

# Adolescent Lifestyle Survey 2019

North East Lincolnshire

School Years 7-11

## **Acknowledgements**

Thank you to all the young people who took part in the survey, including those who piloted the survey and gave feedback on how to improve the survey further. We would also like to thank the head teachers/ principals who agreed to participate in the survey and the nominated leads within each school who took the time to schedule and lead the delivery of the Adolescent Lifestyle Survey within their school.

The authors would like to thank the following people for the contribution and input during the development and delivery of the 2019 Adolescent Lifestyle Survey:

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# 1 Key Findings

This report presents the key findings from the 2019 Adolescent Lifestyle Survey for North East Lincolnshire. The 2019 survey was the fifth locally conducted Adolescent Lifestyle Survey in North East Lincolnshire, following the 2004, 2007, 2011 and 2015 surveys, and was offered to all young people of secondary school age (years 7 to 11; ages 11 to 16). Seven mainstream secondary academies in North East Lincolnshire took part in the survey with a total of 4,088 responses (representing half of the secondary school population) included in the final analysis. The key points are presented in the following pages with more in-depth analysis available in the main body of the report.

## General Characteristics

- Almost 5% of pupils said they would describe their gender identity as other than male or female.
- The proportion of young people in NEL who describe their ethnicity as White British has steadily decreased since 2007 from 97% to 88%.
- Among those reporting special educational needs (7.2% of students), long term conditions (5.4% of students), or disabilities (5% of students), the most common were dyslexia, asthma, dyspraxia, ADHD, autism, and mental health conditions.
- 14% of children in years 7-11 report caring for someone at home who can't manage without their support.

## Food and Exercise

- Less than half of young people eat breakfast every day. Girls are less likely than boys to eat breakfast every day and the older pupils get, the less likely they are to regularly eat breakfast.
- 15.9% of pupils receive free school meals, similar to the proportion recorded in the 2018 school census.
- 9.7% don't usually eat anything for lunch, most said this was because they weren't hungry.
- Only 12.0% of pupils reported eating the recommended 5 portions of fruit and veg a day.
- Half of young people said they wanted to eat more healthily.
- Just over half (56.1%) said they drink energy drinks at least sometimes.
- Girls have more negative views towards their own weight than boys. 37.3% of girls are happy with their weight compared to half of boys. 56.3% of girls want to lose weight compared to 38.1% of boys.
- 13.5% of pupils achieve the recommended 1 hour a day of exercise 7 days a week.
- Most young people thought they already did enough physical activity to keep them healthy, but others said having more time and cheaper leisure activities would help them to be more active.
- 27.5% of Year 11 boys and 39.4% of Year 11 girls don't do any PE at school.
- Of pupils from Year 8 to Year 11 one third of boys and half of girls are unhappy with their weight.

## Emotional Wellbeing

- Most young people said they felt happy about their life (78.1%). The proportion of young people feeling happy about life has decreased in each survey since 2007.
- Generally boys reported being happier than girls.
- Most young people said they have family who look out for them (96.1%) and at least one good friend (95.7%).
- Overall young people had worse emotional wellbeing in the 2019 survey and this has generally declined in each survey.

- Listening to music was the most common way of dealing with problems/ stress. Generally girls and boys dealt with problems/ stress in similar ways, although boys were more likely to do a physical activity or play computer games/ watch TV to deal with problems.
- Girls worry more than boys and their main worries are about the way they look, their weight and school work/ exams.
- The main worries for boys were about their future/ getting a job and school work/ exams.
- Although the percentage of young people who said they would cut themselves or drink alcohol to deal with a problem/ stress is small compared to other coping methods, the number of children who sometimes, usually or always deal with problems in these ways is concerning.

### Tobacco

- Only 4.3% of secondary school aged pupils regularly smoke. Of the young people who do smoke, most start during year 9.
- For the first time since the first survey in 2004, girls are less likely to smoke than boys.
- Young people eligible for free school meals are more likely to smoke than those not eligible for free school meals, 9.5% on free school meals smoke compared to 3.3% not on free school meals.
- Living with a smoker significantly increases the chances of young people taking up smoking, 7.8% of those who live with a smoker smoke themselves, compared to just 1.9% of young people who don't live with a smoker.
- The proportion of young people regularly smoking e-cigarettes is small, boys are more likely to smoke them than girls.

### Alcohol

- More than half of young people have never tried alcohol.
- For young people in Y10 and Y11, the percentage who have tried alcohol has decreased for each consecutive survey since 2004.
- Most young people who have tried alcohol only drink a few times a year on special occasions.
- Although the proportion who have tried alcohol hasn't changed much since the 2015 survey, far fewer have got really drunk and the gap between girls and boys has decreased.
- In 2015, 70.6% of girls who drank alcohol said they had been really drunk within the last 4 weeks, in 2019 37.3% had. For boys this reduced from 56.0% in 2015 to 30.6% in 2019.
- Most young people said their parents always or sometimes know they drink alcohol, only 6.6% said their parents never know they are drinking alcohol.
- Drinking in public has decreased, only 3.0% said they drink alcohol in a park, street or on a beach and only 1.2% said they drink alcohol in a pub.
- Although year 11 girls are as likely to have tried alcohol as year 11 boys, they are far more likely to report being really drunk than boys.
- Young people who smoke are more likely to drink alcohol and get really drunk. 81.3% of non-smokers have not been really drunk in the last 4 weeks compared to 36.2% of smokers.

### Drugs

- Males are more likely to have been offered illegal drugs.
- 36.1% of young people have seen someone using cannabis.
- Thankfully, the proportion of young people who have tried drugs is small.
- Young people eligible for free school meals are almost twice as likely to say they have tried cannabis compared to those not eligible for free school meals.

- 63.1% of all young people said they would know where to get advice if they or someone they know has concerns about a drug or alcohol problem.

### Relationships and Sexual Health

- The proportion of year 11s who have had sex has increased since the 2015 survey.
- This is the first survey in which more males than females reported having sex. This gender imbalance is much more pronounced among year 9 and 10 pupils, whereas roughly equal amounts of male and female year 11s reported having had sex.
- Although the majority of young people were aware of different contraception methods, only around half of all year 9-11 students said they knew where to get free condoms.
- There have been no major improvements in contraception use and safe sex practices since 2015, following a decline in safe sex practices between 2011 and 2015.
- The majority of children were aware of the existence of sexually transmitted infections (STIs), however many lacked knowledge regarding whether each STI could be treated and/or cured.
- In general, students perceived that more young people their age had had sex, in comparison to the actual proportions of students who reported they had had sex.

### Female Health

- 7.7% of girls who have periods in years 9-11 said they have been unable to afford sanitary products, and the proportion in years 10 and 11 was higher.
- Most who said they have been unable to afford sanitary products said it has only happened a few times.

### Internet

- Mobile phones were the most common way of accessing the internet.
- Over half of boys said their usual method of accessing the internet was via mobile devices such as a games console.
- 56.3% of boys said they spend over 3 hours each day online gaming, only 3.9% of boys spent no time gaming.
- Girls spent less time gaming but more time using social media. 42.4% of girls spent more than 3 hours each day on social media.
- A third of boys and a quarter of girls spent more than 3 hours per day watching videos online.
- The most used social media platform across all ages was YouTube, 95.4% had used it within the last week.
- More than half of year 11s said they have seen images online that made them feel uncomfortable.
- Most young people said social media doesn't affect how they feel about themselves. Girls were more likely to say it makes them feel worse, as were older pupils.
- 42.3% stay up late most school nights chatting online, gaming or using the Internet.

### Feeling Safe

- Most young people feel safe in the area they live.

- The majority of young people have never been bullied. 13.8% had been more recently, at least once in the last four weeks.
- Boys were more likely to experience physical bullying whilst girls were more likely to experience cyber bullying.
- Older pupils were more likely to experience cyber or verbal/mental bullying and less likely to report physical bullying
- Most young people who have been bullied said it happened in school.
- The most perceived reason for being bullied was 'the way you look or the clothes you wear' followed by 'size or weight'.
- 70.3% said they understand what domestic violence is, this increased with older pupils.
- The vast majority (86.9%) have not witnessed domestic violence and 95.2% said they feel safe in their own home.

### Living Learning and the Future

- The proportion of young people who thought parks and play areas were good or very good has decreased when compared to the 2015 and 2011 surveys.
- In general, responses to questions about the local area grew more negative as age increased. This suggests that younger pupils feel more positively about the local area than older pupils.
- The proportion of young people in years 9, 10 and 11 who thought they would be living in the area in 5 years' time has increased since the 2015 survey.
- The proportion of young people who said that it is very important to get good marks/results in schoolwork/exams/tests has decreased for all year groups when compared to the 2015 survey.



## 2 Background and Methodology

This report provides an analysis of all data collated in the fifth locally conducted Adolescent Lifestyle Survey in North East Lincolnshire. The Adolescent Lifestyle Survey is a health and lifestyle themed survey offered to young people of secondary school age in North East Lincolnshire. The survey gathers localised intelligence pertinent to identifying the health and social needs of young people in the area. The survey was completed previously in 2004, 2007, 2011 and 2015.

The 2019 survey was completed online, this was the third time the survey was online rather than on paper. Each school received a unique URL, once complete responses were downloaded and analysed in SPSS. All data is confidential and only the report authors were able to access anonymised data. The survey was completed between February and June 2019.

## 3 Response Rates

8510 pupils were registered in school years 7 to 11 in North East Lincolnshire schools including those in alternative provision as of January 2019. 4366 surveys were collected electronically, once spoiled questionnaires and blank questionnaires were removed, 4088 remained for analysis, this gave an overall response rate of 48.0%. The numbers in the table below are slightly lower since some pupils did not say which school year they were in.

*Table 1 Calculated response rates*

<b>Year Group</b>	<b>No. of pupils on School Census Jan 2019</b>	<b>No. of ALS Respondents</b>	<b>Response Rates</b>
<b>Year 7</b>	1832	997	54.4%
<b>Year 8</b>	1859	979	52.7%
<b>Year 9</b>	1875	1024	54.6%
<b>Year 10</b>	1492	538	36.1%
<b>Year 11</b>	1452	494	34.0%
<b>Total</b>	8510	4032	47.4%

## 4 General Characteristics

### Year and Gender

**Table 2** shows the distribution of survey responses for year group and gender. Overall a slightly higher proportion of males (51.1%) than females (48.9%) completed the survey. This was similar to the 2015 survey, where 50.6% of respondents were male and 49.4% of respondents were female. A higher proportion of males than females responded to the questionnaire across all year groups except for in the case of Year 11, where 54.4% of respondents were female. A much lower proportion of responses were received from children in years 10 and 11 in comparison to the other year groups.

*Table 2 Number and distribution of survey responses by age and gender*

Gender	Year 7		Year 8		Year 9		Year 10		Year 11		Total	
	No	%	No	%	No	%	No	%	No	%	No	%
Male	522	52.7%	497	50.9%	520	51.1%	288	53.8%	224	45.6%	2051	51.1%
Female	469	47.3%	479	49.1%	497	48.9%	247	46.2%	267	54.4%	1959	48.9%
Total	991	24.7%	976	24.3%	1017	25.4%	535	13.3%	491	12.2%	4010	100.0%

4.8% of all young people surveyed said they would describe their gender identity as other than male or female. Those born male (5.9%) were slightly more likely than those born female (3.7%) to describe themselves using a different gender identity.

### Language

The majority of young people who responded to the questionnaire described their first language as English (94.3%). This decreased slightly from the 2015 ALS, where 98.4% of students said that their parents spoke English at home. The second most common first language among students was Polish (1.1%) which, proportionally, has not changed from the previous two surveys (both also 1.1%). Over 30 other languages (1.6%) were described by children as their first language, including Bulgarian, Dutch, Greek, Italian, Portuguese, Spanish, and Turkish.

*Table 3 What is your first language? Year 7-11 students*

Language	Year 7-11
English	94.3%
Polish	1.1%
Latvian	0.6%
Romanian	0.5%
Chinese (all)	0.5%
Arabic	0.4%
Russian	0.3%
Kurdish	0.3%
Bengali	0.1%
Farsi	0.1%
Lithuanian	0.1%

<b>Other</b>	1.6%
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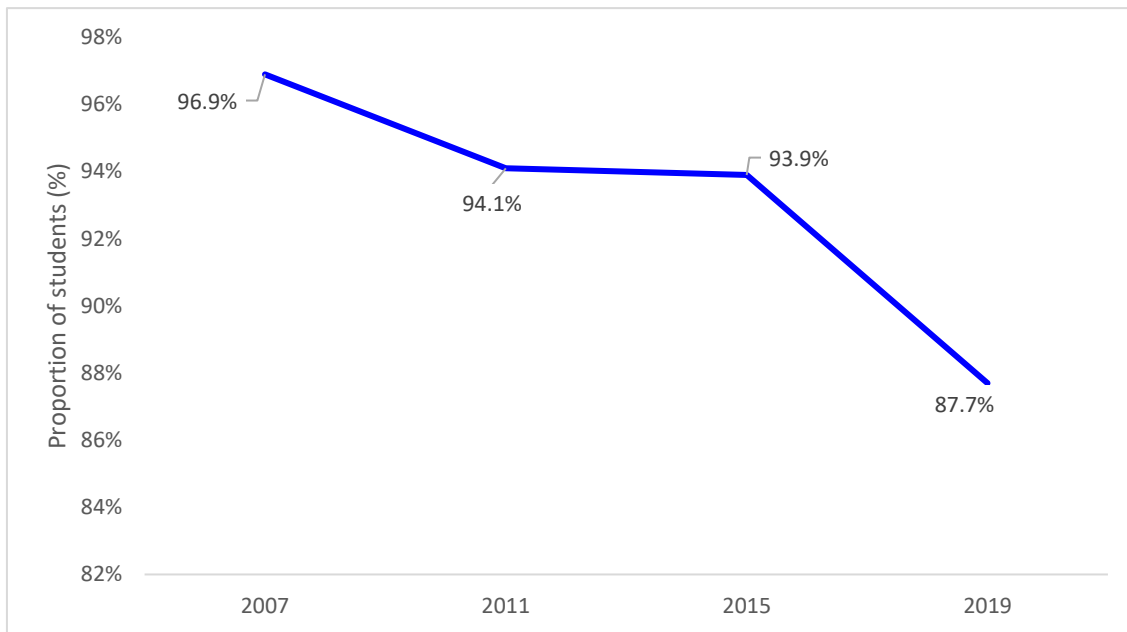
## Ethnicity

The majority of young people who responded to the survey identified their ethnicity as White British (87.7%). This proportion has shown a steady decrease since 2007, when 96.9% categorised themselves as White British (**Table 4**). The second most common response was White other (3.6%) which has increased steadily since 2011 when the proportion was 1.3%. This is followed by White Irish (1.1%) which has also increased from 0.5% in 2015.

*Table 4 Which of these best describes your ethnic background? Year 7-11 students*

<b>Ethnicity</b>	<b>Year 7-11</b>
<b>White British</b>	87.7%
<b>White Irish</b>	1.1%
<b>White Other</b>	3.6%
<b>Traveller/ Gypsy</b>	0.5%
<b>Black Caribbean</b>	0.1%
<b>Black African</b>	0.6%
<b>Black Other</b>	0.1%
<b>Bangladeshi</b>	0.2%
<b>Indian</b>	0.2%
<b>Pakistani</b>	0.3%
<b>Asian Other</b>	0.4%
<b>Chinese</b>	0.3%
<b>White and Black African</b>	0.6%
<b>White and Asian</b>	0.6%
<b>White and Black Caribbean</b>	0.4%
<b>Any Other Mixed Background</b>	0.9%
<b>Other</b>	2.2%

**Figure 1** The proportion of young people with White British ethnicity, Years 7 to 11, from 2007 to 2019



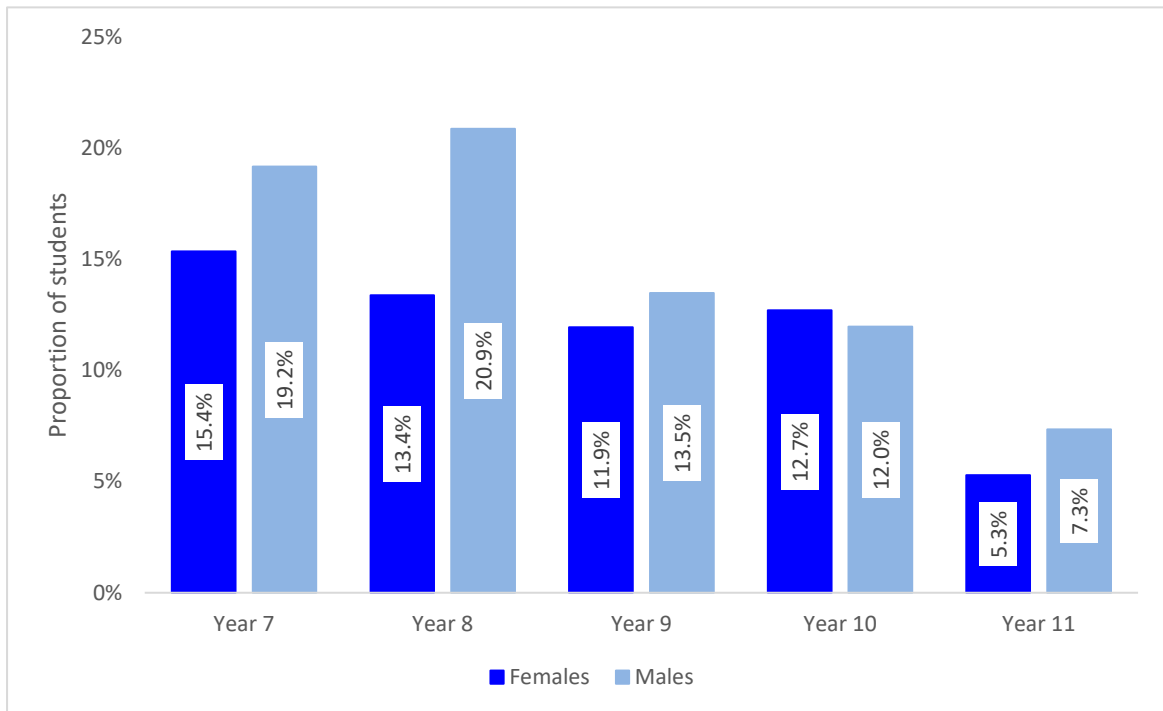
### **Limiting illness and disability**

7.2% of pupils reported having a special educational need, 5.4% having a long-term condition, and 5% having a disability which limits their daily activities or what they can do. When asked to describe their special educational need, illness, or disability the most common responses were dyslexia (24%), asthma (18%), dyspraxia (11%), ADHD (8.1%), autism (8.7%), and mental health conditions (8.4%) which included anxiety, depression, anger problems and panic disorders.

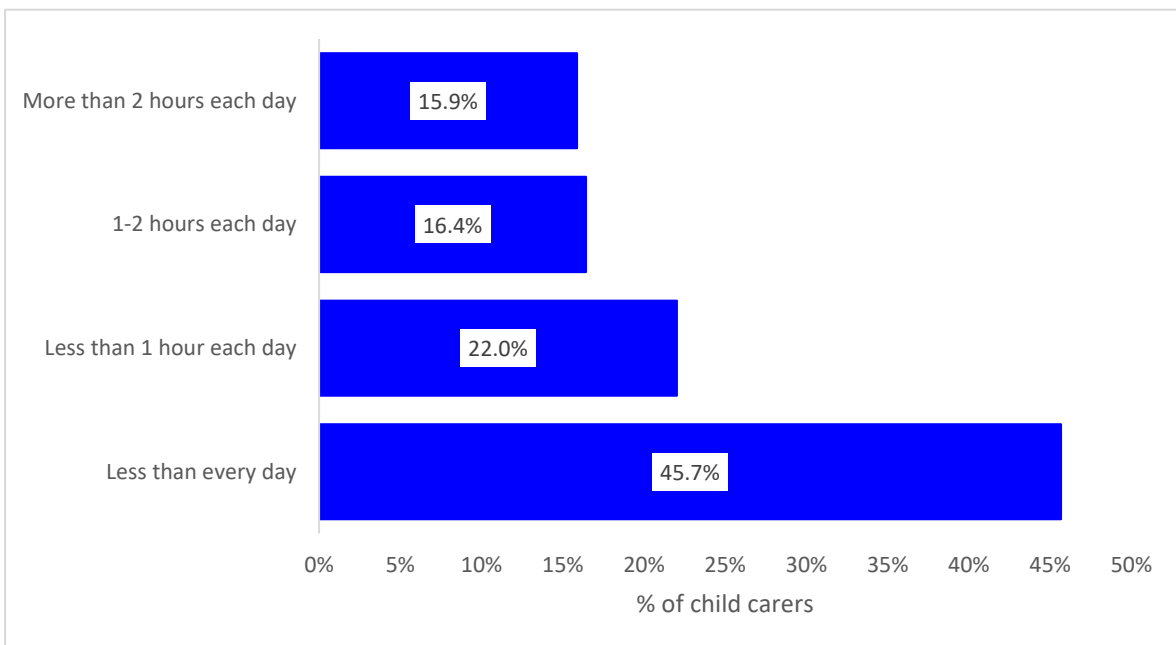
### **Young people as carers**

When asked whether they care for anyone at home who has a serious illness or health condition (including mental health or an alcohol/drug problem), the majority of pupils answered no (85.8%). The proportion of young people who do care for someone at home (14.2%) has increased slightly but is roughly similar to the proportion in 2015 (11.2%). With the exception of pupils in year 10 in this current survey, more males cared for someone at home than females, and the percentage of young people caring for someone at home decreased with year group. Out of the young people who did report caring for someone at home, 45.7% said that they do not do this every day, whereas 15.9% of young carers (and 2.2% of all children surveyed) reported spending over 2 hours caring for someone each day (Figure 3)

**Figure 2 Do you care for anyone at home that has a serious illness or health condition that can't manage without your support?**



**Figure 3 How much of your time does caring for someone at home take up? Year 7-11 young carers**



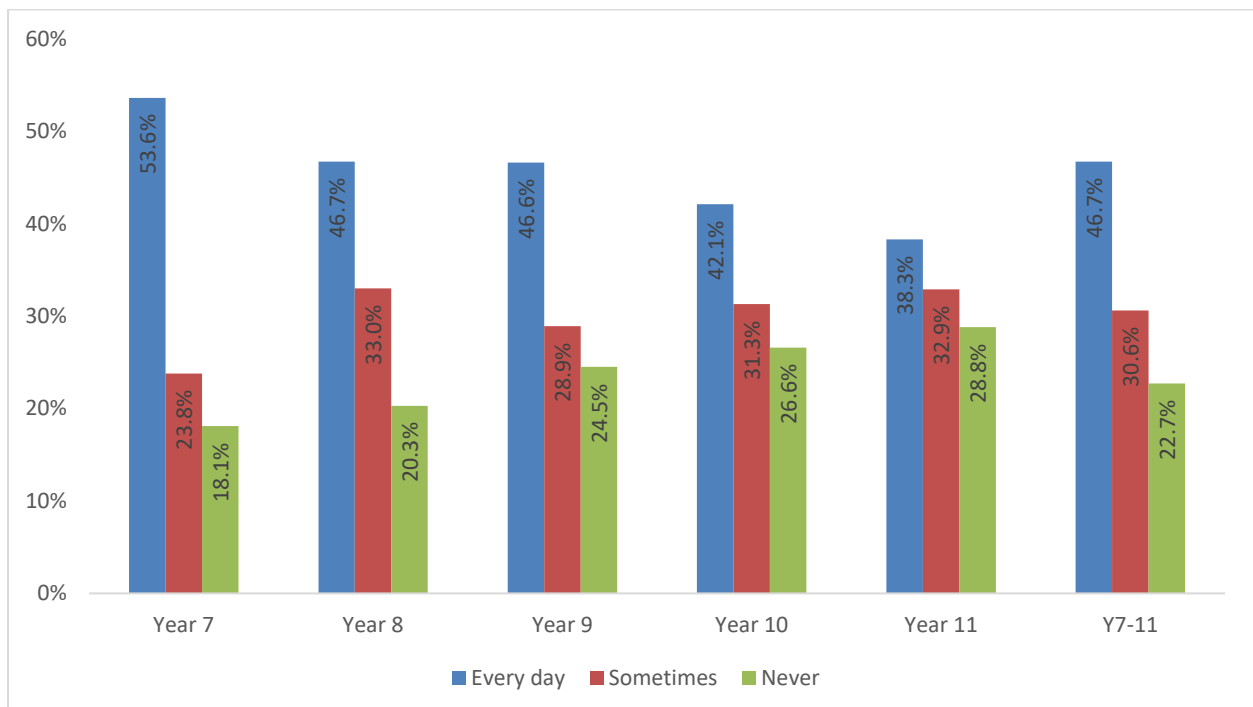
### Key points- General Characteristics

- Almost 5% of pupils said they would describe their gender identity as other than male or female.
- The proportion of young people in NEL who describe their ethnicity as White British has steadily decreased since 2007 from 97% to 88%.
- Among those reporting special educational needs (7.2% of students), long-term conditions (5.4% of students), or disabilities (5% of students), the most common were dyslexia, asthma, dyspraxia, ADHD, autism, and mental health conditions.
- 14% of children in years 7-11 report caring for someone at home who can't manage without their support.

