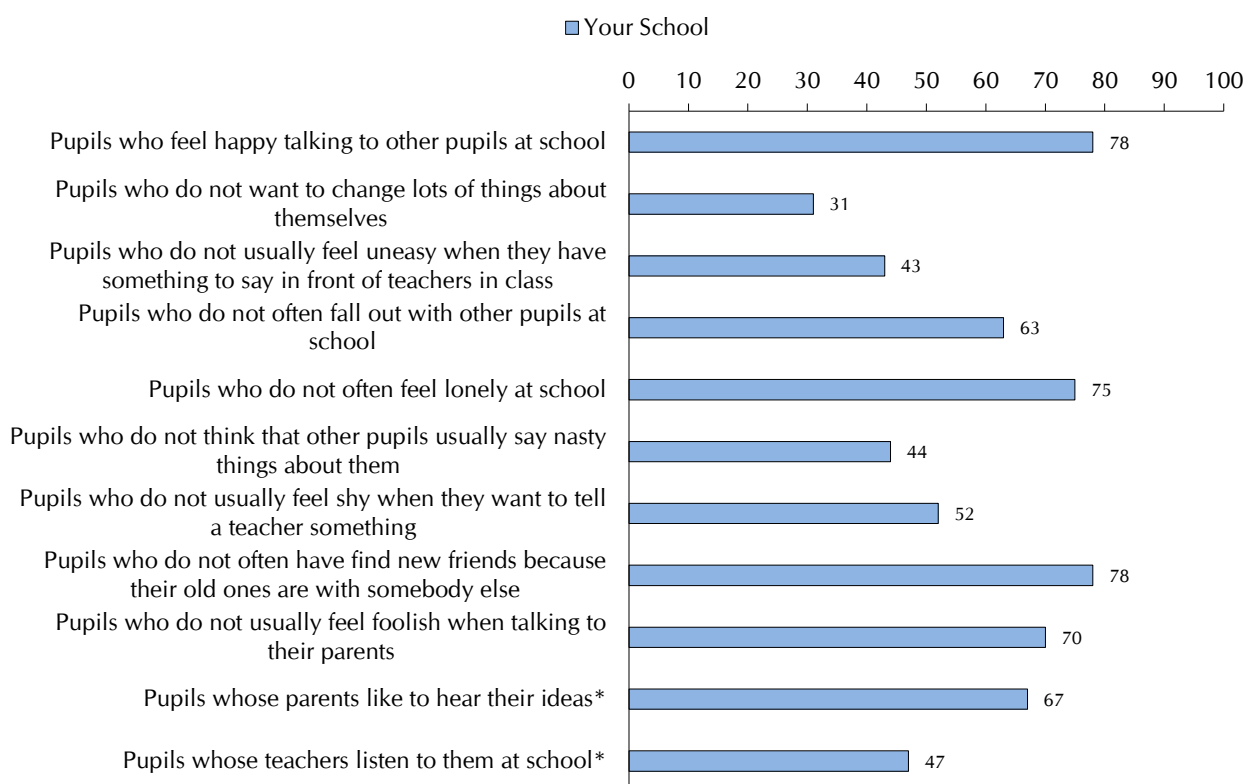
	BaNES	
	Yr 8	Yr 10
Boys	47	52
Girls	32	32

78% of pupils responded that they feel happy talking to other pupils at school.

Q38. (Individual self-esteem items) Percentage in each group giving a high esteem response:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Pupils who feel happy talking to other pupils at school	85	77	83	72	78
Pupils who do not want to change lots of things about themselves	38	29	39	20	31
Pupils who do not usually feel uneasy when they have something to say in front of teachers in class	50	38	52	35	43
Pupils who do not often fall out with other pupils at school	65	58	67	65	63
Pupils who do not often feel lonely at school	77	74	81	72	75
Pupils who do not think that other pupils usually say nasty things about them	49	40	50	39	44
Pupils who do not usually feel shy when they want to tell a teacher something	60	40	66	43	52
Pupils who do not often have find new friends because their old ones are with somebody else	79	71	85	79	78
Pupils who do not usually feel foolish when talking to their parents	75	67	74	65	70
Pupils whose parents like to hear their ideas*	72	70	65	63	67
Pupils whose teachers listen to them at school*	52	49	48	41	47

Q38. (Individual self-esteem items) Percentage in each group giving a high esteem response:



*These items do not contribute to the calculation of the composite self-esteem score.

Trust

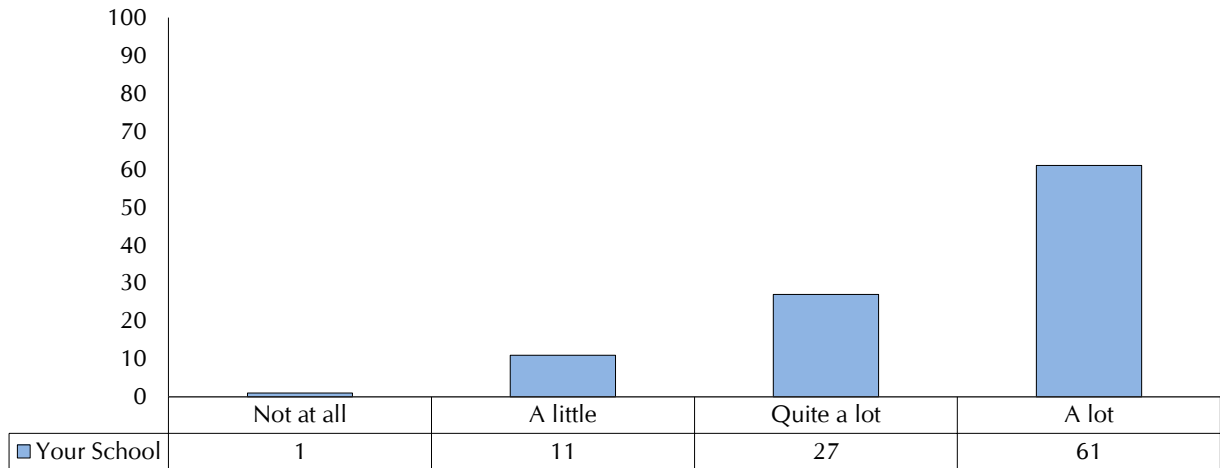
90% of pupils responded that they have at least one adult they can trust, while 6% said they 'don't know' if they do.

Q39. Percentage answering that they have at least one adult they can trust.

	BaNES	
	Yr 8	Yr 10
Boys	95	90
Girls	91	86

Worrying

Q40. Worrying summary: Percentage of pupils responding that they worry about at least one of the issues listed...:



88% of pupils responded that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

Q40. Percentage answering that they worry about at least one of the issues listed 'quite a lot' or 'a lot'.

	BaNES	
	Yr 8	Yr 10
Boys	82	89
Girls	88	94

64% of pupils responded that they worry about exams and tests 'quite a lot' or 'a lot'.

Q40. Percentage of pupils responding that they worry about the following 'quite a lot' or 'a lot' (top 10):

Boys			Girls		
1	Exams and tests	56	1	Exams and tests	72
2	Getting a job	46	2	The way they look	55
3	The future	45	3	The future	54
4	Family	43	4	School-work	48
5	Health	38	5	Family	45
6	Money	35	6	Other worries	44
7	Friends	35	7	Friends	43
8	The way they look	32	8	Health	42
9	School-work	31	9	Getting a job	42
10	Other worries	24	10	Money	35

89% of pupils responded that they at least 'sometimes' get help from trusted adults (e.g. parents/carers, other relatives, teachers etc.) when they are struggling/feel bad or stressed/have a problem that worries them; 89% said they get help from friends.

Q41a. Percentage of pupils responding that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' get help from the following:

Boys			Girls		
1	Trusted adults (e.g. parents/carers, other relatives, teachers etc.)	90	1	Friends	93
2	Friends	86	2	Trusted adults (e.g. parents/carers, other relatives, teachers etc.)	90
3	The school nurse	20	3	The school nurse	18
4	Online advice websites (e.g. Kooth)	14	4	Outside agencies (e.g. 'Off the Record', Project 28 etc.)	13
5	Outside agencies (e.g. 'Off the Record', Project 28 etc.)	14	5	Online advice websites (e.g. Kooth)	13

92% of pupils responded that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' deal with it by relaxing (e.g. listening to music, being active etc.), while 60% said they speak to/confront the person who is causing them worry.

