

North East Lincolnshire Adolescent Lifestyle Survey 2011/12

Main Report
School Years 7-11
(Ages 11-16)

Public Health Intelligence Unit

Acknowledgments

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1. Key Points

General Characteristics

- English was the most common language, with an increasing number of pupils having Polish as their first language.
- The majority of pupils were of white British ethnicity; however the proportion of those not white British has increased since 2007.
- Most young people said they didn't have a religion.
- The percentage of students who received free school meals has increased since 2007.
- More males said they had a health problem than females. Of those with a health problem, most said it didn't stop them doing things they wanted to do.
- Most pupils who spent time caring for someone care for grandparents.

Food and Exercise

- Older students and female students were less likely to eat breakfast every day. Similarly older pupils and female students were less likely to eat lunch every day.
- Just over half of students said they ate between 1 and 3 portions of fruit and vegetables a day and just under a tenth said they don't eat any fruit or vegetables. Just 12.1% ate the RDA of 5 portions a day.
- Male students took part in more exercise per week than females and pupils who were very thin or very overweight were less likely to exercise.
- Females were generally less happy with their weight than males.
- The majority of pupils had been to see a dentist in the last 6 months and only small numbers of pupils needed to go because they were having problems with their teeth or were having work done.

Happiness and Home Life

- Most young people said they were happy about their life.
- Girls were more likely to feel sad or tearful than boys, whilst boys were more likely to feel bad tempered or angry than girls.
- A higher proportion of students said they wished they had a different kind of life in 2011 than in 2007.

- Young people found their best friend the easiest person to talk to if they had a problem.
- Only 16.1% said they would talk to another adult if they had a problem they couldn't talk to their parents about.
- Boys worried mostly about their future and getting a job. The main worry for girls was about the way they looked or their weight.
- Over half of girls worried a great deal or a lot about the way they looked within the last four weeks.

Smoking

- Most young people don't smoke.
- The adolescent smoking prevalence in North East Lincolnshire has continued to decline since 2004 & 2007.
- The highest smoking prevalence was for Y11 pupils and was higher amongst girls in Y11.
- The local smoking prevalence is higher than the England average; nationally 5% of secondary school aged children regularly smoked compared to 7% locally and 11% of Y11 pupils regularly smoked nationally compared to 17% locally.
- Most young people who smoke get their cigarettes from their friends and don't buy them from shops.
- Young people who smoke have worse emotional well-being than those who have never smoked.
- Young people who are eligible for free school meals are more likely to smoke and have someone at home who smokes.
- Pupils over estimated the number of young people who they thought smoked.

Alcohol

- The proportion of young people who have had a whole alcoholic drink has continued to decrease, however with a rate of 61% remains higher than the England average of 45%.
- Most young people who drink alcohol, only drink on special occasions.
- Of the young people who said they drink alcohol (not just on special occasions), the majority said they get their alcohol from their friends or parents.
- Females were more likely to have got really drunk in the last four weeks compared to males. Older pupils were also more likely to have been really drunk.
- Most young people who drink alcohol drink at home or a friend's home. Y11's in particular were highly likely to drink alcohol at a friend's home.

- The proportion of young people who drink alcohol in the street/ park and at the beach has declined.

Drugs

- The proportion of adolescents who have been offered drugs increased with advancing age.
- Of those who have been offered drugs most said they were offered drugs on the street or park.
- Most young people have not tried drugs, however this decreases with advancing age.
- Nationally 17.0% of young people have tried drugs, far higher than the local prevalence of 8.3%.
- Cannabis was the most commonly used drug, followed by 'legal highs'.
- 17% of Y11's said they have tried cannabis.
- Of those who have tried drugs, a quarter had used drugs in the last four weeks.

Sexual Health

- Pupils found most lessons relating to personal and social health very or quite useful.
- Young people said they would prefer to get advice about sex, contraception and STIs from their parents and from school lessons.
- Fewer pupils said they have had sex compared to 2004 and 2007.
- In years 10 and 11, girls were far more likely to have had sex than boys of the same age.
- Condoms were the most used method of contraception. More young people used condoms the last time they had sex compared to previous years.
- Use of LARC methods of contraception are on the increase.
- For most STIs, knowledge of whether or not they could be treated and cured has improved since 2004 and 2007.
- Young people said they would prefer to get advice or testing for STIs from the Hospital's Centre for Sexual Health or from their GP.
- Young people over estimated how many people their age had ever had sex.

Feeling Safe (Including Bullying & Domestic Violence)

- Most students felt safe in their neighbourhood during the day but only just over half felt safe at night.
- The number of students who have had awareness sessions on road safety, domestic violence, internet safety and personal safety has increased since 2007.
- Over half of all students said they had been a victim of bullying at some point during their education.
- The majority of bullying was verbal/ mental abuse and a large proportion of students felt they were being bullied because of the way they look.
- Being bullied because of race, disability, religion and sexuality was low and bullying as a result of social group had decreased since 2007.
- The majority of bullying victims said they would stick up for themselves or tell someone they are being bullied. Only a small number of pupils said they would stay away from school or phone a helpline if they were being bullied.
- Half of students who had been bullied said something was done when they told someone which was more than in 2007.
- Nearly all pupils said they would know what to do if they were being bullied.
- Over two thirds of students understand what domestic violence is which was less than in 2007. Younger pupils were the least likely to understand what domestic violence is.
- Less than a fifth of students had witnessed domestic violence and more females than males had witnessed domestic violence.
- Females were less likely to say they felt safe in their home.
- A small percentage (7%) of students had said they had been physically hurt by their boyfriend or girlfriend.
- 15% of pupils said they would like help and advice regarding domestic violence with a higher proportion of females asking for help than males.

School and Leisure

- Just over half of pupils said they would like to take part in games/ sports/ exercise/ gym after school.
- Almost a third of young people said that parks and play areas in their local area are bad or very bad.
- Better parks and play areas, more places to meet up with friends and cleaner streets would make the local area a better place to live.

- Most young people said that students in their class enjoy being together at least sometimes.

Getting Involved

- Over a third of pupils had taken part in a sports club in the last year but overall involvement in all out of school activities has decreased since 2007.
- The majority of pupils said they would get involved in organising school events but students felt there were fewer opportunities to get involved compared to 2007.
- Younger pupils felt there were lots more opportunities to be involved in school activities compared to older pupils.
- More pupils said there are opportunities to decide school rules and activities but less students said rules at school are fair compared to 2007.
- A fifth of students said they help younger pupils at school and raise money for charity.

The Future

- Over half of Y9-11s said the advice they got to help them chose subjects for Y10 was really good or good enough.
- Most young people chose the subjects for Y10 to help them get the job they wanted when they are older and/ or because they like/ are good at the subjects they chose.
- Most thought advice and guidance on careers was really good or good enough.
- The majority of young people thought it was very important to do well at school.
- Most young people wanted to do well at school to help them get on in life.
- Over half of those in Y9-11 want to go to university.
- Less than a third thought they would still be living in this area in 5/10 years' time.

This report presents the main findings from the Adolescent Lifestyle Survey. The 2011 survey was completed electronically using Survey Monkey, an online survey tool in school. The survey was completely anonymous and completed in a classroom environment in exam type conditions. Five out of 10 mainstream secondary schools/ academies in North East Lincolnshire took part in the survey. Pupils aged 11-16 (school years 7 to 11) took part. 2720 questionnaires were analysed and the key points follow in the next few pages. More details are in the rest of the report.

2. Background and Methodology

This report presents the main findings from the Adolescent Lifestyle Survey, more detailed analysis may be carried out on request from hazel.stevens@nelincs.gov.uk or philip.huntley@nelincs.gov.uk.

This is the third lifestyle survey carried out in secondary schools in North East Lincolnshire; the first survey was completed in 2004 and surveyed young people in school years 7 to 10, the second in 2007 which extended to pupils in year 11 and the most recent in 2011.

The 2011 survey was the first survey to be completed electronically using Survey Monkey, an online survey tool in school. 5 out of 10 mainstream secondary schools/ academies in North East Lincolnshire took part in the survey as well as the local further education colleges in North East Lincolnshire. Pupils aged 11-16 (school years 7 to 11) took part, and for the first time the survey extended to young people aged 16-18 years old.

2922 pupils in school years 7-11 took part in the survey, 202 spoilt questionnaires were removed leaving 2720 questionnaires for analysis and representing 29.4% of the Local Authorities 11-16 year old mainstream secondary school population, and 47.9% of the school population of all 5 schools who took part in the survey. A further 453 young people took part in the survey aged 16+, however this data is not included in the secondary school report.

The survey was completely anonymous and was completed in a classroom environment in exam type conditions. The questionnaire included questions from the 2004 and 2007 surveys to enable a comparison of adolescent lifestyles to be tracked over time. The survey also included a small number of questions from national surveys, to allow national comparisons to be made.

This report is for school years 7-11 only, the results from the 16+ survey will be made available in a separate report. Additionally, schools will receive their own data and report to develop their own action plans.

3. General characteristics

In total 2720 pupils in years 7 to 11 completed the 2011 survey. Table 1 shows the distribution of respondents by year group and sex. Slightly more males (51%) completed the survey than females (49%) and the number of responses received in year 8 which accounted for 27% of all responses.

Table 1 Number of responses received by year group and sex

Sex	Year 7		Year 8		Year 9		Year 10		Year 11		Total	
	No.	%	No.	%	No.	%	No.	%	No.	%	No.	%
Male	276	51%	388	54%	250	50%	183	47%	287	52%	1384	51%
Female	263	49%	326	46%	248	50%	205	53%	262	48%	1304	49%
Total	539	20%	714	27%	498	19%	388	14%	549	20%	2688	100%

May not total 100% due to rounding

Doesn't total 2720 as sex and school year data were missing for some respondents.

Nearly all pupils identified their ethnicity as white British (94.1%), fewer than in 2007 when 96.9% stated their ethnicity as white British. Black and minority ethnic groups including mixed, Asian and Chinese account for just under 6% of the total number of pupils.

Table 2 Ethnicity by year group

	Y7	Y8	Y9	Y10	Y11	Y7-11
White British	94.0%	95.4%	92.7%	93.3%	94.5%	94.1%
White Irish	0.2%	0.6%	1.2%	0.5%	0.7%	0.6%
White Traveller/ Gypsy	0.2%	0.0%	0.2%	0.0%	0.4%	0.1%
White Other	0.9%	1.0%	2.0%	1.8%	1.3%	1.3%
Black Caribbean	0.2%	0.0%	0.0%	0.0%	0.2%	0.1%
Black African	0.6%	0.1%	0.4%	1.0%	0.4%	0.4%
Black Other	0.4%	0.1%	0.2%	0.3%	0.4%	0.3%
Bangladeshi	0.2%	0.0%	0.0%	0.0%	0.4%	0.1%
Pakistani	0.2%	0.0%	0.0%	0.5%	0.0%	0.1%
Asian Other	0.0%	0.0%	0.2%	0.0%	0.2%	0.1%
Chinese	0.0%	0.1%	0.0%	0.5%	0.0%	0.1%
Arab	0.0%	0.0%	0.6%	0.3%	0.0%	0.1%
White and Black African	0.4%	0.0%	0.0%	0.3%	0.5%	0.2%
White and Asian	0.4%	0.1%	0.2%	0.3%	0.2%	0.2%
White and Black Caribbean	0.4%	0.4%	0.2%	0.5%	0.0%	0.3%
Any Other Mixed Background	0.8%	0.7%	0.4%	0.5%	0.0%	0.5%
Other	1.3%	1.4%	1.6%	0.3%	0.9%	1.2%

For the majority, the main language spoken at home was English for all year groups. In 2007, 99% spoke English as their first language this decreased to 96% in 2011. The second most common language was Polish, accountable for 1.1% (30 pupils) of responses, in 2007 just 0.1% (>5 pupils) spoke Polish; considering the increase in the number of young people speaking Polish at home and the increase in those who do not have a white British Ethnicity, it is likely that this is largely due to an increase in Polish migrants to the area, this is in line with the findings from the Migrants Health Needs Assessment for North East Lincolnshire (1). Other languages accounted for 1.6% of responses and included French, German, Spanish, Portuguese, Italian, Chinese and Farsi.

Table 3 What language do your parents speak to you at home? By year group

Language	Year 7	Year 8	Year 9	Year 10	Year 11	Total
English	96.2%	94.9%	96.0%	95.5%	95.9%	95.7%
Bengali	0.2%	0.0%	0.2%	0.0%	0.4%	0.1%
Polish	1.5%	0.8%	1.6%	0.8%	1.1%	1.1%
Pakistani	0.0%	0.3%	0.2%	0.3%	0.0%	0.1%
Portuguese	0.2%	0.0%	0.0%	0.0%	0.2%	0.1%
Somali	0.0%	0.1%	0.2%	0.3%	0.2%	0.1%
Russian	0.0%	0.4%	0.2%	0.5%	0.4%	0.3%
Kurdish	0.2%	0.0%	0.0%	0.0%	0.2%	0.1%
Urdu	0.2%	0.0%	0.0%	0.3%	0.2%	0.1%
Arabic	0.0%	0.3%	0.2%	0.5%	0.2%	0.2%
Latvian	0.0%	0.8%	0.0%	0.0%	0.2%	0.3%
Romanian	0.0%	0.3%	0.0%	0.5%	0.0%	0.1%
Other	1.6%	2.2%	1.4%	1.5%	1.2%	1.6%

May not total 100% due to rounding

Most pupils said they didn't have a religion (71.0%) but a quarter of students (25.2%) said they were Christian. There were only very small numbers of students who said their religion was Muslim (0.6%), Buddhist (0.5%) and Jewish (0.3%).

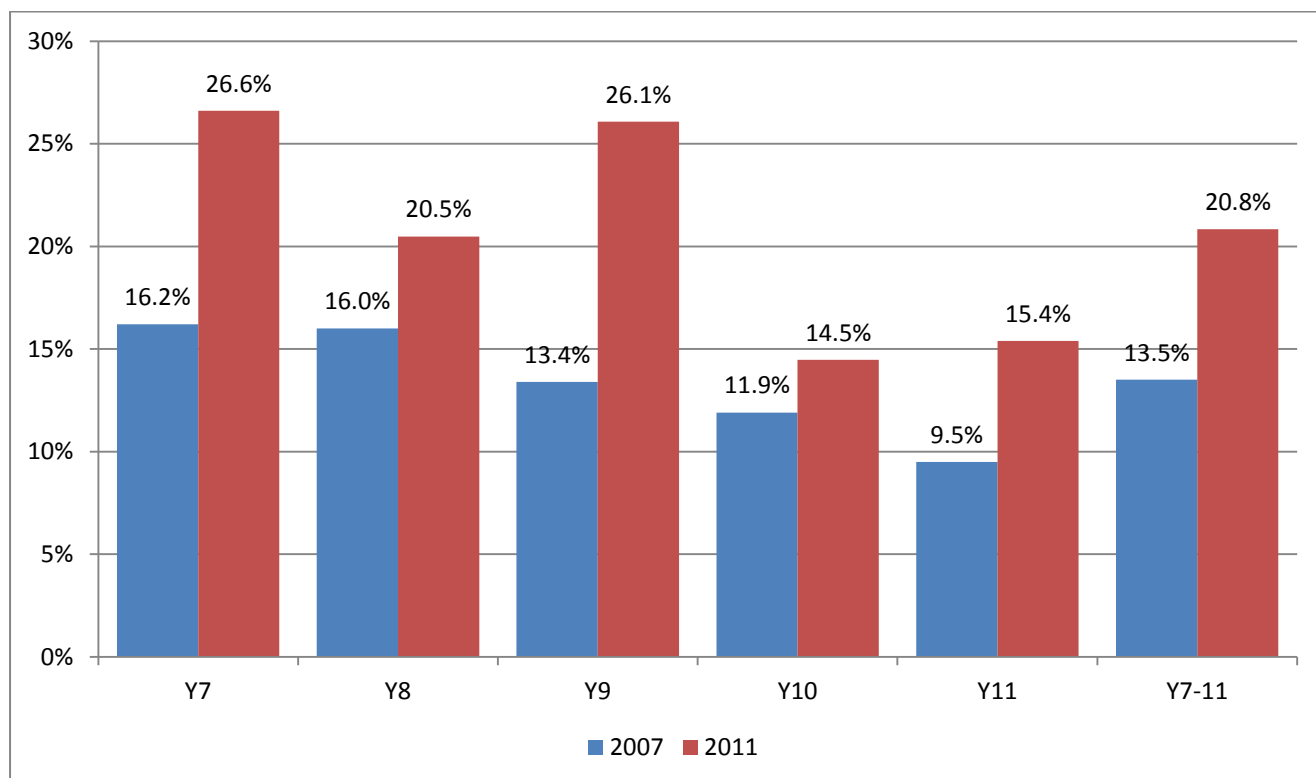
90% of pupils live with their mum but this percentage decreases with age from 94% in year 7 to 88% in year 11. Just over half of all students live with their dad (55%) and this too decreases by year group from 60% in year 7 to 50% in year 10. The percentage of pupils who lived with both parents decreased with age between year 7 and year 10 and on average just over half (51%) of pupils lived with both their parents (see Table 4). A large proportion of pupils (71%) live with at least one parent and sibling(s), just under a fifth (16%) live with a stepdad but only 3% live with a stepmum.

Table 4 Percentage of students who live with both their parent by year group

Year Group	% of student who live with both parents
Year 7	57%
Year 8	53%
Year 9	49%
Year 10	45%
Year 11	50%
Years 7-11	51%

Over a fifth of students (21%) received free school meals (FSM) which was considerably more than in 2007 when 14% of students received FSM. As shown in Figure 1 over a quarter of students in years 7 and 9 (27% and 26% respectively) received FSM.

Figure 1 Percentage of students who receive FSM by year compared to 2007



Over a tenth (12%) of pupils said they had a long term health problem or disability and pupils in year 9 were the most likely to say they had a health problem (16%). Males (15%) were more likely to say

they had a health problem than females (8%). Over half (60%) of those who said they had a health problem felt that it didn't stop them from doing things they wanted to do. Of those in years 7-8 who had disability or health problem only a small number said what it stopped them from doing. Those in years 9-11 were more likely to give a reason; over half (57%) said it stopped them taking part in sport / exercise, 13% said it stopped them socialising/ going out with friends and 11% said it stopped them reading/ writing.

The majority of pupils said they did not spend time caring for a sick or disabled relative (86%). Of those who said they did spend time caring for a relative (14%), 40% spent time caring for grandparents, 38% for their mum/stepmum and 30% for siblings. Many of them helped out on a day to day basis by giving company (48%) and keeping an eye on the relative they care for (55%). Table 5 also shows that a large proportion of young people help out by doing housework (41%), running errands (39%), preparing meals (36%) and shopping (33%) on a number of days per week.

Table 5 What kind of assistance do you give to this person? (And how often) 2007 and 2011

Type of assistance	Everyday		3-4 days a week		Less than this	
	2007	2011	2007	2011	2007	2011
Housework	28%	29%	36%	41%	36%	30%
Shopping	13%	12%	35%	33%	51%	54%
Preparing Meals	18%	21%	38%	36%	44%	44%
Running Errands	31%	27%	34%	39%	35%	34%
Looking after siblings	40%	37%	23%	27%	38%	36%
Personal Care	26%	27%	14%	19%	60%	53%
Keeping them company	46%	48%	34%	36%	20%	16%
Keeping an eye on them	49%	55%	33%	27%	18%	18%

May not total 100% due to rounding

Key Points – General Characteristics

- 2,720 pupils in years 7 to 11 took part in the 2011 Adolescent Lifestyle Survey.
- 51% males and 49% females took part in the survey.
- English was the most common language, with an increasing number of pupils having Polish as their first language.
- The majority of pupils were of white British ethnicity, however the proportion of those not white British has increased since 2007.
- Most young people said they didn't have a religion.
- The percentage of students who received free school meals has increased.
- More males said they had a health problem than females. Of those with a health problem, most said it didn't stop them doing things they wanted to do.
- Most pupils who spent time caring for someone care for grandparents.

4. Food and Exercise

Nearly half of young people said they eat breakfast every day (48%), with older pupils being less likely to eat breakfast every day. Females were also less likely to eat breakfast every day (37%) than males (58%). As shown in Figure 2, compared to 2007 pupils taking part in the 2011 survey were more likely to never eat breakfast (18% compared to 14% in 2007) and less likely to eat breakfast everyday (48% compared to 55% in 2007).

Figure 2 How often do you eat breakfast? Compared to 2007

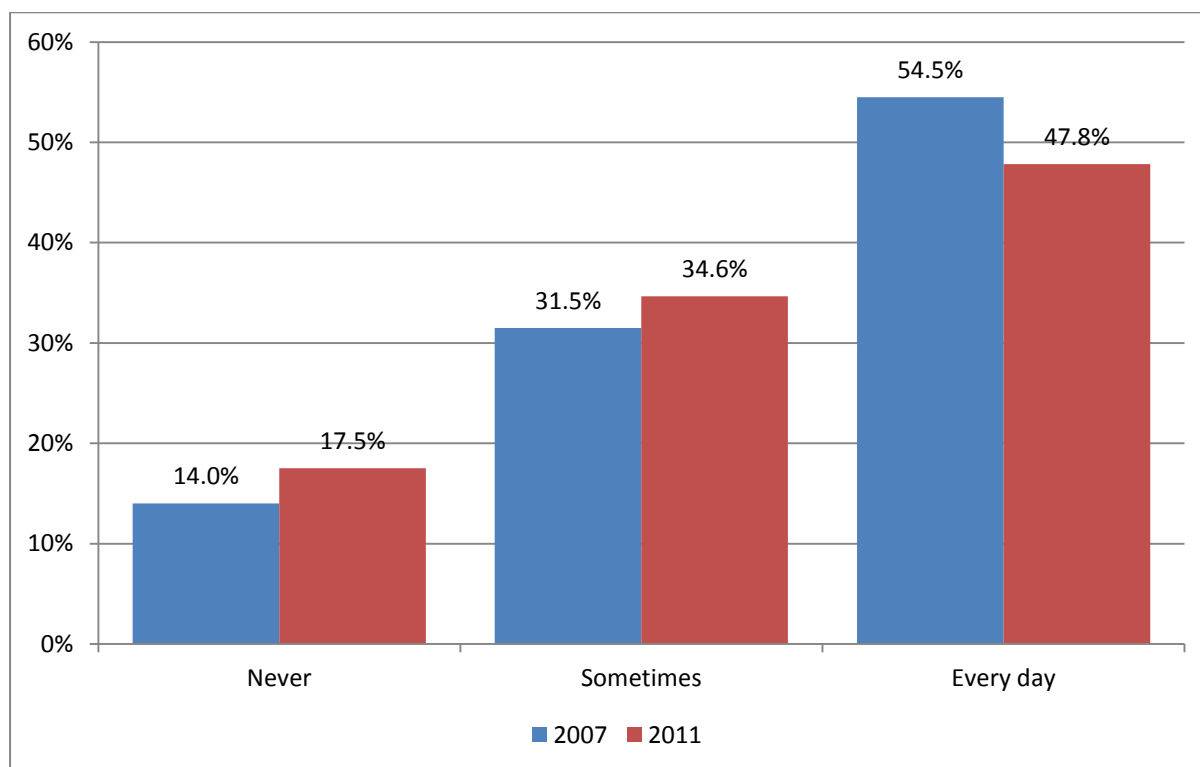
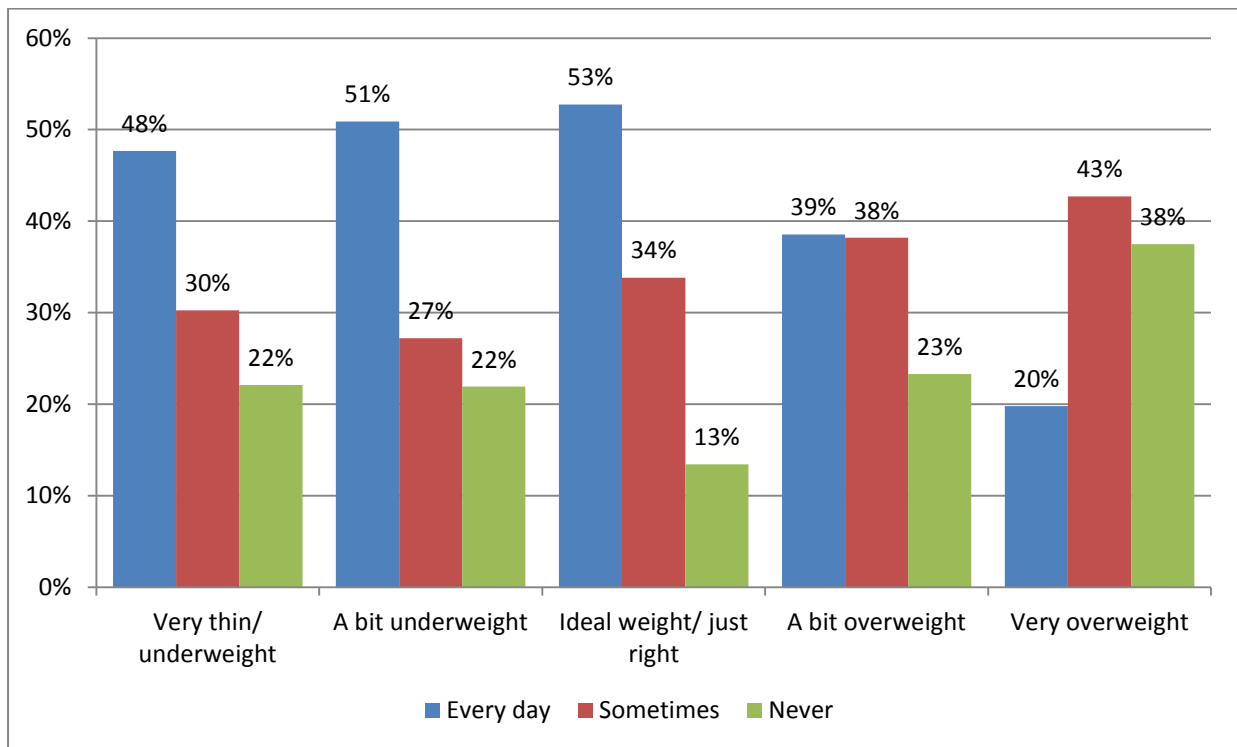


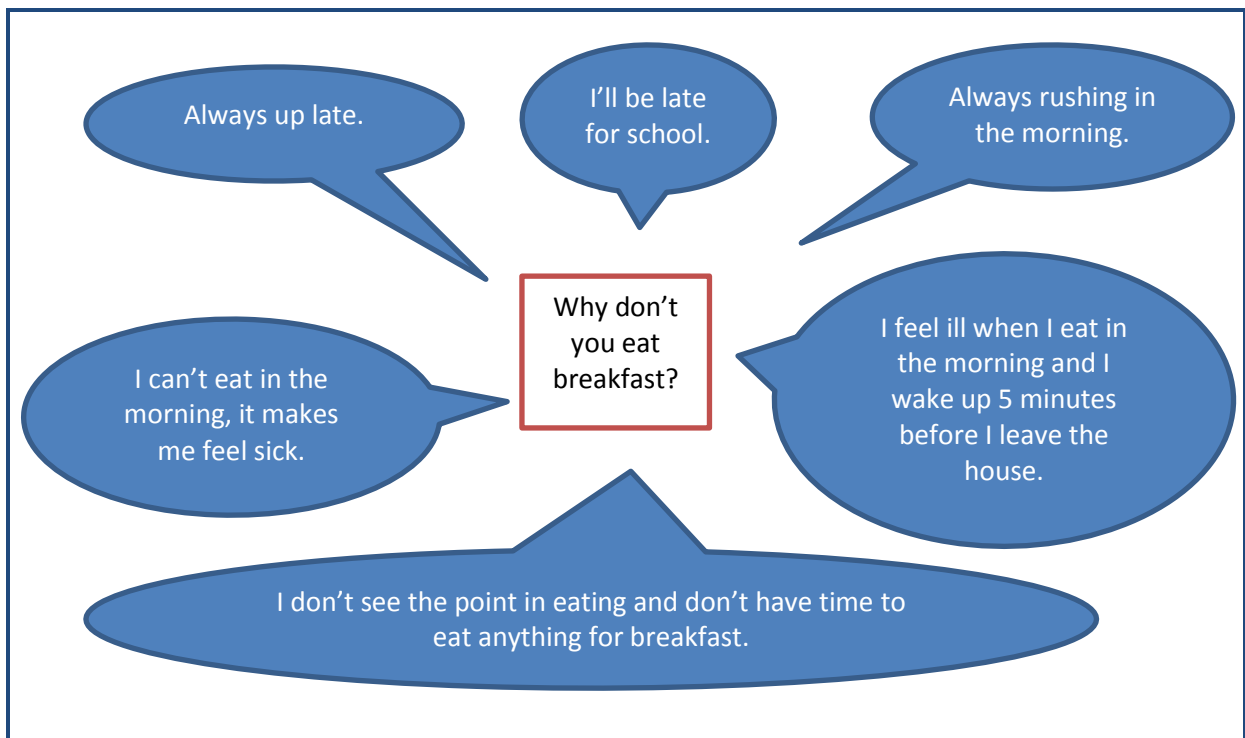
Figure 3 shows that children who perceive themselves as ideal weight or in the underweight categories are much more likely to eat breakfast every day compared to the children who class themselves as in the overweight category. Similarly children who think they are overweight are far more likely to never eat breakfast (38%) than those who think they are ideal weight (13%).