## 5 Food and Exercise

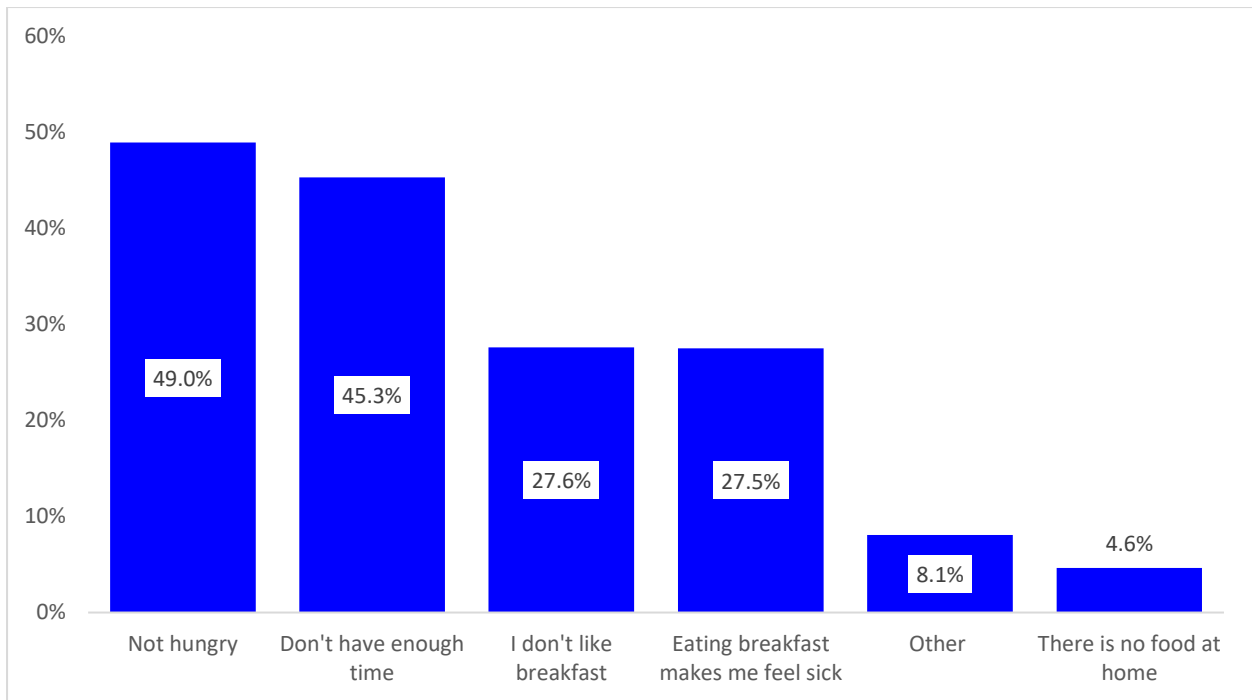
Less than half of young people eat breakfast every day (46.7%). Year 7s were the most likely to eat breakfast every day (53.6%) and this decreased in each year group with just 38.3% of year 11s eating breakfast every day. Males were also more likely to eat breakfast (53.3%) than females (39.9%).

Figure 4 Breakfast consumption by year group



Almost half of those who didn't regularly eat breakfast said this was because they are not hungry; this was a new category added in the 2019 survey since it was the most common reason recorded in the 'other' category in the 2015 survey. 45.3% said they didn't have enough time and 4.6% of those who don't regularly eat breakfast said it was because they had no food at home.

Figure 5 Reasons for not eating breakfast



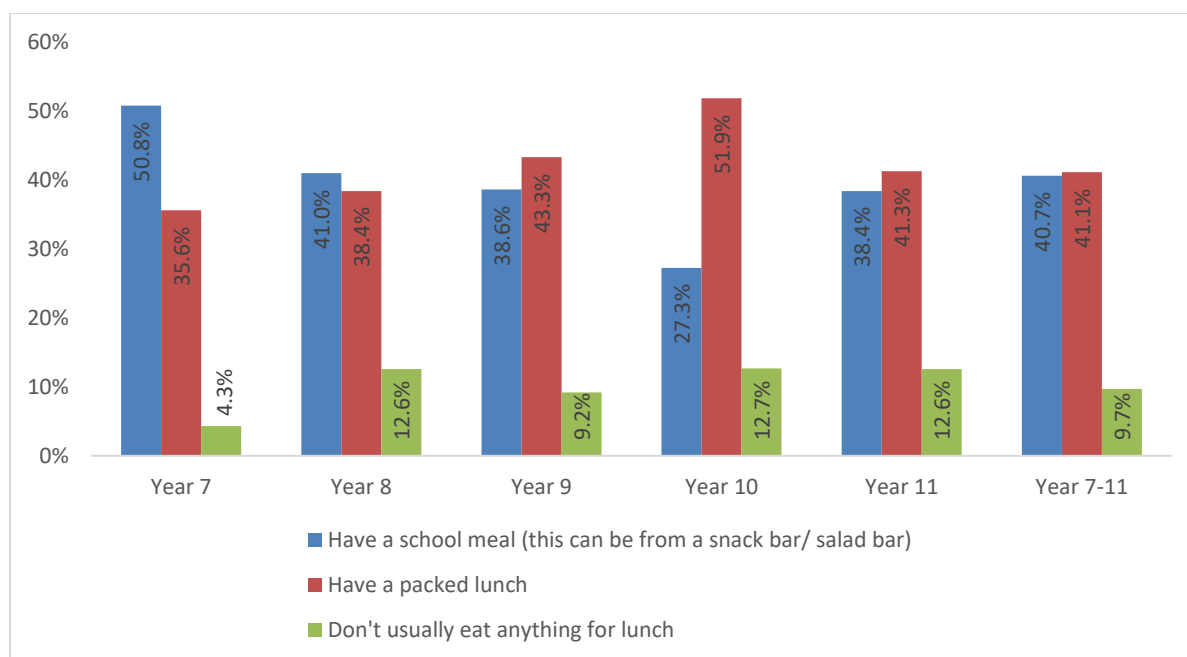
\*Total exceeds 100% since pupils were able to give more than one answer

15.9% of pupils said they are in receipt of free school meals, this is similar to the proportion recorded in the 2018 school census where the recorded uptake of secondary school pupils eligible and claiming free school meals was 14.9%. This figure does not represent eligibility for free school meals, but rather uptake. Across the country, many eligible children do not receive free school meals, due to taking a packed lunch, not being aware they are eligible or to avoid the stigma of receiving free school meals<sup>1</sup>.

Most pupils either have a school meal or a packed lunch for their midday meal on a school day. The proportion who eat their lunch at home or from a café/ takeaway is small and not included in the chart below. The proportion of year 7's who don't eat lunch is much smaller than in any other school year. 9.7% don't usually eat anything for lunch.

<sup>1</sup> Woodward et al (2015) *Interventions to increase free school meal take-up*

**Figure 6 What young people usually do for their midday meal on a school day**



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

Of those who didn't eat lunch on most days, the main reason was that they weren't hungry (60.1%), a quarter said they either didn't like school food or the school dinner arrangements were not good. Although this question was included in previous surveys, this was the first time pupils were able to choose more than one answer and therefore it is not comparable.

**Table 5 Reasons for not eating lunch of those who don't regularly eat lunch**

Reasons for not eating lunch	%
I am not hungry at lunch	60.1%
I don't like school food	25.6%
School dinner arrangements are not good	24.8%
School food is too expensive	20.4%
I'm too busy doing other activities	12.8%
None of my friends eat lunch	5.0%
Other	11.0%

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

Just over two-fifths (41.1%) of pupils felt that in the last year, the quality of school lunches had stayed the same. A third (33.7%) felt they had gotten worse, whilst a fifth (20.9%) felt the quality had improved and 4.3% said they didn't know. Pupils in younger school years, particularly those in Year 7, were more likely to report an increase in quality, whilst a majority of pupils in Years 11 felt the quality had worsened.

Government guidelines recommend eating at least five portions of fruit and vegetables every day<sup>2</sup>, however only 12% of pupils reported meeting this guideline, with a general trend towards those in younger school years being more likely to eat five portions of fruit and vegetables a day. This is similar

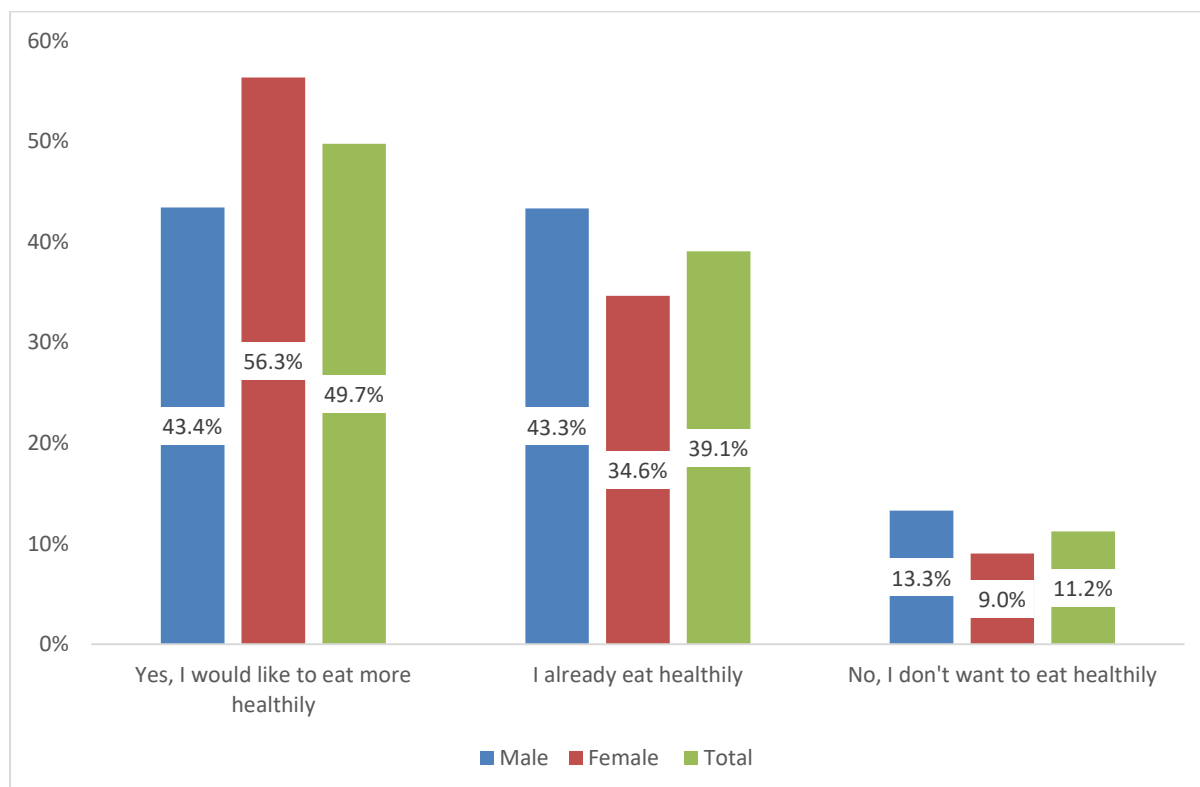
<sup>2</sup> NHS (2018) *Why 5 A Day?*



to the previous surveys in 2015 and 2011. The majority of pupils eat between one and three portions of fruit and vegetables per day, with almost a fifth not knowing how many portions they eat.

Half of young people (49.9%) said they would like to eat more healthily, 38.8% think they already eat healthily and 11.2% don't want to eat healthily at all. Younger pupils were more likely to report that they already eat healthily (46.8% of Year 7s) compared to 35.8% in Year 11. Girls are much more likely to want to eat healthier, and less likely to think their own diet is healthy.

**Figure 7 Healthy eating intentions, by gender**



### Consumption of energy drinks

Most brands of energy drink sold in the UK carry guidance recommending they are not consumed by children under the age of 16, due to the high caffeine content<sup>3</sup>. Since 2017, a number of retailers have voluntarily restricted sales of energy drinks to children under 16<sup>3</sup>.

Despite this, 56.1% of respondents report drinking energy drinks at least 'sometimes', including a majority of respondents in school years 7 through 10, with only Year 11 having a majority of respondents who don't drink energy drinks.

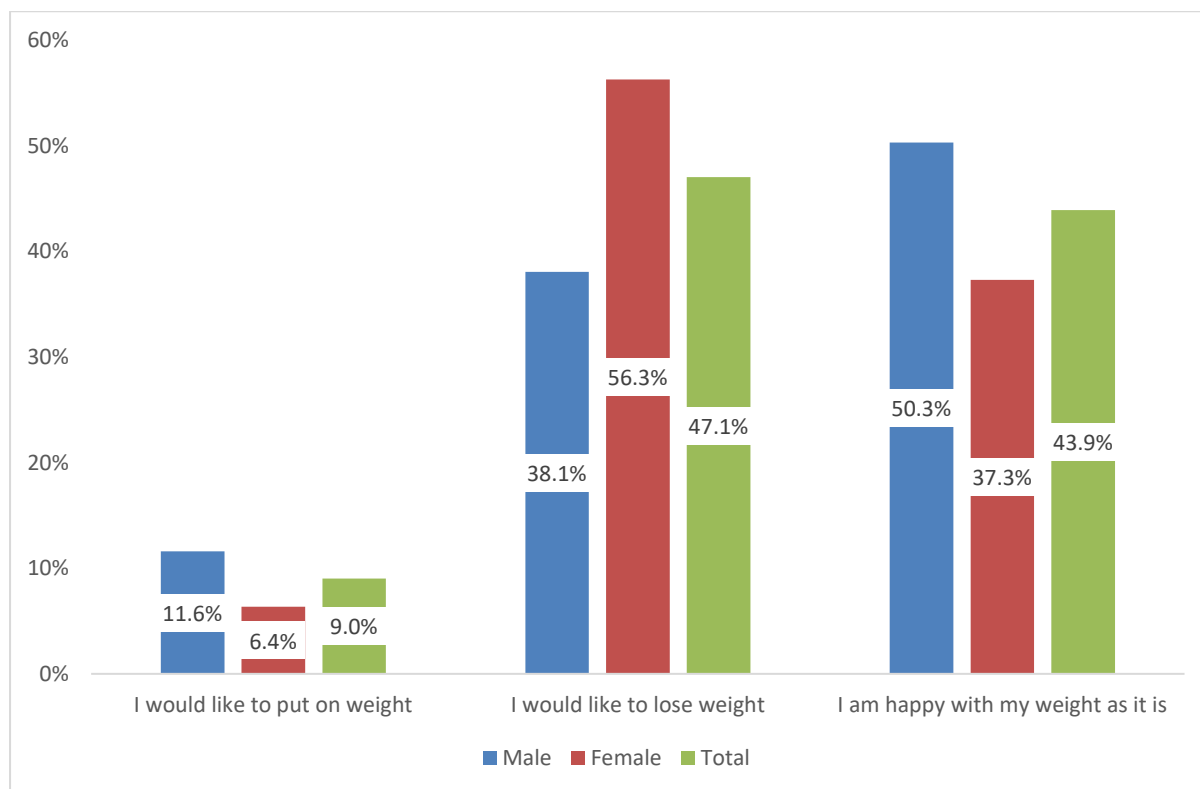
Boys are much more likely than girls to report drinking energy drinks. Although a majority of both boys and girls drink energy drinks at least sometimes, 60.6% of boys drink them sometimes, compared to 51.4% of girls. Boys are also more likely to drink them on a daily basis.

<sup>3</sup> British Soft Drinks Association (2018) *Energy Drinks*

## Attitudes towards own weight

Girls have more negative views towards their own weight: just 37.3% are happy with their weight, compared to half of boys (50.3%), and over half of girls (56.3%) want to lose weight, compared to 38.1% of boys.

Figure 8 Happiness with weight, by gender



## Physical Activity

NHS guidelines on physical activity in children and young people recommend one hour of moderate physical activity every day, with at least three of those days involving activities that improve muscle and bone strength<sup>4</sup>.

82.6% of pupils reported being physically active at least one day per week, slightly lower than the 2015 survey (97.2%) and similar to the 2011 survey (84.0%). Less than half (45.6%) of all pupils are physically active on more than three days per week and just 13.5% are active every day.

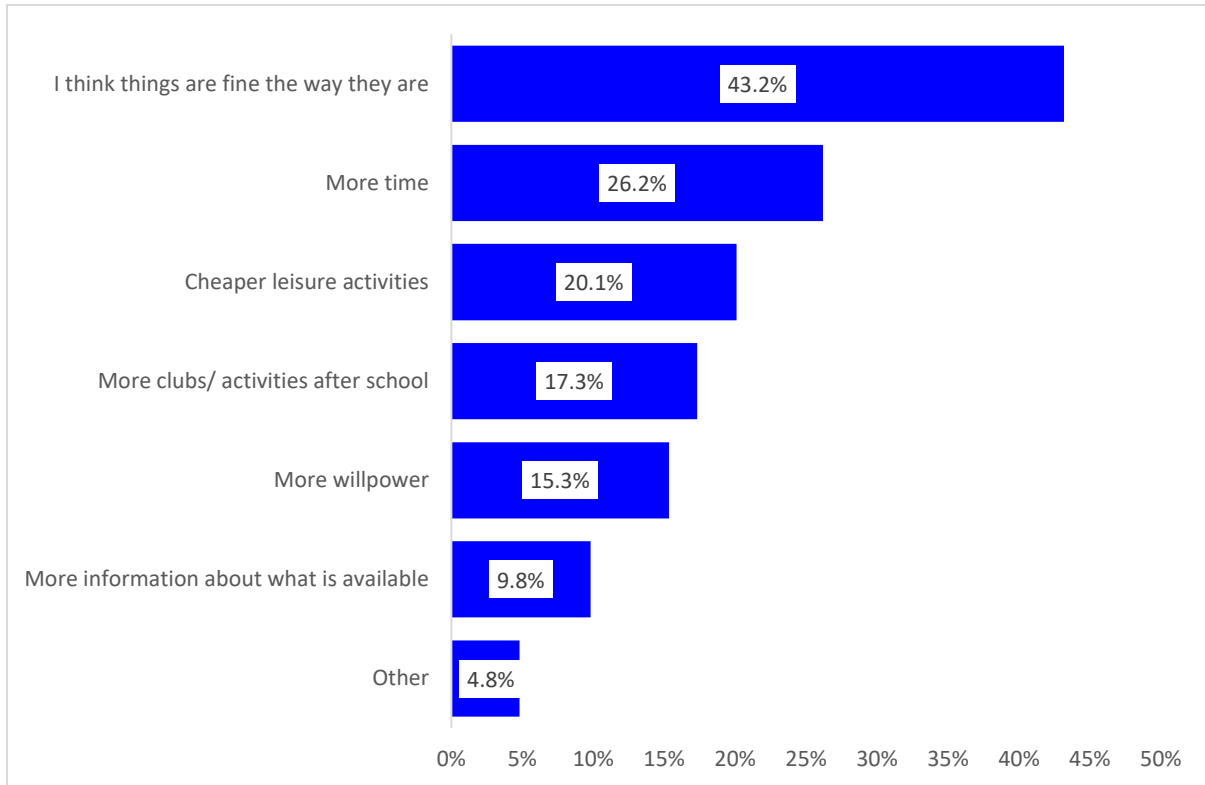
It was reported in the 2014/15 WAY (What about Youth) survey that 12.9% of 15 year olds in North East Lincolnshire exercised for at least one hour every day for the previous seven days compared to 13.9% nationally, and the ALS carried out in 2015 found that 14.3% of 15 year olds exercised for one hour a day for 7 days a week. The 2019 ALS found that 11.3% of 15 year olds exercised for an hour every day of the week, however, the WAY survey has not been updated since 2014/15 so it's not possible to update the national comparison.

Pupils were asked if they thought the amount of physical activity they do is enough to keep them healthy. Despite the majority of respondents not meeting even half the recommended active time,

<sup>4</sup> NHS (2018) *Physical activity guidelines for children and young people*

most respondents felt they did enough physical activity. Over a quarter said more time would help them be more active and 20.1% said cheaper leisure activities would help.

**Figure 9 How young people think they could be more active\***



\*Total may exceed 100% since respondents could give more than one answer.

All secondary schools in North East Lincolnshire are academies, and therefore do not have to follow the national curriculum, which makes PE mandatory<sup>5</sup>. However, academies must provide a “broad and balanced” education that provides for their pupils’ physical development<sup>6</sup>.

The majority of young people spent between 1 and 2 hours a week taking part in PE each week at school (63.0%), and 16.2% spent more than 2 hours each week taking part in PE at school.

The older pupils get, the less time they spend doing PE at school and the gap between boys and girls not doing any PE widens. In year 7, 2.0% of boys and 1.1% of girls didn’t do any PE, by Year 11 27.5% of boys and 39.4% of girls said they don’t do any PE at school.

<sup>5</sup> House of Commons Library (2019) *Physical education, physical activity and sport in schools*

<sup>6</sup> HM Government (2010) *Academies Act 2010*

**Table 6 PE Participation for young people by gender and year group**

	Year 7		Year 8		Year 9		Year 10		Year 11		Year 7-11	
	M	F	M	F	M	F	M	F	M	F	M	F
Less than an hour	9.5%	9.7%	11.3%	11.2%	13.2%	10.4%	18.3%	18.1%	12.3%	10.0%	12.4%	11.4%
Between 1 and 2 hours	63.4%	65.7%	60.0%	66.7%	68.1%	68.5%	64.7%	60.1%	53.6%	46.3%	62.9%	63.3%
More than 2 hours	25.0%	23.5%	26.2%	20.3%	13.4%	9.5%	7.6%	6.6%	6.6%	4.2%	18.0%	14.4%
None, I don't do any	2.0%	1.1%	2.5%	1.9%	5.3%	11.6%	9.4%	15.2%	27.5%	39.4%	6.7%	10.9%

There has been a large increase in the proportion of older pupils who don't take part in PE since the 2015 survey; the proportion of year 11 boys not taking part has gone from 5.2% to 27.5% and for year 11 girls has increased from 10.0% to 39.4%.

**Table 7 PE Participation for young people by gender and year group, 2015 compared to 2019**

Adolescent Lifestyle Survey Year	Year 7		Year 8		Year 9		Year 10		Year 11		Year 7-11	
	M	F	M	F	M	F	M	F	M	F	M	F
2015	0.9%	1.8%	1.0%	1.4%	1.3%	2.8%	1.9%	2.7%	5.2%	10.0%	2.0%	3.9%
2019	2.0%	1.1%	2.5%	1.9%	5.3%	11.6%	9.4%	15.2%	27.5%	39.4%	6.7%	10.9%

Most young people thought PE lessons in school were good or very good, although fewer older pupils thought they were very good and older pupils were more likely to rate them as OK.