Q41b. Percentage of pupils responding that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' deal with it by doing the following:

Boys			Girls		
1	Relaxing (e.g. listening to music, being active etc.)	91	1	Relaxing (e.g. listening to music, being active etc.)	93
2	Spending time on the computer/gaming etc.	86	2	Crying	88
3	Speaking to/confronting the person who is causing you to worry	61	3	Speaking to/confronting the person who is causing you to worry	59
4	Lashing out in anger (verbally or physically)	55	4	Lashing out in anger (verbally or physically)	53
5	Crying	47	5	Spending time on the computer/gaming etc.	52
6	Eating more	36	6	Eating more	51
7	Eating less	23	7	Eating less	42
8	Hurting themselves in some way	17	8	Hurting themselves in some way	25
9	Drinking alcohol	11	9	Drinking alcohol	12
10	Smoking	7	10	Smoking	9
11	Taking drugs	7	11	Taking drugs	5

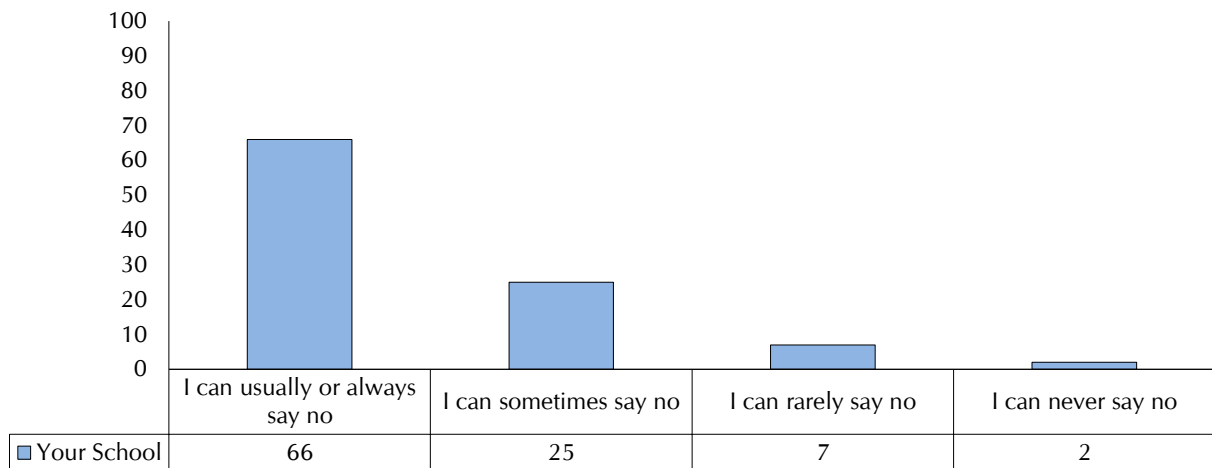
83% of pupils responded that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' keep it to themselves, while 46% said they get into trouble (at home or school).

Q41c. Percentage of pupils responding that, when they are struggling/feel bad or stressed/have a problem that worries them, they at least 'sometimes' do the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Keep it to themselves	79	84	81	89	83
Get into trouble (at home or school)	54	40	46	40	46
Other	33	38	29	34	34

Peer pressure

Q42. When a friend wants me to do something I don't want to do...



66% of pupils responded that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

Q42. Percentage answering that they can 'usually or always' say no when a friend wants them to do something they don't want to do.

BaNES

	Yr 8	Yr 10
Boys	67	69
Girls	64	69

9% of pupils responded that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

Q42. Percentage answering that they can 'rarely' or 'never' say no when a friend wants them to do something they don't want to do.

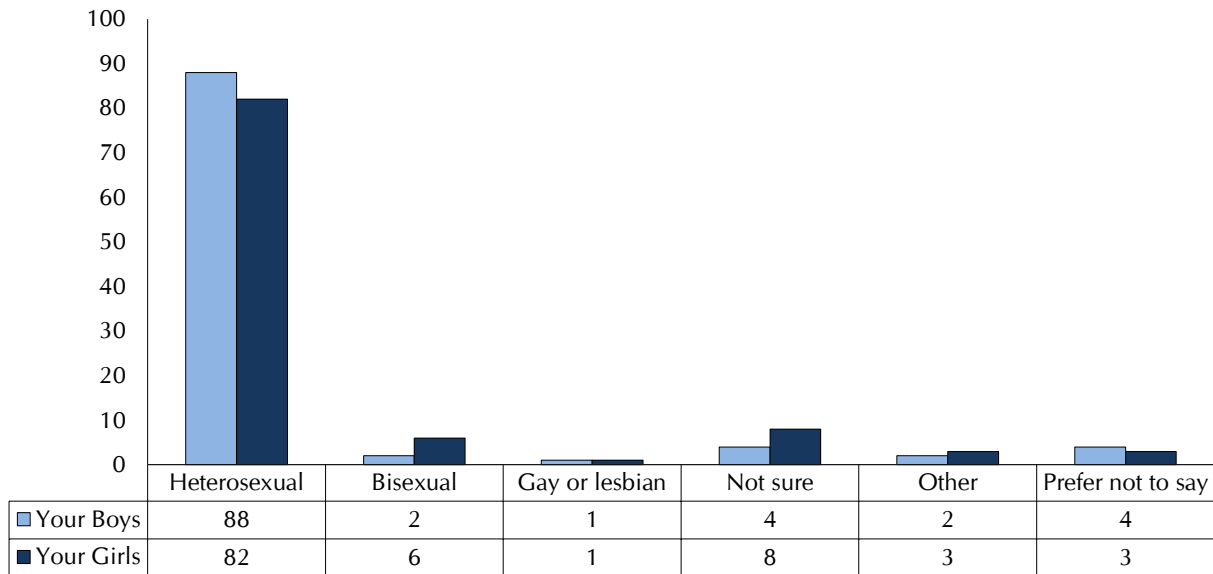
BaNES

	Yr 8	Yr 10
Boys	8	7
Girls	10	9

Sexual Health

Sexual relationships

Q44. Sexual orientation: Which of the following best describes how you think about yourself?



83% of pupils responded that they are heterosexual.

Q44. Percentage answering that they are heterosexual.

	BaNES	
	Yr 8	Yr 10
Boys	87	89
Girls	80	84

1% of pupils responded that they are gay or lesbian.

Q44. Percentage answering that they are gay or lesbian.

	BaNES	
	Yr 8	Yr 10
Boys	0	1
Girls	1	1

17% of Year 10+ pupils responded that they have had sex.

Q45a. Percentage of Year 10+ pupils answering that they have had sex.

	BaNES
	Yr 10
Boys	16
Girls	16

15% of Year 10+ pupils responded that they first had sex aged 15 or younger.

Q45b. Percentage of Year 10+ pupils answering that they first had sex aged 15 or younger.

	BaNES
	Yr 10
Boys	14
Girls	14

Of the 244 pupils who have had sex, 89% said they were 15 years old or younger when they first did so.

Sexually transmitted infections

52% of pupils responded that they know how to prevent HIV/AIDS; 37% said the same about chlamydia.

Q46. Percentage of pupils responding that they know how to prevent the following sexually transmitted infections:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Genital herpes	18	12	54	46	31
Genital warts (papilloma virus)	14	8	48	40	27
HIV/AIDS	39	29	73	71	52
Chlamydia	20	16	60	59	37
Gonorrhoea	11	7	55	54	30

Contraception

68% of pupils responded that they think the male condom prevents pregnancy and 44% think it prevents STIs.

Q47. Knowledge of contraception methods:

Year 8	Prevents pregnancy	Prevents STIs	Don't know
Pill (contraceptive pill or mini-pill)	42	11	46
Injection	18	21	62
Implant	14	8	73
Coil (IUD)	11	5	81
Male condom	63	29	27
Female condom	40	20	49
Emergency contraception ('morning-after pill')	27	8	61
Sex without penetration (including oral sex)	26	12	61

Year 10	Prevents pregnancy	Prevents STIs	Don't know
Pill (contraceptive pill or mini-pill)	75	8	19
Injection	37	19	45
Implant	42	8	48
Coil (IUD)	35	8	57
Male condom	75	62	12
Female condom	61	47	24
Emergency contraception ('morning-after pill')	65	7	26
Sex without penetration (including oral sex)	48	14	38

49% of pupils responded that they know where they can get condoms free of charge.

Q48. Percentage answering that they know where they can get condoms free of charge.

	BaNES	
	Yr 8	Yr 10
Boys	38	69
Girls	26	68

45% of pupils responded that they go to their parents or carers for information about sexual health and contraception, while 31% said they go to the school nurse.

Q49. Percentage of pupils responding that they go to the following for information about sexual health and contraception:

Boys			Girls		
1	Parent or carer	44	1	Parent or carer	46
2	School nurse	33	2	Friends	37
3	Friends	24	3	School nurse	29
4	Teacher	20	4	The internet/social media	16
5	Sexual health clinic	18	5	Teacher	14
6	The internet/social media	16	6	Brother or sister	13
7	GP	13	7	Sexual health clinic	13
8	Another adult I trust	13	8	GP	12
9	Other	13	9	Another adult I trust	12
10	Brother or sister	11	10	Other	10

School nurse

58% of pupils responded that they know how to contact the school nurse, while 18% said they are 'not sure' if they do.

Q50. Percentage answering that they know how to contact the school nurse.

	BaNES	
	Yr 8	Yr 10
Boys	54	67
Girls	55	59

21% of pupils responded that they think they would go to the school nurse if they wanted support, information or advice, while 36% said they 'don't know' if they would.

Q51a. Percentage answering that they think they would go to the school nurse if they wanted support, information or advice.

	BaNES	
	Yr 8	Yr 10
Boys	20	22
Girls	19	24

13% of pupils responded that they would contact the school nurse if they wanted support, information or advice about emotional or mental health issues; 11% said they would about physical health issues.