Figure 3 Perception of weight compared to how often the pupils eat breakfast



The most cited reason for not eating breakfast in the morning was not having enough time; 43% of those who didn't eat breakfast said it was because they didn't have time, 13% said they couldn't eat breakfast or it made them feel sick and 12% said they didn't like breakfast, see Box 1 for some of the responses from young people.

Box 1 Why don't you eat breakfast?



Most students had a school meal (45%) or had a packed lunch (38%) at lunchtime and 10% of students said they don't usually eat anything for their midday meal. Older pupils were far less likely to eat lunch than younger pupils; 16% of year 11's said they never eat lunch compared to 3% of year 7s. Older girls were the least likely to eat anything for lunch; 21% of girls in year 11 said they don't usually eat lunch compared to 3% of girls in year 7.

Table 6 Percentage of young people who don't normally eat lunch by sex and year group.

	Year 7	Year 8	Year 9	Year 10	Year 11
Male	2.9%	7.5%	6.2%	8.2%	11.8%
Female	3.1%	9.4%	17.6%	14.3%	21.2%
All	3.0%	8.4%	11.9%	11.4%	16.3%

Of those who said they don't usually eat lunch, a quarter said it's because they're not hungry at lunch time, 13% said they don't eat lunch because they don't like the food at school and 12% said the lunch time set up put them off, especially long queues, being on last sitting and having nowhere to sit, 9% said they don't have enough money or the food is too expensive. Some said they couldn't be bothered and waited till they got home to eat, see Box 2.

Box 2 Why don't you usually eat anything for lunch?

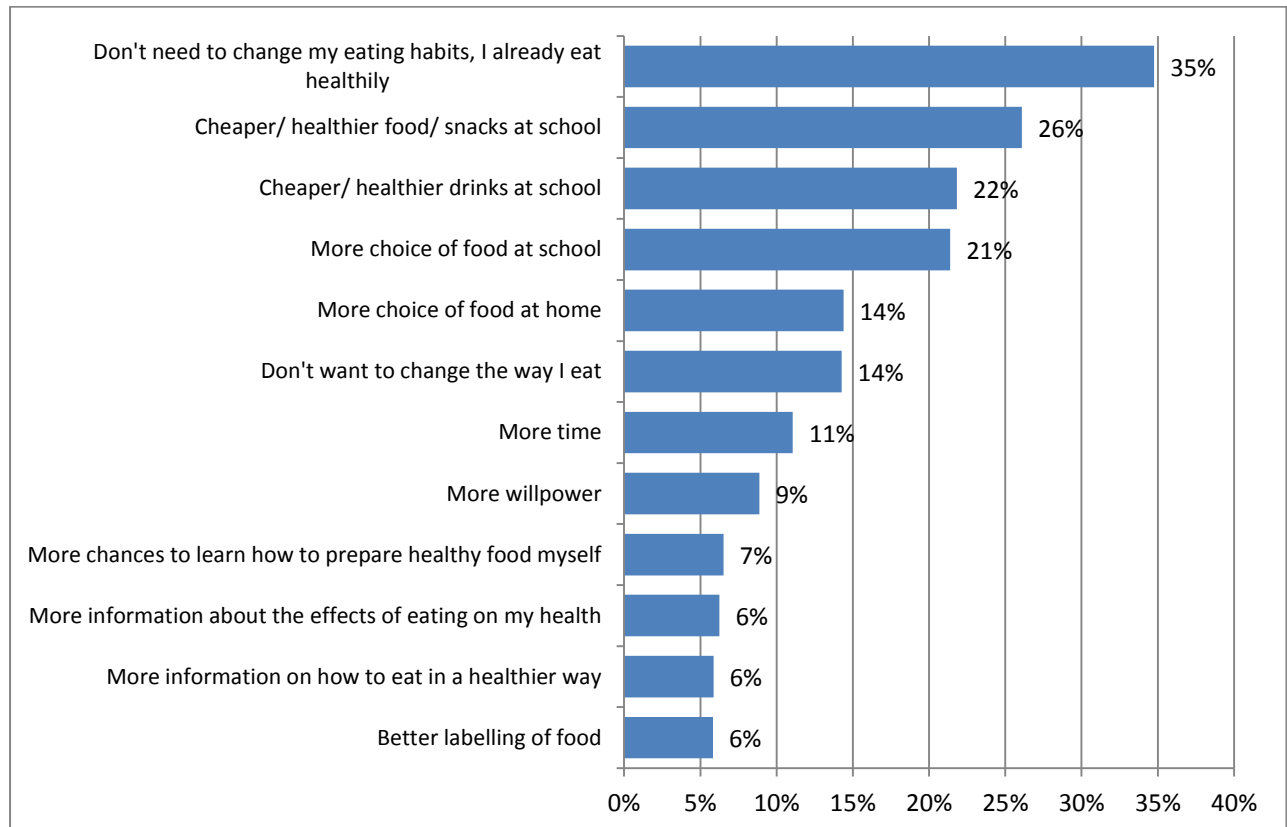
Why don't you usually eat anything for lunch?

- I just don't feel hungry at lunch.
- The line in the canteen is always too long and by the time you get in there is no time to eat.
- Because the queues are always too big.
- Because I never feel hungry.
- I get it after school because prices are ridiculous.
- Don't like the lunchtime arrangements and the canteen gets really crowded.
- The lunchtime arrangements are really bad. I can't eat with friends and I just don't like going in the canteen.

The Government recommends that children and adults eat at least 5 portions of fruit and vegetables a day; just 12% of pupils said they eat at least 5 a day, by year 11 as little as 9% ate 5 portions or more a day. Over half of pupils (54%) ate between 1 and 3 portions of fruit and vegetables a day, 9% said they ate no fruit or vegetables at all.

Over a third of students (35%) felt they don't need to change their eating habits but a large proportion of students said that cheaper, healthier food/ snacks (26%), and drinks (22%) as well as more choice of food at school (21%) would help them to eat healthier (as shown in Figure 4).

Figure 4 What would encourage you to eat in a healthier way?



Total exceeds 100% since pupils were able to give more than one answer

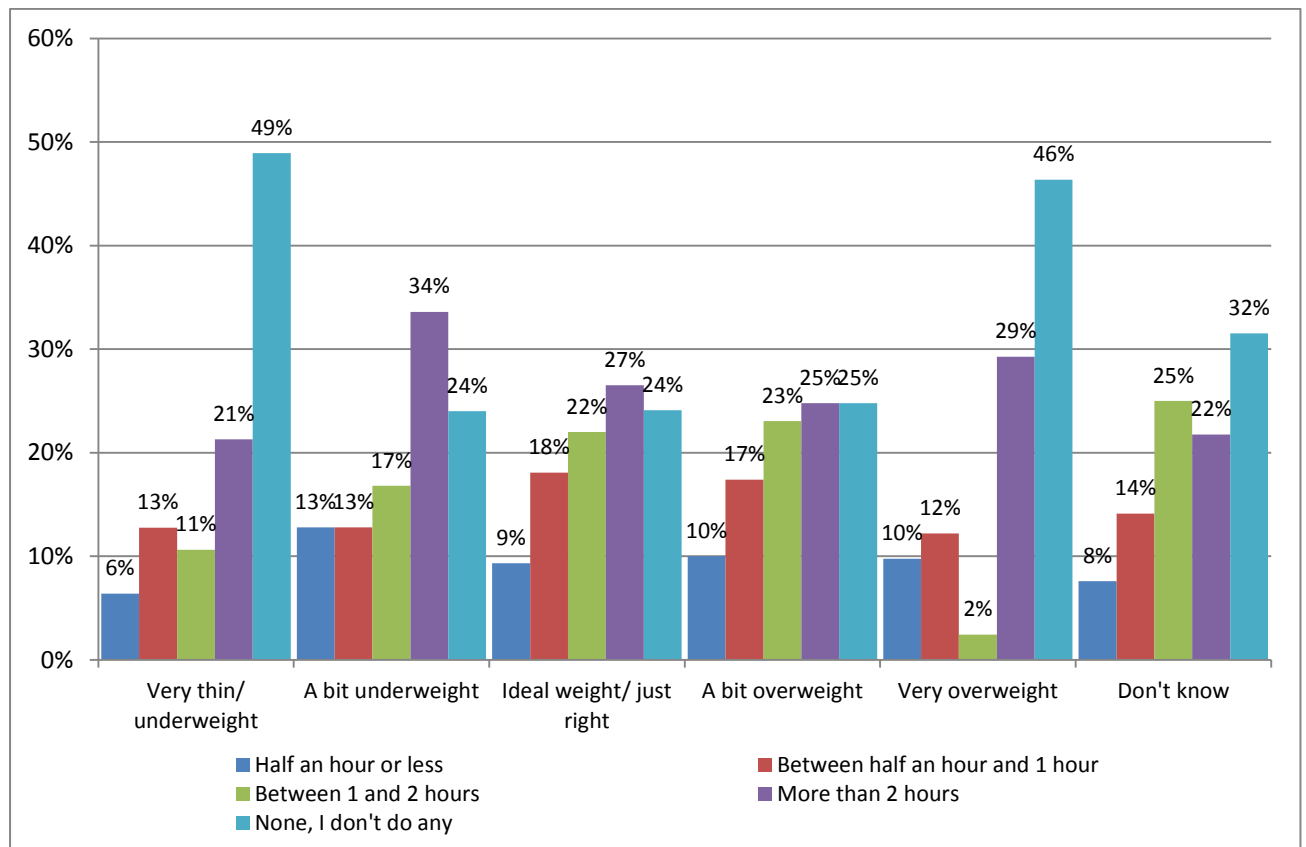
84% of pupils said they had done more than 1 hour of vigorous activity in the past 7 days which was less than the 2007 ALS (87%). It is recommended that adolescents spend at least one hour a day, seven days a week exercising/ being physically active; both locally and nationally boys were more likely than girls to achieve this. A quarter of boys in North East Lincolnshire completed 1 hour of exercise every day in the last week compared to a third of boys nationally. Fewer girls exercised every day for an hour; locally 17% of females completed exercise on every day in the last week compared to 15% nationally (2).

Over half (51%) of pupils took part in between 1 and 2 hours of P.E at school each week. Although this is less than the 2007 ALS (56%), over a quarter (27%) of students now take part in more than 2 hours of PE a week compared to only a 20% in 2007.

Those who were very thin or very overweight were the least likely to take part in PE lessons; nearly half all students who described themselves as either very thin/ underweight (49%) or very overweight (46%) said they took part in no PE at school (Figure 5). 34% of students who perceived

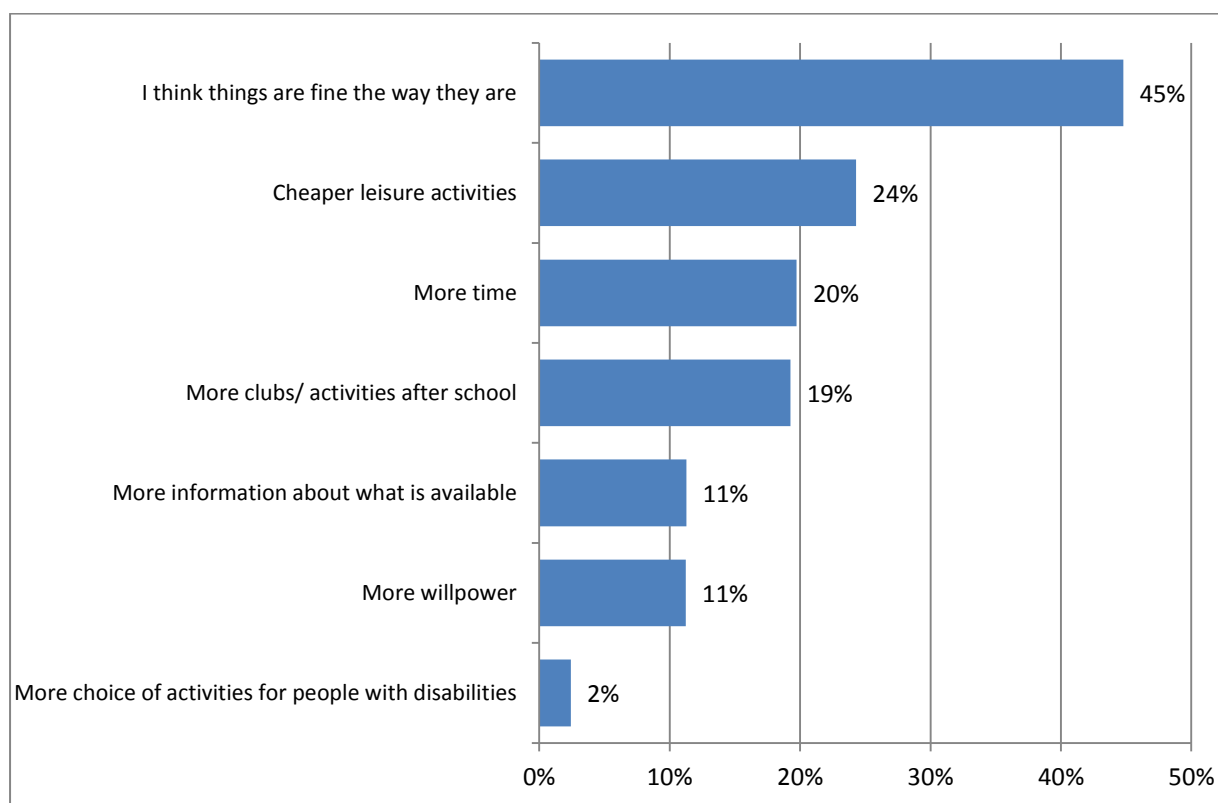
themselves as a bit underweight and 29% of those who thought they were very overweight took part in more than 2 hours of PE each week.

Figure 5 Perception of weight compared to number of hours taking part in PE at school



The majority of students (92%) felt that PE lessons in school were very good, good or ok and only 8% said PE lessons were poor or very poor. 31% of pupils did not take part in sport outside of school but 28% said they did more than 2 hours of sport outside school each week. Of those students who took part in sport outside school the majority (88%) said they thought sports clubs were ok, good or very good. Nearly a half of pupils (45%) felt that they were fine the way they are when asked what would help them be more active (Figure 6). However, a quarter of pupils (24%) said cheaper leisure activities and a fifth (19%) said more activities after school would help them be more active.

Figure 6 What would help you be more active?



Total exceeds 100% since pupils were able to give more than one answer

Over half of all students (55%) felt they were an ideal weight and over a fifth (21%) felt they were a bit overweight. Only small numbers of students considered themselves to be very underweight (3%) or very overweight (4%) and most students (71%) said they were happy with their weight. Males were happier with their weight compared to females and girls in year 9 were most likely to say they were unhappy with their weight. Furthermore as shown in Table 7 girls who described themselves as overweight were very unlikely to say they were happy with their weight compared to boys who were very overweight. Similarly, girls and boys who described themselves as in the underweight or ideal weight categories were more likely to be happy with their weight compared to girls and boys who described their weight as overweight/ very overweight.

Table 7 Percentage of students who were happy with their weight by year group and sex

Sex	Year 7		Year 8		Year 9		Year 10		Year 11	
	M	F	M	F	M	F	M	F	M	F
Very thin/ underweight	62%	73%	75%	82%	100%	25%	75%	50%	56%	20%
A bit underweight	88%	68%	83%	46%	71%	53%	82%	58%	63%	72%
Ideal weight/ just right	99%	97%	93%	85%	94%	85%	93%	84%	94%	86%
A bit overweight	50%	22%	38%	10%	52%	14%	41%	16%	58%	16%
Very overweight	50%	0%	29%	11%	80%	0%	67%	9%	50%	8%
Don't know	76%	74%	71%	89%	89%	52%	71%	86%	100%	47%

Percentages may be high due to relatively low response count in particular categories

Most students (80%) had been to see a dentist in the last year and the majority (71%) had been in the last 6 months. On their last visit to the dentist, the majority of pupils (68%) went for a check-up

and only small percentages of pupils were having work done (19%) or were having problems with their teeth/ gums (7%).

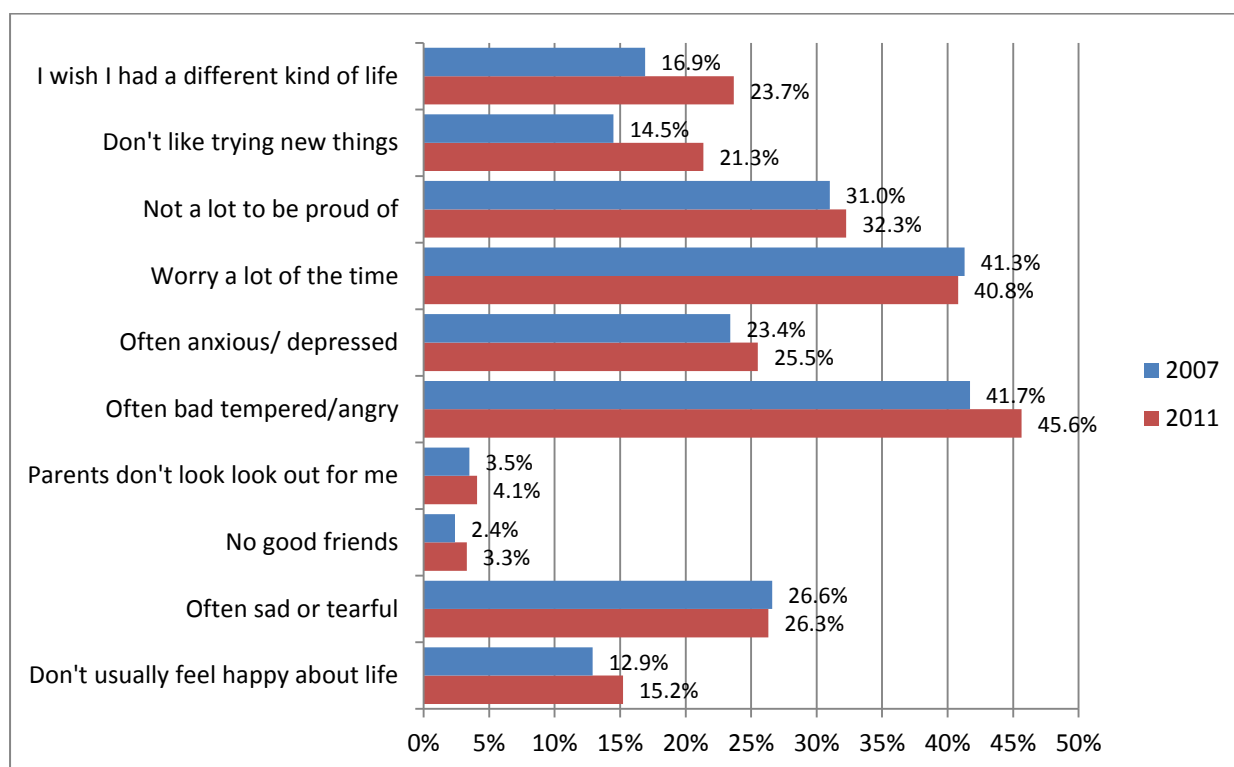
Key Points – Food and Exercise

- Older students and female students were less likely to eat breakfast every day. Similarly older pupils and female students were less likely to eat lunch every day.
- Just over half of students said they ate between 1 and 3 portions of fruit and vegetables a day and just under a tenth said they don't eat any fruit or vegetables. Just 12% eat the RDA of 5 portions a day.
- Male students took part in more exercise per week than females and pupils who were very thin or very overweight were less likely to exercise.
- Females were generally less happy with their weight than males.
- The majority of pupils had been to see a dentist in the last 6 months and only small numbers of pupils needed to go because they were having problems with their teeth or were having work done.

5. Happiness and Home Life

Most young people said they usually felt happy about their life (85%); generally older pupils were less likely to say they felt happy. Since the 2007 ALS, slightly fewer felt happy about their life (87%). Girls (28%) were more likely to say they felt sad and tearful compared to boys (18%) of the same age. Most young people had one or more good friends and said that their parents looked out for them. Boys were more likely to say they often felt bad tempered or angry (46%) compared to girls (37%). Older pupils were more likely to feel anxious or depressed and worried more than those younger. Girls worried more than boys; with 42% of girls saying they worried a lot of the time compared to 31% of boys. Most young people felt they had a lot to be proud of, however this decreased with age. A higher proportion of older pupils said they wished they had a different kind of life compared to younger pupils (20% of Y7's compared to 27% of Y11's).

Figure 7 Feelings of happiness, 2007 and 2011, Years 7-11



Young people found their best friends easiest to talk to, 89% said they found it really easy to talk to their best friend about things that really bother them. A high percentage said it was easy to talk to friends of the same sex, their boyfriend/ girlfriend or their mum about a problem.

Table 8 How easy is it for you to talk to people about things that really bother you?

	Easy	Difficult
Dad	64.9%	35.1%
Stepdad/ Mum's partner	50.6%	49.4%
Mum	79.9%	20.1%
Stepmum/ Dad's partner	48.1%	51.9%
Carer	59.5%	40.5%
Brother	51.1%	48.9%
Sister	60.7%	39.3%
Other relative	66.3%	33.7%
Best friend	88.9%	11.1%
Friend of the same sex	83.1%	16.9%
Friend of the opposite sex	63.7%	36.3%
Boyfriend/ Girlfriend	80.0%	20.0%

Does not include those who answered 'Don't have one'

46% said if they had a problem they couldn't talk to their parents about they might talk to another adult, only 16% said they definitely would and a quarter said they definitely wouldn't, the remainder said they didn't know.

Boys worried mostly about their future and getting a job with 27% saying they worried a great deal and 20% saying they worried a lot about this. For girls, their main worry was about the way they look; 30% worried a great deal and 27% worried a lot about the way they looked in the last month,

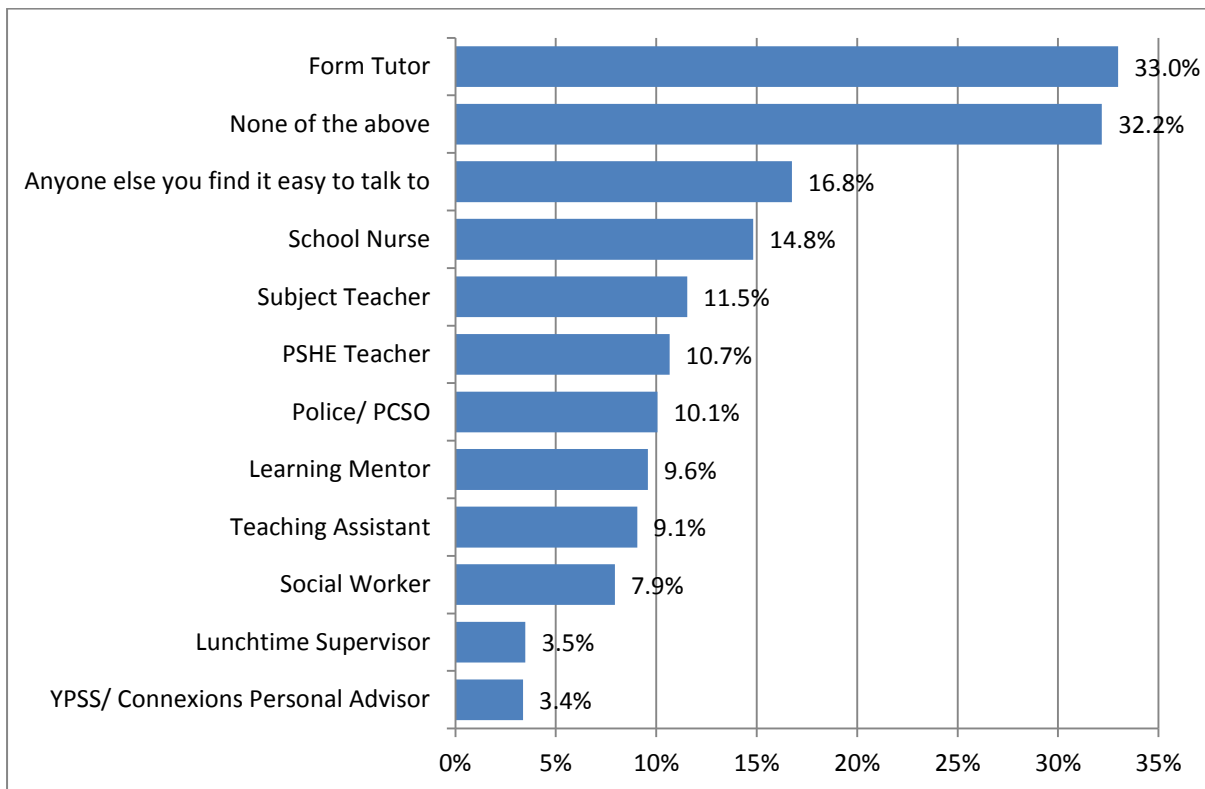
boys worried far less about the way they look. Females also worried a lot about their weight; 25% worried a great deal and 22%, again this was a far greater proportion than for boys.

Table 9 In the last month how much have you worried about the following?

Worries	Sex	A great deal	A lot	Very little	Not at all
School work/ homework	Male	12.0%	18.4%	41.6%	28.0%
	Female	11.7%	21.7%	43.4%	23.3%
School tests/ exams	Male	15.1%	25.8%	33.2%	25.9%
	Female	19.5%	30.3%	32.5%	17.7%
Money	Male	14.9%	14.4%	35.0%	35.7%
	Female	14.0%	18.3%	34.7%	33.0%
Health	Male	11.4%	16.1%	31.0%	41.5%
	Female	12.9%	19.6%	37.3%	30.1%
Getting into trouble with the Police	Male	7.5%	6.7%	17.0%	68.8%
	Female	4.5%	3.5%	15.5%	76.5%
The way you look	Male	14.1%	15.2%	30.7%	40.0%
	Female	29.6%	26.6%	25.3%	18.5%
Your weight	Male	11.6%	11.3%	29.0%	48.0%
	Female	24.9%	22.2%	26.9%	25.9%
Being liked by others at school	Male	11.6%	14.4%	27.4%	46.7%
	Female	15.6%	17.2%	33.7%	33.5%
Friendships	Male	15.8%	16.7%	26.8%	40.8%
	Female	21.1%	20.9%	28.6%	29.4%
Girlfriends/ boyfriends	Male	14.8%	11.8%	23.3%	50.2%
	Female	15.0%	13.8%	24.8%	46.4%
Being bullied	Male	11.2%	6.7%	19.6%	62.5%
	Female	11.3%	9.3%	20.3%	59.1%
Problems at home	Male	8.4%	7.9%	21.9%	61.8%
	Female	10.8%	10.8%	22.6%	55.8%
Family problems	Male	10.2%	8.4%	21.5%	60.0%
	Female	12.3%	12.3%	24.2%	51.3%
Growing up	Male	10.1%	10.2%	24.4%	55.4%
	Female	10.4%	13.4%	30.5%	45.8%
Sexual health	Male	8.3%	6.8%	21.6%	63.2%
	Female	6.7%	6.5%	21.4%	65.4%
Your future/ getting a job	Male	26.5%	19.8%	24.0%	29.7%
	Female	22.2%	22.1%	28.0%	27.7%

Of those young people who said they had worries, half said they have spoken to someone about their worries and half had not. 37% said they would like to talk to someone about their worries. A third of adolescents said they would find it easiest to talk to their form tutor if they had a problem, however almost a third said they wouldn't talk to any of the adults listed in Figure 8.