**Table 8 What young people think of PE lessons in school, by year group**

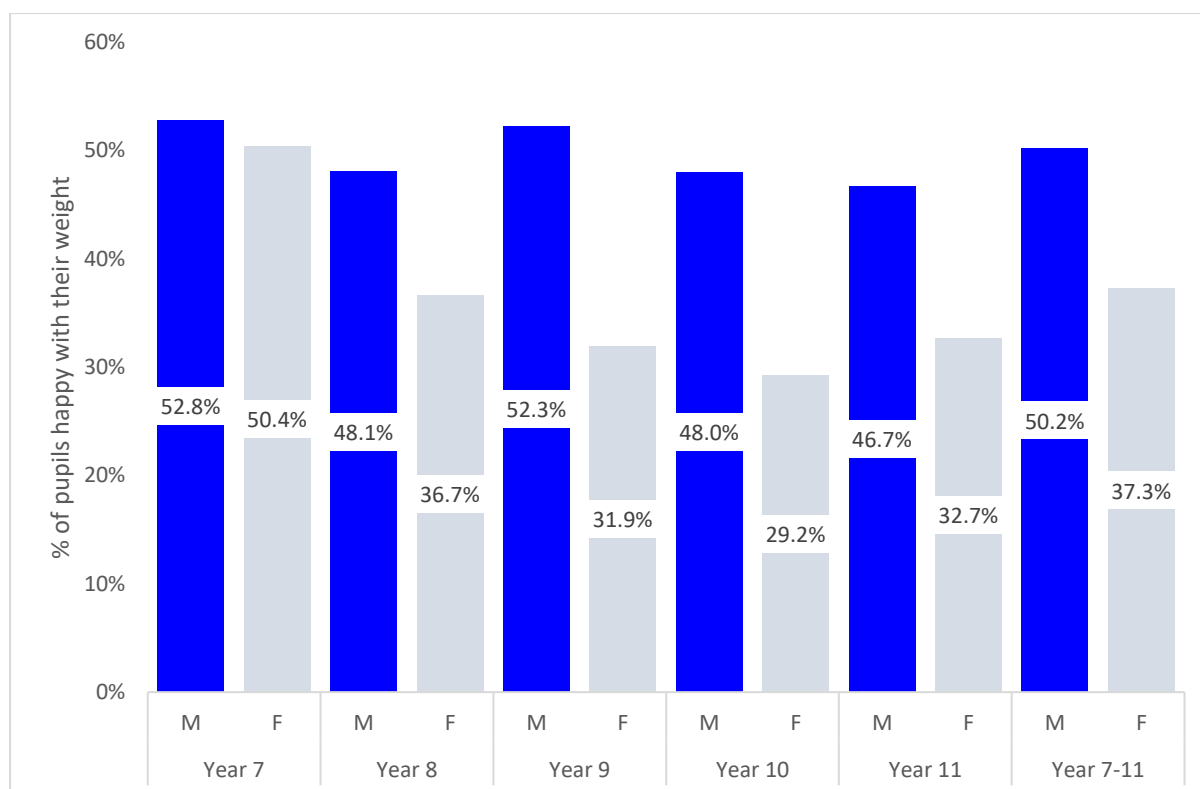
What do you think of PE lessons in school?	Y7	Y8	Y9	Y10	Y11	Y7-11
Very good	41.1%	34.3%	20.2%	17.4%	14.6%	28.0%
Good	29.1%	30.9%	32.7%	31.4%	24.8%	30.1%
OK	23.5%	26.5%	35.8%	38.1%	40.8%	31.3%
Poor	2.5%	3.6%	5.7%	6.5%	8.7%	4.9%
Very poor	3.8%	4.7%	5.6%	6.5%	11.0%	5.7%

27.0% of young people said they take part in a school sports club, this was lower than in the 2015 survey (36.5%). Boys were more likely to take part in school sports clubs (30.7%) compared to girls (23.4%). Older pupils were less likely to take part in school sports clubs compared to younger pupils.

46.2% of respondents reported taking part in a sports club or other organised physical activity that was outside of school. Boys were more likely to report participating in a sports club or other organised physical activity than girls, by 48.6% to 43.9%. Participation declined as school year increased, from 54.7% in Year 7 to 39.1% in Year 11.

From year 8 onwards girls were far less likely to say they felt happy with their weight than boys, from years 8 to 11 a third of boys and half of girls are not happy with their weight.

Figure 10 Proportion of young people who are happy with their weight by year group and sex



#### Key Points – Food and Exercise

- Less than half of young people eat breakfast every day. Girls are less likely than boys to eat breakfast every day and the older pupils get, the less likely they are to regularly eat breakfast.
- 15.9% of pupils receive free school meals, similar to the proportion recorded in the 2018 school census.
- 9.7% don't usually eat anything for lunch, most said this was because they weren't hungry.
- Only 12.0% of pupils reported eating the recommended 5 portions of fruit and veg a day.
- Half of young people said they wanted to eat more healthily.
- Just over half (56.1%) said they drink energy drinks at least sometimes.
- Girls have more negative views towards their own weight than boys. 37.3% of girls are happy with their weight compared to half of boys. 56.3% of girls want to lose weight compared to 38.1% of boys.
- 13.5% of pupils achieve the recommended 1 hour a day of exercise 7 days a week.
- Most young people thought they already did enough physical activity to keep them healthy, but others said having more time and cheaper leisure activities would help them to be more active.
- 27.5% of Year 11 boys and 39.4% of Year 11 girls don't do any PE at school.
- Of pupils from Year 8 to Year 11, one third of boys and half of girls are unhappy with their weight.

## 6 Emotional Health

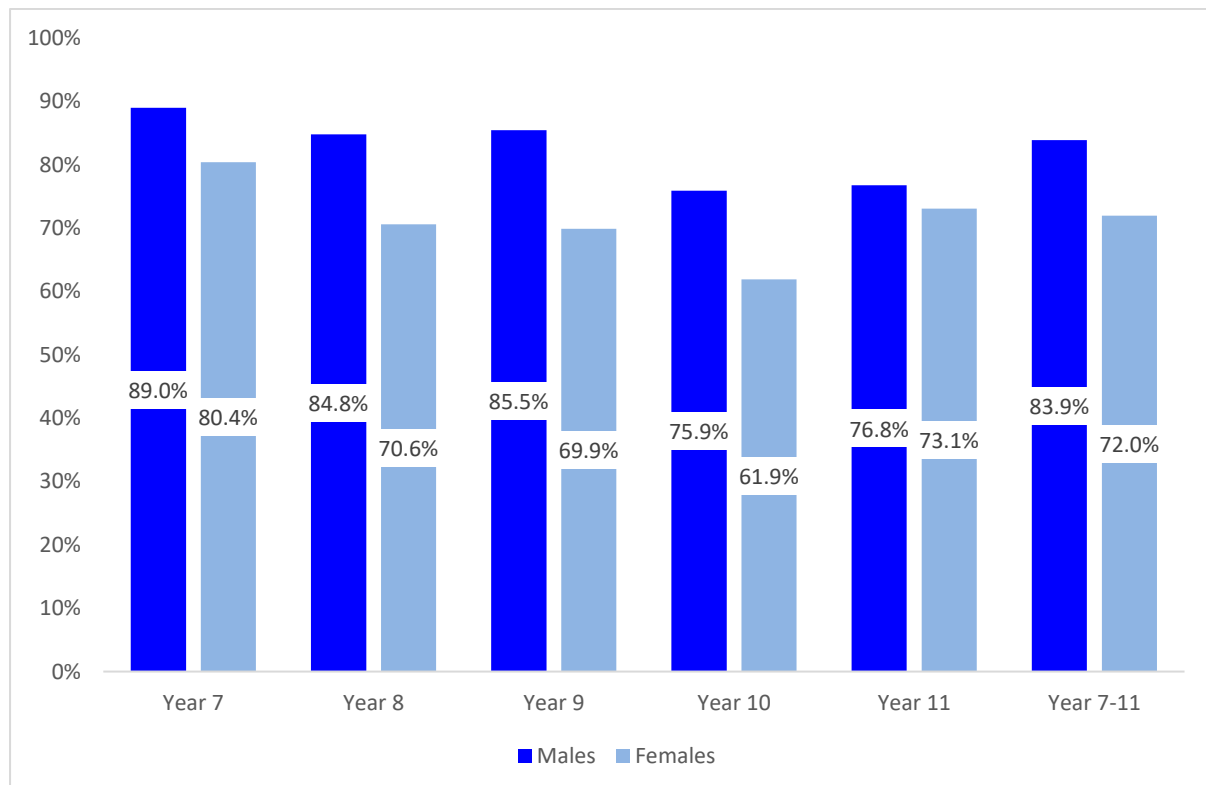
Maintaining positive emotional health and wellbeing for young people is important due to the potential impact poor emotional health can have on life chances. Positive emotional health can

influence physical health, cognitive development, ability to learn as well as future prospects (Department of Health, 2015).

### Happiness and Home Life

The majority of young people (78.1%) said they usually feel happy about their life, although the proportion was lower than in the previous 2015 survey when 84.3% usually felt happy about their life. Generally, younger pupils were more likely to say they felt happy compared to older pupils, and boys (83.9%) were far more likely to feel happy about life compared to girls (72.1%).

*Figure 11 Proportion of young people who feel happy about their life by gender and school year*



Girls were significantly more likely to say they often feel sad or tearful than boys. The proportion of females who said they often feel sad or tearful has increased from 28.0% in 2011 and 38.9% in 2015 to 43.0% in 2019.

Nearly all young people said they have one or more good friends (95.7%) and their parents and family look out for them (96.1%), there was little difference between males and females.

Less than half of young people often feel bad tempered or angry, this was similar for girls and boys.

Girls were more likely to say they often feel anxious or depressed than boys and the proportion of young people reporting they often feel anxious or depressed has increased in each survey from 23.4% in 2007 to 31.7% in 2019.

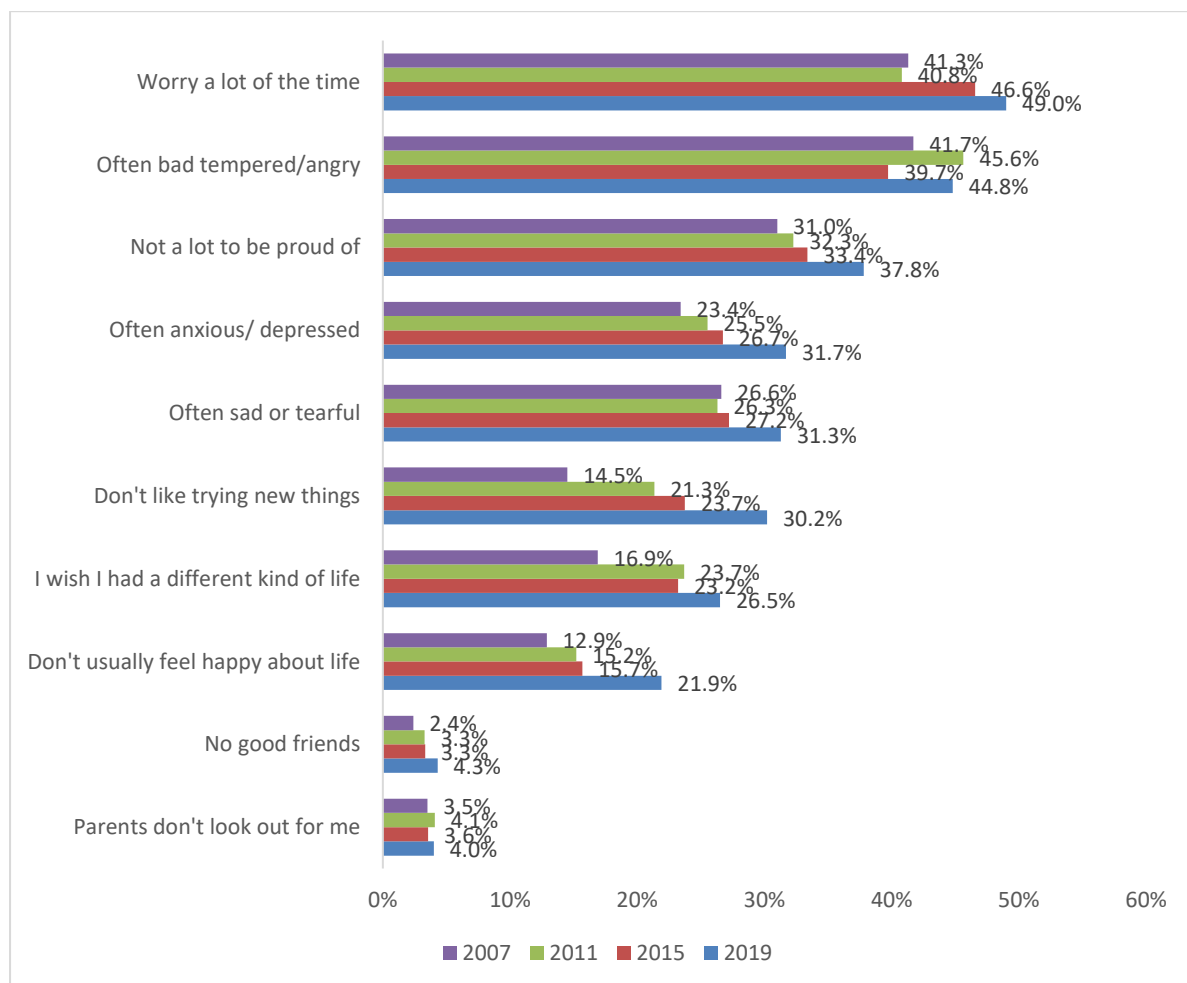
The proportion of girls (61.8%) who worry a lot is far higher than boys (36.7%). Most young people thought they had a lot to be proud of (62.3%) and like to try new things (69.8%). Over a quarter said they wish they had a different kind of life.

**Table 9 Emotional wellbeing and happiness by gender**

Answered 'yes'	Male	Female	Total
I usually feel happy about life	83.9%	72.1%	78.1%
I often feel sad or tearful	19.9%	43.0%	31.3%
I have one or more good friends	95.6%	95.8%	95.7%
My parent(s) and family look out for me	96.3%	95.8%	96.1%
I am often bad tempered or get angry	45.0%	44.4%	44.7%
I often feel anxious or depressed	23.3%	40.3%	31.7%
I seem to worry a lot of the time	36.7%	61.8%	49.0%
I feel I have a lot to be proud of	68.8%	55.6%	62.3%
I like trying new things	74.5%	65.0%	69.8%
I wish I had a different kind of life	21.7%	31.3%	26.5%

Compared to previous surveys, young people have reported worse emotional wellbeing in the 2019 survey across the scale used to measure happiness and home life. Most young people have family who look out for them and have at least one good friend, this hasn't changed much over time but otherwise general happiness was worse in the 2019 survey than in any other survey since 2007.

**Figure 12 Emotional wellbeing and happiness, trend**



## Dealing with problems and stress

By far the highest proportion of children said they deal with problems/stress by listening to music: 41.7% always listen to music, 25.3% usually do and 23.1% sometimes listen to music, only 9.9% said they never listen to music to deal with a problem. Thinking carefully about the problem or watching TV/ playing computer games were also more common ways of dealing with problems/ stress.

81.3% said they would never seek help with a problem online.

The majority of young people never cut themselves, drink alcohol or smoke to deal with a problem/ stress, however in terms of numbers there were 630 (16.6%) young people who said they sometimes, usually or always cut/ hurt themselves to deal with a problem or stress, 635 young people (16.7%) said they sometimes, usually or always have an alcoholic drink to deal with a problem and 345 (10.0%) said they smoke to cope with a problem/stress.

Generally, there weren't many differences between boys and girls, however boys were more likely to cope with problems/ stress by doing physical activity and were far more likely to play computer games to cope with a problem.

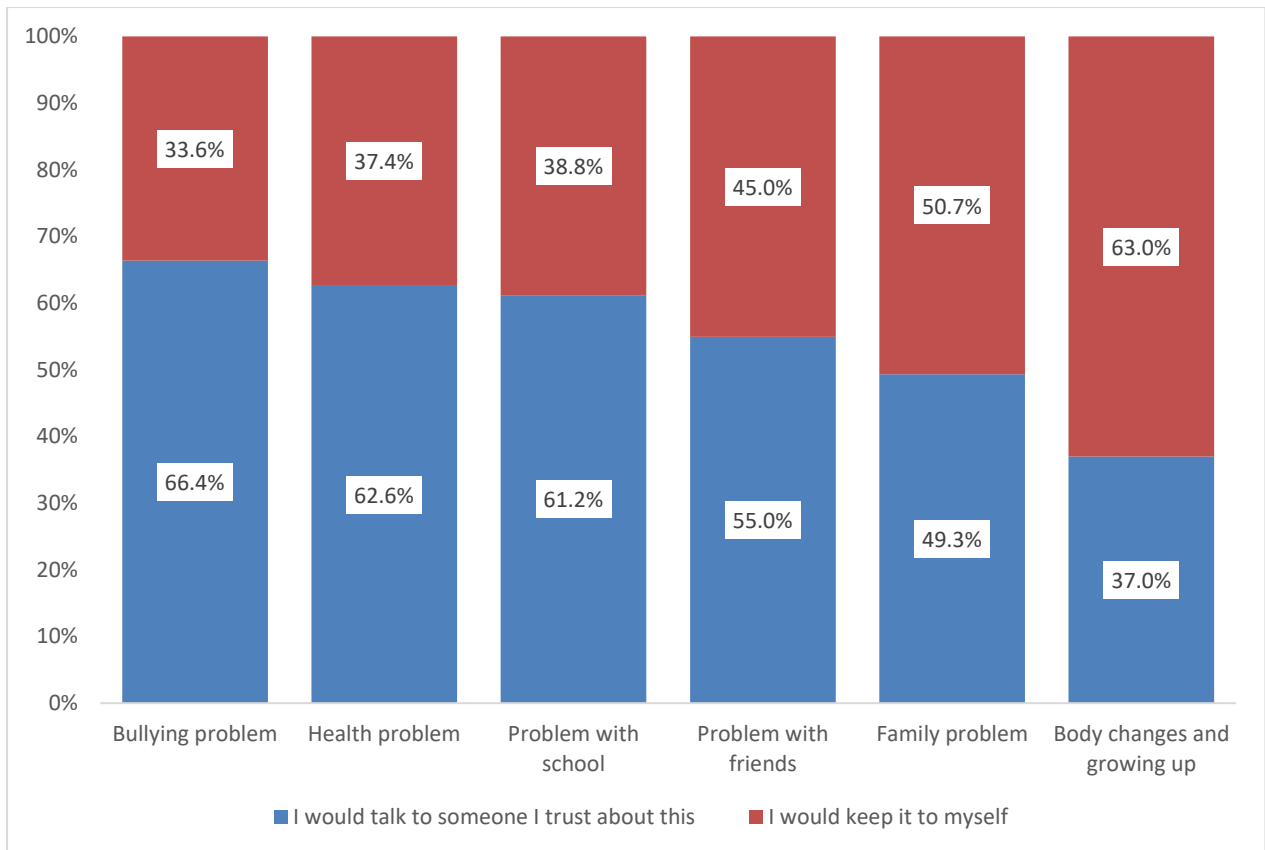
*Table 10 When you have a problem that worries you or you are feeling stressed what do you do about it?*

	Never	Sometimes	Usually	Always
Talk to someone about it	21.2%	42.8%	23.9%	12.1%
Rest or sleep more	29.2%	31.5%	23.1%	16.3%
Smoke cigarettes	90.9%	4.1%	2.0%	2.9%
Think carefully about the problem by yourself	16.7%	37.5%	28.6%	17.2%
Have a drink of something alcoholic	83.3%	11.6%	2.7%	2.4%
Do physical activity	32.7%	33.7%	18.2%	15.4%
Keep busy socialising e.g. go out with friends	19.4%	34.2%	27.6%	18.8%
Watch more TV/play computer games	16.7%	32.0%	23.6%	27.7%
Seek help with the problem online	81.3%	12.0%	3.6%	3.1%
Eat or drink more (e.g. sweets, chocolates)	31.3%	37.0%	15.7%	15.9%
Cut or hurt myself	83.4%	10.5%	3.6%	2.6%
Listen to music	9.9%	23.1%	25.3%	41.7%
I do something else	33.1%	39.0%	15.4%	12.4%

Young people were more likely to say they would talk to someone about bullying, a health problem or a problem with school and less likely to talk to someone about problems relating to body changes/ growing up.



**Figure 13** If you had a problem, would you talk to someone about this?



The biggest worry for boys was about their future/ getting a job with 23.7% saying they worry a lot about this. For girls by far the biggest worry was about the way they look and weight, 46.1% of girls said they worry a lot about the way they look and 40.9% said they worry a lot about their weight. Overall girls worried a lot more about a range of issues compared to boys, however worries about bullying, sexuality, gender identity and sexual health were fairly similar between boys and girls.

**Table 11** In the last month, how much have you worried a lot about the following?

Answered 'worry a lot' about...	Male	Female	Total
The way you look	19.1%	46.1%	32.5%
School work/ exams	23.2%	38.5%	30.8%
Your weight	18.1%	40.9%	29.4%
Your future/ getting a job	23.7%	29.1%	26.4%
Friendships	13.9%	26.6%	20.2%
Girlfriends/ boyfriends	12.8%	18.3%	15.5%
Problems at home/ family	8.6%	15.3%	11.9%
Being bullied	8.9%	10.5%	9.7%
Sexuality	4.8%	5.2%	5.0%
Gender identity	3.9%	3.8%	3.9%
Sexual health	3.7%	3.0%	3.4%

### Key Points – Emotional Wellbeing

- Most young people said they felt happy about their life (78.1%). The proportion of young people feeling happy about life has decreased in each survey since 2007.
- Generally boys reported being happier than girls.
- Most young people said they have family who look out for them (96.1%) and at least one good friend (95.7%).
- Overall young people had worse emotional wellbeing in the 2019 survey and this has generally declined each year.
- Listening to music was the most common way of dealing with problems/ stress. Generally girls and boys dealt with problems/ stress in similar ways, although boys were more likely to do a physical activity or play computer games/ watch TV to deal with problems.
- Girls worry more than boys and their main worries are about the way they look, their weight and school work/ exams.
- The main worry for boys was about their future/ getting a job and school work/ exams.
- Although the percentage of young people who said they would cut themselves or drink alcohol to deal with a problem/ stress is small compared to other coping methods, the number of children who sometimes, usually or always deal with problems in these ways is concerning.

## 7 Tobacco

Only a small proportion of young people in years 7 to 11 are regular smokers (4.3%) and most children (81.6%) have never tried smoking. Smoking prevalence increases with age, with the biggest difference after year 8 and before year 10, suggesting that most smokers start smoking during or at the end of year 9.

Table 12 Have you ever smoked a cigarette? by year group

Have you ever smoked a cigarette?	Year 7	Year 8	Year 9	Year 10	Year 11	Y7-11
Never Smoked	90.8%	86.4%	78.2%	75.5%	66.7%	81.6%
Tried Smoking	5.1%	7.5%	10.6%	9.1%	14.5%	8.7%
Used to smoke	1.3%	2.6%	3.6%	5.0%	5.5%	3.2%
Smoke less than once a week	0.9%	1.4%	2.7%	2.4%	5.1%	2.2%
Occasional Smoker*	0.8%	0.8%	1.5%	2.4%	2.9%	1.4%
Regular Smoker**	1.1%	1.4%	3.4%	5.6%	5.3%	2.9%
<b>Current Smoker***</b>	<b>1.9%</b>	<b>2.2%</b>	<b>5.0%</b>	<b>8.0%</b>	<b>8.1%</b>	<b>4.3%</b>

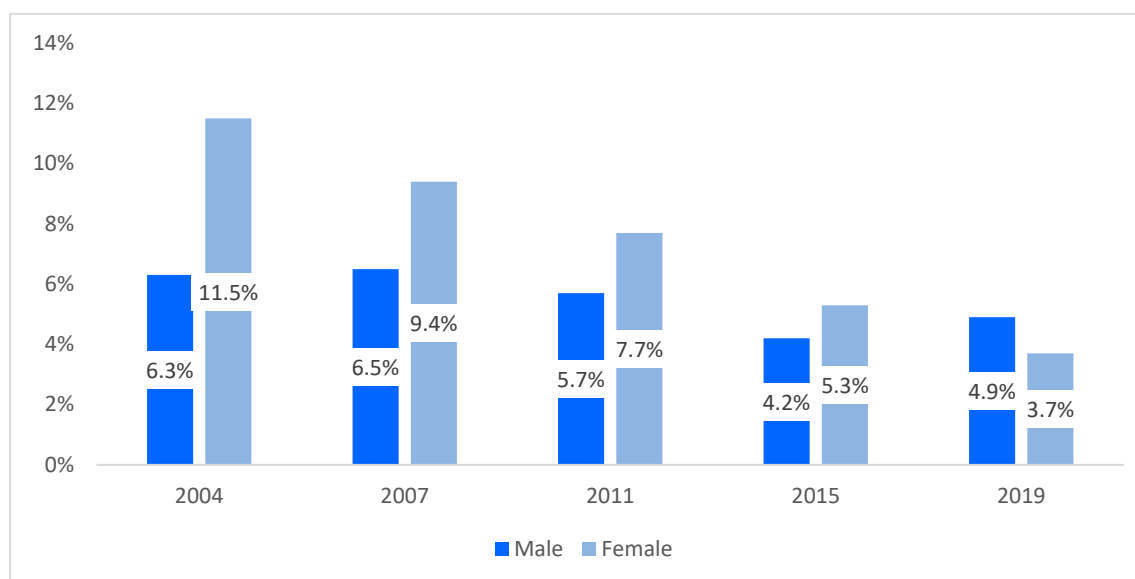
\* Those who smoke but not as many as one a week

\*\* The aggregation of those who smoke occasionally and regularly

\*\*\* Those who smoke a minimum of once a week

In all previous surveys, girls were more likely to smoke than boys, however this is no longer the case. In 2019 3.7% of girls said they smoked compared to 4.9% of boys.