Q51b. Percentage of pupils responding that they would contact the school nurse about the following if they wanted support, information or advice:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Emotional or mental health issues	11	12	11	17	13
Physical health issues	13	9	12	11	11
Information about other services	5	3	5	6	5
Referral to another service	4	3	4	5	4
Other issues	7	6	7	8	7

13% of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so during school time, while 7% said they would prefer to do so after school.

Q52. Percentage of pupils responding that, if they wanted to talk to the school nurse, they would prefer to do so at the following times:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Before school	6	3	4	4	4
During school time	11	11	13	16	13
After school	7	6	7	6	7
During the school holidays	1	1	1	1	1
Don't know	3	4	4	4	4

18% of pupils responded that, if they wanted to talk to the school nurse, they would prefer to do so in person, while 4% said they would prefer to do so by email.

Q53. Percentage of pupils responding that, if they wanted to talk to the school nurse, they would prefer to do so by the following method:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
In person	17	16	20	21	18
Over the phone	3	3	3	1	3
By text	4	3	3	4	3
By email	4	4	4	4	4
Via an online forum/social media	0	1	2	1	1
Other	0	1	1	0	1

Staying Safe

Accidents

29% of pupils responded that they have had a serious injury in the last 12 months.

Q54a. Percentage answering that they have had a serious injury in the last 12 months.

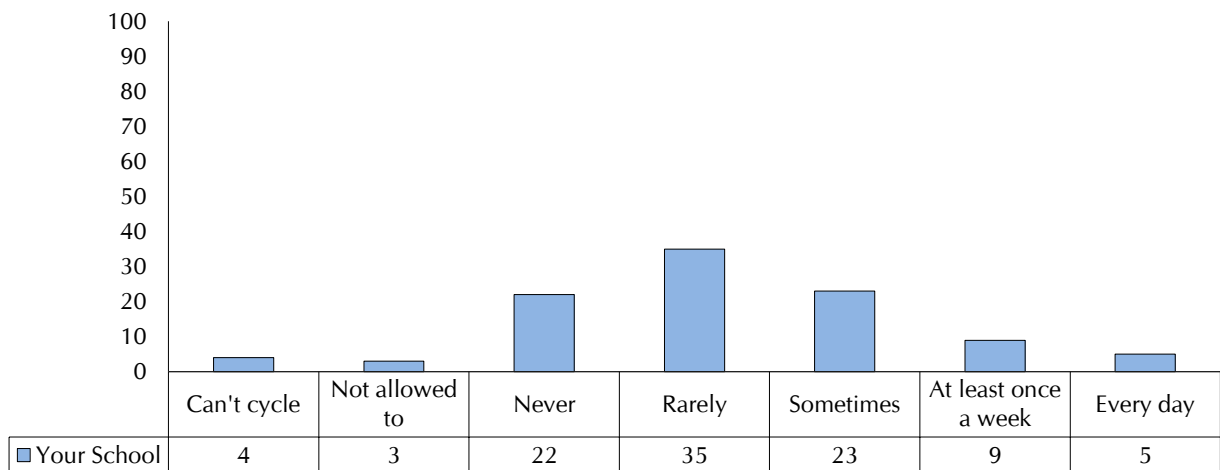
	BaNES	
	Yr 8	Yr 10
Boys	36	34
Girls	24	21

Q54b. Percentage of pupils responding that they have had a serious injury at the following places in the last 12 months (top 3):

Boys			Girls		
1	Sports field	12	1	At school	6
2	At school	10	2	At home	6
3	In a public place	8	3	Other	5

Cycling

Q55. How often do you cycle on the road?



4% of pupils responded that they can't cycle.

Q55. Percentage answering that they can't cycle.

	BaNES	
	Yr 8	Yr 10
Boys	4	4
Girls	4	5

25% of pupils responded that they are either not allowed to cycle on the road, or 'never' cycle on the road, while 35% said they 'rarely' do.

Q55. Percentage answering that they are either not allowed to cycle on the road, or 'never' cycle on the road.

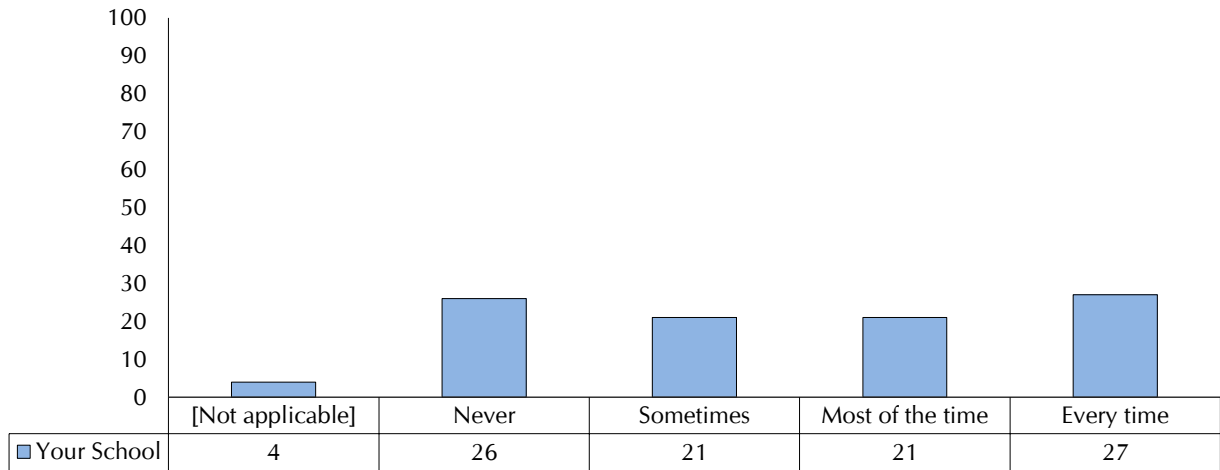
	BaNES	
	Yr 8	Yr 10
Boys	13	16
Girls	28	41

13% of pupils responded that they cycle on the road 'at least once a week' or 'every day'.

Q55. Percentage answering that they cycle on the road 'at least once a week' or 'every day'.

	BaNES	
	Yr 8	Yr 10
Boys	23	22
Girls	5	3

Q56. When you cycle, do you wear a safety helmet?



26% of pupils responded that they 'never' wear a safety helmet when they cycle, while 21% said they do so 'sometimes'.

Q56. Percentage answering that they 'never' wear a safety helmet when they cycle.

	BaNES	
	Yr 8	Yr 10
Boys	21	34
Girls	18	33

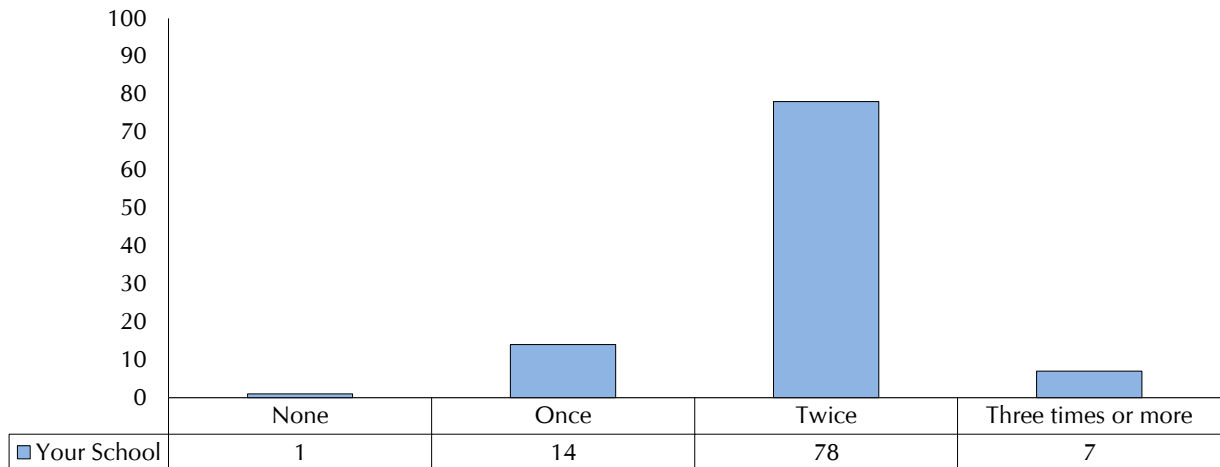
48% of pupils responded that they wear a safety helmet 'most of the time' or 'every time' they cycle.

Q56. Percentage answering that they wear a safety helmet 'most of the time' or 'every time' they cycle.

	BaNES	
	Yr 8	Yr 10
Boys	53	38
Girls	58	41

Dental care

Q57. How many times did you clean your teeth yesterday?



1% of pupils responded that they did not clean their teeth at all on the day before the survey.

Q57. Percentage answering that they did not clean their teeth at all yesterday.