Figure 8 If you had a problem, which adult(s) would you find it easiest to talk to?



Total exceeds 100% since pupils were able to give more than one answer

Key Points – Happiness and Home Life

- Most young people said they were happy about their life.
- Girls were more likely to feel sad or tearful than boys, whilst boys were more likely to feel bad tempered or angry than girls.
- A higher proportion of students said they wished they had a different kind of life in 2011 than in 2007.
- Young people found their best friend the easiest person to talk to if they had a problem.
- Only 16% said they would talk to another adult if they had a problem they couldn't talk to their parents about.
- Boys worried mostly about their future and getting a job. The main worry for girls was about the way they looked or their weight.
- Over half of girls worried a great deal or a lot about the way they looked within the last four weeks.

6. Smoking

The majority of young people don't smoke, 69% had never tried a cigarette and 7% were classed as regular smokers. Unsurprisingly, smoking prevalence increases with age; in year 7 1% said they regularly smoked, by year 11 this increased to 17%. There was little difference in smoking prevalence between year 9 and 10, suggesting that the majority take up smoking around the age of 15 (end of year 10/ beginning of year 11).

In 2011, the national smoking prevalence (regular smoking) for secondary school age pupils was 5%, lower than the local prevalence of 7%. The proportion of 15 year olds (pupils in year 11) that smoked in 2011 nationally was 11%; locally in 2011 this was far higher with 17% (3).

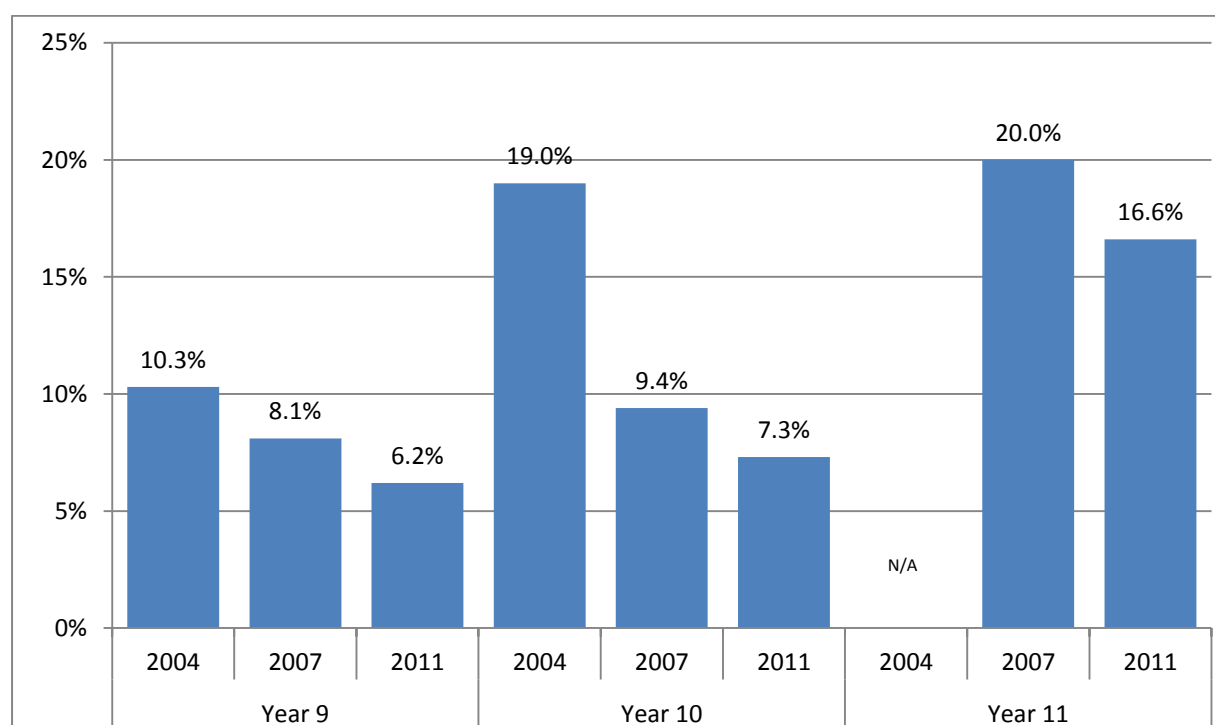
Table 10 Smoking prevalence by year group, 2011

Have you ever smoked a cigarette?	Y7	Y8	Y9	Y10	Y11	Y7-11
I have never smoked, not even a drag or two	86.5%	80.9%	64.3%	58.1%	46.9%	68.7%
I have only ever tried smoking once	10.3%	11.1%	19.5%	24.1%	24.6%	17.2%
I used to smoke cigarettes, but not any more	1.6%	3.7%	8.1%	6.2%	5.6%	4.9%
I sometimes smoke, but not as many as one cigarette a week	0.4%	1.1%	1.9%	4.3%	6.2%	2.6%
I smoke at least one cigarette a week	1.0%	1.2%	0.8%	1.9%	3.2%	1.6%
I smoke every day	0.2%	2.0%	5.3%	5.4%	13.4%	5.1%
Regular smoker*	1.2%	3.2%	6.2%	7.3%	16.6%	6.7%

*Regular smoking is classed as at least one cigarette a week

Figure 9 shows the percentage of regular smokers in school years 9-11 from 2004-2011. For each year group, smoking prevalence has declined year on year, with the biggest improvement seen in pupils in Year 10 where the prevalence has decreased from 19% in 2004 to 7% in 2011.

Figure 9 Smoking prevalence trend (percentage of regular smokers), 2004-2011



The 2004 survey did not include pupils in Y11.

Of those who said they were eligible for free school meals (FSM), 9% said they regularly smoked compared to 6% who were not eligible for free school meals.

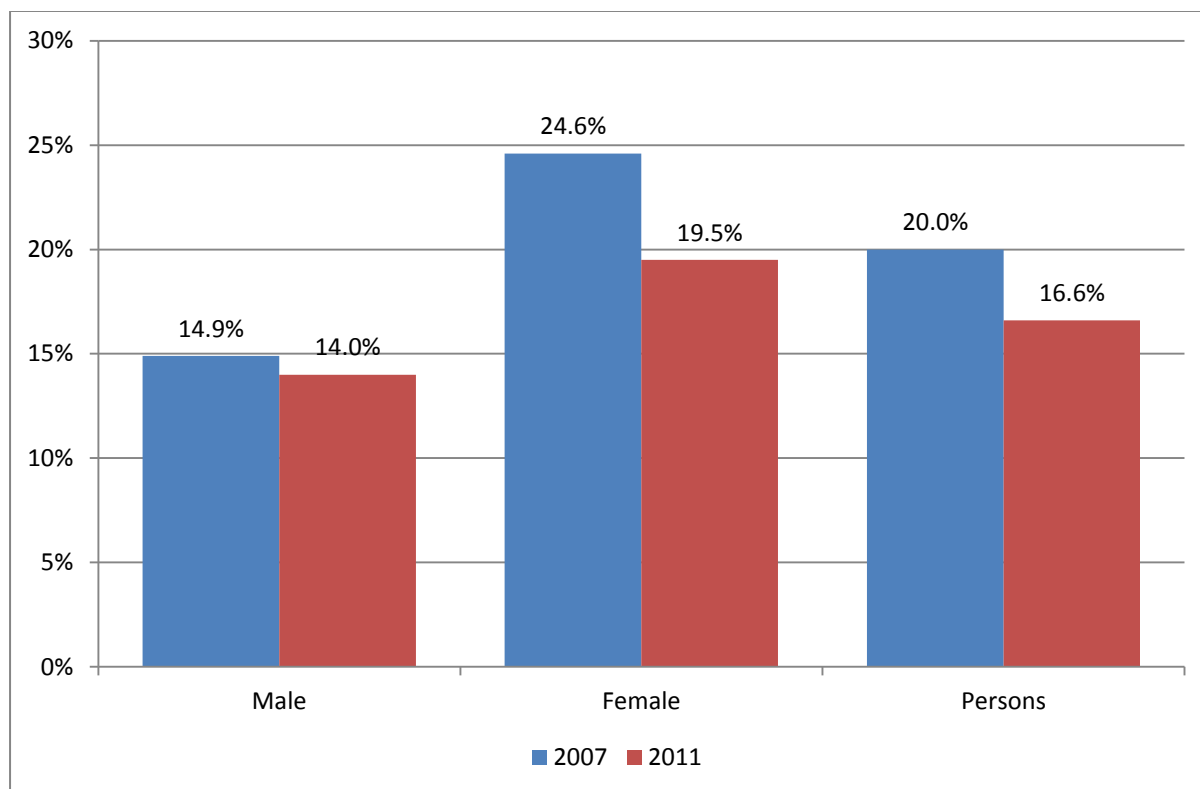
Table 11 Smoking prevalence and free school meal eligibility

Have you ever smoked a cigarette?	Eligible for FSM		Not eligible for FSM		Total	
	No.	%	No.	%	No.	%
I have never smoked, not even a drag or two	325	63.5%	1386	69.8%	1711	68.5%
I have only ever tried smoking once	97	18.9%	335	16.9%	432	17.3%
I used to smoke cigarettes, but not any more	34	6.6%	89	4.5%	123	4.9%
I sometimes smoke, but not as many as one cigarette a week	12	2.3%	53	2.7%	65	2.6%
I smoke at least one cigarette a week	12	2.3%	28	1.4%	40	1.6%
I smoke every day	32	6.3%	94	4.7%	126	5.0%
Regular smoker*	44	8.6%	122	6.1%	166	6.6%

*Regular smoking is classed as at least one cigarette a week

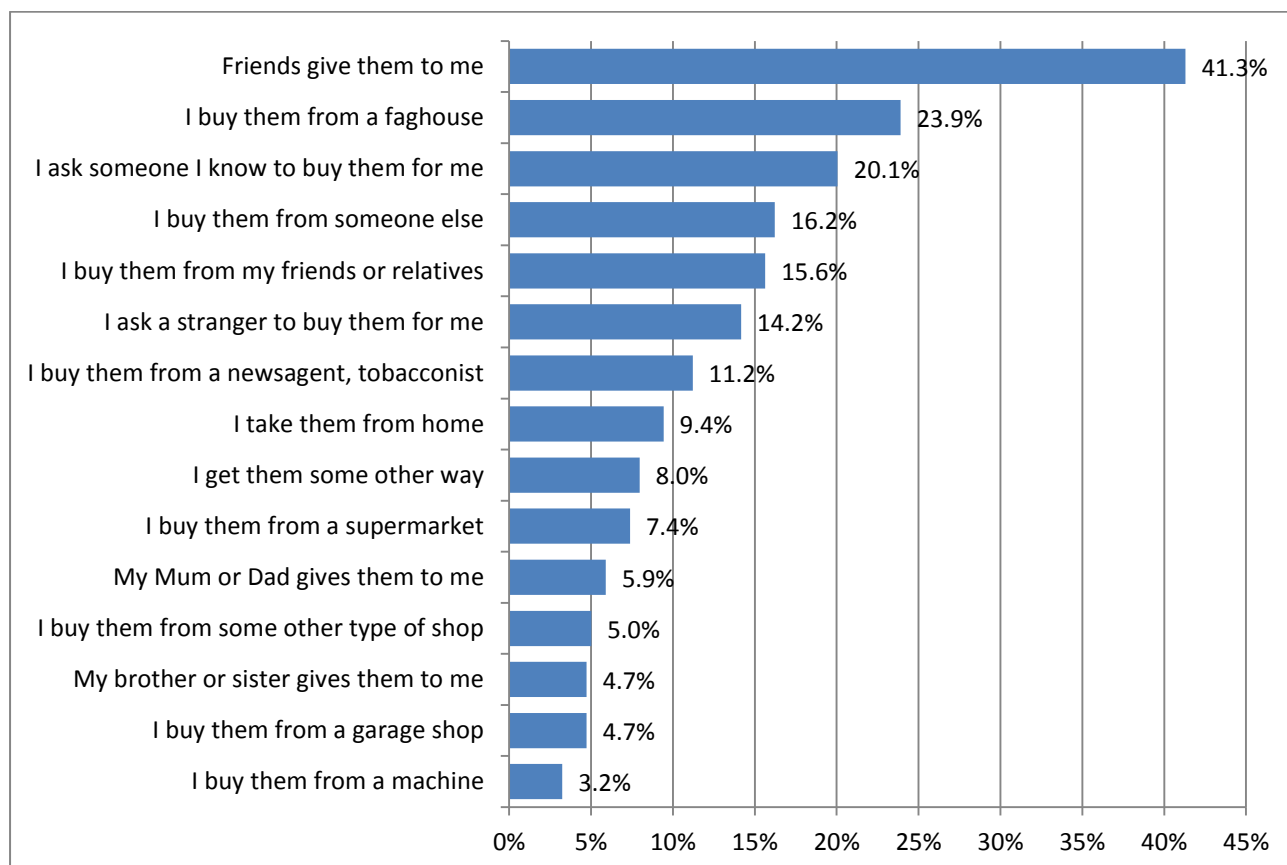
The graph below shows smoking prevalence at year 11 by sex in 2007 and 2011. The proportion of females smoking in Year 11 is far higher than the proportion of boys, however the gap between boys and girls is closing; for girls the rate dropped from 25% to 20% in 2011, for boys there was a smaller drop but still remains lower than girls.

Figure 10 Smoking prevalence in Year 11 by sex, 2007 and 2011



Most young smokers get their cigarettes from their friends, almost a quarter said they get their cigarettes from a fag house. Of those who smoke, 79% said they had never tried to buy cigarettes from a shop, 16% said they had bought cigarettes from a shop and had never been refused.

Figure 11 Where young people get their cigarettes from



*May not total 100% since some pupils gave more than one answer
Only includes smokers

The table below shows the difference in emotional well-being between regular smokers and those who have never smoked. Regular smokers were less likely to feel happy about their life, far more likely to often get angry or depressed and more likely to wish they had a different kind of life.

Table 12 Emotional well-being and smoking status

	Regular Smoker		Never Smoked	
	Yes	No	Yes	No
I usually feel happy about life	73.3%	26.7%	85.3%	14.7%
I often feel sad and tearful	35.6%	64.4%	26.6%	73.4%
My parent(s) and family look out for me	91.7%	8.3%	97.0%	3.0%
I am often bad tempered or get angry	72.9%	27.1%	39.8%	60.2%
I often feel anxious or depressed	40.6%	59.4%	25.0%	75.0%
I seem to worry a lot of the time	46.2%	53.8%	41.5%	58.5%
I feel I have a lot to be proud of	51.1%	48.9%	64.2%	35.8%
I like trying new things	76.3%	23.7%	76.5%	23.5%
I wish I had a different kind of life	34.6%	65.4%	22.8%	77.2%

Just over half of young people said that someone (not including themselves) smokes in their home, those eligible for free school meals were more likely to say someone in their home smokes.

Table 13 Does anyone smoke in your home?

Does anyone smoke in your home?	Eligible for FSM		Not Eligible for FSM		Total	
	No.	%	No.	%	No.	%
Yes	339	65.6%	943	47.5%	1282	51.2%
No	172	33.3%	1016	51.1%	1188	47.4%
Don't know	6	1.2%	28	1.4%	34	1.4%
Total	517	100.0%	1987	100.0%	2504	100.0%

Almost half of young people thought that at least half of young people their age smoked. 74% of year 11's and 65% of year 10's thought that at least half of people their age smoked.

Table 14 How many people your age do you think smoke?

How many people your age do you think smoke?	Year 7	Year 8	Year 9	Year 10	Year 11	Year 9-11
None of them	28.6%	16.5%	7.2%	2.5%	1.5%	11.8%
Only a few	48.1%	49.8%	38.2%	32.2%	24.5%	39.6%
About half	13.7%	18.9%	35.3%	36.2%	42.3%	28.3%
Most, but not all	8.2%	12.7%	17.5%	27.2%	29.1%	18.2%
All of them	1.4%	2.1%	1.8%	1.9%	2.7%	2.0%
At least half	23.3%	33.7%	54.6%	65.3%	74.1%	48.6%
Total	100.0%	100.0%	100.0%	100.0%	100.0%	100.0%

Key Points – Smoking

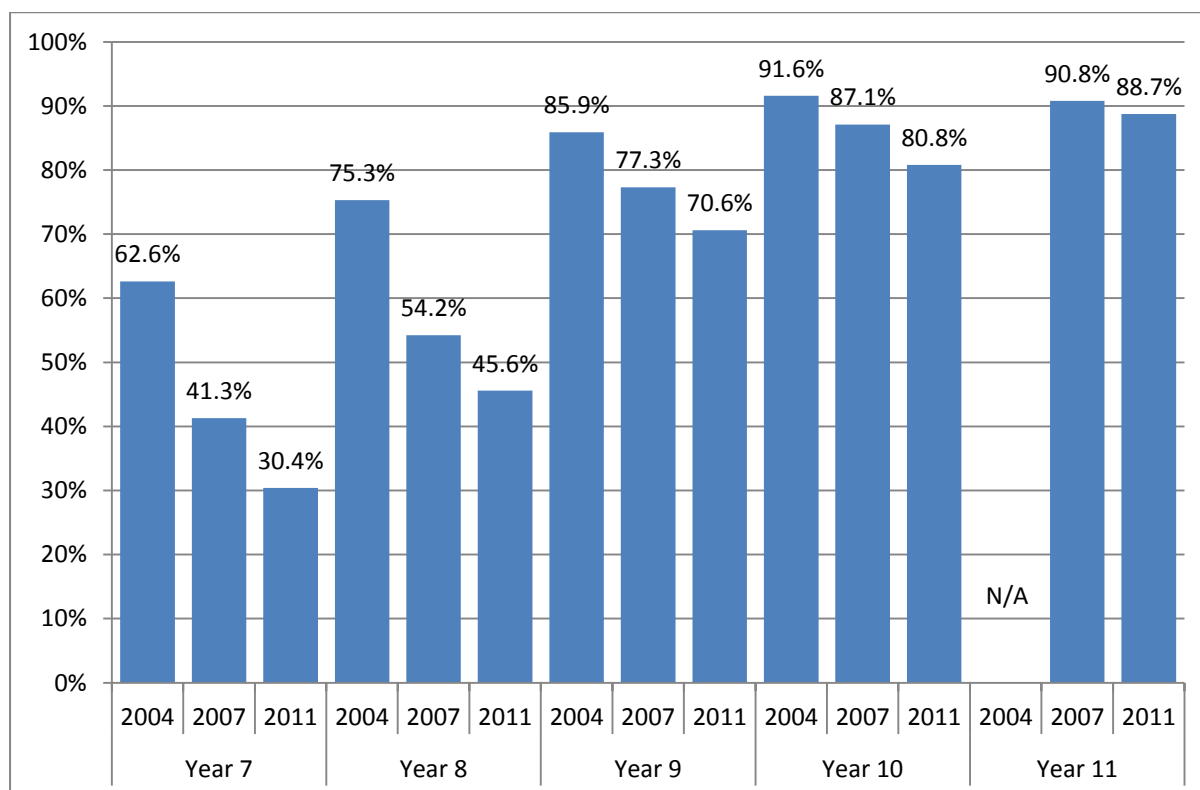
- Most young people don't smoke.
- The adolescent smoking prevalence in North East Lincolnshire has continued to decline since 2004 & 2007.
- The highest smoking prevalence was for Y11 pupils and was higher amongst girls in Y11.
- The local smoking prevalence is higher than the England average; nationally 5% of secondary school aged children regularly smoked compared to 7% locally and 11% of year 11 pupils regularly smoked nationally compared to 17% locally.
- Most young people who smoke get their cigarettes from their friends and don't buy them from shops.
- Young people who smoke have worse emotional well-being than those who have never smoked.
- Young people who are eligible for free school meals are more likely to smoke and have someone at home who smokes.
- Pupils over estimated the number of young people who they thought smoked.

7. Alcohol

The proportion of young people who said they have tried alcohol (a whole drink, not just a sip) has decreased year on year for all year groups, particularly in those in Years 7 and 8 and the smallest difference was in those in Year 11. The proportion of young people who have had a whole alcoholic drink increases with age with 30% of Year 7's in 2011 saying they had tried alcohol compared to 89% of Year 11's.

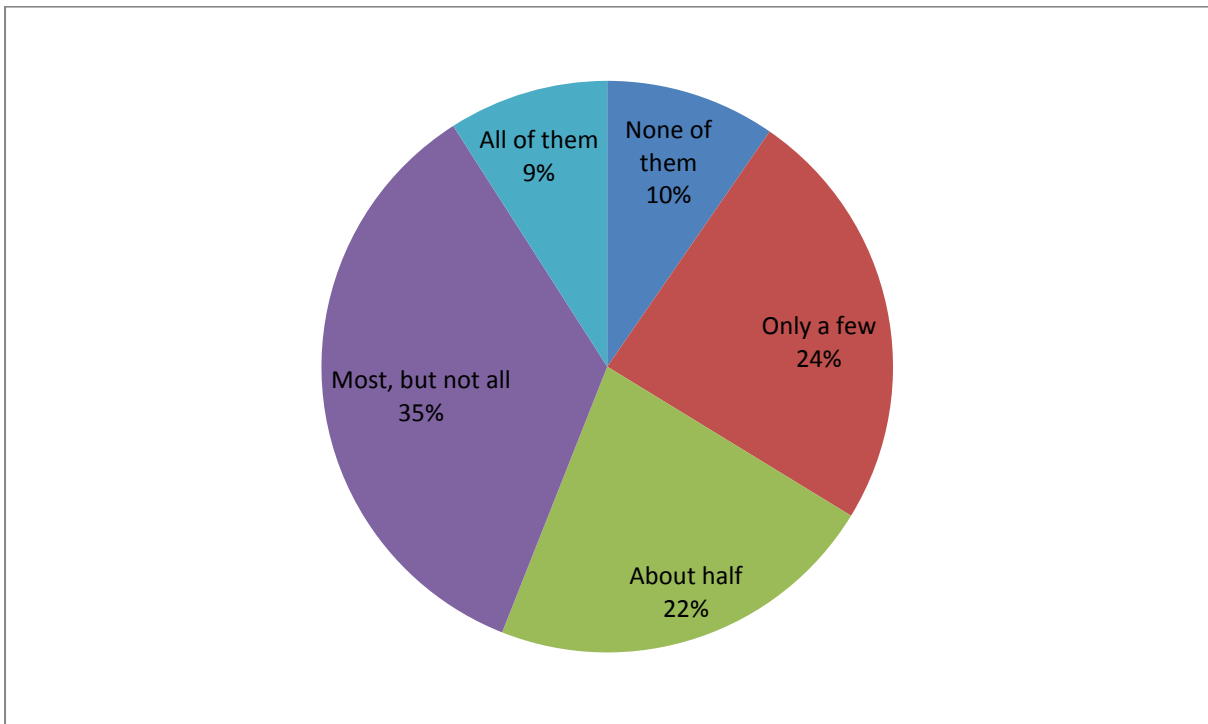
Nationally, 45% of secondary school age pupils in 2011 had had a whole alcoholic drink compared to 61% locally in 2011 (3).

Figure 12 Have you ever had a whole alcoholic drink, not just sip? 2004-2011, by year group



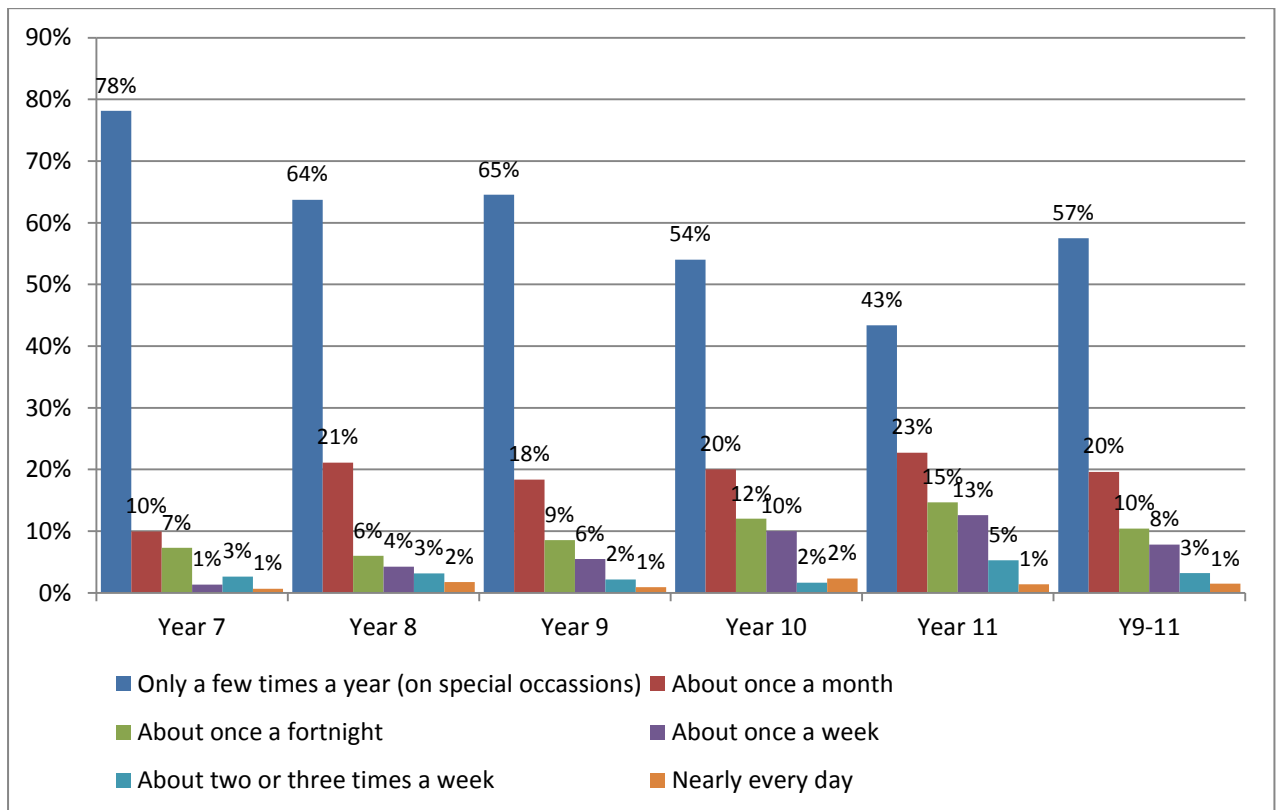
Two thirds of young people thought that at least half of people their age had tried alcohol; 61% said they had tried alcohol so this reflects a fairly accurate picture.

Figure 13 How many people your age do you think have tried alcohol?



Over half of young people said they only drink alcohol on special occasions. The graph below shows how regularly adolescents drink alcohol by year group. Older pupils drank more regularly than younger pupils. By year 11, 57% said they drink at least once a month.