Figure 14 Proportion of smokers\* all age groups by survey year.



\*Smoke at least once a week

### 15 year olds, smoking prevalence

In year 11s there was little difference between boys and girls in terms of smoking, overall 8.2% said they smoked cigarettes regularly.

Table 13 Proportion of year 11s by smoking status and gender

Smoking status of Year 11's	Males	Females	Total
I have never smoked not even a drag or two	66.2%	66.8%	66.5%
I have only ever tried smoking once	15.4%	14.0%	14.6%
I used to smoke cigarettes, but not any more	7.5%	4.0%	5.5%
I sometimes smoke, but not as many as one cigarette a week	3.0%	6.8%	5.1%
I smoke at least one cigarette a week	3.0%	2.8%	2.9%
I smoke every day	5.0%	5.6%	5.3%
<b>Regular smoker</b>	<b>8.0%</b>	<b>8.4%</b>	<b>8.2%</b>

Deprivation and living with a smoker increase the chances of young people taking up smoking themselves. Children eligible for free school meals (FSM) are more likely to smoke than those who are not eligible. 9.5% of pupils on FSM said they smoke compared to 3.3% of pupils not on FSM. Pupils who live with a smoker are also more likely to smoke, 7.8% of young people who live with a smoker said they smoke compared to just 1.9% of young people who don't live with a smoker.

## E-cigarettes

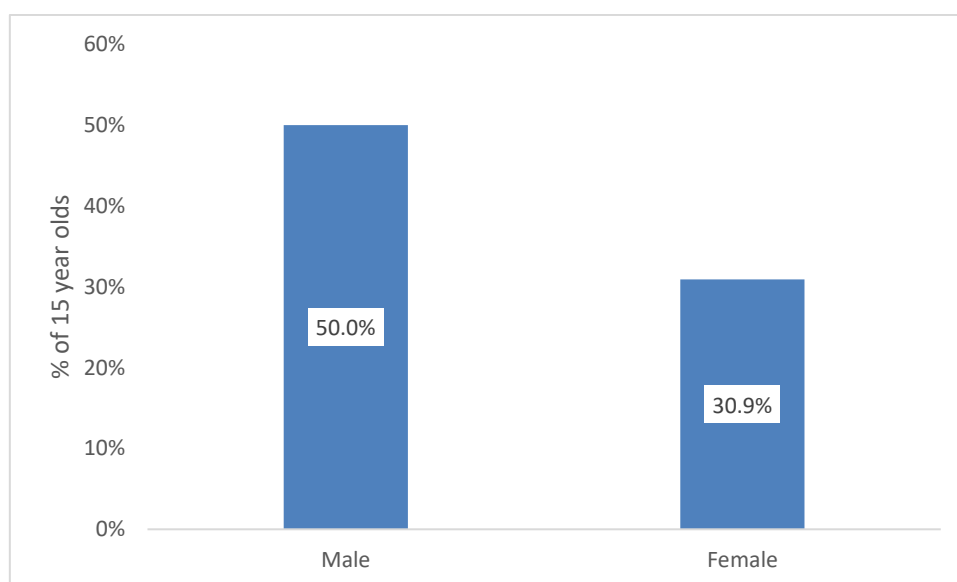
The proportion of young people who smoke e-cigs is small. Boys are more likely to smoke e-cigs than girls.

Table 14 Proportion of young people who have tried e-cigarettes by gender

	Male	Female
I have never smoked an e-cigarette	72.6%	79.4%
I used to use e-cigarettes but now smoke cigarettes	1.3%	1.2%
I have tried an e-cigarette once or twice	16.2%	14.1%
I used to use e-cigarettes, but not anymore	5.1%	2.5%
I smoke e-cigarettes at least once a week	2.5%	1.8%
I smoke e-cigarettes everyday	2.3%	0.9%

Half of year 11 boys said they had tried an e-cigarette, compared to less than a third of year 11 girls.

Figure 15 Proportion of year 11 pupils who have tried an e-cigarette at least once, by gender



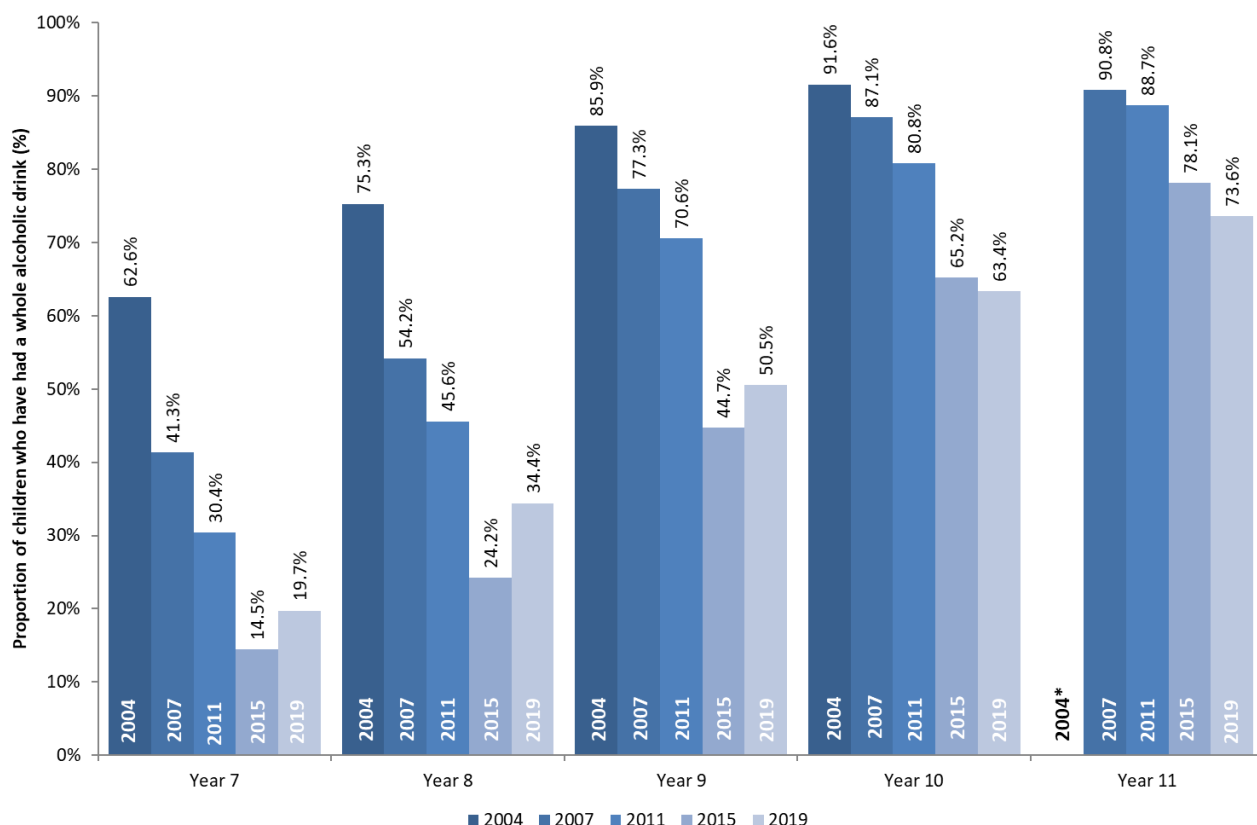
### Key Points – Tobacco

- Only 4.3% of secondary school aged pupils regularly smoke. Of the young people who do smoke, most start during year 9.
- For the first time since the first survey in 2004, girls are less likely to smoke than boys.
- Young people eligible for free school meals are more likely to smoke than those not eligible for free school meals, 9.5% on free school meals smoke compared to 3.3% not on free school meals.
- Living with a smoker significantly increases the chances of young people taking up smoking, 7.8% of those who live with a smoker smoke themselves, compared to just 1.9% of young people who don't live with a smoker.
- The proportion of young people regularly smoking e-cigarettes is small, boys are more likely to smoke them than girls.

## 8 Alcohol

More than half (56.6%) of the young people surveyed said they had never had a whole alcoholic drink; this is higher than in the previous survey when 47.7% said they had never tried an alcoholic drink. For years 7-9 there was a slight increase in the number of young people who said they had tried alcohol since 2015 but this remained lower than the previous 3 surveys (2011, 2007, 2004). For years 10 and 11 the proportion of those who have tried alcohol has decreased for each consecutive survey since 2004.

Figure 16 Proportion of young people who have had a whole alcoholic drink by year group and survey year



\*2004 ALS did not collect data for year 11 pupils

Most young people (60.7%) who have had a whole alcoholic drink, only drink a few times a year (on special occasions). Older pupils are more likely to drink more often than younger pupils. Of those who have had a drink in years 9-11, 14.5% drink alcohol at least once a week: a slight increase from 13.6% in 2015. Just under half (47.1%) of pupils in years 9-11 said they drink alcohol at least once a month.

Although the proportion of young people who drink alcohol hasn't really changed much, the proportion who said they had been really drunk within the last 4 weeks has declined and the gap between girls and boys has decreased. In 2015, 70.6% of girls who drank more frequently than just on special occasions said they had been really drunk in the last 4 weeks, in 2019 this was just 37.3%. For boys this reduced from 56.0% in 2015 to 30.6% in 2019.

For those who drink alcohol, the majority of pupils said their parents always (71.7%) or sometimes know (21.6%), only 6.6% said their parents don't know. Drinking alcohol at home or a friend's home remains the most common place to drink alcohol. Drinking in public places has declined over the last

few years, only 3% of those who regularly drink alcohol drink in a park, street or on the beach and 1.2% said they drink in a pub or club.

As an average across all year groups, 61% thought that at least half young people their age drink alcohol, very similar to the 2015 figure of 60%. With increasing age, young people estimated that a higher proportion of their peers drink alcohol.

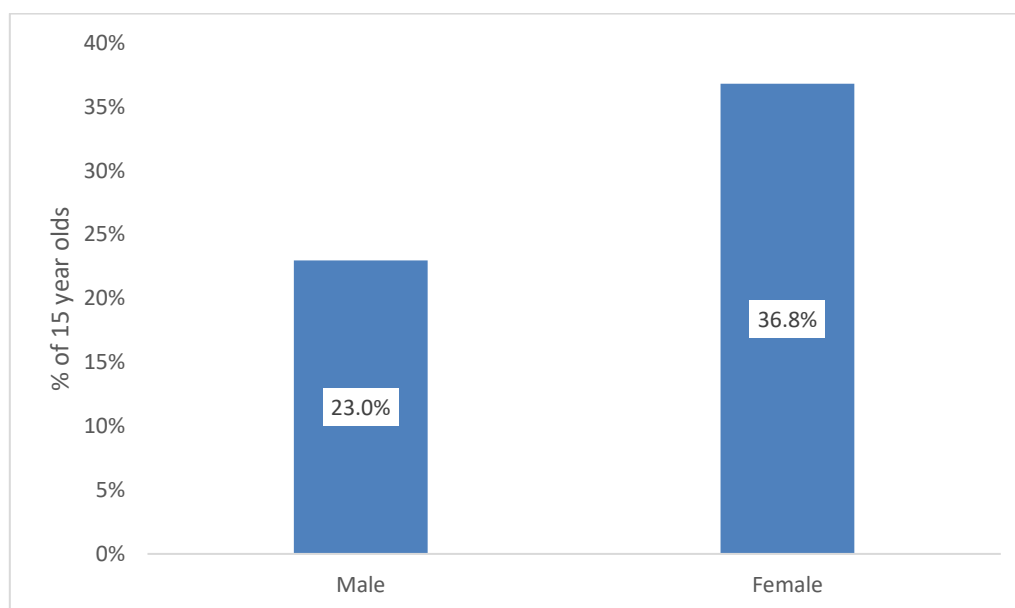
Table 15 How many people your age do you think drink alcohol?

	Year 7	Year 8	Year 9	Year 10	Year 11	Years 7-11
0-25% people my age drink alcohol	49.5%	30.3%	16.7%	8.6%	2.2%	24.6%
26-50% people my age drink alcohol	27.7%	29.7%	24.9%	16.8%	15.1%	24.4%
51-75% people my age drink alcohol	12.3%	21.9%	25.4%	23.4%	21.8%	20.9%
76-100% people my age drink alcohol	10.4%	18.1%	33.0%	51.2%	60.9%	30.1%

### 15 year olds and alcohol

Although 15 year old girls are as likely as boys the same age to have tried alcohol, they are far more likely to report being really drunk (in the last four weeks). Of those who have tried alcohol (74.3% of Y11 boys, 72.8% of Y11 girls) 36.8% of girls had been really drunk recently compared to 23.0% of year 11 boys.

Figure 17 Proportion of year 11's who have tried alcohol and have been really drunk in the last four weeks, by gender



### Smoking and alcohol

Young people who smoke are far more likely to drink alcohol, 88% of regular smokers have tried alcohol compared to 40% of non-smokers. Additionally, those who smoke are more likely to get really drunk than those who don't smoke. 81.3% of non-smokers said they had not been really drunk in the last 4 weeks, compared to just 36.2% of smokers.

Table 16 How often young people who drink alcohol have been really drunk in the last four weeks by smoking status.

Smoking status	How many times have you got really drunk in the last four weeks?			
	None	Once	Twice	Three or more times
Non-Smokers	81.3%	12.5%	3.6%	2.6%
Regular smokers	36.2%	22.0%	17.0%	24.8%

#### Key Points- Alcohol

- More than half of young people have never tried alcohol.
- For young people in Y10 and Y11, the percentage who have tried alcohol has decreased for each consecutive survey since 2004.
- Most young people who have tried alcohol only drink a few times a year on special occasions.
- Although the proportion who have tried alcohol hasn't changed much since the 2015 survey, far fewer have got really drunk and the gap between girls and boys has decreased.
- In 2015, 70.6% of girls who drank alcohol said they had been really drunk within the last 4 weeks, in 2019 37.3% had. For boys this reduced from 56.0% in 2015 to 30.6% in 2019.
- Most young people said their parents always or sometimes know they drink alcohol, only 6.6% said their parents never know they are drinking alcohol.
- Drinking in public has decreased, only 3.0% said they drink alcohol in a park, street or on a beach and only 1.2% said they drink alcohol in a pub.
- Although year 11 girls are as likely to have tried alcohol as year 11 boys, they are far more likely to report being really drunk than boys.
- Young people who smoke are more likely to drink alcohol and get really drunk. 81.3% of non-smokers have not been really drunk in the last 4 weeks compared to 36.2% of smokers.

## 9 Drugs

Males were more likely to say they had been offered illegal drugs or spice than females.

Table 17 Have you ever been offered illegal drugs/ spice, by gender

	Male	Female	Total
Offered illegal drugs	18.5%	10.4%	14.5%
Offered spice or similar	6.9%	3.7%	5.3%

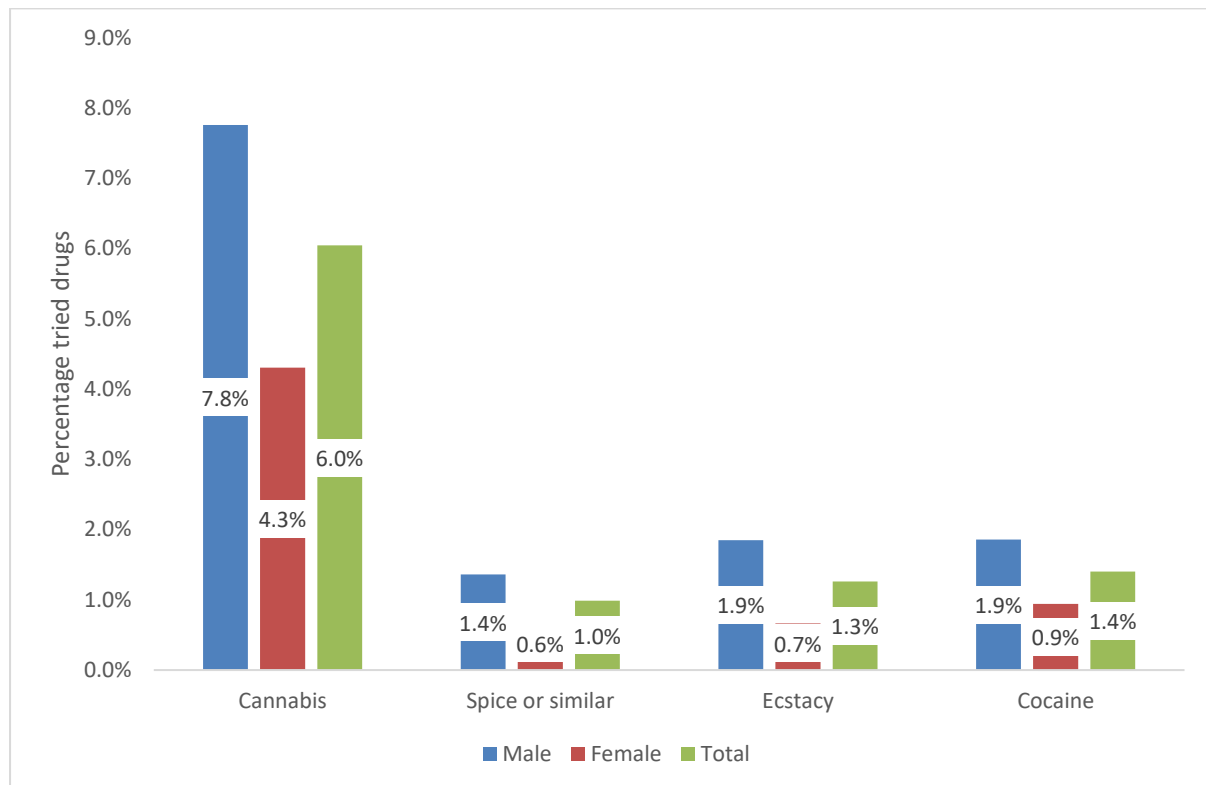
Over a third of young people said they had seen people using cannabis. The table below shows that boys were more likely than girls to have seen people using cocaine.

Table 18 Have you ever seen people use the following drugs... by gender

Seen people use...	Male	Female	Total
Cannabis	40.6%	31.5%	36.1%
Spice or similar	17.9%	12.6%	15.3%
Ecstasy	11.3%	8.3%	9.8%
Cocaine	18.6%	18.1%	18.4%

Thankfully, the proportion of young people who have tried drugs is small. Cannabis is the most used drug, with 7.8% of boys and 4.3% of girls saying they have used/ tried cannabis. Very small proportions of young people said they had tried spice, ecstasy and cocaine. Those eligible for free school meals were more likely to have tried cannabis (10.3%) compared to children not eligible for free school meals (5.3%).

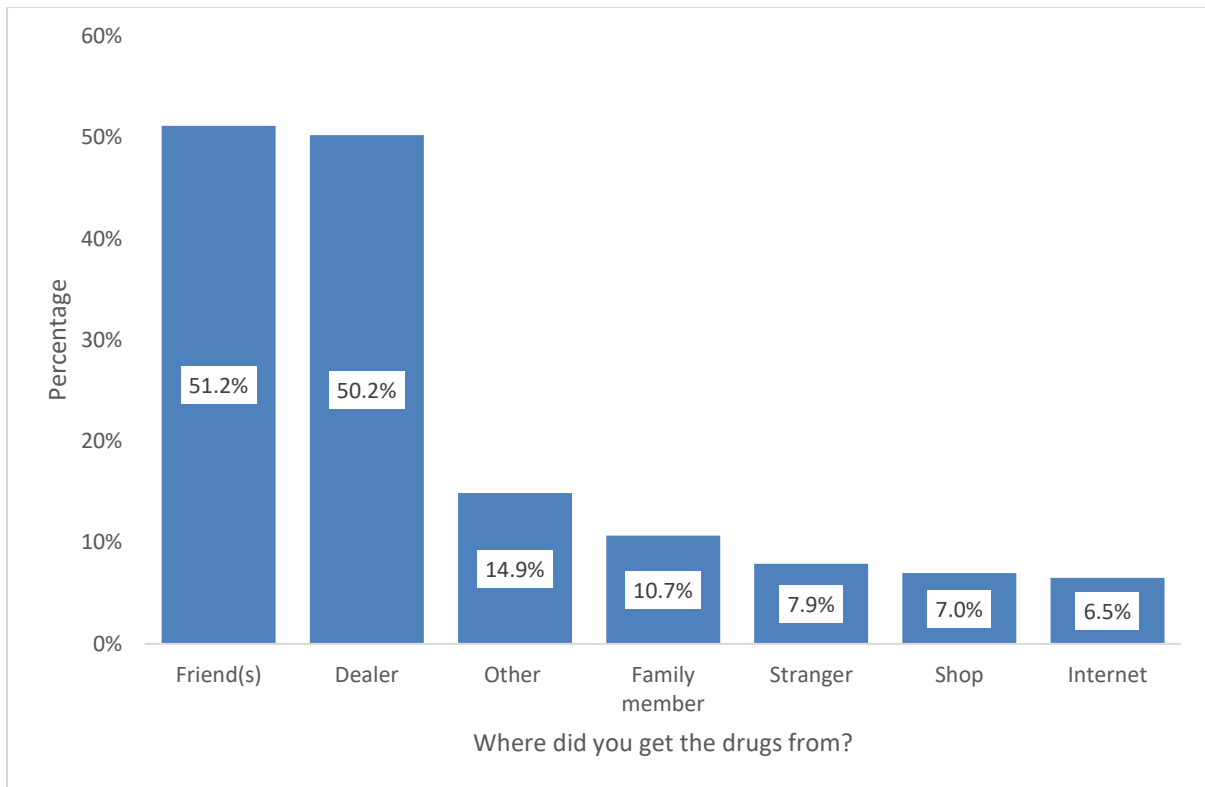
Figure 18 Proportion of young people who have tried drugs, by gender.



Of the young people who said they had tried drugs, half said they got the drugs from a friend or a dealer, only 6.5% said they bought them on the internet.



Figure 19 Where did you get the drugs from?



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

63.1% of all young people said they would know where to go for advice if they or someone they know had concerns about a drug or alcohol problem.

#### Key Points – Drugs

- Males are more likely to have been offered illegal drugs.
- 36.1% of young people have seen someone using cannabis.
- Thankfully, the proportion of young people who have tried drugs is small.
- Young people eligible for free school meals are almost twice as likely to say they have tried cannabis compared to those not eligible for free school meals.
- 63.1% of all young people said they would know where to get advice if they or someone they know had concerns about a drug or alcohol problem.