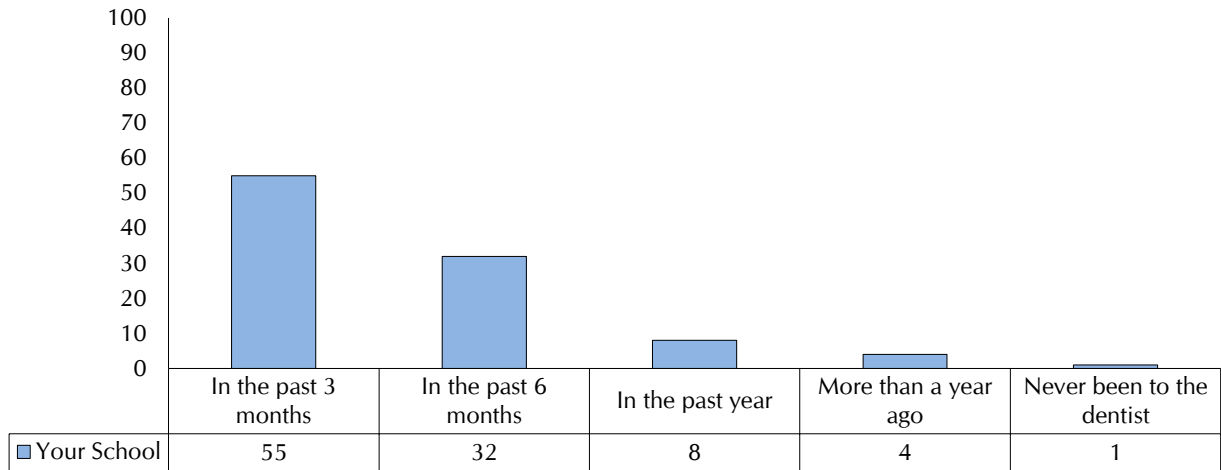
	BaNES	
	Yr 8	Yr 10
Boys	1	2
Girls	1	1

85% of pupils responded that they cleaned their teeth at least twice on the day before the survey.

Q57. Percentage answering that they cleaned their teeth at least twice yesterday.

	BaNES	
	Yr 8	Yr 10
Boys	81	81
Girls	88	92

Q58. How long ago did you last visit the dentist?



87% of pupils responded that they have visited the dentist in the past 6 months; 55% of these said they have been in the past 3 months.

Q58. Percentage answering that they have visited the dentist in the past 6 months.

	BaNES	
	Yr 8	Yr 10
Boys	87	87
Girls	89	89

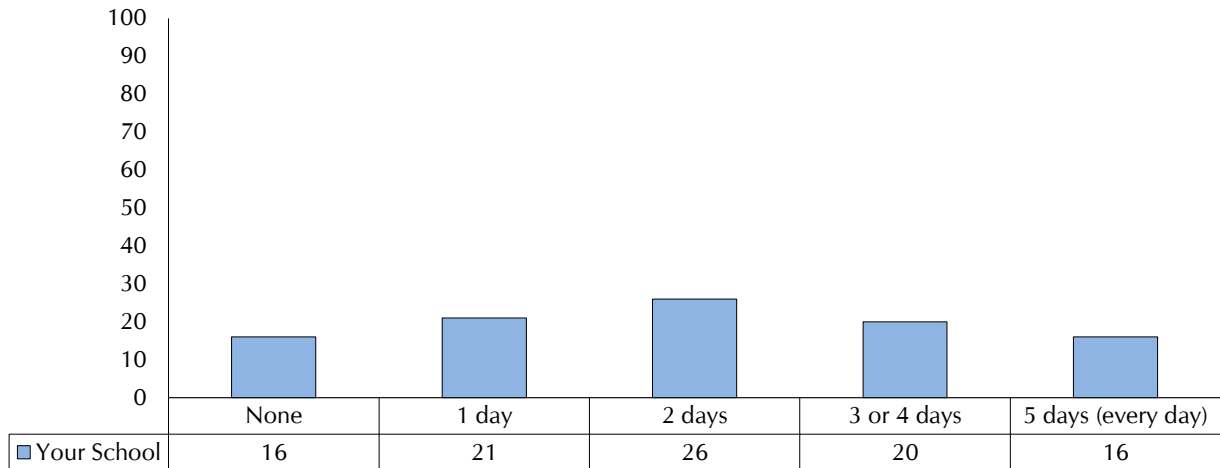
4% of pupils responded that they last visited the dentist more than a year ago, while 1% said they have never been to the dentist.

Q58. Percentage answering that they either last visited the dentist more than a year ago or have never been.

	BaNES	
	Yr 8	Yr 10
Boys	5	5
Girls	3	4

Sleeping patterns

Q59. How many days last week did you find it hard to concentrate at school because you felt tired or sleepy?



16% of pupils responded that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.

Q59. Percentage answering that they didn't find it hard to concentrate at school due to tiredness in the week before the survey.

BaNES

	Yr 8	Yr 10
Boys	21	18
Girls	17	7

36% of pupils responded that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

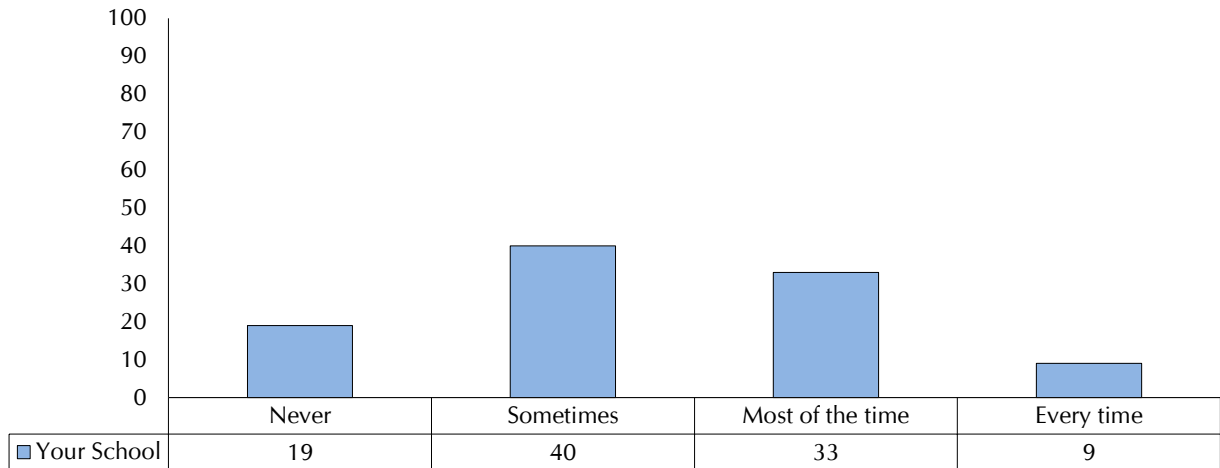
Q59. Percentage answering that they found it hard to concentrate at school due to feeling tired or sleepy on at least 3 days in the week before the survey.

BaNES

	Yr 8	Yr 10
Boys	26	33
Girls	34	51

Sun care

Q60. When it is sunny, how often do you do something to avoid sunburn?



19% of pupils responded that they 'never' do anything to avoid sunburn when it is sunny.

Q60. Percentage answering that they 'never' try anything to avoid sunburn.

	BaNES	
	Yr 8	Yr 10
Boys	19	29
Girls	13	16

42% of pupils responded that they do something to avoid sunburn 'most of the time' or 'every time' when it is sunny.

Q60. Percentage answering that they do something to avoid sunburn 'most of the time' or 'every time' when it is sunny.

	BaNES	
	Yr 8	Yr 10
Boys	40	29
Girls	52	42

Local area

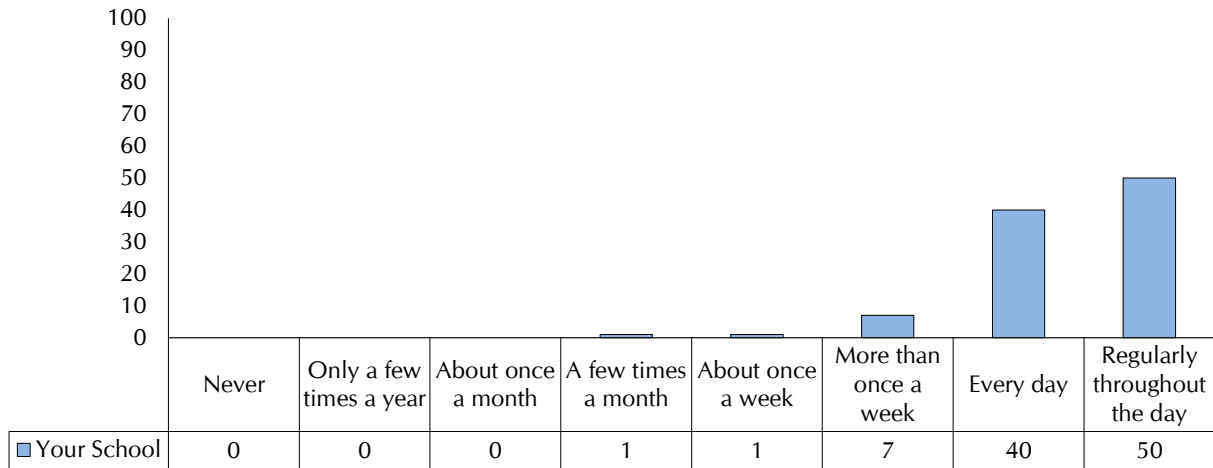
48% of pupils responded that they feel 'not safe at all' or 'not very safe' when out at night.