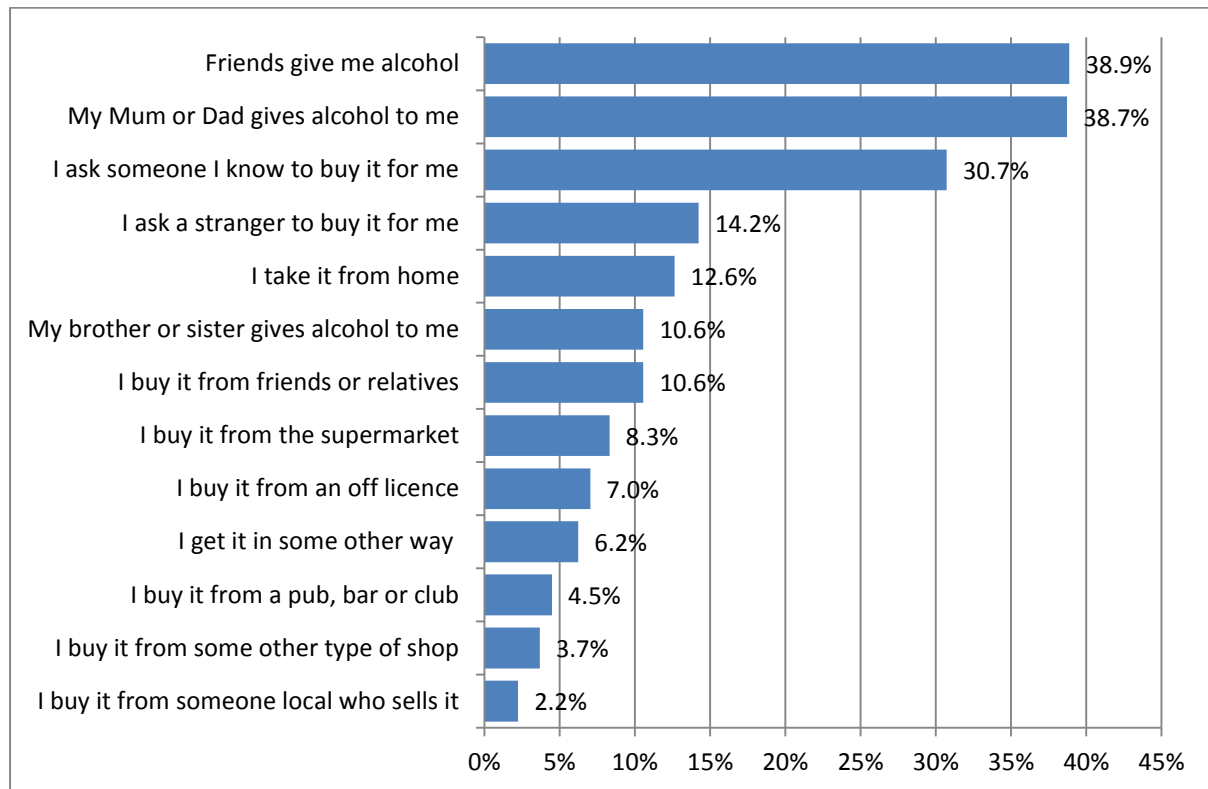
Figure 14 How often do you drink alcohol?*



*Only includes those who have tried alcohol

Most young people who drink, get their alcohol from their friends, from their parents or ask someone they know to buy it for them. 46% said their parents always know that they drink alcohol, 43% said their parents sometimes know and just 11% said their parents never know they are drinking.

Figure 15 Where do you usually get your alcohol from?*



May not total 100% since some pupils gave more than one answer

**Does not include those who have never tried alcohol or only drink on special occasions.*

Overall, females were more likely to have got really drunk at least once in the last four weeks compared to males; 30% of girls hadn't been drunk in the last four weeks compared to 47% of boys of the same age (years 7-11). In all year groups girls were more likely to have been really drunk at least once compared to boys, although there was only a small difference between those who had got really drunk 3 or more times. Girls were most likely to have been drunk once in the last four weeks.

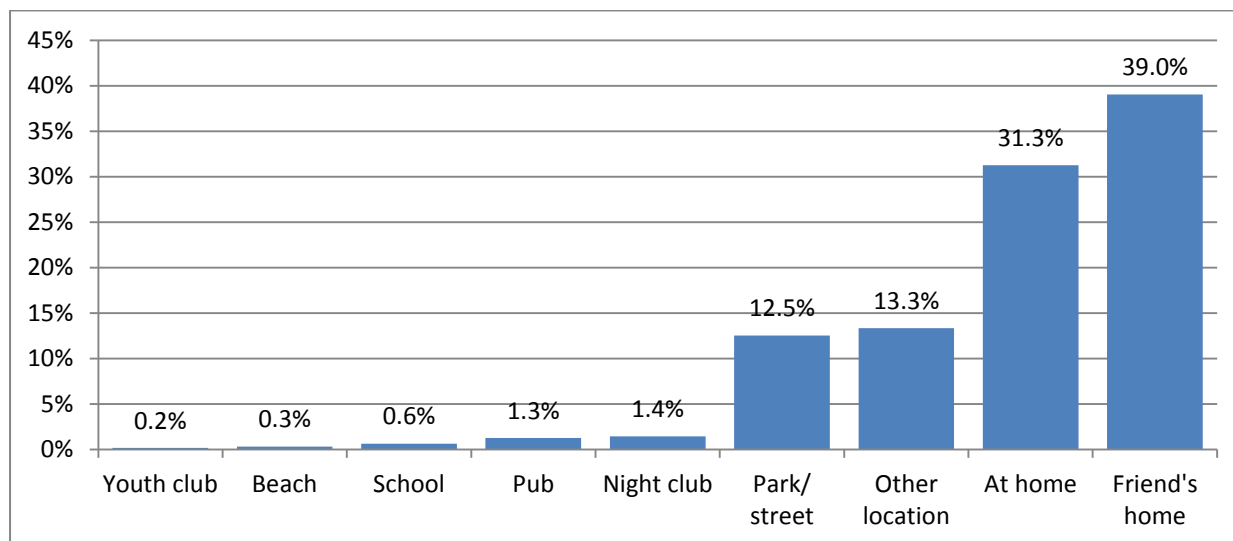
Table 15 How many times have you been really drunk in the last four weeks?*

		Male	Female
Year 7	None	69.2%	30.0%
	Once	19.2%	50.0%
	Twice	7.7%	20.0%
	Three or more times	3.8%	0.0%
Year 8	None	62.1%	43.8%
	Once	21.2%	35.4%
	Twice	7.6%	10.4%
	Three or more times	9.1%	10.4%
Year 9	None	48.3%	27.6%
	Once	30.0%	36.2%
	Twice	13.3%	13.8%
	Three or more times	8.3%	22.4%
Year 10	None	50.0%	31.7%
	Once	16.7%	40.2%
	Twice	14.8%	17.1%
	Three or more times	18.5%	11.0%
Year 11	None	45.8%	29.1%
	Once	20.0%	32.3%
	Twice	18.3%	20.5%
	Three or more times	15.8%	18.1%
Years 7-11	None	47.4%	29.6%
	Once	21.8%	35.6%
	Twice	16.2%	18.0%
	Three or more times	14.5%	16.9%

*Does not include those who have never tried alcohol or only drink on special occasions.

Of the young people who drink alcohol (not just on special occasions), the majority either drink at a friend's home or at their own home. Older pupils were far more likely to drink at a friend's home than younger pupils; 51% of year 11's said they usually drank alcohol at their friend's house compared to 6% of year 7's. In 2007, 35% of young people said they drank alcohol in the park/ street and 9% said they drank on the beach, by 2011 the proportion drinking outside decreased (Figure 16).

Figure 16 Where do you usually drink alcohol? *



*Does not include those who have never tried alcohol or only drink on special occasions.

Most young people have never tried to buy alcohol from a shop (89% of those who drink alcohol), 4% said they had tried to buy alcohol from a shop and had never been refused.

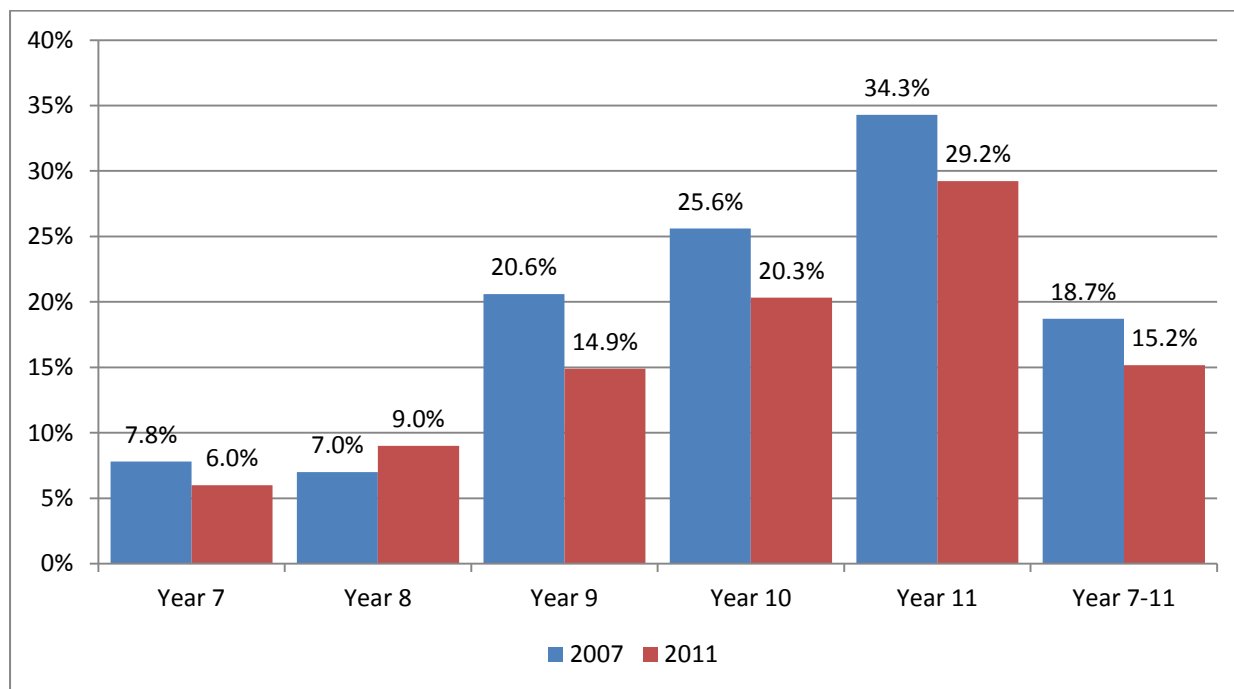
Key Points – Alcohol

- The proportion of young people who have had a whole alcoholic drink has continued to decrease, however with a rate of 61% remains higher than the England average of 45%.
- Most young people who drink alcohol, only drink on special occasions.
- Of the young people who said they drink alcohol (not just on special occasions), the majority said they get their alcohol from their friends or parents.
- Females were more likely to have got really drunk in the last four weeks compared to males. Older pupils were also more likely to have been really drunk.
- Most young people drink at home or a friend's home. Year 11's in particular were highly likely to drink at a friend's home.
- The proportion of young people who drink alcohol in the street/ park and the beach has decreased since 2007.

8. Drugs

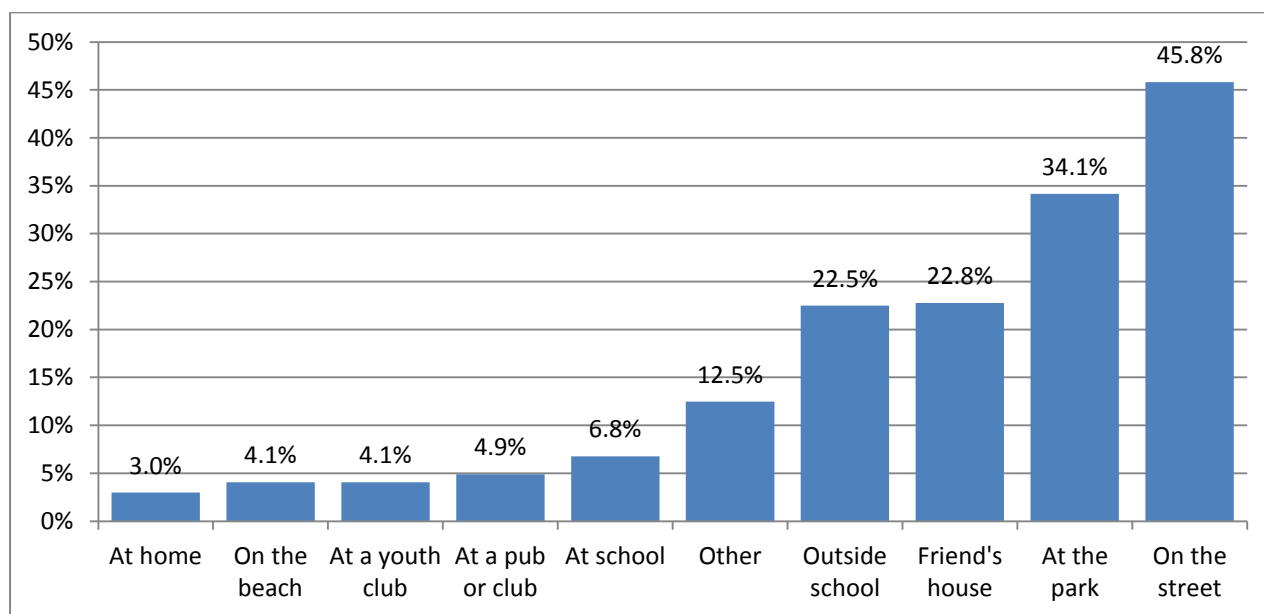
The proportion of adolescents who said they had been offered illegal drugs increased with age; in 2011 29% of year 11's said they had been offered illegal drugs compared to 6% in year 7. With the exception of those in year 8, the percentage of young people who had been offered drugs declined between 2007 and 2011.

Figure 17 Percentage of young people who have been offered illegal drugs, 2007 and 2011



Of the young people who said they had been offered drugs, 46% said they were offered drugs on the street and just over a third said they were offered drugs at a park.

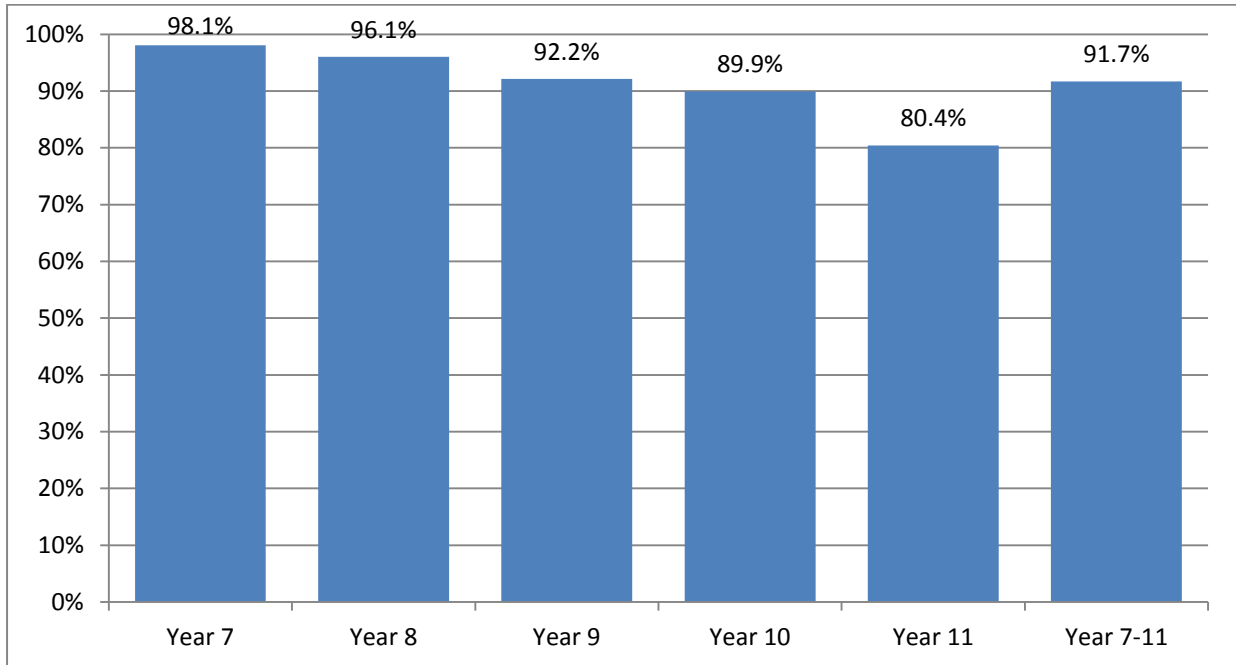
Figure 18 Where were you offered drugs?



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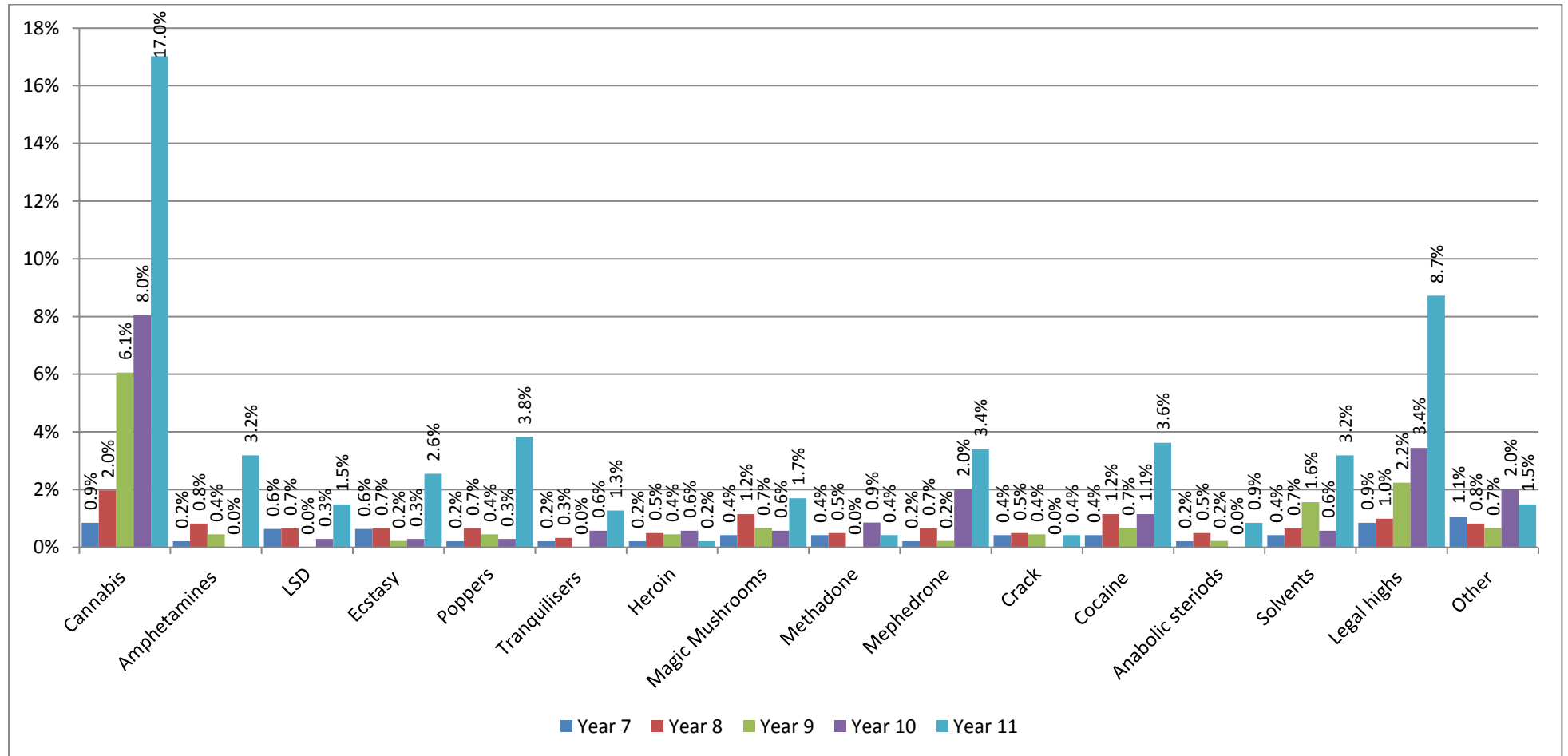
Most young people have not tried drugs, however this decreases with age. 98% of year 7's said they had never tried drugs, by year 11 this decreased to 80%. Nationally, a greater proportion of young people said they had tried drugs (17%) compared to the local proportion of 8% (3).

Figure 19 Percentage of young people who have never tried drugs



The graph below shows the proportion of young people who said they have tried illegal drugs by year group. Cannabis was the most common drug in each year group, followed by legal highs. For most drugs, older pupils were more likely to have said they tried them, particularly pupils in year 11. Cannabis use was particularly high in year 11, with 17% of all pupils in year 11 saying they have tried cannabis. Nationally, the most common drug used amongst young people was also cannabis, however the proportion of adolescents nationally who had tried cannabis (8%) was higher than the local rate of 7%. (3)

Figure 20 Have you tried any of the following drugs?



Just over half of those who have tried drugs said they got the drugs from a friend and a third said they got them from a drug dealer.

Of those who have tried drugs, a quarter had tried them in the last four weeks. 63% of young people said they would know where to go if they knew someone who had a drug or alcohol problem.

Key Points – Drugs

- The proportion of adolescents who have been offered drugs increased with advancing age.
- Of those who have been offered drugs most said they were offered drugs on the street or park.
- Most young people have not tried drugs, however this decreases with advancing age.
- Nationally 17% of young people have tried drugs, far higher than the local prevalence of 8%.
- Cannabis was the most commonly used drug, followed by 'legal highs'.
- 17% of year 11's said they have tried cannabis.
- Of those who have tried drugs, a quarter had used drugs in the last four weeks.

9. Sexual Health

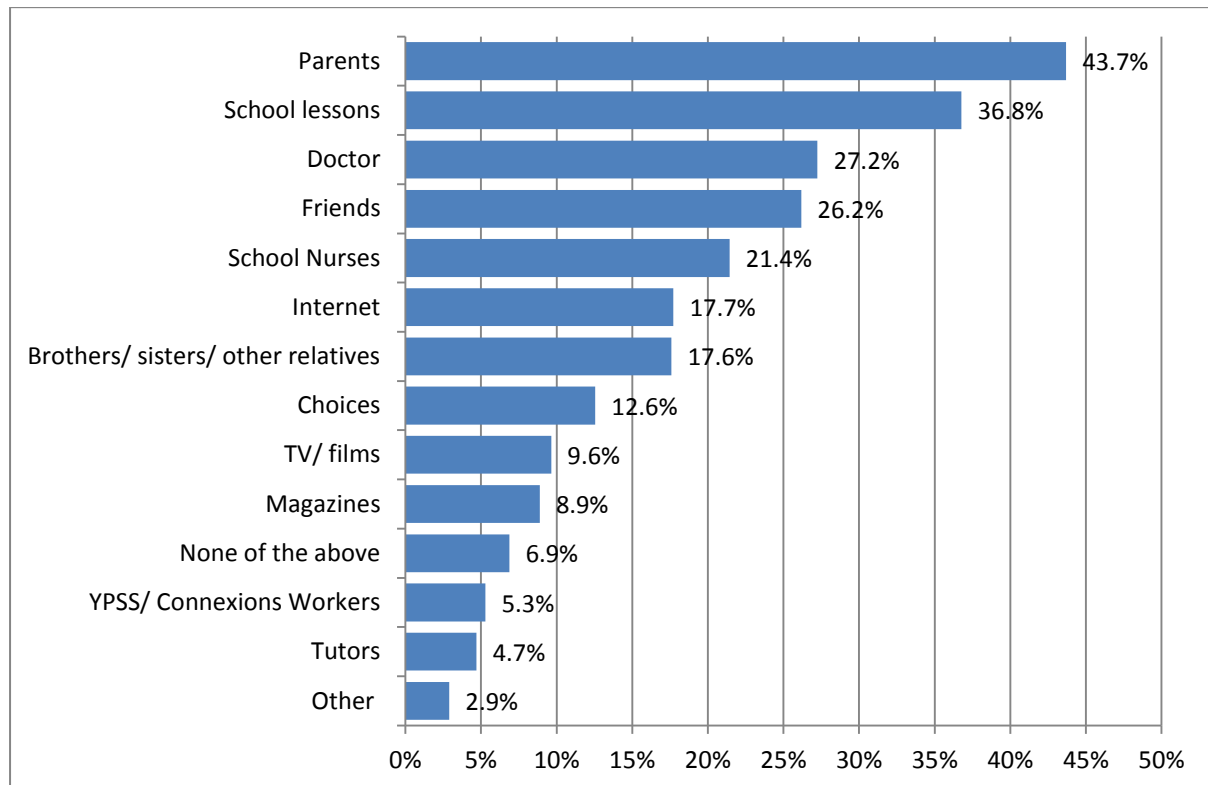
The table below shows how useful pupils found lessons on personal and social health; most lessons were very or quite useful for young people. A quarter said they couldn't remember having any lessons on managing relationships and 19% said they weren't useful. A quarter said that they couldn't remember having lessons about contraception.

Table 16 How useful were lessons on the following...?

How useful were lessons on the following...	Very useful	Quite useful	Some use	Not useful	Can't remember having any
Healthy eating	24.4%	25.0%	26.6%	12.0%	12.0%
Growing up	26.6%	27.8%	25.3%	10.1%	10.2%
Managing relationships with girl/ boyfriends	18.4%	16.5%	20.8%	18.9%	25.5%
Managing relationships with friends	23.1%	20.6%	23.7%	14.4%	18.2%
Contraception	24.1%	20.1%	20.1%	11.3%	24.3%
Safer sex	29.0%	22.4%	19.6%	10.7%	18.4%
Sexually transmitted infections (STIs)	26.3%	21.8%	19.1%	10.6%	22.2%
Smoking	28.8%	24.1%	20.5%	12.4%	14.2%
Alcohol	29.2%	24.1%	21.1%	12.4%	13.3%
Drugs	30.9%	23.8%	18.2%	11.8%	15.3%
Where to go for advice	30.7%	22.8%	20.8%	10.2%	15.5%

44% of young people said they would prefer to go to their parents for advice on sex, contraception and STI's , 37% said they would prefer to get this advice from school lessons. Over a quarter said they would go to the Doctor or to a friend for advice. Overall 13% said they would go to Choices for advice, however this was much higher for Year 11's, just over a quarter (25%) of year 11's said they would go to Choices for advice compared to 5% of year 7's.

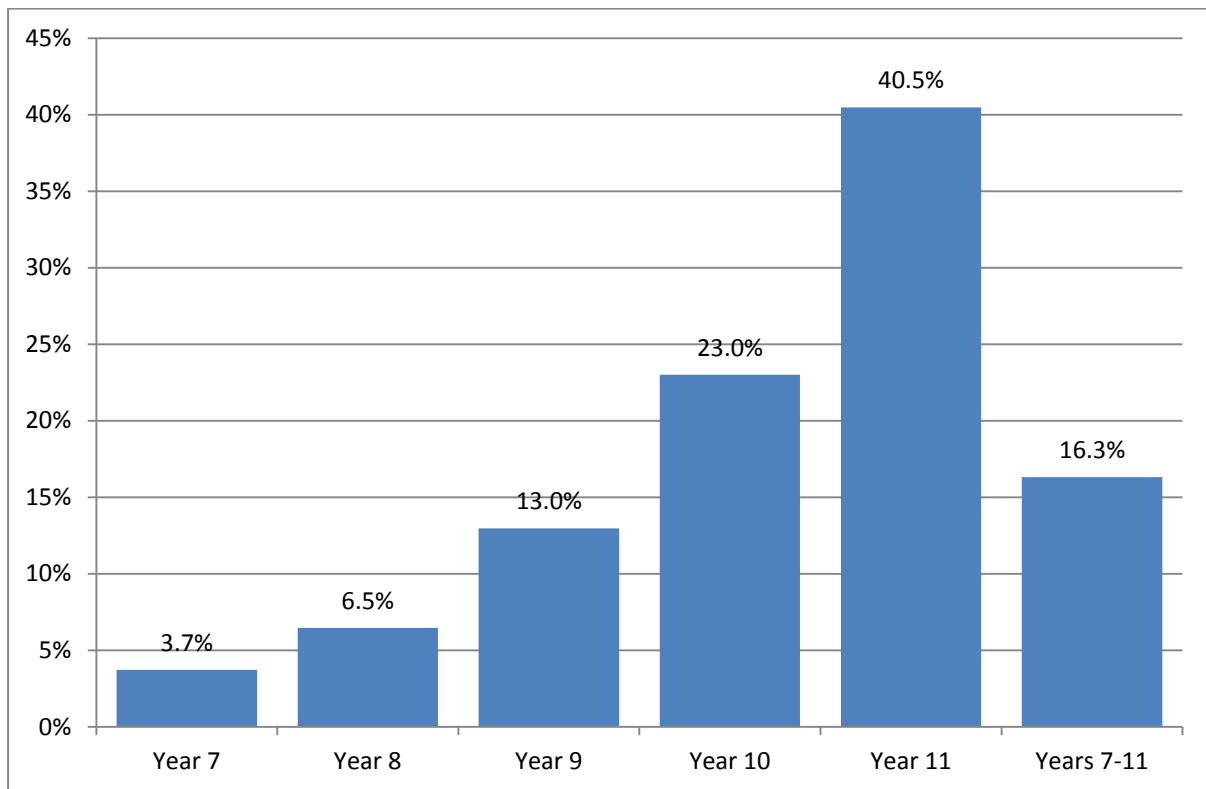
Figure 21 Where would you prefer to get advice about sex, contraception and Sexually Transmitted Infections?