## 10 Sexual Health

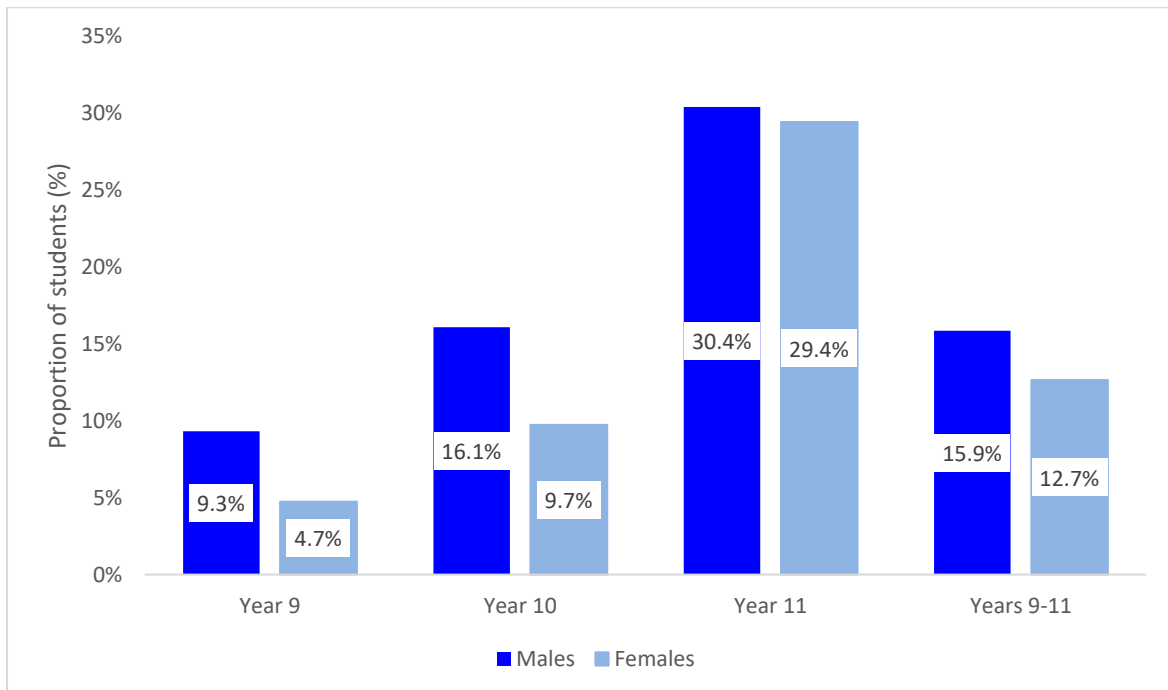
Appropriate sex education is the cornerstone of equipping young people with the information they need to make responsible decisions about the sexual behaviours they engage in and what precautions they take (NHS Networks, 2016). Early sex is reported to have implications for wellbeing, self-perception, social status and future health behaviours (Health Behaviours in School- aged children 2013/14, World Health Organisation). Teenage pregnancies are also associated with worse outcomes for both young parents and their children. This includes an increased risk of infant mortality, sudden unexplained death in infancy and low birth weight, as well as increased likelihood of a teenage mother having poor mental health, missing out on further education, and to be living in poverty by the age of 30 (Local Government Association and Public Health England, 2018).

The majority of young people (83.8%) in years 9-11 reported their sexual orientation as straight. Roughly similar proportions of males (3.2%) and females (2.7%) reported being gay or lesbian, whilst females (9.4%) were more likely than males (4.7%) to report being bisexual.

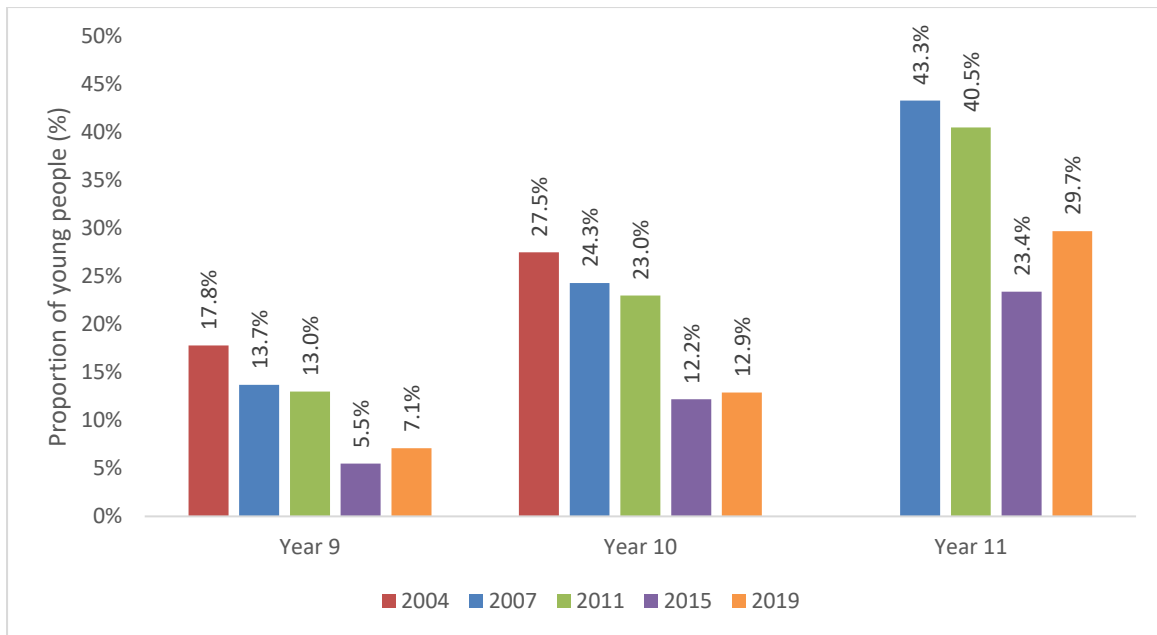
### Sexual Experience

Overall, 14% of all pupils in years 9-11 said that they have had sex, similar to the 2015 proportion of 13.5%. Unsurprisingly those in year 11 were the most likely to say they have had sex (29.7%). The proportion of y11s who said they have had sex has increased since the last ALS survey in 2015 when 23.4% of year 11s had had sex. More males (15.9%) than females (12.6%) in years 9-11 said that they have had sex. This is more pronounced for year groups 9 and 10, whereas more similar proportions of males and females reported having had sex in year 11. This is the first survey in which more males reported having sex than females since 2007.

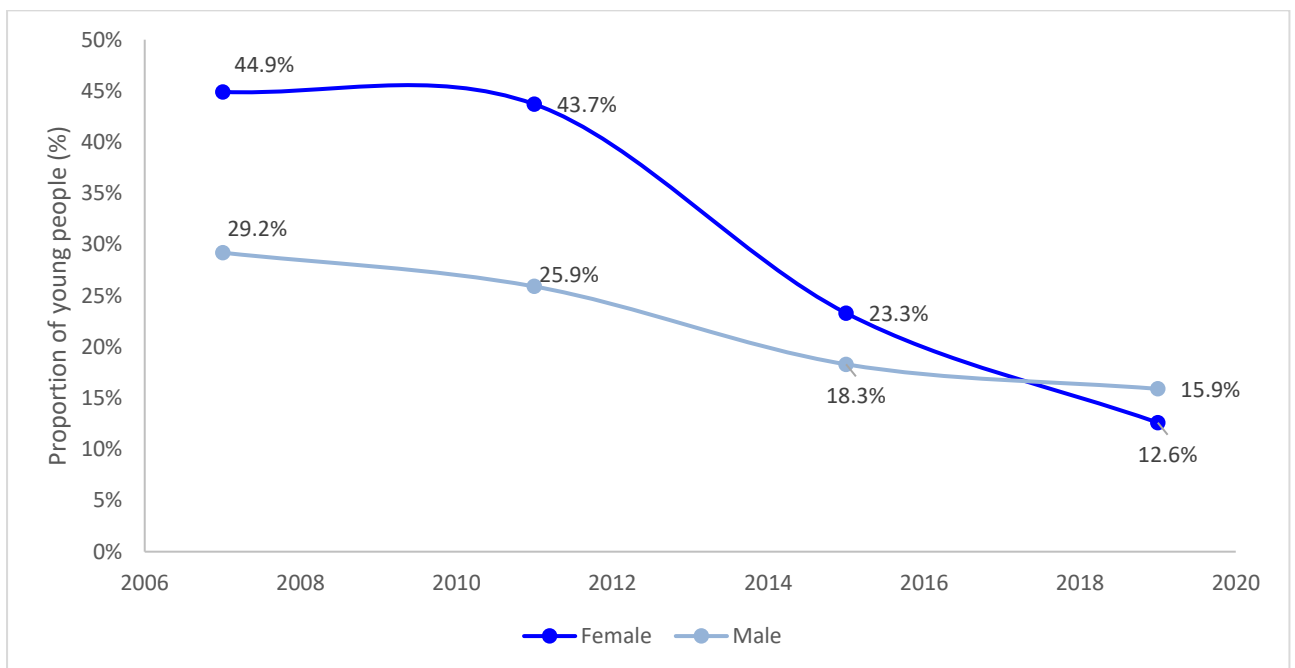
*Figure 20 The proportion of young people who have had sex by year group*



**Figure 21** The proportion of young people who have had sex, years 9 to 11 for 2004 to 2019



**Figure 22** The proportion of young males and females who have had sex, years 9 to 11 since 2006.



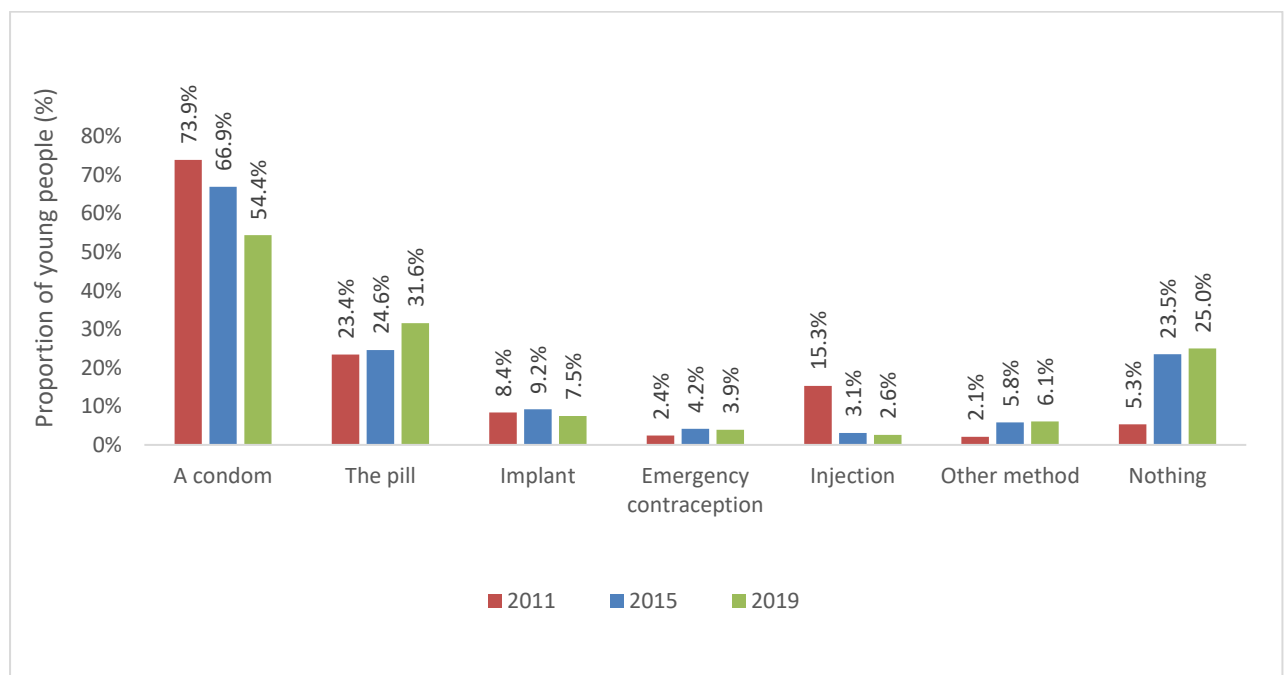
### Safe Sex and Contraception

Among pupils who reported they have had sex, 54.4% said a condom was the method of contraception they used last time they had sex, whilst 31.6% used the pill and 7.5% used the implant. There have been no major improvements in contraception use and safe sex practices since 2015, with exactly a quarter of pupils (25%) now reporting that they used nothing the last time they had sex to prevent pregnancy, in comparison to 23.5% in 2015. This follows a considerable decline in safe sex practices between 2011 and 2015, when the proportion of young people who reported using no contraception increased substantially from 5.3% to 23.5%. Condom use in particular has been dropping since 2011,

whilst there have been increases in use of the pill (**Figure 23**). This may be linked to the fact that only around half (55.1%) of all year 9-11 students said they knew where to get free condoms in 2019. The majority of pupils had heard of the condom (98.5%) and the pill (94.1%) and this was true for all year groups. A slightly lower proportion of pupils had heard of the implant (83.1%) and injection (85.3%) although these were still known of by the majority of young people, and became better known among the older year groups (being heard of by 94.5% and 90.8% of year 11 pupils, respectively). Similarly, only 80.6% of young people had heard of emergency contraception, with awareness increasing between year 9 (67.6%) and year 11 (96.4%).

Of those who have had sex, the majority (96%) said that they knew where to go if they or their partner were pregnant and wanted an abortion; an increase from 79.5% in 2015.

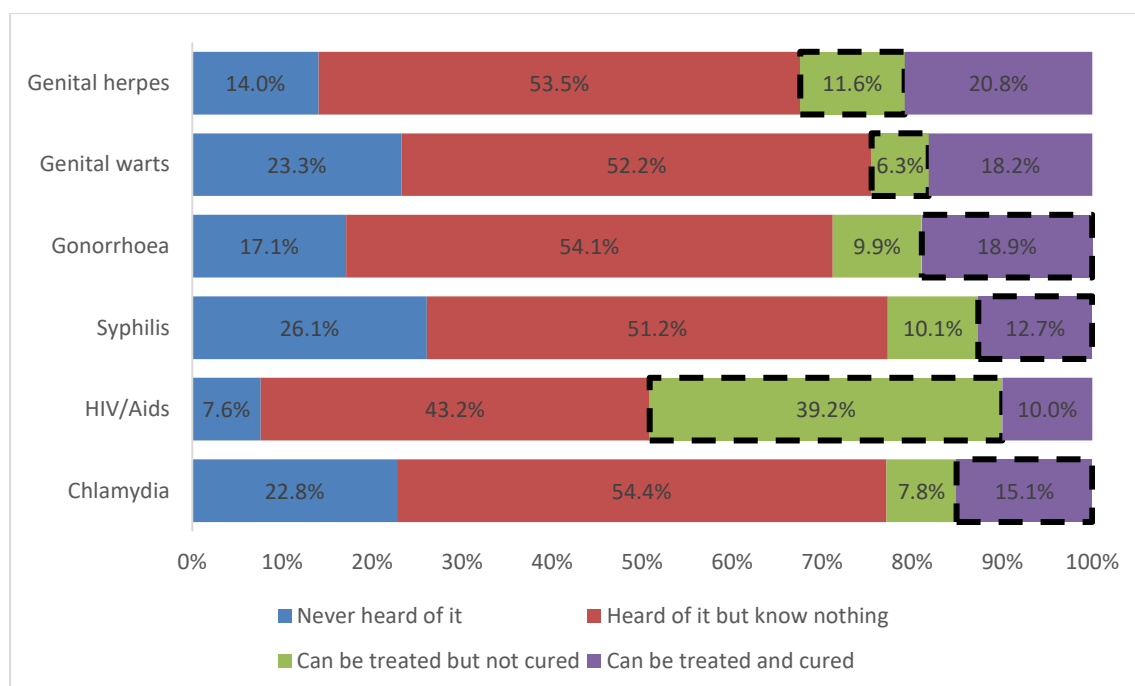
**Figure 23** The last time you had sex which method(s) of contraception did you use to prevent pregnancy? Years 9 to 11 for 2011 to 2019



### Sexual health education

The chart below displays knowledge of sexually transmitted infections (STIs) for pupils in years 9-11. Each infection had been heard of by the majority of young people, ranging from 73.9% of students who had heard of syphilis, to 92.4% of pupils who had heard of HIV/Aids. However among students who had heard of each type of infection, most actually knew nothing about them. When quizzed on whether each infection could be treated and/or cured, students were most likely to answer correctly regarding HIV/Aids, whilst they were least likely to answer correctly regarding genital warts, genital herpes, and syphilis. The likelihood that children had heard of the STIs increased dramatically between Years 9 and 11. Students in year 9 were also less likely to answer correctly than older year groups regarding whether each STI could be treated and/or cured.

Figure 24 Knowledge of sexually transmitted infections, Years 9 to 11



Correct answers are highlighted with black border

Knowledge of STIs has remained the same for most STIs (herpes, warts, gonorrhoea and syphilis), however for HIV/ Aids the proportion of young people who know it can be treated but not cured has decreased from half in 2011 to 39.2% in 2019 and for chlamydia the proportion who knew it can be treated and cured has decreased from 37.7% in 2011 to only 15.1% in 2019. Additionally, 22.8% had never heard of chlamydia in 2019, whereas this was just 9.7% in 2011 (see Table 19).

Table 19 Knowledge of sexually transmitted infections, Years 9 to 11, trend 2011 to 2019\*

	Never heard of it			Heard of it but know nothing			Can be treated but not cured			Can be treated and cured		
	2011	2015	2019	2011	2015	2019	2011	2015	2019	2011	2015	2019
<b>Genital herpes</b>	20.1%	20.3%	14.0%	45.6%	52.0%	53.5%	<b>12.4%</b>	<b>8.1%</b>	<b>11.6%</b>	21.9%	19.6%	20.8%
<b>Genital warts</b>	15.3%	24.0%	23.3%	45.5%	47.0%	52.2%	<b>9.2%</b>	<b>5.8%</b>	<b>6.3%</b>	30.0%	23.2%	18.2%
<b>Gonorrhoea</b>	20.6%	27.7%	17.1%	47.8%	48.2%	54.1%	10.3%	8.4%	9.9%	<b>21.3%</b>	<b>15.7%</b>	<b>18.9%</b>
<b>Syphilis</b>	25.4%	29.6%	26.1%	47.0%	47.0%	51.2%	11.6%	9.6%	10.1%	<b>16.0%</b>	<b>13.8%</b>	<b>12.7%</b>
<b>HIV/Aids</b>	8.2%	6.3%	7.6%	32.7%	45.9%	43.2%	<b>50.0%</b>	<b>39.8%</b>	<b>39.2%</b>	9.2%	7.9%	10.0%
<b>Chlamydia</b>	9.7%	15.4%	22.8%	38.2%	47.7%	54.4%	14.5%	11.8%	7.8%	<b>37.7%</b>	<b>25.1%</b>	<b>15.1%</b>

\*Correct answers are highlighted in green bold italics

## Sexual Relationships and Social Norms

62.7% of young people in year 11 thought that more than half of people their age had had sex (**Table 20**), despite only 29.7% of year 11s reporting having had sex (**Figure 22**). This perception has gone down from almost 80% of year 11s who thought that at least half of people their age had had sex in the 2015 survey. Year 11s were most likely to think that other people their age are having sex, with smaller proportions of year 9 (19.5%) and year 10 (37.7%) pupils reporting their beliefs that more than half of young people their age have had sex (**Table 20**).

*Table 20 What proportion of young people your age do you think have had sex? Years 9-11*

	Year 9	Year 10	Year 11	Years 9-11
0-25% people my age have had sex	46.6%	25.6%	7.9%	31.1%
26-50% people my age have had sex	33.9%	36.6%	29.4%	33.4%
51-75% people my age have had sex	13.0%	22.1%	35.7%	21.2%
76-100% people my age have had sex	6.5%	15.6%	27.0%	14.2%

### Key points – Relationships and Sexual Health

- The proportion of year 11s who have had sex has increased since the 2015 survey.
- This is the first survey in which more males than females reported having sex. This gender imbalance is much more pronounced among year 9 and 10 pupils, whereas roughly equal amounts of male and female year 11s reported having had sex.
- Although the majority of young people were aware of different contraception methods, only around half of all year 9-11 students said they knew where to get free condoms.
- There have been no major improvements in contraception use and safe sex practices since 2015, following a decline in safe sex practices between 2011 and 2015.
- The majority of children were aware of the existence of sexually transmitted infections (STIs), however many lacked knowledge regarding whether each STI could be treated and/or cured.
- In general, students perceived that more young people their age had had sex, in comparison to the actual proportions of students who reported they had had sex.

## 11 Female Health

Females in school years 9-11 were given the following statement ‘You may have seen in the media that some girls say they or their families don’t have enough money to get sanitary products, such as sanitary towels, tampons or panty liners, to use during their periods.’ They were then asked ‘At any time in the last year has this been a problem for you?’

The majority of females said that it hadn’t been a problem for them in the last year. Girls in years 10 and 11 were more likely to say it was a problem than those in year 9. Overall 7.7% said they had not been able to afford sanitary products at some time in the last year.

**Table 21 In the last year have you been unable to afford sanitary products? Girls in Years 9-11**

	Year 9	Year 10	Year 11	Y9-11
Yes	5.8%	9.7%	9.1%	7.7%
No	88.7%	87.1%	89.0%	88.4%

*Excludes those who said they don't have periods.*

Of those who did say they had not been able to afford sanitary products, most (70.5%) said it only happened a few times, 20.5% said it happened every month and 9.1% said it happened most months. Those who said they receive free school meals were slightly more likely to say they had not been able to afford sanitary products (8.1%) compared to those not on free school meals (7.1%).

#### Key Points- Female Health

- 7.7% of girls who have periods in years 9-11 said they have been unable to afford sanitary products, and the proportion in years 10 and 11 was higher.
- Most who said they have been unable to afford sanitary products said it has only happened a few times.

## 12 Internet Use

Most young people usually use their mobile phones to access the internet. 91.6% said they usually access the internet on their phones, and a slightly higher proportion of girls said this compared to boys. The biggest difference between males and females is the proportion of males that use other devices such as a games console; over half of boys said they usually access the internet this way compared to less than a quarter of girls. Younger boys were particularly more likely to say they used other mobile devices such as a games console, see **Table 22**.

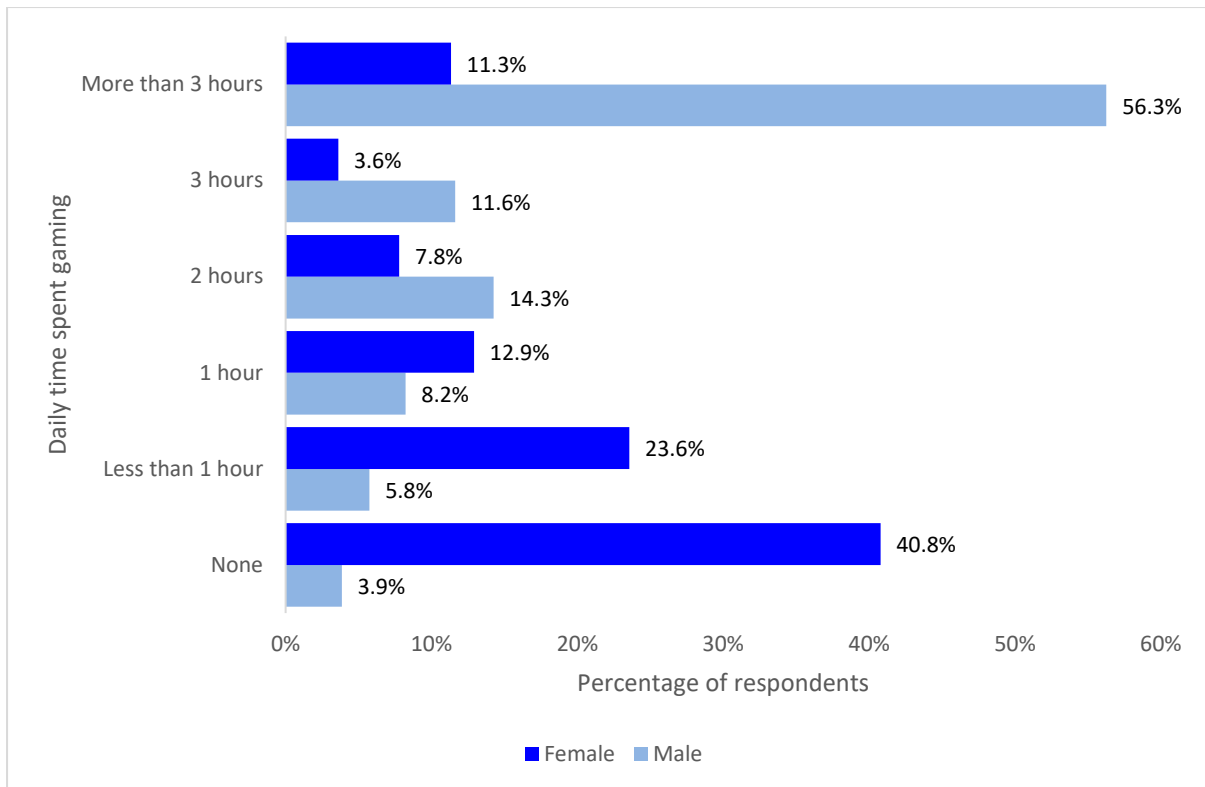
**Table 22 How do you usually access the internet?**

Usual method of using the internet	Male		Female		Total	
	No.	%	No.	%	No.	%
Mobile phone or smartphone	1544	88.0%	1675	95.2%	3219	91.6%
Laptop or netbook	659	37.5%	802	45.6%	1461	41.6%
Tablet computer	556	31.7%	516	29.3%	1072	30.5%
Desktop computer	608	34.6%	387	22.0%	995	28.3%
Other mobile devices (eg media or games console, e-book reader, smartwatch)	931	53.0%	414	23.5%	1345	38.3%
Total Answered*	1755	100.0%	1759	100.0%	3514	100.0%

\*Total exceeds 100% since respondents were able to give more than one answer.