Q61. Percentage of pupils responding that they feel 'not safe at all' or 'not very safe' when they are in the following situations:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Out during the day	4	6	5	4	5
Out at night	46	61	26	54	48
Going to and from school	5	7	5	6	6
At school	9	9	6	6	8

Internet safety

Q62. How often do you use the internet?



98% of pupils responded that they usually go on the internet at least 'about once a week'.

Q62. Percentage answering that they usually go on the internet at least 'about once a week'.

	BaNES	
	Yr 8	Yr 10
Boys	97	98
Girls	99	100

90% of pupils responded that they usually go on the internet at least 'every day'; 50% said they do so 'regularly throughout the day'.

Q62. Percentage answering that they usually go on the internet at least 'every day'.

	BaNES	
	Yr 8	Yr 10
Boys	86	95
Girls	85	96

Q63. Percentage of pupils responding that they access the internet on the following devices:

Boys			Girls		
1	Mobile phone or smartphone	87	1	Mobile phone or smartphone	95
2	Home computer or laptop	72	2	Home computer or laptop	64
3	Personal tablet	50	3	Personal tablet	43
4	School computer or laptop	40	4	School computer or laptop	32
5	Other	21	5	School tablet	10
6	School tablet	9	6	Other	6
7	eBook	2	7	eBook	2

68% of pupils responded that they access the internet on a computer or laptop at home.

Q63. Percentage answering that they access the internet on a computer or laptop at home.

BaNES		
	Yr 8	Yr 10
Boys	74	71
Girls	66	61

36% of pupils responded that they access the internet on a computer or laptop at school.

Q63. Percentage answering that they access the internet on a computer or laptop at school.

BaNES		
	Yr 8	Yr 10
Boys	37	43
Girls	34	29

47% of pupils responded that they access the internet on a personal tablet.

Q63. Percentage answering that they access the internet on a personal tablet.

BaNES		
	Yr 8	Yr 10
Boys	51	48
Girls	47	39

91% of pupils responded that they access the internet on a mobile phone or smartphone.

Q63. Percentage answering that they access the internet on a mobile phone or smartphone.

BaNES		
	Yr 8	Yr 10
Boys	84	91
Girls	93	98

85% of pupils responded that they use the internet for entertainment; 79% said they use it for chatting and 75% said they use it for school work.

Q64. Percentage of pupils responding that they use the internet for the following:

Boys			Girls		
1	Entertainment (e.g. iPlayer, YouTube etc.)	84	1	Entertainment (e.g. iPlayer, YouTube etc.)	86
2	Chatting (e.g. Skype, Snapchat etc.)	73	2	Chatting (e.g. Skype, Snapchat etc.)	85
3	Social media (e.g. Twitter, Facebook etc.)	71	3	Social media (e.g. Twitter, Facebook etc.)	83
4	School work	71	4	School work	79
5	Playing games solo	62	5	Looking at web pages about my hobbies and interests	39
6	Playing games remotely with others	61	6	Playing games solo	26
7	Looking at web pages about my hobbies and interests	53	7	Looking at web pages for help and advice	18
8	Looking at web pages for help and advice	19	8	Other	9
9	Other	16	9	Playing games remotely with others	9
10	Updating my blog/webpage	5	10	Updating my blog/webpage	3

47% of pupils responded that they have seen images, videos or content online that upset them.

Q65. Percentage answering that they have seen pictures online that upset them.

	BaNES	
	Yr 8	Yr 10
Boys	36	44
Girls	50	58

59% of boys and 35% of girls responded that they have seen images, videos or content online that were intended for over-18s.

Q66a. Percentage answering that they have seen images, videos or content online that were intended for over-18s.

	BaNES	
	Yr 8	Yr 10
Boys	48	72
Girls	25	46

44% of boys and 7% of girls responded that they have looked online for pornographic images, films or games.

Q66b. Percentage answering that they have looked online for pornographic images, films or games.

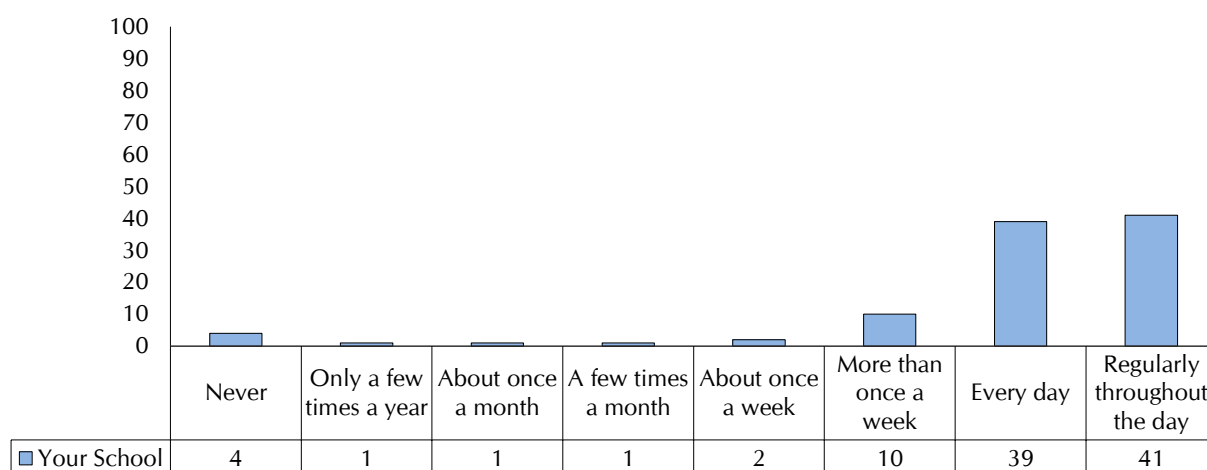
	BaNES	
	Yr 8	Yr 10
Boys	30	62
Girls	5	9

50% of boys and 14% of girls responded that they have looked online for very violent images, films or games.

Q66c. Percentage answering that they have looked online for very violent images, films or games.

	BaNES	
	Yr 8	Yr 10
Boys	45	56
Girls	12	17

Q67. How often do you usually use the internet to chat with others, use online gaming or social networking sites (e.g. Snapchat, Twitter, Instagram, WhatsApp)?



4% of pupils responded that they 'never' use the internet to chat with others, or use online gaming or social networking sites, while 1% said they do so 'only a few times a year'.

Q67. Percentage answering that they 'never' use the internet to chat with others, or use online gaming or social networking sites.

	BaNES	
	Yr 8	Yr 10
Boys	5	3
Girls	4	2

92% of pupils responded that they use the internet to chat with others, or use online gaming or social networking sites at least 'about once a week'.

Q67. Percentage answering that they use the internet to chat with others, or use online gaming or social networking sites at least 'about once a week'.

	BaNES	
	Yr 8	Yr 10
Boys	87	93
Girls	93	97

80% of pupils responded that they use the internet to chat with others, or use online gaming or social networking sites at least 'every day'; 41% said they do so 'regularly throughout the day'.

Q67. Percentage answering that they use the internet to chat with others, or use online gaming or social networking sites at least 'every day'.

	BaNES	
	Yr 8	Yr 10
Boys	67	82
Girls	79	93

97% of pupils responded that they know how to stay safe online.

Q68a. Percentage answering that they know how to stay safe online.

	BaNES	
	Yr 8	Yr 10
Boys	95	95
Girls	98	99

80% of pupils responded that they got e-safety information from school, while 57% said they got it from a parent or carer.

Q68b. Percentage of pupils responding that they got their e-safety information from the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
School	80	88	70	82	80
Parent or carer	57	65	46	59	57
Friends	20	23	22	27	23
Advice online	14	8	14	15	13
Other	15	8	19	9	13

25% of pupils responded that they have received a message online or by text which scared them or made them upset.

Q69a. Percentage of pupils responding that they have received the following either online or by text:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
A chat message that scared or upset them	15	29	16	37	25
An image of someone that they felt was inappropriate	16	17	23	36	22
An image of themselves that they have been embarrassed or upset about	14	17	14	22	17
None of these	67	58	64	43	58

25% of pupils responded that they have received one of the things in Q69a and deleted it.

Q69b. Percentage of pupils responding that, if they have received any of the things in Q69a, they did the following:

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Deleted it	21	24	19	34	25
Sent it to someone else	3	4	4	6	4
Informed a responsible adult	6	14	3	12	9
Informed the person the message was about or who was in the picture	6	9	6	10	8
Other	7	11	11	14	11

19% of pupils responded that they have texted or sent images of themselves that they later regretted.

Q70. Percentage answering that they have texted or sent images of themselves that they later regretted.

	BaNES	
	Yr 8	Yr 10
Boys	15	22
Girls	18	22

Enjoying & Achieving

School lessons

85% of pupils responded that their school covers internet safety 'fairly' or 'very' well; 46% said the same of citizenship.