Total exceeds 100% since pupils were able to give more than one answer

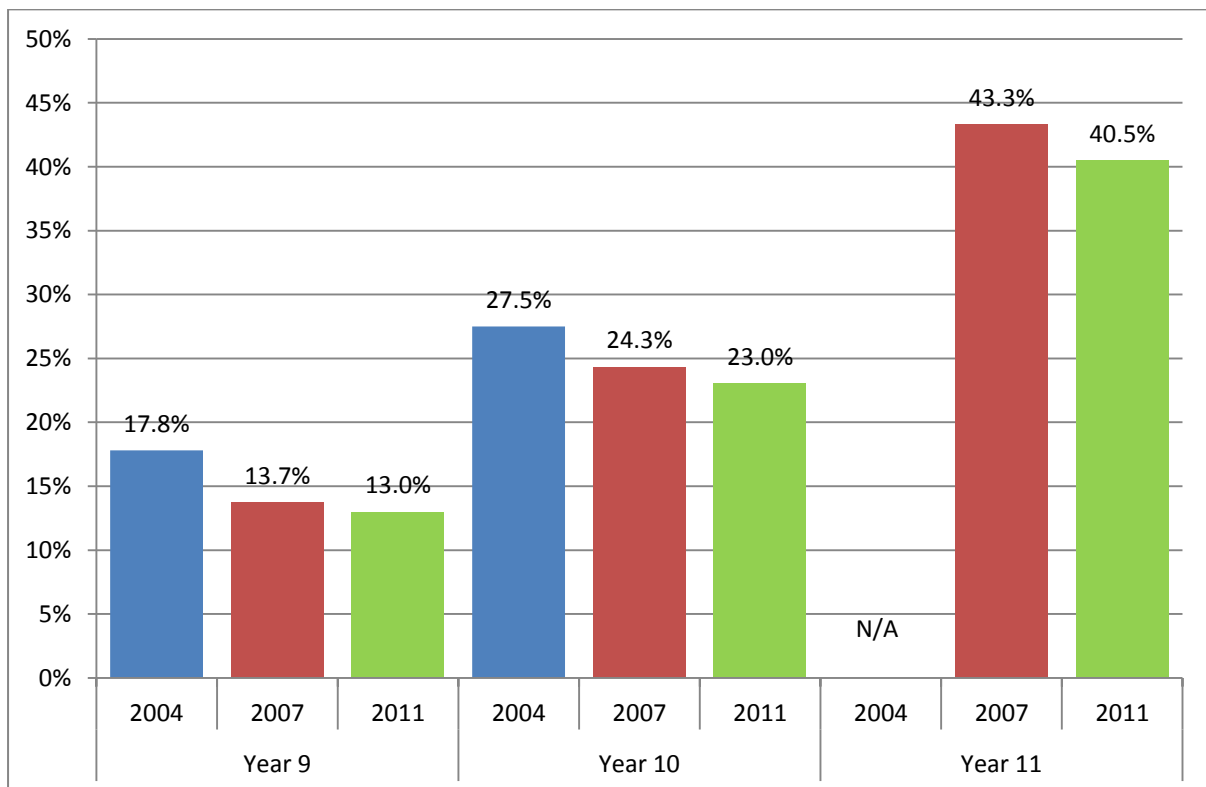
Unsurprisingly, the proportion of adolescents who said they have had sex increases with advancing age, by year 11 41% said they had had sex, see Figure 22.

Figure 22 Have you ever had sex?



The proportion of young people who have had sex has decreased year on year since the 2004 and 2007 surveys (year 11's were not included in the 2004 survey).

Figure 23 Percentage of young people who have had sex, years 9-11, trend 2004-2011



Pupils in years 7-8 were not asked questions about sex in the 2004 and 2007 surveys.

In year 9, a slightly higher proportion of boys said they had had sex compared to girls, however in year 10 and year 11 girls were far more likely to have had sex than boys in the same year group. In year 10 28% of girls had had sex compared to 17% of boys and in year 11 almost half (49%) of girls said they had had sex compared to a third (33%) of boys.

Table 17 Proportion of pupils in years 9-11 who have had sex, 2011

	Male	Female	Persons
Year 9	13.7%	12.1%	12.9%
Year 10	16.9%	28.3%	23.1%
Year 11	32.9%	48.7%	40.5%
Years 9-11	22.0%	29.6%	25.8%

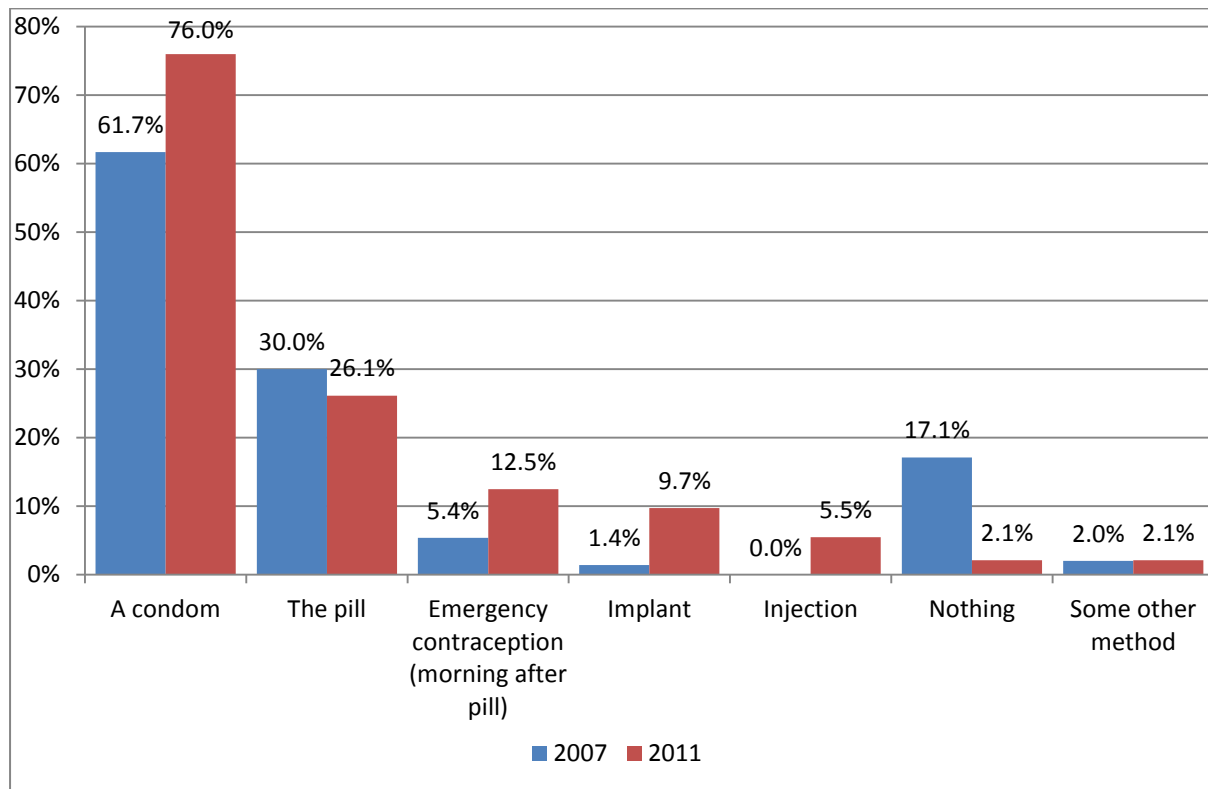
The most used method of contraception for all year groups was condoms, followed by the contraceptive pill and the injection. In year 11, the third most common used method of contraception was the implant; in 2007 the implant was the least used method of contraception for this age group with just 1% saying they used the implant.

Table 18 The last time you had sex what methods did you or your partner use to prevent pregnancy? 2011, years 7-11

	Year 7	Year 8	Year 9	Year 10	Year 11	Year 7-11
A condom	71.4%	56.8%	82.5%	75.3%	74.3%	73.9%
The pill	0.0%	8.1%	8.8%	28.2%	30.5%	23.4%
Injection	21.4%	37.8%	19.3%	15.3%	9.1%	15.3%
Implant	0.0%	0.0%	8.8%	4.7%	12.3%	8.4%
Nothing	7.1%	2.7%	8.8%	8.2%	3.2%	5.3%
Emergency contraception (morning after pill)	0.0%	5.4%	1.8%	2.4%	2.1%	2.4%
Some other method	0.0%	2.7%	1.8%	1.2%	2.7%	2.1%

The graph below shows the differences in contraception choices for pupils in years 9-11 in 2007 and 2011. Since 2007, more pupils said they used a condom (76% compared to 62% in 2007), more young people used Long Acting Reversible Methods (LARC) of contraception including the implant and the injection and far fewer said they used nothing (2% compared to 17% in 2007), see Figure 24.

Figure 24 The last time you had sex what methods did you or your partner use to prevent pregnancy? Years 9-11, 2007 and 2011



The majority (87%) of young people said they knew where to get free condoms. Older pupils were more likely to know where to get free condoms than younger pupils (92% of year 11's compared to 56% of year 7's).

Knowledge of sexually transmitted infections has improved over the last 7 years; in 2004 32% said they had never heard of Chlamydia, this decreased to 14% by 2007 and 8% in 2011. With the exception of HIV/AIDS and pubic lice, more pupils knew which STIs can and can't be cured than in previous surveys.

Table 19 Knowledge of sexually transmitted infections (STIs), Year 9-11, 2004 - 2011

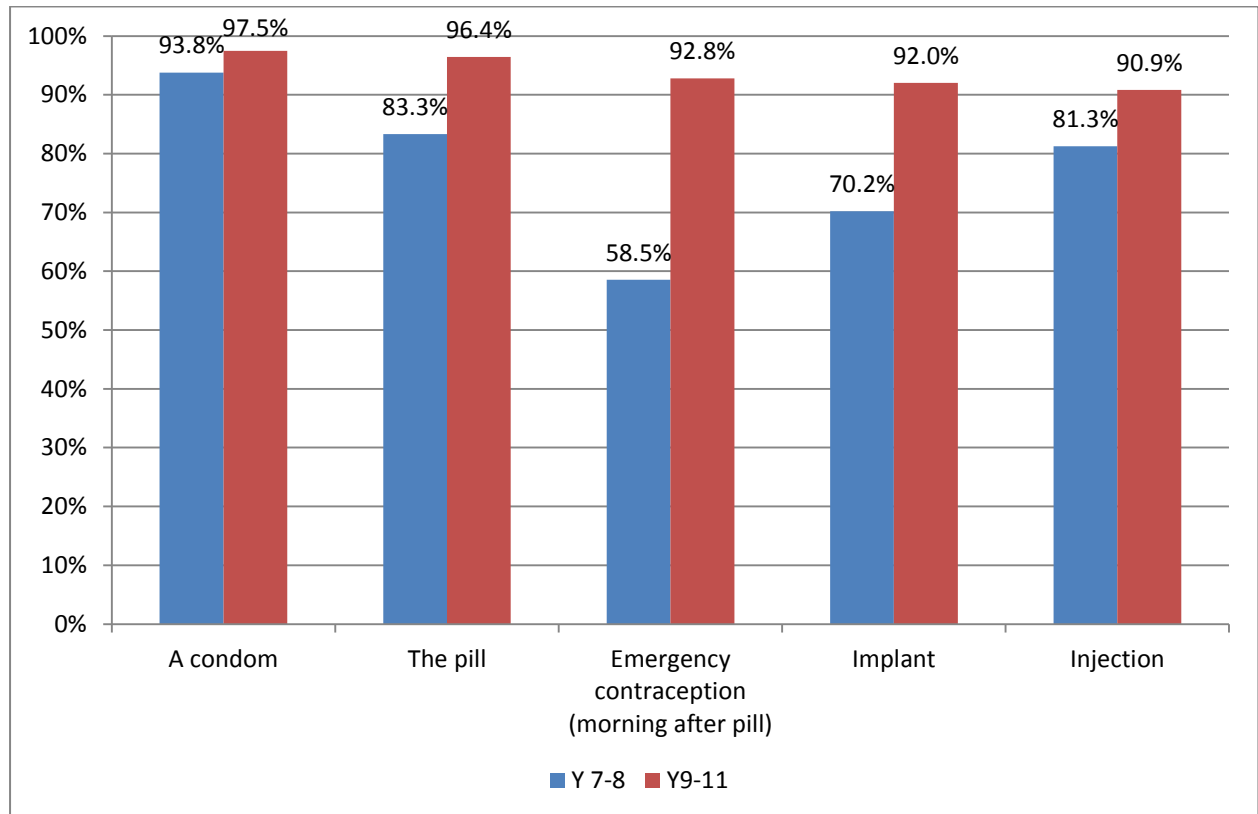
	Never Heard of it			Heard of it but know nothing			Can be treated but not cured			Can be treated and cured		
	2004	2007	2011	2004	2007	2011	2004	2007	2011	2004	2007	2011
Genital herpes	40.1%	20.3%	20.1%	40.3%	48.9%	45.6%	5.6%	8.4%	12.4%	14.0%	22.4%	21.9%
Genital warts	22.6%	16.4%	15.3%	39.3%	41.4%	45.5%	6.2%	7.5%	9.2%	31.9%	34.7%	30.0%
Gonorrhoea	42.7%	23.6%	20.6%	40.2%	47.6%	47.8%	5.1%	8.3%	10.3%	12.0%	20.4%	21.3%
Syphilis	42.5%	28.3%	25.4%	39.8%	47.7%	47.0%	7.1%	9.1%	11.6%	10.5%	14.9%	16.0%
HIV/Aids	4.3%	4.7%	8.2%	25.8%	24.4%	32.7%	58.9%	63.4%	50.0%	11.1%	7.5%	9.2%
Chlamydia	31.8%	13.8%	9.7%	37.3%	37.2%	38.2%	8.7%	13.0%	14.5%	22.2%	35.9%	37.7%
Pubic lice	21.5%	13.0%	17.4%	27.0%	27.8%	36.1%	4.6%	4.7%	5.9%	46.9%	54.5%	40.6%
Hepatitis	39.0%	23.2%	24.3%	44.0%	49.7%	47.9%	10.6%	13.9%	14.7%	6.4%	13.2%	13.1%

2004 includes pupils in years 9 and 10 only.

Correct answers are in bold italics

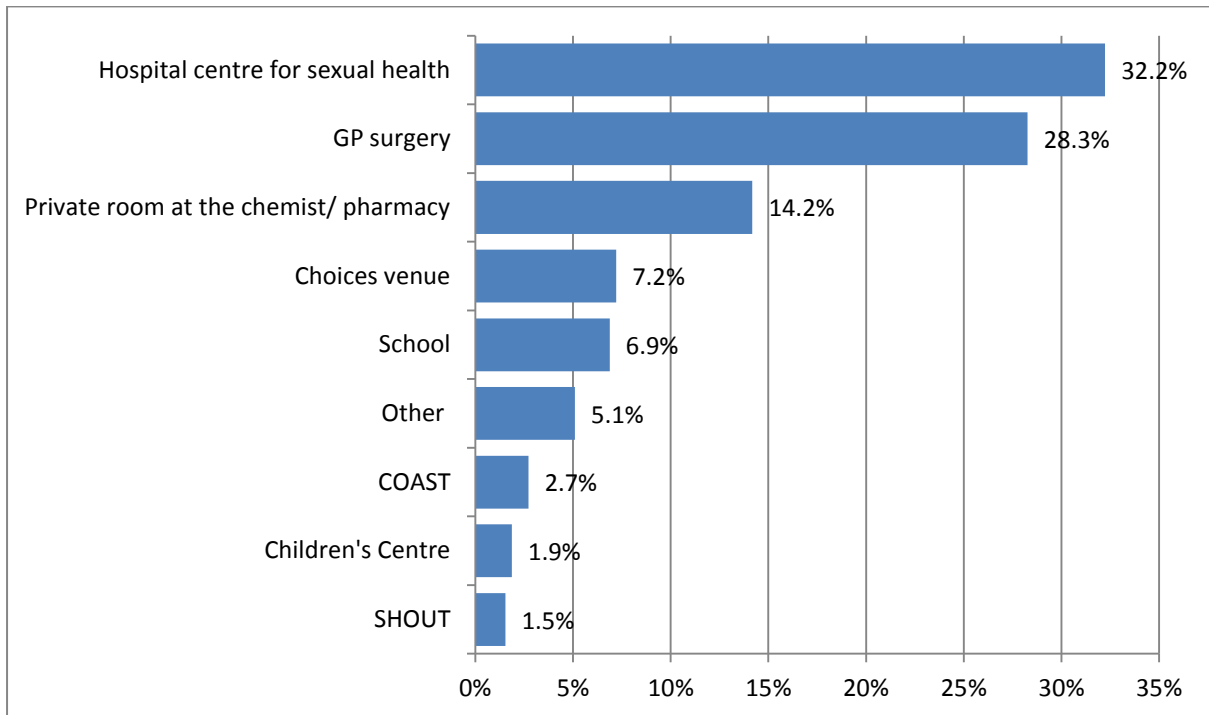
Knowledge of different forms of contraception is high amongst those in years 9-11; with over 90% saying they have heard of the methods of contraception listed (see graph). Most had heard of condoms (94% of Y7-8s and 98% of Y9-11s), the pill was the second highest for both age groups. Knowledge of emergency contraception (the morning after pill) was lowest in year 7-8.

Figure 25 Percentage of young people who have heard of different forms of contraception



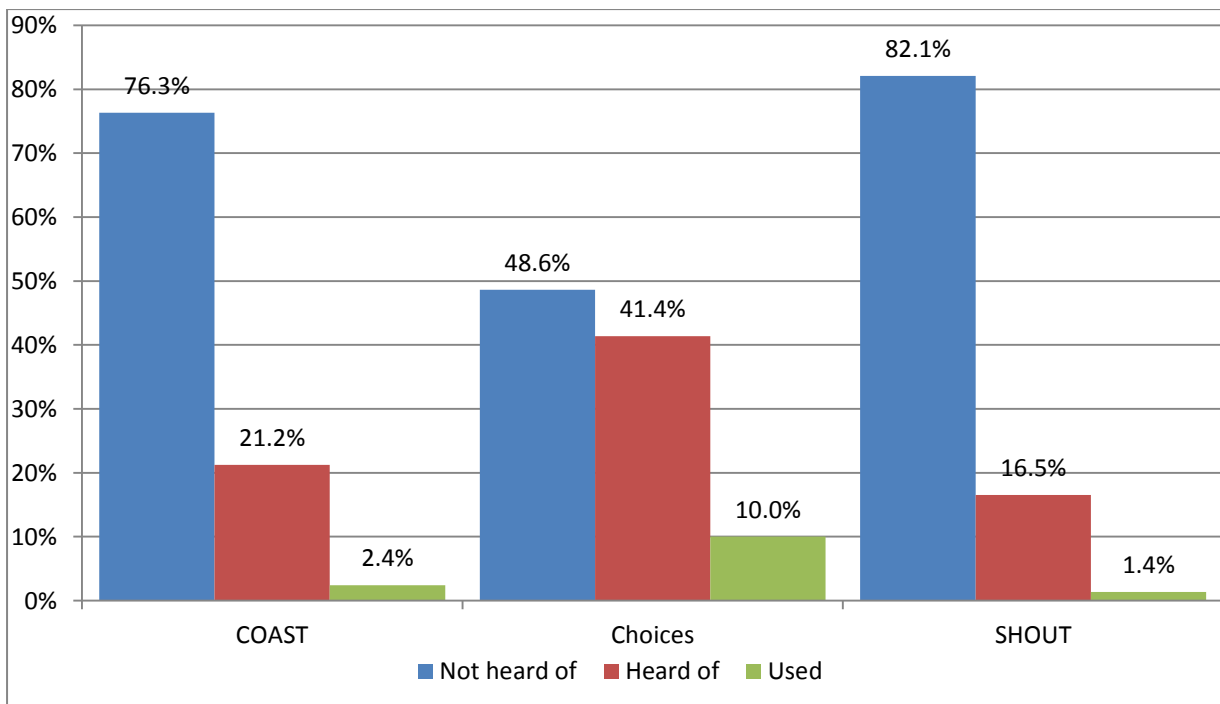
Almost a third of young people said they would prefer to get advice or testing for STI from a sexual health centre at the hospital and 28 % said they would go to their GP. Just 2% said they would go to SHOUT, 3% said they would go to COAST and 7% said they would go to a Choices venue. There was little difference between year groups, see Figure 26.

Figure 26 If you needed advice or testing for a STI where would you prefer to receive this help?



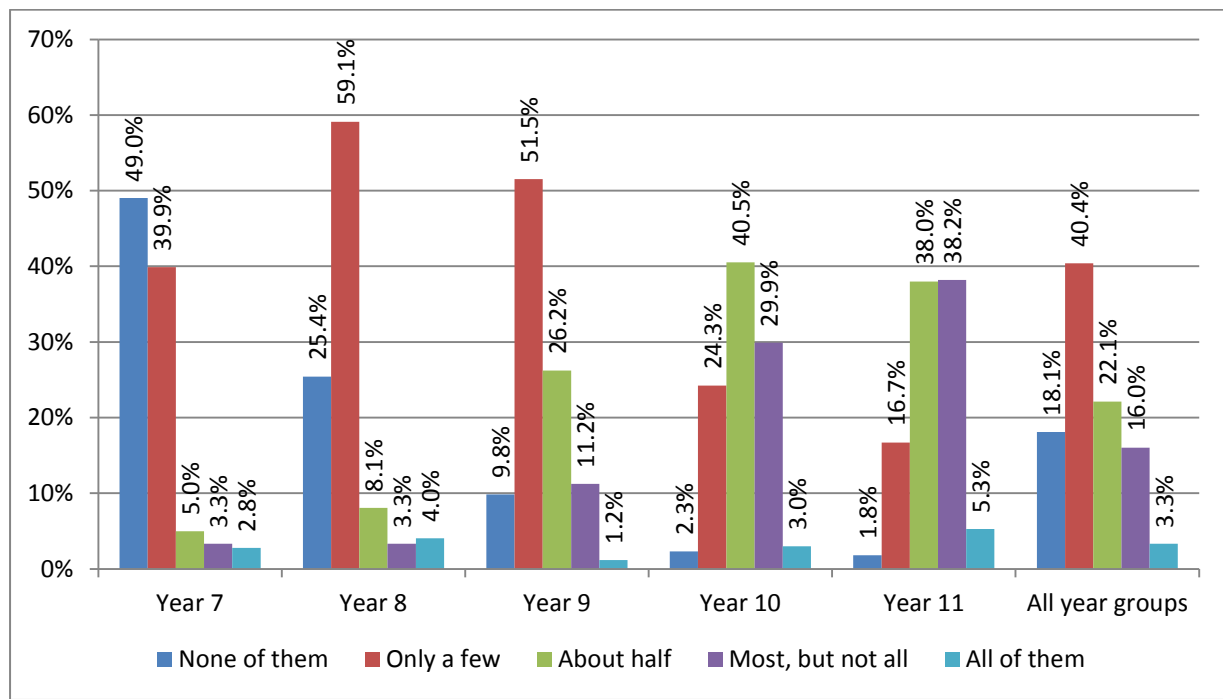
The most heard of service was Choices with 41% saying they had heard of it and a further 10% had used it. COAST and SHOUT were less well heard of with 21% saying they had heard of COAST and 2% saying they used it; 17% had heard of SHOUT and 1% had used it.

Figure 27 In North East Lincolnshire you can get free confidential advice on sexual health from the services listed below. Have you ever heard of or used any of them?



Pupils overestimated the number of people their age they thought were having sex; 41% thought that at least half of people their age (school years 7-11) had had sex, the actual percentage of young people that had sex was 16%, far lower than their estimate. Older pupils were more likely to say that most pupils their age have had sex (38% of year 11s) compared to younger pupils (3% of year 7s).

Figure 28 How many people your age do you think have had sex?



Key Points – Sexual Health

- Pupils found most lessons relating to personal and social health very or quite useful.
- Young people said they would prefer to get advice about sex, contraception and STIs from their parents and from school lessons.
- Fewer pupils said they have had sex compared to 2004 and 2007.
- In years 10 and 11, girls were far more likely to have had sex than boys of the same age.
- Condoms were the most used method of contraception. More young people used condoms the last time they had sex compared to previous years.
- Use of LARC methods of contraception are on the increase.
- For most STIs, knowledge of whether or not they could be treated and cured has improved since 2004 and 2007.
- Young people said they would prefer to get advice or testing for STIs from the Hospital Centre for Sexual Health or from their GP.
- Young people over estimated how many people their age had sex.

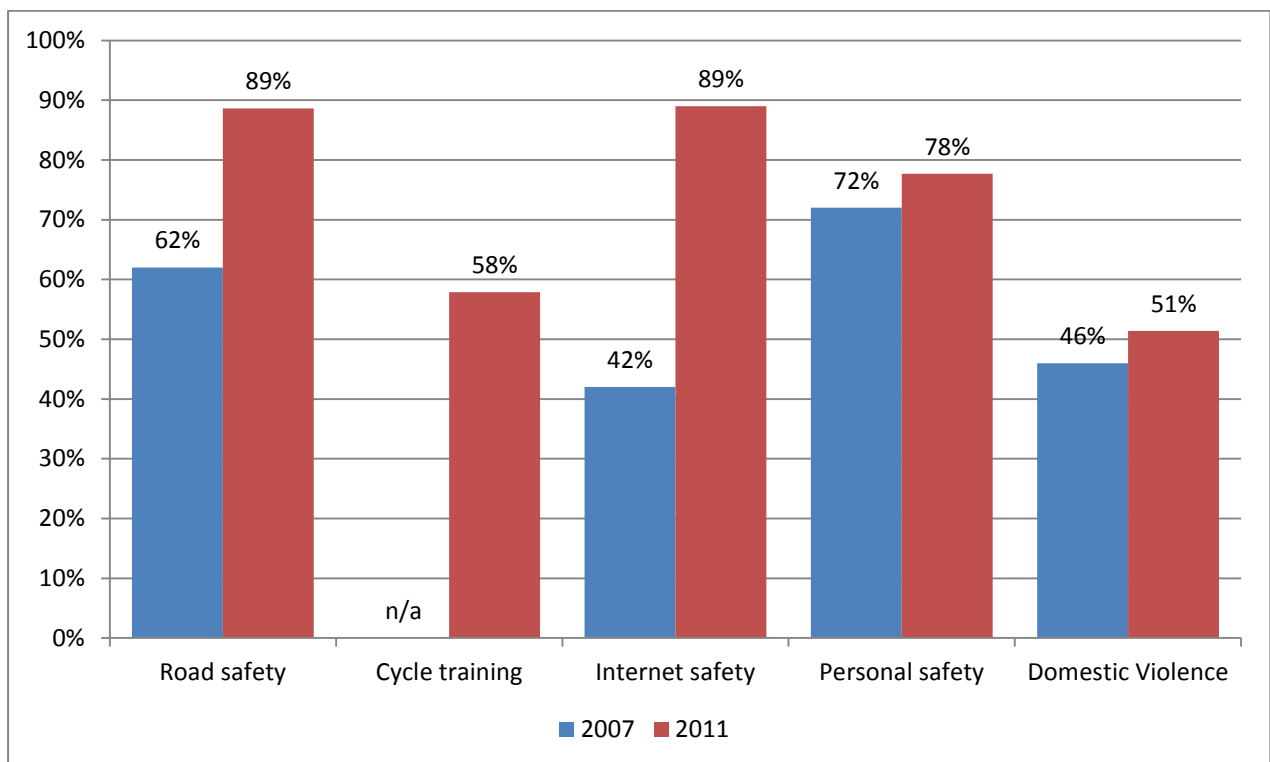
10. Feeling Safe (including Bullying & Domestic Violence)

10.1 Feeling Safe

The majority of pupils felt safe in their neighbourhood during the day (92%) but only about half (57%) of young people felt safe in their neighbourhood at night.