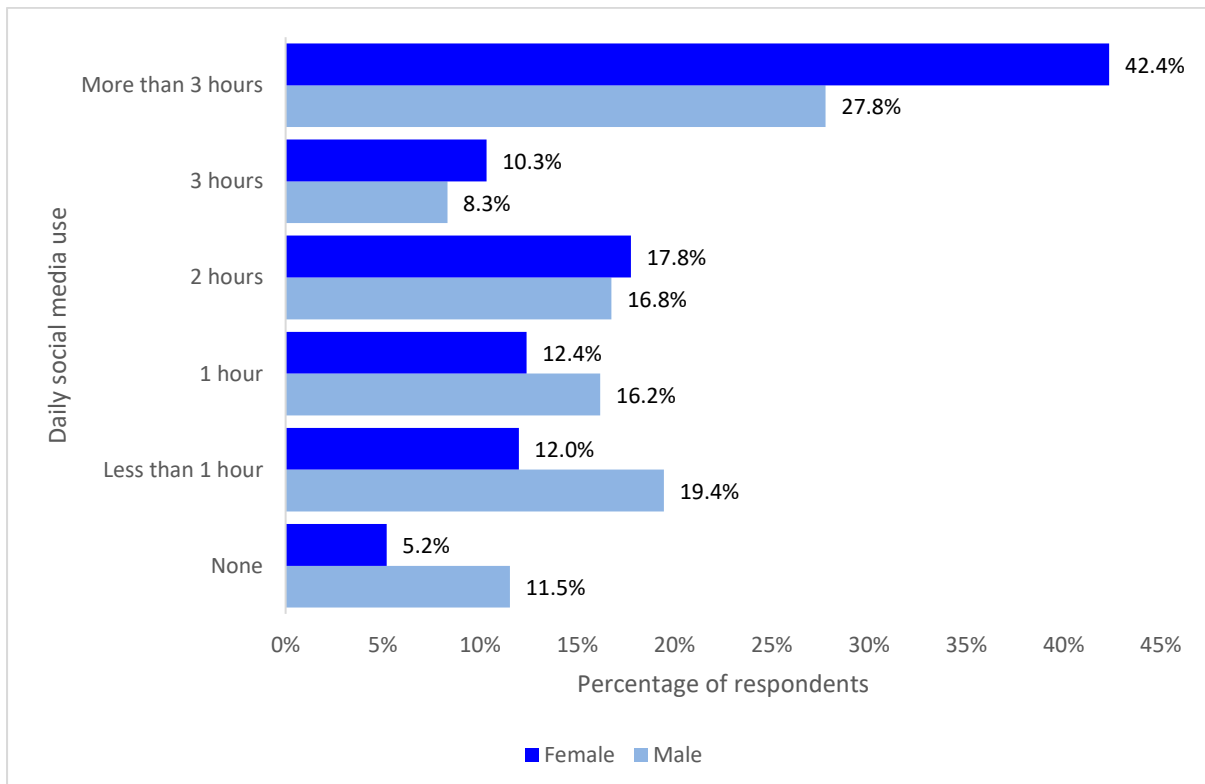
Only 3.9% of males said they spent no time gaming each day and over half (56.3%) said they spent more than 3 hours each day gaming. Girls were far more likely to say they didn't spend any time gaming (40.8%) and only 11.3% of girls said they spent more than 3 hours each day gaming.

**Figure 25** How long do you spend online gaming each day?



A far higher proportion of girls said they spent more than 3 hours each day on social media (42.4%) compared to boys (27.8%) and only 5.2% of girls said they spent no time on social media each day, whereas 11.5% of boys said they spent no time on social media each day.

**Figure 26** How long do you spend online using social media each day?

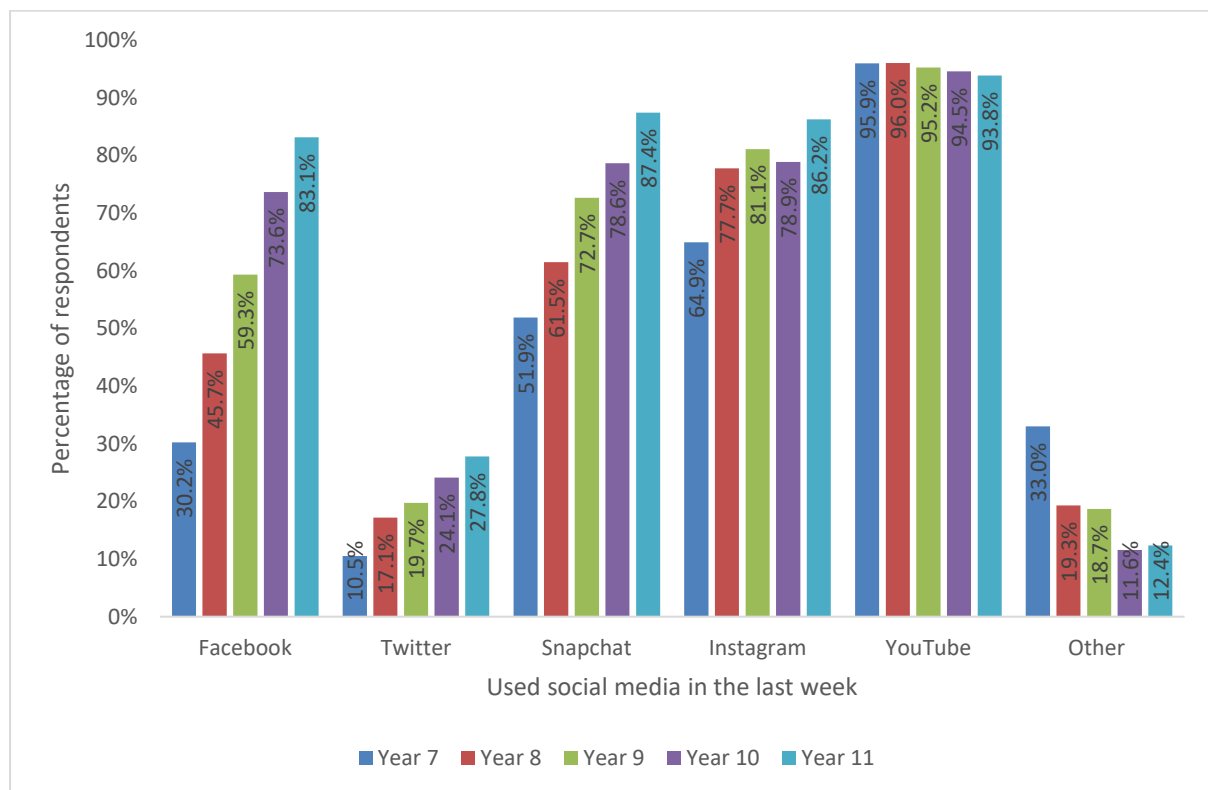




Pupils were also asked about how much time they spent each day online chatting with friends, doing homework, watching videos, shopping and online dating. Watching videos was a popular way to spend time online; just over a third of boys (34.0%) and a quarter of girls (25.6%) said they spent over 3 hours each day watching videos online. Boys spent less time shopping online than girls, with almost half saying they spent no time shopping online compared to 28.7% of girls. 95% of respondents said they spent no time on online dating. Most young people said they spent less than an hour a day on the internet doing homework and only 4.8% said they spent more than 3 hours per day doing this.

The most used social media platform amongst those who took part in the survey was YouTube, with 95.4% of young people saying they have used YouTube in the last week (there was little difference between age and sex). With the exception of YouTube and 'other', the use of Facebook, Twitter, Snapchat and Instagram increased with advancing age. The most popular social media platforms listed in 'other' include TikTok, WhatsApp, Messenger and Discord.

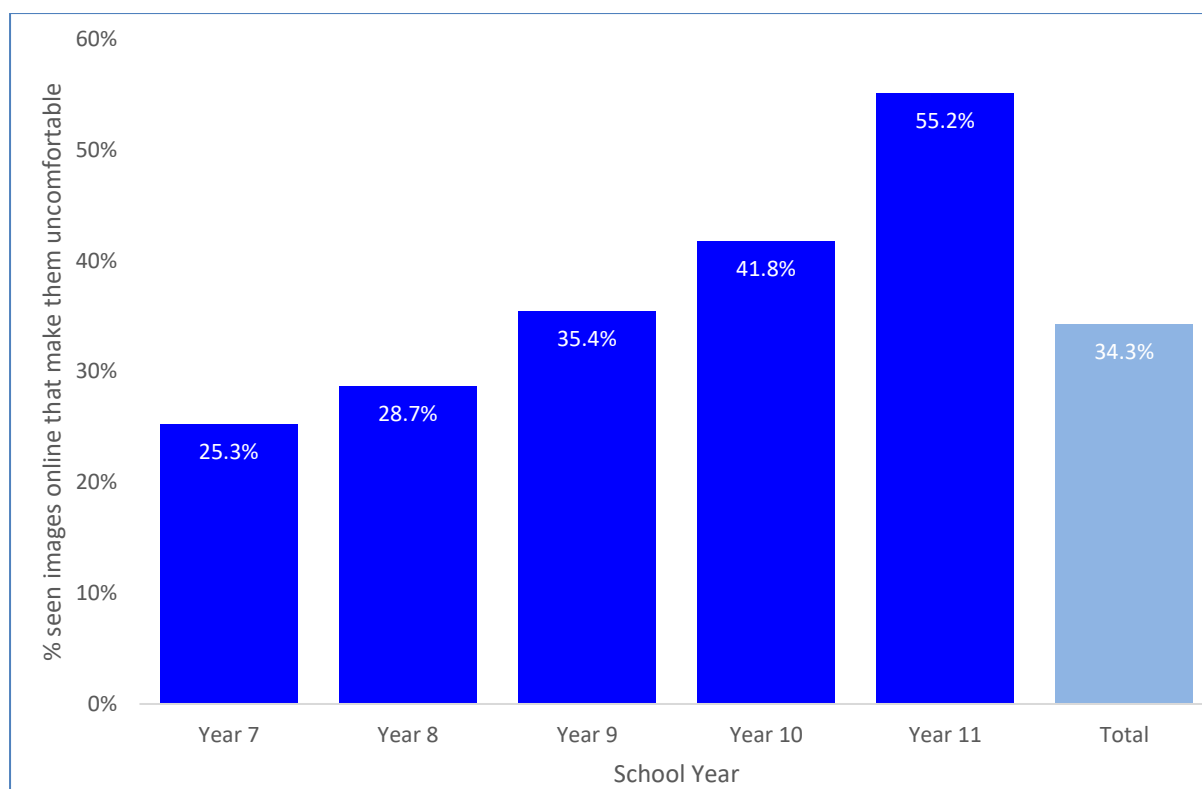
**Figure 27 Which of the following have you used in the last week?\***



\*Total exceeds 100% since respondents were able to give more than one answer.

The proportion of young people who said they have seen images online that make them feel uncomfortable increases with age from a quarter of young people in year 7 to over half (55.2%) in year 11.

**Figure 28 Percentage of young people who have seen images online that make them feel uncomfortable, by year group**



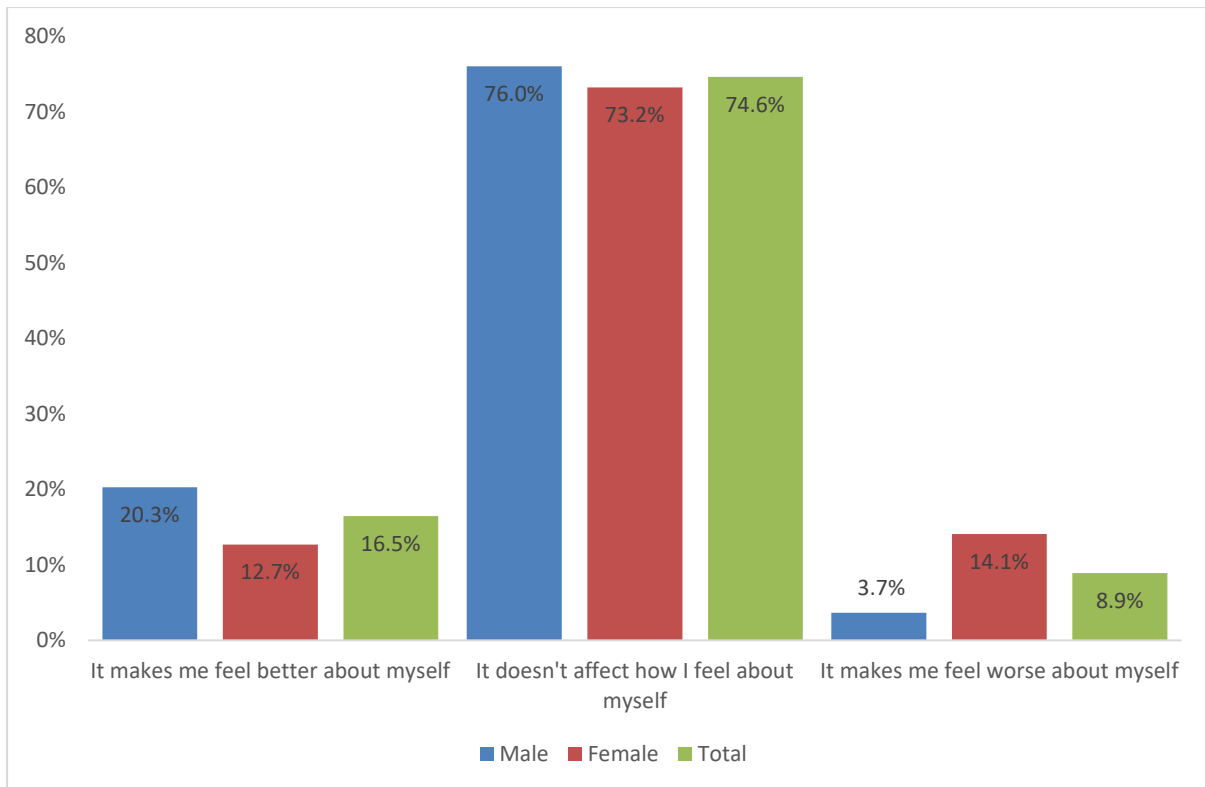
Older pupils were more likely to have received messages from people they don't know, received abusive comments, experienced people lying about who they are online, have met up with someone they met online and have been pressured into doing something they were not comfortable doing. The table below shows the differences between the proportion of males and females who have had different experiences online.

**Table 23 Things that have happened to young people online, by sex**

The following things have happened while using the internet...	Male	Female	Total
Seen images pictures that made you uncomfortable	30.3%	38.1%	34.2%
Received messages from people you don't know	56.8%	63.1%	59.9%
Received abusive comments from someone	27.2%	25.9%	26.5%
People lying about who they are	26.3%	30.3%	28.3%
Met up with someone who you first met online	9.4%	7.9%	8.7%
Been pressured to do something you are not comfortable doing	7.3%	8.8%	8.0%

Most young people said that social media doesn't affect the way they feel about themselves, girls however were more likely to say it makes them feel worse (14.1%) compared to boys (3.7%). A higher proportion (15.3%) of year 11s said social media made them feel worse about themselves compared to 6.2% of year 7s.

**Figure 29 How does social media make you feel about yourself?**



42.3% of respondents said they stay up late most nights using the internet, chatting or gaming on a school night, and over a quarter (26.2%) said they stay up late a few nights a week. There was little difference between gender but older pupils were more likely to stay up late online than younger pupils.

#### Key Points – Internet

- Mobile phones were the most common way of accessing the internet.
- Over half of boys said their usual method of accessing the internet was via mobile devices such as a games console.
- 56.3% of boys said they spend over 3 hours each day online gaming, only 3.9% of boys spent no time gaming.
- Girls spent less time gaming but more time using social media. 42.4% of girls spent more than 3 hours each day on social media.
- A third of boys and a quarter of girls spent more than 3 hours per day watching videos online.
- The most used social media platform across all ages was YouTube. 95.4% had used it within the last week.
- More than half of year 11s said they have seen images online that made them feel uncomfortable.
- Most young people said social media doesn't affect how they feel about themselves. Girls were more likely to say it makes them feel worse, as were older pupils.
- 42.3% stay up late most school nights chatting online, gaming or using the internet.

## 13 Feeling safe

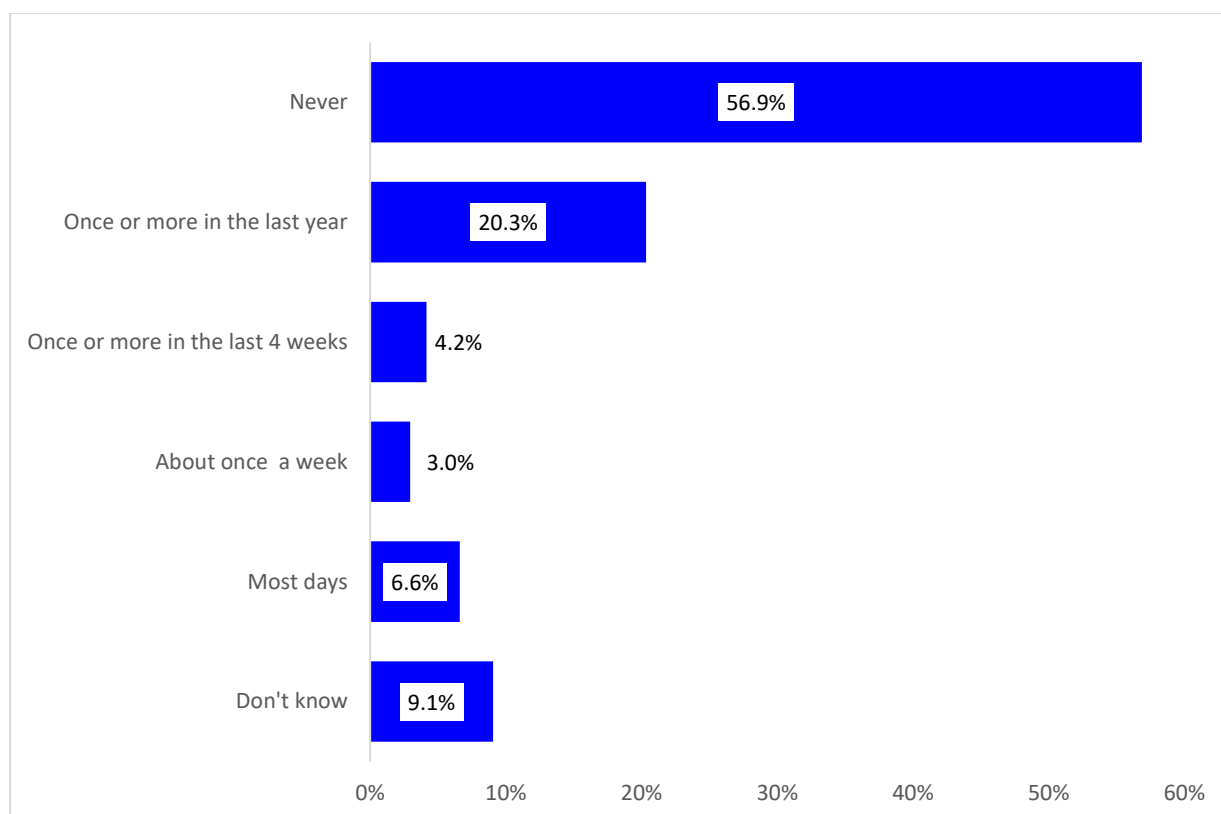
### Neighbourhood safety

Most (64.9%) young people reported that they felt safe in the area they live, down from 69.9% in 2015. These findings varied somewhat by gender and school year. Whilst 69.0% of boys felt safe in the area they live, only 60.9% of girls did. Pupils in younger school years were more likely to feel safe – 66.5% of those in Key Stage 3, compared to 60.5% of those in Key Stage 4.

### Bullying

Most young people said they had never been bullied (56.9%). Girls (52.9%) were less likely to say they had never been bullied compared to boys (60.7%). There is little difference between year groups, other than younger age groups being more likely to report being bullied more often.

Figure 30 How often have you been bullied at this school?



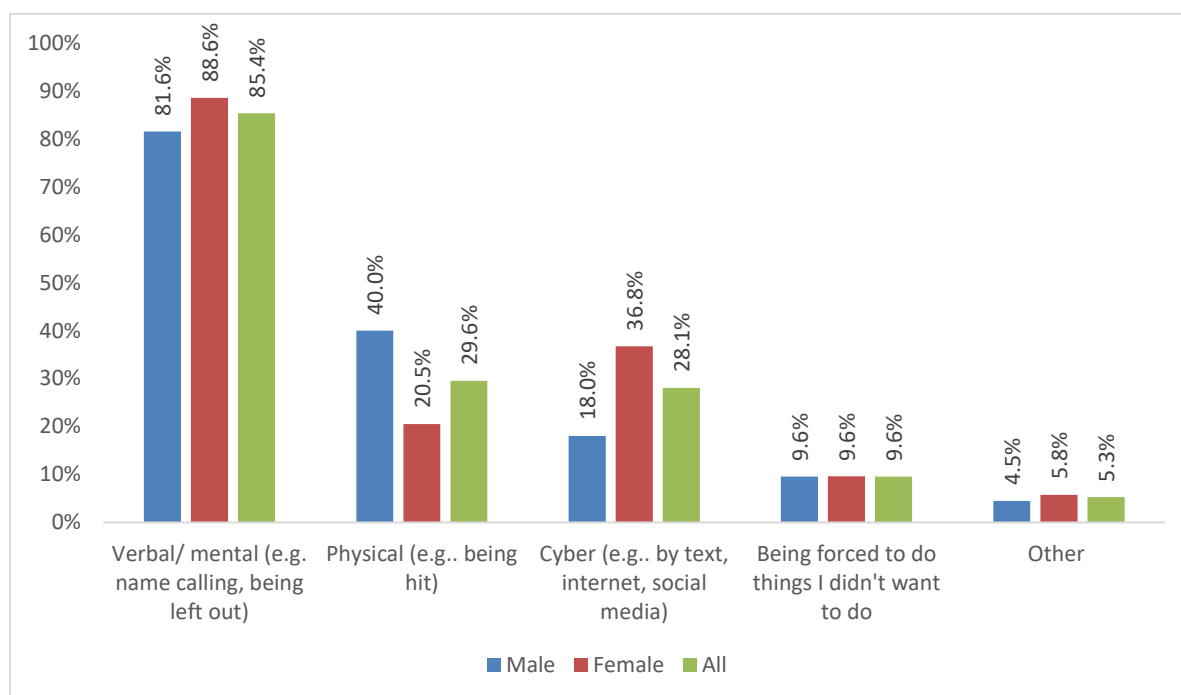
### Type of bullying

Those who had been bullied were asked what kinds of bullying they had experienced, as shown below in **Figure 31**. The vast majority of those who had been bullied had experienced some kind of verbal or mental bullying, e.g. being called names or being left out.