Q43. Percentage of pupils responding that they think their school covers the following topics 'fairly' or 'very' well:

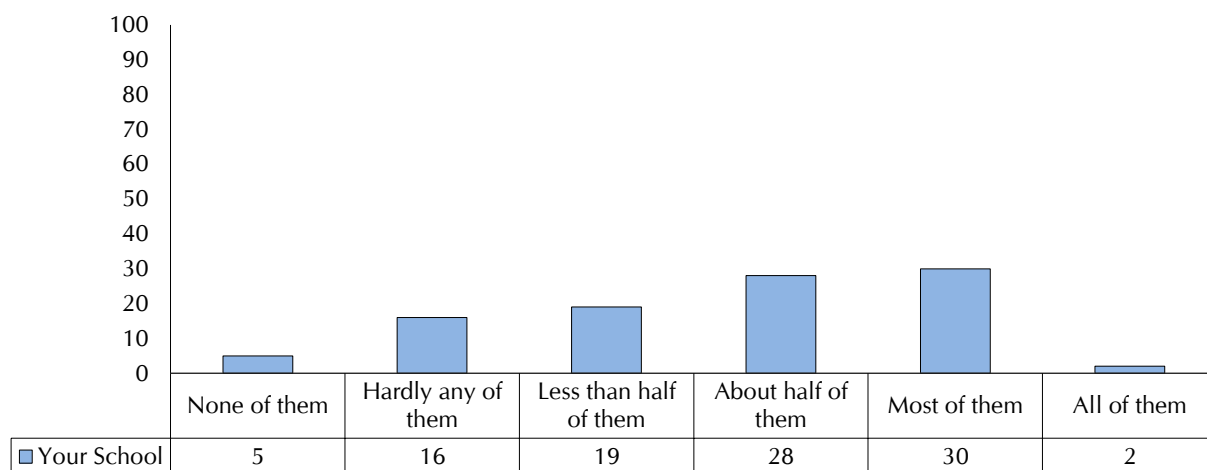
	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	41	33	27	17	30
Citizenship	55	53	41	35	46
Drugs, alcohol and smoking	74	75	71	66	72
Emotional health and wellbeing	75	66	66	50	64
Healthy eating	76	73	63	58	68
Physical activity	85	86	82	78	83
Bullying	76	74	68	63	70
Personal safety	78	79	71	66	73
Internet safety	87	89	79	84	85
Gender identity	59	50	51	36	49
Sexuality	61	51	56	40	51
Healthy relationships/consent	62	54	68	62	61
Other sex education	56	52	73	62	60
Cultural awareness/understanding	68	63	59	51	60

17% of pupils responded that their school covers managing money 'not at all well'; 14% said the same of gender identity.

Q43. Percentage of pupils responding that they think their school covers the following topics 'not at all well':

	Year 8		Year 10		Total
	Boys	Girls	Boys	Girls	
Managing money	11	11	20	25	17
Citizenship	7	9	15	18	12
Drugs, alcohol and smoking	5	5	8	11	7
Emotional health and wellbeing	7	8	10	15	10
Healthy eating	6	5	8	12	8
Physical activity	3	3	5	6	4
Bullying	8	9	12	13	11
Personal safety	4	4	7	10	6
Internet safety	3	3	6	6	4
Gender identity	7	12	13	22	14
Sexuality	7	12	14	21	14
Healthy relationships/consent	7	10	8	11	9
Other sex education	7	8	8	12	9
Cultural awareness/understanding	6	6	10	14	9

Q71. How many lessons do you enjoy at school?



21% of pupils responded that they enjoy 'none' or 'hardly any' of their lessons at school.

Q71. Percentage answering that they enjoy 'none' or 'hardly any' of their lessons at school.

BaNES		
	Yr 8	Yr 10
Boys	21	19
Girls	20	22

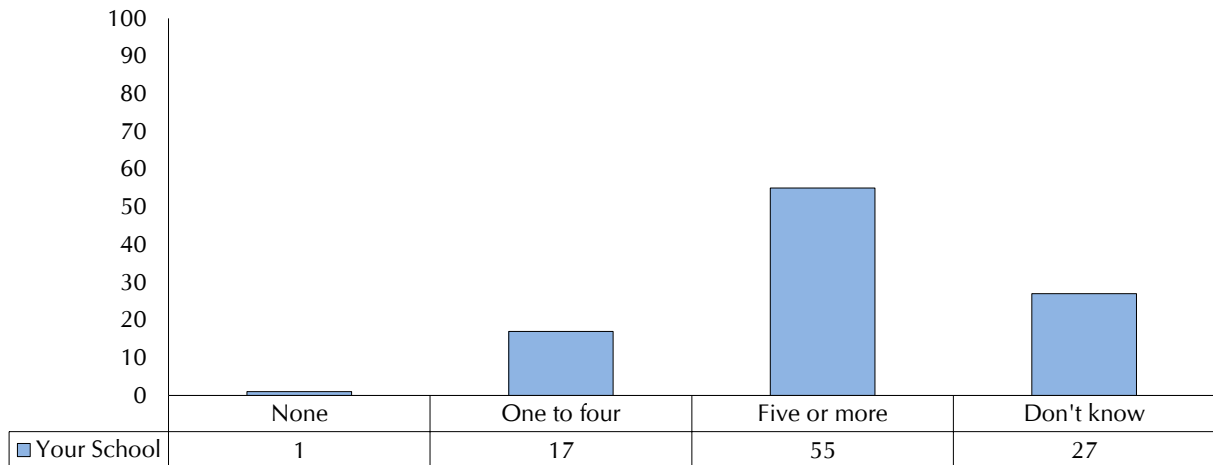
32% of pupils responded that they enjoy 'most' or 'all' of their lessons at school.

Q71. Percentage answering that they enjoy 'most' or 'all' of their lessons at school.

BaNES		
	Yr 8	Yr 10
Boys	31	35
Girls	36	28

GCSEs – Years 8, 9, 10 & 11

Q72a. How many GCSEs do you expect to take?



1% of pupils responded that they don't expect to take any GCSEs.

Q72a. Percentage answering that they don't expect to take any GCSEs.

	BaNES	
	Yr 8	Yr 10
Boys	2	1
Girls	0	0

17% of pupils responded that they expect to take one to four GCSEs.

Q72a. Percentage answering that they expect to take one to four GCSEs.

	BaNES	
	Yr 8	Yr 10
Boys	21	20
Girls	15	11

55% of pupils responded that they expect to take five or more GCSEs.

Q72a. Percentage answering that they expect to take five or more GCSEs.

	BaNES	
	Yr 8	Yr 10
Boys	43	62
Girls	45	73

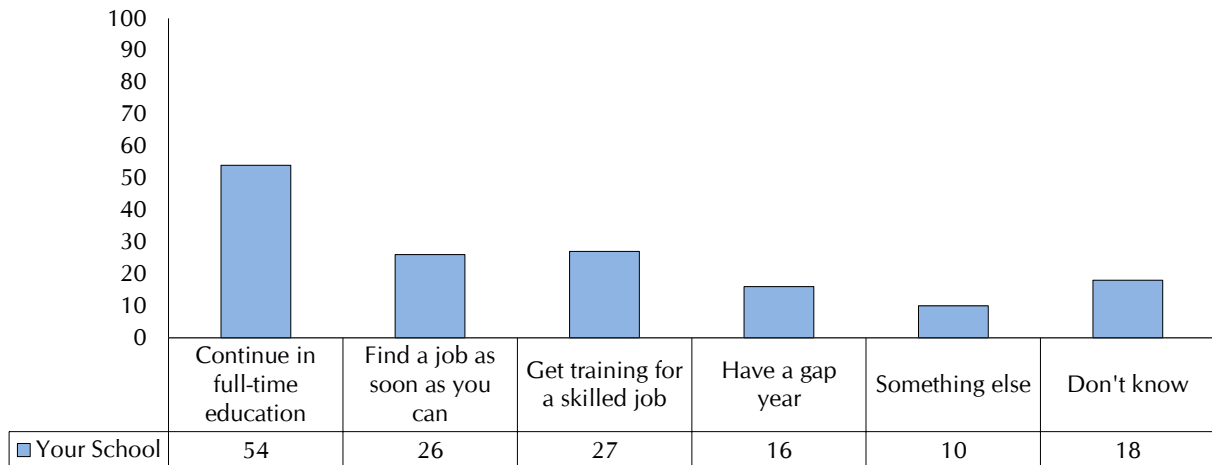
59% of pupils responded that they expect to get mostly good GCSE grades, while 8% said they don't expect to get good grades.

Q72b. Percentage answering that they expect to get good GCSE grades.

	BaNES	
	Yr 8	Yr 10
Boys	61	61
Girls	58	57

Future plans

Q73. What do you want to do when you leave school?



54% of pupils responded that they want to continue in full-time education when they leave school.

Q73. Percentage wanting to continue in full time education when they leave school.

	BaNES	
	Yr 8	Yr 10
Boys	47	49
Girls	59	63

26% of pupils responded that they want to find a job as soon as they can when they leave school.