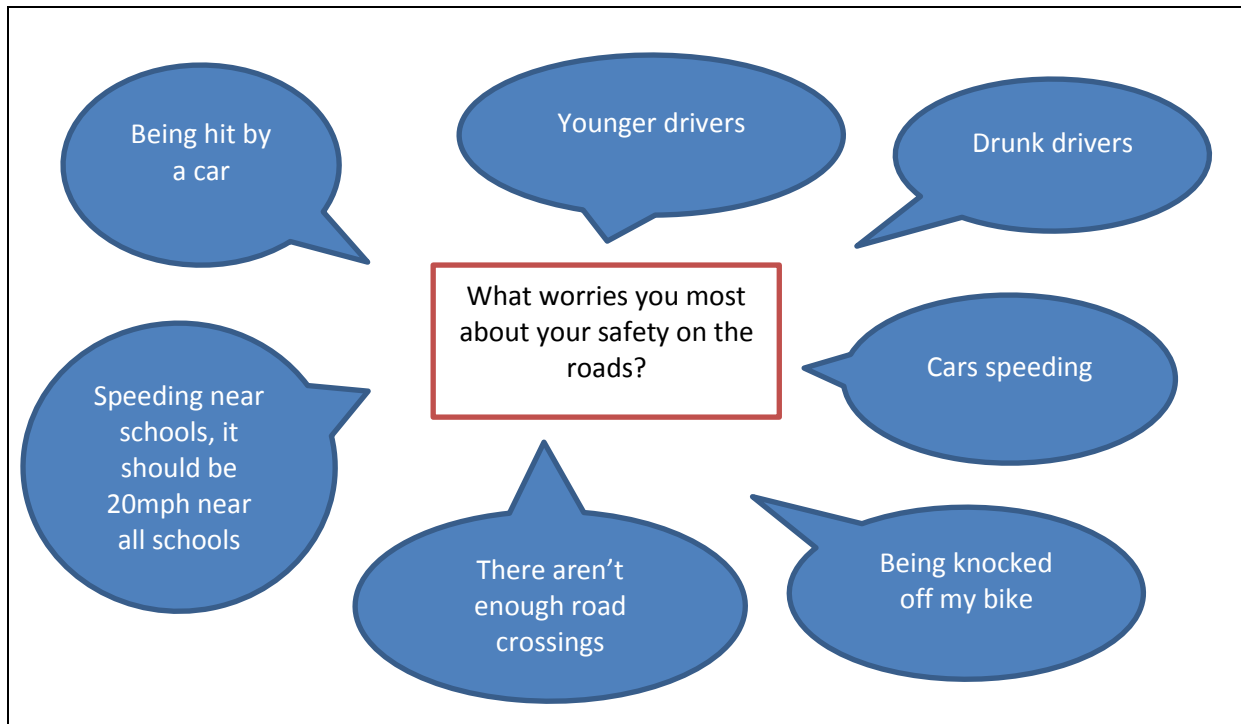
Figure 29 shows that in the number of sessions held at school raising awareness of road safety, internet safety, personal safety and domestic violence have all increased since 2007. Road safety saw an increase of 44% from 62% (2007) to 89% (2011). Similarly in 2007 less than half of students (42%) had had sessions on internet safety whereas in 2011 the majority of students (89%) had had sessions about internet safety.

Figure 29 Percentage of students who have had sessions about... compared to 2007



A large proportion of students said that being run over, cars speeding on the roads and a lack of pedestrian crossings where the main thing that worried on them on the roads, see Box 3.

Box 3 What worries you most about your safety on the roads?



10.2 Bullying

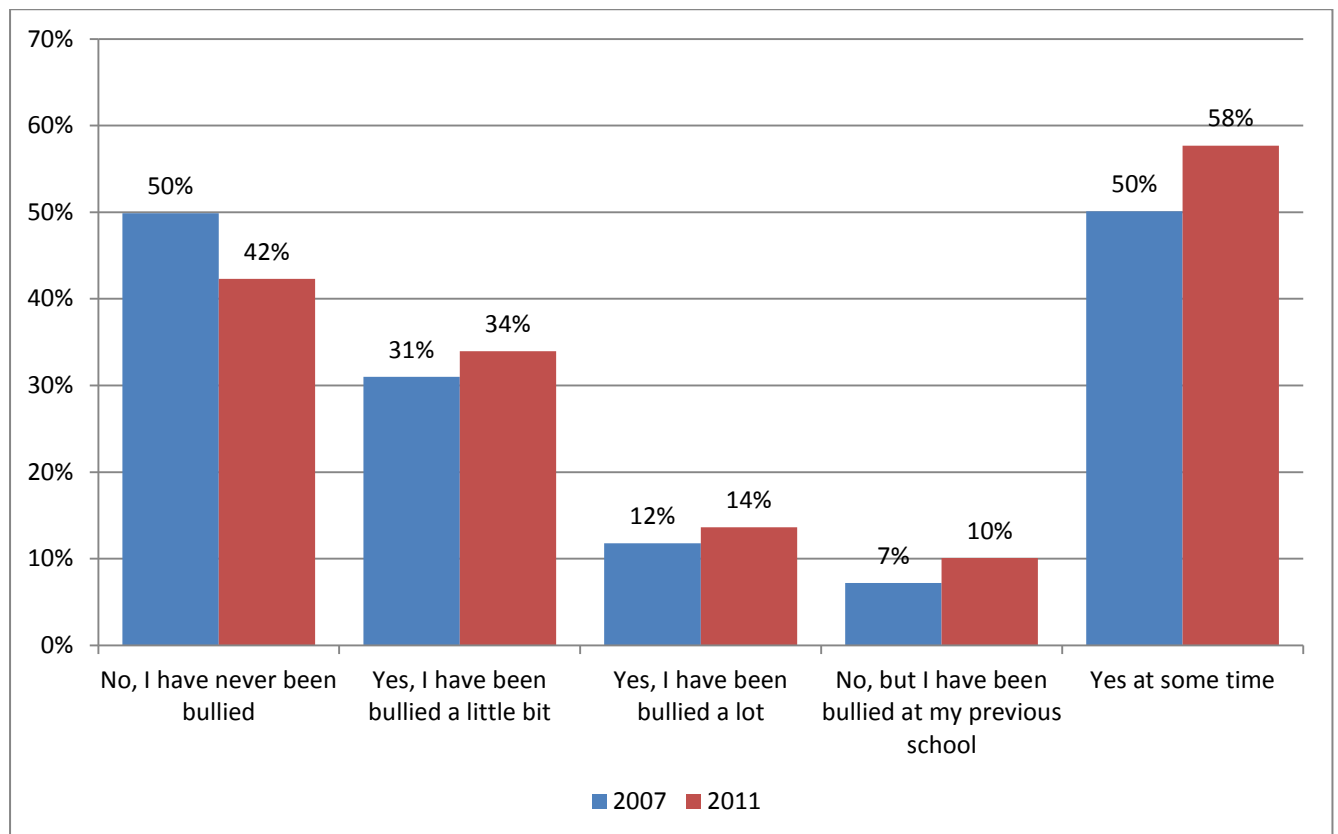
The number of pupils who have been bullied appears to have increased from 2007. In 2011 58% of pupils had been bullied at some point during school whereas in 2007 only 50% of pupils had experienced bullying. Although bullying questions varied in the 2004 ALS and no direct comparisons can be made only 40% of pupils were bullied, suggesting that bullying has increased each year. Experiences of bullying increased across all year groups but the most significant increase in bullying was among year 7 students; a 53% increase in bullying from 2007. Although bullying experiences increased across all year groups the percentage increase from 2007 to 2011 was less significant as the students got older, see Table 20.

Table 20 Have you ever been bullied?

	Y7		Y8		Y9		Y10		Y11		Y7-11	
	2007	2011	2007	2011	2007	2011	2007	2011	2007	2011	2007	2011
No, I have never been bullied	61%	42%	49%	42%	44%	40%	46%	41%	48%	47%	50%	42%
Yes, I have been bullied a little bit	21%	30%	32%	34%	36%	38%	34%	34%	34%	33%	31%	34%
Yes, I have been bullied a lot	7%	12%	13%	14%	14%	14%	13%	16%	13%	12%	12%	14%
No, but I have been bullied at my previous school	11%	15%	5%	10%	7%	8%	8%	9%	5%	8%	7%	10%
Yes at some time	38%	58%	51%	58%	56%	60%	55%	59%	52%	53%	50%	58%

May not total 100% due to rounding

Figure 30 Have you ever been bullied?



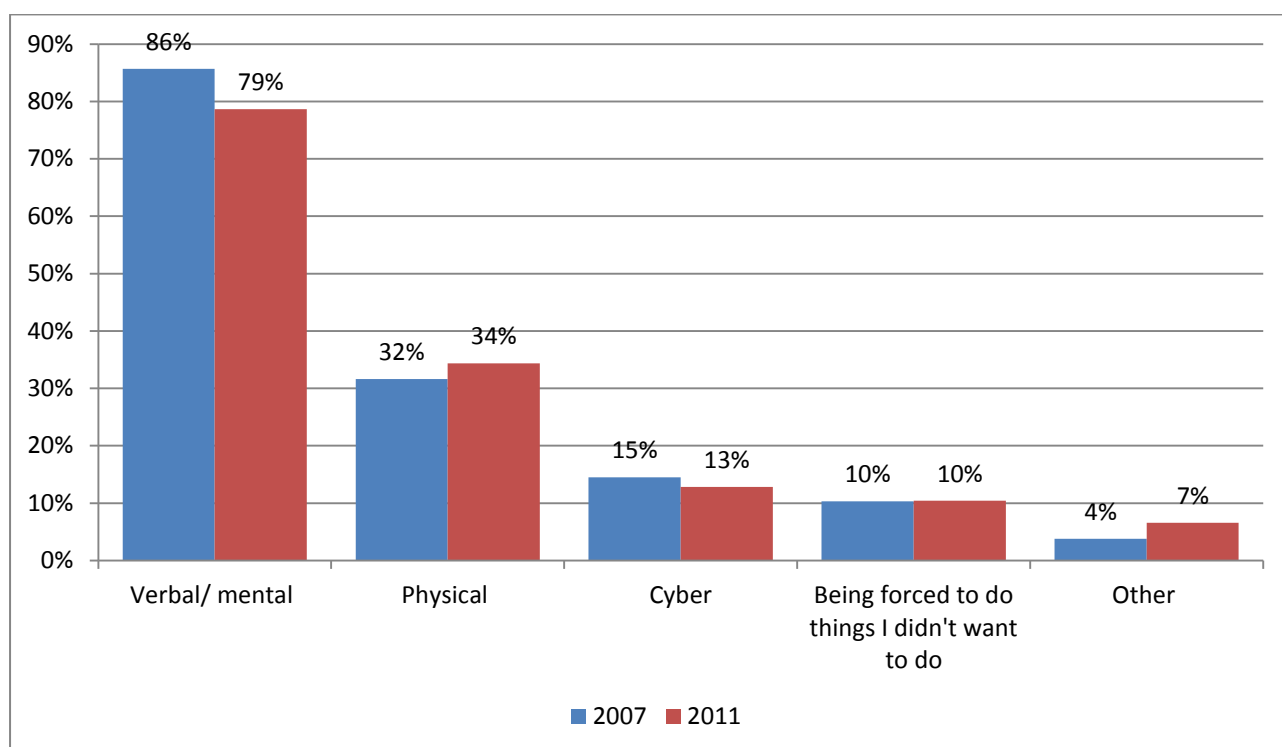
No comparisons against 2004 could be made due to differences in question and answer format.

Due to data collection issues with the questionnaire software, the following analysis for bullying only includes responses from those in school years 7 and 8.

Nearly half (45%) of the students who said they had been bullied said it happened a long time ago and just under a third (29%) said it happened last year. 18% of pupils who had been bullied said it happened last week and nearly 10% of students had either been bullied in the last two days.

Nearly all bullying in 2007 involved verbal/ mental abuse (86%) and although this was still the main type of bullying in 2011 it had decreased to 79%. Similarly cyber bullying decreased slightly in 2011 from 15% in 2007 to 13%. However physical bullying had increased slightly in 2011 from 32% in 2007 to 34%. See Figure 31.

Figure 31 Type of bullying experienced compared to 2007*

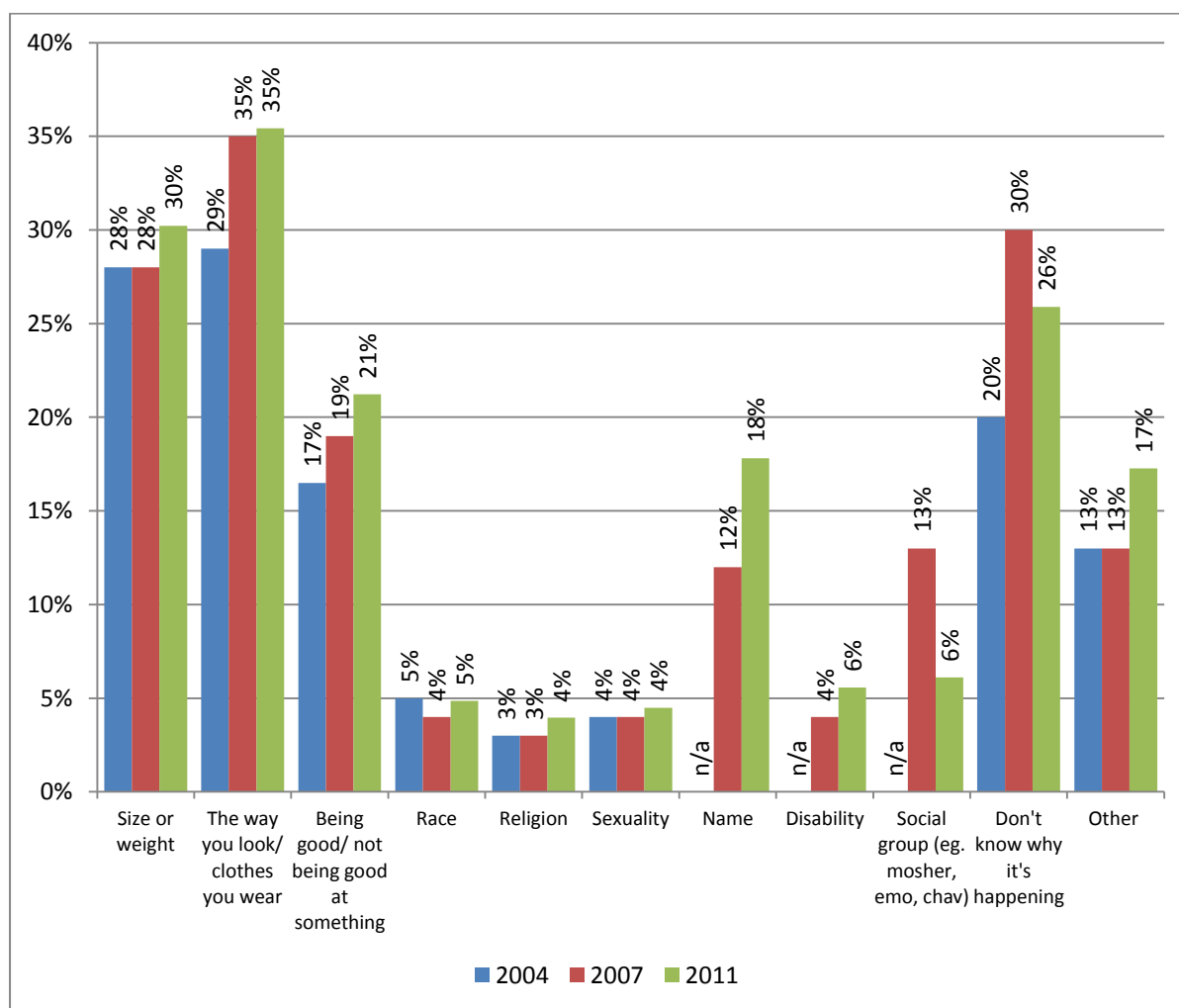


*2011 data includes years 7 and 8 only

Over half of all bullying incidents (55%) happened in the playground, 38% of incidents happened in the class and a third (33%) of incidents in the corridor at school. The majority of bully victims were bullied by someone in their class (60%) and over a third (36%) were bullied by an older pupil at their school.

The way they look/ clothes they wore was the main reason why students thought they were being bullied (35%) closely followed by their size/weight (30%). Only small numbers of pupils felt they were bullied because of their race (5%), religion (4%), sexuality (4%) or disability (6%). A quarter of students (26%) did not know why they were being bullied.

Figure 32 Why do you think you are being bullied?*

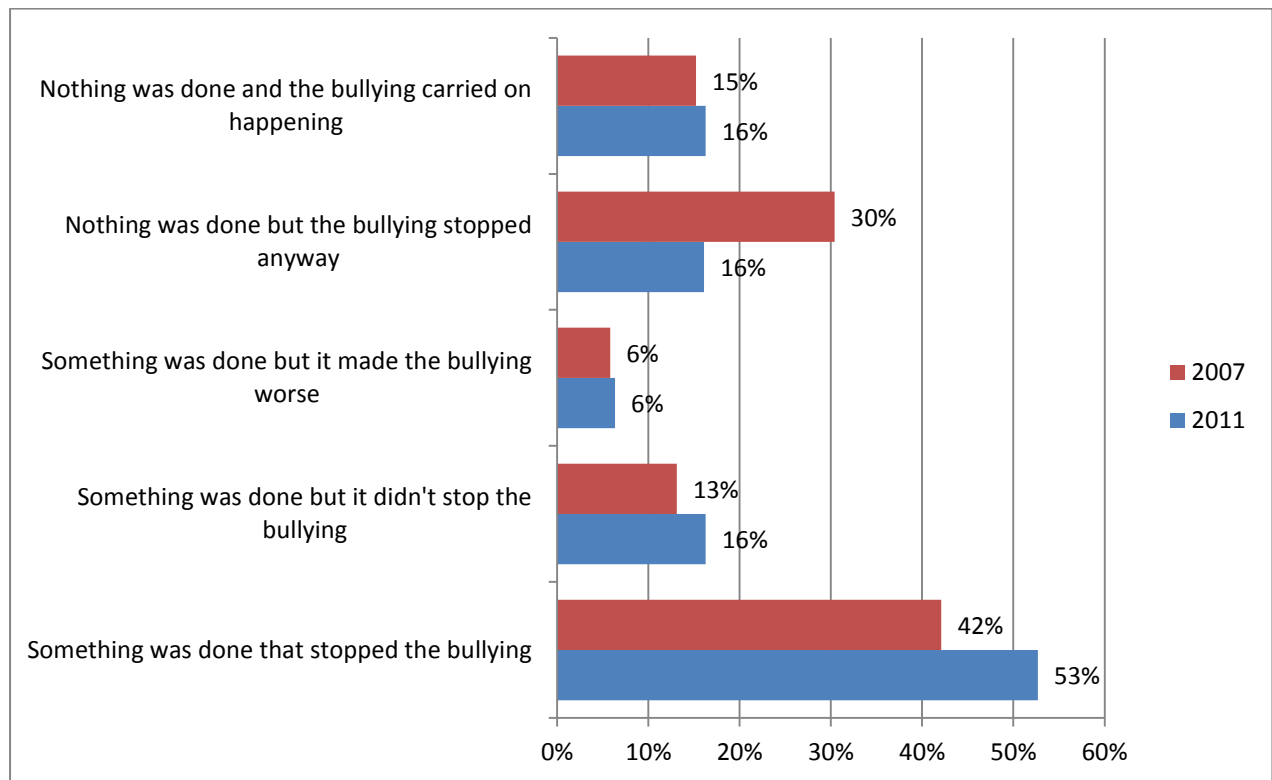


*2011 data includes years 7 and 8 only

When pupils are being bullied a large proportion will stick up for themselves (39%) and just under a third will tell someone that the bullying is happening (32%). Similarly a lot of pupils said they would take no notice (28%), try and keep away from the bullies (29%) or fight back (27%). Only a very small percentage of students said they would stay away from school (3%) or phone a helpline (1%).

Over half of pupils (53%) said that when they were being bullied something was done and the bullying stopped which was more than in 2007 (42%). The majority of pupils would know what to do if they were being bullied (88%) and if they saw someone being bullied (89%).

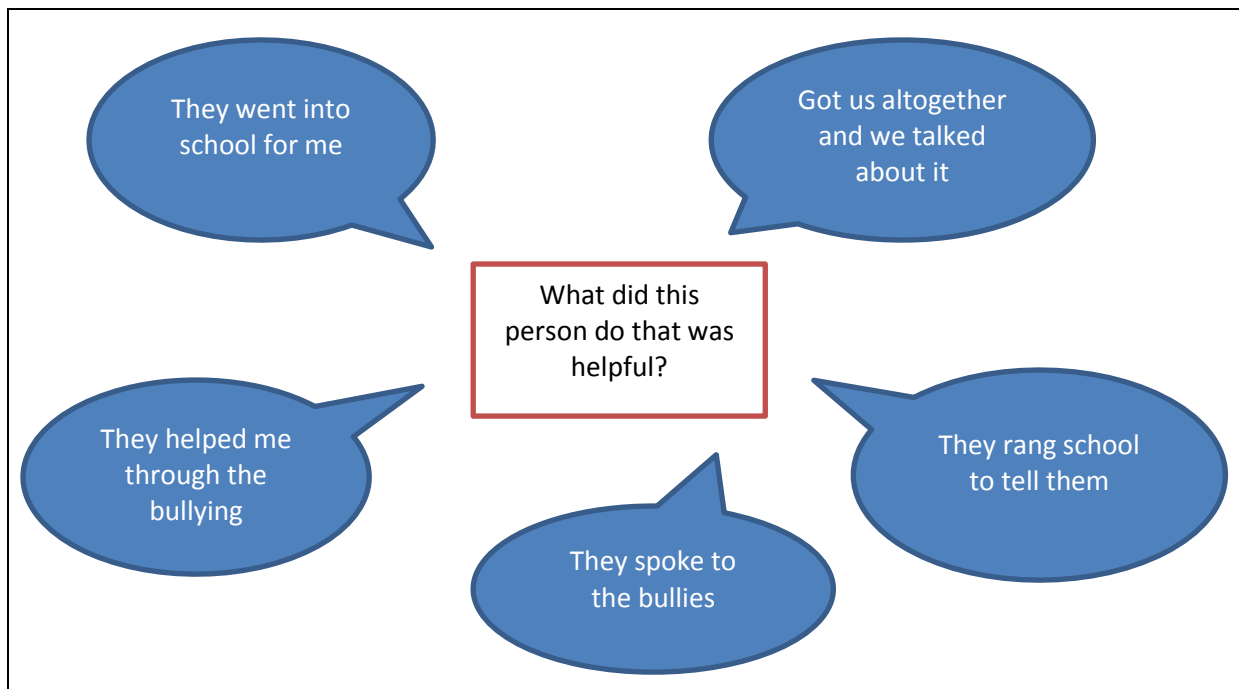
Figure 33 The last time the bullying happened what was done about it?*



*2011 data includes years 7 and 8 only

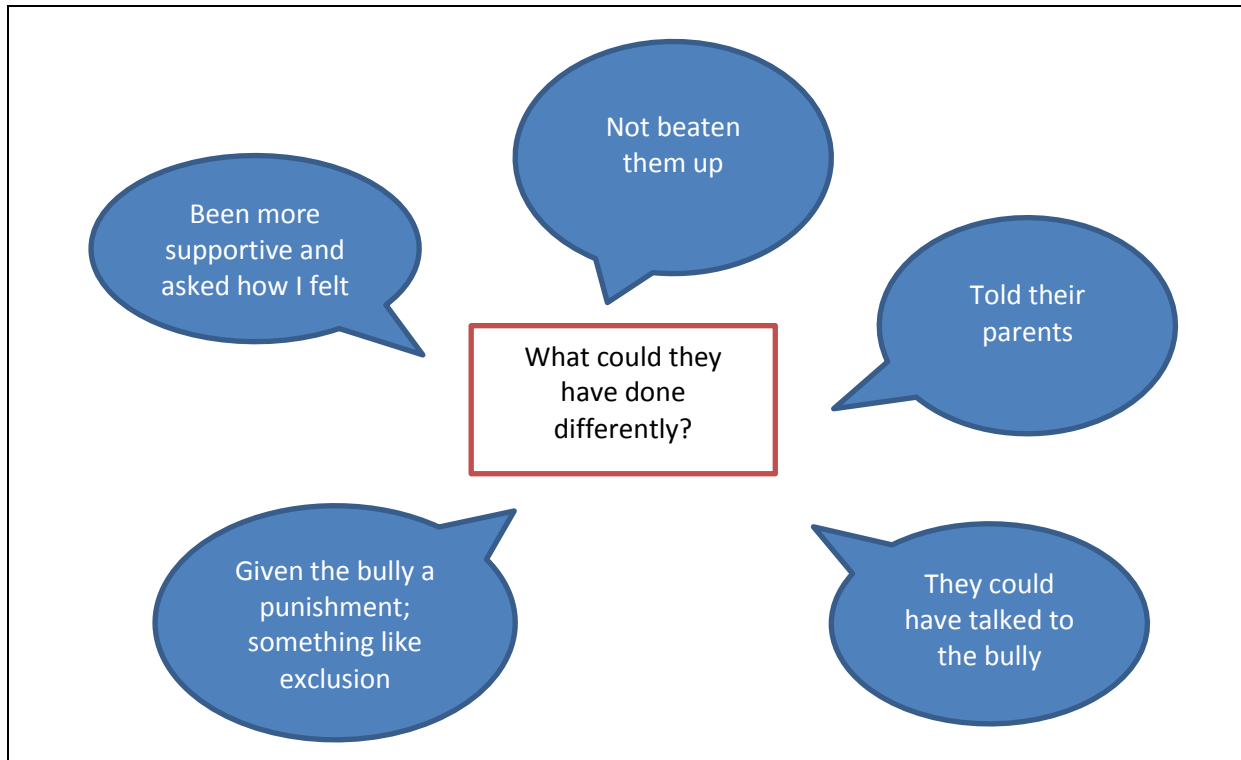
Pupils who had been bullied said that helpful things a person did for them when they were being bullied was to either speak to the bully directly or let the right people know it was happening (e.g. telephoning school or going into school personally); see Box 4 . Similarly some students also mentioned about the support people gave them through the bullying.

Box 4 What did this person do that was helpful?



Students felt that people could have been more supportive or taking more severe action against the bully as punishment, something like detention, exclusion or told the bullies parents, when asked what the person could have done differently, see Box 5. Conversely, some pupils said they hoped the person helping them wouldn't beat the bullying up in future as this can make things worse for the bully victim.