These results varied considerably by gender and year group as displayed below in **Table 24**. Whilst roughly similar proportions of boys and girls experienced some form of verbal and mental bullying, boys were twice as likely to have experienced physical bullying. Conversely, girls were twice as likely to have experienced cyber bullying.

Older pupils were more likely to report verbal/mental or cyber bullying, but less likely to report physical.

**Figure 31** What form did the bullying take?



**Table 24** What form did the bullying take?

What form did the bullying take?	Y7	Y8	Y9	Y10	Y11
Verbal/mental	79.5%	84.3%	90.7%	86.5%	89.4%
Physical	39.6%	31.6%	25.0%	20.6%	18.3%
Cyber bullying	21.6%	22.0%	32.1%	38.9%	38.5%
Being forced to do something	13.7%	7.0%	8.6%	7.1%	12.5%
Other	7.6%	6.7%	2.9%	3.2%	3.8%

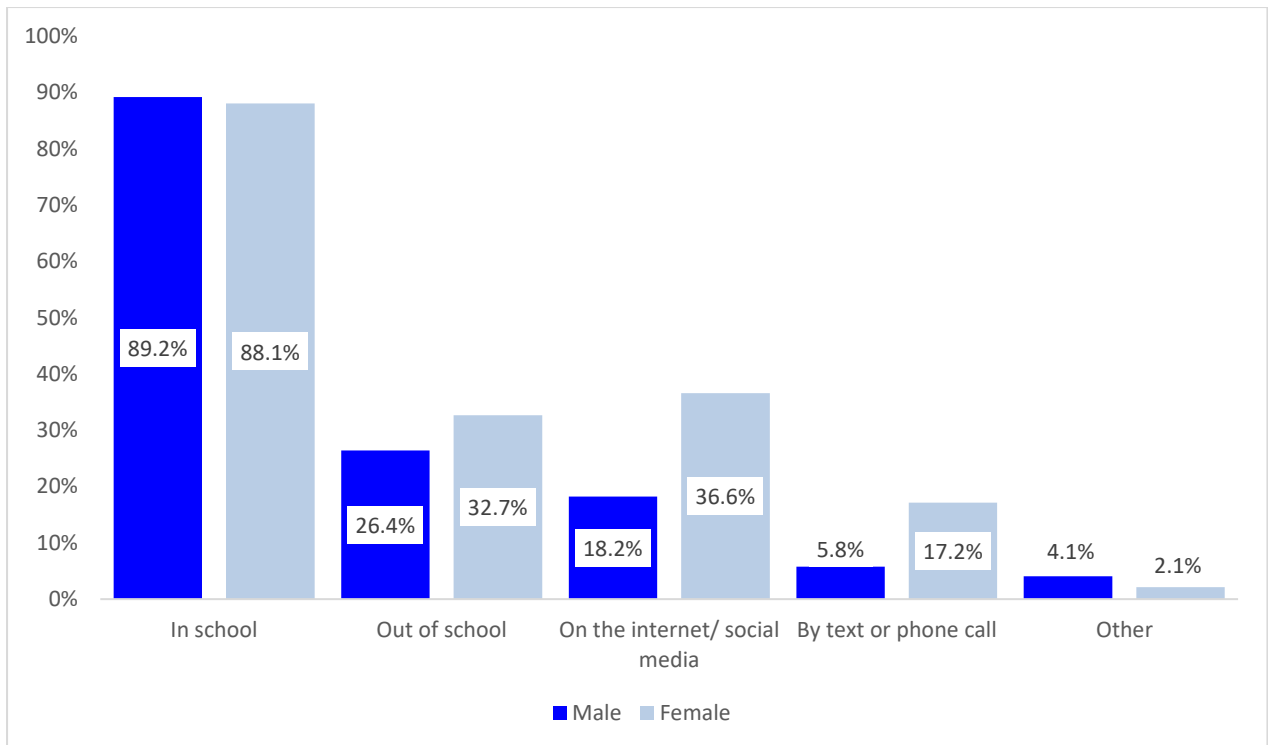
### Bullying location

Those who had been bullied were asked the locations that the bullying had taken place. The vast majority of respondents (88.7%) reported that they had been bullied at school, a figure which varied little by either gender or year group.

Girls were more likely to report a wider variety of locations the bullying had taken place, including higher values than boys for 'out of school' and bullying taking place on the internet or via text or phone. This is likely a reflection on the earlier finding that bullying with a male victim is more likely to be physical than on the internet.

There is little difference between year groups regarding bullying location. The most obvious difference is the percentage reporting internet/social media as a bullying location.

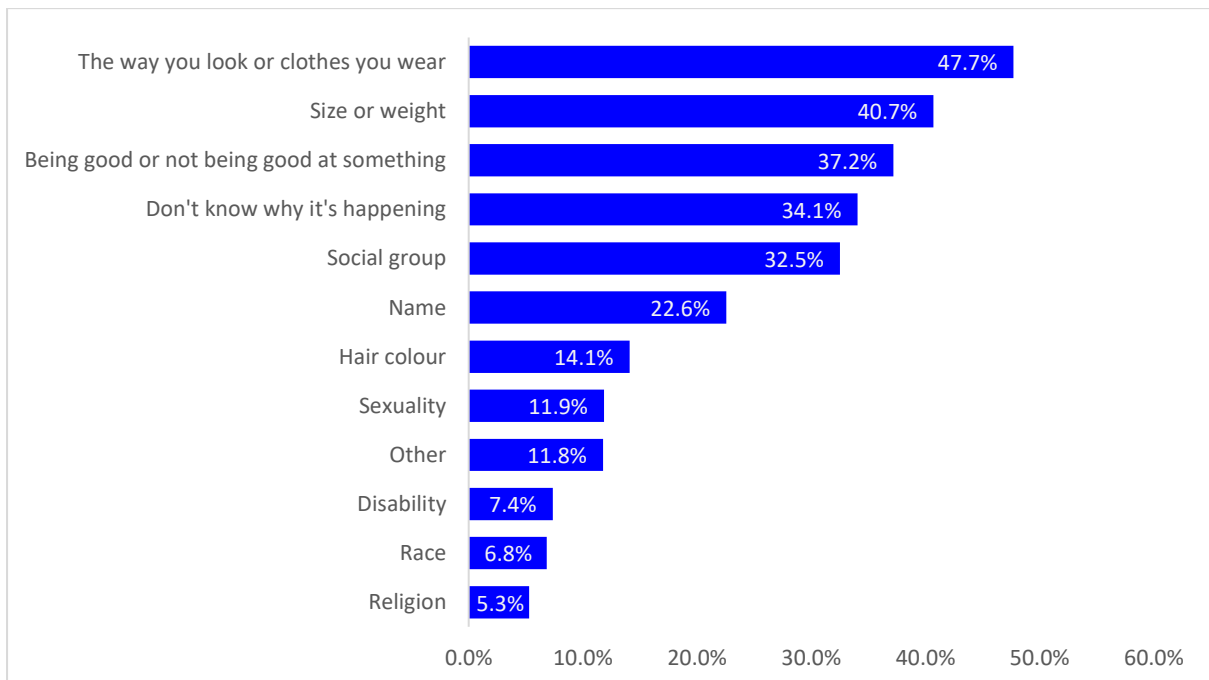
Figure 32 Where did the bullying take place?



\*Total exceeds 100% since respondents were able to give more than one answer.

The most common perceived reason for being bullied was 'the way you look or the clothes you wear' (47.7%), followed by size or weight.

Figure 33 The suspected reasons for being bullied

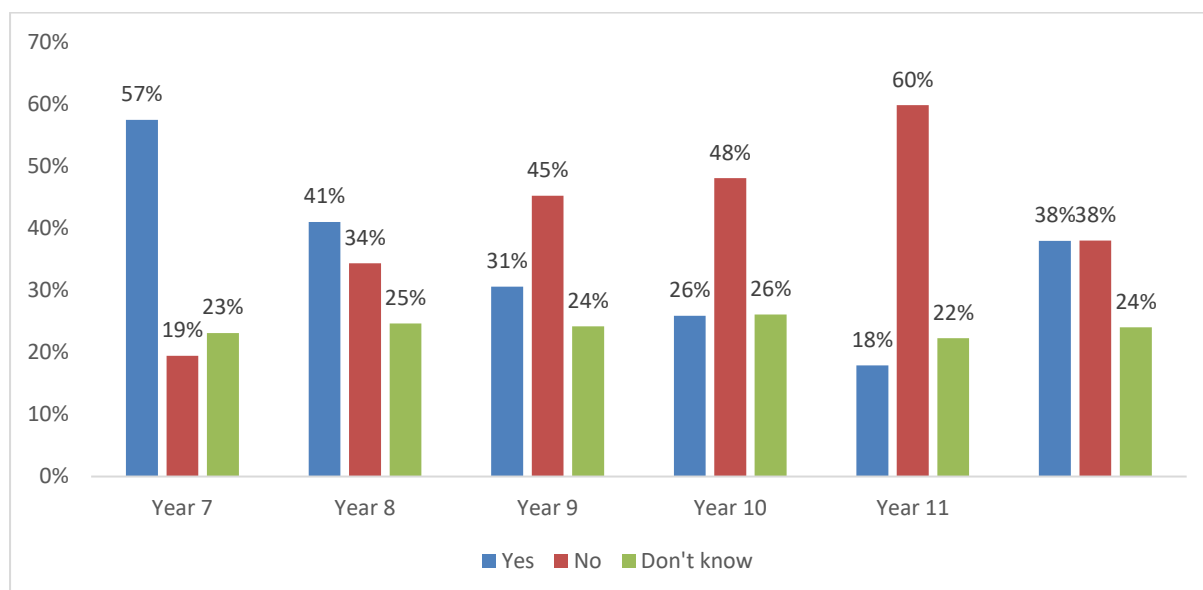


## Confidence in school taking bullying seriously

Overall, fewer pupils felt their school takes bullying seriously than in 2015 when 48.7% thought their school takes bullying seriously. In 2019 the results were split with 38.0% saying their school did take bullying seriously and 38.0% saying it did not.

Girls had much less confidence in their school's approach to bullying and less than a third (29.8%) believed their school took bullying seriously, compared to 46.6% of boys. Pupils in older year groups were significantly less likely to have confidence in their school's approach to bullying.

Figure 34 Do you think your school takes bullying seriously?



## Domestic violence

70.3% of young people said they understand what domestic violence is. Younger pupils were less likely to know what is meant compared to older pupils; 22% of respondents in Year 7 reported not knowing what domestic violence was, but less than 4% of respondents in Year 11 did not know.

The majority of young people (86.9%) said they had not seen domestic violence in their family.

95.2% of respondents reported feeling safe at home. There was little difference by either gender or year group in responses to this question, though girls were slightly less likely to report feeling safe at home, by 94% to 96.6%.

Respondents were asked, if upon experiencing or seeing physical domestic violence within their own family, would they phone the police. 55.4% of respondents said they would call the police if they experienced domestic violence in their own home, 17.5% would not and 27.2% said they did not know. Differences between genders or year groups were again negligible.

### Key Points – Feeling Safe

- Most young people feel safe in the area they live.
- The majority of young people have never been bullied. 13.8% had been more recently, at least once in the last four weeks.
- Boys were more likely to experience physical bullying whilst girls were more likely to experience cyber bullying.

- Older pupils were more likely to experience cyber or verbal/mental bullying and less likely to report physical bullying
- Most young people who have been bullied said it happened in school.
- The most common perceived reason for being bullied was ‘the way you look or the clothes you wear’ followed by ‘size or weight’.
- 70.3% said they understand what domestic violence is; this increased with older pupils.
- The vast majority (86.9%) have not witnessed domestic violence and 95.2% said they feel safe in their own home.

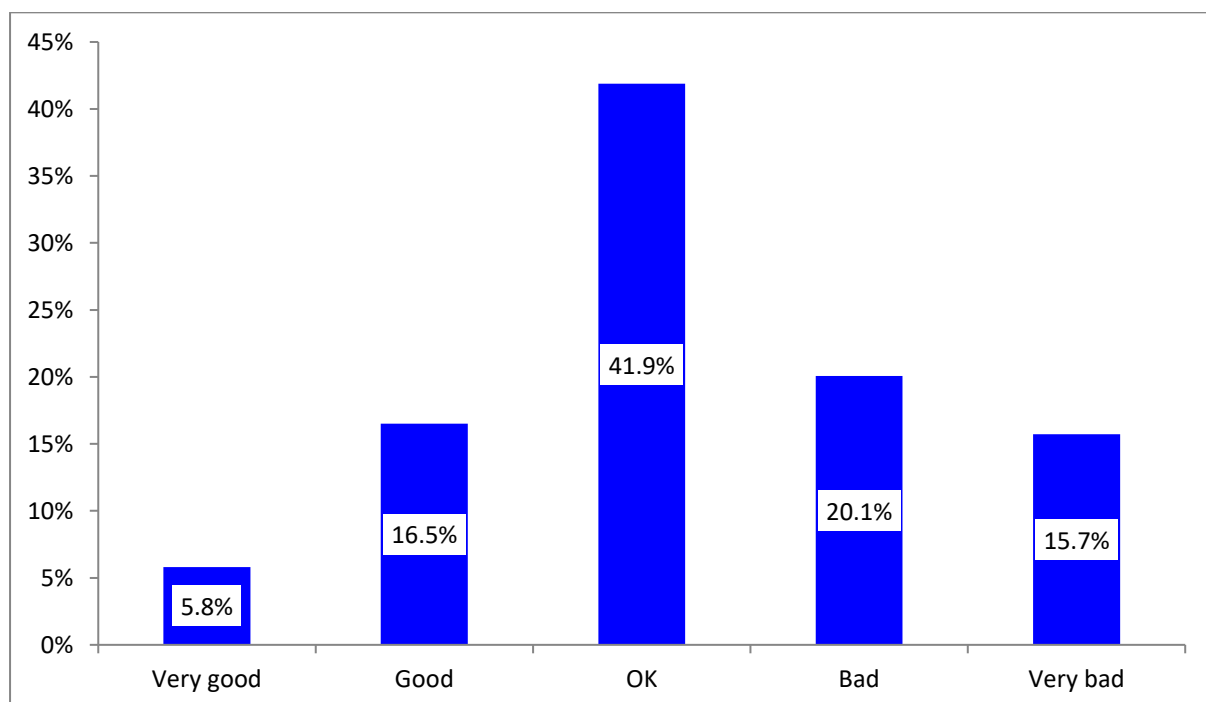
## 14 Living, Learning and the Future

### Living

#### Attitudes towards local parks and play areas

Respondents were asked what they thought of the parks and play areas in their area. Figure 35 below shows that overall, whilst ‘okay’ was the most common answer, the responses were more negative than positive – 35.8% of respondents thought their local parks and play areas were bad or very bad, compared to 22.3% who thought they were good or very good. The proportion of young people who thought parks and play areas were good or very good has also decreased when compared to the 2015 and 2011 surveys. In 2015, 24.2% of young people thought that parks or play areas were good or very good and in 2011 this proportion was 27.8%.

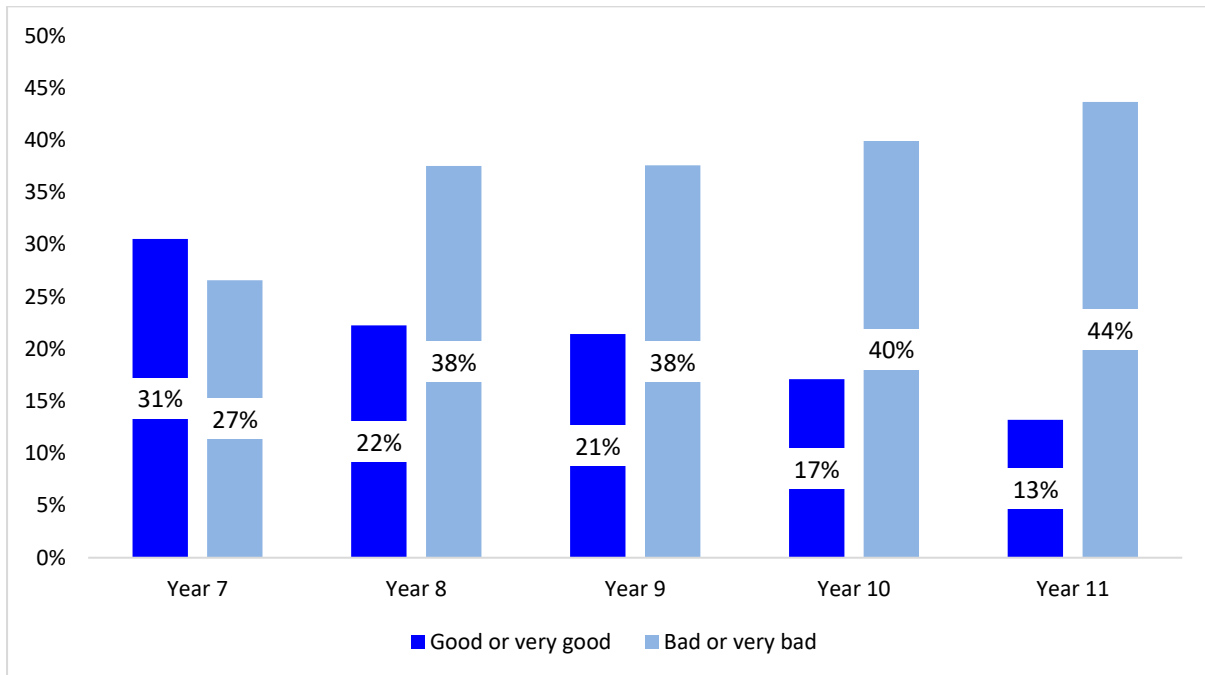
Figure 35 Young people’s opinions of parks and play areas in their area



Negative attitudes towards local parks and play areas increased with age. Pupils in older year groups generally were more likely to think their local parks and play areas were bad, as shown in Figure 36. Whilst boys had slightly more positive views towards their local parks and play areas, the difference between genders was significantly less than the difference between year groups.



Figure 36 Proportion of young people who think the parks and play areas in their area are good or very good, bad or very bad, responses by year group



## Local area

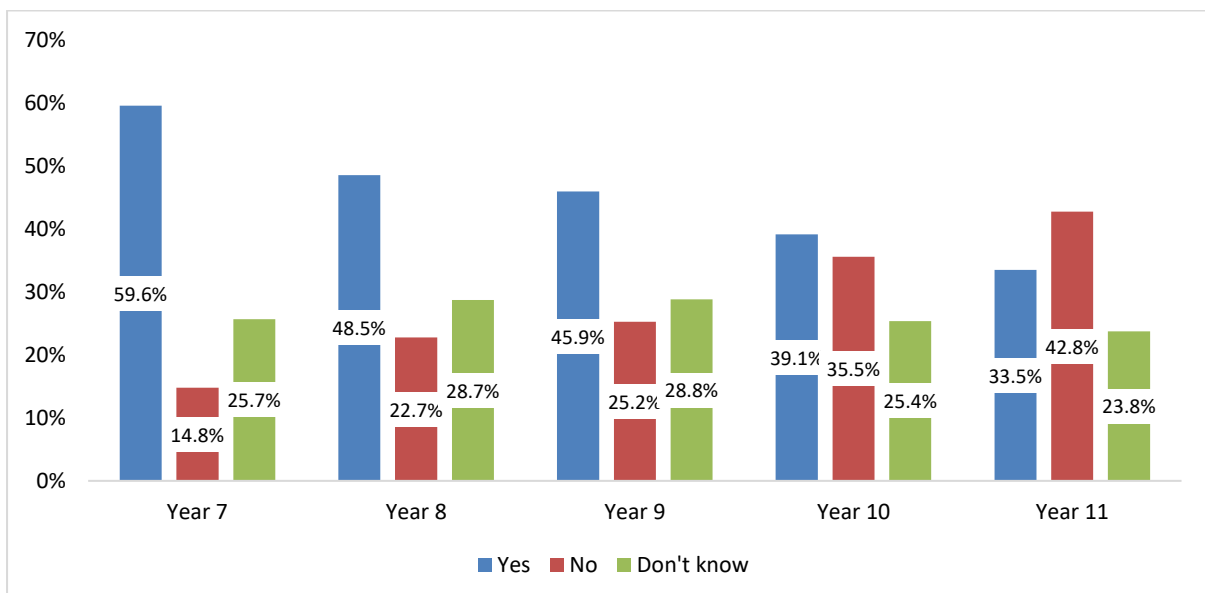
### Attitudes toward local area

47.7% of respondents felt that their local area is a good place to live, compared to 25.3% who did not think their local area is a good place to live, and 27% who did not know.

Similar to how attitudes towards local parks and play areas grew more negative with age, so did attitudes regarding whether the local area is a good place to live for young people.

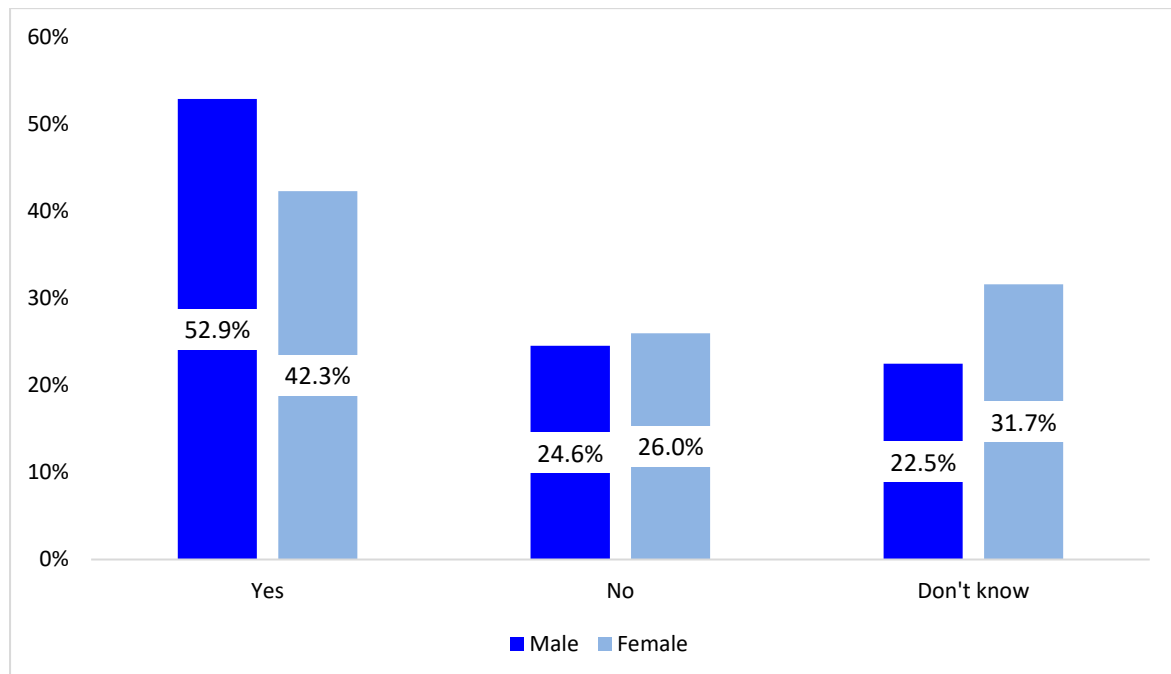
59.6% of respondents in Year 7 thought their local area is a good place for young people, compared to just 33.5% of respondents in Year 11.