Q73. Percentage wanting to find a job as soon as they can when they leave school.

	BaNES	
	Yr 8	Yr 10
Boys	28	26
Girls	26	24

27% of pupils responded that they want to get training for a skilled job when they leave school.

Q73. Percentage wanting to get training for a skilled job when they leave school.

	BaNES	
	Yr 8	Yr 10
Boys	32	26
Girls	28	22

16% of pupils responded that they want to have a gap year when they leave school.

Q73. Percentage wanting to have a gap year when they leave school.

	BaNES	
	Yr 8	Yr 10
Boys	12	16
Girls	17	20

Views and opinions

36% of pupils responded that they feel their achievements are recognised at school, while 29% feel they are not recognised.

57% of pupils responded that they feel their achievements are recognised outside school, while 14% feel they are not recognised.

26% of pupils responded that they feel their views and opinions make a difference to decisions at school, while 37% feel they do not make a difference.

49% of pupils responded that they feel their views and opinions make a difference to decisions outside school, while 16% feel they do not make a difference.

Q74a. Percentage answering that they feel their achievements are recognised at school.

	BaNES	
	Yr 8	Yr 10
Boys	45	32
Girls	39	27

Q74b. Percentage answering that they feel their achievements are recognised outside school.

	BaNES	
	Yr 8	Yr 10
Boys	64	58
Girls	58	51

Q75a. Percentage answering that they feel their views and opinions make a difference at school.

	BaNES	
	Yr 8	Yr 10
Boys	33	25
Girls	30	16

Q75b. Percentage answering that they feel their views and opinions make a difference outside school.

	BaNES	
	Yr 8	Yr 10
Boys	51	49
Girls	50	47

Bullying

32% of pupils responded that they at least 'sometimes' feel afraid of going to school because of bullying.

4% of pupils responded that they have bullied someone at or near home in the last 12 months.

4% of pupils responded that they have bullied someone on their way to or from school in the last 12 months.

5% of pupils responded that they have bullied someone online in the last 12 months.

2% of pupils responded that they have bullied someone on school transport in the last 12 months.

10% of pupils responded that they bullied someone at one or more of the places listed in the last 12 months.

Q76. Percentage answering that they at least 'sometimes' feel afraid of going to school because of bullying.

	BaNES	
	Yr 8	Yr 10
Boys	30	20
Girls	42	33

Q77a. Percentage answering that they have bullied someone at or near home in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	4	4
Girls	3	5

Q77b. Percentage answering that they have bullied someone on their way to or from school in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	5	4
Girls	2	3

Q77c. Percentage answering that they have bullied someone online in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	6	6
Girls	3	6

Q77d. Percentage answering that they have bullied someone on school transport in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	3	3
Girls	2	2

Q77. Percentage answering that they bullied someone at one or more of the places listed in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	3	3
Girls	2	2

7% of pupils responded that they have been bullied at or near home in the last 12 months.

Q78a. Percentage answering that they have been bullied at or near home in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	7	4
Girls	8	5

11% of pupils responded that they have been bullied on their way to or from school in the last 12 months.

Q78b. Percentage answering that they have been bullied on their way to or from school in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	12	8
Girls	12	10

12% of pupils responded that they have been bullied online in the last 12 months.

Q78b. Percentage answering that they have been bullied online in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	11	8
Girls	16	14

5% of pupils responded that they have been bullied on school transport in the last 12 months.

Q78d. Percentage answering that they have been bullied on school transport in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	6	2
Girls	7	4

20% of pupils responded that they have been bullied at one or more of the places listed in the last 12 months.

Q78. Percentage answering that they have been bullied at one or more of the places listed in the last 12 months.

	BaNES	
	Yr 8	Yr 10
Boys	20	14
Girls	25	19

41% of pupils responded that they were teased/made fun of in the month before the survey and 31% said they were called nasty names. 43% said none of the things listed happened to them.

Q79. Percentage of pupils responding that the following things happened to them in the month before the survey:

Boys			Girls		
1	Been teased/made fun of	40	1	Been teased/made fun of	41
2	Called nasty names	27	2	Called nasty names	33
3	Pushed/hit for no reason	25	3	Pushed/hit for no reason	19
4	Had belongings taken/broken	15	4	Been ganged up on	12
5	Been threatened for no reason	11	5	Had belongings taken/broken	11
6	Been ganged up on	10	6	Seen nasty things written about them online	10
7	Seen nasty things written about them online	6	7	Received nasty/threatening text message	10
8	Received nasty/threatening text message	6	8	Been threatened for no reason	9
9	Been forced to do things they didn't want to do	5	9	Been forced to do things they didn't want to do	7
10	Received nasty/threatening message in a chat room	4	10	Received nasty/threatening message in a chat room	5

32% of pupils responded that they think they are being picked on or bullied because of the way they look; 24% said they think they are because of their size or weight.

Q80. Percentage of pupils responding that they think they are being picked on or bullied because of the following:

Boys			Girls		
1	The way they look	25	1	The way they look	39
2	Other	24	2	Their size or weight	27
3	Their size or weight	21	3	Other	23
4	Their interests or hobbies	15	4	Their interests or hobbies	15
5	People think they are gay, lesbian, bisexual or transgender	8	5	Academic achievement	10
6	Their race	6	6	People think they are gay, lesbian, bisexual or transgender	6
7	Academic achievement	6	7	Their race	5
8	A learning difficulty	4	8	Their religion	4
9	Family income	3	9	Family income	4
10	A disability	3	10	Their gender	4

53% of pupils responded that they think their school takes bullying seriously, while 22% think it doesn't take bullying seriously and 26% said they 'don't know' if it does.

Q81. Percentage answering that they think their school takes bullying seriously.

BaNES		
	Yr 8	Yr 10
Boys	65	54
Girls	54	39

Problem solving

63% of pupils responded that they would turn to a parent or carer for support if they had problems with school, while 28% would turn to a teacher and 40% would turn to friends.

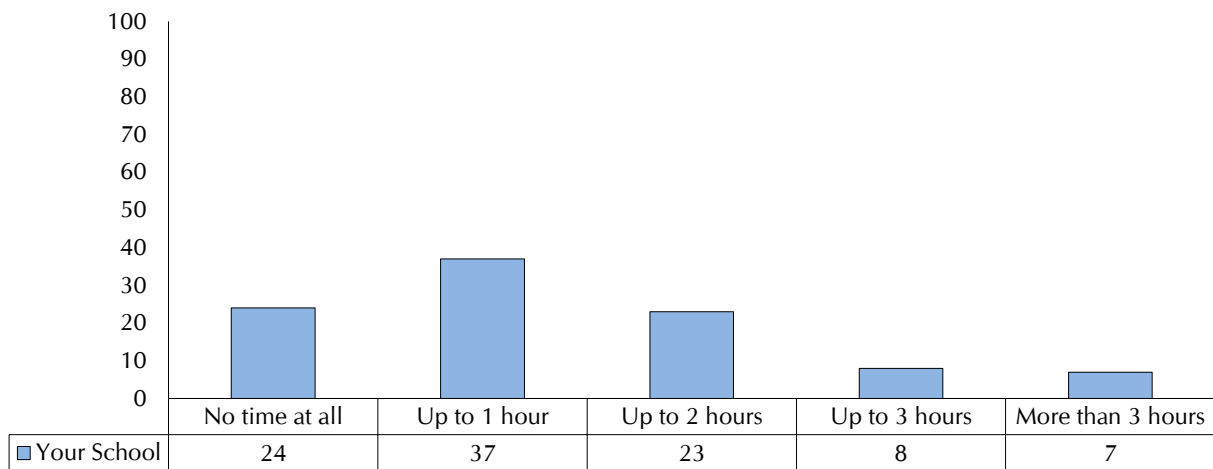
Q82. Percentage of pupils responding that they would turn to the following sources of support if they had problems with....:

	Teacher	School nurse	GP	Parent or carer	Another adult they trust	Brother or sister	Friends	The internet	Helplines	Keep it to themselves
Boys										
School	32	4	1	60	16	14	32	4	1	12
Family	9	3	1	41	20	19	32	3	1	15
Friendships	10	1	1	47	12	13	34	3	0	18
Health (incl. drugs, alcohol, sex)	10	12	6	46	11	12	22	5	1	21
The way they look	4	2	1	39	9	12	21	3	0	35
Girls										
School	25	3	0	67	17	23	48	4	1	10
Family	9	3	1	32	18	22	53	3	1	15
Friendships	12	1	0	60	14	25	35	4	1	12
Health (incl. drugs, alcohol, sex)	6	12	6	44	10	14	31	5	1	20
The way they look	3	2	1	42	10	17	42	5	1	27