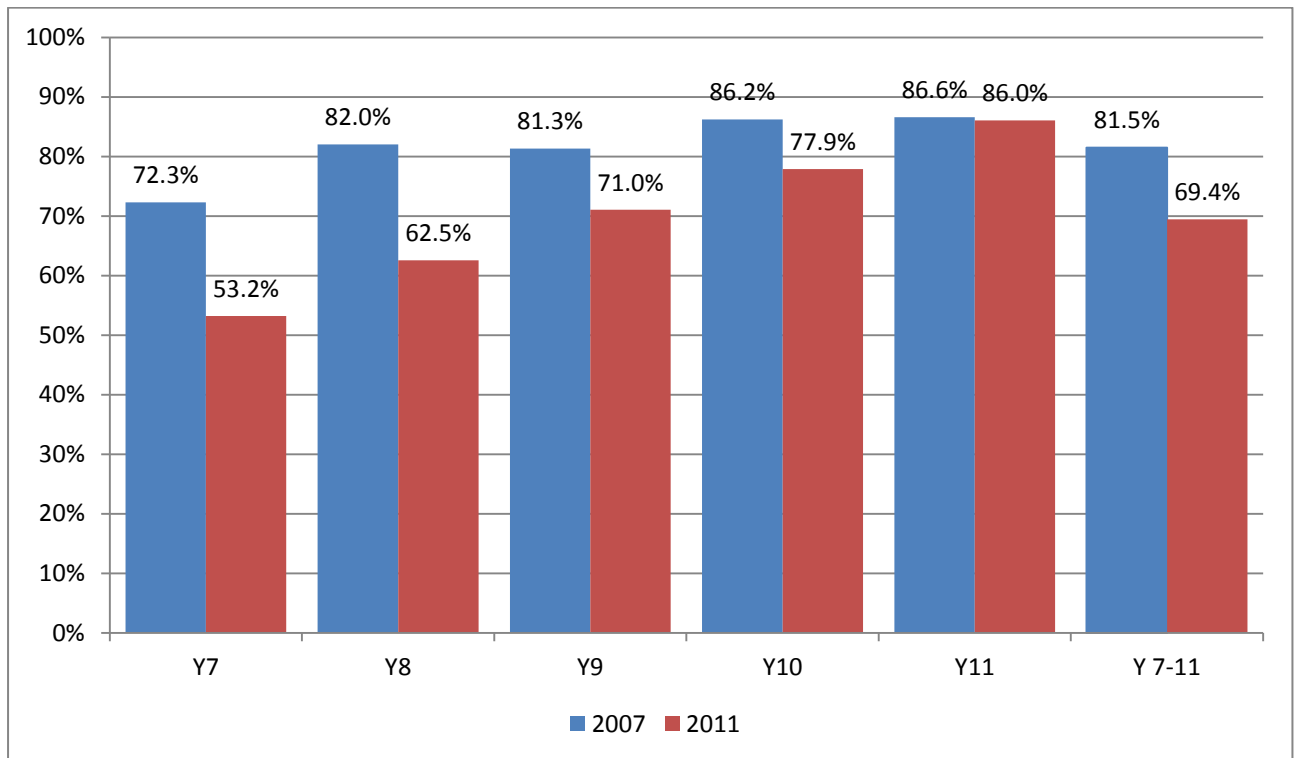
Box 5 What could they have done differently?



10.3 Domestic Violence

Most pupils (69%) understand what domestic violence is but this is less than the 2007 survey (82%) (Figure 34) Pupils in year 7 were the least likely to understand what domestic violence is and understanding increased with age. Year 8 students had the largest change in understanding compared to 2007 with 16% less students in year 8 understanding what domestic violence is.

Figure 34 % of students, by year group who understand what domestic violence is (2007-2011)



Less than a fifth of students (18%) said they had witnessed domestic violence in their family compared to a quarter of students (25%) who stated they had witnessed domestic violence in 2007. Females (19%) were more likely to have witnessed domestic violence than males (17%) and females (6%) were less likely to say they felt safe in their home compared to males (5%) which was unchanged from 2007. 7% of students said they had been physically hurt by their boyfriend/girlfriend. The proportion of boys (8%) who said they had been physically hurt by their boyfriend/girlfriend was higher than for girls (5%).

Although over half of students (61%) knew that there were number they could call to help and advice about domestic violence, this has reduced since 2007 (70%). Awareness dropped among all year groups but the largest drop was in year 7 where there was a 25% decrease from 2007. Similarly, 15% of pupils said they would like help and advice about domestic violence, much more than in 2007 (9%) and more girls (16%) than boys (14%) wanted help and advice. Pupils in years 7 (18%) and 9 (18%) were the most likely to want advice and more specifically nearly one in five females in year 8 (19%) wanted advice. See Table 21.

Table 21 Percentage of pupils who want help and advice on domestic violence by year and sex

	Year 7	Year 8	Year 9	Year 10	Year 11	Total
Male	18%	13%	17%	14%	7%	14%
Female	18%	19%	18%	16%	7%	16%
Total	18%	16%	18%	15%	7%	

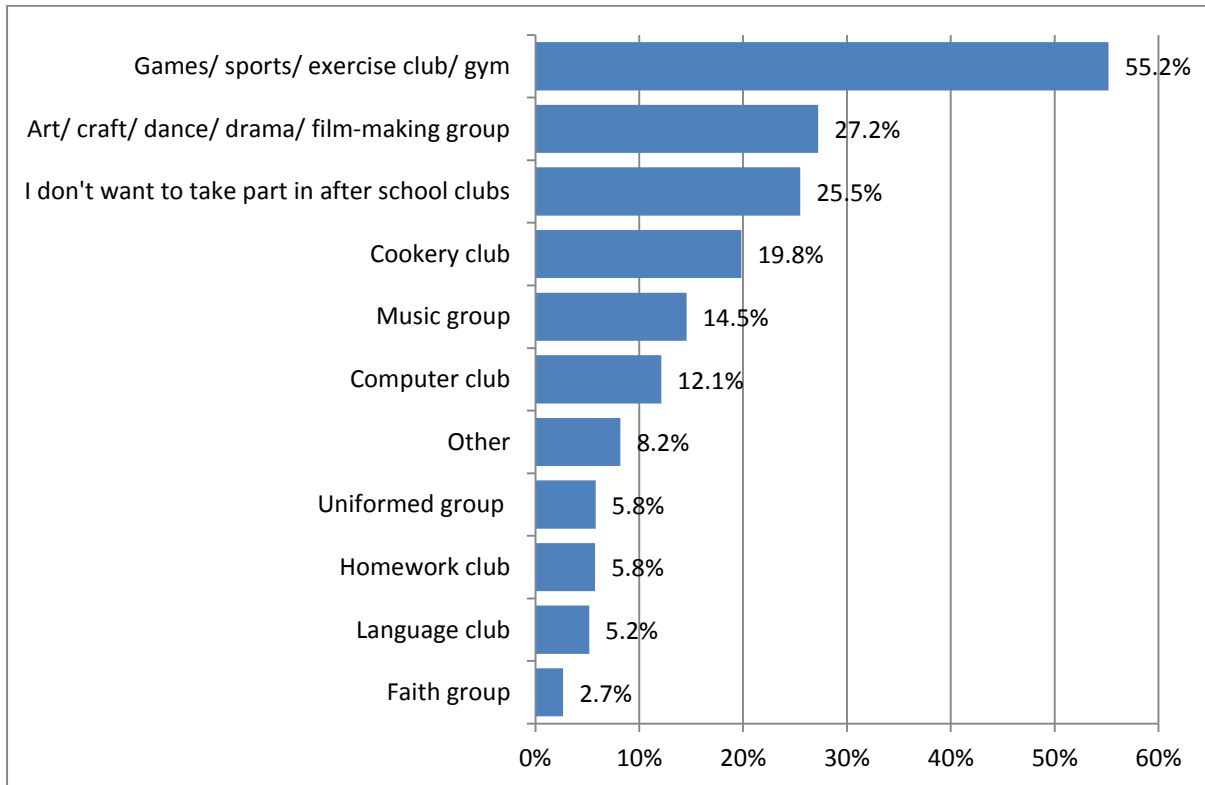
Key Points – Feeling Safe

- Most students felt safe in their neighbourhood during the day but only just over half felt safe during the night.
- The number of students who have had awareness sessions on road safety, domestic violence, internet safety and personal safety has increased since 2007.
- Over half of all students said they had been a victim of bullying at some point during their education.
- The majority of bullying was verbal/ mental abuse and a large proportion of student felt they were being bullied because of the way they look.
- Bullying related to race, disability, religion and sexuality was low and bullying as a result of social group had decreased since 2007.
- The majority of bullying victims said they would stick up for themselves or tell someone they are being bullied. Only a small number of pupils said they would stay away from school or phone a helpline if they were being bullied.
- Half of students who had been bullied said something was done when they told someone which was more than in 2007.
- Nearly all pupils said they would know what to do if they were being bullied.
- Over two thirds of students understand what domestic violence is which was less than in 2007. Younger pupils were the least likely to understand what domestic violence is.
- Less than a fifth of students had witness domestic violence and more females than males had witnessed domestic violence.
- Females were less likely to say they felt safe in tier home.
- A small percentage (7%) of students had said they had been physically hurt by their boyfriend or girlfriend.
- 15% of pupils said they would like help and advice regarding domestic violence with a higher proportion of females asking for help than males.

11. School and Leisure

Just over half of pupils said they would like to take part in games/ sports/ exercise/ gym after school, 27% said they would like to take part in arts/ crafts/ dance/ drama/ film making and a quarter said they didn't want to take part in any after school clubs.

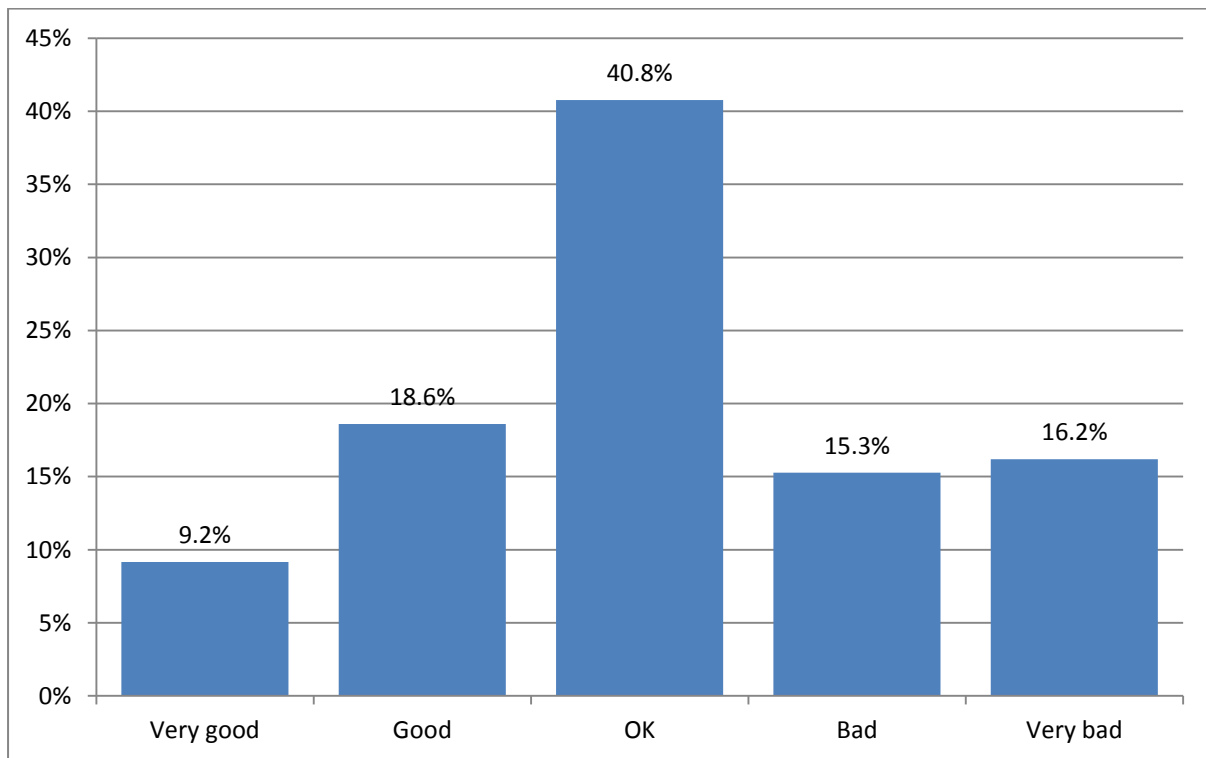
Figure 35 What sort of activities would you like to do after school?



Total exceeds 100% since pupils were able to give more than one answer

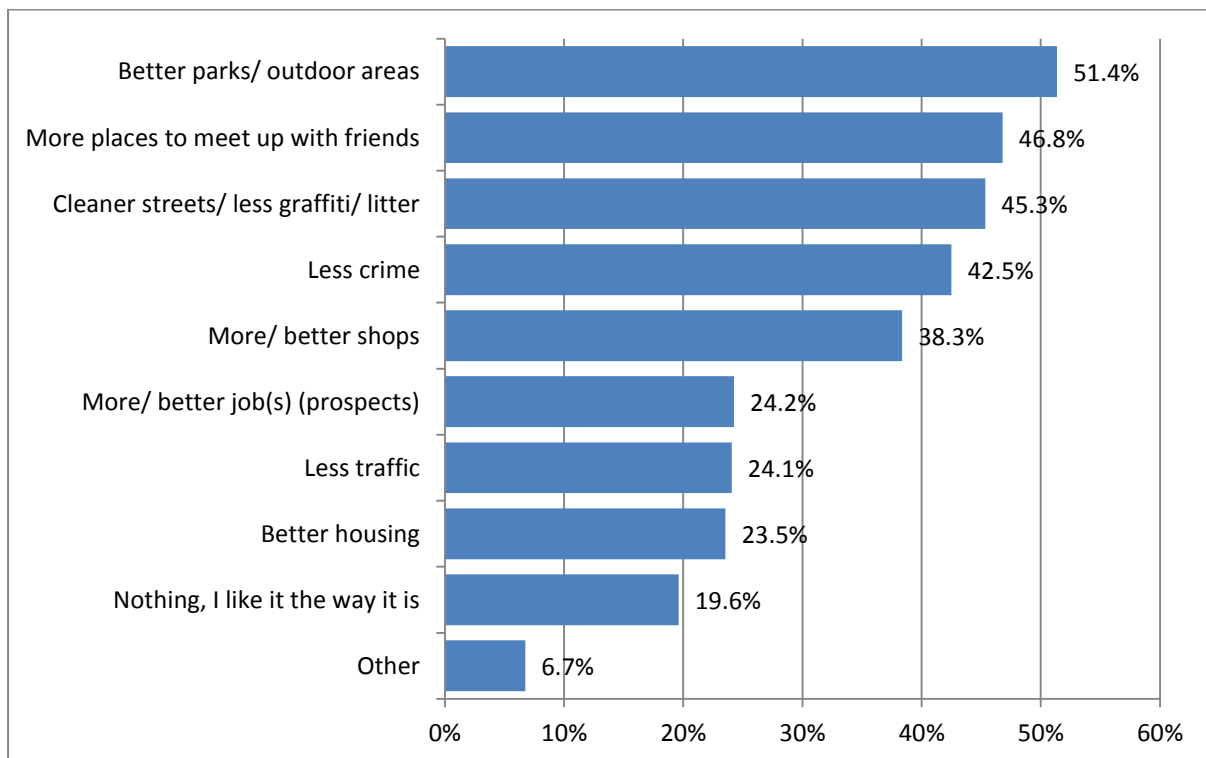
In 2009 the national Ofsted TellUs 4 Survey showed that parks and play areas in North East Lincolnshire were considered significantly worse than England by the young people who took part. In 2009 16% of young people in North East Lincolnshire thought that parks and play areas were fairly poor and 18% thought they were very poor; In England, 11% said they were fairly poor and 12% said they were very poor. Since the TellUs Survey was decommissioned the ALS now tracks this question; there has been little difference in the proportion of young people who thought the parks and play areas in North East Lincolnshire are poor or very poor since the TellUs 4 Survey in 2008, see Figure 36 (4).

Figure 36 What do you think of parks and play areas in your area?



Just over half of young people said having better parks and outdoor areas would make their local area a better place to live, 47% said they wanted more places to meet up with friends and 45% said they wanted cleaner streets. A fifth said they thought their local area was ok the way it is.

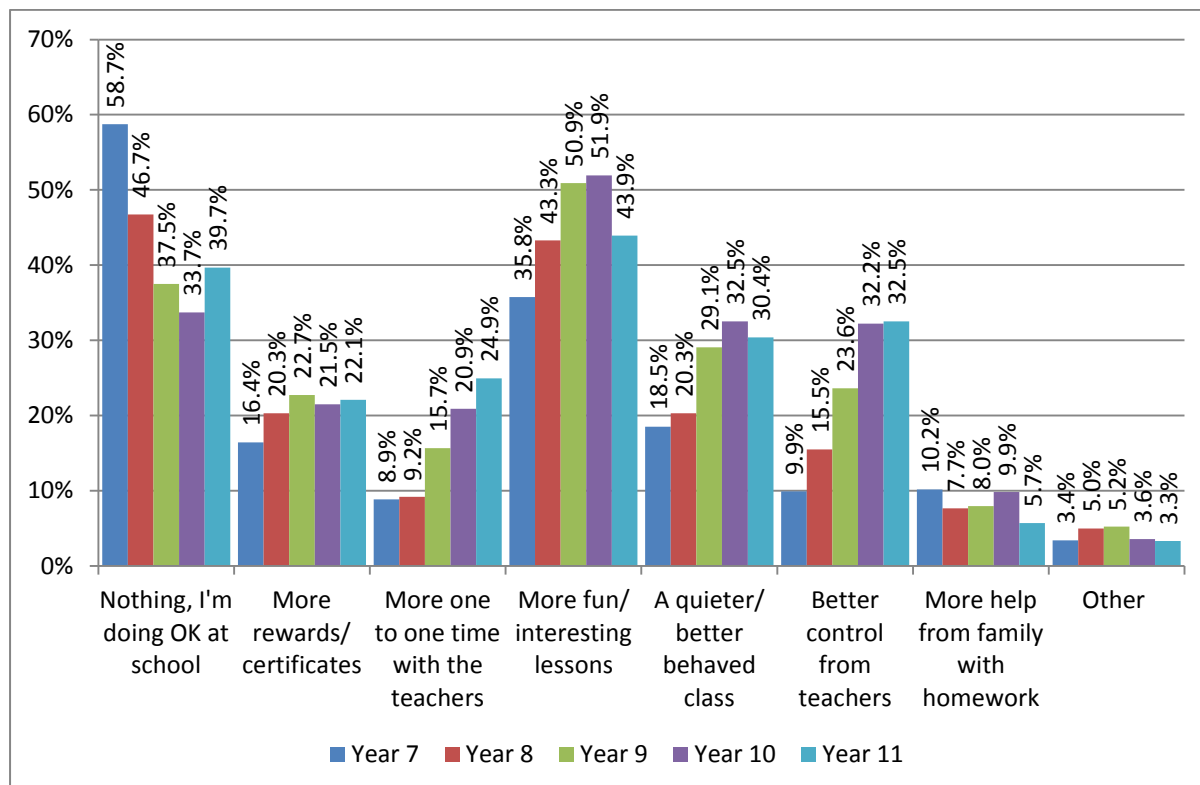
Figure 37 What would make your local area a better place to live?



Total exceeds 100% since pupils were able to give more than one answer

Younger pupils were more likely to say they were doing OK at school and nothing would help them do better; older pupils said that more fun and interesting lessons and better control from teachers would help. A quarter of year 11s also said they wanted more one to one time with their teachers.

Figure 38 What would help you do better at school?



Total exceeds 100% since pupils were able to give more than one answer

Most pupils were positive about their peers; 95% said students in their class enjoy being together at least some of the time and 92% thought that other students liked them the way they are at least sometimes.

Table 22 Relationships with peers

	Always	Sometimes	Never
Students in my class enjoy being together	35.9%	58.7%	5.4%
Most of the students in my class are kind and helpful	26.4%	64.1%	9.5%
When a student in my class is feeling down someone in class tries to help	34.1%	53.0%	13.0%
Other students like me the way I am	39.8%	52.7%	7.6%

Key Points –School and Leisure

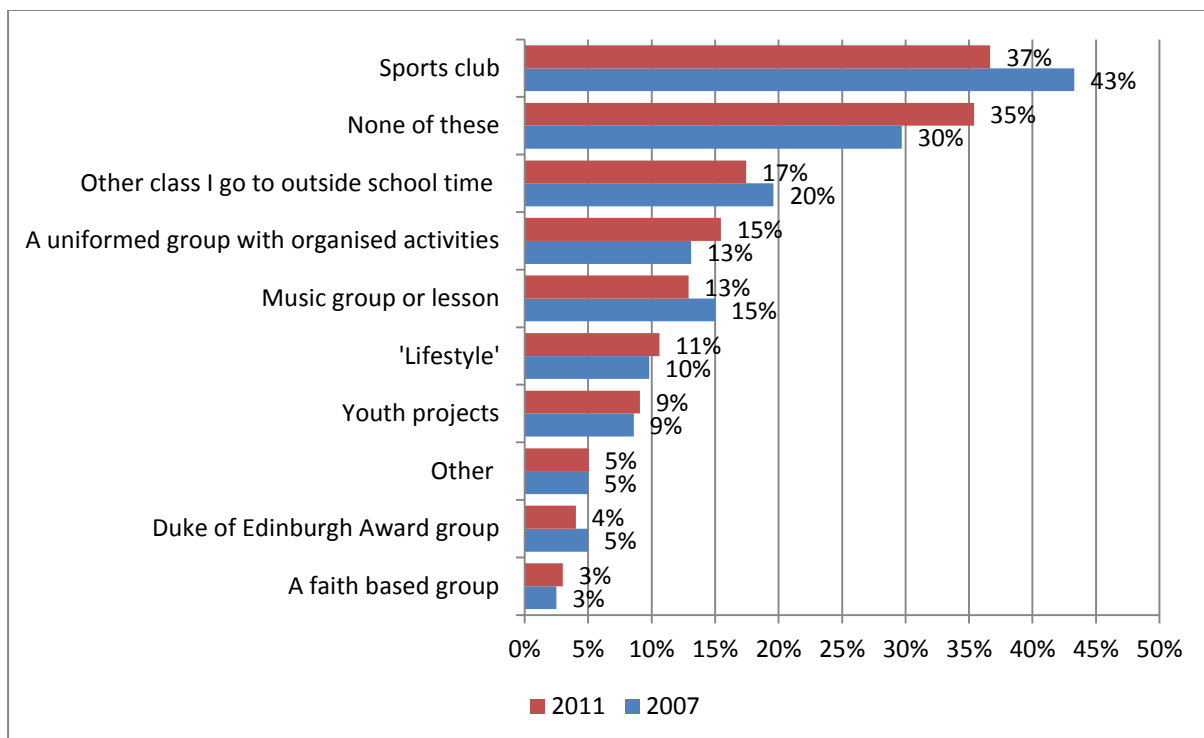
- Just over half of pupils said they would like to take part in games/ sports/ exercise/ gym after school.
- Almost a third of young people said that parks and play areas in their local area are bad or very bad.

- Better parks and play areas, more places to meet up with friends and cleaner streets would make the local area a better place to live.
- Most young people said that students in their class enjoy being together at least sometimes.

12. Getting Involved

Over a third of pupils (37%) had taken part in a sports club within the last year and significant numbers of pupils had attended other classes outside of school (17% - decreased since 2007) or a uniformed group with organised activities in the last year (15% - increased since 2007). Since 2007 students involvement in out of school activities appears to have decreased as shown in Figure 39; 35% of pupils had not taken part in any of the after school activities.

Figure 39 In the last year have you taken part in any of the following...?



Total exceeds 100% since pupils were able to give more than one answer

The majority of students (62%) said they 'sometimes' get involved in organising school events and over a quarter (27%) will 'always' get involved. Students felt there were fewer opportunities to get involved (35%) in at school compared to 2007 (41%). Younger students felt there were much more opportunities and activities to involved in during and after school whereas older students were more likely to say there were never any opportunities to get involved compared to those in year 7. More pupils (26%) said there were chances to help decide school rules and activities compared to pupils in 2007 (23%) however less students (22%) said rules in school are fair compared to 2007 (30%). Similarly more pupils (32%) said they are treated too strictly compared to what pupils said in 2007 (22%). See Table 23.

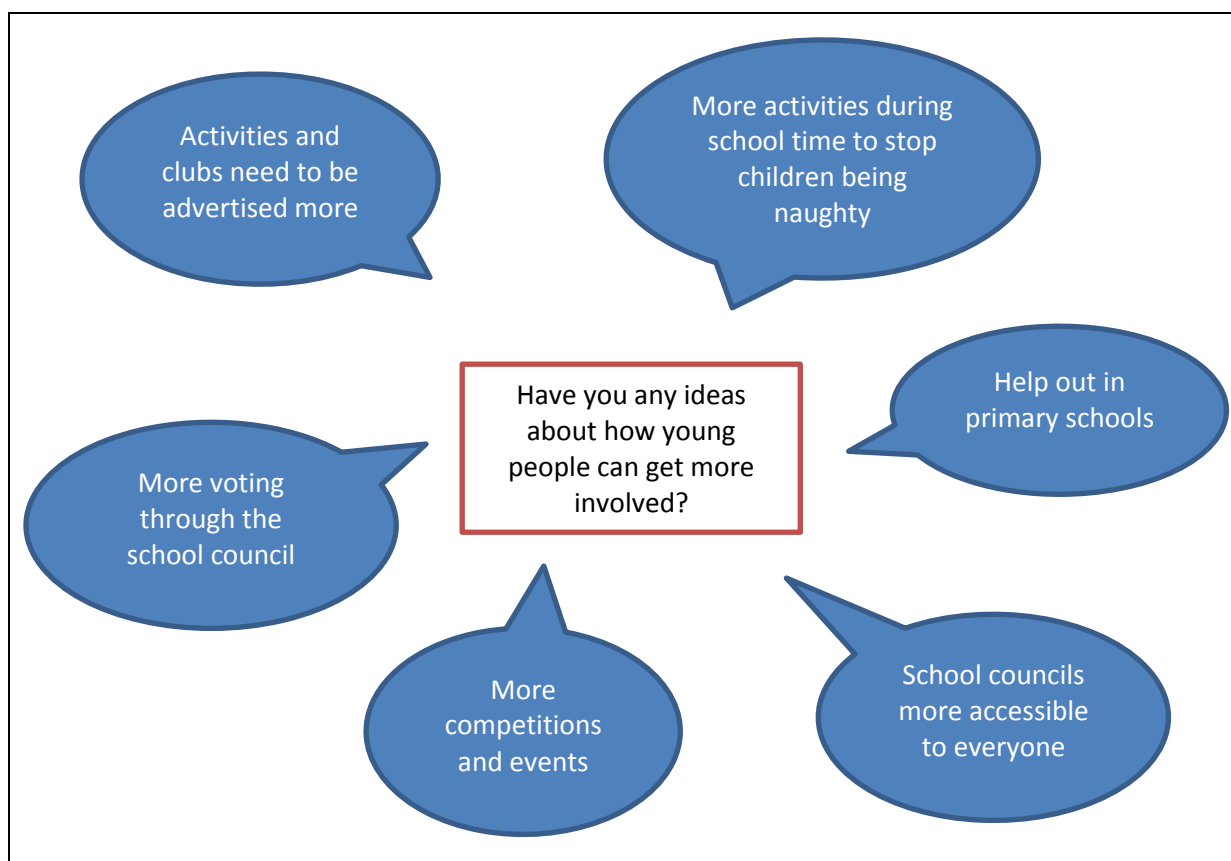
Table 23 Which of these apply to your school (2007 – 2011)

	Always		Sometimes		Never	
	2007	2011	2007	2011	2007	2011
Students get involved in organising school events	27%	27%	62%	62%	11%	12%
There are lots of chances for students to get involved in activities in break time and after school	41%	35%	49%	51%	10%	13%
Students have lots of chances to help decide things like school rules and activities	23%	26%	53%	54%	24%	21%
Rules in this school are fair	30%	22%	55%	52%	16%	25%
Students are treated too strictly	22%	32%	62%	55%	16%	14%

May not total 100% due to rounding

Over a fifth (22%) of pupils said they help out by helping younger pupils at school and raise money for charity (22%). 12% of students also said they do voluntary work. Three quarters of pupils (75%) had never been to a meeting about how things could be improved in their school or local area. The majority of students (76%) said their school had a council, 20% did not know if their school had a council and a large proportion (76%) of all students had never been involved in a school council.