Figure 37 Do you think the local area is a good place to live for young people? Responses by year group



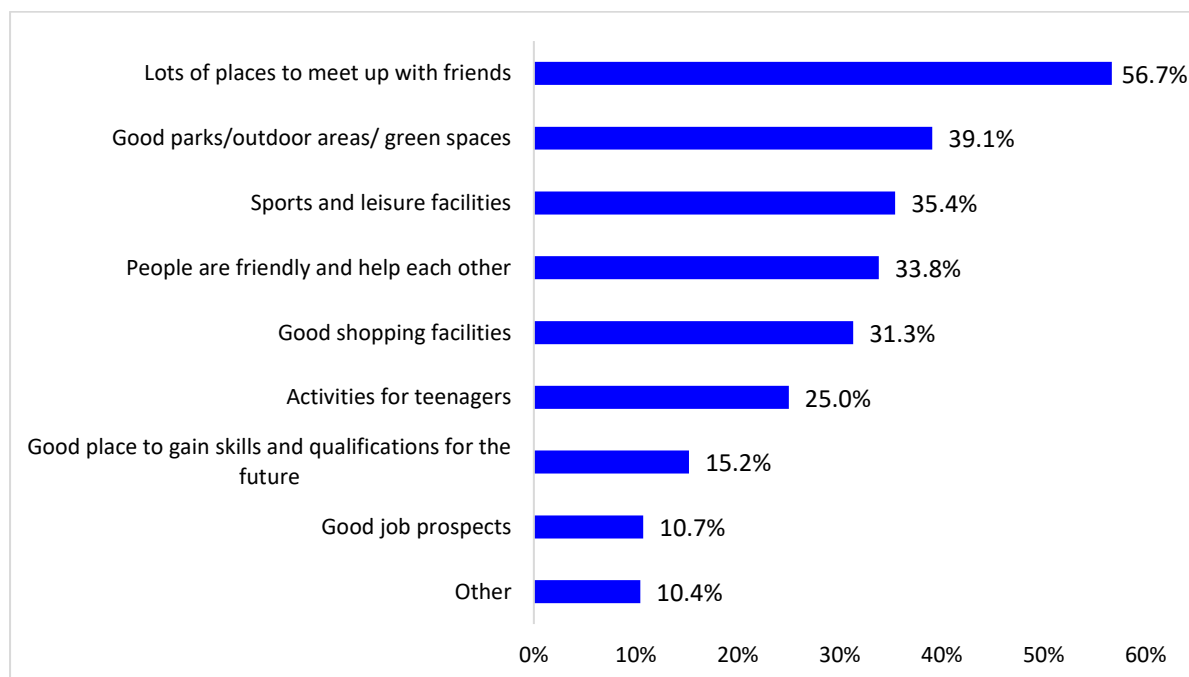
Difference in response between boys and girls was not as distinct as the difference between year groups, though boys were slightly more likely to think their local area was a good place to live for young people. Nevertheless, much of the difference between boys and girls in the answer to this question can be attributed to a greater proportion of girls being uncertain.

Figure 38 Do you think the local area is a good place to live for young people? Responses by gender



Respondents were asked to select what makes their area a good place to live from a list of features. The most common answers were ‘lots of places to meet up with friends’, ‘good parks/outdoor areas/green spaces’ and ‘sports and leisure facilities’.

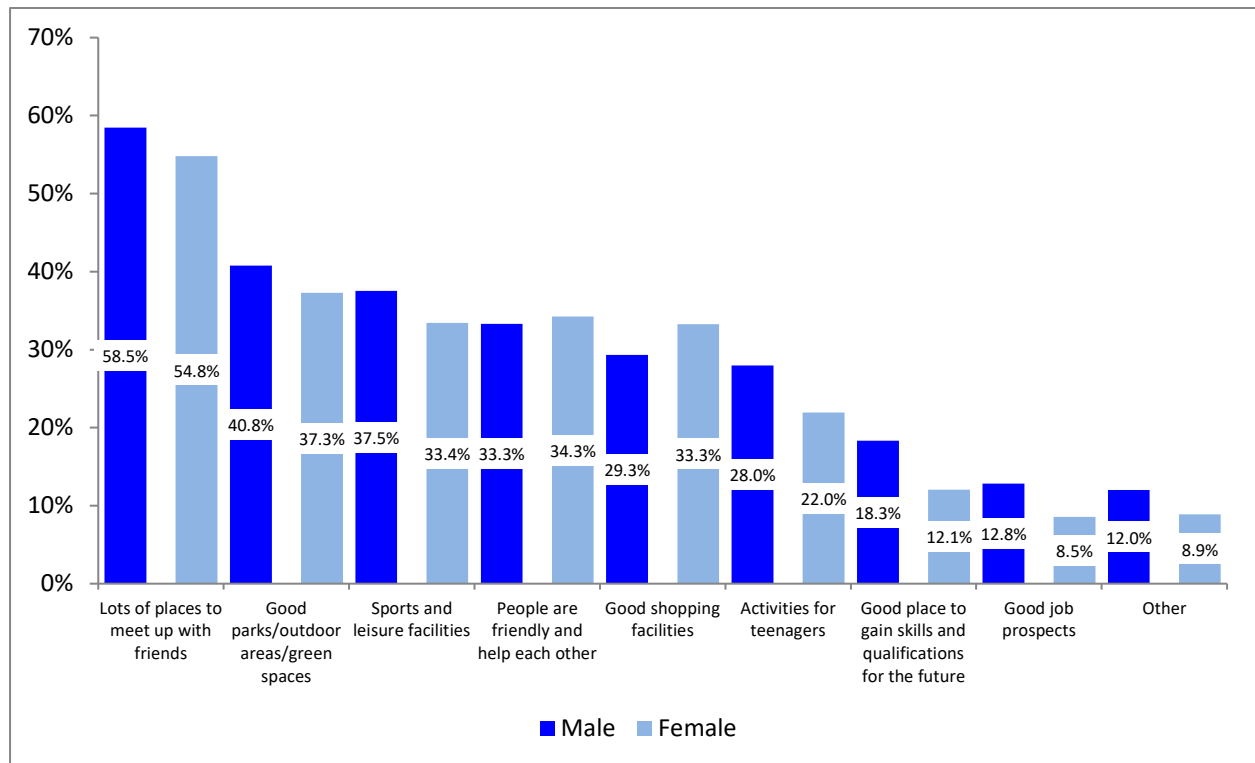
Figure 39 Reasons why young people think their local area is a good place to live



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

There was little difference between boys' and girls' answers to this question, though a greater proportion of boys thought that lots of places to meet up with friends, good parks/outdoor areas/green spaces, sports and leisure facilities and good future prospects made their local area a good place to live. A greater proportion of girls thought that friendly people and good shopping facilities made their local area a good place to live.

Figure 40 Reasons why young people think their local area is a good place to live, responses by gender



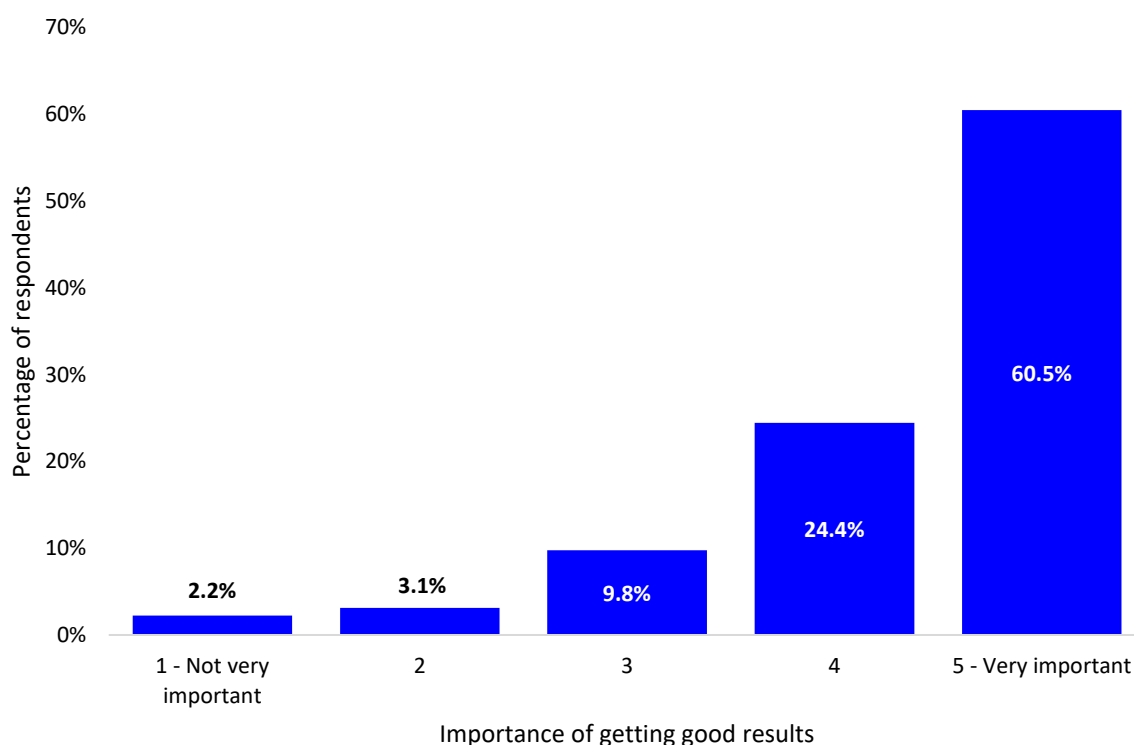
In general, respondents in younger year groups were more likely to identify features of their local area as reasons why the local area is a good place to live for young people. This mirrors responses to other questions which would suggest that younger pupils feel more positively about the local area than older pupils. Relatively large differences were seen between year groups with regards to the proportion of pupils who identified outdoor areas as a reason their local area is a good place to live. Less drastic differences were seen between year groups in terms of the identification of sporting facilities as a reason why the local area is a good place to live for young people.

Figure 41 Reasons why young people think their local area is a good place to live, responses by year group

	Year 7	Year 8	Year 9	Year 10	Year 11
Lots of places to meet up with friends	65.0%	60.5%	55.0%	47.5%	43.9%
Good parks/outdoor areas/green spaces	48.8%	40.2%	36.7%	28.1%	32.4%
Sports and leisure facilities	39.8%	35.5%	34.0%	33.3%	31.4%
People are friendly and help each other	41.7%	32.5%	32.3%	29.1%	29.2%
Good shopping facilities	38.0%	33.4%	27.3%	27.7%	23.9%
Activities for teenagers	27.2%	29.1%	24.3%	20.3%	16.7%
Good place to gain skills and qualifications for the future	20.4%	13.5%	14.8%	11.8%	12.7%
Good job prospects	14.2%	9.7%	10.0%	9.2%	8.7%
Other	12.0%	12.0%	7.6%	9.5%	9.7%

60.5% of young people said that it is very important to get good results in tests/ exams/ school work, a decrease when compared to the 2015 ALS when 74.6% of all young people said that it was very important for them to get good marks/results in school work.

Figure 42 Importance of getting good results for young people, all year group/genders



Females in years 9, 10 and 11 were more likely than males in the respective year groups to say that getting good results in school work/exams is very important. A similar gender difference was found in the 2015 ALS. Unlike the 2015 ALS, when there was a clear increase with age in the proportion of young people who said that it is very important to get good results in school work/exams, such a sharply defined increase with age was not evident in the 2019 ALS. The proportion of males who said

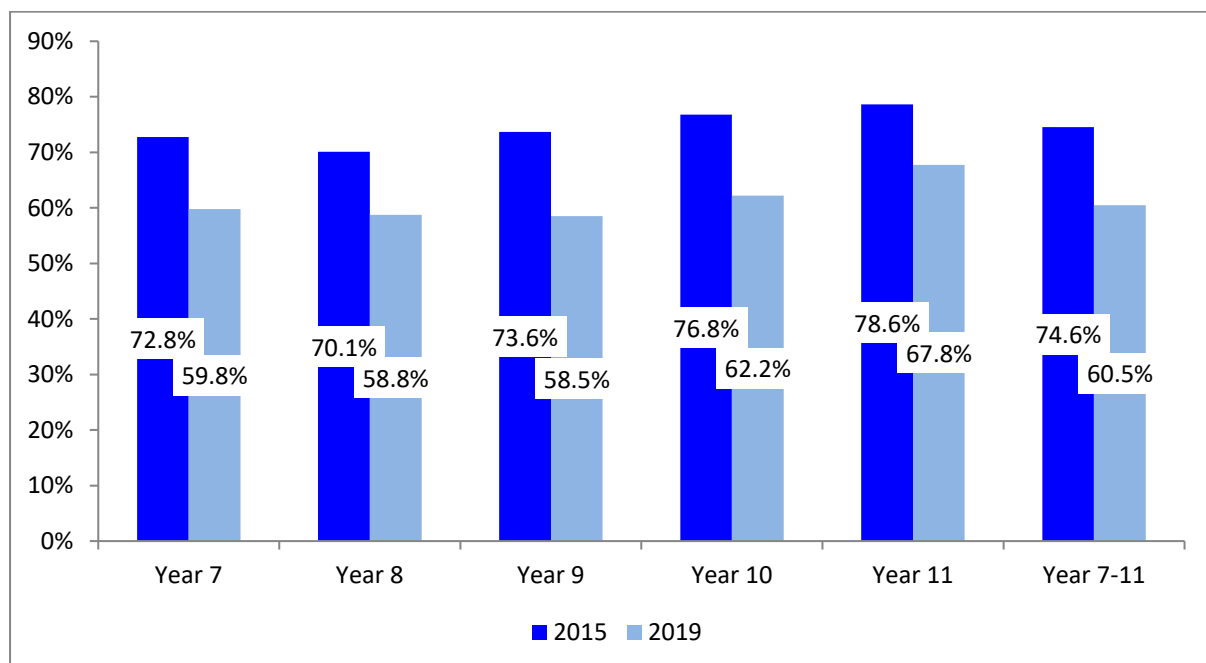
that it is important to get good results in school work/exams actually decreased with age from 61.1% amongst year 7s to 56.3% amongst year 10s, although the proportion of females who said that it was important to get good results increased with age from year 8 (57.5%) to year 11 (69.1%).

*Table 25 Proportion of young people who say it's very important to get good results in school work/ exams by gender, years 7 to 11*

	Male	Female	Total
<b>Year 7</b>	61.1%	58.6%	59.9%
<b>Year 8</b>	60.0%	57.5%	58.7%
<b>Year 9</b>	56.7%	60.1%	58.4%
<b>Year 10</b>	56.3%	68.6%	62.4%
<b>Year 11</b>	65.7%	69.1%	67.6%
<b>Year 7- 11</b>	59.6%	61.3%	60.5%

The proportion of young people who said that it is very important to get good marks/results in school work/exams/tests has decreased for all year groups when compared to the 2015 survey: from 74.6% in 2015 to 60.5% in 2019. By contrast, in 2015 it was found that the proportion of young people who said that achieving good results is very important had increased when compared to the 2011 survey.

*Figure 43 Proportion of young people who say it's very important to get good marks/results in school work/ exams/tests years 7 to 11, 2015 and 2019*



Almost half of young people (46.2%) said they would like to study and go to college/university at the end of year 11. However, a greater proportion of females (57.5%) said they would like to go to college/university than males (34.8%). A greater proportion of males responded that they would like to do an apprenticeship (15.4% compared to 5.2%) or get a job at 16 (18.0% compared to 10.7%). The same pattern in responses occurred in the 2015 survey.

14.0% of young people said that they didn't know what they wanted to do at the end of year 11. When compared to the 2015 survey, the proportion of young people who responded that they did not yet know what they wanted to do at the end of year 11 has increased from 9.4% in 2015 to 14.0% in 2019.

*Table 26 What young people would like to do at the end of year 11 by gender*

	<b>Male</b>	<b>Female</b>	<b>Total</b>
Get a job at 16	18.0%	10.7%	14.3%
Study and get a job at 18	11.5%	9.8%	10.7%
Do an apprenticeship	15.4%	5.2%	10.3%
Study and go to College/ University	34.8%	57.5%	46.2%
Start a family	3.0%	2.5%	2.7%
Training	2.2%	1.4%	1.8%
Don't know yet	15.1%	13.0%	14.0%

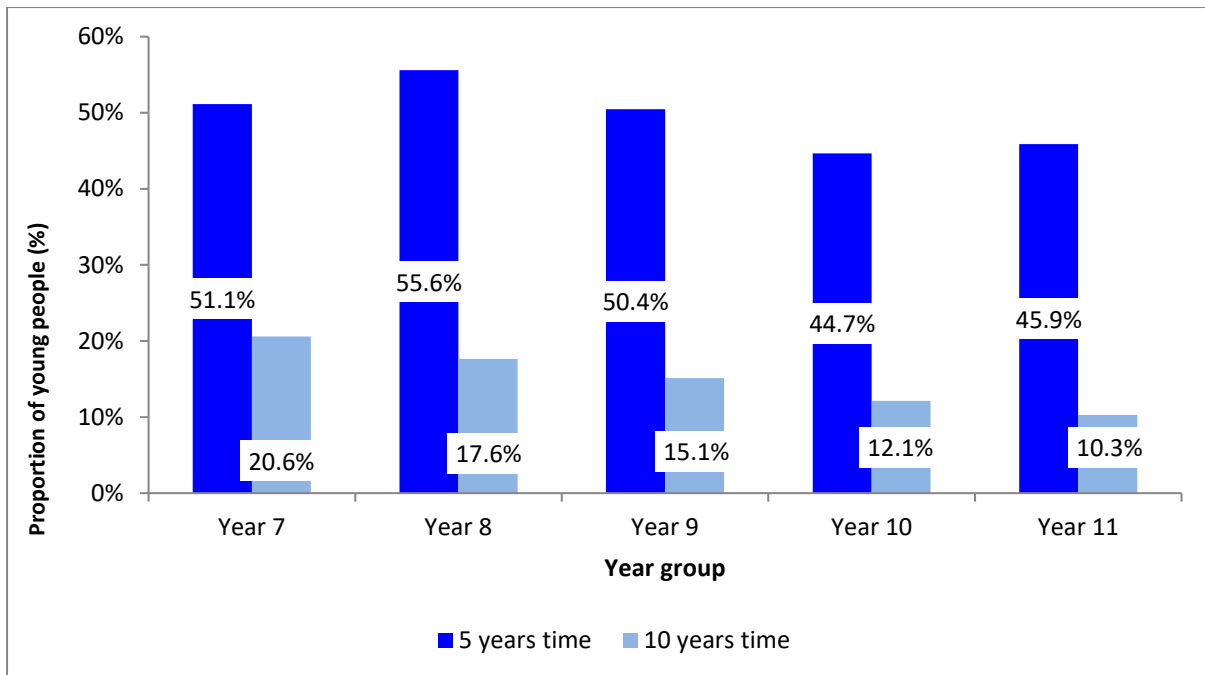
The proportion of young people who would like to go to college/ university generally increased as children got older from 41.8% in year 7 to 65.8% in year 11. Similarly, the proportion of young people who would like to do an apprenticeship increased with age (from 6.0% in year 7 to 12.4% in year 11). By contrast, the proportion of young people who would like to get a job at 16 decreased as children got older, from 16.1% in year 7 to 6.1% in year 11. The proportion of young people who responded that they wanted to start a family at the end of year 11 was low (2.7%) and decreased as age increased (from 4.3% in year 7 to 1.8% in year 11). The proportion of young people who did not yet know what they wanted to do at the end of year 11 decreased from 18.1% in Year 7 to 3.0% in Year 11.

*Table 27 What young people would like to do at the end of year 11 by year group*

	<b>Year 7</b>	<b>Year 8</b>	<b>Year 9</b>	<b>Year 10</b>	<b>Year 11</b>	<b>Total</b>
<b>Study and go to College/ University</b>	41.8%	43.7%	43.5%	47.2%	65.8%	46.2%
<b>Get a job at 16</b>	16.1%	16.5%	15.3%	12.3%	6.1%	14.4%
<b>Don't know yet</b>	18.1%	14.0%	14.3%	15.2%	3.0%	14.0%
<b>Study and get a job at 18</b>	10.9%	10.8%	11.4%	9.0%	10.1%	10.6%
<b>Do an apprenticeship</b>	6.0%	11.2%	12.2%	11.6%	12.4%	10.3%
<b>Start a family</b>	4.3%	2.4%	2.1%	2.4%	1.8%	2.7%
<b>Training</b>	3.0%	1.3%	1.1%	2.4%	0.8%	1.8%

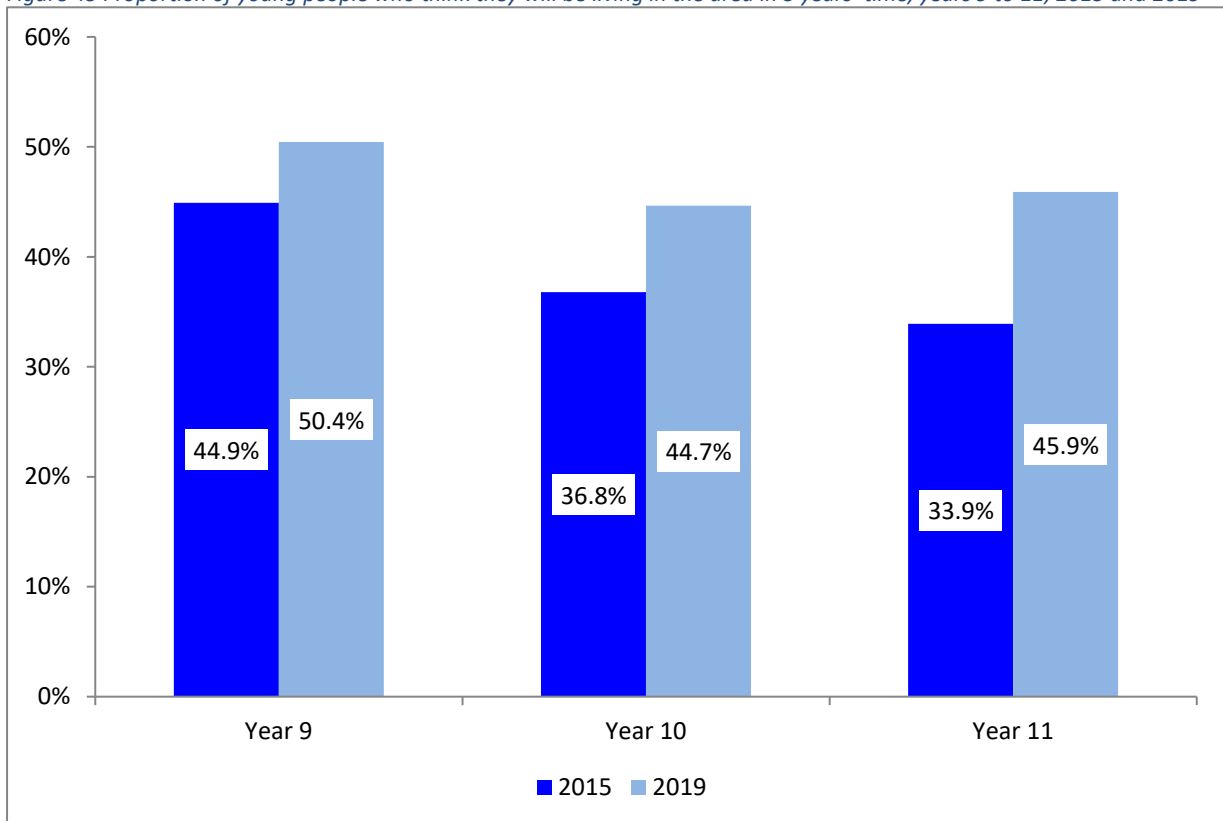
Overall, 50.7% of young people thought they would be living in the area in five years' time, with a lower proportion thinking they would be living in the area in ten years' time (16.2%). The chart below shows that a greater proportion of year 7s (20.6%) thought that they would be living in the area in ten years' time than year 11s (10.3%).

Figure 44 Proportion of young people who think they will be living in the area in 5 and 10 years' time by year group



As illustrated in Figure 45, the proportion of young people in years 9, 10 and 11 who thought they would be living in the area in 5 years' time has increased since the 2015 survey.

Figure 45 Proportion of young people who think they will be living in the area in 5 years' time, years 9 to 11, 2015 and 2019



#### **Key points- living learning and the future**

- The proportion of young people who thought parks and play areas were good or very good has decreased when compared to the 2015 and 2011 surveys.
- In general, responses to questions about the local area grew more negative as age increased. This suggests that younger pupils feel more positively about the local area than older pupils.
- The proportion of young people in years 9, 10 and 11 who thought they would be living in the area in 5 years' time has increased since the 2015 survey.
- The proportion of young people who said that it is very important to get good marks/results in school work/exams/tests has decreased for all year groups when compared to the 2015 survey.