After-school activities

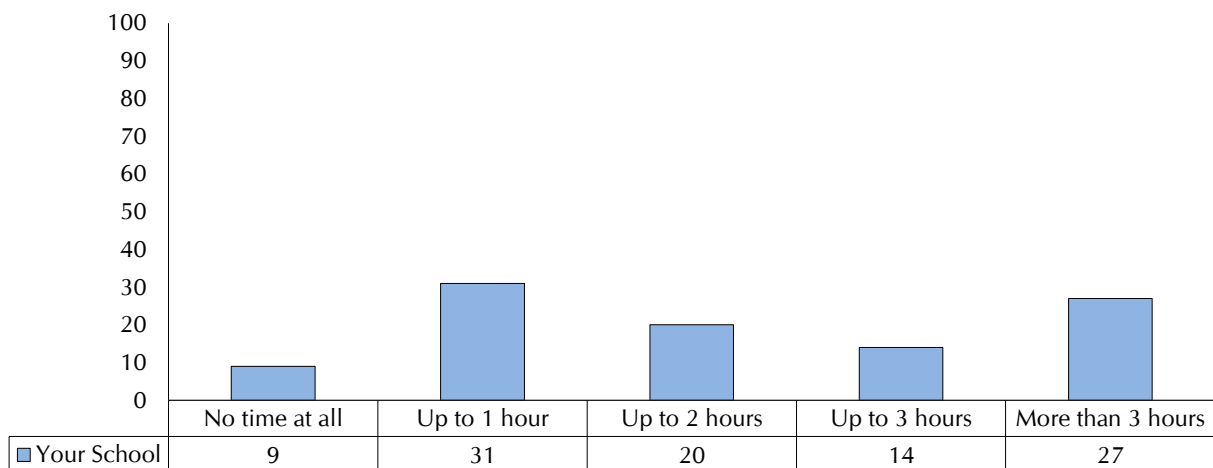
76% of pupils responded that they watched TV programmes or films after school on the day before the survey; 16% said they did so for over 2 hours.

Q83. How long did you spend doing each of these things below after school yesterday? Watching TV programmes or films:



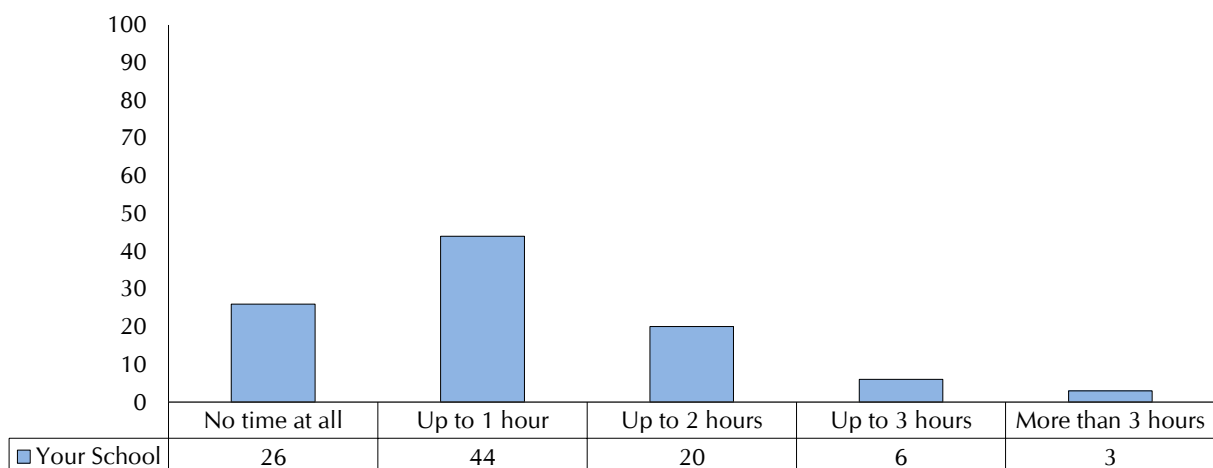
91% of pupils responded that they went on the internet/social media after school on the day before the survey; 40% said they did so for over 2 hours.

Q83. How long did you spend doing each of these things below after school yesterday? Going on the internet/social media:



73% of pupils responded that they did homework after school on the day before the survey; 9% said they did so for over 2 hours.

Q83. How long did you spend doing each of these things below after school yesterday? Doing homework:



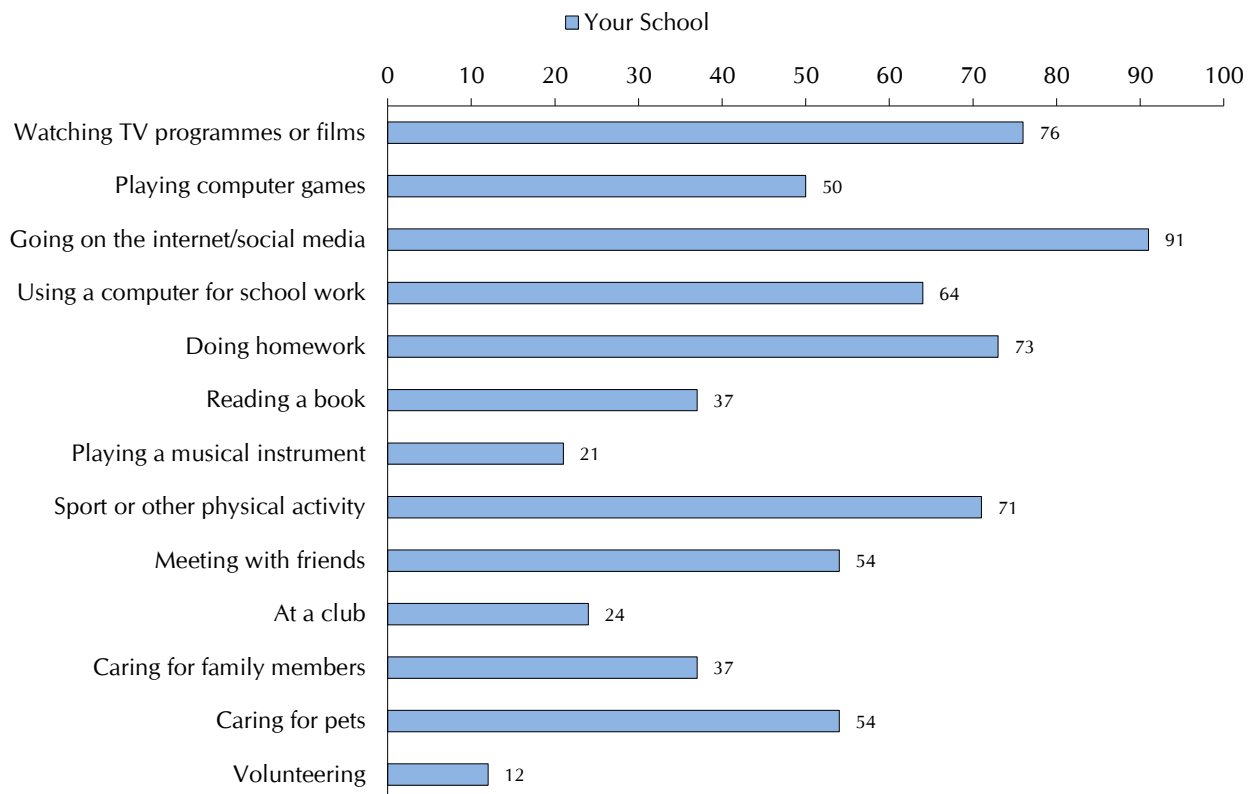
71% of pupils responded that they did sport or other physical activity after school on the day before the survey, while 37% said they read a book.

Q83. Percentage of pupils responding that they spent time doing the following after school on the day before the survey:

Boys	No time	Up to 1 hour	Up to 2 hours	Up to 3 hours	More than 3 hours
Watching TV programmes or films	25	39	20	7	8
Playing computer games	22	22	19	14	23
Going on the internet/social media	10	35	19	12	23
Using a computer for school work	33	44	15	4	4
Doing homework	28	46	18	5	3
Reading a book	65	27	5	2	2
Playing a musical instrument	79	14	4	1	1
Sport or other physical activity	23	26	25	11	15
Meeting with friends	42	19	13	8	17
At a club (e.g. Cadets, Scouts, Guides etc.)	74	9	10	3	3
Caring for family members	60	24	7	3	5
Caring for pets	47	37	7	3	6
Volunteering	86	9	3	1	1

Girls	No time	Up to 1 hour	Up to 2 hours	Up to 3 hours	More than 3 hours
Watching TV programmes or films	22	37	25	9	7
Playing computer games	76	13	5	2	3
Going on the internet/social media	7	27	21	15	29
Using a computer for school work	37	40	16	4	3
Doing homework	25	43	21	7	3
Reading a book	61	28	7	2	2
Playing a musical instrument	78	16	4	1	1
Sport or other physical activity	34	31	19	7	8
Meeting with friends	48	18	10	7	16
At a club (e.g. Cadets, Scouts, Guides etc.)	78	8	9	2	2
Caring for family members	65	20	7	3	5
Caring for pets	44	36	9	3	7
Volunteering	89	6	3	1	1

Q83. Percentage of pupils responding that they spent (any) time doing the following after school on the day before the survey:



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Q38. (Individual self-esteem items) Percentage in each group giving a high esteem response:	44
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- ... Free resources about young people's health-related
behaviour: www.sheu.org.uk/node/366**

***We may also be able to introduce you to health and
education contacts, with money and resources, within your
local community***