Box 6 Have you any ideas about how young people can get more involved?



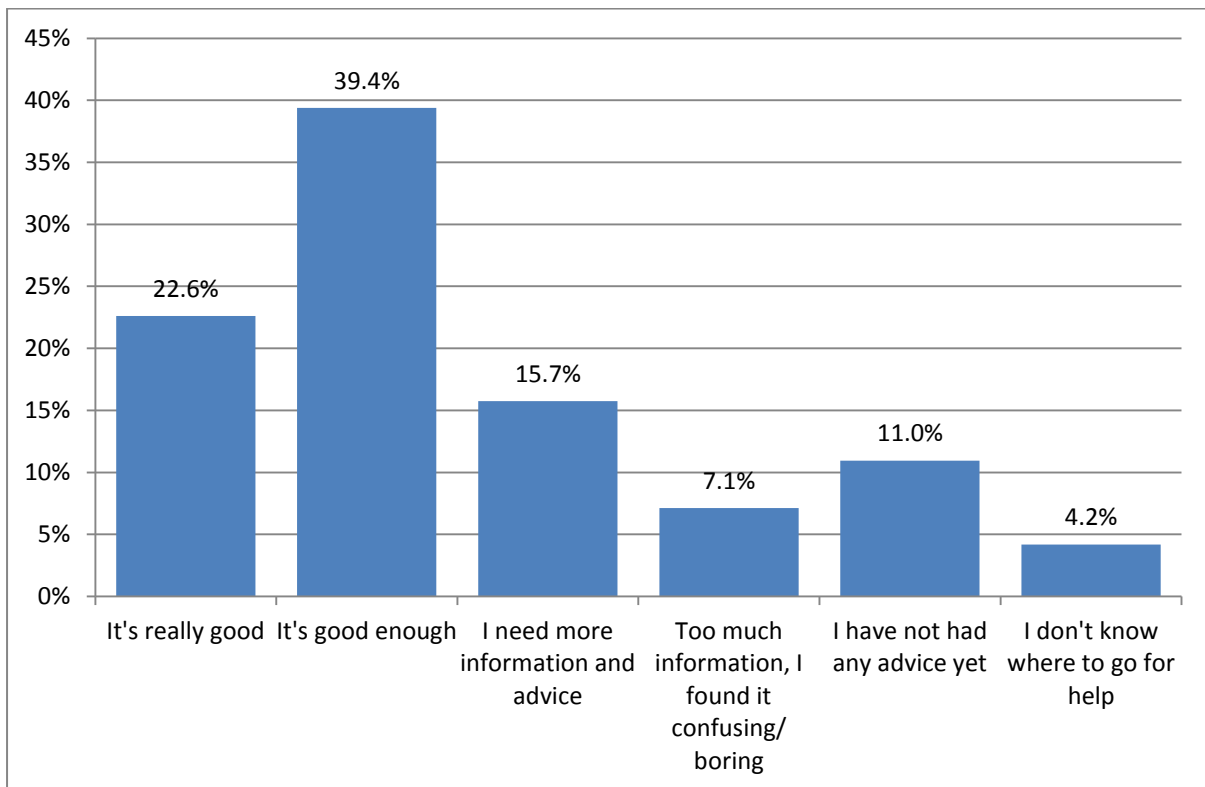
Key Points – Getting Involved

- Over a third of pupils had taken part in a sports club in the last year but overall involvement in all out of school activities has decreased since 2007.
- The majority of pupils said they would get involved in organising school events but students felt there were fewer opportunities to get involved compared to 2007.
- Younger pupils felt there were lots more opportunities to be involved in school activities compared to older pupils.
- More pupils said there are opportunities to decide school rules and activities but less students said rules at school are fair compared to 2007.
- A fifth of students said they help younger pupils at school and raise money for charity.

13. The future

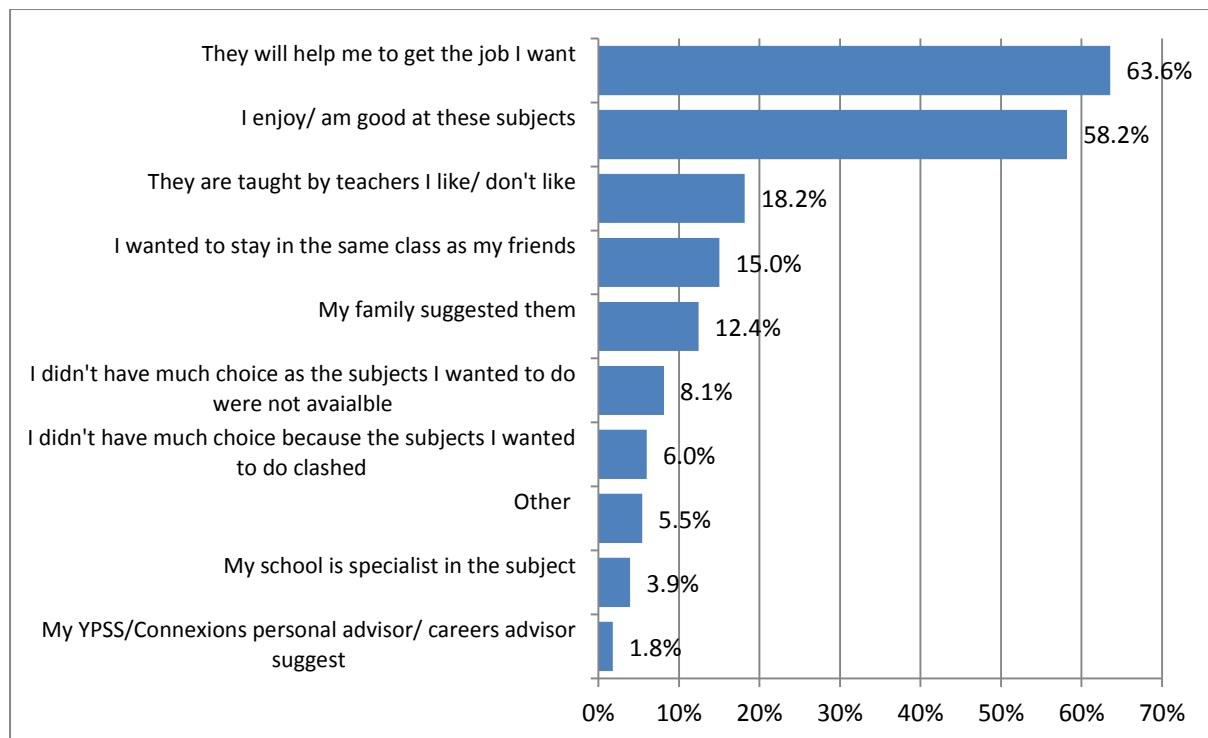
Over half of pupils in years 9-11 thought the advice and guidance they got to help them chose their subjects for year 10 was really good or good enough.

Figure 40 What do you think of the advice and guidance you got at school to help you choose your options for Year 10? (Years 9-11 only)



64% said they chose the subjects for year 10 as it will help them get the job they wanted in the future and 53% they chose the subjects because they were good at them or because they enjoyed them.

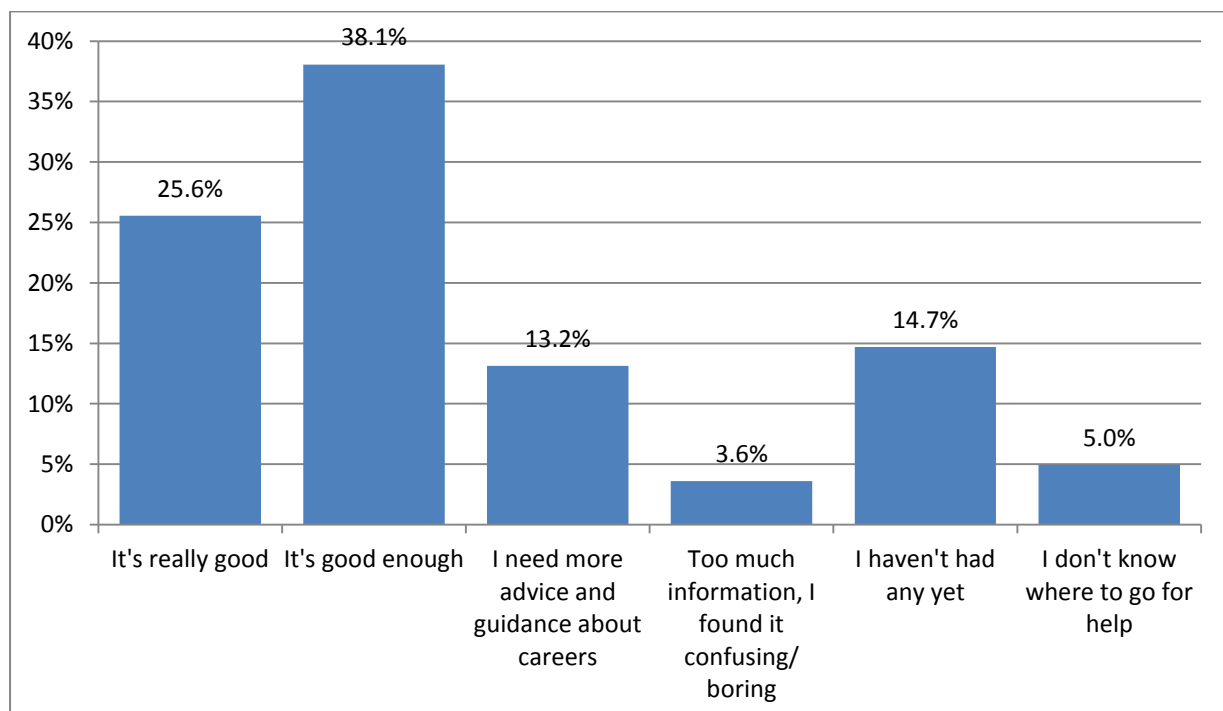
Figure 41 What had the biggest influence on your choice of subjects for year 10? (y 9-11)



Total exceeds 100% since pupils were able to give more than one answer

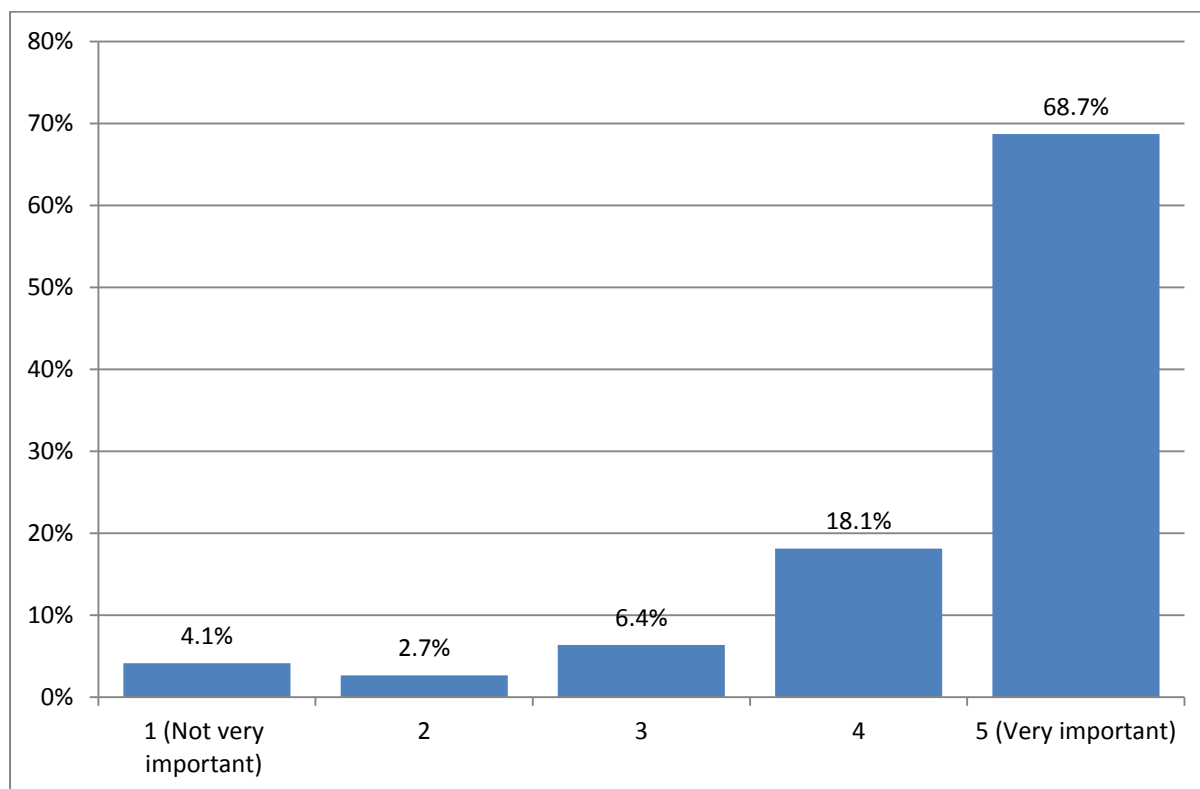
A quarter of adolescents said the advice and guidance they get at school about jobs and careers on really good and 38% said its good enough, 13% said they wanted more advice.

Figure 42 What do you think of the advice/ guidance you get in school about jobs/ careers?



Pupils said how important it was to get good marks at school on a scale of 1 to 5 (1 being not very important and 5 being very important). 69% said it was very important to get good results at school/ in tests/ exams, 4% said it wasn't important.

Figure 43 How important is it for you to get good marks/ results on school work/ exams/ tests?



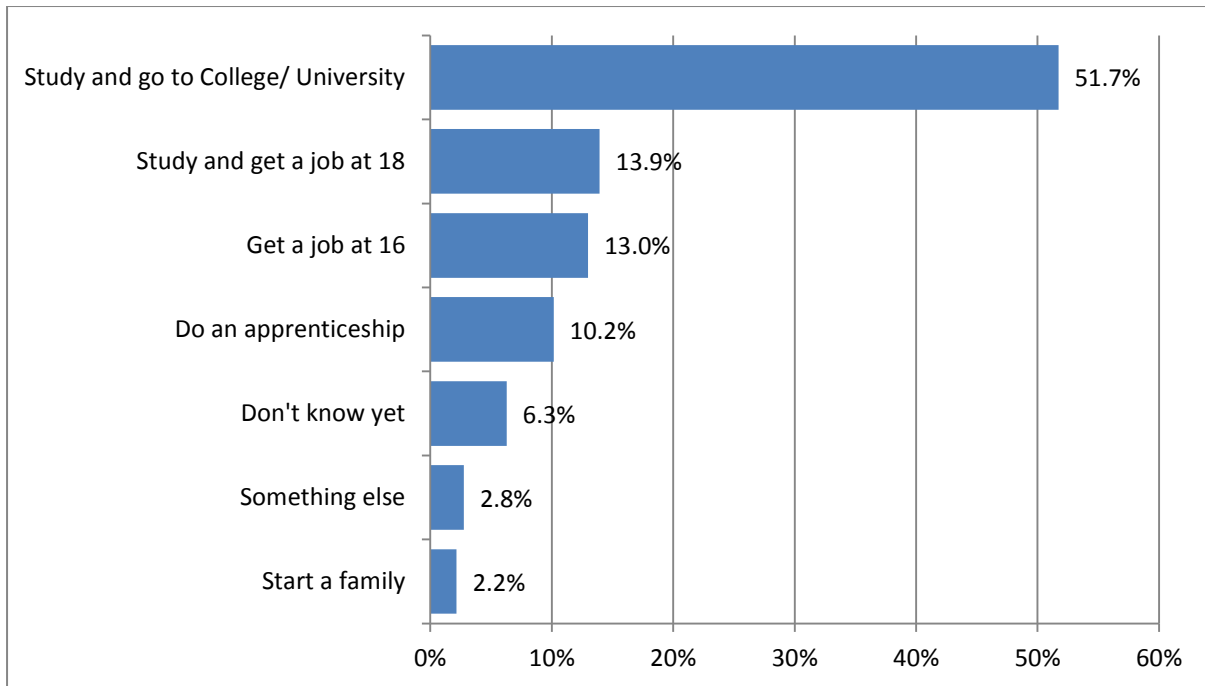
Most pupils said they wanted to do well at school so they can get a good job and get on in life. The proportion of young people who said they wanted to do well at school so they can go to college or university increased with age; in year 7 45% said they wanted to do well so they could go to college or university, by year 11 68% said they wanted to do well so they could go to college or university. Those saying they wanted to do well so they could move away from the area also increased with age.

Table 24 Why do you want to do well at school?

	Year 7	Year 8	Year 9	Year 10	Year 11	Years 7-11
So I can get a good job and get on in life	81.7%	86.7%	89.6%	88.7%	88.5%	87.1%
So I can go to college/ university	44.9%	51.9%	57.2%	59.8%	67.9%	56.3%
So I can move away from this area	10.2%	19.5%	26.6%	36.2%	38.2%	25.8%
To make my parent(s) happy	34.9%	38.4%	44.7%	47.2%	47.5%	42.4%
To make my teacher(s) happy	16.9%	16.3%	16.2%	14.4%	18.4%	16.5%
I enjoy working hard	15.5%	16.3%	17.2%	18.4%	20.3%	17.5%
None of the above	3.0%	3.2%	1.2%	1.8%	1.7%	2.2%
Other	3.6%	2.6%	2.1%	3.4%	1.7%	2.6%

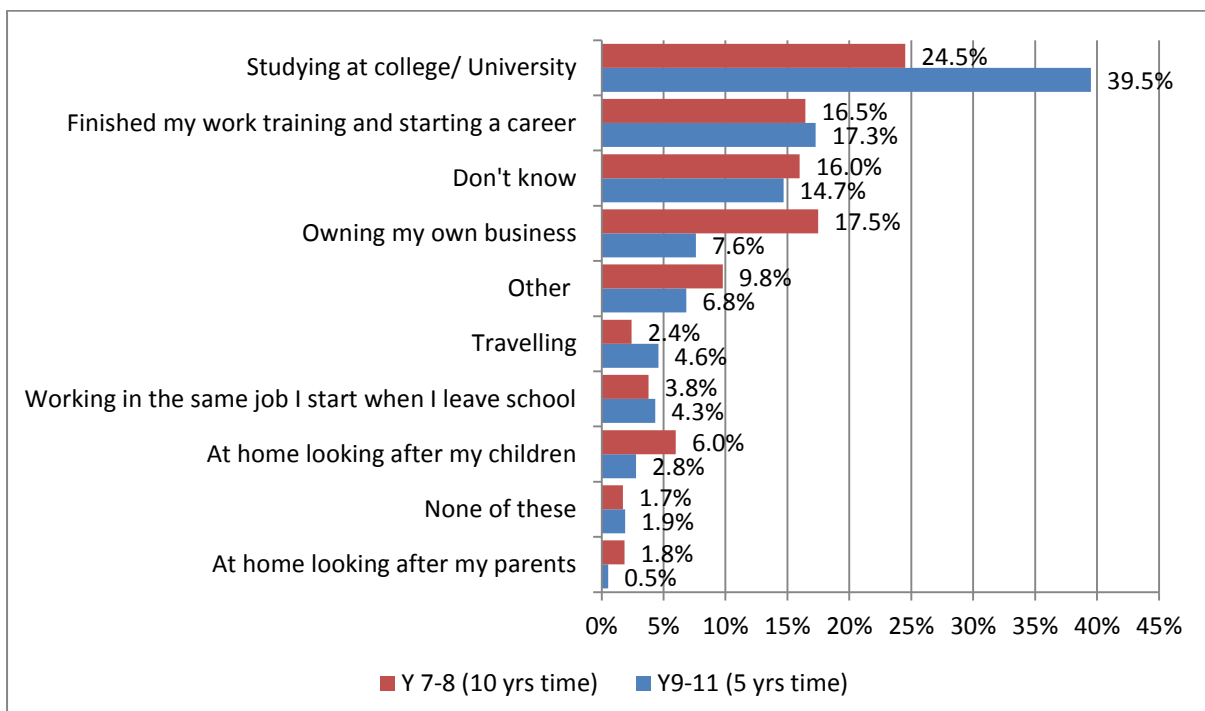
Over half of those in years 9-11 said at the end of year 11 they hope to continue to study and go on to college and university, 14% said they wish to study and get a job at 18.

Figure 44 At the end of Year 11, I hope to... (Years 9-11 only)



A quarter of pupils said in 10 years they thought they would be studying at college or university and 18% hoped to own their own business. Those in years 9-11 were asked what they thought they would be doing in 5 years; 40% said they would be at college or university and 16.5% said they would have finished training and starting a career.

Figure 45 What do you think you will be doing in 5/10 years' time?



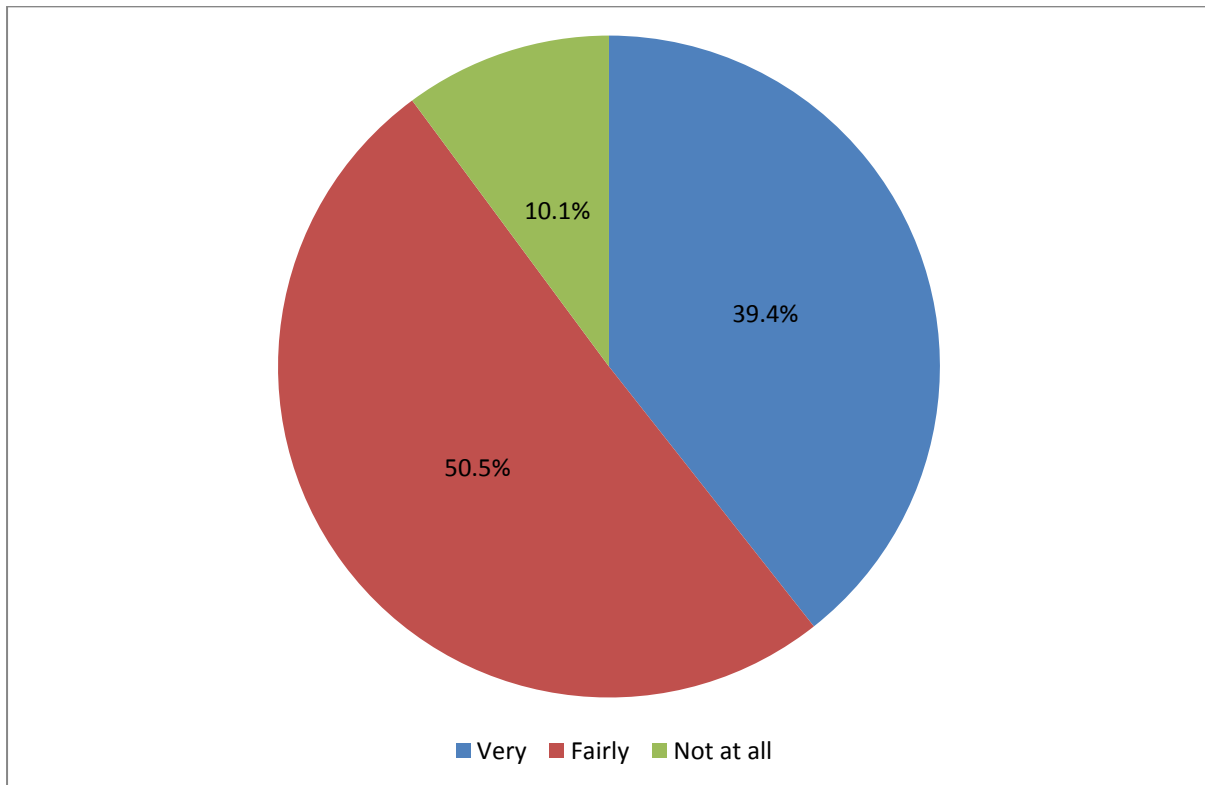
Older pupils were more likely to say that they wouldn't be living in this area in 5/10 years; 42% of year 11's said they would not be living in this area in 5 years compared to 27% of year 7s who said they wouldn't be living in this area in 10 years. Younger pupils were more likely to say they didn't know.

Table 25 Do you think you will still be living in this area in 5/10 years' time?

	10 years' time		5 years' time		
	Year 7	Year 8	Year 9	Year 10	Year 11
Yes	28.2%	25.4%	31.4%	29.4%	24.3%
No	27.1%	32.8%	28.6%	37.0%	41.7%
Don't know	44.7%	41.8%	40.0%	33.6%	34.0%

Half of young people said they were fairly confident at managing their own money, 39% said they were very confident and 10% said they weren't confident at all. 43% said they had had information or help on managing money. 28% said they wanted help with managing money.

Figure 46 How confident are you in managing your own money?



Key Points – The Future

- Over half of Y9-11s said the advice they got to help them chose subjects for Y10 was really good or good enough.
- Most young people chose the subjects for Y10 to help them get the job they wanted when they are older and/ or because they like/ are good at the subjects they chose.
- Most thought advice and guidance on careers was really good or good enough.
- The majority of young people thought it was very important to do well at school.
- Most young people wanted to do well at school to help them get on in life.
- Over half of those in Y9-11 want to go to university.
- Less than a third thought they would still be living in this area in 10/ 5 years' time.

14. Conclusion

Despite many challenges faced during the completion of the Adolescent Lifestyle Survey (ALS), overall it was a success. 2720 questionnaires were analysed, representing 29.4% of the Local Authorities 11-16 year old mainstream secondary school population, and 47.9% of the school population of all 5 schools who took part in the survey this is a good representative sample of young people in the area.

One of the challenges was the change in secondary schools in North East Lincolnshire becoming academies, it became more difficult to engage with some schools and in addition the new Government changes led to loss of the Healthy Schools Team who had previously offered a vital role in engaging with schools. Initially, the aim was to complete the data collection between November and December 2011, however due to only a small number of surveys being complete it was decided to extend the survey to the first half term of 2012. Following further engagement with schools, there was an increase in the number of surveys completed offering more robust data for analysis.

The 2011/12 survey was the first Adolescent Lifestyle to be completed electronically; previously the surveys had been printed and completed on paper. The paper survey had higher costs including printing and inputting of the data, it also meant sending off the paper surveys to a data inputting service which made it a more lengthy process. The electronic survey made the survey far cheaper and the data could be accessed immediately after each survey was completed. Unfortunately due to technical problems with the online survey software Survey Monkey, some data was not able to be accessed which led to a delay in the analysis of the results. Faults with the online survey were never rectified and whilst there were a lot of advantages of carrying out the survey online, in future it may be worth considering a different company.

Following the completion of the ALS a series of operational recommendations for running the survey have been identified:

- ALS is undertaken again in 4 years (2015) to review the progress against action plans and trends in adolescent health
- A new online survey provider is sourced for future surveys to ensure data collection and corruption issues do not reoccur
- A marketing strategy is prepared by the local Specialist Health Promotion Service prior to the development of the survey to ensure schools/ colleges are aware of the survey well in advance, do not commission external survey providers and can make provisions for running the survey for their students
- Future surveys are developed with local school/college representatives who are then able to champion the ALS within each school/college
- Public Health and Specialist Health Promotion Service look to develop survey structure/ questions to ensure it captures new trends in adolescent lifestyles

It is recommended that a series of workshops are now held, led by the Specialist Health Promotion Service, to identify the recommendations from the survey. Workshops should be open to all local agencies and organisations involved in adolescent health as well as young people in the area so that findings from the ALS are shared and specific recommendations and action plans can be taken forward. Furthermore it is recommended that the findings of the ALS are included as part of the local Joint Strategic Needs Assessment to inform the Health and Wellbeing Board.

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